



# 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!