



Author: Teacher. (R)evolutionary.

Terry Patten

The Core Form—The 2-Minute 3-D Workout



Notice the Mystery
(How everything is,
but nobody knows what it really is)
Feel the Mystery
Breathe the Mystery
Be the Mystery



Notice the Gift [bowing head slightly]
And the Giver
And give thanks. (Thank you.)



I release to infinity.



I breathe in to the fullness of life



I breathe out and return to light



Completing the circle



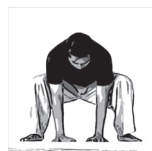
I am free



and full



Infinite Freedom and Fullness
Appear as this precious human body



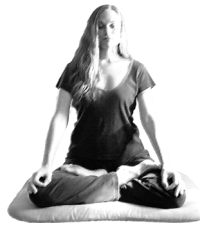
Touching the Earth
I say "Yes" to all my relations
The whole human and non-human
family



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Prayer, Communion, and/or Sitting Meditation Practice



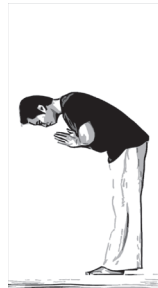
The Core Form—The Integral Dedication



The Integral Dedication



May my consciousness



And my behavior



Be of service to all beings



And all patterns of being



Liberating all
Into the heart of the Mystery
Of this and every moment



[Hands on heart, bowing head slightly
to complete]

When I do this practice, I often meditate after "Touching the Earth, I say "Yes" to all my relations, The whole human and non-human family" and when I finish sitting, I do the Integral Dedication, which flows beautifully into the rest of the day.