



# IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:24:03 Constina: I really needed this thank you. Given and received the love & support
- 00:24:13 Erin Lingo (she/her): feeling comforted
- 00:24:35 Lauren Cook: I feel soft, warm, inspired, loved
- 00:24:40 Megan: Such a lovely softening in this practice for me today. Thank you
- 00:24:53 Brigitte: Feeling at ease and relaxed :)
- 00:24:59 Tyra (teer-a) H: calming
- 00:24:59 Justine (She/Her): I love the metta practice. Is there a way to scaffold it? Or is it meant to be taught with all the parts?
- 00:25:16 Susanna Barkataki (she/her): May I be happy  
May I be free from suffering  
May I be safe and free from harm  
May I be full of everlasting joy
- 00:25:16 Jessie Ballard: Feeling settled and reflective
- 00:25:21 Gauree Patel: emotional
- 00:25:31 Susanna Barkataki (she/her): Oneself  
Benefactor/Elder/Teacher  
Family/Friends  
Neutral Person  
Difficult Person/Enemy  
Community/All Sentient Beings
- 00:25:52 Emily Dorey (she/her): Thinking of the Sanskrit mantra "Lokah Samastah Sukhino Bhavantu" - may all beings everywhere be happy and free. This practice was such a beautiful embodiment of that - one of my favourite mantras that I've learned from you, Susanna!
- 00:27:06 Megan: Thank you for saying its hard. This is so resonating
- 00:27:41 Lisa Melendy: I feel that so much as a high school teacher, too! It's so hard
- 00:28:14 Jamie (she/her) @tharavadayoga: I encourage that lol
- 00:30:40 Justine (She/Her): This is what students need! To be seen/heard - let them know that they matter. You believed in him too! Powerful!
- 00:31:50 Suzanne Clayton (she/her): I appreciated you pointing out that sometimes the second and last categories overlap. I thought that when I brought to mind the people I wanted to envision and then you said it, confirming. :)
- 00:31:58 Suzanne Clayton (she/her): Also I taught middle school and related to your story.
- 00:32:34 Elizabeth Hill: I liked included an ecosystem as a part of this

00:32:39 Stella Raab (she/hers): Truly loved and appreciated the suggestion to focus on a more specific group for all beings - as well as the mention of suffering on institutional/systemic levels. I've never heard that incorporated in this meditation and it was incredibly powerful. Thank you 🍷

00:33:42 Megan: Very helpful thank you

00:34:25 Gabby Jockers: Is there a group somewhere? How are people sharing these questions and such?

00:35:30 Erin Lingo (she/her): I'm so excited - thank you!!

00:35:45 Suzanne Clayton (she/her): Congrats, Erin!

00:35:49 Andrea Ramos: Hi Gabby! This is the YCC Monthly Giveaway section the YCC dashboard - <https://yogaclasseur.com/ycc-monthly-giveaways/>

00:35:49 Jessica Quindel (she/her): Love this example!! Thanks for sharing this Erin and Susanna!

00:35:59 Audrey [she/her]: congrats!!

00:36:47 Selam Debs: Good to be here 😊

00:41:39 Jessica Quindel (she/her): I can so relate to this question Christie! Thanks for asking

00:42:01 AINA PRATS: I relate so much with this struggle too

00:42:58 Erick: it's like I have to choose between one and the other

00:43:05 melissa shah (she/they): definitely relate! what has helped is to manage my state and my response like Susanna said. If I'm coming from a place of anxiousness or out of balance, then I'll view the situation from that lens and maybe act from that place too.

00:43:15 DANA: we can set boundaries in a compassionate way for both ourselves and the other person

00:43:43 Sammi Dittloff (she/her): I like that approach, Melissa. Thank you for sharing!

00:44:03 DANA: I think setting boundaries also helps the other person because it can allow them an opportunity to grow on their own path, if they want to take it

00:44:04 Constina: for me the desire to please / ensure others are ok with the boundaries usually negates the boundaries I set

00:44:18 Erick: 👍👍👍

00:44:22 Constina: \*boundaries

00:44:31 Stella Raab (she/hers): Dana - yes <3 one thing I learned recently was to open with, "I love you so much that I'm willing to set this boundary to cherish this relationship with myself as well as you."

00:44:50 Tabetha: Yes, yes, Dana

00:45:15 Tabetha: So wise, Christie! Balancing the yes to them means no to me....

00:45:15 Melissa: Boundaries are incredibly difficult to enforce because of the desire to please, but I find that confidence and positivity in communicating boundaries helps to downplay any negative response.

00:45:31 Justine (She/Her): Thank you, Christie.

00:46:03 Justine (She/Her): How not to gaslight ourselves 101.

00:46:23 Christie: Thanks everyone for all the wonderful comments and sharing! Love them!

00:49:35 Erick: I notice and don't love "off my chest" teaching. my ytt teachers did it a lot

00:49:44 Gabby Jockers: I feel like oversharing really depends on the context of WHO you're sharing with...like the power dynamic...but also in casual settings where perhaps the person we're sharing with isn't the right person to talk to about whatever that is

00:52:00 Erick: 🎉🎉🎉 welcome to ND land

00:52:45 leaf (they/them): I resonate so much as someone who takes such a long time to process my emotions. I have found that speaking out loud and being vulnerable with close friends and community in that way can be really healing. Of course always checking in with the people that I'm sharing with to make sure that they are available to hear me and hold space for me. And then I can hold space for them when they need it too.

00:53:17 Kahli A [they/them]: the connection of care & empowerment... i like that

00:54:20 Christie: I am a total over sharer. Trying to get better. There is a quote "never complain, never explain". I feel like I am always trying to justify (explain) to people my actions or thoughts, again so as not to hurt their feelings, when I should just be able to say what I need to say and then let it go. I've been told "no" is a complete sentence lol

00:54:36 Brittany Taylor she/her: "Do you have the bandwidth to hear me share \_\_\_\_\_?" Asking that will set the person up to give consent to hear it.

00:55:24 Justine (She/Her): @Erick 😊

00:55:26 Brittany Taylor she/her: When I am teaching or sharing on social media, I always make sure that they leave with a lesson.

00:55:36 Jessica Quindel (she/her): So helpful Melissa!!!

00:55:45 melissa shah (she/they): <3

00:55:56 Autumn: I have the issue where I don't share enough to the point where my students want a bit more and I have to work on opening up a bit to share my private life with them

00:55:59 Selam Debs: And over sharing often happens in bodies that hold dominance and power. So it can be a form of radical expression when equity deserving groups share more vulnerably

00:56:10 Christie: For instance, If I am not able to take a call, I don't need to apologize or explain why but I feel like I need to. Really working on this.

00:56:17 Justine E | she/her/hers: Yes, I love that question!

00:56:29 Constina: @brittany love this... when one on one I would ask a simaliar ask: "I need to share from a space of feeling and just need an ear to listen. Can you do that with me?"

00:56:48 Suzanne Clayton (she/her): Journaling practice helps me process before sharing and has helped reduce oversharing. I noticed I rarely felt better after oversharing and often times felt worse. So I worked to question what my intentions and unmet needs are behind the sharing and notice if there are ways I can meet those needs in myself first.

00:57:11 Brittany Taylor she/her: Yes Constina!

00:57:21 Audrey [she/her]: thanks everyone for listening and all your great comments and share 🧡

00:57:33 Jessica Quindel (she/her): Me, too, Christie. And @Brittany and @Constina, love that about asking for consent

00:57:52 leaf (they/them): @Suzanne yes journaling is such a powerful practice!

00:58:08 melissa shah (she/they): timing can be everything!

00:58:25 Erin Lingo (she/her): ahh - thank you for that! I'm challenged by that for sure

00:58:33 Justine E | she/her/hers: I needed to hear that today!

00:59:11 DANA: I never mind a teacher sharing, as long as it has to do with the class. Sometimes it's nice to hear, because it makes me feel more connected to the teacher. I think as long as you're not taking up students' time just discussing your life (had a teacher do this once - the first 15 minutes of class was a life update she gave us). A class is a shared space between students and teachers, and I think it's okay to share a little bit with them as long as it's appropriate

00:59:41 Brittany Taylor she/her: Suzanne, my fiance doesn't overshare but over shares (doesn't stop talking). As in he keeps it all in and then bursts it all out. I told him to journal so he can get it all out and then when it is time to share, he has more clarity in his shares.

01:00:19 Erick: what were the examples/requests?

01:01:53 Audrey [she/her]: I like 'yoga seeker'

01:01:58 Andrea Ramos: Yoga mentor/guide/educator/sharer

01:01:58 Justine (She/Her): Yoga Facilitator

01:01:59 Erick: lolol... it is appropriated, and also too late to do anything about it 😊

01:02:01 melissa shah (she/they): sadhaka, student, teacher, yoga therapist

01:02:03 Suzanne Clayton (she/her): I like Seeker

01:02:06 Sammi Dittloff (she/her): Yeah I usually say perpetual student

01:02:06 leaf (they/them): life long student of yoga

01:02:19 Constina: Yoga Student

01:02:25 Jamie (she/her) @tharavadayoga: yoga practitioner who shares practice

01:03:19 Emily Dorey (she/her): Thank you for that, Susanna! That's really helpful and informative. I really like "Yoga Facilitator" too - thanks Justine for sharing that option :)

01:04:18 Justine (She/Her): Sure 😊

01:04:19 Suzanne Clayton (she/her): Thank you for sharing that context!

01:05:41 Susanna Barkataki (she/her):  
<https://docs.google.com/forms/d/1vqOBdal-ZRw8uPZIY-ZfAjFjFFaMhrqbd4F1JqC-c/edit>

01:05:54 Susanna Barkataki (she/her):  
[https://docs.google.com/forms/d/e/1FAIpQLSdtuDHU9BL1TgZFqMrRUfjuQ70KNrnW4Yg0dn9d6j9NVhp1sQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdtuDHU9BL1TgZFqMrRUfjuQ70KNrnW4Yg0dn9d6j9NVhp1sQ/viewform?usp=sf_link)

01:06:27 Audrey [she/her]: as an adaptive and accessible yoga seeker and teacher, more accessible asana practices would be wonderful with options for chair/bed for example, thank you :-)

01:07:12 Mechi (Meh-chee) - They / them: Same

01:09:21 Justine (She/Her): Thank you very much! 😊

01:09:21 Tyra (teer-a) H: Thank you!

01:09:23 Autumn: Thank you!

01:09:26 Emily Dorey (she/her): Thank you Susanna!

01:09:27 AINA PRATS: Thank you!

01:09:28 Constina: thank you

01:09:30 Kahli A [they/them]: thank you!

01:09:30 Erick: thank you

01:09:34 Hoang Edullantes (she/her): Thank you everyone!!!  
01:09:36 Erick: have a good day everyone  
01:09:36 Stella Raab (she/hers): thank you so much!!  
01:09:38 Janelle Fortier: thank you!