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*Dharma Circle February 2022 Practice*

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Individual practice

Listen to the meditation audio provided on Sutra, once a week or more.

Access all 4 faces of Love and let them merge into each other and claim your identity as the Unique Pulsing Eros of Divinity.

Objects of contemplation during and after your guided meditation:

‘When I breathe as God/dess and I open myself up to the larger Field of Possibilities then the taste of live emerges.’

Becoming a Prophet/Prophetess: ‘Am I on the road to Jerusalem or am I a skin encapsulated ego?’

Partner exercise:

Meet each other in the Zoom room or live:

Take a few moments to sink into the space we accessed in the guided meditation or during our practice session: an integration of all forms of Eros/Love and become aware how and where are they located in your body.

You can also use the audio as the start of your session:

Then take turns and ask each other the question as the high priest or Priestess:

What arouses you heart?

In what ways do you feel invited to open into the Field of all Possibilities?

Hold space to let the person connect with this energy, gently, and then shift roles.