

Working With Your Partner

Points to Remember

1. Find a time that works for both of you. You should have at least an hour together, or even 90 minutes. You're there to have satsang, so it is not necessary to spend much time in "social" conversation. Introduce yourselves, tell each other where you live, what your practice background is, perhaps what you are currently doing for a living, if that feels relevant. Other personal information may naturally come out in your conversation.
2. Don't feel that you have to work with every one of the suggested questions and quotes. Instead, choose some questions that feel juicy for you, and use them as a spur to your shared exploration. These sessions are not so much about covering material, as about giving yourselves a chance to explore some of the profound issues and insights that come up when you actively work with non-harming and compassion.
3. Remember to listen to each other! One of the most beautiful ways to be in a conversation like this is to have the thought that the other person is the voice of divine insight, saying exactly what you need to hear at this moment.
4. Make an agreement with each other that:
 - a. You will not share with anyone else what your partner has shared with you, unless your partner gives permission.
 - b. You will listen deeply to each other, without interrupting, when the other person is speaking.
5. Begin the session sitting with the breath meditation. Close the session by meditating together with the spaciousness breath.

The Process

Have the sheets with the exercises with you. Take a few minutes at the beginning to decide how much time you want to spend on each topic. You want to stay focused on the topics, and not let the conversation turn into simple schmoozing. At the same time, don't worry if you can't cover everything on the list this week. It's more important to discuss in depth than to cover every base.

Be alert to the energy in the discussion. If the energy drops in a topic, move on to the next.

During the first few minutes, take some time to share with each other what you have noticed as you meditate, as you do your walking around practice. Share any insights that are arising that feel relevant.

Spend some time discussing your understanding and insights about the homework. What came up as you listened in class, or read through the handout? Which parts of it did you recognize, and which seemed particularly relevant to your life or the lives of people you know?

Work together with the suggested partner exercises, which you'll be sent each week, after class.

Then, discuss what came up for you when you did the suggested contemplations.

You might want to email each other over the course of the week, with insights or experiences that seem worth sharing.