



Dharma Circle October 2021 Practice

The practice of asking ourselves this question, “***What does Reality need/desire from me now?***” is a core Unique Self lineage practice that allows for clarification of our heart’s desires, when practiced consistently within the granularity of our unique lives.

Please engage in this practice daily this month, and self-organize on the Sutra platform, to practice with a different partner every week.

The practice:

- **At home:**

- Start with bringing one hand to your heart, and one hand to your belly. Take a few conscious breaths, and come present to yourself by attuning to your breathing, your sensations, thoughts and feelings.

Allowing everything to be as it is.

- Then ask yourself the question:

“What does Reality need/desire from me now?”

You can say it loud or in your head. Once you said the question, don’t expect for an answer, but let your mind be still and curious. Feel the words, and feel the space between the words.

Let your breathing support you as you listen, feel, sense, and presence whatever arises from within, as you hold the question.

If your mind wanders, use your breath to bring your awareness back to the feeling experience.

A response might come, or not. This is not about mentally figuring something out; rather it is allowing what wants to arise from deep within you. If it comes, let it come as it comes without any need to change it. It could come in words, but it might also be a feeling or an image. Let it be what it is for now.

This is an invitation to expand into right relationship to each moment and to sense into what the moment is calling for, with an open mind and heart; you are listening to the future with all your senses... receiving the invitation of the moment.

- **With your weekly partner**

When you engage in the practice with your weekly partner please decide who will be first, and take a moment to sink in together before taking turns at doing the practice.

After you are both done, please share about what new insights you are gaining from this practice?