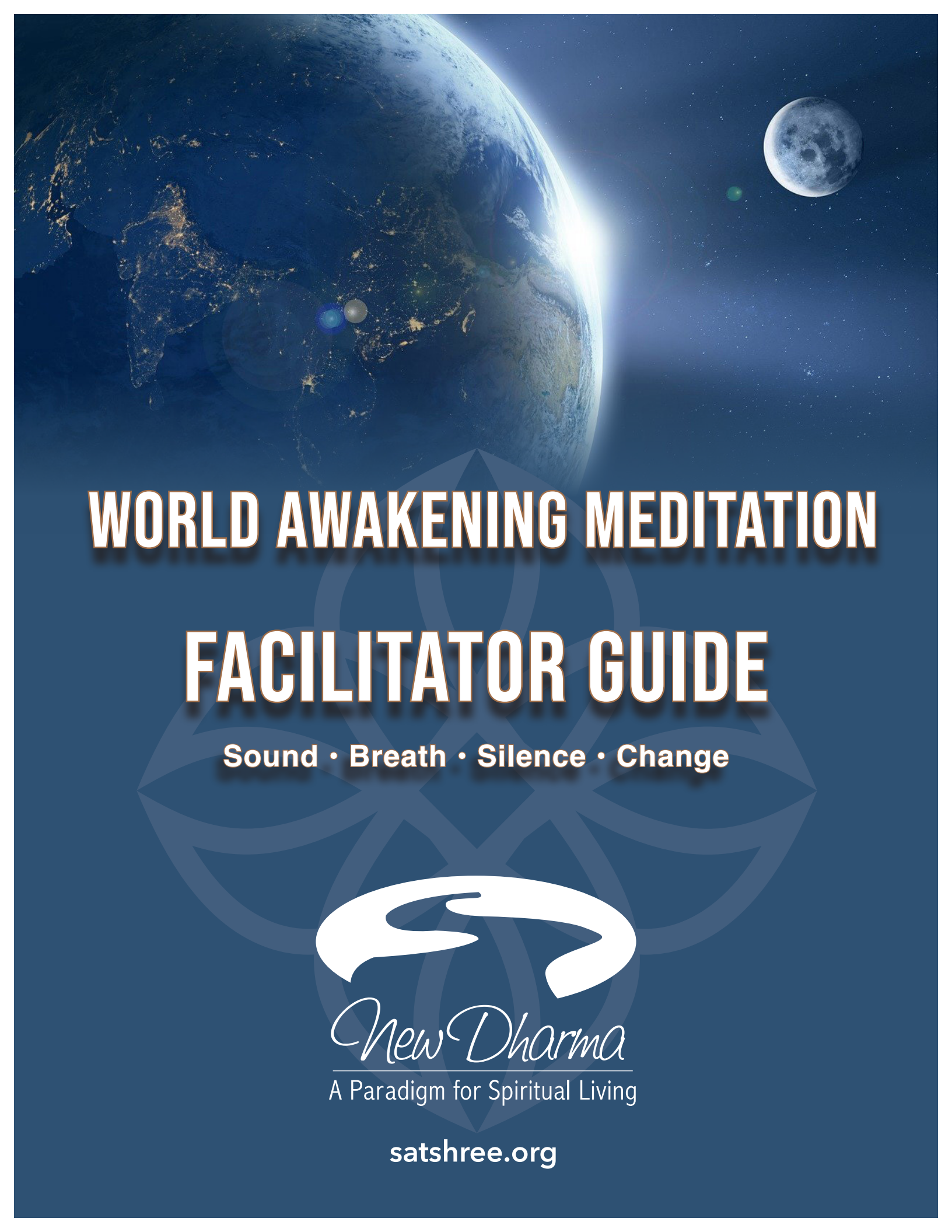




WORLD AWAKENING MEDITATION FACILITATOR GUIDE

Sound • Breath • Silence • Change



New Dharma

A Paradigm for Spiritual Living

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ACKNOWLEDGEMENT

This guide was created by Sat Shree and is based on the teachings and direction of his teacher Sri Atmananda.

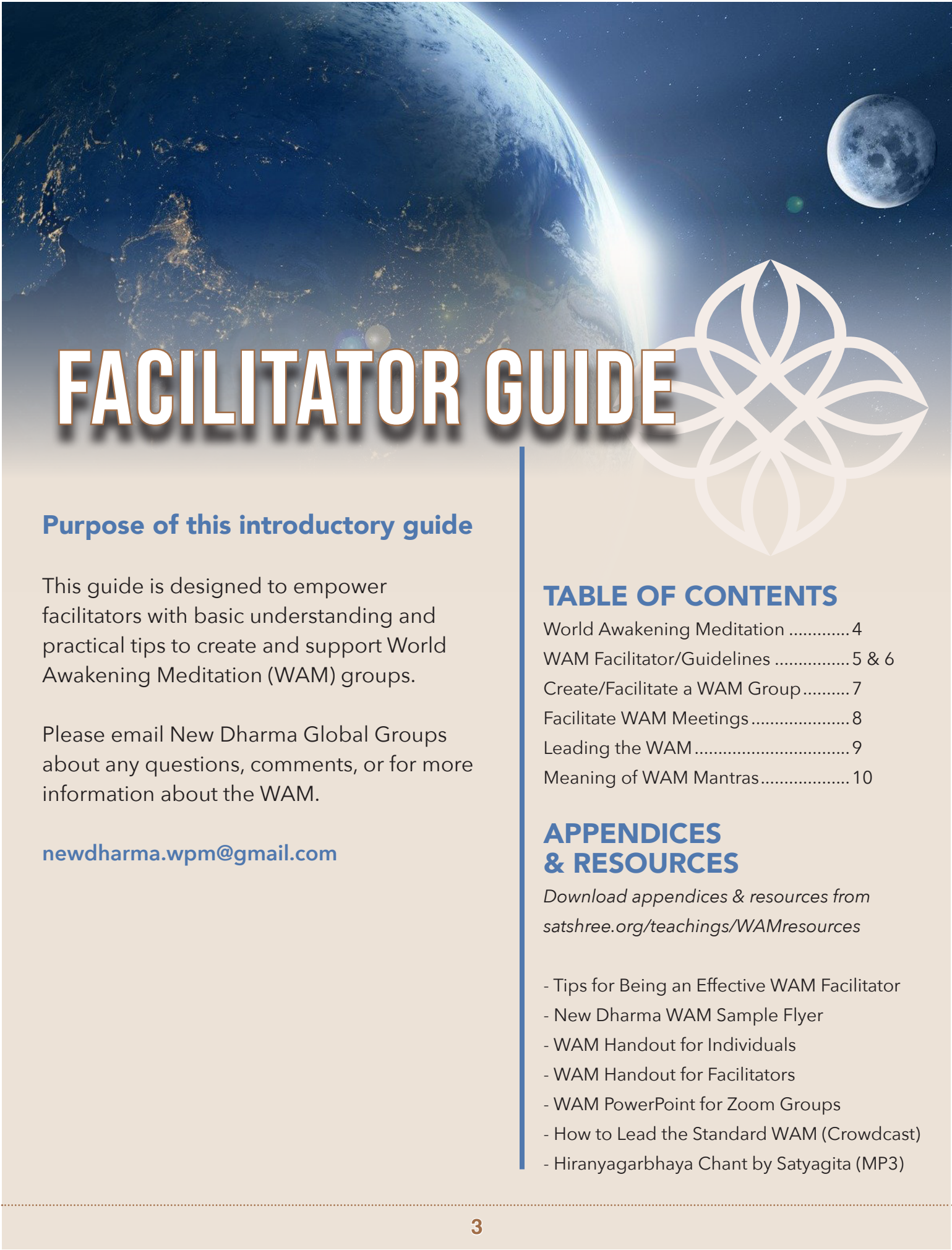
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FACILITATOR GUIDE

Purpose of this introductory guide

This guide is designed to empower facilitators with basic understanding and practical tips to create and support World Awakening Meditation (WAM) groups.

Please email New Dharma Global Groups about any questions, comments, or for more information about the WAM.

newdharma.wpm@gmail.com

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APPENDICES & RESOURCES

*Download appendices & resources from
satshree.org/teachings/WAMresources*

- Tips for Being an Effective WAM Facilitator
- New Dharma WAM Sample Flyer
- WAM Handout for Individuals
- WAM Handout for Facilitators
- WAM PowerPoint for Zoom Groups
- How to Lead the Standard WAM (Crowdcast)
- Hiranyagarbhaya Chant by Satyagita (MP3)



1. WORLD AWAKENING MEDITATION

Welcome to the mighty purpose of being a channel of transformation for these times by being a facilitator of a World Awakening Meditation (WAM) group.

The evolutionary transition we are in the midst of is greater than all previous transitions because humankind is moving beyond mind and intellect into the domain of consciousness itself. Great Beings throughout history have reached this consciousness individually, but now it is no longer limited to one or two Great Souls. Now there is a mass awakening that is affecting all of humankind.

In the Bhagavad Gita (vs. 169-170), Krishna says, "Whenever the light of natural law fades away and there is an ascendancy of darkness, during those periods I create Myself. For the protection of the virtuous, to destroy evil and to re-establish dharma, I come again and again." Krishna represents the force of Truth Consciousness. This is an intervention force that comes to the world during periods of darkness. Sat Shree calls this force the Sat Force, Sat being the Sanskrit word for Truth. This force is unique to times and transitions like the one we are now in.

The force intervenes to restore the balance between Spirit and Matter and thus reestablishes the dharma that will allow humankind to transition into a sustainable future.

The purpose behind the WAM is to expand the vibration of peace in the collective consciousness so that Truth Consciousness can manifest and the current cycle of evolution can continue to unfold.

In combining a silent mantra with a breath technique, the WAM brings the Sat Force into the physical creation using our bodies as the medium. This Force is the source of all forces, but it cannot enter the world without the conscious collaboration of self-aware beings like ourselves. By tapping into this universal Force, we start a process of transformation within our own bodies. This converts lower

energy into higher energy, which when it is released into the core of the planet, uplifts the planetary vibration, bringing the vibration of peace into the world. Practicing the WAM allows you to become an instrument or channel for the Sat Force. We become a useful collaborator by serving this mighty purpose.

**"This Force is
transformative.
It goes into the cells
and consciousness
starts shifting.
Each person, as a
vehicle, is being
restructured to be of
greater service."**

~
SAT SHREE

2. WAM FACILITATOR/GUIDELINES

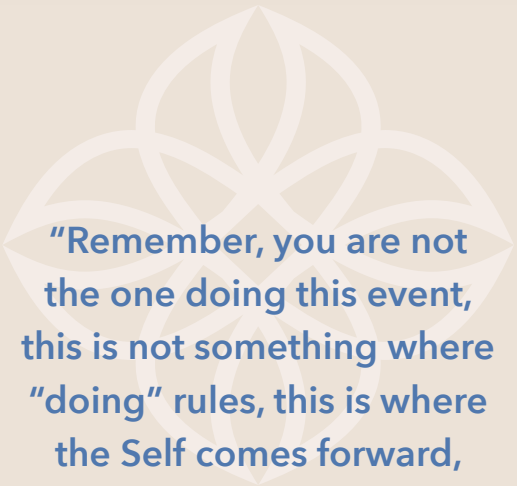
Serving as a WAM Facilitator is about holding the space for something greater to happen. You become a channel for the Sat Force and it will require you to grow in relationship with this Force and increase your alertness and responsibility to the unfolding of your purpose in life. Never in mankind's history has it been more important for us to 'wake up' and become aware of and experience the truth of who we are and what our purpose is in life.

You become a channel for the Sat Force by coming to your own Presence, connecting to your heart and inner being, and energetically connecting or invoking Sat Shree and the Sat Force. The Force flows more fully through a system that is more neutral, empty, less driven by the ego expectations for outcome and doership, and more identified with the Being. You soon discover that the more you can get out of the way and let the Force do the work, the more truly you will be serving Sat Shree, the Sat Force, and the world.

The energy and consciousness you bring during your planning and before WAM meetings will energetically be felt by people. It greatly impacts the dynamic of the group. You are, in fact, modeling for participants how to collaborate and co-create a possibility for serving a purpose higher than themselves, by aligning your intention with Sat Shree and the Force.

**See Appendix 1 -
Tips for Being an Effective WAM Facilitator**

satshree.org/teachings/wamresources



"Remember, you are not the one doing this event, this is not something where "doing" rules, this is where the Self comes forward, connected to God and Truth holding the space for the opportunity. Feel your connection to Sat Shree and the Sat Force. Make your relationship with Divine first, not the running of the group first." "

**~
SAT SHREE**



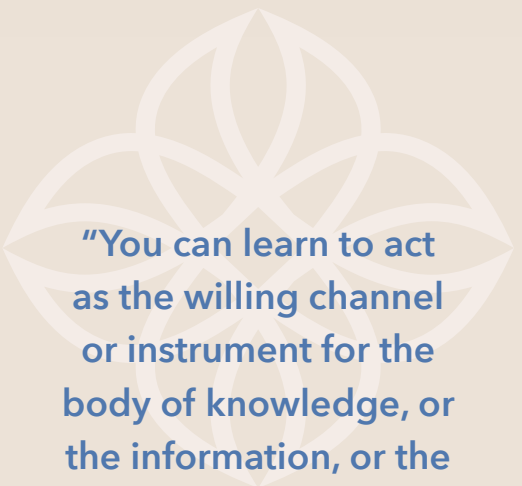
FACILITATOR GUIDELINES

- **21 consecutive days to stabilize.** It takes practicing the WAM for 21 consecutive days to allow the technique to become established in one's system. Start as soon as possible, or within three days after learning the meditation. This is required before anyone starts facilitating WAM groups.

- **Maintain the purity of the standard WAM.** The standard WAM technique described in this material is provided by Sat Shree. Altering the technique or writing other interpretations is not allowed.

- **The new WAM is an Intervention.** As such there needs to be 3 people participating. If there are less than 3, then sitting in silence is what to do. But if both persons are established in the new WAM they can do the chant and the technique itself, silently on their own. It won't be an Intervention, but it will provide benefit for the two who participate.

- **Age 18.** The WAM can be practiced by anyone over age 18 who aspires to be of service for the world at this time. For practice by youth under 18 it's wise to seek permission from WAM mentors or a New Dharma coach.



"You can learn to act as the willing channel or instrument for the body of knowledge, or the information, or the transmission of that Force, based on the level of listening of people who come to you, and the level they can receive. You can learn to let go of your ego in the process of serving the transmission that is coming through you."

~
SAT SHREE

3. CREATE/FACILITATE A WAM GROUP

Creating a WAM group starts with an intention to do so. An intention opens up our ability to recognize the possibilities already around us to manifest that intention. When you declare your intention, you will find that there are people you already know who would be interested or will support you. The next step is to take actions.

Key actions to manifest your intention:

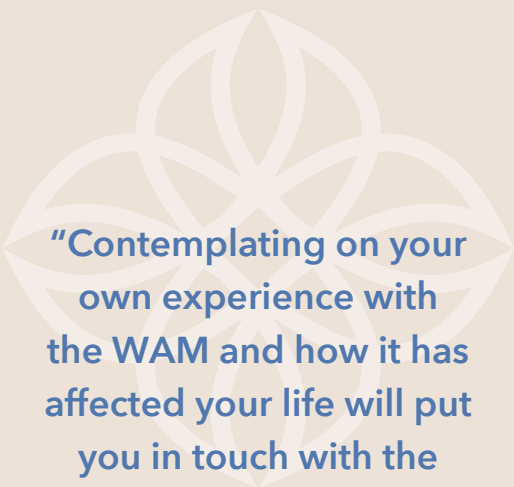
Choose a location. It can be your house, a friend's house, or a place that you rent, like a yoga studio or community room. It can also be online. It is important that the place you select can support the purpose and energy of the WAM and you feel comfortable in it.

A New Dharma WAM flyer is available. See **Appendix 2** and personalize the flyer by adding your personal contact information, location, and dates.

Identify people who might be interested. Make a list and then invite them. It is always easier to start with people you feel most comfortable with and then expand from there.

Create a New Event on Mighty Networks. Join the group online and add your new event into the World Awakening Meditation Directory page, include your contact information for new participants.

Make Copies of the WAM Handout. See **Appendix 3** for WAM Handout for Individuals. Make copies for participants.



"Contemplating on your own experience with the WAM and how it has affected your life will put you in touch with the Sat Force that is behind the WAM. Then, while in that space, when you invite people to join you in a special meditation for World Peace, or talk to people to support the group, this Sat Force will do the work."

~
SAT SHREE



FACILITATE WAM MEETINGS

Key Actions Before Starting the WAM Meeting

Arrive 30 minutes early to set up the room and set the energy for the meeting.

- If facilitating in person, ensure the room is clean, orderly, and conscious.
- If facilitating in person, arrange the chairs in the room in a circle if possible, with clear delineation of your place as a facilitator/leader.
- Have a lit candle where everyone can see it.
- Have a timer, and if using it, a device to play the Invocation Prayer MP3.
- If facilitating in person, ensure you can control the lighting (you will want to dim the lights for the meditation itself).
- If facilitating in person, have a table outside the circle with the following:
 - Sign-in sheet with pen (to gather names and emails of new participants)
 - WAM Handout for Individuals
 - WAM flyers for participants to share with friends; any other handouts you deem helpful.

Call in Sat Shree and the Force. Give yourself time to sense into the energy of the space, come to Presence, and energetically establish the intention for the first meeting. Sit quietly as you connect

with your heart and inner being. Simply breathe and feel what is going on in your body. Connect to Sat Shree and the Force. This will create the space to allow whatever needs to arise to do so.

- **Welcome Guests.** Be sure everyone is welcomed and feels supported in joining the group. Start by welcoming everyone to the group and introducing yourself as the facilitator. Share something personal about your relationship to the WAM and Sat Shree and why you wanted to start this group.

- **Participant Introductions.** At the first meeting or when new guests join invite participants to introduce themselves.

- **Give an Overview for the Meeting.** Share the sequence of what's going to happen.

- **Instruction for the first meeting or when new participants join.** Describe in your own words highlights about the WAM background and purpose. Reference your own experience and other sections in this guide for ideas. By providing this context your aim is to help your participants align with the intention of the WAM and begin to sense the opportunity for themselves to serve the world through this specific practice. Describe the four WAM steps in greater detail.



4. LEADING THE WAM

See Appendix 3 and 4 for the WAM Handout for Individuals and Facilitators for more detailed information in each step.

satshree.org/teachings/wamresources

Welcome and offer 'Namaste' to participants.

Introduce any new participants (describe the steps in greater detail if there are 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. We will first chant OM aloud together 9x. Then we will chant the Invocation Prayer aloud together 9x (mention if you will be using the recommended audio recording). We will then begin the Breath Technique technique, silently, 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 meaning of the Invocation Prayer into the room before chanting OM. (see next page)

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 - Invocation Prayer

Lead the group in chanting the Invocation Prayer aloud 9 times (you may chant along with one of the recommended MP3 recordings if you are new as a facilitator.)

Pause in silence for a moment.

Step 3 - The Breathe Technique

Do the "Hari Om Tat Sat, Shree" 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.

MEANING OF WAM MANTRAS

WAM Invocation Prayer

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

Invocation Prayer 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."

Hari Om Tat Sat, Shree Meaning

HARI

Oh Great One

OM

The original vibration from which
came the flow of creation

TAT SAT

Means Matter is Spirit and Spirit is Matter

SHREE

The manifesting force of the Incarnation

"Peace is evidence that spirit is present in matter. By chanting mantras and combining a silent mantra with breathing, the WAM evokes a force that creates the experience of peace, first in us and then in the Collective. Doing the WAM helps you ground at the middle/center of your human embodiment which is the pivotal point where truth meets untruth, where Sat meets Asat. It strengthens your ability to be a digester of the Asat so it becomes Sat-like."

~
SAT SHREE