



AMERICAN MEDITATION INSTITUTE

Bringing Yoga Science to Life

God Centered PRAYER

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Prayer

No matter what your religion, or absence thereof, prayer can become a valuable part of your daily practice—especially when faced with today’s enormous challenges. Although traditions and individuals may differ in their definition of God, everyone acknowledges his or her own existence and capacity to witness. For each of us, based on our experience and memory, there has never been a time when the concept “I am” was not true.

This I-amness, our capacity to mindfully witness, is the doorway to experiencing union with the One Supreme Reality. The I-amness of which all traditions speak is an aspect of the One Absolute Intelligence, and it is to that Eternal Witness within each of us that the lower self, or personality, offers its prayer.

God-Centered Prayer

In God-centered prayer, speak to that aspect of the Supreme Reality closer to you than your own breath. “Dear Lord, Dear Jesus, Dear Inner Dweller, Dear Divine Mother, O Great Spirit, Dear Allah, Dear Ganesh (whatever phrase feels most comfortable to you, based on your personal religious or non-religious upbringing) . . . please grant me the strength to do Thy will—to serve only those thoughts that are endorsed by my own Inner Wisdom as reflected by the Conscience.”

Those who are agnostic or atheist will fashion a prayer in an entirely different manner than will the Christian, Jew, Muslim, Hindu or Buddhist, but the form is not as important as your intention.

Remember, words are just pointers. No-one is asked to abandon his or her faith or belief and adopt another, nor should you ask your friend or loved one to use the prayer that you use. To be meaningful and effective, prayer must be a very personal experience and spoken in the language of love—the same language the mother or the father uses with the newborn baby. Avoid using memorized passages that do not have an intimate, heart-opening meaning for you.

Don't feel pressured to construct a long, formal, poetic or grammatically correct prayer. Merely speak lovingly to that Inner Dweller residing in the cave of the heart in a simple, direct, open, honest and loving manner.

Be Sure to Make an Offering

Remember, “it is in giving that we receive.” Instead of petitioning for something, use your God-centered prayer as an opportunity to give away something the personality has been holding on to that is separating you from unbounded happiness. No one knows better than you what your attachments are. Therefore, in your prayer, openly share with the Supreme how difficult it may be for you at this time to give up the worry, anger or certain desires presently calling your attention, causing you pain, and depressing your immune system.

In the process of making an offering, welcome, witness and honor your attachments dispassionately. Remember, they were created by your previous attention. They're part of the bundle of habit patterns known as your personality. Then, with all the strength and willpower you can marshal, make an offering of the old contracting habit back to the Origin from which it has come. Make the offering lovingly, willingly and joyously and ask the Inner Dweller to accept this gift of a dedicated seeker, to transform its inherent power and to lead you for your highest and greatest good.

The more you can consciously and willingly surrender your attachments in God-centered prayer, the weaker the older habits become, and the less control they will have over your future actions.

Final Thought

To encourage your own creativity, we offer you a sample God-centered prayer. Please don't consider this something you should memorize. If certain passages speak to your own situation and heart, feel free to incorporate them into your own prayer. If other phrases feel uncomfortable to you, perhaps they might at least help clarify what you're really feeling. Remember, earnestness is always the key. As spiritual food for thought, the following text and video of the God-Centered Prayer are offered with love.

Sample God-Centered Prayer

“O Lord of Life, O, my Inner Dweller, Thou Who gives me Light, that I might see, Who gives me power to hear, to smell, to taste, to touch, to think, to analyze, Who gives me power to walk, energy to walk, to do things in the external world; O that Center of Power within me, let me draw strength directly from You. You are my only source of strength.

O Inner Dweller, Light of Light and Holy of Holies, with a grateful heart for the bounty and blessings of creation that You unceasingly provide, I humbly pray that your Presence come forward into my awareness and that you lead me in my meditation and my practice.

Teach me to receive with equanimity the pleasant and the unpleasant, remembering that You are the Origin of all; that everything is here for me to use and to enjoy but not to possess, nor to be possessed by.

O Inner Dweller, help me to purify this body, mind and senses that I might become an instrument of love, forgiveness and compassion; to do Thy will—even in the face of my own likes and dislikes.

O Inner Dweller, though I am attached to the charms, attractions and temptations of this material world, I desire to surrender all my attachments back to You: I surrender my very breath, body, mind and senses. I surrender every concept of I, and me and mine. I surrender all fear and worry, anger and selfish desire. I surrender the ignorance of separateness and the illusion of personal doer-ship. On the altar of surrender I offer You my expectations, anticipations and intentions, my judgments and criticisms, conclusions and opinions—every thought, every word, every deed. I make this offering lovingly, humbly and earnestly, and pray that You will consume this offering in the fire of your compassionate Light. Lead me from the unreal to the Real. Lead me from the darkness to the Light. Lead me from mortality to immortality.

O Inner Dweller, I pray for your strength. I humbly pray for your grace. I pray for your grace through the scriptures. I pray for your grace through those teachers who bring me knowledge. I pray for your grace through the Supreme Reality Within. May the voice and light of that Absolute Truth grow in my awareness. Grant me an ear to hear and eye to see, at all times, in every relationship and every circumstance, that I might declare with full faith, in this lifetime: I and my Father are One.”

God-Centered
PRAYER
Video Link

Use this password: **prayer**