

48-Prayer & Meditation

In beauty I walk
With beauty before me I walk
With beauty behind me I walk
With beauty above me I walk
With beauty around me I walk
It has become beauty again.

American Indigenous Religions,
Navajo Prayer

May my father bless you with life;
May your road reach to Dawn Lake,
May your road be fulfilled.

American Indigenous Religions,
Zuni Prayer

Faith is composed of the heart's intention.
Light comes through faith.
Through faith men come to prayer,
Faith in the morning, faith at noon and at the setting of the sun.
O Faith, give us faith!

Hinduism, *Rig Veda* 1

Om is the bow, the Self is the arrow, Brahman is called its aim. It is to be hit by a man who is not thoughtless; and then, as the arrow (becomes one with the target), he will become one with Brahman....Meditate on the Self as Om! Hail to you, that you may cross beyond (the sea of) darkness!

Hinduism, *Mundaka-Upanishad* 2: 2.4-2.6

Blessed art Thou, O LORD; teach me Thy statutes.
With my lips have I told all the ordinances of Thy mouth.
I have rejoiced in the way of Thy testimonies, as much as in all riches.
I will meditate in Thy precepts, and have respect unto Thy ways.
I will delight myself in Thy statutes; I will not forget Thy word.

Judaism, *Tehillim (Psalms)*, 119: 12-16

For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart.

Judaism, *Jeremiah* 29: 11-13

When reprimanded a wise man should not be angry, but he should be of a forbearing mood; he should not associate, laugh, and play with mean men.

He should do nothing mean, nor talk much; but after having learned his lesson, he should meditate by himself.

Jainism, *Uttaradhyayana* 1: 9-10

Without knowledge there is no meditation, without meditation there is no knowledge: he who has knowledge and meditation is near unto Nirvāṇa.

Buddhism: *The Dhammapada*, XXV, 372

The first realization explains and clarifies the four basic subjects of Buddhist meditation: (a) impermanence, (b) suffering, (c) no-self, and (d) impurity. We must always remember and meditate on these four principles of reality. As mentioned in the sutra, if someone meditates on these facts, he or she will gradually be released from samsāra, the round of birth and death.

Buddhism: *Sutra Collection (EFG)*, 1.14

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...”

Christianity, *Matthew* 5: 43-44 NKJV

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Christianity, *Matthew* 6: 9-13 KJV

Establish regular prayer, enjoin what is just, and forbid what is wrong; and bear patiently whatever may befall you; for this is true constancy. And do not swell your cheek (with pride) at men, nor walk in insolence on the earth, for God does not love any man proud and boastful. And be moderate in your pace and lower your voice; for the harshest of sounds, indeed, is the braying of the ass.

Islam, *Qur'án* 31: 18-19

When My servants ask thee concerning Me, I am indeed close (to them): I listen to the prayer of every suppliant when he calleth on Me: Let them also, with a will, Listen to My call, and believe in Me: That they may walk in the right way.

Islam, *Qur'án* 2: 186

Let us pray to God that the breath of the Holy Spirit may again give hope and refreshment to the people, awakening in them a desire to do the Will of God. May heart and soul be vivified in every man: so will they all rejoice in a new birth.

Baha'i, 'Abdu'l-Bahá, *Paris Talks*, p. 34

Happy is the man that pondereth in his heart that which hath been revealed in the Books of God, the Help in Peril, the Self-Subsisting. Meditate upon this, O ye beloved of God, and let your ears be attentive unto His Word, so that ye may, by His grace and mercy, drink your fill from the crystal waters of constancy, and become as steadfast and immovable as the mountain in His Cause.

Baha'i, Bahá'u'lláh, *Gleanings*, p. 13

Summarize the following text and create the free form, non-rhyming lyrics for a Native American Folk with baritone male and low alto female duet, finger-picked acoustic guitar, flute and native drumming

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