

**Title: Conversations**

**Subtitle: Today is Amma's birthday**

**Second Subtitle: Re: Today is Amma's birthday**

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URL: [https://www.wizanda.com/modules/newbb/viewtopic.php?topic\\_id=19](https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=19)

Though I could really do with spending the time dedicated to yoga, I also ZaZen. This is to stay in almost a constant state of mediation. I like this at times; having to separate your self to resort inner peace, the time can as, if people learn to be in a constant state of enlightenment and medita adjust to their surrounding at all times.

Go-go dancers Scott don't help with enlightenment.