

DH10 PRECIS

CITADEL PART 3 – MAY 20-21, 2023

Talk 1: Fake Citadel

The ego structure creates its own defensive structure in response to the Citadel arising. Its walls are made of our defenses and resistances - stubbornness, arrogance, pride, laziness, defensiveness. Its voices try to persuade you back to the familiar self and the conventional world. The defenses feel like lead - leadened, sleepy; rubber - impenetrable and excuses; iron - completely closed and defended - the iron is often a hardheadedness. Important not to push against the fake citadel, but to open to it like any other structure - be curious about the defenses and resistances, how do they bring you back to conventional reality. Let the walls slowly crumble in the presence of Presence.

EX: Monologue 15/5

Explore your defensive structures and patterns of resistance. Included the attitudes you have of arrogance, pride, stubbornness, laziness, and defensiveness overall. What of these have been coming up for you, particularly in the last few months? How do they protect you living your life in alignment with what is most optimal? Get in touch with your experience as directly as possible. Feel into the lead, iron, rubber, the hardness and defensiveness, the sleepiness, lethargy or sludge. We want to invite them all to be here, and to be open and curious about them. See what happens.

Talk 2: Hole of Defense & Dependent Need

EGO DEVELOPMENT cuts us off

- Egos are disconnected and cut off from ground of being – Platinum
- Egos are by nature: Dependent, needy, vulnerable – Universal Issue
- Began in infancy – 100% dependent on everyone to feed, clean, and take care of us

CITADEL CHALLENGES US with RIGHT LIVING ACCORDING TO TRUTH:

- Right Living according to Truth - exposes the part that is unwilling to live in this way.
- Ego is very challenged by Citadel's "living according to deeper truth of being"

ALWAYS NEED SOMETHING TO DEPEND ON

- Citadel reveals this hidden truth: **always someone or something that we need and depend on**
- Hiding in plain sight- at its core, **ego is always needy and dependent.**

DEFENSES AGAINST DEPENDENCY - FAKE CITADEL DEFENSES

- Unconscious need to depend on something vs. a counter impulse to deny it
- Fake Citadel protects and defends us from the hole of True Defense underneath
- Some Defenses against neediness/dependency:

- Defensive autonomy
- Grandiosity
- Schizoid
- Precociousness
- Acting out or Identification with dependency

GATEWAY to THE HOLE

- BIG transition as our ego structure begins to relax and let go
- Instincts been telling us what to do, what to want, how to be
- frightening place: everything's dissolving and letting go. What will happen to me?

EXERCISE: 10 minutes each

1. Tell me a way you defend against feeling dependent?
2. What's right about not feeling your dependent neediness?
3. Tell me a way your neediness expresses itself?

Talk 3: Love of Truth

As we open to the defenselessness beneath Fake Citadel, the Citadel helps us to be with the dependency and neediness that arises. Love of truth is a guide. Solid Gold of Truth is the upper lay of the Citadel, sitting atop solid Platinum of Universal Will. Truth is like the compass or astrolabe (look it up) of the Citadel. If we open to its navigation, it guides us back into alignment with Being, and Universal Will supports us to stay the course. Love of Truth is the hearts calling. It knows when something is true. When we love the truth, our inquiry is truly open and open-ended and not guided by outcome. We love Truth for its own sake. Our history and society complicate our relationship with truth. And our resistance and defenses work to take us away from truth.

Monologue 15/5

How does love of truth show up in your life, in your inquiry, and in your practices? What challenges interfere with your love of truth – the pull to the familiar, sleepiness of ego, your superego, avoidance of pain and fear? How have the attitudes, beliefs and behaviors around ‘truth’ from your family, society or religion affected you? What else limits your love and dedication to truth?

Talk 4: Aims part 3

Monolog: 10 minutes each

New Aim: something that occurs regularly over the next two months, either daily or at minimum once a week.

Explore a habit that would be good to change and/or a habit that would be good to develop that is related to your spiritual development.

Inquire as to why working with this habit over the next two months, would be helpful and supportive for your ongoing realization. Articulating this connection is one of the main purposes of this new aim

Partners help make your aim as clear and precise as possible.

Please send this Aim to your private teacher, so the two of you can inquire about it and to engage their support and curiosity.