

Talk #1 Body of Pleasure Human Physicality – Eugene

- **We Explored the *Relationship to y/our particular body***
 - Do you enjoy your body? In what ways?
 - In movement, bike, dance, exercise, sight, sounds, touch, massage, baths, nakedness, etc?
 - How has it changed/ developed over time?
 - ***What happens when you are just *Being in the Body?***
 - Do you ever experience sitting here & feeling yummy
 - The pleasure we're pointing out in the body is experiential.
 - Shut your eyes & noticed the pleasure that may be there when you open your eyes. It's the same with hearing listening, It happens through the body.
 - Letting go of the ideas, opinions: immediately experiencing the aliveness
 - ***In D.A. we understand: bodies are sacred mediums through which TN expresses itself in the world.***
 - This is the form through which TN knows itself
 - ***Obstacles to Embodiment***
 - Reification of Body: Solidifying the sensitivity of the physical
 - Is there Movement or Constraint? Tension & Relaxation? Openness or Closedness?
 - Physical manifestation of psychological difficulty
 - Objectifying Body as a thing: To feed/clean/sleep like machine we take care of
 - ***DA Skillful Means with the Body***
 - Kath Meditation: Centering in Body; Sense Look Listen: Embodied Awareness & Functioning; Breath Work: Releasing the Obstacles/Trauma
 - Discover the pleasure of Being *Experientially*
 - ***Potential of Embodiment***
 - Experiential Embodiment & essential experience. What happens? Not separate from the body.
 - Sensitivity of the Body: touch your face, sense air!
 - are you open to it?
 - What's it like now?
 - ***Energy: Free or Constrained?***
 - How do you experience energy?
 - Can feel dull/dead or vibrant, sizzling, alive.
 - ***Pleasure of the Body***
 - Pleasure can be subtle or refine, gross or simple
 - Totally includes sensuality & sexuality:
 - Not the act but the essence of the experience
 - ***Essential Embodiment***
 - Sensing Presence in and through the body
 - Variant flavors: Presence: Green, White, Red, Yellow, Black
 - Can be part body: Strong Belly, Empty Head, Joyful Pelvis, melting heart
 - **Boundless Body can be experienced:**
 - Space, Emptiness, Transparency. Luminosity, Openness, Permeability, Unbounded, Boundless,
- Mono 15m: *Explore your experience of Pleasure in the body. What forms do you experience it in? Eating, seeing, hearing, walking, sleeping, movement, exercise, breathing, vibrating, sensuality, sexuality, etc. Focus on your experience of pleasure in the body. What's the felt sense. What happens if you give yourself to pleasure your speaking about. What is the direct kinesthetic,***

***immediate, sensational experience of the pleasure itself.* 15m Discussion: How did the monologue impact your present state of being embodied.**

Talk#2 Pleasure of Sexual energy/Sexuality - Nancee

We've started the work this morning with, not just the pleasure of Being in general, but how we express it in life, in the sphere of the body and sensuality, and how the Markaba touches the field of sexuality, which is of course one of the main areas that we human beings experience pleasure.

It's a big subject matter that most everyone has something about in one way or another. The sexual arena is a sensitive one, it is something that we don't tend to talk directly. The sexual is a very important part of our Being. Our sexual energy is part of who we are. It is one way that humans communicate. That energy is available in various ways.

We can sense it in playfulness that can have a kind of flirty, teasing to it. That playful kind of energy is actually a reflection of the darting and shadowing energy of a child who is moving through the rapprochement phase. For us, on a spiritual journey, these essential aspects of our nature -the Red and Gold enhance one another when expressed in our sensuality/sexuality.

When we're talking about our sexual energy, we are also talking about the pleasure of the body and in taking pleasure in our body. Sex is a most remarkable way that we actually engage in pleasure in our body.

Sexual pleasure, the pleasure is the interplay of the receptive and assertive, the merging and the feisty, in relation to another, but also within ourselves, in our own bodies. On a biological level it relates to our nervous system, the two sides, the parasympathetic and the sympathetic. Important to have healthy regulation for balance in the system.

The essential basis of sexual energy is the combination, the intertwining, the dance and the synthesis with the Merging Gold Essence and the Strength of the Red Expansive Essence. The Merging brings in the desire to come close, to connect, to relate, the desire to make contact, to touch, which if we don't, we can't have sex, really. And, the Red Essence brings in the excitement, the heat, the thrill, the energy and capacity to be ourselves.

While sexual energy has both aspects it can change depending on the situation or who we are interacting with. It is our rapprochement conflict that can be one of the issues that tend to fix it in one direction or the other in terms of sexuality.

We want to inquire and open it up so that our energy can manifest itself whichever way it can, and liberate it from whatever constrictions or fixations there are, so it can move through the whole range.

And our sexual energy is patterned by its ego structures and fixations – it can be limited, constricted or distorted; not free, not liberated to express itself to be what it can be. When it is truly liberated it brings the Essential experience; it becomes Essential. It is not just energy, but it brings in the

fullness, the texture, the contactfulness and the full-bodied-ness of the Essential Presence, which can make sexual expression much more embodied, profound and pleasurable in a more complete way.

Full Sexuality, which brings in sexual energy, means that our Being, our soul, as it matures, as it develops, begins to integrate the Red and Merging Gold Aspects and as they combine and intertwine and become liberated, more available, our Presence can be infused by an erotic quality especially as we feel it through and in the body. There can be a sensual, sexual pleasure to our movement or how we sense our body. Our Presence itself can have a thrill of pleasure that goes through our whole Being.

Like your body is bursting with life, with song – it's not just the hills that are alive...every cell is, tingling, scintillating, vibrating or it can feel like your soul and your TN are in a sensuous dance. This light-hearted excitement at the same time that there is an enjoyment and sweetness.

As we begin to explore our sexuality, may not feel so free, and can be very much patterned by roles, cultural archetypes, all kinds of inhibitions and prohibitions from our childhood upbringing. Many of us have had negative experiences and traumas in terms of sexual abuse, violence, exploitation or deprivation that can affect our sexual energy and the sexual inhabiting of our body. If we were sexually exploited, or abused, or hurt, it can be difficult to have that erotic quality and feel comfortable with it in our body because it will bring up those things.

In this culture many of us have been impacted by Christian thought; the way there is a confliction of sex, pleasure, flesh and sin.

Some of us grew up within that context - thinking that sexual pleasure is bad. It's part of this culture and doesn't exist in some of the other cultures and religions. Our conditioning - whether it's cultural, religious, familial (how was it in your family, with parents was it taboo to talk about) was there conditioning around gender – all of this impacts us as well as of our personal histories – so as we begin to acknowledge that 'I'm a sexual being and I can express myself, express my Being, my TN, sexually in an appropriate manner' - that can challenge many things in us from our childhood and upbringing. There can be a lot to unpack.

To engage and allow our Presence to be sensual and sexual and then to be able to engage sensually & sexually, with another human being in a way that is possible for our Beingness to be expressed, can bring up a great deal of vulnerability.

To be fully sexual with another means - Here I am all of me - I'm completely myself. It means that both my genitals and my heart are out there, unprotected. This is Not ALWAYS SO easy

Full true sexuality, means that our Red Essence (the fire, energy, strength) is liberated, the Merging Gold Essence (the fullness of heart, melting love, sweetness) is liberated and the two are available, can intertwine and integrate.

The sexual sphere is where it is possible to be all of oneself in all of one's dimensions and express them all in the same act. Your Personal Essence/the pearl when developed can express your sexuality that integrates your essential nature, your body and sexual energy all in an expression. Your body/soul is the sacred vessel, the holy medium that expresses TN. So my Presence, my Body, soul, heart, mind, spirit, all, are available.

That is why many people like sex, because you can express more of yourself. Yet many of us don't have that chance. We express a certain part of ourselves or a certain dimension. We know there are more possibilities, we want this, but we can express only through a certain range of possibility.

So we want to look at how to open up our Being, open up the possibilities of how we can express ourselves sexually and as well see our limitations in this area. For example, we can't be fully embodied if our sexual presence doesn't go into our pelvis. We can't develop our Kath fully if our genitals are not included, and if our sexuality, our sexual energy, our sexual tendencies and challenges are not explored.

The limitations can be fear, can be superego, can be fear of vulnerability, can be loss of control. Control can be a big thing when it comes to the question of sexuality. Many of us feel we have to control the situation, so that certain things happen and certain things don't. We want to have the whole thing to stay within a known territory.

So to open up to our spiritual dimension fully, we need to examine our sexual life and our sexuality. We can't do that if we leave our sexual life out of our inquiry, not examine it, not open it.

True sexual expression is like true inquiry; if you put parameters on it, the possibility of discovery becomes limited.

As we begin to explore our personal experience of sexuality many things can come up for us. There can be excitement, pleasure, fear, withdrawal, aliveness, vulnerability, melting, aggression, hurt; all kinds of things.

Want to bring in the issue of boundaries here. When we're doing the exercises and we're discussing things about our sexuality, our sexual energy, We want to keep our appropriate boundaries. If you're uncomfortable, you have permission to say, 'this is not feeling good to me'. Keep your boundary and let somebody know you're not comfortable, that's okay.

We are venturing into an area that doesn't get discussed a lot in large groups and we're bringing it in because we feel it is very important and it's a big part of people's lives, but first we need to be able to talk about it and be able to bring it in as a personal part of who we are as a human being.

EXERCISE – Mono 15 min each no feedback 15 min discussion- how was this for you to explore? You want to explore your sexual energy and sexuality in general, how you feel about it. Is it something you enjoy, something you engage in? Do you feel your sexual desires and interest and pleasure? Where are you in relation to your sexuality and its expression? Is it important part of your experience or not? Or do you feel you've been there, done it, you've had a satisfying sexual life and you're contented with where you are now? Or do you feel you haven't had enough sexual experience to really know yourself sexually.

So you want to explore in general. What kinds of things come up? Do you feel fear, vulnerability, shyness? What comes up as you explore where you are sexually, where you are in relation to your sexual expression, you want to be open to whatever comes up for you. That can be feelings, can be emotions or it can be history. For many of us it is a private thing, it's a vulnerable and we don't talk to people about our sexuality. So it might not be easy to bring it up and talk about it. You can take

your time, stop and ground yourself. Stay true to yourself, be kind nonjudgmental, and of course have appropriate boundaries.

And for the 15 mins. discussion and we want to encourage you to stay with how this was for you to explore within yourself and how it is to share with others.

Talk #3 Libidinal Object Relations – Eugene

- **Reviewing OR & Introduce Libidinal Object Relations**
 - Understanding ways soul/consciousness is structured.
 - 1st part of the OR unit is *the self*. 2nd = *the other* includes affect/emotional field between 2 parts
- **A young/primordial Object Relation: Libidinal OR**
 - Sometimes called Frustrating or Frustrating & Exciting OR.
 - LOR is at core of the soul child.
 - ***The Libidinal Soul This is the animal soul at the beginning of ego structuring, where the soul's animal potential is all contained in one structure. This is a much more primitive structure than the soul child, for it is not patterned by the human body image. This structure forms the more primitive ground of the soul child, and hence will generally arise as we make the soul child more transparent. It feels like a primitive animalistic creature that is completely run by the instinctual drives and appetites...***
 - Construct in consciousness that pulls us towards desiring, wanting, yearning for the juicy, yummy, exciting, & delicious other— that holds the promise of fulfilment, satisfaction, nourishment, sweetness, love.
- **The energy of the desire:**
 - Can be wild & uninhibited, includes instinctual & libidinal energy in it.
 - libidinal means desire in Latin, desire and lust.
 - It is the sap or juice, vigor, vibrant liquid of our soul.
 - When we repress this part, we often feel that we lack aliveness, vitality.
 - Word libidinal is associated w/ sex. Libidinal includes sexuality, & it is much more.
- ***There is a projection of the Markaba as a totality on to a specific person, place or thing. And that is the experience of wanting something and seeing something as extremely desirable, enticing, beautiful, magnificent, full, juicy, luscious and out of range, further than arm's length usually, where there is still the possibility for grasping.***
- ***In LORU, there is a passionate, voracious wanting of yummy object***
 - We want it, long for it with a juicy, ravenous passion.
 - Can be a person but also hunger for a motorcycle or iPhone, God, self-realization.
 - **Key point:** In psyche you don't have it & yearn for it, feverishly daydream about it. Feeling like a focus & a deep heartfelt longing for a perfect lover, friend or for essence.
 - As Adult: experience that becomes (later) a projection of the Markabah outside of us.
- **Also called the Exciting Object**
 - Thinking & daydreaming about this yummy, delicious thing/person fills us w/ sense of excitement & turn on.
 - It's/they're scrumptious & outside of ourselves. just out of reach, so that it perpetuates the sense of hoping, yearning & almost getting but not quite.

- **History/Source of LORU**
 - Part of Soul rooted in oral stage of development at 4-6 months. Babies are hungry & dependent on caregivers... those that feed us & hold us.
 - What we want comes from outside of us: milk, holding, warmth, comfort, love.
- **Primitive Instincts:**
 - When hungry, & bellies are empty, we want ferociously. We're little animals that need, want, crave Our survival depends on it. We become the hungry bellies with mouths... we hunger for the breast.
 - **Primordially:** the full, ripe, juicy, luscious breast. That is at the core of our wanting
- **Remember my Daughter Eating:**
 - A totality to the wanting, getting & fulfilment. Either w/ bottle or breast. Her whole entire body kicking & squealing, guzzling. Almost sexual in its orgasmic desire/pleasure
- **Frustrated OR**
 - Even most positive scenarios where mothering person was responsive in an attuned way can be frustrating. We were not always responded to by getting what we want when we want. Sometimes maybe no milk, maybe on a feeding schedule.
 - Holding was seriously compromised, & you became frustrated.
- **Sometimes parents or early environment was challenged.**
 - Mothering person could have been unavailable, working, with other children.
 - Perhaps preoccupied emotionally or with other commitments in the home.
 - You could see what you wanted it, but it was out of reach... You became frustrated.
 - **Cyclic: The more longing, not getting, the more frustration, more frustration, more longing.**
- **What do we project on the unavailable yummy object?**
 - Qualities of our personal heart.
 - Our sweetness, passion, desire, warmth, our love.
 - W/ Maturity Adults: These qualities live inside of us, but we project them on another or on a thing. Whatever it is we are yearning for. It does not exist inside of us...
 - We look outside of ourselves for wholeness/pleasure of Markabah.
 - Could be in relationship. Sobering when we see it's not in the other person.
- **Tricky in our spiritual work**
 - **Perpetually feeling ourselves as seekers not finders.**
 - We can remain seekers, never fully arriving in ourselves.
 - This has its root in this early OR.
- **If only mind... I get...**
 - Enough, the right, Spiritual something: teachings, talks, books, teachers, then one day I will wake up, & be realized
 - We remain in an endless seeking place, never landing in ourselves. What we want is always out of reach.
 - Paradox: you are what you seek!
- **Whole OR unit inside of us, so we play both parts.**
 - We can play both roles. Some play out the yummy part become the yummy out of reach person for others. This way we do not actually have to feel the yearning in ourselves. Others want/desire us and we're not available.
- **How does it manifest in Adult Life?**
 - This OR shows up mostly in our relationships.

- With partner maybe the sex is not so sexy exciting anymore, we start thinking about the person we saw in the meditation group, or your yoga class & the spell starts all over again.
- ***We spend hours, days secretly dreaming how we would feel if we get this particular object/person/situation***
- ***For some of us those fantasies not what gets you going,***
 - Could be the new house or the new car.
 - The job in which everyone will see your brilliance.
- ***Consumer society: all ads geared to communicating that you need this yummy thing that you should buy it= happy***
 - We're attached to this structure The yearning & wanting gives us an identity, an orientation in our life:
- ***Normal: All have this OR to different degrees.***
 - We've experienced frustration w/mother in early childhood. This left a strong impression on our soul.
 - It's what makes it so that we look outside for fulfilment. (Markabah: External Orientation!)
 - This external gaze & pull stops us from turning in, being with what is true, landing in ourselves.

EXERCISE - RQ

10m Tell me what it is like to be yummy (desired) and wanted.

10m Tell me something you want but cannot have?

10m Tell me a way you see this OR operating in your life today?

Talk #4 The Fleishy Pearl – Hameed

Markaba body of pleasure, bliss and delight. This delight relates to life and it's situations – good feeling, happy, richness of pleasure – comes from true Being, essential nature is the source. True Nature is the original substance, can't be addicted – called realization because it's You!

Turn inward from external gaze and looking for pleasure outside driven by instincts. The more disconnected, the more difficult to feel pleasure. Markaba shows purity of pleasure and our nature are inseparable.

Pleasure is part of our living – how we interact, skills, energy, vitality of body – in the zone, sports, dance, eating, dance, music, arts. All of life can feel pleasurable. More in touch with our nature, less seeking springs out from the heart of Being. Loyalty to being feels good, true.

Sexuality sphere of pleasure – enjoyment of body and partner, self and other. Zesty sweet juicy lips of true nature. Our experience of the body and personal beingness/the Pearl has fullness, smooth resilience, like a healthy youthful body in its prime. Very sensuous, more energy, touch luscious fullness of presence – fleshy Pearl. Interpenetration of Being and body with sensations. Like youthful muscle, flexible, dynamic likes to move and touch, enhances flesh, orgasmic, sumptuous – full experience of one of the highest samadhis. 2 sure ways to enlightenment – meditation of death and sexual tantra. Pleasure becomes entry way to depth of realization – mind is gone, luscious sense, body, Presence inseparable.

Pearl is also personal intimate expression – kissing, massaging sensually touching with passion, passionate love – tangy wanting desire body true nature - Presence feels like flesh more than body. No restraint of generosity zesty pomegranate ecstatic love – blood, bones all full when fleshy Pearl is there. Here to fulfill human soul – actualize potential while on earth – doesn't depend on race, sexual orientation, your nature will come through and expand beyond it.

Fleshy Pearl – fullness luminosity, contactfullness, spontaneous, playful, glow and shine, smooth, moist, dynamic, effervescent. Don't know the possibility and potential of sexuality when true nature coming through without inhibition, expression of freedom and one way we are closer to our spiritual nature.

Exercise: monologue for 15 min: explore your experience of sensuous pleasure in many of its kinds, including the sexual. Whether and how much you enjoy it. How much has it been part of your life and experience. And how you feel about it in terms of satisfaction, desire, fulfillment or lack of it.
15 min discussion.