

DH10 Weekend July 18/19: **Essential Value** – with Nancee and Johanna

Talk 1 (Nancee): What is Value

connection to last weekend, to contact/pearl/object relations, and connecting to what is happening in current time/politics/etc.

Introduction into value...what is it, what do we value, taking stock..

Introducing essential value (lightly).

All the essential states we have explored are implicitly full of value, but there is a unique aspect of value itself in its explicit form. **Essential value** is not some something we get by trying to be something in particular or for doing something; it is when we are ourselves that we recognize the value of Being. If we do not recognize the value of Being explicitly we can't live according to our true value. The real person is born of valuing the real.

The essential aspect of Value is a quality that reveals the inherent value and preciousness of what you are. When disconnected from our inherent value this lack is often felt as a sense of worthlessness which leads to attempts to fill, avoid and seek external value from the outside, by activities and relationships that we hope will give us value.

We love what we value. We gravitate towards what we value. What we value determines our orientation in life. If what we value is false or superficial then we will move away from truth. And if we value truth, we will go toward, be open to discover what's real and authentic. If we don't value what's real, then ultimately we don't value who we are. We are not valuing our nature, our reality, our truth.

So this question about what we value in our life is a very important one. What you value determines, the orientation of your heart, what you do and what you live for, we are not interested in what we don't value. If you look at your life - what you do, what you go after, what you think about or feel concerned about, you will see that everything is determined by what you value.

Exercise: _RQ: Tell me something you value?

Tell me what you value about that (shotgun style, 1 and 2 asked one after the other)

Talk 2 (Johanna) Strategies for getting self esteem/ Seeking value

Connect value with self esteem.

Aspect shows itself as self esteem on ego level; it is the reflection of real value on the surface of the soul. Feeling of worthiness. Differentiate the experience of the presence of value from the self esteem.

Self esteem is needed for the developing ego to feel the ability to grow in an optimizing way

like being resilient, tolerating failure, daring to try new things. Yet, it can become fixated on superficial levels of reality, on appearance and accomplishment, instead of simply being.

True value: heart quality, Heart knows/recognizes it by being it, opening to the richness of our nature.

Strategies for getting self esteem. Trying to get a sense of appreciation/valuing from the outside: Discuss roles, activities, being there for others in ways that was valued in family of origin, school, religion and culture (cultural background). Much determined by Intelligence physical appearance, functioning. Have to have degrees married, wealthy, successful, beautiful, published, children, car, the right friends, being in the right cliques, the in-crowd, enough likes on FB or “hearts” on Instagram etc. Or taking on values of certain groups, sub-culture. SE checks up on our value, accomplishments “I didn’t accomplish anything today, etc) What one has, what one thinks, feels, determines value and sense of worth, instead of simply being.

Exercise:

Tell me a way you try to get self worth

Tell me what’s right about trying to get self worth

What happens when you don’t try to achieve self worth?

Talk 3 Johanna

The hole of value

Value as an essential aspect, as an intrinsic part of you and not a result of anything. Self existing, not result of circumstance or conditions.

Being manifests its inherent value as a differentiated quality, an aspect that reveals the inherent value and preciousness of what we are and what reality fundamentally is.

Value as presence. Discuss the presence of value, its qualities of fullness, sweetness, richness, amber color, and its sense of intrinsic value of Being. Value as a heart quality.

We are ignorant of the fact that real value is not something we can attain, but something we are. It is intrinsic to being real and being in reality

This means to value what is beyond our sense of usual self, so it is a leap out of the self esteem of our personality into the innermost fundamental preciousness of our heart, of our inner nature.

Our sense of self esteem becomes a pattern, a personality trait, making it habitual (how we know ourselves) The low self esteem that results from our developmental history makes it difficult for us to open up and connect to our essential value. Even if we generally have good self esteem, typically our value has been attributed to something on the surface (looks, brains, accomplishments, character traits etc) Our caregivers usually don’t recognize and value our intrinsic preciousness, our Being because they are not in touch with their own.

And just the fact that we were not valued for what we are is wounding in itself. That I am not

enough just as I am. The fact that you exist is of value. Your existence is rooted in the preciousness of your being. That is the most valuable there is.

We felt our value hurt and wounded, our worth not recognized by many of the things that happened in our relationship to our caregivers and later in school and with friends and the culture at large (incl. race, religion, ethnicity etc) It is the normal thing that we have a long history of insults to our worth, which makes it difficult to open up to **the hole of value** and hence connect to our true value, the rich amber quality of the heart. Briefly explain what we mean by hole (explain the steps of loss and retrieval of an essential aspect, here value, the theory of holes).

We can see now that our strategies to “attain value” are attempts to fill this hole (of disconnect from our inner essential value) and why they will never be ultimately fulfilling, why the value coming from outer things is not ultimately satisfying, not giving us a sense of true value. Because nothing/nobody can. It is our nature, not something handed or granted to us.

We need to work with this history, go over the events, and experience both the hurts and what shaped our intrinsic sense of value or lack thereof, in order to regain full access to amber.

They have to know amber is value first.

Give examples

Exercise: Monologue: Tell your story in terms of your personal value. How it got hurt and diminished? How did it get supported. What did you come to believe about your value in the process.

Talk 4 (Nancee) The aspect of value

We need to discover our value. We need to recognize the value that is intrinsic to us. Each one of us individually is full of value. We are Value inherently, fundamentally, because of our True Nature.

The sense of valuing oneself becomes inseparable from being oneself authentically. In our practice, we practice being where we are. Being where we are, at some point, becomes being what we are, being who and what we are. There is what we think we are, the constructs that we have developed in our mind, and the images, we can value those, but valuing those will just value a surface manifestation of who we are. We don't yet see the kernel of value.

All of us here are engaged in this work because we are interested in being that authenticity, being that realness, finding out what is the truth of what we are and learning how to be it, live it in the world.

The more we recognize ourselves in an authentic way and recognize what we really are, who we really are, we can't help but see the value in that, see the preciousness in it, the inherent

value of just being a person of value in terms of what we express, what we do. The fundamental value is the same for all of us because of the value of True Nature, but how we express it is different, how we are in the world is different.

So the question of discovering our value, recognizing our value, is inseparable from being ourselves, being authentically ourselves. It is not a matter of being what we think we are, but being what we truly are.

The value of being real and authentic cannot be compared to the value of anything else, because it is the value of truth, value of Being without which nothing else has value.

The point of this teaching is to recognize that you are full of value, that your value is a matter of being you, that just being you, what you are in your authenticity, in your truth, you are pure value and that you bring value to your life.

Valuing being authentic is the expression of the underlying truth of our nature, of which we are all a spark. Truth is ultimately who you are. Our very nature is the truth. To value truth is to value who we are. When we value who we are, we will love who we are. When we love who we are, we are valuing one's true self not obstructed by the reactive historical self construct (obj. relations, self images).

This maturity expresses itself in our daily life The value of being oneself reflects the inherent value of our TN, the source of all true fulfillment and satisfaction in life. The value of Being is partly the fact that it is the source of all the deep qualities of living that the human soul needs, but it is also independent of these. It is simply self existing value. Being is its own value.

Exercise: RQ: 10/15 and 5 min. sharing about what you discovered

Tell me something you value about yourself.

Tell me a way you experience yourself as value [looping]