

Prayer for Yogoda Lessons

O Eternal Energy! Awaken within me conscious will, conscious vitality, conscious health; good will to all, vitality to all, good health to all!

O Eternal Energy! I am a tenet in the body, sent here by Thy grace to rule the body but never to be ruled by it.

O Eternal Energy! By Thy power I know that in tension I put forth energy into the body and in relaxation I withdraw it. Youth of body and mind abide in me forever, forever, forever.

My mind! Awake, sleep no more!

Awake, sleep no more!

Awake, sleep no more!

Peace! Peace! Peace!

– Paramahansa Yogananda, *Yogoda or Tissue-Will System of Physical Perfection Lessons*