

compassionate activism

Session 4 Chat Log

17:48:14 From vbellaton : Good evening
17:53:13 From Sandra Kim : Hello everyone!
17:53:21 From Esther Pena : hello
17:53:27 From Sandra Kim : We're just waiting a bit before everyone shows up to get started
17:53:29 From Esther Pena to Sandra Kim (Privately) : hi
17:53:40 From Sandra Kim : If folks want to share, please let us know where you're calling in from
17:54:04 From Esther Pena : Nevada
17:55:34 From Sandra Kim : Washington DC
17:56:25 From Josette Souza : Colorado!
17:56:47 From Mareena : evening :)
17:57:49 From vbellaton : London
17:58:21 From Y'honatan : Charlotte, North Carolina
17:58:56 From Liz Byrd : Denver, CO
17:58:58 From abbyalexanian : Boston, MA
17:59:13 From Jessamyn : Hm, the link in the Facebook post is this: <https://zoom.us/j/521568884>
17:59:14 From Adventuress42 : calgary, canada
17:59:16 From Jessamyn : that didn't work
17:59:26 From Jessamyn : the email has this: <https://zoom.us/j/781330205>
17:59:27 From Jessamyn : which did
17:59:54 From Mareena to Sandra Kim (Privately) : just an fyi, I will be in and out of the session today as I don't have childcare but I am going to stay logged on to try to avoid technical issues.
18:00:13 From Mareena : Maryland
18:00:54 From DoloresT : Dolores Tejada Bay Area California
18:01:22 From Sandra Kim to Mareena (Privately) : that's fine. thanks!
18:01:23 From Josette Souza : <http://bit.ly/1XUIDNL>
18:01:41 From Josette Souza : Sorry, that's an l at the end
18:01:46 From Josette Souza : <http://bit.ly/1XUIDNI>
18:02:24 From DoloresT : Could that last one be an L?
18:03:39 From Josette Souza : OKAY: If you are having difficulties with Breakout Sessions, please download the latest version of Zoom (some people don't have the latest version): <http://bit.ly/1VV3odT>
18:05:00 From DoloresT : I have already put into practice.....
18:05:09 From Nirmala Nataraj : Yes, I've been working a lot with gentle mindfulness.
18:05:11 From Jessamyn : Trying...

18:05:26 From DoloresT : ...the distinguishing realities. and it has help me let go of a lot of anger.

18:05:38 From DoloresT : How do I unmute to talk?

18:05:41 From Jessamyn : it's been a rough week, so hard to do, but I think helpfu

18:05:48 From Nirmala Nataraj : Gentle mindfulness has definitely helped me be more compassionate with myself and others!

18:05:50 From Pratiksha : Trying but there has been resistance to the questions I asked

18:05:51 From DoloresT : I'm mic on web

18:05:59 From Esther Pena : really trying to understand where the other person is coming from

18:06:03 From Suzanne : i find the chat box to be distracting.

18:06:33 From Y'honatan : Me too

18:06:34 From Mareena : when i tried to focus on how the issue came up in my body, the quality kept changing.

18:07:18 From Josette Souza : You don't have to be on chat, you can exit out of it if you'd prefer

18:07:40 From Nirmala Nataraj : I like the chat box.

18:08:17 From Virginie : Caught up with the course video since couldn't attend last session. I was surprised as I did a lot of the visualisation with my therapist when dealing with trauma. I find it so helpful and do so regularly. Just never put the word mindfulness on it.

18:08:17 From Adventuress42 : i like how anytime I am doing work on things like this, the world seems to put a lot more challenges in my way to be able to practice. Tough week... I need more mindfulness. But when I needed to check in, it's been great to realize some big things about making careful choices about who I give my attention and energy to, who i 'try' with and why i do, and what is important. Bigger even, i am recognizing how i don't stop and really just stop when i'm being insulted - to address it

18:08:21 From Mareena : i have been able to approach things with more curiosity and less toxic swirl (when not overwhelmed).

18:08:56 From Akila Richards : I certainly have a greater awareness of what my reality is and trying less to make believe external and other's reality. It is liberating and helps me establish greater clarity of what belongs to whom.

18:09:28 From Mareena : is the quality in the body suppose to keep shifting?

18:09:37 From Nirmala Nataraj : I am aware of the many competing realities that are around me! Feels like that can become a part of the toxic swirl.

18:09:43 From Jessamyn : you and me both, Aventuraess!

18:09:51 From Mareena : when doing the mindfulness*

18:10:31 From Josette Souza : If anyone has any technical issues, please email me at josette@everydayfeminism.com. :)

18:10:50 From RFVega : nope

18:10:50 From Nirmala Nataraj : I like it! :)

18:10:51 From Aliya : looks pretty

18:10:52 From Josette Souza : Fine with me

18:11:27 From Jessamyn : I find this class very helpful, mostly so far in being more compassionate to myself.

18:12:48 From Josette Souza : @Jessamyn, that's awesome!!

18:12:52 From Josette Souza : That's exactly the point

18:14:42 From Sheila : This week we went into union negotiations and we were presented with the offer - management presented that there would not only be an increase in wages but also 6 pages of cutbacks to our benefits. So many realities to explore, What I found interesting and that I discovered that you resist my own reality and get caught up in the realities of third parties. In focusing on my realities and curiously exploring my responses. Imagine that I had to leave that session to teach mindfulness in a group setting re: sexual abuse issues.

18:15:29 From abbyalexanian : can you give us another example of a situation that would work?

18:21:39 From abbyalexanian : thank you! it's helpful to hear other examples when I'm thinking about mine

18:21:52 From Adventuress42 : Sandra, I always love it when someone accepts how I'm seeing something regardless of if they 'take' responsibility, I am happy when they acknowledge and have respect for my point and where I'm coming from... But when they deny - i get SO frustrated. What do you/have you done then?

18:22:45 From Aliya : good question!

18:24:13 From cbfigurs : i struggle with this so much. I am an empath... I take on energies and emotions. I constantly have to tell myself "I am not responsible for other people's behavior" But, I firmly believe that you are responsible for the energy you bring to the space. So how can I separate, and not take on, when people are being rude or dismissive?

18:24:36 From cbfigurs : How can i respect my own reality?

18:25:28 From DoloresT : Im an empath too. I usually prep myself beforehand if I know it's gonna be an emotionally charged space. As a practice, if it happens and I'm not prepared, I envision their words bouncing off me or exiting me and dissolving in the air

18:25:40 From Jessamyn : such a good question, cbfigurs

18:25:50 From Adventuress42 : that's fabulous!

18:25:54 From Adventuress42 : and very helpful

18:26:37 From Nirmala Nataraj : cbfigurs, I relate to that. "How can I respect my own reality?"

18:26:51 From Aliya : Me too

18:27:08 From Esther Pena : I was told to imagine a bubble and mirrors outside of it so it bounces off

18:27:22 From DoloresT : cbfigurs- you said it, separate yourself... even physically if you need to.

18:27:59 From DoloresT : Yes!!! "What is the source of your experience" !!!!!

18:29:11 From Adventuress42 : I'm an empath and reader too, and a mantra of mine is "that's their story, not mine"

I've also heard friends say their mantra is "Not my monkey"

18:29:17 From Aliya : I feel like it's so hard to balance honoring your own reality while still remaining self-reflective (so that you're able to catch yourself when you are misunderstanding things/thinking things that aren't true)

18:29:28 From cbfigurs : Thanks for reading it Josette, weird problem with my camera!

18:29:35 From cbfigurs : Thanks all for the tips and affirmations

18:29:48 From Josette Souza : No worries! You're very welcome

18:30:21 From cbfigurs : I agree Aliya... it's hard to stay self reflective... especially if your feelings are being hurt!

18:30:24 From cbfigurs : Thanks Sandra! :)

18:30:30 From Nirmala Nataraj : @Aliya, I agree. I think I tend to err on the side of being so introspective and careful about how I affect others that I internalize negativity from the outside.

18:30:42 From Jessamyn : oh, goodness, me too

18:30:49 From cbfigurs : Agree Nirmala!

18:31:11 From Mareena : lol

18:31:12 From cbfigurs : I internalize a lot

18:31:14 From Aliya : totally

18:31:18 From Esther Pena : amen

18:31:41 From Jessamyn : kind of makes sense that this course would attract lots of people who internalize

18:34:12 From abbyalexanian : I agree, I used to struggle to feel my feelings and now when I do it is a huge relief!

18:36:05 From abbyalexanian : yes!

18:36:07 From Liz Byrd : yes!

18:36:12 From Jen : yes

18:36:12 From Mareena : yes

18:40:00 From Esther Pena : so you know this about a family member but still stuck in old patterns how to separate the old from the present?

18:40:05 From Adventuress42 : I recognize i get stuck when someone denies out of not wanting to take responsibility for reality

18:40:10 From Jessamyn : It's hard, because sometimes when I become present to what is happening, I am overwhelmed by negativity about self.

18:40:33 From Pratiksha : same as @Adventuress42

18:40:46 From DoloresT : people can d

18:41:02 From DoloresT : oops ignore that

18:41:13 From Mareena : still hard when not dealing with 'minor' things, but seeing the benefit. :)

18:41:53 From Jen : I have found that just saying aloud "I accept that xyz happened" helps a lot. But I keep trying to push my mom to be "better" or what I think is better for her, still struggling with accepting she will do what she needs to, whether I agree with her or not

18:41:55 From Akila Richards : Sometimes it's even hard to articulate what reality I am experiencing and articulating it. Sometimes it takes time to realise what is happening. How do I get out of this paralysing/foggy state so I can address the present more appropriately?

18:42:15 From Jessamyn : Last night, I went to the post office to mail something, and while I was there, I remembered I needed a couple pieces of stationery. I didn't have a bag with me, and I had the thought I might lose one of them without a bag.

(About a month ago that happened.) But I thought maybe I could make it home. I tried, and I got home with 2 of 3 items. I felt so badly about my choice, and about the wasted lost item, and I tried to remind myself that this was what is, and I don't know, I seemed to get lost in it.

18:42:49 From Bernardita : I'd like to second Akila's question

18:43:02 From Adventuress42 : JEssamyn: indeed! me too. I try to take a break. Sometimes it takes a few days. Sometimes even longer, sometimes it requires a lot of internal discussion to even figure out what was going on for me.

18:43:12 From Jessamyn : I guess it's the moments when I have an intuition something might not be a good idea, and I do it anyway, and I'm not able to.

18:43:33 From Jen : I third Akila's question

18:43:53 From Jessamyn : I did get the sense that maybe there was something deeper I wasn't present to. Maybe I wasn't even present to the pain I was feeling.

18:44:17 From Jessamyn : Adventuress I do find the pain fades in time.

18:44:57 From Akila Richards : Yes there is something about being aware even that there is pain or frustration and acknowledging makes it present and takes time to allow that sometimes ...

18:45:16 From Esther Pena : thxs so helpful

18:46:05 From Adventuress42 : Jessamyn All pain fades but it's helpful to be mindful and find the self understanding even if that takes time. Especially so, perhaps

18:46:14 From Bernardita : yea. i'm just so damn good at the swirl

18:46:21 From nziemba : Same!

18:46:24 From Mareena : but I am so good at it. ;)

18:46:30 From Josette Souza : Haha amen to that

18:47:10 From Nirmala Nataraj : It's interesting—I get stuck in the toxic swirl because I get stuck in future worries.

18:47:21 From Nirmala Nataraj : So often, it's not even about the present but about anticipating something bad happening in the future.

18:47:39 From Nirmala Nataraj : I guess that speaks to Sandra's comment about fear being an inappropriate response if you are not in immediate danger.

18:48:11 From Bernardita : damn, sandra. you are taking me to church right now

18:48:15 From Bernardita : and speaking right into my struggle

18:48:38 From jillianmiller : the book Why Zebra's Don't Get Ulcers speaks to this

18:51:00 From Jessamyn : so much that

18:51:07 From Liz Byrd : * finger snaps*

18:51:09 From abbyalexanian : YES

18:51:34 From Jessamyn : I also know people who use it to soothe themselves out of awareness of their own privilege ./

18:52:11 From Jessamyn : yes!

18:52:30 From DoloresT : can Sandra please move her screen down so I can fully see the last point? It is cutting off the last one for me, don't know if anyone else has that problem

18:54:36 From Y'honatan : That's better

18:55:12 From Josette Souza : Thanks for letting us know!

18:56:30 From Jessamyn : It's tough when you do a reasonably good job of expressing that, and the other person is a hard "no" to talking about it.

18:57:54 From Jessamyn : Can you suggest responses in that case?
18:59:53 From Josette Souza : @Jessmyn - what is "that"?
19:00:13 From Josette Souza : When you say "expressing that"
19:00:47 From Jessamyn : I'll rephrase: "Can you suggest responses for the case when you express to someone else that you were hurt by what happened, and ask to talk about it, and they respond with a hard 'no'."
19:00:55 From Josette Souza : Thanks!
19:01:18 From Adventuress42 : Jessamyn: I'd recognize their lack of respect for being hurt
19:01:30 From Adventuress42 : probably with some swearing
19:01:31 From Jessamyn : nice
19:01:53 From Jessamyn : interesting, I would never have thought of that
19:01:57 From Nirmala Nataraj : Ha ha, me either!
19:02:03 From Nirmala Nataraj : I usually get combative or sad.
19:02:04 From Jessamyn : I'd have thought, "Oh, they don't want to talk, I shouldn't talk to them anymore"
19:02:06 From Jessamyn : but it doesn't work well
19:02:13 From Jessamyn : I just get small and go away
19:02:29 From Nirmala Nataraj : Good place to practice respecting your internal reality.
19:02:59 From Jessamyn : that helps
19:03:21 From Jessamyn : haha
19:03:45 From Liz Byrd : recently a convo with my partner that went like this and I asked why he didn't want to talk about it and he just says, "because I don't need to talk about my feelings" Sigh. Sometimes people just need some space, I think.
19:04:35 From nina : but i found difficulty to create conversation with the person when that person is my supervisor, or if in the working setting how to deal with the reality where there is hierarchichal in decision making position, is it possible to say "let's talk" in this setting? when i tried to do it, that person reacted " it's funny".
19:04:44 From Jessamyn : that is true
19:05:24 From lorraine : even here there are inbetween options...eg. do you want to talk about it later? is there anything that would help you feel more ready to talk about it?
19:05:28 From Kayla : What happens after you find out or discover what your fear is or where it is coming from? Even though you know the source how do you overcome it?
19:06:45 From Adventuress42 : Liz By... : were you asking to talk about YOUR feelings and what his actions did to you, that was being dismissed, or asking to talk about HIS? Very different. But maybe not.
19:06:47 From Jessamyn : really helpful
19:07:33 From Akila Richards : Yes i am getting it, it is about taking care about myself and that does not necessarily require a response or conversation as I can not force that, but about expressing my internal reality and to ask questions where possible
19:08:29 From abbyalexanian : "people are accidental managers" —> so true
19:12:21 From Nirmala Nataraj : I've had these types of conversations with "friends" in the past, but have come up against that refusal before. There's only so much

one person can do without another's willingness to respond in a way that moves things forward.

19:12:55 From Jessamyn : Yeah, sometimes you just need a new person to work with.

19:13:24 From elina : That is true inner strength and love...to leave any unhappy situation.

19:14:55 From nina : i felt like to be in silence because of this reality. But yeah, thanks Sandra. i hope there will be chance to talk together in genuine and compassion.

19:15:53 From Adventuress42 : yay!

19:16:10 From Adventuress42 : and with only 45 min left... I'm looking froward to the 5 steps!

19:20:32 From elina : I did

19:20:58 From elina : Well, I am wondering how to do this and not seem angry?

19:21:28 From elina : At work, i have to be careful about what I say how I say it, and not seem like not only an angry Latina but now a feminist!

19:22:12 From Y'honatan : I am angry all the time, it turns people off

19:22:43 From Adventuress42 : hahaha. Yes. I have a lot of anger too!

19:23:12 From elina : I think the is what I struggle with is that I need to learn how to not turn off the receiver.

19:23:14 From Jessamyn : It seems like when I speak clearly in anger, it usually goes ok. When I try to not to be angry it goes badly.

19:25:45 From Owner : what if the anger is being by something pervasive like ableism?

19:27:54 From Esther Pena : what was the last one please

19:28:00 From lorraine : sometimes it's a chicken and egg problem. eg. I feel angry about something someone did, but my anger feels too big to be able to speak to the person about it now, so I don't say anything. Then time passes and I don't come back to it, but then next time I feel angry it's even bigger because it is layered with old moments of anger that I didn't deal with.

19:28:01 From Adventuress42 : I' writing notes, Could you pls put that back up a moment longer

19:28:10 From lorraine : i missed the end of the last screen

19:28:23 From Sandra Kim : in a min

19:28:49 From Josette Souza : Yes

19:28:50 From Aliya : yes

19:28:51 From Kayla : yes.

19:28:52 From Josette Souza : Loud and clear

19:28:53 From Nirmala Nataraj : Yup

19:28:53 From abbyalexanian : yes

19:28:55 From Alexis : Yes. She's nasty.

19:28:57 From nina : yes

19:28:59 From elina : Yes.. that was scarry

19:29:11 From Bernardita : terrible

19:29:13 From Bernardita : :(

19:29:17 From Esther Pena : i combat it w the opposite positive swirl lol

19:29:27 From Nirmala Nataraj : It really does feel like a swirl, tornado-like and chaotic.

19:29:47 From elina : we just live in a world where we are required to tune out.

19:29:47 From Nirmala Nataraj : The swirl acts like it's telling the absolute truth!

19:30:27 From Esther Pena : birds chipring

19:30:28 From Jen : nope

19:30:28 From Alexis : Not at all.

19:30:29 From Josette Souza : Nope

19:30:30 From Kayla : nope

19:30:36 From Bernardita : just the fan

19:30:37 From Bernardita : :)

19:30:40 From Jen : all I heard were the cicadas :)

19:30:40 From Owner : no

19:30:44 From Akila Richards : No all gone

19:31:05 From Bernardita : we've learned so well to live in it and listen to it and panic.

19:31:09 From Alexis : I feel out of control when I'm in the swirl. This practice reminds me that I can take care of myself and be in control of myself by acknowledging what is instead of resisting it.

19:31:16 From Bernardita : life is all about unlearning all the oppression we've absorbed!!

19:31:30 From elina : oh my gosh..I had a kids really young, and my son is 17. I heard Tupac, literally and He was singing and it really hit me that I was in his swirl too.

19:31:39 From Laura Anne Haave : I actually have a birdfeeder outside my office window specifically for this purpose, although I didn't realize it until now! I see the birds and just think about them to take a break from anger/toxicity.

19:36:21 From nziemba : I feel a lot of anxiety, and I asked it what it needed from me, and it seems to need all my attention and energy...

19:37:14 From Esther Pena to Sandra Kim (Privately) : can you bring up the last slide again if you have time

19:37:48 From Kayla : After recognizing the swirl and kind've dismissing it, my headache has started to go away. Very powerful!

19:38:09 From Sandra Kim to Esther Pena (Privately) : I'll be sharing the PPT so you'll get it then too

19:38:15 From Josette Souza : @Kayla - that's so amazing!

19:39:03 From Bernardita : that's real, suzanne. you're brave for sharing with us. thank you.

19:40:02 From Nirmala Nataraj : <3

19:40:18 From Jen : hugs Suzanne

19:40:21 From DoloresT : you are worthy @suzanne

19:40:25 From Aliya : You're not alone Suzanne <3

19:40:36 From Bernardita : Definitely not alone

19:40:47 From Bernardita : it's hard to love on ourselves!!

19:40:50 From Akila Richards : Suzanne you are starting the process of taking care of yourself even if it takes reminding and acknowledging that you haven't, saying yes to what you are hearing

19:41:26 From Mareena : hugs Suzans
19:42:17 From Owner : hugs!
19:43:46 From Aliya : it is ok!
19:43:48 From abbyalexanian : you're doing great Suzanne!
19:44:02 From Kayla : Lots of good vibes your way Suzanne :D
19:44:18 From lorraine : sometimes self-care seems so hard. We lose our instinct for self-care when we experience layers of trauma and moments when others who were supposed to take care of us didn't do that. When I ignore my self-care, I wind up losing myself. But when I notice I'm not doing self-care and then I make that first decision to do something positive for my self-care, then I can feel like at least I'm now on the path. And it's ok for it to be awkward and feel weird.
19:44:21 From Josette Souza : <3 Hearts unlimited to Suzanne!
19:44:31 From NLap : Heard lorraine
19:44:44 From Jessamyn : I was thinking that too, Lorraine, about how trauma erodes our ability for self care.
19:45:13 From DoloresT : YAY @ Suzanne
19:45:18 From Aliya : :)
19:45:25 From Jen : :)
19:45:27 From Esther Pena : you are beautiful Suzanne
19:45:30 From abbyalexanian : I think it really comes down to meeting ourselves where we're at - not where we wish we were
19:45:30 From Bernardita : we're with you, suzanne!
19:45:31 From NLap : <3 <3 <3
19:45:31 From Bernardita : we are with you!
19:45:32 From Mareena : :)
19:45:39 From Bernardita : yessss abby yes!
19:45:40 From Jessamyn : Abby so true
19:45:42 From Liz Byrd : Suzanne <3 happy to see your light and your smile
19:45:43 From Bernardita : meeting ourselves where we are
19:45:43 From lorraine : YAY! You go girl! Enjoy that shower with gusto! :)
19:45:44 From Akila Richards : Thank you Suzanne
19:45:48 From Nirmala Nataraj : I have always felt like self-care is all about becoming our own kind parent to ourselves. Such a big lesson. Suzanne, thank y for being a wonderful example for all of us!!!
19:45:50 From Aliya : we're all in this together :)
19:45:52 From Esther Pena : you are beautiful Suzanne
19:45:55 From Adventuress42 : The timing of that exercise was so good. ...at the same time some medium upset stuff was going on
19:45:58 From Adventuress42 : it directly helped!
19:47:37 From abbyalexanian : gosh the swirl takes up so much energy
19:47:56 From elina : The Swirl is like bad relationship
19:47:57 From Nirmala Nataraj : I feel like this can sometimes be more effective when you have someone else holding you/witnessing your process.
19:48:09 From Aliya : Totally Elina!
19:48:15 From Jessamyn : Nirmala sometimes it's necessary

19:48:44 From lorraine : when we get taught over and over, esp. when we are young, that what we do is wrong, then we wind up going right to that place to do it to ourselves with self-criticism. It's like a part of ourselves thinks we need to repeat what was done to us, as if it will protect us from further hurt...except that doing that to ourselves winds up hurting us.

19:49:04 From Nirmala Nataraj : Lorraine, I so relate to that.

19:49:20 From Jessamyn : I feel like I missed exactly how you are as effective as you are.

19:49:25 From Jessamyn : good thing there are recordings

19:49:34 From Liz Byrd : Lorraine, I was just talking about this with my therapist today

19:51:32 From Liz Byrd : @ Jessamyn- I think she was talking about how letting go of the swirl frees up that energy to then create

19:51:38 From Akila Richards : Sandra Could you please give an example for the 2nd point

19:51:49 From Jessamyn : Thank you Liz, I wondered if that was it but I spaced out for a minute.

19:51:56 From Liz Byrd : :)

19:52:07 From Sandra Kim : Create your self-accountability statement: "I feel X and it's ok / that matters."

Share what comes up for you as you declare this statement, especially around what feels easy or difficult about it.

19:54:19 From Sandra Kim : You have 5 min

20:02:08 From Jessamyn : It's usually easy for me to say how I feel, but very hard for me to say "it's ok"

20:02:21 From Jessamyn : I find myself asking, "is it ok??"

20:02:24 From Adventuress42 : Funny timing! As you were doing the exercise I had something going on that brought up a perfect timing of something to specifically look at

20:02:43 From Bernardita : What I find powerful about this exercise is how saying the words impacts my very body

20:02:43 From NLap : ask yourself "why"?

20:02:54 From Bernardita : My physical reactions change as I say it

20:02:57 From Mareena : going against the grain, against years of conditioning

20:03:06 From Jessamyn : yes, what Mareena said

20:03:07 From Suzanne : i felt a connection with another human being.

20:03:23 From Trenecsia : I felt like I didn't believe it

20:03:24 From Adventuress42 : I feel hurt that my living space is not feeling safe. And that's ok.

I feel anger that they/this person are/is seemingly (I see the assumption) overtly uncar-

ing about others' space and their safety in space

20:03:47 From Adventuress42 : Wow... the other feelings.>.. wow. I feel I have the right to be safe and happy in my home. WHOA

20:03:49 From elina : I feel disrespected and that is ok

20:03:55 From Adventuress42 : to say my feelings from that perspective is VERY NEW

20:04:42 From elina : What you are saying is its ok to own it? Like turning the light on and saying, I am afraid of the dark and thats ok so I am turning the lights on!

20:05:10 From nina : eye opening and empowered

20:05:21 From Akila Richards : Thank you Elina that hits the spot

20:06:24 From Liz Byrd : Treneesia - the little one is so cute!

20:06:48 From lorraine : dittoTreneesia! :)

20:07:29 From Alexis : "Compassionate self-accountability is you relieving your suffering." <---- THAT'S EMPOWERING.

20:08:08 From Nirmala Nataraj : The "It's okay to feel this way" is so important. Such a huge step for me before moving into action.

20:08:28 From Nirmala Nataraj : Acknowledging that i have a right to feel better.

20:08:48 From Mareena to Sandra Kim (Privately) : i'll be right back

20:10:34 From Sandra Kim : Create your self-accountability statement: "When X happens, I feel Y because I need Z. I will do A / invite someone to do A." Share what comes up for you as you declare this statement, especially around what feels easy or difficult about it.

20:13:13 From Nirmala Nataraj : Sorry, I'm in the main room too but it's kinda loud where I am so probably best to not participate.

20:13:21 From Sandra Kim : gotcha

20:13:40 From Sandra Kim : you can do it by on your own too

20:16:53 From Akila Richards : Thank you Alexis for helping me, its been a bit of a struggle for me

20:16:53 From Bernardita : Jose ROCKS! :)

20:16:57 From Bernardita : Josette**

20:17:00 From Alexis : The "I NEED" part was HARD!

20:17:07 From Bernardita : but apparently autocorrect has feels about your name in my computer!

20:17:08 From Akila Richards : Yes!

20:17:10 From elina : I loved what Lorraine said because she pushed my thinking

20:17:13 From Josette Souza : AW thanks Bernadita! You rock as well

20:17:14 From Suzanne : empowered.

20:17:16 From Josette Souza : !

20:17:17 From Alexis : Thank you, Akila. You wer very clear!

20:17:20 From Adventuress42 : Yah, the "I have the right..." was powerful and difficult

20:17:30 From Kayla : It was hard to identify what I needed or really use the second statement overall.

20:17:35 From Bernardita : I couldn't get to the i need

20:17:37 From Jessamyn : I drew a blank on both what I need and what I can do.

20:17:40 From RFVega : yeah, the I need was more difficult

20:17:41 From Bernardita : well, i struggled to

20:17:47 From Bernardita : and what to do next i was stumped

20:17:52 From Jessamyn : I was alone in my room so that made it a bit harder.

20:17:54 From Josette Souza : It was hard to think about what I wanted to ask them to do

20:17:58 From Adventuress42 : I found it so relieving to seperate from the anger and just be ok with BEING angry, but not be IN it

20:17:58 From Josette Souza : Because I'm scared of the reaction

20:17:59 From NLap : I have a question

20:18:00 From Bernardita : but this is where I'm at. i need to sit with this (in mindfulness) to get clearer on the situation

20:18:04 From Mareena : 'z' and the 'a' part was hard

20:18:12 From Alexis : I find it hard to name what I need.

20:18:16 From Bernardita : ill do it

20:18:17 From Bernardita : :D

20:18:24 From NLap : we can acknowledge what we need but when do we put it into action?

20:18:42 From NLap : how do we reach the place where we find a catalyst?

20:19:30 From Adventuress42 : NLap, I'm interested in your question and what you mean by 'find a cataylst'

20:19:57 From Adventuress42 : cheering on Bernadita!

20:20:13 From NLap : my interpretation for catalyst would be changing the acknowledgement into action

20:20:17 From Kayla : Could the second statement be altered if maybe the feelings are not surrounded around a specific instance? Like it is not when ____ happens, it is more like an all the time thing?

20:20:59 From Nirmala Nataraj : This is such simple but profound work. I love it!

20:21:05 From elina : So eloquently said!

20:21:10 From Adventuress42 : NLap- yes. I think I get it.... sometimes a few options come up but some bigger issues can be really hard to find which action, or any options, to do... I'd love to hear an answer to this!

20:21:39 From elina : We are just acknowledging that we have feelings right? That we COUNT!?! :)

20:21:55 From Nirmala Nataraj : Does "It's okay" also mean "I can handle this" or "I can be empowered to do something about it now"?

20:22:11 From Adventuress42 : Elina: RIGHT! We don't even have to find answers yet... just acknowledge the feeling.... ooh boy. Great reminder!

20:22:17 From Nirmala Nataraj : Or, perhaps more than that, "It's okay for me to feel the way that I am feeling."

20:23:18 From RFVega : Beautiful, Akila.

20:23:19 From NLap : adventuress42- Sometimes that feeling we are acknowledging is debilitating.. And even in that it's hard to determine

20:23:20 From Nirmala Nataraj : Yes, Akila!!!! I'm so feeling that for you.

20:23:35 From NLap : Yes Akila!!

20:23:36 From Nirmala Nataraj : Creativity is an unguent for the toxic swirl.

20:23:38 From Adventuress42 : THat's fantastic @Akila ! WOW what a profound wonderful statement!

20:23:38 From Alexis : Akila the poet! Yes!!!

20:23:39 From Bernardita : We all want to read it!! :)
20:23:42 From Mareena : yeh Akila <3
20:23:43 From Kayla : Yes!!!!
20:23:45 From Nirmala Nataraj : !!!!!!!
20:23:47 From Josette Souza : Get it Akila!!!
20:24:04 From Liz Byrd : heart bursting with joy for you!
20:24:18 From elina : you made me smile Akila!
20:24:42 From Nirmala Nataraj : I love the layers of inquiry there.
20:25:00 From Nirmala Nataraj : How getting curious about your feelings can
summon deeper realizations. It's almost like that led her back to what will give her joy.
20:25:14 From Josette Souza : PREACH!!!
20:25:31 From Adventuress42 : Nirmala! Yahhh. Great way to express that
20:25:57 From Nirmala Nataraj : Hell yes! We matter!
20:27:47 From Adventuress42 : I feel like I'm going to have to re-listen to all this at
least once or twice. So much in today's lesson!
20:28:10 From Bernardita : sameeeeeeee
20:28:13 From Jessamyn : so many good ones today!
20:28:23 From Jessamyn : I like that last bit about inviting ourselves.
20:28:29 From Liz Byrd : really reinforcing the reminder to hear the message of
what I am feeling and how it is trying to serve me
20:28:38 From Alexis : Healing = Mindfulness + Invited Action
20:28:38 From Josette Souza : When we're in pain there's something we're not do-
ing for ourselves
20:28:46 From NLap : a lot of acceptance in our perceptive reality and the internal
20:28:48 From elina : If I am not right...my Lady Bug will end up with my swirl.
20:28:51 From Suzanne : im going to take a shower. swirling comes up immediate-
ly.
20:28:53 From Bernardita : "We are naturally whole"
20:29:00 From Kayla : I should be my #1 priority everyday
20:29:01 From lorraine : it takes courage to acknowledge our own internal reality
and make different choices.
20:29:08 From RFVega : Getting in touch with what I need.
20:29:17 From Akila Richards : Yes it was beautiful to be curious and I shall contin-
ue to do so and acknowledge what I am feeling through the layers and invite the action
20:29:21 From Nirmala Nataraj : In acknowledging our feelings, we can honor our
reality and heal ourselves back into wholeness.
20:29:25 From elina : I have to teach my little girl that being a woman is OK and
Empowering
20:29:52 From Nirmala Nataraj : Thank you, Suzanne and Akila.
20:29:55 From abbyalexanian : Yes, thank you both for sharing!
20:29:57 From Liz Byrd : thank you all - virtual hugs to you
20:29:58 From Nirmala Nataraj : And thank you, Sandra and Josette!
20:30:02 From Josette Souza : Thanks everyone!
20:30:07 From nina : Thanks Sandra, Josette and everyone. Today is liberating
session.
20:30:07 From Adventuress42 : Thank you !

20:30:13 From Mareena : Thank you.
20:30:17 From Kayla : Thank you!
20:30:20 From Bernardita : Gracias
20:30:20 From NLap : thank you sincerely! goodnight!
20:30:26 From Josette Souza : Goodnight!