

PRECIS March Daylong 2018 – 1st talk - Anger Mayuri

We looked at ONE ASPECT of the RED= STRENGTH

- =CENTRAL to the feeling “I CAN”
- =CAPACITY to take ACTION in life
- =to CONFRONT difficult situations and obstacles
- = To BE OURSELVES with boldness & robustness
- =To LIVE our life and DO WHAT WE WANT to do

We ALSO looked at IDENTIFICATION with WEAKNESS

- = RESULT of being CUTOFF from aliveness, our ENERGY
- =keeps us FROM EXPERIENCING red essence
- = our insecurity, timidity, tiredness to even lift a finger
- = we HAVEN'T got WHAT IT TAKES unable, no juice

Identification

- = MENTAL ACTIVITY where we take ourselves to BE SOMETHING
 - = PSYCHOLOGICAL action of the EGO
 - = A way we DEFINE ourselves
 - & INVEST ourselves in EMOTIONALLY & ENERGETICALLY in something
- DON'T want to GIVE UP these IDENTITIES because BELIEVE that's WHO WE ARE

Not just DIFFICULT FEELINGS that draw us to identify

- = we are ALWAYS identified with SOME CONTENT or OTHER
- Self image, projection, emotion, habitual feelings, desire, plan, attachment, assumptions OR beliefs, positions, reactions, ideals
- =LARGE or SMALL
- = GROSS & OBVIOUS or SUBTLE, in the BACKGROUND
- =Based on PAST or happening RIGHT NOW

GENERALLY some CONTENT MODELING after one or other PARENT

Disidentify

- FIRST= AWARE of the identification THEN- UNDERSTAND it
- =We use PROCESS of INQUIRY to become AWARE
 - = WHEN you explore what you BELIEVE about yourself, on WHAT EVIDENCE, WHEN you learned it
- THEN identification DISSOLVES

BECAUSE identification is nothing but the ABSENCE of UNDERSTANDING

When PRESENCE is MANIFESTING, we ACT from the PURE QUALITY of that PRESENCE

- = Don't PREMEDITATE our actions =act NATURALLY & SPONTANEOUSLY –
- = CAN'T HELP but come from the QUALITY of our ESSENCE

But when we are IDENTIFIED with EGO content
= We really BELIEVE we are this PERSON
= in fact, so CONVINCED we LIVE, act out and DEFEND this person
COME HELL or HIGHWATER, for good or NOT

ANGER

So in LIFE generally when we have REACTIONS we ACT from them
= if you are ANGRY you ACT from that
= ANGER is one of the main barriers to the RED ESSENCE

USUALLY we DUMP our anger, ACT it out on someone or something
= and feel JUSTIFIED in doing so (they DESERVE it)
= we MOVE AGAINST something with HOSTILITY and JUDGMENT that can be
DESTRUCTIVE or NEGATIVE
= in those MOMENTS don't CARE about the OTHER
OR WE REPRESS our anger "I don't get angry"
= We don't know we are REPRESSING it , simply feel PASSIVE or NOTHING
=Or FEAR we will LOSE CONTROL
= Or IMPACTED by society taboo and see it as the cause of VIOLENCE, WAR,
& ABUSE

Or we go to HURT and GRIEF instead of anger
So it seems our choices are EXPRESS it or SUPPRESS it

LIBERATING the ENERGY of anger from the CONTAINER of anger
= INFUSE our CONSCIOUSNESS with the STRENGTH
If you STAY with the FEELING of anger, the EXPERIENCE of it
= w/o FOCUSING on CONTENT
= BEGIN to FEEL a PALBABLE feeling of ENERGY, ENLIVENING, and VITALITY and can
BEGIN to feel STRONG & CAPABLE
= BEGIN to feel CAPACITY to be WHERE we are w/o being SWAYED by
EMOTIONS & IDENTIFICATIONS

Red gives us CAPACITY to be ourselves w/o compromise
= we can be TRULY what we are, which sometimes means ASSERTING OURSELVES
= So gives the CAPACITY to CONFRONT situations
= Can feel more SPACIOUS, and EXPANDED and at EASE with ourselves

Monologue:15 min Explore your history and relationship to anger. What was modeled in your family? What is our own history with anger and how you have dealt with it? Have you expressed it, or repressed it, leaked or acted it out. What do you believe will happen if you were to allow it?

5 min further inquiry: to help the person we more about their anger.

Talk#2 – Expansion - Nancee

There is no inner transformation, there is no expansion in one's life without the Red Essence/Essential Strength.

When we are in touch with this aspect of our essential nature, there is the strength, the fire needed to burn things like our beliefs, ideas or conditions that keep us secure, in same place, in familiar comfortable state, our safe familiar box

So when we go along with the need for security, for safety, for comfort, we shut off our life force, we shut off our alive, passionate strength.

We stop the primary force, the primary energy for living, for expansion. We make ourselves small. We limit our possibilities; we limit our Beingness.

There is expansion only if we go beyond our limitations, our comfort zones. To expand means to go beyond, we want this expansion and yet there is the gravitational pull of our familiar self - wants to maintain comfort and safety. Great pull to maintain who we think we are, we cherish who we think we are deeply and we defend this sense of self constantly.

The Red/Strength Essence, shows us that True Nature is expansive and big in comparison to the small that we take ourselves to be. When we feel the strength, we often feel bigger – expanded beyond what we've known.

We see this in the process of inquiry that naturally leads to Expansion. Our inquiry reveals more, we feel more, see more, know more. As we bring awareness and discrimination to some belief, veil, limitation it can feel like something is being burned thru or shed, is being dissolved and we feel more expanded, in touch with something beyond our usual.

Red Essence/True strength can expand your mind, your consciousness, it can expand our heart, it can make your body powerful, strong. It can expand your perceptions, your capacities and your abilities.

The Inner Path is really the journey of expansion and it is possible for us to expand, not because we are a small thing that is getting bigger, but because inherently, essentially, we are already the infinite reality.

Reality itself, because of its inherent nature, is already 100% expanded.

EX: Hubble 2 TRILLIONS GALAXIES in the observable universe - 10 times more galaxies than previously suggested.

Our **view** becomes **vast, wide**, our **perspective of WHAT IS expands**. There is an expansion of our Being – our presence, our isness -in depth.... in extent

EX – WIDE & DEEP – at the ocean

Reality becomes **more luminous, multi-dimensional, beautiful**

We usually are more aware of what is going on, we are more aware of our bodies, more aware of our environment, our thoughts, our feelings. **Some of us may feel:**

Belly: Body sensed more directly, more alive, more pleasurable, expanding beyond the skin; Heart: More sensitive, allowing new feelings, develop subtle attunements of heart; Head: More aware of our insights; the mind is clear, spacious, open.

It's also **natural that the expansive quality** of the Red Essence that is continually transforming, destroying boundaries, bursting into bigger and bigger whatever, which will **bring up our deficiencies, the ways we contract**.

What we find, ultimately, is the greatest blockage against expansion, that continual renewing kind of transformation and change -- the main barrier is fear – fear of life itself. Because we **see life as a threat**. Life brings the **possibility of pain, of hurt, of loss, of destruction, death, failure. So we stop. We don't allow expansion** to go on.

So that we don't risk the failure, don't risk the hurt, don't risk the loss. We don't want to **CHANGE**, we **stay in our position**, and we **try to secure our self**. Put **more iron bars** around **our familiar self** to make **our little box safer**.

the Barriers to Expansion: Some of you might feel

Belly: Fear of **sensations, no boundaries**, something **physically wrong**

Heart: **Fear/avoidance of feelings—anger, hatred, hurt, loss** etc.

Head: Unrealistic beliefs/fears about our intelligence – strange, crazy, spacey

2 of the most common fears – the **Fear of the Unknown** and the **Fear of being too much, too big—in life**.

Exercise: Repeating Questions

1. Tell me how you experience contraction.
2. What's right about being contracted?
3. Tell me a way you experience Expansion

