

The following is a transcript of the workshop of 17th December 2009.

Stim Morane: OK, I guess we should start ...
Eliza Madrigal: Hi Calvin
Gaya Ethaniel: Hello Calvin :)
Calvino Rabeni: Hello all
Wester Kiranov: hi cal
Scathach Rhiadra: Hello Calvin
Aurora Kitaj: Wester, such a long time
Aurora Kitaj: great to see you
Mickorod Renard: I was thinking same thing about seeing you Aurora
Aurora Kitaj: smiles
Stim Morane: :)
Pila Mulligan: sorry, had to re-log :) hello
Wester Kiranov: I sort of forgot about this one. and good to see you too aurora
Gaya Ethaniel: wb :)
Aurora Kitaj: likewise Mick
Stim Morane: So how are you all doing with the emphasis I suggested in the past two weeks? I.e., "aliveness", seeing yourselves as living beings?
Stim Morane: This basically means, how are doing with the homework exercise I suggested?
Eliza Madrigal: OK :)
Gaya Ethaniel: Good, ongoing :)
Wester Kiranov: sounds like I should try it ;)
Stim Morane: well, it's up to each of you, obviously. :)
Stim Morane: Questions?
Calvino Rabeni: I did the exercise, found them fertile
Eliza Madrigal: fertile is an interesting term, nods :)
Mickorod Renard: Hi Ara
Eliza Madrigal: Hi Ara
Gaya Ethaniel: Hello arabella :)
Scathach Rhiadra: Hello Ara
arabella Ella: hiya!
Eliza Madrigal: :)
Wester Kiranov: hi ara
Gaya Ethaniel: I'd be interested to see if I manage to sit through 2 hrs again + second writing part.
Calvino Rabeni: By fertile I meant, something keeps on happening with it for a few days
Gaya Ethaniel: Too early for specific questions yet ... :)
Stim Morane: I see, Calvin
Stim Morane: OK, Gaya
Gaya Ethaniel: I saw something perhaps relating to Dao's report though more often.
Eliza Madrigal: (Pila is having a little trouble)
Gaya Ethaniel nods ... :(
Stim Morane: Gaya, would you like to comment more about the similarity?
Gaya Ethaniel: Thoughts manifesting physically, almost like chicken/egg situations at times ... I think boundaries between mental/physical are becoming harder to see.

Stim Morane: I see. Good

Stim Morane: That is an important issue for me

Stim Morane: I doubt we can do too much with it here, but it is crucial to meditation practice, for instance.

Stim Morane: More importantly for our present purposes, it helps deal with the suffering mind, runaway feelings, etc.

Stim Morane: It also makes it more possible for us to be more receptive ...

Stim Morane: Pila will recognize this as one of the key points of Taoism, viz., to bring body, energy and mind together.

Stim Morane: We are not really broken into pieces, after all. We just keep disintegrating ... unnecessarily.

Stim Morane: But the important thing here is to make the shift, not so much to merely talk about it without undergoing the shift.

Calvino Rabeni: Gathering practice then?

Stim Morane: You mean, a practice that gathers the pieces together, Calvino?

Calvino Rabeni: Yes

Gaya Ethaniel: Could you expand on 'to bring body, energy and mind together.' a bit more?

Stim Morane: Yes, quite right

Stim Morane: Oh, Gaya ... you expressed it well

Gaya Ethaniel: eh?

Mickorod Renard: and,,is it so bad to go through these cycles?

Gaya Ethaniel: So just seeing it more you mean?

Calvino Rabeni: No mick

Stim Morane: we can't do much as long as the mind really seems to be unconnected to our energy and physicality

Stim Morane: I teach many practices that could help bring these aspects of our existence together, gathering as Calvino puts it.

Stim Morane: But most of them are potentially risky too ...

Stim Morane: so the trick is to find something simple and safe

Calvino Rabeni: the 9-second pause is pretty safe

Stim Morane: yes, it's safe.

Stim Morane: Do you find that it addresses the issue we're discussing now?

Calvino Rabeni: I find that true stim

Stim Morane: Good, whatever helps.

Calvino Rabeni: :)

Stim Morane: Anyway, there may not be much to say ... my interest is normally, in RL discussions, to help people find their lives in a new way that is at the same time, more true, not constructed.

Stim Morane: As for what fits here in SL discussions, I'm still learning.

Stim Morane: If any of you have discussion points or questions, I'm all ears.

Eliza Madrigal: It seems that timing has much to do with practices.. meaning it has seemed to me that you've built on homework from one thing to another...

Stim Morane: I have tried to make the same or related points in each of the forum topics we've discussed here, Eliza.

Mickorod Renard: I find what we do here,,and at pab,,is that it has opened me up to looking at life,,that now feels very good for me

Stim Morane: Good, Mick

Eliza Madrigal: and that when we approach something like this, very extended, that has reverberations... then it can take a while to work with...

Stim Morane: yes, i see what you mean, Eliza

Stim Morane: is it tolerable?

Stim Morane: or too uncomfortable?

Eliza Madrigal: Yes... though I do wonder if there isn't something I'm missing sometimes...

Stim Morane: that is interesting

Stim Morane: any intuitionsL

Stim Morane: ?

Wester Kiranov: I feel that you're always getting out of this kind of thing what you can handle at that moment

Wester Kiranov: Doing the same thing a year later can be totally different

Eliza Madrigal: Well, I'm sure it has much to do with a sense of what gaya and dao mentioned... working with the ground of our lives... but making sure also to be delicate, patient...

Mickorod Renard: thats a nice obsevation wester

Stim Morane: true, Wester

Stim Morane: yes

Wester Kiranov: so you don't miss things, but sometimes youre not ready for them yet

Stim Morane: I see, Eliza

Gaya Ethaniel: I have to say around the time we were working on co-dependent arising, I find it hard-going at times but it feels as though that emotional difficulties has reduced over time with addresssing 'aliveness' and energy.

Eliza Madrigal: and then is mind, body, energy, also world?

Stim Morane: codependent arising was presented as a topic that could be followed in many ways

Stim Morane: here, with the breathing practice, it also applies

Stim Morane: the "world" is codependent with the mind and sense of self currently in place

Stim Morane: the breathing practice enables us to relax one link, and so the others fall into a new form too

Gaya Ethaniel: I still see it in ie sadness but seems I've accepted? Not sure ...

Mickorod Renard: I am a completely diferent animal now

Stim Morane: It's not always possible to understand such feelings, Gaya

Eliza Madrigal: hm.. nods... yes make it more even eventually... which sometimes it is.. sometimes hm :)

Stim Morane: Mick, say more?

Eliza Madrigal listens

Gaya Ethaniel: Yes, that's what I saw, if I couldn't see clearly what a thought was about, I could just relax body and help along instead.

Gaya Ethaniel: ok

Stim Morane: relax the sense of self, the notion that it is central and fundamental ...

Stim Morane: breathing can expose more of the real terrain of your nature, while challenging 2ndary stuff that seems central to us merely because of habit

Stim Morane: it is a sneaky practice

Stim Morane: :)

Eliza Madrigal: :)

Gaya Ethaniel: :)

Scathach Rhiadra: :)

Mickorod Renard: now,,every issue that I see that would have bothered me lots in the past,,I approach much more sympathetically now,,and phillosophically too,,as well as other posh words for it too

Gaya Ethaniel: Do you think it's ok for me to continue going it/variations etc. going forward Stim?

Gaya Ethaniel: doing*

Stim Morane: I see Mick

Stim Morane: :)

Stim Morane: Gaya, you can do it, but you'd also have to look into why you want to.

Stim Morane: that too may be something that should be released.

Stim Morane: or it may be something that should be brought out more ...

Gaya Ethaniel nods ... ponders.

Stim Morane: this is the tricky part of working via sl ...

Stim Morane: If I see someone, I can tell a lot very quickly sometimes

Stim Morane: but using text and avatars, ...

Stim Morane: note that the feeling you get from doing anything for several hours is going to seem strong, perhaps, even persistent. But I'm not trying to give you a feeling, but a connection to something you are.

Stim Morane: It's about getting real, not getting changed.

Eliza Madrigal: yes seems the opposite of getting charged

Gaya Ethaniel: I think my practices in the past were subtly goal-orientated.

Stim Morane: yes Eliza

Stim Morane: that would be understandable, Gaya

Wester Kiranov: it's so easy to forget that

Gaya Ethaniel: Because since this homework, I have sat less as before ...

Stim Morane: we can't help but have that motive, initially

Gaya Ethaniel: ok

Eliza Madrigal: (must sneak out but will leave Eliza with foot swinging until she poofs, Thank You Stim (and all))

Gaya Ethaniel: Bye Eliza :)

arabella Ella: bye Eliza

Mickorod Renard: bye Eliza

Wester Kiranov: bye eliza

Stim Morane: the point is that if we get a sense of what we are, that sense acts as a trigger, encouraging more appreciation for what we are on various levels

Stim Morane: Bye Eliza

Stim Morane: The "aliveness" level is just one, simple but important

Mickorod Renard: if I might say,,I have found that I am listening more,,and receptive more,,yet issues roll off me like water dropping off a water tight covering,,and I see clearer resolves to problems

Stim Morane: good

Stim Morane: finding yourself in a way that is not just a character in a story makes you more resilient

Mickorod Renard: there seems to be a barrier forming that is protecting me from getting irrational over stupid issues

Stim Morane: partly this is a matter of values being redefined

Stim Morane: but there are other factors ...

Stim Morane: for one thing, you can actually start to work with your mind, emotions, perspectives, etc

Stim Morane: the barrier is groundedness, but also being conversant with the mind ... able to negotiate w it

Stim Morane: by barrier, here i mean, the resource that makes you more robust in life

Gaya Ethaniel: hm ... wonder the choice of word ... barrier = resrouce

Stim Morane: well, I used barrier following on Mick's comment

Stim Morane: it's not really I word I normally use

Stim Morane: but i see what he meant

Gaya Ethaniel: ah ... yes I was thinking and missed Mick's comment ^^;;;

Mickorod Renard: well, I was thinking about it the other day..I am seeing myself becoming more at one with nature,,in that I am turning sideways to the full wind of negatives

Stim Morane: so in that sense, why not. We could say we're talking about a shield that wards off our own attacks on our composure and presence

Stim Morane: we are ordinarily undermining ourselves without realizing it

Stim Morane: anyway, this is all very obvious stuff, on the level of talking.

Stim Morane: If you take the step towards doing something with it, then it has some importance.

Gaya Ethaniel: Re: my previou question ... guess following energy could be a good hint as well as enjoying whether to decide continuing with a practice or not?

Stim Morane: Questions? Ideas for a happy 2010?

Stim Morane: :)

Gaya Ethaniel: :)

Stim Morane: Gaya ... that is tricky. Could you supply more information?

Stim Morane: sorry to ask

Mickorod Renard: I would like to understand something

Stim Morane: go ahead, mick

Gaya Ethaniel: Well first repeated attempt, I had enough time to do 3 hr the whole process.

Mickorod Renard: ok

Stim Morane: OK, Gaya, and then?

Gaya Ethaniel: Me being myself, I'd normally have gone through it but I just couldn't sit still anymore half-way through.

Mickorod Renard: its just that we are having issues with all the crud that we built up,,like bagage

Gaya Ethaniel: So decided to stop and was ok about it.

Stim Morane: Gaya, you mean when you tried it again?

Stim Morane: Yes, very true, Mick

Mickorod Renard: but how do we influence our children in an appropriate way,,yet predserving their true nature?

Stim Morane: it can all be released

Stim Morane: oh, sorry ... re children

Stim Morane: be in your aliveness nature, THEN see them within that.

Stim Morane: then decide

Mickorod Renard: or effect others without damaging their true nature

Stim Morane: same answer

Mickorod Renard: ok,,thanks

Mickorod Renard: :)

Gaya Ethaniel: Yes, I wanted to repeat all of the steps but during the first writing part, I was already

converging on being breathing perhaps that's why I couldn't sit through the whole sitting/2nd writing part etc. Usually I'd be determined to sit through it ... but I didn't and was ok. So kind of being spontaneous and more open perhaps. Am I making sense?

Stim Morane: we usually try to make good decisions when we are not really ourselves

Stim Morane: this last was in response to Mick

Stim Morane: Yes, Gaya, I get it now

Stim Morane: This is whay I left the practice so open-ended

Stim Morane: you can modify as needed, every time will be diff

Gaya Ethaniel: ah ...

Stim Morane: why

Stim Morane: but don't force anything

Gaya Ethaniel: :)

Gaya Ethaniel: ok

Stim Morane: and don't build up too much of a charge ...

Stim Morane: that is a potential problem

Stim Morane: stay within a modest, easy reange

Gaya Ethaniel: ah ... I think I know what you mean.

Stim Morane: range

Stim Morane: we are greedy, because of our being so disconnected, so we are hungry for a big hit of something

Stim Morane: don't follow that impulse

Gaya Ethaniel: ok

Stim Morane: take the lesser portion

Mickorod Renard: that is a danger I feel sometimes

Stim Morane: :)

Gaya Ethaniel: Feeling tired rather than refreshed is a tell-tell sign for that right?

Stim Morane: feeling tired could indicate various things, including just that you've gone too far or it's time to take a nap

Stim Morane: yes, Mick

Gaya Ethaniel: :)

Stim Morane: it could mean you should go play cricket outside

Gaya Ethaniel: I will watch carefully :)

Stim Morane: or go play music, or write, or do some work

Stim Morane: feeling tired could mean many things

Mickorod Renard: less dangerous

Stim Morane: yes

Stim Morane: :)

Stim Morane: just don't be too ambitious

Stim Morane: I mean, with the breathing

Mickorod Renard: how did you guess I do silly things like play cricket indoors?

Stim Morane: :)

Wester Kiranov: :D

Stim Morane: I have spies everywhere, Mick

Gaya Ethaniel: Then ... feeling the high energy building up which happens each time so far, what do you recommend us to do?

arabella Ella: wasnt it golf ... or basketball?

Mickorod Renard: :)

Stim Morane: Gaya, get up before that builds up too much, and take a walk

Gaya Ethaniel: ah

Stim Morane: see what is around you, don't wish for anything else

Stim Morane: consider you're inside a dream

Stim Morane: the life is all

Stim Morane: nothing beyond the next step

Gaya Ethaniel: ok

Stim Morane: if you still feel too charged up, then relax that emphasis and allow yourself to be a bit distracted ...

Stim Morane: here being distracted is itself a practice ... like a medicine

Stim Morane: if still too charged, watch a movie ...

Stim Morane: :)

Gaya Ethaniel: These are little breaks you suggested within the practice?

Stim Morane: yes

Gaya Ethaniel: ok

Mickorod Renard: I still get drawn into seeing temptation as an issue,,maybe cos of a christian upbringing,,but I still think that all my negatives are due to wanting unnecessary things

Stim Morane: you have to be artful about these breaks and adjustmens

Stim Morane: adjustments

Stim Morane: well, let's see what happens over a bit longer time frame, Mick

Stim Morane: Speaking of time ...

Stim Morane: perhaps we should allow this part of what we're doing to come to an end.

Stim Morane: We're approaching some holidays ... it may be best to take a vacation for a few weeks.

Mickorod Renard: is there homework?

Stim Morane: have your life

Stim Morane: :0

Gaya Ethaniel: :)

Stim Morane: :)

arabella Ella: any limits for distractions?

Stim Morane: settle back to basics, if you're in the northern hemisphere

Stim Morane: if you're down under, then go for it

Stim Morane: :)

Gaya Ethaniel: :)

Mickorod Renard: like staying warm and eating?

Wester Kiranov: :)

Stim Morane: yes, Mick

Stim Morane: or just reading a book, or pet the dog

Wester Kiranov: getting enough light helps as well

Stim Morane: yes, get outside ... good point, wester

Mickorod Renard: a good cigar?

Stim Morane: sure

Stim Morane: :)

Gaya Ethaniel: lol

Stim Morane: I suggest we might meet again on Jan 7, and at that time we could consider if there's anything we'd like to try.

Stim Morane: I need to spend more time learning about SL, and may simply not be in a position yet to do much here that's really useful.

Mickorod Renard: Stim,,you are always useful here

Wester Kiranov: second that

Stim Morane: that's kind of you to say, Mick, but I am sure I need to learn a lot yet.

Gaya Ethaniel: Stim if you create a female alt then please give me a head-up :D

Stim Morane: you mean, for you, Gaya?

Stim Morane: :)

Gaya Ethaniel: You said you're going to learn about SL so ... you could try being a woman lol

Stim Morane: if I create an alt for myself, it will be a truck driver alt

Stim Morane: :)

Wester Kiranov: so - when you come back you will have your Enlightenment Wand ready?

Gaya Ethaniel: :P

Mickorod Renard: that would mean unlearning lots Stim

Stim Morane: you may have one, Wester

Stim Morane: yes, mick

arabella Ella: i can imagine you as a personal trainer rather than truck driver

Stim Morane: too lazy, ara

arabella Ella: :)

Stim Morane: I could train people to take naps, maybe

Mickorod Renard: I was thinking if u changed sex

Stim Morane: oh

Gaya Ethaniel: Though Stim feels not so male per se ... :)

Mickorod Renard: truck drivers are good at reading maps

Stim Morane: :)

arabella Ella: naps in the afternoon can be so refreshing

arabella Ella: to re charge mental batteries

Stim Morane: so anyway, please have a happy/sad etc real life

Mickorod Renard: and you Stim,,thankyou

Stim Morane: I look forward to chatting with you on the 7th, and then we can see if there's a next step

arabella Ella: thanks Stim for everything and enjoy the holiday season!

Gaya Ethaniel: Thank you Stim :) Have a wonderful Christmas holiday everyone!

Mickorod Renard: you will be around in sl though,,over xmas Stim?

Wester Kiranov: hope I remember to be here then ;)

Stim Morane: thanks, Mick, arabella, Gaya ...

Calvino Rabeni: thanks stim

Stim Morane: We'll arrange a notice, Wester

Scathach Rhiadra: thank you Stim, see you next year:)

Stim Morane: Thanks, Scathach

Wester Kiranov: ty stim - not just for the notice :)

Mickorod Renard: Bye Stim,,happy xmas,and new year

Gaya Ethaniel: :)

Stim Morane: Bye everyone!

Timbo Quan: Thanks Stim & have a great holiday

Wester Kiranov: bye all

Mickorod Renard: bye Wester,,bye all

Scathach Rhiadra: good night all:)

Timbo Quan: night all

arabella Ella: nite everyone and merry xmas and happy new year too

Mickorod Renard: yeaaaa,,see u at the party