

Chat Notes: April 10, 2016

From DavidFilippone :

As the center of experience, I become aware all things relate back here to a felt sense or reference point. In this moment a an open sense of hearing, the feel of my body in this chair, the slight chill of air on skin, visually, the feel of colors outside of sky and trees excite my interior.

From Lili :

With the I at the center there is a sense of observing everything and wanting to control what is happening

From Bruce :

Everything was pervaded by the oil of 'am-ness'

From Acer E1 :

it's a certain knowing quality.

From Bruce :

There is an exercise (in Judith Blackstone's "Realization Process" work) where you feel the 'self' (as a quality or feeling, not an idea) in each part of your body, inhabiting that part, and then near the end of the exercise as pervading the whole body at once, and finally as continuous with and inhabiting space that pervades everything. My sense of the taste of 'am-ness' throughout my experiential field was my way of talking about this general feeling of self in/as all things. But 'self' here is not meant in the sense of the bystander. More as a sense of open, pervasive contactfulness and intimacy.

From Michael :

Maybe the self's lack of extension in space motivates it to be a traveler: reaching out to embrace empathetically a larger realm that it can confidently claim to occupy. Perhaps the self's homelessness allows it to be genuinely interested in what it doesn't personally know. Like a child looking through a shop window, marveling at the displays and the unobtainable treasures of another world.