

## **DH10: Precis for Nov 4-5, 2023 Big Group Meetings Conclusion to Citadel Teaching Part 7**

### **Talk #1 Right Relationship to the Body – Nancee**

The Citadel supports us in balancing and moderating all areas of our life and guides us in how to live our lives in practical, objective ways that support our realization, that supports our living a life of authenticity and truth. To become a human of Being free from history – so TN can come through as our personal beingness is quite a challenge.

We've explored what happens to the soul as we develop – how it becomes divided from it's original nature and is shaped and formed into an ego – full of OR, impressions, tensions, patterns – how we lose connection with our inner ground, with our essential nature. And here in the West, as a more head centered culture we are further challenged to actually reconnect with our inner ground, our interiority.

The tendency for many (especially when we are relating which we frequently do) is that we go up in the head and out of our body, out of our rootedness in the body, out of our inner ground, we lean forward and out into the external world with our bodies and attention. If we are in these movements up and out or leaning in and out we most likely don't feel groundedness, we feel more shakey, no inner ground to settle into, may feel more overwhelmed.

SOME OF YOU MAY HAVE EXPERIENCED THIS LEANING IN AND OUT OR UP AND OUT IN A CLEARING - might have found yourself leaning into the other or you went up into your head and out of your belly, out of your felt sense of your body and your ground or maybe you got overwhelmed or began accommodating the other...if any of that has happened that's OK, we're learning, it's good to become aware of this and take a pause, breathe, come back to your sensing, your feet and seat.

The teachings of the lataif and how they support & develop - opening the heart center to feel more of the full range of our emotions – courage, strength, joy, compassion - and the aspects of Will – personal and universal Will that have supported the development of the belly center, has anchored us to stay with, solid and steadfast with whatever arises and continue the inquiry best we can, following our curiosity, the love of truth to know who we truly are. And now as the Universal Will of the Citadel comes through with the immense Platinum presence as it's base in this teaching, the belly center again is supported to open and to sense this protector and defender of our realization, of truth on an even deeper level – as we are asked to consider yet another question regarding right living - what is the right relationship to the body?

Just mentioning THE BODY may have caused some stirrings in you—perhaps interest, excitement and likely also some anxiety, some discomfort.

In the West, the cultural and social conditioning about the body is quite charged—about our physical appearance, about sexuality, about our gender, sexual preference and identity, about our race/ethnicity, about our physical abilities, about our age, about religious beliefs regarding the body. That's a lot of layers of conditioning. And depending on your history, we can come up

against any one or several of these layers I have mentioned with positive or difficult experiences or both – whatever we have experienced - can be felt and are stored in the body.

Most of us have at some point experienced hurts, wounds of many kinds all the way from being ignored to being attacked and abused. Rejection, discrimination, physical or sexual abuse, trauma, illness, surgeries, chronic pain, accidents, judgments, ridicule—there were plenty of reasons not to sense our bodies or that make it hard to stay sensing our bodies.

These experiences have left their marks on how we feel in our bodies and about our body in general. Gratefully today there are more body based therapeutic methods that work with the impact of traumatic experiences on our bodies like Somatic Experiencing, Sensorimotor Approach, Neuro Affective Relational Model, Bodydynamics that we can turn to for support when needed.

So as we enter into this topic it is important to say - remember kindness and openness, no judgements of ourselves and in our interactions. We want to hold ourselves and others with care and respect— each of us have very personal experiences in relation to our bodies.

We can't leave out the role of the body, the importance of the body. The physical body is the vessel with which and through which we live our personal physical embodiment of our realization, of our soul, our living consciousness, of this precious life in the world.

In this work, we hold our bodies with reverence. We believe that our human body and human life is of deep value. we hold that are bodies are sacred vehicles through which True Nature expresses itself in the world. We are the eyes, the ears, the feet the arms the legs the voice by which True Nature gets to live in this world.

One primary reason we do the Sensing practice is that sensing our arms and legs, looking and listening can gives us immediate direct contact with the state of our body and can give our soul's consciousness a felt sense of location - here, now.

In time, the sensing practice gives the body/soul a sense of safety, to open up and reveal itself. Gives us a base, a location to settle into. It is a base for us to sense Presence - the less able to sense our physicality, the less able to sense Presence itself. We must include our soma, our flesh for TN to be felt and experienced through and through.

And from the Citadel perspective – this foundation is an immense base of pure powerful platinum. the immensity is a solid ballast that keeps us rooted in our nature and rooted in our bodies. And that can give a sense of solid grounding and an inner holding for whatever comes our way – we are here, there is a heft to this hereness that is wide and deep that allows us to settle more fully into our immediate experience – supports the alignment of the belly heart and head.

The Kath practice is also a fundamental DA practice. It is the center from which we sense all of our experiences - sensations, feelings and Presence. The combination of the SLL and Kath practice can open us up to a whole world of inner sensing.

It is a radical movement to get interested in really being here fully. To be engaged in an embodied spiritual practice. Our kath meditations, sensing looking and listening, breath work and mat work are all movements in that direction.

It is possible to experience your body as your own Citadel, your safe protective home for truth, for your realization to be lived, for your unique expression to come forth, it is where your precious beingness lives and needs to be cared for and ongoingly attended to with as much objective clarity as possible. So how we relate to our body is so important.

Our bodies are an exquisite instrument capable of great range of experience. Resmaa Menakam says "The body, not the thinking brain, is where we experience most of our pain, pleasure, and joy, and where we process most of what happens to us. It is also where we do most of our healing, including our emotional and psychological healing. And it is where we experience resilience and a sense of flow."

To come to the sense of resilience and flow we work with whatever we meet when we turn towards the undigested history in the body and soul that we for many reasons have turned away from.

Some of us try not to feel emotions...and some of us feel emotions--and get lost in them, act out from them rather than staying with and sensing into them.

We have places where we can't feel. When our emotions, and soul are closed - our body is tight.

And when we are shut down, the body is not free enough to really feel Presence in its fullness. The Citadel wisdom supports us to turn toward and attend to our body with care – to the tensions, the shutdown places and to become more conscious of the conditioning and patterns carried in the body.

***"Once you start approaching your body with curiosity rather than with fear, everything shifts."*** - Bessel Van der Kolk

A main barrier – is our Attitude towards the Body

One way to begin to take a look at your relationship with your body is your attitude toward your body. How do you feel about having a body? About having your particular body?

Are you at ease in your own skin? Are you friends with it, or is it somehow in your way? Do you feel like it is you? Or is it something you have?

The tendency in West, because of cultural and spiritual biases, is to treat the body unkindly.

Often there is Harshness, judgements towards or about our bodies. How do you relate to our bodies and what are the messages you have absorbed - from very young through puberty, adolescence, adulthood and aging – judgments, criticisms, praise, made bad, glorified, rejected...

A big difficulty for most of us: is that we see and feel our body is an object. Something other than us, something we have, not something we are. Like the body is this thing dangling from the head.

In DA when we talk about the Soul - the living conscious presence that we are - that includes all of us: our bodies, our instincts, our TN/essence. The body is made of Being. It is not an object, but a living, dynamic presence, animated by the Soul. We are a totality of living presence,



## **ESSENTIAL RELATING**

- Like waves on the ocean – individual but NOT separate from the whole of the ocean
- Imagine two waves having a relationship?
- Relating means we communicate contactfully and personally –
- To be real & in the here and now – all the OR, projections need to be cleared that remove it from TN
- Its also a development, just like personal essence is a development – not just once and done

## **RELATING HAS 2 LEVELS: HERE & NOW and HISTORICAL PATTERNS**

- what is actually happening in the here and now (Essential Relating) &
- effect of internalized object relations and projections (Normal Relating).
- Relationships become more real, when what is happening here AND now dominates and the object relations lose their dominance, become more deconstructed, dissolved.

## **FURTHER REFINEMENTS, TIPS & EXAMPLES**

- Apologize if you botch it – learn to apologize and accept responsibility
- What's here beyond my impressions, observations, projections, judgments, fears and confusions?
- At worst, we may get into a snarl and have to pause, stop and/or possibly get some help or just leave it for another clearing attempt.
- its about working with it ALL – with everyone.
- Tough one? You can wait a while: work up to it – but do it

## **AWARENESS of IMPACTS: SENSITIVE CREATURES**

- **3 Bs: Don't blurt, blame and barrage – Don't do it! Doesn't Work!**
- Notice the impact of what we say. How is it being received? Is it being received?
- If impact is upsetting or causing defensiveness - stop and try to find out why
- If Energy is rising - feeling defensive – slow it down
- SLOW DOWN and Ground – pause as often as necessary.
- JUST Stop when all else fails – don't just keep on plowing if things are heating up

## **CORRECTING MIS-PERCEPTIONS:**

- Don't have to correct their (mis)perception or give feedback or do anything with their projection
- It's their chance to acknowledge and work their projections – let them do that.
- They may have qualities that remind you of them – not the same as being those original people/experiences
- Ask permission before correcting someone's perception of you – roll with it and the vulnerability of the process.

## **CHALLENGING STUFF & ISSUES**

- Say it w/out BLAME, BLURTING, BARAGGING and OWN YOUR PROJECTIONS!

- **we don't have to work that history with this person – that's not the point and something better done with private teachers**  
Pause, stop, ask for help,
- **take it to private teacher – like couples therapy where the couple can only bash each other.**
- **No counter phobic dumping – that won't work.**
- **GROUNDING in your body, breath and mother earth and Citadel**

#### **CULTURAL CONDITIONING**

- **normalize – first - we all have cultural conditioning and bias related to this conditioning that we will run up against in clearings.**
- **Things like: societal conditioning, racial conditioning, ethnic conditioning, class conditioning and discrimination, gender, gender identity and sexual orientation, age, physical ability, sectarian conflicts and historical divisions, political divisions – lot of it is unconscious.**
- **Acknowledge that cultural filters exist in both directions: dominant and minority.**
- **We all likely have stereotyped impressions that we need to acknowledge and work thru and beyond to see each other more clearly and truthfully.**
- **Some of you may feel anxious or frightened around how you have experienced some members here.**
- **YOU Don't have to resolve CC – that is not why we are doing this, but it may be part of the situation to acknowledge**

#### **NEUTRAL CLEARING: practice relating for real:**

- **finally see through our object relation we can feel something new and a little awkward**
- **Pearl relating is new and mysterious so we practice and get used to how it feels**
- **Neutral clearings = ice breaker – get to know each other – what is your impression of me? - you're a mystery (shy protective schizoid)**

#### **OTHER SIDE OF CLEARINGS:**

- **Hidden side of this is perhaps hearing from multiple clearings, the same kinds of impressions about me.**
- **I wonder why so many experience me this way? Is there anything true about it?**
- **How we typically meet the other: schizoid, accommodating, over giving, withholding, cautious, counter phobic, joking,**
- **ENNEAGRAM: We all have personalities with patterned behaviors that others may notice. You seem (fill in the enneatype pattern). Sharp, soft, drifty, direct, confrontational, impatient, judgmental, loving etc.**

#### **GENERAL COMMUNICATION TIPS:**

- **BIG KEY: 2 part communication: your impression and your vertical**
- **I statements - really take responsibility for your statement – discern the difference**
- **Realistic expectations or clearings: not resolving OR, not completing all issues with your peers.**
- **Safety and stop, ask for help, take it to your private teachers. Come back later when you aren't so charged and understand more about why you were getting charged up.**



Have to take care of things, in order – finances, dr. appoint, insurance, retirement... taking care of time to attend to these things. How much time practicing, entertainment, busy with device, working your issues, practical side is in service of the deeper side that is authentically you – the goodness preciousness that we are. When we know this, devotion to practice to inner truth, teaching. Not a guru model.

Big topic time – use your time that enhances this life and opens deeper to TN at same time. Sleep, organization of time, day, week, year... some kind of right living approach. The priorities. Many waste a lot of time – don't waste it. Not engaged with the essential. Need empty time – to feel free just be spaciousness of what you are. How much work...do what you need to live, time off... solo retreat... how much time off? Time for family friends practice each day? Inquiry? Discipline to meditate – body and mind need that – support life of truth. Depending on age consider time differently – faster as we age – more in touch with TN – can help us more like spaciousness more there. How to do task – in touch and done well. Time is precious. Our opportunity to enter the mystery of reality. How to approach time wisely.

Cyclonic – groups of 5 - 20 min. each

Clockwise – Say something about a way your relationship with time does not support the life of truth

Counter – A way your relationship with time that works well for your real life.

Discussion – How do you see the wisdom of the Citadel so far – (your experience) see it support good practice and good practice.

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**Talk #4: Clearings Continued as Life Practice: Bob**

Group selected partners to continue their group clearing process. There were two rounds with q/c in between and at the end