

# 1975-1025-Group-Meeting

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## Data Template

|                                |                                                                                                                                                                                                                                                                                          |
|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title                          | 1975-1025-Group-Meeting                                                                                                                                                                                                                                                                  |
| Recorded date                  | Oct 25, 1975                                                                                                                                                                                                                                                                             |
| Location                       |                                                                                                                                                                                                                                                                                          |
| Number of tapes                | Tape 1 is broken, need a repair kit. Have only tape 2, sides 3 and 4,.                                                                                                                                                                                                                   |
| Other recorders audible?       |                                                                                                                                                                                                                                                                                          |
| Alternate versions exist?      |                                                                                                                                                                                                                                                                                          |
| Source                         | Need.                                                                                                                                                                                                                                                                                    |
| No. of MP3 files               | 2 so far: 31 + 21 = 52 min                                                                                                                                                                                                                                                               |
| Total time                     | 52 min so far                                                                                                                                                                                                                                                                            |
| Transcription status           | 1st pass Auto-AI, Dec 18, 2024, Rev.Com                                                                                                                                                                                                                                                  |
| Working directory all versions | <a href="https://distribution.direct-mind.org/">https://distribution.direct-mind.org/</a> (need password)                                                                                                                                                                                |
| Latest version in PDF by title | <a href="https://www.direct-mind.org/pdf/">https://www.direct-mind.org/pdf/</a> Finished: <a href="https://selfdefinition.org/rose/">https://selfdefinition.org/rose/</a>                                                                                                                |
| Published in what book?        |                                                                                                                                                                                                                                                                                          |
| Published on which website?    |                                                                                                                                                                                                                                                                                          |
| Remarks                        |                                                                                                                                                                                                                                                                                          |
| Audio quality                  | Very muddy sound                                                                                                                                                                                                                                                                         |
| Identifiable voices            |                                                                                                                                                                                                                                                                                          |
| URL at direct-mind.org         | <a href="https://www.direct-mind.org/index.php/1975-1025-Group-Meeting">https://www.direct-mind.org/index.php/1975-1025-Group-Meeting</a><br>For access to this wiki or the audio files please send an email to:<br><a href="mailto:editors@direct-mind.org">editors@direct-mind.org</a> |
| Revision timestamp             | 20250626111436                                                                                                                                                                                                                                                                           |

# Notes

Database record created June 25, 2025.

This might be same as 1975-1025-1026-Intensive-Wash-DC-missing-tape

1st pass Auto-AI, Dec 18, 2024

Have sides 3 and 4 only. Very muddy sound. Auto transcript at Rev.Com.

Note: Date is similar to 1974-1025-Pittsburgh-Meeting-page-moved, which is What Is Thought.

Tape 1 is broken. Need a repair kit.

Tape 2, File 3 = 31 minutes: Sounds like a confrontation session. About 20 people. RR talking at minute 10. He is not close to tape recorder. Will need headset to hear. Transmutation of energy.

Tape 2, File 4 = 21 minutes: More group meeting.

## Transcript

### **Tape 1, broken (side 1)**

### **Tape 1, broken (side 2)**

### **Side 3**

Total time 31 minutes

Speaker 1 (00:01):

You can take each one of these persons them up and take a different point of view and the role they want play. They're trying,

Speaker 2 (00:21):

But

Speaker 1 (00:21):

You are up to this point. Get yourself into this situation. You what's in front of you is like a blank piece of paper and whatever you start, once you on, okay, just keep

Speaker 3 (00:57): Going. Yeah, but don't you think things have momentum including the influences on you? Oh sure. They're,

Speaker 2 (01:09): You can't control the momentum pushing you. Where you say you can't control the,

Speaker 1 (01:21): You say unable to control.

Speaker 2 (01:29): What force do you find to put up against? I don't. I understand. Consider myself very individualistic.

Speaker 1 (01:37): I consider myself in whatever. What do you want to do with selection of lifestyle that is compatible with

Speaker 3 (02:25): That? Sounds like momentum, right? Want to build up as a selection?

Speaker 1 (02:32): Sure. You can select it. The goal of going with knowing yourself, getting to yourself and to illuminate all truth, build momentum towards that and process and that's basically what this whole thing is.

Speaker 3 (02:57): Direction. Yeah, but let's not talk about potentialities what it could be. Let's talk about you right now. Would you say that you're different from most people in that your past doesn't affect your future? No, to a large degree. Any

Speaker 1 (03:22): Degree that's possible. It's not a matter of does it affect you more or less? My personal case affects me to degree. That's possible and that's the

Speaker 3 (03:36): Same

Speaker 4 (03:37): Degree as everybody else. Well, we came back to this idea of, well, you said something about people an wondering, you don't characterize yourself as doing just that. If you are taking things day at a time, looking for the lifestyle that suits your personality, are you aimlessly wandering or could you be aimlessly wandering except for some reason you think that you're doing something meaningful or controlled or purposeful? Could you be diluting yourself thinking that you're not aimlessly wandering when you really are just like everybody else? What difference does it make from state of delusion? Well, I don't dunno if it makes any difference to you. It makes a difference to me. If I'm interested in, I mean, once again, that's not

Speaker 1 (04:28): A part of the situation. If you are, you're not this kind of thing that you're or you aren't, are you really experimenting on trying to find this lifestyle? I'm trying to pick the different situations, different opportunities, best in this lifestyle. It's not a search for the lifestyle.

Speaker 4 (04:55): I know what the lifestyle is. Do you know who it is that's doing this? But do you know who this eye is? I don't think that makes difference

Speaker 1 (05:15): Should the thing is that it's being done and if you're fooling yourself or not. If you're fooling yourself, just by fact, if you're fooling yourself, okay,

Speaker 2 (05:39): Take that through. You think everybody that fool themselves, you couldn't fool yourself.

Speaker 1 (05:45): Other words is everybody on it? You can't realize if you're fooling yourself, you either realize, say you're fool yourself or you don't realize doesn't, it doesn't make a difference. Does it make a difference if you know whether or not you're being pulled by yourself?

Speaker 3 (06:02): Does it make any difference? If you're honest yourself, you don't know yourself is, yeah, I feel it. Make a difference

Speaker 1 (06:08): Because I mean knowing the difference whether or not you are, it's a matter of purpose. If you lose intention and you say you're fooling yourself intention, if you dunno

Speaker 2 (06:28): Way you what you thinks as they are, it's part of the game.

Speaker 1 (06:40): Change the consequences. Everything changes the consequences. Whether I, three times I get finger, which well, then she found out. I mean that's why I say it. Make a difference. If you intentionally fool yourself, you know it. Okay? That'd be something. If

Speaker 2 (07:14): Somebody thought that they were, they wanted to be, you think it would stand in the way that their thought they were like actual cancer. If you think you're a great wrestler already, you still have a goal. Your great wrestler. Do you think it stands in the way that you already have arrived? That station?

Speaker 1 (07:42): You're not there. Not there. You say you are there, you're,

Speaker 2 (07:50): Whether you know it or not, she's still in way. Other words. Whether you know, you know that you're fooling yourself or you're doing unintentionally or intentionally fooling yourself, the block is still there. Regardless of your motivation. That block is there. Well, each one of us gives definitions,

Speaker 1 (08:08): Situation. Each one of us has in that kind of situation, you could say, I say I'm your greatest, your definition greatest, greatest

Speaker 2 (09:01): Truth. The what? Truth and what you want the truth to be won't make what it's, and whether you fooling yourself purpose or intent doesn't matter. Fact, you not there.

Speaker 1 (09:22): Definition

Speaker 5 (10:16): You should

Speaker 1 (10:16): Know. Everybody knows what to do. Everybody knows what you have to do. Other words, there's always you want to do something. Right Now, I, they're saying to themselves, why can't I lose spirit? Well, you've got all whatcha doing this. Another person might be

(11:52):

No. I mean this is one of the big version in this business of the trans of energy. This is always a balance thing where you realize it's an irritation. Nature says reproduce, go back into the cemetery. Keep reproducing until you're useless. Back to the intuition problems that downhill. So you've got a tremendous thing to conquer there and it has to do with planning. Can you live in a situation what I married, married for others May the office, you have to do that. Engineering yourself and those hurdles that you overlook. And then of course if you spend a half hour meditation, then you get to a NAS meditation. I sitting at your, I'm talking about self A where if you could spend an additional hour, this require what you start.

(13:45):

You've got to adjust your diet so your don't to sleep. You got to yourself to the door hungry, so you hungry and in the morning and meditate for 10, four hours until 10 o'clock on an empty stomach. Whatever's necessary to keep your, these things sometimes require that energy, that desperation. Guided. Guided. Then in turn by a, that's good. Then the next thing is once this becomes easy to do, you have to be continually putting pressure on yourself to do more thinking, more reading, be more conscious, and then you have to know a flat foot and know that so that the, and I can't do it for you. I can't. What's inside your head say on half hour level do not exist down the river. The everybody wants action. They want to see something happen. We walk about a foot off the ground. Halo. Halo. What kind of you wear one day I drank.

(18:05):

Right? Right. You've got to know yourself. The thing is you got to sit down and you got to know first of all that I know how takes years, years for me to know myself. Inner out inside person. It took. Then it takes you quite a bit of fighting to say, Hey, now we got to hit this off. Let's set up a control board here with the light of here

comes this personality. I tell the girls, keep a big calendar. Every room in the house, psychological better foot picture could tell where theirs are going to come light on. So this is, but it's just like I know that I used to catch myself walking. I got sick. You only walk, so I got to look and I got up. (19:51): I could walk. Now I catch myself halfway down the street. Restless in everything you do, no matter where you load or who you with, you should break it. If you get into any type of path, you break subtle negativity take you away. Any place you're be attacking yourself. Oh hell play. Do it the next month, bring it. It's inevitable and everybody's doing it. Where do the kids go? Talk or record. Record. So it gets a habit. They, oh, meet people. Next thing, know the joint and of course nature's being fulfilled in a way because you get broken up and get pregnant and both of them are being tied. You can make pregnancy out of any situation. I used to talk to the back there in Virginia, transportation on jackass. I meet tired day on Sunday. Preacher church. They were Speaker 5 (23:41):

No worries.

Speaker 1 (24:03):

No, no. Don't ever try to fight yourself. Don't ever, don't ever try to. No way. I know attitude always. I'm always trying to correct. There's only one thing you can do. You aim truth, you cannot. I can tell you, you find yourself, I hope that search license, the book written too much. Giving people the idea certain path. I think your intuition will tell you that. Your intuition will tell you what you want too. You what it, you can't something. The only thing a person can do is find out, yeah, okay, what height?

(26:55):

In other words, a state of mind you have to follow path. You go into the woods and you come to a for in the road and every path. That's another for that, for has another. For each one of these ports in the road, you have to make a decision. Say, I'm going to follow this. Bring me, can't take both ports. You can't take both ports in the road. So everything we're talking here about can we lead spiritual from pot on the road becomes a pot philosophy, road and philosophy, musical path musician. How is that going to work? On my Phil thing, you may have to take a choice. Married sex,

Speaker 5 (28:17):

You about different state of mind. State of mind, Speaker 1 (28:31):

So much concrete, state of mind, state of mind, state of conviction,

(28:39):

Of perception. You can't help. It's a experience of mind place that I reached there. No mind. I saw the mine go before. You have to hold onto something I you have to hold mind state of itself. That is a of open up. Everything we identify with the is the is. Well, when I was young I thought that the mind wasn't, something couldn't be cut through the story or manipulated that it was impossible to control subtle subject lessons. But after a while you find have your mind is continually controlled and you can work to change that control impose a state of mind. You would be only at all the time. The mind itself becomes realize mine is a substantial and when you're first starting out, you don't buy.

## Side 4

Speaker 1 (00:04):

We have to decide which one, which state of mind we're going to hold on. Don't do anything. What are you going to say?

(01:18): Yeah, you do. When I started vegetarian diet carrot, but still I had an intuition that I actually something to the change to be I didn't want do. Only thing I do is try to do what scientific data, scientific data, hundreds of generations spiritual become. It would've jeopardized my, we've got to place that survival over. There's very little few times a year called upon the some guy they didn't raise the, they caught had made evidently spiritual. Had she not done that, then she might have suffered something affect personal. So consequently I think we have that. We have concept live future.

(03:34):

Yeah, but you see, I find this, that if you relinquish every temptation that comes up by virtue of the voice of fear, then that's what will be used against your spiritual path. Everything will be a challenge. Then you'll say, in other words, you'll go ahead. Just like myself, I went out to the desert, got a job out there, put up in the desert to meditate and first thing got a gun. My head, I don't, I figured the reason he put the gun off my head because he didn't understand I was too peaceful. Everybody else was drinking drunk. I'm a myself.

(04:26):

He didn't know what was going on. I knew basic motivation. I hadn't done anything wrong. I'd worked over, died on me I think for a long time. So consequently, whenever you start on a spiritual path will become something that natural vacuum and nature of affords the vacuum. Nature wants breeders, nature wants drunk and breeders. They can't get sober, you know what I mean? But anyhow, there'll be situations in which you'll be put in danger and I found that when I took that maybe, but whenever I took that path of retreat, then I was facing again.

Speaker 2 (05:21):

That's very private.

Speaker 3 (05:28):

Okay. Then at those times, do you feel as if there's something, some work that is required of you, you're going to push forward that you're going to require yourself?

Speaker 2 (05:37):

Yeah, I use

Speaker 3 (05:37):

That

Speaker 2 (05:39):

Meditation. What is that? Meditation. I'm just going over things that I've seen about myself. It's probably the only real meditation. Do you think

Speaker 3 (05:54):

You've figured out your own chief feature? You think other people have put the finger on it for you? Speaker 2 (06:00):

I think I pointed it out earlier, excessive talk. I'm not sure. I don't think that's that reason. The sound of your voice. No, I think maybe it's more of a herd instinct with type of a tape. No, I don't think it's the same thing. It's group type. Is that same? The same thing? I don't see it as the same way. You're in a group, you're amongst

yourself. Yeah, that's true. I think it could be a type.

Speaker 1 (07:23):

Yeah, I say what would you think of symptomatic? I dunno. I mean I could give you a hundred things, but they wouldn't help

Speaker 4 (07:40):

These meditations in the card. Did you ever think that maybe they were product of momentum and instead of conscious effort or did you ever try to not I used to sleep.

Speaker 2 (07:58):

I used to sleep. Time was wasted. I have 45 minutes shut my eyes, not sleep. I found out

Speaker 5 (08:13):

Say to the theory that for the degree of a person's spiritual desire, they have to have a offsetting the version that is at least as strong offsetting diversion. Could you give me an example of that? Well, I don't want to give you an example. What do you think of the idea that there's something that's pulling you away from wanting to know who you are that is stronger than what inside? You wants to know the answer and if you agree with that, what is keeping you from it? What would you say the counter desire is that forces diversity?

Speaker 2 (09:01):

I would say inertia rather than momentum.

Speaker 3 (09:05):

Isn't that something that you can work on at any moment? What's that? Overcoming

Speaker 2 (09:10):

Inertia? Yeah, there's rather comfortable, if I look at the purely materialistic point of view, I have a nice home and nice kids and nice wife and the whole schmear and that actually less pullback. The ball

Speaker 5 (09:35):

Is inertia the same thing? Oh, how do you combat laziness? Man,

Speaker 3 (09:46):

It's really tough because I think it's a voice and somehow you have to get the voice that wants not to be lazy. Stronger.

Speaker 5 (09:55):

Well yeah, but you just tell him that you said isn't that something you can work on? He said inertia. If you read that inertia said, isn't that something that you could work on at every waking moment like you knew? I think

Speaker 3 (10:07):

It is.

Speaker 5 (10:07):

Well, how do

Speaker 3 (10:08):

You do it?

(10:09):

I think the only thing you can do at the very beginning is just to realize, just wake up a little bit and realize, hey, I'm not doing anything. And maybe from that realization, I think it'd be automatic. Once you realize you wake up enough to the fact that here it is two 30 and I sat here at this desk for three hours. I don't even remember what I was doing 10 minutes ago. How you automatically wake up, you, I don't think you can push a button, wake up how you attempt to wake up. It might be an energy thing. It can conserve energy in your conscious moments. Is that your

Speaker 5 (10:53):

Answer to him? This guy is on the brink of disaster and you tell him that that's how to work. We is your

Speaker 3 (11:04):

No, the person's on a brink of disaster. I think he's more wide awake than any other time.

Speaker 5 (11:09):

Well, if he doesn't know, he doesn't know the reason I'm asking you sound like you really knew you had some insight into how to cope with inertia the way you were talking to him.

Speaker 3 (11:23):

Yeah. Well it's hard verbalizing. There's a definite feeling there. How do you do it? What mechanical things overcome it become? That's just it. I dunno. Whether do something mechanical, well, I suppose desire. Just desire. Then how do you about desire? You don't.

Speaker 4 (12:04):

You wait for it to strike. You got to remember what you're, there's also a desire opposing your desire.

Speaker 3 (12:15):

Strong voice. One of the voice is laziness. I don't think you believe it. Are you telling him to

Speaker 5 (12:21):

Wait to emerge from this bunk? Is that your answer? Wait for laziness to leave you.

Speaker 3 (12:29):

Is that be answered? That's not. That's a lack of desire. Then waiting. What if you, you're too lazy. Have the center. What if you don't have the capacity at this point? Maybe you're just desiring. I don't think there's anything you can do. Just wait. It's

Speaker 5 (12:51):

Kind a dismal state. Are you in that situation? No, I don't think

Speaker 3 (13:01):

You do. I want to get clear in my head. How are you getting clearly How what am I doing? What mechanical thing you doing? More physical labor. How? I don't know what the mechanics of it are. All I know is that it does help. What results have you seen? I think I'm a bit more clear. How clear

Speaker 5 (13:49):

To change that

Speaker 3 (13:50):

Apparent. It is strange because it goes back the fact that I think I'm able to do more work. Maybe that's just being more aware that I have something to do. What's more work? What do you do? Walk. Well, it like for instance, I just got a job and for me it's putting in a full seven and a half hours a day instead of just putting in three hours or four hours one day and the rest of it going down the drain. Just gotten there really trying to fill up those hours with activity. Why do you think that having a job is more beneficial than eight hours of meditation per day or using all your time? I think you have to be balanced if you do anything to excess, whether it's physical labor or just sitting and then you'll just drift off. Have you ever done anything to excess? Yes. Such as? Such a city? You done physical work there? No, I haven't postulating. That would be, I'm trying it out. I don't want give it a try. What doing? I just told you. Trying to get a full, you

Speaker 5 (15:07):

Mean the basis of his physical work? Yeah. What physical work are you talking? Oh, it is your extreme

Speaker 3 (15:13):

Physical program. What program do you have to get this chance to try to? You mean by potential, your potential extreme physical. How far are you pushing yourself? You mean right now? Oh, okay. Well let's say getting up at seven, walking to work, walking back from work, doing physical labor as opposed to sitting in a desk as much as possible. So that's the extreme amount of physical, kind of physical labor. Oh, shifting boxes around stocking shelves, scraping paint, removing rust and all sorts of stuff like that. As opposed to pushing a pen or reading a book. What do you do?

(16:05):

Oh, let's see. I cook dinner, I go to the store. You guys go every night? No, about three times a week. Cook dinner. I often take a walk. Do take a walk. Often if you take a walk as a system or as a system. Four or five a week. I feel tired. You feel that that extreme is more beneficial than the other extreme? Yeah, I think it is. There's levels of extreme in your case levels. You can do jury then. That's not extreme. No. Your words, it's not mine. Well then maybe there's more things you could be doing. Yeah, sure.

Speaker 5 (17:45):

You desire to sit more than you desire to

Speaker 3 (17:47):

Run. It's just conflicting voices. One voice stronger than a voice that wants to pursue the more spiritual life. Yeah. But are

Speaker 5 (17:53):

You content with that?

Speaker 3 (17:54):

No. What doing you going to try to walk six break. You ever try running one? Yeah. Yeah. I've tried it. Not very much. It's really tough. Do you think it make a difference? Yeah. Yeah. Especially it is really demanding, I think. Do you desire to run that? No, I don't. That's just it. And not desiring to run means that I might have a very little voice saying run in very big voice saying you're too tired. So going back original thing you just say you got to wait until that little voice gets there. I think part of it's waiting.

Speaker 5 (18:50):

Can you experiment with that voice though?

Speaker 3 (18:52):

Yeah, sure.

Speaker 5 (18:55):

In what

Speaker 3 (18:56):

Fashion? Well, how would you experiment with trying to raise up that voice or uncover that voice at a different time of the day?

Speaker 5 (19:03):

Yeah. Did you ever think though that maybe the best way to experiment with it is to run whether you liked it or not and just keep doing

Speaker 3 (19:11):

That would imply that that voice is already larger

Speaker 5 (19:13):

Than No. That would imply that you're trying to, you're doing something physical to combat that voice. A voice.

Speaker 3 (19:20):

Yeah. Yeah. Using one voice to fight another

Speaker 2 (19:27):

And you start running, you shift your consciousness to one voice. You will. Maybe your voice is to wait.

Speaker 3 (19:36):

Yeah, I agree with it. I

Speaker 2 (19:45):

You try to,

Speaker 5 (20:10):

Well, it's quarter up to 10. We meet here every Thursday night. You got to play out that tape, right? 20 minutes. Ask Dave Gold why? He's over here to leave all the time. I'm not always afraid to leave. You are better. Pass the pot. David, I

Speaker 3 (20:32):

Want ask the Speaker 5 (20:32):

Treasurer how much we had. I already answered. Jeff was waiting for the answer. You can't leave him until we pass the part. Does anybody have any comments on this evening's proceedings? I have one question.

Q. Yeah. Why do you record all this? Do you listen to it?

A. Well, two reasons. Several reasons. First of all, Mr. Rose likes to mostly to check up on the way the monitor runs the meeting. And I want you to read, he likes to keep tabs on the way the monitor runs the meeting. So since he can't beat all the groups all the time, we report down where Monitor.

## **Footnotes**

## **End**

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