

CADH10: BRILLIANCY BIG GROUP PRECIS

#1 Introduction to Brilliance: Essential Intelligence

- We Introduced the aspect/quality of Brilliancy essential intelligence.
- Generally intelligence has to do with intellect, thinking, figuring out, discerning, analyzing... all good.
 - In western culture it refers to mental intelligence. *I think therefore I am*— René Descartes.
 - Some cultures value more collective intelligence: Japan, Bhutan.
- Essential intelligence is a quality of true nature. Essence functions, manifest in our intelligent action, relating, working, thinking, reasoning, feeling, being. It is not just mental operation. It's the intelligence of the functioning of Being.
 - Brilliancy reveals not simply what we are intelligent about but state of Being that is the essence of intelligence. The universe manifests a complete & majestic intelligence that is inherent, exquisite and beautiful.
- What is the intelligence that makes an idea/action intelligent? There's an effectiveness, economy, elegance to it, grace to it.
 - Einstein as a manifestation of intelligence: $E = mc^2$
 - Many brilliant people may not recognize the quality of brilliancy itself.
- The Experience of Brilliancy: smooth light bright radiant open.
 - Like all qualities, a hereness/presence that can feel luminous, shining, glowing
- What's the experience of a lack of intelligence?
 - Dull dank, dusty, crusty, unclear, thick. Unclear unprecise, confused, muddled
- Brilliancy can function in all 3 Centers
 - In addition to the head center
 - Can be intelligence in heart & the body.
 - Heartfulness in improvise music... A Love Supreme
 - Inherent INT. about matters of the heart
 - Lack of Int. Relationally unintelligent choice. Self-kindness: S/E work
 - Brilliancy can function as a knowing in the body
 - What exercise needed, what food, how much, little, when? Understand physical limitations & capacities.
 - Can be intelligent in one center and not in another.
 - Mind manifestation radiance, luminosity, elegance, shining smoothness, refinement, like liquid light, mercury.
 - Heart Clarity Purity, preciousness, innocence, immaculate & intelligent. An exquisite delicacy, beauty, grace, satisfaction, bliss

- Belly Intelligence Power, intensity, density, majesty, magnificence, effectiveness, responsibility, impeccability, Voomp!
- Impacts the Soul as organic, alive, conscious. It functions in a purposeful, intelligent way. Intrinsic to our make-up, inherent in our consciousness—not something added.
- Includes brightness, awakens, refinement, balance, completeness, synthesis, confidence.
 - *Capacity to think or act intelligently has to do with Brilliancy running through the Soul* Hameed

Exercise 3 RQ:

- **10m What is intelligence to you?**
- **10m TMAWY believe you are not Intelligent.**
- **15m TMAWYE Intelligence (looping)**

XX

2: Brilliancy Synthesis

Brilliance of something vs Brilliancy itself

- Brilliance of “something” but not Brilliancy itself. Like awareness of awareness?
- Glow from within – self-luminous like a Star or Sun with its own generator of light
- A prototype or original form of synthesis – platonic form
- Brilliancy allows the experience of the underlying synthesis of various and disparate elements
- Like reflections of sun on ocean - pools of liquid brilliance – but it’s the light itself – not reflection

What is Synthesis and what gives Brilliancy its Synthetic capacity?

- Synthesis is an Essential capacity that brings total view/seeing/understanding to light
- to grok the whole picture all at once
- experiencing a sublet factor already present in the situation but not perceived at the outset
- AHA moment: Came out of nowhere! like magic and in a flash of lightening
- Original and inherent synthesis of all Essential qualities together
- Not a logical and linear connection but alive, organic and fully experiential

ALL Essential Aspects before they differentiate

- Absolute and Brilliancy: Both have it all

- Absolute: all in potential (unmanifest) – brilliancy all as manifest but undifferentiated
- EX: white light before the prism and all the colors)
- Non-differentiation of ALL essential aspect
- Synth is source from which all essential aspects differentiate

Synthesis Further Description:

- Liquid and fluid
- penetrates and gets to the core - heart of the matter
- An Intelligent function that is efficient, elegant, beautiful, exquisite
- With lightning speed and efficiency
- Optimal use of resources
- Elegant in its simplicity
- Very easy, simple - zero friction
- More than sum of the parts (though includes all the parts)
- Creates new and direct knowledge and understanding
- Thread suddenly flashes through the various elements to show their deepest connection

FAKE or EGO Brilliancy:

- smart or clever, intelligent in an intellectual way
- always the right answer and response, being right
- Appearance of intelligence w/out the living substance
- Filler for the hole or absence of Brilliancy

EXERCISE: Monolog: 15 min w/ 5 min questions from witnesses (60 minutes total)

Explore your understanding and experience of “Brilliancy Synthesis” as we have defined it today. In Brief: Brilliancy synthesis allows the underlying unity in the various individual elements to be spontaneously known all at once - to grok the whole picture – AHA!

Do you have access to this? Do you know the AHA moment experience - when all the pieces are suddenly unified and the full picture emerges at once, revealing the insight or unifying understanding? If so, explore what this AHA experience is like and how are you effected by such experiences?

If you do not know this essential quality, this AHA experience, then just explore your history and current experience for what might be in the way; i.e., what you heard or felt about your Brilliancy and your capacity for synthesis? Just be open to whatever arise as you explore this topic.

XX

#3 Brilliancy & Fathering Function

- We've studied Mother and Father Aspects, terms we use as historical Archetypes
- Father Archetype: we began last month with Platinum.
 - Father as an archetype of Universal Will. Brilliancy also a father archetype.
- Father different than mother:
 - Mother represents nourishment, coziness, merging, warmth, sweetness, melting love—
 - Father represents independence, responsibility. grown up-ness, capacity, practicality.
- Child/Soul learns by seeing things from outside.
 - Children don't know/see their essential qualities. They see them as embodied in parents, becomes a mirror for own experience of Essence.
 - Brilliancy shines a light on what we feel we need in the Fathering Figure
 - The qualities we projected on Fathering Figure include intelligence, power magnificence a majestic, immense completeness.
- How did your father display & manifest his intelligence?
 - Did you see their intelligence in how they lived their day to day life?
 - Were they quick thinking with ability to apply knowledge & skills in house, fixing things create order? When they were working did you see them have the ability to acquire knowledge and use it? Did they relate intelligently to you or other members of your family?
- What were you exposed to: fathers intelligent in 3 centers
 - Maybe a belly type, martial arts or was athletic with a precision/capacity to put what was needed to action.
 - Maybe heart type: you received their heartfelt expression, which was direct, clear & effectively touched you?
 - Maybe Head: were they quick thinking, efficient in mental operations, solving financial problems or figuring out a simple, precise problem you were having?
- Father qualities = grounded, embodied presence, strong, reliable, supportive with the capacity to be present and to take charge of situations as needed & to be potent in the world. Reliable source of information, knowledge skills about how the world works.
- Can you see your father's intelligence Objectively?
 - Some aggrandize or diminish the fathering parent. Can do no wrong or always wrong

- Did they personify qualities of grounded, embodied presence?
 - Was FF strong, reliable, supportive & potent in the world?
- What was FF relationship & attitude to your intelligence?
 - Were they supportive, competitive, dismissive, absent, put down?
- One's father needs, vary, depending on the changing needs in the moment.
 - Could they support with strength, or a soft kindness, as needed?
 - Were they able to provide you with the feeling for a safe involvement with the world, to do what one wants to do with intelligence?
- Father sometimes there or not or inconsistent. What was your father like?
 - Were they missing because of war illness death oreconomic upheaval, or divorce, or over-working, etc.
 - Ones identification with father can be a way to defend against experiencing our desire & longing for father.
- Brilliancy = ushering you into the world with encouragement, intelligence

Mono: 15/5 Did you have the father you wanted & needed? Did he possess any of the qualities we have explored? If not, how is that for you now? Reflect, sense into your experience of him and how his intelligence may have impacted you growing up and today.

XX

4. Life Practice Talk & Experience: (Bob)

- Intro to how we can function intelligently and brilliantly?
- What brings brightness to functionality?
- *How do you use intelligence in each step of the way? Include each act of completing your task from start to finish.*
- How did the qualities of Brilliancy display or not during LP?
- Do you experience synthesis in LP?
- What does the functioning of your LP feel like (fluid, choppy, elegant, smooth)?

WHY ARE WE DOING LP?

- **4th way school:** in the world but not of it – not monastic and not of the world
- **Apply our work in the everyday activity of** our normal life
- **Not split spiritual from our normal** living – separated enough already
- **practice and cultivate our spiritual connection** while participating in everyday life.
- **Interface between the SACRED & and MUNDANE**

WHAT'S THE POINT? Realization & Actualization

- **learn/practice being fully present while functioning**
- **not just meditation** chair or in a private session or on the mat but everywhere, all the time 24/7.
- **Vast Majority of our life is this area**, Mundane - must apply our spiritual development as much as possible.
- **LP as much as anything, contributes** to our spiritual realization AND spiritual ACTUALIZATION
- We don't want to just have Spiritual experiences that we visit on rare occasions
- **Point is to live our spirituality fully in our everyday life**
- Not just on retreats or in sessions, but in washing the dishes, preparing the food, cleaning the home, attending to work and bills, and socializing and watching TV and listening to music and even during sex. Why not include it ALL?

ADDING ESSENTIAL QUALITIES TO LP

- **Previously: PW and** impeccability - now we add in Brilliancy and intelligent LP.
- **Intelligent LP:** all the same elements as usual, SLL, focus, attention to the hive, slow
- **The intelligence of what's needed actually in your cleaning.**

HOW INTELLIGENT IS YOUR DUSTING (fill in the blank task)?:

- **Not just your ideas about what goes where** or how to dust, but what if you open up to the moment freshly.
- How can I approach dusting with presence and direct intelligence of what's needed?
- Going through the motions - auto pilot?
- Are you present in this everyday action?
- **Notice kinds of intelligence are you using in LP?** 3 centers? Intelligence of the heart and belly – not just mind
- **Feel the underlying unity of your tasks?** The root of all the dusting and sorting?

LP INSTRUCTIONS:

- Groups of 5 with your Zoom computer screen active the whole time
- Stay connected to your zoom screen so you can see others doing their LP and noticing how it feels to be part of the hive?
- Actual goal is to fully function in this task with Body, heart and mind as much as possible
- Stop and SLL to see that you are part of the hive and we are all functioning collectively contributing to the honey making – collective and individually
- Be relaxed – there is no place to go, and nowhere else to be
- Sense the parts of your body that are moving and working

EXERCISE:

LIFE PRACTICE Cyclonic in pods of 5

1. 20 min: COUNTER CLOCKWISE:

Name a place in your everyday life where you can function with more intelligence?

2. 20 min: CLOCKWISE:

Name a way you function with intelligence in your everyday life (including the capacity for Synthesis if present)?