

Prayers & Meditations

(Meditation & Spiritual Life pp.370–372)

- Given below are some prayers and meditations which Swami Yatiswarananda used to recite in the beginning of his classes and lectures:

**yaṁ brahmanā varuṇendrarudramarutaḥ stuvanti
divyaistavairavedaiḥ sāṅgapadakranopaniṣadairgāyanti
yaṁ sāmāgāḥ .**

**dhyānāvasthita-tadgatena manasa paśyanti yaṁ yogino
yasyāntam na viduḥ surāsuragaṇā devāya tasmai namaḥ ..**
(Bhāgavata XII.13.1)

**om nārāyaṇaḥ paraṁ brahma tattvaṁ nārāyaṇaḥ paraḥ .
nārāyaṇaḥ paro jyotirātmā nārāyaṇaḥ paraḥ ..**

**yacca kiñcitjagatyasmin dṛśyate śrūyate.api va .
antarbahiṣca tat sarvaṁ vyāpya nārāyaṇaḥ sthitaḥ ..**
(Tattiriyaranyaka XII.4-5)

**om pūrṇam-adaḥ pūrṇam-idam
pūrṇāt pūrṇam-udacyate .
pūrṇasya pūrṇam-ādaya
pūrṇam-evāvaśiṣyate ..
om śāntiḥ śāntiḥ śāntiḥ**

*Let us offer our salutations to the all-pervading, all-blissful
divine Spirit who dwells in the hearts of us all.
He is the Lord of the past, present and future.
By realizing Him, one goes beyond fear and attains to peace.
He is the supreme Principle of existence, the supreme
Reality, the supreme Light and the supreme Self.
Out of Him, the all-pervading, all-blissful divine Spirit, we all
have come into being, in Him we live, to Him we return.
OM Shantih, Shantih, Shantih.*

- Let us for a few moments sit quiet, relaxing our body and mind.
- Let us offer our salutations to the Supreme, all-pervading Spirit. May He guide our understanding.

- Let us offer our salutations also to all the great teachers and saints of the world; teachers and saints whose teachings we all have inherited.
May they inspire us with love for the Truth.
- The supreme Spirit is the Source of all purity.
Let us breathe in vibrations of purity; let them destroy all our impurities; let us breathe out vibrations of purity.
Let us breathe in vibrations of strength; let them destroy all our weaknesses; let us breathe out vibrations of strength.
Let us breathe in vibrations of peace; let the vibrations destroy all our restlessness; let us breathe out vibrations of Peace.
Let us send forth currents of Purity, Strength and Peace to all our fellow-beings—to the east, to the west, to the north, to the south.
Let us be at peace with ourselves, at peace with the whole world.
- Let us now take up the position of the Witness or the Spectator and draw our mind from all distractions, from sounds and other troubles.
Let us detach ourselves also from all the thoughts, pictures and feelings that rise within.
Let us be wide awake.
- Our body is the divine temple.
Let us focus our consciousness in the sanctuary of our heart and there feel that our soul is like a little sphere of light and this little sphere of light is part of the infinite Spirit shining everywhere.
The infinite Being is immanent in the sun, moon, stars and planets.
The infinite Spirit shines in all beings.
The Spirit is immanent in our eyes, ears, in all our senses.
The divine Spirit shines in our mind. It shines in our heart.
Let us all feel the contact.
- The monist meditates on the Supreme Spirit as Sat-Cit-Ananda—Infinite Existence-Consciousness-Bliss.
The devotee worships the same Being in various aspects as God the Father, God the Mother, God the Friend, God the Beloved.

The infinite Spirit manifests Itself as the great gods and goddesses. He again comes down on earth, as it were, in the form of the divine Incarnation for blessing mankind.

- We may select any theme we please, for our meditation, but as we meditate, let us all feel that both the worshipper and the Worshipped are drowned in the one Sat-Cit-Ananda — Infinite Existence-Consciousness-Bliss.
- It is really the one infinite Being that manifests Itself in one aspect as the devotee, in the other aspect as the Deity. Let us feel the divine contact in our heart of hearts, and may the divine Presence soothe our nerves, calm our minds, quiet our hearts. May the divine Spirit guide our understanding and enlighten our consciousness.
- Let us for a few moments meditate on the all-pervading, all-blissful Spirit in any aspect we please, in any way we please. But let us by all means feel the divine contact.

.....
[All meditate]

.....
Post-meditation chant

***Saha nāvavatu saha nau bhunaktu saha vīryam
karavāvahai tejasvi nāvadhītamastu mā vidviṣāvahai
OM śāntiḥ, śāntiḥ, śāntiḥ***

(Taittiriyaopaniṣad)

May the all-pervading, all-blissful Divine Spirit, the Soul of our souls. protect us all.

May He guide us all, may He nourish us all.

May the teachings we learn become forceful and fruitful through His grace.

May Peace and Harmony dwell amongst us all.

OM Shantiḥ, Shantiḥ, Shantiḥ.

[Discourse]