



- 00:06:53 Susanna Barkataki (she/her): Welcome! Grab a journal, water, candle if you'd like!
- 00:06:58 Susan Shloss (she/her): Love the music ❤️
- 00:07:21 Nicky Kratzer: Hi all! Happy to be with you today 🧡
- 00:08:34 Glenda Mackie: The beautiful leaves
- 00:08:42 Glenda Mackie: and walking in the woods
- 00:08:43 Ana Alicia: Divine connections 🥰
- 00:08:43 Lauren: Sunshine
- 00:08:44 Justine Ferguson (she/her): I am grateful for my sister - having a great conversation on my drive home from work. I'm also grateful for my partner and cats. 😊
- 00:08:45 Rachel Durben (she/her): Hi everyone! My dog's enthusiasm has been bringing me a lot of joy recently :)
- 00:08:52 Jessica Leigh: music! :)
- 00:08:54 Elizabeth Green: my earth angel dog :)
- 00:09:00 Autumn: My cat and his snuggles as it gets colder
- 00:09:01 Amber Cronin (she/her): Grateful for my cat smooch, who recently had dental surgery. Grateful to have the means to take care of his health!
- 00:09:02 Susan Shloss (she/her): Nature
- 00:09:03 Rohini Rajgopal (she/her): Surprised my parents for Diwali this past weekend!
- 00:09:07 Amanda Simpson: longer days
- 00:09:12 Erin Lingo: fall colors outside my office window
- 00:09:14 Mariana Schmalstig Diaz: Being with my fur baby/spirit guide Louis
- 00:09:19 amy silva: the new book, Rest is Resistance by tricia hersey
- 00:09:19 Lauren Cook: The smell of rain (so grateful to finally have some rain in the PNW after months of forest fires)
- 00:09:29 Nicky Kratzer: I'm grateful for my partner today 🧡 and living in a new climate and experiencing the seasons here has brought me so much joy!

00:09:41 Ada (she/her): Having pets in my life again :)

00:09:45 Rachel Durben (she/her): Yesss, @amy, I'm reading that book too & it's incredible!

00:09:55 Justine | she/her: The fall colors on my drive to work and the interactions with my psychology students in the classroom has brought me joy!

00:10:09 Stella Raab (she/hers): This community ✨ the music alone shifted my mood - beautiful

00:10:12 Kendra Brody: grateful for the change in seasons and good health

00:10:27 Robin Lehman: Having my kitty back with me after 2 years. ❤️

00:10:28 Justine Ferguson (she/her): Also grateful for the beautiful foliage. Also, dark chocolate hummus - yum.

00:10:52 Alishiya Pearce: Enjoying. Every opportunity to be outside in the beauty of autumn.

00:10:53 Kendra Brody: dark chocolate hummus sounds amazing!

00:11:42 Justine Ferguson (she/her): @Kendra Brody - it's delicious! I highly recommend it!

00:12:12 Justine | she/her: That's a second for dark chocolate hummus, so delicious!

00:12:38 Justine Ferguson (she/her): 😊

00:15:32 Kahli A [they/them]: grateful for this group, this container

00:15:39 Justine | she/her: That book is on my never-ending to-read list and really want to push that to the forefront though!

00:16:10 amy silva: just came out a couple weeks ago :)

00:16:24 Glenda Mackie: Yes. Take great care of wonderful YOU <3

00:16:57 Justine | she/her: Oh I know! I just have already heard good things about it Amy haha :)

Yes, Susanna, take care of you, I love that modeling of showing up with authenticity :)

00:24:12 Glenda Mackie: this makes me think of the four locks and keys - happiness for those who are happy <3

00:24:21 Susan Shloss (she/her): Yes, so much!

00:24:23 Jessica Leigh: absolutely!

00:24:40 Stella Raab (she/hers): Yes - Oh my word the timing of this is unreal

00:24:48 Rachel Durben (she/her): Yes! I feel that pull between competition and collaboration

00:24:49 Justine Ferguson (she/her): Yes - it's like that in the education industry - and the work/school cultures are slowly trying to shift from competitive to collaborative

00:25:55 Nicky Kratzer: Yes! I feel like there is so much shame around jealousy, at least I feel it often. Thanks for sharing, Susanna!

00:41:44 Susanna Barkataki (she/her): Receiving: What would I like to receive now - set an intention- more love, spiritual experience- fun, health, why? How will it benefit self or others?

Gratitude: Look at all you have and be grateful for it. . i'm so grateful for. . .

Giving. Generosity. Consider what your gifts are and give them - energetically or really!

00:46:57 Susanna Barkataki (she/her): Receiving: What would I like to receive now - set an intention- more love, spiritual experience- fun, health, why? How will it benefit self or others?

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00:47:44 erika anderson: receiving- authentic connection, acceptance of who I am in this moment, acceptance of love offered to me

00:48:30 erika anderson: gratitude- abundance of knowledge, joy, tranquility

00:49:10 erika anderson: sharing- authenticity, contemplation, community

00:51:28 Erin Lingo: Love that reminder that when we approach what we desire from a sense of gratitude, we invite in even more of that =)

00:53:25 Justine Ferguson (she/her): @Erin Lingo - in that case, I am grateful when I get a good night's sleep!

00:53:51 Angie's iPad (2):Receive: more time with family and friends. Better mental health

Gratitude: Being able to have windows open, fresh air, ability to read, ability to hear and smell

Generosity: listening to others. Being able to create a welcoming environment for others.(love sounds and smells)

00:54:29 Lauren Cook: Receive: Goodwill, grace

00:54:35 Lauren Cook: Gratitude: change

00:54:39 Angie's iPad (2):Love sounds and smells was supposed to go under gratitude

00:54:49 Lauren Cook: Giving: Compassion, Understanding, Patience

00:57:30 Erica Johnson: Receive: Not being triggered, a consistent practice, better mental health, gratitude and kindness.

00:58:30 Kirby G: you give other people permission to speak up, too <3

00:59:04 Kirby G: you're amazing; thank you for practicing satya, i see you Alishiya

01:00:37 Kahli A [they/them]: yes keep speaking up! ooh i encourage you to also unpack the ableism behind the word lazy, like either you need rest or inspiration what even is laziness lol

01:00:53 Cleo - Turtle Island: i feel you on wanting to be able to speak up in the moment, to have these boundaries, and to not have to carry it and process it for a week feeling like there was an opportunity lost! i feel lately like leaning into the practice helps, the more regulate di am the more i am able to find space in that moment to react in a wy that's aligned with my ideals

01:04:43 Justine Ferguson (she/her): @Kahli - are you referring to yourself - not harm yourself when practicing courage? (Pushing self to overlook boundaries)

01:06:14 Jeremy Lewis (all pronouns): <3

01:06:18 Nicky Kratzer: I love that

01:06:32 Erin Lingo: @glenda so beautiful, what a great reminder

01:06:43 Christie: Glenda, that was beautiful! "We all need to be seen". YES!!

01:07:12 Justine Ferguson (she/her): I acknowledged this week with a chiropractor - that I am working on filling my bucket up when he asked - "Are you still teaching yoga?" I stated I was taking this course and filling my bucket up. <3

01:07:12 Kahli A [they/them]: yes justine! when i don't advocate well it causes more harm. and when i dont advocate at all it makes the most harm, so celebrating the process of learning how to show up by showing up. and holding space for the person that you're critiquing to grow at the same time (i used to only cancel instead of call in)

01:07:28 Amanda Simpson: Thank you so much. This was my first Puja. It's early in the morning in Australia. I'm so grateful for all of you x

01:07:51 Justine Ferguson (she/her): That's really sweet, Kahli.

01:09:45 Rachel Durben (she/her): Thank you so much, Susanna and everyone!

01:09:46 Robin Lehman: Thank you ❤️

01:09:50 Susan Shloss (she/her): Thank you for these beautiful practices!

01:09:51 Christina Mattson: Thank you!!

01:09:51 Nicky Kratzer: Thank you!!

01:09:53 Erin Lingo: thanks Susanna and all !!

01:09:54 Kendra Brody: thank you!

01:10:02 Christie: Thank you!