

Center for Spiritual Enlightenment

Morning Meditation Prayer Booklet



*Meditation, silence, the company of those who are spiritually awake, uplifting conversation with others on the path, turning away from restless activity, letting go of desire for results—
this is the way to increase peace in one's life.*

Please do not remove from CSE premises
1146 University Ave, San Jose, CA 95126

Opening Prayers

With the opening of the earliest dawn and the lotus-buds, my soul softly opens in prayer to receive Thy light.

Bathe each petal of my mind with Thy radiant rays!

I saturate myself with the perfume of Thy presence,

and I wait to waft with the breeze

the aroma of Thy message of love to all.

Bless me, that with the spreading dawn

I may spread Thy love everywhere.

Bless me, that with the awakening dawn

I may awaken all souls with my own

and bring them to Thee.

— Paramahansa Yogananda

**om̐ asato mā sad gamaya
tamaso mā jyotir gamaya
mṛtyor mā amṛtaṁ gamaya
om̐ śāntiḥ śāntiḥ śāntiḥ**

—Bṛhadāraṇyaka Upaniṣad, I.iii.28

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.*

ॐ **Mahāmṛtyanjaya Mantra** ॐ

oṃ
tryambakaṃ yajāmahe
sugandhiṃ puṣṭivardhanam
urvārukamiva bandhanān
mṛtyoumukṣīya mā mṛtāt
oṃ

*Om, we pray to the Supreme Lord who sees all
whose grace is present everywhere like a sweet fragrance,
who bestows the blessings of prosperity and nourishes all life.
May we be liberated from all bondage and the shadow of death.
Through realization of Truth, may liberation unfold effortlessly
as ripe fruit falls from the vine and becomes free.*

***Chanting the Mahāmṛtyanjaya Mantra
for Meditation and Healing***

*Focused on intentional chanting of this ancient
Sanskrit mantra clears the mind and releases energy for healing.
Contemplate the meaning of the mantra as you are chanting.
Offer its benefits for those you pray for and for the well-being
and spiritual awakening of all beings everywhere.*

ॐ The Gāyatri Mantra ॐ

The Gāyatri mantra is considered to be the most sacred of all mantras. Traditionally chanted at dawn and dusk with the rising and setting of the sun, it has a calming effect on the mental field and invokes the light of Divine consciousness within. It may be given by the spiritual teacher at the time of one's initiation, when certain vows are taken to practice the spiritual way of life.

**om̐ bhūrbhuvah̐ svaḥ tatsaviturvareṇyam̐
bhārgo devasya dhīmahi
dhiyo yo naḥ pracodayāt om̐**

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

The Gāyatri mantra is a prayer to the Source of all life to brighten one's intellect. It is used to cleanse the mind, so that one can receive higher guidance and inspiration.

<i>Bhūr</i>	<i>earth</i>
<i>Bhuvah̐</i>	<i>atmosphere</i>
<i>Svaḥ</i>	<i>heavens</i>
<i>Tát</i>	<i>that</i>
<i>Savitúr</i>	<i>of the source</i>
<i>Várenyam̐</i>	<i>to be held sacred</i>
<i>Bhārgo</i>	<i>light</i>
<i>Devásya</i>	<i>of the radiant</i>
<i>Dhīmahi</i>	<i>we meditate on</i>
<i>Dhíyo</i>	<i>thoughts, intentions, prayers</i>
<i>Yah</i>	<i>which (source)</i>
<i>Naḥ</i>	<i>our</i>
<i>Pracho-dáyāt</i>	<i>should direct, urge, inspire</i>

ॐ Guru Mantra ॐ

Om
Guru Brahmā Guru Viṣṇu
Guru Devo Maheśhvarah
Guru Sākṣhāt Para Brahmā
Tasmai Śrī Gurave Namaḥa
Tasmai Śrī Gurave Namaḥa
Tasmai Śrī Gurave Namaḥa
Om

Om Babaji Swaha!
Om Lahiri Mahasaya Swaha!
Om Sri Yukteswar Swaha!
Om Paramahansaji Swaha!
Om Sri Gurudeva Swaha!
om śāntiḥ śāntiḥ śāntiḥ

*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,
Bowling 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.*

Chanting

Sri Ram, Jai Ram, Om̐

Victory in God, in the realization of divine Truth

Pranayama

Alternate Nostril Breathing (6 rounds)

Complete Breath or Kriya Pranayama (12 rounds)

Pratyahara

So' Ham mantra

Contemplation of Om̐

Silent Meditation

Commune with God in the silence of your soul

Concluding Meditation

om̐, om̐, om̐

śāntiḥ śāntiḥ śāntiḥ

Arati

om̐

**tvam eva mātā ca pitā tvam eva
tvam eva bandhuśca sakhā tvam eva
tvam eva vidyā draviṇaṁ tvam eva
tvam eva sarvaṁ mama deva-deva
tvam eva sarvaṁ mama deva-deva
om̐**

*You alone are my mother and my father,
You alone are my friend and my beloved companion,
You alone are all knowledge and all wealth,
O Supreme Lord, you alone are everything for me.*

Prayer for All Beings

**om̐ lokāḥ samastāḥ sukhino bhavantu
lokāḥ samastāḥ sukhino bhavantu
May all of the beings, in all the worlds, be happy.
om̐ śāntiḥ, śāntiḥ, śāntiḥ**

May all beings in all worlds be happy and free.

Scripture Study

Study on the spiritual path includes study of scripture, contemplation of the nature of Reality, and self-inquiry. Study is both the process of acquiring knowledge and the unfoldment of inner wisdom. Paramahansa Yogananda said, "Read a little. Meditate more. Think of God all the time." Study of scripture or spiritual teachings is combined with contemplation of what is read, practice of the principles, and examination of the effects of that practice in our lives.

Self-inquiry and self-examination are essential components of spiritual study. From the deepest level of inquiry that explores the fundamental question, "who am I, or what am I?", to examining how our experience of life is related to our habitual thoughts and beliefs, to discovering how our food choices influence our mental clarity and physical well-being, study is a comprehensive component of the spiritual life.

Prayer for Study

**om saha nāvavatu saha nau bhunaktu
saha vīryam karavāvahai
tejasvi nāvadhītam astu
mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ**

May the Divine protect us.

May the Divine nourish us.

Let us work together with enthusiasm and strength.

May our study bring illumination of consciousness.

May there be harmony between us.

Aum. Peace, Peace, Peace



Kriya Yoga in this tradition has been passed on through the centuries from guru to disciple through instruction, initiation and transmission. This lineage begins with **Mahavatar Babaji**, the great avatar or yoga master, whose mission is to support the awakening of souls and planetary evolution. Through him, the teachings were transmitted to his disciple **Lahiri Mahasaya**.

After receiving permission from Babaji to make the teachings of Kriya Yoga more widely available to sincere seekers, **Lahiri Mahasaya**, a family man known as a householder yogi, initiated thousands of students, including **Swami Sri Yukteswar**.

Swami Sri Yukteswar trained and initiated, **Mukunda Lal Ghosh**, one of his foremost disciples who would later be instrumental in the worldwide dissemination of the teachings of Kriya Yoga. Mukunda had been initiated into the practices of Kriya Yoga early in life by his father who was also a disciple of **Lahiri Mahasaya**. Yet, his destined guru-disciple relationship was with **Sri Yukteswar** who faithfully guided him and supported his unfolding spiritual realization. After years of devoted study and practice with his guru, he entered the swami order and took on the monastic name, Swami Yogananda.



It was **Swami Yogananda** who came to America in 1920 with the blessings of his guru, to spread the liberating teachings of Kriya Yoga to the West. He remained in the West initiating thousands into the spiritual practices of Kriya Yoga and inspiring seekers worldwide to discover the liberating truth of their spiritual nature and their relationship with the Infinite. Among those he trained, ordained to teach, and initiate others into Kriya Yoga, was his disciple **Roy Eugene Davis**.

Roy Eugene Davis met **Paramahansa Yogananda** in 1949. He was accepted for monastic training and later ordained by him in 1951. One of the few remaining direct disciples of **Paramahansa Yogananda**, Mr. Davis has dedicated his life to offering these teachings worldwide for over 60 years. He carries on this tradition of Kriya Yoga through the transmission of the teachings to his disciples today.

The vitality of the Center for Spiritual Enlightenment, with the spiritual direction of **Yogacharya Ellen Grace O'Brian**, a disciple of Mr. Davis, abides in the living legacy of this teaching tradition. **Yogacharya** met her guru, Roy Eugene Davis, in 1979. She was trained and ordained by him to carry on the mission of Kriya Yoga to bring the liberating teachings of Self- and God-realization to seekers of truth everywhere. CSE's service in support of individual and planetary spiritual awakening is carried out today by many CSE ministers and meditation teachers.

MORNING MEDITATION PRAYER BOOK

©2015, Yogacharya Ellen Grace O'Brian

(edited 10-28-15)

Center for Spiritual Enlightenment

1146 University Avenue — San Jose, CA 95126

(408) 283-0221 — www.CSEcenter.org