



1

00:00:05.100 --> 00:00:06.630
Susanna Barkataki (she/her): Welcome.

2

00:00:06.740 --> 00:00:08.490
Susanna Barkataki (she/her): welcome, welcome

3

00:00:14.010 --> 00:00:14.660
you!

4

00:00:14.720 --> 00:00:21.009
Susanna Barkataki (she/her): Let's take a minute and come together.
Welcome our December pilgrimage in puja.

5

00:00:21.310 --> 00:00:23.669
Susanna Barkataki (she/her): So happy to be here with you.

6

00:00:24.150 --> 00:00:26.370
Susanna Barkataki (she/her): and if you like.

7

00:00:26.800 --> 00:00:30.609
Susanna Barkataki (she/her): and get a candle, or just visualize one.

8

00:00:30.690 --> 00:00:34.729
Susanna Barkataki (she/her): and if you would like, you can get a bowl of
water.

9

00:00:34.850 --> 00:00:35.830
Susanna Barkataki (she/her): or

10

00:00:35.880 --> 00:00:38.720
Susanna Barkataki (she/her): just visualize having some water

11

00:00:42.690 --> 00:00:43.279
of the

12

00:00:53.640 --> 00:00:54.380
the

13
00:00:56.360 --> 00:00:56.920
you.

14
00:01:11.700 --> 00:01:12.270
you

15
00:01:12.680 --> 00:01:13.619
you

16
00:01:18.760 --> 00:01:19.619
you

17
00:01:24.870 --> 00:01:26.050
you

18
00:01:35.390 --> 00:01:35.990
the

19
00:01:48.240 --> 00:01:49.170
the

20
00:01:58.260 --> 00:01:59.440
Cleo (she/they) Turtle Island: So this is that.

21
00:01:59.770 --> 00:02:09.330
Susanna Barkataki (she/her): Hello! Hello! And welcome everyone. It's so joyful to hear someone's voice in there. Welcome, welcome, welcome!

22
00:02:10.090 --> 00:02:19.679
Susanna Barkataki (she/her): Such a blessing to be able to be together, to gather and to connect on.

23
00:02:20.150 --> 00:02:25.020
Susanna Barkataki (she/her): to sharing some of the wisdom and the light from this tradition.

24
00:02:26.170 --> 00:02:37.870

Susanna Barkataki (she/her): We are in a time that is a time at least, in the northern hemisphere of darkness and shorter days. We just had the solstice.

25

00:02:37.890 --> 00:02:52.239

Susanna Barkataki (she/her): and in the Indian traditions and Hindu tradition particularly, there is something called done. Who? Some country? that we're about halfway through, and moving towards muckar and crummy, which is like the return of the light.

26

00:02:52.410 --> 00:02:54.470

Susanna Barkataki (she/her): And so it's

27

00:02:54.500 --> 00:03:07.849

Susanna Barkataki (she/her): for me very beautiful to notice these similarities that we have across traditions, whether you know you're Jewish or Hindu, or Muslim, or Pagan or

28

00:03:07.920 --> 00:03:09.439

Susanna Barkataki (she/her): you know, just

29

00:03:09.620 --> 00:03:17.260

Susanna Barkataki (she/her): or agnostic, there is still that turn towards return of the light and bringing the light in

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00:03:17.520 --> 00:03:36.139

Susanna Barkataki (she/her): with a little bit different about the perspective. the Yoga perspective on it, and also the the index perspective is, it's not just light like outside of us. It's also light in wisdom, light, and sacred knowledge.

31

00:03:36.220 --> 00:03:45.490

Susanna Barkataki (she/her): like in texts anything that has taught you, or enabled you to have even just a little bit more insight or understanding.

32

00:03:45.840 --> 00:03:49.090

Susanna Barkataki (she/her): We share gratitude

33

00:03:49.470 --> 00:03:52.440

Susanna Barkataki (she/her): gratitude for those

34

00:03:52.650 --> 00:04:01.030

Susanna Barkataki (she/her): sources of knowledge and wisdom. And so we'll be exploring that a little bit today.

35

00:04:01.590 --> 00:04:08.419

Susanna Barkataki (she/her): But before we do that, I think we'll take some time to drop in together.

36

00:04:09.170 --> 00:04:12.680

Susanna Barkataki (she/her): So just welcoming yourself to the space

37

00:04:12.850 --> 00:04:16.050

Susanna Barkataki (she/her): and welcoming one another.

38

00:04:16.079 --> 00:04:19.430

Susanna Barkataki (she/her): If you'd like to drop in the chat. Any

39

00:04:23.090 --> 00:04:24.510

Susanna Barkataki (she/her): to be, I think.

40

00:04:24.600 --> 00:04:36.420

Susanna Barkataki (she/her): will be lovely before we practice is maybe a folks could drop in the chat to things that you're grateful for any anything that you're grateful for, particularly around

41

00:04:36.470 --> 00:04:39.730

Susanna Barkataki (she/her): maybe spiritual teachings or practice.

42

00:04:39.930 --> 00:04:59.460

Susanna Barkataki (she/her): and it could be anything right, because anything can be a source of insight and understanding. so there's no like hierarchy. There's no judgment. It could be your dog. It could be a challenge You've had. It could be a sacred text. It could be a teacher. so we'll just take some time

43

00:05:02.120 --> 00:05:03.430

Susanna Barkataki (she/her): and

44

00:05:03.970 --> 00:05:05.300

Susanna Barkataki (she/her): drop that in.

45

00:05:05.480 --> 00:05:06.770

And

46

00:05:06.930 --> 00:05:10.779

Susanna Barkataki (she/her): yes, okay, pause for a second.

47

00:05:39.210 --> 00:05:43.620

Susanna Barkataki (she/her): I love seeing all these gratitude, water and silence

48

00:05:44.400 --> 00:05:47.859

Susanna Barkataki (she/her): luminal space between bustling and holidays.

49

00:05:48.000 --> 00:05:49.040

Susanna Barkataki (she/her): Hmm.

50

00:05:50.060 --> 00:06:03.629

Susanna Barkataki (she/her): People for this group and being sick to remind me to slow down or my body will make me. Yes, the music I was playing, and generous sharing of these practices. That was Ravi shankar and

51

00:06:03.710 --> 00:06:06.650

Susanna Barkataki (she/her): it was, santi mantra.

52

00:06:09.470 --> 00:06:13.699

Susanna Barkataki (she/her): grateful for being able to teach Yoga, and for music

53

00:06:13.920 --> 00:06:26.220

Susanna Barkataki (she/her): the teachings of the part God letting go and grateful to me. Oh, thank you for continuing to share the wisdom and create these spaces where we can deepen our learning and passions for both social justice and yoga.

54

00:06:26.940 --> 00:06:28.180

Susanna Barkataki (she/her): Yeah.

55

00:06:28.200 --> 00:06:36.640

Susanna Barkataki (she/her): the space and dogs and time slowing down so beautiful. I'm feeling so full just by reading

56

00:06:37.780 --> 00:06:41.950

Susanna Barkataki (she/her): what you all are sharing, and i'm resonating with so many of your shares

57

00:06:42.260 --> 00:06:44.220

Susanna Barkataki (she/her): breath and slowing down

58

00:06:44.880 --> 00:06:58.699

Susanna Barkataki (she/her): Brahmataria on the mend for illness myself also getting over whatever my kid I've had. probably Well, possibly many of us in the space are in some state of

59

00:06:59.570 --> 00:07:03.170

Susanna Barkataki (she/her): well being ill, being healing, Repair

60

00:07:05.140 --> 00:07:07.810

Susanna Barkataki (she/her): a reminder of paragraph.

61

00:07:08.320 --> 00:07:09.300

Susanna Barkataki (she/her): Yeah.

62

00:07:09.480 --> 00:07:10.840

Susanna Barkataki (she/her): going down

63

00:07:11.020 --> 00:07:13.210

Susanna Barkataki (she/her): seeing more family this year.

64

00:07:14.050 --> 00:07:18.740

Susanna Barkataki (she/her): Hmm. Grateful for reciprocity with my students and their shared wisdom.

65

00:07:19.180 --> 00:07:21.490

Susanna Barkataki (she/her): Yeah, Grateful for you, too.

66

00:07:22.070 --> 00:07:27.560

Susanna Barkataki (she/her): Hmm. Great for for lessons. I'm learning, taking care of my sick husband. Yes.

67

00:07:28.830 --> 00:07:31.359

Susanna Barkataki (she/her): Oh, from school and cats.

68

00:07:31.640 --> 00:07:33.950

Susanna Barkataki (she/her): Yeah, time with loved ones

69

00:07:36.010 --> 00:07:42.919

Susanna Barkataki (she/her): and Melissa. I was just thinking there may be people here who are not where they thought they'd be who are

70

00:07:43.090 --> 00:07:49.240

Susanna Barkataki (she/her): dislocated, or, you know, stranded, or in a place that they didn't expect because of the storms.

71

00:07:49.310 --> 00:07:56.559

Susanna Barkataki (she/her): so grateful for a warm place to live have been stuck inside, due to a snowstorm for the past week. Yeah.

72

00:07:56.680 --> 00:08:06.450

Susanna Barkataki (she/her): so sending care to those who maybe are listening later because you didn't expect what? Where you are and what has happened.

73

00:08:07.280 --> 00:08:10.330

Susanna Barkataki (she/her): That shift in perspective. Yeah.

74

00:08:10.500 --> 00:08:14.309

Susanna Barkataki (she/her): hmm. To appreciate the holidays versus dreading them. Wow!

75

00:08:15.400 --> 00:08:27.140

Susanna Barkataki (she/her): I'm. So appreciative of each of your gratitude. And so for folks who just came in. we're reflecting on how in so many traditions there's the celebration of the Return of light.

76

00:08:27.160 --> 00:08:42.600

Susanna Barkataki (she/her): And so part of what we'll be practicing with today is that light will do. Some modified Surrey on the Mascar send salad salutations, seeded. that said if you would like to stand or use a wall or lie down.

77

00:08:43.090 --> 00:08:52.000

Susanna Barkataki (she/her): all of those options are welcome and all queue for many of them, perhaps not all. And and we'll do a practice together.

78

00:08:54.080 --> 00:08:58.949

Susanna Barkataki (she/her): Yeah, sending Levin light in the form of heats to the people stuck in the blizzard. Yes.

79

00:08:59.010 --> 00:09:01.280

still needed.

80

00:09:02.300 --> 00:09:03.230

Susanna Barkataki (she/her): Hmm.

81

00:09:03.380 --> 00:09:08.499

Susanna Barkataki (she/her): And this reminding me, I remember one retreat that I did. That was

82

00:09:09.040 --> 00:09:10.500

Susanna Barkataki (she/her): in darm cella.

83

00:09:10.630 --> 00:09:11.680

Susanna Barkataki (she/her): and

84

00:09:11.720 --> 00:09:20.280

Susanna Barkataki (she/her): it was a going to style retreat. And if anyone's familiar with those retreats, they're wonderful in many ways. They're very intense.

85

00:09:20.750 --> 00:09:24.689

Susanna Barkataki (she/her): and they're also Dana based donation based.

86

00:09:25.300 --> 00:09:31.770

Susanna Barkataki (she/her): and that they're in the kind of Buddhist style. But it was

87

00:09:31.810 --> 00:09:33.360

Susanna Barkataki (she/her): completely.

88

00:09:34.160 --> 00:09:39.299

Susanna Barkataki (she/her): you know, no luxuries at all like you stayed in a small room.

89

00:09:40.050 --> 00:09:53.410

Susanna Barkataki (she/her): And there was no heating. We're in the foothills. There's no on the ground outside, so it's very, very cold, and we're just sitting for about 10 h each day, not really supposed to exercise or walk. So there's not a lot of ways to generate heat.

90

00:09:53.420 --> 00:10:10.039

Susanna Barkataki (she/her): and in that practice sometimes. you know it depends on the the Institute that you go to. But they say, Don't, bring

in outside practices. But one of the practices that I did use that was very helpful was breath of fire and breath of fire is a

91

00:10:10.260 --> 00:10:12.569

Susanna Barkataki (she/her): is

92

00:10:13.150 --> 00:10:31.359

Susanna Barkataki (she/her): which is where you breathe in passively, and then forcefully or strongly, forcefully. Sounds Sounds a little too forceful, but like Breathe intentionally and with strength out through your nose, pulling your belly button back towards the room behind you. The back of the room.

93

00:10:31.370 --> 00:10:44.519

Susanna Barkataki (she/her): and what I found was that breath practice was you. I was able to generate enough internal heat that. I stayed a little bit warmer than otherwise would. And so

94

00:10:44.550 --> 00:10:47.579

Susanna Barkataki (she/her): i'm feeling just so grateful for

95

00:10:48.550 --> 00:11:02.639

Susanna Barkataki (she/her): these different practices, whether they're really practical like that, or practices that bring like healing and bomb to our souls, or joy or patience, or whatever it is that we might, we might be calling upon

96

00:11:03.330 --> 00:11:04.290

Susanna Barkataki (she/her): Okay.

97

00:11:07.060 --> 00:11:13.999

Susanna Barkataki (she/her): nice, okay, wonderful. And one more thing I just wanted. I want to do the logistics before we

98

00:11:14.010 --> 00:11:29.729

Susanna Barkataki (she/her): before we get into our practice. So we had 2 folks who shared about yoga class curator this last, you know month, or whatever it's been, and drop their info in the form that's on the site, and

99

00:11:29.740 --> 00:11:34.920

Susanna Barkataki (she/her): so both of you one which is very exciting. And

100

00:11:36.390 --> 00:11:40.650

Susanna Barkataki (she/her): Jamie as Dorian at Tarvada Yoga

101

00:11:40.950 --> 00:11:54.820

Susanna Barkataki (she/her): gets the one on one call with me. we'll set that up in the New Year, and Claire and Claire gets to choose something from the yoga change maker

102

00:11:56.200 --> 00:12:15.229

Susanna Barkataki (she/her): store. So yay Jamie. Yeah, Claire, super excited for you and folks, if you want to share again no pressure ever right. It's just if it feels aligned and you want to. One thing i'll note is at the end of January. We'll be opening up

103

00:12:15.240 --> 00:12:29.250

Susanna Barkataki (she/her): you the class curator again for a new group of folks to come in, and at that time it'll go kind of like open open. What's the word like? Open and moment. So there'll be folks at different times, but

104

00:12:29.260 --> 00:12:46.479

Susanna Barkataki (she/her): a different, you know, because i'll start on a hemesat, and we'll be moving through. But because each of the yamas and Yamas telegraphs and connects in there's so much that we can gain from being at different places, and in the pilgrimages and pages will always

105

00:12:46.490 --> 00:12:52.110

Susanna Barkataki (she/her): be connecting to more. What's happening timely in the sun and the moon, and in the time

106

00:12:52.380 --> 00:13:00.759

Susanna Barkataki (she/her): that we connect so just letting you know that and and to welcome welcome sharing if you would like.

107

00:13:00.880 --> 00:13:01.810

Susanna Barkataki (she/her): Okay.

108

00:13:02.670 --> 00:13:09.169

Susanna Barkataki (she/her): So I invite you to shake everything out. Maybe you take a deep breath in

109

00:13:09.620 --> 00:13:11.480

Susanna Barkataki (she/her): and exhale fully.

110

00:13:13.590 --> 00:13:15.830

Susanna Barkataki (she/her): We'll do that one more time.

111

00:13:20.900 --> 00:13:23.080

Susanna Barkataki (she/her): and once more

112

00:13:24.090 --> 00:13:25.520

Susanna Barkataki (she/her): Hmm!

113

00:13:26.100 --> 00:13:30.200

Susanna Barkataki (she/her): And i'll invite the bell, and we'll begin our practice.

114

00:14:26.810 --> 00:14:28.580

Susanna Barkataki (she/her): Bring your awareness

115

00:14:28.950 --> 00:14:30.639

Susanna Barkataki (she/her): to your inhale

116

00:14:32.390 --> 00:14:34.290

Susanna Barkataki (she/her): and your exhale.

117

00:14:44.330 --> 00:14:45.800

Susanna Barkataki (she/her): Noticing

118

00:14:45.910 --> 00:14:47.890

Susanna Barkataki (she/her): the length of your inhale.

119

00:14:48.820 --> 00:14:50.890

Susanna Barkataki (she/her): and the length of your exhale.

120

00:15:09.200 --> 00:15:13.300

Susanna Barkataki (she/her): not needing to change anything, or make your breath any deeper

121

00:15:13.450 --> 00:15:14.740

Susanna Barkataki (she/her): for longer.

122

00:15:14.950 --> 00:15:16.989

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

123

00:15:21.120 --> 00:15:25.490

Susanna Barkataki (she/her): and if it changes of its own accord.
Wonderful

124

00:15:25.970 --> 00:15:28.329

Susanna Barkataki (she/her): if it doesn't wonderful.

125

00:15:41.770 --> 00:15:44.589

Susanna Barkataki (she/her): invite you to visualize

126

00:15:45.070 --> 00:15:46.550

Susanna Barkataki (she/her): being somewhere

127

00:15:47.580 --> 00:15:48.970

Susanna Barkataki (she/her): in nature

128

00:15:49.810 --> 00:15:51.540

Susanna Barkataki (she/her): that is warm

129

00:15:52.670 --> 00:15:54.160

Susanna Barkataki (she/her): and nursing

130

00:15:55.210 --> 00:15:58.089

Susanna Barkataki (she/her): somewhere where you can see the sunrise.

131

00:15:58.600 --> 00:16:00.209

Susanna Barkataki (she/her): and this might be

132

00:16:01.710 --> 00:16:05.939

Susanna Barkataki (she/her): on the top of a mountain looking towards the
east

133

00:16:06.870 --> 00:16:08.430

Susanna Barkataki (she/her): on the edge

134

00:16:08.800 --> 00:16:10.430

Susanna Barkataki (she/her): of the ocean.

135

00:16:12.320 --> 00:16:13.930

Susanna Barkataki (she/her): We in a room

136

00:16:14.410 --> 00:16:16.180

Susanna Barkataki (she/her): it's a beautiful view

137

00:16:22.320 --> 00:16:25.370

Susanna Barkataki (she/her): for thousands of years in all

138

00:16:25.770 --> 00:16:28.649

Susanna Barkataki (she/her): many, many cultures, many traditions.

139

00:16:30.220 --> 00:16:31.360

Susanna Barkataki (she/her): it's been

140

00:16:31.800 --> 00:16:33.940

Susanna Barkataki (she/her): a commemoration and the

141

00:16:34.170 --> 00:16:38.379

Susanna Barkataki (she/her): honoring an acknowledgment of the dawning of the light

142

00:16:44.120 --> 00:16:46.690

Susanna Barkataki (she/her): and Vedic traditions.

143

00:16:47.070 --> 00:16:48.170

Susanna Barkataki (she/her): We have

144

00:16:48.450 --> 00:16:52.240

Susanna Barkataki (she/her): stories of some form of

145

00:16:52.730 --> 00:16:56.860

Susanna Barkataki (she/her): the Mascar, some form of Hello to the Sun.

146

00:16:58.490 --> 00:16:59.790

Susanna Barkataki (she/her): described

147

00:17:01.170 --> 00:17:05.560

Susanna Barkataki (she/her): 5,000 to 10,000 years, depending on the

148

00:17:06.660 --> 00:17:08.800

Susanna Barkataki (she/her): whether you're looking at texts.

149

00:17:09.819 --> 00:17:11.260

Susanna Barkataki (she/her): sculptors.

150

00:17:11.690 --> 00:17:13.280

Susanna Barkataki (she/her): or listening to

151

00:17:13.670 --> 00:17:19.399

Susanna Barkataki (she/her): word of mouth of teachers, in which case word of mouth says, 10,000 years

152

00:17:24.810 --> 00:17:27.130

Susanna Barkataki (she/her): for a very long time

153

00:17:28.180 --> 00:17:30.449

Susanna Barkataki (she/her): those who came before us.

154

00:17:30.990 --> 00:17:32.360

Susanna Barkataki (she/her): Mcneil.

155

00:17:32.920 --> 00:17:35.570

Susanna Barkataki (she/her): or prostrate and touch the earth

156

00:17:37.890 --> 00:17:42.940

Susanna Barkataki (she/her): in a full body, mudra, and a full body gesture of

157

00:17:43.670 --> 00:17:50.540

Susanna Barkataki (she/her): so many things, perhaps supplication and surrender the paragraph.

158

00:17:50.960 --> 00:17:52.870

Susanna Barkataki (she/her): perhaps gratitude.

159

00:17:54.190 --> 00:17:56.030

Susanna Barkataki (she/her): perhaps thankfulness.

160

00:17:58.330 --> 00:18:00.240

Susanna Barkataki (she/her): And for some of these

161

00:18:01.730 --> 00:18:03.750

Susanna Barkataki (she/her): Syria wasn't just

162

00:18:04.890 --> 00:18:10.540

Susanna Barkataki (she/her): a natural phenomenon in the sun that rose to warm the earth and grow crops

163

00:18:11.490 --> 00:18:14.060

Susanna Barkataki (she/her): warm our skin, but also

164

00:18:14.330 --> 00:18:15.830

Susanna Barkataki (she/her): a divine power.

165

00:18:18.460 --> 00:18:19.790

Susanna Barkataki (she/her): And to some

166

00:18:20.690 --> 00:18:21.840

Susanna Barkataki (she/her): so yeah.

167

00:18:22.600 --> 00:18:24.659

Susanna Barkataki (she/her): is that force of nature.

168

00:18:26.480 --> 00:18:29.980

Susanna Barkataki (she/her): and so offering respect whatever your

169

00:18:31.360 --> 00:18:32.950

Susanna Barkataki (she/her): perspective is.

170

00:18:34.560 --> 00:18:41.650

Susanna Barkataki (she/her): and at first we'll all just visualize ourselves in this beautiful place or simple place

171

00:18:41.840 --> 00:18:43.150

Susanna Barkataki (she/her): in nature.

172

00:18:44.570 --> 00:18:47.980

Susanna Barkataki (she/her): using towards where the sun will rise.

173

00:18:49.130 --> 00:18:51.240

Susanna Barkataki (she/her): seeing the clouds

174

00:18:51.610 --> 00:18:54.500

Susanna Barkataki (she/her): tinted pink orange.

175

00:18:56.580 --> 00:18:59.210

Susanna Barkataki (she/her): It creeps across the sky.

176

00:18:59.530 --> 00:19:00.880

Susanna Barkataki (she/her): lightning

177

00:19:02.720 --> 00:19:04.860

Susanna Barkataki (she/her): the blues and the purples

178

00:19:06.900 --> 00:19:08.659

Susanna Barkataki (she/her): to a sunrise.

179

00:19:10.780 --> 00:19:12.900

Susanna Barkataki (she/her): and visualizing yourself

180

00:19:15.630 --> 00:19:18.010

Susanna Barkataki (she/her): in a way that feels

181

00:19:18.060 --> 00:19:19.859

Susanna Barkataki (she/her): aligned to you

182

00:19:22.010 --> 00:19:25.460

Susanna Barkataki (she/her): something so much gratitude to the light.

183

00:19:25.750 --> 00:19:26.979

Susanna Barkataki (she/her): the fire.

184

00:19:27.870 --> 00:19:30.709

Susanna Barkataki (she/her): The power of this day's light.

185

00:19:32.950 --> 00:19:35.020

Susanna Barkataki (she/her): and it doesn't matter where you are.

186

00:19:35.310 --> 00:19:38.789

Susanna Barkataki (she/her): it's mid day or evening, or the middle of the night.

187

00:19:41.300 --> 00:19:42.520

Susanna Barkataki (she/her): is in this

188

00:19:42.710 --> 00:19:44.469

Susanna Barkataki (she/her): time beyond time.

189

00:19:46.250 --> 00:19:50.420

Susanna Barkataki (she/her): as the sun is about to rise in your visualization.

190

00:19:53.190 --> 00:19:55.300

Susanna Barkataki (she/her): and send your gratitude

191

00:19:56.510 --> 00:20:03.400

Susanna Barkataki (she/her): this power, that without which none of life, as we know it would be possible.

192

00:20:08.310 --> 00:20:10.280

Susanna Barkataki (she/her): Now imagine yourself

193

00:20:10.830 --> 00:20:12.360

Susanna Barkataki (she/her): thanking the sun.

194

00:20:15.700 --> 00:20:19.150

Susanna Barkataki (she/her): if you like to visualize yourself doing

195

00:20:19.500 --> 00:20:21.040

Susanna Barkataki (she/her): a frustration.

196

00:20:21.620 --> 00:20:24.230

Susanna Barkataki (she/her): can imagine bringing your hands together

197

00:20:24.420 --> 00:20:25.770

Susanna Barkataki (she/her): at your heart.

198

00:20:26.230 --> 00:20:29.079

Susanna Barkataki (she/her): lifting them up above your head, and

199

00:20:29.500 --> 00:20:34.170

Susanna Barkataki (she/her): gently bowing, or placing your thumbs towards your third eye.

200

00:20:34.670 --> 00:20:36.010

Susanna Barkataki (she/her): gentle bell

201

00:20:36.430 --> 00:20:37.840

Susanna Barkataki (she/her): at your forehead

202

00:20:39.180 --> 00:20:40.670

Susanna Barkataki (she/her): and at your heart.

203

00:20:41.320 --> 00:20:44.420

Susanna Barkataki (she/her): and then visualize yourself, folding forward.

204

00:20:44.590 --> 00:20:46.239

Susanna Barkataki (she/her): bending your knees.

205

00:20:46.890 --> 00:20:52.229

Susanna Barkataki (she/her): placing your knees on the earth. We're walking your hands forward into plank, following Casana

206

00:20:52.860 --> 00:20:55.199

Susanna Barkataki (she/her): and lowering down onto the earth.

207

00:20:56.960 --> 00:20:59.759

Susanna Barkataki (she/her): taking a moment to breathe in

208

00:21:00.220 --> 00:21:04.109

Susanna Barkataki (she/her): and out as you feel Earth supporting you.

209

00:21:04.810 --> 00:21:07.250

Susanna Barkataki (she/her): Your movement is a ritual.

210

00:21:07.830 --> 00:21:13.089

Susanna Barkataki (she/her): It is a yoga, a union of you, and the are you

211

00:21:13.660 --> 00:21:16.450

Susanna Barkataki (she/her): and the power of the Sun of the light.

212

00:21:16.940 --> 00:21:21.560

Susanna Barkataki (she/her): gently lifting, visualizing yourself, lifting your torso

213

00:21:22.220 --> 00:21:23.930

Susanna Barkataki (she/her): into Herdra.

214

00:21:24.030 --> 00:21:29.569

Susanna Barkataki (she/her): Lucas Vanasana, upward-facing dog, or purchase, and a cobra.

215

00:21:29.760 --> 00:21:33.950

Susanna Barkataki (she/her): or a slight upward tel to your 10, your eyes

216

00:21:35.150 --> 00:21:37.480

Susanna Barkataki (she/her): looking skyward

217

00:21:39.890 --> 00:21:42.000

Susanna Barkataki (she/her): and then exhaling

218

00:21:42.050 --> 00:21:43.780

Susanna Barkataki (she/her): visualizing yourself

219

00:21:43.860 --> 00:21:46.820

Susanna Barkataki (she/her): pushing back through, lifting your hips up.

220

00:21:50.740 --> 00:21:55.710

Susanna Barkataki (she/her): allowing your weight to be equally distributed between your hands and your legs.

221

00:21:56.590 --> 00:22:00.020

Susanna Barkataki (she/her): maybe peddling your feet out in your mind's eye.

222

00:22:03.090 --> 00:22:05.940

Susanna Barkataki (she/her): and as you slowly come to

223

00:22:06.320 --> 00:22:08.430

Susanna Barkataki (she/her): rise up.

224

00:22:08.680 --> 00:22:11.620

Susanna Barkataki (she/her): bringing with you the grounding of the earth.

225

00:22:11.660 --> 00:22:13.829

Susanna Barkataki (she/her): the light of the sun.

226

00:22:14.370 --> 00:22:18.740

Susanna Barkataki (she/her): and as you walk your hands back towards you
and

227

00:22:18.860 --> 00:22:20.950

Susanna Barkataki (she/her): up your body, or gently

228

00:22:21.510 --> 00:22:23.219

Susanna Barkataki (she/her): raise your spine.

229

00:22:23.380 --> 00:22:25.570

Susanna Barkataki (she/her): for to be by vertebrae

230

00:22:27.530 --> 00:22:29.889

Susanna Barkataki (she/her): can visualize the sun rising.

231

00:22:30.260 --> 00:22:34.529

Susanna Barkataki (she/her): and as your hands come to touch one another
at your heart center.

232

00:22:36.130 --> 00:22:38.190

Susanna Barkataki (she/her): See a sliver of sun

233

00:22:38.720 --> 00:22:40.419

Susanna Barkataki (she/her): over the horizon.

234

00:22:42.070 --> 00:22:43.819

Susanna Barkataki (she/her): and gently bell

235

00:22:43.840 --> 00:22:45.070

Susanna Barkataki (she/her): once again.

236

00:22:46.620 --> 00:22:50.210

Susanna Barkataki (she/her): And now this time we'll do this 3 more times

237

00:22:51.460 --> 00:22:55.590

Susanna Barkataki (she/her): you can decide to continue visualizing.

238

00:22:56.310 --> 00:23:00.130

Susanna Barkataki (she/her): or if you would like, you can move your
body.

239

00:23:01.560 --> 00:23:08.850

Susanna Barkataki (she/her): So if you're seated inhale, bring your hands together at your heart standing lying down.

240

00:23:10.240 --> 00:23:12.609

Susanna Barkataki (she/her): lift them up above your head.

241

00:23:14.310 --> 00:23:18.289

Susanna Barkataki (she/her): exhaling, bringing your hands towards your forehead.

242

00:23:18.720 --> 00:23:24.899

Susanna Barkataki (she/her): seeing as you move, and as you breathe, if you can have every movement be omega.

243

00:23:25.500 --> 00:23:32.880

Susanna Barkataki (she/her): a gesture of gratitude to those things that you named earlier, that you hold in your heart

244

00:23:34.150 --> 00:23:36.089

Susanna Barkataki (she/her): to the bringers of wisdom.

245

00:23:36.780 --> 00:23:39.700

Susanna Barkataki (she/her): Exhale folding forward.

246

00:23:39.760 --> 00:23:51.229

Susanna Barkataki (she/her): If you're on the ground you can walk your hands down, come to fall in gas, and if you're seated in the chair, perhaps folding forward over your desk or over your legs.

247

00:23:57.630 --> 00:24:02.350

Susanna Barkataki (she/her): meeting here as you connect with that which supports you the earth.

248

00:24:03.650 --> 00:24:06.120

Susanna Barkataki (she/her): and then slowly with intention.

249

00:24:06.730 --> 00:24:09.529

Susanna Barkataki (she/her): placing your hands on the side of the chair or

250

00:24:09.830 --> 00:24:11.450

Susanna Barkataki (she/her): on the earth, and

251

00:24:11.560 --> 00:24:19.699

Susanna Barkataki (she/her): our to your back, lifting your test forward, 10 up towards the sky, towards the light, towards the sun

252

00:24:21.430 --> 00:24:24.620

Susanna Barkataki (she/her): inhale, and on your exhale

253

00:24:25.160 --> 00:24:27.890

Susanna Barkataki (she/her): rounding back. If you're in your chair.

254

00:24:27.930 --> 00:24:31.520

Susanna Barkataki (she/her): you're standing, pushing your hips back and up into

255

00:24:31.590 --> 00:24:34.450

Susanna Barkataki (she/her): we're, with on your us and a downward facing Dot.

256

00:24:36.670 --> 00:24:39.929

Susanna Barkataki (she/her): if you'd like. If you're in Uter, you can

257

00:24:40.180 --> 00:24:45.680

Susanna Barkataki (she/her): stand and use the table, your tear itself to stretch through

258

00:24:47.440 --> 00:24:51.549

Susanna Barkataki (she/her): you a little back. Hmm. Push your hips back behind you

259

00:24:58.500 --> 00:25:00.020

Susanna Barkataki (she/her): gently.

260

00:25:00.050 --> 00:25:02.740

Susanna Barkataki (she/her): as you're ready with so much

261

00:25:02.820 --> 00:25:04.430

Susanna Barkataki (she/her): slowness

262

00:25:04.830 --> 00:25:06.420

Susanna Barkataki (she/her): with intention.

263

00:25:07.610 --> 00:25:10.260

Susanna Barkataki (she/her): Walk your hands up your body.

264

00:25:10.330 --> 00:25:11.340

Susanna Barkataki (she/her): or

265

00:25:14.110 --> 00:25:16.060

Susanna Barkataki (she/her): stacking your vertebrae.

266

00:25:16.100 --> 00:25:20.590

Susanna Barkataki (she/her): coming up to stand and inhale your hands up above your head.

267

00:25:21.000 --> 00:25:21.899

Susanna Barkataki (she/her): and then

268

00:25:21.920 --> 00:25:24.289

Susanna Barkataki (she/her): that's come to Heart Center.

269

00:25:33.340 --> 00:25:34.800

Susanna Barkataki (she/her): breathing here

270

00:25:41.890 --> 00:25:47.179

Susanna Barkataki (she/her): as you move through this cycle, your version of Syria and Mascar.

271

00:25:48.980 --> 00:25:51.149

Susanna Barkataki (she/her): saying hello to the sun.

272

00:25:51.770 --> 00:25:57.410

Susanna Barkataki (she/her): Thank you to the sun, welcoming the light into you into your life.

273

00:25:57.830 --> 00:26:03.069

Susanna Barkataki (she/her): If there's been places that maybe feel challenging or

274

00:26:05.590 --> 00:26:08.809

Susanna Barkataki (she/her): kind of hidden or not really clear.

275

00:26:09.300 --> 00:26:11.439
the sunlight

276

00:26:12.880 --> 00:26:16.910
Susanna Barkataki (she/her): expanding and holding those places.

277

00:26:17.250 --> 00:26:23.020
Susanna Barkataki (she/her): Maybe the parts of yourself that you don't
always want to acknowledge or bring in.

278

00:26:24.030 --> 00:26:27.350
Susanna Barkataki (she/her): letting them be held in the light.

279

00:26:29.850 --> 00:26:31.210
Susanna Barkataki (she/her): When you're ready.

280

00:26:31.580 --> 00:26:36.130
Susanna Barkataki (she/her): as a moving meditation, inhaling your arms
up towards the sky.

281

00:26:37.420 --> 00:26:40.809
Susanna Barkataki (she/her): exhaling and bowing to the sun

282

00:26:45.070 --> 00:26:49.000
Susanna Barkataki (she/her): gently as you're ready. Folding forward.

283

00:26:52.210 --> 00:26:54.820
Susanna Barkataki (she/her): feeling the support of the Earth

284

00:26:54.980 --> 00:26:57.539
Susanna Barkataki (she/her): table. Tear ground.

285

00:26:59.650 --> 00:27:02.460
Susanna Barkataki (she/her): Matt. Whatever is underneath you.

286

00:27:07.020 --> 00:27:09.829
Susanna Barkataki (she/her): I'm, slowly lowering down to the earth.

287

00:27:18.390 --> 00:27:20.490
Susanna Barkataki (she/her): acknowledging that light

288

00:27:20.840 --> 00:27:24.250

Susanna Barkataki (she/her): and wisdom can come from unexpected places.

289

00:27:24.900 --> 00:27:26.380

Susanna Barkataki (she/her): And so, being

290

00:27:26.940 --> 00:27:32.709

Susanna Barkataki (she/her): right here in this moment, not in the past or in the future. But right here.

291

00:27:33.590 --> 00:27:35.020

Susanna Barkataki (she/her): receiving

292

00:27:35.570 --> 00:27:37.760

Susanna Barkataki (she/her): the wisdom of this moment.

293

00:27:39.400 --> 00:27:40.650

Susanna Barkataki (she/her): this time

294

00:27:40.790 --> 00:27:41.870

Susanna Barkataki (she/her): in your life.

295

00:27:44.280 --> 00:27:45.600

Susanna Barkataki (she/her): intently

296

00:27:46.660 --> 00:27:50.499

Susanna Barkataki (she/her): pushing into the earth with your hands, with table or chair, and

297

00:27:50.980 --> 00:27:52.900

Susanna Barkataki (she/her): coming into an upward

298

00:27:53.220 --> 00:27:54.500

Susanna Barkataki (she/her): facing

299

00:27:55.070 --> 00:27:57.840

Susanna Barkataki (she/her): either cobra or up and facing dog.

300

00:27:59.030 --> 00:28:01.980

Susanna Barkataki (she/her): using perhaps, beyond even

301

00:28:02.110 --> 00:28:03.290
Susanna Barkataki (she/her): the light.

302
00:28:08.220 --> 00:28:11.660
Susanna Barkataki (she/her): and slowly shifting your hips back.

303
00:28:14.720 --> 00:28:17.239
Susanna Barkataki (she/her): noticing the interplay between

304
00:28:17.400 --> 00:28:22.080
Susanna Barkataki (she/her): the darkness and the light as you bring your head down towards the earth.

305
00:28:22.890 --> 00:28:24.440
Susanna Barkataki (she/her): something forward.

306
00:28:26.420 --> 00:28:29.289
Susanna Barkataki (she/her): touching the earth with your hands, your feet

307
00:28:29.700 --> 00:28:32.509
Susanna Barkataki (she/her): forearms, sneeze whatever is on the earth

308
00:28:36.930 --> 00:28:38.600
Susanna Barkataki (she/her): downward, facing Dog

309
00:28:41.230 --> 00:28:43.430
Susanna Barkataki (she/her): I'm. Into at least Lily.

310
00:28:44.220 --> 00:28:46.570
Susanna Barkataki (she/her): feeling that merging of light

311
00:28:46.790 --> 00:28:49.260
Susanna Barkataki (she/her): and darkness, light and shadow.

312
00:28:49.280 --> 00:28:50.790
Susanna Barkataki (she/her): as you come up

313
00:28:51.960 --> 00:28:53.360
Susanna Barkataki (she/her): to standing.

314

00:28:53.780 --> 00:28:56.289

Susanna Barkataki (she/her): lifting your hands up above your head.

315

00:28:58.470 --> 00:29:01.009

Susanna Barkataki (she/her): and they meet at your heart.

316

00:29:08.370 --> 00:29:11.800

Susanna Barkataki (she/her): Well eats practice. One more cycle like this

317

00:29:11.950 --> 00:29:19.720

Susanna Barkataki (she/her): that I will stop talking so we can each be in our own rhythm separate, but together.

318

00:29:22.440 --> 00:29:24.039

Susanna Barkataki (she/her): and i'll guide us back

319

00:29:24.510 --> 00:29:25.680

Susanna Barkataki (she/her): in time.

320

00:30:48.850 --> 00:30:53.070

Susanna Barkataki (she/her): As you're ready, we'll all make our way back to

321

00:30:53.120 --> 00:30:56.120

Susanna Barkataki (she/her): some form of Tadasana Mountain.

322

00:30:56.300 --> 00:30:59.929

Susanna Barkataki (she/her): whether that's seated lying down standing.

323

00:31:04.630 --> 00:31:07.190

Susanna Barkataki (she/her): and you can bring your palms together

324

00:31:13.540 --> 00:31:14.600

Susanna Barkataki (she/her): one

325

00:31:15.650 --> 00:31:17.579

Susanna Barkataki (she/her): last acknowledgment

326

00:31:17.690 --> 00:31:18.799

Susanna Barkataki (she/her): I feel like

327

00:31:19.390 --> 00:31:20.640

Susanna Barkataki (she/her): within you.

328

00:31:20.870 --> 00:31:22.409

Susanna Barkataki (she/her): It's in each of us

329

00:31:23.480 --> 00:31:24.590

Susanna Barkataki (she/her): in all

330

00:31:33.750 --> 00:31:35.509

Susanna Barkataki (she/her): at this time.

331

00:31:36.940 --> 00:31:41.730

Susanna Barkataki (she/her): Invite you to gently and slowly start to move or sway

332

00:31:42.050 --> 00:31:43.610

Susanna Barkataki (she/her): stretching.

333

00:31:44.270 --> 00:31:46.209

Susanna Barkataki (she/her): You're looking around you.

334

00:31:46.960 --> 00:31:49.860

Susanna Barkataki (she/her): taking in color and form and lights

335

00:31:55.640 --> 00:31:59.430

Susanna Barkataki (she/her): as you start to open your eyes. If you have

336

00:31:59.750 --> 00:32:01.649

Susanna Barkataki (she/her): a candle.

337

00:32:02.590 --> 00:32:04.250

Susanna Barkataki (she/her): I invite you to

338

00:32:04.280 --> 00:32:05.270

Susanna Barkataki (she/her): light it.

339

00:32:09.570 --> 00:32:12.660

Susanna Barkataki (she/her): You don't, you can visualize the candle or

340

00:32:12.770 --> 00:32:14.539

Susanna Barkataki (she/her): look at this one

341

00:32:22.060 --> 00:32:31.359

Susanna Barkataki (she/her): so often at this time of year, at least in the northern hemisphere and in the culture that I've been raised in in many ways.

342

00:32:31.480 --> 00:32:33.279

Susanna Barkataki (she/her): In the United States.

343

00:32:35.450 --> 00:32:39.160

Susanna Barkataki (she/her): We're kind of reflecting on what's happened. What's gone

344

00:32:39.490 --> 00:32:43.259

Susanna Barkataki (she/her): in times past, you know, back on a year before us.

345

00:32:43.630 --> 00:32:44.950

Susanna Barkataki (she/her): and

346

00:32:45.100 --> 00:32:52.270

Susanna Barkataki (she/her): we also might be setting intentions or resolutions for the year to come.

347

00:32:53.880 --> 00:32:56.049

Susanna Barkataki (she/her): One of the things that

348

00:32:57.750 --> 00:32:58.850

Susanna Barkataki (she/her): Yoga

349

00:32:59.760 --> 00:33:01.549

Susanna Barkataki (she/her): makes really clear

350

00:33:01.820 --> 00:33:02.900

Susanna Barkataki (she/her): is

351

00:33:04.070 --> 00:33:12.230

Susanna Barkataki (she/her): in Yoga Sicha. 1 point, 2 at the or in 1 point, one at the Yoga anus yoga is now

352

00:33:15.300 --> 00:33:17.430

Susanna Barkataki (she/her): it's in this moment.

353

00:33:18.080 --> 00:33:19.330

Susanna Barkataki (she/her): the present moment.

354

00:33:21.340 --> 00:33:24.419

Susanna Barkataki (she/her): And so, while reflecting on our year.

355

00:33:25.070 --> 00:33:33.000

Susanna Barkataki (she/her): there's some real value to that, and projecting or thinking about things to come. There's some real value to that, too.

356

00:33:33.110 --> 00:33:38.140

Susanna Barkataki (she/her): There's also so much to be found in being right here.

357

00:33:38.820 --> 00:33:41.729

Susanna Barkataki (she/her): and when you gaze at that flame.

358

00:33:43.690 --> 00:33:45.220

Susanna Barkataki (she/her): or this flame

359

00:33:46.450 --> 00:33:49.189

Susanna Barkataki (she/her): takes you right into the present moment.

360

00:33:49.730 --> 00:33:51.559

Susanna Barkataki (she/her): And so for

361

00:33:52.780 --> 00:34:00.399

Susanna Barkataki (she/her): just a few moments, let's see if we can drop the stories, drop the past, drop the planning or the future.

362

00:34:00.560 --> 00:34:02.520

Susanna Barkataki (she/her): and just be here

363

00:34:02.700 --> 00:34:03.900

Susanna Barkataki (she/her): right now.

364

00:34:25.800 --> 00:34:28.919

Susanna Barkataki (she/her): beautiful. You can keep your candle lit.

365

00:34:29.719 --> 00:34:32.079

Susanna Barkataki (she/her): and if you have a glass of water

366

00:34:32.210 --> 00:34:36.189

Susanna Barkataki (she/her): or bottle of water to drink, or a bowl of water.

367

00:34:37.230 --> 00:34:39.010

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

368

00:34:39.250 --> 00:34:40.580

Susanna Barkataki (she/her): close to you.

369

00:34:41.090 --> 00:34:43.590

Susanna Barkataki (she/her): and symbolically

370

00:34:44.159 --> 00:34:45.700

Susanna Barkataki (she/her): as we do

371

00:34:47.020 --> 00:34:53.690

Susanna Barkataki (she/her): honoring our gratitude to the sun, we also cleanse ourself and allow ourselves to be cleansed.

372

00:34:53.770 --> 00:35:03.510

Susanna Barkataki (she/her): And so this is just symbolic. You can either Take take your right hand, and you can take your ring.

373

00:35:04.440 --> 00:35:09.949

Susanna Barkataki (she/her): ring, finger so the second one in from the pinky and touch the water.

374

00:35:10.000 --> 00:35:15.790

Susanna Barkataki (she/her): and then place it on your forehead on your third eye, and as you do it.

375

00:35:15.880 --> 00:35:17.439

Susanna Barkataki (she/her): visualize

376

00:35:17.800 --> 00:35:27.700

Susanna Barkataki (she/her): anything that you're wanting to clear away, or just trusting that anything it needs to be will be cleared away any blocks to wisdom, to light, to insight.

377

00:35:29.440 --> 00:35:34.930

Susanna Barkataki (she/her): and if you don't have water near you, you can still take your finger and place it there.

378

00:35:35.960 --> 00:35:37.439

Susanna Barkataki (she/her): visualizing

379

00:35:38.320 --> 00:35:40.100

Susanna Barkataki (she/her): it's clearing away.

380

00:35:41.360 --> 00:35:43.560

Susanna Barkataki (she/her): springing of light and insight.

381

00:35:50.310 --> 00:35:52.239

Susanna Barkataki (she/her): And now I invite you

382

00:35:52.550 --> 00:35:55.999

Susanna Barkataki (she/her): to transition slowly back

383

00:35:56.410 --> 00:35:57.520

Susanna Barkataki (she/her): to

384

00:35:57.740 --> 00:36:02.209

Susanna Barkataki (she/her): our gathering. But first we're going to take a little bit of time

385

00:36:02.250 --> 00:36:08.349

Susanna Barkataki (she/her): for you to journal, if you would like, and so you can do your writing into the chat or on your device.

386

00:36:08.410 --> 00:36:10.280

Susanna Barkataki (she/her): or if you have a journal

387

00:36:10.470 --> 00:36:14.569

Susanna Barkataki (she/her): anything that has arisen for

388

00:36:14.650 --> 00:36:15.970

Susanna Barkataki (she/her): or through

389

00:36:16.130 --> 00:36:18.729

Susanna Barkataki (she/her): this time of connecting to the light.

390

00:36:19.150 --> 00:36:20.290

Susanna Barkataki (she/her): and

391

00:36:22.160 --> 00:36:27.979

Susanna Barkataki (she/her): you can also journal about to anything that's arisen through this practice, and i'll drop this in the chat.

392

00:36:28.780 --> 00:36:31.650

Susanna Barkataki (she/her): Anything that's arisen in the practice, or

393

00:36:33.040 --> 00:36:34.069

Susanna Barkataki (she/her): and

394

00:36:34.220 --> 00:36:35.509

let me write that.

395

00:36:44.660 --> 00:36:49.189

Susanna Barkataki (she/her): or an and or things that

396

00:36:49.530 --> 00:36:52.910

Susanna Barkataki (she/her): you want to. bring light to

397

00:36:53.270 --> 00:36:54.569

Susanna Barkataki (she/her): in this.

398

00:36:55.060 --> 00:36:57.509

Susanna Barkataki (she/her): Okay, so it could be today.

399

00:36:57.710 --> 00:36:58.929

Susanna Barkataki (she/her): It could be

400

00:36:59.130 --> 00:37:06.130

Susanna Barkataki (she/her): over the next few weeks. Maybe there is particular areas of your life

401

00:37:06.620 --> 00:37:10.309

Susanna Barkataki (she/her): that you want to bring a little bit more

402

00:37:10.330 --> 00:37:21.749

Susanna Barkataki (she/her): energy or wisdom or insight towards, and it could be any area right could be. People could be Places could be, Relationships could be, insights could be unknown.

403

00:37:21.880 --> 00:37:26.099

Susanna Barkataki (she/her): so invitation to journal on those 2 things, and we'll take

404

00:37:26.180 --> 00:37:27.229

Susanna Barkataki (she/her): about

405

00:37:28.980 --> 00:37:32.849

Susanna Barkataki (she/her): 4 or 5 min. I'll continue to play the

406

00:37:36.470 --> 00:37:38.680

Susanna Barkataki (she/her): santi mantra.

407

00:37:38.780 --> 00:37:42.099

Susanna Barkataki (she/her): and then, when it's time i'll bring us back

408

00:38:06.680 --> 00:38:07.290

this

409

00:38:41.300 --> 00:38:41.859

you

410

00:38:43.380 --> 00:38:43.939

you.

411

00:38:44.560 --> 00:38:45.109

you.

412

00:38:47.710 --> 00:38:48.299

the

413

00:38:57.990 --> 00:38:58.609

this

414

00:39:00.980 --> 00:39:02.589

you

415

00:39:02.930 --> 00:39:03.700
you.

416
00:39:06.800 --> 00:39:07.589
you.

417
00:39:08.900 --> 00:39:10.229
you.

418
00:39:13.850 --> 00:39:14.479
you

419
00:39:17.460 --> 00:39:18.050
this is

420
00:39:23.470 --> 00:39:24.069
I,

421
00:39:24.530 --> 00:39:25.330
you

422
00:39:26.220 --> 00:39:26.950
a

423
00:39:27.520 --> 00:39:28.379
you

424
00:39:28.730 --> 00:39:29.700
I

425
00:39:31.960 --> 00:39:33.450
the

426
00:39:34.570 --> 00:39:35.359
you.

427
00:39:39.560 --> 00:39:40.629
you.

428
00:39:42.990 --> 00:39:43.629
the

429
00:39:48.440 --> 00:39:49.000
the

430
00:39:49.650 --> 00:39:50.700
you

431
00:39:54.120 --> 00:39:55.399
you

432
00:39:59.900 --> 00:40:00.640
on the

433
00:40:02.740 --> 00:40:03.350
you.

434
00:40:14.670 --> 00:40:15.399
you

435
00:40:17.390 --> 00:40:19.660
you!

436
00:40:21.350 --> 00:40:22.049
What is

437
00:40:23.670 --> 00:40:24.700
you?

438
00:40:25.000 --> 00:40:25.740
I

439
00:40:30.190 --> 00:40:30.950
you

440
00:40:31.500 --> 00:40:32.180
you.

441
00:40:34.450 --> 00:40:35.470
you.

442

00:40:35.880 --> 00:40:36.439
the

443
00:40:44.380 --> 00:40:44.990
you.

444
00:40:52.290 --> 00:40:53.500
you.

445
00:40:54.920 --> 00:40:56.250
you.

446
00:41:00.500 --> 00:41:01.089
this.

447
00:41:01.190 --> 00:41:01.839
you

448
00:41:03.520 --> 00:41:04.100
you

449
00:41:05.170 --> 00:41:06.140
you

450
00:41:07.160 --> 00:41:07.759
you!

451
00:41:33.870 --> 00:41:35.530
Susanna Barkataki (she/her): It's just taking

452
00:41:36.410 --> 00:41:41.699
Susanna Barkataki (she/her): a few minutes minute or so to wrap up your
writing your thoughts.

453
00:41:41.730 --> 00:41:44.070
Susanna Barkataki (she/her): Knowing you can come back to this.

454
00:41:44.360 --> 00:41:46.730
Susanna Barkataki (she/her): We continue to write as we talk.

455
00:41:48.070 --> 00:41:49.750

Susanna Barkataki (she/her): and i'm trapping in

456

00:41:49.850 --> 00:41:52.060

Susanna Barkataki (she/her): the artists.

457

00:41:52.350 --> 00:41:59.149

Susanna Barkataki (she/her): for some was a shanti mantra by, and this song we just listened to Notaki

458

00:41:59.350 --> 00:42:01.270

Susanna Barkataki (she/her): and

459

00:42:04.140 --> 00:42:05.889

Susanna Barkataki (she/her): i'd love to

460

00:42:07.040 --> 00:42:10.489

Susanna Barkataki (she/her): invite some folks into share, if you like

461

00:42:10.750 --> 00:42:15.870

Susanna Barkataki (she/her): something so powerful about witnessing one another and hearing

462

00:42:17.110 --> 00:42:29.290

Susanna Barkataki (she/her): what we're bringing light to maybe, you know, there may be for some like still confusion or questions or not Sure and there may be clarity for others.

463

00:42:29.380 --> 00:42:40.139

Susanna Barkataki (she/her): sometimes even by speaking into the space or writing into the chat. More clarity comes right, or the invitation to being witnessed.

464

00:42:40.250 --> 00:42:43.539

Susanna Barkataki (she/her): this is a way we can practice that. Yeah.

465

00:42:43.670 --> 00:42:47.899

Susanna Barkataki (she/her): with one another listening to each other's choose in such a way that

466

00:42:49.160 --> 00:42:52.249

Susanna Barkataki (she/her): you know that heart of your truth comes into being

467

00:42:52.960 --> 00:42:54.800

Susanna Barkataki (she/her): so that deep listening

468

00:42:54.840 --> 00:43:05.700

Susanna Barkataki (she/her): it's a kind of yobic listing. It's a different. It's different, you know than just when someone's telling you something you're like. huh! It's not like that. It's like listening with your whole being.

469

00:43:07.670 --> 00:43:15.800

Susanna Barkataki (she/her): And so i'd love to invite you to share, and maybe folks can can raise their hands or drop

470

00:43:15.980 --> 00:43:20.080

Susanna Barkataki (she/her): your shares in the chat, and i'm just gonna read

471

00:43:20.550 --> 00:43:22.409

Susanna Barkataki (she/her): read out loud. Oh.

472

00:43:23.320 --> 00:43:39.410

Susanna Barkataki (she/her): i'll come to you in just a second. So funny, because it's just looking right at you. And I was like oh, i'd love to hear what you what you are thinking, and and then you raise your hand. So I love. I just trust that you know those moments

473

00:43:39.420 --> 00:43:52.890

Susanna Barkataki (she/her): I like to name them. I want to soften my grasp on perfectionism, Jamie says, including softening, releasing, imposter syndrome, becoming my fullest expression of self at this stage in my journey. Yes.

474

00:43:53.050 --> 00:43:57.049

Susanna Barkataki (she/her): really celebrating that for you, Damien. Anyone else who wants it.

475

00:43:57.210 --> 00:43:58.840

Susanna Barkataki (she/her): And now i'll come to you

476

00:43:59.120 --> 00:44:00.220

Susanna Barkataki (she/her): and Stina.

477

00:44:07.690 --> 00:44:10.170

Susanna Barkataki (she/her): Let me make sure you can unmute.

478

00:44:11.100 --> 00:44:12.190

Susanna Barkataki (she/her): There we go.

479

00:44:13.430 --> 00:44:18.250

Constina: Okay, Excellent! Hi, everyone. Thank you so much.

480

00:44:18.590 --> 00:44:21.589

Constina: So what came up for me was

481

00:44:21.900 --> 00:44:24.180

Constina: the success of who I am now.

482

00:44:27.160 --> 00:44:30.349

Constina: And then my fifties, and

483

00:44:30.950 --> 00:44:34.230

Constina: still teaching Yoga

484

00:44:34.380 --> 00:44:35.370

Constina: people.

485

00:44:39.350 --> 00:44:40.989

Constina: And it's been a journey

486

00:44:41.310 --> 00:44:43.669

Constina: this this journey after his life, and

487

00:44:44.550 --> 00:44:49.310

Constina: and changing and accepting those changes. And

488

00:44:49.630 --> 00:44:52.910

Constina: and as you had mentioned earlier, it just being in the present moment.

489

00:44:53.100 --> 00:44:54.029

Constina: we'll see

490

00:44:54.500 --> 00:44:59.750

Constina: when it was 5 years or 10 years ago. But but

491

00:45:00.050 --> 00:45:05.099

Constina: or thinking about what i'm going to be in the next year or so, and it's like not.

492

00:45:05.120 --> 00:45:07.240

Constina: This is our camp right now.

493

00:45:07.530 --> 00:45:10.839

Constina: and what I want to

494

00:45:13.410 --> 00:45:15.649

Constina: the ability to become fearless.

495

00:45:16.980 --> 00:45:18.470

Constina: and whatever I do

496

00:45:18.820 --> 00:45:22.479

Constina: now, what I mean, fearless is not the sense of

497

00:45:22.550 --> 00:45:25.129

Constina: in reckless or just jumping in

498

00:45:25.220 --> 00:45:32.300

Constina: first, and then see what happens if my feet are still there after I jump. No fearless is like being curious

499

00:45:33.050 --> 00:45:37.859

Constina: about whatever I, looking at being compassionate about my decisions.

500

00:45:38.200 --> 00:45:41.519

Constina: less over thinking and more decisiveness

501

00:45:41.840 --> 00:45:43.729

Constina: and being okay with

502

00:45:44.100 --> 00:45:46.930

Constina: not being okay.

503

00:45:47.290 --> 00:45:50.839

Constina: Maybe whatever I decided may not have it out.

504

00:45:50.950 --> 00:45:57.550

Constina: And you know, coming from the reading that somebody else has shared that they brought up like it's it's a sense of

505

00:45:57.590 --> 00:45:59.629

Constina: that's one aspect of it

506

00:45:59.980 --> 00:46:03.879

Constina: now, just knowing that there is no such thing as a perfect time.

507

00:46:04.800 --> 00:46:06.039

Constina: He's only now.

508

00:46:06.580 --> 00:46:07.620

Constina: and

509

00:46:07.870 --> 00:46:20.220

Constina: you know I I've lost that since of wonder that since the curiosity over time. Get jaded after a while. Since we get that, we have to learn from everything.

510

00:46:20.560 --> 00:46:22.180

Constina: even our failures.

511

00:46:22.370 --> 00:46:26.619

Constina: It may not even be a failure.

512

00:46:26.820 --> 00:46:28.599

Constina: That's where the lessons come in.

513

00:46:28.920 --> 00:46:31.509

Constina: So that's what I mean by being here.

514

00:46:31.540 --> 00:46:34.149

Constina: not reckless, but just being curious.

515

00:46:35.970 --> 00:46:37.109

That's all. Thank you.

516

00:46:41.900 --> 00:46:50.629

Susanna Barkataki (she/her): Thank you so much. I can see folks have hearts up. And then resonating with you in the chat. wow! I

517

00:46:50.900 --> 00:47:03.839

Susanna Barkataki (she/her): again i'm like the coincidence is a balance. Because last night I was listening to a teacher who's a Buddhist monk. But again, I think really so much of what he describes.

518

00:47:03.960 --> 00:47:13.909

Susanna Barkataki (she/her): But as i'm in, and you'll get that have coomer and stress. So there's so much that similar about them. he was talking about in the talk that fear

519

00:47:14.660 --> 00:47:19.850

Susanna Barkataki (she/her): the opposite of fear. Sometimes we say it's love, but it's also non fear

520

00:47:20.100 --> 00:47:23.919

Susanna Barkataki (she/her): and non fear is made up of so many elements.

521

00:47:24.130 --> 00:47:40.290

Susanna Barkataki (she/her): and you named many of them, including curiosity, including, like you know, kind of like like that spirit of adventure and hope there. And so thank you for bringing so many of those elements that

522

00:47:40.350 --> 00:47:44.689

Susanna Barkataki (she/her): likely resonate for many here. I know they resonate for me

523

00:47:44.740 --> 00:47:45.640

Susanna Barkataki (she/her): with

524

00:47:46.260 --> 00:47:48.250

Susanna Barkataki (she/her): forward, because it makes

525

00:47:48.380 --> 00:47:56.250

Susanna Barkataki (she/her): feeling non fear, or not acting from fear so much more accessible when we can kind of break it down to the the different parts.

526

00:47:56.890 --> 00:47:58.459

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

527

00:48:00.010 --> 00:48:01.149

Susanna Barkataki (she/her): Hmm.

528

00:48:01.280 --> 00:48:03.149

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

529

00:48:03.250 --> 00:48:05.410

Susanna Barkataki (she/her): connecting with

530

00:48:05.660 --> 00:48:12.409

Susanna Barkataki (she/her): resonating with the being okay, with that being okay, softening grasp on perfectionism from Jamie.

531

00:48:14.700 --> 00:48:19.289

Susanna Barkataki (she/her): yeah, learning from failure. Quote unquote failure. Yes.

532

00:48:20.410 --> 00:48:28.539

Susanna Barkataki (she/her): Megan says as a 6 year old. so much change impeding the desire to be fearless. Yeah.

533

00:48:28.750 --> 00:48:34.680

Susanna Barkataki (she/her): Spending time around young kids has taught me so much about curiosity fearlessness and non-judgment.

534

00:48:35.150 --> 00:48:38.729

Susanna Barkataki (she/her): Yeah, i'm really relating to this, too, i'll just share.

535

00:48:38.810 --> 00:48:41.250

Susanna Barkataki (she/her): reflecting for myself that, like

536

00:48:42.120 --> 00:48:48.920

Susanna Barkataki (she/her): as I grow older right, and the body does what the body does, and what a blessing to be able to be

537

00:48:48.950 --> 00:48:51.250

Susanna Barkataki (she/her): in a 45 year old body that

538

00:48:52.050 --> 00:49:01.840

Susanna Barkataki (she/her): you know, like the risk can break, or whatever I mean. I broke bone when I was 8, so it can be at any age. But but being reflecting on

539

00:49:02.090 --> 00:49:04.389

Susanna Barkataki (she/her): caution or greater wisdom.

540

00:49:04.430 --> 00:49:07.960

Susanna Barkataki (she/her): but not letting those things hold me back from

541

00:49:08.290 --> 00:49:25.000

Susanna Barkataki (she/her): appropriate or right adventure, aligned adventure, or trying new things, you know. So there's this balance that I don't feel I've particularly figured out yet. So i'm just naming, naming. This is a new exploration for me, and something I would like to bring

542

00:49:25.010 --> 00:49:29.939

Susanna Barkataki (she/her): light to that that i'm resonating with from what other folks are sharing

543

00:49:32.410 --> 00:49:34.680

Susanna Barkataki (she/her): Would anyone else like to share

544

00:49:38.410 --> 00:49:52.709

Susanna Barkataki (she/her): It's always nice to hear your voices so and I just want to put a a particular shout out for sometimes the shy folks like someone in the space he's like there is, i'm never going to share out loud. it's you

545

00:49:52.830 --> 00:49:55.290

Susanna Barkataki (she/her): and your voice and what you're gonna say

546

00:49:55.320 --> 00:50:07.459

Susanna Barkataki (she/her): that's really needed by not just you, but other folks in the space. And so just a a invitation to like, if your heart's beating and pounding, and you're like

547

00:50:07.860 --> 00:50:10.310

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

548

00:50:10.520 --> 00:50:12.610

Susanna Barkataki (she/her): Try sharing, and you don't have to.

549

00:50:18.340 --> 00:50:20.069

Susanna Barkataki (she/her): Yes, very

550

00:50:20.470 --> 00:50:21.410

okay.

551

00:50:22.210 --> 00:50:25.710

Gauree Patel (she/her): That's totally me right now. I think I have a hard time.

552

00:50:26.060 --> 00:50:31.169

Gauree Patel (she/her): this opening that like throat, Chakra and I've noticed that this year a lot with

553

00:50:31.450 --> 00:50:34.239

Gauree Patel (she/her): practicing, chanting and just speaking.

554

00:50:34.330 --> 00:50:43.809

Gauree Patel (she/her): knowing I have something to say, but not feeling like it can move from here out into the world. And so that's something that I definitely want to bring into

555

00:50:44.200 --> 00:50:47.899

Gauree Patel (she/her): the next year, and just thinking about teaching Yoga

556

00:50:48.230 --> 00:50:56.179

Gauree Patel (she/her): this year has been really enlightening around what it means to reclaim for me what that process looks like

557

00:50:56.980 --> 00:51:02.820

Gauree Patel (she/her): and coming to terms with Just. And we've talked about it in this space like how many ways that

558

00:51:02.940 --> 00:51:06.849

Gauree Patel (she/her): the practice can be taken from its roots and be

559

00:51:07.110 --> 00:51:10.929

Gauree Patel (she/her): harmed. And so I think I have this pressure, and someone

560

00:51:12.340 --> 00:51:17.550

Gauree Patel (she/her): being South Asian, and feeling so empowered and repeatedly reminded of

561

00:51:17.780 --> 00:51:19.879

Gauree Patel (she/her): the wisdom that lives in my blood.

562

00:51:20.200 --> 00:51:26.380

Gauree Patel (she/her): yet having that resistance and feeling of not being enough

563

00:51:26.500 --> 00:51:30.969

Gauree Patel (she/her): to teach or to go out and talk about it. And so here I am

564

00:51:31.140 --> 00:51:33.520

Gauree Patel (she/her): starting that journey with you. So thank you.

565

00:51:38.050 --> 00:51:40.029

Yes.

566

00:51:40.400 --> 00:51:43.590

Susanna Barkataki (she/her): really feel that it's like a double

567

00:51:43.840 --> 00:51:45.399

Susanna Barkataki (she/her): a double pressure.

568

00:51:45.610 --> 00:51:53.449

Susanna Barkataki (she/her): We're multiplicative pressure. I often feel for South Asian folks, because it's like we're expected to know so much.

569

00:51:53.510 --> 00:51:55.000

Susanna Barkataki (she/her): I know everything.

570

00:51:55.090 --> 00:52:10.819

Susanna Barkataki (she/her): but for many of us we've been cut off through colonization, and you know our family, your teachers may have not been family may not have valued Yoga at all, or teachers may not have been accessible, and it just may not have been accessible. And so it's like.

571

00:52:11.930 --> 00:52:17.520

Susanna Barkataki (she/her): there's just all this extra extra pressure. And then cultural. There's just a lot. So

572

00:52:17.790 --> 00:52:33.799

Susanna Barkataki (she/her): I can really really, and I know for me I still work here and do a lot of like I do a lot of shoulder stretching next, searching really, every day. It's part of my daily practice.

573

00:52:34.700 --> 00:52:36.260

Susanna Barkataki (she/her): and then chanting

574

00:52:36.270 --> 00:52:58.349

Susanna Barkataki (she/her): picking a mantra. It doesn't have to be complicated. It could be on Santi Santi Shanti, or you know, any mantra that is one that you've connected to as we've been going through. Yoga cost curator, and consistently chanting for me, has really made a difference, and just my ability to

575

00:52:58.450 --> 00:52:59.750

Susanna Barkataki (she/her): to speak.

576

00:53:00.360 --> 00:53:03.419

Susanna Barkataki (she/her): And then there's one other thing that i'll probably share

577

00:53:03.480 --> 00:53:22.010

Susanna Barkataki (she/her): in our next, cause it's a it's a lengthy practice, but practice where I'm pulling in energy, I'll just simply simply explain it, pulling in energy from the earth and the sky, and radiating it out through each energy center, and especially here, you know, it's like filling up

578

00:53:22.020 --> 00:53:32.439

Susanna Barkataki (she/her): first and then radiating out, and sometimes it doesn't feel like reading it and gradating out much farther than like right here, you know. And that's okay. So honoring that, too.

579

00:53:34.000 --> 00:53:35.200

Susanna Barkataki (she/her): And

580

00:53:36.090 --> 00:53:42.599

Susanna Barkataki (she/her): over time those practices for me have really really served like really really helps.

581

00:53:42.670 --> 00:53:44.500

Susanna Barkataki (she/her): So I don't know if that

582

00:53:44.740 --> 00:53:46.400

Susanna Barkataki (she/her): that resonates. But

583

00:53:46.500 --> 00:53:57.059

Susanna Barkataki (she/her): i'm just connecting this. It's something that I still I still do like. It's part of my daily practice, both chanting and and stretching here for that exact reason.

584

00:53:58.030 --> 00:54:00.810

Gauree Patel (she/her): Yeah, thank you so much.

585

00:54:01.920 --> 00:54:06.899

Susanna Barkataki (she/her): And other folks are yeah resonating with that dichotomy. Yes.

586

00:54:08.080 --> 00:54:09.410

Susanna Barkataki (she/her): hmm.

587

00:54:12.080 --> 00:54:24.510

Susanna Barkataki (she/her): Leap says, embracing change in myself and the world around me, trusting that I am exactly where I need to be while cultivating more presence and intentionality in each now moment. Yes.

588

00:54:24.820 --> 00:54:26.660

Susanna Barkataki (she/her): folks are resonating there.

589

00:54:28.190 --> 00:54:30.339

Susanna Barkataki (she/her): did I miss anything?

590

00:54:33.340 --> 00:54:48.719

Susanna Barkataki (she/her): Hmm. Justine says, did it? What Jamie said, and clear mind bringing visibility and work to light, and anything that needs to be brought to light that is beyond my imagining, and bringing in more compassion and music into life, and celebrate more with communities. I love that.

591

00:54:51.200 --> 00:54:52.060

Susanna Barkataki (she/her): yeah.

592

00:54:52.800 --> 00:55:01.070

Susanna Barkataki (she/her): So if anyone else would like to share him a chat, probably a space for one more out loud share if you would like

593

00:55:02.700 --> 00:55:07.270

Susanna Barkataki (she/her): but also knowing that the light is there. Right. It's holding

594

00:55:07.560 --> 00:55:10.759

Susanna Barkataki (she/her): it's holding your intentions. It's holding what you're

595

00:55:10.930 --> 00:55:13.390

Susanna Barkataki (she/her): bringing to light bringing into being.

596

00:55:13.500 --> 00:55:14.740

Susanna Barkataki (she/her): and

597

00:55:14.760 --> 00:55:16.329

Susanna Barkataki (she/her): it doesn't have to be.

598

00:55:16.390 --> 00:55:17.580

Susanna Barkataki (she/her): Share it out

599

00:55:17.740 --> 00:55:18.799

Susanna Barkataki (she/her): with everyone

600

00:55:19.780 --> 00:55:21.649

Susanna Barkataki (she/her): Clear? Yes.

601

00:55:24.500 --> 00:55:41.439

Cleo (she/they) Turtle Island: Hi. Yeah. Sorry. I was trying to type in the chat, and my computer is not let me type today. but just just came up at at the end of you, speaking, just recognizing that my now may be different from somebody else's now that I'm interacting with. And then that's okay.

602

00:55:41.560 --> 00:55:48.920

Cleo (she/they) Turtle Island: They may be floating in their future. Or or I may be floating in my future pass in that moment, and we can still connect, even if we're not

603

00:55:49.060 --> 00:55:52.029

Cleo (she/they) Turtle Island: really in the same time and space. So

604

00:55:54.740 --> 00:55:55.620
Susanna Barkataki (she/her): oh.

605
00:55:55.720 --> 00:55:56.709
Susanna Barkataki (she/her): yeah.

606
00:55:56.960 --> 00:55:57.770
Susanna Barkataki (she/her): wow.

607
00:55:57.980 --> 00:56:02.480
Susanna Barkataki (she/her): allowing that one to Berkeley, because there's lots

608
00:56:02.530 --> 00:56:04.049
Susanna Barkataki (she/her): lots there.

609
00:56:05.700 --> 00:56:14.100
Susanna Barkataki (she/her): and the connections with grammataria and sat down. Right? Yes, lots of a polygraph that one lots of

610
00:56:14.130 --> 00:56:14.939
Susanna Barkataki (she/her): Yeah.

611
00:56:17.160 --> 00:56:18.439
Susanna Barkataki (she/her): Hmm.

612
00:56:18.520 --> 00:56:19.830
Susanna Barkataki (she/her): Yes, Megan

613
00:56:21.980 --> 00:56:26.860
Megan Williams (she/her): hi Just to dovetail on that something about

614
00:56:26.880 --> 00:56:31.039
Megan Williams (she/her): light and insight. What I was journaling about was sort of

615
00:56:32.080 --> 00:56:40.530
Megan Williams (she/her): the desire to have insight into how to navigate some things that are conflicts with other people, and and that just really helped me.

616
00:56:40.710 --> 00:56:43.509

Megan Williams (she/her): just just hearing about.

617

00:56:43.570 --> 00:56:45.160

Megan Williams (she/her): you know, and

618

00:56:45.470 --> 00:56:46.810

Megan Williams (she/her): realizing that

619

00:56:46.950 --> 00:57:00.939

Megan Williams (she/her): we're not. I'm not in the same place as the other person that i'm trying to manage that conflict with, even though it seems like we're sharing a conflict, so that was very helpful. Thank you, Cleo, Just to hear that out loud, because I did write.

620

00:57:01.490 --> 00:57:09.679

Megan Williams (she/her): I want to bring light to. I'm not going to give you the actual situation, but sort of insight about how to so light an insight. Kind of

621

00:57:11.460 --> 00:57:16.459

Megan Williams (she/her): cosied up to each other as an idea. And then, when we lit the candle, it kind of went

622

00:57:16.870 --> 00:57:17.669

Megan Williams (she/her): kind of

623

00:57:18.020 --> 00:57:22.169

Megan Williams (she/her): brought me very clearly into that understanding of

624

00:57:22.700 --> 00:57:24.720

Megan Williams (she/her): that communication skill

625

00:57:24.750 --> 00:57:29.450

Megan Williams (she/her): that i'd like to get better with in a certain scenario in my life.

626

00:57:29.870 --> 00:57:35.890

Megan Williams (she/her): It was also really powerful to me in the in the practice to think about Syria as a

627

00:57:35.970 --> 00:57:37.599

Megan Williams (she/her): as a force

628

00:57:37.720 --> 00:57:42.310

Megan Williams (she/her): like the idea of seeing the sunrise every time you're coming.

629

00:57:42.360 --> 00:57:48.569

Megan Williams (she/her): It seems so obvious because we do these sun salutations so much, most of us.

630

00:57:49.630 --> 00:57:51.589

Megan Williams (she/her): But what you said about

631

00:57:51.680 --> 00:57:55.229

Megan Williams (she/her): we wouldn't exist if it weren't for the sun, so

632

00:57:55.480 --> 00:58:03.460

Megan Williams (she/her): that really kind of dropped in deeply, even though I wasn't moving as much as I normally do. So it wasn't about movement so much as just

633

00:58:03.830 --> 00:58:05.200

Megan Williams (she/her): feeling that

634

00:58:06.460 --> 00:58:08.669

Megan Williams (she/her): inevitability of the sun rising.

635

00:58:11.890 --> 00:58:12.859

Megan Williams (she/her): That's it.

636

00:58:13.470 --> 00:58:15.699

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

637

00:58:15.860 --> 00:58:18.640

Susanna Barkataki (she/her): Yeah, just resonating with that

638

00:58:18.930 --> 00:58:20.570

Susanna Barkataki (she/her): insight and light.

639

00:58:20.680 --> 00:58:33.789

Susanna Barkataki (she/her): And for me so much of the time the insight can come when I slow down when i'm practicing when i'm in, you know,

because it's in those moments that I can have the Aha! That the other person

640

00:58:35.430 --> 00:58:41.099

Susanna Barkataki (she/her): isn't actually living or seeing things the way i'm seeing them, and that maybe there's something I've missed

641

00:58:41.530 --> 00:58:43.649

Susanna Barkataki (she/her): so appreciating that.

642

00:58:44.510 --> 00:58:47.810

Susanna Barkataki (she/her): And then the other piece that your share just

643

00:58:47.920 --> 00:58:49.950

Susanna Barkataki (she/her): kind of reminded me I was like

644

00:58:50.070 --> 00:58:57.429

Susanna Barkataki (she/her): Ken Buddha, who is really a prototypical yogi like he was a renunciate Shaman, a practitioner.

645

00:58:57.820 --> 00:59:04.049

Susanna Barkataki (she/her): Amongst many other yoga practitioners. He wouldn't have called himself a Buddhist right?

646

00:59:05.110 --> 00:59:11.549

Susanna Barkataki (she/her): When he experienced enlightenment, it said that he touched the earth, place his hand on the earth.

647

00:59:12.400 --> 00:59:17.699

Susanna Barkataki (she/her): And so this a prostration of salutation at Syria and the Mascar can be anything

648

00:59:17.740 --> 00:59:30.430

Susanna Barkataki (she/her): it can be, you know. Maybe for some of us here we're gonna leave this this time together and be more inspired to like. Go out and see the sunrise some mornings, or look out the window and see the sunrise, or

649

00:59:30.440 --> 00:59:45.449

Susanna Barkataki (she/her): look at a flower or a blooming plant, or the seeds as they come back up in the next few months, and see light in that or in a cat, or a dog or a child, or a beloved's eyes right to see the sun blooming.

650

00:59:45.460 --> 00:59:55.109

Susanna Barkataki (she/her): and it can be anything. It could be a hem on his shoulder could be hand on heart to your own included. Hey, I'm. Touching the earth that can be your Syrian namascar.

651

00:59:56.120 --> 00:59:57.390

Susanna Barkataki (she/her): So with that

652

00:59:57.570 --> 01:00:02.240

Susanna Barkataki (she/her): that acknowledgment of the light and of

653

01:00:02.430 --> 01:00:08.449

Susanna Barkataki (she/her): the connection to the light that's in you, and that's everywhere right. Yoga is not just now

654

01:00:08.720 --> 01:00:10.759

Susanna Barkataki (she/her): that it's in everything.

655

01:00:11.620 --> 01:00:12.859

Susanna Barkataki (she/her): We'll close

656

01:00:13.290 --> 01:00:16.309

Susanna Barkataki (she/her): so you can bring your hands together.

657

01:00:16.640 --> 01:00:18.020

Susanna Barkataki (she/her): and

658

01:00:18.240 --> 01:00:22.010

Susanna Barkataki (she/her): feel as you do that left in that right hand.

659

01:00:22.530 --> 01:00:27.520

Susanna Barkataki (she/her): or just visualize your hands, coming to touch, bringing

660

01:00:28.180 --> 01:00:32.429

Susanna Barkataki (she/her): system and insights, light and insight together

661

01:00:34.720 --> 01:00:36.660

Susanna Barkataki (she/her): deep breath and

662

01:00:37.050 --> 01:00:38.380

Susanna Barkataki (she/her): and out.

663

01:00:42.110 --> 01:00:45.529

Susanna Barkataki (she/her): Oh.

664

01:00:47.350 --> 01:00:48.430

Susanna Barkataki (she/her): so

665

01:00:48.720 --> 01:00:50.379

the

666

01:00:50.660 --> 01:00:51.660

Susanna Barkataki (she/her): so

667

01:00:52.270 --> 01:00:53.830

the

668

01:00:54.300 --> 01:00:55.220

Susanna Barkataki (she/her): so

669

01:00:55.860 --> 01:00:58.810

and the

670

01:00:59.390 --> 01:01:02.299

Susanna Barkataki (she/her): oh.

671

01:01:07.560 --> 01:01:12.640

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

672

01:01:12.660 --> 01:01:15.749

Susanna Barkataki (she/her): for being here, watching, replay.

673

01:01:16.330 --> 01:01:21.360

Susanna Barkataki (she/her): and sending you so much care till I see you in a few weeks.

674

01:01:21.420 --> 01:01:24.619

Susanna Barkataki (she/her): And Happy New year. If you celebrate the New Year

675

01:01:26.200 --> 01:01:28.850

Susanna Barkataki (she/her): by you can unmute and say goodbye if you'd like

676

01:01:30.430 --> 01:01:31.930

Constina: Captain New Year.

677

01:01:36.530 --> 01:01:43.139

Christie: Thank you.

678

01:01:45.130 --> 01:01:46.370

Susanna Barkataki (she/her): I