



Welcome to Meditation.

Integral Yoga Institute

Mon.–Sat. 12:15 p.m., Mon.–Thurs. 6 p.m.

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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
Kaamadam Mokshadam Chaiva
Omkaaraaya Namoh Namaha

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

OM OM OM

OM, united with the Source
On which the Yogis ever dwell,
Grants desires and liberation.
Salutations to the Omkaaram [cosmic wisdom]!

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 Sukhinaha
Sarve Santu Niraamayaah
Sarve Bhadraani Pasyantu
Maa Kaschid Duhkha Bhaag Bhavet
Lokaa 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!



ARATI

Jyoti Jyoti Jyoti Swayam	Light, O Light of Self-Effulgence,
Jyoti Jyoti Jyoti Param	Light, O Light of Absoluteness,
Jyoti Jyoti Jyoti Arul	Light, O Light of Gracefulness,
Jyoti Jyoti Jyoti Sivam	Light, O Light of Auspiciousness,
Vaama Jyoti Soma Jyoti	Light of Siva, Light of Moon,
Vaana Jyoti Jnaana Jyoti	Light Divine, Light of Wisdom,
Maaha Jyoti Yoga Jyoti	Light of Heaven, Light of Yoga,
Vaata Jyoti Naada Jyoti	Light of Wind, Light of Sound,
Ema Jyoti Vyoma Jyoti	Light Delight, Light of Water,
Eru Jyoti Veeru Jyoti	Rising Light, Vital Light.
Eka Jyoti Eka Jyoti	The only Light, the only Light,
Eka Jyoti Jyotiye	Give us Light, O Light of Lights.



EVENING MEDITATION

OM OM OM	OM OM OM
OM Namah Sivaaya Gurave	The Guru is Auspiciousness,
Satchidananda Moortaye	Embodiment of Truth-Knowledge-Bliss.
Nishprapanchaaya Shanthaya	Salutations to the One who is beyond the worlds,
Niraalambaaya Tejase	Peaceful, independent, and radiant.
OM Tryambakam Yajaamahe	We worship You, All-Seeing One.
Sugandhim Pushti Vardhanam	Fragrant, You nourish bounteously.
Urvaarukamiva Bandhanaan	From fear of death may You cut us free,
Mrityor Moksheeya Maamritaat.	To realize Immortality.
OM Shanti, Shanti, Shanti	OM Shanti, Shanti, Shanti!

(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 UNIVERSAL PRAYER

O adorable Lord of mercy and love, Salutations and prostrations unto Thee.	And to control the mind; Free us from egoism, lust, greed, Anger, and hatred;
Thou art omnipresent, Omnipotent, and omniscient;	Fill our hearts with Divine virtues.
Thou art Satchidananda, Existence-Knowledge-Bliss absolute;	Let us behold Thee
Thou art the indweller of all beings.	In all these names and forms.
Grant us an understanding heart, Equal vision, balanced mind,	Let us serve Thee
Faith, devotion, and wisdom.	In all these names and forms.
Grant us inner spiritual strength To resist temptations	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 toward 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!

