

Chat Notes Nov. 2, 2014

from Michael to Everyone:

When you call projection "verbal" are you saying that projection is always an act of naming?

from ken mckeeon to Everyone:

Projection seems more intentional than arising.

from Caroline Sherwood to Everyone:

How does not projecting alter the perception of what is arising?

from Caroline Sherwood to Everyone:

So is it accurate to say that we are a projection of time?

from Eliana Kalaf to Everyone:

I see that there are some elements or qualities necessary to engage the momentum: intention to be aware, interest, a connection and an inner openness, otherwise a disconnection takes place and the momentum turns into substance.

from Eliana Kalaf to Everyone:

Disconnection is linked to judgments and resistance to be aware from Soudabeh Azizi to Everyone:
it seems that with this discussion in mind, then skillful means of Vajrayana practices of one imagining them self as arising as a deity and the world as a pure environment all day long as one goes on engaging their life, is almost invoking this vision that is being discussed ...

from ken mckeeon to Everyone:

Projection: a first level summation. Projecting is more second level.
Self doesn't move from first to second. Unless you say moving moves.

from John to Everyone:

What is most helpful in this awareness we are exploring is focusing on me as a projection because it makes my reactions and stories about reality, other projections, and my 'self' less pivotal and weighted. If I don't strongly include myself as projection, then 'projection' becomes a story of the self about reality.

from Michael to Everyone:

Along with acts of projection, there is also the arising of sentience.

Thinking of ourselves as a self, as being the subjective pole of a subject-object relationship is only possible because we are in the midst of sensations, perceptions, impulses, feelings.. Might it be that we can appreciate being a sentient being without going directly to our ordinary projections. It seems that this might allow us to appreciate projections as an aspect of being alive, and this appreciation can allow the dynamic of time to be more present..

from Karin Tommack (privately):

I notice expectations arising together with objects and me as the subject together with emotions and thoughts. It seems to be helpful to focus on me as not staying outside.