

THE UNIVERSAL PRAYER (GURUDEV SIVANANDA)

O adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent, and Omniscient.

Thou art Satchidananda.

Thou art the Indweller of all beings.

Grant us an understanding heart,

Equal vision, balanced mind,

Faith, devotion and wisdom.

Grant us inner spiritual strength

To resist temptation and to control the mind.

Free us from egoism, lust, greed, hatred and jealousy.

Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.

Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let Thy Name be ever on our lips.

Let us abide in Thee for ever and ever.

PRAYER TO THE DIVINE MOTHER OF THE UNIVERSE

O Divine Mother
Thou art the Mother of the Universe
Thou hast dominion over all things
I am Thy child, created in Thy image
But I have been a truant,
Wandering away from my heavenly home of cosmic plenty.
Help me to regain my consciousness of Thyself.
Rescue my consciousness
Shipwrecked in this tiny body.
Help me to remember that I am created in Thy image
And have power over everything as Thou hast.

I am independent spirit created of Divine Light,
Brilliant white Light that has no shadow.
I am created for a purpose, part of the Divine Plan,
May I know that purpose to fulfill the Divine Will.

May I be forgiven for all my wrong action
knowing and unknowing in this life and others.
I will forgive also all wrong action,
true or imagined by others in this life or before.

No one needs to be reborn for the satisfaction of any feeling
that I may have had, true or imagined.
Given the power, I would like to set all Souls free,
as I would like to be set free.