

PRECIS for
DH10 AQUAMARINE & TURQUOISE ASPECTS
FEB. 3-4, 2024: EUGENE & BOB
BRIEF OUTLINES & EXERCISES

TALK #1 DH10: REJECTION - EUGENE

- Rejection = of the present, of presence, of Being.
- Meaning of Reject, from Latin: thrown back
- Understanding the attitude of rejection.
 - Rejecting something in our experience— we're trying to throw out part of ourselves.
- Rejection is rejection of Being
- Ego becomes a rejecting structure
 - Both project rejection outside & afraid of being rejected.
- Try to get acceptance: the basic method is to reject yourself.
- Even the Search can become a search for acceptance.
 - Wanting to be enlightened so you & others will finally accept you.
- How do you reject yourself? Physically; Emotionally; Mentally; Spiritually
- Which parts of yourself you hold back out of fear of rejection?
 - Both deficient parts & the Essential parts?
- Understanding rejection means not finding antidote,

RQ

10m Tell me something you reject.

10m What's right about rejecting.

15m What happens if you don't reject your experience right now? (looping)

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TALK # 2 DH10 ACCEPTANCE/AQUAMARINE - EUGENE

- **Cycle of Suffering: Hope—Desire—Rejection**
- **HOPE.**
 - Ego hope rooted in rejection.
- **DESIRE**
 - Egoic Desire is effortful movement toward specific object
- **Rejection = Root of Suffering**

- Egoic distortion/Counterfeit of Peace = hatred, rejection.
- **Essential aspect: Acceptance**
 - Not the opposite of Rejection
 - Not *rejecting the rejection!*
- **Obstacles**
 - Acceptance feels to Ego like:
 - Acquiescence, capitulation, giving in, resignation, collapse, surrendering
 - Failure, Non-functioning
 - Agreement, Collusion
 - Ego-annihilation
- **True Acceptance = open and discerning**
 - True because it is based accepting **what is true in the moment.**
- **Essential Aspect: Aquamarine**
 - Open, warm, tender, gentle, clear, generous,
 - soothing to the suffering.
 - Resting into the present, no matter what it is.

EXERCISE. (triads. 15m +5m)

Monologue. Triads

Open-ended inquiry into your present experience.

Discussion/inquiry. How did rejection and acceptance show up?

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Talk #3 UNFORGIVEN – BOB

- **Stance based on our painful history rather than the here and now**
 - Historical grievances take us away from the moment, the Now
 - Grievance, pride and seeking revenge keep us hooked and dug in
 - Attached to past wrongs and grievances
 - Mostly in our minds – a liberation fantasy that retribution will set us free
- **Characterized by attachment to events, hurts of past that are still alive in us**
 - Unwilling to let go of the painful things that happened – dug in
 - Don't actually accept what happened (how could they? ...)
- **Components of the “Unforgiven” stance**
 - Commercialize heart: Transactional exchange – eye for an eye – my heart pain for your heart pain
 - Seek retribution from those who wronged us before we forgive
 - Pride, justification and righteous about correcting the wrong

- **QUOTE: "Resentment is like drinking poison, hoping the other one is going to die."**
- **Heart that cannot forgive: Cannot fully know its own nature**
 - Unforgiving Heart is contracted, protected and burdened
 - Can be turned against ourselves as guilt and shame (SE gets involved too)
 - Need to feel the pain for what it is
 - Need to acknowledge our aggression and reactivity

Monologue 15/5

Choose an incident or an event that you cannot let go of because of feeling wronged/hurt/pain. Briefly name what the wrongdoing is that happened? Then inquire into the feelings that underlie it. In addition to hurt and/or pain is resentment, bitterness, anger and hatred present? Do you see/feel/recognize the desire for revenge/payback/retribution?

Explore how those feelings keep you tethered to the past.

5min: Further inquiry to get more clarity around these feelings and their effect on the person inquiring

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Talk #4 TURQUOISE ASPECT – FORGIVENESS - BOB

GUIDED MUSIC/VIDEO MEDITATION

GROUND OF BEING – AN IMMEDIACY

As we are seeing - holding onto grudges tethers us to a painful past and removes us from Now. The action of Forgiveness is an antidote to this separation.

ESSENTIAL FORGIVENESS

When we say a substance is forgiving, it means it has resiliency and flexibility. It goes beyond. The soul is forgiving by nature and when we have forgiveness it helps that resiliency come back and be in our natural condition.

HEART:

Kind of freedom and freshness that allows us to let the past dissolve, to leave it behind. We cannot be free if we cannot forgive because our heart will be heavy with anger and we will carry it forever.

MIND: obsessed with what happened in the past, with figuring out and how to right the wrong. Our essential mind becomes obscured with seething and agitated thoughts. We lose the openness, clarity and depth of essential mind.

BELLY: We tighten and contract and belly tenses in anger and hatred, and we lose contact with the direct sense of Presence.

Essential forgiveness is a releasing of the hold of that tension and contraction. It's an opening of the heart, a clearing in the mind, and a relaxing of the belly. Relief, relaxation, letting go and a movement toward liberation, toward being able to rest in Being,

NOT THE USUAL FORGIVENESS

not saying that what happened was OK, right or that it was appropriate or condoned.

forgiving someone doesn't mean forgetting their limitations.

Forgiving doesn't take away your ability to discern how far to trust someone, but it frees you of having to hate them w/ a closed and contracted heart

TURQUOISE ASPECT: PORTAL TO FRESHNESS

Turquoise is an extremely subtle, delicate, exquisite and very beautiful gentleness that is a clear, transparent bluish-green - combination of the blueness of rest in a specific combination with the green of kindness

It is a feeling of being washed clean, as if cool fresh waters are moving all through your heart, mind and belly bringing a sense of fresh, clean, innocence, lightness.

Turquoise frees our souls from a significant part of the negativity of our past. We can actually arrive in the Present, in the Now. Washed clean, we get to have a fresh start.

EXERCISE: Cyclonic:

1. 20 min. clockwise - Say something about how you resist forgiveness
2. 20 min. counter clockwise - Say something about a way you experience forgiveness (emotional opening to it, the presence itself, a feeling of freshness)
3. 20 min. Group discussion: how Turquoise quality of forgiveness specifically impacts you regarding the clearings or relationships in your life