



PEACE SEEDS

The Prayers for World Peace



At the invitation of Pope John Paul II,
the religious leaders of the world assembled
for the first time in history to pray for peace on Earth.

The text of the prayers has become known
as the Sacred Office of Peace.

At the request of translators at the United Nations,
the prayers were condensed to form Peace Seeds.



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Peace Seeds represent the twelve prayers for peace prayed in Assisi, Italy on the Day of Prayer for World Peace during the United Nations International Year of Peace, 1986.

“Like the bee gathering honey from different flowers, the wise person accepts the essence of different scriptures and sees only the good in all religions.”
- Mahatma Gandhi

1. The Hindu Prayer for Peace

Oh, God, lead us from unreal to the Real. Oh God, lead us from darkness to light. Oh God, lead us from death to immortality.

Shanti, Shanti, Shanti unto all.

Oh Lord God almighty, may there be peace in celestial regions. May there be peace on earth. May the waters be appeasing. May herbs be wholesome, and may trees and plants bring peace to all. May all beneficent beings bring peace to us. May the Vedic Law propagate peace all through the world. May all things be a source of peace to us. And may thy peace itself, bestow peace on all, and may that peace come to me also.



2. The Buddhist Prayer for Peace

May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses. May those frightened cease to be afraid, and may those bound be free. May the powerless find power, and may people think of befriending one another.

May those who find themselves in trackless, fearful wildernesses – the children, the aged, the unprotected – be guarded by beneficent celestials, and may they swiftly attain Buddhahood.

3. The Jainist Prayer for Peace

Peace and Universal Love is the essence of the Gospel preached by all the Enlightened Ones. The Lord has preached that equanimity is the Dharma. Forgive do I creatures all, and let all creatures forgive me. Unto all have I amity, and unto none enmity.

Know that violence is the root cause of all miseries in the world. Violence, in fact, is the knot of bondage. “Do not injure any living being.” This is the eternal, perennial, and unalterable way of spiritual life.

A weapon howsoever powerful it may be, can always be superseded by a superior one; but no weapon can, however, be superior to non-violence and love.



4. The Muslim Prayer of Peace

In the Name of Allah, the beneficent, the merciful. Praise be to the Lord of the Universe who has created us and made us into tribes and nations, that we may know each other, not that we may despise each other.

If the enemy incline towards peace, do thou also incline towards peace, and trust in God, for the Lord is the one that heareth and knoweth all things.

And the servants of God, Most Gracious are those who walk on the Earth in humility, and when we address them, we say "PEACE."

5. The Sikh Prayer of Peace

"God adjudges us according to our deeds, not the coat that we wear: that Truth is above everything, but higher still is truthful living. "Know that we attaineth God when we loveth, and only that victory endures in consequence of which no one is defeated."

6. The Bahai' Prayer of Peace

Be generous in prosperity, and thankful in adversity. Be fair in thy judgment, and guarded in thy speech. Be a lamp unto those who walk in darkness, and a home to the stranger. Be eyes to the blind, and a guiding light unto the feet of the erring. Be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility.



7. The Shinto Prayer for Peace

Although the people living across the ocean surrounding us, I believe, are all our brothers and sisters, why are there constant troubles in this world? Why do winds and waves rise in the ocean surrounding us?

I only earnestly wish that the wind will soon puff away all the clouds which are hanging over the tops of the mountains.”

8. The Native African Prayer of Peace

Almighty God, the Great Thumb we cannot evade to tie any know; the Roaring Thunder that splits mighty trees: the all-seeing Lord up on high who sees even the footprints of an antelope on a rockmass here on Earth. You are the one who does not hesitate to respond to our call. You are the cornerstone of peace.

9. The Native American Prayer for Peace

O Great Spirit of our Ancestors, I raise my pipe to you. To your messengers the four winds, and to Mother Earth who provides for your children. Give us the wisdom to teach our children to love, to respect, and to be kind to each other so that they grow with peace in mind. Let us learn to share all the good things that you provide for us on this Earth.

10. The Zoroastrian Prayer of Peace

We pray to God to eradicate all the misery in the world: that understanding triumph over ignorance, that generosity triumph over indifference, that trust triumph over contempt, and that truth triumph over falsehood.



11. The Jewish Prayer for Peace

Come let us go up to the mountain of the Lord, that we may walk the paths of the Most High. And we shall beat our swords into ploughshares, and our spears into pruning hooks. Nation shall not lift up sword against nation – neither shall they learn war anymore. And none shall be afraid, for the mouth of the Lord of Hosts has spoken.

12. The Christian Prayer of Peace

“Blessed are the PEACEMAKERS, for they shall be known as the Children of God.”

“But I say to you that hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To those who strike you on the cheek, offer the other also, and from those who take away your cloak, do not withhold your coat as well. Give to everyone who begs from you, and of those who take away your goods, do not ask them again. And as you wish that others would do the you, do so to them.



A Brief History of Peace Seeds The Franciscan Peace Rosary

In October of 1986, the director of The Life Experience School for handicapped and terminally ill children in Sherborn, Massachusetts embarked on a peace pilgrimage to Assisi, Italy. He brought with him the ashes of a student who died of cancer and scattered them in the cloistered garden of San Damiano. The child's name was Norman Nylund and he shared the same birthday with St. Francis.

By chance, the pilgrimage coincided with the Day of Prayer for World Peace in Assisi. For the first time in history, the leaders of the twelve major religions assembled to pray for peace on Earth. Being deeply moved by the prayers, the director returned to the school and established the Franciscan Order of World Peace, (aka Franciscan Friends of Fellowship). This new spiritual community, comprised of able-bodied and disabled peacemakers seeks to pray the prayers daily, translate them into the major languages of the world and disseminate them globally.

In June of 1988, Mother Teresa of Calcutta, having heard about the children and their efforts to share the prayers for peace, visited The Life Experience School to meet and bless the children, their parents and teachers. What was established as a direct result of her visit was The Peace Abbey where the prayers are prayed daily and this global undertaking is headquartered.

Viewing the prayers as "seeds of peace," the children at the Abbey, in loving memory of little Norman, began stringing beads to represent each of the prayers. What started out as a special way for small group of children to pray for peace, soon spread as a meaningful way for people of all faiths to join in "planting seeds of peace" throughout the world. It is our wish that Peace Seeds become a meaningful part of your prayer life.



Pope John Paul II Vatican City | October 1986
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**“May the seeds that have been sown produce
abundant fruits.”**

- Pope John Paul II
Vatican City | October 1986



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