

Chat from 9/29/13 session:

from Bruce to Everyone:

rigor and precision in the exercise for me was proportional to my curiosity and appreciation

from caroline sherwood to Everyone:

I found reading the exercise instructions aloud several times helped to sharpen the precision. Also needed to refresh my attention repeatedly during the practice.

from Soudabeh Azizi to Everyone:

Thank you. I loved Christopher's post, that pointed to this issue...

He says he never forgets the first time that he noticed that TSK was doing his and not the other way around...since I read that I have been noticing that more moments I feel that I am a medium of TSK too and guided by it and this is a huge and yet subtle shift from my ordinary way of operating...

from Michael to Everyone:

Narrow focus, such as the concerns of the self, entails imbalance? Because we thereby attempt to live in a greater whole through stressing one small part viewed in a partial way?

from Soudabeh Azizi to Everyone:

It was Christopher's post I referred to
to Ron (privately):

Ron I was getting feedback so I muted you. If you want to say something unmute yourself.

from Philip Gold to Everyone:

I have this experience very strongly when improvising music, especially when in a group improvisation. Any fixed position kills off the quality of the music

from brigitte reisz to Everyone:

all forms of art need this as a prerequisite to evolve

from David Filippone to Everyone:

I release all I am holding with each exhale... space expands... a deep calm permeates... objects of thought trickle down ... space expands...

from brigitte reisz to Everyone:

space like an infinite benevolent container

from Bruce to Everyone:

every object is the breath(ing) of space

from Ron to Everyone:

One can sense the tension of holding to a position when tuning in to Space

from brigitte reisz to Everyone:

a container lets associate a form, I meant more something that contains, a kind of ground, holding

from brigitte reisz to Everyone:

an accommodation

from Michael to Everyone:

In relationship, the cohesion is not contained

Space accommodates, space allows,...