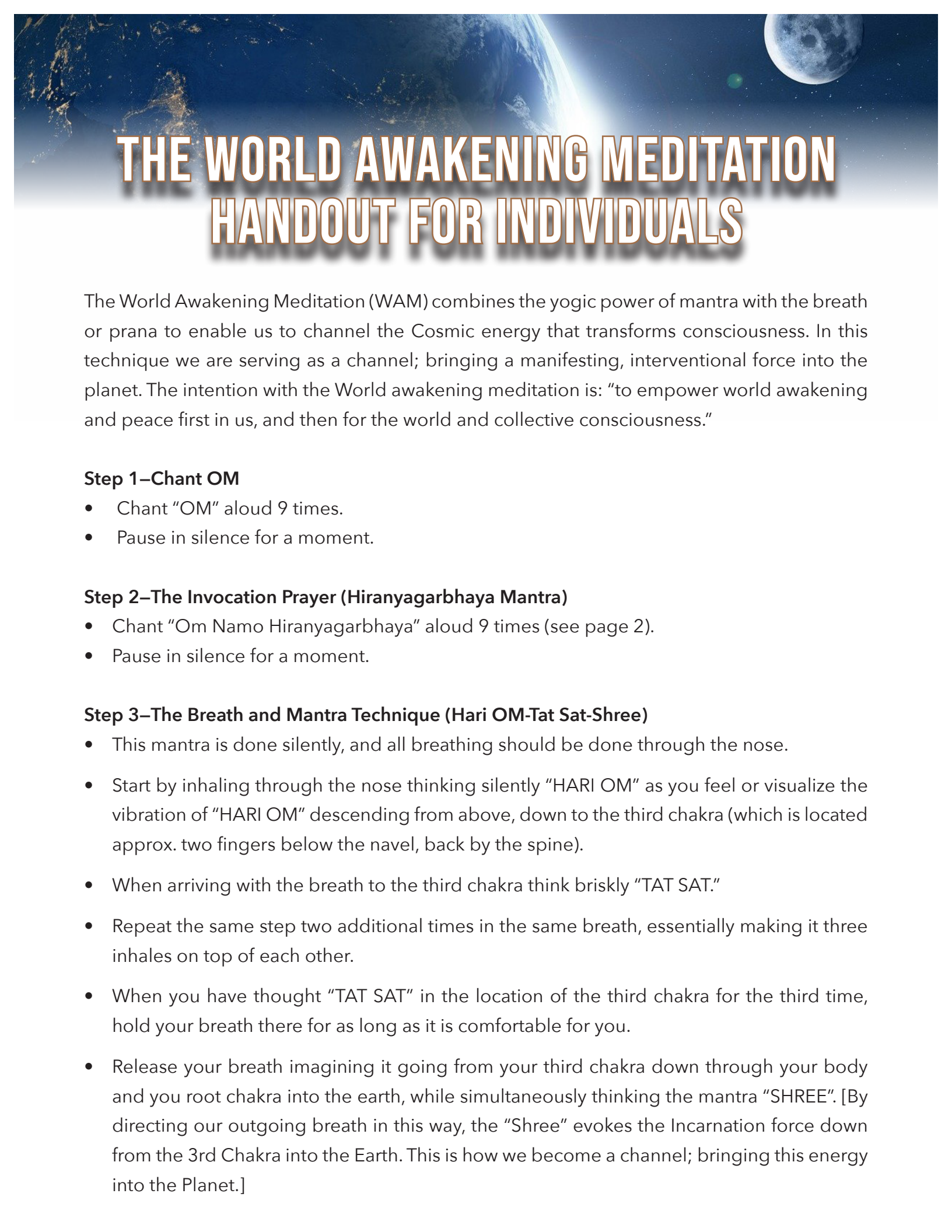




THE WORLD AWAKENING MEDITATION HANDOUT FOR INDIVIDUALS

The World Awakening Meditation (WAM) combines the yogic power of mantra with the breath or prana to enable us to channel the Cosmic energy that transforms consciousness. In this technique we are serving as a channel; bringing a manifesting, interventional force into the planet. The intention with the World awakening meditation is: "to empower world awakening and peace first in us, and then for the world and collective consciousness."

Step 1—Chant OM

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

Step 2—The Invocation Prayer (Hiranyagarbhaya Mantra)

- Chant "Om Namo Hiranyagarbhaya" aloud 9 times (see page 2).
- Pause in silence for a moment.

Step 3—The Breath and Mantra Technique (Hari OM-Tat Sat-Shree)

- This mantra is done silently, and all breathing should be done through the nose.
- Start by inhaling through the nose thinking silently "HARI OM" as you feel or visualize the vibration of "HARI OM" descending from above, down to the third chakra (which is located approx. two fingers below the navel, back by the spine).
- When arriving with the breath to the third chakra think briskly "TAT SAT."
- Repeat the same step two additional times in the same breath, essentially making it three inhales on top of each other.
- When you have thought "TAT SAT" in the location of the third chakra for the third time, hold your breath there for as long as it is comfortable for you.
- Release your breath imagining it going from your third chakra down through your body and you root chakra into the earth, while simultaneously thinking the mantra "SHREE". [By directing our outgoing breath in this way, the "Shree" evokes the Incarnation force down from the 3rd Chakra into the Earth. This is how we become a channel; bringing this energy into the Planet.]

- Silently continue this practice in your own rhythm for 10 minutes. You may take a few normal breaths in between if you need to.

Step 4–Silence

- After the Breath and Mantra 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.

WAM Invocation Prayer

(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

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 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.