



December 2020 Dharma Circle practices

1 - Partner Practices:

The Process of NOWING is a practice to liberate the conversation from habitual reaction patterns and bring the conversation the awake quality and creative possibilities of the NOW.

In this practice you can become aware of how the frames and the convictions we speak from are so very obscuring and in the way of the deeper layers of connection.

We live in different worlds as to say and from that place we can't make a Creative Unique Self encounter happen.

In our circle it could be a challenging practice, because you can use some real issue that you experience with the other. (even though you don't know the other so well – you just have to be brave and bring even the little details, that somehow maybe annoy you about some-one 😊)

Some in our circle have been practicing this before, so you might want to lookout for them.

You can also practice this by speaking to your partner about a difficulty, AS IF he/she was the person you have the conflict with. And your partner can feel into how your way of communicating affects them and mirror that back to you.

In that sense you can practice how you could do the conversation with the person you have the issue with that you might want to resolve

1. Give up being right, move from being right to empathy. That's a change inside you.
2. The person who is the sender, sends a message about something that is difficult for them.
3. The sender -as the Highpriest(ess) takes responsibility for the way they are sending the message. You don't say.... You are impossible to work with, you totally disrespect me. I am really mad at you, because you disrespect me, and you deal in a way you show you are disrespecting me, you are hurting me. (that's how most people start a conversation) Use `I-sentences: I feel frustrated because of ..., the sender takes responsibility and speaks in I-statements, and shares whatever the issue is.
4. The receiver receives and mirrors back.
5. The receiver asks the sender: did I get it?
6. The sender says: you got it, or you didn't and they adjust the message until the sender knows the receiver has gotten it.
7. The receiver asks: Is there more?
8. A deepening technology: when the person says: 'I am frustrated', you ask them when you feel frustrated you feel...?

This Is called the sentence-stem. You use a little part of the sentence, a fragment to evoke deeper conversation. 'And that is painful because...?' So you are inviting a deepening.

9. Validation. Validation doesn't mean I have to agree with the message. But I have to validate the experience of the other. I get how you see the world from this perspective and that you are not crazy, or incompetent for seeing it this way.
10. After you have finished, take a moment to both feel into the quality of your connection and rest.

Good luck and Enjoy

Individual practice:

1. Contemplate on where your past has been healed.
Become aware of how that changed your perspective and your day-today live.
Journal about it and please share on our FB page
2. What practices/ways do you have to enter into the Present, into the NOW?
Spend some time (or extra time) on an actual practice for this - mediation - chant - time in nature - dance

NOWing is the practice of tapping into the being and the becoming of each moment.

Meditation is a practice of tapping into the quality of being.

Chanting is one of our lineage practices which taps into the quality of becoming.

Practice both, or any other practice that allows you to cultivate a deeper quality of NOW.

For some, it might be running, or dancing. Others might access that through writing, praying or any other act of erotic merger.

Please share about this and other practices on the FB page.

Thank you for your practice.