

The following is a transcript of the workshop held Thursday May 14th 2009

Scathach Rhiadra: Hello Stim, eliza
Eliza Madrigal: Hi Stim, Scath, Mick, Fefonz :)
Scathach Rhiadra: Hello Fefonz, Mick, Pila
Eliza Madrigal: Hey Pila
Stim Morane: Hi Scathach, Eliza, Mick, Fefonz, Pila
Fefonz Quan: hi Scath, Eliza, Pila, Stim
Mickorod Renard: Hi Stim, Scath, Pila, Eliza
Pila Mulligan: hi everyone
Eliza Madrigal: Aurel, Hi
aurel Miles: Hello Everyone
Gaya Ethaniel: Hello everyone :)
Scathach Rhiadra: Hello Aurel, Gaya
Mickorod Renard: hi Gaya
Eliza Madrigal: Hello Gaya :)
Fefonz Quan: Hey Gaya
Stim Morane: Hi Gaya, Aurel
aurel Miles: Hello Stim, thank you for this workshop
Stim Morane: thank you!
Gaya Ethaniel: :)
Stim Morane: I guess we'll wait another minute or two ...
Mickorod Renard: yes,, I like this workshop too Stim
Mickorod Renard: Hi Aurora
Stim Morane: Frankly, that surprises me. (Perhaps I shouldn't admit it)
Mickorod Renard: he he he
Gaya Ethaniel: Hello Aurora :)
Pila Mulligan: eh, Stim, no ka oi (nothing is better :)
aurel Miles: hello Aurora
Scathach Rhiadra: Hello Aurora
Eliza Madrigal: Hi Aurora
Aurora Kitaj: Hello everyone, so nice to see you all:)
Fefonz Quan: ello Aurora
Aurora Kitaj: smiles
Stim Morane: Hi Aurora
Aurora Kitaj: Hello everyone
Eliza Madrigal: Hi Yakuzza :)
Yakuzza Lethecus: hey eeveryone
Aurora Kitaj: brb
Scathach Rhiadra: Hello Yakuzza
Gaya Ethaniel: Hello Yakuzza :)
aurel Miles: Hi Yakuzza
Mickorod Renard: hi Yaku
Stim Morane: Hi Yakuzza
Stim Morane: OK, well it's time ...

Fefonz Quan: Hey Yak

Stim Morane: I'm sorry if any of you are here for the first time. Hopefully our emphasis here won't be too incomprehensible.

Stim Morane: Last week I was pressing for some volunteers to work on an extended version of the traditional ethical precept of "no intoxicants". I loosened the precept a bit by paraphrasing it: "no immoderate use of potentially intoxicating things".

Stim Morane: I also pointed out that one could broaden and deepen the interpretation of this particular precept, as I've tried to do here with the others. And it is particularly in that extended sense that this precept concerning "intoxication" acquires a profound meaning.

Stim Morane: Re this, my comment was that EVERYTHING in life can be the occasion for a problematical kind of intoxication, a "looking away" from your enlightened nature. This is "unawakeness" with respect to the real.

Stim Morane: So in saying that, I was defining "intoxication" in a way that's especially meaningful to contemplatives, people interested in awakening to a higher sense of what is most directly real and significant. And indeed, someone could use this understanding of the precept AS their approach to contemplation.

aurel Miles: boy that's for sure.

Stim Morane: :)

Stim Morane: Do you want to elaborate, aurel?

aurel Miles: i talk too much already Stim

aurel Miles: and that is my indulgence sometimes

Stim Morane: I hadn't noticed ...

Stim Morane: :)

Stim Morane: I know Fefonz volunteered to explore this over the past 7 days, but the others who expressed a willingness to work with the idea also mentioned some qualifications, time constraints etc ...

Stim Morane: OK

Stim Morane: Fefonz, is it OK to start with you?

Fefonz Quan: yes, ok

Stim Morane: thanks

Stim Morane: Please go ahead

Fefonz Quan: i apologize for not posting a summay of the exploration, but pointing to a long conversation i had yesterday about it.

Fefonz Quan: So maybe i can say somethings here in (more) short way

Stim Morane: OK

Fefonz Quan: COntemplating intoxications, i thoughts of some levels of toxicatin as i experience them, though i can;t say i avoided them this week.

Stim Morane: :)

Fefonz Quan: one time i aovided a glass of wine, one time just forgot and didn;t

Stim Morane: Is that the short report?

Fefonz Quan: i thought why wine is intoxicating

Stim Morane: Yes?

Fefonz Quan: sure, on the physical level it has some effect, but chocolate, pasta and even bread have that too

Fefonz Quan: so i see two ways: one is that it is addictive to some people

Fefonz Quan: and addiction can surely be regarded and intox.

Fefonz Quan: second, it ahas a strong influence on teh way we see teh world

Fefonz Quan: So, it 'artificialy' - and i think this is a key point here - changes our perception

Eliza Madrigal nods

aurel Miles: i have a question

Fefonz Quan: so the intoxicatin is a distortion of our 'seeing'

Fefonz Quan: sure

Fefonz Quan: then, as you can see also in teh dialogue, i thought about less obvious things:

aurel Miles: is it ever possible to make use of that occasional, mild form of intoxication to open up doors of perception? (as in the peyote ceremonies practiced int the south)

aurel Miles: does deliberation alter the outcome?

Fefonz Quan: our computer, reding news, the internet - emails, - all have some intoxicatin of the mind n them

Stim Morane: Yes

Stim Morane: That's my primary concern

Fefonz Quan: (i think it is interesting aurel, but maybe get to it later?)

aurel Miles: sure

Stim Morane: so did you find many things in your ordinary life to be intoxicating in this sense?

Fefonz Quan: sure, emails, too much reading of news on teh net (have no TV)

Fefonz Quan: for example, i see internet intoxication in two ways:

Fefonz Quan: one - it is addictive ni a way, hence saw habitual bad seeds

Fefonz Quan: two - some of teh things you see are violent, argumentative, rude (talk back responses - so many verbal pison)

Fefonz Quan: poison*

Tarmel Udimo: Are we talking about only one form of intoxication?

Fefonz Quan: cell phones - toxicate not only the holder - by being available and alert all the time - but also the environment, which here all those private talks

Tarmel Udimo: waht about intoxication with Being/Spirit?

Stim Morane: Tarmel, we did admit last week that there is this more positive meaning

Stim Morane: So that's something we'll want to keep in mind.

Tarmel Udimo: ohhh sorry missed that:)

Fefonz Quan: mean spiritual intoxication?

Stim Morane: But the precept is against the "unawakeness" that may ensure

Stim Morane: *ensue

Tarmel Udimo: nods

Fefonz Quan: maybe one last different thing - teh issue of anger - is it intoxication be itself, ?

Stim Morane: absolutely

Eliza Madrigal: it is surely something that runs away with you

Fefonz Quan: i didn't know, because first - the effect of it is very much like toxic

Stim Morane: it blocks out every other perspective except that which feeds the anger

Stim Morane: anger likes to be angry

Fefonz Quan: but i feel it as coming spontaneously, so i don't 'choose' to take it in a way

Stim Morane: say more?

Fefonz Quan: so in that case i wasn't sure that i 'consume' it intentionally, just effected by it.

Stim Morane: This is tricky ...

Fefonz Quan: and if it is - burst of joy - are they pure and not toxicating?

Fefonz Quan: they*

Stim Morane: anger is a natural response, and in that sense, not objectionable per se

Stim Morane: But natural responses can themselves run to excess, so they obscure more than they celebrate or reveal

Fefonz Quan nods

Stim Morane: even "joy" can be intoxicating in this problematical sense

Tarmel Udimo: anger can be very effective in cutting through certain situations

Stim Morane: Hence the injunction in the Tao Te Ching to conduct your victories as funerals

Eliza Madrigal: but can also be a compulsion

Stim Morane: Tarmel, I agree with you.

Stim Morane: But perhaps we could call that "wrath"

Stim Morane: ... distinguishing it from "anger"

Stim Morane: Does that make sense to you?

Auto-Teleport-Memory 3.0b (WEAR ME!) whispers: transfer'O'tronic free memory: 9701

Tarmel Udimo: oh OK

Tarmel Udimo: yes

Fefonz Quan: one last thing - getting attention and good feedback from people - can be also both addictive and intoxicating. i think i am done

Stim Morane: The difference is that one is liberating, and even purposeful, the other is merely heedless and obsessed with breaking things

Gaya Ethaniel: hm ... please tell me the difference?

Stim Morane: Yes, good point fefonz

Stim Morane: Gaya, what was your question?

Gaya Ethaniel: Difference between wrath and anger; Stim answered I think thanks :)

Gaya Ethaniel: wrath*

Stim Morane: It is possible for "wrath" to be based on seeing clearly what is amiss, and championing what is important or needs to be emphasized, sweeping away what obstructs that.

Stim Morane: I used to think some of my Tibetan masters were angry a lot ...

Stim Morane: But later I realized they were manifesting "wrath"

Stim Morane: ... at me, of course.

Eliza Madrigal: :)

Stim Morane: And for good reasons!

Gaya Ethaniel guffaws.

Tarmel Udimo: grins

Stim Morane: AND then they would turn to someone else, and be completely free of the apparent anger.

arabella Ella: how would they express that Stim ... as impatience ... at face value i mean?

Stim Morane: But ordinary anger isn't like that ... it persists until all the fuel is consumed

Stim Morane: arabella, they had quite a wide range ...

Stim Morane: from facial expressions to much more forceful modes

arabella Ella: oh

Stim Morane: anyway, is the point clear?

arabella Ella: yes ty

Mickorod Renard: yes ty

Gaya Ethaniel: yes :)

Stim Morane: Sorry, i interrupted you, Fefonz

arabella Ella: very interesting distinction which i had never thought of before ... wrath and anger

Eliza Madrigal nods

Fefonz Quan: no, i think i am done.

Mickorod Renard: is wrath ok then?

Tarmel Udimo: The few times I think I have experienced 'wrath', things are crystal clear

Stim Morane: anything based on awakness and a caring to champion what is true and in the best interests of others etc has to be considered somewhat OK ... :)

Fefonz Quan likes the word 'wrath'. just like the sound of an angry dog

Tarmel Udimo: the words almost speak themselves and then the moment passes and I no longer feel the emotion

Stim Morane: Yes, Tarmel

Stim Morane: but anger would just keep going

Gaya Ethaniel: I am still thinking about this point : [14:30] Stim Morane: ANd then they would turn to someone else, and be completely free of the apparent anger.

Gaya Ethaniel: How do they do that?

Stim Morane: Anger hates to be extinguished, ... even though the PERSON feels relief when relieved of it.

Fefonz Quan: I think it is easier without the anger hidden behind it Gaya

Stim Morane: Gaya, partly the answer is that they were living from emptiness in the first place

Stim Morane: So they could do anything ... and then do anything else immediately after, with no momentum to shed

Stim Morane: we all need to find this within ourselves

Stim Morane: This is part of the point here.

Stim Morane: Yes, fefonz, good point.

Gaya Ethaniel: ah ... ok

Fefonz Quan: (btw - little children do tht too)

Stim Morane: yes, but they're cheating. :)

Fefonz Quan: ok :)

Stim Morane: they just forget

Stim Morane: :)

Stim Morane: and they don't really recall why they were angry etc in the first place.

Stim Morane: small children are somewhat unclear about how "states" grab them.

Mickorod Renard: intoxicification helps u to forget

Stim Morane: We must become aware.

Pila Mulligan: wrathful deities symbolize the tremendous effort it takes to vanquish negativity --

http://en.wikipedia.org/wiki/Wrathful_deities

Stim Morane: yes, mick

Stim Morane: Yes, exactly, Pila.

Tarmel Udimo: Perhaps by not being afraid and observing anger one can begin to notice the difference

Stim Morane: But that is perhaps an esoteric reference for this gathering

Stim Morane: Yes, Tarmel. Are you pretty conversant with this possibility?

Tarmel Udimo: well I don't know about conversant:)

Stim Morane: you must be, to some extent.

Tarmel Udimo: but I have noticed mainly because

Stim Morane: Or I think you wouldn't be able to say that.

Tarmel Udimo: I used to be afraid to be angry as it has been an emotion that I have had to work with

Tarmel Udimo: *so

Stim Morane: Yes. Many of us have this affliction ... or opportunity.

Stim Morane: It is extremely instructive, if we work with it.

Tarmel Udimo: but then I did notice that sometimes from observation that there were different types

Stim Morane: Traditionally, it is simply discouraged. But I think that misses the opportunity.

Stim Morane: Yes, good.

Tarmel Udimo: nods

Fefonz Quan: Stim, expressing the anger is one good way to release it, from my experience, but I think you are not pointing to that direction

Stim Morane: There are indeed. And the same applies to so many other parts of our human range ...

Stim Morane: You're right, Fefonz.

Gaya Ethaniel: Sometimes, pause work with anger but sometimes I just have to roll with it ...

Stim Morane: Of course it might be best to do that, but we can learn other "bests"

Stim Morane: Anyway, I think I'll suggest we leave poor anger for now.

Stim Morane: The Chinese Buddhist form of the traditional precept at issue here is: "I undertake the training rule to abstain from drinks [and drugs] that cause heedlessness".

Stim Morane: And indeed, all the related precepts are defined in this straightforward way, "I agree not to do X". I mention this because it is not unusual in the traditional context for people to keep these precepts in a literal way, "not doing X or Y or Z", while possibly missing the larger implications which are so important in the contemplative sense, the "reality-oriented" sense.

Stim Morane: Say more?

Scathach Rhiadra is Offline

Eliza Madrigal: Just that I started off seeing "caffeine" and "internet" and then it went to watching the unnatural pace I was setting...

Eliza Madrigal: then to seeing that I was undermining my stillness practice

Stim Morane: Good

Eliza Madrigal: So very useful as a window

Stim Morane: All this is also quite relevant to what I had in mind for this group

Stim Morane: So you think this can itself be a type of "contemplative" practice?

Eliza Madrigal: yes I can see how it could be

Stim Morane: You were another of our volunteers

Scathach Rhiadra is Online

Eliza Madrigal: yes

Stim Morane: Do you want to continue with your comments?

Eliza Madrigal: Fefonz touched on many things... the one I added is really the only thing I wanted to say :)

Stim Morane: I see. Well I don't want to prevent

Eliza Madrigal: but it is many... seemingly always a main sort of, as Wester and Fef talked about, escape

Stim Morane: Yes

Stim Morane: This comment is quite important

Stim Morane: If one watches closely, it's possible to see a host of factors as involved, dragged in.

Stim Morane: AND this applies to all the precepts, and the things they eschew

Stim Morane: working with precepts of conduct can be a deep investigation ...

Stim Morane: Anyway, thanks for your observations, Eliza

Eliza Madrigal: Thanks for the excercise, saw much :)

Stim Morane: Yes, I can tell.

Stim Morane: Interesting ...

Stim Morane: Fefonz, this is probably obvious to everyone else but I didn't catch the pointer to your longer conversation about this subject. Can you clue me in?

Pila Mulligan: http://playasbeing.wik.is/Chat_Logs/2009/05/2009.05.13_07%3a00_-_3_People%2c_4_Selves

Stim Morane: Ah

Stim Morane: thanks

Fefonz Quan: http://playasbeing.wik.is/Chat_Logs/2009/05/2009.05.13_07%3a00_-_3_People%2c_4_Selves

Stim Morane: :)

Stim Morane: I look forward to reading it

Stim Morane: So ... tell me, everyone ... what should we do with this little workshop?

Stim Morane: I was planning on shutting it down soon.

Pila Mulligan: let's continue :)

Gaya Ethaniel: ah no ...

arabella Ella: may i ask a question Stim please?

Stim Morane: of course

arabella Ella: i was reflecting this week on how we as human beings are creatures of habit

arabella Ella: often resistant to change

Stim Morane: yes?

Fefonz Quan: how can you Stim, with so much raiting :)

arabella Ella: and that habit gets us stuck in a rut and can have negative effects on other aspects of our lives

Stim Morane: :)

arabella Ella: may i ask your opinion on this please ... about humans, habits and change

arabella Ella: (not habits in the addiction sense but in ways of conducting oneself)

Stim Morane: yes ... these habit chains can be quite complex.

Stim Morane: Would you like to give an example?

arabella Ella: ok

Hot Cocoa Jug: This'll warm you up!

Stim Morane: (I'm an example junkie)

arabella Ella: dealing with family in habitual ways, habitual responses, with negative responses at times

Stim Morane: yes

Stim Morane: so you say "dealing" ...

arabella Ella: due to the fact that by habit we do not take into consideration changes in peoples lives

arabella Ella: or attitudes

Stim Morane: Does that mean you have found a way to "deal"?

arabella Ella: ok ... interacting ... communicating ... maybe dealing is not right word?

Stim Morane: I wasn't complaining about the choice of word

Stim Morane: just asking
arabella Ella: (altho such communication is often not successful)
Stim Morane: it's a good example
Stim Morane: So have you found a way of dealing with such difficulties?
Gaya Ethaniel: [I can continue with practice #3 and precepts but I won't have the workshop to discuss/ seek advice. I would be sad to see this shut down but I understand you are busy Stim.]
arabella Ella: if i may generalise
arabella Ella: i think most people find it different dealing with close family members as opposed to
Stim Morane: I'll reply in a minute, Gaya ...
arabella Ella: dealing with friends ... ok communicating not dealing ...
arabella Ella: colleagues or acquaintences
Stim Morane: Yes, you're probably right
arabella Ella: and with family ... we seem to fall into a rut ... with is often counterproductive
Stim Morane: Yes
arabella Ella: (my example of habitual ways of doing things)
Stim Morane: Does anyone have suggestions?
Eliza Madrigal: I've been doing a lot of re-trying with extended family I used to merely 'deal' with...
Eliza Madrigal: Just wiping the slate clean and seeing what's there
arabella Ella nods
Eliza Madrigal: Sometimes finding the same things... sometimes radically different communication
Eliza Madrigal: Has been liberating :)
Eliza Madrigal: (for the most part)
Eliza Madrigal: :)
Stim Morane: This is important. I wish we had more time. Well, perhaps we can pick this up next week.
Stim Morane: And we can then consider what should happen next with workshops too.
arabella Ella: would be great if we could Stim
aurel Miles: thank you for your time
Mickorod Renard: yes please
aurel Miles: i will be off for a bit
aurel Miles: bye
Stim Morane: Sorry to run off ... I have another SL meeting
arabella Ella: bye aurel
Eliza Madrigal: Thank you very much Stim
Mickorod Renard: bye Aurel
Pila Mulligan: thanks Stim, bye
Tarmel Udimio: yes would be great
Stim Morane: Thanks, everyone!
Gaya Ethaniel: Thank you :)
Eliza Madrigal: See you next week!
Mickorod Renard: bye Stim
arabella Ella: thanks Stim bye for now
Tarmel Udimio: bye Stim
Scathach Rhiadra: bye Stim
Fefonze Quan: Bye Stim
Eliza Madrigal: If we all keep showing up, suppose he will to??

Eliza Madrigal: hehe

Eliza Madrigal: *too

Gaya Ethaniel: :)

Mickorod Renard: ;)

arabella Ella smiles

Pila Mulligan: I think part of Stim's concern is that communication here is limited in depth compared with real life interaction

arabella Ella: yes and i dont think it helps to know we are on air either

Pila Mulligan: ... and he is accustomed to real life traching

arabella Ella: yes

Gaya Ethaniel: We could do 'voice' perhaps ?

arabella Ella: voice could be an idea

Mickorod Renard: yes,,but I think most of us are getting alot from this group session

Eliza Madrigal: absolutely, Mick

Gaya Ethaniel: yes very much so

Tarmel Udimo: I must apologize folks I cam in aftr the workshop had started and took things off on another tangent - espcaillay interrrupting your flow Fefonz - sorry!

arabella Ella: i think that asking for a few sessions which are not recorded could also help somehow

Eliza Madrigal: NO, Tarmel...

Eliza Madrigal: that was so interesting

Mickorod Renard: Tarmel,,its all good

arabella Ella: then i must apologise too for coming in late ...

Fefonz Quan: no problem Tarmel :)

Tarmel Udimo: ty but it was a good learning for me

Eliza Madrigal had certainly not considered 'wrath'

Pila Mulligan: there also could be a time and schedule factor for Stim, a different matter altogether

Tarmel Udimo: to see how I do just jump in

Fefonz Quan: (only that you took my favorite tactic - come late adn talk a lot then ;-0)

Mickorod Renard: yes,,guess we will have to see,,,maybe you could guide us Pila?

arabella Ella: do you mean Pila that this timing may not be right for Stim?

Pila Mulligan: just imagining his concerns ... :)

arabella Ella nods

Pila Mulligan: one would be venue, onw would be his scheudle

arabella Ella: yes

Pila Mulligan: there is not really a guiding role, Mick -- Stim's concerns are what they are, we need to see what they may be

Mickorod Renard: ok,,I am going home,,bye everyone

arabella Ella: nite all must go now ... bye

Eliza Madrigal: Bye Mick, Ara

Fefonz Quan: bye Mick, Ara

Pila Mulligan: bye

Gaya Ethaniel: Night :)

Mickorod Renard: ok,,I see Pila,,thankyou

Scathach Rhiadra: bye Mick, ara

Tarmel Udimo: I suspect schedule

Gaya Ethaniel: Have a good day/night all. Getting a bit too late for me. Thanks again.

Eliza Madrigal: That may be part of it.. but each week he questions whether SL is the place for these discussions/teachings?

Eliza Madrigal: Bye Gaya

Scathach Rhiadra: bye Gaya

Fefonze Quan: bye Gaya

Pila Mulligan: bye Gaya

Eliza Madrigal: I think it the place, particularly because this where we are...hehe

Tarmel Udimo: yes perhaps its about not wanting the teachings to be misinturrupted

Eliza Madrigal: Hm

Tarmel Udimo: but maybe we just ask, always best to be to the point:)

Fefonze Quan: yes, why speculate so much?

Eliza Madrigal: Yes

Eliza Madrigal: Okay

Pila Mulligan really likes this workshop

Fefonze Quan: yep

Eliza Madrigal nods

Eliza Madrigal: I feel this workshop grounds me a bit...

Fefonze Quan: Stim is also GoC at PaB on mondat afternoon, so there is another chance to enjoy his wisdom there

Fefonze Quan: monday*

Eliza Madrigal is unable to make afternoons... maybe sometimes during Summer though

Fefonze Quan: this is afternoon now

Eliza Madrigal: yes...but not an hr earlier..

Fefonze Quan: ah, see

Eliza Madrigal: this is evening for me ...once I've got the kids home and such

Scathach Rhiadra: good night all, Namasté

Eliza Madrigal: Namaste, Scathach :)

Fefonze Quan: Bye Scath

Pila Mulligan: bye SCath