DH10 Markabah Part 1 – Precis (not for distribution)

#1: PLEASURE OF MATURATION & INTRO TO MARKABAH - Bob

1. GENERAL INTRO TO THE PLEASURE OF BEING
    - ANIMAL SOUL introduction
    - PLEASURE PAIN PRINCIPAL
2. WHY IS BEING PLEASURABLE?
    - POTENTIAL AND FREEDOM
3. PLEASURE OF MATURATION
    - INTEGRATION OF ANIMAL SOUL
    - MORE OBJECTIVE – LESS REACTIVE
    - PEARL FUNCTIONING
    - DELIGHTENMENT
    - WORK & PLAY
4. WHAT IS A DIAMOND VEHICLE?
5. WHAT IS THE MARKABAH?
6. DESCRIPTION OF MARKABAH
7. CELEBRATION & VICTORY
8. HOW MARKABAH ASSISTS? (CELEBRATION)

Exercise: Monologue: 15 min each with 5 min further inquiry with witnesses (60 minutes total)
Instructions:

- ***is your DA work pleasurable?***
- ***If not, why, if yes, what's that like?***

More specifically:

- ***Explore how your inner work and its process feels to you overall (enjoy, dislike, too vulnerable etc.)?***
- ***What is your attitude toward your inner work and its process?***
- ***Do you find it difficult, challenging, too revealing, something else? If yes, what makes it so?***
- ***What pleasures if any, have you found in your inner work (be specific)?***

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#2: EXTERNAL ORIENTATION - Nancee

Markaba brings in guidance to orient towards our nature, but it also begins to expose the various mechanisms of our ego that get activated that keep us from being able to recognize our nature and realize our essence.
Structure that emerges that the Markaba exposes that helps us to understand why it is so difficult for us. Is our Animal Nature. Focus on how external orientation for survival lays down blueprint for Pleasure.

The pleasure principle that preserves the body, has an orientation that is external and by now, is so engraved in the fabric of our soul, so impressed us that we find ourselves caught in the external gaze - looking outward.
We fear we will lose gratification because we deeply believe the external is the source of gratification.
The ego and the animal do not know that Being is the source, is the wellspring for all pleasures.
The ego on pleasure, is like a dog with a bone. Just try to get that bone away. It's not interested in TN or ANYTHING ELSE but the BONE.
If we don't know the pleasure of Being itself, as well as the pleasure of the bone, we cannot know the true fulfillment of being human.
We need to be honest about our own external tendencies, so we have some chance to go beyond it, without dismissing it.

EXERCISE: 3 RQ 10 min. each
Tell me something you get from being externally oriented.
Tell me what's right about being externally oriented.
Tell me what you believe you will lose if you let go of the external orientation.
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#3 The Inner Turn - Eugene

- The Turn Inward means we turn toward what is true and real in our experience
- Diamond Vehicles about the skillful means of DA. They offer the perspective of True Nature, & are a doorway to TN. Markabah is about Pleasure & Enjoyment.
- What is life for humans if we are not enjoying something?
    - If only hard work, not fulfilled. Enjoyment, fulfillment, contentment are part of what we are here for.

- Soul's capacity to enjoy life comes in ordinary experience –work, play, world, relationships.
    - Can arrive in simple things, big things which may appear as; Delicate, subtle pleasure; Simple satisfaction in life;
- The Pleasure of the 3 Centers
    - Body: Erotic, sexual pleasure: Heart: pleasure of friendship, relationship, love, community etc.; Mind: intellectual, creative, practical pleasure
- Markabah is about recognizing our capacity for pleasure.
    - Part of full experience of our True Nature
- Pleasure part of the optimization of our soul
    - Served our maturation from the beginning
    - Seeking: food, warmth, holding, care, love

    - Shift from being a child home w/ mom to the pleasure of autonomous functioning, development of skills, the capacity to relate / communicate effectively, developing capacity, interest in productive work, for adult sexuality…
    - What is similar in all is a maturational thrust that involves shifts in the sense of what is pleasurable.
- Markaba brings in skillful means & wisdom of how delight challenges ego structure
    - Dissatisfaction & beginning of spiritual journey: At some point we're dissatisfied with usual pleasures; We begin to shift: look for deeper satisfaction & significance
- Wisdom often measured by contentment, enjoyment.
    - H.H. Dalai Lama. Talks about pain, & he both cries & laughs a regularly!
- Markaba brings in wisdom that is possible to enjoy & it is wise to enjoy! Enjoyment & wisdom are one & same. In touch with our nature, glow of the enjoyment exists regardless of circumstances
- Paradox of the Turn
    - When we fully turn inward & want to know the truth, even if we hit something painful, it feels good. We want to know what that is & what feels good about it?
- What arises as our soul makes this turn toward beingness?
    - Presence appears to enable us to become more faithful lovers of truth, more oriented to our true nature.
- Paradox: vehicle of the Markabah, wisdom of Markabah, does not arise by pursuing pleasure.
    - Arises in response to understanding truth about pleasure. Openness, surrender, not knowing, but loving truth, wanting truth more than anything, than pleasure or pain, is space in which the M opens.
- Turn is gradual, ongoing
    - It's not a sudden, one-time thing, but a continual turn & ever deepening turning.
    - It's really about love— love of truth.
- What gives us pleasure is to be close as possible to what we love

EXERCISE: Monologue 15/5
Talk about your experience of the inner turn. In what ways you have turned inward? What has supported or nourished your inner turn? What gets in the way of or obscures your turning inward? What's pleasurable about the inner turn?
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#4 ORANGE ASPECT - Nancee

So we can see how very much we are biologically imprinted. How convinced we are that pleasure is to be had only from the outside. To the external orientation of the animal soul - what is good, what is needed for survival, needed for pleasure and satisfaction is out there. That's what matters. And this outer orientation becomes quite an obstacle for the inner turn necessary for our spiritual work.

The external orientation makes us not be able to see pleasure for what it is but rather see it as conditional. So we end up not really knowing what pleasure really is.
We see it inseparable from specific situations, activities or engagements. When we think of pleasure, we think of food, we think of sex, we think of certain sports or activities, certain possessions, certain interactions with certain people. We think pleasure means having those things.
But when we inquire into it, when we actually experiencing pleasure, it is an inner experience. Pleasure is not actually out there, even though sometimes we don't experience it without some external situation, object, person or activity - IT IS ALWAYS SOMETHING WE EXPERIENCE WITHIN OURSELVES.
So, we want to take a deeper look at Pleasure itself. We want to liberate Pleasure from the conditions of pleasure
The quality of our essential nature we will explore today is the Orange Aspect – the presence of pleasure.
Here are some of the ways Hameed has described it:
• it's good… it's just like my very substance, my very consciousness has changed into this very nice, yummy, orange sherbet.'
• It's a deliciousness. It's warm. It feels good to touch. It has a sweet satisfaction and sense of fulfillment—it has a fullness but at the same time an intensity and a lustiness
• It can tingle. It has a freshness and a youthfulness. And although it is full it is also light, makes you feel light from inside out - can be uplifting, moves toward the ecstatic.
• You feel quite edible and others experiencing it seem quite edible. You want to touch them, be near them, feel them, make contact. And you feel the same way with yourself.
The important thing is recognizing it as a quality of presence, of True Nature, it is not dependent or based on any of the usual conditions or situations we associate with pleasure - it is a quality of your own Being, a quality of your own consciousness.
The more open, the more transparent, the more refined, purified the more vulnerable we are the more we can be open to the full intensity and delight of Pleasure.
When we are in a place of relaxation, a kind of settled consciousness, free of agitation or fear, we can let go, and surrender to the fullness of Pleasure.
The journey continues towards truth.
In order to deepen and develop spiritually, we need to continue to explore our disconnection from our nature, our beliefs, self images, conditioning about who we are and go through whatever issues and holes we encounter along the way, and as we open to them, we often experience some heart felt understanding that bring us a pleasure, a satisfaction of being close in contact with our inner truth.

Exercise: 3 RQ 10 min each

Tell me a way you relate to pleasure.
Tell me a way you experience the absence of pleasure in your life.
Tell me a way you experience pleasure. Looping 15 mins
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Talk #5: SUPEREGO AND BARRIERS TO MARKABAH - Bob
MANY BARRIERS

1. MENTAL BELIEFS:
2. ANIMAL SOUL:
3. ADDICTIONS AND COMPULSIONS:
4. SUPEREGO:
5. SPIRITUAL SUPEREGO:
6. FAMILY SYSTEMS & RULES:
7. PSYCHODYNAMICS AND OBJECT RELATIONS
8. CULTURAL:
    - work & play don't go together
    - Pleasure is a reward, not a birth right
    - We don't do pleasure – we are stoic etc.
9. RELIGIOUS: PLEASURE & BLISS
    - Satchitananda
    - Hedonism and the devil
    - Protestant work ethic
    - Resist pleasure of the flesh
10. PLEASURE IS SCARY: EGO THREATS
    - Pleasure expands – ego dissolves:
    - Pleasure brings vulnerability – ego covers
    - Pleasure is too loose – fool, shame, run amuck
11. PHYSICAL PAIN: OVERWHELMED, CONTRACTED & DISTRACTED BY PAIN

Exercise: Monologue: 15 min each with 5 min further inquiry with witnesses (60 minutes total)
Instruction: Work with as much depth, sincerity and honesty as possible to investigate what blocks, diminishes or obscures your access to pleasure. Explore your posture and attitudes about pleasure and where they came from (i.e. religion, culture, family system, school etc.). Also explore how your superego affects your experience of pleasure (be specific).
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<u>#6 Allegiance to True Nature – Eugene</u>
CHANT: Om Amrita Bindu Jaya Maha Sukha, Swaha

- Markabah Vehicle shows that true pleasure & delight lies in our Nature
    - The inner turn means: soul is beginning to mature enough recognize, have some freedom from animal soul, & turn toward more fundamental, deeper value.

- Next step: Recognize our True Nature, & experience its qualities,
    - The beauty & wonderfulness of our innerness.
- Markabah entices soul back to love of truth through pleasure, beauty, satisfaction
    - Truth feels good & reveals TN!
- More we recognize our TN:
    - Appreciate its blissful, pleasurable, satisfying quality/more love we have for it.
- Mother/Child attachment bond is really a biological emotional reflection, of a deeper principle of soul's relationship to its True Nature.
- When the Turn matures & becomes primary we understand real pleasure, real satisfaction, comes from the nature of who we are.
- True Nature is nature of the soul & our ground is inherently blissful, inherently has an unconditional positivity about it. We recognize our blissful nature is not just our nature, but it is the nature of everything because True Nature, Essential Presence, is not just the nature of my soul, and everybody's soul, but really is the nature of whole of existence.
- When maturation occurs we develop a devotion, loyalty and allegiance to True Nature.
    - Loyalty invites Markaba to appear & helps supports the ongoing turn toward TN.
    - Allegiance to TN brings greater experience of the pleasure of TN & vice versa. It appears as allegiance to truth, as a loyalty to an inner, fundamental authenticity
    - The love of truth is personal, because the truth we love, we have allegiance to, feels very personal.
- Allegiance or loyalty to the truth, to True Nature, will bring up challenges on its own because we have many allegiances, loyalties to many things, people, many corners of the world. True allegiance is not to a flag, a nation, a group, political party, some kind of philosophy but a fundamental allegiance to the truth of TN
- Other allegiances veil our allegiance to True Nature
    - Allegiance to the Animal soul which is drawn toward immediate gratification.
    - Allegiance to the pleasure principle
        - In our thoughts, words, deeds, orientation, preferences
    - Allegiance to the Super Ego
        - Trying to satisfy it, listening to it. Letting it be the guide.
    - Allegiance to the ego.
        - Self-images, object relations, beliefs, old patterns. Ego as a familiar friend.
- Heartfelt depth of motivation includes the Belly Center
    - Allegiance without action is not allegiance. How do we live our life?
    - Are we living it from what we learn about who we truly are or do we live from what our mind tells us from our old identifications & O/R?

EXERCISE: CYCLONIC. First ascending order then descending
A: Something that limits your allegiance to True Nature
B: Say a way you experience your devotion to TN
C. Say something about your experience now