

# Morning

#### SAUM

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

Repeat 11 times "Pour upon us Thy Love and Thy Light"

#### PIR

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.

# Noon

#### SALAT

Most gracious Lord, Master, Messiah, and Saviour of humanity,

We greet Thee with all humility. Thou art the First Cause and the Last Effect, The Divine Light and the Spirit of Guidance, Alpha and Omega. Thy Light is in all forms, Thy Love in all beings: in a loving mother, in a kind father, in an innocent child, in a helpful friend, in an inspiring teacher. Allow us to recognize Thee in all Thy holy names and forms; as Rama, as Krishna, as Shiva, as Buddha. Let us know Thee as Abraham, as Solomon, as Zarathushtra, as Moses, as Jesus, as Mohammed, and in many other names and forms, known and unknown to the world. We adore Thy past; Thy presence deeply enlighteneth our being, and we look for Thy blessing in the future. O Messenger, Christ, Nabi, the Rasul of God! Thou Whose heart constantly reacheth upward, Thou comest on earth with a message, as a dove from above when Dharma decayeth, And speakest the Word that is put into Thy mouth. As the light filleth the crescent moon May the star of the Divine Light shining in Thy heart be reflected in the hearts of Thy devotees. *May the Message of God reach far and wide, illuminating* 

and making the whole humanity as one single Brotherhood in the Fatherhood of God. Amen.

Repeat 11 times "May the message of God reach far and wide"

# NABI

A torch in the darkness, a staff during my weakness, A rock in the weariness of life, Thou, my Master, makest earth a paradise. Thy thought giveth me unearthly joy, Thy light illuminateth my life's path, Thy words inspire me with divine wisdom, I follow in thy footsteps, which lead me to the eternal goal Comforter of the broken-hearted, Support of those in need, Friend of the lovers of truth, Blessed Master, thou art the Prophet of God.

# Evening

## KHATUM

O Thou, Who art the Perfection of Love, Harmony, and Beauty, The Lord of heaven and earth, Open our hearts, that we may hear Thy Voice, which constantly cometh from within. Disclose to us Thy Divine Light, which is hidden in our souls. that we may know and understand life better. Most Merciful and Compassionate God, give us Thy great Goodness: Teach us Thy loving Forgiveness; Raise us above the distinctions and differences which divide men: Send us the Peace of Thy Divine Spirit, And unite us all in Thy Perfect Being. Amen.

Repeat 11 times "Disclose to us Thy Divine Light"

### RASUL

Warner of coming dangers, Wakener of the world from sleep, Deliverer of the Message of God, Thou art our Saviour. The sun at the dawn of creation, The light of the whole universe, The fulfilment of God's purpose, Thou the life eternal, we seek refuge in thy loving enfoldment. Spirit of Guidance, Source of all beauty, and Creator of harmony, Love, Lover, and Beloved Lord. Thou art our divine ideal.

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#### PRAYER FOR THE UNIVERSEL

O Thou, Who art the Maker, Moulder, and Builder of the universe, build with Thine own hands the Universel, our Temple for Thy divine Message of Love, Harmony, and Beauty. Amen

### DOWA

Save me, my Lord, from the earthly passions and the attachments which blind mankind.

Save me, my Lord, from the temptations of power, fame, and wealth, which keep man away from Thy Glorious Vision. Save me, my Lord, from the souls who are constantly occupied in hurting and harming their fellow-man, and who take pleasure in the pain of another.

Save me, my Lord, from the evil eye of envy and jealousy, which falleth upon Thy bountiful Gifts.

Save me, my Lord, from falling into the hands of the playful children of earth, lest they might use me in their games; they might play with me and then break me in the end, as children destroy their toys.

Save me, my Lord, from all manner of injury that cometh from the bitterness of my adversaries and from the ignorance of my loving friends. Amen

## NAYAZ (Healing Prayer)

Beloved Lord, Almighty God! Through the rays of the sun, Through the waves of the air. Through the All-pervading Life in space, Purify and revivify me, and, I pray, Heal my body, heart, and soul. Amen

## NAZAR (Grace)

O Thou, the Sustainer of our bodies, hearts, and souls, Bless all that we receive in thankfulness. Amen

### PRAYER FOR PEACE

Send Thy peace O Lord, which is perfect and everlasting, that our souls may radiate peace.

Send Thy peace O Lord, that we may think, act and speak harmoniously.

Send Thy peace O Lord, that we may be contented and thankful for Thy bountiful gifts.

Send Thy peace O Lord, that amidst our worldly strife, we may enjoy Thy bliss.

Send Thy peace O Lord, that we may endure all, tolerate all, in the thought of Thy grace and mercy.

Send Thy peace O Lord, that our lives may become a Divine vision and in Thy light, all darkness may vanish.

Send Thy peace O Lord, our Father and Mother, that we Thy children on Earth may all unite in one family.

Amen



Hazrat Inayat Khan the founder of the Sufi Order in the West