

Session #1 BLACK DIAMOND OF MARKABAH - NANCEE

Overview of Black Diamond – peace, power, as inner quiet characterized by stillness, silence, a shimmering smooth black luminosity, beauty and depth.

Sense of True Power, a full immensity, a solid fullness. It has the sense of the hum of a powerful engine, a stillness with dynamism, fundamentally, its action is to wield the sword of Truth which can cut through and eliminate falseness precisely with a stilling power.

Real power is available for all of us and it is a quality we need, just as we need Strength and Compassion and Joy. We also need the inner Power. The power ultimately is the power to be ourselves, it is the Power of Being.

Main obstacle is doubt – in relation to the Markabah

-Doubt - shuts off the openness to the unknown. Keeps us closed down, agitated, untouched by stillness or peace of our nature.

-Doubt - can show up as defense against new subtle perception, feelings or growing of the soul.

-Doubt - destroys our sensitivity to truth and our openness -keep us solid in what we believe we know and what we believe reality to be - our conventional view.

-Reveals our Ego Activity – obsessiveness, hopes, desires, fears, concerns...keeps ego going in the hamster wheel of samsara...

- Doubt - cuts us off from our heart– keeps us from being open to what we are, doubt that our Being is inherently pleasurable, that essence is our pleasure & delight

-If we can't feel the exquisite pleasure of our nature, doubt the pleasurableness of what we are, this will limit our alignment and allegiance to the truth.

-Becomes a barrier to turning inward toward the truth, our alignment is still to the external, to what we believe is going to give us pleasure from outside

-Doubt blocks us from seeing our TN, cuts us off from the part of us that can feel the enchanting beauty, the vast depth, the magic and miracle mystery of who and what we are. For when we get a glimpse - our heart is naturally drawn towards what we love.

Pleasure of Black Diamond – comes in to cut through this doubt – it is dense immense presence – a powerful stilling force that has a precision to it, a true power that stills turmoil and annihilates what is false

-BD erases the doubt that keeps us from realizing the pleasure & delight of Being, of what we are, revealing things as they truly are,

-Cuts through the external loyalties that keep us from aligning with truth,

supports our hearts in turning towards the rich mystery and beauty of our inner depths and truth that we love

-The more we are certain of our TN, the more our allegiance simply moves toward the truth

The presence of the Black Diamond of the Markabah arises as our ally that has a sense of an immense quelling power that has a clear, precision to it as it eliminates what is false and with this is also a sense of a sweet deeply satisfying pleasure – the potent pleasure of aligning with what is essential and true, loyal to our love of truth.

This combination of qualities we don't expect to go together – true stilling power and deep sweet pleasure? Absolutely, BD penetrates through the usual doubt that shuts down our hearts.

As we sense the immense depth of this stilling power our hearts can open to the undeniable palpable pleasurable presence of our nature – such a delight to be aligned, reconnected with our Being, reunited with what we love, that has with it a dynamic sweetness with vigor

A sweetness like the hard candy of licorice that has a rich sweet bite to it, a full dark depth to the flavor.

BC unveils the beauty and reveals our innate beauty

We are an expression of the beauty and pleasure that we perceive... are in a very simple quiet way.

Silencing the doubt opens us to the mystical view of reality

Alignment with TN reveals things as they are

Reality, truth, essence enchants us, mesmerizes us... we love it!

Our alignment is our allegiance and our allegiance is our love for our nature.

TN clarifies what we are and invites us in.

The most beautiful thing we can experience is the mysterious. Albert Einstein

When we get a taste: we want more!

Exercise: RQ (10 minutes each)

1. Tell me a way you doubt the pleasure of your TN
2. Tell me a way you experience the power of stillness
3. Tell me a way you experience the pleasure of the depth and beauty of your TN

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#2 THE BASE OF PLEASURE – SILVER MARKABAH DIAMOND - KAREN

Visualization Meditation to Bach

The Will diamond of the Markabah is pleasure and is the confidence that TN s pleasure. It also adds a level of ballast to the vehicle. Will is not only a diamond but the base for the Markabah. This base brings confidence in the turn- important to sense how much and in what ways do you feel that? The Will Diamond gives a sense of firm but flexible base and a solid confidence in the pleasure of our nature which provides an ease of mind and happy heart. The Will keeps the heart moving towards what it loves. It supports the turn toward our nature and brings with it pleasure and joy in the heart and peace of mind.

EXERCISE: Monologue 15 minutes each followed by 15 min. Discussion (60 minutes)

Inquire using these questions as guides:

- How does the hope for pleasure manifest for you?
- How confident are you that your true nature is pleasure?
- How does your level of confidence impact your inner loyalty to the truth of your being?

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Session #3: BLUE MARKABAH DIAMOND – ESSENTIAL ABANDON - BOB

KATH MEDITATION

COMPLEXITY OF LIFE - SO MANY CHORES & RESPONSIBILITIES

- Agitation and endless desires, needs, ambitions, confusions to sort out, fears to be vigilant about, losses to avoid, all the getting and giving – planning and strategizing – worrying and plotting
- Stress and Worry: suffering in everyday life
- Brain is hardwired to anticipate, plan and strategize to survive – its an animal soul thing.
- Believe if we worry correctly and enough – it will fix everything and **then** we can relax fully
- Believe we will eventually get to 100% perfection and THEN we can finally stop worrying

WANT TOTAL ABANDON ...not having to care...and trust it will all work out...

- Don't have to think about: job, relationships, car, your health, your home, your partner or if you'll have one, your spiritual practice – its endless –life's details and they don't stop
- Big Realization: what it means to relax regardless of the conditions AND still participate fully
- Not a passive disconnection or withdrawal from presence and awareness
- Fully present with all the details, but with a pleasurable relaxation of mind and worry
- No need to rush, or worry, or stress – what's that do anyway?

WANT A REST, A VACATION, A BREAK

- We want pleasure and enjoyment, but its a certain kind of pleasure/vacation we truly long for
- Freedom from mental agitation that is typically so increasingly ubiquitous in our lives
- What does "Vacation" actually mean?
- Delight in not having a care in the world with bliss and pleasure - Heavenly
- Completely free with no concern, worry or inner agitation
- Difficult to settle inwardly, just relax and be at ease – not worrying about past and future
- Yearn for a condition of complete ABANDON
- Power of stillness that cuts through the noise, the angst

BLUE DIAMOND & THE GRAZING COW

- GOOD NEWS: This longing is for something that actually exists
- Promise of the work is to the possibility of the freedom of the mind with joy and bliss

GRAZING COW STATE: look into their eyes & see their serene and at ease with no concern, no worry, blissful and at ease and relaxed regardless of circumstances (not saying they are enlightened however – more to that story than chewing your cud)

- Simply Being: the condition of no concern in the world, no worry, no mental agitation

- Being at ease inwardly regardless of the circumstances.
- Blue specifically shows the pleasure of this as blissful ease
- Our heart is happiest when the mind does not interfere but participates with direct knowing – also a pleasure.
- Blue is the aspect of pure consciousness – the medium of consciousness itself
- Essence is consciousness at rest, abiding in itself, being only and not reacting
- This is how it knows itself directly – by being itself consciously and completely and directly
- Review/reminder: Differentiate Basic/Direct knowing from ordinary and conceptual knowing

MANY OBSTACLES TO VACATION STATE

- We believe I can't just simply be, just relax and be myself.
- Who is going to do all these things, who is going to worry about all these things, who is going to be concerned, be mentally on top of all these things?
- The belief and conviction that our mind is actually taking care of these things and gets things done
- If we just let ourselves be, things won't be taken care of
- Instinct: to survive is to anticipate so our brain is hardwired to anticipate the future
- We believe worry is good and needed – how we stay on top of things (and thrive and survive)

SAMADHI: THE HEART OF INNER ABANDON

- Natural condition of consciousness is total relaxation that is pleasurable and sweet
- Restful and pleasurable condition of total relaxation
- Optimal way to respond to the world, to respond to our life
- mind actually works better, our heart is more functional, inclusive and joyful, our body more relaxed and more fluid.
- TN is carefree, lighthearted, joyful and very pleasurable/blissful (Markabah keeps showing us this)
- Can still be responsible, functional and keep priorities
- We just don't have to worry about it all the time

Abandon as:

- Loss of worry and stress about what will happen if I don't
- Carefree and relaxed attitude
- The Black Diamond, absorption, dissolving of ordinary self and ordinary mental functioning

This condition has many names, 'carefree condition', vacation state, Blue Diamond, Samadhi.

Samadhi...absorption into Being without mental agitation - Oneness of Being, simple and undisturbed

EXERCISE

3 Repeating Questions (55 minutes)

1. *Tell me a way you experience worry & mental agitation?*

2. *What worries and concerns you about simply being? (cow grazing, vacation state)*

(See our beliefs that just being means nothing gets done and we will become lazy and miss things and be late ... don't trust that just being is good and pleasurable and that things will work out)

*3. Tell me a way you experience the restful pleasure of just simply Being? Looping for 15 minutes.
(when feeling rested, relaxed & pleased deep inside)*

Music Meditation and images of Blue Diamond State

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Session #4 CELEBRATION PLANNING MEETING FOR STUDENTS AS FINAL SESSION (Bob & Nancee)

1. Opening Meditation
2. Q/C about celebration, Eunice Street logistics etc. Whatever they need to know
3. Student planning pod breakouts
4. Final Q/C