

DH10 September 24-25, 2022 Big Group

Precis: Markabah part 4: Pomegranate & Green

Talk #1 Pomegranate: Passionate Love (Eugene)

- Our Practice & Path as a Love Affair
 - About our relationship w/divine/god/sacred/essential
- **Pomegranate** quality of Markabah
 - Composed of Red, Black & Love
 - Recognize dynamism, power & pleasure of what we Love with it's glistening jewelness
- What do you love Passionately?
- People, things, situations, our work, capacities, talents
- At Depth: Love of the Beloved = another dimension of love
- Passionate longing
 - Hearing/listening to deep calling of our heart. Passionate love of reality/truth/sacred/realness/essence
- Issues/Obstacles block PL itself: Libidinal OR, Guilt, Self-Rejection, Trauma of abuse or violence
- PL: Sweet, intensely powerful, intensely dissolving love.
 - Presence that is Love
- Passionate Love has unviolent, ferocious, fierce nature to it
- Willing to give yourself completely, 100% to what we PL
- **Exercise: Three Repeating Questions**
 - 10m Tell me something that prevents you from feeling your passionate love.**
 - 10m What's right about not loving passionately**
 - 15m Tell me something you passionately love. (looping)**

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#2 Passionate Love for Beloved (Eugene)

- Pomegranate: Mysterious Love Affair with Source
 - Love affair at the depths of all true spirituality
- Object Relations Dynamics. Self-love and Other-love
 - 1st Thread: Work on development & integration of sense of self
 - 2nd Thread: Development and integration of other
- Spiritual Relations: Beloved/God as orientation of love
- Issues of Self-Centeredness arise
 - Need for adoration of self & self-promotion comes from lack of love & recognition of oneself.
 - *Paradox: Want to be seen/Can't see ourselves*
- Truly Recognizing ourselves = Grokking the preciousness, wonder, beauty, uniqueness.
 - *Beloved not outside but inside us as our essence*
- Pomegranate = See and love self. Self is not self-inflated; self is essential
- Loving the Truth: Loving the essential truth of self or other as truth— *We are the Truth*

- Paradox of Passionately Loving Ourselves: Quiet, simple, direct, here, a quiet passion
 - Defenses, Resistances can Arise: SE; Survivors guilt;
- We become a Pomegranate presence; PL dissolving you from the inside
- PL as a doorway to the Absolute

Repeating Questions:

10 m: Tell me a way you experience your love of the beloved (however you experience this)?

10m Tell me something that stops you from ecstatically loving yourself.

15m What's it like to love yourself right now? (looping)

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Talk #3 Markabah Green Diamond (Bob)

1. Breathing & Body >> Kath meditation
2. Essential Compassion vs. Conventional Compassion
3. Challenge to Instinctual Orientation
4. Loss of Mother as the source of pleasure and love
5. Obstacles: Protection of the other – holding back – contraction – join their pain – stay small
6. Pleasures of life and expressions of pleasure
7. Markabah puts pressure ego self – issues arise
8. Compassion is needed for Markabah journey
9. Green Channel –a tributary/stream/conduit, to help the bounded individual soul experience something beyond itself but needed for the journey.
10. Green Channel function and appearance

Exercise: 15 min. mono w/ 5 min. of further inquiry with witness help (60 minutes total)

15 minutes of open inquiry to take stock of where you are on your Markabah journey overall. Remembering that the Markabah vehicle points to Truth as Pleasure and is the nature of your Being

As you inquire into where you are now, you can consider:

- *Are you facing challenges and struggles in relation to the material?
If so, inquire into that area with compassion for yourself.*
- *Are there openings and realizations related to the Markabah?
If so, what's this like for you?*

See if you can explore wherever you are as sincerely and truthfully as possible and w/out going along with the superego if it shows up

5 minutes: further inquiry w/partners' support considering:

Were you able to be in a compassionate state in this inquiry?

If so, did compassion take you further toward truth? How did that feel - pleasurable and/or positive in some way?

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Talk #4 Intro to Celebration & Planning Event (Bob)

Brief Intro to Markabah Celebration

- It is traditional to end the Markabah teaching with a Celebration. We celebrate to express the Markabah itself as well as the victory of our inward turn toward our Being.
- Further details on what Celebration is, what it's for, and how to consider it
- Acknowledgment and creative expression of the Markabah as the group understands and embodies it

Planning Details

- Hopefully to take place in-person at Eunice if safe to do so
- Students design, plan, produce and present to the whole group and DH10 teachers on Saturday afternoon, at Jan 28-29, 2023 Big Group (presenting teachers: Nancee, Eugene, Hameed – Bob traveling in Australia)
- Two schedule planning meetings during Big Group weekends: Sept and Nov
- Planning meeting objective: create various activities, categories and pods for the presentation in Jan.
- Each student selects a pod to join.
- pods meet at least once between now and Nov Big Group for more self organized planning
- Must keep plan flexible for Zoom or Eunice – we just don't know

Past Examples:

Presentation can move through various activities that express the journey of the Markabah over the three hour period and possibly including things like:

- Group ritual
- Introverted and extroverted expressions
- Food, music, art, poetry, nature (if in person)
- Decorations of space and environment (if in person)
- Contemplative, inner pleasure - 1 to 1 eye gazing
- Movement - sufi dance
- Some kind of AV presentation
- Typically some kind of movement and/or dance at end – your call