



1

00:00:01.070 --> 00:00:04.890

Susanna Barkataki (she/her): Hello! Hello! And welcome!

2

00:00:09.060 --> 00:00:18.380

Susanna Barkataki (she/her): Welcome to our pilgrimage in. And I'm just checking.

3

00:00:19.400 --> 00:00:24.840

Susanna Barkataki (she/her): Hmm! Can I see you all?

4

00:00:29.320 --> 00:00:30.890

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

5

00:00:38.060 --> 00:00:40.000

Susanna Barkataki (she/her): Oh.

6

00:00:46.360 --> 00:00:51.230

Susanna Barkataki (she/her): okay, great! Can you hear me and see me? Everyone

7

00:00:52.310 --> 00:00:55.110

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

8

00:00:56.410 --> 00:00:58.079

Susanna Barkataki (she/her): letting folks in?

9

00:00:58.170 --> 00:01:12.690

Susanna Barkataki (she/her): Thank you, Elizabeth. Glad it's working And if folks want to have your cameras on. You're more than welcome. It's always nice to see one another and to be in community in that way. Yay, okay, wonderful.

10

00:01:12.900 --> 00:01:18.879

Susanna Barkataki (she/her): So we'll take a moment and come present if you would like.

11

00:01:19.030 --> 00:01:22.090

Susanna Barkataki (she/her): You can have a bowl of water

12

00:01:22.220 --> 00:01:27.309

Susanna Barkataki (she/her): more, you know, if you've got like a cup of water to drink.

13

00:01:27.480 --> 00:01:32.170

Susanna Barkataki (she/her): or something with water around you for today.

14

00:01:32.530 --> 00:01:55.099

Susanna Barkataki (she/her): and I'd love for folks like granted in the chat to say, Hi! To welcome yourself, to welcome one another, maybe share 2 words of how you're doing, or a phrase or a sentence. We'll just take a moment as we all come into the space. love seeing the animals. The water.

15

00:01:56.250 --> 00:01:59.420

Susanna Barkataki (she/her): Wonderful! Welcome! Welcome!

16

00:02:01.040 --> 00:02:02.020

Susanna Barkataki (she/her): Hmm.

17

00:02:03.690 --> 00:02:07.430

Susanna Barkataki (she/her): yes, I'm so glad that we're here in community

18

00:02:07.520 --> 00:02:09.639

Susanna Barkataki (she/her): and that we get to connect.

19

00:02:13.490 --> 00:02:16.259

Susanna Barkataki (she/her): Hmm! Enjoying spring

20

00:02:17.170 --> 00:02:21.610

Susanna Barkataki (she/her): stressed. Yes.

21

00:02:22.620 --> 00:02:23.669

Susanna Barkataki (she/her): it's big.

22

00:02:27.070 --> 00:02:31.040

Susanna Barkataki (she/her): so glad to be back in the space. Yes, glad you're here.

23

00:02:32.020 --> 00:02:33.210

Susanna Barkataki (she/her): Hmm.

24

00:02:35.740 --> 00:02:37.040

Susanna Barkataki (she/her): okay.

25

00:02:38.680 --> 00:02:46.800

Susanna Barkataki (she/her): Hmm. Happy that you're joining, too, and it's totally fine. If it's been a while you're more than welcome to always join. Come in.

26

00:02:47.090 --> 00:03:04.789

Susanna Barkataki (she/her): Okay. So we're gonna take a moment and do a little practice. But for folks just coming in. you can have some water or a couple of water near you, and then we will. We will get started in just a moment.

27

00:03:06.650 --> 00:03:10.710

Susanna Barkataki (she/her): just thinking, if there's anything else.

28

00:03:16.440 --> 00:03:17.730

Susanna Barkataki (she/her): Okay.

29

00:03:21.440 --> 00:03:35.490

Susanna Barkataki (she/her): all right. So one of the beautiful things about this time of the year is, it's actually a time in a lot of different parts of India that

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00:03:35.830 --> 00:03:50.329

Susanna Barkataki (she/her): it's Gunga, where we celebrate the river Ganga, the river Ganji, and also for folks more where my family is. We celebrate the Yameno River which is part of why I'm inviting you to have water close

31

00:03:50.520 --> 00:03:57.370

Susanna Barkataki (she/her): and thematically. I wanted to connect us to the theme of

32

00:03:57.480 --> 00:04:12.600

Susanna Barkataki (she/her): devotion, and it's been coming up. I I feel like a lot some folks are on that theme but really connecting to ish farming donna to deep, deep, deep devotion to practice.

33

00:04:12.650 --> 00:04:15.389

Susanna Barkataki (she/her): If you're spiritual to the divine.

34

00:04:15.570 --> 00:04:30.509

Susanna Barkataki (she/her): however, you call it by whatever name you give that experience of the divine. If you're atheist. Maybe it's a sense of interconnection or the power of science different laws of nature.

35

00:04:30.780 --> 00:04:37.650

Susanna Barkataki (she/her): but that connection to to that which is greater than us the the little S

36

00:04:37.660 --> 00:04:59.100

Susanna Barkataki (she/her): Self or Susanna connected to the greater self and and we all have that opportunity for connection. So that's gonna be our theme for today, and I thought that we would also explore a little bit with, I have my one of my translations of the here

37

00:04:59.690 --> 00:05:02.440

Susanna Barkataki (she/her): and

38

00:05:03.670 --> 00:05:08.590

Susanna Barkataki (she/her): in book one potentially gives us a lot of different

39

00:05:08.880 --> 00:05:16.250

Susanna Barkataki (she/her): avenues in a lot of different ways to connect to the big S self.

40

00:05:16.320 --> 00:05:18.779

Susanna Barkataki (she/her): you know, from the little S to the big S.

41

00:05:19.780 --> 00:05:26.270

Susanna Barkataki (she/her): And I thought we would explore a few of those ways together today.

42

00:05:26.840 --> 00:05:27.690

Susanna Barkataki (she/her): and

43

00:05:27.830 --> 00:05:41.939

Susanna Barkataki (she/her): to see lots of gratitude for being here. I'm so grateful that you're here. I was just on retreat. it was wonderful, and also really challenging.

44

00:05:42.030 --> 00:05:47.659

Susanna Barkataki (she/her): And in various ways. And I got to road test

45

00:05:48.340 --> 00:05:51.449

Susanna Barkataki (she/her): in person a lot of the

46

00:05:51.620 --> 00:05:56.800

Susanna Barkataki (she/her): like what I give you and Yoga class curator. You know how there's like the Pdf. That you can print.

47

00:05:56.950 --> 00:06:19.780

Susanna Barkataki (she/her): I printed mine, and it all wrinkled up, and I had it in my vanilla envelope, and I had it there, and I was teaching. I taught 5 classes from Yoga class curators, so I'll share about that later. if you're interested. If you're not, I don't have to share about it. But I thought it might be kind of cool to, and we can talk more to in in the office hours. But just like applying right? How do we go from

48

00:06:20.910 --> 00:06:34.189

Susanna Barkataki (she/her): the study and the practice, and the being to then teaching or to sharing like, how do we translate that? And what is that experience like? So I could share. If it's interesting for folks later.

49

00:06:34.200 --> 00:06:38.680

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

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00:06:38.770 --> 00:06:39.840

Susanna Barkataki (she/her): so

51

00:06:40.740 --> 00:06:48.569

Susanna Barkataki (she/her): there you are. We can stretch out a little bit. Mr. Terms, up away from Earth.

52

00:06:49.670 --> 00:06:52.340

Susanna Barkataki (she/her): Hi! Yawning.

53

00:06:55.490 --> 00:07:00.150

Susanna Barkataki (she/her): and then we will all I'm together.

54

00:07:00.430 --> 00:07:07.629

Susanna Barkataki (she/her): Bring your hands to our center, and let them be there or rest on your lap.

55

00:07:07.770 --> 00:07:20.949

Susanna Barkataki (she/her): and if you'd like you can take the but my address, so the base of your hands is joined, pinkies and thumbs are touching, and your fingertips are out, so

56

00:07:23.640 --> 00:07:37.059

Susanna Barkataki (she/her): in case can be soft down into your hands or times closed gently. softly, relaxing your gaze on something in front of you.

57

00:07:38.830 --> 00:07:42.109

Susanna Barkataki (she/her): and begin to slow down your breathing.

58

00:07:45.590 --> 00:07:49.760

Susanna Barkataki (she/her): taking in breath and out breath.

59

00:07:59.660 --> 00:08:05.089

Susanna Barkataki (she/her): focusing on your breath, you can continue to hold the Madr or release it.

60

00:08:58.680 --> 00:09:05.049

Susanna Barkataki (she/her): concentrating on the supreme, ever blissful light within.

61

00:09:11.730 --> 00:09:17.480

Susanna Barkataki (she/her): I'm imagining more visualizing light within

62

00:09:19.800 --> 00:09:23.010

Susanna Barkataki (she/her): it, then pulled in. Hello!

63

00:09:24.180 --> 00:09:27.520

Susanna Barkataki (she/her): Some point within you, or around you.

64

00:09:28.140 --> 00:09:34.580

Susanna Barkataki (she/her): perhaps at your third eye, or between your eyes, at your forehead.

65

00:09:40.020 --> 00:09:44.140

Susanna Barkataki (she/her): and with every in breath feel this light expanding.

66

00:09:45.590 --> 00:09:48.709

Susanna Barkataki (she/her): and with every out breath feel the slight

67

00:09:51.180 --> 00:09:56.570

Susanna Barkataki (she/her): resting and illuminating your body. your mind, your heart.

68

00:10:47.220 --> 00:10:50.909

Susanna Barkataki (she/her): allowing your awareness to rest in this light.

69

00:11:23.140 --> 00:11:31.549

Susanna Barkataki (she/her): or by concentrating on subtle sense perceptions that brings steadiness of mind.

70

00:11:32.860 --> 00:11:36.169

Susanna Barkataki (she/her): So if you find yourself feeling.

71

00:11:39.940 --> 00:11:44.660

Susanna Barkataki (she/her): thinking. noticing color sounds

72

00:11:47.380 --> 00:11:49.349

Susanna Barkataki (she/her): allow that to

73

00:11:51.010 --> 00:11:56.269

Susanna Barkataki (she/her): be a focus of concentration without getting caught up in the story.

74

00:13:38.490 --> 00:13:43.919

Susanna Barkataki (she/her): Yeah, the

75

00:13:44.600 --> 00:13:56.899

Susanna Barkataki (she/her): or by meditating on anything one chooses that is elevating. or by meditating on anything that one chooses

76

00:13:57.170 --> 00:13:59.760

Susanna Barkataki (she/her): that is, elevating

77

00:14:01.780 --> 00:14:09.420

Susanna Barkataki (she/her): the profoundly inclusive instruction. This is from potentially.

78

00:14:12.120 --> 00:14:18.789

Susanna Barkataki (she/her): if there is something that is elevating that is uniting, that is, yoking for you.

79

00:14:19.430 --> 00:14:24.680

Susanna Barkataki (she/her): meditating on. That is the instruction focusing on that.

80

00:14:29.620 --> 00:14:35.329

Susanna Barkataki (she/her): It's quite profound that thousands of years ago this practice is so

81

00:14:35.390 --> 00:14:38.350

Susanna Barkataki (she/her): accessible, so inclusive.

82

00:14:38.920 --> 00:14:41.390

Susanna Barkataki (she/her): Sutra, 1.3 9,

83

00:14:47.950 --> 00:14:51.650

Susanna Barkataki (she/her): feeling your small

84

00:14:51.800 --> 00:14:53.720

Susanna Barkataki (she/her): as self

85

00:14:57.560 --> 00:15:05.380

Susanna Barkataki (she/her): is actually always already part of the greater. So always interconnected.

86

00:15:17.560 --> 00:15:22.519

Susanna Barkataki (she/her): I'm going to ask you a few questions that you can allow

87

00:15:23.630 --> 00:15:27.250

Susanna Barkataki (she/her): to float around your consciousness. And then, as we

88

00:15:27.350 --> 00:15:33.530

Susanna Barkataki (she/her): transition, I have space to reflect in the chat, or out loud or in your journal.

89

00:15:35.250 --> 00:15:42.269

Susanna Barkataki (she/her): how can I make space and time to connect to the divine?

90

00:15:44.580 --> 00:15:49.149

Susanna Barkataki (she/her): How can I make space and time for devotion?

91

00:16:09.440 --> 00:16:18.610

Susanna Barkataki (she/her): What might I need to surrender so Yoga, interconnection, divinity. and flow in?

92

00:16:19.850 --> 00:16:25.260

Susanna Barkataki (she/her): What might I need to let go or surrender? So

93

00:16:25.520 --> 00:16:30.510

Susanna Barkataki (she/her): Yoga interconnection, divinity can flow in?

94

00:16:51.210 --> 00:16:57.999

Susanna Barkataki (she/her): How can I be a vessel for Yoga at this moment? How might I serve or act?

95

00:16:59.760 --> 00:17:07.349

Susanna Barkataki (she/her): Where Yoga, where devotion calls me? How can I be a vessel for Yoga at this moment.

96

00:17:07.530 --> 00:17:14.260

Susanna Barkataki (she/her): how might I serve or act where Yoga or devotion calls me?

97

00:17:58.880 --> 00:18:04.720

Susanna Barkataki (she/her): A few more breaths? Yeah, this reflective 8.

98

00:18:14.150 --> 00:18:18.560

Susanna Barkataki (she/her): You begin to transition

99

00:18:18.770 --> 00:18:24.539

Susanna Barkataki (she/her): invitation to sleep water in your cup or water in your glass.

100

00:18:24.800 --> 00:18:26.929

Susanna Barkataki (she/her): and hold it in front of you.

101

00:18:31.010 --> 00:18:34.890

Susanna Barkataki (she/her): acknowledging the flow of the divine.

102

00:18:36.050 --> 00:18:38.770

Susanna Barkataki (she/her): That is a new, and it's in all things.

103

00:18:46.220 --> 00:18:49.570

Susanna Barkataki (she/her): and if you'd like, you can whisper some of your

104

00:18:50.320 --> 00:18:54.799

Susanna Barkataki (she/her): insights or your connections, or your commitments to

105

00:18:55.610 --> 00:18:56.960

Susanna Barkataki (she/her): your water

106

00:19:24.640 --> 00:19:32.220

Susanna Barkataki (she/her): if you like. If the water is for altar, and traditionally, you would take your ring finger

107

00:19:32.470 --> 00:19:39.870

Susanna Barkataki (she/her): and tip your ring finger in the water. and then place it on your third eye.

108

00:19:42.960 --> 00:19:49.029

Susanna Barkataki (she/her): sending gratitude to the water, but also receiving that blessing from the water.

109

00:19:49.580 --> 00:19:59.170

Susanna Barkataki (she/her): and then you can place your water on your altar, or if you're drinking your water, you can drink it with mindfulness, taking in that blessing, and

110

00:19:59.330 --> 00:20:02.769

Susanna Barkataki (she/her): also sending gratitude to your water out

111

00:20:22.870 --> 00:20:25.519

Susanna Barkataki (she/her): any other movement or

112

00:20:27.170 --> 00:20:31.150

Susanna Barkataki (she/her): gesture as we transition to reflecting.

113

00:20:31.760 --> 00:20:38.359

Susanna Barkataki (she/her): I dropped the questions, the theme, and then the questions in our chat.

114

00:20:38.390 --> 00:20:45.140

Susanna Barkataki (she/her): and I'd like to invite you to take and continue to have that kind of introspective energetics.

115

00:20:45.990 --> 00:21:00.559

Susanna Barkataki (she/her): And to take these questions and maybe answer one or multiple of them in your journal or in the chat, and in a moment I'll invite out loud. But I'd like to take a little time for

116

00:21:00.900 --> 00:21:02.729

Susanna Barkataki (she/her): to be together

117

00:21:03.630 --> 00:21:18.300

Susanna Barkataki (she/her): and reflective, so we'll take about We'll take till 5, after the hour to write to right in the chat to right in your digital journal and your notebook. and then we'll share together

118

00:22:50.300 --> 00:22:51.050

you

119

00:23:17.270 --> 00:23:17.930

the

120

00:24:10.640 --> 00:24:11.390

the

121

00:24:30.490 --> 00:24:31.810

the

122

00:26:08.300 --> 00:26:14.800

Susanna Barkataki (she/her): about a minute to finish up whenever you're writing this thing to writing and his hat.

123

00:26:18.020 --> 00:26:20.550

Susanna Barkataki (she/her): and to speak if you like to

124

00:26:21.440 --> 00:26:22.110

you.

125

00:26:46.220 --> 00:26:49.300

Susanna Barkataki (she/her): Hmm. so

126

00:26:50.310 --> 00:27:15.620

Susanna Barkataki (she/her): let's see transition I wanted to share, just like, because right, I love the music that is rag, which is like a traditional spiritual composition by, and so at the reached out to me now, maybe 2 or 3 years ago, after one of the summits that I did and said, Hey, I'm a composer, and I would love to gift you a song.

127

00:27:15.620 --> 00:27:34.559

Susanna Barkataki (she/her): and so certainly did create a song and beautiful. And then we reached back out and said we'd love to hire you to create the music for the meditations for our Yoga class curator program, and he was really happy. We

128

00:27:34.560 --> 00:27:59.709

Susanna Barkataki (she/her): offered him, you know, very a very good rate for original composition, and so all the music you hear in Yoga class curator behind the meditations. It's usually a music. And then we did the same for the Montres, that is, with mixed puja. So

129

00:28:00.050 --> 00:28:05.830

Susanna Barkataki (she/her): I love to share this, because I think when creating programs, it's so

130

00:28:07.630 --> 00:28:25.239

Susanna Barkataki (she/her): it just feels so good to be an alignment right in all the different ways, and to like feel that gift to the gift of the music, the gift of of these spiritual songs that you can for me. I can feel throughout this connection to the divine, through the music that he creates.

131

00:28:26.820 --> 00:28:33.400

Susanna Barkataki (she/her): yeah. So I'd love to invite in your voices.

132

00:28:33.400 --> 00:29:00.610

Susanna Barkataki (she/her): I particularly want to invite in, you know. Maybe folks who haven't shared much in this space, or if you haven't been here for a while, the culture of our pilgrimage and Fugas and our office hours has been increasingly more and more participatory and more and more collaborative. And I love it so. It's great. It's not like a space where you have to be polished or on or like be profound to be like, I had this connection to this. I could be like.

133

00:29:00.610 --> 00:29:18.240

Susanna Barkataki (she/her): I'm really stuck. And I'm not really sure. And I wanna workshop this with you, and it's just been very beautiful the last few months. I think we've gotten more comfortable with one another, perhaps, and we also have new folks coming in now a little more frequently. So invitation to just like

134

00:29:18.330 --> 00:29:24.830

Susanna Barkataki (she/her): to share without needing to to prepare right and kind of like, drop the

135

00:29:25.220 --> 00:29:36.870

Susanna Barkataki (she/her): the zoom face the student like, just be, we're in a community where we share values. We may not all share the same identities and all of the ways of doing things that we share a value and a love of Yoga.

136

00:29:36.920 --> 00:29:46.209

Susanna Barkataki (she/her): So I'll repeat the questions, and you can always drop your responses in the chat. But I'd like to hear your voices. How can I make time and space for devotion?

137

00:29:46.220 --> 00:29:58.590

Susanna Barkataki (she/her): What might I need to surrender so the divine can flow in. How can I be a vessel for Yoga in this moment, and how my I serve or act when Yoga or devotion calls me

138

00:29:58.670 --> 00:30:01.759

Susanna Barkataki (she/her): so opening up for

139

00:30:02.380 --> 00:30:07.760

Susanna Barkataki (she/her): for your reflections, your comments, your questions, your inquiries.

140

00:30:08.420 --> 00:30:12.630

Susanna Barkataki (she/her): you can unmute and share. You can use the reason to your choice.

141

00:30:40.470 --> 00:30:42.760

rachel@yogasong.net: This is Rachel. I'll share

142

00:30:43.600 --> 00:30:44.610

Susanna Barkataki (she/her): all right.

143

00:30:44.660 --> 00:30:50.619
rachel@yogasong.net: Hello! Thank you for this inquiry. I just jotted down some sentences.

144
00:30:51.700 --> 00:30:59.260
rachel@yogasong.net: pay attention to aliveness. It is everywhere. Hmm! Side me through me and all around me.

145
00:31:00.370 --> 00:31:05.100
rachel@yogasong.net: make room for mystery. lead with curiosity

146
00:31:05.760 --> 00:31:10.769
my devotion, practice free me for joyful service, without obligation.

147
00:31:11.080 --> 00:31:17.749
rachel@yogasong.net: without need for recognition or validation, but because it is the way my soul meets longing and yearning with joy.

148
00:31:30.320 --> 00:31:31.870
Susanna Barkataki (she/her): Thank you, Rachel.

149
00:31:32.170 --> 00:31:35.179
Susanna Barkataki (she/her): I'm receiving that. It's so beautiful.

150
00:31:36.980 --> 00:31:37.810
Susanna Barkataki (she/her): Hmm.

151
00:31:39.730 --> 00:31:40.870
Susanna Barkataki (she/her): Erica.

152
00:31:46.220 --> 00:31:49.290
Erika Chaker (she/they): Hi, everyone. I hope you can hear me. Okay.

153
00:31:49.680 --> 00:31:57.189
Erika Chaker (she/they): so something that I've been focusing on

154
00:31:57.540 --> 00:32:07.290
Erika Chaker (she/they): is in my meditation practice. I followed the teachings of Param, Hansie Uganda, and he teaches these meditation techniques.

155
00:32:07.400 --> 00:32:20.180

Erika Chaker (she/they): and I'm committed to doing them daily. But what I've realized in the last like month or so is that at after the techniques. There's this special time to just sit in stillness.

156

00:32:20.190 --> 00:32:32.780

Erika Chaker (she/they): and that's the time to share the devotion and the outpouring of love to the divine, and I've like neglected that part. So this whole time, years and years, and I've

157

00:32:33.020 --> 00:32:49.849

Erika Chaker (she/they): like forgotten, or I get my mind gets racing with the things I need to do for the kids or the home, or, you know. So I've been really focusing on giving that gift to myself and the divine at the same time, which is just being in the stillness, being patient.

158

00:32:49.910 --> 00:32:53.220

Erika Chaker (she/they): surrendering to the darkness

159

00:32:53.310 --> 00:33:13.190

Erika Chaker (she/they): behind closed eyes, and just waiting and listening with my whole being so. that's sort of the answer. My answer for the first part, where I'm making more time for that devotion, that outpouring of love, and also the listening to connect more deeply with the divine

160

00:33:14.160 --> 00:33:18.919

Erika Chaker (she/they): and the second part

161

00:33:19.700 --> 00:33:40.439

Erika Chaker (she/they): kind of going back to what I just said, but also the letting go of like the things that you know. I feel like I need to do this like pressure. I put on myself to complete certain tasks or whatever. So if I can just let those go and put those aside, then I can again gift myself that stillness without you know the mind chatter

162

00:33:40.900 --> 00:33:47.699

Erika Chaker (she/they): and and I'm feeling to this like calling to just

163

00:33:47.790 --> 00:33:55.220

Erika Chaker (she/they): give myself more self love and time for myself, without the guilt of

164

00:33:55.400 --> 00:33:57.820

Erika Chaker (she/they): that, you know.

165

00:33:59.410 --> 00:34:10.749

Erika Chaker (she/they): really, just honoring what I need in the moment, and and allowing for that, and asking for what I need. If there's support, or you know something I need from somebody else. So

166

00:34:11.199 --> 00:34:20.359

Erika Chaker (she/they): yeah, I think that piece just helps me. go deeper in my devotion to myself and the divine within me.

167

00:34:21.460 --> 00:34:23.310

Erika Chaker (she/they): Thank you for listening.

168

00:34:24.540 --> 00:34:27.310

Susanna Barkataki (she/her): Thank you so much. Erica.

169

00:34:29.770 --> 00:34:30.659

Susanna Barkataki (she/her): Yeah.

170

00:34:32.000 --> 00:34:44.720

Susanna Barkataki (she/her): this is beautiful and appreciating each of your shares. And you're listening as well, and we have a few hands, which is also beautiful. I see Justine, the Vivian and then Rada

171

00:34:44.780 --> 00:34:48.530

Susanna Barkataki (she/her): and other folks can get their hands to come to you. Justine.

172

00:34:50.199 --> 00:34:58.919

Justine (she/her): Hi! I really love this time during the month. So thank you. But

173

00:35:00.020 --> 00:35:04.020

Justine (she/her): anyway. wow! I don't know. I am crying.

174

00:35:19.520 --> 00:35:22.860

Justine (she/her): I I need to surrender

175

00:35:22.930 --> 00:35:29.030

Justine (she/her): perfectionism and judgment of how my practice

176

00:35:29.870 --> 00:35:31.509

Justine (she/her): is supposed to look

177

00:35:31.640 --> 00:35:35.469

Justine (she/her): like sound like can feel like

178

00:35:39.900 --> 00:35:41.380

Justine (she/her): and of

179

00:35:43.420 --> 00:35:46.510

Justine (she/her): and what I what came up for me

180

00:35:47.860 --> 00:35:49.350

Justine (she/her): is

181

00:35:50.730 --> 00:35:55.809

Justine (she/her): how it's looking right now is praying or singing in the car, going to work?

182

00:35:56.200 --> 00:36:07.640

Justine (she/her): Just pausing in the car. The car is my! It's not just the vehicle to take me somewhere. It's also my

183

00:36:08.200 --> 00:36:09.550

Justine (she/her): prayer space.

184

00:36:09.970 --> 00:36:47.219

Justine (she/her): so just showing up and

185

00:36:47.350 --> 00:36:49.119

Justine (she/her): showing up as I am.

186

00:36:53.600 --> 00:36:59.509

Justine (she/her): So just this is just stress being released and sadness.

187

00:36:59.550 --> 00:37:03.259

Justine (she/her): working with my school year, and

188

00:37:03.430 --> 00:37:05.100

also my mom.

189

00:37:12.830 --> 00:37:23.970

Justine (she/her): That's Alzheimer's all right. I didn't mean to like break down, but that's what I need to be.

190

00:37:26.740 --> 00:37:27.660

Justine (she/her): And

191

00:37:27.820 --> 00:37:29.919

Justine (she/her): so thank you.

192

00:37:30.860 --> 00:37:33.260

Justine (she/her): Thank you for holding me in this

193

00:37:33.410 --> 00:37:37.530

Justine (she/her): in this space as I am, so I really appreciate it.

194

00:37:37.620 --> 00:37:38.729

Justine (she/her): So thank you.

195

00:37:44.990 --> 00:37:53.210

Susanna Barkataki (she/her): Thank you, Justine, and you're so right. We're here with you just as you are, and you'll see in the chat. There's lots of care

196

00:37:53.300 --> 00:37:56.140

Susanna Barkataki (she/her): and lots of love and lots of connection

197

00:37:57.940 --> 00:37:59.909

Susanna Barkataki (she/her): folks resonating with you.

198

00:38:00.420 --> 00:38:05.889

Susanna Barkataki (she/her): Thank you for you the gift of your tears and your vulnerability as well.

199

00:38:06.710 --> 00:38:07.540

Yeah.

200

00:38:09.540 --> 00:38:10.330

Susanna Barkataki (she/her): hmm!

201

00:38:11.580 --> 00:38:13.649

Susanna Barkataki (she/her): Coming to you, Vivian.

202

00:38:20.100 --> 00:38:24.420

Vivianne Cardenas: Hi, I I'm grateful for

203

00:38:25.320 --> 00:38:27.820

Vivianne Cardenas: very heartfelt shares.

204

00:38:27.910 --> 00:38:38.040

Vivianne Cardenas: because it really touches parts of me that need to be a knowledge as well. so I'm grateful for that.

205

00:38:38.340 --> 00:38:39.670

Vivianne Cardenas: They're powerful

206

00:38:40.710 --> 00:38:48.029

Vivianne Cardenas: for me. What came to mind as a member of a tops step program.

207

00:38:48.170 --> 00:38:59.369

Vivianne Cardenas: it kind of took me to that practice immediately, and a lot of my answers were related to the practice of the steps in my life.

208

00:39:00.030 --> 00:39:13.039

Vivianne Cardenas: so how come it? How can I make time and space for the motion with a full time job and a toddler that I have to care for, and all the work of mothering and keeping a home running.

209

00:39:13.920 --> 00:39:26.489

Vivianne Cardenas: I'm fighting for equity in my home. There is not much time, so my answer to that is like, really I try to merge these, integrate these into my daily activities.

210

00:39:27.210 --> 00:39:33.540

Vivianne Cardenas: acts of surveys to my family, to my daughter, being present with her, and

211

00:39:33.660 --> 00:39:36.339

Vivianne Cardenas: even if for small amounts of time

212

00:39:36.650 --> 00:39:44.139

Vivianne Cardenas: really join her into that joy that she may bring, or dancing in my party in a way that's not

213

00:39:44.380 --> 00:39:54.670

Vivianne Cardenas: structure, or that has a purpose necessarily. So. That's my practice of the motion at the moment.

214

00:39:55.640 --> 00:40:06.880

Vivianne Cardenas: prior meditation every morning. It's not a meditation, pract a formal meditation practice, but I take a few minutes before I leave my bed, to connect

215

00:40:07.040 --> 00:40:14.579

Vivianne Cardenas: to my higher power of my understanding, and that connects to the next question.

216

00:40:15.330 --> 00:40:22.209

Vivianne Cardenas: What might my might I need to surrender, so the divine can flow. And my answer immediately was the first step.

217

00:40:22.240 --> 00:40:28.830

Vivianne Cardenas: What I need is to make this decision to turn my will and my life over to the care of God, as I understand God.

218

00:40:28.880 --> 00:40:31.200

Vivianne Cardenas: and I have to that moment a moment.

219

00:40:32.530 --> 00:40:36.860

Vivianne Cardenas: So that's that's what came for me. Thank you.

220

00:40:40.680 --> 00:40:48.640

Susanna Barkataki (she/her): Thank you. Thank you so much, and I appreciate you. Naming right like the connection may not happen

221

00:40:49.530 --> 00:41:01.210

Susanna Barkataki (she/her): in some formal way. It can be all through our lives, and I was reflecting on this like for some of us, it might be to dance, it might be through movement, it might be through like just being in a really loud.

222

00:41:01.250 --> 00:41:09.709

Susanna Barkataki (she/her): very full place, like we don't. It doesn't always have to be, you know, silent prior meditation in nature it can be.

223

00:41:09.740 --> 00:41:24.729

Susanna Barkataki (she/her): but it can be moment to moment to moment, to moment in whatever environment we find ourselves and many different. You

know the teachings teach that, including the one that I shared in our practice 1.3 9, which I'll just say one more.

224

00:41:24.930 --> 00:41:28.009

Susanna Barkataki (she/her): One more time, maybe I'll write it in the chat while we're

225

00:41:28.380 --> 00:41:35.850

Susanna Barkataki (she/her): someone else talking. rather, we're coming to you in a second. I didn't forget you. but

226

00:41:36.320 --> 00:41:38.610

Susanna Barkataki (she/her): Yet the

227

00:41:38.630 --> 00:41:48.570

Susanna Barkataki (she/her): by meditating on anything that one chooses that is elevating. And by meditation

228

00:41:48.870 --> 00:41:55.529

Susanna Barkataki (she/her): it's it's a right. So it's like focusing on with deep

229

00:41:56.410 --> 00:42:11.380

Susanna Barkataki (she/her): attention, intention, presence. So it doesn't mean like sitting like this. It could be like deeply connecting to our toddlers or our kids or our, you know, whatever it is that your attention is on. So thank you for bringing that that forward for us.

230

00:42:11.780 --> 00:42:12.820

Susanna Barkataki (she/her): Got it?

231

00:42:16.150 --> 00:42:19.339

radha she/her @radiancewithrads: Hello, everyone! Thank you so much for sharing

232

00:42:20.410 --> 00:42:24.389

radha she/her @radiancewithrads: really setting you comfort just in

233

00:42:25.620 --> 00:42:32.360

radha she/her @radiancewithrads: I don't know how you feel, so I'm not trying to say. I know how you feel about my grandmother has Parkinson's, and I can

234

00:42:32.600 --> 00:42:38.780

radha she/her @radiancewithrads: only imagine what Alzheimer's looks like for you and your family to just send you all the care and that.

235

00:42:39.890 --> 00:42:43.519

radha she/her @radiancewithrads: and really just admire your strength and vulnerability. I think

236

00:42:43.950 --> 00:42:58.450

radha she/her @radiancewithrads: you know, with the perfectionism. I feel that I for me it shows up as people pleasing and perfectionism, and it's like you gotta show up this way and like I love them to come here. We don't have to be like zoom ready. You like. Always be on camera, and, like, you know.

237

00:42:58.560 --> 00:43:00.839

radha she/her @radiancewithrads: we get to just come as we are.

238

00:43:01.900 --> 00:43:11.870

radha she/her @radiancewithrads: but I just wanted to share a little bit about the water. Something that I, you know, didn't realize that I've been doing, but

239

00:43:12.060 --> 00:43:25.380

radha she/her @radiancewithrads: that I like to say affirmations into the water as I drink it. It's almost like I'm sending healing energy to every cell in my body. And so this devotional journaling was just so

240

00:43:25.530 --> 00:43:33.159

radha she/her @radiancewithrads: special. And it's like, and it was that reminder that it doesn't have to be perfect. It doesn't have to be this huge practice

241

00:43:33.280 --> 00:43:43.180

radha she/her @radiancewithrads: under the moon, with flowers everywhere. It's a 45 min like it could literally be 2 min. I'm not a mom, but I know so many of us

242

00:43:43.250 --> 00:43:48.729

radha she/her @radiancewithrads: where many hats and have very full plates. So how can we integrate these pockets

243

00:43:48.760 --> 00:43:54.179

radha she/her @radiancewithrads: of Yoga? A love of joy to our lives. I just went to share that for anyone who

244

00:43:54.590 --> 00:44:00.970

radha she/her @radiancewithrads: might want to try it or explore it. Because. oh, man, those 2 min can feel really, really good.

245

00:44:01.410 --> 00:44:06.100

radha she/her @radiancewithrads: So yeah, just like to share that. I'm so happy to be with all of you today. Thank you.

246

00:44:06.460 --> 00:44:13.349

Susanna Barkataki (she/her): Thank you. And I'm not sure if I missed it. Maybe my sound did something weird. But what did you say you do for 2 min?

247

00:44:14.140 --> 00:44:19.569

radha she/her @radiancewithrads: I say affirmations as they pour into it in my water.

248

00:44:19.620 --> 00:44:27.530

radha she/her @radiancewithrads: And I say, I said, healing energy, every cell in my body. And so every time I drink it, it's that reminder.

249

00:44:30.390 --> 00:44:33.830

Susanna Barkataki (she/her): Thank you. So beautiful. Hmm!

250

00:44:34.890 --> 00:44:41.999

Susanna Barkataki (she/her): I love that, and I'm chopping the sutra in there, and I also coming to you in a moment.

251

00:44:42.270 --> 00:45:11.090

Susanna Barkataki (she/her): fine We've got. Anna dropped something in the chat little ways back, and I don't know if miss you It is dealing with a very delicate nap. Time situation, with their 6 month old. Totally get that? What I can surrender is perfectionism ongoing battle. Yes, it gets in the way of how I use my time, how I relate with myself and others. Of course, of course, perfectionism is a brand of anxiety.

252

00:45:11.120 --> 00:45:17.750

Susanna Barkataki (she/her): so this near, constant state of activation it interferes with just being and connecting

253

00:45:18.120 --> 00:45:33.720

Susanna Barkataki (she/her): feel you, and then I'd love to just invite folks to maybe throw. I don't know if you can see us, but to throw up a a

heart or a comment if you relate to that, because I definitely also relate to that and to the

254

00:45:34.700 --> 00:45:43.189

Susanna Barkataki (she/her): release of putting down that here and there, you know, in moments in between.

255

00:45:43.550 --> 00:45:46.380

Susanna Barkataki (she/her): Okay.

256

00:46:04.350 --> 00:46:10.760

Aine she/they: my throat is like, wait! Are you really going to talk? Hi, everybody! I'm am.

257

00:46:10.910 --> 00:46:15.530

Aine she/they: and I'm so grateful to be here today. thank you, Susanna.

258

00:46:15.830 --> 00:46:20.309

Aine she/they: I'm so grateful for this space.

259

00:46:20.760 --> 00:46:24.610

Aine she/they: so I had a very immediate

260

00:46:24.800 --> 00:46:28.510

Aine she/they: intuitive thought.

261

00:46:28.550 --> 00:46:33.259

Aine she/they: when you ask the question, how can I make time and space for devotion?

262

00:46:33.480 --> 00:46:37.230

Aine she/they: And it was to

263

00:46:37.340 --> 00:46:49.680

Aine she/they: let go of the bullshit that tangles me up just like without a second. And I've been really trying to make space for my

264

00:46:50.690 --> 00:47:02.689

Aine she/they: brain. which I always thought was neurotypical. because I was told it was. and you know I'm going to be 50 in 2 weeks, and, like.

265

00:47:02.980 --> 00:47:06.690

Aine she/they: you know, the past few years has been a journey of it's not.

266

00:47:07.980 --> 00:47:10.220

Aine she/they: and when I cannot

267

00:47:10.260 --> 00:47:14.210

Aine she/they: figure out how to focus or what to do next.

268

00:47:14.450 --> 00:47:18.340

Aine she/they: I get tangled and get caught

269

00:47:18.610 --> 00:47:21.930

Aine she/they: right. There's always another thing to do,

270

00:47:22.040 --> 00:47:24.530

Aine she/they: for my home, for my family, for

271

00:47:26.540 --> 00:47:34.540

Aine she/they: holding up the structures of my supremacy. They're always got another way of something I need to do.

272

00:47:34.960 --> 00:47:47.799

Aine she/they: So. It was just so clear. And I I feel like this has opened a new door for me, where, instead of just using sort of mindfulness, tools and

273

00:47:47.820 --> 00:47:55.900

Aine she/they: thoughtful approach to being overwhelmed by my own brain, that, like dipping into devotion

274

00:47:56.320 --> 00:48:06.600

Aine she/they: in that moment into tenderness, in that moment into connection with my higher power. is just into prayer. It's such a

275

00:48:07.150 --> 00:48:20.749

Aine she/they: a gift of today for me. And and again, like what might I need to surrender is like, you know my dependence on busyness and on Bs

276

00:48:21.770 --> 00:48:28.569

Aine she/they: And how can I be a vessel for Yoga at this moment?

277

00:48:29.750 --> 00:48:38.310

Aine she/they: I mean for me being a part of a community that is built around

278

00:48:40.070 --> 00:48:45.389

Aine she/they: Yoga. You know the 8 limbs of Yoga

279

00:48:46.410 --> 00:48:47.590

Aine she/they: that

280

00:48:48.880 --> 00:48:52.109

Aine she/they: allows me to access

281

00:48:52.170 --> 00:49:02.960

Aine she/they: the truth that I am a vessel for this and I don't know if this is the word I want to use, but

282

00:49:03.010 --> 00:49:06.809

Aine she/they: not just the permission. But the

283

00:49:07.120 --> 00:49:17.509

Aine she/they: Exhortation is that is that the right word from Susannah to teach all of Yoga when I teach?

284

00:49:17.590 --> 00:49:25.759

Aine she/they: I did not teach all of Yoga when I first started teaching because I didn't think that I was supposed to as a white person.

285

00:49:25.870 --> 00:49:41.170

Aine she/they: And I remember, you know, this is this is 2 or 3 years ago, like asking you about this. And and you were like, Oh, no, you better. And I was like, Okay, okay, good cause. It doesn't feel real to me if I'm not, and so I think

286

00:49:41.350 --> 00:49:48.910

Aine she/they: Every time that I teach I am, I am able to be a vessel for Yoga in this moment.

287

00:49:49.160 --> 00:49:50.440

Aine she/they: and

288

00:49:50.600 --> 00:50:08.159

Aine she/they: And I am serving my students with the devotion that I seek to cultivate in practicing and in teaching and in honoring my teachers and my community as I do so

289

00:50:08.230 --> 00:50:10.230

Aine she/they: And

290

00:50:10.650 --> 00:50:13.079

Aine she/they: I still find it hard to

291

00:50:13.180 --> 00:50:22.260

Aine she/they: Despite my faith and my study and my dedication to Yoga, I still find it hard to be who I am.

292

00:50:22.620 --> 00:50:26.949

Aine she/they: and even try to teach this

293

00:50:27.080 --> 00:50:32.090

Aine she/they: sacred art and science and life.

294

00:50:32.290 --> 00:50:40.820

Aine she/they: And yet I just do my best. you know I just. I use the Sutras. I use the teachings that you bring to us. I

295

00:50:40.950 --> 00:50:46.380

Aine she/they: I use my heart. I use my devotion and

296

00:50:47.390 --> 00:50:48.550

Aine she/they: I feel

297

00:50:49.780 --> 00:50:52.110

Aine she/they: good when I do it.

298

00:50:52.750 --> 00:50:58.579

Aine she/they: and that's when I'm in that flow, and I don't know. Each of our pronunciation is like.

299

00:51:00.010 --> 00:51:02.420

Aine she/they: you know, I can't pick a favorite. But

300

00:51:03.880 --> 00:51:15.869

Aine she/they: it's pretty. It's yeah. It's pretty high up there. So I appreciate that. That is where all of this discussion is coming from, and the hour of gratitude to be here.

301

00:51:20.120 --> 00:51:25.500

Susanna Barkataki (she/her): Thank you so much. And and wow!

302

00:51:25.690 --> 00:51:38.160

Susanna Barkataki (she/her): I feel like what we miss so much in the West, like in Yoga spaces, is the spiritual foundation is the spiritual connection.

303

00:51:38.320 --> 00:51:47.640

Susanna Barkataki (she/her): Is the invitation to like many of you have talked about, who's spoken. Like all life, is Yoga. All life is opportunity to practice.

304

00:51:50.760 --> 00:52:10.849

Susanna Barkataki (she/her): and we get to develop very personal relationships to what that looks like. There's as many translations for that, as there are people here as our people practicing. As for our teachers, students of Yoga, and there's some foundational tenants to some foundational core things we can come back to like

305

00:52:11.750 --> 00:52:19.980

Susanna Barkataki (she/her): the Yamen's and yamas, which we explore so much through this training like sensory focus practices.

306

00:52:20.150 --> 00:52:26.439

Susanna Barkataki (she/her): You know the Dharma, the teachings of Yoga that that are in the Sutras and other places.

307

00:52:26.450 --> 00:52:34.359

Susanna Barkataki (she/her): like Diana. Meditation practice mantra, Madre, right? So we we've got this very

308

00:52:34.470 --> 00:52:41.919

Susanna Barkataki (she/her): What's the word. I feel like a very broad and stable foundation

309

00:52:41.930 --> 00:52:58.380

Susanna Barkataki (she/her): from which to explore, and from which to personalize, and from which to connect, not in a cooperative way, but like a real devotional way. And for me, that's a lot of honestly, what makes the difference between appropriation and appreciation

310

00:52:59.350 --> 00:53:01.209

Susanna Barkataki (she/her): is it's devotion

311

00:53:01.430 --> 00:53:07.000

Susanna Barkataki (she/her): right like, how are we doing something from that space of

312

00:53:07.090 --> 00:53:17.580

Susanna Barkataki (she/her): of devotion? And I wouldn't like say this to the public right, because it's easy to twist that and say, Well, I'm really devoted to beer. Yoga, I'm really devoted. But but

313

00:53:17.850 --> 00:53:21.349

Susanna Barkataki (she/her): that devotion to one's own

314

00:53:22.640 --> 00:53:25.590

Susanna Barkataki (she/her): full self expression that's also

315

00:53:25.760 --> 00:53:30.319

Susanna Barkataki (she/her): connected to everyone else's also expression, yeah.

316

00:53:31.850 --> 00:53:34.640

Susanna Barkataki (she/her): I want to.

317

00:53:36.940 --> 00:53:48.390

Susanna Barkataki (she/her): I want to read. And also there was another one. Okay, Camille shared. I won't use my voice today because my Internet is experiencing a lag.

318

00:53:48.850 --> 00:54:17.289

Susanna Barkataki (she/her): What came up for me was gratitude for the space I have for my practice space where presence permeates. I thought about Barbara Brown. Taylor's words on Podcast I was listening to quote my prayers are doing the dishes, folding the laundry or wind blowing through the trees, the ordinary things being to buy, and Justine share reminded me of a gratitude practice. My root teacher, let our son get through once focusing on a specific object.

319

00:54:17.290 --> 00:54:31.890

Susanna Barkataki (she/her): and one of our cooler focused on her steering wheel. She was driving to work, and her gratitude for her

steering wheel moved her to tears. Everywhere. It had taken her truly, anywhere and anything can be a source of devotion.

320

00:54:31.990 --> 00:54:35.020

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

321

00:54:35.940 --> 00:54:45.819

Susanna Barkataki (she/her): and then leave. Thank you to everyone. for everyone who shared. I'm enjoying listening and being in the space with everyone. I've been going through a period of intense

322

00:54:45.890 --> 00:54:50.459

Susanna Barkataki (she/her): change, an emotional release. I just put in my official letter

323

00:54:50.740 --> 00:55:08.000

Susanna Barkataki (she/her): a resignation for a job that's been kind of toxic, and I'm also feeling very attached to a new relationship blossoming today. I wrote a song for my long distance lover, and I find music to be such a powerful way to connect with the flow of divine creative energy. Yes.

324

00:55:08.210 --> 00:55:14.380

holding a lot of emotions and trying to embrace the changes arising in life instead of resisting them.

325

00:55:14.440 --> 00:55:22.050

Susanna Barkataki (she/her): I feel myself growing so much and so fast, and I always need to remember to slow down so that I could integrate what I'm learning. Yeah.

326

00:55:22.610 --> 00:55:28.030

Susanna Barkataki (she/her): dealing with you leave in that time of change and release.

327

00:55:28.370 --> 00:55:29.280

Susanna Barkataki (she/her): Yeah.

328

00:55:29.780 --> 00:55:47.239

Susanna Barkataki (she/her): I think this goes to spiritual bypassing, too. It's like, sometimes it can feel like, Oh, I'm not connected to the divine if I'm depressed or I'm sad, or I'm anxious. And and that's just not true. Right? Like, those are portals of connection as well. And

329

00:55:47.310 --> 00:55:51.130

Susanna Barkataki (she/her): and a direct relationship to a connection.

330

00:55:52.970 --> 00:56:08.249

Susanna Barkataki (she/her): Yeah, surrender. Thank you for always bringing it back there. I speak to surrender, and I think he needs, let me know, not in defeat, but surrender on the sturdy foundation of our whole devotional practice. Yes.

331

00:56:09.450 --> 00:56:10.230

Susanna Barkataki (she/her): yeah.

332

00:56:10.640 --> 00:56:30.020

Susanna Barkataki (she/her): Hmm, so beautiful. And as we're coming to close, I want to just name that I brought up some practical things like how we bring the the devotion and all of this into practice, and I think we'll bring that into our office hours. next time. I also wanted to explore a little again, kind of

333

00:56:30.110 --> 00:56:51.279

Susanna Barkataki (she/her): reconnect to control appreciation versus appropriation and our office hours, and to remind you, please, please drop your questions. I love it, you know. If you have questions you can have it would be asked anonymously, or or with your name connected either way. but drop them in the the questions thread which

334

00:56:51.300 --> 00:56:53.759

Susanna Barkataki (she/her): I can look for in a second.

335

00:56:53.970 --> 00:56:55.829

Susanna Barkataki (she/her): and then,

336

00:56:58.110 --> 00:57:04.379

Susanna Barkataki (she/her): yeah, I think it's important to show that it as it is as is, we don't need to do spiritual acrobatics when

337

00:57:05.100 --> 00:57:12.760

Susanna Barkataki (she/her): looking to the device. No, we do not So the other thing I wanted to make sure

338

00:57:13.020 --> 00:57:21.199

Susanna Barkataki (she/her): to to send or like share with you, because you may want to do this, or you may know someone who does

339

00:57:21.230 --> 00:57:30.149

Susanna Barkataki (she/her): is I have a number of retreats coming up, and for a couple of them we have

340

00:57:30.240 --> 00:57:35.400

Susanna Barkataki (she/her): full scholarships, and so I'm dropping the

341

00:57:35.820 --> 00:57:40.150

Susanna Barkataki (she/her): the thing in the chat the link. And then I'm just gonna

342

00:57:40.880 --> 00:57:54.949

Susanna Barkataki (she/her): pull it up so you can see in case you want to come. So the query and transfer tree is happening at Kropalu, on the weekend of June ninth to eleventh, and that

343

00:57:54.950 --> 00:58:13.840

Susanna Barkataki (she/her): believe our scholarships are full. But if it's really important to you to come, and you need a scholarship. I'm gonna be writing to Kropoli to ask if we can get more scholarships. So just letting you know that this we have plenty of scholarships. We worked with them for 25 spots scholarships for us.

344

00:58:13.840 --> 00:58:18.349

Susanna Barkataki (she/her): for the Yoga of Solidarity. And that's like this work, right, the work of

345

00:58:18.430 --> 00:58:25.159

Susanna Barkataki (she/her): of bridging the gap between

346

00:58:25.390 --> 00:58:31.619

Susanna Barkataki (she/her): unity and separation. embracing our difference

347

00:58:31.940 --> 00:58:53.230

Susanna Barkataki (she/her): and then moving for solidarity, for change, making in our lives, and so that when we have lots of scholarships, love to see you there again, not everyone can travel right? So I I understand. And then the final one is reclaiming your roots and finding your voice, or a treat for folks of color that's all around like what it says. Like lifting.

348

00:58:53.230 --> 00:59:06.090

Susanna Barkataki (she/her): We lift you up but with the practice. And if you have a particular project or thing that that you're wanting to work

on, that's that. And so, if you have any questions. You can always message us at

349

00:59:06.140 --> 00:59:18.750

Susanna Barkataki (she/her): at hello! At ignite you? Well, and then I'm gonna look up the questions for him just so I can drop it in there.

350

00:59:18.870 --> 00:59:20.900

Susanna Barkataki (she/her): so

351

00:59:22.480 --> 00:59:28.340

Susanna Barkataki (she/her): yeah, this is it. And before we go

352

00:59:28.740 --> 00:59:45.919

Susanna Barkataki (she/her): I just love if there is. If anyone would love to. If anyone would like to drop like one thing you're taking away, or an Aha practice, I feel so nourished by listening to you all by learning together by being in this Co learning space.

353

00:59:46.000 --> 00:59:52.089

Susanna Barkataki (she/her): So if there's anything you're taking with you for me, some of the things that stuck out curiosity.

354

00:59:52.340 --> 00:59:54.319

Susanna Barkataki (she/her): devotion in

355

00:59:55.880 --> 01:00:00.260

Susanna Barkataki (she/her): the engagement in life. So I'm taking that with me.

356

01:00:01.110 --> 01:00:04.870

Susanna Barkataki (she/her): So if you'd like to drop that in the tact, and then we'll

357

01:00:06.210 --> 01:00:09.640

Susanna Barkataki (she/her): you can also. We can also do it this way. We can

358

01:00:09.820 --> 01:00:19.289

Susanna Barkataki (she/her): unmute, and you can just share your. So we might here we might not, because of the way Zoom works, but I'd love to hear your voices if you want to share your your words out loud.

359

01:00:23.720 --> 01:00:24.640
Susanna Barkataki (she/her): Hmm.

360
01:00:26.530 --> 01:00:30.849
Susanna Barkataki (she/her): say no. Play comfort with community

361
01:00:30.950 --> 01:00:39.149
Susanna Barkataki (she/her): ordinary. Yes, okay, let's unmute, and you can say a word, or you can say goodbye. and I'll see you soon.

362
01:00:41.950 --> 01:00:43.380
rachel@yogasong.net: Bye.

363
01:00:44.510 --> 01:00:47.449
Erin Lingo (she/her): Hi, thank you.

364
01:00:47.510 --> 01:00:51.430
Erika Chaker (she/they): Thank you. Thank you. Bye.

365
01:00:53.300 --> 01:00:54.270
Jessie Ballard: you.

366
01:00:54.400 --> 01:00:56.120
Carly Joelle: Thank you.

367
01:00:56.390 --> 01:00:59.400
Susanna Barkataki (she/her): Thank you. Bye, everyone.