The Hidden Work

Chapter 14, Part 4

- 6:59 <u>Lost_horizon</u>: Hello, everyone
- 6:59 <u>Simmontemplar</u>: Hello everyone!
- 6:59 Silverdale: Hey Simmon!
- 6:59 <u>Simmontemplar</u>: Hey hoo Silver!!
 - » did you get my mail?
- 7:01 Lost horizon: (15 viewers, 11 signed in)
- 7:01 **Simmontemplar**: Hello Susan!
- 7:01 Silverdale: I did! Thank-you! I wlll watch it after this class ...
- 7:01 **Pknudsen**: Hi all
- 7:02 **Simmontemplar**: hello PK
- 7:02 **Lost horizon**: Hi, Pk
- 7:03 **Pknudsen**: Hi dan
- 7:05 Pathworld: hi
- 7:05 **Susankester**: hello everyone
- 7:05 **Lost_horizon**: Hi, Path
- 7:07 Susankester: hi lost, thanks for your help the other day
- 7:08 **Lost_horizon**: hi, Susan
- 7:11 Markroche: Just got here, Hi
- 7:12 Silverdale: Welcome Mark!
- 7:20 **Lost_horizon**: (20 viewers, 14 signed in)
- 7:21 Pathworld: how do u know u are in that space?
- 7:24 <u>Simmontemplar</u>: question: the phrase "...by mimicry of their individual characteristic and unique attributes; what does it mean "posture" in this case; what are examples of angel's individual characteristics and attributes? so we can mimic or imitate them
- 7:27 Silverdale: Good question Smmon ... I am sure Susan will read it when appropriate ...
- 7:28 <u>Simmontemplar</u>: thanks Si, all is ok!
 - » that question goes open to the group as well, if you wan to share the attributes or attitudes or postures of your archangel
 - » that you clearly can "mimic"
 - » thanks Susan!
- 7:33 <u>Markroche</u>: if the space we go into doesn't seem to match, somewhat, the sense of the characteristics of the angel, then we know we are not in the space, at least,
 - » and then that gives us a sort of barometer to keep honing and retuning to the characteristics we working to mimic
- 7:33 Pathworld: 4th
- 7:34 <u>Simmontemplar</u>: ok, that means that there is not a list of their characteristics and attributes in the archengels info.
 - » I was perhaps thinking in their virtues as a possible characteristic or attribute
 - » that I can immitate; but it seems that that is not the answer
 - » Susan ...when appropriate, could you read my last comment

- » thanks SU!!
- 7:41 Lost_horizon: (21 viewers, 16 signed in)
- 7:42 Simmontemplar: ok that was "experiential" but you didn't read a bout it
- 7:51 **Pathworld**: it is hard
- 7:59 **Lost_horizon**: Path, we could meet in Second Life
 - » Does Hawklady have an avatar there?
- 8:00 **Pathworld**: i can
 - » no
 - » but she can make one
- 8:02 <u>Lost_horizon</u>: I think that would be good, if she's not opposed to the idea
- 8:02 Pathworld: ok lost ill ask her
- 8:03 Simmontemplar: so, that means that there is an actual physical external "posture"
- 8:03 Pathworld: can u show us the movements
- 8:03 <u>Markroche</u>: works in everyday life to with people--if you adopt their postures, gestures, tones of voice, rhythm, etc, you start entering there state and even having access to information » within them that isn't ordinarily available.
- 8:04 **Lost_horizon**: true, Mark
- 8:04 <u>Markroche</u>: One way to experiment with this, is to walk behind people, on the sidewalk, or wherever, and simply adopt their walk and posture.
- 8:05 **Simmontemplar**: that is veeery interesting Mark ...
 - » your last two comments
 - » never thought it in that way
- 8:05 <u>Markroche</u>: And at a workshop about a year ago, where Tabitha demonstrated the movements with Kelly, EJ said they would be making a new movements dvd
- 8:08 <u>Simmontemplar</u>: wow...that's very far out Iven !!
- 8:08 <u>Markroche</u>: y, Simmon, is a kind of fascinating study. Is kind of what actors do, right? They adopt the postures, walks, gestures, voices, etc., in order to begin the process of entering » into the character.
- 8:09 <u>Simmontemplar</u>: very true, very true; it makes sense
 - » thanks Mark!!
 - » that is a new one for me ...
- 8:10 Markroche: that's why you walk behind them-lol-to be careful
- 8:10 <u>Simmontemplar</u>: Thank you Susan
- 8:11 Pathworld: THank you all
- 8:11 Lost horizon: Thank you, everyone
- 8:11 **Simmontemplar**: the same Silver, Harry, David, Iven
- 8:11 Markroche: Thanks David Iven Susan and All
- 8:11 <u>Silverdale</u>: Thanks David, Iven, One & All for a good discussion and collective invocation ...
- 8:11 Simmontemplar: and all the group for great sharing
- 8:11 <u>Jinjerrogers</u>: thank you, good nite all.
- 8:13 Lost horizon: (23 viewers, 17 signed in)