

The Hidden Work

Chapter 9, Part Three

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- 8:00 **Silverdale**: Very well - thank-you - Arsi!
- 8:01 **Hawklady**: Hi Shelia,
- » Piandjo is here to
- » Planet Earth
- 8:02 **Markroche**: Mark Santa Monica
- 8:03 **Auriah**: hi arsi
- 8:03 **Pathworld**: Jenny from Corona
- » hi all
- 8:04 **Beckysunnybrook**: hi
- » becky
- 8:04 **Pathworld**: 18 viewers
- 8:05 **Silverdale**: I feel the Love ...
- 8:06 **Susankester**: Susan, Denver
- 8:11 **Piandjo**: we are back. had an emergency call.
- 8:12 **Hawklady**: Hi Piandjo
- 8:12 **Mollymidway**: welcome back
- 8:12 **Silverdale**: P. - David expressed the hope that you might call in ...
- » about 7:30 ...
- » to contribute to an open conversation ...
- » P. = Piandjo
- 8:14 **Mollymidway**: www.dgfcpa@gmail.com
- » is david's email address
- 8:14 **Piandjo**: sorry, but i am having challenges with audio --there ain't none on my machine presently1
- 8:15 **Mollymidway**: ok
- 8:15 **Piandjo**: hello hawklady
- 8:16 **Silverdale**: P. - if you call in you will be able to both hear and speak ...
- 8:17 **Piandjo**: will do just that! thanks.
- 8:18 **Hawklady**: so when we are in the moment - alive, feeling the energy of what is in the outer, then you are aware of the enery outside and how you feel all at the same time
- » when i do that, i remember that moment for ever
- 8:20 **Jim_h**: Essence changes place with the machine as the active agent
- 8:20 **Silverdale**: I agree Jim ...
- 8:21 **Hawklady**: do you find that it all blends together?
- 8:22 **Auriah**: "being in the moment" means the time, event, and being are one and the same.
- 8:22 **Piandjo**: i am on the phone now.
- 8:23 **Silverdale**: That's great P.!
- 8:23 **Piandjo**: precisely , Jim
- 8:23 **Simmontemplar**: I just made it ! Hi to everyone!
- 8:23 **Hawklady**: yeah welcome Simmon
- 8:23 **Pathworld**: hi simmon

- 8:23 [Piandjo](#): hi simmo
- 8:23 [Auriah](#): Hi Simmon
- 8:23 [Mollymidway](#): hiya welcome Simmon
- 8:24 [Simmontemplar](#): thaks H. Lady !!, Pi, Au !, Molly, great to see you
- » Silver ! hi there !
- » Path too
- 8:24 [Mollymidway](#):
- 8:26 [Auriah](#): I agree with Dan.
- 8:26 [Beckysunnybrook](#): Is the centered feeling of the essential self, like you are not being pulled to something, but rather, staying in yourself as you also feel the environment? Like a still pond?
- 8:27 [Silverdale](#): Welcome - Simmon!!!!!!
- 8:27 [Simmontemplar](#): Sorry,...did you already discused with the group the act of "voluntarization"?
- 8:27 [Auriah](#): when we receive the results of our food it impacts us in specific ways and if we use those results, whether, energy, impressions, or other we are moving up the octaves
- 8:28 [Jim h](#): Do we need to understand the process for it to occur - or can it proceed on its own volition once set in movement?
- » *motion
- 8:29 [Silverdale](#): We must be conscious in each moment to fully benefit ...
- 8:30 [Hawklady](#): Yes Silver,
- 8:31 [Silverdale](#): this is not difficult once we have established the habit ...
- 8:31 [Auriah](#): hehehe, I DOoooo struggle with myselfes!
- 8:31 [Beckysunnybrook](#): no
- » its not that kind of struggle
- 8:32 [Hawklady](#): struggle to stay in the moment
- 8:33 [Winnipeg9](#): key word is habit
- 8:34 [Simmontemplar](#): question Susan: The chapter talks about voluntarization;How do you "voluntarize"...or make voluntary a habit of drinking or smoking?
- 8:35 [Hawklady](#): P. I'm zapping you now
- 8:36 [Piandjo](#): thx, hawklady
- 8:37 [Beckysunnybrook](#): this is very real to me hearing this that Harry said
- 8:37 [Adlucem](#): It's so HUMAN
- 8:37 [Piandjo](#): glad to not be alone
- 8:38 [Jim h](#): Notice the trigger - can you notice earlier in the cycle when it happens?
- 8:38 [Beckysunnybrook](#): he felt it wasn't pleasant and peaceful and it disrupted his still pond of essence
- 8:40 [Adlucem](#): I thought the same as David.
- 8:40 [Auriah](#): me too
- 8:42 [Hawklady](#): why should it be different
- » why should he listen to all the messages?
- 8:42 [Auriah](#): what do you mean hawk?
- 8:43 [Hawklady](#): why shouldn't he lisen to one messge and take care of it right away?
- 8:43 [Auriah](#): there might be other people who need help, or a second message that the 1st message/problem might be fixed already...\
- 8:43 [Hawklady](#): ah okay
- » So what is Harry's first guess to why he does this?
- 8:45 [Jim h](#): It happens to all of us - can notice during mindfulness meditation

- 8:47 **Beckysunnybrook**: something I found helped this week, was using an object to touch and hold in my hand, which also had a scent on it, that I used to help me maintain my center. It actually helped. I was surprised.
- 8:47 **Jim h**: tendency to sleep is overwhelming
- 8:49 **Beckysunnybrook**: so true, so true, the body can be a way to see if you can look at your own body's moves.
- 8:50 **Simmontemplar**: question Susan: The chapter talks about voluntarization; then how do you "voluntarize"...or make voluntary a hard habit such as drinking, smoking, or lying, for example?
- 8:51 **Jim h**: hold the drink or cigarette with your non-dominant hand or do it differently somehow Simmon?
- 8:54 **Markcirka**: turn habit into choice, that you are making continuously (?) choosing little pleasures ... etc
- 8:54 **Simmontemplar**: so,Jim, that would mean that you keep doing the same old thing over and over again, but now you are ..."conscious" about it !!!
- 8:54 **Jim h**: I guess what I said changes the old habit to a new habit!
- 8:54 **Susankester**: not sure if enough time simon
- » Thanks harry for sharing on a personal level
- 8:55 **Auriah**: yes
- 8:55 **Pathworld**: ok with me
- 8:55 **Adlucem**: okay
- 8:55 **Beckysunnybrook**: yes
- 8:56 **Hawklady**: okay
- 8:56 **Simmontemplar**: Ok
- 8:57 **Auriah**: yes
- » yeah! I wanna know! LOL
- 9:01 **Beckysunnybrook**: that's great
- 9:01 **Hawklady**: Beautiful Harry
- 9:01 **Adlucem**: Thank you, Harry
- 9:01 **Beckysunnybrook**: where you least expect it... so true.
- 9:02 **Auriah**: was that Harry!?! Sorry, he just mentioned simmon
- 9:02 **Jim h**: Sometimes the magic works
- 9:02 **Piandjo**: thanks, my friends.
- 9:02 **Auriah**: what happened? he moved from his identification and moved into essence
- 9:02 **Silverdale**: Harry posted these comments on wingsofchaos ...
- 9:03 **Beckysunnybrook**: He let something come into him, and it seems like it was his real self.
- 9:03 **Hawklady**: It was important enough to him for him to wake up
- 9:04 **Auriah**: the event, or shock was such that it pushed him into essence, and woke him up. His essence was shining, and he was seeing their sparkling essences, and they saw his essence
- 9:04 **Jim h**: Harry - do you know what you did to change state?
- 9:04 **Simmontemplar**: they noticed the change of centrum in Harry
- 9:04 **Piandjo**: i have no idea, jim
- 9:05 **Simmontemplar**: that stop them in their track !!
- 9:05 **Pathworld**: they sensed the change so laugh
- 9:05 **Jim h**: I said sometimes the magic works - film quote
- 9:05 **Auriah**: I answered above
- 9:05 **Beckysunnybrook**: He came to presence
- 9:07 **Adlucem**: In my experience, there seems to be laughter after this essential moment. This wonder.

- 9:09 **Beckysunnybrook**: so true. cumulative work
- 9:10 **Auriah**: yes, that event, or shock, without the cumulative work, could have very easily sent another into panic or depression or a manifestation... but the increased work and skill, ability kicked in, so to speak.
- 9:11 **Mollymidway**: makes sense
- 9:12 **Beckysunnybrook**: Thanks Harry. Your sharing of this was most help tonight.
- 9:12 **Jim h**: Awesome Harry, thanks so much.
- 9:13 **Auriah**: I lost the connection tonight, and the log... Jim can you email it to me please?
- 9:13 **Beckysunnybrook**: David, thanks for facilitating this so well.
- 9:13 **Auriah**: I don't think so...
- 9:13 **Simmontemplar**: sorry my friends, but my computer renting time is about to expire, only 3 more minutes; very nice exposition. and Thank you all; until next time
- 9:13 **Jim h**: Yes Auria et al - I have the log
- 9:13 **Mollymidway**: Thanks Harry and all ya'll
- 9:13 **Adlucem**: Thank you all so much. Good night.
- 9:13 **Auriah**: Thanks David, even Dan!
- » TY Jim!
- 9:13 **Mollymidway**: good night
- 9:13 **Piandjo**: good nite, all. sure do appreciate your responses.
- 9:14 **Hawklady**: thanks you all, thanks Harry
- 9:14 **Auriah**: good night everyone!
- 9:14 **Beckysunnybrook**: Thanks Hawklady, Susan.
- 9:14 **Markroche**: 1` thanks all Good nigt
- 9:14 **Auriah**: see you next week.
- 9:14 **Pathworld**: Thank you all a geat class