

NISHPRAPANCHAYA MANTRA

(Also known as the Anusara Mantra)

Om Namah Shivaya Gurave
Sat Chit Ananada Murtaye
Nishprapanchaya Shantaya
Niralambaya Tejese
Om

*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.
Om.*

SARVESHAM MANTRA

Sarvesham Svastir Bhavatu
Sarvesham Shantir Bhavatu
Sarvesham Purnam Bhavatu
Sarvesham Mangalam Bhavatu

*Everyone wholeness may there be.
“ peace “
“ perfection “
“ auspiciousness “*

May all beings have health and wholeness.

May all beings experience peace.

May all beings come to know the perfection of who they are.

May all beings be blessed with auspiciousness and abundance.

GAYATRI MANTRA

(Rig Veda 10:16:3)

Om Bhur Buvah Swah
Tat Savitur Varenyam
Bhargo Devaysa Dhimahi
Dhiyo Yo Nah Prachodayat

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


OM NAMO BHAGAVATE VASU DEVAYA

(Also known as the 12 syllable mantra)

I bow, I give honor to the Lord of the Breath.

NETI MANTRA

Neti	Neti	Neti
I am	I am	I am
not this	not the	not
thought.	thought	thought.
	thinking...	



AHAM BRAHMASMI

I am the creative principle.

NAMASTE

I honor the place in you in which the entire universe dwells.

I honor the place in you which is of love,

Of truth,

Of light,

And of peace.

I honor the place in you where,

When you are in that place in you,

And I am in that place in me,

There is only one of us.

ROW YOUR BOAT

Row, row, row your boat. Gently down the stream.

Merrily, merrily, merrily, merrily. Life is but a dream.