

The ABD

Class Number 30

[Dokgoth](#) looks like something is happening - got sound and image now

[Lost_Horizon](#) Hello, all

[Rocky](#) Yes

[pathworld](#) hi

[pathworld](#) Jenny from corona

[gnosticman](#) Hello all!

[gnosticman](#) Sound too low, have trouble hearing.

[Lost_Horizon](#) doing sound checks now...

[Loralilah](#) Hey'all! Good evening!

[Vadera](#) good evening

[auntiematter](#) hello, tamara from grass valley

[myasaytin](#) hi

[Rocky](#) Jim from Edmonton, AB

[Rocky](#) Listening in world volume a little louder

[Rocky](#) world = PVA in SL

[silverdale](#) Good evening & All!

[Lost_Horizon](#) Hi, Silverdale - welcome

[Lost_Horizon](#) (Dan in Grass Valley)

[Lost_Horizon](#) (15 viewers)

[Lost_Horizon](#) How is the sound now?

[myasaytin](#) good (?)

[Rocky](#) good inSL

Simmon Templar Hello everyone !

Lost_Horizon Hi, Simmon

auntiematter hi

Simmon Templar Hi Lost H !!

pathworld im here

Lost_Horizon Could we have a roll call so David knows who is on line?

pathworld Jenny -corona

myasaytin mark c toronto

Rocky Jim in Edmonton, Alberta

Lost_Horizon Dan in Grass Valley

Simmon Templar Special congratulation for the new "father in law"

Vadera Kathleen London

silverdale George - Seattle

Thomas Eric Dietzel tom belleville ontario

Nortiana Carmen-Tenerife

pathworld lol

gnosticman Gerald in the Missouri Ozarks.

Simmon Templar Simmon Templar - Toronto

silverdale Thanks - Simmon ... if you are speaking to me ...

Simmon Templar You are very quick my friend !! :)

pathworld it changed me

Melissa Lorca Melissa Riverside, CA

myasaytin its understandable to panic inside a starbucks though t

Rocky Thinking I've lost my wallet or credit card

Rocky Fight or flight

[Simmon Templar](#) C\Question: I get the point in these "reactions" or small panics. How about the panic you can feel when are things of much more weight, and not necessarily a "reaction", but an actual "fear" ?

[myasaytin](#) scary being lost in the woods

[Nortiana](#) hypochondriac attacks is very panic

[Simmon Templar](#) For instance the fear a Father could feel and he is supporting the whole family?

[Rocky](#) Bigger issues seem to be more prolonged - not so sharp. I had this when I realized I was paralyzed

[Simmon Templar](#) if he is going to be fired

[silverdale](#) Testing chat ...

[silverdale](#) Testing chat ...

[Lost_Horizon](#) I see you, Silverdale

[silverdale](#) Testing chat ...

[Simmon Templar](#) ...thanks Dan

[Starrdancer](#) being able to observe it can also help to shorten the episode of panic, once you begin to detach.

[Rocky](#) You need support

[silverdale](#) I am having problems with my chat box ...

[Simmon Templar](#) I guess stay cool helps

[Rocky](#) counseling

[Starrdancer](#) observe it, don't fight it

[Rocky](#) crisis line

[pathworld](#) cry lol thats what i did

[Vadera](#) distraction and deep breathing

[Vadera](#) distraction

[Simmon Templar](#) all these are very valid points

[Starrdancer](#) during a prolonged episode of built up fear that lead to panic, i struggled with observing it, i could see it but holding on to observe it was difficult and I realized how attached i was and that i

[Simmon Templar](#) Comment: Actually I was asking that but with in the context of the "chambers" in the book

[Rocky](#) I'm stubborn too

[Rocky](#) Don't give up

[Simmon Templar](#) not necessarily a "self help" method

[Starrdancer](#) and that i was dependent on an out come I had no control over. AllI could do was ride it out.

[pathworld](#) i get fidgity, tense

[gnosticman](#) The features of a panic attack are well defined in the DSM. The ability to observe that one is beginning to experience panic allows the possibility of sufficient inner detachment to avert the full blo

[pathworld](#) all my meditation stuff went out the window when i panic

[Vadera](#) for that method i just randomly open the ABD or read clear light, as i read it has a calming effect because i realize there is no meaning to whatever scenario my mind came up with

[Melissa Lorca](#) Path, call me.

[Vadera](#) no meaning in the bigger picture of death

[Rocky](#) A friend can help you observe if you can't do it yourself

[Lost_Horizon](#) Vadera - when you say "distraction", do you mean directing your attention to something else?

[Vadera](#) yes (hopefully a healthy distraction not a hurtful one)

[auntiematter](#) for example organizing your environment, or performing a routine task is a calming distraction.

[auntiematter](#) assists in regaining a sense of order.

[auntiematter](#) (Commenting an Vadera idea of a healthy distraction :-)

[Simmon Templar](#) very good comments Stardancer

[Simmon Templar](#) Gnosticman, what is the "DMS" ?

[Rocky](#) Suicide hotline counsellors are trained to help people talk their problem through

[myasaytin](#) you can induce a feighned panic state in normal life to keep you on the edge as a boost

[auntiematter](#) Simon Diagnostic and Statistical Manual of Mental Disorders

[Simmon Templar](#) aahhh !! , go figurethanks Rocky

[auntiematter](#) used for diagnosis :-)

[myasaytin](#) maybe controlled anxiety since panic is like an over the top manifestation

[Simmon Templar](#) thanks as well "auntie" 1

[Simmon Templar](#) Dan: How do you frame these experiences but within the frame of the Chambers in the book?

[Rocky](#) I don't mind the little things anymore :)

[Simmon Templar](#) because I think we won't have these opportunities when we face fear in the bardos

[Rocky](#) Lawrence of Arabia said the trick is not minding the pain

[Simmon Templar](#) Thanks to all; very great perspectives !!

[Rocky](#) I think L of A said not minding that it hurts

[Simmon Templar](#) or better said ...insights

[Rocky](#) Runaway, runaway (Monty P.)

[auntiematter](#) Yes...I was just thinking of that scene :-)

[Rocky](#) Yes Dan - Bodhisattva work

[Rocky](#) Wonderful <3

[Lost_Horizon](#) Goodnight, all

[Lost_Horizon](#) Thank you