

World Peace Meditation: Eightfold Path for Opening Hearts
Noble Way to Happiness for All: Healing Meditations for Spiritual Awakening

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Meditations for-- 1) Developing intuition, 2) Harmonious Relationships, 3) World Peace, 4) Animal Relations, 5) Earth-healing, 6) Radiant Health, 7) Abundance, and 8) Joy & Gratitude

Preparation for Silent Meditation

Let's become aware of our breathing.

With every exhalation, letting go of any thoughts of the past or of the future, and entering more deeply into this present moment. The only holy moment is right now. With every exhalation, I relax more and more deeply into this moment. I give thanks for this precious opportunity of a human birth, for this time on Earth to grow in wisdom and compassion. I give thanks knowing that the light that shines in the very heart of the universe is shining right now in my heart, and is shining in every cell of my being, bringing every dimension of my life into harmony, and into alignment with the highest purpose that I am here to serve. I give thanks for all the teachers in my life. I give thanks for all the world's spiritual teachings that help to awaken the mind and heart to a deeper understanding of the interconnectedness of all life. I give thanks for my loved ones and for all sentient beings who are on the path of awakening from the illusion of separateness to the truth of the unity of all life, and the truth that all life is a manifestation of infinite love.

1 – Developing Intuition

I give thanks that I am guided by an inner knowing in every dimension of my life. This intuitive, inner knowing guides me to unfold my unique life as a joyful, creative, and abundant expression of the gifts I am here to share and develop. My intuition is a direct connection with the inner spiritual wisdom that is my true nature. I do not necessarily need any outer reason or any logical explanation for doing anything, because I am guided by an inner knowing that is always calling me higher, to be ever more fully alive, aware, awake, and free.

This intuition is my most precious inner resource, and is my inner guidance that I can trust to live my unique life authentically—to fulfill the mission of my lifetime on this Earth, and realize my highest potential. I give thanks for the radiant sun of intuitive wisdom shining always in my heart, guiding all my thoughts, words, and actions throughout the day. This inner intuitive wisdom inspires and guides me constantly, and I am in tune with my intuition because I am receptive to it. I easily calm the chatter of my conscious mind and listen receptively, and hear and feel the promptings of inner wisdom coming to me as I trust my intuition.

Now, in my mind's eye and heart, I see a golden white light streaming from the heart of the universe far above me. It's descending and pouring through the crown of my head, and streaming into my

body, washing away all the fears, blockages, and impediments to the free and full functioning of my inner intuitive wisdom. I feel this cleansing and clarifying light filling my entire head—my brain, my eyes, my sinuses, my ears and nose, my mouth and jaw—my entire head, and flowing down into my neck and shoulders, and continuing down through my shoulders into my arms and through my elbows and forearms streaming through my wrists and into my hands, and flowing out my fingers and palms, washing away all blockages to my intuition. This clear light flows down through my upper body and chest area, and down through my heart, lungs, and my upper back, and down through my solar plexus area and abdomen and lower back, through my hips and pelvic region, washing away any old wounds and purifying and healing them, and down through my thighs, knees, calves, ankles, and feet, and streaming out through my toes and through the soles of my feet, so that I am now and forever washed clear of any obstacles to the free functioning of wisdom and compassion in my thoughts, words, and deeds. My entire body is washed clear and clean by this white light that streams through all the fibers, muscles, organs, and cells, and through my thoughts and feelings, removing all impediments to the flow of intuitive insight. I am open at the highest center of my consciousness, and at every center, to the free functioning of intuitive wisdom. I rest in this awareness and give thanks for the inner peace and clarity I'm feeling now.

At the base of my spine, the root chakra or muladhara, is filled with the clear rose light of wisdom to accomplish the necessary tasks in my life. At the generative center, the second chakra or svasthana is filled with the clear orange light of inspiration to bring forth positive new creations into the world. At the solar plexus center, the third chakra, or manipura, is filled with the clear yellow light of power to overcome egoism and fear, and to protect, nurture, and care for life. At the heart center, the fourth chakra, or anahatta, is filled with the clear green light of love and kindness for all living beings, to serve the unfoldment of the highest good for the benefit of all. At the throat center, the fifth chakra or vissudha, is filled with the clear blue light of creative and confident expressiveness, to bring my unique message and gifts to the world for the awakening of all living beings. At the third-eye center, the sixth chakra, or ajna, is filled with the clear violet light of intuitive clarity, so that I see beyond the outer illusions and pierce the veil of dualism, to understand the deep structure of reality and awaken to the hidden connections between all phenomena, as well as the awareness that transcends ordinary sense perception. At the crown center, the seventh chakra or sahasrara, is filled with the clear white light of transcendent consciousness, liberating my mind from the delusion of separateness and revealing directly the true nature of reality, beyond concepts and words. This is the flowering of inner peace, wisdom, freedom, and compassion. At the eighth center, the star-point chakra above my head, is filled with the clear golden light of skillful action, so that I live my life with joy, passion, and creativity, engaged in the world to help others, and yet free from the fears, attachments, and desires that impede the flow of wisdom.

I rest peacefully and fully energized, and give thanks knowing that intuition is an essential dimension of my true nature. This capacity to know directly—beyond logic and dualistic thinking—this creative and healing power—is always available to guide and inspire me to unfold my unique expression of life to bring joy, abundance, and harmony to myself, my loved ones, and to the world. I give thanks knowing this is so, and so it is.

2 – Harmonious Relationships

All my relationships with others are fulfilling and harmonious because I understand that we are all manifestations of infinite, creative love. I see beyond any disturbing outer appearances to the essential beauty, integrity, freedom, and benevolence that is always shining at the core of everyone I come in contact with in any way. I acknowledge and give thanks for the light of wisdom and compassion that shines as the true nature of everyone I meet. I feel lovingkindness and goodwill flowing from my mind and heart toward everyone in the world, and have hostility toward no one. I let go easily and freely of any inner animosity toward others, understanding that the essential nature of others is pure, innocent, and loving.

In speaking, thinking of, and relating to others, I address their essential nature: seeing, recognizing, and affirming the truth of their radiant beauty and wholeness. All my relationships are mutually beneficial, and as I express myself with honesty and love to others, I bless them in their lives, and in return, I am also blessed.

My relationships with nonhuman animals are as harmonious, fulfilling, and educational. I understand that all animals are expressions of divine love and they naturally fulfill their purposes as part of the magnificent creation. There are no animals who are dangerous or harmful, or who are pests. Rightly understood, I see that all living beings are made in the image of infinite love and this is their essence and true nature, and all my relationships with them flow from this inspired understanding.

Letting go of habitual thoughts and cultural programming, I allow my mind and heart to rise to clarity, peace, and joy in my relationships with others, so that I am never tempted to manipulate, use, or harm others in any way for my own benefit. I also know that no one else would be motivated to manipulate, harm, or use me for their benefit.

I relax into the allness, freedom, and abundance of infinite life, and know that in truth, I can never gain or lose anything, nor can I ever be either blamed or praised, nor be harmed or stolen from. Ultimately, these are but material illusions, and awakening from the dream that life is confined to material existence, I open to the truth, freedom, and joy of knowing that essentially, I am—and all beings are—eternal consciousness. We are all manifestations of one life and in this we are deeply interconnected with each other. I am grateful that all my relationships bring an abundance of joy, love, and harmony into my life.

Awakening to and understanding the infinite interconnectedness of all life, I see a world of beauty and kindness inhabited by innumerable manifestations of love, and I address this in others, bringing out the best in all of us. I give thanks for the harmony, support, camaraderie, joy, humor, and mutual benefit in my relationships, with everyone, and know that I am part of an awakening on this Earth of human consciousness to create a world that reflects the freedom, creativity, and harmony of being. I give thanks knowing this is so, and so it is.

3 – World Peace

At the core of my being, I am always at peace. Whatever the outer appearances may be, to the physical senses or that I read or hear about in the media or in conversations, I know that at a deeper level, peace, lovingkindness, and harmony are the essence of my mind and of reality. I know that world peace is inevitable because I am every day and in every moment creating my experience of the world. My being and

my life are part of the infinite and eternal web of being, and as I continually awaken to and live the truth of lovingkindness, joy, gratitude, abundance, and intuition, I create within me and around me a field of peace and harmony that is contagious and unstoppable.

I abide naturally in equanimity because I understand that infinite love is the essential reality, and every being is a reflection of this love, and this love lives as love in my heart for everyone. Inner peace is my true nature because it is the essential nature of being. All life is interconnected and is part of one harmonious, complete, and transcendent oneness that embraces all living beings in kindness, understanding, and benevolent goodwill.

The Earth also abides naturally at peace in all times and circumstances. Beyond the outer apparent disruptions, the Earth herself radiates peace and harmony at her core. I see that the Earth is a brilliant blue and white multi-colored jewel spinning in space, radiating beauty and infinite possibilities for good. I can see that every being on Earth is awakening in his or her own timing and rhythm, and that as more and more of us awaken, the truth-field surrounding the planet is building and increasing, making it easier for even more of us to realize our true nature.

I give thanks knowing that in this moment, eternal peace is established on Earth, now and forever. In timeless time, our past, present, and future are inseparable, and the wisdom and world peace that are inevitable are, in fact, established right here and right now.

Peace is my true nature and is also the true nature of everyone in my world. We dwell in peace, joy, love, and unity, together always whatever the outer appearances may be. I give thanks knowing this is so, and so it is.

4 – Animal Relations

I open my heart to the nonhuman animals of this Earth and to the wondrous beauty of their celebration of life in countless ways here, and to their magnificent contribution to the richness of life on this planet. I give thanks for all the animals on Earth, knowing that they are all manifestations of the loving source of all life, and that each and all are the subjects of their lives with feelings and awareness, and with yearnings to fulfill their particular purposes.

I am grateful for the magnificent variety of animals with whom we share this Earth, and rejoice in the profusion of their beauty, in their innocence, and in their noble qualities. I call to mind all the different birds flitting through the branches of trees, soaring in the skies, and diving into the waters—all the songbirds—the orioles and cardinals, bluebirds, chickadees, tanagers, and robins, the swallows, finches, catbirds, woodpeckers, and wrens; the hummingbirds; the hawks; the starlings, grackles, kestrels, crows, quail, owls, turkeys, vultures, partridges, doves, and ospreys; the magnificent tropical birds: parrots and macaws, toucans and quetzals, chickens and cockatiels and parakeets; the water birds—herons, egrets, ducks, geese, coots, loons, cormorants, swans, gulls, albatrosses, frigates, gannets, and penguins; the great land birds, the ostriches and emus, and the kiwis, and now with my consciousness I embrace and give thanks for all the birds, with their unique contributions to the living web of life, celebrating their lives with gusto, grace, and immense beauty.

I open now to awareness of all the aquatic animals – the thousands of species of fishes swimming in oceans, lakes, streams, and rivers, and inhabiting the coral reefs in a boundless display of color, intelligence, and life: clownfish, angelfish, and parrotfish; grouper, cod, mackerel, and the various tuna fishes leaping magnificently; sharks, swordfish, halibut, and flounder; bass, trout, catfish, pike, and perch; tilapia, sturgeon, and barracuda, as well as the eels, clams, oysters, lobsters, crabs, rays, shrimp, and krill. I give thanks for this vast celebration of aquatic life, and for all the dolphins, orcas, and whales, the seals, walruses, and sea lions, the manatees, octopi, and sea turtles, and the whole magnificent profusion of animals celebrating their lives in the sea, and in the waters of our earth.

I turn now and open my mind and heart to awareness of all the mammals on land—rabbits and squirrels, deer and bison, elk, foxes, wolves, skunks, and raccoons; beavers, bears, otters, minks, chipmunks, and mice; horses, camels, dogs, and cats; cows, donkeys, sheep, goats, and pigs; elephants, giraffes, impalas, hyenas, kangaroos, and koalas; moose, coyotes, antelope, and elk; wildebeest, lions, monkeys, gorillas, and all the other animals—frogs and snakes, toads, lizards, turtles, salamanders, and newts, and all the various insects—tens of thousands of species: caterpillars, butterflies, moths, dragonflies, bees, ants, spiders, flies, roaches, mosquitoes, worms, ticks, beetles, ladybugs, grasshoppers, fireflies, cicadas, waterstriders, damselflies—a boundless living symphony bringing awareness, movement, and complex intelligent and celebratory communities to every part of our exquisite Earth.

I give thanks for every strand in this living web, for every species with its unique culture and its purpose to fulfill in the ecological wisdom and the joyful celebration of the larger whole of which it is a part—and I give thanks for every individual being, each with his or her unique awareness and desire to fulfill his or her purpose.

Now I allow one individual nonhuman animal to come to mind. This animal may be a companion animal or a free-living animal, or an animal that is imprisoned for food, or products, entertainment or research vivisection. I look into her or his eyes and as I behold the being before me, I open to all of his or her qualities of awareness, dedication, innocence, caring, and intelligence. I send my love and blessing to this one animal, and through her or him, to all the animals of this Earth.

I send my commitment to honor and respect them and treat them with kindness. I recognize their innate sovereignty and freedom, and the meaning and significance of their lives, and I rejoice that they are able to live freely in nature, in the healthy habitats and niches where they belong, free from human interference.

I thank all nonhuman animals for the beauty, richness, and life they bring to our Earth, and feel within my heart the yearning to awaken to a deeper understanding of my right relationship with them, and to remember the long-lost language of the heart that we share with them.

I envision the beautiful possibilities of our Earth free of human predation, violence, and enslavement of other animals, where we can commune together, learn, share, grow, cooperate, and celebrate our lives together, free forever from the dark illusion that we could ever own another sovereign being as property. I rejoice, knowing that this is an ever-present possibility and that it is my true nature of wisdom and compassion to live and work to help make this day possible, and that in fact, it is reachable, and indeed, inevitable.

I send my heart-felt love and blessings to all animals of this Earth, and apologize for my transgressions against them. I apologize for humanity's ongoing transgressions against them. I thank them for their patience, forgiveness, and lovingkindness, and vow to ever more fully live a life of kindness, tenderness, mercy, and compassion toward all living beings, even the most weak and vulnerable, and to refrain from eating, wearing, or using them in any way, and to do my best to help others also to live with kindness and mercy. I bless and salute our fellow passengers on this Earth, and send them all my deepest love and appreciation. I realize that as I awaken to the truth that I am, I see that no animal is ever dangerous or harmful to me or to anyone. All are unique and beautiful expressions of the loving source of all life, contributing their roles in the precious and ongoing unfoldment of life here on this amazing planet we call our Earth. I give thanks knowing this is so, and so it is.

5 – Earth Healing

I open to our Earth, our planetary home in space, this beautiful oasis of life in a sea of stars, and as I look at our Earth from space, I send love and appreciation to her, and open to her majesty and beauty, and her vulnerability. Zooming slowly in, I enter her atmosphere. Her blue skies and white clouds enfold me and I marvel at her meadows, rich with flowers, grasses, clover, and birds, her forests with pines, oaks, maples, and birches, her lakes and rivers with jumping fish, her soaring mountains with cliffs, rocks, and glaciers, her rolling grasslands, her stark deserts, her oceans with islands, atolls, reefs, waves, and leaping whales, her frozen polar regions, and her tropical jungles teeming with life.

I am aware of her suffering also—human exploitation has been mindless and relentless. I see all that, and I see a transformation taking place. Humanity is awakening. People are refusing to own or exploit the Earth or any of her creatures. Kindness, respect for all life, peace, and healing are sweeping like a wave through the collective consciousness of humanity. The old indoctrinated habits of violence toward animals for food and other products are evaporating as we all realize the sacred beauty and interconnectedness of all life on our Earth. I can see the rainforests healing and thriving as the chainsaws are forever silenced. I see forests naturally reclaiming the monocropped fields, which are no longer needed, and habitat for wildlife being restored. I hear birds singing, and see rivers and streams returning, and their waters naturally purifying, the oceans and reefs coming back to life as people need only a fraction of the resources now that everyone has transitioned to plant-based diets and lifestyles. I see the climate stabilizing and beautiful webs of communities and abundant organic gardens as we remember our purpose and honor the Earth as the splendid paradise that she is. The skies are clear, and fragrant breezes caress the hair of joyful children playing in the sunshine. The old ways of human devastation are gone forever; the Earth is healed, a bright blue-green jewel, basking in the light, home to a wondrous celebration of life. I give thanks knowing this is so, and so it is.

6 – Radiant Health

There is ultimately one power: love, the source of all life, and this infinite love, the source of my life, establishes every dimension of my life in radiant health and harmony. What I am essentially is consciousness, which is whole, complete, free, and of the nature of joy and creative harmony, beyond birth

and death, beyond disease, sin, and limitation. I relax and abide in the truth of being, and feel the joy and peaceful assurance that comes naturally as I understand that I am essentially eternal awareness, forever unharmed and undamageable by material experiences. I look with eyes that see this truth in others also—their beauty, health, innocence, purity, compassion, and creativity—I look beyond the material illusions of my own thought and interpretation, and see all living beings as beautiful manifestations of infinite and eternal life. I see that I am also always the light of universal love radiantly expressing. I let go of any thought that is contrary to this and return home to the spiritual truth that I am always established in harmony on every level—of body, mind, emotions, and affairs—and that this perfect health is not something I must attain—it naturally manifests as I think and act in alignment with the truth that there is but one life living through all of us, and that as I bless others, I am blessed. As I give to others, I receive abundantly; as I help others, I am helped; as I see others as beautiful and treat them kindly, I find the same manifesting in my experience.

My physical body is supple, strong, and flexible, and I move and express myself easily and freely and with abundant energy and vitality. I give thanks for the harmony and joy that I feel flowing through all the fibers and cells of my being. All my senses are acute and clear. My hearing is fine and sensitive, and my vision is bright, sharp, clear, broad, and unimpeded. My senses of smell, taste, and touch are all activated and alive, and open to the possibilities of engaging deeply with life and feeling fully. My mind is sharp and clear, my memory strong and accurate, and my thoughts are calm and filled with gratitude and peace, and creative insights come easily and naturally. The joy of radiant health and wellness is my true nature. I relax, let go, and know that it is so. And so it is.

7 – Abundance

I live in an unimaginably abundant universe. I see this reflected always in the beauty and abundance of my life. This abundance is reflected in my thinking and feeling, freeing me from slavery to money, objects, status, and outer possessions. I know that truly, I can never possess or own any thing. What I am is a beloved manifestation of infinite Life, and the great richness I experience is the richness of inner peace, harmony, and joy, the abundance of creative and uplifting ideas and projects to participate in, and the wealth of fulfilling relationships that I share with others.

As I let go of old ideas of success and prosperity, I realize that I live my life in alignment with my inner purpose. I am always successful, regardless of how the world or others may see it. I abide completely in a sense of right action, success, and abundance. It is my true nature. Whatever the unique mission I am serving in my life calls for is always supplied by the abundant and benevolent source of my life. Before I can even think to ask, it is already present. I experience a continuous flow of good in my life. As I share my unique gifts, and express my talents and abilities, and give love, more abundance pours into my life in the form of fortuitous circumstances, benevolent relationships, material supply, greater gifts, increased talents and abilities, loving friendships, inner peace, and a blossoming profusion of creative expression.

Love fills all and is all. Love inspires and rewards. Love blesses and fulfills. Love receives and gives. Love flows through my words and actions, inspires my thoughts, and comes flowing back as wealth that can never be lost or stolen, as abundance that can never be taken away because it is of everyone.

Abundance is the natural state of my life, and of all life. I give thanks for the bounty I see reflected in all the dimensions of my life, knowing that as I share and give from my heart, I am forever blessed with a pitcher of life-giving water that can never run dry, but only bestow greater gifts on all of us. We are all connected. As I bless and help others, I am blessed and helped, and the infinite love flowing through all relations assures that this is so, and so it is.

8 – Joy & Gratitude

When I enter into the core of my being, I enter into a joy that is so pure, so free, so utterly unconditioned and untamed that it is the eternal essence of what I am and of what all life is. This joy is boundless, and permeates my being. It can never be attained, because it was never lost. It is the ever-present truth of my being.

I awaken to this joy. I remember. I allow the inner fears and walls to fall down. I relax and open the inner doors and windows and like the dazzling sunshine, joy floods in to my heart and my mind and my body, and the darkness is gone forever. It has always been shining within like the sun, and in my old delusion I may have worked hard to keep it out, but now I no longer struggle and fight to maintain my position. I open to the inner knowing that what I am is not a thing—that what I am was never born and will never die, that what I am has no cravings, no fears, no addictions, no health challenges, no personal history, no faults, no status, no money, no possessions, no creed, no race, no gender, no name, no form at all. What I am is pure awareness, uncontaminated by social conditioning or by efforts to impress other people, and I am free.

I understand that joy and freedom go hand in hand, and that they are both my true nature. I see that the essence of the created order is the ecstatic dance of freedom within the awareness of unity, compassion, and the universal principles that underlie everything. This joy flows naturally through my mind and feelings as I live my life authentically and naturally give the gifts that I am here to give. Out of joy, this giving comes forth continually, and it awakens joy in others. The joy I feel is spontaneous.

I give thanks that I am always home. I can never leave the true home of joy which is always present within. No deed or misdeed can ever destroy it, like no cloud can ever destroy the sun. They only seem to block it, and when I remember the truth of the ever-shining sun of joy within, I know there is nothing I have to do to earn or attain it. It simply is the ever-present truth of being. Joy is the essence that I am, joy is the true essential nature of all people, all animals, and all beings of all dimensions. I rest peacefully in understanding that infinite love is the only reality, joy is ultimately inescapable, and everything else is an illusion.

In gratitude, I connect with joy. Giving thanks, I come home to my true nature, which is joy. Receiving love and life and all the blessings of life as I do constantly, I am grateful, and my gratitude is in itself a precious form of joy. It is acknowledging my relatedness with others and the larger life that we all share. In joy, I realize that there is never a situation where there is nothing to be thankful for—in fact, there are always countless things I can feel grateful for, and by practicing cultivating a sense of gratitude in daily life, I awaken and deepen my connection with the joy that is my true nature. I realize that since I never know the biggest picture no matter what happens, I can be grateful that it is ultimately for the highest good

for all. Abiding in inner wisdom, I understand I am profoundly interconnected with all living beings, and that my life is a manifestation of an infinite life, which is love, joy, freedom, and wisdom. As I trust this infinite life, I am always guided and fulfilled. Gratitude is the natural and spontaneous response to such immeasurable love, and in gratitude, I am whole, complete, free, loving, wise, and in my true home of joy. Just as I need no outer reason to be filled with joy, I need no outer reason to be filled with gratitude. Gratitude is the essence of my being, the naturally arising response to the benevolent source of my life, and to the beauty and blessings of my life, and its continually unfolding flow of precious gifts and opportunities. I give thanks, knowing this is so, and so it is.