



September 29 Pilgrimage & Puja Transcript

1

00:00:02.880 --> 00:00:17.490

Susanna Barkataki (she/her): Hi, everyone, and welcome to our pilgrimage and puja for our exploration of Satya. I'm excited to be here with you

2

00:00:18.650 --> 00:00:34.500

Susanna Barkataki (she/her): just for the journey that we're going to go on today. This is also going to be a journey that involves, if you would like, involve some participation. So invitation to have a journal, something to drink tea.

3

00:00:34.510 --> 00:00:58.989

Susanna Barkataki (she/her): Yeah, we'll be journaling first and reflecting first, and then, if you would like, i'll be inviting y'all in to share. I also want to name a couple of things. Okay, because I believe in transparency. So one I was up really early at three in the morning this morning to teach uh us in a class. It's a pre-conference uh on the White House Conference on yoga

4

00:00:59.000 --> 00:01:04.459

Susanna Barkataki (she/her): so teaching Yoga for nutrition, health, and

5

00:01:04.660 --> 00:01:06.690

Susanna Barkataki (she/her): something something else.

6

00:01:06.700 --> 00:01:22.440

Susanna Barkataki (she/her): But, as you can see, i'm a little bit a little bit looser in my everything, because I was just teaching, and it was very early. Now I will say one of my favorite classes. When I used to teach high school.

7

00:01:22.450 --> 00:01:35.189

Susanna Barkataki (she/her): It was my fifth period, because it was after lunch, and it would always be. You know we're tired. We're a little bit like in that food coma kind of state, and so we'd always have the best time. And so I named this because

8

00:01:35.200 --> 00:01:46.689

Susanna Barkataki (she/her): you know I prepared, but i'm a little looser than I normally am, and so we'll see what happens. I'm looking forward to it because I think it's also nice to be real. Be a little more

9

00:01:47.290 --> 00:01:56.890

Susanna Barkataki (she/her): just like off off the cuff. Kind of unscripted as well, which we'll see how it goes so you can let me know what you think at the end.

10

00:01:56.920 --> 00:02:07.259

Susanna Barkataki (she/her): The other thing that's going on is a water main in our house broke. I'm. In Los Angeles, nowhere near the major. Storms are impacting so many people,

11

00:02:07.450 --> 00:02:21.319

Susanna Barkataki (she/her): and so there's like some things going on in the background, so you might hear some work or dogs barking, and if you do i'll just name it, but just letting you know. So you're, if you hear sounds, you know what that is Everything's okay, though.

12

00:02:21.510 --> 00:02:41.170

Susanna Barkataki (she/her): And then sending a lot of care to folks who are in the way of those storms, or who you yourself, or family members loved ones like our global community, are affected by climate change. There's so many places right now from Puerto Rico to Cuba, to Pakistan, to Bangladesh, to a some where some of my family is,

13

00:02:41.180 --> 00:02:46.359

Susanna Barkataki (she/her): and there's just a lot a lot up. And

14

00:02:46.520 --> 00:02:55.999

Susanna Barkataki (she/her): so naming that holding holding that in our hearts, holding folks in our hearts, and if you're impacted, please take care.

15

00:02:57.040 --> 00:02:59.300

Susanna Barkataki (she/her): Okay. So

16

00:03:00.390 --> 00:03:05.890

Susanna Barkataki (she/her): as folks come in just saying if you'd like, had a

17

00:03:06.180 --> 00:03:09.630

Susanna Barkataki (she/her): journal and water or t

18

00:03:10.360 --> 00:03:14.180

Susanna Barkataki (she/her): a moment we'll

19

00:03:16.180 --> 00:03:22.400

Susanna Barkataki (she/her): in a moment. I'll do a drop in and everything with us. But I wanted to

20

00:03:22.410 --> 00:03:39.480

Susanna Barkataki (she/her): first. Just thank everyone who offered their feedback a really large number of you offered your feedback, both constructive and things that you're loving about the program, and it's so helpful. I also want to say

21

00:03:39.490 --> 00:03:45.629

Susanna Barkataki (she/her): I really appreciate the thoughtfulness, especially for the constructive feedback of folks who are asking.

22

00:03:45.640 --> 00:04:13.710

Susanna Barkataki (she/her): So there are a number of things, but for more accessible practices, and so The practices that I've been recording since then have been a lot more accessible, and i'll go back eventually Once i'm through recording from each of the months and record another more accessible practice right for each, even a handsome and set. Yes, so just naming that, and so grateful to you for being here and for taking the time to offer your feedback

23

00:04:13.720 --> 00:04:18.050

Susanna Barkataki (she/her): everyone out of that feedback. When we said we'd

24

00:04:18.680 --> 00:04:25.850

Susanna Barkataki (she/her): I have a one person that gets a coaching call with me, and that person is Rohingy.

25

00:04:25.860 --> 00:04:39.789

Susanna Barkataki (she/her): So with me you can look for You'll get an email from booking at ignite you. Well, from Andrea, who's here to support us. You can wave if you'd like under. Thank you so much to schedule that. And I've been having

26

00:04:39.800 --> 00:04:55.780

Susanna Barkataki (she/her): There's one on one calls every month right like with one or two folks. They're so wonderful, and I want to start, maybe incorporating some of that coaching and what we're doing in those one-on-one sessions in some of our time together, so just naming that,

27

00:04:55.860 --> 00:05:00.409

Susanna Barkataki (she/her): and you might hear Bliss, our new puppy bliss

28

00:05:00.530 --> 00:05:05.579

Susanna Barkataki (she/her): back here. I don't know if you can see bliss. But

29

00:05:06.140 --> 00:05:07.889

Susanna Barkataki (she/her): there he is,

30

00:05:08.220 --> 00:05:11.010

Susanna Barkataki (she/her): squeaking his toy,

31

00:05:12.650 --> 00:05:14.240

Susanna Barkataki (she/her): and then

32

00:05:15.020 --> 00:05:23.270

Susanna Barkataki (she/her): the social share Winners and ire, I think, is going to drop these links. If you Haven't filled out the feedback form. You're always welcome to

33

00:05:23.280 --> 00:05:47.929

Susanna Barkataki (she/her): please do for folks who shared on social or list or forever email about the older-class curator and what they're learning. Um! We had two entries which is so cool, and so we have two winners, and you're always welcome to share if that's for you. If it's not no worries Don't. You don't need to, and the coaching call is aggregate,

34

00:05:48.350 --> 00:05:55.790

Susanna Barkataki (she/her): and so you'll also be getting an email from Ontario, and then from yoga change-maker,

35

00:05:55.800 --> 00:06:04.390

Susanna Barkataki (she/her): water, bottle, or shirt or sweater, whatever you want. I'm joy toy yoga lab that's the neighbor I have

36

00:06:04.400 --> 00:06:20.389

Susanna Barkataki (she/her): so very excited for y'all, and to get to connect. And if anyone wants to do that in the future you're more than welcome. We'll be doing it every month for a while, until until we just decide that

37

00:06:20.400 --> 00:06:26.539

Susanna Barkataki (she/her): we're done, or maybe we won't ever decide that we're done so. That's that fun stuff.

38

00:06:29.670 --> 00:06:43.889

Susanna Barkataki (she/her): I'm thinking if there's any other logistics to name so around the first of every month you'll get a new issue that comes out. And so our next one will be esteem

39

00:06:43.900 --> 00:06:53.459

Susanna Barkataki (she/her): this month We're diving deep into Satya into truth. And so an invitation to each month Really, let the team

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00:06:54.200 --> 00:07:07.479

Susanna Barkataki (she/her): show up in your life in different ways, and to flow with the theme of the month. And so this month is truth, both the truth of deep listening, and also speaking your truth

41

00:07:07.560 --> 00:07:17.550

Susanna Barkataki (she/her): also the truth of that which is greater than you or I like ultimate truth, eternal truth, spiritual truth, playing with that exploring that.

42

00:07:17.670 --> 00:07:34.140

Susanna Barkataki (she/her): And so we'll explore that a little bit today. Also wanted to honor and acknowledge that it is Navratri, which is the nine days or nine nights of the celebration of the goddess goddess Durga

43

00:07:34.200 --> 00:07:39.789

Susanna Barkataki (she/her): and God Aura has nine different different. Well, there's many, many different incarnations

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00:07:39.800 --> 00:07:42.889

Susanna Barkataki (she/her): of Zerga, but the nine that are celebrated during

45

00:07:42.900 --> 00:07:50.649

Susanna Barkataki (she/her): Nevratri are all about. You know. Durga is this epitome goddess of

46

00:07:50.660 --> 00:08:04.119

Susanna Barkataki (she/her): speaking up for what we believe in, of fighting for divine truth and right and good our values. And so it's just a really auspicious time to be gathered into the privacy.

47

00:08:04.240 --> 00:08:09.140

Susanna Barkataki (she/her): So with all of that, I want to invite you to find an useful way to be,

48

00:08:09.560 --> 00:08:16.370

Susanna Barkataki (she/her): maybe sitting, standing, lying down, and we'll drop in with

49

00:08:17.570 --> 00:08:19.090

Susanna Barkataki (she/her): meditation,

50

00:08:33.809 --> 00:08:35.770

Susanna Barkataki (she/her): breathing in,

51

00:08:36.130 --> 00:08:38.520

Susanna Barkataki (she/her): aware of your in breath,

52

00:08:40.039 --> 00:08:42.020

Susanna Barkataki (she/her): breathing out,

53

00:08:43.510 --> 00:08:46.380

Susanna Barkataki (she/her): aware of your outbreak,

54

00:08:48.630 --> 00:08:49.970

Susanna Barkataki (she/her): him

55

00:08:50.890 --> 00:08:52.650

and outs.

56

00:09:10.430 --> 00:09:12.709

Susanna Barkataki (she/her): And as you breathe,

57

00:09:12.910 --> 00:09:15.990

Susanna Barkataki (she/her): settling into your truth,

58

00:09:16.090 --> 00:09:18.849

Susanna Barkataki (she/her): your experience of this moment.

59

00:09:25.080 --> 00:09:29.030

Susanna Barkataki (she/her): What is your truth right here and now?

60

00:09:35.930 --> 00:09:42.190

Susanna Barkataki (she/her): Is there a courageous conversation that you need to have, or that you want to have with yourself

61

00:09:50.800 --> 00:09:56.609

Susanna Barkataki (she/her): from the Bidaranka Upanishad. There is a

62

00:09:57.380 --> 00:09:58.930

Susanna Barkataki (she/her): so there

63

00:10:01.140 --> 00:10:03.240

Susanna Barkataki (she/her): it's translated.

64

00:10:03.740 --> 00:10:07.400

Susanna Barkataki (she/her): Lead me from falsehood, from truth,

65

00:10:07.650 --> 00:10:10.520

Susanna Barkataki (she/her): from ignorance to insight,

66

00:10:10.860 --> 00:10:13.310

Susanna Barkataki (she/her): from death to immortality.

67

00:10:15.400 --> 00:10:17.900

Susanna Barkataki (she/her): He's peace. Peace!

68

00:10:20.650 --> 00:10:26.619

Susanna Barkataki (she/her): So i'll chant this, and if you know it, you're welcome to chant along.

69

00:10:26.970 --> 00:10:31.569

Susanna Barkataki (she/her): We'll drop this in the chat in case

70

00:10:32.920 --> 00:10:35.820

Susanna Barkataki (she/her): you would like to look at it,

71

00:10:46.620 --> 00:10:49.169

Susanna Barkataki (she/her): taking a deep breath in

72

00:10:49.710 --> 00:10:51.740

Susanna Barkataki (she/her): and exhale,

73

00:10:54.430 --> 00:10:56.520

Susanna Barkataki (she/her): and healthfully

74

00:10:59.840 --> 00:11:02.120

Susanna Barkataki (she/her): and exhalefully.

75

00:11:05.980 --> 00:11:07.670

You

76

00:11:37.030 --> 00:11:39.000

Susanna Barkataki (she/her): the

77

00:11:57.290 --> 00:11:59.640

Susanna Barkataki (she/her): got my um

78

00:12:06.390 --> 00:12:07.710

Susanna Barkataki (she/her): they

79

00:12:07.870 --> 00:12:09.430

Susanna Barkataki (she/her): so

80

00:12:09.470 --> 00:12:11.120

Susanna Barkataki (she/her): they

81

00:12:35.980 --> 00:12:38.690

Susanna Barkataki (she/her): the Shah,

82

00:12:38.810 --> 00:12:40.750

Susanna Barkataki (she/her): the

83

00:12:40.780 --> 00:12:44.630

Susanna Barkataki (she/her): Shawn the

84

00:12:45.780 --> 00:12:49.769

Susanna Barkataki (she/her): weed me from falsehood to truth,

85

00:12:50.050 --> 00:12:53.310

Susanna Barkataki (she/her): from ignorance to insight,

86

00:12:54.050 --> 00:12:56.769

Susanna Barkataki (she/her): death to immortality.

87

00:12:58.070 --> 00:13:02.770

Susanna Barkataki (she/her): Um, Peace, peace, peace!

88

00:13:08.430 --> 00:13:10.350

Susanna Barkataki (she/her): An invitation,

89

00:13:10.540 --> 00:13:17.819

Susanna Barkataki (she/her): if you would like to practice Durka Parnama, sometimes translated as victorious breath

90

00:13:19.500 --> 00:13:22.629

Susanna Barkataki (she/her): an easeful breath that helps regulate

91

00:13:22.740 --> 00:13:27.069

Susanna Barkataki (she/her): our nervous systems and calm the mind and the body.

92

00:13:27.410 --> 00:13:29.379

Susanna Barkataki (she/her): For this breath you take

93

00:13:30.740 --> 00:13:35.050

Susanna Barkataki (she/her): breath into your belly, first expanding through your belly,

94

00:13:35.120 --> 00:13:43.329

Susanna Barkataki (she/her): then next third out to the sides of your ribs, and final third of your inhale, up to your upper test and upper back,

95

00:13:43.340 --> 00:13:46.000

Susanna Barkataki (she/her): and a long, slow exhale.

96

00:13:47.060 --> 00:13:51.240

Susanna Barkataki (she/her): Inhale into your belly, lower back,

97

00:13:51.730 --> 00:13:56.660

Susanna Barkataki (she/her): expanding next third into your ribs and out to the sides.

98

00:13:56.820 --> 00:14:05.040

Susanna Barkataki (she/her): Third of your inhale up under your collar, bones and back, and full long. Exhale

99

00:14:06.730 --> 00:14:11.480

Susanna Barkataki (she/her): once more. Inhale belly, expand to the sides,

100

00:14:12.140 --> 00:14:14.000

Susanna Barkataki (she/her): the upper back,

101

00:14:14.020 --> 00:14:19.540

Susanna Barkataki (she/her): test an exhale, and once more on your own breath, rhythm

102

00:14:25.300 --> 00:14:30.440

Susanna Barkataki (she/her): continuing to be like this a few more times, or letting your natural breath return

103

00:14:49.130 --> 00:14:51.250

Susanna Barkataki (she/her): one more breath here.

104

00:14:56.510 --> 00:14:58.690

Susanna Barkataki (she/her): What is truth.

105

00:14:59.150 --> 00:15:01.409

Susanna Barkataki (she/her): How do you know it?

106

00:15:01.420 --> 00:15:03.739

Susanna Barkataki (she/her): Feel it, be it.

107

00:15:05.240 --> 00:15:11.770

Susanna Barkataki (she/her): What courageous conversations might you want to have with yourself,

108

00:15:13.030 --> 00:15:17.149

Susanna Barkataki (she/her): with folks in your life, maybe with your communities.

109

00:15:24.330 --> 00:15:30.190

Susanna Barkataki (she/her): What does it mean to explore truth within ourselves? To go from untruth to truth

110

00:15:30.230 --> 00:15:31.839

Susanna Barkataki (she/her): within yourself?

111

00:15:33.320 --> 00:15:41.080

Susanna Barkataki (she/her): Is there a place where you're maybe not saying what you want, not admitting to yourself what you want or not asking for what you need,

112

00:15:41.150 --> 00:15:45.769

Susanna Barkataki (she/her): not saying no to others. If they cross your boundaries,

113

00:15:47.280 --> 00:15:53.169

Susanna Barkataki (she/her): maybe where we're lying to fit in, or to belong or not to hurt someone?

114

00:15:56.280 --> 00:16:00.579

Not in a way that judges or blames yourself, but just noticing.

115

00:16:00.870 --> 00:16:03.939

Susanna Barkataki (she/her): Is there a way to move from untruth to truth,

116

00:16:04.610 --> 00:16:12.499

Susanna Barkataki (she/her): because in our society we're a culture that's built on lying little eyes, big lies of unworthiness, of lack.

117

00:16:13.250 --> 00:16:20.100

Susanna Barkataki (she/her): And so Maybe there is a courageous conversation to have with ourselves, to have with others

118

00:16:20.740 --> 00:16:27.849

Susanna Barkataki (she/her): kind of radical honesty that supports you in being out for your own or each other's growth,

119

00:16:28.010 --> 00:16:29.920

Susanna Barkataki (she/her): the community of truth.

120

00:16:37.790 --> 00:16:39.460

Susanna Barkataki (she/her): And so

121

00:16:40.420 --> 00:16:54.799

Susanna Barkataki (she/her): in a moment i'll invite you to come out of this reflective space into a more active writing, continued reflection in your journals or notes, or in the chat, if you'd like where you would like,

122

00:16:55.300 --> 00:17:01.319

Susanna Barkataki (she/her): just tuning into that movement from untruth to truth, within yourself,

123

00:17:01.450 --> 00:17:04.960

Susanna Barkataki (she/her): maybe with friends or family, community,

124

00:17:05.540 --> 00:17:08.970

Susanna Barkataki (she/her): yoga, space, or workplace,

125

00:17:10.050 --> 00:17:11.910

Susanna Barkataki (she/her): or greater truth

126

00:17:12.859 --> 00:17:15.680

Susanna Barkataki (she/her): of a system or structure

127

00:17:16.060 --> 00:17:20.099

Susanna Barkataki (she/her): that you're awakening to wanting to address

128

00:17:20.280 --> 00:17:21.710

Susanna Barkataki (she/her): teams

129

00:17:23.200 --> 00:17:25.520

Susanna Barkataki (she/her): or spiritual truth,

130

00:17:26.880 --> 00:17:32.839

Susanna Barkataki (she/her): an experience of purpose moving, maybe from purposelessness

131

00:17:33.300 --> 00:17:37.529

Susanna Barkataki (she/her): for nihilism, separation to connection,

132

00:17:37.630 --> 00:17:49.150

Susanna Barkataki (she/her): her sense of purposelessness, a sense of aimlessness that allows for freedom no judgment. There's no one way to be. In truth,

133

00:17:50.990 --> 00:17:54.399

Susanna Barkataki (she/her): it's just your way right now.

134

00:17:58.910 --> 00:18:04.589

Susanna Barkataki (she/her): So, invoking the power of Durga, the power of righteous, truthful expression

135

00:18:04.640 --> 00:18:07.250

Susanna Barkataki (she/her): or fierce radical honesty.

136

00:18:07.420 --> 00:18:09.560

Take a deep breath in

137

00:18:09.870 --> 00:18:11.850

Susanna Barkataki (she/her): and exhale

138

00:18:15.090 --> 00:18:18.799

Susanna Barkataki (she/her): another deep breath in and exhale

139

00:18:22.910 --> 00:18:25.090

Susanna Barkataki (she/her): his final breath,

140

00:18:25.110 --> 00:18:27.050

Susanna Barkataki (she/her): stretching,

141

00:18:27.080 --> 00:18:35.639

Susanna Barkataki (she/her): making your way, keeping that inner focus, that reflective focus, but making your way towards your journal, and

142

00:18:36.380 --> 00:18:38.580

Susanna Barkataki (she/her): were notes

143

00:18:38.870 --> 00:18:43.870

Susanna Barkataki (she/her): chat wherever you'd like to write. I'm beginning just with like,

144

00:18:44.640 --> 00:18:48.650

Susanna Barkataki (she/her): if you need a prompt, maybe there's already things you want to say. But

145

00:18:50.120 --> 00:18:52.990

Susanna Barkataki (she/her): if I was really telling the truth,

146

00:18:53.430 --> 00:18:55.719

Susanna Barkataki (she/her): you'd be telling myself the truth.

147

00:18:57.620 --> 00:18:59.229

Susanna Barkataki (she/her): I'd say,

148

00:19:00.720 --> 00:19:06.239

Susanna Barkataki (she/her): and we're gonna riff on that first thought best thought. Just keep writing. I'll drop that in the chat.

149

00:19:08.070 --> 00:19:11.119

Susanna Barkataki (she/her): Maybe I was really telling the truth,

150

00:19:13.970 --> 00:19:17.539

Susanna Barkataki (she/her): i'd say, and we'll write for a few minutes.

151

00:21:17.200 --> 00:21:18.989

Susanna Barkataki (she/her): So when I think about

152

00:21:19.920 --> 00:21:22.499

Susanna Barkataki (she/her): truth-telling or Satyana

153

00:21:23.220 --> 00:21:29.810

Susanna Barkataki (she/her): on a bigger scale, right as a yoga change maker as a yoga leader, curating and experience,

154

00:21:31.560 --> 00:21:39.789

Susanna Barkataki (she/her): I often think of examples of folks who inspire me, and there's so many folks who inspire me from

155

00:21:39.800 --> 00:21:43.709

Susanna Barkataki (she/her): family members to

156

00:21:44.380 --> 00:22:06.780

Susanna Barkataki (she/her): people like historical figures, and I invite you to take a moment and think about. Is there a truth teller right

whether they're officially a yoga teacher or not makes no difference. It's the skill of Satya, so that skill of storytelling or of truth telling can exist whether someone calls themselves a yoga teacher has ever trained in, feel that we're not.

157

00:22:07.020 --> 00:22:11.890

Susanna Barkataki (she/her): So maybe think about or explore who those folks might be, and we'll take a moment.

158

00:22:11.900 --> 00:22:25.310

Susanna Barkataki (she/her): Actually, let's take about a minute for you to jot down a couple names again. First thought best thought like truth tellers, people who are inspiring you with the way they weed my living and their truth.

159

00:23:17.280 --> 00:23:18.650

Susanna Barkataki (she/her): Okay.

160

00:23:18.660 --> 00:23:24.269

Susanna Barkataki (she/her): Now, next to each name of a person that you thought about.

161

00:23:24.390 --> 00:23:44.399

Susanna Barkataki (she/her): I'd love to invite you to write one or two qualities that they embody so like. For example, I picked a few people, but one of the folks that I wrote about was Aaron Duty Broy, who was an author and a political activist in India, and one of the things that

162

00:23:44.690 --> 00:24:03.760

Susanna Barkataki (she/her): her qualities that strikes me most is her intense focus. When she's focused on creating change. She's so driven, and she's so focused. She's also a beautiful writer like poetic. So she's put poetic there and also focus. And so next to

163

00:24:03.770 --> 00:24:13.629

Susanna Barkataki (she/her): the folks that you named, just picking one or two qualities, and if you're not sure it's okay to skip that person.

164

00:24:21.650 --> 00:24:24.929

Susanna Barkataki (she/her): It doesn't have to be neat. It can be a little messy.

165

00:24:25.610 --> 00:24:26.980

Susanna Barkataki (she/her): Well, rough,

166

00:25:10.020 --> 00:25:12.020

Susanna Barkataki (she/her): and sometimes

167

00:25:12.420 --> 00:25:18.109

Susanna Barkataki (she/her): that's there's a skill, the skill of truthfulness that

168

00:25:19.510 --> 00:25:25.260

Susanna Barkataki (she/her): someone reveals to you their way of living in that truth that's also in you.

169

00:25:25.480 --> 00:25:28.190

Susanna Barkataki (she/her): And so these qualities

170

00:25:28.820 --> 00:25:34.550

Susanna Barkataki (she/her): that you wrote, maybe circle them or put a star by Anyone's that you're like, Oh,

171

00:25:35.000 --> 00:25:35.690

Susanna Barkataki (she/her): quality!

172

00:25:35.700 --> 00:25:47.359

Susanna Barkataki (she/her): How do I have that colony? Some of you might be like what i'm not like my heroes. How can you possibly think I have caring honest, courageous, brave, poetic focus?

173

00:25:48.550 --> 00:25:50.090

Susanna Barkataki (she/her): We are, of course,

174

00:25:50.100 --> 00:25:57.960

Susanna Barkataki (she/her): because how could we recognize that quality in someone else if we didn't Also, if you didn't have that seed in yourself?

175

00:25:58.160 --> 00:26:12.990

Susanna Barkataki (she/her): So by this process, i'm hoping to like crack that open into that truth of what you, that quality or qualities that are in you, that maybe you didn't even recognize, are already there.

176

00:26:13.000 --> 00:26:21.969

Susanna Barkataki (she/her): Sure, maybe I could burnish the skill of being more caring or bonus, the skill of being more poetic grow it. But that seed is there

177

00:26:22.640 --> 00:26:24.529

Susanna Barkataki (she/her): so acknowledging that?

178

00:26:29.280 --> 00:26:35.469

Susanna Barkataki (she/her): And then I'm going to share this quote from Aaron Bettivoi How to tell a shattered story

179

00:26:36.440 --> 00:26:39.310

Susanna Barkataki (she/her): by slowly becoming everybody.

180

00:26:39.320 --> 00:26:43.169

Susanna Barkataki (she/her): No, by slowly becoming everything.

181

00:26:45.130 --> 00:27:00.170

Susanna Barkataki (she/her): So Aunta Tivoi is a She was born in one thousand nine hundred and sixty, one in Um Megalaya, in India, and she long in the northeast. She's an Indian author,

182

00:27:00.280 --> 00:27:14.620

Susanna Barkataki (she/her): an actress political activist who is known for her booker award-winning novel, The God of Small Things and for her involvement in environmental and human rights causes. She won a booker prize for her book of that same name,

183

00:27:14.630 --> 00:27:30.720

Susanna Barkataki (she/her): and I met her when she was really involved in advocating and protecting the rights and causes of the poor in India, and working with activist, made a padcar against the nomad, and down

184

00:27:30.930 --> 00:27:37.080

Susanna Barkataki (she/her): which is going to displace half a million people with little or no compensation,

185

00:27:37.090 --> 00:28:04.920

Susanna Barkataki (she/her): and she's since done a lot of work. She's become in India a controversial figure because of her stance against Hindu fundamentalism. But she's been doing this work for decades, and has stayed strong to her values, which are for being a voice and offering perspectives for those who often don't have a voice. So finding Satya finding and focusing on, to speak to,

186

00:28:05.890 --> 00:28:12.580

Susanna Barkataki (she/her): and so from her. And this idea of how to tell a story right exploring, storytelling,

187

00:28:12.850 --> 00:28:18.789

Susanna Barkataki (she/her): I'd like to invite you to two more journaling prompts, and then we're going to chat together.

188

00:28:18.800 --> 00:28:24.609

Susanna Barkataki (she/her): Actually, i'm going to combine these so you can. You can do them both at the same time.

189

00:28:24.620 --> 00:28:25.789

Susanna Barkataki (she/her): Actually, now it's going to be two.

190

00:28:25.800 --> 00:28:26.830

Susanna Barkataki (she/her): So

191

00:28:27.200 --> 00:28:39.690

Susanna Barkataki (she/her): you might reflect on that that invitation that Aaron dettivor gave us around how to tell a shattered story, and you might take in go the direction of what makes you angry.

192

00:28:39.700 --> 00:28:44.829

Susanna Barkataki (she/her): What is really like breaking your heart, or making you angry right now,

193

00:28:45.150 --> 00:28:54.130

Susanna Barkataki (she/her): or you might go in the direction of what are you inspired by what's lighting you up? And so we'll take a few minutes to

194

00:28:54.960 --> 00:28:59.689

Susanna Barkataki (she/her): to write on those prompts. So what makes you angry?

195

00:28:59.840 --> 00:29:00.960

Susanna Barkataki (she/her): Four.

196

00:29:05.310 --> 00:29:10.660

Susanna Barkataki (she/her): We'll take two minutes so you can go either direction or a minute on each.

197

00:30:54.180 --> 00:30:57.780

Susanna Barkataki (she/her): Daniel J. Siegel says: storytelling

198

00:30:58.410 --> 00:31:03.290

Susanna Barkataki (she/her): maybe a primary way in which we can linguistically communicate to others

199

00:31:03.300 --> 00:31:08.339

Susanna Barkataki (she/her): and to ourselves the sometimes hidden contents

200

00:31:08.770 --> 00:31:11.659

Susanna Barkataki (she/her): of our implicitly remembering minds,

201

00:31:12.040 --> 00:31:16.690

Susanna Barkataki (she/her): and I love that because that's so yogic right that implicitly remembering minds we

202

00:31:16.700 --> 00:31:20.520

Susanna Barkataki (she/her): already know from a yoga perspective, a yogic perspective.

203

00:31:21.800 --> 00:31:33.960

Susanna Barkataki (she/her): We don't have to go running around searching for truth. We already have it within us. We just get to clear off the Grunty's blocks the illusion, and remember and come back to your truth.

204

00:31:34.140 --> 00:31:37.190

Susanna Barkataki (she/her): And so this last exploration.

205

00:31:37.800 --> 00:31:39.140

Susanna Barkataki (she/her): Yes,

206

00:31:39.580 --> 00:31:47.849

Susanna Barkataki (she/her): if you are going to share a story or tell us a story which doesn't have to be a fully formed one. It could be an inquiry. It could be an exploration,

207

00:31:48.010 --> 00:31:52.460

Susanna Barkataki (she/her): knowing that what you have to say and the story you tell matters.

208

00:31:53.240 --> 00:31:55.490

Susanna Barkataki (she/her): What story would you tell?

209

00:31:55.720 --> 00:31:57.370

Susanna Barkataki (she/her): And so

210

00:31:59.020 --> 00:32:06.890

Susanna Barkataki (she/her): that question might be, I'm just gonna drop this in the chat is like, What's the story you have to tell right now?

211

00:32:06.930 --> 00:32:15.649

Susanna Barkataki (she/her): Why does it matter? And maybe it's a story of you. Maybe it's a story of us. Why this issue matters to others.

212

00:32:16.220 --> 00:32:18.480

Susanna Barkataki (she/her): The story of what we're creating.

213

00:32:22.020 --> 00:32:23.419

Susanna Barkataki (she/her): We'll take

214

00:32:25.530 --> 00:32:32.129

Susanna Barkataki (she/her): yeah, just to maybe a minute more to start or continue reflecting on this story.

215

00:33:14.780 --> 00:33:16.210

Okay.

216

00:33:16.960 --> 00:33:19.450

Susanna Barkataki (she/her): So a minute, wrapping up that

217

00:33:21.010 --> 00:33:22.640

Susanna Barkataki (she/her): reflection,

218

00:33:25.700 --> 00:33:30.070

Susanna Barkataki (she/her): just seeing your notes. So we're just reflecting on, like,

219

00:33:30.260 --> 00:33:48.469

Susanna Barkataki (she/her): what is a story that you might begin to be ready to share a story of you or a story of us a story that is there about something that matters to you, or something that you care about, either from the direction of frustration or anger, or from the direction of inspiration,

220

00:33:49.610 --> 00:34:06.530

Susanna Barkataki (she/her): and I want to open out into an opportunity for folks to share, and your sharing could be in a couple of different directions. It could be like, maybe, from what you've written, it could be something connected to the content of yoga class curator. It could be sharing about

221

00:34:06.540 --> 00:34:15.860

Susanna Barkataki (she/her): a surprise like. Maybe you were surprised with who you wrote about that inspired you with their tooth, telling that you're actually like them,

222

00:34:16.050 --> 00:34:20.010

Susanna Barkataki (she/her): and the invitation is to speak from the heart.

223

00:34:20.409 --> 00:34:42.680

Susanna Barkataki (she/her): And also, since many of us, most of us will be doing listening. That is a sad and that is a deep, deep practice of Satya, as listening from the heart, not listening to judge. Our minds are so so so prime to judge and to tear down others and ourselves, but listening from a kind of open-heartedness from a kind of butler

224

00:34:42.690 --> 00:34:43.489

Susanna Barkataki (she/her): from a kind of like

225

00:34:43.500 --> 00:34:44.189

Susanna Barkataki (she/her): yes,

226

00:34:44.199 --> 00:34:47.269

Susanna Barkataki (she/her): and in supporting one another

227

00:34:49.030 --> 00:35:02.350

Susanna Barkataki (she/her): and then the last piece before we open it up. I'd love to invite Probably the easiest or best way, just logistically, is to invite folks to do the hand-raise feature, and I want to censor voices that are often

228

00:35:03.290 --> 00:35:23.069

Susanna Barkataki (she/her): either erased or sidelined or not centered. So in our context, in in Yoga and the West that would be folks of color that queer folks trans folks with bigger bodies with with disabilities, poor folks right like folks who just don't get centered on disabled folks. So

229

00:35:23.310 --> 00:35:24.759
Susanna Barkataki (she/her): if you're

230

00:35:24.830 --> 00:35:39.980
Susanna Barkataki (she/her): someone who exists in a lot of experience of privilege. So not those groups maybe take like twenty breaths before you raise your hand or before you share. And if you're someone who maybe is shy or

231

00:35:39.990 --> 00:35:45.520
Susanna Barkataki (she/her): exists in many of those experiences, or some of those experiences, or one or two,

232

00:35:45.750 --> 00:35:51.599
Susanna Barkataki (she/her): you're moving forward, raising your hands, and knowing that you're in a supportive space.

233

00:35:51.790 --> 00:36:00.270
Susanna Barkataki (she/her): So with that, and you out of for dropping that in the tat, what story would you want to tell what sort of you want to share. Thank you.

234

00:36:00.280 --> 00:36:06.009
Susanna Barkataki (she/her): So with that, just opening it up to to some shares

235

00:36:06.390 --> 00:36:09.879
Susanna Barkataki (she/her): and to exploring Satya together,

236

00:36:11.290 --> 00:36:15.089
Susanna Barkataki (she/her): you can do the hand raise feature.

237

00:36:32.030 --> 00:36:34.140
Susanna Barkataki (she/her): Truth is vulnerable. Isn't it,

238

00:36:34.150 --> 00:36:37.850
Susanna Barkataki (she/her): it's hard to share.

239

00:36:38.220 --> 00:36:39.560
Susanna Barkataki (she/her): Um,

240

00:36:46.840 --> 00:37:06.199

Susanna Barkataki (she/her): Hi! Uh, thank you. It's so funny. I just want to name like even though we're online energetically, it's like I feel radical. I feel radical like. Sometimes you can just tune in right. And I don't know if i'm feeling you or you're feeling me, but i'm so happy that you're

241

00:37:06.280 --> 00:37:07.750

Susanna Barkataki (she/her): share with us.

242

00:37:07.760 --> 00:37:10.399

Radha Dalal (She/Her): Hello, everyone uh

243

00:37:11.330 --> 00:37:13.209

Radha Dalal (She/Her): I was trying to

244

00:37:13.900 --> 00:37:18.619

Radha Dalal (She/Her): take a couple of breaths before I shared.

245

00:37:18.940 --> 00:37:24.569

Radha Dalal (She/Her): I really like the prompt um. If I was really telling myself the truth,

246

00:37:24.670 --> 00:37:29.290

Radha Dalal (She/Her): I thought I would have some deep revelation,

247

00:37:29.300 --> 00:37:35.540

Radha Dalal (She/Her): and I don't know that it was very deep. But what came out like, you know, first thought that thought was,

248

00:37:35.870 --> 00:37:42.000

Radha Dalal (She/Her): If I was really telling myself the truth, I say I add a lot of fluff to my day

249

00:37:42.490 --> 00:37:45.360

Radha Dalal (She/Her): um to avoid emotion,

250

00:37:45.550 --> 00:37:49.870

Radha Dalal (She/Her): or to even avoid loneliness, and

251

00:37:50.340 --> 00:37:51.770

Radha Dalal (She/Her): it

252

00:37:52.660 --> 00:37:56.410

Radha Dalal (She/Her): it's almost hard to even say lonely, because I have

253

00:37:56.590 --> 00:38:02.609

Radha Dalal (She/Her): lot of friends and family, but now that I live far away from them,

254

00:38:02.850 --> 00:38:07.870

Radha Dalal (She/Her): there's a difference like different type of relationship we have.

255

00:38:08.140 --> 00:38:15.300

Radha Dalal (She/Her): But then it's weird. I just got to spend time with family. It's almost like it's too much time,

256

00:38:15.410 --> 00:38:24.800

Radha Dalal (She/Her): so it's weird to say lonely. Um! But I think it's like the different layers we share with people. I can't always be my full self

257

00:38:24.890 --> 00:38:26.770

Radha Dalal (She/Her): when i'm with them, so it

258

00:38:27.090 --> 00:38:31.949

Radha Dalal (She/Her): I don't have the words. It's very exploratory, but that's kind of what's coming up for me.

259

00:38:36.380 --> 00:38:37.600

Radha Dalal (She/Her): It's

260

00:38:39.130 --> 00:38:44.889

Susanna Barkataki (she/her): thank you so much. And I realized I didn't share this, but I wanted to name

261

00:38:45.250 --> 00:39:10.570

Susanna Barkataki (she/her): Sometimes our truth just wants to be heard right and witnessed. And sometimes you want guidelines, or like not guidelines, but like guidance, or advice, or support or reflection. And so I wanted to leave it up to you to folks when you share to be like. I just want to witness. But I love input and then folks can drop their their, you know. Or maybe I want affirmation right? There's something so powerful about getting to

262

00:39:10.580 --> 00:39:16.470

Susanna Barkataki (she/her): guide folks on how we respond to your truth. So. What would you like?

263

00:39:18.660 --> 00:39:25.040

Radha Dalal (She/Her): Oh, that's a good question. I think I like witnessing and affirmations I love

264

00:39:25.440 --> 00:39:29.070

Radha Dalal (She/Her): affirmations. I speak to myself, and affirmations that they give me.

265

00:39:29.540 --> 00:39:30.640

Radha Dalal (She/Her): It's a

266

00:39:32.130 --> 00:39:33.599

Thank you.

267

00:39:41.370 --> 00:39:46.060

Susanna Barkataki (she/her): So just noticing for folks to drop

268

00:39:46.530 --> 00:39:51.819

Susanna Barkataki (she/her): their reflections, their affirmations in the tats.

269

00:39:56.630 --> 00:40:01.070

Susanna Barkataki (she/her): Yeah, affirming you in in that realization and that awareness.

270

00:40:04.780 --> 00:40:07.990

Susanna Barkataki (she/her): Would anyone else like to share?

271

00:40:14.540 --> 00:40:15.990

Susanna Barkataki (she/her): Hi, Jamie,

272

00:40:19.090 --> 00:40:20.220

hey?

273

00:40:20.430 --> 00:40:37.500

Jamie (she/her) @tharavadayoga: Um! So I I responded to the What's making me angry? Question First I, which is not what I would usually gravitate towards um, and it was about um sort of leadership over the past few years, and you know how

274

00:40:37.850 --> 00:40:56.429

Jamie (she/her) @tharavadayoga: how things have evolved in a way that I really don't appreciate. But what I want to talk about is the story that I like to tell that came out of that sort of processing, which is that we at the individual level are so profoundly powerful

275

00:40:56.500 --> 00:41:05.109

Jamie (she/her) @tharavadayoga: that dominant culture really works to keep us away from that truth,

276

00:41:05.210 --> 00:41:14.249

Jamie (she/her) @tharavadayoga: and and that the work of sharing that truth is so important.

277

00:41:15.860 --> 00:41:16.919

Me?

278

00:41:27.520 --> 00:41:33.259

Susanna Barkataki (she/her): Thank you so much, Jamie. Just hearing you say that felt really empowering.

279

00:41:34.440 --> 00:41:42.550

Susanna Barkataki (she/her): So I want to like Part of my feedback is like. The more we can each say those words about how

280

00:41:42.940 --> 00:42:01.410

Susanna Barkataki (she/her): powerful we are, the more we unlock that I feel like it. Is this chain reaction, beautiful chain of influence. Think of like the light of Yoga or the um acetoma sag domiat is like that power of

281

00:42:01.960 --> 00:42:05.350

Susanna Barkataki (she/her): insight that we unlock for one another.

282

00:42:05.480 --> 00:42:06.910

So thank you.

283

00:42:10.630 --> 00:42:19.340

Susanna Barkataki (she/her): And folks can drop their reflections thoughts for Dami, or responses to Jamie's in the chat.

284

00:42:24.420 --> 00:42:26.240

Susanna Barkataki (she/her): Anyone else?

285

00:42:36.150 --> 00:42:37.419

Susanna Barkataki (she/her): Hi Leaf.

286

00:42:38.670 --> 00:42:47.130

Hello! I know my heart is meeting really fast right now, and that's like letting me know that I do want to share.

287

00:42:47.340 --> 00:42:54.880

But it does also make me nervous. So I have some emotional support here with me.

288

00:42:56.700 --> 00:43:01.090

Um, I guess I want to share about

289

00:43:01.410 --> 00:43:15.899

my a little bit about my relationship to truth, and what that means to me. Um, i'm. Trans. And I just recently started. I'm like almost five months on testosterone

290

00:43:16.070 --> 00:43:21.530

on low does testosterone. So that's been really exciting kind of like

291

00:43:22.700 --> 00:43:29.109

getting to know myself on a deeper level in that way and embracing change in myself

292

00:43:29.330 --> 00:43:31.450

and um,

293

00:43:31.590 --> 00:43:33.060

yeah, just like

294

00:43:33.250 --> 00:43:37.170

knowing what I wrote for

295

00:43:37.280 --> 00:43:41.180

like the first question, if I were to tell myself

296

00:43:41.540 --> 00:43:49.780

the truth. Um, I wrote that I know deep down what I want and what I need
and

297

00:43:50.890 --> 00:43:53.070
connected with that is like

298

00:43:53.210 --> 00:43:54.279
um

299

00:43:54.910 --> 00:43:57.140
the process of truth, Tony and

300

00:43:57.820 --> 00:44:00.299
um also that

301

00:44:00.390 --> 00:44:03.879
I deserve the abundance

302

00:44:04.100 --> 00:44:05.359
in my right

303

00:44:07.610 --> 00:44:10.319
to see my experience

304

00:44:10.440 --> 00:44:12.060
as the value,

305

00:44:12.240 --> 00:44:16.630
and that's been something I've been trying to like.

306

00:44:16.790 --> 00:44:20.290
Um, affirm myself with my

307

00:44:20.890 --> 00:44:39.050
remind myself, like as daily affirmation, just like because sometimes I
feel like i'm like a pioneer like going into like uncharted territories,
and like there's no really very few examples of like

308

00:44:39.060 --> 00:44:41.350
people to look up to, or like

309

00:44:41.440 --> 00:44:45.139
trans and queer elders

310
00:44:45.290 --> 00:44:46.810
the islands.

311
00:44:46.970 --> 00:44:53.240
Um! I'll just share one more thing that my friend, that I grew up with is
having a baby,

312
00:44:53.320 --> 00:44:56.270
and it's really exciting for me,

313
00:44:56.330 --> 00:45:03.100
and it makes me feel emotional thinking that I can be like

314
00:45:03.120 --> 00:45:08.679
that elder to like this child, and I can agree that in my life.

315
00:45:09.050 --> 00:45:10.319
Um,

316
00:45:10.620 --> 00:45:12.469
yeah. And I

317
00:45:12.600 --> 00:45:19.799
I really appreciate being witnessed for who I am in this moment, and
thank you all for listening.

318
00:45:24.720 --> 00:45:27.030
Susanna Barkataki (she/her): Thank you so much leaf

319
00:45:27.190 --> 00:45:28.959
Susanna Barkataki (she/her): for your sharing.

320
00:45:30.350 --> 00:45:31.529
Susanna Barkataki (she/her): He's

321
00:45:32.910 --> 00:45:34.770
Susanna Barkataki (she/her): I'm witnessing you.

322

00:45:46.390 --> 00:45:47.830
Susanna Barkataki (she/her): Hmm.

323

00:45:47.890 --> 00:45:52.929
Susanna Barkataki (she/her): Also feeling so inspired by your eldership,

324

00:45:58.030 --> 00:45:59.299
Susanna Barkataki (she/her): Gill,

325

00:46:01.050 --> 00:46:02.290
Susanna Barkataki (she/her): and

326

00:46:03.020 --> 00:46:11.090
gail: thank you. So what led me to your program is, i'm in a Yoga study group, and we're reading your book,

327

00:46:12.130 --> 00:46:24.089
gail: and we had to make it a teach heart as one of the reflections at the end of one of your chapters. Where do we hold power and privilege? And then where don't we?

328

00:46:24.300 --> 00:46:25.990
gail: And so

329

00:46:26.360 --> 00:46:33.600
gail: that was sort of? I just wanted to say that because that leads into the places that I hold some anger, and

330

00:46:34.660 --> 00:46:36.169
gail: so

331

00:46:37.780 --> 00:46:44.310
gail: my anger is the inhumanity that I see around the world toward other people, and

332

00:46:45.640 --> 00:46:47.940
gail: when we filled out the t-shirt

333

00:46:49.560 --> 00:47:08.430
gail: I I was very weighted toward power and privilege. You know i'm on Caucasian. I'm suspended i'm heterosexual i'm married. I have two point two children, you know. I just about you know all of those things that one might um say. Look, you know, educated by my homeowner.

334

00:47:08.440 --> 00:47:11.070

gail: Um! All of this things that

335

00:47:11.550 --> 00:47:24.020

gail: put me in the um power and privilege and dominant space. However, the night before I filled out the tea chart. I kind of completed watching the ken Burns documentary on the holocaust,

336

00:47:25.240 --> 00:47:28.389

gail: and I am

337

00:47:29.190 --> 00:47:36.050

gail: Krishna Das, who is a a challenger, and he only says, I'm Jewish on my parents side. So I've adopted this

338

00:47:36.180 --> 00:47:44.290

gail: sort of yeah, you know I was i'm culturally Jewish. I am Jewish in my blood, and having watched that I realized

339

00:47:44.490 --> 00:47:51.079

gail: so clearly. There's some, you know. I can hide behind my.

340

00:47:51.150 --> 00:48:07.619

gail: I don't have the same last name as my husband, but so but um people don't know that. So they think I have his last name. So very few people who meet me. Ah, so i'm Jewish, and so this you know I hide, and I don't mean that, like I am hiding.

341

00:48:07.630 --> 00:48:13.850

gail: I mean that I look like I am so weighted in that power and privilege place, and yet it

342

00:48:14.230 --> 00:48:23.630

gail: I have family members who have, you know, perished in the holocaust. I have people in my life who have been

343

00:48:23.650 --> 00:48:37.769

gail: severely impacted by that, and when I look around the world and see this holocaust after holocaust of the holy constant, it's going on all over the world, all of the time, and in the most extreme way

344

00:48:38.440 --> 00:48:40.489

gail: to all of us given people's

345

00:48:40.500 --> 00:48:44.200

gail: ignoring the climate, things

346

00:48:50.070 --> 00:48:54.710

gail: really feeling mournful and sad about their future.

347

00:48:55.280 --> 00:49:05.349

gail: Wow! I'm, John, thank you all for listening, and I appreciate either affirmation or what missing, or whatever your move to it offer.

348

00:49:08.780 --> 00:49:10.569

Susanna Barkataki (she/her): Thank you, Gail

349

00:49:11.320 --> 00:49:23.440

Susanna Barkataki (she/her): and i'm so glad you're looking at those places of power and privilege, and also having realizations. You know the ways that when power is given from the outside

350

00:49:23.620 --> 00:49:32.619

Susanna Barkataki (she/her): it can always be taken away. It's it's like it's a myth. It's actually a myth. The power that we hold that's because of systemic oppression

351

00:49:33.220 --> 00:49:37.790

Susanna Barkataki (she/her): and privilege. But the power that cannot be taken away is in our power,

352

00:49:37.800 --> 00:49:40.139

Susanna Barkataki (she/her): and that is the power that Yoga cultivates.

353

00:49:40.150 --> 00:49:58.410

Susanna Barkataki (she/her): And so there's so much liberation I find in not getting stuck in um, and I like to kind of move beyond that t-shirt. Now I know it's not in my book I should write like an asendum or something, but to the the circle, the sort of which i'll. Maybe i'll share in one of our next times together,

354

00:50:00.100 --> 00:50:12.340

Susanna Barkataki (she/her): because power is so complex and it's moving, and it's going in different directions at all times. So thank you for your your sharing. It just made me reflect on on that that inner power that you'll get gives us.

355

00:50:12.500 --> 00:50:15.100

Susanna Barkataki (she/her): And, Jay, I love to hear from you.

356

00:50:17.510 --> 00:50:27.520

Andrea Ramos: Yeah, hi, everyone. Thank you all for your shares. I support Susana so I may have talked to some of you all via email.

357

00:50:27.530 --> 00:50:37.780

Andrea Ramos: I felt call to share after Lee's lovely share around worthiness,

358

00:50:37.870 --> 00:50:45.850

Andrea Ramos: deserving like leave mentioned to serving abundance. And the first thing I wrote about.

359

00:50:45.930 --> 00:50:49.089

Andrea Ramos: Um, If I was telling myself the truth,

360

00:50:49.330 --> 00:50:54.199

Andrea Ramos: it was that I am worthy of all that I want to accomplish,

361

00:50:54.210 --> 00:51:02.470

Andrea Ramos: and I have these really big dreams, and sometimes I have the shoes around worthiness growing up as

362

00:51:02.640 --> 00:51:22.190

Andrea Ramos: an immigrant and undocumented immigrant in the States, and also being um biracial and finding out that i'm queer and kind of sitting at this intersection of all of these identities. Um of either not feeling enough or

363

00:51:22.200 --> 00:51:26.960

Andrea Ramos: yeah, this like not enoughness, you know, whether it's not enough to like

364

00:51:26.970 --> 00:51:43.489

Andrea Ramos: be who I am, and live in this country, or whether i'm not white and up, or black, but et cetera. So um yeah, that worthiness piece I feel like I've really been sitting with and giving myself a lot of compassion for it. So I wanted to share that, and

365

00:51:43.500 --> 00:51:49.579

Andrea Ramos: just be witnessed in it. If you have any affirmations, I welcome those two. Thank you all so much.

366

00:51:55.580 --> 00:52:03.250

Susanna Barkataki (she/her): Thank you so much, Andre, and just so appreciating that as you're here supporting, you're also here

367

00:52:04.070 --> 00:52:09.430

Susanna Barkataki (she/her): sharing of yourself and I really appreciate that. I think it's just such a beautiful

368

00:52:09.750 --> 00:52:14.140

Susanna Barkataki (she/her): modeling and expression, and also the

369

00:52:14.360 --> 00:52:23.669

Susanna Barkataki (she/her): wow. That feeling of not enoughness I don't know if everyone has it. I know I certainly have it

370

00:52:24.760 --> 00:52:35.219

Susanna Barkataki (she/her): for me lately. It's been replacing the thoughts of judgment or lack with like just a simple affirmation of like, I am enough. I am enough.

371

00:52:35.290 --> 00:52:36.450

Susanna Barkataki (she/her): Time enough.

372

00:52:37.580 --> 00:52:55.700

Susanna Barkataki (she/her): I see quite a few hands, which is wonderful, Megan, Justine, Jeremy, And so i'm gonna open to Megan next. And then, maybe just as folks are sharing just being mindful, we have a little under ten minutes, so keeping your shares around two minutes or so, so everyone who has their hand up can share.

373

00:52:56.640 --> 00:52:58.750

Megan F (she/her): Hi, everyone Um!

374

00:52:59.370 --> 00:53:03.839

Megan F (she/her): People talking about the worthiness it's been Really,

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00:53:04.400 --> 00:53:14.209

Megan F (she/her): I really feel that because I've been struggling with I have a health issue, and it's It's related to Parkinson's, and i'm

376

00:53:14.220 --> 00:53:26.120

Megan F (she/her): struggling with the fact that I might have to retire, and that worthiness of all. But we're supposed to work forever. And you know who am I if i'm not teaching so

377

00:53:26.420 --> 00:53:37.809

Megan F (she/her): because I've been teaching for twenty years. But I don't think I can anymore. And just allowing myself to feel these feelings of being angry and terrified and worthy all at the same time. So

378

00:53:37.880 --> 00:53:48.179

Megan F (she/her): it's a lot, and i'm just of course, this is what we're talking about today like. Of course this is so. Thank you, and I accept everything. So thank you.

379

00:53:50.180 --> 00:53:52.640

Susanna Barkataki (she/her): Thank you so much me again,

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00:53:53.770 --> 00:53:55.149

Susanna Barkataki (she/her): that, like

381

00:53:55.250 --> 00:54:00.289

Susanna Barkataki (she/her): worthy, regardless of what we produce or consume,

382

00:54:00.670 --> 00:54:03.959

Susanna Barkataki (she/her): just by our nature being.

383

00:54:04.830 --> 00:54:07.210

Susanna Barkataki (she/her): I'm resting into that with you

384

00:54:08.270 --> 00:54:10.159

Susanna Barkataki (she/her): through this transition,

385

00:54:11.710 --> 00:54:13.279

Susanna Barkataki (she/her): dusty,

386

00:54:17.390 --> 00:54:19.449

Justine : I hope to keep it under two minutes.

387

00:54:19.460 --> 00:54:21.060

Justine : But I can't be.

388

00:54:21.070 --> 00:54:26.140

Justine : I hope to guarantee that. Um! The thing about the enough. Not in that.

389

00:54:27.240 --> 00:54:31.470

Justine : That stuff is its home a lot

390

00:54:33.080 --> 00:54:38.650

Justine : uh, and it's a good communication piece with me, and then also being

391

00:54:38.840 --> 00:54:43.179

Justine : shut down and and and censored because of

392

00:54:43.190 --> 00:54:45.890

Justine : how I communicate. So it's a

393

00:54:45.950 --> 00:54:47.229

Justine : Ah,

394

00:54:48.190 --> 00:55:04.080

Justine : yeah. So i'm late diagnosed Adhd autism. And so it's been a very interesting journey along that path. And then that big Aha! So, my truth,

395

00:55:04.510 --> 00:55:06.729

Justine : there, I've had a lot of

396

00:55:07.520 --> 00:55:12.989

Justine : truths about myself, but also trying to set out the

397

00:55:13.200 --> 00:55:20.469

Justine : untruths about self. I think that's that's the biggest thing is the

398

00:55:21.450 --> 00:55:22.689

Justine : take on

399

00:55:22.890 --> 00:55:30.929

Justine : these old messages, and and really going through it, filing, going through that file and trying to

400

00:55:31.340 --> 00:55:47.070

Justine : recognize what's really my truth versus what's other people's, truths, And that's also for the um workspace, and many different works based in people. Other people's work styles and

401

00:55:47.210 --> 00:55:48.560

Justine : um.

402

00:55:49.370 --> 00:55:56.910

Justine : I guess what? There are two things that either break my heart, and then also you

403

00:55:57.230 --> 00:56:03.229

Justine : inspire me. The thing about the people's disconnection, and

404

00:56:03.990 --> 00:56:17.500

Justine : the way people behave around people who are different, and how they communicate with them. And then the other thing that inspires me is

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00:56:18.100 --> 00:56:23.090

Justine : getting outside of workspaces and finding communities that are,

406

00:56:24.510 --> 00:56:26.980

Justine : I can feel at home in

407

00:56:31.140 --> 00:56:32.529

Justine : so thanks.

408

00:56:35.290 --> 00:56:45.040

Susanna Barkataki (she/her): Thank you so much, Justine, and just asking, What would you like? Reflections, resonance, affirmation, connection?

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00:56:46.880 --> 00:56:49.370

Justine : I'm not sure. So

410

00:56:50.300 --> 00:56:54.110

Justine : whenever you feel is necessary.

411

00:56:55.960 --> 00:57:13.259

Susanna Barkataki (she/her): Thank you so much. I moved to just share how much I appreciate your communication, and I've gotten to communicate with

you a little bit through you being in this program, and I've so appreciated your questions and your

412

00:57:13.270 --> 00:57:20.809

Susanna Barkataki (she/her): you're naming of your truth. And so I just want to reflect a lot of gratitude to you.

413

00:57:24.500 --> 00:57:25.809

Susanna Barkataki (she/her): Tear me.

414

00:57:29.000 --> 00:57:34.119

Jeremy (they/she/he): Hi! I'm in the car. I'm going to leave my video off. But wow, this is such a

415

00:57:34.390 --> 00:57:38.799

Jeremy (they/she/he): powerfully resonant share space for me. I've been.

416

00:57:39.120 --> 00:57:51.229

Jeremy (they/she/he): Everybody said, stuff that's made me like pop off the walls with how I feel about it. You know i'm super angry about a lot of stuff, mostly around identity

417

00:57:51.590 --> 00:57:55.629

Jeremy (they/she/he): dismissal, you know, cultural erasure and identity erasure,

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00:57:55.640 --> 00:58:00.559

Jeremy (they/she/he): and but I have some real bright spots to share with you all.

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00:58:00.660 --> 00:58:05.829

Jeremy (they/she/he): I'm a white passing mixed person who's by gender and disabled, and we have

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00:58:05.960 --> 00:58:10.490

Jeremy (they/she/he): just a lot going on in the Us. Right now. That does not allow me to have my identities.

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00:58:10.500 --> 00:58:11.389

You know it Doesn't

422

00:58:11.400 --> 00:58:13.099

Jeremy (they/she/he): don't want me to.

423

00:58:13.600 --> 00:58:15.889

People scoff when I tell them I'm mixed.

424

00:58:15.900 --> 00:58:34.989

Jeremy (they/she/he): They do, and they reject me, and they think that anything I say could be worth anything. After that. I'm like you don't even know, though you know. And then people I have hidden disabilities so people can't really see that. So then they don't believe me on that one. And then lately, you know, being by gender is different than being

425

00:58:35.180 --> 00:58:49.110

Jeremy (they/she/he): non-binary, and two-spirited people by gender people. All gender people are not nonbinary a lot of the time, you know. So whereas I am so ecstatic about nonbinary inclusion at the moment,

426

00:58:49.120 --> 00:59:08.479

Jeremy (they/she/he): i'm seeing things like I had an experience yesterday, where I encountered a forum that had male female non-binary, and I told the person who was on binary, which is why they changed the form, you know this, and they were like, Yeah, you're right. And I felt really validated by that. And then I've got two quick stories about white passing people that have been

427

00:59:08.870 --> 00:59:21.159

Jeremy (they/she/he): just amazing for me. One is I met someone today who is also a Scandinavian and first Nations person right? So I've got those mixes in there with a bunch of other stuff, and

428

00:59:21.700 --> 00:59:39.049

Jeremy (they/she/he): she told me the story of her she just we had just met. We found this out, and then she told me the story of her grandmother that had been left behind, and now they don't have the the thing, and I was able to encourage her to say, this is part of your identity, though you know you have that fire in your heart.

429

00:59:39.060 --> 00:59:58.259

Jeremy (they/she/he): The diaspora has not died out. They wanted to. They wanted to breed us out. But no, we're still here. And so that was super amazing. And then i'm becoming more involved in Canadian indigenous economics type stuff, because that's out there, and there's a lot that we can learn from it.

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00:59:58.270 --> 01:00:08.710

Jeremy (they/she/he): Indigenous people in Canada first of all have their own energy companies, their own huge real estate developments, big economy growing that we can learn from.

431

01:00:10.160 --> 01:00:27.369

Jeremy (they/she/he): So through that network last week I attended a zoom meeting, and it was a researcher named Jacqueline Quinlas, who is white passing, but is Stacy, and she's half Indian, and the thing is that she brought in in her years of research, and

432

01:00:27.450 --> 01:00:41.349

Jeremy (they/she/he): what she's bringing is her identity, but also her yoga practice and her ayurveda practice into this. Okay? And so I was watching on the screen the indigenous woman who was leading the show, being

433

01:00:41.860 --> 01:00:55.450

Jeremy (they/she/he): beautiful at it, but taking just a moment between each thing to be to kind of adjust. And then I saw Jacqueline coming in with this amazing smoothness, this this like

434

01:00:55.810 --> 01:00:58.950

Jeremy (they/she/he): tempered beautiful grace,

435

01:00:59.140 --> 01:01:18.070

Jeremy (they/she/he): and that's also what she's bringing to the work which is saying, Listen! A lot of these research methods don't work for people, and what we need to do is change this, and really ask people of the the communities and of the nations. How do you need to express yourself in order for me to have this conversation with you? Things like that? So one hundred and fifty?

436

01:01:18.540 --> 01:01:35.020

Jeremy (they/she/he): All I want to say is that you know Yoga is doing amazing work in North America right now. I mean, Susannah, you're doing amazing work in North America right now from this morning from the White House. Oh, but um, you know. So when I see these things, it just makes me feel so

437

01:01:35.370 --> 01:01:39.019

Jeremy (they/she/he): heart strong in our capacity to make change.

438

01:01:42.010 --> 01:01:46.310

Susanna Barkataki (she/her): Thank you so much for sharing Jeremy and

439

01:01:47.050 --> 01:01:54.290

Jeremy (they/she/he): checking. Are you okay with folks affirming you in the in the chat? Yes, Okay, great.

440

01:01:57.200 --> 01:02:04.489

Susanna Barkataki (she/her): So we're at time. So, Kristy, I see your hand, but i'm i'm trying to be more mindful of holding containers

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01:02:04.500 --> 01:02:15.879

Susanna Barkataki (she/her): at the time, so i'm not going to be able to take your comment now, but please type it in the chat. And then in our next meeting we'll we'll explore with you

442

01:02:17.880 --> 01:02:22.459

Susanna Barkataki (she/her): so much richness like. I want to invite you to notice

443

01:02:22.660 --> 01:02:37.520

Susanna Barkataki (she/her): how you might be feeling, or filled up, or feeling like activated into your truth, or maybe an Aha! Or an awareness from someone else's share. This is so powerful

444

01:02:37.530 --> 01:02:52.849

Susanna Barkataki (she/her): right, the more you can share your truth, whether it's inviting in conversation, in community spaces, the more we create this kind of ripple effect of letting Yoga move through us, breathe to us, live through us.

445

01:02:53.070 --> 01:03:07.569

Susanna Barkataki (she/her): And so please continue to explore Satya this month, and so grateful to each of you. I want to close with inviting you to drop, if you like, in the chat something that you're taking away,

446

01:03:07.760 --> 01:03:12.979

Susanna Barkataki (she/her): and then we'll close with a Durga mantra, and it's ohm

447

01:03:13.210 --> 01:03:16.530

Susanna Barkataki (she/her): dum durgaye namaha

448

01:03:16.690 --> 01:03:21.229

Susanna Barkataki (she/her): so um dum durga yay namaha,

449

01:03:21.240 --> 01:03:38.820

Susanna Barkataki (she/her): and this means dumb is like the seed syllable for Dorga home as foam. The sounds of the universe. Sergey is during his name. Namaha is like salutations, or bowing to appreciation of

450

01:03:38.830 --> 01:03:48.289

Susanna Barkataki (she/her): this power. Durga, representing the power of truth, like power of speaking up, even though your voice might shake of speaking truth to power

451

01:03:48.300 --> 01:03:50.629

and speaking truth in your power.

452

01:03:51.890 --> 01:03:59.839

Susanna Barkataki (she/her): Okay. So when you're ready, taking a moment to settle to rest, to center,

453

01:04:00.830 --> 01:04:04.629

Susanna Barkataki (she/her): and we'll chance three times if you would like,

454

01:04:06.460 --> 01:04:10.299

Susanna Barkataki (she/her): inhale and exhale

455

01:04:50.630 --> 01:04:54.040

Susanna Barkataki (she/her): gentle bow to each of you.

456

01:04:54.070 --> 01:04:58.600

Susanna Barkataki (she/her): Thank you so much for your presence. Thank you so much for your practice.

457

01:04:59.010 --> 01:05:00.779

Susanna Barkataki (she/her): I'll see you soon

458

01:05:01.440 --> 01:05:03.109

Susanna Barkataki (she/her): till next time.

459

01:05:04.190 --> 01:05:21.660

Susanna Barkataki (she/her): Just move to say, Kristy, if you want to hang out if there's something you wanted to share um that feels really, you know, like needful. Then i'm here to listen, and I just want to honor folks time, so folks need to go, and we can feel free to go,

460

01:05:22.690 --> 01:05:25.969

Susanna Barkataki (she/her): and you can unmute if you like and say
goodbye all.