

# The Hidden Work

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## Chapter 10, Part 2

- 6:46 [silverdale](#): Good evening One & All! 6:46 pm
- 6:51 [jim\\_h](#): Thanks MA
- 6:51 [clear132033](#): thank you
- 6:51 [jim\\_h](#): see ya
- 6:52 [muspelspark](#): Thanks MA
- 6:52 [silverdale](#): Thanks MA - your efforts are appreciated by All ...
- 6:59 [auriah](#): hi veryone
- [pathworld](#): hi all » jenny corona
- [markroche](#): Thanks Ma
- [pathworld](#): no snow here
- [lost\\_horizon](#): Hello, my name is Lost and I'll be your waiter tonight
- [markroche](#): Hi all L) » \*
- [pathworld](#): ty lost
- [jim\\_h](#): There is a high pitched buzz/hum
- [pathworld](#): yes i hear it
- [auriah](#): yes i hear buzz too
- [silverdale](#): Auriah - I appreciated the overview by Dan & you ..
- [adluce](#): me too
- [auriah](#): oh YW SD
- [pathworld](#): me three
- [jim\\_h](#): buzz gone
- [pathworld](#): yes
- [auriah](#): not yet, calling
- [hawklady](#): yes i'm here listening to an a » ad
- [auriah](#): i'm on the phone
  
- [hawklady](#): hi everyone
- [muspelspark](#): hi
- [lost\\_horizon](#): Welcome
- [pathworld](#): hi
- [markroche](#): and relaxing the mental and emotional 'holdings' as well
- [smaragdigm](#): : )
- [markroche](#): weirdappings in the sound, quite disruptive
- [jim\\_h](#): also bring presence - I am here
- [pathworld](#): yes i hear tapping
- [jim\\_h](#): Be here now
- [silverdale](#): Right on ... Jim\_H ...
- [hawklady](#): People on the phone maybe could mute for now
- [silverdale](#): ???
- [auriah](#): im muted on phn
- [hawklady](#):

- [markroche](#): yes, when David just moved the phone mike it affected the tapping, that must be it
- [muspelspark](#): maybe his elbow on the table is moving the phone?
- [auriah](#): learto love the burn
- [markroche](#): i thing mike is either too close or people must mute when not talking
- [auriah](#): \*learn to love the burn
- [markroche](#): it happens when he not moving elbow and also both when elbow on table or in air
- [hawklady](#): had to get my book, what page
- [silverdale](#): I'm muted ...
- [auriah](#): it reminds me if starting to exercise, and you get the burn in you body where/when you build muscle, its itching and burning and you have to suffer through it to build the muscle...

» we are building energetic muscle = presence

- [jim\\_h](#): page not clear yet
- [auriah](#): the burn indicates your doing something
- [lost\\_horizon](#): will ask
- [markroche](#): some people on phone may not be seeing chat, and so don't know to mute. tapping very disruptive
- [jim\\_h](#): 96 bottom para
- [lost\\_horizon](#): is the tapping still happening?
- [markroche](#): maybe just announce so people on phone will mute

» yes Lost, alot

- [lost\\_horizon](#): ok
- [silverdale](#): Mark - I don;t hear tapping ... do you need to refresh? ...
- [auriah](#): no tapping over the phone audio
- [markroche](#): no Silver, others hearing it as well
- [silverdale](#): ok
- [markroche](#): it changed when David moved phone mike before
- [auriah](#): i muted the computer, and muted my phone so no one hears me over the phone
- [lost\\_horizon](#): Is there any tapping right now, as Iven speaks?
- [markroche](#): sounds fin now » fine
- [hawklady](#): no
- [pathworld](#): no
- [markroche](#): i think it is the phone mike, not davids
- [muspelspark](#): please ask David if the phone mic is close to touching the phone?
- [auriah](#): there is slight tapping on the computer transmission
- [hawklady](#): no
- [pathworld](#): no
- [muspelspark](#): ty
- [markroche](#): not at the moment
- [jim\\_h](#): good to go
- [auriah](#): good way to exercise that attention muscle, to ignore tapping and focus.
- [muspelspark](#): there is a small periodic ticking a higher sound but not a problem
- [auriah](#): yep » very true» yes
- [hawklady](#): yes it does

» my back has to be straight, all chakra's aligned straight up

- [auriah](#): its more mood for me, i think... yes, it allows energy to flow
- [jim\\_h](#): same foe me - sense energy flow up the spine and out the crown
- [auriah](#): sometimes lying, sitting, or walking, but the mood is most important for me
- [jim\\_h](#): sending energy out instead holding on to it
- [jonsnothere](#): hi everybody
- [auriah](#): its a clamness, and state of being, that I recognize now
- [hawklady](#): i'll have to try that Jim
- [pathworld](#): hi jon
- [hawklady](#): hi
- [jonsnothere](#): Hello
- [auriah](#): \*calmness » lol
- [susankester](#): sorry
- [auriah](#): np
- [silverdale](#): Maybe we do need a clam posture a well as be calm ...
- [auriah](#): yes i agree with SD » hmm, good idea SD
- [silverdale](#): just joking ... seriously ...
- [hawklady](#): for my mood, at the time of my physical posture, I pay attention to my physical body, and then my heart chakra. If that doesn't work, then i remember this class and tap into it
- [auriah](#): lol » hehehe.... i know
- [jonsnothere](#): so true
- [hawklady](#): lol silver
- [silverdale](#): After a lot of practice we gradually develop the ability to invoke easily and at will ..
- [auriah](#): we can calmly spell out calm in calming postures
- [silverdale](#): lol
- [markroche](#): am pretty sure its the phone mike and some people just don't know to mute
- [lost\\_horizon](#): lol

» (I'm trying to get a word in edgewise for your comments)

- [markroche](#): lol
- [hawklady](#): I believe it's David arm getting close to the phone mike

» I look forward to that Silver

- [auriah](#): i find that if we focus on the noise, then it becomes primary, if we focus on the words and space the noise will fade away
- [jonsnothere](#): You too David
- [vadere](#): yes hi nice to meet you
- [markroche](#): not for me Auriah, its still incredibly disruptive
- [auriah](#): aw
- [silverdale](#): In my opinion Hawk - for a woman this should be easy by instinct ... for a man virtually impossible ...
- [markroche](#): have to put up with it for now, but at end if phone is turned off and other sound left on, then we can test
- [auriah](#): SD - what should be easy instinct for a woman ?

- [jonsnothere](#): I like to say I am filling myself with the posture, like standing up within myself
- [hawklady](#): not yet Silver, maybe real soon,

» for me anyway--

- [lost horizon](#): (good to see you, Jon)

» (nice to meet you guys)

- [silverdale](#): You're on the right road - Hawk ...
- [pathworld](#): correct
- [hawklady](#): yeah
- [auriah](#): SD - are you referring to the ability to invoke the ood/invoking posture?

» i would agree, it is very instinctual

- [pathworld](#): ty
- [auriah](#): think i've done both...
- [silverdale](#): A woman can inherently passify herself by intention for invocation ... for a man he must learn to passify himself in a similiar way - Auriah ...
- [auriah](#): ah, ty
- [hawklady](#): she is also a guide and a guard when you walk the labyrinth not in the physical world
- [pathworld](#): ahh ty
- [silverdale](#): True - Hawk ...
- [jim h](#): If I was a true warrior, today would be a good day to die.
- [hawklady](#): beautiful Jim
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- [jim h](#): We also come back to Thy will be done.
- [auriah](#): yes, saw the email
- [susankester](#): phone died here, at least made it close to the end
- [auriah](#): hehe
- [markroche](#): Great sources for the investigation of the Who Am I question, and completely non-philosophical
- [jim h](#): anything impermanent is not I
- [markroche](#): but rather experiential, are Nisargadatta, and Ramana Maharshi.
- [adlucem](#): I am that which remains.
- [markroche](#): Any of Ramana Maharshi's books, and I AM That by Nisargadatta. They are both extraordinarily powerful
- [hawklady](#): very nice Adlucem
- [auriah](#): i did the "I am not that" meditation. it was very interesting, to see the parts that make me up, but none of them were "me", just as it is difficult to find the "who am I"
- [markroche](#): it is not at all a mental question, even though it seems so
- [jim h](#): maybe a question of clarity
- [hawklady](#): when you face the baggage it slowly begins to leave and you become lighter and lighter
- [auriah](#): lol, yes

- [hawklady](#): [idhb.com](#) » under books
- [lost\\_horizon](#): [IDHHB.com](#)
- [susankester](#): nice comment hawklady, it feels powerful
- [lost\\_horizon](#): <http://idhnb.com/materials/books/lost-works.html>
- [jim\\_h](#): <http://idhnb.com/materials/books/lost-works.html>
- [lost\\_horizon](#): thanks, Jim

» lol

- [jim\\_h](#): lol
- [markroche](#): can we please turn off the phone after the session officially ends, but keep the sound on and test the tapping
- [silverdale](#): Thanks David, Ivan, One & All for a productive invocational experience this evening!!!
- [auriah](#): Thank you!
- [vadere](#): thank you
- [jim\\_h](#): Thanks everyone
- [hawklady](#): Thank you every one, much love all
- [jonsnothere](#): good night, thanks
- [adluce](#): Good night, my friends. Thank you all.
- [hawklady](#): maybe if David stops moving his right arm
- [auriah](#): tapping is very very light, can barely hear it.
- [jim\\_h](#): I have the log if its needed
- [jonsnothere](#): i say its interference
- [hawklady](#): thanks Jim
- [markroche](#): no tapping now
- [pathworld](#): no
- [hawklady](#): no
- [muspelspark](#): not now
- [vadere](#): no
- [auriah](#): probably more energy tonight, it felt more intense than usual right at beginning tonight
- [pathworld](#): \
- [hawklady](#): good night all
- [jonsnothere](#): tis the energy
- [lost\\_horizon](#): good night

» thank you all

- [muspelspark](#): night all

» thank you

- [pathworld](#): thank you all and David and Ivan
- [markroche](#): thanks Lost, was good seeing you.

» good night all

- [sinhog](#): First there is a tapping ,,,, then there is no tapping ,,,, then there is ,,,, hee hee

- [lost\\_horizon](#): you too, Mark
- [susankester](#): good night all
- [piandjo](#): god night everyone.
- [lost\\_horizon](#): lol Sinhog
- [piandjo](#): good night
- [pathworld](#): good night all
- [Piandjo](#): but god night is probably ok too