Ananda Marga Group Meditation - Dharmacakra

Every week, usually on Sunday evenings, Ananda Marga groups in different locations hold group meditation, called 'Dharma Cakra', the 'Circle of Dharma'. Group meditation is very important for maintaining inspiration for spiritual practices. It also creates deep unity among participants and raises the spiritual vibration.

Dharma Chakra begins with some spiritual or devotional songs followed by kiiritan (spiritual chant and dance), then silent meditation. Before meditating the following mantra is repeated collectively:

SAM'GACCHADVAM' SAM'VADADHVAM'
SAM'VOMANAM' SI JANATAM
DEVABHAGAM' YATHA' PURVE
SAM'JANA'NA' UPA'SATE
SAM'ANI VA' AKUTI
SAM'ANA HRDAYANI VAH
SAM'NAMA'STU VOMANO
YATHA VAH SUSAHASATI

The meaning is:

LET US MOVE TOGETHER
LET US SING TOGETHER
LET US COME TO KNOW OUR MINDS TOGETHER
LET US SHARE, LIKE SAGES OF THE PAST
THAT ALL PEOPLE TOGETHER MAY ENJOY THE UNIVERSE
UNITE OUR INTENTIONS
LET OUR HEARTS BE INSEPARABLE
OUR MIND IS AS ONE MIND AS WE,
TO TRULY KNOW ONE ANOTHER,
BECOME ONE.

This shloka (verse) is sung three times before beginning the actual meditation. It is from the Rk Veda, composed 15,000 years ago. At the end of meditation the following mantra is repeated:

NITYAM' SHUDHAM' NIRABHASAM'
NIRAKARAM' NIRANJANAM
NITYABODHAM' CIDANANDAM'
GURUR BRAHMA NAMAMYAHAM

This means:

ETERNAL, PURE, INDESCRIBABLE ENTITY
FORMLESS, WITHOUT BLEMISH
OMNISCIENT, BLISSFUL CONSCIOUSNESS
TO GURU-BRAHMA, SUPREME CONSCIOUSNESS,
I PAY MY SALUTATIONS.

This can be followed by what is called Guru Puja, a process of mental surrender of the colors, or attachments, of the mind. A special mantra is repeated while each person offers mental "flowers" that symbolize their attachments, notionally laying them at the 'feet' of Cosmic Consciousness - the Supreme Entity.
Guru Puja – Chant - Offering of Mental Colors (flowers) – After Collective Meditation

1 Akhanda-Mandalakaram
Vyaptam yena characharam.
Tatpadam darshitam yena
Tasmai Shri Gurave Namah.

Akhand – unfragmented, Mandalakaram – one infinite whole
vyaptam – pervades yena – by which
characharam – movable & immovable Tadpadam – That state
darshitam – has shown yena – by whom
tasmai – to that Shri – glorious; Guruve – guru, teacher
Namah – my salutations.

My Salutations to that Guru who revealed to me that Truth, which is unfragmented, infinite, timeless divinity, and which pervades the entire universe – movable or unmovable.

2 Agyan timir-andhasya
Gyananjan Shalakaya.
Chakhur-oonmeelitam yena
Tasmai Shri Gurave Namah.

Agyan – Ignorance timir – cataract andhasya – blinded Gyananjan – medicinal collyrium
Shalakaya – collyrium stick Chakshur – my eyes oonmilitam – opened yena – by whom
tasmai – to that Shri – glorious; Guruve – guru, teacher Namah – my salutations..

My Salutations to that reverential teacher, who opened my eyes, by applying the divine collyrium of self-knowledge in my eyes, which were blinded by the cataract of ignorance.

3 Gurur-Brahma Gurur-Vishnu Gurur-Devo Maheshwarah
Guru Eva Param Brahma
Tasmai Shri Gurave Namah.

Gurur Brahma – Guru the Creator
Gurur Vishnu– Guru the Sustainer
Devo – the divine
Maheshwarah – the Destroyer
Eva - certainly
Para-Brahma – the transcendental divinity (which is the very basis of all the three)
tasmai – to that
Shri – glorious
Guruve – Guru
Namah – my salutations

Guru is none other than the creator, sustainer and the destroyer. Guru is verily the transcendental divinity, (the timeless life-principle, which is the very essence of the creator etc.) My reverential salutations to that glorious teacher.