



1
00:00:01.870 --> 00:00:04.560
Susanna Barkataki (she/her): I.

2
00:00:13.800 --> 00:00:23.459
Susanna Barkataki (she/her): We'll come together right. You can bring a full of water

3
00:00:26.330 --> 00:00:28.050
Susanna Barkataki (she/her): and the candle.

4
00:00:35.160 --> 00:00:40.039
Susanna Barkataki (she/her): It will take just a few minutes for you to get whatever you need and no

5
00:00:47.710 --> 00:00:48.600
okay.

6
00:00:49.500 --> 00:00:50.780
The

7
00:00:52.950 --> 00:00:57.290
Susanna Barkataki (she/her): Anorada Powell,

8
00:01:19.490 --> 00:01:20.770
the

9
00:01:32.490 --> 00:01:33.330
You

10
00:01:46.530 --> 00:01:47.850
you

11
00:01:47.950 --> 00:01:48.869
a

12

00:02:07.000 --> 00:02:20.309

Susanna Barkataki (she/her): welcome welcome. Welcome everyone to our pilgrimage in puja for this month October. I want to give you all a warm welcome and

13

00:02:20.990 --> 00:02:23.919

Susanna Barkataki (she/her): invite you to drop in the tats.

14

00:02:23.960 --> 00:02:25.330

Um!

15

00:02:26.320 --> 00:02:38.020

Susanna Barkataki (she/her): I actually love to hear one thing that's been bringing you joy lately? Um! It's just devali. The festival of lights, and also of

16

00:02:39.590 --> 00:02:44.239

Susanna Barkataki (she/her): today, is actually the day of the bond between siblings or the bond like

17

00:02:44.440 --> 00:02:55.360

Susanna Barkataki (she/her): in in families, and I like to expand that to not just blood family, but chosen family. Um! I was reflecting on,

18

00:02:56.800 --> 00:03:14.250

Susanna Barkataki (she/her): and i'm gonna so i'll invite you to put in the chat something you're grateful for, and and i'd love for you to kind of think of that person, or being, or place, or ecosystem as pet or pet, you know, or animal, or you know essence, whatever it is, as part of your

19

00:03:14.260 --> 00:03:20.580

Susanna Barkataki (she/her): community as part of your sibling hood. And I don't know if that's a word. But like

20

00:03:20.990 --> 00:03:23.150

Susanna Barkataki (she/her): as you're reflecting,

21

00:03:24.740 --> 00:03:28.969

Susanna Barkataki (she/her): you can drop that in the tax. Oh, you know,

22

00:03:29.620 --> 00:03:37.510

Susanna Barkataki (she/her): Rachel, uh my dog's enthusiasm has been bringing me a lot of joy. But club group. Ooh!

23

00:03:37.780 --> 00:03:43.200

Susanna Barkataki (she/her): Nice. I don't know what book you're reading.
Jessica music, My Earth Angel tongue

24

00:03:43.260 --> 00:03:46.609

Susanna Barkataki (she/her): just gonna close my window while you're
talking to Zoom, because there's a check in,

25

00:03:59.000 --> 00:04:00.430

and

26

00:04:00.840 --> 00:04:06.509

Susanna Barkataki (she/her): also allowed me to bring over my luck to me.
Um, well

27

00:04:07.480 --> 00:04:14.290

Susanna Barkataki (she/her): put her behind so we can see her while I'm
sharing but just observing

28

00:04:14.360 --> 00:04:16.140

Susanna Barkataki (she/her): and thinking about.

29

00:04:16.230 --> 00:04:23.659

Susanna Barkataki (she/her): This is a depiction of the incarnation of
the divine, like divine abundance, all abundance,

30

00:04:23.670 --> 00:04:41.600

Susanna Barkataki (she/her): and she's sitting here on the lotus. She has
gold pouring from one hand. The other hand is in a gesture pointing
downwards. I only have one, but I can. User I guess I can't point um up
here. She's got lotus flowers blooming her Vaughan. Her vehicle

31

00:04:41.610 --> 00:04:45.660

Susanna Barkataki (she/her): over here is the elephant with the islands,
and

32

00:04:45.870 --> 00:04:55.500

Susanna Barkataki (she/her): she's the embodiment of all of the things
that we wish for, all of what we want, but also the embodiment of all the
gratitude for what we have.

33

00:05:08.000 --> 00:05:15.939

Susanna Barkataki (she/her): Normally, she lives on my wall just over there, but I thought it would be nice to bring her into our um pilgrimage and puja today.

34

00:05:16.260 --> 00:05:17.430

Susanna Barkataki (she/her): So

35

00:05:18.950 --> 00:05:20.909

how was I going to share?

36

00:05:21.440 --> 00:05:22.820

Susanna Barkataki (she/her): Um.

37

00:05:29.960 --> 00:05:31.950

Susanna Barkataki (she/her): Ah, yes, okay.

38

00:05:32.330 --> 00:05:51.059

Susanna Barkataki (she/her): So I actually want to share this insight and wisdom That came from a mistake that I made back when I used to teach elementary school, I taught fifth and sixth grade, and I was really into like multicultural connections, and like celebrating and honoring our different cultural heritages. And

39

00:05:51.080 --> 00:06:10.429

Susanna Barkataki (she/her): And so I created this, and I took a lot of work. Google Stuff pulled some stuff from online and created this like family tree exercise for my students as a way of exploring where they're from, and um bringing that to the classroom and connecting with one another. Seeing our differences in our similarities,

40

00:06:10.440 --> 00:06:30.159

Susanna Barkataki (she/her): and I still remember this: Mom came in the next day so irate with me, because the assignment that I put together hadn't accounted for um Folks who don't know their ancestry, and folks were adopted, or maybe who have families that they're not connected to,

41

00:06:30.170 --> 00:06:36.660

Susanna Barkataki (she/her): and I was like I was devastated because my intention had been

42

00:06:36.860 --> 00:06:38.460

Susanna Barkataki (she/her): so

43

00:06:38.560 --> 00:06:51.280

Susanna Barkataki (she/her): so much to help everyone, every child feel belonging. But the impact was vastly, for this family was so far away from that intention, and I remember in that moment like

44

00:06:51.310 --> 00:07:02.719

Susanna Barkataki (she/her): it's like Ah, this is that thing right like this parent is not gonna to be so angry that it was like she's not going to come around. We're not going to get there um this year, and

45

00:07:02.730 --> 00:07:17.689

Susanna Barkataki (she/her): That's okay, like I messed up, and I I need to. So I We did the the program the whole um, the whole handout and everything reprinted it, and included like chosen family friend, family, beloved elders

46

00:07:17.700 --> 00:07:35.250

Susanna Barkataki (she/her): um places that they loved, and it was so much richer, and that parent didn't come around that year. But eventually, a few years later, Um! At the time I gave the assignment. I didn't have my own child. But later, when I had a child, she came up to me and she um,

47

00:07:35.640 --> 00:07:53.550

Susanna Barkataki (she/her): she said some really really sweet and kind things. Because I was struggling. I was actually pregnant, and she was like Don't worry, you know, even as I grow like it'll be okay. I was all projecting into the future, and um, I don't know how she knew, but she just said all the right things. And so it was

48

00:07:53.620 --> 00:07:55.500

Susanna Barkataki (she/her): that full circle

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00:07:57.370 --> 00:07:59.659

Susanna Barkataki (she/her): of connection to

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00:08:00.600 --> 00:08:18.369

Susanna Barkataki (she/her): When we look at one another. When we look at ourselves, we look at the tree outside, or the bowl of water, or the candle, or even the challenging person. You know that maybe is like still texting you. And you're done. You don't want to talk to them anymore. But can there be

51

00:08:18.380 --> 00:08:31.400

Susanna Barkataki (she/her): a way of seeing, like sibling relationship connection, even if the way to honor that connection is to luck that you know, if it's a challenging person or not. Talk to them right now

52

00:08:31.410 --> 00:08:47.209

Susanna Barkataki (she/her): or love them from afar, Send them love or to say, i'm not gonna interact with you at all, or call them up or connect to them whatever it is. But how can we, I think of lux me as this kind of like like unconditional love.

53

00:08:47.370 --> 00:09:05.059

Susanna Barkataki (she/her): And this whole time this whole festival, right now is all about celebrating and honoring and acknowledging that love. And each of you me like we are these amazing kind of like um focus points like lights

54

00:09:05.070 --> 00:09:17.640

Susanna Barkataki (she/her): that crystallized in this lifetime like who knows why, in this combination like really to be in this container, and this collective with one another, and then all the other circles you're in,

55

00:09:18.530 --> 00:09:21.869

Susanna Barkataki (she/her): and we're these leaders of

56

00:09:21.970 --> 00:09:30.049

Susanna Barkataki (she/her): love, and it's not. I mean, we are all. We are at the same time, like the most special, each one of us, and completely

57

00:09:30.170 --> 00:09:39.680

Susanna Barkataki (she/her): like mundane, like, not significant in the huge wave of love and care and abundance that that we are just a part of.

58

00:09:41.370 --> 00:09:49.119

Susanna Barkataki (she/her): So I wanted to share that to begin, and I was just looking at your your notes. Um:

59

00:09:51.010 --> 00:09:52.790

Susanna Barkataki (she/her): Okay. Okay.

60

00:09:52.920 --> 00:09:57.989

Susanna Barkataki (she/her): A new book. Oh, rest is resistance by tricia, Hersey. I need to get that book,

61

00:09:59.300 --> 00:10:16.249

Susanna Barkataki (she/her): especially right now. I I also want to name i'm, you know different right now, and um still expanding pain. I'm also uncomfortable a lot of the time because of it's either painful or discomfort, and

62

00:10:18.870 --> 00:10:37.110

Susanna Barkataki (she/her): and there's a part of me that considered like canceling or postponing, this gathering in order to rest. But what I decided to do is just bring the restfulness in. And so we're going to do a practice that will be restful, and then we'll probably spend some time journaling and talking,

63

00:10:37.120 --> 00:10:55.650

Susanna Barkataki (she/her): and um, and that'll be the container so less me like leading. And I don't think i'll leave physically um today, because it just doesn't feel it doesn't feel like It's what's called um. So naming, naming that, and in that naming is also to bring in

64

00:10:55.970 --> 00:11:11.550

Susanna Barkataki (she/her): all of where you're at. So if you're feeling like, uh tired. I barely am here, or you're watching the replay, and you know, doing the dishes or um eating, or whatever it's all welcome, all of you as welcome. And so i'm extending that,

65

00:11:12.360 --> 00:11:14.419

Susanna Barkataki (she/her): as I often do

66

00:11:14.990 --> 00:11:26.740

Susanna Barkataki (she/her): in these containers, i'm extending that to myself as well, and and also making that transparent, because I think for many of us who are teachers, it's like this: continual

67

00:11:26.980 --> 00:11:29.719

Susanna Barkataki (she/her): um removal of

68

00:11:29.750 --> 00:11:42.379

Susanna Barkataki (she/her): any kind of like. I am here, and it's like we're all the same right, and I too, deserve the the grace that I want to offer give to the communities that i'm in um.

69

00:11:43.140 --> 00:12:01.210

Susanna Barkataki (she/her): But I noticed that sometimes it's hard to give myself permission. And so I imagine that for many of you who teach or hold space, that may also be true that you would like to give yourself spaciousness, or you would like to um offer yourself compassion. But maybe sometimes

70

00:12:01.500 --> 00:12:07.229

Susanna Barkataki (she/her): that's a challenge, or you're in work environments that don't allow it, and so

71

00:12:07.400 --> 00:12:09.120

Susanna Barkataki (she/her): welcoming all of that,

72

00:12:09.890 --> 00:12:12.090

Susanna Barkataki (she/her): take a little sip of water.

73

00:12:15.250 --> 00:12:18.720

Susanna Barkataki (she/her): Um! I see so many gratitude makes me so happy,

74

00:12:20.450 --> 00:12:26.920

Susanna Barkataki (she/her): leaving being with my fur baby spirit. Guy Lewis Fall colors Longer Days

75

00:12:28.810 --> 00:12:34.559

Susanna Barkataki (she/her): surprised my parents for Devali this past weekend. Oh, I love this um

76

00:12:35.470 --> 00:12:37.170

Susanna Barkataki (she/her): sister.

77

00:12:37.980 --> 00:12:42.960

Susanna Barkataki (she/her): Hmm. My cat smooth. She recently had dental surgery. Yeah,

78

00:12:43.130 --> 00:12:45.789

Susanna Barkataki (she/her): grateful to be able to take care of that.

79

00:12:46.540 --> 00:12:48.970

Susanna Barkataki (she/her): So many gratitude.

80

00:12:49.680 --> 00:12:50.660

Susanna Barkataki (she/her): Hmm.

81

00:12:51.350 --> 00:13:00.430

Susanna Barkataki (she/her): That is a whole thing. I can't even imagine. Um, Yeah,

82

00:13:00.630 --> 00:13:02.430

Susanna Barkataki (she/her): thank you. Testing.

83

00:13:06.290 --> 00:13:09.500

Susanna Barkataki (she/her): So before we go into our practice,

84

00:13:09.770 --> 00:13:24.689

Susanna Barkataki (she/her): I wanted to share that um. We're gonna move just because it's a lot for me to do. I can move um the shares where, if you folks share and drop your shares in the in the

85

00:13:24.700 --> 00:13:43.539

Susanna Barkataki (she/her): link, the one that's the I don't even remember what it's called right now. But um! We'll move that to once a month, and i'll share who the the winners are in our pilgrimage and fruit is our next one will be in November, and this month synchron revis sewn. Um

86

00:13:43.550 --> 00:14:13.190

Susanna Barkataki (she/her): is the winner and congratulations. So you'll be getting an email from Andrea. Will. Yeah celebrate you. Thank you so much for sharing, and you know again, no pressure ever um, really. Just if it feels aligned. And if you want to tag me, i'll share it and celebrate the work that you're doing, including, if it's like something you're creating or a workshop you're leading, and you're like I was. I was thinking about this that Susannah brought up in Yoga class curator, and

87

00:14:13.200 --> 00:14:24.670

Susanna Barkataki (she/her): and this is a little piece of this bigger thing that i'm creating right? It, can. It can totally be you sharing what you're doing. Because really

88

00:14:26.320 --> 00:14:38.730

Susanna Barkataki (she/her): and this is back to that like universality like we're all these lights. So. And this is also. And what on the office hours we're talking about kind of like conscious capitalism or

89

00:14:38.850 --> 00:14:57.780

Susanna Barkataki (she/her): I don't even think of it. I mean it is, we're operating within capitalism, but subverting it, creating a different way with it. It's like none of our businesses, even if we all ran yo or run. Yoga businesses have to be in competition with one another. We're actually all growing and benefiting

90

00:14:58.070 --> 00:15:06.130

Susanna Barkataki (she/her): this ecosystem. What is it like? Billions of people on this earth, and there's only in the Us. It's something like

91

00:15:07.280 --> 00:15:13.139

Susanna Barkataki (she/her): thirty five billion a million yoga practitioners right? So it's like the way that

92

00:15:13.190 --> 00:15:18.889

Susanna Barkataki (she/her): Amanda or Erica, you know, or Janelle speaks to

93

00:15:19.590 --> 00:15:34.850

Susanna Barkataki (she/her): folks about Yoga is going to be different than the way I do, or the way that Alicia does, or the way that Glenda does, and so none of us is taking away from anyone. It's like how many yoga workshops or trainings have you taken

94

00:15:34.860 --> 00:15:44.439

Susanna Barkataki (she/her): like for me? I I don't even know It's like over twenty right, and and I will continue every year to to be in the learning,

95

00:15:45.190 --> 00:16:04.289

Susanna Barkataki (she/her): and so it's more and more, and more folks who it's like. Imagine you have a candle, and you're like lighting other people's candles, and so the invitation to share is only if it feels like that, like if it feels like I don't want to share. She's just trying to get me to market her that don't share, because it's that's not that's not what this is about. This is more about like

96

00:16:04.620 --> 00:16:19.569

Susanna Barkataki (she/her): when you feel connected when you feel inspired, because my sincere intention is that each of you who wants to goes far farther than I've ever gone right like I'm not attached. I want the

97

00:16:19.950 --> 00:16:22.800

Susanna Barkataki (she/her): the heart of yoga's roots

98

00:16:22.980 --> 00:16:31.830

Susanna Barkataki (she/her): in the way that each of us embodies it to like, Get out there to all of the folks who need it, and to be shared into the future.

99

00:16:31.840 --> 00:16:47.009

Susanna Barkataki (she/her): And we can't do that if we're holding back, or um, or if, like i'm trying to contain it and make it all about me. Um, which I certainly have done right like that. It's not that it's wrong to do that. I think it's a very human impulse.

100

00:16:47.720 --> 00:16:58.389

Susanna Barkataki (she/her): I remember times just back to abundance right where I was teaching in it. And this is not that long ago, like in the early couple of years that I was in Orlando, maybe.

101

00:16:58.460 --> 00:17:03.479

Susanna Barkataki (she/her): How long have we been here a year. So maybe like seven years ago, five, six, seven years ago.

102

00:17:04.040 --> 00:17:15.879

Susanna Barkataki (she/her): And there was another teacher who is like pretty pretty um solid on Yoga philosophy and the heart of Yoga, and I was felt a little bit like

103

00:17:15.890 --> 00:17:24.320

Susanna Barkataki (she/her): i'm a little nervous that she's coming into town, and you know she's going to be teaching, and i'm teach, and I remember that feeling of contraction.

104

00:17:24.460 --> 00:17:25.809

Susanna Barkataki (she/her): And so

105

00:17:26.349 --> 00:17:33.660

Susanna Barkataki (she/her): that feeling of insecurity or jealousy, or like, am I good enough so normal.

106

00:17:33.720 --> 00:17:48.510

Susanna Barkataki (she/her): But for me part of what it is to practice like esteem, Abundance is to recognize it, not like, push it away or deny it, but to embrace it, Like to really be there and be like Oh, I feel you, and

107

00:17:49.170 --> 00:17:57.720

Susanna Barkataki (she/her): there's a couple of choices right? I can just be here and care for myself, or I can start to open up.

108

00:17:57.740 --> 00:18:02.689

Susanna Barkataki (she/her): And in this case I reached out to her and said, Hey, we do really similar things.

109

00:18:02.700 --> 00:18:20.190

Susanna Barkataki (she/her): Would you be interested in collaborating, or can I share something that you're doing? And so we met. We hung out a few times, and um and I think I ended up sharing some of her workshops, and we at the end of the day decided that it wasn't right for us to collaborate mutually. Um!

110

00:18:20.200 --> 00:18:26.460

Susanna Barkataki (she/her): It was a. It was a beautiful process. It was the beginning for me of really, but learning to embody,

111

00:18:28.220 --> 00:18:42.940

Susanna Barkataki (she/her): not feeling so ashamed of that jealousy because I really did feel like what i'm supposed to be embodying these practices. And i'm really not. I feel very, um very contractive. So

112

00:18:43.200 --> 00:18:45.039

Susanna Barkataki (she/her): all of this is like

113

00:18:45.170 --> 00:18:53.669

Susanna Barkataki (she/her): stories, ways, experiences. And i'm going to pause. And before we practice to see is any of this resonating

114

00:18:54.930 --> 00:18:56.600

for folks

115

00:18:59.610 --> 00:19:00.840

Yeah,

116

00:19:01.840 --> 00:19:07.059

Susanna Barkataki (she/her): the four locks and keys? Yes, happiness for those who are happy. Yeah,

117

00:19:07.690 --> 00:19:12.710

Susanna Barkataki (she/her): Yeah, I figure I can't be the only one that way sometimes.

118

00:19:13.040 --> 00:19:14.000

Susanna Barkataki (she/her): Hmm.

119

00:19:16.870 --> 00:19:18.050
Susanna Barkataki (she/her): Hmm.

120
00:19:18.350 --> 00:19:21.600
Susanna Barkataki (she/her): Okay. So let's practice.

121
00:19:22.140 --> 00:19:25.299
Susanna Barkataki (she/her): We're going to begin this practice

122
00:19:28.490 --> 00:19:32.049
Susanna Barkataki (she/her): with candle gazing

123
00:19:32.340 --> 00:19:33.880
Susanna Barkataki (she/her): and

124
00:19:34.990 --> 00:19:37.320
Susanna Barkataki (she/her): just looking. I wonder if this will work?

125
00:19:42.270 --> 00:19:44.780
Susanna Barkataki (she/her): I'm going to light the candle.

126
00:19:45.430 --> 00:19:47.840
It's actually incense.

127
00:19:47.880 --> 00:19:50.529
Susanna Barkataki (she/her): We'll see if the flame can stay,

128
00:19:50.660 --> 00:19:54.480
Susanna Barkataki (she/her): and so you can gaze at this flame.

129
00:19:55.190 --> 00:19:58.020
Susanna Barkataki (she/her): And I did this practice yesterday

130
00:19:58.040 --> 00:20:07.349
Susanna Barkataki (she/her): also with Reggie. It's on my Youtube, If you're interested in watching and reads to engaged practice for civic engagement.

131
00:20:08.650 --> 00:20:13.150
Susanna Barkataki (she/her): But you can gave that the the flame and

132

00:20:13.900 --> 00:20:18.749

Susanna Barkataki (she/her): gonna light my candle. Actually, because that's It's gonna fall.

133

00:20:30.940 --> 00:20:32.159

Okay, there we go.

134

00:20:32.480 --> 00:20:38.839

Susanna Barkataki (she/her): So if you have a flame in your own space, feel free to light it, or looking at at this light,

135

00:20:40.200 --> 00:20:48.800

Susanna Barkataki (she/her): and there's a couple of ways to do treetek or candle gazing, and one is to stare at the candle unblinking,

136

00:20:49.060 --> 00:20:52.639

Susanna Barkataki (she/her): and if you do that, your eyes might start to water

137

00:20:53.060 --> 00:21:01.920

Susanna Barkataki (she/her): and sting, and then we may even have tears. And there is like a cleansing experience, because is also a cleansing Korea,

138

00:21:01.950 --> 00:21:03.779

Susanna Barkataki (she/her): the cleansing practice,

139

00:21:07.020 --> 00:21:11.560

Susanna Barkataki (she/her): and you can also stare at the candle flame and blink.

140

00:21:23.800 --> 00:21:26.000

Susanna Barkataki (she/her): Now invitation

141

00:21:28.340 --> 00:21:33.749

Susanna Barkataki (she/her): to either continue looking at the flame. I'm going to place this down

142

00:21:33.850 --> 00:21:40.370

Susanna Barkataki (she/her): and visualize a flame in your mind's eye, so you can have your eyes open or closed.

143

00:21:42.210 --> 00:21:43.810

Susanna Barkataki (she/her): And now

144

00:21:46.350 --> 00:21:50.560

Susanna Barkataki (she/her): just visualize the flame at the center of your forehead.

145

00:21:51.820 --> 00:21:54.790

Susanna Barkataki (she/her): If you prefer in your heart space,

146

00:21:55.200 --> 00:21:56.390

Susanna Barkataki (she/her): or

147

00:21:56.790 --> 00:21:58.280

Susanna Barkataki (she/her): in front of you

148

00:22:07.470 --> 00:22:09.420

Susanna Barkataki (she/her): in this light,

149

00:22:09.910 --> 00:22:12.150

Susanna Barkataki (she/her): seeing the light of

150

00:22:12.180 --> 00:22:14.090

Susanna Barkataki (she/her): divine knowledge,

151

00:22:15.640 --> 00:22:17.150

Susanna Barkataki (she/her): wisdom,

152

00:22:17.610 --> 00:22:20.570

Susanna Barkataki (she/her): it's in everything and everyone

153

00:22:21.840 --> 00:22:23.280

Susanna Barkataki (she/her): connected

154

00:22:25.650 --> 00:22:27.459

Susanna Barkataki (she/her): through the site

155

00:22:33.090 --> 00:22:37.569

Susanna Barkataki (she/her): and the mantra that we will bring together is

156

00:22:38.620 --> 00:22:39.990

Susanna Barkataki (she/her): I'm.

157

00:22:40.050 --> 00:22:43.830

Susanna Barkataki (she/her): I am a I am

158

00:22:43.940 --> 00:22:45.140

Susanna Barkataki (she/her): i'm!

159

00:22:45.270 --> 00:22:49.030

Susanna Barkataki (she/her): And it sounds like you're saying, i'm I am

160

00:22:49.180 --> 00:22:54.729

Susanna Barkataki (she/her): I. This is the seed syllable for Mahalaks me

161

00:22:55.840 --> 00:22:59.399

Susanna Barkataki (she/her): so you can repeat in your mind's eye if you'd like

162

00:22:59.570 --> 00:23:01.720

Susanna Barkataki (she/her): inhale, i'm

163

00:23:02.730 --> 00:23:05.050

Susanna Barkataki (she/her): exhale. I'm

164

00:23:08.610 --> 00:23:10.940

Susanna Barkataki (she/her): inhale. I'm

165

00:23:12.110 --> 00:23:14.340

Susanna Barkataki (she/her): exhale i'm

166

00:23:16.860 --> 00:23:19.780

Susanna Barkataki (she/her): you can continue this going if you would like.

167

00:23:20.200 --> 00:23:34.249

Susanna Barkataki (she/her): Now, allowing in that flame for you to start to visualize. And if you see this wonderful, if you just imagining it wonderful if you don't see anything, just listen to my words also wonderful.

168

00:23:34.620 --> 00:23:37.869

Susanna Barkataki (she/her): You can imagine a pink lotus,

169

00:23:38.250 --> 00:23:40.490

Susanna Barkataki (she/her): and underneath that lotus

170

00:23:40.830 --> 00:23:42.670

Susanna Barkataki (she/her): a calm ocean,

171

00:23:43.260 --> 00:23:46.400

Susanna Barkataki (she/her): and on that lotus rises, laks me

172

00:23:46.470 --> 00:23:53.339

Susanna Barkataki (she/her): a brown skinned goddess with flowing black hair, gold and brown skin.

173

00:23:55.380 --> 00:24:01.149

Susanna Barkataki (she/her): She has jewels adorning her brow, her arms round her neck,

174

00:24:01.710 --> 00:24:05.110

Susanna Barkataki (she/her): and There's this portal, this place for the moon.

175

00:24:05.310 --> 00:24:08.680

Susanna Barkataki (she/her): The moonlight touches the surface of the ocean

176

00:24:09.210 --> 00:24:11.250

Susanna Barkataki (she/her): where she arises.

177

00:24:12.130 --> 00:24:18.280

Susanna Barkataki (she/her): These are magical realms that are inside each of us. We all have this light

178

00:24:22.160 --> 00:24:24.380

Susanna Barkataki (she/her): in hell. I'm

179

00:24:24.840 --> 00:24:26.970

Susanna Barkataki (she/her): exhale i'm.

180

00:24:30.710 --> 00:24:34.759

Susanna Barkataki (she/her): Her place is in the light of your heart.

181

00:24:34.970 --> 00:24:41.050

Susanna Barkataki (she/her): A subtle living embody kind of instinctual generosity,

182

00:24:41.540 --> 00:24:44.120

Susanna Barkataki (she/her): and gratitude and abundance,

183

00:24:51.930 --> 00:24:56.979

Susanna Barkataki (she/her): and her lights fills

184

00:24:57.690 --> 00:25:06.669

Susanna Barkataki (she/her): all of the space around her, emanating from within, as if she has a flame or a candle brightness, and then fills

185

00:25:07.880 --> 00:25:09.320

Susanna Barkataki (she/her): the ocean

186

00:25:09.920 --> 00:25:11.899

Susanna Barkataki (she/her): space around,

187

00:25:13.210 --> 00:25:16.259

Susanna Barkataki (she/her): and as you see this light expanding,

188

00:25:16.970 --> 00:25:19.429

Susanna Barkataki (she/her): you feel it inside of

189

00:25:19.650 --> 00:25:20.940

Susanna Barkataki (she/her): your heart,

190

00:25:21.670 --> 00:25:24.639

Susanna Barkataki (she/her): expanding through every cell,

191

00:25:32.030 --> 00:25:36.259

Susanna Barkataki (she/her): and nourished and filled out by this rosy golden light.

192

00:25:36.550 --> 00:25:43.029

Susanna Barkataki (she/her): Maybe if you're not quite feeling it yet connecting to the light at the core of the earth.

193

00:25:43.640 --> 00:25:46.419

Susanna Barkataki (she/her): Um bringing that up into you,

194

00:25:47.850 --> 00:25:55.429

Susanna Barkataki (she/her): light up in the sky and the moon or the sunlight, and feeling that pouring down into you

195

00:26:00.520 --> 00:26:05.240

Susanna Barkataki (she/her): every cell filled with nourishing, warming,

196

00:26:05.280 --> 00:26:07.789

Susanna Barkataki (she/her): generous, loving light

197

00:26:09.070 --> 00:26:14.230

Susanna Barkataki (she/her): the light that says I am enough, just as I am,

198

00:26:16.620 --> 00:26:24.130

Susanna Barkataki (she/her): and there's three powers that the energy of Luxemi has for you for me,

199

00:26:25.810 --> 00:26:27.900

Susanna Barkataki (she/her): and i'm going to

200

00:26:29.030 --> 00:26:30.660

Susanna Barkataki (she/her): share them

201

00:26:30.680 --> 00:26:32.310

Susanna Barkataki (she/her): as an inquiry,

202

00:26:32.870 --> 00:26:35.530

Susanna Barkataki (she/her): and then we'll come out of our meditative

203

00:26:35.730 --> 00:26:40.419

Susanna Barkataki (she/her): connection and journal a little bit on these powers.

204

00:26:41.800 --> 00:26:49.180

Susanna Barkataki (she/her): So our first, the first power that we receive in this light is that of receiving itself.

205

00:26:50.100 --> 00:26:54.629

Susanna Barkataki (she/her): And you can ask, What would I like to receive

206

00:26:54.750 --> 00:26:55.990

Susanna Barkataki (she/her): right now,

207

00:26:56.750 --> 00:26:59.860

Susanna Barkataki (she/her): setting an intention for this for yourself.

208

00:27:00.960 --> 00:27:03.849

Susanna Barkataki (she/her): Would I like to receive more love,

209

00:27:04.390 --> 00:27:06.740

Susanna Barkataki (she/her): more spiritual experiences,

210

00:27:07.010 --> 00:27:08.500

Susanna Barkataki (she/her): more fun,

211

00:27:09.440 --> 00:27:10.900

Susanna Barkataki (she/her): better health

212

00:27:12.850 --> 00:27:21.519

Susanna Barkataki (she/her): could be a really specific thing like a particular email that you want to get from someone, or an opportunity

213

00:27:22.140 --> 00:27:28.389

Susanna Barkataki (she/her): that you would like to receive, or it could be like I'd like to receive deeper friendships at this time in my life

214

00:27:28.710 --> 00:27:31.479

Susanna Barkataki (she/her): I really want love.

215

00:27:35.830 --> 00:27:39.829

Susanna Barkataki (she/her): I want more cuddles, whatever it might be.

216

00:27:40.120 --> 00:27:42.450

Susanna Barkataki (she/her): These are some of mine

217

00:27:42.470 --> 00:27:44.970

Susanna Barkataki (she/her): more time reading fiction.

218

00:27:46.380 --> 00:27:52.890

Susanna Barkataki (she/her): And then Why, why would you like to receive this? How will it benefit you

219

00:27:53.700 --> 00:27:55.240

Susanna Barkataki (she/her): for others?

220

00:28:06.750 --> 00:28:20.010

Susanna Barkataki (she/her): And because I want it is a very valid response you don't have to earn or deserve feeling good, or whatever it is that you wish to receive

221

00:28:27.460 --> 00:28:29.400

Susanna Barkataki (she/her): the second power.

222

00:28:30.510 --> 00:28:36.780

Susanna Barkataki (she/her): And just knowing that you can continue to reflect on what you would like to receive right now,

223

00:28:37.360 --> 00:28:39.639

Susanna Barkataki (she/her): and we'll be exploring it more.

224

00:28:40.320 --> 00:28:43.280

Susanna Barkataki (she/her): The second power is gratitude,

225

00:28:43.450 --> 00:28:50.350

Susanna Barkataki (she/her): and we started with that things that are bringing you joy that which you're grateful for

226

00:28:51.680 --> 00:29:03.020

Susanna Barkataki (she/her): really feeling. It can be a cliché right like we get asked this. Probably in Yoga classes sometimes like, What are you grateful for in spaces, or

227

00:29:03.620 --> 00:29:05.390

Susanna Barkataki (she/her): but it can be

228

00:29:05.840 --> 00:29:23.139

Susanna Barkataki (she/her): there's there's a reason it's a cliché, because there is truth there like really feeling like gratitude. And sometimes for me it helps to like pull in kind of almost like imagining that the things i'm grateful for out there, and i'm like pulling them into my heart into my heart.

229

00:29:24.050 --> 00:29:26.480

Susanna Barkataki (she/her): So i'm grateful for

230

00:29:27.260 --> 00:29:28.850

Susanna Barkataki (she/her): sunlight,

231

00:29:30.250 --> 00:29:31.780

Susanna Barkataki (she/her): small,

232

00:29:32.870 --> 00:29:35.480

Susanna Barkataki (she/her): soft, furry puppies,

233

00:29:38.330 --> 00:29:40.430

Susanna Barkataki (she/her): the help of my family,

234

00:29:43.850 --> 00:29:49.260

Susanna Barkataki (she/her): whatever those things are, pulling them in,
pulling them in feeling

235

00:29:49.500 --> 00:29:50.849

Susanna Barkataki (she/her): your gratitude,

236

00:29:52.260 --> 00:29:53.850

Susanna Barkataki (she/her): that of us

237

00:29:54.220 --> 00:29:57.150

Susanna Barkataki (she/her): can do this alone,

238

00:29:58.770 --> 00:30:00.950

Susanna Barkataki (she/her): and thank goodness for

239

00:30:02.110 --> 00:30:07.030

Susanna Barkataki (she/her): the beings, the forces, the experiences, the
people in our lives.

240

00:30:12.690 --> 00:30:14.919

Susanna Barkataki (she/her): I'm. So grateful,

241

00:30:27.570 --> 00:30:29.700

Susanna Barkataki (she/her): and then the last power,

242

00:30:30.020 --> 00:30:38.219

Susanna Barkataki (she/her): because like to me, is to to give. But what people don't, you know, understand? Sometimes, I think, is like

243

00:30:38.340 --> 00:30:54.420

Susanna Barkataki (she/her): we can do all of these elaborate rituals, and have the most beautiful altar to me, but for not also in gratitude, for we have, and all giving of what we wish to have, as well as what we giving from the overflow.

244

00:30:54.580 --> 00:31:12.230

Susanna Barkataki (she/her): Then her power isn't as strong, and for some lux me as an actual entity, you know, being out there, and from others she's the energy of giving, receiving gratitude. And so this last power is that of generosity.

245

00:31:13.490 --> 00:31:19.799

Susanna Barkataki (she/her): Take a moment to consider maybe one or two or three gifts that you have

246

00:31:20.070 --> 00:31:24.420

Susanna Barkataki (she/her): gifts that you are places where you are overflowing,

247

00:31:24.880 --> 00:31:26.610

Susanna Barkataki (she/her): and and give them

248

00:31:27.520 --> 00:31:32.110

Susanna Barkataki (she/her): energetically, or really make a plan to give them

249

00:31:34.650 --> 00:31:53.500

Susanna Barkataki (she/her): like one of the gifts. Sometimes it's. It's easy to miss your gift, because it's just those things that like you do that people come to you, and they're like, Wow! How did you do that? That's I don't. I don't even get it like. But for you it's not even a thing it's like. Oh, yeah, I just did it.

250

00:31:53.650 --> 00:31:57.649

Susanna Barkataki (she/her): That's your one of your gifts. We all have many, many,

251

00:32:00.510 --> 00:32:03.200

Susanna Barkataki (she/her): and I didn't realize this fully,

252

00:32:03.940 --> 00:32:07.709

Susanna Barkataki (she/her): but Someone brought it to my attention the other day, because

253

00:32:08.230 --> 00:32:13.789

Susanna Barkataki (she/her): when we all had to go online during the pandemic, I really

254

00:32:13.910 --> 00:32:17.619

Susanna Barkataki (she/her): thrived. And I was like, Yeah, it just was a confluence of

255

00:32:17.990 --> 00:32:19.700

Susanna Barkataki (she/her): a number of events

256

00:32:20.040 --> 00:32:27.259

Susanna Barkataki (she/her): that came together. But the gift that I wasn't seeing is I really love teaching online. I love it.

257

00:32:27.510 --> 00:32:36.180

Susanna Barkataki (she/her): And I love the technology I love, how it connects us. I love how it brings access. I love building community,

258

00:32:36.480 --> 00:32:45.650

Susanna Barkataki (she/her): an energy of feeling, each of you in your own space, and yet forging a kind of circle, a kind of spiral,

259

00:32:46.020 --> 00:32:51.959

Susanna Barkataki (she/her): and so being able to share that gift for folks who maybe want to do that, or

260

00:32:52.080 --> 00:32:57.599

Susanna Barkataki (she/her): aren't sure how to do it, or like best practices. That's a way I can share my gift.

261

00:32:59.660 --> 00:33:02.100

Susanna Barkataki (she/her): So for you, maybe there's

262

00:33:04.780 --> 00:33:07.509

Susanna Barkataki (she/her): you know, like you're good at doing hair.

263

00:33:07.880 --> 00:33:09.980

Susanna Barkataki (she/her): You can do graffiti art

264

00:33:10.340 --> 00:33:11.410

like

265

00:33:12.390 --> 00:33:13.760

Susanna Barkataki (she/her): bake,

266

00:33:14.650 --> 00:33:16.090

Susanna Barkataki (she/her): weld,

267

00:33:18.300 --> 00:33:19.770

Susanna Barkataki (she/her): fix stuff,

268

00:33:19.860 --> 00:33:23.389

Susanna Barkataki (she/her): break stuff down like we all have

269

00:33:23.490 --> 00:33:27.400

Susanna Barkataki (she/her): so many different gifts, cultivate plants.

270

00:33:31.190 --> 00:33:34.860

Susanna Barkataki (she/her): Is there a way you can use? Utilize

271

00:33:36.190 --> 00:33:43.480

Susanna Barkataki (she/her): some of your gifts and share them, and doesn't have to be with everyone. It could literally be with one person, one being

272

00:33:47.610 --> 00:33:50.230

Susanna Barkataki (she/her): I remember going camping once

273

00:33:50.410 --> 00:33:52.030

Susanna Barkataki (she/her): the current river,

274

00:33:52.430 --> 00:33:57.510

Susanna Barkataki (she/her): and it's kind of like a wild campsite, not maintained

275

00:33:59.760 --> 00:34:15.000

Susanna Barkataki (she/her): no facilities, and it was so dirty it was like there was trash everywhere, and so we got there, and we could have

just gotten up and left and gone somewhere else. But I remember just feeling the sadness and how people had treated this beautiful

276

00:34:15.230 --> 00:34:17.050

Susanna Barkataki (she/her): river and rocks,

277

00:34:17.320 --> 00:34:34.419

Susanna Barkataki (she/her): and realizing that what I could do was cause it also felt weird. There was a weird energy there, but I could do was help tend and clean, and so we spent a couple of hours picking up all the trash and putting it in the trash bags, and

278

00:34:34.960 --> 00:34:43.270

Susanna Barkataki (she/her): the feeling of the space changed. So we decided to stay, and we had a wonderful, wonderful weekend playing in the river,

279

00:34:43.510 --> 00:34:45.339

Susanna Barkataki (she/her): and so, as a simple,

280

00:34:45.570 --> 00:34:52.389

Susanna Barkataki (she/her): active generosity, I didn't even really think of it as generosity at the time, but I received so much more

281

00:34:52.500 --> 00:34:53.569

Susanna Barkataki (she/her): from

282

00:34:53.630 --> 00:34:54.830

Susanna Barkataki (she/her): the giving,

283

00:34:59.930 --> 00:35:03.820

Susanna Barkataki (she/her): so we'll take a few moments in silence,

284

00:35:04.950 --> 00:35:06.629

Susanna Barkataki (she/her): receiving

285

00:35:08.940 --> 00:35:10.060

Susanna Barkataki (she/her): giving

286

00:35:20.160 --> 00:35:22.700

Susanna Barkataki (she/her): in the moment i'll invite the bell.

287

00:35:24.070 --> 00:35:28.059

Susanna Barkataki (she/her): I invite you to call to mind that flame

288

00:35:28.880 --> 00:35:32.279

Susanna Barkataki (she/her): to see it in your mind's eye or in your heart;

289

00:35:32.530 --> 00:35:39.110

Susanna Barkataki (she/her): and if you'd like to recite the mantra, the seed syllable for Luxemi,

290

00:35:39.780 --> 00:35:46.369

Susanna Barkataki (she/her): the power of receiving, of gratitude, of giving and generosity

291

00:35:47.130 --> 00:35:49.210

Susanna Barkataki (she/her): and hell. I'm.

292

00:35:49.440 --> 00:35:51.660

Susanna Barkataki (she/her): Exhale, i'm.

293

00:35:52.660 --> 00:35:54.720

Susanna Barkataki (she/her): And hell i'm

294

00:35:55.160 --> 00:35:57.010

Susanna Barkataki (she/her): exhale, I

295

00:36:08.600 --> 00:36:11.899

Susanna Barkataki (she/her): keeping your focus internal

296

00:36:13.540 --> 00:36:18.710

Susanna Barkataki (she/her): and gently come back into the space, but not to

297

00:36:18.760 --> 00:36:20.840

Susanna Barkataki (she/her): looking at one another

298

00:36:21.660 --> 00:36:23.469

Susanna Barkataki (she/her): on the screen,

299

00:36:24.450 --> 00:36:29.040

Susanna Barkataki (she/her): but you reflecting in your journal or in the chat anywhere, you would like

300

00:36:31.940 --> 00:36:34.389

Susanna Barkataki (she/her): some of your answers

301

00:36:34.480 --> 00:36:38.810

Susanna Barkataki (she/her): to these inquiries. What would you like to receive?

302

00:36:39.010 --> 00:36:43.080

Susanna Barkataki (she/her): What are you grateful for? And then what can you give?

303

00:36:46.590 --> 00:36:48.049

We'll take

304

00:36:48.720 --> 00:36:52.949

Susanna Barkataki (she/her): three, four minutes to write. I'll play some music, and then we'll chat.

305

00:40:32.400 --> 00:40:39.420

Susanna Barkataki (she/her): It's just taking about a minute more to wrap up your thoughts, for now you can always keep writing if you would like.

306

00:41:09.740 --> 00:41:11.889

Susanna Barkataki (she/her): So last

307

00:41:12.620 --> 00:41:25.430

Susanna Barkataki (she/her): thing that i'll share before I want to. I'd love to open it up to hear from folks a little bit about what you're reflecting on with what you're wanting to receive. Um!

308

00:41:26.730 --> 00:41:28.659

Susanna Barkataki (she/her): Oh, did it not go in?

309

00:41:30.700 --> 00:41:32.580

Susanna Barkataki (she/her): Um!

310

00:41:37.940 --> 00:41:43.220

Susanna Barkataki (she/her): There we go, So what you're wanting to receive? What you're wanting to

311

00:41:43.700 --> 00:41:44.709

Susanna Barkataki (she/her): um

312

00:41:45.330 --> 00:41:50.589

Susanna Barkataki (she/her): also give, or what you're feeling grateful for, is that often,

313

00:41:51.270 --> 00:41:54.359

Susanna Barkataki (she/her): you know, I think we think of like

314

00:41:56.040 --> 00:42:07.980

Susanna Barkataki (she/her): luxury or abundance, as everything is good. But luxury came from the turning of the ocean like came from this time of a lot of turmoil. And so

315

00:42:08.390 --> 00:42:12.250

Susanna Barkataki (she/her): those places, you know, things we would like to receive

316

00:42:13.130 --> 00:42:34.819

Susanna Barkataki (she/her): often can come from a a feeling of lack or feeling of not enough, whether it's inside or or outside like for me, I said Cuddles, because i'm always i'm like a tactile person. I like cuddles, and there's kind of like never enough cuddles as far as i'm concerned. But my partner is is not really like that. Um!

317

00:42:34.830 --> 00:42:46.390

Susanna Barkataki (she/her): But we have two very colleague dogs, and we just got Bliss, who's super cuddly like we'll jump up like come in cuddle um. Harmony is a little more standoff. But

318

00:42:46.780 --> 00:43:03.239

Susanna Barkataki (she/her): this all these ways that I can get, the need that I have the desire, the thing i'm wanting to receive from other beings that Aren't necessarily my partner. And the other thing that I've noticed, because we've been together now

319

00:43:03.270 --> 00:43:08.400

Susanna Barkataki (she/her): a very long time, like almost twenty years nineteen years, um

320

00:43:08.830 --> 00:43:18.229

Susanna Barkataki (she/her): is, if I go about it by saying, I really wish you would cuddle me more like, can you? We, You know. Whatever can we have more cuddles like it Doesn't work.

321

00:43:18.240 --> 00:43:34.230

Susanna Barkataki (she/her): But if I go about it like Ooh! That felt really good when you put your hand on my back right there, you know. Then it's like if I go about it with gratitude, which i'm not saying, you know it's like There's certain things. This is because our relationship is good, and there's a foundation of trust. So I just want to name that um.

322

00:43:35.310 --> 00:43:48.749

Susanna Barkataki (she/her): But when I go about asking for what I want to receive with gratitude. I often get a lot more of it when I go about it from like. I'm not getting what I need. You know you need to do more of this,

323

00:43:48.770 --> 00:43:50.000

Susanna Barkataki (she/her): and

324

00:43:50.160 --> 00:43:51.639

Susanna Barkataki (she/her): and then

325

00:43:51.680 --> 00:44:04.450

Susanna Barkataki (she/her): so there's that piece, and then the other piece is like, How can I give myself or create for myself more of what I'm. I'm wanting like a bunga self massage with oil, you know self love, self touch

326

00:44:04.460 --> 00:44:14.900

Susanna Barkataki (she/her): um self care, dry, brushing a nice like hair wash day, where I'm really taking time to like, give myself a whole scalp and face massage like

327

00:44:14.910 --> 00:44:32.139

Susanna Barkataki (she/her): there's so many ways to work with this, and so i'm just sharing one example of a very personal one, but also like it's personal, but but deep right, because um the way we connect or receive the signs of love from others, or from our, you know, for ourselves,

328

00:44:32.150 --> 00:44:35.889

Susanna Barkataki (she/her): are probably some of the most intimate and powerful

329

00:44:35.920 --> 00:44:49.079

Susanna Barkataki (she/her): things that there are to share. So just to share that example, and to remind us that there's no um, because abundance often comes from that turning from that straight from the struggle from the

330

00:44:49.090 --> 00:44:57.629

Susanna Barkataki (she/her): the things that maybe feel not aligned. All of that is welcome. So I wanted to invite in some time to share um anything that you're

331

00:44:58.030 --> 00:45:06.139

Susanna Barkataki (she/her): feeling challenged with, or excited about, or any ah that came up through the meditation and the journaling

332

00:45:06.260 --> 00:45:07.350

practice,

333

00:45:08.140 --> 00:45:14.690

Susanna Barkataki (she/her): and you can write into the hand. Raise feature if you like, so we can share together. You can hear your voices.

334

00:45:29.210 --> 00:45:30.660

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

335

00:45:32.850 --> 00:45:38.570

Susanna Barkataki (she/her): do I need to make it so? You can. Yes, you can all unmute. Let me ask you to unmute.

336

00:45:39.160 --> 00:45:47.990

Robin Lehman: Thank you. I was on my phone. It wasn't working for me. I um i'm so thankful to be here today because I was working at my

337

00:45:48.000 --> 00:45:59.849

Robin Lehman: day job, and I just wasn't feeling very well, and I was trying to slog through my day, and when I checked my email, and I saw that the gathering this today and I was like, you know, what guys i'm logging out for an hour.

338

00:46:00.040 --> 00:46:04.439

Robin Lehman: And so and this was exactly what I needed today. So thank you so much.

339

00:46:04.490 --> 00:46:06.640

Susanna Barkataki (she/her): I'm: so glad.

340

00:46:06.980 --> 00:46:11.730

Susanna Barkataki (she/her): Yeah. And Robin and ytt. Sometimes we talk about

341

00:46:11.900 --> 00:46:20.119

Susanna Barkataki (she/her): like the magic of synchronicity, and really taking a kind of oracular approach like an an approach like an oracle meaning.

342

00:46:20.330 --> 00:46:36.100

Susanna Barkataki (she/her): I have a book like, if I have this notebook of creative ideas, and then I just flip to a page, and that's the message that i'm supposed to get. I don't have to read the entire thing or go back through all of the things I've ever written.

343

00:46:36.110 --> 00:46:49.229

Susanna Barkataki (she/her): So I love that like you, approaching this course like you're the class curator, or anything you're part of in a kind of oracular way. I'm in just being like i'm gonna get what I need and

344

00:46:49.290 --> 00:46:53.349

Susanna Barkataki (she/her): maybe give right. This is back to that generosity.

345

00:46:53.400 --> 00:46:57.469

Susanna Barkataki (she/her): Maybe something you're going to share in the chat or already have shared

346

00:46:57.880 --> 00:47:03.670

Susanna Barkataki (she/her): is exactly what someone else needed to hear

347

00:47:04.750 --> 00:47:06.569

Susanna Barkataki (she/her): anyone else.

348

00:47:12.130 --> 00:47:15.040

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

349

00:47:18.430 --> 00:47:48.419

Susanna Barkataki (she/her): I'm having trouble figuring out how to raise my hand. So I just unmuted myself. Yay, Erica, I love it. Wonderful. Yeah, no. You don't have to apologize. My uh yoga teacher of mine used to

say her name's Trinity Capelli, she used to say, Excuse me for partying, you know it's like. If you're at the club or at a party, you're dancing, and you like bumps, someone whatever, Maybe not I real, but a lot of us have done that it's like i'm not sorry, but i'm partying.

350

00:47:48.430 --> 00:47:49.100

erika anderson: Thank you.

351

00:47:49.110 --> 00:48:10.000

erika anderson: So i'm partying with your voice. Thank you Uh-huh. Uh. So in the I this has come up with me for me a lot, and it's something that I was just talking with a client last night. Uh we were talking about launch me, and and uh,

352

00:48:10.250 --> 00:48:17.050

erika anderson: just receiving authentic connection, like opening myself to be able to receive

353

00:48:17.960 --> 00:48:35.260

erika anderson: what i'm truly being given, and not the story of what I think people are thinking or um. And so that came up again in this meditation, just being open to receiving these wonderful gifts, other people try to share with us

354

00:48:35.270 --> 00:48:40.980

erika anderson: or um the love and generosity that they might try to share with us.

355

00:48:41.140 --> 00:48:42.180

Susanna Barkataki (she/her): Hmm.

356

00:48:47.730 --> 00:48:56.499

Susanna Barkataki (she/her): Yeah. Because when i'm for me what i'm hearing, too, is like when i'm not present. I miss the thing that they were giving,

357

00:48:57.660 --> 00:49:00.950

Susanna Barkataki (she/her): and there is this way: that by being present,

358

00:49:01.190 --> 00:49:06.770

Susanna Barkataki (she/her): like maybe the thing I wanted is already happening. But i'm just missing it because i'm not as present.

359

00:49:07.060 --> 00:49:09.370
Yeah, Thank you.

360
00:49:11.130 --> 00:49:12.660
Susanna Barkataki (she/her): Hmm.

361
00:49:12.800 --> 00:49:15.670
Susanna Barkataki (she/her): And I'm. Just looking at some of your notes.

362
00:49:17.230 --> 00:49:26.519
Susanna Barkataki (she/her): And this is abundance of knowledge,
receiving authentic connection, acceptance of who I am in this moment
acceptance of love offered to me

363
00:49:28.640 --> 00:49:34.920
Susanna Barkataki (she/her): gratitude, knowledge, joy, tranquility,
sharing authenticity, contemplation, community

364
00:49:35.910 --> 00:49:37.689
Susanna Barkataki (she/her): anyone else.

365
00:49:45.530 --> 00:49:53.920
Susanna Barkataki (she/her): Well, you're reflecting. I'm going to read
Angie's um more time with family and friends. Better mental health
receiving Yes,

366
00:49:54.310 --> 00:50:00.749
Susanna Barkataki (she/her): gratitude being able to have windows, open
fresh air, ability to weed, ability to hear and spell

367
00:50:01.980 --> 00:50:11.939
Susanna Barkataki (she/her): generosity, listening to others, being able
to create a welcoming environment for others. I love sounds and smells.
Yes,

368
00:50:14.340 --> 00:50:15.580
Elisa,

369
00:50:15.690 --> 00:50:17.089
Susanna Barkataki (she/her): and then line

370
00:50:19.480 --> 00:50:21.520
Alishiya Pearce: Hi! Uh! So

371

00:50:21.880 --> 00:50:25.380

Alishiya Pearce: it's funny to ask like uh

372

00:50:26.110 --> 00:50:28.850

Alishiya Pearce: what I would like to receive in that.

373

00:50:28.980 --> 00:50:37.340

Alishiya Pearce: Why, I started. Why, I decided to take this course was to help develop my my

374

00:50:37.600 --> 00:50:41.310

Alishiya Pearce: voice, to speak up

375

00:50:41.410 --> 00:50:48.300

Alishiya Pearce: when it's important to speak up. I kind of live in a place where it's

376

00:50:48.650 --> 00:50:49.620

Alishiya Pearce: there.

377

00:50:50.180 --> 00:50:57.810

Alishiya Pearce: I'm. Definitely not the majority. It's pretty uh backwards. And so it can be really difficult where I live so,

378

00:50:58.410 --> 00:51:04.050

Alishiya Pearce: and and i'm also Yoga teacher. And it's weird in the studio sometimes because of um.

379

00:51:04.680 --> 00:51:07.750

Alishiya Pearce: You know, I still live in a place where people think

380

00:51:08.090 --> 00:51:17.000

Alishiya Pearce: yoga is not okay with going to church like it's it's pretty backwards. Um! So I I hear a lot of things. I hear a lot of things at work,

381

00:51:17.110 --> 00:51:18.339

Alishiya Pearce: and i'm

382

00:51:18.690 --> 00:51:20.329

I struggle with like.

383

00:51:20.510 --> 00:51:22.309

Alishiya Pearce: Is it easy it?

384

00:51:23.330 --> 00:51:26.540

Alishiya Pearce: How do I speak up when someone says something that's really

385

00:51:26.600 --> 00:51:30.589

Alishiya Pearce: maybe inappropriate, or needs to know that

386

00:51:30.740 --> 00:51:41.560

Alishiya Pearce: that's not okay to say, or that hurts people. Um. And i'm. I'm getting better, you know, in the workplace of people say weird things like, hey? That that's uh that hurts people like

387

00:51:41.630 --> 00:51:50.170

Alishiya Pearce: Asian flu or china bugs. I've heard that at work, and then, you know, if I have to go to so far as to say things like, Well,

388

00:51:50.640 --> 00:51:56.480

that's offensive to me. It hurts my feelings that I know You don't want to do that to go so far as to say, You know we have

389

00:51:56.880 --> 00:52:05.649

Alishiya Pearce: people treatment policies at work, so we could talk about that. I'm getting better. Um. So initially, i'm like

390

00:52:05.980 --> 00:52:12.600

Alishiya Pearce: i'd like to receive more confidence or bravery. But those aren't receiving items. So I think to frame it.

391

00:52:18.450 --> 00:52:29.970

Alishiya Pearce: I I need maybe more opportunities to speak up, although I don't like it, and it's really uncomfortable when those things happen, because i'm brave enough,

392

00:52:29.990 --> 00:52:31.830

Alishiya Pearce: and i'm intelligent enough

393

00:52:32.600 --> 00:52:37.600

Alishiya Pearce: to point these things out. So with enough opportunities or enough practice,

394

00:52:38.120 --> 00:52:45.019

Alishiya Pearce: I can keep developing my voice to speak up when it's important, and when I do that,

395

00:52:45.090 --> 00:52:48.580

Alishiya Pearce: of course that benefits me because

396

00:52:48.600 --> 00:53:04.199

Alishiya Pearce: I put it out there, I bring a different point of view that maybe someone didn't consider, and I'm also not going to internalize and carry it around for the next six days, like Oh, I should have said that I should have done something. Um,

397

00:53:04.280 --> 00:53:06.830

Alishiya Pearce: and it benefits others, because

398

00:53:09.040 --> 00:53:11.600

Alishiya Pearce: because there are, there are,

399

00:53:11.830 --> 00:53:17.689

Alishiya Pearce: because I should speak up for people who can't speak for themselves sometimes, or they are not represented, or

400

00:53:18.160 --> 00:53:21.829

Alishiya Pearce: are misrepresented. And I, you know I don't want to.

401

00:53:22.000 --> 00:53:23.170

Alishiya Pearce: I want to

402

00:53:23.190 --> 00:53:24.109

Alishiya Pearce: stop

403

00:53:24.290 --> 00:53:28.020

Alishiya Pearce: the perpetuation of that so? Um,

404

00:53:28.460 --> 00:53:33.420

Alishiya Pearce: I guess I want more opportunities to speak up, or I want the bravery to

405

00:53:33.470 --> 00:53:41.830

Alishiya Pearce: sees that time whenever it happens, and sometimes I just Oh, I can't say anything. Um!

406

00:53:42.240 --> 00:53:44.559

Alishiya Pearce: But i'm super grateful for

407

00:53:45.830 --> 00:53:49.669

Alishiya Pearce: real, true, deep friendships that have come about, you know, like

408

00:53:49.730 --> 00:53:57.069

Alishiya Pearce: some fake friendships have fallen off over time, and the real deep ones have have really remained, and those are like really

409

00:53:57.130 --> 00:54:02.919

Alishiya Pearce: um true heart connected friendships where we can encourage each other,

410

00:54:03.610 --> 00:54:17.889

Alishiya Pearce: even if the advice is difficult, like Oh, it's! We are like encouraging each other to be lazy, but always being better, always working on things um helping each other to

411

00:54:18.670 --> 00:54:26.400

Alishiya Pearce: to hold true to ourselves when we need to hold true to those challenges, you know, like I don't really want to do that. It's gonna hurt,

412

00:54:26.780 --> 00:54:35.790

Alishiya Pearce: but helping us, let go of things that are serving us. Um! I really have great friendships that can support me in that, and i'm super grateful

413

00:54:35.950 --> 00:54:42.299

Alishiya Pearce: um, and then giving back, I I do have skills. Um, I I

414

00:54:42.420 --> 00:54:57.160

Alishiya Pearce: i'm a i'm a geologist, so I do a lot of technical writing, and I recently joined um with. I have a great city council person who um is like a little island, and I I live in one of the worst represented

415

00:54:57.370 --> 00:55:00.859

Alishiya Pearce: districts in my area. It's it's It's really

416

00:55:01.200 --> 00:55:16.799

Alishiya Pearce: It's a big district, and there's a lot of problems. Um, it's poverty. There is. There's a lot of problems and the least amount of money in the district, of course. So I've I've been working with my council person. We're trying to form a um,

417

00:55:17.190 --> 00:55:20.970

Alishiya Pearce: a a a district nonprofit, so that we can

418

00:55:21.390 --> 00:55:39.429

Alishiya Pearce: reach out to get some of this grants and things that are available for community development or offer yoga classes at a a place in our in our neighborhood where it's not available, and um, and so I can use my technical writing skills to help. I don't have Grant writing skills, but she assures me that it's

419

00:55:39.440 --> 00:55:52.880

Alishiya Pearce: not that far off from what I already do. So i'm i'm doing. Just try to give back with that. So? Um, those are the things I want to share. But yeah, thank you.

420

00:55:53.560 --> 00:56:00.659

Susanna Barkataki (she/her): Just as like a person of color. I want to mean that it's it's so helpful when

421

00:56:00.920 --> 00:56:07.610

Susanna Barkataki (she/her): even when it's uncomfortable. When folks allies speak up uh when I

422

00:56:08.150 --> 00:56:21.159

Susanna Barkataki (she/her): don't have the capacity to i'm in a situation in another spiritual community right now where this is that is happening, and where white folks have come in to speak up. And and I,

423

00:56:21.180 --> 00:56:30.770

Susanna Barkataki (she/her): when i'm in situations as a Cis person to speak up because of transphobia, or you know, even just like misunderstanding.

424

00:56:30.780 --> 00:56:41.790

Susanna Barkataki (she/her): But that misunderstanding is gonna land as an aggression for my trans non-binary siblings, and for me I can be in relationship and

425

00:56:42.260 --> 00:57:01.790

Susanna Barkataki (she/her): not look down on or think the group or people, or less, but like, really connect. And from that connection can come understanding. And so, um, I really appreciate what you're sharing, and I also say there was some great comments in the chat around. There was something. I don't even

426

00:57:01.800 --> 00:57:03.870

Susanna Barkataki (she/her): catch this. But I love this,

427

00:57:04.040 --> 00:57:21.989

Susanna Barkataki (she/her): Cahill said. Um keep speaking up. Also impact the able to in the we're lazy like either you need to rest or inspiration. What even is laziness right like to not feel like if you need a break or boundaries, or time to yourself that that's lazy like It's not. Um. Yeah.

428

00:57:22.700 --> 00:57:23.879

Susanna Barkataki (she/her): Um.

429

00:57:24.210 --> 00:57:32.340

Kahli A [they/them]: Can you pronounce your name for me,

430

00:57:32.350 --> 00:57:46.640

Kahli A [they/them]: basically misspelled because it takes from the Hindu goddess Collie? Um. So that in itself is an appropriation. Um! And then continuing, Um! I love everything that you said. Um Alish Alicia.

431

00:57:46.840 --> 00:58:04.660

Kahli A [they/them]: Yes, yes, thank you for your time and for speaking on that, and also like I want to encourage you to stay brave. And I love that you're like Wow! I'm asking for the courage to do this. But like, can I even receive that like that's in me? I've got that like you, do You've got that and um, and it is so scary like,

432

00:58:04.670 --> 00:58:07.039

Kahli A [they/them]: i'm trying to give myself the

433

00:58:07.140 --> 00:58:14.760

Kahli A [they/them]: compassion of like noticing those things and um doing it slightly better over time and doing it in a way that Doesn't: harm.

434

00:58:14.930 --> 00:58:17.370

Kahli A [they/them]: Right? Yeah. So thank you,

435

00:58:18.620 --> 00:58:21.040

Susanna Barkataki (she/her): Collie. Thank you so much,

436

00:58:22.650 --> 00:58:25.240

Susanna Barkataki (she/her): Lauren. Let's

437

00:58:29.480 --> 00:58:40.490

Lauren Tober (she/her): thanks, Susannah Alicia. I really want to celebrate you for your sharing and the courage that it takes to call in opportunities to practice your courage. That's huge.

438

00:58:40.820 --> 00:58:58.360

Lauren Tober (she/her): My reflection was just, I guess, a gratitude around sharing the piece around Jenna generosity, and I it's not something that I necessarily think about or share about it. I think because i'm a mom and I work as a teacher and a therapist. That's kind of my baseline is

439

00:58:58.370 --> 00:59:05.720

Lauren Tober (she/her): giving to people, but because it's my job. I see it as my job as a mom and I get paid for that generous city. It feels like

440

00:59:05.770 --> 00:59:09.819

Lauren Tober (she/her): like this is just what I do like. It's just a baseline, and, to,

441

00:59:09.830 --> 00:59:26.839

Lauren Tober (she/her): you know, take a moment to actually realize that there is a generosity in the everydayness of making my kids breakfast and getting them off to school and kissing them good night and supporting my clients when they're going through difficult things or teaching that I don't know somehow that just landed for me. So thank you for that piece to them.

442

00:59:26.920 --> 00:59:34.969

Susanna Barkataki (she/her): Hmm. Thank you so much. I'm really feeling that it's like for those of us who are caregivers in so many ways

443

00:59:35.090 --> 00:59:42.330

Susanna Barkataki (she/her): really acknowledging and recognizing the the ways we're already doing. Maybe we don't need to do more. Yeah,

444

00:59:47.560 --> 00:59:59.579

Glenda Mackie: Yeah, I I loved all of the prompts and the shares. So so thank you. I feel that everybody's words are so sacred, and the shares so I want to honor that first.

445

00:59:59.720 --> 01:00:09.250

Glenda Mackie: And what came up for me? What would you like to give. And the answer was like really interesting and clear was my full attention.

446

01:00:10.630 --> 01:00:19.690

Glenda Mackie: And, like i'm getting ready to turn sixty, I've taught dance my whole life, And so a lot of my mission has been around

447

01:00:20.050 --> 01:00:28.400

Glenda Mackie: trying to create um environments where people feel safe to take up space fully and be authentically in their bodies,

448

01:00:28.910 --> 01:00:41.799

Glenda Mackie: and what i'm. And I still continue that with many different groups. But I think what i'm finding for myself is, can I give the checkout person at the grocery store my full attention.

449

01:00:42.210 --> 01:00:52.249

Glenda Mackie: You know who are all the people that I just pass in the day where we can be that light, and really see people, because we also need to be seen.

450

01:00:52.320 --> 01:00:57.580

Glenda Mackie: Um. So thank you for that prompt because i'm very inspired by it.

451

01:00:57.910 --> 01:00:59.959

Glenda Mackie: You're listening.

452

01:01:00.400 --> 01:01:02.790

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

453

01:01:03.170 --> 01:01:19.329

Susanna Barkataki (she/her): you're reminding me one of my teachers used to say to me like because I was really when I met him, so I was still figuring out like what I wanted to do with my life, quote unquote kind of thing, and he's like Susanna. It doesn't matter what you do like, you could drive a bus

454

01:01:19.340 --> 01:01:23.919

Susanna Barkataki (she/her): you could work at a grocery store. You can be a teacher, you can, you know, whatever

455

01:01:24.400 --> 01:01:43.510

Susanna Barkataki (she/her): it's. All the same when you're embodying Yoga. When you're living, Yoga, you you're being the light you're being the love you're caring for people. You're seeing them. Whatever your role. So thank you so much for bringing her sanity to me again, and what you just shared, and and that wisdom. Um,

456

01:01:46.180 --> 01:01:48.959

Susanna Barkataki (she/her): yeah, we all need to be seen.

457

01:01:49.900 --> 01:01:51.299

Susanna Barkataki (she/her): Hmm.

458

01:01:52.990 --> 01:01:57.389

Susanna Barkataki (she/her): So I want to just uh take a moment to

459

01:01:58.280 --> 01:01:59.770

Susanna Barkataki (she/her): receive.

460

01:02:00.920 --> 01:02:06.530

Susanna Barkataki (she/her): I feel like I've received so much from all of you today, and

461

01:02:07.450 --> 01:02:11.129

Susanna Barkataki (she/her): whether you spoke and you're listening, and your presence,

462

01:02:12.250 --> 01:02:15.069

Susanna Barkataki (she/her): and then to

463

01:02:15.880 --> 01:02:23.009

Susanna Barkataki (she/her): invite you to, if it feels like you would like to do this to place a hand on your heart.

464

01:02:23.900 --> 01:02:26.350

Susanna Barkataki (she/her): Other hand over it if you'd like,

465

01:02:26.780 --> 01:02:29.610

Susanna Barkataki (she/her): and we'll close

466

01:02:31.880 --> 01:02:33.889

Susanna Barkataki (she/her): first with the

467

01:02:33.940 --> 01:02:35.350

Susanna Barkataki (she/her): i'm

468

01:02:35.570 --> 01:02:39.949

Susanna Barkataki (she/her): on the inhale. I'm on your exhale,

469

01:02:44.250 --> 01:02:46.180

Susanna Barkataki (she/her): and then the Montreal

470

01:02:51.780 --> 01:02:57.020

Susanna Barkataki (she/her): its own sacred syllable. I'm like she's beja
mantra,

471

01:02:57.590 --> 01:03:05.239

Susanna Barkataki (she/her): let's me a one of her names. Nama has, like
sanitation, love, respect, honor,

472

01:03:05.780 --> 01:03:12.169

Susanna Barkataki (she/her): and you're tanting either to the intention
of abundance, giving receiving

473

01:03:13.510 --> 01:03:14.950

Susanna Barkataki (she/her): gratitude

474

01:03:15.410 --> 01:03:17.200

Susanna Barkataki (she/her): or two back to me

475

01:03:18.830 --> 01:03:23.189

Susanna Barkataki (she/her): with this power in you, and in all things of
abundance,

476

01:03:23.740 --> 01:03:26.820

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

477

01:03:29.130 --> 01:03:32.750

Susanna Barkataki (she/her): no chance you can tempt aloud or receive.

478

01:03:33.940 --> 01:03:35.549

Susanna Barkataki (she/her): Oh,

479

01:03:35.670 --> 01:03:40.809

Susanna Barkataki (she/her): I let me in!

480

01:03:57.020 --> 01:03:58.850

Susanna Barkataki (she/her): Oh,

481

01:04:05.390 --> 01:04:10.789

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

482

01:04:12.580 --> 01:04:15.180

Susanna Barkataki (she/her): so much gratitude to each of you

483

01:04:15.210 --> 01:04:25.969

Susanna Barkataki (she/her): have a wonderful, wonderful rest of your
day, and i'll see you in a few weeks for our office hours. Okay, and we,
if you like and say goodbye.

484

01:04:27.290 --> 01:04:29.350

Cleo - Turtle Island: Thank you. Farewell.

485

01:04:35.430 --> 01:04:40.459

Ericia Johnson: Gratitude. Thank you very much.

486

01:04:40.880 --> 01:04:44.399

erika anderson: Thank you. Thank you. Everyone.