

## DH10 Big Group: Blue Aspect & Diamond Dome

### Basic Outlines

#### #1: DH10 Blue Essence - Bob

- **Introduction to Blue Aspect**
  - Blue Aspect: a bridge to the arrival of the next Diamond Vehicle: Diamond Dome
  - Blue Essence is the aspect of pure consciousness and also the aspect of direct knowingness
  - impact of the blue aspect: mind can relax and moves us into a deeper dimension of functioning.
- **All about relaxing – particularly the mind**
  - Relaxation brings an immersion in our being
  - Blue immersion brings knowing ourselves directly
  - Allows direct knowing that goes beyond how we usually know (ordinary knowing)
- **Mind can be used in both limited and liberated ways**
  - Defining our self or liberating our self from definition
  - Shutting us down or opening us up
- **What does it mean for our mind to relax?**
  - When mind is relaxed it can go beyond conventional/usual knowing
  - Brings freedom to discover reality directly and immediately
  - *Similar w/other centers: the body and heart work better when relaxed*
- **Relaxation brings ease and being more present in the mind**
  - *Shows us that Mind is presence*
  - Moves us closer and closer to direct experience
- **When Mind is Not Still - Agitated**
  - The unrelaxed and agitated mind: actions of desire, reactions, rejection, worry, figuring it out, controlling, avoiding, ideas of what should and should not be, holding on
  - Various kinds of movements out of abiding in stillness - typically experienced as an agitation
- **Knowing is a Fundamental Characteristic of Every Moment of our experience.**
  - *Our sensation is knowledge of sensation; our emotion is knowledge of emotion. Our seeing is knowledge, our hearing is knowledge, our thinking about past, present and future is knowledge. Questioning is knowledge. Our sense that we don't know something is knowledge; we know that we sense that we don't know.*
  - *All experience is knowledge – w/out knowledge there is no experience*
- **Blue aspect Qualities**
  - Sometimes referred to as the vacation state when we are relaxed and at peace/rest
  - great pleasure in the state of no agitation and no disruption
  - deliciousness of the aspect of relaxation itself
  - Essential knowing shows us the in-touchness with immediate and direct experience.
  - Doesn't mean no mind
  - Content takes on different significance
  - Blue sky mind – open, expanded and relaxed
- **Ordinary Knowing**
  - Mental/Conceptual knowing

- an abstraction
- inference, deduction, assumption
- Can be useful/interesting/entertaining
- Information, memory, concept not bad
- *Mental knowledge comes from Basic Knowledge*
- **Basic (Direct) Knowing**
  - Immersed in the experience we know through the immersion, absorption, immediacy,
  - Right here in the moment knowing
  - Relaxing into being > brings direct knowing of our being
  - Knowing itself as essence as consciousness
  - Not about the particulars/content of what is known
  - Presence of knowledge gives rise to possibility of knowing anything
  - Basic knowledge is the state of knowing and experience as one and the same.
- **Presence is knowing by Being**
  - *Experience of Knowing & Being as a Single Phenomenon*
  - *Presence: Consciousness conscious of itself*
  - *In self-realization we experience ourselves as Presence where Presence is both Being and knowingness.*

### Exercise: 60 minutes in dyads

10m TMAW your mind is not calm

10m TMAW you are knowing now (can be any of the kinds of knowing discussed)

20m TMAW you experience immediacy of knowing (looping)

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### #2 Egoic Grasping - Eugene

- *Blue reveals explicitly that consciousness is the basis of knowing*
- *There are reactions to every Aspect*
  - Talking about relaxed state can bring up tensions
  - Grasping part of the reaction to the Blue
  - Our soul has a particular characteristic of it: *it is able to hold on to experience*
- *Spiritual traditions, since the beginning have dealt w/ issue of the grasping*
- Grasping called many things
  - Grasping; Clinging; Holding on; Cathected to; Attached to; Entangle with; Bind to;
- *Many practices of how to deal with it.*
  - One way: back off from it; In DA way: be involved & being aware of grasping
- *What do we believe grasping will give us?*
- *How do we hold on?*
  - Planning, anticipating, remembering, clinging in our psyche to some particular or particular outcome, becoming fixated mentally, emotionally or physically
- *Historical Precedence*
  - *Instinctual response in babies is to hold.*
  - Describe strength of babies hands, suckling
- *That original grasping tendency remains in the soul*

- Emotionally grasping at feelings; Cognitively grasping ideas,
- *We hang on:*
  - To images, ideas, beliefs, Object Relations: positive or negative
  - Physical tension patterns = an expression of Soul's holding nature in body
- Ego is diametrically opposed to Being, to Consciousness
  - It is a state of tension, of dis-ease, a contraction.
  - *Grasping = a basic property of ego. It's soul that is ignorant of what she is*
- Grasping Keeps
  - Our mind small; Our heart small
- *Grasping nature of ego can be expressed externally:*
  - Holding on to people; Holding on to things
- *Most Important:*
  - Holding to experience; Experiences of ourselves; Experience of other people.
- *With calming & relaxation it's not just that the body is relaxed— but the soul relaxes*
  - There is no concern, no anxiety.
  - The substance of one spreads out, softens & rigidities begin to unwind.

**Monologue in triads: 15 with 5 minutes further inquiry**

***What triggers your mind into mental grasping? How does it make your head feel? How does that impact you?***

***What doesn't allow the relaxation? What supports the relaxation of the grasping.***

**#3: Practice Session: Belly/Kath Meditation**

**Bob & Eugene**

explore and deepen into kath/belly meditation practice in a few rounds of practice, followed by inquiry and q/c and then another round. (we have been hearing that the group needs support for this practice)

Topics:

1. Concentration:
  - a. What is it? How does it work? How do we do it?
  - b. What are the steps to concentration?
  - c. How do we deepen Concentration
  - d. What are the fruits of concentration
2. Commitment, Red-Steadfast, Will-support, focus, devotion, impeccable
3. Undisciplined – Himma - AIMS
4. Titrating time on cushion
5. Reactions and OR to kath or belly ie fatness or injury
6. Mixing meditation forms – not staying with specific – diluting the practice
7. Sensing capacity weak: Nothing there – can't sense anything – fingers on belly
8. Benefits not understood
9. Reactions: Boredom, procrastination, lack of commitment, avoidance, slothful
10. Belly issues: Medical injury – I'm fat - judgements
11. Super Ego - do it wrong

Inquiry suggested Questions:

1. What is your resistance about?
2. Errors in Expectations about the purpose and benefits
3. What are the effects for you?
4. What are your struggles

**2 Rounds each consisting of:**  
**20 min: Short Talk**  
**20 min: Kath/Belly Meditation**  
**20 min: Monolog exploring what happened in your meditation**  
**In groups of two (10 minutes each)**  
**20 min: Q/C with Bob and Eugene**  
**REPEAT**

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**#4: Intro to Diamond Dome Vehicle: Awakening**  
**Hameed**

Hameed covered a review of what Diamond Vehicles are and how they are used in the DA  
He then introduced different ways of considering “Awakening” from the sleep of the personality & Awakening to Knowing & Living from True Nature  
He introduced the Diamond Dome and its function as well as the Dull Dome of the personality

**Exercise: Cyclonic in groups of 5 or more (60 minutes total)**  
**20 min - CW: say a way you are staying asleep.**  
**20 min - CCW: say a way you experience yourself waking up.**  
**20 min – Discussion of the ways we hold onto our belief in the world of sleep and how this keeps us from awakening.**