

DH10 Body & Soul Daylong: September 21, 2019 TALK #1 The Shapes We Take - Nancee

We started a new chapter of our work together and began reading The Book of the Soul – here are the cliff notes from the July weekend

- In our work we call our individual consciousness the soul. A living presence that can know itself, is aware and conscious, is sensitive -can perceive and be affected
 - This individual consciousness that we are is truly a mystery. When an experience happens it happens in your location, within your “wave of the ocean”, your individual consciousness, not your neighbor’s.
- The soul is where experience happens. The soul is who digests experience and becomes impacted and transformed by it.
- We’ve learned that the Soul – is malleable, impressionable, flowing, sensitive, intelligent, dynamic, alive, teeming, awake with possibilities, potentiality.
 - The soul is a medium, a substance that can take many forms; always changing, fluid, moving, morphing, shape shifting – like water when you pour it into whatever – it takes that shape.
 - The flow of our inner states are always changing- thoughts, feelings, sensations all inner impressions.
 - Soul is what we work on and is what develops and transforms. Go through alchemical process. **One way looking at this Work is that we are liberating the soul from old conditions, grooves and rigid patterns/structures of experience.**

Today continue to explore more deeply into the IMPRESSIONABILITY of both the soul and the body and how they take shapes and get patterned IMPRINTED by our external and internal environments.

Our soul, our consciousness has an effect on our body, impressions in the soul are in body– inner reality plays out in body, the body is actually expression of the soul

The body and soul operate together in a totality. And though the soul is not bounded by the body, we use the body, sense into it as way of getting in touch with very substance of soul; move, breath, do practices to help us open and break up patterns so we can get back to original substance and we also use the body to get in touch, enter into, occupy the various imprints and patterns

The patterning of the body can be seen and felt in many ways - in the shape, form, appearance, tone, sense of weight, breath, mobility, groundedness.

Let’s all stand and feel into a few different impressions and shapes that impact our bodies and souls – Take a moment and feel into this statement-

I DON’T LIKE BEING IN THIS ROOM RIGHT NOW – invite all the impression- thoughts, feelings, sensations, all your perceptions (sound sight smell touch) participate in what you experience.

Add a SE attack - STOP FEELING THAT! YOU SHOULD LIKE BEING HERE RIGHT NOW!

When I voice a SE attack – how does this land in your whole system –**what is the shape your body takes in response to this message, Are you collapsed or arched? more tight or more loose? ? is it localized in a certain part of your body or spread out? what happens to your breath? full or limited? how grounded do you feel? do you feel more heavy or light? what’s the feeling tone?**

Now sense and feel into this statement – I REALLY ENJOY BEING IN THIS ROOM RIGHT NOW.

And what do you notice sense or feel when I say 'YOU ARE SO LOVED, SO SPECIAL, SUCH A GIFT AND BLESSING, WE’RE SO HAPPY YOU’RE HERE... same questions as above

WE WANT TO BECOME MORE AWARE OF THE TOTALITY OF OUR EXPERIENCE – and how THE MEDIUM OUR SOUL IS IMPACTED AND IMPACTS – THE WHOLE OF US - BODY/SOUL AS WELL AS THE PATTERNING, SHAPING OF OUR BODY. CONSCIOUSNESS IS NOT JUST IN OUR HEAD IT IS THROUGH AND THROUGH head to toe - heart, belly, back

we are learning to read the book of the soul and to liberate ourselves from old conditions, grooves and rigid patterns/structures of experience.

And the entry point is to be right with wherever you are. That is the doorway – we will repeat this many times – **being with our direct and immediate experience - Just exactly where you are – and willing to enter and engage – GET INSIDE AND OCCUPY whatever shapes, patterns, structures, conditions, feelings, sensations, beliefs, ideas, etc. without judging, rejecting, avoiding or trying to change it – is the way to discovering the truth of our essential nature.**

We have to enter and engage fully –over time more open and free we are of the conditioned patterns, shapes and impressions in our soul and body the more Essence come through & can then impress us. **Essence is what allows the soul to transform and reach her true potential.**

It's amazing this Soul because it is malleable and fluid like mercury and silly putty - changing and evolving through the soul over time from infancy to old age. From ego to essence – that's like magic!

The soul cannot only change herself she can be changed. The form and shape she assumes are not always her choice, they can be imposed on her.

SO THIS IS WHEN OUR HISTORY COMES IN - WHEN WE ARE YOUNG DIDN'T HAVE THE CHOICE - THESE EARLY IMPRESSION ARE CREATED AND FORMED BY BOTH NEGATIVE AND POSITIVE INPUT

We all have our own unique mix of positive and negative patterns and impressions in our souls and bodies that we have accumulated over our lifetime.

Over time when these experiences are repeated again and again - these inner reactions are retained as imprints, impressions that form into emotional/psychological patterns or grooves in the soul and the body - patterns of tension, contractions, postures/ shapes, holding the breath...

We are impacted by our external environment (our life experiences that are also constant with family, work, school, relationships) **And our soul/body is impacted by experiences in our inner environment** (what we think and feel, how we talk to ourselves)

What we are pointing to today is that the soul and body are malleable and sensitive - it responds, it's impressionable and can be molded and shaped by anything and everything around us. These imprints and impressions form the basis of our personality and they can fix the soul and body into emotional, relational, psychological, physical patterns –and we are often not so aware of WHAT is being impacted.

EX – MONO 20 MIN EACH

Think of 3-4 impressions on your soul you'd like to explore - a message, a superego message, an imprint of some kind that has stayed with you. Talk about it enough to bring it into the field, and feel how your body responds. Explore and enter into shapes as fully as you can -

After the person describes their own experience, then one of the inquiry partners asks, 'do you notice any particular tension in your body in this pattern?' What parts of the body are you more aware of right now? What is the overall feeling tone?

Remember to be sensitive, attuned and respectful while asking.

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Bob's talk: Connecting the Dots

GUIDED NATURAL MOVEMENT EXPERIENCE /SHORT KATH:

BRIDGE FROM MORNING:

The soul is malleable and super responsive, shaped and molded by everything

Organism of consciousness which is very sensitive – babies – pin drops – 5 senses are highly attuned

Double-edged sword – impressions are exactly how we learn, grow and develop - also how we get fixed and stuck

SOUL: MAGICAL, SHAPE SHIFTER

Constantly changing essence of aliveness - soul is what moves, does, feels and thinks

Soul is what we actually “work on” - what transforms, clarifies and liberates.

Using Body & Soul together – since they inextricably linked together

RIVERS & LOGS - SOUL & CONTENT: Fabric that ripples and multi-dimensional

Like River flowing (the field of consciousness) with things floating in it like logs, and tires etc. (content of experience).

Mistake the logs in the water for the flow of the river itself

Contents are stuff of our surface life – reactions, experiences/history - forget the sensitive medium behind it all

BODY & 3 CENTERS: Soul teachings show how the body can be more active in inquiry rather than passive object of 3 centers expressing these impressions of the soul

Synergistic: movement between the 3 centers – why we introduced them long ago.

3 centers are doorways of transformation of the soul

BODY/SOUL PATTERNS:

What holds these chronic patterns in place long after the stimulus fades away

EX: Trauma as fixed patterns: psychological, emotional, body tension, distorted perceptions

Pattern is collection of historical experiences - we make meaning of it and hold it all together

More patterns are exposed consciously, more reveals what its made of, where it came from and what maintaining it SOUL more than Body: can feel huge (beyond the body) so what expanded? - soul consciousness

PATTERN LIBERATION ORCHESTRA

SOUL as DYNAMIC FORCE has Optimizing Property

IF FREE: Inherently moves soul toward optimal experience and life – brings more life, energy, light

IF FREE: Organic intelligent force that empowers soul to develop and unfold in relationship to life itself

IF FREE: soul gets purified, clarified and liberated

IF FREE: soul as fluid easily flowing through body from one part to another – energy up the spine

Faster here – sluggish there – blocked here – absent everywhere

CONNECTING THE DOTS – MEANING in those SHAPES

Enter your own personal shape - What does it mean? How does it relate to your life?

- Is it familiar? (historical pattern)
- What's the shape trying to do?
- What's its intended purpose?
- How is it going about this purpose? (how does it accomplish this action?)

- What does this pattern mean for your life?

EXERCISE: TRIADS 20 minutes each – 1 Hour (one keeps time, ones asks, one inquires)

Pick current topic that's present for you now – positive or difficult

Start sitting or Standing, close your eyes and sense into what the topic naturally does to your posture/shape in subtle and not so subtle ways. Invite and embody the shape - Take your time – it doesn't matter how far or short we travel – more that we start reading the pages – start the process journey.

When more fully embodying the shape, signal the questioner to ask some embodiment question

As each question comes:

Startup QUESTIONS:

- What shape do you take?
- What is the felt sense of your chest and effect on your breath?
- What is your felt sense of support?

8 minutes in: Pause - ask second set of questions

- What shape are you in now?
- Is it familiar? (historical pattern)
- What's the shape trying to do?

15 minutes stop

Final 5 Minutes:

Did shapes change and morph around

Was there meaning in the unfoldment?

Connect the dots ... Any personal meaning from the actual flow of the inquiry itself for their life. Not just the subject.