



Spirit Prayer

Spirit Prayer

from the Faiths of Earth

Compiled by Lucky Joy Wells 2012

for SpiritPrayer.com

THE BUDDHA'S DISCOURSE ON GOOD WILL

May all beings be filled with joy and peace.

May all beings everywhere, The strong and the weak,
The great and the small, The mean and the powerful,
The short and the long, the subtle and the gross.

May all beings everywhere,

Seen and unseen,

Dwelling far off or nearby,

Being or waiting to become: May all be filled with lasting joy.

Let no one deceive another,

Let no one anywhere despise another,

Let no one out of anger or resentment wish suffering on
anyone at all.

Just as a mother with her own life

Protects her child, her only child, from harm,

So within yourself let grow a boundless love for all creatures.

Let your love flow outward through the universe, To its
height, its depth, its broad extent, A limitless love, without
hatred or enmity.

Then as you stand or walk, Sit or lie down,

As long as you are awake,

Strive for this with a one-pointed mind;

Your life will bring heaven to earth.

THE LORD IS MY SHEPHERD

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures:

He leadeth me beside the 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. Psalms 23

FROM THE KORAN

He is Sublime, the Exalted.

Allah is the light of the heavens and of the earth.

One of the most common images used in Islam to portray God is light. Very often, the prayer rugs of Muslims have a portrait of a lamp or of a source of light.

Allah is the light of the heavens and of the earth
The symbol of his light is a niche,
within which there is a lamp,
the lamp enclosed in a glass,
the glass as though it were a shining star
which is lit from a blessed tree--
an olive neither of the East nor of the
West, whose oil gives forth light though
no fire touches it-light upon light-
Allah guides to His light whom He pleases
and He strikes parables for humankind and
of all things He is aware.

Islam, The Koran

May the rain come down in the proper time,
may the earth yield plenty of corn,
may the country be free from war,
may the Brahmans be secure.

--Hindu

I LIFT UP MY EYES

I lift up my eyes to the hills—where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.

He will not let your foot slip—

He who watches over you will not slumber;

Indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you; The Lord is your shade at your right hand.

The sun will not harm you by day, nor the moon by night.

The Lord will keep you from all harm—he will watch over your life; The Lord will watch over your coming and going Both now and forever evermore.

PSALMS 121

Morning Meditation

I give thanks to You, living and everlasting King, for you have returned my soul to me with compassion. Great is your faithfulness. (Jewish)

17TH CENTURY SABBATH PRAYER

May the one who causes peace to reign upon the heavens, let peace reign upon Israel and upon all the peoples of the world, and we say, amen.

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 any more. ISAIAH 1:, IS

Nonviolence is the law of our species as violence
is the law of the brute.

The spirit lies dormant in the brute,
and he knows no law but that of physical might.
The dignity of man requires obedience to a higher law
—to the strength of the spirit. --MAHATMA GANDHI

The Hindu say:

“Whose prayer is heard?

Prayer should spring from the heart and should not be mere lip-homage. Empty prayer is like sounding brass or tinkling cymbal. Prayer that comes from a sincere, pure heart is at once heard by the Lord. The prayer of a cunning, crooked, wicked man is never heard.

Breath has been given to you by the Lord to be spent in prayer. There are no problems that cannot be solved by prayer, no suffering that cannot be allayed by prayer, no difficulties that cannot be surmounted by prayer, and no evil that cannot be overcome by prayer.

Prayer is the miracle by which God’s power flows into human veins.

Therefore kneel down and pray.

When the storms of lust and anger, vanity and viciousness rage within your bosom, kneel down and pray.

Pray to the Lord, and He alone, has the power over the elements. In thy supplication is thy strength, shielded by His mercy, and spurred on the path of righteousness by His Divine Will. ---Swami PARAMANANDA

Peace to you, ministering angels, messengers of the Most High, from the King of kings, the Holy One, blessed be He. Enter in peace, angels of peace, messengers of the Most High, from the King of kings, the Holy One, blessed be He. Bless me with peace, angels of peace, messengers of the Most High, from the King of kings, the Holy One, blessed be He. Depart in peace, angels of peace, messengers of the Most High, from the King of kings, the Holy One, blessed be He.

-- Jewish

“O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. O God, I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God, I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life,

O God, Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.”

-- BAHÁ'Í

A SUFI VIEW OF FIVE-TIMES PRAYER

Following celestial law, the earth each day performs a complete turning. The light moves through five stages as the sun dawns, climbs to its zenith, descends downward in the slanting rays of afternoon, sets in glowing colors, and disappears into darkness. For the Sufi, this cycle is a mirror of the human life span: our dawning into the world, our growth, maturation, decline, and death. In these five stages, the soul makes its journey around another sun that never rises or sets.

The Prayer invites us to awaken from the superficial self at these moments of the day. By aligning our devotional work with these natural times of power, we start to move with the rhythms of God's creation in a new way, attuned to the mystical correspondences between outer and inner and to the seasons of life.

* From The Illuminated Prayer—The Five-Times Prayers of the Sufis as revealed by Jellaludin (Rumi) and Bawa Muhaiyaddeen, by Coleman Barks and Michael Green..

*Intone... the verses of God that have been received by thee,
that the sweetness of thy melody may kindle thine own soul
and attract the hearts of all....*

BAHA'I

The Islamic Lord's Prayer

Praise be to Allah

The Cherisher and Sustainer of the Worlds

Most Gracious , Most Merciful

Master of the day of judgement

Thee do we worship and Thine aid we seek

Show us the straight way;

The way of those on whom Thou hast bestowed Thy Grace

Those whose (portion) is not wrath

And who go not astray.

Shelter under Thy protection, O Thou Spirit of purity,
Thou Whom art the All-Bountiful Provider, this enthralled,
enkindled servant.... Aid him in this world of being to remain
steadfast and firm in Thy love and grant that this broken-
winged bird attain a refuge and shelter in Thy divine nest
abiding upon the celestial tree. -- BAHÁ'Í

Prayers for Blessing

O Lord, O God,
creator Of Our land, our earth, the trees,
the animals and humans, all is for your honor
The drums beat it out, and people sing about it,
and they dance with noisy joy that you are the Lord.
You also have pulled the other continents out of the sea.
What a wonderful world you have made out of the wet mud,
and what beautiful men and women!
We thank you for the beauty of this earth.

Ashanti (Ghana)

For as long as there are buddha-fields and directions
May I strive to quell the misery of the lower realms,
May I place all beings only in happiness
And bring them all only happiness and joy.
May I strive to complete the ways of enlightenment
And to abide in ways harmonious with the world;
May I expose to others the ways most sublime
And myself abide in them throughout all future eons.

Buddhist

“Make my prayer, O my Lord, a fountain of living waters whereby I may live as long as Thy sovereignty endures, and may make mention of Thee in every world of Thy worlds.” - BAHÁ'Í

God with me lying down,
God with me rising up,
God with me in each ray of light,
Nor I a ray of joy without Him,
Nor one ray without Him.

Christ with me sleeping,
Christ with me waking,
Christ with me watching,
Every day and night,
Each day and night.

God with me protecting,
The Lord with me directing,
The Spirit with me strengthening,
For ever and for evermore,
Ever and evermore,

Amen.

-- Celtic Prayer

Prayer before receiving Holy Eucharist:

"Make me worthy, O Lord, to receive Thee with holiness, that by the food of Thy holy Body, my lust may be lulled, and by the drink of Thy living chalice my passions may be quenched; and by Thee, I may become worthy of the absolution of debts, and the remission of sins, my Lord and my God, for ever, Amen."

Christian from the Syrian Orthodox Church

O our Father, the Sky, hear us and make us strong.

O our Mother the Earth, hear us and give us support.

O Spirit of the East, send us your Wisdom.

O Spirit of the South, may we tread your path of life.

O Spirit of the West,

may we always be ready for the long journey.

O Spirit of the North, purify us with your cleansing winds.

Sioux prayer

Be pleased to show mercy, O God!

Thou art the Imperishable, the supreme Object of Knowledge;
Thou art the ultimate resting-place of this universe;
Thou art the immortal guardian of the eternal right,
Thou art the everlasting Spirit, I hold.

Without beginning, middle, or end, of infinite power,
Of infinite arms, whose eyes are the moon and sun,
I see Thee, whose face is flaming fire,
Burning this whole universe with Thy radiance.

Hindu-- Bhagavad Gita

“Thy name is my healing, O my God, and remembrance of
Thee is my remedy. Nearness to Thee is my hope, and love for
Thee my companion. Thy mercy to me is my healing and my
succour in both this world and the world to come. Thou,
Verily art the all Bountiful, the All- Knowing the All- Wise.”

BAHA'I

O 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, to respect
and to be kind to each other so that they may grow with peace
in mind.

Let us learn to share all the good things that you provide for
us on this Earth.

Native American Prayer (one of the twelve prayers for peace prayed in Assisi, Italy)

Homage be to Thee from, in front and from behind,
Homage be to Thee from all sides, Thou All!
O Thou of infinite might, Thy prowess is unmeasured;
Thou attainest all; therefore Thou art All! --Hindu

A Bedtime Prayer

In Thy name, Lord, I lay me down and
in Thy name will I rise up...

O God,

Thou art the first and before Thee there is nothing;

Thou art the last and after Thee there is nothing;

Thou art the outmost and above Thee there is nothing;

Thou art the inmost and below Thee there is nothing....

Waken me, O God, in the hour most pleasing to Thee

and use me in the works most pleasing to Thee,

that Thou mayest bring me ever nearer to Thyself . . .

Islam-- Al-Ghazali

I take refuge in my Gurus

I take refuge in the Buddhas

I take refuge in the Dharma

I take refuge in the Sangha

Buddhist chant—Repeat 3 times

Thou art the father of the world of things that move
and move not,
And Thou art its revered, most venerable Guru;
There is no other like Thee-how then a greater?
Even, in the three worlds, O Thou of matchless greatness.
Therefore, bowing and prostrating my body,
I beg grace of Thee, the Lord to be revered:
As a father to his son, as a friend to his friend,
As a lover to his beloved, be pleased to show mercy, O God!

Hindu Bhagavad Gita ("Song of the Lord")

Four Immeasurables

May all beings have happiness and its causes, (Love)
May all beings be freed from suffering and its causes; (Compassion)
May all beings constantly dwell in joy transcending sorrow; (Joy)
May all beings dwell in equal love for those both close and distant.
(Equanimity)

Buddhist chant—Repeat 3 times

The Verse of the Throne

Allah, there is no God but He,
the Living, the Eternal. Neither
slumber nor sleep seizes Him.
To Him belongs what is in
the heavens and in the earth.
Who can intercede with Him,
except by His permission?
He knows what lies before
them and after them
and they know nothing of his knowledge,
save such as He wills.
His throne encompasses the heavens and the earth
and He never wearies of preserving them.

Islam: Verse of the Throne (The Koran refers to God as Rabb al-Alameen, the Lord of all creation (literally "the worlds"). The whole of the cosmos, nature as well as humanity, is created and sustained by God. This notion of God's sovereignty is expressed in the "verse of the Throne")

Unity

O Thou kind Lord! Thou has created all humanity from the same stock. Thou hast decreed that all shall belong to the same household. In Thy Holy Presence they are all Thy servants, and all mankind are sheltered beneath Thy Tabernacle; all have gathered together at Thy Table of Bounty; all are illumined through the light of Thy Providence.

O God! Thou art kind to all, Thou hast provided for all, dost shelter all, conferrest life upon all, Thou hast endowed each and all with talents and faculties, and all are submerged in the Ocean of Thy Mercy.

O Thou kind Lord! Unite all. Let the religions agree and make the nations one, so that they may see each other as one family and the whole earth as one home. May they all live together in perfect harmony.

O God! Raise aloft the banner of the oneness of mankind.

O God! Establish the Most Great Peace.

Cement Thou, O God, the hearts together.

O Thou kind Father, God! Gladden our hearts through the fragrance of Thy love. Brighten our eyes through the Light of Thy Guidance. Delight our ears with the melody of Thy Word, and shelter us all in the Stronghold of Thy Providence.

Thou art the Mighty and Powerful. Thou art the Forgiving and Thou art the One Who overlookest the shortcomings of all mankind. --

BAHA'I



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