



Insight Community of Southern Maine - Westbrook, ME
www.insightcommunityofsouthernmaine.org

A Meditation of Intention

May my thoughts be kind, compassionate, generous, and wise toward myself and others.

May my speech be kind, compassionate, generous, and wise toward myself and others.

May my actions be kind, compassionate, generous, and wise toward myself and others.

May my being in the world be kind, compassionate, generous and wise.