

DH10 MARKABAH CELEBRATION 1/28-29 WEEKEND OUTLINE

TALK #1 ESSENTIAL PLEASURE – HAMEED

Vehicles are messengers of wisdom. All manifestations of our TN is characterized by Bliss: truth, peace strength as pleasure. You are an adoration of pleasure. The affect of eating something pleasurable is you/being. Inner core/outer layer. Merging Gold love is at the core. Nectar is concentrated. Not blissed out. Deep contented centered concentration of pleasure. The MG is surrounded by diamonds of each quality.

The external is playful, lighthearted, spacious, sense of humor, like being on a carousel. A light hearted celebration of our TN. Discovery beauty richness of who/what we are. It is inherent to all reality. The pleasure is not outside. The nourishment is not outside of us. True delight with no pretense. Markabah is Pleasure not just bliss. You yourself arise. It can feel psychedelic or simple.

Exercise: Cyclonic in groups of 5, 20 min each direction:

20 min CW: something that limits your capacity to celebrate your essential nature.

20 min CCW: a way you experience celebration of your essential nature.

20 min: discussion of the difference between deep pleasure and light celebration, from personal experience.

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## TALK # 2 VICTORY & CELEBRATION - NANCEE

We are at the completion of our exploration of the Markabah Vehicle, a body of wisdom that reorients us to the true source of pleasure in our own Being.

As the heart makes this turn inward towards the truth, towards the ground of our interiority, our depths and stays loyal to this, we discover the truth of our essential nature in all our qualities. True pleasure and happiness is found by simply being oneself - IS THE PLEASURE AND DELIGHT.

It's one thing to read about it, talk about it, it's another to actually have a moment or a time when we are in the midst of our ordinary reality, that moment of turning inward to be with whatever is arising THAT IS a victory, perhaps one of the most important victory we humans can ever achieve.

It is turning toward truth, a victory over confusion, delusion, unconsciousness, misunderstanding.

It's the victory of TN realizing itself.

However, for most of us, we are on a continuum, we get a taste of victory in more commonplace and miraculous moments.

When we are out from our usual personality patterning – miraculous shifts happen. This is a true victory and cause for celebration.

You're in an inquiry and your SE is all over you for what you said and how ashamed you should be, you are contracting under its attacks but realize that and use your body, your voice BACK OFF, to break the spell and then feel breath and space open up.

You woke up irritated and annoyed with everything and everyone, and all you want to do is turn on your email and go on social media. Instead you sit down to meditate first.  
VICTORY

Or you're in a monologue - feeling something quite painful, you stay with it & become intimately close, then space opens & you feel a full hearted, YES, I am with this truth.

Victory is bringing light to the narrow places. Allowing the natural openness to have a little breathing room. For some it may be to allow a tear that has been frozen for 40 years. ALL VICTORIES

And there is not just one form of celebration, it's not possible. Because each one of you, your journey, your victory, your truth is unique, and how you express it is unique.

It's like the inward turn, the victory, and the celebration are all one reality. A spontaneous light/delight of reality knowing itself. Celebrating in the good & the goodness of TN.

There is delight in the turn toward truth/realness/what is here. We have stepped through the doorway to TN.

No longer cut off from ourselves – we are opening to our experience, difficulty, feelings, the ordinary – whatever it is and we are intimately close with what's real.

Part of the victory and celebration is to begin to appreciate your own determination to be authentically who you are.

Whenever we recognize something deep about ourselves, when we discover our Essence and it's not just an experience but it is our nature. We feel a celebration, a wow, a burst, into that realization, there's a rejoicing in the turn towards what's real.

These are moments when we wake up to the intimate bond with our nature, that's when the real Celebration is recognized and is touching, deep, intimate.

The heart is relieved of a heavy burden. We feel a celebration of our Beingness, our aliveness, the mystery of Isness, feels direct, clear and simple.

Can feel light, spacious, intimate – and can include the many colors, qualities, dimensions of our Nature...

There is joy, pleasure and delight. And the heart sings.

These are "Yes" moments.

The Markaba appearing as celebration, as what celebration is: the very energy, the very state of celebration. There is a festive feeling, a festivity that is celebrating the recognition of the truth, at any level.

If we were to feel it fully, it is the fireworks and the festive celebration which is an expression of the true pleasure and ecstasy of reality—it's what we are trying to create in a wedding, a birthday.

Often, we pass through those moments, not really recognizing them for what they are.

What is to be celebrated is the very fact “I can be authentically me. I’m now here and experiencing myself fully and experiencing reality fully. It is a CELEBRATION OF ESSENCE, OF TRUE NATURE, NOT BECAUSE IT IS WONDERFUL BUT BECAUSE THIS IS THE ACTUAL TRUTH.

If we really see and experience the beauty, the depth of that truth, that reality, feel the intrinsic value, the sheer magic and wonder of that truth, THE HEART CANNOT HELP BUT CELEBRATE.

So when we’re beginning to feel something, to have an insight, to experience essence, to recognize essence as pleasure, to recognize the pleasure underlying the whole universe, that it is the source of life - we celebrate. When we abide in True Nature, the festivity is just the natural outer expression and experience.

Celebration can happen every time there is a breakthrough in our realization. When we discover essence, when we realize it, sense it, feel it, live it, when we see it’s universality, when we see it’s co-emergence - can bring about a tremendous amount of PLEASURE and joy.

It’s like the treasure finding itself and that is the very same thing as the lightness of the heart, as the joy, as the celebration. And then the celebration that arises is heart full, meaning full and real delight and joy.

It is the expression of the beauty and magic OF WHAT WE ARE.  
A celebration of oneself, of humanity, of existence, of truth.

EXERCISE- Mono 15 min each

Explore your relationship to celebrating. What is celebration for you, what’s it like, what does it mean? What do you enjoy celebrating? What ignites your celebratory spirit? When has it arisen for you in your life?

When has it manifested as part of your realization? Have you had moments of victory/celebration in realizing some truth? What happens as you focus on the celebratory nature of truth?

We’re talking about heart-felt celebration, the enjoyment of any goodness that happens.

Whatever it is, everybody is going to be different. Some people will enjoy the experience of celebrating their peace of mind, some will celebrate their insights, some will celebrate their birthdays, some will celebrate their boldness, brilliance, ...

Whatever it is allow yourself to feel and sense the enjoyment of celebrating and what that is like in your body and soul.

### **TALK # 3 - BARRIERS TO CELEBRATION - EUGENE**

- ***The Etymology of = Honor or Respect***
- ***We celebrate when we discover the inward turn to TN.***
  - When our consciousness realizes, that its nature is being & we recognize ourselves for what we are, we feel the rapture of that nature. We abide

increasingly in our origin, which is not our parents or history but the ground of Being. Whenever we recognize something deeper about our nature, there's a little explosion of celebratory energy that happens.

- **Conventionally:**
  - What do we celebrate? Birthdays, weddings, Mother's Day, Father's day, Independence Day, Success in life.
- **From perspective of the Markaba;**
  - Celebration has to do with celebrating the beauty of reality, how things actually are. All other celebrations reflect this potentially.
- **When we see/experience the beauty, majesty, depth of that truth:**
  - Feel the intrinsic value, significance, sheer magic & wonder of that truth; the heart will be unable not to celebrate. Every time there is a breakthrough in realization, there's a celebration. This is the consciousness of the Markaba.
- **What are The Barriers to Celebration ?**
- **Specific barriers arise when we do not see, know, acknowledge that you =**
  - Beautiful & fulfilling TN. If don't believe, see, this treasure in our soul, that blocks truly rejoicing. When we know that but feel separate from it, the lack of contact will deaden our celebratory feelings. When we are somewhat in touch with our nature, but can't feel it completely.
- **There are many difficulties & resistances we have to celebrating:**
  - One issue that comes up for many people is stubbornness against anything pleasurable. Pleasure is ego dystonic. Celebrating ourself is ego dystonic. Our character or identity tend to not be into celebratory. Judgement: Childish & we are beyond silly celebrations we perceive are waste of time and energy. It's selfish/narcissistic... celebrating your own uniqueness
- **Negative history & resistances to celebration**
  - Difficulties w/ others celebrating us or themselves. Can be embarrassing or too vulnerable. Bound by beliefs/History/Religion/Culture: Old beliefs that pleasure is sinful; Hedonistic; self-absorbed. Personal history: Celebrations: not have been much fun in our childhoods. Your birthday or kindergarten graduation forgotten or there just wasn't a lot of feeling of celebration in home. Parents too busy making a living: many children;
  - Might be holding on to the conviction that we are not worthy We are too deficient; too unrealized to celebrate. Many of us simply didn't get celebrated, nobody delighted in us as the unique being we are. No one mirrored back our uniqueness, They may not have had the ability to celebrate with you or to celebrate you.
- **When we go through one of these barriers, we celebrate.** Feeling: I am home, I am here, I am me.
- **Barriers related to the three centers:**
  - knowing that you have an essence; Head

- feeling it; Heart
  - Being it; Belly
- When 1<sup>st</sup> barrier is gone through, Markaba alights in head
- When 2<sup>nd</sup> gone through, the Markaba manifests in the heart
- When 3<sup>rd</sup> barrier seen through, it manifests in the pelvis.
- **Children, celebrating doesn't need a special occasion.**
  - Every discovery & achievement is cause for it
- **Big Bang is the biggest celebration of all and it's still going on.** All the planets, stars, galaxies are continuing to spread & birth all kinds of starts. The original celebration into manifestation is still spreading throughout the universe. As we move deeper into realization, we recognize that this is not just my nature but the nature of everything.
- **The Celebration of Being is unplanned, uncaused.** It's simply the spark that arises as we feel a sense of union with our nature. This is the prototype of all unions, all coming together. Celebration is a natural part of what arises as we manifest & supports our manifestation.

10m **Tell Me Something That Limits you from Celebrating your nature**

10m **What's Right About Limiting your Celebrating**

15m **Tell Me A Way You Celebrate Your Self.** Looping