

they were steering. Other times, they would be steering with great energy to the left as the whole procession was going to the right. Naturally, sometimes they would get upset and confused, but of course the whole thing was on a track—it didn't matter which way my young sons steered, or indeed if they steered at all. The train would go where it was destined to go, and that was that.

We put a great deal of our energy into trying to control the outcome of our life, steering this way or that with great energy. Sometimes, we have the insight that it makes very little difference. Our train, too, is on tracks; it is going where it is going. This insight is simply called surrender. At first we surrender cautiously, just a little bit at a time. Lo and behold, things go much better than we could ever have planned them. So we surrender some more, and with bigger things. And they go even better.

Something or someone is taking care of things, driving the train, with intelligence, grace, and humor. We do not know their e-mail address or cell number to thank them. But we can let go, trust, and enjoy the ride.

## 61

### Couples Puja

LEVEL OF DIFFICULTY \*\*\*\*

When you wake in the morning,  
Sit opposite each other on the bed.  
Take turns doing this practice.  
Look into one of your partner's eyes.  
One of you will go first:  
When it is your turn  
Express love, devotion, and surrender to your partner.  
See your beloved as the deity.  
Tell your beloved of the depth of your commitment,  
That your beloved knows you better than you know yourself.  
Surrender to the guidance of the beloved.  
Bow to your beloved; bring your head all the way to  
the mattress;  
Surrender yourself completely.  
Then switch roles.

.....

This is a powerful practice to do with your intimate partner. In my life, I have been blessed to be close to some of the greatest teachers of our time and to have received profound teachings and tools that have helped me immensely. Furthermore, I have found an extraordinary support group all over the world, an extended *sangha*, a community of like-minded and openhearted friends. Supremely blessed as I have been, nothing and no one has come close

to bursting the bubble of illusory separation like my marriage to Chameli, my wife.

When you go to see a teacher, you are on your best behavior. You sit with a straight spine; you ask the right questions; you appear to be the model student. When you take as your guru your connection with your beloved, it is not like that at all. There is no time to prepare and nowhere to hide. In the morning, when I first open my eyes still drugged from sleep, there she is, in my face. “Are you here? Are you present? Can I count on you to show up and be present?”

When you take your marriage to be your guru, there is no time off. It is a serious commitment. If you are willing to open to your beloved as your guide, if you are willing to accept that your beloved knows your shadows and weaknesses better than you know them yourself, then you have surrendered to a strong medicine.

This requires commitment and a dedication of the relationship every day. We have done this simple practice every day for many years. It sets the tone of the day. It is a conscious choice to melt down defenses, again and again, and to intentionally see the divine in the eyes of your beloved. At first it may be difficult, and you may feel foolish or defensive: “Just last night she was making such a fuss about nothing, and today I have to bow down to her as a deity?” But bring that also to the *puja*. The word “puja” means a ritual of worship, the invocation of divine power. It will grow on you. Confess your resistance, express your vision, lay down your defenses, and something will awaken between you that is not personal at all, that is the meeting of the divine masculine and the divine feminine in both of you. Practice this every day for several weeks, and it will open a resource that you can return to easily during the day.

## 62

### Call Out in Longing

LEVEL OF DIFFICULTY \*\*\*

On the beach or in the forest,  
Or alone in your room,  
Call out to the divine to reveal itself to you.  
Use your real voice and lips  
To call out in longing to know God directly.  
You can raise your voice loud:  
Plead, bargain, and demand.  
Take one bold step toward the divine,  
And the divine will take a hundred steps toward you.

.....

God has no face and no form. There is only Godliness. It is the purity of longing in the devotee that gives a face and a voice to the divine. All of us carry so many concepts about the nature of the divine from our childhood. We may have learned that God is very far away and that we must earn his attention and blessings. We may have been taught that God is a very strict patriarch, that he has all kinds of rules and conditions, and that he will punish us if we do not conform.

Through practice, however, we learn that the divine reveals itself fully to the devotee according the way the devotee approaches the divine. If you are very afraid and meek, you may experience a face of God that is stern and unavailable. If you are very obedient and conforming, you may find a face for the divine that has many