



Bruce (bruce.mowbray): Radical Acceptance is definitely called into question on that score! ;-)

Santoshima: sure

Aphrodite Macbain: you should have seen me dancing with Tomaso!

Bruce (bruce.mowbray): h ha! fierce dancing indeed.

Aphrodite Macbain: Aphrodite Macbain giggles

Arch (archmage.atlantis): Disney did see things others did not

Bruce (bruce.mowbray): I loved it!

Aphrodite Macbain: what did he see Arch?

Santoshima: hello zen

Bruce (bruce.mowbray): Hey, Zen.

Aphrodite Macbain: Hiya Zen and Zon

Arch (archmage.atlantis): I can't speak for him, Aph, but for me, he saw the animus

Zon Kwan: hi venus

Aphrodite Macbain: he he Arch

Bruce (bruce.mowbray): "A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor. "

Aphrodite Macbain: what's that from Bruce

Zen (zen.arado): so should we let them in?

Bruce (bruce.mowbray): [http://www.panhala.net/Archive/The\\_Guest\\_House.html](http://www.panhala.net/Archive/The_Guest_House.html)

Aphrodite Macbain: yes, you never know what they may bring

Aphrodite Macbain: Ah good Ole Rumi

Bruce (bruce.mowbray): Me thinks they are already in -- so the question is whether to accept them or to deny them.

Arch (archmage.atlantis): Zen, your choice....safety in a crypt.....or alive in danger

Aphrodite Macbain: Hi Daryl! GTSY again

Santoshima: accept = acknowledge?

Aphrodite Macbain: = allow in

Santoshima: already in ...

Dari (daryl.taov): hey aph :)

Aphrodite Macbain: :-)

Aphrodite Macbain: then accept

Arch (archmage.atlantis): Really, Ari, now you show up?

Bruce (bruce.mowbray): acknowledge and welcome them.

Zon Kwan: radically

Arisia Vita: I'm glad to see you too Arch :)

Zen (zen.arado): common sense says ...keep them out

Arisia Vita: and all of you

Aphrodite Macbain: and perhaps even enjoy them

Arch (archmage.atlantis): Oh right.....Radical Acceptance...forgot the text

Zen (zen.arado): why invite trouble?

Aphrodite Macbain: Hello again Arisia

Zen (zen.arado): Hi Ari

Zon Kwan: dont invite but accept if it comes

Santoshima: :) zen

Arisia Vita: a pleasure to be near you all...

Santoshima: hi arisia

Bruce (bruce.mowbray): "To be a man is to undo your belt and LOOK for trouble." -- Zorba the Greek

Bruce (bruce.mowbray): Hi, Ari!

Zen (zen.arado): well..just putting the usual commonsense view

Aphrodite Macbain: I'm afraid I have to go. I just wanted to drop in and say hi and give my love <3

Bruce (bruce.mowbray): Bye, Aph!

Zen (zen.arado): what we would probably really do?

Aphrodite Macbain: Bye

Aphrodite Macbain: Bye!

Santoshima: hi ... bye ...

Zen (zen.arado): bye Aph

Dari (daryl.taov): bye :)

Arch (archmage.atlantis): Cal.....I'd almost forgotten you exist

Calvino Rabeni: :) Arch

Zen (zen.arado): Hi Cal :)

Calvino Rabeni: I couldn't forget ya

Santoshima: greetings Calvino

Bruce (bruce.mowbray): Hey, Cal.perhaps the "

Calvino Rabeni: Zen :)

Bruce (bruce.mowbray): ooops.

Bruce (bruce.mowbray): perhaps the "natural" thing is to project their existence onto some external form (or person) (or goddess) in order NOT to have to accept them as part of ourselves.

Zen (zen.arado): doesn't the poem sound a little passive?

Bruce (bruce.mowbray): The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Arch (archmage.atlantis): Cafe for the Ways of Knowing session -- We'll be discussing "Radical Acceptance" today.

Arch (archmage.atlantis): Are we doing that yet....seems a long wait

Zen (zen.arado): because it really is radical

Bruce (bruce.mowbray): Is Rumi advising "Radical Acceptance," though?

Zon Kwan: hm not passive to me

Zen (zen.arado): so radical I don't thnk many actually do it

Zon Kwan: it means to face things

Zen (zen.arado): or allow things?

Zon Kwan: thats qit active

Zon Kwan: no

Zon Kwan: accept the moment

Arch (archmage.atlantis): I have to comment Zon & Zen

Bruce (bruce.mowbray): letting go of all resistance to reality?

Arch (archmage.atlantis): My Dad told me to always be honest

Zon Kwan: nods

Zon Kwan: dont fight with reality but change it if you can

Arch (archmage.atlantis): The only reality I could find to honesty was accuracy

Zen (zen.arado): ah ..change it

Zon Kwan: respond

Zon Kwan: thats active

Arch (archmage.atlantis): Accuracy places a person who does not fit... that person is in constant conflict

Arch (archmage.atlantis): A madness descends

Zen (zen.arado): people who do not fit often get things changed though

Zen (zen.arado): others rest in complacency

Arch (archmage.atlantis): Yes, I agree....change it.....but change creates a new reality....and all the old problems still exist

Bruce (bruce.mowbray): so some withdraw -- in monasticism, hermitry, anarchy, . . .

Zen (zen.arado): that radical acceptance article

Calvino Rabeni: Any successful change involves the creative appearance of new problems :)

Arch (archmage.atlantis): There have been few transformational changes in the 60,000 years of homo sapiens time here

Zen (zen.arado): the guy goes on a retreat where you just sit and do nothing for three weeks

Bruce (bruce.mowbray): For me, the question is whether "avoidance" is even possible -- since these "guests" are really within ME -- not just the general society.

Zon Kwan: i think it means accept reality in the moment that faces you...welcome it... dont escape..dont avoid..then respond

Bruce (bruce.mowbray): good point, Zen. Being present with whatever is rising in the moment.

Bruce (bruce.mowbray): Zon, I meant, sry.

Calvino Rabeni: Change is not problem solving, it is just living.

Zon Kwan: nods

Bruce (bruce.mowbray): Bruce listens.

Arisia Vita: In times of change learners inherit the earth; while the learned find themselves beautifully equipped to deal with a world that no longer exists. - Eric Hoffer

Zen (zen.arado): could any of us sit and do nothing?

Zen (zen.arado): it's very difficult

Bruce (bruce.mowbray): not I, Zen.

Zon Kwan: doing happens all the time

Arch (archmage.atlantis): Do any still know Muad'Dib.

Zon Kwan: the point is who is doing

Bruce (bruce.mowbray): nope -- say more, Arch.

Zen (zen.arado): it's like we are forced to keep doing

Calvino Rabeni: I think I agree Zon

Calvino Rabeni: not doing is not an option

Bruce (bruce.mowbray): Why must "doing" and "being" be opponents?

Zon Kwan: they are not

Calvino Rabeni: but luckily the world can't be "fixed" or "improved" so we don't have to worry about it (in a fundamental sense)

Zon Kwan: breathing takes place when you sit

Zon Kwan: circulation

Zon Kwan: thoughts arise

Bruce (bruce.mowbray): if I am starving and homeless, and then find some way of finding food and shelter, then my "world" has improved -- through doing.

Arch (archmage.atlantis): Breathing.....yes, I experienced the cessation of that last nite, along with rigor mortis

Zen (zen.arado): our 'doing' is pretty insignificant in the long run

Zen (zen.arado): except to make us feel important?

Arch (archmage.atlantis): I am saying this planet is dying, and I wish it to live.

Zen (zen.arado): Hi Violet :)

Zon Kwan: us ?

Bruce (bruce.mowbray): Cal qualified "doing" by saying that it changed nothing "fundamentally."

Violet (ataraxia.azemus): Hi Zen, everyone :)

Santoshima: hi violet

Bruce (bruce.mowbray): Hey, Atari.

Arch (archmage.atlantis): There is a place where one steps into the abyss

Zon Kwan: we are not doing anything, doing takes place through us

Arch (archmage.atlantis): Because to do otherwise, is to be dishones

Calvino Rabeni: Do you therefore have a responsibility Archmage (about the planet, etc.) ?

Arch (archmage.atlantis): Yes, Cal, I do

Zon Kwan: flies away...waves

Calvino Rabeni: I think it's ok to say "doing takes place through me, and BY me"

Coffee Mug: whispers: Ahh! Fresh Hot Coffee

Zen (zen.arado): Hi Hypno

Zen (zen.arado): have a seat

Hypnofan Wingtips: hi zen

Dari (daryl.taov): hi there :)

Violet (ataraxia.azemus): Hi Hypnofan

Bruce (bruce.mowbray): Hey, Hypno.

Dari (daryl.taov): Dari wonders if sitting here doing nothing is really doing nothing

Zen (zen.arado): we are talking about Radical Acceptance and non -doing

Arch (archmage.atlantis): It blinks in and out

Hypnofan Wingtips: ok..

Hypnofan Wingtips: thank you ..i will listen

Dari (daryl.taov): Dari wonders if writing about doing nothing while doing nothing yet typing is doing nothing

Calvino Rabeni: The active life in accord with Tao is called non-doing

Zen (zen.arado): do we have any choice about it?

Arch (archmage.atlantis): At times I see the responsibility.....at times I see only what is in front of me

Dari (daryl.taov): Dari wonders if all virtuality is radical acceptance personnified

Zen (zen.arado): Zen wonders about that

Calvino Rabeni: Maybe the opposite, with virtuality?

Calvino Rabeni: Virtuality means what?

Calvino Rabeni: "could be, if I wish it"

Calvino Rabeni: a possibility, looking to be embodied by some force outside itself

Santoshima: yes, most likely, disembodies and not of much use, unless it can be harnessed to benefit in RL

Violet (ataraxia.azemus): I think we're always "doing" in a sense....but we can let go of a need to "do"

Arch (archmage.atlantis): Another was kind enough to invite me here

Santoshima: disembodied\*

Zen (zen.arado): so we don't have any choice about what to allow in Rumi's poem?

Bruce (bruce.mowbray): Rumi suggest that we allow ALL of it.

Zen (zen.arado): but can we Violet?

Arch (archmage.atlantis): I feel that storm clouds are gathering

Arch (archmage.atlantis): And it is not time for the clouds to storm

Santoshima: arch, poetically speaking, or actually?

Bruce (bruce.mowbray): Welcome and entertain them all!

Even if they're a crowd of sorrows,

who violently sweep your house

empty of its furniture,

still, treat each guest honorably.

He may be clearing you out

for some new delight.

Arch (archmage.atlantis): I apologize, but I must take my leave

Zen (zen.arado): I am being a bit inquisitorial

Bruce (bruce.mowbray): bye, Arch.

Santoshima: alas, bye arch

Zen (zen.arado): hope it isn't offending you Arch?

Calvino Rabeni: Hmmm, not just "allow" but actively welcome and "entertain" them ! :)

Zen (zen.arado): this allowing seems right to me actually but I think it isn't so easy in practice

Bruce (bruce.mowbray): Hey oO00o.

Violet (ataraxia.azemus): I think the acceptance in the Rumi poem doesn't necessarily advocate non-action as much as....celebration of everything (like lots of Rumi poems!)

Violet (ataraxia.azemus): Hi Sam :)

Calvino Rabeni: The "guest house" metaphor says... one is the HOST of the house, and is there to give all those visitors a good time and care for them

Zen (zen.arado): Hi Sam

Samúð (oo0oo): Samúð waves and sits quietly

Calvino Rabeni: That is so Active compared with acceptance or allowance as a concept

Dari (daryl.taov): hey sam :)

Zen (zen.arado): Zen wants to sit quietly too

Zen (zen.arado): (but find it difficult)

Calvino Rabeni: :) Zen is being naughty ?

Zen (zen.arado): :)

Samúð (oo0oo): Hard to do nothing

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

Zen (zen.arado): we love our distractions so much

Zen (zen.arado): or I do anyway

Violet (ataraxia.azemus): Yes

Calvino Rabeni: I like that the guest house poem suggests, embracing them and serving them a drink, introducing them to the other guests

Zen (zen.arado): yes active acceptance

Zen (zen.arado): welcoming sorrows

Zen (zen.arado): welcoming death?

Bruce (bruce.mowbray): No resistance.

Zen (zen.arado): so it's not non doing so much as nin resisting the inevitable?

Bruce (bruce.mowbray): I see the poem as quite active -- not passive.

Violet (ataraxia.azemus): I think so....or even celebrating the inevitable as parts of the whole

Bruce (bruce.mowbray): i have a little trouble with "because each has been sent as a guide from beyond."

Bruce (bruce.mowbray): unless "beyond" means "within."

Zen (zen.arado): sometimes I feel that

Santoshima: active engagement with the mystery

Zen (zen.arado): does anyone else?

Dari (daryl.taov): maybe writing this poem is a proof that rumi was too active to let go himself ?

Zen (zen.arado): as if tests have been arranged for me

Dari (daryl.taov): someone telling me to shut up is still not shutting up himself

Bruce (bruce.mowbray): some cosmic design, Zen?

Hypnofan Wingtips: sorry must go..

Bruce (bruce.mowbray): yes, I have felt that myself.

Violet (ataraxia.azemus): Hey! Good point, Dari....a lot of Rumi's poems celebrate weaknesses, too

Bruce (bruce.mowbray): Bye, Hypno.

Violet (ataraxia.azemus): Hi Ne :)

Zen (zen.arado): bye Hypno

Dari (daryl.taov): do as i say, not as i do

Bruce (bruce.mowbray): Hey, Be.

Calvino Rabeni: The poem suggests being active with what is, rather than controlled by likes and dislikes?

Dari (daryl.taov): so, weakness is the fact that no human can really let go

Calvino Rabeni: A joy, a depression, a meanness,

some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Be (be.ewing): All - Hi :)

Zen (zen.arado): Hi Be

Dari (daryl.taov): we need instances of separation to get into that state, like zazen

Dari (daryl.taov): but even zazen is organized

Calvino Rabeni: It ends up in the marketplace eventually

Dari (daryl.taov): so by not doing anything in zazen, we re stil doing zazen

Santoshima: namaste

Bruce (bruce.mowbray): Bye, Santo.

Calvino Rabeni: \_/!\\_

Be (be.ewing): Santo - take care

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

Zen (zen.arado): that's why non dualists don't lie zazen so much

Dari (daryl.taov): bye santo

Samúð (oo0oo): personal instances may indeed get between the lines

Zen (zen.arado): it can be seen as a way to get somewhere

Samúð (oo0oo): Bye santo

Zen (zen.arado): bye Santo

Calvino Rabeni: isn't zen a boat to get out of once the stream is crossed?

Bruce (bruce.mowbray): I like the image, Cal.

Zen (zen.arado): that's more Buddhist

Bruce (bruce.mowbray): But also, Zazen for Zazen's sake. . . "just sitting."

Dari (daryl.taov): in zen there is no boat

Zen (zen.arado): Zen would stress non attaing more

Zen (zen.arado): yes

Zen (zen.arado): just sit

Zen (zen.arado): nowhere to go

Dari (daryl.taov): siting doing nothing is still sitting, right ?

Bruce (bruce.mowbray): I remember when i first realized that the place to understand a koan is INSIDE it.

Dari (daryl.taov): even though we could do zazen upright

Zen (zen.arado): I don't know

Zen (zen.arado): we are not stones

Zen (zen.arado): we are always doing something

Zen (zen.arado): we can't stop thinking

Samúð (oo0oo): polishing our stoneness

Zen (zen.arado): yep :)

Dari (daryl.taov): :)

Be (be.ewing): I do on occasion -- it is really a nice feeling -- begging out -- zoning out -- whatever you want

to call it

Be (be.ewing): \*vegging

Samúð (oo0oo): the ne serves the other tea

Bruce (bruce.mowbray): What makes the acceptance "radical"?

Samúð (oo0oo): \*one

Calvino Rabeni: Radical means, perhaps, you don't pick and choose?

Zen (zen.arado): I think because it is so unlike what we normally do

Calvino Rabeni: Radical could mean, deep

Violet (ataraxia.azemus): Hmm...for some of us, zoning out is our default state :)

Bruce (bruce.mowbray): yes, Zen, and perhaps because we've previously been so resistant to such "guests."

Zen (zen.arado): it's easy to sit here and agree with Rumi's poem but so hard to do what he says (I think)

Bruce (bruce.mowbray): It's an individual thing, I feel.

Calvino Rabeni: :) zen

Bruce (bruce.mowbray): What I resist, you do not, etc.

Violet (ataraxia.azemus): It's difficult to befriend difficulty

Violet (ataraxia.azemus): Hi Lulu :)

Calvino Rabeni: when is the last time anyone tried it ?

Zen (zen.arado): Hi Lulu

Lulu Lacrima: Hi Ata!

Lulu Lacrima: Hello Zen

Dari (daryl.taov): ok folks, i m out for the night :)

Bruce (bruce.mowbray): Hey, Lulu.

Dari (daryl.taov): take care everybody

Lulu Lacrima: I'm a bit laggy here

Calvino Rabeni: Bye :)

Zen (zen.arado): bye Dari

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

Dari (daryl.taov): try not to do too much :)

Lulu Lacrima: guess I'm about 53 minutes late?

Bruce (bruce.mowbray): Bye, Daryl. Thanks for coming.

Zen (zen.arado): :)

Lulu Lacrima: hehe

Samúð (oo0oo): Bye dari, hello lulu

Lulu Lacrima: hello o0000o

Bruce (bruce.mowbray): Meditation guideline: "Return to what is already there and rest." (In other words, simply be with whatever is there -- no resistance to it.)

Zen (zen.arado): yes I practice that with things in my life

Zen (zen.arado): but it certainly ain't easy

Calvino Rabeni: Another question is, what gets in the way, what happens when trying to welcome the unwanted guest? If it is possible to "do" that, how can it be done?

Calvino Rabeni: in practice

Lulu Lacrima: Bruce, Zen, I try very hard to Be...but it's difficult for me sometimes

Be (be.ewing): :)

Bruce (bruce.mowbray): Perhaps what gets in the way of the guest is even more important to accept than the guest himself/herself.



Violet (ataraxia.azemus): :)

Be (be.ewing): try using Be as your name

Be (be.ewing): it has some really interesting implications and responses :)

Violet (ataraxia.azemus): Hi Vel :)

Calvino Rabeni: Does anyone have any cases to report of doing this?

Lulu Lacrima: I'm a therapist in rl, and so I am All

Lulu Lacrima: but I am None

Bruce (bruce.mowbray): Hey, Velveta.

Lulu Lacrima: I absorb

Lulu Lacrima: and I dissipate

Lulu Lacrima: but not fully

Lulu Lacrima: there's the block

Samúð (oo0oo): quality of relational journey to find edges, boundaries.. the boat to the other shore.. in out.. of our own experience, and that with 'others'

Zen (zen.arado): Hi Vel :)

Be (be.ewing): Lulu - by absorb do you mean assimilate?

Lulu Lacrima: no, empathize

Lulu Lacrima: fully

Be (be.ewing): understand -- thanks for clarifying

Calvino Rabeni: I think a lot of what happens in meditation, is dissipating what was absorbed in experience but not fully accepted

Lulu Lacrima: ok

Calvino Rabeni: when one isn't like the finger moving through water, more like sand

Lulu Lacrima: Calvino, you make sense to me about the meditation process....to dissipate

Lulu Lacrima: but see, sometimes, depending on the person I work with, I am almost become that person

Calvino Rabeni: the finger stirs the water, ... one sits, and after a while the leftover effects dissipate or settle

Samúð (oo0oo): as mind rearranges... we could be patient and forgiving

Lulu Lacrima: boundaries are difficult sometimes

Calvino Rabeni: indeed

Samúð (oo0oo): indeed the more intimate the boundaries

Lulu Lacrima: that perhaps is where I find my difficulties

Zen (zen.arado): meditation is the best place to allow things to come up I think

Samúð (oo0oo): place?

Zen (zen.arado): don't how else to put it

Bruce (bruce.mowbray): So, meditation is the ideal Guesthouse?

Calvino Rabeni: :)

Lulu Lacrima: but....if I weren't able to be intimate relative to those boundaries...perhaps I wouldn't be able to do the job the way I see it should be done

Lulu Lacrima: mmm

Zen (zen.arado): best for practicing guesthouse skills?

Bruce (bruce.mowbray): yeppers.

Lulu Lacrima: guesthouse for whom?

Zen (zen.arado): we are the guesthouse

Bruce (bruce.mowbray): Rumi's poem, Lulu. . . we've been discussing today.

Lulu Lacrima: oh

Calvino Rabeni: that's a fun connection, Bruce, thanks

Lulu Lacrima: forgive me, haven't read the poem Bruce

Lulu Lacrima: Rui

Violet (ataraxia.azemus): [http://www.panhala.net/Archive/The\\_Guest\\_House.html](http://www.panhala.net/Archive/The_Guest_House.html)

Lulu Lacrima: \*Rumi

Violet (ataraxia.azemus): That's it :)

Lulu Lacrima: ah

Samúð (oo0oo): how to be homeless and a host

Be (be.ewing): on a beach that is easy

Zen (zen.arado): how to accept without resistance

Zen (zen.arado): even thought resistance

Lulu Lacrima: reminds me of a poem I wrote for a christmas gift to my friends...dunno if it's appropriate here, at this moment though

Be (be.ewing): Lulu -- go for it

Samúð (oo0oo): Samúð perks up to hear

Zen (zen.arado): try us :)

Lulu Lacrima: actually, I wrote two, but here's the first:

Lulu Lacrima: on christmas eve

i had in mind a poem

in which i wanted very much

to thank you all

you've touched my life

being you

having brought to me

the gift of you

how each of you

becomes absorbed and

one with me

the personal experience of me.

past

and present

and to the future.

absorption to the core of me

contributes each

in some important way

to the genesis

of Me.

But on christmas eve,

the poem that i wrote was bad,

very bad,

and it was late,

and i was tired,

so instead

i wrote a note,

my gift to you,  
my thanks to you,  
my gratitude.  
the gifts of you,  
transcendent  
and resplendent,  
old & new,  
lost & found,  
mature & young,  
and so to you,  
with thanks i say:  
i wish you joy,  
i wish you health,  
i wish you peace.  
i wish you love.

Lulu Lacrima: and the second:

Lulu Lacrima: all we leave behind us is compassion  
friends of old  
and friends renewed  
lost,  
found,  
circled through.  
you all have touched me  
differently  
i thank you  
each for:  
sympathy;

perspective.  
laughter,  
fortitude.

each its mark  
exist in me,  
my memory,  
identity.

Lulu Lacrima (edited) Copyright May, 2007

Lulu Lacrima: oops  
Zen (zen.arado): nice poems Lulu  
Violet (ataraxia.azemus): I like them, Lulu :)  
Lulu Lacrima: now you know my rl name  
Violet (ataraxia.azemus): Hi Druth :)  
Lulu Lacrima: thanks all

Lulu Lacrima: I trust you all  
Samúð (oo0oo): Samúð feels welcomed and cared for  
druth Vlodovic: hey guys  
Zen (zen.arado): Hi Druth  
Bruce (bruce.mowbray): hey, druth.  
Be (be.ewing): that;'s beautiful  
Lulu Lacrima: but I feel that sense of connection that I think was intended in Rumi's poem?  
Calvino Rabeni: NOTE to the archivist - suggest striking the author's name  
Lulu Lacrima: thank you be  
Zen (zen.arado): that is an active expression  
Calvino Rabeni: Yes beautiful thanks  
Zen (zen.arado): important too  
Lulu Lacrima: thanks Calvino  
Lulu Lacrima: zen  
Lulu Lacrima: all  
Lulu Lacrima: Lulu Lacrima blushes  
Violet (ataraxia.azemus): :)  
Samúð (oo0oo): :)  
Bruce (bruce.mowbray): With that beautiful poem full of loving, I shall make my departure. Thanks, Lulu.  
Bruce (bruce.mowbray): Thanks everyone.  
Bruce (bruce.mowbray): See you next week.  
Calvino Rabeni: Prayers are a more active state of mentation than what's typically called "thinking"  
Violet (ataraxia.azemus): Be well, Bruce :)  
Zen (zen.arado): so...any topic ideas for next week?  
Lulu Lacrima: you're welcome Bruce...thanks for enjoying  
Be (be.ewing): Bruce and All -- take care :)  
Samúð (oo0oo): Be well Bruce!  
Zen (zen.arado): bye Bruce  
Calvino Rabeni: \_/!\\_  
Calvino Rabeni: Take care Bruce  
Calvino Rabeni: How about "depth"  
Zen (zen.arado): ok can you add to that Cal?  
Samúð (oo0oo): Samúð feels a charge  
Zen (zen.arado): depth vs shallowness i practice?  
Violet (ataraxia.azemus): "Depth" is something we could talk about for months and only scratch the surface of :)  
Zen (zen.arado): :)  
Calvino Rabeni: hmmm, instead of focusing on a "content" idea, focus on the activity of reaching toward deeper insight or understanding  
Calvino Rabeni: yeah Atara  
Calvino Rabeni: but there's a good surface :)  
Zen (zen.arado): yeh ok  
Calvino Rabeni: sort of like asking ... how do you contemplate  
Calvino Rabeni: or direct attention?  
Lulu Lacrima: I like the idea of "why" do you contemplate

Lulu Lacrima: ?

Violet (ataraxia.azemus): I might miss next week...but that sounds good :)

Calvino Rabeni: so as not to stay on surfaces, or in an automatic habit

Calvino Rabeni: Why seems good too

Violet (ataraxia.azemus): Mm

Zen (zen.arado): sounds good to me

Lulu Lacrima: oh, I just saw you Druth, hello

Samúđ (oo0oo): Hiya Druth

Violet (ataraxia.azemus): Well, I have to be going...be well, everyone :)

druth Vlodovic: hi :)

Lulu Lacrima: ciao bella Ata violette

druth Vlodovic: and so long violet

Samúđ (oo0oo): Bye Atari

Zen (zen.arado): bye Violet

Lulu Lacrima: friends of new, I will be off for a bit, but I am pleased to have been able to rejoin the Kira Cafe for today

Lulu Lacrima: thank you

Lulu Lacrima: and thank you for letting me share

Calvino Rabeni: Good to meet you too, Lulu

Samúđ (oo0oo): :) LuLu

Zen (zen.arado): nice to meet you again Lulu

Lulu Lacrima: ciao all \*bisous\*

druth Vlodovic: seems I missed all the excitement

Zen (zen.arado): yeh we calkmed down now :)

druth Vlodovic: hopefully I'll be on time another day :)

druth Vlodovic: take care all

Zen (zen.arado): bye Druth

Zen (zen.arado): nice to sit and 'non do' :)

Samúđ (oo0oo): Samúđ sees plow.. turning soil.. gesture of movement and rolling crumbles.. innoculating some later contemplation, gone now, but cleared for view.. many things to appreciate... the cultivator, even before the plow a dream

Samúđ (oo0oo): [bye Druth]

Zen (zen.arado): Zen thinks of a Seamus Heaney poem

Samúđ (oo0oo): the friendship between the soil, the blade and whatever perceives, lives on an edge that can never be seen

Zen (zen.arado): but it was about cutting peat

Zen (zen.arado): these meetings plowing us up

Zen (zen.arado): making us receptive to new crops and growth

Zen (zen.arado): (hopefully)

Samúđ (oo0oo): sorry to have missed the earlier parts, but glad i arrived for this great hospitality :)))

Thanks and fly well all.

Arisia Vita: I too must fly...

Samúđ (oo0oo): Samúđ bows. Gassho \_/|\\_

Arisia Vita: great to see you all

Zen (zen.arado): thanks for coming all

Calvino Rabeni: Is it better to focus on one

Calvino Rabeni: 's strengths or weaknesses?

Zen (zen.arado): good question Cal

Zen (zen.arado): my teacher broached that the other week

Zen (zen.arado): and said the latter

Zen (zen.arado): which surprised me

Zen (zen.arado): there's a koan about polishing a tile and beating the wagon instead of the horse....

Calvino Rabeni: I'm not suggesting choosing one OR the other, of course, both seem important, but for different reasons

Zen (zen.arado): good topic we could discuss

Calvino Rabeni: yeah

Zen (zen.arado): I have to go

Zen (zen.arado): take care