

compassionate activism

Sandra: All right, hey everybody. This is our very last practice session for this version of compassion activism and it's August 18th, 2016. Because it's our last one, I talked to the folks who are here and to get a sense of what people would be most interested in doing and we're going to try to do everything. We really [inaudible 00:00:24] over here. We're going to try to do everything and see how that goes. See what we can accomplish in one hour. I just want to repeat to folks that you still have access to the video recordings of other past sessions as well as the initial two day training, I went things specifically. It's always going to be available to you. Right now I'm going to go back to try my screen. For folks who weren't to come to last session, or weren't able to watch it, you may now have realized that I've actually created a new process.

This happened because I felt that the five practices are really useful in terms of how, holding the general concept of humble curiosity, of compassion and truth telling. Compassion and self accountability. I think it's really important to have these concepts as different ways of being in the world and they can feel a little [vague 00:01:26]. How exactly do you want to do this? I created a more step by step process and really taking on the feedback where people are getting stuck and getting a little confused around. I created these two process, one is called restoring internal justice with compassion. Then the other one is restoring external justice to compassion. It's really saying that there are these two processes that I'm talking about which map up against the five practices.

The first three being about the internal a little bit, the last two being about the external. The idea is that these step by step detailed processes will give you something to really, more trickily follow if you wish to. If you feel like that's appropriate. Mind you, this is a catalog version. Where you're not necessarily going to want to or able to do all of this at the same time. It's to least tell you what the catalog version would look like if you had all the time and space in the world. That's to help you do some crutch until you become more fluid in moving through these practices and you're not so much thinking, "Okay, number one, two, three." Instead you're like, "Oh, somebody has said something that I find really jarring. I wonder what's going on with that person."

Or, "I wonder what's going on with me." My thing is, go to the bathroom. Go to the bathroom for about ten minutes to check on yourself. You know, let's go to the bathroom. Until you are at the point where that is a little bit more automatic, you can always rely on these processes to help see what's the next move that you can take. I'm going to quickly, actually I'm not going to read them through, given the amount of time that we have. Because you all have been reading them I'm assuming, as I've been talking. I do want to take questions. There's two things I'd be interested in hearing, one is that somebody recently has gone through this process and wants to share about it.

Then two, is somebody tried and got stuck recently and would like to have, would like to ask a question or get some coaching around it. Mind you, please have a real situation in mind. That's what's easiest and what's most effective. Folks on the phone you can star six to meet yourself and jump in since we can't see you. The folks also on the video can also just jump in too. While people are thinking about whether or not they want to share. Because that's always something, somebody who doesn't like to raise their hand. We do have somebody who wants to share. You want to go first? Do you want to talk or chat [Venedita 00:04:34]

Bernardita: I can talk.

Sandra: Okay, great.

Bernardita: I wasn't at the last session, so I'm just going to share how I've seen the compassionate activism in general really changing how I'm approaching my life and the people and my relationships. It really have made a huge impact. I'm honestly impressed and surprised. Because when I started the course and I did the first version that you did, I was like, "Okay, this is all amazing." How am I going to make this like, saying like, making it a habit, making yourself used to thinking, "Okay, well I'm reacting to something, what am I reacting to." I didn't think that it was going to be easy to do that. I guess it really hasn't been easy. I'm just impressed that I'm doing a lot more. I'm very much like, "I'm realizing I'm having some kind of emotional reaction or some kind of reactions to this thing." It's been a huge, and so to share briefly how I see this happened.

In the last two months I was travelling. I went to south America, I'm from Chile originally and I hadn't been home in about five years. It was kind of huge and there's a lot going on. To start, my grandfather died on July 3rd right before I got to Chile. My grandfather is not a nice person, but he's still the father of my mother and all of her siblings. It's still very emotional, there's a lot going on. Going to Chile was, I was a little nervous. I was like, "Oh my gosh, there's so much." I'm about to go like, dive right into. I was really nervous about it. It was such an amazing experience to be able to do that. For example, I'd be present with mom's sisters who are really dealing with a lot.

I'm with my mother who was suffering, I was with her when her father died. Realize the frustration that I feel, for example with my mom who is in this place where she's feeling a lot of pain, she's very frustrated. Not get mad at her because she's just being frustrating and not listening but understand like, "Okay, that's where she's at. This is where I'm at, then how can we work together in that space." Even if she's not able to work with me. I know and I can see things a little bit, in a different, in a clearer way. How am I able to do that. To me it's just been incredible because I'm not overwhelmed or getting angry. I'm just like, "Okay, this is where you are and let's see how we can work together.

Let's see how I can help you, let's see how I can take care of me." Even if it goes against with what my mom thinks I should do or whatever. How do we work together. Then one other example that I remember as [inaudible 00:07:30] as possible that I think is really helpful and instructive. I have a friend that I've been friends for twelve years. I say that about a year and a half ago, I broke up with her. I sent her an email, I was like, I realized that for a long time her friendship had become toxic. It was very much me being there for her, but I didn't feel the same and I didn't want her to be there for me anymore. It was just very bad. In that moment in my life, the best thing I could do was write this email and say this to her.

Now it's been about a year and a half. I sent her an email and I said, "Let me know if you want to talk." Because I also, I realize to let go some of the anger, I think possibly this class has helped me understand. My process and my being and the go of the anger and the frustration and the hurt. I'm doing much better. I realize, I never gave her a chance to understand where I was coming from and to express her frustrations and her feelings. We have this conversation last week, hour long. It was just, I wanted to allow myself to listen to what she has to say, to answer her questions. It was just really amazing, I'm listening, she's giving me all this attitude. She's telling me all these things that she really needed to say at this point. I didn't react the same way.

I didn't get angry or frustrated. Because I understand that's where she is, she's in her pain, she's in her process. My purpose to her in this conversation was, I don't like that I've caused you pain.

I did the best I could by you and our friendship in that moment. Maybe it wasn't great, but it was what I could do for you in that moment. I'm willing and open to be here if you want to continue conversations. I want to help you find what you need to heal. It's very different now, because I know not to receive from her and then get pain. I'm not going to let what she needs to say attack me and hurt me, because that's just not ...

It's that personal, she doesn't hate me, she doesn't want to hurt me. I don't need to receive it in that way anymore. I really just do feel that this class, it's been what's helped me. I feel just so [charred 00:09:39] and so ready to handle so many [inaudible 00:09:42] that I'm normally been so very emotionally difficult. Because I'm allowing myself to have the reality that I have inside of me and then allow them to have the reality that they have. Then how do we try to have a reality together that functions better.

Sandra: Right.

Bernardita: Those are all my shares. It's been a big summer for me.

Sandra: That's so amazing, thank you so much for sharing that. It's, so many things are coming off from me as you're sharing that. I think just, and what really stands out is just the simple noticing. People are always like, "How do I make myself, how do I try to." It's a struggle and I often hear, "When can organization stop struggling." You're like, and it's true. I want to keep going back and forth between the slide and our faces, as people want them. It's not about making yourself do anything, it's not even like, I was talking to somebody earlier about who, about bouncing back. How do we bounce back faster. After all these things had happened in the world and happened to us, and then you're like, not necessarily it's about bouncing back.

It's just about like, it's where we are. If we can just notice where we are and be with where we are, that would naturally shift us. You're able to be the person you want to be with your family and with this friend. Regardless of how we other people are reacting. Because obviously you're still responding to them, but in very intentional ways. You got to choose how you want to be with them. That's really, I would say another way of thinking about the practice. It's particularly Buddhist when you call everything a practice. It's practice, practice, practice and I think it's a great thing because it's something that we're never going to be necessarily experts in.

It's just it's always something that we're trying out, we're doing, experimenting or practicing. It's like, what exactly is this practice that I keep referencing to. For me I thought about it and it was like, it's getting in touch with reality. It's getting in touch with reality and being a choice. I was actually exercising and I was actually experiencing our own agency and acting on our own agency. This is what's fundamental like, when we say you know, recognize our humanity. I feel like that's what we're actually talking about. Realizing that people, like their lived experience is real. Even when it conflicts with the understanding of the world. We deserve to be able to self determine to choose how we react, respond. There are consequences which we are responsible for.

If we do something and it hurts us, is where compassion self accountability is part of the work, is the third practice. That's not to make us terrible monsters or anything. It's just that's who we are. That's what we're doing, we're human. This is why I think this practice is really at its heart fundamentally being anti-oppressive, we're about social justice. It's just it's on an internal micro-level, but this is how we also create macro changes. It's through of course ourselves and then having conversations. We can even have these conversations ourselves with other people. How are we going to change the circumstances in the external world, we can't.

We end up actually perpetuating the same dominating, exploitative, extractive strategies actually. We see that unfortunately playing out in our own movements. This is a very micro-level

and internal based process that I'm describing. It has obvious implications for when we continue to have these conversations with other people in positions of power. We're the first person in a position of power. Or trying to organize people who don't normally as individuals, but as a group we can have more power. Thank you, that was amazing. Someone has a question. Ginny, you have a question. It's star 66.

Josette: Yeah, the mute button is on the bottom left hand corner.

Sandra: Can you hear me?

Ginny: Mm-hmm (affirmative) We had a situation recently, which was exactly what this whole approach is suppose to be about. I didn't even occur to me until after it was over. Like, "Oh, that would've been a great place to use, this whole process and skill." Instead, in the moment I was just like, flooded and went to all of my normal coping mechanisms. I wondered of you have any advice on like, maybe how to practice remembering to even think about it.

Sandra: That's very real. Most have new habits that we want to start, don't, because we forget. This is very bad. Often times checking and coaching, I tell folks, "What's the structure that you can create to remind yourself." Because of we simply rely on the moment that we're reacting to then yeah, we're emotionally charged, our chemicals are running. It's not the best moment to rely on, to remember. Instead you want to create more proactive moments and develop it as a practice. Have it, practice makes perfect. You want to create much more pro-activity around when do you implement it. Don't just wait for when you have the really emotionally charged situations. What you could do is one, sticking out. I'm a big fan of sticking outs, put them on your laptop, put them on your bathroom mirror, on your fridge.

Just whatever, maybe it's breathe, listen and write. Maybe it's just compassion activism, whatever works for you, just put that somewhere so you're eyes start seeing it. The other thing is knowing what, looking for opportunities when they're much smaller. Small emotionally charged situation. Going for the one or twos. By doing this there's very little risk for you. Notice if you're already doing it because mind you, you normally do these things when you're not in emotionally charged situations. When somebody that you have positive energy with, you normally do them. You could just start noticing when you do them, when it's that play. When someone comes to you and you're having a bad day, we'll often will have humble curiosity. Be like, "Oh, what's going on?" You listen.

I think one is just noticing you're doing it. Then also pick the small wins, small situations, the one or twos. Little risk, and just go through the small wins and that way you'll have built that muscle up. For when it's a more emotionally charged situation. Now, that's on the proactive side. On the reactive side, what you could do is visualize. You had a situation and it didn't occur to you to engage in it. Engage in compassion active in that moment. What you can do instead is afterwards now that you remembered how would you do that conversation again. Mind you, that conversation is of course with yourself anyways. If you're very emotionally charged at that point, when the first process of resorting internal justice, of going through the first three practices. Of getting in touch with your own pain and taking care of that.

That can be handled at any point in time. If you still have some, if you still feel a little worked up about it, now, that means you still have something to take care of. It's not too late, it's absolutely not too late. Because when you might be too distracted and trying to talk with other person, versus talking with yourself first. It's really good to notice later. Then that helpful part is never noticing. It's a good thing that you noticed later on. You can take care of yourself and then you'll know if you feel called forth so then engage in that conversations, the other person. Even if you don't feel comfortable in that moment, you can also visualize it in your head.

It's interesting because for me, because my practice is about being in touch with current reality, I spend very little time worrying about or analyzing the past and I spend very little time worrying about the future. What I do for myself doing is practicing conversations with other people. That tells me that it's a conversation that's important to me. Instead of letting my mind wonder, I get more intentional about it. It does help make it easier for when I do have that actual conversation with them. Sometimes it with folks that maybe for various reasons, it's not the best idea to have an actual conversation with, at least for myself. I'm affirming my own truth, my own reality to myself. Remember, we are the most important person to ourselves.

Josette: We had a few comments that I wanted to highlight. One was, "There should be a What Would Sandra Do bracelet. I thought that was a funny comment to share. We could have a bracelet making party, with everyone making their own, with their own style. Moving on to the next part though, two things is that, Mary Hill as well as Maralyn both had things that they wanted to talk about. I know Mary Hill suggested a little bit earlier, so I wanted to check in with Mary and see how you feel about sharing it now. I know you're chatting a little bit, so let us know if you want to talk to the group. If not, we [inaudible 00:21:04]. Okay, go ahead Mary.

Mary: I had a bit of problem with the, on your part. Recently what happened was, I was at a wedding of a friend that was a good friend in middle school. We've kind of grown apart. At one point near the end of the, like when everything was winding down, I was chatting with the mom and I made some sort of crack because I knew Facebook friends, and it went well. If you've seen that you know, and she just, like when she was kind of drunk until she was like, "Oh, Mary, I'm sorry." I couldn't, it's just too much. That came out of nowhere for me and I was kind of unable to interpret it, what that meant, it was too much. Did I mean I was posing bad activism too much, does it mean that my energy is too much because that's actually a really painful thing that has been in my past for talking too much.

That family and actually the family she was getting married to that I'm friends with both of them when I was younger like would make fun of me behind my back of calling way too much. Because to me they were my first deep friends, so I wanted to talk to them. I could feel myself of like, I want to run away, I cannot make the scene, this is someone's wedding day. That can't be what this, like I don't want that to be my reaction. I could only sort of get more details with that humble-ish curiosity of like, what do you mean by too much. I get you're drunk, and you're not necessarily the best able to communicate right now. I just at one point I was so, I'm silently crying. I need to move, I need to be in a separate place. I went into the bathroom. Where I was at least good at saying the, like I'm hurt and that's okay.

I wasn't necessarily able to think about like, "What should I do about it besides I'm taking time for that." Trying to breathe well and definitely not necessarily wanting to have the conversation right. Because she's drunk, that hurts. This part of conversation also, that's not what I wanted the tail end of this even to be, her daughter is getting married. That's not the space for it to happen. I'm still very immediate reaction, very like high tension thing. Of course she sought me out to be like, I want to make sure we're okay. It turned out to be more because I post too much about social activism things for her comfort, that's just not where she is in her life. I was silly to feel like, I don't think that I can necessarily say everything is fine right now. Because you actually wounded a very tender part of me, especially when it comes to you. I'm still all up in my feels. It's definitely ...

Sandra: How did you respond to that?

Mary: It's just mainly repeated the phrase, I want you to roar. She was basically saying like, don't let me thinking it's too much for me like hurt you. Just keep doing what you're doing, just know that I'm not necessarily here on the journey. It was overall okay, but the main thing that it hurt was because it hit all the adjacent territory. I was at least able, my best friend was there.

When she saw that I was upset, I was like, "I can't talk about this right now because I don't want to ruin this wedding. Talk to me at home when we're safe and I don't have to worry about [inaudible 00:25:35]." I'm definitely working on the third part. I actually, there's an interesting book that is just called, how to stay sane by Philippa Perry.

She has the four cornerstones of her things and one of it is all about self preservation. I felt one of them was an interesting way of number three of giving me a few more steps of, what am I feeling now, what am I thinking now, what am I doing at this moment and how am I breathing. Then once you take the time to do that, then you say, "What do I want to do next about this." That's where I am right now. I've never necessarily have problems with calling people out when there's sexist or racist, this remarks. It's definitely trying to do a more constructive way, but also just dealing with the three thing for me.

Sandra: That may be where you are for a while, around certain things at least. I think that's what, and that sounds pretty clear. It sounds like you're doing exactly what you need to be doing to take care of yourself. You're not trying to force yourself to do anything. Where ever you are, that's where you need to be. It is just what it is. I think what I'm noticing is a lot, like you're really applying compassionate activism in that moment. One, you didn't make her wrong, but you also validated your own emotional reality. That she had hers, it was different. You asked about it, you checked just to see, how different is her in her reality from your internal reality, what was my intentions and that's really great. You're able to hold the space, like yeah that happened to you. I know you didn't mean to and I'm still really tender. It hurt, it hit a lot of really tender spots for me.

You didn't make anybody wrong for that, you're able to hold both the space and then take that time and take care of yourself and what did you wanted in that moment. It wasn't necessarily the process because you were at your friend's wedding. You also told somebody later on, "Yeah I like to when we're safer, at home." I don't know if you normally would do that. That's actually a lot of intentional actions. A lot of self reflection, intentional behavior that I think most people really struggle with. It may not look like you're all the way down to the fifth practice and whatnot, but that's now what this is about. It's about really being aware of who you are, where you want to be. Not where you want to be, it's like being able to be where you are and that's what you're doing. Does that make sense?

Mary: Mm-hmm (affirmative) I think honestly over the past three years as I've been in therapy, I would've probably had a similar reaction of like, I want to find out more just because I'm confused and hurt. I also can't do anything. Like, I do not want to do anything that will draw attention the way that I might've when I was 12. I think, the part that felt newer was the trying to stand in the bathroom sort of like, "I'm hurt and that is okay and I'm really upset and that is okay." I didn't necessarily like get into like, I see you but it was like, I could see it because I was in the mirror. That sort of thing, but so that's where I think it felt new and that's what I'm really trying to, because otherwise I get the same results of I dealt with it. I'm working on the not necessarily carrying as much pain over. Because that's what would've happened.

Sandra: I know what you talked about is that, it's something that you've been carrying for a very long time. It's not just this one incident. It's just it was, there's a history behind it. It makes sense that it couldn't get all very quickly resolved and dropped up with a bow at that wedding. Not making yourself wrong for that either. It's something to bring up and you can do this pro-actively. The only thing that I also have is the everyday self love course. Folks can actually get a discount, because you're already a course member with us, you get a repeat customer discount.

What it does it, it more pro-actively helps you gently surface the stuff and work with it. Similar to what you learned her but it own a much more structured way. I have tons and exercises and whatnot. It takes time to work with things that are much more deep seated and had a longer

history. There's nothing wrong or right with that. I think in our society, it's like, if it's not perfect, then it's no good. Perfect is impossible to attain. I think where you are is just where you are and it sounds like you are taking care of yourself and not making yourself wrong in the process of where you are. That's really amazing.

Mary: I'll just have to deal with all the offered, not necessarily toxic change things. I really love turning 26 and getting for an off insurance, it's the best.

Sandra: Just being there. Thank you for sharing.

Josette: Up next we have Maralyn. Let me know if I'm pronouncing anything wrong, I'd be happy to [inaudible 00:31:58]

Maralyn: Okay, great. Sandra, I really appreciate you're asking about the, an example. Because I realized that I had one after people had started talking. Last night I got an email from someone that really triggered old stuff, like Mary. It was just, oof. I got mad, I was angry but it was someone that I felt like I needed to respond to right away. Because otherwise she'd be more upset and then that would've been, so I had two part with me. The angry part and the hurt part, they were both right there. The hurt part really wanted to respond right away because that would be the good thing to do. I thought, "No, I can't." When I thought about sitting down and writing, I thought, "I can't, this would take me forever." I had to be so careful. I'm actually not, so the anger part of me didn't get to push back and the hurt part of me had to hold that part. I did, I really was present with that part that was, that needed to be good.

It just always needed to be good. I didn't respond last night. This morning when I up I went back to the email. I was actually really amazed with how quickly and easily the response just came out and it was short and to the point. It wasn't you know, and I was like, "Well, cool." I was relieved, but it felt really, it was like you were talking about. When it's time it's just organically came out. I was really thankful. I'm particularly appreciative of your asking the question because it was done and then I was going on and I hadn't actually stopped to acknowledge those parts of me that had them come back and responded. That's another my things, is stepping over. Not really acknowledging the. Like what you said with Mary. It's easy to see and appreciate what's happening in other people, like Mary. Your question allowed me to do that for me to ...

Sandra: Right, and that's amazing and noticing. My thing is really just noticing. It's like being in touch with what's actually going on so we can make a choice about what we want to continue doing. If you're able to have this level of noticing and being with yourself, taking care of yourself. What do you think will be different in your life?

Maralyn: I've been practicing this kind of noticing. It's not a new thing for me. I still think it's imp to note it when I appreciate and acknowledge me. That's the noticing that I'm needing notice.

Sandra: If that noticing was standard, a habit for you. That type of specific.

Maralyn: Is that was standard then I would be standing much more clearly strongly easily. Life would be a lot nicer. There's always for me, like life is always inviting us into bigger spaces and that's my bigger space right now.

Sandra: Is not the hardest, it's like the acknowledgement to ourselves. This is why I think it's really imp to do group work like this because we can see it so clearly when the other person is in front of us. We cheer them on and it's like for ourselves it's like, "Oh, I feel that this, I accept it that I could do it." You got so far too.

Maralyn: Going back to the first two weeks, the first two days or the first introduction program. That was one of the things that I really appreciate about. What you shared was, pointing to how our conditioning everywhere. I mean, I'm 63, so I came from a time when that kind of conditioning to be good, was really strong. I grew up in Barbados too. Everything was, so it's been really affirming. The realities too, I really, that was a big piece for me. Even though I've been doing the noticing part and doing this kind of work. That was one of the big bonuses for me.

Sandra: It is what's real.

Maralyn: I've known it, but I think the framework was really helpful.

Sandra: It's not how we normally talk about it, yeah, that's why it is. Because we already have experienced it, and that's why I'm like, I want to talk to you about some existential stuff. People are like, "Oh." They catch on real quick, because that's true. Which is we know that to be true viscerally. Even though we haven't done and getting that all aligned. Thank you so much for sharing.

Maralyn: Thanks, I really appreciate your work.

Josette: We have a couple of questions come in. The first one asked if we could actually do some breathing exercises, body and breathing exercises. I thought maybe that would actually might be really nice. The other question we had was, how to apply compassionate activism while have angst over a decision that I need to make. I don't know if the person who asked that would like to step up or we can answer the question as is. If you would like to speak more on that, that would be great too.

Speaker 5: That was me. Sandra, I'm thinking about what you're saying in terms of not living in the future and not living in the past. I'm sitting with needing to make a decision and what's happening right now is that I have a lot of angst about making that decision. Uncertainty about whether it's the right decision and fear of what if it is the wrong decision. I'm wondering if there's a way to apply, because it's very emotionally challenging for me that I'm having to make this decision. I'm wondering if there is a way to apply this to that kind of situation.

Sandra: I think so, because this is really about, so you can apply it to the angst itself. What is happening right now is the emotions just coming out for you. The thing that you're concerned about, the future happening, that hasn't happened yet. You're current angst is real, so you can sit with that. You can get in touch with that and think about, what is underneath this. Because the future has gazillion possibilities. There's some things that's, it's more past, it's more likely to go down but we can do something different and maybe you have a different reaction. We never quite know what the future will hold even though they're statistically more likely stuff. The question is, why is there a fear.

Why is there a concern and why is that so big for us. Because if it was just a, well you know, if it goes down this path, this could happen. Okay, then you just figure out what do you need to do to respond in that situation. You just scenario that with different things. It doesn't necessarily have to be like a very charged thing, it could just be brainstorming and finding out different scenarios. It could be as simple as that. It's not, which means there's something else happening that's coming up for you and that's all that is. That's always just like, well what is that then. It's just getting in touch. Does that make sense?

Speaker 6: Yeah, thank you.

Sandra: This happened recently to me with thinking about, oh gosh. I had a recent situation whereas I was wrestling with something similar. It was a concern about the future. Now I remember, it's about relationships. Aren't they always a trip when they come, they're bringing about the future, whatever the future holds. I would imagine a relationship and it was like, if I start to trust at somebody, this person based on previous actions is going to be there. It's going to put my well being and my desires first. In terms of knowledge and what do I want. If I can trust that person based on previous actions to do that, I also don't want to get attached to that notion and be coercive to him about having to center me in that kind of way. It was like, how do I, well how can I trust this person to generally you know, center me in this kind of way and how he responds to me without making it a coercive demand upon him.

I rely on that, and I was like, and I was trying to worry about the future and so the moment hadn't come. I'm worrying about something that's not real. Of course I was going to be putting myself to a tizzy to try to figure out, to try to prevent something that's not happening yet. For me it was about letting go of that concern for the future and being in this moment, what am I actually doing. In this moment, am I attached, am I making a coercive demand to him. Right now I'm not, okay. I just remained vigilant and I communicated that concern to him. That's about as much as I need to. It's like, I'm clear on my side, I made it clear with him and I'm just going to remain vigilant and notice in case we slip into that moment. Because that often happened in relationships when you want them to continue always 100% do that thing.

That's not how human beings are. For really bad reasons. That's just like another example of, I was being worried about the future where that wasn't in touch with current reality. Instead I got in touch with what am I actually doing now, okay. Why am I emotional, okay I'm good. Had I been cursed, have I had a, did I feel, had I felt a coercive demand growing inside of me. Then that could be a moment for me to be like, "Okay, so what's underneath that? What am I afraid of actually." Why do I really, really, really need this. What am I not giving to myself that I like really coercively demand it from somebody else. That could then how I applied compassion activism in that situation.

Josette: We actually have no more questions in the queue. We have only have two minutes left.

Sandra: That's perfect anyways.

Josette: Breathing exercise is fine.

Sandra: That one is the best part. I wonder [inaudible 00:44:18] joyous, breathing exercise today. Because who doesn't need more joy in their life. I remind you just, our ability to hold a space for our emotions, that's the center for, it's for any emotion. Whether that's joy, play or sadness, pain, grief. It's all one and the same container. We deserve in of itself to acknowledge the full range of things that exist in the world, not just the pain but also the joy. Also is helps us to hold the space for the pain as well. It's both and end in itself and a means to another end. We're going to do a little breathing exercise. I want everyone to get comfortable. Close your eyes. Just take a deep breath in and out, in and out. In and out. Just notice starting with your feet what is it like, the tingling, they fell asleep, it's all right.

Just notice move up to your calf, just notice, not trying to change anything. Move to your thighs, is it tight anywhere, is it sore, is it relaxed. Continue breathing in. Maybe move up to your torso, to your stomach, have a knot, or is it completely relaxed. Just notice, it's just like a moment to appreciate all your of all of your organs in your torso do for you. They do a tremendous amount of work and we do not think about this, just notice it and say thank you. Then move up to the upper part of your torso, where your heart is, where your lungs are and just say thank you. You keep me going, literally. Without you I would die, thank you. Just notice what's going on in there.

Appreciating, seeing what they're do for us everyday. Notice, move your attention to your arms, into your hands.

Noticing how much they just, they make it possible for us to do what we want in the world. Our arms are so incredibly wonderful. Moving up to our shoulders and then neck, the voice that comes from our throat, allows us to communicate and show our truth to other folks. Then moving up to our head, a nervous, nervous head that has a brain that keeps everything alive and functioning and our consciousness. Our eyes that allows us to see, a nose that allows us to breathe, a mouth that allows us to eat, our ears that allows us to hear. Even if these aren't fully functioning that way, they still exist and they still worthy. Just acknowledging how they've helped us to get to where we are. Just take a deep breath in and out. Just say, I see you. I see all that you do for me. If you're moved to, say thank you.

Thank you for all that you do every single second so that I may live. Now I want you to take another deep breath and just remember the last time you laughed with someone. Like a big, big chuckle one time. Maybe it was a movie you're watching, maybe you're talking about something, maybe something silly. Maybe your time with kids or puppy, whatever. When was the last time that you really laughed with somebody. Remember the joy in that moment. Where did you feel it in your body. Then just noticing when you're feeling that right now as you're remembering it. Notice what's shifting from you as you remember it. Then I want you to take those sensations and turn it up a couple of notches. If it's at a two, move it to a four. If it's at five, move it a seven. Just breathe into it. Give it energy.

If that's not working out for you, it's all right. Just chill with it. If you can move it up a couple of notches, breathe into it, deepen it. Give it more life with your attention. Just put your hand on wherever the sensation is strongest in your body. Just say I see you. Breathe in, I see you, breathe out, thank you. Breathe in, I see you, breathe out, I appreciate you. Breathe in, I see you, breathe out, you rock. Just breathing in, just keep noticing and tell whatever you want to tell.

Now I want you to bring your attention to your body again, to your whole body and do a quicker scan of your feet, just notice. Notice what's different now versus just seven minutes ago. Your legs, your torso, just notice. Your shoulders, your arms, your neck, your head. Has anything shifted? Maybe some things got more relaxed, some things got more tight. Nothing changed? Just keep noticing. Once again say thank you to it, you'll be back and you know you always carry this with you. I want you to take another deep breath in and out, in and out and in and out and start to wiggle your hands and feet, open your eyes, stretch a little bit.

All right, so if you want to, just kind of like, what came out for you as you were doing this exercise. Was there a shift. Did some people notice anything that they hadn't noticed before or just generally how it went for you if you're like, "Yeah." Or if you're like, "Oh, like nothing happened." Anything is all right. Nothing is wrong, it's just what it is. I know sometimes, I personally don't like guided visualizations. I know I do this all the time, so I do it with you, guided visualization. I personally do not prefer them. I need more silence. That's true too. I don't think you want me just to stay silent the entire time either. I got to offer different things.

Josette: We have some questions coming in, some folks said, laughed and relaxed, said felt floating. Someone said I needed that. I've been in fast forward for a few days. [inaudible 00:54:17]. It helped me stretched, apparently I haven't been stretching [inaudible 00:54:21]. There was a shift, I felt more relaxed. I think this is the first I have directly addressed my own joy. I'd like to see more of it. Feeling my own laughter was nice. I don't often [inaudible 00:54:36] focused on my happy feelings. It helps me notice what is going on in different parts of my body made me want to stretch [inaudible 00:54:48]. That didn't go too well, I was [inaudible 00:54:50]

to the various parts and then when I got the end it started to get, I started getting this upset feeling that I just [inaudible 00:55:01] what I did.

Sandra: I want to pause there. That upset feeling is what's there. I would recommend this person to do the exercise again and sit with that upset feeling. Not trying to change it, not trying to move on. I need to move people through a process. I need to verbalize a process for people to go through if they're able to. If you don't, if you get stopped somewhere, there's no right or wrong side. It just means that that's where you are. It wants you to go deeper. It wants you to sit there and get in touch with that. That's always a possibility. That would be great, because you need to find out, what is this about. Why I want to pay attention to my hands, then there's this upset feeling. We need to be taking care of.

Josette: It was good to move around and feel my body. I realize I have been in my head and not my body enough recently. I love the balance and the appreciation in those and the difference [inaudible 00:56:11]. Than when we did this during the second practice session.

Sandra: With practice it becomes easier, right. It does.

Josette: That's all.

Sandra: Great. Thank you everybody. This is the end of this program. Realize I said before you still have online access to all the past video recordings. You also have your up to three coaching sessions with me. You can use them up to a year after, after the course. There's no rush, you are where you are and I'm here to support you if you wanted. I want to just take last couple of minutes, I know we're over by a couple of minutes, but I want to just have people write. Pretty usual, if you have one main take away. I'm not saying for the entire program, but if you feel more [inaudible 00:57:11] about this past session, that's good too. About this whole program, just one thing you want to remember. It's ten years later and someone asked you about compassion activism. What's that one thing you want to tell them.

You all want to make sure they know it's possible for them. I think for me, it's that this is both incredibly hard and surprisingly easy. Because you've only been with me for several hours. That's it. It always amazes me just how quickly people catch on to it. Now being consistent about it is harder obviously. In this moment, people are often able to catch on and they get to somewhere. To wherever they are. Because the point is not to try to make yourself get somewhere, but being able to be just where you are. That and then being loving in that moment to ourselves. This is something that is always available to you.

This is something that you actually already do, but you haven't noticed it and such. That when it's harder to remember to be loving, that all we need to do is actually just hold the space and notice. You don't have to make, there's no making yourself feel more compassion, it's just holding the space to see what's going on and see the pain. Then in time the compassion will naturally rise. If it takes a while for that to rise, but you did know what you want to do to feel called for it, that's fine too. Just means you have more noticing to do. More acknowledgement of the pain to do, that's it.

Josette: Someone said It's okay to get stuck somewhere as we all [inaudible 00:59:12] different seeds. I feel ____ and that's what's happening. They just need to acknowledge it. It's possible to feel what we feel and be okay with that or be with that. We're not wrong for what we feel. It's okay and helpful to listen to yourself and dealing with the people situation with the people. It's reality, it's being able to acknowledge them. Not making me feel wrong with my feelings. Checking with your emotions before taking on the world. How much I don't listen to my own needs. Your fierce commitment is not making any response right or wrong.

Sandra: I just want to leave you with this one thing. Imagine if everybody was able to do this. If everybody was able to be in touch with their own reality and hold the space for everybody else's reality to be valid so that we can co-create together then and actually engage in our full agency. Imagine if the entire world was able to do this. How radically different, like fundamentally different, we will look completely different than what it is now. We can create that. We can create that just with starting with ourselves and then we model it then we can teach other folks. I know somebody is talking to somebody who's doing it at work with her cohorts, I mean with her family. You don't need to say compassion activism, you can just say, you just be like, "Hey, I learned this thing, it might be helpful." Try that.

Thank you so much for being along the journey, letting me be with you along this journey. We are going to be doing some future schematic versions of compassion activism. Focusing first in October, hoping white people heal from white supremacy and so they can move to engage in racial justice work. Then another one also in November, in early November around creating, caring, inclusive accountability cultures. Because obviously when we have official form of power involved, things get a lot trickier. Helping managers and leaders know how to use this process, use these practices to create much more caring inclusive work environments. There we are, so hopefully we'll see you then too. Thank you, bye.

Josette: Bye everyone, it's been a pleasure. Have a great rest of your summer. Or for folks in Australia, hopefully the end of your winter and the beginning of summer soon.

Sandra: All right, bye everyone.