

# The ABD

---

## Class Number 20

- 6:51 [Piandjo](#) good evening one and all.  
nice hat, Pat. Nothing like a good fedora.
- 7:00 [Silverdale](#) Good evening One & All ...
  - Welcome to the chat room!
- 7:03 [Simmontemplar](#) Hey PI and Silver !!  
hhhaaaaaa !!!
- 7:04 [Piandjo](#) hi Simmon!
- 7:04 [Silverdale](#) Welcome Simmon!
- 7:04 [Simmontemplar](#) channelling Daaavid !! ...what an idea !!....  
Good to see you guys
- 7:04 [Lost horizon](#) Hello, all
- 7:05 [Simmontemplar](#) hey Dan !! great to see you
- 7:10 [Piandjo](#) We ( Arsi and Susan) were able to establish rapport with feedback from each other. A very useful exercise.  
And hello, Dan.
- 7:11 [Lost horizon](#) Hello, Piandjo  
Iven referring to "The Mule Variations", a Tom Waits album engineered by Oz Fritz  
  
Anyone do the "looking for signs of the macrodimensions" exercise?
- 7:19 [PRO Markroche](#) Good Evening
- 7:19 [Lost horizon](#) Hi, Mark - welcome
- 7:20 [PRO Markroche](#) didn't know that was an assigned exercise but its interesting-this last week found myself a few times deliberately noticing colors in environments as a sort of waking up, observation, thing  
Hi Lost, thanks  
  
And found it quite eye-opening, mostly so far in the sense of some curiousness that we are so often surrounded by such rich colors, but often don't even notice them, or 'read' them.  
  
can Pat elaborate a bit about what she means by 'structure'?
- 7:23 [Simmontemplar](#) What was the chamber number that we expored last week (that we have covered) ???
- 7:24 [PRO Markroche](#) not sure Simmon--wasn't there
- 7:24 [Lost horizon](#) Four, five, and six  
we're continuing to cover those
- 7:24 [Silverdale](#) right ...
- 7:26 [PRO Markroche](#) anyone know what page is currently being spoken of?
- 7:27 [Simmontemplar](#) so...the further we have covered is to the six chamber ? correct?
- 7:27 [Lost horizon](#) yes
- 7:28 [PRO Markroche](#) Lost, will you ask my question please, or can someone on the chat answer it?
- 7:29 [Simmontemplar](#) he is looking for the book page !
- 7:30 [Lost horizon](#) page 91 in my book (4th chamber)

- 7:30 [PRO Markroche](#) thanks Lost
- 7:30 [Simmontemplar](#) Thanks Dan, ...you are da' man!
- 7:32 [Piandjo](#) Mark, p 79-90 in my copy-- the 30th anniversary edition..
- 7:33 [PRO Markroche](#) thanks Piandjo
- 7:33 [Piandjo](#) meant 79-80!
- 7:34 [Simmontemplar](#) Please read it Pat! ..I can not find your words yet in the page
- 7:34 [Lost horizon](#) Simmon - so far, it's been the Fourth Chamber only
- 7:35 [Simmontemplar](#) yes I know Lost, but I can not find her paragraphe cited about :the reactions"
- 7:36 [PRO Markroche](#) seventh paragraph in chamber four i think
- 7:36 [Lost horizon](#) yes - in my book it's on pg 91 - begins with "I mustn't allow myself to react..."
- 7:37 [Simmontemplar](#) Goooot it !! thank you guys !
- 7:37 [Piandjo](#) Simmon, perhaps you are looking for what is included in the next to last paragraph on page 90 of my 30th anniversary edition.
- 7:39 [Simmontemplar](#) Thank you Pi  
It was in the 4 chamb.

- 7:39 [Piandjo](#) yes, the 4th chamber.
- 7:44 [Simmontemplar](#) Question Piandjo ...to Pat or Iven : Suppose that a person never did any kind of spiritual work(...if you will) then reading to them these lectures, will save them of the Karmic consequences of a "sleepy life" ????  
for liberation ?

( ...)

- 7:50 [PRO Markroche](#) which makes sense, because 'sin' is ultimately the error of separating ourselves from the whole, the oneness. And the text keeps saying over and over that one of the big keys is 'recognition'.
- 7:51 [Simmontemplar](#) I see your good point Iven, ...may be we can be redeemed in the las moment; when we repent !! (...in Christian words)
- 7:51 [PRO Markroche](#) which can theoretically happen in an instant. whether we can then maintain it might be another question though.
- 7:52 [Simmontemplar](#) In the case of the Tibetans they read it to any deseaced person regardles of their life trainings  
Yes Mark, that's what I ment

Thank you Pat , Iven and the others for your views !!

- 7:55 [Winnipeg9](#) I remember a conversation that I had with a friend at the institute ( AI R.) He reported that he was reading to his father as he was dying. The father was always antagonistic to work ideas. At some point he woke from his unconscious state and said to AI very clearly "now I understand!" Then he drifted off.
- 7:56 [Simmontemplar](#) Thank you Harry
- 7:56 [PRO Markroche](#) Piandjo, please read my previous comment as well, thanks
- 7:57 [Simmontemplar](#) wow Winnipeg ,...that's a "wow"
- 7:57 [PRO Puzzletricks](#) If you are reading to an individual who has not yet reached terminus, do you forego -- or is there a substitute for -- the bell rings, or do you just do a "straight read"? What constitutes "best practice" here?
- 7:59 [Simmontemplar](#) That recognition is what happened to your friend's father Winnipeg9
- 8:00 [108repetitions](#) minds are together? insignificant phenomenon
- 8:00 [Simmontemplar](#) Hi 108 rep, welcome

- 8:01 [Winnipeg9](#) so Al R. reported to me Simmon
- 8:01 [Simmontemplar](#) Geeee !!!,... the hour went super fast !!!
- 8:01 [Piandjo](#) Thanks, as always, to everyone for the group invocation.
- 8:02 [Simmontemplar](#) yes, in any case that "I understand now" equals to "recognition"
- 8:02 [108repetitions](#) observation interior has no value body
- 8:02 [Susankester](#) great class
- 8:03 [Melissalorca](#) Wonderful!
- 8:03 [Lost\\_horizon](#) Thank you all
- 8:03 [Silverdale](#) Good night everyone ... good invocation this evening ...
- 8:03 [PRO Puzzletricks](#) Thank you!
- 8:03 [Lost\\_horizon](#) Goodnight
- 8:03 [Melissalorca](#) Thank you all! Good night.
- 8:03 [Susankester](#) thanks pianojo for comments
- 8:03 [Simmontemplar](#) Truly,...it was a very dinnamic and enlightning reunion for and from all of us
- 8:03 [PRO Markroche](#) Thanks 'Dead Heads'
- 8:04 [Melissalorca](#)
- 8:04 [Simmontemplar](#) Good night to you
- 8:04 [Mollymidway](#) Thank you, buenos noches!
-