

Prayers & Chants from the Himalayan Tradition

<p><u>ParaYoga Invocation, or Prayer of 64 Yoginis</u> Ganesha Graha Nakshatra Yogini Rashi Rupinim Devim Mantra Mayim Naumi Matrika Pitha Rupinim</p>	<p>May we open to our light and wisdom through our practice of Yoga, and may that light and wisdom guide our lives.</p>
<p><u>Maha Mrityanjaya Mantra</u> Om Tryambikam Yajamahe Sughandim Pushti Vardanam Uruva rukamiva Bhandanaan Mrityor Mushiya Mamritat</p>	<p>We Meditate on the reality which sees in three dimensions, and which permeates and nourishes all like a beautiful fragrance. May we be liberated from death and ignorance for the sake of immortality and truth, even as the cucumber is severed from bondage to the creeper.</p>
<p><u>Surya Gayatri Mantra</u> Om Buhr Bhuva Swahaa Tat Savitur Varenyam Bhargo Devasya Dhi Mahi Dhi Yo Yo Nah Prachodayat</p>	<p>Om. In each of the three planes of existence, we recall within ourselves and meditate upon that wondrous Spirit of the Divine Solar Being; may he guide our inner vision.</p>
<p>Guru Brahma Guru Vishnu Guru Devo Mahesvaraha Guru Saksat Param Brahma Tasmai Sri Gurave Namaha</p>	<p>Guru is verily the representative of Brahma, Vishnu and Shiva. (beginning, middle, and end). He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru. This guru is represented in others, and in me.</p>
<p>Asato Ma Sada Gamaya Tamaso Ma Jyotir Gamaya Mrityor Ma Amritam Gamaya ,</p>	<p>Lead me from the untruth to the truth. Lead me from darkness to light. Lead me from death to immortality.</p>
<p>Om Shanti Shanti Shanti</p>	<p>Om peace, peace, peace</p>
<p>Om Purnamadah Purnamidam Purnat Purnam Udachyate Purnasya Purnam Adaya Purnam Evavashishate Om Shanti Shanti Shanti</p>	<p>This is perfect That is perfect When the perfect is taken from the perfect, the perfect alone remains.</p>
	<p>Om peace, peace, peace</p>

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<p>Akhanda Mandalakaram Vyaptam YeNa Characharam Tad Padam Darshitam YeNa Tasmai Shri Guruve Namaha</p> <p>Om Dyau Shanti Antariksha Shanti Prithvi Shanti Apaha Shanti Oshadhayah Shanti Vanas Patayah Shanti Vishwe Devah Shanti Brahma Shanti Sarva Shanti Shantir Eva Shanti Sa Ma Shanti edhi Om Shanti Shanti Shanti</p>	<p>My Salutations to that Guru who revealed to me that Truth, which is unfragmented, infinite, timeless divinity, and which pervades the entire universe – movable or unmovable.</p> <p>May there be peace in the heavens, peace in the skies, and peace on earth. May all the waters know peace. May the shrubs know peace. May the great trees of the forest know peace. May all beings know peace. God, or creation, is peace. Peace, and only peace.</p> <p>And may we know that peace. Om peace, peace, peace.</p>
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