

Universal Worship Readings
April 12, 2026
“Transforming Suffering: Energy of Meditator”

Hinduism

When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. In the still mind, in the depths of meditation, the Self reveals itself. Beholding the Self by means of the Self, an aspirant knows the joy and peace of complete fulfillment. Having attained that abiding joy beyond the senses, revealed in the stilled mind, they never swerve from the eternal truth. They desire nothing else and cannot be shaken by the heaviest burden of sorrow. The practice of meditation frees one from all affliction. This is the path of yoga. Follow it with determination and sustained enthusiasm.

~Bhagavad Gita, 6:19-23

Buddhism

There is a deep connection between suffering and happiness; it's like the connection between the mud and a lotus flower. When you take time to listen to your suffering and look deeply into its true nature, understanding will arise; when understanding arises, compassion is born.... You make good use of the suffering to create something more positive: compassion. Just like when you use mud to grow lotus flowers, if there's no mud, there's no lotus.

And in the same way, if there's no suffering, there can be no happiness, no compassion. ...there may be many things we're not happy about, but *at the same time*, there are many conditions of happiness.... We have to use the suffering – our fear, our despair, our anxiety – to create happiness, awakening, and insight. The practice is to *make good use* of suffering in order to create happiness. There cannot be one without the other. We have to find a way to face our suffering and transform it into happiness and compassion, just as we use the place where we fall to help us stand up. ...the practice of meditation is the practice of taking enough time to sit and look deeply to understand.

~Zen and the Art of Saving the Planet, p. 58-60, Thich Nat Hahn

Zoroastrianism

Zoroaster asked Ahura Mazda: “How are we to worship Thee?”
Ahura Mazda replied: “He who desires to please Ahura Mazda in this world, must desire to prosper the creations of Ahura Mazda.”

It is necessary that the person who is attached to Ahura Mazda, should please the righteous by relieving suffering and by protecting them from the evil-minded. May we be surely like those, (our predecessors), who made this world

prosperous. May the chosen leaders of Mazda be helpers and supporters (of the world). We remember here with homage, the King of the country who is the leader of Righteousness.

https://ramiyakaranjia.com/quotes-from-zoroastrian-texts/#_Toc524450302

Taoism

Empty your mind of all thoughts.
Let your heart be at peace.
Watch the turmoil of beings,
but contemplate their return.

Each separate being in the universe
returns to the common source.
Returning to the source is serenity.

If you don't realize the source,
you stumble in confusion and sorrow.
When you realize where you come from,
you naturally become tolerant,
disinterested, amused,
kindhearted as a grandmother,
dignified as a king.
Immersed in the wonder of the Tao,
you can deal with whatever life brings you,
and when death comes, you are ready.

~Tao Te Ching 16

Baha'i

Abdu'l-Baha (Baha'u'llah's son and successor) was asked: "Does the soul progress more through sorrow or through the joy in this world?"

Abdu'l-Bahá answered: "The mind and spirit of [people] advance when [they are] tried by suffering. The more the ground is ploughed the better the seed will grow, the better the harvest will be. Just as the plough furrows the earth deeply, purifying it of weeds and thistles, so suffering and tribulation free [people] from the petty affairs of this worldly life until [they arrive] at a state of complete detachment. [Their] attitude in this world will be that of divine happiness. [People are], so to speak, unripe: the heat of the fire of suffering will mature [them]. Look back to the times past and you will find that the greatest [people] have suffered most."

~Progress of the Soul (Paris Talks), Abdu'l Baha

Indigenous

From what my elders told me, the battle is between what is close to Creator and what is far from Creator. So, it's a real battle, it's real blood, it's real pain, it's real death. It's not like a metaphor; it's a battle. Yet, at the same time, no matter how many of us die and no matter how much of our blood gets shed, there is a spirit that will remain untouched, invincible, and unscathed through all of this.

However, the body of the earth and the body of the people are worth fighting for. And in this time, we have an opportunity to become instruments within that battle. And the fitness of our instrument will depend on how deeply we have healed ourselves and how committed we are to beginning each day in prayer, loving ourselves, and ceasing the cycles perpetuated through us.

So, I think of each of us as these warriors, these implements within the battle. We can be vessels of healing or destruction, and no matter what we've been through, we have the ability to be a vessel of healing. Again, that is just dependent on how much we're able to heal ourselves, pray in the morning to be an instrument of healing, and love ourselves and preserve ourselves.

~ Lyla June Johnston {Diné (Navajo), Tsétsêhéstâhese (Cheyenne), and European}

Judaism

Don't grow heated and angry against those who cause harm; don't get jealous over those who act unjustly. For like grass they will soon wither, like a weed they will waste away. Trust in God and do good; dwell on the land, nourishing your faith like sheep. Delight in the Holy One, and you will be given your heart's desire. Reveal your path to the Eternal. If you have trust, God will complete it, illumining your righteousness like light, the justice of your cause like afternoon sun. Be silent and wait for the Creator; don't grow heated and angry when the wrongful succeed on their path, those who spend their time crafting treacherous schemes.

Calm your anger, abandon rage. Don't grow heated; it can only bring harm. For those who bring sorrow will be cut off; but those who hope in God—they will inherit the earth. In just a little while there will be no one who causes hurt. You will glance at where they were, and they will be there no longer. But the humble will inherit the earth. They will delight in their long contentment.

~Psalm 37 ("The Complete Psalms", Pamela Greenberg)

Christianity

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

~Romans 5:3-5

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”

~2 Corinthians 1:3-4

Islam

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness.
Some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all, even if they are a crowd of sorrows,
Who violently sweep your house empty of its furniture.
Still, meet each guest honorably.
[They] may be clearing you out for some new delight.

The dark thought, the shame, the malice,
Meet them at the door laughing, and invite them in.
Be grateful for whoever comes,
because each has been sent as a guide from beyond.

~The Guest House, Rumi

Truth

Blessed [are they] who [have] found in [their] life [their] life's purpose.
Blessed [are they] who [rest] in the abode of [their soul].
Blessed [are they] who [hear] the call from the minaret of [their] heart.
Blessed [are they] who [see] the star of [their] soul as the light seen from the sea.
Blessed are the innocent who believe and trust simply.
Blessed are the unselfish friends whose motto in life is constancy.
Blessed are they who strive in the path of Truth patiently.

~Suras, Hazrat Inayat Khan