DIVINE GRACE

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प्रासादिक

હિલીમાં હતા એક મહેમુરૂજ!  
ાલિયા નિંદ્રંદીન!  

tений પસં કેટલે એક અલ્યાગત રોજ આવતો, "મારી મેરી નિંદ્રંદી હૈ! માલા મહે કરો!" એ બંધગી મહિંનાઓ સુધી છોડ. 

પાસું માલા તે વળી શું આપે? એક ક્ષેત્ર! એક તીર્થ અલ્યાગત પરખાત્મક; માલાના પગ પકડીને તેમના સમજાવવા ફળા.  

ющую માલાને તેના ક્ષેત્ર આપું? શું આપે? માલા પસં કોઈ તે જ આપી શકેલ? તેમની પસં તેમની કહેવાથી તે 

સમજતી કહી, તેમના પોતાના કટ્ટલા પગરાજના! અલ્યાગત પગરાજના બીઠા તો 

પસં પાણું કિંવા દુઃખી બચ્ચને કરે પાણું? રાજ્ય પણ ભરી...એં પણ નહી. એ પારનાઓ ભાષાના શાળિયહા વીટી પોતાને આપને રાતે પરાધો. 

રાતે આવતા બાદા. અફતમે શાળિયહા વાંચાતા પારનાઓનું ઓશકી કરીને સુંદ્રત.

યાં બનય્યુ એવું કે તે જંગલની વ એક વરસાદ નીકળી. વેપારી સોડાગાર; હીટો પોકો. ચાણિયા સીંટ. પોડમાં કતા 

ધીરા ને માલેક, મોટી ને નિલામ, 

જા-જાવેત પસ્તે તેને શહેં "સોડો! મને મારા મેલાની ઉપસ્થિતિની અનુમતી ધરી રહી 

છ." પગારાનાઓને ગંધપગાં તેનો વાતમાં શોધી કહીલ.

પેલો તાવા કહે "મહિંનાઓ વિલબા આશ્ચર્ય કરતા; તેયાર આ જૂતીઓ મળી...મને કયા કરયું? તમે ચારીયે? તો 

લેલો!" સોડાગારે સમાન પૂર્ણ તે પગરાજના ધ્યાનમાં આવતા તેને આંખોને અધારાપથી; મોટાએ સુંદર, પાણી કહ્યું "આલો!
ગીલા માત કરો. તૂભાડો માલાસે મદદ ખાટે હો ના? તુમારી નેતિકા નિકાય કરોગે, વહ નેતિ માલાકી હે, આગો....”

અને પેઢા આવીને આનીની બીટોની પોષની વોયો અના કામા સોની દીધી.

કધે સહાયગર પાટાંકાયોને બચેને પ્રેમપૂર્વક માલા કરત નિખાદીની સાહેબને વિલાયા. જુદાર કરી. પાટાંકાયો તેમનાં મેમા વસ્તુઓ પકડવારી. તેથી માલાપુરુષું, “સોટા કિતને મિયા?” સહાયગર કહ્યું, “માલા! બહુ કુલ તો નહી થા સુખ્ય વાલીઓ હિંદી વે... કુલ કીમતી પલચારોને બદર, બાર ઈંતમારી થે પાયા...” અને કરત સાહેબ બોલ્યા “વંધે! તન થી સહા સાથે મે કી પણ હૈ!!!”

અખે આપના તો ગુરુચપા અમૃતનું કપણું માણું છે. અમૃતધાય! તેમના સક્રિય બળે તેમની આજવાળી “વિયા કૃપા”!

અરા એક સાથ પૂર્વ શ્રી ગુરુ લગભગ શ્રીમત્સ્વામી વિશ્વનાનદે મહારાજ સખત લગ્ને વસ્તુઓ અને પરિસ્થિતિ વચ્ચે વસ્તુઓ અને સાહેબને અભિનંદન કરતૂં. તેમાંથી માટ એક જ વસ્તુ વિનંદત સ્વાહિયા કામે માણે ગિતું.

“કધ” ના વસ્તુઓ સિમાર કુલ કરું. આ જન ની કરી કારણ લાઈઝ. આજ તેને મુક્તિ કરીને “વિયા કૃપા” ના વસ્તુઓ આપ સીમા સાહના સનાખી અર સિદ્ધાન્થક થવા તયાં પ્રદૂષ્ટ કરવાની કથા હે.

ાહારચી ટે. માધવચારી જે. પ્યાક્લુ સહેબના આપણે સી. આખારી રહીશું જે તોભીશ્ચી જેમત કરીને આ સામૂ કૃપા દર્શને અખારાં દેખાવયું છે. મુકર કરતા પ્રકૃતિ મેં દાખલ્યું સોનો આખાર. પાકિ માટ વાંચ્યા જ નહી; વિચારે, પાકિ તે પ્રમાણે એટ એક કદમ આગળ યાશ અને વિયા જન પાયા, લાંબી સાધન બદર “વિયા કૃપા”! દિર: વી.

- વિયા જયન સંભ
Om

Foreword

Once upon a time there lived a great saint in Delhi. His name was Hazrat Nizamuddin Saheb.

A poor man came to him everyday and pleaded “Please help me, O master, my daughter is getting married.” But what could the saint give? He did not have anything of his own. But one day the poor man’s words moved him. He wished to help the poor man. He gave away his old torn out shoes to the poor man as this was all that the Saint had with him.

The poor man took the gift of shoes reluctantly and went away. While he was on his way he saw a caravan passing by. As the caravan passed by the poor man, the owner of the caravan got off his camel. Looking around he started searching for something. Finally he saw the poor man with shoes in his hands. Guided by the holy smell of the shoes, he rushed to the poor man. The poor man was surprised. He thought the trader was crazy. “Take away these shoes if you like” he said. The trader was overwhelmed. He offered his caravan of fourty camels loaded with precious stones in exchange of the shoes!!

The poor man was amazed. He thought his daughter now can be married off lavishly.
The trader came to saint Hazrat Nizamuddin Saheb with the old shoes in his hands. Seeing him the saint inquired “How much did you pay to settle the deal?”. The trader said “Not much, I had only forty camels loaded with precious stones to offer”. “Not a bad deal indeed” said Maulla.

How fortunate we are that we have received the stream of “Gurukrupa” in the form of his writings! About 14 years back Sadgurudev Sri Swami Chidanandaji Maharaj had handed over this hand written script to Sri Swami Adhyatmanandaji. Late Sri Swadiaji of Baroda had printed a few lines from the above script as a card. We are glad that this valuable treasure is now being printed as “Divyakrupa”. We are thankful to Dr. Mafatbhai Patani Saheb for preparing the manuscript; Printers Hari Om Printery also deserve appreciation for this work.

We hope the readers will not only glance upon this holy sermon, but will also meditate on the hidden treasure for the beautitude of the SELF!. May this stream of knowledge quench the thirst of spiritual seekers and bring a new hope of life divine to each one of them.

— Divya Jivan Sangh
He is a true Bhakta or devotee of the Lord who has love for all God’s creatures, big or small and lives to serve them all.

- Swami Chidananda
Truthfulness, Purity of conduct and Character and harmlessness and compassion for all forms of life – these constitute the gateway to higher life and spiritual blessedness.

Om

Truthfulness, Purity of conduct and Character and harmlessness and compassion for all forms of life – these constitute the gateway to higher life and spiritual blessedness.

- Chidananda

ॐ

सत्यपरायणता, वर्तन अने शारिरिक पवित्रता अने ज्ञानां बांधू रसूपे तर निरूपणता अने हया – आ बाढी उत्तर ज्ञान अने आधामिक पवित्रता माणाचा प्रेषेन्दार रे हे.

- शिदांद
The Divine Life ideal taught by worshipful Gurudev Sri Swami Sivanandaji is the only way to free yourself from the miseries created by modern materialism.

Om

The Divine Life ideal taught by worshipful Gurudev Sri Swami Sivanandaji is the only way to face yourself from the miseries created by modern materialism.

- Swami Chidananda

पूजय गुरुदेव श्री स्वामी शिवानंदजी शिवेलो हिस्स ज्वलना आर्य ज आधुनिक जेवाटे सर्जेतां 
हुणोभांवी तमारी जतने सुक्त जरवाने अधिमान मार्ग छे.

- स्वामी चिदानंद
The Essence of Spiritual Life and Sadhana is to shine with sublime Virtue, to ever be in constant remembrance of God and do all actions worshipfully and offer them to God.

Om

The Essence of Spiritual Life and Sadhana is to shine with sublime Virtue, to ever be in constant remembrance of God and do all actions worshipfully and offer them to God.

- Swami Chidananda

Om

आध्यात्मिक ज्ञान अने साधनाने सारे हे — उदात पवित्रताभी दीपी गिर्या, ईश्वरना सतत समर्थं रखेव अने अधी ज प्रवृत्तिने ईश्वर तरखा पूजणावती करू तेमने तेंतू सर्वप्रसंग करु.

- स्वामी चिदानंद
If you really and truly want to attain God, then treat everyone with reverence and regard all things in this world as worthless and zero in value. Desire nothing and set your entire being on God. Thus.

Om

If you really and truly want to attain God, then treat everyone with reverence and regard all things in this world as worthless and zero in value. Desire nothing and set your entire being on God. Thus.

- Swami Chidananda

ॐ

जे तमारे भरेर अने सम्पूर्णी ईश्वरने प्राप्त करवा घोष तो हरेकणी साथे आदर्भाव रापो अने आ हुजुरियानी भदी वस्तुनुमे नकामी अने शूल्म मूत्यानी गापो. किशानी आकांक्षा न रापो अने तमारी समग्र जतने ईश्वरने सोपी दो. तो ज.

- स्वामी चिदांनंद
The heart of Yoga and Vedanta is to be found in these four – Selfless Service, Devout Worship, Daily Meditation and constant discrimination & Atma Chintan!

Om

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- Swami Chidananda

ॐ

योग अने वेदांतने आत्मा आ घार – निष्ठाम सेवा, भाविक उपासना, नित्यं ध्यान अने सत्तात विवेक अने आत्मचिंतन – मां रखायो छे.

- स्वामी चिदानंद
Life itself is the great Sadhana of all Sadhanas. Understand life and live it with this “bhav”. Spiritualise all your activity and convert them into Yoga. This is the secret of Success in spiritual life.

- Swami Chidananda

अँ  
ज्ञान पोटे ज बधी साधनाओळी महान साधना छे. ज्ञानने समजे अने आ ‘‘भाव’ साथे ज्ञो. तामारी बधी ज प्रवृतिहों आधात्मिकरण करो अने तेमने योग साथे ज्ञो. आ आधात्मिक ज्ञानमां सक्रियता मेजनवा मातेनुसा रखस्थ छे.

- स्वामी शिदांत
Beloved Friend, you have not come here to weep and wail and die. Sorrow is not your Goal. Your divine destiny is to rise up from bondage and ascend into Bliss, Peace and Divine Perfection!

Om

Beloved friend, you have not come here to weep and wail and die. Sorrow is not your Goal. Your divine destiny is to rise up from bondage and ascend into Bliss, Peace and Divine Perfection!

- Swami Chidananda
Beloved Sadhak, thou art radiant spirit, Immortal Atman! Be bold and fearless. Thou art the Child of God therefore be divine. Rejoice in this wonderful Truth. Let your life be divine.

Om

Beloved Sadhak, thou art radiant spirit, Immortal Atman! be bold and fearless. Thou are the Child of God, therefore be divine. Rejoice in this wonderful Truth. Let your life be divine.

- Swami Chidananda

ॐ

प्रिये साधक, तू राजस्व ज्योति आप्ने आत्मा है! बलाजी अपने हीरे बन; तू ईश्वरुं भाजके हे माने हित्वा बन. आ अद्वैत सत्य माने आंदोल नाम. ताहुं ज्वन हित्वा बनो।

- स्वामी चिदांनanda
Moral rectitude & Ethical Character constitute the basis of religion & Spiritual life. Without this foundation Yoga & Sadhana will be futile. Attain this first.

Om

Mortal rectitude & Ethical Character constitute the basis of religion & spiritual life. Without this foundation Yoga & Sadhana will be futile. Attain this first.

- Chidananda

ॐ

प्रभाकरक्ता अने नैतिक व्यवहार, धर्म अने आध्यात्मिक ज्ञानने पायो नाहे छ. आ दाया वगऱे यो अने साधना व्यय बनरे. भां तथम तेन्हे प्राप्त करो.

- चिदांनंद
It is unwise & foolish to expect happiness through temporary & perishable objects of this world. They are all finite and imperfect. Real happiness can be found in God alone, the all-full.

- Swami Chidananda

आ दुनियानी असाध्यत अने बलबंधु सत्तुओमांथी सुभानी आशा राजबी आज उदासन वगरनु अने भुवनाई भरेलुं छे. ते बैशी ज सिमित अने अपूर्ण छे. साचुं सुभ खक परिपूर्ण एवा ईश्रमांथी ज मणि रुके.

- स्वामी चिदांत
Be noble and magnanimous in your approach to life. Do not think, “What can I get from life? What can the world offer to me? Never harbour this idea. Think always, “What can I give?”

Om

Be noble and magnanimous in your approach to life. Do not think, “What can I get from life? What can the world offer to me? Never harbour this idea. Think always, “What can I give?”

- Swami Chidananda
There is nothing impossible for you; all things are possible if only you have the deep earnestness, genuine sincerity and keen enthusiasm for attaining any goal you set for yourself. What your heart really longs for, that you get.

Om

There is nothing impossible for you; all things are possible if only you have the deep earnestness, genuine sincerity and keen enthusiasm for attaining any goal you set for yourself. What your heart really longs for, that you get.

- Swami Chidananda

तमारे चारे कई पक्ष अशक्य नथी. कोईपणा लक्ष्याने आपत करवा माणे की तमारे गंभीर मनोवाच, असर नेही अने तीव्र उल्लास करू तो अघु ज शक्य छ. तमारा अंतःकरणाने के परेपर जोडिले छे ते तयाने मनात.

- स्वामी चिदानंद
The second stage of life, the "Gruhastha-ashrama" is a sacred state. It is a spiritual partnership between two individual souls. The wife and the husband should be mutual helpers to each other in the sublime task of evolving an Ideal Life, fulfilling Dharma and seeking God.

Om

The second stage of life, the "Gruhastha-ashrama" is a sacred state. It is a spiritual partnership between two individual souls. The wife and the husband should be mutual helpers to each other in the sublime task of evolving an Ideal Life, fulfilling Dharma and seeking God.

- Swami Chidananda
O my beloved friend! Remember DEATH daily and fail not to fulfill your duties in life. Do not postpone your spiritual life and your Sadhana. Remember the Saints and draw inspiration from their Ideal Lives.

Swami Chidananda

Om

O my beloved friend! Remember 'DEATH' daily and fail not to fulfill your duties in life. Do not postpone your spiritual life and your Sadhana. Remember the Saints and draw inspiration from their Ideal Lives.

- Swami Chidananda

हे मारा पडाला भित्र! मृत्युनु हरेश स्मरण कर अने तारा ज्ञननी वर्जन भजनवामां पाहो पद्मश
नाथ. तारा आध्यात्मिक ज्ञनने अने साधनाने मुलतवी राणी नही. संतों स्मरण कर अने तेमां आदर्श ज्ञनमांथी प्रेमाश मेंव.

- स्वामी चिदानंद
Dear Brother, to whatever religion you belong, read the scripture of your religion. Study your holy books with an unbiased and open heart. Note the universal truths you find therein. No person can be true to his or her religion unless you study your scripture.

- Swami Chidananda

चाहे वहाँ भार, तम्हें कोई धर्म पाता हो, तमारा धर्मना पवित्र पारिपत्रिक अंधोनो पूर्वजक वागर पुल्ला हर्षवधी अभ्यास करो. तेमां मणी आपत्त वैशिक सत्योनी नोंच करो. कोई पण व्यक्ति तेना धर्मानो अभ्यास न करे त्यां सूक्ती पोताना धर्म प्रते निष्कासन बनी शके नहि.

- स्वामि चिदानन्द
There is ONLY ONE GOD, only one Universal spirit, one supreme Cosmic Being. Call him by any name you know—Brahman, Tao, Ahura Mazda, Yahveh, Father in Heaven, Allah, Ek Omkar or Bhagwan, but all the same HE IS ONE ONLY. And in Him we are all one!

Om

There is ONLY OF ONE GOD, only one Universal spirit, one supreme Cosmic Being. Call him by any name you know—Brahman, Tao, Ahura Mazda, Yahveh, Father in Heaven, Allah, Ek Omkar or Bhagwan, but all the same. He is ONE ONLY. And in him we are all one!

- Swami Chidananda

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एक बहुत छे। एक ज वैचिक आत्मा छे। एक ज परम प्रभु छे। तमे तेने गमे ते नामे—प्रभु, दाता, अहुरमाउड, पाथु, स्वर्गना पिता, अल्लाह, एक ओमकार के भगवान—बोलायो पल्ला भागमा ते एक ज छे अने तेनामा आपले भाग पल्ला एक छोगे。

- स्वामी चिदांनanda
Beloved Friend, if you really and truly believe that GOD exists and He is an Omniscient Being, All Pervading and the Ever – present witness of all your thoughts and your actions, then demonstrate your living belief by your actual life. Live a noble, pure and holy life worthy of His Presence.

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 продукт в хороводе! І жас те парене апес авятки. Апес лін Манта доз ке істор асілтін пірає. Апес те сар'яс ін, сар'яснап кіз ке апес тамара апес бая апес каяно сада кадар саби ін, то тамара вастарік жван діра тамарі ап четанукт Маньтапане ськет кір. Тені кадаріне аватуруом, павіт апес паархіт жван жво.

- свами відананд
If you say that you believe in God and that you are a devotee of God and at the same time you act and behave as if He did not exist, then you are doing the greatest dis-service to your nation and greatest dis-service to your own religion! Stop this from this very moment.

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जो तमेगोम करताहो को तमेईश्वरमाणो छो तथा तमेईश्वरमकतछो, परंतु साथे साथे तमेआदेवी प्रवृत्ति अने अदुःतरत्नारणो को जाणे ते छेघ जनही तो तमेतमाराराजपाणी अने तमारारपोताना धर्मेन पक्ष पुलोकोटी हुलेवा करी रहा छो! आ जसको तेने अटकाडी हो.

- स्वामि चिदांनद
The home of a householder and family man, is the royal gateway to God - Realization if all the members of the family regard the home as a sacred place and centre for their spiritual life and evolution! Make your home the place of your Sadhana & attain liberation.

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Ever live in the awareness of God's immediate Presence! Then your life will become a divine life by the very fact of this awareness. Being thus aware of His proximity and His constant Presence, your life will be uplifted and elevated to a higher place of purity & nobility.

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ईश्वर ने मत्स्य जातीयी समानतामां सहा छो! तो आ समानतामी वस्तुस्थिति ज तमारा ज्ञवने हिउ बनारे, आधी तेना सानिध्य अने तेनी सत्ता जातीयी समानतामी तमारु ज्ञवने पवित्रता अने उभार्नामां सुव्यतर सरे पडवारी उन्नत अने उदास बनारे.

- स्वामी चिदानंद
The message of Gurudev Swami Sivanandaji for the modern man is the message of Divine Life. This contains the central teaching of the Upanishads and the message of the Bhagawat Gita, namely, the Divine & Immortal nature of your true self and the way of attaining the Experience of this true SELF! You are Divine, let your life be divine!

- Swami Chidananda
An Indian citizen cannot be a true Indian citizen unless and until the twin ideals of "Paropakara" and "Bhagwat-Sakshatkara become enshrined in his heart. These two ideals constitute the very essence of our culture and view of life.

- Swami Chidananda

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जया सुधी ‘परोपकार’ अने ‘भगवत-साक्षात्कार’ ना श्रद्धा आदेशो पोताना हवांमान प्रतिस्थापित न त्या त्या सुधी डिन्युल भारतीय नागरिक सामो भारतीय नागरिक अनि श्रेेणि आ. आ जने आदेशो आपणा संस्कार अने जवळजवळ परमसत्त छ.

- स्वामी चिदानंद
When the sun rises and a New Day dawns, let this mean to you a new and golden day in your life given to you to fill it with selflessness service, devotion & worship, concentration & meditation and quest after the eternal by constant discrimination & reflection!

- Swami Chidananda

Om

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अंतःकरण सूर्य बिंदु अने नवो दिवस शाह थाय छ त्यारे मानीसे के तमने तमारा जननमां नूतन अने सोनेरी दिवस आपवामां आयो छ, जेने तमारे निष्काम सेवा, भक्ति अने पुल्ला, अंशात्मकता अने ध्यान तथा सत्तत विवेक अने बिंतनथी भाकी देवानो छ।

- स्वामी चिदानन्द
Eradicate vice & cultivate virtue. Constantly remember God even in the midst of your daily duties & work. Do all your activities in the spirit of worship and dedicate all these activities at the feet of God. This is an effective Sadhana for God Realisation.

Swami Chidananda

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हर्षुलने निरूपण करो अने सहस्राणनो विस्तार करो. तमारी दैनिक करणे अने प्रूळिग्रो दर्शमान ईश्वरपुर सतन्त स्मरण करो. तमारी भव्य ज प्रूळिग्रो पूजना भाव सार्व करो अने आ भव्य प्रूळिग्रो ईश्वरपुर वर्णनां मृषित करो. ईश्वर-साखात्तक मातृनी आ अंक अंकाराकर साजना छ।

- स्वामी चिदानंद
Egoism and cunning cleverness are obstacles to success in Sadhana.

Untruth is the greatest impurity. Anger is a great sin for it leads to many other wrong actions. Carnal passion & gross sensuality are diseases afflicting our spiritual life. Avoid these with care and become blessed.

-Om-

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- Swami Chidananda
The practice of the Divine Name burns up all impurity of the heart and mind and destroys all sin and evil. Divine Name is a power that can destroy your ignorance and bondage and for ever liberate you from death and rebirth. Therefore be engaged in the NAME.

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Om

Divya namanu stotrakhyani ane manini budi aashudhikore bahu nayeche ahe ane bhagya pape ane anushikhe nash kere che. Divya name ahe anevi shakti che je tapasa abhyas ane anuvartani nash karere che ane tamne kame shahi maate jnana ane moksha kerepamiti mukti aayeche. Maate nammja rta reho.

- Swami Chidananda
Worshipful Gurudev Swami Sivananda ji Maharaj put the entire teachings of the holy scriptures and of all His Saints into his prayer called the,"Universal" - prayer. Try to live in the spirit of this Prayer. You will be most blessed.

- Swami Chidananda

पूज्य गुरुदेव स्वामी शिवानन्द जी महाराज श्रापिक अंथों अने संतों भजन उपदेशोंते तेमनी 'विश्व - प्रार्थना' मा समाथा छ। आ प्रार्थनाले भजन रहेन्द्रे भएसे। तमे परमांद पामसो।
- स्वामी चिदांनं
Radiant Atman! You have come into this world not to live and then die and be forgotten. You have come here to attain Immortality. You have not come merely to weep and wail & suffer. But, you have come to utilise life to attain Supreme Bliss & Divine Peace through God Experience.

Om

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- Swami Chidananda

उत्तरज्ञ आत्मा! तबे आ हुलियामां रखेबा अने पाही मृत्यु पाभी जवा माटे आव्या नथी. तबे अयी अमरता प्राप्त करवा आव्या छो. तबे इकट रखवा, विलाप करवा केसहा करवा ज आव्या नथी. पण, तबे तमारा जवनो उपयोग एस्थर-अनुभव द्वारा आरंंब अने दिव्य शांति पाभवा माटे आव्या छो.

- स्वामी चिदानंद
PRAYER

Lord, make me an instrument of Thy Peace,
Where there is hatred, let me sow love;
Where there is injury, let me sow pardon;
Where there is doubt, let me sow faith;
Where there is despair, let me sow hope;
Where there is discord, let me sow unity;
Where there is darkness, let me sow light and
Where there is sadness, let me sow joy.

O Divine Master,
Grant that I may not seek so much
To be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive
It is in pardoning that we are pardoned;
And it is in dying to the little self
That we are born to eternal life.

— St. Francis of Assisi
THE UNIVERSAL PRAYER

O adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Satchidananda.
Thou art Omnipresent, Omnipotent and omniscient
Thou art the Indweller of all beings.
Grants us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed,
Hatred, anger and jealousy.
Fill our heart with divine virtues.
Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

- Swami Sivananda
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