

compassionate activism

Session 10 - Chat Log

17:58:23 From Sandra Kim : How are you feeling today?

17:58:28 From Josette Souza : Really sad. :(

17:58:43 From Emily : Struggling with feelings

17:58:46 From Liz Byrd : I'm with you Josette... oscillating between tearfulness and anger

17:58:54 From RFVega : Overwhelmed by incident in Orlando.

17:58:57 From Pratiksha : Feel like these got over too soon...

17:59:42 From Emily : I was reading this great article this morning though, related to the practices in the course : <http://www.lionsroar.com/life-is-tough-six-ways-to-deal-with-it-march-2013/>

17:59:51 From Mareena : overwhelmed, sad, angry

17:59:58 From KaiEoa : hey all

18:00:02 From Josette Souza : Thanks for sharing that!

18:00:04 From Liz Byrd : thanks for sharing, Emily, I saved it to read later

18:01:04 From KaiEoa : im afraid. pride is this weekend in portland.

18:01:15 From Liz Byrd : pride is this weekend in Denver, too :(

18:01:17 From Mareena : ^ too

18:01:55 From Adventuress42 : I'm feeling pretty good in myself. Glad for this course but kind of sorry it's over today. I feel a lot about the world and things happening. Anger over things happening at my home. Bit of worry at my future.

18:02:25 From nziemba : Feeling much grief and sadness about recent events

18:02:32 From abbyalexanian : pride was last weekend in Boston and my partner and I spent one of the nights at a queer nightclub. We felt so safe there, and then the next day the shooting happened

18:02:46 From abbyalexanian : I've been feeling at lot of sadness and grief

18:03:01 From nina : hello all, i feel sadness. i missed last four sessions. good early am from Jakarta.

18:03:43 From KaiEoa : I'm continuing to struggle with anger about people's ignorance, not at the individuals themselves, but at the society that lets this ignorance stand, that tells people it's okay to not know, and to demand that oppressed people serve as educators. This is true in my personal life, as a genderqueer person, and in the context of the Orlando massacre.

18:04:24 From Pratiksha : I am going to be a teaching assistant in grad school - I'm sort of nervous about being an Asian, coming from an Indian education system - transferring to the completely different system of North American education and teaching under grads

18:12:30 From KaiEoa : The reactionary bills seem to me to be a sign that change is in process and people who prefer the status quo are feeling this threat to how things are.

18:16:14 From Mareena : thank you Sandra for addressing where we are with Sunday's incident

18:16:25 From Laura Anne Haave : On Sunday, I was co-facilitating a training for sexuality educators. We were able to be together in our grief about the shooting, and some people felt personally afraid for their safety, and others were worried about the possibility of an anti-Islamic

backlash. But we could agree that our work as sexuality educators was a small step towards preventing this kind of violence in the future, and that made us feel somewhat better and like we were "doing something," even if it wasn't direct action about the shooting.

18:18:28 From RFVega : Thank you for spending some time on that, Sandra. It was very helpful for me.

18:18:41 From Esther : can we do breathing exercise?

18:27:54 From Josette Souza : Thank you for suggesting breathing esther

18:27:57 From Esther : thank you Sandra

18:28:44 From KaiEoa : I think I've buried my compassion under anger. I used to feel deeply for others pain, and now it just makes me angry, I want to end the thing which makes them hurt. But I think I can do both.

18:29:07 From Adventuress42 : Knowing our playfulness is important to coming back to it. To knowing our way there. To enjoy happiness amidst dark days, sadness or fear.

18:30:37 From Sheila : I learned in body psychotherapy that the heart has as many perceptions and sensations as the mind. It thinks just as much, My heart and gutt told me to let go breath trust and be,

18:34:27 From Mareena : again thank you Sandra

18:35:23 From Josette Souza : Feeling better now, thank you

18:35:23 From Josette Souza : <3

18:36:42 From Emily : taking breaks from grieving and intellectual/emotional intensity is so hard to do >_<

18:36:45 From Ben : I spent the last few days of last week at a trans health conference, and there was this incredible sense of community. I was there with an anti-violence organization, so I also heard so many powerful stories and was witness to some really brave vulnerability. I'm feeling a lot of non-compatible and strong emotions, and I'm really grateful that mindfulness has helped me to get out of the toxic swirl and just be present to feel those. Thank you for this!

18:38:15 From nziemba : I've been reading a really interesting book about how the body processes trauma, and one of the things that it points out is that trauma and curiosity are reciprocal reactions - we can't feel curiosity while in a state of trauma. It made me think of this course because Sandra keeps talking about starting from a place of curiosity - makes sense as a first step!

18:42:20 From Ben : @nziemba - that sounds really interesting! what book is that?

18:43:44 From nziemba : It's by Peter Levine (the person who developed somatic experiencing), called "In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness"

18:44:33 From Ben : thanks!

19:11:37 From RFVega : Sorry we ran out of time. I totally get your situation. I have had similar roommate situations in the past.

19:12:10 From RFVega : What was their response to your truth about not being able to afford the hefty food bill?

19:14:23 From Mareena : keeps me in resistance, need to remember three realities and there non-acceptance/acknowledgement of my reality does not negate it

19:22:53 From Adventuress42 to Sandra Kim (Privately) : I'm feeling a huge amount surrounding the Brock Turner case and some of the surrounding things like his family blowing it off.

19:23:18 From Adventuress42 to Sandra Kim (Privately) : But then I'm happier because we had 4 skate boarders in my city save a 15 year old and get an award for it

19:23:31 From Mareena : it would have been a lot quieter if it happened last week ;)

19:24:18 From Josette Souza : Haha!

19:24:45 From abbyalexanian : can you explain what vision you're referring to?

19:26:04 From Emily : I realize this course would have been less impactful/real for me had I not also done a 3-day intensive in generative somatics in « embodied leadership »

19:26:19 From Emily : they talk specifically about « commitment »

19:26:40 From Jessamyn : I'll have to listen to this session later — I am teaching a coding camp this week and we just got on a break, so at least I can come on to catch a little.

19:26:46 From Emily : commitment to your vision, that is

19:29:29 From nina : reflecting from many violent events happened in this world makes me wonder whether the violator or the perpetrator also feel a kind of pain? or does the internal reality of the perpetrator always to be that they cause pain for others because they just feel wanting to cause pain? and it's hard for me to embrace why such reason exist. i don't know if it makes sense to ask this.

19:29:40 From Adventuress42 : I'm having a lot of trouble with dealing with a person, how to come round to any discussion when they make promises and understand their agreements (which are also part of their agreement with moving in here) and yet doing this really harmful actions repeatedly. Smoking in the house, burning incense etc, when I am highly allergic. We've talked, it was agreed, she does it anyways and then adds bullshit to it. I'm having a tough time figuring out how to come round to asking and discussing her options and choices with her.

19:29:46 From abbyalexanian : yes thank you!

19:30:18 From Adventuress42 : Sorry, I meant that to come out as a question for support/information/advice

19:32:11 From Emily : What if you don't even want to share more of what the full impact of other people's behavior on you? I was in a situation where I was pretty much forced to reveal personal information I didn't want to in order for someone to feel like my desires/boundaries were valid

19:32:38 From KaiEoa : I had a (now former) roommate who i was very close with. Last year, our relationship fell apart, and I moved out soon after. I don't fully understand her internal reality. According to my reality, it doesn't make sense why she was so angry with me. We haven't spoken in almost a year, but she is friends with a lot of my friends. I'm not sure how to process this and find closure when there are unresolved questions.

19:33:18 From Adventuress42 : Thank you Sandra! That was helpful!

19:34:13 From Emily : I think in this situation it felt very violating, moreso because this person is manipulative, passive aggressive, and did not actually honor the agreements we made

19:34:49 From Emily : I had to commit to compassionate non-engagement, which has been a bit of a struggle tbh...

19:35:03 From Emily : thanks Sandra~!

19:35:40 From Emily : yes! for sure

19:37:02 From Jessamyn : I really hear you Emily — I also find it hard to share what's going on for me.

19:37:42 From Jessamyn : I also feel like if someone cares about you, you don't need to justify so much. And if they don't care... well, I try to limit contact.

19:37:49 From KaiEoa : I'm afraid that she will attack me when I ask, because that's what happened when I asked before.

19:37:56 From Jessamyn : though hopefully with the skills from this course I will withdraw less and engage more

19:40:30 From Emily : I notice how hard it is to focus on just me, compassion for myself and the truth and innate goodness of myself. I keep coming back to this feeling of wanting to control other people's perceptions, as if I can't truly transcend the shitty situations or grow or

become a better human being unless other people see me/understand me in the way I want them to. Especially in situations like Kai is talking about, where there's unresolved resentment from another person that you can't control

19:40:53 From KaiEoa : okay

19:40:56 From KaiEoa : Thank you!

19:41:33 From KaiEoa : I get where you're coming from Emily!

19:41:46 From Mareena : ^ what Emily said

19:42:14 From Emily : i knowwww >.<

19:42:17 From Emily : haha

19:43:04 From Sheila : Can you go over again.... instead of focusing on they broke the rule versus reinforcing the rule

19:44:00 From Emily : i think in my mind it just swirls all different realities. How can their reality (e.g Emily's a selfish bitch) be valid AND my reality be valid and true, AND whatever theoretical objective reality

19:44:12 From Emily : aye, toxic swirl...

19:44:46 From Josette Souza : I would say that their reality isn't "emily is a selfish bitch" but anger/resentment/etc. and they're interpreting it as "emily is xyz"

19:44:51 From Josette Souza : They're reality can't be about you

19:44:55 From Josette Souza : It has to be about them

19:45:25 From Emily : *snaps* sitting with it VS feeding it

19:45:27 From Josette Souza : Likewise, your reality would be scared of being attacked/ judged, feeling powerless, etc.

19:47:19 From Emily : So...what you're saying is, « haters gon hate »? haha @josette

19:47:44 From Josette Souza : Hahah yes. And that their hate is their reality but what they think it says about you isn't any reality

19:48:23 From Ben : Good call about their realities being about anger/resentment/etc., Josette! That's helpful. I've also found it helpful to think that I'm generally a good person, and that doesn't mean that every single action I take is good. Like "I'm an okay person, AND I did this particular not-great thing."

19:48:54 From Josette Souza : Glad to help! I like the both and thinking you'r etalking about

19:49:10 From Josette Souza : That's humanity in a nutshell - both and!

19:49:29 From abbyalexanian : I also find it helpful to remind myself that part of my internal reality might be that I *perceive* that the other person feels i'm a bad person but this may not be their internal reality at all

19:49:55 From Mareena : ^ <3

19:50:30 From abbyalexanian : before we end can you review the what goes on for the monthly workshops?

19:53:26 From Brittany Rea : language matters: yes, but... yes, and...

19:53:28 From Mareena : but - contrast, oppositional vs and and - together, a group (or something like that)

19:54:25 From Sheila : This has been a positive traumatic event lol thank you so much.... these tools will be very helpful... fit my need perfectly. I went from how to cope with my frustration and pessimism to focusing on my experience, needs and self care. Also able to address a past trauma. Merci Kim and Josette!

19:54:48 From Mareena : ^

19:55:07 From Mareena : <3 <3

19:55:10 From Esther : can we still receive individual coaching?

19:55:14 From Josette Souza : <3 We're so so glad to hear. We are really blessed to build this community with you all

19:56:58 From Ben : that's fantastic! my supervisor is great and was already interested in learning more about this. thank you, Sandra and Josette! this has been awesome!

19:57:07 From Josette Souza : <3!

19:57:18 From abbyalexanian : these all sound amazing! keep us posted!

19:57:35 From Mareena : manager traing- I was told I needed to let out my inner bitch lol

19:57:51 From Josette Souza : I'm really gonna miss this

19:57:51 From abbyalexanian : breathe and listen

19:57:52 From Esther : growth

19:57:54 From Josette Souza : all of you

19:57:56 From Liz Byrd : to pause and get curious!

19:58:17 From KaiEoa : You and your feelings matter. They don't need to be legitimized by others. And other people matter in the same way.

19:58:18 From Adventuress42 : big take away already is recognizing great questions to come into to coming to better communication, helping create allies, work things out. It does everything. Question self first, then them

19:58:19 From Aliya : that my feelings matter

19:58:35 From Emily : compassionate activism is first and foremost about compassion for YOURSELF

19:58:55 From Mareena : after breathe and listen, and invite, would be multiple realities

19:59:01 From Josette Souza : That the world is filled with people who want to heal themselves and the world

19:59:01 From Jessamyn : I really saw how much I want to be with myself. I realized how tapped out I am on trying to be compassionate to others.

19:59:32 From Mareena : Yes to Emily's :)

19:59:33 From Emily : eō, jessamyn ^

19:59:57 From RFVega : "To be human is to be compassionate"

20:00:04 From Aliya : it has also been a wonderful experience to form a community here with all of you and to realize that I am not alone in the way I feel

20:00:09 From Brittany Rea : "I see you"

20:00:17 From Jessamyn : nice

20:00:33 From Mareena : very true Jessanyn

20:01:19 From Mareena : lol

20:01:40 From Esther : thank you Sandra

20:01:50 From Jessamyn : I am so appreciative of this amazing community!

20:01:51 From abbyalexanian : Thank you so much sandra and josette!!

20:01:54 From Emily : this webinar was the shiiiiiiiiit <3

20:01:55 From abbyalexanian : and everyone else!

20:01:58 From Mareena : Thank you very much <3

20:01:59 From Brittany Rea : Thank you Sandra and Josette for your time and compassion

20:02:00 From Adventuress42 : Thank you so much for all the work you've done to be where you are now, and to share that with us!!

20:02:01 From Liz Byrd : hugs and love to all of you, thanks for being part of this community with me, I'll carry you with me going forward

20:02:05 From nina : learning and healing. Thank you Sandra and everyone.

20:02:06 From Esther : xoxo everyone

20:02:08 From Shari B : Thank you, Sandra!

20:02:09 From RFVega : Thank You, Everyone!!!!
20:02:22 From Josette Souza : Thank you so much everyone!! Being here with you has
been a gift. <3
20:02:32 From Aliya : Thank you so much Sandra, and thanks so much Josette. And
thank you fellow travellers on this very hard but meaningful journey <3
20:02:40 From Adventuress42 : <3 Thank you everyone too, for all your support and
caring!
20:02:46 From Adventuress42 : ANd sharing and insights
20:02:47 From Emily : mahalo nui loa!!!
20:02:49 From KaiEoa : how do we join?
20:02:51 From Mareena : Take care
20:03:17 From abbyalexanian : please send them again! sometimes things get lost lol