

Compassionate Activism Session 3 - Chat Log

18:00:17 From Josette Souza : Hi everyone! :D
18:00:18 From Josette Souza : <3
18:00:29 From jillianmiller : hello
18:00:33 From Liz Byrd : Hey all!
18:00:58 From Sandra Kim : While we're waiting just a couple more minutes, do people want to share where they're logging in from?
18:01:02 From Liz Byrd : I did have something that has been on my mind from last week, is it ok to share?
18:01:12 From Deanna : Vancouver, BC
18:01:15 From Nirmala Nataraj : Hudson Valley, NY
18:01:20 From Josette Souza : Ft. Collins CO!
18:01:20 From Sandra Kim : We're going to take questions from last session in a minute. So Liz can share then
18:01:21 From PriyaWalia : Cincinnati Ohio
18:01:24 From Liz Byrd : I'm in Denver, CO!
18:01:28 From Ben : Madison, WI
18:01:32 From nina : HK
18:01:35 From Josette Souza : We're close Liz!
18:01:40 From Liz Byrd : :)
18:01:43 From Josette Souza : Hey Hong Kong in the house!
18:01:44 From PriyaWalia : Liz—I'm going to Denver tomorrow! Tell it to stop snowing :)
18:01:45 From jillianmiller : Norfolk, CT
18:01:54 From Josette Souza : Yeah the snow is NOT cute
18:01:58 From Adventuress42 : Currently in Banff, AB
18:01:58 From walsh_michelle : Apologies! Husband's computer wasn't working. Sorry to be late. I'm in Boston!
18:02:32 From Bernardita : hey folks! just joined but cant hear anything
18:02:37 From Suzanne : Corpus Christi TX
18:02:37 From Bernardita : is Sandra speaking yet?
18:02:51 From Sandra Kim : I'm waiting just a minute or two more
18:03:06 From Bernardita : oh! thank you!!
18:03:19 From Josette Souza : Bernadita - you mean you don't hear anything?
18:04:32 From Josette Souza : FYI if anyone's having tech issues - email me at josette@everydayfeminism.com!
18:04:52 From Josette Souza : Question: wanna share anything that came up for them
18:06:22 From PriyaWalia : I had that experience as well when watching via recording.
18:07:53 From Nirmala Nataraj : Great question.

18:07:55 From nziemba : Correct me if I'm wrong, but it sounds like what you are saying is that systemic power dynamics might be coming into play in the interpersonal interaction. Does that sound right?

18:08:15 From walsh_michelle : That makes sense to me

18:08:16 From Nirmala Nataraj : I think transparency can be really powerful in the communication.

18:08:18 From RFVega : I have a comment: I'm really appreciate understanding the reciprocal exchange of pain that happens when the offended person reacts to their pain by throwing pain back at the offender. Understanding that cycle of pain needs to be stopped by me is really important for my understanding of Distinguishing realities.... step.

18:08:45 From RFVega : *I really appreciate**

18:08:53 From walsh_michelle : I think ground rules of permission to ask those kinds of questions is important, there's a need for some relational trust in the process

18:10:34 From Adventuress42 : Sounds like dealing with the difficulty between understanding that things can be what they feel like and questioning if it was assumption or reality.

Just like sexism. It can feel like sexism and we may be wrong, but it's that same same feeling - is it REALLY?!

18:11:13 From Adventuress42 : but we were working on questioning our assumptions so it's great to ask, to question it

18:11:37 From PriyaWalia : Can we go into a specific example? Sandra can you use a hypothetical scenario?

18:11:43 From Adventuress42 : questioning the assumption without diminishing

18:11:56 From Adventuress42 : that's a really really great thing to point out because it's such a difficulty

18:12:01 From Monique Wright : can you clarify gaslight.?

18:13:04 From Adventuress42 : Gaslighting is also making you feel wrong or crazy for what they are actually doing, to get out of taking responsibility. From the old movie where it comes from

18:13:21 From walsh_michelle : yes

18:14:31 From PriyaWalia : Born and raised in WV.. I understand, as a WOC!

18:15:08 From Adventuress42 : What's a WOC?

18:15:20 From Josette Souza : WOC is woman of color

18:15:20 From PriyaWalia : Woman of color

18:15:21 From Veronica Guevara : Woman of Color

18:15:25 From Adventuress42 : Oh right, thank you

18:16:07 From Jessamyn : I've been trying desperately to get in for 15min :(

18:16:30 From lorraine : I think being able to put aside our feelings and reactions in order to approach with humility and curiosity is really hard. I can come up with questions that seem neutral but I can hear some feelings in my voice. thoughts?

18:16:32 From Josette Souza : Jessamyn - if you wanna email me with what the trouble was that'd be most helpful. Josette@everydayfeminism.com

18:17:05 From Jen : yes

18:17:16 From mizwatts709 : That would've been incredibly difficult to do facing a shotgun

18:17:18 From walsh_michelle : yes very hard lorraine

18:18:50 From Nirmala Nataraj : I often think that feelings are information that we often misinterpret.

18:23:41 From Liz Byrd : @PriyaWalia - should be sunny for you! :)

18:26:47 From Adventuress42 : what are the specific things I could do while he, or someone is actually yelling? Walking away is not really a choice as I strongly believe abusers should not be supported in allowing them to stay while I have to leave where I wanted to be.

So just ignore and let him yell till he stops?

18:27:02 From Ben : hey...it's a hostile hostel

18:28:15 From walsh_michelle : This is a great question from other perspectives too - the anger over power differentials

18:28:29 From lorraine : But Adventuress42, if you complain above, you might want to assess your safety before you complain, and whether there are ways you can bring in support, protection, or wait till later, or other options

18:29:57 From Adventuress42 : The problem is i didn't WANT to engage at ALL

18:30:10 From walsh_michelle : It resonates for me in terms of how one balances anger over the violation of one's space and humanity with not hurting oneself further. Sometimes we blow up to assert our humanity and then also shoot ourselves in the foot because of power differentials, right?

18:30:17 From Adventuress42 : I didn't want to spend that time listening to his reality and garbage. I just wanted it to STOP. ;)

18:30:45 From Sheila : I think he felt power because he made an acception for you.

18:30:48 From Adventuress42 : Walsh- yes!

18:30:58 From walsh_michelle : :)

18:31:03 From walsh_michelle : It sucks....

18:31:46 From Sheila : It is great that you want to stay present and do something... good for you.

18:33:31 From Jen : I can relate to the not wanting to engage at all. In my experience, it almost never works and the situation usually escalates from there. Physically leaving has become my only answer, both to not engage and for my safety. It is my right to be there, but it is my obligation (to myself) to protect me. I'm sorry that you had that experience :(

18:33:41 From Jessamyn : I'm in now, I see that Mareena is on Facebook now saying they can't get in.

18:33:41 From Josette Souza : josette@everydayfeminism.com

18:33:45 From Jessamyn : thanks

18:34:21 From Adventuress42 : thats why i decided to yell back

18:34:24 From walsh_michelle : And that's the angry space, not having control

18:35:35 From RFVega : awareness of self

18:35:37 From Alexis : Being fully in the present moment

18:35:46 From walsh_michelle : Yes, a big practice for me - compassionate self-awareness

18:35:46 From Aurora : I've learned about mindfulness meditation - focusing on the present

18:35:49 From Monique Wright : noticing thoughts

18:35:49 From Sheila : Yes I am aware and practice it.

18:35:51 From RFVega : awareness of ones state and behavior at all tims

18:35:56 From Liz Byrd : mindfulness - being in the present moment, with self, with others

18:35:58 From RFVega : times**

18:35:59 From Monique Wright : letting go

18:36:00 From Jen : awareness and not getting carried on by feelings or situations, I'm working on it

18:36:12 From Nirmala Nataraj : Mindfulness, for me, also entails close observation of the things we tend to see as "me" and that we often unconsciously allow to rule our lives.

18:36:18 From jillianmiller : I've done a bunch of retreats and mindfulness training for application in psychotherapy

18:36:24 From Aurora : I've also heard the term "monkey mind" - you let the "monkey mind" thoughts go non-judgmentally

18:36:29 From Ben : I used to practice it pretty consistently but have gotten out of the practice the last couple of years

18:36:29 From bvillani : self-awareness and the ability to process before reacting

18:36:32 From Liz Byrd : @jillianmiller - me too :)

18:36:36 From Nirmala Nataraj : And this idea of paying attention on purpose rather than taking our thoughts, beliefs, and ideas for granted.

18:36:59 From Nirmala Nataraj : Nonjudgmental, nonreactive, engaged but detached.

18:37:03 From justiceh : being observant and self reflective around ones lived experiences.

18:41:25 From Alisia Drew : I think it's sipmly in theory.. but hard in practice...

18:41:32 From Aliya : yes

18:41:35 From jillianmiller : liz Byrd :-)

18:41:35 From Sheila : Makes sense got it

18:41:35 From Alexis : got it

18:41:47 From Adventuress42 : Sorry. yes. i agree with Alisia.

18:41:52 From Adventuress42 : Got the idea!

18:41:58 From Alisia Drew : True!

18:42:29 From Akila Richards : Hi Josette, I watched the last recording - as I was away - and wondered if there is a way to have access to the session slides to reread. Would we be able to have this with each session please. thanks

18:42:51 From walsh_michelle : yes I was also wondering if the power points are available separately

18:42:56 From jillianmiller : i'd like slides too

18:42:57 From Josette Souza : Yes the slides are on the homepage (or at least should be)

18:43:00 From Sheila : Had a light bulb moment - that I need to know what my responses are about - anxiety, fear, anger, stress, fear of conflict, fatigue...

18:43:01 From Josette Souza : Let me look
18:43:21 From walsh_michelle : spaciousness is a great term! love that term! :)
18:43:37 From Josette Souza : Yes it's on the website
18:43:38 From Josette Souza : <http://everydayfeminism.com/programs/ca-online-seminar/curriculum/online-seminar-session-2/>
18:43:38 From Nirmala Nataraj : @Sheila, yes!
18:43:52 From walsh_michelle : thanks Josette!
18:44:02 From Nirmala Nataraj : I think it helps to slow down, breathe, and ask yourself what you're feeling. Stay connected to yourself.
18:44:03 From Josette Souza : The slides, the worksheets, the chat log, the video, and the transcriptions for the video are on the course homepage
18:44:10 From Akila Richards : Thanks Josette
18:44:13 From Josette Souza : Yep!
18:44:54 From jillianmiller : yes
18:44:58 From walsh_michelle : we love you Sandra! :)
18:44:59 From PriyaWalia : Slides
18:44:59 From Brittany Rea : face
18:44:59 From Nirmala Nataraj : I like alternating between the two.
18:45:06 From Jen : I use both
18:45:08 From Liz Byrd : i like alternating too
18:45:09 From Adventuress42 : powerpoint mostly, but back and forth is really good
18:45:09 From mizwatts709 : both
18:45:10 From RFVega : slides, until I copy them
18:45:10 From kfernandez : alternating!
18:45:14 From Aliya : both :)
18:45:15 From Josette Souza : Both!
18:45:18 From lorraine : alternating. I write down the powerpoint notes
18:45:22 From Deanna : Doesn't matter to me, but if you've got the slides up keep it up so I can scribble them down!
18:45:25 From Laura Anne Haave : With the slides as the main screen, I can still see your face in the small box at the bottom right of the screen and that works for me!
18:45:27 From Monique Wright : both
18:45:27 From tsheldon : Both are helpful, being able to read the words and write if needed and to see you speak. =)
18:45:36 From Suzanne : back and forth is good, but im taking notes, so the text is very helpful.
18:46:18 From Bernardita : this is so helpful right now--you have no idea
18:46:26 From Nirmala Nataraj : Agreed
18:46:35 From walsh_michelle : yes, thanks Sandra
18:46:36 From Ben : yeah, for me too
18:46:41 From Nirmala Nataraj : I really dislike how mindfulness has been co-opted
18:47:14 From Brittany Rea : powerful practice but hard to achieve
18:47:16 From lorraine : so is using mindfulness a form of cultural appropriation, given how it was separated from its Buddhist and Eastern roots?
18:47:34 From Aliya : i don't think so

18:47:51 From Liz Byrd : lorraine - I've often wondered this - I think it can be, don't always think it is appropriated

18:47:53 From Aliya : i think it's something the West desperately needs

18:48:05 From Bernardita : agreed, Liz

18:48:25 From Nirmala Nataraj : I think it's something the West needs too, but it always troubles me to see how things get dislocated from their original source.

18:48:32 From Liz Byrd : yes, definitely

18:48:45 From Aliya : it's hard when things get commercialized

18:48:45 From nziemba : I have less concerns about appropriation if the practice is genuine and authentic

18:48:46 From walsh_michelle : the thing to keep in mind about the issue of cultural appropriation is authorization. Buddhists have often been missionaries to the West in the same way Christians have been missionaries. It's about credit and knowing roots, but not necessarily needing to become Buddhist. Buddhists often cooperate with how mindfulness gets used in other arenas

18:48:48 From Nirmala Nataraj : And also, what Sandra said about what is this thing being used in service of. So important.

18:48:50 From RFVega : I would always ask who, how, when, why is it being used and whether or not there is an acknowledgment and understanding of the history of "mindfulness."

18:49:11 From RFVega : I teach on cultural appropriation in visual culture

18:49:18 From Nirmala Nataraj : Yes, Michelle, I agree—I don't think you need to become Buddhist either to appreciate the practice of mindfulness.

18:49:42 From walsh_michelle : I teach in these areas too

18:49:43 From Jen : I think that as long as you really want to learn from the roots instead of just joining the hype, is not appropriation. I don't see anything wrong in recognizing that my own culture lacks something and other cultures can teach me

18:50:17 From Aliya : Agreed Jen

18:50:21 From Nirmala Nataraj : Commercialization, I think, is also connected to appropriation.

18:50:28 From walsh_michelle : yes

18:50:31 From Aliya : true

18:50:39 From Nirmala Nataraj : I know a lot of people who have come to an authentic relationship with Buddhism through its commercialization.

18:50:50 From Nirmala Nataraj : While others have just used it as something of a gimmick to support their egos. :)

18:50:56 From walsh_michelle : yes

18:50:58 From RFVega : yes commercialization and cultural appropriation intersect. I agree.

18:51:12 From walsh_michelle : yes

18:51:13 From Jen : yoga has become my own personal spiritual practice. I was raised catholic and I don't agree with that religion, so I found a practice that speaks to me

18:51:32 From Nirmala Nataraj : That's cool. I'm Hindu but I have a pretty meh relationship to yoga! :D

18:51:38 From walsh_michelle : Buddhism is as diverse as Christianity, etc.

18:52:01 From Nirmala Nataraj : Totally. I have studied Vajrayana for almost 20 years...very different from Zen.

18:52:22 From Nirmala Nataraj : Also a testament to how different cultures have integrated Buddhism into their own preexisting context.

18:52:28 From walsh_michelle : yes

18:52:31 From Aurora : I want to tie in the yoga practice with the knowing what you're using it for... with things like yoga and mindfulness being used for healing, particularly healing from trauma, it's useful and appreciative. The healing aspect is very spiritual.

18:53:01 From Jen : @Nirmala, so interesting! One friend who comes from India said something similar, I love when we get the chance to learn from other about stereotypes

18:53:32 From Aliya : I remember I had a therapist once who assumed I'd do yoga due to my cultural background

18:53:35 From lorraine : that's very helpful Sandra and everyone who commented on cultural appropriation. thnks!

18:53:46 From Suzanne : i could really relate to toxic swirl too.

18:53:47 From Aliya : It was very frustrating

18:54:00 From Nirmala Nataraj : @Aliya, I once interviewed a woman over the phone who assumed I was a white woman who had taken on a Hindu name because of an interest in yoga! :)

18:54:03 From Aurora : @Aliya - wow, how obnoxious of you therapist! =(

18:54:09 From Aurora : *your

18:54:14 From Aurora : *obnoxious

18:54:20 From Aurora : (clearly I can't spell today)

18:54:37 From Jen : @Aliya - yes! I hate being called "exotic" just because I'm not caucasian... I'm pretty standard where I come from...

18:54:38 From walsh_michelle : Virtual hugs Bernardita! I totally can go into a toxic swirl around finances! It's the hugest trigger for me! :)

18:54:39 From Josette Souza : @Aliya - amen. I'm Puerto Rican and people think I'm Indian and they're like "can you teach me yoga" and I'm like "uuuuuuh"

18:54:40 From Deanna : Solidarity, Bernardita!

18:54:50 From Josette Souza : Yay Bernadita!

18:54:58 From Aliya : Brutal Nirmala! I guess she's referring to all those white "Shakti"'s out there :P

18:55:04 From Ben : @ Nirmala - yeesh!

18:55:21 From Nirmala Nataraj : @Aliya, "white Shaktis," ha ha!!!! yes, all the self-professed yoginis I knew in SF. Many of them had Hindu names.

18:55:27 From Sheila : I felt that way when as a young caucasian women working with aboriginal youth was asked to teach them how to make dream catchers.,, I refused and was scrutinized.

18:56:00 From Bernardita : omg YES! this systemic oppression is REAL!

18:56:00 From Aliya : @ Josette....that's gotta be frustrating! And even if you were indian, why would you know yoga???

18:56:20 From Josette Souza : @Aliya: Amen! It's so wrong on so many levels

18:56:21 From Nirmala Nataraj : @Josette, usually I get people asking me if I know how to make curry or belly dance...um...
18:56:46 From Josette Souza : @Nirmala goodness! That's so frustrating
18:57:01 From walsh_michelle : Sandra you are so great! :)
18:57:04 From Aliya : @Jen-I get called exotic too and hate it!!! it's especially dumb when people comment on my "exotic" name which is actually really really common in my cultural community
18:57:25 From Bernardita : mindfulness--a tool to fight oppression!!! YESSSS
18:57:31 From Adventuress42 : People all over the world take english names along side their language name. What is wrong with being given a name in other culture than english?

And if you have a skill why can't you teach it? It's a skill. If it helps a youth learn their own roots, who cares where they learn it.

18:57:36 From Aliya : @Nirmala and Josette-I once got asked if I knew the kama sutra grrrrrrrrr
18:57:38 From walsh_michelle : Go off on that more often Sandra! :)
18:57:46 From Aurora : I had someone ask me why I, the white person in my inter-racial relationship, had the "Exotic" name and my Black partner had the "normal" name...
18:57:52 From Jessamyn : Aliya oh dear, I can imagine where that was going
18:57:53 From Adventuress42 : As long as it's correct knowledge, not changed or 'washed out'.
18:57:59 From Jen : @Aliya - oh god, yes. I was called exotic by a guy who was of Polish, Portuguese and Filipino descend... whereas I'm 100% Costarrican (pretty boring, I know! hahaha)
18:58:22 From Aliya : haha! i find these encounters often happen with men
18:58:29 From Nirmala Nataraj : @Adventuress42, I don't actually think there's anything wrong with it. I think it depends where it comes from. But I thought it was funny that a woman on the phone assumed I was white. I think that, to me, speaks to what sometimes happens when you divorce a certain culture from its people.
19:04:28 From RFVega : whoa!
19:05:21 From Adventuress42 : Nirmala - I think I missed your comment. I hadn't seen that about a woman on the phone
19:05:44 From Josette Souza : Someone's coming to my door
19:06:07 From Nirmala Nataraj : @Adventuress42, no worries. I think the name thing was a response to that story.
19:06:11 From PriyaWalia : Can we see the toxic swirl slide again?
19:06:20 From M : sorry im lost just spent the last 75 mins trying both methods to get to the meeting
19:06:45 From walsh_michelle : how long in breakout?
19:06:54 From Adventuress42 : Oh right. I don't agree with a comment about white people who practice and give years of their lives to something not being 'allowed' to take a name that's not 'english'.
19:07:03 From Suzanne : i dont see an invite.

19:07:21 From Adventuress42 : and not just white people. Oriental who practice yoga are yogi, by the way language works

19:09:18 From walsh_michelle : still here

19:09:42 From Nirmala Nataraj : me too

19:09:53 From walsh_michelle : no

19:09:57 From Nirmala Nataraj : no

19:10:16 From Nirmala Nataraj : no

19:10:25 From walsh_michelle : yes no invitation

19:11:19 From M : i am lost (tech issues)

19:19:40 From Jessamyn : I really feel this article about mindfulness: <https://healingfromthefreeze.wordpress.com/2011/08/18/the-vagus-nerve-and-the-difficulty-with-mindfulness/>

19:19:58 From walsh_michelle : oh vargas nerve is great stuff!

19:20:13 From M : can you put the last slide with content up while on break, please?

19:20:32 From M : thanks

19:20:37 From Sandra Kim : @M, here's the first one and then I'll share the next one in a second

19:20:41 From Sandra Kim : after you get to read it

19:22:11 From Suzanne : how do i get a one on one consultation with you Sandra? i understood we could have three sessions.

19:22:55 From Josette Souza : @Suzanne it's on the website to sign up

19:22:55 From Josette Souza : <http://everydayfeminism.com/programs/ca-online-seminar/curriculum/online-seminar-session-2/>

19:23:10 From Suzanne : thank you.

19:23:26 From M : thanks again for putting the previous slides up. :)

19:23:39 From Sandra Kim : @M, no worries! good use of the break lol

19:23:50 From M : lol

19:24:53 From M : hahaha

19:25:07 From Adventuress42 : Sandra, could you pls go back to the slide with the note of bringing awareness of self back

19:25:08 From Jessamyn : I have had a lot of opportunities lately to be present to the unbearable feelings in my body.

19:25:18 From Nirmala Nataraj : @Jessamyn, thanks for posting that article.

19:25:26 From Adventuress42 : I was alone in my room

19:25:40 From genna : i was alone iin my room i think

19:25:46 From Akila Richards : Yes I was alone in my room, no problem though

19:25:49 From genna : at least no one was talkin but me :)

19:25:52 From Adventuress42 : no prob. worked on my STUFF (capital stuff.) ;P

19:26:07 From Jessamyn : @Nirmala it really has helped me, glad to repost

19:26:12 From nziemba : I wanted to follow up on a question from the previous conversation, particularly the topic about white people taking on names (or other aspects from non-dominant cultures). My initial reaction was "What is wrong with that if it is genuine and authentic?" but my second thought was "What dominant parts of my identity are telling me there is no problem with that?"

19:26:34 From nziemba : I apologize if this is coming from ignorance/blind privilege, but I just wanted to throw that out there

19:26:43 From Adventuress42 : But also what parts are policing something that doesn't need it.

19:26:49 From Suzanne : i was also alone in my room. how could we let you know that so we could team up with other people alone in their room?

19:27:07 From Josette Souza : <http://everydayfeminism.com/programs/ca-online-seminar/curriculum/online-seminar-session-2/>

19:27:22 From Josette Souza : josette@everydayfeminism.com

19:27:22 From RFVega : What is your definition of genuine and authentic?

19:27:24 From Bernardita : Gracias, Jesette!!

19:27:29 From Bernardita : Josette**

19:27:32 From Adventuress42 : Like when is it going to all of a sudden be appropriating when we make other types of food at home? And all the rules like restaurants that are not your own ethnic background? I feel like it's become a tad TOO pc

19:27:41 From RFVega : and what is the person's definition of those things?

19:27:41 From nziemba : Good question, I haven't defined it before. Something that doesn't feel usperficial, I guess

19:27:42 From Alexis : I feel like practice #1 and #3 are a bit of a chicken or the egg game -- like, which comes first? In a really emotionally charged interaction, I feel like I need mindfulness to even get to a place of humility or curiosity. Are the practices sequential?

19:28:16 From Sheila : where do I find the tool

19:28:21 From Adventuress42 : And a good reminder that it's not up to you or me or anyone person and their ego-ideas of what is right or wrong to speak for others.

IE: If you don't like the idea, don't take a name for yourself.

19:28:30 From PriyaWalia : uncomfortable

19:28:36 From Aurora : If you have windows and it's in full screen mode, scroll to the top where Josette's name appears

19:28:38 From walsh_michelle : yeah, i don't see a tool that allows me to write, it was uncomfortable

19:28:45 From Aurora : Next to it is a button that says "options"

19:28:52 From Aurora : (Also it says Sandra Kim not Josette)

19:28:55 From Aurora : Then click Annotate

19:29:01 From RFVega : i can share

19:29:04 From Bernardita : powerful. and interestingly, disempowering for the "thing" itself that "frightens" me into anxiety

19:29:30 From Liz Byrd : Q re: the coaching sessions - if we want to use these after this course is over within the year, do we still login the same way as we do now to request a session? I imagine I'll need to spread m one out over the course of the year

19:30:35 From Josette Souza : @ Liz - not sure if Sandra has the capacity for that, I can send your question to her though

19:31:01 From Liz Byrd : Oh ok, it says we can use them within the year, but if not, that is good to know now!

19:31:06 From Liz Byrd : :)

19:31:10 From Josette Souza : Oh then yes! Haha
19:31:13 From Adventuress42 : really surprised me was the amount of fear from really old stuff and old ideas - the fight comes from being afraid of those old things. Much from being a woman that was once treated as a slave, property. Used and bought and sold.

This was a big part of why/how women were at the forefront of the emancipation of slaves and how they got a voice, to later be used in women's emancipation (in USA history).

19:31:37 From Sheila : It was very visual for me..... the inside was larger than I thought.... I felt some tears coming up... I however was surprised that I felt calm.... and when we brought the light in was comforting... I felt acceptance....
19:31:40 From Liz Byrd : @Josette - will we still be able to log in after the course is over?
19:31:46 From Josette Souza : @Liz yep!
19:31:51 From Liz Byrd : Yay! Thanks!
19:31:52 From Josette Souza : It's lifetime access
19:32:06 From Adventuress42 : I love the lightening comment!!!
19:32:24 From Jessamyn : it's hard to draw with a trackpad but I like my heart :)
19:32:35 From Bernardita : me too! made me laugh. if you're still upset, own it! :)
we're not always ready to be forgiving/accepting
19:32:35 From walsh_michelle : lol yes!
19:33:19 From Sheila : that struck a cord for me.... taught disconnection....
19:34:31 From Bernardita : i wrote down: "systemic oppression keeps us disconnected from others AND FROM OURSELVES! mindfulness can be a tool to fight oppression"
19:34:34 From Bernardita : YES YES YES
19:34:42 From Liz Byrd : YES!
19:34:47 From walsh_michelle : yes
19:35:06 From walsh_michelle : space language again
19:35:11 From Bernardita : Sandra is building an emotional AND political revolution! let's do it!!
19:35:15 From Nirmala Nataraj : :)
19:35:17 From walsh_michelle : :)
19:35:18 From Nirmala Nataraj : <3
19:35:35 From Josette Souza : Hahah amen! Viva la revolucion!
19:35:38 From walsh_michelle : :) <3
19:35:38 From Nirmala Nataraj : Connection, conversation, compassion, listening
19:36:41 From Adventuress42 : Something big just came up for me in mindfulness and awareness, a tool of real clarity just popped up. I *could* name it directly. IE: "I won't be able to discuss with you anything, hear you or interact, while i'm feeling incredibly disrespected" !! lightbulb moment.
19:37:08 From genna : I'm autistic -- and don't identify necessarily with my race other than understanding their social patterns of behavior more because of exposure and find the emotions with racism so very confusing growing up
19:37:09 From walsh_michelle : Oh that is soo true Adventuress42!

19:38:05 From Nirmala Nataraj : Yes, very hard to engage with someone who isn't acknowledging your rights or respecting you.

19:38:07 From Bernardita : That's a powerful experience, Genna. And I can imagine confusing

19:38:07 From Aliya : Going back to the 'taking a name' thing-I guess part of it is in the way that people take these names and the names they choose. To pick a name like Shakti and then to claim yourself an expert in a certain spiritual tradition is hard to deal with from the perspective of a person who has been taught by dominant society to be ashamed of these very things that someone else can wear proudly

19:38:20 From walsh_michelle : Pena Chodron talks about this - paying attention to the feeling and accepting it can reduce it - that a feeling literally dissipates in a minute or so

19:38:28 From Jessamyn : Aliya that makes a lot of sense to me

19:38:35 From Nirmala Nataraj : Yes, totally!

19:38:48 From Nirmala Nataraj : I didn't even feel that I could be proud of my name or heritage until I was well into adulthood.

19:38:52 From Aliya : ok good, these things are hard to articulate

19:39:01 From Sheila : I use these exercises in my practice NLT internal negotiation.... so I love this

19:39:04 From Aliya : yes, exactly-me too

19:39:20 From Nirmala Nataraj : I admit to having some resentment...like, other people can take the ethnic-sounding name but not the full onus of the identity.

19:39:29 From genna : My great grandmother was so ashamed of her heritage she denied it to her death. Cherokee.

19:39:31 From Aliya : you're told to be embarrassed of who you are while white people around you get to wear your culture like it's a costume-it sucks

19:39:47 From Nirmala Nataraj : And it's really painful. And alienating.

19:39:48 From Aliya : @Genna-that's really sad :(

19:39:53 From walsh_michelle : yes

19:39:54 From Adventuress42 : Ooohhh Aliya! I read something on that but about feminism/sexism...

gotta paraphrase but it's basically that we can't not have sexism till we celebrate men who ..what's the word- take on/copy women's roles...

There is so much to celebrate in cultures. It's the sadness and shame that they have been shamed in any way!

19:40:37 From nziemba : Aliya, thanks for sharing that

19:40:57 From Aliya : :)

19:40:57 From Nirmala Nataraj : Yes, you articulated something I have often felt.

19:41:16 From Sheila : Thank you for sharing this with us.....

19:41:29 From Adventuress42 : Back to the name thing though- anyone who claims to be an expert who isn't, who is pretending and false and full of Shite - well... i may not respect them or their name... but that's not going to make me feel all people are like that or that it's wrong to take a name.

Taking names is powerful and gracious

19:41:39 From genna : i'm just going to share, I grew up white people call me snowflake and tell me to go out and get a tan. I was like serious? Too white? Then how brown is too brown? My questions weren't welcome then so I stopped asking.

19:42:10 From Aliya : i remember when i was a teenager and this trendy store started selling "henna"....it was so strange to have this thing that kids used to say was gross on my hands suddenly be a fashion item

19:42:12 From Ben : @ Adventuress - I'm going to a seminar tomorrow about femininity in men, like how it's marginalized even in gay/bi/trans men.

19:42:34 From nina : but why in the process of doing mindfulness i found myself in situation to be "judgemental" to my external reality (national history) for being silent towards the oppressive and harmful system that affects not only other people but also myself? my apology for not being able to speak up but rather to type it because i came from context where english is not my native language. i got fear of not being able to communicate it well.

19:43:00 From M : I missed the first part, is this like the focusing technique (Eugene T. Gendlin Ph.D)?

19:43:08 From walsh_michelle : I find Brene Brown's work on helpful sometimes on how men are hurt by sexism

19:43:30 From Adventuress42 : @Ben oh neat! I'd love to hear about that.

19:43:41 From Bernardita : Ah! Brene Brown!!!

19:43:45 From Bernardita : love her work so much

19:43:50 From walsh_michelle : me too!

19:43:50 From Bernardita : has helped me INCREDIBLY

19:43:52 From Ben : Brene Brown is awesome!

19:43:56 From walsh_michelle : yes

19:44:06 From Josette Souza : M - this is a mindfulness practice

19:44:12 From Josette Souza : That Sandra led people in

19:44:18 From Sheila : Sounds like a neat seminar

19:44:19 From walsh_michelle : mindfulness practice with some somatic elements added

19:45:12 From M : ok, thanks :)

19:45:42 From Bernardita : yea girl, get your time! this helps all of us, i think

19:46:04 From genna : i learned mindfulness in stanford psych ward -- they related it to cognitive behavioral therapy. More breathing than visualization from what I remember. The visualization is interesting.

19:46:11 From walsh_michelle : Nina - Thich Nhat Hanh speaks to engaged Buddhism, that being mindfully present also meant for him not ignoring the bombs that fell on people outside of the monastery

19:46:28 From Jessamyn : oh awesome, I just went back to the whiteboard and saw there are more arrow hearts! yay!

19:47:02 From walsh_michelle : Mindfulness is incorporated differently into many psychotherapeutic practices and theories - I see Sandra incorporating somatic therapy from trauma work

19:47:03 From Adventuress42 : Thich Nhat Hanh- the Vietnamese monk who lives and writes in France, yes? I read one of his. Powerful stuff!

19:47:28 From walsh_michelle : yes, that's my practice, Thich Nhat Hanh's Zen Buddhist practice

19:47:38 From Ben : that's a cool point about Thich Nhat Hanh

19:47:55 From Ben : can't truly be centered without other people, imo

19:48:22 From walsh_michelle : Trauma and oppression are of course deeply intertwined. Sandra is doing some fascinating social movement work. I deeply appreciate what she's seeking to do.

19:48:27 From Josette Souza : Thank you very much!

19:48:29 From nina : yes i just heard about Thich Nath Hanh and look forward to read his books. Thanks walsh michelle.

19:48:38 From walsh_michelle : You're welcome! :0

19:48:39 From Jessamyn : I heard someone say the other day that you can't see yourself with a mirror.

19:48:51 From Brittany Rea : You are doing great!

19:48:52 From Nirmala Nataraj : Jessamyn, what does that mean?

19:49:14 From Jessamyn : related to the idea of needing other people... if you aren't in relationship, you won't really see yourself

19:49:30 From walsh_michelle : yeah

19:49:52 From RFVega : Thanks for sharing, Priya.

19:50:16 From walsh_michelle : Yes, thank you Priya! Brave soul! :)

19:50:35 From nziemba : Thank you Priya

19:50:54 From Nirmala Nataraj : Great share. Thanks, Priya and Sandra.

19:50:58 From Josette Souza : Thank you very much!

19:51:12 From Akila Richards : Yes Priya many thanks for sharing in front of all of us

19:51:13 From Jessamyn : I like the idea that people are mirrors, and they vary greatly in accuracy. Some people are funhouse mirrors to you, and some are quite clear and accurate. I think there is usually at least some fragment of yourself being reflected back, but it may be a very small part, and very distorted.

19:51:21 From Jessamyn : It's not so easy sometimes to guess how much is accurate.

19:51:32 From Jessamyn : hence it's helpful to have multiple mirrors :)

19:51:37 From Jessamyn : hahahah Sandra! so true

19:51:46 From walsh_michelle : Part language keeps coming up! Folks may like to know about Internal Family Systems Theory if you don't already! :)

19:51:47 From Nirmala Nataraj : Multiple mirrors! I like it. :)

19:51:50 From RFVega : I love the slow methodical nature of that exercise.

19:52:00 From Nirmala Nataraj : And someone else mentioned Focusing. Wonderful resource.

19:52:11 From Ben : that's a really good point, especially re: funhouse mirrors. i tend to think if someone says something negative about me, they must be right, so that's helpful insight. thanks!

19:52:22 From Jessamyn : me too, Ben :/

19:52:39 From Nirmala Nataraj : @Ben, it's challenging when someone who attacks you is actually right on some level, though!

19:52:50 From walsh_michelle : You're great Sandra! :)

19:52:52 From Nirmala Nataraj : So I always ask myself, “Is there any truth in this? Can I take that truth without accepting the attack?”

19:53:02 From Ben : for sure!! goes back to the internal/external reality thing. :)

19:53:14 From M : any recommended emotional processing books?

19:53:18 From Adventuress42 : A mirror is just a reflection. Not the real thing. I like to think of it like seeing yourself in still water. You can see but if you look, there is a whole world going on below the surface of that reflection. It has its own view upward at me.

Mirrors have spots and distortions, humans even more so

19:53:36 From walsh_michelle : I recommend Internal Family Systems Theory books

19:53:47 From Sheila : I learned that feelings were scary... not to be talked about ... did not want to deal with reality

19:53:47 From walsh_michelle : Also Relational-Cultural Theory

19:53:51 From Liz Byrd : YES doing IFS with my therapist and it helps

19:54:00 From Josette Souza : Whoops sorry!

19:54:04 From Jessamyn : I learned a new level to my personal life story and how the broader cultural themes influenced my life. My mother was apparently greatly influenced at a tender moment by a movement called “Fascinating Womanhood”. The book is apparently still in print (ugh) — you can look it up on Amazon if you want to be both horrified and entertained by reviews.

19:54:15 From Jen : @Nirmala - wow, that’s huge! I’ve been trying to do that, but it is so hard. Like Ben, is easy for me to accept when people say something negative about me

19:54:17 From Aliya : Narrative Therapy might be helpful too...

19:54:19 From Adventuress42 : Take the truth that is true for you and feel it out for your own self. That’s my suggestion. See what you feel is a truth. don’t just believe them fully. Grain of salt, type thing

19:54:21 From Alexis : What books would you recommend on emotional processing?

19:54:31 From walsh_michelle : Oh and I sooo recommend Clarissa Pinkola Estes’ works! :)

19:54:37 From Jessamyn : yes yes Estes!

19:54:39 From Nirmala Nataraj : @Adventuress, totally—you have to weigh it on your own terms.

19:54:41 From Adventuress42 : Yes!

19:54:41 From Aliya : Ohhhh I love Clarissa!!!

19:55:01 From Adventuress42 : Nirmala! YES

19:55:04 From walsh_michelle : She’s been my lifesaver these days since I hit menopause for her Dangerous Old Woman series! :) <3

19:55:12 From Adventuress42 : So great. (can i copy paste that?!)

19:55:22 From walsh_michelle : yes

20:00:39 From walsh_michelle : love chat box and also concept of spaciousness

20:00:53 From Alexis : The toxic swirl is not the same as my internal reality. And my internal reality is worth paying attention to.

20:01:02 From Jessamyn : actually, that’s probably my biggest takeaway

20:01:17 From PriyaWalia : There are so many messages thanking me, and I can't read fast enough. Thank you everyone for the support!

20:01:18 From Jessamyn : not to be down on myself for only doing a little, when in the past I could do almost nothing

20:01:19 From Bernardita : Yes !! snaps to Alexis!

20:01:20 From lorraine : "whenever there is systemic oppression, we need to deal with it through healing"

20:01:50 From Nirmala Nataraj : Slowing down and being compassionate toward myself/being the loving parent.

20:01:58 From walsh_michelle : Thank you so much for all your wisdom and for Sandra in her leading and world changing! I need to leave now. See you next time! :)

20:02:01 From Nirmala Nataraj : This creates a model for others, as well.

20:02:01 From Ben : viva la mindfulness revolution! :)

20:02:52 From Josette Souza : Amen Ben!

20:02:52 From Deanna : The parts of my body that respond to mindfulness are close to the heart, whereas the parts that respond to toxic swirl mentality are actually in my head.

20:03:11 From RFVega : yes! I love the idea of excusing yourself to the bathroom! So practical!!

20:03:18 From Nirmala Nataraj : Bathroom check-ins!

20:03:36 From Jen : yeah! they won't stop you from leaving then :)

20:04:34 From Adventuress42 : With any partners I instil early on a 'time out' rule. But with random people... oooooohhhh that's tough. How to stop and take a few breaths. I'm feeling this course is really helping me.. I think of it like letting them talk and not engaging even in hearing them, while i take a moment to look within. Let them be like a squaking chipmunk or the peanut's teacher. blahblah wah wah but look inside

20:04:44 From Brittany Rea : Thank you Sandra!

20:04:57 From nina : i'm deeply inspired by all the thoughts sharing.

20:05:01 From Nirmala Nataraj : Thank you!!!!

20:05:03 From RFVega : thank you, everyone!

20:05:05 From Josette Souza : Thanks everyone!

20:05:13 From Akila Richards : Thank you very much Sandra!

20:05:18 From M : thank you

20:05:19 From Jen : thank you! awesome as usual :)

20:05:19 From Deanna : Thanks everyone!

20:05:20 From Bernardita : Thank YOU! This is amazing again

20:05:22 From Bernardita : So healing!

20:05:33 From Liz Byrd : take care everyone, this group is such a treasure

20:05:49 From Adventuress42 : thank you and everyone with the great conversation of thoughts and ideas while that guided meditation was going on!

20:05:50 From nina : Thank you Sandra, Josette and everyone.