

SELF-EXPRESSION: NOW MORE THAN EVER

Thank you for participating in *Self-Expression: Now More Than Ever*. Here are the Recommended Practices from both Session One and Session Two, designed to continue to expand Self-Expression:

PRACTICE FROM SESSION ONE

In the midst of dealing with some situation or relationship that is important to you,
stop.

Notice what is in your listening. Notice if you are:

already predicting,

already being certain,

already defending,

already trying to control or resist

and whatever else is in your listening –

Give all that up.

Then, dance with that situation or relationship,

and as you dance, be available to be moved by what shows up while dancing.

PRACTICE FROM SESSION TWO

Be of Service.

In the midst of dealing with some situation or relationship that is important to you,

stop.

Ask yourself what is *wanted and needed*,

and provide that.

As you provide what is wanted and needed, be available to be moved by the presence of Self-Expression.

SELF-EXPRESSION: NOW MORE THAN EVER

In addition to the practices from Session One and Session Two, here is the quote from Werner Erhard on Service:

“My notion about service is actually that kind of relationship in which you have a commitment to the person... Now I don't mean to the person's body, to the person's personality, or to the person's stomach or the person's almost anything.

What I mean in fact is that for me what service is about is, being committed to the other being... To who the other person is.

Now the problem with that is that to the degree that you are in fact committed to the other person, you are only as valuable as you can deal with the other person's stuff, their evidence, their manifestation, and that's what service is about.

Service is about knowing who the other person is, and being able to tolerate giving space to their garbage.

What most people do is to give space to people's quality and deal with their garbage. Actually, you should do it the other way around. Deal with who they are and give space to their garbage.

Keep interacting with them as if they were God. And every time you get garbage from them, give space to the garbage and go back and interact with them as if they were God.”

~ Werner Erhard

Thank you,

Landmark