



Violet (ataraxia.azemus): I guess we can get started...today we're looking at pride

goodeskyler: and all of you are Jehovahs Witnesses of course!

Violet (ataraxia.azemus): Zen's report has some very good questions

Violet (ataraxia.azemus): [http://waysofknowing.kira.org/3Reports/Zen\\_Arado/Report\\_102](http://waysofknowing.kira.org/3Reports/Zen_Arado/Report_102)

Zen (zen.arado): you want a Watchtower copy Skyler?

Zen (zen.arado): :)

Violet (ataraxia.azemus): :)

Zen (zen.arado): well are we proud people?

Zen (zen.arado): is it right to feel proud of achievements?

Zen (zen.arado): or roght to feel proud of where we come from?

Violet (ataraxia.azemus): I think it's natural to feel proud of our accomplishments....but if we need that to feel greater self esteem, that can be a negative thing, no?

Zen (zen.arado): yes agree Violet

Zen (zen.arado): as if we always need to keep doing things to prove our self worth

Violet (ataraxia.azemus): The connection to self esteem is interesting to me....is pride sometimes maladjusted self esteem?

Zen (zen.arado): I think there is a connection certainly

Zen (zen.arado): Hi Aph :)

Violet (ataraxia.azemus): Hi Aphrodite :)

Aphrodite Macbain: hello. Sorry I'm late

Julie Bluebird (lolli.bluebird): Perhaps too much pride inflates the ego to unhealthy levels?

Zen (zen.arado): I notice disabled ppllike me often become overachievers

Zen (zen.arado): as if to prove we aren't useless after all

Violet (ataraxia.azemus): No problem....we're discussing pride

Zen (zen.arado): yeh ...it is part of ego structure too isn't it?

Violet (ataraxia.azemus): Mm, Zen...can that be a motivating force?

Zen (zen.arado): so low self esteem can be a great motivator

Aphrodite Macbain: I imagine pride is about maintaining the ego

Zen (zen.arado): snap

Violet (ataraxia.azemus): :)

Zen (zen.arado): :)

Aphrodite Macbain: /me snaps her fingers

Arisia Vita: what about pride in the accomplishments of others?

Zen (zen.arado): yeh like national sportsmen

Violet (ataraxia.azemus): I'd sort of thought of that, too....we're usually proud of our children

Zen (zen.arado): much pride in N.Ireland about our golfers

Julie Bluebird (lolli.bluebird): or friends even ? :)

Aphrodite Macbain: Yes, one can be proud of our friends, our school our "team"

Aphrodite Macbain: It seems to be something to do with identity

Zen (zen.arado): often wonder if national pride is healthy thing

Violet (ataraxia.azemus): But filial pride is more inherent, isn't it? Like having an internsel sense of self worth

Violet (ataraxia.azemus): Inherent even

Violet (ataraxia.azemus): While national pride seems more external....we feel proud of the tribes we belong to

Zen (zen.arado): pride isn't just an acceptance that we are good at some things though?

Zen (zen.arado): it is being too inflated and in love with them

Aphrodite Macbain: yes Zen. Maybe it's to do with the degree of pride- a continuum. jingoism at the extreme end

Aphrodite Macbain: continuum

Violet (ataraxia.azemus): I think you're right, Aphrodite

Zen (zen.arado): yes...and that pride can be worked up into waging war

Julie Bluebird (lolli.bluebird): Do we need to accomplish things to feel pride or have our self worth boosted? Surely there is something to be said for living each day in the moment and enjoying life. That's a kind of pride to I feel.

Violet (ataraxia.azemus): National pride is similar to that need to prove our self worth externally, isn't it?

Zen (zen.arado): but aren't Americans right to be proud of the shuttle (being topical)

Violet (ataraxia.azemus): We'll "show them"

Zen (zen.arado): he he yes

Aphrodite Macbain: He that has pride eats up himself" W Shakespear

Julie Bluebird (lolli.bluebird): Perhaps that is tribalism rather than pride - but there is a link I'm sure :)

Zen (zen.arado): that's why I wonder if we have much low self esteem Lolli

Violet (ataraxia.azemus): Yes, Lolli...I think if we have an internal sense of self worth, we might fall into the traps of harmful kinds of pride less often

Julie Bluebird (lolli.bluebird): Who is "we" ?

Zen (zen.arado): all of us

Zen (zen.arado): ?

Aphrodite Macbain: Webster: A sense of one's own worth, and abhorrence of what is beneath or unworthy of one; lofty self-respect; noble self-esteem; elevation of character; dignified bearing; proud delight; - in a good sense.

Zen (zen.arado): but you know that Dalai Lama story?

Aphrodite Macbain: no?

Julie Bluebird (lolli.bluebird): Thank you Zen.

Aphrodite Macbain: what story?

Zen (zen.arado): it's in the article I posted

Aphrodite Macbain: Guess I missed it.

Zen (zen.arado): His Holiness was talking about the lojong mind training practice of putting others before yourself and regarding others as more important, and oneself as lowest and others as highest. So one of these psychologists or neuroscientists said, "But what about low self-esteem and self-hatred?" And His Holiness looked totally blank, and said, "What?" And the scientist said, "You know, low self-esteem and not liking yourself." Then H.H. asked his translator, "What is this man talking about?" So his translator put it into whatever is the Tibetan equivalent of low self-esteem, and H.H. thought, and then said, "I think, very rare, very rare." The scientist asked his colleagues, "How many of you ever suffer from low self-esteem and self-hatred?" Everybody put up their hands.

For H.H., this was a big breakthrough to understanding something about Western psychological make-up, because outwardly, Westerners look very confident, especially when they go to Asia.

Zen (zen.arado): it's a famous episode

Aphrodite Macbain: Thanks Zen. That is such an interesting story.

Julie Bluebird (lolli.bluebird): Thanks Zen, that's very interesting. Rather comforting that even if His

Holiness can make mistakes, so can we :)

Zen (zen.arado): so I wonder why us Westerners suffer from low self esteem?

Zen (zen.arado): compared to Tibetans anyway

Aphrodite Macbain: Surey his Holiness understand this as it is all about the results of being too attached to things

Violet (ataraxia.azemus): I wonder if low self esteem a part of cultures that emphasize individualism

Zen (zen.arado): yes and competitiveness

Violet (ataraxia.azemus): If we see ourselves as isolated from one another...

Zen (zen.arado): yes good point too

Julie Bluebird (lolli.bluebird): Perhaps we see the rich with more toys than us and think we are letting ourselves down. \*ponders\*

Aphrodite Macbain: but "saving face" is very much a part of oriental cultures

Aphrodite Macbain: surely self esteem isn't based on what we own

Zen (zen.arado): so that they won't have low self esteem?

Violet (ataraxia.azemus): Hello Eliaraa :)

Zen (zen.arado): can be partly

Zen (zen.arado): and what we have achieved

Aphrodite Macbain: I'm really puzzled by that story Zen

Zen (zen.arado): or our abilities

Zen (zen.arado): why Aph?

Aphrodite Macbain: I can't believe he doesn't understand the notion of low self esteem

Violet (ataraxia.azemus): It seems like there's a conflict sometimes between our internal self worth, the limits of the world and the perceptions of others

Zen (zen.arado): well I have seen the same story a few times in other places

Zen (zen.arado): that is so true Violet

Zen (zen.arado): how do we have a true appraisal of ourselves?

Violet (ataraxia.azemus): Does our self esteem get stronger when our self importance gets weaker?

Julie Bluebird (lolli.bluebird): So two self worths Ataraxi, our personal belief and how much we think others value us. That's interesting...

Violet (ataraxia.azemus): And vice versa?

Aphrodite Macbain: self esteem= self importance?

Zen (zen.arado): maybe that self importance is a kind of way to cover for low self esteem

Zen (zen.arado): ?

Zen (zen.arado): or taking pride in a single achievement I mean

Julie Bluebird (lolli.bluebird): I can understand a link between self worth and importance, I've seen it many times.

Violet (ataraxia.azemus): Well, I was trying to think of the differences between Western and Tibetan cultures...one seems more communal than the other, so there's less emphasis on the self...and less low self esteem, perhaps?

Zen (zen.arado): yes maybe that is the key Violet

Aphrodite Macbain: Ataraxia- that sounds plausible

Zen (zen.arado): so,,,How should we deal with approval, with criticism?

Violet (ataraxia.azemus): Ah...the tough questions now :)

Zen (zen.arado): I was reading a book lately that encourages us to just bask in feeling good about ourselves from time to time

Zen (zen.arado): :)

Aphrodite Macbain: neutally? watch what emotions arise in us but not act upon them?

Violet (ataraxia.azemus): I think it's a balance....we need connections with others, but we can't let that define our self worth

Zen (zen.arado): because of our evolutionary tendency to negativity

Zen (zen.arado): we need to feel good to balance the negativity

Arisia Vita: The wise profit equally at both window and mirror, finding enlightenment in one and humility in the other.

Violet (ataraxia.azemus): Good idea, Zen :)

Zen (zen.arado): true Ari

Violet (ataraxia.azemus): Ah! I love that, Ari

Aphrodite Macbain: one may also feel goo about something. But it doesn't benefit us to keep basing in the feeling. It should come and then go

Aphrodite Macbain: basking

Julie Bluebird (lolli.bluebird): Yes, that's a good quote Ari

Zen (zen.arado): but our propensity to negative emotions need balanced

Aphrodite Macbain: Yes- agree Ari

Violet (ataraxia.azemus): It can be good just to admire our existence for a little while

Zen (zen.arado): if I give any of you a compliment how long do you think about it?

Aphrodite Macbain: appreciate it without being proud?

Aphrodite Macbain: I would re-think it a few times

Zen (zen.arado): just allowing ourselves to feel good about ourselves

Aphrodite Macbain: but soon the pleasure would dry up after re-thinking it too many times.

Aphrodite Macbain: it loses its flavour after too many chews

Julie Bluebird (lolli.bluebird): Well, perhaps if so many of us do have low self esteem, perhaps we need to have a bit more pride to bring back the balance :)

Violet (ataraxia.azemus): I tend to remember insults more vividly, unless I catch myself

Aphrodite Macbain: the hurtful ones go deeper

Zen (zen.arado): you know the old adage that if many ppl give you compliments during a day you just need one criticism to forget the compliments

Violet (ataraxia.azemus): So I think there's value in allowing ourselves to feel good about ourselves, sometimes

Aphrodite Macbain: yes

Zen (zen.arado): will dwell on the criticism

Aphrodite Macbain: why do we do this? are we so insecure?

Zen (zen.arado): think it is programmed into us Aph

Zen (zen.arado): made us better survivors

Violet (ataraxia.azemus): Mm

Aphrodite Macbain: we survive better with thin skins?

Aphrodite Macbain: we may survive living but we may not be happy

Zen (zen.arado): the insecure people ran away quicker than the happy go lucky types

Zen (zen.arado): so they survived and passed on their genes

Zen (zen.arado): yes exactly Aph

Aphrodite Macbain: their fearful genes?

Zen (zen.arado): so maybe a little self pride is good for us

Zen (zen.arado): yes  
 Aphrodite Macbain: good point - an antidote  
 Aphrodite Macbain: point  
 Aphrodite Macbain: Are we discussing pride b/c we discussed sham last week?  
 Zen (zen.arado): so we are all wonderful people are we not?  
 Julie Bluebird (lolli.bluebird): yes \*wonders if she can remember it \*  
 Aphrodite Macbain: shame  
 Violet (ataraxia.azemus): To exist at all is a wonder, so yes :)  
 Aphrodite Macbain: we are people full of wonder  
 Zen (zen.arado): yes..it seemed the flip side Aph  
 Zen (zen.arado): ha you are wriggling out of it :)  
 Violet (ataraxia.azemus): Yes, Aph...last week we wondered if pride was another aspect of whatever it is that defines shame...  
 Aphrodite Macbain: :-)  
 Violet (ataraxia.azemus): We're wriggly people, too :)  
 Aphrodite Macbain: I am ashamed to say I often feel pride  
 Zen (zen.arado): one thing I lie about Americans is how often they do encourage each other  
 Aphrodite Macbain: rather than criticizing each other?  
 Zen (zen.arado): my culture can be mean spirited  
 Zen (zen.arado): yes  
 Zen (zen.arado): parents are so encouraging to their children  
 Aphrodite Macbain: perhaps it's a protective response to tough times  
 Zen (zen.arado): just a general impression in mind  
 Aphrodite Macbain: response  
 Violet (ataraxia.azemus): There is a "can do" element to American culture...  
 Zen (zen.arado): yes  
 Zen (zen.arado): a positiveness  
 Aphrodite Macbain: wonder why  
 Zen (zen.arado): hard question  
 Aphrodite Macbain: Canadians aren't like that. They are very self deprecating  
 Julie Bluebird (lolli.bluebird): We have a "don't need to" - we're British culture. Doesn't help :)  
 Zen (zen.arado): you think?  
 Violet (ataraxia.azemus): hehe Lolli  
 Aphrodite Macbain: yes  
 Aphrodite Macbain: we are very un nationalistic- except with hockey games  
 Zen (zen.arado): but some American mannerisms are infiltrating us British I think  
 Zen (zen.arado): 'have a nice day'  
 Zen (zen.arado): etc  
 Aphrodite Macbain: A people which takes no pride in the noble achievements of remote ancestors will never achieve anything worthy to be remembered with pride by remote descendants.  
 Julie Bluebird (lolli.bluebird): I think you'll find Zen that remarks like that have only infiltrated the lower classes who don't play cricket and or have a Butker ;-)  
 Zen (zen.arado): when I was young someone who 'loved himself' was ridiculed  
 Zen (zen.arado): yeh maybe Lolli :)  
 Julie Bluebird (lolli.bluebird): \*sips tea\*

Aphrodite Macbain: yes. emotional language is regarded with suspicion

Julie Bluebird (lolli.bluebird): :)

Violet (ataraxia.azemus): :)

Zen (zen.arado): or someone with a 'big head'

Aphrodite Macbain: Perhaps it's part of what Christianity teaches

Violet (ataraxia.azemus): Lots of room for ideas, in a big head....

Zen (zen.arado): so we British need more love and encouragement

Aphrodite Macbain: especially the Old Testament

Aphrodite Macbain: (((((Zen))))))

Zen (zen.arado): :)

Julie Bluebird (lolli.bluebird): Oh I used to be called a big head so much when I was kid, forgot how it hurt :-  
/

Zen (zen.arado): yes..the idea that we are rotten sinners isn't encouraging

Aphrodite Macbain: because you were smart?

Violet (ataraxia.azemus): I think Western culture has an element of self sacrifice

Aphrodite Macbain: Lolli?

Violet (ataraxia.azemus): Oh, I'm sorry, Lolli :(

Zen (zen.arado): kids cut down the 'tall poppies'

Aphrodite Macbain: sounds like someone who was jealous of you

Aphrodite Macbain: envy - the great equalizer

Julie Bluebird (lolli.bluebird): No, no it is no problem :)

Zen (zen.arado): yes these qualities are interrelated

Violet (ataraxia.azemus): Envy is a space on the shelf where pride would fit, isn't it?

Zen (zen.arado): jealousy, pride, shame

Zen (zen.arado): seven deadly sins?

Aphrodite Macbain: 3 of them

Aphrodite Macbain: 2 sides of the same coin Ata?

Violet (ataraxia.azemus): We're too slothful for the rest :)

Violet (ataraxia.azemus): Yes, I think so

Violet (ataraxia.azemus): These are all interrelated, as Zen said, I think

Zen (zen.arado): what were the rest?

Aphrodite Macbain: envy?

Aphrodite Macbain: adultery

Violet (ataraxia.azemus): wrath, greed, sloth, pride, lust, envy, and gluttony.

Zen (zen.arado): Hi Mira :)

Violet (ataraxia.azemus): Hi Mira :)

Aphrodite Macbain: ah yes, lust and gluttony.- they take energy

Aphrodite Macbain: Miralee. Hello

Aphrodite Macbain: nice hair!

Miralee Munro: Hello everyone

Miralee Munro: sorry to interrupt

Zen (zen.arado): np

Zen (zen.arado): we are nearly finished anyway

Zen (zen.arado): do we want a topic for next week?

Julie Bluebird (lolli.bluebird): Hi Miralee

Julie Bluebird (lolli.bluebird): How about something positive!!

Zen (zen.arado): we were talking about pride Mira

Julie Bluebird (lolli.bluebird): :)

Violet (ataraxia.azemus): I like positivity :)

Miralee Munro: Ooohhhh ....

Miralee Munro: and pride wasn't positive?

Zen (zen.arado): yeh but that isn't so interesting :)

Violet (ataraxia.azemus): We aren't very proud of our pride, I suppose :)

Miralee Munro: Mmmmmm ... interesting.

Miralee Munro: Interesting subject to talk about though.

Zen (zen.arado): well I think we have a right to be proud of ourselves

Zen (zen.arado): not excessively though

Violet (ataraxia.azemus): I think it cuts both ways....

Miralee Munro: Yes, people take pride in their work and achievements ... it's the first step in developing a child's self esteem isn't it?

Violet (ataraxia.azemus): Pride can be either positive or negative...

Zen (zen.arado): yes...self esteem featured heavily too tonight

Miralee Munro: Perhaps BALANCE is a natural extension

Miralee Munro: Everything in moderation.

Miralee Munro: Even excess!

Miralee Munro: lol

Violet (ataraxia.azemus): Balance and rest would be good

Zen (zen.arado): yes and I think we need to be more proud to balance natural negativity

Julie Bluebird (lolli.bluebird): I'm not sure Miralee, I think if you have a deficit then you need more of one than the other to get the balance back - than yes, moderation.

Miralee Munro: /me nods

Miralee Munro: One thing I've always wanted in life

Miralee Munro: is a rock-steady fulcrum

Miralee Munro: so that whenever I do get out of balance, I have this fulcrum to get me re-balanced.

Zen (zen.arado): I think we have one

Miralee Munro: Mine is defective then Zen.

Miralee Munro: lol

Aphrodite Macbain: where?

Zen (zen.arado): we come back to our inner being

Miralee Munro: I veer wildly for quite a while ...

Miralee Munro: /me nods

Aphrodite Macbain: our bodhichitta?

Zen (zen.arado): our natural self

Miralee Munro: Yes, that is what I am working on now

Zen (zen.arado): yeh

Zen (zen.arado): the one unadorned by pride

Miralee Munro: I have found grief to be a good 'balancer'

Zen (zen.arado): yes

Miralee Munro: it makes you realise what is important and what isn't.

Aphrodite Macbain: I could do without grief

Zen (zen.arado): wb Violet  
 Violet (ataraxia.azemus): Thanks :)  
 Julie Bluebird (lolli.bluebird): Me too Aph  
 Miralee Munro: Yeah, well joy is a better one  
 Miralee Munro: lol  
 Aphrodite Macbain: /me smiles at Lolli  
 Aphrodite Macbain: at  
 Miralee Munro: But tears are purifying.  
 Miralee Munro: Aren't they?  
 Aphrodite Macbain: they release tension  
 Violet (ataraxia.azemus): Yes  
 Julie Bluebird (lolli.bluebird): How long does it take to get self esteem back to a healthy level - anyone know?  
 Aphrodite Macbain: but the grief usually remains  
 Aphrodite Macbain: too long  
 Miralee Munro: depends from where Lolli  
 Miralee Munro: Self esteem can be totally annihilated  
 Julie Bluebird (lolli.bluebird): I was kinder hoping for a 3 weeks, 4 days and 35 mins type answer :))  
 Miralee Munro: or just dented.  
 Miralee Munro: lol  
 Aphrodite Macbain: lol lollie  
 Julie Bluebird (lolli.bluebird): ROFL!!!  
 Aphrodite Macbain: ROFL??  
 Miralee Munro: It takes as long as it takes.  
 Miralee Munro: You got a hot date, or something?  
 Miralee Munro: lol  
 Miralee Munro: A deadline?  
 Julie Bluebird (lolli.bluebird): No, that's the problem!  
 Miralee Munro: lol  
 Aphrodite Macbain: just a cool one?  
 Julie Bluebird (lolli.bluebird): not even cool,  
 Violet (ataraxia.azemus): :)  
 Julie Bluebird (lolli.bluebird): :)  
 Miralee Munro: I guess it depends on what happened to your self esteem Lolli.  
 Aphrodite Macbain: awww  
 Julie Bluebird (lolli.bluebird): I have good friends though, and not the only single women in the world :)  
 Aphrodite Macbain: yes. you can let it bother you or choose not to. easy to say, hard to do  
 Miralee Munro: /me nods  
 Violet (ataraxia.azemus): I think it helps to embrace things that enrich your internal self worth....  
 Violet (ataraxia.azemus): Rather than worrying about the perceptions of others  
 Zen (zen.arado): but even just noticing our propensity to quickly feel pride or hurt so easily can defuse it to an extent  
 Miralee Munro: Lolli ... I think it's worth mentioning ... when you say, "Not the only single woman in the world" ....  
 Julie Bluebird (lolli.bluebird): Yes, but I am the best ;-)



Miralee Munro: that it sounds like there is a lot riding on you having someone else.

Violet (ataraxia.azemus): Yeah, that's a pretty big boat :)

Miralee Munro: lol

Miralee Munro: I'm just learning this lesson myself

Zen (zen.arado): societal pressure

Miralee Munro: that you can't fill YOUR life with someone else

Miralee Munro: you have to fill it with YOU.

Julie Bluebird (lolli.bluebird): Really Miralle, you sound so confident too

Zen (zen.arado): great Mira :)

Miralee Munro: We are all learning lessons.

Zen (zen.arado): so positive

Zen (zen.arado): so many positive people in SL

Aphrodite Macbain: Lesson numero uno += learn to love and respect yourself

Zen (zen.arado): and we are so creative too

Violet (ataraxia.azemus): A good thing to remember sometimes is that every woman is a single woman

Zen (zen.arado): and intelligent

Miralee Munro: lol

Violet (ataraxia.azemus): Our relationships should enrich our lives, not define them

Julie Bluebird (lolli.bluebird): :)

Miralee Munro: That's right Ata

Aphrodite Macbain: every person is a single person

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Julie Bluebird (lolli.bluebird): Great - so, we've had a meeting for 60 mins and spent another 41 mins deciding what to talk about next week. I suggest procrastination \*giggles\*5

Miralee Munro: That woman went on to create a magnificent sanctuary for women ...

Miralee Munro: lol Lolli

Zen (zen.arado): :)

Miralee Munro: You are such a great wit.

Galbatorix Arai: 'what to talk about next week'?

Galbatorix Arai: what do you mean

Violet (ataraxia.azemus): I think "Procrastination" should be a suggested topic that we never quite get around to :)

Julie Bluebird (lolli.bluebird): Yep !!

Zen (zen.arado): yeh...we'll do it some time

Zen (zen.arado): :)

Violet (ataraxia.azemus): :)

Miralee Munro: Going with the flow vs procrastination

Zen (zen.arado): we can do it if you want Violet...seriously

Miralee Munro: I'm not working now and it's just lovely to feel absolutely free to do whatever I want, whenever I want.

Zen (zen.arado): yes something like that

Miralee Munro: and not feel guilty

Violet (ataraxia.azemus): There's a thread in that that could be good...

Miralee Munro: Feeling guilty is another big thing.

Zen (zen.arado): my problem is prioritizing

Violet (ataraxia.azemus): Time, obligation, procrastination....

Zen (zen.arado): choosing what to do

Zen (zen.arado): yes

Violet (ataraxia.azemus): I have trouble with that, too

Galbatorix Arai: im gonna take a walk

Violet (ataraxia.azemus): Take care, Galbatorix :)

Zen (zen.arado): bye Gal

Galbatorix Arai: cya

Violet (ataraxia.azemus): I should be going...it's almost dinnertime for me

Arisia Vita: me too...

Zen (zen.arado): it's almost midnight for me

Violet (ataraxia.azemus): Should we go with that, next week? Time, procrastination and priorities?

Zen (zen.arado): yeh sure Vi

Violet (ataraxia.azemus): Okay :)