

## DH10: CITADEL PART 6: REAL RELATING & CLEARINGS

SEPT 23-24, 2023 - PRECIS

### Talk #1 RIGHT RELATING - Jill

Introduced Right Relating as an important part of the wisdom of Right Living from the Citadel. Review of conventional relating from within personality verses relating from the embodiment of the Pearl. From within personality relating is through filters of object relations and self-images that obscure view of the situation and the person we're relating to. It has a lot of efforting, adjusting, accommodating and reactivity in it. Pearl relating is unencumbered, personal and contactual. We can make direct contact with the other that is immediate and free of the filters of personality.

Right relating is our willingness to be interested in what's in the way of our capacity to relate in a real way. To see what limits our capacity to relate and why we feel the need to limit our relating.

### EX: REPEATING QUESTIONS

- 10 min      Tell me something that limits your capacity for relating.
- 10 min      What's right about limiting your relating?
- 15 loop     Tell me a way your relating is real.

### Talk # 2 REAL RELATING — WORKING OUR REACTIVITY - Jill (Set up for clearings on Sunday)

Becoming a person of Being is a long process. The Pearl develops in us. A support for development of the Pearl is working our reactivity. To begin we have to own our reactions, be interested in where they come from in us, and see that our reaction has nothing to do with the other person.

To work a reaction we have to take what has happened outside - in the horizontal (what we are reacting to), and bring it inside and inquire into it - take it vertical. The tendency of the personality is to move out and make our reaction about the other person or the situation. To work it we have to take it inside and inquire into it with honesty and sincerity. Including our body and emotions, and the historical patterns that will be revealed.

### EXERCISE: TRIADS: 10 min VERTICAL INQUIRY w/10 min SELF REFLECTION

Take a reaction you have to a specific person in your life -- not someone too close to you or someone in this group -- fellow student or teacher. Work with a reaction that occludes the field of the relationship and is in the way of making real contact. Take it vertical -- own your reaction and inquire into it. What is the mental content? What are the feelings, and impulses? How does it feel in your body? What is the self-image you're identified with, and what image are you projecting on the other? What does this remind you of in your life? What is the history of this pattern?

10 min: Self-reflection: Reflect on how fully you owned your reaction. How committed were you to not making it about the other person? Where did that commitment waver? Inquire into those places where it wavered. How were you pulled into the horizontal and away from your inquiry? How did it feel to own your reaction and explore it. How do you feel now? Is the field more clear regarding that reaction?

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### **TALK # 3: INTRO to CLEARING PROCESs - BOB DUCHMANN**

Talk covered things like:

- What is a “clearing”
- Why we do them?
- The importance of personal contact w/self and then with the other
- Specifics on how to do clearings?
- What works, what doesn’t
- Owning our reactions, impressions, projections, idealization
- Exploring the history between us and its impacts
- What, how and when to speak withheld truths
- What about sexuality?

#### **Talk #3: Exercise part 1**

**REMEMBER CONFIDENTIALITY**—do not tell others who said what to you. Avoid gossiping about the process. Of course, you may need to explore your experience further with your teacher, particularly if you get stuck.

#### **Round 1 (35 minutes total)**

Pair with someone who you do NOT know that well and do not have much personal history with. Not a good friend, or someone you have a difficult history with – that will come another time.

#### **Specific Clearing Format Instructions:**

- Salutation Bow to each other - I bow to the TN in you with the TN in me
- 3 minutes silent eye contact/gazing silently noticing what arises
- Take turns saying where you are with the other, without being interrupted (speaking as if you had a “talking stick”). You do not need to say everything at once – just start with one or two things – then pass the floor to them.
- 1<sup>st</sup> speaker begins by naming a few things they are aware about this particular relationship.
- 2<sup>nd</sup> speaker can respond to what the other said if needed, but mostly address their own perspective of this particular relationship (a few items at a time)

**Consider:**

- If reactions, projections or object relations are present (positive or negative) – explore them vertically and own them as your reactions and projections
- Typically, a number of such rounds happen - going back and forth till you feel more clarity between you.
- If there are things “unspoken” be sure to include this possibility

**Remember:**

- clearings are not about: giving feedback, telling the other who they are, becoming good friends, getting a date or even seeing things the same way – its about getting more clarity between you by exploring your history, perspectives and impressions
- Always maintain confidentiality regarding these clearings

**Completion:**

- When you both feel complete and clear, take a short break and return for q/c
- If time is up but you didn’t finish, just acknowledge that you need more time and come back in round 2
- 3 minutes of silent eye-gazing
- End with bow
- Return for Q/C

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**TALK #3: EXERCISE part 2**

**Round 2 (35 minutes total)**

Repeat detailed instructions from Exercise # 1 by either continuing with the person from Round 1 if not finished, or paired with a second person you don’t know that well to begin a new clearing

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**Talk # 4: CLEARING PROCESS CONTINUED – Bob Duchmann**

- Provided further instructions and adjustments and nuances for doing clearings
- Offer more guidance and examples of how to move with more challenging topics: strong emotions, sexuality, conflicts
- What is a “good enough” clearing
- When to pause and ask for help

## **CLEARINGS CONTINUED EXERCISE (approx. 90 minutes total)**

Either follow up on the first clearing from this am if not completed or find a new partner to work with and begin a new clearing process

When the clearing feels complete and if still time, start another clearing with someone in lobby

### Basic Clearing Instructions

- Bow to each other
- 3 min. silent eye gazing
- Clearing process
- 3 min. silent eye gazing
- Bow
- Return to sanctuary for closing

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### **GROUP CLEARING AIM:**

Clear with all 55 students in 52 weeks completing by September 25, 2024. We suggest you schedule clearing in regular intervals, such that you will finish in time (we suggest 4 every month). We also take an Aim not to procrastinate this process.

Lastly, clearing in person is best, but given distances, zoom and/or facetime is the next best option but please do not use audio only calls. You need to be able to see each other during clearings.

NOTE: Linda will send around a list of our students and their email addresses so you can contact each other to schedule clearings. ***Remember: this list CANNOT be used for any other purpose or network sharing or sending out announcements. Please be impeccable and respectful of everyone's privacy regarding their name and email address.***

We know this is a big and powerful commitment – and also know it can bring great dividends. We appreciate your dedication to yourself and to each other.

Thank you in advance for your participation and cooperation.