

## Yoga Teacher Student Prayer

OM saha navavatu  
saha nau bhunaktu  
saha viryam karavavahai  
tejasvi navadhitam astu  
ma vidvishavahai  
OM shanti, shanti, shanti

May we be protected together.  
May we be nourished together.  
May we create strength among one another.  
May our study be filled  
with brilliance and light.  
May there be no hostility between us.  
Om peace, peace, peace.

## Dedication of Merit

May the merit of our practice encourage all beings to unveil the hidden brilliance.

## Living Buddha

Again and again ~ Return like mountain ~ Release like ocean ~ Relax like sky ~ And rest ~ Rest in the heart of pure awareness.

## In Light of Merton ~ Joe Z.

At the very center of our being is a great spaciousness that is untouched by sin and illusion. A point of pure truth which is inaccessible to the fantasies of our mind or the brutalities of our will. (A Virgin Point).

It's like a pure diamond – blazing with the invisible light of heaven. It's in everybody. And if we could only see it and integrate it – we would radiate a peace that would make all the darkness and all the cruelty vanish forever.

## Meta Meditation – Loving-kindness ~ Buddha

May I be well	May you be well	May all beings be well
May I be happy and content	May you be happy and content	May all beings be happy and content
May I be free from	May you be free from	May all beings be free from
danger and suffering	danger and suffering	danger and suffering
May I be filled with loving-kindness	May you be filled with loving-kindness	May all beings be filled with loving-kindness

**Gentle me, Holy One**, into an unclenched moment, a deep breath, a letting go of heavy experiences, of shriveling anxieties, of dead uncertainties. That softened by the silence, surrounded by the light, and open to the mystery, I may be found by wholeness, upheld by the unfathomable, entranced by the simple, and filled with the joy that is You. ~ Ted Loder

**Every blade of grass has its angel that bends over it and whispers, “Grow, Grow.”** ~ The Talmud

**Be alert for any sign of beauty or grace.** Offer up every joy. Be awake at all moments to the news that is always arriving out of the silence ~ Sogyal Rimpoche

**Just give me this:** A rinsing out, a cleansing free of all my smaller strivings so I can be the class act God intended. True to my purpose, all my energy aligned behind my deepest intention. And just this: A quieting down, a clearing away of internal ruckus, so I can hear the huge stillness in my heart and feel how I pulse with all creation, part and parcel of Your great singing ocean. And this too: A willingness to notice and forgive the myriad times I fall short, forgetting who I really am, what I really belong to. So I can start over, fresh and clean like sweet sheets billowing in the summer sun, my heart pierced with gratitude. ~ BRN

**If I can stop one heart from breaking**, I shall not live in vain. If I can ease one life the aching, or cool one pain, or help one fainting robin unto his nest again I shall not live in vain ~ Emily Dickinson

## I love to watch how birds ~ J. Garrett Garrison & S. Sheperd

Soar on the wind.  
There appears to be such  
Little effort, yet such joy.  
I want to become like a bird  
and let my spirit soar  
On the winds that are blowing  
Through my life.  
I will not be crushed against  
The rocks!  
I will sense the rhythm,  
The flow, and react accordingly.  
I will trust my inner guide.

**I pray to the birds.** ~ Terry Tempest Williams  
I pray to the birds because I believe they will carry the messages of my heart upward.  
I pray to them because I believe in their existence, the way their songs begin and end each day – the invocations and benedictions of earth.  
I pray to the birds because they remind me of what I love rather than what I fear.  
And at the end of my prayers, they teach me how to listen.

**Just for Now**, without asking how, let yourself sink into stillness. Just for now, lay down the weight you so patiently bear upon your shoulders. Feel the earth receive you, and the infinite expanse of the sky grow even wider as your awareness reaches up to meet it. Just for now, allow a wave of breath to enliven your experience. Breathe out whatever blocks you from the truth. Just for now, be boundless, free, with awakened energy tingling in your hands and feet. Drink in the possibility of being who and what you really are – so fully alive that the world looks different, newly born and vibrant, just for now. ~ Danna Faulds

**Let yourself fall.** Let yourself fall. Too much holding yourself up holds things up. Let yourself fall into the arms of the One who sometimes pulls the rug out from under you just so that you may know the sweetness of being caught.

**May** my feet rest firmly on the ground. May my head touch the sky. May I see clearly May I have the capacity to listen May I be free to touch May my words be true May my heart and mind be open May my hands be empty to fill the need May my arms be open to others May my gifts be revealed to me So I may return that which has been given completing the great circle. – Terma

**Loka samasta sukino bhavantu** – May the entire universe be filled with peace and joy; love and light.

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