

DH 10 weekend, Sept. 12-13, 2020 - Johanna and Bob Merging Love

Meeting 1 (Johanna) Essential Mother

We/universe is primordially Oneness, Unity. Wave in ocean. Being is our primordial parent. The infant's experience, of union with mother, is a reflection of our experience of union with being.

Briefly connecting subject to the overall chapter of the Pearl

As we individuate we cannot help but long to go back to the original unity that we believe in our unconscious to be union with the good mommy.

Introducing Merging Love Essence with some of its qualities. Referring to experience of being blissfully in love. Sharing, melting, blending.

We experience this Essence first in symbiotic phase with our Mom (mothering person).

Describe. Arises before we have developed separate sense of self.

Merging Love is the quality of positive union so we believe the way to acquire the love is to reunite with the goodness of another which is tantamount to merging with the good mother in order to regain this sweet melting love, carefree happiness and our heart without protection

To be free to feel our essential love we need to understand how our heart and love became patterned (limited) by our relationship with our mother. How it is the original template for all relationships for us. The issue of mother is the mother of all issues

In order to liberate our hearts, we need to work through our relationship with our mother. We must go through psychodynamics and beyond to actualize the essence of this aspect of our nature. This enables us to melt into union with our being.

EXERCISE

Monologue Triad

Let's start to explore our relationship to that sweet Merging kind of Love. As we talked about, our relationship to mother will have a big impact on our experience of this love. (if not grown up with mother, then mothering person (s)). We want to find out: What is your relationship with your mother like? When you think of her now, what arises? Do those feelings go way back or was your relationship and feelings different when you were younger? Imagine being in her arms nursing. What happens? We want to explore everything about that first relationship, the dynamics of it, the positive, the negative, the frustrations and the joys. How was that connection, the sharing between you: relaxed, nurturing, was there pleasure and enjoyment or was she withdrawn, rigid or unavailable? Maybe you don't have early memories of you and your Mom, just start from what it is like now and go back as far as possible for you in this moment. You can even start with more current memories and dynamics, finding out more about your relationship to sharing with your Mom, the kind of closeness I described.

Meeting 2 (Bob) Dual Unity – the Agony and the Ecstasy

Focus on how the mother-infant symbiotic unity sets a blueprint for future intimate relationships and a base foundation for the beginning of ego structure which is patterned upon this early Dual Unity and its issues. We explore the various disruptions to the Dual Unity that inevitably occur

throughout early childhood and into adult life. We explore how negative merging becomes a frustration and also patterns the blueprint of Dual Unity and adult relations.

Exercise: Monolog to explore the various ways that DU appears in our lives, including elements of positive and negative merging and using both early and adult relationships

Meeting 3 (Johanna) Hole of Merging

Focus on longing for union. Desire for merging and merging relationships. Loss of union and merging and absence of merging love in one's life. Desire implies wanting it which implies its lack. Understanding the longing helps us to see the underlying state of separateness and absence of the merging love. Hole. Loneliness, aloneness, empty of nourishment, disconnected and isolated. Absence of all the qualities of Merging Love, sweetness, connection, love, nourishment.

Exercise: RQ:

“Tell me a way you experience the longing for mother (whatever that means to you) ?”

“Tell me a way you avoid feeling the lack of Merging love?”

“Tell me a way you experience the absence of Merging Love?”

Meeting 4 (Hameed) Merging Love

A summary of all the variations of Merging Love that appear for the child and the adult. Exploring the way it appears as an loving, essential quality.

Cyclonic in groups of 5 exploring in both directions Merging Love