

Daily Prayer to the Universal God

Dear God,

Remind me that since I do not have any unfulfilled personal desires and ambitions, or expectations from anyone, I do not need to be affected by the inconveniences and frustrations of routine human life.

Remind me that since the world will go on unchanged in its strange ways, I must not get angry or judgmental because of its negativity; I should observe people and events dispassionately and with amusement.

Remind me that since I am not truly responsible for anyone or anything nor am I indispensable, I need not feel stressed about people's demands or expectations from me.

I should view people's expectations of me with the dispassionate problem-solver's and helper's perspective and do my best to contribute to their resolution.

Remind me that since there is no fixed purpose to life and since everyone gets to make up his/her own, I should feel happy because I do have a rich purpose for my existence: "being helpful, teaching, learning, writing, and enjoying the gifts of life – specifically friendships and connections, nature's beauty, and human creativity such as literature, music, science, and films".

I must pursue this purpose with energy, sincerity and without lethargy.

I must not feel depressed if I am ineffective or unproductive in my various endeavors.

Remind me of my core values: gratitude, acceptance, freedom, self-reliance, progress, action, simplicity, gentleness, and adventure.

Finally, O God, inspire me to engage every activity, indeed every moment, with playfulness and a smile because the outcome does not matter to me.

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