



Recapitulation of Week 2

Welcome: Brett Thomas
Introduction of Marc: Lori Galperin

Dr. Marc Gafni – Week 2

Feeling into the Global Classroom

Invitation to the Portal - hundreds of comments, place where community emerges.
Announcement: Q and A calls on Saturdays: email will follow.

This recap is a helpful tool. It is not “notes” on the class but rather a outline recap of the core points meant to be used in conjunction with listening to the live class or live recording and the transcript but not effective as a replacement for live calls. Sometimes I will dive into a bit more depth like in the first meditation below, but generally it is an outline recapitulation.

Part One: True Self / Unique Self Meditation

Awaken to True Self. Drop into presence, use any method that might work for you, follow your breath, chant, silence, expansion through nature. Access your natural flow state of presence; not your thoughts, not your emotions, not your body.

Who are you?

Ask yourself again and again:

Who Am I?

- I am a lawyer.
- I am a mother.
- I am a white female.
- I am an activist.
- I am a nature lover.
- I am a Christian liberal.
- I am a wife.
- I am a coach.

After all the descriptions are gone, you are still there.
Beneath and beyond every dimension of personality you are still there:

True Self, Inseparable from the Seamless Coat of the Universe



From the Place of True Self, You Awaken Your Unique Self.

{Note: You do not need full access; a taste, a glimmer, an intuition is enough to shift and open your consciousness. Even just hearing a description of True Self can be sufficient to begin.}

From that place, Awaken to Your Unique Self

“Who are you?” If done in Dyads.
“Who am I?” If done by myself.

True Self Awakens more deeply to Your Unique Self

Your Unique Self – is not the hidden dark raging of your Freudian unconscious Id.
Your Unique Self is not your functionality.

Who are you?

Abraham Kuk. “The Essence of who I am is revealed in my moment of Greatness.”

Unique Self Confession = Confession of Greatness

Sharing in group: the expression and felt experience of the Awakened Unique Self

**Part Two:
Awakening to Your Unique Self**

Baggar Vance Reading

The Field = True Self
The Swing that wants to choose You

**Part Three:
Evolutionary Unique Self**

Beyond Unique Self is Evolutionary Unique Self

Teaching on Evolutionary Unique Self

The Universe is not a fact. The Universe is a story.



There are Five Big Bangs

- 1) Cosmological Evolution
- 2) Biological Evolution
- 3) Cultural Evolution
- 4) Evolution Awakens to Itself: We become aware of evolution, first in culture, then in the biosphere, then in the physiosphere.
- 5) Evolution Awakens to itself as Your Evolutionary Unique Self

Part 4: Outrageous Love

Outrageous Love = the initiating energy of the cosmos
= the unique incarnation of love intelligence and love beauty
= the unique perspective of Your Evolutionary Unique Self
= the evolution of culture and consciousness
= the evolution of love
= the evolution of God
= Your Awakening to Your Unique Self
= You were there at the big bang. You started the whole process.

Part 5: Core Practice and the Assignment for Week

Reality begins with a great cry of Yes!
{See Last Chapter of *Your Unique Self* on Saying Yes}

Core Practice: Say Yes. {See Week 2 Practice in Portal}

Assignment: Unique Self Inventory {to be posted in the portal}