

Universal Prayer

O Adorable Lord of Mercy and Love !
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptation and to control the mind.
Free us from egoism, lust, greed, hatred,
anger and jealousy.
Fill our hearts 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.

-Sri Swami Sivananda

Flowers That Spread Fragrance

- Swami Adhyatmananda





Song of Eighteen "Ities"

Serenity, regularity, absence of vanity,
Sincerity, simplicity, veracity,
Equanimity, fixity, non-irritability,
Adaptability, humility, tenacity,
Integrity, nobility, magnanimity,
Charity, generosity, purity.
Practice daily these eighteen 'ities',
You will soon attain immortality.
Brahman is the only real entity,
Mr. So and so is a false non-entity.
You will abide in eternity and infinity;
You will behold unity in diversity;
You cannot attain this in the university.
You can attain this in the Forest University.

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Happy Diwali

May the Light of lamps bring inner light, power and wisdom to lead and live a life of bliss.

May we all be loyal and faithful to our Nation.

Let all of us have concern for the better society.


Let us love all and hate none.

Let us pray fervently, regularly and abide in peace, bliss absolute.

With lots of love and prayers.


-Swami Adhyatmananda





**Seek Peace.
Peace should
be first and last,
At any cost
Seek Peace.
Put Peace first.**

**Be regular in
your prayer and
meditation.
Repeat sweet name
of the supreme.
You will abide in
peace supreme.**



**Pray fervently.
Pray regularly.
Pray sincerely.
You will get peace.**

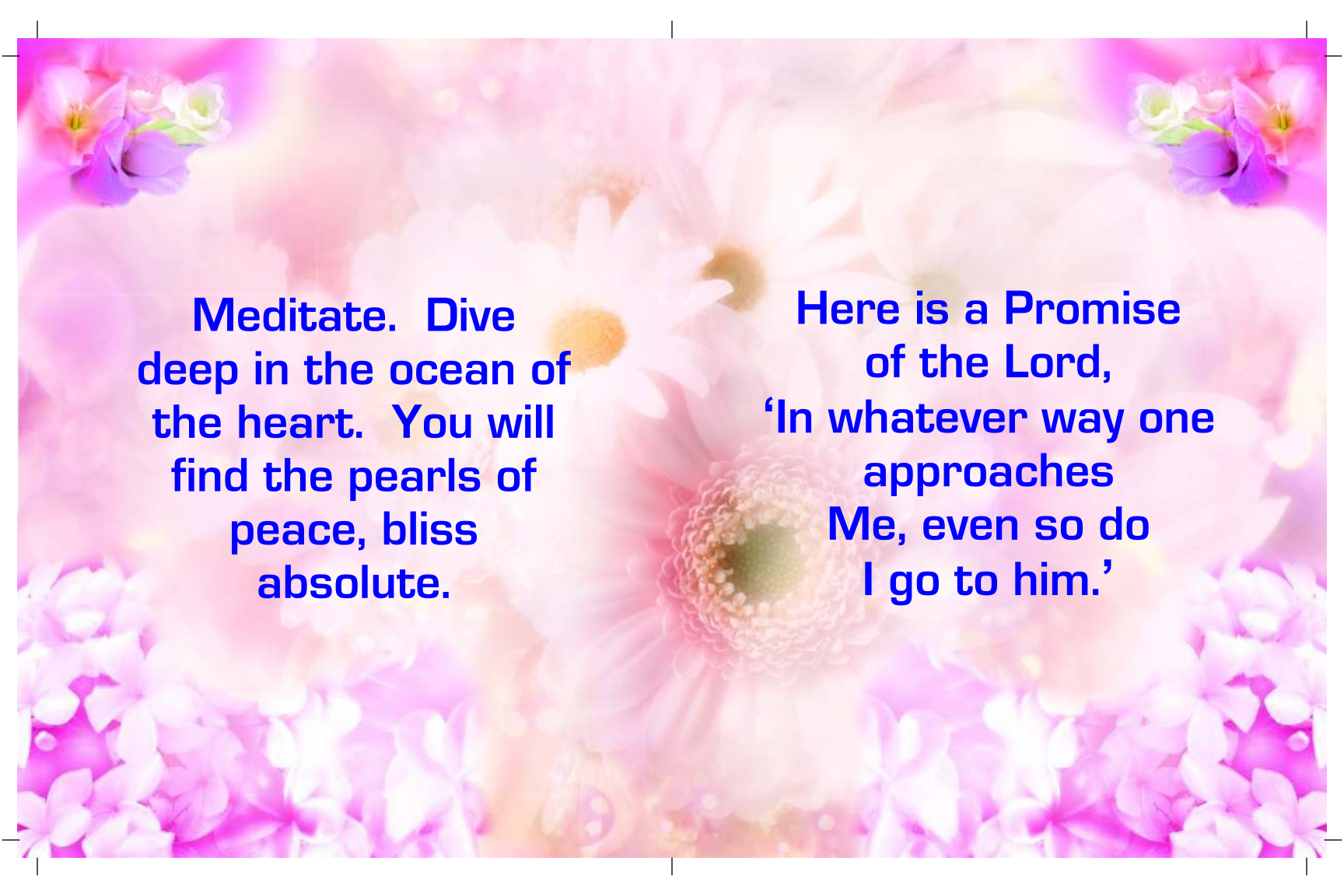


**Prayer is not any
demand but a
connecting link
between individual
soul and absolute.**

**Religion is
nothing but the
relationship
between God and
His creation.**

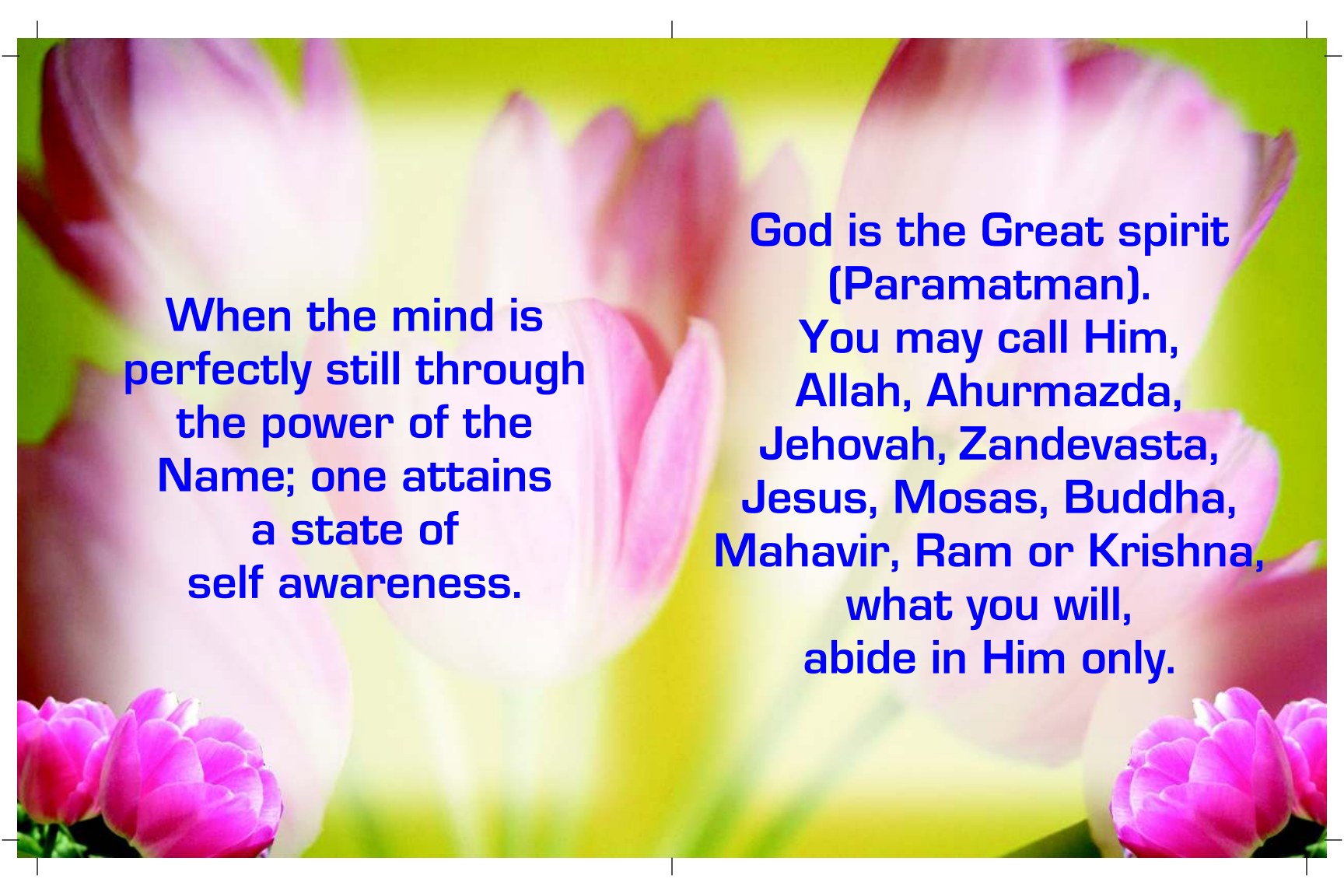


**Religion is purely
fulfilling the will of
God in our daily life.**




**Meditate. Dive
deep in the ocean of
the heart. You will
find the pearls of
peace, bliss
absolute.**

**Here is a Promise
of the Lord,
'In whatever way one
approaches
Me, even so do
I go to him.'**




When the mind is perfectly still through the power of the Name; one attains a state of self awareness.

**God is the Great spirit (Paramatman).
You may call Him, Allah, Ahurmazda, Jehovah, Zandevasta, Jesus, Mosas, Buddha, Mahavir, Ram or Krishna, what you will, abide in Him only.**

The background of the image is a dense, colorful floral arrangement. It features several large, bright yellow sunflowers with dark brown centers, interspersed with clusters of small, delicate purple flowers. The overall effect is a warm and cheerful, high-contrast composition.


**God is impersonal in
His formless aspect,
but love in
His manifest
aspect. The whole
Universe we behold
is an expression of
His divine Love!!!**

**Surrender to His
will in all matters.
He will then
arrange everything
for you, in His own
beautiful way.**



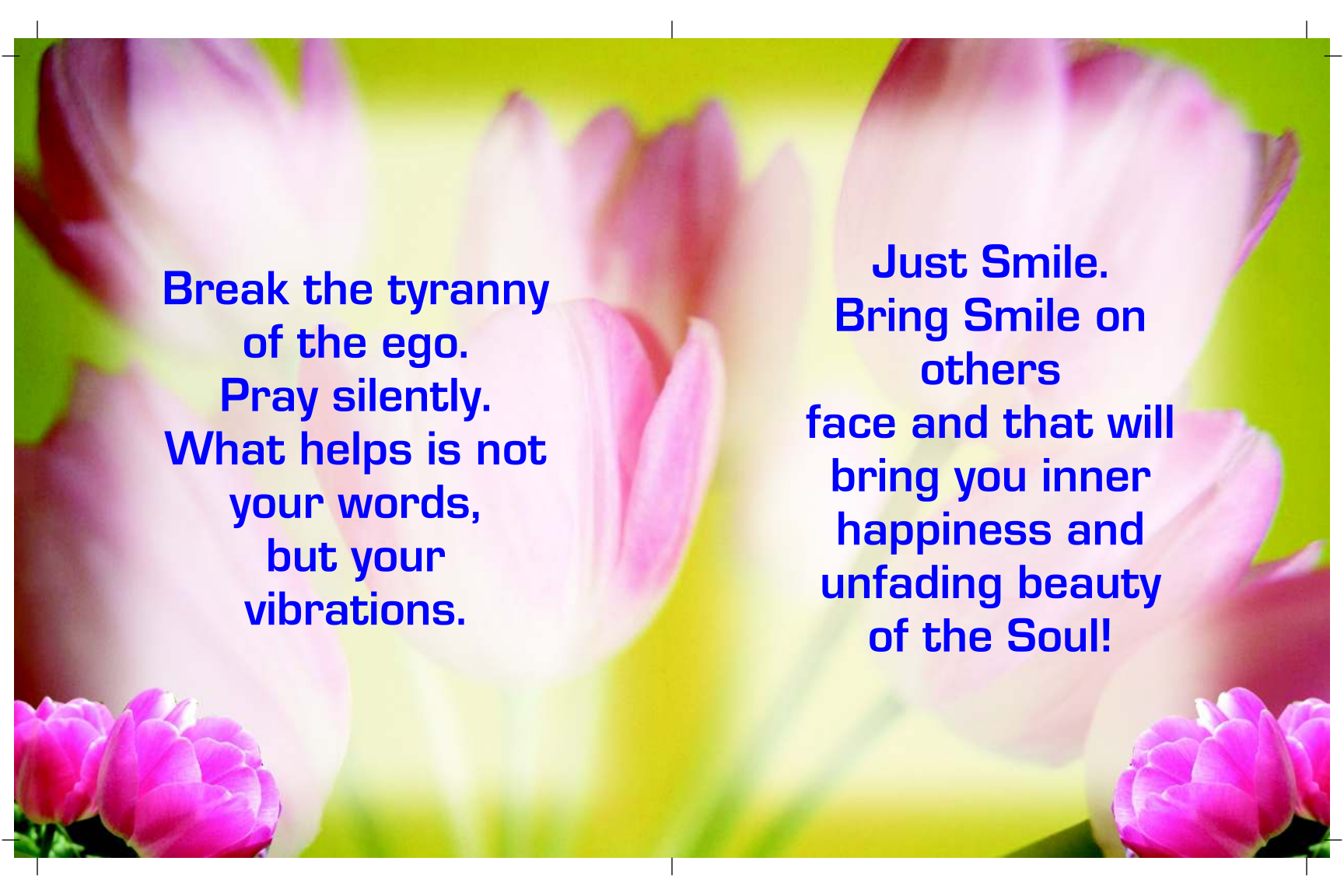
**Through the heart comes
inspiration. Love opens
the most impossible
gates. So, love all. Hate
none. You will rejoice in
Supreme blessedness.**

**Have steadfastness
in Truth. Never
move a bit from the
way of Truth. Truth
is God. Seek Truth.
Find God.**



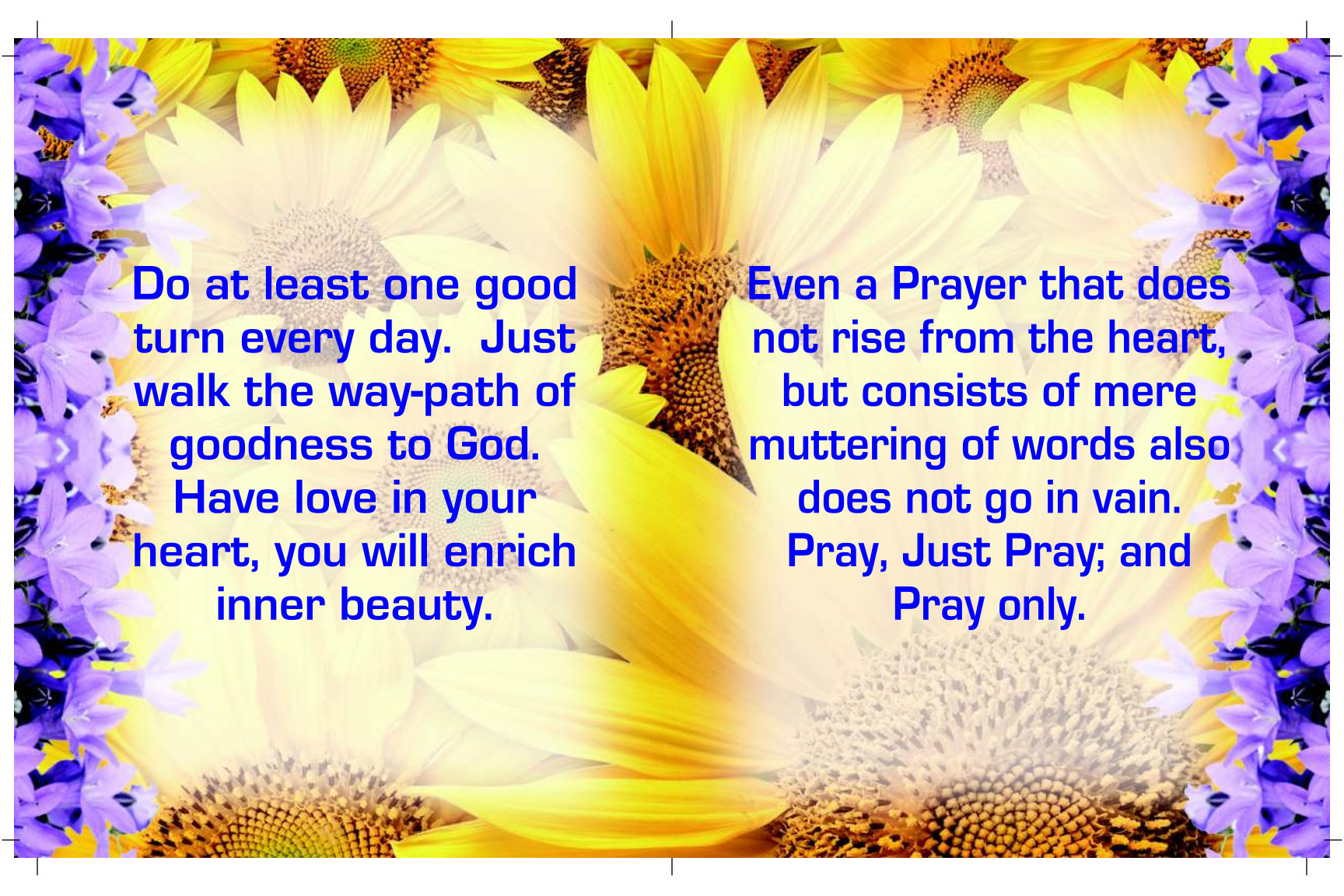
**Be true to thy own
self. You will
become humble.
This is gateway or
beginning for the
realization of the
absolute.**

**Remember that,
only barrier between
you and God is the
'EGO'.**

A background image featuring several pink tulips in various stages of bloom, set against a soft, out-of-focus green background. The tulips are the central focus, with some in sharp focus and others blurred in the foreground and background.

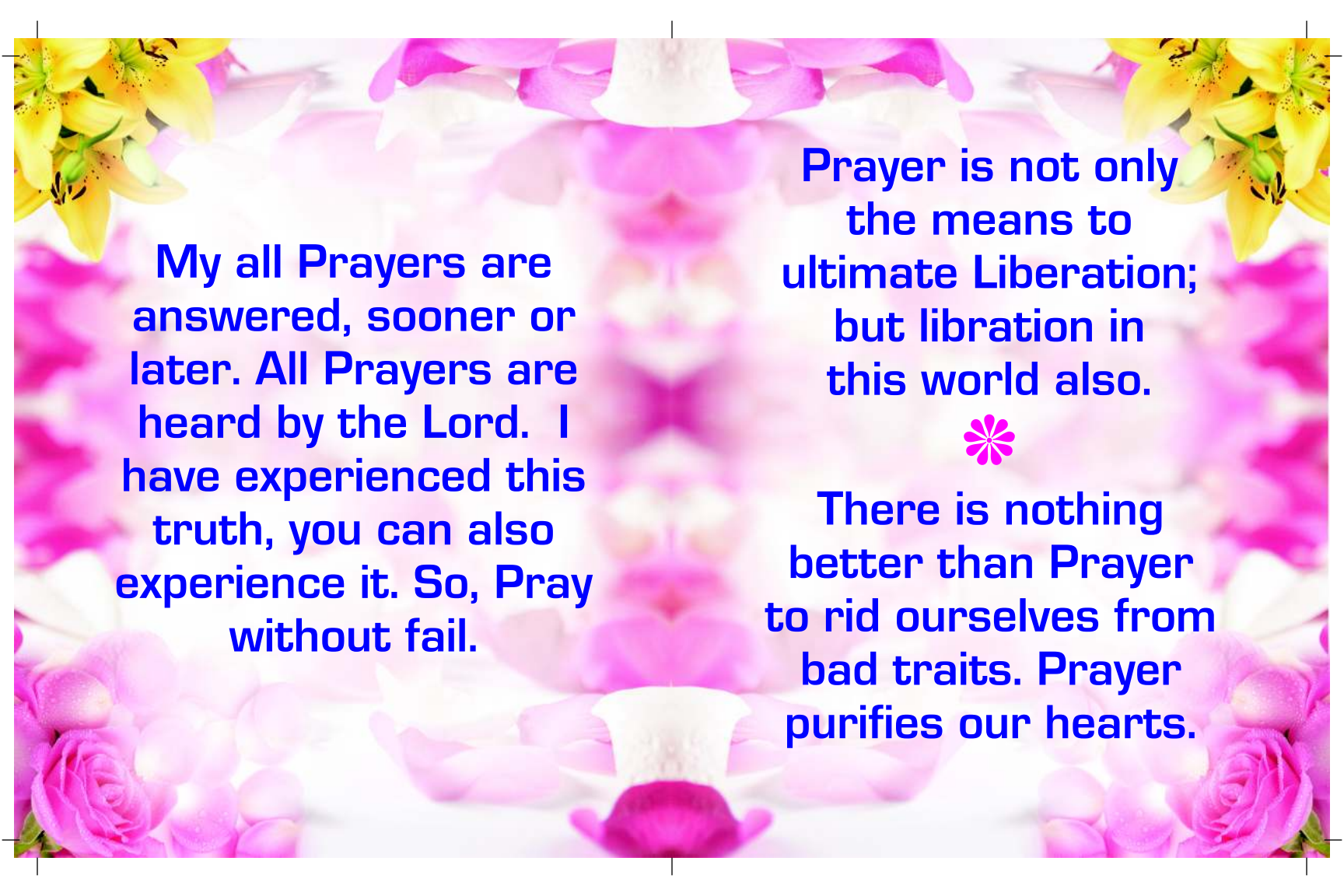
**Break the tyranny
of the ego.
Pray silently.
What helps is not
your words,
but your
vibrations.**

**Just Smile.
Bring Smile on
others
face and that will
bring you inner
happiness and
unfading beauty
of the Soul!**



**Do at least one good
turn every day. Just
walk the way-path of
goodness to God.
Have love in your
heart, you will enrich
inner beauty.**

**Even a Prayer that does
not rise from the heart,
but consists of mere
muttering of words also
does not go in vain.
Pray, Just Pray; and
Pray only.**

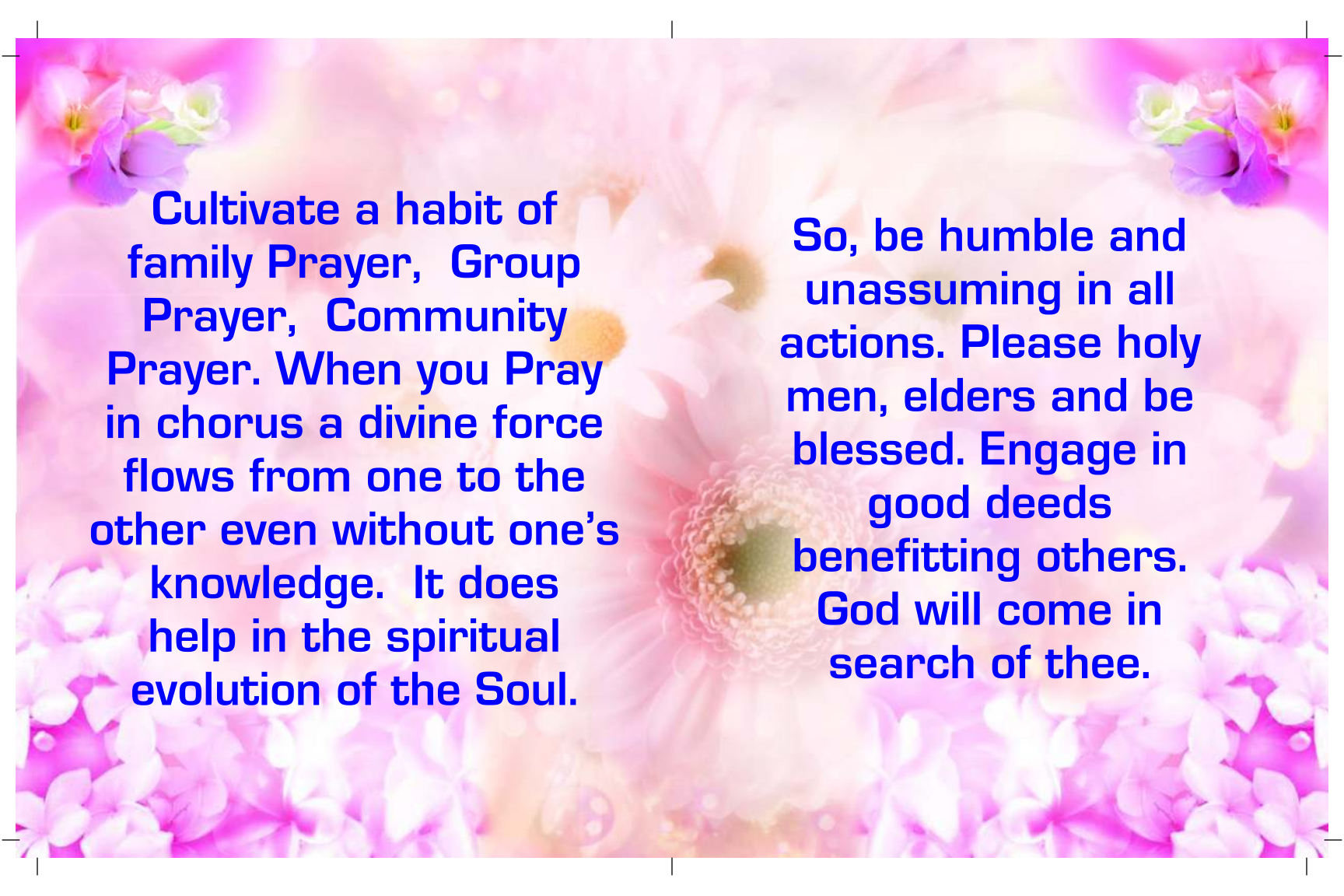


My all Prayers are answered, sooner or later. All Prayers are heard by the Lord. I have experienced this truth, you can also experience it. So, Pray without fail.

Prayer is not only the means to ultimate Liberation; but libration in this world also.

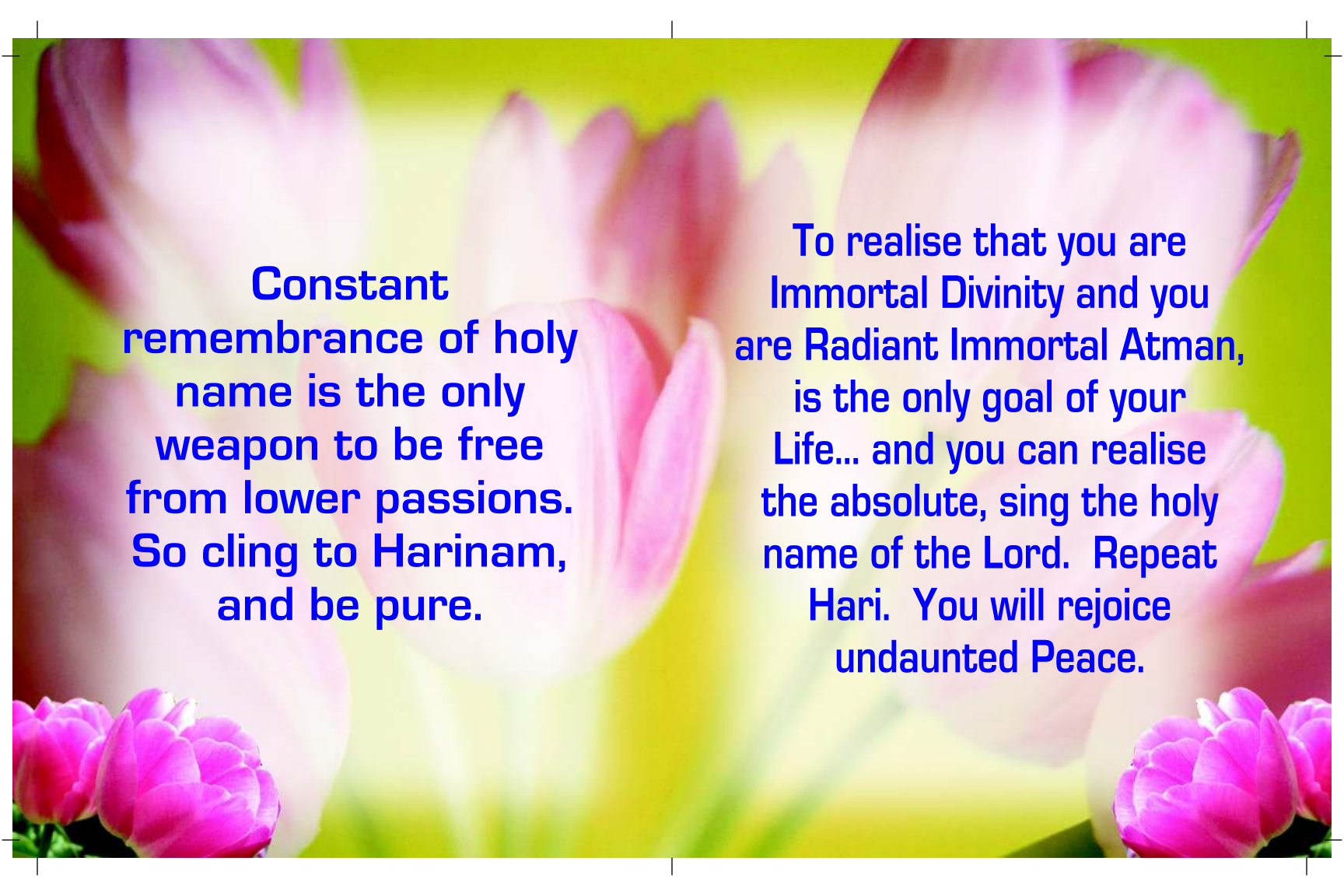


There is nothing better than Prayer to rid ourselves from bad traits. Prayer purifies our hearts.



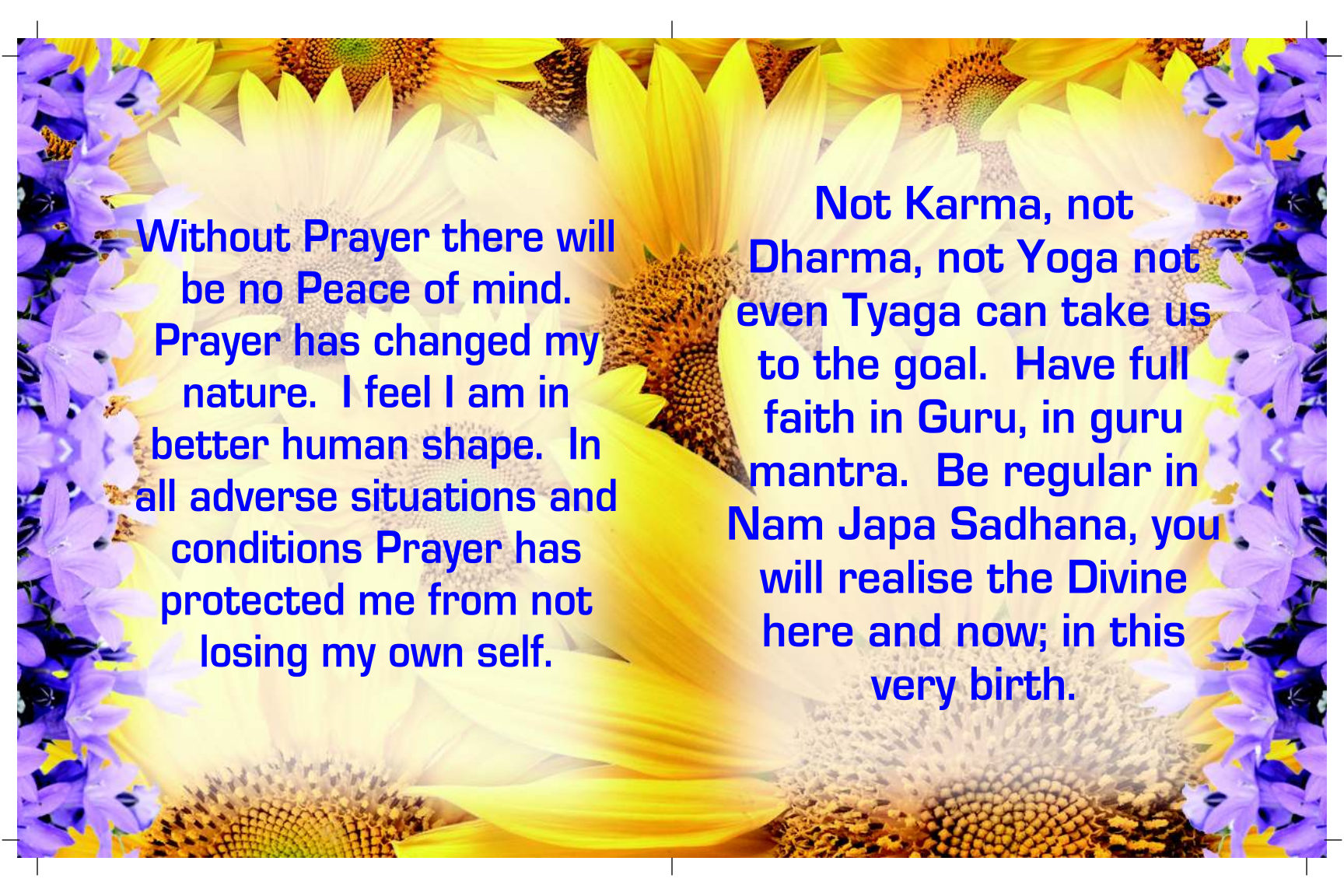
Cultivate a habit of family Prayer, Group Prayer, Community Prayer. When you Pray in chorus a divine force flows from one to the other even without one's knowledge. It does help in the spiritual evolution of the Soul.

So, be humble and unassuming in all actions. Please holy men, elders and be blessed. Engage in good deeds benefitting others. God will come in search of thee.




**Constant
remembrance of holy
name is the only
weapon to be free
from lower passions.
So cling to Harinam,
and be pure.**

**To realise that you are
Immortal Divinity and you
are Radiant Immortal Atman,
is the only goal of your
Life... and you can realise
the absolute, sing the holy
name of the Lord. Repeat
Hari. You will rejoice
undaunted Peace.**



Without Prayer there will be no Peace of mind. Prayer has changed my nature. I feel I am in better human shape. In all adverse situations and conditions Prayer has protected me from not losing my own self.

Not Karma, not Dharma, not Yoga not even Tyaga can take us to the goal. Have full faith in Guru, in guru mantra. Be regular in Nam Japa Sadhana, you will realise the Divine here and now; in this very birth.



**Act according to what
you say. See unity,
one God, in diversity.
Worship ever
one Reality. You will
experience the fragrance
of inner BLISS!**