



1

00:00:02.850 --> 00:00:10.440

Susanna Barkataki (she/her): Welcome to our office hours for this month. I'm so happy to to be here with you.

2

00:00:10.910 --> 00:00:12.390

Susanna Barkataki (she/her): And

3

00:00:13.670 --> 00:00:17.299

Susanna Barkataki (she/her): yeah, wow, I can't believe that it's

4

00:00:18.070 --> 00:00:22.750

Susanna Barkataki (she/her): December. oh, and I got my cast off for those who've been

5

00:00:22.780 --> 00:00:37.599

Susanna Barkataki (she/her): pay attention or care which you know it's one of those things it's like a really big deal when you're in the body. but you don't always notice or think about it. We're not in in that it bodily experience.

6

00:00:37.610 --> 00:00:46.029

Susanna Barkataki (she/her): So i'm very grateful to be able to like. Touch my arm and begin to move into a little bit more mobility.

7

00:00:46.410 --> 00:00:48.240

Susanna Barkataki (she/her): So in this moment.

8

00:00:48.470 --> 00:00:55.289

Susanna Barkataki (she/her): you know, there may be parts of our bodies that are comfortable, and there may be parts that are uncomfortable and

9

00:00:56.850 --> 00:00:59.640

Susanna Barkataki (she/her): part of my practice, for through the last.

10

00:00:59.720 --> 00:01:01.370

Susanna Barkataki (she/her): you know couple of months

11

00:01:01.610 --> 00:01:16.720

Susanna Barkataki (she/her): was really embracing that like that. There's discomfort here, but there is also ease and comfort, say here or here, you know, and and noticing the places where I could find more flow or sensation

12

00:01:16.730 --> 00:01:29.290

Susanna Barkataki (she/her): that was pleasing, and then not ignoring, but just noticing and noting the places where there was sensation that wasn't pleasurable and naming it, noticing it. And so I want to begin

13

00:01:29.520 --> 00:01:32.490

Susanna Barkataki (she/her): with a drop in today

14

00:01:32.570 --> 00:01:44.390

Susanna Barkataki (she/her): on that kind of a paragraph kind of like letting go, or non attachment to even the experience for the states of our bodies, which

15

00:01:44.400 --> 00:01:59.580

Susanna Barkataki (she/her): sometimes can be challenging; and some kind sometimes can be really like liberating and really joyful. So there's lots of possibilities for what might occur. But we'll begin by finding an useful way to be.

16

00:02:00.290 --> 00:02:01.819

Susanna Barkataki (she/her): I'll invite the bell

17

00:02:10.130 --> 00:02:12.850

Susanna Barkataki (she/her): you can take a deep breath in

18

00:02:13.940 --> 00:02:15.859

Susanna Barkataki (she/her): and a deep breath out.

19

00:02:23.590 --> 00:02:27.779

Susanna Barkataki (she/her): It's checking in as you breathe with the state of your

20

00:02:27.940 --> 00:02:30.280

Susanna Barkataki (she/her): being right now.

21

00:02:31.060 --> 00:02:32.690

Susanna Barkataki (she/her): and what's around you.

22

00:02:34.360 --> 00:02:41.840

Susanna Barkataki (she/her): and meaning that here, where I am, you may hear a little background noise. There's a moving track as a

23

00:02:41.970 --> 00:02:44.820

Susanna Barkataki (she/her): neighbor is transitioning in

24

00:02:49.540 --> 00:02:52.790

Susanna Barkataki (she/her): noticing your environment.

25

00:02:52.840 --> 00:02:54.310

Susanna Barkataki (she/her): your place

26

00:02:55.490 --> 00:02:56.880

Susanna Barkataki (she/her): and space.

27

00:02:57.100 --> 00:03:00.160

Susanna Barkataki (she/her): and with your eyes softly closed, or

28

00:03:00.420 --> 00:03:03.220

Susanna Barkataki (she/her): this gently focused on a spot in front of you

29

00:03:04.020 --> 00:03:07.330

Susanna Barkataki (she/her): appealing the sensations of your body

30

00:03:08.410 --> 00:03:09.860

Susanna Barkataki (she/her): in space.

31

00:03:24.400 --> 00:03:26.510

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

32

00:03:27.010 --> 00:03:28.280

Susanna Barkataki (she/her): notice

33

00:03:28.570 --> 00:03:33.309

Susanna Barkataki (she/her): where you might feel ease where there's a flow.

34

00:03:34.210 --> 00:03:41.289

Susanna Barkataki (she/her): Sometimes it can be helpful to scan down from the top of your head to your toes. Noticing these.

35

00:04:01.250 --> 00:04:03.510

Susanna Barkataki (she/her): it might be a softness.

36

00:04:04.450 --> 00:04:06.480

Susanna Barkataki (she/her): your left, pinky.

37

00:04:11.750 --> 00:04:13.300

Susanna Barkataki (she/her): your right, c.

38

00:04:16.019 --> 00:04:19.240

Susanna Barkataki (she/her): Letting your awareness and your attention flow

39

00:04:19.519 --> 00:04:23.020

Susanna Barkataki (she/her): where you experience.

40

00:04:30.490 --> 00:04:32.370

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

41

00:04:32.700 --> 00:04:34.820

Susanna Barkataki (she/her): not letting that go.

42

00:04:36.630 --> 00:04:40.540

Susanna Barkataki (she/her): I'm noticing places where there's tension or tightness.

43

00:04:40.670 --> 00:04:43.900

Susanna Barkataki (she/her): or heat, or other sensations.

44

00:04:46.780 --> 00:04:48.190

Susanna Barkataki (she/her): noting them

45

00:04:50.830 --> 00:04:53.839

Susanna Barkataki (she/her): by naming them like John

46

00:05:00.010 --> 00:05:01.250

Susanna Barkataki (she/her): belly

47

00:05:04.960 --> 00:05:06.250  
Susanna Barkataki (she/her): tones.

48  
00:05:10.550 --> 00:05:13.259  
Susanna Barkataki (she/her): Is that meeting to change anything?

49  
00:05:15.920 --> 00:05:17.110  
Susanna Barkataki (she/her): Noting

50  
00:05:17.580 --> 00:05:20.059  
Susanna Barkataki (she/her): your experience as it is?

51  
00:06:06.200 --> 00:06:07.880  
Susanna Barkataki (she/her): Yeah, i'm turning

52  
00:06:08.740 --> 00:06:12.120  
Susanna Barkataki (she/her): the awareness back to ease

53  
00:06:12.800 --> 00:06:14.060  
Susanna Barkataki (she/her): or flow.

54  
00:06:16.850 --> 00:06:23.900  
Susanna Barkataki (she/her): I'm just saying if there's any more places,  
or you or familiar places that feel useful.

55  
00:06:57.370 --> 00:07:00.740  
Susanna Barkataki (she/her): I can go on attachment to

56  
00:07:01.950 --> 00:07:03.150  
Susanna Barkataki (she/her): Hi there.

57  
00:07:04.110 --> 00:07:06.540  
Susanna Barkataki (she/her): comfort or discomfort.

58  
00:07:08.630 --> 00:07:14.619  
Susanna Barkataki (she/her): noticing the sensations of what it is to be  
embodied to be alive.

59  
00:07:18.920 --> 00:07:21.580  
Susanna Barkataki (she/her): Maybe pleasure there may be pain.

60

00:07:22.220 --> 00:07:23.789

Susanna Barkataki (she/her): maybe. Is.

61

00:07:24.390 --> 00:07:26.380

Susanna Barkataki (she/her): There may be discomfort

62

00:07:33.230 --> 00:07:35.569

Susanna Barkataki (she/her): underneath or behind all of that

63

00:07:37.330 --> 00:07:39.050

Susanna Barkataki (she/her): sensation.

64

00:07:40.410 --> 00:07:41.990

Susanna Barkataki (she/her): since gates.

65

00:07:44.670 --> 00:07:45.840

Susanna Barkataki (she/her): feeling

66

00:07:47.610 --> 00:07:48.700

Susanna Barkataki (she/her): touch.

67

00:07:50.630 --> 00:07:51.570

Susanna Barkataki (she/her): thanks.

68

00:07:52.600 --> 00:07:53.680

Susanna Barkataki (she/her): site.

69

00:07:53.950 --> 00:07:54.990

Susanna Barkataki (she/her): hearing

70

00:08:04.100 --> 00:08:07.570

Susanna Barkataki (she/her): underneath and behind all of the sunscapes.

71

00:08:08.760 --> 00:08:10.200

Susanna Barkataki (she/her): It's consciousness.

72

00:08:14.840 --> 00:08:17.109

Susanna Barkataki (she/her): Okay, great and

73

00:08:17.330 --> 00:08:18.810

Susanna Barkataki (she/her): I am.

74

00:08:19.790 --> 00:08:20.980

Susanna Barkataki (she/her): And this

75

00:08:22.060 --> 00:08:23.390

Susanna Barkataki (she/her): being this.

76

00:08:34.909 --> 00:08:38.079

Susanna Barkataki (she/her): my senses can be doorways into

77

00:08:38.520 --> 00:08:39.819

Susanna Barkataki (she/her): is greater

78

00:08:40.919 --> 00:08:42.630

Susanna Barkataki (she/her): awareness of being

79

00:08:42.650 --> 00:08:44.090

Susanna Barkataki (she/her): sometimes

80

00:08:45.180 --> 00:08:48.170

Susanna Barkataki (she/her): letting go of your senses can be a doorway.

81

00:08:49.400 --> 00:08:50.980

Susanna Barkataki (she/her): and to be miss

82

00:08:53.630 --> 00:08:55.219

Susanna Barkataki (she/her): to see for this

83

00:08:55.280 --> 00:08:57.159

Susanna Barkataki (she/her): next minute or 2.

84

00:08:58.210 --> 00:09:03.520

Susanna Barkataki (she/her): You can feel the presence of your aliveness, your consciousness.

85

00:09:05.030 --> 00:09:09.819

Susanna Barkataki (she/her): They're behind all sensation, all thoughts on the field.

86

00:09:11.230 --> 00:09:13.719

Susanna Barkataki (she/her): Okay, this out with the bell

87

00:09:13.780 --> 00:09:15.039

Susanna Barkataki (she/her): when it's time

88

00:11:19.000 --> 00:11:20.780

Susanna Barkataki (she/her): deepening your breath.

89

00:11:23.170 --> 00:11:26.940

Susanna Barkataki (she/her): It's stretching your arms away from your body any amount.

90

00:11:28.430 --> 00:11:30.800

Susanna Barkataki (she/her): and then maybe up above your head.

91

00:11:33.200 --> 00:11:35.450

Susanna Barkataki (she/her): moving your hands together.

92

00:11:42.420 --> 00:11:45.799

Susanna Barkataki (she/her): and if you like you can place your hands over your

93

00:11:47.140 --> 00:11:53.970

Susanna Barkataki (she/her): and to open your eyes or soften your gaze into the darkness of your hands.

94

00:11:57.700 --> 00:12:02.590

Susanna Barkataki (she/her): top of your eyes, giving it rain the third eye

95

00:12:03.440 --> 00:12:08.910

Susanna Barkataki (she/her): there is some nourishment, maybe even massaging a little bit, 2 fingertips

96

00:12:17.390 --> 00:12:20.659

Susanna Barkataki (she/her): gently coming back into the space.

97

00:12:20.900 --> 00:12:22.580

Susanna Barkataki (she/her): looking around you

98

00:12:22.890 --> 00:12:25.499

Susanna Barkataki (she/her): being in light, noticing

99

00:12:25.620 --> 00:12:27.010

Susanna Barkataki (she/her): the sense gates.

100

00:12:28.000 --> 00:12:29.700

Susanna Barkataki (she/her): Hello! And for

101

00:12:37.560 --> 00:12:41.180

Susanna Barkataki (she/her): something so powerful about silence

102

00:12:43.550 --> 00:12:44.880

and

103

00:12:45.040 --> 00:12:48.109

Susanna Barkataki (she/her): being in a practice of silence

104

00:12:48.390 --> 00:12:49.640

Susanna Barkataki (she/her): with yourself.

105

00:12:49.730 --> 00:12:52.999

Susanna Barkataki (she/her): And then also I don't know how many of you

106

00:12:53.140 --> 00:12:54.550

Susanna Barkataki (she/her): notice this? But

107

00:12:54.890 --> 00:12:58.490

Susanna Barkataki (she/her): there is a way of being in silence with

108

00:12:58.940 --> 00:13:02.480

Susanna Barkataki (she/her): people you love with friends, with family.

109

00:13:02.540 --> 00:13:03.910

Susanna Barkataki (she/her): with that

110

00:13:04.300 --> 00:13:07.270

Susanna Barkataki (she/her): animal companions, with trees.

111

00:13:09.990 --> 00:13:11.860

Susanna Barkataki (she/her): And so, just noticing

112

00:13:12.470 --> 00:13:27.219

Susanna Barkataki (she/her): all the different ways that communication happens, you know, letting go of, like the the main way that we often maybe see with our eyes, or seek and listen. But there's all sorts of communication that can happen.

113

00:13:27.350 --> 00:13:32.659

Susanna Barkataki (she/her): No, silence is not so silent right? You might have noticed that in the meditation.

114

00:13:32.890 --> 00:13:34.300

Susanna Barkataki (she/her): and

115

00:13:35.900 --> 00:13:48.080

Susanna Barkataki (she/her): allowing there to be those spaces and those pauses in our lives for me, is a great apartment of practice, because it lets me let go of what I think is about to happen.

116

00:13:48.210 --> 00:13:51.350

Susanna Barkataki (she/her): for what I am projecting is happening

117

00:13:52.610 --> 00:13:59.469

Susanna Barkataki (she/her): to just be with what is and not miss it. You know it's so easy to miss

118

00:13:59.680 --> 00:14:01.390

Susanna Barkataki (she/her): to miss names if

119

00:14:02.010 --> 00:14:05.399

Susanna Barkataki (she/her): i'm just doing and being and moving so quickly.

120

00:14:06.230 --> 00:14:10.499

Susanna Barkataki (she/her): So I wanted to begin with that

121

00:14:10.980 --> 00:14:13.669

Susanna Barkataki (she/her): practice, and also,

122

00:14:14.700 --> 00:14:22.180

Susanna Barkataki (she/her): just open up space for folks to share in the chat or out loud how you are.

123

00:14:22.240 --> 00:14:24.900

Susanna Barkataki (she/her): and anything that came up in that practice

124

00:14:25.220 --> 00:14:26.260

Susanna Barkataki (she/her): we have

125

00:14:26.300 --> 00:14:29.870

Susanna Barkataki (she/her): a handful of questions today. so we'll take

126

00:14:29.940 --> 00:14:33.069

Susanna Barkataki (she/her): plenty of time for that. But we we have time

127

00:14:33.190 --> 00:14:34.070

Susanna Barkataki (she/her): for

128

00:14:34.170 --> 00:14:38.270

Susanna Barkataki (she/her): that silence, and that listening to one another as we begin.

129

00:14:39.240 --> 00:14:48.029

Susanna Barkataki (she/her): So if you want to talk in the chat, how you are any reflections on the meditation, or if anyone would like to share, we probably have space for one or 2 shares

130

00:14:48.750 --> 00:14:49.839

out loud

131

00:15:11.690 --> 00:15:12.890

Susanna Barkataki (she/her): by, too.

132

00:15:15.200 --> 00:15:16.010

Hi.

133

00:15:16.320 --> 00:15:18.570

June Lucarotti (she/her): I'm: so glad to be here on person.

134

00:15:21.840 --> 00:15:27.540

June Lucarotti (she/her): yeah, I just a brief reflection on meditation. I really appreciate it. It reminded me

135

00:15:28.760 --> 00:15:33.430

June Lucarotti (she/her): just to be still, and it was really hard to settle down in the beginning.

136

00:15:33.620 --> 00:15:37.319

June Lucarotti (she/her): It was like, oh, I gotta do this. Sorry I gotta. You know my body just

137

00:15:37.500 --> 00:15:40.010

June Lucarotti (she/her): wanted to keep going. So

138

00:15:40.030 --> 00:15:41.570

June Lucarotti (she/her): that was what I noticed.

139

00:15:45.050 --> 00:15:46.079

June Lucarotti (she/her): Thank you.

140

00:15:46.580 --> 00:15:51.699

Susanna Barkataki (she/her): Thank you, too. I'm so glad you could be here, too. And thank you for your reflection.

141

00:15:54.060 --> 00:15:54.750

Yeah.

142

00:15:57.720 --> 00:16:00.610

Susanna Barkataki (she/her): seeing folks in chat.

143

00:16:01.350 --> 00:16:07.949

Susanna Barkataki (she/her): what? The silence and reminder that being in silence is a form of a

144

00:16:08.730 --> 00:16:13.289

Susanna Barkataki (she/her): Yeah. So it's like me. It doesn't talk a lot. Yes.

145

00:16:13.870 --> 00:16:17.259

Susanna Barkataki (she/her): feeling calm and useful. Hmm.

146

00:16:18.280 --> 00:16:23.420

Susanna Barkataki (she/her): I've been sick, but i'm starting to feel better. My breath is very shallow. Yeah.

147

00:16:24.260 --> 00:16:33.480

Susanna Barkataki (she/her): yeah, leave. And when you know a lot of us, I think there's just been a lot going around in my family, too. There's been different

148

00:16:33.710 --> 00:16:38.959

Susanna Barkataki (she/her): sicknesses. My kid is sick right now, and so a lot of

149

00:16:39.120 --> 00:16:44.100

Susanna Barkataki (she/her): letting go a lot of resting if there's congestion or

150

00:16:44.140 --> 00:17:02.599

Susanna Barkataki (she/her): or blockages in the throat or head, like I've been finding doing like reclining, you know, placing a block or a pillow or bolster, and then leaning back and letting letting gravity just open up all of the parts that are kind of clients helpful to, even if you're not

151

00:17:02.610 --> 00:17:09.360

Susanna Barkataki (she/her): unwell, and you are well, and maybe just feeling the stress or attention of of life.

152

00:17:11.980 --> 00:17:17.300

Susanna Barkataki (she/her): hmm, Jamie. It was interesting for me to discover in our invitation. How much physical pain

153

00:17:17.460 --> 00:17:20.220

Susanna Barkataki (she/her): I've been caring. My brain must have doubled it for me.

154

00:17:20.410 --> 00:17:25.790

Susanna Barkataki (she/her): It's searching for the sensation. It's really highlighted the opposite. Yes.

155

00:17:26.849 --> 00:17:27.980

Susanna Barkataki (she/her): yeah.

156

00:17:29.240 --> 00:17:31.290

Susanna Barkataki (she/her): with you.

157

00:17:32.580 --> 00:17:33.790

Susanna Barkataki (she/her): Hmm.

158

00:17:34.720 --> 00:17:41.480

Susanna Barkataki (she/her): the paragraph of letting go is tying into the northern hemisphere's turn towards dark and winter solstice. Yes.

159

00:17:41.720 --> 00:17:45.659

Susanna Barkataki (she/her): and let it go to, you know, in the southern hemisphere into like

160

00:17:45.720 --> 00:17:59.500

Susanna Barkataki (she/her): possibility and growth and celebration it's like we can have. We can have both, and sometimes our seasons mirror the seasons that are outside of us, and sometimes they're different.

161

00:18:00.140 --> 00:18:02.780

Susanna Barkataki (she/her): doing tired but peaceful. My

162

00:18:02.890 --> 00:18:12.900

Susanna Barkataki (she/her): the winter weather has me wanting to go down and rest. Yes, feeling trying to rest and silence through my day. Yeah.

163

00:18:14.350 --> 00:18:15.420

Susanna Barkataki (she/her): Wonderful.

164

00:18:16.360 --> 00:18:17.610

Susanna Barkataki (she/her): Okay.

165

00:18:17.690 --> 00:18:18.880

Susanna Barkataki (she/her): Hmm.

166

00:18:19.740 --> 00:18:23.449

Susanna Barkataki (she/her): So we have lots of space. And

167

00:18:23.530 --> 00:18:25.310

and i'm going to

168

00:18:25.380 --> 00:18:30.960

Susanna Barkataki (she/her): bring in our questions. Let's see Christina. Let me see if we're here.

169

00:18:38.520 --> 00:18:54.490

Susanna Barkataki (she/her): Oh, i'm not sure if you are so, Christina Matson asked, is there? If you're here, please unmute You'd like. Is there a thick 5 version of the serpent shapes in issue 2? I love the practice and would like to adapt it for a bigger body.

170

00:18:54.890 --> 00:18:56.140

Susanna Barkataki (she/her): So

171

00:18:56.520 --> 00:19:03.189

Susanna Barkataki (she/her): the circuit shapes were, and are the ones where we're crossing like. For example.

172

00:19:03.470 --> 00:19:06.279

Susanna Barkataki (she/her): if these were my legs right, we're standing.

173

00:19:06.390 --> 00:19:25.319

Susanna Barkataki (she/her): and I can't put my my hand. This i'll do it like this. but if we're standing in, we're crossing one leg in front of the other as high up on the thighs as possible. And so one of the things I was thinking, and i'll demonstrate

174

00:19:25.450 --> 00:19:37.200

Susanna Barkataki (she/her): and I also want to open the set to other folks, because I think Christina will watch the I'm wearing a skirt, so I pants on my skirt. But if we're crossing our legs like this.

175

00:19:37.360 --> 00:19:50.669

Susanna Barkataki (she/her): but for whatever reason flesh there is getting in the way, one option is to move the fresh right so to roll your thigh. Kind of up and around as you're moving it over, and another option would be to step

176

00:19:50.790 --> 00:19:56.120

Susanna Barkataki (she/her): the front foot in front. So not if you can see my

177

00:19:56.700 --> 00:19:59.679

Susanna Barkataki (she/her): but just to step

178

00:19:59.860 --> 00:20:02.560

Susanna Barkataki (she/her): the foot there right right in front.

179

00:20:02.630 --> 00:20:08.439

Susanna Barkataki (she/her): not fully crossing over, but in front of the leg. You'll get the same benefits

180

00:20:08.470 --> 00:20:11.820

Susanna Barkataki (she/her): because part of doing any kind of

181

00:20:13.000 --> 00:20:15.240

Susanna Barkataki (she/her): practice where we're changing.

182

00:20:15.370 --> 00:20:16.960

Susanna Barkataki (she/her): Orientation

183

00:20:17.040 --> 00:20:18.629

Susanna Barkataki (she/her): like this is

184

00:20:18.770 --> 00:20:21.179

Susanna Barkataki (she/her): to help kind of coach

185

00:20:21.210 --> 00:20:24.080

Susanna Barkataki (she/her): the brain and the body to not

186

00:20:24.110 --> 00:20:37.349

Susanna Barkataki (she/her): fall into our usual. like oh, downward facing talk. Okay, I know how to do that, right. But if one foot is in front of the other and the other for this behind. Then we're still getting that crossing

187

00:20:38.070 --> 00:20:52.339

Susanna Barkataki (she/her): what the right and left crossover crossing over the midline and training the brain to think in a new way and the body to experience in new way. i'm curious if anyone else has some thoughts on

188

00:20:52.360 --> 00:20:56.549

Susanna Barkataki (she/her): a bigger body version of any kind of crossing over like that.

189

00:20:57.820 --> 00:21:00.579

Susanna Barkataki (she/her): and I want to note

190

00:21:00.670 --> 00:21:02.789

Susanna Barkataki (she/her): that the idea of moving

191

00:21:03.560 --> 00:21:25.020

Susanna Barkataki (she/her): you're using your hands or other person provided to move flesh out of the way I learned from amber cards who teaches body positive yoga, and that's a whole course and a lot of

resources. i'm certainly not an expert, and I defer to and learn a lot from Amber and Diane Bondi. They have a They have a course together. I'll share

192

00:21:25.140 --> 00:21:36.360

Susanna Barkataki (she/her): the resources list. That was another question someone asked about children's books, resources, and I have a bunch of resources on the list and Diana and inverse course and work is on it.

193

00:21:37.000 --> 00:21:37.840

Yeah.

194

00:21:39.700 --> 00:21:42.730

Susanna Barkataki (she/her): So any other thoughts for options

195

00:21:42.820 --> 00:21:43.960

Susanna Barkataki (she/her): in.

196

00:21:44.060 --> 00:21:46.640

Susanna Barkataki (she/her): And when you're doing shapes like that.

197

00:21:49.920 --> 00:21:50.820

Hmm.

198

00:21:55.060 --> 00:21:56.050

Okay.

199

00:21:57.840 --> 00:22:13.670

Susanna Barkataki (she/her): yeah, i'll. So there's a couple of resources people asked for, and right now I will drop them as links in the chat. But we'll also get them inside the portal that the other class Curator Portal. So that way you you can have access to them whenever you

200

00:22:13.860 --> 00:22:14.800

we want

201

00:22:16.130 --> 00:22:20.420

Susanna Barkataki (she/her): But we I haven't done that yet, so i'll get in there this week.

202

00:22:21.140 --> 00:22:38.149

Susanna Barkataki (she/her): Susan asks as a money coach who's been a lover of Hindu based practices for 30 years. I would like to make sure that i'm responsibly bringing. Let me into my presentations and teaching. I'd like to practice in the group how I would do that and receive your input

203

00:22:38.290 --> 00:22:49.510

Susanna Barkataki (she/her): so wonderful, Susan. I'm really glad that you're coming here to workshop this, and also modeling for us that we can use office our space this way. and

204

00:22:50.050 --> 00:22:54.649

Susanna Barkataki (she/her): so, Susan, i'm just i'm here. Yes, Hi, welcome.

205

00:22:54.810 --> 00:22:57.060

Susan Shloss (she/her): Thank you. Thank you so much.

206

00:22:58.730 --> 00:23:01.100

Susan Shloss (she/her): So i'll just.

207

00:23:01.420 --> 00:23:04.399

Susan Shloss (she/her): I guess. Just launch into what i'm thinking

208

00:23:05.150 --> 00:23:12.559

Susan Shloss (she/her): I'm in the middle of a workshop. I'm actually doing a retreat, and i'll get to a place where i'll say.

209

00:23:12.700 --> 00:23:17.170

Susan Shloss (she/her): Now I would like to invoke the divine feminine

210

00:23:18.480 --> 00:23:24.889

Susan Shloss (she/her): through the goddess laks me and laks me is a Hindu based goddess

211

00:23:25.510 --> 00:23:27.859

Susan Shloss (she/her): from the Indian traditions.

212

00:23:28.140 --> 00:23:39.930

Susan Shloss (she/her): and I want to acknowledge that India has had these powerful practices for thousands of years, and that frequency has built and built and built over all these years.

213

00:23:40.100 --> 00:23:43.470

Susan Shloss (she/her): So I feel tremendously grateful that I

214

00:23:43.880 --> 00:23:45.450

Susan Shloss (she/her): I've been able to

215

00:23:46.450 --> 00:23:53.279

Susan Shloss (she/her): use these practices for my own spiritual evolution and for benefit of others as well.

216

00:23:53.610 --> 00:23:55.520

Susan Shloss (she/her): And I want to honor

217

00:23:55.770 --> 00:23:57.589

Susan Shloss (she/her): that we are

218

00:23:58.560 --> 00:24:01.150

Susan Shloss (she/her): using. We are inviting.

219

00:24:01.260 --> 00:24:02.570

Susan Shloss (she/her): Watch me in

220

00:24:02.810 --> 00:24:10.159

Susan Shloss (she/her): from that beautiful Indian tradition, and I have a picture of her here that I keep on my altar.

221

00:24:10.640 --> 00:24:14.609

Susan Shloss (she/her): and I do put it to her regularly, which is

222

00:24:14.900 --> 00:24:17.029

Susan Shloss (she/her): lighting a candle and waving it

223

00:24:17.640 --> 00:24:24.849

Susan Shloss (she/her): to invite her. And there are a couple of things I've learned from one of my teachers, Susan of Arkataki.

224

00:24:25.710 --> 00:24:26.670

Susan Shloss (she/her): that

225

00:24:26.770 --> 00:24:29.390

Susan Shloss (she/her): when you're invoking a deity.

226

00:24:29.620 --> 00:24:31.610

Susan Shloss (she/her): you can either

227

00:24:31.650 --> 00:24:35.399

Susan Shloss (she/her): worship that the idea is something outside of yourself

228

00:24:35.790 --> 00:24:41.880

Susan Shloss (she/her): which also helps you resonate with that frequency and invite the healing of it.

229

00:24:42.020 --> 00:24:47.620

Susan Shloss (she/her): or you can consider it as a part of yourself. So whatever works best for you

230

00:24:48.580 --> 00:24:50.839

Susan Shloss (she/her): feel free to do that, so that's

231

00:24:52.230 --> 00:24:54.339

Susan Shloss (she/her): something like what I would say.

232

00:24:56.450 --> 00:24:58.250

Susan Shloss (she/her): or I might say Thank you.

233

00:25:03.320 --> 00:25:05.699

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

234

00:25:05.850 --> 00:25:06.860

Susanna Barkataki (she/her): and

235

00:25:07.160 --> 00:25:10.459

Susanna Barkataki (she/her): I love that. But I thought that was really

236

00:25:11.870 --> 00:25:19.280

Susanna Barkataki (she/her): really beautiful and really mindful, and really caring and bringing in all of the aspects we talked about around like

237

00:25:19.410 --> 00:25:26.300

Susanna Barkataki (she/her): caring for lineage and naming the roots of where a practice comes from and goddess comes from.

238

00:25:26.580 --> 00:25:30.419

Susanna Barkataki (she/her): and the only piece that I was thinking is.

239

00:25:30.720 --> 00:25:33.430

Susanna Barkataki (she/her): I think, I usually say

240

00:25:33.580 --> 00:25:42.150

Susanna Barkataki (she/her): when I, when I give people the space to connect to goddess, individually or God individually. that to remember that for many people

241

00:25:42.690 --> 00:25:45.669

Susanna Barkataki (she/her): in the world these are

242

00:25:45.710 --> 00:25:52.280

Susanna Barkataki (she/her): so just to bring in that like respect for, you have your way.

243

00:25:52.300 --> 00:25:57.970

Susanna Barkataki (she/her): and other people have their way, and their way, you know, could be like one of them needs devotion.

244

00:25:58.350 --> 00:26:17.850

Susanna Barkataki (she/her): So i'm not sure how that how that resonates, but to take it just that one step to to remind people who may not have that context, right? That that that these are are like They're like family members for many, many people.

245

00:26:17.900 --> 00:26:23.499

Susanna Barkataki (she/her): that's the one extra step. I'm thinking that would be really.

246

00:26:25.540 --> 00:26:34.010

Susanna Barkataki (she/her): Yeah, I I feel like we would bring it full circle. How does that sound? That's beautiful? I love that. It. It really

247

00:26:34.820 --> 00:26:37.890

Susan Shloss (she/her): brings the collection to another level. So

248

00:26:41.160 --> 00:26:43.000

Susanna Barkataki (she/her): any

249

00:26:43.980 --> 00:26:47.200

Susanna Barkataki (she/her): anyone else want to share reflections for Susan.

250

00:26:51.570 --> 00:26:52.770

Justine F. (she/her): I I will.

251

00:26:53.650 --> 00:26:57.609

Justine F. (she/her): The I. What about looking at lax me as a partner.

252

00:26:58.550 --> 00:26:59.250

Justine F. (she/her): not

253

00:27:00.400 --> 00:27:01.170

Justine F. (she/her): out.

254

00:27:01.190 --> 00:27:04.680

Justine F. (she/her): So that's outside self, but as a partner

255

00:27:04.800 --> 00:27:06.150

Justine F. (she/her): helping.

256

00:27:07.340 --> 00:27:09.509

Justine F. (she/her): Forgive me if i'm not.

257

00:27:09.770 --> 00:27:11.899

Justine F. (she/her): thanks. So articulate with that. But

258

00:27:13.210 --> 00:27:14.240

Justine F. (she/her): or someone.

259

00:27:16.600 --> 00:27:18.000

Justine F. (she/her): I know that was the deed.

260

00:27:18.540 --> 00:27:20.680

Justine F. (she/her): the outside. But consider the

261

00:27:21.680 --> 00:27:23.709

consider them as a partner to help

262

00:27:24.870 --> 00:27:28.220

Justine F. (she/her): help you out or help the person out.

263

00:27:28.620 --> 00:27:33.730

Justine F. (she/her): Anyway, i'm gonna mute.

264

00:27:34.340 --> 00:27:51.660

Susanna Barkataki (she/her): No, I love that. Thank you to Steve. That's a really beautiful way to describe it, too. It's like sometimes like to me, or with or all these are described as these divine partners. Partners like can help us that are there for us, no matter what, even you know, if

265

00:27:51.670 --> 00:27:57.190

Susanna Barkataki (she/her): folks in our in our material life are not there. So that's beautiful.

266

00:28:01.330 --> 00:28:02.710

Susanna Barkataki (she/her): Anyone else.

267

00:28:11.720 --> 00:28:13.050

Susanna Barkataki (she/her): Okay? Great

268

00:28:13.090 --> 00:28:16.439

Susanna Barkataki (she/her): One thing I i'm gonna.

269

00:28:23.050 --> 00:28:23.920

Yes.

270

00:28:26.650 --> 00:28:27.770

Susanna Barkataki (she/her): Hmm.

271

00:28:32.950 --> 00:28:33.900

Susanna Barkataki (she/her): Okay.

272

00:28:38.710 --> 00:28:39.580

Susanna Barkataki (she/her): yeah.

273

00:28:39.960 --> 00:28:57.410

Susanna Barkataki (she/her): So let me read just what you shared. I'll add, the part of letting go and active forgiveness. I can address it from an individual perspective. I'm wondering how it can be practiced as a tool, as a collective. For example, I've been able to like, go with anger for past abuse, but I notice there's some things that hold on to.

274

00:28:57.420 --> 00:29:00.779

Susanna Barkataki (she/her): and my mind ruminates on it, and I continue moving forward.

275

00:29:00.880 --> 00:29:04.779

Susanna Barkataki (she/her): the English system dissipates the charge isn't there

276

00:29:05.040 --> 00:29:11.350

Susanna Barkataki (she/her): healthy anger take an action, anger, take action, convert, and harm myself.

277

00:29:11.480 --> 00:29:18.070

Susanna Barkataki (she/her): yes, we're done for giving myself, or who I cannot be there for myself. How do we look at forgiveness as a collective.

278

00:29:18.570 --> 00:29:38.110

Susanna Barkataki (she/her): feel that acknowledgment and operation from the broader community may help what the activists need to let go of in order to help themselves and other people. Yes, and excuse how things are. I've been working with him students back to back, and I bring his past being today. thank you. I feel like that was very, very clear.

279

00:29:39.760 --> 00:29:41.050

Susanna Barkataki (she/her): so

280

00:29:46.800 --> 00:29:57.990

Susanna Barkataki (she/her): I feel like this topic is one of those that's that's edgy right, and it's edgy because my version and my experience of forgiveness and of letting go.

281

00:29:59.130 --> 00:29:59.860

Susanna Barkataki (she/her): can

282

00:30:00.000 --> 00:30:03.269

Susanna Barkataki (she/her): I? And even me sharing my experience of it.

283

00:30:03.460 --> 00:30:06.089

Susanna Barkataki (she/her): can gaslight and undermine

284

00:30:06.140 --> 00:30:09.730

Susanna Barkataki (she/her): someone else who isn't ready to forgive. Let go

285

00:30:10.350 --> 00:30:16.129

Susanna Barkataki (she/her): also my personal experience of forgiveness and letting go

286

00:30:16.320 --> 00:30:19.259

Susanna Barkataki (she/her): might not address systemic oppression.

287

00:30:19.330 --> 00:30:30.440

Susanna Barkataki (she/her): and so it there can be content. And this is this is why this is sort of edgy. And and actually i'm going into this in part, because there was a question later. That was like, how do we use.

288

00:30:30.520 --> 00:30:33.019

Susanna Barkataki (she/her): or connect to

289

00:30:33.570 --> 00:30:45.520

Susanna Barkataki (she/her): to help dismantle internalized and external supremacist systems? And I think this question immediately takes us right there. because

290

00:30:45.630 --> 00:30:58.719

Susanna Barkataki (she/her): no one can tell anyone else to forgive right like it's not useful if someone i'm upset and there's been a harm to me, and then a friend tells me that you should forgive that in that moment. That is not

291

00:30:58.810 --> 00:31:01.349

Susanna Barkataki (she/her): that's not set here. That's not a helpful

292

00:31:01.430 --> 00:31:13.629

Susanna Barkataki (she/her): thing to say, because i'm not ready to forgive, even if they may ultimately be right, that it'd be better for me. It doesn't matter, because i'm not there. So this is why I think this is so

293

00:31:13.690 --> 00:31:21.909

Susanna Barkataki (she/her): complex. Because there's there's individual dynamics. And then there's social cultural dynamics, and they're interplaying.

294

00:31:23.470 --> 00:31:28.590

Susanna Barkataki (she/her): So I don't think there's one answer to to your question.

295

00:31:28.810 --> 00:31:33.570

Susanna Barkataki (she/her): I think there's many answers, and I can share mine.

296

00:31:34.250 --> 00:31:39.569

Susanna Barkataki (she/her): which I will in a moment. But I just want to name that actually grappling with this

297

00:31:39.620 --> 00:31:46.110

Susanna Barkataki (she/her): and working with the the balance of forgiveness, Anger, you know, righteous anger, rage.

298

00:31:46.920 --> 00:32:00.600

Susanna Barkataki (she/her): working to find like freedom and equity, and our own voices, as well as dismantling systems of repression. That's the dance that that I feel like we're in and and there's not any one way

299

00:32:00.880 --> 00:32:13.509

Susanna Barkataki (she/her): to do it, or really any simple answer. There's just continuing to come back to applying the and again for me, you know, and in new ways and in ways that unfold and control.

300

00:32:14.720 --> 00:32:15.850

Susanna Barkataki (she/her): Hmm.

301

00:32:16.470 --> 00:32:17.290

Susanna Barkataki (she/her): Yeah.

302

00:32:21.250 --> 00:32:23.090

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

303

00:32:23.170 --> 00:32:24.700

Susanna Barkataki (she/her): Kelly. Yes.

304

00:32:25.330 --> 00:32:27.700

Susanna Barkataki (she/her): And the education system. Yeah.

305

00:32:32.180 --> 00:32:36.130

Susanna Barkataki (she/her): Okay. So i'll come back to that. I want to make sure that

306

00:32:36.750 --> 00:33:03.830

Susanna Barkataki (she/her): to get into our next question. So June asked thanks for asking, answering my last question about where to send reparations better with the link as it wasn't on the call. So yes, I will send it out. and June also shared that this program has reinspired their partner, Toddler, and them to do yoga altogether again, and has been exploring kids yoga videos as well, and Haven't found any yet that really respect the tradition any recommendations

307

00:33:03.870 --> 00:33:12.859

Susanna Barkataki (she/her): so that can be that can be tricky. And I actually wanted to open this up to all of us, so we can add

308

00:33:13.230 --> 00:33:14.590

Susanna Barkataki (she/her): add in

309

00:33:15.200 --> 00:33:19.490

Susanna Barkataki (she/her): resources. So i'm gonna just share my screen for a second.

310

00:33:19.910 --> 00:33:29.610

Susanna Barkataki (she/her): Let me see. So what I shared with you. and you'll see the anonymous people popping in

311

00:33:30.640 --> 00:33:35.970

Susanna Barkataki (she/her): I wanted to share some resources. This is stuff that I share my My, it's

312

00:33:36.450 --> 00:33:44.049

Susanna Barkataki (she/her): but and it's different teachers right? but also going down to kids. Yoga

313

00:33:44.150 --> 00:33:51.579

Susanna Barkataki (she/her): kids, yoga organizations. I really love elemental wellmantle does an excellent job of

314

00:33:53.290 --> 00:34:02.289

Susanna Barkataki (she/her): of working to bring in to first yoga teachers and then make yoga accessible to all sorts of kids

315

00:34:02.530 --> 00:34:16.079

Susanna Barkataki (she/her): anywhere often for free. And they have like summer yoga classes that are online. I don't know if they'll be doing it

this summer, but they might be. And so that's been a great resource for me. They also have an app I

316

00:34:16.860 --> 00:34:18.569

Susanna Barkataki (she/her): The reason why I

317

00:34:18.639 --> 00:34:34.819

Susanna Barkataki (she/her): put well until there is like I don't went to there yoga summer camp, I think, 2 summers ago, and really enjoyed it. And Nicole Cardosa and Melissa Shaw both taught and are like the main people working on elemental.

318

00:34:35.219 --> 00:34:40.389

Susanna Barkataki (she/her): Then kids you the books finally owned by Rush me Bismarck

319

00:34:40.670 --> 00:34:57.989

Susanna Barkataki (she/her): and the I'm. A Tell me books. Book series that's for like Mythology, and to learn more about the the gods and goddesses wonderful resource for everyone, whether your kid or not. They're not cheap. I think it's like a box set. that that's that's a little bit.

320

00:34:58.000 --> 00:35:08.590

Susanna Barkataki (she/her): I I think it was above \$70 when I got it. It's like 10 bucks or 12 books, and they're illustrated, and you have stories in them.

321

00:35:08.870 --> 00:35:12.979

Susanna Barkataki (she/her): So let's see. I can't see the chat now. But I wanted to add.

322

00:35:14.500 --> 00:35:18.359

Susanna Barkataki (she/her): Let me see the chat wanted to add resources.

323

00:35:18.860 --> 00:35:24.290

Susanna Barkataki (she/her): because I bet you all have other resources of kids. Yoga stuff.

324

00:35:25.300 --> 00:35:27.069

Okay.

325

00:35:29.600 --> 00:35:34.839

Susanna Barkataki (she/her): Okay. So kids yoga resources that honor the tradition. Yes, that is the question.

326

00:35:35.510 --> 00:35:36.339

Susanna Barkataki (she/her): Hmm.

327

00:35:36.890 --> 00:35:42.819

Susanna Barkataki (she/her): Oh, that's a good book for Children's Yoga. Child's Garden of Yoga.

328

00:35:43.270 --> 00:35:54.989

Susanna Barkataki (she/her): Yes, I will add it. I don't think you all can edit. I think you have viewer. oh, yeah, and Vena, this Sunday has a new book. You're gonna do it lullaby.

329

00:35:55.210 --> 00:35:59.339

Susanna Barkataki (she/her): I haven't read it yet. But I love you know, and i'm sure that the book

330

00:36:00.470 --> 00:36:03.759

Susanna Barkataki (she/her): so let me add that there

331

00:36:05.180 --> 00:36:19.020

Susanna Barkataki (she/her): and then any other resources online videos, anyone have other online videos? I think elemental has a library of videos.

332

00:36:27.570 --> 00:36:30.320

Susanna Barkataki (she/her): Any other resources for Kentucky?

333

00:36:30.450 --> 00:36:38.840

Susanna Barkataki (she/her): Is it free for schools that I don't know testing that. I know that the summer camp is free. So

334

00:36:39.420 --> 00:36:43.170

Susanna Barkataki (she/her): I think I think it might be. But I I haven't checked recently.

335

00:36:44.020 --> 00:36:45.330

Susanna Barkataki (she/her): Hmm.

336

00:36:46.840 --> 00:36:48.709

Susanna Barkataki (she/her): Oh, yes, perfect.

337

00:36:49.490 --> 00:36:52.140

Susanna Barkataki (she/her): I will add yoga manifesto.

338

00:36:55.550 --> 00:36:58.120

Susanna Barkataki (she/her): wonderful. Yeah, because

339

00:36:58.450 --> 00:37:07.419

Susanna Barkataki (she/her): having a list of resources that grows and grows, I think, is really really useful. We can add to it all the time.

340

00:37:07.480 --> 00:37:10.379

Susanna Barkataki (she/her): And i'll make sure this gets into the portal as well.

341

00:37:11.490 --> 00:37:13.199

Susanna Barkataki (she/her): So let me.

342

00:37:13.220 --> 00:37:21.509

Susanna Barkataki (she/her): so that this documents also has

343

00:37:23.110 --> 00:37:27.180

Susanna Barkataki (she/her): Yes, let me share again, because the next question was about

344

00:37:28.920 --> 00:37:31.080

Susanna Barkataki (she/her): preparations, organizations.

345

00:37:34.320 --> 00:37:35.129

Susanna Barkataki (she/her): So

346

00:37:35.240 --> 00:37:39.849

Susanna Barkataki (she/her): resources resources to research learn from and donate to

347

00:37:39.920 --> 00:37:42.029

Susanna Barkataki (she/her): And I tried to explain

348

00:37:42.750 --> 00:37:51.479

Susanna Barkataki (she/her): a little bit what reparations are. While not going fully into that explanation. But here are

349

00:37:51.720 --> 00:37:57.489

Susanna Barkataki (she/her): some operations organizations that I donate to as on behalf of

350

00:37:57.790 --> 00:38:03.299

Susanna Barkataki (she/her): any of the trainings that I run. There's Yoga based service schools in India, these 2

351

00:38:03.440 --> 00:38:06.329

Susanna Barkataki (she/her): crafts and art

352

00:38:06.440 --> 00:38:15.900

Susanna Barkataki (she/her): Here these 2 and both work with primarily women or other folks who really are under employed to give them employment.

353

00:38:16.950 --> 00:38:22.729

Susanna Barkataki (she/her): Then there's a youth Us. Based organization. So these are in India.

354

00:38:22.800 --> 00:38:23.950

Susanna Barkataki (she/her): And there's many

355

00:38:24.630 --> 00:38:28.060

Susanna Barkataki (she/her): and humanitarian aid in India.

356

00:38:28.300 --> 00:38:41.200

Susanna Barkataki (she/her): as well as intersectional equity organizations so beyond, you know, not just yoga based, but also looking at black and indigenous corporations. Which part of Why.

357

00:38:41.440 --> 00:38:57.770

Susanna Barkataki (she/her): for example, I give reparations to indigenous and black lead organizations and working for you know, black freedom and indigenous freedom, and land back here in the us is because I live in the United States, and it's a place that where we

358

00:38:57.790 --> 00:39:14.169

Susanna Barkataki (she/her): for myself as a as a settler who is now black and non indigenous. I'm benefiting from the harm and the labor that that folks have unwillingly given. And there's there's no way

359

00:39:14.200 --> 00:39:26.859

Susanna Barkataki (she/her): to completely repair that. But giving back as I live, and benefit from that labor and live on the land, is part of how I see a practice of a himself.

360

00:39:27.100 --> 00:39:39.379

Susanna Barkataki (she/her): and it's always changing right. There may be things that I realize, or things that I come into awareness of as like. There is more organizations and more communities than I need to be in relationship with.

361

00:39:39.600 --> 00:39:53.529

Susanna Barkataki (she/her): and then I add those in it's also, I think, when we're talking about and thinking about reparations, it's like it's not just a one in that thing. It's like an ongoing relationship and ongoing

362

00:39:53.870 --> 00:39:58.750

Susanna Barkataki (she/her): conversation and deepening of listening.

363

00:39:58.850 --> 00:40:16.950

Susanna Barkataki (she/her): of giving resources if you have them, it doesn't have to be money. It could be time could be volunteering. One of the things I've done over a couple of decades is develop relationships with local in la, or that do like criminal justice. Reform, right? So that's another.

364

00:40:16.960 --> 00:40:22.349

Susanna Barkataki (she/her): An example of. There may be particular issues or things that you feel

365

00:40:22.750 --> 00:40:36.100

Susanna Barkataki (she/her): connected to, or that are important to you, and so developing those relationships, and then continuing to support in all the various places, whether it's through rightness, through funding, through volunteering.

366

00:40:38.440 --> 00:40:40.900

Susanna Barkataki (she/her): Oh, thank you for dropping in.

367

00:40:41.280 --> 00:40:42.419

Yes.

368

00:40:47.890 --> 00:40:49.520

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

369

00:40:51.430 --> 00:41:04.280

Susanna Barkataki (she/her): Yeah. And, Collie. I was specifically drawn to how the intention of reparations can be harmful. I've done incorrectly and want to review that. Yeah. So let's call on that for a second. because

370

00:41:04.680 --> 00:41:06.690

Susanna Barkataki (she/her): and i'm wondering if you want to speak

371

00:41:06.960 --> 00:41:09.500

Susanna Barkataki (she/her): speak to that or more. Just reflect.

372

00:41:12.660 --> 00:41:31.170

Kahli Alspaugh they/them: It's a great question. Thank you, Susanna. I feel like you said you. You stated something so perfectly at about 1230, and I was like, oh, oh, I got to write that down. And then I was like, Wait, I can just go back reviewed in the recording. It'll all be okay. but yeah, I feel like

373

00:41:31.410 --> 00:41:35.479

Kahli Alspaugh they/them: you have already been very helpful with your wording. And I'm: just here to listen. So thank you.

374

00:41:35.740 --> 00:41:41.160

Susanna Barkataki (she/her): Yeah, yeah, I think I think the piece, when you said like hot like

375

00:41:42.800 --> 00:41:52.780

Susanna Barkataki (she/her): engaging in reparations, can be harmful if we're doing it in just a performative way, right, and and it's so tricky, because who gets to determine what is performative and what isn't.

376

00:41:53.010 --> 00:42:10.609

Susanna Barkataki (she/her): and at different times, you know we may not have capacity to do a whole lot. But what we can do is maybe listen or research. and other times we may have funds, for we can send funds to organizations. We we don't have time

377

00:42:10.620 --> 00:42:14.450

Susanna Barkataki (she/her): or other times. We, you know it's just about

378

00:42:14.610 --> 00:42:19.279

Susanna Barkataki (she/her): for me. A lot of the work is applying yogic ethics to

379

00:42:19.420 --> 00:42:21.300

Susanna Barkataki (she/her): being in relationship

380

00:42:21.580 --> 00:42:26.439

Susanna Barkataki (she/her): and learning, listening, coming in with a

381

00:42:26.680 --> 00:42:28.600

Susanna Barkataki (she/her): an era of

382

00:42:29.930 --> 00:42:59.519

Susanna Barkataki (she/her): learning. I think it's like coming in as a student, not like i'm here to save you or I'm here to tell you what to do, or you know even yoga based right like if i'm talking about an organization like dignity and power now, or they have a wellness program where they offer on site on the ground wellness resources to families of folks who are incarcerated so as they're going into prison or jail to visit their loved ones, they can come out and get different wellness services.

383

00:42:59.610 --> 00:43:13.609

Susanna Barkataki (she/her): Well, I don't walk in there and assume that they want yoga, and I don't walk in there and assume that they want, you know mantra mudra. I go in there and just see what they're doing, and then ask

384

00:43:13.670 --> 00:43:18.240

Susanna Barkataki (she/her): after maybe volunteering for one or 2 or 3 weeks.

385

00:43:18.510 --> 00:43:39.189

Susanna Barkataki (she/her): Would you be interested? Would it be helpful? What do you think of this right? So so there's a way to to build those relationships that can be mutually beneficial and supportive and not presumptive on on our part of my part. So that's just one example of an organization that I've worked with over time, and often

386

00:43:39.390 --> 00:43:48.849

Susanna Barkataki (she/her): it isn't asina that's wanted, you know. If if anything, it's more just like a kind like a kind presence and deep listening.

387

00:43:48.920 --> 00:43:50.649

Susanna Barkataki (she/her): in this particular

388

00:43:50.930 --> 00:43:59.550

Susanna Barkataki (she/her): particular instance. So that was a lot of learning for me as a new volunteer and a new helper in that particular space.

389

00:44:01.940 --> 00:44:04.010

Okay, yeah, I'm: looking at your

390

00:44:04.160 --> 00:44:07.850

Susanna Barkataki (she/her): Yeah. So I would

391

00:44:07.920 --> 00:44:10.310

Susanna Barkataki (she/her): performative.

392

00:44:10.470 --> 00:44:22.400

Susanna Barkataki (she/her): It is externalizing, focused like reparations without doing the constant lifeline work of dismantling. Yeah, Anti black this and it into that that we all carry it's like doing it to look at.

393

00:44:22.700 --> 00:44:25.389

Susanna Barkataki (she/her): and not just to

394

00:44:26.290 --> 00:44:29.820

Susanna Barkataki (she/her): and and it's tricky because we all care about.

395

00:44:30.130 --> 00:44:35.749

Susanna Barkataki (she/her): Well, maybe I should generalize and say we all but many folks I know I care about what other people think.

396

00:44:36.080 --> 00:44:51.810

Susanna Barkataki (she/her): and I also know that if I share publicly about work that i'm doing, sometimes it can help more awareness come to that cause, and so someone else could look at what I do and say. That's performative right that I know from the inside. If i'm doing the work.

397

00:44:52.300 --> 00:45:02.090

Susanna Barkataki (she/her): that there is relationship, that there is integrity. And you know, whatever anyone else think. So that's why I think the word performative is also tricky, is it's important to

398

00:45:02.160 --> 00:45:11.710

Susanna Barkataki (she/her): to always for me, I think a better word is integrity like? Where is my integrity with the work that i'm doing

399

00:45:12.170 --> 00:45:13.649

Susanna Barkataki (she/her): Kelly. Yes.

400

00:45:14.080 --> 00:45:22.359

Kahli Alspaugh they/them: thank you. I actually just thought of something to add, which is in addition to in the chat. What

401

00:45:22.410 --> 00:45:30.539

Kahli Alspaugh they/them: met, she was saying, Thank you so much, for dismantling the anti-blackness that we all carry it reminds me of saviorism. So like

402

00:45:30.550 --> 00:45:47.670

Kahli Alspaugh they/them: if we're going to show up and intend to dismantle the harmful things or behaviors or actions that we're doing, and we have to be listening right. And so, if we just show up and say, i'm doing something that's helpful. You have to see me as helpful like that would be the

403

00:45:47.680 --> 00:46:02.739

Kahli Alspaugh they/them: an example of something that's more self centering and performative of like. I think i'm doing something nice. I just gave you a whatever you know that the person maybe doesn't need, and it matters more to maybe ask what would be best for you right now. Something like that.

404

00:46:03.860 --> 00:46:04.680

Kahli Alspaugh they/them: Thank you.

405

00:46:04.910 --> 00:46:05.859

Susanna Barkataki (she/her): Yeah.

406

00:46:05.910 --> 00:46:07.420

Susanna Barkataki (she/her): yeah, Thank you. So

407

00:46:08.990 --> 00:46:11.980

Susanna Barkataki (she/her): I think about how you know, like

408

00:46:12.210 --> 00:46:16.939

Susanna Barkataki (she/her): in in Indian culture. We have this thing of like, if you donate.

409

00:46:16.970 --> 00:46:18.230

Susanna Barkataki (she/her): but you do it.

410

00:46:18.290 --> 00:46:28.020

Susanna Barkataki (she/her): and you put your name on it. It doesn't like a crew, merit or gain merit. But if you turn it in anonymity, then it can accrue, merit. And so this is one of those sort of like

411

00:46:29.920 --> 00:46:36.869

Susanna Barkataki (she/her): I don't know, like click kind of cultural practices or super systems, that I think, is there to guide us more towards that.

412

00:46:37.060 --> 00:46:45.919

Susanna Barkataki (she/her): like if i'm donating thousands of dollars, and like, hey, everyone, I don't need all this money right? Like? Yeah, or is it just do the work like

413

00:46:45.950 --> 00:46:51.359

Susanna Barkataki (she/her): Continue to do the work quietly build a relationship. So whatever it is, you're doing.

414

00:46:51.860 --> 00:46:52.740

Susanna Barkataki (she/her): Yeah.

415

00:46:53.290 --> 00:46:55.009

Susanna Barkataki (she/her): that i'm glad, though

416

00:46:55.180 --> 00:47:00.689

Susanna Barkataki (she/her): performed, of collecting, including pictures of diverse folks while not actually being a diverse company

417

00:47:02.650 --> 00:47:09.880

Susanna Barkataki (she/her): we're acknowledging the land without making any continued effort to be in relation or support to indigenous folks. Yes, thank you

418

00:47:11.690 --> 00:47:12.810

Susanna Barkataki (she/her): and then

419

00:47:13.540 --> 00:47:22.559

Susanna Barkataki (she/her): right it's like hiring a p our person to make the company, or just you look good. But there, isn't any deep work happening, and still doing business as usual. Yes.

420

00:47:23.890 --> 00:47:24.810

Susanna Barkataki (she/her): exactly.

421

00:47:25.210 --> 00:47:26.410

Susanna Barkataki (she/her): And so

422

00:47:26.970 --> 00:47:31.830

Susanna Barkataki (she/her): this I want to jump to. Me, Too's question, which is I've been

423

00:47:31.840 --> 00:47:47.799

Susanna Barkataki (she/her): reading skill and action radicalizing your Yoga practice to create a just world by Michelle Cassandra Johnson. Wonderful teacher and author. And I appreciate the question in it of how does our social location affect our ability to practice apart?

424

00:47:48.370 --> 00:47:56.289

Susanna Barkataki (she/her): And I'm. Interested to know how we can use the Sutra and the on that to further advance equity as practitioners who may offer classes

425

00:47:56.300 --> 00:48:15.530

Susanna Barkataki (she/her): beyond citing scale, honoring our Teacher's name. I'm interested to know if there's also further meeting on how to use these as in more concrete ways, to this mental, internal, and external supremacist system. So we're right in this conversation, and I wanted to invite you into speak, if you'd like, or any any thoughts that you're having to.

426

00:48:19.190 --> 00:48:22.099

Mechi (Meh-chee) - They / them: Hi, Can you? Can you hear me?

427

00:48:22.640 --> 00:48:32.409

Mechi (Meh-chee) - They / them: Yes, hello. Yeah. Well, basically I really appreciated your answer to the question before. I have already

428

00:48:32.760 --> 00:48:34.670

Mechi (Meh-chee) - They / them: forgotten what it was, because

429

00:48:35.080 --> 00:48:45.219

Mechi (Meh-chee) - They / them: I get a little bit nervous, like some people are looking at me at once. That made my brain part a little bit. But you said something about how answers are going to be

430

00:48:45.330 --> 00:48:48.650

Mechi (Meh-chee) - They / them: varied so obviously. That's what I really loved about that

431

00:48:48.710 --> 00:48:50.589

Mechi (Meh-chee) - They / them: understanding that

432

00:48:50.840 --> 00:48:54.190

Mechi (Meh-chee) - They / them: there are different obstacles to

433

00:48:55.630 --> 00:49:09.209

Mechi (Meh-chee) - They / them: to practicing a party graph. How that our systemic cultural, that are both like because the system is oppressive, or because we're upholding oppressive systems. And so obviously that's gonna

434

00:49:09.290 --> 00:49:17.980

Mechi (Meh-chee) - They / them: look different for me as a person who lives in the global South, and it does for someone who lives in the North, etc., etc. But something that asks

435

00:49:18.600 --> 00:49:20.319

Mechi (Meh-chee) - They / them: like the point. You

436

00:49:20.360 --> 00:49:21.589

Mechi (Meh-chee) - They / them: questions

437

00:49:21.790 --> 00:49:22.640

Mechi (Meh-chee) - They / them: that

438

00:49:23.940 --> 00:49:25.889

Mechi (Meh-chee) - They / them: get you to those

439

00:49:27.800 --> 00:49:35.770

Mechi (Meh-chee) - They / them: meditations like, do besides yoga with the book that I mentioned. I was wondering if you had any others that

440

00:49:35.970 --> 00:49:40.600

Mechi (Meh-chee) - They / them: use that specific framework, because I have found that

441

00:49:43.390 --> 00:49:48.890

Mechi (Meh-chee) - They / them: people spend a lot of time talking about it like up here. But then it doesn't

442

00:49:48.960 --> 00:49:51.710

Mechi (Meh-chee) - They / them: turn into a an embodied practice.

443

00:49:55.540 --> 00:49:56.990

And I was wondering if you

444

00:49:59.360 --> 00:50:00.470

Susanna Barkataki (she/her): Yeah.

445

00:50:02.910 --> 00:50:07.029

Susanna Barkataki (she/her): yeah, I i'm really feeling you on the embody practice, because

446

00:50:07.500 --> 00:50:12.630

Susanna Barkataki (she/her): what's funny about it? Study good like exploring social location, maybe.

447

00:50:13.140 --> 00:50:18.690

Susanna Barkataki (she/her): is it? It's it's always changing right in every situation, every place we're in.

448

00:50:18.700 --> 00:50:38.049

Susanna Barkataki (she/her): We do a new analysis on power, on relationships, on dynamics, and what's happening, and and so to really embody that and understand how to do it. I've been reflecting on this for me. I think it's come just through 30 years. It's been a long time being in that conversation in that context.

449

00:50:38.370 --> 00:50:41.169

Susanna Barkataki (she/her): So now, when it comes up, I

450

00:50:41.280 --> 00:50:42.379

Susanna Barkataki (she/her): I

451

00:50:43.420 --> 00:50:47.319

Susanna Barkataki (she/her): can embody it, or or if someone

452

00:50:47.430 --> 00:50:51.549

Susanna Barkataki (she/her): brings up something that isn't, you know we can have the conversation together.

453

00:50:52.390 --> 00:51:09.490

Susanna Barkataki (she/her): Yeah, books are resources on that. I I feel like it's more an experience. This is why i'm like books. Aren't coming to me. It's more of a process. It's more of like a live thing that we're doing in different environments, and so on in that resource list. A lot of those teachers like

454

00:51:09.500 --> 00:51:20.009

Susanna Barkataki (she/her): like Michelle Cassandra Johnson, or you know Diane Bondi, or like it's in in the longer workshops, or the longer trainings where you're

455

00:51:20.250 --> 00:51:36.439

Susanna Barkataki (she/her): doing the work together in an engaged way. Today for me those things have happened. and they continue to happen like I would say our ytt 200. 300. A lot of what we're doing is applying yoga to

456

00:51:36.450 --> 00:51:43.230

Susanna Barkataki (she/her): social dynamics and power dynamics, and how we can take action, and you know, lead

457

00:51:43.410 --> 00:51:45.990

Susanna Barkataki (she/her): with Yoga as a guiding

458

00:51:46.320 --> 00:51:47.160

Susanna Barkataki (she/her): kind of

459

00:51:47.270 --> 00:51:48.419

Susanna Barkataki (she/her): compass

460

00:51:48.990 --> 00:52:03.189

Susanna Barkataki (she/her): in our different social locations. So I don't know if there is another book. But i'm gonna look and see if anyone did you? You said you said that you all do that in your ytt. Did you just say that?

461

00:52:03.200 --> 00:52:15.779

Mechi (Meh-chee) - They / them: Yeah, that's that's that. You know. That's incredible, because I just came out of a very traumatic, horrendous experience with that I thought was going to be that. And was not that

462

00:52:15.810 --> 00:52:21.349

Mechi (Meh-chee) - They / them: trying to me so badly. It's my like 4 months without being able to practice the it's like I

463

00:52:22.120 --> 00:52:28.439

Mechi (Meh-chee) - They / them: they put in with that line. But you know, so i'm gonna get on that waiting list for the

464

00:52:28.710 --> 00:52:30.479

Mechi (Meh-chee) - They / them: for the next call for it.

465

00:52:31.000 --> 00:52:34.179

Susanna Barkataki (she/her): I'm: so sorry Did that happen? I know

466

00:52:34.220 --> 00:52:38.160

Susanna Barkataki (she/her): when you're not alone. There's a lot of people that have those experiences.

467

00:52:38.600 --> 00:52:39.879

Susanna Barkataki (she/her): And

468

00:52:40.250 --> 00:52:49.369

Susanna Barkataki (she/her): yeah, it's it's just hard. it's hard, I think, in more conventional yoga spaces, because there aren't doing those power analysis.

469

00:52:49.430 --> 00:52:51.310

Susanna Barkataki (she/her): this types of power analysis.

470

00:52:51.340 --> 00:52:56.900

Susanna Barkataki (she/her): but yeah, I think any of the workshops or courses that are run by.

471

00:52:57.010 --> 00:53:15.379

Susanna Barkataki (she/her): You know the folks on that that resource list or any of the ones that that ignite or we run would be those types of places. That's why I put those. That's why I made this list it could be like, oh, I could go to our workshop here and know that they'll at least be trying. I do want to say also.

472

00:53:15.400 --> 00:53:24.009

Susanna Barkataki (she/her): no place is perfect right even in our trainings. Even in our workshops there can be triggers. There can be activation. There can be, you know.

473

00:53:24.430 --> 00:53:40.169

Susanna Barkataki (she/her): anti black. This, and like, for example, like Hindu phobia don't leave the space just because we're intending to bring yoga and social justice together, they're still there. And so it's like addressing those things or transphobia. It's like meaning it.

474

00:53:40.520 --> 00:53:52.380

Susanna Barkataki (she/her): identifying it, talking about it, doing the work and also like supportive structures like caucus spaces, so for, say, folks of color to meet together to process, and and.

475

00:53:52.580 --> 00:54:10.790

Susanna Barkataki (she/her): you know, identified their experiences and and share for white allies to meet together for trans folks for Cis folks right so to do, setting up structures for having the deeper conversations that don't get to happen in in like spaces so often.

476

00:54:10.910 --> 00:54:12.129

Susanna Barkataki (she/her): so

477

00:54:12.370 --> 00:54:17.500

Susanna Barkataki (she/her): so much there. And i'm really grateful for your question. I want it.

478

00:54:17.610 --> 00:54:23.289

Susanna Barkataki (she/her): Make sure to touch on. There were 2 other yeah, 2 other questions. So

479

00:54:23.340 --> 00:54:30.719

Susanna Barkataki (she/her): Stella, as i'm in the work of structuring my own nonprofit organization with the goal being physical shelter spaces for folks.

480

00:54:30.830 --> 00:54:50.600

Susanna Barkataki (she/her): Until that dream occurs. I've shifted my thoughts to a nonprofit that would train other yoga teachers that can't afford it completely free to them without making the question too long when it is that something I should even touch as an able body. White

woman. Many thanks for all the wisdom I find from your work. So far. This is a great question, Stella, and I have

481

00:54:50.610 --> 00:55:07.849

Susanna Barkataki (she/her): questions for you, I guess. I wonder? one. Are you training them locally like in your community too often. What can happen like I don't know. I think it was in office hours last time, or the time before I told the story about how I moved to Orlando

482

00:55:08.300 --> 00:55:16.170

Susanna Barkataki (she/her): with wanting to train folks that like reach out to folks of different experiences, the meat primarily black folks and

483

00:55:16.790 --> 00:55:35.629

Susanna Barkataki (she/her): and if I had just gone in, and then, like, hey, everyone come take my training. It probably wouldn't have landed what I needed to do is build relationship and co-lead with folks who live there, and who were black right, and and were in connection to the communities that I was wanting to serve.

484

00:55:35.640 --> 00:55:39.130

Susanna Barkataki (she/her): So my big question is,

485

00:55:39.430 --> 00:55:51.939

Susanna Barkataki (she/her): Could you partner with other organizations that are already related to the folks that you want to bring Yoga to and like build that that relationship

486

00:55:51.990 --> 00:56:06.840

Susanna Barkataki (she/her): kind of more like side by side or partner with other organs that are doing. yeah. So so that's my first question. Is it in person in your particular community. and then how would you

487

00:56:07.310 --> 00:56:18.229

Susanna Barkataki (she/her): ensure that? There wasn't harm, I guess, for for folks that were coming in to take the training just because I know I've heard stories from from other folks of color who've taken like subsidized trainings

488

00:56:18.440 --> 00:56:21.350

Susanna Barkataki (she/her): that were led by white teachers

489

00:56:21.510 --> 00:56:39.090

Susanna Barkataki (she/her): that harm. A lot of harm sometimes happens. And so that's why I'm I'm bringing this up. Because I think the goal is

wonderful, and I think there's absolutely a yes to you doing it. It's just how. What will it look like? And Stella, are you here?

490

00:56:44.070 --> 00:56:44.950

Susanna Barkataki (she/her): Hmm.

491

00:56:47.140 --> 00:56:49.820

Susanna Barkataki (she/her): Hmm. The plan is nationwide. Okay, cool?

492

00:56:50.620 --> 00:56:51.419

Susanna Barkataki (she/her): Yeah.

493

00:56:51.920 --> 00:56:55.040

Susanna Barkataki (she/her): Okay, No problem.

494

00:56:55.420 --> 00:56:57.369

Susanna Barkataki (she/her): No problem at all.

495

00:56:59.310 --> 00:57:00.770

Susanna Barkataki (she/her): So

496

00:57:01.640 --> 00:57:20.960

Susanna Barkataki (she/her): So I think my invitation would be to like, see who or what you can part. You know. Who can you, partner with, who might already be doing the work? Who is from the communities that you're wanting to serve? That might be other nonprofits non over related could be yoga related nonprofits right? Or Yoga related trainings.

497

00:57:20.970 --> 00:57:23.579

Susanna Barkataki (she/her): and then also to consider

498

00:57:26.100 --> 00:57:28.090

Susanna Barkataki (she/her): You know, for many people

499

00:57:28.740 --> 00:57:40.399

Susanna Barkataki (she/her): like I think about Michelangelo, Johnson, or to embody or myself. Right? You'll get teaching. Yoga Training is a part of how we're like bringing this movement to folks

500

00:57:41.100 --> 00:58:00.869

Susanna Barkataki (she/her): that is authentic yoga, and and also to folks who normally wouldn't take those trainings. And we have all of our programs have scholarship programs accessible. Yoga has a new one right?

So we all have scholarship programs. But if there was an org doing it for free, would it then undermine the work that folks of color

501

00:58:01.010 --> 00:58:08.309

Susanna Barkataki (she/her): are doing, you know, to so that's another thing to just consider like. Is there a way to work?

502

00:58:08.740 --> 00:58:11.029

Susanna Barkataki (she/her): they cut? And I say that to say

503

00:58:12.970 --> 00:58:15.920

Susanna Barkataki (she/her): when you're in specific communities.

504

00:58:16.010 --> 00:58:20.100

Susanna Barkataki (she/her): and no one else can bring Yoga to those communities

505

00:58:20.190 --> 00:58:21.330

Susanna Barkataki (she/her): directly.

506

00:58:21.340 --> 00:58:40.409

Susanna Barkataki (she/her): then it totally makes sense right. But if it's kind of general and open and nationwide. Then it could be it's like again when I' to Orlando and my grads were graduating, and they were like I'm gonna offer for Yoga, and it was undermining the the teaching of a local black yoga teacher who offered 5 to \$10 yoga classes. But

507

00:58:40.420 --> 00:58:54.739

Susanna Barkataki (she/her): we had to have a real conversation like this can't be free, because if it's free, then it undermines the livelihood of a folks of color. So so those are all a lot of questions for you. Wonderful?

508

00:58:55.180 --> 00:58:56.049

Susanna Barkataki (she/her): Yeah.

509

00:58:56.950 --> 00:58:58.970

Susanna Barkataki (she/her): Okay,

510

00:58:59.440 --> 00:59:13.760

Susanna Barkataki (she/her): And then we're at time. So I will pull our last question into our closing, and then bring it into our next our next call as well when we're letting go

511

00:59:14.540 --> 00:59:18.150

Susanna Barkataki (she/her): Sometimes the things that

512

00:59:18.670 --> 00:59:23.060

Susanna Barkataki (she/her): service in the past that are no longer helpful. Elizabeth.

513

00:59:23.100 --> 00:59:35.970

Susanna Barkataki (she/her): I find myself unable to hold that I might have needed something at one time, but no longer need it now, and I tend to judge my past self very harshly for not being where I am now would love to hear your thoughts and how to hold this.

514

00:59:37.800 --> 00:59:40.220

Susanna Barkataki (she/her): Yeah, I just can really relate to that.

515

00:59:40.320 --> 00:59:41.600

Susanna Barkataki (she/her): And

516

00:59:42.200 --> 00:59:48.330

Susanna Barkataki (she/her): I think for me it's a lot of self compassion, a lot of self compassion, a lot of like.

517

00:59:48.640 --> 00:59:59.269

Susanna Barkataki (she/her): you know little Susanna like you didn't know you did the best you could, or younger, Susanna. Maybe not little, but You did the best that you could, and offering that

518

00:59:59.710 --> 01:00:00.890

Susanna Barkataki (she/her): really, like

519

01:00:01.590 --> 01:00:07.550

Susanna Barkataki (she/her): holding myself in my mind side in my heart, and holding holding myself with care

520

01:00:08.100 --> 01:00:13.860

Susanna Barkataki (she/her): and doing better practice, which we'll close with in a moment.

521

01:00:14.460 --> 01:00:29.840

Susanna Barkataki (she/her): The one. Oh, I had one other announcement, which is next in January. We're gonna have a special event. That's a yoga

festival which is like like a bunch of recordings and teachers teaching.  
That's all about

522

01:00:29.850 --> 01:00:55.000

Susanna Barkataki (she/her): cultivating rest. And so, if you want sign up for it when it comes through, and then you all cause we're gonna open up enrollment for yoga class curator in in the New Year. And so you all will have access to it. It'll open the rest of, and then i'll close. But you all will have access to it after it closes. So just so you know so when you see it, you're not like

523

01:00:55.010 --> 01:01:11.299

Susanna Barkataki (she/her): worried about if you'll, if you'll be part of it, if you choose to be, you absolutely can, so dropping that here for you to know if you see us share about that in January. be an extra extra thing.

524

01:01:13.670 --> 01:01:19.739

Susanna Barkataki (she/her): Yes, thank you. And I said for the scholarship for teacher training.

525

01:01:19.860 --> 01:01:21.879

Susanna Barkataki (she/her): Nice. You can email us

526

01:01:22.380 --> 01:01:27.000

Susanna Barkataki (she/her): with any questions for that. Okay, so let's close with

527

01:01:27.580 --> 01:01:29.329

Susanna Barkataki (she/her): a chance for

528

01:01:29.560 --> 01:01:31.709

Susanna Barkataki (she/her): compassion for ourselves

529

01:01:32.600 --> 01:01:35.470

Susanna Barkataki (she/her): and for all beings in the world.

530

01:01:36.200 --> 01:01:38.219

Susanna Barkataki (she/her): You can bring your hands to your heart.

531

01:01:39.290 --> 01:01:42.850

Susanna Barkataki (she/her): Take a deep breath in and exhale

532

01:01:45.930 --> 01:01:49.000  
Susanna Barkataki (she/her): no

533  
01:01:49.500 --> 01:01:52.469  
Susanna Barkataki (she/her): semester. Huh!

534  
01:01:55.590 --> 01:01:57.930  
Susanna Barkataki (she/her): The then to

535  
01:02:01.180 --> 01:02:05.599  
Susanna Barkataki (she/her): and I and all beings everywhere. Be happy,  
safe

536  
01:02:06.040 --> 01:02:07.350  
Susanna Barkataki (she/her): for your farm.

537  
01:02:07.380 --> 01:02:09.629  
Susanna Barkataki (she/her): I'm full of everlasting to it.

538  
01:02:13.280 --> 01:02:15.429  
Susanna Barkataki (she/her): Thank you for your presence.

539  
01:02:15.810 --> 01:02:21.420  
Susanna Barkataki (she/her): Thank you for your practice. Thank you so  
much to each of you and see you soon.

540  
01:02:21.830 --> 01:02:22.850  
Susanna Barkataki (she/her): Bye.

541  
01:02:23.720 --> 01:02:25.910  
Susanna Barkataki (she/her): Okay, let me say goodbye if you would like.

542  
01:02:27.820 --> 01:02:33.890  
Susan Shloss (she/her): Thank you so much.

543  
01:02:33.920 --> 01:02:37.160  
Cleo - Turtle Island: Thank you.