

COMMON PRAYER

- I. Sit erect and cross-legged. Close your eyes. Relax every nerve and muscle in your body from head to foot.
- II. Observe the movements of your respiration for two minutes. Make your respiration even. Inhale slow, soft, uniform and prolonged. Do this as long as you can comfortably. Exhale in the same manner. Repeat the process three times.
- III. Repeat the same process with the following instructions added:

Meditate upon the sound “SO” while inhaling and upon the sound “HAM” while exhaling. Do this three times.
- IV. Repeat the same respiration with the following modification:

Utter “OM” mentally while inhaling.
Utter “OM” vocally as long as you are exhaling. Repeat the process thrice.
- V. One person who leads the meditation will utter the following prayers, while others repeat:

INVOCATION OF THE GURU PRINCIPLE

GURUR BRAHMA GURUR VISHNUH
GURUR DEVO MAHESHWARAH
GURU-SAKSHAT PARAM BRAHMA
TASMEI SRI GURAVE NAMAHA
NAMASKARAMS MASTER E.K.
NAMASKARAMS MASTER M.N.
NAMASKARAMS MASTER C.V.V.

Translation:

*The creator came down in the form of Guru
The Lord of Pervasion came down as my Guru
The Great Lord into whom all this merges came down as my Guru
The Highest Background that is self-emanating has come down as the Guru (of all).
I offer myself to Him, the Guru.*

Five minutes silence

GAYATRI MANTRAM

(Repeat ten times, followed by five minutes silence)

OM BHŪR BHUVAH SVAH
OM TAT SAVITUR VAREṆYAM
BHARGO DEVASYA DHĪMAHI
DHIYO YO NAH PRACODAYĀT

Translation:

OM-BUHUR-BHUVAH-SVAH means: OM is uttering the tangible creation, the creative energies and the experience.

The Gayatri: "Let us meditate the one who is to be embraced as the one who causes awareness as light of our creative will." (Master E.K.)

We meditate the Light of the Deva (Lord), that deliverer to be embraced, Who wills our illumination in the three worlds, i.e. the physical, the mental and the cosmic.

INVOCATION – SANTIPATHA – OF THE TEACHER AND STUDENT

HARI OM,
ŚAM NO MĪTRAH ŚAM VARUṆAH, ŚAM NO BHAVATVARYAMA
ŚAMNA INDRO BRHASPATIḤ, ŚAM NO VIṢṆURURUKRAMAH
NAMO BRAHMAṆE NAMASTE VĀYO
TWAMEVA PRATYAKṢAM BRAHMASI
TWĀMEVA PRATYAKṢAM BRAHMĀ VADIṢYĀMI
ṚTAM VADIṢYĀMI, SATYAM VADIṢYĀMI
TAN MĀMAVATU, TAD VAKTĀRAM AVATU
AVĀTU MĀM, AVĀTU VAKTĀRAM
OM ŚĀNTIḤ ŚĀNTIḤ ŚĀNTIḤ

Translation:

May the Lord of measures contribute to our poise.

May the Lord of outlines and layers contribute to our poise

May the Lord of senses and the Lord of utterances contribute to our poise

May the Lord of pervasion who fills us through steps contribute to our poise.

I submit to the ever expanding Lord of consciousness.

O Lord of air, the Lord of our pulsations! I submit to you.

You are my direct Lord of self-expansion.

I utter the truth which I know not. I utter the truth, the law of existence.

May "That" (All) save me. May That save the one who utters (my teacher).

May That save me. May That save the teacher.

Om Peace, Poise and Tranquillity.

Translation by Master E. Krishnamacharya

INVOCATION

(to be uttered in the morning meditation)

From the point of Light within the Mind of God,
Let Light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God,
Let Love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the will of God is known,
Let purpose guide the little wills of men,
The purpose which the Masters know and serve.

From the centre, which we call the race of men,
Let the plan of Love and Light work wout.
May it seal the door where evil dwells.

From the Avatar of Synthesis, who is to come,
Let His energy pour down in all Kingdoms.
May He lift up the Earth to the Kings of Beauty.
Let Light and Love and Power restore the Plan on Earth.

INVOCATION

(to be uttered in the evening meditation)

May the light in Me be the light before me
May I learn to see it in all.
May the sound I utter reveal the light in me,
May I listen to it while others speak.

May the silence in and around me present itself,
The silence which we break every moment,
May it fill the darkness of noise we do
And convert it into the Light of our background.

Let virtue be the strength of my intelligence,
Let realization be my attainment,
Let my purpose shape into the purpose of our earth,
Let my plan be an epitome of the Divine Plan.

May we speak the silence without breaking it.
May we live in the awareness of the background.
May we transact light in terms of joy.
May we be worthy to find place in the Eternal Kingdom OM.

LOKĀḤ SAMASTĀḤ SUKHINO BHAVANTU

लोकाः समस्ताः सुखिनो भवन्तु

(This should be uttered thrice)

Translation: May the whole world be happy.

OM ŚĀNTIḤ ŚĀNTIḤ ŚĀNTIḤ

(This should be uttered thrice)

Translation: OM PEACE, POISE AND TRANQUILLITY

Words added after E.K. passed away

EKKIRALA KULAMBODHI VIDHUM ANANDARUPINAM
ANANTARYATANUJATAM KRISHNAM VANDE JAGADGURUM.

SRI KRISHNAMACHARYAM ANANTAPUTRAM
SAT SADHUMITRAM KARUNARDRANETRAM
GURUM GURUNAM PITARAM PITRUNAM
ANANYASESHAH SHARANAM PRAPADYE.

Translation:

*I bow down to Lord Krishna the World Teacher who took incarnation in the family of
Ekkirala like the moon in the milky ocean.
He is the manifest form of bliss.
He was born to Anantacharya.*

*I seek refuge without a second thought
in the lotus feet of Krishnamacharya
who is the son of Anantacharya and has infinite number of sons (as disciples),
a friend of the good-natured people, transmitting light to them like the Sun,
Who abounds with love overflowing through his eyes,
Who is the teacher of teachers and father of fathers
(This means even those who are fathers to their children consider him as their fathers)*

*Note: the words in italics are the translation of the Sanskrit mantrams, they are not uttered
during the meditation.*

MASTER E.K.

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