

## Chat Notes: May 10, 2015

from Ron to Everyone:

So this witness move is coemergent with the owner of experience?

from Karin Tommack to Everyone:

Witness as one facet of the self?

from ken mckeeon to Everyone:

Stand equals position, a frozen-ness.

from Soudabeh Azizi to Everyone:

At this junction of getting hold ... the duality gets born...

from Ron to Everyone:

Ok again, I see the self's seeking itself as testifying that it is real, like it has to constantly pinch itself to tell itself "yes I am here, I'm real" -- the dynamic feels like a constant threat to its employment

from John to Everyone:

If the witness is sourced in something vaster, is the witness this 'vastness' or is it the smaller aspect that does the testifying? How could it be both, which I'm hearing in the language of our last class? Is the witness the presence, or is the witness the interpreter?

from Soudabeh Azizi to Everyone:

It is so deeply habitual that it needs a new habit to be born via meditations ...??

from Ron to Everyone:

Yes but the witness can turn meditation into just another narrative. I think it depends on what you mean by meditation

from Ron to Everyone:

Yea it's not a dumbing down of knowledge!

from Soudabeh Azizi to Everyone:

a meditation that touches the timeless ...

from ken mckeeon to Everyone:

Allow the witness to be transparent. Space is the allowing non dimensional presence.

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from haywardf to Everyone:

while it is difficult to not take a position, perhaps we can see position is being assumed and not take it so seriously as the truth

from Soudabeh Azizi to Everyone:

yes. that is itself a huge freedom ...

from Michael to Everyone:

Is the witness both awareness and the content of awareness?. As if the wit mistakes its witticisms for the root of intelligence?

from ken mckeeon to Everyone:

All the "my's" don't establish anything, including itself.

from Soudabeh Azizi to Everyone:  
logic is in the realm of duel and position...

from Eliana Kalaf to Everyone:  
If I bring awareness inward, I can see a holding back together with the frustration, so seeing it I can release it.  
Turning inward makes it possible to fuse the witness with space.

from ken mckeeon to Everyone:  
Arising witness fails to note its arising, not knowing prevails.

from Soudabeh Azizi to Everyone:  
when I remember that whatever shows up in awareness is the awareness taking that form... then it is all apparent that there is no duality of I and the appearance..., but often I forget this amazing truth ...

from Michael to Everyone:  
I felt the desire for a comfortable nest in which to rest. Too bad that the nests we build soon feel like a cage.  
The desire to be able to fly seems to follow from the limitations we build around us. It's a welcome prospect that the witness we've confined has a natural affinity with the aliveness that is never inherently stuck in our constructs.

from Philip Gold (privately):  
My feeling was that: the billion barriers shivered a little, and showed their softness and I trembled very slightly at the prospect that 'being' is really much more, much freer than I usually live it.....and perhaps this freedom is freely available and very near

from Karin Tommack to Everyone:  
If we always could see our reality as a bluff, we didn't have to believe it. Being in contact with frustration and pain - It is hard to see the bluff.

from Ron to Everyone:  
I like your magic trick analogy. We think we are going to be more present, meditate or focus or whatever the method might be but since we don't know what to look for, we still get tricked

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from Ron to Everyone:  
Very nice Philip!