

The ABD

Class Number 33

silverdale Good evening One & All!

Lost_Horizon Hello

Rocky hi

Simmon Templar Hello there !! Silver, Dan , Jimy

silverdale Lost - is there a way of seeing the list of attendees like we could do with Justin?

pathworld hi

majick phoenix jello

silverdale Evening - Simmon!

Steven Andjres peaches

pathworld no list silverdale only if they log in

Simmon Templar Great to see you Silver !

pathworld '

pathworld hello everyone

silverdale Path - if they log in can we see them?

pathworld only in log

TexasRosie good evening\

silverdale Copy.

Lost_Horizon Hi - sorry, was occupied

Lost_Horizon No, no list of viewers available

silverdale Thanks -

Loralilah Hello everybody!

Rocky Jim_H from ALberta

pathworld Jenny- Corona

gnosticman Good evening from the slumbering Ozarks.

Shelley Boyce shelley=highland

Lost_Horizon Good evening - Dan in Grass Valley

majick phoenix jello and peaches?

Jaswant Bains evening

majick phoenix majickally sacramento

Simmon Templar encounter of the third type with the Essential Self

pathworld lol we have 33weeks into this. slowreading.

Jaswant Bains AH The Saint

Gapalz Hi, Grant here

Simmon Templar ...just keep it secret

pathworld the site is excellant.

Melissa Lorca Melissa, Riverside

Jaswant Bains jazzy vancouver

Que Hi, Susan here in Denver

myasaytin mark toronot

Rocky b Guru Rinpoche according to Karma Linpa

Rocky *Lingpa

Rocky Essential Self

Vadera hi

Hawk Lady hi everyone

Gapalz hello hello

Rocky I'm here now - this is where I wanted to go and what I wanted to do

pathworld hi hawk and mel good luck tomorrow

Melissa Lorca thanks Path

Shelley Boyce it seems that presence and attention are still required

Grokkey Good evening

Rocky Yes - its movement through the bardos requires presence and attention - throughout the ABD

Shelley Boyce ty Rocky

Melissa Lorca It absolutely resonates for me.

Rocky yes - exposure to high level Love is painful

Rocky My heart felt the love shown me by folks during my illness and it is hard to bear such radiation

gnosticman If you can fully accept and surrender to the intensity of love, the Clear Light, it also includes an unbearable sweetness. The tenderness is sweet and overwhelming. Nothing is left with successive wav

Rocky thank you g

Dokgoth now ...:)

gnosticman Still something remains that can choose. With attention one is drawn as if by gravitational force to the clear light or a favorable rebirth.

silverdale Well formulated - G.

Rocky My habits will carry me through

Rocky I must make sure my habits align with liberation

Shelley Boyce good

silverdale good point - Rocky ...

gnosticman The wanting is not desire but an act of will. Our habits formed from the results of the accumulation of actions and prior choice draw us to where we "want" to go.

Rocky and that is what we search for and aspire to in this particular Work School

silverdale Well said - gnostic ...

Rocky The habits to carry me through to liberation is what we aspire to here

silverdale Well said - Rocky ...

[Rocky](#) We are on a path - even if the way is not clear - we hope it will lead to liberation eventually

[silverdale](#) Just requires Time and Effort ...

[gnosticman](#) The habit of enduring the unpleasant effects of awakening while in life gives the ability to endure the discomfort in the chamber.

[silverdale](#) and Patience ...

[Lost_Horizon](#) Referring to what Gnosticman said: How is the experience or sensation of that will different from the experience of desire?

[Grokkey](#) very helpful what Pat said about what we tolerating a clue, really resonates

[Lost_Horizon](#) (I recall Gurdjieff saying something about the struggle between desires and nondesires)

[Rocky](#) I have felt brief unpleasant awakening transitions during EJ's dige chants

[Rocky](#) *didge

[Rocky](#) I play the ones that affect me in that way several times a day

[Grokkey](#) cultivate the pain, that also really resonates

[Rocky](#) We're trying to go home

[Gapalz](#) nice george, thank you

[silverdale](#) yw d. ...

[Que](#) thanks George

[silverdale](#) g.

[gnosticman](#) Thank you George for that clarifying comment

[Lost_Horizon](#) Thank you, George

[Gapalz](#) if we can get level in how we see the different worlds, wow, what an awakener

[Shelley Boyce](#) thank you all..this was very good !

[Gapalz](#) level or equal or equanimity or ...

[Grokkey](#) and Be still and know 'I am God'

[Rocky](#) shanti shanti shanti

[Lost_Horizon](#) Thank you all

[silverdale](#) The development of the Essential Self gives one mastery over the Lower and the Higher ...

[Gapalz](#) thank you all

[Grokkey](#) Good night all, must go chant

[Lost_Horizon](#) Goodnight

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[Lost_Horizon](#) Goodnight

[Melissa Lorca](#) Thank you!

[silverdale](#) Good night Every-One! Great invocation!

[Rocky](#) Night thanks everyone