

**A MEDITATION OF SERVICE**  
***(Dora's Meditation)***

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  
THE HEART CENTER

Feel the same energy and peace that you felt in expansion with the forces of Nature.

ASK TO BE A CHANNEL FOR HEALING  
ENERGY & 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  
INTO THE WORLD AT LARGE

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

*Prepared by Maria Arrington, Montana, USA, Oct. 2005*

