



1

00:00:01.640 --> 00:00:04.390

Susanna Barkataki (she/her): Welcome, Welcome everyone!

2

00:00:06.100 --> 00:00:08.809

Susanna Barkataki (she/her): Welcome to our pilgrimage in Puda.

3

00:00:09.570 --> 00:00:12.010

Susanna Barkataki (she/her): We will be

4

00:00:12.380 --> 00:00:19.529

Susanna Barkataki (she/her): grooving our way in, and also inviting you, if you like to get a candle and a bowl of water.

5

00:00:19.660 --> 00:00:22.599

Susanna Barkataki (she/her): so you can get a candle for yourself

6

00:00:22.800 --> 00:00:24.389

Susanna Barkataki (she/her): if you would like.

7

00:00:24.410 --> 00:00:25.939

Susanna Barkataki (she/her): and a bowl of water.

8

00:00:52.860 --> 00:00:53.650

and

9

00:00:55.350 --> 00:00:55.940

this

10

00:00:57.630 --> 00:00:58.480

that

11

00:00:59.920 --> 00:01:01.760

the

12

00:01:04.720 --> 00:01:05.530
this

13
00:01:06.070 --> 00:01:06.649
it's

14
00:01:07.070 --> 00:01:07.710
yes.

15
00:01:23.850 --> 00:01:24.789
the

16
00:01:28.660 --> 00:01:30.170
i'm on the

17
00:01:31.560 --> 00:01:32.179
and this

18
00:01:32.790 --> 00:01:33.390
it the

19
00:01:36.160 --> 00:01:37.039
to be

20
00:01:37.600 --> 00:01:38.240
hit me.

21
00:01:38.650 --> 00:01:39.240
It's

22
00:02:12.880 --> 00:02:13.550
I have

23
00:02:22.150 --> 00:02:23.250
the

24
00:02:42.050 --> 00:02:42.620
in the

25
00:02:44.110 --> 00:02:44.730
let me.

26
00:02:46.400 --> 00:02:47.790
This is

27
00:02:49.290 --> 00:02:49.990
the

28
00:02:50.530 --> 00:02:51.310
in the

29
00:02:51.380 --> 00:02:52.840
in the

30
00:02:53.090 --> 00:02:56.730
the

31
00:02:57.040 --> 00:02:57.650
day.

32
00:03:12.610 --> 00:03:13.260
My.

33
00:03:13.740 --> 00:03:16.010
the I

34
00:03:16.240 --> 00:03:17.130
I

35
00:03:17.540 --> 00:03:18.210
in

36
00:03:18.630 --> 00:03:22.790
the

37
00:03:28.620 --> 00:03:29.850
you.

38
00:03:45.150 --> 00:03:46.690
I

39

00:03:47.110 --> 00:03:49.200

I

40

00:03:50.060 --> 00:03:51.470

the

41

00:03:51.750 --> 00:03:52.490

he

42

00:03:54.440 --> 00:03:55.060

it is!

43

00:03:55.890 --> 00:03:56.510

Oh, the

44

00:03:56.630 --> 00:03:58.130

you are

45

00:03:59.220 --> 00:04:01.340

it

46

00:04:41.360 --> 00:04:51.720

Susanna Barkataki (she/her): welcome! Welcome, Welcome everybody to our January pilgrimage and puta I'm. So excited that you are here.

47

00:04:51.910 --> 00:05:10.760

Susanna Barkataki (she/her): and we have some new folks. Well joining us. We have some folks who've been here for a while. You are all welcome, just as you are. And I wanted to bring a little that energy this weekend we had the Yoga restable, and

48

00:05:10.770 --> 00:05:18.890

Susanna Barkataki (she/her): this weekend i'll be sharing the playlist, and it is just. I've been listening to non-stop since since the rest of all happened

49

00:05:18.920 --> 00:05:22.950

Susanna Barkataki (she/her): so good. And this time

50

00:05:23.250 --> 00:05:26.409

Susanna Barkataki (she/her): this time of year in India

51

00:05:26.930 --> 00:05:29.730

Susanna Barkataki (she/her): it's called. There's a a

52

00:05:30.010 --> 00:05:35.289

Susanna Barkataki (she/her): pilgrimage, a practice, a tradition called Mahat Sanchanti.

53

00:05:35.300 --> 00:05:52.020

Susanna Barkataki (she/her): and it's a particular time of the year just like in December. It's actually book ended by 2 cycles to lunar, and in particular actually with this one a solar cycle of we connecting to the light.

54

00:05:52.030 --> 00:06:02.250

Susanna Barkataki (she/her): So whatever brings you light, knowledge, insight, wisdom, inspiration, that is the energy that we're cultivating today.

55

00:06:02.650 --> 00:06:22.049

Susanna Barkataki (she/her): I also want to acknowledge and welcome. If you're here for many of us seasonally, and maybe just through certain seasons of our lives, we might be feeling not very light, not very inspired, and not very energetic, and you are absolutely welcome in any

56

00:06:22.060 --> 00:06:28.169

Susanna Barkataki (she/her): mood in any experience that you're having.

57

00:06:28.540 --> 00:06:30.870

Susanna Barkataki (she/her): We couldn't have the light

58

00:06:30.930 --> 00:06:46.230

Susanna Barkataki (she/her): without the dark right. We couldn't have the insights without the ignorance. They go together, and they're part of the the same thing. One of the big insights I've learned, I think, through my yoga practice is how do not fight.

59

00:06:46.340 --> 00:07:01.860

Susanna Barkataki (she/her): or like struggle against what I think of as kind of the at times like. I think of it as like, you know, going like this, and when I'm going like this, particularly, for example, the end of last year, and into this winter season

60

00:07:01.900 --> 00:07:06.670

Susanna Barkataki (she/her): various things happened internally externally, and

61

00:07:06.870 --> 00:07:14.290

Susanna Barkataki (she/her): I wasn't as sparky, vibrant, excited, passionate, right. I was a little more down grumpy.

62

00:07:14.850 --> 00:07:25.239

Susanna Barkataki (she/her): Some folks might relate to this, and then I want it to be, and I've learned to just be like cat. I'm. I'm not feeling it right now. I'm not i'm not

63

00:07:25.600 --> 00:07:30.229

Susanna Barkataki (she/her): feeling as good and and just be an acceptance of that rather than

64

00:07:30.240 --> 00:07:49.589

Susanna Barkataki (she/her): shoot the second arrow you like. Oh, but i'm a yoga teacher. I should be No, none of that, so none of that is required here, or we're not interested in spiritual bypassing or toxic positivity. You are welcome in all of your experience. Positive, challenging.

65

00:07:49.600 --> 00:07:55.280

Susanna Barkataki (she/her): excited, tired, and so with that, said I'd love to.

66

00:07:56.090 --> 00:08:01.519

Susanna Barkataki (she/her): I invite you. Some folks have started to do this to drop in if you would like in the chat.

67

00:08:02.420 --> 00:08:04.560

Susanna Barkataki (she/her): how you are doing.

68

00:08:04.680 --> 00:08:10.690

Susanna Barkataki (she/her): and you can drop in 2 words. I like the 2 words thing, because there's

69

00:08:10.820 --> 00:08:12.999

Susanna Barkataki (she/her): you know, possibility for nuance

70

00:08:13.200 --> 00:08:23.489

Susanna Barkataki (she/her): and or just a sentence. What? How are you? How are you feeling? And I see grateful, inspired, curious.

71

00:08:23.560 --> 00:08:25.950

Susanna Barkataki (she/her): heavy way down. Yeah.

72

00:08:25.970 --> 00:08:28.610

Susanna Barkataki (she/her): something you care. Presence

73

00:08:28.940 --> 00:08:31.219

Susanna Barkataki (she/her): open and grounded, grateful.

74

00:08:33.570 --> 00:08:39.050

Susanna Barkataki (she/her): energized, surrendering to what his heavy yeah.

75

00:08:40.700 --> 00:08:48.009

Susanna Barkataki (she/her): Hmm. Yeah. Challenging there as well, stagnant and complex, contented and at peace.

76

00:08:48.050 --> 00:08:50.870

Susanna Barkataki (she/her): overwhelmed, tired, and a bit sad.

77

00:08:51.110 --> 00:08:55.660

Susanna Barkataki (she/her): feeling better after eating a nourishing meal, sweet but sleepy.

78

00:08:56.050 --> 00:08:57.400

energized.

79

00:08:57.510 --> 00:09:01.769

Susanna Barkataki (she/her): stuck yet open to the flow of life and check the inspired

80

00:09:01.810 --> 00:09:04.720

Susanna Barkataki (she/her): and concerned. Yes.

81

00:09:06.250 --> 00:09:09.729

Susanna Barkataki (she/her): yeah, all all is welcome.

82

00:09:13.600 --> 00:09:15.220

Susanna Barkataki (she/her): Hmm.

83

00:09:15.690 --> 00:09:19.910

Susanna Barkataki (she/her): Something you care, Angie, for putting down your dearest companion dog

84

00:09:20.290 --> 00:09:21.450
this weekend.

85

00:09:22.180 --> 00:09:22.880
Hmm.

86

00:09:27.920 --> 00:09:28.560
Yeah.

87

00:09:31.510 --> 00:09:33.300
Susanna Barkataki (she/her): welcome, welcome.

88

00:09:33.920 --> 00:09:49.069
Susanna Barkataki (she/her): all of yourself. And sometimes it takes us a minute to come fully present and get here. So just letting yourself come into the space if you'd like closing other applications, putting things aside. If you're still doing work over there, see if you can just

89

00:09:49.230 --> 00:09:50.390
Susanna Barkataki (she/her): let it go.

90

00:09:50.870 --> 00:09:54.480
Susanna Barkataki (she/her): Get present for a little while.

91

00:09:55.260 --> 00:10:08.540
Susanna Barkataki (she/her): and we will do a practice, and so often for those who are new to the space. What we do is we begin sometimes. I kind of tap with you like this, or we dance our way in, or listen to some music.

92

00:10:08.550 --> 00:10:21.989
Susanna Barkataki (she/her): and then we'll do a practice for a little bit of the time, you know. 1520 min, and then we'll have an opportunity for shares in conversation, and folks who would like can bring their voices into the space

93

00:10:22.000 --> 00:10:32.670
Susanna Barkataki (she/her): No one ever has to share, and I never will call anyone on anyone or ask you to speak if you don't want to, so you can just relax if you're here, and you're like i'm here to receive.

94

00:10:33.090 --> 00:10:46.290

Susanna Barkataki (she/her): Please fully receive You don't have to have your camera on. You can have it on you. You get to engage with this space. It's a decolonized learning space as much as possible. That's what we're working towards.

95

00:10:46.930 --> 00:10:52.959

Susanna Barkataki (she/her): Yeah, only able to attend. Yes, not as free as I would like. So

96

00:10:53.290 --> 00:11:00.389

Susanna Barkataki (she/her): if you're feeling that because of external constraints or internal ones right, like being distracted, whatever it is.

97

00:11:00.700 --> 00:11:01.570

Susanna Barkataki (she/her): let

98

00:11:01.600 --> 00:11:07.250

Susanna Barkataki (she/her): I understand and know that it's like seeds falling

99

00:11:07.960 --> 00:11:15.200

Susanna Barkataki (she/her): like rain falling on seeds right like Imagine a garden, and even though sometimes the feed isn't like

100

00:11:15.340 --> 00:11:25.650

Susanna Barkataki (she/her): fully aware that it's getting watered. It's just happening, or maybe there's water from the the aquifer coming around. But it's not very clear yet where the nourishment is coming from.

101

00:11:25.900 --> 00:11:33.109

Susanna Barkataki (she/her): it's still nourishing you. So just trust and receive what you can in the in state that you're in

102

00:11:33.360 --> 00:11:35.859

Susanna Barkataki (she/her): place that you're in, I guess.

103

00:11:35.980 --> 00:11:37.310

Susanna Barkataki (she/her): and

104

00:11:40.080 --> 00:11:41.379

Susanna Barkataki (she/her): it's one other

105

00:11:41.670 --> 00:11:44.209
thing that felt important to share

106

00:11:52.730 --> 00:11:57.610
Susanna Barkataki (she/her): when we do movements, because we'll be doing a little bit of movement.

107

00:11:57.730 --> 00:12:07.389
Susanna Barkataki (she/her): If you're in a place where you cannot move or don't feel comfortable, doesn't feel appropriate or right in your body, you can visualize movement.

108

00:12:07.590 --> 00:12:14.349
Susanna Barkataki (she/her): and you're absolutely welcome. This. These are always recorded to go back and listen again another time.

109

00:12:15.180 --> 00:12:28.840
Susanna Barkataki (she/her): So with all that shared, i'm going to invite my well, i'm curious actually, if you can still hear it, or if the zoom settings have changed. So let's see. I'm inviting it. Now let me know if you hear it

110

00:12:31.420 --> 00:12:39.400
Susanna Barkataki (she/her): to hear about. Give me a thumbs up if he did. No, okay. So I will guide with my voice and figure out

111

00:12:39.690 --> 00:12:43.450
Susanna Barkataki (she/her): my wish and hope. Is that Zoom has created really cool

112

00:12:43.730 --> 00:12:53.559
Susanna Barkataki (she/her): tech that I can figure out where I can invite my here. It really beautifully. But I will have that figured out by the next time we we gather. So, for now

113

00:12:53.650 --> 00:12:55.480
Susanna Barkataki (she/her): I invite you to

114

00:12:55.840 --> 00:12:57.830
Susanna Barkataki (she/her): find an useful way to be

115

00:12:58.230 --> 00:13:01.669
Susanna Barkataki (she/her): standing, sitting, lying down.

116

00:13:03.030 --> 00:13:06.979

Susanna Barkataki (she/her): and this is restful, a restful.

117

00:13:07.060 --> 00:13:11.199

Susanna Barkataki (she/her): that alert or as alert as feels appropriate for you.

118

00:13:12.880 --> 00:13:17.050

Susanna Barkataki (she/her): Kind of shape, and it's your version right? So not like what

119

00:13:17.320 --> 00:13:36.519

Susanna Barkataki (she/her): the Yoga teacher in the studio down the way would say, is restful that alert shape, but yours. So maybe you know you got your hand propped on your cheek. Maybe You're like curved to the side, and you've got your hip, you know, wedged against a table like who knows what's comfortable for you? What's restful and alert for you.

120

00:13:36.530 --> 00:13:55.210

Susanna Barkataki (she/her): Maybe you're folded forward. Maybe you've got a pillow between your shoulder blades, and you're leaning back on the ground, or you're in your office or at a desk, and you've got your hands on the arms of your chair, even resting on your keyboard. So it looks like you're working while your eyes are soft, and

121

00:13:55.220 --> 00:14:03.119

Susanna Barkataki (she/her): your case, maybe, is just below your computer screen, if you need to kind of remain peripherally aware

122

00:14:03.310 --> 00:14:06.470

Susanna Barkataki (she/her): or would like that. But wherever you are.

123

00:14:06.910 --> 00:14:08.420

Susanna Barkataki (she/her): you can let yourself

124

00:14:09.320 --> 00:14:12.249

Susanna Barkataki (she/her): track down into the rhythm of your breath.

125

00:14:14.900 --> 00:14:16.430

Susanna Barkataki (she/her): Inhale.

126

00:14:19.030 --> 00:14:20.510

Susanna Barkataki (she/her): exhale.

127

00:14:40.030 --> 00:14:43.140

Susanna Barkataki (she/her): If your eyes are closed or gently.

128

00:14:43.280 --> 00:14:45.639

Susanna Barkataki (she/her): softly open.

129

00:14:45.970 --> 00:14:49.400

Susanna Barkataki (she/her): allow yourself to notice light

130

00:14:49.600 --> 00:14:50.730

Susanna Barkataki (she/her): playing

131

00:14:51.250 --> 00:14:54.030

Susanna Barkataki (she/her): the edges of your perception, or

132

00:14:54.820 --> 00:14:56.770

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

133

00:14:57.020 --> 00:15:03.819

Susanna Barkataki (she/her): and if you don't perceive any light, then you can visualize or imagine what that light might look like

134

00:15:10.450 --> 00:15:12.450

Susanna Barkataki (she/her): this time of year.

135

00:15:13.130 --> 00:15:16.100

Susanna Barkataki (she/her): It's very intentionally connected

136

00:15:16.910 --> 00:15:19.850

Susanna Barkataki (she/her): to the rekindling of light

137

00:15:21.440 --> 00:15:24.930

Susanna Barkataki (she/her): and the significance of Syria of light.

138

00:15:25.520 --> 00:15:31.119

Susanna Barkataki (she/her): Sorry a son as the original and first source of light

139

00:15:31.480 --> 00:15:32.880

Susanna Barkataki (she/her): outside of us

140

00:15:33.540 --> 00:15:39.989

Susanna Barkataki (she/her): is traceable back to Vedic text, and particularly the guide through Mantra.

141

00:15:41.720 --> 00:15:46.260

Susanna Barkataki (she/her): which is a sacred hem found in the big Beta.

142

00:15:52.170 --> 00:15:54.580

Susanna Barkataki (she/her): At this time many

143

00:15:56.300 --> 00:16:00.889

Susanna Barkataki (she/her): pilgrims and practitioners go to sacred rivers or lakes.

144

00:16:01.150 --> 00:16:03.280

Susanna Barkataki (she/her): and bathe in the water

145

00:16:04.190 --> 00:16:06.159

Susanna Barkataki (she/her): as part of a ceremony.

146

00:16:06.350 --> 00:16:08.410

Susanna Barkataki (she/her): wishing, thanks to the sun.

147

00:16:11.610 --> 00:16:14.020

Susanna Barkataki (she/her): and some where my family is from.

148

00:16:15.820 --> 00:16:16.800

Susanna Barkataki (she/her): This

149

00:16:17.050 --> 00:16:20.310

Susanna Barkataki (she/her): ceremony is called, and

150

00:16:20.830 --> 00:16:24.970

Susanna Barkataki (she/her): we like fires, and create bonfires, or like candles.

151

00:16:25.430 --> 00:16:26.769

Susanna Barkataki (she/her): as a way of

152

00:16:26.820 --> 00:16:28.410

Susanna Barkataki (she/her): honoring and

153

00:16:28.440 --> 00:16:30.560

Susanna Barkataki (she/her): reflecting the light.

154

00:16:31.640 --> 00:16:33.629

Susanna Barkataki (she/her): So you can imagine yourself

155

00:16:33.700 --> 00:16:36.460

Susanna Barkataki (she/her): now, maybe in a sacred place

156

00:16:36.790 --> 00:16:39.859

Susanna Barkataki (she/her): that you've been, or in nature

157

00:16:41.240 --> 00:16:42.930

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

158

00:16:44.120 --> 00:16:45.100

as

159

00:16:45.800 --> 00:16:49.139

Susanna Barkataki (she/her): you open up to. Perhaps the earth.

160

00:16:49.240 --> 00:16:50.640

Susanna Barkataki (she/her): trees.

161

00:16:51.140 --> 00:16:54.010

Susanna Barkataki (she/her): maybe, or by a river or stream

162

00:16:55.810 --> 00:16:57.609

Susanna Barkataki (she/her): next to the ocean.

163

00:16:59.700 --> 00:17:02.489

Susanna Barkataki (she/her): maybe in a sacred room

164

00:17:06.319 --> 00:17:08.099

Susanna Barkataki (she/her): you can visualize.

165

00:17:11.319 --> 00:17:17.950

Susanna Barkataki (she/her): and if you don't have a particular place that you call to mind. You can make one up

166

00:17:18.800 --> 00:17:21.540

Susanna Barkataki (she/her): or call to mind one that you've known

167

00:17:22.150 --> 00:17:24.409

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

168

00:17:24.490 --> 00:17:28.140

Susanna Barkataki (she/her): folks from all different cultures have honored the Sun

169

00:17:29.000 --> 00:17:30.390

Susanna Barkataki (she/her): Pyramids.

170

00:17:31.060 --> 00:17:32.660

Susanna Barkataki (she/her): Stonehenge

171

00:17:33.580 --> 00:17:35.040

Susanna Barkataki (she/her): so many more.

172

00:17:37.200 --> 00:17:40.179

Susanna Barkataki (she/her): and visualize being in a sacred place

173

00:17:41.280 --> 00:17:44.690

Susanna Barkataki (she/her): which might very well be the room that you're in right now.

174

00:17:45.120 --> 00:17:49.459

Susanna Barkataki (she/her): anywhere and everywhere. It can be sacred if we intend it so.

175

00:17:55.470 --> 00:17:57.189

Susanna Barkataki (she/her): and in this place

176

00:17:58.190 --> 00:18:01.639

Susanna Barkataki (she/her): can visualize the coming of lights.

177

00:18:01.850 --> 00:18:06.160

Susanna Barkataki (she/her): and that might be sunrise or sunset

178

00:18:07.230 --> 00:18:16.169

Susanna Barkataki (she/her): outside a window, or through the stones, or the leaves of the trees reflecting on the water. Wherever you are.

179

00:18:19.600 --> 00:18:22.870

Susanna Barkataki (she/her): I imagine that you can feel the warmth.

180

00:18:23.680 --> 00:18:26.750

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

181

00:18:28.620 --> 00:18:30.249

Susanna Barkataki (she/her): breathing your body.

182

00:18:32.760 --> 00:18:35.979

Susanna Barkataki (she/her): feeling that light fill you and nurse you.

183

00:18:40.150 --> 00:18:41.230

Susanna Barkataki (she/her): bringing

184

00:18:42.130 --> 00:18:43.150

Susanna Barkataki (she/her): care.

185

00:18:43.600 --> 00:18:45.640

Susanna Barkataki (she/her): calm piece.

186

00:18:47.310 --> 00:18:51.729

Susanna Barkataki (she/her): and if you would like also inspiration and insights.

187

00:18:53.000 --> 00:18:54.220

Susanna Barkataki (she/her): I just

188

00:18:54.410 --> 00:18:57.159

Susanna Barkataki (she/her): read here for a little while, feeling

189

00:18:58.900 --> 00:19:00.620

this light

190

00:19:34.720 --> 00:19:36.680

Susanna Barkataki (she/her): deep in.

191

00:19:37.830 --> 00:19:39.110

i'm out.

192

00:19:47.550 --> 00:19:49.279

Susanna Barkataki (she/her): And now, pulling

193

00:19:49.710 --> 00:19:53.470

Susanna Barkataki (she/her): your awareness into your light inside.

194

00:19:54.700 --> 00:19:59.559

Susanna Barkataki (she/her): After all, the light of the sun is reflected in the spark in your eyes.

195

00:20:00.210 --> 00:20:01.649

Susanna Barkataki (she/her): and the spark of

196

00:20:02.030 --> 00:20:03.920

Susanna Barkataki (she/her): your neurons firing

197

00:20:04.140 --> 00:20:07.599

Susanna Barkataki (she/her): as you make new connections, or understand something

198

00:20:09.180 --> 00:20:14.359

Susanna Barkataki (she/her): in the light of the compassion that you might feel for yourself.

199

00:20:15.250 --> 00:20:16.790

our companion.

200

00:20:17.400 --> 00:20:19.060

Susanna Barkataki (she/her): animal, mineral.

201

00:20:19.430 --> 00:20:20.460

Susanna Barkataki (she/her): human.

202

00:20:22.790 --> 00:20:24.819

Susanna Barkataki (she/her): There is a light within.

203

00:20:26.780 --> 00:20:29.319

Susanna Barkataki (she/her): and it is this light that yoga

204

00:20:29.760 --> 00:20:32.799

Susanna Barkataki (she/her): peeds and fills and nourishes

205

00:20:33.100 --> 00:20:35.699

Susanna Barkataki (she/her): connecting us to the outer light.

206

00:20:36.080 --> 00:20:38.870

Susanna Barkataki (she/her): but also reminding us

207

00:20:39.040 --> 00:20:40.050

Susanna Barkataki (she/her): of

208

00:20:40.150 --> 00:20:42.709

Susanna Barkataki (she/her): how we always already have

209

00:20:42.920 --> 00:20:46.570

Susanna Barkataki (she/her): access to an inner glow and inner fire

210

00:20:48.090 --> 00:20:49.510

Susanna Barkataki (she/her): in our insight.

211

00:20:52.440 --> 00:20:55.719

Susanna Barkataki (she/her): So you might notice where

212

00:20:57.150 --> 00:20:59.029

Susanna Barkataki (she/her): you feel that glow

213

00:21:01.410 --> 00:21:03.729

Susanna Barkataki (she/her): and are aware of it.

214

00:21:04.350 --> 00:21:10.469

Susanna Barkataki (she/her): maybe, in your mind doing a quick kind of scan through your body from the top of your head.

215

00:21:11.480 --> 00:21:16.700

Susanna Barkataki (she/her): maybe between your eyebrows and your third eye you might notice

216

00:21:17.350 --> 00:21:19.419

Susanna Barkataki (she/her): insight and light there

217

00:21:20.130 --> 00:21:22.610

Susanna Barkataki (she/her): your throats in your speech.

218

00:21:23.490 --> 00:21:24.910

Susanna Barkataki (she/her): your heart.

219

00:21:26.920 --> 00:21:28.330

Susanna Barkataki (she/her): new belly.

220

00:21:31.660 --> 00:21:33.130

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

221

00:21:35.390 --> 00:21:37.060

Susanna Barkataki (she/her): If you don't

222

00:21:37.430 --> 00:21:39.820

Susanna Barkataki (she/her): notice or feel the light.

223

00:21:43.810 --> 00:21:45.899

Susanna Barkataki (she/her): it's testing that it is there

224

00:21:45.980 --> 00:21:46.840

Susanna Barkataki (she/her): and then.

225

00:21:46.950 --> 00:21:51.189

Susanna Barkataki (she/her): simply by bringing your attention through your body, you'll feel

226

00:21:52.840 --> 00:21:54.210

Susanna Barkataki (she/her): and feed

227

00:21:54.520 --> 00:21:55.980

Susanna Barkataki (she/her): this inner light.

228

00:21:57.890 --> 00:22:01.810

Susanna Barkataki (she/her): so we'll take some time to just be with that in our light.

229

00:22:02.300 --> 00:22:03.380

in our breath.

230

00:23:23.160 --> 00:23:25.140

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

231

00:23:36.160 --> 00:23:38.089

Susanna Barkataki (she/her): You can let that go

232

00:23:40.050 --> 00:23:43.999

Susanna Barkataki (she/her): if you would like. Bring your left in your right hand up

233

00:23:45.230 --> 00:23:47.729

Susanna Barkataki (she/her): to touch at your Heart Center

234

00:23:51.870 --> 00:23:54.060

Susanna Barkataki (she/her): be connecting to

235

00:23:54.990 --> 00:23:57.820

Susanna Barkataki (she/her): the traditional mantra that is

236

00:23:58.260 --> 00:24:01.360

Susanna Barkataki (she/her): practiced at this time. The guide 3

237

00:24:06.180 --> 00:24:12.769

Susanna Barkataki (she/her): take a deep breath in and full breath out, and t with me if you know it, or you would like to try.

238

00:24:12.820 --> 00:24:14.569

Susanna Barkataki (she/her): I simply receive

239

00:24:14.880 --> 00:24:17.320

Susanna Barkataki (she/her): remembering, as you T. That

240

00:24:17.430 --> 00:24:23.359

Susanna Barkataki (she/her): does the intention, and you can hold your awareness on cultivating light, truth

241

00:24:23.670 --> 00:24:25.080

Susanna Barkataki (she/her): insights.

242

00:24:25.400 --> 00:24:26.720

Susanna Barkataki (she/her): and that this

243

00:24:27.020 --> 00:24:29.880

Susanna Barkataki (she/her): mantra translates to

244

00:24:30.550 --> 00:24:35.640

Susanna Barkataki (she/her): a meditation on light, on Insight, on unity.

245

00:24:35.970 --> 00:24:38.640

Susanna Barkataki (she/her): the essence of oneness.

246

00:24:39.470 --> 00:24:45.260

Susanna Barkataki (she/her): and it's a invocation that we may experience that quality of oneness

247

00:24:46.850 --> 00:24:53.720

Susanna Barkataki (she/her): both around us in our lives, that we may create it and cultivate it and experience it within

248

00:24:56.510 --> 00:24:58.690

Susanna Barkataki (she/her): deep breath in

249

00:24:59.170 --> 00:25:00.600

Susanna Barkataki (she/her): cool breath out

250

00:25:04.310 --> 00:25:05.999

Susanna Barkataki (she/her): enhance a chance.

251

00:25:06.610 --> 00:25:10.070

Susanna Barkataki (she/her): Oh.

252

00:25:32.610 --> 00:25:36.160

Susanna Barkataki (she/her): oh.

253

00:25:43.000 --> 00:25:44.980

Susanna Barkataki (she/her): t breath in

254

00:25:45.770 --> 00:25:47.670

Susanna Barkataki (she/her): full breath out

255

00:25:51.200 --> 00:25:56.000

Susanna Barkataki (she/her): now we'll begin to move a little bit with

256

00:25:56.220 --> 00:25:59.380

Susanna Barkataki (she/her): this intention of cultivating light.

257

00:25:59.540 --> 00:26:06.989

Susanna Barkataki (she/her): So wherever you are, you can expand your arms out away from your body and lift them up above your head.

258

00:26:08.440 --> 00:26:09.860

Susanna Barkataki (she/her): any amount

259

00:26:10.510 --> 00:26:12.920

Susanna Barkataki (she/her): sitting standing lying down.

260

00:26:14.650 --> 00:26:29.290

Susanna Barkataki (she/her): and then as a salutation to the sun, with a gratitude as we come down, bringing your hands down through Heart Center, folding forward, maybe, over your desk, and placing your hands on your desk, or all the way forward and down towards the earth.

261

00:26:29.300 --> 00:26:39.810

Susanna Barkataki (she/her): If you're laying on the ground, consider either coming to the side, and maybe going prone, or sitting up and folding forward all over your legs. Many options.

262

00:26:40.870 --> 00:26:44.310

Susanna Barkataki (she/her): hey? Breath in full exhale.

263

00:26:46.380 --> 00:26:48.460

Susanna Barkataki (she/her): and then inhale

264

00:26:49.400 --> 00:26:52.580

Susanna Barkataki (she/her): all the way back up, arms rising.

265

00:26:53.080 --> 00:26:54.570

coming around

266

00:26:56.760 --> 00:26:58.890

Susanna Barkataki (she/her): down to Heart Center

267

00:26:58.920 --> 00:27:18.910

Susanna Barkataki (she/her): so you can continue like this or option to do some salutation. Your way will move through 3 rounds of Surya

Namascar, saluting the sun, and all verbally. Queue some options, and you can practice the way you would like.

268

00:27:19.700 --> 00:27:23.650

Susanna Barkataki (she/her): What we'll share in common is our connection to

269

00:27:23.850 --> 00:27:29.779

Susanna Barkataki (she/her): thanking the light and bringing the light in, and then spreading it out around us.

270

00:27:29.820 --> 00:27:38.919

Susanna Barkataki (she/her): And so you may do your first cycle as a thank you, your second to bring light in, and your third to spread it out.

271

00:27:39.590 --> 00:27:41.199

We practice together.

272

00:27:44.500 --> 00:27:49.550

Susanna Barkataki (she/her): exhale, circle around towards the earth, and fold forward

273

00:27:51.670 --> 00:27:55.840

Susanna Barkataki (she/her): table or your chair.

274

00:27:56.330 --> 00:27:58.550

Susanna Barkataki (she/her): feeling the support of the earth.

275

00:27:59.920 --> 00:28:06.039

Susanna Barkataki (she/her): and sending out into the earth, and resonating through the entire space

276

00:28:06.250 --> 00:28:10.330

Susanna Barkataki (she/her): your gratitude for the light for the sun.

277

00:28:11.950 --> 00:28:14.780

Inhale half left.

278

00:28:14.820 --> 00:28:17.299

Coming into

279

00:28:18.790 --> 00:28:31.670

Susanna Barkataki (she/her): we're we're we're facing. We're upward, facing your hands on table, on a chair on the earth and in in your chest through forward an app

280

00:28:33.070 --> 00:28:34.690

exhale.

281

00:28:35.260 --> 00:28:41.860

Susanna Barkataki (she/her): sending your hips back towards the sky, and seeing, if you can equal the weight between your arms and your hands.

282

00:28:42.210 --> 00:28:48.210

Susanna Barkataki (she/her): Sorry your

283

00:28:48.290 --> 00:28:49.879

Susanna Barkataki (she/her): the balls of your feet.

284

00:29:00.970 --> 00:29:03.099

and it's option, I think.

285

00:29:04.020 --> 00:29:10.020

Susanna Barkataki (she/her): And really once more

286

00:29:10.050 --> 00:29:12.159

marching in the back.

287

00:29:12.330 --> 00:29:14.000

and then once more

288

00:29:14.580 --> 00:29:15.899

back down.

289

00:29:20.570 --> 00:29:23.879

we'll stack our feet up towards our hands

290

00:29:24.130 --> 00:29:26.280

Susanna Barkataki (she/her): and

291

00:29:27.290 --> 00:29:28.760

and hands come.

292

00:29:30.020 --> 00:29:34.469

Susanna Barkataki (she/her): and a Chester of gratitude thanking the sun.

293

00:29:36.750 --> 00:29:38.300

thinking the light.

294

00:29:40.210 --> 00:29:56.429

Susanna Barkataki (she/her): You know we're moving slowly on my queue you may get if you're moving on your own 6, or even 9 cycles in to my 3, and that's beautiful where you may be moving slowly as well, and get one end to my 3. All is welcome

295

00:29:56.810 --> 00:30:12.160

Susanna Barkataki (she/her): this time. As we move will practice to bring in the light. So inhale lift your hands up towards the sky, this time opening them so your palms are open up, receiving light from

296

00:30:12.840 --> 00:30:20.430

Susanna Barkataki (she/her): all the elements about the sun, the moon, maybe, even as you let your arms come down around you.

297

00:30:20.590 --> 00:30:24.090

Susanna Barkataki (she/her): pulling in light ambiently from the space you're in.

298

00:30:24.260 --> 00:30:33.630

Susanna Barkataki (she/her): and then, as you bring your hands down, feel that light wash through your entire system, your physical body, energy, body.

299

00:30:34.040 --> 00:30:35.649

emotional body.

300

00:30:36.400 --> 00:30:37.230

Susanna Barkataki (she/her): right.

301

00:30:38.070 --> 00:30:41.660

Susanna Barkataki (she/her): List all the

302

00:30:44.080 --> 00:30:46.700

Susanna Barkataki (she/her): and then gently fold down.

303

00:30:46.860 --> 00:31:03.260

Susanna Barkataki (she/her): This time, as we come down to the earth, find a way to feel the support of the earth. So for this, maybe you're resting your body, folding forms and resting on the table. If you are going to lie on the ground, you can lay completely

304

00:31:03.290 --> 00:31:05.829

Susanna Barkataki (she/her): on the ground from Have a chair.

305

00:31:06.200 --> 00:31:12.350

Susanna Barkataki (she/her): Your forward full might be completely wrapped over the chair. So you're fully supported.

306

00:31:18.890 --> 00:31:20.540

Reading in.

307

00:31:21.590 --> 00:31:23.510

I see the lights

308

00:31:23.900 --> 00:31:25.280

3 out.

309

00:31:25.700 --> 00:31:26.740

Yeah.

310

00:31:26.770 --> 00:31:27.790

alright.

311

00:31:37.030 --> 00:31:44.890

Susanna Barkataki (she/her): I'm pushing into the structure that you're resting on, maybe arms for chair, the earth, the table, and a gentle arch

312

00:31:45.120 --> 00:31:46.440

in your back.

313

00:31:46.860 --> 00:31:48.280

Susanna Barkataki (she/her): soft

314

00:31:48.570 --> 00:31:49.880

Susanna Barkataki (she/her): cobra, or

315

00:31:55.210 --> 00:31:56.420

oh.

316

00:31:57.010 --> 00:31:59.730
and then exhale

317

00:32:00.000 --> 00:32:04.860
Susanna Barkataki (she/her): gentle and soft downward facing dial.

318

00:32:10.850 --> 00:32:14.709
and how

319

00:32:14.780 --> 00:32:16.190
we all meet

320

00:32:16.980 --> 00:32:23.580
Susanna Barkataki (she/her): and healing our arms up towards the sky,
feeling that light all around us and within us.

321

00:32:25.130 --> 00:32:26.370
he nourished

322

00:32:29.570 --> 00:32:30.990
and amplified.

323

00:32:32.010 --> 00:32:36.399
Susanna Barkataki (she/her): Take a moment to really feel that seal in

324

00:32:43.830 --> 00:32:45.880
Susanna Barkataki (she/her): this last cycle

325

00:32:45.990 --> 00:32:49.499
Susanna Barkataki (she/her): you'll practice sending out lights.

326

00:32:50.000 --> 00:32:56.850
Susanna Barkataki (she/her): because this practice is for your own
uplift, but also for the uplift of all beings.

327

00:32:57.330 --> 00:33:03.349
Susanna Barkataki (she/her): and sometimes it can be helpful to be
specific in your mind's eye

328

00:33:03.600 --> 00:33:07.760

Susanna Barkataki (she/her): about who you are sharing the benefits of this practice with.

329

00:33:08.440 --> 00:33:12.539

Susanna Barkataki (she/her): and so that specificity can be a certain person or a place.

330

00:33:13.200 --> 00:33:23.889

Susanna Barkataki (she/her): an ecosystem, and it can also be all people who are dealing with loss. All people who are experiencing

331

00:33:23.960 --> 00:33:29.019

Susanna Barkataki (she/her): state violence all people who are survivors of.

332

00:33:29.660 --> 00:33:30.750

And

333

00:33:31.210 --> 00:33:33.030

Susanna Barkataki (she/her): so you can find

334

00:33:33.340 --> 00:33:35.109

Susanna Barkataki (she/her): either all beings

335

00:33:36.910 --> 00:33:39.560

Susanna Barkataki (she/her): or a specific group or community

336

00:33:40.040 --> 00:33:41.650

Susanna Barkataki (she/her): that you would like to

337

00:33:41.810 --> 00:33:43.539

Susanna Barkataki (she/her): share this light with

338

00:33:47.810 --> 00:33:49.380

Susanna Barkataki (she/her): inhaling.

339

00:33:49.620 --> 00:33:53.070

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

340

00:33:53.590 --> 00:33:56.179

Susanna Barkataki (she/her): opening your palms, and sending

341

00:33:56.370 --> 00:33:57.280

Susanna Barkataki (she/her): light

342

00:33:57.330 --> 00:34:02.569

Susanna Barkataki (she/her): and care out to these beings to this community

343

00:34:03.040 --> 00:34:04.300

Susanna Barkataki (she/her): to the world.

344

00:34:06.800 --> 00:34:08.009

Susanna Barkataki (she/her): knowing

345

00:34:09.239 --> 00:34:11.069

Susanna Barkataki (she/her): that we do our best.

346

00:34:11.170 --> 00:34:14.169

Susanna Barkataki (she/her): but even we can cause harm and suffering

347

00:34:15.560 --> 00:34:17.009

Susanna Barkataki (she/her): contribute

348

00:34:17.980 --> 00:34:19.279

to loss.

349

00:34:19.719 --> 00:34:23.140

Susanna Barkataki (she/her): You can exhale, Bring your arms down

350

00:34:23.699 --> 00:34:25.460

Susanna Barkataki (she/her): in a gesture of

351

00:34:26.889 --> 00:34:29.910

Susanna Barkataki (she/her): surrender, of release, of letting go.

352

00:34:30.659 --> 00:34:32.959

Susanna Barkataki (she/her): coming down towards the earth.

353

00:34:33.290 --> 00:34:37.980

Susanna Barkataki (she/her): resting your palms on a support. The earth table

354

00:34:38.870 --> 00:34:40.029

Susanna Barkataki (she/her): here

355

00:34:42.520 --> 00:34:44.999

Susanna Barkataki (she/her): releasing your entire body

356

00:34:45.110 --> 00:34:48.220

Susanna Barkataki (she/her): to once again feel the support of the earth.

357

00:34:48.639 --> 00:34:51.049

or a structure that's holding you.

358

00:34:56.310 --> 00:34:58.799

Susanna Barkataki (she/her): If I have caused any harm

359

00:34:59.410 --> 00:35:03.140

to these beings, I ask forgiveness.

360

00:35:05.560 --> 00:35:08.599

Susanna Barkataki (she/her): These beings have harmed me in any way.

361

00:35:08.970 --> 00:35:10.619

I forgive them.

362

00:35:15.100 --> 00:35:17.639

Susanna Barkataki (she/her): I have to myself

363

00:35:19.600 --> 00:35:21.209

Forgive myself.

364

00:35:27.350 --> 00:35:32.369

Susanna Barkataki (she/her): Hmm. Compassion and care into you, so you can

365

00:35:32.460 --> 00:35:38.799

Susanna Barkataki (she/her): allow the light to flow through you as you inhale gently, coming up into

366

00:35:38.890 --> 00:35:40.500

Susanna Barkataki (she/her): soft cobra

367

00:35:40.800 --> 00:35:42.609

Susanna Barkataki (she/her): upward, facing Dog.

368

00:35:45.390 --> 00:35:47.640

Susanna Barkataki (she/her): exhaling back

369

00:35:47.780 --> 00:35:48.819

hips up

370

00:35:48.840 --> 00:35:50.390

Susanna Barkataki (she/her): behind you, or

371

00:35:50.810 --> 00:35:52.029

Susanna Barkataki (she/her): spreading

372

00:35:53.180 --> 00:35:54.880

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

373

00:35:58.770 --> 00:36:00.290

in here

374

00:36:00.420 --> 00:36:05.079

Susanna Barkataki (she/her): gently coming forward and walking your feet up towards your hands.

375

00:36:05.450 --> 00:36:08.420

Susanna Barkataki (she/her): arms rise up towards the sky.

376

00:36:10.650 --> 00:36:13.489

Susanna Barkataki (she/her): sending care, compassion.

377

00:36:14.320 --> 00:36:16.229

Susanna Barkataki (she/her): perhaps forgiveness

378

00:36:18.040 --> 00:36:19.180

Susanna Barkataki (she/her): out.

379

00:36:20.610 --> 00:36:24.210

Susanna Barkataki (she/her): and then your hands cut together at Heart Center.

380

00:36:28.040 --> 00:36:30.599

Susanna Barkataki (she/her): Maybe these beings

381

00:36:30.920 --> 00:36:32.109

be happy.

382

00:36:33.170 --> 00:36:34.719

Susanna Barkataki (she/her): May they be safe

383

00:36:35.630 --> 00:36:37.560

Susanna Barkataki (she/her): and free from harm.

384

00:36:39.700 --> 00:36:41.250

Susanna Barkataki (she/her): May they be healthy!

385

00:36:44.790 --> 00:36:47.660

Susanna Barkataki (she/her): Maybe it'd be free of their suffering.

386

00:36:49.120 --> 00:36:53.279

Susanna Barkataki (she/her): May they be full of everlasting joy?

387

00:36:57.720 --> 00:37:02.210

Susanna Barkataki (she/her): May this practice benefit all beings for

388

00:37:02.420 --> 00:37:03.719

Susanna Barkataki (she/her): your own.

389

00:37:04.130 --> 00:37:06.329

and all being celebration

390

00:37:09.470 --> 00:37:11.430

Susanna Barkataki (she/her): deep breath in

391

00:37:12.640 --> 00:37:14.420

Susanna Barkataki (she/her): full breath out.

392

00:37:19.990 --> 00:37:24.259

Susanna Barkataki (she/her): Now you can take some time to move in any way that your body would like.

393

00:37:26.000 --> 00:37:31.060

Susanna Barkataki (she/her): We'll close this practice with the final visualization. So. But before that.

394

00:37:31.430 --> 00:37:38.079

Susanna Barkataki (she/her): allow some space for movement and a little bit of processing of that practice

395

00:37:38.550 --> 00:37:40.710

Susanna Barkataki (she/her): honoring the lights.

396

00:37:41.110 --> 00:37:43.869

Susanna Barkataki (she/her): Bring in the light and sharing

397

00:37:43.920 --> 00:37:44.790

right.

398

00:37:56.830 --> 00:38:00.650

Susanna Barkataki (she/her): You can move in any way your body would like. I'm noticing my body is

399

00:38:00.850 --> 00:38:03.290

Susanna Barkataki (she/her): wanting to stretch and sway.

400

00:38:09.390 --> 00:38:14.549

Susanna Barkataki (she/her): And then, for this last few minutes of practice.

401

00:38:14.770 --> 00:38:25.859

Susanna Barkataki (she/her): I invite you to visualize a diamond, or make a diamond shape with your hands by bringing your pointer fingers to touch, and your thumbs to touch

402

00:38:26.360 --> 00:38:27.470

Susanna Barkataki (she/her): below

403

00:38:28.250 --> 00:38:38.950

Susanna Barkataki (she/her): your hands, and you can rest that on your belly, or if it feels good, you can rest it on the table in front of you, or even lift it up above your head. If you want a little more of an active shape.

404

00:38:39.960 --> 00:38:45.209

Susanna Barkataki (she/her): this shape is vajira, mudra, or diamond.

405

00:38:45.620 --> 00:38:50.240

Susanna Barkataki (she/her): and also happens to be the shape of many, many

406

00:38:50.260 --> 00:38:51.279

Susanna Barkataki (she/her): heights

407

00:38:51.690 --> 00:38:53.690

Susanna Barkataki (she/her): and part of the

408

00:38:54.220 --> 00:39:00.009

Susanna Barkataki (she/her): puja tradition in many regions, including where my family is from.

409

00:39:00.100 --> 00:39:05.489

Susanna Barkataki (she/her): is during this time of

410

00:39:05.540 --> 00:39:09.029

Susanna Barkataki (she/her): create a kite, and to fly a tight

411

00:39:09.230 --> 00:39:15.100

Susanna Barkataki (she/her): with those things that you would like to in view, with light, with vision, with your dreams, with

412

00:39:15.190 --> 00:39:18.190

Susanna Barkataki (she/her): inspiration for this time.

413

00:39:19.360 --> 00:39:28.370

Susanna Barkataki (she/her): So at first I invite you to imagine, or, if you prefer, whisper into this mudr, this kite, your

414

00:39:28.780 --> 00:39:35.329

Susanna Barkataki (she/her): visions, your dreams, your wishes, things you would like to fill with

415

00:39:36.400 --> 00:39:39.970

Susanna Barkataki (she/her): inspiration, and bring forth in a good way.

416

00:39:40.650 --> 00:39:42.970

Take some time to do this.

417

00:40:10.520 --> 00:40:15.109

Susanna Barkataki (she/her): We can continue to let the wishes flow.

418

00:40:15.460 --> 00:40:21.460

Susanna Barkataki (she/her): and when you're ready to open your hands and let your kites fly as you're ready

419

00:40:21.850 --> 00:40:25.389

Susanna Barkataki (she/her): to release it, feeling it filled with light.

420

00:40:28.640 --> 00:40:36.099

Susanna Barkataki (she/her): Gently transition in a moment, and i'll invite you to get your journal or a piece of paper.

421

00:40:36.290 --> 00:40:41.470

Susanna Barkataki (she/her): and you have a few options of how you're going to do this next part so

422

00:40:41.710 --> 00:40:52.240

Susanna Barkataki (she/her): well softly transition. But as we transition. You're keeping the attention meditative. So not too in contact with the outside world, but that in our focus.

423

00:40:52.280 --> 00:40:57.379

Susanna Barkataki (she/her): as you get your journal or a piece of paper to create your kites.

424

00:41:16.060 --> 00:41:17.980

Susanna Barkataki (she/her): Once you have

425

00:41:18.970 --> 00:41:24.230

Susanna Barkataki (she/her): your paper, I'm. Going to rip the page out of my journal.

426

00:41:32.190 --> 00:41:37.279

Susanna Barkataki (she/her): What I thought we could do was, write your

427

00:41:37.370 --> 00:41:47.420

Susanna Barkataki (she/her): that you are holding in this mud, and so you have option to trace your hands like this, and then write your wishes in the center.

428

00:41:47.500 --> 00:41:55.109

Susanna Barkataki (she/her): or I thought a kind of modern day equivalent of a kites might be a paper airplane.

429

00:41:55.280 --> 00:42:06.049

Susanna Barkataki (she/her): and so you can write your wishes here, and then full will fold if you would like. No one has to your papers into a paper airplane so they can take flight.

430

00:42:06.170 --> 00:42:21.889

Susanna Barkataki (she/her): And then, finally, because traditionally right, you're letting them go, so you would either submerge them in in water if you prefer to just right or burn them. And so, whatever you would like to do that's safe and environmentally

431

00:42:21.900 --> 00:42:27.760

Susanna Barkataki (she/her): appropriate, for where you are, know that the intention is to

432

00:42:27.800 --> 00:42:30.399

Susanna Barkataki (she/her): infuse this kite

433

00:42:30.460 --> 00:42:41.429

Susanna Barkataki (she/her): with your wishes, and then to release that into the air, and you can also do this digitally, you know, writing something down and then deleting it. And if you're

434

00:42:41.450 --> 00:42:58.910

Susanna Barkataki (she/her): perhaps like me, I really like to keep a record of when I'm releasing something, so I might sometimes write it twice, or take a picture of it, so i'll play some music while we'll take about 3 or 4 min to create our types together.

435

00:42:58.920 --> 00:43:02.469

I'll and i'll put the prompt in the tact after I set this.

436

00:43:32.110 --> 00:43:32.660

and

437

00:43:46.930 --> 00:43:47.629

to

438

00:44:05.380 --> 00:44:06.149
you

439
00:44:12.880 --> 00:44:13.529
the

440
00:44:14.990 --> 00:44:15.810
me.

441
00:44:17.450 --> 00:44:19.009
the

442
00:44:30.080 --> 00:44:30.660
he

443
00:45:19.170 --> 00:45:20.390
you

444
00:45:21.660 --> 00:45:23.359
a

445
00:45:24.950 --> 00:45:26.959
the

446
00:45:58.460 --> 00:45:59.020
he

447
00:46:13.040 --> 00:46:13.600
to

448
00:46:16.000 --> 00:46:16.600
you.

449
00:46:27.310 --> 00:46:28.180
you.

450
00:46:31.190 --> 00:46:32.049
the

451
00:46:34.040 --> 00:46:34.740
a.

452

00:46:37.080 --> 00:46:38.379

a.

453

00:46:40.320 --> 00:46:41.799

a.

454

00:46:42.250 --> 00:46:43.600

the

455

00:47:01.980 --> 00:47:02.720

a.

456

00:47:03.270 --> 00:47:03.839

and

457

00:47:07.400 --> 00:47:08.000

the

458

00:47:11.530 --> 00:47:13.240

you

459

00:47:15.490 --> 00:47:16.770

a

460

00:47:17.810 --> 00:47:18.390

you

461

00:47:24.630 --> 00:47:26.649

Susanna Barkataki (she/her): Just a minute more

462

00:47:40.320 --> 00:47:41.290

you

463

00:48:07.800 --> 00:48:09.270

Susanna Barkataki (she/her): and

464

00:48:10.840 --> 00:48:30.509

Susanna Barkataki (she/her): you can, of course, keep writing, keep creating. Maybe you draw on a kite. Or, however, you want to explore

this, and I will say that there are wonderful ways to simply create kites that you can find on Youtube as well as paper airplanes.

465

00:48:30.770 --> 00:48:44.289

Susanna Barkataki (she/her): I always do just like a super simple one, and so so different options for you there. I'm always reminded of this story that my father tells me where

466

00:48:44.300 --> 00:48:51.970

Susanna Barkataki (she/her): So it's a little different than here, right? And so they create a kite out of whatever they had, and then they put a string.

467

00:48:52.870 --> 00:49:08.609

Susanna Barkataki (she/her): he and his friends, and then they roll the string in some kind of like glue or adhesive material. This is like the edge right to our wishes and our dreams, and they have broken glass, and they roll the string in the broken glass.

468

00:49:08.870 --> 00:49:38.840

Susanna Barkataki (she/her): because then you fly your kites. Other people are flying their kites, and you have these kite battles where your kites are like the where they're rubbing up against each other, and then you run, and you try to get. You know the other person's kite, and then falls out of the sky. And so so we won't. Be battling with our kites. We'll be honoring one another's kites, and nourishing them, and taking a moment as we close this portion to to see. Each person's wishes.

469

00:49:38.850 --> 00:49:49.779

Susanna Barkataki (she/her): Each person's dreams, each person's vision, Each person's kite or plane, or whatever you create it, take flight. And so I invite you to take a moment.

470

00:49:50.130 --> 00:49:55.319

Susanna Barkataki (she/her): You can hold yours to your heart if you like. Just feel it, peel it there

471

00:49:57.800 --> 00:49:58.939

Susanna Barkataki (she/her): and then.

472

00:49:59.540 --> 00:50:04.360

Susanna Barkataki (she/her): knowing that, just like you, everyone else in this space. Those listening to the recording

473

00:50:05.060 --> 00:50:14.270

Susanna Barkataki (she/her): all have wishes and dreams that they wish to have for us. They wish to have imbued with that sacred light. And so let's

474

00:50:14.480 --> 00:50:15.620

Susanna Barkataki (she/her): send

475

00:50:16.160 --> 00:50:25.179

Susanna Barkataki (she/her): light to one another, and you can bring your hands up if you'd like. Or just imagine yourself sending that light to each person's wishes.

476

00:50:26.880 --> 00:50:31.869

Susanna Barkataki (she/her): And now we're sending, and see if you can feel with your right hand

477

00:50:31.900 --> 00:50:36.529

Susanna Barkataki (she/her): an energy of sending it with your left hand and energy of receiving

478

00:50:36.590 --> 00:50:41.349

Susanna Barkataki (she/her): the Ita and the pingle on the right is the more active the pingle, the more receptive.

479

00:50:41.700 --> 00:50:48.439

Susanna Barkataki (she/her): So you're sending energy, and at the same time receiving that energy and inspiration for your wishes.

480

00:50:56.340 --> 00:51:01.340

Susanna Barkataki (she/her): Beautiful, you can bring your hands down, seal it in.

481

00:51:02.110 --> 00:51:04.019

Susanna Barkataki (she/her): This closes our

482

00:51:04.710 --> 00:51:07.409

Susanna Barkataki (she/her): which I practice for this

483

00:51:09.230 --> 00:51:13.090

Susanna Barkataki (she/her): time. We can bring your water in front of you

484

00:51:13.730 --> 00:51:20.210

Susanna Barkataki (she/her): and your candle if you would like to have that, or you can look at mine in a moment after I light it

485

00:51:20.910 --> 00:51:22.129

Susanna Barkataki (she/her): and

486

00:51:22.170 --> 00:51:23.689

Susanna Barkataki (she/her): light the candle.

487

00:51:26.580 --> 00:51:32.379

Susanna Barkataki (she/her): This pass your wishes over it, not in it yet. And please, if you do burn

488

00:51:32.400 --> 00:51:41.899

Susanna Barkataki (she/her): your wishes, make sure you do it in a safe way where you can put the fire out if you need to, but just sending that fire over it.

489

00:51:42.370 --> 00:51:43.680

Susanna Barkataki (she/her): and

490

00:51:44.710 --> 00:51:50.260

Susanna Barkataki (she/her): and then taking the candle flame and bringing some of its light into you.

491

00:51:52.320 --> 00:51:53.819

Susanna Barkataki (she/her): and then finally

492

00:51:53.840 --> 00:51:55.330

Susanna Barkataki (she/her): to close.

493

00:51:55.930 --> 00:52:00.700

Susanna Barkataki (she/her): You can bring your ring finger and touch the water right ring finger.

494

00:52:00.800 --> 00:52:03.590

Susanna Barkataki (she/her): and then bring that up to your third eye.

495

00:52:03.690 --> 00:52:05.779

Susanna Barkataki (she/her): And if you'd like the crown of your head.

496

00:52:07.020 --> 00:52:10.869

Susanna Barkataki (she/her): giving yourself a self blessing, a selfish

497

00:52:12.290 --> 00:52:17.290

Susanna Barkataki (she/her): to receive light, to thank the light and to offer light out.

498

00:52:27.620 --> 00:52:30.659

Susanna Barkataki (she/her): I would love to open up

499

00:52:31.440 --> 00:52:33.089

Susanna Barkataki (she/her): the space for

500

00:52:33.480 --> 00:52:37.839

Susanna Barkataki (she/her): reflections or shares from you all.

501

00:52:39.270 --> 00:52:47.730

Susanna Barkataki (she/her): See, Curly, Joel says abundant reciprocity of love is written in my kite, and it just happened. Thank you. Love to this group.

502

00:52:48.410 --> 00:52:50.649

Susanna Barkataki (she/her): Yeah. Get that, Carly.

503

00:52:50.800 --> 00:52:51.830

Susanna Barkataki (she/her): Yes.

504

00:52:54.800 --> 00:52:56.040

Okay.

505

00:52:57.060 --> 00:53:03.219

Susanna Barkataki (she/her): So please feel free to share your experiences, Your reflections on the chat. We're out loud.

506

00:53:04.360 --> 00:53:08.100

Susanna Barkataki (she/her): We I would love to hear if someone's open to it.

507

00:53:09.060 --> 00:53:12.370

Susanna Barkataki (she/her): Here are your voices in the space, and you can raise your hands.

508

00:53:12.560 --> 00:53:13.899

We're unmute.

509

00:53:14.470 --> 00:53:17.570

Susanna Barkataki (she/her): Yeah. So you feel different feeling lighter

510

00:53:17.810 --> 00:53:20.649

Susanna Barkataki (she/her): and blessed by this practice. Yes.

511

00:53:21.440 --> 00:53:23.049

Susanna Barkataki (she/her): yeah, I'm: so glad.

512

00:53:30.650 --> 00:53:34.789

Susanna Barkataki (she/her): Yes, I see a hand waving Cleo, and then

513

00:53:34.820 --> 00:53:37.160

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

514

00:53:37.270 --> 00:53:43.279

Cleo - Turtle Island: I thought, this is interesting, because it kind of unlocked a forgotten, awesome memory.

515

00:53:43.760 --> 00:53:49.820

Cleo - Turtle Island: which is cool, so like my father is from Haiti, and they make kites a lot. And this was a practice that he did

516

00:53:49.890 --> 00:54:01.089

throughout My youth was like getting some bamboo and splitting it intricately and putting tissue paper and glue on it, and making these kites. And once or more we went to these parks, and like

517

00:54:01.270 --> 00:54:18.370

Cleo - Turtle Island: kite battles and everything. With these like fragile, they would take weeks to make, and they were so fragile, and they would just get destroyed, and that was part of the fun. So while we were doing the journaling and the the kite making, I could see these visions.

518

00:54:18.380 --> 00:54:25.949

Cleo - Turtle Island: which I thought was awesome. Because, yeah, I think we all experience. I mean, we're here because they're experiencing like

519

00:54:25.980 --> 00:54:28.710

a lot of different things in life, especially during

520

00:54:28.840 --> 00:54:31.350
the third year of the pandemic, and

521

00:54:31.390 --> 00:54:32.900
it's nice to have

522

00:54:33.200 --> 00:54:35.149
through Yoga something

523

00:54:35.350 --> 00:54:37.909
Cleo - Turtle Island: cool. Come back

524

00:54:38.290 --> 00:54:41.149
Cleo - Turtle Island: if you know what I mean. So that was fun.

525

00:54:41.520 --> 00:54:51.459
Susanna Barkataki (she/her): Oh, I love that, Cleo, and what I'm also hearing is like that quality of play, You know. I I think sometimes we can get so serious and so busy. And

526

00:54:51.500 --> 00:54:59.140
Susanna Barkataki (she/her): and for me. It's like remembering to do those things that I really enjoy doing when I was in like. I can't remember the last time I flew to kite.

527

00:54:59.280 --> 00:55:10.720
Susanna Barkataki (she/her): but I it's windy where I live often, and so I can go. Take a kite and and go somewhere where there's like a big expansive grass and fly kite, you know why not? And

528

00:55:10.730 --> 00:55:20.610
Susanna Barkataki (she/her): maybe I will save my wishes, for when I go and do that and put them on there, and who knows where they'll go. I won't put my name on it, so it falls down somewhere.

529

00:55:20.660 --> 00:55:26.450
Susanna Barkataki (she/her): and then just inviting in like you can take this intentionality as far as you want, like. One of the things

530

00:55:26.610 --> 00:55:33.549
Susanna Barkataki (she/her): that I would maybe do is get in. How this paper that is in has it's biodegradable and has seeds in it.

531

00:55:33.680 --> 00:55:51.169

Susanna Barkataki (she/her): So if i'm plan this because some of us work this way, and then some of i'm usually not so planned out, I will just stay. But if I do do this, I get that paper right, and then fly kite, and then see what happens. And then I know wherever the paper falls hopefully. It's going to nurse the right

532

00:55:52.740 --> 00:55:55.190

Susanna Barkataki (she/her): June coming to you.

533

00:55:58.240 --> 00:56:02.070

June Lucarotti: And that was beautiful. I love that you mentioned play. That's okay.

534

00:56:04.620 --> 00:56:06.629

June Lucarotti: Yeah, I just want to share.

535

00:56:07.980 --> 00:56:13.800

June Lucarotti: I've just been feeling really like heavy all day, and like multiple ways.

536

00:56:16.510 --> 00:56:20.029

June Lucarotti: I'm working with some clients who

537

00:56:21.300 --> 00:56:25.859

June Lucarotti: this Hasn't happened yet. And so this is new for me who are

538

00:56:26.030 --> 00:56:28.159

expressing very

539

00:56:28.720 --> 00:56:31.390

June Lucarotti: different viewpoints from me.

540

00:56:31.720 --> 00:56:34.089

June Lucarotti: And

541

00:56:34.870 --> 00:56:38.129

June Lucarotti: so the forgiveness practice was really helpful.

542

00:56:38.500 --> 00:56:40.910

June Lucarotti: and

543

00:56:41.320 --> 00:56:44.179

June Lucarotti: and also just like inviting the light. I'm.

544

00:56:44.230 --> 00:56:47.260

June Lucarotti: I just found out that i'm pregnant last week, which is

545

00:56:47.380 --> 00:56:52.350

June Lucarotti: really exciting, but I also feel like extra heavy

546

00:56:53.600 --> 00:56:55.759

already.

547

00:56:57.050 --> 00:57:00.049

June Lucarotti: Yeah. So

548

00:57:00.410 --> 00:57:07.410

June Lucarotti: I, you know, when you said wishes and dreams. It just occurred to me at first like a laundry list.

549

00:57:07.860 --> 00:57:10.560

June Lucarotti: I like all the things that I need to do.

550

00:57:10.700 --> 00:57:17.620

June Lucarotti: and so instead. I just kind of felt into it, and I think I saw in the chat that other folks

551

00:57:17.820 --> 00:57:28.169

June Lucarotti: did as well have sort of like phrases that resonated. And so what came up for me was a weakened, peaceful spirit.

552

00:57:29.130 --> 00:57:33.619

June Lucarotti: just like that, simple like, just because there's so much

553

00:57:33.870 --> 00:57:35.580

June Lucarotti: going on.

554

00:57:36.180 --> 00:57:38.450

June Lucarotti: I don't need to be

555

00:57:38.610 --> 00:57:40.320
June Lucarotti: part of the World End.

556
00:57:42.140 --> 00:57:43.629
I can still

557
00:57:43.740 --> 00:57:45.299
June Lucarotti: be peaceful.

558
00:57:49.020 --> 00:57:51.020
June Lucarotti: Thank you.

559
00:57:51.810 --> 00:57:59.219
Susanna Barkataki (she/her): Thank you so much, June, and congratulations. I feel so honored that you shared that.

560
00:57:59.340 --> 00:58:12.470
Susanna Barkataki (she/her): and I wanna also name, because, as you were speaking, I was thinking about how light you know. It's like light, like the light from the sun, but it also can be like lightness. And how our culture really stigmatizes

561
00:58:12.480 --> 00:58:22.190
Susanna Barkataki (she/her): having this. And there's a lot of, you know, fat phobia and things that go along with that, and we find that so much in Yoga culture, and

562
00:58:23.310 --> 00:58:36.370
Susanna Barkataki (she/her): there's such power and stability, and solidity and groundedness and heaviness. And so I want to invite all of us, and maybe we'll explore this a little bit. Next, Our next pujet is to reclaim

563
00:58:36.480 --> 00:58:38.270
Susanna Barkataki (she/her): heaviness

564
00:58:38.380 --> 00:58:57.939
Susanna Barkataki (she/her): and to see what that looks like. Like that fullness, that abundance, that that is in the earth element that is actually powers so much, including the ability to create life and to really reclaim that I think that's part of what we're doing here. And also I want to name like

565
00:58:58.160 --> 00:58:59.189

Susanna Barkataki (she/her): light

566

00:58:59.450 --> 00:59:20.019

Susanna Barkataki (she/her): is often coded as good, while dark is often coded as bad, so interrupting those binaries as well. Bad, not meaning to be connected to to dark, but like shadow. And you know, kind of like the reflective side the left side, and then the active side. It's like they're They're just different sides.

567

00:59:20.030 --> 00:59:28.989

Susanna Barkataki (she/her): so they're all wonderful something You should inspire that feeling. Thank you that that just already shifted something

568

00:59:29.150 --> 00:59:31.479

June Lucarotti: with, especially with the heaviness

569

00:59:31.530 --> 00:59:33.599

June Lucarotti: beautiful. Thank you.

570

00:59:33.880 --> 00:59:34.879

Yeah.

571

00:59:35.590 --> 00:59:36.850

Susanna Barkataki (she/her): hmm.

572

00:59:39.130 --> 00:59:50.649

Susanna Barkataki (she/her): We are at time. But I wanted to see. Sometimes I have an intuition, and I have a now that there's someone who maybe Hasn't had their hand raised. But, like your heart is beating, and you're like I wanted to share this thing

573

00:59:51.360 --> 00:59:53.149

Susanna Barkataki (she/her): that anyone here.

574

01:00:01.550 --> 01:00:02.629

Yes.

575

01:00:03.090 --> 01:00:04.120

Susanna Barkataki (she/her): Christine.

576

01:00:07.160 --> 01:00:11.269

Justine F. (she/her): one of the things I wrote down was to.

577

01:00:11.570 --> 01:00:17.709

Justine F. (she/her): So I think this is like the reclaiming piece like, take up space and use my voice

578

01:00:18.250 --> 01:00:21.429

Justine F. (she/her): in all my communities. So saying that I have a

579

01:00:21.650 --> 01:00:25.960

Justine F. (she/her): place there, I can be there. And so that actually happened today.

580

01:00:27.670 --> 01:00:28.370

Justine F. (she/her): and

581

01:00:28.470 --> 01:00:29.350

Justine F. (she/her): saying.

582

01:00:29.720 --> 01:00:30.549

Justine F. (she/her): Well.

583

01:00:30.630 --> 01:00:38.599

Justine F. (she/her): I may not it. I think I belong here. This is I'm going to take space here, and that happened. And so this is like a

584

01:00:38.980 --> 01:00:40.970

Justine F. (she/her): this is a common theme, so

585

01:00:43.160 --> 01:00:44.109

Justine F. (she/her): that that

586

01:00:44.320 --> 01:00:46.260

Justine F. (she/her): that has been showing up a lot.

587

01:00:47.750 --> 01:00:48.450

Justine F. (she/her): No.

588

01:00:53.720 --> 01:00:59.669

Susanna Barkataki (she/her): thank you so much, Justine, and just amplifying that, taking up space and sharing your

589

01:00:59.860 --> 01:01:01.600

Susanna Barkataki (she/her): your voice and

590

01:01:02.560 --> 01:01:06.109

Susanna Barkataki (she/her): your voices, All of your voices, are so needed.

591

01:01:10.100 --> 01:01:11.989

Susanna Barkataki (she/her): I also want to bring in.

592

01:01:12.100 --> 01:01:13.040

Susanna Barkataki (she/her): You know.

593

01:01:13.940 --> 01:01:21.300

Susanna Barkataki (she/her): with that this like without one there can't be the other while there's joy in

594

01:01:21.940 --> 01:01:34.680

Susanna Barkataki (she/her): taking up space or sharing our voices or shining our lights. There also could be in that very place that we are. You know I find this a lot in my life that i'm shining. Someone else is feeling the frustration of not having that thing.

595

01:01:34.690 --> 01:01:47.959

Susanna Barkataki (she/her): and or well, someone else sometimes in my life is signing or having something I want. I'm not able to have it. And so I just want to acknowledge that, too, in this process that.

596

01:01:47.970 --> 01:01:56.450

Susanna Barkataki (she/her): like, for example, if there's someone who isn't, you know, struggling with infertility, or is feeling like they can't unlock their voice right that

597

01:01:57.990 --> 01:02:00.090

Susanna Barkataki (she/her): that, too, can be

598

01:02:00.850 --> 01:02:14.789

Susanna Barkataki (she/her): very real and very present experience, and for us for our community. And so just holding holding all of that. And for me the practice that I bring in is often

599

01:02:14.910 --> 01:02:30.180

Susanna Barkataki (she/her): like sympathetic joy like joy for what that other person has, even if I don't have it, or joy for maybe a time in the

past, where where I had something that I don't have now, or hope or wish for the future.

600

01:02:30.370 --> 01:02:31.669

Susanna Barkataki (she/her): And

601

01:02:33.010 --> 01:02:40.449

Susanna Barkataki (she/her): it's a lot of practice of a and letting go and letting go, letting go, and then joy in

602

01:02:40.660 --> 01:02:41.899

Susanna Barkataki (she/her): in the unknown.

603

01:02:42.130 --> 01:02:52.929

Susanna Barkataki (she/her): and also being with my grief being with my my struggles, through my suffering around those things that I wish for, that I don't yet have, or may never have, and

604

01:02:53.000 --> 01:02:54.949

Susanna Barkataki (she/her): one of the practices

605

01:02:55.230 --> 01:03:05.330

Susanna Barkataki (she/her): that I learned actually, not from a yoga and a teacher. But I just want to name it here, I know, and if we're after time, you have to go. Please go. But someone asked me this question, so I want to answer it fully

606

01:03:05.390 --> 01:03:07.069

Susanna Barkataki (she/her): is

607

01:03:07.180 --> 01:03:15.559

Susanna Barkataki (she/her): closer. Pinkle, the Estes who wrote the book, women who run with the wolves, and in it she talks about little deaths, petite more.

608

01:03:15.830 --> 01:03:16.879

Susanna Barkataki (she/her): and

609

01:03:17.100 --> 01:03:25.169

Susanna Barkataki (she/her): their past their things in our lives. You know, for greater or lesser that we may wish for, and we may never travel that path.

610

01:03:25.980 --> 01:03:27.049
Susanna Barkataki (she/her): And

611
01:03:27.200 --> 01:03:28.909
Susanna Barkataki (she/her): with every yes.

612
01:03:29.290 --> 01:03:44.269
Susanna Barkataki (she/her): you know a certain job, a certain relationship. There may be one or many notes, one or many deaths that we grieve, and to really honor and commemorate those those deaths, or those paths that aren't taken.

613
01:03:44.860 --> 01:03:51.109
Susanna Barkataki (she/her): That is part of it I feel opening to the light is to honor the

614
01:03:51.390 --> 01:04:01.500
Susanna Barkataki (she/her): the loss and the places where we aren't, Where we don't, you know, feel that light. And so I hope that's helpful for the the folks who maybe

615
01:04:03.060 --> 01:04:06.279
Susanna Barkataki (she/her): needed to hear that or wanted to hear that. Yeah.

616
01:04:07.820 --> 01:04:08.770
Susanna Barkataki (she/her): yeah.

617
01:04:09.800 --> 01:04:10.919
Susanna Barkataki (she/her): hmm.

618
01:04:14.270 --> 01:04:22.789
Susanna Barkataki (she/her): So just taking a moment to receive whatever you needed to receive from this pilgrimage in Fuja today.

619
01:04:23.040 --> 01:04:24.520
Susanna Barkataki (she/her): and

620
01:04:25.300 --> 01:04:26.679
Susanna Barkataki (she/her): to feel

621
01:04:29.530 --> 01:04:32.759
Susanna Barkataki (she/her): inspiration, the connection

622

01:04:33.330 --> 01:04:35.299

Susanna Barkataki (she/her): light within yourself.

623

01:04:36.010 --> 01:04:39.480

Susanna Barkataki (she/her): that light that cannot be given and cannot be taken away.

624

01:04:41.300 --> 01:04:45.900

Susanna Barkataki (she/her): Deep breath in, and a full breath out, maybe with a sound

625

01:04:46.170 --> 01:04:48.700

Susanna Barkataki (she/her): once more inhaling

626

01:04:49.220 --> 01:04:50.969

Susanna Barkataki (she/her): and exhaling

627

01:04:51.770 --> 01:04:55.500

Susanna Barkataki (she/her): and final breath together is inhaling

628

01:04:56.530 --> 01:04:58.370

Susanna Barkataki (she/her): and exhale

629

01:05:05.750 --> 01:05:09.889

Susanna Barkataki (she/her): peace, peace and power, power, power.

630

01:05:10.010 --> 01:05:15.549

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

631

01:05:15.750 --> 01:05:27.290

Susanna Barkataki (she/her): and i'll see you in office hours next in the next couple of weeks. Thank you. Please feel free to unmute and say goodbye, and we'll see you soon.

632

01:05:29.350 --> 01:05:31.960

Susan Shloss: Thank you

633

01:05:33.350 --> 01:05:35.170

Thanks, everyone.

634

01:05:35.410 --> 01:05:36.830

Marlee Osbron: Thank you so much.

635

01:05:36.980 --> 01:05:38.640

astrid (she/her): Thank you.