

PRAYER

By Tumuluru Krishna Murty

“More things are wrought by prayer than this world dreams of”—Tennyson

Communion with God

“Prayer is communion with God, who is the Creator of this Universe and of all the living beings therein.”

Types

Prayer is of two types- (1) Stuti & Stotra (2) Prardhanas. Stuti & Stotra means words offered in praise of and in adoration of God. Prardhana means to supplicate or to request for, or asking for some thing from God.

For nourishment

“Just as food is necessary for the nourishment of the physical body, prayer is equally necessary for the nourishment of the mind and the soul. Even for physical well being and sound health, prayer, is very necessary. Prayer sanctifies and purifies the food we eat. Whatever acts are done with an offering of prayer and by taking the name of god, although they may be worldly activities, they get sublimated and transmuted in acts of worship to God. Prayers and hymns elevate the mind, illumine the intellect, sublimate the senses, purify the heart (bestow CHITTASUDDHI) and awaken the Soul-consciousness and help to establish rapport with God. Prayers are penacea for all the ills of the body, mind and the spirit.”

Well being and protection

Stuti or Stotra or Prardhana chanted or repeated to invoke the Divine Grace for well being and protection, dwelling on the Sweetness and Splendour of Divine Name.

For Light

Pray to the Lord for Strength, wisdom, humility, detachment, light and love. With each step in the pilgrimage of life approach Divinity steadily and surely.

Be Regular

Regular prayers twice a day will give strength and courage, which can withstand illness. The Grace of God will confer mental peace and so, good sleep and rest for the mind. Feel that you are a hundred percent dependent on God; He will look after you and save you from harm and injury,

Everyday, before you begin work, pray to God a few minutes at least; and at the end of the day when the work is over, gather in some consecrated spot, a temple or mandir, and after grateful thanks to the Lord, singing his Name and meditating on his Majesty,

Have Faith

Pray intensely and with Faith. Then Grace will be showered on you, when the heart is soaked in love, it can not be contaminated by egoism and its civil consequences.

Have faith in His Grace and lead a virtuous life, a life devoted to service of the weak, a life spent in thoughts about the might and glory of God. Pray that you may carry out your duty well. God will certainly answer your prayer.

Yearn for God

Prayer must emerge from a pure heart. The individual has to yearn for the Supreme Self.

What to Pray

Bhagwan Sri Sathya Sai Baba tells us :

“Know that waking from Sleep is but birth and going into sleep is death. On waking, pray every morning of your life, “Oh Lord, I am born from the womb of sleep. I am determined to carry out all tasks this day as offerings to Thee, with Thee ever present before my mind’s eye. Make my words, thoughts and deeds sacred and pure; let me not inflict pain on anyone; let no one inflict pain on me; direct me, guide me, this day.” And when you enter the portals of sleep at night, pray “Oh Lord, the tasks of this day, whose burden I placed on you this morning, are over. It was YOU who made me walk and talk and think and act; I therefore place at Thy feet all words, thoughts and deeds. My task is done. Receive me, I am coming back to you.” Adopt these as your daily prayers. The best thing is to have your own self as the source of Light as the Guru. The inner intelligence, the Inner Guru will reveal the Truth.”

“Mother Sai, we are all children within Thy womb. As a mother lovingly bears the hammerings of the embryo, Thou too dost put up with the painful knocks and compassion. Thou art the mother cheerfully doing everything only for our sake, Thy children. As mother Durga, Thou dost drive away our difficulties and protect us, as Mother Saraswati endowest us with wisdom, as Mother Lakshmi givest us the treasure of wealth in correct measure, as Mother Annapurani fondly dost feed us. Even without our entreaties, children that we are, of Thy own accord, Thou wilt bless us with

the right things at the right time. However, for our own satisfaction, we pray.

Pray, feed us with dishes of devotion for the mind, and victuals of wisdom for the intelligence. Grant us the vision to realise that Thou art the one power imminent every where, in everything,"

Offer food to God before taking

You may be hungry. In spite of your hunger, you must make an attempt to get a clean place and clean food to eat, When such clean food is available, you must first offer it to God and then eat it. Wherever you may go. when you take your food you should remember the following three verses. utter them, offer the food to God and then take the food. Recite them and become worthy citizens of Bharat.

1. Brahma 'rpanam brahma havir
brahmag nam brahmana hutam
brahmai 'va tena gantavyam
brahmakarmasamadhina.

(Bhagavadgita 4th chapter 24th verse)

2. Aham vaisvanaro bhutva
praninam deham a sritah
pranapanasama yuktah
pacamy annam caturvidham.

(Bhagavadgita 15th chapter 14th verse)

3. Asatoma sadgamaya tamasoma jyotirgamaya
mrityorma amtritangamaya.
Om Shanti, Shanti, Shantih.

God rushes to Protect

Just as the mew of a kitten, the cat comes and picks up, if one intensely and sincerely pours one's heart to God by prayer, the universal mother rushes to help and protect. We have several examples.

To quote a few : (i) Draupadi's call to Sri Krishna in the Court Hall of Hasthinapura to grant and protect her honour. Krishna in a trice rushed endless sarees instantly.

(ii) Sabari's call-Sri Rama came to forest renouncing his Throne.

(iii) Gajendra's call from a forest river-Lord Krishna rushed from heaven to rescue.

So Bhagawan Sri Sathya Sai Baba says 'the distance that our call will reach; believe in Him and call on Him. He will answer, I am here, I am with you.

Pray but do not decry

You may have faith in particular manifestation but there is no need to decry. Pray for welfare of all humanity. Other manifestations are also His.

Welfare of Humanity

The Shastras teach us that we must pray for the welfare of the humanity Sarve Jana Sukhino bhavanthu—

Lokasassamasthaath Sukhino bhavanthu.

May all the denizens of all the worlds be happy.



Hatred does not cease by hatred but only by love, this is the eternal rule.