

[02:04 PM] Gaya Ethaniel: So we will be talking about this, something Atari raised last week.

[02:04 PM] Gaya Ethaniel: Ataraxia Azemus: ...the thread that really caught me was emphasizing the sacred in the moment, not as something separate

[02:04 PM] Gaya Ethaniel: The links for the article and reports are on the wiki home page.

[02:06 PM] Pila Mulligan: are we having a sacred moment?

[02:06 PM] Gaya Ethaniel: I think the experiment mentioned in the article is quite revealing ... I do feel that we experience something similar in our lives all the time.

[02:06 PM] Ataraxia Azemus: I was going to ask :)

[02:06 PM] Gaya Ethaniel: Well, depends on the mind hey?

[02:06 PM] Pila Mulligan: :)

[02:07 PM] Pila Mulligan: does it?

[02:07 PM] Gaya Ethaniel: To a degree I think so ...

[02:07 PM] Pila Mulligan: I'd agree, to a degree

[02:07 PM] Ewan Bonham: Maybe our willingness to let it in?

[02:07 PM] Ataraxia Azemus: I was thinking about it earlier this week...do we keep sacredness separate from the mundane so that it means more to us?

[02:07 PM] Pila Mulligan: or is the mundane sacred?

[02:07 PM] Agatha Macbeth: Almost certainly Atari

[02:08 PM] Gaya Ethaniel: I wonder if that's related to our assumed notion of sacredness being transcendent or separate.

[02:08 PM] Agatha Macbeth: It's like a wiccan's athame

[02:08 PM] Agatha Macbeth: Same principle

[02:08 PM] Gaya Ethaniel: Hello Zen :)

[02:08 PM] Ataraxia Azemus: Hi Zen :)

[02:08 PM] Pila Mulligan: hi Zen

[02:08 PM] Gaya Ethaniel: Please say more Agatha?

[02:08 PM] Agatha Macbeth: Hi Zen

[02:08 PM] Wol Euler: hello zen

[02:09 PM] Zen Arado: Hi all

[02:09 PM] Agatha Macbeth: Well an athame (ritual knife) is not used for mundane purposes for that very reason

[02:09 PM] Agatha Macbeth: To preserve its ritual function

[02:10 PM] Gaya Ethaniel: It's a kind of expression to me ...

[02:10 PM] Agatha Macbeth: In the same way Tarot cards are not supposed to be handled by another person than the owner

[02:10 PM] Gaya Ethaniel: I've heard some teachers recommending not making a special place to practice etc. just to avoid this kind of setup.

[02:10 PM] Agatha Macbeth: Yes

[02:10 PM] Ataraxia Azemus: When we try to participate in something sacred...are we trying to draw that into our everyday lives or defending the lines around our everyday lives?

[02:11 PM] Gaya Ethaniel: Wouldn't you say life is sacred?

[02:11 PM] Agatha Macbeth: Depends much on the person I'd guess

[02:11 PM] Ataraxia Azemus: Yes; and mundane :)

[02:11 PM] Gaya Ethaniel: We participate in all of the life ... and manifest the [put your word here].

[02:12 PM] Pila Mulligan: I think the idea is to raise up the median experience -- we all have ups and downs

all the time

- [02:12 PM] Agatha Macbeth: It's similar to keeping SL apart from RL :p
- [02:12 PM] Ataraxia Azemus: Mm
- [02:12 PM] Gaya Ethaniel: Actually I find the phrase 'mutually containing' quite helpful. For example it's not quite like form = emptiness & emptiness = form.
- [02:13 PM] Gaya Ethaniel: You mean harmonising Pila?
- [02:13 PM] Pila Mulligan: not really ... what do you call the center line on a sine wave?
- [02:13 PM] Pila Mulligan: the one thing oscillates around
- [02:14 PM] Pila Mulligan: that's what I'm referring to -- raising that over time
- [02:14 PM] Wol Euler: "median" perhaps
- [02:14 PM] Pila Mulligan: :)
- [02:14 PM] Gaya Ethaniel: :)
- [02:14 PM] Zen Arado: making things sacred is a way of becoming attached to forms surely?
- [02:14 PM] Pila Mulligan: ups and downs happen
- [02:14 PM] Ataraxia Azemus: Hi Sam :)
- [02:14 PM] Agatha Macbeth: Hello 0 :)
- [02:14 PM] Gaya Ethaniel: I'm not sure if we are making something when there isn't there to begin with.
- [02:14 PM] Zen Arado: Hi Sam :)
- [02:14 PM] Gaya Ethaniel: Perhaps we are seeing more of what we are.
- [02:15 PM] Gaya Ethaniel: Hello Sam :)
- [02:15 PM] Pila Mulligan: hi Sam
- [02:15 PM] Zen Arado: it is making them 'special' in some way
- [02:15 PM] Zen Arado: instead of just helpful
- [02:15 PM] oO0Oo Resident whispers: hi everyone... sorry to be late.. don't let me interrupt
- [02:15 PM] Gaya Ethaniel: But making enemies are also special ... even categorising something as boring.
- [02:15 PM] Gaya Ethaniel: oh ... my grammar is going bad ... tired :(
- [02:16 PM] Ataraxia Azemus: That's what stuck out, in the article, for me...the way anything can be made sacred, and so that same...whatever you want to call it, can be seen in anything
- [02:16 PM] Wol Euler nods.
- [02:16 PM] Zen Arado: the author had made his Zen practice something special
- [02:16 PM] Pila Mulligan: the same sacredness
- [02:16 PM] Gaya Ethaniel: Yes, sacredness perhaps in that sense is just as equal to ordinariness.
- [02:17 PM] Zen Arado: and it was narrowing him
- [02:17 PM] Ataraxia Azemus: Yes
- [02:17 PM] oO0Oo Resident: extra-ordinary.. super-natural
- [02:17 PM] Zen Arado: we can use any religion to close us in instead of open us out
- [02:18 PM] Zen Arado: if we think it is the 'Right' way
- [02:18 PM] Ataraxia Azemus: Mm
- [02:18 PM] Zen Arado: they talk about killing the Buddha
- [02:19 PM] Zen Arado: of the Buddha is a dried \*\*\*\* stick
- [02:19 PM] Gaya Ethaniel wonders if she should feel offended by this :P
- [02:19 PM] Zen Arado: so you don't get too attached to the Buddha himself
- [02:19 PM] Pila Mulligan wonders if Buddha is offended?
- [02:19 PM] Gaya Ethaniel: I don't know, no need to go that extreme ...
- [02:20 PM] Gaya Ethaniel: I will ask him when I see him next :P

[02:20 PM] Zen Arado: sorry if that sounds offensive

[02:20 PM] Pila Mulligan: :)

[02:20 PM] Ataraxia Azemus: I was shocked by that the first time I heard both of those, but they make the same point well, I think

[02:20 PM] Ewan Bonham: grin

[02:20 PM] Zen Arado: I know some types of Buddhism do worship the Buddha to an extent

[02:20 PM] Gaya Ethaniel: That was a joke Zen :) When I first heard of that phrase, I must say I was shocked but then I understood what it meant.

[02:21 PM] Gaya Ethaniel: lol snap Atari ...

[02:21 PM] Ataraxia Azemus: hehe :)

[02:21 PM] Pila Mulligan: a lot such things are said in a moment when they are appropriate and then seem out of context when repeated

[02:21 PM] Gaya Ethaniel: Indeed ...

[02:21 PM] Ewan Bonham: Emphasis of the sacredness of each moment..

[02:21 PM] Zen Arado: it's like what you said about Trungpa Gaya

[02:22 PM] Gaya Ethaniel: I said something about Trungpa Rinpoche?

[02:22 PM] Zen Arado: he would completely change the forms they used if he thought people were getting too attached to them

[02:22 PM] Zen Arado: I read that somewhere

[02:23 PM] Gaya Ethaniel: That sounds very good, yes ... we just get into habits anything we do so quickly.

[02:23 PM] Gaya Ethaniel: ah ok :)

[02:23 PM] Zen Arado: it comes back to becoming fixed

[02:23 PM] Zen Arado: yes

[02:23 PM] Ewan Bonham: And focused in a mindful way..

[02:23 PM] Zen Arado: we seem to always want to put solid ground under our feet

[02:24 PM] Zen Arado: start solidifying , fixating on things

[02:24 PM] Zen Arado: don't we?

[02:24 PM] Pila Mulligan: yes

[02:24 PM] Pila Mulligan: but things vibrate :)

[02:25 PM] Gaya Ethaniel: I think there is somewhere we can ground ourselves but perhaps we are doing the opposite ...

[02:25 PM] Zen Arado: but the rug will be pulled away again

[02:25 PM] Zen Arado: and then we suffer

[02:25 PM] oOo Resident: \*vibrate\*

[02:25 PM] Agatha Macbeth: Maybe the rug was illusory to begin with

[02:25 PM] Gaya Ethaniel: Don't you think the rug wasn't there to begin with?

[02:25 PM] Zen Arado: yes ...it was

[02:25 PM] Gaya Ethaniel: heh

[02:25 PM] Zen Arado: :)

[02:26 PM] Wol Euler: perhaps we are just attached to standing up

[02:26 PM] Agatha Macbeth: 'There is no rug...'

[02:26 PM] Zen Arado: and we want something to stand on

[02:26 PM] Gaya Ethaniel: I mean rungs aren't going to cut it ...

[02:26 PM] Agatha Macbeth pictures one rug clapping

[02:26 PM] Ataraxia Azemus: hehe

[02:26 PM] Wol Euler: :)

[02:26 PM] Ewan Bonham: smile

[02:26 PM] Gaya Ethaniel: :)

[02:26 PM] Zen Arado: it was a nce rug too.....

[02:26 PM] Agatha Macbeth: Aww

[02:27 PM] Zen Arado: remembers making a rug when I was a kid

[02:27 PM] Agatha Macbeth: Wow

[02:27 PM] Zen Arado: and how proud I was

[02:27 PM] Wol Euler smiles.

[02:27 PM] Zen Arado: it had a butterfly on it too

[02:27 PM] Pila Mulligan: :)

[02:27 PM] Agatha Macbeth: Nice

[02:27 PM] Zen Arado: pattern

[02:27 PM] Ataraxia Azemus: :)

[02:28 PM] Gaya Ethaniel: The habit making pattern is really powerful ...

[02:28 PM] oO0Oo Resident: weaving every moment... woven weft

[02:28 PM] Gaya Ethaniel: I think that experiment points to that.

[02:28 PM] Zen Arado: is that what Nisargadatta means when he says "After a few days of bantering back and forth about my attachment to being a monk, he said, "You are like a man holding a flashlight, trying to run beyond its beam. The view you are holding...is undermining your intent."

[02:29 PM] Ewan Bonham: Hmmm...attachment to an 'outcome'..

[02:29 PM] Zen Arado: so we can't get anywhere unless we jettison the views that are holding us back?

[02:29 PM] Agatha Macbeth: I agree Zen

[02:29 PM] Gaya Ethaniel: We all hold views ... and it colours what we do whether it's formal practice or dealings in daily life.

[02:30 PM] Zen Arado: so what we have to do first is to see that

[02:30 PM] Gaya Ethaniel: Teachers often say how practices are dead things without right view.

[02:30 PM] Gaya Ethaniel: Yes see what we hold first ...

[02:30 PM] Zen Arado: yes Right View...hmmm

[02:31 PM] Zen Arado: aybe right view is no view

[02:31 PM] Zen Arado: or an open view

[02:31 PM] Gaya Ethaniel: Yes, that's also a view to practice and see in my opinion.

[02:31 PM] Zen Arado: that's my view

[02:31 PM] Gaya Ethaniel: What does open mean ... I still am not entirely clear.

[02:31 PM] Zen Arado: :)

[02:31 PM] Ewan Bonham: Or a transient view..

[02:31 PM] Gaya Ethaniel: Yes ... we change all the time.

[02:31 PM] Ataraxia Azemus: To approach things with no expectations can be good

[02:31 PM] Gaya Ethaniel: lol I have a funny story ...

[02:32 PM] Zen Arado: yeh that's open isn't it?

[02:32 PM] Gaya Ethaniel: I think so :)

[02:32 PM] Ataraxia Azemus: Let's hear it :)

[02:32 PM] oO0Oo Resident listens

[02:32 PM] Zen Arado: what Violet said

[02:32 PM] Gaya Ethaniel: mhm :)

[02:32 PM] Zen Arado: tell us Gaya

[02:32 PM] Gaya Ethaniel: But it wouldn't stop me from asking Gilles to behave whenever I'm around :P

[02:32 PM] Agatha Macbeth grins

[02:32 PM] Gaya Ethaniel: Not mutually exclusive ...

[02:33 PM] Wol Euler grins.

[02:33 PM] Gaya Ethaniel: Well ... I was at a sort of friends gathering.

[02:33 PM] Zen Arado: maybe he has a flashlight...

[02:33 PM] Zen Arado: listens

[02:33 PM] Ewan Bonham: Ahead of the bbeam..:))

[02:33 PM] Gaya Ethaniel: One of them was cracking a racist joke [on some East Asian].

[02:33 PM] Gaya Ethaniel: I mean he has this deep seated resentment because of past historical events.

[02:34 PM] Gaya Ethaniel: I joked at him that I'm from that area about.

[02:34 PM] Gaya Ethaniel: He said that I'm OK because he knows me :P

[02:34 PM] Gaya Ethaniel: Not to solid after all, is it?

[02:35 PM] Agatha Macbeth: Sounds sadly familiar Gaya

[02:35 PM] Pila Mulligan: a stereotypical prejudice ... liking 'the ones' you know

[02:35 PM] Zen Arado: yeh

[02:35 PM] Gaya Ethaniel: We have the capacity to be more accepting with friends.

[02:35 PM] Zen Arado: it's marvellously illogical

[02:35 PM] oO0Oo Resident: we are not each others rugs

[02:35 PM] Ewan Bonham: How does one get to know , when you are prejudice against getting to know?

[02:35 PM] Gaya Ethaniel: Yes marvellous, we all laughed so much :)

[02:36 PM] Ataraxia Azemus: Good question, Ewan...

[02:36 PM] Gaya Ethaniel: He's passed away now ... I still fondly remember that day.

[02:36 PM] Zen Arado: was reading about that in 'Buddha's Brain' today

[02:36 PM] Pila Mulligan: a transition away from that kind of prejucide seems to be part of the trend of the past half century

[02:36 PM] Zen Arado: how when we lived in tribes it was advantageous to hate the neighbouring tribes

[02:37 PM] Zen Arado: so we still have that tendency

[02:37 PM] Gaya Ethaniel: It probably isn't that hard ... seeing one thing or another with same situation, people etc.

[02:37 PM] Pila Mulligan: herd wired, a sMaxine once said

[02:37 PM] Zen Arado: yeh good term

[02:37 PM] Gaya Ethaniel: At times though it feels so difficult ...

[02:37 PM] Ataraxia Azemus: I think attitudes probably go back and forth...but it's often a brave thing to take people as they are

[02:38 PM] Agatha Macbeth: Certainly to take \*some\* people the way they are Atari :p

[02:38 PM] Ewan Bonham: perhaps it is tied into tking ALL things the way they are..:)

[02:38 PM] Pila Mulligan: things fluctuate (ups and downs, oscilate, vibrate, change ...)

[02:38 PM] Ataraxia Azemus: Well, taking people as they are doesn't mean you have to like everyone :)

[02:38 PM] Gaya Ethaniel: So in some ways, seeing something as special isn't really helpful.

[02:38 PM] Ewan Bonham: Sometimes with people, there is an added emotion...:)

[02:38 PM] Gaya Ethaniel: Perhaps that's why teachers always urge us to see everyone as Buddha.

[02:38 PM] Zen Arado: well we can see why we so easily slip into dislikke or hate

[02:38 PM] Zen Arado: it is wired into us

[02:39 PM] Gaya Ethaniel: But isn't emotion just like smoke?

[02:39 PM] Ataraxia Azemus: It's easier to hate the far away and unknown

[02:39 PM] Zen Arado: as is behaving well to our own group

[02:39 PM] Zen Arado: yes

[02:39 PM] Pila Mulligan: hating is a political motivation

[02:39 PM] Zen Arado: that's what the man was doing with Gaya

[02:39 PM] Ewan Bonham: But don't people mistakenly put form to smoke?

[02:40 PM] Gaya Ethaniel: I think rather he was able to see the funny side of his prejudice ...

[02:40 PM] Ewan Bonham: As if they thing it is permanent...and in form...:)

[02:40 PM] Gaya Ethaniel: That's why we all ended up laughing mad.

[02:42 PM] Zen Arado: so really we all have an avversion to other races to an extent but most of us learn how to overcome it?

[02:42 PM] Pila Mulligan: I don't think so

[02:42 PM] Gaya Ethaniel: Smoke is a form ... rather we think it is solid and ever lasting maybe.

[02:42 PM] Pila Mulligan: I think we learn aversions

[02:42 PM] Zen Arado: or reinforce them

[02:42 PM] Agatha Macbeth: Smoke gets in your eyes

[02:42 PM] Zen Arado: :)

[02:42 PM] Ataraxia Azemus: I don't think we have a natural aversion, but it's easier to make boogeymen out of the unknown than the people around you

[02:42 PM] Gaya Ethaniel: mhm

[02:42 PM] Ewan Bonham: I think aversion starts with a habit in thinking and perception

[02:43 PM] Gaya Ethaniel: Or some history unresolved ...

[02:43 PM] Ataraxia Azemus: Yes

[02:43 PM] Agatha Macbeth: Maybe we all need someone to blame

[02:43 PM] Pila Mulligan: just ponder the idea of race a second, is it really a very certain, fixed from of definition ... any more so than gender, say

[02:43 PM] Gaya Ethaniel points the finger at herself ... sorry about that.

[02:43 PM] Agatha Macbeth: Do I hear a bike?

[02:43 PM] Gaya Ethaniel: Bleu :)

[02:44 PM] Agatha Macbeth: Whoa

[02:44 PM] Ataraxia Azemus: Yeah :p

[02:44 PM] Zen Arado: I used to teach lots of people from other parts of the world and was shocked at how much aversion I felt to some Arabic people

[02:44 PM] Wol Euler: practicing for the twelvth

[02:44 PM] Pila Mulligan: why did you have that aversion, Zen?

[02:44 PM] Ataraxia Azemus: The unknown can be scary...until you get to know it

[02:44 PM] Pila Mulligan: can you say?

[02:44 PM] Agatha Macbeth: And struggling with the sim boundary it seems...

[02:44 PM] Zen Arado: and I think I am not prejudiced

[02:45 PM] Gaya Ethaniel: Same, I felt similar towards Black people [UK we say black and it's OK].

[02:45 PM] Ewan Bonham: Can we be biased and not prejudiced?

[02:45 PM] Zen Arado: I hope I have improved

[02:45 PM] Gaya Ethaniel: me too ... hard to shed these conditions ...

[02:45 PM] Agatha Macbeth: :p

[02:46 PM] Pila Mulligan: Hawaii has probably the most thoroughly diverse population ethnicity of anywhere, and it is quite pleasant to experience

[02:46 PM] Zen Arado: bias is just a weaker prejudice Ewan?

[02:46 PM] Pila Mulligan: but the jokes are frequent and aggressive

[02:46 PM] Ewan Bonham: perhaps..

[02:46 PM] Gaya Ethaniel: After a while, it almost feels like an instinct. Scary this ...

[02:46 PM] Pila Mulligan: I do not think it is instinct

[02:46 PM] Gaya Ethaniel: Better do practising seeing Buddhas ...

[02:46 PM] Ataraxia Azemus: Exposure helps...if you've known a variety of people, you just see them that way

[02:46 PM] Agatha Macbeth: Seeing Buddhas what?

[02:47 PM] Zen Arado: in N.Ireland we haven't been exposed to so much ethnicity

[02:47 PM] Gaya Ethaniel: I think my reactions came from the LA riot when I was in Korea.

[02:47 PM] Gaya Ethaniel: So when I came to UK and met black people for the first time, I was shocked to see how I was feeling inside.

[02:47 PM] Agatha Macbeth: You have enough trouble with the religious aspect there Zen :(

[02:47 PM] Gaya Ethaniel: Like a bit scared ...

[02:47 PM] Zen Arado: yeh that was the trouble

[02:48 PM] Pila Mulligan: scared

[02:48 PM] Ataraxia Azemus: Mm...exposure hurts, too, when you have bad experiences with people

[02:48 PM] Zen Arado: it kept immigrants away

[02:48 PM] Gaya Ethaniel: indeed ...

[02:48 PM] Gaya Ethaniel: I think you raised a similar point before Atari.

[02:48 PM] Ataraxia Azemus: But that goes back to what Zen was saying, about keeping an open view

[02:48 PM] Gaya Ethaniel: That's a real challenge isn't it?

[02:48 PM] Ataraxia Azemus: Letting go of the past exposures

[02:48 PM] Ataraxia Azemus: Yes

[02:48 PM] Ewan Bonham: Especially fears...which keep folks from really knowing each other.

[02:49 PM] Gaya Ethaniel: A lot of emotions I think is rooted in fear.

[02:49 PM] Zen Arado: I think I would see my reactions quicker now

[02:49 PM] Ewan Bonham: Funny how bias dispels when you just clear it for long enough to open to another..

[02:49 PM] Zen Arado: and be able to stay with the fear

[02:49 PM] Agatha Macbeth: That's the trick Ewan :)

[02:49 PM] Gaya Ethaniel: It takes such commitment though Ewan ...

[02:49 PM] Zen Arado: yes

[02:49 PM] Ewan Bonham: ?

[02:49 PM] Zen Arado: if you have a chance to get to know someone well

[02:50 PM] Pila Mulligan: I've seen the whole spectrum, from the segregated US South of my childhood to complete diversity where I live now -- for what it is worth I'd urge you to consider prejudice to be the much lesser state of things

[02:50 PM] Zen Arado: from a different culture

[02:50 PM] Gaya Ethaniel: I once withdrew simply because it wasn't really possible. I think we have to see where we are too, to be sensible.

[02:50 PM] Ewan Bonham: yes..

[02:50 PM] Ewan Bonham: Face the ego..

[02:50 PM] Zen Arado: SL helps us a lot with this

[02:51 PM] Ewan Bonham: nods..

[02:51 PM] Pila Mulligan: communication

[02:51 PM] Gaya Ethaniel: And also it doesn't ...

[02:51 PM] Zen Arado: I have never had a friend who was balck until I came to SL

[02:51 PM] Zen Arado: how do you mean Gaya?

[02:51 PM] Pila Mulligan: but O'Bama is Irish :)

[02:51 PM] Gaya Ethaniel: Sometimes when we finally hear them or see them in person, we realise how much we've missing at the same time.

[02:51 PM] Ataraxia Azemus: I've never had a friend who was a giant spider until I came to SL :)

[02:51 PM] Zen Arado: of course :)

[02:51 PM] Agatha Macbeth smiles @ Pila

[02:51 PM] oO0Oo Resident nods.. more in common... than anything we imagine divides us Pila?

[02:51 PM] Gaya Ethaniel: People sometimes 'talk' differently in text it seems.

[02:52 PM] Zen Arado: seems all US presidents are Irish...

[02:52 PM] Ewan Bonham: grin..

[02:52 PM] Pila Mulligan: prejudice and hate are usually heavy burdens, it is much easier wihtut them

[02:52 PM] Gaya Ethaniel: heh :)

[02:52 PM] Zen Arado: what a coincidence

[02:52 PM] Ataraxia Azemus: I think there's a shock....but then we can begin to recognize things

[02:52 PM] Zen Arado: agreed Pila

[02:52 PM] oO0Oo Resident: curious about looking into 'shock'

[02:53 PM] Pila Mulligan: Marly: 'let's get together and be alright'

[02:53 PM] Zen Arado: yep

[02:53 PM] Gaya Ethaniel: Yes ... they are painful to carry around.

[02:53 PM] Gaya Ethaniel: Intefere with stuff I want to do ...

[02:53 PM] Gaya Ethaniel: So why do we do this? lol

[02:53 PM] Ewan Bonham: Yes, like love one another..

[02:54 PM] Gaya Ethaniel: Sometimes I seem to be doing the precise opposite of what's good for me. Do you find that?

[02:54 PM] Ataraxia Azemus: Yes! All the time...

[02:54 PM] Gaya Ethaniel: phew I'm not alone ... thanks :)

[02:54 PM] Zen Arado: but there was an evolutionary advantage in being suspicious of other tribes

[02:54 PM] Pila Mulligan: I usually do what's good for you, Gaya :)

[02:54 PM] Ataraxia Azemus: Sometimes I can slow down enough to ask myself, "Is this helping?"

[02:54 PM] Ewan Bonham: i do....again creature of thopught hjabits..

[02:54 PM] Zen Arado: is that still true?

[02:54 PM] Gaya Ethaniel: Well Pila, maybe when I'm at our age ... fingers crossed.

[02:54 PM] Agatha Macbeth: You'll never be alone Gaya :)

[02:55 PM] Gaya Ethaniel: :)

[02:55 PM] Gaya Ethaniel: So ... I want to talk a bit about next week or the following weeks at this point.

[02:55 PM] Pila Mulligan: all one! (Dr Bronner)

[02:55 PM] Gaya Ethaniel: I'm sure all of you are eager to discuss 'communication' sometime? ^.-

[02:55 PM] Ataraxia Azemus: It seems that way :)



[02:55 PM] Agatha Macbeth: Ah, communication

[02:55 PM] oO0Oo Resident: become friends with the underlying energies.. some intelligence operating with those in discerning ways.. vibrations perhaps

[02:55 PM] Gaya Ethaniel: heheh

[02:56 PM] oO0Oo Resident: communication .. yes :)

[02:56 PM] Gaya Ethaniel: I did give some thoughts about Aphrodite's suggestion but I'm not sure if we should implement an additional measure or change the format.

[02:56 PM] Gaya Ethaniel: However, I'm always up for an experiment too.

[02:56 PM] Pila Mulligan: what suggestion please?

[02:57 PM] Zen Arado: hwo do you mean?

[02:57 PM] Agatha Macbeth: As Dr Frankenstein said

[02:57 PM] Gaya Ethaniel: She suggested we try out the retreat format on this.

[02:57 PM] Pila Mulligan: ? still not sur eI get it yet

[02:57 PM] Gaya Ethaniel: Like taking turn and speaking, just sharing when feels right etc.

[02:57 PM] Gaya Ethaniel: I feel though it may be somewhat static for people who're not used to that format.

[02:58 PM] Ataraxia Azemus: Maybe alternating formats would be good

[02:58 PM] Zen Arado: hmmm

[02:58 PM] Gaya Ethaniel: But it can help with situations where we have those who are somewhat dominating.

[02:58 PM] Ataraxia Azemus: Mm

[02:58 PM] Zen Arado: you can lose the stimulus of others thoughts

[02:58 PM] Gaya Ethaniel: mhm

[02:58 PM] Gaya Ethaniel: Shall we all go back and have a good think on this?

[02:59 PM] Gaya Ethaniel: We don't have to decide soon or anything ...

[02:59 PM] Ewan Bonham: Does this group meet at this time weekly?

[02:59 PM] Zen Arado: were we going to have a discussion about NVC?

[02:59 PM] Ataraxia Azemus: Yes, Ewan

[02:59 PM] Gaya Ethaniel: At any rate, Eliza may organise something with Aphrodite over at PaB.

[03:00 PM] Gaya Ethaniel: If they do one on communication, they will let us know.

[03:00 PM] Gaya Ethaniel: NVC?

[03:00 PM] Zen Arado: or in oroginal face group?

[03:00 PM] Gaya Ethaniel: Yes ... Eliza I think is talking to Aphrodite on that to do at PaB.

[03:00 PM] Zen Arado: non violent communicaton

[03:00 PM] Pila Mulligan: I had a topic idea, for a oundtable session

[03:00 PM] oO0Oo Resident: NVC=Non Violent Communication

[03:00 PM] Gaya Ethaniel: I'm not sure beyond that.

[03:00 PM] Ataraxia Azemus: Nonviol...yes :)

[03:00 PM] Gaya Ethaniel: Sure please go ahead Pila.

[03:01 PM] Pila Mulligan: 'what do oyu think is an important philosophical idea or subject'

[03:01 PM] Gaya Ethaniel: What do you mean by 'philosophical' though?

[03:01 PM] Pila Mulligan: part of the question :)

[03:01 PM] Gaya Ethaniel: ah :)

[03:01 PM] Gaya Ethaniel: And subject is?

[03:01 PM] Ewan Bonham: I am afraid I will have to go. I found this most interesting and will return....)

[03:01 PM] Zen Arado: it is looking at the validity of philosophy?  
 [03:01 PM] Gaya Ethaniel: Bye Ewan :)  
 [03:01 PM] Ewan Bonham: Thank you, folks,...:)  
 [03:01 PM] Ataraxia Azemus: Take care, Ewan :)  
 [03:02 PM] Zen Arado: bye Ewan  
 [03:02 PM] Pila Mulligan: bye  
 [03:02 PM] oO0Oo Resident: bye Ewan :)  
 [03:02 PM] Agatha Macbeth: Bye for now ewan  
 [03:02 PM] Pila Mulligan must also leave, perhaps with apologies for it being a bit too early for having posed an idea  
 [03:02 PM] Pila Mulligan: ybe  
 [03:02 PM] Zen Arado: no  
 [03:02 PM] Ataraxia Azemus: Take care, Pila :)  
 [03:02 PM] Zen Arado: thank you Pila  
 [03:02 PM] Gaya Ethaniel: OK we can continue in email ... let's poke Pila there.  
 [03:02 PM] Agatha Macbeth: Not at all Pila, and ty  
 [03:03 PM] Zen Arado: ok  
 [03:03 PM] Gaya Ethaniel: So let's get Pila to formulate one for us then?  
 [03:03 PM] Agatha Macbeth smiles  
 [03:03 PM] Wol Euler: bye pila, take care  
 [03:03 PM] Zen Arado: yes  
 [03:03 PM] Gaya Ethaniel: cool  
 [03:03 PM] oO0Oo Resident: bye Pila ntsy :)  
 [03:03 PM] Zen Arado: maybe a bit narrower?  
 [03:04 PM] Gaya Ethaniel: Well ... we can talk about whether practice includes 'philosophical' training.  
 [03:04 PM] Ataraxia Azemus: I like the broadness....it might be interesting to see what people bring to that, at first  
 [03:04 PM] Gaya Ethaniel: contemplative practice  
 [03:04 PM] Zen Arado: yeh okk ..shrugs  
 [03:04 PM] Zen Arado: (see how open I am ) :)  
 [03:04 PM] Gaya Ethaniel: I think Pila may have more ideas :)  
 [03:04 PM] Ataraxia Azemus: I think it'll get narrowed down as a natural course :)  
 [03:04 PM] Zen Arado: true  
 [03:04 PM] Gaya Ethaniel: Then maybe broadened again ...  
 [03:05 PM] Zen Arado: my flashlight will narrow it :)  
 [03:05 PM] Gaya Ethaniel: Thanks everyone, look forward to continue discussing in the email group :)  
 [03:05 PM] Ataraxia Azemus: lol...yes; expanding and contracting....we'll breathe life into it :)  
 [03:05 PM] Gaya Ethaniel: :)  
 [03:05 PM] oO0Oo Resident: :))  
 [03:05 PM] Agatha Macbeth: Inhale...exhale  
 [03:06 PM] Zen Arado: ty for discussion  
 [03:06 PM] Agatha Macbeth: BFN folks, have fun  
 [03:06 PM] Zen Arado: bye all  
 [03:06 PM] Wol Euler: goodnight, all, time for me to leave too  
 [03:06 PM] oO0Oo Resident: bye All thanks very much

[03:06 PM] Wol Euler: take care

[03:06 PM] Ataraxia Azemus: Take care everyone :)

[03:06 PM] oO0Oo Resident: :)