

# DH10 YELLOW – JOY OF BEING - PRECIS

## Johanna, Bob, Hameed, Karen Jan. 25/26, 2019

### Talk #1 Hameed – SATURDAY MORNING

#### Big View of Lataif and Relevance for DA Cosmology

- Welcoming and reviewing the basic Big Group etiquette; how to show up for the teachings and in the space, reasons for silence, when to socialize, separate seating (being loose about one’s own experience). Importance of concentration and capacity for subtle sensing via our practices
- “What’s it all about Hameed?” Present big map of teachings in regard to T.N. cosmology
- Review what we mean by presence
- Why we study the Lataif and Essential aspects and how they relate
- Bridging to last weekends on Will to the Yellow joy of the DA (specific qualities in later talks)
- Gravititas of will but not controlling the heart

#### Exercise: Monolog

Explore how you tend to orient outside to find joy in your environment

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### DH10 talk # 2 JOHANNA – SATURDAY AFTERNOON

#### Restraint of Joy (Yellow- barriers/limitations)

Limitations/Barriers to joy:

Features of Joy: luminosity and lightness (in a sense of weightlessness)

While in contrast Ego **feels heavy** .We long to be lighthearted and happy, because it is our natural condition, We want to be happy because it is our nature. We just don’t know how to get there.

**1) Self-image as a barrier to joy arising (sad person, serious person)**

**2) restraint of the heart as biggest barrier to joy**

Joy easily associated with young kids. Lighthearted, no restraint (yet); essential presence flows and shines forth freely in the beginning- a totality, A FULLNESS, We haven’t learnt to hold anything in, to suppress anything yet. - Joy without reason, It just arises It is our nature. We often make a

Conclusion

**1) that this is the fullest, deepest, most complete way ever exp joy**

**2) assume that somehow that little kid in us is from where joy originates actually become a little kid when joy arises**

As children we don't yet have the capacity to hold feelings inside and continue to be in touch with them. we can't just sit and feel our feelings,.

When we learned how to control ourselves, our behavior, we also learned how to control our heart(joy gets dimmed) And that pattern lives on in us.

Didn't couldn't know is that your heart can feel completely out of control, ecstatic happiness without you necessarily having to be hop around!

We internalize the way our Mom and Dad (early caregivers/environment) treat us; counterforce! becomes part of superego. SE now holds the reins....of restraint

Later in life this is how it shows up.

joy gets compartmentalized. .

For joy to arise we need to liberate our heart from 1) the strangle-hold of SE 2) and from unconscious assumptions and learnt ideas that we have to act or become like a kid or 3) have joy only in certain places at certain times not others.

as we develop and mature, essential joy can arise in our hearts in its full intensity and luminosity regardless of the circumstances and without us needing to express it in the ways we needed to when we were little kids or even expressing it overtly at all.

T me a way you restrain yourself 10  
 What's right about restraining your heart? 10  
 TM How you feel when you are not restrained? 10

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**Talk # 3 BOB: SUNDAY MORNING**  
 ~ **Our Good Fortune: Ego and Essential Joy**

In our materialistic culture, authentic joy can feel illusive, conditional, available only when the conditions are just right and even then its transitory and fleeting.

**4 DIFFERENT WAYS JOY TYPICALLY APPEARS and IS EXPERIENCED**

1. **No Joy – its not here and I can't feel it**
2. **Out there: Joy based on ideas and the past triggers and future hopes**
3. **Hybrid: Joy based on inner and outer circumstances**
4. **Real Deal: Joy not based on any particular circumstance – just spontaneous arising**

**EGO PERSONALITY SIDE**

- Present joy from perspective of ego/personality: pursuit of happiness, ideas of "having fun", happy hour, circumstances, what we do for fun?

- Ego assumes joy and happiness are a result of conditions on the outside
- Survival concerns of the ego – to hell with joy, I need to eat!

**HYBRID (includes both egoic and essential)**

- **Heaviness and seriousness vs.** lightheartedness of being Essential Joy does peak through our ego structures however
- The more real we are, the happier and more lighthearted we are and less dependent upon

**ESSENTIAL**

- Sign of realization
- TN is carefree, free, presence of joyfulness – already happy, buoyant, carefree – not heavy
- Brings the capacity for enjoyment of our life, friends, living

**monologue 10/15**

- **Explore the four different ways you experience joy along this continuum from egoic to essential and all things in between.**
- **Distinguish one from the other - the way it feels, not just the circumstances.**
- **Whats it like when no Joy**
- **What’s it like to experience egoic joy that is mostly conditional?**
- **What’s it like to experience egoic joy that is mixed with essential joy?**

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**DH10 talk 4 KAREN – SUNDAY AFTERNOON**

**Presence of Joy and Spontaneity**

Karen did not submit an outline for her talk as she was substituting for Johanna who was sick

- **surface/ego level spontaneity**
- **True spontaneity**

**EXERCISE: Transition to cyclonic exercise:**

- 1) CLOCKWISE? direction: TELL ME SOMETHING THAT LIMITS THE SPONTANEITY OF YOUR HEART
- 2) COUNTER CLOCKWISE? direction: TMAW YOU EXPERIENCE THE JOY OF BEING
- 3) DISCUSSION

**Discussion should be about what is happening now in the group. is happiness present- in what way? can they feel the lightness of being? light hearted?**