

Talk 1 - Compassion, the green essence.

A quality of our true nature that arises to meet all we experience with a kind gentleness especially since what we often first encounter when we begin to make contact with the truth of where we actually are - is some difficulty, pain, discontent or disconnection.

The usual way of understanding compassion or kindness – for many people, its purpose, is to protect somebody - from feeling hurt, from feeling pain, from suffering.

Another way of understanding compassion is not in protecting ourselves or another from hurt but that **compassion allows us to feel the hurt, be with it** – being compassionate in a way that supports the other to trust enough to allow their hurt to emerge inviting it into the light, soothing the hurt without making it go away.

When there is real compassion, hurt is not blocked, it is allowed.

ONE OF THE MAIN BARRIERS to EXPERIENCING OUR COMPASSIONATE HEART that holds us back from growing, from confronting our ignorance and especially from feeling our separation from our TN - is HOW WE RELATE TO OUR PAIN.

It is natural for human beings to recoil from pain. We avoid it or try to heal it, or seek pleasure instead. We have all developed patterns over the years as the ego/personality develops about how to manage pain, how to reduce it or soothe it, how to cover up hurts, how to handle unbearable feelings

You may recognize some of these ways that we avoid our pain and hurt.

Override it by staying busy

Distract yourselves with TV, or the internet

Numbing yourself with food, alcohol, or drugs

Help others with their pain- by being a therapist or healer. In other words projecting your pain out there.

Dissociate- leave our bodies- especially when there is a deep traumatic experience

Having a stiff upper lip

Having fake kindness

Rationalizing or blaming

Withdrawing so far inside of ourselves, we don't know we are hurting.

Or deny we even have any pain.

For some of us - we can have a sense of coldness, unfeeling, no heart, cold hearted.

We can also use anger and aggression to cover our pain. Where there is hurt, there is vulnerability and we don't have to feel that if we use anger as a defense.

Ex. 15 Mono./15 min discussion about what you discovered

Where are you in relation to your inner experience, particularly your pain and hurt – is your attitude friendly, kind, gentle, open or closed, resistant or rejecting towards what is arising? What is your attitude towards your pain and hurt when you have it, how do you handle it, do you use anger as a defense, do you avoid, reject, feel it some then get busy...?

As you explore your attitude and experience of compassion... how are you when there are difficulties, hurt or pain and what happens in your body. Notice what's happening in your chest are you breathing or not...

Talk 2 1.Hurt as a Doorway:

What we don't know yet, or have not recognized, is that the hurt we experience is actually a door that opens to our heart. When we defend against hurt, it doesn't allow us to learn the truth about hurt and how it breaks our hearts open to a more real and deeper knowing of the tender loving kindness of compassion.

Most people think compassion takes away the pain, but this is not a true understanding. When we experience compassion – tenderness, WE OFTEN notice our heart opens in the midst of pain. It takes suffering for the heart to open in deep way and maintain it's sensitivity. It is actually our pain that can connect us to our humanity, that can bring out our inner warmth, kindness, soft, openness that makes it possible to feel painfully and not shrink away.

The compassionate heart kindly invites all experience. To tolerate pain, to be with it is a kind of kindness. Not exactly a holding, but a soothing balm that doesn't make it go away, but rather helps us trust that the pain will open up, and transform us. Liberate us from the pain. A way to deepen into what is here and what is real.

2. Introducing The Green Latifa

Activating the Green Latifa by allowing our hurt develops the capacity to BE and not to DO- to be sensitive to and to abide in your inner experience and eventually to your essential presence, your true nature. It shows us that we need to embody, not just what feels good and wonderful, but a true openness that welcomes our pain and suffering.

3.Opening to Our Deeper Truer Nature

But it is not just about healing our particular pains, but rather opening to our deeper, truer nature. Exposing the rift between who we think we are and our being, and to heal this disconnection from our true nature. We need to be willing to open to these tight closed places so that they can relax and open to deeper truths of ourselves. So, we need to be present with ourselves in a gentle tender way, in which our hearts are engaged in what we're experiencing. We need an open-hearted kindness in order to open up and let ourselves be.

4. The Direct Experience of the Green Latifa

I am beingness, the presence, the truth. The green is opens the secret way to presence through the gate of pain. We must deal with the painful conditioned heart to the real authentic heart of being. For this the presence of compassion is a necessity. So, we need to feel it as a presence, not just an attitude. Being kind to oneself is good, but feeling the presence of kindness is a whole other thing.

The green aspect of compassion arises as the soothing mentholated balm of the presence of compassion. it is the very essence of kindness - it FEELS gentle and kind. The knowing of its quality is in its very presence: the texture (what it feels like), the affect (how we feel it in our bodies) and the knowing of it is true compassion.

EX: Repeating ? 10 min each

TMW your heart hurts Something that hurts your heart

TMW you feel kind towards yourself

TMW you experience the presence of compassion