

Center for Spiritual Enlightenment  
MORNING PUJA & MEDITATION

1) PRAYER FOR REALIZING TRUTH

om asato ma sad gamaya  
tamaso ma jyotir gamaya  
mrtyor ma amrtam gamaya  
om, shanti, shanti, shanti

2) DAKSHINAMURTI MOOLA MANTRA (3X)

om namo bhagavate  
dakṣiṇāmūrtaye  
mahyaṁ śriyam medhām pragyām  
prayach-cha svāhā ||

3) GURU MANTRA

Om! Guru Brahma Guru Vishnu  
Guru Devo Maheshvarah  
Guru Sakshat Param Brahma  
Tasmai Sri Gurave Namaha  
Tasmai Sri Gurave Namaha  
Tasmai Sri Gurave Namaha

Om Babaji Swaha!  
Om Lahiri Mahasaya Swaha!  
Om Sri Yukteswar Swaha!  
Om Paramahansaji Swaha!  
Om Roy Davis ji Swaha!  
Om Sri Gurudeva Swaha!  
Om, Shanti, Shanti, Shanti

4) OFFERINGS:

*fruit and flowers are offered by the Pujari*

5) GAYATRI MANTRA (3X)

om bhūrbhuvah svah  
tatsaviturvareṇyaṁ  
bhārgo devasya dhīmahi  
dhiyo yo nah pracodayāt om

6) MEDITATION:

*offering of vital force through pranayama*

7) PEACE MANTRA

Om, Sarvesam Svastir Bhavatu  
Sarvesam Shantir Bhavatu  
Sarvesam Purnam Bhavatu  
Sarvesam Mangalam Bhavatu

8) PRAYER FOR ALL BEINGS

Lokah samastah sukhino bhavantu  
Lokah samastah sukhino bhavantu

May all of the beings  
in all the worlds be happy  
Om Shanti, Shanti, Shanti

9) PRASAD:

*receiving blessed foods*

### **PRAYER FOR REALIZING TRUTH**

Oh Lord, lead us from the unreal to the Real.  
Lead us from the darkness of ignorance to the light of Truth.  
Lead us from the error of identifying  
with the mortal body and mind to the  
realization of our divine immortal Self.

### **DAKSHINAMURTI MOOLA MANTRA (3X)**

Om. Salutations to Bhagavān Dakṣiṇāmūrti.  
Please bless us with the wealth of divine knowledge,  
abundance in all of its auspicious forms,  
memory of our essential nature, and wisdom,  
the power of enlightened discernment.

### **GURU MANTRA**

Om! Guru is the creator of all,  
Guru is support and sustainer of all,  
Guru is the transforming power of all,  
Guru is both immanent and transcendent.  
To That Supreme Reality, the remover of  
Darkness and ignorance, I offer this prayer,  
Bowing before the One in all.  
To Mahavatar Babaji, it is offered  
To Lahiri Mahasaya, it is offered  
To Sri Yukteswar, it is offered  
To Paramahansa Yogananda, it is offered  
To all of the divine gurus and sishyas of Kriya Yoga, it is offered.

### **GAYATRI MANTRA (3X)**

We meditate on the sacred light  
of the radiant source of life.  
Let it inspire our thoughts and intentions.

### **PEACE MANTRA**

May all experience complete well-being.  
May everyone know peace and contentment.  
May all realize fullness.  
May all experience the auspicious life.

### **Prayer for All Beings**

May all beings in all worlds be happy and free.