



Dharma Circle November 2021 Practice

Confessing Your Greatness

“Confessing your Greatness” is a core practice in the Unique Self lineage. It’s based on a teaching from 20th century Hebrew Wisdom mystic Abraham Kook (Rav Kuk), who wrote:

“The truth of my character is revealed in my moments of greatness. The essence of my person grows prominent only when my soul stands at its full height”.

This month we will practice tapping into our greatness by confessing our greatness with each other. As always, you are invited to practice in dyads, but you can also do this practice alone, in between partner sessions.

The practice:

With your dyad partner:

- Decide who will confess, and who will receive (the High priest/ess - HP)

HP reads to Confessor (read slowly, allowing for time to feel the words’ invitation).

Think of a time when you felt that you were doing exactly what was needed, at the right place, at the right time. Whether this moment was public or private, whether it was ecstatic or difficult, you were in your place, and it felt exactly right.

As you remember the experience in its fullness, tap into the energy of that moment; feel the energy flow in your belly, in your heart.

- What was your focus of attention?

Be aware that you are re-experiencing an aspect of your uniqueness. At this moment of greatness, you were offering one of your unique gifts. You may think that your action was what anyone else would do, but in fact it was your unique response.

Confessor shares that moment of greatness with the HP.

HP, feel into and receive this person's greatness.

Both partners rest together for a moment savoring the felt sense of the confessor's greatness/uniqueness.

Take turns.

NB: Confessor, as you re-live this moment, you are tapping into the felt sense of your Unique Self. Let yourself revel in that experience, and feel the pleasure of it in your body. When you find your mind resisting or minimizing the experience, simply return to the sensation of pleasure of being in your Unique Self.

Individual practice:

Each day, take a moment to recall this embodied sense of being in your Unique Self. Relive the experience again, and as you did in the exercise above, emphasize the intensity of the felt sense of pleasure of living in your greatness. Let yourself savor the experience for at least three minutes.

Also pay attention to the ways in which you express your greatness in your everyday life. In this way you are cultivating the habit of being in your uniqueness and appreciating yourself for the awesome being that you are. When you notice that you are not appreciating yourself, return to this felt sense of your greatness.