

## Chat Notes – January 12, 2015

from Eliana Kalaf to Everyone:

It seems to me that when comments and discursive thoughts arise, the aliveness of experience fades. When the mind is open and free of thoughts it is possible to be more connected to what arises.

from David Filippone to Everyone:

Looking at the windblown palm tree silhouetted by clouds and the greenish-blue color of the Gulf of Mexico, feeling the split of me as an observer of the scene as I felt my body, then dropping the positioning and just being clouds drifting and palm leaves moving...

from ken mckeeon to Everyone:

Subjective experience- experience of me as close at hand-seems highly excited, mutable, whereas the outside standing world is much more being as there and relatively constant.

from Soudabeh Azizi to Everyone:

What Hayward shared is what in mindfulness is called stillness (of the Awareness) and the Movement (of the mind) are happening at the same time.

from Michael (privately):

It seems that the image of myself observing is just as tenacious as anything I can posit as existing outside myself. As long as I am concerned with my reputation, my happiness, and my survival, the world is a construct of convenience, of little importance apart from my investment in what I perceive I might be offered.

from ken mckeeon to Everyone:

How can I use this to establish my appearance?

from ken mckeeon to Everyone:

This is anything that attracts me.

from ken mckeeon to Everyone:

Yes.

from Caroline Sherwood to Everyone:

Does 'appearance' here also mean existence, identity, reality?

from ken mckeeon to Everyone:

That seems to be the aim.

from Michael to Everyone:

Descartes's maxim, "I think, therefore I am", deconstructed:

from Michael to Everyone:

I know, therefore I am---I know & I am---knowing & being