

**PLEASE ALLOW CONSCIOUSNESS
to BE the LEADER of this GATHERING**

This is a 2 hour practice session.

Please ensure that you are able to be fully present and undisturbed for the entire time. It will not be possible to join once the session has started.

1. Be on time. Arrange to be present and undisturbed for the entire session with your microphone and webcam working, and your face lit UP, composing your background and your place in it, consciously.
2. When not speaking, we share unbroken eye-contact with whoever's speaking, while also sensing the group. By deeply relaxing and simply noticing together, we are opening to sensitively supporting the growth of a 'common sense'.
3. Whenever we do speak, we 'graze on the gazing' of the entire group (in our peripheral awareness) while looking into our webcam lens with unbroken eye contact, as we take our turn to describe what we all 'seem to be' sensing, feeling and realizing together as a group – as it is happening, as we are speaking – without referring to the past or future, eliminating all "I" statements, in a tone of voice that is clear and easily heard.
4. By behaving in these somewhat unfamiliar ways, we learn to be more alert. We each do what we can to further focus the group on what we're noticing together 'intersubjectively'.
5. We converse about what we are truly sensing, intuitively feeling, and mutually understanding—together—as a greater body, heart, and mind, as spirited souls experientially exploring our own commonly-sensed, (w)hol(l)y heartfelt, conscious-intelligence.
6. Throughout our embodied depth—by releasing attachment and identification with any-and-all stress or strain—accepting and allowing everything to be exactly as it is, we each are—as we are, with little to no effort, by letting all-that-is to be as it is...
7. We take turns—one at a time—by speaking 'two full sentences' without thinking-about what we are going to say—to touch our group's growing sense of shared sensitivity—to what is beyond our words. We use our words to point to what we each (actually) seem to be noticing with one another—as it is being intuitively-realized by all of us—sharing ever more sensitively the communion of 'Love its Self'—unconditionally—blessed by the JOYs of Being Consciousness.

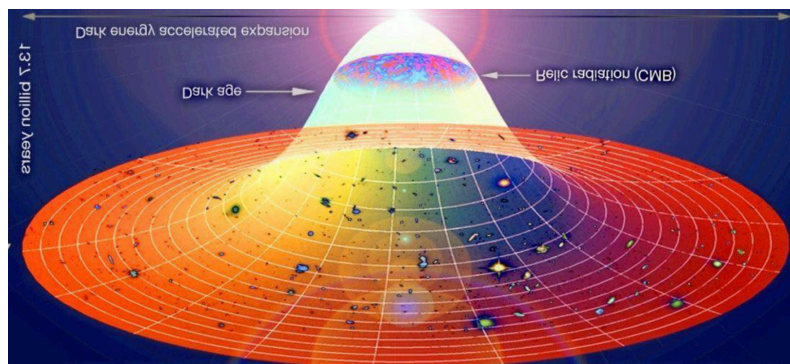
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8. To indicate that you are complete with your two-sentences, simply close your eyes. In this way, everyone can be certain you are complete—before they speak.
9. Once you have spoken two long-luxurious sentences, wait before speaking again—until everyone has spoken. To support the flow, keep track of when it is your turn to speak again. In the beginning, it can help to write down everyone’s name, placing a check next to whichever-one-of-us spoke, every time we speak.
10. In this way, we will be growing our capacity to share who and what we all are—including what it means to be fresh-and-new and incomparably unique each-and-every moment—as Spirited BEings.
11. NOTE: We will be recording the session—on zoom—and ask everyone to watch the recording when they receive it. We ‘grow’ by re-entering our past -- through the quality of our perceived presence — from our future —via the eternal now.

In Short: *The suggestion is for each-of-us to do what we can — to ever more sensitively explore the experience of sharing undivided attention, in a fully embodied way, together — as an unconditioned love — by just describing ‘Our Awakeness’ —as ‘that aspect’ of our own awareness that is thoughtless, choiceless, and mirror-like — with no image of its own — as the Only-Constant in the Whole of Consciousness.*

“As Awakeness, we have no image. Yet – like a mirror – we unite, reflect, and transform our imaginations, causing love and awe; by sharing awakeness consciously together, the delusions of separation dissolve, awakening and enlightening our selves and all of humankind”. - sa

POV: “[We’re It](#)”



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