

DH10: Aspect of Sincerity

Big Group PRECIS for Feb. 26 – 27, 2022

Talk 1: SINCERITY INTRODUCTION: BOB DUCHMANN

SINCERE DESIRE FOR TRUTH or SOMETHING ELSE?

Kadhir Poem: The Land of Truth by Idries Shah

- Sincere desire for the truth...not A truth about something but truth of one's experience.
- This kind of motivation takes us on the royal road to BEING. Presence.
- Standing in the land of truth is to know Being which is what we are doing here in DH10
- To know and to realize and to actualize our True Nature, our Being

KEY: SINCERELY ACKNOWLEDGE WHAT & WHERE YOU ARE NOW:

We don't just blurt out truth, but acknowledge with sincerity, honesty, heartfulness and love
Instead, we acknowledge and embrace what is here, what's being revealed, what shape we are
now

Regardless if: restricted, in pain, defensive, reactive or in a realized condition

Spiritual journey takes us into areas of pain, frustration, and our challenging history

WHAT WE MEAN BY "THE TRUTH"

Its alive, sentient and responds

Not inert, but responsive to us, our practices

It changes and reconfigures

It has many levels from the surface to the depth – from the relative to the absolute

So by Truth, we don't just mean one thing or state or just "telling the truth"

SINCERITY & THE REAL:

When somebody is being sincere with you, you tend to feel that what they are saying is really
real That they are being real, but you get that feeling that they are being real because you feel
their heart in it. It's not just the fact of where they are or that they really mean what they are
saying. You actually feel that they mean what they're saying. It instills some kind of trust in
them because you believe what they are saying is real and you believe it because you have a
sense of it, you have a feeling of it. There is a heartfulness to it.

FEELING OF SINCERITY:

Follow inside where S is coming from, we see our heart is engage - we really want to tell the
truth.

S isn't defensive or full of justifications – its just true, real in a sincere way - not reactive like our
ego is.

S is calm, real, a truthfulness that feels right and direct and also loving.

We say, "I'm coming clean - I'm not going to fudge or slide off this"

It is a root beer color. Brown with a golden hue to it... You could say it is fluid bronze.

SINCERITY DEFINED: the virtue of one who communicates and acts in accordance with the entirety of their feelings, beliefs, thoughts, and desires in a manner that is honest, free from deceit, hypocrisy, or duplicity. Genuine and earnest

UNCOMPROMISING ATTITUDE TO THE TRUTH

Integration of spiritual dimension is an attitude of not seeking certain states, but what it truth. Deals with our relationship to truth and what it means to be a real human being.

PERSONAL SINCERE LOVE – SOBER and AUSTERE

NO BULL SHIT:

NO FUDGING –

NO BLAMING:

INSINCERITY & WHITE LIES:

S develops through one main way – which is recognition of our insincerity – the moment we recognize this we are sincere again!

MANY BARRIERS & ISSUES:

- weakness and saying “I can’t handle it – too much – deal with it tomorrow”.
- fear of consequences losing a connection
- Fear of hurting others
- Generally, an enmeshment in conventional life: lulled by comfort and pleasure
- Strong impulse to side with reactivity which takes us away from the quality of sincerity
- Not sidestep reactions, but approach them Sincerely to understand the truth behind them

EXERCISE:

*Monologue 15m/5m further reflection on what happened during your monolog
(total 60 min)*

*Talk about your experience of Sincerity generally and specifically in your life?
How does it manifest for you and your relationship to your inner process and work?*

*Please explore mostly how it appears (or not) in your relationship to yourself, your inner process of inquiry and realization
Explore what happens if you are sincere and give yourself to whatever is true during your monologue.
What happens when you are not fully sincere?*

*5 min: for the witnesses to ask questions about what they heard to help the person investigate things further that they might not do otherwise.
Not a time to: interpret, give suggestions/advice, or make any judgments - a time to ask a few questions that might help the inquiry go a little further.*

Talk 2: Obstacle to Sincerity: Insincerity: EUGENE CASH

EXERCISE: (3) Repeating questions:

- **10minutes: Tell me a way you are insincere.**
 - **10minutes: What's Right about being insincere?**
 - **15 looping minutes: Tell me a way you are Sincere**
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TALK 3: SINCERE LIFE PRACTICE: EUGENE CASH

EXERCISE: Monologue 10 min each with 10 min pod discussion

How did or didn't Sincerity manifest in the Life Practice

How was it? What did you learn? What did you discover about SLL? About staying present? About yourself? When was it sincere or insincere? How could you be more present, devoted, sincere in the next LP?

- 30m sit
 - 20m Talk
 - 20m LP
 - 30m Exercise Monologue 10m each no feedback.
 - 20m LP
 - Q&C
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TALK 4: PRESENCE OF SINCERITY: KAREN JOHNSON

Guided meditation

Talk and transmission on the way Sincerity manifests weaving in related elements of sorrow, guilt and super ego manifestation

EXERCISE: Cyclonic (total of 60 minutes + 10 minutes break)

- Clockwise 20 minutes:
Say something about how you feel about seeing your insincerity?

- Counter clockwise 20 minutes:
Say a way you experience the presence of sincerity
- Group Discussion 20 minutes:
Discuss together how you experience sincerity showing up in your group field now

Homework: this is just for you, but of course you are welcome to share with your private teacher

Please write up a self-inquiry on how you can be more sincere about your inner journey