

PRECIS FOR JULY 17/18 WEEKEND - PEARL RELATING

Talk #1 From ego relating – to pearl relating - Johanna

- Many teachings think the individual is not important, In DA we value the individual consciousness. Pearl teaching as unique contribution of DA. Mysterious, not something we can grasp conceptually.
- We can get reborn out of the unity as an offspring, as unique expression of the underlying ground, living a life, for the Ultimate to have experiences, to know itself in all of its possibilities. Each of us matters and our personal life matters, giving the Ultimate a chance to not just know but also express itself. Pearl as a potential for the soul to develop into a mature human Being, embodying and expressing our TN in our lives, our functioning and relating. (Actualizing not just realiz.).

Pearl: true human being (true individuality) completes individuation process we all go through on ego level (brief connecting of dots subjects of: separation indiv (integration of the essential qualities into pearl- past weekends, value, merging love, nourishment-metabolizing our history, obj. relation in order to learn and grow)

Conventional relating mostly happens through the filter of object relations, structures and images of the mind and our history. Real relating requires us to be in touch with our essential nature. Pearl. Presence in Nowness.

Gradually essence impressing the soul more than history, so our relating can come from what is more real and true in us than our self-images, object relations and conditioning. What does the capacity to relate mean? We think of relating is all the things that we **do** together or exchange between us. The “stuff” of relationship; communications, expressions, exchange, sharing.

2 stages of development: relating on ego level and relating on essential level:

-Relating on ego level happens mostly through the filters of object relations; is either verbal, emotional, or physical. We can have any or all three of those and still feel something is missing, something stays untouched in us.

What is missing is the essential level, the fullness. Presence, essence, our T.N.

Contactfull-ness -Pearl is made out of it, it is our nature, not something we **do**. The ego approximates contact but is incapable of truly fulfilling contact because ego is a structure based on the past. The real contact is happening because you are there. (Being) What makes it a contact is the presence of the contact-full consciousness, whether these activities are present or not.

Relating on essential level can happen when we are doing inner work (practices, sessions with teacher/SG). In time is moving from the ego stage to the essential stage, where you are more the presence the flow. That flow is the flow of presence, of consciousness- and that is what is “doing” the relating (not the familiar sense of yourself/personality) Being, always fresh and new; so many new possibilities for discovery, learning, expressing.

When it comes to relating to another human being contact-full is not enough.

Need/want contact in a **personal way**. (not generic)

Many ideas what “personal” means -like sharing something more intimate “personal” from my history, life, stories, preferences, more private thoughts or sharing emotions. when we are confined to only the dimension of the history of the personality and its obj. rel. it makes the relationships more and more mental, dictated by the mind and our conditioning. Lacks the real juiciness, richness, fulfillment.

While interaction, much of it has a lot of planning, strategizing, recapitulating, remembering and mind is pretty active in it, checking and re-checking, accommodating, rebelling, trying to please, trying to hurt, and much of what we say and do is an expression of things that the other person isn't really aware of and expresses more of our personality and history (and all the strategies we learnt to survive be safe, be loved, valued etc.) rather than the true sense of what and who we are. Some of it is conscious, but a lot of it is unconscious. (Including some our cultural conditioning- why we behave in certain ways)

- PEARL relating~ personal relating

What is it on the essential level? We call the pearl also “personal essence” (an essential quality)

- has a kind of palpable-ness, a fullness, almost a feeling of a strong muscle, almost a physical fullness. It has a sensuousness, a sensual-ness, a lusciousness, and a richness.

Come in belly for some. Heart for others. Whole body and roundness beyond or sticking out from chest or belly. A true form. Not boundless but outside physical form sometimes. A fullness. Resiliency.

- Quite a mysterious thing; how something like Pure Being, which is inherently, totally impersonal, beyond personal, appears as a person. (to ordinary mind it is a paradox) And a person here means an individual presence of Being that has the capacity to make contact and to make contact personally, from a person to another person. And its contact – when we relate and personal essence arises, it is autonomous, is independent in the sense that when I'm contacting you it is coming from my own unique possibility, not determined by what you say or do or where you are. Not reactive! (*on a continuum; but it gives us an orientation of what is possible, the direction we can develop in*) It expresses my Being, and it takes into consideration where you are, what you are, what you do, but it is not just simply a reaction to that.
- It is rather an expression of what I am that is unique to me- original and independent from what I learned from my parents, independent from my history.
- Real relating (pearl) is always in the **NOW**, fresh. – being created freshly every moment
- When the interaction and the relationship become more and more the expression of where we really are at the moment, what we really, truly feel about the other person, what we really, truly want to do with the other person, not as a reaction, not as a projection but as the **actual, genuine manifestation of our uniqueness.**
- **Interpersonal:** I am a unique individual and I recognize the other person as a unique individual. In that sense that makes it personal; relating to that personalness over there, the fact that that person is really a unique manifestation of reality, it is not just a generic person. Like if it were somebody else standing there, I would relate to them differently.

We are all human beings, which means we are all unique persons with our own inner subjectivity. Our relating then matures from the confines of obj. relation to a true inter-personalness: from person to another person.

EXERCISE

Repeating Question

1. Tell me a way your capacity for relating has matured
2. Tell me something that limits your capacity for relating
3. Tell me a way you would like to relate.

You want to open up your horizon for possibilities by seeing how you would like to relate.

Maybe you want to but you thought you couldn't. How would you want contact and relating to be, to feel like?

Talk #2 Personal contact/ Relationship as practice - Johanna

What does it mean to be personal? To make Personal contact?

Soul needs to mature and develop for real personal contact to be possible. Requires having metabolized (a lot) of our history/experiences, not being confined by obj. relations, moving in stale patterns of relating. Soul needs to be open to being impressed and informed by essence.

What it means to relate from personalness of Pearl:

Recognizing another as a person, not as an object (what can they do for me? "Usage" vs seeing and valuing the others personhood.

Intersubjectivity. Relating to other's uniqueness - in a personal way not generic. More than interpersonally. Not just seeing outer manifestation but considering/including their subjectivity, their whole inner universe- including their totality. (includes their limitations, defenses too)

Pearl to pearl contact:

Defining characteristics of personal essence: 1)Being 2) Personal 3) NOW.

When **Those 3 elements interweave- are all there in real personal relating**

-aware of my inner subjective experience in the moment, considering the other person's subjective universe, attuned to and responding to where their subj. experience is and not just relating to how they appear, what they do or say; **touching the other with our Being, touching each other with the very substance of our consciousness, touching and being touched. From soul to soul, Being to Being, pearl to pearl.** Brings in the heart.

To be personal is to be present in the interaction, to be present as who one really is, the Personal Essence. There is fullness, genuineness, truth and immediate contact. Your personal interactions are appropriate to the person you are with and to the situation.

Interaction happening from Pearl are In Now, outside of history.

Outside of time and space. Being NOWness, Pearl arises freshly every moment. Like god giving birth of you every moment. Great freedom.

A few pointers for the new kind of exercise we are doing:

We want to be respectful of OTHER'S boundaries and do our best to create an environment where everybody can feel as safe as possible – by treating each other consciously, personally and in the same way you want to be regarded, held and treated.

1) When you speak, **use I messages**, speaking about yourself.

We don't want to make assumptions about the other, interpret them or worse, evaluate or analyse, so we will stay away from saying something like "you are....fill in the blank" (withdrawn, sweet, defensive etc) neither positive nor negative judgements or interpretations.

One very important guideline : NO ATTACKING! When we attack someone it isn't valuing them and is hurtful.

Attacks are: (YOU STATEMENTS)

Starting with yourself, (no attacking;)

Watch your Superego and practice disengaging, so you don't attack yourself and also don't attack others. (not directing your SE towards them).

"No attacking" is btw a general orientation for our relating; also for our time in other exercises, group, Q and A etc. SMALL GROUP

How to deal with strong and/or difficult emotions/ "stuff" having to do with your relationships comes up If you feel negative feelings arise toward the other person or yourself, just say that you are experiencing some negativity. This is not the space to unpack it in any detail, like exploring some difficult history between you. You can notice if that is happening inside of you, judgements coming up but you are not speaking them, not going into the content of them ("all the things they are doing wrong etc.) You can say you feel negativity arising and how it is affecting you and your presence (this is an important part of our pearl development/ communicating. Learning to hold our own charge and reactivity without discharging it toward the other. Same with positive emotions. Watch for the "urge to merge".

Our presence and developing intersubjectivity will help us to get more of a feel around how things we express land in the other. Sometimes we intend one thing but something completely differently "lands" in the other. No need to overthink things and stifle yourselves- we all make mistakes, meaning are unattuned at times. We do want to be ourselves as much as possible, in a mature and open way. And enjoy each other.

Exc: Groups of 3. Format: triads (ABC)

15 min Choose who is A, B and C in your triad. A & B begin the exercise/conversation I will describe, while C is the silent witness No feedback. Then A and C converse, B is silent witness, again for 15 min. Then B and C converse, A is silent witness; Meaning each one has 2 different conversations and one round where they just sit and witness. = 45 min. Then 15 min discussion amongst all three together at the end: What did you learn, notice about the contact, the different ways personalness showed up or didn't show up in yourself (differently with the 2 partners for example)?
60 min total (+ 10 min break).

This is not a monologue, but a dialogue, a conversation /back and forth. It is similar to a dialectic inquiry we did before, but the difference is that this time we will not talk about or explore our relationship and its history, and we won't talk specifically about the field between you (those are things we usually include in dialectic inquiry but today we specifically ask you not to).

Presence is the main thing you are both tracking in the dialogue and speaking to.

After you landed in yourself and aware of what is happening inside of you, include your partner in your awareness. Notice whether you are you leaving yourself, your sensing? If so, see if you can come back.

Then start articulating how you experience your presence, where you experience it (in body – remember all the ways we talked about how the pearl can manifest incl. bigger than the physical body), is there contactfulness, does the presence have a texture, how does it affect you? all those things are things you can share/speak to.

So, it is not a “normal conversation” like you would have in a social setting.

Speak to what is happening for you in the presence of the other and how you are affected by sitting with them IN THIS MOMENT. We want to see what that personal contact is. What is it right now? And how is it manifesting? What is your presence like?

Talk #3 Pearl - Personalness continued – Nancee

When you are being personal from the essential perspective - from the person of Being, you are simply being real as who you are and you are attuned to who is before you now – not who you see from the past, no overlays, OR – who is this presence before you. And, when you have two people that are present and full in that way, there is a richness in that kind of personal interaction. And it can also feel naked and clean like there is nothing between you and the world, nothing between you and another.

True Contact is not an activity- not something we do. It is something that we are.

For there to be contact, the Personal Essence has to be present. One is actually there, as one's own substance, filling the interaction with immediacy and significance.

Pearl to Pearl - you start feeling yourself here - I am here totally personally here..... open.

This movement brings up a whole new area of sensitivity in the soul.

To show up as a personal beingness brings a certain sensitivity- as the walls come down, the defenses and barriers and you start feeling yourself REALLY here - you can begin to feel shy, sensitive, there is a vulnerability that shows up. The presence of your personal Beingness is showing up naked transparent without the usual veils and defenses – the fortresses have fallen away... When Personal Essence is present there is openness and no defensiveness.

In the beginning we may have a concern that that which is touchable in me will get hurt.

This sensitive place is natural – when the defenses and protections thin out

the raw ingredients of the Pearl- takes time for it to become into it's full resilient beingness.

Personalness in it's maturity is not hurtable- Beingness is indestructible.

On the essential level, in terms of the Pearl, contact means touching the other with our Being, touching each other with the very substance of our consciousness, touching and being touch. Two autonomous, unique beings are making contact. If we are not aware of ourselves as individuals, we won't call it contact. We call it 'merging' then. The fact that we are both autonomous individuals means we are both Pearls, this individuation of Presence, and we are feeling the quality of the Pearl, the quality of contactfulness, contacting the consciousness of ourselves and contacting the consciousness of the other.

As we saw in working with the individuation/separation process this past year, we cannot be autonomous by seeing the other as an object and pushing against them to be autonomous. true autonomy implies that we see the other person as also an autonomous being and not only that, there needs to be a recognition of the autonomy of the other person and even an appreciation of it. There is a recognition that individually we are both evolving souls manifesting the unity of True Nature. That brings in the perspective that the other person is also, an experiencing consciousness just like we are, with their own inner life.

EXERCISE: MONO 15min each/ 10min discussion

You want to explore your own personal barriers against being personally contactful with yourself and others. What defenses do you use to avoid or cut off personal contact? What fears or sensitivities might hold you back? Fear of rejection, attack, judgment – or you might be afraid that what comes forward in you is too full, to forward (both in positive ways (too juicy, strong, joyful) or in negative ways (pushy, aggressive, mean).

There are all kinds of defenses that people use. I named a few like - A person could feel withdrawn and isolated. Could be stubborn, hard headed and use anger to defend. Could be emotionally detached, impersonal or be intellectual as a defense. Being busy, distracted, instead of just being there. All kinds of ways people avoid contact.

10 min. discussion about how it is now – each person speaking from their own direct experience, no commenting on the others' monologue, but rather continuing to explore what the contactfulness is like in you personally now.

Talk #4 Pearl – How it Feels and Functions – Nancee

This question about maturing into a true person of Being is one we will all be chewing on and working with for a long time. What the felt sense is like - how we relate from, function and live as our personal beingness is what we are exploring this weekend. And It's natural that we are all on a continuum and are working with the very personal particulars of our history and

personality that still need digesting so that the full range of the essential qualities of our nature can be more recognized, realized and integrated.

All the undigested stuff is the sand in the oyster that without - the pearl cannot grow. So we chew on our ORs, self images, beliefs, patterns and family and cultural conditioning to metabolize them, make room, make space for our true nature to shine through. We are in a process of spiritual development, the Soul is maturing, growing, ripening. What does this really mean? How can we recognize it, what is the felt sense, how will it show up in our lives, our personal relationships - with our partners, our family, our friends, our relationship to this teaching, the teachers, the school, the culture, the country...

There are different ways the pearl is experienced at first and on the way to being/embodying the pearl. For example, we can feel like a pearl in the belly (pregnant feeling) that is full, complete, like you're feeling a round fullness that exceeds your body boundaries and it's as if the body itself is imbued with this big presence or sometimes we feel a fullness that is emerging in the chest as something that feels round - like a round bubble popping out. Or we can feel a pearly presence that is a soft, round fullness that is luminescent and can have the sensations in the body as a body of light, a roundedness, a fullness, almost like a muscle, the soul feels more toned, substantial and smooth, freer from contractions and tensions.

There is a fullness of the Presence, a fullness of consciousness, of resilience, a sense of being oneself in a personal way. HERE FULLY. I FEEL I AM HERE. THIS PRESENCE IS ME. Filling out your location with firm and full consciousness, with a feeling of authenticity, dignity and wholeness.

The Pearl has the qualities of autonomy, beingness, personalness and contact. It is the embodiment of authenticity and integration of all your essential aspects. Your ability to live in the world in a satisfying and fulfilling ways and to have genuine personal contact with others that is rooted in our essential nature and unconditioned by history or patterned conditioning.

The Pearl, when realized and actualized is not bound by self definition or body definition. Yet can have an accurate sense of one's actual capacities and limitations, remember one's history, some true memories--we own that our past happened but not defined or driven by it. Know we have a body and will not walk into traffic. However, we are out of the box of the usual familiar sense of self/ personality which defines us in terms of past experience.

It can emerge in many, many ways, whatever way it may be emerging for you, whatever way you're feeling the PRESENCE. Sometimes we just feel the palpable fullness in some way that it doesn't feel like it's completely formed yet. Whatever is, is fine.

Again we are all on a continuum, wherever you are in this ongoing evolving process, is OK. Wherever you are - is the entry way. And it's natural at times to feel like a rubberband snapping back and forth between our ego identity/personality that continually reasserts itself in old familiar ways and our essential nature that may feel more new, more fresh and sometimes unknown.

The Pearl supports our functioning from an authentic place rather than through ORs and other structures of the personality. It supports our functioning to mature, grow and learn, be spontaneous, delay gratification, integrate experiences and maintain healthy, honest and respectful relationships. It is a refinement of our ego development, the Pearl embodies the functional characteristic of our personality/ego in a way that is authentic, open and flowing. It is the true personality. Again, a reminder that our ego/psychological development and our spiritual development are not separate and are part of the development of the Personal Essence/Pearl.

EXERCISE Mono. 15 min/ 15 discuss - Explore your journey so far on this continuum, this movement from personality to person of Being. What maturation, shifts, developments have occurred that express in your life, relationships, in your unique personal beingness?

You may see and feel ego patterns, body patterns that persistent and pull you back to the familiar sense of self. That is fine – include those too - we want to hold it all. We want the totality of our experience to be here, all is welcome - our reactions, our concerns about not knowing where we are ... all of this is going on, at the same time that there is some sort of Presence fullness that is developing.

Please remember - This is not an exercise for your Superego to judge, criticize or compare where you are – it is a chance for you to let your love of the truth, compassion and objectivity guide you to where you are right now – to sense and feel into how you are maturing and developing and how your personal essence is being expressed in your life.