

Oṃ pūrṇamadah pūrṇamidam

Pūrṇāt pūrṇamudacyate |

Pūrṇasya pūrṇamādāya

Pūrṇamevāvaśisyate ||

Oṃ śāntiḥ śāntiḥ śāntiḥ |

Shukla Yajur Veda, Īśa and brihadaranyaka upanishads This is fullness; that too is fullness.
From fullness fullness comes. If you take away fullness, fullness remains.

return yoga