

CHAT NOTES: 10.12.2014

from Soudabeh Azizi to Everyone:

That reminds me of the stillness and the movement in meditation and the two being simultaneously being present

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mindfulness meditation by dujum Lingpa in Adra Essence

from Hayward Fox to Everyone:

it seems that "I" as subject and "that" as object share the intimacy of the moment which presents us together

from Caroline Sherwood to Everyone:

Intimacy seems to be almost a 'method' to facilitate access to and movement between levels of time, space and knowledge. Akin to Robert Heinlein's 'grokking'.

from klaus noldes to Everyone:

i'm afraid of doing this practice because it seems to point into a psychopathic direction. Like the person who thinks to be Jesus and is diagnosed of being psychotic.

from Eliana Kalaf to Everyone:

Open to the senses without judgements can bring a connection and depth lost when the self and the mental chat predominate

from Karin Tommack to Everyone:

It can be a joyful practise - staying playful with everything that arises - like noticing wonders "that too is I"

from Caroline Sherwood to Everyone:

Is it the edge of fear which heralds the approach of an unknown revelation?

from Michael to Everyone:

"That too is I" extends my participation into other minds and perspectives. I can inhabit the perspective of my dog barking in the back yard, while remaining inside the house. I can see a reflection of the tree out back, in the mirror, Exporting the sense of I to other points helps to weave a wider realm of sensitivity.