

# Ayur Mantra

**Om āyur<sup>1</sup> dhehi prānam<sup>1</sup> dhehi**

May my life be nourished. May the upward flow of energy be nourished.

**Om apānam<sup>1</sup> dhehi vyānam<sup>1</sup> dhehi**

May the downward flow. May the circulating flow of energy be nourished.

**Om caksur<sup>1</sup> dhehi śrotram<sup>1</sup> dhehi**

May my sight and hearing be nourished.

**Om manō<sup>1</sup> dhehi vācam<sup>1</sup> dhehi**

May my mind be nourished and my speech nourishing.

**Om ātmānam<sup>1</sup> dhehi pratisthām<sup>1</sup> dhehi**

May my soul be nourished. May I rest in that nourishment.

**Om mām<sup>1</sup> dhehi mayi<sup>1</sup> dhehi**

May I be nourished and through that nourishment bring pleasure to others.