

Morning and Evening Meditation

"Meditation is not a doing, but a happening"

Text of the morning and evening meditation (prayer) used by the groups of the WTT.

Beginner's Version

A simple version of meditation for beginners.

I	OM - OM - OM
II	Namaskarams Master CVV Namaskarams Master CVV Namaskarams Master CVV to your Lotus Feet
III	15 minute silence, observe what is happening within.

Morning and Evening Meditation - Full Text

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Complete text of the morning and evening meditation (prayer) used by the groups of the WTT.

	Text	Meaning / Explanation
I	OM Namah OM Sri Gurudevaya Parama Purushaya Sarva Devata Vasi Karaya Sarva Arista Vinasaya Sarva Mantra Chedanaya Trilokyam Vasamanaya Swaha (3 times)	I salute the Teacher Who is A Deva by Illumination, A Cosmic Person The one that renders the cooperation of the devas unto me The one that destroys all impediments on my Path to Truth The one that leads me through all Mantrams and fulfills me The one that leads me through all the three worlds. HIM I INVOKE

II	OM - OM - OM - OM - OM - OM - OM	
III	Gurur Brahma, Gurur Vishnuhu Gurur Devo Maheshwaraha Gurur Sakshat Parambrahmha Tasmai Sri Gurave Namaha	The Master (of the universe), who is verily the God Absolute, Who is also the Trinity (I, II, III Logos), to such Master I offer my salutations. Download Learning Powerpoint (2.7 MB)
IV	Namaskarams Master Namaskarams Master KPK Namaskarams Master EK Namaskarams Master MN Namaskarams Master CVV Namaskarams Master CVV Namaskarams Master CVV to your Lotus Feet	These 4 Masters are especially related with this work
V	(15 minute silence, observe what is happening within.)	
VI	OM Bhur Bhuva Suvaha OM Tat Savitur Varenyam Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat (24 times, can be 12 times in the beginning.)	GAYATRI: "We meditate upon the Cosmic Lord (of Light) so that That Light of the Soul embraces us and alerts our wills." See the book on Mantrams for details. Download Learning Powerpoint (3.1 MB)
VII	Invocation of the Teacher and Student	
	Samno Mitraha Sam Varunaha Samno Bhavat Aryama Samna Indro Brihaspatihi Samno Vishnur Urukramaha Namo Brahmane Namaste Vayo Twameva Pratyaksham Brahmasi Twâmeva Pratyaksham Brahma Vadishyami Ritam Vadishyami Sathyam Vadishyami Tan Mam Avatu Tat Vaktaram Avatu Avatu Mam Avatu Vaktaram OM Santhi Santhi Santhihi	a) OM May Mitra be propitious to us May Varuna be propitious to us May Aryama be propitious to us May Indra be propitious to us May Brihaspathi be propitious to us May Vishnu, the Urukrama be propitious to us b) We Bow Down To The Brahman, The God Absolute We Bow Down To You O Lord Of Air (Vayu)! You Are Indeed The Perceptible God.

		<p>I Declare, Verily You Are The Perceptible God. I Uphold The Righteousness. I Uphold The Truth. May That Protect Me May That Protect The Teacher May That Protect Me May That Protect My Teacher</p> <p>See the book on Mantrams for details.</p> <p>Download Learning Powerpoint (6.9 MB)</p>
VIII		
	<p>(in the morning)</p> <p>GREAT INVOCATION</p> <p>From the point of light within the mind of God, let light stream forth into the minds of men. Let light descend on Earth.</p> <p>From the point of love within the heart of God, let love stream forth into the hearts of men. May the Lord return to Earth</p> <p>From the centre, where the will of God is known, let purpose guide the little wills of men, the purpose, which the Masters know and serve.</p> <p>From the centre, which we call the race of men, let the plan of love and light work out, and may it seal the door where evil dwells.</p> <p>From the Avatar of synthesis, who is around, let his energy pour down in all kingdoms. May he lift up the Earth to the kings of beauty.</p>	

	Let Light and Love and Power restore the Plan on Earth.	
	<p>(in the evening)</p> <p>INVOCATION</p> <p>May the Light in Me be the light before me May I learn to see it in all. May the sound I utter reveal the light in me May I listen to it while others speak.</p> <p>May the silence in and around me present itself, The silence which we break every moment, May it fill the darkness of noise we do And convert it into the Light of our background.</p> <p>Let virtue be the strength of my intelligence, Let realisation be my attainment, Let my purpose shape into the purpose of our earth, Let my plan be an epitome of the Divine Plan.</p> <p>May we speak the silence without breaking it. May we live in the awareness of the background. May we transact light in terms of joy. May we be worthy to find place in the Eternal Kingdom OM.</p> <p>Download Learning Powerpoint (1.4 MB)</p>	
IX	<p>Loka Samasta Sukhino Bhavantu (3 times) OM Shanti Shanti Shantihi</p> <p>Download Learning Powerpoint (1.4 MB)</p>	

X	MAITREYA-SONG	
	Jagad Guru Namasthubhyam Himalaya Nivasine Namaste Divya Dehaya Maitreya Ya Namoh Namaha (2 times)	Salutations to the World Teacher, The Dweller of the Himalayas. Salutations to him who has the etheric body of effulgence. O Lord Maitreya, salutations to you!
	Namoh Jñana Svarupaya Mayamoha Vidarine Nirmalaya Prasanthaya Maitreya Ya Namoh Namaha	Salutation to you, the embodiment of knowledge, The dispeller of ignorance and illusion. You are the pure and the tranquil one. O Lord Maitreya, salutations to you!
	Namaste Bodhisattvaya Nama Punya Murtaye Purnananda Svarupaya Maitreya Ya Namoh Namaha	Salutations to you, the one of poised wisdom, Salutations to you, the embodiment of goodwill in action. You are the embodiment of complete bliss. O Lord Maitreya, salutations to you!
	Siddhi Buddhi Prayuktaya Siddhi Buddhi Pradayine Bhavabhiti Vinasaya Maitreya Ya Namoh Namaha	Fulfillment and wisdom are the qualities associated with you. You are the bestower of fulfilment and wisdom. You are the destroyer of the fear of birth and death. O Lord Maitreya, salutations to you!
	Namaste Karma Nistaya Yoginam Pataye Namaha Brahma Jñana Svarupaya Maitreya Ya Namoh Namaha	Salutations to you, the action oriented one, Salutations to you, O Yogi of Yogis. You are the embodiment of the Word, the Truth. O Lord Maitreya, salutations to you!
	Namaste Guru Devaya Namaste Dharma Setave Narayana Niyuktaya Maitreya Ya Namoh Namaha	Salutations to you, O Deva of the Initiates, Salutations to you, O Bridge to the Dharma, the Law. You are the one appointed by Krishna, the Lord of the Cosmic Synthesis. O Lord Maitreya, salutations to you!
	Namaste Karuna Sindho Prema Piyusha Varshine Jagad Bandho Namasthubhyam Maitreya Ya Namoh Namaha	Salutations to you, Ocean of Compassion, Who always shower the Nectar of Love. You are the one related to the World. O Lord Maitreya, salutations to you!
	Jagad Bandho Namasthubhyam Maitreya Ya Namoh Namaha OM Shanti Shanti Shantihi	See book on Lord Maitreya - The World Teacher for details. Download Learning Powerpoint (19.2 MB)

http://worldteachertrust.org/en/web/meditation/morning_evening_meditation