

What to know about the A.G.A.P.E Technique

The AGAPE technique is an extension of the GAP technique. It is a great way to experience the interconnectedness of everything and dispel the illusion that you are in the universe, alone.

You can use it to connect with yourself and your clients even before the session. Since quantum physics indicates that we are all connected energetically and it is only the limitation of our senses that keeps us from experiencing things that way. The five senses contribute to the illusion of separateness and it's this illusion that then informs, creates and perpetuates our actions in the world.

If we could see with the eyes of an electron microscope as we looked at the world around us, we might observe that what we perceive as separate entities (a chair, a person, a creature, a flower) are merely patterns of energy (electrons, protons, muons, quarks etc.) and that they are not so separate after all. However it might make us more than a little nuts to perceive that level of granularity through our five senses. In fact we might not be able to comprehend exactly what we are seeing.

So basically we feel separate when in truth, we are not. It's a very compelling, and persistent sensory illusion. And yet you've had experiences wherein you've felt the connectedness. Whether it's feeling like you've known someone before, or been somewhere before; or perhaps you've had the experience of picking up the phone just as the person you were thinking about is calling. This larger sensing of connectedness is not uncommon.

And there is of course the 'butterfly' effect that posits that a butterfly flapping its wings somewhere may well be contributing to the energy of a typhoon being born. Lastly, from a physics perspective, what's been demonstrated is the property of entanglement. This principle states that if you have two adjacent electrons, and they are spinning in one direction, you can separate them light years apart, spin the one you have in front of you in the opposite direction and the one further away will respond.

So, all of that is just to say that we can feel more acutely, the experience of that interconnectedness of all things when we start with a GAP experience and then extend the awareness that comes with that exercise, out through the rest of our universe.

It's also interesting to note that AGAPE in Greek means "unconditional love". Which, when you think about it, is not a bad energy to be experiencing as the background energy in the world, despite some of the things that the illusion of separateness appears to give permission for people to do to each other.

How to do the A.G.A.P.E technique

Sit quietly and close your eyes, and again become aware of the gap between the thoughts or the silent background in which the thoughts occur. Wait for about half a minute and let yourself renew your experience of the silent background in the gap.

"Notice that the sense of awareness may feel like it is inside of you, inside of your head. Notice that, if you allow yourself to, you can feel the lively presence of that awareness throughout your entire body." [Wait for about half a minute to experience this.]

"Notice that, if you allow yourself to, you can feel that same lively presence/awareness filling up the room that you are in now. You are just allowing yourself to notice that it is there." [About 30 secs.]

"If you allow yourself to, you can experience your awareness permeating the whole building, [pause for about 10 seconds], and it is permeating the whole city of you reside in." [Pause about 10 secs.]

"If you allow yourself to, you can feel the lively presence of that same awareness filling up the entire region of where you live." [Wait another 10 seconds]. Continue in this same way with the country, the world, the solar system, galaxy, whole unbounded universe, and beyond

"Now bring your awareness back to your body and notice that you can do that without losing the sense of that expanded pure awareness that's permeating everything.

"Now open your eyes when you are ready, and look at an object in the room. Notice that that same lively awareness is present there. In fact, it's present everywhere."

"Notice that pure awareness is permeates everything. It is the essential nature of all that exists. That's all there is. By practicing this exercise from time to time you can cultivate the awareness of so that it is present all the time."

