

Chat Notes: Feb 1, 2015

from Soudabeh Azizi to Everyone:

"I will throw word and sound and speech into confusion, that without these three i may converse with thee.
Rumi

from klaus noldes to Everyone:

It's like put on the brakes on a rushing car. A sense of friction arises along with a momentum of mind's flow into the direction of thinking.

from Caroline Sherwood to Everyone:

Finer levels of movement become apparent. Sounds become much clearer.

from David Filippone to Everyone:

What happens if we intend to "be still"? I react by taking deep breath, look away, widen focus to include all sensing, I feel everything, my breathing steady. Just doing that is calming, it creates space in the mind, room, it's an expansive gesture. Surface mental activities trickle down... I become feeling based, less thought based...

from Eliana Kalaf to Everyone:

In silence it is easier to watch the movements of the mind and the drive to label and interpret the experience.

from Soudabeh Azizi to Everyone:

This stillness.... is like a boundless, silence ,yet awake and alert and alive, with no specific s in view ... restful ...

from Caroline Sherwood to Everyone:

internal sensation and of the mind

from John to Everyone:

Like the space around and within thoughts, now the silence around and within thoughts - and phenomena. I've often thought about how the predominant nature of the universe is silence.

from Center for Creative Inquiry to Everyone:

A few deep breaths and then a slowing of thoughts, beating heart, it feels gentle and calm, then the thought, the breath takes it away.

from philipg (privately):

I am literally in a very noisy place but the silence is surprisingly possible even so and the surrounding noises do not interfere with the expansion of my mind into space and the slowing down of naming.

from Michael to Everyone:

Sitting with my eyes closed, I found some sounds relaxing (the sound of wind outside, the walls creaking, seem to invoke an open world), rumbling in my gut very close but easy to incorporate into a sense of wholeness, like the meowing of my cat, the chiming of a clock in another room). Hardest were Jack's words, after I was trying to disengage from a busy world--because they called forth the engagement of meaning and the mental activity that entails). Peaceful feeling seems to correspond to the sense of freedom to flow outwards and inwards without delineations intruding.

from Ron to Everyone:

Felt like a nourishing womb free floating

from Ron to Everyone:

Too much fixation on stillness. Maybe overrated?

from Ron to Everyone:

Then thinking and thoughts become the evil enemies. A lot of hidden tension to maintain a contrived and forced silence/calm.

from Soudabeh Azizi to Everyone:

Isn't it true that to bring this inner silence, one needs to familiarize themselves with this state via practice? No amount of understanding will bring this familiarity into experience ...

from Ron to Everyone:

That's a tricky phrase

from Ron to Everyone:

Monastics have a great challenge let alone with us moderns/secularists

from John to Everyone:

Reading the TSK books and deepening understanding also takes 'effort' and time and practice

from Ron to Everyone:

That phrase "direct experience" is vulnerable to superficial applications.

from Ron to Everyone:

Sounds like knowledge is watery and fluid so tuning in is like staying with the fluid quality of knowing which freezes into names/identities