

Chat Notes: 10.19.2014

from Michael to Everyone:

A flock of birds suddenly lifting off the ground and wheeling away, as one living whole, seems to capture the dynamic without the specification of each individual bird being part of the experience. And yet they each contribute to this sense that the whole is alive.

from ken to Everyone:

Specify points to objectify: this bird, not a bird.

from Caroline Sherwood to Everyone:

It seems that 'intimacy' precedes or transcends the possibility of friction...?

from David Filippone to Everyone:

Intimacy -- First I focus on all my senses, which grounds me in the present, and expands my awareness at the same time from previous narrow attention. Space expands, openness feels like a momentary rush... all is bright, colors intensify, wellness pervades, thinking seems to engage what seems appropriate right now, and projections are abandoned. Clarity and light abundant...

from Hayward Fox to Everyone:

when "given together, along with "there is no rub

from Caroline Sherwood to Everyone:

Closer than close, observed and observer revealed in exactly the same time - no separation.

from Robert Reyerse to Everyone:

trees sway, leaves float on the breeze, a bird streaks by, I sense a broader connection with a multilayered current of time flowing though all.

from ken to Everyone:

So I do: This too is...And I find myself as an outside stander determining the objective. But that position vanishes sort of in its arising. No me left anywhere. Such a puzzle.

from John to Everyone:

This intimacy softens edges, allowing the energy of experience to continue flowing instead of being 'called out' and held onto in various ways. It's a nice blend of vitality and softness.

from Joanna May to Everyone:

An experience of trying to clamber into an ever smaller place - like a series of smaller and smaller boxes within a sense of expanding space which might be changing the time context as I was practicing.

from Philip Gold to Everyone:

Everything, including me, becomes one complex beautiful musical instrument that is playing itself.

from Michael to Everyone:

My tendency to evade awareness of the difficulties of others gets ameliorated when I expand my realm of awareness to include them. This in turn brings to the surface memory of my own, similar hard times. And since I survived, a tentative sense of hopefulness arises.

from Joanna May to Everyone:

Yes that's right Jack!

from Michael to Everyone:

Does the governing Logos include a sense of self; so that any experiences we touch beyond this logos are beyond the logos?