

The ABD

Class Number 13

- 6:52 [Piandjo](#) Hello everyone. May our work together this evening benefit all beings everywhere.
- 6:54 [Silverdale](#) Good evening One & All! second that Pianjdo ...
- 6:56 [Pathworld](#) hi all
- 6:58 [Southerly19](#) hello
- 6:59 [Simmontemplar](#) Hi there! Pi, Silver, Path, Cristian and....Sourh19 !!
- 7:00 [Gnosticman](#) Good evening all from the starry night of the Ozarks, Loralillah and gnosticman
- 7:00 [Piandjo](#) Silverdale--always nice to share your presence. Perhaps tonight we will further refine our sensory acuity, to directly sense where we are in the macro-dimensions!
- 7:00 [Simmontemplar](#) Hi Lora and Gnostic !
 - Welcome to the chat room!
- 7:01 [Lost horizon](#) Hello, everyone
- 7:01 [PRO Gnosticman](#) Howdy, Simmontemplar!
- 7:01 [Pathworld](#) hi all
- 7:01 [Simmontemplar](#) Greetings G man and Dan !!...of course
- 7:01 [PRO Puzzletricks](#) Hello everyone, Kye from Central PA here.
- 7:02 [Lost horizon](#) Dan in Grass Valley
- 7:02 [Hawklady](#) hello
- 7:02 [Melissalorca](#) Hello All! Melissa from Riverside
- 7:02 [Simmontemplar](#) Great to see you Hawk L
- 7:03 [Pathworld](#) hi hawk
- 7:03 [Piandjo](#) hello Simmon, Gnosticman, Path, Lora, and South
- 7:03 [Pathworld](#) hi mel
- 7:03 [Melissalorca](#) Hi Jenny!
- 7:07 [Vadere](#) hello
- 7:08 [Majickphoenixx](#) HI
- 7:08 [Gapalz](#) Hi, Grant in New Paltz, NY
- 7:09 [Winnipeg9](#) here
- 7:13 [Hawklady](#) p 53
- 7:16 [Susankester](#) hi all
- 7:17 [Silverdale](#) Welcome ... Susan!
- 7:17 [Simmontemplar](#) Hi Su !
- 7:18 [Piandjo](#) welcome dear lady Susan
- 7:21 [Hawklady](#) bless you
- 7:22 [Mollymidway](#) it does work as well it sets the stage! ty Susan (thank you)
- 7:27 [Vadere](#) consecrate
- 7:27 [Melissalorca](#) Put on the vestments
- 7:28 [Mollymidway](#) new clothes?
- 7:29 [Gapalz](#) it is our job to attend to the quiet around the passing. The circumstances will promote that quiet as well, so we are not really doing anything special, we are attending it, staying with it.
- 7:30 [Vadere](#) virtual connection bearing
- 7:30 [Gapalz](#) nice

- 7:33 [Mollymidway](#) don't be afraid, don't be concerned...no trepidation or anxiety... find the levity and rise to it? keep the clarity about us... concern is ok feels like, but let it be a motivation to offer levity and energetic tolerance, and we need to practice... don't blow it off... unless it's just a melody...to part the waters to be there, and be effective.
- 7:35 [Vadere](#) reactive state of being for indifferent state of being
- 7:41 [Pathworld](#) 20 on line 20 viewers
- 7:45 [Mollymidway](#) ernie says: "you got to put down the binky if you wanna play the saxophone" to play for patricia.
"get into a space of allowing" --Susan Kester :0 there is silence... supportive if needed

out of the silence will occur whatever is needed... (thank u, Susan)

- 8:06 [Lost horizon](#) "Great Liberation through Hearing in the Bardos"
- 8:09 [Hawklady](#) i'm in
- 8:09 [Gapalz](#) wow that's great (reading exercises on phone) yes, would like to do
- 8:09 [PRO](#) [Puzzletricks](#) Yes
- 8:09 [PRO](#) [Gnosticman](#) yes
- 8:09 [Mollymidway](#) definitely
- 8:09 [Pathworld](#) i will
- 8:10 [Simmontemplar](#) Yes, I can do it
- 8:10 [Melissalorca](#) yes
- 8:10 [Hawklady](#) that's awesome Susan
- 8:10 [Pathworld](#) hawk we can do it in person if u want \
- 8:11 [Hawklady](#) that too Path for sure
- 8:11 [Lost horizon](#) Auntiematter is also volunteering
- 8:11 [Vadere](#) yes
- 8:11 [Silverdale](#) Count me in ...
- 8:11 [PRO](#) [Gnosticman](#) Lorililah also
- 8:11 [Simmontemplar](#) There you go Silver !!!
- 8:12 [Hawklady](#) haha
i would like to do it with someone I don't know as well.
- 8:16 [Pathworld](#) yes i do
- 8:16 [Simmontemplar](#) Yes
- 8:16 [Mollymidway](#) yes
- 8:16 [Pathworld](#) i need simon phone number
- 8:16 [Hawklady](#) yes with mollymidway
- 8:16 [PRO](#) [Puzzletricks](#) Yes!
- 8:16 [Silverdale](#) Vadere - you can e-mail me
- 8:16 [PRO](#) [Puzzletricks](#) Gnosticman, you can e-mail me at
- 8:16 [Hawklady](#) mollymidway my email
- 8:17 [Pathworld](#) ----- my e mail
- 8:17 [Gapalz](#) Gail I will IM you on facebook
- 8:17 [PRO](#) [Gnosticman](#) Gail with Grant
- 8:17 [Gapalz](#) we can work on 2life or phone
- 8:17 [Simmontemplar](#) Path you know my mail
- 8:17 [Pathworld](#) ok ty
- 8:17 [Lost horizon](#) melissalorca - will you work with auntiematter?
- 8:17 [Melissalorca](#) Yes
- 8:17 [PRO](#) [Gnosticman](#) gnosticman
- 8:17 [Simmontemplar](#) thanks Path

- 8:18 [Lost horizon](#) David's email - dqfcpa@gmail.com
- 8:19 [Southerly19](#)
- 8:19 [Mollymidway](#)
- 8:19 [Majickphoenixx](#) back
- 8:20 [Lost horizon](#) Majickphoenixx - did you hear the exercise?
- 8:20 [Simmontemplar](#) One reading at the time or the 5 readings in one sesion?
- 8:20 [Gapalz](#) is ok to let others know about this project then...wonderful
- 8:20 [Simmontemplar](#) Bring that question up please Susan!!
- 8:21 [Hawklady](#) haha Susan
- 8:21 [Lost horizon](#) reading the first five readings in the ABD to each other over the phone (or in person) with a partner or in SL

- 8:21 [Piandjo](#) Pat wants everyone who was not present in class tonight that they are NOT excluded, and can contact David for information and an assigned partner.
- 8:21 [Lost horizon](#) Yes, thank you Piandjo
- 8:22 [Simmontemplar](#) I am not in Second Life
- 8:22 [Susankester](#) magic please email me at
- 8:22 [Pathworld](#) we can skype simon its free
- 8:23 [Simmontemplar](#) Yes lam in Toronto
- 8:23 [Pathworld](#) me
- 8:23 [Simmontemplar](#) Pathworl
- 8:23 [Susankester](#) we can work out details
- 8:23 [Simmontemplar](#) Are you Ok Veder?
- 8:24 [Lost horizon](#) I think it's handled, Simmon thank you

- 8:24 [Gapalz](#) thanks all!
- 8:24 [Simmontemplar](#) So we come back to Pathworld?
- 8:24 [Hawklady](#) thank you so much Pat and David and all.
- 8:24 [Melissalorca](#) Thank you all!
- 8:24 [PRO](#) [Puzzletricks](#) Awesome session. Thank you! Goodnight.
- 8:24 [Southerly19](#) thank you, nite everyone
- 8:24 [PRO](#) [Gnosticman](#) Thank you everyone!
- 8:24 [Silverdale](#) Good night everyone!
- 8:24 [Pathworld](#) Thank you all
goodnight

- 8:25 [Lost horizon](#) Goodnight all
- 8:25 [Piandjo](#) Thanks to everyone for a great class.