



January 2021 Dharma Circle practices

Individual practices:

[Are you special?](#) (An excerpt from [Your Unique Self: The Radical Path to Personal Enlightenment](#) by Dr. [Marc Gafni](#))

This month, we suggest you read this passage of the book, as an inspiration to reflect on your own sense of Uniqueness.

“Self-Love is the capacity to perceive your uniqueness” said Marc last Thursday. One core distinction we must be able to make however, in this process of accurate self-perception, is the difference between the Ego’s distorted sense of being special, and the Unique Self’s intuition of being special*.

Journaling prompts for this month:

- 1) How might you use your sense being special as a way to reinforce your Separate Self identity? (past or present)
- 2) What is truly special (unique) about you?

Partner practices:

Find as many dyad partners as you can this week and practice giving each other’s feedback on each other’s uniqueness.

Share about your insights from the reading, and your individual reflections on the core distinction Special versus Unique.

Thank you for your practice!

*In essence, for the ego, “special means better than”.
For the Unique Self, Special or Different is free from any comparison or point of reference. It is your spontaneous experience of your essence.