

The Eightfold Path Surrender Prayer 1/8

Following are the lyrics and postures associated with the performance of the 'Eightfold Path Surrender Prayer.'

The Main Chorus



Oh Jesus Christ... Oh Lord of My Life... I Surrender to You (3 Times)
(Bow head as a gesture of humility)

The Eight Verses



1- I Surrender... My Eyes... to You (3 times) I Surrender... My Eyes (Repeat Chorus Once)
(Place palms over eyes with fingertips crossed over the 'Mind's Eye' in the brow)



2- I Surrender... My Heart... to You (3 times) I Surrender... My Heart (Repeat Chorus Once)



3- I Surrender... My Voice... to You (3 times) I Surrender... My Voice (Repeat Chorus Once)
(Cross your hands over throat area)



4- I Surrender... My Hands... to You (3 times) I Surrender... My Hands (Repeat Chorus Once)
(Clasp hands together)



5- I Surrender... My World... to You (3 times) I Surrender... My World (Repeat Chorus Once)



6- I Surrender... My Flesh... to You (3 times) I Surrender... My Flesh (Repeat Chorus Once)
(Place hands on navel)



7- I Surrender... My Mind... to You (3 times) I Surrender... My Mind (Repeat Chorus Once)
(Cross fingertips over 'Mind's Eye' in brow)



8- I Surrender... My Feet... to You (3 times) I Surrender... My Feet (Repeat Chorus 3 Times) Amen...
(In a chair, see Note 2 below)

Notes:

1. This prayer can also be performed in a kneeling or sitting position. The important thing is to bend your knees, and keep the soles of your feet off the ground.
2. In a chair, you should perform the entire prayer with your legs crossed at the ankles to keep the soles of your feet off the ground. When surrendering your feet, simply lift them slightly and extend your arms out towards them.
3. A musical performance of this prayer in mp3 format can be downloaded at: GracefulWays.org

The Eightfold Path Surrender Prayer 2/8

Following is a brief commentary on the Eightfold Path Surrender Prayer. It is important to understand the underlying Principles that are expressed through a spiritual practice so that we might be more fully empowered by performing it.



The Sacred Context

In order to fully understand the form and function of the Eightfold Path Surrender Prayer, we must embrace it in the context of the spiritual evolution of mankind. In the Old Testament of the Bible, Moses gave us the 'Letter of the Law' in the form of the 'Ten Commandments.' Centuries later, the Buddha came to give us the 'Spirit of the Law,' or Dharma, in the form of the 'Eightfold Path of Righteousness.' About 500 years after that, Jesus came into the world to 'fulfill the Law' through the Principle of Love. (Matt. 5:17)

Next, we must recall the teachings of St. Paul, who in essence said that the Letter of the Law is deadening, but the Spirit of the Law brings newness into our lives. (Romans 7:6 & 8:2)

Consequently, by engaging in a practice that fulfills the Spirit of the Law, we will invoke an abundance of Life, filled with the newness of Spirit. Furthermore, we will intuitively fulfill the Letter of Law on every occasion of our lives. That which has the Power to fulfill the Law, is the living Principle of Love called Jesus Christ.

In the Eightfold Path Surrender Prayer, we use the name of Jesus Christ to invoke the living Presence of Love in order to fulfill the Spirit of the Law, as revealed by the Buddha in the original Eightfold Path

of Righteousness. Furthermore, the lyrics of the Prayer are intended to draw God's Love deep into our bodily being in order to Enlighten our minds and Resurrect our flesh.

The Chorus



Oh Jesus Christ...

The Chorus of the 'Eightfold Path Surrender Prayer' consists of three lines, or elements. In the first line we use the name of Jesus Christ to invoke something greater than just an historical person. We are invoking the active presence of a universal Principle that has the power to change our lives for good, for the name of Jesus Christ represents the Principle of the 'personification of the Presence of God, as Love.'



Oh Lord of my life...

In the second line we acknowledge Jesus Christ as the 'Lord of our life.' In classical metaphysics, it is sometimes suggested that the terms Lord and Law are synonymous. This is not exactly true, for the term Lord represents the Spirit of the Law, or what the Buddha called the Dharma. In other words, the Lord is the source of the Law. Another Eastern term closely related to the word Lord is the 'Tao,' sometimes referred to as the

'Watercourse Way.' Whether we call it the Lord, the Tao or the Dharma, it is the way that all things must inevitably follow, and the sooner we do, the sooner we will be healthy, happy, prosperous and free.



I Surrender to You.

With the third line of the chorus, we surrender into the Principle of Jesus Christ as the Lord of our lives. Although the word 'surrender' does not appear in the Bible, the term 'bow,' as a reverential gesture of humility and surrender is frequently used. Therein lies the real power of this spiritual practice, which is the mood of bodily 'surrender' that is created by our own actions. This is because 'surrender' is the method of Love. It is the means by which we release the mechanisms of separation, and fall into an 'awareness of oneness' that blesses all beings. Additionally, the posture associated with this line of the Chorus is a gesture of humility, and it is written: *"God resists the proud, but gives grace unto the humble."* (James 4:6).

Furthermore, when we surrender into Jesus Christ, we 'become like' Jesus Christ, and to 'be like' something fulfills the root meaning of the word 'believe.' Consequently, by bending our knees and bowing to Jesus Christ as the Lord of our life, we actively demonstrate our *belief* in Jesus Christ, so that we might receive the everlasting Life that God has promised us concerning this belief. Ultimately, it is through our surrender into the Living

Presence of Love, we begin to live as Love ourselves, and fulfill the Eightfold Path of Righteousness, as given by the Buddha.

☪ *"Wherefore God also had highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."* -Phil. 2:9-11

☪ *"Beloved, now are we the sons of God, and it does not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is."* -John 3:2

☪ *"For God so loved the world, that he gave his only begotten Son, that whosoever believes in him shall not perish, but have everlasting life."* -John 3:16

☪ *"I am the resurrection, and the life: those that believe in me, though they were dead, yet shall they live."* -John 11:25

I. Right View



I surrender my eyes to you...

The Eightfold Path of the Buddha begins with the establishment of a 'Right View.' In other words, we must begin to see things clearly, as they truly are, without the filter of the prejudice and personal opinions that are based upon our past experience of life. In essence, a Right View is the 'clarity of mind' that will always reveal itself as the ability to

discern Truth from error. This ability is called 'insight,' and it allows us to see what is 'not seen' with our physical eyes, so that we might see more clearly into the invisible side of life within our souls.

Although it is recorded in the Bible that Jesus restored the sight of many who were physically blind, the greatest gift that he gave to all who followed him was the capacity for insight. This is the gift of the 'born again' experience which awakens the inner light of Spirit, which he called the Son of Man. In modern terms, it is called our ego, which is the psychological mechanism that we use to do the 'inner work' essential to judging the worldly conditions of our lives with a 'Right View.' Consequently, in this spiritual practice we are surrendering not only our physical flesh eyes, but our 'mind's eye' as well.

🕉️ *"Judge not according to the appearance, but judge righteous judgment."* -John 7:24

🕉️ *"And Jesus said, For judgment I am come into this world, that they which 'see not' might see..."* -John 8:39

🕉️ *"The light of the body is the eye: therefore when your eye is single (mind's eye), your whole body also is full of light (insight); but when your eye is evil (dual), your body also is full of darkness (ignorance)."* -Luke 11:34

🕉️ *"...for the things which are seen (with our physical eyes) are temporal; but the things which are not seen (except by insight) are eternal."* -2 Cor. 4:18

2. Right Intention



I surrender my heart to you...

Once we have established a Right View about the conditions and circumstances of our lives, we can use this clarity to establish conscious intentions for the highest expression of our being.

It is most interesting to note that the word 'intention' does not appear in the Bible. However, a term closely related to intention that is often used is 'treasure.' What we treasure is what we value, and what we express through our intentions is what we tend to value. This is significant since what always manifests in our lives is our intentions, based upon our values.

Of further importance to note, is that both our intentions and our values reside in our heart. In the creative process of life, everything starts in the heart with our intentions, which is how we express into the world what we value. In this sense we could say that the world obeys our heart, and when we surrender our hearts to Jesus Christ we are intending to overcome the world with Love. (John 16:33)

🕉️ *"For where your treasure (intention) is, there will your heart be also."* -Luke 12:34

🕉️ *"A good person out of the good treasure (intentions) of their heart brings forth that which is good; and an evil person out of the evil treasure (intentions) of their heart brings forth that which is evil: for out of the abundance of the heart their mouth speaks."*

-Luke 6:45

3. Right Speech:



I surrender my voice to you...

The first two steps of the Eight fold Path are essentially mental in nature, and prepare our souls for a righteous expression of life in the world. With the third step of 'Right Speech,' we now perform our first physically creative act.

Here we must realize that our words are the verbal expression of our intentions, based upon our values. Furthermore, our words are creative and stand as the foundation of our 'faith.'

When we value error, and speak words of error, we develop faith in error, and invite the forces of evil into our lives. When we value Truth, and speak the Word of God aloud, then we develop Faith in the Word, so that the Promises of God can be revealed into our lives.

In this Prayer, we surrender the instrument of our speech to Jesus Christ, the Living Word of God made flesh, who dwells among us forever filled with Grace and Truth. (John 1:14)

☪ *"In the beginning was the Word, and the Word was with God, and the Word was God."* -John 1:1

☪ *"For by your words you shall be justified, and by your words you shall be condemned."* -Matt. 12:37

☪ *"Death and life are in the power of the tongue (speech): and they that love it shall eat the fruit thereof."* -Prov. 18:21

☪ *"So faith comes by hearing, and hearing by the word of God."* -Romans 10:17

☪ *"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."* -Eph. 4:29

4. Right Action



I surrender my hands to you...

Whatever we continually say, eventually we will do. Consequently, the forth step of the Eightfold Path is 'Right Action,' and the physical symbol of our actions is our hands. This is because most of the things that we do in our lives, we do with our hands. Consider for a moment the familiar phrase "by my own hand," which refers to actions that we have taken.

It is interesting to note that the word 'action' appears only once in the entire Bible. (1 Samuel 2:3). However, we can find the term 'fruit' being used many times as a metaphor for 'actions,' especially in the New Testament.

As suggested by St. Paul in the scripture below, when Love bears its fruit through us as righteous actions, they will be for the glory and praise of God in Christ Jesus. Consequently, when we surrender our hands to Jesus Christ we are empowered to become the living answer to the age old question, "What would Jesus do?"

☪ *"Wherefore by their fruits (actions) you shall know them."* -Matt. 7:20

☪ *"And this I pray, that your love may*

abound...being filled with the fruits (actions) of righteousness, which are by Jesus Christ, unto the glory and praise of God. " -Phil. 1:9,11 (St. Paul)

5. Right Livelihood



I surrender my world to you...

The fifth step in the Eightfold Path is 'Right Livelihood,' which is more than a vocation or mere occupation. It is the way that we live our lives in the world. In essence, our livelihood is the collective expression of all the actions that we daily take in our lives.

Although we share the world with our neighbors, ultimately each of us lives in a world unique unto ourselves. This personal world is called the 'body of our affairs,' and it is woven out of the consequences of the collective actions we have taken in life.

When we surrender our personal world to Jesus Christ, we begin to develop a Right Livelihood, or righteous 'walk in life' that is a conscious expression of Love, which will ultimately overcome the adversities of the world.

☪ *"I am the light of the world: he that follows me shall not walk in darkness, but shall have the light of life."* -John 8:12

☪ *"These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world."* -John 16:33

6. Right Habits



I surrender my flesh to you...

The sixth step in the Eightfold Path of the Buddha is 'Right Habit.' Here we are dealing with the *subconscious* nature of our lives, for a habit is essentially a deeply engrained repetitive pattern in the muscle memory of our flesh.

Furthermore, our habits exist as deeply embedded 'survival strategies,' born out of past experiences in the world, which have usually been misunderstood. These habits are triggered by outer conditions, called 'temptations' that activate hidden fears within us that will generally overpower any conscious intention that we might have to the contrary.

In this Step, we again encounter words that are not considered in the Scriptures, for the terms 'subconscious' and 'habit' are not to be found in the Bible. The word that is used instead is 'flesh.'

Consider for a moment that the cloaks that are worn by the Monks and Nuns of the Catholic tradition are called 'habits.' The wearing of the habit by these 'disciples of Christ' is a symbolic gesture to indicate that they have adorned a 'new flesh,' or habit of living their lives in a way that is pleasing to Jesus.

By surrendering our flesh to Jesus Christ, we are surrendering the old subconscious patterns of our lives, and replacing them with a new habit of Right Livelihood, as established in the previous Step.

☪ *"And the Word was made flesh, and dwelt among us, and we beheld his glory... full of grace and truth."* -John 1:14

☪ *"Watch and pray, that you enter not into temptation: the spirit indeed is willing, but the flesh is weak."* -Matt. 26:41

☪ *"Whoever eats my flesh, and drinks my blood, has eternal life; and I will raise them up at the last day."* -John 6:54

7. Right Meditation



I surrender my mind to you...

Through 'Right Meditation' we engage the process that will purify our minds. Because our 'mortal minds' are made of time, they tend to be filled with thoughts of past experiences and future possibilities, which might be good or bad.

To the degree that we are attached to the activity of our 'mortal minds', we will suffer in our souls. We will be constantly troubled by regrets about our past and doubts about our future. The only way out of this situation is 'up,' through Right Meditation. This is the process by which we release our attachment to our mortal minds, and situate ourselves in the 'Mind Divine,' which is made of Love.

The 'Mind Divine' is the Mind that was in Christ Jesus, and is sometimes referred to as the 'Buddha Mind.' Such a Mind is emptied out of old thoughts that were born out of time spent in the world. Instead, our mind becomes an open vessel to receive 'New Thoughts' inspired by Love, that will produce a Divine

Conception for newness for our lives. So, when we surrender our mind to Jesus Christ we also become a living answer to the question, "What would Jesus think?"

☪ *"Let this mind be in you, which was also in Christ Jesus."* -Phil. 2:5

☪ *"And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God."* -Romans 12:2

☪ *"Take therefore no thought for tomorrow: for tomorrow shall take thought for the things of itself. Sufficient for this day is the evil thereof, (created by your own error beliefs)"* -Matt. 6:34

8. Right Contemplation



I surrender my feet to you...

The final Step on the Eightfold Path of the Buddha is 'Right Contemplation,' and even though the term 'contemplation' is not to be found in the Bible, the fruit of contemplation, which is 'understanding,' is thoroughly addressed. Wise old King Solomon even said that we should seek understanding above all things.

Of course, it is important to note that the physical symbol of understanding is our feet, for it is our feet that 'stand under' the totality of our being. Consider the old saying, "Sitting at the feet of the Master," which means to bask in the understanding of an illumined teacher.

It is also significant to note that our primary contact with the earth is made with

our feet. Consequently, as human beings our understanding of life tends to be limited to what we have encountered through our 'walk in life.'

This is why Jesus washed the feet of the Disciples at the Last Supper. He was cleansing their understanding of worldly experiences, specifically death, so that they could 'stand' witness to the great spiritual event of his Resurrection. When we surrender our feet to Jesus Christ we are offering to have him cleanse our understanding of the limiting beliefs that have accumulated through our experiences in the world.

🕉️ *"Wisdom is the principal thing; therefore get wisdom: and with all your getting get understanding."* -Prov. 4:7

🕉️ *"And all that heard Jesus were astonished at his understanding and answers."* -Luke 2:47

🕉️ *"Then Jesus opened their understanding, that they might understand the scriptures."* -Luke 24:45

🕉️ *"Peter said to Jesus, You shall never wash my feet. Jesus answered him, 'If I do not wash your feet (cleanse your understanding), you will have no place with me.'" -John 13:8*

Completion



Amen!

The 'Eightfold Path Surrender Prayer' ends with a reverent 'Amen.' This ancient term essentially means, "I agree." It is a gesture of 'covenant' with the Divine, and when we agree with God, it shall be done.

It is interesting to note how the Eightfold Path of the Buddha corresponds itself to the universal 'Law of Octaves.' In the world of music, the last note of one octave becomes the first note of the next higher octave. In a like manner, the greater understanding produced by Right Contemplation will automatically expand our Right View of the world, and take us back for another turn on the 'Wheel of the Law,' as the Eightfold Path is sometimes called.

So it is, that with each daily repetition of this Eightfold Path Surrender Prayer we move a little bit higher in consciousness towards our ultimate illumination and bodily transformation in Christ.



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