

Red & Gold Big Group PRECIS

Talk 1: Review of the DAO Enneagram Course

Exercise: **MONOLOG: 15/15**

Monolog to explore how the enneagram teachings have landed and are effecting you.

What are you **LEARNING**?

What kinds of insights are been revealed?

What do find challenging about the Enneagram?

What are you chewing on and grappling to understand?

Are there questions?

15 minutes group discussion to put your heads, hearts and bellies together to explore further what has been raised together in your monologs. This is not a time to give advice or try to answer each others questions so stay focused on the process rather than the content.

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Talk #2: Bob

Me – Not Me! Separation Begins with the Body

WORKING W/ 3 DEVELOPMENTS/FREEDOMS:

- Study 3 developments & they interact?
- **First: infant** separation from mom and all that entails
- **Second: adult relationship: blueprint patterns** gets expressed there
- **Third: Spiritual development:** “Essential or Real Separation” which we call the Pearl development

1. FREEDOM FROM MOM: BEGINNING of EGO SELF

- starts in the mother/infant merging and the separation and differential from this merging love
- **Differentiation between me and my mother**
- **DAWNING OF THE ME – NOT ME!**

HUGE STEP: loss of omnipotence, but gaining some autonomy. Mixed blessing

#1: BODY BOUNDARIES – SOLIDIFY THE ME & NOT ME

- **Body sensing soup**
- Organically something within is dividing and starting to differentiate
- **Explore WITH OUR BODIES & MOUTHS actually**
- **Body where all the action is: touch, sense, feel** (soul, but we mistake it for our body)

SEPARATION ISSUES: WHICH IS YOUR TENDENCY?

>> NOT ENOUGH

- Mom absent, unavailable available or distracted.
- Left in painful separation too much (incubatory babies)
- Sick or injured – can't separate appropriately

>> TOO MUCH:

- Mom doesn't want you to separate - suffocating – child wants to push away.
- Helicopter Parents (over controlling > child doesn't have space)
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- Codependency: lower priority on one's own needs, while being excessively preoccupied with the needs of others.

TRANSITIONAL OBJECTS

- Helps titrate anxiety when mom is not visible
- Object - imbued with a smell, feel and history of the union with mom
- All the smells and history and softness and comfort

#2 FREEDOM from OTHERS

ADULT RELATING

CONTINUM BETWEEN: ME – NOT ME

level 1 issues play out on level 2 (AND 3 LATER)

Separation Anxiety - Transitional Object plays out in adult life LIKE:

#3: FREEDOM FROM MIND

TRUE SEPARATION & PATTERNS FROM LEVEL 1

- spiritual dimension brings up these issues of separation from early childhood
- You don't have to be far away for me to be me

Exercise: Monolog 15 minutes each and 5 minutes further inquiry (60 minutes)

Explore your history and impressions of separation as seen in your current relationships and work backwards from your there to memories and impressions of separation with your mother/primary caregiver.

See how it this process has influenced your ability to separate now.

Do you tend to land in one direction or the other; being distant and separate or being merged together?

Where do you tend to hang out on this?

SEPARATION NOW as an adult (2nd layer) does not just mean that I'm separating from my mother, from the merged condition, so I can be away and be able to go and live in the world on my own. That is partly what it means, that is an external manifestation of it. **THE INNER PART IS THAT I HAVE THE ENERGY, THE CAPACITY TO BE MYSELF, THE DISCRIMINATION TO RECOGNIZE MYSELF, AND THE COURAGE TO EXPRESS MYSELF.**

AT THE ESSENTIAL LEVEL OF OUR DEVELOPMENT - TRUE SEPARATION HAPPENS BY INTEGRATING THE RED ESSENCE, OUR TRUE STRENGTH.

The Presence of True Separation doesn't have anything to do with how far, how distant we are, physically. THE QUESTION OF DISTANCE IS IRRELEVANT ON THE ESSENTIAL LEVEL. ON THE ESSENTIAL LEVEL, WE FUNDAMENTALLY RECOGNIZE OUR CONNECTEDNESS. Distance only exists on the purely physical level, which the ego considers separation. That is why TRUE SEPARATION, WHEN WE TRULY SEPARATE, is independent of whether you're going away from each other or staying together, TRUE SEPARATION HAS LOVE & CONNECTION IN IT.

When we covered the RED LATAIF/Strength Aspect of our nature – the primal energy, at the root chakra, vibrant, vital, capable, that give us the juice, strength, courage, boldness to initiate, to expand - it is – I CAN! CAN BE myself.

The essential aspects, our allies/guides come in at various stages of our development on both the ego and essential levels. It is the natural fuel and force of the RED Essence that arises in the separation process for both.

So when the Red Essence comes in to support our essential development OUR CAPACITY TO BE THE UNIQUE AUTHENTIC BEING THAT WE ARE independent of another, what comes with it are all the issues of separation & merging from early childhood

All are swimming around within us – in our heads, hearts and bellies, and often block the emergence of essential strength because we're afraid we're going to lose connection, we're going to lose love, feel WE CAN'T DO IT, we're too small and dependent.

TRUE SEPARATION requires the essential aspect of the red to give us STRENGTH, CLARITY & DISCRIMINATION between WHAT WE ARE AND WHAT WE ARE NOT.

Integrating the Red gives us the CAPACITY AND ENERGY to be on your own, to be strong enough to be on our own feet, to be independent, to manifest individually. I can stand on my own feet distinctly as me, with my unique flavors, colors, qualities, feel in my feet and seat a dynamic substance of strength, can feel the fire, heat, energy, fullness, power, assertiveness, expansion...THIS IS ME!

True Separation recognize differences and appreciate them.

REAL CONTACT IS THE APPRECIATION OF DIFFERENCES.

“I'M A UNIQUE WAVE MANIFESTING OUT OF THE OCEAN OF BEING and there's ANOTHER WAVE MANIFESTING IN A TOTALLY DIFFERENT AND DISTINCT WAY. We are Made of the SAME

FABRIC YET THE DESIGN, THREADS, COLORS OF EACH OF US manifests distinctly and so beautifully.

THE PRESENCE OF TRUE SEPARATION GIVES US THE REAL STRENGTH, ENERGY AND BOLDNESS to BE OUR SELF in a personal way in the world and with others.

And in a real relationship, separation is absolutely necessary, the separation needs to be a true separation, not based on physical or emotional distancing.

WHEN TRUE SEPARATION IS PRESENT IN A REAL RELATIONSHIP you can be right there physically, intimately together and you're really separate from each other - WHO YOU ARE IS NOT DEPENDENT ON THE OTHER PERSON. YOU STAND ON YOUR OWN - you don't need the other TO BE YOUR SELF, YOU CAN BE FULLY YOUR SELF WITH THEM.

As the RED Essence is integrated – we stand distinctly on our own alone – for what we actually are separating from is the internalized image of mothering person and from our history that includes the issues, ideas and beliefs about separation.

As we develop essentially, the Presence of True Separation feels like a kind of birthing, like you as True Nature manifests, births as an individual, as a REAL PERSON OF BEING (the personal BEINGNESS that YOU ARE – the Pearl beyond Price), distinguishing itself from the ground - a distinct, unique BEING manifesting from the undifferentiated ground of True Nature. That's True Separation.

Exercise: Repeating? 10 min each

- 1. Tell me a way you try to be separate**
- 2. What's right about maintaining separateness?**
- 3. Tell me a way you experience the presence of true separation.**

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Aloneness - Talk #4 Karen

True separation= is differentiation
we are going into the psychology because it is in the way of our new birth into human beingness
aloneness is the loss of mother image
Mother image carries the love, care, nourishment, company, safety
Merging love has all that in it
learning true aloneness is necessary for inner realization and true connection .

Guided meditation

Exercise: monologue 15 min each 15 min discussion

Explore the state of aloneness.

You may be experiencing it now. Does it scare you? Do you like it? What do you like about it? What does it feel like? The texture the sound the presence of it?

How do you feel about aloneness in general if you aren't feeling it now? How does it feel to be alone with the others in your triad?

Aloneness in your life: how do you feel about it? Do you sit and feel your interiority or do you fill it with all kinds of activity or something else or try to connect?

Homework - spending time each day on your own, alone to explore that space and allow all that may be there to arise and explore and remember our Kath and sensing and inquiry practices.