

CHAT NOTES - September 14, 2014

from David Filippone (privately):

I remember sitting on the beach: The memory/images include the feel of the heat of the sun on my skin, the bright blueness of the sky and the blue-green ocean, crashing waves, the salt smell, the sound of all the people laughing-talking all around, etc. So, referring to the FEELINGS associated with that memory ARE the content of that memory of that experience. The memory is an accounting of the 'sense impressions' that are recalled. And that was possible because of the presence of having been there.

from Caroline Sherwood to Everyone:

I don't feel 'not present' in the past, rather it's like a sort of Russian doll structure of past feelings simultaneously encased within these present feelings. I notice the further back in time the memory, the more indistinct the sensory details become - more hazy, fuzzy. I notice the strongest impressions are visual, with hearing being the least clear.

from klaus noldes to Everyone:

the past appears to me on the right side and feels more relaxed, since nothing can be done about it anymore. the future appears on the left side and is more connected with a sense of excitement: "What do I have to do?"

from Soudabeh Azizi to Everyone:

It seems that present can have a higher level of cognitive fusion... I am more lost in the content of what is happening

from Soudabeh Azizi to Everyone:

while in the past memories that cognitive fusion is less ...

from Eliana Kalaf to Everyone:

The memories are like reference points. Points that are closed objectively but can be open subjectively. Objectively a glass is broken, but subjectively I can feel sorry or not.

from Robert Reyerse to Everyone:

the present has a feeling of aliveness that is immediate and directly accessible allowing me to act and bring about change while memories seem less alive and accessibility has to be worked and is not open to change in the same way

from John to Everyone:

The images that are memories contain a residual 'presence' - I can distinguish them because I was 'present' with them 'at one time'. Whereas the future image has not yet had my presence with it. Somehow, my presence imprints as it 'passes'.

from Michael G to Everyone:

Memories felt more like snapshots than a flowing unfolding. The impulse to find coherence seemed to require a system or organization (such as the before and after of linear time)--the evidence of content more than the arriving of a flowing presence.

from ken to Everyone:

Present space allows for time, for change. Past is "present" but without the time dimension.

from ken to Everyone:

Left and right mirrors the way westerners read.

from Karin Tommack to Everyone:

The memory image or story is not open - it is done - with a feeling of familiarity

from ken to Everyone:

Well said.

from David Filippone to Everyone:

Jack I think you're right about feelings not being the only part of the memory, or the only content, though I suppose recalling a memory could be thought as all content. But I'm recalling space in the memory too...or at least blanks or gaps in the content, where perhaps there was a laps in my attention at the time.

from klaus noldes to Everyone:

asking these questions it becomes very clear that all lof that can only happen by some kind of positioning: the self. without the self as act of positioning neither past nor present nor future would appear

from Soudabeh Azizi to Everyone:

It is interesting in the case of past trauma of soldiers in war the past fusion is so strong that they go through the same past experience ...