

ISM Meditation Confirmation

1. **May we be happy and healthy:** *"It is very simple to be happy, but it is very difficult to be simple."* Tagore

Consider ways to simplify your lives.

2. **May we be grateful for life's many gifts:** *"Gratitude can be an elusive feeling at times. Sometimes we need to take things back to basics and be thankful for each breath, each smile and each sunrise we get to experience."* Unknown

Consider the basics aspects of this day and the gratitude they evoke.

3. **May we be transformed by our highest ideals:** *"The function of prayer is not to influence God, but rather to transform the nature of the one who prays."* Soren Kierkegaard

Consider the ways prayer changes you.

4. **May we be loving and compassionate:** *"Listen with ears of tolerance! See through the eyes of compassion! Speak with the language of love."* Rumi

Rerun recent encounters – ways to be more tolerant, compassionate, loving?

5. **May we become mindful through our breathing:** *"All things share the same breath—the beast, the tree, the person...the air shares its spirit with all the life it supports."* Chief Seattle

Notice your breathing—no need to change pattern—simply notice!

6. **May We Become Wise Through Our Meditation:** *"Meditation is not about changing the mind, it's about calming it. And in that stillness, the mind can begin to reflect the divine truth."* Amit Ray

May truth be revealed in our stillness.

7. **May We Be in Service to All Beings:** *"The highest truth cannot be put into words. Therefore the greatest teacher has nothing to say. [They] simply give [themselves] in service and never worry."* Lao Tzu

Consider ways to serve others.

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