

CHAPTER TEN

LOVING LOSS

EPIC™





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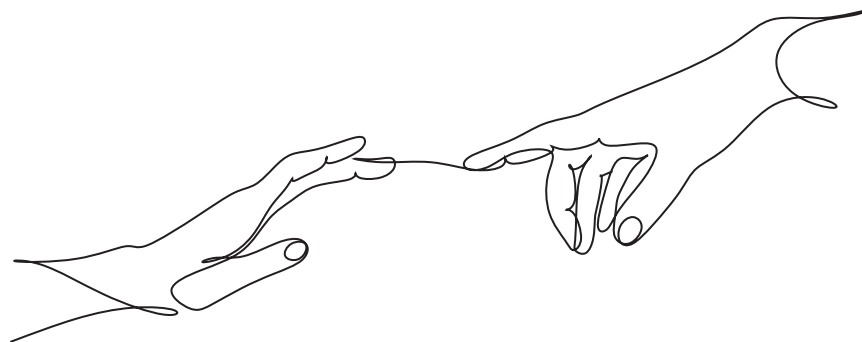


Use this playsheet to follow along, fill out and take notes during our Love Stories Revisited; Chapter 10: **Loving Loss EPIC**

Loving Loss Objective:

This EPIC journey invites you to engage with your deepest presence, moving past any complacency in your relationship, and daringly explore the boundaries of your desires. It's a chance for both of you to courageously connect in new, profound ways.

Additionally, this experience is a tribute to the distinctiveness of your bodies, honoring the paths they have traversed to bring you to the present. Acknowledge the significant role your bodies have played in every shared experience. Embrace a sense of gratitude for all that your bodies have contributed to your lives, while also gently bidding farewell to the things they may no longer be capable of.



CELEBRATING THE LOVE

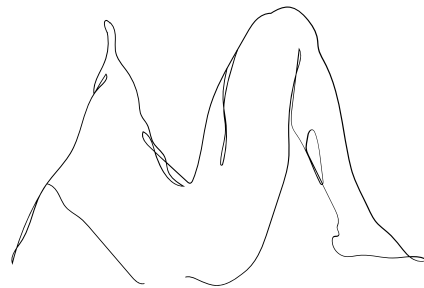
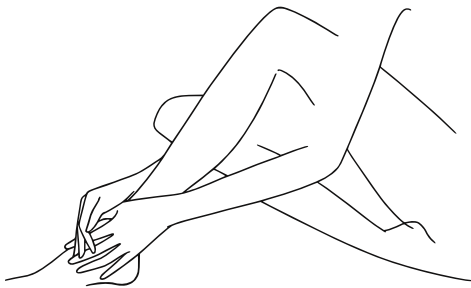
Today, we are going on a loving loss journey from the perspective of a “Eulogy” of the body.

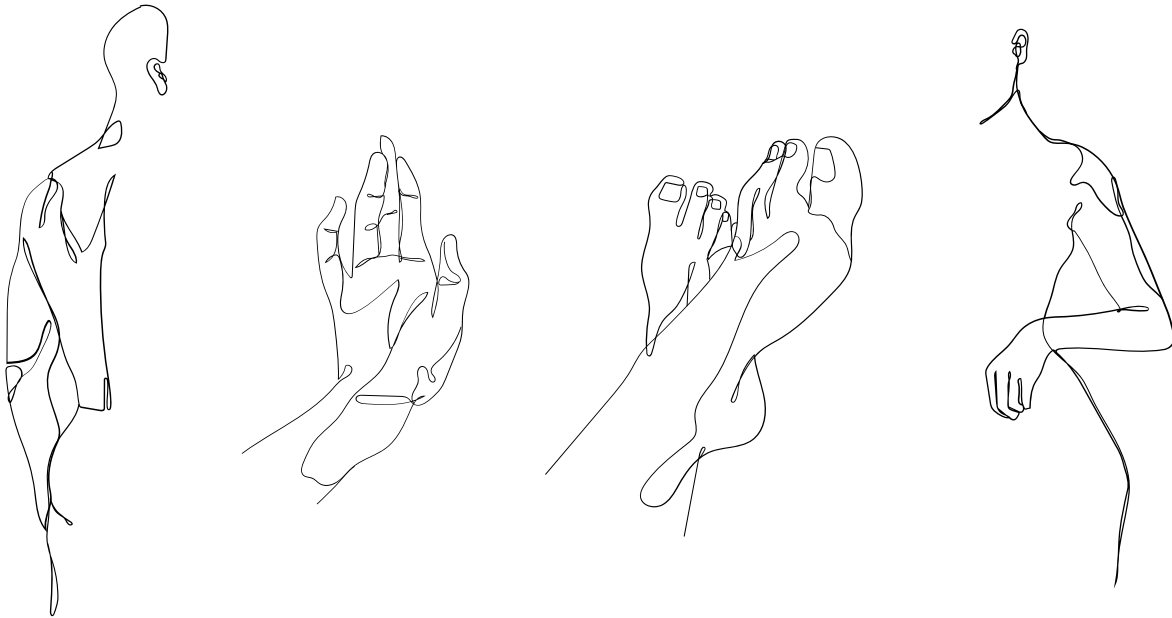
The concept of a eulogy dedicated to remembering your partner's physical body in which to serve as a unique approach to honoring each other and the memories you share- that would be deeply missed if they were no longer here.

In this context, the body eulogy we are guiding you through today will give you an opportunity to:

- Celebrate the Body's Uniqueness - yours and your beloveds
- Recognize the Body's Role in Your Shared Experiences
- Honor the Journey of the Body
- Connect Physicality with Emotion and Spirit
- Offer Gratitude and Farewell to things your bodies have done and may no longer do.

Celebrate the Body's Uniqueness: Acknowledge the distinct characteristics of the loved one's physical form – their gestures, expressions, and the warmth they brought into physical spaces. This can include appreciating their smile, the way they moved, or the comfort found in their embrace.





Recognize the Body's Role in Shared Experiences: Recall how their physical presence contributed to cherished memories. This could involve reminiscing about activities shared, the sensation of their touch, or the way their presence felt in different situations.

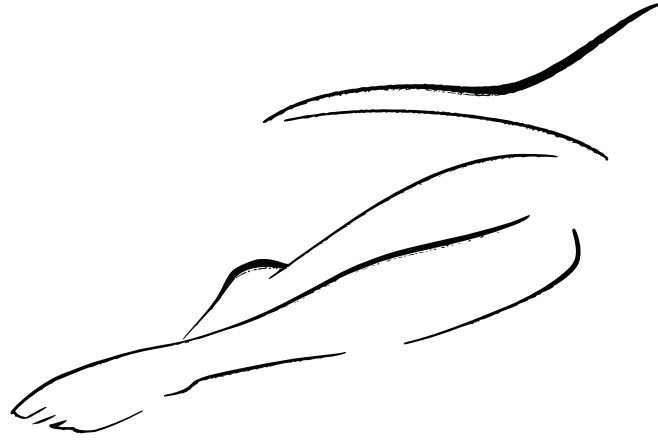
Honor the Journey of the Body: Reflect on the body's journey through life, acknowledging how it changed and adapted over time. This includes recognizing the strength and resilience it showed during times of health challenges or the grace it exhibited in moments of physical expression.

Connect Physicality with Emotion and Spirit: Explore how the physical body was an expression of the person's spirit and emotions. This could involve discussing how their body language communicates feelings and thoughts, or how their physical interactions were extensions of their love and care.

Offer Gratitude and Farewell: Express gratitude for the physical interactions and experiences shared, and provide a heartfelt farewell to the physical aspects of the person, acknowledging its importance in your lives together.

HONORING YOUR JOURNEY

Meditation: A Eulogy for the Body: Honoring Your Physical Journey



Connecting with the Past Self's Body

Reflect on the physical attributes of your younger self you thought about during the meditation. How did these features contribute to your sense of identity and self-esteem at that time?

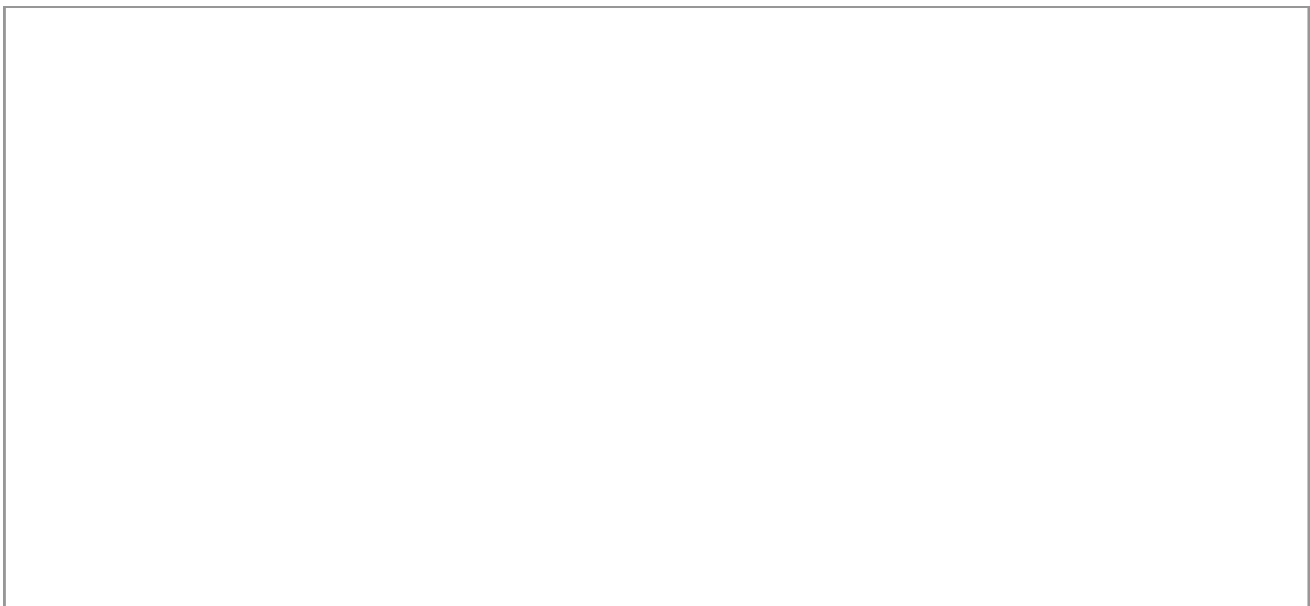
Appreciating the Past Self's Body

What were some of the more physical traits of your past self that you honored during the meditation? What would you thank these traits for, and how did they enrich your life experiences?



Transitioning to the Present & Acknowledging Changes

What are the most significant physical changes you've noticed in your body over time? How do you feel about these changes now, after reflecting on them during the meditation?



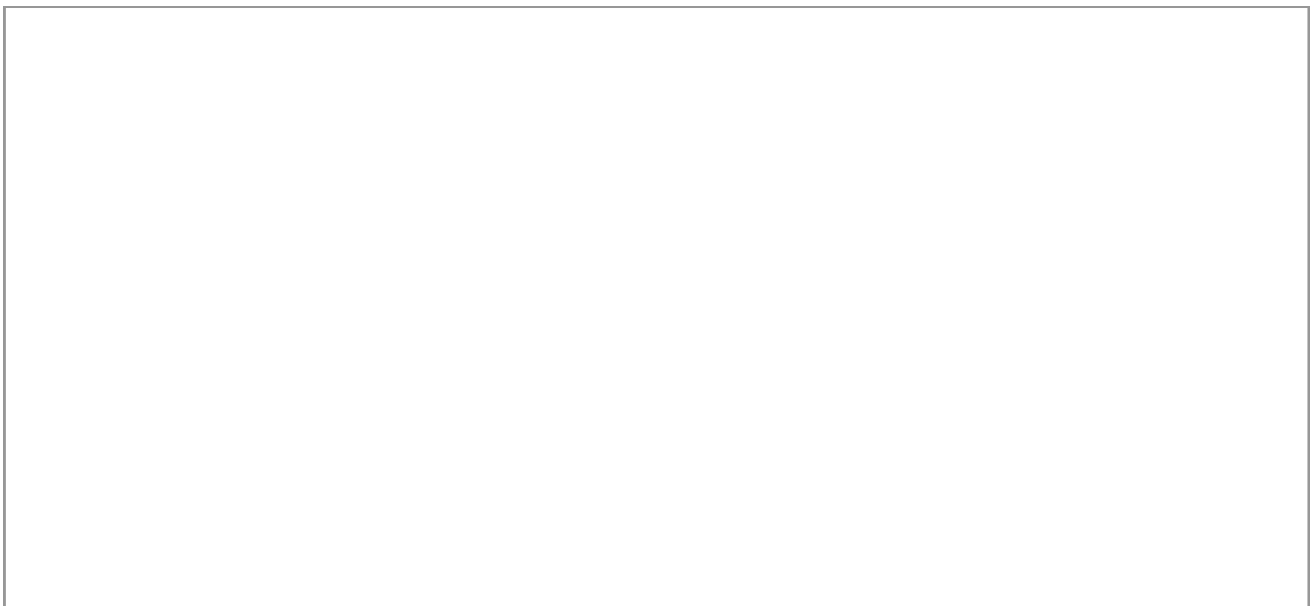
Embracing the Present Self's Body

In what ways can you celebrate and show appreciation for your body as it is today? Are there specific attributes or aspects of your current physical form that you feel particularly grateful for?



Integrating Past and Present

How has your perception of your body's journey from past to present shifted after this meditation? What new insights or feelings have emerged about your physical self at different stages of your life?



UNIVERSAL PROCESS

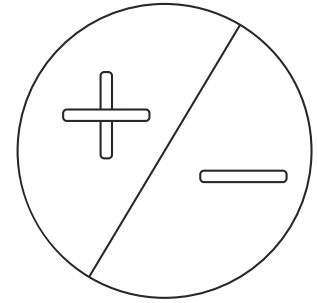
Polarity Integration Work

Universal Process

Take the time to settle into a quiet space. Feel your body here and now, sit upright but comfortable.

Choose 2 polarities

Focus on the first polarity at a time and feel it fully, magnifying it and making it as strong and real as you can. Then speak aloud just a few words about what you experience. Let it go.



Then focus on the second polarity, and again feel it fully making it as strong and real as you can and speak a few words about what you experience.

Repeat this back and forth and blend 3 times

Then take an inhale and feel both polarities at the same time.

On the exhale, say a few words about what is happening.

Repeat this process 3+ times until both polarities meld, join, come together, dissolve etc.

What word arises for you when the 2 polarities become one?

The thought, image, emotion, body sensation or...

Expansion

Do the six-direction expansion procedure and insert your word. Take the time to do each direction individually and really feel that sensation moving out from you.

Feel_____and imagine that feeling of yourself is spreading like a wave in front of you infinitely.

Feel_____and imagine that feeling of yourself is spreading like a wave behind you infinitely.

Feel_____and imagine that feeling of yourself spreading like a wave to your left into infinity.

Feel _____ is spreading like a wave to your right far, far away.

Feel_____is spreading like a wave upwards, above you, far, far away.

Feel_____is spreading below you, into the depth.

And now, feel_____is spreading in all directions simultaneously – in front and behind you, to your left and right, above and below you.

Allow that_____to flow out, emanate in all directions, let it cascade out of you, spread it infinitely up, down, to the left, to the right, in front of you and behind you

Remain in that state for 10-30 seconds and then ask:

“How do you feel now?” and / or “What are you more conscious of now?”

Thank you to Satyen Rajan creator of Accelerated Evolution for sharing this process with us.

UNIVERSAL PROCESS NOTES

How do you feel now?

What are you more conscious of now?

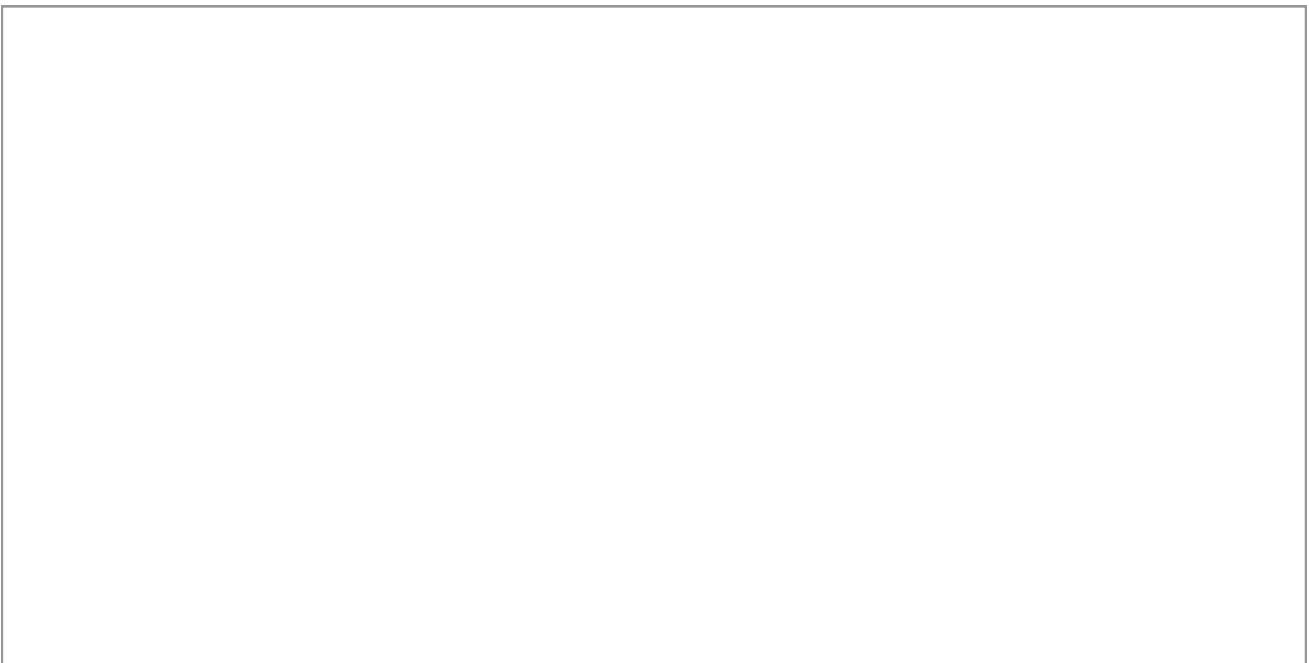


HOW WILL YOU BE DIFFERENT?

If this was your final moments together what would you want to say to one another?



If this was your final moments together how would you want to remember each other?

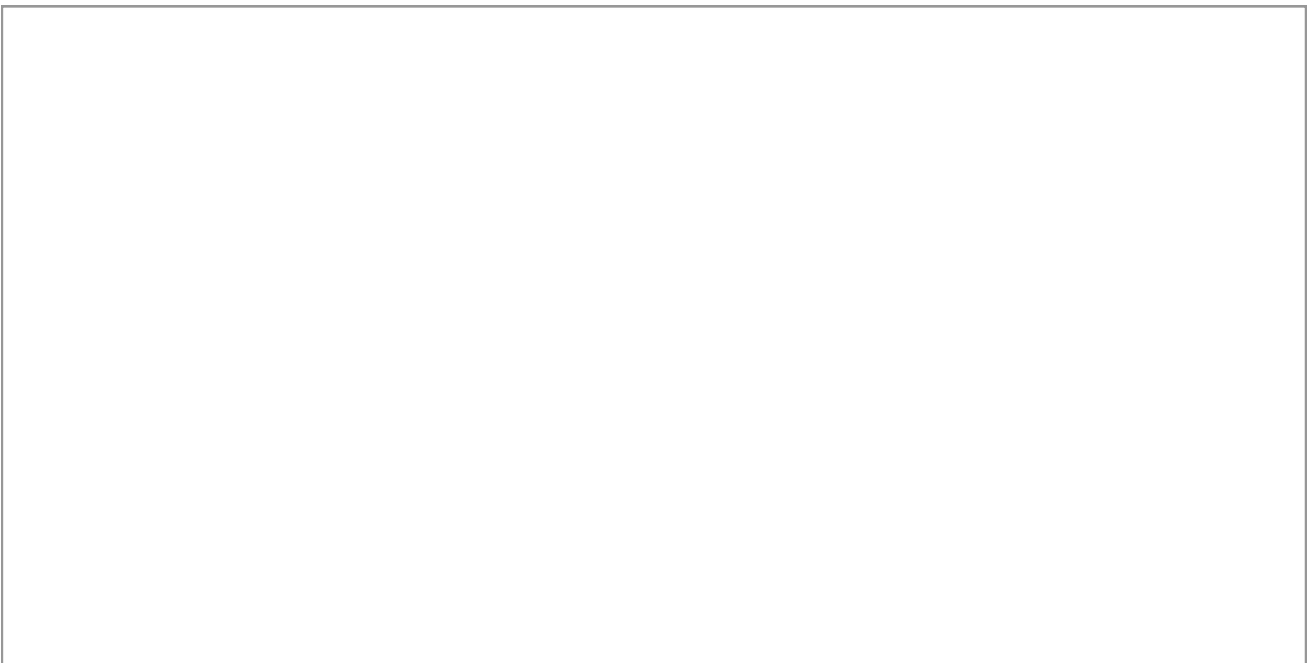


HOW WILL YOU BE DIFFERENT?

If this was your final moments together how would you spend the rest of the day?



If this was your final moments together what might you want to do, say or experience that you have been afraid to ask for or explore?



PRINCIPLES IN PRACTICE:

HOMEPLAY



Answer these questions later with your partner and/or your Couples Council

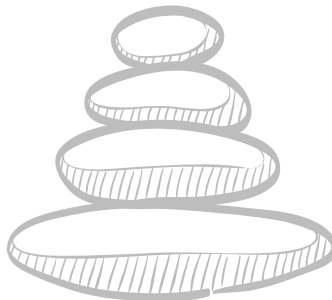
PRESENT AWARENESS

We hold presence as the starting place from which to love and live. We recognize that being present is a prerequisite for seeing and meeting our beloveds. Because life is ever-evolving, we release the past and what the future may hold as we enter this moment, rediscovering what's new with ourselves, our partner and the world. With present awareness, healing of separation and ultimate communion are possible.

In Eden, we value the flow and possibility that lies within each moment as we believe this reveals our true “current-see.” Each moment is its own experience with emerging miracles held within it.


In other words:

Be here now.



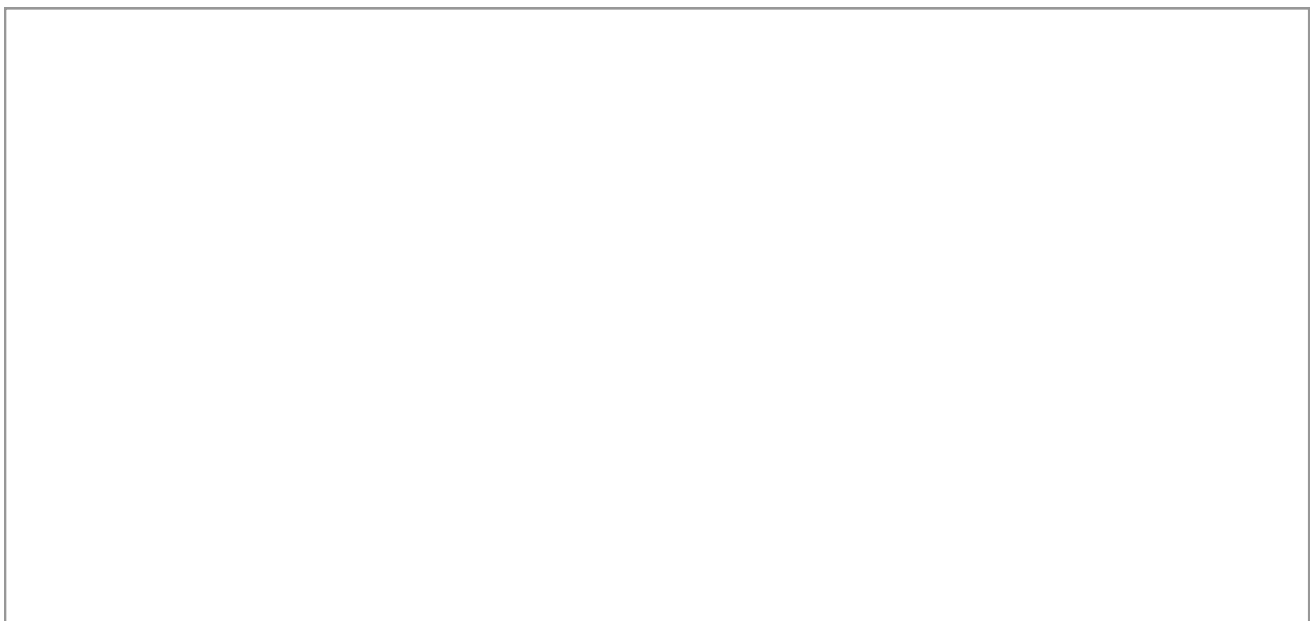
Exploring Presence in the Context of Body Eulogy

Reflect on how being present with your body, in its current state, changes your feelings towards it. How does this presence help you appreciate the journey your body has been through and the 'current-see' it holds?



Releasing Past and Future Perceptions

Consider any past perceptions or future expectations you have about your body. How can you release these to more fully embrace and honor your body in its present form? What new perspectives or appreciations emerge when you do this?



Discovering the Miracles of the Moment

In the context of honoring your body as it is now, identify one or two 'emerging miracles' you notice when you fully immerse yourself in the present moment. How does this awareness contribute to a deeper sense of connection and communion with your own physical self?

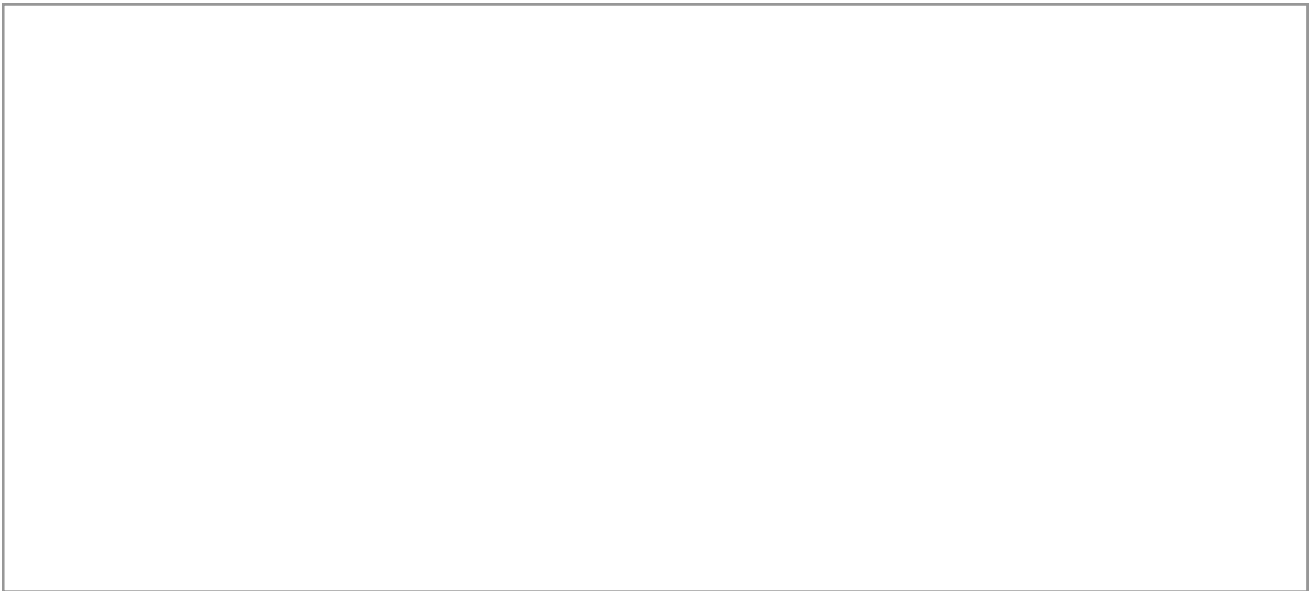


REFLECTIONS

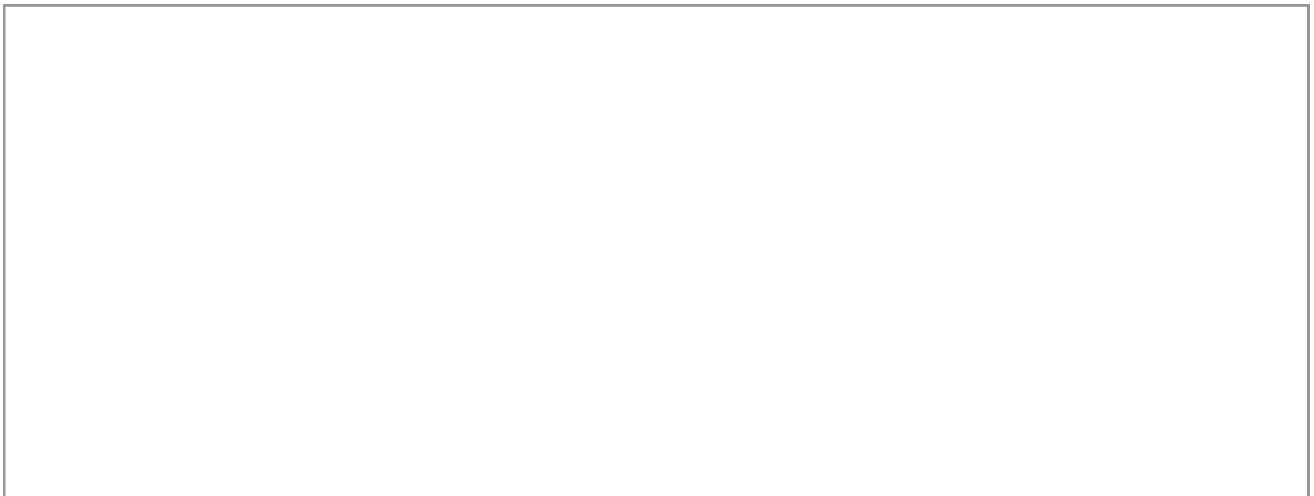
Do this individually before you share with your partner

Reflection on New Discoveries

After examining and experiencing your partner's body, what new or previously unnoticed details did you observe? How did these details make you feel, and what new appreciations emerged from this intimate exploration?

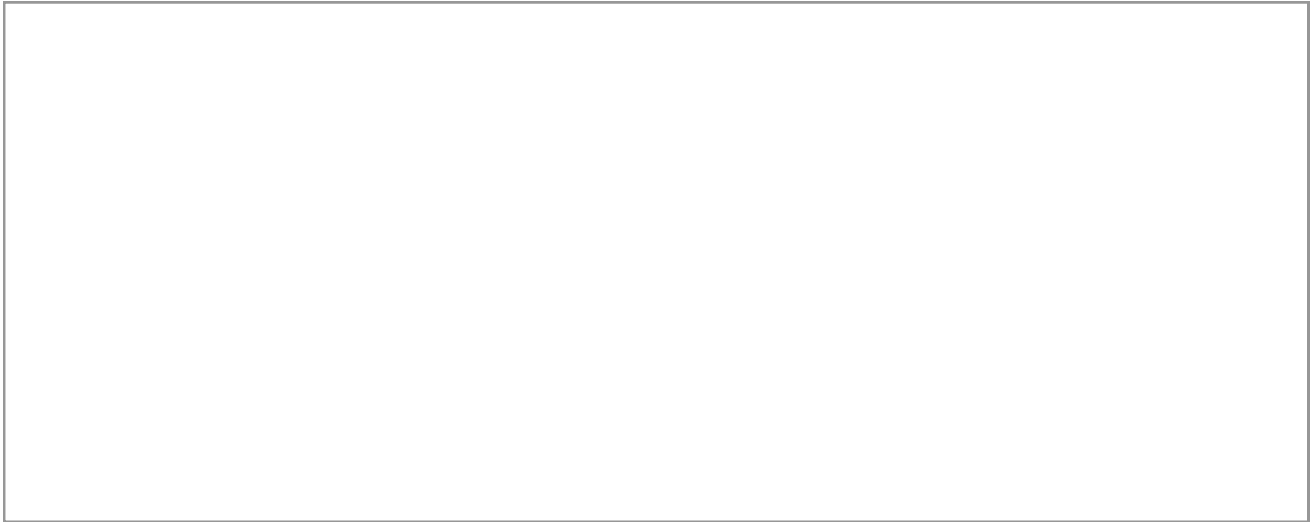


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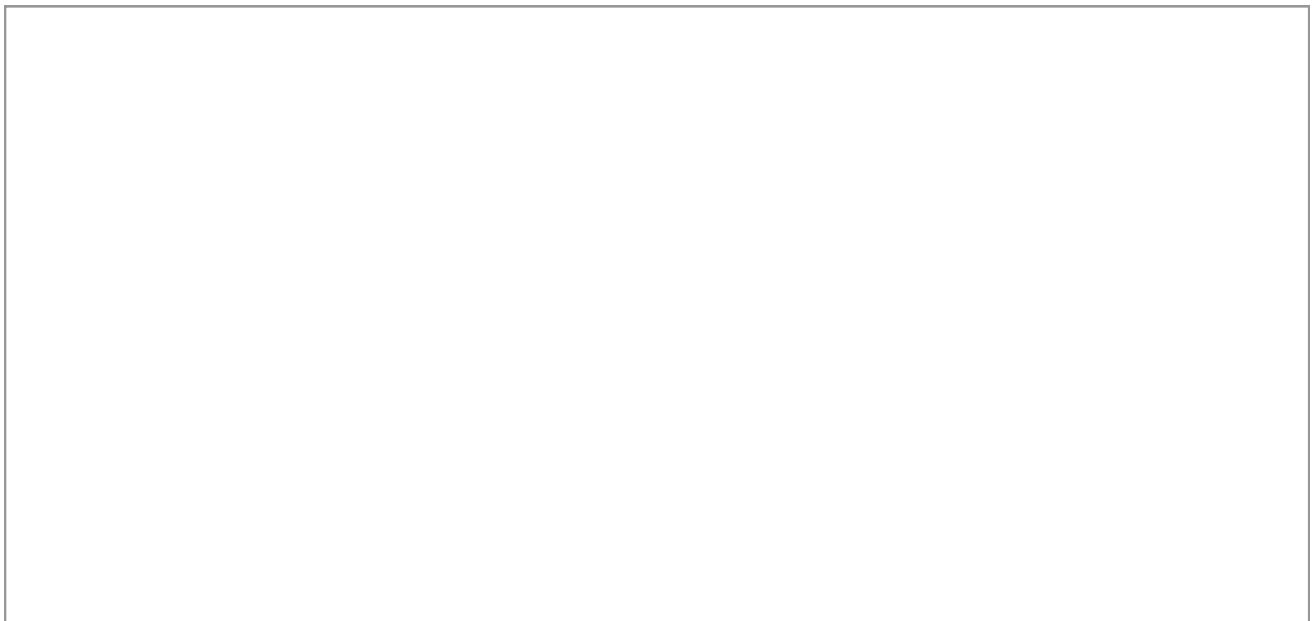
Expressing Unspoken Love and Gratitude

Reflect on the thought, "All the ways I wish I had loved you more." What are some specific ways you wish you had shown love and appreciation for your partner's body in the past? How can you express this love and gratitude moving forward?



The Experience of Non-Reciprocal Touch

Describe the experience of lovingly touching your partner's body without expectation of reciprocity. How did it feel to give this kind of touch, and what emotions or insights arose from focusing solely on their pleasure and comfort?



LOVE STORIES
Revisited

