

**MANTRAS FOR FULL MOON FIRE CEREMONY
WITH EMILIO BETTAGLIO**

8:00 p.m. – 9:00 p.m.

FULL MOON MEDITATION

9:00 p.m. – 10:00 p.m.

FULL MOON EVENING – September 1, 2020

Akhanda-mandalakaram (Akhanda Mandala – 21 times)

**vyaaptam yena caraacaram,
Tat-paadam darshitam yena
tasmai shree-gurave namah**

(Which) pervades the entire unbroken form of the circle (of creation), moving and unmoving. To that beautiful and benevolent Guru through whom that state was revealed (to me), salutations.

Om Bhur Bhuvah Svah (Gayatri – 21 times)

**Tat savitur varenyam
Bhargo devasya dhimahi
Dhiyo yo nah prachodayat**

Om. In Earth, Sky and Heaven,
I do meditate on, and sustain in myself,
the beautiful brilliance of God
who shines in the splendor of the sun. (Swami Veda Bharati)

Saumyaa Saumyataraa-Shesha- (Saumya – 108 times = 1 mala)

**Saumyebhyas-Tvati-Sundaree;
Paraa paraanaam Paramaa
Tvam-Eva Parameshvaree;
Taare tuttaare ture svaahaa**

She is who is even more beautiful than all lunar, peaceful things, or entities combined in the entire universe, She who transcends even the transcendent forces as well as the eminent forces. Thou alone art the Supreme Lady, the Supreme Lordess.

OM tryambakam yajaamahe (Maha Mrityunjaya – 21 times)

**sugandhim puṣṭi vardhanam
urvaarukamiva bandhanaan
mṛtyor mukṣiia maamṛtaat**

Unto Him who is one with the Three Mothers (Shaktis of Will, Knowledge, and Action); the dweller of Ajna and the Sahasrara Chakras, we offer our very selves in sacrifice unto him who awakens our Shakti right from the Muladhara Chakra, the activating fragrances in our body, prana, and mind, unto Him who nourishes all our Shaktis, strengthens our devotion by his grace, and makes us advance into the spiritual dimension. As a melon drops from the vine upon ripening, so may I, upon the ripening of the fruits of our actions be released, attain Moksha from the bondage that is death, and thereby may I never again be parted from the immortality of Atman, the Spiritual Self or Parama-Atman, the Supreme Self.

pūrṇam adaḥ pūrṇam idaṁ (3 times)
pūrṇāt pūrṇam udacyate
pūrṇasya pūrṇam ādāya
pūrṇam evāvaśhī śhyate
Om! Śhāntiḥ! Śhāntiḥ! Śhāntiḥ!

*Om that is full/complete/perfect. This is full/complete/perfect.
Perfection arises from the Perfect. Taking the Perfect from the perfect,
It remains as the Perfect alone.
Om! Peace! Peace! Peace!*

Om Shrim Gurave Namah (3 times)