

*from the Taittiriya Aranyaka IV.2*

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

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

**Om, apānaṃ<sup>1</sup> dhehi vyāhaṃ<sup>1</sup> dhehi**

(May the downward flow and the circulating flow of energy be nourished.)

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

(May my sight and hearing be nourished)

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

(May my mind be nourished and my speech nourishing)

**Om ātmānaṃ<sup>1</sup> dhehi pratiṣṭhāṃ<sup>1</sup> dhehi**

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

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

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