

The ABD

Class Number 37

[auntiematter](#) hello

[TexasRosie](#) open channel 9

[Rocky](#) Hi

[silverdale](#) Good evening One & All!

[auntiematter](#) :-)

[Lost_Horizon](#) Hello, all

[Ken Ahrns](#) HI

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

[Melissa Lorca](#) Hello, All

[TexasRosie](#) this is an old recording

[Lost_Horizon](#) lol

[Llara34](#) Hi

[Simmon Templar](#) Good evening

[pathworld](#) hi

[jinjerrojers](#) Nice to see Molly ABD Midway

[Grokkey](#) Hi

[auntiematter](#) i love molly's insights.

[silverdale](#) I agree ... Auntie ...

[auntiematter](#) it takes me out of my linear preoccupations. :-)

[auntiematter](#) lol

[Dokgoth](#) can't hear david really

[Dokgoth](#) janna is loud and clear

[Melissa Lorca](#) David could be louder.

[Lost_Horizon](#) is that better?

[auntiematter](#) better

[pathworld](#) yes

[Melissa Lorca](#) much better

[Rocky](#) Maybe moving to identification with the true essential self requires a type of dissociation

[silverdale](#) I agree ... Rocky ...

[Rocky](#) I beleive this happens often with trauma

[Rocky](#) Victims of traume dissociate

[Rocky](#) But I don't want to volunteer for this

[Lost_Horizon](#) (17 viewers)

[Rocky](#) Yes - seems to be the whole point of the Work - I am not the body

[jinjerrojers](#) In an effort to dis associate with the HBM I am looking to this exercise:

[jinjerrojers](#) ah--no links accepted

[jinjerrojers](#) "Out of Body" in the HBM

[silverdale](#) Good reminder ... Jinger ...

[Simmon Templar](#) For years I was dating a professional dancer, ...maybe that helps after all

[Lost_Horizon](#) youtube(dot)com/watch?v=_RO5oQyf0DQ

[Rocky](#) Thanks Lost

[Simmon Templar](#) Thanks Lost, the comment was regarding what Jenna said that she didn't recommend to dance with the Lord of Karma :)

[Lost_Horizon](#) or go to the youtube channel HighTimeTunes and search for "Out of Body Exercise E.J. Gold"

[jinjerrojers](#) in Prosperity path forum

[Lost_Horizon](#) found it, Jinjer - thanks

[silverdale](#) There seems to be a problem with the posting on youtube ...

[Simmon Templar](#) we would be "deflecting" in that case; which is not fighting but re-directing

[Lost_Horizon](#) in the one I posted you have to replace (dot) with a .

[Lost_Horizon](#) this chat does not allow actual links

[Lost_Horizon](#) or go to Prosperity Path forum on Facebook, she also posted it there

[silverdale](#) I did replace (dot) with ".", but the video is not available at this time ...

[Grokkey](#) thanks Janna, that's great to be aware of

[jinjerrojers](#) thank you Janna

[Llara34](#) Good idea, I like it

[Lost_Horizon](#) ok, silverdale... not sure what the problem is, it seems to work here

[silverdale](#) I will try again ...

[Grokkey](#) it worked for me to silverdale

[jinjerrojers](#) yes

[auntiematter](#) there is also the reading of the ABD on Friday nights in SL with Jinjer.

[Grokkey](#) and Pat's class, and Starananda's

[auntiematter](#) It is at 7:30 pm at the Chen Rig

[Rocky](#) Held in the Chen Rig temple

[jinjerrojers](#) yes we can read it this week again

[Llara34](#) You bet

[silverdale](#) Did youtube video came up for me when I tried it again ...

[auntiematter](#) I am also willing to read ABD with another in SL

[silverdale](#) The youtube video came up for me ...

[Lost_Horizon](#) great, silverdale

[Grokkey](#) good night, thanks, must go

[Lost_Horizon](#) Thank you all

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

[Lost_Horizon](#) And thanks to Janna for taking that post

[Llara34](#) Great job David and janna

[Simmon Templar](#) As always... thank you to All - Good night

[auntiematter](#) It was a good session. Gratitude to all of you.