

ISM Meditation A

1. **May We Be Happy and Healthy:** *Mercy. Truth. Righteousness. Peace.* “nothing can contribute more effectually to the promotion of a happy life, than that these four virtues should flourish and rule supreme.” John Calvin
2. **May We Be Grateful for Life’s Many Gifts:** “To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.” Johannes A. Gaertner
3. **May We Be Transformed into Our Highest Ideal:** “Our only desire and our one choice should be this: I want and I choose what better leads to God’s deepening life in me.” Saint Ignatius of Loyola
4. **May We Be Loving and Compassionate:** “In separateness lies the world's great misery; in compassion lies the world's true strength.” Buddha
5. **May We Become Focused and Mindful Through Our Breathing:** “What I wear is pants. What I do is live. How I pray is breathe.” Thomas Merton
6. **May We Become Wise Through Our Meditation:** “The ability to live with seeming contradictions — and the ambivalence and tension these contradictions create — is what gives rise to wisdom. The messes are the point.” Irwin Kula
7. **May We Be in Service to All:** “There is no love which does not become help.” Paul Tillich