



WELCOME TO MEDITATION

Integral Yoga Institute

MON - SAT 12:15 P.M., MON - THUR 6 P.M.
227 WEST 13TH STREET 212.929.0585 IYINY.ORG

We are happy to welcome you to our midday and evening meditations.
We hope the following outline makes your experience here more comfortable and productive.

- The meditation lasts approximately 35 minutes. Please do not come late or leave early. It is disruptive to others.
- We begin with ecumenical prayers in both English and Sanskrit. See the chants indicated for noon and evening to follow along if you would like.
- We continue with breathing practices, Kapalabhati (rapid diaphragmatic breathing) and Nadi Suddhi (alternate nostril breathing). Please join in if you are familiar with the practices. An "Om" signals the transition from Kapalabhati to Nadi Suddhi.
- Each participant finishes Nadi Suddhi on their own and begins silent meditation. We sit silently for approximately 20 minutes.
- The silence is broken with an "Om" from the leader. We finish with more ecumenical prayers and we stand for an Arati or light ceremony which is a salutation to the Light within us all.
- Instruction in meditation and the breathing practices is not given. If you are brand new to meditation we suggest that you attend one of our regular Hatha classes or a workshop in meditation to gain some insight into our process.

NOON MEDITATION

OM OM OM
Omkaaram Bindu Samyuktam
Nityam Dhyaayanti Yoginaha
Kaamadam Mokshadam Chaiva
Omkaaraaya Namaha

OM OM OM
OM united with the Source
On which the Yogis ever dwell
Grants desires and liberation,
Salutations to the Omkaaram. (Cosmic Wisdom)

Twameva Maata Cha Pitaa Twameva
Twameva Bandhus Cha Sakhaa Twameva
Twameva Vidya Dravinam Twameva
Twameva Sarvam Mama Devadava

Thou art my mother, my father Thou art.
Thou art my family, my friend Thou art.
Thou art my knowledge, my wealth Thou art
Thou art my all, O Light of all Lights Thou art.

(Do 3 rounds of Rapid Diaphragmatic Breathing and then 3 to 5 minutes of Alternate Nostril Breathing, followed by a period of Silent Meditation.)

CLOSING CHANTS

OM Sarveshaam Swastir Bhavatu
Sarveshaam Shantir Bhavatu
Sarveshaam Poornam Bhavatu
Sarveshaam Mangalam Bhavatu

Auspiciousness be unto all,
Perfect peace be unto all,
Fullness be unto all,
Prosperity be unto all.

Asato Maa Sat Gamaya
Tamaso Maa Jyotir Gamaya
Mrityor Maamritam Gamaya.
OM Shanti, Shanti, Shanti

Lead us from unreal to Real,
Lead us from darkness to the light
Lead us from the fear of Death, To Knowledge of Immortality.
OM Shanti, Shanti, Shanti

Lokaa Samastaah Sukhino Bhavantu
Jai Sri Satguru Maharaj Ki!
JAI!

May the entire universe be filled with Peace and Joy,
Love and Light.
May the Light of Truth overcome all Darkness!
Victory to that Light!

ARATI

Jyoti Jyoti Jyoti Swayam
Jyoti Jyoti Jyoti Param
Jyoti Jyoti Jyoti Arul
Jyoti Jyoti Jyoti Sivam
Vaama Jyoti Soma Jyoti
Vaana Jyoti Jnaana Jyoti
Maaha Jyoti Yoga Jyoti
Vaata Jyoti Naada Jyoti
Ema Jyoti Vyoma Jyoti
Eru Jyoti Veeru Jyoti
Eka Jyoti Eka Jyoti
Eka Jyoti Jyotiye

Light O Light of Self-Effulgence,
Light O Light of Absoluteness,
Light O Light of Gracefulness,
Light O Light of Auspiciousness
Light of Siva, Light of Moon,
Light Divine, Light of Wisdom,
Light of Heaven, Light of Yoga,
Light of Wind, Light of Sound.
Light Delight, Light of Water,
Rising Light, Vital Light
The Only Light, The Only Light,
Give us Light, O Light of Lights.



EVENING MEDITATION

OM OM OM
OM Namah Sivaaya Gurave
Satchidananda Moortaye
Nishprapanchaaya Shanthaya
Niraalambaaya Tejase

OM OM OM
The Guru is Auspiciousness,
Embodiment of Truth-Knowledge-Bliss.
Salutations to The One who is beyond the worlds,
Peaceful, independent and radiant.



OM Tryambakam Yajaamahe
Sugandhim Pushti Vardhanam
Urvaarukamiva Bandhanaan
Mrityor Moksheeya Maamritaat.
OM Shanti Shanti Shanti

We worship You, All-Seeing One.
Fragrant, You nourish bounteously.
From fear of death may You cut us free,
To realize Immortality.
OM Shanti Shanti Shanti



(Do 3 rounds of Rapid Diaphragmatic Breathing and then 3 to 5 minutes of
Alternate Nostril Breathing, followed by a period of Silent Meditation.)

CLOSING CHANTS UNIVERSAL PRAYER

O adorable Lord of mercy and love,
Salutations and prostrations unto Thee.
Thou art omnipresent,
omnipotent and omniscient;
Thou art Satchidananda
Existence-Knowledge-Bliss Absolute;
Thou art the Indweller of all beings.
Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom;
Grant us inner spiritual strength
to resist temptations.

And to control the mind;
Free us from egoism, lust, greed,
anger and hatred;
Fill our hearts with divine virtues.
Let us behold Thee
in all these names and forms
Let us serve Thee
in all these names and forms,
Let us ever remember Thee,
Let us ever sing Thy glories,
Let Thy Name be ever on our lips,
Let us abide in Thee for ever and ever.



Asato Maa Sat Gamaya,
Tamaso Maa Jyotir Gamaya
Mrityor Maamritam Gamaya

Lead us from unreal to Real,
Lead us from darkness to the Light,
Lead us from the fear of Death, To Knowledge of Immortality



OM Saha Naavavatu
Saha Nau Bhunaktu
Saha Veeryam Karavaavahai
Tejasvi Naavadheetam Astu
Maa Vidvishaavahai
OM Shanti Shanti Shanti

May God protect us,
Grant us Wisdom's fruit,
May we gain energy to know the Truth,
May our intellects grow clear and bright,
May we cherish no ill feelings towards anyone.
OM Shanti Shanti Shanti

Lokaa Samastaah Sukhino Bhavantu
Jai Sri Satguru Maharaj Ki!
JAI!

May the entire Universe be filled with Peace
and Joy, Love and Light.
May the Light of Truth overcome all darkness.
Victory to that Light!