

Guided Contemplation

1. Setup:

- Yard Sign saying "Guided Contemplation," invites participants to join the space..
- Materials Provided: Writing gear, hard surfaces, thoughtfully selected contemplative questions
- Question Selection: Participants can choose to either:
 - Draw a random question from a basket.
 - Review and select a question or series of questions that resonate with them.

2. Individual Contemplation:

- Participants will engage in individual reflection, using their chosen questions to guide their thoughts.

3. Sharing Insights, collaborating, either silently or vocally:

- After contemplation, participants are invited to share one insight or question that emerged during their reflection, either by writing it down or through conversation.
- Participants will pair up to discuss their insights. Each person will have a few minutes to share their reflections, ensuring balanced participation. The contemplation can happen in written form between friends, either alternating contemplative questions back and forth, or sitting in meditation while the friend writes.
- Encourage collaboration through shared journals or large papers where participants can write down their responses to prompts and pass them around. This creates a communal experience, allowing everyone to see and reflect on each other's insights.

4. Anonymous Sharing Method:

- Create a conversation-free method where participants can anonymously submit written reflections on their contemplative questions into a basket or folder. These reflections can be read aloud by interested readers, or read aloud by a facilitator, fostering discussion.

5. Themed Discussion Circles:

- Designate specific times for themed discussion circles focusing on questions or topics related to Self-Realization Fellowship teachings, Yoga, or the nature of mind in shaping our reality. Participants can ask questions to the group, and create a wisdom circle.

7. Expressive Arts:

- Encourage participants to express their reflections through art, poetry, movement, or music. This aspect emphasizes the energy of expression and moves beyond conceptual thinking.

This plan aims to create a rich environment for reflection and connection, allowing participants to deepen their understanding and foster community through guided contemplation.

Guided Contemplation

Who am I beyond my thoughts and emotions?

If I let go of all my identity labels (yogi, human, etc) what remains?

When I notice a restless thought, can I observe it without identifying with it?

What happens when I simply watch my thoughts without judgment?

What desires consistently arise in my mind, and how do they influence my actions?

If I imagine my desires as clouds passing by, what remains in the clear sky of my awareness?

How do my past experiences shape my present thoughts, and what would happen if I released them, or realized they were just a manifestation of my intellect and had no real substance?

Can I fully embrace the present moment without letting my mind drift to past regrets or future worries?

What triggers my restlessness, and what do I truly seek in those moments?

When I feel restless, can I pause and take a few deep breaths to reconnect with my inner stillness?

How can I differentiate between the activity of my mind and the stillness of my true self?

Guided Contemplation

In what ways does the mind create stories about my life, and how do those stories influence my sense of self?

If I imagine myself as the witness of my thoughts, how does that perspective change my experience of them?

What is it like to acknowledge that I am not my thoughts, but the awareness in which they arise?

In moments of silence, what truths emerge that are often drowned out by my busy mind?

How does embracing silence help me connect more deeply with my inner self?

What does it mean to you to be in tune with the Divine presence within?

How can you integrate the practice of meditation into your daily life to cultivate inner peace?

In what ways can you practice unconditional love towards yourself and others, as emphasized in the teachings of your lineage?

Guided Contemplation

What is the significance of self-realization in your spiritual journey, and how do you envision achieving it?

How can you embrace the principle of non-attachment while still being fully engaged in life?

What lessons have you learned from your challenges, and how can they lead you closer to your higher self?

How do you define true happiness, and what practices can help you embody that state?

In what ways can you serve others while maintaining your own spiritual well-being?

How can the practice of Kriya Yoga help you navigate the complexities of life with grace and wisdom?

What role does surrender play in your spiritual journey, and how can you practice it more deeply?

What does silence mean to you, and how can it serve as a pathway to deeper understanding and connection with your inner self?

Guided Contemplation

How does silence relate to stillness?

In what ways can silence enhance your ability to listen, both to yourself and others?

How do your thoughts and the incessant chatter of the mind distract you from experiencing the present moment?

What is the purpose of speech, and how can you ensure that your words align with your true intentions and values?

How do desires and impulses influence your thoughts and actions, and what practices can help you cultivate greater awareness of these patterns?

What triggers your restlessness, and how can you cultivate a sense of calm amidst the chaos of daily life?

In what ways do your thoughts and words shape your reality, and how can you harness this understanding to create a more intentional life?

How can you transform the impulses that drive your speech and actions into expressions of love and compassion?