



Dharma Circle May 2021 Practices

The Intimate Universe reminds us that in every moment, we are:

- intended
- recognized
- adored
- needed
- chosen

By all of Reality.

These are **6 tenets of Intimacy**, and they correspond to **six core Unique Self needs**.

The very fact that each person is unique, is in itself a proof that we are intended. That we are chosen. That She – Reality, The Mother is desiring you, adoring and needing you, every second.

We must practice having that experience of being intended, desired, adored, needed, recognized and chosen by the Mother/Love beauty intelligence. Unless we access that within ourselves, we will keep looking to fulfill our early attachment wounds, through someone else attunement.

Take turns at being Mother and Child of the Universe.

Round 1

Person A is The Mother and offers these blessings to Person B (Child) – one sentence at a time:

- I recognize you
- I adore you
- I intended you
- I desire you

- I need you
- I choose you

Child – each time you receive a blessing – feel how that lands in you. And share with The Mother how Her words affect you.

Round 2

The Mother offers the words. (six tenets)

Child receives in silence

Round 3

Child says these words (six core needs)

I am recognized

I am adored

I am intended

I am desired

I am needed

I am chosen