

compassionate activism

Session 9 - Chat Log

17:56:37 From Josette Souza : Hi everyone! :) How was your weekend?
17:56:40 From Mareena : afternoon everyone. :)
17:58:00 From Brittany Rea : Hello all! :D
17:58:35 From Brittany Rea : I'd tell you about my weekend but, I don't want to you
fall asleep.
17:58:50 From Brittany Rea : you to*
17:59:45 From Josette Souza : Hahah!
18:00:02 From RFVega : some kind of tapestry
18:00:05 From RFVega : or artwork!
18:00:15 From ziemban : Yes! Easier to change the fabric/picture/artwork than the
paint color!
18:00:16 From RFVega : sounds good so far
18:00:25 From Brittany Rea : sounds good
18:00:49 From Josette Souza : josette@everydayfeminism.com
18:02:28 From Mareena : not biases at all ;)
18:02:35 From Esther : already signed up yay
18:02:44 From Y'honatan : I haven't signed up because I am occupied June 4-5
18:02:56 From ziemban : Same, I'll be busy those days
18:02:59 From Mareena : it might be timing
18:02:59 From Brittany Rea : I didn't signup ... I have been very busy with school
18:03:00 From Y'honatan : I would be interested in watching the videos
18:04:24 From Y'honatan : My calendar turned out to be busier than I anticipated
when I signed up.
18:04:31 From RFVega : I'm looking at all of your courses as practice.
18:04:40 From jillianmiller : the bi-monthly sounds great
18:04:48 From Aliya : I like the long form...
18:04:54 From Adventuress42 : I'd be interested. It got a bit confusing with the
different things that all came up to sign up for
18:04:59 From RFVega : Having them in different formats is also very helpful.
18:04:59 From Esther : I like the 10 WEEK
18:05:04 From RFVega : I like 10
18:05:06 From Aliya : The 10 week allows the material to really sink in
18:05:14 From RFVega : I won't be able to know until the 2 day
18:05:14 From Y'honatan : I think I would prefer 10 week
18:05:15 From Adventuress42 : 10 week. Easier to take 2 hours once a week than
take a whole weekend
18:05:22 From Esther : i like bc it helps me stay committed to my growth
18:05:23 From Mareena : I think it depends the person and their obligations/
flexibility. I prefer the ten week.

18:05:26 From Brittany Rea : I would like a break for the workshops just because I need to finish schooling... What I would like is to be able to access training if needed at a (much later) date

18:05:50 From RFVega : I like to have plenty of practice in between sessions so the 10 week works for that.

18:06:20 From RFVega : Maybe emphasizing the practice element.

18:06:37 From Aliya : :)

18:06:44 From Y'honatan : My general fear with an intensive course is that if I should get behind I won't have an opportunity to catch up

18:07:03 From RFVega : I spoke to someone who was hesitant to join the course and I think if she understood this as practice she might consider it differently

18:07:08 From Brittany Rea : Thank you for asking

18:07:41 From RFVega : I think your roll out is great!

18:07:58 From Brittany Rea : Eek!

18:08:45 From Mareena : maybe alternating how it's offered to reach the largest audience

18:12:10 From Sheila : I fully agree with that! I like that!

18:13:54 From Bernardita : hi, y'all! joining a bit late, but SO GLAD TO BE HERE AGAIN! i had to miss the last 2 sessions cause of work, but i caught up. Except last week. Glad to be here! have missed being live with you all!

18:14:12 From Josette Souza : Aw yay welcome back!

18:14:18 From Bernardita : Jose— question: is last week's session available already? i didn't see it on the site last night when I tried to catch up

18:14:39 From Sheila : You always do a great job Josette...

18:14:47 From Josette Souza : <333 Aw!! Thank you

18:14:48 From Bernardita : josette* not jose

18:14:49 From Bernardita : lol

18:14:53 From Bernardita : sorry!!

18:15:05 From Josette Souza : Ah sorry yes it's going out today! :) We had a snafu!

18:15:18 From Bernardita : not a problem at all!

18:15:23 From Bernardita : i just want to make sure to catch up :)

18:15:26 From Bernardita : thanks!!!

18:15:37 From Josette Souza : And if not by today, then def soon. We're working with a technical delay

18:15:44 From Bernardita : sounds good :)

18:15:49 From Bernardita : gracias, mujer

18:15:58 From Josette Souza : De nada!

18:20:27 From Sandra Kim : What was your intention in this conversation?

What type of world were you creating in this conversation with that intention?

What would be different if your intention was to be compassionate toward yourself and focus on what you need from yourself?

What type of world would you be creating with that intention?

18:30:56 From Mareena : was in a room by myself lol

18:31:39 From Bernardita : is it possible to do a brief rundown of last week's?

18:33:03 From RFVega : Take a bathroom break and check in!! When I get "Stuck" I am likely still focusing on how I want the other person to change.

18:33:50 From Sheila : Helpful to move beyond the fear and into the pain and intention. Very helpful.

18:33:57 From Mareena : i need to re-evalute my expectation rather than using some arbitrary should get x much done

18:39:49 From Sheila : What do you do in situations that you are being bullied / assaulted with that piece.

19:05:31 From Bernardita : are you all talking? i can't hear anything

19:05:36 From KaiEoa : no sound

19:05:47 From Bernardita : ok I'm not alone lol

19:05:53 From Sandra Kim : can you not hear me?

19:05:56 From Bernardita : nope

19:05:59 From Bernardita : i hear josette

19:06:06 From KaiEoa : i can hear other people

19:06:12 From Bernardita : maybe because she plugged in the headset?

19:06:14 From Bernardita : yea!

19:06:18 From Bernardita : we can hear you!

19:06:18 From Bernardita : yay!

19:06:21 From Bernardita : yup

19:06:23 From KaiEoa : yay

19:06:25 From Bernardita : technology is moody

19:06:27 From Bernardita : it has the feels

19:09:06 From KaiEoa : Its exhausting sometimes.

19:10:59 From Esther : i just tried that it even feels more relaxed less emotional drainage

19:13:40 From Adventuress42 : Can you be angry, motivated, and at the same time open to "yes And"? Still angry, still motivated, still making change?

19:17:28 From RFVega : thanks for sharing, iPad!

19:18:35 From Josette Souza : Yes thanks for sharing!

19:19:45 From Sheila : In dialectical work they talk about three dimensions to dealing with conflict,,,, what is your intention goal, how will you respect and honour the person and relationship and how will you respect yourself

19:20:08 From Josette Souza : Ooh that's cool!

19:21:20 From RFVega : Keep it real, Sandra!

19:21:27 From Mareena : trans

19:29:38 From Esther : Can we do this every session?

19:29:49 From Bernardita : :) agreed

19:29:50 From Esther : forgiveness

19:29:51 From Brittany Rea : stressful

19:30:02 From ziemban : Hard! I feel a lot of anger, which I always try to surpress, and it was hard for me to say "I care about you" and mean it

19:30:09 From KaiEoa : Very strange. I've done a little work with family systems theory, and there were parts of myself that were overjoyed to be heard and cared about.

19:30:26 From ziemban : That sounds more doable!

19:30:28 From Mareena : saying i care was difficult

19:30:32 From Adventuress42 : Really great. I found satisfaction in seeing how I *was* already respecting myself, and yet a great inner joy in that space for committing to a more direct, calm, approach.

19:30:37 From Bernardita : this is a huge step for me to see and spend time with my internal reality in this way and acknowledging it that i had been ignoring it for so long

19:31:01 From RFVega : I also had to come to terms with that part of me that I was neglecting.

19:31:28 From KaiEoa : theirsself ^_^

19:31:31 From iPad : My mouth was asking for attention, but my mind doesnt know how to help. so i went back to acknowledging the need to voice my feelings.

19:31:46 From Sheila : Neat where is was in my body....able to give myself some power surrounding the abuse and understanding my harmful coping behaviuor

19:34:24 From Josette Souza : I'm tired and deflated

19:34:36 From KaiEoa : I matter.

19:34:38 From Bernardita : That I can't be for them what they need and want me to be

19:34:40 From RFVega : I belong

19:34:47 From Mareena : spreading myself too thin

19:34:48 From Esther : your inconsideration was hurtful and selfish

19:34:59 From Brittany Rea : I have had enough

19:35:44 From Jen : you've hurt me before and I don't want it to happen again. is hard to trust you

19:36:23 From Adventuress42 : That I had stayed calm enough to express a behaviour that works better, to share consent needs and consensual behaviour and how that is even sexier than not asking consent, not talking about it (as he said). To express how this gives me and women the needed feeling of sexiness via being cared for rather than 'taken'

19:38:06 From Sheila : I acknowledge my behaviour and guilt and lack of maturity, but I do not deserve the abuse and you were an adult but I was a child. You need to acknowledge your fear and your pain..... which caused you to react....

19:40:08 From Josette Souza : fear of rejection and being "unworthy"

19:40:16 From Brittany Rea : They dont want me to be sad or stuck

19:40:43 From Mareena : fear of upsetting more conservative bosses

19:40:55 From Sheila : loss and abandonment , hurt

19:41:04 From Adventuress42 : Fear (assumption) that even understanding, They just don't care about women / consent.

19:41:33 From Esther : loss of control

19:44:29 From Mareena : lol

19:44:52 From Sheila : that ok I am that way on a good day..

19:45:13 From Jen : we love each other and want the best for us

19:45:16 From Brittany Rea : Everyone want's to be happy

19:45:24 From KaiEoa : respect for self-determination

19:45:25 From Adventuress42 : Sexy times... that both people want (hopefully)

19:45:39 From Esther : family time

19:45:45 From Sheila : we need to value each other as women.... with the same wants and fears

19:45:48 From Laura Anne Haave : caring about young people and wanting them to be happy

19:45:49 From Mareena : find ways to help people move forward

19:46:34 From RFVega : I don't want to be treated inferior (or I don't want to experience sexism, misogyny, racism). He doesn't want to (is terrified of) being called a racist, etc.

19:46:46 From Josette Souza : Yes you're scared and worried about being unworthy, but I don't have any more energy or time to give, I am running on empty

19:46:52 From Mareena : it doesnt feel right now

19:47:07 From KaiEoa : yes but human lives are important

19:47:16 From Adventuress42 : yes but my consent matters

19:47:16 From Sheila : feel like that is going backward

19:47:40 From Josette Souza : Yes you're feeling scared and worried about being unworthy, and I'm running on empty/don't have more to give

19:47:41 From Y'honatan : What Josette said

19:47:48 From Adventuress42 : yes and I have had a lot of sexy times checking consent first, which also made me feel much sexier for them making sure I was ready

19:47:52 From RFVega : Yes, I don't want to be inferiorized (oppressed) and you don't want to be oppressive.

19:48:43 From KaiEoa : yes you are afraid of potentially oppressive opinions, and I believe it is possible to value life and body autnomy, in a way that is not oppressive, at the same time. So let's focus on how this information helps people better understand this nuance.

19:48:45 From Sheila : like you do not want to be violent

19:48:47 From Brittany Rea : Yes I know you want me to move for and I dont feel ready for that

19:48:47 From RFVega : So how about we try to explore what that means and how we can help each other.

19:49:40 From Brittany Rea : on*

19:49:40 From Sheila : time for yoga - thanks again Kim and Josette

19:49:58 From RFVega : It comes naturally

19:49:59 From Josette Souza : Take care!

19:50:05 From KaiEoa : seems surprisingly simple

19:50:13 From Josette Souza : easier than before

19:50:18 From Aliya : feels like there's more space

19:54:10 From cassie : enlightend

19:54:13 From Mareena : less stressed and lighter

19:54:17 From Aliya : hope

19:54:19 From Kayla : processing.

19:54:34 From Adventuress42 : There's some escalation of my want to kick ass but it's also more able to share, hear, and say what is much more to the point rather than angry garbage

19:55:00 From Esther : this was really mellow session so helpful

19:55:12 From RFVega : I feel compassion working. My mode is compassionate.

19:57:42 From Josette Souza : Yes, and

19:57:51 From KaiEoa : I see you.

19:57:54 From Esther : your voice in my head yoda lol
19:57:57 From Kayla : There is no right or wrong, there is just coming together and
co-creating
19:58:00 From Aliya : That all of us suffer and feel pain
19:58:03 From RFVega : If compassion does not arise naturally there is something
(pain) in the way.
19:58:08 From Bernardita : WWSD!!!!
19:58:14 From Jen : I can give myself space to face things on my own first
19:58:18 From Brittany Rea : Ditto KaiEoa
19:58:42 From Bernardita : coming from the catholic school/youth group lingo ;) (with the WWSH)
19:58:44 From Bernardita : WWSD*
19:58:46 From Mareena : it's ok to stay with i see you (vs moving on to i care) until ready
19:58:55 From Bernardita : amen, mareena*
19:59:17 From Esther : what was the quote about mad at the deed?
19:59:18 From Kayla : Will the videos always be available for us to go back onto?
19:59:23 From Bernardita : already in it!
19:59:40 From RFVega : Great quote, Sandra!
20:01:19 From Bernardita : THANK YOU!!!
20:01:24 From ziemban : Thank you!
20:01:26 From Esther : Thanks Sandra
20:01:27 From Bernardita : my last live session (i work til close next tuesday!) :(
20:01:33 From Bernardita : i will miss you! but can't wait to catch up!
20:01:36 From Josette Souza : Byyyyye!
20:01:37 From Bernardita : sending you all SO SO MUCH LOVE
20:01:37 From Mareena : thank you very much <3
20:01:46 From KaiEoa : byee
20:01:48 From Bernardita : i look forward to maintaining this support group going (facebook yay!)
20:02:03 From Brittany Rea : Thank you very much
20:02:05 From RFVega : Great session! Thank you, Sandra & Group!!!
20:02:07 From cassie : bye
20:02:10 From Mareena : bye