

Walking Forever: Mystical Principles 4

1. Continue with the presence and the light meditation.
2. Go through the map that Thomas talks about in Course Session 3, and how the map relates to your practice. Do you feel that those aspects that we looked at are part of your practice? What might be refined or added? That's also something to bring to the triads to discuss, or to bring into your mentoring group.
3. Explore until next time the beauty of giving and the beauty of receiving or needing. How is that in your life, the beauty of giving and the beauty of needing and receiving?

Giving and receiving is an energetic exchange, like a figure eight, between the individual and the collective, the individual and the surroundings. So explore that: When you think of the beauty of needing, and the beauty of giving, what arises in you naturally when you listen to those two phrases? And then explore them deeper.