ŠĀNTIPATĀH

Often chanting practice was preceeded or ended with a passage asking for a peaceful flow and sound link between chanter, chanted and its purport. This chant is requesting a peaceful flow and postive link between the three aspects of the psyche: body, energy and mind, with the deeper awareness.

om  
om śāntih  
om śāntissāntih  
- repeat the last line again and take the chant back to the first line softening as you go.