

CADH10 April 4-5, 2020

Weekend Title: **Loving Light in Current Times**

#1 Karen: Session title: **Paradise Lost**

Introduction to Loving Light and how its perceived, lost etc.

Monolog: Explore where you are currently with all that is happening in the world these days and how this relates to an inner trust that things will ultimately be OK. Explore your fear and anxiety and also your sense of trust or lack of trust which can be an opening to it.

#2 Karen: Session title: **Conditions for Safety**

How we look for external conditions (barriers) to supply us with a loving trust

Exercise - Cyclonic: 20 minutes clockwise – statement about a way you try to be safe, inside or outside.

20 minutes Counter clockwise – statement of a way you experience the limits of your trust in your inner resources. Not trusting that things will come forward in the right, good way.

#3 Hameed: Session title: **The Teaching As Holding (Basic Trust)**

Use of the teachings as holding and basic trust

Exercise: Monolog - As part of the Big Group and teachings explore how you feel the teaching is useful for you in this time? Do you feel and experience the holding of the (teaching, teachers, the school, DH10 group) or not? What else do you feel you need from the teaching that will give you support, guidance, holding?

#4 Karen: Session title: **Environment of Inner Sanctuary**

How our inner nature is a sanctuary of loving light and Basic Trust

Exercise: 3 Repeating Questions

Tell me a way you feel held by the group field? (do you feel this or not)

Tell me a way you trust your inner nature?

Looping: Tell me a way you experience Loving Light?