



Unity and World Religions

Weekly Prayers

Week One, Chapter One Unity and Christianity September 18 – September 24

Gracious and holy Father,

We turn to you oh God, for guidance and help. We know that wherever we go, you are there, but sometimes we cannot bear all the things happening around us in life. Help us to see the good in all circumstances. Grant us peace so that we may continue to serve you.

We have sadness in our hearts that need your radiant joy and light. We have hatred in our thoughts that need your unconditional love and understanding. We have despair in our actions which needs your unwavering strength and guidance.

We turn all this dread and fear over to you, dear Lord, and we seek to be a better example of the way of Jesus. We release all conditions of lack and limitation, and enter into this heavenly moment, knowing that all is well. We are grateful for your steadfast peace and grace, which is given to everyone.

May we know the grace of your love. May we hold it in our hearts, minds and bodies as we go through each day, and create in us a way to bring this goodness and love back into the world.

We are your vessels; use us. Show us the way and we will follow.

Heavenly Father, thank you for the wondrous earth, the family and friends we are blessed to have, and the infinite abundance that surrounds us. We believe in the possibilities because we believe in you. You are everything and we are yours.

We turn to you oh God, as we pray for others. May they find the same grace, love and peace you have given us in prayer today. May they be blessed and revel in your glory, now and forever. May they be well and have the same divine guidance that was received this day, and every day of our lives.

Thank you, God, Thank you, God, Thank you God!

And So it is, Amen

Week Two, Chapter Two
Unity and Judaism
September 24 – October 1

Good Day and Shalom..

Take a few moments to pause for the centerpiece of Jewish morning and evening prayer.
Breathe . . . Be still . . . Be . . .

“Shema Yisrael” meaning “Hear, O Israel! The Lord is our God, the Lord alone.” God is One, there is no other. God is whole and complete, imageless, utterly transcendent, an all-powerful creator is God. We pray . . .

This is the transliteration of Hebrew where you read from *right to left* – do try!
(*capital letters indicate accent and kha is hard*)

Yis-rah-EL
(O’) Israel

Sheh-MA
Hear

Eh-KHAD
(is) one

Ah-do-NAI
(the LORD)

Eh-lo-HEY-noo
(is) our God

Ah-do-NAI
(the LORD)

Eh-lo-HEY-kha
your God

Ah-do-NAI
(LORD)

Et
the

Veh-ah-HAV-ta
and you shall love

Leh-vav-KHA
your heart

Beh-KHOL
with all

Naf-sheh-KHA
your soul

Oo-veh-KHOL
and with all

Meh-oh-deh-KHA
your strength

Oo-veh-KHOL
and with all

And now we move into speaking the scripture from Deuteronomy 6:4-5 in English:

(4) “Hear, O Israel: The LORD our God, the LORD is one.

(5) Love the LORD your God with all you heart and with all your soul and with all your strength.”

As we allow these words to sit on our hearts we rest in the knowing . . . God is One . . . (*pause*)

There is no concept of the inseparable gulf between God and His/Her creation . . . God is One.

From Kabbalist Moses Cordovero: “*The essence of divinity is found in every single thing – nothing but it exists. Since it causes every thing to be, no thing can live by anything else. It enlivens them: its existence exists in each existent.*”

We are enlivened and express the essence of our divinity, and those whom we pray are also enlivened and expressing the essence of their divinity. We are all OF God. How grateful we are to be in the realization of that which is.

Thank you, Ah-do-NAI. Eh-Lo-HEY. Thank you, God of our knowing. We have been blessed by learning another facet of You, in Jesus’s native language. We shall love You with all our hearts, with all our souls, and with all our strength.

Amen

Week Three, Chapter Three
Unity and Islam
October 2 – 8

“Allaahu Agbar! Allaahu Agbar! Allaahu Agbar!
God is Great! God is Great! God is Great!
I bear witness there is no god but the One God!
Hurry to the Prayer! Hurry to the Prayer!
Hurry to salvation! Hurry to Salvation!
Prayer is better than sleep! Prayer is better than sleep!” (call to prayer, Islam)

In Unity, there is only one presence and power in the universe , and in me – God, the Good, Omnipotent. And so it is.

“Thy Name is healing, Oh My God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Verily, Thou art the All-Bountiful, the All-Knowing, and the All-Wise!” – Ba H’ai

As I turn within to the Truth of my divinity, I am filled with love, wisdom, vitality and wisdom of God, and I am healed. God is the good within and around me, in everyone and everything!

“Worthy and chosen through Asha are they, the Ratus throughout the world, who bring enlightenment to the world, through deeds done on behalf of Ahuru Mazda, who has become the advocate of the impoverished.” (Zoroastrianism)

We spring forward with a mighty faith, and rise up with zeal and enthusiasm to do that which is ours to do, For we are the light in this world, and know God has no hands but ours, no words but ours, no love but ours! We walk our talk!

And so we end with a Sufi prayer;

“Oh, 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 comes 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, grant us Thy Goodness. Teach us The Loving Forgiveness. Raise us above the distinctions and differences that divide us. Send us the Peace of Thy Divine Spirit and unite us all in Thy Perfect Being.”

Allaahu Agbar! – God is Great!

Amen, and so it is, as we would have it be, amen!

Week Four, Chapter Four
Unity and Hinduism
October 9 – 15

In the Hindu tradition, prayers are sung.

Om, Nama Shivah

Om, Nama Shivah

I see my Divinity.

I see my Divinity.

Please join me in three gentle Oms: Om, Om, Om

With Divine One, I share a Hindu Prayer:

May the winds, the oceans, the herbs, and night and days,

the mother earth, the father heaven, all vegetation, the sun, be all sweet to us.

Let us follow the path of goodness for all times,

Like the sun and the moon moving eternally in the sky.

Let us be charitable to one another.

Let us not kill or be violent with one another.

Let us know and appreciate the points of view of others. And let us unite.

Divine One who loves us each deeply and sends us well being in every moment, we now ask blessings on our family, friends, and acquaintances. We see Your Divine Light illuminating all. We see them welcoming and enjoying every sweet gift. Let us know that we are enriched and live from our highest self. Let us love and care for each other.

Let us say to each other, the prayer of peace spoken by Mahatma Gandhi:

I offer you peace. I offer you love. I offer you friendship.

I see your beauty. I hear your need. I feel your feelings.

My wisdom flows from the Highest Source. I salute that Source in you.

Let us work together for unity and love.

Thank you, Divine One, for the lessons we study today of Unity and Hinduism. Our minds and hearts are open to Your teachings.

And so, it is. Amen and amen.

Week Five, Chapter Five
Unity and Buddhism
October 16 – 22

I invite our community/our sangha into this time of affirmative or aspirational prayer as we rejoice in Unity's alignment with the Buddhist nature.

We breathe deeply and relax into the knowing that Mother-Father God and our Universal Consciousness is with us now as we explore these truths in our principles.

God absolute good and everywhere present.

–Tathagata Amitabha, embodiment of all buddhas, Infinite Light, Life and Radiance of the Pure Lane of One Mind, Universal Consciousness and the Great Perfection.

Human beings have a spark of divinity within them, The Christ spirit within. Their very essence is of God, and therefore they are also inherently good.

–To find a Buddha, all you have to do is see your own nature.

Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.

– All that we are arises with our thoughts. With our thoughts, we make the world.

As we practice affirmative prayer, creative thinking that heightens the connection with God-Mind, we bring forth wisdom, healing, prosperity, and everything good.

– Prayers of aspiration, or praying for goodness from the core of the heart are practiced, though faith and prayer are both invisible; they make impossible things possible.

Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.

– Should a person do good, let him do it again and again. Let him find pleasure therein, for blissful is the accumulation of good.

Embracing these truths, let us now turn our thoughts to those for whom we would like to pray.

Take a moment in the silence to say their names, either silently or aloud. We know that these prayers for health, wisdom, inspiration and perfect outcomes have already been answered, even before they were spoken.

– We know that the prayers offered by the practitioner will be answered just as an echo answers a sound, as a shadow follows a form.

We thank you Mother-Father God for all your presence in all your forms and expressions throughout the world, throughout time, throughout dimension.

Week Six, Chapter Six
Unity and Taoism
October 23 – October 29

In this moment of contemplation and prayer, we go within and align with Divine Mind Consciousness, the Divine Substance, the All That Is. No matter the religion, we are asked to go within to connect with something undefinable. In Unity, we refer to the Silence as that undefinable place that must be directly experienced to really understand its nature. The Tao literally means the way or the path. It is that unknowable, undefinable thing that is its foundation and what we call Divine Substance.

There is a prayer/poem from the Taoist tradition written by Deng Ming-Dao called “The Sunrise Prayer.” It is the best expression of the Taoist way. Greeting the day with a quiet mind and a clear intention is a powerful way to start your day and receive new perspective on any challenge you face.

All we need is the morning. As long as there is sunrise, then there is the possibility that we can face all of our misfortunes, celebrate all our blessings, and live all our endeavors as human beings.

Spirituality is something that has become necessary in these troubled times. Yet it is inherently superfluous. We need it to remind ourselves to bolster ourselves, to integrate ourselves, to fulfill ourselves.

If we could simply acknowledge the mystery of night and the glory of morning, we would need neither civilization nor spirituality. At its simplest, life begins with dawn. That is blessing enough. All else becomes fulness immeasurable.

At dawn, kneel down and give thanks for this wonderful event. We may think mornings are so common they are unworthy of veneration, but do you realize most places in the cosmos do not have morning? This daily event is our supreme goodness.

Greet the dawn. That is your miracle to witness. That is the ultimate beauty. That is sacredness. That is your gift from heaven. That is your omen of prophesy. That is knowledge that life is not futile. That is enlightenment. That is your meaning in life. That is your directive. That is your comfort. That is the solemnity of duty. That is inspiration for compassion. That is the light of the ultimate.

Week Seven
Unity and the Smorgasbord of Other Religions
October 30 – November 5

Oh our Mother the earth, Oh our Father the sky,
Your children are we.

We've spent the last six weeks learning about Your people – their differences and commonalities. We mostly agree there is only one God with many names, many different ways to worship and learn from You. One spirit running through all of our lives.

Teach us to love and accept every single person and every different way we come to love and honor You.

Help us to remember the absolute one thing we all have in common; we live on Mother earth. May we respect her and always strive to be good earth stewards

I pray we all seek to heal the division between peoples and attend to the relationship among all forms of life.

Great Spirit, you made us and gave us this land we all live on. Guide us to living well and heal our body, mind and spirit.

We are not separate from anyone or anything in this universe. When I come to you for counsel, I know every approach to the divine is acceptable; many forms leading to the formless. Our lives are connected to everything around us in the natural world, not above the rest of existence, but woven into it.

May I stand like a sacred tree before You, tall and proud, a shelter for anyone who seeks Your ways.

Thank you Mother / Father God. Amen

And a quote from Black Elk

“The earth is your grandmother and mother, and she is sacred. Every step that is taken upon her should be as a prayer.”