

ISM Mission Meditation

1. **May We Be Happy and Healthy:** "*Happiness is the highest form of health.*" Dalai Lama

Contemplate the ways you will create a happy and healthy life.

2. **May We Be Grateful for Life's Many Gifts:** "*[one] who does not thank people, does not thank God.*" The Prophet Muhammad

Welcome life's challenges for they help us to grow in wisdom and compassion for others.

3. **May We Be Transformed into Our Highest Ideal:** "*The truth of the matter is that the power of change is the greatest innovation, after the wonder of the creation of Heaven and Earth.*" Rabbi Yitzchak Hutner

This precious life provides an opportunity to truly transform ourselves.

4. **May We Be Loving and Compassionate:** "*Love the creatures for the sake of God and not for themselves. You will never become angry or impatient if you love them for the sake of God.*" 'Abdu'l-Baha, founder of the Baha'i faith

Open ourselves to love and compassion and promise to apply it to the world.

5. **May We Become Focused and Mindful Through Our Breathing:** "*Inhale, and God approaches you. Hold the inhalation, and God remains with you. Exhale, and you approach God. Hold the exhalation, and surrender to God.*" Tirumalai Krishnamacharya

Focused breathing is holy.

6. **May We Become Wise Through Our Meditation:** "*Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true wisdom.*" Lao Tzu

Ponder admirable qualities God gave you.

7. **May We Serve All Beings with Compassion, Peace, and Wisdom:** "*The end of all knowledge should be service to others.*" Cesar Chavez

Vow to serve in ways that relieves their suffering, that seeks unity & universal peace, that promotes a healthy environment and the highest good for all beings.