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*Dharma Circle Practices April 2021 Summary*

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***'Longing is a fundamental part of my nature'***  
***Marc Gafni***

In the One Mountain broadcast this week Marc offered a very simple and beautiful practice:

Confess your greatness by completing this sentence:

*'You love me because.....'*

The answer tells you something about your deepest-hearts-desire!

This month, we will further clarify our desires by exploring how they manifest at different levels of consciousness. Please practice with as many partners you can this coming month.

*START WITH A FEW MINUTES OF SILENCE OR ALLUREMENT-PRATICE, then take turns at enquiring into these questions:*

What do you desire on the different levels:

- 1) Ego-centric:           What do I desire for myself?
- 2) Ethno-centric:        What do I desire for my community/my tribe?
- 3) World-centric:        What do I desire for this world?
- 4) Kosmo-centric:        What do I desire for the whole Cosmos?

Make sure you write down your answers each time.

Before our next Circle with Marc, contemplate a while on all these answers, write the 'final version' down and post in in the Facebook group – we'll collect them and make a document from them and keep it. It will be a great document to look into later on, to see how you've evolved.

THANK YOU FOR YOUR PRATICE!

