

Life in the Labyrinth - Chapter 6

Part 3

- 6:56 [simmontemplar](#): no sound in this end
 - » now is coming
- 6:58 [mollymidway](#): mics are not on yet
 - » mike test
 - » chapter 6
 - » Life in the Labyrinth, by EJ Gold
 - » The Illusion of Time
- 7:03 [susankester](#): Hello everyone
- 7:03 [dosts](#): hi folks
 - » we've missed u
- 7:04 [piandjo](#): hi Susan
- 7:04 [simmontemplar](#): likewise Susan
- 7:05 [susankester](#): hi guys
- 7:06 [simmontemplar](#): the machine
- 7:06 [mollymidway](#): time cops
- 7:06 [auriah](#): Hi all
- 7:06 [pathworld](#): hi
- 7:06 [mollymidway](#): hi

- 7:07 [simmontemplar](#): hey Auriiah !!
- 7:07 [lornaallan](#): hi
- 7:10 [simmontemplar](#): so...here is again re-stating the importance of Attention and Presence ?
- » » in that moment ?
- 7:16 [dosts](#): kind of like that wall and painting behind you guys that keeps going further and further away....
- 7:16 [hawklady](#): hi
- 7:16 [dosts](#): imploded while doing the dishes?
- 7:17 [mollymidway](#): could be
- 7:18 [simmontemplar](#): vibratory sensations just before you fall sleep, ready to jump into "dreaming"
- 7:19 [auriah](#): "We pack more attention into each moment"
- » thnx Molly!
- Your message was not sent because you are sending messages too quickly.
- 7:20 [auriah](#): Thnx Molly
- 7:23 [dosts](#): we both started seeing light everywhere when we did that
- 7:23 [mollymidway](#): flavors of chambers
- 7:23 [lornaallan](#): A clock can seem to stop, or even go back for a moment. Breathing slower than seems humanly possible. Terrifying.
- 7:23 [auriah](#): LOL! sure do.
- 7:24 [mollymidway](#): if the clock reverses, that might be a good time to notice it
- 7:24 [piandjo](#): It is interesting that every internal state has a pattern of breathing unigue to it. So when you or others note this, you or they will know your state.
- 7:24 [lornaallan](#): All seems so obvious. Then might as well be a quote from someone else
- 7:25 [mollymidway](#): breathing

- 7:25 [piandjo](#): As you change your attention, you cannot help but change your breathing.
- 7:26 [lornaallan](#): As a child, I walked along a lane for the first time. So many plants to see. So long in time and distance. Next time, so short
- 7:27 [auriah](#): seems that once we learn to voyage, we recognize other voyagers and more easily, sometimes almost automatically go, start moving into different chambers.
- » we see things more and more from the "voyagers" view point.
- » once the clarity is gained, it changes the view of perception
- 7:30 [mollymidway](#): i lived in a giant house as a child, but by the time i grew up, i saw that the house was really small...hardly there
- 7:30 [piandjo](#): When we have enough islands of awareness, we begin to see more islands everywhere.
- » We notice when we step on one.
- 7:31 [auriah](#): very true Pi
- 7:31 [mollymidway](#): that was an island!
- 7:32 [simmontemplar](#): I have seen that from children looking at me
- 7:32 [lornaallan](#): The world can seem uninhabited
- 7:33 [simmontemplar](#): clever words Lorna...
- 7:34 [piandjo](#): I see the island, but where's da plane?
- 7:36 [mollymidway](#): All phenomena is illusion
- 7:37 [lornaallan](#): illusion?? appearance filtered by neurology culture +++ Try kicking it
- » Silence frozen figures in a landscape Sounds stopping and re-starting as one's attention changes
- 7:40 [auriah](#): hee hee, funny Pi
- 7:41 [mollymidway](#): sounds enjoyable in its own way
- 7:41 [piandjo](#): thoughts are too slow, much slower than feeling and instinct.
- » Than feeling....

- » thoughts are backwash, echoes of something that has already passed.
- 7:42 [mollymidway](#): the batteries seem to run on feelings
- 7:45 [auriah](#): i do like being in the other chambers/spaces. I hate going back. ;0
- » feels like I sometimes forget about the machine.
- » turning the attention inward
- » yes, also diffused vision
- 7:47 [piandjo](#): we accelerate it by... a form of surrender.
- 7:47 [simmontemplar](#): practicing and practicing the increased attention
- Your message was not sent because you are sending messages too quickly.
- 7:47 [simmontemplar](#): Stopping Internal Dialog
- 7:47 [mollymidway](#): anything besides the default machine settings will help launch us into voyaging...
- 7:47 [auriah](#): mostly I turn my attention to sensing and looking downward to see without my eyes
- 7:48 [simmontemplar](#): that is Floating the Tonal Susan
- 7:48 [auriah](#): invoking presence
- 7:51 [hawklady](#): pure
- 7:51 [piandjo](#): default machine settings-very nice Molly
- 7:51 [auriah](#): fluid, open, circular, big, still, breath
- 7:53 [mollymidway](#): spilling over of presence
- 7:53 [auriah](#): yeah
- » a change in dimensional morphology:
- 7:54 [mollymidway](#): yes

- 7:55 [auriah](#): if ur with other, 2 or 3 people, name some characteristic of the physical space about you.
- » Not a free association, its about perception. Do it in small chunks.
- » not long phrases of description, state characteristics (?). It starts to blend together and has/takes on(?) it own feeling.
- » (Did i get that last part right?)
- Your message was not sent because you are sending messages too quickly.
- 7:57 [auriah](#): » (Did i get that last part right?)
- » Be willing to got into the macrodimensional space and then it will happen.
- 8:00 [simmontemplar](#): E..Self "Bat-belt"
- 8:00 [lost horizon](#): "All of life is a struggle against eternity" - trying to escape the vertical into the horizontal
- 8:00 [simmontemplar](#): That will be my open line tomorrow to my colleagues at work
- 8:01 [piandjo](#): Thanks everyone. A great class, as always.
- 8:01 [hawklady](#): thank you Ivan and David,
- 8:01 [auriah](#): Thanks David and Iven!
- 8:01 [hawklady](#): and everyone else
- » auriiah, are you sending the log out
- 8:02 [mollymidway](#): thanks all!
- » good night
- 8:02 [lost horizon](#): Thank you
- 8:02 [nortiana](#): thanks all
- 8:02 [auriah](#): Thanks everyone! C u next week!
- 8:02 [nortiana](#): good night!

- 8:02 [lornaallan](#): Thank you
- 8:02 [lost_horizon](#): Good night
- 8:02 [simmontemplar](#): Thank Ivan, David and all the Ones participating-Thanks again!
- 8:02 [hawklady](#): another great class, so much to chew on
- 8:02 [susankester](#): Goodnight