

## Jyoti of Light – Meaning and Significance

### Activity One

Homework recap – Last week you were asked to do some prayers in the morning and write a short report. This week we will hear your report

### Activity Two

Experimenting with Light and darkness – the meaning of Thamasomaa jyotirgamaya  
We will first have a surprise activity experimenting with darkness and you will discuss your experiences with the teacher afterwards.



Asato Maa Sat Gamaya  
Lord lead me from untruth to Truth  
Thamasomaa jyotirgamaya  
Lord lead me from darkness to light  
Mrtyr Maa Amrtyam Gamaya  
Lord lead me from death to immortality

(Image Source: <http://www.siddhashram.org/jyot.gif>)

"Thamasomaa jyotirgamaya" (Lead me from darkness to light) is an Upanishadic prayer:

*This means that where there is darkness light is needed. What is this darkness? Sorrow is one form of darkness. Peacelessness is another. Loss is another. Disappointment is one form of darkness. Misery is yet another. Lack of enthusiasm is another. All these are different forms of darkness. To get rid of the darkness of sorrow, you have to light the lamp of happiness. To dispel the darkness of disease, you have to install the light of health. To get over the darkness of losses and failures, you have to usher in the light of prosperity.*

**- Baba**

Knowing the meaning of the mantra and what you found after the experiment what are you asking God to take us from and to, when you are asking him to lead you from darkness to light?

List the qualities of darkness and light:

Darkness	Light

### **Activity Three - Jyoti Meditation**

See the internet for hoe to do this

### **Activity Four – Bhajan**

*AntarJyoti Namo Paramatma Jyoti Namo  
Akhand Jyoti Namo Mama Jivan Jyoti Namo  
Antaryami Namo Jai Sad Guru Sai Namo*

(Kindly light my inner lamp, Oh Lord Sai,  
the Compassionate  
One! Thou art verily my Mother, Father and  
Lord. Thou art  
my friend and relative. Thou art my  
everything! Kindly  
light the lamp of my mind, Sai)

### **Antar Jyoti**

The flame of a lamp has two significant qualities. One is to banish darkness; the other is a continuous upward movement. Even if a lamp is kept in a pit, the flame is directed upwards. The ancients have taught that the upward movement of the flame denotes the path to wisdom and the path to divinity. However, the external light can dispel only the external darkness, but not the darkness of ignorance in man.

### **Paramatma Jyoti**

The light that is God. Atma means individual souls. But the individual souls are part of the big or highest soul or Paramatma known as God. Since God is the truth and what is real he is the light or Paramatma

### **JivanJyoti**

Jivana Jyoti means the light in our individual selves, hat we carry for our lives.