

|| Āyurmantraḥ ||

om āyúrdhehi |

- may my life be nourished

om prāṇam̐ dhehi |

- may the upward moving energy be nourished

om apānam̐ dhehi |

- may the downward moving energy be nourished

om vyānam̐ dhehi |

- may the circulating energy be nourished

om cakṣurdhehi |

- may my sight be nourished

om śrotram̐ dhehi |

- may my hearing be nourished

om manodhehi |

- may my mind be nourished

om vācam̐ dhehi |

- may my speech be nourished

om ātmānam̐ dhehi |

- may my soul be nourished

om pratiṣṭhām̐ dhehi |

- may I rest in that nourishment

om mām̐ dhehi |

- may I be nourished

om mayi dhehi |

- may that nourishment bring pleasure to others