

The Hidden Work

Chapter 9, Part One

(Note times are Mountain Time)

8:00 **Mollymidway**: David needs people to call in, that participate on the phone..

8:00 **Hawklady**: hi everyone

8:00 **Ape2angel**: hi!

8:01 **Mollymidway**: hi Ape2angel, hi everyone, they're back

8:01 **Markroche**: really enjoyed David and George and Shikoba's writeups, and Harry's question.

8:02 **Piandjo**: ditto. great summary.

8:02 **Pathworld**: hi all

» welocme back

Piandjo: very nice wok, Shikoba!

» work

Mollymidway: (Lost Horizon says hello) he's here also

Markroche: Hi Dan

» a few minutes on the beacon might be useful for getting ready for the class

Vadere: Hi all

Piandjo: interesting suggestion, Mark

8:09 **Pathworld**: hi vadere

8:10 **Mollymidway**: he's waving

8:10 **Hawklady**: i'm waving back

8:11 **Mollymidway**: (i'll tell him)

8:11 **Hawklady**:

8:13 **Markroche**: another thing i like to do, and just did, is to have the Clear Light orb running in the background.

8:18 **Mollymidway**: very nice

8:20 **Pathworld**: can i borrow

» some

8:21 **Jim_h**: feeling prickles in my crown chakra area

8:25 **Pathworld**: 20people on line- so cool

8:25 **Ape2angel**: upward and downward as in towards higher or lower chakras...?

8:26 **Piandjo**: this was my understanding; involuntary = active; voluntary=passive.

8:27 **Ape2angel**: thanks!

» ah, false sentrums and such

8:31 **Markroche**: in lots of yoga systems they talk about the solar path vs the lunar path

8:31 **Piandjo**: ida and pingala

» when the hbm is passive, we can then sense the pulse of the entire body, and this sensing pushes finer substances upward.

8:33 **Markroche**: just a corollary observation

8:36 **Hawklady**: yes

8:36 **Pathworld**: yes

8:36 **Jim_h**: you betcha

8:36 **Adlucem**: yes

8:37 [Piandjo](#): yes

8:37 [Jim_h](#): thats why we're here

8:37 [Piandjo](#): that's right, Jim

8:39 [Hawklady](#): it wasn't me on the phone, but my parents were very good at that as well. Gold medals for them, lol

8:42 [Jim_h](#): Survival drove our historical personality

8:42 [Hawklady](#): yes Jim

8:42 [Jim_h](#): No shame in that

8:43 [Mollymidway](#): it's the main program we were taught..plus it's the machine's inborn instinct

8:45 [Piandjo](#): there is a mustard seed that can become a soul, if we nurture it.

8:46 [Hawklady](#): send it love

8:47 [Piandjo](#): (:

8:47 [Pathworld](#): all things excellant are difficult

8:52 [Markroche](#): cats seem to be great exemplars of using only the necessary muscles for a task and relaxing the rest

8:53 [Jim_h](#): Relax to disconnect the hbm

8:54 [Piandjo](#): tension is who we think we are; relaxation is who we are.

8:55 [Mollymidway](#): i think you're on to something there

8:56 [Muspelspark](#): I like that, Piandjo

8:57 [Piandjo](#): tx. i have found it useful.

8:58 [Pathworld](#): u can practice that when i drive lol

8:58 [Markroche](#): lol

8:59 [Piandjo](#): doing tai chi will require you to make all movenments voluntary, because the movements are SO slow!

8:59 [Pathworld](#): what just keep driving badly ?

9:00 [Ape2angel](#): voluntary means you don't have to keep going, but you can... so stick to the right side of the road!

9:00 [Mollymidway](#): drive near the speed limit, but slow down in areas of tai chi

9:01 [Pathworld](#): lol

9:01 [Ape2angel](#):

9:01 [Piandjo](#): lol

» please slow down

9:01 [Ape2angel](#): beautiful!

9:04 [Pathworld](#): i feel xoxoxoxoxo to you all

9:04 [Jim_h](#): you can run but you can't hide

9:05 [Southerly19](#): thank you david and ivan and all

9:05 [Jim_h](#): I have the log

9:05 [Southerly19](#): nite

9:05 [Piandjo](#): extraordinary class. thank you David and Iven and everyone.

9:05 [Markroche](#): Thanks all, I found this session particularly powerful and useful

9:05 [Hawklady](#): Thank you David, Ivan, and everyone

9:05 [Vadere](#): thank you

9:05 [Jim_h](#): Thanks deeply

9:05 [Mollymidway](#): good night all, thank you for coming

9:05 [Ape2angel](#): thank you

9:06 [Pathworld](#): Thank you David and Iva and all