



2009 NATIONAL DAY OF SERVICE PEACE MEDITATION FOR ANIMALS

<http://www.usaservice.org/page/event/detail/4j4zg> - 6:00 PM MST - JANUARY 19, 2009

Today is a day of new beginnings. For our country --- for ourselves --- for our world --- and for all who tread upon her. It is a time of great celebration and gratitude for all of the many gifts we witness at every glance. On this National Day of Service, we come together today with an extraordinary mission. A particular, heartfelt intention to renew our commitment of support for those who have no voice --- for those who look to us to speak on their behalf --- for those whose eyes touch our hearts and inspire us to be their champions --- the precious animals with whom we share our planet.

And as we take a moment to relax and center ourselves we take in a deep breath, filling our lungs with the abundant light and beauty of the many forms of life that surround us. And as we exhale, we release all the stress and tension that sabotages precious space within us that could be filled, instead, with love and PEACE for all life. And again, we breathe in deeply the golden PEACE we intend to share with our fellow creatures. And as we hold it within for a moment, we imbue the air molecules with our thoughts and intentions of PEACE so that as we slowly release the air back into the whole, our released breath will carry with it our blessing of PEACE far and wide, on the very next breeze.

And that is our inspiration for this meditation --- PEACE --- today...and for the countless tomorrows --- may we step more fully into an elevated consciousness of compassion where we hold kindness and gratitude and PEACE for the animals as core spiritual values.

Today, right here and right now, we hold the highest vision for the many animals with whom we share our planet. Knowing that each and every one of them is a unique expression of the light that ignites life within us all, we bless them and know the truth for their wholeness. In particular, on this day, within these moments, we hold a special vision of PEACE for...

For Animal Companions, who have been abandoned, neglected, injured or abused. We hold a vision of PEACE and we claim and affirm that the truth for these animals is simply to be loved, treasured and to hold residence in a lifelong home where they are a beloved member of a loving and responsible family. We also hold the vision for humankind to help reduce overpopulation. May we affirm this day to save lives by choosing to adopt animal companions from shelters and rescue groups rather than support puppy mills and breeding facilities. May we make responsible and compassionate decisions to spay and neuter all animal companions. And may we affirm our support of community and educational programs and legislative policies designed to prevent overpopulation, cruelty, neglect and abuse.

For Animals who are exploited in venues designed for the purpose of providing entertainment, amusement or profit, who are then often disposed of or abandoned when they no longer provide sufficient financial gain. We know the truth for these beloved animals whose suffering stands in service to educate us all. We hold a vision of PEACE for them today and affirm our solidarity with them as fellow inhabitants of this planet entitled to their birthright of being treated with respect and kindness. May we reject all forms of entertainment that harm or exploit animals and choose instead, activities and venues that benefit them and provide opportunities for education and animal protection.

For Animals who are experimented upon in medical and commercial research and product testing. We hold a vision of PEACE as their heart-wrenching experiences serve to slowly awaken humanity's awareness to the reality of these often medically unnecessary procedures which result in tremendous suffering for innocent creatures. May we remain open at the top and see with new eyes. May we support products that are designated as cruelty-free, utilizing alternative methods that have been scientifically proven to be as, or more, effective or humane. And may we also envision a time where we accept the responsibility of making charitable donations only to organizations which do not engage in practices that result in cruelty to animals.

For Animals who are impacted by environmental changes --- those who are subject to the effects of deforestation, global warming, land development and urban expansion. We know and hold a vision of PEACE that they may exist within those environs experiencing their inherent right to an uncompromised, unthreatened existence. May we engage a heightened awareness that deters us from destroying, consuming or purchasing products derived from any threatened species, and to abstain from supporting companies that profit from all forms of wildlife exploitation or eradication.

For Animals who are subject to the commoditization of a meat-based diet which results in untold suffering upon innumerable animals each year in factory farms, the commercial fishing industry, the fur industry and animal by-product, trade. We hold a vision of PEACE for these animals that they may be released from the subservience of our desires and we affirm for humankind the willingness to move to a greater understanding about the connection between the violence of a meat-based diet to other, extended forms of violence in our world and directly influences and determines the levels of PEACE we bring to all of our relationships, both local and global. May we make compassionate food and clothing choices by embracing plant-based dietary selections, choosing to not wear fur or leather and to actively support all local, regional, and national businesses, organizations, and causes that promote and encourage the humane treatment of animals.

(At this time, if you wish, please take a few moments to affirm your personal intention for the animals)

As we conclude our meditation, we hold the highest intention of PEACE for all beings and we affirm and know for all humankind, our roles as loving protectors and guardians of all beings. We step humbly into true stewardship, knowing that we are all living and divine expressions of life and we bless and acknowledge those leaders with the expanded consciousness of compassion who view all life as interconnected and set an intention on this day to learn from, and follow, their example. May we, too, be inspired to honor and sustain the intention of this day of service by seeking out ways in which we can be of greater personal service for animals. We claim and pronounce for ourselves, the self-awareness, enlightenment and resolve to make it so.

Today...of all days...we stand on the precipice of unprecedented change. And we know that even the greatest change begins with a single thought. Therefore, we proclaim our intention to choose thoughts of compassion and kindness and PEACE for all of the majestic life forms with whom we walk this earth and we affirm, as we go forward in this pioneering work for animals, to choose those thoughts conscientiously and compassionately. Today, we redefine the paradigm by placing a cornerstone of PEACE into a new and emerging discipline of compassion.

We are so grateful this day --- grateful to stand alongside each other as PEACE pioneers. While we may be separated by miles, the unity of our collective intention inspires and unites us. We know that every thought holds within it the power to change the world and we know this day that we have done exactly that by affirming PEACE for the world's beloved animals and for those human caretakers who so delicately balance their fate. We also hold gratitude for the hearts and minds that are just beginning to open with a willingness to change. May they be encouraged and unfettered as they choose compassion and may we be patient and non-judgmental in all of our interactions, knowing that our life is our message.

And as we stand in the soft glow of this deep gratitude, we release our words of PEACE for ANIMALS into that creative medium --- that blessed soil of the Universe which knows only to support and protect and nurture and deliver the seeds of our thoughts. Our hearts are at PEACE within the knowing that our intention is already manifest in the world of effects and that the seeds of our thoughts of PEACE have already blossomed by the power of our very word. We join together to bear witness this day to the magnificence of this most exquisite flower. A PEACE flower --- for the world's beloved animals and for those who love them.

We release - we let go - we abundantly know - it is done - and it is so. And so it is!

Thank you so much for joining us today in our first of what we hope will be many, online activities on behalf of animals. We appreciate your PEACEFUL heart for animals! And we thank you for your Presence. Blessings, Craig Haley & Kris Lecakes-Haley - www.peaceanimal.com

