

Invocations and Benedictions

Each weekly class will begin with an invocation.

The intention of an invocation is for you to verbally recognize that the Spirit of wisdom and love blesses and inspires the speaker, the listener and subject (or the meal, the learning, the proceedings, etc.). It is to call our awareness to the spirituality which is within and is why we are gathered together for the class, meal, meeting, etc.

An invocation may include:

- Recognition – recognizing the Source of All, Spirit, God, the Presence, the Infinite Supply of Life.
- Unification – knowing that all present are and always have been one with the Source of Life.
- Thanksgiving – blessing and giving thanks for the speaker, the food, the people, the endeavors, etc.
- And so it is, or, Amen.

An invocation lasts no more than two 2 minutes and may include a moment of silence to connect to Spirit.

Each weekly class will end with a benediction

The intention of a benediction is to express gratitude for the blessings, learning, and inspirations of the class, knowing that all go their various ways uplifted and that each one leaves with the blessing of a safe journey home.

A benediction may include:

- Thanksgiving – expressing gratitude for Spirit's expression
- Blessing – the people, the evening, the message, the gifts.
- Ending – acknowledge consensus with "And so it is", "Amen" or "Blessed Be."

The benediction lasts no more than 2 minutes and may be done with everyone gathered in a circle holding hands.

There is a format for doing an opening and closing prayer for meetings, classes or any other events. The invocation and the benediction are explained here.

Truth is One, the sages speak of it by many names.

—Vedas,
Hindu Scriptures