

## Prayer No. 2

Swami Suryadevananda

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O Lord, thou art transcendent and immanent,  
Both, at the same time—the one Self in all,  
Existence-consciousness-bliss-absolute,  
Thou alone exist in all and as all.

Thou art the source and sustainer of all,  
Thou art the substratum and support of all,  
Very close to a heart that longs for thee,  
But far beyond reach of mind and intellect.

Help me O Lord to cleanse and purify,  
This mind, intellect and understanding,  
This heart—the sum of all these three,  
From clinging and rejecting within itself.

Help me O Lord to attain inner balance,  
Where the world in all its variety,  
Does not appear apart from thee,  
And distinctions never arise in the heart.

Help me O Lord be centered in thee,  
O ocean of compassion and grace,  
Thou art supreme fulfillment itself,  
All duality is perfectly reconciled in thee.

Help me O Lord to be occupied by thee,  
Satisfied abiding in thy remembrance,  
Please let this abidance be unbroken,  
Durable for this life's stormy seas.

Help me O Lord in real renunciation,  
Which is every abiding in thee only,  
This heart struggles with letting go,  
Not realizing letting go is itself abundance.

Help me O Lord stay vibrantly thine,  
So that all I do is thy adoration only,  
Let me never stagnate or ever hold back,  
Let all that is given flow ever freely.

Help me O Lord by thy kind favor,  
Light the lamp of devotion in the heart,  
So unwavering I be in self-surrender,  
Every thought, word and deed ever praise thee.

Humbly I ask these things of thee O Lord,  
Undeserving thou I be of thy grace,  
Still I ask from thee just one small ray,  
As I strive to be worthy day by day.

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