

Avy Runner: hey Gaya :)
Gaya Ethaniel: Hello Avy :)
Gaya Ethaniel: Hello Mitsu :)
Avy Runner: hi Mitsu :)
Mitsu Ishii: hi
Avy Runner: what do you both think of Egypt ?
Avy Runner: hi Xeno :)
Xeno Octavia: hi All
Gaya Ethaniel: I've only known a few Egyptians through previous work ... can't say I know much.
Agatha Macbeth: Ello ello ello
Gaya Ethaniel: Hello Agatha and Xeno :)
Avy Runner: k
Avy Runner: hi Agatha :)
Gaya Ethaniel: Hello Mick :)
Avy Runner: hi Mick :)
Mitsu Ishii: It's very dramatic. too bad Mubarak isn't stepping down.
Agatha Macbeth: /me waves to Mick
Mickorod Renard: coooiii
Avy Runner: no, he persists
Mickorod Renard: Hi folks
Avy Runner: I wonder how the army will react now
Xeno Octavia: replace him with a pharoah!?
Agatha Macbeth: Could do worse
Avy Runner: it's already said of him he's the last pharoah :)
Agatha Macbeth: Or the first eunuch
Avy Runner: pharaoh
Xeno Octavia: nah they sed that of king farook
Xeno Octavia: bring bak egypti book of dead
Xeno Octavia: bring bak the ole egypty gods and Godesses
Avy Runner: hi Cal :)
Gaya Ethaniel: Hello Cal :)
Agatha Macbeth: Thought Crowley did that
Agatha Macbeth: Hi Cal
Mickorod Renard: Hi cal
Calvino Rabeni: Hello Lego Kid and everyone :)
Avy Runner: hmmmmm
Avy Runner: /me smiles, likes that name :)
Avy Runner: /me feels like a kid :)
Gaya Ethaniel: Somehow I can't see the wiki ... anyone can see it online?
Avy Runner: hi Bruce
Gaya Ethaniel: Hello Bruce :)
Bruce (bruce.mowbray): Hi, everyone.
Agatha Macbeth: Brucie
Mickorod Renard: Hi Bruce
Bruce (bruce.mowbray): sry to be so late. . . we had quite an intense session at the pavilion today...

Agatha Macbeth: No wonder you're sweating
 Gaya Ethaniel: np
 Bruce (bruce.mowbray): /me pants.
 Gaya Ethaniel: hm ... maybe the wiki server is down ...
 Agatha Macbeth: /me looks at Bruce's pants
 Bruce (bruce.mowbray): So . . . regarding anger. . .
 Bruce (bruce.mowbray): ?
 Xeno Octavia: anger really pisses me off --good i dont get it!
 Gaya Ethaniel: Anyone can see the wiki online live now?
 Bruce (bruce.mowbray): Give us a wee link, please....
 Xeno Octavia: i dont but am in-coputer-itent
 Gaya Ethaniel: <http://waysofknowing.kira.org/>
 Avy Runner: I get a message, can't find the server
 Bruce (bruce.mowbray): ty.
 Avy Runner: i'ts probably down
 Bruce (bruce.mowbray): yeppers. . . same error msg for me.
 Xeno Octavia: maybe it leaked and they caught it
 Gaya Ethaniel: Last time I saw 5 reports on it. Hope you all got to read them before coming here.
 Agatha Macbeth: The website you are looking for may no longer exist, have been moved, or is temporarily unavailable.
 Agatha Macbeth: Unquote
 Xeno Octavia: lol comp talk
 Bruce (bruce.mowbray): Hi, Zen. Hi, Dao.
 Avy Runner: hi Dao
 Gaya Ethaniel: Yes ... seems to be problems with the wiki ... anyway.
 Avy Runner: hi Zen
 Agatha Macbeth: Bejasus Zen
 Gaya Ethaniel: Hello Dao and Zen :)
 Agatha Macbeth: And Dao
 Dao Yheng: Hi all :)
 Zen (zen.arado): Hi All :)
 Dao Yheng: so we are having trouble with the wiki?
 Xeno Octavia: i think it leaked!
 Dao Yheng: I seem to have access, would it help to try a subpage or two?
 Dao Yheng: http://waysofknowing.kira.org/3Reports/Zen_Arado/Report_82
 Avy Runner: huh? tried that also
 Dao Yheng: Here's Zen's report
 Dao Yheng: Anger

"If it gets to the point where I'm "dealing" with anger, it's too late. It's like the guy who's entered a golf tournament and he's practicing and the old pro comes along and says, "If you haven't got it by now, you're not going to get it before the tournament's over." It's the same with getting angry. By the time the reactive process is underway, it's too late. By practicing meditation and doing mind training, we can avoid being caught up in the reactivity of anger and can stay present."

Ken McLeod

Anger takes many forms from irritability to rage and jealousy. It is a feeling inside produced by thoughts. I remember reading somewhere that its basis is a feeling of having been hurt - the anger is often a reaction to something hurtful someone has said or done to us. Or events in life didn't go the way we wanted them to.

Since I have been thinking lately about roles, anger seems often caused by someone threatening a role we play by not reciprocating, by not playing

Dao Yheng: ...by not playing their counter-role that complements ours, properly. Our spouses, girl/boyfriends, children, parents, bosses, don't treat us with the respect we think our role deserves.

My way of working with this is to immediately identify the sensation of anger itself, investigating the feeling in my body. Where is it? How does it feel? Is it still there? - rather than stay in my mind churning and magnifying the thoughts that in turn will strengthen the feelings. Tonglen practice also helps here. It's best to open to the feeling too, to stay with it if possible and not try to avoid or repress it. That only saves it up for a re-appearance at another time. Some teachers advise reliving angry incidents later in meditation if we haven't had time to investigate the feelings involved because of time pressure in real life.

I do find in my own life that I have developed lots more equanimity through my meditation practice, and anger does not affect me nearly as much nowadays. It can be interesting in a way to

Dao Yheng: ...to notice and investigate what triggers angry thoughts when you have the capacity not to be carried away by them..

Dao Yheng: sorry, not sure if that's helpful or not :)

Gaya Ethaniel: Thanks Dao, it's helpful :)

Bruce (bruce.mowbray): ty, Dao.

Dao Yheng: I did really enjoy reading your report this week, Zen, so there's a hidden agenda there :)

Zen (zen.arado): ty Dao

Zen (zen.arado): not sure resurrecting anger is the right way to go myself

Zen (zen.arado): but...

Zen (zen.arado): usually in RL we don't have time to work with these things

Zen (zen.arado): and just bury the anger

Dao Yheng: yes, that's an interesting experiment -- resurrecting anger in such a way that it doesn't just take over your emotions again

Avy Runner: /me nods

Zen (zen.arado): maybe that is the point though

Xeno Octavia: for me anger is solved by self-responsibility --where else is it then anger at self

Zen (zen.arado): to have time to stay with the emotions

Avy Runner: how does that work for you Xeno, I mean what precisely is it you mean

Xeno Octavia: emotions are avoiding the feeling

Zen (zen.arado): not sure of distinction between emotions and feelings?

Zen (zen.arado): Xeno?

Xeno Octavia: i mean if i get angry [when used to] i would find out why I'm angry rather than other making so --then i see its my choice and so throw away

Zen (zen.arado): aren't they the same thing?

Zen (zen.arado): 'why' can be difficult

Xeno Octavia: emotions are the avoidance of feeling --runs away from ore rounds around but doesnt allow getting into

Avy Runner: hmmm, I'm afraid sometimes my anger doesn't get away that easily.....

Zen (zen.arado): you might need to uncover a lot of stuff?

Dao Yheng: I think there's a difference between waiting for that outside factor to change, and deciding for yourself to forgive or find another way...

Zen (zen.arado): agree Dao

Zen (zen.arado): taking responsibility as Xeno said

Xeno Octavia: where i s ur anger [an energy] directed

Avy Runner: emotions seems to be felt higher up in the body, disconnected from grounding, where feelings are more grounded, that is to me

Dao Yheng: maybe that's part of the "taking responsibility"

Zen (zen.arado): instead of blaming others

Bruce (bruce.mowbray): /me agrees with Ken McLeod that the time to "deal" with anger is before you feel it . . .

Zen (zen.arado): and life in general

Dao Yheng: Avy, yes, I've noticed that myself

Agatha Macbeth: /me agrees with Bruce

Zen (zen.arado): yes...from our daily practice

Dao Yheng: I actually didn't totally agree with Ken M though :)

Dao Yheng: even after we get angry, there's still a chance

Xeno Octavia: feelings are natural --- emotions manufactured culturally

Zen (zen.arado): hmmm...ok Xeno

Dao Yheng: otherwise, wouldn't it continue on forever, just growing and growing?

Bruce (bruce.mowbray): sure, there is always a chance. . .

Avy Runner: yes, like becoming aware of it is the first step, first that 'follows' the anger

Bruce (bruce.mowbray): "By the time the reactive process is underway, it's too late. By practicing meditation and doing mind training, we can avoid being caught up in the reactivity of anger and can stay present."

Xeno Octavia: ken got it wrong since emotions [anger are unconscious response to feelings

Zen (zen.arado): yes..it's seeing the reactivity rather than being carried away isn't it?

Xeno Octavia: hi Atari

Zen (zen.arado): so we bring this unconsciousness to light?

Xeno Octavia: great skirt

Ataraxia Azemus: Hi Xeno :) hi everyone

Zen (zen.arado): Hi Atari

Avy Runner: hi Atara

Agatha Macbeth: Hello Atari

Ataraxia Azemus: Thanks :)

Zen (zen.arado): me thinks it important to go to the feeling and get out of the mind

Zen (zen.arado): rather than feed the mind

Zen (zen.arado): with more fuel

Avy Runner: to me it's a process of starting to learn to understand the triggers, the patterns that might lead to anger and to me it starts with awareness and the choice to be responsible for your own anger

Dao Yheng: yes, the dubious role that thoughts play :)
 Xeno Octavia: feelings more heart than mind
 Zen (zen.arado): yes
 Zen (zen.arado): but noticing the associated bodily feeling
 Avy Runner: and feelings are a part of that yes
 Zen (zen.arado): where do you get angry?
 Zen (zen.arado): I get a sick feeling in my stomach
 Xeno Octavia: if i do i do in instinct and kill :))
 Dao Yheng: :))
 Bruce (bruce.mowbray): I feel it in my shoulders and upper chest . . . as if getting ready to slug someone -- which I've never done in my entire life.
 Avy Runner: that's interesting Xeno, anger as method to survive.....
 Avy Runner: maybe it's not the anger we try to understand
 Xeno Octavia: i only mite do that in FL and usually ban 1st
 Avy Runner: but the anger that isn't beneficial
 Zen (zen.arado): maybe I haven't uncovered all the sensations yet
 Ataraxia Azemus: Yes, it's okay to be angry; it's a problem when it becomes a habitual response to anything new, or an act of total destruction
 Xeno Octavia: anger is energy and if u waste it u are losing its value
 Zen (zen.arado): or is that too analytical?
 Zen (zen.arado): yes there is energizing righteous energy
 Xeno Octavia: wrathful Buddhas
 Avy Runner: right :)
 Zen (zen.arado): it's when anger is because of an injured self image that is harmful?
 Xeno Octavia: the obverse of all peaceful Buddhas
 Avy Runner: I don't know if there wrathful btw, but they sure look angry :)
 Ataraxia Azemus: The thing not to do with anger is act in a way that perpetuates suffering
 Zen (zen.arado): yes Atari
 Agatha Macbeth: /me never met a wrathful Buddha
 Gaya Ethaniel: :)
 Xeno Octavia: yes w2hy i say 'kill'
 Zen (zen.arado): for ourselves or others
 Mitsu Ishii: Buddhas can certainly be wrathful
 Zen (zen.arado): anger usually harms ourselves
 Avy Runner: suffering as in not beneficial
 Agatha Macbeth: Oops
 Bruce (bruce.mowbray): Anger seems to be an indicator of unrevolved shadow material. . .
 Xeno Octavia: that's cause ur too nice Aga
 Zen (zen.arado): :)
 Agatha Macbeth: Awww
 Ataraxia Azemus: Yes; but I think sometimes it's a necessary response...as long as it's temporary
 Ataraxia Azemus: Aw :)
 Zen (zen.arado): controlled anger?
 Agatha Macbeth: Aww x 2
 Zen (zen.arado): cold fury?

Avy Runner: 'shadow', nice.....

Zen (zen.arado): :)

Mitsu Ishii: this is a longstanding debate within Buddhism

Mitsu Ishii: whether the goal is some sort of suppression of emotion, or whether it is something different

Xeno Octavia: wrathful Buddhas are when the peaceful been too long ignored when they are warning

Zen (zen.arado): me thinks suppression is bad

Ataraxia Azemus: Maybe not even controlled...but if we feel it, in a crisis, I think it's better to feel with it; to be aware of it, and not to just give into it unconsciously, but to keep it close, as something that is happening to you

Avy Runner: don't know about that Xeno

Mitsu Ishii: the tantric and vajrayana (higher) teachings tend to view it differently, where one doesn't get rid of emotion, anger, etc., but rather see it in a more direct way so it has a different effect in the world

Xeno Octavia: keeps the FIRE going

Faery Serendipity: wrathful buddha seems like an oxymoron..this is interesting

Agatha Macbeth: /me nods

Xeno Octavia: yes Mitsu

Ataraxia Azemus: Yes, Mitsu :)

Zen (zen.arado): use it yo mean?

Xeno Octavia: how so Faery

Avy Runner: that sounds like Mahayana Mitsu, Vajrayana is a technique to transform

Zen (zen.arado): transform it into something else?

Mitsu Ishii: wrathful deities in Buddhism: http://www.religionfacts.com/buddhis...ul_deities.htm

Avy Runner: or in understanding, don't know yet

Avy Runner: it passes duality.....

Xeno Octavia: vajra is magic dzogchen is play :))

Ataraxia Azemus: I think sometimes anger does give us an opportunity to see beyond ourselves, even if that's painful; but sometimes we need anger to hold ourselves together...it's like an emotional immune response

Dao Yheng: The seeing itself is the transformation, it seems

Agatha Macbeth: WB Zen

Bruce (bruce.mowbray): wb, Zen.

Ataraxia Azemus: wb Zen :)

Xeno Octavia: hi Zen Again

Bruce (bruce.mowbray): Powerful insight, Dao.

Zen (zen.arado): every time I click on a link I crash :(

Avy Runner: yes, might be so Dao

Agatha Macbeth: Don't do it then ;-)

Bruce (bruce.mowbray): /me suggests Zen get more RAM memory for his computer.

Zen (zen.arado): ha ha Aga - Tommy Cooperism

Xeno Octavia: is ok Zen 0---just don't get angry at the links

Avy Runner: still working on it :)

Agatha Macbeth: Just like that

Bruce (bruce.mowbray): ;-)

Zen (zen.arado): have 4 gb

Bruce (bruce.mowbray): whoa!

Ataraxia Azemus: hehe
 Agatha Macbeth: Bye Zen :p
 Zen (zen.arado): :)
 Bruce (bruce.mowbray): Sue your ISP.
 Zen (zen.arado): don't give me any more links
 Zen (zen.arado): :)
 Agatha Macbeth: Zat's it Zen...
 Avy Runner: /me is trying to find a link.....
 Agatha Macbeth: Don't click on it!
 Avy Runner: a good one, Zen is probably to click on :)
 Avy Runner: no Zen, I like you here
 Zen (zen.arado): the wrathful deities got me
 Bruce (bruce.mowbray): /me ponders: If we truly SEE the emotion, that releases it from reactivity and frees us from the suffering it provokes.
 Dao Yheng: yes, it's a real fight!! To click or not to click!
 Avy Runner: hehehe
 Gaya Ethaniel: :)
 Xeno Octavia: if we see th eemotion is BS
 Dao Yheng: but then Bruce gives away the answer
 Agatha Macbeth: Maybe it's a wrathful ISP
 Avy Runner: (thanks Bruce for gettigng us back)
 Bruce (bruce.mowbray): say more, Xeno, please.
 Ataraxia Azemus: /me has a wrathful ISP...not fun
 Zen (zen.arado): yes
 Xeno Octavia: if we see thru emotion and recognize the causing feeling we are freed
 Avy Runner: BS, ISP?
 Xeno Octavia: at least from that emotion
 Zen (zen.arado): well I notice the feeling
 Zen (zen.arado): and find that very helpful
 Xeno Octavia: emotion is response to feeling anger not a real feeling but a responsive emotion
 Zen (zen.arado): I don't get as angry as I usd to
 Zen (zen.arado): is that other's experience
 Zen (zen.arado): ?
 Ataraxia Azemus: But. I think so, Bruce...what could cause harm is feeling the emotion, and beginning to respond reflexively...it's better to keep conscious responsibility for our actions, as tempting as it may be not to.
 Agatha Macbeth: We calm down as we get older
 Zen (zen.arado): thanks Aga :(
 Bruce (bruce.mowbray): /me should be VERY calm by now.
 Dao Yheng: :))
 Agatha Macbeth: I can never work out if it's experience or fatigue...
 Zen (zen.arado): so that's why :)
 Gaya Ethaniel: hehe
 Zen (zen.arado): well if you are older you have ben through the emotions so many times you SHOULD wise up

Agatha Macbeth: True

Xeno Octavia: actually Atari fearing feeling the emotion is how authentic feelings are avoided

Bruce (bruce.mowbray): Mubarak (Egypt) is 82 years old -- and still gets quite angry. . .

Zen (zen.arado): but there's no fool like an old fool

Mitsu Ishii: haha

Gaya Ethaniel: :)

Bruce (bruce.mowbray): ;-)

Dao Yheng: seems it can go either way -- wise up, or get into a rut

Avy Runner: right Dao

Bruce (bruce.mowbray): /me feels that citing age as an excuse for anything is a cop-out.

Zen (zen.arado): what about the hurt feeling that produces anger?

Ataraxia Azemus: Mm

Zen (zen.arado): nobody mentioned that

Zen (zen.arado): is that true?

Xeno Octavia: hurt also emotion not feeling

Xeno Octavia: emotional hurt rather than physical hurt

Zen (zen.arado): thought the feeling preceded the emotion

Avy Runner: (somebody thumbed me out of my chair....)

Zen (zen.arado): I feel feelings

Agatha Macbeth: /me wipes her hand

Zen (zen.arado): do I feel emotions?

Zen (zen.arado): getting confused

Zen (zen.arado): words again

Agatha Macbeth: It's only words

Xeno Octavia: u can illusion them [emotions] as feelings --but they still not

Zen (zen.arado): so feelings are the genuine feeling?

Zen (zen.arado): emotions are thought states?

Xeno Octavia: u live in a culture doesn't make a clear distinction

Zen (zen.arado): I know - I didn't

Xeno Octavia: feelings are natural experience that may have had upsetting effects earlier in ur life --so u
rtend to avoid them

Zen (zen.arado): an emotion is more of a general description of the state produced by the mind?

Calvino Rabeni: we live in a culture that fears anger (for some good reason) and doesn't know how to work
with it, other than mostly labeling it problematical

Zen (zen.arado): whereas feeling is the actual sensation in the body?

Avy Runner: I have no idea what feelings are, but they seem to guide me better than emotions

Zen (zen.arado): yes to both

Avy Runner: seeing feelings is making me open up to myself

Xeno Octavia: minds equivalent to emotions is intellectual ideas which are clung to why meditation is to
not get caught in mental thoughts

Zen (zen.arado): yes

Zen (zen.arado): that lead to feelings

Ataraxia Azemus: I think that's true of a lot of states of mind and heart, Calvino...we live in a culture that
wants to be happy all the time. We forget how to appreciate other facets of life.

Avy Runner: emotions are doing the opposite, they seem to travel between brains and the higher part of

our body, bounding back all the time
Zen (zen.arado): and spiral back to thoughts
Xeno Octavia: yes feelings like water a flow of thoughts
Zen (zen.arado): and they reinforce each other
Zen (zen.arado): so we break the chain
Xeno Octavia: we don't think feelings just washed over by them
Gaya Ethaniel: We are almost at the end of the hour.
Avy Runner: somebody showed me to be physically in my head, which is a quite different experience
Xeno Octavia: how so Avy
Gaya Ethaniel: I know there are already a few homework idea pages on wiki. But I'd like to suggest as per the email we discuss on forum more on future topics.
Avy Runner: being in your head is not at all bad, it is part of the body, as such it has a grounding effect, thoughts however can take us out of our body
Xeno Octavia: sounds cool Gaya
Gaya Ethaniel: Perhaps people can post some ideas and start comment/discuss?
Zen (zen.arado): ok Gaya
Gaya Ethaniel: [please IM me your email if you are not on wiki/Google email/forum]
Ataraxia Azemus: I should be going...sorry I missed the first part, but I'll try not to lose my temper about it :)
Dao Yheng: :)
Gaya Ethaniel: This way we can devote the whole hour on Thursday for discussion :)
Zen (zen.arado): :)
Agatha Macbeth: Grr
Ataraxia Azemus: Take care, everyone :)
Zen (zen.arado): bye Atari
Agatha Macbeth: Bye Atari take care
Xeno Octavia: was a cool meet --no angRAWR
Dao Yheng: Thanks Atari!
Gaya Ethaniel: Bye Atari :)
Xeno Octavia: nite Atari
Zen (zen.arado): we're pretty cool Xeno
Zen (zen.arado): :)
Mickorod Renard: bye Atari
Gaya Ethaniel: OK let's give the forum a spin over the next week. Thanks everyone :)
Zen (zen.arado): so we don't need a topic atm?
Avy Runner: bye everyone that leaves
Calvino Rabeni: Thanks everyone :)
Xeno Octavia: yes bye all and i goes too :))
Mitsu Ishii: bye
Zen (zen.arado): thanks all
Gaya Ethaniel: I will post some more from wiki on forum Zen. Hopefully we start talking about it and decide before next week.
Zen (zen.arado): ok
Avy Runner: /me is trying to say goodbye but as always, needs some time :)
Zen (zen.arado): beddy byes time

Mickorod Renard: bye zen
Gaya Ethaniel: Good night :)
Agatha Macbeth: Going again Zen?
Avy Runner: bye Zen :)
Zen (zen.arado): thanks for discussion
Faery Serendipity: thanks
Zen (zen.arado): off again
Agatha Macbeth: Aww
Zen (zen.arado): but no links pressed
Agatha Macbeth: :p
Gaya Ethaniel: :)
Faery Serendipity: how often do you meet?
Gaya Ethaniel: We meet here once a week 2 pm SLT on Thursdays.
Faery Serendipity: Nice, thank you
Gaya Ethaniel: yw
Mickorod Renard: thank you all for the in depth chat
Gaya Ethaniel: See you next week :)