

PRAYER FOR REALIZING TRUTH

om asato ma sad gamaya
tamaso ma jyotir gamaya
mrtyor ma amrtam gamaya
om, shanti, shanti, shanti

*Oh Lord, lead us from the unreal to the Real.
Lead us from the darkness of ignorance to the light of Truth.
Lead us from the error of identifying
with the mortal body and mind to the
realization of our divine immortal Self.*

Blue Lotus
Meditation & Yoga Center

