

DH10 Citadel Part 2 – April 15/16

#1 Accommodation EC

- **Review 1st Citadel weekend**
 - *All of us are apprenticed to the same teacher that the religious institutions originally worked with: Reality... Reality-insight say master the twenty-four hours... Such a round of chores is not a set of difficulties we hope to escape from so that we may do our “practice” which will put us on the “path” — it is our path. Gary Snyder*
- **The Diamond Path Citadel**
 - Vehicle of Support— Harmony of Will & Truth
 - Images: fortlike, rock solid offering
- **Practically**
 - About our actions; how we set up/organize our life.
 - Do we live from the wisdom of our realization?
 - Is your realization/presence expressed in relationships & activities?
- **Citadel has to do with being able to Live IN the World as who we are;**
 - *Be in the world but not of it.*
- **Understand our connection & disconnection to Presence**
 - Often disconnect essentially, struggle to maintain connection when we’re with friends, home, at work.
 - Challenges the accommodation of ego self.
- **When the Waters Were Changed** Sufi Story Idris Shah **Tales of the Dervishes**
...Finally, however, he took the decision to drink the new water because he could not bear the loneliness of living, behaving and thinking in a different way from everyone else. He drank the new water, and became like the rest. Then he forgot all about his own store of special water, and his fellows began to look upon him as a madman who had miraculously been restored to sanity.
- **We have all drunk the water!**
 - Grew up immersed/inundated in it.
 - Need to make changes in familiar world to support presence—not drinking water.
- **Need to See that We:**
 - Let go of Right living & accommodate to habitual.
- **What is Accommodation?**
 - Part of what we do as social beings.
 - Motivate by social, sexual, survival instincts
 - Normal for the egoic self.
 - We accommodate to not lose the connection w/ others
 - Transiting from personality to Pearl, the regressive tendency to fit in, makes it difficult to let go of egoic patterns.
- **Lose Himmatic connection to what we love, value most.**
 - Not diligent & precise with limitations
 - Accommodate unconsciously: believe we can’t!
 - The pressure of conventional point of view: the atmosphere we grew up & live in.
 - Ego Syntonic!
 - Our essential change: threat to conventional sense of self.

- Also to connections to others & conventional life–
- We accommodate to a contracted life.
- **Accommodation = one of biggest issues of the Citadel.**
 - Price of accommodation = lose connection to ourself.
 - Selling our Soul to obtain what we believe is outside of us: love, joy, strength, pleasure, quiet, etc.
 - The habit of accommodation = result of viewing the external as the source.
- ***The need to accommodate: expression of the fact that we do not know that we are the resource***
 - We are what we seek!
- **How did we learn to accommodate?**
- ***Identity of a child needs to accommodate***
 - Children pre-programed to accommodate.
 - Need the care. protection of parents, family, culture, tribe, clan.
 - Our survival depends on it & we find ways to shape, mold ourselves to be acceptable. EX: being good
- ***How do we learn to Accommodate?***
 - As little children & lesser degree throughout our lives we are extremely open & sensitive to other's moods, nonverbal gestures, tones. We're intuitively empathic.
- ***Also accommodate because:***
 - We love parents, want to soothe them, cheer them up, not upset them. Almost automatic
- **Now**
 - Now we revert to early o/r in relationship, life
- ***Accommodation is a natural and important process.***
 - We're not islands— we're fundamentally connected.
 - Egoic patterns become rigidified, objectified & stuck.
- ***Child needed to accommodate to survive & thrive***
- ***When will is established in the child/adult:***
 - Not as much need to accommodate or not.
 - Don't give yourself up regardless of outer appearances Can take your time & consider then decide what is right for you without a lot of push and pull.
- ***Accommodation is really de-differentiation***
 - Give up wholeness & attempt to merge with the other or be subsumed into their view.
 - Basically give up ourselves for sake of connection
- ***Our Own Fears Drive the Accommodation***
 - We might not realize how much we need/want the feeling of belonging & support...
 - Know in our cells the way we survived childhood & growing up was by finding a way to fit in.
 - Even if fit in meant adopting stance of rebel or isolate
- ***To change means to give up the world we have known.***
 - Not only a matter of familiarity & comfort of the known; Question of how we will survive?

- Changing our world can feel like a real loss. This is the world we created. We don't want to lose it.
- ***Struggle between identity based on childhood experiences & new identity of being real; being truly who/what we are***
 - We give up our autonomy that says: ***I am a person of Being, manifesting purely in this moment.***
 - *We are an actuality*
- ***The need is for the Citadel***
 - The protection of Being
 - The support to be & live from our essential self.

10m Tell me a way you accommodate to others.

10m What's right about accommodating?

10m Tell me a way accommodation affects/impacts your experience of yourself.

TALK #2: Platinum & the Continuum of Support - Bob

1. Review of the support to individuate from the DU/mother
2. The father figure and its issues
3. The arch and Continuum of Support
4. From ego support of Father to Essential Personal Will
5. White/silver latifa review: capacity to persevere, steadfast, carry out intentions
6. White/silver: confidence and groundedness and ease in functioning
7. Platinum aspect of Universal Will
8. Platinum is the base of the Citadel
9. Harmony with the will of the universe
10. Platinum described and transmitted: solid, immense and divine – more dense and harder than silver
11. Issues that block Platinum
12. What it feels like w/out Platinum? Ground dropping out – no lower body or support
13. Platinum Support for our functioning
14. Platinum Support for living truth, realization and actualizing this in our life
15. Platinum and Citadel work together
- 16.

Exercise: 3 Repeating Questions - 10 minutes each

1. Tell me a way you cover up your need for the support of the Universe.
(Look at defenses you may have against experiencing your need for contact with this support.)
2. Tell me a way you experience the absence of support by a larger reality?
(something bigger than you, as child it was father, now it could be something else, don't have to give it a name)?

However this absence manifests for you; whether by looking for it, denying it, or fighting it or conflicts around it - if you feel the bottom dropping out from under you, the exercise is working.

3. Tell me a way you experience your personal will supported?
-

#3 Maturity EC

- ***Our Work = what it really means to be a true person.***
 - True nature is supportive of our development, in clear & intelligent ways
- ***We evolve with a level of intelligence & consciousness***
 - More we can be aware of consciousness & actually be consciousness...
- **We're a Mix**
 - ***Consciousness***
 - Can arise & expresses itself as the essential
 - Can be channeled through instincts, O/R or emotional twists
 - Can express base emotions in destructive ways or can express the sublime nature of love, beauty, intelligence, depth.
- ***Abiding in our nature***
 - Discover how that transforms way we treat each other
 - We're a mix.
 - There is delight when we act in a way that expresses the real: It feels good.
 - With a clean interaction with somebody even if difficult
 - We feel something good was accomplished .
 - When hooked into it & reacting from familiar patterns we walk away & feel the opposite .
 - Can be guided to go back, clean it up, fix it, apologize, even if you never thought you could
- **Rt. Living =**
 - Reflecting when we weren't being your best self
- ***What does it mean to be an adult: Maturity***
 - How do you understand being functioning maturely?
 - Responding in a way that feels adult, clear, clean
- ***Maturity = feeling something real is functioning***
 - Acting from our depth, sensitivity & intelligence.
 - Not just feeling present, clear, open loving but acting from that manifestation.
- ***Important to learn how to function in a way that is real***
 - What is real?
 - We learn to realize what is real; realize what is true; realize what is actually foundational & fundamental.
 - Realize what is essential to us
- ***To be our nature = fundamental important step in being able to act in a real way.***
 - More we abide in our nature; more we experience nature moving through us.
 - When we abide in waters of Being, the permeation impacts us, others & world
- ***Supported by practice of presence everyday***
 - Stay with our experience, working this muscle of the soul in a way that lets presence infuse it. Do our exercises, contemplate & meditate

- Deal with issues in individual sessions with teacher
- ***Becoming a Manifest adult means your presence is informing your functioning.***
 - Presence can infiltrate the fabric of our soul allowing it to manifest in actions.
 - Truly mature: Degree which we meet a situation, challenge or delight, without our o/r coloring the action.
- ***Our Being coming through more purely wherever we are functioning.***
 - In a casual chat with a friend.
 - At work: how clearly you come forward your capacities; how precise; how intelligent the talent;
- ***All here at some level of maturity.***
 - It is a continuum of development, like an apple.
 - An apple on a tree; it's a fruit when it shows up; if you pick it before it is mature, it doesn't have that essence of apple in it. It's sour to eat; It need more time, sun, water to reach full maturity—then it is ripe.
- ***As a human being, we're adults, but not fully ripe yet.***
 - Human adulthood = continuation of that ripening process that goes through many stages and flavors.
- ***What makes us mature is our abiding & expression.***
 - Development of our soul enables those juices to infuse the flesh of our Being.
 - We need to work with ourselves to become fit for ripening
- ***Key attitude = I want to see what is going on here.***
 - Includes openness honesty and sincerity
- ***Himnatic component: I want more, I feel nourished by this, I want more of that. I don't feel nourished by this, I don't want more of that.***
 - Nourishment is for the purpose of maturing: Nourishing attitude: I'll use this situation to understand; Live in a world where functioning is necessary & part of the expression of our nature.
- ***Relating to one another in mature way or immature way***
 - When not being our best selves, we're not being as mature as we can be.
- ***Immaturity = EX:***
 - When we fly off the handle & just blow somebody off, it is not our best self
 - It is not the self that we know we can be
 - When we are acting according to the patterns even when we know something is more real, we're not acting as maturely as we can possibly be.
- ***Maturity is a continuum & a development.***
 - Maturity = interplay & dance between our soul & its nature: When our soul allows its nature to penetrate it, to function through it
 - From here our functioning has a sublime quality & more fun.
- ***Life has juice in it***
 - = Zest, aliveness, tenderness, fullness, quietness, equanimity, intelligence
 - All qualities can express themselves as needed.
- ***Our Relatedness matures***
 - More appropriate our actions means decisions are less influenced by our patterned mind, our patterned heart & our tense and patterned bodies.
- ***Abiding is the wellspring of all spiritual realization.***
 - Abiding = steeping in presence, the truth

- Actualization is an important part of realization
 - It expresses our realization
- ***Maturity = ripening into Being, becoming a fruit of the universe***
 - Ripe, luscious, delicious being with a full life, the foundation of which is Being itself.
- ***Want to understand ways in which we feel we function in a mature way***
 - In our life, work, family, what are the ways in which we express integrity, dignity.
- ***Integrity means all the parts are together, blended.***
 - We mature into an integrous experience of Being

Monologue Triad 15 minutes 5 minute continued inquiry

What are the ways in which you believe or feel, you function, that exhibit the qualities of your nature, in a mature way? What are the ways in which you feel you act immaturely? This can have, at its extreme, a more childlike or childish quality to it.

Look at your life, your functioning in work, relationships, etc.; Where do you feel you are more mature & where do you feel you are less mature? Take a broad view of your life recognizing the areas where your functioning is mature & the areas where your functioning isn't so mature.

TALK #4: Refinements on Aims

EXERCISE #1

Exploring first AIM

Mono: 10 min each:

Explore what happened with your aim over the last 6 weeks.

Be sincere, honest and specific, with no BLAME or SHAME – AIMS are no place for superego attacks regardless of what did or didn't happen. With Aims its important is to track as consciously as possible, what happened.

If you completed your aim, what was this like for you? How did you feel about your action and follow thru?

What are the effects regarding things like; your attitude, your confidence, your steadfastness? Include what are you noticing right now as you explore with your partners?

If you partially met your aim, explore what this feels like and how it affected you, then and now?

If you forgot or ignored or never took an aim, explore what was behind this and how it specifically happened? See if you can investigate the moment you knew it wasn't going to happen.

Openly and sincerely explore what actually prevented you from staying the course with your aim or perhaps not even taking an aim. If you didn't know about the assignment, then explore that. Why not?

Whatever way it went, its good grist for the Citadel mill, so explore what specifically happened and take in the feedback. Welcome the opportunity to learn something helpful about your will. Knowing something about what can block or diminish this is very valuable to learn about - particularly for spiritual development. One thing learned with Aims is one more step in supporting our spiritual realization. No shame or blame – disengage from any Superego that might appear – SE is just not helpful.

EXERCISE #2

Taking a second AIM

Look at how you generally live your life, and what areas support your realization and what areas do not.

- 1. 5 min: TMAW you live your life that doesn't support your realization?*
- 2. 5 min: TMAW to live your life that could support your realization?*

5 min: Lastly, take a specific aim that supports your realization and will run from now till our next Big Group on May 20/21

With your partner's fashion the aim to be clear and precise - name the specific action and when and where it takes place addressing any potential wiggle room or vagueness. Aims are best when crisp and clear. We suggest you mention this Aim to your private teacher, so the two of you can check in about it as this unfolds so you engage their support and curiosity.