

DH10: The Point - Part 2

Feb 1 – 2, 2025

#1 Shift to Realization Eugene

Kath Meditation. Emphasize Concentration Meditation. Obsidian Samadhi

- The Point = Realization
 - Shift of experience from the pea as self to Being.
- Want to understand realization from perspective of DA
 - In DA realization is an awakening to what you are
- Typically feel our self to be the Pea.
 - Pea is an amalgamation of our historical impressions, experiences.
 - We are a construct of: images; memories; impressions pasted/glued together
 - It becomes the lens we see reality through.
- 3 Journeys model: all centered around Presence
 - 1st Journey: Movement to Presence
 - 2nd Journey: Movement w/ Presence
 - 3rd Journey: Movement as Presence = Shift to Realization
- STR is part of the 3rd Journey Movement as Presence
 - Shift from having experience of TN to realizing TN as who & what we are.
- Realization in DA: Presence & Soul are one
 - Like body & atoms; water & molecules.
- Possible to experience presence instead of being presence
- Issues:
 - Soul experiences herself/reality filtered from historical experience.
 - Subject/object duality - Even when there is immediacy, we do not realize it as who & what we are, it remains an experience that the self has.
- Contrast: Personality & Presence.
 - History/immediacy
 - Time/timeless
 - Concept & freshness purity; Isness!
 - Constructed (ego structure) & unconstructed-Being
 - Ordinary knowledge/Basic knowledge
 - Ordinary Knowledge = about something through reading, etc.
 - Basic Knowledge = direct, gnosis (spiritual knowledge)
- Essence is a complete & total oneness.
 - That oneness is presence of the reality that we are
- Wisdom of the Diamond Vehicles: Part of the nourishment for realization.

- Citadel: The Ballast of TN as Ground of Being
- Markabah: The Pleasure of TN, of Being Ourselves
- Diamond Dome
 - DD highlighted Being through knowing. We can only know Being by being Being. Conceptual knowledge means there is distance.
- Shift To Realization: To know Essence & to be Essence from its perspective
 - See reality from perspective of Being
 - We are Essence & there is no separation between the one who is experiencing it & the one that it is.
 - We are making a shift from experience of Being to being— Being.
- To make the shift it is important to recognize that we haven't made that shift
 - The self does not want to shift into self-realization.
 - Making this shift is not an easy shift.
- The self is quite happy with spiritual experiences
 - It is what it considers to be a very majestic hobo.
 - Self-realization is deeply challenging to the usual sense of self
 - Threatens its survival
- The Point Calls Forward everything we've learned:
 - The trust, desire, curiosity, kindness, the strength, will, the willingness to go into the unknown deeper, more completely, fully.

10 minutes: *Tell me a way you experience a shift to True Nature.*

10 minutes: *What's in the way of this Shift?*

15 minutes: *Tell me a way the Shift is Impacting You* (Looping).

#2 Talk 2: Identification and Non-identification - Bob

PEA (ego) IDENTITY:

- **Differentiate Pearl from Point** – functioning self vs true identity = center of the Pearl
- **Pea gives us a sense of identity** of I, me, mine
- **We say: “where I’m coming from”**
- **We say: I am** the one who had all these experiences, its me who experienced them.
- **Pea ID is needed: functions** to organize our experience and provide us with a center of orientation
- **Hardwired in us** - if we do realize a non-dual oneness of all things, we almost always bounce back to our familiar Pea ID as the one who had that experience.

PEA’S OWNERSHIP: I, ME, MINE

- **Pea ID is Super familiar and very** long standing.

- **Challenging to consider letting go** of this old friend that holds all our personal identifications
- **Can be: Disorienting, confusing, not knowing, but also fresh, open and pure**
- **Pea ID is our most intimate sense and the center of ourselves.**

NOT REJECTING THE PEA

- **Need a process of divesting the PEA ID appropriation** so it can return to the intended function of just being a name tag, instead of the entirety of our ID?
- **Needed to help organize** our experience (become psychotic w/out it)
- **Misidentification:** Pea believes this is Me, myself and I Soul separation from TN

TWO PARTS – SELF & WORLD – THE SNAP (one way to start to understand our Pea ID)

- **Our Pea ID and the complimentary world – two peas in a pod: self and other**
- **We build a familiar home base** for ourselves surrounded by all the things that fit with our experience.
- **Makes us feel safe and secure** to stay within the familiar world we have constructed.
- **Instead of seeing the totality of our experience**
- **CHERRY pick things** out of the field that support our sense of self and ignores the things that don't fit.

ENNEAGRAM (another way to see our Pea ID)

Particularly using the Holy Ideas and the corresponding: delusion, reaction and difficulty

REACTIONS: ANOTHER WAY TO RECOGNIZE our PEA:

- **Someone is always the reactor – who is that?**
- **One who is the: Victim, the vigilant one, disarming, Affable, perfectionist, angry, sad, happy**
- **We think our reaction is totally objective** – anyone would feel this way!
- **not inquiring into what our reactivity is pointing to. Who is reacting?**
- **Going Verticle in Clearings**
- **Can be something** we don't want to see – or just aren't interested in
- **Unconscious Shadow** work is really helpful for this kind of opening and allowing
- **100% identified** we feel it as reality and true

SHIFT to NON-IDENTIFICATION: NON ACTION

- **NON; always means a non-action** – non being meditation, non-identification
- **Neither an action of disidentifying or identifying.**
- **Cannot make ourselves “let go”**
- **We are literally bringing in the light** and illumination of presence into the snap.
- **Presence basically dissolves these mental images** and structure of identity.
- **No longer looking self-reflexively or conceptualizing ourselves.**

SUMMARY of STEPS for NON-IDENTIFICATION:

- 1: see and acknowledge the identification - moment we can see this, we are already less identified with it.
- 2: seeing different parts of the identification, brings more awareness that can pervade the identification.
- 3: see the SNAP and how one begets the other
- 5: Bring more awareness and illumination into the situation, shining the light on that identification
- 6: bringing the natural intelligence to the situation allows us to see the identification for what it is
- 7: see how it has us snapped, rigidified into a construct that is not allowing us freedom

EXERCISE:

Two Repeating Questions: 10 min each

1. Tell me something you are identified with
2. What's right about your identification

3. Short Monologue: 10 minutes each

- Explore how you experience not being identified?
- What's it like to see your Pea ID with presence and inquiry (body, feelings, sensations)?
- What does it feel like when this Pea ID loosens?
- Do you continue to recognize yourself in any way?
- If you are feeling fully identified, explore what that feels like (body, feelings, sensations)?
- Where does this sense of identity come from?
- History? Patterns?

#3 The Need to be Seen - Hameed

Point is a transition from one mode to another: From experiencing presence to Being presence.
Many issues in the way: misunderstandings; beliefs; structures
Many segments of the material to work through

Need to look at the issues that come up about being seen

How your parents see you? What did they see? What didn't they see?

How many times did you feel you're not seen, heard, recognized?

Parents didn't see you or see themselves.

To be seen is to be seen for who you are: aliveness; intelligence; capacities; skills

Self Realization means seeing yourself for who you.

How do we see ourselves? What is seen and what is not seen? How are we seen— with judgement or kindness?

Fundamental need to be seen for human development to unfold optimally.
Need to be seen is the mirroring need; natural need for soul development
Did I get enough mirroring or not? Explore in your body, heart, mind what happens as you recall how you were seen or are seen now.
Important for the mirroring needs to be objective.
We are all busy trying to get seen or have given up on it.

Mono 15 minutes 5minutes feedback

Explore how you feel about being seen or the desire or need to be seen for who or what you are. Where are you in this question? Track back your pattern back to you childhood experience. Were you seen or heard? Feel all the feelings.

#4 Obsidian Samadhi Meditation: Practice, Inquiry rounds - Bob and Eugene
Obsidian Samadhi Practice in 2 Rounds

EXERCISE

Each round consists of:

Short talk

15 min meditation

20 min inquiry

20 min q/c

Round 1: Monolog in groups of 2 for 10 minutes each (total 20 minutes)

Explore your experience of the meditation

Were you able to experience in ways its been described?

If so, what was that like

If not, what seems to be in the way?

Round 2: Monolog in groups of 2 for 10 minutes each (total 20 minutes)

What supported your concentration?

Impeded your concentration?

What was better or worse about your concentration?

What's unclear for you now?