

Chat Notes 8.10.14

from David Filippone to Everyone:

Aware of movement... of the sun-dappled leaves outside, the ceiling fan circling above creating a breeze, the hair on my arms tingling, my eyes surveying the expanse of the field outside, grass waving... movement beckoned... feelings of curiosity dissolved, just carried along by the currents... no conclusions, no self-importance, no constructing meaning... almost dream like.

from klaus noldes to Everyone:

the practice is more easy with visual objects (space), more difficult with feelings, sounds and thoughts (time)

from Caroline Sherwood to Everyone:

It's like being at the heart of the aliveness of being alive - without commentary.

from Karin Tommack to Everyone:

relaxing - more lightness and appreciation about the richness of experience

from Eliana Kalaf to Everyone:

For me it seems that as a reflective surface I can only perceive with the senses and feelings or have insight without words. Any discursive thought is a product of the self trying to explain what is going on.

from John to Everyone:

I noticed that awareness soon absorbed even myself as an object of reflection and this shifted awareness into a field that is not centered in my self; yet my self still functioned, but more lightly

from Bruce to Everyone:

Dropping into a more passive, mirroring mode, the objects themselves came alive -- more fluid, dynamic, shifting -- than they had seemed a moment before. A quiet circulation, a slow percolation, of images, sensations, thoughts, presenting themselves, morphing, receding. A small shift in languaging helped ease the gap in knowing that still remained: instead of letting objects be known, letting objects be knowing.

from Michael G to Everyone:

The objective pole is a reflective surface (known because of the light reflecting off its surfaces) and the subject pole is a reflective surface in which awareness reflects and refracts whatever is of interest to the subject.

from ken to Everyone:

How does "we were being" work? Is it other than an arising? It thinks so, is it so? How is that known?

from ken to Everyone:

Knowing pervades. Pervades what? Where?

from ken to Everyone:

While we were being the exercise.

from Caroline Sherwood to Everyone:

Could we say pervades everything, everywhere?

from ken to Everyone:

Yes.

from ken to Everyone:

Double yes.

from Michael G to Everyone:

Knowing perhaps pervades a multi-dimensional realm of which we only see a reflection--like a two dimensional mirror reflecting an unseen depth

from ken to Everyone:

So knowledge does not have to be brought to experience?

from Michael G to Everyone:

How evocative this chapter is: both radical and allowing. Allowing because the vision of "lower knowledge" being a particular form of Knowledge-- but one that is on the same continuum with higher knowledge-- allows the higher to be accessible within the lower. Radical because we are also being told that we have to completely abandon all the ordinary presumptions and working methods of how we know in our ordinary, conditioned, inflexible, fundamentally restrictive ways of knowing . . .