

Chat notes 11-9-2014

from Hayward to Everyone:
Supported buoyancy

from David Filippone to Everyone:
No business of 'minding', free-forming, non-controlling, allowing whatever arises. In that non-specific awareness there is a fullness, an expanded focus, breath, heartbeats, colors, visual movement, sounds, a full sensual aliveness. A continuum...

from Soudabeh Azizi to Everyone:
that buoyancy does not have rhythmic sense to it. it is continuous... so why using the word Rhythm? May be I do not know the meaning of rhythm!!!

from ken mckeeon to Everyone:
There's a sense of non-directional moving-ness, self-arises, falls away within a billowing field.

from John to Everyone:
Whatever we do or however we focus our awareness, in that doing or awareness, we are literally expressing Time's rhythm, whether it's stillness or activity - it can take on any modality. This underlying energy, then, IS very supportive - very 'with' 'me'.

from Michael, to Everyone:
When a rhythm embraces our whole environment, with us in it, we tend not to notice. The coursing of Earth around the Sun, the rotation of the Earth under our feet, the rising and falling of the ocean in which we float deep at sea--the rhythm is all the more dynamic when it is beyond our capacity to notice it. Perhaps such rhythms are a place to look for the deep truths about our lives.

from Soudabeh Azizi to Everyone:
I heard the metaphor of the bird Kestrel opening its wings against the wind for describing the stillness of the awareness that notices the movement in one's experience ...

from ken mckeeon to Everyone:
It helps to move towards sort of an activated wholeness by doing mind-body-emotion interaction, to live in and from the sea which Michael points towards.

from Soudabeh Azizi to Everyone:
then it seems that the energy of Time's Rhythm is similar or is the same as the primordial awareness...

from Michael, to Everyone:
The surrounding support of the sea is kinder to our inflated rafts than the sharp points of the logos? The urge to 'specify' works better as an expression of a greater fullness, than as an attempt to establish a final truth. In the latter case, we are bound to get that deflated feeling.

from Hayward Fox to Everyone:
Psychologically speaking friction can signal that a position has been taken