

16 – Sacrifice of Self Pity (Life of Benevolence)

- [mollymidway](#): going with low phone
- [piph](#): self-pity.. Yes it has such a wonderful slant.. Thanks David

» warm and cuddly, it is familiar

- [Pro markkroche](#): who is the guy in the drawing for the sacrifice of self-pity chapter? Anyone know?
- [piandjo](#): not me
- [piph](#): (i don't have the book, someone borrowed mine)
- [simmontemplar](#): jaja
- [piph](#): hahah
- [mollymidway](#): lol
- [sinhog](#): Helped my next door neighbor ,,a dozen or more times , last year (Thank God , she finally moved out) Hee hee
- [simmontemplar](#): I like it Sinhog
- [Pro markkroche](#): don't know if this is applicable. Vivekananda said to kill oneself is easy, just takes a pin. To kill another requires a sword. And similarly to get enlightened, he said, is relatively easy. To help others get enlightened takes a lot of skill and ...
- [sinhog](#): (5 lines only Mark ,, JTV rules ,, otherwise it does not show up for us)
- [piandjo](#): A man in our group had a penchant for correcting my mispronunciations. I ignored his, others modeled this, then he quit, recognizing its triviality.
- [simmontemplar](#): Is this about enlightenment Mark ?
- [auriah](#): At first I thought it meant to 'help' as in the everyday or ordinary world... but then I thought it's EJ! So he prolly meant Work help » Duh! hahaha...
- [piph](#): put to work an unemployable woman, who was broken apart by the dissolution of her marriage, where she had to storm off the job, go thru the pain, find her way back, to her life

» it was a 5 day intensive. » nice piandjo!

- [auriah](#): so I helped a friend find a way to finish a task, that she felt abandoned and stuck on... it was simple and had to think outside the box ad a more symbolically than actual but it she would still be able to finish and complete it.
- [Pro markkroche](#): not necessarily Simon, but I assume that is where we are all sort of heading, and it seems to me any real help leads in that direction
- [piandjo](#): ty piph
- [Pro markkroche](#): sill and ability and experience and wisdom, it got cut off

» *skill

- [pathworld](#): can other help u get enlightened i thought only u could do it
- [auriah](#): Correction: *and think more symbolically than actual physical but it she would still be able to finish and complete it.

- [simmontemplar](#): Yes, I thought so Piph
- [Pro markroche](#): probably not Pathworld but I think people can be helped by others creating conditions that make it more possible for them. Which for me is what 'being to being' essence to essence relating is all about.
- [simmontemplar](#): sorry ...Mark !!
- [pathworld](#): ty mark
- [Pro markroche](#): recently I read in I AM THAT by Nisargadatta that one of the best ways to help others is to simply give them lots of room to 'be'.
- [piandjo](#): amen, mark
- [mollymidway](#): nice, mark
- [Pro markroche](#): I remember Claude once saying to me that in a way it all comes down to when you see the little old lady carrying some grocery bags and having trouble getting across the street, you go and help them.
- [mollymidway](#): people appreciate help which in context and in the moment

» is in context*

- [Pro markroche](#): yes
- [auriah](#): yes
- [piph](#): yes
- [pathworld](#): yes labyrinth
- [mollymidway](#): yes
- [piandjo](#): yes
- [piph](#): painting in the stream of life, one comes in contact with those who have a magnetic center
- [Pro markroche](#): those situations require a lot of awareness and attention, and also create situations wherein you can often 'help' covertly, within the context of the 'business' interaction.
- [auriah](#): had to do cold call sales too...
- [pathworld](#): wait on the moment
- [auriah](#): she recognized something in the piece, the seller has to pay attention to see it
- [muspelspark](#): yes
- [auriah](#): see it in her
- [piandjo](#): being ready is easier when you go external in all sensory channels--active noticing.
- [auriah](#): Most people would get irritated with the lady and impatiently push her to buy or push her away...

» without confirming/acknowledging what was happening for the person

- [Pro markroche](#): yes, saw a old guy with a sign saying will work doing anything 24/7. He was old and frail and about to get evicted from a flop house type place. Was holding a brand new pair of work gloves. Talked to him a bit and discerned he was for real, and we...
- [susankester](#): one must be present to be really helpful

- [simmontemplar](#): ...Sorry Auria, I didn't do justice to your contribution
 - [piph](#): y, susan, i agree
 - [simmontemplar](#): I realize later there was an annex to it
 - [piph](#): wasn't there more to that story? The master of the house had left. The servants had been left in charge of the house.
- » the command was then "watch ye for yeknow not the hour of the master's return..
- » could be morn, even tide?? So watch"
- [auriah](#): MARK: it cut off after "he was for real, we..."
 - [Pro markroche](#): I feel that someone 'asking for directions' is a good clue. I have often found that the ones who seem to want or need 'help' often seem 'lost' somehow and or anomalous in some way.
 - [auriah](#): Like the girl who after I made myself personally available to her, has called me several times...
 - [Pro markroche](#): later, i looked for housing information for him but then never found him again
 - [piandjo](#): slowly assuming the other person's posture and movements establishes a rapport that enhances both parties readiness for electrical bonding
- » >> if you can breath in synchrony with the other person can be very powerful
- [Pro markroche](#): also, i think sometimes we also help best by not helping, depending on the situation.
 - [mollymidway](#): MA is going to tell a story
 - [piph](#): hi MA!
 - [pathworld](#): hi ma
 - [sinhog](#): An agent of God
 - [Pro markroche](#): nice point ma, it is often really them helping us!
- » by giving us an opportunity to help.
- [simmontemplar](#): I think MA you are talking about the "antidote" ...abandon "self concern"
 - [piandjo](#): nice story MA
 - [piph](#): yes piandjo, deep observations to share, ty
- » re: assuming the other's posture...etc
- [auriah](#): yeah, I got that from talking to girl that calls me, I'm hearing my own words and it helps pull me up...
 - [pathworld](#): one night in d2 game guy just need ed someone to talk to, so i listened and he left feeling better as he got to unload his problems
 - [auriah](#): thanks MA!

» correctin:***to the girl that calls me and asks her questions and wants to talk about her 'strange' experiences

» (lol, I can't type tonight!)

- [piph](#): piandjo said this earlier of group work: A man in our group had a penchant for correcting my mispronunciations. I ignored his, others modeled this, then he quit, recognizing its triviality.
- [piandjo](#): piph, ty. These comments derive from sensory acuity and calibration skills training in NLP--very useful tools.
- [Pro markroche](#): also, at one of the workshops a lot back, the one including making the wand sticks, EJ said that the various work projects, painting, video gaming, movements, altar work, wand making etc would eventually all sort of fit together and it would become m...
- [pathworld](#): yes u can feel it (the holy ground)
- [lost horizon](#): There must be some reason why these things belong in the chapter on benevolence
- [Pro markroche](#): how they all fit together and are all part of something bigger.

» than we could really see from just one of the 'angles'

- [auriah](#): Mark: it cut after "become m.."
- [simmontemplar](#): magic?
- [piandjo](#): I am glad not to be the only one at a loss in understanding the last paragraph!
- [Pro markroche](#): me too-lol
- [piandjo](#): >> above my pay grade
- [piph](#): ty, piandjo, i am aware and have played with some of that work... your language matches my observations very well
- [piandjo](#): Ty, piph. I could not do my practice without these skills.
- [auriah](#): we went to the Getty as a group to see the Mayan sculpture and Koyote showed us how to connect with the artifacts adn how to recognize them. I came home visibly sun burnt from the indoor sculptures...
- [piandjo](#): wow! i want to take that trip, auriah
- [auriah](#): Intense knowledge was encoded in some of the sculpture, that radiated and penetrated for days after.
- [Pro markroche](#): me too
- [sinhog](#): (I remember you mentioning that Auriah)
- [pathworld](#): i was there it was so good took days to recover
- [piph](#): (i get sunburned looking in the mirror...)
- [piandjo](#): lol
- [lost horizon](#): lol Piph
- [piph](#): (just kidding!)
- [Pro markroche](#): auriah, if you haven't read EJ's Visions in the Stone, you might enjoy it, its all about that kind of stuff
- [auriah](#): Xochipili cooked me inside out for days (lol). Amazing trip!

» yes I have that next on my book list Mark.

» I believe it Piph!

- [piph](#): yeah, here is what EJ declared in that work, Auriiah.. That he would make every trip, a one way voyage...
- [Pro markroche](#): it's also quite a fun book Auria, mixed in with all the teachings
- [auriah](#): "A one way voyage..." daaaaang
- [piph](#): Do It!!!
- [piandjo](#): thank you everyone--very interesting class.
- [mollymidway](#): ty all
- [sinhog](#): Thanks all
- [lost_horizon](#): thank you all
- [mollymidway](#): have a great nite
- [hawklady](#): thank you all, good night
- [pathworld](#): thank you all it was very good
- [Pro markroche](#): Thanks All
- [piph](#): thank you David, Iven, MA, crew, and all.
- [auriah](#): thanks!
- [susankester](#): good night, thanks
- [lmwi](#): thanks all and good night
- [Pro markroche](#): and thanks to all the invisible 'helpers' we know not of.
- [simmontemplar](#): Mike !!!

» Good night all, and thank you

- [lost_horizon](#): Goodnight Simmon
- [simmontemplar](#): Bye Lost !