



PADMACAHAYA
International Institute for Inner Study

Open Heart Prayer

- God, Bless our hearts so that all the anger changes into your Light and your Love.
- God, Bless our heart so that all arrogance changes into your Light and your Love.
- God, Bless our heart so that all jealousy changes into your Light and your Love.
- God, bless our heart so that we realize that we must forgive each other to be closer to you.
- Bless us to be able to forgive everyone who is guilty for doing wrong to us. (*Imagine those who have done wrong although they are still hurting others. Forgive them one by one sincerely.*)
- God, Bless all those who are guilty for doing wrong to us because they are also like us and do not realize yet the meaning of your Light and your Love.
- God, by forgiving those who are guilty for wrongdoing, bless our heart so that all revenge, hatred, sadness, hard feelings, unhappiness, annoyance and negative emotion, which are caused by others, will change into your Light and your Love.
- God, Bless us so we realize we are forgiven always by your love. Bless our heart so we will be aware of our mistakes to you and others and be remorseful and ask for forgiveness for all of our mistakes. (*Be aware of all the mistakes that you have done one by one, regret them and ask forgiveness.*)
- God, Forgive us for all of our mistakes that we have done purposely or not.
- God, Bless our heart so all the fright, worries and fears, because of our mistakes, changes into your Love and your Light.
- God, Bless our heart so if there is any cunningness it will change into your Light and your Love.
- God, Bless our heart so all, if there is any, greediness changes into your Light and your Love.
- God, Bless our heart so all the negative emotion that keeps us away from you changes into your Light and your Love.
- God, Bless us so your Light and your Love that is already in our heart becomes brighter and stronger in our heart.
- God, Bless us so we are aware of your Light and your Love in our heart and we can feel the peace and happiness and calmness and all the positive things while our heart is filled with your Light and your Love.
- God, Bless us so we realize that you are the source of real Love and happiness. Let us be able to open our heart to you always.
- God, bless, lead and protect us so our thoughts, words and actions are always in accordance with your Light and your Love.
- God, bless us so we will be your instrument in giving your light and your love to others without any conditions. (*Be willing to give Love to God with all your heart, soul and mind.*)
- God, Let all earth, the universe and all existence be filled by your Light and your Love and what ever happens may it be in accordance with your Love and law.
- God, Bless all beings to be able to open their hearts to receive your blessing and get closer to you.
- God, Keep all the darkness and their efforts away from all existence.
- Thank you God! Amen

As people who believe in God, We all believe that God is “The only One” and “The forgiveness”

He always loves and blesses us. Then, why are we not close enough to God? The main cause is that we don't open our hearts wide enough. Our hearts are filled with the negative emotion. Try to ask yourself...last week, how many times you were filled with anger, annoyance, jealousy, arrogance or other negative emotion? Is there among us anyone who has never had negative emotion at all within the last week?

To be able to open our heart wider for God, to receive his blessing so our negative emotion is less, we, of course must try to improve ourselves.

This prayer is not intended to replace your normal prayers. By doing this prayer, your heart will be open more and calm more and peaceful everyday and you will feel more intent in prayer.

For further information read the book “The Highest Knowledge” (ILMU TERTINGGI)

Greetings of Love,

Irmansyah Effendi