

PRECIS – DH10 BRILLIANCY PART #2

JAN 2022 – DH10 Big Group

Talk 1: FATHER FIGURE & BRILLIANCY PART 2: Bob

I. INTRO & REVIEW OF BRILLIANCY: summarized the teachings on Brilliancy from previous Big Group where Brilliancy part 1 was presented

DISTINCTION BETWEEN THE ASPECT and ITS EFFECT – detailed the difference between these two elements of the aspect.

Described how Brilliancy appears in the MACRO to the MICRO – smallest to the massive and some of its effects upon the soul.

II. WHY WE BRING IN THE FATHER FIGURE (FF)?

ALL Aspects have their own unique issue(s) that surface when we open to the aspect. The father figure or role is the primary issues for realizing Brilliancy so we explore how the father role has influenced us.

III. FLEXIBLE KINDS of Father Figure needed - Depending on Developmental Stages:

1. *Infant: Mom is central figure at first who we go to for nurturance, substance, warmth and love*
2. *Separation phase: Father comes more foreground. He needs to be an interesting other, reliable,*
3. *Oedipal phase (3-5 yr), when child is aware of oneself as being M or F, genitals, delight in discovery of*
4. *Latency (6 into puberty and teenager). Fathering function helps to tolerate a lot of intensity at this*

IV. UNIVERSAL PATERNAL WISH for the ALL-GOOD FATHER FIGURE

Brilliancy is VERY similar to the FEEL and ROLE of the FF for the developing soul (why it gets tangled)

Everyone wants the Good Father – even if we can't admit it or feel it directly or deny it

THE BAD FATHER FIGURE:

Many reasons why we don't let ourselves feel the wanting for the Good FF due to our history of hurts, rejections, shame, absence of this father figure in our life and history.

V. 4 WAYS to DEAL with FF:

Projection (you), Identification (me), Fantasy (someone - someday), rejection (I'll do it myself)

- 1) PROJECTION: *Main thing: its over there in you – not here in me*
 - 2) IDENTIFICATION: *Main thing: If I'm like you – I'll have it*
 - 3) FANTASY WISH: *Main thing: If I'm like you – I'll have it*
 - 4) REJECTION: *Main thing: I'll do without or I'll manufacture it myself*
- All 4 LEAD to disconnection and form an obstacle to realizing Brilliancy

VII. EXERCISE: 3 Repeating Questions

1. Tell me a way you are like your father? (identify with FF)
2. What's right about not being like your father (reasons you avoid FF)
3. Tell me a way you see Brilliancy in others or your FF? (see how you project B onto others including Good FF, God, Hero)

Talk #2 LACK OF BRILLIANCY - NANCEE

What we have seen in this work is that the wish, the need for the good father can expose and point to the experience of the lack of Brilliancy.

There's an ongoing sense of a gap, an absence, a lack.

This is a very deep loss for the soul, a sense that something is missing and disconnects us from something very precious and necessary.

We've come to understand in this work after gathering much data from many students over the years is that the essential aspect of Brilliancy most often associated with the qualities of the archetypal fathering figure and what this represents.

Most of us did not have ideal fathering, these qualities and capacities were not fully embodied or mirror and there's a feeling of a gap or lack when it comes to brilliancy.

So if we had imperfect fathering, how do we recognize this aspect of our nature, own, integrate and embody the qualities of Brilliancy in ourselves?

Need to explore and feel this gap and lack of true brilliancy itself.

Head- may feel like a loss of intelligence, feel stupid, can't get it, feel inept, unclear, thick in the head, not precise, confused, can't keep up, don't understand

- a missing of clarity, precision, density, brightness, fluidity, of luminous efficiency, of graceful elegance and beauty of excellence, of intelligent functioning

Heart - indecisive, unclear about what really matters, poor choices relationally,

- feel mediocre, don't shine, feel dimwitted, dry, emptiness, like something is missing, can be a sense of being lost, deficient, weak, alone, hollow, feel absence in mobius right side of sternum, Belly - can't function well, unclear about physical limits and capacity, don't take care of body with intelligent choices around food, exercise, sleep,
- can feel clunky, unrefined, no presence, no grace, don't have what it takes, not impeccable, no effectiveness or efficiency

And when this lack of brilliancy gets associated or projected onto our fathering figure and what we also lacked there –

We may feel anger, hurt, fear, grief, hatred, rejection, vengefulness, hopelessness, shame, disappointment, etc.

And also look at some ways we try to get it or cover the lack up

We try to get it through study, degrees, courses, books, workshops, the Almaas glossary, fill up on as much knowledge we can get

Project/Hook up with the other who's got it – the friend, partner, teacher

Deny wanting it, reject it – not interested, drop out of college, don't need it, get dull numb out, distract

Resignation – identify with SE, I'm deficient, can't every have it – they have it, I don't

Time now to explore and discover what is true for you around the lack of Brilliancy.

EXERCISE: RQ. 10 min each

What's it feel like not having the father you wanted and needed?

Tell me a way you try to get brilliancy for yourself?

Tell me a way you experience the lack of brilliancy.

Talk 3: Essence of Intelligence: Hameed

Hameed presented an overview and summary of the aspect of Brilliancy. Bringing in its qualities, its presence and its integration.

EXERCISE: Monolog 15 min/5 further inquiry (total 60 minutes)

Explore in what ways intelligence functions in you. Mentally, emotionally, relationally or in actions.

As you explore how intelligence functions in you, see if you can get a feel of what it is that is functioning in you.

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Talk #4 LIFE PRACTICE - Brilliancy is TRUE NATURE functioning in a complete and total way & LUMINOUS DRINK - Nancee

TRUE NATURE is expressed in breath-taking way by Brilliancy.

There is intelligence behind everything, in how the universe works. So intelligent, it needs no plan, no blueprint. Simple intelligence in the moment.

- Direct, flash. Spontaneous functioning. Also, see how little of our intelligence we usually use.

- Form and function are completely inseparable. Beauty and efficient, effective functioning together.

- Can be immense, powerful, can be most exquisite refinement. The same medium can have such range. So, a huge range of functionality. Fullness of response.

Brilliancy is TRUE NATURE functioning in a complete and total way.

Can be felt as depth in the room here. Grounded in the belly in the here and now, immediacy of what is happening.

Brilliancy itself is awake within itself to what it is doing.

The knowing is happening with the bursting power of Brilliancy, can be experienced as ecstatic effulgence, exploding from within, sparkling diamonds, fine fluid which infuses the consciousness from within.

Has intoxicating quality of the functionality, pure pleasure of intelligence.

Amazing delight of knowing reality, knowing oneself.

Delight, ecstasy, and pleasure is inseparable from refinement, power, exquisiteness, intelligence

This ecstasy is like a drink. BRILLIANT DRINK. Sensation, texture, taste are inseparable from mental knowingness and emotion. All synthesized together. Drink made of tiniest sparkling diamonds, waking up as sweetness. In head brilliant and clear, wakes up the heart with all colors

Most beautiful and uplifting as soul wakes up to its brilliant intelligence, it also wakes up to recognition of self and the preciousness of how you are

Brilliance can bring awakening to reality and TRUE NATURE, to preciousness of what we are

THEN FIRST ROUND OF LIFE PRACTICE - 25 MIN
COME BACK TOGETHER FOR EXERCISE

EX: CYCLONIC – IN GROUPS OF 5

COUNTERCLOCKWISE - 20 MIN. Name something that limits Brilliance functioning in a complete and total way in your daily life.

CLOCKWISE – 20 MIN. - Name a way you experience Brilliance functioning in a complete and total way in your daily life.

COME BACK TO LARGE GROUP FOR FINAL ROUND OF LIFE PRACTICE - 25 MIN.
THEN BACK TO BIG GROUP - Q & C