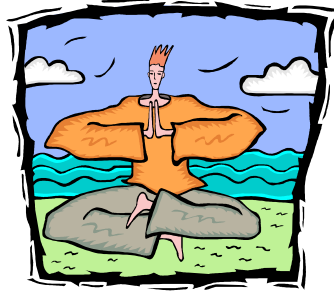
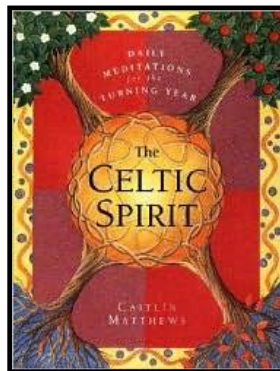


ASSIGNMENTS FOR MONTH ONE AND BEYOND...

Since the assignments will be different for each of you, based on the track you are a part of, the only common assignment is that you continue with your daily [morning, if possible] contemplative practice established in the first year.



Following your contemplative time, you might include the practice of reading the daily reflection (based on day/date) from *The Celtic Spirit: Daily Meditations for the Turning Year*, by Caitlin Matthews. These reflections would complement the monthly lessons of Fionntulach, and support your growing understanding of the Celtic world-view and the Anamcara Tradition, providing continuity between the two years of the program.



A final recommended [but optional] end-of-the-day contemplative practice is to include the Hi-Lo Journal Practice [daily life review]. See separate document.

