

Gaya Ethaniel: Hello Dao, Eliza, Heloise, Wol :)  
Eliza Madrigal: Hi Gaya, Heloise, Dao, Wol :)  
Dao Yheng: Hi Gaya, all!  
Gaya Ethaniel: I like your new outfit Wol :)  
Dao Yheng: Lovely to see you again (big smile pasted on face!)  
Wol Euler: ty :)  
Gaya Ethaniel: Very romantic :)  
Eliza Madrigal: yes its wonderful  
Wol Euler: from a store I'd never visited before  
Wol Euler: Nomine  
Agatha Macbeth: Evening all :)  
Eliza Madrigal: Yay :)) @ Dao, it is nice to \*see\* you too  
Eliza Madrigal: Hi Agatha :)  
Gaya Ethaniel: ah :)  
Gaya Ethaniel: Hello Agatha :)  
Agatha Macbeth: I forgot about this last week:(  
Agatha Macbeth: Hello Gaya, everything ok?  
Gaya Ethaniel: Yes we missed you.  
Dao Yheng: Hi Agatha  
Gaya Ethaniel: Yes thanks, have you finished building your plot now?  
Agatha Macbeth: SL seems to be getting busier! :p  
Agatha Macbeth: Yep  
Agatha Macbeth: All sorted  
Dao Yheng: are we ladies only today?  
Eliza Madrigal: Oh... building Agatha? great, will have to wander around  
Agatha Macbeth: I prefer it that way Dao :))  
Agatha Macbeth: Ok Liz  
Gaya Ethaniel: :)  
Dao Yheng: brb, fixing a tiny work emergency  
Gaya Ethaniel: kk  
Agatha Macbeth: /me hates work emergencies  
Gaya Ethaniel: /me nods.  
Eliza Madrigal: :)  
Eliza Madrigal: The reports, I thought, were quite nice...  
Gaya Ethaniel: :)  
Eliza Madrigal: though it is funny that the paramitas DO seem one thing the more one works with them  
Gaya Ethaniel: Different expressions perhaps ...  
Eliza Madrigal: energy-toward-good as patience as generosity, etc  
Eliza Madrigal: yes  
Eliza Madrigal: And I liked the way Zen came into patience/energy as a expressions of wu wei  
Dao Yheng: starting with a quote about the dangers of effort :)  
Eliza Madrigal: It reminded me of our koan weeks ago concerning resting in the openness of the sky  
Zen Arado: Hi all  
Gaya Ethaniel: Hello Zen :)  
Eliza Madrigal: Hi Mitsu, Zen :)

Mitsu Ishii: hi sorry, had to download SL  
Heloise Toussaint: Hi  
Gaya Ethaniel: Hello Mitsu :)  
Agatha Macbeth: Hello Zen :)  
Agatha Macbeth: And Mitsu  
Dao Yheng: Hi guys!  
Agatha Macbeth: The female bastion is breached...  
Gaya Ethaniel: :)  
Eliza Madrigal: /me giggles  
Wol Euler: o.O  
Eliza Madrigal: hahahh  
Eliza Madrigal: o.O <-- Wol gazing  
Wol Euler: /me smiles.  
Dao Yheng: ha!  
Agatha Macbeth: /me gazes at Wol  
Wol Euler: /me blushes  
Zen Arado: 'Once more into the breach.....  
Eliza Madrigal: :)  
Agatha Macbeth: Dear friends...  
Wol Euler: it won't work here though, I have nothing to report :) Didn't do my homework  
Gaya Ethaniel: Just making a nc for Mitsu and Zen ...  
Agatha Macbeth: Aww  
Zen Arado: ty Gaya  
Eliza Madrigal: "everything is preparation"  
Agatha Macbeth: We didn't say anything yet!  
Xeno Octavia: hi folks  
Eliza Madrigal: Hi Xeno  
Gaya Ethaniel: That's alright Wol, you can still share your thoughts on the topic :)  
Gaya Ethaniel: Hello Xeno :)  
Agatha Macbeth: Hello Xeno  
Gaya Ethaniel: I will IM Xeno with intro ...  
Eliza Madrigal: Thanks Gaya  
Eliza Madrigal: Zen, before you arrived we mentioned your report...  
Agatha Macbeth: Good job her second name's not Phobia  
Wol Euler: /me chortles  
Zen Arado: thanks  
Eliza Madrigal: Would you like to say a bit more about effort?  
Zen Arado: lot of effort went into that :)  
Eliza Madrigal: /me giggles  
Wol Euler: snap  
Gaya Ethaniel: lol  
Zen Arado: still struggling with idea  
Zen Arado: in an effortless way of course  
Gaya Ethaniel: /me slaps Agath's hands for being rude to the new visitor.  
Agatha Macbeth: :)

Eliza Madrigal: :) of course

Gaya Ethaniel: :)

Agatha Macbeth: I thought Xeno had been here before?

Zen Arado: maybe need an example from life?

Eliza Madrigal: I thought your report and dao blended so nicely together... the relaxing of effort and the 'watercourse way'

Xeno Octavia: is philia not phobia!!

Eliza Madrigal: \*dao's

Gaya Ethaniel: :)

Agatha Macbeth: :)

Gaya Ethaniel: I'd like to hear a bit more about 'mud' from Dao ...

Gaya Ethaniel: When she's back.

Dao Yheng: the mud was my favorite part

Gaya Ethaniel: :)

Eliza Madrigal: :)

Xeno Octavia: she been --even went t a early morn in Japanese : )

Dao Yheng: It was an interesting sitting session for me, just the way the image sort of kept revealing bits of this and that

Dao Yheng: And I also really enjoyed Zen's angle on the whole thing

Gaya Ethaniel: I loved the image but can you say a bit more about that sitting and virya?

Gaya Ethaniel: Or ... was that about patience?

Zen Arado: what number is your report Dao?

Dao Yheng: The mud part in a way was about virya

Zen Arado: ok I got it

Dao Yheng: the part where it seemed possible to find some kind of resource, admist all the ups and downs (ebbs and flows)

Gaya Ethaniel: The links are all on the frontpage.

Dao Yheng: BTW, I sort of decided not to look at Zen's before writing mine, so thought it was neat the way they matched up a bit :)

Eliza Madrigal: :)

Gaya Ethaniel: I liked the rootedness of mud ... if that's what you meant?

Dao Yheng: yup, something like that

Gaya Ethaniel: ah :)

Dao Yheng: the root in the "gaps" as it were

Gaya Ethaniel: Yes like a tree ...

Eliza Madrigal: Today I was working on something and wrote in the margin, that when someone has a direct connection with a vision, it is a kind of natural driving force...

Dao Yheng: was thinking about how it was really the crevasses and small gaps in the silt that holds the water

Zen Arado: it seems so hard not to reinforce a sense of self in any efforts

Dao Yheng: yes, I was thinking about that too --

Gaya Ethaniel: Yes ... a very nice image Dao.

Eliza Madrigal: oh... like unintentional, or hidden places...

Wol Euler: /me excuses herself quietly. I shall have to slip away, I'm really tired tonight.

Zen Arado: we just exercise our talents really but we get so puffed up about things

Wol Euler: goodnight all, take care.

Gaya Ethaniel: Good night Wol :)

Eliza Madrigal: Nite Wol :) Sweet dreams

Zen Arado: bye Wol

Dao Yheng: night!

Wol Euler: ty

Agatha Macbeth: Night Wol, schlaf gut

Dao Yheng: the bodhisattva vow is sort of this impossible undertaking, and from some angles, a non-sensical one

Mitsu Ishii: Krishnamurti once remarked, near the end of his life: "Remain completely alert, and make no effort."

Eliza Madrigal: yes! the scope is infinite

Gaya Ethaniel: I think joyous effort points to the selfless part?

Zen Arado: maybe it is after an effort that we add self congratulation?

Gaya Ethaniel: Don't we forget about 'self' in the experience of joy?

Eliza Madrigal: then there is a kind of ownership of result, you mean Zen?

Zen Arado: if we can just stay in Now

Zen Arado: we get puffed up about achievements

Gaya Ethaniel: I wonder ... is it wrong to give oneself a pat in the back as an encouragement?

Dao Yheng: (or even stuff we can't really take any credit for!)

Gaya Ethaniel: It doesn't have to be problematic ...

Agatha Macbeth: Probably not Gaya :)

Dao Yheng: Memories of good experiences are just as dangerous as ones of bad, though

Mitsu Ishii: Suzuki once said that pride in one's practice becomes a thick wall

Mitsu Ishii: a barrier that traps you in essence

Zen Arado: guess we need encouragement too

Eliza Madrigal: I appreciated Gaya's mention of Stim's 'follow the energy' advice...

Eliza Madrigal: especially having come from a retreat in which we did a kind of practice like that in the forest...

Dao Yheng: yes, encouragement doesn't necessarily require pride

Dao Yheng: yes?

Eliza Madrigal: of just letting the forest speak... going toward (but not to!) what caught our attention...

Zen Arado: self is so ingenious at creeping in

Gaya Ethaniel: :)

Eliza Madrigal: and if something else then came up on the way to one thing, to allow ourselves to follow that...

Xeno Octavia: by self u mean ego

Gaya Ethaniel: Guided by 'nature' not 'self' I guess ...

Eliza Madrigal: yes...

Xeno Octavia: ?

Zen Arado: yes Xeno

Eliza Madrigal: it was 'being seen' practice

Eliza Madrigal: rather than seeing

Eliza Madrigal: and it was restful... liberating

Gaya Ethaniel: :)

Mitsu Ishii: Ordinary effort, like trying to achieve enlightenment, certainly is self-defeating. But there's something else, a kind of thoroughness, which seems necessary

Mitsu Ishii: I think I might replace "effort" with "thoroughness"

Mitsu Ishii: if I were coming up with my own list

Dao Yheng: that's an interesting angle

Dao Yheng: virya is supposedly one of the more difficult words to translate

Eliza Madrigal: ah, like completeness?

Zen Arado: agree Mitsu

Agatha Macbeth: /me looks up Virya

Zen Arado: whole heartedness

Mitsu Ishii: not exactly completeness, but more investigating thoroughly

Eliza Madrigal: :)

Mitsu Ishii: not stopping at the surface

Gaya Ethaniel: Yes ... as long as it's not obsessive thoroughness as in tick box 1, 2, 3 >.<

Zen Arado: burning ourselves up completely in what we do

Mitsu Ishii: being more thoroughly present, more thoroughly in a non-action THIS, suchness

Mitsu Ishii: without effort

Gaya Ethaniel: Thoroughness with flexibility ...

Xeno Octavia: effortlessness

Mitsu Ishii: right, thoroughness without effort somehow

Agatha Macbeth: strenuous and sustained effort to overcome unskillful ways

Dao Yheng: I think effort or action has a different meaning at different levels

Agatha Macbeth: It says here

Mitsu Ishii: I think that's kind of how I interpreted Krishnamurti's remark

Eliza Madrigal: yes Dao?

Gaya Ethaniel: Yes ...

Dao Yheng: the things we usually associate with effort often have to do with the self's efforts, but there is action / energy that is very effective, that has it's source elsewhere

Mitsu Ishii: I would call it more like non-action/energy

Mitsu Ishii: big flow

Zen Arado: was reading that it isn't goal-oriented

Gaya Ethaniel: Nice to ride that when it happens :)

Zen Arado: because uses the present as a means only

Gaya Ethaniel: Often though it takes a bit of time to get settled no?

Gaya Ethaniel: Like finding a posture, relaxing ... making efforts to stay with it.

Zen Arado: effort should be spontaneously in the present

Dao Yheng: it feels like that "big flow" source is always available, so long we're not always tied up in the small self's ideas of what it might be like if....

Zen Arado: like surfing a wave ?

Dao Yheng: some would say literally like surfing a wave, I think!

Gaya Ethaniel: :)

Xeno Octavia: do we distinguish 'present' from 'now'?

Dao Yheng: (good question Xeno! started to wonder about that myself)

Mitsu Ishii: in general the way it feels to me isn't that I have to make an effort to stay with things

Mitsu Ishii: but more that I have to remind myself to relax in a present way

Gaya Ethaniel: I mean looking back at your practice ... you never actually made efforts?

Mitsu Ishii: to lift the veil and just relax outward into presence as it is

Xeno Octavia: for me now is one-pointed but present a great range as much as past or future

Gaya Ethaniel: I'm not sure if we can sit for hours right from the beginning.

Mitsu Ishii: to the extent I make an effort it is almost always counterproductive. I make a very, very slight effort to notice my effort and relax it

Mitsu Ishii: through constantly becoming less and less and less, things flow

Gaya Ethaniel: By making wrong efforts, I learnt a lot of things ...

Gaya Ethaniel: Yes what you meant by 'counter productive' Mitsu.

Zen Arado: it's like we allow meditation to do us

Gaya Ethaniel: It's part of the learning experience.

Mitsu Ishii: without any effort, I can sit for hours or whatever. When I began I could barely sit for ten minutes

Mitsu Ishii: but the difference between then and now is I make less effort now :)

Xeno Octavia: /?

Gaya Ethaniel: I see what you mean Mitsu :)

Xeno Octavia: shudnt medit do us??

Gaya Ethaniel: ?

Zen Arado: yes that's what I mean Xeno

Eliza Madrigal: I used to practice 'longer' sittings but now everything and sitting, is practice..

Mitsu Ishii: to me it feels like, when we are making efforts, it's like clenching up all your muscles

Zen Arado: instead of us making a mighty effort

Xeno Octavia: ah good --wanted make sure ;)

Gaya Ethaniel: :)

Mitsu Ishii: so relaxing that, you have much more energy

Gaya Ethaniel: Yes tension in body is so informative.

Mitsu Ishii: and ironically can do all sorts of things that seemed impossible before, like sit for arbitrarily long periods or whatever

Mitsu Ishii: except for the legs falling asleep

Xeno Octavia: i look at music groups the best ones are played by the music

Zen Arado: but not so easy to keep sense of an 'I' out of efforts I find

Gaya Ethaniel: :)

Zen Arado: takes practice I guess

Eliza Madrigal: integration also... not keeping 'effort' or 'energy' to yourself...

Gaya Ethaniel: ?

Dao Yheng: and for me, also a willingness to let the "I" be there too?

Eliza Madrigal: no 'i' in team... hahah

Zen Arado: what about Olympic athletes?

Gaya Ethaniel: Yes ... otherwise it's 'I' fighting to keep 'I' out ...

Zen Arado: gettting gold medals

Gaya Ethaniel: Yes a team!

Mitsu Ishii: Yes, even with Olympic athletes

Mitsu Ishii: the great athletes are relaxed, they often report

Gaya Ethaniel: They enjoy training too ... know when to push when not to.

Zen Arado: always find that hard to understand

Gaya Ethaniel: I get itchy sometimes if I don't keep up with certain activities I like.

Mitsu Ishii: training or exertion doesn't necessarily mean effort

Gaya Ethaniel: Surely you get that Zen with painting?

Agatha Macbeth: /me scratches Gaya

Eliza Madrigal: hahaha

Gaya Ethaniel: /me giggles.

Mitsu Ishii: you can do anything, everything without making an effort, including climbing a mountain or whatever.

Zen Arado: I try not to think of painting for selling

Zen Arado: it ruins it for me

Zen Arado: but know others who have to make a living from it

Gaya Ethaniel: There, effortless effort :)

Eliza Madrigal: well the idea you might share it may keep you sharp too ...

Gaya Ethaniel: Well, you give away too cheaply Zen!

Gaya Ethaniel: Zen sent me a painting ... very kind of him.

Zen Arado: selling is an afterthought for me but I am licky I don't need to do it for a living

Eliza Madrigal: :) sweet

Gaya Ethaniel: :)

Zen Arado: lucky\*

Zen Arado: it makes you less creative too I think Eliza

Xeno Octavia: yes- to b artist in ameeryca is a putdown

Zen Arado: you would paint what you think people will buy

Gaya Ethaniel: I'm sure professional painter would do some for fun and some for money.

Eliza Madrigal: not sure... think both can exist at the same time...

Eliza Madrigal: which can create a certain energy :) Spark of fear...

Zen Arado: as they become successful they can be more creative I guess

Gaya Ethaniel: Yes they could overlap ...

Zen Arado: fear....maybe

Eliza Madrigal: staying the edge :)

Gaya Ethaniel: Well one hopes so :)

Zen Arado: good point Eliza

Xeno Octavia: if do real art is a medit - not there

Zen Arado: prefer to do without fear though :)

Gaya Ethaniel: What's 'medit'?

Agatha Macbeth: Meditation?

Eliza Madrigal: well maybe fear can be part of what gets fed to the fire...

Xeno Octavia: medit-ation for short speller

Eliza Madrigal: :)

Gaya Ethaniel: A great idea Eliza :) Feed fear into the fire too ...

Gaya Ethaniel: ah ty Xeno :)

Xeno Octavia: real art no thought just effortless action

Zen Arado: fear os a motivator though too

Zen Arado: would make me less lazy

Xeno Octavia: ??? fear motivates??

Eliza Madrigal: sure

Gaya Ethaniel: I see effort as in training most of the time.

Gaya Ethaniel: Whether a martial art ... painting etc.

Xeno Octavia: yes effort til drop minds interference

Gaya Ethaniel: Yes there is that point, where it just happens.

Zen Arado: Cal was saying something along those lines to me earlier

Gaya Ethaniel: But up to then, having fun training ...

Xeno Octavia: zen an archery : )

Gaya Ethaniel: ?

Mitsu Ishii: even when I did martial arts, I had the best results when I just practiced without a notion of a goal or effort, even if it was very strenuous

Xeno Octavia: yes

Gaya Ethaniel: But you were 'hooked' to doing the training no Mitsu?

Zen Arado: " moving always exactly appropriately and without elaborating cliniging, modifying, resisting what happens"

Xeno Octavia: effort and intention is cheating

Eliza Madrigal: I seem to quote Eos a lot lately... but here is a Bruce Lee quote from Eos "In a stressful situation you don't rise to the level of potential but fall to the level of practice"

Gaya Ethaniel: It was where you found your natural energy?

Eliza Madrigal: going over that it is true at one level, but at another level...

Eliza Madrigal: stress can push you to rise...

Eliza Madrigal: to something you didn't know was there at all

Mitsu Ishii: I didn't really train with the idea of achievement

Mitsu Ishii: I just went to class.

Gaya Ethaniel: You wanted to though ...

Mitsu Ishii: as muchg as possible, I tried to train without a notion of attainment

Gaya Ethaniel: Regardless the absence of goals etc.

Zen Arado: must watch 'Karate Kid' soon :)

Eliza Madrigal: I heard it was great ;-)

Mitsu Ishii: motive or desire doesn't have to be effortful.

Gaya Ethaniel: Yes wax on wax off ... not sure if that's in the new film.

Eliza Madrigal: :)

Mitsu Ishii: for example you can be hungry and then desire to eat food

Mitsu Ishii: but it doesn't have to be done as an action

Gaya Ethaniel: Indeed

Eliza Madrigal: (btw sorry to miss the Inception talk Gaya... was traveling =P~)

Gaya Ethaniel: :)

Zen Arado: missed it to

Dao Yheng: we'll compare notes sometime -- I understand the forest retreatants had a movie night?

Zen Arado: too

Gaya Ethaniel: It's ok :)

Eliza Madrigal: Yes :)

Eliza Madrigal: We had to... after two days of people making references to it

Gaya Ethaniel: :)

Zen Arado: one of the movies I actually gotr to see before discussion too :(

Gaya Ethaniel: I will post the log soon on a new wiki :)



Dao Yheng: BTW, what for next week?

Eliza Madrigal: Oh, great. Thanks

Eliza Madrigal: Hm, good question

Gaya Ethaniel: We will mix in some noir.

Gaya Ethaniel: So The Third Man next month :)

Dao Yheng: the next two might be a little difficult to discuss (concentration / meditation and wisdom)

Mitsu Ishii: dhyana?

Gaya Ethaniel: Yes ...

Mitsu Ishii: samadhi

Mitsu Ishii: the homework can just be: sitting!

Gaya Ethaniel: hm ... discussions could become too theoretic.

Gaya Ethaniel: Yes we could commit to some short daily sittings?

Xeno Octavia: asavs or paras

Gaya Ethaniel: ?

Mitsu Ishii: It's not possible to really talk about dhyana, but we can talk about our sitting practice.

Dao Yheng: paramitas

Mitsu Ishii: what it is like, concretely

Zen Arado: in SL you mean Gaya?

Eliza Madrigal: yes, but that said I'd love to hear others' thoughts on what 'samadhi' means ...

Xeno Octavia: avatars -SL paratars -FL

Gaya Ethaniel: I don't understand Xeno speak >,<

Mitsu Ishii: sure, we could try to discuss that

Gaya Ethaniel: ah ok

Eliza Madrigal: and do sittings :)

Gaya Ethaniel: How about min a few mintues each day?

Gaya Ethaniel: Each day being the important part ...

Mitsu Ishii: okay, a few minutes per day, at least.

Zen Arado: but we all do already in RL no?

Mitsu Ishii: or longer if it feels appropriate

Eliza Madrigal: some yes Zen, prob not all

Gaya Ethaniel: Not everyone here may do Zen :)

Xeno Octavia: here Gaya!

Zen Arado: ah ok

Eliza Madrigal: and good to pay attention anyway

Dao Yheng: yes!

Gaya Ethaniel: ty Xeno

Xeno Octavia: where does Rigpa fit in ??

Eliza Madrigal: Ah, another favorite word...

Agatha Macbeth: Yes i wondered that ;-)

Eliza Madrigal: words words words...

Dao Yheng: maybe you'll explain it to us next week, Xeno?

Eliza Madrigal: :)

Gaya Ethaniel: :)

Xeno Octavia: words get in way --but can incidentally lead places too

Gaya Ethaniel: Agatha, Xeno - if you want to do the homework and reports let me know.

Eliza Madrigal: /me is a little off beat today I think, but I love you guys and am happy to be back  
Gaya Ethaniel: I will create an account on the wiki for you.  
Eliza Madrigal: indeed Xeno  
Gaya Ethaniel: Nice to have you back to Eliza.  
Xeno Octavia: so this a weekly meet ? : )  
Gaya Ethaniel: Yes  
Eliza Madrigal: \*^.^\* Gaya  
Gaya Ethaniel: :)  
Mitsu Ishii: rigpa is I think a bit beyond ordinary samadhi  
Dao Yheng: notes on the wiki: <http://ways-of-knowing.wik.is/>  
Xeno Octavia: yes Rigpa is post Samadhi  
Eliza Madrigal: third stoplight down and take a right?  
Xeno Octavia: or better para to samadhi  
Gaya Ethaniel: lol  
Eliza Madrigal: sorry... hehe. I hear you :)  
Gaya Ethaniel: I look forward to getting lost next week then :)  
Eliza Madrigal: /me has been getting lost a lot lately  
Gaya Ethaniel: Thanks everyone.  
Dao Yheng: thanks all!  
Heloise Toussaint: Thanks!  
Zen Arado: thanks everyone  
Eliza Madrigal: Thanks everybody! :)  
Mitsu Ishii: good to see you  
Dao Yheng: have a good evening (or day!)  
Agatha Macbeth: /me waves  
Gaya Ethaniel: :)  
Mitsu Ishii: bye everyone  
Agatha Macbeth: Or night...  
Zen Arado: bye all