

PRECIS Inquiry and Spirit of Adventure Talk #1 2-23-19

Blanchefleur

Are you ready to sharpen and refine your inquiry skills so you can delve into your inner universe?

Inner journey has no final destination, but can have many side trips, no end point, no goal, no place we're trying to get to. There is however a direction to our inner journey—deeper into what is real.

Day of practice, to using the skills and capacities we've learned about over the past year, to engage with our experience as if it were the greatest adventure—which it is!

Spirit of Adventure: exciting, interesting, fun, curiosity, light-hearted in spirit, full of newness: new things to discover, new possibilities at every turn, novel ways of approaching our experience, ways of experimenting.

Tools we have for the inner journey: **Belly center** that grounds us in the here and now, that tells us what we are experiencing and how we are experiencing it, and for bringing information from the felt sense; we have our **heart center** that tells us how what we are experiencing affects us--what we are feeling emotionally and brings sensitivity and attunement; we have our **head center** to discriminate between the various elements of our experience, to connect the dots and to bring deeper understanding of the meaning of our experience. We have the **lataif**: the will to keep persevering, the green to be kind and compassionate, the red with its courage and strength, and of course, the yellow with its indomitable spirit of adventure.

Superego defense:

Experiment with new ways of disengaging

MONOLOGUE: 15 minutes/15 minutes further exploration at the end. This is an open and open-ended exploration of your current experience, starting right where you are. Like Hafiz says: “The place you are right now God circled on a map for you.”

Be experimental, try new things, new ways of looking at your experience and have fun! In the discussion, see what you notice about which tools were in use: sensing, feelings, understanding, strength, kindness, grounding, support, joy. Was there a spirit of adventure? If so, how did it show up?

Q & C Take some responses and weave them into short talk about roadblocks to inquiry.

Second MONOLOGUE: Triads, 15 minutes each.

Q & C

Talk # 2 Adventure of Inquiry & the Unknown Nancee

This adventure of **inquiry can surprise us, as we embark into places unknown** without the usual gear. Our guides and tools ready us to deal with the challenges, the unknown twists and turns.

It is the uncharted territory that makes this exciting, enjoyable and fun – going boldly where we have not gone before.

It's kind of **like a treasure hunt or a scavenger hunt**, on this hunt into our inner nature **our clues and our guides come from inside.**

Might start with - ***A question you are truly interested in – that is relevant to your life – it may be a living question that is burning ...and has a direct sense of Not knowing in it –this question is a living force... wanting to know, that is moving toward the light, understanding, truth.***

And so the Inquiry begins –

There is something you know that you don't know... the Mystery beckons – wanting to be known – “ **this is you wanting to know yourself deeply.**

Some tips on how to sharpen our inquiry skills in 3 steps – using the acronym is IBE

1. **Get in Touch with our Immediate Experience** - whatever it is, I'm with it, I welcome it

So what am I experiencing right now when I ask this question?

2. **Connect with Bodily Experience** - all Centers – belly, heart, head – sensing, feeling, thoughts

Most people are dominant in one center: head, heart or belly. Some lead with visual/insight, some emotions/feeling, some body/sensations – include all!

3. **Expand the Experience with Subtle Sensing** - tension/relaxation, energy, temperature, texture, pain/pleasure, taste, touch, smell

Stay Open to Not Knowing - The more we allow not knowing on the Inner Journey, the **more the Mystery reveals itself.**

Keep Questioning:

Each answer is the beginning of another question...pulls you ever closer to TN

Ask the question and then Allow

Over time, thread emerges

You have your own unique journey

Can see the thread of what your soul is working on

Soul can come to know herself as an unfolding, ever changing, presence bubbling with new arisings, insights and understandings

MONO: Groups of three, 15 minutes each with 15 minutes discussion

This can be an open-ended exploration of your current experience, starting right where you are or if you have a living/burning question that you have been chewing on for some time that is relevant to your life or if something is still present from this morning's inquiries you want to delve further into it.

Let the spirit of adventure support you, along with all the tools in the tool kit- sensing, feelings, understanding, curiosity, strength, courage, kindness, steadfastness, openness, not knowing. In the discussion, see what you notice about which tools were in use.

Be experimental, try new ways of looking at your experience **if head is more dominant start with sensing into your heart or belly - have fun!**