

DH10 – INTRODUCTION TO THE CITADEL

February 25 – 26, 2023

Bob, Eugene, Karen

Talk 1: Introduction to Citadel

Bob

An overview of the Citadel Diamond Vehicle, was introduced, going into many elements of this Diamond Vehicle's specific purpose, function and description. There was also some mention of the various issues and barriers that appear with the Citadel teachings.

Covered things like:

Protection and support for our development of pearl realization

Platinum – universal will and gold – essential truth are its main components

Citadel bring clarity, objectivity, truth as central and the support to sustain our realization

Real limitation and other barriers mentioned

Exercise: Monologue 15/5 = 60 minutes total

15 minutes each: a general investigation into the totality of your life. (We will bring it into specific details and categories later).

For now, inquire into the ways your overall life supports the truth of your development and realization - and also the ways it doesn't.


You might get some insights into changes to make your life more fully supportive and aligned with your existing realization. What kinds of subjects come up for you?

Watch out for SE judgements here. No shame or blame – just the facts and the truth and let the chips fall as they will.

5 min: Further inquiry: Help the inquirer get more specific about what they have revealed in the mono by asking open, yet specific questions about what they said and what you noticed in what they said. Please no interpretations, advice giving or counseling. Ask questions.

Talk 2: Right Living

Eugene

- Citadel:  Vehicle functions as Protector of Essence
 - Protects: the path, the truth & realization.
 - Living life & conducting ourselves in accordance with the truth of our realization.
- Ground: Being Present in Each Moment
 - Practice apart from everyday living is not enough.
 - Need a life that holds our realization & actions effectively & objectively;

- Support:
 - Being in the school: group, small group, individual session
 - More is needed: de-cathect from ego self. Move to Essence
 - Citadel manifests to support, structure, develop the totality of our lives in a way that is sensitive to our realization & expresses our deepening development.
- Our lives support ego self, part of normal development.
 - Right Living is supported by and supports TN
 - Our life must reflect our realization & journey, instead of conventional norms & needs of the ego self.
- Our personal conduct from our realization/truth
 - With others in relationships: intimate, friendly or professional
 - Gave personal examples with friends, family, colleagues
- Relation to society & environment, must reflect the truth our soul, depth/realness.
 - Ukraine
 - Racism
- Practical:
 - Includes responsibility & integrity regarding contracts, agreements, promises, etc.
 - Relationship to practices: SLL & Meditation
 - Physical & social environment must develop to support our work, instead of resisting it.
 - Structuring and organizing our work & activities.
 - Boundaries in time & space; between different functions & activities.
- Interests and Creativity
 - Rest & activity reflects & support inner journey.
 - Sleep, exercise, enjoyment
 - Need for objectively supportive environment; for inner work & for life in general.
 - Our living environment
- S/E as Fake Citadel.
 - S/E attempts to keep you out of harms way.
 - Guides you based on what it believes is true.
 - Citadel is true support that will push up against the S/E false ideas about what is true.
- The body of the Citadel is objective universal support for objective truth.
 - Reveals: how to live one's life harmonizing with TN's universal will that is inseparable from objective truth.
- Citadel manifests by living life in a way that harmonizes with the truth TN has been revealing to us.

Repeating Questions

10 minutes **What prevents you from experiencing Right Living?**

10 minutes **Tell me a way you are out of alignment with Right Living.**

15 minutes **Tell me a way you experience Rt. Living. (looping)**

#3: In the World and What of it?

Karen Johnson

Diamond Vehicles provide wisdom & guidance

The Citadel grounds loyalty into our life

What is the true person in the world? Citadel is living a personal life of being.

Wisdom of living with discipline in our functioning from a personal place.

The Pearl manifests as the Citadel functions in our lives with all the ordinary personal tasks, questions, problems and situations.

The Pearly Citadel takes discipline, intention and practicality.

Cyclonic 4-6

20m Clockwise: Talk about the way you function that limits true expression of your essential functioning.

20m Counter Clockwise: Talk about a way you live that supports essential functioning.

20m Discuss: New ways you may be inspired to incorporate essential functioning into your life.

Talk 4: Intro to Himma and AIMS

Eugene and Bob

Pt 1: Himma: Intense Spiritual Resolve.

- Himma is a pure, active powerful force in human beings & is a component of one's nature.
 - The strength/force of Himma results from its sincerity & dedicated application of one's effort & energy towards attaining what's desired.
 - Himma = integration of our will & dynamism of True nature.
- Conventionally:
 - We taste it when we love something and want it & trust that energy; Passion for person/car/techno-device/job/etc.
- In Sufi & Kabbalistic traditions:
 - Refer to this impulse as the desire to serve God, to give oneself to God. It's not for yourself.
- Buddhism: Bodhicitta
 - Bodhi means awakened, Citta means consciousness.
 - Desire to be free to be able to help other beings.
- Bodhicitta appears as what we call the flame.
 - Flame is in the heart. The fuel of the flame: belly
 - Himma is the belly of Bodhicitta the flame.
- It's the actionable force to get what you love!

- 3 Kinds of Himma
 - Devote one's 'himma' to the world, one achieves riches & position;
 - Devote it to practice, one achieves states & inspirations;
 - Devote to the divine, all attachments fall away & the devotee becomes one.
- Now: Turned toward what we love most!
 - When we begin to wake up, we see what we desire: Freedom, Love, the Divine, the Truth.

Monologue Dyad: 5 minute monologue

What comes up when you consider Himma in your life?

What or how do you understand, see, experience Himma or not?

Part 2: Intro to Himma & Aims

Eugene & Bob

Exercise for Part 1: Himma

Dyads: 5 minute monologue (10 minutes total)

What comes up when you consider Himma in your life?

What or how do you understand, see, experience Himma or not?

Exercise for Part 2: Taking an Aim

In groups of 3 for 10 minutes each (total of 30 minutes)

First, look at structures in your life and choose one area (relationship, home, work, finances, health, spiritual) to focus on over the next 8 weeks - till our next April Big Group. Inquire into your topic to get clear on something that needs the attention of an Aim. Fashion your aim about one change you will make to address what is needed to support the truth as you know it now. Next, with your partners help, work together to achieve more clarity and specificity to the Aim you are taking. Remember aims need to be challenging but doable, name the exact frequency and specific parameters w/out ambiguity or vagueness. The time frame is known which is 8 weeks from now till our April 15-16. Remember you can work with your aim in private sessions and your small group too. Take good notes and bring them to our April Big Group. This is just the start