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*Dharma Circle MAY 2021 Summary*

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**Is there a WELCOME sign on the Universe?**

*Is the universe friendly?*

**If there's no welcome home sign in the Universe, there's no welcome home sign in your life.**

Attachment theory tells us accurately that the nature of how our mother holds us can determine the entire trajectory of our lives.

Does she hold me? Can I find myself in her eyes? Is she attuned to me? Am I attuned to her? If I receive enough mothering, I can actually act with agency and autonomy and fierceness and tenderness and beauty and goodness and truth. If I don't, it will be hard to feel welcome in the Universe.

But that isn't enough. The One that give us the inner experience of being welcome in the Universe, is not our mother, but The Mother.

She is the ultimate Welcome sign. Without Her, the relationship with your mother doesn't make sense.

The Mother is the Universe/Kosmos. Known by many names. She is the ocean, the Infinity of Intimacy that knows your name.

Sometimes she is called "the breast", El Shaddai, or Omen/Amen – nursing.

And our allurement to the breast speaks to that knowing, that attraction we have, to She – as our all nurturing, all giving nursing Mother.

Albert Camus opens his novel “The Stranger” with “Mother died today. Or maybe yesterday. I can't be sure”. Mersault surely didn't feel welcome in the Universe. He has lost his connection with the Mother.

Either everyone is a stranger, or everyone is a friend.

If anyone is a stranger, everyone is a stranger.

If anyone is a friend, everyone is a friend.

When Rama Krishna goes to the temple, screaming “MOTHERRR” ... He wasn't calling his mom. It wasn't a psychoanalytic shout. He was invoking The MOTHER.

There is something in the word of Science, known as “the anthropic principle”, which says, in essence, that the Universe is wired in such a way to admit our existence.

This intuition aligns with our interior sense that the Kosmos is an Amorous Kosmos. A sense that we are welcome in a deep and fundamental way. We are part of a larger shared identity, without which we don't exist. But to know that we are WELCOME in the Universe is the first step (True Self). It is not enough to feel home.

**There can't be “You Are Welcome” without “I need you.”**

Unique Self there can't be a real sense of being welcome. To feel welcome, I must feel needed.

That is the mistake of all the great traditions. It's not just ‘take refuge in the Buddha’. It is only when I can give my Unique Gift, is when I am welcome.

Mother who is Kosmos, is not just holding you, She needs you. That's when you are HOME.

**The six Core Needs of Unique Self:**

It is through Unique Self – or the experience of being *desired, lovedAdored, needed, chosen intended and recognized*, that we can recalibrate the avoidant and insecure attachments of Kosmos, thus we become Homo Amor.

As a reference, you might want to review this article from Dr Marc Gafni:

<https://www.marcgafni.com/the-six-noble-truths-of-unique-self/>