



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:03:52 Susanna Barkataki (she/her): This is DIDI by Khaled
00:03:57 Susanna Barkataki (she/her): Did means sister,
sibling...
00:04:29 Christie: Love it!!
00:05:09 Andrea @alovincoven: Yes! Fun tune!
00:05:40 Christie: Loving the energy! What a great way to start
this Puja!
00:05:54 Susanna Barkataki (she/her): Welcome - dancing our way
in!! Or being present however you'd like. Grab a candle and water if
you'd like to have it!
00:06:18 Camille's iPhone: This energy is perfect for a rainy
workday 😊 loving it !
00:06:18 Elizabeth Green: your dancing is giving me such a
smile :)
00:06:19 Susanna Barkataki (she/her): And let us know how you
are - 2 words or a sentence... what's your VIBE today?
00:06:33 Constina: feeling grateful
00:06:45 Marlee Osbron: Inspired 🌟
00:07:12 Elizabeth Hill: Curious
00:07:19 Kiara : feeling heavy, weighed down
00:07:38 Justine F. (she/her): present
00:08:25 Carly Joelle: Feeling open & grounded, grateful
00:08:47 Christie: @Kiara, sending you some loving, light energy.
💜
00:09:00 Kiara : Reacted to "@Kiara, sending yo..." with ❤️
00:09:47 Jamie (she/her) @tharavadayoga: energized
00:11:36 Elizabeth Green: surrendering to what is <3
00:11:43 Jessica Quindel (she/her): energized and overwhelmed
00:11:45 Joanna Buczkowska-McCumber: Energized
00:11:46 Angie Shere--MPL(she/they): heavy
00:11:47 Carly Joelle: Many thanks for that share Susanna.
Holiday season/beginning of winter was very challenging here as well.
00:11:47 Leaf (they/them): stagnant and complex
00:11:52 Rachel Ann Longren: Content and at peace
00:11:52 June Lucarotti: overwhelmed, tired, a bit sad

00:11:53 Dominique Lynch (she/her/hers): Feeling better after eating a nourishing meal
00:11:55 Jessica Leigh (she/her): Sweet but sleepy
00:12:00 Allison Jordan | she/her: Energized
00:12:02 Camille's iPhone: Stuck yet open to the flow of life and Shakti
00:12:04 Rebecca R (she/her) Dakhóta land: Inspired and concerned
00:12:14 Angie Shere--MPL(she/they): Just had to put my dearest companion dog down last weekend.
00:12:31 Lyric (she/her): Reacted to "Just had to put my d..." with ❤️
00:12:32 Justine F. (she/her): Angie - sending you condolences during this difficult time.
00:12:38 Mariana Schmalstig Diaz: Reacted to "Just had to put my d..." with ❤️
00:12:40 Elizabeth Hill: Reacted to "Just had to put my d..." with ❤️
00:12:45 Cleo - Turtle Island: Reacted to "Just had to put my d..." with ❤️
00:12:47 Jamie (she/her) @tharavadayoga: Reacted to "Just had to put my d..." with ❤️
00:12:48 Justine F. (she/her): Reacted to "Just had to put my d..." with ❤️
00:12:50 Kiara : Reacted to "Just had to put my..." with ❤️
00:12:54 June Lucarotti: Reacted to "Just had to put my d..." with ❤️
00:12:58 Justine F. (she/her): Reacted to "@Kiara, sending you ..." with ❤️
00:13:22 Angie Shere--MPL(she/they): I am only able to attend today while at work in my office, so I will not be as "free" as I would like.
00:13:46 Joanna Buczkowska-McCumber: Yes same Angie (I am absorbing)
00:14:08 Camille's iPhone: ^same- just wanted to be present now, and will watch again later when I am REALLY present
00:15:45 Carly Joelle: @Angie so sorry for your loss. Holding you in my heart.
00:17:20 Angie Shere--MPL(she/they): Thank you all. I can feel the "virtual" love here.
00:17:38 Constina: Reacted to "Just had to put my d..." with ❤️
00:26:21 Susanna Barkataki (she/her): Gayatri Mantra

Sanskrit

ॐ भूर्भुवः स्वः। तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि।
धियो यो नः प्रचोदयात्॥

Transliteration:

om bhūrbhuvah svaḥ| tatsaviturvareṇyaṃ bhargo devasya dhīmahī|
dhiyo yo naḥ pracodayāt||

English translation:

We meditate on glory, this universe, unity itself, the essence of our life existence; May we experience this unity, divinity and brilliance within us.

(Gayatri Mantra | Rig Veda 3.62.10)

00:29:40 Joanna Buczkowska-McCumber: Reacted to "Just had to put my d..." with ❤️

00:43:29 Cleo - Turtle Island: 🎈🎈🎈🎈

00:46:32 Carly Joelle: ❤️

00:47:50 Susanna Barkataki (she/her): In alignment with this time of Maha Sankranti / Math Bihu creating light and inspiration in our and others lives we are creating a "kite" that is full of wishes, dreams and things we wish to infuse with light at this time. Then you can create paper airplane, fly it, or burn it, or bury it, or submerge it in water - as you release your wishes to the light

00:48:45 Susanna Barkataki (she/her): This is Hariprasand Chaurasia Rag Mishtra Sivranjani- BTW if you want the playlist make sure you are on my email list - and you'll get it this weekend!

00:49:57 Jamie (she/her) @tharavadayoga: Have to leave early 🙏 if we're sharing intentions, mine is to approach saucha practice Slowly; incrementally moving into an ongoing practice of saucha that honors my energy, my surroundings, my health, those around me/affect by my actions.

00:55:09 Carly Joelle: "Abundant reciprocity of love" is written in my kite and it just happened!!! Thank you - love to this group

00:55:49 Kiara : Reacted to ""Abundant recipro..." with ❤️

00:55:57 Andrea @alovincoven: Ahhh look at that Carly! Aw, I love that sentiment. Lots of love to you as well!

00:56:06 June Lucarotti: Reacted to ""Abundant reciprocity..." with ❤️

00:56:10 Jessica Quindel (she/her): Reacted to ""Abundant reciprocity..." with ❤️



00:56:23 Kiara : Feeling lighter and blessed by this practice!

00:56:34 Jessica Quindel (she/her): Reacted to "Feeling lighter and ..." with 🙏

00:56:46 Jessica Quindel (she/her): yes, feeling calmer and energized

00:56:52 Andrea @alovincoven: I feel lighter as well <3

00:56:52 Susan Shloss: Definitely feeling a beautiful opening.

00:57:32 Constina: Feeling energized.
00:58:09 Ericia Johnson: Feeling optimistic and hopeful.
00:58:12 Andrea @alovincoven: Beautiful synchronicity!
00:58:27 Andrea @alovincoven: This definitely makes me want to go fly one.
00:59:13 Susanna Barkataki (she/her): Thank you Cleo!!
00:59:46 Cleo - Turtle Island: I love that! seed paper is magical. Yeah not having even heard the word kite in so long, it's def a playful sensation
00:59:56 Jessica Quindel (she/her): Reacted to "I love that! seed pa..." with 
00:59:57 Justine F. (she/her): You inspired me to do an art activity with my little students. 
01:00:08 Constina: Thanks for your share and including us in your reflections and joy in memories.
01:00:27 Constina: Replying to "Thanks for your shar..."

For Cleo

01:02:10 Christina Hsu: yes i love that
01:02:25 Christina Hsu: reclaim heaviness!!!
01:02:42 Andrea @alovincoven: Reclaiming heaviness! Beautiful. Congratulations to you June on starting the journey of creating new life  
01:03:27 June Lucarotti: Reacted to "Reclaiming heaviness..." with 
01:03:32 londonmcelvaine: Thank you for the reframe of reclaiming heaviness. It's offering new perspective and relief for me too
01:06:23 Jessica Quindel (she/her): I am finding that being in my grief has helped me connect more deeply to my joy when things are pleasurable.
01:06:29 Constina: Reacted to "Reclaiming heaviness..." with 
01:06:35 June Lucarotti: Reacted to "I am finding that be..." with 
01:06:39 Mariana Schmalstig Diaz: Reacted to "I am finding that be..." with 
01:06:47 londonmcelvaine: Reacted to "I am finding that be..." with 
01:06:52 Elizabeth Hill: Reacted to "I am finding that be..." with 
01:07:14 Nichole BPN (she/her): thank you. i needed that advice. <3
01:07:17 Nichole BPN (she/her): Reacted to "I am finding that be..." with 
01:08:21 Justine F. (she/her): Here's to all the cats who joined us
01:08:29 Just Be ~ Yoga & Well-Being: Thank you!

01:08:37 Susan Shloss: Gratitude!
01:08:38 Mariana Schmalstig Diaz: thank you!
01:08:39 Justine F. (she/her): Thank you
01:08:40 Cleo - Turtle Island: Gratitude <3
01:08:43 Autumn: Thank you!
01:08:44 Rebecca R (she/her) Dakhóta land: Thank you, Susanna
and all!