

# Shamballa Full Moon Meditation

## SUN IN TAURUS – (WESAK FESTIVAL)

Lower keynote of Taurus: "And the Word said: Let strength be undismayed."

Taureans are filled with strength that allows them to *fully* support whatever situation, process they are engaged in; the message here is to engage their discriminative faculty in at the same time as employing their full strength for whatever they're engaged in.

Higher Keynote of Taurus: "I see and when the eye is opened, all is illumined."

When the sun enters into Taurus, a great stream of light charges the disciple, and in that light, particularly at the time of the full moon, one experiences an opening in one's eye, which can illumine one's whole life and relationships.

1. Relax your body. Have great joy in your heart and deep peace in your mind.
2. OM
3. Say this mantram:

**O Thou Who called me to the path of labor,  
accept my ableness and my desire.  
Accept my labor, O Lord,  
because by day and by night  
Thou beholdest me.  
Manifest Thy Hand, O Lord,  
because great is the darkness.  
I follow Thee!**

4. OM
5. Salutations to Lord Christ, the Avatar of Sacrificial Love, and the Desire of all nations.
6. OM
7. Meditate on the following seed thought for fifteen minutes:  
Let the light pouring out from the Eye of Taurus enlighten the leaders of all nations so that they work for the transfiguration of one humanity.
8. OM MANI PADME HUM
9. OM
10. Repeat:

**Love to all beings—  
North, South, East, West,  
Above, below.  
Love to all beings.  
Compassion to all beings—  
North, South, East, West,  
Above, below.  
Compassion to all beings.  
Joy to all beings—  
North, South, East, West,  
Above, below.  
Joy to all beings.  
Serenity to all beings—  
North, South, East, West,  
Above, below.  
Serenity to all beings.**

11. OM OM OM