

Prayer

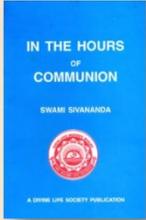
Swami Suryadevananda

Salutations and greetings...

Hope this finds you keeping well. Prayer – a new video has joined YouTube and the website. The source and inspiration for this offering is the inspiring book by Gurudev Swami Sivananda, 'In the Hours of Communion'. I am grateful to The Divine Life Trust Society for their kind permission to use this work in this sharing.

Prayer is very simple and elevating as is all heart to heart communication. It is even simpler than heart to heart communication as the source of your heart's outpouring is not someone or something 'other' or even 'apart' from you. This is precisely the reason prayer seems unnatural as our minds have grown so accustomed to talking to others who are apart from us in some way. We are slightly guarded even in close relationships – not because we don't trust those we consider close but people are much more sensitive today.

A little more about this book...



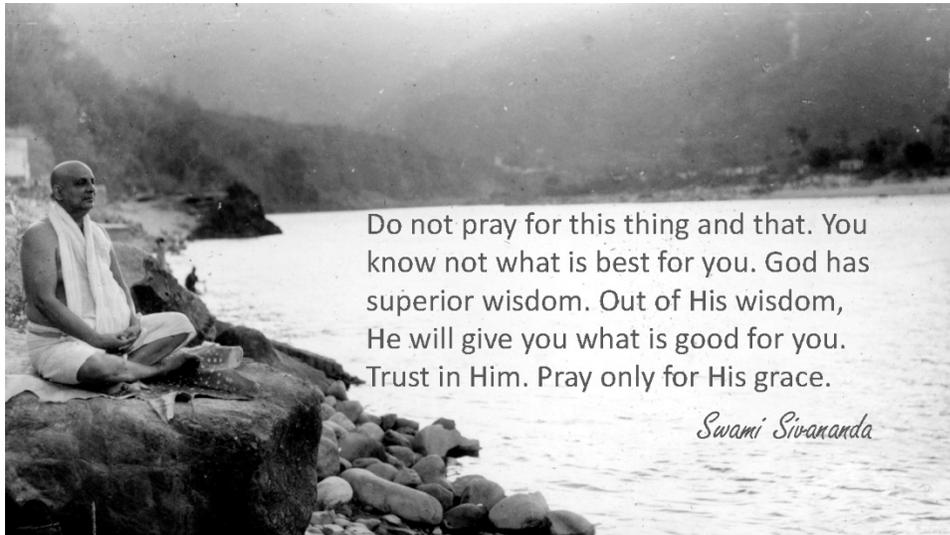
- **Section I: Prayer, What it Means and What it Does?**
 - Cry for Help in Distress, Melting the Mind in God, The Core of Man's Life.
- **Section II: Prayers in Prose**
 - Universal Prayers, Vedantic Prayers, Prayers for Health and Long Life, Prayers to Deities.
- **Section III: Prayers in Verse (General)**
 - For the Welfare of All, Songs of Praise, These I Seek my Lord, Cries of Helplessness, Songs of Surrender, Pangs of Separation, Longing for Liberation, Thanksgiving
- **Section IV: Prayers in Verse (Hymns to Deities)**
- **Section V: Essays on Prayer**
 - Prayer – The Power of Divine Love, Prayer is the Answer, Prayer – The Key to Blessedness

Content from, 'In The Hours of Communion' by Swami Sivananda used under permission from The Divine Life Society, Sivananda Ashram, Rishikesh, India.

In his book, 'In the Hours of Communion', Gurudev Swami Sivananda has by his pithy and aphoristic writings thrown light on this inner language of the heart in such a way that we once again remember and delight in love's language through which we enter into communion with God. The book is very inspiring because it is not theory but little beams of light on areas which at once enable this heart to heart communion.

What is it that you talk about with God aside from asking for his help? It is not wrong to ask for God's help but most of what we ask for is relief from conditions

of which we ourselves are the cause. If we were not to ask God for anything – what would you have to say to God? Have you ever pondered what it would feel like to just sit with God and let your heart love and adore him?



This book has very insightful hints on just how to go about this and make prayer which is communion or a spiritual embrace with God natural for you. This little book contains the most beautiful prayers in prose, verse and song for a wide variety of topics including what to really ask for and just pouring your heart to God in the simplest language. The book concludes with a few beautiful essays on prayer.

Friends, I can assure you that this book will raise your heart and spirits at once and if you follow the simple hints and instructions – you will awaken and ignite in the innermost reaches of being which will delight in the moments of communion.

Today, let us touch on some of the topics of the book lightly and then pray together with 12 prayers from this wonderful book: 9 Universal Prayers and 3 Vedantic Prayers. You may have heard and even know the Universal Prayer by Swami Sivananda but there are many more – let us pray with these together today. The first part of this video is a heart to heart talk on some of the topics of the book. The second part is prayer together with 12 prayers. With the kind permission of The Divine Life Society, the text for these 12 prayers will be on the website. The book is in print and can be ordered online.

Today, let us proceed with this flow...

- What is prayer?
- How to pray?
- Benefits of prayer
- Let us pray



It does not matter if you do not have them in front of you just now as you can sit while you hear the words and let the feelings contained in the words rise in your heart and soul. Once you hear and let the heart and soul respond to Swami Sivananda's prayers – you will want to sit regularly as your heart and soul will once again remember love's language and the even deeper language of silence.

The video, its corresponding audio and text of prayers can be downloaded from the website. Soon, I will also have just the prayer portion available in video and audio for those wishing to make praying together regular.



Very best wishes,
Swami Suryadevananda
suryadevananda.org

Prayers of Sri Swami Sivananda

From his book, 'In the Hours of Communion'.

Under permission from, 'The Divine Life Society', Sivananda Ashram, Rishikesh, India.

Universal Prayers

One

O adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent, Omniscient;

Thou art Satchidananda.

Existence-Consciousness-Bliss Absolute.

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 and hatred.

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.

Two

O Thou Invisible One! O Adorable One! O Supreme! Thou permeatest and penetratest this vast universe from the unlimited space down to the tiny blade of grass at my feet. Thou art the basis for all these names and forms. Thou art the apple of my eye, the prema of my heart, the very Life of my life, the very Soul of my soul, the Illuminator of my intellect and senses, the sweet anahata music of my heart and the Substance of my physical, mental and causal frames.

I recognise Thee alone as the mighty Ruler of this universe and the Inner Controller (Antaryamin) of my three bodies. I prostrate again and again before Thee, my Lord! Thou art my sole refuge! I trust Thee alone, O Ocean of mercy and love! Elevate, enlighten, guide and protect me. Remove obstacles from my spiritual path. Lift the veil of ignorance, O Thou Jagadguro! I cannot bear any longer even for a second, the miseries of this body, this life and this Samsara. Give Darshan quickly. O Prabho! I am pining. I am melting. Listen, listen, to my fervent, antarika prayer. Do not be cruel, my Lord. Thou art Dinabandhu. Thou art Adhama-uddharaka. Thou art Patita Pavana (Purifier of the fallen).

Om Shantih! Shantih! Shantih!

Three

O Antaryamin, Indweller of our hearts! Friend of the poor! Protector of the forsaken! Purifier of the fallen (Patitapavana)! Forgive our sins. Have mercy on us. Show us the easy way, a royal road for attaining the Supreme Abode of Peace. Open our inner eye of wisdom (jnana chakshus or divya drishti), the eye of intuition, as Thou once did for Arjuna, Thy friend and devotee. Throw a flood of light in our spiritual path. Bless us and lighten the load of our mundane life in this mrityu-loka.

Oh Blessed Lord! All-pervading Truth! Divine Effulgence! Remove our hard egoism, lust, wrath, greed, pride, arrogance and moha (infatuated love for wife, children and property and body or delusion). Cleanse us. Remould us. Make us pure. Give us spiritual strength to attain success in Yoga.

Hari Om Tat Sat

Om Shantih! Shantih! Shantih!

Four

Thou art, O Lord, the Creator of this universe. Thou art the Protector of this world. Thou art in the grass and the rose. Thou art in the sun and the stars. Salutations unto Thee, O Bestower of joy and bliss!

O Sweet Lord! Let me be free from the clutches of death. Let me be able to look upon all beings with equal vision. Let me be free from impurity and sin. Give me strength to control the mind. Give me strength to serve Thee and the humanity untiringly. Make me Thy fit instrument for Thy work. Make me pure and strong.

I bow to Thee, Oh Indweller of many hearts! O Secret of secrets! Remove my weakness, defects and evil thoughts. Make me pure so that I may be able to receive Thy Grace and blessings. O Lord! Thou art the thread-soul that connects all beings. Thou pervadest all, permeatest and interpenetratest all things of this universe.

Thou art Light Divine. Thou art the Dispeller of ignorance. Thou art all-merciful Lord. Give me a life without disease. Let me remember Thee always. Let me develop all sublime virtues.

Thou art self-luminous. Thou art my father, mother, brother, friend, relative and guide. Let me realise the Truth. Let me be free from greed, lust, egoism, jealousy and hatred. Prepare me as Thy sweet messenger on this earth so that I may radiate Joy, peace and bliss to the whole world. Let me utilise this body, mind and senses in Thy service and the service of Thy creatures. Breathe into me Thy breath of Immortality. Let me recognise the universal brotherhood of man. Let me love all as my own self! Salutations unto Thee, O Lord of Compassion!

Five

O adorable Lord! Thou art the subtle. Hence it is very difficult to understand and realise Thee. Thou art the past, present and future. There is nothing but Thee. Thou art the Infinite Ocean of Grace and Mercy. Thou art known to Thy devotee alone. Thou art without attributes and without forms and yet Thou possessest attributes and forms. It is very difficult to comprehend Thy glory and greatness. Thou art my Father, Mother, Guru and sole Refuge. Salutations unto Thee! Protect me. Guide me. Lift me up from this terrible round of births and deaths.

O Sovereign Lord of all creations! I do not want any wealth or Moksha or power or dominion. But, I do want that sufferings and troubles of all beings should come to an end for ever. Thou art the Ocean of Mercy. Thou art Omnipotent. Thou canst do this.

Six

O adorable Lord of compassion! Salutations unto Thee. Thou art Infinite Beauty, Joy, Bliss and Peace! Thou art Perfect, Independent and Ever Free! Give me the spirit of sacrifice, strength and indomitable will to serve the humanity! Vouchsafe to me Thy grace and mercy!

O Almighty! Thou art my Redeemer and Saviour. Free me from the bondage of this body and the round of births and deaths. Make me drink the nectar of Immortality!

O Supreme Being, fill my heart with unflinching devotion unto Thee. Let the flame of devotion to Thee grow brighter every day!

O Infinity! O Eternity! O Immortality! Free me from all sorrows, dependence, delusion, weakness and defects. Grant me equal vision, balanced mind, divine virtues such as courage, tolerance, forbearance, humility, mercy, purity, cosmic love, etc.

O Omnipotent Lord! Strengthen my resolve to stick to the spiritual path and to do my daily spiritual routine vigorously and regularly. Forgive my sins. Free me from the obstacles in the path and all temptations. Give me inner strength to resist temptations.

O Indwelling Presence! Thou art my sole prop support, refuge and solace! Thou art the Life of my life. Thou art the Soul of my soul. Thou art Transcendental Bliss, Peace and Joy. Thou art one homogeneous essence. Let me be established in non-violence, truthfulness, devotion and purity. Teach me to be steadfast in my devotion unto Thee. Give me Light and Wisdom

O Supreme Love! Salutations unto Thee! Thou art the Indweller of my heart. Give me the inner third eye of intuition or wisdom. May Self-realisation be my inexhaustible spiritual wealth; dispassion, my crown; virtuous deeds, my asset in the Divine bank and renunciation, the jewel of my heart! Crores of prostrations unto Thee, O Lord! I am Thine. Save me. Protect me, guide me and enlighten me.

Make me pure, perfect and free! Through Thy grace, may all attain health, long life, peace, prosperity and Self-realisation!

Om Shantih! Shantih! Shantih!

Seven

Adorations to the Supreme Being, Who dwells in the hearts of all beings, Who is in the fire and water, Who is in the plants, herbs and trees, Who is in the stone, brick and iron bars and Who has pervaded the whole universe.

May our speech recite the glories of the Lord and our ears listen to discourses of the Lord; our hands do His work and cleansing of the temple and our mind be centred on His feet and remembrance thereof; our heads prostrate to His feet and our eyes behold His wonderful form; our palate taste the Tulasi leaves; our feet perambulate round the temple.

Eight

O Lord! Thou art courage; fill me with courage. Thou, who art mercy, fill me with mercy. Thou, who art peace, fill me with peace. Thou, who art effulgence, fill me with effulgence.

Nine

O hidden Life! O hidden Consciousness, O Intelligence! O hidden Power! O hidden Light! Lead us on from unreal to real, from darkness to light, from mortality to immortality and reveal Thyself to those sincere aspirants who tread on the path of truth. Have pity on those rank materialists and confirmed atheists, scoffers, unbelievers and sceptics and bestow on them inner light, eternal bliss, supreme peace and pure understanding to feel Thy presence and existence in every object and atom, in every moment, in sentiments and thoughts, in emotions and feelings and in all actions.

Adorations to the Supreme Being, who dwells in the hearts of all beings, who is in the fire and water, who is in the plants, herbs and trees, who is in the stones, bricks and iron bars, who has pervaded the whole universe.

May that God, who though one and unseen, dispenses unto all creatures their desired objects according to the varying necessities of all, by virtue of His many

powers, and in whom the world from the beginning to the end is established, give unto us the right understanding.

Let us meditate on the glory and splendour of that supreme Being, who illumines everything. May He guide us in all our actions. May He grant us a clear understanding and a pure intellect.

Let there be peace in heaven; let there be peace in the atmosphere. May peace fill the four quarters, may the waters and medicinal herbs bring peace, may plants give peace to all beings, may the Vedas spread peace everywhere, may all other objects everywhere give us peace and may that peace come to us and remain with us for ever. (Yajur Veda, 36-37).

Vedantic Prayers

One

O Lord! Thou art the cause of all, but art Thyself causeless. Thou art without any form and yet Thou art the possessor of countless forms. Thou art the goal of all scriptures, the great refuge of all creatures and the bestower of emancipation. Salutations unto Thee, O all-merciful Lord!

Thou art the true essence. Thou art without beginning, middle and end. Thou art pure by Thy own nature. Thou art pure, unborn and undying one. Thou art free and boundless like space. Thou art the unchangeable, homogeneous essence without form, without attribute, without colour, without shape and without death.

I bow to Thee, O Secret of secrets! I bow to Thee, O Indweller of our hearts! I bow to Thee, O silent witness of all activities of all minds! I bow to Thee, O inner ruler of all beings! I bow to Thee, O thread-soul who connects all beings, who pervades and permeates and interpenetrates all things of this universe!

O God, make me immortal in that region wherein happiness and bliss are abundant, wherein joy and cheerfulness ever reign supreme and wherein all desires are completely gratified. O all-merciful Lord! Let me have liberation and freedom.

O sweet Lord! May I be free from the bond of death. May I never again forget my immortal nature. May I be able to look upon all beings with equal vision! May I

attain the supreme seat of Brahman! May I be free from impurity and sin! May I know my real essential nature!

Thou art the peasant and the king. Thou art the rogue and the saint. Thou art the maiden and the man. Thou art the child and the father. Thou art the seed and the fruit. Thou art the five elements and their combinations. Thou art the ocean and the rivers. Thou art ugliness and beauty. Thou art merit and demerit. The whole universe is within Thy womb.

O Lord of Light! O shining One! I live for Thee. I behold Thee in the smile of children, in the tears of the afflicted, in my thoughts, emotions, sentiments, in the morning dew of the Himalayan landscape and in the rays of the sun. My room is filled with Thy sweet presence. I eat Thy benign grace in my daily food. I taste Thy radiant love in my daily drink. Thou art the ocean of love and compassion. Let my love for Thee become a roaring flame. Withdraw from me whatever evil that is hidden. Fill my heart with purity, goodness, love and sublime virtues. Make me immortal.

Two

O Lord! Thou art the Indweller in all! Thou art the soul in all. Thou art the womb of all. Thou art the protector of all. Thou art the bestower of fruits of Karmas to all. Thou art all, Thou dwellest in all. Thou art the source of all. Thou art the giver of Moksha to all. Prostrations unto Thee.

Thou art Light Divine. Thou art Light of knowledge. Thou art the dispeller of darkness. Thou art the Supreme Guru. Thou art beyond the reach of mind and speech. Thou art beyond any kind of limitation. Thou art the over-soul. Thou art the Self of this universe.

O adorable Self-effulgence, Light of lights, ocean of bliss, O Jagad Guro! O wisdom honey! Garden of Kalpa Vriksha, mountain of mercy, O Bhagavan! Bestower of Moksha, embodiment of peace, O hidden Tureeya, O transcendental essence! River of nectar-joy! Remove the veil and bless me with Thy ineffable and stupendous vision.

O all-merciful Lord! Through Thy grace, may I realise Truth. May I always entertain sublime thoughts. May I realise myself as the Light Divine. May I be free from greed, lust, egoism, jealousy, hatred. May I serve the humanity with Atma Bhava. May I behold the one sweet, immortal Self in all beings. May I realise Brahman with pure understanding!

May that Light of lights ever guide me! May He cleanse my mind of all impurities. May He inspire me. May He bestow on me power, courage and strength. May He remove the veil in the mind. May He remove all obstacles in the spiritual path. May He make my life happy and fruitful. I bow to Thee, O Lord of lords. O God of gods! O Deva of Devas, the Brahman of the Upanishads, the support for Maya and Isvara and the supreme bridge to Immortality.

Taapa of three kinds burns me in the extreme. Avidya's Chamatkara shines everywhere. Bad appears good; body looks like Atma. There is Bhranti Sukha in sensual objects. O hidden Light! O undecaying Beauty! Remove the veil of Nama Rupa. Let me rest in Asti-Bhati-Priya. O Infinity, Eternity, Immortality! Let my mind melt in profound Brahmic silence—my birthright, my centre, my goal and ideal.

Three

From whom is born this mysterious universe, by whom alone it is upheld and in whom alone it is dissolved—to that Para Brahman or Supreme Self, who is Existence Absolute, Consciousness Absolute and Bliss Absolute, be this salutation!

O Self-effulgent Lord! Thou art the supporter, the saviour, the creator, the inner ruler, the governor, the master, the protector and the deliverer. Thou art the dispeller of the darkness of ignorance. Thou art the destroyer of the three kinds of Taapaas or fevers of human beings. Thou art the remover of the miseries and sufferings of Thy devotees. O venerable Lord! Salutations unto Thee! In Thee I take refuge. Give me purity and devotion. Let my wandering, mischievous mind always rest in Thee.

O Indweller of all beings! Thou art the baby, Thou art the saint, Thou art the scoundrel, Thou art dishonesty, Thou art piety, Thou art Tapas, Thou art Samadhi, Thou art the sage, Thou art the Yogi with eight kinds of powers. Thou art omnipresent, omnipotent and omniscient.

Salutations to the cows, dogs, monkeys, birds, trees, flowers, as these are the different forms of the Lord in His manifested aspect. He is hidden in them, just as butter is hidden in the milk.

Salutations to Thee, O Supreme Lord! Thou art without beginning and end. Thou art the flower. Thou art the bee. Thou art woman. Thou art man. Thou art the sea. Thou art the waves. Thou art the sandow. Thou art the old man tottering with a

stick. Thou art the saint. Thou art the rogue. Thou art everything. How can I describe Thee!

O adorable Lord! Thou art the blue sky, Thou art the ocean, Thou art the lightning, Thou art the mind, Thou art the tree with fruits, Thou art the rose, Thou art the sun, the moon and the stars. Thy face is turned everywhere in this universe.

Thou art Eka (one). Thou art Aneka (many). This is the Saguna aspect. Thou art neither Eka nor Aneka. This is Thy transcendental aspect. Thou art Dvaita. Thou art Advaita. Thou art neither Dvaita nor Advaita. Thou art beyond Dvaita and Advaita. Thou art Sakara and Nirakara. Thou art Saguna. Thou art Nirguna. Thou art beyond Saguna and Nirguna. Thou art nothing. Thou art everything. Thou art neither nothing nor everything. Thou art beyond nothing and everything.

Thou art self-luminous. Thou art without parts, without actions, without limits, without taint or fault, without birth and death. Thou art our father, mother, brother, friend, relative, Guru and sole refuge. Thou art the embodiment of peace, bliss, knowledge, power, strength and beauty.

O Lord! If Thou art the sun, then I am Thy ray; if Thou art the ocean, I am Thy wave; if Thou art the Himalayas, I am Thy tree; if Thou art the Ganges, I am Thy drop; if Thou art the garden, I am Thy flower; if Thou art the electric light, then I am Thy bulb; if Thou art the landscape, I am Thy grass. By loving Thee, I have become immortal. The noose of Yama is cut asunder. Salutations unto Thee.

OM is the word of power. OM is the sacred monosyllable. OM is the highest Mantra. OM is the symbol of Brahman. OM is Soham. OM is OM TAT SAT. OM is the source for everything. OM is the womb of Vedas. OM is the basis of all languages. All trinities merge in OM.

All sounds proceed from OM. All objects exist in OM. O sweet OM! O potent Pranava! The Life of my life! The boat to cross this Samsara! Harbinger of eternal Bliss! My redeemer and saviour! Guide me and take me to Brahman.

Note: 'In the Hours of Communion' by Sri Swami Sivananda can be ordered from the online bookstore of The Divine Life Society at: dlshq.org by clicking on the 'Books on Yoga, Philosophy and Religion' link.