

Chat Notes: May 3, 2015

from Eliana Kalaf to Everyone:

To be more connected with the energy of time, it is important to be more receptive and less assertive, like in the subject-object reversal, or in other words be more connected with the surroundings. It is important also to maintain the interest in what is going on, and the marriage of sound and breath helps this to happen, while at the same time keep the energy moving.

from klaus noldes to Everyone:

Witnessing breathe and sounds, space and time, there is no time for testimonies

from David Filippone to Everyone:

Very open feeling, mood of well-being, no investment in mental activity, relaxed, a foundational feel

from Eliana Kalaf to Everyone:

I would like to add that with this conditions knowledge itself becomes available, there is no need of witness

from Michael to Everyone:

Something I hadn't previously experienced in this practice occurred. Instead of trying to push aside the labels and remembered associations and clung to sounds, I found myself inviting the memories into the moment. Hearing a lawnmower, instead of rejecting this thought, I invited in the childhood memories of summer and summer sounds. This felt like a path to enriching experience beyond the cursory replacement of labels for an arising appearance.

from Michael to Everyone:

Objective self as content: is that the bystander self-knowing the outsider self?