



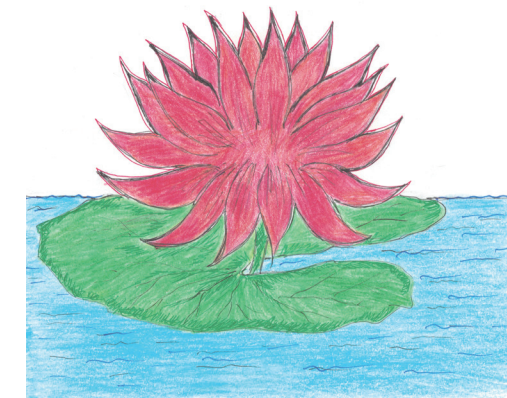
## At Your Divine Lotus Feet, Dearest Lord, I Earnestly Pray!

You are the Almighty Sat Purusha, Omnipotent, Omniscient and Omnipresent!  
 After countless lives, You have blessed me with human birth!  
 Please make me worthy to be Your true and sincere devotee (sādhaka साधक), now and forever!  
 Please be my constant Companion and Guide (Sanātana Sārathi सनातन सारथी) throughout this human sojourn!

O' Divine Mother and Father, grant that I may live this life  
 With You always in my heart and my mind, and earn Your Most Compassionate and Bountiful Grace (Guru Kripā गुरु कृपा)!  
 O' Pure and Formless One, Subtle Source of All (Alakh Niranjana अलख निरंजन)  
 Please nurture the seeds of these noble spiritual qualities (sātvic sadguno सात्विक सदगुणो) in me ...

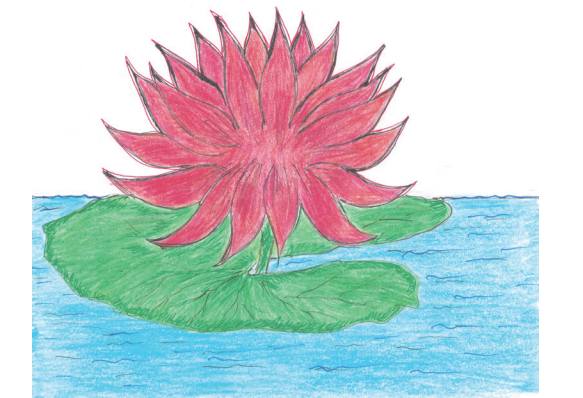
- ... the faith (shraddhā श्रद्धा) to accept You as God and SatGuru.
- ... the motivation (sharanāgati शरणगति) to serve You with every fiber of my being.
- ... the inspiration (prerana प्रेरणा) to search for You deeply within.
- ... the experience (darshan दर्शन) that You (Paramātmā परमात्मा) and I (Ātmā आत्मा) are One.
- ... the intellect (buddhi बुद्धि) to study and understand Your message.
- ... the determination (shakti शक्ति) to emulate Your teachings and example.
- ... the awareness (divyadhristi दिव्यदृष्टि) to feel Your presence at all times and at all places.
- ... the knowledge (gnāna ज्ञान) that You are the Creator and You alone are the Doer.
- ... the humility (namratā नम्रता) to surrender the fruits of all actions unto You.
- ... the recognition (tatva तत्त्व) that You are Divine Love, that You do not cause suffering upon Your children.
- ... the acceptance (svikāraana स्वीकार) that whatever happens to me – good or bad – is the effect of my own karma.
- ... the zeal (vairāgya वैराग्य, tāpas तापस) to strive tirelessly to transcend illusory and transient qualities of this world (māya माया).
- ... the commitment (dhāraana धारणा) to steadfastly purify my mind, speech and actions.
- ... the devotion (parābhakti पराभक्ति) to worship You (japa जप, prārthanā प्रार्थना, shravana श्रवण) and sing Your glories (bhajan भजन, kirtan कीर्तन).
- ... the discipline (ekāgratā ऐकाग्रता) to practice meditation (dhyāna ध्यान, Sahaja Yoga सहज योग – natural union with God).
- ... the strength (abhayam अभयम्) to develop a good character, fragrant with the sacred virtues of...
  - ... love and respect for all (prema प्रेम), truthfulness (satya सत्य), righteous conduct (satkarma सत्कर्म, dharma धर्म)
  - ... peace (shānti शांति), non-violence (ahimsā अहिंसा), forbearance and forgiveness (kshamā क्षमा)
  - ... selfless service (nisvārth sevā निस्वार्थ सेवा), generosity (udāratā उदारता, dāna दान), and kindness and compassion (dinbandhu दीनबंधु, karunā करुणा).
- ... the tenacity (samskriti संस्कृति) to break free from limiting body conscious beliefs and rise above wrongful desires, anger, greed, delusion, ego, fear and jealousy (kāma काम, krodha क्रोध, lobha लोभ, moha मोह, ahankāra अहंकार, bhaya भय and matsarya मत्सर्य).
- ... the sensitivity (dayā दया) to feel the pain of all living beings.
- ... the courage (dhairya धैर्य) to abstain from violence in thought, word and deed, and to practice vegetarianism.
- ... the wisdom (brahma-gnāna ब्रह्मज्ञान) to respect my body as a temple of my soul (Ātmā आत्मा), and keep it clean and pure (deha-shuddhi देहशुद्धि).
- ... the resolve (sankalpa shakti संकल्प शक्ति) to abstain from alcohol, tobacco, drugs and other substances harmful to me, my family and society.
- ... the temperament (viveka विवेक) to partake in satsangs of saints and sages, and keep the company of spiritual seekers.
- ... the conviction (sādhana साधना) to live a spiritual life without any regrets in old age, illness or disability.
- ... the equanimity (samadhristi समदृष्टि) to see God in every human being, regardless of caste, creed, religion or other differences.
- ... the patience (dhruti धृति), perseverance (sthita स्थित) and purity (svabhāva-pachi-tratā स्वभावपचीत्रता) to return this rare gift of the five elements that compose my body to You, in the same pure state I have received it from You.

From You I have come, to You I must return!



O'Infinite Ocean of Love, Wisdom and Compassion,  
 Please Light the Lamp of Divine Love in My Heart

And



Bless Me with the Realization of My True Self –  
 That I am Truth, Peace and Supreme Bliss (Sat-Chit-Ānanda सच्चित्आनंद)!