

The ABD

Class 05

February 19, 2014

- 6:56 [Gnosticman](#) Good evening all from Gail and Gerald in Springfield, MO
- 6:56 [Markcirka](#) i know ... it has been revealed that unto each is given the power to be silly
- 6:56 [Majickphoenix](#) All hail from Sacramento...
a great talent

- 6:57 [Piandjo](#) Hello Silverdale, Mark, and Gnosticman
- 6:57 [Majickphoenix](#) being silly, not me
- 6:57 [Muspelspark](#) you speak the truth
- 6:57 [Markcirka](#) we way bay ma hung gah jum
- 6:58 [Silverdale](#) Piandjo ... you are included in the One, as well as the All ..
- 6:58 [Markcirka](#)
- 6:58 [Piandjo](#) At last..
had to miss last week. glad to be here.

- 6:59 [Lornaallan](#) Hi
- 7:00 [Majickphoenix](#) wonders if anyone can hear ?
- 7:01 [Hawklady](#) hello friends
- 7:01 [Skafooti](#) Greetings, Judy here
- 7:01 [Hapimist](#) only music
now nothing

- 7:02 [Silverdale](#) Good evening -Skafooti!
- 7:02 [Majickphoenix](#) smiles happily now hearing
- 7:02 [Maccage2](#) Greetings Earthlings, Bonnie Cage, here
- 7:02 [Piandjo](#) hawklady! so nice to hear you.
- 7:02 [Markroche](#)
- 7:02 [Skafooti](#) Hi, George.
- 7:03 [Majickphoenix](#) all mikes on
- 7:04 [Southerly19](#) Greetings Bonnie
- 7:06 [Sylviarichardson931](#) (Starananda) Long Beach California
- 7:07 [Hapimist](#) Shelley-highland, ca
- 7:07 [Pathworld](#) Jenny- corona
- 7:08 [Silverdale](#) George - Seattle
- 7:08 [Majickphoenix](#) Suzy, Sacramento
- 7:08 [Piandjo](#) Austin, Texa
- 7:08 [Puzzletricks](#) Kye - Happy Valley, PA
- 7:08 [Piandjo](#) Texas,Harry
- 7:08 [Muspelspark](#) Tom, Belleville Ontario
- 7:09 [Markcirka](#) mark london
- 7:09 [Hawklady](#) arsi, norco ca

- Welcome to the chat room!

- 7:09 [Cuetlachtli](#) pilar, perris, ca

- 7:09 [Lost horizon](#) Dan, Grass Valley, CA
Hello, everyone
- 7:10 [Susankester](#) Susan, Denver
- 7:10 [Lost horizon](#) Chat finally came in
- 7:11 [Winnipeg9](#) mark mcgibbon
- 7:11 [Southerly19](#) Rita - Atlanta
- 7:12 [Yunflower](#) Sylvia-Riverside,CA
- 7:13 [Lost horizon](#) (25 viewers, 25 signed in)
- 7:14 [Markcirka](#) that insane
is
- 7:15 [Hawklady](#) yes it is mark
- 7:23 [Maccage2](#) are there examples of what these "markers" might be ? I am aware of the space changes, some are good, some are bad, so how might one mark these experience?
- 7:27 [Markroche](#) What Tamara said makes sense to me, similar to in one of EJ's books where he says that even the search and efforts at all this are one more obstacle getting in the way of just experiencing what is
- 7:28 [Texasrosie](#) Texasrosie Penn Valley
- 7:28 [Markroche](#) Along similar lines, and what Tamara also seemed to be saying someone I knew used to say that even the densest dorks are, on a certain level, infinitely sensitive
We are all part of the same Ocean
- 7:28 [Maccage2](#) "not making any sudden moves, my habits will carry me through"
- 7:31 [Hapimist](#) yes bonnie
- 7:33 [Maccage2](#) Bonnie
yes thank you

yes, I guess that is what I am referring too Simeon\

lol, my spirit name is Cair'n

- 7:37 [PRO Gnosticman](#) Attention to the breath is one way of drawing the attention to the more essential.
- 7:41 [Lornaallan](#) An awareness of how unconscious one is.
- 7:41 [Markcirka](#) initial motivation can come from great shaman boks but to keep the fire going you know your in your room alone and you turn off the computer and your trying to stand up or sit down and stare at the wall and not go to bed right now
books
- 7:41 [Majickphoenix](#) Where do they meet?
- 7:42 [Markroche](#) yes, makes sense
there is a definite vibe to it
- 7:43 [Markcirka](#) so you need to develop some techniques that work for you if you want to get in a good tune i guess and remember to keep at it -- and so forth ...
got it? good. lost it ... gah, ok chill, drop the mind ... baaah.. etc.... aah
- 7:44 [Yunflower](#) Perhaps the spark is the will to evolve as a being. Or catching a glimpse of another reality and there is a yearning to explore those inner spaces.
- 7:45 [Silverdale](#) Good point ... Yun ...
- 7:52 [Markroche](#) It requires 'great discipline', just reminding all that a new orb was just released called Discipline
- 7:57 [Hapimist](#) grey aliens have 3 fingers

- 7:57 [Lornaallan](#) tentacles
- 7:59 [Skafooti](#) We need to minimize the tension in our bodies, that is a prerequisite for sensing.
- 7:59 [Silverdale](#) Well said ... Skafooti ...
- 8:01 [Skafooti](#) We need the discipline to practice so we can discern between sensing and feeling and that can only be done in silence, alone
- 8:01 [Silverdale](#) Lost video ... anybody else?
- 8:01 [Skafooti](#) I have video.
- 8:01 [Piandjo](#) Yes, Skafooti, spot on.
- 8:01 [Silverdale](#) Excellent point Skafooti ...
- 8:02 [Lost horizon](#) video seems ok so far... please let us know if you're having problems
- 8:03 [Silverdale](#) Must be unique to me ... will refresh..
- 8:04 [Skafooti](#) Let's work on telepathy.
- 8:07 [MOD](#) [Dokgoth](#) ok here
- 8:07 [Skafooti](#) Mine neither, I have 30th anniversary addition.
- 8:07 [PRO](#) [Workin2bredy](#) mine id ok
- 8:08 [Lost horizon](#) Thanks, Workin
- 8:11 [Hapimist](#) thank you all
- 8:11 [Lost horizon](#) Thank you all
goodnight
- 8:11 [Muspelspark](#) what's a rebirth station?
- 8:11 [Sylviarichardson931](#) (Starananda) thank you
- 8:11 [Hawklady](#) Thank you all, good night
- 8:11 [Southerly19](#) thank you, excellent work!
- 8:11 [Cuetlachtli](#) thank you!
- 8:11 [Puzzletricks](#) Thanks & goodnight
- 8:11 [PRO](#) [Workin2bredy](#) thanks. goodnight
- 8:11 [Muspelspark](#) thank you all
- 8:12 [Markroche](#) Thanks All
- 8:12 [Yunflower](#) Thank you!!
- 8:12 [Majickphoenix](#) THANK YOU good night
- 8:12 [Muspelspark](#) what's a bardo station, i mean?
- 8:13 [Maccage2](#) Stockton, lol
- 8:13 [Texasrosie](#) There is a book about bardo stations
- 8:13 [Lost horizon](#) lol Mac
- 8:13 [Texasrosie](#) a place where you might be between worlds
or in another world
- 8:14 [Lost horizon](#) Muspel - see pg. 27 (or might be a different page in your book) for some examples
it will be p. 27 or near it
- 8:15 [Maccage2](#) Good nite everyone