

DH10 Life Force Weekend Precis January 2018

Talk #1 Life (Hameed)

No précis available

Talk #2 Aliveness (Nancee)

How do we usually feel aliveness? Most often we feel it in our everyday lives through our bodies – like in the movement practice we just did when we are physically active, engaging in some kind of exercise or activity that feels energetic, vital and enlivening.

We get a taste under certain conditions:

When we move, dance or go on a long run and get that runner's high or we engage in a sport – bicycling, basketball, tennis, swimming or maybe we go to the gym for a big workout or we have a really good sexual experience - all of which can bring a sense of aliveness.

So we may feel all this energy and movement, but these words don't really describe what it means to be alive. The aliveness of the pure consciousness is more complete than what we experience by just doing physical exercise and activity.

Aliveness and the Body

But at the beginning we think aliveness has to do with our sense of our body, with our sensations and the energy of the body and it's true under certain conditions .

We usually do feel more alive in an explicit way and we experience the affect of this aliveness on the body.

You've just hiked up to the top of Mt. Tam and you're all exhilarated, turned on, you feel really alive... what are you feeling? The exercise, the physical mechanism- the body allows us to experience the aliveness **that we already are**.

When you experience the **quality of aliveness** you feel **a pulsation, a teaming with vitality and a vigor**. There is nothing like the quality of aliveness, it is **rich with energy, not just energy an electrical exploding kind of energy**, dynamic, a freshness, a real robustness.

And yet it is not because of the body, really, the aliveness has to do with how much we are in touch with our life force. And that is key!

What happens for many of us is that we know and feel we are alive - usually.

But we are not actually feeling or directly in touch with the full or pure aliveness when we are engaged in the various special physical activities, sports, dancing, sex... It is **thru the body** thru these activities that **we get closer**. **The body - is a doorway to the pure life force, in our every day experience**, but often our **usual way of feeling and sensing our bodies feels thick or dull or blocked** and so **not easy** to make a **direct connection with the aliveness that we actually are**.

That is why the **SLL practice is so important & a primary practice**. One of the main functions of it is to develop **our sensing capacity, our felt/sense, our in-touchness** so we can **feel and sense more immediately and directly our aliveness, not just in the body but throughout our whole Being**.

When someone is **more directly in touch** - they **appear and feel more alive**.

We can **actually see and appreciate this aliveness** in some people – it's apparent even **in the skin, there is vitality, color, glow, shining with a robustness of life.**

What can happen **in our ordinary experience** is that **we feel alive but not necessarily that lively.** NO WORRIES, IT'S NOT A MISTAKE – IT IS JUST HOW IT IS – some people are more directly in touch with aliveness, some are not and **it varies in each of us.** But it is CURIOUS, isn't it? **What enhances our in-touchness with our aliveness and what limits it?**

What limits/deadens our Aliveness

As we develop and form a sense of self which is a natural important development that enables us to function in the world, **we get shaped and molded, structured - by our life experiences.**

Our aliveness can be **suppressed**, can be **repressed**, can be **hemmed in**, can be **constrained**, can be **limited.**

When **we are feeling limited**, **our in-touchness with life is not as complete**, is not as **immediate.** We are **not in touch with that quality in us that we call life.**

One of the **main inner structures** that tends to deaden and limit our aliveness and that is the **SE, the inner critic.**

We will discover other patterns, constraints, beliefs, barriers that limit our aliveness, and also how **we** limit/dampen ourselves in our everyday life, the things that we do that turns down, shuts off the aliveness.

We work with all of this in the DA – we inquire into these patterns to open them up. To find what is underneath, to unlayer ourselves bit by bit, so we can begin to feel the inherent aliveness that **is** underneath, that lives within us.

So much of our work is about **sensing and being in touch** with the subtleties of our experience.

Aliveness, pure life, is actually quite subtle and can be felt as a strong so vital, pulsing and energetic force moving through us, or as a subtle quiet vibrating sense of tingling.

So let's take a deep breath and just **feel the aliveness that you are in this moment**, what is your direct experience now, what do you sense and feel?

Our aliveness can be **encouraged**, can be **supported**, can **flower**, can **open up** right now. **If we can feel, be really in touch with the aliveness of the body, and focus on that and what limits or deadens it, we have a way to connect to the deeper and subtler sense of the pure life of consciousness.**

The aliveness of the body is the entry way, the bridge that connects us to our pure life force.

EXERCISE. Repeating? 15 min each

Tell me something that limits your aliveness.

Tell me a way you experience your aliveness.

Talk #3 Life Force (Mayuri)

The aliveness in the body is the entry, the bridge that connects us to our Life Force. The animating principle that separates living and nonliving things. The force within a person that gives the body life, energy and power. Or the force of the creator who creates everything. It is a fundamental force in nature like tornados, and it is in us this force, dynamic and alive itself. An instinctual flow of forceful energy. It is the energy for survival, needed for survival, and what survives. It is like a fire, a burning glowing substance fluid like lava or blood, with heat and warmth. It has the capacity for expansion, the same force that expands our consciousness to its very depths. So it includes our instincts, bodies and consciousness.

But it is muted except in times of passion or anger. How does this happen? Because of our histories, what happened to us we are alienated from opening to our depths. It was there when we were born, wanting to be met and welcomed. Instead, we were shaped by organizing ourselves to manage the force to get what we needed: instinctual needs, love of our parents, or to deal with the impact of the environment. Or we could be afraid of it, because of perceived danger, or because it is distorted on the planet (military, political value, money) or because it can seem destructive like the wine fires.

If it was allowed, it would unfold our potential if we allowed it to do its job, but instead it gets structured by the ego and ends up serving the ego, instead of our consciousness. So we need to be freed from the ego and liberated to expand our possibilities and capacities and allow us to develop- the force behind vitality, health, robustness, and passion for living. And it has the strength and power to do this. When it arises, we often feel it in the pelvis, but can be the whole belly, or the whole body and can get us in touch with the fire of the life force and allow us to be courageously and passionately involved in our life, not worried about consequences. An unfoldment of life full of excitement and aliveness.

Exercise

Monologue 15 min each

What is your relationship to your LF.

Have you had an experience of your LF?

If so, how have you experienced it. Have you felt the strength of it, the FIREY energy. Or is it BLOCKED and hard to get to.

If so, can you feel the shapes of the blocks in your experience ?

Can you feel or recognize what the barriers are.

Discussion 15 min

What you learned about your life force during the exercise

Talk #4: Introduction to the Red Essence (Bob)

Essential Strength: Main Quality of Red Essence:

1. Essential Strength - CENTRAL TO OUR LIFE FORCE!
2. I CAN – action for what we want in life and living
3. Move beyond what we know, comfortable and easy
4. Move into the world with strength
5. Solidity & Stillness
6. Bigger, stronger, more open
7. courage to be big, to think big, to act big, to live boldly.
8. known and unknown – welcomed with strength and boldness and confidence.
9. Robustness
10. Capacity to our functions at all levels
11. starts at the root chakra - Arise in the pelvis
12. Root - Ground ourselves into the earth
13. Why we feel fatigue & exhaustion
14. Needed for physical health in the body

ESSENTIAL STRENGTH AND THE DA PATH (why its needed)

1. Keeps inquiry from collapsing
2. Energy to remain engaged with such a subtle process
3. “Yes, I can do it, I’ve got what it takes,” so we don’t feel overwhelmed and give up.
4. It takes energy to go beyond our basic awareness
5. Help navigating the world
6. inner journey - confront those self-images, the ideas we have about ourselves.

BARRIER TO THE RED: Hard and Soft

Hard - Can’t Hurt Me:

1. The conventional view – strength as impenetrable, defensive layer. ‘You can’t hurt me...’
2. We get thick, tough, tight and rigid.
3. Conventional is more of approximation of the real thing
4. Conventional strength has - ‘I’m not so sure I can.’
5. tough and hard because it is removed from the ground and support
6. don’t know our true sense of capacity.
7. If you are identified with being strong, you have to be strong all the time or act like what you think strength is.

Soft - Weakness & Collapse:

1. sense of insecurity
2. uncertainty
3. sense of incapacity tiredness and weakness
4. lack of strength is based on a separation from our Essential Strength
5. The weakness makes us feel timid
6. we haven't got what it takes or we haven't got enough of what it takes.
7. We can feel so weak, so tired, that we feel we can't even lift a finger.

EXERCISE: MONOLOG: 15 MINUTES - NO FEEDBACK

Explore where you are in relationship to the strength quality of the Red Essence as I just presented it — Strength, Boldness, Capacity, “I Can” or the lack ...

Explore both sides:

Where and when you feel weak and insecure in your strength.

Where and when you feel a lack of strength and/or capacity - I CAN'T

Where and when you feel this essential strength and capacity – I CAN

What circumstances bring:

- strength or weakness
- I can or I can't