

Chat Notes: 9/20/15

from David Filippone to Everyone: Look up and draw in deep breaths... it clears the head, opens space, makes room for a fresh perspective, whatever arises has a pristine feel, like a breath of fresh air... the sun dappled leaves seem particularly green, bright, my feelings well up to greet the colors...

from Karin to Everyone:

Feeling alive - appreciating breathing - being.

from Eliana Kalaf to Everyone:

Taking a deep breath and opening space to relax, I can feel the sensations of my body more vivid and the voice of the thoughts fading away. This relaxation expands awareness to include the inner part of experience and I am able to watch the body and mind.

from ken mckeon to Everyone:

Feel if a concern showed up, I would respond with: Let's see.

from haywardf to Everyone:

opens the position and perceptions of the self

from klaus noldes to Everyone:

I think there's an important transition from "my" being and Being

from John to Everyone:

I get a sense that Being is so profound that it transcends the life or death level

from klaus noldes to Everyone:

It's amazing that the TSK Vision has to come too us, looking quite difficult, to show us that it's all not complicated at all.

from ken mckeon to Everyone:

Vision is us too.

from Michael to Everyone:

I wonder if the uniqueness of Time, of Space, and of Knowledge from one another, while all present as Being, is similar to the relationship of our individual human being with that greater Being. Perhaps just as time, space, and knowledge don't mix into one another, we are most ourselves when we are completely ourselves--open, alive, present, dynamic--but grounded in our own presence in the world ?

from Ron to Everyone:

Bye