

# The Hidden Work

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## Chapter 12, Part 3

- 6:55 [hawklady](#): hello dear friends
- 6:55 [jim\\_h](#): hi
- 6:55 [adlucem](#): Hello Hawklady! Hello friends!
- 6:56 [silverdale](#): Good evening On & All! » One\*
- 6:57 [muspelspark](#): Good evening All too
- 6:58 [hawklady](#): getting my book
- 6:58 [piandjo](#): David, you got your ears lowered.
- 6:58 [pathworld](#): no sound here yet
- 6:59 [piandjo](#): nor here
- 7:00 [lost\\_horizon](#): Hello, all
- 7:00 [piandjo](#): Hi Hawklady! » sound now!
- 7:01 [lost\\_horizon](#): How is the sound now?
- 7:01 [piandjo](#): phone sound is low
- 7:01 [muspelspark](#): perfect
- 7:01 [jim\\_h](#): sound ok here
- 7:01 [hawklady](#): nice to see everyone here and is that correct, 37 people viewing?
- 7:01 [pathworld](#): ok here now
- 7:02 [piandjo](#): phone low
- 7:02 [muspelspark](#): phone sound low
- 7:02 [jim\\_h](#): phone a little weak
- 7:02 [pathworld](#): 14 logged on
- 7:02 [lost\\_horizon](#): (15 viewers signed in)
- 7:02 [pathworld](#): 15 ya
- 7:02 [susankester](#): hello all
- 7:03 [lost\\_horizon](#): Hi, Susan
- 7:03 [hawklady](#): Yeah susan is here
- 7:03 [lost\\_horizon](#): welcome
- 7:03 [pathworld](#): hello
- 7:03 [susankester](#): wow, thanks and hello
- 7:03 [auriah](#): hi everyone
- 7:03 [pathworld](#): hi
- 7:03 [lost\\_horizon](#): Hi, Auriah
- 7:03 [silverdale](#): Back on ... sound is fine ...
- 7:04 [hawklady](#): hi auriah
- 7:04 [auriah](#): didnt realize it was 7pm already. oops! hehe
- 7:04 [lost\\_horizon](#): (I think that "37 viewers" is probably an overestimate)
- 7:05 [silverdale](#): A "Silent Majority"?

- 7:05 [lost horizon](#): There are usually a few not signed in, but not usually that many  
 » maybe five or ten at most
- 7:06 [piandjo](#): Lost, your posting was particularly helpful to me. It was elegant and to the point.
- 7:06 [silverdale](#): I think you are right Lost ...
- 7:06 [lost horizon](#): Thank you, Piandjo
- 7:06 [piandjo](#): yw
- 7:09 [simmontemplar](#): Thank you !
- 7:09 [lost horizon](#): "change of scale" may correspond to "change in tempo of vibrations" (it isn't exactly that phrase, but something similar)
- 7:09 [silverdale](#): Hello - Simmon!!!
- 7:09 [vadere](#): good evening
- 7:09 [lost horizon](#): Hi, Simmon & Vadere
- 7:10 [simmontemplar](#): My goodness !! Silver, Lost, Piandjo !! hi there
- 7:10 [lost horizon](#): Does anyone have any feedback regarding the exercise?
- 7:10 [piandjo](#): hello Susan!
- 7:11 [susankester](#): hi pi
- 7:11 [simmontemplar](#): what page?
- 7:11 [silverdale](#): 122
- 7:11 [simmontemplar](#): thanks "Si"
- 7:12 [jim h](#): ebb and flow
- 7:12 [simmontemplar](#): David :could it be that tensions equals : "resistance"
- 7:14 [piandjo](#): Any action implies a goal, a context, a content, and what we feel at the moment. The tensions are between these factors, before we even take the action.
- 7:14 [jim h](#): who is the resistor and who is the resistee? » who or what
- 7:16 [simmontemplar](#): Thank you Silver, Piandjo, Lost H and Iven for your great contribution in the posting. » "both" Jim, it depends on what is the focus of attention
- 7:19 [piandjo](#): unwatched, monkeys remain monkeys.
- 7:19 [auriah](#): yes, I'm here on phone too David
- 7:21 [silverdale](#): If the Essential Self is an electrical field impinging on the denser field of the HBM then the sensation of movement of the octave is not linear ...
- 7:21 [simmontemplar](#): "The price of Freedom is Eternal Vigilance" !!
- 7:21 [lost horizon](#): (Silverdale, your text ends at "linear" - is that correct?)
- 7:21 [silverdale](#): but functions in accordance with the inner dynamic of the enneagram ...
- 7:22 [lost horizon](#): (thanks, never mind my question)
- 7:22 [silverdale](#): The HBM does move linearly from note to note in the outer circle of time ...
- 7:23 [lost horizon](#): "Accomplish the Impossible" (a book on the Enneagram)
- 7:24 [piandjo](#): Thanks for this reference, George.
- 7:24 [jim h](#): Essential self starts out as a separate entity attached to the HBM - going to feel like a foreign body moving randomly

- 7:26 [silverdale](#): Ultimately we seek to verify - as Lost states - through personal experiencings personally experienced ...
- 7:26 [auriah](#): last weeks exercise: Can you observe a series of tensions that operate and not inject intentionality and go with the flow of it
- 7:27 [simmontemplar](#): jajaja !! ...that's funny David !!
- 7:28 [silverdale](#): reference Lost on Wings of Chaos ... » Good point Jim H. ...
- 7:30 [jim\\_h](#): Txs - and the same must be true from the Essential Self's point of view. Until we make inner outer, outer inner and two are as one
- 7:32 [simmontemplar](#): that paragraph is really obscure, ...I wonder what it means...
- 7:32 [silverdale](#): Well said - Jim -
- 7:32 [jim\\_h](#): Txs
- 7:33 [piandjo](#): If an angelic assembly cannot provide a "shock" of energy from the outside, who can?
- 7:33 [hawklady](#): thats us
- 7:34 [silverdale](#): A small group of conscious humans - P.
- 7:34 [hawklady](#): that group of people assembled in special way
- 7:35 [piandjo](#): We have met our choir, and the choir are us.
- 7:35 [silverdale](#): Presuming the angelic assembly resides in a higher dimension ..

» presuming\*

- 7:37 [piandjo](#): hmmm..
- 7:38 [silverdale](#): Sorry - P. - wasn't clear in what I wanted to say ...
- 7:38 [pathworld](#): yes
- 7:38 [silverdale](#): I wasn't\*
- 7:39 [piandjo](#): Silverdale, all i said was: hmmm... » seemed appropriate..
- 7:40 [silverdale](#): check
- 7:40 [piandjo](#): you built better than you thought!
- 7:40 [jim\\_h](#): crystals decode » change amplitude modulated signals to audio information
- 7:41 [simmontemplar](#): David, first when I said "resistance" I meant it from the point of view of the "will". I had not read this paragraph, therefore I am not sure what resistance is in the context of the paragraph
- 7:45 [susankester](#): simmon -do you want me to read that?
- 7:45 [lost\\_horizon](#): (Simmon, I don't think i matters a lot - it seems to correspond whichever type of resistance one refers to)
- 7:45 [simmontemplar](#): yes Susan thanks » read both comments together
- 7:47 [jim\\_h](#): resistors reduce current flow
- 7:47 [simmontemplar](#): voila !! that's my second amendment
- 7:47 [jim\\_h](#): by get hot in the process » \*but
- 7:48 [simmontemplar](#): Thanks Susy!!

» Susan: could you read to David my second comment?

- 7:50 [susankester](#): which one
- 7:51 [jim h](#): I read somewhere that's OK to be afraid but not OK to panic! » \*that
- 7:52 [pathworld](#): no sudden moves
- 7:53 [jim h](#): The question is where do you want to go
- 7:54 [auriah](#): their vibration is not in resonance with the vibration of the space.
- 7:54 [simmontemplar](#): When we are in the Work we are in a constant battles of wills- the one of the machine or that one of the Essential Self- it boils down to a battle of wills
- 7:54 [piandjo](#): These habits!
- 7:55 [jim h](#): a body of habits
- 7:55 [winnipeg9](#): chapter - run silent run deep in parallel worlds day tripper is a perfect description of this
- 7:56 [markroche](#): I think it is in Life in the Labyrinth has a good breakdown of what the voyagers quatrain is about
- 7:59 [jim h](#): But the mismatch supplies an intentional shock » when we go to places that scare us » when we are deliberate and accept it » break out of the endless loop
- 8:02 [markroche](#): also, unintentional shocks when we fall into feeling 'rejected'. » and they are often revealing as to what may need to be worked on » if we can remain unattached at those times they become 'choice points' » which can help establish new habits
- 8:05 [simmontemplar](#):
- 8:05 [pathworld](#): its ok to go slow
- 8:05 [piandjo](#): slow is good, David
- 8:05 [markroche](#): for me anyway its really useful going slowly
- 8:06 [hawklady](#): loving the pace
- 8:06 [markroche](#): the octave has been confusing for me and this has been helping
- 8:06 [simmontemplar](#): totally Mark
- 8:07 [hawklady](#): i forgot
- 8:07 [muspelspark](#): slow yes
- 8:07 [piandjo](#): i will post my exercise in the morning--just got back tonight.
- 8:08 [jim h](#): I couldn't do it - observed tensions but intervened to release them. Needs more work!
- 8:10 [hawklady](#): well i guess i did the exercise not remembering that it was our exercise -- - i'll post it as well Pinadjo
- 8:10 [jim h](#): Ya ..
- 8:10 [auriah](#): i got into a situation where I felt a lot of tension and heat and had to just sit in it. Also just today a situation came up with students that I felt the urge to correct it, but didn't just let it go and carried on.
- 8:10 [pathworld](#): i noticed the tensions and observed them while getting rush h c d3 trying SO hard not to die. could only do it for 30 min then i was exhausted
- 8:11 [simmontemplar](#): yes
- 8:11 [pathworld](#): yes
- 8:11 [jim h](#): sure
- 8:11 [auriah](#): y
- 8:11 [hawklady](#): yes

- 8:11 [piandjo](#): yes
- 8:11 [markroche](#): y
- 8:11 [muspelspark](#): yes
- 8:13 [markroche](#): in some ways, whether to let it all go, or to use some intentional shock, and how to do so, seems to me the art of life
- 8:13 [simmontemplar](#): Jeee, soooo right what you just said David !!!

» yours too Mark !!

- 8:17 [markroche](#): another point, the kinds of situations we referring to seem to all be based on us having first had some sort of expectation » that we were projecting on to the situation
- 8:18 [simmontemplar](#): you keep hitting the points Mark !!
- 8:18 [jim\\_h](#): changed chambers
- 8:19 [simmontemplar](#): I find that expectations and "sleep" is a deadly mix; it explode in our face
- 8:19 [piandjo](#): Jim, yes indeed
- 8:19 [silverdale](#): Well said - Simmon ...
- 8:19 [jim\\_h](#): energy boost
- 8:20 [simmontemplar](#): jajaj ! thanks Silver
- 8:20 [jim\\_h](#): transporter beam - 6 world's orb
- 8:20 [piandjo](#): she broke her identification
- 8:20 [markroche](#): dropped her intentionality in the instant in favor of the intentionality of the moment or the class
- 8:20 [piandjo](#): there was some dissaccociation
- 8:21 [markroche](#): let go of an expectation » she 'surfed the wave' rather than trying to push the water » last week I said the wrong spiralbound book for the Invoking of presence. I had said Secret Talks on Personal Evolution. » But, silly me, its a spiralbound called Invocation of Presence. Duh-lol
- 8:25 [jim\\_h](#): the birth of conscious will
- 8:25 [simmontemplar](#): she didn't react ! because she was awake ! and she had enough will (...of the good kind) to apply the shock and stay ..."cool"
- 8:25 [piandjo](#): thank you for sharing, Auriah.
- 8:26 [jim\\_h](#): Thanks so much Auriah - a wonderful teaching for me
- 8:26 [simmontemplar](#): in deed Auriah, thank you...
- 8:26 [silverdale](#): Thanks Auriah for your contribution this evening ...
- 8:27 [hawklady](#): Her ability to observe details is beautiful
- 8:28 [susankester](#): thanks auriah for sharing with us
- 8:28 [markroche](#): and, paradoxically, surfing the wave implies more control and navigational choices, though it seems the opposite way around
- 8:28 [lost\\_horizon](#): Thank you, Auriah » and thank you all
- 8:28 [piandjo](#): goodnight everyone
- 8:28 [silverdale](#): Thanks David, Ivan, One & All for a stimulating discussion about some difficult ideas ...

- 8:28 [simmontemplar](#): David "The Parting of the Red Sea"
- 8:28 [auriah](#): Tahnks everyone, David and Iven, and MA!
- 8:28 [markroche](#): Thank you Everyone
- 8:28 [hawklady](#): thank you Auriah, David, Ivan and everyone
- 8:28 [jim\\_h](#): Thanks everyone.
- 8:28 [simmontemplar](#): that's what happened Auria !!
- 8:28 [auriah](#): good night
- 8:28 [lost\\_horizon](#): (Mark - yes - surfing is a really good metaphor. Get rigid on a surfboard, and you're sure to fall into the water!)
- 8:29 [hawklady](#): hi MA
- 8:29 [pathworld](#): Thank you all ,David and Ivan
- 8:29 [markroche](#): was a great quote from Swami Satchidananda Lost, "Life is like the ocean, You can't stop the waves, But... » you can learn how to surf".
- 8:30 [pathworld](#): May this be used for the benefit of all being everywhere
- 8:30 [lost\\_horizon](#): Thank you, Path