

# Casa de Dom Ignácio

## Prayers in English

These prayers have been compiled from various contributions of people worldwide who have come to the Casa over the years. They are universal and derive from a wide range of creeds, cultures and beliefs. We sincerely hope you enjoy them and that they are of healing benefit to you all.

Happy Everything – With Love and Respect.

## **Prayer for the beginning of a meeting**

*(from The Gospel explained by the Spiritist Doctrine, by Allan Kardec)*

We implore You, O God, the All Powerful,

to send us the good spirits to help us and keep away any spirits that may lead us into error. Give us the necessary light to distinguish truth from falsehood.

Keep away wicked spirits, whether incarnate or disincarnate, that might try to cause dissension among us and turn us away from charity and the love of our neighbors. If any such spirits try to disturb our meeting, don't let them have access to our hearts.

Good spirits, who see fit to come and teach us, make us yielding to your direction. Turn us away from all selfish, proud, jealous, and envious thoughts. Inspire in us tolerance and goodwill toward our fellow human beings, present or absent, friend or enemy. Finally, help us to acknowledge your uplifting presence in the feelings that hearten our souls.

God, give the mediums who have been charged with the responsibility of transmitting higher teachings, an awareness of their high commission. Give them a sense of seriousness of their task so that they can undertake it with the necessary fervor and introspection.

If at our meeting there are individuals motivated by feelings other than goodwill, open their eyes to the light and forgive them - as we forgive them - for any bad disposition they may display.

We ask especially that the Spirit (insert name), our spiritual guide, help us and watch over us.

Amen

**Opening** (*Prayer for start of gathering*)

Dear God,

We gather as individuals with grateful hearts.  
Tonight our sacred intent is to come together  
collectively as petals of a single flower,  
reflecting back to you the love we have received.  
We thank the entities for this opportunity  
of English prayer time to give back to you.

Also we experience deep gratitude  
for the people of the Casa and the Community.  
We pray for them, asking for your continuing blessings  
of strength for their work,  
and expansion of their growth and healing.

For all the people who have come  
and will come to the Casa we ask  
for openness and healing.  
For those in the Community  
who provide food and shelter,  
we ask for strength.

The Casa volunteers  
so lovingly personify your love for us.  
Continue to expand their hearts in service.

Give to João de Deus, strength,  
love and healing of body.  
We are mindful of the physical stresses  
that his body undergoes during incorporation.  
His personal sacrifices are great –  
expand his personal, emotional  
and spiritual growth and healing.

For Dom Ignácio de Loyola and all the entities —  
we ask for ever growing powers for healing....  
so that the message of love and truth  
that is received through them here  
can grow and spread around the earth.

Amen

**Prayer of Caritas**

God, our Father, who is all power and goodness,  
give strength to those who go through tribulations;  
give light to those who seek the truth,  
and fill the human heart with compassion and charity.

God, give the guiding star to the traveler,  
consolation to the afflicted,  
and rest to the sick.

Father! Give repentance to the guilty,  
truth to the spirit,  
guidance to the child and a father to the orphan.  
Lord! May your goodness extend over everything that You have created.  
Mercy, Lord, to those who do not know You  
And hope to those who suffer.

May Your goodness allow the consoling spirits  
to spread peace, hope, and faith everywhere.

God! A ray of light and a spark of Your love can inflame the Earth.  
Let us drink from the fountains of this abundant and infinite goodness,  
and all tears will be dried,  
and all pain will be lessened.

A single heart, a single thought will rise to you,  
like a cry of gratitude and love.  
Like Moses on the mountain,  
we wait for You with open arms.  
Oh! Goodness, oh! Beauty, oh! Perfection,  
we wish in some way to deserve Your mercy.

God! Give us the strength to help progress so we may rise up to You:  
give us pure charity;  
give us faith and reason;  
and give us the simplicity that will make our souls  
the mirror that will reflect your image.

Deus, nosso Pai, que sois todo Poder e Bondade,  
dai a força àqueles passam pela provaçãõ;  
dai a luz àquele que procura a verdade;  
ponde no coração do homen a compaixão e a caridade.

Deus! Dai ao viajor a estrela guia,  
ao aflito a consolação.  
Ao doente o repouso.

Pai! Dai ao culpado o arrependimento, ao Espiritu a verdade,  
à criança o guia, ao òrfão pai.  
Senhor! Que vossa bondade se estenda sobre tudo o que criaste.  
Piedade, Senhor, para aqueles que vos não conhecem,  
Esperança para aqueles que sofrem.

Que a vossa bondade permita aos Espiritus consoladores  
Espalharem por toda parte a paz, a esperança e a fé.

Deus! Um raio, uma fáiisca de vosso amor pode abrasar a terra;  
deixai-nos beber nas fontes dessa bondade fecunda e infinita,  
e todas as lágrimas secarão,  
todas as dores se acalmarão.

Um só coração, um só pensamento subirá até vós,  
como um grito de reconhecimento e de amor.  
Como Moisés sobre a montanha,  
nós vos esperamos com os braços abertos.  
Oh! Bondade, oh! Beleza, oh! Perfeiçãõ,  
e queremos de alguma sorte merecer a vossa misericórdia.

Deus! Dai-nos a força de ajudar o progresso a fim de subirmos até vós;  
dai-nos a caridade pura;  
dai-nos a fé e a razão;  
dai-nos a simplicidade que fará de nossas almas  
o espelho onde se refletirá a Vossa imagem.

**Lords Prayer**

Our father who art in heaven  
 Hallowed be thy name  
 Thy kingdom come  
 Thy will be done  
 On earth as it is in heaven  
 Give us this day our daily bread  
 Forgive us our trespasses  
 As we forgive those who trespass against us  
 And lead us not into temptation  
 But deliver us from evil.  
 (For Thine is the kingdom, and the power, and the glory forever and ever).

Amen

**Pai nosso**

Pai nosso que estais no céu  
 Santificado seja o Vosso nome  
 Venha nós o Vosso reino  
 Seja feita a Vossa vontade  
 Assim na terra como no céu.  
 O pão nosso de cada dia dai-nos hoje  
 Perdoai as nossas ofensas  
 Assim como nós perdoamos a quem nos tenha ofendido  
 E não nos deixeis cair em tentação  
 Mas livrai-nos de todo mal.  
 (Porque teu é o reino e o poder e a glória, para sempre)

Amém.

**Hail Mary**

Hail Mary! Full of grace, the Lord is with thee.  
 Blessed art thou amongst women and  
 Blessed is the fruit of thy womb, Jesus.  
 Holy Mary, Mother of God, pray for us sinners  
 Now and at the hour of our death.

Amen

**Ave Maria**

Ave Maria, cheia de graça, o Senhor è convosco.  
 Bendita sois vós entre as mulheres e  
 Bendito seja o fruto do vosso ventre, Jesus.  
 Santa Maria, Mae de Deus, rogai por nós pecadores,  
 Agora e na hora da nossa morte.

Amém.

**Prayer of Ismael**

Glory to God in the highest; peace to men on earth!  
 Jesus, good and beloved Master,  
 Sustain your humble, sinning brothers in the battles here on earth.  
 Blessed angel of the Lord, open for us Your compassionate embraces;  
 Protect us from evil;  
 Lift our spirits to the Majesty of your Kingdom,  
 And infuse in all our senses,  
 The light of Your immense Love.

Jesus, through your sublime sacrifice,  
 through your martyrdom on the cross,  
 Give to those who find themselves burdened with weighty clothing –  
 Give to them the perfect orientation of the path of virtue –  
 The only path that can let us find You.

Jesus, peace to them,  
 Forgiveness to our enemies  
 And receive in Your blessed breast  
 The prayer of the least of Your servants.

Blessed Star, Lighthouse of the Immortal “phalanges”,  
 Purify us with Your Divine rays;  
 Cleanse us of all our guilt;  
 Attract us to move close to Your breast,  
 The blessed sanctuary of all love.

If the world, with its errors, passions and hates,  
 Strews the path with needles,  
 Darkening our horizon with clouds of sin,  
 brighten more with Your forgiveness,  
 In order that secure and aided in Your message  
 We can overcome the difficulties of the way  
 And reach the dwellings of Your kingdom.  
 Friend – Star – Lighthouse of both sinners and the just,  
 Open Your Divine breast  
 And receive our supplication –  
 For all humanity.

Let it be thus.

## 6

### **The Apostles' Creed**

I believe in God, the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only son our Lord;  
who was conceived by the holy ghost,  
born of the Virgin Mary, suffered under Pontius Pilate,  
was crucified, died and was buried.  
He descended into Hell;  
the third day he rose again from the dead;  
he ascended into Heaven,  
sitteth at the right hand of God, the Father Almighty;  
from thence He shall come to judge the living and the dead.  
I believe in the Holy Ghost, the Holy Catholic Church,  
the Communion of Saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting.

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Ghost.  
As it was in the beginning, is now, and ever shall be, world without end.

Amen

### **O My Jesus**

O My Jesus, forgive us our sins,  
save us from the fires of Hell,  
lead all souls to Heaven,  
especially those who are in most need of Thy mercy.

### **Hail, Holy Queen**

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy towards us.  
And after this our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.  
Pray for us, O holy Mother of God.  
That we may be made worthy of promises of Christ.

Amen

May the peace of God  
be upon this household!  
May the love of God  
be in your hearts.  
May the light of God  
be in your souls!  
May the wisdom of God  
be in your minds!  
May the virtue and purity of God  
be in your feelings!  
May the strength and vitality of God  
be among the members of your household!  
May the health and well being of God  
be manifest through the bodies, the garments which you wear.  
May the grace of God  
be in your action!  
May the talents and genius of God  
be manifest through your senses!  
May the fullness of the victory of your own God plan  
be manifest through your souls at the close of your earth life!  
Call unto me and I will answer thee!

**The Prayer of St. Francis**

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love,  
Where there is injury, pardon,  
Where there is doubt, faith,  
Where there is despair, hope,  
Where there is darkness, light,  
And where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much  
Seek to be consoled,  
As to console,  
To be understood,  
As to understand,  
To be loved,  
As to love with all my soul.  
For it is in giving,  
That we receive,  
It is in pardoning  
That we are pardoned,  
And it is in dying  
That we are born to eternal life.

I spent so much time looking for You,  
 And didn't know where You were.  
 I gazed at the infinite and couldn't see you,  
 and thought to myself: Do You really exist?  
 I wasn't pleased with the search, and went on.  
 I tried to find you in religions and temples  
 But You weren't there either.  
 I searched for You through priests and pastors  
 And couldn't find you either.  
 I felt lonely, empty and desperate; I disbelieved.  
 In offending, I stumbled  
 In stumbling, I fell  
 In falling, I felt weak.  
 Weak, I looked for help.  
 In help I looked for friends.  
 With the friends I found affection.  
 In affection, I witnessed love being born,  
 With love I saw a new world.  
 And in this new world I decided to live.  
 What I got I decided to give.  
 Giving something, I received a lot  
 And in receiving, I felt happy.  
 Being happy, I found peace.  
 And being in peace I saw  
 That You were inside of me.  
 Without looking for You,  
 I found You at last!

### **To The Virgin Mary**

You who saw Christ's tear drops rolling from the heights of Mount Calvary  
 seeing them as diving pearls that fell from his lovely eyes,  
 You who testified to his suffering and his death, feeling his incredible pain.  
 You who are the mother's heart together with all he gossiped,  
 humanity adores you as a symbol of love and truth.  
 You who are the mother's heart know what mourning is because you cried,  
 what pain is because you felt it, what suffering is because you've  
 been watching human misery for a long time.

Intercede through us who roll in the dust full of vices  
 and implore God's forgiveness.  
 Oh Immaculate Mary, we implore your blessing.  
 Stretch out your sacred mantle full of light, harmony,  
 peace, health and love over each and every one of us.

Amen

## The Spiritual Practice of Prayer

9

In the house made of dawn.  
In the story made of dawn.  
On the trail of dawn.  
O, Talking God.  
His feet, my feet, restore.  
His limbs, my limbs, restore.  
His body, my body, restore.  
His mind, my mind, restore.  
His voice, my voice, restore.  
His plumes, my plumes, restore.  
With beauty before him, with beauty before me.  
With beauty behind him, with beauty behind me.  
With beauty above him, with beauty above me.  
With beauty below him, with beauty below me.  
With beauty around him, with beauty around me.  
With pollen beautiful in his voice, with pollen beautiful in my voice,  
It is finished in beauty.  
It is finished in beauty.  
In the house of evening light.  
From the story made of evening light.  
On the trail of evening light.

*Navajo*

But what avail the largest gifts of heaven,  
When drooping health and spirits go amiss.  
How tasteless then whatever can be given!  
Health is the vital principle of bliss.

*James Thomson*

Waiting the word of the Master,  
Watching the Hidden Light;  
Listening to catch His orders  
In the very midst of the flight;  
Seeing His slightest signal  
Across the heads of the throng;  
Hearing His faintest whisper  
Above Earth's loudest song.

*Alcyone (J Krishnamurti)*

A golden harvest, I desire-  
Consume me; give me soon, in bliss,  
That tender burning of Your Fire,  
Your lips in an eternal Kiss!

*Saint Therese of Lisieux*

## 10 Hymn: All things bright and beautiful

Chorus:

All things bright and beautiful  
All creatures great and small,  
All things wise and wonderful,  
The Lord God made them all.

Verse One:

Each little flower that opens,  
Each little bird that sings,  
He made their glowing colours,  
He made their tiny wings.

Verse Two:

The rich man in his castle,  
The poor man at his gate,  
God made them, high or lowly,  
And order'd their estate.

Verse Three:

The purple-headed mountain,  
The river running by,  
The sunset and the morning,  
That brightens up the sky.

*Mrs. Alexander*

I have three precious things which  
I hold fast and prize.  
The first is gentleness; the second is frugality;  
the third is humility, which keeps me  
from putting myself before others.  
Be gentle, and you can be bold;  
be frugal, and you can be liberal;  
avoid putting yourself before others,  
and you can become a leader of men.  
Gentleness brings victory to him who attacks,  
and safety to him who defends.  
Those whom heaven would save,  
it fences round with gentleness.  
The greatest conquerors are those who  
overcome their enemies without strife.

*Lao-Tzu*

O Lord God, Eternal King!  
 You who stretched out the heavens and built the earth.  
 You who put limits on the ocean and trampled the Serpent's head.  
 You, O Lord, do not abandon me now.  
 Hear my prayer.

*Saint Prisca*

### **I Am Much Too Alone in This World, Yet Not Alone**

I am much too alone in this world,  
 yet not alone enough to truly consecrate the hour.

I am much too small in this world, yet not small enough  
 to be to you just object and thing, dark and smart.

I want my free will and want it accompanying  
 the path which leads to action;  
 and want during times that beg questions,  
 where something is up,  
 to be among those in the know,  
 or else be alone.

I want to mirror your image to its fullest perfection,  
 never be blind or too old  
 to uphold your weighty wavering reflection.

I want to unfold.

Nowhere I wish to stay crooked, bent;  
 for there I would be dishonest, untrue.

I want my conscience to be true before you;  
 want to describe myself like a picture I observed for a long time,  
 like a new word I learned and embraced,  
 like the everyday jug, like my mother's face,  
 like a ship that carried me along through the deadliest storm.

*Rainer Maria Rilke*

12 Let us lay aside all thought of the material world and seek to make contact with the Source of life. O gracious Spirit, all-enfolding love, light and life, we come before thee in humility and tranquility of heart and mind. May nothing in us prevent us from stepping forward into Thy light; and when sorrow and trouble come may we willingly surrender to Thy love and wisdom; knowing that underneath are Thine everlasting arms: for Thou art merciful and just and all-loving. May our hearts be open and minds subdued, waiting to receive the beauty of Thy light.

O Father Mother God, we thank thee for Thy infinite love.  
May these thy children go their way in peace, filled with Thy Holy Spirit.  
Bless them, bless them, O Son.

*White Eagle*

I am happy  
When I pray to the secret God.  
I am happier  
When I pray to the sacred God.  
I am happiest  
When I pray to the compassionate God.

*Sri Chinmoy*

### **Take this self**

Take my life, and let it be  
Consecrated, Lord to Thee.  
Take my moments and my days,  
Let them flow in ceaseless praise.

Take my hands and let them move,  
At the impulse of Thy love.  
Take my feet and let them be  
Swift and purposeful for Thee.

Take my lips and let them be  
Filled with messages from Thee.  
Take my intellect and use  
Every power as Thou shall choose.

Take my will and make it Thine  
It shall be no longer mine.  
Take my heart, it is Thine own.  
It shall be Thy Royal Throne.

Take my love, my Lord I pour  
At thy feet it's treasure store.  
Take this self and let it be  
ever, Only, One in Thee.

I am that I am  
Dear God please open my heart...  
Dear God please open my body  
And let your Spirit touch me and heal me...  
Dear God show me the way  
To love and give more of myself...  
Dear God please give me your peace...  
Dear God show me the way to do your will...  
Thank you God.

Freedom from fear, purity of heart,  
constancy in sacred learning and contemplation,  
generosity, self-harmony, adoration,  
study of the scriptures, austerity, righteousness.  
Non-violence, truth, freedom from anger, renunciation,  
serenity, aversion to fault-finding, sympathy for all beings,  
peace from greedy cravings, gentleness, modesty, steadiness.  
Energy, forgiveness, fortitude, purity, a good will, freedom from pride –  
these are the treasures of the man who is born for heaven.

Deceitfulness, insolence and self-conceit, anger and harshness,  
and ignorance – these belong to a man who is born for hell.

*The Bhagavad Gita*

May God the Father who made us bless us  
May God the Son send his healing among us  
May God the Holy Spirit move within us and give us  
Eyes to see with, ears to hear with and hands  
that your work might be done.  
May we walk and preach the word of God to all.  
May the angel of peace watch over us  
and lead us at last by God's grace to the Kingdom.

*Dominican*

Blessed are the poor in spirit: for theirs is the kingdom of heaven,  
Blessed are they that mourn: for they shall be comforted.  
Blessed are the meek: for they shall inherit the earth.  
Blessed are they which do hunger and thirst after righteousness:  
for they shall be filled.  
Blessed are the pure in heart for they shall obtain mercy.  
Blessed are the merciful: for they shall obtain mercy.  
Blessed are the pure in heart: for they shall be called the children of God.

*Matthew 5:3-9*

## 14 **Desiderata**

Go placidly amid the noise and haste,  
and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly and listen to others,  
even the dull and ignorant – they, too, have their story.

Avoid loud and aggressive persons, they are vexations to the spirit.

If you compare yourself to others, you may become vain and bitter,  
for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans,  
Keep interested in your own career, however humble –  
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs,  
for the world is full of trickery.  
But let this not blind you to what virtue there is –  
many persons strive for high ideals;  
and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection.  
Neither be cynical about love,  
for in the face of all aridity and disenchantment  
it is perennial as grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with imaginings.  
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe,  
no less than the trees and the stars;  
You have a right to be here.

And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.  
Therefore be at peace with God,  
whatever you conceive Him to be;  
and whatever your labours and aspirations,  
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery and broken dreams,  
it is still a beautiful world.

Be careful. Strive to be happy.

*Anonymous*

## Prayers for Spiritual Aspiration

15

Throughout all life times, where ever I am born,  
May I obtain the seven qualities of birth in a higher realm;  
May I meet the Dharma (divine knowledge) after taking birth,  
And have the freedom to practice accordingly.

May I please the venerable spiritual masters  
And practice Dharma, and accomplishing its inmost essence,  
May I traverse the ocean of worldly existence in that very life.

Within the world may I expound the highest sacred doctrine,  
And never become bored, or weary of accomplishing the welfare of the others;

And by my own tremendous, impartial service to others  
May all beings attain Buddhahood (*perfection*) together.

*The Dzogchen,  
Prayer for Aspiration (Tibet)*

## Prayer of San Ignacio de Loyola

Lord Jesus Christ,  
take all my freedom, my memory,  
my understanding and my will.

All that I have and cherish  
You have given me.

I surrender it all  
to be guided by Your will.

Your grace and Your love and wealth  
are enough for me.  
Give me these,  
Lord Jesus,  
and I ask for nothing more.

Amen

God be in my head,  
And be in my understanding;  
God be in my eyes,  
And in my looking;  
God be in my mouth,  
And in my speaking;  
God be in my heart,  
And in my thinking;  
God be at my end,  
And at my departing.

*Anonymous*

## 16 Prayers for Guidance

Grant me, O Lord,  
to know what I ought to know,  
to love what I ought to love,  
to praise what delights you most,  
to value what is precious in your sight,  
to hate what is offensive to you.

Do not allow me to judge according to the sight of my eyes,  
nor to pass sentence according to the hearing of the ears of ignorant men;  
but to discern with a true judgement between things visible and spiritual,  
and above all things,  
always to inquire what is the good pleasure of your will.

*Thomas à Kempis*

Teach us, Good Lord, to serve Thee as Thou deservest,  
To give and not to count the cost;  
To fight, and not to heed the wounds;  
To toil, and not to seek for rest;  
To labour, and not to ask for any reward,  
Save that of knowing that we do Thy will.

*San Ignácio de Loyola*

We are what we think.  
All that we are arises with our thoughts.  
With our thoughts we make the world.  
Speak or act with an impure mind  
and trouble will follow you,  
as the wheel follows the ox that draws the cart.  
Speak or act with a pure mind  
and happiness will follow you,  
as your shadow, unshakeable.

*The Dhammapada, Sayings of the Buddha*

Teach me to seek Thee,  
and reveal Thyself to me when I seek Thee,  
for I cannot seek Thee except Thou teach me,  
nor find Thee, except Thou reveal Thyself.

*Saint Anselm*

O gracious and holy Father,  
 give us wisdom to perceive you,  
 intelligence to understand you,  
 diligence to seek you,  
 patience to wait for you,  
 eyes to see you,  
 a heart to meditate on you,  
 and a life to proclaim you,  
 through the power of the Spirit of Jesus Christ our Lord.

*Saint Benedict*

### **Prayers for Peace and Silence**

Adorable Presence!  
 Thou who art within and without,  
 above and below and all around;  
 Thou who art interpenetrating  
 the very cells of our being—  
 Thou who art the Eye of our eyes,  
 the Ear of our ears,  
 the Heart of hearts,  
 the Mind of our minds,  
 the Breath of our breaths,  
 the Life of our lives,  
 and the Soul of our souls.  
 Bless us Dear God,  
 to be aware of Thy Presence  
 Now and Here.  
 This is all that we ask of Thee;  
 May all be aware of Thy Presence in  
 the East and the West,  
 and the North and the South.  
 May Peace and Goodwill abide  
 among individuals as well as among  
 communities and nations.  
 This is our Earnest Prayer.  
 May Peace be unto All.  
 Om Shanti! Peace! Shalom!

*Swami Omkar, Peace prayer*

*offered by the mission of Peace Shanti Ashram, India,  
 for the 1993 Parliament of the World's Religions (India)*

## 18 The Spiritual Practice of Prayer

O Father, receive Thou the fervour of my soul, the devotion of incarnations,  
the love of ages that I have kept locked in the vault of my heart.

Divine Father, in my temple of silence I have made a garden for Thee,  
decorated with the blossoms of my devotion.

With aspiring heart, with zealous mind, with flaming soul,  
I lay at Thy feet of omnipresence all the flowers of my devotion.

O Spirit, I worship Thee as beauty and intelligence in the temple of nature.  
I worship Thee as power in the temple of activity,  
and as peace in the temple of silence.

*Paramahansa Yogananda*

Peace flows through my heart, and blows through me like a zephyr.  
Peace fills me like a fragrance.  
Peace runs through me like rays.  
Peace stops the heart of noise and worries.  
Peace burns through my disquietude.  
Peace, like a globe of fire, expands and fills my omnipresence.  
Peace, like an ocean, rolls on in all space.  
Peace, like red blood, vitalises the veins of my thoughts,  
Peace, like a boundless aureole, encircles my body of infinity,  
Peace-flames blow through the pores of my flesh, and through all space.  
The perfume of peace flows over the gardens of blossoms.  
The wine of peace runs perpetually through the wine press of all hearts.  
Peace is the breath of stones, stars, and sages.  
Peace is the ambrosial wine of Spirit flowing from the cask of silence,  
Which I quaff with my countless mouths of atoms.

*Paramahansa Yogananda*

### Prayers for Abundance

Grant that this year abundant harvest reign,  
And be our granaries piled with rice and grain.  
Let sheaves in myriads and in millions fill  
Our barns. From these sweet wine we will distill,  
To pour as solemn offerings at the shrine  
Of those, who, passed away, are now divine;  
The sainted sires and mothers of our line.  
Pleased with such sacrifice may they bestow  
Unnumbered blessings on the folk below.

*Anonymous*  
*(Chinese Chou Dynasty B.C.E.)*  
*Ti Ching, Hymn for the Harvest*

May the kingdom of justice prevail!  
 May the believers be united in love!  
 May the hearts of the believers  
 be humble, high their wisdom,  
 and may they be guided in their  
 wisdom by the Lord.  
 O Hkalsa, say "Wahiguru,  
 Glory be to God!"  
 Entrust unto the Lort what thou  
 wishest to be accomplished.  
 The Lord will bring all matters  
 to fulfilment:  
 Know this as truth  
 evidenced by Himself.

*Sikh*

### **Devotional Prayers**

In the name of God, the merciful, the compassionate,  
 O Thou who nurtures the mind, who adornest the body.  
 O Thou who givest wisdom, who showest mercy on the foolish,  
 Creator and Sustainer of Earth and time,  
 Guardian and Defender of dweller and dwelling:  
 dwelling and dweller, all is of thy creation;  
 time and earth, all under the control of thy omnipotence,  
 O Thou the Ineffable.

*Hakim Abu' L-Majd Majdud Sanai of Ghazna*

Lord, you are my lover,  
 My longing,  
 My flowering stream,  
 My sun,  
 And I am your reflection.

*Mechtild of Magdeburg*

20 The Lord is my Shepherd; I shall not want.  
He maketh me to lie down in green pastures:  
    he leadeth me beside still waters.  
He restoreth my soul:  
    he leadeth me in the paths of righteousness for his name's sake.  
Yea, though I walk through the valley of the shadow of death,  
I will fear no evil: for Thou art with me;  
    thy rod and thy staff they comfort me.  
Thou preparest a table before me in the presence of mine enemies:  
    thou anointest my head with oil, my cup runneth over.  
Surely goodness and mercy shall follow me all the days of my life:  
    and I will dwell in the house of the Lord for ever.

*Psalm 23*

**Prayers for and of the Saints**

May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
the rain fall softly on your fields;  
And until we meet again,  
May God hold you in the palm of his hand.

*Gaelic Prayer for Saint Patrick's Day*

The heavens declare the glory of God,  
The skies proclaim His handiwork.  
Day unto day utters a message,  
Night unto night reveals knowledge.  
There is no speech, there are no words,  
Neither is their voice heard.  
Yet their eloquence resounds throughout all the earth,  
And their testimony to the end of the world.  
A tent in the heavens has He set for the sun,  
Which goes forth as a bridegroom from his chamber,  
And rejoices as a hero to run his course.  
From one end of the heaven it goes forth;  
It moves round to the ends of it, missing nothing with its heat.

*Psalm 19:1-6*

Hail to thee, mighty Lord, all-potent Vishnu!  
 Soul of the universe, unchangeable,  
 Holy, eternal, always one in nature,  
 Whether revealed as Brahma, Hari, Siva-  
 Creator or Preserver or Destroyer-  
 Thou art the cause of final liberation;  
 Whose form is one, yet manifold; whose essence  
 Is one, yet diverse; tenuous, yet vast:  
 Discernible, yet indiscernible;  
 Root of the world, yet more minute  
 Than earth's minutest particles; abiding  
 In every creature, yet without defilement,  
 Imperishable, one with perfect wisdom.

*Vishnu Purana*

Thou to whom Jacob was more comely than Esau,  
 do not scorn me because of my transgressions.  
 For against thee only I have sinned,  
 and much sin have I heaped upon me.

Thou didst create me pure and righteous,  
 yet of my own will I became unclean,  
 and through the persuasion of the wicked one went astray.

Thou didst adorn me with gifts of priceless worth  
 which I cast away in favour of unrighteousness.

Make speed, O Lord, to build me into a fortress for the Holy Spirit,

Raise me up lest I crumble into a desolate ruin of sin.  
 Make speed to forgive for forgiveness is with thee.

O Lord thou knowest the balm to heal my wounds,  
 the help to strengthen my weakness,  
 the path to prosper my progress.

Thou knowest all that is expedient to fulfil my life,  
 as the potter knows how to contrive his own vessel's perfection.  
 For the work is wrought according to the design and wisdom of its maker.

*Ethiopian prayer to the Virgin Mary*

"All sicknesses have cures.  
 The only one that cannot be cured  
 is the sickness of feeling unloved"

*Mother Theresa*

## 22 **Amazing Grace**

Amazing grace! How sweet the sound  
That saved a soul like me!  
I once was lost, but now am found;  
Was blind, but now I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved;  
How precious did that grace appear  
The hour I first believed.

Through many dangers, toils and snares,  
I have already come;  
'Tis grace hath brought me safe thus far,  
And grace will lead me home.

The Lord has promised good to me,  
His Word my hope secures;  
He will my Shield and Portion be,  
As long as life endures.

Yea, when this flesh and heart shall fail,  
And mortal life shall cease,  
I shall possess, within the veil,  
A life of joy and peace.

The earth shall soon dissolve like snow,  
The sun forbear to shine;  
But God, Who called me here below,  
Shall be forever mine.

When we've been there ten thousand years,  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

### **Let There Be Peace On Earth**

Let there be peace on earth and let it begin with me.  
Let there be peace on earth, the peace that was meant to be.  
With God as Creator, family all are we.  
Let us walk with each other in perfect Harmony.  
Let peace begin with me, let this be the moment now.  
With every breath I take, let this be my joyous vow:  
To take each moment and live each moment in peace eternally.  
Let there be peace on Earth and let it begin with me!

### **May Peace Prevail On Earth!!!**

Shine, Jesus, shine, fill this land with the Father's glory;  
Blaze, Spirit, blaze, set out hearts on fire.  
Flow, river, flow, flood the nations with grace and mercy;  
Send forth your Word, Lord, and let there be light!

Vs. 1 Lord, the light of your love is shining,  
in the midst of the darkness, shining;  
Jesus, light of the world, shine upon us,  
set us free by the truth you now bring us.

Shine on me, shine on me.

Vs. 2 As we gaze on your kingly brightness,  
so our faces display your likeness,  
ever changing from glory to glory,  
mirrored here, may our lives tell your story.

Shine on me, shine on me.

Bless the Lord my Soul  
and bless his holy name  
Bless the Lord my Soul  
He leads me into light

Love and serve all humanity.  
Help everyone.  
Be happy. Be courteous.  
Be a dynamo of Irrepressible joy.  
Recognise God and goodness in every face.  
There is no saint without a past and no sinner without a future.  
Praise everyone. If you cannot praise someone...  
let him/her go out of your life.  
Be original. Be inventive.  
Be courageous. Take courage again and again.  
Do not imitate. Be strong. Be upright.  
Do not lean on the crutches of others.  
Think with your own head. Be yourself.  
All perfection and every divine virtue are hidden  
within you - reveal them to the world.  
Wisdom, too is already within you - let it shine forth.  
Let the Lord's Grace make you free.  
Let your life be that of a rose - in the silence.  
It speaks the language of fragrance.

*Sri Babaji (February 1984)*

## 24 **An Interfaith Prayer**

May He who is the Lord in Heaven  
of the Christians, the Holy One of the Jews,  
Allah of the Muslims,  
Buddha of the Buddhists,  
Tao of the Chinese,  
Ahura Mazda of the Zoroastrians,  
and Brahma of the Hindus,  
Lead us from the unreal to the Real,  
from darkness to light,  
from disease and death to immortality.

### **Fill My Heart...**

Jesus, help me to spread your fragrance  
wherever I am. Fill my heart with  
Your Spirit and Your Life, penetrate my  
being and take such hold of me that  
my life becomes a radiation of Your own life.  
Give Your light through me and remain  
in me in such a way that  
every soul I come into contact with  
can feel Your presence in me.  
May people not see me, but see You in me.  
Remain in me, so that I shine with  
Your light and may others be illuminated by my light.  
All light will come from You, Oh Jesus.  
Not even the smallest ray of light will be mine.  
You will illuminate others through me.  
Place on my lips Your greatest praise  
illuminating others around me.  
May I preach You with actions,  
more than with words,  
with the example of my actions,  
with the visible Light of that Love  
that comes from You to my Heart.

Amen

**Prayer for the Sick**

Dear Jesus, Divine Physician and Healer of the sick,  
we turn to You in this time of illness.

O dearest Comforter of the troubled  
alleviate our worry and sorrow with Your gentle Love,  
and grant us the grace and strength to accept this burden.

Dear God, we place our sick under Your care  
and humbly ask that You restor Your servant to health again.

Above all, grant us the grace to acknowledge Your Holy Will  
and know that Whatsoever You do, You do for the Love of Us.

Amen

“Love is Energy of Life”

*Robert Browning*

**Prayer to the Holy Spirit**

Come, Holy Spirit, fill my heart with Your Holy gifts.  
Let my weakness be penetrated this very day  
that I may fulfil all the duties of my state conscientiously,  
that I may do what is right and just.  
Let my charity be such as to offend no one's feelings;  
so generous as to pardon sincerely any wrong doing done to me.

Assist me O Holy Spirit, in all of my trials of life,  
enlighten me in my ignorance, advise me in my doubts,  
strengthen me in my weaknesses, help me in all of my needs,  
protect me in temptations and console me in afflictions.

Graciously hear me, O Holy Spirit, and pour  
your light into my heart, my soul and my mind.  
Assist me to live a holy life and to grow in goodness and grace.

Amen

## 26 **Prayer in time of Sickness**

Jesus, You suffered and died for us, You understand suffering, Teach me to understand my suffering as You do; to bear it in union with You; to offer it with You to atone for my sins, and to bring Your Grace to souls in need. Calm my fears; increase my trust. May I gladly accept Your Holy Will and become more like You in trial. If it be Your Will, restore me to health so that I may work for Your Honour and Glory and the salvation of all men.

Amen

### **Prayer for those who suffer**

For those who suffer and those who cry this day, give relief from their burdens, dear Lord.  
Let them experience your true peace.  
Love them Lord, when others cannot.  
Hold them Lord, when human arms fail.  
Hear their prayers, O Lord,  
and let them hear Your Word of Peace in their lives.

Amen

“When you rely on God’s Love, and come to Him in prayer, know that He will never leave you or ignore your needs. For your weakness, God’s strength can become your strength, when you lean upon the promises of His healing touch.”

*Susan Hunter*

**Prayer for giving oneself to God**

Father Almighty,  
 I put myself in Your hands,  
 do with me whatsoever You wish,  
 whatever it is, I give You thanks.  
 I am ready for anything, I accept it all,  
 as long as Your Will is fulfilled in me,  
 and in all your creatures,  
 I wish nothing else Father.  
 I confide my soul to You,  
 I give it up to You  
 with all the Love I am capable of,  
 because I Love You.

And I need to give of myself,  
 put myself in Your hands without measure,  
 with infinite confidence,  
 because You are my Father.

Amen

**Prayer in time of suffering**

Behold me, my beloved Jesus, weighted down  
 under the burden of my trials and sufferings,  
 I cast myself at Your Feet,  
 that You may renew my strength and courage.  
 While I rest here in Your presence,  
 Permit me to lay down my cross in Your Sacred Heart,  
 for only Your Infinite goodness can sustain me;  
 only Your Love can help me bear my cross;  
 only Your powerful hand can lighten its weight:

O Divine King Jesus,  
 whose heart is so compassionate to the afflicted,  
 I wish to live in You, suffer and die in You.  
 During my life be to me my model and my support,  
 at the hour of my death, be my hope and my refuge.

Amen

## 28 **The Miracle Prayer**

Lord Jesus, I come before You, just as I am,  
I am sorry for my sins, I repent all of my sins, please forgive me.  
In Your name I forgive all others for what they have done against me.  
I renounce Satan, the evil spirits and all their works.  
I give You my entire self, Lord Jesus, now and forever.  
I invite you into my life, Jesus, I accept you as my Lord God and Saviour.  
Heal me, change me, strengthen me, in body, soul and spirit.  
Come Lord Jesus, cover me with your Precious Blood  
and fill me with Your Holy Spirit.

**I Love You Lord Jesus.**

**I Praise You Lord Jesus.**

**I Thank You Lord Jesus.**

I shall follow you, every day of my life.

Amen

### **Prayer for Fidelity to God's Will**

O Jesus, stretched out upon the cross,  
I implore You, give me the grace of doing  
faithfully the Most Holy Will of Your Father  
in all things always and everywhere.  
And when this Will of God will seem to be  
very harsh and difficult to fulfill,  
it is then I beg You, Jesus,  
may power and strength flow upon me from Your wounds  
and may my lips keep repeating  
"Your will be done, O Lord".  
O Saviour of the world  
Lover of man's salvation of souls,  
O most compassionate Jesus,  
grant me the grace to forget myself,  
that I may live totally for souls,  
helping You in the work of salvation,  
according to the most Holy Will of Your Father.

Amen

### **A Healing Prayer**

Lord, You invite all who are burdened to come to You. Allow your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and Infinite Love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need, and help me to lead others to You by my example. Most Loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever.

Amen

### **A Prayer of Thanks**

Almighty God, You are the Giver of every good gift. We thank You for the gift of Your Holy Word.

May it be a lamp to our feet, and a light to our way.

We thank You for all You have given us. Let us use our possessions, our abilities, and our lives to Glorify You.

Take us and use us to Love and serve all Your people, in the name of Your Son, Jesus Christ our Lord.

Amen

“When what you are feeling is simply too deep for words, and nothing anyone does or says can provide you with the relief you need, God understands. He is your Provider – today, tomorrow, and always. And He Loves You. Cast all of your cares on Him and **Believe**.”

*Linda C Knight*

30 **Dear Lord,**

I may not see the sun and moon lose their light.  
I may not witness rivers turn red, or stars fall from the sky.  
Yet there are times when my world becomes unhinged and  
the foundations of what I believe crack and dissolve.  
Give me the grace to believe that Your power is at work  
in the turmoil of my life.  
Lead me to remember that Your power is greater than all evil,  
and though the world may rock and sometimes break,  
it will in time be transformed by Your Love.

*Author unknown*

**St. Paul to the Corinthians. Chapter 13.**

Even though I speak in human and angelic language but have no love,  
I am as noisy brass as a clashing cymbal. And although I have the prophetic  
gift and see through every secret and through all that may be known, and  
have sufficient faith for the removal of mountains, but I have no love, I am  
nothing. And though I give all my belongings to feed the hungry and surrender  
my body to be burned but I have no love, I am not in the least benefited.

Love endures long and is kind; love is not jealous; love is not out for display;  
it is not conceited or unmannerly, it is neither self-seeking nor irritable, nor does  
it take account of a wrong that is suffered. It takes no pleasure in injustice but  
sides happily with truth. It bears everything in silence, has unquenchable faith,  
hopes under all circumstances, endures without limit.

Love never fails. As for prophesyings, they will pass away; as for tongues,  
they will cease; as for knowledge it will lose its meaning. For our knowledge is  
fragmentary and so is our prophesying. But when the perfect is come then the  
fragmentary will come to an end.

When I was a child I talked like a child, I thought like a child, I reasoned like a  
child but on becoming a woman I was through with childish ways. For now we  
see indistinctly in a mirror but then face to face. Now we know partly, but  
then we shall understand as completely as we are understood.

There remains then, faith, hope, love, these three;  
but the greatest of these is love.

Our Father which art in heaven,  
Hallowed be thy name,  
Thy kingdom come.  
Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.  
And forgive us our trespasses, as we forgive our debtors.  
And lead us not into temptation, but deliver us from evil:  
For thine is the kingdom, and the power, and the glory, for ever.

Amen

(Matthew 6:9-13)

*In Aramaic, Jesus' prayer reads as follows:*

Abwoon d'bwashmaya  
Nethqadash shmakh  
Teytey malkuthakh  
Nehwey sebyanach aykanna d'bwashmaya aph b'arah  
Hawvlan lachma d'sunqanan yaomana.  
Washboqlan khaubayn (wakhtahayn) aykana daph khnan  
Shbwoqan l'khayyabayn.  
Wela tahlan l'nesyuna  
Ela patzan min bisha.  
Metol dilakhie malkutha wahayla wateshbukhta l'ahlam almin.

*Ameyn*

*This is how the prayer might read if translated directly from Aramaic:*

O Breathing Life, your Name shines everywhere!  
Release a space to plant your Presence here.  
Envision your "I Can" now.  
Embody your desire in every light and form.  
Grow through us this moment's bread and wisdom.  
Untie the knots of failure binding us,  
as we release the strands we hold of others' faults.  
Help us not forget our Source, yet free us from not being in the Present.  
From you arises every vision, power and song, from gathering to gathering.  
Amen: may our future actions grow from here!

## 32 **Take this sky**

Take my life and let it be  
consecrated, Lord to Thee.  
Take my moments and my days,  
let them flow in ceaseless praise.

Take my hands and let them move,  
at the impulse of thy love.  
Take my feet and let them be  
swift and purposeful for Thee.

Take my lips and let them be  
filled with messages from Thee.  
Take my intellect and use  
every power as Thou shall choose.

Take my will and make it Thine.  
It shall be no longer mine.  
Take my heart it is Thine own.  
It shall be Thy Royal Throne.

Take my love, my Lord so pure  
at Thy feet its treasure store.  
Take this self and let it be,  
ever, only, one in thee.

### **Born to Manifest the Glory**

Our deepest fear is not that we are inadequate,  
Our deepest fear is that we are powerful beyond measure.  
It is our Light, not our darkness, that most frightens us.  
We ask ourselves:  
"Who am I to be brilliant, gorgeous, talented and fabulous?"  
Actually, who are you not to be?  
You are a child of God.  
Your playing small doesn't serve the world.  
There is nothing enlightened about shrinking  
so that other people won't feel insecure around you.  
We are born to manifest the glory of God that is within us.  
It's not just in some of us; it's in everyone.  
And as we let our own light shine, we unconsciously  
give other people permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others.

*By Marianne Williamson*

1. You will receive a body.  
You may like it or hate it but it is yours for the entire time, this time round.
2. You will learn lessons.  
You are enrolled in a full time informal school called life.  
Each day in this school you will have the opportunity to learn lessons.  
You may like the lessons or think them irrelevant or stupid.
3. There are no mistakes only lessons.  
Growth is a process of trial and error experimentation.  
The 'failed' experiments are as much a part of the process as the experiment that ultimately 'works'.
4. A lesson is repeated until it is learnt.  
A lesson will be presented to you in various forms until you have learnt it.  
When you have learnt it you can then go on to the next lesson.
5. Learning lessons does not end.  
There is no part of life that does not contain its lessons.  
If you are alive there are lessons to be learnt.
6. 'There' is no better than 'here'.  
When your 'there' has become 'here' you will simply obtain another 'there' that will again look better than 'here'.
7. Others are merely mirrors of you.  
You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you.  
You have all the tools and resources you need.  
What you do with them is up to you. The choice is yours.
9. Your answers lie inside you.  
The answers to life's questions lie inside you..  
all you need is to look inside and trust.
10. You will forget this.

34 **Our collective prayer at Autumn equinox**  
*United Kingdom*

In this time of great opportunity  
for the realization of the purity  
and the power of the unlimited  
good will of all living beings,  
we pray for peace on our planet.

We ask Great Spirit to let the light  
and wisdom of our ancestors fill us  
and comfort us in these difficult times  
so that we can spread their message of love  
and harmony and understanding,  
free from judgement and all fear,  
to all beings within the Earth,  
upon the Earth and above the Earth.  
Let us walk in harmony with all beings,  
acknowledge the gifts and support  
of our animal guides and of all nature,  
understanding that we are all  
part of the same shining web,  
that we are all one people,  
one creation, one faith, one nation,  
all children of our great Mother Earth.

Let us honor our children as the light bearers  
of the coming generations.  
Let us honor our elders as the gift bearers  
of the wisdom of the past generations.  
Let us unite their light and their wisdom  
as we pray for those we have replaced  
in positions of power  
that they may act with wisdom,  
compassion and integrity  
to lead us into the Fifth world of peace,  
tolerance and understanding.  
We thank you, Great Mother Earth  
for your gift of life to us.

Aho.

## Testament

There is one Great Spirit  
Which creates  
And silently pervades  
Its own Creation  
Of which I am a part.

I address my prayer  
To this Spirit  
Most Wise  
Most Compassionate  
Most Powerful.

I surrender my small self  
To the Great Spirit  
Most Wise  
Most Compassionate  
Most Powerful.

I seek my Greater Self  
In the All-encompassing Spirit  
Most Wise  
Most Compassionate  
Most Powerful.

That I may be filled with  
Wisdom  
Compassion  
Power  
Like unto the spirit  
Who creates the Universe  
And fills us all with Life.

## The Unity Prayer

The love of God enfolds us  
The light of God shines upon us  
The presence of God surrounds us  
The power of God protects us  
Wherever we go God is

## 36 **The Great Invocation**

From the point of Light within the Mind of God  
Let Light stream forth into the minds of men.  
Let Light descend on Earth.  
From the point of Love within the Heart of God  
Let Love stream forth into the hearts of men.  
May Christ return to Earth.  
From the center where the Will of God is known  
Let purpose guide the little wills of men –  
The purpose which the Masters know and serve.  
From the center which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.  
Let Light and Love and Power restore the Plan on Earth.

### **Invocation of the New Millenium**

Let us invoke our ancestors, both spiritual and genetic.  
For we are the sole reason for their existence.  
Let us invoke the children, and their children.  
For they are the sole reason for our existence.  
Let us invoke the mountains and rivers and this great Earth,  
and acknowledge our intimacy and interdependence  
with all things sentient and insentient.  
Let us reflect that the gift of life is more fragile than  
the dewdrops on the tips of the morning grasses.  
Then let us vow.  
Let us vow to heal and nourish.  
Let us vow to love and share.  
Let us vow to manifest Peace and Joy with wisdom and compassion.  
May this century be known to future generations as the beginning of  
The Great Millennium of Endless Spring.

### **Aramaic Lord's Prayer**

O Birther! Father-Mother of the Cosmos,  
 You create all that moves in light.  
 Focus your light within me – make it useful:  
 As rays of a beacon show the way.  
 Create your reign of unity now –  
 Through my fiery heart and willing hands.  
 Your one desire then acts with mine,  
 As in all light, so in all forms.  
 Grant what I need each day in bread and insight:  
 Subsistence for the call of growing life.  
 Loosen the cords of mistakes binding me,  
 As I release the strands hold of others' guilt.  
 Don't let surface things delude me,  
 But free me from  
 What holds me back from my true purpose.  
 From you is born all ruling will,  
 The power and the life to do,  
 The song that beautifies all,  
 From age to age it renews.  
 Truly – power to these statements –  
 May they be the source from which all my actions grow.  
 Sealed in trust and faith.

Amen

### **Prayer to the Cosmic Birther**

O Cosmic Birther of all radiance and vibration, soften the ground of our being  
 and carve out a space within us where your presence, can abide.  
 Fill us with your creativity so that we may be empowered to bear  
 The fruit of your mission.  
 Let each of our actions bear fruit in accordance with our desires.  
 Endow us with the wisdom to produce and share  
 What each being needs to grow and flourish.  
 Untie the tangled threads of destiny that bind us  
 As we release others from the entanglement of past mistakes.  
 Do not let us be seduced by that which would divert us from our purpose,  
 Rather, illuminate the opportunities of the present moment.  
 For you are the ground and the fruitful vision  
 The birth, power and fulfillment,  
 as all is gathered and made whole once again.

## 38 **Mayan Prayer to the Seven Directions**

From the East, House of Light  
May wisdom dawn in us  
So we may see all things in clarity.

From the North, House of Night  
May wisdom ripen in us so we may know all from within.

From the West, House of Transformation  
May wisdom be transformed into right action  
So we may do what must be done.

From the South, House of the Eternal Sun  
May the right action reap the harvest  
So we may enjoy the fruits of being.

From above, House of Heaven  
Where star people and ancestors gather,  
May their blessings come to us now.

From below, House of Earth  
May the heartbeat of her crystal core bless us  
With harmonies to end all war.

From the Center, Galactic Source,  
Which is everywhere at one,  
May everything be known as  
The Light of Mutual Love.

Oh Yum Hunab Ku Evam Maya E Ma Ho  
(Oh Great One, Giver of Movement and Measure,  
All Hail the Unity of Mind and Measure)

### **Native African Prayer for Peace**

Almighty God, the Great Thumb we cannot evade to tie any knot;  
the Roaring Thunder that splits mighty trees;  
the all-seeing Lord up on high who sees even the footprints  
of an antelope on a rock mass here on Earth.  
You are the one who does not hesitate to respond to our call.  
You are the cornerstone of Peace.

### **Shinto Prayer for Peace**

Although the people living across the ocean surrounding us  
are all our brothers and sisters,  
Why are there constant troubles in this world?  
Why do winds and waves rise in the oceans surrounding us?  
I only earnestly wish that the wind will soon puff away all the clouds  
which are hanging over the tops of the mountains.

### **Sikh Prayer for Peace**

God adjudges us according to our deeds,  
not the coat that we wear;  
That truth is above everything,  
But higher still is truthful living.  
Know that we attaineth God when we loveth,  
And only victory endures  
in consequences of which no one is defeated.

### **Zoroastrian Prayer for Peace**

We pray to God to eradicate all the misery in the world;  
That understanding triumph over ignorance;  
That generosity triumph over indifference;  
That trust triumph over contempt;  
And that truth triumph over falsehood.

### **Jainist Prayer for Peace**

Peace and Universal Love is the essence of the Gospel  
Preached by all Enlightened Ones.  
The Lord has preached that equanimity is Dharma.  
Forgive do I creatures all,  
And let all creatures forgive me.  
Unto all have I amity, and unto none enmity.  
Know that violence is the root cause of all miseries in the world.  
Violence, in fact, is the knot of bondage.  
"Do not injure any living being."  
This is the eternal, perennial, and unalterable way of spiritual life.

## 40 **Jewish Prayer for Peace**

Come, let us go up to the mountain of the Lord,  
that we may walk the paths of the Most High.  
And we shall beat our swords into plowshares,  
and our spears into pruning hooks.  
Nation shall not lift up sword against nation-  
Neither shall they learn war anymore.  
And none shall be afraid, for the mouth of the Lord of Hosts has spoken.

## **Muslim Prayer for Peace**

In the name of Allah, the beneficent, the merciful,  
Praise be to the Lord of the Universe  
Who has created us and made us into tribes and nations.  
That we may know each other,  
not that we may despise each other.  
If the enemy incline towards Peace,  
do thou also incline toward Peace.  
And trust God, for the Lord is the one that  
Hearth and knoweth all things.  
And the servants of God,  
    most gracious are those who walk on the Earth in humility,  
And when we address them, we say:

“Peace”

## **Native American Prayer for Peace**

Oh Great Spirit of our Ancestors,  
I raise my pipe to you.  
To your messengers the four winds,  
and to Mother Earth who provides for your children.  
Give us the wisdom to teach our children to love,  
respect, and to be kind to each other,  
so that they may grow with Peace of mind.  
Let us learn to share all good things  
that you provide for us on this Earth.

### **Christian Prayer for Peace**

Blessed are PEACEMAKERS,  
 for they shall be known as the Children of God.  
 But I say to you that hear,  
 love your enemies,  
 do good to those who hate you,  
 bless those who curse you,  
 pray for those who abuse you.  
 To those that strike you on the cheek,  
 offer the other one also,  
 And from those who take away your cloak,  
 do not withhold your coat as well.  
 Give to everyone who begs from you,  
 And of those who take away your goods,  
 do not ask for them again.  
 And as you wish that others would do to you,  
 do so to them.

### **Hindu Prayer for Peace**

Oh God, lead us from the unreal to the Real.  
 Oh God, lead us from darkness to Light.  
 Oh God, lead us from death to immortality.  
 Shanti, Shanti, Shanti unto all.

Oh Lord God Almighty, may there be Peace  
 In celestial regions.  
 May there be Peace on Earth.  
 May the waters be appeasing.  
 May herbs be wholesome,  
 and may trees and plants bring Peace to all.  
 May all beneficent beings bring Peace to us.  
 May the Vedic Law propagate Peace all through the world.  
 May all things be a source of Peace to us.  
 May thy Peace itself bestow Peace on all,  
 and may that Peace come to me also.

## 42 **Baha'i Prayer for Peace**

Be generous in prosperity,  
And be thankful in adversity.  
Be fair in judgement,  
    And guarded in thy speech.  
Be a lamp unto those who walk in darkness,  
    And a home to a stranger.  
Be eyes to the blind,  
And a guiding light unto the feet of the erring.  
Be a breath of light to the body of humankind,  
    A dew to the soul of the human heart,  
    And a fruit upon the tree of humility.

### **Buddhist Prayer for Peace**

May all beings everywhere plagued  
    With sufferings of body and mind  
    Quickly be freed from their illnesses.  
May those frightened cease to be afraid,  
    and may those bound be free.  
May the powerless find power,  
    and may people think of befriending one another.  
May those who find themselves in trackless, fearful wilderness –  
    The children, the aged, the unprotected –  
Be guarded by beneficial celestials,  
    and may they swiftly attain a Buddhahood.

Everyone dies, but no one is dead.

*Tibetan saying*

May all beings find a common ground of unity.  
May all beings be happy.  
May the poor be fed.  
May the naked be clothed.  
May the thirsty receive the waters of pure light.  
May the deaf hear.  
May the war-mongers find refuge in peace.  
May all beings love one another.  
May all children be protected.  
May all beings walk in harmony.  
May all beings find simplicity.  
May all beings realize their true nature.  
May all races come together, in brotherhood.  
May the blind see.  
May the lame walk.  
May all beings that are lost find their way.  
May all beings that are miserable surrender to truth.  
May all beings that are sad find happiness.  
May all beings that are unconscious be awakened.  
May all beings that are lonely find perfect companion.  
May all beings that are mute be able to speak.  
May all beings that are uneducated receive knowledge.  
May all beings that are weak find strength.  
May all beings that are brave be rewarded.  
May all beings be happy.  
May all beings be enlightened.  
May peace prevail in all hearts.

Amen

If there is joy in meditation upon the sun and moon,  
the planets and fixed stars are the magic creation of the sun and moon;  
make thyself like unto the sun and moon themselves.  
If there is joy in meditation upon the mountain,  
the fruit-trees are the magic creation of the mountain;  
make thyself like unto the mountain itself.  
If there is joy in meditation upon Thine own mind,  
Distinctive thought is the magic creation of the mind;  
make thyself like unto the mind itself.

*Milarepa, the message of Milarepa*

## 44 The Invitation

It doesn't matter what you do for a living.

I want to know what you ache for,  
and if you dare to dream of meeting your heart's longing.  
It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love,  
for dreams, for the adventure of being alive.  
It doesn't interest me what planets are squaring in your moon.

I want to know if you have touched the center of your own sorrow,  
if you have been opened by life's betrayals or have become  
shriveled and closed from fear of further pain!

I want to know if you can sit with pain, mine or your own,  
without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own;  
if you can dance with wildness and let ecstasy fill you to the tips  
of your fingers and toes without cautioning us to be careful, be realistic,  
or to remember the limitations of being human.  
It doesn't interest me if the story you are telling me is true.

I want to know if you can disappoint another to be true to yourself;  
if you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can be faithful and therefore trustworthy.

I want to know if you can see beauty even if it's not pretty every day,  
and if you can source your life from God's presence.

I want to know if you can live with failure,  
yours and mine, and still stand on the edge of a lake and shout

'YES!'

It doesn't interest me where you live or how much money you have.

I want to know if you can get up after the night of grief and despair,  
weary, bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you are, how you came here.

I want to know if you will stand in the center of the fire with me  
and not shrink back.

It doesn't interest me where or what or with whom you have studied.

I want to know what sustains you from the inside, when all else falls away.

I want to know if you can be alone with yourself;  
and if you truly like the company you keep in the empty moments.

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Watch for signs of Peace. The hearts of a great many have already been exposed to it and it seems likely that we could find our society experiencing it in epidemic proportions. Some signs and symptoms of inner peace:

1. Tendency to think and act spontaneously, rather than from fear.
2. An unmistakable ability to enjoy each moment.
3. Loss of interest in judging other people.
4. Loss of interest in judging self.
5. Loss of interest in interpreting the actions of others.
6. Loss of interest in conflict.
7. Loss of ability to worry (a serious symptom).
8. Frequent, overwhelming episodes of appreciation.
9. Contented feelings of connectedness with others and with nature.
10. Frequent attacks of smiling through the eyes and from the heart.
11. Increasing tendency to let things happen rather than make them happen.
12. Increasing susceptibility to Love extended by others as well as the uncontrollable urge to extend it.

If you have all or even most of the above symptoms, please be advised that your condition may be too far advanced to turn back.

If you are exposed to anyone exhibiting several of these symptoms, remain exposed at your own risk. The condition of Inner Peace is likely to be well into its infectious stage.

*From: [www.holycards.com](http://www.holycards.com)*

## 46 Uncommon Sense

It's taken a while to learn the subtle difference  
Between holding a hand and chaining a soul.

I've learned that love doesn't mean leaning  
And company doesn't mean security.

I've learned that kisses aren't contracts  
And presents aren't promises.

And I've begun to accept my defeats  
With the gentleness of a man, not the grief of a child.

I've learned to build all my roads on today  
Because tomorrow's ground is too uncertain for plans.

It's taken a while to learn  
That even sunshine burns if I get too much.

So, I plant my own garden and decorate my own soul  
Instead of waiting for someone to bring me flowers.

And I've learned that I really can endure...  
And that I really am strong...

And that I'm already good enough...  
And I'm worthy of love...

And I learn and learn and learn...

*(An adaptation by Gordon Clay  
of "Comes the Dawn"  
by Veronica Shoffstall)*

[...]

If you came this way,  
Taking any route, starting from anywhere,  
At any time or at any season,  
It would always be the same: you would have to put off  
Sense and notion. You are not here to verify,  
Instruct yourself, or inform curiosity  
Or carry report. You are here to kneel  
Where prayer has been valid. And prayer is more  
Than an order of words, the conscious occupation  
Of the praying mind, or the sound of the voice praying. [...]

*T.S. Eliot - Fragment from Little Gidding*

**Beannacht (Blessings)**

Blessing from an Irish nun

On the day when the weight deadens on your shoulders and you stumble,  
 May the clay dance to balance you.  
 And when you eyes freeze behind the gray window  
 And the ghost of loss gets in to you,  
 May a flock of colors, indigo, red, green and azure blue,  
 Come to awaken in you a meadow of delight.  
 When the canvas grays in the curagh of thought  
 And a stain of ocean blackens beneath you,  
 May there come across the waters  
 A path of yellow moonlight  
 To bring you safely home.  
 May the nourishment of the earth be yours  
 May the clarity of light be yours  
 May the protection of the ancestors be yours  
 And may a slow wind  
 Work these words of love around you  
 In an invisible cloak to mind your life.

**The Serenity Prayer**

God, grant me the serenity  
 To accept the things I cannot change  
 The courage to change the things I can  
 And the wisdom to know the difference.

**All I Need to Remember**

All I need to remember  
 In each and every choice  
 Choose Love, rather than Fear  
 The Path of Love and Joy.

I choose Love  
 I choose Peace  
 I choose Joy  
 Love, Peace and Joy.

*Shirley McDonald*

## 48 **A Native American Prayer**

Oh Great Spirit  
Earth, Fire, Air and Sea  
You are inside  
And all around me.

### **Invocation**

I invoke the Great Mother, Father and Holy Spirit,  
sacred trinity of innumerable names.  
I invoke you, Lady of Medicine, healer of all infirmities.  
I invoke you, Queen of the Universes, Heavens, Seas and Lands.  
I invoke you, Sovereign of Spirituality, so that your  
light may descend upon us and illuminate our path.

Amen

*(From the statue  
next to the Casa bookstore:  
Our Lady of Montenero-Italy,  
Donated by Sergio Del Boni)*

May the work of your hands  
be a sign of gratitude and reverence  
for the human condition.

*Mahatma Ghandi.*

From the depths of slumber,  
As I descend the spiral stairway of wakefulness,  
I whisper:  
God! God! God!

Thou art the food,  
And when I break my fast of nightly separation from Thee,  
I taste Thee and mentally say:  
God! God! God!

No matter where I go, the spotlight of my mind  
Ever keeps turning on Thee,  
And in the battle din of activity, my silent war-cry is ever:  
God! God! God!

When boisterous storms of trials shriek  
And worries howl at me,  
I drown their noises loudly chanting:  
God! God! God!

When my mind weaves dreams with threads of memories,  
On that magic cloth  
I do emboss:  
God! God! God!

In waking, eating, working, dreaming, sleeping,  
Serving, meditating, chanting, Divinely loving,  
My soul constantly hums, unheard by any:  
God! God! God!

Our prime purpose in this life is to help others.  
And if you can't help them, at least don't hurt them.

*Dalai Lama*

## 50 **Carita's Prayer**

God our Father, you who are all power and kindness,  
give power to those who go through tribulation,  
give light to those who seek the truth,  
put compassion and charity into our hearts.

God, give to the voyager a guiding star,  
to the afflicted consolation, to the patient support.  
Father, give to the guilty regret, to the spirit truth,  
to the child a guide, to the orphan a father.

Lord let your kindness spread throughout all you've created.  
Give compassion God, for those who do not know you,  
hope for those who suffer.  
Let your kindness allow the spirits of consolation spread peace,  
hope and faith.  
God, one beam, one spark of your love can warm the earth.  
Let us drink from the fountains of your endless kindness  
and all our tears will dry,  
And all our pain will be soothed.  
Just one heart, just one thought will rise to you  
as a wail for recognition and love.  
Like Moses on the mountain we are waiting for you with open arms.  
Oh power, oh kindness, oh beauty, oh perfection!  
We wish in any way to reach your compassion.  
God, give us the power to progress in order to rise to you.  
Give us pure charity, give us faith, and reason.  
Give us simplicity that will turn our souls into a mirror  
where your image is reflected.

### **To Your Guardian Angel**

Beloved Spirits and Guardian Angels,  
who God in His infinite mercy  
has permitted to assist mankind,  
be our protector during all life's tests!

Give us the necessary strength,  
courage and resignation;  
inspire us towards all that is good,  
and restrain us from the downward incline to evil;  
may your sweet influences fill our souls;  
make us feel that a devoted friend is by our side,  
who can see our suffering and who participates in all our joys.

And you, my Good Angel,  
never abandon me because I need all of your protection  
to be able to support with faith and love  
the tests that God has sent me.

Thank you for the Love in my life.  
 Thank you for the Love which surrounds me.  
 Thank you for the Miracle of Life that I am and  
 thank you for the Miracle of Life I see reflected all about me.

Thank you for the gift of life that I am.  
 Thank you for my body, my health and breath.  
 Thank you for the abundance that I am.  
 Thank you for the richness of my life.  
 Thank you for the excitement and adventure  
 of the millions of possibilities and probabilities.

Thank you for the Wonderment and thank you for the Joy.  
 Thank you for the Beauty and Harmony.  
 Thank you for the Peace and Tranquility.  
 Thank you for the Laughter and the Play.

Thank You! Thank You! Thank You!

### **Prayer for the close of a meeting**

*(from The Gospel explained by the Spiritist Doctrine, by Allan Kardec)*

We give thanks to the good spirits who have come to communicate with us,  
 and ask them to help us put the advice they've given us into practice. We also  
 ask that, when we leave this gathering, they help us to feel strengthened in  
 the practice of goodness and love toward our fellow human beings.

We hope that today's teachings are healing to all the suffering, unaware,  
 or misguided spirits who've been present at this meeting.  
 For them we implore God's mercy.

Amen

### **Closing prayer**

Dear God,

Again in the metaphor of the flower,  
 as we disburse, we are seeds in the wind.

As we return to our respective places around the earth,  
 we accept the opportunity, and challenge,  
 to become seeds of peace to a needy world.

As the Casa volunteers reflect your love to us in their respective ways,  
 may we also reflect to those around us the healing,  
 Love and Truth that we experience here.  
 Strengthen our service through frequent  
 remembrance of these gifts.

Amen

Prayers in English - version 4.W - September 2004

Please send comments, amendments and additions to: [design@monteverde.cc](mailto:design@monteverde.cc)