



Dharma Circle December 2021 Practice

This December month we repeat the November practice for another month!

And we add a Practice on one of the Distinctions from the eBook on the 26 Distinctions between Ego & Unique Self.

We will also put on the Sutra page for December 16, 2021

Special or Not Special

Your ego thinks that you are special because you are better or worse than other people.

Your Unique Self knows you are special because you are yourself.

For the ego, “special” means “better than.”

For your Unique Self, “special” or “different” means distinct and free from any comparison or point of reference. Your specialness is your spontaneous experience of your essence.

We invite you to go into an exercise with a partner and you have two conversations:

In the first conversation you compare both your qualities, but you do that from the perspective of your egoic self – that means that mostly you are finding ways to make yourself better than the other person. You need to have more credentials in some way than the other person, because otherwise you are less of a person than the other one.

For instance: “ I think you are doing a great job, but actually, my qualities in my area are much deeper and stronger if am really honest with you.’

See if you can really go into the energy, where you are somewhat showing off about yourself! And sense what happens in the energy and in the connection.

After a few minutes switch turns!

Try to really get into the energy and see if for this moment you can totally own this way of looking at your place in the world, and sense how it affects you.

(in an extreme opposite case, you might want to make the other person so much better than you – which is also ego, because then you have judged yourself as worthless)

In the second conversation, you fully give the other person the acknowledgment of all the qualities and goodness that his/her way of being in this world evokes in you. Be generous and let your heart really flow into the specialness of this person. What does this person bring into your life, by just having the opportunity to be with them in this very moment, whether you know them deeper or just in the context of the Dharma Circle.

After a few minutes switch!

When you are done, you might want to share about what opened up for you in this practice. How did energy move, how did you feel, where was your focus and how was it different in the two conversations?

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.