

## **INVOCATION**

Oh Great Spirit, saints and sages of all religions, all places, all times, and to my own precious, Ishta Devata. Sweep clear the obstacles on our path and lead us to the other shore of that Ocean of Awareness. Oh ye powers that be, awaken within us eternal wisdom and unselfish love.

## **DEDICATION**

May all beings have happiness and the causes of happiness.  
May all being be free from suffering and the causes of suffering.  
May all beings never be separated from the joy that lies beyond suffering.  
May all beings abide in equanimity. Free from the attachment, anger and dullness, that hold some close and others distant.

## **GAYATRI MANTRA**

Rig Veda 10:16:3

Om Bhur Bhuvah Swah  
Tat Savitur Varenyam  
Bhargo Devaysa Dhimahi  
Dhiyo Yo nah Prachodayat

*We meditate on that most adored Supreme Lord, the creator, whose effulgence (divine light) illumines all realms (physical, mental and spiritual). May this divine light illumine our intellect.*

## **NISHPRAPRANCHAYA MANTRA**

*also known as the Anusara Mantra*

Om Namah Shivaya Gurave  
Sat Chit Ananda Murtaye  
Nisprapanchaya Shantaya  
Niralambaya Tejase

*Salutations to the eternal teacher who exists  
Within us as pure being, awareness, and joy.  
Who is peaceful, luminous without form.  
Who is never not supporting us.*

### **SARVE SHAM MANTRA**

Sarvesham Svastir Bhavatu	<i>May Goodness come to everyone.</i>
Sarvesham Shantir Bhavatu	<i>May each person find peace.</i>
Sarvesham Purnam Bhavatu	<i>May everyone feel complete and fulfilled.</i>
Sarvesham Mangalam Bhavatu	<i>May everyone experience auspiciousness.</i>

### **LOVING KINDNESS BLESSING**

May you be at ease.	May you be filled with loving kindness.
May you feel safe and protected.	May you be held in loving kindness,
May you be happy,	That you may be at peace.
May you feel loving kindness.	

### **HAPPINESS BLESSING**

May I be happy. *(you, all beings)*  
May I be free. *(you, they)*  
Joyous. Grateful. Safe and at ease.  
May I live wisely, flowing downstream, *(you, they)*  
Row my boat gently and sing merrily... *(your, their)*

### **A YOGI'S PRAYER**

O Infinite Lord of Stillness, may we approach you at the Altar of Stillness.  
May we who gather here at the most Holy Altar lay flowers of silence at Thy  
Holy Lotus Feet. Oh, Lord of Stillness, teach us to meditate with silent devotion.

### **ASATO MA SAT GAMAYA**

Aum Asato Maa Sad Gamaya	<i>From the unreal lead me to the real</i>
Tamaso Maa Jyotir Gamaya	<i>From darkness lead me to light</i>
Mrtyor Maa Amrtam Gamaya	<i>From death lead me to immortality</i>
Aum Shanti Shanti Shantihi	<i>Aum Peace Peace Peace</i>