

APCE 2026

7-Step Meditation for All Ages
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<https://bit.ly/APCE7-Steps>

7-Steps	Notes
1. May We Be Happy and Healthy:	
2. May We Be Grateful for Life's Many Gifts:	
3. May We Be Transformed into Our Highest Ideal:	
4. May We Be Loving and Compassionate:	
5. May We Become Focused and Mindful Through Our Breathing:	
6. May We Become Wise Through Our Meditation:	
7. May We Be in Service to All:	

Resources:

InterSpiritual Meditation: A Seven-Step Process Drawn From The World's Spiritual Traditions by Edward W. Batian, PhD

<https://spiritualpaths.net/guided-meditations/>

Possible Journal Prompts	Notes
<i>What emotions, thoughts, stories/experiences surfaced during this experience?</i>	
<i>Which step seemed to take the longest? What may be the reason?</i>	
<i>Which step evoked surprise in your spiritual life? What may be the reason?</i>	