

RESTRAINT FIVE:

Nonattachment (Aparigraha)



Notes

Live the Eternal Way (program textbook)

Read pages 127-134

1. Practice delaying action on carrying out desires.

Pause to inquire into what you are attracted to.

Be aware of the “defects” in the object of your desire.

- Is what you desire a “want” or a “need?” Explain the distinction.
- What do you imagine the fulfillment of this desire will do for you?
- What would you have gained if your desire was fulfilled and then you later lost it?

2. Practice appreciating the positive qualities inherent in objects and people you are attracted to as qualities of the Divine.

Recognize the true source of your happiness. Notice how you respond differently at different times to the same person or object. If the happiness or sorrow were inherent in the object, your response would always be the same.

When you appreciate positive qualities around you, attempt to find or affirm those qualities within yourself.

3. When you disapprove of negative qualities around you, notice your aversion as an opportunity to examine parts of yourself being mirrored in the other, or in the situation or thing.

4. Practice giving with a joyous heart.

Give service with the awareness that God is acting through you.

List some ideas of where you could donate your time and resources.

5. Practice simplifying your life.

Make a list of what you are not using that might benefit someone else.

Clear away possessions that are not needed.

6. Extend your time of daily meditation.

7. Practice prayerful awareness.

Pray at the beginning, during the performance of, and at the ending of activities.

- At the outset of actions offer the fruits of your labor to God.
- During the performance of your duties, let the mind continually return to the awareness of the presence of God.
- At the completion of the project, give thanks for the opportunity to be of service and surrender all of the outcomes from your activity to God.