

PRAYER FOR THE NEW AGE

I am the creator of the universe.
I am the father and mother of the universe.
Everything comes from me.
Everything shall return to me.
Mind, spirit and body are my temples,
For the Self to realize in them
My supreme Being and Becoming.

The Prayer for the New Age, given by Maitreya, the World Teacher, is a great mantram or affirmation with an invocative effect. It will be a powerful tool in the recognition by us that man and God are One, that there is no separation. The 'I' is the Divine Principle behind all creation. The Self emanates from, and is identical to, the Divine Principle.

The most effective way to use this mantram is to say or think the words with focused will, while holding the attention at the ajna centre between the eyebrows. When the mind grasps the meaning of the concepts, and simultaneously the will is brought to bear, those concepts will be activated and the mantram will work. If it is said seriously every day, there will grow inside you a realization of your true Self.