

## ĀYURMANTRAH

āyur<sup>1</sup>dhehi prā<sup>2</sup>ṇam<sup>3</sup> dhehi  
apā<sup>4</sup>ṇam<sup>5</sup> dhehi vyā<sup>6</sup>ṇam<sup>7</sup> dhehi  
cakṣ<sup>8</sup>ur<sup>9</sup>dhehi śro<sup>10</sup>trām<sup>11</sup> dhehi  
ma<sup>12</sup>no<sup>13</sup> dhehi vā<sup>14</sup>cām<sup>15</sup> dhehi  
āt<sup>16</sup>mā<sup>17</sup>ṇam<sup>18</sup> dhehi pra<sup>19</sup>ti<sup>20</sup>sthām<sup>21</sup> dhehi  
mā<sup>22</sup>m<sup>23</sup> dhehi ma<sup>24</sup>ya<sup>25</sup> dhehi

May my life be nourished  
dhehi nourishment āyur life  
continuing in order :- energies of  
assimilation, downward movement  
and ~~and~~ circulation; sight;  
hearing; mind; speech; 'soul'.  
May I rest or be established (prati<sup>20</sup>sthām).  
May I be nourished and may that  
nourishment bring nourishment to others.