

Gaya Ethaniel: boo!  
Scathach Rhiadra: heehee, I saw you!  
Gaya Ethaniel: :P  
Scathach Rhiadra: a new avatar?  
Gaya Ethaniel nods nods :)  
Gaya Ethaniel: You like?  
Scathach Rhiadra: a sheep:))  
Gaya Ethaniel: or a fox heheheh  
Scathach Rhiadra: or lamb  
Gaya Ethaniel: Hello Stim :)  
Stim Morane: hi Scathach and Gaya  
Scathach Rhiadra: Hello Stim:)  
Scathach Rhiadra: how are you today?  
Gaya Ethaniel: How are you?  
Stim Morane: about half-awake, as usual  
Stim Morane: and you?  
Scathach Rhiadra: :)  
Scathach Rhiadra: fine thank you  
Gaya Ethaniel: Not bad thanks :)  
Gaya Ethaniel: Hello Pila :)  
Stim Morane: hi Pila  
Scathach Rhiadra: Hello Pila  
Pila Mulligan: hi Stim, Scath and Gaya  
Gaya Ethaniel: Hello Fefonz :)  
Stim Morane: hi Fefonz  
Scathach Rhiadra: Hello Fefonz:)  
Pila Mulligan: hi Fefonz  
Fefonz Quan: Hello Stim, Gaya, Pila, Scath :)  
Eliza Madrigal: Hi Stim, Scath, Pila, Gaya, Fef  
Gaya Ethaniel: Hello Eliza :)  
Fefonz Quan: not sure I can stay for the whole session, so apologize in advance if I vanish  
Fefonz Quan: hey Eliza  
Scathach Rhiadra: Hello Eliza  
Stim Morane: Hi Eliza  
Pila Mulligan: hi Eliza  
Eliza Madrigal: Gaya...really sweet av :)  
Gaya Ethaniel: =^.^= ty  
Pila Mulligan: hi Ari  
Stim Morane: I'd like to thank Eliza, Gaya and Scathach for contributing responses re the homework  
...although I wasn't able to view your post, Scathach. Not sure what's going on there.  
Gaya Ethaniel: Hello Arisia :)  
Arisia Vita: Hi all...  
Eliza Madrigal: Hi Ari  
Scathach Rhiadra: oh...  
Stim Morane: Hi Arisia

Gaya Ethaniel: [http://ways-of-knowing.wik.is/index....adra/Report\\_23](http://ways-of-knowing.wik.is/index....adra/Report_23)

Fefonz Quan: hi Ari

Scathach Rhiadra: does that link work?

Gaya Ethaniel: This link should work.

Stim Morane: We can try it and see ... but it didn't work when i tried earlier

Stim Morane: anyway, thanks!

Stim Morane: the homework question was: do you find that you are chained to being the person you have been in the past?

Scathach Rhiadra: ok:)

Fefonz Quan: works and also very nice written :)

Stim Morane: I realize this is a rather personal question ... :)

Scathach Rhiadra: ty Fefonz

Stim Morane: I hope that's ok

Pila Mulligan: is this a koan Stim :)

Gaya Ethaniel: :)

Stim Morane: the homework question is simply a question, and one I hoped would point at some codependent arising issues

Gaya Ethaniel: I can't see which part is not personal in these explorations Stim.

Stim Morane: oh, by the way, I can now view your page, Scathach

Stim Morane: :)

Scathach Rhiadra: ah ok

Stim Morane: Looking over the homework responses, I see many points we could follow up on.

Stim Morane: My main interest was in raising several related questions ...

Stim Morane: first, What are antecedent causes or factors leading to picking up old self?

Pila Mulligan: hi Mick

Gaya Ethaniel: Hello Mick :)

Fefonz Quan: hi mick

Scathach Rhiadra: Hello Mick

Eliza Madrigal: Hi Mick

Mickorod Renard: Hiya

Stim Morane: The idea re that question is linked to the first kind of codependent arising I mentioned here, one that emphasizes temporal succession

Stim Morane: Hi Mick!

Stim Morane: Hi arabella

Eliza Madrigal: Hi Ara

Gaya Ethaniel: Hello arabella :)

Scathach Rhiadra: Hello Ara

arabella Ella: Hiya Stim Hiya everyone

Stim Morane: so regarding this first point, do any of you have comments about temporally successive "chains" leading to or setting up the usual sense of self?

Fefonz Quan: like chains of associations that lead to memories of past self?

Mickorod Renard: past self in this lifetime?

Fefonz Quan: sure Mick

Mickorod Renard: ta

Stim Morane: yes, Fefonz, that would be an example

Eliza Madrigal: This question changed a few times for me during the week ... not sure I got there. Scath's writing seems to point well?

Stim Morane: yes, Mick, that's a good start! :)

Gaya Ethaniel: Many things can be a trigger for that I think, ie people, place, stories etc.

Stim Morane: Yes, Scathach's report and those of Gaya and Eliza also contain relevant angles on this

Stim Morane: yes, Gaya ... all those would count

Gaya Ethaniel: I wrote this today in addition - Whether joy or sorrow, feeling moved by a story is healthy. It's an experience. Taking lessons away when the book is closed is useful. It's growing up. The difference between reading and recollecting is whether I am aware if it's a 'story' or not ...

Stim Morane: we are constantly being set up as a certain sort of self by all these other factors

Mickorod Renard: without giving an example,,I have been aware recently of how controlling I used to be,,and how much of an idealist i was

Stim Morane: Mick, you're saying you have changed notably?

Mickorod Renard: I think I have

Stim Morane: what contributed to the change?

Mickorod Renard: self destruction

Stim Morane: :)

Stim Morane: (:

Stim Morane: is that a way of saying you are learning?

Mickorod Renard: well interesting point Stim

Mickorod Renard: maybe I am learning a new way of coping from a non controlling position

Mickorod Renard: reminds me of my old cat

Stim Morane: so just as we can ask what sets up the recurring old self or cluster of old selves, we can ask how change comes about

Stim Morane: and try to see codependent arising in both

arabella Ella: I think there are many things that 'create' our old self some of which are very difficult or impossible to 'escape' from

arabella Ella: but the will and motivation to change are key

Stim Morane: yes, arabella, that is very possible.

arabella Ella: and patience with oneself too

Fefonz Quan: For me one of the most meaningful experiences and changes I've gone through where when i was in a workshop where I didn't know anyone, so I could act freshly without other seen me in old eyes

Stim Morane: yes, without patience, I'm sure we're truly stuck

Stim Morane: yes, Fefonz.

Stim Morane: that already points to the kind of thing i have in mind

arabella Ella: I am reading a novel which brings out the influence of parents on our present self ... regardless of whether we acknowledge the influence or not

Fefonz Quan: One of the most liberating times I had :)

Mickorod Renard: when I was young I was happy to row against the current, now I am older I find it infinitely easier to go with the current

Stim Morane: yes, arabella, it's pretty scary or wonderful ...

arabella Ella: both I guess

Stim Morane: both made sense, Mick, given codependent factors

Stim Morane: my overall point here is that seeing these factors is possible and liberating

Stim Morane: it's very difficult, as arabella mentioned, but it is possible

Stim Morane: this has great potential

Stim Morane: but the kind of mind that can do this is not one that is typically set up by the chain of factors

Stim Morane: so we have to gradually excavate a more incisive awareness

Stim Morane: then use that to see more, getting more awareness, seeing more, getting more, etc

arabella Ella: perhaps we also need to remember that no person is an island ... we live in communities with others who at times may constrain our actions ... perhaps also our thoughts

Eliza Madrigal: Hi Adams :)

Gaya Ethaniel: Hello Adams :)

arabella Ella: Hiya Adama

Stim Morane: yes, arabella. that is very important

Scathach Rhiadra: Hello Adams

arabella Ella: Adams

Adams Rubble: Hello everyone :)

Mickorod Renard: hi Adams

Stim Morane: hi Adams

Stim Morane: there is nothing wrong with being interdefined ... as by our associates etc

Stim Morane: we should indeed acknowledge being part of the human community

Stim Morane: But we should see which community that is in fact, and what it is doing re framing us

Stim Morane: we can help each other to find ourselves or we can bury each other

Stim Morane: people are extremely sensitive to this kind of mutual definition

Stim Morane: anyway, one sort of codependent arising is temporal, as I mentioned

Stim Morane: another type is coincident, involving co-present factors

Stim Morane: this is more like the 2nd type of codependent arising I mentioned here

Stim Morane: so this too is something I'd like you to look into. This is the more typical area inspected by meditation.

Stim Morane: There are countless such factors that can be seen, and from which we can extricate "ourselves"

Stim Morane: Examples?

Gaya Ethaniel: I want to ask you about remembering Stim.

Stim Morane: sure

Gaya Ethaniel: Well reliving the past is tricky because of a strong sense of self now and also in the past, as in linking?

Fefonz Quan: the mirror?

Gaya Ethaniel: Emphasising with characters I think is ok but ...

Gaya Ethaniel: [end of question]

Mickorod Renard: our values do change with time ..and also hindsight is great too

Stim Morane: empathy towards such characters? Is that what you mean?

Gaya Ethaniel: Yes as in watching a play ... emphasising with a character in a story or past memories re: myself I think is ok but it's also problematic ...

Stim Morane: I see

Stim Morane: yes, we have to be able to do that, in order to benefit from reading

Stim Morane: but it can be taken too far

Stim Morane: I guess this is just an example of the human dilemma

Stim Morane: we have to be "accessible" in order to be alive and learn

Stim Morane: but we have to see what we are picking up, and holding on to ...

Gaya Ethaniel: ahhh

Gaya Ethaniel: ok I will watch that area more carefully Stim, thanks.

Stim Morane: otherwise we get influenced in ways that say more about our unconscious preferences and fears etc than about our ability to learn

Stim Morane: the novel was understood to have a different role than it probably does now, today

Adams Rubble: :)

Mickorod Renard: I need someone like you Stim, with me 24 hours a day

Fefonz Quan: (the novel?)

Stim Morane: you can keep me, I'm sick of the guy

Scathach Rhiadra: :)

Mickorod Renard: he he

Eliza Madrigal shakes head

Adams Rubble: :)

Gaya Ethaniel pouts.

Stim Morane: novels were probably not seen as entertainment in the past, not in the modern sense

Stim Morane: Gaya pouts?

Gaya Ethaniel: yeah ... I feel bad for the guy you are sick of.

Stim Morane: oh

Stim Morane: Mick will take good care of him

Eliza Madrigal: :)

Gaya Ethaniel: ah :)

Adams Rubble: :)

Stim Morane: we'll work out the transport arrangements later

Mickorod Renard: I will, I will treasure him

Stim Morane: just keep him away from your best cigars

Mickorod Renard: ran out

Stim Morane: ah

Mickorod Renard: when we see the stuff we are attached to..how do we get rid of it Stim?

Stim Morane: yes, mick

Stim Morane: that is precisely the next question

Stim Morane: any answers?

Stim Morane: I did say that awareness itself does the trick, but perhaps that needs to be unpacked

Mickorod Renard: once I have done it I am strictly minimalistic from then on

Adams Rubble: Seeing it is more than half the step

Stim Morane: yes, I agree Adams

Stim Morane: I think it's 100% but still suspect we should discuss this ...

Eliza Madrigal: When we moved into our current house, there was an enormous mirror, and my kids would talk to themselves in it rather than to each other or to me... they'd watch themselves eating, etc.... had to go :)

Stim Morane: interesting

Mickorod Renard: if it's been seen but hasn't gone then I have missed something?

Stim Morane: yes, Mick, that's why I suspected some discussion was called for

Stim Morane: Any responses?

Gaya Ethaniel: Need to catch the thieves in action I think.

Stim Morane: yes

Adams Rubble: We might see the surface and not what is behind it

Stim Morane: yes

Fefonz Quan: yes I need also some clarification about this seeing is enough

Mickorod Renard: ahh

Stim Morane: there's seeing and then there's REALLY seeing!

Gaya Ethaniel: And say aloha~

Fefonz Quan: sometimes others put us in a situation when we are very aware of our 'self'

Eliza Madrigal: :)

Stim Morane: note: most of what we can do at a given time to liberate ourselves will be part of the same old kit!

Stim Morane: It will be the same stuff that is codependent with the things we want to shed

Stim Morane: this applies to much "seeing" too

Fefonz Quan: and we can watch this self getting hotter without being able to cool it

Stim Morane: so you get the idea ...

Stim Morane: yes

Stim Morane: so that kind of seeing doesn't help much

Fefonz Quan: yep...

Mickorod Renard: I thought I had dealt with stuff as directed but it comes back. Is that normal, is it an everyday thing?

Stim Morane: and makes us feel even more trapped

Fefonz Quan: need new eye glasses :)

Stim Morane: yes, a common problem Mick

arabella Ella: takes a tremendous amount of time and patience Mick

Stim Morane: this is why learning about codependent arising, really seeing it, is tricky

arabella Ella: and will too

Stim Morane: otherwise it just makes us feel worse

Mickorod Renard: mmmmm

Stim Morane: patience and a sense of humor are hugely important

Gaya Ethaniel: How do I develop more humour Stim?

Stim Morane: but again, I'm saying we need to see the kind of seeing we're using to free ourselves from the usual baggage

Stim Morane: Gaya, you DO have a sense of humor!

Stim Morane: :)

Gaya Ethaniel: oh ... ok :)

Fefonz Quan: can you say more/describe that kind of seeing?

Stim Morane: but if you want to pay extra, I have this special package ...

arabella Ella: :)

Adams Rubble: :)

Gaya Ethaniel: Yes very much Stim.

Adams Rubble looks in her pockets

arabella Ella would not mind receiving a copy of Stim's package too

Fefonz Quan: Gaya is willing to pay double the current price :)

Stim Morane: are there dogs walking around on the street where you live, Gaya?

Gaya Ethaniel: They 'attack' me when they see me walking ... too enthusiastic.

Stim Morane: oh

Stim Morane: maybe that won't work then

Gaya Ethaniel: Animals often walk up to me ... a bit scary, even wild ones.

Stim Morane: well how about teen agers?

Gaya Ethaniel: Yes lots of hoodies :)

Stim Morane: any nonscary teenagers?

Gaya Ethaniel: Yes cute ones :)

Stim Morane: ok

Stim Morane: perhaps they can provide you with the material you need

Stim Morane: the best kind of sense of human is one that is not malicious and IS life-oriented in the big picture way

Stim Morane: \*humor, sorry

Pila Mulligan: both work

Stim Morane: and I suppose sl may be slightly useful too

Stim Morane: :)

Stim Morane: anyway, I'm just mentioning some places to look here, re codependent arising ...

Stim Morane: there are the temporally successive things, and the coincident ones

Mickorod Renard: sometimes I feel well above the baggage, it being purged, but then I have the feeling that I am on a runaway train, as if I am letting go of control

Stim Morane: and the issue of seeing them without cementing them

Stim Morane: OK Mick, that is the best situation

Stim Morane: because that is where you can learn the most

Mickorod Renard: yes?

Stim Morane: either then or slightly later

Stim Morane: what do the rest of you think?

Gaya Ethaniel: eh? Stim ... that was it? So I go up and start talking to these teenagers? They will think me strange ...

Gaya Ethaniel: Nevermind, I will gather some more payments next time :)

Stim Morane: Gaya, that may be dangerous ...

Stim Morane: we'll have to think of a way ...

Stim Morane: :)

Gaya Ethaniel: ok ty :)

Eliza Madrigal: I do think often right before something is clear it is really confusing... maybe seeing it as confusing opens the door?

Stim Morane: yes, the darkest before the dawn phenom

Eliza Madrigal nods.. sleep affected etc

Stim Morane: the point is that an intensified version of our chains is the easiest to really see clearly

Gaya Ethaniel: What do you mean by cementing Stim?

Stim Morane: ordinary ways of seeing our habits can just make us feel more stuck

Fefonz Quan: and also sometimes it is so intense, we have no energy left to treat it in our common way,

Stim Morane: and in fact does make us more stuck ... but this is hopefully on the way to something more useful

Stim Morane: yes, Fefonz, exactly right

Fefonz Quan: and we are 'forced' to react freshly

Stim Morane: yes, the ordinary self just has nowhere to go

Fefonz Quan: though that sounds like the risky path, like walking on a high wire

Stim Morane: but of course it always has the option of getting overwhelmed ...

Stim Morane: so yes, there is a challenge here

Stim Morane: that's where the patience and humor come in

Fefonz Quan: is there a less steep path?

Fefonz Quan: (small step of faith instead of a giant leap?)

Stim Morane: you can turn what we're discussing into a path of any inclination you please

Stim Morane: and it's best to be modest ...

Stim Morane: no point in being too ambitious

Stim Morane: but pick something specific to work with

Stim Morane: I'm speaking in a general way here, but your investigation can't be GENERAL

Stim Morane: Moving along, I wonder if the consequences of holding on to the usual old "me" are fairly clear ...

Stim Morane: this is another area to look into, another aspect of the codependent arising issue

Stim Morane: so we have "what leads to 'me'?" and "what follows from that?"

Fefonz Quan: clear like making us stuck and prevent free progress ahead?

Stim Morane: yes, for instance

Stim Morane: but to really see this is important!

Stim Morane: there are many consequences

Fefonz Quan: I find it is also strongly connected to the issue of memory

Stim Morane: yes, very true!

Stim Morane: would you like to elaborate, Fefonz?

Mickorod Renard: lol is this like compartmentalising?

Stim Morane: say more, Mick?

Fefonz Quan: all our past is recorded in (what we think) is some constant memories, and we (or me) many times compare the present or the present self to past ones

Stim Morane: yes, this is happening all the time

Fefonz Quan: and even good memories makes us 'miss' those times

Mickorod Renard: I mean, stash the baggage away, lock it up

Stim Morane: it's part of what we're discussing

Stim Morane: or, I see, Mick

Eliza Madrigal: isn't that what we shouldn't do? hide it?

Stim Morane: good question, we'll see if we have alternatives ...

Stim Morane: I hope we do

Fefonz Quan: yes, I shouldn't go for hiding too

Stim Morane: we're coming to the end of our time here.

Stim Morane: So for homework, let's look at the "consequences" angle

Mickorod Renard: ok

arabella Ella: maybe not hiding ... but moving on with life and not letting the baggage drag us down with it

Stim Morane: yes, hopefully we can manage that.

Gaya Ethaniel: ok consequences angle probably needs more work than leading up for me.

Eliza Madrigal nods

Mickorod Renard: I would be happy just to stop tripping over it

Stim Morane: Well, thanks, everyone.

Eliza Madrigal nods vigorously Mick, me too :)

Gaya Ethaniel: Thank you Stim. Enjoy your day :)



Stim Morane: We'll see what we can come up with, and what we can do about it ...

Eliza Madrigal: Thank you Stim :)

Mickorod Renard: thank you Stim, lovely to see you back

Scathach Rhiadra: Thank you Stim, good night:)

Adams Rubble: Thank you Stim :)

Pila Mulligan: bye Stim, thanks

arabella Ella: thanks Stim

Stim Morane: Nice to see you all ... I appreciate your interest in this investigation.

Stim Morane: Bye

Mickorod Renard: bye

Gaya Ethaniel: :)

Adams Rubble: bye

arabella Ella: bye and thanks for your patience with us :)

arabella Ella: and your sharing too

Eliza Madrigal: :) yes indeed Ara

arabella Ella: bye everyone!

arabella Ella: must go now

Gaya Ethaniel: Thank you everyone :)

Eliza Madrigal: Bye Ara

Mickorod Renard: and having a nice hair style

Scathach Rhiadra: good night Ara

Adams Rubble: bye everyone :)

Fefonz Quan: thank you all

Scathach Rhiadra: good night all, Namasté

Gaya Ethaniel: Bye Adams :)

Fefonz Quan: good bye everyone,

Mickorod Renard: nite everyone

Gaya Ethaniel: Good night Scath, bye everyone :)

Mickorod Renard: love to you all

Eliza Madrigal: Thanks all, Good to see you Fef. I'd love it if you could follow the mirrors angle sometime...

Eliza Madrigal: Bye Mick, good to see you

Fefonz Quan: good to see you too Eliza