



THE MYSTERY SCHOOL OF LOVE PRESENTS THE ONLINE COURSE

# RECLAIMING EROS

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## **Week 9 - Quality 12: Visual Quality**

### **Part 1 - Introduction**

The 12<sup>th</sup> quality of the erotic that's modelled in the sexual. The sexual models the erotic, it does not exhaust the erotic, Shekinah equals Eros, equals sacred, equals being on the inside, equals fullness of presence, equals the yearning force of being, equals ...on and on.....right

So the exile of Shekinah is the exile of Eros where is the erotic exiled in: the sexual. Now take one point before we finish. Why do I keep repeating that? Because that is how I learned it. That's the way the Dharma become part of you, that it moves from your mind into your body. So one of the great practices is for moving a Dharma from your mind to your body is by actually practice of repeating. For example, there is a beautiful practice to read the Koran, just to read it and repeat it again and again and again.

There is a practice to read Zohar, the Hebrew mystical tradition, you just read the sacred text. Because the Dharma always lives in 3 levels. There is the Dharma of the mind, there is the Dharma of the heart and there is the Dharma which is in your toenails. It's in your body cellular. Now when the Dharma is in your body you can trust it. It's not enough to be in the mind, it needs the mind, you can't bypass the mind, the mind is critical and one of the things it just makes me utterly crazy is when I hear this new age idea about: let's not talk about the idea but let's have an experience! Really? Every single experience you have, is interpreted by your mind and heart. So if you do not have a framework of Dharma, a vision of the patterns that can connect, experience will never transform you by itself. Dharma matters. The Dharma is not mind, right if we understood everything this week, Dharma is not mind, Dharma is mind, heart, body all merged into one. And one of the reasons that we repeat is because we are inviting the Dharma from the mind to the heart, to the body. Okay.

So how many people, let's start with the men in the room, are attracted by the physical appearance of women? Okay? Here is a thing you should know about men,

okay? Right between us, men don't actually need an entire woman to get attracted to. A body part would be enough. Just give me a part, I got it, it's going on, right? Now there is a myth that women are not attracted visional by how men look which I don't think is true. But let's check it in the room. How many women are attracted by physical appearance of men? Okay, good? Now, it operates a little differently, okay? It's not the same. So for example for a man to masturbate he doesn't need a naked woman, he just needs a body part, it's much simpler. He certainly doesn't need a story attached to it. There is a fantastic woman comedian who has this great clip, which I think we've showed when we did the '7 kind of sexing' where she says: in order to masturbate I need to remember 'where did I meet him?' and 'what was he wearing?' and 'what was our first conversation like?' and 'how did it happen if I can't envision that whole thing, I can't get anywhere.' So there is a difference between the masculine and the feminine and how the visional works but this myth that the women don't physical enjoy the vision of men is absurd, off course they do! And it is part of actually the feminine developing and evolving. So we all agree that sexual seeing is a real thing. So far, so good?

Now just between us, there a certain things that need to stay in the family, right? Have you ever heard of a pornographic magazine? Just checking, okay? So pornographic magazines,

A pornographic magazine is a magazine that's build on the visional seeing of men. It's either men seeing men or men seeing women and occasionally it is also seeing women seeing men because that visional quality works differently, it's kind of financially not quite done as well, but you know, the Chippendales in America is growing well. Chippendales is a famous male strip club that's kind of growing in America, if any men here is looking for a job, we are going to do interviews a little later, right, but we all agree that this visional quality okay is a real quality.

So in the sexual you have this powerful visional quality in which the actual vision of the person and it is a sexual vision, and it might be the throbbing phallus that might be a curve of a breast, it might be the ass opening, but there is a powerful sexual vision that lives strongly in the sexual. Now, the sexual models Eros and we asked the question: "I want to know what Love is". And actually, in some sense we have spend the entire week answering that question because love is eros. And each one of

the 11<sup>th</sup> qualities of Eros, Eros equals Love that we've talked about is actually a response to our prayer! So we've talked about what Love is. We've talked about the sexual, the erotic, we've talked about falling in Love. But there is an extra, one more step, a critical dimension in Love that we need to add to the conversation. Now I think it was Will who said at some point his week, that there is something very relieving when you realize that Love just doesn't exist between us. I said to you at the beginning of the week: the weakness in this song is that line which said: what's love? 'It's a feeling inside'. No, Love is a feeling inside but that Love that is a feeling inside, participates in the very sensual love that initiated the cosmos, right? That the evolutionary Love that animates the Eros of all of reality, right and that evolutionary love, what is evolution? **'Evolution is the gentle movement towards God by the gentle persuasion of Love'. Alfred North Whitehead.** The gentle movement towards spirit by the gentle persuasion of Love.

The evolution IS: Love in Action. That's what evolution is. **Evolution is LOVE IN ACTION.** And that love in Action, its qualities of Eros, we've spent this entire course, this entire journey unpacking and we want to engage and live in Eros and deploy this Eros to complete transform above and shift the way we engage the world. There is one quality that remains essential that we need to add. Because now let's talk specifically Love between people. Now all of the qualities that we've talked about in eros exist also between people. But there is one core quality that exists in inter-personal love that's absolutely wildly insanely essential and that is the following:

**We make three core mistakes about love.** Mistake **one**: love is a feeling inside. That's not true. That's not the essence of Love. There IS a feeling inside but that's not love at his core. So mistake 1 is "Love is an emotion". Mistake **two** is: we say that Love is a very particular emotion. Which emotion? Infatuation, falling in love. We say that level 1 of submission; we say "that's love". And when that's gone us convinced the whole thing just fell apart! But actually what we are doing is, we are about to move toward to 2<sup>nd</sup> station of Love. So our 2<sup>nd</sup> mistake is: identifying Love with a particular wrong emotion. Mistake **three** is: that we are convinced that that emotion happens to us. It has nothing to do with us. Cupid! God is Eros, boom, shot me, I was hit or I was blinded by Love. You know that phrase? Or when I was Love-struck. I was paralyzed by love. I fell Love sick, I fell in Love.... everyone following

me? In other words: all of language suggests that love is something that happens to me.

So, there are 3 huge mistakes that actually undermine our ability to be outrageous lovers. It's actually Love at its core, 1: Love is not an emotion. 2: the core of love is not the emotion of infatuation and 3: it's not something which happens to me.

**It's actually a capacity that I develop!** Here is the sentence and some of us have studied it before, stay with this. Let's make love twice, let's kind of step into this.....

**Love at its core is not an emotion, it's a perception! Love is a perception. To be a lover is to have eyes to see.**

Now remember, the God you don't believe in doesn't exist, so here is the sentence:

**To be a lover is to see with Gods eyes.** Love is a shift in perception. Love is a shift in perception. I move from the narrow perception of separate self, of ego self, negotiating struggling to get my needs met and I shift my perspective and when I shift my perspective and I move (from what the mystics call): my side to God's side.....I become a Lover.

So to BE a Lover is to SEE with Gods eyes.

Let's kind of hold that, that's so powerful and it changes EVERYTHING. Because it means is: Have you heard that phrase from William Blake: Love is blind? Everyone heard that? Love is blind? Love to its fault is always blind. It is not true! Infatuation, falling in love at level 1 is blind!

Love, is a perception you notice everything, you see completely, love opens your eyes. Love allows you to see the depth of the depth, the inside of the inside!

## **Part 2 - Quality 12: The Visual**

My favourite poet, an English poet of Emily Dickenson, and I am going to give it to you in English and I hope it translates and if not, someone help me, I give it to you slowly, it's 4 or 5 words: and Dickenson always writes....she is this fabulous women, complete Goddess women and she writes 5 or 6 or 7 or 8 words poems.

And the poem reads: 'not revelation is that waits but our unfurnished eyes'.  
Meaning: we are not waiting for revelation; we are waiting to unfurnish and to take away all the furniture, to take away all the things that are blocking our eyes. "Not revelation is that waits but our unfurnished eyes".

Now why does this matter? What matters is that it changes everything. You see if Love is level 1 love, an emotion and it's the emotion effectuation and it happens to you then your life is basically pre-determent disaster. If it's happening to you, it's an emotion which is energy in motion, which is always going to shift and you are always going to leave the level of submission and you are always going to hit separation! So you are engaged in a sadistic guess game with the universe that you can't win! If you actual realize that love is a perception, perception is an awakened capacity of enlightened consciousness that I can train!

A few days ago I mentioned this beautiful time I had 8 years ago with the Dalai Lama and I said I think you can see it on my website, you can see it on You Tube, someplace you can find the dialogues so you can actually check them if they are exactly true. The most exciting moment in the dialogue I shared the most exciting idea that in Kabbalah, love is a perception and he said: Beautiful! Beautiful! Beautiful! In that kind of wonderful way that he does. And the reason he was exited was because it changes the game! If Love is a perception and all of the sudden I realize that falling in Love is not what some friends of our say: It happens 3 or 4 times in your life. NO! Our love lists are too short! I can fall in love everyday again and again and again and falling in Love doesn't mean: I'm going to move in with you! It doesn't mean: We are going to have sex! It doesn't mean we are going to commit a shared life of collaboration. It means I allow my heart to be blown open because I could see you!

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by Dr Marc Gafni

Remember that movie Avatar? I see you! That's what love means. Love is the ability to see deeply and to realize that the other person is God.

When I love, I see the infinite specialness, the infinite gorgeousness of other and I realize that who that person is, is God having a Harry experience. God having a Kees experience. God having each person in the room....a Melissa experience, so when I see you, I see God! And that light is often too difficult to hold and the place where we really see it is in orgasm. Now orgasm is actually one of the derivations, one of the sources, orgasm is Or Mugzam it's a Hebrew word. Now I have to tell you that I wouldn't write a philological doctorate proving that, but it is a kind of association which is very strong. Or Mugzam means: Extreme Light. The light is so powerful that I can't hold it in ordinary consciousness. Orgasm (Hebrew) extreme light, that ordinary consciousness simply doesn't have the power to hold. This means that orgasm is a moment of revelation!

Not revelation is that waits but our unfurnished eyes.

And in orgasm, what happens is, our eyes unfurnished and we are able to see something and to understand something and to know something that otherwise we don't know.

Now the best way to know, the core principle of orgasm is not to actually watch someone have an orgasm, we are not going to see a clip of a series of 7 orgasm although I thought about it. But actually the better way to go is, curtains, we need a little dark, sexual action, let's hold the center, the silence of presence.... The best way to know an orgasm is to know if I was an actor and I was imitating an orgasm what elements would need to be there for to be authentic. So I think now is the time we should find out.

### **Movie: When Harry met Sally**

There where two key words in that sacred text. One word was YES and the other word was OH GOD! Now watch for a second. We know based on cross cultural anthropological studies that when a person has an orgasm they always, when they are deeply inside, they always say one or two things: sometimes YES but there two

*Transcription of the Teachings*



other things that are core. You either say OH GOD or the name of you lover. And just a little advice: don't get the name wrong....:) I'm just saying you know. So orgasm is Extreme Light and the great mystical traditions say that at the moment of evolutionary emergence the great Essential Light of Consciousness 99% was taken and hidden. And it is available only when I access and Love my Way to Enlightenment.

And where is it hidden? Orgasm is the extreme light of the original consciousness. Because orgasm is the Holy of Holies in the temple, the ark with two Cherub sexual intertwined and what do you cry out in orgasm: you cry out O GOD or the name of the other because at that moment, you've loved your way to enlightenment and love means: it doesn't matter if this is the only time we are ever together, if you step in and realize your body is a vehicle of loving and you enter fully, what you realize is, **O GOD and the name of your lover are the same name.** WOW...that's the Holy of Holies. That's the inside of the inside. That's the deepest, most wondrous most gorgeous secret that actually YOU ARE an infinitely special irreducible expression of the love-intelligence and love-beauty that initiated the cosmos itself and God is having a Mauk experience! And Mauk is a unique incarnation of divinity that never was, is or will be together!

So the name of the other and the name of God are the same name. Because actually the sexual models the erotic and to be an erotic lover is to see with God's eyes but it is modeled in the sexual. And when I cry out O GOD and the name of other, what I say is: I SEE YOU!

And then I have to be loyal to that vision. I've got to be loyal to that vision. Because to betray that vision is to desecrate the name of God. That's why we said, two days ago, that the second you enter into a sexual act you've made a commitment to Divinity.

There are no casual sexual acts. They don't exist and it takes us many years to learn this: there is no such thing as casual sex. That doesn't mean that it might not be ethical or inappropriate to sleep with someone once that you've met, but it is not casual. You see the difference? When I open up and when I'm vulnerable in that way as a man and a man, as a woman and a woman, as a man and a woman I'm saying: I

am giving you the gift of my vulnerability and I am giving you the gift of holding my divinity.

And there is an absolute commitment to loyalty and we think loyalty means we are together forever till death do us part. And sometime that's what it does mean and often that's what it should mean. And sometime it's not what it means and sometimes it is not what it should mean but the sexual models Eros and to be a lover is to see with Gods eyes.

Now what do I see when I see with God's eyes? I see your Unique Self. Love is a Unique Self perception. Love means: I see your infinite specialness. I see your infinite gorgeousness. I see that there are outrageous acts of love that you can commit, that no one else in the world can commit but you. I see that you are Gods verb, I see that you are Love IN Action, I see and I bow and I kiss the ground in devotion before the outrageous acts of love that are yours to commit, and my friends, we've lost the idea of devotion.

Devotion means I am devoted to you. I'm devoted to you. I worship you, not in the sense to give up my freedom. I worship you in a sense of being engaged in witnessing the miracle of who you are.

**You know what the word 'miracle' means? To behold with rapt attention.**

Did this ever happen to you, when someone says to you "Hey, did you hear that Candice got engaged to Tom?" and you kind of look at each other and say: Really?? Candice got engaged to Tom? How can that be? That's so strange, right? And then you realize something really deep. You realize something deep, you realize love incarnates in a 1000 ways, it's a cocoon and a cocoon looks as if it is about to destroy itself and then imaginal-cells, cells of imagination emerge and all of the sudden the person is transformed and a butterfly floods through the room (Which is happening right now).

To be a Lover, to be an outrageous lover is to make a commitment to have eyes to see. And what do you see? You see that that person has outrageous acts of love to commit that no one else in the world could commit but them.

### **Part 3: How to participate**

But just follow this now 3 steps.

#### **Step 1:**

Have you ever heard the phrase Love God? That phrase always bothered me. What does it mean to love God? I mean, just between us, how many people woke up this morning and said: Men I AM IN LOVE WITH GOD? 1! Okay! One is a number, it's not a lot. Now, why? The reason is: God is not obviously lovable. After all at the one hand: God manifested all this reality right in several billion years and holds us in every second and molecule biological we've talked about so we are madly in love with God. But then we get confused because there are also this 100 million people who got killed and that's get real complicated right?

So what does it mean to love God? To love God means 2 things: 1: to have a direct realization as Rumi did that I'm always in the arms of the beloved. As I said to you earlier this week, I will make a couple of clips like that, Sven. Just study molecule biology for one day. I really invite everyone in the room get a book of molecule biology and learn what's going on your body right now in this very second. It will blow you out of the water. And you realize that you are held every second. But let's go in deeper.

What is it mean to love God? To love God is to let God see through your eyes. To love God is to let God see through your eyes because you are holding a perspective, you are holding a unique inside your holding a unique understanding that no one else that ever was, is, or will be can hold but you and that irreducible unique perspective is a irreducible expression of the love inside, love intelligence and love beauty that lives in all that is. So if you don't clean your doors of perception what you are doing is, is try to blend in, you are blinding God. Because the only way God can see in that perspective the only way divine spirit can see into that corner of unlove is through your eyes. So actually to love god is to let God see through your eyes. And that's what we mean when we say, God needs your service. Spirit needs your service. Reality needs your service, that's powerful. It means that there is an outrageous act of love that you are chosen to commit. That can only be committed by you. You are the only person in the world, friends, if we forget everything we said

the whole week, let's just be together now. There is an outrageous act of love, you are the only person on the world that ever was, is or will be that can commit and if you don't awaken as an outrageous lover we will penetrate the world and fuck it open with our outrageous acts of love there will be a corner of the world that is unlove, that is unlove that can never be touched and you are the only being that ever was, is or will be that can do that.

Now, why don't we do it? We don't do it, my friends because we get stuck in our own pain. In the woods, we get stuck in our own pain. We get stuck in our own story, we get stuck in our own depression, and we get stuck in all those 95% of the things that we spent worrying about all the time. And we are trying to work out our own individual love game, now should we? Of course we should do the work, but you know what, if you begin to step up and play a larger game your wounds matter less.

You get that sentence? When you begin to step up and play a larger game your wounds matter less! Because as long as you are using your wounds to create your identity, you can never be an outrageous lover. You've got to move, I got to move, we have to move from victim to player and I got to leave it behind and it is only when I leave it behind and I get out of the way, when I'm in the woods, I'm in the darkness, I'm in the forest and there is a shot that needs to be shot that seems impossible and everyone has given it up and I say: you know what, I'm going to out my burden down. I'm going to put it down. I let it go, that might mean that I'm get on good farmacallity, get a good anti-depressive because those work well. It might mean I get off my anti-depressive, it might mean, I'm actually do a ritual and close the story of my wounds. And I come back to it occasionally but that's not my identity. That's not where I spent 95% of my time thinking about. My persecution or my crucifixion and my friend, I know about outrageous pain, I've been crucified and I've been persecuted, big deal! Let go, put it down, and awaken together, all of us and an outrageous lover because an outrageous lover is the outrageous act of love that you have to commit for a strange attractor that pulls you out of the mud. In a way that nothing else ever can.

You remember Bagger Vance? Remember that 1<sup>st</sup> scene we saw? Days, back when the caddy Baggar Vance says: see the field, true self then, get out of the way. And then there is stroke, then there is a swing which is going to choose you, so we are

now a little bit later in the tournament and Baggar Vance is done much better, Matt Damian has done much better, but then he gets stuck, he can't find his outrageous act of love. He is lost in the woods, he is lost in the pain and here he is.....

**Movie: Baggar Vance**

He is in the woods in the middle of the tournament and he hit a bad ball and he is lost in the woods and now he's got to hit it out, which is just impossible. He is remembering the war.....

Hold the silence of presence.

There is not one person listening anywhere in the world at this moment who cannot hit that ball out of the dark forest into the light. And there is not one person in this room who hasn't experienced outrageous pain and there is not one person in this room who is not carrying a burden. And there is not person in this room who is not wounded. And there is not one person in this room who is not in some way traumatized. There is not one person in this room who doesn't experience genuine loneliness at real times and there is not one person in this room that doesn't have a (HEBREW) 2.30.30 of unfulfilled dreams, friends we live in a world of outrageous pain. But it is time to stop making the outrageous pain the excuse for not awakening as outrageous lovers. I know you have outrageous pain, do you think I don't honour that? You think I don't respect that? I have outrageous pain, you think I don't know you honour that and respect that? You don't think we could bow at the wounds of every single person in this room? But that's not who we are! There is a moment that you've just got to decide "I'm going to put the burden down".

There was a monk, he had spend 27 years practicing in Tibet and he was unable to achieve enlightenment, so he finally asks the head of his order for permission to leave. He was at the oldest time of his live to go on a solitary quest up the mountain, perhaps he could there find enlightenment. And as he is walking up mountain he meets another old man walking down whose face was radiant, (Hebrew Menjusheria) and Menjusheria is that great bodhisattva in Buddhism who helps you into that last place of enlightenment. And his face was so kind and he was so radiant that the old tired monk said: listen, I've just been looking for enlightenment my whole life and I just, I can't find it so I'm on my quest". And Menjusheria was carrying a big

burden of sticks and he lets all the sticks fall and as the sticks hit the floor the first monk is enlightenment. Satory, full awakening.

It's about deciding to drop the burden that we've been carrying around and you know why I have been carrying it around? Because I get a very big payoff for carrying around, I get a lot of it, my wound give me a lot, they give me identity, they give me where to focus, they give me so many hidden pay offs. And the only way to let my wounds go is to wake up erotically and erotically engage all of life, so I don't need my wound as the source of my eros.

So here we go, we are just about to write our letter.

What is the experience of unique self enlightenment? What is the actual experience? What is it feel like? So here is an image and I want to introduce a word into the space. And it is a hard word and you are not going to like this words but at the end of this course, so hey.....but I want you to hear the word: the word is OBLIGATION. I want you to get the word: obligation. Obligations doesn't mean option, it doesn't mean, maybe yes, maybe no, it doesn't mean: it's my life I can do whatever I want with it. That's about the biggest mistake you can make in the world. It's not your life, your life means: you are a separate self. Ow, we are in a boat, we are all there, let me just drill a hole under my part of the boat, it's my part of the boat, don't bother me, I'm okay...Nooo. When life just means my life, then I de-eroticise all of existence. My life true self is part of the seamless coat of the universe of which I am a unique and gorgeous expression and the original Hebrew, think Sanskrit, think Hebrew and the original Hebrew the word OBLIGATION and the word LOVE are the same word! We mentioned it earlier this week. So an obligation doesn't mean the state, the teacher, culture, and my parents. Obligations means the love intelligent pouring through me that calls me to the fullest of my life.

So here is an image of the experienced of enlightenment of unique self consciousness and here it is:

*You are on an island, you're on a island with me. You are on an island, okay? Your ship wrecked. The only two people survived the shipwreck were you and mother Theresa. You happen to be on the boat together. Now, mother Theresa was a great woman however if you read her 3 biographies, pickaboe, right, she was a very, very complex*

woman, not an easy person to spent a day with, you do not suggesting a worldwide movement based on a radiance sweetness of holding a child. You create a worldwide movement because you are a kick ass, brilliant bitch who loves God, and who moves the world. And that was who she was. And she writes tragically that for 50 years she never had a direct experience of spirit. That's what she writes in her letters. She never felt god in meditation, never felt God in prayer but she was utterly committed to her mission of liberation and she was the most difficult person in the world and I am very sad to report to you, that you are shipwrecked on an island with mother Theresa and you will never get off that island. That's our situation; you are never going to get off and never going to be liberated. I've been there for 10 years. She is driving you out of your mind. To say that she is driving you out of your mind doesn't actually capture it. If she says one more word, you are going to take a knife and you go ohhhh, right, you go up that way and then up that way and she's quite right. Now it happens that from the shipwreck, remember the shipwreck, it happens that you happened to have some scuba diving equipment that happened to survive the shipwreck. So 10 years in , you don't want to hear her talking anymore so you decide you go together scuba diving, make sense, now there are these coral reefs, you know what a coral reef is? Outside the island and as you are scuba diving she gets caught and she sadly breaks both of her arms. Now you happened to be a doctor, so you know you should slap her out, pull her out and you are compassionate and you set both of her arms, in castes so both of her arm are straight out and she can't eat! Mmmmm. She can't eat.....mmmm.....so me and her, we are on the island, I've set her hands in castes, it's a big island I can walk to the other side.....Do I or don't I have, not a good deed, not an option, not something I choose to do for my own autonomy.....do I am an obligation or not to feed mother Theresa?

How many people think I have an obligation? I agree, why? Because, number 1: stay with me, it took me latterly 15 years to formulate this clearly, okay and it actually changes everything. Number 1: there is a need! Number 2: it is a legitimate need, it's a real need. Number 3: I recognize the need. Number 4: I have the capacity and ability to meet that need and number 5: I am the only person in the entire world who can meet that need.

That's what creates obligation, the awakened enlightenment of the outrageous lover is the realization that that is the nature of my reality and that is the nature of my life.

I live in a world and there is a need, and there are legitimate needs, and I recognize that need and I have the capacity to meet the need and there is a corner of the world which is unloved, there is a need that I am the only person there ever was, is and will be that within awakened outrageous acts of Love can shine light and that corner of the world that's unloved. Wow! That's what it means to be an evolutionary lover. That's what outrageous love means. We live in a world of outrageous pain; the only response to outrageous pain is outrageous love.

So now we are going to write our last outrageous love letter, but with a different set of principles and then Leon is going to lead us into the finishing practice, okay? Just track with me and people who are going to get their children, you guys are awesome everyday and thank you, love you, love you , love you.

Okay so here we go: there are 2 ways to write an outrageous love letter. One way and Pauline you are backing me up so we have a couple of microphones okay? One way is: I write an outrageous love letter to someone who is close to me, we've done that right? Second way is: I write an outrageous love letter to someone who is neutral in my life. 3th way is: I write an outrageous love letter to someone I've been with, we've separated and we've hurt each other. The 4th way is: I write an outrageous love letter to someone who is almost my enemy. And here is the 5th way. The 5th way to write an outrageous love letter is: I find an outrageous act of love that I have committed in my life, you are with me? I find some point in my life, it might have been public, and it might have been private and outrageous act of love that I committed. And actually write in 3 lines what I did or what I identify the situation why I would have wanted to commit an outrageous act of love, and I write the story the way I would have wanted it to happen and then I end and say: and when this happens again because it will happen again, if you didn't do it once it will recreated itself, when it happens again: I will commit this outrageous act of love. So let me say it one more time. The way we write this outrageous love letter it: I tell the story, 3 lines, as briefly as possible as an outrageous act of love that I committed. Now the part of you that feels humble that's your ego. That's your separate self, that's the part what says: it's you, you own it, the part of you that is an awakened outrageous lover evolutionary unique self, and we share the story because that story is going to inspire 10.000 outrageous act of love in the world. But just imaging just a second, I give you one image.



I got an letter 7 months ago, we started this practice intensely a year ago, from someone who adopted a child because someone in our community shared on her website their outrageous act of love, somebody who read it, it moved them, they adopted a child and now 1 child's life has been completely totally utterly changed because somebody step forward and said: I'm audacious, I'm going to share my outrageous act of love.

So I am asking you, reality is asking: let's participate together at the end of this course, at the end of this journey that we've taken together and commit outrageous acts of love. The first way to do it is: find, you could have been 17; it could have been yesterday, find a outrageous act of love that you did and tell us the story. If you can't find one, you are not looking hard enough. But if you can't find it because you don't want to do the looking now, find a moment in which you would wanted it to respond differently and to commit an outrageous act of love and tell the story that way and then just at the bottom write: if this happens again I commit to do it that way.

Instructions clear? Everyone is good? So we are going to start a chant and chant today is: falling in love, right, today is giving big gifts, today is giving a great gift of an outrageous act of love so: SHAM ETAYN AT DODAY LACH .But the intention changes again and now the intention is: now, in day 7, I am willing and I'm ready to stand and commit to be a radical giver, to seeing with Gods eyes to giving outrageous acts of love that's only mine to give. So we are going to start the chant in a second before we start I just want to ask us all, with your permission, jus to bow to the spirit in the centre of the room to say goodbye.....