

The ABD

Class Number 46

Llara34 hello

Vadera good evening

Rocky hola

Gapalz hi

silverdale Good evening One & All!

Shelley Boyce Hi

Dokgoth good evening

Simmon Templar Hello Everyone; good evening

Melissa Lorca Hello

Dokgoth c was good ...as long as he speaks into it :)

Lost_Horizon Hello, all

Dokgoth mic*

Lost_Horizon welcome

Simmon Templar Video stoppped

Gapalz lol - right on time

Shelley Boyce refresh

Lost_Horizon Simmon - try pause / play. If that doesn't work, refresh

Simmon Templar I did Lost ! all is fine; Thanks

Rocky eddies in the space time contium draws us in to harbour

Lorna Allan hi

Gapalz we create a space - because we are able to - for our fellow voyagers

Simmon Templar ...the Good ol' Baruj

Simmon Templar There must be something to that, because minutes ago I finished watching at random, a past video in which pretty much is our dear Susan talking about her choosing of the space where she would rest...

jinjerrojers "What does it mean that you're dead"--good one to ponder

Simmon Templar Certainly Jinger...

Lost_Horizon (18 viewers)

Simmon Templar We do well in remembering the "Preliminary Instructions" of The First Stage of the Voyage in the Macrodimensions

Melissa Lorca Yes, Simmon

Simmon Templar :)

jinjerrojers thought about this exercise today...I have one particular doorway I have been addressing for about 20 years

Lorna Allan Stop breathe

Melissa Lorca I have a big sweater that I put on, and it is womb-like.

Simmon Templar that reminds me of "the places" or circumstances we choose daily to hide. It may be an activity or an action; a huge drive to do something as a hiding place

Lorna Allan My warm bed with an infrared heating pad is womb-like

Simmon Templar that would be very ok Lorna

Rocky All phenomena is illusion - how do we wrap our heads around that - we can't using the mental centrum

Rocky so we need to sense this another way

Rocky sense through mood

Gapalz good koan Rocky - we can stay with this question as an awakener

Grokkey And I love how EJ has said, as David just reiterated, it doesn't say 'some' phenomena, it says 'All' phenomena

Grokkey It is a powerful, powerful statement, akin to the other one, "as long as we seem to be having experience of any kind, we are still in the dream"

Dokgoth can't hear

Lost_Horizon anyone having sound problems?

Grokkey sound good here

Rocky no

Lost_Horizon dok - try pause/play, then refresh if needed

Dokgoth is when tamara speaks down not into the mic

Lost_Horizon ah

Lost_Horizon ok

Dokgoth ...i can hear david just fine

Gapalz yeah, this is the all inclusive desert island chapter - wonderful, thank you

Grokkey must go to chant, bye, thanks all

Rocky Thank you Tamara

Gapalz yes, the orb runs are great, we run as a group for the benefit of others

Gapalz and we will be making some changes, adding other orbs, adding readings in the new year

Llara34 Thank you David and Tarmara, very helpful going to chant

Gapalz Tuesday 7pm at the ashram Hobbit ut

Gapalz Hut

jinjerrojers yes

jinjerrojers ditto what Tamara said about Orb Runs

Shelley Boyce thank you all

Lost_Horizon thank you all

Gapalz thanks all

pathworld hi

Lost_Horizon goodnight

silverdale Good night Every-One! Great invocation!

Melissa Lorca Thank you all

Steven Andjres the morning practice of "Taking Refuge" is a great practice time

Gapalz gnite

Rocky Thank you Tamara, David and Dan and all

pathworld Thank you all

Steven Andjres 3:33 am to 3:55 am: Daily Practice morning Prayers at the Chen-Rig Temple with Panniy

Simmon Templar "I am that I am"