

Morning Prayer

1. Nam Myo Ho Renge Kyo (n)

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- **Buddhist Prayer**

[I bow to the enlightened souls]

2. Two minutes of silence.

3. Harih Aum.

Isha-vasyam idam sarvam yat kim ca
jagatyam jagat,

Tena tyaktena bhunjitha ma gridhah
kasyasvid dhanam. - Isa Upanishad

[(Know that) all this, whatever moves in this moving world, is
enveloped by God. Therefore find your enjoyment in renunciation; do not
covet what belongs to others.]

4. Pra'tah Smarami hridi sansphurad
atma tatvam,

Sat-chit-sukham paramahansagatim-
tureeyam,

Yat swapna-jagara-sushuptam

awaiti nityam,
Tat Brahma nishkalam aham na cha
bhoota sanghah.

[Early in the morning I call to mind that Being which is felt in the hearts, which is *sat* (the eternal) *chit* (knowledge) and *sukham* (bliss), which is the state reached by perfect men and which is the super-state. I am that immaculate Brahma which ever notes the states of dream, wakefulness and deep sleep, not this body, the compound made of the elements-earth, water, fire or heat, space, light and air.]

Pratar bhajami manaso vachasam
agamyam.
Vacho vibhanti nikhila yad anugrahena,
Yan "Neti Neti" vachanair nigama awochu:
Tam deva-devam ajam achyutam ahur
agyam.

In the early morning I worship Him who is beyond the reach of thought and speech, and yet by whose grace all speech is possible. I worship Him whom the Vedas describe as *neti, neti* (not this, not this). Him they, the sages, have called God of Gods, the unborn, the unfallen, the source of all.]

6.Pratar namami tamasah param arka
varnam,
Poornam sanatana -padam
purushottamakhyam;

Yasmin idam jagadasesam aseshamoortau,
Rajjawam bhujangam iva pratibhasitam vai.

[In the early morning I bow to Him who is beyond darkness, who is like the sun, who is perfect, ageless, called Purushottama, (the best among men) and in whom (through the veil of darkness) we fancy the whole universe as appearing even as (in darkness) we imagine a rope to be a snake.]

- The 4th, 5th and 6th are the prayers composed by,
Srimad Adi Shankaracharya.

7.Kara-charana-kritam wakkayajam
karmajam va

Sharwana nayanajam wa manasam
waparadham;

Vihitam avihitam wa sarvam etat
kshamaswa,

Jaya Jaya karunabdhe ! Shree Mahadeva;
Shambho. - An old Sanskrit Prayer

[Forgive, O merciful and blessed Mahadev, all those sins of mine, of commission or omission, mental or actual and whether done through the hands, or the feet, the speech, the ears or the eyes. Victory to you, ocean of compassion ! Shree Mahadeva, Shambho.]

8.Ahimsa, Satya, Asteya, Brahmacharya,
Asangraha.

Shareera Shrama, Aswada, Sarvatrabhaya-

varjana,
Sarwa-dharmi-samanatwa, Swadeshi,
Sparshabhavna.

Vinamra Vrat Nishtha Se Ye Ekadash
Sevya Hain

- **Eleven Vows**

-
[Non-violence, Truth, Non-stealing, Brahmacharya [celibacy],
Nonpossession,
Bread Labour, Control of the Palate, Fearlessness on all
occassions, Equal respect for all religions. Swadeshi, (the law of
neighbourhood). Refusal to treat anybody as untouchable. These eleven
vows should be observed in a spirit of humility.]

9.Sabba papassa Akaranam

Kusalassa Upasampada

Sachitha pariyo dapanam

Etam buddhanusasanam — **Dhammapada**

[The eschewing of all evil, the perfecting of good deeds, the purifying
of one's mind, these are the teachings of the Buddhas. (the awakened)]

10.Namo arihantanam

Namo siddhanam

Namo ayariyanam

Namo uvajjhayanam

Namo loye savva sahoonam

Aiso panch namukkaro, Savva pava
pannasano Manglanamcha savvesim
padhamam hawai manglam.

- Jain prayer

[Bow to the Arihants bow to the perfect; bow to the teacher; bow to the preacher and bow to all the saints in the world. These five blessings will deliver you from all the sins, do good unto you and all will be well.]

11.Om Tatsat Shri Narayan Tu, Purushottam Guru Tu
Siddha Buddha Tu, Skand Vinayak, Savita Pavak Tu
Bramha Majda Tu, Yavha Shakti Tu, Ishu pita prabhu Tu
Rudra Vishnu Tu, Ramkrushana Tu, Rahim Tao Tu
Vasudev Go, Vishwa Roop Tu, Chidanand Hari Tu
Advitiya Tu, Akal Nirbhay, Atmalinga Shiv Tu

12.Our father! who art in heaven, hallowed
be thy name, thy kingdom come; Thy will
be done on earth as it is in Heaven. Give
us this day our daily bread and forgive us
our trespasses as we forgive them who
trespass against us. And lead us not into
temptation but deliver us from evil, for thine
is the kingdom, the power and glory for

ever and ever.

Aameen

- Holy Bible

13.Ek Onkaar, Sat Naamu
Kartaa Purukhu, Nirbhau
Nirvairu, Akaal Murati
Ajunee Saibham
Guru Prasaadi, Jap, Aadi Sachu
Jugaadi Sachu, Hai Bhi Sachu
Nanak Ho See Bhi Sachu

[Be with the holy blessing of the holy teacher, who is called the Truth and who is Always all pervading and who is the creator of the whole universe; one who is able and omnipotent, one who is neither fearful nor hateful; one whose existence is beyond the reach of death.]

- Sikh Prayer

14.Khara to ekchi dharma
Jagala prem arpave II
Jagi je heen ati patit
Jagi je deen padadalit
Taya jaun uthavave
Jagala prem arpave II
Ase he sar dharmache
Ase he sar satyache

Parartha pranahi dyave Jagala prem arpave II - Sane Guruji

[In fact, there is only one religion (*dharma*) in the world that is to offer one's love to the entire world. Those who are looked upon as low and unworthy, who are regarded as fallen, who are rejected and dispossessed, to them we should go; and lift them up. We should offer our love to them and the entire world. This is the essence of all religion (*dharma*). This is the essence of Truth. Give up even your life for the welfare of others. Offer your love to all.]

Evening Prayer

1. Nam Myo Ho Renge Kyo (n)

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- Buddhist Prayer

[I bow to the enlightened souls.]

2. Two minutes of silence.

3. Yam Brahma-Varunendra-rudra-marutha

Stunwanti divyai stawair,

Vedaih Sanga-pada-kramopanishadair

Gayanti yam samagah,

Dhyana washite tedgaten manasa

Pashyanti yam yogino,

Yasyantam na viduh sura surgana

Dewaya tasmai namah.

[Whom Brahma, Varuna, Indra and Marutha praise through divine hymns, of whom the Vedic singers sing in the Vedas consistently of different aspects, steps, systems and the *Upanishads*, who, the *Yogis* see in their meditations with minds fixed on him; whom the *Devas* and *Asuras* do not comprehend, to that divinity I bow in prostration.]

- Srimad Maha Bhagawata

4. Shri Bhagwat Gita Chapter 2 Stanza 54 to 72

Arjuna Uvaca :
Sthitaprajnasya ka bhasa
Samadhisthasya Kesava
Sthitadhih kim prabhaseta
Kim asita vrajeta kim (54)

[Arjuna said : What is the description of the man who has this firmly founded wisdom, whose being is steadfast in spirit, *O Kesava (Krisna)* how should the man of settled intelligence speak, how should he sit, how should he walk ?]

Shri Bhagwan Uvaca :
Prajahati yada kaman
Sarvan partha manogatan
Atmany eva tmana tushtah
sthitaprajnas tado cyate (55)

[The Blessed Lord said : When a man puts away all the desires of his mind, *O Partha (Arjuna)*, and when his spirit is content in itself, then is he called stable in intelligence.]

Duhkhesv anudvignamanah
Sukhesu vigatasprah,
Vitaragabhayakrodhah,
Sthitadhir munir ucyate (56)

[He, whose mind is untroubled in the midst of sorrows and is free from eager desire amid pleasures, he from whom passion, fear, and rage have passed away he is called a sage of settled intelligence.]

Yah sarvatra nabhisnehas
Tat-tat prapya shubhashubham
Na bhinandati na dvesti tasya
prajnya pratisthita (75)

[He who is without affection on any side,
who does not rejoice or loathe as he obtains good or evil, his
intelligence is firmly set (in wisdom).]

Yada samharate ca yam
Kurmo ngani va sarvashah
Indriyanindriyarthebhyas
Tasya prajnya pratistha (58)

[He who draws away the senses from the objects of sense on every side as a tortoise draws in his limbs (into the shell), his intelligence is firmly set (in wisdom).]

Visaya vinivartante
Niraharsya dehinah
Rasavarjam raso py-asya
Param drishtva nivartate (59)

[The objects of sense turn away from the embodied soul who abstains from feeding on them but the taste for them remains. Even the tastes turns away when the Supreme is seen.]

Yatato hy api kaunteya
Purusasya vipascitah,
Indriyani pramathini
Haranti prasbham manah (60)

[Even though a man may ever strive (for perfection) and be ever so discerning, O son of *Kunti* (*Arjuna*), his impetuous senses will carry off his mind by force.]

Tani sarvani samyamyā
Yukta asita matparah,
Vase hi yasyendriyani
Tasya prajna pratisthita (61)

[Having brought all (the senses) under control, he should remain firm in yoga intent on Me; for he, whose senses are under control, his intelligence is firmly set.]

Dhyayato visyan punsah
Sangas tesu pajayate,
Sangat samjayate kamah
Kamat, krodho bhijayate (62)

[When a man dwells in his mind on the objects of senses,
attachment to them is produced. From attachment springs desire
and from desire comes anger.]

Krodhad bhavati sammohah
Sammohat smrtivibhramah,
Smiritibhranshad buddhinaso
Buddhinasat pranaseati (63)

[From anger arises bewilderment, from bewilderment loss of memory; and
from loss of memory, the destruction of intelligence and from the destruction of
intelligence he perishes.]

Ragadvesa viyuktas tu
Visayan indriyais caran,
Atmavasyair vidheyatma,
Prasadam adhigacchati (64)

[But a man of disciplined mind, who moves among the objects of
senses, with the senses under control and free from attachment and
aversion, he attains purity of spirit.]

Prasade sarvadukhanam
Hanir asyo pajayate,
Prasannacetaso hy asu
Buddhih paryavatisthate (65)

[And in that purity of spirit, then is produced for him an end of all sorrow; the intelligence of such a man of pure spirit is soon established (in the peace of the self).]

Nasti buddhir ayuktasya
Na cayukiasya bhavana,
Na cabhavayatah santir
Asantasya kutah sukham (66)

[For the uncontrolled, there is no intelligence; nor for the uncontrolled is there the power of concentration and for him without concentration, there is no peace and for the unpeaceful, how can there be happiness ?]

Indriyanam hi caratam
Yan manonividhiyate,
Tad asya harati prajnam
Vayur navam ivambhasi (67)

[When the mind runs after the roving senses, it carries away the understanding, even as a wind carries away a ship on the waters.]

Tasmad yasya mahabaho
Nigrhitani sarvasah,
Indriyanindriyarthebhyas
Tasya prajna pratisthita (68)

[Therefore, O Mighty - armed (*Arjuna*), he whose senses are all withdrawn from their objects his intelligence is firmly set.]

Ya nisa sarvabhutanam
Tasyam jagarti samyami,
Yasyam jagrati bhutani
Sa nisa pasyato muneh (69)

[What is night for all beings is the time of waking for the disciplined soul; and what is the time of waking for all beings is night for the sage who sees (or the sage of vision).]

Apuryamanam acalaprathistham
Samudram apah pravrisanti yadvat,
Tadvat kama yam pravrisanti sarve
Sa shantim apnoti na kamakami (70)

[He unto whom all desires enter as waters into the sea, which, though ever being filled is ever motionless, attains to peace and not he who bugs his desires.]

Vihaya kaman yah sarvan
Pumans carati nihsprhah,
Nirmamo nirahamkarah,
Sa santim adhigacchati (71)

[He who abandons all desires and acts free from longing, without any sense of mineness or egotism, he attains to peace.]

Esha brahmi sthithi partha
Nainam prapya vimuhyati
Sthitvasyam antakalepi
Brahmanirvanam rcchati (72)

[This is the divine state (*brahmisthiti*) O Partha (*Arjuna*), having attained thereto, one is (not again) bewildered; fixed in that state at the end (at the hour of death) one can attain to the bliss of God (*brahmanirvana*).]

5. Ahimsa, Satya, Asteya, Brahmacharya,
Asangraha.
Shareera Shrama, Aswada, Sarvatrabhaya-
varjana,
Sarwa-dharmi-samanatwa, Swadeshi,
Sparshabhavna.
Vinamra Vrat Nishtha Se Ye Ekadash

Sevya Hain

- Eleven Vows

[Non-violence, Truth, Non-stealing, Brahmacharya [celibacy], Nonpossession, Bread Labour, Control of the Palate, Fearlessness on all occasions, Equal respect for all religions. Swadeshi, (the law of neighbourhood). Refusal to treat anybody as untouchable. These eleven vows should be observed in a spirit of humility.]

6.Sabba papassa Akaranam
Kusalassa Upasampada
Sachitha pariyo dapanam
Etam buddhanusasanam

- Dhammapada

[The eschewing of all evil, the perfecting of good deeds, the purifying of one's mind, these are the teachings of the Buddhas (the awakened)]

7.Namo arihantanam
Namo siddhanam
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Namo loye savva sahoonam
Aiso panch namukkaro, Savva pava
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- Jain prayer

[Bow to the Arihants bow to the perfect; bow to the teacher; bow to the preacher and bow to all the saints in the world. These five blessings will deliver you from all the sins, do good unto you and all will be well.]

8.

Lord, make us an instrument of your peace
Where there is hate, let us put love,
Where there is discord, let us put union,
Where there is offence, let us put pardon,
Where there is despair, let us put hope,
Where there is doubt, let us put faith,
Where there is darkness, let us put light,
Where there is sorrow, let us put joy.

- Amen St. Francis of Assisi

9. Ek Onkaar, Sat Naamu
Kartaa Purukhu, Nirbhau
Nirvairu, Akaal Murati
Ajunee Saibham

Guru Prasaadi, Jap, Aadi Sachu
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- **Sikh Prayer**

10. Aju billahi minash shitwanir rajim,
Bismillahir rahamanir raheem,
Ulhamdu lilahi rabbil alameen,
Urraharna nir rahim maliki youmid din,
Eeyak na abudo va eeyak nasteeen,
Ehdinas siratal mustakima,
Siratal lajeen anamta alaihim,
Gairil mag-doobi alaihim valadduaaleen;
Aameen.

Bismillahir rahamanir reheem
Kulahuvalahu ahad allahussamad
Lam yalid valam yoolad lam yakullhu
kufawan ahad

- **Holy Koran**

[I surrender myself to the God to save me from all evil-forces. I start my day with the name of God,who blesses us with all His kindness. He deserves all kinds of praises. He is the one who is the feeder and the protector of all the universe. He is very kind. He is the chief justice for the last day of judgement. (He is the only one who gives rewards for good work and punishes for sins) *O Allah !* we devote our prayers to You to seek your help. Kindly lead us on the right path - the path on which your blessed ones walked; not that path on which they walked who were cursed by You and not that of those who have forgotten your path.]

END

Aum saha navavatu,
Saha nau bhunaktu,
Saha viryam karavavahai,
Tejasvinavadhitam astu
Ma vidvisavahai,
Aum santih, santih, santih

- **Taittiriya Upanishad**

[May He protect us both. May He be pleased with us both. May we work together with vigour; may our study make us illumined. May there be no dislike between us *Aum*, peace peace, peace.]

Hymn

Vaishnawa jana to tene kahiye je peeda para'ee ja'nere,
Pardukkhe upaka'r kare toyee man abhima'n na a'ne re
Sakala lokama'sahune wande ninda' na kare keni re,
Wa'cha ka'cha mana nishchal ra'khe dhandhan janani tenire (1)
Sama drushteene trishna' tya'gi parastri jene maat re,

Jiwha thaki asatya na bole para dhana nawa za'le ha'tha re (2)

Moha ma'ya' vya'pe nahi jene dridha vaira'gya jena, manma re,

Ra'ma-na'ma sum ta'li la'gi sakal tirath tena' tanama' re (3)

Wana lobheena kapat rahit chhe ka'ma krodha niwa'rya're

Bhane narasaiyyo tenu darshana karta' kula ekottera ta'ryya' re (4)

[He is a vaishnav (God's devotee) who identifies himself with other's sorrows and so doing has no pride about himself.

Such one respects everyone and speaks ill of none. He controls his speech, and his passions. May his mother be blessed.

He is equidistance towards all, has no desires, regards another's wife as own mother, always speaks the truth and does not touch other people's property.

He who is not overtaken by desires and greed; whose mind is firm in non-attachment; he is intent on *Rama-nama* (God's name); his body is the sacred shrine and pilgrimage.

He is no miser, and he is free from deceit and he has conquered passions and anger. Narasi Mehta says his presence purifies forefathers also.]

Raghupati raghawa rajaram, patit pawana seetaram;

Eeshwara allah terenam, sabko sanmati de bhagawan.