

Gaya Ethaniel: Hello Arati and Sam :)

o000o Resident: hello Gaya and ... oops

o000o Resident: ty for the TP

Gaya Ethaniel: Atari crashed it seems ...

Gaya Ethaniel: yw :)

Gaya Ethaniel: This week's topic and report links are here - <http://waysofknowing.kira.org/>

o000o Resident: I will reflect a bit on the article while people arrive.. kk

Gaya Ethaniel: :)

Gaya Ethaniel: wb Atari :)

Ataraxia Azemus: Thanks :)

Ataraxia Azemus: My computer's been crashing a lot lately :\
Gaya Ethaniel: :(

Gaya Ethaniel: Maybe time to defrag etc. the boring stuff ...

o000o Resident: I am experiencing a lot of lag... may need to relog

Gaya Ethaniel: ok

Ataraxia Azemus: I think it's just getting fussier with age

Ataraxia Azemus: Good luck, Sam!

Gaya Ethaniel: Hello Zen :)

Ataraxia Azemus: And hi Zen :)

Gaya Ethaniel: heheh

o000o Resident: hi Violet [atar*]? :) hi Zen :)

Gaya Ethaniel: Then let's start when Sam is back.

Zen Arado: Hi Sam, Gaya, Violet :)

Gaya Ethaniel: wb Sam :)

Ataraxia Azemus: wb Sam :)

Zen Arado: wb Sam :)

o000o Resident: ty.. please proceed while I decloud :)

Zen Arado: not many here tonight

Gaya Ethaniel: Maybe it's the season? I'm not really discouraged but ...

Ataraxia Azemus: Yes...last week was a little slow to fill up, too

Zen Arado: some left early too?

Gaya Ethaniel: That's true.

Gaya Ethaniel: mm ... hang on ... oh last week ...

Zen Arado: did someone get upset?

Gaya Ethaniel: Not upset but ...

Zen Arado: philosophical debate may not be productive for our type of discussion

Zen Arado: we are engaged in a more deep exploration I think

Ataraxia Azemus: The best way I've seen handled is to emphasize reflecting on your intent, and asking if your words match that intent or not before you submit what you have to say

Gaya Ethaniel: Some of us just say things. Do we ask such people to leave or make the workshop private?

Zen Arado: just worried it might discourage some from coming?

Zen Arado: do think that is likely?

Gaya Ethaniel: Yes

Ataraxia Azemus: Hmmm...maybe this can be tied into a topic..

Gaya Ethaniel: Yes?

Zen Arado: yes

Ataraxia Azemus: Tone and how best to share our communication

Zen Arado: the difference between intuition and rational thought

Zen Arado: ah yes that too

Ataraxia Azemus: Yes

Gaya Ethaniel: I sometimes feel that some philosophers are doing something similar to contemplation.

Gaya Ethaniel: Just using different words and frameworks.

Zen Arado: it's funny but I debated philosophy for years when I was studying it but we were never allowed to use ad hominem remarks

Zen Arado: it was tantamount to admitting you had lost the debate

Gaya Ethaniel: It's just not helpful ...

Zen Arado: I agree

oO0Oo Resident feels that when truth is sought, rather than being correct...experiences become pointers like contemplations give insights

Zen Arado: yes Sam

Ataraxia Azemus: Yes; criticized ideas can be improved, but criticized persons are wounded and respond as such

Zen Arado: pointers and insights indeed

Ataraxia Azemus: Mm

Zen Arado: exactly

Gaya Ethaniel: What I see happens sometimes is that we just want to prove right or wrong.

oO0Oo Resident nods

Gaya Ethaniel: Or wanting answers ...

oO0Oo Resident: not knowing is at times fearful

Zen Arado: I hope we are searching more deeply than that

Ataraxia Azemus: Yes

Zen Arado: yes admitting not knowing

Zen Arado: being stimulated by each others' comments

Gaya Ethaniel: OK I've thought about this many times ...

Ataraxia Azemus: Sometimes what we do know can get in the way as much as it can help at other times. too...

Zen Arado: led into new ways of seeing, knowing

Zen Arado: yes

Gaya Ethaniel: I see some teachers getting challenged by really rude, arrogant people.

Gaya Ethaniel: It never gets flamed ...

oO0Oo Resident: Violet.. could you explain that a bit further please?

Zen Arado: yes pls

Ataraxia Azemus: The obvious side is that sometimes our preconceptions about something are wrong...but there are other sides...

Ataraxia Azemus: I was having a conversation with someone a few days ago, about biology; I'm just a student myself, but I noticed that a lot of things she mentioned were....not really accurate, and I thought about how to correct her without dampening her enthusiasm for the subject

oO0Oo Resident nods

Zen Arado: yes

Zen Arado: lots of tact needed

Gaya Ethaniel: But not everyone who we meet would be that considerate ...

Gaya Ethaniel: What do we do then?

Zen Arado: you learn ways to do it

o000o Resident: thinking of Pema Pera's response to the article Bleu brought to the PaB email group

Zen Arado: teachers have to do that all the time

o000o Resident: stepping outside of our sense of rightness

Zen Arado: yes Sam?

Zen Arado: yes

Ataraxia Azemus: Yes, that sounds....right :)

Zen Arado: sometimes you can just let it go

o000o Resident: being curious how the differences occur

Zen Arado: unless it is important

o000o Resident: and meeting the other in a roundabout.. curious way

Zen Arado: saying...'why do you think that' etc

o000o Resident: yes

Gaya Ethaniel: The crux of the issue is that we can try to do that but we cannot expect or make others to do the same.

Ataraxia Azemus: Yes, it has to be done together

o000o Resident: seeing the 'needs' behind the communication, or being curious about them is helpful i find

Zen Arado: 'you can lead a horse to water....

Ataraxia Azemus: Right :)

Ataraxia Azemus: I think so too, Sam

Zen Arado: yes Sam

Zen Arado: communication techniques and skills can help

o000o Resident: when people feel heard and cared about, they connect

Gaya Ethaniel: That's right ...

o000o Resident: and relax

o000o Resident: but 'enemy images' can be so strong, that prolonged empathy is sometimes required

Zen Arado: but sometimes you get a disruptive person in a class or group who spoils the whole learning process

Zen Arado: for everyone else

Ataraxia Azemus: Yes

o000o Resident nods

Zen Arado: they feed on the attention they get

Gaya Ethaniel: I'm still learning about this ... it's difficult.

o000o Resident: that 'spoiling' is a 'please help me' in disguise

Ataraxia Azemus: I think the best way to deal with things like that is lightness; to make as little fuss about it, but also to be able to be firm about some things

Zen Arado: yes maybe

Gaya Ethaniel: Yes we shouldn't feed it ...

Ataraxia Azemus: Hello Outlaw :)

iOutlaw Resident: hey

Zen Arado: Hi iOutlaw

Zen Arado: important not to get drawn to their level

Zen Arado: if it is abusive argumentation

o000o Resident: discovering the unmet needs that give voice to disruption.. often pacifies something

Zen Arado: yes though we may not practically have a way to that easily

Gaya Ethaniel: Yes, often I think these kinds of situation offer us opportunities to practice in life so to speak.

Ataraxia Azemus: I think so, too....but there are people for whom disruption is the point, sometimes

Gaya Ethaniel: I'm not talking about forever enduring the insults etc. but it's not always 'bad'.

Zen Arado: it's hard to discuss things with someone with fixed views too

Ataraxia Azemus: Sometimes it is just a clash of styles....and we're better off listening than holding onto our POV

Zen Arado: their views are non negotiable sometimes

o000o Resident: are you so sure Zen ;)

Gaya Ethaniel: After all, don't we practice so that we 'function' better in life?

Ataraxia Azemus: Yes

Zen Arado: I hope mine aren't too fixed

o000o Resident: :) hehehe

Zen Arado: we have blind spots about ourselves

o000o Resident: "function better" Gaya?

Zen Arado: and don't like it when others point them out

Ataraxia Azemus: That's true...I think a lot of fixed points of view are like reflexes

Gaya Ethaniel: I see both sides ... those being offended and those who are being kind of offensive ... tricky.

Gaya Ethaniel: Yes, kind of really live life.

Zen Arado: we can get good at manipulating , tricking people into adopting our viewpoint

Zen Arado: because it reassures us we are right

Zen Arado: dropping is hard to do

o000o Resident: agreed .. "reflexes" to habitually unmet needs

Ataraxia Azemus: Maybe it helps to look at why we hold our views...

Zen Arado: yes

Ataraxia Azemus: If they help us meet our needs, or if they hurt us

Zen Arado: and cling so strongly

Zen Arado: or are we ready to let go of them

Zen Arado: they comfort us maybe

Zen Arado: 'comfortably numb'

Gaya Ethaniel: Until poked :P

Zen Arado: it's about fear isn't it?

o000o Resident: and hope

o000o Resident: and ignorance

Zen Arado: so maybe we need people who really challenge us now and then

Ataraxia Azemus: I think a lot of the views I've held onto are really emotional reactions, with ideas wrapped around them....if I listen to the emotions but don't become overwhelmed by them, I get a better idea of what's going on there, I think

Zen Arado: remembers the Gurdjieff story

Ataraxia Azemus: "Anyone who annoys you is showing you a part of yourself to work on?" :)

Gaya Ethaniel: :)

o000o Resident: agreed violet

Zen Arado: yeh David Hume said that reason is and should be the slave of the passions

Zen Arado: yes that is true too Violet

o000o Resident: Gurdjieff story Zen?

Zen Arado: ah about a man at a retreat who never stopped complaining and annoying everyone

o000o Resident: :)

Zen Arado: finally he declared he had had enough and left

Zen Arado: everyone breathed a sigh of relief

Zen Arado: but the man in charge sent someone to bring him back

Zen Arado: cos they were learning more that way :)

Ataraxia Azemus: hehe

Gaya Ethaniel: :)

o000o Resident: so we could be grateful for the hard challenging things that arise

Zen Arado: yes

o000o Resident: without which...

Zen Arado: or even seek them out

o000o Resident: lean in gently?

Zen Arado: yeh carefully :)

o000o Resident: lean in to the sharp points

Zen Arado: but we might have to abandon our safety net

o000o Resident: bravery.. willingness

Zen Arado: be prepared to face the unknown

Ataraxia Azemus: Sometimes the risk to remain bound in a bud is greater than the risk it takes to bloom

Zen Arado: yes

Gaya Ethaniel: Don't wish for practice without hindrances. If there is no hindrance in practice, it is not possible to strengthen one's resolve. Therefore the sage said, "Befriend Mara's Army to assist practice."

Gaya Ethaniel: From a report I wrote a while ago ...

Gaya Ethaniel: This is a common theme in Buddhist texts.

Zen Arado: yes great Gaya

o000o Resident nods Gaya

Ataraxia Azemus: Mm

Zen Arado: it is

Zen Arado: how easily we forget :)

Zen Arado: I do anyway

Gaya Ethaniel: It's us who sees Mara's Army though ...

o000o Resident: the energy to hold the bud closed.. is the energy that would otherwise be that of living.. thus we kind of die.. holding our 'selves' together

Zen Arado: yes great

Gaya Ethaniel: :(

Ataraxia Azemus: Yes, Sam

Zen Arado: we close our hearts too sometimes

Zen Arado: in case we get hurt

Gaya Ethaniel: Yes ... that's always an interesting one to look at.

o000o Resident: tremendous tenderness.. our nature.. so poignant, like having no skin

Gaya Ethaniel: Yes, very sensitive ...

Zen Arado: yes

Ataraxia Azemus: Yes

Zen Arado: if we dare to reveal it

o000o Resident: it's choiceless

Gaya Ethaniel: I don't know, want my immunity on peak level first.

Zen Arado: it is Sam?

Gaya Ethaniel: I think so.

Ataraxia Azemus: A little bit of contact is best for immunity :)

Gaya Ethaniel giggles.

Zen Arado: but don't we add protective layers?

Zen Arado: of rationalization etc?

Zen Arado: yes

o000o Resident: this begins to 'touch' into the article

Ataraxia Azemus: :)

Gaya Ethaniel: Maybe we can continue next week :)

Zen Arado: yeh it's about opening to seeing too

Zen Arado: sure if yu want

o000o Resident: the 'i's that inter-are.. feeling separate.. wanting therapeutic practice

Gaya Ethaniel: I think that article has many threads.

Gaya Ethaniel: hm ...

o000o Resident: yes.. many threads

Gaya Ethaniel: Yes, that does make sense Sam.

Ataraxia Azemus: Yes...the thread that really caught me was emphasizing the sacred in the moment, not as something separate

Gaya Ethaniel: That who feels the lack and needs.

Zen Arado: yeh the separating tendency

o000o Resident: _/_

Gaya Ethaniel: We should pick up from that then Atari :)

Ataraxia Azemus: That works for me :)

Zen Arado: yes

o000o Resident: :)

Gaya Ethaniel: Thanks for coming again and see you next week.

Zen Arado: yes ty all

o000o Resident: thank you

Ataraxia Azemus: Thanks for hosting, Gaya. Take care, everyone :)

Ataraxia Azemus: Be well, everyone :)

Gaya Ethaniel: Thanks you too :)

o000o Resident: u2 Violet

Zen Arado: bye