

Prayers from Faith Traditions at the University of Portland

Al Fatihah (From the Muslim Faith)

1:1 In the name of Allah, Most Gracious, Most Merciful.

Bismi Allahi alrrahmani alrraheemi

1:2 Praise be to Allah, the Cherisher and Sustainer of the worlds;

Alhamdu lillahi rabbi alAAalameena

1:3 Most Gracious, Most Merciful;

Alrrahmani alrraheemi

1:4 Master of the Day of Judgment.

Maliki yawmi alddeeni

1:5 Thee do we worship, and Thine aid we seek.

Iyyaka naAAbudu wa-iyyaka nastaAAeenu

1:6 Show us the straight way;

Ihdina alssirata almustaqeema

1:7 The way of those on whom Thou hast bestowed Thy Grace, those whose
(portion) is not wrath, and who go not astray.

Sirata allatheena anAAamta AAalayhim ghayri almaghdoobi AAalayhim wala
alddalleena

Aad Guray Nameh (From the Sikh Faith)

I bow to the Primal Guru,
I bow to the Guru woven through time
I bow to the True Guru, the true
identity of the self.
I bow to the Great Guru whose great
glory will always be.
Guru: that which brings us from darkness
(GU) to light (RU).
(Snatam Kaur Khalsa)

Golden Chain Prayer (From the Buddhist Tradition)

We are a link in Amida's golden chain of love that stretches around the world,
we will keep our link bright and strong.

We will be kind and gentle to every living thing
and protect all who are weaker than ourselves.

We will think pure and beautiful thoughts,
say pure and beautiful words,
and do pure and beautiful deeds.

May every link in Amida's chain of love
be bright and strong,
and may we all attain perfect peace.

- Buddha

Great Spirit Prayer (In the Native American Tradition)

Oh, Great Spirit,
Whose voice I hear in the winds
and whose breath gives life to all the world.
Hear me! I need your strength and wisdom.
Let me walk in beauty, and make my eyes
ever hold the red and purple sunset.
Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

Help me remain calm and strong in the
face of all that comes towards me.
Help me find compassion without
empathy overwhelming me.
I seek strength, not to be greater than my brother,
but to fight my greatest enemy: myself.
Make me always ready to come to you
with clean hands and straight eyes.
So when life fades, as the fading sunset,
my spirit may come to you without shame.

- Translated by Lakota Sioux Chief Yellow Lark in 1887

Universal Prayer (From the Hindu Faith)

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Satchidananda (Existence-Consciousness-Bliss Absolute).

Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.

Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.

Fill our hearts with divine virtues.
Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.

Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

- Sri Swami Sivananda

