



Dharma Circle January 2022 Practices

Individual practice:

Being Intimate with our 3 selves:

- **Psychological Self:** The self who identifies to the traumas of the past.
- **Mystical Self:** This self only knows the present; past and future are illusions.
- **Evolutionary Self:** This self can envision and access her desire for the future.

Whenever we identify to one of the three selves, at the expense of another, your sense of self collapses. To be a whole human being we need to be intimate – include in our identity – the past, present and future.

This month, we invite you to make some “intimacy moves”, toward yourself through these journaling reflections. You are welcome to share them on the discussion thread.

Psychological Self:

- **Here, we turn toward the pain of our past, and we heal it by restoring the split off parts into our awareness.** This is the idea that we can turn our fate into destiny, when we can look at the traumas of the past and restore them into our awareness.

Intimacy move: Which aspects of your past do you feel ready to reclaim and be more intimate with?

Mystical Self:

- **Recovering the Present.**

We all have imprinted in our memory, moments that are outside of time. It might be a moment of watching at the night sky, a moment in nature, playing with your child, or making love.

These are moments of eternity when we feel that we fully belong and there's no question for the meaning of life. It is self-evident.

Intimacy move: Recall a moment like that. Tap into the feeling of it, reclaim the living sensations of that moment in every cell of your body.

- **Recovering our memory of the future:**

Here, you allow your future to enter the present, and you allow yourself to dream big. What grandest dreams are you being called to?

Intimacy move: Image you are in ten years from now, and write yourself an outrageous Love Note, from your future self, to your present self.

Dyad Partner practice:

Start with a moment of centering. Allowing yourself to drop in, and to sense into your present moment inner experience.

Decide who is A and who is B.

A: share about a situation/ relationship in which you long for more intimacy.

B: ask A, "what would it be like if there was a little more intimacy in this situation/ relationship?"

A: replies.

B: keeps asking the same question: "what would it be like if there was a little more intimacy in this situation/ relationship?"

Continue for a few rounds, until A feels complete.

Reverse the roles.