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The Teachings

A Partial Teaching on Prayer and Praying

Discourse

INTRODUCTION

I bow my head before HIM and seek HIS Blessing directly when I say OMNMNKAAR Namoh – GOD Bless me.

PARAMATMA pays attention and gives HIS personal Blessing

Whenever you have something to do during the day, start with a prayer and after it is done, say another prayer of thanks.

Starting and Ending The Day

Start your day with a little prayer to thank GOD for the night and place yourself in HIS care for the rest of the day ahead.

Similarly end your day with a prayer of thanks for the day and commend yourself to HIS care for the night ahead.

Prayers should be short and simple, and should be made by the person who needs it.

Rule #1: I am Responsible (for making my own prayers).

Essential Elements of Your Prayer

Certain essential elements of these short prayers during the day.

1. Begin with OMNMNKAAR Namoh
2. Identification of the person making the request (prayer)(I (name of person) present myself before you
3. Purpose of the request (e.g.: cook, mow the lawn, and make a dessert).
4. Thank HIM for (whatever it is ...).
5. End with OMNMNKAAR Namoh

PRAYING

GOD says, "When you need me, remember me by my name, OMNMNKAAR." HIS name is like a doorbell in your voice box. When you says HIS name, HE hears your prayers immediately.

However, it is possible to pray and be heard by GOD without knowing HIS name.

GOD is not insensitive to people's prayers.

When a needy person prays, the **effort** and **need** are answered and responded to.

The path is only one through HIS Name OMNMNKAAR.

GOD is benevolent.

HE sees and listens when you pray to HIM.

All activities of the body+mind given to your Atma/Soul are recorded at all times.

When you remember GOD through HIS Name OMNMNKAAR

You create a virtual sphere which is placed in your communication channel.

This channel when filled will present your intelligence before PARAMATMA to enable your body+mind request GOD for the Janam Kaarya/Life Task of your Atma/Soul.

The size of each sphere is dependent upon the effort and intensity with which you

recite OMNMNKAAR.

Each recitation of OMNMNKAAR rewards you with one such sphere.

Size of each sphere demands **intensity** and **effort** is needed.

The amount of **time** spent in prayer is also rewarded.

PRAYER AFTER SATSANG

OMNMNKAAR Namoh

Dear GOD

I, (your own name), present myself, seeking your benevolence and sanctuary.

Accept my attendance at this moment

OMNMNKAAR Namoh.

I am a weak person.

I make mistakes.

Shield my weaknesses, my mistakes.

Forgive my transgressions

OMNMNKAAR Namoh.

Save me from lust and anger.

Save me from greed, desire, and acquisitiveness.

Save me from ego, pride, jealousy, sloth and obstinacy.

Give me your blessings to overcome my weaknesses whenever I may fall to them.

OMNMNKAAR Namoh.

Give me Health.

Make me Tough

Give me a strong body.

Save me from illnesses.

OMN MN KAAAR Namoh.

Give me Courage to live in The Way of Life laid down by YOU.

Give me the Resolve/Determination to live in The Way of Life laid down by YOU.

Give me Confidence to live in The Way of Life laid down by YOU.

Give me the Courage, Resolve, and Confidence to live by The Teachings.

Give me the Courage, Resolve, and Confidence to obey, and love The Teacher YOUR Son.

Give me Knowledge, Education, Understanding, and Wisdom.

Give me the strength, and ability to work hard, to carry out the Task.

Allow me success.

Allow me to be happy and joyful as I live in the world you have created for me.

Grant my desires.

Thank you for everything you have given me.

Thank you for the time that I have spent in this world, which I have spent in this life, and for everything, you have done for me.

Please stay with me for all the time that you have given to me for the time to come.

Please help me formulate my requests.

OMN MN KAAAR Namoh.

EARLY MORNING PRAYER

OMNMNKAAR (Repeat as many times as you can).

I, (say your name), am in YOUR Presence.

Thank YOU for the night of rest and repose I have had.

This day is YOURS.

Guide me and protect me during the day.

Enable me to live according to the Laws, Rules, and the Way of Life.

Thank YOU for all YOU have done for me.

OMNMNKAAR Namoh.

EVENING PRAYER

OMNMNKAAR x 21 times.

I, (say your name), am in YOUR Presence.

Thank YOU for this wonderful day.

This night is YOURS.

Calm and soothe me and give me the rest I deserve.*

Thank YOU for everything YOU have given me today.

OMNMNKAAR Namoh.

*acknowledging before GOD that if I do not deserve the rest, I am prepared to accept the consequences of no sleep. (Take punishment in small doses.)

The Words With Which I Pray (Explained in plain English)

Dear God,

I, _____, am present here before you.

Please count my attendance at this moment.

I am a weak man/woman.

I make mistakes.

Please shield me from my weaknesses and my mistakes.

And forgive me.

Save me from lust and anger.

Save me from greed and desire and acquisitiveness.

Save me from pride and jealousy.

Give me your blessings to overcome my weaknesses whenever I may fall to them.

Bless me with good health.

Give me a healthy body.

Give me the physical strength to be able to carry out your Task.

Give me the strength and resolution to live by Your Teachings, Your Laws, Your rules and the Principles of Life laid down by YOU.

Bless me with the knowledge and the means to acquire it with education, with understanding, and with wisdom to live my life in the way that YOU have laid down for me.

Allow me success.

Allow me to be happy and joyful as I live in this world you have created for me.

Thank you for everything you have given me.

Thank you for the time that I have spent in this world, that I have spent in this life,
and for everything you have done for me.

Please stay with me for all the time that is given to me for the time to come.

Please help me formulate my requests . . .

(etc)

OMN MN KAAAR Namoh.

OMN MN KAAAR Namoh

Prayer In My Language

Priye Prabhu

Main _____

Aapki sharan mein aya hoon/aayi hoon

Meri haazri kubool karna

Main kamzor insaan hoon

Galtiyan bahut karta hoon

Meri kamzoriyon aur galtiyan par

Parda daal kar kshama karna

Mujhe Kaam, Krodh

Lobh, Moh ,

Ahankaar,

Ghamand,

Jhooth,

Eersha,

Swaarth,

Aalas

aur Adiyalpan se bachaa kar rakhein

Mujhe gyaan bakhshhein

Vidyaa bakhshhein

Samajh bakhshhein

Buddhi bakhshhein

Mehnat bakhshhein

Bal bakhshhein

Aapke maarg par chalne ke liye Himmat bakhshhein

Dridhtaa bakhshhein

Vishwaas bakhshhein

Mera mann saaf banaayen

Swabhav shaant rakhein

Jabaan mithi banaayen

Mujhe Sehat ki bakhshish karein

Deh aarogi banaayen

Sharir mazboot banaayen

Beemariyon se bachaa kar rakhein

Mujhe sushi rakhein

Khushiyon ki bakhshish karein

Safaltaa bakhshein

Manokaamna पूरी karein

Apna bacha jaan kar

mere sar par Meher bhara haath rakhen

OMN MN KAAAR Namoh

Your Name (required)

Your Email (required)

Subject (required)

Ask your Question

Submit