



October 2020 Dharma Circle practices

General guidelines for the year:

We invite you to explore and practice with as many partners as you can, and to find each other via the FB group or email. Self-organize as works best for you. If you were in the circle last year, and you got used to practicing with certain people, make sure you practice with new people and not always with the same person.

While not mandatory, the FB group is here for you to post about anything that's alive for you, with regards to your practice, or your musings on the Dharma. We encourage you to use it, read other people's shares and be generous with your sharing and comments.

The FB group can also be space holder for any questions you may have concerning the teachings. If these questions are for Marc, Chahat, or Claire please do tag us (C&C) So that we can pass them on to Dr Marc, or/ and address them during the practice calls if appropriate.

Partner Practices:

We start every new year cycle with this practice of tapping into the field of allurement and Eros that arises in relationship. (" The space in between the 2 cherubs"). Through this practice we are cultivating our capacity to attune to this presence.

Intimacy practice:

Start by bowing to each other.

As you bring consciousness to the space in between you and the other person, tap into the unique intimacy that lives in that space. We call it “ the space in between”. It is always unique. Feel the fullness of that space, how it feels in your body and in your heart-space.

Notice what happens in your when you become aware of the Unique Intimacy between you and another human being.

You can use a timer, and decide how long you want to do the practice. When the bell rings, bow to each other again, or find a way to thank each-other, and to end the practice.

Intention setting for the year:

Without leaving that quality of presence between the two of you, take turns at sharing about your intention for this year cycle. In this enquiry, you might use (but not limit yourself) to these questions:

- How do I want to show up in this space?
- What do I feel called to serve? Offer? Receive?
- Who do I want to be in a year from now, with/ in this group of people?

2 – Individual practice:

Chanting is one of our lineage practices and if you are not familiar with this practice, we invite you to explore it in any ways that you feel called.

The way to practice chant is very much like a classic meditation. Allow the chant to come out of spacious silence. Keep repeating the words; whenever your mind goes astray, return to the chant. Let your words arise from the heart space.

We start with this chant, which Marc chants at about one hour into this month’s recording of the dharma session. And - any other chant that you would prefer and has meaning to you, would also be suitable for this practice.

Mizmor Shir

Mizmor shir leyom hashabbat
Tov lehodot Ladonai
Lehagid baboker chasdecha
ve-emunatcha baleylot

To sing a song of the Sabbath
It is good to sing with God
To speak of your love in the morning
And to trust you in the night

When the chant naturally recedes, before returning to words, spend a moment in silence, appreciating the aftertaste of the chant.

Thank you for your practice.