

CHAT NOTES - September 28, 2014

from Soudabeh Azizi to Everyone:

Caroline's post 'Orchestra of..' was very help ful to capture what you are talking about for me.

from klaus noldes to Everyone:

is this specification the same that is aimed for in visualisation?

from Soudabeh Azizi to Everyone:

In both of those exercises the specifications defused ... allowing for more defused points to show up ...

from Soudabeh Azizi to Everyone:

defuse meaning not focussed sharply

from Caroline Sherwood to Everyone:

The more I do these time exercises the more I come to wonder what is the difference in meaning between the word 'time' and the word 'life'

from John to Everyone:

Specifying is like a freezing into experience. Like a snapshot of a moving river. The dynamic of time is the river - or ocean - and specificity is the self's way of experiencing the ocean by freezing it.

from ken to Everyone:

How is it that "being aware of.." can shift out of retrospective mode? How does time play a role in this shift? Is it to be found in time's pre-ness? Of course, space is both pre and post. The sinking in quality of specificity bears the liveliness of time/space, the measuring out welcomes and is welcomed by the immeasurable.

from Eliana Kalaf to Everyone:

In the act of knowing there is a drive towards the object in order to do something with it: to name, to connect it with other names I know, to relate to stories I know, etc. It is like I need to control it. If I brig the subject/object reversal exercise I am able to shift and feel the quality of the object, its energy.

from Michael to Everyone:

focusing on the activity of knowing feels more like being in the surf, whereas going straight to what is known is like picking up shells washed up on shore.

from Soudabeh Azizi to Everyone:

When I focused more on the relationships of object that appears with the knowing that is happening, the more fluid and none ending perspectives appears ...unlike the usual way of subject concluding a perspective on the appeared object...

from Caroline Sherwood to Everyone:

I don't understand what Ken wrote. 'How is it that "being aware of.." can shift out of retrospective mode? How does time play a role in this shift? Is it to be found in time's pre-ness?' What does this mean? Jack/Ken, please could you explain.

from ken to Everyone:

Retro means afterwards, the pre indicates before, the refined pre would be pre-ness, the essential activity: space blossoming.

from Caroline Sherwood to Everyone:

Thank you Jack. Bye everyone!