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*November 2020 Dharma Circle practices*

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**1 - Partner Practices:**

This is a guided process. Decide who will start guiding the process (A), and who will be guided (B) first. Set up a time frame for how long you want to take per person (this process can be as long or as short as you decide it to be).

- 1) Connect together by attuning to the intimate space in between the two of you (a version of the practice we did last time).
- 2) A asks B to feel into the past that brought him/her here. B may go as meta or as personal as they wish to.

*A feels into the right moment to move on to the next step and then:*

- 3) A asks B to tap into the quality of presence, the fulness of this moment in time. Feel, visualize the past in your back and the future in front of you. Breathe in and out, sinking deeper into the Now. Every breath is taking you deeper inside, and under the space time continuum, into the eternal Now.

*( Feel into the right moment to move on to the next step)*

- 4) From that place, feel the past, and the present co-existing. Feel how the past needs the present to be completed. And now, feel into your heart's deepest desire. You desire to

thrive, to be your unique self. Feel your desire to see your loved ones thrive and prosper. Your desire for the world. Feel it, see it, and describe it. Say it. What do you see? What do you feel? Say it. Share it.

Take as much time as you need to capture the memory of the future.

When you are ready to move on, shift roles.

## **2 – Individual practice:**

Nowing is the practice of tapping into the being and the becoming of each moment.

Meditation is a practice of tapping into the quality of being.

Chanting is one of our lineage practices which taps into the quality of becoming.

Practice both, or any other practice that allows you to cultivate a deeper quality of NOWing.

For some, it might be running, or dancing. Others might access that through writing, praying or any other act of erotic merger.

Please share about this and other practices on the FB page.

Thank you for your practice.