



1

00:00:05.330 --> 00:00:07.490

Susanna Barkataki (she/her): Welcome, welcome,

2

00:00:07.860 --> 00:00:15.189

Susanna Barkataki (she/her): welcome, everyone as you come into our pilgrimage and puja for November

3

00:00:15.570 --> 00:00:35.159

Susanna Barkataki (she/her): so so excited to be here with you. I feel like this call is coming at like the perfect time. Uh, I don't know if it'll feel that way for any of you but an opportunity to practice and connect to like energy and energy management,

4

00:00:35.170 --> 00:00:53.860

Susanna Barkataki (she/her): and how we can do that as we enter from any of us in the northern hemisphere, this time of like family and food, and maybe traditions that we're not sure if we resonate with. We're very clear. We don't where we do, but we're trying to reclaim or change. It's just so much

5

00:00:53.870 --> 00:00:56.769

Susanna Barkataki (she/her): that, having a space to like,

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00:00:57.630 --> 00:00:58.530

Susanna Barkataki (she/her): yeah,

7

00:00:58.700 --> 00:01:01.929

Susanna Barkataki (she/her): bring the yoga practices to go inwards

8

00:01:02.200 --> 00:01:09.240

Susanna Barkataki (she/her): is so powerful. So that's what we're going to be doing, and I want to just welcome you into the space.

9

00:01:09.980 --> 00:01:14.840

Susanna Barkataki (she/her): Take a moment to just check in with your energy. Right now

10

00:01:15.430 --> 00:01:17.220

Susanna Barkataki (she/her): I notice how it is,

11

00:01:17.410 --> 00:01:26.940

Susanna Barkataki (she/her): and if you'd like, drop one two words or a sentence about how it, how is your energy right in this moment?

12

00:01:27.340 --> 00:01:28.820

Susanna Barkataki (she/her): And

13

00:01:32.730 --> 00:01:42.649

Susanna Barkataki (she/her): it might be anything right so like. And I don't have to make sense together like it could be fearful and joyful or happy and frustrated.

14

00:01:43.770 --> 00:01:45.000

Susanna Barkataki (she/her): Yeah,

15

00:01:46.600 --> 00:01:59.910

Susanna Barkataki (she/her): depleted and reviving. Yeah, tired, heavy, busy body energy train from work. Yeah. Work ruminating, reflective, and hopeful fiddity. And please, yeah,

16

00:02:01.330 --> 00:02:04.069

Susanna Barkataki (she/her): Sensitive and struggle uh sluggish,

17

00:02:04.100 --> 00:02:07.830

Susanna Barkataki (she/her): scattered and overloaded her um

18

00:02:08.030 --> 00:02:09.090

Yeah,

19

00:02:13.200 --> 00:02:16.140

Susanna Barkataki (she/her): feeling crunch time at the end of the semester.

20

00:02:16.170 --> 00:02:17.610

Susanna Barkataki (she/her): Yes,

21

00:02:18.400 --> 00:02:20.020

Susanna Barkataki (she/her): it's like an in

22

00:02:21.430 --> 00:02:27.350

Susanna Barkataki (she/her): there of closing for those of us on school schedules or semester schedules.

23

00:02:27.860 --> 00:02:41.620

Susanna Barkataki (she/her): And even if you're not right, like the year End business world. Q. Four. I don't really pay attention to those things as much as maybe I should. But um! It's the end of of a cycle,

24

00:02:41.640 --> 00:02:44.140

Susanna Barkataki (she/her): and we make these cycles

25

00:02:44.600 --> 00:02:51.430

Susanna Barkataki (she/her): to some extent right like we make up November, November isn't out in the world anywhere.

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00:02:51.870 --> 00:03:01.109

Susanna Barkataki (she/her): It's a cons a contract, but we don't make up the shifting of the seasons, the shortening of the days, the colder weather,

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00:03:02.980 --> 00:03:12.139

Susanna Barkataki (she/her): those are things that are all around us, and sometimes it's hard to separate like what we're for me. What i'm projecting

28

00:03:13.410 --> 00:03:19.939

Susanna Barkataki (she/her): and giving importance and significance to, and what actually is is happening. And so

29

00:03:20.190 --> 00:03:33.999

Susanna Barkataki (she/her): uh for folks who just came in. Welcome, welcome, welcome! And if you've been here but you have a chair, you're more than welcome to share anybody, you to drop in the chat one or two words or a sentence about how your energy is right Now,

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00:03:34.610 --> 00:03:36.620

how is your energy right now.

31

00:03:36.760 --> 00:03:58.700

Susanna Barkataki (she/her): Hmm. Thank you. Hoping my mom is feeling better. Yeah, it's been a journey i'll just share because I really have been. I. I have sometimes feel like what i'm teaching. I get to be in the portal of that thing, and and not always in the ways that I would choose. So um! So, having a broken arm broken. Rest is

32

00:03:58.710 --> 00:04:13.869

Susanna Barkataki (she/her): is uh obviously a challenge, right? But it's not just the physical challenges. It's this last few weeks uh the first three weeks. It's like, Okay, I'm still gonna do things that i'm gonna just adapt. And then I went to the appointment

33

00:04:14.950 --> 00:04:32.109

Susanna Barkataki (she/her): where the first pa for uh assistant said the cast would come off, and at that appointment she's like well, it's healing, but it's not healed yet. It's not close enough yet. So two more weeks of the cast, and she scheduled me for three weeks out, and

34

00:04:32.160 --> 00:04:37.970

Susanna Barkataki (she/her): and so that was one of those of like Oh, oh! Like

35

00:04:38.010 --> 00:04:47.000

Susanna Barkataki (she/her): there is more here. There's there's time there's layers there's you know. Whatever the invitation was,

36

00:04:47.680 --> 00:05:00.009

Susanna Barkataki (she/her): Ha! I still need to take that invitation. I've taken it. And so this last few weeks. It's really been a lot about rest for me. A lot more sleep, a lot more um,

37

00:05:00.320 --> 00:05:04.449

Susanna Barkataki (she/her): a lot more just slowing down, leaving fiction.

38

00:05:04.980 --> 00:05:17.159

Susanna Barkataki (she/her): By the way, I just I got spotlighted. Thank you. Um, You can click Gallery View if you like to see everyone or Speaker View. If you want to see me really big. I like looking at you all. So. Um,

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00:05:18.860 --> 00:05:21.109

Susanna Barkataki (she/her): So it's been a time of like

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00:05:22.340 --> 00:05:37.009

Susanna Barkataki (she/her): really practicing energy management in a whole new way, even though these are things that I think about, and practice as part of my yoga. You know way of life all the time. There's new invitations.

41

00:05:37.150 --> 00:05:38.460

Susanna Barkataki (she/her): And

42

00:05:38.940 --> 00:05:53.059

Susanna Barkataki (she/her): so I just um, you know, as we begin, and as you check in on like the things you're feeling meeting again like tired drains hurt scattered right. There's

43

00:05:54.930 --> 00:06:08.559

Susanna Barkataki (she/her): there's a way of at least for me what I found like with the arms like disappointment or frustration, or anger, or feelings that I was kind of avoiding by staying busy at first, and then

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00:06:08.570 --> 00:06:17.530

Susanna Barkataki (she/her): when I just felt it, it didn't have to be so big it's so long the time of being in those feelings, but really feeling it.

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00:06:17.540 --> 00:06:38.000

Susanna Barkataki (she/her): Then there was a space for whatever came next, which for me was a lot of resting so far, And so I am actually feeling better. Hopefully, my next appointment will be uh, where I can actually get the cast off. But if not, you know, that's okay, like I can be patient. Healing takes time like literal bones knitting together

46

00:06:38.080 --> 00:06:40.700

Susanna Barkataki (she/her): right like our bodies are incredible

47

00:06:42.920 --> 00:06:49.520

Susanna Barkataki (she/her): that we can regrow both like what an amazing thing. And

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00:06:49.680 --> 00:06:56.100

Susanna Barkataki (she/her): and so there's a kind of humility a part about how what you're getting into next month. It kind of letting go of control.

49

00:06:56.460 --> 00:07:11.550

Susanna Barkataki (she/her): And and there's a way that again all the Yamas telegraph into one another. But with Bramataria, rather than forcing energy or making something happening, happen, it's like, Can I let

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00:07:11.630 --> 00:07:25.829

Susanna Barkataki (she/her): the process that's meant to be not the one I thought I was gonna have not the one I planned for. But whatever is right now, so I that's where I've been um struggling for the last couple of weeks. It hasn't been easy,

51

00:07:25.960 --> 00:07:36.620

Susanna Barkataki (she/her): but also resting, and it's a way that when there's struggle, and there's spaciousness that comes with lots of sleep and lots of like, you know. Um

52

00:07:37.560 --> 00:07:43.219

Susanna Barkataki (she/her): good fiction for me I rest is different for everyone, right? But um good fiction

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00:07:43.490 --> 00:07:46.300

Susanna Barkataki (she/her): meditation. You get an address.

54

00:07:46.560 --> 00:08:00.929

Susanna Barkataki (she/her): The struggle kind of feels smaller now in the the space around it feels bigger because I've had so much space of of care, intending um, and then paying attention to like

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00:08:01.190 --> 00:08:17.540

Susanna Barkataki (she/her): like surprising places like my kid last night. But his hand it was like, i'm gonna. I hope it gets better, and he's like, Do you want to send it some energy? And so he sends some energy right like there Is there all around us there are

56

00:08:17.550 --> 00:08:23.889

Susanna Barkataki (she/her): tenders and caregivers whether it's the trees, the sky, water, air,

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00:08:23.940 --> 00:08:30.139

Susanna Barkataki (she/her): things, dogs, cats, You know, animals, people who show up to really

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00:08:30.460 --> 00:08:36.059

Susanna Barkataki (she/her): to really tend and nurture, and sometimes it's easy to miss that

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00:08:36.190 --> 00:08:41.869

Susanna Barkataki (she/her): for me when there is not space space to just hold it and receive it.

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00:08:41.909 --> 00:08:50.090

Susanna Barkataki (she/her): Um! So that's my interest. I've been in deep study

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00:08:50.340 --> 00:08:53.560

Susanna Barkataki (she/her): and um

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00:08:54.430 --> 00:09:02.869

Susanna Barkataki (she/her): in practice. And so I wanted to actually invite us to start,

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00:09:03.270 --> 00:09:04.890

Susanna Barkataki (she/her): and

64

00:09:06.080 --> 00:09:22.209

Susanna Barkataki (she/her): because it's kind of two sides actually to. So i'm going to hold both of them, and one is like the rest. The you know kind of managing around energy boundaries which we'll talk about, especially in this time, where you may be in situations where,

65

00:09:22.820 --> 00:09:27.020

Susanna Barkataki (she/her): reflecting on boundaries and exploring them is is really helpful.

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00:09:27.470 --> 00:09:30.510

Susanna Barkataki (she/her): There's a side, too, with of like

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00:09:30.730 --> 00:09:35.490

Susanna Barkataki (she/her): the and and we just left Um!

68

00:09:36.800 --> 00:09:54.230

Susanna Barkataki (she/her): This is all this celebration, the Goddess of Justice and the goddess of action, and like speaking up at in the face of injustice. And so there's a lot of that call to that as well. And then there's the restful side and the peaceful set, and

69

00:09:54.360 --> 00:09:56.480

Susanna Barkataki (she/her): the ability to speak up

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00:09:56.590 --> 00:09:58.080

Susanna Barkataki (she/her): or stand up,

71

00:09:58.150 --> 00:10:01.320

Susanna Barkataki (she/her): you know, for a big cause, a major thing,

72

00:10:01.430 --> 00:10:05.469

Susanna Barkataki (she/her): act and service or help a friend

73

00:10:05.800 --> 00:10:08.500

Susanna Barkataki (she/her): interrupt someone saying something,

74

00:10:08.680 --> 00:10:09.750

Susanna Barkataki (she/her): you know,

75

00:10:10.220 --> 00:10:12.769

Susanna Barkataki (she/her): prejudice around the dinner table.

76

00:10:12.880 --> 00:10:30.409

Susanna Barkataki (she/her): All of that comes from being resourced. If we don't have the resource in the spaces, it's really hard to be able to do the other the other side. And so we're going to explore a little bit of both of those things, and i'm gonna to see how to. I raise my own hand

77

00:10:36.750 --> 00:10:43.869

Susanna Barkataki (she/her): perfect to invite in any comments um or thoughts before we do a little practice,

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00:10:44.770 --> 00:10:48.949

Susanna Barkataki (she/her): anything that's resonating, or anything you want to share into the space

79

00:10:59.480 --> 00:11:02.039

Susanna Barkataki (she/her): you can be in chat or out loud.

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00:11:05.650 --> 00:11:07.520

Susanna Barkataki (she/her): Yes, Jessica, Harry!

81

00:11:08.150 --> 00:11:15.160

Jessica Quindel (she/her): Hi! Everyone i'm really resonating with the connection between i'm a little sick, So that's

82

00:11:15.210 --> 00:11:30.589

Jessica Quindel (she/her): um needing the more resting side of Ramataria. But the connection between Bombataria and a part Graham, and just how I just went camping for a few days, and I almost wasn't going to make it.

There was just so much going on I was like, Oh, I don't know if I can do this with my.

83

00:11:30.660 --> 00:11:55.330

Jessica Quindel (she/her): I went with one kid and left um my partner and other kid, and there's a lot going on, and I was like I don't know if I didn't do it. But it's what I really wanted to do, and i'm glad I did. But then I came back, and i'm like. Okay, I have to take that restfulness and that piece from camping, and from being in nature twenty, four, seven in the desert. And I don't not. I have to. But I want to figure out how to do that, and I love

84

00:11:55.340 --> 00:12:04.429

Jessica Quindel (she/her): what you were saying about boundaries and just the connection between broad material, and when you allow yourself to rest, I, too, in in finishing a novel,

85

00:12:04.440 --> 00:12:34.409

Jessica Quindel (she/her): Butler novel, and I've been working on it for months, and it's like the first novel of the year. But i'm loving that i'm just even if I get through a few pages just not always reading non-fiction and just thinking of Pramataria that way is, has been really helpful. So just resonating nothing that you didn't say, but just I loved it so so glad, Jessica, and I hope you feel better. I, too, is sick over the last two weeks as well, and so just acknowledging that I think there's a lot going around so there,

86

00:12:34.420 --> 00:12:45.530

Susanna Barkataki (she/her): maybe other people on a call, or when. Listen, if you're listening to the recording, who like it's part of the nature of being human, and I think we sometimes forget right, that

87

00:12:45.540 --> 00:12:58.550

Susanna Barkataki (she/her): that we are gonna get sick, and that we get old, and that eventually there is transformation. The The form that we're in is, it changes to a different form, and depending on what your views are is what happens.

88

00:12:58.660 --> 00:12:59.720

Susanna Barkataki (she/her): But

89

00:13:00.070 --> 00:13:20.080

Susanna Barkataki (she/her): that's part of the practice. You know that doesn't deny those things. I know you in the West acts like you know. You can have a perfect body, and whatever like these things that that make no sense like I can't tell you how many yoga studios I've seen. Talk about a turkey burn like as if we need to exercise, to

90

00:13:20.110 --> 00:13:31.639

Susanna Barkataki (she/her): look a certain way right. And and of course we all know to Yoga is not necessarily exercise like that. It could be, but it doesn't That's not really the aim of what you is. And

91

00:13:32.270 --> 00:13:50.830

Susanna Barkataki (she/her): and so, just being in that space of whatever brings you nourishment. And we talked. And i'm gonna invite after we practice for you to share, because what I found is hearing what like recharges Others

92

00:13:50.840 --> 00:14:02.229

Susanna Barkataki (she/her): reminds me either of things I could try that I never thought of, or things that. Um, that I do love to do that. I've forgotten about right, so we can kind of help resource one another.

93

00:14:03.150 --> 00:14:13.000

Susanna Barkataki (she/her): Um, justine. Yeah, I resonate with slowing down. Uh he's feeling frustrated. My work. Culture doesn't know how to honor the seasons and the seasons in the body.

94

00:14:13.010 --> 00:14:27.680

Susanna Barkataki (she/her): Yes, there's so many of us who are in work culture situations uh that are like that, and that are. It's really challenging when the world around isn't matching like the inner call for the seasonal

95

00:14:27.690 --> 00:14:45.879

Susanna Barkataki (she/her): um moment. I've been trying to find time to spend reading instead of scrolling on my phone. Yeah, sometimes that might mean i'm only reading a few pages at a time, but I started back in August and have read four books. I wouldn't have read otherwise. Ooh! Celebrating that love. The connection between the paragraph, and i'm sorry it just kind of yes.

96

00:14:45.890 --> 00:15:05.220

Susanna Barkataki (she/her): Um! That's so exciting that you've read four books. I read a lot of um. There's so much cool, daisy uh contemporary romantic fiction like this is a whole world that didn't exist when I was younger. I didn't know about it, but it's really, you know um,

97

00:15:05.750 --> 00:15:22.169

Susanna Barkataki (she/her): it's it's not critical at all, or most of it Isn't: And And yeah, it's really fun, and it's got cultural elements that

I can relate to, and um it's playful. So I thought you read probably about four books uh in the last few months as well, and

98

00:15:22.180 --> 00:15:35.559

Susanna Barkataki (she/her): I've started putting my phone in another room to charge it so that way. It's like over there, and I don't even think about it, and I just go to bed, pick up my book and going to bed earlier, like around getting into that around nine

99

00:15:35.570 --> 00:15:54.500

Susanna Barkataki (she/her): as opposed to thinking ten, which is like bedtime for me. I'll get into bed around nine-nine thirty, and because the wind down routine takes a long time, especially with this, and it's colder so I want to have my hot water bottle, or whatever it is right, those little things, and I say them because they're little details of life.

100

00:15:54.600 --> 00:16:00.889

Susanna Barkataki (she/her): But someone listening could be like, Oh, hot water bottle. I've been so cold and

101

00:16:00.900 --> 00:16:26.289

Susanna Barkataki (she/her): getting a hot water bottle, you know. It's such a simple thing, something that humans have been doing for such a long time heating water, putting it in some kind of container sack, and then putting that in your bed before you go to sleep, so it can be warm. It's so nursing, and I think it's really helped for me and for my nervous system, and feeling more energy to have that external source of warmth. Um! So just sharing a little detail there.

102

00:16:26.860 --> 00:16:28.400

Susanna Barkataki (she/her): Anyone else

103

00:16:28.730 --> 00:16:42.719

Susanna Barkataki (she/her): practice. I'm shifting my attitude from being reluctant to speak up because I don't want to feel antagonistic. Yeah. But knowing that if i'm speaking up against injustice, the problem is not maybe antagonistic. Yeah.

104

00:16:43.920 --> 00:16:44.900

Yeah.

105

00:16:44.940 --> 00:16:51.229

Susanna Barkataki (she/her): Um, yeah, okay, i'll put together a book list, and I mean,

106

00:16:51.290 --> 00:17:08.429

Susanna Barkataki (she/her): Don't. Judge me, whatever you may be like. Really, they're so cheesy like they're and they're they're not um. They're like great at our some of them. They're the romantic novels. So um, so they're pretty fun.

107

00:17:08.440 --> 00:17:22.770

Susanna Barkataki (she/her): Um, yeah, they're cheesy romance. So I will put that list together because they want to get all the options right? It's also so cool because and maybe there's these revivals happening in other pockets of like culture as well. But seeing

108

00:17:22.780 --> 00:17:40.770

Susanna Barkataki (she/her): young or middle aged, you know, or old. I don't know the ages of all the authors, but, like Indian authors, Indian and diaspora, authors have this literary like growth is so so cool there's like uh up swelling in the arts in writing

109

00:17:40.880 --> 00:17:54.699

Susanna Barkataki (she/her): um where we don't have to hide our culture, and we're sharing our culture as part of it, and I think that is how it's happened. I know, because I studied and used to teach it in, you know, like black culture and um Latinx culture.

110

00:17:55.240 --> 00:18:08.150

Susanna Barkataki (she/her): It may be happening in a newer wave in pockets that I won't fully know about, but i'm following uh the other the other day seeds, and it's really cool. I will put them together to zoom accounts, and i'll make it so we can add

111

00:18:08.180 --> 00:18:10.719

Susanna Barkataki (she/her): Um, Hmm.

112

00:18:12.770 --> 00:18:15.720

It is okay.

113

00:18:16.150 --> 00:18:18.469

Susanna Barkataki (she/her): I want to go back to what Elisha said, though.

114

00:18:18.720 --> 00:18:24.449

Susanna Barkataki (she/her): Um, Alicia, Yes, did you say something about that? I missed? Uh,

115

00:18:28.340 --> 00:18:31.740
Susanna Barkataki (she/her): right? So we get labels.

116
00:18:31.770 --> 00:18:33.050
Susanna Barkataki (she/her): The problem,

117
00:18:33.070 --> 00:18:43.629
Susanna Barkataki (she/her): you know, like when we speak up against injustice. It's like, Why do you have to be so difficult? Why can't you just see the best in everyone and get along, and um

118
00:18:43.710 --> 00:18:57.750
Susanna Barkataki (she/her): like the problem with you, right like those are the things we hear, and it is tricky in those circumstances to remember like it's not necessarily about you. It's a structure that

119
00:18:58.290 --> 00:19:03.299
Susanna Barkataki (she/her): puts the norm as something that actually is oppressive.

120
00:19:03.520 --> 00:19:06.889
Susanna Barkataki (she/her): And for me, What's um

121
00:19:08.180 --> 00:19:27.869
Susanna Barkataki (she/her): what's really helpful is to have that like the sound get checked like someone else to talk to who I can bounce stuff off with, or an ally that can maybe speak up when I can't. Um if it's a work situation to have other colleagues who might resonate if no one at my work resonates, or in that circle resonates to then um

122
00:19:28.580 --> 00:19:30.399
Susanna Barkataki (she/her): to then really like,

123
00:19:31.670 --> 00:19:39.110
Susanna Barkataki (she/her): find the what is the the it's like the accompaniment of all beings

124
00:19:39.260 --> 00:19:45.679
Susanna Barkataki (she/her): like There's a way that I really have been reflecting on from Tara um

125
00:19:54.260 --> 00:20:00.309
Susanna Barkataki (she/her): right like if I feel judged, or I feel like a group of people is not accepting me

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00:20:00.410 --> 00:20:05.010

Susanna Barkataki (she/her): of the fear is like, Oh, i'm going to be alone, going to be rejected.

127

00:20:06.250 --> 00:20:07.480

Susanna Barkataki (she/her): And

128

00:20:07.930 --> 00:20:09.140

Susanna Barkataki (she/her): this

129

00:20:09.410 --> 00:20:17.589

Susanna Barkataki (she/her): like we're always surrounded by life, right by. Can all the elements earth, the water, fire, air, Space

130

00:20:17.700 --> 00:20:22.819

Susanna Barkataki (she/her): Spirit. If you're spiritual, you know. If you're like agnostic or atheist, then like,

131

00:20:23.590 --> 00:20:42.380

Susanna Barkataki (she/her): maybe it's forces of nature. Whatever you you believe is there is there, right. It's there with you and around you always. And so there's a way that we're not ever alone and for me reconnecting to that source like

132

00:20:42.390 --> 00:20:54.419

Susanna Barkataki (she/her): whether it's God. You know God, or different gods that you believe in, or the power of love that is the ultimate source of information. And

133

00:20:55.670 --> 00:20:56.950

Susanna Barkataki (she/her): And so

134

00:20:56.990 --> 00:21:03.050

Susanna Barkataki (she/her): in those moments where i'm feeling attacked, or critique, or like, just not belonging

135

00:21:04.480 --> 00:21:18.200

Susanna Barkataki (she/her): lately, and make the choice to just take a pause and then go and be charged whatever is going to help me be touched. So just sharing that um. And would anyone like to speak to that? And then we will access.

136

00:21:23.100 --> 00:21:24.540
Susanna Barkataki (she/her): Hmm.

137
00:21:24.900 --> 00:21:25.810
Yeah,

138
00:21:29.150 --> 00:21:30.730
Susanna Barkataki (she/her): sharing that a lot

139
00:21:30.800 --> 00:21:32.770
Susanna Barkataki (she/her): from family members

140
00:21:33.290 --> 00:21:36.320
Susanna Barkataki (she/her): exactly what's going on at work. Yeah,

141
00:21:36.470 --> 00:21:38.050
Susanna Barkataki (she/her): Did I see a hand?

142
00:21:38.210 --> 00:21:39.689
Susanna Barkataki (she/her): I think I did.

143
00:21:39.790 --> 00:21:41.390
Susanna Barkataki (she/her): Um,

144
00:21:44.920 --> 00:21:46.020
Okay.

145
00:21:46.270 --> 00:21:48.400
So we'll practice, and then

146
00:21:48.460 --> 00:21:51.370
Susanna Barkataki (she/her): maybe there will be things to share after.

147
00:21:51.950 --> 00:22:00.149
Susanna Barkataki (she/her): So for this I invite you to um really get comfortable. So that might mean like sitting back in your chair,

148
00:22:00.870 --> 00:22:10.730
Susanna Barkataki (she/her): making sure your feet are supported, your legs are supported, maybe lying down. It's been that kind of day where you want to lie down.

149

00:22:11.200 --> 00:22:25.899

Susanna Barkataki (she/her): Also you could rest in ways that aren't like a traditional yoga pose right like. Maybe your hand is on the desk, and your head is resting on the desk, or your arms are pressed and laying down. Um anything that feels like,

150

00:22:26.030 --> 00:22:29.670

Susanna Barkataki (she/her): you know we can take a moment like what What do I need body.

151

00:22:30.030 --> 00:22:33.429

Susanna Barkataki (she/her): What is he? She they need right now

152

00:22:34.810 --> 00:22:36.329

and then doing that,

153

00:22:38.220 --> 00:22:42.060

Susanna Barkataki (she/her): Let's see stretching we come into

154

00:22:42.190 --> 00:22:43.440

Let's see,

155

00:23:02.550 --> 00:23:04.530

and

156

00:23:04.860 --> 00:23:07.240

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

157

00:23:09.620 --> 00:23:13.799

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

158

00:23:30.190 --> 00:23:32.430

Susanna Barkataki (she/her): if it feels supportive

159

00:23:33.150 --> 00:23:36.349

Susanna Barkataki (she/her): meeting in for an equal amount of talks

160

00:23:36.590 --> 00:23:39.729

as you break out, so it might be

161

00:23:46.130 --> 00:23:50.880

Susanna Barkataki (she/her): out. One, two, three, four.

162

00:23:51.040 --> 00:23:53.859

Susanna Barkataki (she/her): Your account may be different than mine.

163

00:24:01.310 --> 00:24:03.649

Susanna Barkataki (she/her): Your exhale is a little longer

164

00:24:04.220 --> 00:24:11.519

Susanna Barkataki (she/her): welcome to length in the exhale that feels like we'll support your nervous system relaxing.

165

00:24:11.960 --> 00:24:17.689

Susanna Barkataki (she/her): So perhaps in one, two, three, four,

166

00:24:54.880 --> 00:25:01.120

Susanna Barkataki (she/her): you breathe. You can let your breath return to normal or continue this rhythm.

167

00:25:04.460 --> 00:25:06.110

Susanna Barkataki (she/her): Going to

168

00:25:06.700 --> 00:25:09.899

Susanna Barkataki (she/her): take a little bit of a story attorney

169

00:25:14.030 --> 00:25:15.570

Susanna Barkataki (she/her): to visit with

170

00:25:19.830 --> 00:25:22.280

the Protector of Justice

171

00:25:22.680 --> 00:25:24.020

Susanna Barkataki (she/her): speaks up

172

00:25:27.390 --> 00:25:30.950

Susanna Barkataki (she/her): for good.

173

00:25:31.850 --> 00:25:37.520

Susanna Barkataki (she/her): The story goes that when the world had gone out of balance,

174

00:25:38.200 --> 00:25:43.209

Susanna Barkataki (she/her): and some demons as well for taking

175

00:25:43.590 --> 00:25:46.940

Susanna Barkataki (she/her): way too much power and

176

00:25:47.820 --> 00:25:52.119

Susanna Barkataki (she/her): control over the world, ruling it very despotically.

177

00:25:54.940 --> 00:25:57.200

Susanna Barkataki (she/her): The other gods were,

178

00:25:57.400 --> 00:26:02.280

Susanna Barkataki (she/her): i'm sure, and beside themselves. They didn't know what to do to restore them.

179

00:26:02.760 --> 00:26:05.900

Susanna Barkataki (she/her): So they went to

180

00:26:06.640 --> 00:26:08.379

Susanna Barkataki (she/her): who is in

181

00:26:09.780 --> 00:26:12.759

Susanna Barkataki (she/her): her practice she had been

182

00:26:12.990 --> 00:26:14.290

Susanna Barkataki (she/her): doing.

183

00:26:14.750 --> 00:26:16.620

Susanna Barkataki (she/her): You'll get sign enough for,

184

00:26:17.000 --> 00:26:19.340

Susanna Barkataki (she/her): and the stories, they say, for

185

00:26:19.750 --> 00:26:22.320

Susanna Barkataki (she/her): thousands of years times

186

00:26:23.900 --> 00:26:27.800

Susanna Barkataki (she/her): a different creature in the stories

187

00:26:28.460 --> 00:26:37.470

Susanna Barkataki (she/her): we don't hear a lot about the practice that she was doing, at least not a new of the popular tales. What we hear about is what happens next.

188

00:26:37.610 --> 00:26:40.400

Susanna Barkataki (she/her): Um. After some time

189

00:26:41.090 --> 00:26:47.890

Susanna Barkataki (she/her): elected to me for practice, but hearing the pleas of the other gods to bring balance to the world,

190

00:26:49.720 --> 00:26:52.430

Susanna Barkataki (she/her): she comes and

191

00:26:53.170 --> 00:26:58.500

Susanna Barkataki (she/her): does many things, takes up arms, takes on a disguise

192

00:26:59.210 --> 00:27:01.290

Susanna Barkataki (she/her): those two different forms.

193

00:27:02.660 --> 00:27:05.739

Susanna Barkataki (she/her): In order to bring justice

194

00:27:06.500 --> 00:27:08.970

Susanna Barkataki (she/her): and balance back to the world,

195

00:27:11.320 --> 00:27:13.199

Susanna Barkataki (she/her): she puts her own life

196

00:27:13.560 --> 00:27:16.420

Susanna Barkataki (she/her): and her very essence at risk,

197

00:27:16.490 --> 00:27:18.249

Susanna Barkataki (she/her): in order to

198

00:27:19.090 --> 00:27:22.259

Susanna Barkataki (she/her): absorb the demons back into

199

00:27:22.660 --> 00:27:25.580

Susanna Barkataki (she/her): their own and everything.

200

00:27:28.850 --> 00:27:31.249

Susanna Barkataki (she/her): This story you will explore

201

00:27:31.400 --> 00:27:33.070

Susanna Barkataki (she/her): much more depth,

202

00:27:34.880 --> 00:27:36.390

Susanna Barkataki (she/her): and our next

203

00:27:37.830 --> 00:27:40.189

Susanna Barkataki (she/her): exploration of a paragraph

204

00:27:54.840 --> 00:27:57.670

Susanna Barkataki (she/her): it's doing for thousands of years,

205

00:27:57.810 --> 00:28:02.230

Susanna Barkataki (she/her): because she was only able to come and

206

00:28:02.250 --> 00:28:05.100

Susanna Barkataki (she/her): fight, change herself

207

00:28:05.600 --> 00:28:07.760

Susanna Barkataki (she/her): unleashed parts of herself,

208

00:28:07.800 --> 00:28:10.710

Susanna Barkataki (she/her): Kelly, one from her forehead.

209

00:28:12.580 --> 00:28:15.590

Susanna Barkataki (she/her): If your Scott is a transformation,

210

00:28:18.250 --> 00:28:22.799

Susanna Barkataki (she/her): and I could have only created that from a place of deep practice.

211

00:28:23.030 --> 00:28:25.390

Susanna Barkataki (she/her): Yes, sustenance.

212

00:28:26.350 --> 00:28:30.409

Susanna Barkataki (she/her): So if you imagine yourself for a moment in a

213

00:28:30.430 --> 00:28:32.130

Susanna Barkataki (she/her): open space

214

00:28:32.530 --> 00:28:35.929

Susanna Barkataki (she/her): space where you feel invited to practice

215

00:28:37.170 --> 00:28:39.880

Susanna Barkataki (she/her): invited to your

216

00:28:40.070 --> 00:28:43.239

Susanna Barkataki (she/her): It might be a peaceful room.

217

00:28:44.850 --> 00:28:49.530

Susanna Barkataki (she/her): Big windows, plants in the corner

218

00:28:52.060 --> 00:28:54.720

Susanna Barkataki (she/her): might be somewhere outside

219

00:28:56.010 --> 00:28:57.849

Susanna Barkataki (she/her): I can

220

00:28:59.270 --> 00:29:00.780

Susanna Barkataki (she/her): the forest,

221

00:29:00.950 --> 00:29:02.510

Susanna Barkataki (she/her): the clearing

222

00:29:03.040 --> 00:29:05.040

Susanna Barkataki (she/her): and arrived on the grass

223

00:29:07.980 --> 00:29:09.579

Susanna Barkataki (she/her): somewhere else.

224

00:29:17.330 --> 00:29:20.220

Susanna Barkataki (she/her): If you had all the time in the world,

225

00:29:20.360 --> 00:29:21.760

Susanna Barkataki (she/her): he ons

226

00:29:22.190 --> 00:29:24.230

Susanna Barkataki (she/her): for uninterrupted

227

00:29:24.510 --> 00:29:25.780

practice.

228

00:29:26.340 --> 00:29:28.570

Susanna Barkataki (she/her): That's one of the first things

229

00:29:28.750 --> 00:29:29.990

Susanna Barkataki (she/her): with you,

230

00:29:31.620 --> 00:29:32.870

Susanna Barkataki (she/her): maybe

231

00:29:33.230 --> 00:29:34.440

Susanna Barkataki (she/her): curl up,

232

00:29:34.760 --> 00:29:36.150

Susanna Barkataki (she/her): take an app,

233

00:29:40.350 --> 00:29:44.850

Susanna Barkataki (she/her): blank it up over you, or resting comfortably in the sands,

234

00:29:45.700 --> 00:29:48.380

Susanna Barkataki (she/her): feeling your body

235

00:29:49.080 --> 00:29:51.450

Susanna Barkataki (she/her): let go of tension and stress.

236

00:29:56.990 --> 00:29:59.829

Susanna Barkataki (she/her): It lasts as long as it needs to last.

237

00:30:00.980 --> 00:30:03.749

Susanna Barkataki (she/her): We need to awaken

238

00:30:03.800 --> 00:30:05.120

Susanna Barkataki (she/her): feeling

239

00:30:06.120 --> 00:30:08.420

Susanna Barkataki (she/her): fully rested and refresh

240

00:30:20.050 --> 00:30:24.420

Susanna Barkataki (she/her): options. No, right or wrong. Maybe some will dance,

241

00:30:26.500 --> 00:30:28.080

Susanna Barkataki (she/her): create arts,

242

00:30:29.020 --> 00:30:31.459

Susanna Barkataki (she/her): meditate, cook,

243

00:30:31.630 --> 00:30:32.920

Susanna Barkataki (she/her): play.

244

00:30:33.670 --> 00:30:36.870

Susanna Barkataki (she/her): Maybe others are throwing a party or

245

00:30:43.300 --> 00:30:45.080

Susanna Barkataki (she/her): something. Mantra.

246

00:30:55.370 --> 00:30:57.580

Susanna Barkataki (she/her): There's plenty of time

247

00:30:57.600 --> 00:30:58.980

and space

248

00:30:59.960 --> 00:31:02.070

Susanna Barkataki (she/her): whatever practices.

249

00:31:02.870 --> 00:31:04.269

Susanna Barkataki (she/her): Yes, you,

250

00:31:04.500 --> 00:31:08.199

Susanna Barkataki (she/her): I can visualize yourself doing those now,

251

00:31:51.910 --> 00:31:53.700

and perhaps

252

00:31:54.590 --> 00:31:57.070

Susanna Barkataki (she/her): well, that

253

00:31:59.160 --> 00:32:04.910

Susanna Barkataki (she/her): you can see in the distance the others coming to ask something of you

254

00:32:05.050 --> 00:32:06.859

Susanna Barkataki (she/her): call you to

255

00:32:07.330 --> 00:32:08.730

Susanna Barkataki (she/her): action,

256

00:32:09.340 --> 00:32:11.459

Susanna Barkataki (she/her): maybe a call to care.

257

00:32:11.550 --> 00:32:14.770

Susanna Barkataki (she/her): I'll take care of someone in your life for a call to

258

00:32:15.480 --> 00:32:17.129

Susanna Barkataki (she/her): speak. Of course

259

00:32:18.170 --> 00:32:20.310

Susanna Barkataki (she/her): you have service in some way.

260

00:32:20.370 --> 00:32:23.620

Susanna Barkataki (she/her): They're far away, so you have some time

261

00:32:24.370 --> 00:32:27.209

Susanna Barkataki (she/her): to prepare your mind's body and spirit.

262

00:32:29.480 --> 00:32:34.460

Susanna Barkataki (she/her): Is there a practice that you know you can draw from

263

00:32:35.230 --> 00:32:37.779

Susanna Barkataki (she/her): as you move into action

264

00:32:38.610 --> 00:32:44.519

Susanna Barkataki (she/her): doing a reaction you must do. But not being attached to your actions, fruits

265

00:32:53.470 --> 00:32:57.139

Susanna Barkataki (she/her): that might be anything that could be

266

00:32:57.860 --> 00:33:03.669

Susanna Barkataki (she/her): some other kind of depos practice

267

00:33:04.400 --> 00:33:06.379

Susanna Barkataki (she/her): it's journaling,

268

00:33:12.900 --> 00:33:15.699

Susanna Barkataki (she/her): dancing. Maybe it's another nap

269

00:33:28.870 --> 00:33:38.230

Susanna Barkataki (she/her): choosing and then visualizing yourself, doing this practice. And this time out of time space out of space.

270

00:33:38.510 --> 00:33:40.500

Susanna Barkataki (she/her): There's a new practice

271

00:33:42.680 --> 00:33:44.160

Susanna Barkataki (she/her): environment.

272

00:33:53.780 --> 00:33:57.750

Susanna Barkataki (she/her): Let me see or visualize. I don't even have to make sense,

273

00:34:00.970 --> 00:34:04.380

Susanna Barkataki (she/her): could be swinging from trees like a monkey, or

274

00:34:04.880 --> 00:34:06.520

Susanna Barkataki (she/her): walking in tightrope,

275

00:34:08.050 --> 00:34:09.349

could be

276

00:34:09.860 --> 00:34:11.310

Susanna Barkataki (she/her): testing

277

00:34:11.600 --> 00:34:16.370

Susanna Barkataki (she/her): like a there at the base of a tree hibernating in a cave.

278

00:34:17.510 --> 00:34:20.540

Susanna Barkataki (she/her): Any any any practice

279

00:34:49.440 --> 00:34:52.409

Susanna Barkataki (she/her): you already?

280

00:34:53.739 --> 00:34:57.669

Susanna Barkataki (she/her): Perhaps there is a quality of energy

281

00:34:59.650 --> 00:35:02.590

Susanna Barkataki (she/her): that you want to bring out

282

00:35:04.400 --> 00:35:07.599

Susanna Barkataki (she/her): from this timeless practices.

283

00:35:10.480 --> 00:35:14.080

Susanna Barkataki (she/her): Yes, restfulness piece.

284

00:35:14.730 --> 00:35:16.810

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

285

00:35:17.550 --> 00:35:18.899

Susanna Barkataki (she/her): to a

286

00:35:51.020 --> 00:35:56.660

Susanna Barkataki (she/her): knowing that this time out of time. In this practice space is always

287

00:36:02.620 --> 00:36:05.690

Susanna Barkataki (she/her): some of them happens in the second.

288

00:36:06.060 --> 00:36:07.109

Hmm.

289

00:36:07.340 --> 00:36:11.160

Susanna Barkataki (she/her): An internal saturn, an internal practice

290

00:36:23.750 --> 00:36:32.270

Susanna Barkataki (she/her): again to shift a little bit and come back to the room that you're in the space that you're in,

291

00:36:34.300 --> 00:36:38.319

Susanna Barkataki (she/her): and we can return to this practice space,

292

00:36:39.060 --> 00:36:40.480

Susanna Barkataki (she/her): and you would like

293

00:36:48.870 --> 00:36:50.450

the actions,

294

00:36:50.600 --> 00:36:52.069

practices

295

00:36:54.990 --> 00:36:56.889

these qualities

296

00:36:58.880 --> 00:37:00.750

Susanna Barkataki (she/her): that are part of you. Now

297

00:37:09.570 --> 00:37:11.049

stretch

298

00:37:11.260 --> 00:37:16.059

Susanna Barkataki (she/her): your fingers, or stretching your arms out any amount

299

00:37:17.480 --> 00:37:19.140

Susanna Barkataki (she/her): up above you.

300

00:37:23.210 --> 00:37:26.510

Susanna Barkataki (she/her): If your eyes were close looking around you,

301

00:37:29.180 --> 00:37:31.069

Susanna Barkataki (she/her): you have some water.

302

00:37:31.810 --> 00:37:34.739

Susanna Barkataki (she/her): It could be my drinking, or

303

00:37:34.760 --> 00:37:36.049

Susanna Barkataki (she/her): I will

304

00:37:37.100 --> 00:37:40.710

Susanna Barkataki (she/her): either way whispering the qualities,

305

00:37:57.850 --> 00:38:06.970

Susanna Barkataki (she/her): remembering that your six, what is it?

Eighty percent water we're made up of a lot of water, so you can whisper this quality to yourself,

306

00:38:07.220 --> 00:38:08.649

Susanna Barkataki (she/her): and

307

00:38:09.420 --> 00:38:10.809

Susanna Barkataki (she/her): it will for me

308

00:38:11.410 --> 00:38:13.190

take a moment for that.

309

00:38:34.100 --> 00:38:39.059

Susanna Barkataki (she/her): And then, if you have your journal, you'd like to jot down some

310

00:38:39.750 --> 00:38:43.629

Susanna Barkataki (she/her): things you visualize, capturing the

311

00:38:45.130 --> 00:38:48.360

Susanna Barkataki (she/her): essence of your practice space,

312

00:38:48.840 --> 00:38:50.870

Susanna Barkataki (she/her): your system, that space.

313

00:38:51.720 --> 00:38:56.119

Susanna Barkataki (she/her): Let's take a moment. Let's take two minutes to do that

314

00:38:59.300 --> 00:39:01.779

Susanna Barkataki (she/her): for you. If you prefer to type in the chat,

315

00:39:01.890 --> 00:39:03.939

you can feel free to do that.

316

00:40:44.130 --> 00:40:48.410

Susanna Barkataki (she/her): Some surprises in that practice for me. Uh,

317

00:40:49.180 --> 00:40:54.699

Susanna Barkataki (she/her): and I also feel like, you know, with visualizations.

318

00:40:55.090 --> 00:41:09.920

Susanna Barkataki (she/her): You never know what's gonna come, and sometimes, like you fall asleep, and sometimes you space out, or you think of you're thinking about the things that you have to do. But the the practice is still working right, and the early yogis I want to really make this clear. There's

319

00:41:11.160 --> 00:41:27.700

Susanna Barkataki (she/her): There's a lot of external practices in Yoga like toughest practices, right There's even a yoga live today that I think for over forty years has been standing with one our race. That is the topest practice practice. It's an intense, toughest practice,

320

00:41:27.820 --> 00:41:35.150

Susanna Barkataki (she/her): and even twenty five hundred years ago there were Yogis who were really very clear

321

00:41:35.210 --> 00:41:53.809

Susanna Barkataki (she/her): that the external practices we're going to be internalized, and that's in part how we have the meditation practices that we do, and so we can take pilgrimages outside. You can go, you know, and take a Grand Chester and go on retreat. Go, you know. Um, take a whole day out, and I do those things,

322

00:41:53.820 --> 00:42:12.550

Susanna Barkataki (she/her): and you can take whatever that was. Maybe fifteen, twenty minutes and do a practice and have it be just as impactful. And that was part of what um especially a lot of the the tradition and um many of the the renunciate traditions

323

00:42:12.560 --> 00:42:22.789

Susanna Barkataki (she/her): um in the traditions as well. We're we're saying we can do these external things. But actually the power is already within us. We don't have to

324

00:42:23.030 --> 00:42:38.610

Susanna Barkataki (she/her): do it all outside and for me that resonates so much in our modern world like we don't necessarily have to tie, to take a month or a year, or ten years to go, and you know, especially

those of us who are caregivers and parents are like under capitalism. We have to work and make money like,

325

00:42:39.450 --> 00:42:43.099

Susanna Barkataki (she/her): and we can have the depth of experience

326

00:42:43.410 --> 00:42:53.840

Susanna Barkataki (she/her): just as much as if we were doing those things. There's no difference, and that is part of the power of yoga, so it's a practice that says it's already within you

327

00:42:54.210 --> 00:43:15.900

Susanna Barkataki (she/her): that quality of those qualities that you want to cultivate. So with that Oh, and Justine as well it' be recording, be available for this weekend I can put a request to the team to make sure to get it up. Um! It's totally fine to fall asleep if you fell asleep also like I. Now I used to really dislike when I fell asleep. This is like I missed it,

328

00:43:15.910 --> 00:43:31.199

Susanna Barkataki (she/her): but that's what your body needed right? I had folks like come back at the end of uh like a class. It's an hour and a half and be like I slept through the entire class, even the talking part after the practice. Yeah, your body needed that.

329

00:43:32.120 --> 00:43:43.900

Susanna Barkataki (she/her): Which is why, at the beginning, you know, I visualized for those of us who might have been in that right like Who doesn't need enough? Um, we're so. But to stimulated so active.

330

00:43:44.700 --> 00:43:47.740

Susanna Barkataki (she/her): So what are your cats?

331

00:43:47.920 --> 00:43:49.390

Susanna Barkataki (she/her): Um,

332

00:43:49.860 --> 00:43:51.350

Susanna Barkataki (she/her): what?

333

00:43:51.680 --> 00:44:04.999

Susanna Barkataki (she/her): Um! Oh, thank you so much. It's Usually I put twenty, four to forty-eight hours. Yeah, i'm not sure what the holidays Yeah, it does, depend. I I I can ask um to our an to me. So

334

00:44:05.980 --> 00:44:15.760

Susanna Barkataki (she/her): what did you see? What did you experience? I wanted to open up some space to just share, and also so two two kind of questions.

335

00:44:16.030 --> 00:44:30.280

Susanna Barkataki (she/her): But what did you see? What did you experience? And then what's nourishing for? You want to have space for that, and i'll share it just to kind of model this out. My practice spaces outside

336

00:44:31.110 --> 00:44:47.890

Susanna Barkataki (she/her): love. The nap really needed it, and felt refreshed. And then I was meditating. That was my first practice, and then it was like a little bit of Asana. But then it was like That's why I said, leaping through the trees like I was swinging from tree branch to tree. Brands

337

00:44:47.900 --> 00:44:55.119

Susanna Barkataki (she/her): like That's something I would probably do uh in this form at this point in time. Uh, but

338

00:44:55.500 --> 00:45:06.039

Susanna Barkataki (she/her): it felt really good, and it felt like what I needed to then come back and bring The qualities for me were passion and power. And then that feeling of accompaniment my life

339

00:45:06.120 --> 00:45:07.349

and spirit,

340

00:45:08.360 --> 00:45:14.039

Susanna Barkataki (she/her): so that that was mine a little surprise. And then from it, I take

341

00:45:14.640 --> 00:45:20.719

Susanna Barkataki (she/her): you know, space and time for formal meditation, but also that feeling of accompaniment.

342

00:45:21.230 --> 00:45:31.090

Susanna Barkataki (she/her): I can have it any time, and maybe i'm not going to like swing through the cheese. But I can look at two branches and kind of like Imagine moving through the world a little bit like

343

00:45:32.360 --> 00:45:35.120

Susanna Barkataki (she/her): um.

344

00:45:36.500 --> 00:45:38.960

Susanna Barkataki (she/her): Oh, yes, I like no problem.

345

00:45:39.100 --> 00:45:40.049

Yeah,

346

00:45:40.380 --> 00:45:43.269

Susanna Barkataki (she/her): uh. So what anyone like to share,

347

00:45:44.560 --> 00:45:46.169

Susanna Barkataki (she/her): outl, or in the

348

00:45:46.740 --> 00:45:52.640

Susanna Barkataki (she/her): you can see qualities that came through what you'll do to nourish yourself or your visualization.

349

00:46:10.810 --> 00:46:12.430

Susanna Barkataki (she/her): Yes, Kristy,

350

00:46:14.370 --> 00:46:16.899

Christie: Hi! Can you hear me

351

00:46:17.290 --> 00:46:35.600

Christie: um Such a beautiful practice, Susannah. Thank you so much. That was beautiful. Um, you know I have a tendency, especially in day to day. How crazy it is, I mean, i'm absolutely loving this practice, because energy is so. Um, just such. An

352

00:46:35.610 --> 00:46:51.390

Christie: if you think about it, I I mean I've studied energy with shamanic um with uh shamans from Peru, and just how um energy it's in everything it's in. You know money as a form of energy. How it flows. It's um just

353

00:46:51.410 --> 00:47:07.810

Christie: how things can get stuck in our energetic body. And so for me, with the day to day, the hectic life, the visualization I was able to go to my happy place which is up in Tahoe. I live in Northern California, and just be um!

354

00:47:07.820 --> 00:47:22.100

Christie: It was interesting because some of the things that you were talking about. I was able to just kind of be there in the silence. And yet then I started, being very aware of the sounds around me and the you know, uh, just the animals. And then

355

00:47:22.110 --> 00:47:36.509

Christie: it interestingly enough, like a sound bath all of a sudden, and then I felt like getting up and doing some dancing and some movement, and but all choreographed with all of the nature that was around me which was so beautiful for me, because that's such a

356

00:47:36.520 --> 00:47:57.619

Christie: you know just the energy. And knowing I'm going into the holidays, and my family could be a little triggering. So, knowing to put up the protective bubble, you know you can go to your happy place, or you know I i'm probably going to before everybody gets here tomorrow. Do some of this tomorrow before Thanksgiving to just kind of get grounded and

357

00:47:57.630 --> 00:48:07.120

Christie: centered, and you know the white light of protection bubble around me, and just know that maybe I, if I have to. In the middle of Thanksgiving I'm. Hosting,

358

00:48:07.130 --> 00:48:21.300

Christie: go off for a few minutes. Go connect to that happy place again, you know if I have to go in the room and do a little dance to get some of the energy. Maybe i'll do that. So, Thank you. It was beautiful. Thank you for allowing me to share. So

359

00:48:21.570 --> 00:48:46.669

Susanna Barkataki (she/her): thank you so much, Kristy. I think there's a lot of people resonating the arts, and like in the comments, too. I love that, and thank you for bringing in like the permission, right like Jurgis. At first it's like No, i'm not gonna come. Um. Why do you come to me now, like, after all, like you only visit me when it's chaotic like things are breaking down like no, i'm. I'm in my side, and it's like we get to take those times away.

360

00:48:46.730 --> 00:48:50.490

Susanna Barkataki (she/her): Have the boundary of care and practice, and

361

00:48:51.230 --> 00:49:06.569

Susanna Barkataki (she/her): is also balancing like you're hosting, so that to me. It says, you want to connect, even though there's sometimes difficulties. And so yeah, you get to take that stay. Yeah, So thank you.

362

00:49:06.580 --> 00:49:34.610

Christie: Yeah, it's interesting, because last time, when I shared an office hours, literally, my energy was so scattered I was trying to ask some questions, and um! My husband had just been laid off from work the day before. My aunt had passed away two days before that it was a very I was just so raw and emotional. And so it's actually those shifted the energy of how I am dealing with the holidays, and just being very grateful and gratitude, and very appreciative of the time I have with my family

363

00:49:34.620 --> 00:49:48.190

Christie: and um, so that that's kind of been a very interesting shift for me, as well like, even though it may be triggering. I'm going into it, as I said at the beginning, very hopeful, hopeful. And um

364

00:49:48.420 --> 00:50:07.020

Christie: yeah, just kind of feeling really good about where i'm at, and how? What kind of energy I can bring to the space, because to be aware of the energy, this whole module, or whatever just that we bring. I remember one time I went Co. Got my hair cut, and this girl's been to my hair for twenty years, and I walked in, and I just

365

00:50:07.030 --> 00:50:16.570

Christie: Why, you know, vomited all this negativity of what was going on, and she wasn't aware I've been aware of dealing with energy. She was in where she said

366

00:50:16.580 --> 00:50:43.820

Christie: afterwards, she's like man. I just feel so tired, so tired. And I realized afterwards, and I apologize to her later that I had brought in all this stuff that had trained her energy, you know. So to just to be a really aware of the energy that we bring to a space, and how can I make sure that I kind of set my energy so that i'm also kind of contributing rather than just. I don't want to be barricaded like her. But to be, you know, just

367

00:50:43.830 --> 00:50:55.790

Susanna Barkataki (she/her): I don't know if that'll make sense. But it really does. Yeah, thank you. And I saw a couple of other hands, Gory and one other, but I don't. I didn't catch the name

368

00:50:59.440 --> 00:51:15.530

Gauree Patel: I can share for a moment. If That's okay, please everyone uh i'm not sure. If other others had the experience I was like in and out of sleep, I think but one very vivid visualization I had was a food of kitchen, and I think I shared earlier in the chat. Um

369

00:51:15.770 --> 00:51:40.709

Gauree Patel: a lot of like anger to process right now, and frustration, and this like sense of like inflammation. And I think, coming out of it, realizing that a source of energy is like what we use to nourish our bodies and the food. So we eat, and like what makes us feel grounded. And it's also a product of probably being hungry for dinner right now. But this, like warm, really mushy like, and to to your earlier um

370

00:51:40.720 --> 00:51:59.040

Gauree Patel: share about a warm water bottle like something about that made me feel like this visualization of like what warmth means to me. Kind of felt um very vivid in that way. And so I came up from that, thinking of like the other ways that we nourish ourselves. Um! And I think I began

371

00:51:59.050 --> 00:52:10.089

Gauree Patel: visualizing movement, and then, realizing that my body actually needed like the the energy that's then able to want me to move um. So I wanted to share that with you.

372

00:52:11.360 --> 00:52:12.379

Susanna Barkataki (she/her): Oh,

373

00:52:12.600 --> 00:52:14.610

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

374

00:52:14.860 --> 00:52:18.140

Susanna Barkataki (she/her): Yeah. Like the energy that allows us to move.

375

00:52:18.660 --> 00:52:21.959

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

376

00:52:22.200 --> 00:52:25.370

Susanna Barkataki (she/her): Great. Thank you for sharing leave.

377

00:52:27.010 --> 00:52:28.379

Hello,

378

00:52:28.760 --> 00:52:29.799

um!

379

00:52:30.360 --> 00:52:37.839

Thank you for everyone sharing it. It's really nice to be here and to be with everyone.

380

00:52:38.130 --> 00:52:41.719

Um! This visualization for me,

381

00:52:42.030 --> 00:52:43.100

Um,

382

00:52:43.920 --> 00:52:48.729

first of all reminded me of a practice that has been really

383

00:52:48.780 --> 00:52:53.999

joyful and nourishing to me, which has been filling my bird theater every morning.

384

00:52:54.470 --> 00:53:10.150

And it's been really nice. A really nice way to just like get outside first thing in the morning and like feel how the air feels, even if it's really cold, or like getting more cold. I like to just like feel how it feels outside,

385

00:53:10.160 --> 00:53:16.450

and then watching the birds is so fun and entertaining, and also very good cat Tv.

386

00:53:16.850 --> 00:53:18.030

Um for my cats.

387

00:53:18.050 --> 00:53:19.009

Um:

388

00:53:19.330 --> 00:53:22.259

Yeah. But also

389

00:53:22.600 --> 00:53:23.679

I feel like

390

00:53:23.700 --> 00:53:25.339

visualizing

391

00:53:25.690 --> 00:53:28.220

um During the practice

392

00:53:28.310 --> 00:53:31.379

we reminded you how

393

00:53:31.420 --> 00:53:37.640

in each moment that i'm really present with my thoughts, or with myself,
with

394

00:53:38.030 --> 00:53:41.709

like minimizing other distractions. I feel like

395

00:53:41.990 --> 00:53:45.130

I can sort of tap into

396

00:53:45.220 --> 00:53:52.249

my the moments that have been similar, like throughout all of the past
moments. But I've been like

397

00:53:52.420 --> 00:53:54.460

you cultivating presence.

398

00:53:54.550 --> 00:53:55.790

So,

399

00:53:55.860 --> 00:53:58.259

for example, like all like

400

00:53:58.450 --> 00:54:01.939

visualize, I think, what i'm getting at is like

401

00:54:02.090 --> 00:54:06.740

visualizing stillness, or like the moments in

402

00:54:06.760 --> 00:54:08.850

my experience when i'm like

403

00:54:08.950 --> 00:54:12.430

really present. And still I feel like all those

404

00:54:16.970 --> 00:54:20.110

Yeah, um Other

405

00:54:20.350 --> 00:54:26.080
other practices that I wrote down

406

00:54:26.290 --> 00:54:27.350
um

407

00:54:27.390 --> 00:54:33.209
hiding and organizing my space has felt really like resourcing to me.

408

00:54:33.320 --> 00:54:35.339
I feel like It's just really

409

00:54:35.450 --> 00:54:39.719
gratifying to be in a space that is

410

00:54:39.760 --> 00:54:46.450
tidy and organized, and um like all set up for like we need to be in
existence.

411

00:54:46.580 --> 00:54:51.810
Um! And then also lighting candles and incense,

412

00:54:51.920 --> 00:54:59.569
and having, like sensory like present sensory experiences like soft
things, sent one things

413

00:54:59.700 --> 00:55:01.580
and colors.

414

00:55:01.640 --> 00:55:02.750
Um.

415

00:55:03.030 --> 00:55:04.500
And then

416

00:55:04.600 --> 00:55:05.970
also like

417

00:55:06.440 --> 00:55:10.450

um spending time sitting or walking outside.

418

00:55:10.630 --> 00:55:21.849

Um. I feel like now with the like shorter daylight hours. I feel like It's really important for me to get outside while it's still daylight, because then

419

00:55:21.990 --> 00:55:28.990

I feel like this impending sense of doom and gloom, and, like the day, is like ending

420

00:55:29.500 --> 00:55:30.680

um.

421

00:55:30.850 --> 00:55:39.450

But other than that also, I really enjoy making arts, or like having

422

00:55:39.560 --> 00:55:43.700

creative free time where i'm just like

423

00:55:43.720 --> 00:55:47.250

I think that's a good night time activity for me to like.

424

00:55:47.330 --> 00:55:58.159

Find a project to do like mending holes in my stocks or like doing it sewing projects or something like that to like focus on

425

00:55:58.280 --> 00:56:04.670

um. But yeah, those are the ways that I've been sourcing myself recently.

426

00:56:05.110 --> 00:56:07.780

Um, Thank you.

427

00:56:11.290 --> 00:56:16.829

Susanna Barkataki (she/her): Thank you so much. We There's so many things that you said that i'm,

428

00:56:17.890 --> 00:56:29.039

Susanna Barkataki (she/her): and just the quality of like doing tending like the service of feeding the however, in this way that's mutually nourish like to them into.

429

00:56:29.410 --> 00:56:31.350
Susanna Barkataki (she/her): Yeah, thank you.

430
00:56:31.820 --> 00:56:41.309
Susanna Barkataki (she/her): I saw Jamie's comment about um surprise to see that my practice face aerial silks. Uh, I've been curious about learning

431
00:56:41.320 --> 00:56:52.690
Susanna Barkataki (she/her): aerial silks for years, but thought it was a mild that just now it feels stronger. I'm very conscious of maybe kind of balancing, but the flow seems so yummy from an outside point of view. I never tried it,

432
00:56:52.950 --> 00:57:06.519
Susanna Barkataki (she/her): and my visualization. It felt like an opportunity to practice flow, find the right stream, and moving in alignment and with intention. It also made me think about the space between these and efforts to join pleasure in that in between. Yes,

433
00:57:06.840 --> 00:57:25.470
Susanna Barkataki (she/her): yeah, I think it was highly assist in highway, and said, That flow happens when there is that balance between effort and ease? And if it's too easy, we fall out of cause we get bored, and so doing something new, like aerial silks, or whatever a new kind of

434
00:57:25.670 --> 00:57:27.109
Susanna Barkataki (she/her): thing is

435
00:57:27.310 --> 00:57:57.240
Susanna Barkataki (she/her): to to fall into the flow to get into the flow. It may take a little time. Um, but there's There's that opportunity to try something, and I will share Jamie. What else like? I've only, I think, done one or two aerial sales classes. I was surprised at how grounding it feels. Um, because you're kind of you can kind of cocoon up in the cell, and you're really held um, so didn't feel i'm grounding to me it might have been the the particular place or the teacher. So I I would say to like, Give

436
00:57:57.250 --> 00:58:06.390
Susanna Barkataki (she/her): that like, try, try different places, and or in different teachers, and see how it feels if you feel like, try um. That could be really fun.

437
00:58:07.530 --> 00:58:08.669
Susanna Barkataki (she/her): Hmm.

438

00:58:12.740 --> 00:58:15.720

Susanna Barkataki (she/her): Books are commenting on one others

439

00:58:15.840 --> 00:58:17.279

um

440

00:58:18.290 --> 00:58:24.470

Susanna Barkataki (she/her): shares and a lot of nature connections.
Inquiry about bird seed.

441

00:58:25.210 --> 00:58:38.749

Susanna Barkataki (she/her): Favorite bird Seed. That's a great question.
I've been wondering what I' to. I'm gonna drop in what I earlier, i'm
inspired to make some kitchen now to um all purpose for food feed in the
biggest bag. Yeah,

442

00:58:38.910 --> 00:58:40.090

Susanna Barkataki (she/her): that's great.

443

00:58:40.520 --> 00:58:44.879

Susanna Barkataki (she/her): So as we come to a close.

444

00:58:45.010 --> 00:58:47.979

Susanna Barkataki (she/her): I wanted to close with um,

445

00:58:48.630 --> 00:59:01.620

Susanna Barkataki (she/her): friend and colleague, Princess Hempill said,
couple of years ago, Boundary, thinking of their father. Um, with whom
they have a complex relationship. Boundaries are the space which I can
love

446

00:59:01.840 --> 00:59:05.240

Susanna Barkataki (she/her): you and myself simultaneously,

447

00:59:05.980 --> 00:59:11.489

Susanna Barkataki (she/her): And I really love this quote: i'm gonna type
their name um princess

448

00:59:12.180 --> 00:59:13.560

Susanna Barkataki (she/her): until

449

00:59:15.100 --> 00:59:21.860

Susanna Barkataki (she/her): so um! They're a somatics like a somatic um

450

00:59:31.680 --> 00:59:33.089

justice,

451

00:59:34.290 --> 00:59:39.750

Susanna Barkataki (she/her): presence, and and really, I think, visionary, and I love that

452

00:59:40.270 --> 00:59:43.999

Susanna Barkataki (she/her): streaming of boundaries, because

453

00:59:44.200 --> 00:59:56.650

Susanna Barkataki (she/her): I think so often, particularly for those of us socialized a certain way, or, you know, thinking like i'm a yoga practitioner, I should be able to do this I should be able to power through It's like

454

00:59:56.670 --> 01:00:13.979

Susanna Barkataki (she/her): No, Actually, I apologize for the space at which I can love you and myself simultaneously, and still really paying attention over the this next time as part of your voluntary practice, if you like to. What are the boundaries that are

455

01:00:13.990 --> 01:00:33.660

Susanna Barkataki (she/her): allowing you to deepen in love for yourself and others. And so it's It's there's so many ways that could look that might be like, you know we were sharing like going aside during a gathering, and like recharging your energy. Maybe not going. It might be um. Removing yourself from a conversation. It might be

456

01:00:33.670 --> 01:00:42.220

Susanna Barkataki (she/her): initiating a conversation. It might be interrupting harm. It might be removing yourself from hard right like there. There's no one way it can work,

457

01:00:42.380 --> 01:00:51.210

Susanna Barkataki (she/her): only you know, and so part of our practice can be like, Okay, what is that? What is the boundary? What is the love?

458

01:01:05.840 --> 01:01:11.089

Susanna Barkataki (she/her): So with that we will close, and um

459

01:01:12.220 --> 01:01:13.729
Susanna Barkataki (she/her): let's see

460

01:01:13.890 --> 01:01:30.850
Susanna Barkataki (she/her): the only thing to like a logistical thing to share is, and we didn't have anyone share like enter their name in that, in the sharing about your class curator, which is totally fine. But if you feel inspired to share like a takeaway or an aha um!

461

01:01:30.860 --> 01:01:40.980
Susanna Barkataki (she/her): And you wanna drop that in the link that's that's on there. You're more than welcome to. I've been really enjoying getting to talk to the people that I talked to. Um. It's been really,

462

01:01:46.860 --> 01:02:02.640
Susanna Barkataki (she/her): and support your growth with Yoga in this space, one on one in the office hours. And please, if you have any questions, drop them in the office hours thread, because i'll see you there. Next. Which link my referencing. Yeah, So um,

463

01:02:03.910 --> 01:02:14.559
Susanna Barkataki (she/her): i'm not gonna be able to pull it up that quickly. But it's on the main page of yoga class Curator. I think

464

01:02:14.670 --> 01:02:30.449
Andrea Ramos: it's called I'm trying to pull it up. Now. I think we should be. There is a specific Y. Cc. Monthly giveaways. Tab: So i'm gonna Yeah, Thank you for monthly.

465

01:02:30.580 --> 01:02:57.810
Susanna Barkataki (she/her): Yeah. Yeah. Oh, that's so cool. Susan. Um. And if you're welcome to share and not drop it in there. But if you drop it in there, then then you're You're part of the monthly giveaways and um I wanted to just share with you, because I called just randomly, I had lost this water bottle. Um, but I I can't find the lid, but it's my yoga social justice uh water model, which feels like to such a perfect one; for

466

01:02:57.820 --> 01:03:02.219
Susanna Barkataki (she/her): for, like the restore, and then the act.

467

01:03:02.320 --> 01:03:12.440
Susanna Barkataki (she/her): And so I hope that you're taking with you nourishments continue to really like if there was any invitation for continued home play with

468

01:03:12.450 --> 01:03:25.100

Susanna Barkataki (she/her): It's really nervous yourself. And then, if and when and where you feel resourced, move into, uh, into action, and to align the action for care, for justice, for equity.

469

01:03:25.590 --> 01:03:31.750

Susanna Barkataki (she/her): So thank you. Thank you. Thank you so much for your presence. Thank you so much for your practice.

470

01:03:50.600 --> 01:03:57.750

Susan Shloss (she/her): Hi, Everyone,

471

01:03:57.980 --> 01:04:00.419

Janie Seecharan: Thank you. Hi. Thank you.