





# The ABD

---

## Class Number 03

- 7:00 [Southerly19](#) hi path!
- 7:00 [Adluce](#) Hello All!
- 7:00 [Hapimist](#) hello all !!
- 7:00 [Batthra](#) 
- 7:01 [Auntiematter](#) hello
- 7:02 [Markroche](#) Good evening
- 7:02 [Batthra](#) 
- 7:03 [Hapimist](#) the first tulip f3wst  
oops fest
- 7:03 [Pathworld](#) hi hapi
- 7:04 [Hapimist](#) hi path
- 7:04 [Susankester](#) hello
- 7:04 [Auntiematter](#)
- 7:05 [Piandjo](#) hello Tamara. So glad you are here.
- 7:05 [Pathworld](#) roll call jenny corona
- 7:06 [Vadere](#) Kathleen from London Ontario
- 7:06 [Adluce](#) Melissa, Riverside
- 7:06 [Hapimist](#) shelley highland
- 7:06 [Sylviarichardson931](#) (Star) Hello everyone.
- 7:06 [Silverdale](#) George - Seattle
- 7:07 [Pathworld](#) I may be afk some tonight
- 7:07 [Sylviarichardson931](#) star ananda from Long Beach California
- 7:08 [Batthra](#) O'Leary's Pub, Calif. 
- 7:08 [Pathworld](#) lol
- 7:09 [Simmontemplar](#) Hello Everyone!! finally here
- 7:09 [Auntiematter](#) tamara grass valley,ca
- 7:09 [Pathworld](#) hello simmon
- 7:09 [Silverdale](#) Welcome Smmon!!!
- 7:09 [Hawklady](#) is there were we are all meeting afterwards to talk about the book Batthra?
- 7:09 [Puzzletricks](#) Hello everyone, Kye from Happy Valley PA
- 7:10 [Simmontemplar](#) Thank you !! great to be with you
- 7:10 [Batthra](#) 
- 7:10 [Piandjo](#) Simmon! Its been a long time.
- 7:10 [Simmontemplar](#) indeed Pi !!
- 7:10 [Hawklady](#) nice to see you Simon
- 7:10 [Markroche](#) Mark from Santa Monica
- 7:10 [Auntiematter](#) glad to be here piandjo. your writing on 'last hour'was very helpful.
- 7:10 [Simmontemplar](#) heyyy !! Hawk L !
- 7:11 [Piandjo](#) ty, Auntiematter

- 7:11 [Hapimist](#) Hawk Lady, maybe on facebook never mind
- 7:13 [Silverdale](#) Is Skafooti on line?
- 7:13 [Piandjo](#) don't think so , SD
- 7:14 [Silverdale](#) I can't get a list of attendies tonight ...
- 7:14 [Susankester](#) Susan, Denver, CO
- 7:14 [Hawklady](#) Arsi Norco Ca
- 7:15 [Lost horizon](#) Dan, Grass Valley, CA
- 7:15 [Southerly19](#) hi lost
- 7:15 [Sylviarichardson931](#) (star) yes i am here
- 7:15 [Southerly19](#) Rita, Atlanta
- 7:16 [Sylviarichardson931](#) yes i am  
(Star-Ananda) The ABD/LRS Class on secondlife is held on Sunday's from 3pm-4pm at the Zen Bell Meditation area outside the Ganesh Temple. You can message me on facebook or email me at [sylviathesylf@hotmail.com](mailto:sylviathesylf@hotmail.com)

- 7:20 [Skafooti](#) Judy is on phone and online.
- 7:21 [Lost horizon](#) Here is the Second Life location for Star-Ananda's class:  
<http://maps.secondlife.com/secondlife/prosperity/201/228/1602>

- 7:22 [Sylviarichardson931](#) (Star) Thank you Dan!
- 7:22 [Piandjo](#) ty, Lost
- 7:22 [Southerly19](#) thanks lost
- 7:24 [Hawklady](#) Bless you



- 7:25 [Batthra](#) Nobody has the "list"of attendies
- 7:26 [Piandjo](#) I do not have such a list. Can anyone tell us how many people are online, and signed in?
- 7:26 [Hawklady](#) 28 viewers
- 7:26 [Piandjo](#) ty
- 7:26 [Auntiematter](#) lol
- 7:27 [Hawklady](#) 26 signed on
- 7:28 [Piandjo](#) Pat's beautiful reading voice is unfortunately breaking up at random times. Can someone let David know the phone people may not be able to hear everything.
- 7:28 [Clearlight108](#) ,
- 7:29 [Mujerdelasestrellas](#) Crystal, Riverside CA
- 7:29 [Auntiematter](#) Is it just Pat' or is Iven's also breaking up?
- 7:29 [Mujerdelasestrellas](#) looks good here
- 7:30 [MOD Dokgoth](#) my entire transmission is off and on ...but it is the internet overload in the house i think



- 7:32 [Batthra](#) How do u pronouse ur name,Mujerdasestrellas
- 7:34 [Hapimist](#) when david looks away from the mic ,,I cannot hear him well
- 7:34 [Vadere](#) yes I can hear
- 7:40 [Simmontemplar](#) culd Pat give it a try again to her explanation or new understanding about what is visualisation in this context ?
- 7:43 [Hawklady](#) Maybe Ivan and Pat can change places
- 7:43 [Simmontemplar](#) Thank you Pi !!  
good thinking Hawk L !!
- 7:43 [Auntiematter](#) y!
- 7:44 [Batthra](#) Much better
- 7:46 [Simmontemplar](#) perhaps something like Intention, rather than a vision  
Yes Thanks Pat!!

- 7:47 [Mujerdelasestrellas](#) @Batthra I will do my best to help with pronunciation, although, I am not very good at it: /mu-her/ de/ la-s/es-tray-uhs)
- 7:47 [Sylviarichardson931](#) I can hear everyone just fine.
- 7:48 [Mujerdelasestrellas](#)
- 7:48 [Batthra](#) Can I call u MU4short 
- 7:48 [Hapimist](#) lol
- 7:50 [Piandjo](#) mujer de las estrellas-----woman of the stars or star woman
- 7:51 [Hapimist](#) noce
- 7:51 [Mujerdelasestrellas](#) @piandjo
- 7:51 [Hapimist](#) nice ss
- 7:51 [Mujerdelasestrellas](#) woman of the stars @Batthra, sure, or you can just call me Crystal
- 7:55 [Hapimist](#) the vibration of the words
- 7:56 [Simmontemplar](#) The dead must be hearing from the other realm
- 8:00 [Auntiematter](#) lol
- 8:03 [Sylviarichardson931](#) (Star) Thanks David, Pat and Iven. Beautiful method of going through the ABD.
- 8:03 [Simmontemplar](#) Very true Sylvia
- 8:03 [Auntiematter](#) yes star, it is very practical, helpful and enlightening.
- 8:04 [Sylviarichardson931](#) Yes it is!
- 8:04 [Skafooti](#) page 67 in 30th anniversary edition
- 8:05 [Hawklady](#) what was # 1 homework
- 8:05 [Batthra](#) Does the A.B.D. tell us how2hear how the "Higher Mind"can be more active in the day2day living room .  
?
- 8:05 [Hapimist](#) thank you all
- 8:06 [Skafooti](#) Through non-identification, I think
- 8:07 [Hawklady](#) 35 viewers and 26 signed on
- 8:07 [Auntiematter](#) we are always in the bardos.
- 8:08 [Markcirka](#) if you work with the abd your higher mind will become more activated through the cleansing process of hearing the prayers out loud which cleanse or burn off the energy level of your lower animal nature which keep you hypnotized and sleepy imop
- 8:08 [Simmontemplar](#) What you just said Auntie is a great concept to understand and explore by our group
- 8:09 [Hawklady](#) thanks Mark C
- 8:09 [Simmontemplar](#) I wish we could go throu "we are always in the bardos" meaning
- 8:09 [Batthra](#) Markcirka ty  YouDontSay
- 8:10 [Auntiematter](#) y simmontemplar. i am so happy for this work opportunity together.
- 8:10 [Sylviarichardson931](#) (Star) very true Mark Cirka
- 8:10 [Simmontemplar](#) call me just Simmon , Auntie
- 8:10 [Auntiematter](#) i will.
- 8:11 [Simmontemplar](#)
- 8:11 [Skafooti](#) Maurice Nicoll Living Time
- 8:12 [Lost\\_horizon](#) Thank you all
- 8:12 [Clearlight108](#) Thank you!
- 8:12 [Skafooti](#) THANK YOU ALL FOR BARDOING WIHT ME
- 8:12 [Lost\\_horizon](#) Goodnight

- 8:12 [Adluceum](#) Thank you
- 8:12 [Auntiematter](#) tks. Ska
- 8:12 [Southerly19](#) thank you!
- 8:12 [PRO Gnosticman](#) Thank you.
- 8:12 [Silverdale](#) Thanks David, Pat, Ivan, One & All for participating in our invocation this evening ... good night.
- 8:12 [Southerly19](#) nite everyone, see you next week
- 8:12 [Hawklady](#) Thank you All
- 8:12 [Mujerdelasestrellas](#) goodnight!
- 8:12 [Auntiematter](#) goodnight, goodnight bardo buddies.
- 8:12 [Cuetlachtli](#) Thank you!
- 8:12 [Yunflower](#) Thank you!!
- 8:12 [PRO Puzzletricks](#) Thank you everyone!
- 8:12 [Hawklady](#) good night auntie
- 8:12 [Markroche](#) Thank you Pat Iven David and all
- 8:12 [Mujerdelasestrellas](#) thank ju!
- 8:12 [SylviaRichardson931](#) good night to all
- 8:13 [Susankester](#) goodnight
- 8:13 [Piandjo](#) Mark, sorry I couldn't find a time in which to read your last comments. goodnight everyone.
- 8:13 [Simmontemplar](#) Thank you sooooo much Pat, Iven, and our dear David and all of you companions. Good night !