

The World Teacher Trust

Full Moon and New Moon Formula

Year Vishwaavasu, Aries 2025 - Pisces 2026

- 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:
- To whose temple the Arch is starlit,
In whose temple the Sun is the image of God, To whose temple the Moon goes
every month And brings the message out every full moon,
And whose message the Moon sings as a word of sixteen letters,
His religion I belong to;
His temple I visit; His name I utter; His glory I live in.
To Him I offer the lotus of my day, To Him I offer the lotus of my night.
(Occult Meditation 20)
- Step 4 OM Satyam Param Dhimahi (24 times)
- Step 5 Loka Samastha Sukhino Bhavantu (3 times)
OM Shanti Shanti Shantihi
- Step 6 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 and New Moon Meditation (PDF):
https://worldteachertrust.org/_media/en/fullmoonformula.pdf
- Mantram: https://worldteachertrust.org/_media/media/audio/om_satyam_param_dhimahi.mp3
- Ekkirala Kulam Bodhi...: http://worldteachertrust.org/_media/media/audio/ekkirala_kulambodhi.mp3