

Shanti (Sānti)

Shanti means “peace.” It’s a beautiful meaning and has a beautiful sound.

Just like the mantra Om that we chant 3 times in class...this mantra allows the energy of the group to begin the process of harmony by breathing in together and sharing the mantra... Shanti, is repeated three times also.

As with many chants in Buddhism, Hinduism and at ashrams, you will hear “Shanti” at the end of class or to conclude some ceremonies.

Understanding peace in Buddhist/yoga practice.

Simply knowing that the word “Shanti” means peace doesn't get us very far.

We need to learn how to cultivate peace in *our* lives.

Meditation – especially mindfulness meditation is a way of helping us find peace.

In yoga “Shanti” primarily means inner peace rather than outer peace. It’s not possible for us to be in harmony with others unless we’ve learned to develop harmony within our self.

Through practice it’s possible to cultivate a still mind even in surroundings that are anything but tranquil.

The goal of asana flows, meditation, chanting are thought to be a “*path to Inner peace*”.

