

# A LOOK BACK AT VIGIL...



Holding anyone in our heart over time.

What we do...

- For 40 days after a death
- Every morning
- At mealtime
- When the trashmen come
- When the 'Prayer Request' email comes
- Nighttime prayers



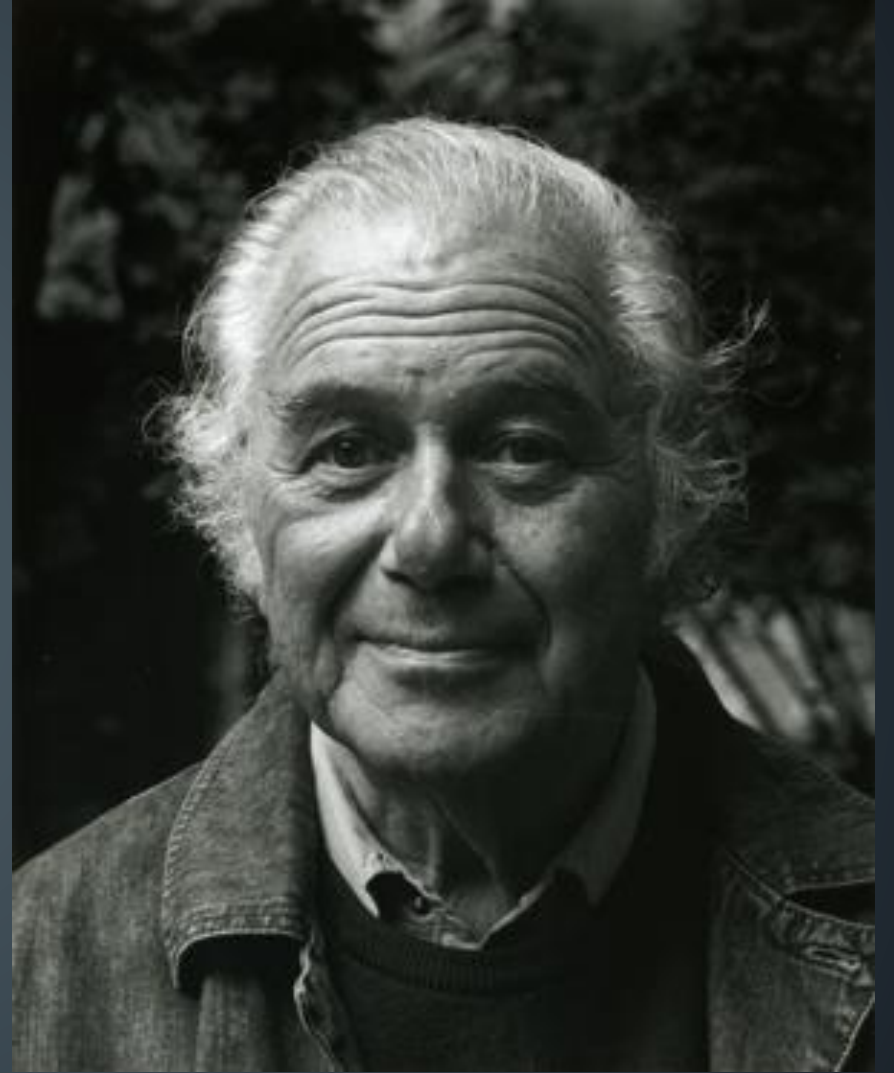
# SERVING *by* BEING

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AN EXPLORATION *of* IDEAS

“... a glimpse appears of the uniquely human yearning to serve; the need appears, the need to obey that energy, the need to attend to it, to be nourished by it, to receive the help that comes then and only then, when you are objectively obliged to give, to serve, to manifest that energy in action and understanding.”

JACOB NEEDLEMAN





# Two levels to consider

Individual

Global



SERVING  
*by* BEING





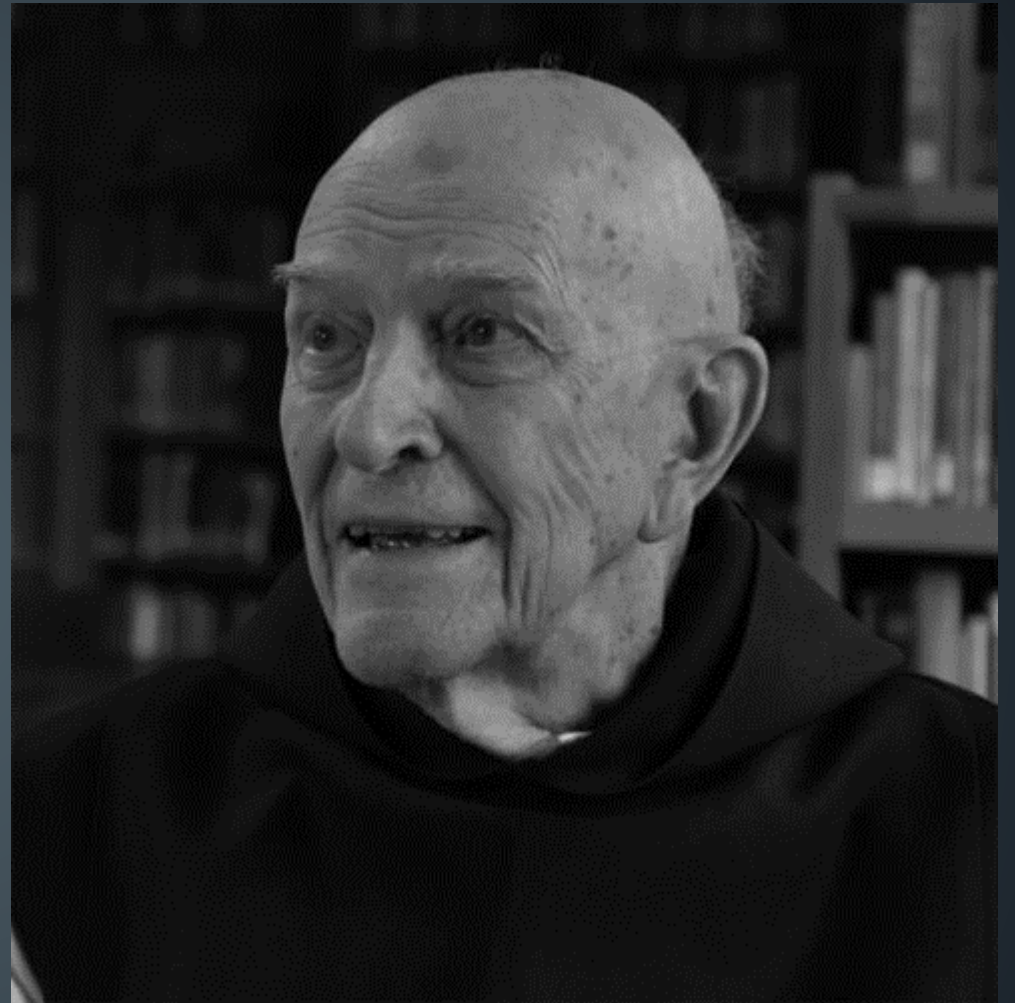
# Two levels to consider

## Individual



SERVING  
*by* BEING

“When attention to the present moment and a pure intention are established as habits, then you become a vehicle for the transmission of God’s [being]. This practice ultimately leads to infused prayer, peace and quiet of the spirit, and transmission of this peacefulness to others in the world. Other people know that somehow Christ [though perhaps not using the word Christ] is acting in and through you.”



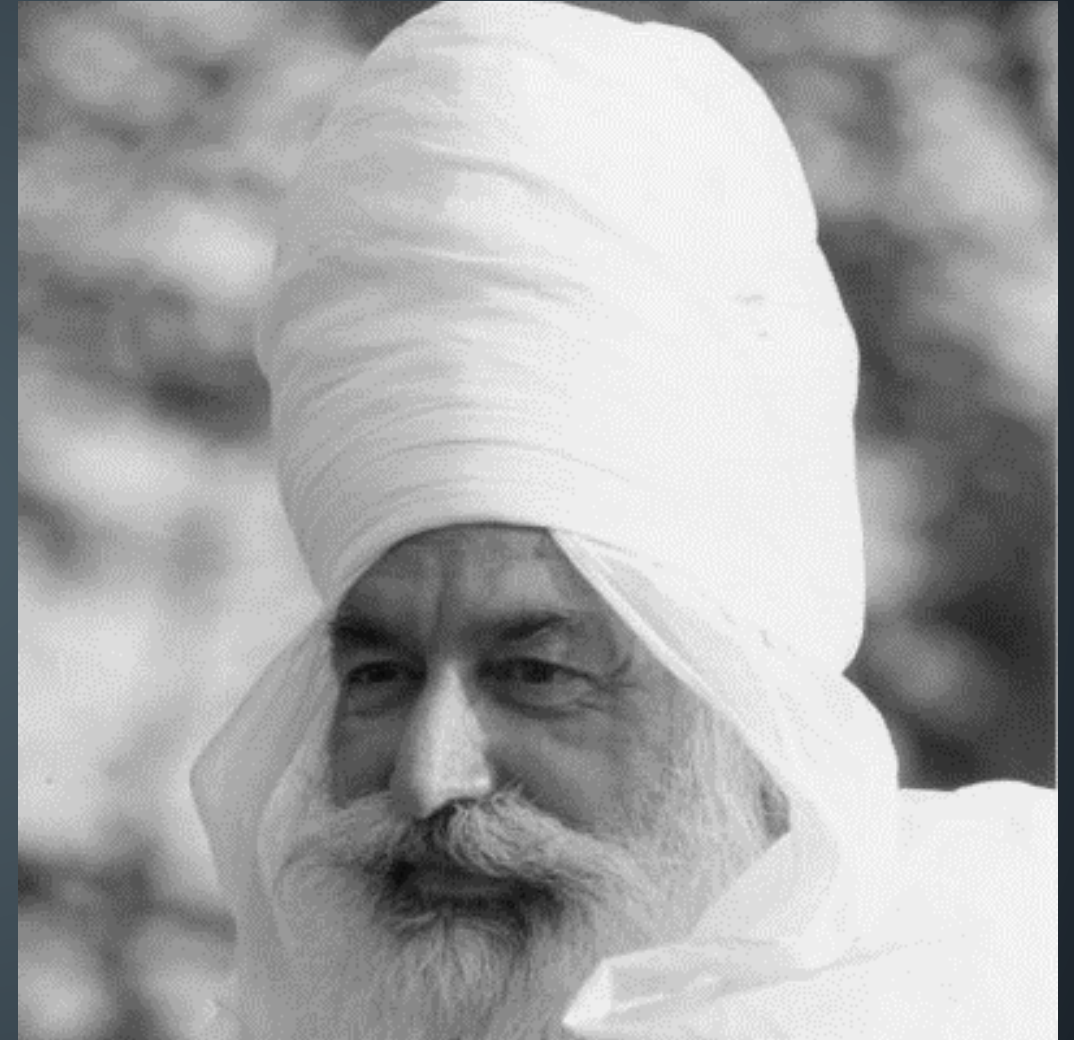
“Service is an active doing nothing.”

THOMAS KEATING

“Work with your hands and feet and keep your mind joined with God. Work is a form of meditation if your mind is in a state of love.

If your mind is attuned in dedication, you are with the Creator as you are doing seva.

If we love God, we will be happy while we are doing seva and we will remain in God.”



BABA VERSA SINGH



CONTEMPLATIVE  
RESPONSE  
TEAM

It's more about who you are than what you do.





Two levels to consider

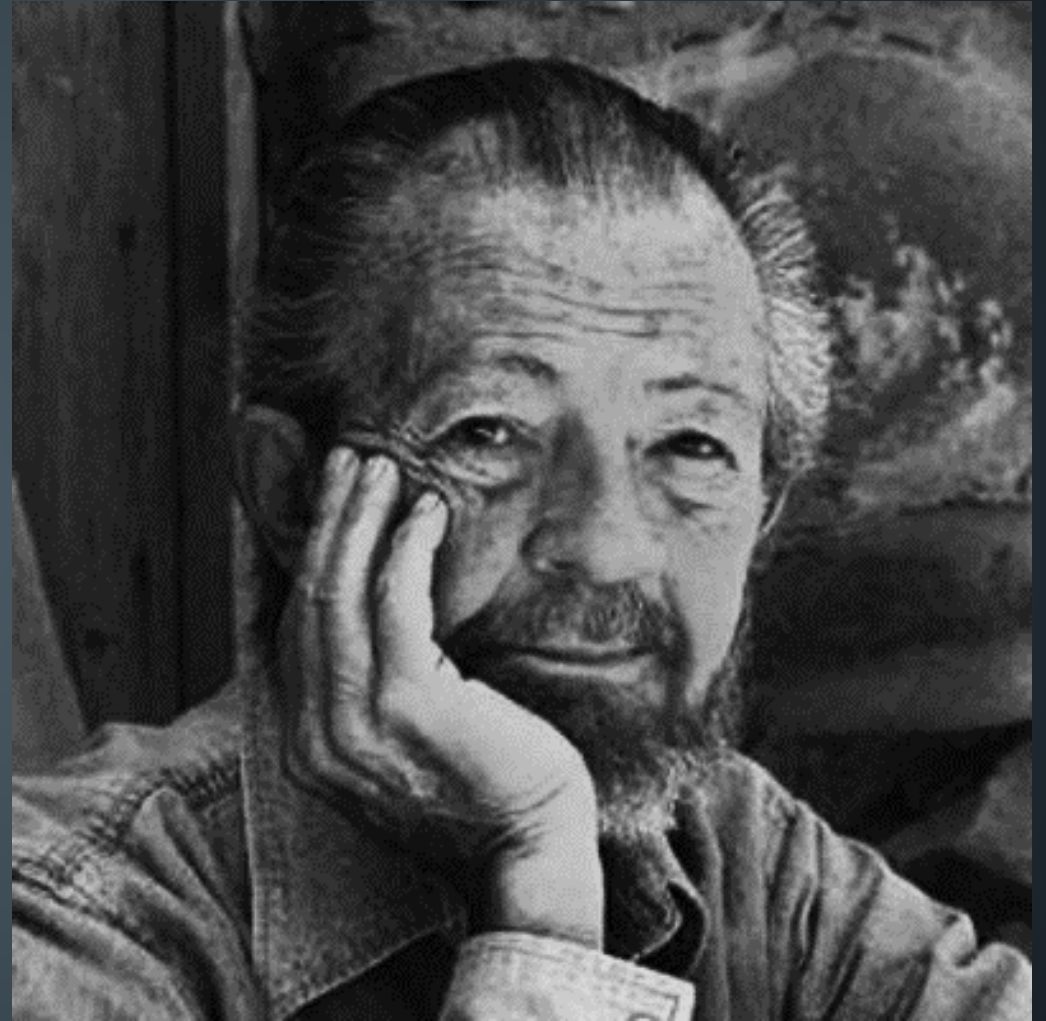
Global



SERVING  
*by* BEING

To evolve spiritually is actually the greatest gift one can give the world, and that is done by virtue of what one is and not just by what one does.

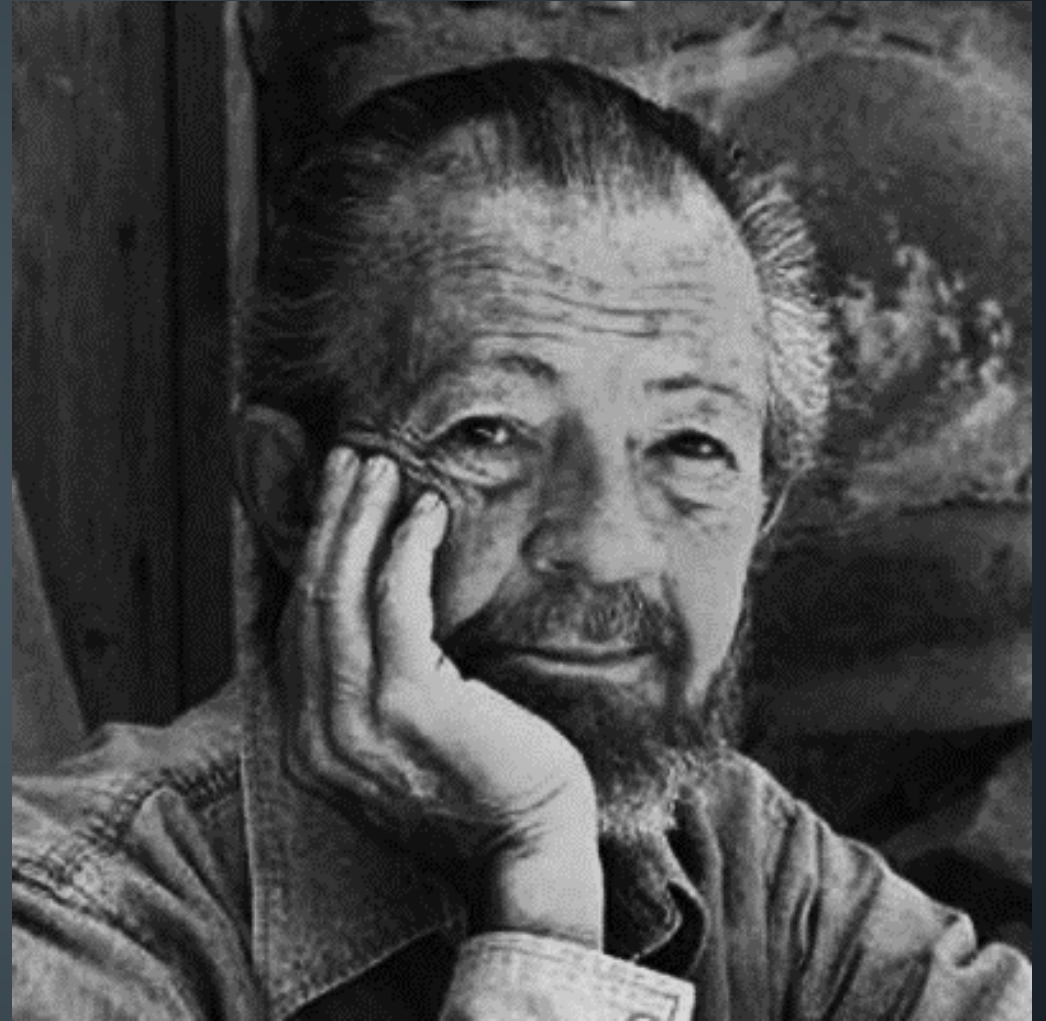
DAVID HAWKINS



“...to benefit the world, it is necessary to change not the world but oneself, for what one becomes is influential by virtue of its essence (nonlinear) and not its actions (limited and linear).

Profound silence is more influential and beneficial than an avalanche of redundant words and actions.”

DAVID HAWKINS





Q: Hey Barbara, can we start a group to do X?

A: Tell me about your prayer practice.

BARBARA COOK



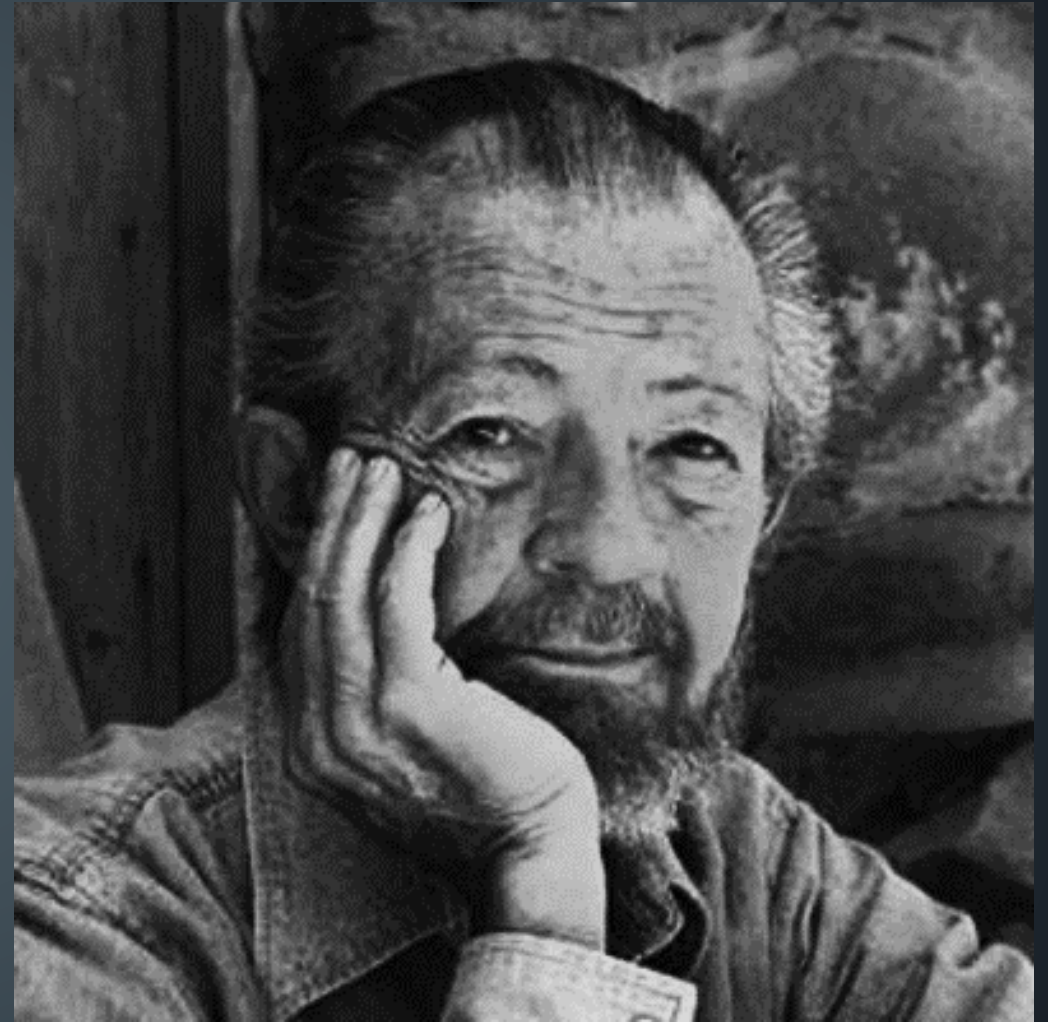


One person vibrating to the energy of unconditional love and reverence for life counterbalances thousands of people who calibrate at the lower weakening levels.

What you are powerfully and constantly influences the collective level of consciousness of mankind.

Every act of kindness, consideration, forgiveness or love affects everyone.

So make your life a prayer....

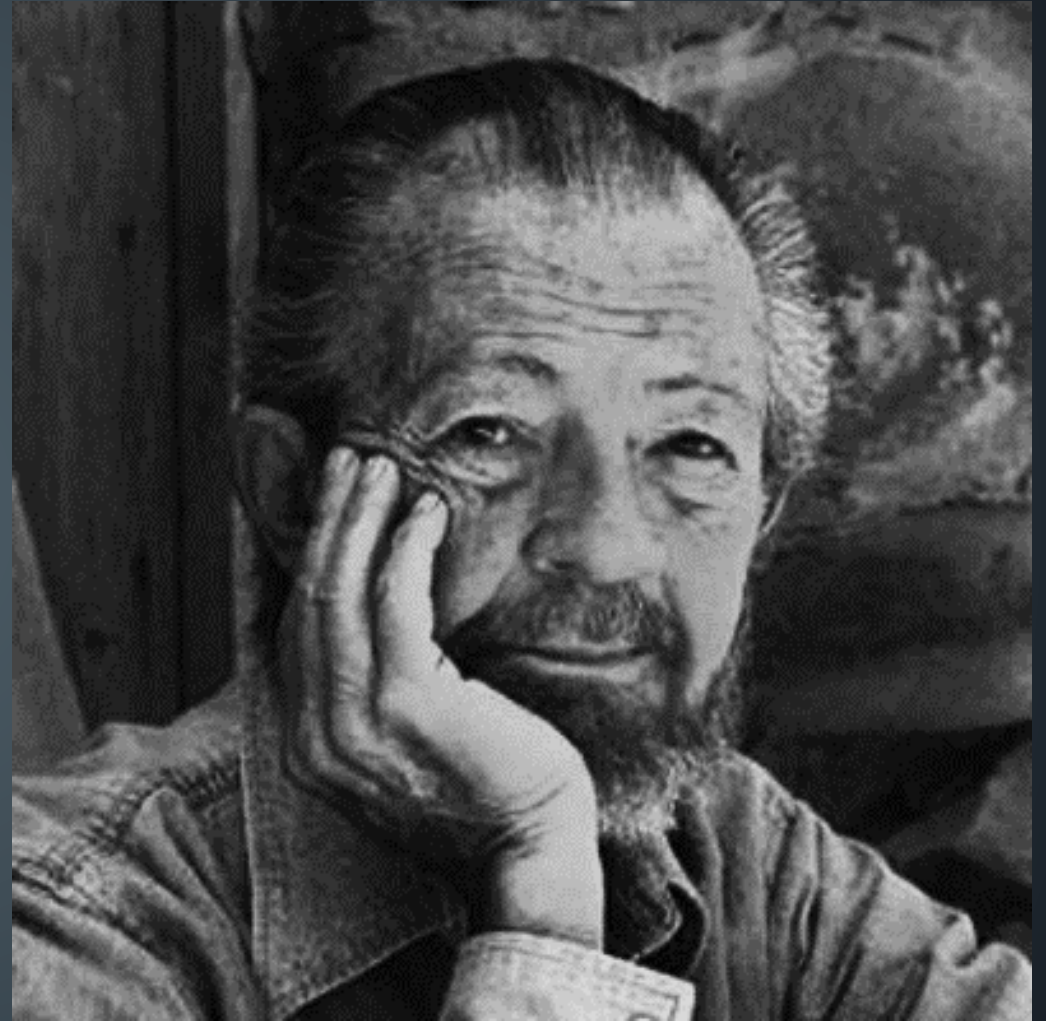


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Every single person who advances spiritually helps to elevate the level of consciousness. And as that elevates, the incidence of war, suffering, ignorance, savaging, and disease diminish.

One's spiritual dedication and work is a gift to life and the love of mankind. ... To be kind to just one living being benefits everyone.”

DAVID HAWKINS





# HOW TO DEVELOP BEING?

- Do the Work
  - Study, know, and use the tools
- Surrender in Prayer, daily