

3<sup>rd</sup> May 2021 From the email: the dialogue will lead off with this question: What immediate strategies can we use, while being buffeted by the 'shadow', to 'unite' to find kindred spirits?

18:00:10 From Paul: SMN : From the email: the dialogue will lead off with this question: What immediate strategies can we use, while being buffeted by the 'shadow', to 'unite' to find kindred spirits?

18:04:05 From Linda Carroll : Yes Steve, I agree.

18:05:01 From Denise Gurney : Socrates cafes are non religious - we meet online because we can't meet in person

18:06:54 From Denise Gurney : well said Sylvia

18:07:04 From Paul: SMN : From the email: the dialogue will lead off with this question: What immediate strategies can we use, while being buffeted by the 'shadow', to 'unite' to find kindred spirits?

18:13:02 From Ghislaine Young : It's head heart and gut. All functioning coherently

18:14:23 From Linda Carroll : I'm very encouraged by Colin Tudge - The Great RE-Think. His four dimensions as integrated with the metaphysical realm.

18:15:03 From Rowena Fairbairn : Two ears and one mouth. listening / speaking.

18:16:54 From Barbara Jikai Gabrys to Paul: SMN(Privately) : Shall we start a dating site for kindred spirits? (my sarcastic joke...)

18:20:07 From Judy Hanmer : Leonard Cohen?

18:21:28 From Francis Standish : Broken: a breakdown of sets of assumptions/reality/ perception of the world, which then enables a breakthrough.

18:21:31 From David Simpson : the mind / ego loves watertight schemes

18:22:28 From Barbara Jikai Gabrys : Sorry I can't find the function 'raise hand'. But the matter of ego is not so simple - how can we function and earn our living, for example? I'm coming from Zen's no-self. My personal view is that we have to know ourselves inside out, be no-self and/or ego when appropriate.

18:22:58 From Sylvia Clare : riumi - the wound is where the light enters

18:23:08 From Francis Standish : "Your pain is the shell which encloses your understanding."  
Kahlil Gibran

18:24:48 From David Simpson : we need to be able to stand beside our ego, to respond, not react

18:25:23 From Linda Carroll : We must define the type of ego that can function in the everyday world. There are different kinds of ego

18:26:11 From Linda Carroll : Ego monitoring, regulating and managing.

18:27:03 From Linda Carroll : Yes, agree with Sarah. Service

18:27:10 From Judy Hanmer : That's really useful, Barbara. I have been worried by sessions about meditation which suggest that we should give up our ego altogether. My ego is what helps me to function in normal life.

18:27:59 From Denise Gurney : I agree Judy

18:28:57 From Linda Carroll : I think we need to imagine ourselves as multi-dimensional and can move with ease between the different levels. Ideally the metaphysical informing and influencing our thoughts and behaviours.

18:29:09 From David Simpson : perhaps switching between dual and non-dual awareness

18:29:25 From David Simpson : ego has a lot of baggage

18:29:55 From Linda Carroll : Maybe the ego as in different mansions of being and being able to identify where we are operating.

18:30:23 From David Simpson : non-attachment to the "empty" self

18:30:36 From Linda Carroll : Every encounter is unique and requires varying responses.

18:30:37 From Chris Todhunter : How about 'individuation'. Who knows about that?

18:31:13 From Linda Carroll : Hi Chris = do you mean in the Jungian sense of individuation?

18:31:21 From Chris Todhunter : Yes

18:31:46 From Judy Hanmer : Jung suggests that we need to develop a strong ego in the first half of life, but later we need to grow into what he calls the Self (with a capital S) which is a much wider concept.

18:31:56 From Ghislaine Young : We are the pearls held together on a golden thread. The pearls are the changing attributes but the golden thread is unchanging True Self. Rather than evolving do we uncover the eternal thread?

18:32:10 From Linda Carroll : Thanks Judy, yes I agree.

18:32:17 From Rowena Fairbairn : Are we splitting wisdom and knowledge ?

18:33:42 From Linda Carroll : Maybe we just need to 'back-off' and choose an appropriate time to re-engage.

18:34:01 From David Simpson : compassionate listening - not judging and labelling

18:35:12 From Linda Carroll : Yes Leila, the 'executive' function of the ego - thank you.

18:37:43 From David Simpson : wise words

18:39:02 From David Simpson : I used to think I had bpd - I now think they were just a succession of "dark nights"

18:40:49 From Linda Carroll : No - it's Noble aspiration Suzanne.

18:41:28 From Linda Carroll : Yes Steve, approaching it from the right intention.

18:43:24 From Francis Standish : Where does the 'need' to convert people come from?

18:43:34 From Linda Carroll : Perhaps the ideal is the journey towards understanding where different people are at various stages but we must have an aspiration towards which we can measure our progress.

18:45:18 From Ghislaine Young : Yes Francis I agree? Let's be kind rather than right!

18:45:28 From Judy Hanmer : Agreed Linda. One can learn a lot from people who think differently. I often feel that each person I meet i

18:45:48 From Judy Hanmer : lives in their own little world.

18:46:06 From Linda Carroll : But the term 'conversion' isn't an appropriate word. It sounds a bit dogmatic. We hope to persuade.

18:46:32 From Tanya & Armando : I aspire to inspire.

18:46:53 From Linda Carroll : Yes Tanya - great

18:47:07 From David Simpson : we seem to be kindred spirits here

18:47:23 From Paul: SMN : From the email: the dialogue will lead off with this question: What immediate strategies can we use, while being buffeted by the 'shadow', to 'unite' to find kindred spirits?

18:47:28 From Francis Standish : If you try to persuade, you are already dealing with resistance, non-acceptance.

18:47:35 From David Simpson : how do we avoid preaching to the choir?

18:47:56 From David Simpson : reaching out to the "don't knows"

18:48:11 From Linda Carroll : Yes Yohance, we need to identify that phrase.

18:48:25 From Judy Hanmer : People who are on the same wavelength?

18:48:49 From Sylvia Clare : exactly davis simpson

18:48:55 From Linda Carroll : It may be essential to attempt an understanding of what we mean by the 'Spiritual Realm'

18:49:31 From Sylvia Clare : is it not conversion - it is education , awakening - compassionate living

18:50:02 From tess : in Rumis words, I will meet you in the place beyond right and wrong..... amongst the numerous perspectives.

18:50:24 From Barbara Jikai Gabrys : I love this quote!

18:50:50 From Sylvia Clare : exactly that place -- but a place of kindness and compassion for all other living things

18:50:58 From Sylvia Clare : got to go now people waiting for me xxx

18:51:34 From Linda Carroll : Yes, our relationships to ALL sentient beings. Thanks Sylvia.

18:52:51 From Barbara Jikai Gabrys : What is another?

18:54:54 From Linda Carroll : 'By our fruits' they will know us - I agree with Clare - All we can do is be examples of what we believe is important.

18:55:03 From Yohance Osborne : Yes Linda

18:55:11 From Yohance Osborne : Being examples is key I think

18:55:52 From Ghislaine Young : Yes Claire agree

18:56:15 From Tanya & Armando : Loving as well as pragmatic @ Clare

18:56:22 From Barbara Jikai Gabrys : Claire can you be my 'mother', too?

18:56:38 From Rowena Fairbairn : Unconditional love and tolerance are very helpful.

18:56:52 From Francis Standish : I find this a real expression of love (acceptance) for your son Clare.

18:56:55 From Ghislaine Young : Politics is forced into binary thinking

18:58:50 From Linda Carroll : That's why 'relativism' is the avoidance of responsibilities.

19:00:03 From Barbara Jikai Gabrys : I'm wary of converting people. In my tradition we say 'when the teacher is ready, a student appears'. 'When the student is ready, a teacher appears'.

19:00:25 From Linda Carroll : That's why grassroots organizations are so important.

19:00:56 From Judy Hanmer : Yes, I agree Barbara. People cannot hear until they are ready.

19:02:13 From David Simpson : the master was ghandi

19:03:15 From Paul: SMN to David Simpson(Privately) : Thanks

19:04:22 From Tanya & Armando : What has helped me a lot, is learning about and being very aware of the concept of spiritual one-upmanship, which I heard about from Alan Watts (Armando)

19:04:48 From Ghislaine Young : Isn't it about finding commonalities and working from there? Seeing the truths we share together? It's too easy to fall into binary thinking eg you wrong me right. As in allopathic medicine can work happily with complementary therapies

19:05:13 From David Simpson : I always think we are like a peat fire burning unnoticed beneath the surface

19:05:40 From Linda Carroll : Oh, I love that, thanks Suzanne.

19:05:51 From C.M. Chantal Toporow : thank you Suzanne

19:05:59 From silviakogan : Thank you Suzanne. Interesting perce

19:06:21 From Monika Kaniewska : Thank you Suzanne it was absolutely brilliant!

19:08:37 From Rowena Fairbairn : Life is 10% what happens to me and 90% how I react to it - Charles R Swindoll.

19:10:29 From Linda Carroll : The Kabbalah is a very helpful guide to the various contexts

19:11:11 From Rowena Fairbairn : Yes, doing rather than talking feels much easier for me.

- 19:13:00 From Linda Carroll : A focus, a target, an aim may be linear whereas we need an integrated image of the whole.
- 19:14:39 From Suzanne Taylor : Mine: We have to change our worldview to where we care about each other as much as we care about ourselves.
- 19:14:52 From Suzanne Taylor : Lex hixon: years before he left us:  
“A coalition already exists in spirit. It is coming together now in the social context by the attraction of its unconventional intelligence and compassionate form of high-mindedness. This natural coalition is drawn together by the recognition that the elevation of consciousness is our fundamental life work. This is a genuinely democratic, self-organizing force, flowing through persons of all descriptions. This force does not flourish as any highly structured form. It is not an institution or a foundation or a non-profit company or anything conventionally named. This coalition is a living organism -- natural, wild, free. It is made up of individuals devoted to serving the world and developing themselves as finely tuned instruments of service. They learn to gather in the energy of will-to-good, from which authentic goodwill flows out subtly to the entire world.”
- 19:15:38 From Suzanne Taylor : Tim Shriver: “The call to unite is not an event. It’s not a book. It doesn’t belong to a group. It’s a voice sounding inside of us. In very crisis, if we listen to our hearts, we can hear the call to unite. It’s what invites us to hope. It’s what guides us to love. It’s what sustains us on the journey to justice.”
- 19:16:11 From Linda Carroll : Maybe a 'good' ego is one informed by an integrated perspective on 'reality'. So an ideal fluency of moving between spheres is a huge advantage. Trying to see the bigger picture all the time.
- 19:17:02 From Suzanne Taylor : Typo fixed for Tim Shriver: “The call to unite is not an event. It’s not a book. It doesn’t belong to a group. It’s a voice sounding inside of us. In every crisis, if we listen to our hearts, we can hear the call to unite. It’s what invites us to hope. It’s what guides us to love. It’s what sustains us on the journey to justice.”
- 19:17:44 From Linda Carroll : Great analogy, thanks Gabriel.
- 19:19:27 From Linda Carroll : But then the fascination and awe etc that may encourage the quester along the way. The joy of journey.
- 19:23:52 From Linda Carroll : I LOVE that - 'Spiritual Guide' thank you Paul.
- 19:27:21 From Francis Standish : righteous anger?
- 19:31:45 From Linda Carroll : Why, when and How
- 19:33:46 From Linda Carroll : Or when we consider the earth and all beings as sacred.
- 19:34:29 From Francis Standish : Jesus intervened because had very clear values and boundaries.
- 19:34:58 From Leila Yazigi/Jeantelot : Love and light to all
- 19:34:59 From Linda Carroll : Thank you Paul and to everyone. Good evening to all.
- 19:35:14 From Chris Todhunter : Thank you Paul
- 19:35:16 From Monika Kaniewska : Thank you for a great evening!

19:35:21  
everyone.

From silviakogan : A very diverse discussion this evening. Thanks Paul as ever. By