



## September 29 Pilgrimage & Puja Chat

00:13:47 Andrea Ramos: Feedback form for folks:  
[https://docs.google.com/forms/d/e/1FAIpQLSckJbG-pjdkPoaZmm-P8hvx4hegPXgjHuRYOZbY4n\\_dA4lfeA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSckJbG-pjdkPoaZmm-P8hvx4hegPXgjHuRYOZbY4n_dA4lfeA/viewform)

00:14:17 Adriane Dellorco: Yay!! Thank you so much! ❤️🙏

00:18:49 Susanna Barkataki (she/her): asato mā sad gamaya,  
tamaso mā jyotir gamaya,  
mṛtyor mā amṛtaṃ gamaya,  
Om shanti~ shanti~ shanti hi~~  
This translates to:  
Lead me from falsehood to truth,  
Lead me from ignorance to insight,  
Lead me from death to the immortality  
Om peace peace peace

00:27:25 Susanna Barkataki (she/her): If i was really telling (myself)  
or whoever - the truth id say...

00:35:28 Brigitte: I love her books !! 😊

00:37:14 Susanna Barkataki (she/her): What makes you angry - or What  
lights you up

00:40:13 Justine : Please type names of authors mentioned in the  
chat. Thank you! 😊

00:40:47 Andrea Ramos: Arundhati Roy was the author mentioned  
Justine 😊

00:40:50 Justine : What's the question? My zoom dropped.

00:40:53 Justine : Thanks.

00:41:12 Justine : I don't recall the question.

00:42:51 Radha Dalal (She/Her): last journal prompt: What story would  
you want to tell? what story would you want to share?

00:46:55 katie (they/she): that so resonates with me Radha thanks for  
naming that!

00:47:32 Elizabeth Doyle: thank you for sharing <3 love how you  
described the "fluff"

00:47:58 Justine E | she/her/hers: That resonated for me so much  
Radha!

00:48:00 Nimisha Nagalia: ^same! thank you for sharing that Radha <3

00:48:04 Jeremy (they/she/he): Thank you for being here and sharing  
Radha! :)

00:48:07 Jessica Quindel (she/her): so brave of you to share Radha!!  
And can totally relate to your experience with being around family.

00:48:14 Brigitte: I feel you Radha

00:48:17 Shana Bloomstein: thank you for sharing Radha- the filling of  
space resonates

00:48:17 Megan F (she/her): Thank you for sharing Radha!

00:48:26 Suzanne Clayton (she/her): It sounds like a profound truth that you detected in your journaling.

00:48:33 Radha Dalal (She/Her): aww thank you all so much for witnessing and affirming my heart is SO full <3

00:48:37 Lauren Cook: Thank you for sharing Radha ❤️

00:48:40 Justine : Thank you, Radha! 😊

00:48:44 Beckie Shuttleworth: Thank you for speaking what was on your heart Radha, definitely resonated how we can fill our days to avoid difficult emotions

00:48:46 Ana Alicia: I appreciate your vulnerability and willingness to share 🥰

00:48:50 Adriane Dellorco: Thank you for being courageous to go first and being vulnerable Radha!

00:48:54 Susan Shloss (she / her): Thank you for naming loneliness.

00:49:15 Andrea Ramos: Filling the space - what a profound awareness, Radha. Thank you for your vulnerability <3

00:50:12 Lauren Cook: Thank you Jamie for this beautiful reminder

00:50:25 Brigitte: Wow I had the same thought, thanks for putting words Jamie

00:50:28 Radha Dalal (She/Her): Jamie - that was so deep and powerful. I feel such empowerment and advocacy in your voice and presence.

00:50:30 Shana Bloomstein: thank you Jamie! yes! we are powerful-this feels so essential to reflect and share...

00:50:42 Bobbie (she, her): Jamie thank you for such a beautiful share and reminder 💜

00:50:42 Justine : Thank you for the reminder that we're all powerful individuals.

00:51:26 Elizabeth Doyle: thank you for choosing to engage with anger, even though it's not something you normally gravitate toward <3 powerful reminder

00:53:42 Kiara Elliott: Thank you for sharing! <3

00:53:42 Radha Dalal (She/Her): "I know deep down what I need and I want. I deserve the abundance in my life." I also love your emotional support - it makes me SO happy so thank you for sharing with us a little bit of your story. You are SO powerful and a true pioneer.

00:53:42 Angie she/they: Very inspiring, Leaf.

00:53:49 Susanna Barkataki (she/her): Naming that when you share you can ask for witnessing, appreciation, coaching, advice, or reflection from us (or something else you'd like!

00:54:00 Lauren Cook: Thank you so much for sharing your truth Leaf. You are so powerful

00:54:09 Beckie Shuttleworth: Leaf what a powerful share, thank you ❤️

00:54:10 Justine : It is scary/exciting to recognize that you're the mentor/elder for others - being the pioneer for others.

00:54:10 Shana Bloomstein: thank you for sharing and being so open and vulnerable 💜

00:54:12 Jessica Quindel (she/her): Yes to "I deserve the abundance in my life!" Leaf. Witnessing you.

00:54:13 Christie: 💜

00:54:17 Justine E | she/her/hers: Sending you so much love Leaf, thank you for sharing! So powerful!

00:54:18 Jamie (she/her) @tharavadayoga: Thank you for moving through discomfort to share, Leaf

00:54:24 Suzanne Clayton (she/her): You're walking the brave path of embracing and living truth, Leaf. Keep going. Thank you for sharing.

00:54:36 Andrea Ramos: You are so deserving, Leaf. Thank you for sharing ❤️

00:54:41 Merion (she/her): Leaf, absolutely beautiful. Thank you for sharing.

00:55:03 Dawna @coachmensah: Leaf ❤️

00:55:37 Elizabeth Doyle: Leaf, hearing you speak about your joy for this child and excitement to be an elder gave me chills and happy little tears.

00:57:33 Beckie Shuttleworth: Thank you so much, I feel this so much gail, I'm in a similar situation, people don't know that I am jewish either and I feel this experience of 'passing' strongly

00:57:47 Lauren Cook: Thank you Gail. Your words resonate with me

00:58:24 Justine : Thank you.

00:58:44 Susan Shloss (she / her): Thank you Gail - I'm in a similar exploration around my Jewish identity / white privilege.

00:58:45 Judy Litt: Gail I can identify with you. Almost all my grandparents families perished in the Holocaust. And even my father was told that he shouldn't become a lawyer because he was Jewish & no one would ever hire him - that's a story my mom only recently shared with me.

00:59:46 Kiara Elliott: I feel you, Andrea! One of the first things I wrote was also that I am worthy, and I am enough, just by virtue of being. Thank you for sharing!

01:00:05 Radha Dalal (She/Her): Hi Andrea - I am worthy of all that I want to accomplish - so beautiful and yes you are so deserving of all that you want and more. Your dreams are dreaming you back. 🧡🧡🧡

01:00:10 Lauren Cook: Andrea, you are enough. You are worthy. You are strong.

01:00:20 Justine : I appreciate your share, Andrea. You ARE ENOUGH.

01:00:21 Jessica Quindel (she/her): Witnessing you and affirming "I am enough!" Loving the song "I am enough" by Coax Marie with that same affirmation, Andrea.

01:00:23 Leaf Silver (they/them): You are so worthy <3

01:01:08 Radha Dalal (She/Her): Its a double edge sword, I am grateful to be here as an immigrant and having to prove myself as an immigrant as well.

01:01:15 Elizabeth Doyle: takes a lot of courage to reject the "not enough/too much" ideas from society

01:01:17 Susanna Barkataki (she/her): Holding each of you in my heart here

01:01:20 Bobbie (she, her): Andrea just the fact that you're taking a breathe makes you worthy. 🧡

01:01:27 Shana Bloomstein: thank you Andrea for sharing. you are definitely enough. feeling grateful for your truth-my daughter has been sharing the same feelings with me as a young adult in a similar space. thank you ❤️

01:01:40 Christie: I have that tattooed on my wrist in Italian - "I Am Enough" 💜

01:01:43 Andrea Ramos: Thank you all so much ❤️

01:02:11 Kiara Elliott: You are worthy, Megan! Thank you for sharing <3

01:02:18 Radha Dalal (She/Her): I accept everything - I love it - sending you all the positive vibes! you are worthy because you have breath in your body

01:02:25 Sammi Dittloff (she/her): That is so hard, Megan. Sending you love!

01:02:29 Shana Bloomstein:feeling your pain and heart open wide. thank you Megan ❤️❤️❤️

01:02:30 katie (they/she):omg Meghan -- who am I if I'm not identifying with my work. seeing you and relating hard here. you are so worthy 🌈❤️

01:02:41 AINA PRATS:You are so worthy!

01:02:43 Andrea Ramos: Sending you care through this transition, Megan <3 We are all so worthy.

01:02:45 Lauren Cook: Megan, you are strong. You are worthy. You are whole

01:02:51 Justine E | she/her/hers: Oh Megan, this resonated so much! As a fellow teacher, as someone who has a disability. You are worthy Megan <3

01:02:59 Beckie Shuttleworth: Thank you for sharing megan, beautiful that something with such a resonant message came up for you today. Sending you lovexx

01:03:05 Susan Shloss (she / her): Deep prayers for you and your health situation and changes. May you find unexpected blessings 🌸

01:03:15 Judy Litt: Megan you are not your job. You are so much more than that. I know it's hard to let the job go, my husband was unexpectedly laid off 4 years ago at 58. After you mourn the loss though sometimes it can be a gift. Truly.

01:03:32 Varenka: Andrea, I am a Mexican immigrated to Canada, I feel you and I want to offer the affirmation: "I belong" and "I belong to myself"

01:03:57 Suzanne Clayton (she/her): Megan, may your gifts and talents continue to unfold in new and surprising ways as you explore shifting external circumstances and prioritize your wellness. Sending love.

01:04:46 Lauren Cook: Justine, thank you for naming "untruth"

01:04:48 Elizabeth Doyle: Justine, YES to finding meaning outside of workspaces

01:05:09 Jeremy (they/she/he): You can find that community Justine! I support you

01:05:09 Kiara Elliott: I let go of thoughts and beliefs that no longer serve me. Love that idea of going through the untruths on the path to. truth. Thank you, Justine!

01:05:17 Casey Higgins-Johnson: Such beautiful stories and beautiful affirmations in the chat ❤️ I'm honored to share this space with all of you.

01:05:35 Shana Bloomstein:reflecting your voice Justine and truth 💜

01:05:35 Radha Dalal (She/Her): I appreciate you Justine and your vulnerability. Thank you for naming your truths and gratitude to you :)

01:05:48 Beckie Shuttleworth: grateful for communities and spaces that hold us and nourish us x

01:06:26 Andrea Ramos: Yes to finding those communities and naming your truth Justine ❤️

01:06:39 Susan Shloss (she / her): Justine, thank you for presencing yourself so beautiffully.

01:06:55 Anitra P: Thank you to everyone who has shared/will share! Megan embrace the feelings and this process you never know what's next!!!

01:07:25 Megan F (she/her): Thank you everyone for your support.

01:07:28 Nimisha Nagalia: Justine, I'm also neurodivergent and really resonate with you naming the process of going through what are other people's truths/untruths that you carry. Thank you <3

01:08:07 Radha Dalal (She/Her): Jeremy - "we're still here !!!" preach

01:09:54 Kiara Elliott: Thank you for being here, Jeremy, and sharing your truth.

01:10:07 Elizabeth Doyle: jeremy, i feel a profound sense of embodying multiplicity/multiple truths coming from you, especially in feeling deep anger AND finding joy in the bright spots

01:10:08 Radha Dalal (She/Her): heart strong !!!

01:10:09 Megan F (she/her): Thank you for sharing Jeremy.

01:10:11 katie (they/she):heart strong. I love that Jeremy, so real

01:10:26 Andrea Ramos: "heart strong in our capacity to make change" love that Jeremy, thank you!

01:10:33 Lauren Cook: Thank you for sharing Jeremy. Thank you for your truth

01:10:40 Anitra P: Hey Jeremy and thankful for your share!

01:10:48 Jessica Quindel (she/her): Thank you for everyone who shared their very powerful truths!!

01:11:11 Beckie Shuttleworth: Thank you for sharing Jeremy, so insightful and powerful.

01:11:30 Susan Shloss (she / her): Jeremy, thank you for your powerful share.

01:11:31 Susanna Barkataki (she/her): Om Dum Durgaye Namaha

01:11:44 Justine : Thank you.

01:11:46 Radha Dalal (She/Her): heart strong 🧡 taking that with me into today and the rest of the year 😊 Thank you !!

01:12:06 Jeremy (they/she/he): 🥰

01:13:11 AINA PRATS: Thanks to everyone who shared, so powerful, taking with me your truths

01:13:13 Beckie Shuttleworth: what an evening! Thank you for holding the space Susanna

01:13:16 Autumn: Thanks Susanna and thank you everyone who shared

01:13:18 Kristin S: Thank you!

01:13:20 Shana Bloomstein:thank you Susanna ❤️

01:13:24 Jessie Ballard: Love all of this!

01:13:24 Sara A (she/ her/ hers): It has been a really hard month. I am so thankful for this energy exchange today

01:13:26 katie (they/she):appreciating this connection. much love to all you wonderful souls 💕💕💕

01:13:27 Elizabeth Doyle: thank you for all the truth telling everyone!!

01:13:34 Andrea Ramos: Taking away the power of sharing our truth, that we are all worthy & our heart strong capacity to create change <3

01:13:36 Kiara Elliott: Thank you everyone for sharing today and being here together!

01:13:36 Brigitte: Thank you all