

12:33:46 Everybody.

12:33:49 Ah, it's good to see you here on a Wednesday afternoon people are arriving, and we're sort of diving into week two, of how to prepare for holiday conversations.

12:34:01 And

12:34:04 who would like to check it in, who would like to say hi, as we're getting going hey I got your email. Thank you.

12:34:11 Good to see you here.

12:34:13 So anybody want to check in, yes and go for it.

12:34:18 I'm excited because I also had a chance to listen to the earlier call and Judy and I are often on another Friday, NBC call and someone from that class was recommended to Jennifer t last time so I'm starting to see more of a global community.

12:34:36 We're around, people wanting to communicate better and that's that's exciting to me. Yeah, yeah it is really exciting. It is nice.

12:34:46 It is nice because we have these sort of default ways of being that just kick up so much trouble for us right.

12:34:53 Nice when we can see what that is and again, making our lives better by doing that a little differently.

12:35:00 It's nice when you get to see people that you see in other contexts sort of coming together right. Yeah, yeah, wonderful to know that there's these like little lights of alternative culture, all over the planet that you can be a part of, like, from just

12:35:17 where you are. Yeah, yeah it's comforting me it's like.

12:35:25 It is comforting.

12:35:29 And you mentioned you were watching a call from a previous session, what were you referring to the conversations from the heart. You have allies hair period at the end and I got paired with someone and I went, Oh, I know her from that, NBC spirituality

12:35:43 group so we got it we checked in with each other, but it was.

12:35:50 It's interesting, I know a lot of people on that Friday morning group actually I find that that Friday morning group it's like in Santa Cruz or something like that.

12:36:05 Is that right, yeah, it comes up a lot. It seems like there's.

12:36:04 Yeah, there's a whole group of people from that one.

12:36:07 Sorry, I didn't mean to interrupt you there and

12:36:12 Mary Beth.

12:36:13 Um yeah I just wanted to report back, because on Monday. We worked a little bit about a text from my sister that upset me. And you suggested just texting back when you dot dot dot i i i think you don't care about spending time with me and I did that and

12:36:34 she was like, No, I do care about you and anyway she made time. It's like we're going to meet Monday morning. She's extended her flight.

12:36:45 You know, she also expressed that she wants to have a positive relationship so I just wanted to thank you that that even though it did elicit a little defensiveness being so direct.

12:36:56 You know that I said oh thank you oh because she also said, I just feel like it's going to be an emotional conversation. And so part

of the thing on Monday was I didn't have any idea why she kind of was not willing to meet with me.

12:37:09 So I learned why. And I said thank you for sharing that it helps me, you know just understand where you're coming from.

12:37:16 So I just want to thank you that, you know, it really helped move things along so I'm hoping and praying that I will no longer be waking up in the middle of the night.

12:37:28 You know, like with leftover feelings from something that happened over a year ago. So after I talked to, after we talked. There's nothing new.

12:37:36 But I'm praying I can get over that middle of the night still feeling like you know maligned or unjustly treated. So, thank you.

You're welcome. Tell me a little bit about, if you're willing, what, what were your learnings and takeaways from that piece

12:37:54 for you. What did what insights did you get your made from doing that and having that outcome.

12:38:02 Well, the value of finding out whether what your she's thinking something means actually does mean that, and having the guts or courage to like, whether you say it hurts your feelings or anything else just to find out what it means why the person has

12:38:19 doesn't taken that action and feels hurtful.

12:38:23 Yeah. Which means, kind of revealing to some extent that you know you had a little glitch around it.

12:38:30 And it's not just all fine fine fine which is what I always sort of seem to be my default, you know, and so that was like a big learning.

12:38:44 And I think also just started to dissolve some just enemy images.

12:38:51 I could feel that starting to dissolve. For me, almost like in terms of the power differential because she's an older my older sister. I felt by doing that I kind of started coming a little bit up towards an equal footing.

12:39:07 That felt like a lifelong struggle which I really appreciate. And the other thing is I've been struggling for so long trying to understand my angry, kind of middle of the night, hateful like feelings.

12:39:21 And it's kind of amazing to see that if you taking an action like that but it constructive not a defensive action.

12:39:29 I think is almost like the answer I've been looking for for what is what are these feelings keep coming back, they're asking for something.

12:39:38 Yes, maybe that they're doing it in a way that's fighting or whatever inside your head but there, it's like how really uncomfortable it is to be kind of like a strange from somebody who is in your inner circle of family or that your body your system just

12:39:56 doesn't want to live tolerate that very well keeps wanting to fight for some forward movement.

12:40:05 That's one thing that I'm going to take and put a highlight or they've said a lot of really lovely things in there. One thing that I want to really highlight for people in this pause this path of open

heartedness and non violence and doing our own work

12:40:18 and evolving and taking responsibility for our stuff.

12:40:23 One of the central mindsets is a willingness to be uncomfortable.

12:40:30 That willingness to be uncomfortable is key. Because if we're not willing to be with our own discomfort.

12:40:41 What we do instead is our mind kicks in and begins creating narratives structures frameworks interpretations enemies, whatever. In order to sort of reorganize in a way that's just to keep you safe and comfortable.

12:40:57 And in doing that we often invent a lot of stuff we invent stuff that isn't there.

12:41:04 And then we don't pay attention to the stuff that is there, so it can sort of filter our perception. And it's really really helpful when we begin to sort of realize the ways in which that can happen and this you know one of the grounding things that will

12:41:18 help us access what's actually true is a willingness to just be uncomfortable. And one of the things that often helps me is, you know, being uncomfortable isn't going to kill me.

12:41:27 This is not a life threatening thing, I have the ability to sit with this discomfort this distress this burning the sick nauseous feeling, whatever it is.

12:41:38 And then to the degree that I'm willing to drop down into the sensations of the experience it will bring its own wisdom about what I personally need next.

12:41:50 So thank you for highlighting all of that. Mary Beth, it was it's a it's a rich process you welcome Thank you. Yeah. You're welcome.

12:41:59 Does anyone else have anything on anything from Monday night or anything that is alive having heard anything that we've spoken about so far today that you want to weigh in on or add or ask.

12:42:16 Okay.

12:42:18 Alright, so we're in week two, preparing for holiday conversations with to his QA, and demos. Right.

12:42:27 So I do remember that last Monday night we had some technological stuff I think my internet died halfway through the call and I have slides prepared that I'd never did get through.

12:42:37 I can go through those if you would like. Yes, okay.

12:42:44 So let's do this. I'm going to put you in pairs.

12:42:47 I'd like you to check in in pairs, a feeling and a need a celebration or struggle, just get a little bit of time to self Connect that'll give me time to go find those slides when you come back I'll start with the framework in slides that I didn't get

12:42:59 to on Monday because you were all very gracious and we, we, you know, we punted with everything going on. And then it'll also give you an opportunity to check in with yourself and find out is there a situation.

12:43:13 Is there a family holiday pattern that you could use a little help around today and then you can bring that in with you as a q amp a when you get back from small groups so let me do that I'm going to put

you in pairs.

12:43:26 This time, there might be one group of three depending upon who doesn't doesn't join the breakout sessions. I'm going to give you 10 minutes.

12:43:35 And then, when you come back we will do slides and situations so let me just double check and make sure that everybody has one other person is there anybody who knows they're not going to go into a breakout session just raise your hand if you know you're

12:43:49 not going to close like everybody is good. Alright so hold on one moment.

12:44:04 So we have 1-231-212-1212.

12:55:32 Thank you. Yeah.

12:55:36 So seeing a few. Okay, sounds good, hear you in any second though. Oh,

12:55:46 I read the bowl I was like Oh, that's good. Okay. Hi, welcome back. All right.

12:55:53 Lisa sent a text.

12:55:55 You may not all see it that Lisa. Lisa rifle you were gone and she sent a text that says is the bowl on. And I was like oh look at that she's referring to this as a, as a ball like the ballroom and and then she's like, and then call, and I'm like no I

12:56:09 like ball is the ball on looks for me.

12:56:14 Alright, welcome back everybody.

12:56:17 We're back from breakout sessions, is there anything anybody would like to share or check in around. Before I go through the slides that I didn't go through last Monday, which I will do today and then we'll field some situations and questions but before

12:56:30 we do those two things anything anybody wants to say Oscar checking around before we dive in.

12:56:40 Okay, very good. In that case, I'm going to share my screen with you.

12:56:50 There we go. I think that should work.

12:56:55 Wondering if I can do it this way.

12:56:57 No.

12:56:58 Okay, that's fine. We'll do it this way.

12:57:02 Can you all see that.

12:57:04 Okay.

12:57:06 I'm going to try and move this over here can you still see it or did it do something weird.

12:57:12 I don't know what that means there's a blank white sheet that we're seeing. Yeah, that's what we're seeing blank white. Yeah. All right, that's what I thought if I move it from one now participants can see a whiteboard really I do not want them to see

12:57:26 my whiteboard, I don't have a whiteboard Let's try that again.

12:57:30 This again.

12:57:35 Okay. How about now. Yes. Okay, okay.

12:57:39 All of these finicky things that have all their own preferences for how everything needs to go for them to be happy.

12:57:45 All right.

12:57:47 Okay, let's start here. So, preparing for holiday conversation so I'm going to go through some slides and then we'll take some questions and then we'll do some demos Okay, that's today.

12:57:58 So, when you are thinking about holiday conversations, and how will you may want to do it differently. One of the things that we practice here is taking 100% responsibility for the conditions of your life or your own suffering and to really just keep

12:58:14 your focus on resourcing yourself to be able to field all of the shift that life and other people throw your way.

12:58:24 And with holiday days with focusing kind of particularly on those people that you probably grew up with those people that have been in your life for a long time and have these like long standing rituals and ways of being and patterns and have this ability

12:58:41 to touch, you know, press your buttons and put you into a part of yourself that you might refer to as that's not who I really am. And yet when you're around these people, these are the things that keep coming up.

12:58:55 So it's a rich, rich time of the year for us to get a little bit of a self assessment on how we're doing with some of these old conversations and one and one thing that we're going to begin with is the importance of self resourcing.

12:59:09 So, self resourcing is about being really intentional at the get go, of being prepared in a very conscious way for the different things that you're going to be experiencing over holiday gatherings, so you may want to take some time to identify people

12:59:27 and situations that may be triggering to you.

12:59:30 You can take some time to think back over the last years of your lifetime of experiences with these people, and become more aware of when and with whom do you tend to become more fearful more angry more shut down more defensive.

12:59:48 Maybe there's a particular family member that you get particularly bitchy around or particularly jerky around, you know, do you get kind of passive aggressive Do you go like snarky snide comments Do you get sarcastic, do you just avoid them and walk a

13:00:05 big arc around them like what are the ways that you have historically managed the discomfort, okay and you can sort of think about what your patterns are.

13:00:16 And then what these things are what is the stimulus and the stimulus but all the stuff that gets you know sort of pulled up in you, the stimulus is another person usually this is what we're going to be talking about in the relational field it's another

13:00:28 person who does something.

13:00:30 And the trigger the reactivity is everything that is coming up in you.

13:00:36 In response to this neutral stimulus.

13:00:39 So, getting clear on what those things are ahead of time can be helpful. Then you go and get empathy, loads of empathy from other people, ahead of time before you're in that situation again.

13:00:55 Right. So you give yourself the gift of calling up your best friend going and seeing your therapist, taking it to a support group,

doing some empathy practice with someone and saying, I am dreading the holidays, I do not want to spend five hours, having

13:01:10 a meal with my mother she does these things that drive me nuts she does this she does that. And then this is how I feel and this is what I do, and get some listening or somebody can just sit next to you and hold space for you with the intention of helping

13:01:25 you get in touch with your own feelings. There is pain there, I guarantee it.

13:01:35 You would not feel triggered and angry. If there wasn't pain underneath.

13:01:42 Okay, so if you're frustrated or you're irritated, or you don't like something or you find yourself becoming increasingly judgmental and creating enemy images.

13:01:51 If you find that happening. These are all little red flags that tell you that there is pain, historical pain and you around something that is waiting to be seen and heard and neutralized and discharged and and brought into the present moment, so that

13:02:12 you can begin showing up as an empowered conscious adult instead of a whiny victim the child in these situations with your family so can I mean that all.

13:02:23 I'm not saying that in a judgmental way I'm just trying to say that in a very descriptive way. Okay.

13:02:28 You may find that you need to cry about it that you need to grieve that you need to shake that you need to go for a run that you need to shout that there was physical discharge that likely needs to happen to start clearing out your system.

13:02:43 And the parts of you that are carrying the history and the pain with your, your present moments of the domination trained present moment self has learned to convert into judgment and superiority and whatever it is that you know all shame and avoidance,

13:03:00 whatever your patterns are. That's the younger self.

13:03:04 And that part of you, needs you to turn towards them and love them up.

13:03:12 They need you to witness them. They need you to hear about what things were like for them when they were seven 815 whatever that is, they need your presence and they need your understanding.

13:03:26 And they need your reassurance that they have indeed survived that you did indeed make it out of your childhood that you no longer live full time with these people that created all this pain when you were little.

13:03:43 And that actually Yes, you are so and so, years old, and you have skills and capacities now that you didn't have them.

13:03:52 There needs to be a lot of time spend, helping these parts of yourself and one of the things I want to remind you is just because you have a part that gets triggered, does not mean that that is the entirety of who you are.

13:04:05 It's not the entirety of who you are, it's an aspect of you.

13:04:10 That is sabotaging your effectiveness today.

13:04:13 And until it's pain and it's story gets the story needs to be told and the pain needs to be felt.

13:04:22 So I really want to emphasize this and a lot of talk therapy, we're really good at telling the story, but not feeling the pain.

13:04:30 And when we tell the story without the feelings. We get stuck in a rut. And we just recycle, a victim story.

13:04:40 And that's why a lot of people who work in sort of some Matic modalities will say oh talk therapy doesn't work. Okay. And there right but they're not right.

13:04:48 Okay, so let's get really clear about what doesn't work we do need to connect the story with the feeling. And another thing that makes it hard for people is that the feeling doesn't make sense to them.

13:04:59 And so if you remind yourself. This is what I used to feel in these situations, even if I don't believe that anymore. Even if that's not the truth anymore.

13:05:07 This is a historical feeling that still needs to be surfaced brought into consciousness metabolized acknowledged.

13:05:17 It's a part of me that needs to know that it matters.

13:05:20 It mattered that the sucked for me once. Okay, so this is what I mean by get lots of empathy and find your younger selves and make sure you feel the feelings.

13:05:31 And this is why nonviolent communication is a really really helpful model for how to provide empathy because it puts a focus on helping the other person access their feelings, instead of it's, it's, put your attention on the feelings because that's where

13:05:46 the healing is instead of trying to understand the story and get clarity and understanding, clarity and understanding is necessary but it'll only take you so far and it doesn't help with healing.

13:05:59 Okay, so for healing and for actually metabolizes we need to feel.

13:06:05 All right, then you dissolve enemy images of them. And we've done a whole month we've done lots of work on dissolving enemy images so I'm not going to talk a lot about that but that's another piece of preparing you learn to accept and be gentle with all

13:06:18 parts of yourself give all parts of yourself a voice, even the ones that you're judging.

13:06:22 And then you begin making a plan in this conversation that I'm going to have with these people in my life when I end up at such and such a lunch Oh such and such a dinner or such and such a cocktail party or whatever it is that you're preparing for.

13:06:36 How will I keep myself safe.

13:06:39 What, where are the places where it might not feel safe, and what am I going to do when that happens.

13:06:44 How am I going to maintain choice wellness. How am I going to remind myself, even if I have to set a little alarm on my phone that says, Remember you have choice.

13:06:53 Remember you can choose to leave remember you can choose to be quiet. Remember you can choose to reveal remember you can choose at any moment. I get to choose how I'm responding.

13:07:05 I'm going to come back to that in a moment but there's a, you stay with the choice that you have to respond because you're, you

don't have a lot of choice of what you're fielding wife is going to throw a lot of shift your way.

13:07:18 You're going to have people speaking to you in ways you don't like you're going to have patterns emerging your feelings are going to get hurt, you're going to think something is judging you attacking you criticizing you unpredictable things are going

13:07:38 happen the way you wish things were going is not going to be how it goes. That's life life's gonna throw that shit at you. The real question is How are you responding.

13:07:40 Who do you want to be in the face of that and that's what your choice on the slides you ground yourself and I have the ability to respond in a way of my choosing.

13:07:49 And that leads to the third one, which is getting really clear on what are my values, who do I want to be.

13:07:57 What is the truth about who I am and how am I going to help myself live into that. Even though I may have younger, more wounded parts in me that get triggered Parma going to help them, and which one of me which one of my plots is going to lead the way

13:08:14 in the family gathering. Okay, so this is the self resourcing that happens at the beginning.

13:08:23 Next, you want to make two lists.

13:08:25 What is in my control.

13:08:28 And what is not in my control.

13:08:30 So, we all know that all the things that are not in your control, or what other people think of you, how other people judge you, how other people speak to you.

13:08:42 What other people like and don't like about you

13:08:47 ever like there's a lot of stuff that is just not going to be in your control.

13:08:52 What is in your control is your intention.

13:08:57 As you're going into whatever interaction you're going into where you place your attention.

13:09:13 What you amplify by giving attention energy to it.

13:09:11 Your responsiveness what you're noticing your feelings, your needs, your ability to be aware.

13:09:19 And then the choices that you have about how you are going to speak to, and treat other people.

13:09:29 As a result of everything that you're fielding that's in your control your mindset is in your control your attitude is in your control how open or closed you want your heart to be is in your control.

13:09:42 The graciousness that you're willing to offer other people or not is in your control.

13:09:48 Right, and so you'd like to take responsibility for the things that are really in your control.

13:09:53 And then I highly recommend that you intentionally release your react your attachment to any outcome. That is not in your control.

13:10:04 Okay, how other people feel is not in your control what other people say is not so don't go into a holiday gathering thinking I

don't want anybody to be upset.

13:10:17 I don't want anybody to feel hurt.

13:10:19 I want everybody to feel happy.

13:10:21 I want everything to go smoothly and as planned on my terms according to my preferences.

13:10:29 If you go in with an attachment to life needing to show up that way you are going to suffer.

13:10:35 You are going to get reactive you are going to get irritated you're going to feel like the world is against you.

13:10:41 You're going to have all this internal tension and internal conflict, it's just going to make everything worse for you. So, try to release your attachment to outcomes and privilege, if you want to, because my invitation privilege the quality of your relationships

13:10:57 over everything else.

13:11:00 It really doesn't matter if all of the food got burned.

13:11:04 It really doesn't matter if someone saw showed up in a ridiculous outfit and you think it's completely inappropriate.

13:11:10 What is the quality of your relationship with the people that matter to you.

13:11:19 That's what you put your attention.

13:11:20 Okay, that's the stuff that is actually important.

13:11:26 It can also help to go through some history and to become aware of history. This is a piece of the resourcing but you want to intentionally think about what history of mine is filtering.

13:11:40 Both my perception and my reactivity. In this moment, because your history with your family which is usually who you're going to be around in the holidays, is, is going to be pretty powerful it's got some pretty deep roots.

13:11:55 I mean, so much so that you'll find that your family history gets activated even around people who are not in your family right like you'll start projecting all kinds of stuff onto them as if they're the same as your family.

13:12:06 So you want to ask yourself what am I usually done. How did I learn these patterns what what my survival patterns and my family, make a point of seeing the beauty in your own survival patterns.

13:12:20 If you tend to get angry and wasteful welcome seeing the beauty of that. Wow, I really made my needs for self expression and I have a lot of passion and intensity and I'm willing to fight for the things that matter to me that's a really beautiful part

13:12:31 of me.

13:12:33 If you tend to shut down and avoid see the beauty of that.

Wow. One of the ways that I tried to slow down time is by putting less and less information into the space.

13:12:46 This is one of the ways that I create a little bit of space and truthfulness for myself.

13:12:50 I tried to create less stimuli for reactivity.

13:12:55 I remove myself I have a way of like internally.

13:13:00 Not feeling how distressed I am when I'm feeling vulnerable.

13:13:04 There's something very beautiful about that.

13:13:06 And you can also ask yourself, why did I need to learn these

strategies and my family of origin what happened to me around these particular people.

13:13:14 Okay.

13:13:16 Then you take all of these strategies, and you notice what needs you were trying to meet when you develop them.

13:13:24 Okay, maybe it was for self expression maybe it was safety. Maybe it was for, you know, comfort and self soothing.

13:13:33 And then to get into the present moment you ask yourself what needs are not met when I do these things because nine times out of 10. These childhood strategies have become self sabotaging behaviors for you as an adult in the present day life.

13:13:49 They're often not an integrity with who you want to be. They do not represent your most empowered and conscious and kind of self, and they're not a true reflection of what you're capable of today.

13:14:00 And so there will be a bunch of needs that those old survival strategies are no longer meeting, and you want to get to know for yourself what needs are not being met by what I usually do.

13:14:14 Because when you identify your present day needs.

13:14:18 You can begin aligning those strategies you can tweak them to better match your needs.

13:14:24 And that is a really really different motivation for why we change than trying to be a good person.

13:14:33 It's more about updating your strategies to be in alignment with who you are.

13:14:38 Okay, so you identify your present their needs and you make a commitment to showing up in a way that is more aligned with your own needs.

13:14:46 The other thing you want to get clear on with your family system or with the person or whoever it is the holidays, is what the desired state the grand vision is that you're actually serving often this is very unconscious we don't realize what it is.

13:15:01 So take some time and figure out how would things go ideally what would be happening that isn't happening, what would I be feeling that I'm not feeling.

13:15:11 How would I be showing up that I'm not showing up.

13:15:15 So for me personally, it's with my family, it would be there would be a sense, like, ideally, when I'm around my family I would feel a sense of playfulness and ease and goodwill.

13:15:29 Instead of what I currently feel which is a little bit of hyper vigilance and some inner tension and like I'm scanning the environment all the time to find out who's having like unexpressed feelings and where's it going to get kind of snarky.

13:15:44 I don't enjoy that I don't enjoy having that hyper vigilance I don't enjoy feeling so inhibited.

13:15:50 I don't enjoy the sense of carefulness that comes up in me when I'm around my family. What I'd really like is to be playful and to laugh a lot we would be, we would be laughing a lot more we would be telling more jokes.

13:16:06 There would be like spontaneous hugging we might would feel collectively more relaxed. So I want to take some time to really

imagine if we had healed all of this, how would we be.

13:16:19 And then I start thinking what skills capacities etc would I be embodying, and how, how can I move in that direction. How can I bring some of that now that I know what I'm really wanting.

13:16:33 What can I do to start bringing some of that right so you're going to imagine it and luxuriate in it.

13:16:40 Okay.

13:16:42 So, Present Moment practices.

13:16:45 When I communicate with another person when I show up for that conversation when I walk in that door when I know that the next three hours we're doing this thing.

13:16:53 What is my intention.

13:16:57 I'm going to suggest that if you want to have these be a practice that your intention is not simply to stay safe and survive it because then you may as well just do what you've always done.

13:17:08 But if your intention is to show up with integrity, or to bring something What are you bringing into that space, or to improve the relationships in some way, or maybe your, your intention.

13:17:23 Of course in MBC The intention is for connection but let's get a little bit more specific.

13:17:29 If the connection needs more vulnerability, or more self expression or more kindness, or more grace, or more generosity, or more goodwill, what, what is it that I'm wanting to do.

13:17:44 And then I asked myself where is my attention. I know this is review for a lot of you but it's worth repeating. what are you doing with your attention.

13:17:53 Are you running your judgments your criticisms your evaluation your attachment to your strategies and your demands and your shirts in your muscle you'll have to choose, are you running that is that where your attention is in which case you're going to

13:18:05 get the same results.

13:18:08 Or are you really harnessing the discipline of neutrality neutral observation about everything that is happening in the rise in around you, deep connection with your own feelings and how somebody else might be feeling a deep connection with your own universal

13:18:24 human needs and the universal human needs of the other people in your family.

13:18:29 And then, clarity around a solution, about a path forward about a thing that you would like, about a positive doable thing that you could ask for about a suggestion on how something might be different.

13:18:43 So instead of coming into your family gathering with, you know, the problem with his family is that we eat a meal and then everybody just sits around and gets drunk, and I don't understand why we always do that every holiday it's just complete bullshit.

13:19:05 Okay, my attention is on my judgment my criticism and talking about what I don't want, and pathology is saying, This is going to give me a very, very different, even though at that may meet my needs for self expression, likely there's a lot of other needs

13:19:09 not being met.

13:19:11 But if I come in and I have something instead to offer if my request is positive and doable and I say, you know, I know that often we have drinks after dinner.

13:19:22 I wonder if we could play charades this year I brought blah blah blah. Who's in who would like to do that with me.

13:19:29 Then I'm co creating in a very new way, instead of feeling like whiny victim.

13:19:35 And coming in as a co creative influencer, and I'm going to bat for what might work better.

13:19:42 Okay what requests up, and then in all things that get glitchy.

13:19:48 You want to make the implicit explicit.

13:19:50 But when you say so and so it sounds like you're saying blah blah blah. Is that true.

13:19:55 Sounds like you're feeling irritated with me right now is that true.

13:19:59 It sounds like you have some judgments about some of the things that I've done this year is that true.

13:20:04 Always make the implicit explicit This is how we locate the conversation we don't know what conversation we're having until we make the implicit explicit.

13:20:13 So you can always use that as an entry point into whatever else you wanted to say or do. Okay, those are the slides that was going to go through with you last Monday.

13:20:25 I'm going to turn it over to you and ask you how is that information landing Where are you at what questions do you have.

13:20:37 How shall we apply it.

13:21:00 Yes.

13:21:03 Whenever I'm with the family, I feel like I don't belong, I understand from family history it's the being the oldest child who was always sort of pseudo one in charge and did it poorly.

13:21:15 But, I have this I noticed the last time we were together I don't think there's anything they could say or do, where I would register that I'm belonging.

13:21:25 So, I'm probably not paying attention to current cues, right, I'm just listening to your.

13:21:33 Well, belonging is a really really beautiful need Tell me about times when your need for belonging has been really well met.

13:21:47 And the zoom calls when the conversation goes back and forth which get a chance to be heard and seen.

13:21:55 There's a lot of sharing

13:21:59 in.

13:22:01 In contrast to rapid fire discussions or athletic activities and I'm hyper vigilant and then I realized I can relax, but by that time you're down the field.

13:22:12 So one of the ways that you need for belonging gets mad, is when conversations slow down and there's some back and forth. Some reciprocity. And it's.

13:22:24 It sounds like it's a little bit more like Diane it's you and one other person. Is that accurate or not.

13:22:29 Yes, or small group of small groups, okay.

13:22:35 So, it occurs to me, you know for thinking about changing up a family pattern, knowing that you can let people know and invite them into that space with you in a select like one or two people or.

13:22:50 Does that make sense like if that's the way that you need for belonging is met.

13:23:01 And you realize it's not really a good match the speed through which things happen in my family and the activity and the other people may have their need for belonging that that way what works better for you is something slightly different.

13:23:07 Is there a way you could invite them into what works better for you with some key people, to begin with, who might, might share some of that with you How does that feel imagining that

13:23:23 I realized I've been so focused on what's impossible.

13:23:26 And I'm also really clear I don't want to be the service made for the group gatherings anymore, because that's where the big sister really cut this in the older than me.

13:23:39 So I'm thinking of starting like with my sisters would be the easiest to just go for a walk with them and really treasure that

13:23:48 language like hey you guys go play soccer that sounds amazing today, I, I'm going to go for a walk and i'd love one or two people to just join me if they're looking for something a little bit more slow and conversational.

13:24:03 You know like revealing what it is that would meet your needs, in a way that is not critical of what's happening, and is inviting of anybody who would like to do this other thing with you can be a really gentle way of just beginning to install new practices

13:24:18 and rituals.

13:24:22 Thank you.

13:24:24 What what other people thinking, feeling imagining as they're hearing that piece it looks like I saw some nodding heads, it looks like some people resonate with this idea of like when we focus on what isn't there or what's impossible, you know it feels

13:24:37 like it's all this history so it's always going to be that way you know what's coming up with people.

13:24:51 Yeah, go ahead. You're muted.

13:24:53 I just think that's, I'm just really appreciating that way of approaching being proactive and at the same time not making anything wrong with the idea that they want to do it differently.

13:25:10 Maybe they do or maybe they're dumb. And then I guess it's also being willing to say, well, that's fine. I'm happy to take a walk by myself to do I just don't enjoy.

13:25:20 Nothing against you guys but it's just not my yeah I just not my style. Because I can relate to me it's that feeling of being lost in the group.

13:25:30 So let's, let's just extend a little bit on this idea of belonging and being lost in a group that, if, if I feel like I'm not belonging somewhere.

13:25:41 It's usually for me, because I'm showing up behind the mask.

13:25:48 It's usually an indication to me of a lack of self connection

in a particular setting or a lack of willingness to show myself who I really am.

13:25:59 And so, I'm showing up playing a role that is expected.

13:26:05 And when I do that, my sense of belonging is not mad because I'm, I'm coming in from a disconnected place so I'm not going to feel a sense of connection of belonging with anyone because if it's disconnected in me to begin with.

13:26:21 And the reason I might have learned to do that is because I have a fear that these people aren't interested in who I really am and so I have to hide who I really am.

13:26:33 And so if I need to hide who I really am or the only way that I've learned to get a sense of connectedness or safety actually in my family system is to be who I think they need.

13:26:46 I want him to have a sense of belonging in any of those spaces and in any other spaces where I'm doing the same thing, the longing won't be met.

13:26:54 So to get more belonging I need more self connection.

13:26:57 And then I also wants to sort of gently help myself emerge into the space.

13:27:08 As I instead of through a mosque.

13:27:10 How is that piece landing and people

13:27:17 think it's really for me, it makes its resonance, and maybe that also is acknowledging not trying to do too much and hey how are you know that's fine all that, hey how are you, but I don't know just also being okay with just a more

13:27:35 dust settled I'm thinking of that image way of being, like not pushing to the over acting like you're more than you are happier than you are, you know, you could also just say hey, right.

13:27:52 Yeah, hi, you know, Hey, if you don't feel like it.

13:27:59 So, is this are a lot of people on the call feeling those are just a few people how many of you feel like when you get around family there's like a role that you fall into or a way that you don't feel like you can fully show up as yourself how many of

13:28:13 you feel that way just like put the little emoji Will you raise your hand.

13:28:25 Yes, 1234.

13:28:22 Only four if you feel five five of you feel that way. I can't get mine up but. Okay, got it, got it. And the other people do you very much do you feel like in your family system you can just show up and be who you, be yourself and you don't have any inhibitions

13:28:38 around that Who are those people.

13:28:43 Panda you feel that way Dana you feel that way.

13:28:51 No.

13:28:54 I mean, I kind of set it up that they're lucky if I show up, say more about that.

13:29:01 Well I mean I'm busy and it's a big.

13:29:16 then I'm grateful to be able to give that help but I have a family my own.

13:29:25 Oh, I'm glad to be there.

13:29:27 They're old, they may not be around much longer.

13:29:30 And I think I'm lucky because I do have my parent parents are still alive.

13:29:39 That's right.

13:29:41 That's awesome.

13:29:44 That's awesome.

13:29:46 So what would be helpful to you right now would you like to get into some small groups and go do some scripting go get some empathy. Go and talk a little bit about a situation a person, a moment that you're wanting to prepare for or does somebody have

13:30:00 a different idea.

13:30:09 I am wondering about talking about, if the whole culture is everybody has roles, and it's, I didn't culture, so that's always the case. That is the case in all cultures, everybody has roles.

13:30:28 So, now, what's the question, like there's no way of escaping that everyone will have a role that they habitually play right but actually having conversations not part of anybody's role or connection.

13:30:47 The rules are pretty tightly.

13:30:50 I would call dysfunctional. Right. So, and frankly, the only person's role that we're working with is our own. Okay.

13:31:00 Yeah, we're not worried about changing anyone else's, we're just really getting in touch with what is my usual role, which piece, I can choose it listen if I choose consciously to go back into my family system and play this role, because I understand

13:31:19 that that is really the best strategy I have for having this go as good as it can go and I'm willing to play that role.

13:31:26 And I'm consciously choosing it and I'm doing it out of a loving presence and an empowered choice.

13:31:33 The impact of that on me is going to be very, very different than if I've done no work around that and I always just feel trapped enroll and they're doing this to me and I don't know why this happens and I suffered terribly and I don't want this role

13:31:46 and so then I have work to do around that so that I can either show up in a way of my choosing, or I can choose the role, and be at peace with it.

13:31:58 Nothing wrong with a role, but the journey here is about bringing what is unconscious into consciousness, sorting through all of that, and then being aware and joyful and loving and kind about how we actually show up in each moment, we're not worried

13:32:15 about what everybody else is doing.

13:32:20 How's that landing on people. Does that make sense.

13:32:26 Yeah, Lisa and then Carolyn, and then Mary Beth I see you and also I think it might be helpful to have some role play.

13:32:36 I'd love to do that if somebody has something.

13:32:40 So, let me find out what the other people are saying and then I'll see if there is anyone. Carolyn.

13:32:46 I'm curious about the difference between wearing a mask versus simply manifesting, you know we're. I remember you saying we're different people in different circumstances with different people.

13:33:05 So, for example, with when I go to my daughters and I see my

grandchildren.

13:33:12 It is the role of Grandma, but I, and I'm not that way when it's just my husband and I, yes, but the difference. It's not a mask it's exactly so the difference there is, when I'm when I'm playing a role.

13:33:28 And I'm in a certain aspect of my authentic self that's being expressed my grandma's self gets expressed in this place and my best friend self gets expressed in this place and my dramatic self gets expressed they're all genuine parts of who I am I feel

13:33:43 very connected with them. Those are the roles that I play when I wear a mosque. I'm presenting a public thing that may be very different than a private thing.

13:33:53 And there's. And there's a disconnect, in my experience between who I'm showing up out here, but there's a dissonance inside of me because I don't feel like I can really bring my authentic self and that's going to have a different impact on me.

13:34:08 Okay so that helps me with my curiosity.

13:34:12 And I would say I feel I bring my authentic self I you know you asked how many people feel this and how many in the group feel that was like pretty much almost divided and then I'm in the middle not raising my hand I bring my authentic self, but I don't

13:34:27 have the feeling that that authentic self is

13:34:33 acceptable

13:34:38 judge your authentic self.

13:34:39 I don't worry about it I just, well yeah I guess I don't like that feels painful and so I don't I don't love that.

13:34:47 So I worry about it in the sense but I still don't know that I can be. I do feel I'm being my authentic self so I'm in that I'm in that puzzlement stage and I'm trying to what you say helps Thank you.

13:35:00 You're welcome. So that's a useful discernment at a certain stage of development I'm going to throw a wrench in for a moment and say, even your masks are actually an aspect of your authentic self so you know on a practical level it may not be a useful

13:35:14 thing to think about. But let's drop that right now because it's not really, but you could think about having a mosque is it also my mosque itself is an authentic part of who I am too so you know, so that might have been a lot but been over my head for

13:35:29 then drop it, drop it, I wouldn't I really wouldn't worry about anything that doesn't feel like practically useful like I really just, I think we get a lot more out of like is this practically useful to me if it's not, it's ok, because we're not really

13:35:40 about trying to come up with like theories and philosophies and we don't really, I don't really care so much about those.

13:35:48 Thank you. You're welcome. Mary Beth.

13:35:55 You're muted.

13:35:58 I said I think whatever i'm saying is not what I was going to say but I, but because things just keep happening in the call. But yes, yes.

13:36:06 Right now what I feel is.

13:36:10 I would like some feedback, or about that feeling of

trepidation, you know, almost like when you're standing outside that or when I'm standing outside the door, you know about to go into like a larger group gathering, I'm thinking now, my sister and her
13:36:26 family I don't have a family. So, you know, she's got this big family and.

13:36:33 And the anxiety of, you know, sort of getting ready to go in
13:36:42 and they're not especially a family that is like, you know, like empathic snake or not there, they kind of scare me in some way. And I'm just wondering about that.

13:36:59 That how I advice about, you know, how to deal with that feeling or stay connected.

13:37:07 It would feel it. Yeah.

13:37:10 And I would say I'm scared.

13:37:13 I feel scared when I walk into family together.

13:37:18 Yeah, I feel scared because then do some journaling, what's scary.

13:37:23 What am I afraid of what am i remembering what am i predicting what is the thing that I don't like.

13:37:33 I mean maybe sitting somewhere I know you're not actually asking me those questions but

13:37:39 it's sort of like the lack of connection but the expectation of connection because it's family, but I mean these are also i'm talking about. Also the next generation who I don't really know that well.

13:37:51 It's like, I think what's so weird about family is, it's like if you were just going to a party you just wouldn't talk to people unless you struck up some kind of connection or something where you would, whatever.

13:38:02 But then it's kind of like Hi, you know, how are you.

13:38:11 There's this expectation of some, some rollers and for me is like the apps or something I don't know, I mean, and the creative make a list.

13:38:20 Make a list for yourself of all of the unconscious expectations and demands that you've internalized that you run you and see which ones you're buying into stolen which ones you're ready to let go of.

13:38:33 Okay.

13:38:35 Yeah, it's good.

13:38:37 Yeah. Carolyn

13:38:42 Oh, I have a possible scenario that just occurred to me so my husband's family is large and lots of sisters and I, I am of the opinion that they use talking about other people which I would call label gossip, as a way of bonding and strengthening bonds

13:39:04 between them.

13:39:06 But I'm not comfortable. To me the line is when you're saying something that you wouldn't say to the person or that has a negative but they use it for aligning with each other end.

13:39:20 And I know centric, that's the ethnocentric part of family gatherings. Yeah, no, it's that part that's like it's us versus them, and so we we get together we feel good telling all of these means

stories about them so that we can have the experience of
13:39:48 They even joke about it and will say like, oh, Carolyn's coming back we'll have to stop talking about her now or you know they'll say that about everyone else it's like a big joke.
13:39:49 Yeah, then what happens is that might be impossible if anyone else can relate to how to I'm Caroline I know everybody can I'm pretty sure everybody on this call can relate to this thing so what is your.
13:40:01 What is your deep intention around that, what do you want to do or not do with that.
13:40:06 Well I first want to find a way out of it, and I also have to admit, underneath it, I nosy and I will, I, I have a desire in there to hear it. but I don't want to be that person.
13:40:25 I know that that's not the person I want to be but I have to acknowledge this small piece that kinda like,
13:40:36 I'm going to meet you for a second because there's some feedback but I'll unmute you again. Okay.
13:40:41 Take a step back for a second. Oh shoot, what was I gonna say,
13:40:47 Oh, I would recommend that your intention not be to change a family dynamic or a family pattern or a family ritual.
13:40:58 The intention is about you.
13:41:01 So given that my family has this cultural thing that they do.
13:41:09 How do I want to respond to it I notice that when they do it, that there's no tension in me.
13:41:17 I get internally divided on the one hand I want to join them and I want to be a part of that I want to belong and I get curious, there's a piece of me that wants to join the sort of ethnocentric ritual of belonging.
13:41:31 And there's another part of me that doesn't want to feel connected through this strategy anymore.
13:41:39 I want to feel connected how, so this is where I begin and begin with I want the connection. I want the belonging.
13:41:50 But I don't want the strategy to be making other people wrong.
13:41:54 So what would I want instead.
13:41:57 This is the piece where I say like, figure out your grand vision, what would be happening. Instead, that would still meet belonging and connection but wouldn't be at the expense of other people what would that look like do you have a sense.
13:42:14 I don't know that I have a sense out there, and maybe we can crowdsource some what are some alternatives when this begins to happen, other than, you know, a maybe not so graceful changing the conversation or saying, you know, I could make a statement
13:42:31 as I'm feeling, I'm feeling a bit uncomfortable, the direction that conversation is happening, but that's also.
13:42:40 That's like,
13:42:43 That's not, I don't think that's the answer.
13:42:46 What do people do.
13:42:52 what can be asking for and curious what kind of conversation you would like to have yes that's the that's the question we're asking

so what want to get into this like, what could you ask for specific positive doable in that moment, that would represent

13:43:11 a move in a new direction.

13:43:15 I could use help there, what.

13:43:18 Yes, that's what I'm.

13:43:20 That's what I'm asking.

13:43:22 What could I do to move to do differently. Well, I have a question I don't know if I have an answer. But I'm wondering if like you said you come in and they're a group who know each other.

13:43:37 So you're may be wanting information about people's lives and a discussion about that but not in a gossip frame, what feels like gossip to you.

13:43:50 So I don't know if they do request, you know, People just kind of be forthcoming about.

13:44:01 I'm really curious about people, and what's going on with all of you because I don't get to see you much.

13:44:08 And then I don't know what I would say after that, you know like, kind of, asked for another way of people sharing information.

13:44:17 So an example could be someone with lob something out there that might be like, Oh, did you know you know so and so's daughter is having her third child, different father, and then they'll just like lay it out there so they haven't actually said something

13:44:37 negative, or, or judgmental, but it's an invitation to pile on. So at that point,

13:44:49 to express.

13:44:53 If I could express yes that's all how nice she's having another baby she must love being a mother.

13:45:00 You could do that or, so I could do that. I could say, I hope that

13:45:08 I hope she has a healthy pregnancy, I can say something positive. What else could I do I. Yes, something positive. Absolutely.

13:45:17 And just.

13:45:18 Yep, you can lead it in the direction of what you want more off.

13:45:24 Oh, making the implicit explicit is this it yes I do that sounds like you have some judgments about that is that true.

13:45:33 Yeah, I could say that couldn't tie.

13:45:37 It sounds like maybe you're feeling uncomfortable about that is that true.

13:45:42 So that's that's been a bit.

13:45:44 Yeah, they might they might react to them.

13:45:49 So if you're into.

13:45:50 I recommend doesn't have to be what you do but I recommend that you intention be to join things as they all, and to just bring a different energy to it.

13:46:00 Yeah.

13:46:02 And you can be the word like remember every single thing that happens is practice, you can you can say I'm just going to go into this family gathering I'm going to translate every judgmental thing I hear into their underlying feelings and needs inside

13:46:13 of me.

13:46:14 I'm going to be looking for. Oh, I wonder if that's their strategy to meet a need for connection I wonder if that's their strategy to meet is cool, and make it an internal practice that will also change your experience of this situation.

13:46:30 Thank you. You're welcome.

13:46:35 Rachel I think you had something and then Mary Beth.

13:46:40 You're muted just say, you know,

13:46:47 I didn't realize I base my husband.

13:46:48 I base my hand. Oh, okay. No worries.

13:46:50 No worries.

13:46:52 Yeah, no worries.

13:46:55 Yeah I had written in the chat the same thing you said about translating are reflecting their feelings and needs.

13:47:03 I think it's interesting.

13:47:05 There's a subtle difference between doing it because in some way you're still trying to point, I'm not saying she Carolyn is but like one is still trying to point out, like you're still kind of disapproving of the gossip and trying to, you know, sort

13:47:21 of almost point out, still trying to reprimand them for their gossiping in some way. That is when I'm done correctly, if there is that energy but you know, the energy of reprimanding comes from our grandiosity.

13:47:41 So, you know, if we're thinking that we're better than other people and we have a better way than other people and they're doing this bad thing and we're doing this good thing.

13:47:49 The energy that's going to come across is going to be very off putting to people.

13:47:54 And so yes we want to take responsibility for the energy and the deep intention of what we're doing, where are you actually coming from Do you think you're better than other people.

13:48:03 And if you do, own it, own it, get conscious of it, own it, and you will get more connection, out of saying, oh my god you guys I'm sitting here on my in my little ivory tower feeling so superior grandiose to all of you having this conversation where

13:48:45 Okay, it's gonna be real, it's going to kick up conflict but it's going to be real, right. Then again, being like, well I just you know I have a preference for talking about what's good in people and I'm wondering if we can, like, focus on what's nice about people like that's going to be bullshit it's not going to get to the authenticity and the

13:48:49 realness. So yeah, Mary Beth, to your point.

13:48:53 The goal here is getting real it's being conscious, it's owning, it's about what is the work that you need to do to come out of your shame based victim me complaining bitchy place, and come step up and and be an adult.

13:49:09 And what is going to bring you out of your grandiosity and your superiority and your judgment of everybody else and they're inferior ways, and join people and shared humanity.

13:49:20 You are one of the tribe.

13:49:23 You matter. You do belong. How is your own consciousness separating you by going one down in one up.

13:49:32 And then, how do you bring like the spirit of shared humanity. We're in this together. we have these patterns, we can get presence for pain, we can develop care for one another.

13:49:46 We can be much more choice for around how we're using words, and what it is that we're acting out because we don't know how to speak it out.

13:49:55 If I don't know how to speak about it I'm going to act it out.

13:49:58 So last time they were here, I did say you know that I had learned a lot about narcissism and, and how I over the past year and how you know how that was a tough one to learn about so I shared that, but then there was no response so that piece I missed

13:50:16 was, how does it make you.

13:50:21 So do I like to say that I love that remember, and everything was a question like this is one of the cultural habits we like dump info we're like blah blah blah blah.

13:50:30 And then we stand back and we wait to see what people do with it. And most of the time, other people have no idea what to do with it.

13:50:37 And then I'm disappointed, or angry because it's like I said something really significant and.

13:50:44 Yes. So then I learned that I learned in those moments where I'm like oh that was really unsatisfying I learned those moments. Oh.

13:50:51 And just so you all know I just said something really significant and I'm feeling really vulnerable and I really want to hear, three good things you think about me right now having revealed this.

13:51:02 You can be very specific about help you hear three reassuring things that you still like me after hearing me say that other people can say yes or no, they may have it available or not but you get to ask for what you want.

13:51:18 Sorry, so it's that next piece of.

13:51:21 What does that make you, you know, how are you, how does that make you think when you hear me say that, that's the piece where I can probably make them, that can probably have the most impact in any dynamic and especially this one.

13:51:34 Yes. And, however you go in and do it you're going to do it badly, you're going to have unconscious parts, you're going to do it on skillfully there's going to be learning and that's great because every time you try something you're going to learn something

13:51:46 that you didn't know before the other people are going to make you aware of something that they'd like or don't like and then you get some choice fullness around Well, now what are you going to do about that, if anything, right.

13:51:57 And whenever somebody else has a reaction, you can cultivate compassion for their reaction you can ask yourself what part of this is this what part of this is mine.

13:52:07 Where would I enjoyed them to do more shifting Where can I

offer some shifting.

13:52:13 You know, is this about my learning and growth was this more about their learning or growth, l it's, you know, usually it's a both and we both have some learning and growing to do which piece of it is mine.

13:52:23 And I learned not to take it all on as if it's all on me.

13:52:27 And I learned not to blame other people and put it all on them. And I keep my keep the both and going like this is what my family always does and this is how it impacts me and what I do and here's what I'm going to get aware of and what I'm going to start

13:52:39 doing differently because I have this other vision that I'd like to serve. They may join me they may not.

13:52:46 They may judge me they may get angry they may reject me It's okay.

13:52:50 I'm no longer, who I am, is no longer determined by other people's reactions.

13:52:59 Because I'm learning how to be present to and field and care about but not being controlled by other people's reactions.

13:53:09 And that piece that holding that polarity of I care about it matters to me the impact that things are having on you.

13:53:17 But I recognize that the wind, that the impact something is having on you is as much about how you're taking it as about what I'm doing.

13:53:26 So I learned to give you back how you're taking it and what you're doing with it. And I learned to pick up what I'm contributing and what I'm going to pick up and what I am doing to co create this wiki.

13:53:39 Yeah, go ahead. One last 32nd thought is that in our original check in on one member in our group said something and and left me with my question of the day, how do I contribute to my own feeling of alienation and the way that I do it is by this grandiosity

13:53:57 that creates the separation, and by not doing the vulnerability piece so it all tied with kind of circle. Thank you.

Thank you, comes all the way back to how vulnerable and real, and just vulnerable.

13:54:14 Are you willing to be with other people, how vulnerable and revealed Are you willing to be. And it's a very loaded question because it isn't safe to be vulnerable and revealed with everyone, especially if somebody is going to be judgmental critical value

13:54:30 to controlling demanding.

13:54:34 controlling demanding. Right. And so we practice being vulnerable and real and empathic communities first where there's more emotional safety to get used to that move that if we're going to talk stages of development, we practice with our empathic communities

13:54:52 where we build that muscle, so that we can be vulnerable and real, even when other people don't like it.

13:55:04 Even when other people are going to judge it, and control it and shame it, and attack it.

13:55:11 Because we develop the ability to really have that strength.

13:55:16 But we don't develop that strength with the people who are

going to try and destroy it we develop that strength and emotionally safe environments that I mentioned that only because I don't want any of you to stall out in your own development that I can

13:55:31 only be vulnerable when my environment is emotionally safe.

No now you're a kiddo again now you're a kid now you're a victim again, like, now I'm dependent on everyone else being different before I can be vulnerable and real is not the goal, but it is

13:55:46 a reality along the way like to care for myself.

13:55:50 I'm going to practice vulnerable and real and safer Kinder softer spaces.

13:55:59 But the goal is to develop the muscle that making sense to people know.

13:56:02 So when it comes to your family systems.

13:56:04 You get to decide how much you want to go into the orange zone have, have you taken those Should I stay Should I go video courses the free video course on my website in the Should I stay Should I go course you get like a relationship grid.

13:56:20 And there's a red zone and orange zone and a green zone and all learning happens in that orange zone.

13:56:25 Okay. Green Zone green and a little bit of orange is where we do a lot more healing, but red is where we do all of the self protectiveness and if you want that thing just go sign up for should I say Should I go and you can grab those handouts, but that

13:56:36 can be a really helpful visual for deciding, with whom and where and when do you want to take these risks and do this practice, but ultimately what I really want to offer you is that you, you don't have to be the child you.

13:56:55 And you also don't have to get rid of the child that you were because all of those younger children are going to be present when you're with your families and they're going to be likely to get activated.

13:57:05 And so we really want some intentionality and practice about how we're going to love them all up, keep them safe and still be courageous and still come in with a little bit of like what little bit of CO creation.

13:57:20 Am I willing to take on this year, not jump off the deep end past that landing on people I'd love to hear from one or two people just what you're taking from what I'm saying.

13:57:42 I'll go I I put it in the chat but, um, this has been, this is super helpful because I realized that I go into situations like trying to figure out how to stay safe like my whole thing is around like, how do I like.

13:57:59 Be good be nice. You know, all of that stuff instead of being real.

13:58:05 And, yeah, so this is just super helpful because I being more authentic is definitely where I want to go and so I think, and I think I have great opportunities to try it's just going to be it like really shifting my own mindset so yeah I'm exciting, excited

13:58:21 about it. I'm so happy to hear that. There's nothing wrong with going in wanting to be safe.

13:58:26 By the way, there's nothing wrong with that you get to go in with that consciousness and just know the safety self protection fear based consciousness is not going to lead us to feeling empowered or creative or.

13:58:41 That's the survival move not a thriving move.

13:58:44 And so that shift is like if I really want to thrive. And I want to expand, then I'm going to choose the courageous thing, and each of you get to decide for yourselves what that might represent.

13:58:56 Yeah, thanks. If I'm mentioning that a that's a helpful frame. Yeah.

13:59:02 That's the intention is that for safety for relationship relationships on safe. Human beings are not safe. Have you noticed.

13:59:11 Human beings are revolting.

13:59:12 They really are. They're judgmental and they're critical and they're evaluative and they have all these frickin preferences and needs and precious missus and their frickin sensitive and wounded and traumatized and.

13:59:26 Isn't it lovely, we're all like that we're all like that.

13:59:30 So, yeah, this is part of our journey is learning to find all of that in ourselves and love it and work with it, and recognize it in one another and love it, and work with it and be gracious about it, and that the human being as a species is very problematic

13:59:48 for me I just have to say.

13:59:51 Panda you're unmuted I