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Why Do We Chant 'Shanti' Three Times?

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(Meaning: Om, lead me from unreal (transitory material existence) to the real (Eternal Self),



From darkness (of ignorance) to light (of wisdom, truth, spiritual knowledge),
From the fear of death to the knowledge of immortality.
Om Peace, peace, peace!

If you attend any Hindu religious ritual, a Vedic prayer or a traditional Yoga class,

you will find that the Shanti mantra (the peace chant) is usually chanted at the end of the ceremony or the class.

(from Brihadaranyaka Upanishad 1.3.28)

As you will notice, the concluding line is the chanting of the word Shanti (peace) three times.

The question that sometimes gets asked is – why is shanti chanted three times? Is there a significance to it?

Here is a brief explanation as to why we chant shanti three times.

