

The World Teacher Trust
Full Moon Formula
Year Sri Sarvari, Aries 2020 - Pisces 2021

- Step 1 OM (7 times, 5 minutes silence)
- Step 2 Gurur Brahma, Gurur Vishnuhu, Gurur Devo Maheshwaraha,
Gurur Sakshat Parambrahma Tasmai Sri Gurave Namaha
- Namaskarams Master
Namaskarams Master KPK
Namaskarams Master EK
Namaskarams Master MN
Namaskarams Master CVV
Namaskarams Master CVV
Namaskarams Master CVV to your lotus-feet.
(15 minutes silence)
- Step 3 Utter the below prayer for three times and meditate:
The bear is in the cranial cave.
The cub is in the lions' cave.
The dog is in the kennel of the base.
Link up the three vertically and feel the Light, the Love and the Will.
- Step 4 Bhadrambarāya Vidmahē
Ātreya Ya Dhīmahī
Tanno Datta Prachodayāt
(16 times)
- Step 5 Loka Samastha Sukhino Bhavantu (3 times)
OM Shanti Shanti Shantihi
- Step 6 (optional)
Ekkirala Kulam Bodhi
Vidumananda Rupinam
Anantharya Tano Jatam
Krisnam Vande Jagadgurum
Sri Krishnamacharya Ananta Putram
Satsa Dhu Mitram Karuna Rdranetram
Gurum Gurunam Piteram Pitrunam
Ananyasesha Seranan Prapadye

The proposed time intervals are optional.

- Full Moon Meditation (PDF): https://worldteachertrust.org/_media/media/en/fullmoonformula2020.pdf
- Mantra Bhadrambarāya Vidmahē: https://worldteachertrust.org/_media/media/audio/dattatreya_gayatri.mp3
- Ekkirala Kulam Bodhi...: http://worldteachertrust.org/_media/media/audio/ekkirala_kulambodhi.mp3