

A Yoga Prayer during Lockdown

Dear **Ganesh**, help me develop and maintain a more simple lifestyle, doing one thing at a time with care and attention.

Dear **Sarasvati**, help me to speak with kindness and patience, and to use my words thoughtfully.

Dear **Durga**, help me to be courageous with these uncertain times ahead. When confronted by aspects of my lower mind, help me to be aware and wisely choose action in overcoming them.

Dear **Lakshmi**, help me to value and connect with the wealth of knowledge available to me, to carefully contemplate discriminate and meditate daily.

Dear **Vishnu**, help me persevere through this period of uncertainty, always remembering the spiritual journey that I am on.

Dear **Surya** Sun God Prana Pati, help me focus in my pranayama practice, help guide me towards the foods, activities and exercise that build and sustain my energy throughout the day. Help me to keep my mind focused. Help me to mindfully prepare and eat nutritious food that will fuel my body and mind.

Dear **Shiva**, please help me to be teachable and open to understanding myself better. Help me daily in meditation and in putting my Guru's teachings into practice.

Dear **Rama**, I ask that you help me be organised in how I use the time and space available to me. Help me to be tidy and mindful of the other people I share my home with. Help me to always remember God when cleaning and doing daily tasks.

Dear **Krishna** help me to be compassionate especially when I am feel challenged, impatient and tired. Help me to remember that **God** is everywhere and we are all part of the same creation.

Prepared by Somati in Italy