

## **ISM Meditation Template**

- 1. May we be happy and healthy:**
- 2. May we be grateful for life's many gifts:**
- 3. May we be transformed by our highest ideals:**
- 4. May we be loving and compassionate:**
- 5. May we become mindful through our breathing:**
- 6. May We Become Wise Through Our Meditation:**
- 7. May We Be in Service to All Beings:**

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