

June 28, 2023 - Wednesday Night Zoom - VS 8 & 9

Post by "Kalosyni" of June 28, 2023 at 9:58 PM

I want say thank you, to everyone who showed up tonight. It was a very good discussion, with a total of eight members attending.

A further thought regarding VS 9, perhaps this is something of a "remedy" that you say to yourself over and over.

I particularly like this translation by Saint-Andre:

"Compulsion is a bad thing, but there is no compulsion to live under compulsion."

The only way to find out if it works or not is to try it. For example, I want to stop drinking coffee, so I could try for a few days repeating this to myself and see if it somehow actually helps me become more aware and able to choose. But realistically I need to have other options lined up, so that I know what to drink instead of coffee (I have several kinds of tea that I can drink instead).