

Invitation to pray for the world

16 July 2011

Dear friends in spirit,

For several months on, our world had been facing all kinds of crises and disasters. The year 2012 shall not be the onset of the end of the world that some claim to have foreseen ; however, to meet all the challenges that humanity faces today, we must mobilize all the positive energies in prayer as well as in action. Prayer and positive thoughts are no substitutes for action, but bring moral force and support to those who are experiencing a crisis and those who try to help. It is better to light a candle than to curse the darkness. If everyone turns on the light of hope and confidence, anything is possible.

Kabbalah tradition

- NEMAMIAH, N° 57, (PRAISEWORTHY GOD), to recite 100-10000 times a day.
- POIEL, N°56, (GOD WHO SUPPORTS THE UNIVERSE), to recite 100-10000 times a day.
- HAAHAEL, THE HOLY TRINITY, to recite 100-10000 times a day.
- HAZIEL, THE MERCIFUL GOD, to recite 100-10000 times a day.

Judeo-Christian tradition

- Psalm of David N° 1: "Blessed is the one who does not walk in step with the wicked...", to recite 7-21 times a day.
- Psalm of David N° 4: "Answer me when I call to you, my righteous God...", to recite 7-21 times a day.
- Psalm of David N° 23: " God is my shepherd, I lack nothing... ", to recite 7-21 times a day.
- Psalm of David N° 33: "I will extol the LORD at all times... ", to recite 7-21 times a day.

Yoga tradition

- SHRIM, to recite as many times as you like especially when negative thoughts are rising in your mind.
- AUM, to recite 7-21 times a day.
- AUM NRM NRM NRM Nrshimhâya Namah, to recite 27-108 times a day or as many times as you like.

Muslim tradition

- AL-MUGHNI, THE ENRICHER, to recite 1111 times a day.
- AL-GHANI, THE-SELF-SUFFICIENT, to recite 1000 times a day.
- AL-WASI, THE ALL-EMBRACING, to recite 137 times or once per day.
- AL-BASIT, THE EXPANDER, to recite 10 times after the Fajr prayer or 864 times or once per day .

Buddhist tradition

- AUM MANI PADME HUM, as many times as you like.

Agnostic

To repel negative thoughts, take a deep and slow breath by the nose from 10 to 100 times a day and repeat mentally "confidence, prosperity, well-being, peace, harmony for all".

We program our destiny through our thoughts, sensations and feelings. According to Karma yoga, thought spawns action, action carves habits in us, habits model the character, the character determines the destiny. We have to master our thoughts before they take control of us.

If such prayers and forms of concentration do not fit you, then pray or meditate according to your cultural or spiritual tradition. What we need to do is to pray and make wishes together for the good and the security of all. Let us take at least a few minutes each day to be positive and spread positive thoughts around us. If you wish, you may circulate this message around you.

Peace, harmony, prosperity, health, happiness safety, self-realization for you and for all inhabitants of the planet ! May the sphere of god's infinite love wrap, protect and inspire all living beings from the tiniest to the biggest !

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