Welcome to Meditation.
Integral Yoga Institute
Mon.–Sat. 12:15 p.m., Mon.–Thurs. 6 p.m.
227 West 13th Street, New York, NY 10011    212.929.0585    iyiny.org

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

- The meditation lasts for approximately 35 minutes. Please do not come late or leave early; doing so is disruptive to others.
- We begin with universal chants 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 abdominal 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 his or her 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 then 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
Kaamadham Mokshadham Chaiva
Omkaaraa Namo Namaha

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 three rounds of rapid abdominal breathing and then three to five 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

Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah
Sarve Bhadraani Pasyantu
Maa Kaschid Duhkha Bhaag Bhavet

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

Auspiciousness be unto all,
Perfect peace be unto all,
Fullness be unto all,
Prosperity be unto all.
Happiness be unto all,
Perfect health be unto all,
May all see good in everyone,
May all be free from suffering.

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!
Salutations

(O Loka)

Thou O Mrityor

Grant alternate-nostril breathing,

Sugandhim art

Nishprapanchaaya Faith,

Mrityor OM

Equal

Urvaarukamiva

Saha us

Tamaso us

OM Satchidananda

Moksheeya

Thou OM

an

Vaana

Asato Vaama

Sri

devotion,

inner

Namah

Vaata

indweller

Veeryam

Thou vision,

Maaha Ema Jyoti

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