

Gaya Ethaniel: Hello Bruce and Eliza :)

Bruce Mowbray: Hello, Gaya.

Eliza Madrigal: Were you able to post to the deki wiki for Wok?

Gaya Ethaniel: ah ... Bruce hasn't got an account to the wiki yet.

Eliza Madrigal: Hi Gaya :)

Bruce Mowbray: ? Deki wiki?

Bruce Mowbray: yes, not me.

Gaya Ethaniel: I will do that now ...

Eliza Madrigal: Ah, okay... yes let me get a link...

Bruce Mowbray: Thanks, Gaya. Bruce has been out of commission for about five days.

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

Eliza Madrigal: Thank you Gaya :)

Eliza Madrigal: There you can read reports and file one next week if you like....

Heloise Toussaint: Hello everyone

Eliza Madrigal: Hi Heloise, Mitsu :)

Bruce Mowbray: Hello, Mitsu and Heloise.

Mitsu Ishii: hello

Eliza Madrigal: We can wait just a moment to begin. Gaya is adding Bruce to the wiki...

Gaya Ethaniel: Hello Dao, Heloise and Mitsu :)

Heloise Toussaint: Hi

Gaya Ethaniel: You will get an email soon Bruce.

Mitsu Ishii: Dao may be having network problems again

Bruce Mowbray: Hello, Cal.

Eliza Madrigal: Hi Xeno :)

Gaya Ethaniel: :(

Gaya Ethaniel: Hello Calvino and Xeno :)

Bruce Mowbray: Hello, Dao.

Mitsu Ishii: okay there she is, alive and moving

Xeno Octavia: hi Goodly ones

Dao Yheng: Hi all :)

Eliza Madrigal: Ah, hope not

Bruce Mowbray: Hello, Xeno.

Eliza Madrigal: Hi Cal :)

Eliza Madrigal: Oh, Hi Dao :)

Gaya Ethaniel: Hello Yaku :)

Eliza Madrigal: Hi Ya :)

Bruce Mowbray: Hello, Yaku.

Yakuzza Lethecus: hey everyone

Calvino Rabeni: Hi, everyone

Heloise Toussaint: Hello

Calvino Rabeni: Bruce has been liberated !

Gaya Ethaniel: :)

Eliza Madrigal: Nice to see everyone... even Ya from the ongoing PaB retreat

Eliza Madrigal: I'm quite laggy... but we perservere...

Gaya Ethaniel: Yes hope you're enjoying your retreat Yaku.

Eliza Madrigal: Thanks to everyone who filed reports. I know it is a strange topic to write about. It was for me, too. :)

Yakuzza Lethecus: yes as well as my monkeymind :o)

Gaya Ethaniel: Yes thanks and thank you Eliza :)

Dao Yheng: It was fun, thank you Eliza

Calvino Rabeni: Its a great topic, Eliza

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

Calvino Rabeni: Noticing "egos" defending their "badness" ?

Calvino Rabeni: Orignial Sin perhaps

Eliza Madrigal: ? say more...

Calvino Rabeni: treating suffering as evidence about that

Calvino Rabeni: Sense of being a flawed entity

Calvino Rabeni: as stim would say , adding on to it?

Calvino Rabeni: Secondary suffering

Calvino Rabeni: that is, suffering *about* suffering?

Dao Yheng: Was going to say, it was nice to be on the lookout for goodness instead of badness, but yes, what you're describing came up for me too, Calvino

Calvino Rabeni: It did, and I felt somehow had to "reach through" it

Eliza Madrigal: yes funny.... that's what I noticed thinking about the topic... how much add-on there is generally...nods

Dao Yheng: I like the stories about the Buddha's enemy to help with that

Calvino Rabeni: couldn't just assume / "define" myself as "good"

Calvino Rabeni: Definitions didn't seem enough

Calvino Rabeni: Jedi mind tricks

Xeno Octavia: intellectual BS

Eliza Madrigal: Ty everyone, for sure definitions don't seem enough... but might there be ways of using words to taste something...

Gaya Ethaniel: Defining oneself ... that's kind of an addon?

Calvino Rabeni: But, I could feel "under" the sufering, a bliss

Gaya Ethaniel: Hello Zen :)

Zen Arado: Hi all :)

Calvino Rabeni: maybe by tuning into it with attention

Heloise Toussaint: Hi

Xeno Octavia: hi zen

Calvino Rabeni: seeing goodness .. as a quality of attention perhaps

Dao Yheng: Hi zen, heloise

Xeno Octavia: 'it' Cal /

Yakuzza Lethecus: hey zen

Eliza Madrigal: I appreciated reading in another spot, Bruce's sense of Graciousness.....

Xeno Octavia: ??

Bruce Mowbray: Hello, Zen.

Eliza Madrigal: Hi Zen :)

Calvino Rabeni: It yes ... attention creates objects no? But they don't really matter that much

Eliza Madrigal: (my lines were reversed to my reading in text)

Bruce MowbrayBruce Mowbray listens intently.

Calvino Rabeni: Or maybe they do matter

Gaya Ethaniel: It's strange for me too ... Bruce is standing on my screen.

Bruce Mowbray: ?

Calvino Rabeni: if reality likes to present as appearances, why shouldn't I take receive it that way

Gaya Ethaniel: I must be lagging ...

Bruce Mowbray: My "sense" is that attention is a "gift" from Basic Goodness, not so much the other way around.

Bruce Mowbray: although there does seem to be a "mirroring" going on there.

Calvino Rabeni: I find it a virtual cycle .. to "give" attention is to "receive" gifts, and vice versa

Bruce Mowbray: yes, agrees with Cal on that.

Eliza Madrigal: yes, as though in attention/ sustained awareness ... goodness reveals itself in everything...

Eliza Madrigal: and yes I appreciate the sense of blissfulness too...

Calvino Rabeni: Mana... bread baked fresh

Xeno Octavia: "lol" what would we do without "para entheses"

Zen Arado: I hope goodness is our basic condition but what if it isn't?

Xeno Octavia: what if it is --and we deny it?

Zen Arado: there's a lot of 'badness' around too

Calvino Rabeni: what if .. it's up to you / us how to take it

Xeno Octavia: but is it 'good' badness

Eliza Madrigal: well the word as a dualistic concept good v bad is the stumbling block there perhaps zen?

Zen Arado: no good or bad - just what is?

Calvino Rabeni: Even the singing of the birds is a wretched annoyance in a certain state of looking at it

Eliza Madrigal: yes

Zen Arado: yes

Calvino Rabeni: and a song otherwise

Xeno Octavia: i know in FL someone says i'm bad that means i is good!!

Eliza Madrigal: indeed :)

Calvino Rabeni: So if it "just is" and also, I have a choice how to take it (some time) then, doesn't Goodness mean, that I am "blessing" what is there?

Zen Arado: funny how hard it is to do without good/bad descriptions

Bruce Mowbray: ha ha! like Michael Jackson's song "I'm Bad" !

Xeno Octavia: YESSS!!

Gaya Ethaniel: heh

Eliza Madrigal: I feel that it is what we talked about weeks ago when going over the koan of resting in openness....

Bruce Mowbray: Yes, Cal, blessing and being blessed.

Calvino Rabeni: Yes :)

Dao Yheng: acknowledging the bad :)

Mitsu Ishii: a lot of what the Buddhists teach has to do with this idea of "One Taste"

Eliza Madrigal: openness that includes closedness...

Mitsu Ishii: where you try to get beyond good/bad duality

Zen Arado: yes Mitsu

Mitsu Ishii: but at the same time, they think of realization of this One Taste as something good :)

Bruce Mowbray: This reciprocal relationship of blessed and blessing occurs frequently in the Old Testament -- where the ancient Hebrews were frequently "blessing God" and being blessed by God.

Eliza Madrigal: yes

Eliza Madrigal: yes :)

Zen Arado: or cursed by God

Calvino Rabeni: At least perhaps the first step is to see one's own participation in the sacrament

Calvino Rabeni: in which each thought is a blessing or a curse\

Mitsu Ishii: one of my favorite stories from the Old Testament is the origin story, the Tree of Knowledge story. I think I might have mentioned this in WoK before

Mitsu Ishii: have I? I often forget which stories I've already talked about in any given context

Zen Arado: tell us anyway Mitsu

Xeno Octavia: what bout tree of life

Gaya Ethaniel: :)

Heloise Toussaint: yes please

Eliza Madrigal: Well, the one taste would 'be' blessing, giver and receiver as one giving in the receiving, etc...

Zen Arado: please

Eliza Madrigal: Yes, Please share Mitsu and sorry if lines of mine show in the middle due to lag

Zen Arado: yes Eliza - good point

Mitsu Ishii: so in the story, you know, God tells Adam and Eve not to eat from the Tree of Knowledge of Good and Evil

Mitsu Ishii: and of course the idea is that before they eat from this Tree, they are portrayed as not really understanding the difference between Good and Evil

Mitsu Ishii: they are "innocent"

Mitsu Ishii: but of course they end up violating the prohibition and eating from it anyway.

Mitsu Ishii: Now, the way the story is usually portrayed, they are thrown out of the Garden of Eden because, supposedly, they've violated a rule and God is angry.

Mitsu Ishii: But I think there's a different way of reading this story

Mitsu Ishii: which is that they were never thrown out of the Garden of Eden

Xeno Octavia: mmm?

Mitsu Ishii: they (and we) are still in the Garden of Eden now

Eliza Madrigal: :)

Mitsu Ishii: it is simply *because they ate from the Tree of Knowledge of Good and Evil* that they now *perceive* the world as being outside Eden

Xeno Octavia: were they thrown out for being bad before they knew of bad

Heloise Toussaint: is it like how Christians say that the kingdom of heaven is within us?

Mitsu Ishii: in other words to me this story is a myth about the introduction of dualistic consciousness

Eliza Madrigal nods @ Heloise...

Xeno Octavia: YES!!

Calvino Rabeni: I've had that "effect" - I call it the "eden effect" when it happens... where an ordinary environment is transformed and I see it differently

Mitsu Ishii: I think there's a quote from the apocryphal Gospel of Thomas

Dao Yheng: OK, but how did the tree get there?

Ishii: which says that Jesus supposedly said "The Kingdom of Heaven is all around us and men do not see it" Zen Arado: interesting interpretation

Calvino Rabeni: Yes

Eliza Madrigal: :) Dao

Gaya Ethaniel: :)

Zen Arado: Hi Yaku:)

Mitsu Ishii: but of course that Gospel was thrown out of the official Bible

Xeno Octavia: its like calling Ts aliens

Xeno Octavia: ETs that were

Yakuzza Lethecus whispers: hey zen, just brought my regular outfit back *hopefully

Mitsu Ishii: but I do like the question of whether there is a kind of slight bias towards good in the otherwise chaotic ground of Being

Mitsu Ishii: even if one adopts a sort of non-dual awareness, there does seem to be this residue of good somehow

Bruce Mowbray Bruce Mowbray feels that the Ground of Being IS Basic Goodness itself.

Zen Arado: the tree of KNOWLEDGE bit always puzzled me

Eliza Madrigal: feeling of home...

Calvino Rabeni: After any meditation, the world "appears" slightly more as the eden it is ...

Mitsu Ishii: yes, it's an odd story because: why would being more knowledgeable be bad?

Calvino Rabeni: It is "blended"

Gaya Ethaniel: For me being 'good' refers to much of what Dao reported, being inclusive ... embracing the whole etec.

Mitsu Ishii: but it is because the knowledge is of dualistic awareness

Calvino Rabeni: rather than being either / or

Xeno Octavia: basic GOOD very diff than just good

Eliza Madrigal: well, I resort to the word feeling too much... but that to me is the sense of why we would taste that ground as good....

Eliza Madrigal: home

Bruce Mowbray Bruce Mowbray agrees with Eliza about "feeling."

Mitsu Ishii: I think there's something chaotic and evil about the Ground also

Calvino Rabeni: The "pearl" idea also calls up the notion "pearls before swine" which I think is also a biblical metaphor of consciousness?

Mitsu Ishii: it's all combined. but I think, overall, despite this, there is a slight bias towards something you could call good, or supportive, or something

Calvino Rabeni: Well, for that evil chaos idea, which can be bracing, one author is Camille Paglia

Zen Arado: how so Cal?

Zen Arado: not the usual interpretation

Calvino Rabeni: The swine don't have the consciousness to appreciate the pearl

Zen Arado: ah ok

Xeno Octavia: is there evil?? sounds diabolic!

Calvino Rabeni: The current cultural interpretation of "Nature" as a place of unspoilt goodness is a recent cultural perspective

Bruce Mowbray: in the parable, the man who found the "pearl of great price" spent everything he had to buy the land where the pearl was. . .

Xeno Octavia: peaqrsl have less consciousness

Calvino Rabeni: Although no doubt available at any time in history

Zen Arado: 'nature red in tooth and claw'

Xeno Octavia: yes zen --but sed by an id-iot

Bruce Mowbray: corresction -- he bought the pearl itself, not the land: Matt 13:45,46 "Again, the Kingdom

of Heaven is like a man who is a merchant seeking fine pearls, who having found one pearl of great price, he went and sold all that he had, and bought it."

Zen Arado: can't remembner who said that

Eliza Madrigal: hmph. strange sl shenanigans again... now Bruce is standing for me too, and might someone send me a note so that I can patch the log when I post? :) TY

Eliza Madrigal: Bruce, the treasure parable, he bought the field...

Bruce Mowbray: mmmm. . . I am sitting - to me. . . but perhaps all is relative.

Xeno Octavia: i cant either a dumb western philo soph

Eliza Madrigal: In the treasure parable, he hid the treasure away and then for joy went to sell everything....

Gaya Ethaniel: I will post it np Eliza.

Bruce Mowbray: OK -- Yes, he bought the field in ove version and the pearl in another version.

Eliza Madrigal: WB Dao :)

Bruce Mowbray: one*

Eliza Madrigal: Thank you Gaya :) ((()))

Gaya Ethaniel: :)

Xeno Octavia: dualist purchase

Zen Arado: what does that parable mean

Zen Arado: ?

Bruce Mowbray: Matthew 13:44 The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

Zen Arado: he found salvation?

Xeno Octavia: yes but why? seems stupid to me!

Eliza Madrigal: :) yes.... for me both/all of these stories point to allowing buddha nature to shine ...

Zen Arado: why did he need to buy the field?

Eliza Madrigal: yes, even the jesus story ... :)

Calvino Rabeni: The biblical verse is taken to be about proseletizing, but could easily be about sangha instead - how to find people who can "see" the pearl. (matthew 7:6) In that sense it is about the collective

Gaya Ethaniel: I think 'selling all he had' is an important part too ...

Eliza MadrigalEliza Madrigal nods

Xeno Octavia: jnesus nev gott thatr far Eli

Zen Arado: Christian koans

Calvino Rabeni: The "body of christ"

Eliza Madrigal: that to me is the core of all these stories... a kind of zeroing in...

Calvino Rabeni: Agree ELiza

Zen Arado: yes

Calvino Rabeni: many roads to buddha nature

Eliza Madrigal: the point is that the preciousness is recognized and valued...

Bruce Mowbray: yes.

Calvino Rabeni: yes

Zen Arado: what if you give up ideas of good and bad?

Calvino Rabeni: it is an "act"

Bruce Mowbray: a symbolic act.

Zen Arado: just rest in what is?

Eliza Madrigal: even the 'preciousness of human birth' appreciated... the time given, etc

Gaya Ethaniel: I think we are talking about good not good & bad ... maybe I got lost >.<

Calvino Rabeni: That would be greate, zen, if it didn't mean losing all discernment and sensitivity

Eliza Madrigal: one's life

Eliza Madrigal: hehe Gaya

Zen Arado: but we discriminate too much

Dao Yheng: giving up on good and bad also means being willing to rest in good and bad

Xeno Octavia: the REAL GOOD includes all bads

Eliza Madrigal: Well I may have gotten happily lost when I was booted :)

Bruce Mowbray: "A person must lose his life to save it. . . " ---

Calvino Rabeni: Maybe we don't discriminate ENOUGH ...

Dao Yheng: we just love being bad, gaya :)

Calvino Rabeni: that is, we take in all kinds of "evil" influences

Calvino Rabeni: and don't transform or see through them

Eliza Madrigal: hahaha

Gaya Ethaniel: lol

Zen Arado: 'The great way is easy so long as we don't pick and choose'

Xeno Octavia: so Dao then its good

Eliza Madrigal: if you're going to be bad, be good at it

Calvino Rabeni: what is purification and sacrifice?

Bruce Mowbray: Even though I have been wicked at times, Being brings Goodness back to me.

Xeno Octavia: lol Eliza --u quoting my paratar

Bruce Mowbray: graciousness.

Calvino Rabeni: grace

Eliza Madrigal: acceptance, humility perhaps? yes... allowing graciousness...

Bruce Mowbray: After the most bitter and damaging winter, spring comes.

Xeno Octavia: with floods

Calvino Rabeni: even an old tree can put out a fresh new sprout

Zen Arado: zen koans are a lot about giving up dualities likw good/bad, right /wrong, true false etc ...even birth/death

Bruce Mowbray thinks of himself as an old tree putting out new sprouts.

Bruce Mowbray: ha! love that image.

Calvino Rabeni: We're not going to be turned back into unspoiled innocents

Calvino Rabeni: I love that image too

Bruce Mowbray: ;-)

Calvino Rabeni: We're old trees with scars, twists, character

Zen Arado: 'become as a little child'

Xeno Octavia: my main teacher says the most important practice is to throw every thing away

Zen Arado: like Krishnamurti

Calvino Rabeni: The innocent child is an archetype

Zen Arado: beginner's mind - fresh and innocent

Calvino Rabeni: Why is it that teachers go around saying = listen, this is the ONE MOST IMPORTANT THING ... the magic bullet

Zen Arado: but 'be wise as serpents and innocent as doves'

Calvino Rabeni: just learn this one, and you'll have it made in the shade

Calvino Rabeni: you'lll be back in the garden ...if you can only do just this ONE IMPORTANT THNG

Zen Arado: becaus people like that Cal :)

Calvino Rabeni: Yes, but does it serve them?

Heloise Toussaint: yes, people like the quick fix

Gaya Ethaniel: Well just something that came up after you all wrote poems on seasons and what not :P

Zen Arado: no - don't think so

Xeno Octavia: u do distort Cal

Calvino Rabeni: I don't either

Xeno Octavia: yes u do --my child says

Zen Arado: ha - you just need to be born again !

Eliza Madrigal: well it can also be true that we can make things 'harder'... back to the idea of adding on...

Eliza Madrigal: sometimes things *can* be really really as simple as 'just look, just see'

Bruce Mowbray: "salvation" = healing = being made whole again. . . Maybe a "quick fix" - maybe not.

Zen Arado: maybe it is simple though

Mitsu Ishii: sorry had to step away for a bit

Zen Arado: our minds love complications

Gaya Ethaniel: Yes Eliza ... the ordinary midn is funny ... it does what it thinks is the best but often it's the opposite of what one should be doing ...

Mitsu Ishii: I think teachers talk about the "most important thing" because in some sense all of the most important things are corollaries of each other

Gaya Ethaniel: or not doing ... whichever

Calvino Rabeni: Our minds love the *idea* of simplicity too :)

Eliza Madrigal: :))

Calvino Rabeni: whether or not it is actual

Xeno Octavia: yhes mitsu

Gaya Ethaniel: In the routine and habit sense perhaps Calvino ...

Gaya Ethaniel: What is this 'most important thing' idea?

Mitsu Ishii: i.e. "Beginner's Mind" vs "relax" vs "samsara = nirvana" vs "form is emptiness" vs "no-self" vs "one taste" etc.

Zen Arado: doesn't know what he thinks :)

Zen Arado: except should stop thinking maybe

Eliza Madrigal: indeed Mitsu... this is what I found this week... approaching goodness, I found pearl, approaching pearl, i found nature, approaching... etc etc... and in some sense, it IS enough. Any of these are enough

Mitsu Ishii: you can get to the other ones from any of those starting points

Eliza Madrigal: nothing more needed

Gaya Ethaniel: Sounds nice :)

Zen Arado: non duality teaching is like this

Xeno Octavia: Basic Gooinfinite progress

Eliza Madrigal: any thing, in some sense...

Zen Arado: we are here already but keep searching out there

Calvino Rabeni: Isn't the "urge" or desire though, to be "delivered" then once and for all ... but, is that regressive? Maybe it takes constant participation

Bruce Mowbray: "perfect" = whole. "Be ye therefore perfect. . . " (Gospel of John)

Mitsu Ishii: it's still curious WHY reality has a slight good bias. I asked Stim about this once but I'm not sure he really answered

Eliza Madrigal: Oh, would love to know Stim's answer...

Zen Arado: like thw story of the beggar sitting on a box of treasure he doesn't know about

Gaya Ethaniel: Actually I don't want the answer :P

Mitsu Ishii: why is it "Basic Goodness" and not "Basic Badness" or "Basic Neutrality":

Eliza Madrigal: yes :) pillow full of diamonds

Eliza Madrigal: hahah

Calvino Rabeni: One answer Mitsu, for that bias is the anthropic principle

Gaya Ethaniel: Especially Steven's, may make my view biased :P

Bruce Mowbray: Bruce Mowbray likes Cal/s sense of constant progression. . . not once-and-for-all.

Eliza Madrigal: Zen, would you like to formulate our homework for next week? :)

Calvino Rabeni: you've heard of that?

Mitsu Ishii: yeah, I've thought that Calvino

Xeno Octavia: because beyond good/bad

Mitsu Ishii: it may be related to anthropic principle

Calvino Rabeni: We are... evolved by that goodness itself .. made for each other

Zen Arado: oh - ok I'll think of something

Eliza Madrigal: Thank you! :)

Dao Yheng: looking forward to it, Zen!

Zen Arado: feels pressure

Gaya Ethaniel: Anyway I'm not sure if reality is biased to good slightly as you put it Mitsu ... interesting though.

Gaya Ethaniel: Thanks Zen!

Calvino Rabeni: I liked Eliza's choice of topics

Dao Yheng: (make it a good homework, not a bad one zen!)

Calvino Rabeni: :)

Gaya Ethaniel: rofl

Calvino Rabeni: How about something feminine?

Mitsu Ishii: Yes, well Stim agreed that it is. there is something slightly supportive, etc., about the Ground.

Bruce Mowbray: a basically good homework, anyway.

Eliza Madrigal: Eliza Madrigal grins

Mitsu Ishii: but he didn't really explain why

Xeno Octavia: good is bad make it GOOD

Zen Arado: a neutral homework

Dao Yheng: :))

Mitsu Ishii: I suppose along the lines of anthropic principle, if it were otherwise life would probably not exist

Gaya Ethaniel: hm ... yes I see what you mean Mitsu.

Calvino Rabeni: national "try to be neutral" day :)

Calvino Rabeni: agree Mitsu

Gaya Ethaniel: In a sense optimistic :)

Calvino Rabeni: but it might explain the "slight bias"

Gaya Ethaniel: Reality is optimistic :P

Calvino Rabeni: in that we *need* chaos to be alive

Eliza Madrigal: that was my sense of home ... resonance...

Xeno Octavia: to exist Cal

Calvino Rabeni: Chaos is where the opportunities and free energy exist

Eliza Madrigal: and also one reason why it would be ultimately supportive... if it is everything including what we are in a larger sense...

Eliza Madrigal: our 'true context'

Xeno Octavia: without thw Infinite Chaos --we wouldnt beCalvino Rabeni: If not for chaos, then some life form would already "own" each source of energy

Gaya Ethaniel: I remember reading about the chaos theory in 90s, how it hows underlying principles though appears chaotic ...

Calvino Rabeni: like, evolution and sex are a bargain that has death as a price

Mitsu Ishii: yes, quite right

Eliza Madrigal looks at her desk

Calvino Rabeni: which is a concept from biology, not metaphysics

Mitsu Ishii: well many questions people try to make metaphysical might in fact be better answered in another way

Calvino Rabeni: I'll go along with that

Calvino Rabeni: BTW, will this Cafe location go POOF before our next meeting?

Gaya Ethaniel: I will let you know ... and send new landmark.

Xeno Octavia: ??

Heloise Toussaint: What's happening to the cafe?

Calvino Rabeni: Thanks Gaya

Eliza Madrigal: but yes good to notify everyone

Gaya Ethaniel: We are moving the cafe location Xeno, nearby.

Eliza Madrigal: I suppose we will find out :)

Calvino Rabeni: This is going to be relocated soon

Mitsu Ishii: so what is the new topic?

Calvino Rabeni: so the landmarks will need to change

Heloise Toussaint: Ah ok

Gaya Ethaniel: I will pass it on in this group notice as well as in Kira Cafe group notice.

Zen Arado: how about 'mindfulness' practice?

Gaya Ethaniel: Please feel free to suggest in the homework writing Zen :)

Zen Arado: since I am reading a book on that atm

Calvino Rabeni: another word for "life" Zen ?

Xeno Octavia: how bout happy /unhappy

Gaya Ethaniel: If unsure you can always email the group Zen and we can discuss more.

Eliza Madrigal: sure... you can formulate something along those lines... with pointers for us all?

Calvino Rabeni: How about the "Dreaded Question" == "How Are You?"

Zen Arado: yes ok

Zen Arado: :)

Mitsu Ishii: some sort of mindfulness topic then

Gaya Ethaniel: Thanks again Zen.

Gaya Ethaniel: Good day/night everyone :)

Xeno Octavia: i answer that "i think so!" Cal

Eliza Madrigal: Great!

Eliza Madrigal: Thank you everyone, and thanks gaya for posting!

Bruce Mowbray: Thanks, everyone. I need to fetch supper now.

Zen Arado: thanks everyone

Xeno Octavia: been quite Kool alll TY TY !!

Eliza Madrigal: this will be one to go back and read I think... hehe

Heloise Toussaint: Ciao, bye everyone, thank you

Dao Yheng: me too -- thanks all!

Eliza Madrigal: yes... me too... starving children :)

Zen Arado: poor things :)

Mitsu Ishii: bye

Xeno Octavia: i better goes eqats too :))

Eliza Madrigal: yes... deprived,...

Eliza Madrigal: :)

Gaya Ethaniel: :)

Zen Arado: ust skin and bone...

Eliza Madrigal: Bye everyone

Zen Arado: :)

Eliza Madrigal: heheh