

ISM Meditation B

1. **May we be happy and healthy:** *"There is not one blade of grass, there is no color in this world that is not intended to make us rejoice."* John Calvin
Contemplate the ways you will create a happy and healthy life.

2. **May we be grateful for life's many gifts:** *"For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile."* Elie Wiesel
Remember the kindness of others, the miracles of life and the natural environment that sustains us.

3. **May we be transformed by our highest ideals:** *"We need to realize that our path to transformation is through our mistakes. We're meant to make mistakes, recognize them, and move on to become unlimited."* Yehuda Berg
Contemplate your highest life ideals and renew your desire to fulfill them.

4. **May we be loving and compassionate:** *"The first duty of love is to listen."* Paul Tillich
Open yourself to love and compassion and promise to apply it to the world.

5. **May we become mindful through our breathing:** *"When the breath wanders the mind is unsteady, but when the breath is calmed, the mind too will be still."* Hatha Yoga Pradipika
Breath is the source of life and calm focused breathing is the foundation for meditation.

6. **May We Become Wise Through Our Meditation:** *"Quiet the mind and the soul will speak."* Ma Jaya Sati Bhagava
Our consciousness has been carefully cultivated. The seeds of deep tranquility, unity, and profound insight now flower within us.

7. **May We Be in Service to All Beings:** *"The best way to find yourself is to lose yourself in the service of others."* Mahatma Gandhi
Commit to serving toward the highest good of all people.

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