

12:31:20 And there we go, now we are all ready to get going. So this is week full polarities and finding common ground it's integration week.

12:31:31 And this is the week that I sort of asked you what have you learned this month.

12:31:35 How has the month gone. How have you been using polarities and this idea of finding common ground, how are you finding common ground, what are your remaining questions What do you want to dive into today how can we begin wrapping things up.

12:31:51 So what I think might be supportive today is to just start you off and pears, pears and threes.

12:31:58 And how do you answer those questions with one another, how are you as you're coming onto our call, what have you taken away this month.

12:32:06 What have been some learnings for you and what's remaining And is there anything when you get back from we'll just do 10 minutes like just a short check in.

12:32:13 Is there anything that you're wanting to ask, bring up, bring forward.

12:32:18 And then we'll, we'll do sort of a closing of the month together. Does that sound right everybody.

12:32:24 Great. So let's do that I'm going to put you in some breakout sessions and I may add people as they're coming in, if people come a little late.

12:32:32 And I'm going to keep them fairly small I'm going to actually try and get you to be two in a row and then I'll just add a third person as people are arriving if that's all right with everybody.

12:32:41 If you end up in a room alone which you very likely will just stay there and I'll move you.

12:32:48 So let's see. At the moment, will have a three, a two and a two and if you were to just imagine that I might add a third person.

12:44:03 Awesome, people back in seven seconds. Okay.

12:44:06 Yeah.

12:44:14 Thanks.

12:44:14 Hi,

12:44:17 welcome back welcome back welcome back.

12:44:21 Let's wait back. Here we go.

12:44:25 It is coming back.

12:44:27 Welcome back. So here we are on our very final number call for 2021, welcome. I hope you had a good check in, I hope you had a chance to think a little bit about what you've been taking away and now we're going to have like freeform open q amp a discussion.

12:44:45 How can I be of service to you as we wrap up the month.

12:44:51 Plenty.

12:44:53 Yes, I am. I found that initial exercise, someone else put this up in a group to can initial exercise of the polarity, was really helpful but I don't really know how to use polarities.

12:45:06 When I'm relating to someone else.

12:45:11 And again you don't know how to use polarities but but I'm relating to someone else. When I'm maybe having a discussion about

something with someone and we have, you know, totally different polarities I'm not quite sure how to bring it in.

12:45:24 Okay, I would say that one of the easiest way is to bring it in as probably not during a discussion with somebody one of the easiest ways to bring it in his in training for the moment.

12:45:35 So when I'm preparing to have a discussion with someone.

12:45:40 What I might want to do is raise my own awareness of the potential points of view.

12:45:47 That might live like this in the discussion.

12:45:51 Does that make sense. So for example,

12:45:56 I'm going to go right back to the conflict I recently had with my mother. Okay, are all of you familiar with that one I think I talked about that in here mostly so I think I'll use that one.

12:46:06 Okay.

12:46:19 So for example, I was aware, before having I wanted this discussion to go differently than it usually does. And I was pretty sure she was going to come in with a particular point of view and I was going to have a different point of view.

12:46:20 So, working through a table like that.

12:46:23 First surfacing her point of view, what it is that she's going to bat for what her what needs she's wanting to meet and the downside of the need that I might be trying to meet because I think the polarity between my mother and myself had something to

12:46:38 do with like me not abandoning myself right so sort of self advocacy.

12:46:45 And my mother is also doing self advocacy but she wants me.

12:46:48 She wants me to care for her needs.

12:46:51 And I want to care for my needs.

12:46:54 So this is an easy one that probably happens in a lot of conversations I want to have go to bat for my needs, and you want me to give up my needs to go to bat for your needs.

12:47:02 Okay. So if we just hold that one generically in any conversation, my point of view will be no I'm not self silencing myself to, to take care of your feelings.

12:47:15 That's my point of view.

12:47:17 I what I'm valuing is self expression, and what I am valuing is authenticity and freedom to choose. These are the things on my side. And my fear my point of view is this is what I'm wanting and my fear is if I give too much to you.

12:47:33 I move into submission.

12:47:35 I don't want to move into submission.

12:47:38 And so my mother will have the opposite point of view, which is, you can't just say whatever you want about me in the general public, I get to have some agency of what people do and don't know about me.

12:47:51 And, you know, that's the upside, so she's going to bed. She needs me to care for how things impact her.

12:47:56 Because if I don't, what's the bad thing that will happen right like too much self at self advocacy on me leads to know care for her.

12:48:06 So, when, if I can walk through that polarity map ahead of time.

12:48:11 Then when I get to the conversation.

12:48:14 I can embrace more both and consciousness. If I'm prepared for both points of view.

12:48:22 And my intention is to hold them both equally without saying that one is right and what is wrong or that one has to win over the other.

12:48:32 So really the way you know like this this practice of finding common ground is pretty high level practice it doesn't come that naturally it takes a lot of consciousness and intentionality.

12:48:44 So, practicing.

12:48:47 Being able to say, Mom. It sounds like you would like a lot more care for how information is used about you and you really want a lot more trust that you're being portrayed in a way that feels good to you, and you're wanting to trust that I'm holding

12:49:01 that in my heart, in a way that you can trust and relax into this you know i being able to language out her point of view, what she's going to bat for like an NBC we would say like surfacing her feelings and needs, and really entering into what she's

12:49:19 feeling and what she's needing and what she's requesting and holding that consciously without giving up on what I'm feeling. And what I'm needing, and what I'm requesting.

12:49:34 And then finding a way of holding both points of view so in a polarity that they're going to be a cross purposes.

12:49:40 Right so finding a way of language in them, so that instead of being at cross purposes.

12:49:46 They become an infinity symbol.

12:49:49 There's actually flow, and balance between them and they're actually working with one another, so that when both points of view, are included and both points of view matter.

12:50:01 the conversation becomes fluid and emergent and inclusive.

12:50:06 Whereas, if we simply come in with a point of view and the consciousness of me verse.

12:50:14 Then we're in right wrong when lose.

12:50:17 Just correct point of view.

12:50:22 How's that landing as a start. Is this making any sense to people or does it still feel equally abstract and and impractical to you

12:50:31 know no I like that pygmy minded and just finding the common ground.

12:50:38 Yeah and getting out of the right wrong.

12:50:43 Sometimes what I'll do, like when you start using polarity maps more frequently and you begin internalizing them what I find myself doing in a conversation sometimes is I find myself checking off like quadrant one quadrant two quadrant three quadrant

12:50:58 four I find myself tracking. Where is most of this conversation happening.

12:51:05 And that is being under represented that needs to be brought in a little bit more.

12:51:10 And it helps me in a conversation like especially when I feel like we're talking across purposes and we keep looping over the same thing.

12:51:21 I sometimes think, have I surface all of the fears of the other side, have I fully surface, all of the fears I'm having have a fully surface the needs that I'm reaching for, have we fully surface the needs that you're reaching for.

12:51:34 And it gives me sort of an internal checklist, when I'm getting stuck to see what information hasn't yet been expressed and held by both parties.

12:51:51 And it gives me some insight into where to ask more questions or where to do more revealing.

12:51:58 Otherwise what will happen is if I don't have those four quadrants but I tend to do is I just say the thing I just said over and over again I start repeating myself.

12:52:06 And then if I'm not repeating myself then I'm also turning up the volume on, on what I'm repeating. And this gives me a different move, instead of repeating myself saying the same thing again, or saying it louder or saying it with more intensity.

12:52:19 It gives me a way of finding what other information might be needed to be brought into our collective awareness before we can move into a both end solution.

12:52:33 How's that landing on people is this clarifying or not.

12:52:37 It is a little more conceptual, you know, so yes Tessa.

12:52:43 Um, I think it's landing well and I'd love to hear you give, like a real example of what you said to your mother to surface her, her fears and anxieties, it ends up being really basic NBC Right.

12:52:59 I mean, I'm on it, and it was, it was mom, it sounds like you're really the thing with my mother.

12:53:05 I will tell you it's so but I've already just thinking like, oh my goodness it was such an intense conversation because I would say, it sounds like you're feeling.

12:53:15 You know worried about what people might be thinking of your you're really wanting to protect your image or you're really wanting to protect how people see you.

12:53:22 And what would happen is, I would reflect back the thing that she was saying, and that is her fear that she was saying directly was her fear but the moment that she heard it back explicitly, she would block it.

12:53:35 She would say no, that's not what I'm saying this is not about my ego.

12:53:40 And she would block it, because my mother has a belief that having an ego is a bad thing or caring about how people see you as a bad thing or being invested in people's judgments of you is a bad thing.

12:53:53 So she would tell me you know I can't believe you did this to me I mean what will people think, like she literally say that and then what I'd say it sounds like you're really caring about what people would think she said no, that's not what this is about.

12:54:05 Okay so, so it was a higher level like it was a harder

conversation because then I needed to receive and work with that, because then you don't say But you just said that better that like we don't go there right then we say, Okay, then I'm misunderstanding 12:54:18 so I'm going to concede and work with what she's willing to say because she didn't want the awareness in that moment she wasn't able to take in the awareness of what she was saying when she said that when I send it back to her.

12:54:31 Does that make sense.

12:54:33 So then I needed to go another layer down and just be like okay she's not even though she's saying it to me when I say back to her she blocks it.

12:54:42 So that I'm just going to say the next thing. Okay, thanks. thanks for telling me That's not it.

12:54:47 Try again. What is it then.

12:55:01 I'm going to give it back to her and have her tell me but I'm listening for what is she valuing and what is she fearing. What is she valuing What is she fearing, and then I'm also expressing what am i valuing and what am I hearing what am i evaluating

12:55:02 and what am I hearing.

12:55:04 And so every time I thought that I would get one.

12:55:07 I would reflect it back so the value being is the needs so mom It sounds like you really want a lot more choice fullness. Well of course but she's going to put it back as a criticism well of course I mean you've had you just have absolutely terrible boundaries.

12:55:18 I can't believe that a child of mine would behave like this level. Right.

12:55:22 Okay, so I'm all I'm going for is I'm going to let all of that other stuff go through the net right I'm not going to catch all of the attacks the blame the judgment the analysis, I'm just going to let that all flow through me because what I'm really trying

12:55:34 to grab are the needs of the fears.

12:55:39 That's all I want to grab.

12:55:42 Got it. So you, you want to be in charge of information, you are really wishing that I had. And I can tell her back what what it is that she's wishing I would have done.

12:55:52 What is she wishing that I had naturally done.

12:55:56 Blah blah blah blah and I'm going to reflect that old back to her because this is what she's valuing and wishing for and what she's fearing.

12:56:02 Once I've got those.

12:56:05 The the move of not abandoning yourself is then have it owning living into expressing your own subjectivity.

12:56:13 But the first move is am I getting that right mom is it that you want blah blah blah. Well I just, I need to be able to trust you. Okay, so what you really want us to be able to trust that I wouldn't do something like what I did is that it like it's just

12:56:26 bewildering to you that I would have made such and such a choice, am I getting it like small pieces until we get to until she's had enough of an experience of like Yes exactly, exactly.

12:56:40 Yes, that's right. How could you. Right. Okay, do you feel

like I'm getting it. And then I don't I never end you never ever end up a conversation, then it's like can I tell you what it was like for me.

12:56:50 Here's what is actually true for me.

12:56:53 Okay.

12:56:55 And even if someone says no, I'm not willing to hear it like in this case, if they're not willing to hear it you give them more empathy until they are willing to hear it.

12:57:02 That's the general rule, like, there are always exceptions but then it's like, so I get. This is what I would say to her, I get that when I wrote this blog posts, you had this is the way you interpreted it this is what it meant to you had mentioned to

12:57:15 you that I wasn't caring for you. You thought that I was being aggressive and hostile you thought you thought you thought Am I getting that right this is how I'm going to make it very explicit that this is what you're meaning making system did with the

12:57:29 experience but I won't say it in such a patronizing way right but I will hold it in a way that's like this is what it meant to you It meant to you that I didn't have good boundaries that I, and I will say that all her judgments so that she knows I've

12:57:41 picked them up. I'd heard them.

12:57:44 But I do that without taking them on I know that's not true about me.

12:57:49 But I can hear that that's how she's seeing it.

12:57:53 And I can give you the experience of picking up how she's seeing it without agreeing.

12:58:00 And then I can say, I can tell and I mean what I did say was, mom. There was not an ounce of hostility, or aggression in me when I wrote that post that just wasn't true for me I understand you experienced it that way but what was true for me was this

12:58:20 is a story that we've talked about in our family.

12:58:24 We were I was sitting as this is done, like we've had discussions about this instance, as far as I was concerned we had worked through this this wasn't a live subject.

12:58:38 For me, this was a historical and the past story that illustrates the point that I was trying to make about a general shift that I want to support on the planet and i and i and i said I really wasn't, it was not a personal message to you it was not an

12:58:54 attack, this is not alive in me.

12:58:58 And I get that that's how it landed on you.

12:59:01 And here's what was actually happening for me. Does it help to know that or not.

12:59:08 Right, because you always end with the question, you always end with a question you make a statement and then you check in.

12:59:14 You make a statement and then you check in, you give a piece of information and then you bring the other person then you do a little step.

12:59:23 Right. This wasn't true for me. Does it make a difference to hear that or not. This is what was really going on for me. What's it like to hear me say that she was what my truth was, how's that landing

on you.

12:59:36 Right.

12:59:38 Little bit little bit little bit as we go. And then what I start doing is we're weaving. We're weaving the two points of view. And I'm not invalidating it i'm not saying I can't believe you would think that about me.

12:59:49 Don't you even know me, I mean you raised me How can you even think really after all of these years you think that I'm just an aggressive and hostile person really Who do you think I am like we're not going to go into that conversation.

12:59:59 Right.

13:00:01 So we're weaving the quadrants, I'm really attending to her point of view my point of view but I'm not wanting to hold them across purposes I'm wanting to hold them in an infinity loop, in which both points of view, are non threatening our personal experience,

13:00:18 I could see how much of my mother's pain came from the way in which her conditioning and her childhood and her socialization set her up really set her up to take things very personally.

13:00:36 And I can have a lot of compassion about that because it feels very personal to her when it wasn't to me.

13:00:44 And I don't need to invalidate it and say well I can't believe you take them so personally mom I mean after all of your users are your frickin psychologist, you know, haven't you done any of your own work.

13:00:54 Like, do you see how these are not the conversations that are helpful.

13:00:58 So we hold it gently and we hold it with compassion and we care, I mean I've many many times I needed to say, I could hear her fears, like, understanding that her fear was that I didn't care for her, that it didn't matter to me that she didn't matter

13:01:15 that was the core fear.

13:01:17 So then I could reassure the fear really directly.

13:01:21 Mom, I love you, you matter to me. I care about the fact that this impacted you.

13:01:26 I absolutely care about everything that got triggered

13:01:32 about this and I want to be in conversation with you about it. I want us to find a way through this. Here's my dilemma.

13:01:40 I think that represents self abandonment, just to take care of your feelings. And that doesn't mean that I don't care about your feelings I do care about your

13:01:54 self abandoned.

13:01:57 And now I'm holding clarity.

13:01:59 I'm going to bed for me, and I'm going to care for you. And I'm going to hold these two things together.

13:02:05 And I'm going to address the fear and I'm going to talk about what I'm aiming for. And then we're going to see where it takes us, Is this helpful I'm not hearing it like that is that specific enough Do you guys have more questions about that.

13:02:17 Okay.

13:02:19 It only has taken me 35 years of practice to be able to do

that once. So, you know, just,

13:02:29 Yeah.

13:02:32 If I have a question about that. Is this an appropriate time to ask. No.

13:02:50 I'm wondering I've noticed as I've been working on polarities this month. Yeah, where I get stuck.

13:02:44 It's like the swing stops when I blame or shame. And I know, Tracy joy asked about the shame in particular, which is the next question, I wish I wonder if you would address that and I'll give you a quick example, watching your dialogue.

13:03:00 This month with and Mackenzie on the vaccinated, and unvaccinated aren't nice thing without really helpful for me because I'm on a different choice point.

13:03:12 Yep. And what I noticed was I stopped listening to other people when I get to this fear, it just stops.

13:03:20 So before I would ever like I'm negotiating with another vaccinated friend and what we're going to do to be safe when I pick her up at the airport. If I were to pick up an unvaccinated friend that would be a whole different.

13:03:34 I think I need to practice for months, beforehand so I could get to that place beyond my fears.

13:03:42 And then another place I noticed is where I'm so ashamed of how I reacted that I get stuck in the downside of my stuff and don't assert.

13:03:56 So, I just noticed that whole infinity loop gets kind of want out of it doesn't flow.

13:04:04 When I'm stuck on my fingers and blaming the other person or stuck on my fears and blaming myself. Okay. So then, in those moments, it can be helpful to say, wow, I noticed that I have a lot of fears coming up right now and it's blocking my ability to

13:04:22 really find a way forward in this moment.

13:04:29 Just knowing that I can't seem to put a half my fears, so maybe naming naming it is a far more compassionate thing to do.

13:04:42 And you never have to push pause to fear.

13:04:45 Sometimes you have fear has a lot of wisdom.

13:04:48 So, I would say, name the fear. I have a fear that is up right now, and I am going to just choose to be with it in the short term and find out what I want to do with it.

13:05:00 Look, we don't want to be controlled by our fears, but we don't want to override them either.

13:05:08 Every feeling carries a wisdom.

13:05:13 And we want to be able to slow down and feel our way into both the fears and the long lines.

13:05:23 And then we're conscious and aware and compassionate and choice.

13:05:30 Sometimes when I have a fear.

13:05:32 I want to be courageous. Because courage being uncomfortable and being courageous around the fear represents my highest potential and alignment with my values.

13:05:50 Right.

13:05:46 So sometimes.

13:05:49 The opposite of my fear because there's growth and development and healing for me that.

13:05:55 Sometimes, I really want to honor the fear, because there's self protection and self care for me there.

13:06:02 So, just don't give fear a bad rap because it's fear.

13:06:08 Does that make sense is my audio freezing a lot.

13:06:12 Yeah, going back and forth.

13:06:17 What I'm realizing to is.

13:06:20 Yeah. Did you catch.

13:06:22 I did.

13:06:23 I caught it in in the short term what I learned from watching you role play with and was to maybe give yourself space pull back and honor the intent.

13:06:35 Yet I have, and then go practice or something.

13:06:38 Yes. Is there a, do you want to do a role play with a conversation right now is there a conversation you'd like to practice with right now.

13:06:53 I would like to renegotiate seeing a friend.

13:06:59 I had a reaction to her being around unvaccinated people and not telling me. Okay, and I reacted in a way I would choose to do differently I reacted with fear and had kind of a panic attack and then blamed.

13:07:13 Why didn't you tell me I would keep walk six feet apart, we don't you realize I'm more and more vulnerable with my autoimmune.

13:07:22 Yeah.

13:07:24 And so there's been a barrier between us and I really, I apologize, twice I owned what I did, but I don't know how to hold the polarity that we have different opinions.

13:07:38 I have a different opinion about how I'd like to show up.

13:07:43 How do I renegotiate starting this long term friendship again and getting to a more East place.

13:07:52 Right. So do you want to be your friend, and do you want to practice or do you want to be the friend and Ibu what would you find most useful.

13:08:00 Would you be the friend and be somewhat reluctant, but not admitting it.

13:08:05 Ok, OK, I can.

13:08:09 So don't worry I am so sorry that are walking.

13:08:23 Our daily walks got interrupted by my reaction after Thanksgiving, I really miss them. And I know we've got winter weather now. But I really wish we would connect more often with that work for you. Yeah, and love connecting with you.

13:08:32 Is there anything that's still left between us, when I was overreacted that you'd like to tell me how you felt.

13:08:49 Um, what do you imagine she would say there and what would be the hardest thing to hear.

13:08:58 Well I heard back. Let's go walking again next spring.

13:09:07 That's all I heard, and after walking every couple of days I went, Whoa. Okay. Okay so would she say something like, Well I don't

know and I feel a little hesitant, I think, you know, I don't want to have to feel hyper vigilant about who I spend time

13:09:18 with and who I don't and it seems like you've got a whole bunch of requirements of things that I would need to do differently I will tell you and it just feels really awkward when she says something like that.

13:09:31 It would be she's saying something about like it sounds like it's not good for me to talk about my stuff around you.

13:09:37 Okay, let's go back that she, she was with unvaccinated people at Thanksgiving. Yeah, yeah. I mean, it just, it feels a little charged for me and like, you know, I want to have a lot of freedom to be with the people that I want to be with and I don't

13:09:51 want to feel like I have to report into you all the time to take care of with years.

13:09:59 I, I get that that I need to own what I need and speaker for them and not expect other people to be in line with that. Did I hear that right.

13:10:12 Um, I guess I just feel judged by the choices that I'm making.

13:10:19 And that's kind of uncomfortable for me.

13:10:23 So you're feeling really judged by me and I really did at that time, and I regret that I'm really sorry.

13:10:31 Thank you.

13:10:34 Okay, I'm going to insert one little thing she complained for a month before going to this family gathering that she had these stupid relatives who are unvaccinated and that was her term.

13:10:46 And she was just scared about being vulnerable.

13:10:55 And she talked about it like I said for about a month before meeting froze up okay wait it froze and I got. Yeah, go ahead.

13:11:00 Anyway, she talked and wanted empathy for about a month, about the possibility of being exposed to coven from these relatives, and then she completely forgot to tell me, and all I wanted was to just not hug her and give six feet, you know, between us

13:11:19 while we were walking and that's, that's all I wanted.

13:11:23 And how did she react to that.

13:11:27 She froze.

13:11:32 She froze. and she got very hurt.

13:11:33 Okay.

13:11:34 Okay.

13:11:36 So I wonder, you know, as I'm playing with this with you a little bit I wonder my instinct would be probably to say something to her like this.

13:11:48 Dear friend, we are living in really polarized charged times and conversations around.

13:12:05 That way,

13:12:05 I might start with that and acknowledgement.

13:12:08 I lost that whole piece you froze. Yes.

13:12:14 Okay. Did you get any of that or not. No, let me go off video and see if that helps. Okay.

13:12:26 Okay, I'm going to go off video, just in case. Just give me a

nod if you can hear me, because it does keep freezing for some reason. Yeah, I can hear you.

13:12:31 You can hear me now. Okay, so I'm going to stay off video for a little bit so I might say, you know, dear friend, like and if I'm talking to you.

13:12:41 You know we're living, we're living in times where everything that has to do with our health and vaccines and covert and social distancing feels really loaded to me, it feels like really charged material.

13:13:02 Is it feeling that way to you as well.

13:12:56 And what he's. Yeah. Yes. Yeah, so I would start with that. I would say, I noticed that I'm in these conversations with people that I feel a little hyper vigilant and on edge and I feel really worried that I'm going to say and do the wrong thing.

13:13:11 And it feels like it brings up really big feelings in me and I'm, I'm sensing that it sometimes brings it up big feelings for you to Am I seeing that right do you have that experience with me or not.

13:13:23 And I'd start with that. That's where I'd start with common ground.

13:13:27 Okay.

13:13:29 I would just say I would acknowledge it brings up so much stuff for each of us. And what I really want you to know is I love you.

13:13:37 I love you and I care about you and I love our connection.

13:13:42 And it feels like you and I have slightly different preferences and how we want to negotiate, our health.

13:13:49 And I want to find a way of having a conversation about that with you. that feels safe. Would you like that to or not.

13:14:00 I get that, yeah. The, the choice. Yeah, she'd say not, she would say No, she doesn't want that.

13:14:14 No, she would sit there she would she would say no, I have grandkids I'm concerned about some are vaccinated, some are not and blah blah blah. So, I don't want to get into it, is what she'd say, Okay, then I then I'd say, then I'd say thanks for letting

13:14:23 you know that.

13:14:25 Yeah, I really get that we want a lot more ease and we don't want to get into all of that So, what I, what I want you to know is that I want to completely honor and respect the choices you need to make for your own health and well being.

13:14:38 And I have no agenda to make anything different there.

13:14:43 How does it feel hearing that from me.

13:14:48 What would she say.

13:14:54 Of course, of course.

13:14:58 There's nothing wrong really there's nothing wrong. Yeah. And then I say, Okay, and then I'd say so I just want to make sure that that's clear and then I do want to let you know what feels important for my health and well being.

13:15:09 And some of the choices I'm making because I'd really like your help. To the degree that you're able to keep it in mind, to just help me get what I'm needing.

13:15:20 I have an autoimmune disease and I'm being careful in the following ways.

13:15:26 I really am trying to limit my exposure in the following ways and here are the things I'm trying to live into, and then tell her in.

13:15:35 Whatever it is, I want to, you know, if I'm around somebody who's unvaccinated I need there to be a bit more distance, it increases the risk slightly and I sumption blah blah blah tell her what would work for you and then say, how you know how does that

13:15:50 work for you. Are you willing to join me with some of that I all I'm asking is that you haven't increased awareness of it I'm not asking you to take care of me or do anything differently.

13:15:58 I'm just wanting you to know what I'm needing. What's it like to hear me say that asked for that.

13:16:05 This is really helpful for me because since that encounter, I have learned I have a lot more choices than I thought. So an instinct to just ask people if they've been recently around and vaccinated people whether they show symptoms or not because that

13:16:20 could be a danger to me so just ask as kindly as I can, at the beginning and then like I said, distance a little more. I also when I get stuck in situations have the new rapid test.

13:16:34 Yeah, option.

13:16:38 And I've done more research, like the Mayo Clinic, for my condition on what what's realistic and what's not about my fears. Yeah. Yeah.

13:16:48 And you can mention all of that, I mean, I think the main thing that I would say is we want to find a way of having the conversation with one another.

13:16:58 That isn't imposing our values on another person against their will and isn't judging them for being in charge of their own health choices.

13:17:08 While absolutely going to bat for what I needed for my own health and well being and what I'm choosing for me.

13:17:19 And there's going to be a lot of difference in that.

13:17:24 And the thing that has bothered me the most about her response over time is not the covert thing.

13:17:30 Uh huh.

13:17:31 It's her victim thing about it I have no choice either and being exposed or once exposed what to do. Yeah.

13:17:40 And I realized I am so critical of her for that because I have that quality in spades myself. Uh huh. So you're criticizing something in her that you see that you criticizing you.

13:17:52 Yeah, cool I have no choice.

13:17:55 So let's play with I have no choice. Because it's true. We there are many, many things in life we don't have choice over.

13:18:05 We don't choose what we're exposed to necessarily we don't really have control over that this is a deep existential question about what do we actually have control over.

13:18:15 And the vast majority of things we do not, we don't actually have control over it.

13:18:21 The place where we have choice is how we're going to respond.

13:18:32 Does that make sense or not, you can totally argue that point with me.

13:18:38 It does, and I didn't like that before but I'd rather choose how to respond, than to react, which I did with her before and that reaction does not in alignment with who I want to be.

13:18:55 Yes.

13:18:56 Look, sometimes this is this is what I do for myself, you don't have to do this, I told myself on an almost daily basis.

13:19:04 The end game is death.

13:19:06 We're all dying. Okay, there is, there is no escaping the fact that we're all going to be dead, like this, this is the end game it isn't possible we're all dead.

13:19:15 Okay, like, I start with that and I don't know why he brings me a tremendous amount of ease and joy. When I remember that I could walk out into the street today and be hit by a bus and I'm dead like I'm gone, okay and that's it like that is the inevitable

13:19:29 end game here.

13:19:32 So, the reason that I tell myself that not to be totally morbid, but it gives me a slightly different way of living my life that I assume that at some point, something's going to take me out and take me down, and I'm going to leave my physical body, I'm

13:19:47 going to get the sweet relief from this meat sack. And finally become the energetic being that I'm longing to be and I'm not going to be bound by this embodied form of density, and I feel a lot of comfort.

13:20:01 That's it. Okay, so, you know, there's something about having that attitude about it that brings me some ease you don't have to take that unless any of that is useful to you but when I, when I get there.

13:20:14 It helps me see for me, that the way that I do my relationships, and the way that I treat myself and other people in the interim is much more important to me than trying to prolong my life, as long as possible with as little suffering as possible, like

13:20:30 that's just not my deep life purpose.

13:20:34 And, you know, one of the things we're going to talk about in January and we can kind of introduce it a little bit today is.

13:20:41 This is why we're starting 2022 with living into your values, like, what is your life purpose. What is the true north, that when we're faced with these really big hard questions that we can ground ourselves and that really bring us a sense of it certainly

13:21:01 if I die. And I don't mean that in a suicidal terrible way I just mean that in a.

13:21:05 I am going to leave this body at some time what's more important to me is who I was, while I was here.

13:21:13 So you make meaning in whatever way works for each of you but if that brings a little bit of a different perspective on the covert conversation on the vaccine conversation on the who and how we are with one another conversation.

13:21:27 This planet is full of all kinds of diseases.

13:21:31 There are all kinds of things we can catch, there's all kinds of ways that we can be taken out.

13:21:38 And there's something that I find very comforting about just acknowledging that that's true and I don't really have control over that. Now, the fact is I would like to be here as long as possible because I actually really love being human and I enjoy

13:21:51 the, you know, pleasures of the flesh and the contrast that I get from being in physical form and I'm planning to have as much fun down here as I possibly can.

13:22:01 And for me that, that means working with my fears differently and creating room for other people to live the way they want to learn as well.

13:22:09 I know that there's a lot of consequences every time I do or don't do something. It impacts all of you.

13:22:18 If I choose to be judgmental. It impacts all of you, if I choose to be compassionate it impacts all of you.

13:22:25 If I choose to get vaccinated. It has an impact on public health, if I choose not to. It has an impact on public health, we can't not have an influence at our essence what we do matters.

13:22:41 And it does impact one another.

13:22:44 And so the most that I can do is try to be as conscious and aware of what impact I'm having, and how I'm managing it, and how I'm treating people along the way.

13:22:56 And I'm curious how that lands on you and if you do it a little differently and if people have different perspectives on that or, you know, how yeah just kind of like, how does that land on people hearing it like that.

13:23:17 Thanks.

13:23:32 Thanks. Yeah, I mean, make meaning in a way that works for you right but yeah and go ahead.

13:23:29 It makes it reminds me of when I started out my, my career as a young adult I was an English teacher, and the kids would come in the door saying, English, heavy on the English.

13:23:43 And the blocking the door and they get a kick out of me laughing. Yes, and it was so freeing because I had nowhere to go but up. Yeah and expect to like anything so anything was.

13:23:54 Yes.

13:23:56 You know it starting it gave me a level playing field with them to kind of play. Yeah, yeah. If I can do that with myself a little bit more thank you for that whole.

13:24:07 Mm hmm.

13:24:08 Control peace Yeah, yeah, yeah, we don't control, you know like, we want to control one another, we want to tell everybody else how they should be so that we can feel safer and how we can be different and I'm all for finding strategies that help us all

13:24:24 be safer. I just would like those conversations to really honor human choice and dignity along the way, and honor people's ability to find their own path in their own way on their own timing given their own circumstances.

13:24:42 And I'm not saying that any decision I I definitely don't believe that every decision is equal I just I don't, but I also don't feel like there's a lot of.

13:24:50 There aren't, it's not a high quality solution to make other people be different, it for me it's a higher quality solution to inspire people to work together towards a common goal.

13:25:06 And to have a lot of diversity and difference along the way.

13:25:09 And then in the meantime, you know like, I'll say for myself, right.

13:25:16 I'm in charge of my own boundaries and I'm in charge of what I am and I'm not available for and what what who I do and don't want to hang out with.

13:25:24 So if, for example, I am feeling vulnerable I mean let's go back to and your situation with your art, you know, like your art is in charge of her choices and for those of you who weren't on that call.

13:25:39 You know I gave some thought to this afterwards because we didn't have a lot of time to go into every moment of that interaction, but there was a moment where and was picking up her aunt, and then the onset Are you vaccinated right and then I think and

13:25:52 said no. And then the on drove with her in the car for an hour and then wrote a long text about how upset she was. Is that a fair summary and the way that I, I did say back to, to, Allison, I said, Does that concern you that I am.

13:26:11 If I'm vaccinated or not and you said yes and then she gave me a whole interrogation and in the end I did say yes, my, I am not in fact, I am not vaccinated, but I have, I have an installment, I did call her I got up the ball, the courage to go through

13:26:31 the next morning, and oh my gosh I'm still wounded from.

13:26:36 Oh, and she told me that that I am persona non grata in the family and that I can't come to family events.

13:26:48 And I'm thinking, I know kept my mouth shut.

13:26:51 I felt like saying I need a new family I'm going to go.

13:26:56 But anyway, she basically went on and on about her health stuff, which I get and I feel very sorry for her but it's really none of my business, and it was just awful and then her.

13:27:10 Her son arrived so the conversation finished and I just texted her back, you know, Merry Christmas from me and my girls basically and then hours later she, she did say Merry Christmas back to me so that's where it's at.

13:27:27 Yeah, I, I didn't sleep for the next two nights, because I had Christmas Eve celebrations, with the rest of my husband's family. And we've never talked about any of this, it's just, it's never talked about.

13:27:42 So, I wasn't sure if I was even going to be welcome, or what the bush telegraph was going to say it. Oh, really, it was really traumatizing for me just to be completely axed basically but anyway I yes you you're summarizing it very well.

13:28:00 Thank you.

13:28:01 Okay. Yeah, that and that experience of being axed out or exiled or having a group of people form an alliance against you. This is very painful.

13:28:15 This is very painful and I just want to say if you, if they

wanted to do it non violently.

13:28:21 There is a way of saying like, and lets you and I just play for a moment or I can play I can play with and Mackenzie or ng, you know with you as a group.

13:28:30 Either way, but I want to just put out there, there is a way of saying let's say that I I'll take the role of the person with an autoimmune disease, I'll take the role of your on for a moment.

13:28:40 And I'm wondering if I as your aunt had gotten in the concert at all. Thank you so much for coming to pick me up I really appreciate the ride and by the way I'm just wanting to make sure you're vaccinated.

13:28:50 And then you said, No, no, you know I'm not and, but I'm happy to give you a ride and it's nice to see you.

13:28:58 Then if I had said, Oh, hold on a second.

13:29:06 And I'm having a lot of conflict inside of me about the risk that I might be exposing myself to with you being unvaccinated can we pause for a moment, I might want to make a different decision in this in the second.

13:29:20 How would that have felt to you and if she had said something like that.

13:29:24 Completely soothing.

13:29:26 Absolutely, and and that's kind of what I wanted to talk to her about choice.

13:29:34 Instead she interrogated me about my daughters and wants to know what their situation is what they plan to come with what we tend to come with his righteousness and superiority and critique and interrogation.

13:29:45 And what we need to come with, I think what I would recommend is more effective as if I had said to you as your aren't.

13:29:53 Honey, I know that you drove all the way to come and pick me up and I really appreciate all of the ways in which you're trying to help.

13:29:59 I feel a lot of fear of being around people right now who are not vaccinated because of my health condition, I think I need to choose. I wish I had asked you this ahead of time I'm sorry I wasted your time coming, it's lovely to see you for a few minutes

13:30:12 but I just want to make sure that I'm only around people who have had the vaccine.

13:30:17 And it's not a personal rejection of you do, you know, go your way that I, I would love it if you and I just stayed in touch through zoom for a while until this whole thing is over.

13:30:27 Would that be okay.

13:30:30 Okay.

13:30:31 Yeah, so your issue isn't with having different boundaries your issue isn't with people looking after themselves, the piece that is painful, is the way in which we have the conversation that sends people the message that they are less than that they are

13:30:45 rejected that they are unworthy that they are dumb that they are whatever that's where it becomes painful.

13:30:53 Am I getting that right or not. Yeah.

13:30:57 Yeah, the sadness of just flowing, yeah. Oh, yeah, I feel that human beings, we all want to be treated with kindness and respect.

13:31:10 Yeah.

13:31:12 Yeah, of course we do. And we deserve that all of us do.

13:31:20 Yeah.

13:31:21 Thank you for playing their little bit and thank you and for bringing up these questions and gee I want to loop back to you for a second and find out if any of this is impacting the conversation you brought up earlier with your friend, Josh.

13:31:36 Oh, I wish I had sounded like you just did with an M.

13:31:40 You know with with graciousness. And what I'm looking back on, is, is how many times of my friend.

13:31:48 Have we gone righteous on each other. Yeah, you know, in terms of we love that moment we both feel that everybody else is wrong about some issue. Yeah.

13:32:03 But I'm looking at maybe the most important message is to signal how much I care about a friend who's known me for so many decades. Yes.

13:32:11 And, and that's the bottom line. Yes.

13:32:16 I care about you as a human being, I want to connection with you.

13:32:20 You're not vaccinated and that brings up fear in me and I want to make the following choices but I don't want it to impact our connection, I just, I want to be six feet away from you or I want, I want to be double mosque around you or I want to be in

13:32:32 touch with you through photos zoom or. Remember, it's more powerful to ask for what we do want, rather than focusing on what we don't want right and each one of us gets to decide what we are in aren't available for.

13:32:48 And that's fine.

13:32:52 Yeah.

13:32:53 Mary Beth and then Tracy joy.

13:32:55 Um, yeah, I came in a few minutes late but I was wondering if you could also role play the situation from the place of being the one who somebody freaks out at.

13:33:08 So okay, either.

13:33:23 Yeah. Okay, go ahead you be angry with me and I'll field it. Well, I'm going to play it okay yep.

13:33:30 Anybody that hasn't been any experience I've had it all so um, it's not based on anybody else want to I mean you can do it Mary Beth or we can ask somebody else will do it since both the AMS had.

13:33:40 Well, at least the and Mackenzie had the experience of having her and get very upset with her. Uh huh, and having a long after life as a result of that internally.

13:33:53 If there's anything she can I mean, and also I have such a long after life with things when things when somebody blames me or how I'm interested both internally if there's a pivot or, you know, you could, like maybe not have that happen.

13:34:09 And Mackenzie, would you be willing to be on to at home was

not how she actually was but like really like be very righteous and I'm going to be your end of that unvaccinated me so friend or somebody and I'm coming to do something and you attack me and

13:34:21 let's see how we bind field that.

13:34:23 Sure.

13:34:26 Through my best.

13:34:33 I am good for you It's so nice to see you I can't wait for a long hour long car ride to connect with you jump on and I'm just gonna put my math gun.

13:34:47 I'll be I'll be there. Just let me get this on and I'm going to climb in. Great.

13:34:55 Ah.

13:34:56 Hi, Mary.

13:34:58 How are you, it's so good to see you. I'm so looking forward to this long drives together and our clothes car with all the windows up.

13:35:04 So, so and.

13:35:06 Are you vaccinated.

13:35:08 Oh no no no you know i don't believe in that.

13:35:12 Oh,

13:35:15 no, I didn't know you didn't believe in that. Oh,

13:35:24 what, what, Oh, gosh.

13:35:27 I'm not sure what to think now.

13:35:30 Oh,

13:35:33 it sounds like this is a surprise to you in this moment.

13:35:37 It is, it is a big surprise and I just never thought to ask in advance. I mean, I just assumed that you would be.

13:35:48 Oh well, so I'm so I'm so glad you asked. Does that change anything for you.

13:35:58 I didn't ask.

13:36:05 Yeah. Well, yes, it does it really does I'm.

13:36:12 I know it sounds like you're feeling really uncomfortable with the idea of being in a call with me with me being unvaccinated Am I getting that right yes then you're not wearing a mask guys are true true Do you want to go outside, should we park and stand

13:36:27 outside would you feel more comfortable if we had this conversation not sitting in the car right now.

13:36:34 Well I've just been sitting outside already.

13:36:39 That is a possibility. Let me lay yeah we could go for a walk. And, yeah, we should do that. Yeah. Yeah. Is there anything else I can do to help you feel more comfortable or do you want to change what we're doing today I'm sorry it didn't even occur to

13:36:53 me to bring this up ahead of time.

13:36:55 It seems like this is challenging in some ways you want to tell me a little bit more about that.

13:37:00 Oh, goodness I'm.

13:37:16 Well I'm, I'm, I'm immunocompromised, and I had a colonoscopy some months ago, I'm having eight week infusions and. No. Gosh, you know, life is very different for me now so I'm, I'm taking every precaution I can to minimize my risk.

13:37:27 Got it. So it feels like it's almost like you're feeling a little vulnerable and you really not wanting to take any risks whatsoever and my being unvaccinated is a little bit disturbing and feels like a risk and you're feeling a little vulnerable around
13:37:40 me is that it. Yeah, yeah and I want to know about your girls, what Emily are they back. Are they
13:37:56 vaccinated too. Yeah, yeah. Okay, so let's do one thing at a time I get your curiosity. First I want to make sure you feel comfortable in this moment was sitting in a car do you want me to put on a mask, would you like to stand outside.
13:38:04 It's important to me that you get to look after your health and the way that you want.
13:38:09 And I'm glad we're having this conversation now. What do you need in this moment to feel a little safer around me.
13:38:18 I probably need to get out and, and, yeah, let's do that. Let's do that it might not work for me to drive you for an hour in the car knowing this now should I help you try and find different arrangements can be helpful in that way.
13:38:35 Yeah, yeah that would be very nice. Thank you.
13:38:38 Yeah, let's do that let's you know because I love you so much and I want to help you and it didn't occur to me to mention this, and you know in terms of my kids you can certainly ask them directly.
13:38:49 I don't want to be sharing people's health data that they you know may or may not want out there, but I'm glad you asked me, let's see what we can do next to get you what you're needing.
13:38:59 Yeah.
13:39:01 Well I'm assuming that because you're not vaccinated that the girls aren't as well.
13:39:09 You know, I can totally see why you might make that assumption and the only thing I would say is I really recommend you ask people directly because in this day and age it's really hard to tell who's doing what
13:39:21 I love that, I love that.
13:39:27 Thank you. I'm going to use that skilled at another time if I may ask.
13:39:33 Yeah, yeah. So how's this landing how's this, how are you feeling and fielding it.
13:39:40 I'm, you know, at those thoughts are running around in my head about offering her, I did offer her choice at the time, but I wasn't as specific to say, what are the options here.
13:39:56 Would you like, you know, to you know to name some options about giving her ideas and what she could be needing.
13:40:04 They were running through my head but I couldn't articulate them. And so, so she, but she clearly valued me enough to sit in the car all that inner conflict she had a deep inner conflict like she wanted to protect her health.
13:40:20 She also needed a ride she also wanted to be with you. She also had made an agreement to do something she was also swirling a little bit from feeling like she didn't have the information she needed to make the decision, she might have made differently

13:40:31 like she also didn't know in that moment where she really stood and kind of went along with things you know and.

13:40:40 So, there were so many things going through my head like you just spent a couple hours on a plane with a ton of people you've just been through two airports with a ton of people.

13:40:53 And I kind of wanted to ask questions along those lines, just open ended, and she knows me, and she doesn't trust me you know yet she's been this other environment.

13:41:05 Yeah, but this is the piece of you taking it personally. So a couple of things couple of things.

13:41:12 You get to ask those questions but I would say I would wait with those questions. What until they're coming from a different place because right now those.

13:41:23 Those questions are coming from a place of indignation.

13:41:26 And what's going to come through is the indignation, not the curiosity.

13:41:30 Right. Yeah. And the reason you're feeling indignant is because a part of you is taking it personally you're hearing criticism.

13:41:40 And also there's a part of you that's really wanting cost.

13:41:45 Yeah, and who you are as a human and you're really wanting her to see your good intentions and your care and your love, and you're scared that she's just going to see you through like a judgment of wrongness.

13:41:57 So, your nervous system gets activated, because you got a lot of stuff coming up as well, in terms of both wanting to be there for others and wanting to honor your own choice for us in your own values and not wanting to be accused of things and not wanting

13:42:11 wanting to be ostracized and not wanting to be other than not wanting to be excluded like this a lot that gets pulled up in each of these moments Is that fair to say what I'm naming their or not.

13:42:23 Absolutely.

13:42:25 So you want to be really self compassionate.

13:42:28 And this is for everybody like don't expect these moments to go perfectly just let them be little flash points of learning, and let them be imperfect, knowing that you're going to, you're going to keep working with them and you're going to use them as

13:42:42 opportunities for more awareness and more care.

13:42:47 And there's a way of saying, to your own when you're not triggered like when you're triggered You can't do this because it'll come across as an attack but when you're not triggered.

13:42:56 You can say, you know, dear aunt.

13:43:00 One of the reasons that it really didn't occur to me to mention anything is that I know you've been traveling and you've been in airports and you've been.

13:43:08 And I guess I made an assumption that you're the risks you were willing to take or the level of exposure.

13:43:17 It just didn't occur to me that you wouldn't want to be in a call with me on vaccinated and I'm sorry I could have asked as well. And you know I it just felt like it's a little incongruent and I don't

quite understand and maybe you can help me see what

13:43:31 the differences, or you know like whatever it is, it's coming up for you around that. But you need to wait. These are the kinds of questions that we ask when we're wanting to learn something and understand something not when we're wanting to defend something.

13:43:48 Does that make sense, or that distinction is beautiful. Thank you. Yeah. In the heat of the moment.

13:43:54 And the heat of the moment we're kind of in fight mode, and we're kind of in like really You're being ridiculous like how can you even think these things about me because look at what you're doing.

13:44:03 And that's what's going to come through.

13:44:04 So we want to keep that thought out.

13:44:10 Okay.

13:44:13 All right. 22 joy, thank you for waiting. Let's go to Tracy joins the meeting and then Judy se as well and then Mary Beth I'm hoping that helped. So let's go to Tracy joy.

13:44:23 So let's go to Tracy joy. I just want to acknowledge that there's been kind of a thread going through this and mine is going to be like a jade another track is okay, yes, that's great.

13:44:33 Um, so, in my lifetime historically, I've I've I've had an experience I call the enchanted forest where I can get into a really dark place for a number of days.

13:44:47 And so I'm afraid of that place in me. Yeah, I'm as I step out to make offerings in the world right, like, and I feel confident that feels good, but then when I get some feedback that's well intended even and, in, and helpful.

13:45:08 It can trigger off this the same part of me and I'm just the polarities like it was it shame and self esteem and then like on the shame side, it would be like healthy humility versus a collapse and then self esteem would be dignity versus arrogance.

13:45:25 Yeah, like that I like.

13:45:28 And then what do I like I'm in that moment now right. I came on Monday and I'm like wait I had a big success.

13:45:35 And then yesterday I got some feedback and I've also have been creating a class in the act of promoting it just get so contracted I done my part. And so you have that contraction I got some feedback and now I'm wobbly and myself.

13:45:55 What are the self judgments that are causing the wobble, who might have put myself out there to offer something.

13:46:05 Feel that for a moment.

13:46:08 Yeah, I feel the pain of that as if you aren't worthy as if you don't get to.

13:46:14 Yeah.

13:46:15 Yeah, there's a lot of pain around that.

13:46:20 Yeah.

13:46:23 Yeah, somebody has used that sentence in a very shimmering way, who are you who do you think he will as a way of contracting you and putting you down.

13:46:35 Yeah.

13:46:37 Yes, so let that fear, let that pain of having heard that

before.

13:46:43 flood your system.

13:46:46 Let it flood your system here with us, not alone here with us now.

13:46:51 Now, feel it How old were you. How old are the parts of you that heard that are young, very young. Yeah.

13:47:01 Yeah. Yes, girl this little girl who came with all of this enthusiasm and passion for life and all of her exuberance and all of her confidence, who I wish had had grown up surround her who embrace turns celebrated her and delighted and her pre cautiousness.

13:47:20 Instead she heard Who do you think you are.

13:47:28 And it crushed her. And we want to let that little girl know now that we love him, and he gets to come to the room and play with wild abandon again.

13:47:38 Yeah.

13:47:40 And there'll be no more thing it's small.

13:47:44 We're going to answer that question Who do you think you are you are a glorious and divine being made of love here to serve yourself and others in whatever ways bring you joy, and you get to have your passion and your intensity and your vision and your

13:48:01 desire.

13:48:04 It's welcome here.

13:48:08 Yeah.

13:48:10 And its face now.

13:48:14 It wasn't facing.

13:48:23 What are you noticing what's coming up in here.

13:48:29 Um, I got my, my hands are like really clinching, and you know there's some relaxation but also this tension in my physical body, noticing that.

13:48:39 Yeah, there's a bracing it's a bracing against being shamed again.

13:48:45 Yeah I want more than anything for HIV free of that you know I want to I want to make my offering to the world and I want to post, you know, one of the practices is to notice all of the temps muscles inside of you and to notice the bracing, and to get

13:49:01 very present to the bracing and the tension without making any of it wrong, and just welcoming it and just noticing the way that your system armers up to keep the shame out.

13:49:16 And how wonderful that is how wonderful that you learned how to tense up and create a little turtle shell around you.

13:49:24 In an attempt to keep that shame out, and how you have a suit of armor that protects you because you're worth protecting and some part of you knew that and stepped into buffer and shield you from more of it.

13:49:43 Yeah.

13:49:44 And so we can get present to that part of ourselves that is such a loyal warrior protector pot and it puts up the shields.

13:49:54 It's beautiful.

13:49:58 And then what we can do so first I'm going to speed this up a little bit that you can do more of this offline and what some other

people but then what we can do is after getting present to those shields, you can begin shaking them if you could see me

13:50:12 it's like I'm shaking my shoulders if you can imagine a dog getting out of a lake and shaking water off its back.

13:50:19 You notice you name it as fear in your body and you literally shake it out you loosen the fear, so that it doesn't live as rigidity in your muscular system you begin shaking out all of the fear, and you release it.

13:50:34 You let this part of you know that was then I needed that shield I'm going to take it out I'm going to give myself and everybody can actually do it because you can you notice yourself sort of empathic Lee tightening up when you hear someone so if you

13:50:46 do it in your own body as well.

13:50:49 It brings some looseness back into the relational field.

13:50:53 You can move the large muscle groups you can, you know, shake your thighs and your cars and let your whole body discharge up that fear Exactly, exactly.

13:51:05 and you just us telling yourself and discharging old fear this is all historical fear I don't need it anymore.

13:51:12 I want my suppleness back. I want my heart back online. I want my life energy moving through me again.

13:51:21 Yeah we shake it out.

13:51:24 Yeah.

13:51:25 And then you just feel into the discharge and you know I know I've said this before but it's worth repeating, all of the ways that we discharge historical emotion from the body is through shaking, stretching yawning crying sobbing.

13:51:44 Goodbye goosebumps. Your body will get hot hot, your body will get cold you'll get very cold extremities, you'll start shivering.

13:51:51 You'll laugh, you'll giggle, you'll start laughing hysterically or cry or scream and shout like there's many ways of discharging fear and anger and grief and sadness and you want to let it move and then sometimes you'll end up with a very strong headache

13:52:07 at the end of it.

13:52:09 And you can do a lot of self touch and you can do a lot of yoga and you can do a lot of movement and you really want to work with the physical system and then you want to tell that little girl.

13:52:22 You want to answer that question in a new way, you ask yourself Who do you think you all, And then you answer it with love.

13:52:31 With love and self acceptance and self celebration.

13:52:40 You know who I think I am I think that I am a divine human being who is living on this planet. In order to learn how to love herself and love others, that's who I think I am.

13:52:52 I am a being who has a deep desire to contribute to others well being. I'm a learning growing healing being an imperfect being has just like everybody else which is glorious because it makes me it, it releases me from needing to be perfect because I get

13:53:10 to be messy and a scrappy like everyone else. And I get to be a work in progress.

13:53:12 And I have thoughts and ideas and feelings and needs and it gets express them and it doesn't even have to sound good all the time because I'm learning.

13:53:22 That's why I think I am.

13:53:26 And as I get to live into my imperfections I give everybody else permission to do the same.

13:53:36 Yeah.

13:53:36 How are you feeling Tracy joy, tell me what you're noticing.

13:53:42 I'm noticing like that, that vibration from shaking in my hands and legs and there's still something there's like something here that didn't like. So I'll shake that after we're done.

13:53:54 I'll shake that after we're done. Yeah, and I feel more ease and I teared up but in you know that what you were saying about who is the new response to who you are.

13:54:04 Yeah. My mother used to say to me Who do you think you are the Queen of Sheba, and there was a point in my healing journey where I said yes, I am the Queen of Sheba.

13:54:14 That is correct. That is exactly who I think I am and I'm going to own it with pride.

13:54:20 And I just reclaimed it.

13:54:23 you will find inside of view, the voice of reclaiming you people in touch with her own confidence.

13:54:33 The voice of reclaiming you people emerge with her own confidence. That's my word for you anyway. Well, thank you very much I mean more than ever I have, you know, confidence and I'm stepping forward and I am making an offering but but man they just that

13:54:45 lock up, so this is really helpful. Thank you. Yeah, yeah, thank you for the example how many people on the pole could relate to what Tracy joy was describing, and feel like you've got some healing, as well as you sort of just witnessed Yeah, see I mean

13:55:00 it's everyone's story. It's everyone's story this is our collective story was so not alone.

13:55:06 Yeah, Yeah, thank you for bringing that in.

13:55:13 Yeah, thank you yeah so you guys had some, we have about five minutes is that right we have about five minutes left I want to hear Judy Do you have something.

13:55:21 I know we're right at the end but curious you've been waiting. Yes. Well, I really appreciate everyone's shares today, and the multiplicity of like people, not knowing how to express what's going on, you know, I think, For me, that generational.

13:55:45 Who do you think you are shaming and blaming did not me or other people to get clarity that I had feelings and needs and how to save them with respect kindness and gentleness, that was, you know, my learned experience there people are terrified, for their

13:56:03 own health, and they didn't, you know, ask correctly, or something. That's something that's probably where they're coming from, they're coming from a lot of shame terror overwhelm shock, oh my god you know yeah How do blah blah blah is just like,

13:56:20 I don't know how are we didn't ask about that and not knowing how to navigate that. So that's, that's all I wanted to say because I

definitely have that as an issue for me I can be really defensive you Thanks.

13:56:34 You're welcome.

13:56:36 We all can and you know, let's just look at the light side of defensiveness, we all have protective pods that are here to help protect us from harm.

13:56:46 And we want to bring them into consciousness, we want to be joyful about them but they're not bad, right it's not bad when I get defensive it's not bad when you get defensive.

13:56:55 We begin hearing defensiveness differently, that there's something to protect, there's a vulnerability. There's a hurt there's a pain.

13:57:02 Very, very often and Judy I love that you're bringing this piece in, you know, when people are behaving in ways that we are not enjoying. Very often they are having mixed feelings and they don't have the awareness that they need online, and they don't

13:57:16 have the emotional and needs vocabulary and literacy that they wish they had.

13:57:21 And when we remember that people are really doing the best that they can with the tools and the awareness that they have in that moment, we can take it a little less personally and we can be a little bit more gracious, with wherever they are in their

13:57:35 process and their journey as well.

13:57:38 So you know, if it helps you get a bit more generosity and care for all of the wounded and scrappy humans all of us messy ones here doing the best we can and we're unconscious so much of the time and then we're triggered and, you know, that we're in it

13:57:54 together and we're trying and even if we don't get it right in the moment. There's the next one and the next moment, and the next conversation, and this is what repair work and revisiting and being works in progress is about and I find it very comforting

13:58:09 to remember that I don't, I don't have to be there yet, but I can be on a journey with you. So, Yeah, thank you.

13:58:17 How is everyone we have a couple of minutes, I'd love to hear from anybody who brought in a situation today how you're doing anybody who brought in a question Where do you feel like you got what you needed and anybody who's just been sitting and listening.

13:58:31 What are you taking away with you today, I'd love to just hear from anybody who feels like making some closing comments as we wrap up for the wrap up our 2021 season.

13:58:46 This is an deep gratitude for you event and for all of you. This has been a special time together and it feels like it's time to merge into our new structure in January.

13:58:57 I just wanted to let you all know how much gratitude I've had for all the connection we've had Thank you.

13:59:06 Thank you.

13:59:07 Yeah.

13:59:11 Yes, I'd like to add to, I really, I got a lot out of today and I really liked that asking questions for information, you know like to really understand as opposed to indignation.

13:59:26 I found a really helpful.

13:59:29 Nation a lot.

13:59:32 That's great. Thank you.

13:59:38 Cool. I really enjoyed the part where you said after you've looked at the polarity and clarified what it is you know reflected back what it is they're, They're kind of wanting and needing than rather than letting the conversation drop say would you like

13:59:52 to hear how it is for me and not forgetting yourself in the conversation. Yeah, bring yourself back in. Lovely. I'm glad that was useful Mary Beth, go ahead.

14:00:02 Yeah, I, it just really reminds me of the value of the pivoting to empathy, from like anger or judgment for both the other person, and that, then it's like, so that just idea of not trying to control them.

14:00:21 But just having empathy and trying to understand where they're coming from and then also then responding from what you need to do. According to what's right for you, and it's a different thing than arguing about what's right.

14:00:32 Yeah, yeah. Lovely, and also wanted to say Happy New Years to everybody, since the was coming up and all that stuff which I'm sure will be home but that's okay.

14:00:44 I know I'll be at home.

14:00:48 Thank you, anyone else.

14:00:53 I just want to say it's so rich and it keeps getting better and better.

14:01:00 Yay, I love hearing that I love hearing that wonderful anyone else

14:01:09 on mistakes Wednesday calls this the last one right it is I know I will be too but you can just so you know my Wednesday afternoons are going to be writing time so you can imagine me sitting at my desk facing a blank screen screen and cursing the writer's

14:01:24 block because I don't have anything to say and why did I do this to myself. That's probably what my Wednesday is gonna look like for a while, so.

14:01:35 Yeah, thank you.