

Outline/precis for DH10 Feb weekend on Nourishment (Johanna and Nancee)

1st Meeting: Johanna: Nourishment and Growth

Introducing the subject of nourishment in relation to the bigger picture and recent teachings. (non-dual only versus soul's development to person of being which includes both non-dual and the development and maturing of our individual consciousness)

Natural need for nourishment and milk, for growth and maturation of soul. Experience, impressions and understanding are nutrients for the soul, just as food and drink for the body. Metabolizing experience is important. Learning, growing, developing. Both pleasurable and painful experience can be nutritious. Connecting milk with separation and individuation. Merging essence and relation to mother as part of symbiotic phase. Need for reception of nourishment and digesting it for growth.

Defenses against needing it, because of vulnerabilities and early structures. Manifestations of need for nourishment, mostly as oral needs in all areas of life and hunger for experience, knowledge, love, contact, attention, objects, food and so on. Can manifest as desire, hunger or greed. Might deny our need because of fear of frustration and rejection, or believing it is infantile and shameful, or hopelessness and despair about getting it, or pride about not needing it.

EXERCISE Repeating Questions

1. Tell me a way you defend against feeling your need for nourishment (10 min each)
2. Tell me a way you feel your need for nourishment (10 min each)

Then 10 min of discussion about what you discovered and how it felt to share about your needs with each other

2nd Meeting: Johanna, Patterns around Nourishment

Identifying patterns around nourishment and how they show up in our lives now.

Sleeping, resting and eating habits, nourishing body and soul, and distortions around it and how these patterns reflect early oral phase patterns with mother.

Oral addictions. Rejection of nourishment due to early history, or believing we do not need it, not recognizing true nourishment and going after what does not nourish, but only feels good for the moment.

Patterns around nourishment: believing there is not going to be enough; demandingness; greed; fear of intrusion and engulfment; dependency issues. Not getting the "right" nourishment, not at right time, right quantity, 4 hour rhythms of feeding etc but also how the soul is affected by those is different (not same for everybody).

EXERCISE: Monologue Triad (15 min + 5 min further inquiry)

You want to look at your **patterns of relating to nourishment, food, experience.**

Explore personal history around nourishment. ***Take a moment**, close eyes- Imagine your mother (mothering person) when you are an infant, how is she feeling, where are you in relation to her, how do you feel?*

Look at what you know of your experience with your mother or caretaker; what was positive, what were the disruptions. You may not know directly, trust your intuition.

Look at your adult patterns around Nourishment, how and where do they show up in your life now,-- with food, in relationships or in regards to life experiences in general. See if you can trace them back to the earlier patterns.

Allow this inquiry to be in the moment, allow feelings, sensations.

3rd Meeting: Nancee, **Hole of Milk**,

Cover absence of milk and introduce quality of essential milk. As infants hunger is usually pleasurable and involves love and desire, can get strong and passionate and if frustrated it can become painful and rageful. It starts with an emptiness that is natural, but turns into a painful emptiness. So feeding experience can be pleasurable and loving or painful and frustrating, depending on relation to mother and her breast. Hole is dry parched emptiness. Aspect is yellowish white, soft and delicate liquid, mildly sweet; a form of love. Barrier of believing nourishment can only come from outside.

EXERCISE: RQ: “Tell me a way you avoid feeling the absence of nourishment?”

RQ: “Tell me a way you feel the absence of nourishment?”

10 min. discussion about what you are experiencing, staying present and on topic

4th Meeting: Karen, **The Elixir of Nourishment**

Intro of Life Practice (10 min)

Pulling threads together and include teachings as food. Add anything about the “Big Picture View” of the teachings.

The teaching is a nourishment, but it is also many other things: guidance, support and so on. But our oral fixations might pattern our relation to it as the relation to the breast. This can bring old object relations to your relation to the work but also can make your relation to it as that of simply taking in the teaching and expecting things to get digested automatically, as happens with food. Exercises and practices, and life practice periods are part of the metabolism process that you need to actively engage.

Milk Aspect – what quality is like, felt sense, true nourishment for the soul.

Music meditation: Suite Andalouse: cut # #5, or Haydn: Serenade, from the string Quartet in F ; Nectar exercise; sit in usual meditation posture; take the tip of your tongue to the back of your palate and rotate it gently on the roof of your mouth. The further back you can go in a relaxed manner, the better. Visualize that drops of milk are materializing at that upper surface of your mouth and dripping into your mouth and throat, slightly sweet milk. There is something physiological when you move your tongue that stimulates the brain. You listen to the music and take the music and the milk to be the same. Persian Flute music with some vocal. Rotate your tongue a few times in one direction and then the other. You could be filled. You might need to swallow. Your stomach could become full. If everyone does it, the whole ceiling of the room could start oozing with milk, relaxing our souls, etc. When the music stops, go into silent meditation and go into the contentment.

Exercise: dyads: Repeating Question: 10 minutes each- **Tell me a way you feel nourishing presence.** Then a **dialectic inquiry** for 25 minutes- (I will explain how to engage with that more.) then **15-minute discussion about how nourishment arose in the field.** What way did presence show up? Did you experience it as nourishing? Did you experience the aspect we call nourishment itself? something like a milky substance? Something else?