

Prayer

(for school children)



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What is prayer?

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How should one pray?

Children, all of you must be praying to the Lord daily, is that right? Do you know what a prayer is?

A prayer is when we humbly bow down to the Lord and ask for His blessings, for His protection and for the necessary strength to deal with specific matters. A prayer should have a clear purpose. However, you must take care that this purpose does not harm anyone in any way.

When do we get to see the result of our prayer?

A prayer done heartily and dedicatedly will definitely be accepted by the Lord and will consequently bear fruit sooner or later.



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Prayer to be recited in schools

(This prayer will help children develop good virtues in daily relationships and will bring together all the necessary circumstances to help them become better human beings.)

Antaryami paramatma ko naman

Shakti hamesha milti rahe apse

Aeisi krupa kar do,

Agyan dur ho, aatam gyan paaye

Antaryami paramatma ko naman

Shakti hamesha milti rahe aapse

Sadbuddhi prapta ho, vyavahar adarsh ho,

seva mey jivan rahe

Antaryami paramatma ko naman



Maat-Pita ka upkar na bhule
Hardam guru ke vinaya mey rahe
Dosto se spardha na karenge
Ekagrah chitt se padhenge hum
Aalasya ko talo, vikaro dur kar do,
vyasano se hum mukta rahe
Aeise kusango se bacha lo hame

Man-Vachan aur kaya se
Dukh kisi ko hum na de
Chahe na kuch bhi kisika
Purity aeisi rakhenge hum
Kalyan ke hum sab, nimit bane aeise,
vishwa mey shanti felaye
Antaryami paramatma ko naman





Purna roop se hum khile
Mushkilo se na dare
Dharmo ke bhed mita de jag me
Gyan drashti ko paakar hum
Abhed ho jaye, Laghutam me rahkar hum,
Prem swaroop ban jaye
Antaryami paramatma ko naman

(If possible, arrange for this prayer to be recited in your school. We have received feedback that children get immense happiness upon singing this song. The simple and heart-warming words will guide them in their daily lives.)

Saraswati Vandana 6

(Reciting this prayer makes the speech loving and sweet.)

Saraswati Devi aap amari
vidya ni denari,
Mangu hu aapni pase mata
premal madhuri vani
Vani no durupyog jya karyo
Juth, asatya, prapunch thi

Saraswati Mata kshama dyo amne
Fari bhul evi na kariye
He Sharada Mata! Sanmukhe uchravo savli vani
Mangu hu aapni pase...



Hasi udavi, kari mashkari,
Jokham ema bhari
E jivma bhagwan biraje
Chhutiye mafi magi
Aapna kayda paline mata kariye tamne raji
Mangu hu aapni pase...

Pratyaksh chhe aa Saraswati
Maliki vagarni vani
Kadhi nakhshe kam vishwa nu
lakho hriday ne jagavi
Aho gajab vitaragi Dada, namu hu vari vari,
Mangu hu aapni pase...

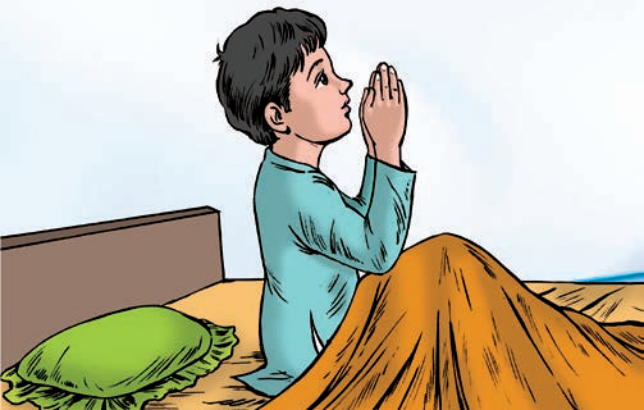


Morning prayer (On waking up)

8

(Every morning upon waking up, if we say this prayer,
we get inner peace and happiness)

"O inner pure soul, please grant me the
infinite strength not to hurt anyone through my
thoughts, speech or action."



9 Prayer to help improve memory power

'O inner pure soul! It is my heartfelt prayer to You to grant me infinite inner strength to be able to remember all that I study. I sincerely apologize for the mistakes my 'chit' has committed.

Please grant me infinite inner strength that my 'chit' may stay focused on You as well as on my studies.'



A Simple method to help 10 remember all that is learnt

Sit still in one place, close your eyes and for 10 minutes recite:

"Dada Bhagwan Na Asim Jai Jaikar Ho"
while visualising each word
as if you are reading from a book.

Doing this prior to studying, will help focus the chit. This will in turn help increase your ability to mentally absorb whatever you read, and to remember it all.

(Doing this regularly every day, will help you get good grades.)

Note : Dada Bhagwan means the 'pure soul' within us. Instead of Dada Bhagwan, you can chant the name of any God you believe in. Chant in the same way, with your eyes closed and visualising each word in your mind.



Bedtime Prayer

Every night, before going to bed, go through the day's deeds and recall any instances where you have hurt others. Then heartily repent over those mistakes and ask for forgiveness from the Lord by saying,

"O lord, today I made this mistake. I sincerely apologise for this mistake and ask for forgiveness. I vow never to repeat this mistake again"

If we repent heartily, we will definitely be forgiven. In the event that we end up hurting someone again the next day, we should ask for forgiveness once again. By doing this, our mistakes will keep dissolving and we will build harmonious relationships with everyone. We will get to the point where we do not hurt others and no one will hurt us. Won't that be great?



Nine deep inner intents ¹² that improve this Life as well as forthcoming ones

(Reciting the following intents everyday will diminish all kinds of 'kashays' (vices). All the mistakes and false criticisms that we have committed previously, will be dissolved, and as a result we will experience immense inner bliss)

1. "O Dada Bhagwan! Give me infinite inner strength not to hurt, cause someone to hurt, nor encourage anyone to hurt, the ego of any living being, even to the slightest extent.

Give me the infinite strength not to hurt the ego of any living being and to conduct my speech, thoughts, and actions in a manner that is accepted by all."

2. "O Dada Bhagwan! Give me infinite inner strength not to hurt, cause someone to hurt, nor encourage anyone to hurt even to the slightest extent, the foundation of any religion.

9 Kalams

Give me infinite strength not to hurt, even to the slightest extent, the foundation of any religion and give me the strength to conduct my speech, thoughts, and actions in a manner that is accepted by all."

3. "O Dada Bhagwan! Give me infinite inner strength not to criticize, offend, or insult any living monk, nun, preacher, or religious head."

4. "O Dada Bhagwan! Give me infinite inner strength not to, nor cause someone to, nor encourage anyone to dislike or hate any living being, even to the slightest extent."

5. "O Dada Bhagwan! Give me infinite inner strength not to speak, cause someone to speak, nor encourage anyone to speak any harsh or hurtful language towards any living being, even to the slightest extent. If someone speaks in a harsh and hurtful language, please give me the strength softly and kindly in response."

6. "O Dada Bhagwan! Give me infinite inner strength not to have, cause someone to have, nor encourage anyone to have any sexual desires, feelings, or gestures towards any living being, be it male, female, or of neutral gender.

Give me the supreme strength to be free of sexual desires, forever."

7. "O Dada Bhagwan! Give me infinite inner strength to control my excessive temptation towards food. Give me the strength to consume well-balanced and wholesome food."

8. "O Dada Bhagwan! Give me infinite inner strength not to, nor cause anyone to, nor encourage anyone to, criticize, offend, or insult any being; be they present or not, living or dead."

9. "O Dada Bhagwan! Give me infinite inner strength to become an instrument in the path of Self-Realization for the world."

9 Kalams

Obligations of these three can never be
forgotten in our life time...

Mother, Father and Guru

...who have directed us towards the
right path.

-Dadashri

