



Homework

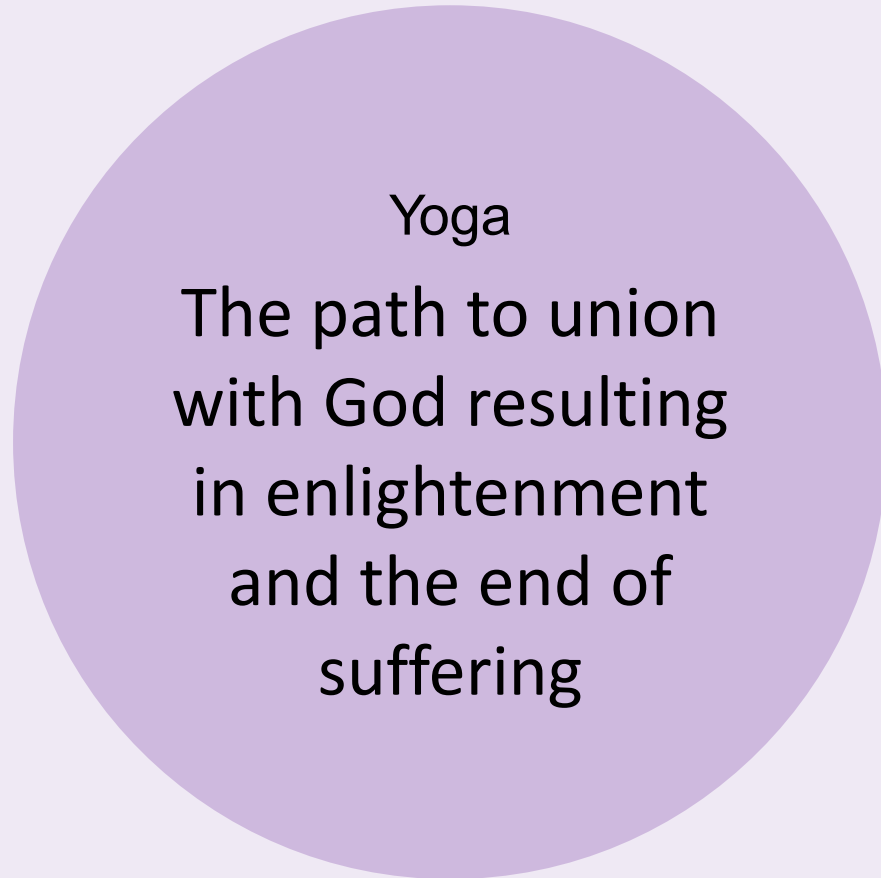
Choose one or more of the practices listed to engage throughout the week. What is your experience?

Additional Resource

The Contemplative Outreach e-course *Practicing the Presence of God* is available to take online at any time.

November Practice: Candle Lighting

This week, light a candle to symbolize the sacredness of your time of Centering Prayer/meditation and study. Leave time at the end to just gaze at the light of the flame. If you are holding a question (about anything), ask the flame to teach you. Listen. How does this tamed intense energy speak to your question? And if you don't have a question, how does it speak to your heart?



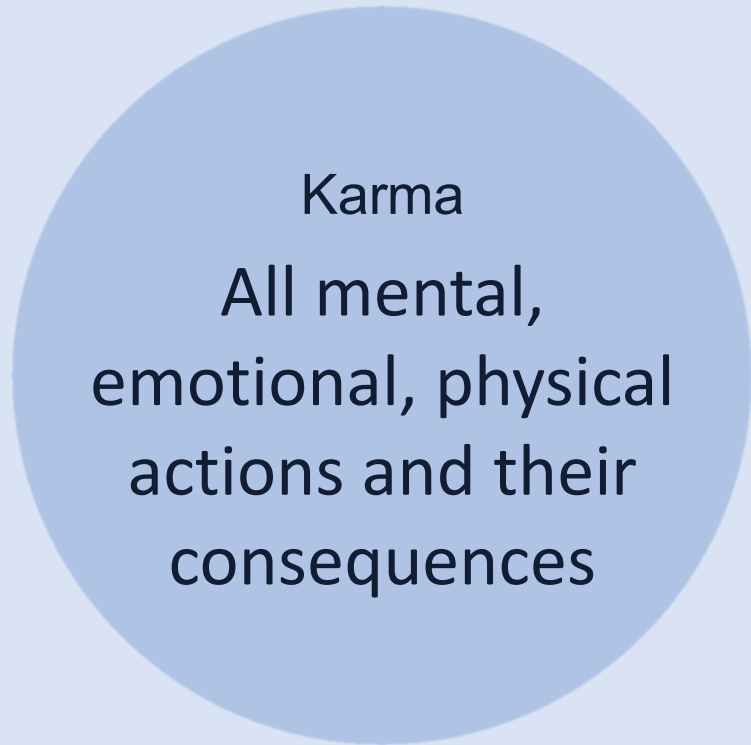
Karma Yoga
Yoga of Action



Jnana Yoga
Yoga of Knowledge



Bhakti Yoga
Yoga of Devotion



Nishkama Karma

“Selfless actions” that
assist in liberation from
past karma

Sakama Karma

“Selfish actions”
which bind karma

Karma Yoga

“The science of action with non-identifying”



“The science of action without identifying”

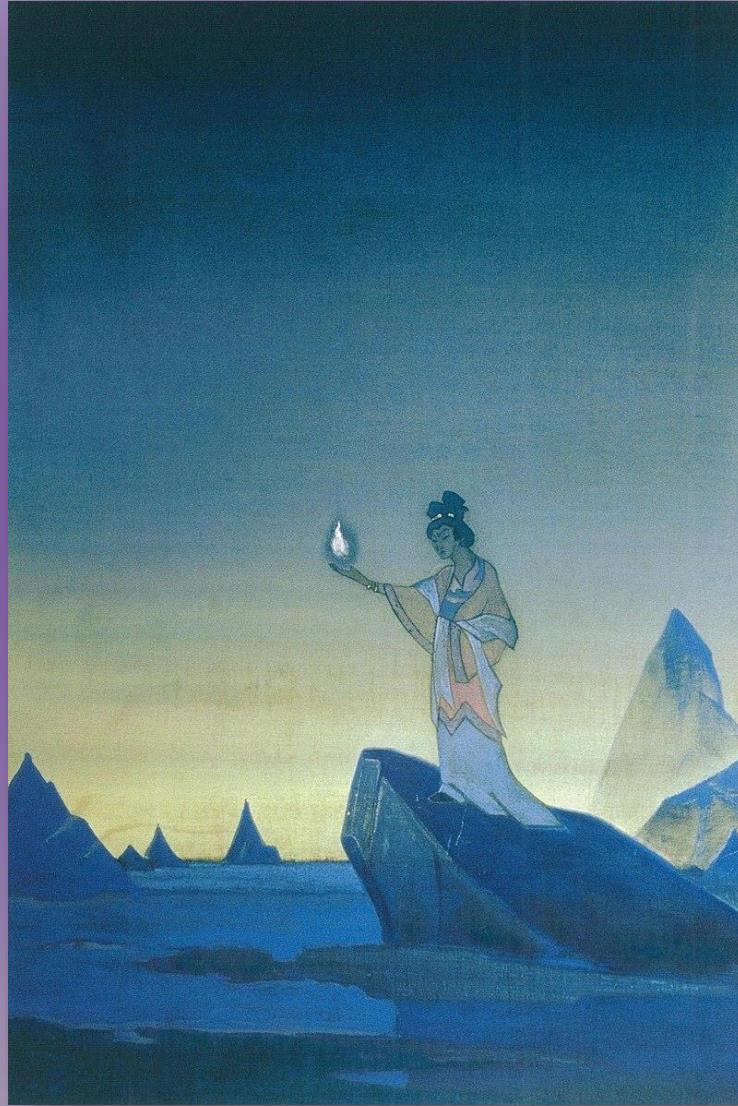


Non-Identification

- Three-centered
- Feeling of “I” is in ourselves
- A stepping back
- Sensations don’t necessarily subside; be “non-identified with being identified”
- Connected with the body, drop the story, move to Self-remembering

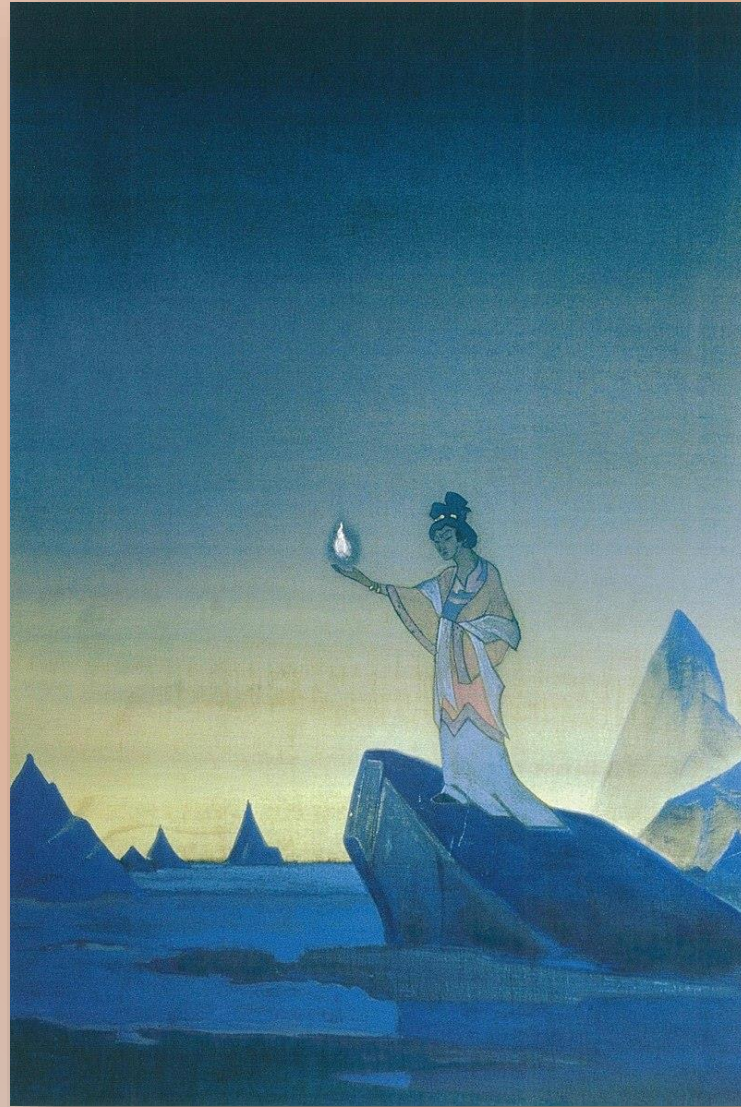
Agni Yoga: Living Ethics/Teaching of Life

Nicolas & Helena
Roerich



Conscious striving
in one's life

Mergence with
Divine Fire

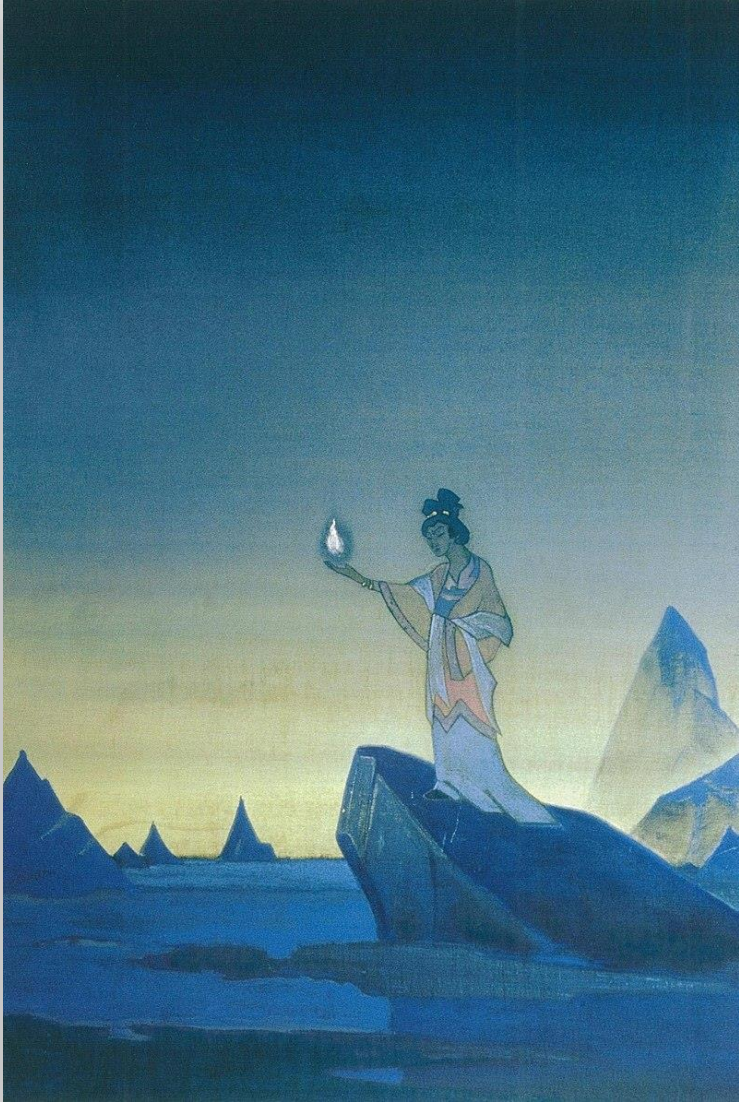


All interpretations of any phenomena
of human existence is to be from the
point of view of their cosmic
significance and interrelation to the
being of the universe

“Ask to be the servant of the Lord, a vehicle of divine love, a channel of God’s will. Ask for direction and divine assistance and surrender all personal will through devotion. Dedicate one’s life to the service of God. Choose love and peace above all other options. Commit to the goal of unconditional love and compassion for all life in all its expression and surrender all judgment to God.”

- David R. Hawkins, MD, PhD

Homework



- Read Maurice Nicoll's *Commentary* on Karma Yoga. Practice Self-remembering as he noted: "Stop everything and lift oneself into total silence and ... really [jump for the rope of the Work]," resetting the *context* of a situation.
- Revisit the email entitled, "The Servant of All," from December 5th, 2019, taking particular note of the "Helping vs. Serving" chart. Where are you in your primary service to humanity?
- Continue practicing the presence of God in whatever way speaks to your heart.