



Harmonyum Healing Training

Level I

Prayers and Mantras



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Prayer of Light

Love before me
Love behind me
Love at my left
Love at my right
Love above me
Love below me
Love in me
Love in my surroundings
Love to all
Love to the Universe

Peace before me
Peace behind me
Peace at my left
Peace at my right
Peace above me
Peace below me
Peace in me
Peace in my surroundings
Peace to all
Peace to the Universe

Light before me
Light behind me
Light at my left
Light at my right
Light above me
Light below me
Light in me
Light in my surroundings
Light to all
Light to the Universe

The Christ Prayer – The Seven Stages

Christ before me

Christ behind me

Christ at my left

Christ at my right

Christ above me

Christ beneath me

Christ unto me

Gospel of St. John

In the beginning was the Word, and the Word as with God, and the Word was God.

2. The same was in the beginning with God.

3. All things were made by Him; and without Him was not anything made that was made.

4. In Him was life; and the life was the Light of men.

5. And the light shineth in darkness; and the darkness comprehended it not.

6. There was a man sent from God whose name was John.

7. The same came for a witness, to bear witness of the Light, that all men through him might believe.

8. He was not that Light, but was sent to bear witness of that Light.

9. That was the true Light which lighteth every man that cometh into the world.

10. He was in the world, and the world was made by him, and the world knew him not.

11. He came unto his own, and his own received him not.

12. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his Name.

13. Which were born not of blood, nor of the will of the flesh, nor the will of man, but of God.

14. And the Word was made flesh and dwelt among us and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

The Lord's Prayer

Our Father, who art in Heaven

Hallowed be thy Name.

Thy Kingdom come, thy will be done, on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses as we forgive those who trespass against us.

Lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power and the glory, forever and ever. Amen

Shema Yisrael

Shema Yisrael

Hear O Israel

Adonai Eloheinu

The Lord Our God

Adonai echad

The Lord is One

Prayer to Master the World of Causes

May all my positive thoughts, positive feelings, positive words, positive actions and positive attitude bring happiness and joy to my surroundings.

May the healing power of love, peace and light flow through me to everyone.

May Almighty God bless everyone we meet.

May God enliven any situation we are in.

May all who come in touch with our presence be healed and blessed.

So be it, so it is, it is done.

(There are variations to this prayer and they all work.)

EIGHTFOLD PATHS OF BUDDHA

1. Right Views.
2. Right Aspirations.
3. Right Speech.
4. Right Actions.
5. Right Living.
6. Right Effort.
7. Right Mindfulness.
8. Right Contemplation.

The Eight Fold Way of Purity

Man was pure before the Fall. After the Fall human became impure as a result of the mix with matter. Original purity corresponds to divine Oneness. "Blessed are the pure in heart, for they shall know God." One can make purity a sacred ideal by reciting or meditating on the following eight fold way of purity. By living by these precepts you will purify your life.

1. PURE BELIEF

I rest all my belief upon the one reality of God. Omneity is the capstone of the symbolic pyramid of the universe: All things including myself, have their origin and being in him.

2. PURE WILL

I seek constantly to identify my will with the Divine that I may undo man's first error and make certain of my own reintegration.

3. PURE WORD

I order the words of my mouth that they may be acceptable in thy presence, O Lord God

of all creation. If it be thy will, I may one day speak Thy Sacred and Incommunicable Name!

4. PURE BEHAVIOR

I strive that the actions of my life may conform to the words of my mouth and heart so that charity, mercy, kindness and forgiveness may abide in my dwelling and may go forth with me into the affairs of the day.

5. PURE MEANS OF LIVING

I do not defile my spiritual temple by doubtful morality. Pure and honest in heart, I aspire to treat others as I would have them treat me.

6. PURE APPLICATION

I apply myself with unceasing zeal to the higher truths of life. I dwell heart and soul upon the sublime tradition of the Ancient Wisdom.

7. PURE MEMORY

Although life comes to me in all its phases, I permit only the loving, and constructive, and divine to the echo through the vault of memory.

8. PURE MEDITATION

Never a day passes but I pause to contemplate and adore the inimitable perfections of God's living Universe. Meditation upon the love and wisdom of God are among the chief joys of my life.

Short Office of the Holy Spirit

Here is a great prayer of significant potency. This prayer is to be done once a week, preferably on Thursday. After a few weeks of doing this prayer, your electromagnetic field will grow so strong that no negativity can enter your light. This prayer is called the “Short Office of the Holy Spirit.”

This invocation of the ‘Seven Spirits before the Throne’, that is, the seven great Archangels, which are also the Angels of the Seven Churches of which the Apocalypse (Revelation) also speaks. These are the angels responsible for the seven days of the week. One can harmonize one’s energies with the beneficial influences of these angels, thereby creating room for a life of grace.

By doing this prayer every Thursday before the rising of the sun, your energies will attract the benevolent influences of the Seven Archangels.

“Come Creative Spirit, visit the hearts of your followers, fill them with the Grace from Above: these hearts which you have created. You are called the Consoling Spirit, the gift of God Almighty, the Source of Living Water, the Divine Fire, the Charity, the Invisible Unction of Souls.

“Come then, with your seven Precious Gifts, You who are the finger of God, You who are the Supreme Subject of the Father’s Promise, You who place His Word on our lips. Light up our Spirits with your Light, embrace our hearts with Your Love and sanctify at all times our frail flesh.

“Banish from us the Spirit of Temptation, fill us with unfailing peace, be yourself our guide so that we may avoid that which would be prejudicial to our salvation. Teach us to understand the Father, teach us to understand the Son and Yourself, Spirit of the Father and of the Son, ever be the object of our Faith.

“That is why Glory in all cycles be to God the Father, to the Son, resurrected from among the Dead, and to the Holy Spirit. So be it. Lord, please send you’re Spirit and all will be created, and you will renew the face of the Earth.

“Oh God, who reads all hearts and who knows all troubles, Spirit of Light and of Love, pour down upon me, I beseech You, the fullness of Your gifts, for all are necessary to me and I cannot choose.

“Give me the Spirit of Wisdom, which makes me view things according to their true value and not according to the judgment of the World—but according to Yours, Lord. May I repeat with Solomon: Since my early years I have loved Wisdom and I have chosen it to be my companion in my life. I have preferred it above all that is most splendid in this world, and I thought that riches were nothing to the price of such a jewel. All good things have come with It, and in my pains and sorrows, it has always been my consolation and my joy. (Proverbs VIII)

“Give me also the Spirit of Intelligence, which enlightens me in the knowledge of the Scriptures and of the great eternal truths. And that which attracts the Spirit of Intelligence into the Soul is faith and modesty- faith which submits in order to understand better and humility which readily recognizes its ignorance.

“Give me the Spirit of Counsel, which lights up the way to Heaven and prevents me from getting lost like the foolish traveler taking an unknown road without a guide.

“Give me the Spirit of Knowledge, which teaches me that the knowledge of salvation is the only necessary one, the only one that no humans can do without.

“Give me the Spirit of Strength, which does not leave me so weak after the slightest effort, so feeble when I have to obey rather than do as I will, to work when I have not the slightest desire to do so, and to conquer myself when the Holy Rule of God orders me to.

“Give me the Spirit of Piety, which gives my heart a filial attraction towards God, and which makes serving Him pleasant and easy.

“Give me the Spirit of Fear, filial fear which, mingled with respect and love, make me carefully avoid everything which could displease God, our Father.

“Oh, precious Gifts, whose excellence I have learned to know, see how my soul calls You with confidence and opens itself to You with love. Holy Apostles who, on the day of Pentecost did receive the gifts of the Holy Spirit, grant us, with some of the same graces, a fidelity similar to that which was yours so that, believing all that you have received and passed on, practicing the works which were yours, living and dying within this CHURCH which you have founded, we may share with you, O Holy Apostles, the blissful reward of Heaven. So be it.”

Prayer for Blessings and Prosperity

May the Lord bless us, and keep us.

May the Lord make his face shine upon us, and be gracious unto us.

May the Lord lift up his countenance upon us, and give us peace.

Oh, Lord, Master of the Universe, that You would bless us indeed, and enlarge our territory.

Let your hand be with us and keep us from harm, so that we will be free from pain.

Bless us, bless us, oh Lord, bless us indeed, enlarge our territory.

We pray for increase, we pray for increase, we pray for increase, bless us indeed!

So be it, so it is, it is done.

Psalm 23
King James Version (KJV)

The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever

Prayer to the Godhead

(This is most powerful of all prayers to the Godhead and it should precede all other prayers.)

O Lord, open my lips,
and my mouth will declare your praise.
Purge me with hyssop, and I shall be clean,
wash me, and I shall be whiter than snow.
(Thou art holy, and holy is Thy name.
The saints glorify Thee everyday. Selah.
Praised art Thou, O God, most holy Lord.)
Thou are Holy and thy name is Holy,
and all who are holy shall praise Thee daily.
Amen Selah.

Mantras

Eck Ong Kar

**Eck Ong Kar
Sat Nam
Siri Wahe Guru**

There is one Creator creating the creation
Truth is found in the Naam
Highest, wondrous bringer of Light

Ra Ma Da Sa (For Healing)

**Ra Ma Da Sa
Sa Say So Hung**

Sun, Moon, Earth, Infinity
Infinity, I am Thou

El Na Refa Na La

Please God, Please heal her

Elohim

**Elohim, Elohim, Elohim, Elohim
Boi Ruach-Elohim**

Spirit of God
Come, Spirit of God

Lumen de Lumine

**Lumen de Lumine
Deum de Deo
Lumen de Lumine
Deum Verum de Deo Vero
Lumen de Lumine**

Light of Light
God of God
Light of Light
Light by the way of God, God by the way of Light
Light of Light

Mul Mantra

Eck Ong Kar

Sat Nam

Karta Purakh

Nirbao, Nirvair

Akaal Moorat, Ajoonee

Saibhang, gur Prasad, Jaap

There is one Creator creating Creation

Truth is found in the Naam

He is the Doer of everything

He is Fearless, Revengeless

Undying, Unborn

Self-illuminated, He is the Light of the Guru,

Ad Such

Jugad Such

Hebee Such

Nanaka Hosee Bee Such

It was true in the beginning

True through the ages,

And true even now

Nanak shall ever be true

Triple Mantra

Ad Guray Nameh

Jugad Guray Nameh

Sat Guray Nameh

Siri Guru Devay Nameh

Hail to the One Light

Hail to the Primal Light

Hail to the True Light

Hail to the Light throughout the ages

Ad Such

Jugad Such

Hebee Such

Nanak Hosee Bee Such

It was true in the beginning

True through the ages,

And true even now

Nanak shall ever be true

Ad Such

Jugad Such

Hebeh Such

Nanaka Hosee Beh Such

It was true in the beginning

True through the ages,

And true even now

Nanak shall ever be true

Wahey Guru

Indescribably Wondrous Almighty, Source of Infinite Light, Glorious God,
Wondrous Hashem, Your wisdom is beyond words.

Absolute Goodness

Sat Nam Sat Nam Sat Nam Wahe Guru

God is Love
God is Wise
God is Kind
God is Good

My Mind
Is a Center
Of Divine Operation

Har Har
Infinite Substance
Manifest in Me
Now Wahey Guru

Har Har
Every Day
In Every Way
I am Better and Prosperous