



THE RAM DASS FELLOWSHIP

Meetup Guide
#1 - Cultivating the Courage to Love

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The following is an outline for your RDF meetup before Kirtan or a potluck:

- **Relaxing Breathing Meditation**, some om's for a few minutes, it's up to you if you want to lead or a recording.
- **Meetup Topic Introduction (5-10 minutes)**
 - *Cultivating the Courage to Love - Session 3*
 - In this video from the 2015 Spring in Maui Retreat, Ram Dass & Rameshwar Das discuss meeting Neem Karoli Baba, and the impact of that pivotal moment for Ram Dass, shifting from following a course of power to a course of love. Throughout the relationships with his family, there was always a dynamic of power and love. With the experience of Maharajji's love, Ram Dass finally able to feel unconditional love for his own self. He also talks about the difference between conditional and unconditional love, faith, trust, and using loving awareness to connect with your soul.
- **Video - "Cultivating the Courage to Love" Session 3 (24 mins)**
 - **Discussion Prompts (15- 40 mins)**
 - When Ram Dass discusses loving everybody, what comes to mind? Do you share the same resistance Ram Dass had?
 - *"Loving Awareness is in your heart space and that's the entry point to the soul...Using loving awareness to break through to soul land. You're spiritual beings taking an incarnation."*
 - How does this resonate with you all personally? Is loving awareness something you find present in your life?
- **Guided Meditation (3 mins)**
 - *Ram Dass Guided Meditation "I am loving awareness"*
- **Closing (2-5 minutes):** Be sure to **collect emails** so you can **share the Links** to all media and suggested reading: [COPY THIS LINK](#)
 - **A Kirtan or potluck** afterwards helps to anchor the meetup, in the tradition of Maharajji to "feed everyone" and to "remember God"