

12:33:35 Yeah, welcome.

12:33:36 We're going to be a cozy group today It seems as we wrap up Oh, definitely I didn't make the call so pick up a little distracted. So, this is going to be our last preparing for holiday conversations time.

12:33:55 And it looks like we're going to be a smaller group. so that puts a little bit more pressure an opportunity on each of you asked questions to be in conversation to check in.

12:34:09 So where would you like to begin We're an integration week so we're sort of wrapping up. What have you learned this month, what is remaining what could you use some help with today How are you, in a way I feel like we could just go around and maybe start

12:34:22 with Rachel and then Mary Beth and then and then Judy and just give you a chance to check in a little bit, as much as little as you like and then we can plan from there.

12:34:31 How does that sound.

12:34:34 That sounds great, I'd like to not go first, please.

12:34:39 Eric will not be on tomorrow No, nothing will be happening tomorrow. Thanks for checking out. Yeah. So let's do Mary Beth, then and then Judy then Rachel.

12:34:50 Yeah, I you know i was just listening to the end of, or well, half of the previous call with my husband. And

12:35:03 it kind of triggered a sort of a, an emotional event between the two of us, which I think is relevant in a certain way, which is, you know, when you start feeling something, because it was triggered from the conversation about co written house, and the

12:35:20 And the empathy and all that.

12:35:22 And, you know, like, so we came to the place, like when you're when you feel like I start to shut down because I feel that there's energy on his part that sort of like, there's emotion behind it, and I better just shut up, you know, but he's right now

12:35:41 like when your husband is feeling energy you yeah yeah because he was up, he was feeling that feeling of, when people become the object of societal. They're symbolic of more than just them and this society like puts all this stuff on their case.

12:35:57 And it means so much more than just the individual in a sense, and he's got a lot of strong feelings about that, I think from his childhood of being Jewish and feeling.

12:36:09 That's that thing of escape goat and way.

12:36:13 But I start to feel like I can't, I'm just going to start to zone that like I feel like I can't say what I think.

12:36:22 because there's too much charge.

12:36:25 So when we kind of broke it down. I guess it's sort of like one one feels or I feel that there's charge behind there, and I noticed myself start to pull back and just, like, like, cut off because now I'm feeling like I can't say anything I can't express

12:36:42 my opinion.

12:36:45 And I think this happens in these holiday conversations all the time especially like different political perspectives. And there's like a lot of emotion behind it, maybe the best thing is just to try

to have that mindfulness awareness that there's charge

12:36:59 here, beyond just a discussion.

12:37:03 And, and maybe try to pull back, have self empathy and respond with curiosity.

12:37:10 As I mean sometimes I start to feel like, you know, I can't sit inside myself I start to get mad like I can't say anything I just have to shut up because it's like he's, it's like if I say something he'll get mad at me.

12:37:23 And I'm just thinking if I'm if one is aware, whether it's your husband or your, your brother in law or whatever, or yourself that starting to get, you know, charged justified first go to that, whether you do it overtly or just inside yourself and stop

12:37:42 the conversation.

12:37:44 Yeah, I'm really going on the strategy of a lot of self empathy and self connection as the foundation, out of which you need to unite that's where you start to start with resourcing before you get make yourself do anything further.

12:37:59 Yeah, and the awareness that sometimes in these political discussions there's like, really, each Pete people are fighting for some value that's really like changed life and death on some level to them.

12:38:10 And what it starts feeling that way. It's like, I mean I started having this defeated feeling but it's like just to be conscious of that and not, then try to push.

12:38:21 Yeah.

12:38:23 So these are some of the things you became aware of today in terms of intentions that you're setting for the opposite do this in the future.

12:38:31 Yeah. Yeah. Okay.

12:38:36 Lovely. And just so you know we're just checking in our cozy little group today so we're going to go Mary Beth and Mackenzie Rachel and then Angie Sancha, just as a check in what's on your mind what's alive and potentially if there's anything you're wanting

12:38:49 us to dive into today. You can bring it up I mentioned it. Is there anything Mary Beth and what you were just describing that you want to play with a look on further today or you feel complete with just sort of expressing and sharing holding it together.

12:39:04 Let me think about that. Okay, could be but I just want to see where other people are in everything with time.

12:39:11 Thank you.

12:39:16 Hi. Hello. Hello.

12:39:25 Paula, I came in, midstream and I'm just

12:39:28 very moved and touched that you're back with us and it sounds like a bad.

12:39:36 A time of transition with decisions and, I think, I think what

12:39:43 because I didn't get the full gist of it is it that your, your husband is in in care in outside of the home now is that what I understand, Yeah. Okay, thank you.

12:39:58 So, So, thank you for that because that clarity, because I've

just gotten off the phone with my 95 year old father.

12:40:09 And the word grappling. The four children, because my both my parents are still in their own home.

12:40:15 And

12:40:20 we were having, we were having some amazing discussions and I said that I had to go to come to this call so.

12:40:26 So I am.

12:40:29 I'm just so much ball at the moment, but

12:40:37 I guess the perspective, I'm coming from is I've learned in the last two months the new, a new term to me called sandwich generation where you're caring for your own children, and your parents at the same time, and the focus the time involved for me and

12:40:58 my siblings, is just phenomenal. I had no idea what it takes to organize anything for for older people.

12:41:11 And it's been a huge transition that my father who in July, could drive care for my mother is now.

12:41:24 Needing 24 hour care. I mean he's very self sufficient he can walk you can do feed himself you know it all these things yet just advocating on his behalf is so phenomenally

12:41:40 time consuming and and and just the lack of professionalism I find this is my whole judgment about a whole lot of stuff. So, I'm.

12:42:04 breakthroughs with my 19 year old. She was just the most amazing cut out. She.

12:42:09 She and I had the most deep and meaningful, we've ever had. And just

12:42:19 like a like I heard you say Mary Beth slowing things down and metabolize seeing what was going on.

12:42:26 And, and I don't think I could have ever been in that space without this work that you provide a bat. it's just incredible how years of

12:42:43 heartbreak and milestones that I would never expect young people, or, for me, even to ever experienced in my lifetime happened to my girls, and survived through all of this is just, I was just so, so booped that we could achieve so much in a short period

12:43:08 of time.

12:43:13 And,

12:43:13 yeah, that's, that's, that's my check. Thanks to

12:43:27 And

12:43:27 I'm noticing myself sort of holding the complexity of the position you're in, and feeling to solve the challenges of that, while also having some inspiration for how it's you're noticing a changing and evolving.

12:43:45 Yeah.

12:43:48 Sorry, I have to, I have to add another thing, even though we don't celebrate Thanksgiving, New Zealand.

12:43:55 I was actually born on Thanksgiving Day so there's a whole bunch of emotion.

12:44:02 On my birth right, even though it's not Thanksgiving Day this year.

12:44:07 So that such a complex download of intergenerational

12:44:15 very complex, which is you have to lifting.  
12:44:20 I'm right on the cusp on the 23rd. Oh so yesterday.  
12:44:30 Yeah, yeah, go here, two days ago, you.  
12:44:32 Happy birthday, happy. Thank you.  
12:44:32 Thank you very much.  
12:44:38 Did he would he likes chicken.  
12:44:45 Sure.  
12:44:48 How am I feeling I'm.  
12:44:56 I'm feeling semi numb.  
12:45:04 And  
12:45:04 some, I think there's some deep sadness and grief, under it.  
And  
12:45:15 a lot of it is generational family stuff that I haven't  
unpacked  
12:45:25 and.  
12:45:29 But I do have a couple people that I've been connecting with  
that has gotten me to some sadness, which was definitely not allowed  
in my family.  
12:45:41 And I'm just seeing how a lot of my coping strategies about  
being perfectionist  
12:45:52 have driven me into wanting to be totally isolated, which I  
already felt totally isolated to my family, unless I was perfect.  
12:46:00 So it's a pretty circular thing.  
12:46:05 And I'm really moved about people talking about elderly  
parents, and I spent about 20 years doing each of my parents and the  
life stuff separately.  
12:46:21 And I tried to be a perfectionist with it and use it to fix  
my entire history, which as you might imagine didn't work out well.  
12:46:31 But I felt compelled to do that, and I'm trying to unpack a  
lot of holidays.  
12:46:40 That's my children.  
12:46:52 And then, is that this is a new Rachel or the same Rachel  
sometimes I don't know what the same person logged in twice but then  
Rachel.  
12:47:01 And then Rachel.  
12:47:02 I'm sorry, who's going.  
12:47:04 Are you next Rachel, I think your next. I thought I was yes  
your next. But there's two angels are you logged in twice or do we  
have Rachel from England on the call as well.  
12:47:14 And, to my knowledge, I'm not logged in, I don't see two  
rituals, I don't see us. Oh I do see a second wrench on here we go  
that's not me. Perfect. Perfect.  
12:47:27 Okay, good, good, good, good.  
12:47:25 And so, Ha.  
12:47:31 Just my general check in the last day or two I've been  
probably a little watery.  
12:47:39 My birthday was last weekend and I spent it with my close  
friend who we were romantically involved in that didn't work out.  
12:47:46 But there was some intimacy for my birthday, which was lovely  
but also has sort of

12:47:56 reawaken how much I would love to have a partner in the things that come with partnership and

12:48:05 forced me to sort of reaffirm as wonderful as a person, as he is and as much I care about him he does not have those things to give. So I've, I've just sort of been cycling through that over the last 10 days.

12:48:16 And I think I'm feeling it really hard today I have the day off and I'm doing some housework and I, I would love some company and help and hugs.

12:48:27 And those are

12:48:31 not in abundance for me, their struggles, I have a really full Thanksgiving weekend. My life is in so much better of a place than it was a year ago, when I was together with this person and decided to end the relationship so I'm really trying to just

12:48:48 honor the needs that like I have a need for companionship and intimacy and closeness and touch and to know and be known and those are wonderful, those are gifts to remember those needs and to really be expansive and believe that there are other places

12:49:09 and ways to get them, including being here with you all today that was one of the reasons why I decided to take time out from doing work in my living room.

12:49:18 So I'm grateful for that. and then on the theme of the month.

12:49:22 I was lucky to have a practice run at it because my family had a big group birthday meal.

12:49:30 Veterans Day weekend.

12:49:34 And another person from the group was kind enough to meet with me and helped me prepare for conversations they are and what really came out of it was.

12:49:44 I just recognize.

12:49:46 I didn't, I did not have it in me to spend.

12:49:51 Numerous hours with my family and I decided to go just for dessert for my birthday and I'm doing the same thing for Thanksgiving, and it really pissed my mom off when I didn't only came for my birthday for dessert and she pulled out all the bells and

12:50:08 whistles on the Jewish guilt train.

12:50:13 And I didn't bite.

12:50:15 And we wound up afterwards having a good conversation where I just explained that the tensions that exist in the way that certain members of the family can be volatile.

12:50:28 And the way that that brings up volatility in me.

12:50:31 It's, it's just exhausting, and that my priority is to take care of my mental health, because my mother had made a comment about how something had happened the last time the family was all together and that she was disappointed in me and my brother she

12:50:46 expected that both of us could handle it better.

12:50:49 And I just assumed Stephen was doing the best you can.

12:50:52 some understanding, which is good.

12:51:26 it in a smaller dose.

12:51:28 So that's where things are for me.

12:51:30 Thanks.

12:51:33 There's a lot of celebration in that too.  
12:51:36 Yeah.  
12:51:37 Thank you.  
12:51:40 And the and then Kathy and Rachel from the UK we're just checking in and I'll just check in if either of you want to check in, you can and you don't have to sell the so you know.  
12:51:51 So, so you know, so I'm experience a whole jumble of feelings but right now I'm celebrating some things just before the call, had a lot of family contact.  
12:52:03 It's been a year, November 25 that my mom died last year.  
12:52:08 And as of today.  
12:52:10 Yay. There's a piece of the inheritance that I've been really pushing to get shared more equally one of my sisters was left out and  
12:52:22 contact with attorneys and blah blah blah and all this stuff later we have now.  
12:52:27 Just about nailed it so that it just really feels good I went from feeling really victimized angry blah blah blah.  
12:52:36 To, it's not perfect, but  
12:52:41 it's on its way.  
12:52:43 I feel some morning because we're in a shift as a family.  
12:52:47 This will be the first year I haven't gone to family for Thanksgiving, and I'm feeling kind of ashamed, but also really relieved and celebrating the freedom that I have  
12:53:03 to create a day of my own I'm really longing for a day of no obligations that can, I can accompany myself I don't have to.  
12:53:17 There's a lot going on in my family none of us are traveling and my concern is myself that I don't get into ruminating or obsessing about all the years I wasted trying to please my mom who was never pleased.  
12:53:39 In her own mind, I think we were connected, and to let that go and let that be.  
12:53:48 I don't try to find that place where I can bless her and bless me for where we were.  
12:53:54 I don't mean that pejoratively.  
12:54:00 And I'm also really curious because I think I want this day on my own.  
12:54:05 I've spent holidays with family of spend holidays with friends and then pass it on my own, I live alone.  
12:54:14 So I'm going to be curious if to see how this goes. If I, If I am meeting my needs.  
12:54:21 And if I want to I want to  
12:54:29 know how to describe this but I can get Richie and I want to when I see that part of myself. Tomorrow,  
12:54:38 laugh with it a little bit. It's like it's not surprising. I come from a long line of us, and lighten up a bit, be a little bit humorous and be as kind of myself as I can throughout the day.  
12:54:52 Thanks for listening.  
12:54:58 Very clear intentions and exploration.  
12:57:09 Kathy.  
12:57:13 Okay.

12:57:15 event. I don't know if other people are experiencing this but you sound like a bit, bit quiet and in a tunnel today have my volume all the way up.

12:57:25 No Let's fix that.

12:57:29 Everyone else seems to be coming through.

12:57:32 Well, yeah let me know anytime that happens. You've been proved them. Yeah, yes, sometimes the default settings, change and I don't know they've changed but you will know that they've changed.

12:57:43 Yeah, there you go.

12:57:46 Well, I'm.

12:57:50 I think I'm struggling and not wanting to show up with that much and wanting to show up positive.

12:57:59 I really appreciate it.

12:58:01 And what you said about giving a little bit of laughter towards yourself.

12:58:08 We're having Thanksgiving with my husband sister, and I've decided to get really angry with her.

12:58:16 She's old my, my husband.

12:58:20 \$15,000 from an estate and a timeshare, you know, white, and

12:58:27 he's tried a lot of gentle ways to say can I help you with the paperwork Can I do it for you. Do you like a different lawyer can be take this off your hands help do it, and she's refused everything and finally just invited her over to dinner for a birthday

12:58:53 and she wouldn't come. So,

12:58:55 there's.

12:58:58 Um, I've had some shame about deciding to build this resentment.

12:59:03 And then I've also thought well gosh maybe I can I could just go.

12:59:07 A I could just wallow in it and enjoy being angry.

12:59:13 And also just laugh at, yes.

12:59:22 And I was on your call this morning about trying to build some compassion and I do get I don't know if she's got a brief reaction, but I'm trying not to analyze and

12:59:45 also seeing how I'm, there's some complication in here that I'm just beginning to unravel like I'm so mad at my husband for investing so much time and money and friendships, and people that don't give back to him.

13:00:04 And I want to, you know, I can upside the head shake him and tell him to cut it out and start caring about people that are willing to care and reciprocate to you.

13:00:20 I think I've been a little bit of a

13:00:24 reverberating since had to drive.

13:00:28 My daughter and the baby to the hospital and he seized in the car that always makes you think they're dead, and they see have seizures. And he had felt life or death.

13:00:41 With a fever that fly

13:00:48 kind of on the agenda with the therapist.

13:00:52 And I'm celebrating to maybe it's a little bit scary to celebrate my change in my daughter's attitude from. I'm not even

talking to you on Mother's Day.

13:01:19 Sure, let's write down to the party together and, oh hey I'll just stop in, I got a candle for me. Great. Oh, here let me give you this little video on squirrels.

13:01:20 I want to think that I made some of that happens. And one of the things that maybe I was in a, in a place where that could happen.

13:01:29 Like

13:01:32 our New Zealand friend and was talking about.

13:01:43 other good things have happened and it's kind of maybe you can talk about this one day, it's kind of shaky and scary. I'm working in a preschool, these kids love me.

13:01:54 I just come in the door and little chorus, like four or five, Kathy, I love you, and then I hear a chorus of I love yous from the other kids and Henry coming up and grabbing might be and lucky, loving on me and I love it so much, and I feel so validated.

13:02:12 As to the kind of energy on showing up with that they can see it and see me a safe and fun and wanting to express it.

13:02:21 And I love it and I hate being addicted to it.

13:02:29 So I wouldn't think of it as an addiction.

13:02:43 Well, there's just this navigating of finally getting some of what you want, when it was denied. You chased after it in all the wrong places.

13:02:53 You finally find a place to keep it like.

13:02:59 Don't apologize yourself enjoy having those needs met.

13:03:08 Take in the goodness don't turn it into something pathologist.

13:03:14 Notice how good it feels when your needs get met.

13:03:18 That's it.

13:03:21 Like others I'm really grateful for you if it, and this venue, and everyone who shows up with all their sincerity and authenticity and even vulnerability and their great ideas on top of that.

13:03:42 Thank you to everyone.

13:03:44 This group today.

13:03:50 Yeah, thank you. Cathy.

13:03:50 Wow, it's, it's nice to be a cozy group and to do a little bit of a longer like spending time with each person Justin Did you want some time. You don't have to.

13:04:03 But since we're here in a small group if there's anything you wanted to add or say you're more than welcome and if not you can pause.

13:04:14 Hello everyone. Um, it's kind of, I was saying to event this week it's nice to be to have these points of connection through the week to the community even though I'm not like participating.

13:04:26 I'm just sort of helping with little support things and sometimes multitasking at the same time so I just wanted to express appreciation for the ways that we do connect even though it's not always directly, I feel connected to you all and honored to get

13:04:42 to be a part of your experiences here so

13:04:49 I'm very grateful for the support that Justin provides on the

back end here, who was about to say something Sorry, I was just saying that Justin's energy and support and care is felt every minute in this entire each session, and before the sessions, and

13:05:12 he's the only reason I'm able to even be here because he helped me learn all the techniques that I have and I would not be in this family.

13:05:22 If it wasn't for the father, Justin healthy he can he can get there and so my heart is so full every time I see you, you know when your email comes up in your name, and I, I choose not to keep emailing you and telling you how much you mean to me.

13:05:41 However, you do, and when I heard that story about what you've done for your family this morning and conversations from the heart.

13:05:49 To me this most beautiful gift, you could ever have given them the gift of their history, and the gift of the connections that he all have savored throughout the years.

13:06:00 And that you put it all together in a specific place, so that they can have it over and over whenever they choose. I just want to just say that it just shows your whole loving spirit and that you took the time and energy to put that all together, and

13:06:18 that you've given them such a, such a sacred gift.

13:06:22 Thank you, Justin.

13:06:26 You're setting thing in my life.

13:06:43 Thank you, Paula that's really lovely to hear that I've been so helpful to you and that you're feeling that support and.

13:06:36 And in case anyone's wondering right before, most of you joined event and I were just talking about what we're going to be doing tomorrow and I mentioned that I was going to be sharing this video that I made for my family that includes some very ancient

13:06:49 home video with some newer clips, and it's like a musical montage and it's. I actually haven't done anything for my family like that in a while, so I felt motivated this year to do that which is like oh that's kind of like a turning point for me in terms

13:07:03 of how I want to be connected to them this year and so I'm looking forward to that.

13:07:11 Thank you.

13:07:15 That, that actually gives us a really lovely springboard what you just said that to into, like, how do you want to be connected, the CEO, with your family.

13:07:27 How do you want to be connected and how Don't you want to be connected.

13:07:32 And who do you want to be.

13:07:35 And all of those interactions you know as you start imagining the events that are coming up maybe tomorrow maybe more, you know at the end of December, whatever it is, it's coming up in let's say the next six weeks.

13:07:47 Who do you want to be. Do you have a clear intention of who and how you want to be.

13:07:53 And that might be a something for us to be thinking a little bit about and getting really clear and grounded and because we will

never be able to control how everybody else shows up, and how they react and how they feel and what they say and what they

13:08:08 do like none of that is in our control.

13:08:11 But who do you want to be knowing that what you can control is your sense of purpose and intentionality and who you're going to be in that space and that might be something to just give some thought to, and perhaps, hear from one another.

13:08:29 So with that, where do you want to go next what feels alive for people.

13:08:34 For the next bit of time that we have here together.

13:08:40 I put in the chat that I would love to go into breakout groups and just do some more. At length focused empathy practice.

Great. It sounds lovely. Yeah, and I'd love to hear people's questions to you and learn from each other.

13:08:57 So, time that way as well.

13:08:59 So you mean like more q&a like this morning. Okay.

13:09:03 So, this is easy.

13:09:05 Here's what I'm gonna other more things that Kathy you have something.

13:09:10 Oh, I guess I just wanted to echo ends, is that in a small group it's nice to be able to hear someone ask a question and go through a situation. Connect as a group together.

13:09:24 Somewhat where you call on us to say, think of some language or.

13:09:29 Yeah.

13:09:31 So, yeah, Mary Beth.

13:09:34 You're muted.

13:09:38 Always. Um, I was feeling kind of wanting to the whole thing of sort of like bitterness, the bitterness that can start to form inside, in a group, when you somehow feel, whatever you feel you start to feel better, in some way, and

13:10:00 I just wanted, I was just kind of wanting to maybe talk about that, how to, how to process to work with the tennis. Okay, so let me suggest this I'm going to open breakout rooms.

13:10:16 There is a room, a breakout room, open.

13:10:21 And anybody who would like to go and do some empathy practice can just self select into the breakout room, and go into empathy practice with whoever shows up, like you can spend as much time, sort of going out into the hallway and doing some work will

13:10:40 record this piece. For those of you who stay in want to do more q amp a and more back and forth, so that recording of what I say will be available so you won't miss out on that.

13:10:51 So if you want both, then go into the breakout rooms and do some empathy practice with Rachel, and we know Rachel wants to go. And so we need at least one other person if you want to.

13:11:01 And then if you you'll still get the content from this piece in the recording.

13:11:07 And that's so that's available. And then, yeah, we can just play that way and then that way the people who'd like to stay here and do what you and I can do that.

13:11:17 Yeah, Rachel, it says on the breakout rooms tab in progress and then there's a timer that has a like less than eight minutes on it is that does that mean there's that it has an eight minute timer on it.

13:11:32 Let me see if I close them to get a thing that they will be enclosed.

13:11:37 And I have the plugin so I don't you know it's not the same. But yeah, I can't see breakout rooms anymore. Okay, okay. Yes, now it has a different timer.

13:11:46 Okay, I'm going to go in if nobody else comes then I'll take that. I'll probably come back. Great, well we'll hopefully see you and somebody else back at some point.

13:11:55 And if anybody would like to go do a little bit more empathy work.

13:12:00 It could be really I highly recommend it. It's very rich to do some actual applied practice if you're in the mood for that, and you can move in and out as you like so.

13:12:10 And then for those of you who are staying I'm just going to see you just go ahead and select if you want to go right now and then, for those of you who are staying where do you want to begin Do you want to start with bitterness, do you want to start where

13:12:20 You bet. Yes, this is Judy, and I'm, I'm connected with bitterness for me is a resentment.

13:12:26 shall we start.

13:12:34 Historical family resentment, for people not being able, you know, not being able to be emotionally present, and to be more reactive, your whole life.

13:12:52 And,

13:12:52 like, unpacking that

13:12:56 around also

13:13:00 understanding them and appreciating them.

13:13:08 Yeah.

13:13:10 So I'm, I was a little.

13:13:13 Here's what's happening for me in this moment, I was in a mindset of trying to plan out a structure and so as grabbing some topics and I know but who knows Marybeth you were talking about and then some people have gone to do empty practice that's good

13:13:25 and then I hear what you're saying Judy about bitterness and then in this moment I'm sitting here thinking, where do I go with this right now what's the question, is there a question.

13:13:35 And I'm wondering if I was little, I may not have been listening very carefully. Do you want me to just talk about the NBC approach to bitterness. Is there a particular thing.

13:13:48 Somebody asked me to address that I must help someone else brought up the topic of bitterness. Yes, Mary Beth did. Yeah, so I'm bringing up the topic of.

13:13:59 I guess for me, resentment I'm kind of unpacking as a strategy of protecting myself from untenable history. Okay, and trying to unpack that and move further forward it, I'm doing it intermittently but it's very difficult.

13:14:20 Great. Let me share with you a cap Yes Your hand is up. Can I framework and then also is a bet if I asked you first and then framework.

13:14:33 It's about bitterness, which is, I would like to hear about that topic too. And my question is, if you've grown up with a very bitter parent, what are the kinds of what's the Fallout, generally generationally what was the fallen in the family when when

13:14:51 when when members really bitter. And then what's the fallout. For the rest that you may carry into your own life, kind of, some framework because it's not.

13:15:03 Thanks. Yeah. Okay, okay. let me with off of that a little bit and then I'll check in with all of you and find out where you want what's helpful and what is ok so there's a few things in the room around.

13:15:16 Resentment about bitterness about the the the dynamics so here's, here's how I work with it. This is how I understand it.

13:15:26 When I think I don't have choices.

13:15:29 When I am out of touch with choice fullness.

13:15:34 And I have a perception that there's nothing I can do.

13:15:39 And that I have to just interviewer, something that is painful.

13:15:46 And that isn't meeting my needs.

13:16:01 Then I developed resentment and resentment comes from

13:15:58 a submission.

13:16:01 I'm submitting to something that I don't want to submit to.

13:16:04 So I feel resentment.

13:16:07 And if I don't find a way to move those energies out and metabolize them and get to the underlying needs and find my way back into empowerment if I if I don't have a way of doing that.

13:16:18 Then the resentment becomes toxic and it grows and it becomes a way of being, it becomes so entrenched as my baseline, that it turns into a certain kind of cynicism or sarcasm, or bitterness, or hostility towards my environment.

13:16:38 Because unconsciously usually.

13:16:42 I don't really believe or have the experience of my needs mattering.

13:16:49 And I don't have a way of metabolism my pain.

13:16:52 And I think I just have to put up with it, but I don't really want to, but I can't see anything else to do.

13:17:00 So it turns into an attitude of bitterness.

13:17:06 And that's it the roots of this our submission.

13:17:10 Being out of touch with choice one us, and not knowing how we're not having support, and actually metabolizes the deep deep hurt and pain and loneliness and sadness and disappointment.

13:17:24 That is underlying all of that.

13:17:27 And at least like anger, like we sometimes turn our most vulnerable feelings into anger. We can also turn are more vulnerable the feelings into bitterness and bitterness is a form of anger, it's it's a little bit more though like like an attitude and

13:17:50 a mindset, but it's got victim Enos in it.

13:17:47 Right. And I feel a little bit more powerful and little bit more defended if it's better, rather than passive, because at least that has some BB Enos in it, you know, if there's some illusion of agency with anger and bitterness.

13:18:05 So how is that landing is the beginning framework what fits for that for you what doesn't, what comes up and you're hearing that piece.

13:18:15 I would say for me. There's generations of like physical violence poverty and people being in actual situations they had very little over, and they were overwhelming.

13:18:30 Absolutely.

13:18:31 No, you know that got passed on. And a lot of what came out of, I would also say bitterness which I didn't really think I was bitter honestly, or resentful.

13:18:35 But I just, I just compartmentalize that part out of me. And I became very perfectionist stick and I was going to learn everything on the planet.

13:18:52 And I did I thought it was just being I was curious, which I am.

13:18:59 But, Yeah, but my curiosity. I had no idea how much anxiety, fear, anger, hurt. Everything was feeling it I had no idea, none. And I don't think that my parental figure.

13:19:13 It was military. And so that is a form of like agency had any idea either. I mean, because nobody talked about anything, relevant, about unpacking anything.

13:19:27 So, you know, it was a pretty, you know, it was a war zone, obviously.

13:19:32 And yeah, so I, I think there's this huge correlation that's super hard to unpack if you, if I will speak from me compartmentalize that off and I have no idea.

13:19:44 That's a driver.

13:19:46 Absolutely.

13:19:47 Absolutely. So, I'm just going to say back the pieces I'm picking up and correct me if there's anything that I'm getting wrong or if I'm missing something really important but yes when we come from a history of living in a war zone of there being trauma

13:20:03 of having massive survival needs at the forefront.

13:20:07 Then we learn to adapt.

13:20:10 And we have a lot of defenses that help us survive and manage the pain and compartmentalizing is one way of managing pain dissociating as a way of managing pain.

13:20:22 Getting hostile is a way of trying to discharge pain like all of these things are ways tragic strategies for working with the pain. Right, right, nothing else is the way it's adaptive.

13:20:34 So none of these are bad. These are all adaptive strategies to help us cope with overwhelming amounts of pain.

13:20:45 This kind of work that we're doing in the membership, for example, is about taking the step out of the survival adaptations and creating conditions hopefully in our lives where we're able to create enough safety physical safety emotional safety mental

13:21:05 safety psychological relational safety, that we can begin lowering our defenses, which keep us out of touch with our of our pain.

13:21:18 And in the early stages get back in touch with that pain, it's about creating enough safety that it's safe to feel again.

13:21:25 And this is a very hard sell for people because the first thing that a lot of people feel is the pain that they couldn't feel until now.

13:21:31 Right. And so then there's that whole piece of like a willingness to feel the vulnerable emotions that were intolerable and not welcome and not practically useful when I'm trying to survive a war zone.

13:21:48 Yeah, and I think for me. Also, when any kind of vulnerable pain was attacked and see as pull yourself up out of that. Yeah. Yeah. And so I did. But I didn't pull myself up out of it.

13:22:04 It was very human for me to feel those things.

13:22:08 And so I just, you know, became this shell of something that I thought I was. I thought that was the correct thing I was supposed to do, to be on the planet, you know like this is a good thing.

13:22:20 Just like the person who trained.

13:22:23 Yeah.

13:22:25 And I would, I would just adjust to the group, like we don't have to give up that that was a good thing that was a good thing. That was a very good thing and that time and that space and you can now learn more good things.

13:22:37 Yeah, it just has to be you like we can use that to build on it, instead of turning on it.

13:22:43 Right. Yeah.

13:22:45 Thank you so much. You're so welcome. Yes, Kathy.

13:22:55 I'm.

13:22:52 As I think about my mother's bitterness and her judgments of other people.

13:22:59 I especially my sister. I'm feeling as though I'm beginning to bump up against an inability to let go of some of my judgments and sort of bitterness towards people, because it means would mean maybe being disloyal to my mother that as a kid.

13:23:22 It's just a way of being on her side is joining her and her bitterness.

13:23:30 You know there was always something wrong with and Carla and with Uncle Steve and with and so and so and my sister, and to argue with that.

13:23:43 Just would have been hopeless, and because the, the implicit rules you have to be on my side and so my enemy needs to be your enemy.

13:23:53 Yeah, well it was, I guess it would have been seen as an attack. If I said no but it Carla look she does all these wonderful things you're taking the side of the wrong person there.

13:24:05 Yeah. And then and now suddenly I'm, I'm against her. Oh you're against me too. Yes.

13:24:14 Yeah.

13:24:18 So is there a question in there are you describing and just sort of connecting with that experience.

13:24:25 Well, it occurred to me that that mother would have been pretty emotionally absent. Even when she was trying to be connecting with me if she's in a mostly place of defensive and anger and resentment.

13:24:42 And I'm

13:24:48 not a good role model for connecting with people.

13:24:52 I just find it rather bizarre, in a way, sometimes when I find these prejudices and biases that I have and I think where did I come up with this

13:25:02 thing can you see, and.

13:25:07 Yes, I can. And I guess maybe what I'm trying to say to the group is now looking at my family and Carla, that I had built up all these opinions about Carlin and Stephen all of those people based on what she called me as a kid was wrong with them.

13:25:29 And I, I come in to the group with that color. And I call it the group that way instead of coming in with fresh eyes, the eyes of a child, it's like what is in Carla really like, especially now that she's 45 years older than she was.

13:25:50 Right, right.

13:25:51 Yeah, so you're looking at the ways in which certain perceptions got installed.

13:25:59 Now, I've perpetuated them, and then now it's like till, let me just say that a little more kindly to you. Okay, because this is true for everyone. You have a childhood experiences where you get certain perceptions installed.

13:26:14 And we're not aware of that.

13:26:19 And the journey into maturity into adulthood into being an empowered human is to wake up to all of the things that got installed without my knowledge or consent or invitation.

13:26:34 And so then examine.

13:26:36 Right. Which of these things do I believe, which ones don't I which ones do I want to keep taking forward which ones don't I, but I don't have any choice about it until I become aware of it.

13:26:50 And that can be true about your beliefs about on Carla, and about women, and about, you know, different races, different ethnicities different religions like different political parties like you have been trained to have a particular perception.

13:27:08 In all of these realms. You even have a very particular perception of yourself that isn't true about who you are, that is merely a conglomeration of what your family projected onto you.

13:27:20 And all of that is the material that we get to choose to either work with or not.

13:27:27 As adults in the morning call Caitlin was asking about internalized oppression.

13:27:33 We all have this I would call this internalized oppression and then this journey we're on is the journey of self liberation and self, leadership, and I've returning into the most loving and authentic part of who you are, who is awake and can look at and

13:27:51 and and feel very gently with everything we find, and then get choice for about who we want to be.

13:28:00 That's the journey we're on here, and that's what I hear all of you doing each week, as you bring in your stories and as you're reflecting but the reason I'm saying it back to you this way Kathy is because there's one thing that was instilled in you that

13:28:11 is very pathology of you.

13:28:15 And I just want to give you some new ways of holding it, that are kinder to you.

13:28:24 How does it feel hearing it that way.

13:28:31 Well,

13:28:39 I guess I can very easily relate to it right now because I watched these little four and five year olds, and I see how the way we present information, they, they suck up whether we're approving or disapproving of it.

13:28:58 Yeah, they're dinosaurs, or, or you watch how the programming is happening. Yes, and what's been absorbing out there now biased against this because we've presented it this way, and I and I bump up and I go oh gosh I was kind of parse the way I described

13:29:13 that was nine, and I, and I say, Oh, where did this come from my child.

13:29:19 Oh, for me. Oh, okay. Yeah, now it's very enlightening that I was also part of the general criticism everybody and Carla and daddy and sister and Cathy.

13:29:33 Oh, what doesn't belong to me.

13:29:36 What did I agree, what did I go just go oh yeah okay well yeah well hate me for that too.

13:29:44 We all what you know like that that's one of the things God was bringing it earlier was this perfectionism. That's another very common thing that people do in order to try and stay safe.

13:29:55 They want to keep everything perfect if I just perform right all the time if I can do it perfectly if I can have it all be predictable if I can make you know if you've had a really bad a lot of dysregulation, you're going to have a deep is much higher

13:30:08 need for that these are ways of staying safe but I just want to invite everybody to hold bitterness and resentment and perfectionism and performance anxiety and whatever it is.

13:30:20 Hold it with a lot of compassion, and a lot of gentleness and a lot of understanding, and also the invitation is to release to release your attachment to those strategies to relax more into the flow of how life evolves to trust that no matter what things

13:30:43 come at you and get thrown at you that you've got this.

13:30:48 You've got this when you're in you're relaxed state.

13:30:51 It's suffering when you're in you're stressed out state.

13:30:58 Yeah, Mary Beth.

13:31:02 I'm wondering if you can, we can explore a little bit, the sort of internal experience of of what something that happens it starts to give rise to the bitter reaction.

13:31:18 What happens when do you notice that coming online.

13:31:21 Well, a small example was the other day my mother

13:31:28 called to say, Oh, I just wanted to let you know that Johnny finally let the cats out and he and then it because you've been keeping his cat since he moved inside for like a year.

13:31:39 And, and he was so great least to me he said mom. Thank you so much, so like everything, every story she's ever told during my whole life was all about how she how she how people, she did something and people were so grateful to her and she, she did something

13:31:57 for the little man and every you know it's it's sort of is so it's like it's like my first reaction is kind of like, wow, there's, like, not even a beat before, it's like becomes about her and how wonderful she was and how grateful he was and he probably.

13:32:11 She probably just said, I isn't wonderful how mom she always talks about herself in the third person how mom kept you kept reminding you and he goes, oh yeah yeah yeah right probably, and then it's like she spins these, like, to me it feels like a fiction

13:32:26 in some way that's always about her as this wonderful bountiful, which I know she's just a hurt child I know she had, like all this stuff but it's like it's still, I have this moment where I'm like.

13:32:40 There she goes again.

13:32:42 And what's the pain, what's the pain what needed fuels is chronically unmet when that happens.

13:32:49 It's, I don't know, it's almost like a sense of, I don't, I mean, it's like,

13:32:57 it's hard for me to say it's like I because it becomes like a judgment, like, you know, wow, again she's just telling another story about how wonderful incredible she is.

13:33:08 Yeah. Where are you, where are you and

13:33:13 what's that like for you and she does that.

13:33:17 I just, I just know it makes me better. That's like what you know makes me feel this bitterness.

13:33:25 So drop in and tell me, what are the sensations of bitterness in your body, how do you know it's bitterness What are you noticing what cues is your body giving you.

13:33:35 I mean my face starts to get kind of grim.

13:33:40 Okay, sort of,

13:33:43 Something hardens and stops.

13:33:47 Yep.

13:33:49 Yep. See, and notice the hardening the stopping the tension in your face.

13:33:55 Is there clenching that happens in your system.

13:34:00 Kind of just a freezing inside of here of just, like, yeah, yeah. And I know let's, let's put our attention on that that's put your put your attention on the freezing that happens in your system.

13:34:14 bracing against. Yes, the bracing against the drop down and feel those sensations, feel the racing against.

13:34:26 And just notice it sit next to it and notice that it's there, and welcome it in.

13:34:38 What else do you become aware of

13:34:49 disappointment. Yeah.

13:34:54 There's disappointment in that space something so disappointing.

13:34:59 I think helplessness to. Yeah.

13:35:01 There's nothing to be done. Yeah, there's nothing that can be done. It's something that can be changed or.

13:35:13 And to spare.

13:35:18 Like utility utility to spare.

13:35:23 Well,

13:35:31 like a resignation. Yeah.

13:35:31 Yeah.

13:35:35 Never nice that I think there's some little girl, it feels it's not fair. Yeah. Give her a voice it's not fair. Let's stamp your feet a little bit. It's like, what, that's something I can't put my finger on it.

13:35:48 As a child, but it says it's like it's not right.

13:35:51 Yeah. Everything is gets taken, she takes she takes it off herself. Yeah, he takes it all for herself.

13:35:59 It's not right something isn't fair about this. It's always about her. Yeah. And this little girl is feeling really indignant.

13:36:11 Yeah.

13:36:13 It's just not right. So, what is this little girl want what does she want

13:36:20 some recognition for myself. Yes. What about me or and or others or anyone what about all the other people who are here. Yeah, or my brother, when he left.

13:36:32 He's the one who let them out so he deserves a little bit of credit. Yeah, it's like we're just, it's, yeah, other people.

13:36:41 It's not just me it's seeing or do it to other people, it's like, it just doesn't seem, it seems, it doesn't seem like the truth of reality, it's like distorted and I don't like that.

13:36:51 I don't want that.

13:36:55 Yeah, it's confusing it's not right.

13:36:58 That's right, little girl. Yeah, that's not the way it's supposed to be. moms are not supposed to take everything for themselves.

13:37:07 No.

13:37:08 That's right. So she's got to move them, she's witnessing something that isn't the way it's supposed to be tell her, tell her she's seeing clearly it's not confusing.

13:37:21 Moms are not supposed to take everything for themselves.

13:37:26 Other people get to be seen and heard, to other people's needs matter, too.

13:37:35 And when she had repeated experience over and over of mom's cooking all the air out of the realm and keeping the focus on herself, all the time.

13:37:45 That was really painful

13:37:49 and disappointing and sad.

13:37:52 and this little girl had an intuitive knowing that this is not how an interdependent ecosystem a healthy thriving system doesn't work this way and she can feel it in the cells of her body.

13:38:08 With the bracing of sadness.  
13:38:13 Yeah.  
13:38:17 And this little girl was helpless to do anything about it because she was too small.  
13:38:23 But Mary Beth today.  
13:38:26 Who can time travel has a lot of capacity, and there's a lot that Mary Beth can do now.  
13:38:47 I think that's where sometimes I, I, I can't, I haven't been able to quite make the bridge, because we first have to reclaim them if we can't bridge until we're in relationship with the little girl and we extract her wisdom and we we claim her as being  
13:38:57 wise.  
13:39:01 Not disposable or invisible or wrong in any way.  
13:39:09 I guess in some way I kept thinking about, you know, just that thing of pay attention to your body.  
13:39:18 Because, like, if it's a little girls still there, or whatever, it's like it kind of, you'll feel it in your body and not to try to override those feelings and, you know, in a social situation but try to just, like, It's okay then to want to pull back  
13:39:35 or like if you're starting to feel it's like whatever you feel it's safe to feel it now I think about what you and I just did in the last six minutes, that's all we did all I asked you to do is get into relationship with your sensations and your sensations  
13:39:55 lead the way.  
13:39:58 And as you acknowledged as you saw, as you were willing to see and we contact with the experiences in your body.  
13:40:09 As you were willing to see in contact with the experiences in your body. It gave you the next piece in the next piece in the 90s.  
13:40:14 And by the way, that's the thing that was supposed to happen when you were a little girl that didn't happen.  
13:40:20 Was that mom wasn't able to turn to you and see you.  
13:40:25 Mom did not give you enough experiences of it being about you, which is what a good mother is supposed to do.  
13:40:32 So, you, you will also by no fault of your own struggle to turn to you and see you.  
13:40:40 Because no one gave that they didn't give you enough of that. So now you kind of train yourself back into that, like, let's make contact with what you're noticing in your body.  
13:40:51 You can go in now and make contact.  
13:40:54 You are here now to make contact with yourself in a healthy system mom was supposed to give you that.  
13:41:02 But mom was so wrapped up in all of her own needs and herself.  
13:41:07 She was unavailable for that and so this little girl was indignant because she needed to be fed and moms are supposed to feed little girls, and my mom doesn't feed her.  
13:41:16 She's angry, that's healthy, that's healthy anger.  
13:41:21 That's about your system mattering to you, that is about you knowing that you intrinsically matter.  
13:41:30 And you should be getting the food, and I'm using food

metaphorically to mean all of the needs right.

13:41:36 Yeah. And if you don't, if we don't help one another. Become aware of that and legitimize that and go back and and reclaim it then sometimes in a place of unawareness, we just turn it into cynicism and bitterness and perfectionism minute because we don't

13:41:52 know what else to do with it.

13:41:56 This is why I'm a huge, huge fan of therapy.

13:41:59 Right.

13:42:01 Because we do need spaces where we can go back and get the things we didn't get.

13:42:06 And it's also why I'm a huge fan of community work because we need experiences of other humans who have more capacity giving us the thing that the humans we grew up with who had very limited capacity didn't have on offer.

13:42:23 Yeah,

13:42:26 and how we can sometimes.

13:42:29 It's almost like we bring our protective mechanism into the, you know, I'm just imagining into the social sphere, especially with the family whether it comes up.

13:42:41 But for me instead of pushing through and pretending and acting like a different person. It's like and losing contact with that and then afterwards feeling depressed.

13:42:52 It's okay to just really be in the moment, I mean I guess I'm saying this with like if I feel like this, then it's okay just be like that, you know, make contact me contact.

13:43:03 Oh, I noticed embracing right now. Oh, I noticed that my whole high provisioning system is on alert.

13:43:11 Oh this is that experience of bitterness again sometimes you can just bring your attention inward and bring on your compassionate witnessing south and just begin tracking neutral observation neutral observation usual observation and bring presence presence

13:43:25 presence presence.

13:43:28 That is an exceedingly powerful practice just that.

13:43:33 Because if we're not overriding we're not looking away, we're not getting away, we're not coming out we're not making ourselves wrong we're not making them wrong.

13:43:41 We're just making contact with what is rising. This is where healing can happen.

13:43:49 Thank you. Yes, thank you. Just staying in that moment, and not feeling like oh god why am I feeling this way, or just push it off so I could act differently and hide it, which is an adaptive strategy that's what you love to do as a child you push it

13:44:06 away and then you act as if and when we have somewhat narcissistically oriented parents, that's very adaptive, but it's not how we want to live for the rest of our lives, they're perfectly happy with the as if that that's yes exactly in fact they're trying

13:44:32 to cultivate the assets, because they don't want to deal with any of the other stuff because they don't have capacity for that overwhelms them they don't know what to do with it.

13:44:32 Yeah. And I'm also just with talking about elderly parents

how at a certain point to realize that's just, you know what the way it is for them and not, it's not keep trying to change the system in ways that are not going to be productive.

13:44:50 We can't change the system. We can't change the system and other people. I mean, but what we can do is learn how to love them.

13:45:00 And when they finally get the love that they never got.

13:45:04 They will figure out how to transform the system because it's innate mean it's funny as you say that though because that's what my father, when I was a little girl would knock on his door because he was a writer and he was always robots that are better

13:45:19 in writing. And he would always say come on in, and I would carefully, whatever I was saying, and then he would always say, but she had a terrible childhood and we just have to learn to love her.

13:45:28 So it's interesting because I don't need that. That's it, I'm glad you bring that up the word saying that but yes i. Yes.

13:45:36 Yeah, but I'm glad you bring that up okay I learned a lot because in that moment, see this was a reversal in this moment I'm speaking too grown up Mary Beth.

13:45:46 Yeah, okay. In that moment, it was learning, because it was a reversal. Your dad was training. Dad was training the child to look after the mother, that is a reversal that will have a wound that wasn't what he needed to do instead what I wish could have

13:46:01 happened for you instead was the dad could take you in his arms and put you in his lap and say, Honey, I get it.

13:46:06 It's really painful.

13:46:08 When mom can't give you what you're needing, and there's nothing wrong with your needs. what can I give you.

13:46:16 I see you,

13:46:19 I see you You tell me about it you can have space here to talk.

13:46:25 I wish mom could do that but I'll give it to you that's he needed, and he didn't know no one's bad but, you know, telling you we just have to learn to love mom is him giving you his grown up coping strategy as a way of trying to help you, without having

13:46:43 a lot of insight into the fact that was the wrong medicine for the wrong developmental age.

13:46:50 Yeah.

13:46:52 No, no, it's funny how exactly the same words can mean something so different at different developmental stages and contexts, 13:47:03 because in that case it was like

13:47:07 well anyway I'll stop, I'll stop there. Yeah, something that, because it sounded like he was saying to you, you need to be the mom, you need to follow them.

13:47:19 And he meant well, I mean, I, I'm sure from his heart he thought this was going to help you. But clearly, you need to be the child and be loved.

13:47:32 You know, I can see that. But you know, he was telling you love your mom, you'd be the mom.

13:47:41 You know, but he didn't know he was saying that I'm sure he just idea.

13:47:47 Interested like an unhealthy alliance between the I'm supposed to be with him and me, that we're supposed to be the one who can rise above it and go back and just take whatever, and not being willing to, kind of, like, work it out with her, you know,

13:48:05 either go to bat for you in some way, is a child. Yeah, so but yeah I mean it was interesting because I reacted when you said that only because it's like, All my life I've been trying to love her and it's almost like I don't want to hear that.

13:48:18 Nothing is definitely honor that and I'm glad you said that honor that because that's right that's exactly right, that this wounding thing.

13:48:25 Yeah, yeah. ultimately, but the first thing is me.

13:48:30 Because she's been so like deprived of that for you know 65 years so anyway but yes.

13:48:43 Don't tell that little girl, that it's her job to love mom.

13:49:01 It was mom's job to love her. Yeah. And we stay with that for as long as we need to stay with that don't let's not rush to like the other idealistic stuff, stay with her and let her know you're here now, you'll love her.

13:48:57 Yeah. Yeah. Happy a question or comment.

13:49:12 I am the mother, my husband was the one who said that to my kids.

13:49:17 You just have to live with your mother the way she is. She's having a hard time or whatever those kinds of excuses and put up with it, and I'm trying to undo.

13:49:32 Well, I'm trying to change the dynamic in my, my family and with my kids.

13:49:41 And I just thank you for naming that because

13:49:55 it's, it's, it's a challenge.

13:50:00 It's part of the challenge of healing the relationships. When my behavior was excused or diminished or rationalized by the other parent.

13:50:12 So, that's really.

13:50:14 Thanks for giving me the space to say,

13:50:32 yeah, we just remember there are no bad people.

13:50:29 There's a lot of hurt people a lot of wounded people a lot of people who came out of generations where they didn't get what they needed either.

13:50:36 And the way that we begin moving forward is that we try to meet people's needs.

13:50:41 And we take our own needs. Seriously.

13:50:45 And we don't override ourselves or think that we have to mold ourselves to be what other people need us to be.

13:50:51 That's it wound for a lot of people.

13:50:54 And we don't get self righteous and entitled and think other people have to change and make our lives more comfortable by being the way we prefer.

13:51:01 We don't move into grandiosity.

13:51:04 And we don't move into shame when we just go and all that so I'll just be everything, I'll just be what you need me to be and then

I'm an object to be used by you we stay out of both of those friends.  
13:51:16 And we we care about what like I care about what I needing.  
13:51:21 I care about what you're needing.  
13:51:23 And we hold dilemmas together and we find a path forward,  
that will meet as many leads as we are able.  
13:51:30 There's no dismissing.  
13:51:32 There's no judging, there's no molding there's no imposing.  
13:51:37 We don't try to force people with guilt or shame or judgment  
or perfectionism or victim Enos, or bitterness so right.  
13:51:47 We just keep coming back to shared humanity and dilemmas and  
meeting needs, and the healing space I'm talking about now if we're  
doing healing.  
13:51:58 And so many of our needs are for contact for the legitimacy,  
the fact that your needs are legitimate your feelings are legitimate  
your perceptions are always, always distorted, because they are so  
influenced by every other experience that the way you're  
13:52:16 perceiving and interpreting tells you about where you've  
been, they don't tell you about what's actually happening in the  
moment, the vast majority of the time.  
13:52:25 And that's okay.  
13:52:26 That's why we keep coming back to the grounded ness of what  
are you feeling what are you needing What are you longing for what are  
you wishing for what is important to you.  
13:52:36 And then we build from that.  
13:52:43 We're always bringing ourselves down from rigidity were  
melting rigidities and we're getting a backbone about the stuff that's  
really important we stop fighting among battles.  
13:52:57 You guys have such great questions.  
13:53:00 How are we doing how are we doing on time we've got seven  
minutes.  
13:53:13 That's been a useful way to spend our time. No Yes, I'd love  
to hear what people are taking with them as we wrap up this month.  
13:53:16 Okay.  
13:53:18 Yeah.  
13:53:19 Yeah, very useful.  
13:53:22 Okay.  
13:53:23 Thank you, Rachel. Yeah.  
13:53:26 So how would you like to spend the last six minutes that we  
have, do you want to say out loud maybe who you want to be.  
13:53:34 As you go into the holiday season what your intention is for  
this weekend for the next six weeks.  
13:53:42 I want to say something. Hi Paula, I, I just want to say that  
I so grateful for this family.  
13:53:53 And there's a saying that says real abundance is found when  
we join hands with those we love. And I feel like I've joined hearts  
with each of you.  
13:54:02 Happy Thanksgiving. Oh, thank you, and you also.  
13:54:07 And you also. Yeah, especially in the time of very massive  
transition for you.  
13:54:13 Thank you, Paula.

13:54:15 Yeah.

13:54:16 Thank you for being in my life.

13:54:21 And again, one last shout out for that Justin, who made this all possible.

13:54:28 I could not have done this, I didn't know how to do all this shocking.

13:55:01 Well then, let's also have a little appreciation for polar tenacity and the desire to learn and stick with it when it didn't seem doable at a certain point you know or easy at least, so it was not doing why that would be more

13:54:53 lovely.

13:54:54 Yes, very bad. I also just want to give a shout out to Kathy.

13:54:59 If we're shouting out for know, being willing to take care to do this work and to, first and foremost, connect with your little girl who was behind some of the behaviors that you may be regret that you know from the past.

13:55:15 And just, you know your courage and your passion, and I just in your willingness to do that. And change is like really inspiring and wonderful.

13:55:33 Thank you. I'm enjoying the appreciation and thinking that my vulnerable with T contributes to others.

13:55:44 I appreciate yours also bitterness, so hard topic to bring up, and hard, hard to look at bitterness and resentment anger and grandiosity in one's own heart.

13:56:12 You know, people compliment me on my courage or bravery and I honestly can't. I don't know that I have any. It wasn't until Actually, it was assaulted, and my inner little girls finally said, oh my god this is enough Kathy not not taking care of us, and

13:56:33 turned my personality upside down at the age of, I don't know 64 something like that.

13:56:40 And I'm grateful for having been assaulted because before that I was trying my system was trying to move past. The past, but without that really traumatic event, I wasn't able to, to share, and it's terribly disruptive to have one's entire internal internal

13:57:04 ism shaken and rearranged at the very core, but it's much more pleasant being alive this way. And it doesn't feel like a choice. It feels like no more choice than a seed coming out of the pot and coming up to the sun.

13:57:31 Wow. Thank you.

13:57:34 Thank you.

13:57:36 I like that analogy.

13:57:39 I just liked it. This is Judy and I just like to thank everyone for

13:57:45 the human journey and also, you know, unpacking, I see bitterness and resentment as like a strategy of protection, you know, as more people are talking about it, and then I have compassion for other people who are doing it too, because they don't have

13:58:04 any other past like Hey, man, this is what this is why I'm going to survive model.

13:58:11 Other, I just don't have like I'm not have no Dr Phil model

internally here to address any of this, as beautiful to everyone.

13:58:22 And I also really appreciated Kathy, talking about being with the children, because when I'm with children. I love it and it's great. And I also feel like I pathology I said, like I just want this loving stuff.

13:58:36 Yeah, duh, I just didn't get it most of my life, and loving engagement with little people who are in the process of navigating reality is just, it's one of the most amazing places to, you know, have insight and real life, watching tracking downloads and

13:58:57 watching.

13:58:59 In the moment shifting. Thanks, because there's, it's so much easier to shift with little people, then people like me, where it's.

13:59:14 Goodbye.

13:59:13 But anyway, just feel.

13:59:14 Yeah, there's so much, I just feel so much more hope and connection with all the parts.

13:59:21 Thank you. Thank you.

13:59:24 I think of the tennis sometimes is calcified pain.

13:59:29 It's just paying that it's become calcified and an attempt to stop it from hurting so much.

13:59:36 Yeah.

13:59:38 I'm laughing my head off because I thought Judy used the word caramelised, and I thought, yeah I think I've been on the stove so long it's kinda like me.

13:59:50 That's beautiful. Yeah.

14:00:06 I was thinking, maybe. I've always wanted to know how I contribute to someone else's life and, and I can thinking maybe your mother just wants desperately to know how she's contributes to other people's lives.

14:00:19 Is the thought. Anyway, I

14:00:26 thank you. I do have.

14:00:28 I probably the only child, really goes along and tells her all the time.

14:00:39 Everyone she's gonna begging for from the others as she wondered about the world, and the world. Right. Yeah, but yeah just realizing sometimes it's just give them what they want what they need.

14:00:46 I think she must be very starved for it. Oh yeah. And she's

87 So, but, yeah, 83 and I, I feel some.

14:01:01 I can relate.