

|| Taittirīya-upaniṣat ||

prathamā-śīkṣāvallī

om śam nō miṭraḥ śam varuṇaḥ | śam nō bhavatvaryamā | śam na
indro bṛhaṣpatiḥ | śam nō viṣṇururukramaḥ | namo brahmaṇe |
namaste vāyo | tvameva praṭyakṣam brahmāsi | tvāmeva praṭyakṣam
brahmā vadiṣyāmi | ṛtam vadiṣyāmi | satyam vadiṣyāmi |
tanmāmavatu | tadvaktāramavatu | avātu mām | avātu vaktāram ||
om śantiḥ śantiḥ śantiḥ || 1 ||

uttaraśāntipāṭhaḥ

om śam nō miṭraḥ śam varuṇaḥ | śam nō bhavatvaryamā | śam na
indro bṛhaṣpatiḥ | śam nō viṣṇururukramaḥ | namo brahmaṇe |
namaste vāyo | tvameva praṭyakṣam brahmāsi | tvāmeva praṭyakṣam
brahmāvādiṣam | ṛtamāvādiṣam | satyamāvādiṣam | tanmāmāvīt |
tadvaktāramāvīt | āvīnmām | āvīdvaktāram ||
om śantiḥ śantiḥ śantiḥ ||