

The Hidden Work

Chapter 4 - Part 2

- 7:01 [hawklady](#): yes
- 7:02 [simmontemplar](#): Howdy Silver !
- 7:02 [silverdale](#): Ditto - S.
- 7:02 [lost_horizon](#): Hi again - had to refresh
- 7:02 [simmontemplar](#): Hi Dan !
- » Thanks Molly !!
- 7:05 [beckysunnybrook](#) page 30, thanks.
- 7:07 [hawklady](#): the will to awaken the machine
- 7:08 [simmontemplar](#): That is one of the nails of the Cross
- 7:08 [pathworld](#): hi all i was here just in different log
- 7:08 [adlucem](#): Hi Jenny
- [pathworld](#): hi mel, arsi becky and all
- [mollymidway](#): howdy
- [beckysunnybrook](#): Hi Jenny
- [auriah](#): hi
- [pathworld](#): hi
- [auriah](#): i made it!
- [pathworld](#): whopee
- [adlucem](#): Hi!

- [mollymidway](#):
 - [simmontemplar](#): We are again in the "crossroads", but for once we take "the other" side for a change, that we didn't for so many lives before
 - [jim h](#): Only when he accepts the circumstances does it stop
 - [hawklady](#): maybe it's not our first time taking the other side!!! maybe this time we will go much further then ever before!!
 - [beckysunnybrook](#) Bill Murray changed inside. He appreciated each day more and more as he gave more, rather than expecting it to give to him.
 - [simmontemplar](#): very true Hawk L. !!!
 - [mollymidway](#): i love that movie
 - [hawklady](#): i'll have to watch it again
 - [beckysunnybrook](#): me too. It was a great one.
 - [simmontemplar](#): beautiful take Hawk !
 - [hawklady](#): :
 - [jim h](#): I think this is the Sisyphus teaching - condemned to roll our boulder up the mountain
 - [hawklady](#):
 - [chaknz](#): hello all
 - [adlucem](#): Yes Jim
 - [mollymidway](#): hello chaknz
- » welcome
- [silverdale](#): As we increase consciousness the consciousness of our HBM is transformed accordingly ...
 - [hawklady](#): it puts tears in my tears Silver
 - [simmontemplar](#): ahhhh Sisyphus Jim ...what a torture ...involuntary repetition
 - [hawklady](#): tears of joy

- [markkroche](#): and somebody else might even be affected by it even if they don't notice it
- [piandjo](#): Jim , this is sisyphus to repeat his labor with no external change. interesting observation.
- [jim h](#): But Sisyphus learned to love his fate
- [auriah](#): what page was Iven reading from?
- [adlucem](#): Wow.
- [piandjo](#): he changed his attitude toward his fate, but he seemed the same to another observer.
- [simmontemplar](#): touche Jim !! ...very related to what you said before; ...acceptance
- [beckysunnybrook](#): 30

» Auriah

» bottom

- [markkroche](#): and the radiation is radiating into them even if it goes unnoticed it can still produce a quickening of some sort
- [auriah](#): ty becky
- [beckysunnybrook](#): yw
- [hawklady](#): yes we have moved
- [auriah](#): i felt shift even since i came in
- [hawklady](#): yes and now again, anyone else?
- [simmontemplar](#): Hi Au ! welcome
- [hawklady](#): freeze frame
- [piandjo](#): hawklady, have you studied heartmath?
- [hawklady](#): no, do you recommend?
- [markkroche](#): yes ia am implying that-lol
- [jim h](#): Start where you are

» But start

- [mollymidway](#): yes
- [piandjo](#): hawklady-- i know people who have benefited from their exercise called "freeze frame". curious coincidence.
- [markroche](#): for me, the first is witnessing, the second is invoking
- [hawklady](#): ah interesting, it was meant for me as I actually had my screen freeze and got a recommendation out of it.
- [beckysunnybrook](#) It seems without presence in the first place, attention would not be possible.
- [simmontemplar](#): This is saying that unless we apply "adoration" to our act of Presence, is a useless action ?
- [beckysunnybrook](#): yes, i think so.
- [markroche](#): the first is 'wind on the water' and the second is plugging directly into the Source
- [beckysunnybrook](#): otherwise it would be a mechanical looking at.
- [auriah](#): it seems that some need to build up to the invocation of presence, they may not understand what presence truly is

» *the

- [simmontemplar](#): but I thought still just the state of Presence would transform the thing "observed" ?
- [beckysunnybrook](#) yes, it seems that presence is more the just the little "I".
- [auriah](#): they think "i'm here, i'm present" but its about attention and being in the moment it is not easy for some to do
- [vadere](#): i set my intention and clear a space in my heart to see what happens without inner commentary
- [beckysunnybrook](#) it is all... the surroundings and the peoples and all the consciousness.. is involved
- [auriah](#): in a world of multitasking, we are taught to not ever be truly present, in the moment, and aware of ourselves in the present moment.

- [hawklady](#): true Auriah
 - [beckysunnybrook](#): Vadere, I see this is excellent, without inner commentary
 - [lost horizon](#): It seems like the difference between attention and presence is the difference between being passive or active
 - [piandjo](#): very interesting Lost
 - [simmontemplar](#): so this Adoration is of huuuuge importance !! other ways we are missing the point !
 - [beckysunnybrook](#): heart/mind
 - [jim h](#): We are here - yes
 - [mollymidway](#): i said that was a tough one, the obligation of eternal return
 - [hawklady](#): yes
 - [beckysunnybrook](#) it opened to me that it is really all there is, there is nothing to get to, we are here, we have no place to run away to, is what I saw
 - [mollymidway](#): i'm glad u saw that becky
 - [markroche](#): yes, have assumed it, but in a different sort of way
 - [beckysunnybrook](#):
 - [beckysunnybrook](#):
 - 7:33 [mollymidway](#): it helps
- » eternal return sounds awful, that's my subjective feeling
- 7:34 [markcirka](#): ,if you want a new life then it's harder to be here now; and it brings eternal life a closer possibility ... ---> guess what buddy, you cannot leave !
 - 7:34 [hawklady](#): well we have all returned here to this point
 - 7:34 [beckysunnybrook](#) it wasn't my decision, just one day it became real to me. It came to me, and that was such a gift that never left.
 - 7:35 [mollymidway](#): but i will learn to work with it somehow...by playing with presence in the present...learning to be here

» in the moment

- 7:35 [piandjo](#): can one even perceive the eternal return without already having tacitly accepted it?
 - 7:35 [mollymidway](#): that is very inspiring becky
 - 7:35 [beckysunnybrook](#) it is play. Even when tough times arrive, you can get through, and you know you can.
 - 7:36 [mollymidway](#): good question i wish i had more data, piandjo
 - 7:36 [auriah](#): good question PI
 - 7:36 [beckysunnybrook](#) we are all here inspiring each other, I find. in this space, we all come to.
 - 7:36 [mollymidway](#): your attitude is what makes the difference
 - 7:36 [jim_h](#): Accepting your fate again
 - 7:36 [piandjo](#): once we see the eternal return, we are bound.
 - 7:37 [mollymidway](#): gosh
 - 7:38 [adluce](#): I think we have made the decision.
 - 7:39 [lost_horizon](#): (she should read Becky's first comment over the phone
- » Becky said: "it opened to me that it is really all there is, there is nothing to get to, we are here, we have no place to run away to, is what I saw"
- 7:39 [mollymidway](#): it would be cruel to have to have an empty machine do everything...so we return...to provide it life and presence?
 - 7:40 [silverdale](#): Good point Molly ...
 - 7:40 [beckysunnybrook](#) you know, your past had something to do with what occurs, like it was always telling you, but you didn't hear it.
 - 7:40 [silverdale](#): point
 - 7:41 [mollymidway](#): great way to see it, just be in the moment...don't run from the moments

» as if we could...ty

- 7:41 [simmontemplar](#): indeed Molly
 - 7:43 [hawklady](#): we are at a beautiful space with the group, moving through something
 - 7:44 [jim_h](#): We're pinned to the cross of our obligation - forever. Accept it
 - 7:44 [mollymidway](#): yes,it's a tough truth...but here we are again...wednesdays come around once a week...even if it's abstract..it still returns...but they each seem unique
 - 7:44 [beckysunnybrook](#): I saw your post Lost. TY.
 - 7:45 [beckysunnybrook](#) If you do even get those powers, they say, and it is true, don't get seduced by this. In Ground Hog Day, Bill Murray
 - 7:46 [beckysunnybrook](#) at first he saw he could be clarvoyant, he knew what was going to happen.
 - 7:46 [beckysunnybrook](#) that didn't help him at all, it was very clear in that movie.
 - 7:46 [simmontemplar](#): very good observations Becky
 - 7:46 [mollymidway](#): well he was obligated to catch the kid who fell from the tree...every time
 - 7:47 [beckysunnybrook](#) true, he was obligated to help.
- »
- 7:48 [mollymidway](#): how could he not? it was part of that day...but later when he helped the old man...that was a change in his routine
- » and time jumped eventually
- 7:48 [beckysunnybrook](#) indeed.
 - 7:48 [mollymidway](#): will it happen for us, maybe?
 - 7:48 [auriah](#): yet in each one of us there is a male and female force
- » so it is not just our physical gender
- 7:48 [markroche](#): y, so it was a self-chosen 'obligation'
 - 7:49 [mollymidway](#): k

- 7:49 [piandjo](#): the denying force must come from us, the students, in order for the school to function. true?
 - 7:49 [beckysunnybrook](#): Auriah, yes, it isn't about the outer body, it is the inner.
 - 7:49 [markroche](#): that was my way of agreeing with you Molly
 - 7:50 [mollymidway](#): ty, mark...
 - 7:50 [beckysunnybrook](#) Molly, no doubt it is all of us.. We are all here together.
 - 7:50 [mollymidway](#): i'm just puzzling over all this
 - 7:50 [markroche](#):
 - 7:50 [mollymidway](#): dumbfounded
- » thanks becky, i can feel that tonight with all of us here
- » glad we're here
- 7:51 [beckysunnybrook](#):
 - 7:52 [mollymidway](#): it's a gentle way to be
 - 7:52 [beckysunnybrook](#) I love that, 2 Sides of the same coin, the same whole, the same presence.
 - 7:52 [jim_h](#): Yin Yang - female passive quality male active quality - balanced
 - 7:53 [beckysunnybrook](#) without both, there could be nothing at all... it is such a wonderful place to be in.
 - 7:54 [piandjo](#): Does the Qu'ran say that there are 99 names of God?
 - 7:54 [beckysunnybrook](#): it came to me today, one minute I am having this "I" that is wanting to help, and then, I will see an "I" that is not so nice, and I see them both, and it tells me...I can't take anything as the real.
 - 7:54 [simmontemplar](#): I have seen that on the Budda Pi
 - 7:55 [beckysunnybrook](#): I can't feel important about myself in other words.
 - 7:55 [jim_h](#): Angel are also assigned to chambers

- 7:56 [beckysunnybrook](#): to me, this is my male and female and they are at odds at times...and in love at other times. strange, I know.
- 7:57 [markcirka](#): my male side always wants tp be funny -- so i'm trying hard to be a good lady now
- 7:57 [beckysunnybrook](#): it says in Quran, it is written on your hand. Take a look, it is arab letters, and it says 99
- 7:57 [mollymidway](#): lol
- 7:58 [jim_h](#): When our essence is directing us rather than the primate, we are acting right here
- 7:58 [beckysunnybrook](#): (a friend of mine, from middle east showed me that and it was really sweet). It is written in your hands.
- 7:58 [jim_h](#): right = correctly
- 7:58 [mollymidway](#): yes, in the Quran..i have a difficulty finding that book these days..., was giggling at markcirka
- 7:58 [simmontemplar](#): not only invoke but to have Adoration , isn't it ?
- 7:59 [markcirka](#): tool user .. always scanning it's inventory for something to use
- 7:59 [piandjo](#): thanks, Becky
- 7:59 [beckysunnybrook](#): you are quite welcome Piandjo
- 7:59 [markcirka](#): i think adoration is the groundwork for gratitude; maybe not
- 7:59 [mollymidway](#): i hope the Qu'ran comes back into popularity someday here in the states
 - » it's a sacred book
 - » but the world....gosh
 - » at least we have each other tonight in simplicity
 - » i'm happy
- 8:01 [beckysunnybrook](#) 99 is written in the center of your palm. He told me you never forget this, they are always right in front of you.
- 8:02 [piandjo](#): we create the temple not made with hands.

- 8:02 [hawklady](#): ah that is so sweet Piandjo
- 8:02 [beckysunnybrook](#) we are the temple. Our body is a temple not build with hands.
- 8:02 [mollymidway](#): a living growing temple
- 8:02 [markcirka](#): built with sweet love
- 8:03 [beckysunnybrook](#): living and growing, Yes!
- 8:03 [piandjo](#): Hawklady,thank you,dear friend.
- 8:03 [auriah](#): marianne williamson
- » (williams?)
- 8:03 [jim h](#): Nelson Mandella?
- 8:03 [vadere](#): a return to love
- 8:03 [hawklady](#): Piandjo
- 8:04 [beckysunnybrook](#): beautiful! Nelson Mandela. What an inspiration he is.
- 8:04 [auriah](#): no, he read mariannes quote
- » one of my favorite all time quotes
- 8:04 [lost horizon](#): (Williamson is her name)
- 8:04 [auriah](#): yes just looked
- 8:05 [susankester](#): thanks, was never sure who wote it
- 8:05 [beckysunnybrook](#): Ah. I will read that again and again. Marianne Williamson, too, ok.
- 8:05 [markroche](#): there used to be fliers and emails sent out that also did attribute that saying to Mandella
- 8:05 [auriah](#): i say we meet
- 8:05 [lost horizon](#): When is the workshop?
- 8:05 [simmontemplar](#): I am ready

- 8:05 [beckysunnybrook](#): Where did you find that which you read, Susan?
 - 8:05 [hawklady](#): break for thanksgiving week
- » yes
- 8:06 [markroche](#): yes
 - 8:06 [jim_h](#): Canadians are free
 - 8:06 [markcirka](#): depends on hosts
 - 8:06 [beckysunnybrook](#): I agree with Auriah
 - 8:06 [markroche](#): take a break
 - 8:06 [mollymidway](#):
 - 8:06 [markcirka](#): depends on the hosts --- we can do ch 5 twice
 - 8:06 [piandjo](#): Ok to take break on wednesday before thanksgiving
 - 8:06 [jim_h](#):
 - 8:06 [adlucem](#): Break
 - 8:06 [hawklady](#): what do you want David?
 - 8:07 [markroche](#): i'm open though, will probably be up at the Institute anyway
 - 8:07 [beckysunnybrook](#): Lost, will you be up at thanksgiving?
 - 8:07 [lost_horizon](#): I will be there
 - 8:07 [beckysunnybrook](#):
- » great!
- 8:07 [piandjo](#): yes, what do you want david?
 - 8:08 [beckysunnybrook](#): I will probably see you then.
 - 8:08 [lost_horizon](#): Excellent!
 - 8:08 [mollymidway](#): ok...looks like it's a go!

- 8:08 [beckysunnybrook](#): yay!
- 8:08 [mollymidway](#): nice
- 8:08 [hawklady](#): space
- 8:08 [silverdale](#): Thanks David & Iven, One & All for participating in this Work Circle this evening!
- 8:08 [beckysunnybrook](#): the space has grown immense
- 8:08 [southerly19](#): thank you
- 8:08 [vadere](#): thank you
- 8:08 [chaknz](#): thank you
- 8:08 [southerly19](#): nite becky
- 8:08 [piandjo](#): no, the space remained. thanks everyone!
- 8:08 [mollymidway](#): thank you
- 8:08 [adluce](#): Thank you all. Goodnight
- 8:09 [hawklady](#): thank you everyone
- 8:09 [beckysunnybrook](#): hey Rita! have a good night
- »
- 8:09 [mollymidway](#): have a wonderful night everyone!
- 8:09 [beckysunnybrook](#): Thanks Susan!
- 8:09 [mollymidway](#): bye
- 8:09 [auriah](#): thanks all
- 8:09 [hawklady](#): i think so too Piandjo, we are right next to it
- 8:09 [auriah](#): good night
- 8:09 [markroche](#): Happy Trails all, thanks

- 8:09 [jim_h](#): H2U freinds
 - 8:09 [lost_horizon](#): Thank you
 - 8:09 [pathworld](#): Thank you
 - 8:09 [susankester](#): goodnight
 - 8:09 [beckysunnybrook](#): H2U Jim
 - 8:10 [auriah](#): cha ken zee = lupe
 - 8:10 [simmontemplar](#): Thanks to everyone !!!
- » Good night
- 8:10 [hawklady](#): oh really auriiah
 - 8:10 [lost_horizon](#): Good night, Simmon
 - 8:10 [pathworld](#): good night all- great class
 - 8:11 [markcirka](#): muzik ... hanging out .. rearranging stuff night time !!!
- » ty ppl
- 8:11 [lost_horizon](#): some of my favorite school music
- » Thanks again
- » Goodnight
- 8:12 [markcirka](#): maybe a shower .. that class was hott!