

## MANTRAS FOR FULL MOON FLOWER/WATER PUJA

WITH EMILIO BETTAGLIO

8:00 p.m. – 9:00 p.m.

FULL MOON MEDITATION

9:00 p.m. – 10:00 p.m.

**Akhanda-mandalakaram (Akhandā Mandala – 11 times)**

**vyaaptam yena caraacaram,**

**tasmai shree-gurave namah**

**Tat-paadam darshitam yena**

*(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 tryambakaṃ yajāmahe (Maha Mrityunjaya – 108 times)**

**sugandhiṃ puṣṭi vardhanam**

**Urvaarukamiva bandhanaan**

**mṛtyor mukṣiīya 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.*

**Saumyaa Saumyataraa-Shesha- ( Saumya plus Taara – 11 times)**

**Saumyebhyas-Tvati-Sundaree;**

**Paraa paraanaam Paramaa**

**Tvam-Eva Parameshvaree;**

**Taare tuttare 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. 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.*

**Om Om Om (1 time with Chris Young chanting)**

**Gurur brahmā gurur viṣṇur gurur devo maheśhvaraḥ**

**Guruḥ sākṣhāt param brahmā**

**Tasmai śhrī-gurave namaḥ.**

*Om Om Om*

*To that beautiful and benevolent Guru who is Brahmā, the Creator, Viṣṇu, the Maintainer, and Śhiva, the Great Lord through whom all things return to their origin, To that Guru who is the direct experience of Brahman, Salutations.*

**Om Shrim Gurave Namah (3 times)**