


# The ABD

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## Class Number 06

- 6:30 [Piandjo](#) an early good evening to all.
- 6:36 [Muspelspark](#) Hi Piandjo and all
- 6:40 [Piandjo](#) I noticed your comments about E.J.'s Tai-chi and how his painting is like the movements of Tai-chi. I have long been a lover of TC, and an advocate for its practice, regardless of age, fitness, illness, or Way of Working. Lots of great teachers in California, and almost everywhere else.
- 6:48 [Pathworld](#) good evening all  
hi
  
- 6:50 [Vadere](#) good evening  

  
- 6:51 [Gnosticman](#) Good evening everyone from Gail and Gerald in Springfield, MO.
- 6:51 [Jinjerrojers](#) hi  
E.J actually has a DVD called, Art as Tai Chi.
  
- 6:54 [Silverdale](#) Good evening One & All! George from Seattle ...
- 6:54 [Pathworld](#) Jenny from corona- s calif
- 6:56 [Hawklady](#) arsi, norco ca
- 6:57 [Puzzletricks](#) Kye from Central PA -- hi everyone
- 6:57 [Texasrosie](#) Texasrosie, Penn Valley Ca
- 6:58 [Southerly19](#) hello,rita-atlanta
  - Welcome to the chat room!
  
- 7:01 [Sylviarichardson931](#) (Star) Hello to everyone.
- 7:02 [Lost\\_horizon](#) Hello, all  
Dan, Grass Valley, CA
  
- 7:02 [Sylviarichardson931](#) (Star) Long Beach Ca
- 7:02 [Bathra](#) Westley, California
- 7:02 [Lost\\_horizon](#) We're going to reboot
- 7:02 [Skafooti](#) Judy here, hi everyone!
- 7:02 [Winnipeg9](#) here
- 7:03 [Silverdale](#) Hi Skafooti!
- 7:03 [Lost\\_horizon](#) just to make sure we have an hour without the broadcast falling apart  
ok, we should be back now
  
- 7:03 [Markroche](#) mark Roche Santa Monica CA
- 7:04 [Pathworld](#) i;m ready
- 7:05 [Skafooti](#) Oh, too bad, you can come here, and wait for the hurricanes!  
See you all Next Round
  
- 7:09 [Sylviarichardson931](#) (Star) it makes a lot of sense
- 7:11 [Susankester](#) Susan, Denver, Hi everyone
- 7:15 [Pathworld](#) page 30  
26 or 27 in others

- 7:23 [Winnipeg9](#) magnetic center
- 7:23 [Vadere](#) someone around me mentioned the bardo and i tried to see it
- 7:24 [Hawklady](#) fascination
- 7:24 [PRO Workin2bredy](#) Hi, Good Evening
- 7:25 [Hawklady](#) hi welcome
- 7:26 [Piandjo](#) if we flirt with Shekinah, she might flash us a little leg.  
this gets our interest back
- 7:27 [Hawklady](#) lol that's great piandjo and so true
- 7:27 [Pathworld](#) 21 logged in 26 viewers
- 7:28 [Piandjo](#) essence has great legs.
- 7:28 [Vadere](#) lol
- 7:31 [PRO Workin2bredy](#) They have less skin in the game
- 7:31 [PRO Gnosticman](#) Standing in a different place is what Claude calls re-originating.
- 7:32 [Mollymidway](#) nice
- 7:32 [PRO Workin2bredy](#) less reward = less concern, So how can we realize the relative importance of the essence and the emachine life to Us Whoever Us is?
- 7:33 [Sylviarichardson931](#) (Star) and we re-originate all through the day if we notice the subtle moments
- 7:39 [PRO Workin2bredy](#) speaking of the employee and the owner  
the employee has less skin in the game
- 7:41 [Skafooti](#) And POWER
- 7:42 [PRO Workin2bredy](#) exactly very good  
this is the horror of the situation
- 7:43 [Skafooti](#) 'Life' offers us something else, too.....we need the body to do the Work, so the Body is sacred.
- 7:44 [Sylviarichardson931](#) (Star) thanks David
- 7:44 [Skafooti](#) The 'body' also becomes 'spiritualized' so it's not like it's this static thing that just dies. I think the lack of qualities is the I AM
- 7:52 [Mollymidway](#) ant-eater, koala bear, consciousness and considerations of differentiation...and rainbows, et al
- 7:53 [Skafooti](#) Essence does not lack qualities, so if the essential self lacks all qualities, it is beyond essence.
- 7:53 [Mollymidway](#) still friendly guides...in gentle motion  
good thinking Skafooti
- 7:56 [Markroche](#) i was just reading something that was saying that not only are both of those statements true  
but that they are both actually ultimately saying and referring to the same thing  
  
just a different way of describing it  
  
sort of like at their extremes a soft martial art becomes a hard one and a hard one becomes a soft one
- 7:57 [Mollymidway](#) Essences are rich in Everythingness, the self feels the lack thereof, and thus the Dance...of Life, The Universe, And...Everybody?
- 7:57 [Markroche](#) differnt sides of the same coin  
Shiva Shakti, etc
- 7:58 [Skafooti](#) The Self feels no lack, it is complete.

- 7:59 [Mollymidway](#) Yes.
- 8:02 [PRO Puzzletricks](#) The dining room/talk of the month reference just now is so vivid. Thank you.
- 8:04 [Brutowalks](#) this is from Sylvia: who or what recognizes the essential self if you are standing in the shoes of the essential self?  
\*Sylvia is Yunflower
- 8:06 [Skafooti](#) You embrace both ends of the stick
- 8:06 [Lost horizon](#) thank you, Sylvia
- 8:09 [Vadere](#) exactly the way i get there
- 8:09 [Hawklady](#) every moment of every day
- 8:10 [Vadere](#) i say i am in the bardo then i am there
- 8:14 [Mollymidway](#) thank you
- 8:15 [Lost horizon](#) Thank you all
- 8:15 [PRO Puzzletricks](#) thank you so much
- 8:15 [Southerly19](#) thank you, so good
- 8:15 [Sylviarichardson931](#) (Star) thanks everyone
- 8:15 [Silverdale](#) Good night! ... One & All!
- 8:15 [Vadere](#) thank you goodnight
- 8:15 [Hawklady](#) thank you all, have a blessed week
- 8:15 [Markroche](#) Thank you all, felt special
- 8:15 [Lost horizon](#) Goodnight
- 8:15 [Sylviarichardson931](#) (star) good night
- 8:15 [PRO Gnosticman](#) Thank you everyone! Good night.
- 8:15 [Piandjo](#) thanks all. it was a great class.
- 8:15 [Brutowalks](#) Thank youuu!
- 8:15 [Lornaallan](#) bye
- 8:16 [Pathworld](#) Thank you Everyone
- 8:16 [Mollymidway](#) Good Night
- 8:16 [Skafooti](#) Good night, ALL.
- 8:16 [Pathworld](#) Goodnight
- 8:16 [Muspelspark](#) thank you everyone