

Sunshine Vayandar: listening?

Avy Runner: yes

Sunshine Vayandar: listening can be tricky

Avy Runner: ah yes, of course

Calvino Rabeni: I lost track - where is that retreat?

Sunshine Vayandar: ;)

Avy Runner: talking too :)

Calvino Rabeni: Hello, Dao and Mitsu

Mickorod Renard: I am not sure cal

Sunshine Vayandar: ;)

Sunshine Vayandar: hi Dao

Avy Runner: hi Dao, Mitsu

Mickorod Renard: Hi Dao,,Mitsu

Dao Yheng: HI Calvino and all!

Sunshine Vayandar: New Orleans right?

Mickorod Renard: ahhh yes

Mitsu Ishii: hello

Sunshine Vayandar: Eliza told me about it

Sunshine Vayandar: hi Mitsu

Calvino Rabeni: zzzzzzzzzzzz

Calvino Rabeni: enn that is, expecting him I am :)

Dao Yheng: I'm very curious to hear how the retreat is going -- curious about what New Orleans is like these days

Avy Runner: yes

Mickorod Renard: yes that ocured to me too,,after the flood

Mickorod Renard: hurricane

Avy Runner: there still seems to be quite a mess in the ninth quarter

Zen Arado: Hi all

Avy Runner: hey Zen

Sunshine Vayandar: hi Zen ;)

Mickorod Renard: makes me wonder how they will clear up in australia too

Ataraxia Azemus: Hi guys :)

Mickorod Renard: Hi Zen

Sunshine Vayandar: hi Ataraxia

Mickorod Renard: Hi Atara

Avy Runner: yes, I wonder if that is different.....

Avy Runner: hi Ataraxia

Avy Runner: maybe less destruction

Zen Arado: Hi Ataraxia

Alfred Kelberry: *peeks into the window*

t: Alfred Kelberry: * Guckt in das Fenster *

Mickorod Renard: what was our chosen subject tonite?

Dao Yheng: :) Hi Alfred

Dao Yheng: <http://waysofknowing.kira.org/>

Avy Runner: hi Alf.....

Alfred Kelberry: *waves* hello :)
t: Alfred Kelberry: * Wellen * hallo:)
Dao Yheng: Basic Goodness
Sunshine Vayandar: hi Alt, Sam
Sunshine Vayandar: Alf ;)
Dao Yheng: http://waysofknowing.kira.org/Homework_Ideas/Basic_Goodness
Zen Arado: hi Alf
Anastasia Genesis: hallo
Mickorod Renard: Hi Ana
Avy Runner: Zen, you look as small as I am :)
Zen Arado: Hi Ana
Zen Arado: I do?
Avy Runner: hi Ana
Avy Runner(nl>>en): "hi Home"
Sunshine Vayandar: hi Ana
Anastasia Genesis: may i join you please?
Dao Yheng: sure, we're talking about <http://waysofknowing.kira.org/>
Calvino Rabeni: Yes please do Ana
Anastasia Genesis: thanks
Zen Arado: you just sink into thee seats :)
Alfred Kelberry: what's the today's topic?
o00Oo Resident: kann ich auch, bitte
Zen Arado: Hi Sam
Mitsu Ishii: http://waysofknowing.kira.org/Homework_Ideas/Basic_Goodness
Avy Runner: who's also Dutch here?
Dao Yheng: Zen, I was tickled that you and I zeroed in on the same essay by Trungpa this week
Sunshine Vayandar: I am a bit Afrikaans
Sunshine Vayandar: ;p
Avy Runner: k :)
Dao Yheng: (that's why the sunshine -- snowing here in NY)
Zen Arado: it's hard to make sense of him sometime
Sunshine Vayandar: ;))
Zen Arado: s
Alfred Kelberry: *hears "sunshine reggae" in his head*
Dao Yheng: how so, Zen? I thought you understood him quite well in your report
Sunshine Vayandar: hears it also now ;)
Zen Arado: not so sure afterwards
Alfred Kelberry: *beams the tune to sun* :)
Calvino Rabeni: What do you "get", Zen?
Sunshine Vayandar: ;)
Zen Arado: searching for report
Dao Yheng: Maybe it is the winter mindset, but I also felt drawn to the tenderness of the early morning depression
Zen Arado: ah yes the morning depression
Alfred Kelberry: dao, depression?

Zen Arado: know it well :)

Mickorod Renard: :)

Ataraxia Azemus: Early morning depression?

Zen Arado: and the way we escape from it

Zen Arado: booking hols in the sun is very common

Calvino Rabeni: Is that referring to a general mood ..?

Dao Yheng: Trungpa's essay sort of describes the dance between the soft dot and early morning depression

Mitsu Ishii: <http://www.shambhala.org/teachers/vctr/ges.html>

Zen Arado: well I get it specifically :)

Dao Yheng: :))

Mickorod Renard: I like to think of early morning as spring time

Zen Arado: should have went to New Orleans

Mitsu Ishii: "That basic human quality of suddenly opening up is the best part of human instinct. You know what to do right away, on the spot -which is fantastic. That is what we call the dot, or basic goodness and unconditional instinct. When you have an instinct of the real instinct, you don't think: you just feel, on the spot. Basic trust is knowing that there is such a thing as that spark of basic goodness. Although you might be in the worst of the worst shape, still that goodness does exist."

Dao Yheng: early morning depression is kind of a stand in for all the ways we tend to evade or push away our little dissatisfactions

Mickorod Renard: a new born day

Ataraxia Azemus: Yes, Mick; I feel that way, too :)

Mickorod Renard: it may be cos it hurts me to sleep

Zen Arado: I thought there were 'morning people' who don't get that feeling?

Zen Arado: I am more of a night owl

Dao Yheng: maybe some people get the mid-afternoon slump instead :)

Zen Arado: or feel a setting sun depression?

Ataraxia Azemus: Ah, THAT one I know :)

Calvino Rabeni: It's hard (for me personally) to understand the kind of people who hit the ground, running, first thing in the morning

Zen Arado: I wondered why he calls it that when it is the morning variety he talks about

Zen Arado: me too :)

Zen Arado: are are unbearably cheerful :)

Mickorod Renard: its autopilot for me Cal,,until I get out the shower

Zen Arado: unbearably*

Avy Runner: hi Chi

Zen Arado: hi Chi

Calvino Rabeni: My autopilot is on the "blink"

Sunshine Vayandar: hi Chi

Ataraxia Azemus: Hi Chi :)

Chi Aho: Hello everyone

Mickorod Renard: Hi Chi

Ataraxia Azemus: My autopilot takes a good half hour to get up and running...

Zen Arado: so it's great to have a nice holiday to look forward to

Zen Arado: ?

Avy Runner: oh..... let's not talk about my auto-pilot then :)

Mitsu Ishii: Well the main point of Trungpa's notion is just this idea that we surround ourselves with habitual ideas which give us a sense of defeat, doom.

Ataraxia Azemus: lol Avy

Dao Yheng: I find that sitting in the morning helps me ease into things

Mitsu Ishii: "We possess what is known as basic goodness. Then we develop an overlay of unnecessary tricks and occupations. We develop little tricks to shield ourselves from being embarrassed-or from feeling too painful or naked."

Mickorod Renard: but it would be nice to have a great holiday of a life to get up to each morning

Zen Arado: so he is saying we shouldn't use these escapist devices?

Calvino Rabeni: Yes, all these conditions ... but they're skills of coordinating too with what the world seems to require

Calvino Rabeni: playing the games we've learned and doing the steps

Calvino Rabeni: they are the dance steps of cooperation, not just escapist

Mickorod Renard: mmm a conditioning to what we think the world expects of us

Zen Arado: we give ourselves little treats to look forward to

oOoOo Resident: lids and flowers

Ataraxia Azemus: Hi Dali :)

Zen Arado: I think it is just resistance to what is

Mickorod Renard: sound like attachments

Sunshine Vayandar: hi Dali

Mickorod Renard: Hi dali

Zen Arado: hi Dali

Avy Runner: hi Dali

Mitsu Ishii: he's saying that the little tricks we use to shield ourselves from embarrassment or pain ultimately end up stifling us

Calvino Rabeni: We were talking about tension in the play as being meeting

Dao Yheng: I suppose we can turn even meditation in to an escapist device --

Calvino Rabeni: "resistance" is of that type

Mitsu Ishii: and leading to what he calls a "setting sun" mentality

Zen Arado: yes Dao

Calvino Rabeni: resistance is something that needs to claim the positive basic goodness underneath

Avy Runner: yes I think so Dao

Mitsu Ishii: the irony is, they are tricks we use to protect ourselves, but ultimately they backfire and surround us like a wall

Avy Runner: I even think a lot of meditations are done that way

Zen Arado: we need to see the resistance first though

Zen Arado: ?

Mickorod Renard: yes Mitsu,,like control

Zen Arado: yes Mitsu

Calvino Rabeni: it may be a "wall" - it's more often a "channel" where we're successful and get a lot out of it

Zen Arado: we build a nice cocoon

Calvino Rabeni: yet are not as free as we could be

Avy Runner: channel, I like that word

Dao Yheng: anything can be turned into a help or a hinderance

Calvino Rabeni: the enabling habits - the ones we don't experience as suffereing - are limits also

Mickorod Renard: I am much more free and open these days,,its much more liberating

o000o Resident: near enemies Cal?

Dao Yheng: that sounds great Mickorod

Mickorod Renard: I guess its like taking off a ton of bullet proof armour

Calvino Rabeni: Have you ever acquired a skill or a "way" ... and felt like - I'm good - damn, now I'll be stuck with this

Mitsu Ishii: if we can be more radically present and simple that means also being more naked

Sunshine Vayandar: what do u mean by enabling habits Cal?

Avy Runner: yes Cal, but can be 'used'

Mitsu Ishii: in some sense more vulnerable, more open to whatever, positive and negative

Calvino Rabeni: I mean useful habits that get good things done

Mitsu Ishii: but that leaves us also open to this fundamental basic goodness at the core of our being. that's basically what Trungpa is talking about there

Zen Arado: yes - it sounds simple Mitsu

Zen Arado: why don't we do it?

Sunshine Vayandar: kk

o000o Resident: that's where warriorship comes in

Dao Yheng: :))

Zen Arado: just staying in what is with no resistance

Anastasia Genesis: how does the warriorship come in?

Zen Arado: yes Sam

Avy Runner: warriorship yes

Mickorod Renard: resistance is futile

Mickorod Renard: :)

Dao Yheng: ha ha!

o000o Resident: the willingness to be in the ungrounded vulnerability

Avy Runner: :)

Calvino Rabeni: The squeaky wheel gets the oil attention goes to the things that don't work .. but the successful habits are limiting too, they can be "machines"

Zen Arado: well put Sam

Calvino Rabeni: and when trying to break out of the successful channel .. ackkk, :) there's the fear

o000o Resident: yes but first a gap

Zen Arado: yes - we like our habitual ways - they worked in the past

Zen Arado: for a while anyway

Zen Arado: a gap?

Mickorod Renard: and also we have attachments we accept as wanting to keep

Mickorod Renard: like kids

Mickorod Renard: and a house

Mitsu Ishii: it's hard to give up these tricks

Anastasia Genesis: like kids with toys?

Mitsu Ishii: defense mechanisms, reactions, etc.

Dao Yheng: my fav is the evils of "good meditation experiences"

Mitsu Ishii: expectations and so forth

Mickorod Renard: ?

Zen Arado: maybe it not these things but placing expectatins on them that they should make us happy?

Avy Runner: I think the thing is to become aware of the habits and use them to our own and others benefit

Calvino Rabeni: yes, Dao :)

Avy Runner: as a step 'in between' so to speak

o000o Resident: before the limitless, or the habitual take place... a gap

Zen Arado: an awareness gap?

Anastasia Genesis: i like that Avy

Calvino Rabeni: The in between is interesting because there's little identity there

Avy Runner: (right Dao :), reading back a little)

o000o Resident: yes

o000o Resident: pays to notice

Mitsu Ishii: right it's not any particular action or activity that's the problem, it's the way we do it. we do it while expecting it to turn out a certain way, or trying to pretend it can't go awry or something.

Mitsu Ishii: when it does, or we fear it does, the doom starts to close in

Zen Arado: we're doomed :)

Dao Yheng: yup, yup!

Zen Arado: sorry

Avy Runner: good to know, so whats next :)

o000o Resident: we're doomed to wake up

Mickorod Renard: mm yes,,I was always too fidgety to go fishing

Ataraxia Azemus: Being closed to openness?

Zen Arado: hope so Sam

Zen Arado: just have to allow it

o000o Resident: and give up hope

Zen Arado: and not play our usual tricks

Calvino Rabeni: How about the rhetoric of "awakening" .. what do you make of that?

Mickorod Renard: each day should be like going fishing,,maybe u catch something maybe not,,and accept it as a good day out anyway

Avy Runner: giving up hope, yes

Mickorod Renard: I dont fish though

Zen Arado: when I used to fish I had to catch something

o000o Resident: our hooks will snag things

Mitsu Ishii: there's a hilarious youtube video I found a few days ago which somehow captures this in a strange way <http://www.youtube.com/watch?v=w27vHZxxvW4>

o000o Resident: we can notice

o000o Resident: and touch and go

Zen Arado: but nicely put Mick

Mitsu Ishii: you can watch it later -- it's several minutes but worth watchng to the end :)

o000o Resident: ty mitsu

Zen Arado: thanks for link Mitsu

Zen Arado: everyone is watching it now

Mitsu Ishii: haha

Calvino Rabeni: Not me .. :)

Avy Runner: :)

Dao Yheng: :)) Mits loves this video

Calvino Rabeni: BUT if you are, I wouldn't mind a report :)

Dao Yheng: they are having an argument over a store which is closed

Zen Arado: a lot of resistance to a shop that is closed

Dao Yheng: their whole world is falling apart!

Dao Yheng: tears are flowing!

Zen Arado: why can't it be open?

Calvino Rabeni: Humor is a great thing

Avy Runner: I like it :)

Dao Yheng: ok, reconciling to the closed store now

Avy Runner: and then if finally 'opens'

Zen Arado: and when it does open they don't seem worried about going in

Dao Yheng: hee hee! Wow, I feel like we just went to the movies together

Avy Runner: you need to see it

Anastasia Genesis: rich use of language

Chi Aho: This comes from not knowing what is important

Zen Arado: the moral is.....

o000o Resident: ty for the accounts

Anastasia Genesis: yes Zen?

Mitsu Ishii: I think Armisen and Brownstein have a strange comedic insight there into the nature of life

Zen Arado: how much we upset ourselves over things not going the way we want them to?

Zen Arado: what do you think?

Mitsu Ishii: because of course it seems absurd to overreact to a store being closed but in fact many of the things we react to in real life aren't really much more significant than that

Mitsu Ishii: so they kind of play this up by setting up an intentionally silly example

Zen Arado: yes

Zen Arado: overdramatised to make the point

Mitsu Ishii: even better that the store wasn't actually closed, which is in a way another Dharma lesson

Avy Runner: I like the different emotions that seems to follow each other up, until some numbness appears

Dao Yheng: it's true -- especially on a friday night in NY, when everyone's beat up from a week of work but wanting to have fun, you can see this scenario play out in front of bars, restaurants, etc

Mitsu Ishii: we often react to the label (what our thoughts tell us is going on) rather than really finding out what is really the case

Anastasia Genesis: oh yes it must be a pretty general scenario

Anastasia Genesis: here made specific and easier to identify with

Avy Runner: and maybe that is the depression that is meant by Trungpa

Zen Arado: I hadf three scenarios myself today

Calvino Rabeni: I was noticing recently, how much people think with words, rather than through them

Anastasia Genesis: three scenarios?

Avy Runner: true Cal

Calvino Rabeni likes scenarios

o000o Resident: ?? Cal

Zen Arado: my disabled bus broke down so I didn't get to my art club

Zen Arado: then the man who takes me to RL meditation had an accident coming to pick me up so didn't get to that

Anastasia Genesis: sounds like a great day for meditating on lessons learnt Zen

Zen Arado: and then my phone wouldn't work but found bad connection :)

Avy Runner: :)

Dao Yheng: oh yes, and then it's so easy to wonder, is this a conspiracy?

Dao Yheng: am I meant to have a BAD DAY???

Anastasia Genesis: what was your RL reaction Zen?

Avy Runner: right

Zen Arado: noticed I didn't worry too much

Mickorod Renard: sorry,,crashed

oO0Oo Resident: :) Zen

Zen Arado: hope that doesn't sound boastful

Dao Yheng: nice!

Anastasia Genesis: sounds awesome to me :)

Zen Arado: I still got here

Mitsu Ishii: :)

Dao Yheng: not at all, very inspiring zen!

Anastasia Genesis: very brave

Dao Yheng: (wb Mick)

Mickorod Renard: what was that Zen?

Zen Arado: thought how much worse if I had that accident

oO0Oo Resident: and here.. is always here for us

Mickorod Renard: :ty

Zen Arado: and having to deal with insurance claim etc

Anastasia Genesis: dont we all hate the bureaucracy of filling in forms

Zen Arado: just my bad day Mick

Mickorod Renard: owwww

Zen Arado: me especially

Zen Arado: have to work on that one :)

Mickorod Renard: :)

Zen Arado: not owning a car sure cuts down on that

Avy Runner: I notice though that at some days it seems to be easier to deal with those kind of things then other days

Mickorod Renard: I think the more aware we are the harder we are on ourselves though

Ataraxia Azemus: I had a bad day at the start of the week...it's always worse when you walk into it expecting a good day, instead of just rolling with the changes

Zen Arado: yes Avy

Avy Runner: there seems to be always a moment popping up in which you suddenly feel all those old habitual emotions again

Zen Arado: and really trivial things get us upset

Anastasia Genesis: could it depend on how much we are accustomed to take?

Dao Yheng: do you have a sense for why it goes one way or the other avy?

Anastasia Genesis: a tipping point

Zen Arado: triggers something from the pst maybe

Zen Arado: yes

Avy Runner: yes triggers for sure

Dao Yheng: oh, good observations, Ana and Zen

Avy Runner: but it also seems to depend on our resistance
 Avy Runner: like a river that floods
 Anastasia Genesis: yes there is a point when our resistance crashes on its own
 Avy Runner: at some points it has a lot of space to flood land
 Zen Arado: but we can notice that trigger maybe
 Avy Runner: at some points it doesn't
 Avy Runner: and can brake through at a sudden moment
 Anastasia Genesis: we construct damms but some work some dont
 Avy Runner: yes Ana and I think triggers are important Zen
 Anastasia Genesis: and here you seem to be saying we should remove those damms
 Zen Arado: it shows us something about ourself
 Avy Runner: it shows us something about ourselves
 Anastasia Genesis: let things be
 oO0Oo Resident: journey itself... letting it be the goal
 Zen Arado: snap Avy
 Avy Runner: snap
 Avy Runner: shoot :)
 Dao Yheng: :))
 Zen Arado: :)
 Dao Yheng: it's a triple snap moment
 Dao Yheng: like skipping stones on the water :)
 Avy Runner: yes, i should have sad snap again :)
 oO0Oo Resident: snap
 oO0Oo Resident: happy
 Mickorod Renard: :)
 Zen Arado: a sad snap :)
 Avy Runner: hehehe
 Avy Runner: sad = said, but anyway.....
 Chi Aho: Enjoyed the chat, but rl calls; bye all
 Dao Yheng: OK, before I forget, we usually post these logs on the wiki -- if someone doesn't want their name included, can you IM me?
 oO0Oo Resident smiles at Avy
 Avy Runner: bye Chi
 Dao Yheng: bye Chi!
 Ataraxia Azemus: Take care, Chi
 Zen Arado: bye Chi
 Sunshine Vayandar: byebye Chi
 Mickorod Renard: bye chi
 Ataraxia Azemus: Tch. Half second too late
 oO0Oo Resident: Tai Chi
 Mitsu Ishii: bye
 Ataraxia Azemus: Sam :)
 Avy Runner: (who is sam?)
 Zen Arado: I kept thinking that too Sam :)
 Zen Arado: oo0oo is Sam

Dao Yheng: And zen had a nice suggestion for next week -- give me a sec, I'll dig it up

Calvino Rabeni: for some reason o000Oo is also "sam"

o000O Resident: green eggs and ham

Avy Runner: ah, ok..... couldn't find Sam :)

Ataraxia Azemus: Yes, please :)

Zen Arado: I can't spell the last bit :)

Dao Yheng: oh, the eggs!

Dao Yheng: From Zen: My question was simply about enlightenment, awakening, Nirvana, whatever you want to call it. What is it? Does it exist? Is it a wonderful, blissful, higher state or quite ordinary? Have we got it already? If not, how do we get it? And does the seeking for it prevent us from reaching it, whatever it is?

Zen Arado: and you added a bit Dao?

Mitsu Ishii: good question.

Dao Yheng: From Dao: "what does enlightenment mean to me and how am I trying to get it (or not get it)"

Mickorod Renard: yes lovely

Calvino Rabeni: That's a strong subject :)

o000O Resident: lol

Mickorod Renard: like a good cheese

Sunshine Vayandar: when is the next meeting? would love to hear about that ;))

Avy Runner: if we can answer that next week :)

Dao Yheng: We meet here every Thursday

Sunshine Vayandar: ty Dao

Zen Arado: hoping somebody knows :)

Dao Yheng: Same time (2pm SLT)

Sunshine Vayandar: ok

o000O Resident: there is a move: enlightenment gauranteed

Mickorod Renard: please remind me if you see me next thursday

o000O Resident: mvie*

o000O Resident: movie*

Zen Arado: is there a link Sam?

Mickorod Renard: btw,,i had a nice lil dream that has strange wok type issues in it

Dao Yheng: oh, do tell, Mick!

o000O Resident: will find Zen...

Zen Arado: yes Mick?

Ataraxia Azemus imagined cookware issues for half a second...

Mickorod Renard: well,,i am best to give it out next week

Zen Arado: :)

Zen Arado: stir frying Mick?

Ataraxia Azemus: hehe :)

Mickorod Renard: although I could give Dao one now so doa can see if its appropriate

Avy Runner: sorry everyone, I really need to go

Mickorod Renard: :)

Avy Runner: hope to see you all next week

Zen Arado: bye Avy

Mickorod Renard: bye Avi

Ataraxia Azemus: Take care, Avy
Sunshine Vayandar: ty all it was very enlightening ;)
Dao Yheng: ooh, that's too juicy
Ataraxia Azemus: And Sunshine :)
Dao Yheng: lovely to see you avy
Dao Yheng: and sunshine!
Calvino Rabeni: I'm glad you stopped in, Sunshine
Sunshine Vayandar: byebye all take care ;)
oO0Oo Resident: bye Sun :)
Ataraxia Azemus: I think I'm going to head out, too so...take care everyone :)
Zen Arado: thanks Sam
oO0Oo Resident: :) Atar
Dao Yheng: Good night ata
Zen Arado: bye Sun
Zen Arado: bye Atax
Anastasia Genesis: gtg too bye everyone!
Zen Arado: bye anas
oO0Oo Resident: :) Ana
Mitsu Ishii: bye everyone
Mickorod Renard: bye folks leaving
Mitsu Ishii is Offline
Zen Arado: bye Mitsu
oO0Oo Resident: :) Mitsu