

January 30, 2011 9:10:09 AM from Karin Tommack-Lohse
to Everyone: Lookin at a real orange ball I am always involved in stories about
that ball - who gave it to me, how it feels in my hands, what the practise is about etc.

January 30, 2011 9:14:25 AM from Bruce
to Everyone: I moved back and forth between from the feeling of "thinking" the
ball, to having the ball just being there by itself. I noticed the latter was like "objec-
tive" reality, which I am subject to; and the former was like a creative, subjective
engagement (moving, holding, changing the image). I wondered about both of these
movements in relation to substance. Is substance what is objective, or is it the "livi-
ness" of presence?

January 30, 2011 9:29:46 AM from pat hunt to Everyone:
What's not a thought? How is an itch not a thought?

January 30, 2011 9:30:30 AM from pat hunt to Everyone: I feel many sensa-
tions such as tingling or my heart beating but those are thoughts too, that I am
describing to myself

January 30, 2011 9:34:57 AM from Karin Tommack-Lohse to Everyone:
May be there is first a sensation and after that a naming or thinking like a comment

January 30, 2011 9:36:35 AM from Bruce to Everyone: I noticed thought
primarily showing up as verbal commentary, simple images, or complex dream-like
scenes. There was also a background "hum" of unarticulated meanings, or sometimes
compelling "gestalts" of meaning that were global but not verbalized and which were
very slippery (easily lost).

January 30, 2011 9:37:33 AM from pat hunt to Everyone:
But I can direct my thoughts about a sensation. If I feel a weird sensation, I can be
'afraid" that something is wrong or can back off from that thought and just feel

January 30, 2011 9:38:00 AM from Linda Copenhagen to Everyone:
It seems to me that there is a sensation, then a feeling tone or "coloring" and then it
can gel into a "thought".

January 30, 2011 9:42:27 AM from Linda Copenhagen to Everyone:
What Jack seems to be saying that each thought is a potential launching point for
freedom