

12:30:30 Yes. Okay, great. Julia.

12:30:34 Wednesday afternoon week one, November the preparing for holiday conversations.

12:30:44 Um, I would love to hear how you are, who would like to check in.

12:30:56 I am. I'm noticing.

12:30:59 My negativity bias, I've been telling people how excited I am about this theme and I can never remember the title I always think of it as surviving the holidays.

12:31:10 Well, that's another way of putting it.

12:31:13 I like I like yours better. Thanks, but I'm really delighted to start noticing that bias I carry thanks.

12:31:21 Yeah. You're welcome, you're welcome, You're welcome. Who else would like to check in.

12:31:29 And I'm feeling like I have a lot of negative negativity bias to and I went back for a wedding with my family of origin and fell right back all old up.

12:31:43 And so now I'm trying to wear my way out. So,

12:31:51 so, I love the bringing in of this idea of old habits.

12:31:57 You know and i and this idea of having like a negativity bias having these sort of mental ruts that we sort of fall into.

12:32:04 And then this desire to sort of switch into a different way of perceiving the same old things that are going on right so we'll dive into some of that today for sure.

12:32:17 Anybody else wanting to check in, just briefly as we get going on our second Colt or November

12:32:29 Avon I yeah I'll chicken. I was, I listened in on Monday night and prior to listening. I thought, I mean I get along great with my family I don't see this fit there being any, any issue was super careful.

12:32:47 Yeah, exactly. And then, I think the part when you were talking about like sort of imagine all of the places where, you know, things start to happen that aren't exactly what you would like to have happen and prepare for those.

12:33:03 And then I was like, oh, that I have a lot a lot of a lot of places where I kind of feel at the mercy of how the conversation goes versus coming in thinking, oh yeah actually I have a role and I can influence how this goes.

12:33:20 So, it just made me excited. Oh that's lovely, I love, I love the idea of sort of, you know, being really intentional about how we're going to navigate holiday conversations that are coming up, and taking a little bit more of a, how will I lead.

12:33:40 How will I lead and influence, rather than how am I going to respond and react.

12:33:47 You know there's a little bit of a mindset shift. And the other, the other shift that I'm really recommending we sort of intentionally dive into this month is the shift from, what are all the things that I don't want to have happen.

12:34:04 into. What is the new way of being and the new way of interacting that I want to help cultivate.

12:34:10 So, yeah, so I love, some of the things that people are bringing in as we're starting out today.

12:34:17 Anyone else want to say anything before we shift gears into and

12:34:28 Iran.

12:34:33 You're muted just so you There it is. There we go.

12:34:37 Well, I feel really blessed.

12:34:41 My whole family has done a lot of conscious work at together and separately and when we get together it's always really wonderful we share what's going on and we're happy to get through initial rack a roux of saying hello and this and that and.

12:35:04 And when we sit down together. We enjoy to have some question for everybody to share their response to and it's really positive and very highly aligned and so I feel really blessed and I look forward, perhaps now to discovering what i don't know that

12:35:27 i don't know how you can take this really blessed and lovely beginning and kind of

12:35:37 eyes on it you know make it even more wonderful, get the boats to come up now. Yeah. Yeah, thank you. You're welcome. Thank you. Yes, Kathy Hi, good morning.

12:35:49 Um, I really liked the idea of how do I want to show up.

12:35:55 I'm anticipating the holidays will get together, but

12:36:02 there's a sort of this polite estrangement in between my kids and my husband and his sister and I usually just show up.

12:36:18 Trying to politely ask questions. How was your garden this year or something and and feel awkward.

12:36:28 And, or judgmental, there's always that.

12:36:34 And I guess I would like to change my agenda to either having a good time or just showing up differently so that

12:36:49 other people can have the space to show up differently to.

12:36:55 Okay. I love that, I love that so on the theme of showing up differently.

12:37:01 Let me say a few words and then I'm going to actually put you in system small groups and I want to welcome Judy Judy hi I see you're here, welcome.

12:37:11 Yeah, it's nice to have you joining us here I'm so delighted, and we're going to be a fairly small group today, it looks like.

12:37:19 Listen people joining so.

12:37:22 Couple of things.

12:37:26 The week one, we're doing a little bit more teaching on preparing for holiday conversation so I'm just going to do some orienting sort of commentary and have you sort of taken some concepts, a little bit of a review from Monday, but a little bit different.

12:37:38 But then I what I want you to really thinking about to prepare for the next three weeks, is what is doing it differently mean for you.

12:37:47 Okay, so you each have very different situation, you know, different concepts that we're all coming to this conversation from but if you really ground yourself and I want to do it differently this year.

12:38:00 I want to prepare I want to be intentional.

12:38:02 See if you can start thinking about what does that actually mean on the ground for you.

12:38:07 How will you know if you've done it differently, what are the things that you've done in the past that you can settle into with a lot of self compassion, and also let go of a little bit and how, what do you want to replace what is the thing you would

12:38:25 be doing instead.

12:38:26 It can be helpful for us to get really clear on. Usually I blah blah blah. And this year, I'm going to practice, blah blah blah.

12:38:37 Okay, so what I'm going to do is as she gets you into some pears, to begin with, and I'd like you to just talk about that a little bit.

12:38:44 As you're settling into this theme of preparing for holiday conversations.

12:38:51 Introduce yourselves if you're working with somebody today that you haven't worked with before, just take a moment and say hi and and to meet each other, and then share a little bit about what is doing it differently mean for you.

12:39:02 What is it that you feel like you normally do and what is your intention about what you'd like to be able to do. And if you want to know off the top of your head.

12:39:11 You can use the discussion with your partner to sort of explore that question and maybe come up with something. And then when you come back I'm going to harvest some of those ideas and then we'll talk a little bit about what are the things that are going

12:39:22 to support you and actually making those changes. Does that sound okay it's everybody.

12:39:29 Okay. So step one is check in small group. And let me get those going, I think I'm just gonna put you in Paris, we may have one group of three.

12:39:40 Just because of how numbers work out so let me just create those and make sure that Justin isn't one of them because it always ends up getting added to one and then have to move people around.

12:39:51 So there we go. Yes, we will move people around so we're going to move you to buy think and then just a monthly that then we have

12:40:04 the.

12:40:10 Okay, so now we have 32222. Okay, so there's one group of three.

12:40:19 I'm going to give you about because we have a group of three and I do want people to have some time I'm going to give you 15 minutes.

12:40:27 Not 115. I'm going to give you 15 minutes for the 62nd countdown. That way the group of three has at least five minutes of discussion per person and the groups have to you have a good seven minutes to talk a little bit about patterns struggles what comes

12:40:41 up around the subject and intentions and like, what are you working on.

12:56:36 All right, people will be back in a minute. Well, less than a

minute 30 seconds or so

12:56:46 people are on their way back.

12:56:56 Like a second.

12:57:04 Here we go.

12:57:09 Okay.

12:57:12 And we are back,

12:57:15 So, Would anybody like to report back, anything, any insights questions anything that came up in your discussion with one another.

12:57:29 Yes, Iran, um, Um, well it was really wonderful talking with Bill, and an interesting thing that came up was how in a, in a group of people, when there's like difficulty in some in the connection between a couple of other people, like, well then it's

12:57:51 like, well how do you facilitate, you know, getting through that, how do you how do you how do you do events job at the table or whatever it is.

12:58:09 Well, you know I have another question about that. And you know like it brings up the question about what is your role.

12:58:15 Is it our role to facilitate connection between two people who have tension.

12:58:24 Sometimes it might be some but sometimes it's not. So tell me a little bit more Where is this coming up. Well, the way that the way that comes up.

12:58:32 I mean, I guess I'm speaking a little bit for bill but there's like a difficulty in the relationship between his wife and his sister.

12:58:45 And, um, he you know he was telling me about that I was feeling the, the, the sadness and I wish that it be some other way, and you know I use that trick question that seems to work a lot it, which is like have you said that to them.

12:59:13 And, and, and that kind of rang a bell for him and he saw how his role could be different than it has been in the network. Yeah. So I really yeah and I guess two things one I'm also struck by the parallel like you were feeling sort of the sadness and

12:59:32 the longing which I think parallels perhaps and Bill you can weigh in at any time, what Bill might be feeling as he's also witnessing the conflict like there's some parallel like how, what is it like for us to be present to that.

12:59:45 And then you're bringing up a question about the roles we typically fall into in our family systems and bringing some awareness to what role do you end up playing.

13:00:00 Are you the scapegoat. Are you the critic. Are you the facilitator. Are you the peacemaker. Are you the bridge. Are you the empath or use a people pleaser like, what is it, are you do you become just like the witnessing observer who's sort of stays out

13:00:17 of it all like, what role do we get pulled into.

13:00:22 And it's really important as we are looking at this, that we don't judge it right, there's nothing wrong with any of these roles, whatever it is that I fall into is just neutral data.

13:00:35 The way that I learned to cope and survive and function and fit into my family is I took on the role of x y z. And, oh, this is

how it's continuing into the present.

13:00:49 And then there's no demand that that'd be different way but the way we hold that then is some sense of how am I feeling about that today.

13:00:57 Do I want to actively choose consciously choose to continue playing that role. Do I want to take on a new role.

13:01:05 And the way that we make that decision is you know what needs met an unmet. Yes. Yeah, I would love to see myself trying on different roles and being the people pleaser.

13:01:20 Which I sometimes alternate with

13:01:26 being Voyager and the, you know, why can't you just get over this.

13:01:34 And, and, you know, get up. Playing the sandbox together,
13:01:41 but mostly I'm trying to.

13:01:45 I'm trying to please my wife and trying to please my older sister, at the same time.

13:01:52 And what I've discovered and and what I'm usually do is that, and what I want to do and what I'm trying to do, I think.

13:02:05 This year I sort of said, you know, at least I've been able to say this to my wife.

13:02:10 I'm really uncomfortable.

13:02:14 How I put myself in the middle.

13:02:17 And for now.

13:02:19 I'm just gonna say that's too uncomfortable for me.

13:02:25 And so I'm not going to try to force that.

13:02:34 And I'm just going to see how it is to live in that.

13:02:40 And so we're not we're not getting together

13:02:45 as as a, as a group, this year.

13:02:48 And I feel some relief.

13:02:55 But I don't, I don't know if I broken any habits. Yes.

13:03:00 Well, one habit that occurs to me that I think you are probably breaking is the one of unconsciously shutting down and making it work.

13:03:10 Because in the background it sounds like you're doing a lot of contemplation and reflection and you're being thoughtful around what it's been like and what you'd like it to be like.

13:03:31 So that's a significant change right there. Yeah, Yeah. Yeah.

13:03:29 It's interesting because I.

13:03:33 My primary relationship.

13:03:36 My. The most important relationship is my relationship with my wife.

13:03:44 And that, that came to me many years ago now, because we we've been together 30 years and for the first time it was like,

13:04:00 Who am I, who do I put first, and then I realized I put my wife first.

13:04:11 And

13:04:11 I just, I just don't. So I can talk with my wife about this openly, but I I can't, I have not been able to talk with my sister.

13:04:26 Because I fear, there's going to be.

13:04:32 I'm going to be turret speaking out of turn. There may be

some betrayal.

13:04:38 I may be trying to speak for my wife and I don't want to do that.

13:04:45 So

13:04:48 there's a.

13:04:50 I get blocked there.

13:04:52 It sounds like there's a few things that are blocking you one is the anticipation of something coming back from your sister that is not welcoming.

13:05:01 There's some experiences you're remembering of responses that are hard to field that you're not wanting to sort of simulate.

13:05:10 And then another part is the self trust of.

13:05:15 Am I fully staying in my lane Am I speaking for other people what is my role exactly what pieces mind to share and you're not having the clarity yet that you need for that piece, am I getting that right or not.

13:05:27 I think so and and what that makes me think, too, is the, the pitfall of trying to please my sister.

13:05:40 You know, in that conversation.

13:05:43 There's some demand or some expectation of some rule maybe that you're holding that she be happy.

13:05:53 or.

13:05:56 Yeah, then yeah that she's approving of something. And so, that is inhibiting for you is that right.

13:06:04 I think so, yeah. Would you say that a little differently. Do you know what it is about her reaction.

13:06:17 It's really hard for me to imagine

13:06:24 speaking my truth

13:06:32 without judgment

13:06:37 You mean I'm saying it without being judgmental or without fielding judgment, without me being judgmental. Okay.

13:06:46 You want to play a little bit though, would you like to be judgmental and tell your sister everything in a judgmental way with no pressure to not be judgmental, and I'll be your sister and I'll field it, would you like to try that.

13:07:01 You can see.

13:07:04 I know, I would.

13:07:07 But it's interesting what occurs to me is that in that relationship with my sister.

13:07:18 I fear,

13:07:22 trying to please her and assassinate.

13:07:25 My wife's character.

13:07:28 Yeah, you feel like you get pulled into taking sides against the other. And you have some fear that that would come out and that that would happen.

13:07:38 And you don't, you don't want that.

13:07:40 Right.

13:07:43 How much can how, how much do I really understand and live in my, my partner my wife's experience with my sister.

13:08:02 I mean I have lots of theories and judgments about about both

my wife and my sister around this.

13:08:13 And, and they're, they're unhelpful, but they're there.

13:08:23 So I still have, I still definitely have this program going on where it's like, you know, why can't you to just get along, or why can't you guys just talk about what the Bucks going on inside of you.

13:08:37 because we can clear the air here.

13:08:42 And then I have to go whoo bill, what's going on inside of you, Bill.

13:08:47 You know, I want them to be.

13:08:55 I want them to be able to breathe freely in this space with one another, but I can make that happen.

13:09:03 And, and it's about my own comfort.

13:09:11 You know,

13:09:11 I do want to say to my sister look.

13:09:14 My primary relationship is with my wife Elizabeth.

13:09:20 And so that's going to be my default position.

13:09:26 She's not a perfect person she has her own issues.

13:09:33 But I'm trying to redefine my relationship with you, Catherine.

13:09:42 And

13:09:43 I've always looked up to you.

13:09:44 I love you.

13:09:49 You are

13:09:49 your you're inspiring in so many ways to me. And

13:09:56 I noticed that when I'm with you I want to please you.

13:10:01 I, I'm unable to be as honest as I want to be.

13:10:08 And that feels

13:10:12 that feels sad to me.

13:10:18 And

13:10:30 present

13:10:33 in both your company at the same time, or to try to force that although.

13:10:40 And I feel like you want access to

13:10:46 Elizabeth.

13:10:50 And I feel.

13:10:55 And and I think that's uncomfortable to her and I feel protective of her.

13:11:05 And I'm sad about this.

13:11:14 What would you most want to hear from her.

13:11:17 If you were able to say that to her

13:11:25 I'd like to hear

13:11:31 that.

13:11:34 I'd like to hear a say bill, I get it.

13:11:41 I,

13:11:45 I understand your.

13:11:56 I understand that

13:12:00 your relationship with your wife is primary.

13:12:09 And

13:12:09 I do.

13:12:11 It's, I do want your attention and I do want to at least

explore relationship relationship with with your wife.

13:12:28 But

13:12:32 I,

13:12:38 I guess I'd like her to say, you know, I'm, I'm, I get it that I'm, I get it that I'm a force in your life.

13:12:47 And I need to back off.

13:12:54 I need, I want you to be honest with me.

13:12:59 And I won't, I won't attack you for being honest with me.

13:13:09 Because I think there's been some of that.

13:13:13 Yeah.

13:13:13 Yeah.

13:13:17 Let's take a minute and imagine her picking up that piece.

13:13:22 You know in the possible I know that when you've been honest with me.

13:13:25 I tend to kind of go on the offense and attack you and.

13:13:35 And we have a real commitment to not doing that anymore. I do want you to be honest with me. And I do want to find a way of hearing about your inner conflicts and your struggles and the things that are hard for you and important to you without judging

13:13:45 you, and attacking him for it.

13:13:56 What's it like to imagine her being able to receive that piece.

13:14:00 Feel feels really good.

13:14:05 It feels tender.

13:14:18 You know, as I was listening to you sort of working out some of what you wanted to potentially say or what your truth or on her and so I'm going to just reflect back to you some of what I'm hearing and then maybe it'll bring another layer or you can let

13:14:33 me know that, you know, I'm hearing the sadness that you feel at some in some way there's like an implicit like I have to choose between you and I don't want to have going on, you know, like, I just, I don't want to have to choose.

13:14:53 I love people.

13:14:56 And, and I'm going to be loyal to my wife and I hope you can accept that.

13:15:00 It's not a rejection of you it's just where my loyalties lie was was my marriage.

13:15:08 And that's not out of a lack of care for you. And I also heard this piece of like, I really respect you and your opinion and your relationship with me matters to me.

13:15:20 And because I care so much, one of the things that I tend to do is get overly accommodating or people pleasing or inhibited or I don't tell you things, you know because I want to be connected with you.

13:15:36 Bingo.

13:15:37 Thank you.

13:15:39 that, that hits really close to home.

13:15:43 Yeah, I don't, I don't want to have to choose.

13:15:49 And

13:15:52 I want to really personally respect my loyalty to my wife and

13:16:06 I don't want to spend time with anyone, running down another person.
13:16:14 That is such a soul crushing experience
13:16:21 here very clear on this point.
13:16:24 I love you both. I'm not taking sides against you.
13:16:29 It's soul crushing, it's painful.
13:16:35 Yeah.
13:16:41 Yeah.
13:16:44 Thank you.
13:17:03 Yeah, really is.
13:17:11 Thank you.
13:17:14 Think wave last event, maybe.
13:17:19 Yeah.
13:17:24 Thank you for sharing that really touched me.
13:17:28 Of course.
13:17:29 Thank you.
13:17:30 Thank you for being there listening.
13:17:36 This is.
13:17:41 I'm see I've seen you guys enough now to.
13:17:46 I've seen you guys when your guts out. So, it's kind of like I think I'm trying to jump into the pool.
13:17:55 Now, yeah.
13:17:58 I think that's trying to come in.
13:18:13 you.
13:18:10 Maybe event is muted.
13:18:15 My back. Yeah.
13:18:18 So here's what happened my internet, I mean my the electricity on my blog has gone down so I have no.
13:18:27 Wow, so everything just got yeah so I'm going to call you from my phone, where we'll do this on Ansel data but let me just get this set up. What was the last thing I heard me say their bill.
13:18:40 Well, I'll tell you something that you were when you froze.
13:18:47 The look on your face was so wonderful.
13:19:01 Okay, good.
13:19:03 You were,
13:19:06 you were helping me put words to the feelings and the dilemma that I find myself in in a, in a loving way of expressing
13:19:25 where I find myself.
13:19:28 Okay. And then what after you froze.
13:19:34 And piped in and, and said, you know, thank you.
13:19:41 And I said, I feel like I've jumped in the pool with you guys.
13:19:47 And just dove right into that today which is lovely Yeah, if you feel okay with that. It's meaningful. Yes. Yeah. Yeah. Thank you.
13:19:57 Yeah. You're welcome.
13:19:58 I feel, I feel good I feel I mean i thank you.
13:20:03 Yeah. You're welcome. I mean, it sounds like you're feeling like you've taken some things in and you want to like metabolize all of that right now and kind of put a pause on it is that, am I reading that right yeah there's, there are things to metabolize

13:20:19 and.

13:20:20 And I'm filled up.

13:20:27 You're welcome. So, let me tell you a little bit about my experience right now I'm looking at my iPhone and I see one person so I can see if anybody has

13:20:43 your frozen event.

13:20:53 You're still frozen.

13:20:56 Little bit of your voice, we can barely hear you.

13:21:05 Do you want to log off and try to join again, because you're still frozen. are you Yeah, you're dead again.

13:21:21 We can hear you.

13:21:31 She might have to go without her video, which I hate her face reactions, worked before texture.

13:22:31 to the rest of you I have been at some awkward holiday dinners where I wish one or two people would suddenly disappear like this, but it's not really fun in real life, throw these awkward pauses, or I've also felt like somebody you know like Beam me up

13:22:48 Scotty Get me out of here.

13:22:55 I just, this is Judy and I'm kind of new to the membership group and I want to thank you bill for sharing.

13:23:03 And it just really reminded me of, you know, dealing with my own anxiety and how to articulate it to people.

13:23:12 It's not something I learned in my family.

13:23:17 There was plenty of anxiety and stuff but two people were not skilled at that. And so it's hard to navigate it.

13:23:26 So it's really, I, I felt that from what you were sharing and you know how to be honest and real and, you know, and present and an honoring of everybody in the picture where they are

13:23:44 challenging thing to do.

13:23:46 Thank you.

13:23:48 Thanks, Judy.

13:23:54 Bill I'll also chime in and thank you for sharing.

13:23:59 Because I think that experience of sort of being caught between people is common. And since often there's so many unresolved hurts from the past.

13:24:11 And triangulation within families or present, like, you know, ongoing with your wife and your sister, that it's hard to know how to be the one in the middle.

13:24:26 And whether you know there's, whether you want to bring your own experience into it, or, you know, in my case it reminded me of of an of an ongoing resentment between my mother and sister, and adopted sister actually so that kind of creates it's another

13:24:44 dynamic was adopted when she was 11, where my mother feels very hurt by her.

13:24:51 And I want to, I just listened but you know it's that feeling of like knowing and other side, and wanting to say it but not knowing if it's worth saying it at the same time.

13:25:02 Yeah, so I think that is so common for in many different ways that feeling caught, like you know things that you want to say but then if you spoke for the person who wasn't there then you, then you

get into an argument me, saying they always say you but
13:25:17 I'm meeting me, you know, because you trigger the resentment
and anger at the person who put one might have felt rejected by.
13:25:29 But there were reasons they were trying to put up the
boundaries or whatever. So it's like, do you get into it, do you just
go along, this is my questions.
13:25:40 And just for the period of time go yeah yeah you have changed
the subject and just get out of the whole thing.
13:25:44 So I think just there's a lot of there, of getting caught
between old resentments or current resentments
13:25:54 because of the family's inability to, we're not having the
tools to be able to resolve these things, you know, and wishing yeah
that they could talk but you know not being having the power to make
that happen.
13:26:20 I think it's really universal.
13:26:20 For at least it's realized, at least I related to what you
were saying, Yeah, I can hear that Mary Beth.
13:26:22 Yeah, thanks. I mean,
13:26:27 that yeah that that triangulation and all that, all the
craziness that that can get us into.
13:26:40 It's.
13:26:43 It just seems like it's just one misstep away some sometimes.
13:26:52 I want to add that
13:26:56 my wife, my wife was the oldest sibling, and my sister is the
oldest sibling, and I'm a middle kid.
13:27:07 So, this was all pre determined.
13:27:16 Yeah, This sounds like your spiritual journey though, got
that.
13:27:22 I think it is.
13:27:25 That's really that thank you for that.
13:27:31 I think that has returned event can you, can you hear us so
happy. I'm enjoying the conversation.
13:27:42 Can everybody hear me now. Yes, yes, yes. Okay. Okay. I'm
really sorry there's been a power outage in my neighborhood and so I
have no internet.
13:27:52 And then I had trouble dialing in, but now here I am, and yes
so here we all where, where are we and what would be useful at this
point.
13:28:11 Well, Mary Beth was sharing her. Her compassion and
understanding of my situation. And, and Judy too.
13:28:25 And I felt that felt really good.
13:28:26 And I, I don't, I don't think I'm alone with some of this.
13:28:33 No, no, I think, you know, part of what you're describing is
such a very common family dynamic, where, you know, I'm just gonna say
a few things that occurred to me, though, is he was going through your
situation was there's, there's something in our
13:28:49 culture, and maybe in some of the social justice culture as
well in particular and maybe in other words that you know this this if
you're not with us or against us kind of ethics this ego says like you
have to be on the, quote unquote, good side and then

13:29:06 you need to have allies on the good side against the bad side.

13:29:11 And, you know, this is a really lovely example of how the roots of that begin in family systems, and one person against one person with quote unquote divided loyalties, and how much pressure there is on us and that we put on ourselves to like need to

13:29:29 make a decision between polarities two sides of something, and you know when you were talking about how soul crushing that was to be a part of that.

13:29:43 I want to highlight that, because I think it's very very salient. For those of us who are doing work in non violence and compassion practice in open heartedness and collaboration and interdependence.

13:29:59 It's a little bit of a counter cultural positioning, to say, I'm not willing to take five.

13:30:06 And there's actually quite a lot of social media media means that suggests that if you, if you don't take sides you're on the part of the, the oppressor I mean, I've seen that so many times that I've often.

13:30:19 I get what they're pointing to. But I think there's more complexity to it than that.

13:30:24 I think that the.

13:30:27 The capitulation into taking one of the two sides is part of perpetuating domination and oppression.

13:30:36 and that we are looking for a third way.

13:30:39 And the third way is where we're actually taking both sides.

13:30:43 And we're looking for a way to bridge the sides and develop that interconnectedness that interdependence.

13:30:52 So, you know, I feel like you're sort of in this note to this very specific node in your family, getting an inside out experience of what that dilemma is your own inner conflict and the conflict between your wife and your sister.

13:31:08 And then these are the roots of how it then plays out culturally and socially Atlantic on you,

13:31:19 Judy said that this might be my spiritual journey and my spiritual.

13:31:29 And that

13:31:33 I combine that with what you said.

13:31:36 And that feels very.

13:31:40 That feels right. that feels accurate.

13:31:44 Yeah.

13:31:45 And in some degree, kind of what I hear you saying is that, that is,

13:31:55 that's active in our culture.

13:31:58 Yep, It's an ascendancy in our culture right now, kind of.

Yep. Yep, absolutely. And, you know, we're all doing little micro experiments and our family systems to, you know, each one of us is sort of a node in a family system embedded in a cultural system,

13:32:18 experimenting and what does it mean what does it take from us do begin serving healing and reconciliation and repair look and living

with integrity, and at the same time, not getting in other people's business right like really having clear boundaries

13:32:40 around what's ours and what is not ours.

13:32:46 Yeah.

13:32:49 So I'm noticing I usually at this moment would be sort of scanning everybody's faces on the screen and seeing hands up or down and I'd have a little bit of a read and right now.

13:32:59 I feel like I have very limited access to knowing what to say or do next. So I want to ask I know Dustin Dustin I think you have access to break out on some things.

13:33:11 Would it be more helpful right now to get into some small groups and continue this discussion amongst yourselves. Or shall we continue like this with some engagement.

13:33:22 I'm not entirely sure how to best use the next half an hour in a way that is useful I had a slideshow I had a presentation prepared that I was going to just do a little bit of teaching.

13:33:33 But I can save that for next week and we can you know you can feel Forget it.

13:33:38 I just want to kind of get some ideas from you all about what would be useful right now maybe you can put in the test and Dustin can feel them and

13:33:48 I feel like I'm at a bit of a disadvantage right now in the form.

13:33:53 I'm not seeing anything.

13:33:56 As of now, anybody has thoughts, put them in the chat or just unmute dolphins speak out loud.

13:34:06 We have two choices here the two choices we can get into some breakout sessions, and you could do a little bit of sort of self managed discussing, what's up for you around the subject and giving each other some empathy and doing a bit of workshopping

13:34:19 together in groups we could just go right back into the parents, if you were in before, and do that. Or if you would like to keep speaking with me, then I'm going to kind of rely on you to just sort of unmute yourself, bring up the situation awesome questions

13:34:35 I'm happy to stay in conversation if this is meeting people, So,

13:34:42 I turn that over to the group.

13:34:44 Yvonne says she could go either way Colleen says she cannot do a breakout group at the moment.

13:34:50 Okay.

13:34:52 Oh, can you hear me. No, this Yeah. Yep. Oh hi I just want to say I'm just so happy My heart is so full seeing all your faces and see yours when I could even get.

13:35:05 This is really Iris call and I just kind of wandered into it and I've been mostly connecting by watching recordings.

13:35:16 And I'm loving each one of you right now.

13:35:18 And I am out of the call, but I wanted to say that before I left like to hear your voice test but always wonder, you call me so much I'm always playing, trying to do, challenging for me which is most things.

13:35:39 So

13:35:39 yay I'm so glad I'm so glad to hear that. Thank you.

13:35:53 My idea about how to proceed, is, is I'm not eager to get back into groups. And, oh, and maybe you don't have your

13:35:58 screens to show.

13:36:03 But if you can.

13:36:07 If you can improvise and listen.

13:36:13 How do other people feel about that night, I would appreciate that two more a larger group with your input and other people having input to on the complexity of human condition journey.

13:36:34 Mary Beth, I also would like to stay in the group but I wouldn't mind hearing you talk a little bit more about the situation of being between people, you know, long standing hurts between them, and then being kind of drawn in as, like, wanting the person

13:36:54 wanting you to kind of take a side and, you know, you saw three choices you can take this side and just kind of go along with empathy.

13:37:03 You can take other person's side and kind of get into the conflict by carry or do you know as a standard, or you, you can focus on your own feelings and the effect it has on you, and maybe there's a fourth but it's almost like when you say, you know,

13:37:18 right now, I'm just going to those three places.

13:37:26 I. Okay.

13:37:26 And I just want to go and Rachel also put in the chat that they would prefer the large group.

13:37:32 Okay, so then let's do this if everyone's okay with it, I'm gonna, I'm going to do a little bit of a gang and quote unquote teaching.

13:37:41 I'll move through some of the content on the slides and maybe I'll just make the slides available to you later and I'll begin by talking a little bit about the side taking thing.

13:37:49 Since we are in week one and it is a teaching week if everyone's okay with that I'll do that and then put questions as they go in the chat and Justin, feel free to interrupt me at any time because I won't be able to see them.

13:38:01 And, and we'll just go from there is that good is everyone knowing what's happening.

13:38:08 Good thumbs up.

13:38:14 Smiles fat I'm wondering along those lines. If there is also this kind of focus on historical polarization and the third way that you kind of mentioned, yeah, which is in alignment with.

13:38:28 I'll be are you going to do. Thanks. Yeah, yeah. Absolutely. Okay, so, So let's just name for a moment.

13:38:37 This wiring that we have to move into a dualistic way of being. It's an either or. Neither of us is you us versus them ethnocentric egocentric way of being.

13:38:54 And we all begin and an egocentric state, you know, like, it's me as a little toddler against the world and I'm developing my identity. And so my first stages of development are about me.

13:39:06 And then my sense of self begins to expand as I grow up and

it begins to include me and my family, me and my people. And, you know, as we are developing and these are normal neutral stages of development.

13:39:24 There's first the sense of like individual identity development. And then we begin identifying with all of the people that are like me.

13:39:31 And we begin individuation from all the people who are not like me. So part of psychological identity development is the process of me, not me.

13:39:42 And then we begin getting judged by everybody in our lives and so we learned that there's a good me and a bad me and me that I can own and that gets approval and me that I need to make go away that gets this approval.

13:39:54 And so we develop a shadow self.

13:39:57 And the shadow self or all the disowned aspects that are not culturally approved of, and then the public self is the part of me that helps me perform and get approval and safety and my culture.

13:40:09 So, these are really normal stages of development.

13:40:13 And then, you know, and then what happens is if we have like healthy development we get into middle school never get we emerged into adolescence. And then the job of the adolescent is to just reject all of the right is to individually from everything

13:40:35 with like I'm on this side and I'm with these people and these are my people and this is who we are, where the good people and you're the bad people. And then, you know, when we get into adolescence generally there's some version of Oh, wait a minute.

13:40:44 I don't want to be merged with all of you. I don't want to just be part of the crowd, I am different I am individually that I don't believe what you believe, I believe what I believe.

13:40:50 And so there's. That's the next stage where we sort of individually from what we Once identified with.

13:40:57 And then as we become, you know, more and more mature.

13:41:01 Ideally, we begin to we identify we begin to reclaim the things we previously rejected and that's what we think about a little bit when we talk about Shadow Work is that it was bad to be selfish but then I realized there's actually a good side too selfish.

13:41:16 And there was a bad it was bad to be lazy and then I realized oh wait a minute I've overcorrected actually resting and rejuvenating and refreshing is a good thing and that's not for the lazy.

13:41:28 And so we begin to move out of the ethnocentric stage into more of a you know what can roll records world centric development and part of the psychological process and that development is the integration of opposites.

13:41:44 And the integration of opposites and the holding of polarities which I have a whole training on is the next leap and development which is. I'm not here to be me versus you an us versus them.

13:42:01 Instead, I sort of take a different side and if we want to think of it as a side I take the side of humanity. I take the side of peace and reconciliation.

13:42:11 I take the side of a principle that I stand for, instead of a human group that I identify with. That's the shift that happens in consciousness at that level.

13:42:24 And so then what happens on the family level like let's take those situations is instead of it being like, Am I on my wife side or on my sister side who side do I take them internally divided.

13:42:37 The way that we would approach that you know as we evolve, out of ethnocentrism and egocentrism is that we start thinking, I'm actually on all three of our side of Mary Beth was bringing up, I'm on my own side.

13:42:50 This is incredibly painful for me I'm feeling internally divided and tone. I feel like I'm being pulled into two pieces that I don't want to fragment in that way.

13:43:00 I'm on my wife's side because I love her and I'm loyal to her and I want my sister side because she's blood family and I love her too.

13:43:07 So what happens then is, instead of having the consciousness of needing to choose and fragment.

13:43:14 I bring in the compassionate witnessing observing self that transcends and includes all three people.

13:43:25 And the way that nonviolent communication becomes a helpful practice is that it is the practice of what am i noticing feeling needing and wanting for me.

13:43:37 What is my wife, noticing feeling needing and wanting for her. What is my system noticing ceiling and one thing for her.

13:43:47 What are the universal human needs that are at play for each of the humans in this triangle.

13:43:55 And how do we find a way of being that meets everybody's needs, as much as possible.

13:44:03 How do we care for the whole for the system, instead of choosing sides and fragmenting within it. Does that make sense.

13:44:13 So I'm going to pause there for a moment and find out what questions are coming up about that piece if any

13:44:26 event that sounds really good but how do you do it. I mean,

13:44:32 Yeah, so how you do it is you.

13:44:37 Yes. How do we do it so here's the curriculum. So we do it by, by working in three time zones.

13:44:46 You work in you make a commitment to the both end you make a commitment to emphasizing with every stakeholder and not making people go back.

13:44:56 It's about entering into my and you go out you begin with yourself you ground yourself in your own perspective, where am I feeling internally divided, what are my feelings, what am I made, I have a need for connection with both people.

13:45:08 I have a need for intimacy with both people I also have need for integrity like you get really in touch with what other needs that are alive for you in the situation.

13:45:17 And then you also take some time to develop empathic guesses for whoever the other people all. So if it's in your family system and it's the person who triggers you, you take some time to inhabit their

perspective, not with them necessarily but you know,
13:45:31 with an empathy group with a friend with a guide with a therapist with whomever, but you take some time to really enter into.
13:45:39 If I like understanding the sisters point of view from her perspective understanding the wife's point of view from her perspective, and really expanding your own hot enough that you can see how each person makes sense.

13:45:55 That's the prep work.

13:45:58 So, so okay so let me just organize my thoughts so one piece is learning to inhabit and empathize with each perspective it's about dissolving enemy images that you may hold of people that have harmed you or that you have found triggering or difficult

13:46:14 so there's a whole piece of work around dissolving enemy images.

13:46:18 But some people there's a whole bit of work, about reclaiming yourself, especially if you survived in your family system by doing a lot of people pleasing.

13:46:30 There's a lot of self reclamation book for people who accommodate people who lose themselves in order to keep the peace.

13:46:39 So there can be some like really finding out where my own subjectivity is sometimes in a family system.

13:46:48 I lose connection with myself and I know how my mother feels on my sister fields on my father field comment unfulfilled I know how everybody else feels but I I completely out of touch with how I feel.

13:46:58 So if you have that pattern. It's about bringing yourself more fully online. If you have the opposite pattern, which is you lose connection to how everybody else feels and you're holding forth and you have the opinions and you have the judgment and you

13:47:13 have the stories and you have the handle on the truth and how it should be in your life telling other people.

13:47:20 Then there's actually a little bit of perspective taking and empathic building work to, to enter into what that might be like for other people in your family, and bringing their subjectivity in more so that yours isn't taking up all of the air in the

13:47:37 room. So it depends on which way you adapted more as a child.

13:47:42 And then we work in three time zones, we, you know, you have memory inside of you.

13:47:50 Memory of significant events that continues to operate and inhibit you or entitle you in certain ways with your family today. And so it's about finding out what memories are still active and alive and emotionally charged and how those memories are inhibiting

13:48:08 or entitling your current behavior, giving you the idea that you have a right.

13:48:15 Like most everybody, or that you end up self silencing a lot and then it's by doing some healing work around the memories of who you want. We're in these relationships.

13:48:26 That's the POS, which actually happens in the present.

13:48:29 Then there's the future zone that we work in which is the part of your mind, that is envisioning the desired state, like in those situations, it's really envisioning what would it be like if

there was a lot of ease between my wife and my sister myself,
13:48:46 What if we lost together What if we could sit down at a dining room table and play a game and enjoy each other's company it's about imagining the grand vision that desired state of what we're actually capable of achieving.

13:49:01 And we're not there yet, but we want to get really clear in our imagination, about the grand vision and the desired state that we're serving.

13:49:10 And then when we look at the, the gap between the desired state that we're reaching for, and the unhealed state that is living within us, we can begin building inside of us have a bridge between these two realities how it used to be in the past, and how

13:49:29 I would like it to be in the future.

13:49:31 And then all healing happens in the present moment. It happens in the things that I say, or don't say the things that I do or don't do in this moment in this interaction with those same players in my life, and I set myself very small steps, what one next

13:49:54 action would represent for me, a step in the direction of my grand vision.

13:50:01 And then I begin committing to a practice of those small steps one step at a time, one moment at a time. We're not going for huge personality overhauls worldview changes.

13:50:14 We're talking about the next time that I'm at the table, and my mother makes a racist comment. I'm going to say, Oh, I go into so much inner conflict when I hear you saying that I want to join you in love with you because I think you're, you know, trying

13:50:29 to be connecting, and it really is painful and triggering to me and I don't want to participate in it, like maybe I just decided if I can just say that one thing.

13:50:40 Maybe it's not my end result but it's a step in the direction of where I want to go.

13:50:45 Normally I would have self violence and go along with it. What is the one thing I'm going to say, in that situation. Next, and all I need is to develop the courage to do one new thing.

13:50:56 And then I test it out. And then I see how it goes. And then it's rinse and repeat. I do that over and over and over again, holding in my mind, the vision of an interconnected interdependent loving cohesive family system family gathering culture society

13:51:14 world whatever it is that I'm trying to say.

13:51:24 How is that blending and people as a very quick gets into the process. I was wondering if I could ask you about a specific example and you could show me how that would apply to it.

13:51:31 This is going to Tokyo. Oh thank you Hi Colleen. Yes, you can.

13:51:37 Okay, so I was between my niece and my sister at her wedding, and my niece said Mom You hurt me when you did this, and my sister said, Well, I can see that that's your perspective but it's not the way it was.

13:51:51 And I could see that my niece just wanted her to say I care and love you and I'm sorry if I had a negative impact.

13:52:01 And growing up. It was so dangerous to be the one who was blamed I could see where my sister was a way.

13:52:08 So I respond in a way that wasn't diagnosing them but was opening the conversation.

13:52:22 You want to say something in that moment.

13:52:27 Yeah. And do you what I'm asking in that moment you want to know what you could say or do.

13:52:33 Right, that's supportive of them both that's not choosing aside that's not telling them how they are because I, those are my gifts right.

13:52:43 Mm hmm. Okay, okay. So, it's difficult because when we open our mouths we're trying to either connect or control.

13:52:54 And if you're going to try to connect, you're going to want to either connect with the niece, or the sister in turn like I guess if you want to connect with both of them.

13:53:13 Nothing is coming to my mind right now that you could say that would feel connecting to both people at the same time. I don't know if anybody else has anything that they might say that would feel connecting and supportive to both people at the same time.

13:53:21 Go ahead and put that in the chat.

13:53:23 My approach would be to let that moment pause and to talk with each of them separately.

13:53:30 I don't know that that's the best approach I'm not saying that that's the only approach, it's just that's what my mind goes right now.

13:53:36 Because what I would want to do is say to the knees something like I you know it sounds like you want to know that your mom cares, and that you messaged her, and that you can say things so whatever yeah I've lost the, the actual situation and I would

13:53:52 want to say to the sister the mom.

13:53:54 Well this is like for you when your daughter.

13:53:58 You know made that comment I wonder I wonder what gets stimulated for you I want to empathize with the moms and get her the empathy that she did not get before which leads to the defensiveness.

13:54:15 And I don't take it from there.

13:54:19 Yeah, I've kind of tried to give my sister empathy, but she always comes up with her perspective and then says nm, and you agree with me right, and I'm always like, Well,

13:54:35 yeah, in those situations, what else sometimes say to someone is something like, you know, it sounds like, you know, it was painful to hear that because you, you really want to be trusted that your intentions are so good that you know the way you remember

13:54:49 it you blah blah blah. And you care about blah blah blah what matters to us blah blah blah.

13:54:56 Okay.

13:54:58 You know, so I would bypass the what really happened I always buy process, because there's no such thing as what really happened that the only thing that exists is how we remember what happened and the meaning we made of what happened.

13:55:10 And so, I would then just highlight that.

13:55:13 Because, you know, both people want their perspective seen and heard, and they can't do it for each other in that moment.

13:55:23 And so that's the capacity that we end up building over time, it's not something that necessarily there's a magic bullet in that moment that we can insert it, you know what I mean.

13:55:32 Okay.

13:55:34 Yeah, yeah. The other thing that occurs to me is, if you, if you wanted to you could always get very transparent about what's happening in you as the third subjectivity in that moment, you know, so So, and I just accessing my discomfort because I love

13:55:53 both of you and see you trying to connect and it doesn't seem to be working or something like that.

13:56:02 Yeah, something like that I mean if I see something like, Oh, darling nice It sounds like you just want to, it feels to me like you want to know that we love you and we care about you and it matters to us or Mom, you know, the thing that you know was

13:56:16 hurtful and dear sister, it sounds like you really want to be trusted for your good intentions and trying to sort of alleviate some pain is that happening.

13:56:38 I don't know, I'm not entirely sure how I would say that because it would depend so much on the relationship I have with each person

13:56:36 that I have some hesitation about that because again I have questions about.

13:56:43 Is it your role to facilitate is that going to be welcomed. You know, and sometimes it is sometimes it isn't so I'm not saying that there's a hard and fast rule on this, but I have a lot of questions about those situations, about how we try to facilitate

13:57:01 or rescue or insert or teach. When we're not actually being invited to do that.

13:57:08 And sometimes we are being invited to do that, in which case it's really helpful. So I wonder if there's a permission asking of permission thing first that says something like, Oh, you know, I have some thoughts on what just happened here Do you guys

13:57:25 want to hear them or not, like, you can always just asked or you can just say, Oh, I can I make a guess, of what might be going on for each of you as I'm observing those because you're having a conversation in front of me and I just want to find out if

13:57:37 I'm tracking accurately, like you could probably do something like that and get consent first.

13:57:44 Okay.

13:57:46 I have no idea clean.

13:57:47 Yeah.

13:57:52 I have no idea. Those are my off the top of my head thoughts and the things I would be probably considering as I feel my way into what what the next move would be, and the other piece that I always come back to this like post drop into yourself, like,

13:58:07 what are you feeling in that moment, what is your need. In that moment, what is motivating your desire to say something in that moment.

13:58:16 And then if you can get really in touch with that.
13:58:20 You might find a strategy that's really in alignment with it being about your need.
13:58:26 Instead of trying to help other people with their need. Does that make sense.
13:58:30 Yeah, yeah.
13:58:36 Because I think it's hard for me when I watch these interactions because I love you both so much and I, I still find myself wanting to jump in and sort of grease the wheels.
13:58:51 You know, even just naming that might put a new active ingredient in this space.
13:58:59 Okay, thank you.
13:59:01 Yeah. You're welcome, you're welcome.
13:59:04 Anything else with the minute we have left is there anything remaining for anyone. I'm sorry. Today's call is a little glitchy and weird and I'm grateful to all of you for being gracious and rolling with it.
13:59:15 I'm feeling a little hopeful that there was something you
13:59:21 know.
13:59:25 Yeah, so I don't really have a request. I do it would one or two people be willing to just let me know how they are as we're closing the call this afternoon.
13:59:36 I'll just say that I thought it was really useful so useful that I'm going to go back and listen to it again.
13:59:43 Oh God I just think these are such such recognizable situations and it's so great to hear a new way of potentially dealing with it.
13:59:53 Yay. I'm so delighted to hear that. Good.
13:59:59 Good.
13:59:58 I just wanted to add earlier, Yvonne had made a request to talk at some point about family loyalty so maybe that's something that touched on it later time.
14:00:11 Later call, but she also put in the chat lots of useful information. Thanks, and other people could also put into the chat, it was very useful very helpful from Tessa from Mary Bay.