

The Hidden Work

Chapter 3, Part Two

Times are MDT (Mountain Daylight Time)

7:57 [Jim h](#): Jim, Edmonton, Canada

7:57 [Lost horizon](#): Hi, all

7:58 [Adlucem](#): Hello All!

7:58 [Lost horizon](#): Dan here

» in Eureka Springs

7:58 [Adlucem](#): Melissa from Riverside

7:59 [Piandjo](#): good sound on Iven, not on David

7:59 [Beckysunnybrook](#): Becky from Roseville, CA

7:59 [Lost horizon](#): Can't hear phone too well

» Can't hear David

8:00 [Silverdale](#): Good evening One & All! George - Seattle.

8:00 [Piandjo](#): hi george

8:00 [Mollymidway](#): how is David's mic now?

8:01 [Piandjo](#): Still Iven clear, David very muted

8:01 [Silverdale](#): Hi - Piandjo!

8:01 [Lost horizon](#): not well

» thought it was my volume, but it's all the way up

8:02 [Piandjo](#): Still can't hear David

8:02 [Adlucem](#): Nope

8:02 [Lost horizon](#): Iven's is fine, David's isn't

8:02 [Beckysunnybrook](#): it could have static in the mouth piece. slapping the phone helps it that is what it is, and it could be on Susans end, she may need to slap the phone.

» I can hear you fine David

» I hear Iven too.

» fine.

8:02 [Lost horizon](#): lol - slap the phone around, teach it a lesson

8:02 [Beckysunnybrook](#): no good, too low

» It is a lot worse now

8:03 [Lost horizon](#): can't hear David at all

8:03 [Piandjo](#): that made David even softer

8:03 [Pathworld](#): sound too low

8:03 [Beckysunnybrook](#): I said that fine thing before you turned the sound down.

8:03 [Adlucem](#): Much worse

8:03 [Beckysunnybrook](#): now I barely hear David, but Iven is good.

8:03 [Adlucem](#): Iven's fine

8:03 [Piandjo](#): ditto

8:03 **Beckysunnybrook**: there its good
» David is coming in louder now

8:03 **Pathworld**: it ok now

8:03 **Adlucem**: Better!

8:04 **Piandjo**: yes

8:04 **Lost horizon**: that's a little better

8:04 **Susankester**: phone voume fine here

8:04 **Lost horizon**: still a little low but audible

8:04 **Adlucem**: It's good now.

8:04 **Lost horizon**: Well, Adlucem, you can hear him better since you're closer.

8:04 **Adlucem**: :-

8:04 **Lost horizon**: lol

8:05 **Adlucem**:

8:05 **Auriah**: hi everyone

8:05 **Pathworld**: hi

8:05 **Adlucem**: Hi!

8:05 **Mollymidway**: hi

8:06 **Lost horizon**: hi, Mark

8:06 **Adlucem**: Hi Mark

8:06 **Piandjo**: ola mark

8:07 **Simmontemplar**: Hello everyone! just made it !

8:07 **Beckysunnybrook**: Hi Simmon!

8:07 **Mollymidway**: hi, you're just in time
» we are just gettin' started

8:08 **Simmontemplar**: Hi Becky, I am glad you are around!

8:08 **Lost horizon**: Hi, Simmon

8:08 **Beckysunnybrook**: ty Simmon, glad u r 2

8:08 **Simmontemplar**: Thanks Molly, likewise !!

8:08 **Mollymidway**:

8:09 **Simmontemplar**: Hey Rob !

8:11 **Markroche**: Hi Simmon

8:11 **Simmontemplar**: Hey Mark !

8:11 **Beckysunnybrook**: like in the dream Jacob had as he was sleeping with his head on a rock?
» Jacob's ladder?

8:12 **Mollymidway**: the crux of the situation

8:12 **Piandjo**: the cross is the creation, Jacob's Ladder.

8:12 **Beckysunnybrook**: creation created while asleep?

8:12 **Piandjo**: the crux, indeed Molly

8:13 **Jim h**: exchanging places with Absolute - becoming the Absolute

8:13 **Beckysunnybrook**: He saw angels coming up and down as he slept.

8:14 **Piandjo**: very nice, George

8:15 **Beckysunnybrook**: Silverdale, good point.

8:15 **Adlucem**: we need to use the negativity the machine produces

8:15 **Silverdale**: Thank-you ...

8:15 **Markroche**: stepping into the Absolute's being position, sharing it a bit, assuming some of the mantle of infinite aloneness

8:15 **Jim h**: Accept essential self is the Absolute - is One, there is no other

8:16 **Beckysunnybrook**: Jacob became the land of God, Israel. So, he was seeing he is the vehicle for God, maybe.

8:16 **Markroche**: while still working in the separateness to relieve all of their suffering

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8:17 **Beckysunnybrook**: Jim, I think this is true. If we can access the essential.

8:17 **Piandjo**: Since we are made in the image of God, awakening our machine by resonance awakens the creation. As our essence grows, we feed the Absolute.

8:18 **Adlucem**: It is a terrifying feeling

8:18 **Beckysunnybrook**: Sometime, during this class, can the popcorn exercise be told? I never heard of it.

8:18 **Simmontemplar**: great comment Becky!

» I want to hear that

8:18 **Beckysunnybrook**:)

8:19 **Jim h**: As a reference: There is a Talk of the Month - #27 on the Popcorn Exercise

8:19 **Markroche**: also a Dvd of it.

8:19 **Beckysunnybrook**: where is it Jim?

» a ***?

8:20 **Markroche**: dvde: <http://www.idhdb.com/materials/dvds/popcorn-exercise.html>

» *dvd

8:21 **Mollymidway**: ty Mark

8:21 **Jim h**: on IHDHB site somewhere ?

8:21 **Winnipeg9**: bound by higher laws is the cross

8:21 **Mollymidway**: also there's a printed Talk of the Month

8:21 **Markroche**: yw

8:21 **Jim h**: *IDHDB

8:21 **Beckysunnybrook**: ty Mark!

8:22 **Markroche**: yw

8:23 **Jim h**: Non of the Chapters are easy

8:23 **Piandjo**: The terror of the situation is realizing there is no escape. We can only choose how we will suffer.

8:24 **Adlucem**: Yes

8:24 **Jim h**: Thinking, emotion, moving

8:24 **Auriah**: moving, emotional, mental

8:25 **Beckysunnybrook**: Would creative activity be not of the machine?

8:25 **Mollymidway**: Piandjo, that is how i see it 2

8:26 **Beckysunnybrook**: passive activity?

» is negative maybe?

8:26 **Jim h**: Polarity of electric field

8:26 **Beckysunnybrook**: that is, you do only what you have to do to survive.

8:26 **Auriah**: Becky, i think creative activity helps to move you out of the automatic thinking nad reactivity IF you can open yourself to the flow and the essential self... you get out of your own way'

8:26 **Beckysunnybrook**: Thanks David!

8:27 **Mollymidway**: no it's just how it is, for the absolute, also, at times...it's a dead creation, can't get out

8:27 **Beckysunnybrook**: good point and clear to me David.

8:27 **Mollymidway**: creative activity helps, the absolute

8:27 **Markroche**: in a lot of the orbs it says stuff like clarity (etc) comes from you, not to you. to me that's one of the keys of not negativity.

8:27 **Mollymidway**: who is always creative

8:27 **Auriah**: glad it resonates Simmon

8:27 **Lost horizon**: Good point, Mark

8:28 **Markroche**: from you you, not machine you.

8:28 **Lost horizon**: yes

8:28 **Mollymidway**: yes

8:29 **Markroche**: love that, "the invocation of presence eats the negative force"!

8:29 **Beckysunnybrook**: me to

» good thing to hear

8:31 **Auriah**: @ Mark: I've experienced that negative energy being eaten, it is a surprising relieve when it happen, partly because I sooo want to manifest negatively and partly because i move into a weightless space as I move into presence

8:32 **Mollymidway**: the negative force is not bad, it's just negative electrically...the invocation of presence reminds the essential self to come and eat the learning environment

» which includes the biological machine

8:32 **Markroche**: sounds wonderful Auriah, especially to do that in the face of wanting to manifest the negativity.

8:32 **Beckysunnybrook**: It is like having a meal, to have a learning experience.

8:32 **Jim h**: Energy of the machine

8:33 **Auriah**: yes, true molly. good point.

8:33 **Mollymidway**: eating in this sense, yes, also transformation

8:33 **Markroche**: i like that Molly, just a force, not necessarily mean or evil or anything.

8:33 **Auriah**: but a powerful force.

8:33 **Mollymidway**: it's overwhelming

8:33 **Simmontemplar**: Question: What does it mean "communion" in this context?

8:34 **Mollymidway**: so we work to be kind. as transformation of substances happens

» then it can be a kind of travel for the essence

» essences in this case

8:35 **Beckysunnybrook**: Once seen that ones are not aware of the mechanical acting, there is compassion. It goes hand in hand it seems.

8:36 **Simmontemplar**: Great, ...to take the regularity of food into something more sacred, more essential. To make it an act of consciousness

8:36 **Auriah**: does anyone have a form of daily (morning and evening) prayer absolute that they are currently doing?

8:36 **Markroche**: love what Iven just saide

» *said

8:36 **Beckysunnybrook**: yes, very good what Iven said.

8:36 **Jim h**: The Absolute receives our Essence in Communion too

8:37 **Markroche**: @Auriah, yes, but from other systems

8:37 **Mollymidway**: yes, it's an all the way event

8:37 **Beckysunnybrook**: Auriah, morning, I look to the sun, and evening I look again to the sun.

8:37 **Adlucem**: Yes, Auriah, I do.

8:37 **Beckysunnybrook**: sometimes at noon too.

8:37 **Markroche**: i do the Gayatri

8:37 **Beckysunnybrook**: midnight, rarely.

8:38 **Simmontemplar**: Thanks for the take on the question!!!

8:38 **Auriah**: i know that when i prepare foods alone or for family, I take care and eat it with joy, but when on occasion I eat specific (junk) foods, it seems to be totally automatic

8:38 **Silverdale**: Auriah -for me - I set aside to consciously invoke my presence facilitate a vibratory sensation and contemplate my essential self within my HBM ...

8:38 **Auriah**: I am in the process of trying to re-establish morning / daily obligatories.

8:39 **Simmontemplar**: very useful. That is part of my rituals of which you referred to me a while ago .

8:39 **Winnipeg9**: transubstantiation of energy from the lower to the higher energy lower to higher laws

8:39 **Mollymidway**: thanks winnipeg9

8:39 **Auriah**: Thank you all for sharing

8:40 **Beckysunnybrook**: 0

8:40 **Simmontemplar**: nicely said Win 9

8:40 **Beckysunnybrook**:)

8:40 **Mollymidway**: dawn and dusk are good times to work

8:40 **Markroche**: and, remembering history is a sort of 'communion'.

8:40 **Auriah**: yes SD, I try to do that too each morning, is easier for me than evening. Thank you everyone

8:41 **Beckysunnybrook**: yes, like the penny history

8:41 **Markroche**: oh yeah, the pennies

8:41 **Beckysunnybrook**:)

8:42 **Jim h**: Through tradition we feel like One

» One body

8:42 **Markroche**: and through tradition we open portals

» or so it seems

8:43 **Mollymidway**: the holy spirit arrives and the events becomes alive and full of delight

8:43 **Winnipeg9**: at times in the angelic chamber with the use attention,gratitude the food would glow and become alive

8:44 **Mollymidway**: less suffering for everyone, including the food, which is at the end of it's octave as food, and becomes voyager

8:44 **Simmontemplar**: hahaha !!

» groovy David !!

8:44 **Jim h**: Beautiful vision Winni

8:44 **Markroche**: and that's it would seem when the food becomes 'the body of christ', when the holy spirit arrives and
» the events becomes alive and full of delight.

8:45 **Simmontemplar**: THANK YOU DAVID !

8:45 **Beckysunnybrook**: yes, the food is made whole. good point molly.

8:45 **Mollymidway**: the magic of transformation...

8:45 **Auriah**: Question - to clarify: Does one reach a state of "awake" or is it something we go in and out of? once we have awakened to see our sleep, it seems to change us, do ever go fully go back to sleep/
» ?

8:46 **Beckysunnybrook**: someone has to die in order for me to eat.

8:46 **Mollymidway**: the food becomes you...show it a good time, call the angels, which actually know how to enjoy transformation...and you'll feel better, too

8:47 **Piandjo**: Yes Mark, the consecration is when the denying force of the Son is fused with the Father by the Holy Spirit, the reconciling force.

8:47 **Beckysunnybrook**:)

8:47 **Auriah**: the question is for anyone... it cam up in a conversation recently
» *came

8:47 **Jim h**: Auriah - it would seem to me to be difficult to "function" if we were continually awake

8:48 **Beckysunnybrook**: glimpses occur. The radiations are so powerful, it could not keep on like that in human form.

8:48 **Markroche**: really like what you wrote about show the food a good time Molly, thanks

8:49 **Mollymidway**: yw

8:49 **Simmontemplar**: I think Au that we can notoriously increase the awaken state but you can jump into sleeping too. I doesn't necessarily means 24/7 We would have more "will" to control it. (just my take)

8:49 **Auriah**: that was my view Jim, but it was brought up that to be awakened was to be "enlightened" in a sense "done" I think, this was something I pondered on the last couple days

8:49 **Piandjo**: yes Molly

8:49 **Auriah**: thanks Simmon

8:50 **Simmontemplar**: YW Au !

8:50 **Silverdale**: Auriah - I think awakening is a gradual, cumulative process within which we shift our center of gravity to greater degrees of consciousness ...

8:51 **Jim h**: Auriah - perhaps after many lifetimes we perct ourselves to a permanent state of awakeness
» *perfect

8:51 **Auriah**: wow great sympatico.
» thank you all, i would agree it is somewhere in those, but the question is brought to me at times that make me stretch a little farther into it each time.

8:53 **Piandjo**: EJ. says millions of lifetimes, perhaps billions. Kinda like Carl Sagan said!

8:53 **Auriah**: thank you ALL!

8:53 **Mollymidway**:

8:53 **Beckysunnybrook**: Piandjo, at that count, time really wouldn't matter anymore.
» adding it up would not be it.

8:53 **Mollymidway**: i heard there are 7 billion people now on this planet...humans all
» all unique
» like snowflakes

8:54 **Jim h**: My sanctuary is a warm towel in the bath room

8:54 **Piandjo**: So many deep comments tonight i couldn't keep up. Will ponder them later, with gratitude.

8:54 **Mollymidway**: wherever you are, there u are

8:54 **Jim h**: *sanctuary

8:55 **Pathworld**: or my labyrinth or waypoint (a smaller place on the property)

8:55 **Beckysunnybrook**: I saw your labyrinth Path. Very beautiful place.

8:55 **Pathworld**: ty

8:56 **Beckysunnybrook**: the ones around the tree are truly peaceful

8:56 **Pathworld**: yes and wonderful view

8:57 **Beckysunnybrook**:
» high overlook indeed!
» ah! Emmay was reading it!
» I wish I knew
» I would have listened.

8:57 **Mollymidway**: the popcorn exercise is a meditation

8:59 **Beckysunnybrook**: thanks for sharing this David

8:59 **Auriah**: I can try
for me the force of adoration changes me and strikes so deeply it is piercing
» *changes me internally

9:00 **Markroche**: for me, it brings something to life

9:00 **Jim h**: Hit me as a wave emotion one day when the sun coame out from behind a cloud
» *came

9:01 **Mollymidway**: the force of adoration brings on transformational effects

9:01 **Markroche**: even what could have been a dry spiritual practice becomes something magical and fun and sacred

9:01 **Beckysunnybrook**: when in adoration, I die. the beauty is what is alive and I desolve.

9:01 **Auriah**: it is lifting, and mind blowing, like the heart bursting into flames, and reminds me of "the ecstasy of St theresa" of Avila

9:01 **Markroche**: and since it is our love, if we can find a suitable 'object' of adoration...

9:02 **Mollymidway**: yes, adoration is tranformational, becky...like the region
» between death and rebirth
» also it awakens the machine

9:02 **Markroche**: then it is very freeing because we can put our full totally congruent energy and feeling into it

9:02 **Simmontemplar**: Very nice reunion; key points discussed; Iven, David and all companions

9:02 **Piandjo**: adoration is like a translucent cloud of love, a field of energy, that consumes me. It is a warm energy

9:02 **Auriah**: to be so consumed by love a pure love uncontaminated by the ego
» is transforming

9:02 **Markroche**: without any reservation, compared to regular life when there is often a plus and minus to all decisions.

» so, adoration is one of those events in life where it is easiest to put our full selves fully into.

9:05 **Piandjo**: yes, mark.

9:05 **Mollymidway**: adoration awakens grace, which is that which makes it all worth it

» ty all

9:05 **Auriah**: nice Molly!

9:05 **Mollymidway**: ty

9:06 **Simmontemplar**: I Think this book is more "Life in the Labyrinth" than the book Life in the Labyrinth. Nice choice David

9:07 **Jim h**: Like its too big to contain

» Adoration

» Have to let it go or explode

9:08 **Markroche**: if one is into it, Hindu, and other, chanting, is a great method for developing adoration.

» k

9:09 **Auriah**: let it go, flow, or explode... nice analogy Jim.

9:09 **Jim h**: Bhakti Yoga

9:09 **Beckysunnybrook**: Grace, she's over by the big base, hiding out.

9:09 **Markroche**: y

9:10 **Mollymidway**: (you'll like the popcorn exercise, btw...it can carry you through the rough parts...where you feel half crazy.)

- » bye for now, thanks Iven & David, and all ya'll

- » good nite

- 9:11 **Beckysunnybrook**: Thanks Molly! good insights

- 9:11 **Lost horizon**: Thank you all

- 9:11 **Piandjo**: As always, my thanks to all.

- 9:11 **Beckysunnybrook**: Thanks everyone!

- 9:11 **Vadere**: Thank you

- 9:11 **Silverdale**: Thank-you David & Iven, One & All for a delightful discussion this evening ...

- 9:11 **Pathworld**: Thank you all and David and Ivan

- 9:11 **Jim h**: Thanks - I'll send the log

9:11 **Markroche**: i agree with what Molly says about popcorn exercise, it wonderfully frees one from all the usual emotional, mental psychological considerations.

9:11 **Beckysunnybrook**: i will try it!

9:11 **Simmontemplar**: Molly, thank you for that help . I will contact you.

9:11 **Markroche**: and lets one just simple experience-quite freeing and calming

» Thank you All

9:12 **Adlucem**: Thanks, all! Goodnight

9:12 **Simmontemplar**: Very good ! Good night and grateful to all of you.