

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*

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