

compassionate activism

Sandra Kim: Hey folks. This is the second session of day one for the initial training for Compassionate Activism. Right now we're going to be covering The Second Practice of Acknowledging Different Realities and Accepting External Reality. For folks who were with me in the online summer, this is a slight tweaking on the language and you'll find out why. Before we dive into that, I want folks, as usual this is an application based program. You really want to be thinking about real life situations that you have struggled with, and bring this framework to those situations. I want you to select a recent specific single situation that somewhat emotionally charged for you but not extremely charged. On a scale of 1 to 10, 10 being most charged, go for a 3 to 5, just the 3 to 5, and if you want to continue working with the situation that you had from the first session that's perfectly all right as well. If you want to do any different, that's perfectly fine.

It doesn't really matter as much if you feel like it still is unresolved for you, then yeah still go with it. Go with the old situation. It's really about practice, that's all it is. Some people like variety, some people want to keep the same one until they get through closure with that. It's whatever you need and listen to yourself. You'll discover that this is actually what the practice is about. It is about breathing and listening. Even when choosing a situation it's really about listening to yourself and what do you need? The second practice is now that ... It's building off of the first practice obviously. There is an order to this.

With the first practice, you notice when toxicity was arising for you, and you as opposed to getting too stuck in that emotional charged toxicity, that resistance, that feeling powerless, hopeless, voiceless, and instead of just being stuck there you shifted, and you shift by focusing on being curious with humility and being like, "I'm not quite sure what's going on here." I have some speculations which aren't the complete truth because I haven't actually done the work to get in touch with it either within myself or within somebody else, so let's figure out what's going on, and just by taking the act of noting what ... Here's what I'm speculating, it's not quite true, you become curious naturally. This is when, the second practice is when we start distinguishing the different realities at play. Can you see everything Josette? Okay.

There are actually 3 realities. I get really extra sensual with folks when I talk about this model, and it relates about these practices, and I love that most people can roll with me on it, but like I said, I'm going to get extra sensual. If it's confusing definitely ask me questions. There are actually 3

different realities happening at the same time at any given moment. Right now in this current moment, there is my internal reality, there is your internal reality and then there is the exchange happening in between us. What do I mean by that? By my internal reality or your internal reality, I mean just how we're interpreting what's happening, how we are filtering what we hearing. In external reality what we're noticing happening between us is, there's some words being said, there's some actions being done and there's some energies being exchanged.

All the meanings that we're applying to it, it's through our filter, from our past, from our personality whatever it may be. Often times our fear about trauma. The important thing to understand is that my reality and your reality are completely different. In fact the reality of a person on this session is different. You all are hearing the same words being said, you all are reading the same things on the PowerPoint, we all have different understandings. You're all applying different meanings to it. I just asked folks what was your key takeaway? If we were all exactly uniform in our perception of what we had learned and participated in the last session, you all would have had the same key takeaways, but you didn't.

You all had different key takeaways, why? Because you all have different histories, you all have different minds, you are struggling with slightly different things. There are similarities, they're some shared dynamics true, definitely, but it's different on an individual level, and still distinct. There's no right or wrong to that, it's just different. The problem starts coming into play when we think just because it's true for us, that it's true for somebody else. What we believe to be happening because of our internal reality is exactly what is happening externally, in external reality, and the other person agrees with us. When we head up against the point that that's not true, that actually somebody has a very different perspective on it than we do, then we get upset. We get really upset about that. We feel like they should.

They should have the same reality as ours. Then we get into this push or like this is my reality, this is your reality and I'm like, "You should agree with my reality," and this person is like, "You should agree with my personality," and so we just keep butting up against each other. How many times have you experienced this? Really like well when somebody does something that you didn't like, maybe upsetting, like, "I wouldn't have done it like that." "If I had done it like that that would have meant this other thing, I would never have done that." Well, you're not them, they're not you. Why are you even tripping over this like that? It's not true. This is not a way of make-believe. Make-believe the toxicity when you're shitting, that just because it's true for you does not make it true for somebody else.

This happens a lot not just ... When you think about people who are less socially conscious than you for example. That's something the activists are very, very, very commonly doing, is that we look at people who are less consciously than us and we think because we know better, we know something is problematic and oppressive and marginalizing that they should. When they do something that is perpetuates systemic oppression, we feel like they should have known better, they should have known to not do that. Now, we have a preference they don't want to do that, that they don't do that. True, we have a preference, we would like them to not do that, to know better, to not have done that. True.

That's distinct from making somebody wrong as a human being and dismissing them as a human being because they did something and that's distinct from feeling ... Having a coercive expectation that they should have known better, we're resisting the fact that it's dumb. The status quo systemic oppression folks, which means that this is what we're all raised with. We're fed all these lies from day one. If you want to look at how systemic oppression impacts health and well being and how that impacts people who are pregnant, and how that impacts then the infants. You keep going on, it starts not from incisive conception, it starts from before we were conceived. Systemic oppression shows up everywhere, and you are not as conscious as you were a year ago. You are not as conscious as you were 5 years ago.

You're sure as hell not as conscious as you were 10 years ago. We're all on this journey. This belief that it is like coerced the expectation that we have is when we get into problems because it's just not true, and it's coercive. They believe what they believe, their best is this. If you focus on trying to change what is right now for them, then you're going to ... And make it agree with you, then like I said, that's actually productive to creating a different future together. Now, you're trying to be coercive of that. You get that. You all come into this program being like, "How do I get the other person to stop? How do I make the other person seem like respect ... How do I make them?" Listen to the language, how do I make them? Same thing, whenever we try to force somebody it's still coercive, whether it's for their own good, whether or not that's in the name of anti-oppression. It's still forcing, it's still controlling, it's still coercive.

We really need to acknowledge that these things are indistinct and they all have a right to exist as distinct. I'm not saying that we like it, we agree with it, we prefer it, I'm not saying that. I obviously want to live in a world that is more loving, that is more just, that is more inclusive. That's why I do this work. Like I said if you think back to the model, we're 100% committed to the vision and we're 100% acknowledging of the current reality. This is how we get present, start getting present to the current reality where we acknowledge that there's 3 operating at the same time. There's no right or

wrong to it. Just as your feelings, your experiences, all current reality have a right to exist and take up space for yourself, so does the other person.

Now actually just take a moment of how think and reflect, what is the impact of not acknowledging that you have your reality they have their internal reality and they're distinct and they both have a right to exist? What is the impact of you trying to force your reality onto them, as they probably are trying to force their reality onto you? Why don't you take a moment and type in the chat box what is the impact of that? Josette if you want to read some a bit.

Josette: We had a couple of questions.

Sandra: Oh no, read the impact.

Josette: Sure. I think it's important to acknowledge that its natural inclination to want others to change to make us feel less oppressive, also coercion in return isn't the way. No one is listening if everyone is just trying to be heard. Impact you treat them like you're being treated. Someone has to repeat your question which is what do you think of the ... What is the impact of look ... How did you ...?

Sandra: What is the impact of you trying to force your internal reality onto the other person, often times when they're trying to do the same to you?

Josette: Someone else said you don't allow them or yourself to belong. People are trying to force each other's perspectives, means that no one can have any progress or mutual understanding. I guess then when we get caught up in being right, we harm the relationship especially if it's someone you know. Force really is counterproductive, disappointment, prevents the other person from being authentic. It's oppressive to try other's reality, it breeds hostility, you feel alone. I'm out of integrity with me and I'm being disrespectful of them. A lot of energy spent but not getting anywhere, can relate to that, nothing changes.

Tension and disappointment, the result is that the other person just doubles down on their own arguments, also less likely to get through of actually getting a chance of results versus just talking to a blank wall. It's hard and I hesitantly can recognize their reality. Some of the users will take it to an extreme and then think you're accepting, they're right.

Sandra: I want to pause you one quick second on that one, because that's really, is quite a distinction to understand, is that ... Like I said before, you can acknowledge someone's pain and reality and why they're doing what they're doing and have them be responsible for their actions, and the harm that they are causing. Those are 2 distinct things, people feel like it's acknowledge the pain, where people are coming from the struggle, that it

gets them off the hook and it doesn't. We're still always responsible for our actions. What is coming up for us, that just happens and it's our responsibility to take care of this and I'll talk about that in a second later on.

The third practice, the compassions of accountability, but I just want to make that really clear, that that's not what I'm saying. That's why people have misused compassion to excuse abuse and violence unfortunately. I also want to point out ... The coughing interrupts my train of thought. I don't know what I was going to point out ... I was going to point out something but I can't remember it now.

Josette: In the meantime seems that we have someone on the phone who wants to chime in?

Sandra: I just remembered it. FYI I'm going to teach you another way of enforcing, it's called inviting. You don't need a ... Inviting is one of the ... Asking is one of the powerful things that you can do, and I'll do it real quick. The way you can share is that like you share your truths and you can invite somebody to share their truths and to listen to your truths and you take turns. A cup is full of water, you try to pour more water into it, it's going to overflow it cannot receive. You need to temporarily pour the water out and have an empty cup and you receive it fully. This is good listening if you've done any sort of like crisis lines, support lines or have trained emotional support or duplicity.

It's really what it is. It's really hard when you've been hurt in the process, this is why you need to take care of yourself first and foremost when you've been hurt, because your responsibility is to yourself, first and foremost. When you've done that yourself then you can hold the space for somebody else's reality at the same time. Just FYI I know it feels really hard to do that with somebody else, and that's because you have to learn how to take care of your pain. Just FYI, I got you.

Josette: Great, so phone person you are welcome to jump in.

Speaker 2: Hello.

Josette: Hey.

Speaker 2: Can you hear me?

Josette: Yes.

Speaker 2: I wanted to know in regards to when the other person is being super oppressive, and your feelings are overflowing, how do you get to that point?

Sandra: How do you get to which point?

Speaker 2: To the point where you can listen.

Sandra: It's what I just said is that your responsibility is to yourself first and foremost. If you're with somebody who's being abusive toward you, you are your own responsibility, your own well being. You're the only one who can take care of yourself. Listen to yourself and taking care of yourself, showing like getting in touch with your own pain from that abuse and then doing whatever you need to do to take care of yourself and take care of that pain whether or not that's to get support from other folks. Whether it's to leave a situation with that abusive person, whatever it may be, whatever it may be that you feel like at that moment you need to do, get to a place where you can do that. That comes from listening to yourself first and foremost. You're not responsible for that other person's well-being. We can be in support of other people's well-being, but we can't fix them. We don't control them.

Speaker 2: When walking away to take care of yourself, what do you do when the walking away is interpreted by the other person as aggression, as you're ending the conversation, as you're stopping the dialogue, as you really not willing to compromise and change your reality and basically cuddle it.

Sandra: Their internal reality is stemming from their own past. Everybody has their own filter. You're not responsible for the other person's filter. The most you can do is share your reality, share your truth and ask them to acknowledge it as such. If you want to you can also inquire if you feel moved to, if you don't, don't. Part of the practice is that sharing your truth. They may or may not acknowledge that as your truth, depending on where they're coming from their pain, that is not your responsibility. The most you have is to tell them your truth if you choose to.

Speaker 2: From experience I have found that our truth as people of color ... Sorry, truly very scary when shared with people in privilege. I have noticed scares them, the shit out of them and your pause to take care of yourself scares them and they walk away because all that need to stop, and then it's further isolating from them.

Sandra: I would say that normally how we share is coming from toxicity, what I call a toxic swirl of make-believe. How we normally engage in these conversations are from very ineffective places. What I'm going to ask, I used to work at a place where I was the youngest person, so I always got in charge of technology. When I tried to bring in new technology into the organization. I had folks who were older who said, "I did something similar, has so much technology before but I lost everything, I'm really scared to try something new." I'd be like, "How long ago is that?" You're like, "Well, that was like 5 years ago." I was like, "Technology, anything that's older

than 2 years really is irrelevant to the new technology.” I want you to ...
What you’re saying is exactly true that happens all the time.

You’re not the only one, in the chat box people are agreeing with you.
That’s coming from the old way of doing things. It’s coming from the way
that we’ve been taught of toxic swirl make-believe. Yes, it doesn’t work out
well, and it often actually just builds our own trauma in trying to have these
conversations and makes it harder for us in the future. What I’m going to
be teaching you is a totally different way of doing it, totally different way of
doing it. Until you do it you don’t believe me and that’s fine, you don’t have
to believe me, just wait, just wait.

Speaker 2: I want to believe you that’s why I’m here.

Sandra: I know. You’re giving me a shot, and I appreciate that. Just know that I’m
going to be showing you something that is actually really transformative,
and it’s actually quick to do. I haven’t done it yet because we’re building
up to it, but I’m going to get there by the end of today.

Speaker 2: Hopefully I’ll get this day, because I hardly get anywhere around, I’m
holding on?

Sandra: We have it’s all recorded, you can watch it at any point when you have
some time.

Speaker 2: [inaudible 00:22:54] I was on a phone call. I can.

Sandra: It’s real, what you express is totally, totally real, it happens a lot.

Speaker 2: It’s happening right now. Anyways, I’m ready to deal with this, but I’m very
upset. You remind me how to mute myself from the phone call.

Sandra: * 6.

Speaker 2: I’m going to keep listening but * 6?

Sandra: Yeah.

Speaker 2: Thank you.

Sandra: There is no right or wrong to being upset right now, right now you’re
getting present to some pain. I would recommend listening to it, taking
care of it. Don’t make yourself wrong for having it. Don’t try to make it,
change it, go away, judge yourself, shame yourself, none of that. If you
need to take a moment and break from this conversation just to sit with it,
that’s okay too.

Speaker 2: * 6.

Sandra: * 6.

Speaker 2: Thank you.

Sandra: The point is to listen to it and acknowledge that it's happening, it's okay. Not in okay, not in the sense it's okay like, "Yeah I want to feel sad," no. Its okay in the sense like its happening, the feelings are like the weather, it rains sometimes, it's sunny, sometimes they happen. They're telling us something, they're telling us something important. We distract ourselves from that pain because we don't want to feel it, but we can't do anything about it. That's why I say focus on and sitting with it, that's what we'll learn in the third practice. I'll walk you through a process actually. That will do it. To the person who spoke on the phone, it's just as a quick support right now. I'll recommend putting your hand wherever you feel is more strongly in your body, and just acknowledge that I see your pain and I care. Just repeat that to yourself.

We're going to get there though. I want to move onto what do I mean by external reality versus internal reality? By external reality, this is what's actually going on in between you and me, the exchange. There are some words that we hear, which frankly we don't remember very well. If I asked you what did I just say, literally 15 seconds ago, there are some things you could remember but you don't remember my exact words. There are some actions that we see and we apply meanings. We say, "Well they did this because of this reason," or "They meant this when they did that." When they didn't text me back soon that meant they don't like me. We add all these meanings and stuff that may or may not exist. I'm not saying your guess, your speculation isn't true, I'm just saying it might not be true, you don't know for sure yet, until you ask. Then there's some energy we sensed.

Often times actually what we're operating from is energy that we're perceiving, especially with systemic oppression, so much of this is subtle. Not everything is subtle, but a lot of this is subtle. A lot of this, it's the way we get looks. It's the disapproving, the dismissing energy that we get from folks. Doesn't even necessarily need to be words or actions, it can just be a look, a tone, passive aggressiveness, but the words themselves aren't necessarily violating but the energy behind it you can sense it's actually a coercive, a manipulative thing. How well we could perceive this energy, really varies greatly. It depends on how much baggage/trauma we're bringing to that situation.

To give you an example, if you meet this person and you're having coffee with this person you just met, and you generally like them, you think they're a good person, and they say, "Oh, what is that you're wearing?" or "Why are you wearing that?" You actually feel oh they're curious about why I'm wearing this. Now if you're say your mother or your partner was

like “Why are you wearing that?” You might have all sorts of responses, and you think of all this history in time, this is just one example, maybe this one doesn’t resonate with you, but think about something that from a stranger you have a positive feelings toward, but you don’t have much experience with, no guy actually therefore, and somebody who you’ve known for a very long time [inaudible 00:28:22] are great examples.

Well, they can say the same thing and all of a sudden it has all this meaning which may or may not be true. People change, people grow and all people are stuck in their old ways, both are true. You would not be here if you did not believe that people have ... If you believe that people did not have the ability to grow and change. You’re here because you want to be different, you want to be more who you truly are, and so do other folks. They just don’t know how. It varies. You got to understand that we interpret all the external reality, our perception of what external reality is simply better perception. That does not make our internal reality our perception of external reality wrong. It just means that they’re distinct sometimes. Sometimes how different they are, how unrelated they are to each other varies.

My internal reality, say somebody is continuing on with the example of student harassment, when somebody refers to me, when somebody harasses me on the street and racialises it, Americans always racialise and so how we relate to perceive what they’re saying, it’s depending on our own filter, which may or may not be true for that person. We apply this meaning, based on this because of this reason that may or may not be true. I could think about the level or the erasure and marginalization of Asian folks in this country is really ridiculous, to represent black representation I’ve been called Lucy Liu, not that I necessarily mind being ... People think I look at pretty as Lucy Liu, but I don’t think I look like her just because, hey you’ve never seen an Asian woman walking around before, so you just think everyone looks like Lucy Liu if they’re Asian and they’re female.

I’m not even female, I’m non-binary. It’s like for me it all represents all of that, and for them it’s like hey, I grew up in a neighbourhood where there are literally non-Asian folks, and so it may be true that literally other than I may have encountered 1 or 2 my entire lifetime. That’s not what’s present for me, what’s present for me is this overwhelming sense of the erasure of Asian-Americans in this country. There’s no wrong to that, there’s no right or wrong to it. It’s true for me and may or may not be related to the other person how they grew up. They grew up in the same systemic oppression situation that I did. They do encounter, they don’t see Asian-American folks because we’re erased from our society, from our media. That makes sense.

Maybe their best friend is Asian, and so maybe the one Asian person they know is their best friend, so they're like, "Wait, maybe this person could be my best friend," I don't know. Things happen, people are funny. The meaning behind how we relate to the other person, how you relate to perceive what the other person is doing and the stories we make about why they're doing what they're doing, it's simply speculations. Maybe they're real for us. We will treat them as real speculations, not as truths, as odd possibilities. There's also meaning behind what we say and we do. How many times do we say stuff and it's loaded with meaning, very, very conscious sometimes, especially when we're dating. I've been dating recently, after coming out of a long-term relationship. It's very fascinating to date, the whole world texting which did not exist before for me.

It's fascinating. Being realizing that like we text now a lot and we date, the meanings behind what we say is so precise or like tweeting. I don't tweet, you all have so many characters and so it's loaded with everything. There's a lot we're not just saying stuff, there's a lot that we're bringing to it that we mean, that the other person doesn't necessarily know about. It's still true for us, and there's also how we relate to ourselves, what are we saying to ourselves about the situation and this is where it really comes down to. All the stuff about relating to the other person, it means we had [inaudible 00:33:25] stuff, that's the surface, that's like a couple of different layers, the first layer is how to respond to the other person that we really get stuck on. You just want to focus on them.

That's just distracting ourselves honestly about our own stuff, and so we get to the next layer about what's going on for us? Why are we saying this? Then we get to the source of it, and that's really the words and the actions and the energies we bring to ourselves. What are we saying to ourselves in that moment? How are we treating ourselves in this moment? They got to unpack to get down to that level. What I want to make really clear is that it's all real, it's all real and it's just that normally we are operating at this very surface level typically iceberg of the initial reaction and we're conflating the internal reality, my internal reality, your internal reality, what's happening between us in the external reality as all the same thing. It's not. It's not. I want to unpack this a little bit more because I know it might get confusing I realize.

What happens is that often times when external reality is not quite matching our reaction due to our internal reality, so people will often say that we're over reacting. It's just and people don't mean anything by it, it's not a big deal, whether that's a joke, that's a look, or even bigger when it's somebody touching you sexually that you did not consent to. A lot of folks are going to say to you those aren't real. How you're reacting is not a big deal. We've internalized that. It gets very confusing for us about what's real and what's not. We often times can't ... It's hard for us to tease out

what's going on with external reality and what our bodies are reacting to, and so we have to understand that because it's a combination often times. It's often times not just solely what it's happening then and there, it's oftentimes a combination of our past, the pain and fear from the past.

I would say, I read somewhere that fear unless you're in imminent danger of physical violence, fear is actually inappropriate response. When we're afraid of something, because it's not actually something physically dangerous happening, which doesn't mean emotional violence isn't real, it's very real. Most of the emotional ... The times when we are exposed to emotional violence and we didn't have the means to do anything about it, particularly was when we were children. As children we were very vulnerable, emotionally and physically, because our physical survival was dependent upon people loving us and taking care of us. If they didn't love us and take care of us then we would literally die. They are very intertwined, we don't know this on a conscious level, but on a subconscious level though I think that's what it's about.

The ways that we are wounded as children live with us, even as adults even though it's just some words. It throws us back and has this feeling as if there's actual potential physical violence about to happen to us, because that's how it felt when we were young and we felt overwhelmed and we didn't have any power, we didn't know what to do. This is true even if you didn't experience violence, actual physical violence. This is true because we all as children experience emotional violence unfortunately by somebody. Sometimes people very close to us who are responsible for taking care of us. Sometimes repeatedly it just that's the nature of our society is that we treat children like our property and we keep telling them what they should be feeling, how they should be acting. We don't acknowledge their emotional reality. We think we're doing it for their own good.

My own mother she taught me when I was a baby that she decided because my sister was a crier, my older sister was a crier and so she decided that when I was born that she would not come to me when I cried, even as an infant. She said that I needed to learn that crying would get me nowhere. She was doing her best. Don't do that to your child it's not very good, it's kind of traumatic. It's an infant. It's not a surprise to me that one of my coping strategies when I was growing up was to repress my feelings, was not to be in touch with them, because crying will get you nowhere. You got to understand that these are all real, they're just not always related to external reality or maybe the degrees to which they're related to external reality is not very strong.

If you get that you can actually be more able to notice when there is a current violation happening right in front of you particularly emotional

violence, because then you're not questioning yourself, whether or not how much is being triggered, how much is from my past, how much am I making it up because everybody else says I'm making it up. Everybody else says that I'm exaggerating it. You're actually because you know to distinguish what's your internal reality from external reality, you're actually more able to notice when there's a current violation happening in front of you, at that moment. It's just really important to know that the degree to which they're related, overlapping varies.

It's really hard to distinguish the 3 realities until we get in touch with our own internal reality, because like I said our internal reality is our filters, it's how we understand the world. It's how we understand everything is through our internal reality, so until we get grounded there, it's very hard to do anything with the aggressive external reality or the other person's internal reality, and this is for when it's emotionally charged. If it's not emotionally charged, we can do it much more easily because we're already grounded in our internal reality, but it's when we're emotionally charged that's when we're trying to run away from what's going on inside of us. That's why I provide these 5 practices. I want to pause here because I just threw a lot of extra sensual stuff at you. I'm sure it's a little bit confusing, but there is a method and we're going to be practicing this in a second. I want to take any clarifying questions that people have ...
Josette is there anything?

Josette: I'm looking. I didn't see any questions about what you were saying folks getting at each other. If anyone has any questions regarding the 3 realities and the question about fear and all of that, now would be the time to put that in this chat on and folks on the phone you can jump in. * 6 is how you mute and unmute yourself. Someone asked can you just define the 3 realities in summary one more time?

Sandra: The 3 realities, let me go back to my slide show, you have it in writing too. Can you see that? The 3 realities are your internal reality that you're experiencing right now. That's the only thing you've access to by the way. To get that everything is always interpreted through your internal reality because even if you're not dealing with past pain and fear coming up for you, even if you're just fully present to what's now happening, you're fully, fully present, you're still like interpreting things through your sight, through your hearing, through your brain capacity, your energy levels. Everything is filtered through minimally your senses. Just try to understand that you only have your own internal reality. You don't actually have access to the external reality or the other person's. It's still always filtered. The most you can do for other folks is just ask.

The other person experiencing their own reality that's separate and distinct and just as valid as your reality is, you can ask them and their own

understanding of their own reality is limited based on how much they're able to be present to it. As you do this work, as you do this practice and modeling for other folks, you'll be able to show folks how to get in touch with their reality. It's what I do all the time in normal conversations. I do it with strangers too, on the bus going from New York to DC. I do it all the time. It's like people just cry randomly in my presence too because when they get in touch with some pain. It's like okay, but not from the toxics world make-believe world that I talked about before, but getting just present to the actual pain which then they know what to do about. You can ask and invite and then you can help them unpack if you want to, and then there's external reality.

External reality is just what's happening between you and me, some words, some actions, some energies. You got to understand that's always a filter through your own perceptions. You don't even remember everything accurately and there's no right or wrong, it's just like it's just the facts. If I ask you to remember what I said 5 minutes ago, you can't remember exactly word for word what I said. Just know that, just know that. Any other questions?

Josette: We had 2 questions I thought were related so I put them together, but one was about how to get your parents to do something and I just wanted to know whether that would go to what you said about making other people do things, and we will get to that. I don't know wait another person asked about the parents. That's about making someone else do something which we'll look at later. The question that came up that I thought were related was one, how does the history part of this related to PTSD and someone else wrote, what's the difference between fear and imminent danger? Someone else mentioned that fear can be intuitive such as protective danger in a way that's different from anxieties, kind of parsing out like your internal reality, the history of the trauma that you're building on, PTSD and the difference between fear and imminent danger. That's a lot but that's called being related.

Sandra: In this current moment we're just sitting here. I'm presuming most of us are in relatively safe situations. We're not hopefully, no one's writing out endangered of imminent physical violence. I want you to remember, recall a situation where you felt scared. You had anxiety, you had fear. You felt overwhelmed, you didn't know what to do. I want you to remember that situation. What was said and done to you, what you did. Are you currently feeling those feelings right now? Put in the chat box. Are you currently feeling fear, overwhelmed, anxious? No, if you were like that, I want to do another exercise. I want you to think about the most tasty delicious thing that you've ever had. Most delicious thing that you ever ... I want you to think about eating it, rolling around in your mouth, tasting it, savoring it.

I want you to notice are you getting hungry for it, is your mouth salivating actually? You can write that, say what the food is and then if you're having some sort of body reaction to it. The question is I had you think about some delicious food that you've had and you want to eat again. Just imagine yourself eating it and then the question is are you having a bodily reaction to thinking about it, are you salivating, are you getting hungry, getting excited about the idea of eating it, is your body responding? People mouth watering, drooling, want it right now, salivating. I want you to get present into the fact that there is no food in front of you. That was merely thoughts that you had and your body responded to it. There is no food in front of you. You didn't really receive it. Your body responded to your thinking as if it was real, as if you actually had this food in front of you.

Your body reacts not necessarily to what is actually happening in real life, it obviously does respond to real life, but it also responds to your thoughts that are imaginary. It doesn't make them not real but you made them up. You thought that, they're not happening in external reality, they're happening in internal reality. What happens is that is that when we feel fear, anxiety, hunger whatever stress then why we feel it varies. Sometimes it's about external reality, sometimes it's about internal reality. Sometimes it's just our thoughts, sometimes it's our past. Our past coming forward to our present is really just our thoughts about them and then our body reacts as if it's happening right now.

It's important to understand that, that our sense of reality is heavily informed or really created to how we relate to what is happening. I don't actually remember how we got to this conversation so I don't remember the original question but ... That's how it's related to fear and pain and past.

Josette: Yeah the difference between fear and imminent danger and ...

Sandra: Fear it's imminent danger right in front of us, that makes sense for the external reality. Fear when there's nothing happening around us it's coming from the past, because there's some pain from the past that we've not taken care of that we're afraid that's going to happen again. I know that it's going to be hard to believe but once we heal that once we get in touch with that pain then we notice what the need is, it needs to be taken care of. We do that healing occurs, and so instead of these things happening in the world that's like salt being thrown on open wounds.

It's like salt being thrown on closed skin on broken skin, so you can throw salt all you want and it's not going to do anything. This is why the emotional charge situation grow and grow and grow, and so it takes so little to set us off because it's just salt being thrown on open wounds. Now systemic oppression is going to be like, "Hey it's just a little bit salt it's not

a big deal, no one's chopping off your arm." I'm not saying that what I'm saying is that that wound is real, let us take care of that wound.

Someone just says acknowledging other realities is hard? I think somebody said that at some point, yeah it's really hard until you get grounded in your own reality and that's what I'm going to show you in the next session. Yeah it is hard because you don't know how to do it, you haven't been taught how to do it. Pain from the past we take ... The point is that we need to take ... We have wounds, and we have wounds from our lives growing up from collective traumas both individual trauma. These wounds from the past are asking to be taken care of, it's like a physical pain.

If I got sliced here, so say Josette cut me, I know she'd never do that but say Josette cut me, I could be like, "I can't believe you did that Josette, how dare you? How could my body be so weak that I would get cut? I should be strong," "Why you bleeding so much? Stop bleeding." "I could get gangrene from this, I could die from this oh my God." I could go on and on about it.

You notice what I'm not doing? I'm not taking care of the fact that I got cut, so as I walk around the world resisting the fact that I got cut, distracting myself from the fact that I got cut, it's getting infected. If I was just like, "Hey I got cut let me put some Neosporin, let me go to the hospital, let me do what I need to do to take care of it," then it'll heal. If I didn't do that every time I tried to use my arm it would re-open the wound. Every time something happened to my arm like salt got thrown on that wound, it would be hard to get.

Not distracting ourselves, not dealing with it is just going to cause us to continue to exist [inaudible 00:54:09]. If we were just like, "Hey this is happening," I'm going to teach you how to do that I know you all don't know how to do that yet, but I'm going to teach you how to do that but I'm saying you learn how to be like, "Hey it's cut let me take care of it, it heals." Like I said you haven't seen it happen yet, unless you've been part of some of my other webinars online seminar but just wait till the 3rd practice and then we'll start doing some of it. This is all set up, there's a lot of set up, first 2 practices are just set up for the 3rd practice.

When we heal that pain we actually restore ourselves back to our natural wholeness in that moment, and then we're capable of doing anything, we're back in our power. What happened is that we actually are taking care of ourselves, we are accessing our power. The only power we have is over ourselves really what do we choose to do? Like I said feelings are just what they are, they come up, they're like the weather there's no right or wrong to it, our actions we are responsible for.

When we act responsibly to our feelings, to our needs, to our pain that is us accessing our power, that's us taking care of ourselves literally. When we spend the entire time trying to make the current situation different, because we have a preference obviously but we've turned it into a corrosive expectation. We spend all our time fixated about how it needs to be different, how they should be different, they should have known better, it shouldn't have happened all these shouldn't's.

We resist the fact that it did happen we don't get anywhere, it's living a toxic throughout world make-believe. Of course I still have a preference to not be cut, I have a preference to not have gangrene and then die, but to get there I got to take care of this cut. Is there any other questions Josette?

Josette: Yeah there's a bit more, I just wanted to do something before and say this will be recorded, so I've answered this question a few times in the chat and I think I've mentioned it on the website and the email as well. This is being recorded, you will have the video, you'll have the transcription, you'll have the audio stuff you all need to refer to things again. You can have that and I hope that answers a lot of the questions, we did have a question come in about, "How might a collective reality or shared internal realities relate to each other?"

Sandra: I think I know what you mean but can you ...?

Josette: Cassandra if you want to jump in and clarify or add some more information. You can do it via voice by unmuting, if you're on the phone it's *6. If it's via the video on the lower left hand corner there's unmute or you can do it on the chat as well. As we wait I have another question. Someone said, "What if the reality has no justification like no past? For example just pure hate and ignorance," so actually I should read the part before then, he said, "I just find it really hard to acknowledge when someone else's reality because they don't have the same past upbringing or mentality of them what if the reality has no justification such as pure hate and ignorance?" I think it was in the conversation relating to KKK and that sort of ...

Sandra: It doesn't arise from nowhere, babies are not born filled with hate, it doesn't happen. We are actually and science is proving what many people know and I think particularly in some native communities as well that trauma is passed down to another genetically to folks. If you have folks who actually who've gone undergone severe hardships, severe trauma deprivation, then their genes what gets to expressed is to deal with that ongoing trauma. That gets passed on to folks genetically in terms of if they have a traumatic response to things, or they kind of see something that reminds them if they flip out or whatever, but you disassociate from those things. Or as well as kind of mental and physical impacts of that trauma.

That's actually really true for folks generational trauma, and I think one of the things that I have been discussing with folks, white people and people of color is about much of the defensiveness, the reactions that happens when with some white folks when they bring up white supremacy. Or with men when you bring up patriarchy and male privilege. There's a level of anger defensiveness, if I'm like, "Hey I hurt somebody accidentally," I'll be like, "Oh really, what happened? Oh I'm sorry." It wouldn't be that big of a deal. It used to baffle me so why this was such a ... Why it elicits this response from so many people that's such a common pattern, not everybody but it's a big pattern.

I think systemic oppression is traumatic to everybody, it's called people to disassociate from the reality what's happening because systemic oppression was saying "This stuff isn't real, this pain isn't real they did survey. We can hurt them it doesn't matter, we can exploit them, abuse them it doesn't matter," and internally we see that pain, we want to feel compassion. That's actually a natural and human condition is to feel compassion but we weren't allowed to. We were forced by the way we were raised to disassociate. I think that caused a lot of trauma for folks like it's passed on generationally as well.

I think that's something that I've thought about, and some of the people resonate with that. I think sometimes I think that's part of it, but these things don't come out of nowhere too, we have a society that where it's embedded in our culture status quo and systemic oppression all the messages that we have. It happens even with me sometimes where I'm often in primarily white or primarily black spaces, I'm not in a lot of spaces so it's predominantly Asian or East Asia.

When I am in spaces that are predominantly East Asian and it's like, "Oh you all look different," I'm like "Wait why do I think they all look different I look like that?" It's because we've been taught that people look different, if they're not white, and in my situation if they're not white or black because it's kind of the spaces and often times. We had to understand like that's just status quo, so I wouldn't say that people aren't born filled with hate, they get faded. Now with some more understanding about how that's actually passed down generation like trauma. Is there another question?

Josette: Yeah, Cassandra we have some more information they said, "I think what I mean is that a strong reality is described as between myself and ... Is external reality described as being between myself and another person, what creates collective experience, you mentioned collective trauma."

Sandra: Oh okay, so collective trauma is more like systemic oppression and like the trauma that derives from there. When people are like as a group like whether it's institutions their policies, laws were because of a certain identity that community is then not granted the same rights and treated

with dignity and respect like people with privilege in that society, so that's what I mean by collective trauma. Trauma by its nature, by definition I think is basically paying from the past that lives in the present. If you have PTSD for example, post traumatic stress disorder, often times you have flashbacks, you experience what happened to you as if it's happening right now fully.

I think we all have experience degrees of that, not as severely as a full blown flashback for most people, but when we are afraid of the future that's usually because we have something in our past that we have not taken care of, a pain that we have not taken care of. We are scared that that pain is going to happen again because we don't believe that we'll handle it, because we haven't handled it from the past. To give you an example of this. I lately have been stressed about work which was kind of unusual, and there's been an increase of workload for various reasons, but my level of stress I was like it's not a totally ... Was not proportional to the amount of work that I had.

Then I got present, I got in touch with it, and it was really because I'm sick I have some illnesses, and so in the past it had very severely impacted my level of energy and mental capacity. Got to the point where I wasn't able to work, do basic tasks with music being played. I remember one incident while I was doing the dishes and my partner at the time asked me a basic question, like what we were going to have for dinner. My brain imploded from the overload of that and so just I started crying. This is when I was doing the start-up, and so I had to do a lot of work obviously, and so I would spend either time working or resting, that was kind of like the most that I could handle was work and rest.

Thursday would roll around and I would just have to stay in bed because I was sick. I had to recuperate, and this was the most that I could do at that moment. I took care of myself but I did process the pain of that situation really. I realized that my stress was coming from this fear, this fear that I would enter this other next stage of a push with a lower capacity and that was ... It really sucked. It sucks that you can't even do the dishes and be asked a basic question without bursting into tear. I took a moment to grieve, to grieve that pain, the pain of that period and made a commitment to myself to take care of myself and do the things I needed to do so it wouldn't get to that point. Voila my stress went away, because I handled the pain.

I had nothing to fear about the future, the future can be anything, the future is wide open. I can respond in a bazillion different ways to what is happening. Anytime I feel trapped, I feel stuck there's only one way or damned if I do, damned if I don't. That's not because the future is like that, it's because I believe the future will look like my past and I'm scared of the

past, I'm stuck there. If you take care of that pain from the past that's living in your present, it's showing up right now. You take care of that pain, your future opens up because now you're back and you're accessing your power and you're back to being naturally whole. Like I said you haven't experienced this yet unless you've been with me in other programs, so just wait until the 3rd session. I'll get you there you'll try it out just hold on. Any questions?

Josette: Someone asked, "How do you deal with external fears and protect your internal reaction to those fears?"

Sandra: That's going to be practice number 3.

Josette: I think that's all the questions that I had about the content, the realities and the fear and everything. I don't believe I missed any but if I did feel free to let me know.

Sandra: Okay. I'm going to have us do a little bit of practice, and I unfortunately don't have a slide show for this because I'm going to make it up right now. I want you to think about distinguishing, and it's going to be hard. If it's not hard it's great too, but it might be hard, and that's fine too. I just want you to notice what kind of comes up for you as you try to distinguish the 3 realities. I'm going to type this in the chat box, "Try distinguishing the 3 realities." I want you to think about the situation that you had in mind in the beginning of this session, and I want you to try to distinguish, this is my reality, this is external reality, this actually was said and done, and recognize what might have been the other person's internal reality.

I want you to notice that any assumptions, speculations you have about the other person, is simply that. It may or may not be true, it may or may not be the whole truth, we don't know yet, but just kind of ignore that as a speculation. I want you to think and write it down, like write down my internal reality blah-blah-blah, external reality blah-blah-blah and then the other person's possible internal reality blah-blah-blah. Just take a moment to do that. Then let me just give you a bit of time.

[Audio silence 01:10:09]

Josette: Right now, think about the few realities and distinguish that within our situation.

Sandra: Yeah, so I want you to try practicing distinguishing and if it's had that's okay if it's easy that's okay too, there's no right or wrong to this.

Josette: I think some folks are confused, we're doing the distinguishing of the realities for that situation that we chose.

Sandra: Correct. As you're doing this people wrapping up they're either having successfully done it, or having struggled. I want people to write down what that was like for them, trying to distinguish it, was it easy was it hard? Was it a struggle, was it a relief? Did it flow? Kind of describe what it was like to try to do it, and you can do it in the whiteboard as well as the chat box. The question is what was it like to try to distinguish it? There's no right or wrong to it, it could have been hard, easy, flowed, struggle. Someone says, "It's difficult to pass out internal reality from my speculation."

Josette: External realities [Inaudible 01:12:25] situation. I will point the words you take a certain tone with the actors came from this [inaudible 01:12:36] something to the effect of needing to be gentle. My true reality, using the term behave or reacted and also this is heading into because you're a woman you're assertive and this is [inaudible 01:12:46]. It's such, I find it really difficult to actually imagine the other person's reality without being mean and salty, it flowed provided clarity and it would likely lead to greater created communication.

Sandra: Josette can you talk a little bit louder.

Josette: Sure absolutely, thanks for that. I'm worried mine is potentially triggering for other people it's still a little upsetting for me and I'm noticing myself being far more caught up in my internal reality, than being willing to think about the other person's internal reality. Someone said, "Difficult to breakdown the different realities," another person said, "My internal reality by trying so hard to not sexualize me, you are showing how much you have been conditioned under the patriarchy." His potential internal reality trying to get the play to go off without losing an actor, who was threatening to walk off the set still very emotional.

"I'm able to see both perspectives was easy to reflect on my internal reality and my situation, but the person I was dealing with is severely mentally ill, and it's difficult to perceive what the reality is. The past, the present and the future all exist at this moment in time, when you live in the past the present and the future become toxic because we have to let go of the pain, learn to love ourselves for being human."

Someone else on the board said, "Fairly easy, makes me recognize what I'm missing, I had trouble remembering a lot of the details, that I wasn't confident that I had got it right. Easy today because I have been working with the situation I am now able to see the very different perspectives that we were coming from, noticing myself being especially generous. Imagining the other reality for the sake of doing the exercise right, was helpful to think of their possible internal reality. I learn that I don't give myself enough time it makes it harder, if I don't give myself enough time it makes it harder the practice difficult to do." Someone wrote on the board

but it's cut off, so if you can move it up by selecting the box that we'll be able to really see it.

Sandra: I think they wrote, "I see my internal reality and many potential internal realities for others, so in general it's easy but then it makes it harder because I feel like it's not fair that I'm assuming I'm not getting that sort of empathy back." I think that's what they said.

Josette: That's all so far.

Sandra: Great, it varied for a lot of folks it was very difficult to do this, and to make distinguish between them. For some folks it was easier they could see it from different perspectives. Like I said there's no right or wrong to this, and when you have a more emotionally charged, situation it's harder. Somebody mentioned that they're able to see things, that things could be different for different perspectives because they've been doing work with this situation. That's because our pain is so strong, so the larger or bigger our pain is then why would you try to resist its existence? Because we haven't been taught how to deal with our her pain, we've only been taught how to run away from our pain.

When our pain is like pushing out so much, it pushes out other people's realities, because ours is taking up so much space. There is no right or wrong to that, it just means that the pain is large and it really needs your attention and care. You ignoring it, making yourself wrong for having it, is not helpful to that pain, that's all I'm saying. Just kind of being present to the fact that our ability to hold space for the different realities of people really is contingent upon us being grounded in our own internal reality and having taken care of ourselves, they're related. With that it tells you what your next step needs to be. If you are trying to hold space for the other person's internal reality, and you are struggling to do so because your pain is so large don't, don't try to hold space for their reality, take care of yourself.

If you were stuck, that means that you would have some work to do right where you were and to dig deeper. I'm going to teach you how to dig deeper, you don't know how to do that yet, but I'm going to teach you. When you are stuck often times because we are very focused on the other person making the other person agree with us, making the other person do something different, once again coercive demands that we're making on them, because we're not inviting them. We are so focused on that we're ignoring our own well being, because we're ignoring our own well being and we're dragging ourselves for to try to have this conversation with the other person, we ourselves are throwing salt on the open wound.

What we're doing is just having a conversation with the other person but it's really harmful to us. Part of that is that conversation part of that is us

dragging ourselves. If you're feeling stuck, that's because you need to go deeper there's something that probably is calling your attention. Just go with me on this that once you get in touch with your pain and you take care of it, the next steps will naturally follow you'll be called into action, which may involve a conversation with the other person, and it will flow.

In the other online seminar I summarized the model with these couple words, "Breathe and listen, and invite," We'll focus on breathe and listen for now, breathe and listen. You feel stuck that's because there's something going on with you inside, it's focusing on internal reality. If it's naturally flowing and you can distinguish the different realities and hold space for that other person's reality, flow with that, inquire and I'll teach you how to inquire with the 4th practice. There's no right or wrong to it, it's just paying attention to where you're at, any other questions?

Josette: I didn't see any but if anyone has any feel free to jump in on the chat box, and for the folks on the phone it's *6 to unmute. Looks like none so far.

Sandra: Then we can move on, let me share the screen.

Speaker 3: I had a question, I know you were moving on but can I still ask it?

Sandra: Yeah you can still ask it.

Speaker 3: Okay. You know how people of color were always in survival mode, like the zombies are trying to get you like on the Walking Dead? You have all those feelings right?

Sandra: Mm-hmm (affirmative).

Speaker 3: They turn into an emergency every time, like my macro-aggression it turns you to an emergency because they're just so many. Acknowledging that pain for yourself feels like you're pushing deeper like reminder, reminder, reminder because at least I feel hyper aware. That's why I'm stuck, like how ... Yes if I'm always touching the pain and saying "You're there, you're there, you're there," I'm sure it's coming in but can you briefly touch on it?

Sandra: Yeah, so that's practice number 3, we're on practice number 2 right now.

Speaker 3: Okay.

Sandra: I would say that the way that we have been taught to be in touch with our pain, is to not be in touch with our pain. We have been taught to resist our pain to make ourselves wrong for our pain, it's toxicity. We judge by anything, even when it's under the guise of being helpful, when people give you advice they're trying to change and make you feel better and tell you, you shouldn't feel so bad. Often times they have good intentions

behind it, but they're not doing it in very skillful ways. They're not being actually motion supportive. If you learned how to have good listening skills, one thing to learn, just let people explore their feelings. Don't give advice, don't try to make it go away just sit with them with their feelings right? People have to actually be taught how to do this, most people don't do this.

Because we've been actively taught to ignore, minimize, deny, shame, blame judge. I would suggest that how you are being in touch with the pain, is through toxicity action and that is why it's obviously something you want to run away from and not be in touch. The fact that I'm being hey actually get a touch with it is really scary because all you know is the old way of getting in touch with pain, is just through toxicity. When we get to practice number 3, and I actually think I'm going to have some time to do that in this session because we're moving a little more quickly through it. Probably I'll be able to do an exercise with you where we practice doing that together, and consistently people have said it's a relief to do it this way, so just bear with me.

Speaker 3: Okay I'll wait, thank you.

Sandra: Bear with me. There's a reason why and thank you for that question because I'm sure a lot of folks are like champing at the bits, they want to get to that point right?

Speaker 3: Yeah because it's just like you're telling us ... We've been avoiding the waves and you're saying jump into them and it feels like oh my God I'm going to get stuck in the wave and get swept by it into the deep ... I've been trying to swim.

Sandra: That's what I call it a toxic swirl, I call the toxic swirl make-believe because it feels like it's also true and it's just like ... You are in this whole ocean of toxicity and it's terrible and you're caught up and it's tossing you around totally true. That's because when you try to access your pain through the toxic swirl make-believe it's toxic. That's why I haven't told you to touch that pain yet, I'm just telling you that it's possible to touch it in a different way to get access. The reason why I'm spending so much time on these first 2 practices as opposed to jumping through the 3rd practice is because people need to be aware of when to employ the 3rd practice.

People aren't in touch with toxicity in the first place so if they're not aware ... Because it's so normal for you all. You're all in it normally. Everybody take a second right now, take a second, take couple of breaths, and I want you to pay attention to the chatter that's going on in your head, just listen to your brain. I want people to write in the chat box what they heard their mind saying to them.

Speaker 3: Since I have no chat box because I'm on the phone may I share?

Sandra: Yeah go for it.

Speaker 3: I'm hearing, "You can't stop because you'll fall, you have to keep paddling or you'll sink. The wave will take you.

Sandra: This is a toxic swirl that we're usually in, we haven't been told how to step out of it to move out of it, how to shift away from it. It's all around us, it's in our heads it's affirmed through our society, and we learned it growing up because it was said to us. It's important to understand that there's a different way of doing this. I'm asking you just to try it out, I'm not asking you to believe that it's ... I'm not even saying that you need to believe everything that I'm saying. I'm just asking you to consider what I'm saying and to try it out. Now if you try it out and it didn't work, ask for support I want to give coaching.

Like I said know that new things are harder in the beginning. Keep trying it out, if it doesn't work for you, it doesn't work for you, but give it a shot. You've been doing what you've been doing for your entire life, try something different, if it doesn't work for you hopefully you will be able to find something else that does, all right?

Speaker 3: Okay thank you.

Sandra: People have been sharing in the chat box too you know, they heard screaming a lot don't even have time for a couple of breathes, pause this thing will get you hurt. I say to my therapist my dad used to say etcetera, etcetera, how are you going to make sure this never happens again? Will you feel resolved not doing enough, how will we be good enough? All these things that tell folks that like I said, this is the toxicity because we're naturally creative resourceful whole people. Things that teach us that it's not true, that's the toxicity. The first step to ... There's a couple of steps but the next step that I want folks to be thinking about is acknowledging what happened outside of their internal reality, mind you this is always an interpretation for you.

To the degree that you perceived external reality, I want folks to acknowledge it as what it is, that what happened, happened. I put the words accepting and acknowledging external reality together, because people talk about accepting reality and it can get a bit confusing because I think sometimes people use the word just like compassion, people use the word accepting reality to what harm and systemic oppression off the hook for existing. There's a linguistic issue, when we say accepting people often confuse it with something being acceptable. If I accept the fact that somebody said something that was transphobic. I'm not saying that I think it's acceptable that they said this transphobic thing, I'm acknowledging

that they said it. This is similar to the weather, when it's cold outside. It's not like yeah I want to be cold and the weather's cold yeah, I'm just saying that it's cold, it happened that's it.

Acknowledge and accepting external reality that they said what they said, they did what they did not that I prefer it, not that I like it. I prefer something different obviously, but I acknowledge that it happened. I acknowledge that it happened and this is going to help us release the external reality so that we can focus on our internal reality. By resisting external reality by saying things like I can't believe they said that you should have said something different, I can't believe they didn't know any better. That's resisting not acknowledging, not accepting that what happened, happened. That actually distracts us from getting in touch with our internal reality.

The first 2 practices are really but helping you let go of what's distracting you from your internal reality, and then the 3rd practice is about getting in touch with it. Then the 4th and 5th practice is about creating from that space, from being grounded in your internal reality and taking care of yourself. This is why I keep alluding to this mythical place of you being in touch with your pain and heal it, and everyone's like, "How do we get there? I've never been able to do it before," "I know, I'm sorry we have to break it down first, to break down what you're doing right now before you can let go of what you're doing."

I want people to practice this. I want people to practice saying, and I want you to think about the situation that you had at hand. Think about what they said or did, and using whatever language feels more comfortable to you, could be I accept or I acknowledge whichever one. "I acknowledge that they said X and it happened," or "I accept that they said X and that happened, but they did X." I want you to make your little statement, and I want you to take a couple ... Close your eyes, just breathe in and breathe out and say your sentence, "I acknowledge that they said X and that happened." Breathe in, "I accept that they said X," breathe out, "and it happened." Breathe in, "I acknowledge they did X," breathe out, "and it happened." Breathe in, "I accept that they said X," breathe out, "and it happened." Breathe in, "I acknowledge that they said X," breathe out, "and it happened."

I just want you to notice, notice what's coming out for you, and maybe nothing's different, maybe everything's different, maybe it's a mixture, no right or wrong to it, it just is. I want you to share what that was like, I want you to share in the chat box I'm going to open up the white board as well. Just share what was that like for you to just breathe in and just acknowledge, that's it nothing more, nothing less. They said what they said, they did what they did, not that you liked it but it happened. Write

down what it was like for you and if it was different from before when you were resisting. What did you notice coming up for you? There's no right or wrong to it, maybe your feelings are resistance intensified, maybe they went down, I don't know. Josette can you read a little bit for me?

Josette: Yes, "It helped me recognize my anger, a relief of it's okay, there was a spaciousness that allowed me to be more connected to my own truth rather than feeling steeped in the words and perspectives of the person who was triggering me. I felt anxiety, panic about the situation coming up and then it would decrease with the breath, calming, pace setting, it feels freeing. Still hard to keep my own internal world out of it, but it did help me cool down a bit. Helps me move on to the next steps," and I actually realized I missed the first one which was really funny, the person said, "My mantra is like I acknowledge that they said shitty things and it happened, oops," Thought that was funny. "Helps me move on to the next steps, reduction in stress around the incident." "Wow big difference I tried saying it both ways, first time through acknowledge second time through accept."

"Acknowledging leads to recognizing that a person who says something again though being asked not to means that saying it is really important to her. I accept it happened and now I'm going to confront them." "Less fight," I think that's what that says. "It helped me let go not a lot but I was able to be in a situation again, but with a cool head and patient heart. It was a more peaceful place and the resistance went down." Speak up, I'm sorry okay, I'm going to put it right there. "It was calming, just acknowledging it's like letting go and realizing the past is the past and it happened, and when I didn't resist I want angry."

Sandra: Okay so I'm going to pause you for a second.

Josette: Sure.

Sandra: Awesome and I thought we're closing at 4, we're actually starting at 4 so I'm a little bit over sorry about that. As you can see just taking less than a minute really, it might have taken a minute to do this. There was a real shift for a lot of folks, and so this is what I mean by when we don't want reality to be what it is right now, we don't want to acknowledge it for what it is and that's what I mean by resistance. When we just acknowledge that it is what it is, like there is water in this cup, it's not coke it's just water.

Some people even felt a shift where they wanted to move into action, it became clear what they wanted to do. This is just a very quick little thing that I did and so we're going to keep practicing this because it's all about acknowledgement, acknowledging our reality, acknowledging what happened, happened. The next session's going to be focused on what happens inside of us and acknowledging that. I want to do one quick thing where people do their take away, very quickly people just pounded out in

the chat box so that we get like a 15 minute break before the next session. Please what is your main take away if you only had one thing that you wanted to make sure you remember from this session, the second session based on the second practice of acknowledging different realities and accepting external reality please type it in the chat box? Josette if you want to read it.

Josette: We have," I hadn't conceptualized resistance in the way you used it, the judgment and emotions elicited by the expression of their internal reality met resistance from my internal reality, and my hope is that it's for what the reality could be." "Acknowledging reality is not the same as saying the reality is okay." "There is a difference between acceptance and acceptable. It's okay that it's hard and that I may not be there yet, accept don't resist, this clarifies something I always say that meaning is made in the middle between people." "Acknowledgement is different from saying it's acceptable much elucidation regarding the difference between an acceptance of versus something being acceptable," "Everyone has a past, everyone deserves to be acknowledged."

Sandra: Excellent thank you so much, it's all yes, it's all yes that's what happened for you all, that's what came up for you as most important so remember that. Hopefully you're writing this down and we are going to break and let me just put up, next session we will be starting at 4pm which is 15 minutes, so please come back and do what you need to do, set a timer say 5 to 4 so that you're here on time, and we'll get started promptly, thank you.