



## Practice 12:

# Meditate and Thrive: Mediate for Peace and Blessing the World

Universal Peace Prayer with Mudras

**Om Sarvesham Svastir Bhavatu**

This mantra is believed to be from the *Bṛhadāraṇyaka Upaniṣad*, though not in the present form.

**Offering the prayer with mudras:**

*May all experience complete well-being (Jnana mudra)*

*May everyone know peace and contentment (Anjali mudra)*

*May all realize fullness (Pushpa mudra)*

*May all experience the auspicious life (Shivalingam mudra)*

Sarvesham Svastir Bhavatu / Jnana Mudra, sign of wisdom, complete well-being

Sarvesham Shantir Bhavatu / Anjali Mudra, sign of spiritual peace

Sarvesham Purnam Bhavatu / Pushpa Mudra, devotional offering of flowers signifying fullness

Sarvesham Mangalam Bhavatu / Shivalingam Mudra, omnipresent Lord, auspicious life



## MEANING OF WORDS

**Sarva** = everything

**Sarvesham** ≈ all/ everything

**Svastir** = health/ well-being

**Bhavatu** = let be, may there be

**Shanti** = peace, contentment

**Pūrnam** = completeness/ perfection/ fulfillment

**Mangalam** = success (spiritual success) /

auspiciousness / prosperity

**Prayer with mudras from Yogacharya O'Brian**

**Center for Spiritual Enlightenment**

[www.CSEcenter.org](http://www.CSEcenter.org)

