



# IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:19:37 Justine: Nipmuc Nation; Neurodivergent facilitator; school teacher. Cheers.

00:19:37 Leaf 🌱 (they/them): Anishinaabe Land (Chicago)

00:19:46 Lezlee Ann: I am just tuning in after teaching at a recovery center. I am currently living on Lenape land (today called New Jersey)

00:19:47 Karen McMillan | YINpreneur: Greetings Sangha 🙏 Joining from Piscataway Conoy land and tidewaters, colonized as central Maryland. So glad to be with you @Sunaina

00:19:55 Ada (she/her): Ada, she/her, living on Duwamish land in modern Seattle but calling in from Ecuador :)

00:20:15 Amy Hinani: Greetings everyone! Amy joining from Monacan land, Virginia. <3

00:20:25 Erika Chaker (she/they): Kumeyaay Land (Encinitas, CA). I am really working on cultivating self-love right now.

00:20:33 Rachel (she/her/hers): Rachel from unceded lands of Monongahela, Lenape, Northern Appalachian region of Johnstown, Pa

00:20:47 Camille (they/il/iel): france (in the mountains) it's late in the evening and the sun was shining today

00:20:55 Elle: Hey y'all! I'm Elle (she/her), + I'm calling in from Shoshone-Bannock land colonized as Idaho. Fun fact: I have a new 7-week-old puppy named Glacier with me today, taking in the energy of this space. 😊

00:20:57 Jessie Ballard: Jess here (she/they)! Joining in from Wintu land, now called Redding, CA.

00:21:11 londonmcelvaine: London. They/she. Williamsburg, Brooklyn.

00:27:59 Carol Lewis: Hello form Shropshire in the UK

00:28:25 Jayce (she/her): Jayce here from Sissipahaw land - North Carolina.

00:28:46 Marina Patrice Vare: MP (they/them) joining from Lenapehoking (colonized as Philadelphia)

00:29:04 Jamie (she/her) @tharavadayoga: Hello! I'm occupying unceded Yokuts territory (colonized as central California). So thrilled to experience learning with you today, Sunaina, and all here.

00:29:27 Just Be ~ Yoga & Well-Being: Hello and Namaste to all from Nashville, TN. USA

00:29:37 Amy Grace (she/they): hello! calling from Osage reservation in Oklahoma. my baby Bijou will be with me during the call . Happy to be here with so many people all over the world!!

00:30:53 Jessica Bay (she/her): Calling in from Ramaytush Ohlone land, currently called San Francisco.

00:31:41 Sunaina Madhav Dāsī (they/them): Hridaya Mudra

00:32:05 v.santana (she/they): hello everyone, i'm v (she/they)! currently on ancestral lands of mascogo, miccosukee, and seminole ppl. happy to be joining you all 😊

00:32:45 Justine: Can you type directions into the chat?

00:33:06 Justine: Or repeat instructions?

00:33:27 Sunaina Madhav Dāsī (they/them): Curl first finger, thumb to your middle and ring fingers

00:33:31 Sunaina Madhav Dāsī (they/them): Pinky is out

00:33:57 Karen: Name of the Audra so we can look it up in Mudra book also 🙏

00:34:07 Andrea Ramos (she/her): Hridaya Mudra

00:34:14 Andrea Ramos (she/her): 😊

00:34:22 Karen: Reacted to "Hridaya Mudra" with 🙏

00:38:09 Nichole BPN (she/her): Reacted to "Hridaya Mudra" with 🙏

00:53:00 Ada (she/her): Reacted to "Hridaya Mudra" with 🙏

00:54:57 Stella Raab (she/her): wow - I so appreciate you right now <3 many thanks for that! Would you be able to type the name of the deity in the photo?

00:55:11 Sunaina Madhav Dāsī (they/them): Saraswati Devi

00:55:30 londonmcelvaine: What a beautiful exploration as we move into Pisces

00:55:33 Lezlee Ann (they/she): Jai Saraswati Ma!

00:55:36 Lezlee Ann (they/she): Thank you

00:55:46 londonmcelvaine: Thank you!

00:56:31 Karen: Beautiful. Peaceful. Gratitude Hugs (Q) Prior I've heard of Saraswati. You speak of saraswait ma

00:57:37 Kahli A [they/them]: Such a powerful share

00:57:38 Lauren Cook: Thank you for sharing Gauree. I too experienced a burst of heartfelt tears

00:58:08 Karen: @Gauree ❤️

00:58:35 Amy Grace (she/they): .//\

00:59:51 Lezlee Ann (they/she): mmmmmmmhm! "compassionate boundaries" I love that, London.

00:59:52 Dawn: Joining from the traditional territories of the Wendat, the Haudenosaunee and the Anishinaabe peoples. Living near the Holland River, welcoming the birds that return in spring.

00:59:57 Alexandra Stuart: Mmmm

01:00:04 Sammi Dittloff (she/her): Love that, London!

01:00:19 Just Be ~ Yoga & Well-Being: 🙏❤️

01:01:21 Nichole BPN (she/her): When you call on a deity but you are from a different religious background, how does that work? Are you just trying to channel the things that deity stands for?

01:01:47 londonmcelvaine: Also, so good to see you again YTT cohort leader. Thank you, Sunaina!

01:01:52 Rani (rani/genderocean/anypnoun): They think the Saraswati has moved underground now

01:01:52 Nichole BPN (she/her): Reacted to "Also, so good to see..." with ♥

01:01:55 Elle: Reacted to "Also, so good to see..." with ♥

01:02:16 Leaf 🌱 (they/them): Reacted to "Also, so good to see..." with ♥

01:02:44 Nichole BPN (she/her): Reacted to "They think the Saras..." with 😬

01:03:08 Nichole BPN (she/her): ♥ @Stella Thanks for trusting us to share.

01:03:19 Stacey L ( She, Her): sending love Stella

01:03:20 londonmcelvaine: Thanks for sharing in practice & community with us, Stella.

01:03:21 Andrea Ramos(she/her): So happy you are here Stella, sending you care <3

01:03:37 Karen: ❤️ @Stella

01:03:46 Susan Shloss: Blessings on your healing Stella 💜

01:03:50 Just Be ~ Yoga & Well-Being: Thank you for sharing Stella. 🙏

01:04:51 Justine: I thought the arms represent the gifts that the deity has...

01:05:10 pikake: i used all 4 arms to hug myself ♥

01:05:16 Susan Shloss: I feel deeply nourished by this meditation. I really felt the frequented of her qualities.

01:05:19 Gauree Patel: Reacted to "i used all 4 arms to..." with ❤️

01:05:22 Marina Patrice Vare: Reacted to "i used all 4 arms to..." with ❤️

01:05:24 Jayce (she/her): Reacted to "i used all 4 arms to..." with ❤️




01:05:26 Karen: 🙌 @Sunaina, the difference if any of calling Saraswati Ma, which is new & different than I've heard prior. Prior Saraswati (no "Ma")?

01:05:31 sunray (he/they): Reacted to "i used all 4 arms to..." with ❤️


01:05:32 Sunaina Madhav Dāsī (they/them): Sanatana Dharma

01:05:39 Christie: Reacted to "i used all 4 arms to..." with 💜


01:05:57 Susan Shloss: Frequencies


01:06:13 Christie:  @Stella  
01:06:35 Nichole BPN (she/her): Thank you!  
01:06:36 Amy Hinani: Such wealth of wisdom and insight. So grateful for this experience. ♥ Gratitude.  
01:07:41 Karen:  Thank you ... sending love to Sol-Tulsi too (as you mention baby)  
01:08:43 Sunaina Madhav Dāsī (they/them): Love and Grace of Maa Durga - Rita Sawhney  
01:11:11 London McElvaine: Mmm yes. What is that from?  
01:11:29 Andrea Ramos (she/her): The book Love and Grace of Maa Durga - Rita Sawhney  
01:11:33 Nichole BPN (she/her): Replying to "Mmm yes. What is tha..."


They put the title in the comment above yours

01:11:43 London McElvaine: Oh thank you! Didn't realize.  
01:12:00 Nichole BPN (she/her): Reacted to "Oh thank you! Didn't..." with   
01:12:16 Jamie (she/her) @tharavadayoga: Chills. Love these passages. <3  
01:12:30 Nichole BPN (she/her): That last passage felt like a hug

I've learned so much today. Thank you. I always appreciate your offerings, Sunaina.

01:12:35 Susan Shloss: Beautiful thank you  
01:12:55 Karen:  Thank you. I've found a temple near me and will listen to this replay on my next visit.

 QUESTION: Is it proper to bring my own candle or water (as I see others)?

01:12:57 Gauree Patel: In the Bhakti yoga path, does your devotion belong to one idol or can be multiple.  
01:13:05 Justine: Thank you. Love Saraswati-ma  
01:13:27 London McElvaine: Thank you for this enriching Puja. You are a gem Sunaina  
01:13:37 London McElvaine: Thanks for your insights and love y'all.  
01:13:38 Leaf  (they/them): I'm always in awe of the kind of space that you hold Sunaina. So blessed to be witness to you, learn from you and be in community together <3  
01:13:41 Alli Nelson: Thank you for today! - Darawal Country (South Coast, Eastern "Australia")  
01:13:45 Nichole BPN (she/her): Reacted to "I'm always in awe of..." with ♥  
01:13:48 Marina Patrice Vare: Reacted to "I'm always in awe of..." with ♥

01:13:53 Adriana Botic (she/her/ella): Thank you for this lovely and meaningful session! <3

01:13:53 Amy Hinani: Reacted to "I'm always in awe of..." with ♥

01:13:56 Jamie (she/her) @tharavadayoga: Reacted to "I'm always in awe of..." with ♥

01:14:06 Just Be ~ Yoga & Well-Being: This was beautiful ! Thank you so much!

01:14:12 Gauree Patel: Reacted to "I'm always in awe of..." with ♥

01:14:58 Marina Patrice Vare: Such sweet time together. 🥰 Thank you!

01:15:43 Lezlee Ann (they/she): Can we connect with you online elsewhere? Instagram, etc?

01:16:04 Dawn: Thank you! I appreciate

01:16:18 Andrea Ramos(she/her): Here is Sunna's IG <https://www.instagram.com/su9nah/>

01:16:21 Andrea Ramos(she/her): 😊

01:16:25 Nichole BPN (she/her): Reacted to "Here is Sunna's IG h..." with ♥

01:16:31 Lezlee Ann (they/she): Reacted to "Here is Sunna's IG h..." with ♥

01:16:40 Christie: Reacted to "Here is Sunna's IG h..." with ♥

01:16:53 Karen: Thank you for your help today @Andrea 🙏

01:19:07 Christie: Reacted to "Thank you for your h..." with ♥

01:19:15 Leaf 🌱 (they/them): <3

01:19:20 Lauren Cook: Thank you so much Sunaina. Such a beautiful practice

01:19:20 Jamie (she/her) @tharavadayoga: This was an absolute pleasure and blessing. Thank you, Sunaina.

01:19:20 Angie: Thank you!

01:19:22 Jayce (she/her): Thank you <3

01:19:22 Karen: 🙏 Blesings

01:19:25 Rani (rani/genderocean/anypnoun): Thank you!

01:19:25 Janie: Thank you!

01:19:27 Justine: Thank you.

01:19:27 Yvonne Abrahamson: Thank you

01:19:28 MrsVee: Thank you!

01:19:31 Natasha Kassam Paris (she/her): ❤️

01:19:31 Nichole BPN (she/her): Thank you Sunaina and Andrea! Great being in community with everyone!

01:19:32 pīkake: mahalo!

01:19:33 Jessica Bay (she/her): ♥

01:19:34 Amy Hinani: Thank you!!

01:19:34 Lezlee Ann (they/she): Thank you!

01:19:38 Leaf 🌱 (they/them): Thank you so much <3333

01:19:40 Kimberly Sara: Thank you

01:19:43 HarmsaStar's iPhone: Thank you!

01:19:43 Lezlee Ann (they/she): awwwww baby!

01:19:56 Carol Lewis: Thank you, that was a beautiful time together

