



WPM HANDOUT FOR FACILITATORS

Welcome and offer 'Namaste' to participants. Introduce any new participants.

Align everyone with the practice intention (add more detail from the Guide as appropriate).

Does everyone who would like one have a reference handout? Sit upright in a relaxed posture. You can put your hands on your lap or knees, palms up or whatever is most comfortable. Close your eyes. We will first chant OM together 9x. Then we will chant the Hridayagarbhaya mantra together 9x. We will then begin the OM...TAT...SAT...OM technique for 10 minutes. Describe the technique. When 10 minutes is up, I will ring a bell or say the OM...TAT SAT...OM rhythm aloud once. We will then enter into silence for X minutes. A bell will ring to signal the end. When you leave it is best to stay in silence for another 10 minutes so the Force can settle in your system. I will be here for a few minutes afterwards if anyone has questions.

Read the Hridayagarbhaya Mantra and its meaning into the room.

Step 1—Chant OM

- Lead the group in chanting the mantra "OM" aloud together 9 times. To start in unison, you can ask people to inhale together and begin the chant on the exhale.
- Pause in silence for a moment.

Step 2—Hridayagarbhaya Mantra

- Lead the group in chanting the Hridayagarbhaya mantra aloud 9 times (you may choose to chant along with the recommended MP3 recording).
- Pause in silence for a moment.

Step 3—OM...TAT SAT...OM Technique

- Do the "OM...TAT SAT...OM" technique aloud 3 times...you are demonstrating the rhythm of the mantra for the group. Then say "start the technique on your own in silence."
- Each person then silently continues the technique for 10 minutes. Set a timer to monitor time.
- At the end of 10 minutes, to bring this step to a close, repeat aloud "OM...TAT SAT...OM" or ring a bell to signal that the group should stop the technique.

Step 4 - Silence

- Ask the group to go into silence for X minutes. (It will be between 20-75 minutes, depending on how much time you have until the end of the meeting). Set a timer for a bell to ring at the end of the meditation time. Give people time to reenter normal consciousness. Thank people for coming verbally or by bowing with a Namaste.

WPM Hiranyagarbhaya Mantra

Om namo hiranyagarbhaya
Satchidaananda murtaye
Satyajyoti swarupaya

Tat purushaya tay namah
Tat purushaya tay namah
Tat purushaya tay namah

Phonetic Rendition

Om namo her-ron-ya-gar-bye-ya
Sat-chi-da.....nan-da mor-ti-yae
Sat-ya jo-tee.....swa-roo-pa-ya

Tat pu-ru-shi-ya tay, na-ma-ha
Tat pu-ru-shi-ya tay, na-ma-ha
Tat pu-ru-shi-ya tay na-ma-ha

Hiranyagarbhaya Mantra Meaning

“To the Supreme Being, we evoke You, we call You to come and manifest
Your force of Satchitananda, into and through our bodies.
May your Supreme Presence, Consciousness and Love come into this World.
We salute You, we invoke You, we call You, we bow to You.
Oh manifestation of Supreme Consciousness.
Oh Supreme Absolute Awareness, please come and manifest Thyself.
Oh embodiment of Supreme Truth, Light and Love.”

OM...TAT SAT...OM Meaning

OM

The original vibration from which came the flow of creation.

TAT SAT

Means Matter is Spirit and Spirit is Matter.

OM

Adding “OM” at the end intensifies this vibration into
a force that we release into the collective consciousness.