

DH10 Precis December 1-2, 2018 – The Way of the Warrior

Talk 1 False Will

All of our childhood experiences of how our will was treated or mirrored to us affect us today in our lives and in our capacity for persistence and determination on the spiritual journey. Everyone has a different way their will has developed. We are each unique beings and so we each developed our will in a unique way.

We use our FALSE WILL in ACTIONS towards what we BELIEVE SHOULD BE THERE,

This STOPS the AWARENESS of what is ACTUALLY THERE and ALLOWING it.

OUR attempts to HAVE WILL actually BLOCKS our ESSENTIAL WILL because it does not reflect the COMMITMENT toward the TRUTH of experience and the unfolding truth of reality.

Exercise

Monologue 15 min. Explore your personal history and development of your will. Look at your parents or caregivers and how they were with you, and how that impacted you. Then see how that early experience has affected your will today. Including the development of a false efforting will. Then there will be a 15-minute discussion to help you see more clearly about how you see how what happened as a child affects your will now.

Talk #2 Hole of Will and Ways We Defend

One of the first things we need to deal with is our belief that we know what real Will is and that we have it. Need to look at our defenses against recognizing that we haven't got it, that we don't feel our Will, we're not in touch with it. Most of us will fight tooth and nail before we acknowledge that 'I haven't got what it takes'. Without excuses or story.... to actually acknowledge - I just haven't got what it takes. I can't do it. When I try to do it, there is nothing solid that will get me going. Most of us don't want to feel that. It is a difficult painful place.

Ways we defend, avoid and fight feeling the absence or deficiency of the quality of Will - Rationalization Intellectualization – Distractions or Compensations – Passivity - not engaging in something that requires steadfastness or Withdrawal - not taking on the task or we just Don't engage, don't commit

Feeling of the Hole – it's like wishy washy-ness, a lack of confidence, of strong backbone, of support, missing something, the absence of solidity, feel unstable, shaky, haven't got a solid center, feels like a gap, an emptiness in the Solar Plexus area, The emptiness tends to arise more in the lower part of the body, the legs, the pelvis or the belly become empty. Empty in a difficult way, empty in a deficient way. The hole has the emotions of deficiency, the sense of lack, of humiliation, of something is really missing.

EXERCISE Repeating Question – 15 minutes

Tell me a way you fight the feeling of no Will.

All the defenses... the compensations and the fake will and other ways you avoid the feeling of no will. Explore all the ways you try to get away from there, not acknowledge it, deny it, fight it off, rationalize it...

Tell me a way you experience the absence of Will.

You want to get into it. Find out what it feels like... keep exploring it further, stay with... it is a continuing inquiry...you want to find more things about it... what else you can see and experience about it...

Karen Talk #3 - here's her notes

I will take them into the deficiency lack and through to the openness to the aspect. Will have them do a process around it most likely. Guided meditation and then an inquiry.

Talk #4 True Will

True Will is the substantiality of our nature hereeness – it is Firm and unwavering yet fluid, Determined and steadfast yet not rigid Solid and grounded yet intelligent/sensitive, responsive not reactive. Clear and here, yet not positioned, not dug in.

Will comes with a flexibility and dynamism that is experienced as an aliveness a flow, not a rigidity, not a tension. Will is what gives us the capacity to be, to simply be, to be ourselves, to be true to ourselves, to be real, authentic.

True Will is also felt as a particular kind of confidence that arises out of that sense of support, confidence that I'm here and I will do it. It's a confidence and trust in yourself.

We begin to trust more in the Presence of our True Will, that is connected inseparable from our True Nature – is dynamic and flowing and always present, so we can stop trying as hard, we can settle, relax, there is more ease, less effort as become more seated in Being.

Exercise: Repeating Questions 15 minutes each

TM a belief you have about True Will

TMW you experience the Presence of True Will?

Is it something you have experienced? How do you recognize it? Do you feel it in your body? Where do you feel it? Do you recognize any of its characteristics: determination, confidence? solidity, inner support, steadfastness?

And if you do not feel the presence of True Will, what are you in touch with? Do you find yourself lacking confidence? is there wobbliness or shakiness? The invitation is always to be where you are. Where are you now in terms of the experience of Will?