

The ABD

Class Number 41

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

[Melissa Lorca](#) Good evening!

[Lost_Horizon](#) Hello, all

[jinjerrojers](#) Greetings

[Vadera](#) good evening

[Vadera](#) good eveing

[Ken Ahrns](#) hi

[pathworld](#) hi all

[auntiematter](#) hello

[auntiematter](#) hi everyone

[Shelley Boyce](#) hi

[gnosticman](#) Good evening!

[Lost_Horizon](#) on Facebook - the name of the forum is "Practical Work on Self"

[Gapalz](#) hello

[Rocky](#) Hi

[Gapalz](#) Buddhists say this life is precious opportunity to practice

[gnosticman](#) When we are under stress and the personality breaks down the habits are revealed.

[Gapalz](#) hmm - evidence about what habits will be? hope sense of humor prevails

[Simmon Templar](#) Howdy all !

[Gapalz](#) patience

[Gapalz](#) lol chutes and ladders with the family and friends

Gapalz actually agree that this chamber is one of the most profound in terms of sheer practicality

Grokkey Hi

Gapalz (both of these chambers)

auntiematter lol

Grokkey some phenomena is illusion, most phenomena is illusion, a few phenomena is illusion, the phenomena i choose are illusion

Lost_Horizon is Llara34 here today?

Simmon Templar netti netti

Simmon Templar actually David, ...you kinda look like Karl Lagerfeld :)

auntiematter :-)

Simmon Templar minus his iconic "dark shades"

Vadera i can see it

Lost_Horizon (who is Karl L..?)

Melissa Lorca Karl L is a fashion designer

Lost_Horizon thx

gnosticman Doesn't ordinary life naturally present plenty of stressful situations that give us the opportunity to notice bardo habits?

Gapalz Have tendency to tense up and stop breathing. Helpful bardo reminder - when in doubt go limp

Lost_Horizon (21 viewers)

Simmon Templar I agree totally gnosticman

gnosticman Pleasant experiences are stressful such as compliments. People frequently reject compliments.

pathworld d2 is a good way to overcome some things

Rocky seems like we're talking about the pond exercise in PWoS

Melissa Lorca I know when the space changes; my face gets hot. Then I pay attention.

[Simmon Templar](#) that's a very sensitive "pick up" Melissa

[Melissa Lorca](#) It certainly gets my attention!

[Simmon Templar](#) sharp sensing !!

[Melissa Lorca](#) :-)

[Rocky](#) bindle

[Lost_Horizon](#) yes - thx

[gnosticman](#) Connecting with our avatar is a way of getting strength to cope with machine habits.

[Simmon Templar](#) very interesting approach you just read Iven...

[Rocky](#) ice cream

[Simmon Templar](#) a psychological tric ...if you will

[Gapalz](#) it just occurs to me what a gift this passage is to those who are dying - so gentle and accessible a way to deal with detaching from "stuff"

[Simmon Templar](#) amen Gapalz

[Simmon Templar](#) very related to each "historical personality"

[Grokkey](#) Thank you, must get to the chant. Good night.

[Lost_Horizon](#) Thank you all

[Lost_Horizon](#) Goodnight

[gnosticman](#) Thank you

[Shelley Boyce](#) thank you all

[Gapalz](#) thanks all

[pathworld](#) Thank you all

[Vadera](#) thank you

[auntiematter](#) Excellent class.

[Melissa Lorca](#) Thank you all. Goodnight.

[Rocky](#) Thanks

[auntiematter](#) thanks.

[pathworld](#) good night

[Ken Ahrns](#) good nite

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

[Simmon Templar](#) Thanks so much , ... until then.

[Vazraa](#) thanks a lot. was very fulfilling and apt. got my clues and signs. thanks again . pranaam
:)