

# 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.

- Swami Sivananda

