

Chat Notes: March 29, 2015

from Ron to Everyone:
Obscured

from Ron to Everyone:
Fear of groundlessness, annihilation-- David Loy's thesis of trying make the self feel real.

from Michael (privately):
covering over space feels like: idle talk covering over the silence, a cap on a camera lense or binoculars blocking the view; cloud cover obscuring the Sun and Moon.

from Ron to Everyone:
Good clarification

from Eliana Kalaf (privately):
For me to begin with 'I am here' and open to space, it helps to drop barriers and the sensation of inside and outside the body. With a deep relaxation the feelings and sensations come to the front and the names fades away.

from David Filippone to Everyone:
Looking out the window, just observing the scene without the running layer of commentary, just noticing the open feel of all sensing, noticing embodied awareness, movement and contours reveal differences, shapes emerge without making sense of them... feeling of well being...

from Karin to Everyone:
Noticing the referring isn't such difficult - but what then?? There seems to be a kind of hole - much thinking is arising. The challenge not to accept is confusing the situation.

from ken mckee to Everyone:
I am so into self-verification. I arise to point out by pointing back at the self I no longer am identified as.

from haywardf to Everyone:
To access the knowing present in all naming, initially there was the thought "I am the knowing present in all nameing". Then there was the awareness that there was the knowing within "I am knowing"

from Eliana Kalaf to Everyone:
For me to begin with 'I am here' and open to space, it helps to drop barriers and the sensation of inside and outside the body. With a deep relaxation the feelings and sensations come to the front and the names fades away.

from Robert Reyerse to Everyone:
observing the outdoors without naming or commentary is always a challenge but slowly the mind calms and accepts the presentation of space in silence, but the mind still once and a while pipes up, I know that is a tree.

from Caroline Sherwood to Everyone:
the permeable 'skin' of zero.

from Michael (privately):
the grandfather clock groans before it rises to a full chiming. Like the lowering of the ocean before a wave breaking onto the beach. It helps when I feel present within the medium that joins these various manifestations--to feel awareness hovering beneath the surface onto which phenomena arise.

from Caroline Sherwood to Everyone:
I was bouncing off what Eliana wrote

from haywardf to Everyone:

Rather than " we cover over" might we say "we are the covered over"

from Ron to Everyone:
Murmurs

from ken mckeeon to Everyone:
Could we substitute "enjoy" for "cover over"? How might that change the ordinary situation?

from Michael to Everyone:
Re Ken's point: perhaps the best way to appreciate the spaciousness in and around objects is to "enjoy" them.
The best way to cover over is to sense the depth in everything.

from Eliana Kalaf to Everyone:
the aliveness of time is sometimes so strong that we cover it with thoughts

from ken mckeeon to Everyone:
Do not thoughts themselves bear a space dimension?

from Michael to Everyone:
My comment after the practice was misdirected: "The grandfather clock groans before it rises to a full chiming. Like the lowering of the ocean before a wave breaking onto the beach. It helps when I feel present within the medium that joins these various manifestations--to feel awareness hovering beneath the surface onto which phenomena arise."

from Ron to Everyone:
Yea love that phrase "thinking things through" is actually used positively in first TSK book as itself a revelation of higher order space

from Ron to Everyone:
Thank you