

## PRAYERS OF JOY

### Hinduism

May the winds bring us happiness.  
May the rivers carry happiness to us.  
May the plants give us happiness.  
May night and day yield us happiness.  
May the dust of the earth bring us happiness.  
May the heavens give us happiness.  
May the trees give us happiness.  
May the sun pour down happiness.  
May the cows yield us happiness.  
May my body become pure.  
May I be free from impurity and sin.  
May I realize myself as the Light Divine.  
May my mind become pure.  
May myself become pure.  
May my body become pure.  
Salutations to Brahman.  
Salutations to the God in the fire.  
Salutations to the God in the earth.  
Salutations to the God in the plants.  
Salutations to the God in speech.  
Salutations to the Lord of Speech.  
I offer my salutations to the  
Supreme Being, the all-pervading Spirit.

~ *Hindu Scriptures: Taittiriya Aranyak*

### Judaism

It is a great mitzvah (commandment, deed)  
to be happy always!  
Make every effort to maintain a happy, positive  
outlook at all times.  
It is a natural human tendency to become discouraged  
and depressed because of the hardships of life;  
everyone has their full share of suffering.  
That is why you must force yourself to be happy at all times.  
Use every possible way to bring yourself to joy,  
even by joking or acting a little crazy!

~ *Reb. Nachman of Bratzlav* (Likutey Moharan II, 24)

### Shinto

Only when your joy brings joy to others, can it be called true joy.  
If you enjoy yourselves while causing others to suffer, this cannot  
be called true joy.

~ Osashizu, December 11, 1897

### Taoism

Share happiness with others.  
By extending ourselves to others, we enlarge our being.  
Selfless service is our sacred vow.  
Receiving by giving is the universal law of supply.

Unite yourself with Heaven and earth.  
Be unconcerned with life and death.  
With clarity and self-awareness developed through  
self-cultivation, transform your being,  
and thus end your bondage to the law of the  
great transformation.

Clearly and completely discern the heart  
of these unadorned teachings.  
Passed down through generations, they have come from  
our ancient masters.

Our way is the gathering of the greatest simple truths.  
The wellspring of eternal life is the infinite simplicity of Tao.

~ Lao Tsu

### Buddhism

May all beings have happiness;  
May all be free from sorrow;  
May all never be separated from the sacred happiness  
which is sorrow less;  
And may all live in equanimity, without too much  
attachment and too much aversion.  
And may all live believing in the equality of all lives.

~ The Buddha

### Christianity

Joyful, joyful, we adore Thee, God of glory, Lord of love;  
Hearts unfold like flow'rs before Thee, hail Thee as the sun above.  
Melt the clouds of sin and sadness, drive the dark of doubt away,  
Giver of immortal gladness, fill us with the light of day.

All Thy works with joy surround Thee, earth and heav'n reflect Thy rays,  
Stars and angels sing around Thee, Center of unbroken praise;  
Field and forest, vale and mountain, bloss'ning meadow, flashing sea,  
Chanting bird and flowing fountain call us to rejoice in Thee.

Thou art giving and forgiving, ever blessing, ever blest,  
Wellspring of the joy of living, ocean depth of happy rest!  
Thou the Father, Christ our Brother, all who live in love are Thine;

Teach us how to love each other, lift us to the joy divine.

~ Henry van Dyke

### Islam

O my Joy and my Desire and my Refuge,  
My Friend and my Sustainer and my Goal;  
Thou are my Intimate, and longing for Thee sustains me;  
Were it not for Thee, O my Life and my Friend,  
How I should have been distraught over the spaces of the earth.  
How many favors have been bestowed, and how much hast Thou  
Given me of gifts and grace and assistance.

Thy love is now my desire and my bliss,  
And has been revealed to the eye of my heart that was athirst.  
I have none beside Thee, Who dost make the desert blossom.  
Thou are my joy, firmly established within me;  
If Thou are satisfied with me, then,  
O Desire of my heart, my happiness has appeared.

~ Rabi'a (Islamic Scripture)

### Sikhism

Listen, O fortunate ones, to my joyful song.  
That all my desires have been fulfilled.  
I have obtained God, the Supreme Being,  
And all my griefs have disappeared.  
My sorrows, afflictions, and sufferings have departed  
By listening to the true Word.  
The saints and the holy are filled with joy,  
When they hear the Word from the perfect Preceptor.  
He who hears the Word is made pure,  
He who speaks is made holy,  
The Eternal Preceptor will fill their hearts.  
I proclaim, for those who attach themselves to  
the Enlightener's feet, the heavenly music plays.

~ Japji (Sikh Scripture)

### African Faiths

O Lord, O God, Creator of our land, our earth, the trees,  
the animals and humans, all is for your honor.  
The drums beat it out, and people sing about it, and they  
dance with noisy joy that you are the Lord.

You also have pulled the other continents out of the sea.  
What a wonderful world you have made out of the wet mud,  
and what beautiful men and women!  
We thank you for the beauty of this earth. The grace of your  
creation is like a cool day between rainy seasons. We drink

in your creation with our eyes.

~ *Ashanti Prayer for Blessing*

#### Native American Faiths

##### Mohawk Prayer

Oh Great Spirit, Creator of all things: human beings, trees,  
grass, berries. Help us. Be kind to us. Let us be happy on  
the Earth.

Let us lead our children to a good life and old age. These our  
people, give them good minds to love one another.

Oh, Great Spirit, be kind to us.

Give these people the favor to see green trees, green grass,  
flowers and berries this next spring; so we all meet again.

Oh Great Spirit, we ask of you.

~ *Dyani Ywahoo (Anigadoah Sacred Medicine Tradition Vermont)*

#### Other Known Faiths: Spiritual

O God! Refresh and gladden my spirit. Purify my heart.

Illumine my powers. I lay all my affairs in Thy hands.

Thou are my guide and my refuge. I will no longer be sorrowful  
and grieved; I will be happy and joyful being.

O God! I will no longer be full of anxiety, nor will I let trouble  
harass me. I will not dwell on the unpleasant things of life.

O God! Thou are more friend to me than I am to myself.

I dedicate myself to Thee, O Lord.

~ *Baha'i Prayer by Abdul-Baha*

#### Other Known Faiths: Secular

O thou dweller in my heart,  
Open it out, purify it, make it bright and beautiful,  
Awaken it, prepare it, make it fearless,  
Make it a blessing to others,  
Rid it of laziness, free it from doubt,  
Unite it with all, destroy its bondage,  
Let thy peaceful music pervade all its works,  
Make my heart fixed on thy holy lotus feet  
And make it full of joy, full of joy, full of joy.

~ *Mohandas Gandhi*