

# Universal Worship Readings

## Sanctuary for the Self

### October 12, 2025

#### **Hinduism**

*(Krishna speaking to Arjuna...)*

Still your mind in me, still your intellect in me, and without doubt you will be united with me forever. If you cannot still your mind in me, learn to do so through the regular practice of meditation. If you lack the will for such self-discipline, engage yourself in my work, for selfless service can lead you at last to complete fulfillment. If you are unable to do even this, surrender yourself to me, disciplining yourself and renouncing the results of all your actions.

*~Bhagavad Gita, 12:8-11*

#### **Buddhism**

To straighten the crooked, you must first do a harder thing – straighten yourself. You are your only master. Who else? Subdue yourself, and discover your master. You are the source of all purity and all impurity. No one purifies another. Never neglect your work for another's, however great his need. Your work is to discover your work, and then with all your heart, to give yourself to it.

*~Dhammapada*

The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes.

Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

*~Pema Chödrön, The Places That Scare You: A Guide to Fearlessness in Difficult Times*

## **Zoroastrianism**

One need not scale the heights of the heavens, nor travel along the highways of the world to find Ahura Mazda (God). With purity of mind and holiness of heart one can find Him in one's own heart. A reflective, contented mind is the best possession. Seek your happiness in the happiness of all. Turn yourself not away from three best things: Good Thought, Good Word, and Good Deed.

*~Zoroastra*

## **Taoism**

We join spokes together in a wheel,  
but it is the center hold that makes the wagon move.  
We shape clay into a pot,  
but it is the emptiness inside that holds whatever we want.  
We hammer wood for a house, but it is the inner space that makes it livable.  
We work with being, but non-being is what we use.

*~Tao Te Ching, Chapter 11*

## **Indigenous**

*(A Message from the Council of 13 Indigenous Grandmothers...)*

As you move through these changing times... be easy on yourself and be easy on one another. You are at the beginning of something new. You are learning a new way of being. You will find that you are working less in the yang modes that you are used to. You will stop working so hard at getting from point A to point B the way you have in the past, but instead, will spend more time experiencing yourself in the whole, and your place in it. Instead of traveling to a goal out there, you will voyage deeper into yourself. Your mother's grandmother knew how to do this. Your ancestors from long ago knew how to do this. They knew the power of the feminine principle... and because you carry their DNA in your body, this wisdom and this way of being is within you. Call on it. Call it up. Invite your ancestors in. As the yang based habits and the decaying institutions on our planet begin to crumble, look up. A breeze is stirring. Feel the sun on your wings.

*~Mona Polacca, Hopi/Havasupai/Tewa tribes*

## **Judaism**

God is my shepherd; there is nothing I lack.  
You lay me down in lush meadows.  
You guide me toward tranquil waters, reviving my soul.  
You lead me down paths of righteousness,  
For that is your way.

And when I walk through the valley, overshadowed by death,  
I will fear no harm, for you are with me.  
Your rod and staff – they comfort me.

You spread a table before me  
In face of my greatest fears.  
You drench my head with oil;  
My cup overflows the brim.

Surely goodness and kindness  
Will accompany me all the days of my life  
And I will dwell in the house of the Holy  
For the length of my days.

*~Psalm 23 (Pamela Greenberg trans.)*

### **Christianity**

My daughter, build yourself two cells. First a real cell, so that you do not run about much and talk, unless it is needful, or you can do it out of love for our neighbor. Next build yourself a spiritual cell, which you can always take with you, and that is the cell of true self-knowledge; you will find there the knowledge of God's goodness to you. Here there are really two cells in one, and if you live in one you must also live in the other; otherwise the soul will either despair or be presumptuous. If you dwelt in self-knowledge alone, you would despair; if you dwelt in the knowledge of God alone, you would be tempted to presumption. One must go with the other, and thus you will reach perfection.

*~St. Catherine of Siena (Italian Christian mystic and layperson, 14<sup>th</sup> century)*

### **Islam**

Consider the sun and its radiant splendor, and the moon as she reflects the sun.  
Consider the day as it reveals this world, and the night as it veils it darkly.  
Consider the sky in its wondrous make, and the earth and its broad expanse.  
Consider the human soul,  
and how it is formed in accordance with what is meant to be,  
and how it is imbued with human failings as well as with a consciousness of God.  
To a happy state shall indeed attain those who cause this self to grow in purity,  
and truly lost are those who bury it in darkness.

*~Qur'an 91:9-10*

Know thyself and you shall know thy Sustainer.

*~Hadith of the Prophet Mohammad*

Do not feel lonely, the entire universe is inside you.  
Stop acting so small. You are the universe in ecstatic motion.  
Set your life on fire. Seek those who fan your flames.

*~Rumi*

**Truth**

The domain of the mystic is his self, over which he is king.  
The desire to develop one's personality is the real purpose of human life.  
If a person would become straightforward, certainly a straight way would be opened before him.

*~Hazrat Inayat Khan, Gayan*