

## INVOCATION

Oh Great Spirit, Saints and Sages of all ages, all places, and 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 beings 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 and anger that hold some close and others distant.

## CLOSING BLESSING

Om Shanti, Shanti, Shanti-hi

Om - *Universal cosmic sound, first sound of creation or seed syllable.*

Shanti - *Sanskrit for Peace*

First Shanti - *Peace for myself.*

Second Shanti - *Peace for each other.*

Third Shanti - *Peace for all beings everywhere.*

## KRIYANANDA'S BLESSING

May we be blessed.

May we be blessed.

And may we be triply blessed.

So that we may be an even greater blessing to others.

## LOVING KINDNESS BLESSING

May you be at ease. ... *I, all beings*

May you beings feel safe and protected. ... *I, all beings*

May you be happy. ... *I, all beings*

May you feel loving kindness. ... *I, all beings*

May you be filled with loving kindness. ... *I, all beings*

May you be held in loving kindness, ... *I, all beings*

That you may be at peace. ... *I, all beings*

## HAPPINESS BLESSING / CAREN'S SONG

May I be happy. ... *you, they*

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*

## KRIYA INVOCATION OF REFUGE

I take refuge in Enlightenment, the Great Pathway.

I take refuge in the Dharma of Truth, the Great Teacher.

I take refuge in Guru, Internal. Eternal. Great Friend and Great Companion.

I give refuge to Stillness, the Great Revelation.

## A YOGI'S PRAYER

O Infinite Lord of Stillness, may we approach you at the Alter of Stillness.

May we who gather here at the most Holy Alter lay flowers of silence at thy Holy

Lotus Feet. O Lord of Stillness, teach us to meditate with silent devotion.