

MANTRA MEDITATION

CHEATSHEET

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Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshat Param Brahma,
Tasmai Shri Gurave Namaha (2X)

Translation: Spiritual teachers, gratitude to you. Thank you for walking alongside me on my path to shed ignorance and gain enlightenment.

Om bhur bhuvah svah, tat savitur varenyam, bhargo devasya dhimahi, dhiyo yo nah
prachodayat

Translation: O Dear One, may your divine light fill my heart, illuminate my mind, and lead me along a path of goodness.

Om Gam Ganapataye Namaha (3X)

Translation: Om and salutations Lord Ganesha, remover of obstacles.

Om Aim Saraswatyai Namaha (3X)

Translation: Om and salutations Goddess Saraswati, bestower of intelligence, creativity, and artistic energy.

Asato ma sadgamaya, tamaso ma jyotir gamaya, mrtiyorma amrtam gamaya, om
shanti shanti shanti

Translation: Lead me from ignorance to the truth, lead me from darkness to the light, lead me from mortality to self-realization, let there be peace, peace, everlasting peace.

Lokah Samastah Sukhino Bhavantu (3X)

Translation: May all beings be happy, joyful, and free.

Twameva mata cha pita twameva, Twameva bandu cha sakha twameva, Twameva
vidhya dravinam twameva, Twameva sarvam mama deva deva

Translation: Oh, Dear One. You are both divine feminine and divine masculine, you are family and you are a friend, you are wisdom and riches, you are pure light, Dear One.

Om . . . Aum . . . Aum