

LIVING DAYLIGHT JANUARY 25-26, 2020 PRECIS

Talk 1 Hameed

Introduction to the holding environment.

A short simple overview of the path through the boundless dimensions and love as one of the dimensions.

A holding love that is the presence of a good environment for the developing child.
the love is more explicit as a holding environment for the developing soul

Monologue: Explore your relationship to the holding environment. Do you feel held or not. In what ways do you feel held or not held?

Talk 2 Johanna

Early Holding Environment.

In order to see what happened to our connection to this LDL(refer back to Hameed)
we need to look at the holding environment all the way at the beginning of our life.

Define what we mean with “Holding Environment”, term coming from Winnicott, and what are some of the main elements of it. (quote from Winnicott)

Even though Mothering/caregiving person is central, here we **look at the totality of the environment, the overall feeling, atmosphere, situation from in utero to the first (or second, but mostly 1st) year of life.**

We will come to see that the quality of the early overall holding environment is what impacts how much our connection to LD is sustained. When child gets their needs met, loving, nurturing, caring, and supportive-Child can grow in natural way- **STAYES CONNECTED TO the ground of BEING.** LIKE A PLANT- gets water, sun, fertilizer, care, love, grows healthy and strong.

The more disruption the more disconnection from ground of Being.

We will look **at disruptions** of/in the early Holding Environment, like parents fighting, unattuned Mom (uses book-knowledge instead of intuition- schedule feeding instead of when we needed it, sickness in family, depression, Financial difficulties, insecure feelings, socio-economic factors

Family being part of a minority (racial issues, religious groups) inclusion-exclusion issues, feeling unsafe in neighborhood because of it...Noisy with a lot of kids. Or too dreary, not enough stimulation put in crib, left alone Claustrophobic (too hot, too cold, no fresh air, sunlight, bright lights etc.)

The direct holding is the most important in creating the safety.

NOT BEING HELD with loving care...MAKES US FEEL WORLD IS UNSAFE PLACE

Factors determining holding environment: consistency, attunement/responsiveness..

When interruptions are brief and not too deep, baby is resilient.

When gaps of attunement and responsiveness are too long (schedule feeding etc.), then the sense of holding is this interrupted, and the child begins to feel the loss of the loving holding- contracts- hold itself - beginning of EGO development- a contraction.

Shifts the natural unfoldment of the soul, whether the soul “could go on Being” as Winnicott said, or did we “have to DO” to get holding.

THE RESULT OF THE LOSS

We develop sense that activity, some kind of doing is needed to be held, to get what we need. We start to react, manipulate our environment, come up with strategies to get what we need. We can't relax, surrender, let go. We start to become dis-associated from the quality or LDL, of the implicit holding of our environment. Leads to tension in the body, all the way to paranoia, being defensive. (more tomorrow)

We can feel contractions and holding in or tight in our belly and pelvis. A sense that there is nothing underneath us holding us up –

We see the world as DEVOID OF: consciousness, light, love, aliveness

FEELING HELD AND LOVED AND NOURISHED MAKES US FEEL THE WORLD IS A GOOD PLACE.

We feel welcomed- held... loved **If the holding is good and secure** and safe and nurturing, no major disruptions, the child will grow with a sense that everything is fine-

- **Exercise: Monologue:** History of holding and its disruptions, exploring your particular holding environment as a child. Discuss your early environment, especially relation with mother, but you really want to discuss the whole environment, the whole feel of the environment, in terms of presence or absence of holding. How much presence or absence, what kind, exploring by getting into the actual sense of how it was for you as a little kid, very early on as you can remember. The first year, the first two years, so you can see what's the feel of the holding environment for you. Was there much of a holding or wasn't. If there was, what's it feel like. If it wasn't, how did that feel like.”

Talk 3 Hameed

Introduction to basic trust; as a way the holding shows up in our experience of trusting how things work in the universe. Trust that the universe is goodness. Feeling if inner trust we are born with that gets whittled away through life experiences of disconnection. By understanding the limitations to our basic trust, we may begin to regain it more fully.

Repeating questions:

- 1-Tell me something that has limited your basic trust. (10)
- 2-Tell me something that enhances your basic trust. (10)
- 3- Tell me a way you experience basic trust. (10)

Talk 4 Johanna

Basic trust recap

- not a state, or quality, an unthought known...a posture/attitude/view of soul. Evident by how we live, the kind of ease we feel and optimism
- what makes that possible?
- What diminishes it, what reconnects us with it, fortifies it etc. (not develop)
- What is the way home?

Birth- what comes in is consciousness not just body.

Something implicit in our T.N. which we are still one with. Gives us a clue that there must be something about that consciousness we come from and as, not separate from that would make us that trusting. What is that within our fundamental nature that makes us trusting when we are so close to it, so One with it.

Then life happens. And "life's a bitch".

Remember not completely gone! How BT comes diminished, covered over.

Diminished by exp with Holding Env.: Holding wasn't attuned, etc. (diff factors)

- Contract, react, protect, numb, become defended. Attempt to deal with lack of Holding. Strategies. How to get holding.
Project and expect SHUT BLINDS, NO SUN COMES IN

Lost connection to our spiritual nature Qualities or to **our ground**

We can exp. Our fundamental ground in different ways but here as GOODNESS, LDL (Winnicott) did we have to go on doing or could we go on Being?

Way home: reconnect with this ground, the LDL

Disconnected, separate.....allowing the Loss. Allowing sense of disconnect. Lots of wounds, hurt difficulties come. Feelings, reactions AGAIN: We want to DO!!! But here is the first gift of the LDL as it touches your soul...Being WHERE we are. (Tantrum Mother example) we fight Our nature is like this Mother HOLDING. Loving as a welcoming, as an attunement, as an understanding, caring, really seeing you.

Makes us relax, so we can BE where we are, that there is a sense of being ok. That things will be ok.

Qualities: need to be palpable, REAL, something There to Trust to make us relax, Something larger than our restricted self. Need help

Soft, sweet, welcoming, holding just right, nourishing with a sense everything you need, all just right, right amounts....

-bathing you in tenderness,

Liquid sunlight

So delicate, never intrusive...

Touching us met by the Heart of the Universe

Cuddled liked in the arms of universe

That trust arises because of the phenomenological, palpable characteristics of that Love /LDL (not an idea, mental deduction or just faith)

- **need to feel the actual sensations of the feeling that something in the atmosphere is perfect, delicate, attuned welcoming.**
Soul can relax feel at ease. It is HARDWIRED
WE KNOW IT, because we remember it ARE IT - **no matter how hidden**
- **We need this kind of trust on our journey to go deeper letting go of our usual familiar sense of self, who and what we are and our beliefs about ourselves and reality.**
- **to have the courage to let go** of those beliefs and structures. (abyss)
- Those beliefs and ideas about ourselves as we explored in previous weekends are not just in our minds but live as structures in our bodies, heart.
- We need this trust **through being touched by this love- only then are we are willing to let ourselves fall, even hit rock bottom – and will be able to see that it is a good thing that can happen, even though at the beginning we think it is going to be the scariest.**
- **Courage to STEP OUT** Imbued with that trust at first small, not so bad..**take risks.Love right there.**
- But that ‘everything’s fine’ feeling doesn’t mean that there are no problems, no pain, no difficulty. Instead it means **that from a fundamental sense the universe is ultimately designed in such a way that it will work for us, regardless of what happens.**
- **Regardless of what happens we can find a refuge; the poor, sick, rejected, lonely, forlorn, we can find refuge in this love.**
- This LD when we experience it feels like grace, feels like a blessing.
We feel blessed in our lives-- move through difficulties, meet inner challenges.
- **Nothing Bad, Horrible, Can Really Destroy What Is True of Us.**
IN LIFE
 - **concern become lazy, lulled into a slumber and become passive. But:**
- **The more we relax (our personality), we get in touch with our Essential Capacities. Allows the intelligence to function in an optimal way. We don’t sit on our capacities but imbued with the trust we can actually live our potential and capacities in a much fuller way.**
- **more capacity, since **we are becoming more of ourselves** which is the base of all of our capacities.**
- **More enjoyment, ease. In daily life.**

In a nutshell: When we experience LDL we realize the BENEVOLENCE OF THE UNIVERSE

REACTIVITY/PESSIMISM ABOUT BENEVOLENCE OF THE UNIVERSE.

IT’s a stretch, we have many questions

- **Do we only perceive and believe in a world the way we ordinarily see it-- as a physical world—some good and lots of bad, unending strife, suffering, disease, disasters, accidents,**

climate change? Or can we also see Harmony, Radiance and A Luminosity That Underlies All of It whether it is good or bad?

- **Sense of Being is rooted on that level, which makes us able to be in the normal world in a way that works**, where we are free and happy without denying the difficulties.
- **Remember relationship to Divine --as more fundamental** (like atoms underlying
- we revert to thinking “I have to DO it..., we don’t trust, we contract.
- ***But We also need to see and remember the place of Basic Trust***
 - Trust develops through the work. Begin to develop trust by seeing how our process moves, brings up barriers and then we move forward. Moving through an issue, the aspect shows up. Universe brings something good to us again and again and that builds trust. Has anyone here experience that? “divine repair” through LDL
 - **We begin to see reality more objectively:**
We recognize that the inadequacies of the holding environment distorted our perception of how things actually are.

SECOND TIME BIRTHING PROCESS.

- Not needing the WORLD to be that holding environment but instead what holds us is our inner nature. For a baby they need the world to be that holding.
- We are getting in touch with the TRUE HOLDING ENVIRONMENT THAT HOLDS OUR SOUL.
- We realize True holding comes from the truth itself, from Being.

EXERCISE-- Cyclonic

Clockwise: What limits your sense of goodness in the universe

Counterclockwise: A way you are aware of the goodness

Discussion of how the holding environment developed over the weekend.