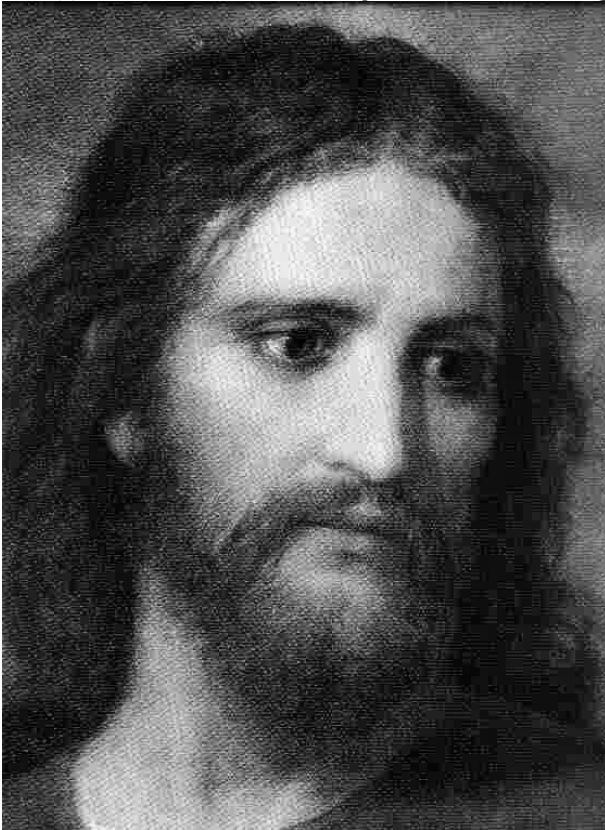


The Mysteries of the Redemption Prayer Book

By Marilyn Hughes

The Out-of-Body Travel Foundation!

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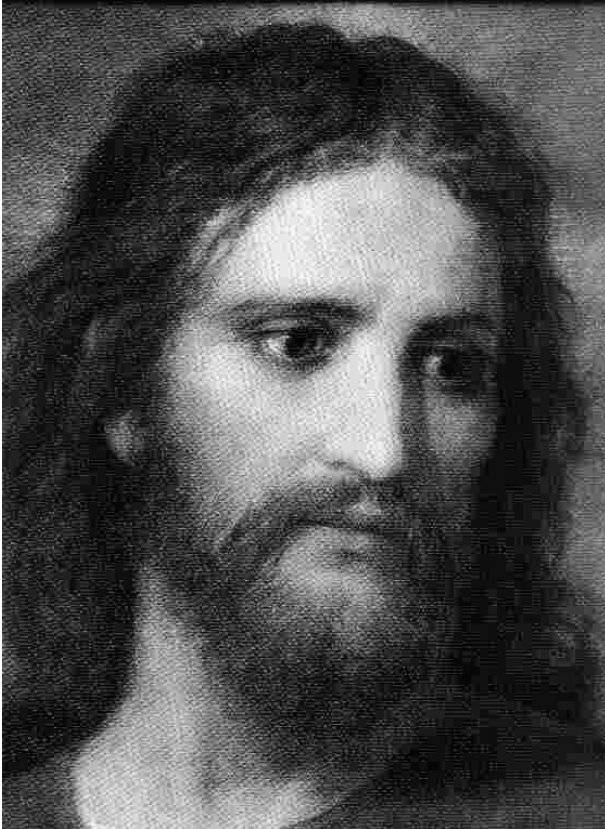


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If this book is unavailable from your local bookseller, it may be obtained directly from the Out-of-Body Travel Foundation by going to www.outofbodytravel.org.

Having worked primarily in radio broadcasting, Marilyn Hughes spent several years as a news reporter, producer and anchor before deciding to stay at home with her three children. She's experienced, researched, written, and taught about out-of-body travel since 1987.

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St. Francis of Assisi (Catholic)

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,

Where there is sadness, joy.

O Divine Master, grant that I
may not so much seek to be
consoled as to console, not so
much to be understood as to
understand, not so much to be
loved, as to love; for it is in
giving that we receive, it is in
pardoning that we are
pardoned, it is in dying that we
awake to eternal life.

Jain Scripture

Whatever wrong I have done
By thought, word, or deed
I ask for absolution.

Traditional Buddhist Prayer

May all beings have happiness
and the causes of happiness;

May all be free from sorrow
and the causes of sorrow;

May all never be separated
from the sacred happiness
which is sorrowless;

And may all live in
equanimity, without too much
attachment and too much
aversion,

And live believing in the
equality of all that lives.



St. Patrick (Catholic)

I arise today
Through the strength of
heaven;

Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.

I arise today
Through God's strength to
pilot me;
God's might to uphold me,
God's wisdom to guide me,

God's eye to look before me,
God's ear to hear me,
God's word to speak for me,

God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's hosts to save me
Afar and anear,

Alone or in a multitude.
Christ shield me today
Against wounding
Christ with me, Christ before
me, Christ behind me,
Christ in me, Christ beneath
me, Christ above me,
Christ on my right, Christ on
my left,
Christ when I lie down, Christ
when I sit down,
Christ in the heart of everyone
who thinks of me,
Christ in the mouth of

everyone who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.
I arise today
Through the mighty strength
Of the Lord of creation.

Buddhist Scripture

From the blossoming lotus of
devotion, at the centre of my
heart,

Rise up, O compassionate
master, my only refuge!

I am plagued by past actions
and turbulent emotions:

To protect me in my
misfortune

Remain as the jewel-ornament
on the crown of my head, the
mandala of great bliss,

Arousing all my mindfulness
and awareness, I pray!

St. Anselm (**Catholic**)

O Lord my God,
Teach my heart this day where
and how to see you,
Where and how to find you.
You have made me and
remade me,
And you have bestowed on me
All the good things I possess,
And still I do not know you.
I have not yet done that
For which I was made.
Teach me to seek you,
For I cannot seek you
Unless you teach me,
Or find you
Unless you show yourself to
me.
Let me seek you in my desire,
Let me desire you in my

seeking.

Let me find you by loving you,

Let me love you when I find

you.

Mahatma Gandhi (Hindu)

Like the bee gathering honey from the different flowers, the wise person accepts the essence of the different scriptures and sees only the good in all religions.



St. Columba (Catholic)

Alone with none but thee, my
God,
I journey on my way.
What need I fear when thou art
near,
Oh king of night and day?
More safe am I within thy hand
Than if a host did round me
stand.

Baha'i Prayer

Be generous in prosperity, and
thankful in adversity.

Be fair in thy judgement, and
guarded in thy speech.

Be a lamp unto those who walk
in darkness, and a home to the
stranger.

Be eyes to the blind, and a
guiding light unto the feet of
the erring.

Be a breath of life to the body
of humankind, a dew to the
soil of the human heart,
and a fruit upon the tree of
humility.

St. Gregory (Catholic)

It is only right, with all the powers of our heart and mind, to praise You Father and Your Only-Begotten Son, Our Lord Jesus Christ.

Dear Father, by Your wondrous condescension of Loving-Kindness toward us, Your servants, You gave up Your Son.

Dear Jesus You paid the debt of Adam for us to the Eternal Father by Your Blood poured forth in Loving-Kindness.

You cleared away the darkness of sin by Your magnificent and radiant Resurrection.

You broke the bonds of death and rose from the grave as a

Conqueror.

You reconciled Heaven and earth. Our life had no hope of Eternal Happiness before You redeemed us.

Your Resurrection has washed away our sins, restored our innocence and brought us joy.

How inestimable is the tenderness of Your Love!

We pray You, Lord, to preserve Your servants in the peaceful enjoyment of this Easter happiness.

We ask this through Jesus Christ Our Lord, Who lives and reigns with God The Father, in the unity of the Holy Spirit, forever and ever. Amen.

Hindu Prayer

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 thy Vedic Law propagate

peace all through the world.
May all things be a source of
peace to us.
And may thy peace itself,
bestow peace on all,
and may that peace come to me
also.

St. Augustine (Catholic)

Lord Jesus, let me know myself
and know Thee,

And desire nothing save only
Thee.

Let me hate myself and love
Thee.

Let me do everything for the
sake of Thee.

Let me humble myself and
exalt Thee.

Let me think nothing except
Thee.

Let me die to myself and live in
Thee.

Let me accept whatever
happens as from Thee.

Let me banish self and follow
Thee,

and ever desire to follow Thee.

Let me fly from myself and
take refuge in Thee,
that I may deserve to be
defended by Thee.

Let me fear for myself, let me
fear Thee,

and let me be among those
who are chosen by Thee.

Let me distrust myself and put
my trust in Thee.

Let me be willing to obey for
the sake of Thee.

Let me cling to nothing save
only to Thee,
and let me be poor because of
Thee.

Look upon me, that I may love
Thee.

Call me that I may see Thee,
And forever enjoy Thee.

Jainist Prayer

Peace and Universal Love is
the essence of the Gospel
preached by all the
Enlightened Ones.

The Lord has preached that
equanimity is the 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.

A weapon howsoever powerful it may be, can always be superseded by a superior one;

but no weapon can, however, be superior to non-violence and love.

St. Ignatius of Loyola
(Catholic)

Dearest Lord, teach me to be
generous;
Teach me to serve thee as thou
deservest;
To give and not to count the
cost,
To fight and not to seek for
rest,
To labour and not to seek
reward,
Save that of knowing that I do
thy will.



Jewish Prayer

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 ploughshares,
and our spears into pruning
hooks.

Nation shall not lift up sword
against nation —
neither shall they learn war
any more.

And none shall be afraid,
for the mouth of the Lord of
Hosts has spoken.

St. Teresa Of Avila (Catholic)

Govern everything by your
wisdom, O Lord, so that my
soul may always be serving

you

in the way you will

and not as I choose.

Let me die to myself so that I
may serve you;

let me live to you who are life
itself.

Amen.

Muslim Prayer

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
towards peace, and trust in
God, for the Lord is the one
that heareth 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."

St. Thomas Aquinas (Catholic)

O God, who in this wondrous sacrament hast left unto us a memorial of thy passion; grant us so to venerate the sacred mysteries of thy body and blood, that we may ever continue to feel within ourselves the blessed fruit of thy redemption.
Who livest and reignest God, for ever and ever.

**Paramahansa Yogananda
(Hindu)**

Invincible Lord, teach me to
use my will unceasingly in the
performance of good actions,
until the little light of my will
burns as the cosmic blaze of
Thine all-powerful will.

Blessed Anna Maria (Catholic)

Kneeling at thy most holy feet,
O great Queen of Heaven,
I venerate thee with the
deepest respect
and I confess that thou art the
daughter of the Divine Father,
the Mother of the Divine Word,
and the Spouse of the Holy
Ghost.

Thou art the Treasurer and the
Dispenser of mercies.
Thy most pure heart,
abounding in charity,
sweetness,
and tenderness for sinners,
is the reason wherefor
I call thee Mother of divine
piety.

Therefore with great trust I
present myself to thee,
mother most loving,
in my affliction and distress,
and I beseech thee to make me
experience
the truth with which thou
lovest me,
granting to me the grace
wherefor I supplicate thee,
if it is in accordance with the
Divine Will,
and to the advantage of my
soul.

Oh! turn, I beseech thee,
thy most pure eyes towards
me,
and those especially who have
recommended themselves
to my prayers.

Consider the cruel war which
the devil,
the world, and the flesh
wage upon our souls
and how many perish
therefrom.

Remember, most tender
mother,
that we are all thy sons
redeemed
with the most precious Blood
of thy Only Begotten Son.
Deign to supplicate with the
greatest fervor
the Most Holy Trinity,
so that I may be granted the
grace of being triumphant over
the devil,
the world, and all my evil
passions;

that grace by which the just
may be sanctified the more,
sinners converted, heresies
overthrown,
infidels enlightened and the
Jews converted.

Ask, O most loving mother,
this grace through the infinite
goodness of the Most High
God,
through the merits of thy most
holy Son,
through the milk thou didst
give Him,
through the cares with which
thou didst serve Him,
through the love with which
thou didst love Him,

through the tears which thou
didst shed,
through the pain thou didst
suffer in His most holy
passion.

Obtain for us the great gift
that the entire world may form
one people
and one Church to give glory,
honor, and thanks
to the Most Holy Trinity
and to thee who art our
Intercessor.

May this grace be granted us
by the Power of the Father,
the Wisdom of the Son,
and the Virtue of the Holy
Ghost,

Amen.

Muhammad's Prayer

O God,
give me light in my heart
and light in my tongue
and light in my hearing
and light in my sight
and light in my feeling
and light in all body
and light before me
and light behind me.

Give me, I pray Thee,
Light on my right hand
And light on my left hand
And light above me
And light beneath me,

O Lord,
Increase light within me
And give me light
And illuminate me.



**Blessed Gianna Molla
(Catholic)**

O Jesus, I promise You to
submit myself
to all that You permit to befall
me,
make me only know Your Will.
My most sweet Jesus,
infinitely merciful God,
most tender Father of souls,
and in a particular way of the
most weak,
most miserable,
most infirm which You carry
with special tenderness
between Your Divine arms,
I come to You to ask You,
through the love and merits of
Your Sacred Heart,

the grace to comprehend and
to do always Your holy Will,
the grace to confide in You,
the grace to rest securely
through time and eternity
in Your loving divine arms.

**Paramahansa Yogananda
(Hindu)**

I exist without the cosmic
shadow,
But it could not live bereft of
me;
As the sea exists without the
waves,
But they breathe not without
the sea.
Dreams, wakings, states of
deep turiya sleep,
Present, past, future, no more
for me,
But the ever-present, all-
flowing, I, I everywhere.
Consciously enjoyable,
Beyond the imagination of all
expectancy,
Is this, my samadhi state.

Blessed Miguel Pro (Catholic)

Does our life become from day
to day more painful,
more oppressive, more replete
with sufferings?

Blessed be He a thousand times
who desires it so.

If life be harder, love makes it
also stronger,
and only this love, grounded
on suffering,
can carry the Cross of my Lord,
Jesus Christ.

I believe, O Lord, but
strengthen my faith,

Heart of Jesus, I love Thee, but
increase my love.

Heart of Jesus, I trust in Thee,
but give greater vigor to my
confidence.

Heart of Jesus, I give my heart
to Thee,
but so enclose it in Thee that it
may never be separated from
Thee.

Heart of Jesus, I am all Thine,
but take care of my promise so
that I may be able
to put it in practice even unto
the complete sacrifice of my
life.

Native American Prayer

Oh, Great Spirit,
whose voice I hear in the winds
and whose breath gives life to
all the world, hear me.
I am small and weak.
I need your strength and
wisdom.

Let me walk in beauty and
make my eyes
ever behold the red and purple
sunset.

Make my hands respect the
things you have made
and my ears sharp to hear your
voice.

Make me wise so that I may
understand
the things you have taught my
people.

Let me learn the lessons you
have hidden
in every leaf and rock.

I seek strength, not to be
superior to my brother,
but to fight my greatest enemy
- myself.

Make me always ready to come
to you
with clean hands and straight
eyes,
so when life fades, as the
fading sunset,
my spirit will come to you
without shame.



Mother Teresa (Catholic)

Heavenly Father,
you have given us the model of
life

in the Holy Family of
Nazareth.

Help us, O Loving Father,
to make our family another
Nazareth

where love, peace and joy
reign.

May it be deeply
contemplative,
intensely eucharistic,
revived with joy.

Help us to stay together in joy
and sorrow in family prayer.

Teach us to see Jesus in the
members of our families,

especially in their distressing
disguise.

May the eucharistic heart of
Jesus
make our hearts humble like
his
and help us to carry out our
family duties
in a holy way.

May we love one another
as God loves each one of us,
more and more each day,
and forgive each other's faults
as you forgive our sins.

Help us, O Loving Father,
to take whatever you give
and give whatever you take
with a big smile.

Immaculate Heart of Mary,

cause of our joy, pray for us.

St. Joseph, pray for us.

Holy Guardian Angels,
be always with us,
guide and protect us.

Amen.

Voltaire's Prayer

O! Thou God of all beings, of
all worlds, and of all times,
We pray, that the little
differences in our clothes,
in our inadequate languages,
in our ridiculous customs,
in our imperfect laws,
in our illogical opinions,
in our ranks and conditions
which
are so disproportionately
important to us
and so meaningless to you,
that these small variations
that distinguish those atoms
that we call men,
one from another,
may not be signals of hatred
and persecution!

St. Alphonsus Liguori
(Catholic)

Ah, Lord,
how many nights have I slept
in enmity with Thee?

O God!

in what a miserable state was
my soul during that time!
it was hated by Thee,
and wished to be hated by
Thee.

I was condemned to hell;
there was nothing wanting
but the execution of the
sentence.

But Thou, my God,
hast never ceased to seek after
me,

and invite me to pardon.

But who can assure me

that Thou hast pardoned me?
Must I, O my Jesus!
live in this uncertainty
till Thou dost judge me?
But the sorrow which I feel
for having offended Thee,
my desire to love Thee,
and still more,
Thy Passion,
O my beloved Redeemer!
make me hope that Thy grace
dwells in my soul.
I am sorry for having offended
Thee,
O Sovereign Good!
and I love Thee above all
things.
I resolve to forfeit everything
rather than lost Thy grace and
Thy love.

Thou dost wish that the heart
which seeks Thee should be
full of joy.

*"Let the heart of them rejoice that
seek the Lord."*

Lord, I detest all the injuries
I have offered to Thee.
Give me courage and
confidence;
do not upbraid me with my
ingratitude;
for I myself know and detest it.
Thou hast said that Thou
willest not
the death of a sinner,
but that he be converted and
live.
Yes, my God,
I leave all things and turn to
Thee.

Give me Thy love;
I ask nothing else.
O Mary! thou, after Jesus, art
my hope;
obtain for me holy
perseverance.

The Bab (Baha'i)

O my God, O my Lord, O my
Master!

I beg Thee to forgive me for
seeking any pleasure save Thy
love,

or any comfort except Thy
nearness,

or any delight besides Thy
good-pleasure,

or any existence other than
communion with Thee.

**St. Aloysius Gonzaga
(Catholic)**

O Holy Mary, my mother,
into your blessed trust and
custody,
and into the care of your mercy
I this day, every day,
and in the hour of my death,
commend my soul and my
body.

To you I commit all my
anxieties and miseries,
my life and the end of my life,
that by your most holy
intercession
and by your merits
all my actions may be directed
and disposed
according to your will
and that of your Son. Amen.

Imam Ghazzali (Islam)

O Allah, of Grace I ask You its perfection; and of protection its duration; and of mercy its completion; and of health its attainment.

Of livelihood, I ask its comfort and of life its happiness; and of virtue its completion; and of blessings its totality; and of graciousness its sweetness; and of benevolence the nearest.

O Allah, terminate with happiness our final end and fulfil for us our hopes beyond expectations.

Join with well-being and good health our early mornings and

dusky evenings and set Your
mercy as our final end
and outcome.

Pour the abundance of Your
Forgiveness upon our sins ,
and favour us with the removal
of our faults.

Give us piety as a provision
and place our efforts in the
strengthening of Your Religion.

In You is our trust and upon
You our dependence.

O Allah, strengthen us on the
road of sincerity and
righteousness and protect us in
this world from that which will
be cause for regret on the Final
Day.

Lighten for us the burden of our sins and bestow upon us the blessings of those who live a life of Righteousness, and be sufficient for us and avert from us the evils of those who do evil.

Free us and free our fathers and our mothers and our teachers from the fire of hell by the grace of Your Mercy.

O most Mighty, most Merciful, most Generous; the Veiler (of faults), the Gentle One, the Potent.

O Allah...O Allah...O Allah...

O Allah...

O Merciful... O Merciful...

O Merciful...

O most Merciful of the
Merciful...the First of the First
and the Last of the Last.

The Possessor of unshakable
Power.

The most Compassionate to the
poor and the destitute.

O most Merciful of the
Merciful.

"There is no God except You.
Glory be to You. Indeed I am
amongst those who have done
wrong"

(surah Anbiyaa:87)

May the blessings of Allah be upon Muhammad, his family and all of his companions.

And praise belongs to Allah alone , Lord of the worlds.

Amen.



Saint Anselm (Catholic)

O supreme and inaccessible
Light,

O complete and blessed Truth,
how far You are from me,
even though I am so near to
You!

How remote You are from my
sight,
even though I am present to
Yours!

You are everywhere in your
entirety,
and yet I do not see You;
in You I move and have my
being,
and yet I cannot approach You.
O God, let me know You
and love You so that I may find
my joy in You;

and if I cannot do so fully in
this life,
let me at least make some
progress every day,
until at last that knowledge,
love,
and joy come to me in all their
plentitude.

Amen

Jalalludin Rumi (Sufi)

Oh Lord,

I seek more of You than to
name Your Name...

We are the flute: our music is
all Yours.

The light of the soul sets not
and has no yesterday.

Love is the astrolabe of your
secrets.

If the light that illuminates the
world were to draw near,

The world would be
consumed.

God you have chosen me to be
Your house.

If I take annoyance at every rub
How wilt I become a polished
mirror?

O God, show us all things in
this house of deception:
Show them as they really are.
Through love the stake
becomes a throne
Through love the king becomes
a slave.

Our Soul, the breath of our
praise, steals away
Little by little from the prison
of this world...
Our breaths soar with the
choice of words, as a gift from
us
To the abode of
everlastingness.
Then comes to us the
recompense of our praise,

A recompense manifold from
God the merciful.

Then You cause us to seek
more good words, so that
Your servant may win more of
Your mercy.

Verily the source of our delight
in prayer

Is the divine Love which
without rest

Draws the soul home.

St. Antiochus (Catholic)

O Holy Spirit,

most merciful Comforter:

You proceed from the Father
in a manner beyond our
understanding.

Come, I beseech You,
and take up your abode in my
heart.

Purify and cleanse me from all
sin,
and sanctify my soul.

Cleanse it from every impurity,
water its dryness,
melt its coldness,
and save it from its sinful
ways.

Make me truly humble and
resigned,
that I may be pleasing to You,

and that You might abide with
me forever.

Most Blessed Light,
most Amiable Light,
enlighten me.

O Rapturous Joy of Paradise,
Fount of Purest Delight,
My God, give yourself to me
and kindle in my innermost
soul the fire of Your love.

My Lord, instruct, direct,
and defend me in all things.

Give me strength against all
immoderate fears
and against despondency.

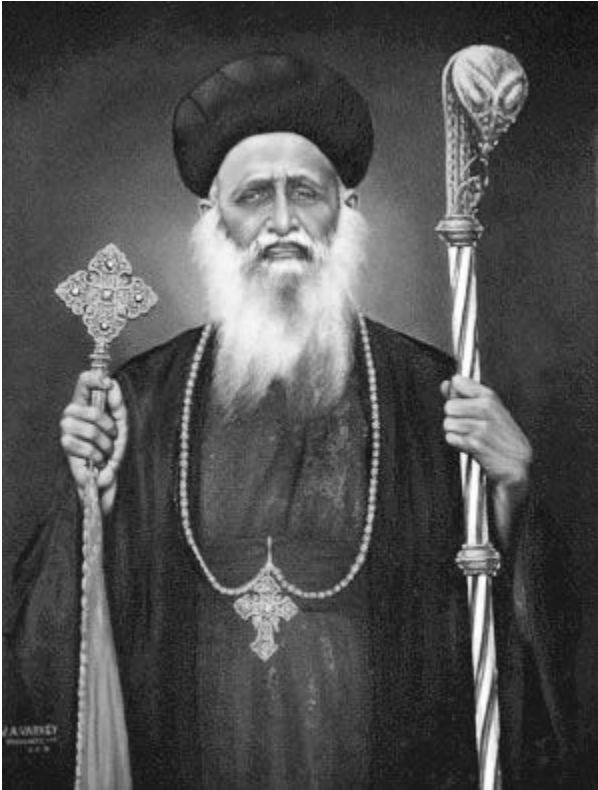
Bestow upon me a true faith,
a firm hope,
and a sincere and a perfect
love.

Grant that I always do Thy
Most Gracious Will.

Amen.

The Gayatri Mantra (Hindu)

Oh Creator of the Universe,
may we receive thy supreme
sin-destroying light, May Thou
guide our intellect in the right
direction.



St. Athanasius (Catholic)

It is becoming for you, O Mary,
to be mindful of us,
as you stand near Him
who bestowed upon you all
graces,
for you are the Mother of God
and our Queen.

Come to our aid for the sake of
the King,
the Lord God and Master who
was born of you.

For this reason you are called
"full of grace."

Be mindful of us, most holy
Virgin,
and bestow on us gifts
from the riches of your graces,
O Virgin full of grace.

The Shema (Jewish)

Hear, Israel, the Lord is our
God, the Lord is One.

Blessed be the Name of His
glorious kingdom for ever and
ever

And you shall love the Lord
your God with all your heart
and with all your soul and with
all your might.

And these words that I
command you today shall be in
your heart.

And you shall teach them
diligently to your children, and
you shall speak of them when
you sit at home, and when you
walk along the way, and when
you lie down and when you
rise up.

And you shall bind them as a sign on your hand, and they shall be for frontlets between your eyes.

And you shall write them on the doorposts of your house and on your gates.

St. Augustine (Catholic)

Lord Jesus, let me know myself
and know You,

And desire nothing save only
You.

Let me hate myself and love
You.

Let me do everything for the
sake of You.

Let me humble myself and
exalt You.

Let me think of nothing except
You.

Let me die to myself and live in
You.

Let me accept whatever
happens as from You.

Let me banish self and follow
You,

And ever desire to follow You.

Let me fly from myself and
take refuge in You,
That I may deserve to be
defended by You.

Let me fear for myself, let me
fear You,

And let me be among those
who are chosen by You.

Let me distrust myself and put
my trust in You.

Let me be willing to obey for
the sake of You.

Let me cling to nothing save
only to You,

And let me be poor because of
You.

Look upon me, that I may love
You.

Call me that I may see You,
And for ever enjoy You. Amen.

The Fatiha (Muslim)

In the name of Allah, Most
gracious, Most merciful
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 aide we seek
Show us the straight way
The way of those on whom
Thou has bestowed thy Grace,
those whose portion
Is not wrath, and who do not
go astray.

St. Basil of Caesaria (Catholic)

O God, grant us a deeper sense
of fellowship with all living
this,

our little brothers and sisters
to whom in common with us
you have given this earth as
home.

We recall with regret that in
the past

we have acted high-handedly
and cruelly in exercising our
domain over them.

Thus, the voice of the earth
which should have risen to you
in song

has turned into a groan of
travail.

May we realize that all these
creatures

also live for themselves and for
you,
not for us alone.

They too love the goodness of
life,
as we do, and serve you better
in their way than we do in
ours.

Amen.

Jalalludin Rumi (Sufi)

O God, who knows the
manifest and the hidden,
To whom but Thee, should
your servant lift his hand? Both
the prayer and the answer to
the prayer are from You.

You, at first, give the desire for
prayer, and You, at last,
likewise give the compensation
for prayers.

You are the First and the Last:
we between are nothing..."

God said, "I am all sufficing; I
will give you all good, without
the intervention of a secondary
cause,

I will give you fullness without bread, I will give you sovereignty without soldiers and armies.

I will give you narcissus and wild roses without the spring, I will give you instruction without a book and teacher.

I am all sufficing: I will heal you without medicine, I will make a grave and the pit a spacious playing field.

To a Moses, I give a heart of courage...

St. Benedict (Catholic)

Gracious and Holy Father,
give us the wisdom to discover
You,
the intelligence to understand
You,
the diligence to seek after You,
the patience to wait for You,
eyes to behold You,
a heart to meditate upon You,
and a life to proclaim You,
through the power of the Spirit
of Jesus, our Lord.

Native American Prayer

Cover my earth mother four
times with many flowers.

Let the heavens be covered
with the banked-up clouds.

Let the earth be covered with
fog;

cover the earth with rains.

Great waters, rains, cover the
earth.

Lightning cover the earth.

Let thunder be heard over the
earth;

let thunder be heard;

Let thunder be heard over the
six regions of the earth.

**St. Benedict of Nursia
(Catholic)**

Father, in Your goodness
grant me the intellect to
comprehend You,
the perception to discern You,
and the reason to appreciate
You.

In Your kindness
endow me with the diligence to
look for You,
the wisdom to discover You,
and the spirit to apprehend
You.

In Your graciousness
bestow on me a heart to
contemplate You,
ears to hear You,
eyes to see You,
and a tongue to speak of You.

In Your mercy confer on me
a conversation pleasing to You,
the patience to wait for You,
and the perseverance to long
for You.

Grant me a perfect end,
Your holy presence.

Amen.

Rabindranath Tagore (Hindu)

Let me not pray to be sheltered
from dangers
but to be fearless in facing
them.

Let me not beg for the stilling
of my pain
but for the heart to conquer it.

Let me not look for allies in
life's battlefield
but to my own strength.

Let me not crave in anxious
fear to be saved
but hope for the patience to
win my freedom.

Grant that I may not be a

coward,
feeling Your mercy in my
success alone;

But let me find the the grasp of
Your hand in my failure.

St. Vincent Palotti (Catholic)

Eternal Father,

it is Your will that all should be saved.

Great is Your mercy.

Your Son, Jesus Christ died for all.

Teach all people to recognize You and love You.

With deep faith in Christ's death

and resurrection we pray:

'Send Forth, O Lord, labourers into Your vineyard and spare Your people.'

Eternal Word, Redeemer of all creation,

convert all souls to You.

You have been obedient for all, even to death on the cross.

Look upon the merits of Your
Mother
and of all the angels and saints
who intercede for us.
Send forth, O Lord, labourers
into Your vineyard
and spare Your people.
O Holy Spirit,
through the infinite merits of
our Lord, Jesus Christ,
enkindle in all hearts
Your ardent love that can do all
things,
that all may be one fold and
one Shepherd,
and that all may arrive in
heaven
to sing Your Divine mercy.
Queen of Apostles and all the
angels and saints,

pray to the Lord of the harvest:
Send forth, O Lord, labourers
into Your vineyard
and spare your people,
that united with you,
and the Father and the Holy
Spirit,
we may all rejoice forever.
Amen.



Native American Prayer

And now, Grandfather, I ask
you to bless the white man.

He needs your wisdom, your
guidance.

You see, for so long he has
tried to destroy my people,
and only feels comfortable
when given power.

Bless them, show them the
peace we understand;
teach them humility.

For I fear they will someday
destroy themselves and their
children

as they have done so Mother
Earth.

I plead, I cry, after all, they are
my brothers ...

**St. Therese of Lisieux
(Catholic)**

I adore and praise Thee,
O my Divine Jesus,
Son of the living God,
and I desire to make
satisfaction for all the outrages
which I,
the most miserable of Thy
creatures,
have offered Thee in all the
members of Thy Blessed Body,
and particularly in Thy
adorable Face.
Hail, worshipful Face,
disfigured by spittle
and hardly to be recognized
through the cruel treatment
which Thou didst receive from
the impious Jews.

I salute Thee, O Blessed Eyes,
all bathed in tears,
which Thou didst shed for our
salvation.

I salute Thee, O Blessed Ears,
assailed by blasphemies,
insult, and cruel mockeries.

I salute Thee, O Blessed Mouth,
filled with graces and
tenderness for poor sinners,
but embittered with vinegar
and gall
by the monstrous ingratitude
of that people
whom Thou didst choose from
among all nations.

In reparation for all these
ignominies,
I offer Thee all the homage
which is given Thee
in that holy place where Thou
art please to be honored with a
special worship,
uniting myself therewith.

At the sight of Thy Most Holy
Face,
dear Jesus, so disfigured by
bruises,
I cry out with St. Augustine:
"Lord Jesus, impress upon my
heart Thy sacred wounds,
that I may read therein at once
Thy sorrow and Thy love;
Thy sorrow, in order to suffer
every affliction for Thee."

O Sorrowful Jesus,
when casting ourselves before
Thy Adorable Face
to ask thee for the graces of
which we have need,
we ask Thee above all
to order the interior features of
our souls
that we may never refuse Thee
and all that Thou,
Thyself, desirest of us through
Thy holy commandments.

Praise be to Thee, O Jesus
Christ,
for the most Sacred Grief of
Thy adorable Face.
By this Sacred Grief and by
Thy most Sacred Passion

pardon all the sins I have
committed against Thee,
in thought, word, and deed,
and all negligence in Thy
service,
and all sensuality
for which I have been to blame
whether asleep or awake.

Grant that I may be able to
recall with devotion
Thy most pitiful pains suffered
in Thy Sacred Face.
Grant me the grace to mortify
my body,
and so to offer a pledge of my
gratitude to Thee,
Who livest and reignest forever
and ever.
Amen.

Jainist Prayer

O Lord! Make my self such that
I may have love for all beings,
Joy in the meritorious,
unstinted sympathy for the
distressed
And tolerance towards the
perversely inclined.

O Lord! May my soul always
find fulfillment, in friendship
and love towards all beings,
In all the virtuous, in
compassion toward all
suffering creatures,
And in remaining neutral
towards those hostile to me.
This is my prayer.

St. Teresa of Avila (Catholic)

Lord, You are closer to me
than my own breathing,
nearer than my hands and feet.

Let nothing disturb you,
Nothing frighten you.
All things are passing.
God never changes.
Patient endurance attains all
things.
Whoever possesses God lacks
nothing,
God alone is sufficient.

**Charles de Foucauld
(Catholic)**

Father, I abandon myself into
your hands;
do with me what you will.
Whatever you may do, I thank
you:
I am ready for all, I accept all.
Let only your will be done in
me,
and in all Your creatures -
I wish no more than this, O
Lord.

Into your hands I commend
my soul;
I offer it to you with all the
love of my heart,
for I love you Lord,
and so need to give myself,
to surrender myself into your

hands,
without reserve,
and with boundless
confidence,

For you are my Father.

St. Peregrine (Catholic)

O God, pour into broken
human bodies
the healing grace of Your own
compassion,
and in a thousand ways show
Your care
for all Your creation.

Be good to us and
draw near as we call upon
Your Name.

Deliver Your servants from
their sickness.

Give them renewed health.

Stretch out Your hand
to set them free from their
sickness

and give them strength and
protection.

Through the intercession

of St. Peregrine and Your holy
mother, Mary,
we make our requests to You.

Amen.

Guru Nanak (Sikh)

There is one, only one
With true identity
Who does it all
Has no fear
Or enmity
An eternal entity
Free from rebirths
A self existent luminary



St. Maximilian Kolbe
(Catholic)

The day was long,
The burden I had borne
Seemed heavier than I could
longer bear
And then it lifted-but I did not
know
Some one had knelt in prayer;
Had taken me to God that very
hour,
And asked the easing of the
load, and He,
In infinite compassion, had
stooped down
And taken it from me.
We cannot tell how often as we
pray
For some bewildered one,
Hurt and distressed,

The answer comes,
But many times those hearts
Find sudden peace and rest.
Some one had prayed, and
Faith, a reaching hand,
Took hold of God, and brought
Him down that day!
So many, many hearts have
need of prayer.
Oh, let us pray!

The Qur'an

God is the light
of the heavens and the earth.
The smile of God's light
is like a niche in which is a
lamp,
the lamp in a globe of glass,
the globe of glass as if it were a
shining star,
lit from a blessed olive tree
neither of the East nor of the
West,
its light nearly luminous
even if fire did not touch it.
Light upon light!
God guides to this light
whomever God will:
and God gives people
examples;
and God knows all things.

**St. Anthony of Padua
(Catholic)**

O God, send forth your Holy
Spirit into my heart
that I may perceive,
into my mind that I may
remember,
and into my soul that I may
meditate.

Inspire me to speak with piety,
holiness, tenderness and
mercy.

Teach, guide and direct my
thoughts
and senses from beginning to
end.

May Your grace ever help and
correct me,
and may I be strengthened
now

with wisdom from on high,
for the sake of Your infinite
mercy.

Amen.

Celtic Prayer

God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.

God in my sleeping,
God in my waking,
God in my watching,
God in my hoping.

God in my life,
God in my lips,
God in my soul,
God in my heart.

God in my sufficing,
God in my slumber,
God in mine ever-living soul,
God in mine eternity.

St. Bonaventure (Catholic)

Pierce, O most sweet Lord
Jesus,
my inmost soul with the most
joyous
and healthful wound of Thy
love,
and with true,
calm and most holy apostolic
charity,
that my soul may ever languish
and melt
with entire love and longing
for Thee,
may yearn for Thee and for thy
courts,
may long to be dissolved and
to be with Thee.
Grant that my soul may hunger
after Thee,

the Bread of Angels,
the refreshment of holy souls,
our daily and supersubstantial
bread,
having all sweetness and
savour
and every delightful taste.
May my heart ever hunger
after and feed upon Thee,
Whom the angels desire to look
upon,
and may my inmost soul be
filled with the sweetness of
Thy savour;
may it ever thirst for Thee,
the fountain of life,
the fountain of wisdom and
knowledge,
the fountain of eternal light,
the torrent of pleasure,

the fulness of the house of God;
may it ever compass Thee,
seek Thee, find Thee, run to
Thee,
come up to Thee, meditate on
Thee, speak of Thee,
and do all for the praise and
glory of Thy name,
with humility and discretion,
with love and delight,
with ease and affection,
with perseverance to the end;
and be Thou alone ever my
hope,
my entire confidence, my
riches, my delight,
my pleasure, my joy, my rest
and tranquility,
my peace, my sweetness, my
food, my refreshment,

my refuge, my help, my
wisdom, my portion,
my possession, my treasure;
in Whom may my mind and
my heart
be ever fixed and firm and
rooted immovably.

Amen.

**Pharoah Ahkenaten
(Egyptian)**

I shall breathe
the sweet breath
Which comes forth from Thy
mouth. I shall behold
Thy beauty everyday.
It is my desire that I may hear
Thy sweet voice,
Like the North Wind,
That my limbs may be
quickened with life
Through love of Thee.
Give me Thy hands,
Holding Thy spirit,
That I may receive it,
And may live by it.
Call Thou upon my name
throughout eternity,
And it shall never fail.



St. Bridget (Catholic)

O Jesus Christ!

Eternal Sweetness to those who
love Thee,

joy surpassing all joy and all
desire,

Salvation and Hope of all
sinners,

Who hast proved that Thou
hast no greater desire than to
be among men,

even assuming human nature
at the fullness of time for the
love of men,

recall all the sufferings Thou
hast endured

from the instant of Thy
conception,

and especially during Thy
Passion,

as it was decreed and ordained
from all eternity in the Divine
plan.

Remember, O Lord,
that during the Last Supper
with Thy disciples,
having washed their feet,
Thou gavest them Thy Most
Precious Body and Blood,
and while at the same time
Thou didst sweetly console
them,
Thou didst foretell them Thy
coming Passion.

Remember the sadness and
bitterness
which Thou didst experience in
thy Soul

as Thou Thyself bore witness
saying:

"My Soul is sorrowful even
unto death."

Remember all the fear,
anguish and pain that Thou
didst suffer
in Thy delicate Body before the
torment of the Crucifixion,
when, after having prayed
three times,
bathed in a sweat of blood,
Thou wast betrayed by Judas,
Thy disciple,
arrested by the people of a
nation Thou hadst chosen and
elevated,
accused by false witnesses,
unjustly judged by three judges

during the flower of Thy youth
and during the solemn Paschal
season.

Remember that Thou wast
despoiled of Thy garments
and clothed in those of
derision;
that Thy Face and Eyes were
veiled,
that Thou wast buffeted,
crowned with thorns,
a reed placed in Thy Hands,
that Thou was crushed with
blows
and overwhelmed with
affronts and outrages.

In memory of all these pains
and sufferings

which Thou didst endure
before Thy Passion on the
Cross,
grant me before my death true
contrition,
a sincere and entire confession,
worthy satisfaction and the
remission of all my sins.

Amen!

St. Bernard (Catholic)

Of your Love, O Mary
O blessed Virgin,
did anyone ever invoke you in
need
and yet fail to receive help?
Only such a person could
remain silent
about your mercy.
As for us,
who are your poor servants,
we congratulate ourselves for
you
on account of all your other
virtues,
but we rejoice in your mercy
in a special way for ourselves.
We praise your virginity,
and we admire your humility;

but your mercy has an even
sweeter taste for us sinners.
We have a preferential love for
your mercy,
we remember it more often,
and we invoke it more
frequently.

Who then could measure,
O blessed Lady,
the length and breadth,
height and depth of your
mercy?

Its length extends indeed until
the last day,
so that you may come to the
aid
of all who invoke it.

Its breadth spans the whole
world,

so that the whole earth is full of
your mercy.

Its height is such that it
brought about
the restoration of the heavenly
city.

Its depth achieved the
redemption of those
who sat in darkness and the
shadow of death.

Thanks to you,
heaven has been populated,
hell has been emptied,
the ruins of the heavenly
Jerusalem have been rebuilt,
and the unfortunate people
living in hope
have been given back the life
they had lost!

Thus it is that your charity,

so powerful and at the same
time so gentle,
pours forth in abundance,
manifesting itself tenderly
and lending assistance
effectively.

Amen.

**St. Catherine of Siena
(Catholic)**

Holy Spirit, come into my
heart;

draw it to Thee by Thy power,
O my God, and grant me
charity with filial fear.

Preserve me, O ineffable Love,
from every evil thought;
warm me, inflame me with Thy
dear love,
and every pain will seem light
to me.

My Father, my sweet Lord,
help me in all my actions.

Jesus, love, Jesus, love.

Amen.

Eternal God, eternal Trinity,

You have made the Blood of
Christ so precious
through His sharing in Your
Divine nature.

You are a mystery as deep as
the sea;

the more I search, the more I
find,

and the more I find the more I
search for You.

But I can never be satisfied;
what I receive will ever leave
me desiring more.

When You fill my soul I have
an ever-greater hunger,
and I grow more famished for
Your light.

I desire above all to see You,
the true light,
as you really are.

Navajo Prayer

With your feet I walk
I walk with your limbs
I carry forth your body
For me your mind thinks
Your voice speaks for me
Beauty is before me
And beauty is behind me
Above and below me hovers
the beautiful
I am surrounded by it
I am immersed in it
In my youth I am aware of it
And in old age I shall walk
quietly
The beautiful trail.

St. Brigid of Kildare (Catholic)

I wish I had a great lake of ale
for the King of kings,
and the family of heaven
to drink it through time
eternal.

I wish I had the meats of belief
and genuine piety,
the flails of penance,
and the men of heaven in my
house.

I would like keeves of peace to
be at their disposal,
vessels of charity for
distribution,
caves of mercy for their
company,
and cheerfulness to be in their
drinking.

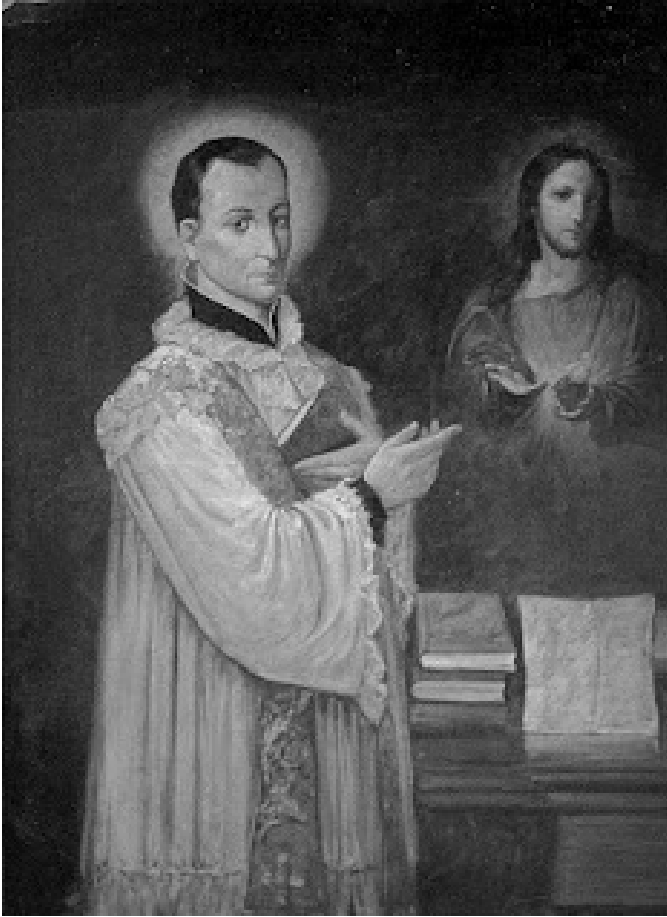
I would want Jesus also to be
in their midst,
together with the three Marys
of illustrious renown,
and the poble of heaven from
all parts.

I would like to be a tenant to
the Lord,
so if I should suffer distress,
He would confer on me a
blessing.

Amen.

Shantideva (Buddhism)

For as long as space endures
And for as long as living
beings remain
Until then may I too abide
To dispel the misery of the
world.



**St. Claude de Columbiere
(Catholic)**

Lord, I am in this world to
show Your mercy to others.
Other people will glorify You
by making visible the power of
Your grace
by their fidelity and constancy
to You.

For my part I will glorify You
by making known how good
You are to sinners,
that Your mercy is boundless
and that no sinner no matter
how great his offences
should have reason to despair
of pardon.

If I have grievously offended
You, My Redeemer,

let me not offend You even
more
by thinking that You are not
kind enough to pardon Me.

Amen.

Sa'adi (Iranian)

All human beings are limbs of
each other,
having been created of one
essence.

When time affects a limb with
pain,
The other limbs cannot at rest
remain.

If thou feel not other's misery,
A human being is no name for
thee.

Pope St. Clement I (Catholic)

We beg you, Master,
be our help and strength.
Save those among us who are
oppressed,
have pity on the lowly,
and lift up the fallen.
Heal the sick,
bring back the straying,
and feed the hungry.
Release those in prison,
steady those who falter,
and strengthen the
fainthearted.
Let all nations come to know
you, the one God,
with your Son Jesus Christ,
and us your people and sheep
of your pasture.

Do not keep count of the sins
of your servants,
but purify us through the bath
of your truth
and direct our steps.
Help us to walk in holiness of
heart,
and to do what is good and
pleasing in your eyes
and in the eyes of our rulers.
Master, let your face shine on
us
to grant us every good in
peace,
protect us by your powerful
hand,
deliver us from every evil by
the might of your arm.
Grant us and all who dwell on
this earth

peace and harmony, O Lord.

St. John the Baptist (Catholic)
Prepare ye the way of the Lord,
make his paths straight.

**St. Cyprian of Carthage
(Catholic)**

Most gracious Father,
bless with your special care
all penitentiaries and homes of
refuge.

Look with pity on those who
are housed there.

Guide and protect those who
have returned to the world.

Grant all of them true
contrition for past sins,
and strengthen them in their
good resolutions.

Lead them along from grace to
grace
so that by the help of the Holy
Spirit

they may persevere in the
ways of obedience and
humility,
and in the struggle against evil
thoughts and desires.

Grant the Holy Spirit
to those engaged in teaching
and training them,
that they might have a right
judgment
with respect to those entrusted
to them.

May they labour for love of
your with deep humility
and singleness of purpose,
purity of heart and life,
and true zeal for your glory
and the salvation of souls.

Give them faith and love

to sustain them in
disappointment,
love and patience toward those
under them,
and in your own good time
crown their work with an
eternal recompense.

Amen.

Zarathustra (Zoroastrianism)

Hearken with your ears to
these best counsels,

Reflect upon them with
illumined judgment.

Let each one choose his creed
with that freedom of choice
each must have at great events.

O ye, be awake to these, my
announcements.



**St. Elizabeth Ann Seton
(Catholic)**

O Father, the first rule of our
dear Saviour's life
was to do Your Will.
Let His Will of the present
moment
be the first rule of our daily life
and work,
with no other desire
but for its most full and
complete accomplishment.
Help us to follow it faithfully,
so that doing what You wish
we will be pleasing to You.

Amen.

Tulsidas (Hindu Saint)

This and this alone is true
religion:
To serve thy brethren.

This is sin above all other sin:
To harm thy brethren.

In such faith is happiness.
In lack of it is misery and pain.

Blessed be he who swerveth
not
aside from this straight path.

Blessed is he whose life is lived
thus
ceaselessly in serving God.

Bearing others' burdens and so

alone
is life, true life, to be attained.

Nothing is hard to him who,
casting self aside, thinks only
this:

How may I serve my fellow
man?

**St. Gregory of Nazianzen
(Catholic)**

O All-Transcendent God
(and what other name could
describe you?),

what words can hymn Your
praises?

No word does You justice.

What mind can probe Your
secret?

No mind can encompass You.

You are alone beyond the
power of speech,

yet all that we speak stems
from You.

You are alone beyond the
power of thought,

yet all that we can conceive
springs from You.

All things proclaim You,

those endowed with reason
and those bereft of it.

All the expectation and pain of
the world coalesces in You.

All things utter a prayer to
You,

a silent hymn composed by
You.

You sustain everything that
exists,

and all things move together to
Your orders.

You are the goal of all that
exists.

You are one and You are all,
yet You are none of the things
that exist,

neither a part nor the whole.

You can avail Yourself of any
name;

how shall I call You,
the only unnameable?
All-transcendent God!

Gandavyuha Sutra (Buddhism)

Thus it is our own mind
that should be established in all
the Roots of the Good;
it is our own mind
that should be soaked by the
rain of truth;
it is our own mind
that should be purified from all
obstructive qualities;
it is our own mind
that should be made vigorous
by energy.



**St. Ignatius of Loyola
(Catholic)**

O Christ Jesus,
when all is darkness
and we feel our weakness and
helplessness,
give us the sense of Your
presence,
Your love, and Your strength.
Help us to have perfect trust
in Your protecting love
and strengthening power,
so that nothing may frighten or
worry us,
for, living close to You,
we shall see Your hand,
Your purpose, Your will
through all things.

St. Francis de Sales (Catholic)

Do not look forward in fear to
the changes in life;
rather, look to them with full
hope that as they arise,
God, whose very own you are,
will lead you safely through all
things;
and when you cannot stand it,
God will carry you in His arms.

Do not fear what may happen
tomorrow;
the same understanding Father
who cares for
you today will take care of you
then and every day.

He will either shield you from
suffering

or will give you unfailing
strength to bear it.

Be at peace,
and put aside all anxious
thoughts and imaginations.

St. Therese Couderc (Catholic)

To surrender oneself is something more than to devote oneself, more than to give oneself, it is even more than to abandon oneself to God.

To surrender oneself is to die to everything and to self, to keep it continually turned towards God.

Self-surrender is no longer to seek self-satisfaction in anything but solely God's good pleasure. It should be added that self-surrender is to follow that complete spirit of detachment which holds to nothing;

neither to persons nor to
things,
neither to time nor to place.
It means to accept everything,
to submit to everything.
But perhaps you will think this
is a difficult thing.
Do not let yourself be deceived;
there is nothing so easy to do,
nothing so sweet to put into
practice.
The whole thing consists in
making a generous act at the
very beginning,
by saying with all the sincerity
of your heart:
"My God, I wish to be entirely
thine; deign to accept my
offering"
— then all is said. ...

You must always remember
that you have surrendered
yourself.

St. Francis of Assisi (Catholic)

You are holy, Lord,
the only God,
and Your deeds are wonderful.
You are strong.
You are great.
You are the Most High.
You are Almighty.
You, Holy Father
are King of heaven and earth.
You are Three and One,
Lord God, all Good.
You are Good,
all Good, supreme Good,
Lord God, living and true.
You are love.
You are wisdom.
You are humility.
You are endurance.
You are rest.

You are peace.

You are joy and gladness.

You are justice and
moderation.

You are all our riches,
and You suffice for us.

You are beauty.

You are gentleness.

You are our protector.

You are our guardian and
defender.

You are our courage.

You are our haven and our
hope.

You are our faith,
our great consolation.

You are our eternal life,
Great and Wonderful Lord,
God Almighty,
Merciful Saviour.

The Dead Sea Scrolls (Christian)

I have reached the inner vision
and through Thy spirit in me
I have heard Thy wondrous
secret.

Through Thy mystic insight
Thou hast caused a spring of
knowledge
to well up within me,
a fountain of power,
pouring forth living waters,
a flood of love
and of all-embracing wisdom
like the splendor of eternal
Light.



St. Gemma Galgani (Catholic)

O my crucified God,
behold me at Your feet;
do not cast me out,
now that I appear before You
as a sinner.

I have offended You
exceedingly in the past,
my Jesus, but it shall be so no
longer.

Before You, O Lord, I place all
my sins;
I have now considered Your
own sufferings
and see how great is the worth
of that Precious Blood that
flows from Your veins.

O my God, at this hour close
Your eyes to my want of merit,
and since You have been
pleased to die for my sins,
grant me forgiveness for them
all,
that I may no longer feel the
burden of my sins,
for this burden, Dear Jesus,
oppresses me beyond measure.

Assist me, my Jesus,
for I desire to become good
whatsoever it may cost;
take away, destroy, utterly root
out all that You find in me
contrary to Your holy will.
At the same time, I pray You,
Lord Jesus,

to enlighten me that I may be
able to walk in Your holy light.

Amen.

Vision of Enoch Prayer (Old Testament)

I speak to you.

Be still.

Know

I am

God.

I spoke to you

When you were born.

Be still.

Know

I am

God.

I spoke to you

At your first sight.

Be still.

Know

I am

God.

I spoke to you.
At your first word.
Be still.
Know
I am
God.

I spoke to you.
At your first thought.
Be still.
Know
I am
God.

I spoke to you
At your first song.
Be still.
Know
I am
God.

I speak to you
Through the grass of the
meadows.

Be still.

Know

I am

God.

I speak to you
Through the trees of the
forests.

Be still.

Know

I am

God.

I speak to you
Through the valleys and the
hills

Be still.

Know

I am
God.

I speak to you
Through the Holy Mountains
Be still.
Know

I am
God.

I speak to you
Through the rain and the snow
Be still.
Know

I am
God.

I speak to you
Through the waves of the sea.
Be still.
Know

I am
God.

I speak to you
Through the dew of the
morning.
Be still.

Know
I am
God.

I speak to you
Through the peace of the
evening.
Be still.

Know
I am
God.

I speak to you
Through the splendor of the
sun.

Be still.
Know
I am
God.

I speak to you
Through the brilliant stars.
Be still.
Know
I am
God.

I speak to you
Through the storm and the
clouds.
Be still.
Know
I am
God.

I speak to you
Through the thunder and

lightning.

Be still.

Know

I am

God.

I speak to you

Through the mysterious
rainbow

Be still.

Know

I am

God.

I will speak to you

When you are alone

Be still.

Know

I am

God.

I will speak to you
Through the Wisdom of the
Ancients
Be still.
Know
I am
God.

I will speak to you
At the end of time.
Be still.
Know
I am
God.

I will speak to you
When you have seen my
Angels.
Be still.
Know

I am
God.

I will speak to you
Throughout Eternity.
Be still.
Know

I am
God.

I speak to you.
Be still.
Know
I am
God.

St. Gertrude (Catholic)

O Sacred Heart of Jesus,
fountain of eternal life,
Your Heart is a glowing
furnace of Love.

You are my refuge and my
sanctuary.

O my adorable and loving
Saviour,
consume my heart with the
burning fire
with which Yours is aflamed.
Pour down on my soul those
graces
which flow from Your love.
Let my heart be united with
Yours.
Let my will be conformed to
Yours in all things.

May Your Will be the rule of all
my desires and actions.

Amen.

Buddhist Prayer

May I become at all times, both
now and forever

A protector for those without
protection

A guide for those who have
lost their way

A ship for those with oceans to
cross

A bridge for those with rivers
to cross

A sanctuary for those in danger

A lamp for those without light

A place of refuge for those who
lack shelter

And a servant to all in need.



**St. John Chrysostom
(Catholic)**

O Lord, my God,
I am not worthy that You
should come into my soul,
but I am glad that You have
come to me
because in Your loving
kindness
You desire to dwell in me.
You ask me to open the door of
my soul,
which You alone have created,
so that You may enter into it
with Your loving kindness
and dispel the darkness of my
mind.
I believe that You will do this
for You did not turn away
Mary Magdalene

when she approached You in
tears.

Neither did you withhold
forgiveness from the tax
collector

who repented of his sins
or from the good thief
who asked to be received into
Your kingdom.

Indeed, You numbered as Your
friends
all who came to You with
repentant hearts.

O God, You alone are blessed
always,
now, and forever.

St. John Vianney (Catholic)

I love You, O my God,
and my only desire is to love
You
until the last breath of my life.

I love You, O my infinitely
lovable God,
and I would rather die loving
You,
than live without loving You.

I love You, Lord
and the only grace I ask is to
love You eternally...

My God, if my tongue cannot
say in every moment that I love
You,

I want my heart to repeat it to
You as often as I draw breath.

**Prayer from the Hadith,
Muhammad
(Islam)**

O Allah,

I supplicate you to grant me
your Love

And the Love of those who
Love you

And the action that would lead
me to win your Love

and make my love for you
more dear to me

than myself, my family, and
cold refreshing water

**St. Melanie the Younger
(Catholic)**

I have consecrated my entire
self to You,
and taking me by Your right
hand

You have led me with Your
counsel.

But in my human frailty
I have sinned both in word and
deed many times against You,
who alone are pure and
without sin.

Therefore, accept my prayer
together

with the tears I offer You
through Your holy ones,
the victors in the arena.

Purify me, this poor handmaid
of Yours,

so that on departing toward
You
my passage may be hastened.

St. Irenaeus (Catholic)

Father,

give perfection to beginners,
understanding to the little

ones,

and help to those who are
running their course.

Give sorrow to the negligent,
fervour to the lukewarm,
and a good consummation to
the perfect.

**Maitreya's Great Invocation
(Buddhist)**

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 centre 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 centre 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.

**St. John of the Cross
(Catholic)**

O blessed Jesus,
give me stillness of soul in You.
Let Your mighty calmness
reign in me.
Rule me, O King of Gentleness,
King of Peace.



St. Jane Frances Chantal
(Catholic)

O sovereign goodness of the
sovereign Providence of my
God!

I abandon myself forever to
Thy arms.

Whether gentle or severe,
lead me henceforth whither
Thou wilt;

I will not regard the way
through which Thou wilt have
me pass,

but keep my eyes fixed upon
Thee,

my God, who guidest me.

My soul finds no rest without
the arms

and the bosom of this heavenly
Providence,

my true Mother, my strength
and my rampart.

Therefore I resolve with Thy
Divine assistance,
O my Saviour,
to follow Thy desires and Thy
ordinances,
without regarding or
examining why Thou dost this
rather than that;
but I will blindly follow Thee
according to Thy Divine will,
without seeking my own
inclinations.

Hence I am determined to
leave all to Thee,

taking no part therein save by
keeping myself in peace in Thy
arms,

desiring nothing except as
Thou incitest me to desire,
to will, to wish.

I offer Thee this desire, O my
God,

beseeching Thee to bless it;
I undertake all it includes,
relying on Thy goodness,
liberality, and mercy,
with entire confidence in Thee,
distrust of myself,
and knowledge of my infinite
misery and infirmity.

Amen!

St. Augustine (Catholic)

Watch thou, dear Lord,
with those who wake, or
watch, or weep tonight,
and give thine angels charge
over those who sleep.

Tend thy sick ones, Lord
Christ.

Rest thy weary ones.

Bless thy dying ones.

Soothe thy suffering ones.

Pity thine afflicted ones.

Shield thy joyous ones.

And all, for thy love's sake.

Amen.

Hymn of Glory (Jewish)

I will chant sweet hymns and
compose songs; for my soul
panteth after thee.

My soul hath longed to be
beneath the shadow of thy
hand, to know all thy secret
mysteries.

Even whilst I speak of thy
glory, my heart yearneth for
thy love.

Therefore will I speak glorious
things of thee, and will honor
thy name with songs of love.

I will declare thy glory, though
I have not seen thee; under

images will I describe thee,
though I have not known thee.

By the hand of thy prophets, in
the mystic utterance of thy
servants, thou hast imaged
forth the grandeur and the
glory of thy majesty.

Thy greatness and thy might
they described in accordance
with the power made manifest
in thy acts.

In images they told of thee, but
not according to thine essence;
they but likened thee in
accordance with thy works.

They figured thee in a
multitude of visions; behold
thou art One under all images.

They saw in thee both age and youth, * the hair of thy head now grey as in old age, now black as in youth.

Age in the day of judgment, and youth in the day of battle; as a man of war he striveth with his hands:

He hath bound a helmet of victory upon his head; his right hand, and his holy arm, hath wrought victory for him:

With dew of light his head is filled, and his locks with drops of the night.

He shall be glorified by me for he delighteth in me; yea, he

shall be to me a crown of
beauty.

His head is like fine, pure gold;
upon his forehead is impressed
the glory of his holy name.

For grace and glory, beauty
and splendor his people hath
encircled him with a crown.

The plaited hair of his head
seemed as in the days of youth,
his black locks were flowing in
curls.

The abode of righteousness –
his glorious beauty – may he
prefer it above his chiefest joy.

May his treasured people be a crown in his hand, a royal diadem of glorious beauty.

They were borne by him, he carried them; with a crown he adorned them; for that they were precious in his sight he honored them.

His glory resteth upon me, and mine upon him; and he is nigh unto me, when I cry unto him.

He is bright and ruddy in red apparel, when he cometh front treading the winepress in Edom.

The symbol of his all-embracing providence he showed to the meek Moses,

when the similitude of the
Lord was before his eyes.

Taking pleasure in his people,
he will glorify the meek; that,
dwelling amid praises, he may
be glorified by them.

The sum of thy word is truth;
O thou, who hast called every
generation from the beginning,
seek the people that seeketh
thee.

Accept, I beseech thee, the
multitude of my songs, and let
my joyous cry come near unto
thee.

Let my praise be a crown unto
thy head, and my prayer be set
forth before thee as incense.

Let the song of the poor be
precious in thy sight as the
song that was sung at thy
offerings.

May my blessing rise to the
bountiful God, who createth
and produceth, who is just and
mighty.

And when I bless thee, incline
thine head unto me, and take
what I offer as though it were
the choicest spices.

May my meditation be
pleasant unto thee, for my soul
panteth after thee.

St. Jerome (Catholic)

O Lord, show Your mercy to
me

and gladden my heart.

I am like the man on the way to
Jericho

who was overtaken by robbers,
wounded and left for dead.

O Good Samaritan,
come to my aid.

I am like the sheep that went
astray.

O Good Shepherd,
seek me out and bring me
home

in accord with Your will.

Let me dwell in Your house
all the days of my life
and praise You for ever and
ever

with those who are there.

**St. Louis de Montfort
(Catholic)**

O Jesus, living in Mary,
Come and live in Thy servants,
In the spirit of Thy holiness,
In the fullness of Thy might,
In the truth of Thy virtues,
In the perfection of Thy ways,
In the communion of Thy
mysteries.

Subdue every hostile power
In Thy spirit, for the glory of
the Father.

Amen.

The Sinner's Prayer (Christian)

Heavenly Father, have mercy on me, a sinner. I believe in you and that your word is true. I believe that Jesus Christ is the Son of the living God and that he died on the cross so that I may now have forgiveness for my sins and eternal life. I know that without you in my heart my life is meaningless.

I believe in my heart that you, Lord God, raised Him from the dead. Please Jesus forgive me, for every sin I have ever committed or done in my heart, please Lord Jesus forgive me and come into my heart as my personal Lord and Savior

today. I need you to be my
Father and my friend.

I give you my life and ask you
to take full control from this
moment on; I pray this in the
name of Jesus Christ.

Amen.

**St. Therese of Lisieux
(Catholic)**

Dear St. Therese, my Patroness,
in imitation of thy example
teach me to regard all trials
and disappointments
as special graces sent by God
to elevate my thoughts and
aspirations
above those things that end
with time.

Let not the coldness of the
world
nor the indifference of
creatures embitter me,
but serve only to increase my
Love for Jesus,
the One Friend who changes
not.

May Love of Jesus inspire
every thought,
word and deed of my life,
becoming so wholehearted and
intense,
that when earth grows dark
and sorrows gather,
all grief will appear as nothing
in the burning Love of my
Heart for Him.

Amen

**Paramahansa Yogananda
(Hindu)**

O Father, when I was blind I found not a door which led to Thee, but now that Thou hast opened my eyes, I find doors everywhere: through the hearts of flowers, through the voice of friendship, through sweet memories of all lovely experiences. Every gust of my prayer opens an unentered door in the vast temple of Thy presence.



St. Thomas Aquinas (Catholic)

Grant me grace, O merciful
God,

to desire ardently all that is
pleasing to Thee,

to examine it prudently,

to acknowledge it truthfully,

and to accomplish it perfectly,

for the praise and glory of Thy
name.

Amen.

St. Severinus Boethius
(Catholic)

Father, enable our minds
to rise to your ineffable
dwelling place.

Let us find the light
and direct the eyes of our soul
to You.

Dispel the mists and the
opaqueness
of the earthly mass,
and shine out with Your
splendor.

You are the serene and tranquil
abode
of those who persevere in their
goal of seeing You.

You are at the same time the
beginning,
the vehicle, the guide,

the way and the goal. Amen.

Jainist Prayer

Lead me from Death to Life,
from falsehood to Truth.

Lead me from Despair to
Hope, from Fear to Trust.

Lead me from Hate to Love,
from War to Peace.

Let Peace fill our Heart, our
World, our Universe.

St. Padre Pio (Catholic)

Stay with me, Lord,
for it is necessary to have You
present
so that I do not forget You.
You know how easily I
abandon You.

Stay with me, Lord,
because I am weak and I need
Your strength,
that I may not fall so often.

Stay with me, Lord,
for You are my life
and without You I am without
fervor.

Stay with me, Lord,
for You are my light

and without You I am in
darkness.

Stay with me, Lord,
to show me Your will.

Stay with me, Lord,
so that I hear Your voice and
follow You.

Stay with me, Lord,
for I desire to love You very
much
and always be in Your
company.

Stay with me, Lord,
if You wish me to be faithful to
You.

Stay with me, Lord,
as poor as my soul is
I want it to be a place of
consolation for You,
a nest of Love.

Stay with me, Jesus,
for it is getting late
and the day is coming to a
close and life passes,
death, judgment and eternity
approaches.

It is necessary to renew my
strenth,
so that I will not stop along the
way
and for that, I need You.
It is getting late and death
approaches,

I fear the darkness, the
temptations,
the dryness, the cross, the
sorrows.

O how I need You, my Jesus,
in this night of exile!

Stay with me tonight, Jesus,
in life with all its dangers, I
need You.

Let me recognize You as Your
disciples did
at the breaking of the bread,
so that the Eucharistic
Communion be the Light
which disperses the darkness,
the force which sustains me,
the unique joy of my heart.

Stay with me, Lord,
because at the hour of my
death,
I want to remain united to You,
if not by Communion,
at least by grace and love.

Stay with me, Lord,
for it is You alone I look for,
Your Love, Your Grace, Your
Will,
Your Heart, Your Spirit,
because I love You and ask no
other reward
but to love You more and
more.

With a firm love,
I will love You with all my
heart while on earth

and continue to love You
perfectly during all eternity.

Amen.

Kaddish (Jewish)

Glorified and sanctified be
God's great name throughout
the world which He has
created according to His will.
May He establish His kingdom
in your lifetime and during
your days, and within the life
of the entire house of Israel,
speedily and soon; and say,
Amen.

May His great name be blessed
forever and to all eternity.
Blessed and praised, glorified
and exalted, extolled and
honoured, adored and lauded
be the name of the Holy One,
blessed be He, beyond all the
blessings and hymns, praises
and consolations that are ever

spoken in the world; and say,
Amen.

May the prayers and
supplications of the whole
house of Israel be accepted by
their Father who is in heaven;
and say, Amen, May there be
abundant peace from heaven,
and life, for us and for all
Israel; and say, Amen. He who
creates peace in His celestial
heights, may He create peace
for us and for all Israel; and
say, Amen.



BENEDICTE MARGUERITE MARIE ALACOQUE
Religieuse de l'Ordre de la Visitation

N° 1. G. Roubaud (Lyon), Ed.

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St. Margaret Mary (Catholic)

Hail, Heart of Jesus, save me!

Hail, Heart of my Creator,
perfect me!

Hail, Heart of my Saviour,
deliver me!

Hail, Heart of my Judge, grant
me pardon!

Hail, Heart of my Father,
govern me!

Hail, Heart of my Spouse,
grant me love!

Hail, Heart of my Master, teach
me!

Hail, Heart of my King, be my
crown!

Hail, Heart of my Benefactor,
enrich me!

Hail, Heart of my Shepherd,
guard me!

Hail, Heart of my Friend,
comfort me!

Hail, Heart of my Brother, stay
with me!

Hail, Heart of the Child Jesus,
draw me to Thyself!

Hail, Heart of Jesus dying on
the Cross, redeem me!

Hail, Heart of Jesus in all Thy
states, give Thyself to me!

Hail, Heart of incomparable
goodness, have mercy on me!

Hail, Heart of splendor, shine
within me!

Hail, most loving Heart,
inflame me!

Hail, most merciful Heart,
work within me!

Hail, most humble Heart,
dwell within me!

Hail, most patient Heart,
support me!

Hail, most faithful Heart, be
my reward!

Hail, most admirable and most
worthy Heart, bless me!

Hindu Prayer

Let us be united;

Let us speak in harmony;

Let our minds apprehend alike.

Common be our prayer;

Common be the end of our
assembly;

Common be our resolution;

Common be our deliberations.

Alike be our feelings;

Unified be our hearts;

Common be our intentions;

Perfect be our unity.

St. Melito of Sardis (Catholic)

Born as a Son,
led forth as a Lamb,
sacrificed as a Sheep,
buried as a Man,
He rose from the dead as a
God,
for He was by nature God and
man.

He is all things:
He judges, and so He is Law;
He teaches, and so He is
Wisdom;
He saves, and so He is Grace;
He begets, and so He is Father;
He is begotten, and so He is
Son;
He suffers, and so He is
Sacrifice;

He is buried, and so He is man;
He rises again, and so He is
God.

This is Jesus Christ,
to whom belongs glory for all
ages.

Tao Te Ching Prayer (Taoism)

He who stands on his tiptoes
does not stand firm; he who
stretches
his legs does not walk (easily).
(So), he who displays himself
does
not shine; he who asserts his
own views is not
distinguished; he who
vaunts himself does not find
his merit acknowledged; he
who is self-
conceited has no superiority
allowed to him. Such
conditions, viewed
from the standpoint of the Tao,
are like remnants of food, or a
tumour
on the body, which all dislike.

Hence those who pursue (the
course)
of the Tao do not adopt and
allow them.

St. Dionysius (Catholic)

God the Father, source of everything Divine, You are good surpassing everything good and just surpassing everything just. In You is tranquility, as well as peace and harmony. Heal our divisions and restore us to the unity of love, which is similar to Your Divine nature. Let the bond of love and the ties of divine affection make us one in the Spirit by your peace which renders everything peaceful. We ask this through the grace, mercy, and compassion of our only Son, our Lord Jesus Christ.

Thomas Kempis (Catholic)

Lord, You know what is best;
let this be done or that be done
as You please. Give what You
will, as much as You will,
when You will. Do with me as
You know best, as will most
please You, and will be for
Your greater honor. Place me
where You will and deal with
me freely in all things. I am in
Your hand; turn me about
whichever way You will.
Behold, I am Your servant,
ready to obey in all things. Not
for myself do I desire to live,
but for You - would that I
could do this worthily and
perfectly!



St. Cajetan (Catholic)

In Paradise there are many saints who never gave alms on earth: their poverty justified them. There are many saints who never mortified their bodies by fasting or wearing hair-shirts: their bodily infirmities excused them. There are many saints, too, who were not virgins: their vocation was otherwise.

But in Paradise there is no saint who was not humble.

God banished angels from heaven for their pride; therefore how can we pretend to enter therein if we do not keep ourselves in a state of humility?

To be humble is to be truthful before God, for what is humility but a recognition of ourselves as totally dependent on Him?

Saint Vincent de Paul said:
"The reason God is such a great lover of humility is that He is a great lover of truth. Humility is, in fact, truth, while pride is nothing but lying."

Emanuel Swedenborg Prayer (Christian)

The human mind is of three degrees, which are the celestial, spiritual, and natural. In the first degree is the soul, in the second, is the spirit or the mind, and in the third, is the body. It is the same thing, whether we say that a man's mind is of three degrees, or whether we say that the man himself is. For that of the body which is in principles thus where its first is, is called mind. The remaining parts are derived thence, and are continuations. What is the mind, if it is only to the head, except something that is

separated or divorced, in which the mind does not exist through continuation? Let autopsy settle this: The origins of the fibers are the glands of the so-called cortical substance; thence proceed the fibers; and after they are bundled together into nerves, they descend and pass through the whole body, weaving it together and constructing it. The celestial degree, in which is the soul, that is, the inmost man, is a semblance of love; the spiritual degree, in which is the mind, that is, the spirit, which is the mediate man, is a semblance of wisdom from love; and the third degree, in which is the

body, which is the ultimate man, is the containant of both; without this third degree, the two higher degrees would not subsist. These things can be further demonstrated from the three heavens, the celestial, spiritual, and natural-where such men are. Wherefore the angels of the higher heavens are invisible to the angels of the lower heavens, if the latter approach the former from their own heavens.

St. Teresa of Avila (Catholic)

I live, yet no true life I know,
And, living thus expectantly,
I die because I do not die.

Since this new death in life
Estranged from self my life has
been,

For now I live a life unseen:
The Lord has claimed me as
His own.

My heart I gave Him for His
throne,

Whereon He wrote indelibly:
"I die because I do not die."

Within this prison house
divine,
Prison of love whereby I live,

My God Himself to me doth
give,
And liberate this heart of mine,
And, as with love I yearn and
pine,
With God my prisoner I sigh:
"I die because I do not die."

How tedious is this life below,
This exile with its grief and
pains.
This dungeon and these cruel
chains
In which the soul is forced to
go!
Straining to leave this life of
woe,
With anguish sharp and deep I
cry:
"I die because I do not die."

How bitter our existence ere
We come at last the Lord to
meet!

For, though the soul finds
loving sweet,
The waiting time is hard to
bear.

Oh, from this leaden weight of
care,
My God relieve me speedily,
Who die because I do not die.

I only live because I know
That death and hope is all the
more secure
Since death and life together
go.
death, thou life-creator, lo!
I wait upon thee, come thou
nigh:

I die because I do not die.

Consider, life, love's potency
And cease to cause me grief
and pain.

Reflect, I beg, that, thee to gain,
I first must lose thee utterly.
Then, death, come pleasantly
to me.

Come softly: undismayed am I
Who die because I do not die.

That life, with life beyond
recall,
Is truly life for evermore:
Until this present life be over
We cannot savor life at all.
So, death, retreat not at my call,
For life through death I can
descry

Who die because I do not die.

O life, what service can I pay
Unto my God who lives in me
Save if I first abandon thee
That I may merit thee for aye?
Such yearning for my Spouse
have I,
Dying because I do not die.

Baha'u'llah (Baha'i)

O ye discerning ones of the people! Verily the words which have descended from the Heaven of the Will of God are the source of Unity and Harmony for the world. Close your eyes to racial differences. Welcome all with the light of oneness. Be the cause of the comfort and the advancement of humanity. This handful of dust, the world, is one home; let it be in unity. Forsake pride: it is a cause of discord. Follow that which leads to harmony.

**Mother Teresa: Missionaries
of Charity Prayer (Catholic)**

Dear Jesus, help us to spread
Your fragrance everywhere we
go.

Flood our souls with Your
spirit and life.

Penetrate and possess our
whole being so utterly that our
lives may only be a radiance of
Yours.

Shine through us, and be so in
us that every soul we come in
contact with

may feel Your presence in our
soul.

Let them look up and see no longer us, but only Jesus.

Stay with us and then we shall begin to shine as You shine,

so to shine as to be a light to others.

The light, O Jesus, will be all from You; none of it will be ours.

It will be You, shining on others through us.

Let us thus praise You in the way You love best -- by shining on those around us.

Let us preach You without
preaching; not by words but by
our example;

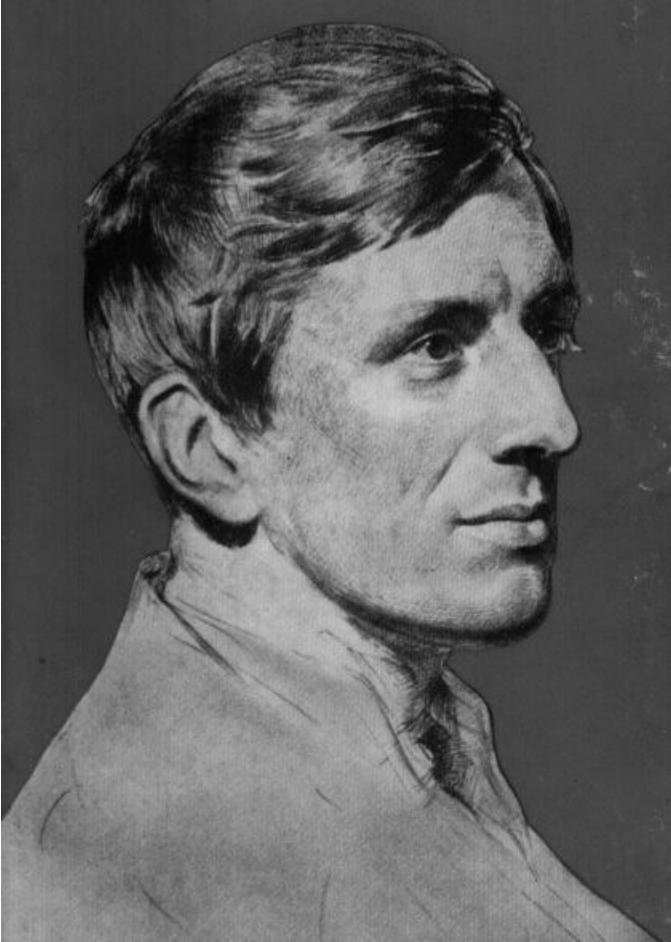
by the catching force, the
sympathetic influence of what
we do,

the evident fullness of the love
our hearts bear to You.

Amen.

Zen Prayer

All the evil karma ever
committed by me since of old,
On account of greed, anger,
and folly, which have no
beginning,
Born of my body, mouth, and
thought--
I now make full open
confession of it.



**Ven. John Henry Cardinal
Newman (Catholic)**

Take me away, and in the
lowest deep

There let me be,

And there in hope the lone
night-watches keep,

Told out for me.

There, motionless and happy in
my pain,

Lone, not forlorn--

There will I sing my sad
perpetual strain,

Until the morn.

There will I sing, and soothe
my stricken breast,

Which ne'er can cease

To throb, and pine, and
languish, till possess

Of its Sole Peace.

There will I sing my absent
Lord and Love:--
Take me away,
That sooner I may rise, and go
above,
And see Him in the truth of
everlasting day.

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