



Zen Arado: Hi Gaya, Alfred  
Xeno Octavia: hi Alf  
Alfred Kelberry: hi :)  
Alfred Kelberry: is it... a dream workshop?  
Alfred Kelberry: all pabers are here :)  
Eliza Madrigal: This is Ways of Knowing Alfred :)  
Alfred Kelberry: oh, sorry  
Eliza Madrigal: <http://ways-of-knowing.wik.is/>  
Zen Arado: Hi Yaku:)   
Eliza Madrigal: But please stay if you like :))  
Xeno Octavia: hi Yaku  
Eliza Madrigal: Hi Ya  
Eliza Madrigal: the guys are all looking dapper today...  
Gaya Ethaniel: :)  
Eliza Madrigal: :)  
Zen Arado: thanks:)   
Alfred Kelberry: eliza looks... leggy today :)  
Xeno Octavia: i gots new outfit --tho not Peruvu or Incan  
Zen Arado: dapper hmmm....  
Eliza Madrigal: completely intentional Alf :)  
Alfred Kelberry: :)  
Dao Yheng: legs for going the extra mile?  
Eliza Madrigal: Its a great outfit, Xeno  
Eliza Madrigal: YES Dao, or for standing where I am a loooooonng time  
Eliza Madrigal: or taking long steps at least :)  
Zen Arado: dapper makes me think of old movie actors with haircream  
Eliza Madrigal: hahah  
Zen Arado: Fred Astaire  
Eliza Madrigal: my first crush  
Eliza Madrigal: :)  
Gaya Ethaniel: :)  
Zen Arado: you can be Ginger Rogers Eliza  
Xeno Octavia: i hosting book group at 5 on the Incas : )  
Eliza Madrigal: ah yes always wanted to be :)  
Eliza Madrigal: How interesting Xeno  
Alfred Kelberry: ok, i can be (al)fred astaire then :)  
Xeno Octavia: yes a fun tho big book  
Eliza Madrigal: we'll have that dance :)  
Dao Yheng: what is your interest in the Incas, Xeno? (or does that cross into the wrong workshop :)  
Zen Arado: let's face the music and dance  
Eliza Madrigal: :)  
Eliza Madrigal: there may be trouble ahead... but while there's music and moonlight and love and romance... let's face the music, and dance...  
Eliza Madrigal: /me sits on her hands  
Zen Arado: :)

Gaya Ethaniel: heheheh

Xeno Octavia: no was recommended by a polar bear in our group we pick new book each month tho extended tis month as regular host on vacation

Dao Yheng: :)

Eliza Madrigal: /me loves SL for those kinds of phrases

Zen Arado: dancing...I want my arms around you....

Xeno Octavia: lololol Eli

Zen Arado: getting carried away to the 30's

Dao Yheng: (btw, interesting conversation on goals we're having!)

Gaya Ethaniel: :)

Eliza Madrigal: yes, noticed that...

Eliza Madrigal: haha

Eliza Madrigal: I loved your report Dao, thank you, and Zen too...

Zen Arado: what is the goal of this session?

Gaya Ethaniel: Sorry I didn't have much time last week to write a report ...

Dao Yheng: I really enjoyed yours as well, Eliza!

Eliza Madrigal: Both reports influenced mine, thank you

Dao Yheng: goal of this session is to dance, I suppose!

Zen Arado: was looking for reports but only saw Dao's

Zen Arado: :)

Xeno Octavia: kool i got new dance hud --break dance

Zen Arado: non - it has to be ballroom now :)

Xeno Octavia: oh have any of u seen the LXD on hulu is great

Zen Arado: LXD?

Eliza Madrigal: the goal-less conversation and the hope-less conversation, and 'relating with the whole situation' seem to come together pretty nicely for me this week

Xeno Octavia: Leage of extraordinary Dancers

Eliza Madrigal: a sense of falling through and staying put at once

Dao Yheng: and I especially enjoyed your consideration of time

Zen Arado: it's so hard to be aimless

Eliza Madrigal: hard to separate goals and time

Eliza Madrigal: :) Thank you

Gaya Ethaniel: Probably it's to do with having something to measure against ...

Eliza Madrigal: /me nods

Zen Arado: true Gaya

Xeno Octavia: i fairly aimless --hopeless helps!

Zen Arado: you can't have a goal unless you know whetehr or not you are gettin gto it

Eliza Madrigal: I love the way you end your report especially Dao... empty aims, empty transformations... empty goals

Calvino Rabeni: Everything you see is seen by you and therefore imbued with your intentionality

Zen Arado: A goal is intentionality focussed?

Xeno Octavia: then it gets in ur way

Eliza Madrigal: can you have empty intentionality?

Xeno Octavia: just wandere

Calvino Rabeni: I don't think so

Xeno Octavia: ??

Gaya Ethaniel: It can certainly be less self-centered.

Eliza Madrigal: we did 'aimless wandering' practice at Windhorse... and it was actually beautiful... it didn't have an aim, but lots happened there, in that place

Calvino Rabeni: what do you think Eliza

Eliza Madrigal: in that place of the forest I mean, \*in\* the practice

Calvino Rabeni: Less self-centered - usually that means - look around, but then one sees self there also

Gaya Ethaniel: mhm

Eliza Madrigal: but the practice was framed, so is that a goal? seems an intention...

Zen Arado: a goal of aimlessness

Eliza Madrigal: :)

Zen Arado: a goal of not being self centred

Calvino Rabeni: impossible, Zen

Xeno Octavia: which 'self'

Eliza Madrigal: like coming here, it is a regular practice... is it a goal?

Zen Arado: hard to get away from goal seeking behaviour I think

Calvino Rabeni: to "be here now" is to be self-centered

Eliza Madrigal: not sure...

Calvino Rabeni: being is perspectival

Xeno Octavia: how bout 'been there then'

Eliza Madrigal: it isnt looking >in< on self...

Eliza Madrigal: as though excluding something 'else'

Calvino Rabeni: right but even looking out, is to see one's own seeing

Dao Yheng: we usually think of goals as part of the "action performed by a self" paradigm

Eliza Madrigal: /me nods

Calvino Rabeni: so the idea might be to act from the true self, not the self-concept?

Dao Yheng: but maybe there's a sense of directedness that comes from an expanded sense of self

Eliza Madrigal: :)

Zen Arado: 'doing' needs a self to do the doing

Calvino Rabeni: yes Dao that works I believe

Zen Arado: or is there just doing?

Calvino Rabeni: Only by convention, Zen

Zen Arado: doing is done

Xeno Octavia: ego self diff than authentic SELF

Eliza Madrigal: 'when the dharma body wakes there is nothing at all'

Eliza Madrigal: \*wakens

Xeno Octavia: being need b before doing

Zen Arado: it's in how we think about it isn't it?

Xeno Octavia: stop thinkeeing

Zen Arado: does the Tue self do anything?

Zen Arado: but just 'be'?

Eliza Madrigal: Hi Mitsu

Xeno Octavia: everything --at once

Xeno Octavia: hi Mits

Gaya Ethaniel: yay Mitsu is here to get me into the line :P

Zen Arado: Hi Mitsu

Mitsu Ishii: hi, sorry to be late!

Yakuzza Lethecus: hi mitsu :)

Calvino Rabeni: The true self has activity, and it doesn't matter whether it's called doing or not doing

Eliza Madrigal: Avalokitesvara looks pretty busy

Gaya Ethaniel: :)

Dao Yheng: Mits is here to sit on yaku :)

Gaya Ethaniel: lol

Eliza Madrigal: hehehe

Zen Arado: listening to all cries of the world

Calvino Rabeni: But I'd guess, we experience the activities of true self as not doing, since we don't identify with them as an agent

Xeno Octavia: ur right omn time --u werent here before u came --cyber physically at leasdt

Eliza Madrigal: interesting idea Cal

Eliza Madrigal: /me listens

Mitsu Ishii: how did I sit on Yaku?

Eliza Madrigal: :)

Zen Arado: Zen listens too

Gaya Ethaniel: me three ...

Xeno Octavia: it experienc eus whether we experience it or not

Zen Arado: is listening a doing?

Mitsu Ishii: okay somehow I sat on Yaku

Eliza Madrigal: certainly an intention...

Xeno Octavia: was it a doing or a happning

Zen Arado: just being receptive?

Xeno Octavia: yes

Zen Arado: being aware and open?

Calvino Rabeni: whose listening Zen?

Zen Arado: sorry :)

Zen Arado: I was supposed to be ...but there is no 'I'

Zen Arado: you could describe it as a state

Dao Yheng: listening is a doing in so far as it involves time, a sense of self, etc

Zen Arado: the mind deciphering the audio input is a doing

Eliza Madrigal: so it creates a conditioning...

Eliza Madrigal: but is there a listening/receptivity that isn't a doing.. also at that wider level?

Dao Yheng: I think so -- but then there isn't any sense of separation at all

Zen Arado: if there was only hearing that would be True self

Dao Yheng: no distance to cover

Eliza Madrigal: so doing implies distance to get through

Xeno Octavia: if mind just being isnt it listening --without really doing --mmm gess not

Zen Arado: it's waht Pema said about appearances?

Zen Arado: if we add existence to that then that is doing?

Eliza Madrigal: appreciation used to strike as a doing, interesting zen

Calvino Rabeni: What if, what makes us truly human, is the "false" self - the conceptual self?

Zen Arado: appreciation takes a little generation

Xeno Octavia: yes definitely conceptual is constructed

Dao Yheng: ooh, good one, Calvin!

Calvino Rabeni: Perhaps the "false" self is icing on the cake

Gaya Ethaniel: :)

Eliza Madrigal: :)

Zen Arado: yes but what is 'truly human'?

Xeno Octavia: chocolate i hopes

Eliza Madrigal: yes, zen read my mind...

Mitsu Ishii: To me, the "false" self is a kind of constriction of the full self

Mitsu Ishii: It's a narrowed down, smaller thing

Xeno Octavia: yes truly human MUST be false

Calvino Rabeni: Without those "false selves" would we be sitting here in conversation, enjoying the selves that don't exist?

Xeno Octavia: genuine but not authentic

Eliza Madrigal: /me giggles

Eliza Madrigal: well they aren't false in their context

Mitsu Ishii: It's a common misconception that the so-called false self or small self is why we do things

Calvino Rabeni: I agree with that

Mitsu Ishii: i.e., that you "use" the self to talk, do actions and so forth

Zen Arado: listens

Calvino Rabeni: Agree also

Zen Arado: I think :)

Eliza Madrigal: hehe

Mitsu Ishii: but you can talk, make love, do your taxes, fight, jump. run, all without really referencing the small self particularly

Calvino Rabeni: But my false self is too lazy to try to say why I agree :)

Xeno Octavia: i left me small self 'home'

Mitsu Ishii: Stim/Steven likes to talk about how it is possible to do all those things without "doing" them in the ham-handed way we usually do

Gaya Ethaniel: What's ham-handed way?

Xeno Octavia: unkosher

Calvino Rabeni: So maybe we're a bit more skillful and nuanced or whatever ...

Mitsu Ishii: ham-handed as in really convoluted and indirect, and uncomfortable

Calvino Rabeni: that might be a good thing eh?

Eliza Madrigal: I suppose that is why he seems most interested in those moments where spontaneous action arises in a situation?

Gaya Ethaniel: ah ... ok

Xeno Octavia: ham handed can be demo shape

Mitsu Ishii: like, if you decided that instead of walking normally you had to wear this really tight armor that was all rusty and then you couldn't walk but had to hop on one leg while punching yourself in the face

Zen Arado: spontaneous make me think of animal behaviour - instinctual

Eliza Madrigal: hahahahhaa

Mitsu Ishii: that's a good analogy... :)

Dao Yheng: :))))

Eliza Madrigal: /me loves that and puts it in her pocket

Xeno Octavia: but not of spontaneity  
 Gaya Ethaniel: :)  
 Eliza Madrigal: yes, I guess spontaneous is one of those words...  
 Calvin Rabeni: What's spontaneity, but appropriate action ?  
 Eliza Madrigal: but for me it is those 'instants'  
 Xeno Octavia: it includes inapprop  
 Zen Arado: so our 'too much thinking' handicaps us that way?  
 Calvin Rabeni: Can it be acquired, by following the steps of the Eightfold Path to Complete Spontaneity?  
 Eliza Madrigal: which doesn't mean it is always something that happens quickly, but that yes there is a harmony and a not-doing that 'shows up' a wider intelligence  
 Xeno Octavia: intellect is a major handicap  
 Calvin Rabeni: Or is it just disconnected thinking that ends up being hamfisted?  
 Zen Arado: like a sport player being in the zone - no thinking  
 Eliza Madrigal: yes!  
 Xeno Octavia: thinking is a tool of the devil : 0  
 Zen Arado: just spontaneous action  
 Eliza Madrigal: I saw Dwane Wade play basketball last year and it was not possible that he was a human  
 Calvin Rabeni: We'd be better off as animals eh?  
 Calvin Rabeni: Having evolved the cortex was a big mistake?  
 Zen Arado: a thought that struck me Cal  
 Calvin Rabeni: Maybe we can get it removed somehow or inhibit it with drugs  
 Dao Yheng: :))))  
 Zen Arado: all have lobotomies  
 Eliza Madrigal: he was completely skilled, that took great discipline and intelligence, but it didn't put him over....  
 Calvin Rabeni: Or hope for a stroke  
 Calvin Rabeni: Or fast in the desert for 21 days  
 Zen Arado: take LSD?  
 Eliza Madrigal: this is sort of my 'beyond' point from my report... it wouldn't be beyond, if there wasn't something there... so not 'no intelligence' or 'no knowledge'  
 Eliza Madrigal: =P~  
 Calvin Rabeni: Remember those fads of hyperventilating to produce a "spiritual" state?  
 Zen Arado: or Sufi dancing?  
 Xeno Octavia: or LXD  
 Zen Arado: :)  
 Mitsu Ishii: well it's that we need Zen and things like this to deal with the fact that we have language and thoughts about time and history and so forth  
 Zen Arado: or sweat boxes of native americans  
 Mitsu Ishii: but it's possible to integrate all that  
 Gaya Ethaniel: /me wonders about Zen >.<  
 Eliza Madrigal: :)  
 Calvin Rabeni: That's an excellent working hypothesis Mitsu  
 Mitsu Ishii: so one can keep language and so on and yet not turn it into this big problem  
 Zen Arado: so does Zen :)  
 Calvin Rabeni: yes

Zen Arado: it's about relative and absolute isn't it?

Xeno Octavia: use feeling heart language instead of intellectual mind language

Zen Arado: we need everyday thinking to get through the day

Eliza Madrigal: and both and neither

Calvino Rabeni: So whenever someone is focused on the supposed problems of language, it might be better just to practice integration instead, and stop thinking about thinking?

Zen Arado: but we allow the mind to dominate too much

Xeno Octavia: so u feel animals think---they get thru day : )

Mitsu Ishii: well I think it's worth being aware of the traps of language

Calvino Rabeni: Aware enough to choose practices

Mitsu Ishii: like Wittgenstein said "language is an immense network of easily accessible wrong turnings"

Calvino Rabeni: but being aware doesn't mean just thinking there's a problem

Xeno Octavia: language not have traps --it is trap

Zen Arado: just adopt the labels and concepts for their usefulness

Calvino Rabeni: But Wittgenstein seemed to get stuck right at that point, didn't he?

Mitsu Ishii: yes, it means specifically being aware. but yeah I also agree that presence/practice is the main way of ameliorating

Zen Arado: but not get caught by them into thinking they are real

Calvino Rabeni: What would they be instead of real?

Mitsu Ishii: well Wittgenstein didn't have access to practices, but aside from that I think he at least saw the wrong turnings, or most of them

Zen Arado: and maybe adopt new metaphors as Pema says

Calvino Rabeni: But it didn't do any good, ultimately

Calvino Rabeni: And the new metaphors are just new traps, unless something else is different

Mitsu Ishii: it would have done more good if more philosophers understood what he was talking about :)

Zen Arado: just want they are - useful concepts Cal

Calvino Rabeni: It's not about a "metaphor improvement" program

Xeno Octavia: need a new species

Eliza Madrigal: well, people pretending they don't know what the other person 'means' is more the issue sometimes...

Zen Arado: more about being suspicious of the ones we take for granted maybe

Calvino Rabeni: Nice, Eliza

Mitsu Ishii: well like I was saying last week, I think having some intellectual understanding can help because it can allow you to align your rational thought with your practice

Calvino Rabeni: So true

Mitsu Ishii: instead of seeing it as two different, alienated worlds

Xeno Octavia: ar5e those Lakeoff metaphors

Calvino Rabeni: Yes

Zen Arado: yes

Xeno Octavia: assured communicates much better than assumed

Eliza Madrigal: Well, I get hung up on themes, but for me that speaks to relating to totality as well

Eliza Madrigal: listening from a wider place

Xeno Octavia: need clear understanding of memes /memetics

Eliza Madrigal: and an ability to sustain non-judgement with curiosity

Zen Arado: we cling to familiar cosy symbols

Calvino Rabeni: Symbols are how we operate  
Mitsu Ishii: So do we have a theme for next week?  
Dao Yheng: non-judgement -- a tricky one  
Xeno Octavia: coosy --easy-- empty [but not emptiness]  
Eliza Madrigal: my son likes symbols because he said 'they are fine on their own' don't have to be put together with anything else... haha  
Calvino Rabeni: Ah, no time to discuss symbols then  
Mitsu Ishii: haha  
Gaya Ethaniel: :)  
Mitsu Ishii: how old is he?  
Eliza Madrigal: 11 :)  
Mitsu Ishii: cool!  
Gaya Ethaniel: J is very insightful :)  
Zen Arado: yep:)  
Calvino Rabeni: yes, they have some independence don't they  
Eliza Madrigal: she is too... she is the one who told me I was becoming mischevious due to meditating (j)  
Gaya Ethaniel: :)  
Dao Yheng: :)  
Mitsu Ishii: my little cousin once said, when she was playing in a canyon at age 4 or something  
Xeno Octavia: to bad yonguns to old ta come ta SL  
Eliza Madrigal: neat kids.. a little odd, not sure how they got that way  
Mitsu Ishii: when her mom complained that she was throwing rocks back into the river  
Dao Yheng: (Calvino, are you ready for us next week?)  
Gaya Ethaniel: /me looks over to the mum ... :P  
Mitsu Ishii: her mom said, "Just leave it to natural process!"  
Mitsu Ishii: and my little cousin said, "But I am part of natural process!"  
Eliza Madrigal: Ooooooh!  
Gaya Ethaniel: :)  
Xeno Octavia: smart kid  
Eliza Madrigal: /me guffaws @ Gaya  
Xeno Octavia: whast isnt natural??  
Eliza Madrigal: they get it... cut right through  
Eliza Madrigal: /me smiles at Xeno  
Zen Arado: Hi Dianket  
Gaya Ethaniel: Cal was going to pick a topic from his list?  
Xeno Octavia: hi Dia  
Eliza Madrigal: Dianket, Hello :)  
Gaya Ethaniel: Or is that for later?  
Calvino Rabeni: @Dao, OK  
Calvino Rabeni: I'll put it together for next week  
Gaya Ethaniel: Great, looking forward to it, what's the homework then Cal?  
Zen Arado: we were talking about goals and non-attaining but we didn't get anywhere :)  
Dianket Wobbit: hello  
Xeno Octavia: so that reached our goal : )  
Zen Arado: yep :)



Mitsu Ishii: okay Calvin can you email us with which topic you want to choose?

Mitsu Ishii: before next week :)

Calvino Rabeni: TY I'll email it :)

Eliza Madrigal: (Dianket gave me the recommendation to read Zen Mind Beginners Mind hm...1.5 yrs or so ago now. Meant to say thanks. Hah :))

Calvino Rabeni: Yes

Mitsu Ishii: ZMBM is a classic!

Eliza Madrigal: Thanks everyone :))

Mitsu Ishii: bye all, great to see everyone

Zen Arado: thanks to you too :)

Dianket Wobbit: uw Eliza soo happy it was of calue

Eliza Madrigal: yes indeed, a favorite

Gaya Ethaniel: Thanks everyone :)

Dao Yheng: a pleasure, as always!

Eliza Madrigal: /me peels herself away from the computer

Mitsu Ishii: Trungpa loved it too and used to assign it as a text for his students

Mitsu Ishii: bye

Dao Yheng: (let's put ZMBM on our list sometime!)

Eliza Madrigal: :)

Gaya Ethaniel: Anyone needs invite to Google group?

Eliza Madrigal: Yes, great idea

Gaya Ethaniel: Please IM me your email address.

Xeno Octavia: nite all --thio if any want try book meet it on events/discuss at 5slt

Zen Arado: nite everyone

Zen Arado: and thanks

Calvino Rabeni: Gaya, I might need that invite

Xeno Octavia: i prolly do i not in googoo grup

Gaya Ethaniel: Sure will do :)

Gaya Ethaniel: Zen, I sent an invite did you get it?

Dao Yheng: bye all!

Eliza Madrigal: Xeno, sounds so nice but hard to make two meetings in a row... maybe when life slows down a tad :)

Zen Arado: to what Gaya?

Gaya Ethaniel: WoK Google email group

Eliza Madrigal: Thanks for the invite though

Gaya Ethaniel: I will send again

Eliza Madrigal: Bye all :) See you Sunday maybe

Zen Arado: ok

Eliza Madrigal: :::waves::::