

The ABD

Class Number 25

- 6:03 [Batthra](#) 🎉🎉🎉🎉
- 6:54 [Silverdale](#) Good evening One & All!
 - Welcome to the chat room!
- 6:58 [Texasrosie](#) hi all
- 7:01 [PRO Markroche](#) Hi campers
- 7:01 [Lost_horizon](#) Hello, all
- 7:02 [PRO Gnosticman](#) Good evening all as the sun sets of the Ozarks, Loralilah and gnosticman
- 7:03 [Simmontemplar](#) Hello to everyone !
- 7:03 [Susankester](#) Hi, Susan, Denver
- 7:07 [Gapalz](#) greetings all, Grant in NY
- 7:10 [Batthra](#) Hello from Lost Angeles
- 7:10 [Pathworld](#) hi all Jenny -Corona
- 7:12 [Silverdale](#) George - Seattle
- 7:12 [PRO Markroche](#) Where are you Batthra? How long be here?
- 7:13 [Winnipeg9](#) here
- 7:13 [Lost_horizon](#) Dan - Grass Valley
- 7:13 [Batthra](#) hyw# 710&5
- 7:14 [PRO Markroche](#) 'to see the world in a grain of sand, eternity in an hour' Blake how long be here Batthra?
- 7:15 [PRO Gnosticman](#) Good art is a tool for inducing the second vision. Reading Blake's poems or attending to his artwork is a way of awakening the second vision.
- 7:16 [PRO Markroche](#) yeah G, i like that
- 7:16 [Lost_horizon](#) From "Auguries of Innocence":
To see a world in a grain of sand, And a heaven in a wild flower, Hold infinity in the palm of your hand, And eternity in an hour.

- William Blake
- 7:17 [Batthra](#) So close,yet so far (4Mark)👋
- 7:19 [Majickphoenix](#) hello?
- 7:20 [Lost_horizon](#) Hi, Majick welcome
- 7:20 [Majickphoenix](#) i been knocking on everyones door they to fnd you guys... lol
- 7:21 [Susankester](#) hi majick
- 7:21 [Majickphoenix](#) Hi Susan Wonderful to see you..)
So what he is saying is like that old saw: Suit up and Show up.. and it will work.. is that right?

ouch

did i get zinged?
- 7:35 [Lost_horizon](#) zinged? I don't understand the question
- 7:35 [Simmontemplar](#) stream is gone ??

- 7:35 [Susankester](#) I didn't think so, what did you feel?
- 7:35 [Lost horizon](#) are you still with us, Majick?
ah

ok

- 7:35 [Lost horizon](#) ok
- 7:35 [Gapalz](#) lost video
- 7:36 [Lost horizon](#) we're rebooting... will be right back
- 7:36 [Majickphoenix](#) yes some one was at the door...
- 7:36 [Silverdale](#) Rebooting system .. stand-by ...
- 7:37 [Majickphoenix](#) well when he said suit up and show up he said the showing up part is really important... i kinda though it was aimed in my direction, i have been gone a lot.. thats all
- 7:38 [Gapalz](#) no, dont think that comment was aimed anywhere majick
- 7:38 [Majickphoenix](#) could be guilty conscience...
- 7:38 [Susankester](#) it was aimed at all of us, showing up is the key
- 7:38 [Majickphoenix](#) you guys are so nice and i love u all
lost you aagin

again

- 7:40 [Lost horizon](#) everyone still have video?
- 7:40 [Majickphoenix](#) yep for now
- 7:40 [Silverdale](#) yes - here
- 7:41 [PRO Gnosticman](#) yes, have video now
- 7:41 [Gapalz](#) on and off a bit, but yep for now
- 7:41 [Nortiana](#) I have video nwo
- 7:41 [Vadere](#) yes
- 7:41 [Lost horizon](#) did anyone do the exercise Pat asked about?
- 7:41 [Silverdale](#) video and audio ...
- 7:46 [PRO Markroche](#) and a great practice for increasing the intensity of attention is of course, Zen Basics
for me panic also means cutting ourselves off from our inner resources
- 7:49 [Majickphoenix](#) yes we do have those fears all day many times, when you are off balance, not centered, they panic you... if you are not used to that it is very disconcerting
- 7:51 [Simmontemplar](#) I practice that attention ...and "reactions while going through the "House of Horrors" at the Universal Studios in LA; ...very interesting
- 7:51 [PRO Markroche](#) the old saw F.E.A.R. =false evidence appearing as real
- 7:54 [Simmontemplar](#) please Susan, when appropriate, bring my comment to David;
- 7:54 [PRO Markroche](#) i like that, fear is an indicator. or like an alarm clock saying wake up and look around
- 7:57 [Majickphoenix](#) I find that fear, is usually too late.. that I should have awoken SOONER.. would have been more appropriate
- 7:58 [Susankester](#) I will
- 7:59 [Simmontemplar](#) Never underestimate de power of the force of fear coming to the surface Majick, ...is very quick!!!
- 7:59 [Starrdancer](#) even in the midst of panic, you can still remember yourself and invoke attention and presence, and bring yourself back.
- 7:59 [PRO Markroche](#) yeah, to feel the fear, for me it is the not feeling the fear that is what precipitates the panic
- 8:00 [Batthra](#) I tell my panic",come on bring it on Give me more&more&more ", then panic says ok your no fun&goes by by

- 8:02 [Majickphoenix](#) in level 10 fear/panic.. I am animalistic.. I don't think I AM AFRAID.. AT level say 8/9 I can accept it that fear and not panic.. SO how do i keep that calm of level 8 at level 10.. anyone?
simon .. right it is quick

thank you david

- 8:04 [Simmontemplar](#) Thank you SU !
- 8:04 [PRO Markroche](#) in fact, we would be wise, to train ourselves to treat fear and or panic as a trigger for the invocation of presence
- 8:05 [Majickphoenix](#) that is great mark...
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- 8:05 [Simmontemplar](#) yes Mark, that perspective would give us "some" level of dettachment and ...of leverage

- 8:07 [Susankester](#) susan_kester@yahoo.com
- 8:07 [PRO Gnosticman](#) OK
- 8:07 [PRO Markroche](#) he can always fb me
- 8:07 [Silverdale](#) Susan ... e-mail me at gabaker777@gmail.com
gabaker777@gmail.com

- 8:08 [Gapalz](#) I'd like to read with Mark, would that be ok Mark - we could do in the ashram?
- 8:08 [PRO Markroche](#) would love it Grant
- 8:08 [Pathworld](#) yes
- 8:08 [Gapalz](#) excellent!
- 8:08 [Susankester](#) got it george
- 8:08 [PRO Markroche](#) can still do so with Iven too, want all the reading i can get
- 8:08 [Lost horizon](#) Batthra - would you like to read with someone?
- 8:09 [Gapalz](#) Mark and I will read
- 8:09 [Majickphoenix](#) I can read with bathra
susan that would be fine great

will do

- 8:10 [Batthra](#) Worst than panic (4me) is bizness hard2 commet
- 8:10 [Majickphoenix](#) BATHRA you still have my number?
- 8:10 [Batthra](#) also spelling
- 8:10 [Majickphoenix](#) small drawer
- 8:10 [Batthra](#) yes
- 8:11 [Majickphoenix](#) batthra
- 8:11 [Simmontemplar](#) Ok. where is Vedere here?
- 8:11 [Majickphoenix](#) ok call me then... let me know
- 8:11 [Lost horizon](#) Vadere - can you read with Simmon?
- 8:11 [Simmontemplar](#) How can I connect her?
- 8:11 [Vadere](#) here my email is vadere@hotmail.com
- 8:12 [Nortiana](#) I missed who is my reading partner
- 8:12 [Vadere](#) can you email me simmon?
- 8:12 [Lost horizon](#) David will work with you, Nortiana
- 8:12 [Simmontemplar](#) Thank you ...mine is elicebergdelujan@yahoo.ca
- 8:12 [Gapalz](#) Dan, after class could you tell Pat that I won't be in SL tonight but will give her a call
- 8:13 [Simmontemplar](#) I will Vedere
- 8:13 [Nortiana](#) ok, thanks
- 8:13 [Lost horizon](#) David says he'll contact you via skype
- 8:13 [Nortiana](#) Hola!

- o 8:13 [PRO Markroche](#) yay Nortiana
- o 8:14 [Simmontemplar](#) La isla de los...Perros !!
- o 8:14 [Pathworld](#) Thank you all goodnight
- o 8:14 [Gapalz](#) Lost - did you see message pls?
- o 8:14 [Lost horizon](#) yes - will let her know, G
- o 8:14 [PRO Markroche](#) thanks all
- o 8:14 [Gapalz](#) ty
Mark I will message you on fb and/or give you a call

- o 8:15 [Silverdale](#) Good night everyone ... great gathering tonight ...
- o 8:15 [Susankester](#) goodnight all
- o 8:15 [Gapalz](#) thanks all
- o 8:15 [Lost horizon](#) Good night
Thank you

- o 8:15 [Simmontemplar](#) Good night and thank you ...always
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