

12:30:01 There we go. Look at the transcript going, Hey, and and Jane and Justin and it's tough 30 I wonder if we're going to be a tiny little group today with the here in Minnesota it's raining and it's kind of cozy, it's like I want to go crawl up on the couch
12:30:19 with hot chocolate and cuddle with my cats.
12:30:22 And I'm not going to get to do that I'm now full on I have like this and then I have full on sessions until six o'clock today So, which is also fun It's its own version of fun but anyway.
12:30:35 Oh Is everybody. Oh yeah, I was just going to tell you real quickly I experimented with downloading a new version of zoom. And I'm curious because there was some sound break up on our last call I No wonder I wonder sometimes I've had that happen when
12:30:50 zoom changes things, but it also is just the intricacies of the internet and available bandwidth and all that stuff. So, how is it right now is the feeling better, right, it's feeling better.
12:31:04 Excellent. Yeah, yeah.
12:31:07 You know, at any point, I do have, I mean I'm on Wi Fi and I do have an ethernet cable.
12:31:14 It requires me running down into the basement hooking everything up and then running back upstairs again, that at any point I can always try something like that during a call if it's particularly bad if it's on my end I'm never quite sure.
12:31:27 I don't think I don't think it was because it happened when other people spoke up as well and I noticed, I wasn't getting much sound on my end at all.
12:31:39 And right now it sounds good. Yeah, it sounds great, great. Okay, well I haven't changed anything on my end so I'm just gonna, you know like, write that off to the, you know that the energetics out there that that we're fielding, so welcome welcome welcome
12:31:57 who would like to check in if we're going to be four or five people today let's just do a quick check in with one another as we're starting up, who would like to say hi.
12:32:10 I'll check him. Great.
12:32:13 Unless Unless somebody else would rather go for it. Go for it, pull it on this last session was particularly invigorating and insightful.
12:32:25 Be a mean Wednesday A week ago.
12:32:36 Yeah, yeah. So this morning question Got it, okay was invigorating Tell me well.
12:32:42 It was full of wisdom and I'm noticing that I'm integrating, you know it's almost like it's seeping through filters and, and the integration is happening at the more and more I hear and then I just printed out the transcript.
12:32:59 And then I'll highlight the parts and I mark and it's just that the riches is overwhelmingly beautiful.
12:33:08 So you're feeling satisfied in rich sense of yummy minus your needs for elated. I think you found you.
12:33:22 Not satisfied I mean, you It's totally is far more than satisfied.
12:33:30 Wow.

12:33:31 That's me.

12:33:34 Yeah. And that you're making these effort to help us.

12:33:38 Retrieve things, and that Justin was so helpful to have me I wouldn't even be able to be here today or any day. Have you not been there for me, because I'm also feeling a lot of gratitude for nice grace, he's very helpful application with it, you know

12:33:52 with inept elderly frail elderly and I really appreciate that I mean many people are so annoyed and they say they go, I said that, you know, and I asked him the same thing over and over and he sends it over over the great pages, and it's beautiful.

12:34:15 Not, not many people have that.

12:34:12 So the combination of YouTube is off the charts.

12:34:17 Thank you, Paul.

12:34:19 Thank you.

12:34:21 Who else would like to check in with a feeling and a need as we get going. And a little check in Jane.

12:34:27 Hello everyone. It's nice to see to see ya. Um, I am just feeling really in a deep place of gratitude and and challenge. It's a wonderful kind of dichotomy.

12:34:44 And so, my needs for peacefulness, and

12:34:51 I could say simplicity, I'm up at the cabin.

12:34:56 Because I just get to deal with what's here.

12:35:00 Yet there's also about a life and St. Paul, Minnesota, and beyond that requires me to have some connection so it's a wonderful

12:35:12 just holding it all opportunity, and sometimes it's weights.

12:35:18 But

12:35:21 I feel

12:35:25 well grateful and I'm feeling rested I've my need for playfulness is met.

12:35:32 So it's a good, good start to the day, and love it. Thank you. Thank you.

12:35:41 Well welcome everybody. We were just doing a little brief check in as people were arriving.

12:35:49 And we're in week two of power dynamics. And some of you are going to get this the second time and some of you are going to get this for the first time, but I'm going to share my screen with you it's going to be rich and meaningful.

12:36:03 Either way, so hold on a second. Let's get that going. Okay, so this is what I'm asking you to do is share in the chat.

12:36:11 As we get going this morning that we just get my screens reorganized.

12:36:16 Where are you how are you feeling what do you need a couple of you already checked in in person, which I love and greatly appreciate because it needs a lot of my needs for human connection when I see your faces and hear your voices, so thank you.

12:36:31 And you may want to be thinking about what questions are up for you, around power.

12:36:37 Since last week session.

12:36:40 And the other thing, just a reminder, we're going to be doing some journaling. So I'm going to ask you to have, you know, writing

paper pen or pencil, ready to go.

12:36:48 We're going to have a work session today. I do have some teaching Don't worry, but it is going to be, reminding you that you are the content, you are actually the most interesting book that you get to read in your lifetime.

12:37:01 And I want to teach you how to read yourself as a book critically and with deep appreciation and love.

12:37:08 So go ahead and put any of that in the chat that way, I kind of keep a record of what people are thinking and what questions are up for people, even if I don't get to everything in this call.

12:37:20 It does inform my planning for future calls. If there are things that are up.

12:37:25 And I'm going to put you straight into a journaling activity.

12:37:31 And so I'm going to move to the second slide, and I want you to complete these three sentences, we're going to take three minutes.

12:37:38 I'm going to give you three sentences just stream of consciousness.

12:37:41 I am most likely to exert power over others when dot dot dot the punitive use of power over feels like.

12:37:53 And then the protective use of power over feels like I just jot down anything and everything that comes to mind, and I'm going to give you three minutes.

12:39:34 One more minute.

12:39:39 If you run out of things to say this is a good time to put some questions in the chat about power of those off of you otherwise stream of consciousness

12:39:53 comes up around those sentence starters.

12:40:37 All right.

12:40:38 Okay, so we're going to use those for check in.

12:40:51 Another system and check in, is checking with present moment feelings and means.

12:40:51 Um, how did last week's writing activity go for you and then I forgot to put this, I thought I had this on my slide but round three is share your reflections that you just wrote.

12:41:05 Okay.

12:41:08 So essentially, those are your three tasks, quick check in, anything that's remaining from last week that you want to bring up, and then share with one another what came up for you.

12:41:20 In response to those three sentence starters.

12:41:24 And we will be likely twos and threes for 10 minutes.

12:41:29 So let me just get that figured out.

12:41:35 If somebody ends up alone or if there's a three, there may be a quick move around right at the beginning. If you can join quickly I'll do my best to get you in your final assignment quickly.

12:41:46 You'll have 10 minutes with a. Let me just check that I have that setup for the 62nd countdown.

12:41:54 Okay. Actually, let me just double check as I know that like Dustin sometimes ends up in a room with someone and he never join so yes that happens so let me see the person who's with Justin right now, I'm going to move.

12:42:14 Okay.
12:42:16 You should be most the.
12:42:20 In this moment you should be mostly with a couple people only listening.
12:42:35 I'm just going to do it right now because I can see already if I send you like this, there's going to be three people in a room with one person.
12:53:49 Alright, people are going to be back in 10 seven seconds.
12:53:53 People are coming.
12:54:02 All right. Welcome back. Welcome, welcome back.
12:54:05 I wants to hear from to people.
12:54:07 What happened in your discussion.
12:54:14 How are you
12:54:14 share with the group a little bit of what you just went through.
12:54:20 I would love to share it. That's okay. Yeah, great to work with and and the first thing that came up was just I've gotten to work with and so many times over the last 18 months that it's just, there's an ease and rapport there that I was just really grateful
12:54:35 for. We, we kind of read each other's minds on a couple of things which was great.
12:54:40 And I thought, you know, I think, and Tim had a really strong mastery of some of the power dynamics and I was, I was like, admiring.
12:54:53 I still feel a little confused about anything power is so messy but it was a really good conversation I was grateful for it. Thanks.
12:55:00 Thank you. Thanks Rachel.
12:55:03 One more person.
12:55:08 I'm sure don't feel like a mastery but I had a you know a time limit to get it in and I just watched how I didn't get it when you said power over and power under sometimes okay.
12:55:19 But there were several situations in a family thing where that was absolutely where one person was more able to respond and the others backed off.
12:55:30 And, and, like a health crisis or we got stranded on a boat situation.
12:55:34 There were other times on I stepped forward but the most confusing territory for me is that power with, and it's often I thought it was sort of a state, but as I was thinking about it.
12:55:46 It's more of a dance, isn't it, because it kind of people kind of shift in and out. Yes yes yes yes yes, the conscious, use the conscious compassionate and choice for use of power over and under in an infinity symbol when they are working together as
12:56:10 a integrated polarity.
12:56:13 That is what results in power with.
12:56:17 That is one of the building blocks of interdependence.
12:56:21 It's about knowing when to speak, and when to be quiet.
12:56:26 When to assert, and when to receive.
12:56:30 When to lead, and when to follow.
12:56:33 And when people begin sensing into those capacities in

themselves and attuning to another person and the needs of a group, you will find natural hierarchy is emerged and fall away, and emerge and fall away.

12:56:50 That is the essence of power with.

12:56:53 And it's one of the reasons why we need to start detoxifying these ideas of one of them being bad and one of them being good or both of them being bad I got to get that consciousness out.

12:57:04 These are neutral tools.

12:57:06 These are capacities people develop.

12:57:09 And I also want to remind you.

12:57:13 Well, nevermind you, I want to suggest to you I'm going to put a thought seed and I want you to just go and experiment with this in your lives. You don't have to agree or disagree or have an opinion but go and experiment with this idea, your natural inherent

12:57:26 way of being, is inherently power with.

12:57:34 You are powerful.

12:57:36 You cannot not be powerful.

12:57:39 The differences do you know it.

12:57:42 And are you using it intentionally.

12:57:45 And from that frame, the perception of power over and power under is actually an illusion that it is a necessary one at certain stages of development, as you're developing certain capacities.

12:58:01 So just take that in as a thought form that the perception of somebody having more power than you or less power than you.

12:58:11 In some ways can be an illusion.

12:58:13 So I'm going to move straight into a teaching and a little bit of teaching from here and just expand on this thought for a moment here and there are two excellent beautiful questions in the chat from amber and Rachel I love your questions I'm going to

12:58:26 come back to them, I see them and I love them.

12:58:30 Okay, so I want you to think about it like this, if power is our ability to influence and affect change.

12:58:40 Keep in mind that you are influencing and effecting change by the very nature of your existence.

12:58:50 You You're being in a diet is powerful you are influencing and effecting change by how you are, whether you're speaking or whether you're quiet whether you're inhibiting yourself whether you're imposing yourself with whatever it is you're doing, you are

12:59:05 influencing and effecting change.

12:59:09 Now the question is, are you doing it consciously intentionally or are you doing it out of an unconscious default where something is running you and you your power is kind of running roughshod everywhere, out of reactivity.

12:59:24 Or are you harnessing your power, and using it in alignment with what you believe in and embodying something.

12:59:33 Those are more powerful questions.

12:59:36 Okay.

12:59:37 But you can't not be influencing things by the very nature of your existence Don't forget that part.

12:59:44 Now, gets complicated next piece we talked about this last

week but I'm going to revisit it.

12:59:50 This ability in a given any given relational context that ability will be determined by. It's going to be different from relational context to relational context.

13:00:02 And it is influenced as well.

13:00:05 By your access to resources.

13:00:09 The more access, you have to resources, the more intentional and powerful and like leading you can be and that relational direct, the less access, you have to resources, the less consciously and with with agency and intention.

13:00:27 Can you make a change.

13:00:29 And remember the resources come into ways they are external, and they are internal.

13:00:36 So, your internal resources are things like your level of consciousness.

13:00:40 The more self aware you are, the more actively you can co create, and the more choice will you can be in how things are going.

13:00:50 The less self aware you are in any given situation, the more likely you're just going to be responding and reacting to all the things around you and how you respond and react to all the things around you is, is influencing and affecting what's happening

13:01:05 and that diet and is inherently powerful, but in a different way.

13:01:10 Not in a way that leaves you feeling sort of empowered, for lack of a better word right now.

13:01:18 Okay. And you can have external resources so you know for example, if I'm working with a CEO and an executive team.

13:01:26 The executive team may have a lot of discussion about a strategy or a policy that they want to move forward, they all have power they're all influencing in effecting change that at the end of the day, the CEO will make the final decision about which way

13:01:39 way it's going to go by nature of the position.

13:01:43 So the CEO inherently has more external power.

13:01:50 In that situation, but she or he only has that external power to the degree that everybody else agrees that he or she does.

13:02:03 Okay, because if the executive team doesn't agree that she gets to make the final decision or that he gets to make the final decision that we have rebellion and then she doesn't have power if people aren't following.

13:02:15 Does that make sense, a system has a lot of power to the degree that we are compliant with the agreements or that we are compliant with the policy.

13:02:26 But the policy in and of itself has no intrinsic power.

13:02:30 If people are not compliant with it.

13:02:36 This makes sense.

13:02:38 Okay.

13:02:40 So, in terms of a personal growth program which is what I'm all about right is about helping you figure out you like where do you sit in relationship to some of this.

13:02:50 The questions that are going to be most generative are not

the theoretical it's ideological questions they're going to be questions like, where do you have capacity.

13:03:03 Where do you have access to resources.

13:03:06 What other resources that you do have access to.

13:03:12 How are you using them.

13:03:14 Are you using them consciously in alignment with what it is that you want to see more of in the world, having his vision of what you want your life to serve is an internal resource.

13:03:26 When you have a clear vision, you have more power you have more conscious power to co create, because a conscious vision gets energy behind it and clarity behind it whereas no vision and just being buffered around in the waves it's just a different experience,

13:03:44 then it's just a free floating little raft and it pops wherever the, you know, whatever the waves take it.

13:03:50 So if you want the momentum in a certain direction if you want to channel your energy you need a vision, you need guiding principles you need something that you're working in service to.

13:04:01 So you want to ask yourself what that is for you. And it can be different for different people.

13:04:07 And, in what relational situations.

13:04:12 Do I forget my power and full into the illusion of being in a power under position and end up feeling like my child self again feeling like a victim self again feeling the helplessness, and then very quickly on the heels of that don't judge that experience

13:04:31 that is a legitimate part of the Infinity loop that you need to get very comfortable in.

13:04:40 Right.

13:04:45 So, um, comments or questions about this piece.

13:04:48 I'm just going to take two, and then move. Yes, just clarify what you mean by infinity loop. I know I can picture the symbol, but I just can't sit here.

13:05:01 So, take a pair of interdependent opposites. For today, we're just going to play with, like, follow lead.

13:05:10 Okay.

13:05:11 You don't have effective leadership if you don't have followers.

13:05:16 And if you want to follow someone you need a leader.

13:05:19 If everybody is a leader, you're going to get.

13:05:22 The downside of everything to do with leadership, you're going to get Mike ramp and narcissism if everybody's a follower you're just going to get compliance and obedience and no one's going to go anywhere.

13:05:30 So if you think about just that dynamic.

13:05:33 There is an interplay between them. In order to have life affirming following and life affirming leading, they've got to be in balance and there's got to be agreement and they've got to support one another.

13:05:46 Okay. So when we're talking about power over and power under.

13:05:51 I've been trying to come up with better words for those and if any of you have ideas of what those might be I'd like to know what

they are, they need to be words.

13:06:00 I'm struggling to find words that don't have negative connotations. Okay, but because an interdependent pair is positive opposites and all the words I can come up with a negative, but let's take for example use two equally negative words for a moment, 13:06:21 submission and domination.

13:06:17 And I want you to pretend that they're both really really good Okay, even though they carry so many bad connotations.

13:06:24 When I have life affirming submission and life affirming domination I have power with when they're in balance when they're speaking to each other when they're informing each other.

13:06:34 But if I can only ever submit, I'm not going to like that.

13:06:38 And I'm going to be like, I don't want to be a victim I don't want to be a child I don't want to be a power under all I can do is submit and comply there's something about if that's the only move I see is available to me it's going to create suffering.

13:06:49 And if you only move I have available to me as get control micromanage everybody lead everybody be in charge of everything be responsible for everything I need to have power over this and power over this, I'm going to be exhausted and a little grandiose

13:07:01 and superior little narcissistic and really lonely.

13:07:05 But do I want inside of me, the energies of being able to submit when it's good, and lead when it's needed, and follow when I need to do I need both of these online.

13:07:20 absolutely. That is how you build an ecology.

13:07:24 Do you need the responsiveness and the attunement.

13:07:29 This is making sense what I'm pointing to. But in the relational field, we sometimes have the experience and in certain, certain people will pull other things in us where we kind of lose touch we go one way or the other.

13:07:42 And so when it's fragmented, we get the downside of power over and power under when it's integrated.

13:07:52 That's actually when you have tremendous forward movement in a system in growth and emergence, that's how we do forward movement that's how we evolve.

13:08:02 So, you know, that's what I mean by the polarity, the feedback loop, when they are in relationship attuned relationship to one another with a clear intention of, let's say something like for the good of all, If that's the clear intention, then we use

13:08:20 those two energies to move in that direction and they serve each other well,

13:08:27 reflect back, very brief. Couple of things, but I think a hearing you say, Would you mind doing that in post because I'd love to get everybody's voices in the room and have everybody have a chance to reflect that in Paris or do you feel as strongly to

13:08:53 Thank you. So I'm just going to give an example like my ex really liked to do dishes and I really like to cook. So, in that example, I'm producing the dishes.

13:09:03 He's cooking, that's our infinity symbol, and we're in power with each other because he's like, it's great you're giving you food,

and I'm like, it's great you're cleaning the kitchen.

13:09:07 Okay. Yes. And to the degree that both people are agreeing both people are enjoying the role those people experienced choice. There's flexibility that either one could lead and follow and nobody is rigidly assigned in one position or the other.

13:09:20 Now we have interdependence, all the places that goes wrong, I'm entitled to the decisions all the time. You're not as good as me, you have to follow.

13:09:29 Now we have the downside of power over empower under.

13:09:35 Lots to think about lots lots to think about so here's what I'm going to do next, I would like to put you into pairs, and I'd like you to respond. I just want you to surface your own personal responses to what have you heard so far what resonates What

13:09:49 doesn't resonate how's it landing. What are you thinking just begin grappling with the material.

13:09:54 And then I'm going to ask you here and let me show you on the slide.

13:09:59 Um,

13:10:02 I want you to think about a time and share time with one another when you overpowered someone.

13:10:08 Okay. What have you been the bully, one of you being the dominator you overpowered someone to get what you wanted or you made them do something that you believed was best for them it was for their own good parenting if you've ever been a parent, you can

13:10:23 have countless examples of where this may have happened.

13:10:26 Although that's just me projecting all of my sins on to you so you don't have to take them on.

13:10:31 But you settled for compliance and obedience. Okay.

13:10:35 Please choose something that was not an immediate safety issue I'm not looking for, like, trauma or not working with trauma today we're talking about power dynamics not in trauma.

13:10:45 So you're really looking for something like, you know, I gave my daughter a curfew and she had to be home and there were consequences if they want and this is how I overpowered her, and there was no co creation.

13:10:55 Okay, think about a time like that.

13:10:57 And then what I'd like you to do in your prayers is help each other identify what were you feeling in meeting at the time that you exerted power over what was going on for you in that moment, the strategy of exerting power over was an attempt to meet

13:11:13 what needs of yours, and was arising out of what feeling states that you were in. Does that make any sense what I'm asking you to do.

13:11:22 Okay, I'm going to put you in Paris, I hope, I hope that's going to work.

13:11:27 You're just randomly recreated will actually do you want to just go back to where you are with that be helpful but some of you are in threes.

13:11:35 I can do this in some ways I think we'll just build on but I'm going to move a couple of you around so that the two threes become

twos. So hold on one moment let me do that, I'm going to move you.
13:11:49 And then I'm going to move you.
13:11:57 So then I have 12121212.
13:22:38 All right, here they come.
13:22:45 Hey, sorry just waiting for everybody to get back in, 30 seconds.
13:23:00 So,
13:23:00 Justin I sent you a private message just FYI,
13:23:09 is the transcript on.
13:23:13 I don't think it is. I'm going to turn it on a notice on.
13:23:18 Okay.
13:23:19 It is Oh, okay,
13:23:25 Great.
13:23:29 Right. Welcome back. So, I would like to hear from two people I have not yet heard from today about any debrief catches up with what you talked about that felt meaningful in your Paris, or threes to
13:23:47 Bill and I had this delightful conversation about a situation where he and his partner had to kind of compromise on something.
13:23:59 And I've been constant, you know this whole infinity thing. Is there a way of being, instead of, you know, growing up I heard relationships are always 5050.
13:24:11 Well, I want it to be 100 100, where you really have, you know somebody who wants you to be your best self your, your you know your reach your full potential, and you want that for the other person, but they're also these places where you can coexist,
13:24:29 and be interdependent.
13:24:39 Is there a way of being if you're 100% your best self, or is that just a goal to strive for and you gotta dance the compromising dance in between we were playing around with some examples where.
13:24:49 Anyway, I wanted to toss that out there because it's a question that I
13:24:55 that you're grappling with.
13:24:58 Yeah. Yeah, you've got some questions about whether or not you know what it's like if it's 100 100, what would it, is it possible to even get to relationships where we really go to bat for one another's highest potential and aren't compromising.
13:25:13 I don't have a good answer for you I don't have any idea at all. I say, let's go experiment. If you can dream it, and you can develop a vision for it, start working in its direction and I think the answers you're looking for will emerge for you.
13:25:31 The one caveat that I have is sort of an, I noticed in me.
13:25:38 One of the things that I teach over and over again is that everything fits.
13:25:44 Everything fits. And I always have a little weariness that comes up when I hear questions that are like can we get rid of this and only have this.
13:25:52 Can we get rid of it. And why should we should we get rid of compromise,
13:25:58 you know like, and it's a question that I'm holding.
13:26:02 I'm not saying that you know you we should or shouldn't, you

know, but I like for me.

13:26:09 I really have a preference for a way of being that asks a question that's more like.

13:26:16 When can I choice for the compromise in a way that it feels really good for myself the other and the whole, what is being asked of me in a situation that is, you know, holding my own mattering, and also your mattering and also the collective mattering

13:26:35 as consciously as I can.

13:26:37 And I think that sometimes for me.

13:26:41 It means being willing to not get my way. It means being willing to compromise because the compromise that I'm making is in alignment with a higher value that I have, and giving up this little thing here actually gets me this bigger thing here.

13:26:58 And so it becomes a really complex and multi layered question that I play with ideas like what if everything has its place. What if it is a question of a tuning and responding and discerning.

13:27:12 What if the active ingredient is more about choosing something, and being in touch with my own power to choose. And what is the biggest gift that I can give a group at any given time is my choice to not have it be my way, or my choice to actually say

13:27:33 something for a change when I'm usually so accommodating.

like, I think there's something about tuning into what is being cold for in the moment and responding to that more than having a set of rules about what the right thing is for all situations and

13:27:51 all times. So, some random thoughts, how did those land on your turn.

13:27:58 As you were talking, I just thought of so many scenarios and kind of my ideal relationship with my partner, where, you know, it was kind of a hierarchy, how important is this to you know if that's really important to you, and it's only this far for me.

13:28:20 me. Oh hell yeah i can i can negotiate that.

13:28:25 But when it came to like for example, Naomi and our child.

13:28:29 Both of us had to come agreement because there has to be, you know, there's, you know, or what color we're going to paint the wall.

13:28:38 You know, that's where there has to be an agreement at some point on certain things, but I like your idea of the choice fullness and for me it was, how much, how important is this to you.

13:28:52 Okay, I'll give you that one.

13:28:55 Can I have this one because this is really important to me that kind of given take.

13:29:01 I like that, because I think you can stay

13:29:06 in integrity with yourself. Yes, thank you. Yeah, I. That's one of my deep my deep valley, one of my deep values is really living with as much integrity with my own values as possible and embodying them.

13:29:18 Another way of saying I think some of what I love what you're bringing in about like how important is that and how do we prioritize.

13:29:25 You can think in terms of what is my willingness to shift.

13:29:29 I come in with a default position.

13:29:32 But then I let in information from all of the other people

that I care about and what their preferences are and what they are needing.

13:29:42 If I'm an open hearted being will inform my willingness to shift.

13:29:47 And sometimes I have a lot of willingness to shift because they matter to me and their needs matter to me and it meets my own needs for contribution to the whole to shift, a position, it's the strategy isn't as important as the needs and sometimes the

13:30:03 position is so aligned with a need that I have a desire for them to shift more than for me to shift and then that becomes a different kind of conversation.

13:30:15 And you know that one of the things that's so beautiful about nonviolent communication is that it's a tool that helps us navigate some of that negotiation, and a place that comes from an open hearted connection with one another.

13:30:29 And I'm going to bat for something that I see as, like, our universal human needs as more important than just my, my preferences in this moment that I think it should go this way because of my, you know domination conditioning and my preferences and my

13:30:43 personality and me wanting to impose that on everybody else so it gives us some tools to sort of play in this arena differently.

13:30:50 And it also unplugged this dichotomy of power over power under, it's more of that dance.

13:30:58 Yes.

13:31:00 Yes. So we're going to keep exploring that dogs, we're going to keep exploring that dogs right now, and I'm going to have you grab the channels.

13:31:08 And we're going to take a little bit of time to inhabit. What is it like to be in the power over position.

13:31:15 Last week we talked about what is it like to be in the power under position. Today we're going to talk about just surfacing a little bit of what is it like when I'm in a power over position so using the situation you just discussed in small groups and

13:31:28 if you didn't discuss it.

13:31:30 Please at least bring to mind a time when you've overpowered someone. Okay, bring that situation to mind.

13:31:37 And I'm going to just give you a little bit of time, I want you to just jot down some first thoughts and then you're going to discuss them again.

13:31:44 But here's what we're going to do pull it is the simple, dude, I just saw your hand right now. Yes. Oh, you're good. Okay.

13:31:52 Um, share my screen.

13:31:55 Okay.

13:31:57 What got in the way using the situation that you just discussed all that you're bringing to mind what got in the way of your ability to be present to both your needs and the needs of the other person.

13:32:12 What do you think got in the way.

13:33:18 All right. Number two, what would have helped you open your heart to the other person's experience.

13:33:30 What would have helped you open your heart to the other person's experience.

13:34:25 Three.

13:34:28 What might have helped you to look for something that worked better for both of you.

13:34:34 Instead of being focused only on your preferred strategy or outcome.

13:34:42 What might have helped you to look for something that works better for both of you.

13:34:48 Instead of being focused on the on your preferred strategy.

13:36:21 As you're reflecting right now.

13:36:24 How could you have used your power differently. In a situation like this.

13:36:32 You're thinking in hindsight What do you wish you had done and foresight what could you do differently next time.

13:36:39 How could you have used your power differently.

13:37:33 And then, how are you feeling about yourself, and this other person in this moment.

13:37:41 As you revisit the situation, how are you feeling about yourself How are you feeling towards this other person in this moment.

13:37:51 As you revisit the situation.

13:38:47 Okay, so I'm gonna put you back into some Paris.

13:38:51 Share your responses to the prompts what came up, what did you notice what insights are emerging and then share any new strategies that are emerging for you now see if you can really install new ways of using power.

13:49:41 Okay.

13:49:41 People are coming back.

13:49:51 Hey,

13:49:54 we're waiting for people to come back from breakout rooms and 30 seconds.

13:50:28 Here we go.

13:50:29 Okay, welcome back welcome back welcome back.

13:50:37 So, how are you doing in this moment what this is the slide we're on let me just show you the slide I won't leave it up that this is where we are now, we're in this stage of the call.

13:50:50 Closing takeaways what has been an aha moment or a meaningful learning for you what intentional practice, would you like to set for yourself as we close.

13:51:01 We have a little bit of time if there are any questions or insights or debriefs that you are wanting to dive into with the material that we've covered.

13:51:11 And you can private message me and or Justin and just let us know. I mean, you can do it publicly too but just let us know. I keep trying to get a little bit more of a read on how much teaching how much breakout session, how is the percentage and ratio

13:51:26 of activities and structure working for you if you have any feedback on any of that. We're just gathering data.

13:51:32 So feel free to just let us know. So who would like to check in. How are you as we're wrapping up for today's session was.

13:51:42 Pull up.

13:51:42 I just had wanted to say something before because it's been so explicitly meaningful when, when we were talking.

13:51:50 It's on point in a sense, but it's, it's the whole concept of giving to, Instead of giving up.

13:52:00 I adore that concept. Yes, I love it just feels so loving and when somebody gives to me.

13:52:10 I'm just I once you've, they've given up. And I've gotten my way, it I pay the price and I can feel the difference and I don't want it. I don't want the gift because it's not a gift.

13:52:23 Exactly, exactly.

13:52:26 That I just, I have a burning desire because means so much to me and if I can stop and say that. And if it's not that important as the gentleman was speaking earlier whose name I have an error.

13:52:42 No, it's alluded, the one that talked about is the child the naming the trial with his husband, Tim.

13:52:45 Tim, yes, Tim and I, I can see that you know some things aren't that important to us, and we can easily Give it. Give to never giving in but give to thank you Paula.

13:52:57 That's it. I love it.

13:53:01 Thank you.

13:53:03 What else would like to check in.

13:53:09 I'm happy to say that.

13:53:21 I noticed, I often do power over moves when I'm exhausted.

13:53:27 It's a different defaults like just exhausted I can't do anything else.

13:53:32 Getting some relief some self care some self correction.

13:53:37 And I got to that like thinking about how I felt as I went through this whole exercise and I, and what other strategies and I came up with all these great strategies in the end it was like, I felt differently exhausted.

13:53:50 Because I have all these great except like strategies to try to be better or do differently.

13:53:56 So, and then there was a kind of a deep tenderness in me realizing, like, it's so hard to kind of living into the life I want and living into the person that I want and how I want to be in the world, and there was a little nuance for me about the exhaustion

13:54:16 and this side is an exhaustion of accomplishing and exhaustion of like working towards.

13:54:24 Even though it feels deeply exhausting in the same way there's some thread of on purposeless conscious, maybe choice.

13:54:38 Even though it's that same deep feeling of depletion or exhaustion, it's like, for a purpose or something, so I got to sit, talking with an outside, Jane and move into that space that I didn't have access to just journaling myself.

13:54:58 Yeah, I'm loving this distinction between the kind of tiredness, that comes from being stuck in a rut and doing things that are not in alignment with who I want to be.

13:55:08 And the kind of tiredness, that comes from time well spent grappling consciously for something that is so meaningful to me.

13:55:19 Yeah, I love that distinction thank you for.
13:55:22 Thank you for.
13:55:26 Thank you.
13:55:29 Who else would like to debrief what happened for them as they went through the activity.
13:55:44 So, I just say one thing.
13:55:46 Oftentimes I think we strive and I've strive to be in a power, position and regain my power, sometimes and we talked about this dynamic. Sometimes when you get that power, it's like, oh my god.
13:56:00 Now I don't know what to do with it, or I feel lonely or, this wasn't really what I wanted, I got it. Now I'm there.
13:56:16 Did you just cut off or did you stop
13:56:21 miraculously stopped.
13:56:26 Somehow I missed that for a moment though it's like did my song to just go, so I was just granted.
13:56:32 Yeah.
13:56:34 Thank you.
13:56:35 Jane.
13:56:45 Well I just had a quick response to Tim's comment as I realized I tend to not want power.
13:56:46 Um, I, because I don't know what to do with it or it feels dominating It feels like it will disconnect and my process in some regards has been to learn to own my power, and to gain more comfort in what that feels like.
13:57:10 So that was just an aha right now that I Tim said I want power. I'm like, I don't want power, but I'm learning to ask for it. Or, and also own it from within.
13:57:33 that typical white male versus more of a nurturing, you know, and I want to make broad generalizations but I just, it just triggered my maleness.
13:57:47 These are all very relevant and profound areas for exploration.
13:57:53 It's a very This is a very heavy dense rich topic.
13:57:58 Yeah, someone recently suggested to me we should spend at least two months on this and I think they're exactly right. I think that's true this especially with a subject like this.
13:58:08 Mary Beth.
13:58:09 Yeah, when Tim just said that about the gender. Part of it I didn't even read this article but I saw the headline and neuroscience news about why do some people routinely overestimate their abilities and other people routinely underestimate their abilities
13:58:25 and I think they found that, you know, use a lot often that falls along gender lines like that women think, oh I don't know and they actually do and then think, Oh I know and they don't.
13:58:37 And I think that really relates to the willingness to take power or responsibility for a situation which is talking about not the power over but the positive power of taking responsibility and being willing to be the one who leads which I'm not on top
13:58:52 of being a second daughter child. You know, I tend to not be the one who wants to make the mistake and be blamed. If I'm if I'm the

one who's, you know, says no we're doing it this way, and I don't have kids and so I never got that experience of like,

13:59:06 you got to do it because they don't know.

13:59:09 But anyway yeah i mean i think there's something there about about being afraid that you're wrong or you'll be blamed or you don't know what you're doing that has to do with power as well it's worth exploring.

13:59:21 Yeah, yeah. So, if you're keeping a quest journal like what I suggested human one on one and then I'm suggesting know in the membership as well as to have this journal of your ongoing growth and development.

13:59:32 You can start writing down right now what are the questions that are emerging What is it the edge of your growth in this moment, what are the things that are confusing.

13:59:41 And when we started this month with what is your relationship with power, you may want to revisit that and find out how is that beginning to evolve for me, as I engage with this content so you guys it's always a deep deep pleasure to be here with you.

13:59:55 Thank you for being here on Wednesday afternoon, any feedback about timing pacing density is useful to me as I calibrate a little bit and as I think a little bit about how we're going to structure things moving forward.