

## OM POORNAM

om **poor**-*ṇa*-MA-dah **poor**-*ṇa*-MI-dam

poor-*ṆA*AT poor-*ṇa*-**mu**-da-CHYA-te |

poor-*ṆA*-sya poor-*ṇa*-**maa**-daa-YA

**poor**-*ṇa*-**me**-vaa-VA-shi-*ṣhya*-te |

om shaan-**tih** shaan-**tih** shaan-TI-hi ||

Om. That is full, this is full. From the full, the full is taken, the full has come (fullness proceeds from fullness). If you take out the full from the full, the full alone remains.