

Mirrored as kindness

Love,
k
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26 Wimbledon Way,
San Rafael, CA 94901
415-336-7951 cell phone

Long kindness

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may by vow
not desire

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BUUU - Fuku, Awa

Transmitted element

I think that they talk of
curses + blessings -

another form of misfortune
because of $c + b$

any lie is a curse
any truth toward ~~liberty~~ B

When people caught in
something, it's a curse -

might be shame

There's something wrong w/ you

Person believes
shaman lists: Days

All a shaman does in business

That's all religions -

not about truth

When my first work do this
I have to job search every day now
Love, Karen
Would create karma & situations

On 8/20/07, Katrinka McKay < > wrote:

Thy w/ Paul at that I'm
My ego fragile - I was
afraid

-----Original Message-----
From: Karen Schaser [mailto:]
Sent: Friday, August 17, 2007 11:39 PM
To: Katrinka McKay
Subject: Re: wonderful

okay, i will check it out. had a glorious morning, re-meeting up w 2 wild wonder women, one's a writer, and then I went swimming with a new friend, Elaine before I began my full weekend with the babies of myself. the shells are white water rafting, and I plan to take babies to a meeting tomorrow for their outing with me. :) I got clear that I must seek new job as top priority. living on \$300 week isn't resolving my financial issues....then 2nd is to take some action with my sisters. communicating however i am going to do it.
how are you faring?

When that thy w/ Julia happened
all my shame collapsed on
me - I was in hell
I walked around in hell and
grew

On 8/17/07, Katrinka McKay < > wrote:

-----Original Message-----
From: Karen Schaser [mailto:]
Sent: Wednesday, August 15, 2007 9:19 PM
To: Katrinka McKay
Subject: wonderful

I hid my shame, my & hidden

Hy, Kat,
wonderful hearing your voice, i misse d your call by minutes. darn. I'm working on communication part o f step four. a lot around my sisters coming up and i see my therapist in CA for first time while in CA tomorrow at noon. Call or write to instruct meon m y part of talking to you on skype. thanks

If you go down to new world can
meet people & show which says
with you I'll that person so out of
me - I'm so /gully

9/14/2007

People don't
even try to understand
understand precepts - that
are rules. They try to
understand from scientific
point of view objective reality
they think precepts are
rules for behavior and society
That's true from ego point
of view but whole picture
is soul / spirit -
are windows to higher
mind - that's understood
now - not quite of course
but what can be done
we live in a world

where everything should be like
Precepts and like children
play. I ~~is~~ ~~is~~ looking, it
do not lie what mean?
When nothing under
at all - you become
completely transparent
intensity
You not there
The way you're there
is by lying
and ~~is~~ ~~is~~ to be aware
of lies

Most important thing to
be mindful of
how we blame, use
others - 7th precept
- do not put down others
by praising self -

Most people never aware
of how they blame
all the time - in social
workings

Then whole thing about
lying - self deception

Teen students trying
to be mindful of Joels
and not aware of
blame & lying

When Jack course w/ Ken
McCloud gave me a logan
"Drive all blame into
one" and I saw a flame
all over - saw how
mind works - nothing
is not so belittled
and says

As soon as you believe
what you think what
Say, you don't understand.

Koji alone was staying

and he begged me to remain t

this Norwegian
already was taking a shine t

and was flattered that he wa

but I wouldn't have passed u

for anything. He argued tha

wanted to get to know me bet

time. The schedule would be

offer was tempting but I tol

experience. Then he suggest

him and admitted he was conc

my back was getting better a

lugging all my bags across J