



MEDITATION & PRAYER FOR TONE

Visualize the people, one by one, whom you will see today. Ask yourself, what quality of tone and heart would allow the best contact with each person? For one, it might be tenderness, while for another, passion is called for. And yet another may need calmness.

Recognize that each moment will be unique, that you can't know for sure what is needed, but you can know in a general sense, the state you want for your heart. What tone do you want to convey to this person?

Say to yourself, "May I be guided to the tone and quality of heart needed with the people I meet today. May I stay aware and in my heart, in order to convey the tone that is needed with people I run into by chance. May I recognize that the tone I carry will dictate be the quality of my life. May I remain closer and closer to my heart, and to the hearts around me.