

Hindu Prayers/Poems/Mantras for Healing

Healing

What use the rush, this hurry, this burden of earthly duties?
God's purposes stand firm,
And you, his little one, need one thing only –
Trust that he is able and willing to satisfy your needs.
Rest your burdens on him,
And you, his little one, May play in safety by him.
This is the essence of it all –
God is,
God loves you,
God carries your burdens. (Turaram)

Gayatri Mantra

God, my Lord! You are my Savior,
the Destroyer of all distress,
the Mitigator of all pain and suffering,
and the Bestower of bliss, peace and tranquility.
I surrender myself to You, Oh Lord,
Who are my Father and my Mother.
Shower Your grace on me, Your child.
Oh, Redeemer from all sins,
the Remover of all darkness,
Oh, Adorable One!
I meditate upon Your sublime grace
so that I may become virtuous.
Abiding in my intellect, Oh Lord,
stimulate my mental faculties
and guide me in the right path.

Vedic Prayer

O! All powerful God. You art the protector of the whole physical creation. May You protect my body. You art the source of all life. You art the source of all strength. May Thou make me strong. O, omnipotent Lord, I live to thee to fill up all my wants and to give me perfection, physical, mental and spiritual.