

I. Internalizing Awareness

A. Quieting/Centering

3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya Lead me from the unreal to the real
Tamasoma Jyotir gamaya Lead me from darkness to light
Mrityorma amritam gamaya Lead me from the timebound state of consciousness to
the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.
