

Compassionate Activism Online Seminar – Session 6

Please join us as we wait for the other participants to arrive. We will begin shortly at 6 pm EST / 3 pm PST.

If you had trouble being invited into a break out room, please download the latest Zoom version at:
<https://zoom.us/download>

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Toxic Swirling of Make Believe World vs. Gentle Mindfulness to Current Reality

- | | |
|--|--|
| • Not focused on the present moment | • Connected to the present moment |
| • Resistant/Denying what's happening | • Accepting/Acknowledging of what's happening |
| • Judgmental/Shaming of what's happening | • No right or wrong with what's happening / It just is |
| • Grounded in your make believe world | • Grounded in your internal reality and external reality |

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Shifting from the Toxic Swirl to Gentle Mindfulness

1. Stop making your feelings wrong for existing by:
 - Trying to make it go away
 - Change it
 - Judge it
2. Instead, acknowledge your feelings and validate their right to exist and mattering. Repeat for the next layers of feelings.
3. Eventually you will become aware of a need and action you can take to take care of that need. You can then choose or not choose to do so.

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Reflection Questions

1. When you applied mindfulness to your experience of an emotionally charged situation, how did it go? Where did it flow and where did it get stuck at?
2. If you were able to shift in your feelings and identified an action you felt called to do, what was that like for you energy wise? Felt easy, challenging, empowered, overwhelmed, etc?

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Choose a Situation

Select a recent specific situation that is somewhat emotionally charged for you but not extremely charged

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Reflection Questions

- What is the energy that you normally bring to this emotionally charged situation?
- How does that energy show up in how you view and approach the other person?

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Ways We Often Relate

- We make them wrong as a person:
 - Judge them
 - Shame them
 - Police them
 - Dismiss them
- We resist their experience of the situation (aka their internal reality):
 - Deny and minimize what they're feeling
 - Focus on how they 'should' be feeling (aka make believe world)
 - Try to force them to agree with us (aka push our internal reality on to them)

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Toxic Swirling of Make Believe World vs. Mindfulness to Your Internal Reality

- | | |
|--|--|
| • Not focused on the present moment | • Connected to the present moment |
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| • Grounded in your make believe world | • Grounded in your internal reality |

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Toxic Swirl versus Mindfulness for Their Internal Reality

- Focus on how they 'should' know better and it never should have happened
- Assume you know what their internal reality is
- Resist their internal reality and make them wrong as a human being for it
- Tell them why they're wrong for having that experience
- Try to force your internal reality onto to them
- Not care about where they're coming from or how they got there
- Demand agreement even if it's coerced or feel silenced
- Let go of your make believe world and acknowledge that what happened did happen
- Get curious about what happened in their internal reality
- Acknowledge their experience and feelings of the situation as having happened
- Ask them questions to help them unpack their own experience
- Offer other perspectives for them to consider based on your anti-oppression analysis
- Listen for their pain and how it got created, which is underneath their initial reaction
- Offer another approach that is more inclusive and addresses their pain and/or values

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Breathe and Listen

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Announcements

- Mindfulness Healing Circle with biweekly sessions
- 2-day virtual training with monthly Q&A sessions
- Testimonials needed!

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Closing Takeaways

If you could remember just one thing from today's session, what would it be?

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