

[01:57 PM] Ataraxia Azemus: Hi Chi :)
[01:57 PM] Arisia Vita: welcome Chi
[01:57 PM] Chi Aho: ty; hello
[01:58 PM] Chi Aho: hi, atari
[01:59 PM] Arisia Vita: what's up Chi?
[01:59 PM] Arisia Vita: welcome Pila!
[02:00 PM] Chi Aho: Arisia, why do you appear on the mini map as a white dot?
[02:00 PM] Arisia Vita: uh, I don't know?
[02:00 PM] Ataraxia Azemus: Hi Pila :)
[02:00 PM] Pila Mulligan: greetings
[02:00 PM] Chi Aho: hello, Pila
[02:00 PM] Chi Aho: Arisia, how are things at PPIC
[02:00 PM] Arisia Vita: great, you should come more often
[02:01 PM] Chi Aho: I can't recall being there as Chi Aho
[02:01 PM] Arisia Vita: hmmm, I think you were once, but my poor memory... :)
[02:02 PM] Chi Aho: (and I do not use 2 avi's at the same time)
[02:02 PM] Ataraxia Azemus: Hi Bruce :)
[02:02 PM] Pila Mulligan: hi Bruce
[02:02 PM] Arisia Vita: welcome Bruce
[02:02 PM] Chi Aho: Bruce, how are you?
[02:03 PM] Bruce Mowbray: Hey, Pila, Chi, Arisia.
[02:03 PM] Bruce Mowbray: Feeling a bit better eachday, thanks.
[02:03 PM] Ataraxia Azemus: Glad to hear it, Bruce :)
[02:03 PM] Bruce Mowbray: Oh Hi, Atari.
[02:03 PM] Bruce Mowbray: sry -- didn't see you over there.
[02:04 PM] Chi Aho: Maybe the topic today should be "Creating meaning in your life"
[02:04 PM] Ataraxia Azemus: No worries :)
[02:05 PM] Arisia Vita: welcome Wol!
[02:05 PM] Bruce Mowbray: Hi, Wol.
[02:05 PM] Wol Euler: evening all
[02:05 PM] Ataraxia Azemus: We're continuing along the same somewhat freeform thread today, so we can just bounce ideas
[02:05 PM] Pila Mulligan: hi Wol
[02:05 PM] Chi Aho: hi, Wol
[02:05 PM] Arisia Vita: welcome Agatha!
[02:05 PM] Ataraxia Azemus: Hi Wol and Ags :)
[02:05 PM] Bruce Mowbray: Hi, aggers.
[02:05 PM] Pila Mulligan: 'lo Ags
[02:05 PM] Chi Aho: hello, agatha
[02:05 PM] Agatha Macbeth: Evenin' all
[02:05 PM] Pila Mulligan: synchronized sitting
[02:06 PM] Agatha Macbeth: Yay
[02:06 PM] Wol Euler: :)
[02:06 PM] Ataraxia Azemus: Okay, I think we've got enough here now...Gaya's taking a break, so I guess I'll get the ball rolling :)

[02:08 PM] Ataraxia Azemus: We're continuing along the thread we started last week, which was...

[02:08 PM] Ataraxia Azemus: 'What do you think is an important idea or subject?'

[02:08 PM] Pila Mulligan: a very abbreviated summary of thoughts from last week: love, character, balance, dualism, spiritual/emotional intelligence, goal orientation, practice and understanding of concepts, jealousy and monogamy, karma

[02:08 PM] Pila Mulligan: and then Chi suggested just now, meaning in life

[02:08 PM] Ataraxia Azemus: Yes...does anyone need the notecard of topics from last week?

[02:09 PM] Pila Mulligan: meaning*

[02:09 PM] Wol Euler: yes please, Vi

[02:09 PM] Agatha Macbeth: I remember thx Atari

[02:09 PM] Wol Euler: ty

[02:10 PM] Ataraxia Azemus: I'll add to them, as we go along, to keep it up to date

[02:10 PM] Ataraxia Azemus: Chi, do you want to elaborate on yours?

[02:10 PM] Chi Aho: Question was, how do we create meaning in our lives

[02:10 PM] Chi Aho: So that would be different for each person

[02:11 PM] Chi Aho: probably

[02:11 PM] Ataraxia Azemus: Yes :)

[02:11 PM] Chi Aho: For me it is important to have a sense of wholeness and to live a life of integrity

[02:11 PM] Arisia Vita: welcome Lulu

[02:11 PM] Ataraxia Azemus: Hi Lulu :)

[02:11 PM] Chi Aho: that is really true, and meaning stems from that

[02:11 PM] Wol Euler: hello lulu

[02:11 PM] Bruce Mowbray: Hi, Lulu

[02:12 PM] Lulu Lacrima: hello Wol, Hi Bruce

[02:12 PM] Chi Aho: but for each person it is different, i suppose

[02:12 PM] Ataraxia Azemus: Mm :)

[02:13 PM] Chi Aho: maybe someone else has ideas

[02:13 PM] Lulu Lacrima: ideas about what specifically?

[02:14 PM] Bruce Mowbray: More and more i can learning (about myself) that empathy is vitally important

[02:14 PM] Ataraxia Azemus: Maybe we can go in different direction this week...what makes an idea or topic valuable for us?

[02:14 PM] Bruce Mowbray: and I don't mean just between persons. . . I mean empathy with situations, with circumstances. . .

[02:14 PM] Lulu Lacrima: empathy is my trade in rl

[02:14 PM] Ataraxia Azemus: :)

[02:14 PM] Bruce Mowbray: my ability to "rest" in a situation. . . that might otherwise be "reactive" - - -

[02:15 PM] Pila Mulligan: another factor is the situation at a given moment -- when we are having difficulties the needs may be different from when we are in an easier situation

[02:15 PM] Ataraxia Azemus: Hi Zen :)

[02:15 PM] Lulu Lacrima: hello zen

[02:15 PM] Agatha Macbeth: Zen :)

[02:15 PM] Bruce Mowbray: yes - - - Pila.

[02:15 PM] Pila Mulligan: yo Zen

[02:15 PM] Chi Aho: Zen, how are you?

[02:15 PM] Wol Euler: hi zen

[02:15 PM] Bruce Mowbray: what makes one thing "difficult" for us but another "easy"?

[02:16 PM] Bruce Mowbray: Hey, Zen.

[02:16 PM] Zen Arado: Hi all :)

[02:16 PM] Pila Mulligan: turbulence is a factor, Bruce

[02:16 PM] Pila Mulligan: as opposed to peacefulness

[02:16 PM] Zen Arado: good ty

[02:16 PM] Bruce Mowbray: what makes one situation easy to rest in - but another difficult?

[02:16 PM] Bruce Mowbray: Hey, Darren.

[02:16 PM] Lulu Lacrima: hello

[02:16 PM] Chi Aho: Bruce, we all have different talents, abilities, skills and are at different levels of emotional and spiritual development

[02:16 PM] Pila Mulligan: hi Darren

[02:16 PM] Ataraxia Azemus: Hi Darren :)

[02:16 PM] Zen Arado: Hi Darren

[02:16 PM] Darren Islar: hi everyone :)

[02:16 PM] Agatha Macbeth: Hello Darren

[02:17 PM] Wol Euler: hello darren

[02:17 PM] Lulu Lacrima: hi darren

[02:18 PM] Darren Islar: is it quiet or is it me ?

[02:18 PM] Pila Mulligan: both

[02:18 PM] Lulu Lacrima: we're contemplating life

[02:18 PM] Pila Mulligan: :)

[02:18 PM] Lulu Lacrima: with empathy

[02:18 PM] Wol Euler smiles.

[02:18 PM] Darren Islar: k, thanks

[02:18 PM] Ataraxia Azemus: Darren, we're discussing: 'What do you think is an important idea or subject?'

[02:18 PM] Bruce Mowbray listens for others to respond.

[02:19 PM] Zen Arado: we have some suggestions from last week

[02:19 PM] Darren Islar nods

[02:19 PM] Zen Arado: Gaya aved them on a notecard

[02:19 PM] Ataraxia Azemus: Yes...I think we can probably pick a direction to go in, if no one else wants to add anything

[02:20 PM] Wol Euler: ty zen

[02:20 PM] Ataraxia Azemus: I added Chi's and Bruce's ideas, just now :)

[02:20 PM] Pila Mulligan: let's add reincarnation to the list -- it was a significant factor in the evolution of contemplative thought, even if it is less prominent now

[02:20 PM] Chi Aho: I thought each person was going to say why a particular question was important in their life.

[02:20 PM] Pila Mulligan: ust for flavor, at a later date :)

[02:20 PM] Pila Mulligan: just*

[02:20 PM] Ataraxia Azemus: :)

[02:21 PM] Zen Arado: well what is the question?

[02:21 PM] Pila Mulligan: what is important?

[02:21 PM] Pila Mulligan: or significant

[02:21 PM] Zen Arado: about reincarnation?

[02:21 PM] Ataraxia Azemus: We're still on the meta-question :)

[02:21 PM] Lulu Lacrima: Chi, I can tell you, without much prior knowledge of the ultimate purpose of this meeting, that empathy is important to me, because without it I cannot help others

[02:21 PM] Pila Mulligan: or, an anlg someone hinted, how do we decide what is significant

[02:21 PM] Zen Arado: yes Chi think Gaya wanted us to come up with more topics

[02:22 PM] Ataraxia Azemus: Yes, or flesh out some of the ideas we brought up last week

[02:22 PM] Chi Aho: I did zen - My topic was How do we create meaning in our life?

[02:22 PM] Bruce Mowbray: I was thinking of 'empathy' and 'resting' as a way of Being - with oneself, or with anything -- a way of Mindfulness in our being. . .

[02:23 PM] Lulu Lacrima: chi, for me, meaning comes from what I can do for others

[02:23 PM] Lulu Lacrima: but not in a slavish way

[02:23 PM] Ataraxia Azemus: Connection, Lulu?

[02:23 PM] Lulu Lacrima: connection? absolutely

[02:24 PM] Darren Islar: What about the function of personality?

[02:24 PM] Lulu Lacrima: Darren, what about it?

[02:24 PM] Darren Islar: as a topic

[02:24 PM] Lulu Lacrima: oh

[02:24 PM] Lulu Lacrima: hmm

[02:24 PM] Bruce Mowbray: oooo. That's a good one, Darren!

[02:24 PM] Lulu Lacrima: my personality is one that permits empathy

[02:24 PM] Ataraxia Azemus: :)

[02:25 PM] Pila Mulligan: maybe 'the function and nature of personality'?

[02:25 PM] Pila Mulligan: what and how

[02:25 PM] Lulu Lacrima: if I could not examine myself intuitively and construct a systems-oriented understanding of another human, using a more or less logically rational way

[02:25 PM] Darren Islar: hmmmmm, to me the function is more interesting, but I go along, those are surely related

[02:25 PM] Lulu Lacrima: then I would be unable to apply my innate ability for empathy

[02:25 PM] Pila Mulligan: :)

[02:25 PM] Lulu Lacrima: to my job as a psychologist

[02:25 PM] Bruce Mowbray: the FUNCTION of a personality -- perhaps especially one that is versatile and capable of altering itself to meet a variety of situations and people, cultures, different ways of being.

[02:25 PM] Ataraxia Azemus: The anatomy and physiology of psychology? :)

[02:25 PM] Lulu Lacrima: I like that one ata :)

[02:26 PM] Lulu Lacrima: I like how you framed that, Bruce

[02:26 PM] Darren Islar nods at Bruce, which means it's flexible

[02:26 PM] Zen Arado: that's a bit broad Violet?

[02:26 PM] Pila Mulligan: nice thought Atari

[02:27 PM] Ataraxia Azemus: I'm not suggesting that seriously...just playing with "function and nature of personality" :)

[02:27 PM] Zen Arado: especially as I know little about psychology :)

[02:27 PM] Bruce Mowbray: felixible, we can hope, with being a chameleon.

[02:27 PM] Lulu Lacrima: but a chameleon's function is to hide

[02:27 PM] Bruce Mowbray: withOUT* being a chameleon.

[02:27 PM] Lulu Lacrima: ohh

[02:27 PM] Bruce Mowbray: sry.

[02:27 PM] Darren Islar: the social content is important for our personality

[02:27 PM] Lulu Lacrima: np

[02:27 PM] Bruce Mowbray: some people hide inside their personalities, too.

[02:27 PM] Lulu Lacrima: do you mean social context darren?

[02:27 PM] Darren Islar: you can call that hiding

[02:28 PM] Darren Islar: yes Lulu :)

[02:28 PM] Lulu Lacrima: bruce, an interesting observation--what is the function of a personality constructed to hide one's true self?

[02:28 PM] Lulu Lacrima: is that even possible?

[02:28 PM] Zen Arado: What IS personality?

[02:29 PM] Ataraxia Azemus: Good one, Zen :)

[02:29 PM] Lulu Lacrima: Zen, that is a construct that remains impossible to define with human means

[02:29 PM] Darren Islar: hmmm, that's a hard question Zen, that's why I would like to look at it's function

[02:29 PM] Lulu Lacrima: we can define much of it

[02:29 PM] Lulu Lacrima: but never all of it

[02:29 PM] Pila Mulligan: to me that's up there with 'what is free will'

[02:29 PM] Zen Arado: yeh ok

[02:29 PM] Lulu Lacrima: I like to use a metaphor of a blackboard, which is rectangular

[02:29 PM] Zen Arado: but it's funny talking about something when we don't know what it is

[02:29 PM] Lulu Lacrima: and each conception or construction of personality is a circle we impress upon this board

[02:30 PM] Zen Arado: ned a working definition

[02:30 PM] Lulu Lacrima: and even if we cover that board with every conception or construction humanly possible

[02:30 PM] Darren Islar: Actually, I think we do all the time Zen :)

[02:30 PM] Lulu Lacrima: there will remain those nodes which circles cannot cover on a rectangular plane

[02:30 PM] Zen Arado: I do anyway :)

[02:30 PM] Darren Islar: me too :)

[02:30 PM] Lulu Lacrima: therein lies the mystery

[02:30 PM] Pila Mulligan: interesting image Lulu

[02:31 PM] Lulu Lacrima: ty Pila

[02:31 PM] Chi Aho: Working definition: A person's habitual response pattern, including his/her attitudes

[02:31 PM] Lulu Lacrima: meh

[02:31 PM] Zen Arado: sounds good Chi

[02:31 PM] Lulu Lacrima: sorry, don't mean to denigrate you Chi

[02:31 PM] Ataraxia Azemus: Do we need to define something to understand it?

[02:31 PM] Bruce Mowbray: so, personality is habit?

[02:31 PM] Lulu Lacrima: Ata, I think it is important to have an operational, or working definition

[02:31 PM] Darren Islar: or do we need to understand all of it?

[02:31 PM] Lulu Lacrima: to be sure we're conversing about the "same" thing

[02:31 PM] Chi Aho: howso Lulu?

[02:31 PM] Zen Arado: no Violet but need a starting point maybe?

[02:32 PM] Lulu Lacrima: but we don't need to understand it all

[02:32 PM] Wol Euler: is personality something that we have, or is it something that other people intuit about us?

[02:32 PM] Wol Euler: I think it's the latter

[02:32 PM] Zen Arado: or both

[02:32 PM] Lulu Lacrima: and I'm not sure that I agree with "a person's habitual response pattern" suffices for an operational definition

[02:32 PM] Wol Euler: we have habits, beliefs, preferences; others look at those and construct what they think we are from them

[02:32 PM] Pila Mulligan: how would you differ lulu?

[02:32 PM] Wol Euler: and call that construct our personality

[02:32 PM] Pila Mulligan: differ*

[02:32 PM] Zen Arado: can you improve ti Lulu?

[02:32 PM] Darren Islar: I think personality is formed by the person negotiating with it's environment

[02:32 PM] Darren Islar: something in between people

[02:33 PM] Ataraxia Azemus: Mm, Darren

[02:33 PM] Lulu Lacrima: I think personality is a function of innate predispositions to interact with environments in a particular way, and when those environments act upon us

[02:33 PM] Lulu Lacrima: then we react accordingly

[02:33 PM] Lulu Lacrima: *accordingly

[02:33 PM] Chi Aho: how about learning, Lulu?

[02:33 PM] Zen Arado: the sum of character traits we react with?

[02:34 PM] Lulu Lacrima: given the predisposition, the context of the acting environment will impact and interact differently

[02:34 PM] Lulu Lacrima: learning, Chi, is a part of our environment

[02:34 PM] Lulu Lacrima: *environment

[02:34 PM] Ataraxia Azemus: Or habits, as Bruce said :)

[02:34 PM] Zen Arado: predispositions is good

[02:34 PM] Darren Islar: hmmm, is character different then personality?

[02:34 PM] Ataraxia Azemus: Hi Fireball :)

[02:34 PM] Zen Arado: predispositions and habits

[02:34 PM] Chi Aho: character is the moral dimension of personality

[02:34 PM] Lulu Lacrima: interacting with the environment

[02:34 PM] Pila Mulligan remembers Chi's topic from last week: "a serious discussion of character; we seem to neglect that and have substituted "personality" instead. Maybe character as the moral dimension of personality

"

[02:34 PM] Pila Mulligan: :)

[02:34 PM] Zen Arado: character is what others see?

[02:35 PM] Lulu Lacrima: which then interacts in turn with us

[02:35 PM] Darren Islar: ponders moral dimension....

[02:35 PM] Lulu Lacrima: and a cycle commences

[02:35 PM] Zen Arado: and how we break that cycle

[02:35 PM] Lulu Lacrima: why would one want to break that cycle?

[02:35 PM] Zen Arado: or see it

[02:36 PM] Zen Arado: if it causes us to suffer because we are locked into negative patterns?

[02:36 PM] Darren Islar: hmmmm, somehow character seems to be more 'solid' then personality, that is to me...

[02:36 PM] Lulu Lacrima: Zen, only in that case would I agree

[02:36 PM] Zen Arado: or are too rigid

[02:36 PM] Lulu Lacrima: but what if our cycle has locked us into positive patterns?

[02:36 PM] Zen Arado: yeh agree Darren

[02:36 PM] Ataraxia Azemus: It might be easy to see bad habits if we're in the habit of seeing habits

[02:37 PM] Pila Mulligan: :)

[02:37 PM] Zen Arado: aren't habitual ways bad per se?

[02:37 PM] Lulu Lacrima: Darren, "character" might be one of those circles on the blackboard as I was stating earlier

[02:37 PM] Wol Euler: there are good habits too...

[02:37 PM] Pila Mulligan: compulsive repetitions may be unhelpful

[02:37 PM] Wol Euler: worthwhile, helpful ones

[02:37 PM] Lulu Lacrima: I agree, Wol

[02:37 PM] Darren Islar nods at Wol

[02:37 PM] Zen Arado: yeh was thikig that Pila

[02:37 PM] Darren Islar: habits is how my teacher describes karma

[02:37 PM] Chi Aho: The human personality has a number of dimensions

[02:37 PM] Zen Arado: hmm that too Wol

[02:37 PM] Pila Mulligan: :) Darren

[02:38 PM] Chi Aho: intellectual, emotional, social, moral, spiritual

[02:38 PM] Zen Arado: but clinging to ways of going makes us less flexible

[02:38 PM] Ataraxia Azemus: Yes

[02:38 PM] Zen Arado: OTOH we don't want to keep thnking about everything we do all the time....

[02:38 PM] Lulu Lacrima: That's why I like to use the blackboard metaphor, Chi

[02:39 PM] Bruce Mowbray: Can an individual who continually behaves through habitual reactive patterns (emotional and behavioral) be said to be making "choices"? -- and aren's choice what is required for moral character?

[02:39 PM] Darren Islar: can you explain that again Lulu?

[02:39 PM] Chi Aho: Bruce, we can learn.

[02:39 PM] Bruce Mowbray: aren't choices*

[02:39 PM] Darren Islar: maybe we don't have a choice in making choices :)

[02:39 PM] Lulu Lacrima: imagine that "personality" is defined by some super (ie, outside) human manner as a rectangular blackboard

[02:40 PM] Ataraxia Azemus: :)

[02:40 PM] Wol Euler: perhaps each habit starts with a choice (wihc is then never re-examined)

[02:40 PM] Lulu Lacrima: then, imagine that we humans impress sponge-like these circles of what we understand to be dimensions of personality upon the board

[02:40 PM] Zen Arado: can't help thinking personality kinda freezes us into a pattern

[02:40 PM] Lulu Lacrima: some dimensions will overlap, others will not

[02:40 PM] Zen Arado: others expect us to behave in cetain ways too

[02:40 PM] Lulu Lacrima: the blackboard ultimately is covered with circles, but there are still those negative spaces

[02:41 PM] Lulu Lacrima: that cannot be described nor explained

[02:41 PM] Chi Aho: and all can change as a result of learning - all dimensions can change

[02:41 PM] Darren Islar: that would mean Wol a habit is always working unconsciously, I don't think that is necessarily true

[02:41 PM] Zen Arado: yeh Wol we lose awareness

[02:41 PM] Lulu Lacrima: no, all cannot change as a result of learning Chi

[02:41 PM] Lulu Lacrima: Some can, but not all

[02:41 PM] Bruce Mowbray: agrees with Zen about freezing into patterns, but awareness can liberates us from them.

[02:41 PM] Zen Arado: become unconsciuous like everyone else

[02:41 PM] Bruce Mowbray: liberate*

[02:41 PM] Lulu Lacrima: all human behavior, thought, feeling, process, consciousness, etc is a function of both our genetic predispositions and their interaction with environement

[02:41 PM] Chi Aho: well, my sexual orientation is nsot going to change

[02:41 PM] Lulu Lacrima: *environment

[02:42 PM] Wol Euler: I didn't mean to suggest that it was always and necessarily unconscuous, Darren, just that it might have represented a choice in the past

[02:42 PM] Ataraxia Azemus: I agree with that too...but aren't the patterns always changing, too?

[02:42 PM] Zen Arado: when we get older....not fast enough maybe

[02:42 PM] Darren Islar: thanks Lulu (starting to walk behind :))

[02:42 PM] Ataraxia Azemus: Mm

[02:42 PM] Darren Islar: right Wol

[02:42 PM] Zen Arado: set in our ways

[02:43 PM] Ataraxia Azemus: The deeper the pattern, the harder it is to change it maybe?

[02:43 PM] Zen Arado: yeh

[02:43 PM] Darren Islar: genetic predisposition..... ponders about it

[02:43 PM] Zen Arado: big problem those deep habits

[02:43 PM] Bruce Mowbray: can we "rest" right inside the pattern -- and watch it dissipate, thereby liberating us from it's "power"?

[02:43 PM] Darren Islar: deep as in the pattern excist for a long time and has been reproduced often.... ?

[02:43 PM] Zen Arado: are we slaves to our genes then?

[02:44 PM] Lulu Lacrima: those deep habits are indeed problematic for some

[02:44 PM] Lulu Lacrima: Zen, absolutely not

[02:44 PM] Ataraxia Azemus: Yes, Darren

[02:44 PM] Zen Arado: or slaves to our upbringing?

[02:44 PM] Lulu Lacrima: we are slaves to neither our genes nor our environment

[02:44 PM] Darren Islar nods at Bruce

[02:44 PM] Lulu Lacrima: there is no black and white dichtomy

[02:44 PM] Zen Arado: so how do we escape their influence?

[02:44 PM] Lulu Lacrima: We don't--we must blend them

[02:44 PM] Bruce Mowbray: if we a mindful - aware - then we are slaves to nothing -- especially to our own habits.

[02:45 PM] Wol Euler: by being aware of them, first, and hten by changing ourselves

[02:45 PM] Bruce Mowbray: are mindful*

[02:45 PM] Zen Arado: yes Bruce

[02:45 PM] Lulu Lacrima agrees with Wol and Bruce

[02:45 PM] Zen Arado: takes time though....through awareness?

[02:45 PM] Darren Islar: changing ourselves is a nice topic too

[02:45 PM] Zen Arado: or allowing the change

[02:45 PM] Lulu Lacrima: awareness is very important for the kind of change I think you mean, Zen

[02:45 PM] Wol Euler: yes, of course :) and with many falling-back and slipping-up episodes too

[02:45 PM] Bruce Mowbray: Where awareness is, the reactive patterns are not.

[02:45 PM] Darren Islar: hmmm yes, good point Zen, allowing.....

[02:45 PM] Ataraxia Azemus: Yes...awareness can let us choose a positive action over a negative reaction

[02:46 PM] Wol Euler nods.

[02:46 PM] Zen Arado: How do you lose your reactive patterns or deal with them?

[02:46 PM] Zen Arado: is that a question?

[02:46 PM] Wol Euler: an analogy: habit is to everyday life as the monkey mind is to meditation :)

[02:46 PM] Darren Islar: that's well put Violet :)

[02:46 PM] Ataraxia Azemus: :)

[02:46 PM] Bruce Mowbray: I mean a different quality of awareness, I think, Atari.

[02:47 PM] Lulu Lacrima: "the monkey mind?"

[02:47 PM] Ataraxia Azemus: I think we mean the same thing, Bruce :)

[02:47 PM] Lulu Lacrima: we're apes.....

[02:47 PM] Lulu Lacrima: erm

[02:47 PM] Darren Islar: hmmmmmm, not for me Wol

[02:47 PM] Bruce Mowbray: both a lacking mindfulness.

[02:47 PM] Lulu Lacrima: not feeling the analogy

[02:47 PM] Wol Euler: the little voice that perks up while you are meditating, distracting you :)

[02:47 PM] Bruce Mowbray: good analogy, Wol!

[02:47 PM] Bruce Mowbray: are*

[02:47 PM] Lulu Lacrima: ok, understood Wol

[02:48 PM] Zen Arado: habits just don't want you to examine them

[02:48 PM] Zen Arado: want to stay hidden

[02:48 PM] Lulu Lacrima: I might not call it a monkey mind, but I get what you mean

[02:48 PM] Pila Mulligan: http://en.wikipedia.org/wiki/Mind_monkey

[02:48 PM] Zen Arado: slightly different I think

[02:48 PM] Lulu Lacrima: I don't like the term

[02:48 PM] Lulu Lacrima: but I appreciate the concept

[02:48 PM] Darren Islar: a habit doesn't mean it lacks mindfulness, if it does, I think it's very connected to the monkey mind, I agree on that

[02:48 PM] Wol Euler: the analogy is in the way we deal with them: not decrying and hitting with sticks, but acknowledging and then going on with a better action

[02:48 PM] Chi Aho: it just means a lack of focus

[02:48 PM] Bruce Mowbray: The monkey mind finds it impossible to rest . . .

[02:48 PM] Zen Arado: yeh

[02:49 PM] Lulu Lacrima: "monkey mind" to me denies the possibility that other apes and primates are capable of cognitive processes like meta-awareness and meditation

[02:49 PM] Bruce Mowbray: the person who is a 'slave' to habits also finds it impossible to rest.

[02:49 PM] Zen Arado: wants to take us away from our deep peacefulness

[02:49 PM] Zen Arado: our natural state

[02:49 PM] Darren Islar: maybe Lulu, but it's more in the way we perceive their behaviour :)

[02:50 PM] Wol Euler: oh dear, please don't take metaphors that literally :)

[02:50 PM] Zen Arado: so we have a few more questions

[02:50 PM] Darren Islar nods at Wol

[02:50 PM] Bruce Mowbray: If I am hear you right, Zen, I think you are saying that restful awareness is our "natural" way of being.

[02:50 PM] Zen Arado: waht do we do next week?

[02:50 PM] Lulu Lacrima: Darren, I argue it's not our perception but an empirical truth that other primates are capable of many of the same cognitive processes that we humans are

[02:50 PM] Lulu Lacrima: that's all I mean

[02:51 PM] Zen Arado gave you June 09 WoK Ideas.

[02:51 PM] Darren Islar: I know Lulu

[02:51 PM] Lulu Lacrima: :)

[02:51 PM] Ataraxia Azemus: I liked your suggestion last week, Zen

[02:51 PM] Ataraxia Azemus: ealosity and it's connection with monogamy

[02:51 PM] Ataraxia Azemus: Jealousy, too :)

[02:51 PM] Zen Arado: kk

[02:51 PM] Bruce Mowbray: "Monkey mind" is a figure of speech -- it is not actually talking about apes or monkeys.

[02:51 PM] Pila Mulligan: Lulu, this phrase may have come from a contemplative person once saying 'the mind is like a chattering monkey'

[02:51 PM] Ataraxia Azemus: Hi Alana :)

[02:52 PM] Lulu Lacrima sighs

[02:52 PM] Zen Arado: I have an article can be looked at

[02:52 PM] Lulu Lacrima: I understand

[02:52 PM] Pila Mulligan: :)

[02:52 PM] Ataraxia Azemus: Yes, I saved that, I think

[02:53 PM] Zen Arado: <http://www.tricycle.com/my-view/what...lousy?page=0,1>

[02:53 PM] Lulu Lacrima: I'm trying to reorient the way people conceive of primates; one reason I believe certain fundamentalist groups deny evolution is b/c they want to deny the fact that monkeys have minds like ours

[02:53 PM] Zen Arado: if we want to go with that

[02:53 PM] Chi Aho: Now after all of this, have we agreed on what personality is?

[02:53 PM] Ataraxia Azemus: Phew, I did :)

[02:53 PM] Wol Euler laughs.

[02:53 PM] Lulu Lacrima laughs

[02:53 PM] Darren Islar: hehehe

[02:53 PM] Pila Mulligan: or free will :)

[02:53 PM] Lulu Lacrima: indeed, Pila

[02:54 PM] alana003 Resident: oche

[02:54 PM] Darren Islar: we will never will, that's why it's fun to talk about it :)

[02:54 PM] Ataraxia Azemus: I choose not to discuss free will :)

[02:54 PM] Pila Mulligan: ok :)

[02:54 PM] Lulu Lacrima: speaking of free will, I will exert mine to go forage for supper

[02:54 PM] Pila Mulligan: bye Lulu
 [02:54 PM] Wol Euler smiles.
 [02:54 PM] Chi Aho: be well, Lulu
 [02:54 PM] Ataraxia Azemus: (I'm only kidding :))
 [02:54 PM] Darren Islar: hmmm, is that free will or the habit of eating :)
 [02:54 PM] Wol Euler: take care, lulu
 [02:54 PM] Ataraxia Azemus: Take care, Lulu
 [02:54 PM] Bruce Mowbray: bye, Lulu -- thanks for being here today.
 [02:54 PM] Lulu Lacrima: lol, Ata
 [02:54 PM] Lulu Lacrima: bye to all, see you later
 [02:54 PM] Darren Islar: bye Lulu
 [02:55 PM] alana003 Resident: lulu
 [02:55 PM] Zen Arado: bye Lulu
 [02:55 PM] Ataraxia Azemus: So, jealousy for next week?
 [02:55 PM] Zen Arado: sure
 [02:55 PM] alana003 Resident: vcs tao visiveis
 [02:55 PM] Bruce Mowbray: Thank you, Chi, for substituting for Gaya.
 [02:55 PM] Darren Islar: yes, sounds great
 [02:55 PM] Ataraxia Azemus: :)
 [02:55 PM] Bruce Mowbray: Jealousy might be an interesting topic to explore....
 [02:56 PM] Agatha Macbeth nods
 [02:56 PM] Bruce Mowbray: cool.
 [02:56 PM] alana003 Resident: oi
 [02:56 PM] Pila Mulligan: oi
 [02:56 PM] Darren Islar nods, and something we run into daily :)
 [02:56 PM] Agatha Macbeth: Mm
 [02:56 PM] Bruce Mowbray: I also am off to forage for supper.
 [02:56 PM] Bruce Mowbray: May all be safe and happy.
 [02:56 PM] Wol Euler: happy hunting
 [02:56 PM] Agatha Macbeth: Forage well Bruce
 [02:56 PM] Ataraxia Azemus: Take care and good luck, Bruce :)
 [02:56 PM] Pila Mulligan: bye Bruce, hope your health is mending
 [02:56 PM] Zen Arado: I'd like to explore the connection with monogamy too
 [02:57 PM] Ataraxia Azemus: Yes
 [02:57 PM] Zen Arado: but might take another week
 [02:57 PM] Darren Islar: there is no such thing as monogamy :), he says three minutes before time is up
 [02:57 PM] Zen Arado: :)
 [02:57 PM] Wol Euler raises an eyebrow.
 [02:58 PM] Ataraxia Azemus: :P
 [02:58 PM] Chi Aho: hello alana
 [02:58 PM] Zen Arado: the guy talks about it in that article I posted
 [02:58 PM] Darren Islar: on the site?
 [02:58 PM] Ataraxia Azemus: The article is a good starting point, I think
 [02:59 PM] Zen Arado: surprised me seeing that in a buddhist magazine
 [02:59 PM] Wol Euler: a pleasant surprise :)

[02:59 PM] Wol Euler: agreeable, I mean
 [02:59 PM] Pila Mulligan: bye Ags
 [02:59 PM] Ataraxia Azemus: Take care, Ags :)
 [02:59 PM] Darren Islar: bye Aggers, for the record I'm afraid
 [02:59 PM] Zen Arado: bye Aggers
 [02:59 PM] Wol Euler: that was quick.
 [03:00 PM] Chi Aho: I must go also; it is late
 [03:00 PM] Wol Euler: bye chi, take care
 [03:00 PM] Pila Mulligan: bye Chi
 [03:00 PM] Ataraxia Azemus: Take care, Chi :)
 [03:00 PM] Wol Euler: wb aggers
 [03:00 PM] Darren Islar: she crashed apparently :)
 [03:00 PM] Pila Mulligan: wb Ags
 [03:00 PM] Ataraxia Azemus: and wb Ags :)
 [03:00 PM] Agatha Macbeth: Bloody Phoenix
 [03:00 PM] Pila Mulligan: :)
 [03:01 PM] Wol Euler smiles.
 [03:01 PM] Darren Islar: by Chi....sighs, can't get it right
 [03:01 PM] Ataraxia Azemus: Living up to its name :)
 [03:01 PM] Darren Islar: hehe
 [03:01 PM] Pila Mulligan: cycling thru the ashes
 [03:01 PM] Wol Euler: on a bicycle built for two
 [03:01 PM] Zen Arado: :)
 [03:01 PM] Ataraxia Azemus: :)
 [03:01 PM] Darren Islar: :)
 [03:02 PM] Pila Mulligan: I've noticed how Phoenix crashes without an immediate clue, then a few minutes later a message says you've been disconnected
 [03:02 PM] Agatha Macbeth: It does strange things to me sometimes
 [03:03 PM] Zen Arado: V 2 does that too
 [03:03 PM] Agatha Macbeth: Still beats the hell outta V2 tho
 [03:03 PM] Zen Arado: or you uust disappear
 [03:03 PM] Wol Euler hasn't had a crash in a very long time (touch wood)
 [03:03 PM] Agatha Macbeth touches your head
 [03:03 PM] Wol Euler: :-PPPP
 [03:03 PM] Agatha Macbeth: ;-)
 [03:03 PM] Zen Arado: he he a V" versus Phoenix discussion
 [03:03 PM] Zen Arado: V2
 [03:03 PM] Darren Islar: if I crash I can't get in for some time
 [03:03 PM] Zen Arado: both are flawed
 [03:03 PM] Pila Mulligan: now thats a significant topic :)
 [03:03 PM] Agatha Macbeth nods and sighs
 [03:03 PM] Ataraxia Azemus likes Imprudence :)
 [03:03 PM] Darren Islar: ahaha
 [03:04 PM] Zen Arado: :)
 [03:04 PM] Wol Euler: rather like life itself, zen :)

[03:04 PM] Zen Arado: yep
[03:04 PM] Zen Arado: better to stick with the devil you know maybe
[03:04 PM] Ataraxia Azemus: :)
[03:04 PM] Darren Islar: I need the radar for rp :)
[03:05 PM] Pila Mulligan: rp?
[03:05 PM] Darren Islar: sorry, roleplay
[03:05 PM] Agatha Macbeth: The radar on Imprudence is way too big for me
[03:05 PM] Pila Mulligan: ah, thnaks
[03:05 PM] Agatha Macbeth: Takes up half the screen
[03:06 PM] Ataraxia Azemus: Yes, I close it a lot to make room
[03:06 PM] Agatha Macbeth nods
[03:06 PM] Zen Arado: I like the big type in V2
[03:06 PM] Darren Islar: I just need a bigger screen :)
[03:06 PM] Agatha Macbeth: I like all the different sky sttings tho
[03:06 PM] Zen Arado: easier on my old eyes
[03:06 PM] Ataraxia Azemus: hehe
[03:06 PM] Ataraxia Azemus: So do I :)
[03:06 PM] Agatha Macbeth nods
[03:07 PM] Agatha Macbeth: A friend of mine uses it all the time: says it's really good
[03:07 PM] Agatha Macbeth: but I'll stick with phoenix
[03:07 PM] Zen Arado: anyone tried Firestorm?
[03:07 PM] Agatha Macbeth: Yes
[03:07 PM] Ataraxia Azemus: I use it for stability...I don't think it's ever crashed on me
[03:07 PM] Darren Islar: no, not yet
[03:07 PM] Agatha Macbeth: has the same shortcomings as V2
[03:07 PM] Agatha Macbeth: ie you can't find anything
[03:08 PM] Zen Arado: but that's unfamiliarity?
[03:08 PM] Wol Euler: no, it's lousy design :)
[03:08 PM] Agatha Macbeth: Even when I've used it a while still seems clunky
[03:08 PM] Wol Euler: sorry
[03:08 PM] Ataraxia Azemus: I don't like the way the buttons work, in V2...it feels more like clicking links...
[03:08 PM] Darren Islar: well, there is somethin with teh screen, I miss buttons
[03:08 PM] Zen Arado: :)
[03:08 PM] Agatha Macbeth: No, you're right Wol
[03:09 PM] Agatha Macbeth: Poor layout, poor design
[03:09 PM] Zen Arado: I like the way V2 handles IMs
[03:09 PM] Darren Islar: it's nice for beginners, not for regular users
[03:09 PM] Agatha Macbeth nods @ darren
[03:09 PM] Zen Arado: they get hidden in Phoenix
[03:09 PM] Zen Arado: and notices are kept
[03:09 PM] Agatha Macbeth: Oh, not for me
[03:10 PM] Darren Islar: that's a possible setting in V2 you dont' have in Phoenix
[03:10 PM] Zen Arado: in phoenix you have to delete them as you read them
[03:10 PM] Agatha Macbeth: A lot is down to configuration i think
[03:10 PM] Zen Arado: and I like the favourite LMs across the top

[03:11 PM] Darren Islar: me nods at Zen
[03:11 PM] Agatha Macbeth: Yes, that is about its only good feature for me
[03:11 PM] Ataraxia Azemus: Hi FcSeeker :)
[03:11 PM] Zen Arado: Hi Fc seeker
[03:11 PM] Darren Islar: but all teh windows are making me crazy, with soooo much features.... in V2
[03:11 PM] Arisia Vita: welcome Fc
[03:12 PM] Agatha Macbeth: Right
[03:12 PM] Ataraxia Azemus: Mm...I get lost easily in V2
[03:12 PM] Agatha Macbeth: Maybe LL will get it right in V3, but i won't hold my breath
[03:13 PM] Zen Arado: can't see then going back to V1 layout
[03:13 PM] Agatha Macbeth: But they badly need to improve on V2 design
[03:14 PM] Zen Arado: the search doesn't work well in V2
[03:14 PM] FcSeeker Resident: hello all
[03:14 PM] Wol Euler: hello fc
[03:15 PM] Pila Mulligan slips away -- peace and love, freinds
[03:15 PM] Ataraxia Azemus: Be well, Pila :)
[03:15 PM] Zen Arado: bye Pila
[03:15 PM] Agatha Macbeth: Bye Pil
[03:15 PM] Darren Islar: bye Pila
[03:15 PM] Wol Euler: bye pila
[03:15 PM] Darren Islar: for the record again, sighs..... :)
[03:15 PM] Wol Euler smiles.
[03:15 PM] Ataraxia Azemus: :)
[03:16 PM] Zen Arado slips away with his clunky old V2
[03:16 PM] Wol Euler: my dears (and bears), I too must go
[03:16 PM] Wol Euler: goodnight all,take care
[03:16 PM] Agatha Macbeth: Yep me too
[03:16 PM] Wol Euler: thank you for the discussion
[03:16 PM] Ataraxia Azemus: Take care, Zen and be well, Wol, Ags :)
[03:16 PM] Zen Arado: bye all
[03:16 PM] Agatha Macbeth: Night all
[03:16 PM] Darren Islar: bye Zen, and everyone leaving
[03:16 PM] Darren Islar: bye Aggers
[03:16 PM] Darren Islar: and Wol
[03:16 PM] Darren Islar: take care
[03:17 PM] Ataraxia Azemus: I think it's time for me to go foraging, too :)
[03:17 PM] Ataraxia Azemus: Be well, everyone :)
[03:17 PM] Darren Islar: bye Violet
[03:17 PM] Darren Islar: and everyone, till next week
[03:17 PM] Arisia Vita: bye Darren
[03:17 PM] FcSeeker Resident: I'm that scarey ?
[03:17 PM] Ataraxia Azemus: Take care, Darren :)
[03:17 PM] Arisia Vita: no!
[03:18 PM] FcSeeker Resident: o.k.

[03:18 PM] Darren Islar: hahah Fc

[03:18 PM] Ataraxia Azemus: hehe, Fc