

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Om pūrṇamadaḥ pūrṇamidaṃ pūrṇāt pūrṇamudacyate. Pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate. Om śāntiḥ śāntiḥ śāntiḥ

Om. That is complete and limitless. This is complete and limitless. From the complete and limitless comes forth the complete and limitless.

Remove (or add) the complete and limitless from (or to) the complete and limitless, the complete and limitless alone remains.

Om. May peace and peace and peace be everywhere.

ॐ *om* – a sound symbol of the Lord; an auspicious utterance used in prayers

पूर्णम् *pūrṇam* – full, complete, limitless

अदः *adaḥ* – that (the efficient and material cause of the world)

इदम् *idam* – this (the knowable objects comprising the world)

पूर्णात् *pūrṇāt* – from the full, complete, limitless

उदच्यते *udacyate* – comes forth

पूर्णस्य *pūrṇasya* – of (from*) the full, complete, limitless

आदाय *ādāya* – remove

एव *eva* – alone

अवशिष्यते *avaśiṣyate* – remains

शान्तिः *śāntiḥ* – peace (repeated thrice)

*He is of that city = He is from that city