

**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.

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