

CHAT NOTES - March 30, 2014

from Michael G to Everyone:

For animals, "marking out space" is a social act. Telling others of the same species, "Stay away, this is my domain". when humans 'Mark out space', are we mainly telling ourselves the conditions in which we feel safe, supported and identifiable?. I wonder how social (looking for confirmation from other people) is our model of marked out space.

from Remco Wernert to Everyone:

Are you saying there is a real self?

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which cannot enter the real world??

from Michael G to Everyone:

Is the phrase "self-image" like the persona>

from Karin Tommack to Everyone:

Isn't the meaning of marking out personal space telling the founding story?

from Soudabeh Azizi to Everyone:

I wonder if a baby can learn from an enlightened parent how to show up and be real and not get disconnected from the contact with everything (illuminated way of being)

from haywardf to Everyone:

once we "out there", we need to both express our self to the world and protect our self. This is a frequent psychological struggle and consequence of conventional knowing

from Michael G to Everyone:

Hayward, perhaps the mask is our attempt to protect ourselves, since our mask is an attempt to hide our vulnerability and inadequacy. But at the same time, a mask can never satisfy our desire to 'express' our true self . . .

from klaus noldes to Everyone:

but he says too. that we can open "everything"

from klaus noldes to Everyone:

he says we can open everything simultaneously too.

from David Filippone to Everyone:

Feeling relaxed, feeling gradually more open, noticing the expansive sky outside, seems to expand my feeling of space, of a kind of openness. Feels light, feels good, opens to an awareness of my senses, the sounds around me, the feel of my body, etc. It opens to a field of feeling and awareness of more content too.

from haywardf to Everyone:

the feel of the field is influenced by what shows up in the field. The field expresses as all

appearance

from Eliana Kalaf to Everyone:

Perhaps we can change the self/bystander as reference point to the feel, and then have access to space in other ways, more open touching the quality of space instead of labeling it according to our sense of pleasure and pain.

from klaus noldes to Everyone:

for me the feel of the field has the taste of restriction and limitation, while the feel of space has a quality of temporal openness.

from Soudabeh Azizi to Everyone:

When I inquire in the mode of what is the feel of the field..The sense of expanding in the molecules of the air shows up ..Feelings of realness show up connected to what appears...like the velveteen Rabbit explaining to the Skin Horse how does one become real...

from Michael G to Everyone:

the field of time allows an alternative to the pressure of deadlines, acceleration, which are the objects of time. the field of knowledge allows an alternative perspective to the things we believe we know and don't know which come to mind as delineated objects.

from John B to Everyone:

All 'my' subjective experience is now the field, and co-exists completely with all other appearing's of the field, which really takes the gravity out of 'my' subjective 'load', so to speak. I feel more 'with' everything

from ken (privately):

Strong flickering sense of edges