



WPM HANDOUT FOR INDIVIDUALS

The World Peace Meditation (WPM) combines the yogic power of mantra with the breath or prana to enable us to channel the Cosmic energy that transforms consciousness.

Step 1—Chant OM

- Chant “OM” aloud 9 times.
- Pause in silence for a moment.

Step 2—Hiranyagarbhaya Mantra

- Chant “Om Namō Hiranyagarbhaya” aloud 9 times (see page 2).
- Pause in silence for a moment.

Step 3—OM...TAT SAT...OM Technique

- This mantra is done silently and all breathing should be done through the nose.
- Start by inhaling through the nose and thinking silently “OM” as you feel or visualize the vibration of “OM” descending down all the way to the third chakra (which is located 2 fingers below the navel, back by the spine).
- Then hold the breath thinking “TAT SAT.” We think this briskly. Hold the breath as long as is comfortable. Then exhale up and out through your nostrils, thinking “OM.” Visualize or feel the “OM” vibration being pushed up and out into outer space. This intensifies the vibration into a force that we release into the collective consciousness.
- Silently continue the “OM...TAT SAT...OM” technique for 10 minutes.

Step 4—Silence

- After the OM...TAT SAT...OM technique, sit an additional 20 to 45 minutes in silence.
- After completing the meditation it is suggested to remain inward and in silence for an additional 10 minutes. This allows the energy to settle and stabilize in one’s system without dissipating.

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.