



WEBVTT

1

00:00:06.650 --> 00:00:10.700

Susanna Barkataki (she/her): Hello! Hello and welcome everyone,

2

00:00:10.880 --> 00:00:13.260

Susanna Barkataki (she/her): Welcome! Welcome.

3

00:00:14.660 --> 00:00:19.390

Susanna Barkataki (she/her): It's so great to see you. I see some folks

4

00:00:19.420 --> 00:00:19.990

to I

5

00:00:20.000 --> 00:00:25.049

Susanna Barkataki (she/her): No. And folks who I've just seen online, and

6

00:00:25.790 --> 00:00:32.309

Susanna Barkataki (she/her): it's really wonderful to get to have this time to connect and to be together.

7

00:00:33.670 --> 00:00:44.260

Susanna Barkataki (she/her): So we'll take a moment and just gather whatever you need, if you like, a journal or a notebook, or some water,

8

00:00:44.760 --> 00:00:58.449

Susanna Barkataki (she/her): anything that you would like to have to settle in our theme for this month is September, and that the truth that is reality.

9

00:00:58.680 --> 00:01:08.479

Susanna Barkataki (she/her): And of course there's many different realities and many different truths. But there's also at the very same time one truth and one reality.

10

00:01:08.670 --> 00:01:16.520

Susanna Barkataki (she/her): And so we're holding that that tension, and we'll also explore some of the questions that folks shared.

11

00:01:18.070 --> 00:01:23.329

Susanna Barkataki (she/her): So as we begin, I wanted to invite us into a practice,

12

00:01:23.550 --> 00:01:27.290

Susanna Barkataki (she/her): and I will invite the bell so we can

13

00:01:27.300 --> 00:01:31.039

Susanna Barkataki (she/her): settle our nervous systems and drop in together.

14

00:01:31.870 --> 00:01:41.780

Susanna Barkataki (she/her): I know for me that tension of many truths and one truth it's sometimes hard to hold, particularly when

15

00:01:41.990 --> 00:01:45.259

Susanna Barkataki (she/her): what it feels like is someone else's. Truth

16

00:01:45.300 --> 00:01:53.260

Susanna Barkataki (she/her): makes it so. Mine is no longer valid, or is ignored, or is like suppressed.

17

00:01:53.340 --> 00:01:55.520

Susanna Barkataki (she/her): And so the practice

18

00:01:55.530 --> 00:02:08.730

Susanna Barkataki (she/her): that I often turn to again and again and again is the practice of Meta and Meta is loving-kindness. That is a word, and poly also

19

00:02:08.979 --> 00:02:09.690

Susanna Barkataki (she/her): up

20

00:02:09.699 --> 00:02:16.500

Susanna Barkataki (she/her): a form of protein pontipak to pavana, which is like the replacement of

21

00:02:17.240 --> 00:02:33.290

Susanna Barkataki (she/her): a challenging or difficult or hard thought, with one that's supportive, not in a bypassing way. I want to make that

really clear, but in a way that supports protecting your own piece. So then you can either continue

22

00:02:33.300 --> 00:02:37.610

fighting, engaging, changing someone's mind or

23

00:02:37.890 --> 00:02:48.270

Susanna Barkataki (she/her): giving them space, and continuing to do what you do, separate from them. And so that's the practice that we're going to start with. Probably be, you know, maybe an eight minute

24

00:02:48.980 --> 00:02:59.029

Susanna Barkataki (she/her): exactly how it will be the approximately five to eight minute practice of method, of offering compassion and love to yourself,

25

00:02:59.040 --> 00:03:17.069

Susanna Barkataki (she/her): then to a neutral person, then to a difficult or talent, or to a mentor like someone that supports you or like could be being in your life like puppy or kidney, or just someone from you have warm, supportive feelings, mutual feelings.

26

00:03:18.340 --> 00:03:24.559

Susanna Barkataki (she/her): And then for a challenging person, and I wanted to just mention this before we do the practice

27

00:03:24.570 --> 00:03:38.479

Susanna Barkataki (she/her): for this you don't necessarily, especially if it's the first, or you know. First time you're doing this, or it's just you don't feel like you want to pick the most challenging. Um. What's traditionally known as the enemy?

28

00:03:38.560 --> 00:03:41.589

Susanna Barkataki (she/her): Enemy right for some of us, we may really resonate and say,

29

00:03:41.600 --> 00:04:00.010

Susanna Barkataki (she/her): Yes, I have an enemy. This person is my enemy, and then feathers like, What are you even talking about Sudan? I don't have enemies, but you can think of that that person, or those people as challenging people irritating, or people who who just Don't get you, or who cause you

30

00:04:00.440 --> 00:04:15.390

Susanna Barkataki (she/her): cause you to suffer in some way, and so maybe don't choose the most extreme. If this is, if it's not the right day for that, or it's the first time in in the practice. But just some someone who is challenging, or a group of people who are talented for you

31

00:04:15.400 --> 00:04:31.129

Susanna Barkataki (she/her): politically, whatever it is, and then all beings. And so we're going to do that practice together now. So wherever you are for this Meta practice. It's really nice to find an useful, comfortable way to be.

32

00:04:31.490 --> 00:04:38.009

Susanna Barkataki (she/her): And so, whatever you think of as like that, see if there's a way to make yourself

33

00:04:39.270 --> 00:04:42.690

Susanna Barkataki (she/her): like five to ten percent more comfortable

34

00:04:42.700 --> 00:04:46.559

Susanna Barkataki (she/her): sitting, maybe leaning or resting back,

35

00:04:46.730 --> 00:04:49.190

Susanna Barkataki (she/her): expanding and lengthening your

36

00:04:49.200 --> 00:04:55.569

Susanna Barkataki (she/her): spine. If you're lying down, maybe there's another cushion you can grab or

37

00:04:56.330 --> 00:05:00.990

Susanna Barkataki (she/her): support that you can bring yourself if you're walking or driving,

38

00:05:01.370 --> 00:05:05.340

Susanna Barkataki (she/her): just doing those movements, the needful

39

00:05:05.520 --> 00:05:11.300

Susanna Barkataki (she/her): it's a little more focus on your inward, tending on your care while staying alert,

40

00:05:11.910 --> 00:05:13.800

and i'll invite the bell

41

00:05:22.600 --> 00:05:24.990

you

42

00:05:44.180 --> 00:05:46.230

Susanna Barkataki (she/her): and breathing in,

43

00:05:46.710 --> 00:05:48.220

Susanna Barkataki (she/her): aware

44

00:05:48.400 --> 00:05:50.490

Susanna Barkataki (she/her): that you are breathing in

45

00:05:52.330 --> 00:05:54.270

Susanna Barkataki (she/her): breathing out,

46

00:05:56.780 --> 00:05:58.990

Susanna Barkataki (she/her): aware that you're breathing out

47

00:06:01.770 --> 00:06:03.190

Susanna Barkataki (she/her): and

48

00:06:05.310 --> 00:06:06.750

and out.

49

00:06:21.070 --> 00:06:27.289

Susanna Barkataki (she/her): You can call yourself to mind, maybe seeing yourself in your mind's eye, or

50

00:06:28.690 --> 00:06:32.570

Susanna Barkataki (she/her): sometimes it can be helpful to visualize yourself as a

51

00:06:32.580 --> 00:06:34.610

Susanna Barkataki (she/her): young being

52

00:06:35.190 --> 00:06:48.260

Susanna Barkataki (she/her): for some of us. Maybe that's challenging to like a time separate from challenge. But just when you were useful, joyful, maybe doing something you loved reading, playing art.

53

00:06:51.270 --> 00:06:54.650

Susanna Barkataki (she/her): I'm holding you, this being

54

00:06:54.700 --> 00:07:06.780

Susanna Barkataki (she/her): tenderly in your heart. If you can't do that, if you or if you can't feel it, It's okay, knowing that the seeds of self-compassion and self-care

55

00:07:06.820 --> 00:07:11.419

Susanna Barkataki (she/her): the truth of yourself as a being deserving and worthy of love,

56

00:07:11.810 --> 00:07:14.060

Susanna Barkataki (she/her): those seeds are being watered.

57

00:07:15.960 --> 00:07:17.480

Susanna Barkataki (she/her): May

58

00:07:17.620 --> 00:07:19.569

Susanna Barkataki (she/her): I be happy.

59

00:07:19.690 --> 00:07:29.200

Susanna Barkataki (she/her): You can repeat each phrase in your mind silently. I feel like you can also whisper or say it out loud if that feels better,

60

00:07:29.590 --> 00:07:32.990

Susanna Barkataki (she/her): and you can also change the phrases

61

00:07:33.140 --> 00:07:35.030

Susanna Barkataki (she/her): to suit you, if you prefer,

62

00:07:35.750 --> 00:07:38.690

Susanna Barkataki (she/her): through some of the traditional phrases,

63

00:07:39.950 --> 00:07:43.280

Susanna Barkataki (she/her): may I be free from suffering?

64

00:07:51.940 --> 00:07:54.040

Susanna Barkataki (she/her): May I be safe,

65

00:07:54.300 --> 00:07:55.820

Susanna Barkataki (she/her): healthy,

66

00:07:55.840 --> 00:07:58.150

Susanna Barkataki (she/her): and free from harm.

67

00:08:07.420 --> 00:08:11.959

Susanna Barkataki (she/her): May I be full of everlasting joy,

68

00:08:19.010 --> 00:08:21.260

Susanna Barkataki (she/her): and then sending yourself

69

00:08:22.070 --> 00:08:24.950

Susanna Barkataki (she/her): care, smile,

70

00:08:32.510 --> 00:08:34.150

Susanna Barkataki (she/her): knowing that

71

00:08:35.530 --> 00:08:39.859

Susanna Barkataki (she/her): as you send this care and love to yourself right now in the moment.

72

00:08:40.760 --> 00:08:42.740

Susanna Barkataki (she/her): If you do this enough,

73

00:08:42.980 --> 00:08:50.030

Susanna Barkataki (she/her): then you can feel future you sending you love right here now.

74

00:08:50.370 --> 00:08:54.160

Susanna Barkataki (she/her): So There's a way that you can send love and compassion

75

00:08:54.360 --> 00:08:57.040

Susanna Barkataki (she/her): backwards and forwards in time,

76

00:09:00.660 --> 00:09:06.709

Susanna Barkataki (she/her): because you are just as deserving of love as any other being.

77

00:09:07.520 --> 00:09:09.139

Susanna Barkataki (she/her): And the truth

78

00:09:09.920 --> 00:09:11.340

Susanna Barkataki (she/her): of you,

79

00:09:12.310 --> 00:09:14.470

Susanna Barkataki (she/her): truth of your worthiness.

80

00:09:15.990 --> 00:09:20.870

Susanna Barkataki (she/her): It's always already present from a yogic perspective.

81

00:09:26.210 --> 00:09:29.700

Susanna Barkataki (she/her): So when you feel ready you can let that go.

82

00:09:30.340 --> 00:09:38.960

Susanna Barkataki (she/her): So now turn your awareness to a being for whom you have uncomplicated feelings of warmth. So that might be

83

00:09:39.800 --> 00:09:41.540

Susanna Barkataki (she/her): pet or

84

00:09:41.780 --> 00:09:44.380

Susanna Barkataki (she/her): a friend or a mentor.

85

00:09:44.520 --> 00:09:49.890

Susanna Barkataki (she/her): If you don't have anyone particularly in mind, maybe you're making some

86

00:09:49.900 --> 00:09:52.469

Susanna Barkataki (she/her): up, or it could be a place

87

00:09:52.680 --> 00:09:57.550

Susanna Barkataki (she/her): to be a place where you feel at ease or supported

88

00:09:58.060 --> 00:09:59.890

Susanna Barkataki (she/her): an ecosystem.

89

00:10:02.150 --> 00:10:09.340

Susanna Barkataki (she/her): And with this being or a person or place in mind. May they be happy?

90

00:10:14.750 --> 00:10:17.899

Susanna Barkataki (she/her): May they be free from suffering,

91

00:10:24.490 --> 00:10:30.110

Susanna Barkataki (she/her): maybe be safe, healthy, and free from harm,

92

00:10:35.220 --> 00:10:39.790

Susanna Barkataki (she/her): maybe be full of everlasting joy,

93

00:10:49.120 --> 00:10:51.050

Susanna Barkataki (she/her): sending them

94

00:10:51.780 --> 00:10:55.139

Susanna Barkataki (she/her): some care, maybe a smile,

95

00:10:56.400 --> 00:11:02.740

Susanna Barkataki (she/her): maybe receiving back some energy from this being or this place, this person

96

00:11:03.360 --> 00:11:05.349

Susanna Barkataki (she/her): and i'm letting them go,

97

00:11:06.840 --> 00:11:18.510

Susanna Barkataki (she/her): you know, calling to mind a stranger, someone neutral, someone for whom you've had very little charge. You don't feel particularly warm or close.

98

00:11:18.900 --> 00:11:21.660

Susanna Barkataki (she/her): We're intimate, and you don't feel

99

00:11:22.010 --> 00:11:24.980

Susanna Barkataki (she/her): distaste or revulsion, or

100

00:11:25.540 --> 00:11:29.639

Susanna Barkataki (she/her): anything negative. Really just a a neutral person.

101

00:11:29.770 --> 00:11:34.320

Susanna Barkataki (she/her): This might be the person that recently sold you something at a store.

102

00:11:34.480 --> 00:11:36.540

Susanna Barkataki (she/her): The Post-person

103

00:11:37.040 --> 00:11:39.080

Susanna Barkataki (she/her): delivery person.

104

00:11:39.520 --> 00:11:42.379

Susanna Barkataki (she/her): So when you passed on the street, or

105

00:11:42.650 --> 00:11:48.719

Susanna Barkataki (she/her): I happen to be in a meeting with you, but you've never seen before, and you probably will not see again.

106

00:11:48.790 --> 00:11:50.250

Susanna Barkataki (she/her): Who knows?

107

00:11:50.470 --> 00:11:53.569

Susanna Barkataki (she/her): This person like you like me,

108

00:11:55.570 --> 00:11:57.609

Susanna Barkataki (she/her): wants to be

109

00:11:59.050 --> 00:12:02.230

Susanna Barkataki (she/her): fulfilled, wants to feel eaves.

110

00:12:04.220 --> 00:12:09.179

Susanna Barkataki (she/her): And so with that in mind with this being or person in mind.

111

00:12:10.880 --> 00:12:13.279

Susanna Barkataki (she/her): May they be happy,

112

00:12:15.920 --> 00:12:18.170

Susanna Barkataki (she/her): may they be happy,

113

00:12:20.900 --> 00:12:24.490

Susanna Barkataki (she/her): may they be free of their suffering,

114

00:12:31.080 --> 00:12:33.089

Susanna Barkataki (she/her): may be safe,

115

00:12:33.160 --> 00:12:34.610

Susanna Barkataki (she/her): healthy,

116

00:12:35.060 --> 00:12:37.339

Susanna Barkataki (she/her): and free from harm,

117

00:12:45.300 --> 00:12:49.309

Susanna Barkataki (she/her): may be full of everlasting toy.

118

00:12:52.090 --> 00:12:54.190

Susanna Barkataki (she/her): I'm wishing them well,

119

00:12:55.930 --> 00:12:57.940

Susanna Barkataki (she/her): letting them go.

120

00:12:59.580 --> 00:13:03.680

Susanna Barkataki (she/her): No calling to mind a difficult person.

121

00:13:04.740 --> 00:13:08.340

Susanna Barkataki (she/her): Maybe they're irritating, or they don't get you or

122

00:13:09.610 --> 00:13:12.179

Susanna Barkataki (she/her): they're challenging in some way,

123

00:13:12.800 --> 00:13:14.270

Susanna Barkataki (she/her): and knowing that

124

00:13:15.040 --> 00:13:16.859

Susanna Barkataki (she/her): it's quite likely that

125

00:13:17.030 --> 00:13:20.970

Susanna Barkataki (she/her): part of why they cause you to suffer is that they are suffering.

126

00:13:22.770 --> 00:13:30.909

Susanna Barkataki (she/her): But, like you like me, they're also seeking well-being. They want to be happy.

127

00:13:31.080 --> 00:13:33.639

Susanna Barkataki (she/her): I want to be free of their suffering

128

00:13:37.330 --> 00:13:41.200

Susanna Barkataki (she/her): and so with this person in mind, this being in mind

129

00:13:42.850 --> 00:13:50.840

Susanna Barkataki (she/her): being Ok. To with my faith, this person, Sometimes the second category in this category can be quite interchangeable.

130

00:13:50.850 --> 00:13:56.380

Susanna Barkataki (she/her): Sometimes the difficult people are those who are close to us

131

00:13:56.430 --> 00:14:00.200

Susanna Barkataki (she/her): family members, bosses, colleagues,

132

00:14:00.570 --> 00:14:02.100

Susanna Barkataki (she/her): friends,

133

00:14:04.410 --> 00:14:10.870

Susanna Barkataki (she/her): and just acknowledging that that there is a fluidity in roles, in relationships.

134

00:14:13.850 --> 00:14:17.329

Susanna Barkataki (she/her): Once you've settled on this person, and

135

00:14:17.380 --> 00:14:20.669

Susanna Barkataki (she/her): also letting yourself know it is okay,

136

00:14:21.030 --> 00:14:25.849

Susanna Barkataki (she/her): whoever you've chosen whoever you're sending compassion to,

137

00:14:26.290 --> 00:14:31.740

Susanna Barkataki (she/her): There's a truth here that deserves to be honored. Your truth

138

00:14:33.030 --> 00:14:36.429

Susanna Barkataki (she/her): it doesn't make you or them any less

139

00:14:36.720 --> 00:14:39.800

Susanna Barkataki (she/her): for acknowledging this challenge, this conflict

140

00:14:42.410 --> 00:14:45.819

Susanna Barkataki (she/her): with them in mind me this person

141

00:14:46.090 --> 00:14:47.610

Susanna Barkataki (she/her): be happy.

142

00:14:52.260 --> 00:14:55.510

Susanna Barkataki (she/her): May they be free of their suffering.

143

00:15:02.490 --> 00:15:04.409

Susanna Barkataki (she/her): May they be safe,

144

00:15:04.690 --> 00:15:06.150

Susanna Barkataki (she/her): healthy,

145

00:15:07.290 --> 00:15:09.359

Susanna Barkataki (she/her): and free from harm?

146

00:15:14.950 --> 00:15:18.479

Susanna Barkataki (she/her): May they be full of everlasting joy?

147

00:15:23.180 --> 00:15:26.980

Susanna Barkataki (she/her): And was she me? Well, letting them go?

148

00:15:29.680 --> 00:15:35.170

Susanna Barkataki (she/her): And now turning your awareness to all beings.

149

00:15:35.350 --> 00:15:40.720

Susanna Barkataki (she/her): It's all beings want to be free of suffering and full of everlasting joy.

150

00:15:41.310 --> 00:15:47.760

Susanna Barkataki (she/her): Sometimes it can be hard for our minds to hold all beings. It can feel a bit abstract.

151

00:15:48.260 --> 00:15:52.570

Susanna Barkataki (she/her): And so maybe there's a community that you feel aligned to that.

152

00:15:52.690 --> 00:15:58.779

Susanna Barkataki (she/her): It's all sharing something that you're going through, or an issue or a challenge close to your heart.

153

00:15:58.820 --> 00:16:01.269

Susanna Barkataki (she/her): It could be all birthing people,

154

00:16:01.580 --> 00:16:03.949

Susanna Barkataki (she/her): all parenting people.

155

00:16:04.430 --> 00:16:10.739

Susanna Barkataki (she/her): Well, people affected by racism, oppression, systemic injustice,

156

00:16:12.630 --> 00:16:16.310

Susanna Barkataki (she/her): how people facing environmental

157

00:16:17.710 --> 00:16:27.849

Susanna Barkataki (she/her): disasters, whatever category or quality of beings, if it's helpful to be more specific for yourself,

158

00:16:29.100 --> 00:16:31.880

Susanna Barkataki (she/her): knowing that suffering is not just,

159

00:16:32.960 --> 00:16:38.919

Susanna Barkataki (she/her): personal. It's interpersonal, and it is also institutional and systemic,

160

00:16:39.140 --> 00:16:43.020

Susanna Barkataki (she/her): and that we can work to alleviate suffering

161

00:16:43.180 --> 00:16:53.069

Susanna Barkataki (she/her): on all those levels, personal, interpersonal, structural, and that you've got Philosophy and practice supports all of these.

162

00:16:54.130 --> 00:16:58.669

Susanna Barkataki (she/her): So, calling to mind a group of beings, we're all beings,

163

00:17:00.840 --> 00:17:04.260

Susanna Barkataki (she/her): all these beings be happy.

164

00:17:09.290 --> 00:17:12.050

Susanna Barkataki (she/her): All these beings

165

00:17:13.329 --> 00:17:15.780

Susanna Barkataki (she/her): be free from suffering.

166

00:17:20.740 --> 00:17:27.039

Susanna Barkataki (she/her): May all these beings be safe, healthy, and free from harm.

167

00:17:32.090 --> 00:17:38.170

Susanna Barkataki (she/her): All these beings be full of everlasting joy,

168

00:17:44.220 --> 00:17:46.320

Susanna Barkataki (she/her): sending that care,

169

00:17:47.920 --> 00:17:50.320

Susanna Barkataki (she/her): and then letting that go

170

00:17:50.390 --> 00:17:53.050

Susanna Barkataki (she/her): coming back to yourself,

171

00:17:53.260 --> 00:17:56.130

Susanna Barkataki (she/her): knowing that

172

00:17:58.300 --> 00:18:04.790

Susanna Barkataki (she/her): I can search the whole world over, as the Buddha said, and find no one more deserving of love.

173

00:18:04.800 --> 00:18:08.620

Susanna Barkataki (she/her): Truth of this kind of compassionate love

174

00:18:08.800 --> 00:18:10.340

Susanna Barkataki (she/her): than yourself.

175

00:18:12.140 --> 00:18:22.389

Susanna Barkataki (she/her): It's been taking a moment to receive this feeling, perhaps, if it's, supportive placing a hand on your body or on the earth around you,

176

00:18:24.690 --> 00:18:28.800

Susanna Barkataki (she/her): and feeling, care, feeling, compassion.

177

00:18:32.350 --> 00:18:36.919

Susanna Barkataki (she/her): It's a way that when you're supported by love,

178

00:18:38.310 --> 00:18:41.070

Susanna Barkataki (she/her): it's perhaps easier to open

179

00:18:41.390 --> 00:18:42.690

Susanna Barkataki (she/her): to truth,

180

00:18:42.700 --> 00:18:45.000

Susanna Barkataki (she/her): your own and other peoples

181

00:18:48.300 --> 00:18:53.590

Susanna Barkataki (she/her): to sit with the challenges, with the conflict, with the discomfort

182

00:18:55.290 --> 00:18:57.399

Susanna Barkataki (she/her): within you around you.

183

00:18:58.350 --> 00:19:00.620

Susanna Barkataki (she/her): So receiving that love

184

00:19:03.280 --> 00:19:05.650

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

185

00:19:06.120 --> 00:19:19.029

Susanna Barkataki (she/her): we're out in a moment i'll invite the bell, and I invite you to look around you as you hear the bell receiving this care, this love from your environment,

186

00:19:19.230 --> 00:19:25.239

Susanna Barkataki (she/her): and perhaps seeing with the eyes softened by love that open you to more truth

187

00:19:25.370 --> 00:19:37.549

Susanna Barkataki (she/her): if you like to grabbing to picking up your journal and writing down any insights, or you can feel free to write in the chat if that feels like a helpful place to

188

00:19:38.300 --> 00:19:39.830

Susanna Barkataki (she/her): to share

189

00:19:39.960 --> 00:19:41.700

Susanna Barkataki (she/her): your insights.

190

00:19:52.950 --> 00:19:55.669

Susanna Barkataki (she/her): So, looking around you,

191

00:19:58.260 --> 00:20:00.080

Susanna Barkataki (she/her): receiving

192

00:20:01.140 --> 00:20:02.989

Susanna Barkataki (she/her): compassion and love

193

00:20:11.240 --> 00:20:21.740

Susanna Barkataki (she/her): your hands from them together, maybe placing them. My teachers traditionally always place their hands on or over eyes.

194

00:20:22.500 --> 00:20:25.799

Susanna Barkataki (she/her): Be massaging your head a little bit.

195

00:20:27.810 --> 00:20:31.570

Susanna Barkataki (she/her): Okay, snack shoulders anywhere that needs some care.

196

00:20:34.320 --> 00:20:35.800

Susanna Barkataki (she/her): Hmm.

197

00:20:36.220 --> 00:20:38.539

Susanna Barkataki (she/her): Thank you for your practice

198

00:20:39.470 --> 00:20:41.550

Susanna Barkataki (she/her): and your presence.

199

00:20:41.580 --> 00:20:43.510

Susanna Barkataki (she/her): I'd love to.

200

00:20:43.620 --> 00:20:45.160

Susanna Barkataki (she/her): And so

201

00:20:45.510 --> 00:21:03.439

Susanna Barkataki (she/her): it's just an example for those who teach I grossly underestimate all the time how long my meditations are going to

be. But some days when you're so. That was probably about twelve to fifteen, but it's sometimes when you're in them. It's like it needed to space at anything.

202

00:21:03.450 --> 00:21:07.429

Susanna Barkataki (she/her): Wasn't going to try to rush it.

203

00:21:08.520 --> 00:21:12.680

Susanna Barkataki (she/her): So just opening a moment for folks to drop in the chat.

204

00:21:13.390 --> 00:21:30.539

Susanna Barkataki (she/her): You're welcome to drop two words how you are in this moment, or if there's anything that's arisen from this practice that you'd like to share. And also, if there are any questions about that particular practice you can drop them into.

205

00:21:30.620 --> 00:21:34.300

Susanna Barkataki (she/her): So again, it's a practice is really

206

00:21:34.710 --> 00:21:39.029

Susanna Barkataki (she/her): elucidated in some of the polytexts

207

00:21:39.420 --> 00:21:42.250

Susanna Barkataki (she/her): practiced by the Buddha, who is

208

00:21:42.290 --> 00:22:00.950

Susanna Barkataki (she/her): a practitioner in the strumen and traditions contemporaneous to many yoga practitioners. And There are different descriptions of this practice in yogic texts, and also in the Yoga Sutras, as Pratybuktuvana, which is replacing

209

00:22:00.960 --> 00:22:02.439

Susanna Barkataki (she/her): that is

210

00:22:03.080 --> 00:22:06.689

Susanna Barkataki (she/her): contractive or judgmental or like

211

00:22:06.700 --> 00:22:12.970

Susanna Barkataki (she/her): jealous with a more positive dot. And so here this practice is a very specific

212

00:22:13.030 --> 00:22:32.170

Susanna Barkataki (she/her): tool to uh, to replace those thoughts and to methodically go through those different categories. And so, um, just a few logistical things. We will be saving the chat, and I believe we'll be able to drop the chat link, and if there was a request for that.

213

00:22:32.300 --> 00:22:36.489

Susanna Barkataki (she/her): I think we'll be able to drop the chat link in the um

214

00:22:37.030 --> 00:22:41.949

Susanna Barkataki (she/her): in the portal with our recordings, and then also um

215

00:22:42.810 --> 00:22:46.300

Susanna Barkataki (she/her): transcripts, and so i'm dropping in a tat

216

00:22:46.920 --> 00:22:52.070

Susanna Barkataki (she/her): the different categories of folks, and then the traditional phrases

217

00:22:52.580 --> 00:22:59.789

Susanna Barkataki (she/her): i'm feeling settled and reflective. I love the mental practice. Is there a way to scaffold it, or is it meant to be taught?

218

00:22:59.800 --> 00:23:02.230

Susanna Barkataki (she/her): Thank you for asking that, Justine.

219

00:23:03.330 --> 00:23:16.720

Susanna Barkataki (she/her): So many of my teachers have said like when you start, practice just for yourself. Take a month, two months, and just practice, Meta, for you. May I be happy? May I be sick? I be fear of my suffering.

220

00:23:16.750 --> 00:23:18.430

Susanna Barkataki (she/her): May I be fools

221

00:23:18.540 --> 00:23:33.190

Susanna Barkataki (she/her): everlasting joy for for months like two, three months, and then you move through the different categories. And so I wanted to share all of them, particularly because for me, when i'm challenged around Truth,

222

00:23:33.200 --> 00:23:35.590

Susanna Barkataki (she/her): right? Truth is a challenging

223

00:23:35.660 --> 00:23:54.760

Susanna Barkataki (she/her): Yeah, um setting it's not easy. I think we we think. Oh, i'm a yoga practitioner. I should be living in my tree. Well, that's really hard, and for me it's especially hard when I come into contact with other people who are doing the same, trying to live in their truth, and then their our truths contradict

224

00:23:54.770 --> 00:24:02.120

Susanna Barkataki (she/her): or are in conflict. And so I wanted to offer that practice, because in moments of challenge,

225

00:24:02.660 --> 00:24:10.290

Susanna Barkataki (she/her): you know, a specific example is like I have had. I've been a teacher for a long time I used to teach high school English and history.

226

00:24:11.630 --> 00:24:15.050

Susanna Barkataki (she/her): I remember the student in my fifth period.

227

00:24:16.330 --> 00:24:32.059

Susanna Barkataki (she/her): I'd be trying to teach, and he would put gummy words up his notes right and distract the entire class, solve it. The whole class would would like lose the plot we're studying a fellow, or whatever it was, and all of a sudden that was completely irrelevant. And

228

00:24:32.070 --> 00:24:40.720

Susanna Barkataki (she/her): I was his last English teacher for tenth grade English. He'd been kicked out of the other classes, and if he didn't pass my class he was going to fail. Tenth grade,

229

00:24:41.330 --> 00:24:42.970

Susanna Barkataki (she/her): and so

230

00:24:44.060 --> 00:24:55.910

Susanna Barkataki (she/her): I so challenged by that truth, right? And you know all the systemic issues, all of the racial dynamics. He's a student of color, his, and

231

00:24:56.210 --> 00:25:15.690

Susanna Barkataki (she/her): and then also, like I needed to teach the content in my class, and it was it was not doing a service to the other. Students may have people like this, and if some of you are Yoga teachers

right, that person who practices in the front of the class, and, like flamboyantly, does completely their own thing, completely ignoring what you're queuing.

232

00:25:15.700 --> 00:25:22.120

Susanna Barkataki (she/her): And it's great. I actually love when people do their own thing and take care of themselves,

233

00:25:22.130 --> 00:25:37.360

Susanna Barkataki (she/her): but not necessarily when they plunk themselves right in the front of everyone else, and do it in a way that's like themes really really like. Let me take up the space and draw the attention on me. So you may have your version of of my Melvin.

234

00:25:38.490 --> 00:25:46.870

Susanna Barkataki (she/her): But I had come to my woods, and I was going to. I was going to say, Look, I've got it. You've got it. I can't teach you. I need to kick you out of class,

235

00:25:46.890 --> 00:25:50.050

Susanna Barkataki (she/her): and I brought him in after class. It's like,

236

00:25:50.290 --> 00:25:56.200

Susanna Barkataki (she/her): What do we do like? I don't know what to do, and he cried, he said, Look, I

237

00:25:56.220 --> 00:25:58.289

Susanna Barkataki (she/her): i'm sorry I don't know it.

238

00:25:58.300 --> 00:26:11.379

Susanna Barkataki (she/her): It's happening for me, but I just I do these things. But I really I really want to stay. So I said, Look, I'm gonna go home. I'm gonna take some time to reflect. Can you take some time to reflect to, and we'll talk tomorrow.

239

00:26:11.550 --> 00:26:15.310

Susanna Barkataki (she/her): And I went to the beach, and I sat,

240

00:26:15.840 --> 00:26:29.169

Susanna Barkataki (she/her): for I think it was hours, and I just practiced met it. I practiced my practice for myself, my practice for him I practiced for everyone in our orbits who had impacted us to get us to that point,

241

00:26:29.630 --> 00:26:34.120

Susanna Barkataki (she/her): and by the end of my practice the sun was down. It was dark, and I knew

242

00:26:34.150 --> 00:26:45.690

Susanna Barkataki (she/her): I knew what I had to do, and in this particular case it doesn't mean. This is true for you, or in other situations, maybe a different choice. But in that moment also I was aware of the power dynamic as a teacher.

243

00:26:45.760 --> 00:26:47.479

Susanna Barkataki (she/her): Here's a student.

244

00:26:47.660 --> 00:27:01.880

Susanna Barkataki (she/her): I went back in the next day and I said, Hey, let's talk. Okay, here's what we're gonna do. We're gonna have you and a couple of other students who were in that class who were also like he would add them on, and then they'd all distract everyone. There were like sixty students in that possibly unified.

245

00:27:02.490 --> 00:27:04.520

Susanna Barkataki (she/her): We're going to meet at lunch every day,

246

00:27:04.530 --> 00:27:13.890

Susanna Barkataki (she/her): and we're just going to check. We're going to hang up. We're going to talk. You're going to tell me what's going on in our lives, and you know we're going to get all this stuff out that you need to get out. And then you're

247

00:27:13.900 --> 00:27:28.899

Susanna Barkataki (she/her): you come to class and you're gonna really focus. Do your best. He's like, Okay, Okay, I can do that. I can do that. And so we met, and that day, because he was after lunch and talked, and, you know, just had fun. We didn't really go into anything he?

248

00:27:28.910 --> 00:27:42.319

Susanna Barkataki (she/her): And then class happened, and he was. He was super focused, and then you know it wasn't perfect. But time went on, and I remember he wrote this amazing essay on Martin Luther King, and loving your enemies, and like

249

00:27:42.330 --> 00:27:49.169

Susanna Barkataki (she/her): a super powerful analysis, and passed the class with a beat and graduated tenth grade, move to eleventh grade.

250

00:27:49.620 --> 00:28:07.960

Susanna Barkataki (she/her): That would have never happened if I hadn't had the practice of meta um, but it wasn't just melvin right. It was me that was changed by that practice, and me, who became a better teacher from being able to practice in that way. And so I share that to say It's like. There's a truth sometimes beneath

251

00:28:08.320 --> 00:28:20.689

Susanna Barkataki (she/her): the thing that we're seeing, or the thing that we think is real, or it's like, Oh, I have to protect these other students I have to teach in this way. I have to remove this person, and that may be true, but there also maybe another

252

00:28:20.700 --> 00:28:22.980

Susanna Barkataki (she/her): right. So just Um!

253

00:28:23.180 --> 00:28:24.559

Susanna Barkataki (she/her): It's why it's here

254

00:28:24.570 --> 00:28:33.910

Susanna Barkataki (she/her): share that. And that happened because I had a foundation of a couple of years of solid mental practice where I had started with myself

255

00:28:38.820 --> 00:28:41.459

Susanna Barkataki (she/her): feel that so much as a school teacher.

256

00:28:46.370 --> 00:28:55.189

Susanna Barkataki (she/her): That's right. Our mantra Lca semester Tsukino, Bavantu. It's a way of bringing loca semester to Sukina Levant and you can chant

257

00:28:55.200 --> 00:29:05.990

Susanna Barkataki (she/her): it in Sanskrit, where you can use the phrases in English, if that's helpful, and all beings everywhere be happy and fr such a beautiful embodiment.

258

00:29:06.000 --> 00:29:07.070

Susanna Barkataki (she/her): Yes,

259

00:29:07.350 --> 00:29:08.600

Susanna Barkataki (she/her): Um:

260

00:29:08.800 --> 00:29:19.699

Susanna Barkataki (she/her): yeah. The second and last category is overlap. It's true. I always feel a little ashamed when i'm like Oh, that person that is in my fourth or the challenge category

261

00:29:19.780 --> 00:29:22.189

Susanna Barkataki (she/her): like is, or am I allowed to put them there?

262

00:29:22.200 --> 00:29:26.359

Susanna Barkataki (she/her): But they're challenging so? Yes, that's my truth. That's your truth.

263

00:29:27.540 --> 00:29:36.040

Susanna Barkataki (she/her): Yeah, And this is true, right? The story of Melbourne that can be for anyone. It could be for a challenging person in your life.

264

00:29:36.050 --> 00:29:44.990

Susanna Barkataki (she/her): No, I want to also be clear if someone is toxic. And this gets into I'm going to start answering some of your questions.

265

00:29:45.200 --> 00:30:01.000

Susanna Barkataki (she/her): Someone is harmful, right toxic, challenging, difficult. It doesn't mean you have to practice method and keep them in your class, you know, in your life, in your relationships it can be where you practice,

266

00:30:01.010 --> 00:30:05.590

Susanna Barkataki (she/her): and then the best choice, I think of my friend,

267

00:30:05.730 --> 00:30:16.469

Susanna Barkataki (she/her): Apprentice Hempill, who is a somatic. So somatics, teacher, and somatic abolitionist, who says boundaries are the distance in which I can.

268

00:30:16.930 --> 00:30:22.489

Susanna Barkataki (she/her): I think it's exactly. I don't know the exact quote that I can love you and myself simultaneously,

269

00:30:22.930 --> 00:30:27.989

Susanna Barkataki (she/her): so your boundary may be. I'm going to send you compassion and not talk to you.

270

00:30:28.000 --> 00:30:30.100

Susanna Barkataki (she/her): I'm going to send you compassion,

271

00:30:30.290 --> 00:30:40.359

Susanna Barkataki (she/her): but not have you in my that life not allow you to continue to verbally abuse me, or, you know, make my life harmed in whatever way

272

00:30:40.370 --> 00:30:42.910

Susanna Barkataki (she/her): that is absolutely

273

00:30:42.990 --> 00:30:47.960

Susanna Barkataki (she/her): part of what it is to practice. It does not mean we just have to lay down and take abuse.

274

00:30:47.970 --> 00:30:50.849

Susanna Barkataki (she/her): That's not what this practice is. I want to be very clear.

275

00:30:51.040 --> 00:30:52.640

Susanna Barkataki (she/her): So i'm just looking at your

276

00:30:52.970 --> 00:30:54.830

Susanna Barkataki (she/her): your questions with some

277

00:30:54.840 --> 00:31:02.590

Susanna Barkataki (she/her): awesome question. Oh, and then one other logistical thing I want to make sure to do is so. We're going to get into your questions in a second.

278

00:31:02.600 --> 00:31:12.759

Susanna Barkataki (she/her): So we had some awesome shares this month, and shares around what you love, what you're learning,

279

00:31:12.770 --> 00:31:17.560

Susanna Barkataki (she/her): and later on, in the in our time. I'm going to give you

280

00:31:17.790 --> 00:31:19.290

Susanna Barkataki (she/her): the chance to offer feedback in it

281

00:31:19.300 --> 00:31:22.079

Susanna Barkataki (she/her): another way that I want to like. Pull up

282

00:31:22.340 --> 00:31:31.890

Susanna Barkataki (she/her): this right. So here in yoga class Curator. You've got that fourth box of the dashboard. If you want to drop in

283

00:31:32.770 --> 00:31:51.059

Susanna Barkataki (she/her): what you love and what you're learning that I wanted to announce and share our Ah, our person that is gonna get one on one coaching with me at a zoom chat. And we already did one. It was really beautiful I love connecting and sporting

284

00:31:51.070 --> 00:32:06.849

Susanna Barkataki (she/her): you. You can ask but anything it could be like bringing a talent in your life that we look at from a lens could be a challenge or something you're working on in yoga practice in teaching anything you want.

285

00:32:06.860 --> 00:32:30.640

Susanna Barkataki (she/her): Um, but really it's just a a focused time for you to get support, and so our um her is Aaron lingo. I thought it was so cool, Aaron. Thank you for sharing this, too. And so, um, If you want to learn, you can go and join Aaron's email list. Aaron sent a email about

286

00:32:30.690 --> 00:32:33.760

Susanna Barkataki (she/her): to her list about

287

00:32:34.200 --> 00:32:46.600

Susanna Barkataki (she/her): focusing on Aimsa and how that was happening what it looked like right like, I think so. Study um. And so looking like seven hours of sleep, coffee culling

288

00:32:46.680 --> 00:32:54.569

Susanna Barkataki (she/her): their dog right? So just a really beautiful and a really lovely way of sharing about the integration

289

00:32:54.580 --> 00:32:56.670

Susanna Barkataki (she/her): of um

290

00:32:56.680 --> 00:32:57.980

Susanna Barkataki (she/her): of Yoga

291

00:32:58.200 --> 00:33:03.070

Susanna Barkataki (she/her): philosophy in your life. And so for anyone who's wanting to,

292

00:33:03.080 --> 00:33:25.449

Susanna Barkataki (she/her): you're welcome to share. There's also for those who don't want to share publicly. There's going to be something i'll ah drop in at the end of our tap together today where you can share privately and just to offer feedback about you, the class curator, and also get an opportunity to to have coaching um no pressure at all ever is just for folks who want to do this. If you don't, don't do it

293

00:33:25.460 --> 00:33:27.919

Susanna Barkataki (she/her): not not no worries there.

294

00:33:28.320 --> 00:33:29.670

Susanna Barkataki (she/her): Um.

295

00:33:31.540 --> 00:33:33.130

Susanna Barkataki (she/her): So

296

00:33:33.250 --> 00:33:35.649

Susanna Barkataki (she/her): pull up my questions.

297

00:33:42.820 --> 00:33:46.960

Susanna Barkataki (she/her): Okay, So it's funny how this happens. But uh,

298

00:33:47.920 --> 00:33:51.020

Susanna Barkataki (she/her): they're all there. Let me just disappear.

299

00:33:51.370 --> 00:33:55.050

Susanna Barkataki (she/her): There they are. Um, Okay.

300

00:33:56.580 --> 00:34:03.040

Susanna Barkataki (she/her): So there are some really interesting questions about the balance between Ahimsa and Satya.

301

00:34:03.100 --> 00:34:09.849

Susanna Barkataki (she/her): So how we practice. And then there were some of you who wanted to like,

302

00:34:10.070 --> 00:34:15.699

312

00:35:43.730 --> 00:35:49.629

Susanna Barkataki (she/her): So care for yourself. First care for yourself first absolutely,

313

00:35:49.640 --> 00:36:10.110

Susanna Barkataki (she/her): and then if there's other people in your life and in your world, your saga, your community, family members will be friends who can support you. Um, reaching out for that support and definitely getting getting the support of you know professionals there. So I I wanted to address that, and also um. So you're not alone. I think. Many of us,

314

00:36:10.200 --> 00:36:15.299

Susanna Barkataki (she/her): many of us experience those kinds of dynamics, and

315

00:36:15.850 --> 00:36:18.560

Susanna Barkataki (she/her): there's some of the most challenging.

316

00:36:23.130 --> 00:36:24.089

Susanna Barkataki (she/her): Ah,

317

00:36:24.100 --> 00:36:39.520

Susanna Barkataki (she/her): also, Kristy had a question about the balance between a hymnset and Satya and Kristy. If you're here, would you like to share out loud. You can raise your hand and anterior, and myself can um work so you can unmute yourself.

318

00:36:39.750 --> 00:36:41.129

Susanna Barkataki (she/her): Um,

319

00:36:42.180 --> 00:36:43.759

Susanna Barkataki (she/her): Kristy, Are you here?

320

00:36:43.770 --> 00:36:45.239

Christie: Yes, i'm here.

321

00:36:45.250 --> 00:36:47.829

Christie: Hi, Hi,

322

00:36:48.760 --> 00:37:03.890

Christie: Okay, what was the question you wanted? Yeah. So your question was, um how to stay true to yourself when doing so may hurt or cause harms to others feelings, for example, setting boundaries. And then you kind of

323

00:37:03.900 --> 00:37:23.849

Susanna Barkataki (she/her): I thought about it and said I think the answer might be, and how you express it to express yourself. Part of the people pleading trait that I struggle with can really relate to that. Intellectually I get it. But practicing it can be different difficult. Put your mask on first. Take care of yourself first. Um can't help society or community if you're coming from a very specification.

324

00:37:24.200 --> 00:37:31.079

Susanna Barkataki (she/her): So I just wanted to see if you had anything more that you wanted to add. Also based on what we've been talking about now.

325

00:37:31.090 --> 00:37:32.490

Christie: No, I mean I I

326

00:37:32.500 --> 00:37:44.529

Christie: You know I love the Meta at a prayer. You know I do that I have it on my wall, and and it is interesting. It can be difficult when you know when you're having something difficult that you're dealing with in your life.

327

00:37:44.540 --> 00:37:56.760

Christie: I'm trying to. You know, to say that prayer to say that blessing my husband and I, whenever we're going into a situation sometimes we'll do a little prayer as far as my outcome.

328

00:37:56.770 --> 00:38:14.440

Christie: It's the best, for you know, whatever outcome the best for all you know, to cut to whatever outcome it's going to be. I I can't remember how we say it, but it's almost like be the best outcome for everyone, be you know, not just my will. However, it's going to be so Sometimes I struggle. I have some

329

00:38:14.450 --> 00:38:22.999

Christie: family dynamics that are extremely difficult to deal with, and sometimes staying true to myself, or or expressing my self.

330

00:38:23.210 --> 00:38:41.250

Christie: Ah, you know I get the passive, aggressive I get the you know the angry I get the you know all that that comes with it, and it's just,

you know. I find sometimes my self-care is so important, and I need to come first, and yet trying to express these to people who

331

00:38:41.260 --> 00:38:52.430

Christie: it's just very difficult. So how do I, the non-harming of trying not to harm them. But i'm trying to practice self-care and truthfulness. You know that whole dynamic I guess.

332

00:38:52.440 --> 00:38:53.290

Susanna Barkataki (she/her): Yeah.

333

00:38:53.300 --> 00:39:00.689

Susanna Barkataki (she/her): Anyone relate to this, just maybe dropping a little reaction. Yeah, So many of our I totally really. Christine.

334

00:39:00.700 --> 00:39:02.720

Christie: Yeah, yeah, it's hard.

335

00:39:02.730 --> 00:39:12.640

Susanna Barkataki (she/her): Yeah, it is. And for me again, I go back to like you're saying like you'll get practices to self

336

00:39:12.650 --> 00:39:28.369

Susanna Barkataki (she/her): soothing, to regulating my own nervous system, but also knowing at the end of the day like I can't. I'm not responsible for the way that they, if i'm doing my absolute best, i'm not responsible for the way that they take the boundary that I said.

337

00:39:28.380 --> 00:39:46.549

Susanna Barkataki (she/her): And so, if they feel offended or upset or hurt. There is some way that they're responsible, too, you know, and they can take ownership for that feeling, and they can process, their own feelings or not, whatever they choose to do, but that's out of my hands. What I can do is

338

00:39:46.560 --> 00:39:48.650

Susanna Barkataki (she/her): is all of the self-care

339

00:39:48.960 --> 00:40:00.870

Susanna Barkataki (she/her): for me. Of course it's difficult and tricky if it's a relationship or a dynamic where you know, there's caregiving or roles are are a bit complicated, and there It's just like holding this

340

00:40:01.340 --> 00:40:12.789

Susanna Barkataki (she/her): like you're almost like a giving it up to something greater, like holding that you'll do your best with what you know. Now, in this moment with all the practices that you have, and trust that

341

00:40:12.800 --> 00:40:16.679

Susanna Barkataki (she/her): that somehow it will be held for for the best outcome.

342

00:40:17.060 --> 00:40:18.589

Susanna Barkataki (she/her): And i'm just looking at the tap.

343

00:40:18.600 --> 00:40:24.190

Susanna Barkataki (she/her): Yeah, I can so relate to this question. I relate to this, too.

344

00:40:24.200 --> 00:40:35.289

Christie: I know, Eric. It's like I have to do is between one and the other exactly. Sometimes, you know I'm, I'm trying to get better and go. Okay, as long as I release it in a manner that is,

345

00:40:35.300 --> 00:40:48.149

Christie: you know where there's not anger if I can lease what I need to release to whoever then, like you just said, it's not my responsibility. How they take it right. That's on them that if, as long as they don't come across,

346

00:40:48.160 --> 00:41:17.780

Christie: you know hurtful or mean spirited, or if it's in, you know i'm i'm expressing I'm standing in my truth, if I can express that in a way. And then, however, they take that, you know, but sometimes it's just so hard, you know, if you see the disappointment or the anger, or the you know whatever to kind of just go. Oh, I've got it. I gotta stick to this I I I You know I can't start going. I'm really sorry or just you know that. And then i'll start to be apologizing, or you know that type of thing. It's just something I struggle with

347

00:41:17.790 --> 00:41:18.490

Christie: all the time.

348

00:41:18.500 --> 00:41:19.189

Christie: Yeah,

349

00:41:19.200 --> 00:41:20.089

yeah,

350

00:41:20.100 --> 00:41:21.109

Christie: yeah,

351

00:41:21.130 --> 00:41:23.990

Susanna Barkataki (she/her): yeah. And in those moments for me it's like,

352

00:41:24.000 --> 00:41:25.090

Susanna Barkataki (she/her): I almost

353

00:41:25.100 --> 00:41:40.290

Christie: sometimes think of boundaries as like. How can I love myself so much that there's not even a need for about it because it's just so much self-love right that it's clear that I gotta go Take care of me, you know, and

354

00:41:40.300 --> 00:41:50.390

Susanna Barkataki (she/her): and then that can spill over when i'm filled up when i'm nourished in ways that feel okay for me. And then others. Please feel free to chop your thoughts in your

355

00:41:50.400 --> 00:42:14.820

Christie: I know i'm loving all the comments i'm looking about as well. And it is true, because when I, when you realize that when you say yes to someone else, they're saying no to you right if you're they? They talk about that. If i'm going to say yes to you know, to somebody and appease them. Then potentially, i'm saying no to me, and that's you know I've got to re-incess that because it's kind of like No, I want to be saying yes, to me. I'm the my

356

00:42:14.830 --> 00:42:24.090

Christie: relationship with spirit with whatever is the most important. So how do I kind of continue to honor that? Say yes to me, which might mean saying no to someone else, right?

357

00:42:24.100 --> 00:42:24.589

A:

358

00:42:24.600 --> 00:42:28.289

Christie: yeah, we all have the right to negotiate those boundaries.

359

00:42:28.300 --> 00:42:28.990

Christie: Yeah, yeah,

360

00:42:29.000 --> 00:42:29.870

Christie: yeah,

361

00:42:30.160 --> 00:42:46.390

Christie: Thank you so much. Thank you. Thank you. I'm loving like, I said all the com comments on there that they're in the chat are great. Yeah, I love Dana's, or is it Stella? I love you so much? I'm willing to set this boundary to cherish this relationship with myself

362

00:42:46.400 --> 00:42:47.289

Christie: as well as you.

363

00:42:47.300 --> 00:42:52.090

Susanna Barkataki (she/her): Yeah, that really clarifies for them like i'm supporting you and myself.

364

00:42:56.400 --> 00:42:57.759

Susanna Barkataki (she/her): Yes,

365

00:42:57.870 --> 00:43:17.360

Susanna Barkataki (she/her): Um. Another kind of inquiry on personal stuff. And then we're going to get into something on authenticity and visibility. Um Adri, could you kindly say more about oversharing quote unquote, and particularly how not to justify ourselves, even if that can feel like speaking our truth.

366

00:43:17.370 --> 00:43:19.069

Susanna Barkataki (she/her): And so

367

00:43:19.660 --> 00:43:31.180

Susanna Barkataki (she/her): the first thing i'll say, then, Audrey, if you're here. I'd love to invite you to to speak out and up into the space as well. So when we think of oversharing um. And again,

368

00:43:31.190 --> 00:43:41.089

Susanna Barkataki (she/her): I want to really contextualize this as I don't have all the answers, I'm going to share my experience of practicing and living a yoga life

369

00:43:41.100 --> 00:43:44.189

Susanna Barkataki (she/her): with yoga ethics for a couple of decades

370

00:43:44.200 --> 00:44:00.289

Susanna Barkataki (she/her): you may have different answers. And so all we're creating. We're creating a web of understanding and knowledge together. And so my perspective is not any more valid than anyone else's Really, my intention is to inspire you to think and be like,

371

00:44:00.300 --> 00:44:06.899

Susanna Barkataki (she/her): Oh, yeah, I agree with that. That sounds helpful or Hmm, that doesn't resonate for me and then try another way.

372

00:44:06.910 --> 00:44:13.860

Susanna Barkataki (she/her): So with oversharing, I really come back to self-regulation

373

00:44:13.870 --> 00:44:17.189

Susanna Barkataki (she/her): am I regulated in my nervous system.

374

00:44:17.200 --> 00:44:24.589

Susanna Barkataki (she/her): But how is my breathing like I look at the coaches, which is something that we'll explore later in your Yoga class? Curator.

375

00:44:24.600 --> 00:44:29.270

Susanna Barkataki (she/her): How's my breathing? Am I hungry am I? You know thirsty? Am I

376

00:44:29.780 --> 00:44:32.650

Susanna Barkataki (she/her): grounded rooted solid?

377

00:44:33.400 --> 00:44:39.820

Susanna Barkataki (she/her): Am I feeling like shaky, or that kind of solidity? Where am I sharing from?

378

00:44:39.830 --> 00:44:53.370

Susanna Barkataki (she/her): Is it one of I think one of the ways I've heard this express is like, Am I sharing from the wound or from the scar? If it's something challenging? Am I sharing from something so fresh that I'm still really activated by it?

379

00:44:53.380 --> 00:45:01.389

Susanna Barkataki (she/her): Or am I sharing from something that has been challenging? But I can share the goal they can share what I've learned

380

00:45:01.400 --> 00:45:06.890

Susanna Barkataki (she/her): now. There are certain places where it's appropriate, I think, to share from the wound, of course, right like in

381

00:45:06.900 --> 00:45:22.939

Susanna Barkataki (she/her): therapy with your friends. But when i'm in a position of power, because this always comes back to power when i'm a teacher when i'm in this role like right now. I would never come in and share with you all in an office. I was something I hadn't

382

00:45:22.950 --> 00:45:29.869

Susanna Barkataki (she/her): on the work to process, because to me. That would be an abuse of that dynamic, because

383

00:45:30.100 --> 00:45:33.979

Susanna Barkataki (she/her): it's putting something on you that wouldn't then be.

384

00:45:34.010 --> 00:45:51.109

Susanna Barkataki (she/her): It would be like asking you to hold that that positionality that isn't fair. So even though we all are learning together, i'm still the teacher in the role of holding space. And so for me over sharing is. I don't.

385

00:45:51.120 --> 00:45:59.330

Susanna Barkataki (she/her): I don't so much struggle with it, because i'm usually thinking of. Now I used to. I just want to be transparent about this,

386

00:45:59.350 --> 00:46:05.789

Susanna Barkataki (she/her): because when I share something i'm thinking of sharing it for your learning, for your benefit,

387

00:46:05.800 --> 00:46:08.390

Susanna Barkataki (she/her): not because I need to get it off my test

388

00:46:08.400 --> 00:46:14.379

Susanna Barkataki (she/her): if I need to get something off my chest. I go to a friend. I go to therapy. I go to Mentor.

389

00:46:16.320 --> 00:46:18.209

Susanna Barkataki (she/her): That said

390

00:46:18.220 --> 00:46:23.790

Susanna Barkataki (she/her): It can be a gray area right. Sometimes it's still tender, but also there's a lesson,

391

00:46:23.800 --> 00:46:30.449

Susanna Barkataki (she/her): and in those cases I think for me, I often air on the side of

392

00:46:30.470 --> 00:46:41.819

Susanna Barkataki (she/her): of not sharing that particular story, and that's how I work with oversharing is being very attuned to power and responsibility. I may be much more cautious about that

393

00:46:41.830 --> 00:46:52.789

Susanna Barkataki (she/her): than others, So I just want to name. That part of this comes from being a teacher in a public school system. There was a lot of dynamics of power that I was working working to care for.

394

00:46:52.800 --> 00:46:57.370

Susanna Barkataki (she/her): And so, Audrey, would you like to speak into the space?

395

00:46:57.940 --> 00:46:59.790

Audrey [she/her]: Hi,

396

00:46:59.800 --> 00:47:00.950

Um,

397

00:47:01.210 --> 00:47:20.640

Audrey [she/her]: yeah, I think you've answered pretty much what I was thinking for my question. I think it came from your talk when you started talking about the sharing, and then it just

398

00:47:21.500 --> 00:47:39.510

Audrey [she/her]: yeah, it just made me think of that because I lose trouble with it, because before I didn't share anything at all, and I had to learn to just to share what was going on with me.

399

00:47:39.520 --> 00:47:43.649

Audrey [she/her]: And now it's kind of like I don't want to

400

00:47:52.800 --> 00:47:56.879

Audrey [she/her]: really helpful to just do this with someone else, and that's fire.

401

00:47:57.490 --> 00:48:11.629

Audrey [she/her]: That's this process that i'm trying to figure out like Actually, Just recently I I was diagnosed with no divergence like really, recently, and all the sharing is speaking

402

00:48:11.640 --> 00:48:21.490

Audrey [she/her]: um in the sense that it just goes all over the place, and you stop pumping, and then it goes somewhere else, and then it just like doesn't make any sense except for me, and

403

00:48:21.660 --> 00:48:23.189

Audrey [she/her]: and i'm doing it right now.

404

00:48:23.200 --> 00:48:37.569

Audrey [she/her]: I'm just going to go back, and I think what you said was really helpful in the sense of like, What's the dynamic? What's the what I want to do? What's the intention?

405

00:48:44.300 --> 00:48:49.930

Audrey [she/her]: Yeah, it's still a longer in perfect that I get wrong a lot of time

406

00:48:50.240 --> 00:48:51.779

Audrey [she/her]: and um,

407

00:48:56.320 --> 00:49:01.210

Susanna Barkataki (she/her): Audrey, thank you so much, and I just want to really kind of upload a new

408

00:49:01.220 --> 00:49:17.429

Susanna Barkataki (she/her): lens on the diamond of understanding that we all have, which is, there can be a policing of our expression right for folks especially, who have marginalized identities who experience, you know, different neur, divergent experiences. And so

409

00:49:17.540 --> 00:49:19.990

Susanna Barkataki (she/her): right, we're kind of holding that like

410

00:49:20.000 --> 00:49:34.289

Susanna Barkataki (she/her): care, but also empowerment and care and and not suppression. And And so it's okay to do it. Wrong. I think there's also the other thing that Yoga has done for me is bring that self-compassion of like

411

00:49:34.300 --> 00:49:48.000

Susanna Barkataki (she/her): Oh, I mean, I definitely. I take back what I said? I'm not struggling. I've I've left classes and been like Oh, was I too raw? Was I too personal? Did I bring too much of myself in.

412

00:49:48.010 --> 00:50:03.300

Susanna Barkataki (she/her): And then often some people will respond and say, Oh, I got so much from that because they connected. And then other people will say that I really wanted to focus on the content and not on the the learning

413

00:50:03.530 --> 00:50:25.479

Susanna Barkataki (she/her): or the content, but not your personal story. So so it's. It's It's okay. Um to do it. Quote unquote wrong. It's a learning process, and this connects to what Justine's question. I just want to say, there's a lot of times our questions overlap, but like, how do I share when being visible sends me into fight or fight

414

00:50:25.490 --> 00:50:32.009

Susanna Barkataki (she/her): for many of us, and including myself? And how do I share Yoga particularly, or anything really

415

00:50:32.040 --> 00:50:46.689

Susanna Barkataki (she/her): being a shy person? It can feel really activating just to be sharing it all, and the fact of being activated can then send me into over like sharing, because i'm just the act of sharing

416

00:50:46.700 --> 00:50:56.889

Susanna Barkataki (she/her): it brings up all that nervous system activation. So, So, being gentle with yourself, Kate, like you said attention for intention, and then why you're doing it,

417

00:50:56.900 --> 00:50:59.559

Susanna Barkataki (she/her): and I see a hand. Melissa. Hello!

418

00:51:00.700 --> 00:51:01.859

Hi!

419

00:51:02.710 --> 00:51:18.690

melissa shah (she/they): Um! Something that's just coming to mind that I couldn't figure out how to type like how to type it out properly. Was Um, I totally connected with that, too, and taking class and also teaching. I've been in like both positions where you know, teachers have maybe like

420

00:51:18.700 --> 00:51:19.689
melissa shah (she/they): shared

421

00:51:20.000 --> 00:51:23.420
melissa shah (she/they): shared a lot, but maybe to the point where

422

00:51:24.220 --> 00:51:31.139
melissa shah (she/they): it's not that the space is being taken up. It's more that they might share. And I've done this, too, where you share in a way

423

00:51:31.240 --> 00:51:35.959
melissa shah (she/they): where you don't realize it. But you're sort of like asking the students to like. Hold that for you.

424

00:51:35.970 --> 00:51:46.290
melissa shah (she/they): Um, whatever it is, and I think that that can be what's been helpful for me is like understanding what that balance is, and how like everyone was saying, it can totally change, based on the context. But

425

00:51:46.420 --> 00:51:53.290
melissa shah (she/they): I think it's so great to be vulnerable as a teacher. They're always going to be people in class, and we're like that was great. Yeah, Like, I really wish. We just,

426

00:51:53.300 --> 00:52:03.430
melissa shah (she/they): you know, focus on the material. But there are also going to be so many students that are going to be able to connect with me more because I see you as more of as a human being versus only a space holder.

427

00:52:03.440 --> 00:52:06.040
melissa shah (she/they): I think what's helped me is just

428

00:52:06.430 --> 00:52:09.189
melissa shah (she/they): trying to understand. Like, What is that difference between

429

00:52:09.200 --> 00:52:26.950
melissa shah (she/they): Yeah, sharing um. Can I check in with the students? Say, hey? Like I would really like to. You know, discuss this topic. Today I was appealing, and also making sure that when i'm sharing like personal things about my life that i'm trying my best to not do it

in a way where i'm asking the students to like, hold whatever those challenges are.

430

00:52:26.960 --> 00:52:40.890

melissa shah (she/they): And I think you can totally do that, and still be like raw um and vulnerable, and the students can still feel like they can receive something without having to leave the class feeling like heavier than when they came in. Um. But I I do mess it up quite often.

431

00:52:40.900 --> 00:52:42.689

Susanna Barkataki (she/her): Yeah, yeah,

432

00:52:42.700 --> 00:52:48.480

Susanna Barkataki (she/her): thank you so much, Melissa, for sharing that and others. Please feel for you to drop in the chat.

433

00:52:48.740 --> 00:52:52.649

Susanna Barkataki (she/her): I want to bring forward what Kavita is

434

00:52:52.790 --> 00:53:02.440

Susanna Barkataki (she/her): dropped in as a question which is um walking in authenticity and embodiment as a mentor or guide with the multiple layers of yoga.

435

00:53:02.450 --> 00:53:07.029

Susanna Barkataki (she/her): How can one create an offering or programs around all that?

436

00:53:07.470 --> 00:53:20.240

Susanna Barkataki (she/her): And I I love this again. I think many folks here might have that that similar question. And so, Kavita, I wondered if you were here, and if you want to speak specifically, i'm curious like,

437

00:53:20.560 --> 00:53:23.849

Susanna Barkataki (she/her): you know, I can say that sometimes

438

00:53:24.800 --> 00:53:27.379

Susanna Barkataki (she/her): there's like what I think people want

439

00:53:27.880 --> 00:53:29.660

Susanna Barkataki (she/her): me to create.

440

00:53:29.680 --> 00:53:40.950

Susanna Barkataki (she/her): And then there's what I think will work, or whatever people will come to. And then there's what I'm really deeply drawn to, or what i'm feeling really inspired by.

441

00:53:40.960 --> 00:53:49.950

Susanna Barkataki (she/her): Now, of course, every wonderful offering is some match between what people actually need. And then what we are, you me, are here to share.

442

00:53:49.960 --> 00:54:06.500

Susanna Barkataki (she/her): And And so sometimes it is for me. This process of troops seeking of like clearing away this illusion or projection of what I think people want to what they truly want. And then this illusion or projection of what I think i'm supposed to do to what I'm. Truly here to do.

443

00:54:06.510 --> 00:54:13.590

Susanna Barkataki (she/her): This program itself is a great example. Yoga class curator. Originally, when I came up with it, it was a lot more of like

444

00:54:13.990 --> 00:54:18.889

Susanna Barkataki (she/her): honestly like Yoga business. It was like the deep teachings and the practice, and then

445

00:54:18.900 --> 00:54:35.160

Susanna Barkataki (she/her): coaching, of how to succeed, how to get visible all at. Take up space, you know. And then I had to like clear that away, because that's not actually what i'm excited. I mean, i'm excited to teach it. If you want to ask me those things, I will put you on them in the questions, but that's not like

446

00:54:35.170 --> 00:54:55.420

Susanna Barkataki (she/her): what i'm really excited to teach. What I'm really excited to do and teach is what you're getting. It's like the dermatops, the practices, the integration of you have a philosophy. What we're doing here like that likes me up, and luckily that also matched what people wanted. That's why, when you are here,

447

00:54:55.760 --> 00:55:03.589

Susanna Barkataki (she/her): and so that's an example of clearing away the projection or the the confusion to get to that heart.

448

00:55:03.600 --> 00:55:07.430

Susanna Barkataki (she/her): Now I've put out programs. Even last year

449

00:55:07.470 --> 00:55:09.889

Susanna Barkataki (she/her): very few people or no one signed up for.

450

00:55:09.900 --> 00:55:21.789

Susanna Barkataki (she/her): So I just want to also name that just because people don't come to your party doesn't mean It's not a party We're tapping. It's still a wonderful party. It's just not that right match at that time,

451

00:55:21.800 --> 00:55:37.999

Susanna Barkataki (she/her): and I've always had that. I've taught classes in person where I've had zero people show up, and then I've had classes where twenty people show up, you know, and and there's no um assertion of your value, or or the truth of what it is you're offering based on like

452

00:55:38.010 --> 00:55:54.969

Susanna Barkataki (she/her): numbers. Or who is there who's not there Doesn't mean anything? Um! But the more you can tune into what it is you want to share, and are excited to share, and then, like what the people around you actually want in need. Um! That would be my first thought that could be Denny any

453

00:55:55.060 --> 00:55:56.390

Susanna Barkataki (she/her): thing to add,

454

00:55:58.100 --> 00:56:01.959

Susanna Barkataki (she/her): and i'm not sure if you're here, I would think I can look in my

455

00:56:03.230 --> 00:56:04.899

list to see if they's it

456

00:56:05.470 --> 00:56:06.709

to take a

457

00:56:06.720 --> 00:56:12.840

Susanna Barkataki (she/her): Ok. No, you're not here. So that's Ok, maybe a future office centers. If you want to add more.

458

00:56:12.850 --> 00:56:27.289

Susanna Barkataki (she/her): I hope that's helpful sometimes. What i'm really not sure is, I just go with what is alive for me when i'm really

excited about what i'm living and working with and wanting to learn more about them. And I teach and offer some programs on that.

459

00:56:27.950 --> 00:56:29.549

Susanna Barkataki (she/her): Um.

460

00:56:30.190 --> 00:56:35.100

Susanna Barkataki (she/her): There is a question on accessibility and

461

00:56:35.610 --> 00:56:50.479

Susanna Barkataki (she/her): modifying language when we're teaching and included in that. Were some requests around this program, too, and like modifying the Pdf. Which i'm going to work on. So the sequence isn't all on one page. But so they're They're bigger.

462

00:56:50.620 --> 00:56:58.229

Susanna Barkataki (she/her): And then demoing options and language in practice, and absolutely. I will do that.

463

00:57:00.310 --> 00:57:07.190

Susanna Barkataki (she/her): I think this is a really helpful inquiry around accessibility, and

464

00:57:07.240 --> 00:57:10.790

Susanna Barkataki (she/her): how we can model it in our own practices

465

00:57:10.800 --> 00:57:16.469

Susanna Barkataki (she/her): and in the language that we're using. And so, Marina, is there anything you'd like to add in.

466

00:57:19.920 --> 00:57:33.690

Jessie Ballard: She had to drop her kid off at her circus class. Oh, i'll pass along the information her night birthday, and I excuse me. They and I have been meeting up to chat, so I will reach out.

467

00:57:33.700 --> 00:57:39.380

Susanna Barkataki (she/her): Thank you so much, Jessie. Yeah, wonderful. And then we can come back

468

00:57:39.650 --> 00:57:42.810

Susanna Barkataki (she/her): to that as well. I really appreciate that question.

469

00:57:42.820 --> 00:57:51.259

Susanna Barkataki (she/her): There's a question about the term Yogi that it is in some context that that term is appropriate.

470

00:57:51.270 --> 00:58:04.519

Susanna Barkataki (she/her): And Then there's so many of us that in my book I specifically refer, I said, like yogis and cultural preparation, yogis, and aligned action, or whatever.

471

00:58:04.530 --> 00:58:07.909

Susanna Barkataki (she/her): So the term Yogi, I think. Yes, it has been appropriated.

472

00:58:07.920 --> 00:58:15.449

Susanna Barkataki (she/her): What a Yogi is! What it means is a realized being, or one who is like a renunciate who is completely

473

00:58:15.940 --> 00:58:20.820

Susanna Barkataki (she/her): focus their life on the realization of Mosa or Samadhi.

474

00:58:21.400 --> 00:58:33.460

Susanna Barkataki (she/her): I am not that i'm. Living a householder's life. I care for a child. I care for two dogs like I have friends. I have so many other worldly concerns, so I don't refer to myself as milk.

475

00:58:33.470 --> 00:58:52.430

Susanna Barkataki (she/her): That said, I will refer when i'm talking generally in the Yoga community in the West. I will use the term yogi, because people use it and it's a self-identifier. So I use it to like help them see themselves. So it's I. Personally, it's like skillful

476

00:58:52.440 --> 00:59:19.690

Susanna Barkataki (she/her): means. Maybe it's unskillful sometimes. Um, but yes, I like to use the term yoga practitioner know the lever? I'd actually love to hear. How do you refer to yourself? If you don't call yourself a yoga? What What are this like? How do you actually identify? I'll say, i'm a yoga student. I'm yoga practitioner, i'll even say yoga teacher, right? Because there's a context for what it is we do. We're teaching a rather

477

00:59:19.700 --> 00:59:21.600

Susanna Barkataki (she/her): yoga seeker?

478

00:59:21.960 --> 00:59:23.580

Susanna Barkataki (she/her): Um:

479

00:59:24.540 --> 00:59:35.390

Susanna Barkataki (she/her): Well, it's appropriated, and it's too late. Yeah. Satica students teacher. You're a therapist like seeker perpetual student a long time student of your own gas

480

00:59:35.480 --> 00:59:37.690

Susanna Barkataki (she/her): love all these you can keep them coming.

481

00:59:37.700 --> 00:59:47.070

Susanna Barkataki (she/her): This is a great way to know how to talk to your students, also to educate about it if you know a yoga practitioner, if you want to.

482

00:59:52.540 --> 00:59:54.700

Susanna Barkataki (she/her): Oh, no one other question.

483

00:59:54.720 --> 01:00:09.750

Susanna Barkataki (she/her): But I think we might have talked about this a little bit. I'm not going to go too into it, but like the comparison and competition in. So this person struggles with putting together classes

484

01:00:09.760 --> 01:00:16.269

Susanna Barkataki (she/her): because they've been taught and trained in like Kristemataria or Vinyasa Power Yoga, where there's

485

01:00:16.280 --> 01:00:30.979

Susanna Barkataki (she/her): that movement towards even self-competition, you'll get better eventually. You'll be able to put your life behind your head that constant move towards achievement and the one context, I would say

486

01:00:31.040 --> 01:00:37.189

Susanna Barkataki (she/her): a lot of that that we learn from Kristin Mataria Ianga, too, was colonial backlash.

487

01:00:37.200 --> 01:01:00.069

Susanna Barkataki (she/her): It was in a context where Indians were dehumanized, particularly Indian men, were emasculated, and were being told that they were less than, and of course there's patriarchy there that they they were effeminate and not as powerful as the white man as the British man. And so a lot of the Yoga context that we have coming from that time was a reclaiming of you, of his practices,

488

01:01:00.080 --> 01:01:12.510

Susanna Barkataki (she/her): for virility, for masculinity, for power, for war. There was a context of oppression and liberation where the tools always used in the best way. No, right. So

489

01:01:12.660 --> 01:01:40.370

Susanna Barkataki (she/her): for me, I hold that context, and understand that that competition and comparison is coming from a colonized uh a reaction to colonial oppression, and it's not so helpful. You know we don't have to have that same reaction that we get to make different choices from one place, and then it can be helpful to build a sequence to, maybe a peak pose peak, but to unpack what peak, even if

490

01:01:40.380 --> 01:01:42.589

Susanna Barkataki (she/her): like, Maybe Peak is Peak Rest.

491

01:01:42.600 --> 01:02:02.470

Susanna Barkataki (she/her): Ah, Baby Peak is P. Keys, and so and i'll start to demo this more. The request Someone asks what were the the accessibility request? I think this is something we can unpack together this year, right? And you can bring to other other office hours of pilgrimage and purchase spaces and feedbacks and stuff it's like.

492

01:02:02.540 --> 01:02:13.760

Susanna Barkataki (she/her): How can we demo even more so like bringing pillows, bringing supports, practicing on beds on sofas? So what might be the

493

01:02:13.770 --> 01:02:29.480

Susanna Barkataki (she/her): expression of a pose or a shape that brings you to the fullest expression in that moment? Right? It's not fullest expression. It's just your expression or their expression. So thank you for that question so much.

494

01:02:29.670 --> 01:02:36.800

Susanna Barkataki (she/her): So we're at time. And the one thing we wanted to drop in the chat. I'm going to email you all this, but

495

01:02:37.180 --> 01:02:39.049

Susanna Barkataki (she/her): is

496

01:02:42.500 --> 01:02:44.090

ah

497

01:02:46.090 --> 01:02:47.609

Susanna Barkataki (she/her): um!

498

01:02:49.250 --> 01:02:51.809

Susanna Barkataki (she/her): If you would like to offer

499

01:02:52.570 --> 01:03:02.490

Susanna Barkataki (she/her): feedback for yoga class curator right like again, I can't promise that we'll make Ooh! Actually, that might be the wrong link. Don't click on that mummy.

500

01:03:02.500 --> 01:03:04.939

Well, I mean that that correctly.

501

01:03:04.950 --> 01:03:12.839

Susanna Barkataki (she/her): And sometimes I accidentally drop the link that will help you edit my document, which I don't want you to do.

502

01:03:13.780 --> 01:03:29.289

Susanna Barkataki (she/her): It's a form. So if you have things that would make the the program better, or that you just wish to see things you would love in the program. I would love to hear it. And so um, because we're kind of

503

01:03:29.300 --> 01:03:39.139

Susanna Barkataki (she/her): creating this together. So i'm just pulling it up so you can see it. You'll get it in an email, or you could do it. Now, What are you loving any suggestions or wishes?

504

01:03:39.150 --> 01:03:55.890

Susanna Barkataki (she/her): Your email, if you like, let us know your name and pronouns. If you don't put those things you we can't um enter you in the random chance to get the coaching, But you're welcome to drop those in if you want to be entered in to get touching.

505

01:03:55.900 --> 01:04:15.490

Susanna Barkataki (she/her): What are you loving? What parts of Y. Cc. Do you use the most? The dormitory's much of what your meditation asana practice, video or sequence? And then, is there anything you wish was in your class? Curator. What is there anything that would make it so amazing? You tell all the Yoko practitioners you know about it right? Um like brainstorm,

506

01:04:15.500 --> 01:04:18.549

Susanna Barkataki (she/her): and if you're willing,

507

01:04:19.000 --> 01:04:28.089

Susanna Barkataki (she/her): it's fine. If you don't want to your feedback, we will use in the future to help others decide if Yoga class curator is from them,

508

01:04:28.100 --> 01:04:42.190

Susanna Barkataki (she/her): and you can put things you wished were in there. Things you would change anywhere in there at all, and then that's it. So if you would like to offer that feedback,

509

01:04:42.200 --> 01:04:49.209

Susanna Barkataki (she/her): we would more than welcome it. You'll get an email with that linked as well. But you can do it here. Um,

510

01:04:49.760 --> 01:04:52.439

Susanna Barkataki (she/her): yes, and

511

01:04:53.560 --> 01:04:56.190

let's see.

512

01:04:56.200 --> 01:05:09.790

Susanna Barkataki (she/her): I just love all of these creative ways of expressing who we are and what we do. The practice is changing, and you and all of us are part of evolving Yoga in the West,

513

01:05:09.800 --> 01:05:11.729

Susanna Barkataki (she/her): just to how we're living it.

514

01:05:11.740 --> 01:05:14.199

Susanna Barkataki (she/her): And there isn't

515

01:05:14.430 --> 01:05:24.550

Susanna Barkataki (she/her): there's both. Not one way, not only one way. There's as many ways as there are people in the space, and there's a oneness. There's an overarching truth,

516

01:05:24.680 --> 01:05:26.149

Susanna Barkataki (she/her): and That's what

517

01:05:26.570 --> 01:05:32.410

Susanna Barkataki (she/her): that tension. That's kind of a dance. A beautiful dance, I think, is part of what we're doing together.

518

01:05:32.560 --> 01:05:39.009

Susanna Barkataki (she/her): So with that I just want to say thank you to each of you and to those who are watching the recording,

519

01:05:39.230 --> 01:05:41.230

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

520

01:05:41.390 --> 01:05:45.629

Susanna Barkataki (she/her): offering yourself some compassion, love.

521

01:05:45.840 --> 01:06:02.930

Susanna Barkataki (she/her): Um. If it feels a line, any amount stretching your heart open. See if you're on the chair. Reaching back around for the back of the chair, tilting your tin up towards the sky. It's opening up

522

01:06:03.360 --> 01:06:06.350

Susanna Barkataki (she/her): to speaking your truth, to listening

523

01:06:07.160 --> 01:06:09.709

Susanna Barkataki (she/her): others truths into being,

524

01:06:11.810 --> 01:06:14.029

Susanna Barkataki (she/her): and take a breath together.

525

01:06:27.680 --> 01:06:30.810

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

526

01:06:31.190 --> 01:06:33.739

Thank you so much for your practice

527

01:06:33.930 --> 01:06:37.129

Susanna Barkataki (she/her): and see you. Thank you very much.

528

01:06:38.850 --> 01:06:43.890

Jessie Ballard: Yeah. You can unmute if you'd like and say goodbye, bye soon.

529

01:06:43.900 --> 01:06:45.270

Christie: Hi, everyone.

530

01:06:45.310 --> 01:06:51.089

Brigitte: Thank you. Thank you. Thank you so much. Have a great one.
Thank you. Goodbye,

531

01:06:55.220 --> 01:06:56.620

Dial.