

## Practices for the TSK Practice Day; December 17-18

The practices listed here are taken from our discussions and the Orientations I have already posted, with a few small additions. How you work with them is up to you: I do not wish to impose a particular form. You can use one or more of the practices in structured sittings. You can also engage them as you take a walk or do some sort of simple task. I do not recommend trying to practice while you are engaged in an activity that sets the thinking mind to working 'overtime'.

My suggestion is to set aside the time for practice on Saturday, and to post your reactions on Saturday evening. That way everybody will have a chance to read the comments, and perhaps respond to them.

My other suggestion: practice in a relaxed and playful way, and if certain insights come, appreciate them, but also be ready to let them go.

- **An Exercise for Warming Up to 'Nothing'**

From hour to hour and moment to moment the world is changing, and the mind that experiences it is changing as well. Features hold for a time, and then give way, like ice dissolving into water. In the end, nothing endures.

We are used to focusing on what's so, so we fail to notice how 'what's so' changes from one moment to the next. See if you can shift your focus to the transitions and transformations in experience instead of the 'things' that change. (See DTS p. 12)

- **Expanding space.**

DTS starts by suggesting we could stretch or expand an object in space (such as a cell), but what about stretching or expanding space itself? Take some time to reflect on this question experientially and experimentally, not in order to solve it, but as a way of engaging the question of how space 'operates'. If you see no way into the question, don't just shrug your shoulders and move on. Give it a chance.

- **Expanding the Whole**

Experiment with 'expanding' or 'stretching' elements in your experience. You could do this with things or objects, but it may be even more fruitful to try expanding the whole 'situation' in which you find yourself. For instance, since the text speaks of cells, you might think of yourself and the people you interact with as being part of a 'cell' in the (now old-fashioned) sense of a Communist cell. How would you expand that?

- **Awareness of the Field Communiqué**

Consider whatever captures your attention as being given (communicated) as part of a field communiqué. This way of looking will naturally lead you to focus on the field, an interesting shift in itself. A second aspect of the practice is to notice how fields are constantly shifting; how the "the present present" is a temporary affair.

- **Interior as Surface**

The sense that what we take as real has an inner 'substance' is itself a surface phenomenon; that is, we experience it directly. Or perhaps we do not experience it all; perhaps it is naming that proclaims surface realness. Is there any other kind of evidence for interiors, or is every interior a surface manifestation? See DTS 23

- **Conducting Knowledge Without Content (DTS Ex. 4e)**

"Can you know with a knowing that does not rely on words? Is it possible to read mind to mind, awareness to awareness? Practice conducting without content, without voices, before language.

- **The Qualities of Space (DTS Ex. 7)**

Experiment with seeing objects from several perspectives at one, or with maintaining an awareness of space at several different levels of magnitude simultaneously. How does this change your sense of the space that the object occupies?

- **Space Eyes**

When we try to look at space, we see only the absence of substance; we 'draw a blank'. Yet this unknowing is itself something we can know, through the manifold mysteries of experience. This well-known 'unknowness' confirms that space is available and accessible in the infinity of manifestations it carries, in the emerging echoes of the field communiqué. Can you evoke and activate this mystery? Can you see with space eyes?