

## April 2019 Talk #1 **Not Knowing** Precis

1. Bridge between February Spirit of Adventure with lataif presented so far
2. Unknown/Mystery of Being
3. Shows up as Not Knowing—a state of Being not of deficiency
4. Not Knowing combines with curiosity and wanting to know
5. 100% Open to what is activates Black Latifa
6. Felt sense of black in center of forehead
7. Brings peace, stills the mind
8. Silence, stillness, peace that are exquisite plus dynamism
9. Engenders questions that are relevant to your experience right now in the moment
10. Rilke:

Be patient toward all that is  
unsolved in your heart...  
Try to love the questions themselves.

Do not seek the answers,  
Which cannot be given  
Because you would not be able  
To live them.  
And the point is,  
To live everything.

Live the questions now.  
Perhaps you will then  
Gradually,  
Without noticing it  
Love along some distant day  
Into the answers

### **Exercise: 3 Repeating questions 10 minutes each**

- 1. Tell me what's right about knowing**
- 2. Tell me something you know you do not know**
- 3. Tell me something you want to know about your experience right now**

## TALK #4 April 7 Precis **Elements of Black in Inquiry**

1. Mystery “I was a hidden treasure, loving to be known.”
2. 100% Open to your experience
3. Unknown shows up as “Not Knowing”—a state of Being that invites the black to open
4. Allowing silence in your inquiry at times, waiting for the dynamism to show up
5. Curiosity
6. Sensing your experience: sensing forehead—open, black, thick, thin, dense, nothing, black rubber?
7. Doubting?
8. Remember presence—is it arising, if so let yourself explore it
9. Belly support lets head relax its need to know then head liberated and heart feels joy and gratitude—check out the 3 centers as you inquire

### **EXERCISE: 15/5**

Open ended inquiry. Feedback/discussion see if it can be done from same perspective—open; was not knowing there in a positive way? Could they feel deepening? See what is happening in forehead: open, closed, thick, some presence?