

How to Pray - i , d; abgql rk wdl drh

i s* ; ÷ ã , d; a

kh; j Yfhku i , d; h kSYN; fō, dj , ^fkdj , yd& bgq l < hq = j . l ul aj YfhkauVñkj rekog mej Í we; ' ^YøDj 0w, al ¾4wdKa4(103&

i , d; h ^keuyu& mej reKqi h, f, ku Èkm; d mi aj ; dj l ath bgql í u wkj d¾4H fj hs th bgqj kfkats *¾4, a. ek oek ki smBÈ i i m¾4K l í fi Sh' l í hi *¾4, hl aj erS fyda u. yeÍ fydahk úg i , d; h l v fj hs i , d; fha *¾4, a/ l . kkd w; r; fu tysi kK; d bgql í fukauy; awdki xY i e, fi hs

i , d; h mej reKqwj i a dfō th bgql < hq =wkou ðí Í , awff, yj , di ; ud uyi uoa kÌ i , a , a dyq wff, yj i , a i ; udg b. ekùh' tod i g wo ol j d tl Sl Wh uq a i j rekaúi kams<mÈKq, nhs

i gf. k i ãfi bBhōj

i , d; h bgql rkkg i erfi k wh l í , dj g uydK , d i g . ; hq h' mBñkaki ; u fomd úh; l muK ýBkø i a %ki fomd <x l rf. k o" Rcj i g . ; hq =fj hs

bkmi q ^i , d; fha ku i |yka l rñka *¾4, a j k\$ i kK; a j k khñ; i , d; h bgql rñ hkfj kai f; kawÈgka ^khh; & l r" w, a dyqwl n¾4 hkfj ka m<uq ; l â rh l j hq h' fuf, i ; l â rh l hkkg i erfi k úg" w; a j , we. s s; o l í fukafydawe. s sw; r yvei a; eî fukafydaj e<el h hq =w; r tã d l í , dj g fhduq l r ; nd . ; hq h' túg uymge. s j , w. fol kj , my< fl dgi g fl <kaj k fi a fodfyd; a by<g ti úh hq h' ; l â ¾4 l hd wj i ka l í fi S fodfyd; a fi ñkamy; afl dg kdNñ yd mmj w; r mysfgk fi ane| . ; hq h' túg j uf; aueKd al gj i rf; aw; f, ka. yKh l er . ; hq h' ; l â ¾4 wj i a dfō mBñ ; u foj e, ñg fowel fhkawE; al rñkø i a %ka; u foj e, ñg fowel hg hdj o ; nd . ; hq h'

koi kl aj Yfhka i y¾4 i , d; hg khñ; a ^wÈgka l í fi S i y¾4 i |yd ki wj u m¾4dK i y¾4ys *¾4, h kuÈñ hkKhs fuys l reKq; kl awvx. =fj hs WmBu m¾4dKh j kfkka i y¾4ys rl w; a i ; r wod, ^hq & mBÈ W; ÷ l Wndj g uydK , d w, a dyafoú=kafj kfj kakuÈñ' hkfj kai u y j YfhkakuÈk úg buði ki budukahk j oko uWi uqki uWuukahk j oko khñ; fha fhodod . ; hq h'

koi ka(- ^; kfhkakuÈk úg&

^i uyl j kuEk úg&

; l â ¾ ; yBud ki i udri NI ; l â rh l hd fodfyd; a ne|. ; a j yd ýwdW, a b*a s dya ki wdri NI ýwdj ^mB¼: kh& l j hq h' ki i , a , a dyq wff, yj i , a i ; eud úúO wj i a dj , úúO ýwd l r we; ' koi kl aj Yfhka

i kor i j |j ; a w, a dya fou÷kagu i h'' mei i q' yñ fj hs hk ýwdj oel úh yel ' i B; amBÈ wmsj cœya h Wi ruq fuho wkq; j l s

bkmi qwW!ý yd ì i ñ i u. i r; = a*d; sydj kj erÈ j mrdhkd l r . ; hq h' B<. g m<uq eksyd foj eks rl wvd; j , s muKl ai r; = a*d; sydfj kami q fj k; a i rdyj l a fyda wdh; a ^j dl H& l ñhl a mdrdhkh l < hq h's m<uq rl wvd; fh& mdrdhkh fl frk i rdyj g j vd foj eks rl wvd; fh& mdrhkh fl frk i rdyj m&adKfhkafi áúu hym; h'

rel W l s u

bkmi q i udri NI ; l â rfh& fuka h<s a fodfyd; a Tfi dj d ; l â ¾ l hñkarel W i |yd bÈBhg my; aúh hq h' ys " fn, a i y mg hkdÈh tl u uúgul myák fi a bÈBhg keó fow; j , kawkq dó oKyá aw, a d . ; hq h's rel W wj i a dfj yS mBñ ; u foje, ñg fowel fhkawE; afl dg yd i a ka; u fowel hg hdj o ; nd . ; hq h's ful S ; ; a j fhkai h'' wj hj my; aj k; #e / E i g

^uf. a uyuj ; a mrudêm; s úN+ u; a l rñka Wkj ykafi a mi i ñ& hkfj ka f; j rl al j hq h's

bW; od, hg tf<öu

kej ; i udri NI ; l â rfh& fukafodfyd; aTi j d

^w, a dya fou÷kai j l h . K . hkkkf. amei i ug i j kafoh& hkfj kal hñka bW; od, a ki Rcq bBhøj g t<öh hq h' fuyS fodfyd; a my; fy, d fkd fi , fj k fi a; nd . ; hq h' kYp, ; ; a j fhkatys / E i ák úg"

^mrudêm; hdfKk's wyi ai mB" fmdf<dj i mB" wk; #ej Tnj ykafi g wNu; i h, f, kai mB mei i q' i h, a Tnj ykafi g u yñh& hkfj kal hd . ; hq h'

i ppal s u

bW; od, h ku l < mi q fodfyd; a fkdTij d ; l â ¾ l hñka i pphg
t<ôh hq h' fi i |yd bËBhg my; a j k úg uq kau fooKysi d wk; fej
fow; 7 d wka fi s k<, i y kdi ho fmdf<dj u; r |j d ; nd . ; hq h'

w; j , weÕs s l s , dj g uyk , d msyah hq h' há ndyq l kj , g yd
Wrysj , g i udka rj msyah hq h's

mBñ ; u foje, ñg wel h fj ; kayd Worh l , j d fj ; k d wE; a l r
; eì h hq h's kuq ai a kafoje, ñg wel hg yd Worh l , j dj , g hdj ; nd . ;
hq h's ful Sm&fj , g mgyekj Yl rdj hj ; nd . ekú ul rEyafj h's

i Eu i pphl §u" wkj d¾Hfhku wj hj i ; l afmdf<dj u; / |h hq h's
fomd we. s j , há me; f; a i g fl dgi l á fooKysi á fow; a " új D; k<,
hkdËh tl s wj hj fj h's i pphs kdi h fmdf<dfö / Eu i k k; a fj h's
i pphs"

uf. a fY%G mrudêm; s úN÷ u; a l rñka Wkj ykfi a mi i ñ& ki' ; i â yh
f; j rl awrdi ni kal j hq h' i ppabBhõfj ys; uk g wj YH j eäm r ywdj ka
wrði ni kal j yel h'

ueo ys-u

i Eu wÕmi Õl u ; ekm; a j k ; dl a i pphfa / E i g" fow; a fkdTij d"
; l â ¾ l hñka ueo ys-fuys / Ch hq h' w; j , we. s s l s , dj g uyk , d
msygk fi á oKysi j , g fl <kal , j d u; ; nd . ; hq h' ful s bBhõfj ys
wp, j khñ; fõ, dj f; l a / E i áhS"

mrudêm; hdfKk's ug l udj § wdY¾j do l rkk' uf. a wvqndvqi m rkk' ud
Wi i al r Nd. Hhkai , i k k' ud Rcqud¾. fhafufyhj k k' uu i j h i , i k k'
mrdhkh l r . ; hq h' &

foj eksi pph

ueo ys-fi i g ; l â ¾ l hñka foj eksi pphg tf<ôh hq h'

kYÑ; l d, hl a wp, j / E i áñka i Êod ^i ppa bBhõj g wod<
; i â yho mrdhkh l < hq h'

kej ; ; l â rh l hñka yi Tij d bi a sydr; a b÷fuys fudfyd; l a
/ f |ñka ; l â rh §¾> l rñka foj eks rl wvd; h i |yd ke. g i áh hq h'
kej ; fodfyd; a ne | ta rl wvd; j , g wod< mdrdhkdj ka bgq l rñka b; B
rl wvd; d keuËh hq h'

w; a yñnd; h

rl wvd; a fol l a i , d; j , §" foj eks rl wvd; fha tki yd wj idk
rl wvd; fha foj k i pphg mi j o fol l g jeä rl wvd; a i xLHdj l a we; s
i , d; j , foj k rl wvd; fha foj k i pphg mi j o wj i ka rl w; fha foj k
i pphg mi j o w; a yñnd; ai |yd ys| f. k ty§ w; a yñnd; amdrhkh l <
hq ñ'

rl wvd; a fol l g j vd jeä i , d; j , m<uq w; a yñnd; h i |yd ol Kq
mdo we. § sl § , dj g uyqK , d mvyák fi ä tl Smdoh i ri j o" j i mdoh u; ys|
. ; yel smBËo mh kud ys| . ; hq ñ' fuh" b*a rdl ab÷u hkfj kaye@kafj hš

wka u w; a yñnd; h i |yd y\$ k úg ol Kqmdoh by; i |ykamBËo
j i mdoh ol Kqmdofha ú" Ug hg j k fi ð mh kud ys| . ; hq ñ' fuh
; j ¾rel ab÷u ki fj hš

fuu ys:i fofl y\$u ueo b÷fi fuka fodfyd; a r |j d . ; hq ñ'
i @; fhyson/ . § a ; rul amy; g yrj d tysw. kj d we. § f, ahg fl dgi
uymge. § f, aw. ka; o l r ; nd . ; hq ñ' fi i qwe. § s; ku ug ukkau we; ÷
me; a g kj d ol Kqmhu; ; nd . ; hq ñ'

w; a yñnd; fha wvx. = j k "wl äy wka d b, a , a dyä" hk j el ñ
Wi rrej k úg i rf; akeó ; fnk on/ . § a uq' ukkau Ë. =l < hq ñ'

; kj eks rl wvd; h i |yd ke. Si ák ; dl a ke; ki wka u rl wvd; h ki
i , di l ß ol j d Ë. =l er . ; a tl Swe. § a n, d. ; aj ku i äuo wkawj i a dj ,
i ppal rk i a dkh n, d i äuo i k k; afj hš

wka u w; a yñnd; a ys-u yer i , d; fha fi i q i h" b÷i b*a rdl a
l w hg i ýüu i k k; afj hš

m<uj eks w; a yñnd; h l ñd ku fl dg ; kaj eks rl wvd; h i |yd i g
. kfkaki fow; abËB mi fmdf<dj u; ; nd j drefj kai g . ; hq ñ' i g . ; a
mi q fodfyd; ai udri NI ; l â rhg fukaTi j d bkami quq kai |yka l < mBË
ne| . ; hq ñ'

i , di l ßg fmrđ; j w; a yñnd; fha § ´kEu ýwdj l a wrđi ni ka
mdrdhkh l < yel ñ' tfy; a ki i , a , a dyq wff, yj i , a i ; ÷d mdrdhkh
l < ýwdj kal ß i ýi qyd M, odhl fj hš

wka u w; a yñnd; h l ñd wj i kal < mi q

“wi a , duq wff, l ÷ j ryu; ÷ a dyà” hkfj ka l hñka uq kau ol Kq mi go
B<Õg j i mi go yá yrj d i , di l j hq h’

i , di l Fukami q

i , di l Fukami q i , d; h ku fj hs i q ya i y uyBí i , d; a wj i ka
ùfukami ql , Ñ; ÷ af; !ybh oi j rl amdrdhkh l < hq h’ fi yer fi i qi h’
j l a hl u i , d; j , S i , di l Fukami q

“wi a *ãre, a dyà”

hkfj kaf; j rl aksyXj l j hq h’ bkami qj eks; i â yhkayd ýwdj kamdrhkh
l < hq h’ i , d; fhkami qfl frk ýwd ^m¼: kd& w, a dya fou÷kaúi kams&s kq
, efnhs tuká d yi ý” i , j d; a i ys j ýwdj ka wrUd” yi ý” i , j d; a i ys j
wj i kal < hq h’