

Pema Pera: Hi Eliza!

Eliza Madrigal: Hi Pema :)

Eliza Madrigal: Hi Zen :)

Zen Arado: Hi Eliza:)

Eliza Madrigal: Gaya was feeling quite sleepy and will be unable to join us today unfortunately

Pema Pera: I hope she will get a good rest!

Zen Arado: :(

Pema Pera: Hi Calvino!

Eliza Madrigal: Yes. For now, have we all read homework reports?

Zen Arado: nice poem Eliza

Eliza Madrigal: Hi Cal :)

Zen Arado: Hi Cal:)

Calvino Rabeni: Hello Everyone !

Pema Pera: (sorry, Eliza, haven't read the reports, and missed last week, but I'll try to get up to speed with this group this week; a bit more time now)

Eliza Madrigal: Zen, yes I thought so... Glad you enjoyed it. A choir singing that live was quite an experience!

Eliza Madrigal: Sure Pema :)

Eliza Madrigal: <http://ways-of-knowing.wik.is/>

Eliza Madrigal: Zen, would you like to start us off by saying something about your report this week?

Eliza Madrigal: I missed last week's session but I enjoyed reading it very much

Zen Arado: ok just a sec

Zen Arado: forget what I wrote :)

Eliza Madrigal: heh

Pema Pera: :)

Zen Arado: this slogan seems important to me

Zen Arado: we regard 'reality' as being so solid and substantial

Zen Arado: always trying to make it that way perhaps

Zen Arado: ties in with impermanence and attachment

Zen Arado: Eliza

Eliza Madrigal: yes, in that vein I was interested in your focus on compassion

Eliza Madrigal: and in how impermanence relates to our ability to be compassionate

Eliza Madrigal: which I suppose is the focus of most 'teachings', etc?

Pema Pera: I really liked the quotes from Ken McLeod (just read the report, Zen)

Eliza Madrigal: Hi Alan, Welcome :) This is ways of knowing workshop, which you can read about

<http://ways-of-knowing.wik.is/>

Pema Pera: about relative and absolute Bodhicitta

Eliza Madrigal nods

Zen Arado: absolute Bodcitta is like being then?

Pema Pera: it is *so* amazing that the ultimate form of compassions is SEEING rather than doing anything

Zen Arado: yes

Zen Arado: awareness

Pema Pera: like Being, yes, Being in total involvement

Pema Pera: whereas having implies distance

Calvino Rabeni: Being in total involvement sounds like enlightened acting then

Zen Arado: Hi Dao

Eliza Madrigal: Hi Dao :))

Pema Pera: it is so encouraging to know that you can truly help others without having to do anything for them -- and then from that starting point, you can spontaneously do what is appropriate

Eliza Madrigal: From Zen's report:

Pema Pera: hi Dao!

Eliza Madrigal: "Absolute Bodhicitta, the direct perception of the falsity of our usual limited and conditioned world-view and of the pure unbounded nature beyond those limited concepts."

Dao Yheng: Hi, sorry I'm late (and laggy again)!

Pema Pera: and yes, Calvino, I think so

Pema Pera: btw, Zen, I don't think it's a problem to fall asleep while doing "laying down" practice

Eliza Madrigal: I'll make you a note Dao :)

Zen Arado: :)

Pema Pera: I have found that some of my best insights, inspirations, etc, came from falling asleep that way

Pema Pera: and dreaming and waking up again

Dao Yheng: (thanks!)

Pema Pera: we can trust our nature

Calvino Rabeni: I found that too, Pema

Pema Pera: (as long as we stay in bed long enough)

Zen Arado: only trying this lately

Calvino Rabeni: Yes, :)

Pema Pera: I find 8 hours to work well, 8 to 8.5 or so

Zen Arado: notice Eliza speaks of it too

Eliza Madrigal: MM, trust our nature

Pema Pera: to give me a chance to wake up in the middle of the night, practice a bit, and then drift to sleep again

Pema Pera: so then you have *three* chances a day :-)

Eliza Madrigal: Yes, well I feel that I came into 'practice' at all through sleep so might as well keep going with that :))

Calvino Rabeni: Making sleep and waking more continuous

Pema Pera: yes

Zen Arado: good idea to set alarm to wake up earlier to enable this

Pema Pera: and with an afternoon nap you get *five* chances, hahaha

Zen Arado: as Eliza said

Eliza Madrigal: haha, yes

Eliza Madrigal: its like swimming... different textures of life, in a way...

Zen Arado: I have a clock radio that I switch off

Calvino Rabeni: Calvino Rabeni thinks we should all take a nap right now together :)

Dao Yheng: :)

Pema Pera: like the Malta retreat!

Calvino Rabeni: :)

Pema Pera: the silent day

Zen Arado: :)

Pema Pera: in short, we should join Gaya :)

Eliza Madrigal: That would let you off the hook, just before I ask you to talk about your report Cal !

Eliza Madrigal: :)

Calvino Rabeni: !

Eliza Madrigal: starting with the bumper sticker you mentioned: Imagination: Gateway to Reality

Calvino Rabeni: News flash, eh ?

Eliza Madrigal smiles... I like that... it ties in very well with 'using dreams to awaken'

Calvino Rabeni: Yes

Calvino Rabeni: Awakening within the dream - at night and during the day

Calvino Rabeni: (have quite a bit of chat lag today)

Eliza Madrigal: yes, and if I may say so, I sensed in reading your report that it was a kind of dreamy/playful writing

Calvino Rabeni: Yes

Calvino Rabeni: Also maybe it comes across that I respect the dream state, mind, and its play

Zen Arado: I'm realizing dreams are more important than I thought

Eliza Madrigal: in a dream one is perhaps less self-conscious?

Zen Arado: haven't read much about that in Buddhism etc though

Calvino Rabeni: Waking life is what the dreaming mind does during the day

Dao Yheng: (There's a book on Dream Yoga by Tenzin Wangyal if you're interested, Zen)

Zen Arado: ty Dao:)

Eliza Madrigal: Is that something you've read or worked with Dao?

Dao Yheng: I've read, but not really worked with it much, no

Dao Yheng: gets quite technical, advanced

Zen Arado: you know we have a dream circle?

Eliza Madrigal: Ah, just curious. Thanks :) I did flip through it once

Zen Arado: in pab

Calvino Rabeni: Dream circle - last wednesday of month, 7am at PAB

Eliza Madrigal: :) Well yes now we do

Dao Yheng: but I will note that at one of his retreats, I dreamed every night -- unusual for me, but maybe typical of his retreats :)

Eliza Madrigal: Ah, interesting...

Calvino Rabeni: One thing about the circle - it will be helpful for people to learn to "slow down" while in SL at that event

Dao Yheng: (er, that is, I don't typically remember every night's dreams)

Calvino Rabeni: In order to relax and re-access the dream mind

Eliza Madrigal: So a question becomes whether we can create environments for aware dreaming? and for bringing that perhaps into our waking day as Cal and Pema suggest....

Eliza Madrigal nods

Calvino Rabeni: Not a typical internet using habit

Pema Pera: shouldn't we list those dream PaB sessions as theme sessions, btw?

Eliza Madrigal thinks so, (re environments) but we all know that :)

Calvino Rabeni: Agree, Pema

Pema Pera: to tell others and share?

Zen Arado: yes

Calvino Rabeni: overlooked

Pema Pera: np!

Eliza Madrigal: Sure... Lucinda and I are going to write something about it together for the wiki

Pema Pera: could you add that to the theme page perhaps, Calvino, also the next one?

Calvino Rabeni: Yes

Pema Pera: thanks!

Zen Arado: wonder how many you could accomodate?

Zen Arado: we only did 1 dream each last time

Zen Arado: and were only ..5? of us

Calvino Rabeni: It uses a circular sequence (or spiral) of taking turns

Eliza Madrigal: Yes, the idea is to bring one dream... to ask oneself 'do I have a dream that wants to be shared'

Eliza Madrigal: not to have to bring one always, etc

Pema Pera: in theme sessions there are a limited number of moderators, who talk -- good to keep the number of dream talkers limited too, I think

Eliza Madrigal: We'll figure it out, I'm sure. Play :)

Zen Arado: yes ..was thinking that Pema

Zen Arado: what do you think about dreams Pema?

Calvino Rabeni: There are ways to do the selection of which dreams to talk

Calvino Rabeni: We'll work it out :)

Eliza Madrigal: The first went very well, and showed how close and trusting our community already is :)
Yes

Zen Arado: any scientific research on their significance?

Zen Arado: I kinda though it was just random brain activity

Zen Arado: thought *

Dao Yheng: I believe there is some evidence to suggest that the first dreams of the night might indeed be reworking of the days events, but the morning dreams take on a different character

Dao Yheng: but I can't remember where I read that, so...

Eliza Madrigal: :)

Calvino Rabeni: I've heard that "random" view but it seems odd on the face of it

Zen Arado: mine often reflect some RL anxiety I have or had

Eliza Madrigal: yes, well perhaps there is standard dreaming/dream interpreting, and then dream practice may be altogether different... or another layer of things

Zen Arado: sometimes years before

Zen Arado: wonder if the ego is involved

Dao Yheng: Also, that REM is no longer believed to be the only time you dream

Eliza Madrigal: May I ask one more question of your report Cal?

Zen Arado: reinforcing itself?

Calvino Rabeni: Of course, ELiza

Eliza Madrigal: Thanks... its this line...

Eliza Madrigal: "Dreams and commitments are closely related in my practice."

Eliza Madrigal: If you would say a bit more, because I also felt that the two assignments this week were related, though in a way I could not articulate

Calvino Rabeni: One reason is that I contemplate both of them within the same mental space

Calvino Rabeni: A lot of the ability to hold commitments is in the subconscious

Calvino Rabeni: Dreams also reflect the depth of penetration of commitments

Eliza Madrigal: Ah, interesting, okay. Thank you

Eliza Madrigal: Mick!

Calvino Rabeni: And I think they can be "fertilized" by the conscious mind before sleep, with seeds of intentions

Zen Arado: dreams can come up with a solution to problems

Calvino Rabeni: And harvested upon awaking

Eliza Madrigal: Ah, I see, yes

Calvino Rabeni: Solving problems is the last stage of a long subtle process

Pema Pera: hi Mick!

Pema Pera: interesting connection, Calvino!

Zen Arado: Hi Mick :)

Calvino Rabeni: If a dream solves a problem, it is because it has already been working it for a while

Calvino Rabeni: giving the dream mind more awareness helps it do that

Eliza Madrigal: That was an odd appearance and disappearance from Mick our cigar-time contemplative :)

Calvino Rabeni: clearing it out a bit before going to sleep aids its process

Zen Arado: all the pieces come together when the brain relaxes maybe

Pema Pera: (perhaps Mick was on a very very short cigar break?)

Eliza Madrigal: hehe

Eliza Madrigal: Zen, agree... it does seem much about 'integration' in some ways

Zen Arado: :)

Eliza Madrigal: like we don't let things settle in waking ife

Calvino Rabeni: Are we the "children" of the dream? Some interpretations of lojong see it that way, I think

Zen Arado: why do some people say they don't remember dreams?

Calvino Rabeni: partial amnesia, zen

Zen Arado: Hi Aga :)

Eliza Madrigal: 'children of the dream'?

Pema Pera: hi Agatha!

Eliza Madrigal: Hi Ag :)))

Agatha Macbeth waves

Eliza Madrigal: I'll make a note. We've been talking about dreaming :)

Dao Yheng: Zen, I often have the experience of remembering a dream vividly in the first 10 minutes upon waking, and then forgetting entirely by the mid afternoon

Dao Yheng: does that happen to you?

Zen Arado: yes they fade so quickly

Zen Arado: got to write them down immediately

Calvino Rabeni: @eliza, what we do is an expression of the world's dream, we are the children, not the authors... and that an innocent and open attitude helps - as in the biblical proverb

Pema Pera: for me, the most effective way to remember dreams is to have a voice recorder next to my pillow, and to speak just a few words about each dream the moment I wake up briefly, in the middle of the night. Then, the next day, those few words are enough to remember large parts of the dream -- like grabbing the tip of a table cloth, and pulling all the silverware with it :)

Zen Arado: yes Pema!

Zen Arado: was going to try my ipod

Eliza Madrigal: a wonderful idea, especially for those who scramble for paper.. then pen.. then light...

Calvino Rabeni: same here, Pema, except it's possible to have a "mental notepad"

Pema Pera: yes, but less complete, for me at least

Calvino Rabeni: Well, just get the corner of the tablecloth on it, that works pretty well

Zen Arado: Gaya had such a detailed dream description last week

Zen Arado: amazed me

Calvino Rabeni: although it relies on intention

Pema Pera: the only problem with using a recorder, for me, is that I quickly reach a point where I can spend the whole morning writing out dreams -- so I have to edit heavily to keep the task short :)

Calvino Rabeni: and that isn't always available, it seems

Eliza Madrigal: :)

Pema Pera: what I do then is just drop the "karmic dreams" and focus on the more "lucid" ones

Calvino Rabeni: One thing I believe - strict accuracy isn't needed - sometimes remembering is similar to re-dreaming it

Eliza Madrigal nods

Pema Pera: yes!

Pema Pera: sometimes the dreams extend in writing

Pema Pera: continue in some sense

Pema Pera: "the sequel" :-)

Eliza Madrigal: Hm ... also with our recognizing the potential of dreams, is there also some potential to be caught up in dreams too much? Dao's report mentioned 'disconnection'

Calvino Rabeni: in that case, the thing to drop is the urge to have it make sense with Day Mind

Zen Arado: yes - we self-interpret the dream as soon as we have it

Dao Yheng: Hmm, interesting...

Zen Arado: and to have RL make sense too?

Calvino Rabeni: But, better to let Night-Mind reinterpret it, not Day-Mind

Zen Arado: day mind is crazy too

Eliza Madrigal: each stage as its own context?

Calvino Rabeni: Yes in a way

Zen Arado: self-centred dream

Calvino Rabeni: like each person has a different view of reality

Zen Arado: nods

Zen Arado: and our interpretations clash

Eliza Madrigal: each person seems to have many views of reality :)

Calvino Rabeni: what's of interest in hearing such a view? The significance of the story in its own context, plus secondly, what it knows that I don't

Eliza Madrigal: Hi Usha :)

Pema Pera: hi Usha!

Usha Aeon: hey :)

Zen Arado: Hi Usha

Eliza Madrigal: Nice to see you again

Usha Aeon: smiles likewise

Eliza Madrigal: Let me give you a note :)

Pema Pera: interesting distinction, Calvino, Day Mind and Night Mind

Eliza Madrigal: With ten minutes left, shall we decide on homework for next week?

Pema Pera: and in each case, there is another distinction, between what I like to call, just for my own notes "thick" and "thin" thinking -- rehashing vs. inspired

Pema Pera: sure, Eliza!

Dao Yheng: rehashing vs. inspired -- also a good distinction!

Calvino Rabeni: How about "Help" as a topic for next time?

Eliza Madrigal: Hm, in what way, Cal?

Calvino Rabeni: Agree Pema with those qualities

Calvino Rabeni: In whatever way is important to a person, in their practice

Pema Pera: (so karmic dreams as "thick" night mind, and lucid dreams as "thin" night mind -- could use other terms, but important to distinguish)

Calvino Rabeni: There are many sources

Calvino Rabeni: sometimes one looks/asks, sometimes refuses

Zen Arado: what about recurrent dreams?

Zen Arado: are they important?

Calvino Rabeni: What is it that helps one step outside the circle?

Calvino Rabeni: Is it just one's own doing / responsibility?

Pema Pera: so this also addresses devotion, Calvino?

Eliza Madrigal: Ah, I'm beginning to see...

Calvino Rabeni: Trusting teachers? Faith? Study? etc.

Calvino Rabeni: YEs it could Pema

Calvino Rabeni: What makes a difference?

Eliza Madrigal: Okay, yes in the sense of devotion, community, supports or senses of supports of various kinds

Calvino Rabeni: What keeps the old realizations from turning solid and becoming barriers

Calvino Rabeni: etc.

Calvino Rabeni: SUpport of a community?

Eliza Madrigal: Ah, well realizations seems a different topic

Calvino Rabeni: REflections from other intelligences?

Zen Arado: discipline

Calvino Rabeni: The realizations go stale when held within the small self

Eliza Madrigal: Okay, and dreams can be looked at in this context also

Calvino Rabeni: Discipline, grace, gratitude, resolve, surrender,...

Dao Yheng: Sounds good

Pema Pera: quite a topic, Calvino! :)

Dao Yheng: Eliza, would you like to comment a bit on your post this week in the last few min?

Calvino Rabeni: Indeed, but the tablecloth has corners to seize :)

Pema Pera: hehehe

Pema Pera: and loooong edges

Dao Yheng: I found it absolutely wonderful, but noticed you sneaked around it so far today :)

Eliza Madrigal: :)

Dao Yheng: if not, that's OK too!

Eliza Madrigal: I suppose I shared a lucid dream... which tells more than I ever could :)

Eliza Madrigal: Which is also the wonderful thing about dream practice

Eliza Madrigal: as Cal mentioned, every much like a koan in that regard.

Eliza Madrigal: :)

Eliza Madrigal: a taste of something can often seep into everything...

Eliza Madrigal: so dreams can allow that

Calvino Rabeni: :) yes

Dao Yheng: (into your daughter's concert as well :)

Calvino Rabeni: the taste of the dream seeps into the next day
Eliza Madrigal: Indeed... sigh... should have seen the tears :)
Eliza Madrigal: And wonderful to share with friends
Zen Arado: :)
Eliza Madrigal: <--sap
Agatha Macbeth: :)
Pema Pera: (; ;)
Eliza Madrigal: :)
Dao Yheng: that's a typo -- should be snap!
Eliza Madrigal: It will be interesting to form the homework for the wiki...
Pema Pera: :)
Calvino Rabeni: Thanks Dao and whoever edits that front page :)
Pema Pera: :-)
Eliza Madrigal: Thank you everyone
Pema Pera: help needed there too, Calvino :)
Pema Pera: yes, thank you all !
Dao Yheng: That's mostly Eliza
Calvino Rabeni: ask any time
Pema Pera: glad I could join again
Calvino Rabeni: :)
Eliza Madrigal: Very happy to have you here Pema
Eliza Madrigal: Usha, let me give you a link to the wiki where we file our transcripts and homework
Eliza Madrigal: <http://ways-of-knowing.wik.is/>
Usha Aeon: i have it thx
Eliza Madrigal: Ah, great :)
Usha Aeon: :)
Pema Pera: see you all next week!
Eliza Madrigal: Good nights and days ! Bye for now
Zen Arado: bye Pema
Dao Yheng: bye pema!
Agatha Macbeth: Bye for now
Dao Yheng: bye all!
Zen Arado: bye all