

FULL MOON CHANTING INTRODUCTION

Good evening and welcome to Full Moon Chanting at SAYVA. It is said that the full moon magnifies the state of your mind. Mantra chanting is an excellent way to steady your mind towards peace, and to send that peace out into the world. We will be using 2 Sanskrit mantras: the Gayatri Mantra and the Maha Mrityunjaya Mantra.

Gayatri Mantra translated into English as:

*I meditate on that great effulgent Light
Which enlightens all the three worlds.
May It enlighten me, too.*

The Gayatri Mantra is a universal prayer known as the mother of all the hymns of the Vedas ancient scripture. Repeating the Gayatri mantra brings harmony on all 3 levels of our being: physical, mental and spiritual. It purifies our thoughts, speech and actions. The Gayatri Mantra leads us toward the ultimate light of wisdom, ultimate Liberation.

Maha Mrityunjaya Mantra_translated into English as:

*We worship You All-Seeing One,
Fragrant, You nourish bounteously.
From fear of death may You cut us free
To realize immortality.*

Along with the Gayatri Mantra, the Maha Mrityunjaya Mantra holds the highest place among the many mantras used for contemplation and meditation. Hailed by the sages as the heart of the Vedas, the Maha Mrityunjaya Mantra can help us tune into the healing force within us, support our spiritual growth, and protect us in times of trouble. This powerful mantra serves to free us from the fear of death and remind us of our higher aim of life.

By repeating both mantras with our full hearts and minds, we not only touch our own inner peace, but radiate this peace out into our world.

Both mantras will be displayed on the screen so you can follow along or close your eyes and repeat if you already know the mantras.

Leading the mantras will be the voice of Sri Gurudev from recordings. He gave us the formula to repeat $\frac{3}{4}$ mala of Gayatri mantra (81 repetitions) and $\frac{1}{4}$ mala Maha Mrityunjaya mantra (27) repetitions which add up to the auspicious number of 108.

We will begin with 3 OM's followed by Sri Gurudev's LOTUS prayer which I will offer. Then you can join in the 108 mantras and closing prayers for world peace. Please find a comfortable sitting position, then we will begin.

Om, Om ,Om

LOTUS Prayer

Thank you for joining our livestreamed Full Moon Chants. You are welcome to tune in again next month for Full Moon Chanting. In the meantime, may God and Guru shower you with abundant blessings. Om Shanti, Shanti, Shanti.