**Prayer in the Words of Rumi (Mevlânâ)**

**1.** *“Prayer is the believer’s ascension and a conversation with God.  
In prayer, give your heart to Him,  
be aware that you are in His Presence.  
Do not be heedless for even a moment,  
otherwise only the form of the prayer will remain.”*

**2.** *“Prostration is the acceptance of your nothingness and weakness before Him.  
Standing is the consciousness of being in the Divine Presence.  
Bowing is humbling yourself before His Majesty.”*

**3.** *“When you pray, pray as if it were your last prayer.  
Know that this moment will never come again.”*

**4.** *“The body bends and rises in prayer,  
but it is the soul that must bow in humility  
and rise in devotion to the Beloved.”*

**5.** *“In each prayer, the heart knocks at the door of eternity,  
seeking the light of the Beloved to fill its emptiness.”*