



1

00:00:03.500 --> 00:00:06.190

Susanna Barkataki (she/her): No. but welcome.

2

00:00:15.350 --> 00:00:16.970

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

3

00:00:17.470 --> 00:00:19.740

Susanna Barkataki (she/her): Moment. I spoke certainly in

4

00:00:20.630 --> 00:00:24.850

Susanna Barkataki (she/her): our minds, our bodies, our hearts to.

5

00:00:25.940 --> 00:00:27.750

Susanna Barkataki (she/her): I'm into this as a moment.

6

00:00:30.030 --> 00:00:30.720

Susanna Barkataki (she/her): Thank you

7

00:00:41.720 --> 00:00:44.710

Susanna Barkataki (she/her): take some deep breaths together.

8

00:00:47.280 --> 00:00:48.230

Susanna Barkataki (she/her): Present.

9

00:01:44.940 --> 00:01:48.710

Susanna Barkataki (she/her): Welcome, welcome, welcome, everyone.

10

00:01:49.420 --> 00:01:56.060

Susanna Barkataki (she/her): I'm really happy to be here with you and happy to be back had a wonderful, wonderful

11

00:01:56.150 --> 00:02:04.600

Susanna Barkataki (she/her): trip and pilgrimage, and I'm still integrating right so processing and like pulling out the insights and the

12

00:02:05.150 --> 00:02:13.470

Susanna Barkataki (she/her): the has, I feel like, when going on pilgrimage when we have the opportunity to go actually somewhere.

13

00:02:13.630 --> 00:02:29.640

Susanna Barkataki (she/her): Sometimes the pilgrimage isn't just the journey like where we go. It's coming back and seeing our kind of normal life with fresh eyes, and the things that bring joy and the things that are challenging, and the things that are like habit energies that

14

00:02:29.640 --> 00:02:34.460

Susanna Barkataki (she/her): want to be our calling to be transformed or changed.

15

00:02:35.000 --> 00:02:47.140

Susanna Barkataki (she/her): So I've been feeling the energy of of the teams, you know. Of course, the Yamas and the M is all interrelate. So wherever you are, whatever you're practicing with

16

00:02:47.500 --> 00:02:50.820

Susanna Barkataki (she/her): any one of the

17

00:02:51.320 --> 00:02:55.380

Susanna Barkataki (she/her): telegraphs and telescopes into all of the other

18

00:02:55.440 --> 00:03:11.900

Susanna Barkataki (she/her): aspects of the ethics. And so for me. Sometimes it's helpful to focus on a particular theme like for some folks. It might be on Satya right now for others on that us, right it, and wherever you are

19

00:03:11.990 --> 00:03:13.020

Susanna Barkataki (she/her): it's

20

00:03:14.250 --> 00:03:31.580

Susanna Barkataki (she/her): it's just being there, being present with that focus and letting it, letting it work on you. And sometimes that means effort. And sometimes that means like no effort and surrender, and lots of rest and sleep, and maybe eating good food and nourishing yourself.

21

00:03:31.930 --> 00:03:45.020

Susanna Barkataki (she/her): So i'd I'd love to just start with inviting folks to drop in the tact 2 words, or a phrase of how you're doing today right in this moment like, how is it with you, how's your heart?

22

00:03:45.660 --> 00:03:51.980

Susanna Barkataki (she/her): And then we'll do a little drop in. We have some wonderful questions, and then we'll have some time to just talk.

23

00:03:52.310 --> 00:03:54.140

Susanna Barkataki (she/her): So how

24

00:03:54.210 --> 00:03:56.850

Susanna Barkataki (she/her): how are you in this moment?

25

00:03:59.400 --> 00:04:02.700

Susanna Barkataki (she/her): And you can talk a word or a phrase

26

00:04:03.640 --> 00:04:04.520

Susanna Barkataki (she/her): in the tab.

27

00:04:07.190 --> 00:04:07.960

Susanna Barkataki (she/her): Hmm.

28

00:04:08.870 --> 00:04:11.850

Susanna Barkataki (she/her): Yeah. And settled so in

29

00:04:13.230 --> 00:04:20.700

Susanna Barkataki (she/her): 10. Some found piece with my So in a tired, frazzled, wanting, feel drained, grounded.

30

00:04:20.779 --> 00:04:35.420

Susanna Barkataki (she/her): stretched, stretched, yes, connected It's tempting to back this apart, compressed, hopeful, grateful, content. Yes, unmotivated, grateful, yeah, warm, warm, and hopeful.

31

00:04:36.510 --> 00:04:49.100

Susanna Barkataki (she/her): excited heading on the retreat tomorrow. Oh, wonderful! Struggling with heaviness of heart, doubtful. My heart! It's changing, and it's exciting, but also tiring.

32

00:04:49.240 --> 00:04:52.320

Susanna Barkataki (she/her): Yes. low recovery.

33

00:04:52.810 --> 00:05:00.150

Susanna Barkataki (she/her): learning for spring, literal and metaphorical feeling stuck and heavy, busy, distracted. Yes.

34

00:05:01.140 --> 00:05:04.020

Susanna Barkataki (she/her): so, seeing ourselves in one another.

35

00:05:05.210 --> 00:05:08.750

Susanna Barkataki (she/her): you can continue to drop how you are in the chat.

36

00:05:14.790 --> 00:05:18.070

Susanna Barkataki (she/her): Yeah. Stuck at the airport right now, tired but calm.

37

00:05:19.630 --> 00:05:21.790

Susanna Barkataki (she/her): I've done did so

38

00:05:21.960 --> 00:05:30.360

Susanna Barkataki (she/her): so much external movement, right like trains and cars and planes, and

39

00:05:30.530 --> 00:05:49.380

Susanna Barkataki (she/her): and there is just like when we're in a hose. I especially think of balancing poses as helpful for this, but you know we can balance in any post, so even seated can be a balancing post. Right gravity is working on us, so we're like moving forward backwards, side to side, and I think we forget that

40

00:05:49.650 --> 00:05:51.300

Susanna Barkataki (she/her): we're balancing

41

00:05:51.360 --> 00:05:56.070

Susanna Barkataki (she/her): all the time, even as we're lying down as we're sitting up

42

00:05:56.410 --> 00:06:00.590

Susanna Barkataki (she/her): as we're standing and in balance

43

00:06:01.060 --> 00:06:09.940

Susanna Barkataki (she/her): as we're balancing. There's movement in the stillness, even when you're totally still there's micro movements happening.

44

00:06:09.970 --> 00:06:12.160

Susanna Barkataki (she/her): And in

45

00:06:13.430 --> 00:06:14.770

Susanna Barkataki (she/her): the stillness

46

00:06:15.380 --> 00:06:21.870

Susanna Barkataki (she/her): there's movement just like in movement.  
There's also moments of stillness.

47

00:06:22.080 --> 00:06:26.130

Susanna Barkataki (she/her): And so for those, because there's many of us  
who

48

00:06:27.570 --> 00:06:29.400

Susanna Barkataki (she/her): There's many of us who

49

00:06:30.330 --> 00:06:35.430

Susanna Barkataki (she/her): are frazzled or feel like tired or trained,  
and I guess is

50

00:06:35.800 --> 00:06:53.900

Susanna Barkataki (she/her): folks who are feeling that at least for me,  
when i'm feeling that it's often because i'm doing a lot so in that  
movement. Where are their moments or pockets of stillness, and maybe this  
time together, can be one of those like a moment of pause, moment of  
stillness, a moment of getting what you need.

51

00:06:54.050 --> 00:06:57.070

Susanna Barkataki (she/her): And as you move back out

52

00:07:00.220 --> 00:07:02.020

Susanna Barkataki (she/her): nice, okay.

53

00:07:02.080 --> 00:07:05.020

Susanna Barkataki (she/her): So we'll practice and

54

00:07:05.390 --> 00:07:08.840

Susanna Barkataki (she/her): let me just

55

00:07:09.220 --> 00:07:11.290

Susanna Barkataki (she/her): to one thing.

56

00:07:20.240 --> 00:07:22.350

Susanna Barkataki (she/her): Okay. So

57

00:07:22.930 --> 00:07:24.230

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

58

00:07:24.480 --> 00:07:41.980

Susanna Barkataki (she/her): we'll find that that balance. And so for some folks you might want to sit. You might want to lie down, rest usual or unusual way, right? You don't have to do it the way you normally do into it any way that you would like today, and that could be

59

00:07:41.980 --> 00:07:56.630

Susanna Barkataki (she/her): asymmetrically right like you'll see me place my hand on my head or my hand on my tin, or maybe you want to fold your arms and your head down on your desk, or lean back on your chair over to one side, and you can always shift and move

60

00:07:57.800 --> 00:07:59.870

Susanna Barkataki (she/her): wherever you are. Well

61

00:08:00.780 --> 00:08:04.060

Susanna Barkataki (she/her): take a moment to find ourselves

62

00:08:04.350 --> 00:08:11.540

Susanna Barkataki (she/her): balanced and supported. You can let your gaze be on something in front of you, or

63

00:08:12.420 --> 00:08:18.450

Susanna Barkataki (she/her): your eyes can be gently closed. and we'll begin to follow

64

00:08:19.860 --> 00:08:20.930

Susanna Barkataki (she/her): your breath.

65

00:08:23.360 --> 00:08:25.100

Susanna Barkataki (she/her): deep breath in

66

00:08:26.140 --> 00:08:27.970

Susanna Barkataki (she/her): deep breath out

67

00:08:43.250 --> 00:08:48.000

Susanna Barkataki (she/her): as you breathe in, let the breath fill up your belly.

68

00:08:49.960 --> 00:08:58.010

Susanna Barkataki (she/her): your side body ribs upper back. front of your test

69

00:08:59.520 --> 00:09:01.480

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

70

00:09:10.980 --> 00:09:14.480

Susanna Barkataki (she/her): as you breathe, noticing the places that feel.

71

00:09:17.550 --> 00:09:20.310

Susanna Barkataki (she/her): just feel the movement of your path.

72

00:10:04.350 --> 00:10:07.510

Susanna Barkataki (she/her): Anything in where, if you're in breath.

73

00:10:09.490 --> 00:10:13.850

Susanna Barkataki (she/her): i'm breathing out. aware of your out breath

74

00:10:32.670 --> 00:10:35.660

Susanna Barkataki (she/her): meeting in appealing

75

00:10:38.000 --> 00:10:39.340

Susanna Barkataki (she/her): awareness.

76

00:10:41.640 --> 00:10:44.850

Susanna Barkataki (she/her): breathing out. feeling release

77

00:10:49.400 --> 00:10:51.210

Susanna Barkataki (she/her): in aware

78

00:10:52.020 --> 00:10:54.120

Susanna Barkataki (she/her): out these.

79

00:11:30.840 --> 00:11:32.330

Susanna Barkataki (she/her): No, gently

80

00:11:33.780 --> 00:11:39.490

Susanna Barkataki (she/her): letting your 10 drop towards your test, stretching through the back of your neck

81

00:11:43.160 --> 00:11:47.420

Susanna Barkataki (she/her): if you would like, roll your right ear towards your right shoulder.

82

00:11:49.770 --> 00:11:55.460

Susanna Barkataki (she/her): back it around so your left ears towards your left shoulder.

83

00:11:59.420 --> 00:12:07.360

Susanna Barkataki (she/her): It comes forward, rolling your head around in circles, or if it feels better for you, you can rotate.

84

00:12:08.120 --> 00:12:12.990

Susanna Barkataki (she/her): just dipping your tin forward and looking down right to left.

85

00:12:19.070 --> 00:12:21.580

Susanna Barkataki (she/her): moving your head with your breath

86

00:12:37.770 --> 00:12:42.700

Susanna Barkataki (she/her): if you're rotating your head around, then rolling it the other direction.

87

00:13:00.580 --> 00:13:09.550

Susanna Barkataki (she/her): Now you can let this movement be bigger than just your head, and begin to rotate your spine around

88

00:13:09.710 --> 00:13:14.030

Susanna Barkataki (she/her): on your torso. This can be helpful to you, sitting or standing

89

00:13:15.030 --> 00:13:19.250

Susanna Barkataki (she/her): rotating in one direction, kind of like you're starting a pot.

90

00:13:23.930 --> 00:13:29.350

Susanna Barkataki (she/her): The movement. The circles can be large or small, whatever it is that you need.

91

00:13:36.970 --> 00:13:41.190

Susanna Barkataki (she/her): perhaps inhaling, coming forward, exhaling, moving back.

92

00:13:46.870 --> 00:13:49.730

Susanna Barkataki (she/her): and then rotating the other direction.

93

00:14:11.100 --> 00:14:19.010

Susanna Barkataki (she/her): and then slowly letting your body take a couple more rotations until it comes to center.

94

00:14:24.160 --> 00:14:28.860

Susanna Barkataki (she/her): and then rocking your body forward and back slightly, or

95

00:14:30.110 --> 00:14:39.350

Susanna Barkataki (she/her): greatly noticing anything that you're moving toward, or that you're looking forward to, or maybe nervous about as you lean forward.

96

00:14:39.660 --> 00:14:45.210

Susanna Barkataki (she/her): or anything that's holding on to you, or you're holding out to from the week so far

97

00:14:45.510 --> 00:14:46.960

Susanna Barkataki (she/her): from the weekend

98

00:14:47.260 --> 00:14:51.830

Susanna Barkataki (she/her): and acknowledging those things as you lean forward and back.

99

00:14:52.240 --> 00:14:54.700

Susanna Barkataki (she/her): I'm, seeing if you can let them go.

100

00:14:56.220 --> 00:14:58.240

Susanna Barkataki (she/her): You can always pick them up again.

101

00:15:08.490 --> 00:15:11.340

Susanna Barkataki (she/her): I'm rocking a little bit left and right.

102

00:15:12.750 --> 00:15:17.280

Susanna Barkataki (she/her): noticing anything unexpected or that has pulled you off.

103

00:15:19.010 --> 00:15:21.190

Susanna Barkataki (she/her): Sides are kind of an

104

00:15:22.470 --> 00:15:23.980

Susanna Barkataki (she/her): like off kilter.

105

00:15:24.330 --> 00:15:26.430

Susanna Barkataki (she/her): acknowledging those things.

106

00:15:29.490 --> 00:15:31.800

Susanna Barkataki (she/her): I'm seeing if you can let them go.

107

00:15:38.630 --> 00:15:40.470

Susanna Barkataki (she/her): I will come back

108

00:15:42.190 --> 00:15:46.410

Susanna Barkataki (she/her): and small movements to center. And this is not

109

00:15:46.590 --> 00:15:56.040

Susanna Barkataki (she/her): perfect center, not the center that you had last week or last year, or your friends your teacher center. It's yours right here and now

110

00:15:57.200 --> 00:16:00.040

Susanna Barkataki (she/her): anchoring, rooting into the earth.

111

00:16:00.360 --> 00:16:03.730

Susanna Barkataki (she/her): expanding in all directions.

112

00:16:03.890 --> 00:16:13.430

Susanna Barkataki (she/her): maybe lifting your arms out away from your body, away from the midline. letting your crown lift towards the sky or along towards the back of the room.

113

00:16:15.060 --> 00:16:17.900

Susanna Barkataki (she/her): I'm. Taking up space.

114

00:16:21.310 --> 00:16:24.580

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

115

00:16:25.310 --> 00:16:27.070

Susanna Barkataki (she/her): as you expand.

116

00:16:27.410 --> 00:16:34.460

Susanna Barkataki (she/her): and then beyond the boundaries of your body. Where do you start? And where does everyone and everything else?

117

00:16:34.550 --> 00:16:43.270

Susanna Barkataki (she/her): And seeing if it's feeling interconnected or more and permeable.

118

00:16:44.700 --> 00:16:46.550

Susanna Barkataki (she/her): just noticing this

119

00:16:48.640 --> 00:16:57.720

Susanna Barkataki (she/her): and one more inhale, expanding out, out out and on your next exhale. releasing everything down.

120

00:16:59.070 --> 00:17:00.630

Susanna Barkataki (she/her): letting go.

121

00:17:04.369 --> 00:17:05.910

Susanna Barkataki (she/her): offering yourself

122

00:17:07.190 --> 00:17:08.530

Susanna Barkataki (she/her): compassion

123

00:17:10.869 --> 00:17:19.180

Susanna Barkataki (she/her): for your efforts for your mistakes. for where you're trying where you're not trying

124

00:17:20.829 --> 00:17:22.839

Susanna Barkataki (she/her): for the things that you have

125

00:17:23.950 --> 00:17:26.890

Susanna Barkataki (she/her): for the things that you do not have.

126

00:17:34.530 --> 00:17:38.450

Susanna Barkataki (she/her): If you'd like, you can bring your palms together at Heart Center

127

00:17:40.740 --> 00:17:45.770

Susanna Barkataki (she/her): and share for me is the ultimate mantra of

128

00:17:45.860 --> 00:17:53.550

Susanna Barkataki (she/her): of not harm and of the wish to interact,  
harm and to bring love, really

129

00:17:53.710 --> 00:17:56.080

Susanna Barkataki (she/her): love and care to all beings.

130

00:17:57.320 --> 00:18:00.480

Susanna Barkataki (she/her): Moka, Semester, Sukino Babantu.

131

00:18:00.810 --> 00:18:04.670

Susanna Barkataki (she/her): My all beings everywhere be happy, safe.

132

00:18:05.090 --> 00:18:09.560

Susanna Barkataki (she/her): free from their suffering. full of  
everlasting joy.

133

00:18:10.960 --> 00:18:15.550

Susanna Barkataki (she/her): So we can chant that you content allowed if  
you would like

134

00:18:16.110 --> 00:18:18.600

Susanna Barkataki (she/her): or receive.

135

00:18:19.300 --> 00:18:22.570

Susanna Barkataki (she/her): and holding in your mind and your heart

136

00:18:23.110 --> 00:18:29.470

Susanna Barkataki (she/her): yourself. community that needs love and  
care. all beings

137

00:18:30.790 --> 00:18:32.640

Susanna Barkataki (she/her): deep breath in

138

00:18:33.730 --> 00:18:35.210

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

139

00:18:41.770 --> 00:18:44.740

Susanna Barkataki (she/her): Semester! Huh!

140

00:18:50.280 --> 00:18:56.500

Susanna Barkataki (she/her): Hello! So must

141

00:18:59.550 --> 00:19:02.520

Susanna Barkataki (she/her): one to

142

00:19:10.910 --> 00:19:17.280

Susanna Barkataki (she/her): It's okay. No 1. 2

143

00:19:30.990 --> 00:19:33.900

Susanna Barkataki (she/her): gentle. Exhale with the bell

144

00:19:37.080 --> 00:19:40.670

Susanna Barkataki (she/her): to yourself. To this practice.

145

00:19:42.320 --> 00:19:43.770

Susanna Barkataki (she/her): to all those

146

00:19:45.460 --> 00:19:49.330

Susanna Barkataki (she/her): who could use some compassion, some care.  
Today

147

00:19:53.660 --> 00:20:06.060

Susanna Barkataki (she/her): you can grab your hands, creating some  
light, some heat, some energy. and then place your hands anywhere in your  
body that could use some care, and if you're not sure if you would like  
to.

148

00:20:06.160 --> 00:20:11.190

Susanna Barkataki (she/her): you can place your hands over your eyes,  
gazing into the palms of your hands.

149

00:20:11.910 --> 00:20:13.120

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

150

00:20:26.400 --> 00:20:34.940

Susanna Barkataki (she/her): and expanding and stretching out, looking  
around you. noticing color it's holy, the festival of lights

151

00:20:35.010 --> 00:20:38.000  
Susanna Barkataki (she/her): and color and spring.

152  
00:20:39.390 --> 00:20:46.370  
Susanna Barkataki (she/her): Last night, and today it's also international women's Day. celebrating

153  
00:20:47.670 --> 00:20:48.930  
Susanna Barkataki (she/her): all women

154  
00:20:53.880 --> 00:21:02.730  
Susanna Barkataki (she/her): and looking around you, noticing color form. and then we'll come back together.

155  
00:21:03.800 --> 00:21:11.870  
Susanna Barkataki (she/her): Thank you for your practice. Thank you for your presence wanna open up to see if anyone has any

156  
00:21:12.400 --> 00:21:17.690  
Susanna Barkataki (she/her): reflections or anything that rose in the practice. Sometimes there can be

157  
00:21:17.730 --> 00:21:25.140  
Susanna Barkataki (she/her): questions, or has, or insights, and you can drop those in the tat or

158  
00:21:25.550 --> 00:21:29.370  
Susanna Barkataki (she/her): some space, for if anyone would like to share out loud.

159  
00:21:46.440 --> 00:21:51.240  
Susanna Barkataki (she/her): and no one has to my guess is, i'm hoping

160  
00:21:51.370 --> 00:21:56.440  
Susanna Barkataki (she/her): that maybe you're feeling a little more relaxed, maybe a little more so.

161  
00:21:56.470 --> 00:21:58.460  
Susanna Barkataki (she/her): And

162  
00:21:59.500 --> 00:22:15.900  
Susanna Barkataki (she/her): you know, if you notice that you're feeling really sleepy or tired. Please feel free like if this is your hour like

your lunch, break, feel free to just turn, you know. Log off we have the recording. Go, take an app, go rest, or you can leave us on. Leave me on

163

00:22:15.900 --> 00:22:28.450

Susanna Barkataki (she/her): and lay down. Sometimes it can be really helpful to have that ambient noise, kind of like the the Dharma rain in the background, falling as you as you rest. So please feel free to do that.

164

00:22:29.160 --> 00:22:31.870

Susanna Barkataki (she/her): Yes, leaf. Hello.

165

00:22:33.040 --> 00:22:34.650

Hello, everyone!

166

00:22:35.920 --> 00:22:38.790

Thank you for that. It's I.

167

00:22:39.190 --> 00:22:40.130

Leaf (they/them): I feel like.

168

00:22:40.420 --> 00:22:44.980

just like

169

00:22:45.590 --> 00:22:48.670

Susanna Barkataki (she/her): we. It's a little hard to hear. You.

170

00:22:52.540 --> 00:22:53.840

Leaf (they/them): Can you hear me now?

171

00:22:54.080 --> 00:22:57.090

Susanna Barkataki (she/her): A little better. Yeah, maybe speak close to the

172

00:22:57.200 --> 00:22:58.610

Leaf (they/them): Yeah, Obviously

173

00:23:08.420 --> 00:23:10.880

Leaf (they/them): so sorry I can. You hear me now?

174

00:23:10.970 --> 00:23:14.000

Susanna Barkataki (she/her): Yeah, yeah, that's much better.

175

00:23:14.190 --> 00:23:21.140

Leaf (they/them): Yeah. Just some reflection from that meditation is.

176

00:23:21.740 --> 00:23:23.240

Leaf (they/them): I've just been like

177

00:23:23.700 --> 00:23:29.600

Leaf (they/them): being with and hearing from a lot of people in my community recently about like

178

00:23:29.830 --> 00:23:34.960

Leaf (they/them): just having a really like rough time recently, and

179

00:23:34.980 --> 00:23:40.240

I think that's like because of a lot of different reasons like

180

00:23:40.650 --> 00:23:45.670

Leaf (they/them): like what's going on in the sky like the

181

00:23:45.770 --> 00:23:47.160

Leaf (they/them): and it's shifting.

182

00:23:47.320 --> 00:23:51.740

Leaf (they/them): But then also like that, causing a lot of chaos like

183

00:23:52.050 --> 00:23:59.080

Leaf (they/them): in our government, and like in the like, we're in trans communities, and having, like

184

00:23:59.500 --> 00:24:06.590

Leaf (they/them): he's like it, don't be like considered like anti-trans, those be considered

185

00:24:07.810 --> 00:24:13.600

Leaf (they/them): has been a really affecting people who i'm really close. To and

186

00:24:14.530 --> 00:24:19.310

Leaf (they/them): yeah, it's just been a lot to sit with and to like.

187

00:24:19.440 --> 00:24:21.050

Leaf (they/them): continue

188

00:24:21.270 --> 00:24:29.090

Leaf (they/them): trying to be like on a pot of unapologetically ourselves while still having this like

189

00:24:29.480 --> 00:24:31.720

Leaf (they/them): horrible stuff going on.

190

00:24:33.590 --> 00:24:36.660

Leaf (they/them): Yeah, so I kind of just been like

191

00:24:37.450 --> 00:24:39.070

Leaf (they/them): trying to

192

00:24:39.160 --> 00:24:41.720

Leaf (they/them): do the best for myself to like

193

00:24:41.880 --> 00:24:44.570

Leaf (they/them): resource myself, so that I can

194

00:24:44.990 --> 00:24:50.630

Leaf (they/them): come into community and to be a safe space for other people to share.

195

00:24:50.870 --> 00:24:56.440

Leaf (they/them): Yeah. So I really appreciate this space for us all to do that

196

00:24:56.540 --> 00:24:58.330

together. And

197

00:24:58.510 --> 00:25:02.580

Leaf (they/them): that definitely makes me feel less alone in that.

198

00:25:02.660 --> 00:25:05.250

So yeah, I really appreciate that.

199

00:25:08.200 --> 00:25:14.870

Susanna Barkataki (she/her): Thank you so much for sharing leaf and really hearing you

200

00:25:15.040 --> 00:25:17.670

Susanna Barkataki (she/her): and feeling with you that

201

00:25:20.510 --> 00:25:24.600

Susanna Barkataki (she/her): that the these challenging times that we are in.

202

00:25:25.470 --> 00:25:26.190

Yeah.

203

00:25:29.020 --> 00:25:31.420

Susanna Barkataki (she/her): Yeah. And I see other folks say

204

00:25:31.890 --> 00:25:33.940

Susanna Barkataki (she/her): with you, Leaf: yeah.

205

00:25:37.780 --> 00:25:39.390

Susanna Barkataki (she/her): yeah, and what your

206

00:25:43.100 --> 00:25:55.020

Susanna Barkataki (she/her): i'm gonna read what Katrina said. Thank you for sharing with your comments back to mind for me all the talk about the 3 year anniversary of the pandemic. Oh, yes. yes, and also

207

00:25:55.960 --> 00:26:00.060

Susanna Barkataki (she/her): what it's bringing up for me is a hemsas, you know, as

208

00:26:01.240 --> 00:26:04.250

I've really been reflecting on the places where

209

00:26:04.680 --> 00:26:06.370

Susanna Barkataki (she/her): I have privilege

210

00:26:06.470 --> 00:26:12.480

Susanna Barkataki (she/her): and also the places where I'm also experiencing

211

00:26:12.880 --> 00:26:23.230

Susanna Barkataki (she/her): marginalization, right or targeting. And I think for so many of us, those can be overlapping, and there can be complexity there, and

212

00:26:23.300 --> 00:26:30.140

Susanna Barkataki (she/her): so teasing out those complexities, so the places where I experience privilege like, for example, for me as a Cis woman.

213

00:26:31.790 --> 00:26:37.090

Susanna Barkataki (she/her): how can I care for my trans non-binary

214

00:26:37.160 --> 00:26:49.010

Susanna Barkataki (she/her): siblings? Right? How can it be that safe space? Or you know, maybe that's not what's important for me to focus on? Maybe it's like activism, and you know, addressing

215

00:26:49.220 --> 00:26:57.100

Susanna Barkataki (she/her): some of the bills and the things that are happening right there's ways we can all be practicing a, he said, that our

216

00:26:59.360 --> 00:27:01.780

Susanna Barkataki (she/her): our personal, but are also

217

00:27:02.250 --> 00:27:04.920

Susanna Barkataki (she/her): social and then structural.

218

00:27:06.120 --> 00:27:07.480

Susanna Barkataki (she/her): and

219

00:27:08.220 --> 00:27:14.280

Susanna Barkataki (she/her): it's complex. It's really complex. And for me a lot of it is

220

00:27:14.970 --> 00:27:34.380

Susanna Barkataki (she/her): doing the work to care for myself and to practice a him so for myself, so I can then continue to go out like you were saying. We've been and be there in various ways, but it's a constant cycle of replenishment and action replenishment, and and you know it's never over it's never done.

221

00:27:35.480 --> 00:27:36.490

Susanna Barkataki (she/her): Yeah.

222

00:27:37.810 --> 00:27:47.330

Susanna Barkataki (she/her): anyone else before. I want to get to some of our questions. We have a few that have come in, and so

223

00:27:48.400 --> 00:27:53.770

Susanna Barkataki (she/her): I think the first one was about.

224

00:28:03.680 --> 00:28:05.080

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

225

00:28:17.750 --> 00:28:19.770

Susanna Barkataki (she/her): So there were some questions about

226

00:28:19.850 --> 00:28:31.760

Susanna Barkataki (she/her): timing and how to practice when we don't have, you know, a lot of time and one of the so for the the him to practice. Video is a little longer. I think

227

00:28:31.770 --> 00:28:37.730

Susanna Barkataki (she/her): there's some shorter videos as you go through. You have a class curator

228

00:28:38.560 --> 00:28:39.920

Susanna Barkataki (she/her): to me.

229

00:28:40.980 --> 00:28:46.260

Susanna Barkataki (she/her): and and i'd love to hear other folks kind of time in about how they're using what's available

230

00:28:46.460 --> 00:28:49.740

Susanna Barkataki (she/her): and what works for you. But for me like today

231

00:28:50.090 --> 00:28:52.950

Susanna Barkataki (she/her): I did a practice that was

232

00:28:53.310 --> 00:29:11.750

Susanna Barkataki (she/her): 40 min practice, but I didn't have time for the whole 40 min, because I need to get my kid out to school. So I did 15 min of it, and then, like the last 5 min, I just kind of moved in ways that my body needed. But I allowed the teacher who had pre recorded the class

233

00:29:12.000 --> 00:29:31.380

Susanna Barkataki (she/her): to set the energy and set the tone that I needed for the beginning of my day. And so if if you've only got, say 15 min, and you want to do the him. So practice maybe pull a part of it right, maybe the beginning or the middle, or you need more relaxation to the end and do that.

234

00:29:31.380 --> 00:29:40.590

Susanna Barkataki (she/her): There's no you don't have to do the whole thing. Start to finish ever right, or you could chunk it up and do like 1515, 15 like that.

235

00:29:43.960 --> 00:29:51.560

Susanna Barkataki (she/her): The meditations are much shorter, and so you could listen to the meditation, and just allow yourself

236

00:29:51.560 --> 00:30:05.810

Susanna Barkataki (she/her): 5 min of time to sit or to lie down. That's another option. The mantra is even shorter than that. And so an option for practice, if you only have a really short amount of time to practice would be maybe listen to the meditation and the mantra.

237

00:30:06.070 --> 00:30:08.900

Susanna Barkataki (she/her): and i'm gonna look at what folks said.

238

00:30:11.900 --> 00:30:17.340

Susanna Barkataki (she/her): Yeah, oh, cool. I'm loving the bonus features I pick and choose, based on what feels right in the moment

239

00:30:17.430 --> 00:30:20.780

Susanna Barkataki (she/her): it listen while I move through my natural flow. Yeah.

240

00:30:21.100 --> 00:30:32.710

Susanna Barkataki (she/her): Yeah, this is so much. Help me get more out of the practice. Nice, we can allow, and let the practice send a call to us and choose. Yes, what feels? Okay.

241

00:30:32.760 --> 00:30:35.550

Susanna Barkataki (she/her): Yes.

242

00:30:35.580 --> 00:30:50.600

Susanna Barkataki (she/her): I really enjoy the Dharma talks to learn more, and go deeper as well as the suggestions for Puerto Rico, even sitting in the which are yes, of the month for one single minute. Everything counts as Saturday. Yes, everything does count as satellite.

243

00:30:50.780 --> 00:30:55.710

Susanna Barkataki (she/her): I think, in the west we're so used to. When we think Yoga, we think.

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00:30:56.280 --> 00:30:57.380

Susanna Barkataki (she/her): But

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00:30:57.500 --> 00:31:00.650

Susanna Barkataki (she/her): yoga could be, you know, sitting with

246

00:31:01.170 --> 00:31:06.930

Susanna Barkataki (she/her): a co-worker having a hard time, or a kiddo having a tantrum, or yourself, you know.

247

00:31:07.260 --> 00:31:25.390

Susanna Barkataki (she/her): through feeling some anxiety and breathing, or doing, you know, a a movements with your hands or mudra and chanting, i'm not trying in in your mind. No one has to know that you're practicing your practice isn't it to be visible to you or to anyone else for it to be 7. All of it can be said in that

248

00:31:28.200 --> 00:31:29.890

Susanna Barkataki (she/her): nice? Okay.

249

00:31:35.890 --> 00:31:38.630

Susanna Barkataki (she/her): Okay. The next question

250

00:31:39.540 --> 00:31:49.560

Susanna Barkataki (she/her): is, 1 Can we talk about the ways in which a hem so teachings have been co-opted and misrepresented by whiteness within, within yoga spaces

251

00:31:49.560 --> 00:32:18.820

Susanna Barkataki (she/her): and the well, the wealth and homeless industry. I like how you said that I love to hear reflections on this topic, as well as your recommendations for helping to disrupt narratives around him, so that Don't honor yoga's roots, or the essence heart of the ancestral. I him said, teachings or ethics. Thank you, Susanna, you're welcome. So i'd love to hear your examples of what you mean by these

teachings being co-opted and misrepresented. I can say I get a lot like someone message me today

252

00:32:18.840 --> 00:32:31.630

Susanna Barkataki (she/her): and said, You're not being yogic. You're not practice him so much, you know, like, why Are you targeting white people right? And and

253

00:32:31.870 --> 00:32:43.220

Susanna Barkataki (she/her): so it's like this use of a hemeet to mean. I need to be comfortable, and if i'm not comfortable. then you're not practicing.

254

00:32:44.730 --> 00:32:52.640

Susanna Barkataki (she/her): So if you're here, if you want to share or anyone else, let me see if you're here. Yes, you're here. Would you like?

255

00:32:52.680 --> 00:32:59.380

Elle: Thank you, Susanna, that's exactly what I had in mind is kind of like where where it is commented, is kind of like a

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00:33:00.250 --> 00:33:07.020

Elle: and like non harm is antithetical in some way to like some of the social justice work that we do, or the way that we

257

00:33:07.300 --> 00:33:15.090

Elle: call others in, or call others out those kinds of things, and also just you know anything else that anyone else has noticed to Just wherever that

258

00:33:15.130 --> 00:33:19.380

Elle: system of whiteness comes in and tends to

259

00:33:20.250 --> 00:33:26.830

Elle: make a comment Terry, about how like maybe Co-OP the concept of a him set as something that

260

00:33:27.300 --> 00:33:30.430

Elle: limits our ability to make an impact in some ways.

261

00:33:35.040 --> 00:33:38.780

Susanna Barkataki (she/her): Yes, and there was actually another question

262

00:33:38.930 --> 00:33:52.440

Susanna Barkataki (she/her): that's related to this. But Michael and this question was, and I think it's really connected. So i'm going to bring it in. Michael said. I recently heard the term reverse colonialism

263

00:33:52.530 --> 00:34:18.380

Susanna Barkataki (she/her): used in reference to someone being required to attend a ceremony held by a native person. and Michael said. I haven't done much research on this term, but it immediately felt like white privilege or supremacist delusion. It was hard for me to address it, and it also I felt called to, as it was in a group setting. My response was, I would have to do more research on this term, but i'm not sure a white person on native land can be colonized in any way

264

00:34:18.600 --> 00:34:26.870

Susanna Barkataki (she/her): so curiously what your thoughts are, and if you have any tips on how to address things like this as a white person who sees things like this come up all the time. Yes.

265

00:34:27.030 --> 00:34:41.250

Susanna Barkataki (she/her): so these are. Both are examples of, and and I just want to name, because that just even like these examples may be activating for folks or triggering for folks, I want to also name that, and invite you to take care of yourself, to breathe.

266

00:34:41.260 --> 00:34:44.850

Susanna Barkataki (she/her): to use whatever grounding or

267

00:34:45.050 --> 00:34:49.300

Susanna Barkataki (she/her): resourcing tools are supportive for you.

268

00:34:49.659 --> 00:34:52.750

Susanna Barkataki (she/her): It's a misunderstanding of

269

00:34:53.110 --> 00:34:56.260

Susanna Barkataki (she/her): this is what I'm going to do. Okay.

270

00:34:57.530 --> 00:34:59.820

Susanna Barkataki (she/her): It's a misunderstanding of

271

00:35:00.040 --> 00:35:06.350

Susanna Barkataki (she/her): the way power and privilege work, and what i'm gonna do is pull up

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00:35:06.730 --> 00:35:22.680

Susanna Barkataki (she/her): because I feel like you know we're always developing our frameworks and kind of our our understandings of things, and like conveying them more and more clearly. And I had this aha recently that I put in.

273

00:35:23.810 --> 00:35:31.070

Susanna Barkataki (she/her): You look a change Maker Magazine, which, if you haven't gotten, you can get for free. But let me let me pull it up so

274

00:35:31.890 --> 00:35:38.160

Susanna Barkataki (she/her): me sick. So can you see my screen?

275

00:35:38.170 --> 00:35:40.820

Susanna Barkataki (she/her): How do I present this?

276

00:35:42.690 --> 00:35:43.890

Susanna Barkataki (she/her): No.

277

00:35:45.910 --> 00:35:49.430

Susanna Barkataki (she/her): we a presentation? Not

278

00:35:55.370 --> 00:35:56.900

Susanna Barkataki (she/her): Oh, maybe

279

00:35:57.710 --> 00:35:58.830

Susanna Barkataki (she/her): let's see.

280

00:36:02.780 --> 00:36:04.420

Susanna Barkataki (she/her): Sorry about that.

281

00:36:07.970 --> 00:36:14.240

Susanna Barkataki (she/her): I'm gonna ask you there. Okay, Open website perfect. So

282

00:36:14.630 --> 00:36:25.090

Susanna Barkataki (she/her): how many downloaded this? By the way, i'm gonna just scroll through it. It's got a wonderful article and interview by the Maori Sandra Rajan, who wrote the trauma of Cast.

283

00:36:25.110 --> 00:36:27.420

Susanna Barkataki (she/her): But in it we were looking at

284

00:36:28.270 --> 00:36:34.020

Susanna Barkataki (she/her): practicing Yoga's social justice, right, and and so we know that power.

285

00:36:34.540 --> 00:36:35.680

Susanna Barkataki (she/her): and

286

00:36:37.760 --> 00:36:46.000

Susanna Barkataki (she/her): how it happens personally, like within ourselves, happens in family systems or communities. happens locally like

287

00:36:46.250 --> 00:37:03.170

Susanna Barkataki (she/her): in our neighborhoods and our workplaces, and then also happens globally or systemically. And so when someone is saying, oh, there's reverse right colonialism. Or you know, Don't, use a hemeet there to talk about global issues.

288

00:37:03.290 --> 00:37:06.530

Susanna Barkataki (she/her): but they're addressing it personally. They're missing

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00:37:06.690 --> 00:37:14.410

Susanna Barkataki (she/her): the They're mistaking something that's systemic or global for just something that's personal.

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00:37:14.880 --> 00:37:24.160

Susanna Barkataki (she/her): And what I appreciate this in this this we were thinking through in terms of cast liberation. Right? So. For how can we work for

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00:37:24.160 --> 00:37:42.640

Susanna Barkataki (she/her): cast liberation? And it's the same thing when someone misunderstands oppression, right or colonization is Personally, it's like taking care of ourselves, rest, nourishment, journaling, processing our feelings, maybe in conversation with others, practicing self compassion.

292

00:37:42.640 --> 00:37:49.490

Susanna Barkataki (she/her): and then working to dismantle any kind of doubt, or internalize depression or prejudice

293

00:37:49.870 --> 00:37:54.660

Susanna Barkataki (she/her): that we might have, and then with family and friends, right

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00:37:54.790 --> 00:38:06.720

Susanna Barkataki (she/her): practicing, listening, using kind words. educating, having conversations in this case, you know, with your question around that question around.

295

00:38:08.750 --> 00:38:28.740

Susanna Barkataki (she/her): I miss using a hemeet. It's like bringing it up right. Or in this case, having conversations about cast depression and and abolition, and then going deeper, forming a a book club, or having a discussion group having conversations, supporting anti cast discrimination bills, right or anti racist discrimination bills.

296

00:38:28.740 --> 00:38:30.700

Susanna Barkataki (she/her): acknowledging

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00:38:31.810 --> 00:38:44.510

Susanna Barkataki (she/her): discrimination or inequity, so normalizing it and then global or systemic attending protest loving for change supporting organizations right changing systems.

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00:38:44.730 --> 00:38:54.350

Susanna Barkataki (she/her): So what I really liked about this is one it helped me understand, and break down the difference between service and like systemic

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00:38:54.390 --> 00:39:13.980

Susanna Barkataki (she/her): change right? The and and it's that misunderstanding of, or conflation of the political or the social, as just personal. When people say that, or the when they use a hem set to be like. Oh, you hurt my feelings right like that hurts You're not practicing a hem. Well, sometimes it can feel like if

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00:39:14.510 --> 00:39:27.450

Susanna Barkataki (she/her): that person's comfort is happening because of systemic inequity, like bringing up that inequity is harming them. But the actual system is harming.

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00:39:27.990 --> 00:39:34.780

Susanna Barkataki (she/her): say, a group right indigenous folks, or South Asians in the context of Yoga.

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00:39:34.980 --> 00:39:38.360

Susanna Barkataki (she/her): or a preparation of Yoga. and

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00:39:38.370 --> 00:39:49.150

Susanna Barkataki (she/her): that's hard for people to understand. I think it's really hard for people to understand in those contexts that that both of you brought up because it can feel like a personal attack.

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00:39:49.160 --> 00:39:56.680

Susanna Barkataki (she/her): And what I found works really well, i'm going to stop sharing what I found works really well in

305

00:39:57.360 --> 00:40:09.140

Susanna Barkataki (she/her): those moments, if I have the resources like I'm resourced, is to have a conversation around Privilege. And what might it mean right? What might it mean for you if

306

00:40:09.460 --> 00:40:19.260

Susanna Barkataki (she/her): this were true like? If other people are harmed by your what you're benefiting from without realizing it, and

307

00:40:19.570 --> 00:40:26.430

Susanna Barkataki (she/her): the other way in that I found. And this is particularly for those places where I do experience. Marginalization

308

00:40:27.730 --> 00:40:41.870

Susanna Barkataki (she/her): is sharing my pain, which i'm not always willing to do right. I'm not always willing to go through that to help someone have an or have a learning. I do. I do it more, you know, through writing or through workshops.

309

00:40:42.090 --> 00:40:53.770

Susanna Barkataki (she/her): And so now for me. And I say this because for folks of color for crew folks chance folks right like you get to decide if you want to

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00:40:54.350 --> 00:40:57.100

Susanna Barkataki (she/her): to take the time and the energy to educate.

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00:40:57.270 --> 00:41:04.080

Susanna Barkataki (she/her): Now for those who say are white and who are wanting to educate around, say you know.

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00:41:04.430 --> 00:41:08.150

Susanna Barkataki (she/her): and or colonialism.

313

00:41:08.640 --> 00:41:19.090

Susanna Barkataki (she/her): I think that's so helpful because it actually helps take the onus and the burden off those of us who get activated or triggered by doing it all the time.

314

00:41:19.500 --> 00:41:41.880

Susanna Barkataki (she/her): and you also have to check in with yourself about if you have the resources, and if the conditions are right for creating awareness right? Because there's one thing to to be in a conversation and be engaging to prove a point, or to be right, or to like, make someone feel bad and make yourself feel better, because you understand something that they tell. And I really had to

315

00:41:41.880 --> 00:41:52.750

Susanna Barkataki (she/her): to pull back, and for myself in those moments, and be like what's my intention here? Right? It's it's really to open their heart, and the only way to do that

316

00:41:53.060 --> 00:42:00.030

Susanna Barkataki (she/her): I usually find is by connecting kind of heart to heart, by by sitting and saying, Wow! You know

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00:42:00.360 --> 00:42:18.540

Susanna Barkataki (she/her): there's a whole other way of seeing this, and we. I'd love to explore this with you, to have time, you know, to have the space to go into this this exploration with me, and to really meet them in a place where they're not defensive, and where they actually can, or they might be defensive. But where?

318

00:42:18.770 --> 00:42:20.950

Susanna Barkataki (she/her): Where change is possible.

319

00:42:22.770 --> 00:42:24.770

Susanna Barkataki (she/her): I also

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00:42:24.830 --> 00:42:31.100

Susanna Barkataki (she/her): Oh, Yes, thank you. You did receive any. Okay, and let me see if I can drop the

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00:42:32.130 --> 00:42:33.920

Susanna Barkataki (she/her): the link to this.

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00:42:34.000 --> 00:42:35.810

Susanna Barkataki (she/her): I see.

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00:42:40.260 --> 00:42:47.560

Susanna Barkataki (she/her): So I will say that in doing this work I find having a community of other folks who are doing it is really helpful.

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00:42:47.640 --> 00:43:06.980

Susanna Barkataki (she/her): And so there's a couple of anti racist resources like in i'm thinking particularly for white folks. There's one called the Where the Alliance for White Anti racist everywhere, and i'll get the I actually think these groups are in that the resource that's in the portal for you. It's one of the bonuses

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00:43:07.860 --> 00:43:13.080

Susanna Barkataki (she/her): and then surge showing up for racial justice. And I bring these 2 up, because

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00:43:13.100 --> 00:43:24.800

Susanna Barkataki (she/her): I've been in relationship for almost 2 decades with some of the folks who found it aware, and including one of my partners who didn't found where, but was part of the the early

327

00:43:24.810 --> 00:43:33.000

Susanna Barkataki (she/her): formation of it. And what I've seen is, it's a lot right to work as an ally or as an accomplice

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00:43:33.690 --> 00:43:50.070

Susanna Barkataki (she/her): and continue to do that work, because what you're kind of taking on is some of the experience of the marginalization that folks of color queer from Stands folks experience, and so to continue to do that work and to not get exhausted and burned out. It's helpful to have community.

329

00:43:50.180 --> 00:44:04.820

Susanna Barkataki (she/her): So I definitely recommend having that doesn't have to be a group could be a close friend, or you know just a friend that you're like, hey? Let's do this. Let's commit to working together, you know, in your community my community and sharing with each other, supporting each other.

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00:44:06.870 --> 00:44:14.400

Susanna Barkataki (she/her): Okay, i'm gonna pause. Thank you so much for dropping, and I, so aware, has surge, and it's, as you are doing

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00:44:15.560 --> 00:44:19.140

Susanna Barkataki (she/her): aware, has weekly free

332

00:44:21.660 --> 00:44:23.230

Susanna Barkataki (she/her): community dialogue

333

00:44:23.740 --> 00:44:36.170

Susanna Barkataki (she/her): for white folks. So this is like training for and support space for white folks working on your anti racist identity. and they're there, I think. Saturday dialogue. They've happened. They used to happen in like you know.

334

00:44:36.210 --> 00:44:49.310

Susanna Barkataki (she/her): like wreck rooms and churches here here in La and now they happen in online space. And so you can attend one any Saturday really, of the year. I believe they're happening.

335

00:44:49.460 --> 00:44:55.330

Susanna Barkataki (she/her): and what I've appreciated, too. I've learned a lot from the way that they organize one

336

00:44:55.330 --> 00:45:15.840

Susanna Barkataki (she/her): is, and I think this is really important. They're always in relationship with folks of color in terms of like guidance, and particularly like organizing arms from black Lives matter, movement, the local chapter. For what are the needs right? How can we be of service? Because it can be tricky? And when white folks organize just like like

337

00:45:16.310 --> 00:45:36.290

Susanna Barkataki (she/her): without that connection, and then the second part that I've seen be really helpful is working on positive anti racist identity development, because again, like, we might get into the work because we feel bad or we want to. You know we feel guilty about privilege that we have, and whatever identity, but that's not sustainable. It's also not

338

00:45:36.320 --> 00:45:51.250

Susanna Barkataki (she/her): true right like there is this whole other part of like. Wow! There's a whole legacy and history of, say, folks who march, you know, in in marches, or participated in being safe. Houses in the underground railroad.

339

00:45:51.250 --> 00:45:59.380

Susanna Barkataki (she/her): or, you know, have lobbied, or what all of the things that anti racist folks have done from positions of privilege

340

00:45:59.710 --> 00:46:09.070

Susanna Barkataki (she/her): that is a legacy to be proud of, and is in a like a legacy to to learn from, and that you get to be part of right, and

341

00:46:09.230 --> 00:46:17.340

Susanna Barkataki (she/her): and in a way it's sort of like it's how we use this sometimes to say, oh, it's performative. They want it to be on the right side of history. But

342

00:46:17.830 --> 00:46:37.400

Susanna Barkataki (she/her): it's true, right like those folks were on the right side of history, and there's real costs for celebration in that, and we don't learn about those, you know, ancestors and those leaders so much in conventional schooling, and there's a lot to learn from the work that they've done so.

343

00:46:37.770 --> 00:46:47.020

Susanna Barkataki (she/her): Any East Coast organizations surge, I believe, is on the East Coast. If someone could, I think it's search.org. Someone could look that up and drop the link.

344

00:46:48.370 --> 00:46:52.620

Susanna Barkataki (she/her): Okay, I want to get to some of these other questions a couple more.

345

00:46:56.300 --> 00:46:59.710

Susanna Barkataki (she/her): And then I also want to say, for folks of color

346

00:47:00.070 --> 00:47:16.020

Susanna Barkataki (she/her): like affinity spaces. Right? We get to move in affinity spaces, too. And so there's lots of there's places where you know meditation groups. Maybe practice spaces just like discussion spaces where

347

00:47:16.240 --> 00:47:17.700

Susanna Barkataki (she/her): you can go

348

00:47:17.740 --> 00:47:31.760

Susanna Barkataki (she/her): and be held. Trans. Yoga classes, Queer and trans sugar classes. One of my colleagues to Kobe Ballard leads one weekly, and then also trans yoga project. Right? So, having spaces where we're, we're

349

00:47:31.980 --> 00:47:33.930

Susanna Barkataki (she/her): with folks where we feel

350

00:47:34.370 --> 00:47:45.470

Susanna Barkataki (she/her): a kind of kinship or identity connection doesn't always mean they'll be safe spaces. But it does mean that there's some particular learning and growth we can do there.

351

00:47:45.760 --> 00:48:01.090

Susanna Barkataki (she/her): So someone asks Don. I would love to hear about how we are not symmetrical beings, especially how tech or energy centers relate to what type of beings we are. Further, I imagine this can unfold into how we exist in multiple realms.

352

00:48:01.090 --> 00:48:16.400

Susanna Barkataki (she/her): How can we practice a hemeet through our energy centers and across realms? Yes, I love this question. So I say that a lot right? We're not symmetrical beings. We don't live symmetrical lives. It's a queue that I like to use in Yoga.

353

00:48:16.540 --> 00:48:25.430

Susanna Barkataki (she/her): Perhaps because so I was born. I'm blind, mostly blind in my left eye. and i'm left handed.

354

00:48:25.610 --> 00:48:44.010

Susanna Barkataki (she/her): and I also broke my left leg. So my left femur when I was young, and so I've lived this life that's felt like off or lopsided, or you know, and and for many of us like you may have had things that have happened to you, or, you know, have a dominant side or hand like

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00:48:44.010 --> 00:48:47.520

Susanna Barkataki (she/her): Things are different from one side to the other physically.

356

00:48:47.650 --> 00:48:48.890

Susanna Barkataki (she/her): and

357

00:48:50.720 --> 00:48:56.370

Susanna Barkataki (she/her): I think we often feel. And and in yoga like this sort of Yoga mythology is like

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00:48:56.540 --> 00:49:01.980

Susanna Barkataki (she/her): it to look the same right when we say, Put your arms out that your arms should be

359

00:49:02.120 --> 00:49:12.670

Susanna Barkataki (she/her): even one side to the other. But it's not how it is like. When you actually put just put your arms out right, or lift arms up in front of you. One or might be like my

360

00:49:12.780 --> 00:49:16.650

Susanna Barkataki (she/her): left hand has to be higher than my right hand right so

361

00:49:17.760 --> 00:49:35.440

Susanna Barkataki (she/her): it's helpful to remember in that space of giving ourselves permission and practice, and giving our students permission, that things are not gonna look the same or feel the same side side, and balance too. There may be one side that's a little more wavery shaky, and there may be one side that's a little more solid.

362

00:49:35.440 --> 00:49:38.010

Susanna Barkataki (she/her): and it can give us information.

363

00:49:38.520 --> 00:50:03.660

Susanna Barkataki (she/her): It can give us a lot of information energetically, you know. Metaphorically, we can look at the kind of sides of our body as the more active side, the more receptive side, not gendering sides at all, but just like the more energetic, active side on the right, the more the more receptive, the more calming side on the left. And so if i'm more shaky on my left, i'm like, oh, yeah, right. I need a little more grounded nourishment.

364

00:50:05.780 --> 00:50:06.990

Susanna Barkataki (she/her): and

365

00:50:07.660 --> 00:50:25.220

Susanna Barkataki (she/her): energetically it's the same right, and it because we have the energy bodies, the coaches, the different sheets going back to that intro class. If you Haven't watched it. No problem. But there's a kosher meditation there that you can go back through anytime you want, and looking at, like

366

00:50:25.320 --> 00:50:32.530

Susanna Barkataki (she/her): like the physical body. the mental body, the emotional body, the wisdom body

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00:50:32.880 --> 00:50:41.080

Susanna Barkataki (she/her): also. Sometimes our wisdom might feel really big, you know, and other times it might feel really really small and really tight.

368

00:50:42.010 --> 00:50:45.800

Susanna Barkataki (she/her): big in some ways, more contracted in others.

369

00:50:45.850 --> 00:50:55.450

Susanna Barkataki (she/her): and there's no right or wrong to that. It's more just information to observe and to bring to bring awareness to.

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00:50:55.580 --> 00:50:57.130

Susanna Barkataki (she/her): I'm gonna look at your notes.

371

00:50:57.310 --> 00:51:00.690

Susanna Barkataki (she/her): Oh, wow, Don. Oh, i'm sorry you broke a femur.

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00:51:01.020 --> 00:51:11.760

Susanna Barkataki (she/her): I learned so much from that. I was not something i'd ever wish on anyone, but I definitely learned how to handle pain, right pain, and and suffering and discomfort.

373

00:51:13.870 --> 00:51:27.640

Susanna Barkataki (she/her): I really love the perspective of being part of this legacy of anti racist action. Never heard it put that way. And I think that would help folks who are feeling negative about the guilt. Yeah, yeah, guilt. We can't stop with the guilt, right? Like it might get us into the work.

374

00:51:27.660 --> 00:51:34.440

Susanna Barkataki (she/her): But what sustains us is the joy. What sustains us is the pride. What sustains us is the like.

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00:51:34.770 --> 00:51:37.080

Susanna Barkataki (she/her): This is part of my

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00:51:37.210 --> 00:51:48.110

Susanna Barkataki (she/her): dharma. My purpose of being here on this earth is to like help. Bring more equity, more equality for all all people.

377

00:51:48.390 --> 00:51:55.360

Susanna Barkataki (she/her): And that's something that you're doing with your yoga practice every time you practice personally, interpersonally, socially, politically.

378

00:51:58.310 --> 00:52:02.910

Susanna Barkataki (she/her): Okay, I think that's the all of the questions.

379

00:52:03.190 --> 00:52:06.140

Susanna Barkataki (she/her): Let me see. I'd have missed one.

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00:52:06.530 --> 00:52:09.020

Susanna Barkataki (she/her): Yes, we missed one question.

381

00:52:10.400 --> 00:52:17.580

Susanna Barkataki (she/her): They want to see if there's any anything on your hard. Yeah. I do want to address this because this is a great

382

00:52:17.780 --> 00:52:26.950

Susanna Barkataki (she/her): question around the sterilization of Yoga and Jennifer was trained in a lineage school.

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00:52:27.330 --> 00:52:28.920

Susanna Barkataki (she/her): and also

384

00:52:31.030 --> 00:52:38.350

Susanna Barkataki (she/her): in the last 5 years has really immersed in Western training. Trauma informed You'll get evidence based stuff only.

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00:52:40.260 --> 00:52:43.370

Susanna Barkataki (she/her): and has experienced a lot of their own

386

00:52:44.080 --> 00:52:51.170

Susanna Barkataki (she/her): like in systemic traumas. And so trauma of colonialism, right intergenerational rooms.

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00:52:52.590 --> 00:52:59.040

Susanna Barkataki (she/her): So I can, hearing your question and the questions, or there's not actually a question, but it's like

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00:52:59.230 --> 00:53:06.580

Susanna Barkataki (she/her): I've sterilized my practice, and i'm ready to get back to what Central, honoring me and supported by the roots.

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00:53:10.190 --> 00:53:12.600

Susanna Barkataki (she/her): Yes, so

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00:53:13.680 --> 00:53:17.360

Susanna Barkataki (she/her): I wanna Just take a moment to say like

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00:53:19.050 --> 00:53:21.570

Susanna Barkataki (she/her): you, Haven't lost

392

00:53:21.810 --> 00:53:23.670

Susanna Barkataki (she/her): the roots.

393

00:53:24.860 --> 00:53:37.460

Susanna Barkataki (she/her): Jennifer, like they're they're in you. Your teachings are in you, and they're there, and they're always there, and they're informing what what you share. And

394

00:53:37.570 --> 00:53:54.260

Susanna Barkataki (she/her): it can be. It can be both trusting that. And then also like intentionally naming your Guruji every morning, sending gratitude to him to them. The teachers that you've had. It can be intentionally naming your teachers, as you teach

395

00:53:54.260 --> 00:54:04.190

Susanna Barkataki (she/her): so little ways little ways of moving back towards that that alignment, and I wanted to see if you wanted to share anything out loud. If you're

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00:54:04.340 --> 00:54:06.470

Susanna Barkataki (she/her): here, let me check.

397

00:54:10.670 --> 00:54:11.820

Susanna Barkataki (she/her): No, I don't.

398

00:54:12.100 --> 00:54:15.900

Susanna Barkataki (she/her): I don't see you. No.

399

00:54:16.330 --> 00:54:21.450

Susanna Barkataki (she/her): So so just naming. naming that

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00:54:23.220 --> 00:54:26.300

Susanna Barkataki (she/her): we can be. you know this is alignment.

401

00:54:26.670 --> 00:54:41.420

Susanna Barkataki (she/her): and we can take a 100 at some of You have heard me say this before, but it always is helpful for me so hopefully it's helpful for you. We can take a 100 steps away from that alignment, but it takes just being intentional right, One aligned choice to come back.

402

00:54:41.510 --> 00:54:56.530

Susanna Barkataki (she/her): and when we're feeling out of alignment with lineage with practice, it's it's naming the practice. It's coming back to the practice. It's it's reading those teachers. If they have books, it's naming them in your meditations, in your prayers.

403

00:54:56.530 --> 00:55:05.860

Susanna Barkataki (she/her): naming them out loud, and really coming back into alignment with the the practices and the teachings that they've taught, and this i'm. Saying, with a healthy

404

00:55:05.860 --> 00:55:19.820

Susanna Barkataki (she/her): right, not you do not need to name your teachers if if it was unhealthy. But if you're wanting that, and it feels supportive to you, then then just come back to it and and continue to practice in that way. And

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00:55:19.820 --> 00:55:37.450

Susanna Barkataki (she/her): if it's hard because you're in a like evidence-based trauma informed environment like hospital schools, you know government. Then maybe you're starting with yourself first, and you're finding ways to weave that in externally. But beginning with yourself is is really impactful.

406

00:55:38.250 --> 00:55:40.520

Susanna Barkataki (she/her): Yes.

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00:55:40.910 --> 00:55:43.420

Susanna Barkataki (she/her): okay. I mean

408

00:55:43.470 --> 00:55:55.690

Susanna Barkataki (she/her): thing else. Let me see, there was one more question about pacing. Yes, and I think we talked a little bit about that. Should they be practiced together. Yeah. So

409

00:55:56.050 --> 00:56:06.830

Susanna Barkataki (she/her): how to blend the practice of 2 monthly issues. So it's again kind of up to you of what supported. I like being in the space of the energy of the month.

410

00:56:06.830 --> 00:56:19.620

Susanna Barkataki (she/her): But I so I like when i'm in, say, I practice the Satya practices, knowing that they all telegraph into each other. But there, there's only you know it's maybe I don't even know

411

00:56:20.150 --> 00:56:24.630

Susanna Barkataki (she/her): under 2 h of content, maybe 2 h, 15 min at most.

412

00:56:24.680 --> 00:56:38.960

Susanna Barkataki (she/her): and so it during the month, if you're practicing with Set the essay, and you're like oh, I feel really called to go back to him so you can. You know there's no harm in that. But there's an it's not like the expectation is every month you're doing all of them. No.

413

00:56:39.280 --> 00:56:49.610

Susanna Barkataki (she/her): just be on the month that you're in unless you're called to do something else. And the way I like to do it is

414

00:56:50.220 --> 00:57:10.160

Susanna Barkataki (she/her): not everything every day, certainly not. It's more like meditation, you know, for me it' be meditation every day, maybe mantra 2 to 3 times a week. Pass in a practice once a week right it doesn't it doesn't have to be. There's no rules about it. And so, if anyone else has

415

00:57:10.780 --> 00:57:23.870

Susanna Barkataki (she/her): has thoughts on what's worked for you, yeah, how to blend the different monthly features and practices, and I just listen to the Dharma talk. I. We listen to my own talk, and it's helpful

416

00:57:24.160 --> 00:57:38.530

Susanna Barkataki (she/her): once. So for me you may. It may be one of those things we're like. Oh, I got those insights, and you want to do it at the beginning and the end of the month. I tend to listen, beginning to the middle of the month, to to like kind of take that theming through the month.

417

00:57:38.530 --> 00:57:52.390

Susanna Barkataki (she/her): and then I do the Us. In a practice once a week, meditation daily, or as close to daily as as possible, and much for daily or as close, you know, 3 3 5 times a week. So that's how i'm practicing

418

00:57:53.560 --> 00:57:59.310

Susanna Barkataki (she/her): anyone else have anything else working for them, because there's no Again, there's no rules for it.

419

00:58:02.220 --> 00:58:15.110

Susanna Barkataki (she/her): It could be much less right. It could be like, I meditate once a week. I listen to the talk bits of the talk. and then there's some people here who don't do that, and I just want to also normalize that

420

00:58:15.190 --> 00:58:16.920

Susanna Barkataki (she/her): where S. And is not.

421

00:58:17.180 --> 00:58:21.320

Susanna Barkataki (she/her): They're not interested in that, or it's not part of their practice.

422

00:58:21.510 --> 00:58:27.550

Susanna Barkataki (she/her): and or don't do the much better. Don't you right. You don't have to do any part of it.

423

00:58:34.060 --> 00:58:36.560

Susanna Barkataki (she/her): I'm thinking that it might be helpful

424

00:58:37.200 --> 00:58:42.200

Susanna Barkataki (she/her): if if I put like practice like a loose practice guide

425

00:58:42.300 --> 00:58:49.620

Susanna Barkataki (she/her): line, you know, for for folks who want that. Yeah, it looks like that would be helpful. So i'd love to actually see.

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00:58:50.070 --> 00:58:54.600

Susanna Barkataki (she/her): Is there an option to listen to the manta on loop? That's a great question

427

00:58:56.900 --> 00:58:58.670

Susanna Barkataki (she/her): I have that thought to

428

00:58:59.840 --> 00:59:08.790

Susanna Barkataki (she/her): when I was listening. Let me. I am not the tech person, so i'm gonna drop that in with my team to ask them.

429

00:59:14.050 --> 00:59:15.460

Susanna Barkataki (she/her): Oh, that did not.

430

00:59:16.660 --> 00:59:17.710

Susanna Barkataki (she/her): Oh.

431

00:59:25.470 --> 00:59:26.220

Susanna Barkataki (she/her): okay.

432

00:59:29.690 --> 00:59:34.230

Susanna Barkataki (she/her): anyone else have anything, any sort of structures that

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00:59:36.410 --> 00:59:37.820

Susanna Barkataki (she/her): that work for them?

434

00:59:39.230 --> 00:59:40.300

Susanna Barkataki (she/her): Hmm.

435

00:59:41.540 --> 00:59:43.470

Susanna Barkataki (she/her): In terms of your practice.

436

00:59:43.650 --> 00:59:57.260

Susanna Barkataki (she/her): I would definitely say, holding it with a lot of self compassion and a lot of grace, you know not, and I should, or I have to. But I I get to, and this is nourishing for me, you know.

437

00:59:57.750 --> 01:00:00.870

Susanna Barkataki (she/her): because I think that will be more more supportive.

438

01:00:01.550 --> 01:00:21.080

Susanna Barkataki (she/her): Yes, new question got you, Amanda? I'm struggling with the race. Racial colorism that is also part of you know this is someone of African descent. We sometimes get loved together as Poc, and our experiences aren't the same. I still struggle with this as I deeply love my practice, but I also feel like it wasn't for me. Yeah.

439

01:00:28.400 --> 01:00:31.540

Susanna Barkataki (she/her): I really feel that, Linda.

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01:00:36.730 --> 01:00:40.300

Susanna Barkataki (she/her): My, I guess my question is.

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01:00:43.170 --> 01:00:52.750

Susanna Barkataki (she/her): I feel like the the colorism. and the those hierarchies are part of like the codification or the

442

01:00:52.980 --> 01:01:01.810

Susanna Barkataki (she/her): like, where, like prominical patriarchy, came in, can organize Yoga in a way to support power structures that are repressive.

443

01:01:02.040 --> 01:01:25.690

Susanna Barkataki (she/her): And so what I try to do is focus on the parts of Yoga that are nature based, that are earth based that are elements based and that are laboratory, because I actually feel like some of those parts that took Yoga and made it part of these systems of oppression and hierarchy were the for some of the first appropriations of it.

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01:01:25.710 --> 01:01:34.830

Susanna Barkataki (she/her): Not that those structures were inherently part of Yoga itself. I don't believe they were in the early early early

445

01:01:34.830 --> 01:01:51.170

Susanna Barkataki (she/her): days of practice, but the the way that people used it became oppressive. And so for me that's helpful. But i'm not also acknowledging, like I'm, a very light skin person of color, right and and so it's different, perhaps, to be like. I can connect to those parts

446

01:01:51.170 --> 01:01:59.980

Susanna Barkataki (she/her): and critique the part that is oppressive, and so just opening that up to for folks input and thoughts there.

447

01:02:01.900 --> 01:02:04.490

Susanna Barkataki (she/her): because that is, I think that is a struggle.

448

01:02:04.770 --> 01:02:19.650

Susanna Barkataki (she/her): And I also want to say, just to remind us that there was conversation. There was trade between Northeast Africa, and especially South India, and for thousands of years. And so

449

01:02:19.790 --> 01:02:24.410

Susanna Barkataki (she/her): we don't know because of colonization Also, just because of the passage of time.

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01:02:25.440 --> 01:02:31.830

Susanna Barkataki (she/her): We don't know what always practiced in Africa at that time. But my

451

01:02:32.230 --> 01:02:39.550

Susanna Barkataki (she/her): sense, and especially from conversations that I've you know folks in South India are black right there. They're

452

01:02:39.850 --> 01:02:49.980

Susanna Barkataki (she/her): Dravidian, and there's a as on the islands as well south south of India. There's a lot of folks who are are Black Indian culturally, but they're black.

453

01:02:50.230 --> 01:03:03.700

Susanna Barkataki (she/her): and so there's been this this trade and conversation between African folks and Indian folks for thousands of years. and a lot of what I think Yoga came codified into was

454

01:03:03.800 --> 01:03:18.390

Susanna Barkataki (she/her): stemmed from some of the practices happening in Africa. And so that's why i'll often say you'll become from Black and brown folks. We don't know you know we don't have the historical record, but we have oral tradition, and we you know that that's something that

455

01:03:18.730 --> 01:03:32.020

Susanna Barkataki (she/her): that i'm looking to learn more about and to explore more about. And when I was in Sri Lanka not this, but in in the past I got to see some of the evidence of that, especially in some of the islands down there. So.

456

01:03:32.710 --> 01:03:36.270

Susanna Barkataki (she/her): Amanda. any any more thoughts on this.

457

01:03:39.460 --> 01:03:58.150

Amanda Halls: I actually think that that's super helpful for me to be honest. It's something I've been struggling with for a while, and I noticed that somebody did drop in the chat about Kematic Yoga. And yeah, definitely, when we think about the Egyptian culture as well.

458

01:03:58.150 --> 01:04:02.310

Amanda Halls: These things are there, and there's so many parts of

459

01:04:02.310 --> 01:04:18.240

Amanda Halls: African culture that I've studied that are focused on nature that do focus on elements like a lot of indigenous practices, so I do find myself gravitating towards that type of stuff. But it was. It was just really getting in my way, and

460

01:04:18.270 --> 01:04:24.850

Amanda Halls: honestly having black history month that just passed, and he, I just felt like

461

01:04:24.960 --> 01:04:29.310

Amanda Halls: sometimes at people of color in general.

462

01:04:29.550 --> 01:04:39.970

Amanda Halls: Don't speak out during Black History month, and it's really confronting for me as we move into a hymns. And as someone who

463

01:04:40.350 --> 01:04:52.000

Amanda Halls: who advocates for the deep the the breaks out of the patriarchy and white supremacy like that's what we have to focus on as our main target. We can't keep

464

01:04:52.860 --> 01:04:57.370

Amanda Halls: fighting with each other, pretending. Oh, well. you know

465

01:04:57.490 --> 01:05:01.720

Amanda Halls: My, it. It isn't. Somebody once said to me, it's not the oppression. Olympics

466

01:05:01.770 --> 01:05:05.030

Amanda Halls: and I get that. but at the same time

467

01:05:05.120 --> 01:05:12.190

Amanda Halls: not Everybody's experience is the same. and it's the intersectionality of things.

468

01:05:12.690 --> 01:05:21.470

Amanda Halls: I think, and I think I was just really getting confronted, and i'm glad that you brought that up, and I I I definitely see it won't.

469

01:05:21.800 --> 01:05:25.990

Amanda Halls: When we go back into the history, I guess if we go far enough back

470

01:05:26.520 --> 01:05:30.310

Amanda Halls: right, just go as far back as we possibly can.

471

01:05:30.410 --> 01:05:39.980

Amanda Halls: so that we can erase what is really the biggest problem that we've had, which is that white supremacy and the patriarch you followed by it.

472

01:05:40.060 --> 01:05:44.900

Amanda Halls: Thank you. Thank you for that. Thank you for helping me clear that up in.

473

01:05:45.240 --> 01:05:47.700

Amanda Halls: Thank you all for your comments as well.

474

01:05:48.450 --> 01:05:54.560

Susanna Barkataki (she/her): Yes, Amanda, thank you, and I just want to really like underscore. You absolutely belong

475

01:05:54.650 --> 01:06:06.860

Susanna Barkataki (she/her): here, and in the practice of yoga, and you know the I. I do think it's those oppressive systems that make us feel like we don't, and it's also

476

01:06:07.480 --> 01:06:22.080

Susanna Barkataki (she/her): the responsibility of other folks folks of color white folks right to interrupt and to dis dismantle some of these systems that make particularly black folks feel like they don't belong, and, you know, just

477

01:06:22.160 --> 01:06:39.950

Susanna Barkataki (she/her): naming to their movements post-colonial movements, or neil colonial movements of like claiming Yoga just for Indians, and even just for Hindus right, which is completely inaccurate. Yoga is never under the purview of one religion, but it also lessons just under the purview of one culture.

478

01:06:40.010 --> 01:06:42.950

And so this is an important part of the work

479

01:06:43.310 --> 01:06:53.290

Susanna Barkataki (she/her): mit Ctl. And for me, as a South Asian to do, and I do work with, You know, different groups of South Asian folks to to address and have these conversations so 250.

480

01:06:53.430 --> 01:07:00.940

Susanna Barkataki (she/her): So Yes, and someone said in an it post. They mentioned a book on Black You with teachers. There is a great. so that everyone

481

01:07:01.120 --> 01:07:10.510

Susanna Barkataki (she/her): we just pull that in there. We need to close. But. Carolyn, what opening to spirit

482

01:07:10.530 --> 01:07:22.230

Susanna Barkataki (she/her): Wonderful book! I think you might really really love it all about contacting the healing powers of the Tacris and honoring African spirituality.

483

01:07:22.580 --> 01:07:25.480

Susanna Barkataki (she/her): Let me drop that link in chat.

484

01:07:28.040 --> 01:07:40.680

Susanna Barkataki (she/her): Yes, so thank you. Thank you so much. Everyone for your questions, for your listening for your participation, and I saw there was one more question that I didn't get to today around

485

01:07:40.700 --> 01:07:47.750

Susanna Barkataki (she/her): Veganism, and I just want to address that really quickly. We can talk about it more next time

486

01:07:49.060 --> 01:07:55.270

Susanna Barkataki (she/her): people get attacked for not being Vegan as a not, you know, practicing a hem. So

487

01:07:55.610 --> 01:07:58.360

Susanna Barkataki (she/her): that is like there.

488

01:07:59.250 --> 01:08:15.590

Susanna Barkataki (she/her): There are Yogis who, living in the Himalayas higher than plants grow. What did they eat? Yeah, right animals, that's all they could eat. That was all that group. You know all that all it was there, and so there is no absolute way to practice a hemeet

489

01:08:15.590 --> 01:08:29.350

Susanna Barkataki (she/her): when we are vegetarian or V, and there are countless bugs that are killed, you know, in the in the creation of our food, so there is no perfection of a hem. So it's kind of like tick, that he says it's not. We're not

490

01:08:30.260 --> 01:08:49.960

Susanna Barkataki (she/her): getting to the moon. It's like a finger pointing at the moon right? So it's a path. It's a. It's an aspiration. It's not a perfection, and that for me has been so helpful. He also said, the raft is not the shore, so switching metaphors from the pointing at the moon to like the boat crossing the the river.

491

01:08:49.960 --> 01:08:52.540

Susanna Barkataki (she/her): Is he? Some is like our raft.

492

01:08:52.540 --> 01:09:15.300

Susanna Barkataki (she/her): but also Don't get so attached to the raft that you miss out. You get to the other shore, and you're like lugging your raft everywhere with you, and you're dragged down by it. Just enjoy the other shore right? Enjoy where you are. And so it's not using these ethics as a a stick, you know, or harm to ourselves. It's more like

493

01:09:15.340 --> 01:09:31.020

Susanna Barkataki (she/her): can we take? Can we let it be something guiding us rather than something to hold on so tightly to? And yeah, I mean, it can be really hard with people can be very militant about their views, especially around diet and food. So with that I I often

494

01:09:31.120 --> 01:09:46.370

Susanna Barkataki (she/her): stop engaging, you know, and just kinda move move to other places, and don't continue so. Your choice of how you wanna want to do that that I wanted to to at least suggest it because I've been. I've definitely been there, and and been on the receiving end of a lot of

495

01:09:46.370 --> 01:09:56.940

Susanna Barkataki (she/her): a lot of ire at my choices for for health reasons also because I was anemic, and at times have needed to eat in a non vegan way.

496

01:09:57.380 --> 01:09:59.460

Susanna Barkataki (she/her): So yes.

497

01:09:59.570 --> 01:10:01.720

Susanna Barkataki (she/her): big, holding

498

01:10:01.970 --> 01:10:04.780

Susanna Barkataki (she/her): it all with compassion and care

499

01:10:04.970 --> 01:10:09.530

Susanna Barkataki (she/her): and also variety, right variance, human variability.

500

01:10:09.870 --> 01:10:17.440

Susanna Barkataki (she/her): So we will close, and you can bring your hands together at your heart to place your hands on your heart.

501

01:10:17.620 --> 01:10:23.150

Susanna Barkataki (she/her): We'll close just as we opened with one tent of

502

01:10:24.210 --> 01:10:27.080

Susanna Barkataki (she/her): the mantra of loving kindness

503

01:10:27.830 --> 01:10:30.880

Susanna Barkataki (she/her): deep in and out

504

01:10:37.210 --> 01:10:39.670

Susanna Barkataki (she/her): semester. Huh?

505

01:10:48.010 --> 01:10:50.440

Susanna Barkataki (she/her): So must

506

01:11:01.080 --> 01:11:03.220

Susanna Barkataki (she/her): It's okay. No.

507

01:11:10.340 --> 01:11:12.180

Susanna Barkataki (she/her): thank you so much

508

01:11:12.400 --> 01:11:15.340

Susanna Barkataki (she/her): for your presence, for your practice.

509

01:11:15.500 --> 01:11:19.640

Susanna Barkataki (she/her): and you can unmute and say goodbye, and i'll see you all soon.

510

01:11:20.830 --> 01:11:24.000

Amanda Halls: Thank you so much for that. Thank you.

511

01:11:25.290 --> 01:11:31.920

Marlee Osbron: Thank you. Thank you.

512

01:11:32.330 --> 01:11:34.250

Jayce Philpott (she/her): Thank you so much.

513

01:11:34.340 --> 01:11:35.880

Dawn: Be well, everyone.