

Mantras for the Teleconference Meditation Course

Opening Invocation

Om Om Om

Om namah shivaya gurave
Sat chit ananda murtaye
Nisrapanchaya shantaya
Niralambhaya tejase

Salutations to the eternal teacher
Who exists within us as pure being,
pure awareness, pure joy
Who is peaceful, luminous, without form
Who is never not supporting us.

Prayer for the Welfare of All Beings

May all beings have happiness and the causes of happiness
May all beings be free of suffering and the causes of suffering
May they know the sacred joy that arises in the space beyond suffering.
May they rest in equanimity that knows no grasping or hatred.
May they experience the equality of all beings.
May my practice be of benefit to all.

(adapted from a Tibetan prayer, translation by Padma Publishing)