

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.*

Om, peace, peace, peace

Blue Lotus
Kriya Yoga Meditation Center

