

## **PRECIS DH10 Big Group: CLEAR ESSENCE**

**March 9-10, 2024**

### **TALK # 1: CLARITY - NANCEE**

Talk on clarity in General, the usual use of the term and the underlying source of it. Getting clear or being clear about something. Can lead to essential clarity. More understanding insight.

Usual perception from the personality often not much transparency or clarity. We find mind, heart and belly full of things and stuff. Filled up with ORs, self images, personality patterns. based on when and where we grew up our family/cultural/gender conditioning, our race, religion, socio economics. This 'acquired ignorance' we acquire through our life as our sense of self. We have learned to forget & believe the dull opaqueness the acquired ignorance to actually be who we are.

Also 'basic ignorance' - the soul doesn't know its nature; it misidentifies, takes itself to be all the stuff - all the impressions, memories and influences. The soul doesn't have the maturity yet to know itself, it hasn't developed enough to be transparent to TN.

Usual meanings of clarity relates to the content: situation, experience, problem. we can also have clarity about the process. How we are recognizing and getting to that clarity, is clear, has more clarity, more light to it. Our inquiry becomes more illumined, translucent, flowing, effective.

Getting clear about something: means that we can see it. Perception becomes crystalline. We can perceive things as they are – It's sharp and precise; visible, not vague or fuzzy nothing buried hidden /covered over nothing in the way of understanding, of perception

The light of clarity goes through the obscuration, perceives clearly and sees it for what it is.

We all have various relationships to Clarity: Some thrive on clarity: we want to know; see though; understand; love getting clearer, like a good spring cleaning. Some of us resist clarity – too exposed, some prefer not to know or see, ignorance is bliss. Some prefer the vague and fuzzy; don't want to be seen or see everything – fear of what will we find (pain, SE, difficult feelings), fear of unknown, we are going to get too scared... For some the dullness is protective, meaning things can't get to us. Clarity can feel too exposed, less protection, less armor. And there may be personal history, traumas, conditions for us to protect.

Where are you - Do you tend to like it or not? Do you usually want to be clear or try to clarify things? Do you feel clarity is something you value or not?

**Exercise: Repeating questions: 10 min. each**

**Tell me a way you do not value clarity.**

**What is right about resisting being clear?**

**Tell me a way you feel your clarity.**

**Meeting 2: Clear Essence - Bob**  
**Manjushri Chant**

**Om Ah Ra Pa Tsa Na dhi**

We chant for our clarity and awakening. We chant it together and when you hear the bell we go into silent meditation

**CLEAR ESSENTIAL ASPECT:**

- Clarity is one of the facts of our True Nature - Just like when we explore the truth, we find truth of different degrees, different levels, until we get to the Essential Presence, the Essential Truth. It is the same way with Clarity. We keep exploring thru the levels until we get to the Source of Clarity
- **At first, Clarity is relative clarity** - clarity about something as Nancee described this morning
- **These are the impacts of Clarity** - not the Clarity itself yet
- True Nature is always clear and empty of any impediment, pollutants, obscurations
- Clarity is a characteristic of True Nature as a whole – an essential aspect of its own
- A Presence devoid of color, completely clear, transparent and at same time it is a fullness of Presence
- We are highlighting Clear to bring awareness of it as an Essential aspect
- **As something of itself**
- Ultimately we come to recognize ourselves AS the presence of Clarity

**CLEAR ASPECT: CHARACTERISTICS pt 1**

- our consciousness is experienced in such a way that it is absolutely clear, singularly real, and completely transparent and colorless – we become clarity
- The impact of clear aspect, clarifies everything it touches in our mind, heart, perception
- It cleanses everything and it gives it a feeling greater illumination.
- Everything sparkles and becomes very precise and clear
- Our experience becomes very discriminated in a very direct immediate way
- I'm not only clear about this or that, **but I am myself clear.**
- Everything appears as if it has been highly **Polished.**
- Colors vivid and otherworldly.
- Everything appeared fresh, vibrant and new and distinct
- A NOUN, not an adjective
- Clear Essence is recognized as its own thing.
- Clear Essence is a dense medium, like a liquefied glass, smooth, clear and precise
- The sense of clarity, precision and sharpness is all the way through
- Which makes it luminous and it sparkles from within
- primary center for it is the Pineal at center of the head. However, it is not really a mental thing

**LUMINOUS CLARITY**

- This clear aspect is behind all our experiences of being clear. We just didn't know its our nature. We think its an effect of intelligence or insight or wisdom but it's the other way round. Those things are the effect of the Clear Essence

- Clear is colorless and affect-less - doesn't have an affect like Love has an affect of sweetness, Compassion has an affect of kindness and softness. Each Quality has some kind of affect but Not the Clear
- Clarity is just pure, clear, transparent, luminous and very substantial sense of hereness.

#### **REALNESS:**

- The Clear brings an amazing sense of realness.
- Dense and substantial - yet clear and transparent makes it feel very real

#### **WAKES US UP**

- THIS Realness wakes us up, wakes up our consciousness, our perception clears
- Wakefulness has an intoxicating character to it.
- Clarity is not a dry abstract thing – its very real, present and sparkly

#### **THE WHIFF & TASTE**

- We usually talk about getting clear (in our mind, heart, belly) but not just being clarity itself
- We tend to get a sense of the Clear Essence thru the whiffs of it in everyday life
- TN shows us that there is a relationship of the essential to our normal experience
- Following the scent can take us to the source of that scent.

#### **CLEARINGS:**

- NOW we know an Essential meaning of “CLEARINGS” and what we mean by “we are clear now”
- **Doesn't** mean all is resolved or everything is known, but it does mean the obscurations have dissolved
- We are using Clearings in multiple ways – to also learn about the CLEAR ASPECT

#### **EXERCISE: Monologue 15/15 discussion (60 minutes) (groups of 3)**

Explore your various experiences of getting clear. Use memory to call up your experiences of getting clear and describe a number of them to bring in the feeling of Clarity.

Then use these experiences to follow the “whiff of Clarity” that is common in them all. Inquire to find out what that common factor is exploring deeper into the experience of Clarity itself on its own.

15 minutes discussion: Consider your combined explorations to take you further into learning and discovering more about the clear aspect. Is it present in your pod? If so, what's it like? What is its source? Take turns inquiring into the field you created in your pod to see if there is something recognizable about clarity itself. Always keep SLL going throughout.

#### **TALK # 3: CLEAR DIAMOND - NANCEE**

The clear essence can exist also as a diamond, as an objective form. Clarity is fundamental to TN and the Clear Diamond brings even more clarity to each aspect and vehicle. Brings more understanding, awareness, clarity, precision, to the particular perspective of that aspect or vehicle – could be strength, compassion, citadel, markaba. It opens the perspective. Opens our eyes to see more clearly the view from the perspective of the aspect, vehicle.

The diamond is what gives the Clear Diamond the capacity of being objective, being exact, precise and impenetrable, unaffected by the emotional atmosphere, or the subjective mind.

What we mean by objective is that it is not related to our ideas or thoughts or emotions or our physical awareness. It has a feeling of objective because it doesn't feel emotional, it doesn't feel mental and it doesn't feel physical in the usual ways

Its perspective is clear, unobstructed, beyond your personal mind, your ideas, your thoughts about it, its outside of your subjective and narrative, discursive mind. Free from subjective biases. NO JUDGEMENT OPINIONS PREFERENCES POSITIONS

And yet it's within the subjective field, it's completely immediate to and within your subjective field. When we inquire - WE ARE - THE SUBJECT OF OUR OBJECTIVITY and we can't do that without the objectivity being within the field of our subjective experience.

For clarity to become objectivity it has to become exactness, precision, sharpness. Free from subjective biases. Not controlled by subjective mind. Faceted clear presence that is not affected by subjective mind. All faculties of mind become impacted by the clear precision. Thinking, knowing, sensing and feeling become impacted by the clear essence. Perception experience becomes more clear and precise.

And we need this precise discriminating exactness when we inquire into our immediate experience. When the Clear Diamond is functioning it's clarity is a searing kind of clarity and has with it the precision needed to get into more refinement and detail in our understanding. The facetness of the diamond is needed to bring out the particulars in tiny, intricate and distinct ways in areas that we wouldn't think to look, getting into details and articulation of the particular obscurations. The diamond is like a scalpel with a fine edge opening up the issue, barriers, moving very crisply and lucidly into deeper and deeper levels of awareness of our consciousness and opening that up so we can get clearer and have greater understanding. The understanding is kind of a looping with Clarity and precision and our soul.

So the functional element of the Clear Diamond gives precision to our inquiry and brings refinement and exacting to our understanding. You get more exact sharp about your experience. What is exactly that feeling? Where is it coming from? And you probe it and you cut into it bit by bit.

The Clear diamond manifests and cuts through the clouds of obscurations with the sword of precision - Clear diamond in action. The sharp edges of the diamond function by cutting through the dullness and vagueness of our obscured experience. The diamond has very sharp facets. When these facets touch our experience, they make us see it in a very clear, objective, precise, sharp way.

And again we have many attitudes, beliefs, reactions, ideas about clarity yesterday, we also have about objectivity and precision.

Here are some of them – too sterile, too sharp, cold, cutting, rigid, removed, too analytical, too scientific, too many details, too many delineations, intricacies, distinctions – too piercing, too invasive, too exposing, too hi-def, see precisely every nose hair? No, it's too overwhelming, not interested, don't care about any of it, it's all too heady, too distant, no warmth, no heart, no engagement, no contact, not personal. We want to avoid it, devalue it or push it all away. SE might kick in – and feel like we are going to have to straighten up, get precise

and fly right. Or we can also love how lucid, fresh, clean, defined, intricate, explicit, articulated, exact, sharp perception becomes.

### **EXERCISE – Repeating Questions**

- 1. Tell me how you feel about being precise. 10 minutes**
- 2. Tell me how you feel about being objective. 10 minutes**
- 3. Tell me a way you experience objectivity. Looping - 20 minutes**

### **Meeting 4: Clearing as Life Practice - BOB**

- Talk to clarify and consider working with challenging or charged clearings
- How to start such clearings?
- Ways to organize the elements of the meeting
- Cultivating active listening and reflection skills to check for clarity confirmation
- How being unable to clear further IS the truth and clarity of the clearing

Exercise: two rounds of clearings w/ Q/C in between and at end