

Zen (zen.arado): Hi Cal :)
Zen (zen.arado): quiet tonight
Calvino Rabeni: Hi yes
Calvino Rabeni: I think the sim was offline
Calvino Rabeni: I see you are moving to a different pab host slot .. 7am?
Zen (zen.arado): yeh
Zen (zen.arado): need a change I guess
Zen (zen.arado): and I won't have to get up so early
Calvino Rabeni: that's a compelling reason
Zen (zen.arado): and more people around hopefully
Calvino Rabeni: yes i think so
Calvino Rabeni: sounds good
Zen (zen.arado): yeh I have to get up at 7.30 to do that meeting
Calvino Rabeni: cringes
Zen (zen.arado): to be ready at 9am my time
Calvino Rabeni: I've almost never gone to a 7am session
Zen (zen.arado): but you have been to my 1 am one
Zen (zen.arado): many times
Zen (zen.arado): I have never been to a 7pm one
Mila (milakel): hey guys
Zen (zen.arado): Hi Mila
Mila (milakel): cal :) a rare guest
Calvino Rabeni: yeah, usually tired at 1am but still awake
Mila (milakel): is it wok?
Zen (zen.arado): yep
Calvino Rabeni: yes I think, but the sim was offline
Mila (milakel): aga didn't see anyone and left
Calvino Rabeni: maybe they will try again
Mila (milakel): thought it was canceled
Mila (milakel): ah
Mila (milakel): how's gaya doing?
Calvino Rabeni: I don't think we have a quorum yet
Zen (zen.arado): don't know
Mila (milakel): i miss her :)
Zen (zen.arado): yeh me too
Zen (zen.arado): she is too busy
Mila (milakel): what's the topic today?
Zen (zen.arado): Violet says she can't come either
Zen (zen.arado): I have been doing logs and sending notices as well last two weeks
Mila (milakel): i'll let aga know that it's on
Mila (milakel): in fact, i'll let everyone know in the group :)
Calvino Rabeni: the topic was to be "depth" but, maybe people were scared off
Zen (zen.arado): "instead of focusing on a "content" idea, focus on the activity of reaching toward deeper insight or understanding"
Mila (milakel): ok, the message sent

Mila (milakel): let's wait
 Calvino Rabeni: thanks mila
 Mila (milakel): depth...
 Mila (milakel): can be intimidating indeed :)
 Calvino Rabeni: how so?
 Mila (milakel): not many would be willing to poke too deep :)
 Calvino Rabeni: like, competition for social recognition about knowledge performances ... or, encounter with ones somewhat murky subconscious?
 Calvino Rabeni: why not mila?
 Mila (milakel): ok, here's a "deep" question: what are strings made of (re string theory)?
 Calvino Rabeni: just plain-old-embarrassment?
 Zen (zen.arado): 'let sleeping dogs lie' kind of thing?
 Calvino Rabeni: what dogs?
 Mila (milakel): cal, i didn't say "not" :)
 Calvino Rabeni: yeah but there's a resistance phenomena?
 Mila (milakel): but going deep requires a certain preparation and a state of mind
 Mila (milakel): zen, heh. yes, could be that :)
 Calvino Rabeni: depends on the area of inquiry, too
 Zen (zen.arado): there's lots of fear
 Calvino Rabeni: but there could be some general aspects of it as a practice?
 Zen (zen.arado): main barrier I think
 Zen (zen.arado): I think it is my main practice
 Zen (zen.arado): facing fear
 Mila (milakel): let's pick an area!
 Zen (zen.arado): fear of facing myself is one
 Calvino Rabeni: yes
 Calvino Rabeni: Mila I suspect you mean a TOPICAL area
 Zen (zen.arado): fear of what I might find out
 Calvino Rabeni: but I think a big part of it is seeing the seer, not the topic
 Mila (milakel): i mean that "depends on the area of inquiry, too" :)
 Mila (milakel): so we could be more specific
 Zen (zen.arado): do we prefer to skip along on the surface of life?
 Zen (zen.arado): and avoid subjects that could stir things up?
 Mila (milakel): unless it's an area of your interest
 Zen (zen.arado): actually I am wondering if I do this
 Calvino Rabeni: I do think, one of the main considerations is emotional regulation
 Mila (milakel): i like disruptive technologies in IT :)
 Calvino Rabeni: sure, if it is interesting, and not distressing, some complexity and depth naturally "occurs"
 Zen (zen.arado): yeh we want life to be nice and calm and peaceful
 Calvino Rabeni: as a generality Zen?
 Zen (zen.arado): Hi Sara
 Calvino Rabeni: why do people pick fights, go to horror movies, watch TV dramas
 Zen (zen.arado): yes
 Mila (milakel): as a general rule, i agree
 Sara (saraswati.navarathna): hi Zen, hello everyone

Calvino Rabeni: they LOVE flirting with that stuff

Zen (zen.arado): maybe generalising is part of it

Calvino Rabeni: and pushing the edges of it constantlyh

Sara (saraswati.navarathna): i was wondering if there is someone here who might help me with a math problem?

Mila (milakel): cal, but not live this stuff :)

Calvino Rabeni: stimulation is as much a need as safety

Zen (zen.arado): because that is 'safe' violence at second hand

Calvino Rabeni: yeah I said flirt

Zen (zen.arado): hmmm not me I think Sara :)

Mila (milakel): sara :)

Calvino Rabeni: but it could be ... to take as much as people are able

Calvino Rabeni: some people seek more risk

Calvino Rabeni: sometimes a lot of it

Mila (milakel): 20s? :)

Zen (zen.arado): people take risk to be in the moment I think

Zen (zen.arado): in the 'zone'

Mila (milakel): i think they take a risk when estimated reward is big enough

Calvino Rabeni: the Zone is managed risk

Zen (zen.arado): yeh that too Mila

Calvino Rabeni: standing on the edge of the wave balanced on a surfboard

Calvino Rabeni: or skydiving with a handy parachute

Zen (zen.arado): but some like the adrenaline pumping

Calvino Rabeni: yeah

Zen (zen.arado): yes

Mila (milakel): zen, it is a reward

Calvino Rabeni: to a degree they can handle

Calvino Rabeni: why do people drink coffee, and why do they regulate how much?

Calvino Rabeni: it

Zen (zen.arado): thrill seeking

Calvino Rabeni: is not like cocaine, it is self-regulating

Mila (milakel): heh

Mila (milakel): um, trcky

Calvino Rabeni: caffeine in part is a manageable activation of excitement and fear

Calvino Rabeni: it moves the edge

Zen (zen.arado): they get a kind of high?

Calvino Rabeni: and?

Calvino Rabeni: the high means what .. what is so great about having such a thing?

Zen (zen.arado): feels good?

Sara (saraswati.navarathna): i think i'm not understanding the poi8nt of this conversation.. you all have fun :)

Zen (zen.arado): we want to feel good

Zen (zen.arado): and we don't want to feel bad so we avoid thigs that might make that happen

Zen (zen.arado): sorry that's rather obvious

Calvino Rabeni: life has lots of different needs and motivations

Zen (zen.arado): but maybe we don't admit to the fear we feel

Zen (zen.arado): we push it away

Zen (zen.arado): hide it from ourselves

Calvino Rabeni: stimulation excitement growth yearning desire on the one side. many on the other about safety, regulation, risk, comfort ... it's a constant battle to seek a dynamic balance

Zen (zen.arado): yeh

Zen (zen.arado): well put Cal

Zen (zen.arado): but my practice is to try to face the fear

Zen (zen.arado): let them come up

Zen (zen.arado): that's one of the things happens in meditation

Zen (zen.arado): the mind no longer can hide in distractions

Calvino Rabeni: rhetorical question .. what does that mean, "distractions"?

Calvino Rabeni: I can see the value of taking an intentional direction (sometimes) against the phenomenal experience of fear

Zen (zen.arado): activities we indulge in to escape thing too much?

Calvino Rabeni: that makes a lot of sense

Calvino Rabeni: to do some of the time

Zen (zen.arado): yes

Calvino Rabeni: indulge, escape, huh?

Zen (zen.arado): just opening up to it

Zen (zen.arado): the usual things, watching TV, DVD's., eating, drinking, computer games

Calvino Rabeni: all of those could be done "consciously" couldn't they

Zen (zen.arado): sex...whatever

Calvino Rabeni: but I see they are a kind of temptation

Calvino Rabeni: however, does it beg the question of what the "something else" is that would be better

Zen (zen.arado): yeh maybe it's how much, how often, for what reason we do them

Calvino Rabeni: when making those ethical choices?

Zen (zen.arado): like people overeat to find comfort

Calvino Rabeni: that's one story about it

Zen (zen.arado): yeh ok

Zen (zen.arado): but using things as a kind of escape

Calvino Rabeni: it seems we might learn from looking at a variety of stories that explain "why" people do things, because they draw out different facets of what is going on

Zen (zen.arado): can any of us just sit quietly in a room and do nothing for two hours?

Calvino Rabeni: a general story "we do things to escape" ... but the story gets more interesting - might I say "deeper" if we could look at "from what" and "to what" etc.

Calvino Rabeni: Do you expect that is a possible thing to do?

Zen (zen.arado): yeh but you might want to go deep...I might want to...but how many people do?

Calvino Rabeni: I suspect lotta people think of it as "possible but difficult"

Calvino Rabeni: but what if it

Calvino Rabeni: is impossible?

Calvino Rabeni: Then what does it mean to have the IDEA that it might be possible

Zen (zen.arado): am I overgeneralizing if I say mosy just want to skip along and have a laugh and a good time?

Zen (zen.arado): seems to me more about the motivation than the possibility

Calvino Rabeni: motivation seems important
 Zen (zen.arado): I think the depth is always there...if we allow it
 Calvino Rabeni: but is there depth to the motivation?
 Calvino Rabeni: or do we get stuck in a position of stereotyping ourselves
 Zen (zen.arado): maybe that is fear too
 Calvino Rabeni: sort of like attributing a fixed motive to other people
 Zen (zen.arado): hide behind a role
 Calvino Rabeni: Hi Aph
 Calvino Rabeni: what's going on in the "hiding"?
 Zen (zen.arado): I think this is an important area
 Calvino Rabeni: yes
 Calvino Rabeni: agree
 Zen (zen.arado): pity there aren't more here to develop it
 Zen (zen.arado): Hi Aph :)
 Calvino Rabeni: yeah Zen, it could be richer
 Aphrodite Macbain: Hi. Just got home sorry I'm late
 Zen (zen.arado): we seem to be talking about fear of going deep Aph
 Calvino Rabeni: NP Aph, the topic right now is "depth"
 Aphrodite Macbain: Deep into ourselves?
 Calvino Rabeni: and we're kind of glib at the attributions I think we make about ourselves in the area of motivations
 Zen (zen.arado): using distractions
 Calvino Rabeni: and whether we stereotype ourselves
 Aphrodite Macbain: I wonder if I'm just lazy
 Calvino Rabeni: to me Zen that is not a given, the existence of distractions
 Aphrodite Macbain: or don't know how to go deep or what that really means
 Aphrodite Macbain: deep
 Calvino Rabeni: taking hold of any such "distraction" seems to break it into more depth
 Aphrodite Macbain: Hi Mila
 Mila (milakel): aph :)
 Zen (zen.arado): ok...hard to say where useful activity stops and distraction begins
 Mila (milakel): purr
 Calvino Rabeni: so I don't have a general theory that stops there
 Calvino Rabeni: how do we know what is useful
 Aphrodite Macbain: As in sitting and meditating
 Aphrodite Macbain: Aphrodite Macbain waves at Mila
 Zen (zen.arado): that is the problem
 Calvino Rabeni: well too much concern with usefulness, we won't learn outside the box
 Mila (milakel): :)
 Aphrodite Macbain: won't challenge ourselves?
 Calvino Rabeni: I think people challenge themselves within the limits of their self-concept of capability
 Zen (zen.arado): we need some entertainment too
 Calvino Rabeni: but maybe those limits are somewhat of a fantasy
 Aphrodite Macbain: When I try and go deep my thoughts get in the way
 Calvino Rabeni: well, what about going deep into that process

Aphrodite Macbain: It helps if I ask myself questions.
 Calvino Rabeni: of the thoughts and whatever they compete with
 Calvino Rabeni: nods
 Zen (zen.arado): lots never bother
 Zen (zen.arado): but aren't we here the typew of people who like to discuss deep things?
 Calvino Rabeni: questions can be evocative
 Aphrodite Macbain: yes, perhaps
 Aphrodite Macbain: But just what do we mean by "deep"?
 Aphrodite Macbain: Finding out the cause of things?
 Aphrodite Macbain: i.e why do I feel so sad?
 Aphrodite Macbain: or angry
 Aphrodite Macbain: or anzious
 Aphrodite Macbain: anxious
 Zen (zen.arado): yes..investigating ourselves
 Aphrodite Macbain: It requires a lot of discipline and focus
 Zen (zen.arado): or allowing deep emotins to surface
 Zen (zen.arado): and looking underneath them
 Calvino Rabeni: sometimes "what" is one of the steps along the way to "why"
 Aphrodite Macbain: ah - deep emotions rhather than thoughts?
 Zen (zen.arado): yes
 Calvino Rabeni: maybe an overlooked step it would help not to skip?
 Calvino Rabeni: like me looking at just what I get sad about
 Calvino Rabeni: getting insight and evidence
 Aphrodite Macbain: hmm. so if I wanted to figure out why I felt sad, I would look below the dsadness to something else?
 Zen (zen.arado): the emotins will have deeper ways of thinking underneath them?
 Calvino Rabeni: not making a "why" theory in advance of the "facts"
 Zen (zen.arado): yeh a root cause
 Aphrodite Macbain: do emotions think?
 Zen (zen.arado): no but aren't they a product of thought?
 Calvino Rabeni: deeper things ... maybe there aren't any roots, maybe they go in circles
 Zen (zen.arado): probably an old thought too
 Aphrodite Macbain: and then make generalizations about how that root cause influences other emotions?
 Zen (zen.arado): no...just see it I think
 Aphrodite Macbain: Aphrodite Macbain likes the concept of circles- endless tail chasing
 Zen (zen.arado): not add mre intellectualization
 Zen (zen.arado): awareness
 Calvino Rabeni: what makes intellectualization "mere"?
 Aphrodite Macbain: awareness without words is hard to have
 Calvino Rabeni: I think, when it is disconnected from a lot of other parts of our process
 Zen (zen.arado): well it isn't always 'mere'
 Calvino Rabeni: yes true
 Calvino Rabeni: it is "mere" when it is involuted, ungrounded
 Zen (zen.arado): but often ruminating takes us into a downward spiral I think
 Calvino Rabeni: like, if it isn't actually about anything

Aphrodite Macbain: and irrelevant
 Zen (zen.arado): ust spinning thoughts
 Calvino Rabeni: the downward spiral would be an emotional process
 Calvino Rabeni: that is happening in parallel but disconnected
 Zen (zen.arado): repetitive thoughts
 Calvino Rabeni: from the discursive thought
 Aphrodite Macbain: yes. spinning without resolve or clarity
 Calvino Rabeni: like the thoughts, create a mood, but they don't help the mood grow, learn, or evolve
 Zen (zen.arado): churnig thoughts
 Zen (zen.arado): yeh
 Aphrodite Macbain: I almost need someone else to help me think through things that are muddy or frioghtening.
 Aphrodite Macbain: Sonmeone to keep me on the right track
 Zen (zen.arado): yeh can help I think
 Aphrodite Macbain: someone compassionate but clearsighted
 Zen (zen.arado): that's what psycho.....whatevers are for
 Aphrodite Macbain: shrinks?
 Zen (zen.arado): :)
 Aphrodite Macbain: yes or very good friends
 Zen (zen.arado): yes
 Aphrodite Macbain: who listen and ask quetions but don't sum up
 Zen (zen.arado): who really know you
 Aphrodite Macbain: yes, and whom you trust
 Zen (zen.arado): yes
 Aphrodite Macbain: sounds like a perfect description of a good partner!
 Calvino Rabeni: yes Aph the presence of other intelligences is crucial
 Zen (zen.arado): never had the pleasure
 Zen (zen.arado): :)
 Aphrodite Macbain: absolutely Cal. Nothing worse than a stupid shrink!
 Aphrodite Macbain: Hi misteris
 Zen (zen.arado): Hello Misteris
 misteris: sup
 Zen (zen.arado): having a discussion
 Zen (zen.arado): nearly finished
 misteris: cool but uh.. am i interrupting
 Aphrodite Macbain: Not at all
 Zen (zen.arado): no not at all
 misteris: :D
 Calvino Rabeni: wonder if we might give this a try next time, with more of the group present
 Zen (zen.arado): yeh
 Zen (zen.arado): sure
 Aphrodite Macbain: We are talking about how we learn about ourselves better, how we can go beyond the shallow understanding of ourselves
 Zen (zen.arado): there is a series of talks on Tricycle atm on fear of various kinds
 Aphrodite Macbain: (or somethingn like that)

misteris: lo0l

Aphrodite Macbain: yes? what kind of fear do they identify?

Aphrodite Macbain: of

Zen (zen.arado): first is fear of oneself

Zen (zen.arado): second of others

Zen (zen.arado): forget the rest

Aphrodite Macbain: Fear of one's self?

Calvino Rabeni: fear is a big part of human activity isn't it?

Aphrodite Macbain: I get a shock every morning when I look at myself in the mirror

misteris: o.o

Calvino Rabeni: one of the types of threads woven into every experience

Aphrodite Macbain: I just came from a discussion on the concept of freedom

Zen (zen.arado): <http://www.tricycle.com/online-retreat-ends-ourselves>

Calvino Rabeni: making friends with self, is an excellent idea

Zen (zen.arado): ah yes Aph

Aphrodite Macbain: One of the conclusions we came to is that we can only have freedom within boundaries and discipline

Aphrodite Macbain: Did someone say something?

Zen (zen.arado): I did a lot of that stuff when studying philosophy

Calvino Rabeni: being gracious, giving quarter, attributing positive motivations, being forgiving, everything that works with others

misteris: anyone bored

Zen (zen.arado): they used to hammer Berlin's positive and negative freedom into us

Aphrodite Macbain: Being brave, having the courage of our convictions, creates a form of freedom within oneself

misteris: o.o

Aphrodite Macbain: Yes? We were talking about that too

Aphrodite Macbain: freedom from and freedom to

Aphrodite Macbain: I'm interested in what Kant said about freedom

Zen (zen.arado): positive freedom never made much sense to me

Aphrodite Macbain: and am curious to find out more

Aphrodite Macbain: freedom to pursue your ideals and your dreams - that's positive freedom

Zen (zen.arado): it looks at an individual

Aphrodite Macbain: yes

Zen (zen.arado): rather Liberal Individualistic

Aphrodite Macbain: is that problematic?

Calvino Rabeni: nice, Aph

Zen (zen.arado): one person's freedom impinges on that of others

Aphrodite Macbain: we start with ourselves though, don't we Zen

Aphrodite Macbain: start

Zen (zen.arado): freedom has limits

Zen (zen.arado): so it isn't really freedom then

Calvino Rabeni: and getting bigger than individualism no doubt is a huge support for the individual, not a restriction

Aphrodite Macbain: yes absolutely

Aphrodite Macbain: we are free within those limits that we and society impose on us
 Aphrodite Macbain: we have no freedom without structure/rules/limits
 Aphrodite Macbain: otherwise freedom would be meaningless
 Zen (zen.arado): I see the word as meaningless
 Aphrodite Macbain: :-)
 Zen (zen.arado): freedom but...
 Zen (zen.arado): a wooly word
 Aphrodite Macbain: people who don't have it don't find it meaningless
 Zen (zen.arado): free so long as you do the right thing
 Aphrodite Macbain: or the compassionate thing
 Zen (zen.arado): yeh but it's relative then
 Calvino Rabeni: ok it's always relative and contextual
 Calvino Rabeni: no such thing as an absolute or generic freedom
 Aphrodite Macbain: yes, but relative to what?
 Calvino Rabeni: it's situational
 Aphrodite Macbain: no, no absolutes
 Calvino Rabeni: so define the situation
 Zen (zen.arado): to consensus of others
 Calvino Rabeni: then one can start to define freedom relative to it
 Zen (zen.arado): to law system
 Aphrodite Macbain: freedom to decide to do one thing or another
 Aphrodite Macbain: one
 Aphrodite Macbain: freedom to pursue one's needs and ideals
 Aphrodite Macbain: without hurting others
 Mila (milakel): ah, you talk about depth of freedom? :)
 Zen (zen.arado): we have a web of constraints of behaviour around us and we don't notice
 Aphrodite Macbain: that's where the limitations come in
 Aphrodite Macbain: agreed Zen
 Zen (zen.arado): ah...that's Mill's 'Harm Principle' Aph
 Aphrodite Macbain: but if we are aware of them we often have the choice to transgress them
 Zen (zen.arado): you can do what you like so long as you don't harm others
 Aphrodite Macbain: do as you would be done by
 Aphrodite Macbain: but the point is we do have freedom of choice
 Zen (zen.arado): what constitutes harm?
 Calvino Rabeni: to pursue one's ideals without hurting others, brings the necessity to bring them into consideration too, ultimately
 Zen (zen.arado): constitutes
 Aphrodite Macbain: depends Zen.
 Zen (zen.arado): yes
 Aphrodite Macbain: But we are constrained to think about it and then act
 Zen (zen.arado): that's the difficulty
 Aphrodite Macbain: yes of course. No one said it wouldn't be difficult :-)
 Aphrodite Macbain: but we still have a choice
 Zen (zen.arado): it's a good aim
 Aphrodite Macbain: Aphrodite Macbain wishes she had studied philosophy

Zen (zen.arado): so long as others don't force their idea of freedom on me

Aphrodite Macbain: also philosophy

Zen (zen.arado): Zen sometimes wishes he hadn't :)

Aphrodite Macbain: that's an exterior control. I'm more interested on what restrictions we put consciously or unconsciously on ourselves

Zen (zen.arado): maybe we should use our intuition about it rather than rules and ideologies

Calvino Rabeni: sympathetic to that reservation Zen

Aphrodite Macbain: I'm outnumbered!

Calvino Rabeni: well, it's a confusing pile of contradictory ideas

Zen (zen.arado): yeh

Calvino Rabeni: finding the good ones is a huge undertaking

Zen (zen.arado): and frozen ideas at that

Aphrodite Macbain: Do any one of you know where Kant stands on all this?

Zen (zen.arado): on a lofty plane :)

Aphrodite Macbain: Yes- imagine 18 people sitting at a table talking about this!! For 2 hrs. We resolved nothing.

Calvino Rabeni: he was a kind of do-it-all integrator

Aphrodite Macbain: ?me grins at Zen

Calvino Rabeni: maybe better to focus on one narrower thing

Aphrodite Macbain: hindsight

Calvino Rabeni: like what he thought "concepts" or "ideas" might be

Aphrodite Macbain: yes?

Zen (zen.arado): Categorical imperatives and that stuff

Aphrodite Macbain: He spoke about something to do with moral courage

Zen (zen.arado): I forget

Aphrodite Macbain: what is a categorical imperative?

Aphrodite Macbain: Sounds like stamping your foot

Zen (zen.arado): I forget

Aphrodite Macbain: hhe

Calvino Rabeni: something like the idea of the commons, applied to beliefs

Zen (zen.arado): would need to revise that stuff

Aphrodite Macbain: kk.

Aphrodite Macbain: I'll look it all up

Aphrodite Macbain: I'll look up it all

Aphrodite Macbain: anyway

Calvino Rabeni: looking at the consequences that would result if lots of people agreed reality was a certain way, what would be the ethical effect

Calvino Rabeni: like .. littering

Zen (zen.arado): "'Act only according to that maxim whereby you can, at the same time, will that it should become a universal law.'"[1]

Calvino Rabeni: littering is bad, not because of one thing I might throw, but because what the environment would consist of if everybody did it

Aphrodite Macbain: Ohh - that one!

Calvino Rabeni: yes, that's concise

Aphrodite Macbain: So act in accordance with the common good?

Calvino Rabeni: that's part of it
 Zen (zen.arado): that's more like Utilitarianism Cal
 Aphrodite Macbain: Act for everyone
 Calvino Rabeni: a kind of belief consequentialism
 Zen (zen.arado): consequentialism
 Aphrodite Macbain: maybe they are related
 Aphrodite Macbain: It makes one responsible for one's actions
 Calvino Rabeni: yeah, it makes a link between belief and ethics
 Aphrodite Macbain: and consider them carefully
 Calvino Rabeni: true
 Aphrodite Macbain: yes
 Zen (zen.arado): it is still an individualistic outlook
 Calvino Rabeni: in a way
 Aphrodite Macbain: It would have to be, wouldn't it?
 Zen (zen.arado): we act in concert with others
 Calvino Rabeni: it shows a sort of one-way input from individual action to a collective
 Aphrodite Macbain: So how would you phrase it Zen?
 Zen (zen.arado): we are not lone individuals
 Aphrodite Macbain: but we make our own decisions
 Zen (zen.arado): do we?
 Aphrodite Macbain: ofr think we do
 Zen (zen.arado): I wonder
 Calvino Rabeni: yeah, that seems really true, but for some reason needs to be repeated a lot
 Aphrodite Macbain: that was the point of the discussion
 Zen (zen.arado): what I choose is the result of everthing that went before
 Calvino Rabeni: yeah
 Calvino Rabeni: nothing much original
 Aphrodite Macbain: what do we do of our own free will?
 Calvino Rabeni: nothing independently created
 Zen (zen.arado): free will is just a concept to me
 Aphrodite Macbain: but it can still be authentic-true to one's own beliefs
 Calvino Rabeni: just a concept means, not something to commit to ontologically
 Zen (zen.arado): maybe it has to be
 Zen (zen.arado): why would we do something foreigh to our nature?
 Calvino Rabeni: there are lots of things that seem pretty fictional, that are really useful to make part of a consensus belief system about reality
 Calvino Rabeni: because of their effects on the collective
 Aphrodite Macbain: Hmm too bad you cant come to the retreat you guys(and girl)
 Zen (zen.arado): we act from the whole of out backgrond and societal conditioning
 Calvino Rabeni: societal influence include a lot more complexity than conditioning
 Zen (zen.arado): hey getting late for me
 Calvino Rabeni: maybe finding more releative freedom is making distinctions there
 Calvino Rabeni: ok Zen :)
 Aphrodite Macbain: But we dont need to. We can become conscious of doing this and change our behaviour. We do this constantly as we grow older, changing our attitudes based on new knowledge,

awareness and experience

Calvino Rabeni: thanks for getting into it here .. always a pleasure

Zen (zen.arado): yes thanks

Calvino Rabeni: Don't need to, what?

Aphrodite Macbain: maybe finding more releative freedom is making distinctions there - Yes cal

Aphrodite Macbain: we dont need to act out of social conditioning Cal

Zen (zen.arado): what did we say for next week?

Calvino Rabeni: we didn't say ...

Calvino Rabeni: more in-depth on depth?

Zen (zen.arado): yeh sure

Calvino Rabeni: we've barely scratched the surface of depth :)

Aphrodite Macbain: Aphrodite Macbain holds her nose and jumps

Zen (zen.arado): byee

Calvino Rabeni: would be nice to have a bigger group

Calvino Rabeni: bye Zen, Aph

Aphrodite Macbain: Bye

Aphrodite Macbain: he he Bye! all