

The ABD

Class Number 47 - December 10, 2014

Rocky hola

Rocky mikes good hear

Piandjo hello everyone

silverdale Good evening One & All!

Simmon Templar Hello there Rocky -Piandjo and Silver !

Lost_Horizon Hello, all

Simmon Templar Hi Dan !!

pathworld hi

Simmon Templar Hey Jenny

pathworld good evening

auntiematter hello

Vadera hello

Simmon Templar Hi there Vadera and Auntie!

Vadera Hi Simmon

Vidad hi

Llara34 hello Good evening

Simmon Templar To be sucked in to life again ?

gnosticman Good evening

Melissa Lorca Hello All

Steven Andjres Sierra

Simmon Templar I am saying that taking literally the text

auntiematter it's good to see you simmon. i like being on this side of the broadcast :-)

Simmon Templar Thanks Pi

Simmon Templar likewise Auntie !! :)

Simmon Templar You want to "hide" from the pulling sensation. Because we want some "resolution", from the perspective of the karmic winds

Simmon Templar I have used "hiding" word in the opposite scenario

Simmon Templar I hide in "the Being" instead of the regular "hiding" on the machine

Lost_Horizon "Taking refuge" in the Dharma

Simmon Templar ...If you will

Piandjo Simmon, how have you used this the "opposite scenario"?

Simmon Templar Yes Dan

Lost_Horizon rather than hiding from the cleansing radiation

Simmon Templar Correct Dan , that's the answer Pi

Piandjo great simplification, Dan. Thanks.

gnosticman Hello for Loralillah

Simmon Templar better that Hiding I could have used "Refuge" from...

Vidad buffering here

auntiematter yes here 2

Simmon Templar Video stream keeps stalling

auntiematter having to reload

Vadera refreshed and now streaming is back

Lost_Horizon (19 viewers)

Gapalz hi everybuddies

Simmon Templar we have individuality only in the sense of a "Perceptor" that still is actively perceiving what's going on

Vidad we may have missed some of the discussion about the quality of the chamber?

Vidad during the downtime?

Rocky meditate on your presence v- the source of attention

Vadera in hospital bed cannot move and just wait

Rocky diffuse your attention outwards to infinity

gnosticman During readings I find a natural stillness and silence emerges seemingly from the edges of consciousness. This intensifies as my attention focuses increasingly on this awareness.

Simmon Templar to stay in "the Eye of the Mailstrom" E.A Poe

Melissa Lorca Waiting to be taken for a risky medical procedure

Gapalz standing at a booth or table at a show after all the nervousness and desire to make money have burned away and just being with others... (don't know if log is showing up)

Llara34 The diffusion is internal

Rocky V was a mistake - presence is the source of attention

Gapalz log visible now - :)

Vidad two: - pranayama exercises turned everything off and the silence was a presence

Vidad and at a retreat, we were told to take refuge in silence - was similar

Steven Andjres I hold my attention in the voidness and also faith in the Clear light at the same place and time

Grokkey Hi

Llara34 I agree Vadera

Gapalz when hear four lines, yes, I take a pause and at best acknowledge the space, and some part of me always wonders about that first line...:)

Vadera the four lines let go of current pattern then trust in spiritual habits to become apparent

Steven Andjres it all stops, and me too

Llara34 As I went under for an operation I used the 4 lines

pathworld have to go now ty all goodnight

Gapalz yes, bringing the first line home - great exercise

Grokkey All phenomena includes everything about us too, except for us as the Clear Light, or so it would seem

Simmon Templar Don't do it when you are crossing the Avenue:)

Simmon Templar Denial is "a step" away

Grokkey (Divine Mother Chant will start a bit later this evening at 8:15)

Llara34 Excellent David

Melissa Lorca Excellent

Gapalz thank you

Melissa Lorca Thank you all.

Vadera thank you

Shelley Boyce thank you all very much

auntiematter Thank you for the shared wisdom :-)

auntiematter Good night all.

Grokkey thank a yous

Llara34 Thank you David, Pat, Iven

Gapalz good night

Vidad thank you peeps

Dokgoth thank you

Melissa Lorca Good night

silverdale Good night Every-One! Great invocation!

Lost_Horizon If "all phenomena is illusion" then exhibiting a preference for some phenomena over others is spiritually speaking and illness

Steven Andjres thanks so much

Lost_Horizon *an illness

gnosticman Good night

Lost_Horizon thank you all

Lost_Horizon good night

Piandjo goodnight all. And thank you, George.

Simmon Templar Thank you

Rocky thanks bye

David Plank Thanks for a great discussion of this key chamber work