

## 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 kiirtan (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  
SAMA'NA HRDAYANI VAH  
SAMA'NAMA'STU VOMANO  
YATHA VAH SUSAHA'SATI

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 Chakhur – my eyes oonmeelitam – 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.