

Practice Day Notes (April 7, 2013)

As I mentioned at the end of our course, there have been lots of suggestions for practice throughout the course, and the basic intention for our practice day meeting is that people will have been working with those and come prepared to share experiences.

Here is a brief review:

DTS Ex. 11, Telling Stories (p. 289)

Appreciation and gratitude for our own aliveness as a gift of time (DTS, p. 96)

Going to the point of the future's arising (DTS, p. 99)

Looking for aliveness (Orientation for Week 4):  
within experience, however it manifests  
within the dynamic evoked by fundamental questions  
within the momentum the fuels the stories we tell and inhabit  
in the power of forgiveness  
within emotionality (Orientation for Week 5)

More arenas for aliveness (Orientation for Week 6):  
The beauty of images in the mind  
The flow of feelings and sensations  
The dynamic of the stream of events (not the same as the momentum of the narrative)  
The power of an insight  
The aliveness of intention and resolve  
The feel of being at home  
The aliveness of questioning