



WAM HANDOUT FOR FACILITATORS

Welcome and offer “Namaste” to participants. Welcome any new participants.

Remember the Purpose and Intention, Remember Structure, and Come into the Body

- **Purpose.** Offer a simple intro to reinforce the purpose of the WAM practice (use detail from the Guide, a current quote by Sat Shree, or your own insight that is directly related to WAM purpose).
- **Intention.** I’m going to say our intention out loud. Please take it in your heart.
“Our intention is to empower world awakening and peace first in us, and then for the world and collective consciousness.”
- **Review the four steps.**
 1. Chant OM together 9x.
 2. We will chant the Invocation prayer 9 x. The facilitator chants. [We do not use Satyagita’s recording unless we are a new facilitator.]
 3. Next, we begin the Breath and Mantra technique: “Hari Om Tat Sat, Shree” which the facilitator demonstrates aloud three times. [If you feel to, you may inform the participants of the meaning of each of the words. See page 3.]
 - We chant “Hari Om Tat Sat” three times in one breath, breathing in deeper each time it is chanted. This charges the 3rd chakra. Hold it as long as you can [This allows the Sat and the Tat to meet in the body].
 - Then chant “Shree!” As you chant this, you send this Shree (manifesting/intervention/cosmic force) energy down from the 3rd chakra from your root chakra, thru the umbilical cord, into the Earth.
 - [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 for this into the Planet.]
 - You may take a few normal breaths between each of these if needed. We do this sequence nine times. After this, you can either continue with the Hari Om Tat Sat Shree mantra continuously or intermittently, pausing with some breaths between. We do this silently for 10 minutes.
 4. Sit in Silence for the remainder of the hour. A bell will ring to signal the end. I will be here for a few minutes afterwards if anyone has questions.

Begin the Process:

- *Grounding of the breath. Invite people to bring their awareness into their bodies and send a grounding cord down into Mother Earth and bring the breath down into the Earth to ground. This grounding is done for no more than 2 minutes (avoid overly guiding people what to do with their energy or making this into a visualization or its own meditation as these get in the way of the Sat force coming in).*

Read the meaning of the Invocation prayer (Hiranyagarbhaya Mantra)

Step 1 - Chant OM

- Lead the group in chanting the mantra "OM" aloud together 9 times. To start, ask the group to inhale and exhale together and then add one more inhale before chanting the "OM" in unison.
- Pause in silence for a moment.

Step 2–Invocation Prayer

- Lead the group in chanting in Sanskrit the Invocation prayer mantra aloud 9 times. Facilitators *will now lead their group* with their own chanting.
- Pause in silence for a moment.

Step 3–Breath Technique (Hari Om Tat Sat)

- Explain and demonstrate the breath technique aloud to the group:
On the inbreath, chant "Hari OM Tat Sat" 3 times...followed by "Shree" on the exhale. Then you will tell them to continue the technique on their own, finding their own rhythm, in silence.
[After doing the "Hari OM Tat Sat (x3); Shree" nine times, they can continue with this intermittently; pausing and taking some regular breaths between for the remainder of the time.]
- Set a timer to monitor time.
- At the end of 10 minutes, to bring this step to a close, gently ask participants to end the technique or ring a bell to signal it is complete.

Step 4 - Silence

- Ask the group to go into silence for X minutes (the remaining time).
- Set a timer for a bell to ring at the end of the meditation time.
- After the bell rings at the end, thank them for coming and/or bow with a Namaste.
- You can let them know if they have questions or wish to share, they may do so (grounds the interaction). For the others, remind them it is best to stay inward and in silence if possible for about 10 minutes so the energies can settle in their system.

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

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."

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.

For Facilitators:

- Practice this individually for 21 days before facilitating a group.
- Facilitators are requested to record their first few sessions and send the recording to the Core team.
- With this new WAM practice, inform participants to practice this no more than once or twice a week.