



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

1

00:00:01.690 --> 00:00:03.790

Susanna Barkataki (she/her): Hey, welcome.

2

00:00:05.170 --> 00:00:08.670

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

3

00:00:09.950 --> 00:00:13.810

Susanna Barkataki (she/her): It's always nice to see folks something in

4

00:00:15.590 --> 00:00:19.990

Susanna Barkataki (she/her): from everywhere that we are. Hmm.

5

00:00:22.240 --> 00:00:24.970

Susanna Barkataki (she/her): And as we come together

6

00:00:25.870 --> 00:00:40.630

Susanna Barkataki (she/her): I invite you to just take some time to center on your breath, and sometimes it's nice to like. Give yourself a little shoulder massage, maybe touching or rubbing hand or hands on your test, if that feels good

7

00:00:40.710 --> 00:00:50.590

Susanna Barkataki (she/her): or on your belly, or a couple of inches below your belly button, and then, as you're just arriving, or just taking some time to like either stretch

8

00:00:51.160 --> 00:00:52.280

Susanna Barkataki (she/her): or

9

00:00:52.520 --> 00:00:55.570

Susanna Barkataki (she/her): come to center. Come to

10

00:00:55.890 --> 00:01:03.980

Susanna Barkataki (she/her): your body. you're right. and we'll take a few moments to breathe together.

11

00:01:04.129 --> 00:01:09.990

Susanna Barkataki (she/her): see, can continue to move stretching, if you like, or

12

00:01:10.920 --> 00:01:17.480

Susanna Barkataki (she/her): or just begin to. I mean to a still in focused place.

13

00:01:20.330 --> 00:01:23.130

Susanna Barkataki (she/her): So the breath is so powerful.

14

00:01:25.250 --> 00:01:27.100

Susanna Barkataki (she/her): Her breath

15

00:01:28.510 --> 00:01:32.260

Susanna Barkataki (she/her): is a key. one of the biggest keys

16

00:01:34.180 --> 00:01:41.530

Susanna Barkataki (she/her): to to self knowledge. to what's going on

17

00:01:41.710 --> 00:01:48.590

Susanna Barkataki (she/her): in your mind's body, spirit, your whole Selma, your whole being energy.

18

00:01:48.840 --> 00:01:56.270

Susanna Barkataki (she/her): Oh. so we'll just take a little bit of time to connect with your breath. not

19

00:01:56.460 --> 00:02:00.230

Susanna Barkataki (she/her): judging it or trying to make it different than it is.

20

00:02:00.260 --> 00:02:04.220

Susanna Barkataki (she/her): It's bringing awareness. Noticing Inbra

21

00:02:06.650 --> 00:02:09.070

Susanna Barkataki (she/her): a pause at the top of the in breath.

22

00:02:10.080 --> 00:02:14.040

Susanna Barkataki (she/her): outbrea. So at the bottom of you

23

00:02:14.950 --> 00:02:18.940

Susanna Barkataki (she/her): we'll practice like this in reflection on your breath.

24

00:02:57.810 --> 00:02:59.360

Susanna Barkataki (she/her): Noticing

25

00:02:59.950 --> 00:03:03.630

Susanna Barkataki (she/her): is your in breath. Long or short.

26

00:03:06.890 --> 00:03:10.890

Susanna Barkataki (she/her): it's your app. nor short

27

00:03:15.270 --> 00:03:18.160

Susanna Barkataki (she/her): it's your in breath smooth.

28

00:03:18.690 --> 00:03:20.090

Susanna Barkataki (she/her): Our dragon

29

00:03:23.320 --> 00:03:27.780

Susanna Barkataki (she/her): is your out breath smooth. Hi, dragon!

30

00:03:36.350 --> 00:03:41.300

Susanna Barkataki (she/her): Seeing if you can bring your awareness to where your breath

31

00:03:42.390 --> 00:03:43.590

Susanna Barkataki (she/her): is moving.

32

00:03:46.580 --> 00:03:49.530

Susanna Barkataki (she/her): do you notice your breath in your nose.

33

00:03:49.570 --> 00:03:52.070

Susanna Barkataki (she/her): throat, test

34

00:03:52.340 --> 00:03:53.490

Susanna Barkataki (she/her): belly.

35

00:04:22.340 --> 00:04:27.320

Susanna Barkataki (she/her): and as your breathing. allowing your awareness to

36

00:04:27.690 --> 00:04:33.590

Susanna Barkataki (she/her): drop into giving you information about how it is with you.

37

00:04:36.390 --> 00:04:40.910

Susanna Barkataki (she/her): and that information might come in the form of bodily sensation

38

00:04:40.980 --> 00:04:45.160

Susanna Barkataki (she/her): maybe aches, or tightness, tiredness

39

00:04:46.100 --> 00:04:46.940

Susanna Barkataki (she/her): or

40

00:04:51.070 --> 00:04:56.660

Susanna Barkataki (she/her): different feelings. warmth. coolness.

41

00:04:58.790 --> 00:05:04.070

Susanna Barkataki (she/her): I'm noticing just what information you're getting from your body.

42

00:05:10.790 --> 00:05:14.620

Susanna Barkataki (she/her): and also what to care about

43

00:05:15.680 --> 00:05:17.210

Susanna Barkataki (she/her): breath can be

44

00:05:18.800 --> 00:05:23.040

Susanna Barkataki (she/her): a deep, an immediate connection to your vision.

45

00:05:24.800 --> 00:05:28.060

Susanna Barkataki (she/her): to what you're here for, who you love.

46

00:05:28.950 --> 00:05:30.350

Susanna Barkataki (she/her): what you love.

47

00:05:37.750 --> 00:05:39.490

Susanna Barkataki (she/her): maybe thinking of

48

00:05:42.370 --> 00:05:43.730

Susanna Barkataki (she/her): that love

49

00:05:45.280 --> 00:05:49.220

Susanna Barkataki (she/her): perfection brings a gentle smile to your face.

50

00:06:03.020 --> 00:06:09.050

Susanna Barkataki (she/her): It's a kind of self authority that yoga gives this inner knowing.

51

00:06:09.660 --> 00:06:20.230

Susanna Barkataki (she/her): you know. Sometimes we might have thoughts or feelings or things that we're being asked to do. You can just check in

52

00:06:21.560 --> 00:06:30.940

Susanna Barkataki (she/her): with this kind of inner inner loving feeling. Is this the right direction to go? This feel right, and

53

00:06:31.160 --> 00:06:37.870

Susanna Barkataki (she/her): sometimes it takes time to home that. and open up that communication with inner wisdom.

54

00:06:39.550 --> 00:06:50.420

Susanna Barkataki (she/her): I found that if the voices that are telling me. You know I should do this, or I should do that if they're judging or critiquing me my inner voices.

55

00:06:50.870 --> 00:06:54.350

Susanna Barkataki (she/her): it's probably not my inner wisdom.

56

00:06:55.640 --> 00:06:58.660

Susanna Barkataki (she/her): because Yoga philosophy

57

00:06:58.940 --> 00:07:03.000

Susanna Barkataki (she/her): says, and my inner experience aligns with this.

58

00:07:03.110 --> 00:07:09.110

Susanna Barkataki (she/her): that our true nature is already hold already perfect, so already complete.

59

00:07:09.640 --> 00:07:14.620

Susanna Barkataki (she/her): And so when it's our it, my inner wise voice or my inner knowing

60

00:07:15.900 --> 00:07:21.090

Susanna Barkataki (she/her): speaking. It's really loving. really supportive.

61

00:07:21.970 --> 00:07:27.970

Susanna Barkataki (she/her): Might be a little nervous, but it's like, yeah. let's do that to go this way.

62

00:07:28.150 --> 00:07:30.350

Susanna Barkataki (she/her): Let's try teaching this class.

63

00:07:33.390 --> 00:07:36.590

Susanna Barkataki (she/her): so we'll just take a few more moments

64

00:07:36.750 --> 00:07:41.100

Susanna Barkataki (she/her): connecting to your inner, Knowing your inner voice.

65

00:07:41.190 --> 00:07:53.800

Susanna Barkataki (she/her): and seeing if you can feel that distinction, the distinction of love and support another way, that you would talk to a child or a friend in need.

66

00:07:54.470 --> 00:07:56.910

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

67

00:07:58.620 --> 00:08:06.220

Susanna Barkataki (she/her): and distinguishing that inner voice or inner knowing from all else that may not be there with care

68

00:08:06.260 --> 00:08:17.390

Susanna Barkataki (she/her): or compassion that may be harsh or judging. I'm just thinking that those parts, and letting them go. seeing if you can feel into that inner

69

00:08:18.320 --> 00:08:20.190

Susanna Barkataki (she/her): love in our care.

70

00:08:22.300 --> 00:08:24.170

Susanna Barkataki (she/her): we'll breathe silently.

71

00:08:25.290 --> 00:08:30.290

Susanna Barkataki (she/her): and i'll close this from this practice with my voice in about a minute.

72

00:09:38.430 --> 00:09:41.530

Susanna Barkataki (she/her): feeling your center that center in love.

73

00:09:43.300 --> 00:09:50.090

Susanna Barkataki (she/her): If you don't yet feel it just knowing that your watering seeds so seeds above and of care

74

00:09:50.690 --> 00:09:52.950

Susanna Barkataki (she/her): just by bringing your attention there.

75

00:09:54.170 --> 00:10:00.670

Susanna Barkataki (she/her): Normal stretch. looking left and right. taking in

76

00:10:00.730 --> 00:10:06.610

Susanna Barkataki (she/her): color and shape and form, maybe wiggling or moving around.

77

00:10:12.710 --> 00:10:14.760

Susanna Barkataki (she/her): I will come into the space.

78

00:10:15.270 --> 00:10:18.040

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

79

00:10:18.600 --> 00:10:30.340

Susanna Barkataki (she/her): I love seeing folks so if you're willing and able to put your camera on, please do. If not no worries, and

80

00:10:31.210 --> 00:10:35.280

Susanna Barkataki (she/her): it's welcoming all of you into the space.

81

00:10:36.940 --> 00:10:39.500

Susanna Barkataki (she/her): And I love to

82

00:10:39.690 --> 00:10:53.230

Susanna Barkataki (she/her): make a little opportunity for folks to share. You know you can share in the chat. Just kind of like mood tech how you're doing. If anyone wants to share anything out loud from that practice.

83

00:10:53.230 --> 00:11:01.590

Susanna Barkataki (she/her): The questions that came in this month were a lot around like self inquiry and self confidence and

84

00:11:03.310 --> 00:11:16.150

Susanna Barkataki (she/her): feeling that the kind of authority by which to teach or to share. And so I wanted to do a practice that connects us the Yoga philosophy back to our own in our knowing

85

00:11:16.960 --> 00:11:27.580

Susanna Barkataki (she/her): it's so normal to doubt. You know. I just want to really acknowledge it's so so normal. And in some ways I actually think it's good to have

86

00:11:27.590 --> 00:11:29.650

Susanna Barkataki (she/her): doubts

87

00:11:30.960 --> 00:11:33.570

Susanna Barkataki (she/her): in Western philosophy. I think it was.

88

00:11:35.700 --> 00:11:41.200

Susanna Barkataki (she/her): I can't remember which. Think it was because all I know is that I know nothing.

89

00:11:41.870 --> 00:11:53.400

Susanna Barkataki (she/her): It's been a little while. It's my top Western philosophy, thank goodness, and although it's wonderful, I do love it. But that idea of taking it a little further of like

90

00:11:54.250 --> 00:11:55.960

Susanna Barkataki (she/her): when we're sure.

91

00:11:57.310 --> 00:12:08.530

Susanna Barkataki (she/her): maybe there's something left to unpack, you know. Maybe there's a little more there to uncover, and when we have that sense, not crippling, doubt not overwhelming doubt. But when there's just like a doubt of.

92

00:12:09.250 --> 00:12:15.700

Susanna Barkataki (she/her): Am I sure you know there's a there's an opening there for learning, for curiosity.

93

00:12:16.250 --> 00:12:25.390

Susanna Barkataki (she/her): and my dance, and I feel like this is kind of the Yoga set in a practice or path, especially with with self inquiry.

94

00:12:28.320 --> 00:12:30.120

Susanna Barkataki (she/her): is that dance of like

95

00:12:30.730 --> 00:12:36.340

Susanna Barkataki (she/her): opening into the question, and into the doubt, but not so much that it stops me from action.

96

00:12:36.890 --> 00:12:50.380

Susanna Barkataki (she/her): and also allowing myself to sometimes open into the doubt and the question, and in in a way that's unknown, you know it's really great, I think, to ask, and so i'll share those questions in a moment. But i'm just gonna pause

97

00:12:50.530 --> 00:13:05.160

Susanna Barkataki (she/her): to see if anyone would like to speak into the space anything that came up from the practice, or just on your heart right now driving nice, reflective, questioning, calm, and restful, strong.

98

00:13:05.920 --> 00:13:10.900

Susanna Barkataki (she/her): the overwhelmed yeah. Open to new possibilities and content.

99

00:13:11.470 --> 00:13:12.690

Susanna Barkataki (she/her): Hmm.

100

00:13:13.210 --> 00:13:15.950

Susanna Barkataki (she/her): Jessica. Miners.

101

00:13:19.370 --> 00:13:25.410

Susanna Barkataki (she/her): Yeah, I just hated from a busy work week and outside. Oh, that's so nice.

102

00:13:25.730 --> 00:13:32.920

Susanna Barkataki (she/her): Socrates: yeah, I was thinking it was Socrates: Thank you for that. And wasn't

103

00:13:32.990 --> 00:13:38.840

Susanna Barkataki (she/her): that Wasn't: sure. Yeah. Feeling impacted by the suffering of people I love you care.

104

00:13:39.200 --> 00:13:49.670

Susanna Barkataki (she/her): I've been wearing myself for the last 2 weeks. Yeah, midlife crisis. I'm clearly in a portal with the reverberating question, Who am I outside of what I've been conditioned to be.

105

00:13:49.920 --> 00:14:13.410

Susanna Barkataki (she/her): Yes, I've finally opened this one issue of Icc. And left out loud at how perfectly aligned it is with my current exploration. It is comforting to see and remember how much, for that is already a practice for me. Yes, I love that. Who isn't? Who else? Hasn't felt. I just want to be like hard so Token, who's felt like you're having like a quarter life crisis, a midlife crisis whatever you know last.

106

00:14:13.460 --> 00:14:18.890

Susanna Barkataki (she/her): you know 3 quarter life. I feel like I feel like everyone.

107

00:14:18.910 --> 00:14:27.900

Susanna Barkataki (she/her): and sometimes it's at the different times, right? We may be in different times of our lives. But wow, I just want to really normalize and relate to that.

108

00:14:28.450 --> 00:14:36.540

Susanna Barkataki (she/her): Thank you. And I see a couple of hands. I can. You pronounce your name for me? A: I N. E:

109

00:14:37.740 --> 00:14:52.500

Aine she/they: Yeah, I pronounce it in a Yeah. Hi, Susanna! Hi! Everybody so grateful to be here, and this is definitely the first time I've ever raised my hand in this space. So

110

00:14:54.200 --> 00:15:07.030

Aine she/they: it's interesting that I'm raising my hand to speak when what I wanted to share was that in in looking at at all of all of the vast resources and stuff that you give us.

111

00:15:07.110 --> 00:15:15.420

Aine she/they: Looking at Satya. What resonated so newly for me was the listening

112

00:15:16.970 --> 00:15:36.640

Aine she/they: right? And you really touched on that. How you know speaking the truth in you know, speaking truth to power is sort of the maybe I I don't know if this is accurate, but, like most common explanation, or

113

00:15:37.160 --> 00:15:54.430

Aine she/they: maybe even easier application or investigation of Satya. But it being about listening, and both the listening to self and listening to here others truth. It's really dovetailing with

114

00:15:54.490 --> 00:16:13.830

Aine she/they: some other work that i'm doing, i'm i'm currently reading the journey of the heroic parent. I have a teenager in peril actually less peril now, but has been in peril for a couple of years, and so just that, that, listening to the truth within myself, but also the capacity to hear the truth

115

00:16:13.950 --> 00:16:19.620

Aine she/they: in others, and as always, I'm. You know, sharing what I am.

116

00:16:20.390 --> 00:16:23.640

Aine she/they: i'm hearing from you my

117

00:16:23.900 --> 00:16:28.500

Aine she/they: interaction with it, and also just you know

118

00:16:29.500 --> 00:16:39.390

Aine she/they: the fruit of that in my classes, and I I have to just. I've I've I've seen physical manifestation of that landing

119

00:16:39.790 --> 00:16:41.200

Aine she/they: on students.

120

00:16:42.870 --> 00:16:51.080

Aine she/they: and it creates a feeling a very like what I feel here, this community of investigators.

121

00:16:53.010 --> 00:16:54.430

Aine she/they: So I just wanted to

122

00:16:55.190 --> 00:17:00.250

Aine she/they: raise my hand and speak for the first time and say,
listening.

123

00:17:00.530 --> 00:17:02.440

Aine she/they: So thank you.

124

00:17:03.360 --> 00:17:09.180

Susanna Barkataki (she/her): Thank you so much, and I was so glad you
raised your hand and spoke into the listening

125

00:17:11.099 --> 00:17:14.000

Susanna Barkataki (she/her): Jeremy so good to see you.

126

00:17:15.270 --> 00:17:28.440

Jeremy Lewis (all pronouns): Hi, it's really good to see you, too. It's
been a while since I've been in this space, and in a way lots has
happened in the internal landscape in the meditation connection with
Earth Zone.

127

00:17:28.590 --> 00:17:35.050

Jeremy Lewis (all pronouns): But one thing I noticed. So you know, I
have. Basically i'm here to say I'm stuck in some

128

00:17:36.050 --> 00:17:44.420

Jeremy Lewis (all pronouns): over emphasis on, said, yeah, over emphasis
on the impostor syndrome growing and growing because

129

00:17:45.080 --> 00:17:48.460

Jeremy Lewis (all pronouns): within Yoga, I have a long practice, and I
have a lot of training.

130

00:17:48.760 --> 00:17:50.350

but I don't work in the field.

131

00:17:50.590 --> 00:18:00.690

Jeremy Lewis (all pronouns): and a big piece of this is an identity and
positionality thing. And so I live in Boulder Colorado, and I see a lot
of

132

00:18:00.720 --> 00:18:04.040

Jeremy Lewis (all pronouns): white yoga teachers doing very appropriate
things.

133

00:18:04.300 --> 00:18:06.630
and I speak out about it every single time.

134

00:18:07.050 --> 00:18:30.540
Jeremy Lewis (all pronouns): But this folks around here often. I'm not brown enough for them. They don't want to hear it from me. They want to hear it from an Indian person. and i'm like. okay. you know. And so then there's also there's all these pieces, you know of identity. And right now i'm. I'm like doing this to fit in. You know i'm a gender queer person who's

135

00:18:31.380 --> 00:18:45.870
Jeremy Lewis (all pronouns): next and disabled. But i'm a white woman to this world right here, you know. and that's hard. You know because what comes in is like people talking to somebody that i'm not, and I hate that. But I don't have the platform because I've lost so much community.

136

00:18:45.920 --> 00:18:52.090
Jeremy Lewis (all pronouns): and you know we lose. When we're in anti-racist work we lose community people drop off. People get fragile

137

00:18:52.450 --> 00:18:54.280
Jeremy Lewis (all pronouns): very fragile, you know.

138

00:18:54.690 --> 00:19:10.450
Jeremy Lewis (all pronouns): But when your whole entire community. I call it the All white transactional yoga. Economy, you know, is everybody has a healing practice, and they're all paying each other. And what happens is, you can't build community because the community aspect pure goes away because people are all

139

00:19:10.450 --> 00:19:21.220
Jeremy Lewis (all pronouns): it's like you meet someone, and they're like, oh, hey, I really like you and you you're like, oh, this is gonna be my friend. They're like, hey, come to my offering and you're paying them \$1040, and then you're never seeing them when you're not paying them after that.

140

00:19:21.480 --> 00:19:32.010
Jeremy Lewis (all pronouns): And so, as I was in the space of the Yoga teacher trainings which I have loved, and all of the spaces. Afterward I noticed that there was

141

00:19:32.050 --> 00:19:43.130

Jeremy Lewis (all pronouns): less of a direct, indigenous, aboriginal presence in the in the you know, by pop communities and in the conversation it's it's as if

142

00:19:43.580 --> 00:19:46.920

Jeremy Lewis (all pronouns): we want, but it's not there. And so then I went out looking.

143

00:19:47.470 --> 00:19:56.720

Jeremy Lewis (all pronouns): and you know, in 2,019. I tried to prove to my family that I we were the things, you know, because they were trying to shove it down, and I did so.

144

00:19:56.790 --> 00:20:06.710

Jeremy Lewis (all pronouns): but i'm not connected to my ancestors in South America to living ancestors, so I cannot call myself a person from these

145

00:20:06.770 --> 00:20:10.860

Jeremy Lewis (all pronouns): tribes or cultural groups. Right? You know I could say.

146

00:20:11.110 --> 00:20:15.560

Jeremy Lewis (all pronouns): Yeah, i'm part Columbia and i'm part Peruvian or, yeah, i'm part

147

00:20:15.790 --> 00:20:21.480

Jeremy Lewis (all pronouns): latina, You know I could say this, but I don't Now i'm like. Look, i'm a fierce

148

00:20:21.910 --> 00:20:40.800

Jeremy Lewis (all pronouns): that as accomplice who is connected through nature because nature is my relative to, and I do have some distant ancestors. You know not that distant. But I have some ancestors, you know, and that way People now are seeing me like, okay, you know you're not trying to use your indigenous identity to get ahead and take spaces

149

00:20:40.890 --> 00:20:53.280

Jeremy Lewis (all pronouns): because the way that white folks were doing. I grew up in white culture, and I know that exaggeration and fibbing and embellishment are big pieces of how people do business, you know, and that those things are easy to grab.

150

00:20:53.600 --> 00:20:58.780

Jeremy Lewis (all pronouns): So presently I'm. In a situation of imposter syndrome extreme, because

151

00:20:58.810 --> 00:21:04.710

Jeremy Lewis (all pronouns): I've got all this training. I've got a long practice. It certainly keeps me alive and thriving, you know.

152

00:21:04.860 --> 00:21:07.040

Jeremy Lewis (all pronouns): but i'm not teaching and making money from it.

153

00:21:07.190 --> 00:21:20.600

Jeremy Lewis (all pronouns): Furthermore, I now have thousands of nature photos which I found a way to give reference to. I started mirroring and repeating them, and that way. People can see the scenes that are inside these surfaces of rivers with the sunlight talking to it.

154

00:21:20.930 --> 00:21:31.480

Jeremy Lewis (all pronouns): But I feel that this is the voice of nature, and I want to be able to give Nature itself money back in nourishment back. So now i'm looking at, how do I do this in web 3,

155

00:21:31.520 --> 00:21:33.960

Jeremy Lewis (all pronouns): You know. How do I make this happen?

156

00:21:34.120 --> 00:21:38.980

Jeremy Lewis (all pronouns): But I've still got pushback from folks who

157

00:21:39.960 --> 00:21:51.810

Jeremy Lewis (all pronouns): don't really know how to place me, and are like this is indigenous art, you know, or this is not, or whatever you know, and i'm so then i'm stuck, because I just feel like I must must must find a way.

158

00:21:51.820 --> 00:21:55.870

Jeremy Lewis (all pronouns): you know, to thrive, to be able to have space. And

159

00:21:57.070 --> 00:22:09.200

Jeremy Lewis (all pronouns): so the one thing that I have over all this time come to understand, and I knew it before. But it's it's strengthened for me is that people who are mixed people who have a especially people who

160

00:22:09.280 --> 00:22:26.680

Jeremy Lewis (all pronouns): are mixed, and might be a little bit to a lot white passing, or a little bit to a lot black passing, you know, or something right, have a and i'm speaking in that sense, because I know there are a lot of indigenous people who are black, and that Don't get you know afro- indigenous acceptance and space holding needs work right. And so

161

00:22:27.430 --> 00:22:30.720

Jeremy Lewis (all pronouns): what I think is that we need

162

00:22:30.830 --> 00:22:31.530

Jeremy Lewis (all pronouns): like

163

00:22:32.840 --> 00:22:36.390

Jeremy Lewis (all pronouns): like liaison space kind of, you know, a sort of

164

00:22:36.480 --> 00:22:37.290

Jeremy Lewis (all pronouns): like

165

00:22:37.390 --> 00:22:44.320

Jeremy Lewis (all pronouns): middle zone where people can explore what's going on and have have place. But without

166

00:22:44.450 --> 00:22:48.460

Jeremy Lewis (all pronouns): doing this monstrous thing of taking space from other people who

167

00:22:48.860 --> 00:23:01.330

Jeremy Lewis (all pronouns): have not been at the table have not been in in the my on the mic have not been, you know, acknowledging everything that's going on, whereas there's like melodramatic stuff happening with people who look like me, you know.

168

00:23:02.970 --> 00:23:10.300

Jeremy Lewis (all pronouns): So I just wanted to say that because to come even to community today was hard. you know.

169

00:23:11.870 --> 00:23:13.820

Jeremy Lewis (all pronouns): There's a lot, you know it's like.

170

00:23:13.910 --> 00:23:17.160

Jeremy Lewis (all pronouns): I have maximum integrity with this.

171

00:23:17.300 --> 00:23:21.690

Jeremy Lewis (all pronouns): But do I have to sacrifice some of my integrity in order to have livelihood?

172

00:23:23.570 --> 00:23:30.800

Jeremy Lewis (all pronouns): Probably No, probably there's a way, I'm: just I'm. Here, now to sit and listen for this way. That's that's what I got.

173

00:23:38.350 --> 00:23:39.940

Susanna Barkataki (she/her): Thank you. Jeremy.

174

00:23:42.010 --> 00:23:44.170

Susanna Barkataki (she/her): Yeah. Just feeling

175

00:23:44.270 --> 00:23:45.730

Susanna Barkataki (she/her): feeling with you.

176

00:23:47.140 --> 00:23:48.120

Susanna Barkataki (she/her): Hmm.

177

00:23:51.630 --> 00:23:54.930

Susanna Barkataki (she/her): Yeah. And inviting folks folks are sharing some love

178

00:23:55.060 --> 00:23:58.150

Susanna Barkataki (she/her): in the chat. And please continue sharing.

179

00:24:04.900 --> 00:24:12.520

Susanna Barkataki (she/her): I I want to speak my experience. I think of what your my resonance with what you shared, Jeremy is.

180

00:24:17.630 --> 00:24:21.460

Susanna Barkataki (she/her): There's a lot of as a mixed person myself.

181

00:24:21.830 --> 00:24:23.690

Susanna Barkataki (she/her): and as someone who lives

182

00:24:23.770 --> 00:24:29.110

Susanna Barkataki (she/her): and has lived between worlds, you know. There's a way that it's like when i'm in one place

183

00:24:29.390 --> 00:24:43.810

Susanna Barkataki (she/her): i'm always missing another. And when i'm there, i'm missing the place. I was i'm gonna, you know. And and there's a real, not at homeless that can come from being mixed. And and I think many folks might resonate with

184

00:24:43.970 --> 00:24:46.450

Susanna Barkataki (she/her): culturally, spiritually.

185

00:24:46.490 --> 00:24:48.940

Susanna Barkataki (she/her): You know blood ancestrally.

186

00:24:51.360 --> 00:24:57.550

Susanna Barkataki (she/her): And there's also this way that we're not enough.

187

00:24:57.560 --> 00:25:11.490

Susanna Barkataki (she/her): you know, for the for those who are like. I am Indian, or I am, you know, Asian or I am, you know, in in whatever it is, like American, like one more mix. We're never enough for that that group.

188

00:25:11.720 --> 00:25:16.220

Susanna Barkataki (she/her): and sometimes. and so what I

189

00:25:17.210 --> 00:25:22.200

Susanna Barkataki (she/her): I had to come to it like a 2 layered thing is like.

190

00:25:22.220 --> 00:25:29.080

Susanna Barkataki (she/her): I am what it means to be this. You know I am what it means to be. This. I am what it means, and

191

00:25:29.600 --> 00:25:37.410

Susanna Barkataki (she/her): to also know that whatever i'm claiming, and whenever i'm taking up space, there's going to be people, for whatever reason

192

00:25:37.430 --> 00:25:47.300

Susanna Barkataki (she/her): want to critique, want to cut it cut down, and they may even be. You know I had a very helpful conversation recently with a friend about movement work.

193

00:25:47.300 --> 00:26:05.790

Susanna Barkataki (she/her): It's like, oh, it's shocking because it's former friends or a friend. She's like No, it's. It's actually not shocking. That's how this works like this is almost to be expected, and it's like Well, what do we do that, you know, and it's like, Keep the heart open and keep doing the work. And then for me the phrase that keeps

194

00:26:06.220 --> 00:26:09.060

Susanna Barkataki (she/her): flowing is like. Go where

195

00:26:09.250 --> 00:26:27.800

Susanna Barkataki (she/her): go where i'm appreciated, Go, you know, work with those who are who are wanting or calling me in and not spend the time worrying about it's hard. It's hard, I mean. I'm working with this right now as well personally, but not spending the time worrying about what those who judge

196

00:26:27.900 --> 00:26:31.880

Susanna Barkataki (she/her): may think or say, you know, including to the level of like.

197

00:26:32.520 --> 00:26:36.940

Susanna Barkataki (she/her): whatever we say like cancel, you know, cancel culture. All of that is like.

198

00:26:37.080 --> 00:26:41.560

Susanna Barkataki (she/her): Yeah, but you can't cancel people, you know, people and

199

00:26:42.800 --> 00:26:46.070

Susanna Barkataki (she/her): oh, not appointments.

200

00:26:46.340 --> 00:26:56.590

Susanna Barkataki (she/her): So I just really I don't feel like I have answers for you at all. I more feel like I have resonance, and like a shared process.

201

00:26:56.750 --> 00:27:00.490

Susanna Barkataki (she/her): and just looking at

202

00:27:01.460 --> 00:27:05.210

Susanna Barkataki (she/her): the chat a little bit. Yeah. Other folks, too.

203

00:27:10.820 --> 00:27:11.970

Susanna Barkataki (she/her): Hmm.

204

00:27:12.190 --> 00:27:18.620

Susanna Barkataki (she/her): More than one truth at the same time. And that integrity right? It's like no one else gets to define it.

205

00:27:18.760 --> 00:27:22.250

Susanna Barkataki (she/her): people will try to name it or

206

00:27:22.570 --> 00:27:26.780

Susanna Barkataki (she/her): critique it, or poke at it, I think integrity, but

207

00:27:27.200 --> 00:27:35.770

Susanna Barkataki (she/her): it's ours. You know we're we're in relationship to it, and sometimes that, like we started with, that can mean

208

00:27:35.780 --> 00:27:40.000

Susanna Barkataki (she/her): being in question, you know, in inquiry and curiosity.

209

00:27:43.020 --> 00:27:47.310

Susanna Barkataki (she/her): And I often, you know again, just speaking for my own experience.

210

00:27:47.690 --> 00:27:54.570

Susanna Barkataki (she/her): I remember. So I I've been a teacher for a long time. I started teaching when I was 21

211

00:27:54.710 --> 00:27:59.460

Susanna Barkataki (she/her): I even before actually in high school. But we won't count that.

212

00:28:00.560 --> 00:28:06.750

Susanna Barkataki (she/her): and it was really hard to learn how to teach. I mean, like teaching high school right and

213

00:28:07.120 --> 00:28:21.490

Susanna Barkataki (she/her): English and history, and then, near the end of my formal like in the classroom teaching career the last like 2 years,

I felt like such an impostor. And so this is at the end of like 2 decades of of a profession.

214

00:28:22.140 --> 00:28:31.160

Susanna Barkataki (she/her): and when I look back it's like well, part of why I was really feeling like an impostor is this I was. I had changed, and I was trying to fit

215

00:28:31.540 --> 00:28:36.870

Susanna Barkataki (she/her): into this mold of other people's expectations. and

216

00:28:37.030 --> 00:28:41.980

Susanna Barkataki (she/her): I didn't leave. I actually got fired from that position.

217

00:28:42.260 --> 00:28:46.470

Susanna Barkataki (she/her): and that has been a real lesson, too, not just getting fired. But, like

218

00:28:46.840 --> 00:28:57.700

Susanna Barkataki (she/her): Susanna, why did you leave, you know, like Why, if it was so uncomfortable, why did you not leave? And there were a whole bunch of reasons, including practical like survival ones, you know, financial ones, but

219

00:28:57.850 --> 00:28:58.730

Susanna Barkataki (she/her): but

220

00:29:02.730 --> 00:29:09.050

Susanna Barkataki (she/her): being able to shift to a different environment, a different context. Different culture

221

00:29:09.070 --> 00:29:17.170

Susanna Barkataki (she/her): helped me understand how to find and be in that integrity in a way that felt more more

222

00:29:18.690 --> 00:29:24.320

Susanna Barkataki (she/her): just, more like myself. And so I think I also think

223

00:29:26.300 --> 00:29:28.630

Susanna Barkataki (she/her): imposter syndrome, I guess for me

224

00:29:31.900 --> 00:29:34.660

Susanna Barkataki (she/her): it's a troubling word in in that

225

00:29:34.880 --> 00:29:44.490

Susanna Barkataki (she/her): I actually feel like some. We it's pointing in like. I am an impostor. When actually I feel like it might be more accurate to say it's these systems that are failing us.

226

00:29:45.080 --> 00:29:56.680

Susanna Barkataki (she/her): not me. That's failing. It's the structure in the systems, and it's hard, you know. Looking back to with my circumstance. There were things on my side that I could have done differently and

227

00:29:57.750 --> 00:30:04.140

Susanna Barkataki (she/her): but overall it really was systemic. And so I wonder if there's

228

00:30:04.250 --> 00:30:22.090

Susanna Barkataki (she/her): like. We Don't quite have a language yet, or the framing Yet, to understand, as a community, how we relate to systems that are Don't. Allow us to be our full, you know, like Rainbow, you know, core and like everything that we are like no gender. All genders, all of that

229

00:30:22.190 --> 00:30:27.360

Susanna Barkataki (she/her): in these structures that still are constantly putting us in in boxes.

230

00:30:27.530 --> 00:30:28.920

Susanna Barkataki (she/her): And

231

00:30:33.170 --> 00:30:36.020

Susanna Barkataki (she/her): yeah, so it's like, Where, Where

232

00:30:36.300 --> 00:30:41.240

Susanna Barkataki (she/her): in our hearts, or where in the communities, or with friends, can we find

233

00:30:41.330 --> 00:30:50.110

Susanna Barkataki (she/her): places that recognize, you know, or like, begin to recognize maybe in books like there's so many. so many different

234

00:30:50.610 --> 00:30:53.530

Susanna Barkataki (she/her): doorways. Nature, I love that.

235

00:30:54.600 --> 00:30:59.750

Susanna Barkataki (she/her): Yeah, okay, Such it's yours. Yeah.

236

00:31:00.200 --> 00:31:01.420

Susanna Barkataki (she/her): I've been going back.

237

00:31:01.550 --> 00:31:13.800

Susanna Barkataki (she/her): Andrea says to what Dr. Goes on this mesa says it is impost. Is it imposter syndrome, or is it a colonized mind many times as the systems were in and not ourselves that put us in certain boxes. Yes.

238

00:31:14.740 --> 00:31:29.950

Susanna Barkataki (she/her): yeah. So with all that I want to read and, Jamie. if you're here. I see Jamie, but I don't know if this is the Jamie that asked the question, because you have a couple of

239

00:31:32.970 --> 00:31:38.300

Susanna Barkataki (she/her): I feel like a lot of people will relate to this question. So I'm. Going to read the question.

240

00:31:40.110 --> 00:31:45.910

Susanna Barkataki (she/her): Take a drink. I have allergies, and it's like allergy season where I am.

241

00:31:46.000 --> 00:31:46.940

Susanna Barkataki (she/her): Hmm.

242

00:31:50.620 --> 00:31:52.590

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

243

00:31:53.900 --> 00:31:57.560

Susanna Barkataki (she/her): deep in my breath an invitation for you to do the same

244

00:31:58.900 --> 00:32:10.710

Susanna Barkataki (she/her): as I am engaging in learning with Susanna and other teachers committed to decolonization when dismantling personal trauma and collective trauma. In my practice.

245

00:32:10.810 --> 00:32:14.260

Susanna Barkataki (she/her): I'm. Finding my set to of practice extremely difficult.

246

00:32:14.870 --> 00:32:21.740

Susanna Barkataki (she/her): it is challenging for me to practice a paragraph and let go of all the other voices to hear my own voice.

247

00:32:21.830 --> 00:32:42.420

Susanna Barkataki (she/her): Sometimes I worry that my practice is performative. I'm practicing like, I think Susanna would want me to as opposed to what is from my own truth. I fear, and just substituting one group of voices, although definitely more committed to Yoga's essence for the prior voices, white supremacy, patriarchy, etc., without true understanding.

248

00:32:42.820 --> 00:32:59.280

Susanna Barkataki (she/her): as a white woman committed to elevating underrepresented voices i'm struggling to find my own voice, or to even know what is my essence. I've been repeating a mantra. I am stardust shaped into human form from Sahara rose as my foundation, because it resonates with me.

249

00:32:59.450 --> 00:33:05.910

Susanna Barkataki (she/her): I sometimes feel like it's the only truth about myself of which I can be sure, but beyond that I am uncertain.

250

00:33:06.980 --> 00:33:12.720

Susanna Barkataki (she/her): My practice, when guiding over the classes has been to teach from what I have practiced, or i'm practicing myself.

251

00:33:13.230 --> 00:33:20.050

Susanna Barkataki (she/her): This was honestly easier before I began to explore the practice so much more deeply. Yeah, thank you for naming that.

252

00:33:20.660 --> 00:33:28.810

Susanna Barkataki (she/her): I'm sometimes afraid that by guiding practices, while I am in such a state of flux, I can be doing more harm than good.

253

00:33:28.840 --> 00:33:31.670

Susanna Barkataki (she/her): How can I guide others when I feel so shaky?

254

00:33:32.420 --> 00:33:39.100

Susanna Barkataki (she/her): I feel closer to Yoga and its culture and myself, and at the same time I feel so far away. And

255

00:33:39.270 --> 00:33:43.630

Susanna Barkataki (she/her): how can I honor and not appropriate when i'm not sure who I am.

256

00:33:44.320 --> 00:33:49.700

Susanna Barkataki (she/her): Yeah, thank you. And would you like to speak into the space? Yes, Jamie.

257

00:33:53.730 --> 00:33:59.230

Jamie (she/her): I just kind of wanted to let folks put a face to who that was who said that?

258

00:34:00.670 --> 00:34:09.850

Jamie (she/her): And I I even now like I feel uncomfortable taking up space here because i'm not sure if this is.

259

00:34:10.250 --> 00:34:13.830

Jamie (she/her): there's plenty of spaces for people who look like me. you know.

260

00:34:15.650 --> 00:34:21.000

Jamie (she/her): And so, yeah, I I I i'm struggling in in the practice.

261

00:34:21.090 --> 00:34:33.940

Jamie (she/her): The practice has been helpful this week I've been able to tap into that as well. I feel like sometimes i'm compounding practices like Wait. I still have to be on this one, but I can't move on to the next one, but I have to do them all at the same time, you know so what

262

00:34:34.020 --> 00:34:40.840

Jamie (she/her): but but what you said about our true self.

263

00:34:42.489 --> 00:34:47.610

Jamie (she/her): you know, teaches us that Yoga teaches us that we're complete already. This is a struggle when.

264

00:34:50.710 --> 00:35:01.070

Jamie (she/her): yeah, like I, it's hard to identify where that is. So. Anyway, I don't. I I like I sat and thought about that question for a long time. and I feel

265

00:35:02.230 --> 00:35:08.590

Jamie (she/her): like I said uncomfortable about taking up too much space here. But I just want to be express my gratitude

266

00:35:08.810 --> 00:35:24.350

Jamie (she/her): really like harsh peel bread, too, Does it Doesn't even seem like enough, you know it's it's bigger than that for for you, Susannah. for being and for creating this community, and for everyone who is dedicated here. I am grateful to the learning from all of you.

267

00:35:27.240 --> 00:35:31.860

Susanna Barkataki (she/her): Thank you, Jamie. I'm receiving that, and also

268

00:35:31.880 --> 00:35:33.280

Susanna Barkataki (she/her): really

269

00:35:33.700 --> 00:35:41.080

Susanna Barkataki (she/her): like, yeah, take up the space like this is real right? This space is for you, too, and I think

270

00:35:42.940 --> 00:35:45.680

Susanna Barkataki (she/her): for folks who exist in bodies.

271

00:35:45.740 --> 00:35:49.450

Susanna Barkataki (she/her): I've privileged my bodies right like

272

00:35:51.000 --> 00:35:56.220

Susanna Barkataki (she/her): there's so few spaces where where we can like be in conversation.

273

00:35:56.250 --> 00:36:04.240

Susanna Barkataki (she/her): multi layer multicultural. And and this is for you as well, because

274

00:36:04.730 --> 00:36:09.510

Susanna Barkataki (she/her): we're in this together. And And when

275

00:36:12.410 --> 00:36:15.810

Susanna Barkataki (she/her): so, a teacher of mine, Reverend Angel Kyoto Williams.

276

00:36:16.890 --> 00:36:36.400

Susanna Barkataki (she/her): I heard her say recently, like if one folks had known the agreement like if white supremacy and it's, you know, all of the ensuing factors was laid out. You probably wouldn't have signed the contract, you know, like you wouldn't have been like. Yes, I will take privilege, but also disconnection from the earth's nature and other beings right like so it's not.

277

00:36:36.400 --> 00:36:45.970

Susanna Barkataki (she/her): It's a reminder that this isn't about you as an individual like. Yes, we all have accountability and responsibility, but it's a system that harms everyone

278

00:36:46.370 --> 00:36:47.740

Susanna Barkataki (she/her): because

279

00:36:48.380 --> 00:37:08.820

Susanna Barkataki (she/her): white folks to have culture right like everyone, comes from a place, and people and land and our relationship to that land may have been changed because we may have moved or emigrated, or we may not know, you know, to adoption, or you know other other things that have happened.

280

00:37:08.900 --> 00:37:18.890

Susanna Barkataki (she/her): but land and your ties to land, and the way your people. known and unknown, right like related to that land

281

00:37:19.460 --> 00:37:22.710

Susanna Barkataki (she/her): and the natural world. It's all of ours.

282

00:37:24.990 --> 00:37:26.310

Susanna Barkataki (she/her): And

283

00:37:27.400 --> 00:37:36.020

Susanna Barkataki (she/her): I also think there's something about white supremacy particularly, or any kind of dominator culture that

284

00:37:37.150 --> 00:37:51.880

Susanna Barkataki (she/her): it functions better. We're easier to control When we feel a sure of ourselves we're easier to control. When we feel self doubt. When we feel like we need to be small right Think about. As for those who are gendered and socialized as women.

285

00:37:51.880 --> 00:38:02.720

how many times in your life have you been told to be smaller, to take up a space like diet ads coming right like all these messages, saying, small, small, small is like.

286

00:38:03.000 --> 00:38:04.120

Susanna Barkataki (she/her): and

287

00:38:08.910 --> 00:38:25.560

Susanna Barkataki (she/her): and that doesn't make it necessarily easier to ask a fundamental question of like, Who am I? And what what is my purpose, and how do I? What is my true voice? It makes it even more challenging, I think, when all of those things are happening around us.

288

00:38:30.580 --> 00:38:31.520

Susanna Barkataki (she/her): Yeah.

289

00:38:32.980 --> 00:38:35.510

Susanna Barkataki (she/her): just looking at your notes.

290

00:38:39.360 --> 00:38:50.740

Susanna Barkataki (she/her): I also wanna say, Jamie, I really felt your care, and your question, and that isn't to say, you know I could tell you, sat and thought about it, please, for folks listening. If you have a question. You don't have to

291

00:38:50.740 --> 00:38:59.750

Susanna Barkataki (she/her): something about. You could just toss off your question, and you're welcome to be in reflection about it, and then and then put it put it in right either way

292

00:39:00.330 --> 00:39:01.840

Susanna Barkataki (she/her): or all the ways

293

00:39:02.210 --> 00:39:08.040

Susanna Barkataki (she/her): I want to speak to the like, substituting one group of voices for another, because I think there is.

294

00:39:10.500 --> 00:39:13.130

Susanna Barkataki (she/her): There's some inevitability to that.

295

00:39:13.650 --> 00:39:27.460

Susanna Barkataki (she/her): at least in my life. When i'm learning from teachers, I find that I am using their framing, even using their forms of speech, or the way that they talk, or I am someone who picks up like the

296

00:39:27.510 --> 00:39:34.550

Susanna Barkataki (she/her): like, the vocal mannerism. So people that i'm around even to that extent. Right? So so there's a way

297

00:39:34.780 --> 00:39:45.310

Susanna Barkataki (she/her): that I think that's just part of what it is to be in relationship. and what I try to do is name like you saw me name reverend angels teaching one that's touched me recently.

298

00:39:45.580 --> 00:39:51.030

Susanna Barkataki (she/her): I try to name the people that I that are threading together

299

00:39:51.150 --> 00:39:53.110

Susanna Barkataki (she/her): to help me make sense of the world.

300

00:39:54.870 --> 00:39:56.200

Susanna Barkataki (she/her): and

301

00:39:58.220 --> 00:40:00.830

Susanna Barkataki (she/her): and in that practice

302

00:40:03.460 --> 00:40:23.160

Susanna Barkataki (she/her): there's the you there right that you are the sense maker. You are the meaning maker of all these voices and all these different things. And and even if that meeting that you're making in the moment is like, and i'm not sure like i'm in flux. I'm. I'm. Unsure of what is foundational on ground grounding and true.

303

00:40:23.730 --> 00:40:27.680

Susanna Barkataki (she/her): I think it's really powerful to be able to teach

304

00:40:27.700 --> 00:40:35.650

Susanna Barkataki (she/her): from that place of ungroundedness. You know you. We don't have to have it all figured out, I think again, like

305

00:40:36.320 --> 00:40:37.780

Susanna Barkataki (she/her): the people I know

306

00:40:38.130 --> 00:40:50.430

Susanna Barkataki (she/her): a lot of us who are really honest, Don't, where we say we don't have it all for you and one of the books and the teachers that's been helpful for me. With this is Pematoja, and the

307

00:40:50.440 --> 00:40:52.560

Susanna Barkataki (she/her): I can't remember the name of the book.

308

00:40:53.130 --> 00:41:06.960

Susanna Barkataki (she/her): Maybe it's the places that scare you. It's like going into that unknown and really being with it and allowing it to get bigger and bigger and bigger, you know, and in a titrated way, a way that feels okay for you or not, you know. But

309

00:41:07.090 --> 00:41:09.600

Susanna Barkataki (she/her): being with that.

310

00:41:10.760 --> 00:41:14.280

Susanna Barkataki (she/her): so I don't know what it'll be for you. But for me, my

311

00:41:14.620 --> 00:41:16.000

Susanna Barkataki (she/her): my own

312

00:41:16.310 --> 00:41:20.530

Susanna Barkataki (she/her): kind of digestion of all the different experiences has come.

313

00:41:20.720 --> 00:41:32.810

Susanna Barkataki (she/her): but doesn't necessarily come when I want it. It doesn't come like, you know, right before the big talk, or whatever it is that i'm that i'm nervous about, but it it eventually does, and then

314

00:41:35.040 --> 00:41:40.130

Susanna Barkataki (she/her): and then it's like also the students who are learning from you

315

00:41:40.740 --> 00:41:50.320

Susanna Barkataki (she/her): might more appreciate the sharing from that place of I'm not having it all for that. And if you you did, you know it's like we don't.

316

00:41:52.080 --> 00:41:59.760

Susanna Barkataki (she/her): We don't know what people need all the time. And so you, just being really real, could be really revolutionary for them.

317

00:42:00.390 --> 00:42:11.340

Susanna Barkataki (she/her): So those are the thoughts that I had. I think you are honoring right and not appropriating in your relationship to

318

00:42:12.460 --> 00:42:17.670

Susanna Barkataki (she/her): your yoga. Your practice like that. That is

319

00:42:17.720 --> 00:42:20.300

Susanna Barkataki (she/her): that is

320

00:42:23.950 --> 00:42:26.880

Susanna Barkataki (she/her): okay. I saw a hand from Collie

321

00:42:31.900 --> 00:42:42.480

Kahli Alspaugh: Oops. Sorry I should. I mute myself first? Thank you so much, Suzanne of Arkaki, and thank you. I think it was Jamie for sharing I

322

00:42:42.560 --> 00:43:02.420

Kahli Alspaugh: that really resonated with me, and I had one thing to add that just came up for me with hearing you share that Jamie, which is that one of the things that I love about Yoga is. It reminds us that, like not one pose is going to be helpful all the time right? And very similarly, like not one

323

00:43:02.440 --> 00:43:08.230

Kahli Alspaugh: way of thinking is going to help us all of the time, and there might be some more nuance to it of like.

324

00:43:09.770 --> 00:43:17.000

Kahli Alspaugh: It is really important for some people to hear that, because they're not thinking about it. And you're thinking about it all the time, and that's good. And so finding, like

325

00:43:17.060 --> 00:43:27.680

Kahli Alspaugh: the balance in that somewhere is maybe where the piece comes, and the ability to give back from a place of confidence. But all my love, thank you for sharing.

326

00:43:29.960 --> 00:43:33.220

Susanna Barkataki (she/her): Thank you. And thank you, Jamie.

327

00:43:37.170 --> 00:43:42.070

Susanna Barkataki (she/her): Okay. Couple of other questions that came in.

328

00:43:43.420 --> 00:43:53.960

Susanna Barkataki (she/her): Yeah, you can speak into the space here. I'm going to read your question. This practices for Yaya has really had me reflecting on my role in Yoga as a white woman.

329

00:43:54.060 --> 00:43:58.050

Susanna Barkataki (she/her): and i'm realizing I just want to pause to say, because I heard some people.

330

00:43:58.280 --> 00:44:03.350

Susanna Barkataki (she/her): I've actually seen this in some of the questions, and also for some folks mentioned this.

331

00:44:04.650 --> 00:44:17.960

Susanna Barkataki (she/her): if you're feeling like oh, i'm still in Satyr. I'm still in a himself. I don't want to move forward. You don't have to. You don't have. There's no rush right. You can stay with the practice that you you're in, and know that they all do telegraph into one another.

332

00:44:18.250 --> 00:44:35.060

Susanna Barkataki (she/her): and if you are feeling ready to move to to another than you can. I want to share a little bit later, like a general framing, and actually ask for your thoughts. But I just wanted to name that as we go into to this, because I also know the folks here who are on

333

00:44:35.130 --> 00:44:49.780

Susanna Barkataki (she/her): different different places. And so there's no where you should be right. And so some folks like you haven't gotten to the yet. You're in like month 2 or you know. So there's no absolute there.

334

00:44:50.220 --> 00:45:04.700

Susanna Barkataki (she/her): So it has me. Reflecting on my role in Yoga as a white woman, I feel like visually. I represent the epitome of cultural appropriation and Yoga, and I struggle with that association, because it doesn't align with my internal perspective, thoughts or actions.

335

00:45:04.700 --> 00:45:13.490

Susanna Barkataki (she/her): I feel torn between this pull to share and teach the fullness of yoga. And this notion that I can't possibly do it without appropriating

336

00:45:13.990 --> 00:45:24.450

Susanna Barkataki (she/her): being who I am. I don't want to teach if it means appropriating, and I also feel pulled to share a practice that can change our lives for the better. What advice would you give?

337

00:45:24.530 --> 00:45:25.350

Susanna Barkataki (she/her): Yeah.

338

00:45:26.060 --> 00:45:29.510

Susanna Barkataki (she/her): Thank you for that question. And

339

00:45:31.110 --> 00:45:31.950

Susanna Barkataki (she/her): hmm.

340

00:45:33.340 --> 00:45:37.600

Susanna Barkataki (she/her): And would you like to speak into this space.

341

00:45:38.390 --> 00:45:48.550

Kiara (she/her): Sure, I can add a little bit. Hi! Everyone glad to be here. I've heard similar threads from other people speaking today that really resonate.

342

00:45:49.580 --> 00:46:00.880

Kiara (she/her): And this yeah practice had me. So then I, going back to your book, embrace yoga's roots. I bought it, had started it, and then got sidetracked, and thought this was the perfect opportunity to come back.

343

00:46:01.070 --> 00:46:11.540

Kiara (she/her): And so I think this has been a question that I've had in my mind for quite a while. I think 5 6 years ago now maybe is when I first did my ytt

344

00:46:12.040 --> 00:46:13.150

and

345

00:46:13.220 --> 00:46:14.120

Kiara (she/her): taught

346

00:46:14.160 --> 00:46:32.740

Kiara (she/her): a couple of classes here and there, but really felt that I was just teaching exercise, and I felt like that's what I was trained to mostly do, and it wasn't what I wanted to teach it, because for me yoga was always so much more, and it didn't feel like that was being taught, or that's what I was teaching.

347

00:46:32.940 --> 00:46:34.960

So I kind of took a step back.

348

00:46:35.080 --> 00:46:36.700

Kiara (she/her): and then

349

00:46:36.780 --> 00:46:55.770

Kiara (she/her): did my own practice also realized that the meditation aspect of Yoga was what I probably loved more, and that was where I felt more called to be able to share and teach in a way, because it got out of the kind of awesome and exercise space. So I have kind of done some

350

00:46:55.970 --> 00:47:12.020

Kiara (she/her): meditations on like inside timer. But really Haven't stepped back into a place where i'm actively teaching, or, you know, charging for anything and putting my space out there because I keep coming back to this balance of like. Really, how can I

351

00:47:12.640 --> 00:47:14.160

Kiara (she/her): teach when

352

00:47:14.220 --> 00:47:22.290

Kiara (she/her): there's already so many people out there who look like me, and i'm so privileged in so many ways.

353

00:47:23.000 --> 00:47:26.200

Kiara (she/her): And I know this space needs so many people who aren't me.

354

00:47:26.740 --> 00:47:27.610

Susanna Barkataki (she/her): Hmm.

355

00:47:27.760 --> 00:47:42.040

Kiara (she/her): But at the same time I feel so like I want so many more people to see what yoga really is, because so much out. There is just like you guys exercise. I saw it today on Instagram, this yoga body

356

00:47:42.280 --> 00:47:46.700

Kiara (she/her): app that was touting like being more flexible in 21 days, and it just

357

00:47:46.810 --> 00:47:57.100

Kiara (she/her): it hurts to see that. So yeah, that's where I am. Where I don't know how I can teach, but also just keep feeling hold to wanting to share

358

00:47:57.200 --> 00:48:01.430

Kiara (she/her): this and change what yoga looks like to people so that they stop

359

00:48:01.530 --> 00:48:05.840

Kiara (she/her): seeing it as this white Westernized watered down version.

360

00:48:06.280 --> 00:48:08.480

Kiara (she/her): So yeah, i'll stop there. I was.

361

00:48:08.820 --> 00:48:12.200

Susanna Barkataki (she/her): Yeah. Yeah, thank you so much.

362

00:48:17.120 --> 00:48:20.220

Susanna Barkataki (she/her): So first, I think ultimately only

363

00:48:20.430 --> 00:48:35.300

Susanna Barkataki (she/her): you or anyone asking this question can really answer it for yourself. So i'll give you my thoughts. But also please keep in mind that this is like you, heart to heart, right like you. Get to be hard to heart with you. You get to be hard to heart with Yoga.

364

00:48:35.680 --> 00:48:36.940

Susanna Barkataki (she/her): And

365

00:48:39.980 --> 00:48:49.250

Susanna Barkataki (she/her): so I 2 2 like fundamental things that for me are absolutely true. Our Yoga has come through as a practice

366

00:48:49.350 --> 00:48:58.670

Susanna Barkataki (she/her): to humanity. For me it's what the best practice I found for creating liberation and freedom and myself and in the world, right? And so

367

00:48:58.870 --> 00:49:08.270

Susanna Barkataki (she/her): I tend to be of the thought that the more people practicing Yoga, the more people teaching Yoga authentic yoga full yoga the better for our world.

368

00:49:08.420 --> 00:49:23.430

Susanna Barkataki (she/her): And so I really. And that's why I run teacher trainings that are for everyone that center. You know, bodies of culture center experiences and teachers of color. But it's for everyone, because I want.

369

00:49:23.720 --> 00:49:37.320

Susanna Barkataki (she/her): I want this to go as far as it possibly can like in my ideal world. It's like we have, You know, the teachers in every board room and every school and every bank and every you know, everywhere, like media, you know, good teachers, yoga practitioners, and that takes all of us

370

00:49:38.830 --> 00:49:43.760

Susanna Barkataki (she/her): the other side to it is like for you.

371

00:49:44.760 --> 00:49:47.880

Susanna Barkataki (she/her): Kara, specifically, but also for each of you.

372

00:49:48.450 --> 00:49:59.940

Susanna Barkataki (she/her): their folks, who can only learn yoga from you like they're not gonna learn it. They're not gonna they're gonna pick up my book and maybe put it down right, or they're gonna They're not going to connect to

373

00:50:00.080 --> 00:50:01.710

Susanna Barkataki (she/her): different teachers.

374

00:50:03.510 --> 00:50:05.780

Susanna Barkataki (she/her): And so

375

00:50:05.800 --> 00:50:18.940

Susanna Barkataki (she/her): and like you said, there's a lot of folks out there teaching Yoga in a way that's watered down teaching you that in

a way that maybe doesn't connect people to their own agency, maybe is even disempowering right? And so it's like

376

00:50:19.730 --> 00:50:31.920

Susanna Barkataki (she/her): there is something very needed and powerful in you and other everyone here teaching in your way and your voice for the people who can hear it and learn from you specifically.

377

00:50:32.310 --> 00:50:33.480

Susanna Barkataki (she/her): and

378

00:50:34.360 --> 00:50:39.190

Susanna Barkataki (she/her): a big part of what I try to do in teacher trainings.

379

00:50:39.850 --> 00:50:51.800

Susanna Barkataki (she/her): And here, and you know anywhere that I am is for folks in positions of privilege, right and power, and white folks, but I also like that's for folks of color, too, like I include myself.

380

00:50:52.020 --> 00:51:03.700

Susanna Barkataki (she/her): When you see me doing something publicly it's rare that it's just me. I usually try to uplift a whole bunch of other people along with me.

381

00:51:03.700 --> 00:51:16.190

Susanna Barkataki (she/her): And that's true. My teacher trainings and, like free, you know, I did a challenge. That was just me. There's certain times where i'm like. I want to go in, and I want to just like teach. But a lot like.

382

00:51:16.530 --> 00:51:33.830

Susanna Barkataki (she/her): I would say out of 5 things 4 of them are gonna have a bunch of other people in it, right? So I also think there's a responsibility that you can have to yoga and to. You know social engagement with Yoga and teaching Yoga where you

383

00:51:35.210 --> 00:51:38.160

Susanna Barkataki (she/her): lift others up where you center.

384

00:51:38.180 --> 00:51:53.240

Susanna Barkataki (she/her): You know folks from within the tradition South Asian folks, other folks of color, where maybe, as part of your teaching, you have like an explicit reparations practice. We're like, i'm

connected. I've done some research, and I think these are in our portal now, but

385

00:51:53.240 --> 00:52:03.390

Susanna Barkataki (she/her): and maybe you can. I can grab it or you can grab it the resources that I we recommend, like you, can do some work of connecting with an organization

386

00:52:03.580 --> 00:52:12.820

Susanna Barkataki (she/her): that you do a fundraiser for, or like 10% of the programming that you do. You give to right? There's ways to

387

00:52:13.820 --> 00:52:24.410

Susanna Barkataki (she/her): you know. We can't undo cultural appropriation ourselves, right like it's a huge system just like these these big systems, but we can take steps to bring awareness to it.

388

00:52:24.680 --> 00:52:29.640

Susanna Barkataki (she/her): And personally I tend to think to saying that opting out

389

00:52:29.950 --> 00:52:46.850

Susanna Barkataki (she/her): isn't necessarily for the greater good, I think it might be for the greater good to like. Share your gift, share your what you love, share the liberation, share the freedom, and then invite the people you're sharing with into like a broader understanding and and a culturally connected understanding.

390

00:52:47.210 --> 00:52:50.030

But again, I can say all that.

391

00:52:50.690 --> 00:52:54.840

Susanna Barkataki (she/her): and it's very true that I I 100% believe it.

392

00:52:55.100 --> 00:53:08.130

Susanna Barkataki (she/her): And you got to be, you know, kind of like you've got to feel and be in that conversation with you and you and Yoga, and then move from there. So I hope that's helpful for you and for the other folks. Who are.

393

00:53:08.850 --> 00:53:10.390

Susanna Barkataki (she/her): We're feeling that way.

394

00:53:13.780 --> 00:53:14.800

Susanna Barkataki (she/her): Yeah.

395

00:53:15.820 --> 00:53:22.800

Susanna Barkataki (she/her): Wonderful. So our last question that we got I only got through this month.

396

00:53:23.230 --> 00:53:30.510

Susanna Barkataki (she/her): Please ask your questions. Ask away. Thank you. That works to learn and donate from and to in the chat

397

00:53:30.800 --> 00:53:34.830

training 8 orgs and resources that I love and recommend.

398

00:53:34.990 --> 00:53:43.260

Susanna Barkataki (she/her): So our last question is from Karen and Karen asked us. Now I open that talk and can't see your questions.

399

00:53:43.700 --> 00:53:44.290

Yeah.

400

00:53:44.650 --> 00:53:53.990

Susanna Barkataki (she/her): Oh, yes. So teaching what we're learning, for example, the modres Mantra's meditations asset with respect for lineage and teachers.

401

00:53:54.040 --> 00:54:13.490

Susanna Barkataki (she/her): Can you talk more about how we are to share what we are learning, i. E. In whole part or our own newly created version of the knowledge. And then do you suggest we complete all 12 months before sharing what we have learned, or be with the sudden of each for one plus month before sharing or other suggestion. Yeah, I love that.

402

00:54:15.780 --> 00:54:26.780

Susanna Barkataki (she/her): So what I was reflecting on is. I actually think it's helpful to kind of answer this together.

403

00:54:26.850 --> 00:54:34.550

That's okay, because I also wanted. I've been working on it like a simple guide for y'all about like

404

00:54:34.800 --> 00:54:43.540

Susanna Barkataki (she/her): Santa, which your practice practice within you have a class curator, or just in general.

405

00:54:43.660 --> 00:54:56.920

Susanna Barkataki (she/her): It's a merchant right? It's it's flowing. It moves away from regimentation. It's personalized. and as part of this I'll add, in like teaching right a teaching side in a guide. Right now. This is more focused on practice.

406

00:54:57.060 --> 00:55:08.700

Susanna Barkataki (she/her): But if structure helps you some emergence suggestions, I feel like at the top of the month, as the new module comes out. It's helpful to listen to the down, the talk.

407

00:55:09.270 --> 00:55:10.400

Susanna Barkataki (she/her): and then

408

00:55:10.550 --> 00:55:18.010

Susanna Barkataki (she/her): every week, if you can, or if not every week, then at the beginning of the end of the month, to practice the Asana.

409

00:55:18.620 --> 00:55:21.410

Susanna Barkataki (she/her): and then weekly, if you can.

410

00:55:21.480 --> 00:55:35.780

Susanna Barkataki (she/her): to practice the Meditation Mentor. And so that way your month is imbued with. Say, you know, Septia, or whatever you're focused on. And I do think if you're going to teach.

411

00:55:36.510 --> 00:55:44.720

Susanna Barkataki (she/her): or when you go to teach. It's helpful to take that full month of practice with, with whatever the theme is

412

00:55:44.840 --> 00:55:47.270

Susanna Barkataki (she/her): that said

413

00:55:47.420 --> 00:55:50.880

Susanna Barkataki (she/her): everyone's different right. So i'm going to stop sharing for a sec.

414

00:55:51.090 --> 00:56:00.530

Susanna Barkataki (she/her): I'm the kind of learner like there's different ways that we learn, and i'm the kind of learner who learns by doing and learn by teaching.

415

00:56:00.550 --> 00:56:09.030

Susanna Barkataki (she/her): And so some people may, like practice, go through everything once and be like I'm. Ready to integrate and synthesize by teaching.

416

00:56:09.250 --> 00:56:10.520

and

417

00:56:11.660 --> 00:56:22.800

Susanna Barkataki (she/her): I set up the program for you to like with the with the Pdf that you can take of the Asana to be able to take it and go and use it right. So really encouraging you

418

00:56:22.990 --> 00:56:30.040

Susanna Barkataki (she/her): to take and use. Now I like and appreciate Karen, that you asked that particularly around the mudra and the mantra

419

00:56:30.450 --> 00:56:41.100

Susanna Barkataki (she/her): mantra. Traditionally, we practice with for a lot longer before we teach right, like you. Practice with it for a year or 2, 3 years.

420

00:56:41.580 --> 00:57:04.280

Susanna Barkataki (she/her): and Yoga class curator is more. It's not. It's not really set up as a as a training for like teaching mantra. Actually, I think it's nice to go deeper in that, If you're wanting to go out and like teach other people how to chant, I think you would need more more training, right? But so the Munter part is more for your personal

421

00:57:04.280 --> 00:57:12.850

Susanna Barkataki (she/her): personal practice. That said, there may be folks here who already have a whole bunch of practice, and then it just becomes, You know, a that you're practicing.

422

00:57:14.360 --> 00:57:25.080

Susanna Barkataki (she/her): and for those who are like chanting every every day. And this is what you're chanting, and you're practicing with it, and it just feels natural to open or close your

423

00:57:25.450 --> 00:57:27.340

Susanna Barkataki (she/her): when you're teaching with

424

00:57:27.710 --> 00:57:39.070

Susanna Barkataki (she/her): mantra right like, so so you can see there's no rule book here other than I think, to as best you can embody and live the practice that you teach.

425

00:57:40.480 --> 00:57:46.920

Susanna Barkataki (she/her): Can any particular things that would be helpful, or questions or thoughts.

426

00:57:47.630 --> 00:57:48.620

Karen McMillan | YINpreneur: No.

427

00:57:50.290 --> 00:57:53.440

Karen McMillan | YINpreneur: we have so many more months.

428

00:57:53.530 --> 00:57:54.940

Karen McMillan | YINpreneur: I wasn't.

429

00:57:55.170 --> 00:58:00.120

Karen McMillan | YINpreneur: I guess. The major question was, You know, I think of myself as this ambassador.

430

00:58:00.330 --> 00:58:12.800

Karen McMillan | YINpreneur: and as I've brought up also in my team that it's very much wanting to take it forward, but also this reverence and respect. And how do I balance those.

431

00:58:13.020 --> 00:58:16.120

Karen McMillan | YINpreneur: So what i'm hearing, maybe, is

432

00:58:16.570 --> 00:58:20.210

Karen McMillan | YINpreneur: because I've signed up for myself. I've never.

433

00:58:20.290 --> 00:58:24.020

Karen McMillan | YINpreneur: or yoga. I lead meditation, but I haven't talked so.

434

00:58:24.080 --> 00:58:27.510

Karen McMillan | YINpreneur: I'm very much comfortable with the practice. For myself.

435

00:58:27.550 --> 00:58:31.610

Karen McMillan | YINpreneur: I think one of the things I'm hearing, though, is, if I am doing

436

00:58:31.750 --> 00:58:52.490

Karen McMillan | YINpreneur: a meditation, and I find that that particular month what comes up for me. and I share it as I'm. Maybe closing or opening a meditation that's different than teaching and trying to teach it, which I don't feel is the proper revenues. Am I hearing you correctly on that?

437

00:58:52.520 --> 00:59:03.020

Susanna Barkataki (she/her): Yeah, that's exactly it like. For example, if you're teaching a medic yeah, meditation. And you know you're closing the meditation, and you feel like chanting, you know.

438

00:59:03.050 --> 00:59:04.460

Susanna Barkataki (she/her): or like.

439

00:59:04.470 --> 00:59:21.110

Susanna Barkataki (she/her): you know, the guide 3 month, or because it's like a way of bringing people out, and you're connected, and you're in reverence absolutely. That's different than saying, come to me to learn mantra, and I'm going to break it down and teach you. There's 2 resources that i'll share. Someone asked about that.

440

00:59:21.140 --> 00:59:35.860

Susanna Barkataki (she/her): Yes, so for for learning more deeply around. Yeah. So you've got it, and i'll refine. Yeah, i'll refine that set in a guide, and i'll drop it in the

441

00:59:35.860 --> 00:59:49.860

Susanna Barkataki (she/her): the link. It's not done, but i'll drop it in in the chat. Just so you all have it. and then i'll add to it, because what's there so far is just

442

00:59:50.000 --> 00:59:56.860

Susanna Barkataki (she/her): just kind of the beginnings of of that framing, and I want to add in something on on teaching.

443

00:59:58.680 --> 01:00:08.750

Susanna Barkataki (she/her): So the 2 places that I would recommend, and I think they're on the trainings that I love, let me see, would be yeah. So

444

01:00:09.980 --> 01:00:28.700

Susanna Barkataki (she/her): i'm just gonna share my screen. It's easy on the training 8 or some resources that I love. So puja mixed puja who does the chance that we have in Ycc. And they're credited throughout. Puda does trainings often with Sheila Bringi and True Davy Brinky.

445

01:00:28.700 --> 01:00:38.980

Susanna Barkataki (she/her): They're all together. They work for secret, sound lab, and they are wonderful, and that's hyperlinked there, and then the other is Melissa Shaw, and find your breath.

446

01:00:39.070 --> 01:00:48.210

Susanna Barkataki (she/her): So both of those 2, Melissa, and it's here, so you know, chanting.

447

01:00:49.560 --> 01:00:53.920

Susanna Barkataki (she/her): and then you then also

448

01:00:54.420 --> 01:00:55.280

Susanna Barkataki (she/her): oops.

449

01:00:57.650 --> 01:00:58.910

Susanna Barkataki (she/her): So

450

01:00:59.090 --> 01:01:03.440

Susanna Barkataki (she/her): these these folks would be who I would recommend.

451

01:01:09.690 --> 01:01:26.570

Susanna Barkataki (she/her): And so, as we just wrap up and close, I want to mention that our 300 yt is starting in June. and applications are open now. We'd love for you to fly if it feels aligned and resonant.

452

01:01:26.890 --> 01:01:30.970

Susanna Barkataki (she/her): Andrea, maybe you can drop the link to the 300,

453

01:01:30.990 --> 01:01:46.870

Susanna Barkataki (she/her): and the scholarship applications are opening on Friday, and so if you or someone you know, would like to do a training that is, you know you don't they don't have to have, or you don't have to have a 200 h.

454

01:01:47.170 --> 01:02:00.530

Susanna Barkataki (she/her): because we we all all of the things that yoga alliance right like it's like. If you just need some experience with Yoga. and it is a really powerful way to go very much in depth

455

01:02:01.000 --> 01:02:14.020

Susanna Barkataki (she/her): to a lot more of what we're talking about and foundations, but really really deep into Yoga philosophy, Ayrveda Mantra teaching for all bodies all of those things.

456

01:02:14.180 --> 01:02:31.530

Susanna Barkataki (she/her): and it would be an honor to be there with you. I know some folks here have already taken it, and and so just in it, and a kind of invitation to explore it, check it out, and then also share it. If there's someone that you think would like.

457

01:02:31.530 --> 01:02:47.460

Susanna Barkataki (she/her): we would be a good fit for. I'd love to invite you to share them, particularly around the scholarship application, because part of our goal is to change the face of Yoga right? And so to do that. Ideally, we try to. We try to bring in as many folks

458

01:02:47.460 --> 01:02:59.780

Susanna Barkataki (she/her): on scholarship as possible. So meaning that's like 2030% of the of a class has some form of partial scholarship. So try to really make

459

01:02:59.980 --> 01:03:02.740

Susanna Barkataki (she/her): this type of yoga teacher training accessible.

460

01:03:05.630 --> 01:03:10.380

Susanna Barkataki (she/her): Hmm. A link if we wish to donate. Oh, i'm so glad that it was life changing.

461

01:03:10.730 --> 01:03:30.460

Susanna Barkataki (she/her): You know we it's funny, Karen. We were not going to focus on fundraising this year, but i'm sure there's a link somewhere I can find for donating to the we do something called the Future of Yoga Fund, because we're going to be fundraising for a tech project. But i'll tell you about another time. That's like a echo tech Equity project.

462

01:03:33.120 --> 01:03:44.080

Susanna Barkataki (she/her): I might be asking a lot of you Andrea. It's sure of Yoga link. They'll be joined. You'll go Fund. Link. Let me see if I can find it.

463

01:03:44.560 --> 01:03:48.130

Susanna Barkataki (she/her): I do want to say as we're closing.

464

01:03:50.700 --> 01:03:54.510

Susanna Barkataki (she/her): just to remind you know, in in the

465

01:03:59.900 --> 01:04:02.280

Susanna Barkataki (she/her): I could not do 2 things at one time.

466

01:04:11.600 --> 01:04:13.250

Susanna Barkataki (she/her): See if this works.

467

01:04:16.100 --> 01:04:17.460

Susanna Barkataki (she/her): That might be it.

468

01:04:18.500 --> 01:04:24.090

Susanna Barkataki (she/her): Yeah, it says, 20 yeah, ignite future. If you have a friend cool.

469

01:04:24.300 --> 01:04:35.380

Susanna Barkataki (she/her): Thank you. I just want to say, like I really appreciate you asking that because it isn't going to be a focus. But I think we'll you're making me think I should put that

470

01:04:35.580 --> 01:04:37.110

Susanna Barkataki (she/her): link there. Yeah.

471

01:04:38.560 --> 01:04:43.640

Susanna Barkataki (she/her): I pulled it out of a canva document, anyway. The the

472

01:04:44.400 --> 01:04:49.740

Susanna Barkataki (she/her): the message, I think that's coming through for me loud and clear is.

473

01:04:50.000 --> 01:04:56.940

Susanna Barkataki (she/her): and it's the one I needed to hear, too. So just once again, like grateful for you, and being part of this learning, community is

474

01:04:57.020 --> 01:04:58.640

Susanna Barkataki (she/her): that self.

475

01:04:59.090 --> 01:05:11.840

Susanna Barkataki (she/her): self, trust like we can start right here with care, with like such. It is listening listening to yourself, the truth, your truth and inquiry into what you

476

01:05:12.830 --> 01:05:16.040

Susanna Barkataki (she/her): you are here for. So with that.

477

01:05:16.430 --> 01:05:28.310

Susanna Barkataki (she/her): take a moment to just thank yourself and offer yourself gratitude for being here here in this moment. And here at this point in your life. and then we'll close.

478

01:05:28.440 --> 01:05:32.120

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

479

01:05:40.160 --> 01:05:49.020

Susanna Barkataki (she/her): and power power. Thank you for your presence. Thank you for your practice. Let's unmute and say goodbye.

480

01:05:49.060 --> 01:05:50.870

Susanna Barkataki (she/her): and i'll see you all soon.

481

01:05:52.340 --> 01:05:59.560

Aine she/they: Thank you, bye bye.