

Open Talking Rapport - This is an experiment in “group –assisted self inquiry which is a modified version of many different practices that I have done in the past mixed into a cocktail for self realization to potentially occur. This process confronts and suspends one of the biggest obstacles that a seeker can face...one’s own self.

Today we are going to do Open Talking Rapport. **“Open” implies that all that is happening is not happening to anyone, and “Talking Rapport” implies communication in fellowship, outside of what we already know.** The **intention** of this experiment is to **realize the truth.** This approach is different from a fixed objective of seeking the truth with the self; this process demands that **preconceived notions and personal matters be removed** from the start. In a sense, we will be using different equipment that will free up the space for something we don’t already know to be seen. An example of a preconceived notion is any personal or authoritative idea that you or anyone else might have about waking up or enlightenment. Just remember, **not knowing; and to be in rapport with what is, are key,**

This is basically an assault on or decentralization of self. No matter how you slice or dice it, **“you” are not invited.** Although, with your permission, this can be an **exclusively impersonal event** in which we all can participate. It might take awhile at first to get your sea legs, but, once initiated through **deep interest deep listening and full participation,** the process itself will begin to take a life of its own, becoming not only easier, but ultimately effortless, with no one behind the steering wheel.

There are **three important factors** in Open Talking Rapport; they are **Open Mind, Open Heart, and Open Will.** **Take note that this is not about your mind, your heart, or your will.** Again, consider that “Open” implies that all that is happening is not happening to anyone, and Talking Rapport implies a communication in fellowship outside of what we already know.

Open Mind - It is necessary to **drop all preconceptions,** with the mind wide open, and to **temporarily suspend judgment;** this is an optimal place to **inquire, sense, tune in, act, and see, all with fresh eyes.** You may notice a palpable silent tension when we begin and throughout the rapport setting. See this silence as a vital part of the process and allow this tension to propel what wants to happen or be expressed out into the open. “In the end it’s all about energy.” This is not a conversation, although certain threads of communication or energetic exchange can begin to emerge between us. For instance, it might surprise you when someone else says exactly what you are going to say, and it can appear at times as if one voice is speaking (or that there is no distinction between the observer and the observed); this is an indication that the process is working. It is vital to attend to what is arising between us at all times and to keep moving forward.

Open Heart - This is basically **seeing with the heart.** One way to keep the heart open is to **suspend cynicism;** being the devil’s advocate or feelings of bitterness or resignation can all impede the process. Cynicism is basically a way of creating emotional distance and shutting down emotions so that feelings are kept hidden and safe. To keep the heart open, stay present to what is arising at all times while **Sensing, tuning in to, acting in, and seeing all that’s happening as neither good nor bad, right nor wrong.** The key here is to look or sense with the heart and keep moving forward.

Open Will- By participating in this open context we die into the emerging truth. One of the final blocks to an open will is fear. *“Fear prevents us from letting go of what we have and who we are.”* This can show up as fear of being ridiculed, ostracized, and fear of death. Engaging in Open Rapport helps to meet and deal with all of these fears; the more that we dare to participate, the less of us there is to fear. So relax, this process will organize all by itself beyond anything we as separate entities could ever imagine. Your complete surrender and full participation will allow the old self to let-go and let-come the emerging realization.

Open Rapport is communicating in **fellowship beyond what we know**; the words we use and the language here does not need to follow any particular grammar or rule. Complete sentences can be used but are not necessary; you can use single words, or even if something doesn't make sense it's fine. The key is to keep moving forward. Threads will begin to emerge that are much deeper than others; attend to the depth of the exchange and what is occurring between us; see these guidelines as the thread or language that we are speaking. We are actually communicating the context. Keep in mind that this is an Open context and Open implies that all that is happening is not happening to anyone, so you, in no way can mess this up as long as there is full participation.

As we progress in Open Rapport, **the source of attention** will begin to change. **The relationship between the Observer and the Observed will begin to shift depending on where the attention originates creating a state shift in awareness. The effects during the evening will correspond with the quality of the environment** (participation of attendees) **and depth to which the source of attention resides.** While moving through the fields of attention, interconnection and fusion will increase; as does participation in the whole. **The quality of our attention and where it resides will vary in depth from quieting, to stillness, to grace.** Here are a few examples that can take place during the process.

Quality **Depth** (*where the source of attention resides*)

Reacting – You act and attend from what's familiar.

QUITTING – **Adapting** - Seeing with fresh eyes; sensing increases and self boundaries begin to fall away.

STILLNESS – **Self Reflecting** - There is a witness seeing and feeling with *your* eyes, but it's not just you seeing anymore. *Look at all this as if stillness is the womb in which the truth is ready to be born.*

Presence – There is a sense of seeing all at once and one voice speaks as the whole. The volume of awareness is more pronounced than words, there is a pure awareness and there is no distinction between the Observer and the Observed. At this point it's like calling grace with stillness and presence rather than traveling to her, not knowing where she is.

GRACE - **Presencing** – *Is tuning into a deep essence and connecting with the potential that is seeking to emerge, there is a sacred sense; or a sense that a birth is about to take place. This is the point where grace intervenes.*

This process is a modified version of many different practices that I have done in the past. Some of the ideas here are adapted from Otto Scharmer, author of Theory U, who is a researcher and lecturer at MIT. Through his research in Theory U, Scharmer was able to observe key elements that are crucial in innovative environments. Also, there are elements taken from an exercise called fast writing developed by one of my former teachers, Mary Allen. There are also elements of a communication style developed originally by a man named Chris Parish who was inspired by the physicist David Bohm who developed what he called “dialogue” with Jiddu Krishnamurti.

This particular process is also inspired by Rupert Sheldrake’s hypothesis of formative causation* and Morphogenetic field theory. Many of these theories are used to understand the development of life form, and are also used as tools with the intention to evolve consciousness. Some see these types of tools as a product of evolution in and of themselves.

Formative causation and Morphogenetic field theory*

“According to the hypothesis of formative causation, all self –organizing systems, including crystals, plants, and animals contain an inherent memory, given by a process called morphic resonance from previous similar systems, All human beings draw upon a collective human memory, and in turn contribute to it even individual memory depends on morphic resonance rather than physical memory traces stored within the brain. This hypothesis is testable experimentally and implies that the so-called laws of nature are more like habits.”

In the spirit of morphic resonance, realization is viewed in a similar way to remembering something that is forgotten. If you try to seek out what appears to be lost, it can make the search difficult. With a strong intention to realize the truth then effortlessly see through the self or to pause for just a moment and get out of the way, from nowhere, realization can reveal itself, similar to the way Bart describes Betweenness. Open Rapport is like calling grace with stillness and presence rather than traveling to her, not knowing where she is.

Works Cited

Otto Scharmer - His book: [Theory U](#) , What often prevents us from "attending" is what Scharmer calls our "blind spot," the inner place from which each of us operates." **presencing** - a term coined by Scharmer that combines the present with sensing. <http://www.ottoscharmer.com/>

Mary Allen - "[Bending the Spoon: Writing as a Path to Mindfulness and Other Spiritual Practices](#)" by **Mary Allen**.

Bohmian dialogue "suspends" beliefs, opinions, impulses, and judgments while speaking in order to see the movement of the group's thought processes and what their effects may be.

Giorgio Agamden “To be potential means to be one’s own lack, to be in relation to one’s own incapacity”

