

The Hidden Work

Chapter 13, part 6

- 6:54 [Piandjo](#): Greetings, brother Silverdale
- 6:55 [Silverdale](#): Back at you - P. ...
- [Lost horizon](#): Hello, everyone
 - » Welcome
 - » (57 viewers, 10 signed in)
- 6:57 [Wlamgr](#): you sound good
- 6:57 [Piandjo](#): hello Lost and Jim
- 6:58 [Wlamgr](#): I can hear you George
- 6:58 [Jim h](#): Hi
- 6:58 [Markroche](#): Thanks for the reading MA
 - » Hi campers
- 6:59 [Piandjo](#): a little better on sound for SD
 - » hi Mark
- 6:59 [Silverdale](#): Hi Mark ...
- 6:59 [Lost horizon](#): Hi, Mark
- 7:01 [Vadere](#): hello
- 7:01 [Simmontemplar](#): Hello Everyone !! ...I am on the phone also
- 7:01 [Silverdale](#): Welcome Simmom!
 - » *Simmon
- 7:02 [Simmontemplar](#): Thank you Silver !! great to read you
- 7:02 [Piandjo](#): hello Simmon, glad you are here, as always.
- 7:02 [Simmontemplar](#): my mom says thank you also !!
 - » Hey Harry!! ...thank you, likewise
- 7:04 [Piandjo](#): hey susan!
- 7:05 [Silverdale](#): Happy to hear your voice on the phone Susan ...
- 7:05 [Simmontemplar](#): Hi Susan !
- 7:06 [Adlucem](#): hi Susan!
- 7:09 [Piandjo](#): Addendum: forgot to mention that our invocational dinner observed all of E.J.'s dietary restraints and suggestions, as well as guarding against negative energies. We sensed that this was helpful.
- 7:10 [Muspelspark](#): hi all
- 7:11 [Silverdale](#): Impressive - Piandjo ...
- 7:11 [Simmontemplar](#): Hi there Muspel !
- 7:11 [Jim h](#): Hi Mus
- 7:11 [Muspelspark](#):
- 7:11 [Lost horizon](#): Hi, Muspel
- 7:11 [Piandjo](#): hi Muspel
- 7:11 [Wlamgr](#): Hey Muspel
- 7:11 [Muspelspark](#): hihi focused attention
- 7:13 [Hawklady](#): hi all
- 7:13 [Muspelspark](#): Hi Hawklady

- 7:14 [Piandjo](#): (: hawklady!
- 7:14 [Pathworld](#): hi
- 7:21 [Simmontemplar](#): I see that point Su
 - » great and fine subtleties on this subject
- 7:26 [Markroche](#): as much as possible have worked at being more devotional while preparing food at home, and more consciously aware while eating.
- 7:26 [Hawklady](#): I think blessing the food before eating is a great help specailly when eating out
- 7:27 [Piandjo](#): i agree, hawklady
- 7:27 [Markroche](#): and paying some attention to the 'history' of the food, where it came from, the work put into it, etc.
- 7:28 [Hawklady](#): I think in my pas life i didn't eat onion either, because as a kid, I would eat it like an apple, lol
- 7:28 [Markroche](#): no particular results that I'm aware of other than that it slows me down and makes me calmer and more conscious.
 - » although, and no idea if it is related, but even in the face of massive overwhelm, have been much more focused and productive
- 7:31 [Simmontemplar](#): I have thought about that too Mark; meaning the history and the trayjectory of thet food to my plate
- 7:31 [Hawklady](#): Yes Mark, that is so true, before I would only thank Mother earth but now I thank the pickers who picked the veggies, the delivery people, etc. This is all new to me but I enjoy thinking about where it came from as you say 'history' of the food
- 7:33 [Markroche](#): will you please read my comment before that one Simmon
 - » y
 - » thx
- 7:34 [Simmontemplar](#): ok !
- 7:36 [Markroche](#): interesting you say that David. I found myself, sort of out of left field, yesterday and today doing hour long recitations of a Hindu scripture. Yes, making the kitchen
 - » more sacred seems to be the name of the game. found doing so very nurturing.
- 7:38 [Pathworld](#): cooking with grace
- 7:38 [Eiru](#): have you talked bout
 - » no gossiping etc in the kitchen
- 7:38 [Piandjo](#): it seems that the message here is : everything affects everything else.
- 7:38 [Eiru](#): z c
- 7:38 [Markroche](#): agree Piandjo
- 7:39 [Eiru](#): and how idle chatter in the kitchen affects the food too
- 7:39 [Hawklady](#): good point Eiru
- 7:39 [Lost horizon](#): Good point, Eiru
- 7:39 [Hawklady](#):
- 7:39 [Lost horizon](#): jinx!
- 7:40 [Markroche](#): and it seems like doing it in the kitchen, especially since the food becomes our cells, then generalizes that attitude to the rest of our lives
 - » on a certain level, we are always 'preparing food'.
- 7:41 [Piandjo](#): yes, mark!
- 7:47 [Wlamgr](#): Mark - would you briefly relay the di(e) (j)esting story? -
- 7:50 [Lost horizon](#): (seems like that might be a bit long?)
- 7:50 [Wlamgr](#): maybe -another time
- 7:50 [Lost horizon](#): (might be good to summarize and post on Wings of Chaos)

- 7:50 [Markroche](#): y, in a nutshell, Swami Beyondananda advises us to make sure to release any digestive blockages.
- 7:51 [Greybeardshaman](#): gotta keep the pipes open to flow
- 7:52 [Markroche](#): yes,i think that's the whole point, and the Swami was punning by applying that to both digestion, and anything keeping us from more jesting in our lives.
- 7:52 [Lost horizon](#): Welcome, Greybeard
- 7:53 [Pathworld](#): 18 people on line
- 7:53 [Lost horizon](#): (141 viewers, 18 signed in)
» (good number)
- 7:54 [Markroche](#): eliminate anything in the way, as much as possible, of us receiving the flow of Grace.
» will you please say that again David, what we want to explore next week?
- 8:01 [Simmontemplar](#): did you get it Mark ?
- 8:02 [Hawklady](#): lovely class, thak you all
- 8:03 [Muspelspark](#): Thank you all ...good night
- 8:03 [Lost horizon](#): How to turn the manifestations of the sleeping machine into sustenance for the essential self. (Topic for next week.)
- 8:03 [Markroche](#): ooh, sounds wonderful though, even though a big topic, as a practice. -lol, will never have a lack of such things to work with.
- 8:03 [Simmontemplar](#): Thanks to all for your collaborations and Presence
- 8:04 [Pathworld](#): i think i dont truely understand next week topic
- 8:05 [Lost horizon](#): How to turn the manifestations of the sleeping machine into sustenance for the essential self.
- 8:05 [Piandjo](#): thank you, everyone!
- 8:05 [Silverdale](#): Thanks David, Iven, One & All for creating and sustaining this invocational space!!
- 8:05 [Jim h](#): Thank you
- 8:05 [Wlamgr](#): thank you all and good night
- 8:05 [Markroche](#): Thank you All
- 8:05 [Lost horizon](#): sorry if that's not clear, Path
» Thank you all
- 8:05 [Pathworld](#): Thank you David and Ivan and all
- 8:05 [Lost horizon](#): Thank you
» Goodnight