

13 – The Sacrifice of Health (Super Life)

- [sinhog](#): phone good now
- [mollymidway](#): we're 3 minutes into the show
- [silverdale](#): I am on-line now.
- [mollymidway](#): howdy silverdale
- [simmontemplar](#): Welcome Silver !
- [silverdale](#): ditto ..
- [lost_horizon](#): Hi, ho, Silverdale
- [mollymidway](#): lol
- [dosts](#): to be able to handle more...to become lightning rods in a shamanic sense
- [piandjo](#): The path of unity is being suggested-- the burning away of separate "parts" or functions and replacing it with One Being.
- [lost_horizon](#): "burning away" implies a permanent change, burning your bridges
- [silverdale](#): Well stated - Piandjo ...
- [dosts](#): stripping away the ordinary to make space can be excruciatingly uncomfortable.
- [mollymidway](#): Nijinsky would agree with the dosts here
- [piandjo](#): will go to spelling school again!
- [sinhog](#): forced him to dig ditches
- [simmontemplar](#): Q: Does this "super effort" has to manifest in physical activities? How does this applies as well to the emotional and intellectual centers?
- [piandjo](#): He had C.S. Knott dig ditches too.

» Simmon, the super effort is the one that fuses these previously disparate functions (so it seems).

- [silverdale](#): The form of supper efforts change over time in accordance with maturation of understanding and progressive development.
- [simmontemplar](#): yes, ...not clear though in the real acts of the machine
- [dosts](#): it comes from the invocation
- [piandjo](#): yes, silver, the effort changes and morphs. Constant and constantly changing.
- [dosts](#): invoking often
- [piph](#): non-expression of negative emotion
- [dosts](#): and comprehending exhaustion
- [susankester](#): tapping into the stream
- [dosts](#): and invoking often» that's an important key
- [piph](#): that is a good one, iven, i agree
- [dosts](#): one must learn how to make invocation override the intensity of all other states (including exhaustion)
- [simmontemplar](#): Thanks Piph, so it seems that in the emotional aspect we make an extra effort not to manifest our negative emotions
- [piandjo](#): complete surrender

- [simmontemplar](#): There is this intention to apply extra attention to the practice of that aspect
- [piandjo](#): thx for this, David!
- [susankester](#): you can bring your energy up to meet the flow of the energy stream
- [mollymidway](#): you won't need negative emotions--the invocation will consume them in one gulp, plus you won't have the energy to waste on any manifestations except those required; you may feel suddenly energetic
- [dosts](#): very true molly
- [mollymidway](#): ty
- [piandjo](#): nice , Molly
- [mollymidway](#): (i still think it's easier to do this kind of stuff when you're young--like 20's and 30's...but maybe i've just become afraid)
- [sinhog](#): true Molly ,, ()
- [Pro markroche](#): Have been listening while doing stuff, and have to go now, but wanted to say that this seemed like a particularly good session. Thanks.
- [mollymidway](#): wind and water still operating thought to wear those things down, the fears and stuff

» though*

» self observation and the things silverdale was mentioning

- [sinhog](#): ya ,, I meant , it has become harder to do ,, now that I am old ,, Not that You have become afraid ,,
- [ape2angel](#): oh, joy!
- [piandjo](#): Could George's explanation and Ive's addendum(or a condensation of it) be posted on Wingsofchaos?
- [mollymidway](#): well i am afraid. not foolhardy and afraid i was when younger...so i have to realize the day to day work of self observation happens even though it is less dramatic
- [ape2angel](#): it's easier to think you know what you want to do when you're young, Molly
- [mollymidway](#): yes
- [lost_horizon](#): I feel like I've wasted too much time, so the thought of missing opportunities is the greater fear for me now
- [mollymidway](#): well maybe it's we're like a guitar string...life plucks you, and as there is a vibration ...
- [piandjo](#): Lost, E.J. said it is never too late, as long as we start right now.
- [mollymidway](#): then it's alive and there's music?
- [lost_horizon](#): thanks, Piandjo... just saying, I'm motivated
- [mollymidway](#): here you are. Lost Horizon
- [dosts](#): like a baby in bathwater
- [mollymidway](#): yes. i also remember ej saying to people to practice "staying in present time" just the present
- [piandjo](#): Lost--me too, white hair and all..

- [mollymidway](#): when remembering what you had for breakfast, or the argument you might have had earlier--he would just remind people to "move into present time" just dismiss the rest for the duration...or the invocation or whatever the context is
- [lost_horizon](#): thank you, that makes sense
- [mollymidway](#): duration of the invocation, I meant
- [sinhog](#): Thanks all
- [ape2angel](#): so you put yourself out there in some process that you enjoy and stay in it for the duration
- [silverdale](#): Thanks David & Ivan for hosting us this evening!
- [piandjo](#): great session, everyone. Thanks. Learned a lot.
- [dosts](#): thanks ya'll
- [ape2angel](#): thank you; bye!
- [mollymidway](#): Nijinsky is a dead guy, no?
- [piph](#): thanks all
- [lost_horizon](#): Thank you, David and Iven
- [mollymidway](#): ty all for coming
- [lost_horizon](#): lol molly.. yes, by now for sure
- [sinhog](#): yes,, Nijinsky is gone
- [lost_horizon](#): wondered about him off and on since I first heard of him
- [mollymidway](#): beyond the beyond
- [lmwi](#): Yes, it evened me out, thanks
- [dosts](#): we're still here and hearing it
- [piandjo](#): thanks, George, for posting the your comments.
- [pathworld](#): Thank you all
- [lost_horizon](#): Hi, Path
- [vadere](#): thank you
- [susankester](#): Thanks, goodnight
- [lost_horizon](#): Sinhog, something occurred to me
- [sinhog](#): ?
- [lost_horizon](#): you commented on my synth playing

» you could have been hearing Matt

- [sinhog](#): y » no ,, I am sure it was you on piano , that I meant
- [lost_horizon](#): the guitars were both on synth I think» ok
- [sinhog](#): I know
- [lost_horizon](#): thanks again, then
- [sinhog](#): kk
- [lost_horizon](#): I'm going to have to revisit tonight's show on archives, it bears another listen