



Bruce (bruce.mowbray): Someone please talk to us about "structure."

Violet (ataraxia.azemus): Hi Zen :)

Bruce (bruce.mowbray): yeah, that's it, Aph.

Bruce (bruce.mowbray): Hey, Zen.

FcSeeker: Hi Zen

Aphrodite Macbain: Hello Zen.

Aphrodite Macbain: Can you answer my question: How does everyone else keep their thoughts silent?

Zen (zen.arado): Hi all sorry for lateness

FcSeeker: you dont hear me to think :))))(?)

Bruce (bruce.mowbray): I don't -- nor do I try to.

Aphrodite Macbain: what do you do to stop the chatter?

Bruce (bruce.mowbray): Give a seat to all the speakers.

Aphrodite Macbain: But they will take over!

Violet (ataraxia.azemus): William Burroughs had a little aphorism.... "Wipe away the words and look" or something like that

Aphrodite Macbain: drop the words?

Aphrodite Macbain: easy to say

Violet (ataraxia.azemus): If I notice everything around me, and participate in what's going on, then my internal monologue usually shuts up :)

Bruce (bruce.mowbray): There is still a part of you that is silent --- and can watch the chatter from that meta-position.

Bruce (bruce.mowbray): There is no attempt to shut the voices up -- just to observe them.

Zen (zen.arado): yeh agree with Bruce

Aphrodite Macbain: Then I can never get a silence in edgeways

Bruce (bruce.mowbray): No matter how "crazy" I become, there is still part of me that is sane and can watch all the craziness.

Zen (zen.arado): anyone look at my report?

Aphrodite Macbain: which one Zen?

Bruce (bruce.mowbray): direct us to it, please, Zen.

Bruce (bruce.mowbray): it*

Aphrodite Macbain: where is it?

Violet (ataraxia.azemus): http://waysofknowing.kira.org/3Reports/Zen_Arado/Report_103

Violet (ataraxia.azemus): This is it :)

Bruce (bruce.mowbray): TY!

Samúð (oo0oo): ty

Zen (zen.arado): I put some Eckhart Tolle quotes on stillness

Zen (zen.arado): you can that entire book free on the web

Aphrodite Macbain: Thanks Zen.

Aphrodite Macbain: So what I am searching for is that inner stillness. How can I find it if I allow all that chatter?

Zen (zen.arado): the first one reminds me of pab 9 sec practice

Bruce (bruce.mowbray): Bruce loves: "You are that awareness, disguised as a person."

Violet (ataraxia.azemus): Watch things...and participate in what you see

Zen (zen.arado): look for it underneath the chatter Aph?

FcSeeker: the inner stillness exist if it exist no matter if chatter or not

Zen (zen.arado): yes Fc
 Bruce (bruce.mowbray): good point, Fc.
 Zen (zen.arado): we cover it up
 Zen (zen.arado): it's always there
 Bruce (bruce.mowbray): and we identify with it.
 Bruce (bruce.mowbray): I mean the chatter -- not the silence.
 Aphrodite Macbain: Aphrodite Macbain wonders whether stillness IS my essential nature. I never stop moving
 Zen (zen.arado): your outer self keeps moving
 Bruce (bruce.mowbray): Yes, stillness is your essential nature.
 FcSeeker: it has nothing to do either with if you move or not...
 Zen (zen.arado): it stays the same
 Bruce (bruce.mowbray): No need to fight the moving, though.
 Aphrodite Macbain: mentally as well as physically
 Aphrodite Macbain: those busy thoughts
 Zen (zen.arado): the same impermanence
 Bruce (bruce.mowbray): Sure.
 Violet (ataraxia.azemus): Well...I think this kind of silence doesn't have to be completely quiet; and this kind of stillness comes easily for me when I'm engaged in doing something without feeling the need to do anything
 Bruce (bruce.mowbray): ;-)
 Aphrodite Macbain: Yes, I recognize that Ataraxia
 Aphrodite Macbain: when I'm in the garden or writing
 Violet (ataraxia.azemus): I think maybe it's closer to not feeling a need to say anything; not feeling a need to do anything. Just allowing everything to be, and doing what feels genuine
 Violet (ataraxia.azemus): :)
 Bruce (bruce.mowbray): great point, Aph.
 Aphrodite Macbain: or walking
 Arisia Vita: Maybe the best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.
 Violet (ataraxia.azemus): Yes :)
 Zen (zen.arado): yes Ari
 Bruce (bruce.mowbray): Yes, Atari, and isn't that a lot easier if one breathes through the heart -- or perhaps just through the entire body - rather than running all of it through the mental processes?
 Aphrodite Macbain: I find inner stillness when I am in nature
 Bruce (bruce.mowbray): Oh yes.
 Violet (ataraxia.azemus): Yes, Bruce
 Violet (ataraxia.azemus): Me too, Aph.
 Bruce (bruce.mowbray): But nature can be very noisy and violence, you know.
 Bruce (bruce.mowbray): violent*
 Zen (zen.arado): is complete stillness scary?
 Bruce (bruce.mowbray): You are ALWAYS in nature, Aph.
 Aphrodite Macbain: Yes. But the stillness is within me
 Violet (ataraxia.azemus): Complete stillness?
 Zen (zen.arado): we don't seem naturally to like it

Aphrodite Macbain: complete stillness = death for me
 Bruce (bruce.mowbray): Bruce wonder hows he would know "complete stillness" if he qwere to encounter it.
 Zen (zen.arado): we always seem to want action and noise
 Zen (zen.arado): yes
 Violet (ataraxia.azemus): I feel that way, too, Aph...but I think it can be good to slow down, too
 Bruce (bruce.mowbray): Before you arrived, Zen, I said that modern society is so over-stimulated that we're approaching mass insanity.
 Bruce (bruce.mowbray): action and noise.
 Zen (zen.arado): I have been experimenting sitting quietly in the sun thsi week
 Violet (ataraxia.azemus): :)
 Bruce (bruce.mowbray): Please say more.
 Zen (zen.arado): yes Bruce :)
 Aphrodite Macbain: how has it been Zen. this enforced rest?
 Bruce (bruce.mowbray): Bruce listens.
 Zen (zen.arado): felt like I wasted an afternoon :)
 Zen (zen.arado): didn't get anything accomplished
 Violet (ataraxia.azemus): Sometimes that's a good feeling! :)
 Bruce (bruce.mowbray): doing doing doing doing doing doing
 Zen (zen.arado): it is so unnatural for me
 Zen (zen.arado): yes
 Zen (zen.arado): same as Aph
 Bruce (bruce.mowbray): being being being being being being
 Zen (zen.arado): I usually at least read something
 Zen (zen.arado): is it our conditioning?
 Bruce (bruce.mowbray): Bruce tries to listen better.
 Zen (zen.arado): or our fear?
 Zen (zen.arado): or what?
 Aphrodite Macbain: something about accomplishing something
 Violet (ataraxia.azemus): I enjoy just lying down, sometimes...but it doesn't usually occur to me as an option, not doing
 Zen (zen.arado): society frowns on idleness
 Aphrodite Macbain: work work work
 Zen (zen.arado): what's that saying about the devil and idleness?
 Aphrodite Macbain: bwe be be
 Bruce (bruce.mowbray): produce produce produce produce produce
 Aphrodite Macbain: idle hands...
 Violet (ataraxia.azemus): The devil works through idle hands?
 Bruce (bruce.mowbray): (insanity)
 Zen (zen.arado): make mischief?
 Bruce (bruce.mowbray): ;-)
 Bruce (bruce.mowbray): YES!~
 Aphrodite Macbain: something like that
 Zen (zen.arado): something like that :)
 Zen (zen.arado): snap

Violet (ataraxia.azemus): Ah; The devil finds work for idle hands :)

Bruce (bruce.mowbray): ;-)

Zen (zen.arado): yeh that's it Vilet

Bruce (bruce.mowbray): The devile is a projection of our own sense of gvuilt.

Bruce (bruce.mowbray): devil*

Bruce (bruce.mowbray): guilt*

Zen (zen.arado): achievers are revered too

Bruce (bruce.mowbray): ;-)

Bruce (bruce.mowbray): I'm still thinking about "structure."

Bruce (bruce.mowbray): and wondering about Aph's questions.

Aphrodite Macbain: hu?

Bruce (bruce.mowbray): yu.

Violet (ataraxia.azemus): Bertrand Russell wrote an essay encouraging idleness...but it hasn't quite caught on yet

Zen (zen.arado): Violet introduced structure

Zen (zen.arado): what did you mean by that Vi?

Zen (zen.arado): he he

Aphrodite Macbain: structure can allow for group silence

Zen (zen.arado): we build false structures

Aphrodite Macbain: sitting in a meditative postue can be a structure for personal silence

Violet (ataraxia.azemus): Yes, there are a few ways they overlap...that's one of them

Violet (ataraxia.azemus): I think silence can free us from structure, too

Bruce (bruce.mowbray): listening to a bell can be a structure.

Zen (zen.arado): mental structures

Bruce (bruce.mowbray): doing a mantra can also be a structure.

Violet (ataraxia.azemus): Yes

Bruce (bruce.mowbray): devotion to a guru can be a structure.

Zen (zen.arado): silence is unstructured?

Aphrodite Macbain: not necessarily

Zen (zen.arado): just naked unadorned awareness?

Bruce (bruce.mowbray): It's not for me, Zen.

Violet (ataraxia.azemus): I think silence is open...

FcSeeker: agrees

Zen (zen.arado): we use a structure to get to it?

Violet (ataraxia.azemus): Not chaotic, but not bound to any form

Samúð (oo0oo): Samúð nods

Bruce (bruce.mowbray): "open"

Aphrodite Macbain: to protect us from noise?

Bruce (bruce.mowbray): "winde open"

Bruce (bruce.mowbray): "wide"*

Zen (zen.arado): it is golden too :)

Violet (ataraxia.azemus): :)

Bruce (bruce.mowbray): ;-)

FcSeeker: living peace which responds when something activates it

FcSeeker: what ever

Bruce (bruce.mowbray): anything can activate it.

Bruce (bruce.mowbray): if we are ready and receptive.

FcSeeker: think not...

Zen (zen.arado): what's left after we drop everything else?

Bruce (bruce.mowbray): and open.

Samúð (oo0oo): neither 'this' nor 'that'

Violet (ataraxia.azemus): Everything else :)

Bruce (bruce.mowbray): oh yes.

Zen (zen.arado): yes indefinable

Bruce (bruce.mowbray): neither preference nor prejudice.

Zen (zen.arado): that's us creating structure

Violet (ataraxia.azemus): Mm

Bruce (bruce.mowbray): (nice ideas -- but they require internalization)

FcSeeker: depends on the strength of the stillness...

FcSeeker: the more strong, the more there's needed to be purpose that 'it' responds

Zen (zen.arado): what do you think of ET's quote "Do you need more knowledge? Is more information going to save the world, or

faster computers, more scientific or intellectual analysis? Is it not wisdom that humanity needs most at this time?"

Bruce (bruce.mowbray): My "strengths" are still uinder construction.

Aphrodite Macbain: how do we gain wisdom Zen?

Zen (zen.arado): should we stop gathering knowledge?

FcSeeker: why ?

Aphrodite Macbain: we should never stop asking why and how and who and where?

Zen (zen.arado): he says it in the next quote

Violet (ataraxia.azemus): We shouldn't stop gathering knowledge, but we should make sure we're seeking understanding

Bruce (bruce.mowbray): impossible for either individual or society to stop gathering knowledge. . . but wisdom is needed to know what to do with it -- and HOW to live with it.

Zen (zen.arado): "But what is wisdom and where is it to be found? Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions."

Violet (ataraxia.azemus): Mm, Bruce

FcSeeker: maybe 'who' and 'where' are not always important, but imo 'why' is always important

Bruce (bruce.mowbray): how do I live with the information that millions of people are starving in Somalia?

Zen (zen.arado): so we attain wisdom by doing nothng basically?

Bruce (bruce.mowbray): This upsets my "stillness."

Aphrodite Macbain: I need the information to find out how I can act appropriately

Aphrodite Macbain: togive what is truly needed

Violet (ataraxia.azemus): I don't read that as doing nothing, so much as watching everything

FcSeeker: giving what we can give

Bruce (bruce.mowbray): being what we can be.

Aphrodite Macbain: learning what we can learn

Bruce (bruce.mowbray): I AM a starving child.

Bruce (bruce.mowbray): There is no separation. . .

Bruce (bruce.mowbray): That's what meditating can tell us.

Violet (ataraxia.azemus): Mm.

Bruce (bruce.mowbray): Separation is a mental process ---

Zen (zen.arado): maybe he is saying we worship knowledge too much

Bruce (bruce.mowbray): but perhaps a necessary one.

Aphrodite Macbain: I can sort of identify with a starving child but I cant be her

Zen (zen.arado): should step back and develop wisdom in how to use it more

Bruce (bruce.mowbray): "Call Me By My True Names" -- Thich Naht Hanh.

Zen (zen.arado): yes

Zen (zen.arado): remember the zen story about professor who visits a zen master?

Bruce (bruce.mowbray): please tell us, Zen.

Aphrodite Macbain: which one?

Zen (zen.arado): the Zen master pours tea but keeps on until cup overflows

Zen (zen.arado): he tell the professor 'yu too are too full of your own ideas'

Zen (zen.arado): you have to empty yourself first

Aphrodite Macbain: nods.

Violet (ataraxia.azemus): :)

FcSeeker: ...was a starving being...some times that exepriencing rises 'back' for me to experience it again...have been thinking it that's also something that never goes away for good...

Aphrodite Macbain: we cant truly learn until we admit we know nothing?

Aphrodite Macbain: I'll bet Fc

Violet (ataraxia.azemus): Or at least, not until we stop deciding we already know

Zen (zen.arado): or we at least make space for new wisdom

Bruce (bruce.mowbray): no full cups.

Zen (zen.arado): 'knowledge puffs up, love builds up' it says in the bible

Aphrodite Macbain: all of the above

Bruce (bruce.mowbray): Corinthians 13.

Zen (zen.arado): yep

Bruce (bruce.mowbray): ;-)

Violet (ataraxia.azemus): :)

Aphrodite Macbain: charity...

Bruce (bruce.mowbray): Does anyone wish to share how you bring "stillness" into your life/

Aphrodite Macbain: Aphrodite Macbain listens

Bruce (bruce.mowbray): Aph spoke of the garden and nature.

FcSeeker: it just comes ...or not

Zen (zen.arado): or allow it happen

Samúð (oo0oo): it's already there

Zen (zen.arado): meditation primarily

Aphrodite Macbain: where sam?

Zen (zen.arado): yes

Violet (ataraxia.azemus): Small chores help me be still...the important thing is just beginning to notice what's going on in the moment

Zen (zen.arado): allow ourselves to experience ?

Samúð (oo0oo): before the where and after the drop Aph

Violet (ataraxia.azemus): Being curious

FcSeeker: smiles

Aphrodite Macbain: Aphrodite Macbain looks around

Violet (ataraxia.azemus): :)

FcSeeker: to be curious ...little panda got delight of that though :))))))

Zen (zen.arado): pab 9 sec practice is for that ?

Violet (ataraxia.azemus): :) Fc

Bruce (bruce.mowbray): perhaps the stillness is the same, but the methods of finding it seems to vary.

Bruce (bruce.mowbray): seem*

Zen (zen.arado): coming back to our inner stillness

Bruce (bruce.mowbray): stillness*

Violet (ataraxia.azemus): Yes, Bruce

Bruce (bruce.mowbray): yes, Zen.

Zen (zen.arado): inner silliness :)

Aphrodite Macbain: yes Bruce. We each have our ways

FcSeeker: takes a humble bow

FcSeeker: namaste

Bruce (bruce.mowbray): Bruce feels his ways of being still are still under construction.

Zen (zen.arado): why do we look for stillness outside ourselves?

Violet (ataraxia.azemus): :)

Aphrodite Macbain: Aphrodite Macbain hands Bruce a hammer

Bruce (bruce.mowbray): ;-)

Violet (ataraxia.azemus): Everyone's a work in progress :)

Zen (zen.arado): stillness construction

Bruce (bruce.mowbray): oh yes.

Aphrodite Macbain: Aphrodite Macbain whispers "hammer quietly"

Zen (zen.arado): tower of stillness

Zen (zen.arado): no it was a tower of Babel

Bruce (bruce.mowbray): /mes loves Aph's images of constructing stillness.

Violet (ataraxia.azemus): :)

Aphrodite Macbain: tower of song+ Leonard Cohen song

Zen (zen.arado): is still

Aphrodite Macbain: perhaps, like spiders, we weave webs that contain our quietude

Violet (ataraxia.azemus): I like that, Aph :)

Aphrodite Macbain: silently spinning

Zen (zen.arado): 'at the still point of the turning world'

Aphrodite Macbain: Aphrodite Macbain wonders whether spiders have more personal insight than humans

Zen (zen.arado): watched a seahorse sitting on a rock yesterday

Samuël (oo0oo): discursiveness bounds gleefully toward the borderless, always seeing a destination..

occasionally gone

Zen (zen.arado): it isn't worried about Gadaffi

Zen (zen.arado): seal*

Bruce (bruce.mowbray): or the hurricanes.

Bruce (bruce.mowbray): You saw a seal in Northern Ireland?

Zen (zen.arado): oh yes

Bruce (bruce.mowbray): wow!

Zen (zen.arado): there all the time where I live

Zen (zen.arado): the bask on rocks

Violet (ataraxia.azemus): That reminds me of Lanark...

Bruce (bruce.mowbray): ahhhh!

Aphrodite Macbain: Aphrodite Macbain smiles at O

Violet (ataraxia.azemus): "I wish I was a duck on Alexandra Park pond. I could swim, and fly, and walk, and have three wives, and everything I wanted. But I'm a man. I have a mind, and three library tickets, and everything I want is impossible."

Zen (zen.arado): :)

Zen (zen.arado): 'they toil not neither do they spin'

Bruce (bruce.mowbray): Bruce is a duck wishing he were a man with three library tickets.

Aphrodite Macbain: we're full of quotes today!

Violet (ataraxia.azemus): :)

Zen (zen.arado): sorryy Aph...quotitis

Samúð (oo0oo): overflowing

Zen (zen.arado): serious illness

Zen (zen.arado): :)

Violet (ataraxia.azemus): I'm glad for the quotitis :)

Aphrodite Macbain: me too. They are well selected

Zen (zen.arado): (have to get them out)

Zen (zen.arado): :)

Samúð (oo0oo): let them flow through

Violet (ataraxia.azemus): :)

Aphrodite Macbain: maybe you can keep a pocket especially to store your quotes Zen

Bruce (bruce.mowbray): We talk about stillness as if it were some sort of ideal state, but I'm sure most of us wouldn't be able to handle severe sensory deprivation fpr very long.

Zen (zen.arado): lke the professor

Aphrodite Macbain: and unbutton it when you need it

Violet (ataraxia.azemus): I keep a huge file full of quotes...I'm always adding to it :)

Zen (zen.arado): need emptied out

Bruce (bruce.mowbray): Bruce notes his coffee cup is empty.

Zen (zen.arado): good Bruce

Zen (zen.arado): ready for wisdom:)

Aphrodite Macbain: Yes empty can be a good or a bad thing.

Bruce (bruce.mowbray): ;-)

Samúð (oo0oo): anything can have extra added

Violet (ataraxia.azemus): :)

Zen (zen.arado): yes bruce

Aphrodite Macbain: extra can have anything added

Zen (zen.arado): people go mad if they get sensory deprivation

Bruce (bruce.mowbray): Folks at the retreat in Halifax noticed that their mosquito bites did not itch when they were meditating....

Zen (zen.arado): they hallucinate

Bruce (bruce.mowbray): (something added when not meditating)

Aphrodite Macbain: before or after they get it back Zen?

Zen (zen.arado): during

Aphrodite Macbain: I suppose the brain needs to be stimulated to stay functioning so it invents its own entertainment

Zen (zen.arado): I rewad that somewhere ..they put people in a water tank at body temperature

Bruce (bruce.mowbray): yes, during, folk seem to need to fill in the emptiness with hallucinations.

Zen (zen.arado): yes

Aphrodite Macbain: the Nazis I think

Violet (ataraxia.azemus): Yes, John Lilly's floatation tank

Violet (ataraxia.azemus): Before that, "sensory deprivation" was sensory overload...bombardment of sound

Zen (zen.arado): so could we survive stillness?

Bruce (bruce.mowbray): <http://www.imdb.com/title/tt0080360/>

Aphrodite Macbain: for short periods of time. all in moderation

Zen (zen.arado): some people go to slepp when they get too close to stillness during meditation

Samúð (oo0oo): *

Zen (zen.arado): a shutdown safety mechanism

Violet (ataraxia.azemus): Bruce :)

Bruce (bruce.mowbray): isolation chamber = sensory deprivation.

Aphrodite Macbain: Fear of stillness?

Bruce (bruce.mowbray): Bruce feels that meditation is NOT an isolation shamber -- just the opposite, in fact.

Bruce (bruce.mowbray): chamber*

Aphrodite Macbain: well we have control over how long we meditate

Violet (ataraxia.azemus): People have had similar experiences in floatation tanks...but they have the benefit of controlling the experience, too

Zen (zen.arado): I read somewhere that when you eventually do start to achieve stillness your brain panics and sends you to sleep

Aphrodite Macbain: I must go outside now and buy some plants and wake up

Violet (ataraxia.azemus): Forced isolation is just cruel

Bruce (bruce.mowbray): or else you begin to hallucinate.

Violet (ataraxia.azemus): :)

Violet (ataraxia.azemus): Be well, Aph

Zen (zen.arado): good Aph :)

Arisia Vita: I must fly too

Aphrodite Macbain: wonder if people in solitary confinement hallucinate

Violet (ataraxia.azemus): Did anyone have any thoughts for next week?

Samúð (oo0oo): bye Aph

Arisia Vita: it's been great to be with you all

Aphrodite Macbain: Bye

Aphrodite Macbain: Bye!

Violet (ataraxia.azemus): Be well, Ari :)

Aphrodite Macbain: nice to be with you all

Zen (zen.arado): I was thinking about denial

Zen (zen.arado): denial, acceptance

Bruce (bruce.mowbray): Bye, Aph!

Samúð (oo0oo): i didn't hear that Zen
Zen (zen.arado): and the poem 'The Guesthouse'
Zen (zen.arado): he he
Violet (ataraxia.azemus): I'm going to have to miss next week...but that sounds good, Zen
Violet (ataraxia.azemus): hehe Sam :p
Aphrodite Macbain: Denial would be a good topic for next week
Bruce (bruce.mowbray): [http://allpoetry.com/poem/8534703-Th...alaluddin Rumi](http://allpoetry.com/poem/8534703-Th...alaluddin_Rumi)
Aphrodite Macbain: 322I'm not sure if I want to be part of it though
Zen (zen.arado): ty Bruce
Zen (zen.arado): :)
Samúð (oo0oo): Samúð waves and thanks everyone for the discussion
Bruce (bruce.mowbray): How about "denial" as next week's topic, then?
Aphrodite Macbain: yes let's
Bruce (bruce.mowbray): cool.
Bruce (bruce.mowbray): May all find their own stillness.
Bruce (bruce.mowbray): and be happy with it.
Violet (ataraxia.azemus): :)