

The following is a transcript of the workshop from September 10th 2009.

Eliza Madrigal: Hi Scath and Gaya :)
Gaya Ethaniel: Hello Eliza :)
Scathach Rhiadra: Hello Eliza
Gaya Ethaniel: Hello Stim :)
Scathach Rhiadra: Hello Stim!
Eliza Madrigal: Hi Stim :)
Gaya Ethaniel: Hello Dao and Pila :)
Eliza Madrigal: Hi Dao :)
Scathach Rhiadra: Hello Dao, Pila
Eliza Madrigal: Hi Pila :)
Pila Mulligan: hi everyone
Stim Morane: Hi Gaya, Scathach, Pila, Dao, Eliza
Dao Yheng: hi all
Yakuzza Lethecus: hey everyone
Eliza Madrigal: Hi Yakuzza :)
Gaya Ethaniel: Hello Yakuzza :)
Stim Morane: Hi Yakuzza
Eliza Madrigal: Hello Ara, Almond :)
arabella Ella: hiya everyone hiya stim!
Almond Andel: Hello, all
Gaya Ethaniel: Hello Almond and arabella :)
Almond Andel: I'm new here, could I sit in?
Stim Morane: Hi Almond, arabella
Stim Morane: Almond, you are welcome
Gaya Ethaniel: Hello Mick :)
Scathach Rhiadra: Hello Yakuzza, Ara
Eliza Madrigal: Hi Mick :)
Stim Morane: hi Mick
Almond Andel: thank you
Mickorod Renard: hiya guys
arabella Ella: hiya Mick
Scathach Rhiadra: Hello Mick
Mickorod Renard: before you ask Stim,,I have not done much in the way of homework as rl is manic at the moment
Stim Morane: I know the feeling
Mickorod Renard: sorry
Stim Morane: no problem
Scathach Rhiadra: :)
Stim Morane: so is the manic nature of rl instructive?
Mickorod Renard: maybe constructive
Stim Morane: an interesting distinction
Mickorod Renard: I have just moved house too,,last weekend,,and am still in boxes
Stim Morane: I see

Gaya Ethaniel: ah :) congratulations Mick.

Stim Morane: the last time I did that, I swore never again

Mickorod Renard: ohh,,its only temp I hope Gaya

Mickorod Renard: but thanks

Stim Morane: *start?

Stim Morane: so ... shall we startL

Mickorod Renard: please

arabella Ella: yes please

Stim Morane: I should note, once again, the submissions by Eliza, Scathach and Gaya ...

Stim Morane: these are on our wiki: <http://ways-of-knowing.wik.is/>

Stim Morane: thank you very much for taking the trouble to reflect, compose, and post these

Gaya Ethaniel: Thank you for giving me homework Stim :)

Stim Morane: :)

Scathach Rhiadra: :)

Eliza Madrigal: yes, thank you. It is helpful to do so

Stim Morane: it's nice of you to see it in a positive light

Stim Morane: many people hate homework

Gaya Ethaniel: It gives a bit of structure which is nice :)

Stim Morane: so would anyone like to comment on the new wiki pieces?

Dao Yheng: I didn't find a way to post --

Stim Morane: Oh, sorry to hear that, Dao

Dao Yheng: is there an instruction page?

Gaya Ethaniel: I can help you after Dao if you'd like :)

Dao Yheng: thanks! that would be great!

Scathach Rhiadra: mmm, I think I put basic instructions there?

Gaya Ethaniel: yw :)

Stim Morane: Actually, if there's a simple answer, I would like to hear it now.

Scathach Rhiadra: to posting?

Stim Morane: yes, sorry

Stim Morane: for instance, i assume registering is necessary?

Scathach Rhiadra: yes, but you are already registeded Stim, and Dao

Stim Morane: :)

Dao Yheng: the instructions are probably there, I just missed it

Stim Morane: that's good to know ... I'm losing track of these wikis, etc.

Scathach Rhiadra: I can add you into the menu options giving a place for posting pages

Stim Morane: OK, well we can find out about this later then ...

Dao Yheng: k, thanks!

Mickorod Renard: if I might just contribute something now?

Stim Morane: sure, Mick

Mickorod Renard: ok,,it was a slightly diferent observation I had

Mickorod Renard: I felt like when I got angry I observed something odd

Mickorod Renard: like as though my self was living in a peace,,like a community,,and then when angry that was fragmented

Mickorod Renard: and termoil set in

Mickorod Renard: I felt the harm it did to the structure of that inner community

Mickorod Renard: ok done

Stim Morane: thanks, very apt and interesting

Dao Yheng: that sounds familiar to me, Mickorod

Stim Morane: the same point applies very broadly, to all sorts of things we get caught up in ...

Stim Morane: learning to notice the cost is very important

Stim Morane: I see a similar insight in the pieces on the wiki ... it seems you are all "cluing in"

Stim Morane: meditation training relies on your own capacity for noticing things and feeling what's conducive to harmony etc vs disarray

Stim Morane: Eliza, in a similar vein, perhaps, you mention time delays in several different ways.

Would you please say a bit more about this point, so I can be sure I know what is meant?

Dao Yheng: maybe when I'm more at peace, I can include more of the environment as "me" but when I'm upset, everything literally goes to pieces

Gaya Ethaniel nods.

Stim Morane: yes

Dao Yheng: I also liked Eliza's chutes and ladders!

arabella Ella: for me it does not just go to pieces it clouds everything else and is very difficult to get out of

Stim Morane: yes, this is important to note

Stim Morane: there's no way out, apparently

arabella Ella: it is a bit like being swept away by a torrent of emotion I cannot control

Eliza Madrigal: I'll wait just say when.. and thanks Dao :)

arabella Ella: apologies Eliza

Stim Morane: when

Stim Morane: :)

Eliza Madrigal: Ah :) Okay...

Eliza Madrigal: Lately I'm very much atune to an idea of integrating insight through more and more immediacy of experience...

Mickorod Renard: being angry for me is in a niave way , a way at getting my own back on what upset me,,yet in reality its self harm

Mickorod Renard: sorry

Eliza Madrigal: So time delays are something I'm very sensitive to...

Eliza Madrigal: a feeling of missing moments

Eliza Madrigal: and seeing that in delays..the chain begins..

Eliza Madrigal: or that is what it feels like to me.. and more as though I'm watching it

Eliza Madrigal: so I can feel it doesn't have to be that way

Eliza Madrigal: (end)

Stim Morane: so time delays = missed moments?

Eliza Madrigal: yes

Eliza Madrigal: maybe sometims moment to let go, too

Stim Morane: and missed moments are ones that passed without being fully taken in, fully noticed?

Mickorod Renard: Eliza's sounds like what I have experienced during stress

Eliza Madrigal: yes...which I was distanced from

Stim Morane: I see. THanks

Stim Morane: I think we're converging on the basis for the ethics stuff I introduced some time ago ...

Stim Morane: :0

Stim Morane: there's always a "time delay" involved in these matters

Eliza Madrigal: :)

Stim Morane: and Gaya, that wise thief ...

Gaya Ethaniel: :P yes that one ...

Stim Morane: can you introduce us to her?

Gaya Ethaniel: The critical voice ... always telling me I'm not doing it right or should know better.

Stim Morane: oh, I see. HER.

Gaya Ethaniel: I've decided to become more friendly ... determined to become a good friend to her and appreciate her more.

Stim Morane: Excellent.

Stim Morane: You might as well.

Stim Morane: You'll be seeing her for a long time

Gaya Ethaniel: And be also ... a bit firm when she gets out of control ...

Stim Morane: yes, that's the OTHER important point.

Stim Morane: both are needed

Gaya Ethaniel: I suspect ... they never leave ... is that the case Stim?

Stim Morane: yes, it's true

Eliza Madrigal: That doesn't show up for me unless I miss a moment... THEN here comes the judge

Stim Morane: as your practice and insight grow, it could be said that a new sense of presence, higher time, mind etc become seen ... and there is no thief/critic there. But one's ordinary sense of self is always codependent with the thief

Stim Morane: it's not a problem, as long as you do what you're mentioning

Gaya Ethaniel: I didn't take on a 'role' under the criticism which probably is an improvement I'm guessing.

Stim Morane: definitely

Stim Morane: this bears on the after-effects Scathach mentions

Stim Morane: we get sent off on long tangents if we don't see what she's talking about in her wiki piece

Stim Morane: much better for things to be completed instantly, rather than leading on to one thing after another

Stim Morane: so this all seems very relevant

Stim Morane: To push a bit, let me ask you all a question.

Stim Morane: If you had to explain the basic point of codependent arising to some friend, what would you say?

Stim Morane: :)

Dao Yheng: ha ha

Gaya Ethaniel: :)

Scathach Rhiadra: :)

arabella Ella: ah

Eliza Madrigal: :) That nothing exists or functions independently...everything is made of components

Mickorod Renard: eeek

Stim Morane: uh huh ...

Stim Morane: anything else?

Stim Morane: there's no right answer, I'm just asking ...

Eliza Madrigal: :)

arabella Ella: and the components are all inter linked

Stim Morane: yep

Mickorod Renard: there is always a stimulus?

Eliza Madrigal: including one's self

arabella Ella: nothing is isolated

Stim Morane: uh huh

Eliza Madrigal: so called

Stim Morane: so called?

Stim Morane: on, the self

Stim Morane: *oh

Stim Morane: I see

Stim Morane: yes

Gaya Ethaniel: I will probably start with a relevant example to that particular friend, a particular self I see in her/him.

Gaya Ethaniel: If s/he can't see it ... it would be difficult to explain.

Stim Morane: sounds good. I like that approach, obviously

arabella Ella: sounds great Gaya

Stim Morane: and just as obviously, I like the example of anger

Stim Morane: but others may be better for some people

Stim Morane: anyway, fine answers

Stim Morane: are you still typing, Mick?

Mickorod Renard: no

Dao Yheng: I spent a lot of a sit a couple mornings ago thinking "what was that co-dependent arising thing again?" The answer I could come up with at the time was along the lines of no effort, allowing

Mickorod Renard: nervous twitch

Stim Morane: :)

Gaya Ethaniel: I will have to do what you just said Stim tomorrow night :(I'm meeting a friend who's been suffering a lot with anger ... want to help her.

Stim Morane: yes, Dao ... that has to figure somehow.

Stim Morane: good luck, Gaya,

Gaya Ethaniel: Thank you :)

Eliza Madrigal: I've seen through shyness in this way... always thought it was genetic and maybe it is but this has helped

arabella Ella: my focus on anger made me see that anger and frustration can often be interlinked

Stim Morane: yes, that's likely arabella

Stim Morane: we feel thwarted somehow, then get angry, etc etc

arabella Ella: also ... frustration at the waste of energy as a result of the anger

Stim Morane: yes

Gaya Ethaniel nods. Not getting 'my' way ...

arabella Ella: and lack of possibility of moving ahead

Stim Morane: yes

Stim Morane: exactly

arabella Ella nods

Stim Morane: in this country it manifests as road rage

Pila Mulligan: anger, frustration and expectatins are interlinked

arabella Ella: :)

Stim Morane: appropos of your comment, Dao, Pila wrote a very interesting email to the PaB group re wu wei ...

Stim Morane: Pila, would you be willing to summarize the gist of that?

Mickorod Renard: the frustration of not having a positive outcome,,begats anger which compounds the negative

Stim Morane: yes

Pila Mulligan: actually, the email was only sent to you and Pema, Stim

arabella Ella: :)

Stim Morane: sorry to put you on the spot, Pila

Eliza Madrigal: yes just went looking... haha

Stim Morane: I just liked your comments

Stim Morane: oh, ok

Pila Mulligan: in relation to your 'Fruits not Roots' dialogue on wu wei

Pila Mulligan: thanks

Stim Morane: I'm just noting the connection w Dao's comment

Pila Mulligan: my SL connection isverry laggy at the moment, maybe later, please

Stim Morane: the points you raised about yin and yang as lead-ins to wu-wei raise some difficult issues for my little chat here on codependent arising

Pila Mulligan: how so?

Stim Morane: I've basically been saying we don't appreciate things well at all, don't really live very fully and directly

Stim Morane: and that codependent arising can help up break through the ice, the frozen structures of habitual framings

Stim Morane: right?

Pila Mulligan: :)

Eliza Madrigal: yes

Stim Morane: ok ... but in fact, the very training in seeing everything as codependently given can itself cause problems along the same lines

arabella Ella: problems? why?

Dao Yheng: the hard thing for me about habitual framings is that sometimes it's ALL framings and so I get stuck on trying to overthrow a framing with another framing

Stim Morane: it can turn everything into codependently arising posits.

Stim Morane: yes, Dao, that's part of my point exactly

arabella Ella: ah

Stim Morane: the teaching can become a trap

Pila Mulligan: isn't this an exercise in seeing the interactions of yin and yang at the suprapersonal level then

Stim Morane: and if we fall into that, we don't get a chance to appreciate, for instance, yin and yang

Stim Morane: insight needs to go pretty far to be free of its own side effects

Stim Morane: there is a potential problem here

Stim Morane: just to take your example, Pila, I think many great Indian masters may not have seen yin and yang at all well ...

Stim Morane: too much emphasis on "emptiness" can be a sickness

Pila Mulligan: :)

Stim Morane: am I making sense?

Pila Mulligan: yes

Eliza Madrigal: yes

Stim Morane: we have to be a bit careful here

arabella Ella nods

Gaya Ethaniel: I'm not entirely sure Stim.

Eliza Madrigal: Aren't there 'safeties' built into insight? Meaning... progression depends on comprehension/sight along the way?

Stim Morane: this is one of the reasons why I trained in other traditions than just buddhism ... the chinese indigenous views are also important

Pila Mulligan: Indian duality (shiva-shakti, atman-brahmin) seems less cosmicly profound than yin-yang

Gaya Ethaniel: If we are being inclusive of all, incl all that arises then would I encounter the problem you mentioned?

Stim Morane: Gaya, insight can break thru the things that disconnect us from being alive

Stim Morane: but it can also be itself a kind of disconnect

Scathach Rhiadra: is it the danger of nihilism you mean?

Stim Morane: we can be so 'insightful' we miss being alive/present

Pila Mulligan: doctrine as crutch?

Scathach Rhiadra: nihilism*

Gaya Ethaniel: So seeing is also doing hence not wu-wei?

Stim Morane: it may be nihilism, or it may just be a disconnect

Stim Morane: seeing needs, eventually, to be life, being ... not seeing something *about* life and being.

Gaya Ethaniel: But ... one needs to see a bit before one can 'be'?

Eliza Madrigal: sure...yes the being present would be the immediacy ... connecting

Stim Morane: yes, we have to plunge in

Stim Morane: yes, Eliza

arabella Ella: are you implying Stim in simple terms that there are always two sides to a coin ...

Stim Morane: until complete awakeness, yes

Stim Morane: so we just muddle along as best we can ...

arabella Ella: and we must be cautious of not coming out only on one side but appreciating both sides pleasant or not?

Stim Morane: yes, the seeing itself can be a problem

arabella Ella: yes

Stim Morane: real seeing = "seeing nothing" or "seeing just what's present" or "Hi, how are you today!"

Stim Morane: we're just working towards that

Stim Morane: naturalness

Stim Morane: naturalness

Stim Morane: hence my interest in Pila's point about wu wei and yin and yang

Stim Morane: natural

arabella Ella: :)

Stim Morane: winding down a bit, shall we try a couple more weeks using text, then seriously decide about using voice?

Dao Yheng: When you get a chance, Pila ... :)

Mickorod Renard: ok

Scathach Rhiadra: ok,

Gaya Ethaniel: ok

Pila Mulligan: from letter -- Wu wei suggests a modest relationship with natural change, an enduring presence in the natural state of things, rather than continuous effort to influence things

Stim Morane: it's a group decision, not one I should make

arabella Ella: ehm ... i hope the group dont mind this but i think most of us are now accustomed to using voice

Eliza Madrigal: Nice, Pila

Gaya Ethaniel: I will create a googlegroup for WoK - Pila would you forward the email to the group?

Pila Mulligan: laggy, hence bad timeing there :)

Eliza Madrigal: I don't mind... was ready to use voice this week if that was the plan

Dao Yheng: yes, thank you Pila!

arabella Ella: i was ready to use voice today too :)

Mickorod Renard: yes,,I need some wu wei rather than being conditioned to influence everything

Stim Morane: good, arabella. But I still want the group to decide ... I'm already on record as preferring voice over text, while admitting the latter's advantages

Stim Morane: :)

Stim Morane: me too, Mick

arabella Ella: :)

Dao Yheng: I don't mind voice, but just realized that I'll continue to participate via text -- don't have enough time to get home before these sessions start so am doing this from work or a cafe

Stim Morane: that should be fine, Dao

Stim Morane: right, arabella?

arabella Ella: me?

arabella Ella: :)

arabella Ella: i am sure it will

Stim Morane: or anyone familiar with skype

Stim Morane: ok, good

Mickorod Renard: yes me..now

Stim Morane: any questions you have about the topic of codependent arising and its application to life should be articulated and stated, so I can try to address them.

Stim Morane: this is the homework

arabella Ella: my question would be Stim

Mickorod Renard: ok,,so the other bit thats dependant is the situation?

Stim Morane: I'm the question?

Stim Morane: :)

Scathach Rhiadra: :)

arabella Ella: what do we do with the unpleasant feeling of for example anger and the manner in which it engulfs us and overtakes other priorities?

Stim Morane: ok

arabella Ella: :)

Stim Morane: I look forward to lots of othe such questions next time, so I can try to tidy up a bit.

Eliza Madrigal: What about wu-wei questions, since that came up? :)

arabella Ella: (only asked as you said we need to verbalise our questions)

Stim Morane: *other

Stim Morane: sure, wu-wei too ... as long as I don't have to explain how you develop it.

Eliza Madrigal: Okay :)

Stim Morane: I'm trying to avoid that.

Gaya Ethaniel giggles.

Eliza Madrigal: yes I read that

Eliza Madrigal: :)

Gaya Ethaniel: Sorry ... it's not a laughing matter ...

Mickorod Renard: what is anger?

Eliza Madrigal: Thank you Stim

Stim Morane: thanks, everyone. See you next time.

Mickorod Renard: bye Stim

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

arabella Ella: thanks Stim!

Mickorod Renard: thanks

Stim Morane: bye!

Yakuzza Lethecus: bye stim

Scathach Rhiadra: good night Stim, thank you:)

Almond Andel: Thank you

Pila Mulligan: bye

Dao Yheng: thanks everyone ! bye!

Yakuzza Lethecus: good nihgt/day everyone

Stim Morane: you can party now ...

Eliza Madrigal: haha

Scathach Rhiadra: ha:)

Gaya Ethaniel: oh Stim, you ok to be added to googlegroup?

Pila Mulligan must be going

Eliza Madrigal: Bye everyone, thanks

Gaya Ethaniel: he's gone :(

Eliza Madrigal has a cold and is heading back to bed :)

arabella Ella: ah

Eliza Madrigal: Nite

Gaya Ethaniel: Bye everyone :)