

Invitation to...

# *Awakening Circles*

and

## The Awakening *Training Circle*

A monthly three-hour *sangha*-Circle for all Nondual consciousness, conscious living and loving practitioners (Buddhist sangha or otherwise -- spiritual psychotherapists, students of Eckhart Tolle, yoginis, yoga teachers, Hindus, Sufis, Kabbalists, etc.) who know they would be helpfully challenged and nourished by practicing and embodying the Nondual Dharma (Atman/The Great Transparency/no-self/The Self *Behind* the self) interactively, *relationally*, in conscious relationship and present-centered communication.

In this sangha sharing and celebration Circle of *waking up together* and being awake together, we learn and practice a kind of interactive Vipassana that is body-centered yet includes the verbal, cultivating the Inner Witness and learning the "Yoga of Emotion". The result, with practice, is a sacred, safe, playful space of clarity in which the ground of joy, freedom, and communion is uncovered -- an ultimately ecstatic venture that brings the mindfulness/awareness and open center/Undefended Self you realize in meditation into your *relationships* and *actualizes* it in the shared space *between us*: between 'self' and 'other', in Nondual *relationship*. This is something Buddhist, Hindu, Sufi, etc., practitioners and many longtime meditators have not necessarily learned to do.

The Awakening Circle has two rings, or levels...

### I. The Awakening Training Circle:

The Awakening Training Circle is for those who are committed to *learning* the skills (*meditation-in-emotional-action*, no-blame transparency, conscious relationship and upayic communication from the open, Undefended Self) that will

equip you to then come into the Awakening Circle itself and successfully embody the loving, liberating but at first challenging conscious relationship agreements to which the Circle is committed and dedicated -- and the joy and freedom and communion embodying them brings.

## II. The Awakening Circle *itself* (and Circles *themselves*, as our sangha-Circles expand):

For those who are ready for and upaya-capable of (skillful and experienced in) no-blame transparency, *meditation-in-emotional-action*, sharing from the Undefended Self, and honoring and embodying the conscious relationship agreements to which the Circle is committed and dedicated. (See agreements below.)

*The Awakening Training Circle* is led/facilitated and taught by Marcus Eliyahu Mann, longtime teacher of the Nondual and of (in Hindu/yogic terms) integrating the jnana and bhakti paths, through conscious relationship. A therapist and life coach for both relationships and personal evolution, and an author on these and related subjects, in his private practice Marcus helps people catalyze & create the relationship they want with *another* through catalyzing and creating the relationship they want with *themselves*. He founded the Awakening Circle and has been co-facilitating it since 2004.

There is a fee of \$40 per person for each Awakening Training Circle meeting. The Training Circle is kept very small, for enriched and accelerated mastery of key principles and skills; and one moves *on* from the Training Circle to...

*The Awakening Circle itself* -- which operates differently. It is free of charge and all in it are equal leaders. Each Awakening Circle is kept small. (There is no limit to the number of Awakening Circles that can grow, like spider plants, out of the first one.) The Awakening Circles' purpose is to render the surface self transparent to its underlying divinity, and to be able to come *from* that Undefended Self and thereby to embody, serve and further humanity's evolution and the humanity-saving Bodhisattva ideal, and catalyze a planetary Nondual Awakening Movement so that we Recognize each 'other' and transform the unnecessary suffering and conflict in the world. (See "Purpose", below.)

## The Awakening Circle's Conscious Agreements and Commitments:

As conscious equals who see beyond the illusion of the dual...  
(and who work with and *through* -- that is, consciously use, with skillful means -- the vehicle of the 'separate self' for the above purpose)...

1. Our 'default setting' and intention is transparency and openness:  
revealing, not concealing; coming from the Undefended Self.
2. We each claim/take self-responsibility for being the source of our feelings;

for our own 'safety'/feeling emotionally safe; and for being transparent and open:  
for *sourcing* safety and transparency and openness in ourselves.

We see and see beyond -- own and release, in our self -- any and all victim-blame dramas.  
This means that each of us recognizes and owns that s/he is the source of his/her feelings  
and reactions and emotional experience: that the source of the feeling of safety or its  
absence is inside myself, and that the feeling of safety or its absence and one's feeling  
afraid, angry, etc., doesn't come from and cannot come from the other/outside myself.

(We will respectfully ask any one of us -- whether another or our self -- who seems to be  
closed or "opting out" to check in with oneself as to whether it is so and, if so,  
whether it's from a true and intuitive knowing OR from fear; and if it is the latter, we  
will support that person in moving through the fear and into clarity and loving  
him/herself and centeredness, and embodying his/her [the above] commitment.)

3. We practice no-blame communication, and the art of turning complaints into requests  
and/or invitations.
4. We don't say anything outside of The Circle -- either to another member of the Circle or to  
anyone *else* -- about anyone else in the group that we wouldn't say in the Circle to the  
person him/herself -- thereby 'marrying' confidentiality, openness, and integrity.
5. We give ourselves substantial sacred-experiential essence-time (embodied and collective  
spirit/'ritual' space) in each of our meetings -- fostering and dwelling in *presence* (the  
transpersonal, sacred-play, celebratory, co-creative Witness space -- as distinct from our  
*talking-about*/processing/verbally-mentally centered space).

## The Awakening Circle's Purpose and Mission Statement:

To playfully and lovingly help our self, each other, and all sentient beings to see  
transparently *through/beyond* ego and fear and wake up fully to and *as* the Infinite  
Creative Self of the Universe

(and thereby -- through this awakesness to Nondual relationship, through this  
Nondual, "I AM That" awareness and growing consciousness -- seed the evolution of,  
and help heal and transform the unnecessary suffering and conflict in, the world).

**To register, contact Marcus EliYahu Mann – 215-438-9839**