



UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
Salutations and Prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Sat-chid-ananda. (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 temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy name be ever upon our lips.
Let us abide in Thee for ever and ever.

- *Swami Sivananda*