

MOVING INTO HIGHER CONSCIOUSNESS THROUGH SERVICE

One Evening webcast class with John Morton
March 21, 2007

Partner Exercise

Call in the Light for yourself and your partner.

Identify specific actions (i.e., simple, small acts) that you can take tonight, tomorrow, and this week that are aligned with your vision of service. Consider actions with your family, friends, community and neighborhood. Remember to include yourself (taking care of yourself so you can help take care of others).

If you become aware of any judgments about your service, make statements of self-forgiveness, i.e.:

I forgive myself for judging myself for _____.