



OM BHŪR BHUVAḤ SVAḤ
TAT SAVITUR VAREṆYAM
BHARGO DEVASYA DHĪMAHI
DHIYO YO NAḤ PRACODAYĀT
OM SVAHAH!

“We call upon the Earth, the Air and the Heavens (physical, mental and the spirit realms.)

We meditate on the ‘effulgent’ light, found coming from the heart. May that source guide our thoughts, intentions and prayers.”

What to have ready:

a small bowl of rice (or grain, uncooked)
and a separate bowl or bucket.

Each repetition of the mantra, you will hold a grain of rice to your heart. On the final “Svahah” you offer the rice to the fire.

On zoom, when people don’t have a fire, an acceptable alternate is to toss the rice grain into a bucket. Be sure to burn the rice grains later.