
Prayer No. 2

Swami Suryadevananda

O Lord, thou art transcendent and immanent,
Both, at the same time—the one Self in all,
Existence-consciousness-bliss-absolute,
Thou alone exist in all and as all.

Thou art the source and sustainer of all,
Thou art the substratum and support of all,
Very close to a heart that longs for thee,
But far beyond reach of mind and intellect.

Help me O Lord to cleanse and purify,
This mind, intellect and understanding,
This heart—the sum of all these three,
From clinging and rejecting within itself.

Help me O Lord to attain inner balance,
Where the world in all its variety,
Does not appear apart from thee,
And distinctions never arise in the heart.

Help me O Lord be centered in thee,
O ocean of compassion and grace,
Thou art supreme fulfillment itself,
All duality is perfectly reconciled in thee.

Help me O Lord to be occupied by thee,
Satisfied abiding in thy remembrance,
Please let this abidance be unbroken,
Durable for this life's stormy seas.

Help me O Lord in real renunciation,
Which is every abiding in thee only,
This heart struggles with letting go,
Not realizing letting go is itself abundance.

Help me O Lord stay vibrantly thine,
So that all I do is thy adoration only,
Let me never stagnate or ever hold back,
Let all that is given flow ever freely.

Help me O Lord by thy kind favor,
Light the lamp of devotion in the heart,
So unwavering I be in self-surrender,
Every thought, word and deed ever praise thee.

Humbly I ask these things of thee O Lord,
Undeserving thou I be of thy grace,
Still I ask from thee just one small ray,
As I strive to be worthy day by day.