



1

00:00:07.400 --> 00:00:10.260

Susanna Barkataki (she/her): To our office hours today.

2

00:00:11.600 --> 00:00:17.650

Susanna Barkataki (she/her): So good to see you and to be here together,

3

00:00:21.170 --> 00:00:23.090

Susanna Barkataki (she/her): I um,

4

00:00:23.890 --> 00:00:41.860

Susanna Barkataki (she/her): and just naming like. Sometimes we show up in a space right, and grammataria calls us to honor where we're at, and so not only to have my broken wrist, which is healing, thank goodness, but i'm a little under the weather, and so my voice might sound a little different. Um! And

5

00:00:41.870 --> 00:00:52.029

Susanna Barkataki (she/her): i'm taking care of myself. I have my warm tea here, and so just an invitation for you, whatever space you're in to really honor your energy.

6

00:00:52.360 --> 00:01:06.249

Susanna Barkataki (she/her): And that might mean, you know there's one less thing you can do. If there is one more, one less thing that's like, an add on one more thing that you can do to just care for yourself or not to yourself to do that now,

7

00:01:08.620 --> 00:01:12.580

Susanna Barkataki (she/her): or if you can't do it now, to think about

8

00:01:19.110 --> 00:01:26.530

Susanna Barkataki (she/her): spending some time with your internal cuddling with a pet friend, or loved one yourself.

9

00:01:26.780 --> 00:01:33.159

Susanna Barkataki (she/her): Little extra time to the blankets, whatever whatever supportive to you

10

00:01:33.290 --> 00:01:35.229

Susanna Barkataki (she/her): so welcome.

11

00:01:35.260 --> 00:01:43.310

Susanna Barkataki (she/her): Take a minute. Oh, folks are coming in, and i'd love to invite you to put in the chat

12

00:01:43.740 --> 00:01:53.519

Susanna Barkataki (she/her): two words about how we're. You know a sentence that how you are in this moment. How's your energy? So take a moment and just tune in.

13

00:01:53.850 --> 00:01:55.580

Susanna Barkataki (she/her): How is my energy?

14

00:01:56.330 --> 00:02:03.009

Susanna Barkataki (she/her): Mine would be happy and tired. So two words:

15

00:02:03.840 --> 00:02:06.189

Susanna Barkataki (she/her): How is your energy right now?

16

00:02:11.670 --> 00:02:12.850

Nice,

17

00:02:13.080 --> 00:02:14.060

Susanna Barkataki (she/her): Yeah.

18

00:02:35.170 --> 00:02:40.779

Susanna Barkataki (she/her): Nice to see you tired and grateful, calm,

19

00:02:41.320 --> 00:02:45.800

Susanna Barkataki (she/her): pretty full, confused, angry and energetically activated,

20

00:02:46.060 --> 00:02:47.450

Susanna Barkataki (she/her): grateful,

21

00:02:47.840 --> 00:02:49.540

Susanna Barkataki (she/her): coming Tired?

22

00:02:49.890 --> 00:02:55.169

Susanna Barkataki (she/her): Yeah, sleepy, but coherent, scattered and nervous. But here, yeah,

23

00:03:11.940 --> 00:03:13.920

Susanna Barkataki (she/her): as you come together,

24

00:03:14.790 --> 00:03:15.920

Susanna Barkataki (she/her): and

25

00:03:20.840 --> 00:03:37.749

Susanna Barkataki (she/her): I think we'll begin with the practice. Um! It's helpful to see the words that you're saying, because it helps me kind of feel into what type of of practice we might need or want. And today we have a handful of questions

26

00:03:37.800 --> 00:03:40.170

Susanna Barkataki (she/her): that came in which is wonderful.

27

00:03:40.480 --> 00:03:55.019

Susanna Barkataki (she/her): And then We also have some space for a conversation which I have been feeling so grateful. I just want to say like for you for um your presence for coming in and participating with your listening,

28

00:03:55.030 --> 00:04:03.509

Susanna Barkataki (she/her): watching the replay, those who speak into the space it's been so so nourishing, and so i'm looking forward to some time for that today.

29

00:04:03.960 --> 00:04:13.260

Susanna Barkataki (she/her): So wherever you are, invite you to find some ease, maybe some wiggles, maybe some laying back.

30

00:04:13.540 --> 00:04:21.180

Susanna Barkataki (she/her): If you've got others, you know browser windows things open. See if you can just pause on that for a short while,

31

00:04:22.060 --> 00:04:25.860

Susanna Barkataki (she/her): seeing some folks stretching. Yeah,

32

00:04:26.270 --> 00:04:29.180

Susanna Barkataki (she/her): you haven't stretched yet,

33

00:04:30.840 --> 00:04:32.350  
Susanna Barkataki (she/her): and

34

00:04:54.030 --> 00:04:57.620  
Susanna Barkataki (she/her): breathing in, aware of your in breath,

35

00:04:58.960 --> 00:05:02.690  
Susanna Barkataki (she/her): breathing out, aware of your outbreak,

36

00:05:05.420 --> 00:05:06.800  
Susanna Barkataki (she/her): and

37

00:05:08.330 --> 00:05:09.790  
Susanna Barkataki (she/her): and at

38

00:05:24.020 --> 00:05:25.719  
Susanna Barkataki (she/her): such a precious,

39

00:05:26.100 --> 00:05:27.920  
Susanna Barkataki (she/her): some beautiful thing,

40

00:05:28.100 --> 00:05:29.340  
Susanna Barkataki (she/her): your back,

41

00:05:29.860 --> 00:05:33.860  
Susanna Barkataki (she/her): something that happens automatically

42

00:05:34.070 --> 00:05:36.119  
Susanna Barkataki (she/her): that you can also

43

00:05:36.540 --> 00:05:37.810  
Susanna Barkataki (she/her): regulate.

44

00:05:39.170 --> 00:05:43.259  
Susanna Barkataki (she/her): So, without needing to do anything to it,

45

00:05:43.290 --> 00:05:46.769  
taking a long inhale

46

00:05:47.500 --> 00:05:49.550  
Susanna Barkataki (she/her): short in him

47

00:05:50.340 --> 00:05:52.429

Susanna Barkataki (she/her): along exhale

48

00:05:52.580 --> 00:05:54.519

Susanna Barkataki (she/her): very short, exhale

49

00:06:11.100 --> 00:06:12.340

Susanna Barkataki (she/her): many

50

00:06:12.890 --> 00:06:19.480

Susanna Barkataki (she/her): inquiries that came in during this time been about energy,

51

00:06:20.770 --> 00:06:22.500

Susanna Barkataki (she/her): an attachment.

52

00:06:22.750 --> 00:06:26.359

Susanna Barkataki (she/her): So I invite you to imagine your energy.

53

00:06:26.450 --> 00:06:32.299

Susanna Barkataki (she/her): You'd be visualizing it like chords,

54

00:06:32.710 --> 00:06:34.180

Susanna Barkataki (she/her): and there's a

55

00:06:35.160 --> 00:06:36.420

Susanna Barkataki (she/her): and then

56

00:06:36.590 --> 00:06:41.940

Susanna Barkataki (she/her): you'll get text, the description of the which goes from

57

00:06:42.270 --> 00:06:47.129

Susanna Barkataki (she/her): the earth, or the base of your body up through alongside your spine,

58

00:06:47.410 --> 00:06:49.399

Susanna Barkataki (she/her): the center of your body.

59

00:06:54.600 --> 00:06:59.019

Susanna Barkataki (she/her): So we all have this core central energy channel.

60

00:07:00.910 --> 00:07:04.719

Susanna Barkataki (she/her): See if you can feel it into that notice.

61

00:07:05.930 --> 00:07:07.020

It's it

62

00:07:07.590 --> 00:07:09.340

Susanna Barkataki (she/her): certain color

63

00:07:10.600 --> 00:07:13.720

Susanna Barkataki (she/her): to wide within

64

00:07:14.740 --> 00:07:16.770

Susanna Barkataki (she/her): it's energy moving.

65

00:07:20.550 --> 00:07:23.050

Susanna Barkataki (she/her): I tend to envision it like a

66

00:07:24.260 --> 00:07:28.129

Susanna Barkataki (she/her): using Kurt Vonnegut's line and waver in band of light

67

00:07:28.820 --> 00:07:31.170

Susanna Barkataki (she/her): white go might,

68

00:07:33.630 --> 00:07:37.600

Susanna Barkataki (she/her): and then from this core of energy we all have

69

00:07:38.010 --> 00:07:45.819

Susanna Barkataki (she/her): reveal it, or tendrils of energy that go out into the world. Maybe two loved ones projects,

70

00:07:48.690 --> 00:07:51.450

Susanna Barkataki (she/her): babies, spirit babies,

71

00:07:51.850 --> 00:07:55.309

Susanna Barkataki (she/her): things that we're creating, people that we care about

72

00:07:55.690 --> 00:07:58.769

Susanna Barkataki (she/her): people, maybe, that are irritating us.

73

00:08:00.120 --> 00:08:08.200

Susanna Barkataki (she/her): It's noticing from that central core. If there was a way to visualize that, the tangles of energy

74

00:08:08.850 --> 00:08:11.099

Susanna Barkataki (she/her): are there a lot of them out,

75

00:08:11.850 --> 00:08:14.330

Susanna Barkataki (she/her): spidering out into the world

76

00:08:14.870 --> 00:08:16.870

Susanna Barkataki (she/her): across time and space.

77

00:08:18.830 --> 00:08:20.470

Susanna Barkataki (she/her): Not so many,

78

00:08:23.490 --> 00:08:26.489

Susanna Barkataki (she/her): no judgment, but just awareness

79

00:08:31.400 --> 00:08:36.230

Susanna Barkataki (she/her): and the beautiful part about energy. Is, it's intangible.

80

00:08:36.950 --> 00:08:39.710

Susanna Barkataki (she/her): And so if there's any energies,

81

00:08:39.780 --> 00:08:43.219

Susanna Barkataki (she/her): connections that you'd like to refresh or

82

00:08:43.820 --> 00:08:48.469

Susanna Barkataki (she/her): be alive in, you can bring the energy back.

83

00:08:49.870 --> 00:08:52.519

Susanna Barkataki (she/her): So imagining perhaps it

84

00:08:53.810 --> 00:08:58.410

Susanna Barkataki (she/her): Yeah, let me do. Going out to a particular place or person,

85

00:08:59.090 --> 00:09:03.050

Susanna Barkataki (she/her): and you want to refresh it. You can normally, with care,

86

00:09:03.350 --> 00:09:06.000

Susanna Barkataki (she/her): bring that energy back into you

87

00:09:06.990 --> 00:09:10.669

Susanna Barkataki (she/her): allowing the connection to refresh in whatever way

88

00:09:11.700 --> 00:09:13.730

Susanna Barkataki (she/her): it's right for this time

89

00:09:17.940 --> 00:09:21.329

Susanna Barkataki (she/her): might do that for one or two or

90

00:09:21.360 --> 00:09:24.660

Susanna Barkataki (she/her): or groups of tend to to energy,

91

00:09:27.130 --> 00:09:31.550

Susanna Barkataki (she/her): because it doesn't diminish doesn't. Take away from

92

00:09:32.070 --> 00:09:34.210

Susanna Barkataki (she/her): things that you're refreshing,

93

00:09:34.340 --> 00:09:39.900

Susanna Barkataki (she/her): still allows the energy to find its new inappropriate forms,

94

00:09:52.690 --> 00:09:56.280

Susanna Barkataki (she/her): and there is any energy that you feel

95

00:09:56.580 --> 00:10:00.049

Susanna Barkataki (she/her): connected to you that you want to get back or give out,

96

00:10:00.590 --> 00:10:02.500

Susanna Barkataki (she/her): can send that out,

97

00:10:08.120 --> 00:10:10.330

Susanna Barkataki (she/her): moving away gesture.

98

00:10:10.800 --> 00:10:14.159

Susanna Barkataki (she/her): Thank you with love, with warrants, with care,

99

00:10:14.420 --> 00:10:15.930

Susanna Barkataki (she/her): giving the back,

100

00:10:18.790 --> 00:10:20.850

Susanna Barkataki (she/her): letting it fell at

101

00:10:21.080 --> 00:10:22.290

Susanna Barkataki (she/her): the give her.

102

00:10:23.240 --> 00:10:26.219

Susanna Barkataki (she/her): I'm. Putting your own energy in there. It's refresh

103

00:10:43.140 --> 00:10:49.219

Susanna Barkataki (she/her): already returning to your inner band of,

104

00:10:52.620 --> 00:10:53.910

Susanna Barkataki (she/her): and

105

00:10:56.160 --> 00:11:01.849

Susanna Barkataki (she/her): there are so many sources of energy that are described in the text. The earth

106

00:11:02.170 --> 00:11:03.600

Susanna Barkataki (she/her): could be

107

00:11:05.570 --> 00:11:07.189

Susanna Barkataki (she/her): all the elements,

108

00:11:07.910 --> 00:11:11.030

Susanna Barkataki (she/her): and often earth and

109

00:11:11.810 --> 00:11:20.009

Susanna Barkataki (she/her): the tender up into the moon. The energy of the moon, like the Soma energy,

110

00:11:21.630 --> 00:11:24.460

Susanna Barkataki (she/her): is there to replenish and renew

111

00:11:26.190 --> 00:11:35.100

Susanna Barkataki (she/her): so particularly if you've been feeling depleted. Or if you just want to pull in some support for your energy field,

112

00:11:35.240 --> 00:11:37.540

Susanna Barkataki (she/her): knowing that you're always

113

00:11:37.800 --> 00:11:45.340

Susanna Barkataki (she/her): this is always available to you, that bringing awareness to it, imagining that you can bring energy from the earth

114

00:11:46.320 --> 00:11:54.720

Susanna Barkataki (she/her): up into into that unwavering band of light, and it goes brighter. It takes on different color,

115

00:12:03.430 --> 00:12:06.210

Susanna Barkataki (she/her): and then visualizing

116

00:12:06.860 --> 00:12:08.790

Susanna Barkataki (she/her): white gold lights,

117

00:12:09.540 --> 00:12:15.309

Susanna Barkataki (she/her): the silver, gold moonlight coming from the sun or the moon, your choice

118

00:12:16.070 --> 00:12:18.620

Susanna Barkataki (she/her): imagining that pouring down

119

00:12:18.750 --> 00:12:20.260

Susanna Barkataki (she/her): into you,

120

00:12:21.180 --> 00:12:24.519

Susanna Barkataki (she/her): we charging you, replenishing anything it needs.

121

00:12:32.360 --> 00:12:35.290

Susanna Barkataki (she/her): We are human beings

122

00:12:35.520 --> 00:12:38.600

Susanna Barkataki (she/her): here, between earth and sky.

123

00:12:47.190 --> 00:12:51.020

Susanna Barkataki (she/her): Oh, for your support! You're nourishment and good.

124

00:12:52.030 --> 00:12:53.570

Susanna Barkataki (she/her): Hi!

125

00:13:01.620 --> 00:13:05.340

Susanna Barkataki (she/her): I'm thinking the earth would be

126

00:13:05.560 --> 00:13:08.009

Susanna Barkataki (she/her): knowing that connection. Is there,

127

00:13:09.110 --> 00:13:10.490

Susanna Barkataki (she/her): always

128

00:13:16.980 --> 00:13:19.980

Susanna Barkataki (she/her): thinking the sun or the moon.

129

00:13:20.270 --> 00:13:23.009

Susanna Barkataki (she/her): I mean that connection is always there

130

00:13:23.400 --> 00:13:28.580

Susanna Barkataki (she/her): and tuck in. For now that solar lunar energy into

131

00:13:31.280 --> 00:13:34.580

Susanna Barkataki (she/her): and before we close the feeling

132

00:13:35.660 --> 00:13:36.880

Susanna Barkataki (she/her): how

133

00:13:37.540 --> 00:13:39.290

Susanna Barkataki (she/her): you feel right now.

134

00:13:39.680 --> 00:13:43.150

Susanna Barkataki (she/her): So any different does your energy field

135

00:13:43.720 --> 00:13:47.000

Susanna Barkataki (she/her): remind your body, your heart feeling different,

136

00:13:48.330 --> 00:13:50.819

Susanna Barkataki (she/her): And if you're tired, more tired

137

00:13:50.840 --> 00:13:53.979

Susanna Barkataki (she/her): going with that, maybe resting if you can.

138

00:13:55.130 --> 00:13:57.370

Susanna Barkataki (she/her): If you feel more expansive

139

00:13:57.480 --> 00:13:59.740

Susanna Barkataki (she/her): feeling that, acknowledging that

140

00:14:17.440 --> 00:14:20.759

Susanna Barkataki (she/her): i'm thinking yourself your own energy,

141

00:14:21.130 --> 00:14:23.930

Susanna Barkataki (she/her): if it's connected to all

142

00:14:25.080 --> 00:14:27.200

Susanna Barkataki (she/her): as you.

143

00:14:27.950 --> 00:14:31.330

Susanna Barkataki (she/her): It supports and nurses so many other beings,

144

00:14:47.150 --> 00:14:49.479

Susanna Barkataki (she/her): taking some full, deep breaths,

145

00:14:50.250 --> 00:14:51.890

Susanna Barkataki (she/her): stretching,

146

00:14:53.150 --> 00:14:54.940

Susanna Barkataki (she/her): looking around to you

147

00:14:59.320 --> 00:15:05.410

Susanna Barkataki (she/her): and I'd love to hear and chat, or if anyone wants to share out loud.

148

00:15:05.660 --> 00:15:11.909

Susanna Barkataki (she/her): I Haven't noticed in the meditation I did. Did things change?

149

00:15:12.080 --> 00:15:15.160

Susanna Barkataki (she/her): Did anything change as you practiced

150

00:15:23.870 --> 00:15:26.469

Susanna Barkataki (she/her): some moments as we come back to.

151

00:15:36.900 --> 00:15:40.630

Susanna Barkataki (she/her): Hmm. I'm. So glad that was beautiful,

152

00:15:40.770 --> 00:15:51.810

Susanna Barkataki (she/her): became aware of the tension in my body. Just breathed into it. Yeah, I moved outside and felt the sun on my face as you kind of desk some nursing. Oh, that's lovely.

153

00:15:52.130 --> 00:15:55.790

Susanna Barkataki (she/her): Let's focus on myself and awareness of connection

154

00:15:56.290 --> 00:15:59.050

Susanna Barkataki (she/her): feel so much more whole. Yeah,

155

00:15:59.340 --> 00:16:03.539

Susanna Barkataki (she/her): we down to this. Hmm. So beautiful.

156

00:16:05.720 --> 00:16:10.239

Susanna Barkataki (she/her): Yeah. As big as a tree, a big big tree. Yeah,

157

00:16:11.790 --> 00:16:30.290

Susanna Barkataki (she/her): I'd love to explore that a little, and so you can. You can reflect on what are the things that nourish your energy, or that we promise your energy. I love that you mentioned. This giant has a big big tree leave, because I often, when i'm feeling depleted, i'll go and leave my back against a big tree

158

00:16:30.300 --> 00:16:44.470

Susanna Barkataki (she/her): and feel the energy from the tree. You know they so many trees have been around longer than than we have, and have seen so much in our nourishing um, and being nourished by so much, and I always ask for

159

00:16:44.890 --> 00:17:00.069

Susanna Barkataki (she/her): consent from the tree before I just lean on it. Um! And you know, is it? Is it okay? If we connect a little bit, share some energy, and I notice that feeling that rootedness, you can even imagine it now like your feet,

160

00:17:00.080 --> 00:17:10.430

Susanna Barkataki (she/her): like that mute spreading into the earth, and then branches up into the sky like really changes in perspective. So Nature um, it's big one for me around the energy

161

00:17:12.089 --> 00:17:14.510

Susanna Barkataki (she/her): thing

162

00:17:15.390 --> 00:17:19.389

Susanna Barkataki (she/her): so beautiful I can feel the vibrational quality. Yeah,

163

00:17:19.930 --> 00:17:20.880

Susanna Barkataki (she/her): hmm.

164

00:17:22.359 --> 00:17:24.550

I can call now beautiful.

165

00:17:26.589 --> 00:17:29.930

Susanna Barkataki (she/her): Yes, I'm really engaging in meditation

166

00:17:30.190 --> 00:17:42.690

Susanna Barkataki (she/her): makes me realize how much time I spend, either holding my breath or feeling tense. So the importance of checking in with that and letting go. I sometimes feel like yoga in our modern world. It really is just like

167

00:17:43.700 --> 00:18:06.450

Susanna Barkataki (she/her): reminder to breathe, and you can pick anything right. It could be like a key word like um. I don't know, like muffins or something like. Let's have some your reminder to breathe, or you know, pencil. It doesn't really matter what it is, but just having

those queues through your day through your life. Um, picking up your phone,

168

00:18:07.300 --> 00:18:08.999

Susanna Barkataki (she/her): opening an email,

169

00:18:09.800 --> 00:18:11.909

Susanna Barkataki (she/her): a reminder to breathe.

170

00:18:11.980 --> 00:18:12.850

Yeah.

171

00:18:13.690 --> 00:18:14.750

Susanna Barkataki (she/her): Hmm.

172

00:18:15.680 --> 00:18:27.780

Susanna Barkataki (she/her): Oh, yeah. Towards the end of the meditation experience being grateful for this whole group. Yes, so grateful. So I wanted to get to your questions that came in so we can talk um,

173

00:18:28.400 --> 00:18:40.880

Susanna Barkataki (she/her): Jamie, if you're here. I'd love for you to speak to your question about the difference in the interplay between us data and the part graph and um, and that

174

00:18:41.390 --> 00:18:52.069

Susanna Barkataki (she/her): if you would like to share. Let me see. Maybe you can raise your hand to if you're here so, and I can make sure you're

175

00:18:58.210 --> 00:18:59.899

let me raise my hand.

176

00:19:07.630 --> 00:19:14.029

Jamie (she/her) @tharavadayoga: Um! Hi! Um! Sorry I just logged on, and i'm a little.

177

00:19:14.780 --> 00:19:19.190

Jamie (she/her) @tharavadayoga: It was um that not pretty good. That's right. So um,

178

00:19:19.920 --> 00:19:38.170

Susanna Barkataki (she/her): you know, when I think about Asia, and I feel like there is, you know, some similarity in it, at least in the English translations of it. Um! That idea of not stealing um and outbreak. Ah! That idea of

179

00:19:38.880 --> 00:19:40.110  
Jamie (she/her) @tharavadayoga: not

180

00:19:40.330 --> 00:19:42.299  
taking more than you need.

181

00:19:42.810 --> 00:19:49.800  
It makes me think about, you know, when when we use the word stealing for

182

00:19:49.860 --> 00:19:51.150  
Jamie (she/her) @tharavadayoga: um,

183

00:19:51.300 --> 00:20:04.679  
Jamie (she/her) @tharavadayoga: for people who are taking more than they need. You know, which we see happening in giant ways. Um in this world in general, right now, um and always.

184

00:20:05.330 --> 00:20:19.390  
Jamie (she/her) @tharavadayoga: And so you know I am. I'm just curious about the interplay between those two ideas. Um, and the philosophies that

185

00:20:19.420 --> 00:20:20.820  
are behind them,

186

00:20:21.390 --> 00:20:24.519  
and also the ways that they are

187

00:20:24.760 --> 00:20:26.270  
very different.

188

00:20:29.480 --> 00:20:33.510  
Susanna Barkataki (she/her): I love this question, and there's

189

00:20:34.970 --> 00:20:37.639  
Susanna Barkataki (she/her): there's a way that each of the

190

00:20:37.720 --> 00:20:49.919

Susanna Barkataki (she/her): kind of telegraph in to each of the other ones. And yet I think there is a distinction, and and it really is is like

191

00:20:50.270 --> 00:20:51.730

Susanna Barkataki (she/her): kind of on a

192

00:20:51.800 --> 00:21:09.360

Susanna Barkataki (she/her): on a very basic level. It's they. They are connected because a particle has like not attaching right. And if we're not attached, we're not going to steal um because we're not attached to that thing. So we're not going to take from others. But in a way the Fargo has more subtle,

193

00:21:09.900 --> 00:21:25.330

Susanna Barkataki (she/her): and so on the gross level it, at very least, and I remember, you know, feeling when I was young like this pulse to like if I was at a friend's house, or something to like, use their stuff or take their stuff like it. Was this very um the kind of,

194

00:21:25.340 --> 00:21:43.549

Susanna Barkataki (she/her): I think, reflecting on it now. I don't know. If I had this awareness before, it was probably because I felt like they had something. I didn't have, you know, like they were cool, or they were comfortable in their own skin, and so I was like I had this like real desire to take their stuff like the cute choose or cute jacket whatever,

195

00:21:43.560 --> 00:21:51.810

Susanna Barkataki (she/her): and I literally had to stop myself from stealing like from taking their stuff, you know. And that was

196

00:21:51.880 --> 00:22:05.119

Susanna Barkataki (she/her): when So when we have a stay there's very on the surface kind of direct, like Don't Steal, don't don't take things that aren't yours, and then the paragraph is so much more subtle Right? It's more like

197

00:22:07.180 --> 00:22:12.750

Susanna Barkataki (she/her): that attachment to the thing that's outside of you that's going to make you feel worthy

198

00:22:12.950 --> 00:22:14.400

Susanna Barkataki (she/her): Actually, is.

199

00:22:14.620 --> 00:22:17.059

Susanna Barkataki (she/her): It's not about that. It's about.

200

00:22:17.220 --> 00:22:26.650

Susanna Barkataki (she/her): How can you feel worthy, or how can you find value without grasping, without reaching outside yourself. And so there is a kind of layering of

201

00:22:27.050 --> 00:22:30.859

Susanna Barkataki (she/her): with the y of of like Don't harm.

202

00:22:30.870 --> 00:22:48.410

Susanna Barkataki (she/her): Tell the truth, Don't steal, if you can do all that you know, or as you do, all that explicitly manage your energy. Um. And now, like, get into the subtle craving ofvers and craving a version and and interrupt that cycle. So they're intimately connected, and I think, um

203

00:22:48.620 --> 00:22:50.880

Susanna Barkataki (she/her): they help one another.

204

00:22:52.200 --> 00:23:02.270

Susanna Barkataki (she/her): It's sometimes looking at it on that really direct way also helps me. Now, the other thing that's happening particularly with esteem, is

205

00:23:02.640 --> 00:23:07.499

Susanna Barkataki (she/her): a concept of like um well, really with both of them.

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00:23:07.950 --> 00:23:18.949

Susanna Barkataki (she/her): But uh, uh generosity, right knowing that I don't get less because you get more. And so giving that generosity of spirit, and then um

207

00:23:20.440 --> 00:23:29.510

Susanna Barkataki (she/her): and hello! It's so cool to see your the little person here, and then with the product is intervening.

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00:23:29.520 --> 00:23:48.870

Susanna Barkataki (she/her): It's an invitation directly into interconnectedness into I am because you are, and you are because I am, and that is even more full, I think, in the product I have more than than in it. It's there because we're being generous, and we're we're not taking but a part of how really like

209

00:23:49.020 --> 00:23:51.749

Susanna Barkataki (she/her): draw that the um

210

00:23:51.850 --> 00:23:58.140

Susanna Barkataki (she/her): i'm not attached, because I am already everything I'm already whole, i'm already complete.

211

00:23:58.510 --> 00:24:00.870

Susanna Barkataki (she/her): So i'm curious how that lands to me.

212

00:24:01.230 --> 00:24:06.169

Jamie (she/her) @tharavadayoga: Yes, that makes a lot of sense actually um it's sort of um,

213

00:24:06.780 --> 00:24:16.290

Jamie (she/her) @tharavadayoga: you know. Let me know if this is makes sense, but it also it feels like to me that you know, as theea kind of has to do with um

214

00:24:16.630 --> 00:24:20.249

other people. In a sense you know what I mean. Like

215

00:24:20.370 --> 00:24:22.030

not taking

216

00:24:22.330 --> 00:24:31.009

Jamie (she/her) @tharavadayoga: sort of an It's more of an outward facing sort of philosophy, and that upgrade Raja is more like starting from

217

00:24:31.040 --> 00:24:35.099

the inside, and just not needing

218

00:24:35.290 --> 00:24:36.720

What's not?

219

00:24:40.950 --> 00:24:42.050

Yes,

220

00:24:42.620 --> 00:24:56.529

Susanna Barkataki (she/her): yes, exactly. And and those subtle, because before the action right of taking or not taking or giving or not getting. There is a a craving or an aversion. There's a I want where I want

221

00:24:56.540 --> 00:25:06.159

Susanna Barkataki (she/her): to be away from. And so that awareness doesn't mean the action is right or wrong. It's just bringing awareness to that, you know.

222

00:25:06.230 --> 00:25:15.279

Susanna Barkataki (she/her): I think of it as like, and then I don't know what teacher described it this way, but I know someone else has said this like an enlightened pause, like the pause of

223

00:25:16.820 --> 00:25:24.690

Susanna Barkataki (she/her): right like. Here is the the action, and I can still do the action, but maybe with a little bit less attachment.

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00:25:24.740 --> 00:25:27.379

Susanna Barkataki (she/her): And I also think you know,

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00:25:27.410 --> 00:25:30.129

Susanna Barkataki (she/her): if we're not renunciates.

226

00:25:30.970 --> 00:25:43.410

Susanna Barkataki (she/her): So to. There's different perspectives on this on a part I have particularly because there are some schools that are like we are trying to actually cut the cycle of attachment, craving in a version right. There are

227

00:25:43.420 --> 00:25:56.180

Susanna Barkataki (she/her): practitioners who practice that way. And then there are many others that are more household oriented who say we're not trying to completely eradicate. We're just doing mindfulness, awareness. And in that awareness is freedom,

228

00:25:56.240 --> 00:26:00.170

Susanna Barkataki (she/her): and the school and the teacher that I come from is is that

229

00:26:00.180 --> 00:26:18.449

Susanna Barkataki (she/her): ha but uses the um the renunciate path to help right. So every time we sit every time we're in meditation, and we either mind fully scratching it, or don't scratch, and it's every time

we're in, and and us and a pose, and are aware of our breath. All of that is like building that practice

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00:26:18.460 --> 00:26:23.299

Susanna Barkataki (she/her): of the mindful awareness. Um towards liberation.

231

00:26:23.700 --> 00:26:24.690

Yeah,

232

00:26:24.920 --> 00:26:31.639

Susanna Barkataki (she/her): thank you so much for that question. Yes, just from passing that exactly. And um, but it's in general,

233

00:26:32.170 --> 00:26:40.450

Susanna Barkataki (she/her): and there are some yielded schools that that take more of that approach. And then there are many that that don't.

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00:26:40.780 --> 00:26:55.760

Susanna Barkataki (she/her): There are many, many that are more engaged in the world or about building up. You know your family life, your personal life work, and then spiritual growth. Um! And that they're kind of all intertwined. They don't have to be separate.

235

00:26:56.760 --> 00:26:57.940

Susanna Barkataki (she/her): Okay.

236

00:26:58.050 --> 00:27:03.789

Susanna Barkataki (she/her): Thank you for that question. Going to our next question. Um,

237

00:27:05.280 --> 00:27:12.340

Susanna Barkataki (she/her): Are you here? And would you like to talk more about your question around attachments, and

238

00:27:12.420 --> 00:27:21.160

Susanna Barkataki (she/her): we had an opportunity to have a cool uh conversation about that in another context, and i'm just curious if you would like to share more about it.

239

00:27:29.480 --> 00:27:38.080

Susanna Barkataki (she/her): There is my Okay? No, not yet. So that's all right. Um. The question was about

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00:27:38.560 --> 00:27:47.070

Susanna Barkataki (she/her): attachment and attachment, particularly in relationships like how you can love someone and care for someone. Um!

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00:27:47.130 --> 00:27:48.750

Susanna Barkataki (she/her): But then,

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00:27:49.230 --> 00:28:04.809

Susanna Barkataki (she/her): like, maybe you find yourself attached to them, but they want some space. And so how can we be in relationship practicing a paragraph? And you know, naturally forming bonds and connections and um,

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00:28:05.100 --> 00:28:10.159

Susanna Barkataki (she/her): and working with it when when there's a need for space or in space just happens.

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00:28:10.440 --> 00:28:17.200

Susanna Barkataki (she/her): This question I also really love, because I think it's so practical like, who can't relate to that? Um,

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00:28:18.120 --> 00:28:33.349

Susanna Barkataki (she/her): and there's many, probably many different answers. And so invitation for folks to put their own thoughts to in the chat. Um for me, I do that practice that I guided at the beginning a lot like of refreshing my relationships with the people that i'm

246

00:28:33.360 --> 00:28:47.170

Susanna Barkataki (she/her): really intimately connected to, and sending energy back to them, bringing my energy back to me, and I feel like it allows me to, in a way, practice set here like seeing them clearly and in any way, and

247

00:28:47.400 --> 00:29:02.939

Susanna Barkataki (she/her): also practicing a paragraph with like not attaching the meaning like, if someone needs more space or needs more time, you know. Doesn't want to hang out as much like it doesn't mean there's anything wrong with me

248

00:29:02.950 --> 00:29:16.650

Susanna Barkataki (she/her): or with them. It's just the condition right now, and it's an opportunity to learn. And if there's something i'm wanting from them. Can I get it somewhere else from other relationships? Other connections, friendships, and

249

00:29:16.680 --> 00:29:25.819

Susanna Barkataki (she/her): myself, you know. Um: So those are Yeah, those are some of the tools that I use. What about any of you with this question

250

00:29:28.360 --> 00:29:31.290

Susanna Barkataki (she/her): and relationships?

251

00:29:32.670 --> 00:29:34.230

Susanna Barkataki (she/her): I like to

252

00:29:34.880 --> 00:29:35.840

talk about that.

253

00:29:45.580 --> 00:29:48.230

Susanna Barkataki (she/her): Yeah, it is tough one, right?

254

00:29:48.870 --> 00:29:51.490

I think it's tough for a lot of us.

255

00:30:01.190 --> 00:30:05.279

Susanna Barkataki (she/her): It's. You know It's a practice, and

256

00:30:07.210 --> 00:30:08.510

Susanna Barkataki (she/her): um,

257

00:30:08.850 --> 00:30:18.369

Susanna Barkataki (she/her): and it doesn't mean because the practice here that we won't feel attached, but we won't feel lost, you know, when we're attached, and something doesn't go the way we want it.

258

00:30:19.610 --> 00:30:27.159

Susanna Barkataki (she/her): Can really. I by and chat, and our philosophy about what concerns you most about how it seems to be an issue. You have yourself. Yes,

259

00:30:27.470 --> 00:30:36.229

Susanna Barkataki (she/her): this question reminds me a lot of relationship, anarchy having different purposes for different relationships, and not having to rely on one person for everything. Yes,

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00:30:36.850 --> 00:30:38.270

Susanna Barkataki (she/her): so helpful.

261

00:30:41.450 --> 00:30:44.199

Varsha Gobin: If um if I can add in. I also

262

00:30:44.220 --> 00:30:45.450

Varsha Gobin: think that

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00:30:45.800 --> 00:30:47.540

Varsha Gobin: sometimes we

264

00:30:48.020 --> 00:31:05.870

Varsha Gobin: we have to remind ourselves that relationships can evolve over time and change over time, and that doesn't mean that there's anything wrong, but we, as people are, are changing, involving, and maybe our life circumstances as well, maybe sort of the job. Maybe we moved. Maybe somebody got married or or had a child, and

265

00:31:05.880 --> 00:31:21.650

Varsha Gobin: when our lives change, our relationships need to also evolve and change and move forward with us, so that um they're they're still healthy. Um for both parties. So sometimes I like remind myself that it's It's okay for things to change, and they should be changing and evolving.

266

00:31:24.690 --> 00:31:26.569

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

267

00:31:26.720 --> 00:31:27.840

Susanna Barkataki (she/her): Yes,

268

00:31:32.150 --> 00:31:39.909

Susanna Barkataki (she/her): and I think a have leads us to that too, like the in permanence, the beauty of the permanence that things are excellent to stay the same

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00:31:40.110 --> 00:31:44.069

Susanna Barkataki (she/her): um to almost like expect and revel in

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00:31:44.290 --> 00:31:52.180

Susanna Barkataki (she/her): the lack of certainty. Uh, that's at different times and different ways that can be really talented,

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00:31:52.240 --> 00:32:02.600

Susanna Barkataki (she/her): and our practice can be there to support it like. What is the truth now of this moment? This relationship me right as I team to grow where they tend to grow.

272

00:32:02.620 --> 00:32:04.339

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

273

00:32:04.630 --> 00:32:23.090

Susanna Barkataki (she/her): Yeah. And then also understanding my own co-dependent tendencies. Learning this is we're getting into. And I just want to name, especially when we talk about relationships we're getting into around. That could be really useful to talk about with your therapist. Or if you don't have one to, you know. Get a therapist and talk to them about, because

274

00:32:23.100 --> 00:32:27.360

Susanna Barkataki (she/her): there's a lot of wonderful philosophy tools and skills

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00:32:27.410 --> 00:32:29.370

Susanna Barkataki (she/her): that have been developed.

276

00:32:29.380 --> 00:32:59.369

Susanna Barkataki (she/her): Yoga isn't a cure. All right, There's this per view of what you guys here for. And then there's things that that are beyond the proving of yoga that are really wonderful, and and I would say for me, it's kind of how all of it has helped um. But using therapeutic models or having someone use a therapeutic model. I need to work with attachments and creating healthy relationships, and so so helpful. And then Satya and things can just kind of flow into those

277

00:32:59.380 --> 00:33:06.940

Susanna Barkataki (she/her): tools that I've built from other sources. So just naming that here, if you're like. Wow! I see it, but it's not working.

278

00:33:07.510 --> 00:33:13.650

Susanna Barkataki (she/her): It's, you know. There's other supports that are are there that you can connect to?

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00:33:13.910 --> 00:33:15.230

Susanna Barkataki (she/her): Yeah.

280

00:33:15.400 --> 00:33:22.800

Susanna Barkataki (she/her): Um. Our next question is about the um

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00:33:25.240 --> 00:33:43.780

Susanna Barkataki (she/her): about the reparations resources which i'm so glad? Someone asked, because last time I mentioned it, and then um got all excited and forgot to share it. So I dropped the link in the chat. And this is what it looks like.

282

00:33:43.790 --> 00:33:52.709

Susanna Barkataki (she/her): Screen So reparations, um resources. These are different

283

00:33:52.750 --> 00:34:10.300

Susanna Barkataki (she/her): schools or institutions. There's Yoga based ones in India. Crafts Us. Based um South Asian organizations humanitarian aid in India, and then also intersectional equity organizations that are um,

284

00:34:11.130 --> 00:34:19.569

Susanna Barkataki (she/her): I think, mostly us space, but not all uh us based. So

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00:34:19.820 --> 00:34:35.159

Susanna Barkataki (she/her): that is one, and I think I can change the share settings. So if you have other organizations to recommend, then you can comment them. So let me let me change that um

286

00:34:52.510 --> 00:34:54.959

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

287

00:34:57.160 --> 00:35:11.640

Susanna Barkataki (she/her): Oh, nice! I'm a book Coach June. Do you want to see more about this? If you're here? Um put in her to teaching with decrease and meditation as tools within the framework of helping folks move through writing their book about emotional, the traumatic experiences

288

00:35:11.880 --> 00:35:13.310

that's really cool

289

00:35:27.050 --> 00:35:27.979

Susanna Barkataki (she/her): to No?

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00:35:28.050 --> 00:35:46.109

Susanna Barkataki (she/her): Okay. Um, It takes them in excess. Let's go through the alphabet. Okay. Our next question is from Claire and Claire asked um that a question about pronunciation,

291

00:35:46.380 --> 00:36:00.269

Susanna Barkataki (she/her): and Sanskrit pronounced with the Uh at the end and the uh Sound, and that she's listen to recently two different South Asian teachers pronouncing words uh with the final,

292

00:36:00.350 --> 00:36:03.609

Susanna Barkataki (she/her): they sound being silent. Um!

293

00:36:03.760 --> 00:36:32.400

Susanna Barkataki (she/her): She's unsure if it depends which part of South Asia the teaching is coming from, or any other comments, and wants to make sure she's uh respecting the sense of language and pronouncing as best as she can. Um and I love Yeah. And and also broadening this out to hearing from the group various thoughts on finding the balance of using some script words during class to respect the practice, but also making accessible

294

00:36:32.410 --> 00:36:36.269

Susanna Barkataki (she/her): to people of all language backgrounds.

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00:36:36.520 --> 00:36:37.810

Susanna Barkataki (she/her): And

296

00:36:38.240 --> 00:36:42.129

Susanna Barkataki (she/her): I think that's a great question, and i'd love to um

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00:36:43.050 --> 00:36:52.890

Susanna Barkataki (she/her): to here. Focus on that. So in terms of the uh, it's It's really a more modernized or more, you know.

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00:36:52.910 --> 00:36:54.969

Susanna Barkataki (she/her): Are you using like

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00:36:55.160 --> 00:37:05.839

Susanna Barkataki (she/her): the older sounds good or the more modern sounds good? And yes, there are also so many regional variations. India is a huge, huge country uh subcontinent right? It's like

300

00:37:06.650 --> 00:37:11.029

Susanna Barkataki (she/her): there's at least two hundred and sixty languages

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00:37:11.040 --> 00:37:27.510

Susanna Barkataki (she/her): to this day, and even at the time that you're both developed. It was written about in Sanskrit, but also in other languages to Muggy Poly um many others. And so there's a lot of variation. It's not right or wrong. Um, but it is.

302

00:37:28.050 --> 00:37:39.569

Susanna Barkataki (she/her): It's helpful to know the difference. And so dropping the A is often a more modern approach, and keeping that as often more like kind of the the original um earlier Sanskrit.

303

00:37:39.580 --> 00:37:52.200

Susanna Barkataki (she/her): And for me it's the way it was taught. It's what I've learned from um who reads and translates, and you know um teaches in some good chance in censor it.

304

00:37:52.210 --> 00:38:09.800

Susanna Barkataki (she/her): I think it's also really important to say a lot of the times we hear. Sanskrit is a dead quote. Dead language couldn't be farther from the truth. It's been alive for thousands of years. It's still the language used in rituals, and it's still the language used in any kind of sacred ceremony

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00:38:09.950 --> 00:38:27.580

Susanna Barkataki (she/her): in many contexts, so it's not dead at all. And I think part of why he uses it that way is in order to kind of preserve the tradition and and um, but language is all evolved as well. And so I think that that um

306

00:38:27.850 --> 00:38:41.709

Susanna Barkataki (she/her): yeah, oh, interesting to me and not be on. We use usually end with our um in everyday speech, and I've heard it that way in yoga practice as well. Yeah, I think it probably goes back pretty far. Um,

307

00:38:42.830 --> 00:38:45.170

Susanna Barkataki (she/her): yes. So

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00:38:45.480 --> 00:39:00.879

Susanna Barkataki (she/her): just know, you know. And sometimes people get really like it is wrong to say yog, or, to say yoga, it's you'll or it's wrong to say yo. You should say you that, and and the truth is, both are. It just depends on the context. Um.

309

00:39:01.040 --> 00:39:04.899

Susanna Barkataki (she/her): Now the general conversation of

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00:39:05.500 --> 00:39:12.140

Susanna Barkataki (she/her): utilizing some, some, for in a class i'd love to hear like your thoughts. And um

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00:39:12.420 --> 00:39:15.799

Susanna Barkataki (she/her): yeah, that's if you'd like to share

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00:39:16.030 --> 00:39:34.719

Kahli A [they/them]: everybody. Um, i'm collie, and I use uh the even pronouns. And um my question off of the use of Sanskrit is particular to music that we use in class. Um, because I know that there are so many lovely traditional artists and songs. Um!

313

00:39:34.730 --> 00:39:45.440

Kahli A [they/them]: They I've enjoyed listening to, and at the same time like I want them to benefit from me like playing, although I know that it's not a huge benefit for streams. Um!

314

00:39:45.510 --> 00:39:59.850

Kahli A [they/them]: But I also recognize some of the things that I listen to. Aren't meant to be listened to outside of religious practices, or like the G Ginesh Invocation, for example, is supposed to be in front of a statue of Ginesh with purpose. And so,

315

00:39:59.860 --> 00:40:07.419

Kahli A [they/them]: um I was kind of like questioning myself of like. Oh, I was thinking I was ready to maybe teach a class this way. And now i'm thinking,

316

00:40:07.510 --> 00:40:11.140

Kahli A [they/them]: maybe not. I'm curious what your thoughts would be.

317

00:40:12.720 --> 00:40:15.409

Susanna Barkataki (she/her): Yes, Collie, thank you. Um.

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00:40:16.410 --> 00:40:29.030

Susanna Barkataki (she/her): I I really like your intuition to kind of go with teaching in a way that's like respectful and caring of the context and using music. I generally don't use devotional music

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00:40:29.040 --> 00:40:41.230

Susanna Barkataki (she/her): in classes unless it's really specifically built like. For example, I taught election class in person a couple of months ago, and I pulled mantras for luxury only,

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00:40:41.340 --> 00:40:58.319

Susanna Barkataki (she/her): and so, and built the soundtrack very specifically, for you know, connection to an awareness of, and brought in um explicitly that we were doing a practice to her and connected to her, so

321

00:40:58.600 --> 00:41:15.630

Susanna Barkataki (she/her): that for me feels really good. But I don't anymore. I I did. Used to. I just want to name this like put together a playlist that a little bit random. And and I learned also to not to, You know, from my family, too, who are like Oh, you know,

322

00:41:16.090 --> 00:41:34.010

Susanna Barkataki (she/her): if we're at a particular puja for a particular deity, we're gonna be playing songs to them. Now goodness starts off a lot of different celebrations. And so it's okay to start with guinea, but also helpful to have finished there. Yeah. So i'd say more and more

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00:41:34.020 --> 00:41:42.579

Susanna Barkataki (she/her): for me. It's like in a relationship to, and feeling that comfort when it's part of my own practice or my family's practice.

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00:41:42.590 --> 00:41:59.019

Susanna Barkataki (she/her): Then I feel more comfortable sharing it out. And so there's no rush There's no need to rest a lot of the time. If I am getting used music. I just use instrumental music with new words, you know, and so something that that is there that can help people kind of find a soothing space.

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00:41:59.200 --> 00:42:05.539

Susanna Barkataki (she/her): The silence. Isn't, you know, is that like an appropriate thing for the context? Um,

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00:42:05.690 --> 00:42:06.790

Susanna Barkataki (she/her): yeah.

327

00:42:06.850 --> 00:42:13.069

Susanna Barkataki (she/her): And I want to come back to like just the question of using sense. But I really

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00:42:13.210 --> 00:42:20.119

Susanna Barkataki (she/her): I always teach the use of Sanskrit. And you know, good teacher trainings, because

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00:42:20.510 --> 00:42:28.350

Susanna Barkataki (she/her): when we're thinking about preserving a practice, we want to think about the language right? So even if you don't speak it

330

00:42:28.710 --> 00:42:47.450

Susanna Barkataki (she/her): or use it as you teach, knowing the Sanskrit names for a post or a shape is really helpful, I think. And then, when I do go to teach, I try to teach and use English and Sanskrit. If i'm teaching, and i'm in this context. So it's not

331

00:42:47.460 --> 00:42:50.960

Susanna Barkataki (she/her): disconnecting for the students that i'm teaching.

332

00:42:51.440 --> 00:43:07.189

Susanna Barkataki (she/her): And so i'll say like what we're going to, left one leg place that foot on the other cap and move into tree right or for Chelsea, and a treat depending on the context of the class. So i'd love to hear other people's thoughts

333

00:43:07.640 --> 00:43:09.439

Susanna Barkataki (she/her): out loud

334

00:43:10.500 --> 00:43:12.239

Susanna Barkataki (she/her): if you want to speak.

335

00:43:14.010 --> 00:43:15.109

Susanna Barkataki (she/her): Hmm.

336

00:43:21.130 --> 00:43:23.249

Just looking at the comments

337

00:43:27.920 --> 00:43:38.890

Susanna Barkataki (she/her): you learned is queuing. Both sounds good in English. Yeah, folks in class are very new, and i'll share the English from first, and then the sounds great. So they know where we're going.

338

00:43:38.960 --> 00:43:39.970

Susanna Barkataki (she/her): Yeah,

339

00:43:40.270 --> 00:43:53.929

Susanna Barkataki (she/her): and they also get to hear the traditional language it is. It's a simple way to to integrate the roots, and I actually think it's. It's accessible, because if you go to another country like you're, you know, in in um

340

00:43:54.360 --> 00:44:12.719

Susanna Barkataki (she/her): somewhere in Asia, or you're in Latin America. You can take a yoga us in a class and practice if they use Sanskrit, even if you don't speak the language of the country or the place that you are in, and so so so there's a way that, using subscript can create access as well.

341

00:44:13.310 --> 00:44:21.330

Susanna Barkataki (she/her): Uh, I like to use South Asian instrumental music. Yes, kinetic or Hindustani drumming violin or fruit. I love that.

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00:44:21.350 --> 00:44:22.680

Susanna Barkataki (she/her): Um

343

00:44:23.510 --> 00:44:27.590

Yeah, and for your own meditations and focused work.

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00:44:27.940 --> 00:44:30.880

Susanna Barkataki (she/her): Mhm And I love this uh

345

00:44:30.910 --> 00:44:35.119

Susanna Barkataki (she/her): to me. What you're bringing up for me and calling to is like

346

00:44:36.430 --> 00:44:54.800

Susanna Barkataki (she/her): the more we can incorporate them. The music into our practice, so like turn to more traditional music if it resonates for you, there's also a lot of, and I have a playlist. I'll share that, too. Um that I made for in by embrace the the course. Um,

347

00:44:55.590 --> 00:45:06.080

Susanna Barkataki (she/her): The more we incorporate, Either you know, traditional music or more modern music, the more we're comfortable using it, and the more it kind of becomes part of the lexicon of

348

00:45:06.670 --> 00:45:14.270

Susanna Barkataki (she/her): this soundscape uh the landscape of our practice and our teaching. Okay, where is this? Um:

349

00:45:22.620 --> 00:45:32.490

Susanna Barkataki (she/her): Yeah. And I would just say one thing. I'm: Well, i'm looking. I want to playlist. Um,

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00:45:38.570 --> 00:45:41.209

Susanna Barkataki (she/her): there it is. Okay.

351

00:45:41.230 --> 00:45:50.740

Susanna Barkataki (she/her): Um, It's got like ten hours of music. Also, there's a lot in here, and um and some of it is

352

00:45:50.780 --> 00:45:53.320

Susanna Barkataki (she/her): more modern, and some of it's more.

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00:46:01.010 --> 00:46:04.439

Susanna Barkataki (she/her): I think if we you can still use it with a free account

354

00:46:04.940 --> 00:46:06.100

Susanna Barkataki (she/her): uh

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00:46:10.290 --> 00:46:15.199

Susanna Barkataki (she/her): it's got it's. Okay. Um, I want to open it up to just see what

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00:46:15.840 --> 00:46:21.009

Susanna Barkataki (she/her): what's up for you, and how, or if there anything that wants to be shared into the space.

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00:46:38.190 --> 00:46:42.669

Vivianne Cardenas: Um! I did have a question regarding appropriation.

358

00:46:42.800 --> 00:46:46.559

Susanna Barkataki (she/her): Yes, that's okay. Yeah. So

359

00:46:47.230 --> 00:46:54.390

Vivianne Cardenas: I have a friend who's a yoga teacher, and she is now into the business of coaching teachers and growing their business.

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00:46:54.400 --> 00:47:14.170

Vivianne Cardenas: Um! She's very influential in my community. And um i'm part of a Face Facebook group. I should post it that she's gonna launch a podcast and um. She was posting two names for the postcode podcast, and asking people to go for a name. One of the names was Um, something like Nan's day,

361

00:47:14.500 --> 00:47:20.890

Vivianne Cardenas: and when I read it I kind of cringed. You know I had to check in with my emotions, because

362

00:47:21.110 --> 00:47:25.179

Vivianne Cardenas: in my world I saw it as a yoga community.

363

00:47:25.510 --> 00:47:28.250

Vivianne Cardenas: We were kind of like a little bit past that.

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00:47:28.580 --> 00:47:32.860

Vivianne Cardenas: But um! That was a little shocking to me, and coming from a person I know

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00:47:33.620 --> 00:47:36.589

Vivianne Cardenas: um, and I didn't know how to engage

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00:47:36.740 --> 00:47:38.709

Vivianne Cardenas: in a way that

367

00:47:39.160 --> 00:47:53.839

Vivianne Cardenas: um honors yoga, you know, with a himself, with respect, with curiosity. So I guess I just I just possibly, you know, offering another perspective. Um! This looks to me like calls for appropriation, and that open a whole date.

368

00:47:53.850 --> 00:47:59.359

Vivianne Cardenas: Um! And her responses are where to me, very

369

00:47:59.380 --> 00:48:01.169

Vivianne Cardenas: defensive like,

370

00:48:02.020 --> 00:48:05.889

Vivianne Cardenas: and and it made me understand that she has no

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00:48:06.880 --> 00:48:26.749

Vivianne Cardenas: real concept of what that is. Um! And I didn't know how to continue to engage. So I had to step cat this back, because I didn't want to be confrontational or like argumentative in any way. I wanted it to be an opportunity, maybe, for everyone who's on that platform, and there is a lot of people

372

00:48:26.760 --> 00:48:46.739

Vivianne Cardenas: in the on her platform because she's very influential um to be curious about that, and to learn. So I guess my question is, what's your take on how to approach a situation like that when, like somebody clearly has like no idea what that is, and they are very defensive at the term itself.

373

00:48:46.750 --> 00:48:49.319

Susanna Barkataki (she/her): Wow! I first just wanna say

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00:48:49.690 --> 00:48:54.809

Susanna Barkataki (she/her): amazing that you spoke up, and that you like engaged

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00:48:54.840 --> 00:49:02.650

Susanna Barkataki (she/her): her, and that way, I think it's already takes so much care right and so much skillfulness to be able to get to that point.

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00:49:03.900 --> 00:49:10.430

Susanna Barkataki (she/her): It's hard. I mean it's honestly really hard. If someone's defensive. I I

377

00:49:12.440 --> 00:49:31.829

Susanna Barkataki (she/her): I i'm with you in that as a yoga community, we're at least at the point where the conversation is happening, you know, like you're not the only one like there's a lot of us. I'm not the only one Now, thank goodness, there's so many people who have come out and said, you know, and even today I was looking someone with like, when I hear

378

00:49:31.840 --> 00:49:37.030

Susanna Barkataki (she/her): people saying, i'm a stay at the end of class. It makes me feel uncomfortable, you know, in the as an in person,

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00:49:37.450 --> 00:49:46.260

Susanna Barkataki (she/her): so it's not objectively like up for it to, or it is up for debate like it is a conversation people are having

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00:49:46.550 --> 00:49:49.809

Susanna Barkataki (she/her): that she is responding to you defensively.

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00:49:50.710 --> 00:50:04.710

Susanna Barkataki (she/her): In a way. It's almost like for me in those moments. All I could do is sort of point to resources, other places to learn and be like. You know. This is a conversation I know It's important to some Indian, many Indian people. Um,

382

00:50:05.180 --> 00:50:08.570

Susanna Barkataki (she/her): Maybe we can look at it together, you know, like,

383

00:50:08.840 --> 00:50:24.779

Susanna Barkataki (she/her): and I would probably remove myself from the situation if I was meeting that kind of resistance, because what I try to do is beyond, I can't be on the same side um feel the same side with someone. But if

384

00:50:24.790 --> 00:50:34.709

Susanna Barkataki (she/her): I've hit their defensive if they're not going to hear me, you know they're not going to hear anything. I say they're just gonna be like that, Susanna. Um, which happens a lot. And

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00:50:34.780 --> 00:50:42.260

Susanna Barkataki (she/her): I also don't depends again on the circumstance, right? But I don't like go of the relationship, meaning

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00:50:42.330 --> 00:51:08.180

Susanna Barkataki (she/her): if I just stop because we're we're kind of like this. I hold out that they might change that they may learn that they might grow because a lot of the time the people that I've talked to I mean. Now I've been doing this for a long time, Right? They they resisted, they ignored me, they argued they were defensive, and they've come around, and they've been like, hey? I really see what you're talking about now, and I didn't before um,

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00:51:08.190 --> 00:51:35.119

Susanna Barkataki (she/her): and they don't say sorry. Usually they just they're like. Oh, I kinda get it. And then they usually want to ask my advice like, What what can I do about this? You know they want to ask for free coaching or whatever. And But i'm okay in some circumstances, holding that space for the relationship to evolve or to change, because

especially if someone has a lot of influence, I know that they're gonna be able to then ripple to a lot of their community,

388

00:51:35.130 --> 00:51:44.770

Susanna Barkataki (she/her): and it's for me a practice of to to hold that tension and hold that space uh without needing them to change, but

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00:51:44.880 --> 00:51:55.069

Susanna Barkataki (she/her): staying clear. So caring for yourself, and then also, if and when it's available, like where there are other people on the thread, or that you know

390

00:51:55.080 --> 00:52:15.369

Susanna Barkataki (she/her): who are like? Oh, yeah, I heard this podcast about this. Oh, yeah, I saw this other teacher, you know. Talk about it. And can you draw them in to bring in resources and points and thoughts as well, because when there's a group it's a lot harder to just dismiss and say, Oh, It's just, you know, Vivian Being

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00:52:15.380 --> 00:52:20.520

Susanna Barkataki (she/her): can be confrontational, because when it's other people asking questions as well,

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00:52:21.300 --> 00:52:23.419

Susanna Barkataki (she/her): I don't know. How does that sound?

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00:52:24.800 --> 00:52:31.239

Vivianne Cardenas: Yeah, It It thank you so much for for saying all that it does make sense. Um!

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00:52:31.350 --> 00:52:44.319

Vivianne Cardenas: There is a part of me that resists pulling back because I feel the responsibility. But ultimately, you know there is that what you said, you know, find that point where that I care for myself

395

00:52:44.720 --> 00:53:00.219

Vivianne Cardenas: while trying to engage um. I I do. You know, I like. I like to be hopeful, you know. I like to think that maybe that open up a question in her. And actually the last thing she wrote was, Um, so practicing your guys appropriation

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00:53:00.580 --> 00:53:06.750

Vivianne Cardenas: so, and um, and we all teach, you know, with that appropriation. And um

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00:53:07.060 --> 00:53:10.800

Vivianne Cardenas: what how I want to take. It is like, oh, great! She's asking questions,

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00:53:11.090 --> 00:53:13.960

Vivianne Cardenas: you know you're being curious. At least,

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00:53:14.150 --> 00:53:30.749

Vivianne Cardenas: so i'm taking my time to continue to engage in the way that I've been doing. And um, yeah, hopefully, something resonates. There were other people in this red, but they were more, much more confrontational that I that I was on my on my own reply. They were like, Oh,

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00:53:30.760 --> 00:53:36.650

Vivianne Cardenas: and I was like what I was trying to do. But you know what happened

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00:53:36.710 --> 00:53:53.539

Susanna Barkataki (she/her): right? Yeah, and it and it's hard to online. I don't know if you know this person, but I often feel like sometimes these conversations happen so much more effectively. Um off. Why, like privately, Um! There was a teacher.

402

00:53:53.550 --> 00:54:10.509

Susanna Barkataki (she/her): I I called out publicly for appropriation, and then wrote her an email. Actually, no, I think I wrote her an email first, and she didn't respond. And so then I did something public and then or another email, and we engaged in the email and

403

00:54:10.570 --> 00:54:33.420

Susanna Barkataki (she/her): it It took some time. It took a couple of months, but the upshot of it was, she changed her role training and her whole curriculum and invited in other South Asian teachers. It was really heartening to me, but it did take that like pulling back, because sometimes people just the walls go up, and they're really defensive. If you feel like engaging, I'd definitely say like, bring in resources share like,

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00:54:33.430 --> 00:54:51.019

Susanna Barkataki (she/her): you know, i'm sure people here can even drop in the chat. There's some great resources on this day. There's um, I think I have a free blog on it, and then I have a master class on it that I need. We record. But um, there's that, and then

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00:54:52.020 --> 00:55:10.300

Susanna Barkataki (she/her): I feel like It's just so much there's a um I can let me see if I can look it up. There's an article an Mpr. Article that's really beautiful about it. Um, So there's just no even Yoga Journal actually published some stuff about Wednesday, so there's a lot of like.

406

00:55:10.360 --> 00:55:19.760

Susanna Barkataki (she/her): But if if we want to call it like vetted resources out there that you could just drop. Oh, I was reading this. What do you think you know? And um,

407

00:55:19.820 --> 00:55:22.060

Susanna Barkataki (she/her): and continue the conversation.

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00:55:22.590 --> 00:55:24.950

Susanna Barkataki (she/her): Yeah, I'm: looking at your

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00:55:34.590 --> 00:55:36.229

Susanna Barkataki (she/her): Hmm.

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00:55:37.110 --> 00:55:38.509

Susanna Barkataki (she/her): Oh, well,

411

00:55:38.980 --> 00:55:40.080

Susanna Barkataki (she/her): yeah,

412

00:55:41.230 --> 00:55:43.540

Susanna Barkataki (she/her): testing about

413

00:55:43.940 --> 00:55:50.569

Susanna Barkataki (she/her): naming the land as indigenous is actually a colonial practice. Wow, that's weird. Yeah, I think it's like

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00:55:50.650 --> 00:55:57.799

Susanna Barkataki (she/her): I agree with you about continuing to name the indigenous people's land, and it's like the stewards right. They've been stewards of the land

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00:55:58.120 --> 00:56:18.639

Susanna Barkataki (she/her): for them as a black yoga studio, owner and teacher, until, with so much harm and violence for the white folks in my community, and the wider way wellness. You have a community. I hosted a yoga session for black students faculty and staff at a university, and

experience hundreds of hateful racist messages from white right wing folks some days to become disheartened, just

416

00:56:19.490 --> 00:56:22.949

Susanna Barkataki (she/her): holding you, Salam. That's terrible.

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00:56:23.380 --> 00:56:36.999

Susanna Barkataki (she/her): And i'm so sorry that you're you had to deal with that. It is really hard, because there's so many folks who get it and understand. And also there's so much need. And then,

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00:56:37.260 --> 00:56:41.490

Susanna Barkataki (she/her): if things are public or like, seen or known, there's like

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00:56:41.700 --> 00:56:45.379

Susanna Barkataki (she/her): this up. So of real polarization,

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00:56:46.440 --> 00:56:50.089

Susanna Barkataki (she/her): it's just holding holding. You need care.

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00:56:50.490 --> 00:56:51.520

Yeah,

422

00:56:53.070 --> 00:56:59.610

Susanna Barkataki (she/her): um. I also want to invite us, cause so if you're willing to put your um

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00:57:00.040 --> 00:57:11.500

Susanna Barkataki (she/her): your Instagram on in the chat to to show up into support and to offer supportive comments Right? Because we can, as a community, do that, resource one another like

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00:57:11.560 --> 00:57:19.380

Susanna Barkataki (she/her): support one another. Um, especially when there's these structures of power that make it really challenging.

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00:57:20.060 --> 00:57:24.119

Susanna Barkataki (she/her): Okay. And it's really reassuring. The response to challenging

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00:57:24.170 --> 00:57:38.839

Susanna Barkataki (she/her): the control appropriation is defensive, but that in time it can turn around. Yeah. And i'm finding a lot of people I come into contact with. Still, Don't seem to understand what cultural appropriation is not offensive, and I've had no one else is saying this.

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00:57:38.850 --> 00:57:49.749

Susanna Barkataki (she/her): Um right. So not just offensive, but turning it back as though i'm wrong for thinking it. Yes, I a lot of times. The way and I think is to talk or to help people understand power

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00:57:49.870 --> 00:57:58.079

Susanna Barkataki (she/her): um systemic power. First, because it's hard to understand cultural probation. If you don't understand systemic inequity. Um:

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00:57:58.160 --> 00:57:59.290

Susanna Barkataki (she/her): Yeah.

430

00:58:00.630 --> 00:58:01.729

Susanna Barkataki (she/her): Hmm.

431

00:58:03.860 --> 00:58:06.519

Susanna Barkataki (she/her): Yeah. Thanks for supporting one another

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00:58:06.700 --> 00:58:11.590

Susanna Barkataki (she/her): in the chat. So that we've got some support in the chat, and folks keep

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00:58:11.990 --> 00:58:18.219

Susanna Barkataki (she/her): keeping that going, Christy, and then we will close.

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00:58:18.880 --> 00:58:21.419

Christie: Hello! Can you hear me?

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00:58:21.650 --> 00:58:35.090

Christie: Okay, Um. So I I was gonna submit a question, and I just didn't get it around to it. But um I as um a white woman teaching yoga, being a yoga teacher,

436

00:58:35.100 --> 00:58:48.909

Christie: one of the things that attracted me to Yoga was the history, the philosophy, the just, the amazing, the roots of yoga more so than

even just the physical. I mean when I started when I was a teenager it might have been more physical, But

437

00:58:48.970 --> 00:58:53.489

Christie: I truly don't want to be someone who

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00:58:53.750 --> 00:58:57.339

Christie: mistakenly does anything. Culturally you know

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00:58:57.740 --> 00:59:12.859

Christie: it to to can um contribute to that. So how I I mean, I guess I just maybe want some simplistic ways to be able to make sure that I am honoring the roots of yoga. As a you know, white

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00:59:13.500 --> 00:59:29.049

Christie: privileged teacher. So is there. Does that make sense? Yes, it's totally because there's times when I feel like. Maybe I shouldn't be teaching at all. I want to be able to honor it. But who am I to be teaching, since i'm

441

00:59:29.210 --> 00:59:30.220

Christie: you know

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00:59:31.600 --> 00:59:34.169

Susanna Barkataki (she/her): right, I think. Um,

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00:59:40.360 --> 00:59:41.910

Susanna Barkataki (she/her): because

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00:59:42.400 --> 00:59:55.439

Susanna Barkataki (she/her): in that question is built the humility and the care that then moves us in a direction towards honor. I also want to kind of unpack a little for you and for everyone. Um!

445

00:59:55.450 --> 01:00:03.069

Susanna Barkataki (she/her): Not wanting to ever do hard like. Who says that It's a it's a it's a um a value, but it's

446

01:00:03.150 --> 01:00:17.889

Susanna Barkataki (she/her): We walk through the world, you know, even vegetarians right There's so many, so many bugs that that are harmed in the process of farming vegetables, right food that we eat. So it's an aspiration,

447

01:00:18.430 --> 01:00:19.560

Susanna Barkataki (she/her): so

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01:00:19.580 --> 01:00:36.570

Susanna Barkataki (she/her): there may be harm cost, and that's part of why we have the whole reparations process. I wrote a a book I don't know if you've seen it or read it. Embrace you of his roots. No, it's on my list. So that is all about answering the question.

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01:00:36.580 --> 01:00:42.980

Susanna Barkataki (she/her): Um, I was looking to see if I could find like one of my

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01:00:43.320 --> 01:00:45.580

Susanna Barkataki (she/her): particles. Um,

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01:00:50.790 --> 01:00:53.169

Susanna Barkataki (she/her): yes. So

452

01:00:53.370 --> 01:01:04.350

Susanna Barkataki (she/her): there was also the very first, the blog that started at all. How to decolonize your yoga practice um in that blog. I talk about a couple of ways, to really be

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01:01:04.360 --> 01:01:14.710

Susanna Barkataki (she/her): sure, we're trying to under the which is like practice, the full expanse of what Yoga is, which is literally what this program is about right. It's like, we're exploring more,

454

01:01:14.730 --> 01:01:19.449

Susanna Barkataki (she/her): and then just with other things. Um,

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01:01:19.820 --> 01:01:45.879

Susanna Barkataki (she/her): Then also site sources as much as you can like. Try to point to where where the the information is coming from decolonize your bookshelf, meaning like you're reading like, are the Yoga teachers that you're porting or learning from? Maybe they have been mostly white. But can you bring in now, you know. And um, Dr. Rush Bulkara and Atari as soon. Yeah, right like um, all these different,

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01:01:45.890 --> 01:01:55.620

Susanna Barkataki (she/her): these different resources and um and teachers, that you that may be South Asian right? And then um,

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01:01:56.080 --> 01:01:58.559

Susanna Barkataki (she/her): and then really

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01:01:58.670 --> 01:02:01.679

Susanna Barkataki (she/her): look at and understand appropriation

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01:02:01.740 --> 01:02:20.590

Susanna Barkataki (she/her): and the criteria for it, which we can go into another time. But basically it's like power and balance and harm and work to balance power and create um care instead of harm. And so all of that, I think, in the bigger context. Yes, and we're in a neo colonial

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01:02:20.600 --> 01:02:23.460

Susanna Barkataki (she/her): world. And so there is a way that it,

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01:02:23.600 --> 01:02:43.269

Susanna Barkataki (she/her): looking at it a certain way it could still be harmful to teach right. But when I look at it is Yoga came to everyone. Not just one person came through. It was codified and developed in India. It's in the whole world, and so ideally in my mind, it's like, if everyone can teach it, practice it, share it

462

01:02:43.280 --> 01:02:50.860

Susanna Barkataki (she/her): more respecting the full expanse of what it is. Then we're moving more towards Sorry, and not not appropriate

463

01:02:51.470 --> 01:03:07.810

Susanna Barkataki (she/her): so much more to say on that. But, um But yes, my article started your attorney of examining your personal practice and teaching. Wow! That is so cool. Let me see if I can drop that article, too.

464

01:03:07.820 --> 01:03:21.549

Christie: Thank you, guys, and thanks so much. So I will move the uh reading your book up on my the top of my reading. I think that will really help me, and then I the um clicking on the article. So yeah,

465

01:03:21.650 --> 01:03:24.440

Susanna Barkataki (she/her): yeah, here is

466

01:03:25.660 --> 01:03:37.759

Susanna Barkataki (she/her): Oh, I dropped it in there, too. Oh, thank you so much. Thank you so much. You guys are great. I appreciate all of this and all the conversation, and so

467

01:03:38.120 --> 01:03:51.690

Susanna Barkataki (she/her): we'll come to a close now, taking uh some time to like. We've talked, we've explored. We've worked with energy to come back to yourself, your breath

468

01:03:52.260 --> 01:03:54.449

Susanna Barkataki (she/her): to feeling connection

469

01:03:56.040 --> 01:04:01.200

Susanna Barkataki (she/her): with you with yoga with one another this community.

470

01:04:02.780 --> 01:04:06.309

Susanna Barkataki (she/her): And if there's something that touched you or nourished you,

471

01:04:07.300 --> 01:04:12.330

Susanna Barkataki (she/her): It's really anchoring that in a ha or something you're taking away.

472

01:04:13.920 --> 01:04:15.149

Susanna Barkataki (she/her): Hmm.

473

01:04:15.440 --> 01:04:18.149

Susanna Barkataki (she/her): Can vow to each other.

474

01:04:18.560 --> 01:04:23.159

Susanna Barkataki (she/her): Thank you so much for your presence, you so much for your practice.

475

01:04:29.610 --> 01:04:30.729

Susanna Barkataki (she/her): I am

476

01:04:33.060 --> 01:04:34.439

Susanna Barkataki (she/her): um thank you,