

PRAYER SERVICE: WORD INTO SILENCE
SANGHA SHANTIVANAM

- ❖ opening mantras or song
 - ❖ reading from universal wisdom
 - ❖ opening prayer
-

Leader: *In the name of the One beyond
all names,
the Word made flesh, and the Spirit
poured into our hearts,
in whom we live and move and have our
being:*
ALL: Amen!

*Holy are you, O God,
holy are you, the strong,
holy are you, immortal one.
Blessed are you, O God,
who dwell in the abyss
and are seated among the cherubim.
Praised be you, O God,
who dwell in highest heaven
and in the cave of our heart.*

*You are our mother, you are our father.
You are our brother, our sister, our
friend.
You are our riches, you are our wisdom.
You are our all, our God, our God!*

*Blessed are the poor in spirit,
blessed are those who mourn:
the reign of God is at hand!*

*Blessed are the meek,
blessed those who long for righteousness:
may Your will be done on earth!*

*Blessed are the merciful,
blessed are the pure in heart:
the reign of God is at hand!*

*Blessed are the peacemakers,
blessed those who suffer for justice:
may your will be done on earth!*

*Give us this day the bread we need:
forgive us as we forgive others.
Let us see your loving kindness:
and grant us your salvation.*

*Glory to you, O God,
glory to you, Creator,
glory to you, O Christ,
who have compassion on your
servants.*

*Sing praise to the Abba of Jesus,
to the Spirit in the cave of our hearts.
Through Being and Knowledge and
Bliss,
we are called to share in their life.*

psalmody
scripture
teaching/meditation
bhajan/song/canticle
dedication of merit/intercessory prayers
closing prayer

ALTERNATE INTRODUCTORY PRAYER USED AT SHANTIVANAM

(from the Syrian Liturgy)

Leader: *In the name of the Father and of the Son and of the Holy Spirit, one true God to whom be glory and upon us mercy and compassion forever.*

ALL: **Amen.**

*Holy, holy, holy,
Lord God of strength!
Heaven and earth
are full of your glory,
Hosanna in the highest!
Blessed is he who has come
and is to come
in the name of the Lord God.
Praise be in the highest!*

*Holy are you O God!
Holy are you the strong!
Holy are you the deathless
who were crucified for us.
Have mercy upon us. (3X)*

*Lord, have mercy upon us.
Lord, have pity and mercy upon us.
Lord, receive our service and our prayers,
and have mercy upon us.*

*Glory to you, O God.
Glory to you, Creator.
Glory to you, Christ the King,*

who have compassion on your servants.

*Our Father who art in heaven,
hallowed be your name.
May your kingdom come,
may your will be done
on earth as it is in heaven.
Give us this day the bread we need
and forgive us our sins and offenses
as we have forgiven those who have
offended us
and lead us not into the trial
but deliver us from the evil one.
For yours is the kingdom, the power
and the glory forever and ever.
Amen.*

*Hail Mary, full of grace,
our Lord is with you.
Blessed are you among women,
and blessed is the fruit of your
womb, our Lord Jesus Christ.
O Lady Mary, Virgin Mother of God,
pray for us sinners now and always
and at the hour of our death. Amen*

*Glory be to the Father, and to the Son
and to the Holy Spirit,
and upon us creatures,
may mercy and compassion be shed
in both worlds forever, AMEN.*

psalmody
scripture
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INTERCESSORY PRAYER/DEDICATION OF MERIT (METTA)

1. May every living being / our minds as one and radiant with light,
share the fruits of peace / our hearts of goodness luminous and bright.
If people hear and see / how hearts and hands can find, in giving, unity,
may their minds awake / to great compassion, wisdom and to joy.
May goodness find reward;
may all who sorrow leave their grief and pain.
May this boundless light / dispel the darkness of their endless night.
Because our hearts are one, / this world of pain turns into paradise.
May all become compassionate and wise!

adapted from the Chinese by the Rev. Heng Sure

2. May all beings be happy.
May they be joyous and live in safety.
All living beings, whether weak or strong,
In high or middle or low realms of existence,
Small or great, visible or invisible,
Near or far, born or to be born,
May all beings be happy.
Let no one deceive another, nor despise any being in any state;
Let none by anger or hatred wish harm to another.
Even as a mother at the risk of her life watches over and protects her only child,
so with a boundless mind should one cherish all living things,
suffusing love over the entire world, above, below and all around without limit;
so let one cultivate an infinite good will toward the whole world.
Standing or walking, sitting or lying down,
during all one's waking hours, let one practice the way with gratitude.

Mel Weismann, Berkeley Zen Center

3. May all beings have happiness and the causes of happiness;
may all beings be away from sorrow and the causes of sorrow;
may all never be separate from the sacred happiness that is sorrowless.
May all leave attachments to dear ones, and aversions to others,
and live believing in the equalness of all that lives.
May all be free of the fears of sickness, old age and death,
their mind established in the right view that sees the real.
May all grow to love one another;
and may the divine joy that is limitless grow and increase. (*Tibetan*)

4. Whatever beings there are,
may they be free from enmity,
may they be free from hurtfulness,
may they be free from troubles,
may they be able to protect their own happiness.
Whatever beings there are,
may they be free from suffering.
Whatever beings there are,
may they not be parted from the good fortune obtained by them. (*Theravadan*)

CLOSING PRAYERS (*recited together*)

1. O Source of Love revealed in the Scriptures,
who have poured your Spirit into all creatures,
grant us wisdom to choose a path that can lead to immortality.
May our bodies be strong, may our tongues be sweet;
may our ears always hear the sound your voice,
and may our love for you grow more and more.
May we grow in spiritual wealth, and may we have food and clothes.
May students come to us from far and near,
like a river flowing all the year.
May we be enabled to guide them all to train their senses and still their minds.
May this be our wealth, may this be our fame.
O Source of love, may we enter into you,
and may you reveal yourself to us, the Pure One revealed in the many.
You are the refuge of all who love you; we love you:
make us your own!
(adapted from the *Taitriya Upanishad*)

2. O adorable God of mercy and love,
salutations and prostrations unto you.
You are omnipresent, omnipotent and omniscient,
You are Being, Knowledge and Bliss, the Indweller of all beings.
Grant us an understanding heart, equal vision, a balanced mind, faith, devotion and wisdom.
Grant us inner strength to avoid temptation and control the mind.
Free us from egoism, lust, greed,

anger, hatred and jealousy.
Fill our hearts with divine virtues.
Let us ever remember you,
let us ever sing your glories.
Let your name be ever on our lips, and let us abide in you forever.
OM Shanti, shanti, shanti!
(from Swami Sivananda)

3. Loving God,
increase in us understanding and knowledge,
and set us free from the bondage of greed, hatred and ignorance,
so that we may awake, arise and advance until the goal is reached, giving our bodies to work and our minds to you.
May we work vigorously, keeping within spiritual discipline to bring peace in our hearts, peace in our family,
peace in our cities, peace in our planetary home, peace in the world.
May we learn to master ourselves, sublimate our combative energies into creative channels,
and freely offer ourselves in the service of others and you.
Help us to ever strive to keep on these lines
to promote peace on earth and goodwill among peoples.
By your Grace, may we all prosper!
(adapted from the Singaporean Inter-Religious Organization)

4. Loving God, help us to conquer
evil in all of its forms,
which so easily takes root in the
hearts of people today,
and whose immeasurable effects
already weigh down our world
and block the paths toward the
future.

From famine and war, deliver us.
Accept this cry laden with the
sufferings of all people.
Let there be revealed once more in
the history of the world
the infinite saving power of merciful
love.

May it put a stop to evil,
may it transform consciences,
may your love reveal the light of
hope for all.

(adapted from the Novena for Justice
and Peace of the United States
Conference of Catholic Bishops)

5. From the point of Light within the
Mind of God
let light stream forth into human
minds.

Let Light descend on Earth.
From the point of Love within the
Heart of God

Let love stream forth into human
hearts.

May the Coming One return to
Earth.

From the center where the Will of
God is known

let purpose guide all little human
wills -

The purpose which the Masters
know and serve.

From the center which we call the
human race

let the Plan of Love and Light work
out

and may it seal the door where evil
dwells.

Let Light and Love and Power
restore the Plan on Earth.

(The Great Invocation, Alice Bailey)

6. Oh God, I offer myself to you,
to build with me and do with me as
you will.

Relieve me of the bondage of self,
so that I may better do your will.
Take away my difficulties,
that victory over them may bear
witness to those I would help
of your power, your love, and your
way of life.

May I always do your will.
(adapted from the Third Step Prayer
of AA)

7. O God, seek me out of your mercy
that I may come to you;
and draw me on with your grace
that I may turn to you.

O God, I shall never lose hope of you
even though I disobey you,
and I shall never cease to fear you
even though I obey you.

O God, the very worlds have
themselves driven me to you,
and my knowledge of your bounty
has brought me to stand before you.

O God, how shall I be disappointed
seeing that you are my hope,
and how shall I be despised seeing
that in you is my trust?

O you who are veiled in shrouds of
glory,

so that no eye can perceive you!

O you who shine forth in the
perfection of your splendor,
so that the hearts of mystics have
realized your majesty!

How shall you be hidden seeing that
you are ever manifest,
or how shall you be absent seeing
that you are ever present and watch
over us?

(Ibn 'Atâ Allah of Alexandria)

8. Toward the One,
the Perfection of Love, Harmony,
and Beauty,
the Only Being,
United with all the Illuminated
Souls,
Who form the Embodiment of the
Master,
the Spirit of Guidance.
Praise be to Thee, Most Supreme
God,
Omnipotent, Omnipresent, All-
pervading, the Only Being.
Take us in Thy Parental Arms, raise
us from the denseness of the earth,
Thy Beauty do we worship, to Thee
do we give willing surrender.
Most Merciful and Compassionate
God, the Idealized Lord of the whole
humanity,
Thee only do we worship, and
towards Thee Alone we aspire.
Open our hearts towards Thy
Beauty, illuminate our souls with
Divine Light,
O Thou, the Perfection of Love,
Harmony and Beauty, All-powerful
Creator, Sustainer,
Judge and Forgiver of our
shortcomings, Lord God of the East
and of the West,
of the worlds above and below, and
of the seen and unseen beings:
Pour upon us Thy Love and thy
Light,
give sustenance to our bodies, hearts
and souls,
use us for the purpose that Thy
Wisdom chooseth, and guide us on
the path
of Thine Own Goodness.
Draw us closer to Thee every
moment of our life,
until in us be reflected Thy Grace,
Thy Glory,
Thy Wisdom, Thy Joy and Thy
Peace.
Amen.
(Hazrat Inayat Khan)

9. Inspirer of my mind, consoler of
my heart,
healer of my spirit,
Thy presence lifteth me from earth to
heaven,
Thy words flow as the sacred river,
Thy thought riseth as a divine
spring,
Thy tender feelings waken sympathy
in my heart.
Beloved Teacher, Thy very being is
forgiveness.
The clouds of doubt and fear
are scattered by Thy piercing glance.
All ignorance vanishes in Thy
illuminating presence.
A new hope is born in my heart
by breathing Thy peaceful
atmosphere.
O inspiring Guide through life's
puzzling ways,
in Thee I feel abundance of blessing.
Amen.
(Hazrat Inayat Khan)

Psalm 23

Lord, you are my \ shepherd;
there is nothing I \ shall want.

Fresh and green are the \ pastures
where you give me \ repose.

Near restful waters you \ lead me,
to revive my droop\ing spirit.

You guide me along the right \ path;
you are true to \ your name.

If I should walk in the valley of \
darkness
no evil should \ I fear.

You are there with your crook and
your \ staff;
with these you give \ me comfort.

You have prepared a banquet for \
me
in the sight of \ my foes.

My head you have anointed with \
oil;
my cup is ov\erflowing.

Surely goodness and kindness will \
follow me
all the days of \ my life.

In the Lord's own house shall I \
dwell
forever \ and ever.

Psalm 25

To you, O Lord, I lift up my \ soul.
My God, I trust you, let me not be
dis\appointed;

Lord, make me know your \ ways.
Lord, teach me \ your paths.

Make me walk in your truth, and \
teach me,
for you are God \ my savior.

In you I hope all the day \ long
because of your goodness, \ O Lord.

Remember your mercy, \ Lord,
and the love you have shown from \
of old.

Do not remember the sins of my \
youth.
In your love remem\ber me.

The Lord is good and \ upright,
showing the path to those \ who
stray,

guiding the humble in the \ right
path,
and teaching the way to \ the poor.

God's ways are steadfastness and \
truth
for those faithful to the covenant \
de-crees.

Lord, for the sake of your \ name
forgive my guilt, for it \ is great.

Those who revere the \ Lord
will be shown the path they \ should
choose.

Their souls will live in \ happiness
and their children shall possess \ the
land.

The Lord's friendship is for the \
God-fearing;
and the covenant is revealed \ to
them.

My eyes are always on the \ Lord,
who will rescue my feet from \ the
snare.

Turn to me and have \ mercy
for I am lonely \ and poor.

Relieve the anguish of my \ heart
and set me free from my \ di-stress.

See my affliction and my \ toil
and take all my sins \ a-way.

See how many are my \ foes,
how violent their hatred \ for me.

Preserve my life and \ rescue me.
Do not disappoint me, you are \ my
refuge.

May innocence and uprightness
pro\tect me,
for my hope is in you, \ O Lord.

Psalm 27

The Lord is my light and my \ help;
whom shall \ I fear?

The Lord is the stronghold of my \
life;
before whom shall \ I shrink?

Though an army encamp a\gainst
me
my heart would \ not fear.

Though war break out a\gainst me
even then would \ I trust.

There is one thing I ask of the \
Lord,
for this \ I long,

to live in the house of the \ Lord,
all the days of \ my life,

to savor the sweetness of the \ Lord,
to behold \ his temple.

For God makes me safe in his \ tent

in the day \ of evil.

God hides me in the shelter of his \
tent,
on a rock I am \ se-cure.

I shall offer within God's \ tent
a sacrifice \ of joy.

O Lord, hear my voice when I \ call;
have mercy \ and answer.

Of you my heart has \ spoken:
"Seek the face \ of God."

It is your face, O Lord, that I \ seek;
hide not \ your face.

Dismiss not your servant in \ anger;
you have been \ my help.

Do not abandon or for\sake me,
O God \ my help!

Though father and mother for\sake
me,
the Lord will \ receive me.

Instruct me, Lord, in your \ way;
on an even \ path lead me.

I am sure I shall see the Lord's \
goodness
in the land of \ the living.

In the Lord, hold firm and take \
heart.
Hope in \ the Lord!

Psalm 30

I will praise you, \ Lord,
For you you have \ rescued me.

O Lord, I cried to you for \ help
and you, my God, \ have healed me.

O Lord, you have raised my soul
from the \ dead,

restored me to life from those who
sink into \ the grave.

Sing psalms to the Lord, you \
faithful ones,
give thanks to his ho\ly name.

At night there are \ tears,
but joy comes \ with dawn.

I said to myself in my good \
fortune:
"Nothing will ever \ disturb me."

Your favor had set me on a
mountain \ fastness,
then you hid your face and I was put
\ to confusion.

To you, Lord, I \ cried,
to my God I made \ appeal:

"What profit would my \ death be,
my going to \ the grave?"

Can dust give you \ praise
or proclaim \ your truth?"

The Lord listened and had \ pity
The Lord came to \ my help.

For me you have changed my
mourning into \ dancing,
you removed my sackcloth and
clothed me \ with joy.

So my soul sings psalms to you
un\ceasingly.
O Lord my God, I will thank you \
for ever.

Psalm 31

In you, O Lord I take \ refuge.
Let me never be put \ to shame.
In your justice, set me \ free,
Hear me and speedi\ly rescue me.

Be a rock of refuge for \ me,
A mighty stronghold \ to save me,

For you are my rock, my \
stronghold.
For your name's sake lead me \ and
guide me.

Into your hands I commend my \
spirit.
It is you who will redeem \ me,
Lord.

As for me, I trust in the \ Lord;
Let me glad and rejoice in \ your
love.

You who have seen my af\ffliction
And taken heed of my soul's \
distress.

Have mercy on me, O \ Lord,
For I am in \ dis-tress.

Tears have wasted my \ eyes,
My throat and \ my heart.

For my life is spent with \ sorrow
And my years \ with sighs.

Affliction has broken down my \
strength,
And my bones waste \ a-way.

As for me, I trust in you, \ Lord,
I say, "You are \ my God."

Let your face shine on your \
servant,
Save me in \ your love.

How great is the goodness, \ Lord,
That you keep for those \ who fear
you,

That you show to those who \ trust
you,
In the sight \ of all.

You hide them in the shelter of your
\ presence,
You keep them safe within \ your
tent.

Love the Lord, all you \ saints.
The Lord guards \ the faithful.

Be strong, let your hearts take \
courage,
All who hope in \ the Lord.

Psalm 34

I will bless the Lord at all \ times,
God's praise always on \ my lips;

in the Lord my soul shall make its \
boast.
The humble shall hear and \ be glad.

Glorify the Lord with \ me.
Together let us praise \ God's name.

I sought the Lord and was \ heard;
from all my terrors \ set free.

Look towards God and be \ radiant;
let your faces not be \ abashed.

When the poor cry out the Lord \
hears them
and rescues them from all their \
distress.

The angel of the Lord is en\camped
around those who fear God, \ to
rescue them.

Taste and see that the Lord is \
good.
They are happy who seek refuge \ in
God.

Revere the Lord, you \ saints.
They lack nothing who revere \ the
Lord.

Strong lions suffer want and go \
hungry
but those who seek the Lord lack \
no blessing,

Come, children, and \ hear me
that I may teach you the way of \ the
Lord.

Who are those who long for \ life
and many days, to enjoy their \
prosperity?

Then keep your tongue from \ evil
and your lips from speaking \
deceit.

Turn aside from evil and do \ good;
seek and strive af\ter peace.

The eyes of the Lord are toward the
\ just
and his ears toward their \ ap-
peal.

They call and the Lord \ hears
and rescues them in all their
\ distress.

The Lord is close to the broken \
hearted;
those whose spirit is crushed God \
will save.

Many are the trials of the \ upright
but the Lord will come \ to rescue
them,

keeping guard over all their \ bones,
not one of their bones shall \ be
broken.

The Lord ransoms the souls of the
\ faithful.
None who trust in God shall be \
condemned.

Psalm 42/43

Like the deer that \ yearns
for run\ning streams

so my soul is yearn\ing
for you, \ my God.

My soul is thirsting for \ God,
the God of \ my life;

when can I enter and \ see
the face \ of God?

My tears have become my \ bread,
by night, \ by day,

as I hear it said all the day \ long
"Where is \ your God?"

These things will I re\member
as I pour out \ my soul:

how I would lead the rejoicing \
crowd
into the house \ of God,

amid cries of gladness and
thanks\giving,
the throng wild \ with joy.

Why are you cast down, my \ soul,
why groan \ within me?

Hope in God; I will praise yet
a\gain,
my savior and \ my God.

My soul is downcast \ within me
as I think \ of you,

from the country of Jordan and
Mount \ Hermon,
from the Hill \ of Mizar.

Deep is calling on \ deep,
in the roar \ of waters;

your torrents and all your \ waves

swept o\ver me.

By day the Lord will send \ forth
lov\ing kindness;

by night I will sing to \ the Lord,
praise the God of \ my life.

O send forth your light and your \
truth;
let these be \ my guide.

Let them bring me to your holy \
mountain,
to the place where \ you dwell.

And I will come to your altar, O \
God,
the God of \ my joy.

My redeemer, I will thank you on
the \ harp,
O God, \ my God.

Why are you cast down, my \ soul,
why groan \ within me?

Hope in God; I will praise yet
a\gain,
my savior and \ my God.

Psalm 46

God is for us a refuge and \
strength,
a helper close at hand in time of \
distress,

so we shall not fear though the earth
should \ rock,
though the mountains fall into the
depths of \ the sea;

even though its waters rage and \
foam,
even though the mountains be
shaken by \ its waves.

The Lord of hosts is \ with us;
the God of Jacob is \ our stronghold.

The waters of a river gives joy to
God's \ city,
the holy place where the Most \
High dwells.

God is within; it cannot be \ shaken;
God will help it at the dawning of \
the day.

Nations are in tumult, kingdoms are
\ shaken;
God's voice roars forth, the earth
shrinks \ away.

The Lord of hosts is \ with us;
the God of Jacob is \ our stronghold.

Come consider the works of the \
Lord,
the redoubtable deeds God has done
on \ the earth:

putting an end to wars across the \
earth;
breaking the bow, snapping \ the
spear;

"Be still and know that I am \ God,
supreme among the nations,
supreme on \ the earth."

The Lord of hosts is \ with us;
the God of Jacob is \ our stronghold.

Psalm 48

The Lord is great and worthy to be \
praised
in the city of \ our God,

whose holy mountain rises in \
beauty,
the joy of all \ the earth.

Mount Zion, true pole of the \
earth,
the Great \ King's city!

God, in the midst of its \
citadels,
is known to be \ its stronghold.

For the kings assembled to \ gether,
together they \ advanced.

They saw; at once they were \
astounded;
dismayed, they fled \ in fear.

A trembling seized them \ there,
like the pangs \ of birth.

By the east wind you have
de \ stroyed
the ships \ of Tarshish.

As we have heard, so we have \
seen
in the city of \ our God,

in the city of the Lord of \
hosts
which God upholds \ forever.

God, we ponder your \
love
within \ your temple.

Your praise, O God, like your \
name
reaches the ends of \ the earth.

With justice your right hand is \
filled.
Mount Zion \ rejoices;

the people of Judah re\jice
at the sight of \ your judgements.

Walk through Zion, walk all \ round
it;
count the number of \ its towers.

Review all its \ ramparts,
examine \ its castles,

that you may tell the next
gene\ration
that such is \ our God,

our God for ever and \ ever
will al\ways lead us.

Psalm 63

O God, you are my God, for you I
long,
for you my soul is thirsting.

My body pines for \ you
like a dry, weary land with\out
water.

So I gaze on you in the \ sanctuary
to see your strength and \ your
glory.

For your love is better than \ life,
my lips will speak \ your praise.

So I will bless you all my \ life,
in your name I will lift up \ my
hands.

My soul shall be filled as with a \
banquet,
my mouth shall praise you \ with
joy.

On my bed I remember \ you.
On you I muse through \ the night.

For you have been my \ help;
in the shadow of your wings I \
rejoice.

My soul clings to \ you;
your right and holds \ me fast.

Psalm 65

To you our praise is \ due
in Zion, \ O God.

To you we pay our \ vows,
you who hear \ our prayer.

Blessed those whom you choose and
\ call
to dwell in \ your courts.

We are filled with the blessings of
your \ house,
of your ho\ly temple.

You keep your pledge with \
wonders,
O God \ our savior,

the hope of all the \ earth
and of far dis\tant isles.

You uphold the mountains with
your \ strength,
you are girded \ with power.

You still the roaring of the \ seas,
and the tumult of \ the peoples.

The ends of the earth stand in \ awe
at the sight of \ your wonders.

The lands of sunrise and \ sunset
you fill with \ your joy.

You care for the earth, give it \
water;
you fill it \ with riches.

Your river in heaven brims \ over
to provide \ its grain.

And thus you provide for the \
earth;
you drench \ its furrows;

you level it, soften it with \ showers;
you bless \ its growth.

You crown the year with your \
goodness.
Abundance flows in / your steps;
in the pastures of the wilderness \ it
flows.

The hills are girded with \ joy,
the meadows covered \ with flocks.

The valleys are decked with \ wheat.
They shout for joy, yes, \ they sing.

Psalm 67

O God, be gracious and \ bless us
and let your face shed its light \ up-
on us.

So will your ways be known upon \
earth
and all nations learn your sav\ing
help.

Let the peoples praise you, O \ God,
let all the peo\ples praise you.

Let the nations be glad and ex\ult
for you rule the world \ with justice.

With fairness you rule the \ peoples,
you guide the nations \ on earth.

Let the peoples praise you, O \ God,
let all the peo\ples praise you.

The earth has yielded its \ fruit
for God, our God has \ blessed us.

May God still give us his \ blessing
till the ends of the earth \ re-vere
him.

Let the peoples praise you, O \ God,
let all the peo\ples praise you.

Psalm 84

How lovely is your \ dwelling place,
Lord, God \ of hosts.

My soul is longing and \ yearning,
is yearning for the courts of \ the
Lord.

My heart and my soul ring out their
\ joy
to God, the liv\ing God.

The sparrow herself finds a \ home
and the swallow a nest for \ her
brood.

She lays her young by your \ altars,
Lord of hosts, my king and \ my
God.

They are happy who dwell in your \
house,
forever singing \ your praise.

They are happy, whose strength is in
\ you,
in whose hearts are the roads \ to
Zion.

As they go through the Bitter \
Valley
they make it a place \ of springs.

They walk with ever growing \
strength,
they will see the God of gods \ in
Zion.

O Lord God of hosts, hear my \
prayer,
give ear, O God \ of Jacob.

Turn your eyes, O God, our \ shield,
look on the face of your \ anointed.

One day within your \ courts
is better than a thou\sand elsewhere.

The threshold of the house of \ God
I prefer to the dwellings of \ the
wicked.

For the Lord God is a rampart, a \
shield.
The Lord will give us favor \ and
glory.

The Lord will not refuse any \ good
to those who walk with \out blame.

Lord, God of \ hosts,
happy are those who trust \ in you!

Psalm 91

You who dwell in the shelter of the
Most \ High
and abide in the shade of the \
Almighty,

Say to the Lord, "My refuge, my \
stronghold,
my God in whom \ I trust."

God will conceal you with his \
pinions
and under his wings you will \ find
refuge.

You will not fear the terror of the \
night,
nor the arrow that flies \ by day.

Upon you no evil shall \ fall,
no plague approach where \ you
dwell.

For you God has commanded the \
angels
to keep you in all \ your ways.

They shall bear you upon their \
hands

Lest you strike your foot against \ a
stone.

You set your love on me so I will \
save you,
protect you for you know \ my
name

When you call I shall answer, "I am
\ with you
I will save you in distress and give \
you glory.

With length of days I will pro \ tect
you.
I shall let you see my sav \ ing power.

Psalm 92

It is good to give thanks to the \
Lord,
to make music to your name, O \
Most High.

to proclaim your love in the \
morning
and your truth in the watches of \
the night,

on the ten-stringed lyre and the \
lute,
with the murmuring sound of \ the
harp.

Your deeds, O LORD, have made me
\ glad;
for the work of your hands I shout \
with joy.

O LORD, how great are your \
works!
How deep are your \ de-signs!

To me you give the wild ox's \
strength;
you anoint me with the pur \ est oil...

The just will flourish like the \ palm
tree
and grow like a Leba \ non cedar.

Planted in the house of the \ LORD
they will flourish in the courts of \
our God,

still bearing fruit when they are \
old,
still full of sap, \ still green,

to proclaim that the LORD is \ just.
My rock, in whom there is \ no
wrong.

Psalm 104

Bless the Lord, my \ soul!
Lord God, how great \ you are,

clothed in majesty and \ glory,
wrapped in light as in \ a robe!

You stretch out the heavens like a \
tent
Above the rains you build \ your
dwelling.

You make the clouds your \ chariot,
you walk on the wings of \ the
wind;

you make the winds your \
messengers
and flashing fire \ your servants.

You founded the earth on its \ base,
to stand firm from age \ to age.

You wrapped it with the ocean like a
\ cloak:
the waters stood higher than \ the
mountains.

At your threat they took to \ flight;
at the voice of your thunder \ they
fled.

They rose over the \ mountains and
\ flowed down
to the place which you had
ap \ pointed.

You set limits they might not \ pass
lest they return to cover \ the earth.

You make springs gush forth in the \
valleys;
they flow in between \ the hills.

They give drink to all the beasts of
the \ field;
the wild asses quench \ their thirst.

On their banks dwell the birds of \
heaven;
from the branches they sing \ their
song.

From your dwelling you water the \
hills;
earth drinks its fill of \ your gift.

You make the grass grow for the \
cattle
and the plants to serve \ our needs,

that we may bring forth bread from
the \ earth
and wine to cheer \ our hearts;

oil, to make our faces \ shine
and bread to strengthen \ our hearts.

The trees of the Lord drink their \
fill,
the cedars God planted \ on
Lebanon;

there the birds build their \ nests;
on the treetop the stork has \ her
home.

The goats find a home on the \
mountains
and rabbits hide in \ the rocks.

You made the moon to mark the \
months;
the sun knows the time for \ its
setting.

When you spread the darkness it is \
night
and all the beasts of the forest \
creep forth.

The young lions roar for their \ prey
and ask their food \ from God.

At the rising of the sun they steal
a \ way
and go to rest in \ their dens.
People go out to their \ work,
to labor till eve \ ning falls.

How many are your works, O \
Lord
In wisdom you have made \ them
all.

The earth is full of your \ riches.
There is the sea, vast \ and wide,

with its moving swarms past \
counting,
living things great \ and small.

The ships are moving \ there
and the monsters you made \ to play
with.

All of these look to \ you
to give them their food in \ due
season.

You give it, they gather it \ up;
you open your hand, they have \
their fill.

You hide your face, they are
dis \ mayed;
you take back your spirit, \ they die.

You send forth your spirit, they are
cre \ ated;

and you renew the face of \ the earth.

May the glory of the Lord last
for \ ever!
May the Lord rejoice in \ creation!

God looks on the earth and it \
trembles;
at God's touch, the mountains send \
forth smoke.

I will sing to the Lord all my \ life,
make music to my God while \ I
live.

May my thoughts be pleasing to \
God.
I find my joy in \ the Lord.

Psalm 121

I lift up my eyes to the \ mountains;
from where shall come \ my help?

My help shall come from the \ Lord
who made heaven \ and earth.

May God never allow you to \
stumble!
Let your guard \ not sleep.

Behold neither sleeping nor \
slumbering,
Isra \ el's guard.

The Lord is your guard and your \
shade;
and stands by \ your right.

By day the sun shall not \ smite you
nor the moon in \ the night.

The Lord will guard you from \ evil,
and will guard \ your soul.

The Lord will guard your going and
\ coming
both now and \ for-ever.

Psalm 122

I rejoiced when I heard them \ say:
"Let us go to \ God's house."

And now our feet are \ standing
within your gates, O \ Je-rusalem.

Jerusalem is built as a \ city
strongly \ com-pact.

It is there that the tribes go \ up,
the tribes of \ the Lord.

For Israel's law it \ is,
there to praise the \ Lord's name.

There were set the thrones of \
judgment
of the house \ of David.

For the peace of Jerusalem \ pray:
"Peace be to \ your homes!"

May peace reign in your \ walls,
in your palac\es peace!"

For love of my family and \ friends
I say, "Peace be \ up-on you."

For love of the house of the \ Lord
I will ask for \ your good.

Psalm 119 (B)

He

Teach me the demands of your \ statutes
and I will keep them to \ the end.

Train me to observe your \ law,
to keep it with \ my heart.

Guide me in the path of your
com \ mands;
for there is my \ delight.

Bend my heart to your \ will
and not to love \ of gain.

Keep my eyes from what is \ false;
by your word, give \ me life

Keep the promise you have \ made
to the servant \ who fears you.

Keep me from the scorn I \ dread,
for your decrees \ are good.

See, I long for your \ precepts;
then in your justice, give \ me life.
(*pause*)

Vau

Lord, let your love come u \ pon me,
the saving help of \ your promise.

And I shall answer those who \ taunt
me
for I trust in \ your word.

Do not take the word of truth from my \
mouth
for I trust in your \ decrees.

I shall keep your law \ always
for ever \ and ever

I shall walk in the path of \ freedom
for I seek \ your precepts.

I will speak of your will before the \
powerful
and not be \ abashed.

Your commands have been my de \ light;
these I \ have loved.

I will worship your commands and \
love them
and ponder \ your statutes.
(*pause*)

Zayin

Remember your word to your \ servant
by which you gave \ me hope.

This is my comfort in \ sorrow:
that your promise gives \ me life.

I remember your decrees of \ old
and these LORD, \ console me.

Your statutes have become my \ song
in the land \ of exile.

I think of your name in the \ night
and I keep \ your law.

This has been my \ blessing,
the keeping of \ your precepts.

Psalm 119 (C)

Heth

My part, I have resolved, O \ LORD,
is to obey \ your word.

With all my heart I implore your \
favor;
show the mercy of \ your promise.

I have pondered over my \ ways
and returned to \ your will.

I made haste and did not de \ lay
to obey your \ commands.

At midnight I will rise and \ thank you
for your just \ decrees.

I am a friend of all who re \ vere you,
who obey \ your precepts.

LORD, your love fills the \ earth.
Teach me \ your statutes.
(*pause*)

Teth

LORD, you have been good to your \
servant
according to \ your word.

Teach me discernment and \ knowledge
for I trust in your \ commands.

Before I was afflicted I \ strayed
but now I keep \ your word.

You are good and your deeds are \
good;
teach me \ your statutes.

It was good for me to be af \ flicted,
to learn \ your statutes.

The law from your mouth means more
to \ me.
than silver \ and gold.
(*pause*)

Yod

It was your hands that made me and \
shaped me:
help me to learn your \ commands.

Your faithful will see me and re \ joice
for I trust in \ your word.

LORD, I know that your decrees are \
right,
that you afflicted \ me justly.

Let your love be ready to con \ sole me
by your promise to \ your servant.

Let your love come and I shall \ live ,
for your law is my \ delight.

Let your faithful turn to \ me,
those who know \ your will.

Let my heart be blameless in your \
statutes
lest I be \ ashamed.

Psalm 119 (D)

Caph

I yearn for your saving \ help;
I hope in your \ word.

My eyes yearn to see your \ promise.
When will you \ console me? .

Though parched and exhausted with \
waiting
I remember \ your statutes.

Your commands are all \ true;
then help me when lies \ oppress me.

Because of your love give me \ life
and I will do \ your will.
(*pause*)

Lamed

Your word, O LORD, for \ ever
stands firm in \ the heavens:

your truth lasts from age to \ age,
like the earth you \ created.

By your decree it endures to this \ day;
for all \ things serve you.

Had your law not been my de \ light
I would have died in my \ affliction.

I will never forget your \ precepts
for with them you give \ me life.

Save me, for I am \ yours
since I seek \ your precepts.

I have seen that all perfection has an \
end
but your command \ is boundless.
(*pause*)

Mem

Lord, how I love your \ law!
It is ever in \ my mind.

I have more insight than all who \ teach
me
for I ponder \ your will.

I have more understanding than the \
old
for I keep \ your precepts.

I turn my feet from evil \ paths
to obey \ your word.

I have not turned from your decr\ees;
you yourself \ have taught me.

Your promise is sweeter to my \ taste
than honey in \ the mouth.

I gain understanding from your \
precepts
and so I hate \ false ways.

Psalm 119 (E)

Nun

Your word is a lamp for my \ steps
and a light for \ my path.

I have sworn and have made up my \
mind
to obey your \ decrees.

LORD, I am deeply af\licted;
by your word give \ me life.

Accept, LORD, the homage of my \ lips
and teach me your \ decrees.

Though I carry my life in my \ hands,
I remember \ your law.

Your will is my heritage for \ ever,
the joy of \ my heart.

I set myself to carry out your \ statutes
in fullness, \ for ever.
(pause)

Samech

I have no love for the \ half-hearted;
my love is for \ your law.

You are my shelter, my \ shield;
I hope in \ your word.

If you uphold me by your promise I
shall \ live;
let my hopes not be \ in vain.

Sustain me and I shall be \ saved
and ever observe \ your statutes.
(pause)

Ayin

I have done what is right and \ just:
let me not be \ oppressed.

My eyes yearn for your saving \ help
and the promise of \ your justice.

Treat your servant with \ love
and teach me \ your statutes.

I am your servant, give me \
knowledge;
then I shall know \ your will.

That is why I love your com\mands
more than fin\est gold,

why I rule my life by your \ precepts,
and hate \ false ways.

*Sanskrit texts, mantras,
Bhajans, Nama Japa*

1. Dhyâna moolam Guormurti
Poojâ moolam guro-padam
Mantra moolam Guror-vâkyam
Moksha moolam gurorkripâ

*The root of meditation is the image of the
guru.*

The root of worship, the feet of the guru.

The root of mantra, the word of the guru.

*The root of salvation, the grace of the
guru. from the Sri Guru Gita*

(alternate version)

1b. The root of meditation
is the image of my Master,
The root of my mantra
is the Word of the Lord,
The root of all worship
is the feet of the Teacher,
The root of salvation is Grace.

2. Hare Yeshu, hare Yeshu!
Yeshu, Yeshu, hare, hare!
Hare Christa, hare Christa!
Christa, Christa, hare hare!

*Jesus is Lord.
Christ is Lord.*

3. Jaya guru deva, Jaya guru deva!
Jaya, jaya, jaya, jaya, jaya guru deva!

Praise to the divine guru!

4. Yesu, Yesu, jai jai, namo!
Yesu, Yesu, jai jai, namo!

Praise to Jesus! We bow to you.

5. Satyam eva jayate nanritam.
Satyam jnanam anantam Brahma.

*Truth alone prevails, not unreality.
Brahman is truth, infinite knowledge.*

6. Khrista jaya jaya, Khrista jaya jaya,
Khrista jaya, jaya! Namonamo! (2X)

Praise to Christ! We bow to you!

7. Jaya, jaya Pitâve, Jaya, jaya Sutane,
Jaya, jaya Âviye, namonamo! (2X)
Sacchidânandane...
Jivânandane...
Premânandane...

*Glory to the Father, the Son
and the Spirit:
Being-Consciousness-Bliss...
Life...
Love...*

8. Jaya guru, jaya guru deva!
Jaya guru, jaya guru deva!
Tava sharanam, mama sharanam.
Tava sharanam, mama sharanam.

*Adi guru... Mama guru...
Sad guru... OM guru...*

Jaya guru Yesu...

*Praise to Lord Guru!
You are a refuge, my refuge.
First among Gurus...
My Guru...
True Guru...
Praise to Jesus Guru!*

9. Nîye satyam, nîye sharanam.
Namo namaste, Kriste namaste. (2X)

*Nîye mârgam...
Nîye jîvan...*

*You are truth, you are refuge.
Praise to you, Christ.
You are the way.
You are the life.*

10. OM Bhagavân, OM Bhagavân,
OM Bhagavân Prabhu Pitâ
Bhagavan.

OM Bhagavân, OM Bhagavân,
OM Bhagavân Prabhu Putra
Bhagavân.

OM Bhagavân, OM Bhagavân,
OM Bhagavân Prabhu Atma
Bhagavân.

*Lord God,
The Father,
Lord God
the Son,
Lord God
the Spirit.*

11. (refrain)

Jaya, jaya ârati Yeshu Khrista.
Jaya, jaya ârati Yeshu Khrista.

(verses)

1. Yeshu Khrista mukti dâtâ,
Yeshu Khrista shânti data!
Jaya, jaya ârati Yeshu Khrista.

2. Yeshu Khrista jîva data,
Yeshu Khrista mârga data!
Jaya, jaya ârati Yeshu Khrista.

Homage to Jesus Christ!

*Jesus Christ, giver of freedom,
Jesus Christ, giver of peace.
Jesus Christ, giver of life,
Jesus Christ, giver of the way.*

12. Pavana Âtmâ antara yâmi.
Barsâ tu apane kripâ,
apane kripâ, apane kripâ.

Barsâ tu apane dayâ...
Barsâ tu apane shanti...
Barsâ tu apane jyoti...

*Holy Spirit
You dwell in the cave of the heart,
Grant us your grace...*

*Grant us your mercy...
Grant us your peace...
Grant us your light...*

(alternate version)

12b. Spirit in the cave of the heart,
grant us your grace.
Grant us your grace,
grant us your grace,
Grant us your grace,
grant us your grace!
Grant us your love...
Grant us your peace...
Grant us your light...

13. Jyoti, jyoti, jyoti.
Prabhu hi merî jyoti!
Khrista hi merî jyoti!
Pâvan âtmâ jyoti!

*Light, light, light!
The Lord is my light!
Christ is my light!
Holy Spirit is my light!*

14. Arul perum jyothi.
Grace-giving light!

15. Aarathi, aarathi aaradhana
Atmavin kshethrathil aradhana
Anjali anjali pranavarchana
Manasakkovilil hridayarchana

*Homage and worship,
worship in the temple of the Spirit
Homage with the sacred word
Heartful worship in the temple of the
mind.*

16. (Gaayaatri mantra)
OM bhoor bhuvah svah
tat savitur varenyam
bhargo devasya dheemahi
dhiyo yo nah prachodyaat

*Let us meditate on the glorious splendor
of the Divine Light,
and may that Light enlighten our
meditation.*

(alternate version of OM Bhur bhuvā
mantra)

16b. Come, let us meditate
on the radiant splendor of the Light
Divine.
And may that Holy Light
illuminate our meditation.

17.
Lokaah samasthaah sukhino
bhavantu.

May all the world be happy.

18. Asato maa sad gamaya
tamaso maa jyotir gamaya
Mrityor maa amritam gamaya

*From the unreal lead me to the real.
From darkness lead me to light.
From death lead me to immortality.*

(alternate version of Asato ma...
mantra)

18b. Lead me from death into life.
Lead me from falsehood to truth.
Lead me to hope from despair.
Lead me from hatred to love.
Lead me from war into peace.
Lead from me death into life.
Let peace fill our hearts, our world,
and our universe.

19. Poornamadah, poornamidam,
Poornaat poornam udachyate,
Poornasya, poornam aadaaya,
Poornamevaavashishyate.

*That is full, this is full,
From fullness, fullness proceeds,
Removing fullness from fullness,
fullness alone remains.*

OM shaantih, shaantih, shaantih

20. (midday hymn)
Om Jagadeeshvara sadaapi
chinmaya
Jagadeeshvara vande (2X)
Om parapoojita paraaparaatmaa,
paraaparaatmaa
Anavaaratam vande! (3X)
Om Jagadeeshvara sadaapi
chinmaya
Jagadeeshvara vande
Jagadeeshvara vande

*Lord of the Universe, O eternal
consciousness,, I bow to you, Most Holy,
O Supreme Spirit, forever and ever I
bow to you.*

21. (evening hymn)
Vande Sacchidaananda—vande.
Vande Sacchidaananda—vande.
Bhogi laanchita, yogi vaanchita
charamapadam.
Vande, vande, vande,
sacchidaanandam.
Vande, vande, sacchidaanandam.
Parama puraana paraatparam
poornam akhanda paraavaram (2X)
Trisangha shuddam
asanga buddham
doorvedam vande.
Vande Sacchidaananda—vande.
Vande Sacchidaananda—vande.

*Glory to Saacidananda (the existent-
knowing-blissful One), the furthest
goal, despised by the world, longed for
by saints, the Almighty, the ancient, the
fullness, the undivided, higher than the
highest, the far and the near, related
within, pure and unrelated without, the
aware, whom intellect scarce can reach.
Glory to Saccidananda!*

Canticle of Zechariah

Blessed be the Lord God of / Israel
who has come to his people and set
\ them free.

God has raised up for us a mighty /
savior
born of the house of his ser\vant
David.

Through holy prophets God
promised from of \ old
to save us from our / enemies
from the hands of all \ who hate us.

God promised to show mercy to our
/ forbears
and to remember the ho\ly
covenant,

the oath sworn to our father /
Abraham,
to set us free from the hands of \ our
enemies

free to serve the Lord without / fear
holy and just in God's sight all the
days of \ our lives.

You, little child, will be a prophet of
the Most / High
for you will go before the Lord to
prepare \ a way,

to give God's people knowledge of
sal/vation
by the forgiveness of \ their sins.

In the tender compassion of our /
God
the dawn from on high shall break \
up-on us

to shine on those in darkness and the
shadow of / death
and to guide our feet on the path \
of peace.

**Give thanks to the Most High /
God,
who has raised up for us a might \y
Savior,
Son of God and Son of / David:
the Dayspring, Jesus Christ \ our
Lord.**

Canticle of Mary

I acclaim the greatness of the / Lord,
I delight in God \ my Savior,

who regarded my humble / state.
Truly from this day on all ages will
call \ me blest.

For God, wonderful in power, has
used that strength for / me.
Holy is the name of \ the Lord!

whose mercy embraces the /
faithful,
one generation to \ the next.

The mighty arm of God scatters the
proud in their con/ceit,
pulls tyrants from \ their thrones,

and raises up the / humble.
The Lord fills the starving and lets
the rich \ go hungry.

God rescues lowly / Israel,
recalling the promise \ of mercy,

the promise made to our / ancestors,
to Abraham's heirs \ forever.

**Sing praise to the Abba of / Jesus,
who has fulfilled his promise \ in
Mary.
She gave birth to Christ our / Savior
by the power of the Ho\ly Spirit.**