

Citadel #6 - Overnight Talks and Exercises - Aug. 26-27, 2023

Eugene & Nancee

- **Sat. AM Citadel Overview EC**
 - Summarize the teachings of the Citadel
 - 15m/15m discussion Monologue Groups of 3
 - ***What have you learned about the Citadel Vehicle? Where are you at with the Citadel? What's your relationship to it? Do you experience the support of the Citadel? How has it supported the living of your realization thus far?***

- **Sat. PM Functioning NS**

Review on how the Citadel and Presence supports functioning
15/15/15 min in groups of 5

Cyclonic – Clockwise – Say something about what limits your Presence while functioning. Counterclockwise – Say something how presence supports your functioning. Discussion – In what ways can you support your Presence while functioning during the overnight including right behavior, right conduct with self/others and the environment.

- **Sat. After Dinner: Life Practice Talk EC**
 - Review the principles of Life Practice that will guide us though the Overnight.
 - ***20 minutes: In small groups 3 or 4 take an aim for your participation in the practice of the overnight***

- **Sun. 1:30AM Limitations NS**

Short talk on the many kinds of limitations that each one of us has; limitations of the ego, limitations of the soul, limitations of the body. Some of us deal with limitation through grandiosity (no limits), others identify with collapse and deficiency.

15/15 min. Mono and discussion – groups of 3

You want to look into your way of dealing with limitation... whether you deal with them, deny them, what happens? What is your habitual way of dealing with limitations? Do you recognize them, look into them, and see how you could manage with them? Or do you tend towards grandiosity denying your limits or tend towards deficiency, giving up and collapsing or what?

Discussion - How are you working with your limitations now?

- **Sun. 6AM Awakening – Clear/Red Diamonds NS**

Awakening into life, awakening into one's personal life, awakening into realization and living that realization of truth.

Repeating Question Looping 20 minutes

- 1. **Tell me a way you are awake.**

Don't try to differentiate in your mind whether you are physically awake or not physically awake. Just answer spontaneously.

- **Sun. AM Value of the Pearl and Embodiment EC**

- Citadel supports the manifestation of the Living Pearl embodied in our lives and expressed in our functioning.

- **Repeating Questions**

- **10m *Tell me something that limits your embodiment.***
 - **10m *Tell me something that supports your embodiment of your realization***
 - **15m *Tell me a way you experience your embodied presence right now. (Looping)***