

ISM Meditation for Peace

1. **May We Be Happy and Healthy:** *Many people think excitement is happiness but when you are excited you are not peaceful.. True happiness is based on peace.* Thich Nhat Hanh

2. **May We Be Grateful for Life's Many Gifts:** *"If the only prayer you say in your life is Thank you," that will suffice."* Meister Eckhart

3. **May We Be Transformed into Our Highest Ideal:** *"Do the best you can until you know better. Then when you know better,, do better."* Maya Angelou

4. **May We Be Loving and Compassionate:**

5. **May We Become Focused and Mindful Through Our Breathing:**

6. **May We Become Wise Through Our Meditation:** “

7. **May We Be in Service to All:**

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