

PRECIS FOR DH10: Bob's Talk for June 22, 2019

The Power of Stillness

REVIEW of BLACK & DOUBT:

- Last time we looked at silence and stillness of our Being and how Stillness is related to the Aspect of settledness, mystery, not knowing and Peace.
- Today we dive deeper into the Black Latifa part 2 exploring more of its mystery with emphasis on its essential characteristic of TRUE POWER!
- Power is a Big subject with much confusion as usual so we will work more on it and the issues and obstacles in the future
- For now we want to explore and lay a foundation for power. What is Essential Power? Where does it come from? what's it got to do with a spiritual path???
- Tremendous power out there in the universe: black holes, super novas, millions of galaxies, star nurseries and thing not yet discovered or imagine. What a universe! Dynamic universe teeming w/stealth energy
- Dynamic FORCE that comes from the profound depths of our nature
- energetic teeming quality to it.
- Shows our True Nature is not flimsy, that just because it is subtle, it is not flimsy. It is powerful.
- Ultimately the power to BE ourselves
- Fullness with immensity, power and grace
- Refined subtleness, smoothness, graceful and elegant, quiet and peaceful - stealth
- Amplifies and sharpens our perceptions
- When Black Essence touches something - it quiets it down and makes it calm and like itself.
- True Power simply and powerfully reveals the True Nature of things

EGO ACTIVITY:

- Ego activity is a complex set of patterns, images, reactions of constant inner activity
- Mind (evaluating), heart (emotionally reactive) and body (restless and unsettled)
- Inner Dialog always commenting, judging, interpreting, rejecting, hoping and dreading.
- Ego is always being created through the mental activity - constantly creating sense of self & position.
- When the Black Essence touches ego activity, quiets it all down

ANNIHILATION:

- Annihilating Power of Stillness!
- Reveals what is the true nature of things
- Reveals ego's nature - doesn't truly exist - just a belief, an idea that is coming through an agitated mental activity. The moment that mental activity quits, it disappears.

- True Function of Power: *** Guides us in life – for expansion and truth for being what we are

HAS WRATHFUL SIDE:

- From Ego POV: destructive, Annihilating, disappearing – scary!
- From True Nature POV - just the revealing power of truth – wonderful and not bad.
- Seems destructive - but not indiscriminately - destroys what is false
- Appears in many ways - empowers all of our capacities and perceptions
- Empowers: inquiry, understanding, awareness, discrimination, curiosity

POWER OF SETTLING – RELAXING INTO GOD:

- Like being super relaxed and very awake
- Power is for life, for expansion, for the truth, for being what we are.
- Independent of external sounds or not
- Inner stillness doesn't mean that there isn't any movement
- You can be still while walking and talking in stillness.
- Inner silence is not the absence of words, it is the absence of agitation.

EXERCISE 20/20/15

1. **2. Tell me a way you experience your power?**
2. **Tell me a way you experience the power of stillness?**