

A MEDITATION OF SERVICE

(Dora's Meditation)

NOTICE YOUR BREATH AND
SENSE OF PEACE WITHIN
YOURSELF

In your own space and place let go of
distractions and let your mind quiet.

SENSE THE HARMONY
OF THE GROUP

As a group, let go of outer distractions and
harmonize with the group. Alone, allow
your monkey mind to fade and release
any distractions.

SENSE THE UNITY
OF THE GROUP

Beneath the harmony of the group lies a unity of
which we are all a part. Focus here. Alone, feel
yourself as expressing that oneness.
Submerge into it.

SENSE YOUR HARMONY WITH
THE FORCES OF NATURE

Reach out to that consciousness that
pervades all things: all of nature and all
beings. Join with the oneness.

WITHDRAW YOUR ATTENTION
TO YOUR HEART CENTER
SAY TO YOURSELF, I AM THAT PEACE

Feel the same energy and peace that you felt in
expansion with the forces of nature but now
experience how it is present in your own
heart center as well.

ASK TO BE A CHANNEL FOR HEALING
ENERGY: SEND ENERGY AND PEACE TO
SOMEONE

This peace is not a feeling. It is a powerful
energy, active and vital. Feel yourself
sharing this with a person or place in need.

SEND THOUGHTS OF PEACE
AND HEALING TO THE WORLD
AT LARGE

Sense this peace and harmony radiating
from yourself and from the group and
spreading throughout the world.

MAA 6/06 – mah 3-20-20