

The ABD

Class Number 29

Hawk Lady hello LH

Lost_Horizon Welcome to the show

Lost_Horizon Oh, just FYI - you can change your username in your settings if you want to use your alias

pathworld i am here

Melissa Lorca Hi All

Jim_h Hi

Jim_h Thanks Lost - changed my moniker

Que Hello, seems to be working

pathworld Jenny from corona

Lost_Horizon Dan in Grass Valley

Jim_h Jim Hodgkinson, Edmonton, Alberta, Canada

Grokkey Mark Roche, Santa Monica, Los Angeles area

Melissa Lorca Melissa, Riverside, CA

Hawk Lady Jim, good to see you back, hope all is well with you

Loralilah gnosticman and Loralilah - better late then never!

Jim_h Thank you Hawk - yes all is well - malittle different but well :)

Barbara Haynes the new stuff is at the top now

TexasRosie Rose in Penn Valley

Tretuz Also, the audio volume of folks on phone coming thru tv is low.

Que can you hear me reading the log?

Tretuz it's low, somewhat audible. I don't hear you clearly.

Melissa Lorca It's hard to hear the phone people.

Jim_h Was a group voyage

Que I'll try harder, new phone for me as well

Lost_Horizon We'll see if it's better now

Lost_Horizon (phone volume, that is)

Tretuz (Right... either raising mic or phone volume).

Hawk Lady And unless we ask the Question the answer won't come

Lost_Horizon Are David and Tamara loud enough?

Tretuz yes

Grokkey yes

Grokkey phone volume still a bit low though

Tretuz sorry, didn't hear clearly

Simmon Templar Finnally !! I made it through !!!

Hawk Lady I agree the phone people are very hard to hear

Melissa Lorca Yay simmon!

Hawk Lady Welcome Simmon

Que hi simmon

Loralilah Can't hear people on the phone but hear David and Tamara fine

Simmon Templar HI Meli !! and Shikoba, Que !!

Jim_h hi Simmon

Lost_Horizon Is that better? (phone volume)

Melissa Lorca I can hear Susan

Hawk Lady Harry is still low

Tretuz it could be the mic assignend to phone, that is low

Simmon Templar Jim H !!! for Christ ! good to read you !!

Jim_h Better - but I have computer volume maxed out

Grokkey not much, phone voice of Harry quite low

Loralilah Can hear Susan but not Silverdale, too faint

TexasRosie i cant hear harry

Barbara Haynes can't hear that either

TexasRosie still very faint for me

Barbara Haynes still can't hear it

pathworld harry is low

Loralilah Harry too faint, Susan bearly audible

Barbara Haynes not understandable

Simmon Templar Yes, the people on the phone they are far away, can't hear them well

Loralilah Can't hear people on telephone. Seemed a little better then dropped off again.

pathworld yes im here

Simmon Templar Is Silverdale on line ??

TexasRosie can sound be adjusted for those on the phone so that we could hear what they are saying

Jim_h Being close to death recently I found I was not afraid of dying but I was afraid of living.

pathworld im here listening

Lost_Horizon Rose - I already turned it up

Jim_h I was paralyzed and could not cope with basic functions

Grokkey It is not a live reading per se, and it is not the whole ABD, but there is that 2 cd set of EJ reading from ABD called Sacred Prayers from the Original American Book of the Dead,

pathworld its hard not to panic

[Grokkey](#) in case anyone wasn't familiar with that

[Jim_h](#) My fear or panic was how I was going to live in a depleted condition

[Simmon Templar](#) It makes total sense Jim

[Jim_h](#) But I recovered

[Grokkey](#) practicing not to panic sounds like a great idea!

[Grokkey](#) glad you recovered Jim

[Simmon Templar](#) Very true, very glad you are well Jimy

[Jim_h](#) Had to surrender to the circumstances

[Hawk Lady](#) ah Jim, I just can't imagine, it's a tough place to be. I'm glad you have recovered.

[pathworld](#) yes

[pathworld](#) i need to practise i panick at 2 am last night

[Jim_h](#) We have to deal with circumstances

[Grokkey](#) and seems like the thing about we can only train for the bardos from being here on this side. and same with panic, can't wait til the moment. good to train built in responses ahead of time

[Simmon Templar](#) In deed David

[Jim_h](#) Yes - I received so much love from my family friends and community

[Jim_h](#) Never felt so much Love

[Simmon Templar](#) That's great Jim; not always goes that way

[Jim_h](#) I feel truly blessed and lucky :)

[Simmon Templar](#) very blessed

[Grokkey](#) yeah, you very lucky Jim, have been in the hospital alone a few times, and it was not exactly fun

[Simmon Templar](#) I hear you well [Grokkey](#)

[Simmon Templar](#) what page are they reading

[Grokkey](#) seems not embracing the panic so much as embracing what it is that we are panicking about

[Grokkey](#) not sure what page [Simmon](#)

[Simmon Templar](#) Thank "G" !

[Grokkey](#) like what Susan said so that if we can embrace it, then we are simultaneously reclaiming what we had projected

[Que](#) page 127

[Simmon Templar](#) books are different editions. Better asked : What chamber ??

[Simmon Templar](#) 17

[Simmon Templar](#) 17 ?

[Grokkey](#) thanks All

[Lost_Horizon](#) Thank you all

[Loralilah](#) Good night - and thank you!

[Que](#) 17

[Tretuz](#) Thank you David, Tamara and all present.

[Hawk Lady](#) good night all have a great week

[Que](#) goodnight all

[Simmon Templar](#) Thank you [Que](#) !!

[Jim_h](#) Thank you so much everyone - great job Tamara and David

[pathworld](#) good night ty all

[Patricia Elizabeth](#) Grabbin and sharing -- 2 of the best

[Patricia Elizabeth](#) I say we have everything we need among us to give each other opportunity for developing our Voyager skills - attention, being and presence -- The MAN on the CROSS

[Patricia Elizabeth](#) Thank you for the opportunity of our work in the moment with each other -- tonight and through the week.

[Patricia Elizabeth](#) See you all next week. Good night and 4 lines:

All Phenomena is illusion

Patricia Elizabeth Neither attracted nor repelled

Patricia Elizabeth Not making any sudden moves

Patricia Elizabeth My habits will carry me through