

## 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 Ba Hai 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.