

Mantra: Recognize Meditation

During this meditation, you are guided to recite the **Gāyātri** mantra. This mantra is a cosmic recitation to invoke and awaken infinite consciousness from within to initiate the luminous qualities of your individual cosmic intelligence that is simultaneously nothing and all things. The mysterious essence of the higher self. It is a conscious and deliberate step to accelerate your journey back to oneness.

GĀYĀTRI
(*Self-renewal*)

Om̐ Bhu, Om̐ Bhūvaha, Om̐ Sátyam

Om̐ Máha, Om̐ Jánaha, Om̐ Tápaha, Om̐ Sátyam

Tát Savitúr Várenyam

Bhárگو Devásya Dhīmahi

Dhíyo Yónaha Prachodáyāt

Use the **Recognize Your Inner Essence** music track to perform this meditation practice. As you recite the mantra, the goal is to **Recognize Your Inner Essence**.

Breathe in. Hold it. Breathe out. On the out breath, focus on yourself. Observe your way of being in this moment. In other words, pay attention to where you are in consciousness. Are you thinking?

Pay attention to your thoughts. Are you irritated, angry, afraid, and sorrowful? Pay attention to your emotions. Recognize where you are presently in consciousness. Continue breathing in and out at a desirable rhythm.