

## DH10 JULY 9-10, 2022 BIG GROUP WEEKEND PRECIS

### **Talk #1 - TENDER HEART - Nancee**

We have been begun the exploration of the Markabah vehicle that is a body of wisdom that points to the pleasure of our Being and exposes the multi layers of barriers we come up against that makes this challenging like; how biologically imprinted we are around pleasure and how the pleasure and how the external orientation of the animal soul is convinced that pleasure, what is good and needed for survival is out there and are many allegiances to the external become main obstacles for the inner turn that is necessary for our spiritual work.

We also explored how the SE with it's judgments and reactions as well as our beliefs, ideas and our cultural conditioning around pleasure become barriers to experiencing and knowing our nature as Pleasure itself.

The perspective of the Markaba actually challenges our hearts in very deep and central ways as we're moving into the perspective. When we are in the realm of pleasure we are in the realm of the heart and as we continue our inner turn the heart reveals more of itself and one of the things we learn is that the heart is faithful to what it loves and the deeper the love, the more we actually feel faithful and loyal.

The allegiance to true nature develops an inner conflict can arise for us bringing with it questions like; what does being loyal to true nature mean with regard to the people I love, the world I love, the work I love, the leisure I love, all of the things that we love?

If I'm faithful to my nature, does that mean I am turning away from them? Does turning toward my nature mean turning away from the world, from what I love?

The inner conflict of the heart feels as though to go toward what is real and true we must turn away from the manifest world, or turn away from those people or things that we have felt are important, or of most significance to us.

We can begin to feel challenged by the feeling that we will betray the faithfulness that we have had for others, that we will betray the love and loyalty we have had to the people that are nearest and dearest to us.

That our love for the truth will somehow be rupturing some sacred bond with them, might disturb or cause pain in someone we love. This may or may not be the case externally, but we feel it in our own heart.

When dealing with questions of the heart, sooner or later we come to the question of our mothers or mothering persons and that attachment bond that is hard-wired in us for survival.

We are left feeling or believing that if we focus on truth, and not on the other...we feel that we are unwrapping, unravelling, or losing a deep bond.

When we really love someone, one of the most difficult kinds of pain, is feeling that in some way we are hurting them and it is this feeling that we might be hurting someone we love, that opens up the most tender chamber of our heart. The exquisite feeling of pain and tenderness that comes with this conflict is part of the heart portal ... the entryway into the inner turn.

We need to feel into that pain so we can begin to understand how the loyalty and our faithfulness to others, is actually constricting and limiting our heart and we also need to feel the gentleness and a kindness toward ourselves and towards the other, the one we believe we will hurt, and feel the kindness for our own pain of seeing another hurt or believing another will be hurt when we turn to our deeper truth.

EXERCISE: Mono 15 min./15 discussion

Explore how your deepening loyalty and faithfulness to true nature and to your truth can show up and feel like it conflicts with important relationships in your life

For some of you the place that's really rich right now is your relationships in present life - your partners, husbands, wives, children, your friends or with your own spiritual tradition or your own views about god and TN.

For some it will take you right back to your relationship with your mother...for some you can't quite get there but feel your loyalty to your personality and you are turning away from that deep promise you made to yourself. Just land in whatever feels real for you this moment.



## **Talk #2: MARKABA MERGING GOLD - Eugene**

Markaba wisdom brings truth: when one is living the Truth, there is happiness, pleasure and sweetness arising naturally in our experience.

Issues & obstacles concern loyalty to mother.

Conviction based on biological and emotional history that mother is the source of pleasure & nourishing love. Attachment to the mothering figure is a deep impression on our soul. We discover that our heart has limited its openness to love to preserve its relationship with mother.

Allegiance to Mom becomes a template for seeking the love, warmth, closeness, comfort, pleasure from other people. Merging with Mother can obscure our yearning for a deeper merging with our Essence, with True Nature.

Merging Essence: A quality of our own heart. Allegiance is an alignment with the truth that we are the love we have been longing for— sweet full, satisfying, rich.

Merging gold is the heart of the Markabah.

Exercise: Repeating Question Dyads

***10m What would lose if your loyalty were more to Essence than mother?***

***25m Dialectic Inquiry***

***Clarify DI: An inquiry into the interactive field, relating, exploring what is the experience in the interaction. What happens, what develops, how do you experience the field? What happens as you inquiry into it together?***

***15m Discussion Reflect on the DI. See if you were loyal to the truth in the dialectic. How did it manifest & impact you? How did it impact the field? See If you were not loyal to the truth in the dialectic. How did than manifest & impact you & the field? How did it get compromised by loyalty & allegiance to other things?***

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## **Talk # 3 - THE PLEASURE CENTER - Eugene**

Last weekend explored Markabah & Pleasure

Relationship to animal nature, early conditioning, external orientation, our allegiances, superegos' judgmental reaction to pleasure & the seeking of it as well at the Turn and Orange essence

- Today: What is Pleasure? How & when do you experience it;  
Give examples: body, heart, mind, Essence  
Learning to recognize the very nature of our Being is pleasure.
- Moving toward the pleasure as our very nature challenges strongly held beliefs that pleasure is something we have to get.

We Don't Recognize the Presence of Pleasure. We seek it in our lives but don't experience the presence itself.

When do we stop & inquire experientially into the pleasure we feel in a pleasurable moment? It arises when in contact with ourselves, relaxed into Being.

A component of every essential experience: Love, Strength, Will, Compassion, etc. Clear example we don't understand Pleasure and its source when we find ourselves 'inexplicably' happy or happy for no reason.

There is a tangerine quality experience—slightly tangy, sweet, fresh, deeply satisfying, fulfilling feeling.

- The Hole of Pleasure

Looking for Pleasure Means We Are Not Experiencing It. When searching for pleasure outside of ourselves it means we are not experiencing Pleasure. A feeling of lack & need we open to.

Getting to feel & realize that gap, = important insight— We know something is missing, we are not content. We realize that we feel empty of pleasure.

Attempts to get it points to underlying disconnection, the emptiness we are trying to fill with something external. We are facing a hole... In this case it is the hole of pleasure.

Experience: An agitation, a longing for a kind of sweet relaxation, a satisfying juicy fullness, a spreading of pleasure throughout body or heart or mind or all.

One's soul can feel empty, wanting, needing pleasurable satisfaction, longing for a fulfilling blissfulness. Need to be willing to experience what it is we are missing and how we are feeling empty of it.

- The Pleasure Center

Can be experienced a particular location in body: Pleasure Center.

Yellow center of joy curiosity is often felt on our left sides, near the nipple.

Pleasure may be felt in the back, under the left shoulder blade, at the back of the heart. If tightness/holding relaxes you might feel a hole there.

- When opened to can effulge a juice, a tangerine nectar, that fills the heart.

Experienced as a delight, a full, deep richness. Pleasure is the depth of the heart. When you experience the orange, or the pleasure aspect, you realize that the pleasure of Being is the prototype of all pleasure.

It pleases us from deep inside. But it can't be found by seeking it.

Exercise: Cyclonic Inquiry in Groups of 5-7

20m Counterclockwise: explore ways that you experience the lack of pleasure in your life;

20m Clockwise: share ways that you are experiencing pleasure right now

## **Talk # 4 LIFE PRACTICE - RECEPTIVITY TO BEING ENJOYED - Nancee**

We're seeing that that turn toward the truth of our nature has many angles to it. You don't just turn once. This is a constant negotiation, but we begin to learn, our soul begins to actually start to get that that turning inward, turning toward the depth, has that richness, is that goodness and pleasure. So we learn over time because we start to see that we feel happy and we start to see that, in fact, our happiness is uncaused more and more and that we feel light and delight and freedom for no reason. that happiness is the result of feeling the pleasure of moving toward the truth.

Our hearts feel unfettered and free because we no longer are restricted by the principle of having to move towards something we think is going to provide us with the right condition for happiness.

As we approach our experience, when really wanting to know the truth of our experience regardless of whether we believe the outcome is going to be negative or painful or positive and good, that turn has occurred in that moment.

It is important to recognize what the actual felt experience is in the heart. What is your heart expressing? Is it expressing the sadness and heaviness of its restrictions and constrictions, its inability to have expressed itself, for whatever reason; where you can't express the pleasure of your Being, where you are restricting it. Because the heart is spontaneous, when it feels pleasure, it just feels happy. Sometimes we want to dampen it down ourselves. We even enforce the restriction by saying, ' I feel happy but I better not show that because it's going to bother somebody or I feel really good, but I don't think I'll say anything in group because everybody seems to be having a hard time.'

When we know our nature, we can be happy, delighted in the pleasure of it and maintain our attunement to others. This brings in a whole level of what it means to feel our pleasure in relation to others, because one of the main things for human beings is that we can take pleasure in the uniqueness of each other's manifestations, and we delight in each other's presence, and we can feel that, in fact, our nature is a pleasure and we experience that pleasure in many ways with each other.

So, it's not just that my nature is pleasure and we can feel our exuberance coming out towards others, but what about when it's coming toward us, either from our nature, or from somebody else really enjoying us. The heart and joy is not only

giving pleasure, expressing delight, but also receiving pleasure. If we're not receptive to be enjoyed, there again is another barrier to pleasure and we are unable to fully enjoy the pleasures of the heart.

So, it's not just that my nature is pleasure and we can feel our exuberance coming out towards others, but what about when it's coming toward us, either from our nature, or from somebody else really enjoying us. How receptive we are to being delighted in, letting that glow from another into our field is a very important part of being able to be receptive to the joy and pleasure that our nature is.

### **LP INSTRUCTIONS:**

- Groups of 5 with your Zoom computer screen active the whole time
- Stay connected to your zoom screen so you can see others doing their LP and noticing how it feels to be part of the hive?
- Actual goal is to fully function in this task with body, heart and mind as much as possible
- Stop and SLL to see that we are all functioning collectively and individually
- Be relaxed – there is no place to go, and nowhere else to be
- Sense the parts of your body that are moving and working

THEN FIRST ROUND OF LIFE PRACTICE - 25 MIN

COME BACK TOGETHER FOR EXERCISE

EX: CYCLONIC 20/20

IN GROUPS OF 5

COUNTER CLOCKWISE DIRECTION: 5, 4, 3, 2, 1

CLOCKWISE DIRECTION: 1, 2, 3, 4, 5

CC - Say something that blocks your receptivity to being enjoyed right now.

You want to just see how that is for you in your life now, in this group now, and you also want to see how your history plays into this level of receptivity.

C- Say something about how receptive you are to experiencing pleasure right now.

THEN SECOND ROUND OF LIFE PRACTICE - 20 MIN