

PRECIS FOR DH10 JULY 8-9, 2023

Talk #1 Ego Deficiency Outline - EC

- **New Meditation:**
 - The Circulation Meditation
 - Explain and guide meditation synchronizing breath a multi-modal visualization; means that you see, feel, & sense it at the same time, making a circle of energy or presence or whatever quality you experience. Can do it visually, & important to have the sensation of following that circle. Hands resembles the yin/yang symbol: the right thumb goes in the palm of the left hand.
- ***Working with The Citadel*** = How to live life/function according to the truth.
 - To become a true person puts pressure on us
- ***Path through the ego, understanding the ego.***
 - Our structure= obstacles, barriers, deficiencies we understand & move through.
- ***The Structuration of Self begins to dissolve with understanding***
 - We resist development of the Personal Essence to become real person;
- ***Diamond Vehicles: divine messengers that assist us in our development.***
 - Impacted by teachings these body of wisdom teachings.
 - Citadel: a mighty fortress supports & establishes, protect the life of the Pearl.
- ***Diamond Vehicle focus attention on issues that arise for all egoic selves limiting our realization.***
 - Diamond Issues: obstacles that are true for everyone— issues about having an egoic structure at all
- ***Majesty of the Citadel scares our historic egoic self!***
 - Egoic self = virtual multimedia construction. We're afraid to be too magnificent, open, naked, real, free, etc.!
 - Can feel too small, little, incapable of living in that way.
- ****Humans do everything to avoid feeling this ultimate deficiency.***
 - This reaction to the truth of ego deficiency = an important Diamond Issue that the Citadel teaching brings us.
- ***We defend against dealing with it.***
 - We'd rather feel anything else than that deficiency.
- ***Not just the experience of moving through usual Holes***

- Red, Green examples
- **Ego Deficiency is Different:**
 - There is a truth to this feeling of inadequacy
- **Ego inherently: insufficient, incapable, feels unworthy, insensitive.**
 - Expansion pressures the structure as a whole, not just one aspect. It shows the nature of ego for what it is.
- **A dominant feature in this deficiency is that it's real.**
 - It is saying something true about you.
 - The truth of all identities, of all people as ego, is that ego doesn't have what it takes; it never did and never will.
 - The feeling one is overwhelmed & too small for the task is actually true.
 - **Ego cannot express the essential truth.**
- **Need to be vigilant about the Super Ego**
 - Can attack you for seeing the egoic deficiency
 - "It's True: you are deficient! You'll never be adequate, big enough, etc."

How do we defend?

- **Grandiosity**
 - We deny feelings of deficiency by believing its opposite.
 - Puffed up Sense of Self;
- **Reaction formation: against direct experience of deficiency.**
 - An egoic projection of who/what we are essentially but not true in personality
- **Schizoid Defense**
 - Instead of feeling the disturbance we distance ourselves from from our feelings
 - Can deny any desire, interest, wanting of contact. Not I can't, more: I just don't want it; Who needs it? We isolate, separate & lose a sense of contact & connectedness.
- **Negative Merging**
 - Instead of true contact or Aloneness: we connect through negativity
 - Engaging in negative or conflictual object relations: fights, disagreements, disappointments—all the issues we can have with another person.
 - Though painful, we're not alone
- **The General Defense**

- **The main defense**, the favorite one for humanity = defense of settling into the status quo—
- Living the normal life, what life gives, without contemplating the true potentialities & possibilities.

Repeating Questions

10m Tell me a way you defend against feeling inadequate.

Find some of the ways you deny, defend, ignore, not see that feeling of inadequacy

10m What's right about defending against feeling inadequate?

Why do you want to defend against it? Is it scary, is it overwhelming? You want to speak to your unconscious. Why does your unconscious believe it is right to defend against it? You don't want intellectual smart answers to this. You want spontaneous responses of your unconscious structure. What is right about defending against feeling inadequate? On the surface you might think there is nothing right about it, but deep inside there is everything right about it. So you want to see what are the reasons why you want to defend against it, basically.

(TMSYF inadequate about?)

Could be historically, physically, mentally, emotionally, relationally, etc...)

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**Talk #2 Working with Ego Deficiency Outline - Nancee**

~Ego deficiency is not something that we resolve simply and easily

~it's something that actually will arise over time in the process of expansion.

~continue to expand and continue to dip into the feeling that we're not up to the task.

~will be part of our process over time, as we are finding out what the truth of the ego structure really is.

When we experience the inherent deficiency of the egoic self what can happen is we feel tired and worn out and can react by becoming more feverish, drawing upon our adrenal glands in the never ending propping up our inherently deficient self.

The more that impotence is coming forward, the more the adrenalin starts to pump to shore us back up and give us that boost of activity into our usual egoic patterns with help from the SE pulling you back into familiar conditions for functioning- as your familiar self.

So like we continue working with the SE, we're going to be traversing the ego deficiency for a while as we're transiting into becoming a real person of essential beingness – the Pearl.

That transition calls for the wisdom of being with the underlying reality of the ego so that when the deficiency arises we will have the tools and the wisdom to actually support the process of moving through it rather than being frightened of it or misinterpreting it.

Being with, accepting and feeling the truth of the ego deficiency is the necessary fertilizer to grow into our Essential Personhood

When we are in touch with our natural resources and we rely on those resources this support us to be with the ego deficiency. Our practices (SLL, Kath, inquiry) move us towards what we know to be true resources - the source, that is our real nature. The real resolution is to be in touch with our actual resources – our essential nature.

To know our resources, to know what they are (the Citadel, Universal will, essential qualities) and to rely on our real natural resources, is what will enable us to move through this into a true resolution which is ultimately living according to Being and being Being, which is truly becoming the Person of Essence.

#### **Ex: Monologue 15 min 15 discussion**

**Where are you in the process of exploring ego deficiency and what has helped you in the process? Is there still a defense against it? What is enabling you to look at that and handle that? Are you feeling the state of ego deficiency? Are you feeling shaky or frightened? If so, what's enabling you to be with it, handle it, look at it? If not, what is here as you explore this question?**

**Stay close to your felt sense, what feelings are arising, what is happening in your body now?**

**15 min discussion focuses on helping to clarify the ways and the resources that have been helpful in being with the experience of ego deficiency.**

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Talk #3 Objective/Diamond Conscience: Wisdom of Right Living – EC

- ***Ego deficiency can open to discovery of an essential manifestation of Being.***
 - The innate deficiency of all of the ego functions & its transformation leads to a different kind of support
 - Called essential conscience, the Citadel, the defender of Essence.
 - Functions as the conscience of the work of transformation by clarifying how one is not living one's life to support transformation & by offering guidance as to how to get that support.
- ***What is Diamond Conscience?***
 - Practical wisdom, understanding of how to live our realization in the world.
- ***Referred to as "objective conscience," i.e. the conscience of Essence.***
 - Gives one support, protection, is present & available, when one is living according to the Truth of Essence.
 - Proactive: Our life has to transform—we have to live it!!
 - Not just having Citadel as an inner experience.
- ***What Diamond Conscience is not.***
 - Not SE rules.
 - Need to support practical life that supports essential life, not impeding it.
 - Living the life of Truth is the true meaning of inner discipline.
- ***Not usual understanding of discipline.***
 - Not according to rules one has in the mind— which is the control of the superego— it is not according to someone else's idea of discipline.
 - Ones own application of objective Truth in ones life.
 - Can do this by realizing the Citadel, by using it as true conscience.
 - Not evaluative or moral judgment of good/bad, right/wrong.
 - Clear, precise practical wisdom & resolve.

- Not static rules but an organic, embodied objectivity that guides our way of living.
- ***One learns to become skilled & facilitive in dealing with the superego***
 - The superego gradually loses its grip.
 - Structure of SE itself becomes exposed through understanding, helps to dissolve its structural basis.
 - Moral rules, standards of judgment give way to essential conscience.
 - This aspect of essence becomes the true protector of essence, the real defense, replacing the unconscious defense mechanisms of the ego.
 - As realization deepens it leads to working on the ego & the id, the deeper determinants of the structure of the superego.
- ***We call the Citadel: Objective Conscience.***
 - Superego is subjective conscience.
 - Objective = True Nature is objective, not creation of your personal mind.
 - TN not the creation of anybody's personal mind. It is inherent to reality.
 - Objective conscience = objective in sense that it is a conscience available for us that is independent of our biases, free of our subjective biases
- **How it guides our life:**
 - Citadel is called the Protector of the Path, Defender of the Truth
 - Explain with examples.
 - Finances. Health. Relationship to our work in the world.
 - What we think doesn't count or doesn't matter.
- **Diamond Conscience as the Wisdom for Right Living.**
 - Citadel teaches us about real conscience.
 - When functioning in such a way that we are open, the more clear we are, the more we experience the purity of Being, the more we are functioning from that purity, the more we are that purity.
 - Functioning such that we behave with more virtue.
 - Functioning with greater conscience.
 - Know right from wrong through becoming sober so when an occlusion arises we can, 'ok, I get it.'
 - If a big impurity shows up, or it is pointed to us, we can soberly approach it

without the negativity of our superego.

- We have access to a clear conscience that is simply sober & awake to what is there— any truth, impurity or purity of what we are & that we have within us as limited individual consciousnesses.

- ***Experience the guidance of Diamond Conscience as a whole process/one flow:***

- Love turns the soul towards the truth of its nature (the gold);
- Platinum brings the resolve for the steadfast alignment to right living (right conduct, right relationship to the environment, right practice).
- Objective Conscience supports the alignment to right living.

- ***Diamond Conscience guides us to develop the totality of our life***

- Essential conscience guides one's life style & manner of relating to others.
- There are aspects that lead to the harmony of one's environment.
- Being sensitive & supportive for our realization to deepen
- Whatever we experience of realization comes through our conduct and is an expression to serve True Nature.

Cyclonic In groups of about 4-6 people

1. 20m Give an example of how you are not living the truth of your realization.

2. 20m Give an example of how you are living from the truth of your realization now.

a. You want to be sincere for this exercise to be really useful. You don't want to just to make yourself feel good about it & also don't want to put yourself down. You want to be objective.

3. 15 min. Discuss how Objective Conscience is showing up as you've been listening & learning from each other here.

(this is a present centered discussion)

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**Talk #4 Review Aims & Life Practice Outline - Nancee**

**EXERCISE for AIM Part 4**

**Dyad @ 10 minutes each (20 minutes total)**

**Explore where you are with the Aim you took during the May weekend – you were to take an aim around 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.**

**Please describe the details for the specific action/task and when and where it took place.**

**What did you discover regarding this aim go over the past two months, was it helpful and supportive for your ongoing realization? Be sure you can articulate this bridge between the Aim and your spiritual development as that is one of the main purposes.**

#### **LIFE PRACTICE FROM THE PERSPECTIVE OF THE CITADEL**

**A couple of reminders about what the Life Practice period is. One is, it is a practice of Presence while we're functioning, while we're moving, while we're doing a task. The fundamental part of it, the most central thing is to sense your arms and legs, look and listen as you're doing what you're doing. It is a movement practice that is to practice presence while moving.**

**Life Practice is bringing more attention as a field to the body, to sensing, looking and listening, which is over time, really, the soul in action.**

**In the Work we do here, everybody works most of the time individually, either in private sessions or in groups.**

**So this afternoon we're going to gather the Presence that has been accumulated in each of you here from all the the work you've done this weekend and from all the previous weekends on the Citadel teachings. And bring it into activity – bring it into movement and task, bring it into our 'Life Practice' as we practice in presence together.**



**And for this Life Practice we are concentrating on practicing Presence from the perspective of the Citadel - which is Will, Solidity, Steadfastness, continuing to function in Presence to do what is needed, just exactly what is needed, not engaged in all the distractions that the mind does. Mind, of course, will try to do its distraction and we just continue doing. Like when you're sitting and meditating. You are just doing the practice. Your mind does its thing but you continue to do the practice. It is the same thing with the Life Practice, you continue doing whatever it is you're doing, things arise and you are simply aware of them.**

**AND A REMINDER – That this practice develops a sustained thread of Presence that can weave through this focused life practice into our everyday lives, into our homes, into our jobs, and into our relationships.**

**We've described it before - as a bridge from our practice on the cushion, to our practice in the world.**

**Choose simple activities/tasks. cleaning, dusting, gardening. And remember the task is not what is important. What is important is that we can stay as FULLY PRESENT AS WE CAN WHILE DOING IT that is our focus engaged in a task without resistance, evaluations - positive or negative of your efforts. Let your focus remain on your Presence, on sensing yourself and at the same time doing something practical and useful.**

**The practice period will be done in silence and from our practice of sensing, looking, and listening. Remember, It doesn't matter how long it takes for you to get from A to B.**

**What matters is the connection with the sensing that is as continuous as possible. If during a task something comes up, that's fine.**

**Reactivity happens. Resistance may arise, frustration, impatience, pushing to get somewhere.**

**Notice it, be present and don't go with it, take a breath and continue with the task. When you find you're doing your task and you've completely lost contact with yourself. Take a moment to notice that, stop for long enough to sense, take a breath and come back to the true task, which is the practice of Presence, of being present. Stop, sense, look and listen. Come back as deeply as possible to yourself.**