

Extract of Verses from

PRAYERS FROM THE HEART

Have You Prevented The Drying Of The Celestial Lake In Your Heart
Still Thou Defy Me! O Mortal!

Why Do Thou Still Cast Thy Evil Shadow! O Dark Lord!

Why Do You Still Drag Me Into The Eternal Darkness! O Dark Lord!

Why Do You Still Frighten Me! O Dark Lord!

Why Do You Still Hold Me A Prisoner! O Dark Lord!

Be Sure! My Silence Is The Source Of All Ecstasy

Be Sure! My Silence Quenches The Thirst Of The Heavens

Be Sure! My Silence Shall Ferry Me Through The Mortal Sea

Be Sure! My Silence Shall Slay All My Demons

Why Don't You Drink From The Sweet Spring Of Love! O Mortal!

Be Sure! My Silence Couches The Eternal Essence

Be Sure! Our Prayers Are The Fires That Consume Our Passion

Be Sure! Our Prayers Are A Restraint To The Reins Of Desire

Be Sure! Our Prayers Enhances Our Trust In Destiny

Be Sure! Our Prayers Reduces The Burden Of Our Souls

The Substance Of Religion

Yet You Ask To See The Signs Of His Power! O Mortal!

Are You Destined To Obey The Mistress Of Darkness! O Mortal!

Be Sure The Scroll Of Divinity Shall Unfold Itself Before You! O Mortal!

Be Sure! Our Prayers Help Us Unite With The Forces Of Eternity

Lord! Teach Me The Perfect Prayer!

Why Do You Enjoy The Prison Of Darkness! O Mortal!

Why Does The Tide Of Your Passion Rise Still Higher! O Mortal!

Why Don't You See Beyond The Eyes Blinded By Passion! O Mortal!

May The Winds Blow Sweetly For Us! O Lord!

To The Vital Breath, Hail!

Verily The Earth Is The Essence Of All Beings

You Are That In Which All Things Merge! O Lord!

Chant And Sing With Your Devout Mind! O Mortal!

Clean My Mirror Stained By Mortal Dust! O Lord!

Let Me Cross By The Boat Of Divinity All The Streams Which Cause Fear

Lord! Take Me To The Place Where The Ancient Mind Is Born
May I Be The Soul Of All Things! O Mortal!
Why Don't You Ignite The Inward Flame! O Mortal!
Haven't You Seen The Desirable Splendor Of The Yonder Sun! O Mortal!
Why Do You Strive Only To Win The Human World! O Mortal!
With Sacrificial Fuel In Thy Hands Didn't You Approach Him! O Mortal!

About Author: The mystic writings and poems of author Anand Krishna helps us in dealing with everyday issues such as the strength of will power, the creativity to see beyond problems, importance of positivity and the true meaning of success. For all who feel that stress and nervousness are an unavoidable fact of modern life, the mystic poems of Anand Krishna reminds us that within each of us is an inner core of universal peace and harmony that we can learn to access at will. The mystic poems and writings of Anand Krishna shows us how to overcome fear, worry, anger, nervousness and moodiness. His writings also teach us how to Stay calmly in the present and to stay actively focused, no matter what is going on around us and also teaches us to Experience the mystic and expansive timelessness and beauty of each moment. The spiritual and mystic poems of the author caters to the deepest needs of the human heart and soul. These poems reveal how we can meet the daily challenges to our physical, psychological, emotional and spiritual well-being - by awakening our divine nature, the neglected reality at the core of our being.

Through his writings the author succeeds in dispelling the myth that God is beyond our reach and beyond our self. He points out that it is not only possible to converse with God but to receive definite responses to our prayers and also converse with our divine self. The author Anand Krishna helps us to realize how close that infinite and all-loving Being is to each one of us. He also explains how we can make our prayers and thoughts so powerful and persuasive that they will bring a tangible response from the mystic universe. The books written by Anand Krishna motivates the readers how to be devoid of a harsh, materialistic life and live a life of peaceful serenity governed by quality and not quantity. The spiritual poems written by the author deal with complex issues in a very easy-to-understand and simple manner, inviting the readers to explore their inner selves through meditation and contemplation. The teachings of the author alters the perspective and attitude that people approach life with, changing one's thought process to invite and draw true material and spiritual success and prosperity. The books written by the author also highlights the key to dissolving obstacles both physical and spiritual while dealing with natural feelings of fear and the feeling of being lost. The author has been greatly inspired by the mystic philosophies propounded in the Geeta, Upanishads, Sufi literature and other ancient mystical works. **The Author Shree Anand Singh (Pen Name: Anand Krishna) has written on various spiritual aspects of human existence in this world and beyond.**

Copyright © 2016. All Rights Reserved.

Table of Contents

Chapter 1 - Drinking From the Sweet Springs Of Love	
(Prayers Based On Geeta)	05-15
❖ Have You Prevented The Drying Of The Celestial Lake In Your Heart	06
❖ Still Thou Defy Me! O Mortal!	08
❖ Why Do Thou Still Cast Thy Evil Shadow! O Dark Lord!	09
❖ Why Do You Still Drag Me Into The Eternal Darkness! O Dark Lord!	11
❖ Why Do You Still Frighten Me! O Dark Lord!	13
❖ Why Do You Still Hold Me A Prisoner! O Dark Lord!	14
Popular Quotes on Devotion	
Chapter 2 - Letting Your Prayers Quench The Thirst of The Heavens	
(Prayers Based On Geeta)	16-27
❖ Be Sure! My Silence Is The Source Of All Ecstasy	17
❖ Be Sure! My Silence Quenches The Thirst Of The Heavens	18
❖ Be Sure! My Silence Shall Ferry Me Through The Mortal Sea	20
❖ Be Sure! My Silence Shall Slay All My Demons	23
❖ Why Don't You Drink From The Sweet Spring Of Love! O Mortal!	25
Popular Quotes on Silence	
Chapter 3 - The Abyss Of Silence (Prayers Based On Geeta)	28-31
❖ Be Sure! My Silence Couches The Eternal Essence	29
Popular Quotes on Silence	
Chapter 4 - Reducing The Burden Of Our Souls Through Prayers	32-41
❖ Be Sure! Our Prayers Are The Fires That Consume Our Passion	33
❖ Be Sure! Our Prayers Are A Restraint To The Reins Of Desire	34
❖ Be Sure! Our Prayers Enhances Our Trust In Destiny	35
❖ Be Sure! Our Prayers Reduces The Burden Of Our Souls	37
❖ The Substance Of Religion	38
❖ Yet You Ask To See The Signs Of His Power! O Mortal!	39
Popular Quotes on Prayers	
Chapter 5 - Witnessing The Scroll Of Divinity Unfold Before Our Soul.	42-58
❖ Are You Destined To Obey The Mistress Of Darkness! O Mortal!	43
❖ Be Sure The Scroll Of Divinity Shall Unfold Itself Before You! O Mortal!	45
❖ Be Sure! Our Prayers Help Us Unite With The Forces Of Eternity	47
❖ Lord! Teach Me The Perfect Prayer!	49
❖ Why Do You Enjoy The Prison Of Darkness! O Mortal!	51
❖ Why Does The Tide Of Your Passion Rise Still Higher! O Mortal!	53
❖ Why Don't You See Beyond The Eyes Blinded By Passion! O Mortal!	55
Popular Quotes on Passion	
Chapter 6 - Earth is The Essence of All Things (Prayers Based On Baup (Full Form))	59-64
❖ May The Winds Blow Sweetly For Us! O Lord!	60
❖ To The Vital Breath, Hail!	61
❖ Verily The Earth Is The Essence Of All Beings	62
❖ You Are That In Which All Things Merge! O Lord!	63
Popular Quotes on Prayers	
Chapter 7- Prayers From Brihad - Chandogya Upanishad	65-67
Chant And Sing With Your Devout Mind! O Mortal!	66

Popular Quotes on Prayers

Chapter 8 - Prayers From Svetasvatara Upanishad 68-73

- ❖ **Clean My Mirror Stained By Mortal Dust! O Lord! 69**
- ❖ **Let Me Cross By The Boat Of Divinity All The Streams Which Cause Fear 70**
- ❖ **Lord! Take Me To The Place Where The Ancient Mind Is Born 72**

Popular Quotes on Prayers

Chapter 9- Prayers From Maitri Upanishad 74-76

- ❖ **May I Be The Soul Of All Things! O Mortal! 75**

Popular Quotes on Prayers

Chapter 10 - Prayers From Mundaka Upanishad 77-79

- ❖ **Why Don't You Ignite The Inward Flame! O Mortal! 78**

Popular Quotes on Sacrifice and Rituals

Chapter 11 - Poems On Moon Worship Based On Kaushitaki Brahman Upanishad 80-82

- ❖ **Be Sure! The Divine Moon Shall Not Waste Away Your Vital Breath! O Mortal! 81**

Popular Quotes on Moon Worship

Chapter 12 - Poems On Sun Worship Based On The Upanishads 83-89

Chapter 12.1 - Poems From Maitri Upanishad

- ❖ **Haven't You Seen The Desirable Splendor Of The Yonder Sun! O Mortal! 84**

Popular Quotes on Sun Worship

Chapter 12.2 - Poems From Prasna Upanishad

- ❖ **Why Do You Strive Only To Win The Human World! O Mortal! 87**

- ❖ **With Sacrificial Fuel In Thy Hands Didn't You Approach Him! O Mortal! 88**

Popular Quotes on Sun Worship

**CHAPTER 1-DRINKING FROM THE SWEET SPRINGS OF
LOVE (PRAYERS BASED ON GEETA)**



(Artist: Raja Ravi Varma Date: 1848-1906)

Poem on **Devotion**

Have You Prevented the Drying of the Celestial Lake in Your Heart



**Have you grasped your true essence.
Have you said your true prayers.
Have you sung the true song.
Have you written the true script.
Have you grasped the true essence of your wisdom.
Have you prevented the drying of the celestial lake in your heart.**

**Have you grasped the true essence of benevolence.
Have you truly engaged your mind.
Have you truly realised the almighty.
Have you truly danced to the celestial**

drummers beat.

Have you been truly rid of the bundle on your head.

Have you truly paid attention.

Have you prevented the drying of the celestial lake in your heart.

Have you truly found your prayer.

Have you truly dislodged the gem from your hood.

Have you truly regained your sight.

Have you really challenged death and darkness.

Have you spoken to the damsel filling water from the celestial well.

Have you really carried the pitcher filled with grace.

Have you prevented the drying of the celestial lake in your heart.

Have you truly moved with your true friends.

Have you truly heard the divine chattering.

Have you truly rivetted your mind on your love.

Have you truly forsaken all.

Have you truly immolated yourself in the divine funeral pyre.

Have you truly discarded desolation and darkness.

Have you prevented the drying of the celestial lake in your heart.

Have you truly discarded flowers, candle and rituals.

Have you truly known the path of devotion.

Have you truly grasped the arduous path.

Have you truly freed your heart from desires.

Have you really known the true devotion.

Have you really swan in the lake of divinity

Have you prevented the drying of the celestial lake in your heart.

**Have you really dived into the celestial lake.
Have you really immersed your heart in the lake of love.
Have you really found the true company.
Have you really thirsted for the true love.
Have you let your heart not shrink and wither.
Have you let the lotus bloom in your heart.
Have you prevented the drying of the celestial lake in your heart.**



**Have you discarded the pride of clan and wealth.
Have you discovered your true humility.
Have you been truly alert.
Have you truly regained your attention.
Have you truly found your solace.
Have you found the true sacrifice.
Have you prevented the drying of the celestial lake in your heart.**

Have you truly laid your head.

**Have you overcome all delay and hesitation.
Have you overcome all conditions.
Have you been misled by your mind.
Have you been influenced by pride and greed.
Have you been firm in your loving devotion.
Have you prevented the drying of the celestial lake in your heart.**

**Have you gained the perceptions grace.
Have you kept the company of true saints.
Have you perceived beyond the mortal frontiers.
Have you achieved beyond your mortal boundaries.
Have you discarded the attachment to illusion and mundane.
Have you been steadfast in your conduct.
Have you prevented the drying of the celestial lake in your heart.**

**Have you acquired knowledge soaked in devotion.
Have you meditated in his grace.
Have you allowed your efforts to bear divine fruit.
Have you allowed your austerities to be blessed with his mercies.
Have you washed all lust and greed down the stream.
Have you thrown all the rituals into the sea.
Have you prevented the drying of the celestial lake in your heart.**

**Have you discarded your superficial devotion.
Have you immersed in the love devotion of the lord.
Have you been drawn by the sound of mystic music.**

**Have you lost your mortal life to the divine hunters arrows.
Have you retained attention to the music beyond.
Have you prevented the drying of the celestial lake in your heart.**

**Have you allowed the mystic rains to fill your heart.
Have you attempted to escape to the safer quarters.
Have you attempted to escape the darkness and gloom.
Have you made your love deep and sincere
Have you carved a niche in the lords feet forever.
Have you prevented the drying of the celestial lake in your heart.**

[Back](#)



Dolphin: Along with speed, diligence and intelligence the Dolpin is also a messenger of love. This is partly due to its association with Delphi, which signifies the love embodied within the womb. Aphrodite, the Greek goddess of love, was said to take the form of the dolphin and was also known as the Woman of the Sea. When depicted on an anchor or pierced with a trident the Dolphin is a symbol of the church being guided by the love of Christ. (Source: <http://www.whats-your-sign.com>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Devotion**

Still Thou Defy Me! O Mortal!



(Artist: *Gustave Dore* Date: 1868)

**I am the knower.
I am the field.
I am the sower.
I am the reaped.
I am the perceiver.
I am the perceived.
Still thou defy me! O mortal!**

**I am the creator.
I am the evolved.
I am the mother.
I am the father.
I am the knower.
I am the known.
Still thou defy me! O mortal!**

**I am the craver.
I am the craving.**

**I am the outward push.
I am the inward pull.
I am the operator.**

**I am the operated.
Still thou defy me! O mortal!**

**I am the dreamer.
I am the dream.
I am the creator.
I am the cogniser.
I am the sower of the seeds.
I am the reaper of the fruits.
Still thou defy me! O mortal!**

**I am the universal spirit.
I am the individual soul.
I am the singer.
I am the song.
Still thou defy me! O mortal!**

[Back](#)



The Claddagh: This romantic symbol is composed of two hands holding a crowned heart. The Claddagh symbol is used to show the bonds of love, friendship and loyalty. Some believe that the right hand of the symbol represents the father of Celtic Gods, called Dagda, while the left represents the mother goddess, Anu. The mystical, universal Celtic spirit Beathauile is believed to be the crown. The Christian version of this legend says that the crowned heart is a symbol of God the Father and the two hands are his son Jesus Christ and the Holy Spirit. (Source: <http://www.whats-your-sign.com>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Devotion**

Why Do Thou Still Cast Thy Evil Shadow! O Dark Lord!



(Artist: Gustave Dore
Date: 1852)

**I have tasted the unfathomable.
I have tasted the sea of bliss.
I have tasted the vibration less absolute.
I have tasted the state of blessed tranquility.
I have dissolved all of "I".
I have dissolved all of "me"
I have dissolved all of "mine"
I have dissolved my age.
I have dissolved myself
Why do you still drag me into the eternal
darkness! O dark lord!**

**I have discarded my body.
I have discarded my possessions.**

**I have discarded my sufferings.
I have discarded my pleasures.
I have witnessed the divine sphinx.
I have touched the divine feet.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have possessed the immeasurable.
I have tasted the all satisfying.
I have overcome my indulgence.
I have overcome my sense excitements.
I have overcome the frivolous
I have overcome my jealousies.
I have overcome the material worries.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have tasted the subtle.
I have tasted the unassuming.
I have tasted the quite influence.
I have tasted the stability.
I have tasted the eternal contentment.
I have tasted the exultations.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have tasted the jealousies.
I have tasted the apprehensions.
I have tasted the worries.
I have tasted the motives rooted in egoism.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have felt the rejoicing.
I have felt the loathing.
I have felt the gladness.
I have felt the sadness.
I have felt the grief.
I have felt the craving.
I have felt the good.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have felt the evil.
I have felt the fortunes.
I have felt the calamities.
I have felt the longings.
I have felt the desires.
Why do you still drag me into the eternal darkness! O dark lord!**

[Back](#)



Jain Om (Bijaskhara, Navokar/Navkar): This Jain Symbol is a modified version of the Hindu Om. The five parts that make up the symbol symbolize the five lines of the Namokar Mantra, a daily prayer whose recital by believers is a central part of the Jain religion. The Namokar (or, namkar) mantra honours the five Jain Panch Parmeshtis, or great entities.

(Source: <http://symboldictionary.net>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Devotion**

Why Do You Still Drag Me Into The Eternal Darkness! O Dark Lord!



(Artist: Jean Francois de Troy
Date: 1679-1752)

**I have tasted the consummate union.
I have tasted the absolute.
I have conquered my inner limitations.
I have overcome my earthly identifications.
I have opened my windows to the infinite spirit.
I have dissolved the outgoing vibratory spirit.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have opened the windows of my pure consciousness.
I have quietened my heart.
I have been freed from the bondage of breath.
I have freed my breath.
I have freed my consciousness.
I have tasted the single minded union.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have tasted the holy vibrations.
I have tasted the final emancipation.
I have understood the permutations of the birth and death.
I have understood the divine exhortations.
I have journeyed through the ocean of suffering and misery.
I have journeyed through the sea of delusion.
Why do you still drag me into the eternal darkness! O dark lord!**

**I have journeyed through the sea of mortal births.
I have overcome the slavery of the senses.
I have overcome the slavery of my perceptions.
I tasted the divine sweetness.**

**I have garnered the divine sympathy.
I have tasted the divine fruits.
I have gathered the divine flowers.**

Why do you still drag me into the eternal darkness! O dark lord!

**I have tamed my restlessness.
I have conquered my distractions.
I have discovered my intensity.
I have discovered my soul joy.
I have discovered my ecstasy.
I have discovered my bliss.**

Why do you still drag me into the eternal darkness! O dark lord!

**I have tasted his compassion.
I have tasted his grace.
I have tasted the stupendous.
I have tasted the dazzling.
I have tasted the subtle.
I have tasted the singularity of desire.**

Why do you still drag me into the eternal darkness! O dark lord!

**I have tasted the expansion of consciousness.
I have tasted the sacred vibrations.
I have permeated his being.
I have permeated his soul.
I have worshiped at the altar of my inner tranquility.
I have worn the ornament of devotion.
I have worn the ornament of knowledge.
I have adorned the jewel of renunciation.**

Why do you still drag me into the eternal darkness! O dark lord!

[Back](#)



Lotus: Buddhist's all over the world recognize this Lotus as signifying the holy seat of the Buddha. To the Chinese it symbolizes ultimate purity and perfection because it rises untainted and beautiful from the mud. Every part of the plant, from roots to petals can be put to good use and has medicinal properties. As such, the plant as a whole, conveys deep significance. Esoterically, it represents inward emptying and outward splendour and this conveys the true nature of reality according to the Buddhist philosophy. (Source: <http://tattoosymbolism.blogspot.in>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Devotion**

Why Do You Still Frighten Me! O Dark Lord!



(Source: hinducosmos.tumblr.com)

**I have seen the imperishable.
I have seen the unmanifested.
I have seen the ascension.
I have experienced the reunion.
I have experienced the ecstasy.
I have seen the form.
Why do you still frighten me! O dark lord!**

**I have experienced the formless.
I have seen the primal manifestations.
I have experienced the absolute.
I have confronted the duality.
I have experienced the unity.
I have risen above attachments.
Why do you still frighten me! O dark lord!**

**I have risen above greed.
I have been purified by the fire.**

**I have been burnt by the divine heat.
I have plunged into the darkless dark.
I have plunged into the lightless light.
I have seen the reflections of the eternal intelligence.
Why do you still frighten me! O dark lord!**

**I have tasted the vibration less realm beyond the phenomenal worlds.
I have overcome my limitations.
I have risen above my creed and race.
I have detached my ego.
I have overcome my senses.
I have tasted the primary ecstasy.
Why do you still frighten me! O dark lord!**

**I have experienced the divine intelligence.
I have tasted the indestructible.
I have seen the indescribable.
I have seen the unmanifested.
I have tasted the all pervading.
I have understood the incomprehensible.
Why do you still frighten me! O dark lord!**

**I have tasted the immaculate.
I have experienced the unmoving.
I have tasted the ever constant.
I have transcended the world of forms.
I have glimpsed the true formless conception of spirit.
I have glimpsed the experience of the infinite.
Why do you still frighten me! O dark lord!**

[Back](#)



Firefly : The symbolic meaning of the firefly of course deals with light, illumination and the like. Although an important focus, the issue of light is not the high feature behind the symbolic meaning of the firefly. Rather, it is the messages this wonderful creature gives us while her light is off may be most profound to our growth. (Source: <http://www.whats-your-sign.com>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Devotion**

Why Do You Still Hold Me a Prisoner! O Dark Lord!



*(Artist: Raja Ravi Varma
Date: 1848-1906)*

**I have seen the friends.
I have seen the foes.
I have seen the adoration.
I have seen the insults.
I have seen the warmth.
I have seen the chill.
I have seen the pleasures.
I have seen the sufferings.
I have seen the blames.
I have seen the praisings.
Why do you still hold me a prisoner! O dark lord!**

**I have experienced the attachments.
I have experienced the detachments.
I have experienced the honour.
I have experienced the dishonour.
I have experienced the divine heat.
Why do you still hold me a prisoner! O dark lord!**

I have experienced the mortal cold.

**I have experienced the pain.
I have experienced the pleasures.**

**I have experienced the insults.
I have experienced the adulations.
Why do you still hold me a prisoner! O dark lord!**

**I have drunk the nectar.
I have drunk the bliss.
I have drunk true wisdom.
I have drunk from the liberated souls.
I have drunk from the heart of god.
I have drunk his fragrance.
Why do you still hold me a prisoner! O dark lord!**

**I have drunk his being.
I have drunk his glory.
I have drunk his honour.
I have drunk his praise.
Why do you still hold me a prisoner! O dark lord!**

**I have seen the maligning.
I have seen the persecution.
I have seen the bitterness.
I have seen the humility.
I have seen the intoxication.
I have seen the divine bounty.
I have seen the undying spirit.
I have seen the bosom of transcendental bliss.
Why do you still hold me a prisoner! O dark lord!**

[Back](#)



Tilaka (Bindi): A Bindi or tilaka (tilaka means red) is a symbol drawn with clay, ashes (vihuti), or sandalwood on the area in the center of the forehead (in the location of the Ajna chakra), as a mark of devotion to the Hindu deities. The tilaka has a different design depending on which deity it honours- for example, a tilaka of three stripes and a dot is known as a tripundra (or tiryak pundra), and denotes a Shaivite, or follower of Shiva.

A "u" shaped mark surrounding a bindu (dot) denotes a follower of Krishna. (Source: <http://symboldictionary.net>).

POPULAR QUOTES ON DEVOTION

"There is need of a great revival of spiritual life, of truly fervent devotion to our Lord Jesus, of entire consecration to His service. It is only in a church in which this spirit of revival has at least begun, that there is any hope of radical change in the relation of the majority of our Christian people to mission work."

- Andrew Murray

**CHAPTER 2-LETTING YOUR PRAYERS QUENCH THE
THIRST OF THE HEAVENS (PRAYERS BASED ON GEETA)**



(Artist: Corrado Giaquinto Date: 1703-65)