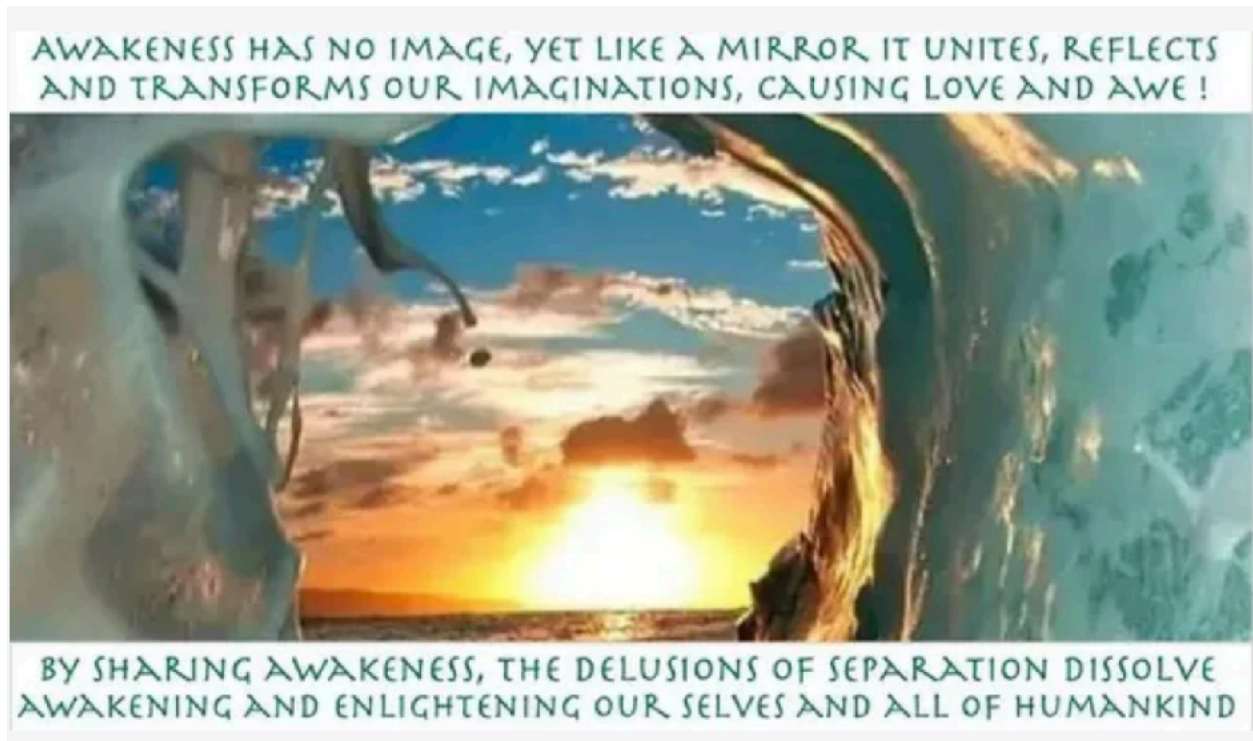


Dzogchen at Gaia Yoga Gardens

"Be interested, give attention until a current of mutual understanding is established. Then the sharing will be easy. As a matter of fact, all realization is only sharing. You enter a wider consciousness and share in it." Sri Nisargadatta Maharaj, "I Am That"



We sit in a circle and take turns speaking, to experientially explore shared-awareness and shared-sensitivity as One Consciousness.

This invites and allows each of us and all of us--together--to realize, re-new, and re-discover who and what we truly are, while learning effective techniques to reveal and liberate our spirit.

Examples of gatherings: [Testimonials](#), [Sharing Awareness](#) (19:03 min)

[Q&A on How to Sustain Unity Consciousness](#) (11:38min)

THIS IS what is possible in any group or gathering (3:27mins)

[Sharing a Commonly-Sensed Wholly-Heartfelt Conscious-Intelligence](#)

By sharing awareness consciously together, we awaken to who and what we all truly are, an 'enlightening' universal intelligence appearing as uniquely individuating minds and bodies.

We all understand what it means to give our undivided attention when we are listening carefully. By focusing moment to moment on sharing a sense of rapport with everyone in the group, we get better at it. This alters our experience of what it means to be conscious together.

Dzogchen at Gaia Yoga Gardens

The more we share undivided attention with everyone in the group, the more we share a sense of breathing together, of feeling together.

This is a subtle process which allows for a deepening sense of relaxation and the gradual development of effortless empathy and ecstatic unity.

This exercise practice was derived by trial and error with the help of thousands of people over nearly forty years.

"Be interested, give attention until a current of mutual understanding is established. Then the sharing will be easy. As a matter of fact, all realization is only sharing. You enter a wider consciousness and share in it."
(Nisargadatta, "I Am That").

This simple way of being together has reliably allowed anyone interested to experience a mirror-like 'awakeness' with others inside of 90-120 minutes.

Collaborating on being awake as awareness awakens our minds to the primordial nature of mind, the relative becomes conscious of the absolute.

Give it a try for free and you will see.

Facilitator:

[Bio: Sperry Andrews](#), co-director
of the [Human Connection Institute](#)

Contemplation:

["We're It"](#) - sa

["Everything is Connected -- Here's How"](#) - Tom Chi

["De-Hypnotize and Enlighten Humanity"](#) - sa (4omins)

Contributions:

This practice is given to you for free.

[Donations Welcomed and Gratefully Received](#)

You can schedule private one-on-one time.