

Part 4 - Recapitulation: Who am I?

Recap day One

Our vision is, our goal, our movement is: "We are Loving our Way to Enlightenment." That's our methodology. Loving our Way to Enlightenment, not as a phrase, not as a slogan but as a practice. Okay? With me?

We begin with the first question: who am I? Who are you?

First: I am a separate self. I am a skin-encapsulated-ego. I am separate from all that is, I have distinct individual boundaries.....is that true? YES, absolute true.....BUT partial. If it is not true, than what happens....I'm psychotic. And that's critical to understand. If you lose that sense of having a distinct individuated sense of boundaries, Harry, I just realized where you are, that's Harry, okay, and this is your field, so I need that individuated sense of boundaries. So that's my identity, my true identity but it is limited. It is a limited identity. So I actually begin to access a deeper identity, a deeper answer to the question of WHO AM I, WHO ARE YOU? And I transcend, I end the Trans of separate self and I access, what I call True Self.

The total number of true Self in the world is: ONE. The plural that has no singular. I am part of the seamless coat of the universe. I'm not separate from other, I'm not separate from source and that's not a dogma, it is a Dharma, meaning I can access that realization in first person through practice. **That's our second principle.**

The third principle is strawberry-ice-cream-principle. You can only communicate Strawberry-ice-cream if you ever lived a first person experience of strawberry-ice-cream. So this is not a dogmatic teaching of some church, this is something you can access through practice in first person, the actual experience that I 'm not separate, that I am part of the larger whole, I am indivisible from the seamless coat of the universe. True Self. That's generally how enlightenment is taught, it's absolutely true.....is it true...YES..... but it is true, yes.....But.... Partial.....

But then when I awaken as True Self and I realize I am part of the seamless coat of the universe and then awaken to a deeper realization of seamless...it's seamless but not featureless. Features has distinct unique features and it is distinct unique features are ME! It is ME, specifically ME! It is God having a Sylvia experience! The God you don't believe in doesn't exist.

Online course: Reclaiming Eros
by Dr Marc Gafni

God, universe, Atman, Brahman, reality is having a Sylvia experience, that's Unique Self. It's the irreducible uniqueness that lives IN me, AS me and THROUGH me, that never WAS, IS OR WILL BE ever again that has a ability as puzzle piece, to locate itself in the larger context, to complete and give to the larger context, a Unique Gift that can be given only by ME. And then..... I awaken again to a still larger context. I realize I'm evolutionary Unique Self, I'm living in a larger evolutionary context, I realize that the creative evolutionary impulse of the cosmos itself awakens and lives in me. And that to evolve beyond the limited identification with my Ego Self, I need to align with the evolutionary impulse that lives in me, as me and through me which is not impersonal! It is not an impersonal process and this is critical to understand.....

There are old thinkers in the world, Hegelians, Marxists, Dialectical materialists who had early forms of evolutionary spirituality and they said there is a evolutionary impulse align with it, you are part of the process
You are part of the process. Your value is that you serve the process. And there are versions of evolutionary spirituality today whose core teaching is your value is to serve the process; I cannot in strong enough terms take objection to that. Any system that sais that a persons value is in terms of their service of the process begins to set time back 500 years.

Because the irreducible dignity and value of the individual is essential! The Separate Self has dignity, the separate self emerges as True Self, and the True Self emerges as Unique Self irreducible! Then I realize I am playing a larger game. I am the personal face of the evolutionary impulse. Then I realize I'm a absolute part of the process, I serve a larger game, I am playing a larger game, there are outrageous acts of love for me to commit, there's outrageous love letters for me to write that no one else but me writes, however I'm the personal face of the evolutionary impulse. Evolution awakens in me and that is a creative impulse, the very creative inputs that initiated cosmos the cosmos itself beats in my heart which is the heart of the cosmos self and gives the unique gifts that are only mine to give.

So now, the answer to 'Who Are You?' now shifts, just feel this for a second. What is reality? What is reality? Reality is a shared experience but what is reality at it's core? When is it? As you sit right now, as you sit and look at Emile. When you

Transcription of the Teachings

look at Emile and you realize Emile is 75 trillion cells operating together in Emil in this moment. There is about a million miles of nerve-ending cables that run through him. If you would just go into Emil's immune system and you would show a movie of it. To say it is complex insults the word 'complex', to say the word of 'beautiful' insults the word beautiful. The level of dazzling complexity in shimmering brilliance beyond imagination, happening in every moment in Emile in this second, holding him, literally holding him, with the vast array of insane intelligence, in this moment, moving every part of him. Utterly unique and different in some singular way from anyone in the room. It is happening right now and we are asleep to it! It's shocking! If you actually understand what's holding you in this moment. You understand and then you exponentialize that reality to this room and then you realize, and it is shocking, I apologize to you but I don't want to have a conversation here about relational structures that's a different conversation post conventional, different conversation but I can tell you one thing..... God is not monogamous. I'm just saying, okay? I think for most people monogamy is a great relational style, not our conversation, it is a big conversation we are going to have, I hope late Wednesday night an optional Q&A session after the music. So whoever wants to do a Q&A session in the pyramid I will be available and we will get together and we can have as long as you want Question & Answers to anything, okay? So I really want to open that space because we haven't had open that space in this room so we can talk about it then.....

But one thing I can tell you: God is not monogamous. God is madly in love with everybody. It's kind of shocking idea, right.....but I tell you..... God is doing it all over the place!

Meaning.....reality individuates .Reality does not replicate. Reality individuates and if you actually get this sense of the radical wild sense of just dazzling gorgeous complexity beauty in the world....you realize, what is the world? The world is an outrageous love letter from the Infinite to us. The world itself open up the book of John. The divine logo's. logo's is: The word. The word is the outrageous love letter of reality itself! And the old esoteric Aramaic text.... (HEBREW) It means: 'Reality is a Divine Text. Reality is an outrageous love letter! What am I in reality? Who am I? Who I am is a unique expression of reality, meaning I am an outrageous love letter. That's actually who I am! Now from a psychotherapeutic perspective, Harry help me

*Online course: Reclaiming Eros
by Dr Marc Gafni*

out here: how does this shift in perspective change your life?COMPLETELY!
If I am a kind of wounded fractured just destroyed abused prisoner of childhood,
then I approach reality in one way. I want to be really clear, everyone should do the
work of brokenness of childhood, it needs to be done, I want to be clear about that.
Don't bypass that. Never do a spiritual bypass. Spiritual bypasses don't work. You've
got to go through it and do that work at the level of Separate Self, but that's the
beginning of the story.

My partner Lory, her and her clinical co-director Marc Schwarz, probably the 3
leaders in America in trauma therapy, they have written the books, the text books,
they run a series of treatment centers and I have spent time in their world and it is
dazzling beautiful. So do the work, so do the work of grieve, of pain. But once you
have done the work, don't do this 16 times. Again and again in order to create the
identity you can't find! Realize you have an identity: who are you? You are an
outrageous love letter!

What does it mean it wake up in the morning and say: who am I? I aman
outrageous love letter! That's shocking!! It is a complete utter shift in identity. That's
who I am!

*An Evolutionary Unique Self means: I am an outrageous love letter and there is a text
that I have to write that can be written by no one else that ever was, is or will be!*