

# Mantras for Your Mind is Your World

## Dedication

By the power of our practice, may all beings have happiness and the causes of happiness.

May all beings be free of suffering and the causes of suffering.

May all beings know the sacred joy that lies beyond suffering.

May all beings be free of craving, hatred, and dullness.

May we know the unity of all that is.

We offer this practice for the benefit of all beings and the Earth herself.

## Introductory Mantras from the Yoga Vasistha

*Yatah sarvani bhutani  
pratibhanti sthitani cha  
yatrai'vo'pasamam yanti  
tasmai satyatmane namaha*

*Jnata jnanam tatha jneyam  
drasta darshana drsyabhuh  
karta hetu kriya yasmad  
tasmai jnaptatmane namaha*

*Sphuranti sikara yasmad  
anandasya 'mbare' vanau  
sarvesham jivanam  
tasmai brahmanandatmane namaha*

Salutations to that beingness in which all the elements and all the animate and inanimate beings shine as if they have an independent existence, and in which they exist for a time and into which they merge.

Salutations to that aware consciousness which is the source of the apparently distinct three-fold divisions of knower, knowledge and known, seer, sight and seen, doer, doing and deed.

Salutations to that bliss absolute which is the life of all beings whose happiness and unfoldment is derived from the shower of spray from the ocean of bliss.