

Log from the Class  
**The Sacrifice of Suffering and Despair**  
November 16,2011

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- 6:54 [silverdale](#): Good evening One & All! 6:55 pm
- 6:55 [mollymidway](#): good evening, yes » no sound yet
  
- » on mics » music
  
- 6:56 [pathworld](#): good evening all
- 6:57 [dosts](#): evening all
- 6:58 [auriah](#): hi all!
- 6:58 [simmontemplar](#): Hi Molly, Silverdale, Pathworld, Auria, Dosts
- 6:58 [dosts](#): we missed you all last week
- 6:59 [silverdale](#): Back at you - Simmon.
- 6:59 [pathworld](#): im good here
- 6:59 [dosts](#): lotta verb on those guys
- 6:59 [mollymidway](#): also me we got matt here, and i think MA is coming
  
- » too much verb?
  
- 6:59 [vadere](#): hi everyone
- 6:59 [dosts](#): turn down the reverb on the vocals please!
- 6:59 [mollymidway](#): kk working on it
- 7:00 [sinhog](#): too many pronouns too
- 7:00 [mollymidway](#): too many pronouns, gosh
- 7:00 [sinhog](#): jk
- 7:00 [mollymidway](#): i think i'll go home, then
- 7:00 [sinhog](#): hehe
- 7:01 [pathworld](#): 17
- 7:01 [dosts](#): sounds like you're in a raquetball court
- 7:01 [mollymidway](#): still?
- 7:02 [susankester](#): hello everyone
- 7:02 [sinhog](#): some reverb here,, ya ,, not problematic to me
- 7:02 [simmontemplar](#): Yes Molly, there's some reverb in the mix
- 7:02 [pathworld](#): echo reverb
- 7:02 [mollymidway](#): marvette is working on it...you're right i hear the verb
- 7:02 [pathworld](#): yyes
- 7:02 [mollymidway](#): from the stream
- 7:02 [auriah](#): yeah! just got it!
- 7:02 [susankester](#): yes, we should have an additional class to wrap up
- 7:03 [pathworld](#): it looks hard
- 7:03 [simmontemplar](#): Mid Jan please
- 7:03 [auriah](#): jinkies! never read it before...
- 7:03 [dosts](#): potent!

- 7:03 [sinhog](#): not too late Auriiah
- 7:03 [auriah](#): gonna start before we start that book class!
- 7:04 [hawklady](#): hi
- 7:04 [simmontemplar](#): fixed Molly all is ok
- 7:05 [mollymidway](#): ty, good
- 7:05 [dosts](#): now sounds like david has come out of the corridor of madness
- 7:18 [lost\\_horizon](#): Hi, all
- 7:18 [pathworld](#): hi arsi and lost
- 7:20 [sinhog](#): The more explanations and experiences , and definitions ,, the better
- 7:20 [hawklady](#): yes
- 7:21 [pathworld](#): I"M here
- 7:21 [mollymidway](#): hi
- 7:23 [sinhog](#): the dfference is ,,none of us just heard of these ideas ,, last week
- 7:24 [mollymidway](#): one learns how to replace unconscious habits with habit leading automatically and perpetually to conscious life » habits\*
- 7:25 [pathworld](#): mine is in the car
- 7:27 [lost\\_horizon](#): I have it up online » I recommend this site:

» [www.sacred-texts.com](http://www.sacred-texts.com)

- 7:28 [mollymidway](#): cool
- 7:32 [auriah](#): car accidents?

» I got rear-ended today after an important conversation...( no dammage)

» but my first thought was "what does this shock mean?"

- 7:33 [mollymidway](#): glad to hear no damage
- 7:34 [pathworld](#): yes » lol » yes 16 years
- 7:35 [hawklady](#): thanks for dressing before i come over path
- 7:36 [pathworld](#): yw
- 7:36 [hawklady](#): lol
- 7:36 [pathworld](#): u all welcome
- 7:36 [auriah](#): lol, yes, i didn't freak out of get angry, but moved through it very differently, from a place more conscious than before... with attention to what is happening and what needs to be seen.
- 7:36 [pathworld](#): cajalco labyrinth on u tube
- 7:38 [auriah](#): also, daily rituals, and exercises but trying to carry presence and attention to my actions and reactions.
- 7:38 [simmontemplar](#): yeah Auria ...reactions is a full dish

» outer as inner

- 7:40 [sinhog](#): Deputy Steward

- 7:40 [piph](#): David, as I came to see, one suffers unconsciously in any case, and to recognize this, and learn to suffer consciously instead, one can create a habit of awakening
- 7:43 [mollymidway](#): waking up during the suffering, when you most want to be asleep
- 7:44 [dosts](#): will you read the rest of the sacrifice as well? there was a question we had about something in the last paragraph.
- 7:44 [lost horizon](#): Gurdjieff used the phrase "conscious labor and intentional suffering"
- 7:44 [piph](#): right, the non-expression of negative emotion is a great example of suffering consciously toward one's awakening
- 7:46 [sinhog](#): ( ha ha ,, I must REALLY be doing a lot of things right )
- 7:46 [lost horizon](#):
- 7:47 [auriah](#): the girl was barely 16, and scared and i helped her more, showed her what to do a how to handle it, and all the time I wondered what she was showing me?
- 7:47 [mollymidway](#): everybody gets crash tests
- 7:48 [lost horizon](#): should be a book - crash tests for dummies
- 7:50 [sinhog](#): Octaves of each Sacrifice
- 7:50 [dosts](#): what does EJ mean by 'experiment forcible division of psyche and essence'?
- 7:51 [mollymidway](#): still, the shock left both voyagers awake, and Auriah was there to see herself in another, all the while knowing she could be helpful, and help with the sudden transition
- 7:51 [dosts](#): experiments on oneself? or others? » or both?
- 7:51 [sinhog](#): others ,, I presume » EJ did it on me
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- 7:52 [hawklady](#): i have two bosses but one of them, when he sits with me to discuss a project, i always sense an exchange of energies (in my words) is happening. It makes him uncomfortable, and it used to do the same with me, but now i just notice it and let it be
- 7:52 [lost horizon](#): I have heard of such experiments - suppress the psyche and bring out a person's essential self to see its state
- 7:53 [hawklady](#): do what to the cobra?
- 7:54 [dosts](#): hood
- 7:55 [hawklady](#): i'm not sure if i understand it
- 7:56 [arnhuld](#): i believe hood means to put a hood over the cobra's head
- 7:56 [nmd01](#): above your pay grade... nice one, Iven...
- 7:56 [lost horizon](#): the idea just expressed a few minutes ago was that this is only to be done under school conditions and for school purposes only
- 7:56 [dosts](#): musically, we're performing 'experiments' on others all the time
- 7:56 [nmd01](#): power can be a trap, for sure » caution = humility
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- 7:57 [dosts](#): sometimes it's visually realizable that something that's coming through is 'melting someone's face off' or performing some sort of awakening
- 7:57 [lost horizon](#): sounds like "hooding the cobra" is to keep these powers under tight control because they are dangerous
- 7:57 [piph](#): hi nmd!
- 7:57 [dosts](#): it's just 'happening' at that point
- 7:57 [nmd01](#): bonsoir!
- 7:57 [lost horizon](#): the key word is "forcible"

- 7:57 [dosts](#): but we don't seem to know how to be a 'true scientist' in that place
- 7:57 [piph](#): soo good to see you, ; )
- 7:57 [lost horizon](#): what you do, Dosts, and what CQRs do, etc., is not "forcible"
- 7:58 [nmd01](#): been unintentionally lurking thought I was logged in...

» and you...

- 7:58 [dosts](#): the sound can force itself in and thru psyches though at times
- 7:58 [nmd01](#): are you on weekends?
- 7:58 [piph](#): ahh, i havent been at the keyboard much
- 7:58 [dosts](#): like a Hendrix guitar solo
- 7:58 [nmd01](#): I see...
- 7:58 [dosts](#): for example
- 7:58 [piph](#): agree dosts
- 7:58 [lost horizon](#): but a person can resist
- 7:58 [piph](#): vibration is potent
- 7:58 [dosts](#): i've had certain musics rip my psyche away
- 7:59 [mollymidway](#): no class next week
- 7:59 [hawklady](#): thank you Ivan, David and all and happy thanksgiving all
- 7:59 [dosts](#): forcefully and graciously
- 7:59 [mollymidway](#): happy thanksgiving
- 7:59 [nmd01](#): got it, David & Iven... Thanks!
- 7:59 [piph](#): me too, at the least, music having led me to the place where it could be nipped
- 7:59 [nmd01](#): to One and All
- 7:59 [lmwi](#): thanks see you all in two weeks
- 7:59 [arnhuld](#): thanks all bye
- 7:59 [auriah](#): ty!
- 7:59 [nmd01](#): Iven, are you available for a call tonight?
- 7:59 [piph](#): thanks David, Iven, crew and all
- 7:59 [sinhog](#): Thanks all
- 7:59 [hawklady](#): take care Piph, miss you girl
- 8:00 [pathworld](#): Thank you all
- 8:00 [nmd01](#): Piph... phone # » pls?
- 8:00 [piph](#): You too, hope to come south sometime!@!
- 8:00 [nmd01](#): can call you and Scott
- 8:00 [piph](#): 650-474-0588
- 8:00 [auriah](#): yay!
- 8:00 [nmd01](#): perhaps..
- 8:00 [hawklady](#): yeah
- 8:00 [dosts](#): night al
- 8:00 [auriah](#): lets do dinner piph!
- 8:00 [lost horizon](#): g'night, everyone
- 8:00 [susankester](#): goodnight and thanks
- 8:00 [simmontemplar](#): Thank you. Great night to all
- 8:00 [lost horizon](#): thank you
- 8:00 [mollymidway](#): Nmd01, iven will be at Gateways number in about 10 minu;tes

- 8:00 [pathworld](#): night all
- 8:00 [nmd01](#): got it
- 8:00 [auriah](#): bye all!!!
- 8:00 [lost\\_horizon](#): gnight path
- 8:00 [piph](#): bye auriah
- 8:00 [lost\\_horizon](#): piph » sinhog
- 8:01 [mollymidway](#): who is Nmd01 iven is asking
- 8:01 [lost\\_horizon](#): simmon
- 8:01 [piph](#): nite fellow voyagers
- 8:01 [simmontemplar](#): Hi Lost H , good to see you body
- 8:01 [mollymidway](#): 530-477-8101
- 8:01 [auriah](#): nite
- 8:01 [nmd01](#): BobB
- 8:01 [simmontemplar](#): and better to "read you"
- 8:01 [mollymidway](#): to reach iven tonight

» ty all, good nite

- 8:02 [nmd01](#): TTFN
- 8:02 [lost\\_horizon](#): Bob Blueblob?

» (see [www.askmatrix.org/lavaworld](http://www.askmatrix.org/lavaworld) if you want to know what that refers to)

- 8:05 [piph](#): nite, LH