

PRECIS FOR JANUARY WEEKEND 2021

TALK #1 Nancee OVERVIEW WILL, MERGING, RAPPROCHEMENT

Overview of last weekend - the rapprochement conflict - between the Red Essence & Merging Gold - between separating from mother while also maintaining the closeness, love and holding. This is what the child doesn't want to lose, becomes **tor**n between **staying connected** with mom or **venturing** out, becoming independent. Starts around 15 mo – 2 yrs.

This weekend we **continue our work on becoming a true human being, a real person of Being, what we call in the DA - The Pearl, by** exploring yet another conflict that emerges as a part of the Rapprochement stage that has to do with the development of our True Individuality/Autonomy, which brings in on the essential level the Aspect of Will and Merging Gold.

The question of this conflict is: How much of my OWN WILL, MY OWN WAY can I HAVE, can I EXPRESS and also RETAIN THE SWEET MELTING LOVE, HOLDING AND CONNECTION with mothering person?

But once on its own, the child needs to have the confidence to remain on its own out in the world. He must be able to persist in the quest for separation.

WILL IS VERY IMPORTANT FOR SEPARATION AND INDIVIDUATION

One way to differentiate the **Will** Aspect from the **Red** Aspect – is the example of the Salmon swimming upstream – RED – gives it the strength energy to jump, Will gives the perseverance and endurance to keep swimming up the river the **Salmon WILL** reach it's home. So RED Essence gives us the energy/strength and capacity to differentiate/separate/individuate and when that happens, we need something to keep us going – that's **the Will Essence**.

Will gives staying power, endurance and carry through. Confidence in one's ability to persist. Essential Will is most needed to keep going, to continue on **our journey toward real INDIVIDUATION, becoming a true person of Being.**

SOME QUALITIES OF WILL ESSENCE:

- Stability, solidity, groundedness, support.
- Capacity to persevere, follow through, commit.
- Red brings sense of "I can"; Will brings sense of "I will."
- Brings a sense of confidence to the soul.
- Is associated with solar plexus/belly center.

Will Aspect is experienced often in the solar plexus area as a white, soft, cloud like, a feeling of hereness. We feel the Will as a palpable sense of inner support - settles our mind and supports our capacity to sense into the body— it grounds us in the world and in Being. Our whole body relaxes into the support, then less tendency to run up to our head for it.

When we have reconnected to our True Will, we feel carried, rooted, held in it's Presence.

On the ego level one of the ways the confidence develops for the child is through the merging with the mothering person, good enough attunement, holding, connection that supports the child's nervous system to relax.

Child comes to trust that love, holding, support can be relied upon to happen when needed. But when mothers are miss-attuned (as they will be) and we don't get the good enough love, holding, connection, the child feels a loss of that innate confidence in being held, cared for.

The loss of confidence is the beginning of the loss of Essential Will.

And this begins the development of a false will, an imitation of this innate confidence of True Will. The child through false will tries to get his needs for love, merging, connection thru his own efforts—trying to control either himself or the environment.

The conflict between Will and Merging, usually first arises at the onset of Rapprochement, when the child is engaged in active separation and individuation from mother, both physical and psychological

This sets in motion the conflict --between the child's asserting his own will, and the continued need for merging with mother. This phase of rapprochement is often referred to as the terrible 2's

Best described as a clash of Wills – important to note - toilet training is happening right around this time as well and we are in the midst of discovering the power of NO. This is a time the child wants to explore the limits of doing whatever and doing it their way – you'll hear NO, ME do it!

NO becomes the favorite word. Child feels frustration, deficiency /vulnerability when hits real limitations, can't make own breakfast, but often fights this and WILLfully tries to.

These are movements in the direction of autonomy/independence and the development of an individual will, all natural to this stage of development. Working with 2 strong conflictual forces – the desire for love/merging and for independence/individuation –

can I have love, care, holding, connection and the desire to have my way, my own will, my autonomy –can feel diametrically opposed.

It's of course the parents' attitude toward child's growing autonomy/individuality that is so important at this time, **the child needs a mother/parent with intact Will of their own who can and will support the budding Will of the child without losing love & connection.**

Whether our WILL was supported or suppressed determines how we are with our Will today.

And it's important to remember that EVERYONE has DIFFERENT ways this conflict expresses itself - this conflict between Will and Merging - having our own will, our own way and having love, sweetness, holding and connection.

So let's explore that now. 2 Repeating ?s 15 min. each

- 1. Tell me a way you experience the desire for merging love.**
- 2. Tell me a way you experience the desire to have your own will.**

Pay Attention to which one you tend to favor

#2 – BOB: RAPPROCHEMENT CONFLICT – CAN I HAVE MY CAKE AND EAT IT TOO?

- Where do you tend to land on this continuum between autonomy/false will & merging/collapsed will?
- Are you more inclined to give in and relinquish your will in relationships, or are you inclined more towards making sure your own will persists?
Or its opposite: included to go for the merging at the expense of your own way?
- How do you feel about having control of the situation?
- How do you feel about NOT having control of the situation?

EXERCISE: Monolog 15/5 (60 min. total)

Explore the conflict between will and merging love manifests for you - i.e. wanting your own will and way vs. wanting to stay close, connected and security.

Explore your personal history of this conflict particularly with your mom (primary caretaker and/or parents)

Include how having control over the details of this conflict manifests and how it is played out in the past and present relationships.

If childhood memory is not available then look into your present relational tendencies and see if you can trace it back into your early childhood. Either way, be sure to consider what your tendency in relationships is now?

#3 – BOB: ROUNDS: KATH & INQUIRY

- TALK: go deeper into your history that you explored yesterday. Diving further into your patterns, concerns and underlying beliefs (do you: need to be in charge, strive for neutrality, try to accommodate, keep score, stay vigilant, go to sleep?)
- What motivates these patterns and tendencies? What will you lose? What is threatened? Where is the sweetspot? What do you have to do to maintain it? (control the distance? Immobilize the other?)

ROUND 1 - THE THREAD: Repeating Questions 10 min. each

1. Tell me a way the desire for your will gets threatened?
2. Tell me a way the desire for love gets threatened?

ROUND 2 - YOUR RESOLUTION:

Monologue 15 each

Referencing your current life and relationships now explore:

- How have you resolved this rapprochement conflict?
- Do you have a “Sweet Spot” on this continuum? If so, what do you have to do to maintain it?
- How does your resolution work out for you in relationships? (are you satisfied? Get into power struggles, give in but resentful, stay single, always merging?)

Talk #4 Hameed - Resolution of Will and Merging Gold

Guided Visualization – Birth of Personal Essence

Personal essence lived here on earth; Divine becomes a person. Respect, dignity, precious, real person. Personhood is quality of Being – the Pearl. Fullness of being personally yourself.

Soul formless consciousness becomes an individual. Goes through developmental process of individual through egoic level. Merging love, dual unity, separation, rapprochement –each person has unique issues, conflicts in separation from mother – need Will aspect – can be on own – inner sense of confidence support – can be and will be on my own. Gives support and confidence you can be on own.

To be the individuated person on ego level – separate individual – in real way or defensive way. Back and forth – merging gold on one side – strength, will or personal essence. How you negotiated that stage is imprinted in your structure and how you relate now. Some conflict being connected or separate or connected and have own way or conflict being connected and being autonomous person. Optimal distance, rapprochement with all relations – with group and teachers too. Can show up - want to

do my own thing- Pearl or do it my way - Will or just be a part – Red. Resolving these 3 dynamics be help – relation to partner, friends, groups, teachers, teachings, community etc. Freedom means resolving rapprochement on spiritual level. On essential level no conflict between merging and separation can have at same time. Separation doesn't mean disconnection – be own person strong enough to be myself. Merging and red at same time – have more say – as close or not – can lose yourself like in lover relations, not afraid of this, will interfere with sexuality – red and merge together – full robust sexual energy.

Freedom there – same as will and merging if can't have this – always fighting who is in control, power either feel in control or other is controlling you, can't be yourself – resolution will and merging together – means relationship with all – be connected but have own choice – can change depending how you feel. Sexually if conflict – merged but not able to engage in sexual act or you have to be in control – no issue if there is freedom. Don't have your Will, don't have full embodiment of genital area. Will not merging – then no heart, love, more control. Person Essence and merging – a person and connected – no fear you will be gone if you merge – can disappear and can emerge true person independent and autonomous. All these dynamics play into this.

Freedom of movement – of how close how to be individuated and disappear – same in relation to the Divine. Can become scared to dissolve and become one with it. Runs through whole gamut of relationships...plays out within all relations – be aware and understand sources of patterns and be free from it. In this teaching – how to be a true person of being autonomy, independence, strength, self support – able to intimate, open and able to love as a person very important to human life. Why do people become individuals? Prototype is Personal Essence – ego is a stage of development – is structure in mind, patterned by history – person of being is not, is right here now independent of history.

EXERCISE: Monolog in pairs 10 minutes each person

Explore where you are in terms of person of being Pearl/autonomous and connected to love and merging. How much have you resolved this? Where are you in this dynamic? Do you have limits and roles? How much is there freedom or patterning? Wherever you are is fine. 25 minutes dialectic inquiry

Interact expressing where you are with respect and attunement and responsibility

Just interact in as real a way as possible. Then have a 15 minutes discussion

What happened there. How did you interact

What kind of rapprochement occurred in the DI?

Was there resolution? Love and Red, love and Will?