**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.”*