

3 Shāntis

If we analyze the factors that cause disturbance in our minds, they can be classified into three categories, based on the sources from which they arise. They can be:

- **ādhyātmika** — obstacles centered on oneself, caused by disturbances of the mind and body (lack of concentration, anger, illness, etc.)
- **ādhibhautika** — obstacles caused by disturbances in the immediate environment (dogs barking, mosquitoes biting, people who irritate you, etc.)
- **ādhidāivika** — obstacles over which we have no control (natural forces such as earthquakes, cyclones, etc., as well as negative karma)

Chanting “shāntiḥ” three times at the end of a chant or ceremony means we are asking for peace on all these levels. Another way to say it is:

- May I have **peace with the body**. May it not come in the way of my serenity of mind.
- May I have **peace in my environment**, so I am able to maintain a positive focus.
- May the **deities (cosmic forces) be favorable** to my practice, and remove all obstacles.

Śāntiḥ śāntiḥ śāntiḥ