

WEBVTT

NOTE duration: "01:53:26.314"

NOTE Confidence: 0.6534279

00:00:00.080 --> 00:00:00.580 Today's,

NOTE Confidence: 0.88996696

00:00:04.240 --> 00:00:05.859 welcome to today's upwards,

NOTE Confidence: 0.971807

00:00:07.279 --> 00:00:08.660 spiral summer series,

NOTE Confidence: 0.9769566

00:00:09.519 --> 00:00:09.920 with,

NOTE Confidence: 0.7531698

00:00:10.400 --> 00:00:12.420 with Wednesday, Riem Ifrack,

NOTE Confidence: 0.9279851

00:00:12.799 --> 00:00:15.059 the body liberation and activist

NOTE Confidence: 0.9279851

00:00:15.200 --> 00:00:16.715 art as self care.

NOTE Confidence: 0.9756439

00:00:17.335 --> 00:00:17.735 And,

NOTE Confidence: 0.94153

00:00:20.295 --> 00:00:21.675 I want to share that

NOTE Confidence: 0.94153

00:00:21.895 --> 00:00:23.175 a little bit about why

NOTE Confidence: 0.94153

00:00:23.175 --> 00:00:23.914 we started,

NOTE Confidence: 0.91736054

00:00:25.095 --> 00:00:27.195 the upward spiral summer

NOTE Confidence: 0.9495034

00:00:27.575 --> 00:00:28.075 series.

NOTE Confidence: 0.9211303

00:00:29.350 --> 00:00:31.450 Kelvin and Annette, my co

NOTE Confidence: 0.9211303

00:00:31.590 --> 00:00:32.890 cocreators here,
NOTE Confidence: 0.99957806

00:00:33.270 --> 00:00:34.810 who wanted to
NOTE Confidence: 0.976655

00:00:35.270 --> 00:00:36.390 who had been doing this,
NOTE Confidence: 0.976655

00:00:36.870 --> 00:00:38.950 recovery support work for many
NOTE Confidence: 0.976655

00:00:38.950 --> 00:00:41.130 years in in in Connecticut
NOTE Confidence: 0.9621688

00:00:41.805 --> 00:00:43.644 and, and seeing what was
NOTE Confidence: 0.9621688

00:00:43.644 --> 00:00:44.945 happening in the recovery,
NOTE Confidence: 0.99963725

00:00:45.644 --> 00:00:46.144 support
NOTE Confidence: 0.99289614

00:00:46.604 --> 00:00:47.104 community
NOTE Confidence: 0.9398455

00:00:47.725 --> 00:00:49.245 and peer support, and they
NOTE Confidence: 0.9398455

00:00:49.245 --> 00:00:50.445 wanted to find a way
NOTE Confidence: 0.9398455

00:00:50.445 --> 00:00:52.125 to to share with people
NOTE Confidence: 0.9398455

00:00:52.125 --> 00:00:53.644 how to self care, to
NOTE Confidence: 0.9398455

00:00:53.644 --> 00:00:54.704 take care of themselves
NOTE Confidence: 0.92229295

00:00:55.280 --> 00:00:56.980 while doing this work and
NOTE Confidence: 0.92229295

00:00:57.120 --> 00:00:57.600 bring,

NOTE Confidence: 0.9997496
00:00:58.160 --> 00:00:58.660 information
NOTE Confidence: 0.9807623
00:00:59.040 --> 00:01:00.240 and and knowledge that people
NOTE Confidence: 0.9807623
00:01:00.240 --> 00:01:01.040 could use to take care
NOTE Confidence: 0.9807623
00:01:01.040 --> 00:01:02.720 of themselves and and others
NOTE Confidence: 0.9807623
00:01:02.720 --> 00:01:04.020 while doing this work.
NOTE Confidence: 0.97238857
00:01:05.040 --> 00:01:05.940 My myself,
NOTE Confidence: 0.89980006
00:01:06.720 --> 00:01:07.540 was invited,
NOTE Confidence: 0.9671488
00:01:07.920 --> 00:01:09.060 to be on the team.
NOTE Confidence: 0.9838327
00:01:10.005 --> 00:01:11.625 And for for my story
NOTE Confidence: 0.8918127
00:01:12.405 --> 00:01:13.285 by the way, I didn't
NOTE Confidence: 0.8918127
00:01:13.285 --> 00:01:14.985 say my name, Mitsy Sky.
NOTE Confidence: 0.98873574
00:01:15.365 --> 00:01:16.265 You know, I started
NOTE Confidence: 0.93443
00:01:16.725 --> 00:01:18.905 sharing working in peer recovery
NOTE Confidence: 0.93443
00:01:18.965 --> 00:01:20.084 support for a set of
NOTE Confidence: 0.93443
00:01:20.084 --> 00:01:22.140 behavioral health clinic where it
NOTE Confidence: 0.93443

00:01:22.140 --> 00:01:23.600 just went down the drain
NOTE Confidence: 0.93443

00:01:23.660 --> 00:01:25.100 and, I was lucky to
NOTE Confidence: 0.93443

00:01:25.100 --> 00:01:25.580 find,
NOTE Confidence: 0.9822106

00:01:26.140 --> 00:01:27.340 support in the in the
NOTE Confidence: 0.9822106

00:01:27.340 --> 00:01:28.160 peer recovery,
NOTE Confidence: 0.9818727

00:01:29.180 --> 00:01:29.680 community.
NOTE Confidence: 0.99568146

00:01:30.540 --> 00:01:31.819 And when I started, I
NOTE Confidence: 0.99568146

00:01:31.819 --> 00:01:33.340 was just so gung ho
NOTE Confidence: 0.99568146

00:01:33.340 --> 00:01:35.100 and wanted to share with
NOTE Confidence: 0.99568146

00:01:35.100 --> 00:01:35.600 people
NOTE Confidence: 0.98950523

00:01:36.215 --> 00:01:37.255 what I've been doing to
NOTE Confidence: 0.98950523

00:01:37.255 --> 00:01:38.455 take care of myself and
NOTE Confidence: 0.98950523

00:01:38.455 --> 00:01:39.495 how good I was feeling
NOTE Confidence: 0.98950523

00:01:39.495 --> 00:01:40.694 about life, but I had
NOTE Confidence: 0.98950523

00:01:40.694 --> 00:01:41.435 no idea,
NOTE Confidence: 0.9685153

00:01:43.015 --> 00:01:44.475 how hard that would be.

NOTE Confidence: 0.97218066
00:01:44.855 --> 00:01:46.295 And, and it's been the
NOTE Confidence: 0.97218066
00:01:46.295 --> 00:01:47.655 hardest thing to do to
NOTE Confidence: 0.97218066
00:01:47.655 --> 00:01:49.255 take care of myself while
NOTE Confidence: 0.97218066
00:01:49.255 --> 00:01:50.315 doing this work.
NOTE Confidence: 0.9828535
00:01:50.775 --> 00:01:51.595 And so
NOTE Confidence: 0.9768636
00:01:51.910 --> 00:01:53.530 as we learn and,
NOTE Confidence: 0.9986116
00:01:54.150 --> 00:01:55.210 and gain information
NOTE Confidence: 0.9959751
00:01:55.590 --> 00:01:56.330 and knowledge,
NOTE Confidence: 0.98000985
00:01:57.670 --> 00:01:59.430 giving back is is what
NOTE Confidence: 0.98000985
00:01:59.430 --> 00:01:59.930 we,
NOTE Confidence: 0.95647043
00:02:00.550 --> 00:02:02.229 wanna do and and and
NOTE Confidence: 0.95647043
00:02:02.229 --> 00:02:03.050 and why
NOTE Confidence: 0.93135077
00:02:03.510 --> 00:02:04.570 Annette and Kelvin
NOTE Confidence: 0.9504904
00:02:05.354 --> 00:02:06.954 wanted to start this. Just
NOTE Confidence: 0.9504904
00:02:06.954 --> 00:02:08.815 giving information to people and
NOTE Confidence: 0.9504904

00:02:08.875 --> 00:02:10.075 and so that not only
NOTE Confidence: 0.9504904

00:02:10.075 --> 00:02:11.275 to give you the information,
NOTE Confidence: 0.9504904

00:02:11.275 --> 00:02:12.235 but that you could use
NOTE Confidence: 0.9504904

00:02:12.235 --> 00:02:13.694 it and and build on,
NOTE Confidence: 0.9564939

00:02:14.395 --> 00:02:15.675 to take yourself and make
NOTE Confidence: 0.9564939

00:02:15.675 --> 00:02:16.955 changes while you do this
NOTE Confidence: 0.9564939

00:02:16.955 --> 00:02:17.455 work.
NOTE Confidence: 0.99841416

00:02:18.875 --> 00:02:19.375 And
NOTE Confidence: 0.9950072

00:02:22.280 --> 00:02:24.540 now I want to do
NOTE Confidence: 0.81904185

00:02:28.280 --> 00:02:29.340 a a land acknowledgement.
NOTE Confidence: 0.9699278

00:02:31.480 --> 00:02:32.680 And so I want to
NOTE Confidence: 0.9699278

00:02:32.680 --> 00:02:34.220 read this brief land acknowledgement
NOTE Confidence: 0.9516332

00:02:35.225 --> 00:02:36.264 and to start by saying
NOTE Confidence: 0.9516332

00:02:36.264 --> 00:02:37.865 that the land acknowledgment is
NOTE Confidence: 0.9516332

00:02:37.865 --> 00:02:38.985 to help those of us
NOTE Confidence: 0.9516332

00:02:38.985 --> 00:02:40.205 non native people

NOTE Confidence: 0.9446497
00:02:40.505 --> 00:02:42.125 remember we are on stolen
NOTE Confidence: 0.9446497
00:02:42.185 --> 00:02:42.685 lands.
NOTE Confidence: 0.97572404
00:02:43.065 --> 00:02:43.945 I am speaking to you
NOTE Confidence: 0.97572404
00:02:43.945 --> 00:02:44.985 from the lands on which
NOTE Confidence: 0.97572404
00:02:44.985 --> 00:02:46.764 I live live and work,
NOTE Confidence: 0.97572404
00:02:46.825 --> 00:02:48.205 now referred to as Connecticut,
NOTE Confidence: 0.9486513
00:02:48.889 --> 00:02:50.190 a land that was unjustly
NOTE Confidence: 0.9486513
00:02:50.330 --> 00:02:50.830 colonized.
NOTE Confidence: 0.9969453
00:02:51.849 --> 00:02:53.450 These are the sacred homelands
NOTE Confidence: 0.9969453
00:02:53.450 --> 00:02:55.370 of descendants of indigenous people
NOTE Confidence: 0.9969453
00:02:55.370 --> 00:02:56.669 who have lived in Connecticut
NOTE Confidence: 0.9969453
00:02:56.810 --> 00:02:58.489 over the past eight thousand
NOTE Confidence: 0.9969453
00:02:58.489 --> 00:02:58.989 years
NOTE Confidence: 0.9085556
00:02:59.370 --> 00:03:01.230 and is the unceded territory
NOTE Confidence: 0.9906804
00:03:01.610 --> 00:03:02.430 of the Quinnipiac,
NOTE Confidence: 0.76315486

00:03:03.395 --> 00:03:03.895 Tunxis,
NOTE Confidence: 0.5399698
00:03:04.435 --> 00:03:04.935 Matabesec,
NOTE Confidence: 0.98173213
00:03:05.395 --> 00:03:05.895 Mohegan,
NOTE Confidence: 0.9608134
00:03:06.195 --> 00:03:07.495 Mashantucket Pequot,
NOTE Confidence: 0.98850083
00:03:08.355 --> 00:03:08.855 Pawtucket,
NOTE Confidence: 0.99069893
00:03:09.315 --> 00:03:10.215 Eastern Pequot,
NOTE Confidence: 0.57527584
00:03:10.915 --> 00:03:11.415 Scatico,
NOTE Confidence: 0.9963522
00:03:12.195 --> 00:03:13.175 Golden Hill,
NOTE Confidence: 0.67233944
00:03:13.555 --> 00:03:14.055 Puckussett,
NOTE Confidence: 0.9777797
00:03:14.514 --> 00:03:15.014 Nipmuc,
NOTE Confidence: 0.9622505
00:03:15.715 --> 00:03:16.375 and Lenape
NOTE Confidence: 0.9503218
00:03:16.675 --> 00:03:17.175 peoples.
NOTE Confidence: 0.99389255
00:03:18.220 --> 00:03:19.900 And forgive me if I
NOTE Confidence: 0.99389255
00:03:19.900 --> 00:03:20.800 pronounce anything
NOTE Confidence: 0.9698335
00:03:21.180 --> 00:03:21.680 incorrectly,
NOTE Confidence: 0.9749924
00:03:22.459 --> 00:03:23.680 who have and continue

NOTE Confidence: 0.9913863

00:03:24.139 --> 00:03:25.819 to store these lands throughout

NOTE Confidence: 0.9913863

00:03:25.819 --> 00:03:26.480 the generations.

NOTE Confidence: 0.99702245

00:03:28.220 --> 00:03:29.580 A final reminder to all

NOTE Confidence: 0.99702245

00:03:29.580 --> 00:03:30.620 of us to put our

NOTE Confidence: 0.99702245

00:03:30.620 --> 00:03:32.220 words into action by spreading

NOTE Confidence: 0.99702245

00:03:32.220 --> 00:03:34.215 awareness of the rich history

NOTE Confidence: 0.8420767

00:03:34.594 --> 00:03:35.734 on just colonization

NOTE Confidence: 0.9635934

00:03:36.114 --> 00:03:36.775 and present

NOTE Confidence: 0.9986582

00:03:37.234 --> 00:03:37.734 inequities

NOTE Confidence: 0.98301524

00:03:38.034 --> 00:03:39.954 and supporting the preservation of

NOTE Confidence: 0.98301524

00:03:39.954 --> 00:03:41.875 indigenous peoples and their cultures

NOTE Confidence: 0.98301524

00:03:41.875 --> 00:03:42.375 everywhere.

NOTE Confidence: 0.7996981

00:03:45.234 --> 00:03:45.635 And,

NOTE Confidence: 0.9922574

00:03:48.770 --> 00:03:49.750 and now we

NOTE Confidence: 0.9071201

00:03:50.210 --> 00:03:51.590 want to have, Calvin.

NOTE Confidence: 0.99168164

00:03:55.250 --> 00:03:56.610 Thank you so much, Misty,
NOTE Confidence: 0.99168164
00:03:56.610 --> 00:03:57.590 you know, for,
NOTE Confidence: 0.9406279
00:03:58.050 --> 00:03:59.730 the land acknowledgment and welcome
NOTE Confidence: 0.9406279
00:03:59.730 --> 00:04:01.395 us, all of us, to
NOTE Confidence: 0.9406279
00:04:01.395 --> 00:04:03.495 this Upward Spiral Summer Summit.
NOTE Confidence: 0.9406279
00:04:03.555 --> 00:04:05.315 And hello. Hello. Hello, everyone.
NOTE Confidence: 0.9406279
00:04:05.315 --> 00:04:06.194 And thank you so much
NOTE Confidence: 0.9406279
00:04:06.194 --> 00:04:07.315 for being here and taking
NOTE Confidence: 0.9406279
00:04:07.315 --> 00:04:08.135 your time out
NOTE Confidence: 0.9689893
00:04:08.435 --> 00:04:10.114 out of your schedules to
NOTE Confidence: 0.9689893
00:04:10.114 --> 00:04:10.614 share,
NOTE Confidence: 0.9923926
00:04:11.474 --> 00:04:12.435 with the wisdom that we're
NOTE Confidence: 0.9923926
00:04:12.435 --> 00:04:13.795 gonna be learning today from
NOTE Confidence: 0.9923926
00:04:13.795 --> 00:04:15.315 Wednesday. So I'm excited to
NOTE Confidence: 0.9923926
00:04:15.315 --> 00:04:15.974 be here.
NOTE Confidence: 0.97455436
00:04:16.319 --> 00:04:17.520 Real quickly, again, my name

NOTE Confidence: 0.97455436
00:04:17.520 --> 00:04:18.560 is Kelvin Young, and I'm
NOTE Confidence: 0.97455436
00:04:18.560 --> 00:04:20.099 a certified sound healer
NOTE Confidence: 0.9311412
00:04:20.479 --> 00:04:21.839 and cofounder of Soul Care
NOTE Confidence: 0.9311412
00:04:21.839 --> 00:04:23.120 Love with my beautiful life
NOTE Confidence: 0.9311412
00:04:23.120 --> 00:04:24.659 partner, Maria Del Carmen.
NOTE Confidence: 0.99356854
00:04:25.039 --> 00:04:26.479 And we have opportunities to
NOTE Confidence: 0.99356854
00:04:26.479 --> 00:04:28.000 offer sound healing sessions to
NOTE Confidence: 0.99356854
00:04:28.000 --> 00:04:29.360 different people from all walks
NOTE Confidence: 0.99356854
00:04:29.360 --> 00:04:30.020 of life,
NOTE Confidence: 0.95880824
00:04:31.205 --> 00:04:32.805 yoga studios and wellness centers
NOTE Confidence: 0.95880824
00:04:32.805 --> 00:04:34.085 throughout the world. But we
NOTE Confidence: 0.95880824
00:04:34.085 --> 00:04:35.365 also go to places where
NOTE Confidence: 0.95880824
00:04:35.365 --> 00:04:36.404 sound healing may not be
NOTE Confidence: 0.95880824
00:04:36.404 --> 00:04:38.245 accessible to many people, such
NOTE Confidence: 0.95880824
00:04:38.245 --> 00:04:40.005 as addiction treatment centers, mental
NOTE Confidence: 0.95880824

00:04:40.005 --> 00:04:41.785 health facilities, prisons, shelters,
NOTE Confidence: 0.95766944

00:04:42.325 --> 00:04:44.290 throughout Connecticut and beyond. I'm
NOTE Confidence: 0.95766944

00:04:44.290 --> 00:04:45.890 also the cofounder of Toivo,
NOTE Confidence: 0.95766944

00:04:45.890 --> 00:04:47.010 which is a a peer
NOTE Confidence: 0.95766944

00:04:47.010 --> 00:04:48.370 run holistic healing center here
NOTE Confidence: 0.95766944

00:04:48.370 --> 00:04:49.430 in Hartford, Connecticut.
NOTE Confidence: 0.9773982

00:04:50.290 --> 00:04:51.650 But most importantly for me,
NOTE Confidence: 0.9773982

00:04:51.650 --> 00:04:52.690 I'm also a person that's
NOTE Confidence: 0.9773982

00:04:52.690 --> 00:04:53.910 in long term recovery,
NOTE Confidence: 0.960079

00:04:54.370 --> 00:04:55.570 which means I haven't used
NOTE Confidence: 0.960079

00:04:55.570 --> 00:04:57.110 alcohol or any other drug
NOTE Confidence: 0.960079

00:04:57.335 --> 00:04:58.214 to deal with my own
NOTE Confidence: 0.960079

00:04:58.214 --> 00:05:00.055 mental emotional distress since March
NOTE Confidence: 0.960079

00:05:00.055 --> 00:05:01.815 six two thousand and nine.
NOTE Confidence: 0.960079

00:05:01.815 --> 00:05:02.775 And Sound Hill has been
NOTE Confidence: 0.960079

00:05:02.775 --> 00:05:03.654 a tool that really helped

NOTE Confidence: 0.960079
00:05:03.654 --> 00:05:05.035 me to sustain my sobriety
NOTE Confidence: 0.960079
00:05:05.335 --> 00:05:07.275 for over fifteen years now.
NOTE Confidence: 0.9873632
00:05:07.654 --> 00:05:08.395 And working,
NOTE Confidence: 0.9188085
00:05:08.775 --> 00:05:09.735 in a peer role in
NOTE Confidence: 0.9188085
00:05:09.735 --> 00:05:11.255 a behavioral health setting for
NOTE Confidence: 0.9188085
00:05:11.255 --> 00:05:12.795 for several years now,
NOTE Confidence: 0.8680706
00:05:13.180 --> 00:05:14.379 I enjoy the work and
NOTE Confidence: 0.8680706
00:05:14.379 --> 00:05:16.080 it is very rewarding work.
NOTE Confidence: 0.9476974
00:05:16.539 --> 00:05:17.660 But if I'm really honest
NOTE Confidence: 0.9476974
00:05:17.660 --> 00:05:19.419 with myself, radically honest with
NOTE Confidence: 0.9476974
00:05:19.419 --> 00:05:21.099 myself, it's very stressful and
NOTE Confidence: 0.9476974
00:05:21.099 --> 00:05:22.560 overwhelming as well too.
NOTE Confidence: 0.9600211
00:05:23.020 --> 00:05:23.900 And part of my work
NOTE Confidence: 0.9600211
00:05:23.900 --> 00:05:25.099 is to really bring these
NOTE Confidence: 0.9600211
00:05:25.099 --> 00:05:26.895 holistic practices to different people,
NOTE Confidence: 0.9600211

00:05:26.895 --> 00:05:28.014 but also to people that
NOTE Confidence: 0.9600211

00:05:28.014 --> 00:05:29.214 work in the peer roles,
NOTE Confidence: 0.9600211

00:05:29.214 --> 00:05:30.275 people like ourselves.
NOTE Confidence: 0.9444032

00:05:30.654 --> 00:05:31.694 And that's one of the
NOTE Confidence: 0.9444032

00:05:31.694 --> 00:05:33.055 the the reasons why we
NOTE Confidence: 0.9444032

00:05:33.055 --> 00:05:33.875 kinda created,
NOTE Confidence: 0.87686837

00:05:34.335 --> 00:05:35.854 Upper Spiro because we wanna
NOTE Confidence: 0.87686837

00:05:35.854 --> 00:05:37.474 give people tools and resources
NOTE Confidence: 0.9646363

00:05:38.014 --> 00:05:38.974 so we could be better
NOTE Confidence: 0.9646363

00:05:38.974 --> 00:05:40.414 equipped. We could be full.
NOTE Confidence: 0.9646363

00:05:40.414 --> 00:05:41.640 We could be present and
NOTE Confidence: 0.9646363

00:05:41.640 --> 00:05:43.160 available for the people that
NOTE Confidence: 0.9646363

00:05:43.160 --> 00:05:44.520 we we serve within our
NOTE Confidence: 0.9646363

00:05:44.520 --> 00:05:46.839 agencies, organizations, neighborhoods, and our
NOTE Confidence: 0.9646363

00:05:46.839 --> 00:05:47.339 communities.
NOTE Confidence: 0.95939237

00:05:48.040 --> 00:05:49.100 And we're gonna

NOTE Confidence: 0.9633541
00:05:49.560 --> 00:05:51.260 offer a little grounding exercise
NOTE Confidence: 0.9633541
00:05:51.400 --> 00:05:53.420 with this Himalayan singing bowl.
NOTE Confidence: 0.92944384
00:05:54.574 --> 00:05:56.095 And during these experiences with
NOTE Confidence: 0.92944384
00:05:56.095 --> 00:05:57.555 sound, I used the Himalayan
NOTE Confidence: 0.92944384
00:05:57.775 --> 00:05:58.595 singing bowl
NOTE Confidence: 0.95057106
00:05:59.135 --> 00:06:00.195 that you see here.
NOTE Confidence: 0.89858717
00:06:00.574 --> 00:06:01.854 But also other tools that
NOTE Confidence: 0.89858717
00:06:01.854 --> 00:06:02.895 I utilize such as the
NOTE Confidence: 0.89858717
00:06:02.895 --> 00:06:04.675 crystal singing bowls, the Himalayan
NOTE Confidence: 0.89858717
00:06:04.735 --> 00:06:05.235 bowls,
NOTE Confidence: 0.99833596
00:06:05.775 --> 00:06:06.514 the gongs,
NOTE Confidence: 0.9514256
00:06:07.214 --> 00:06:07.955 the chime,
NOTE Confidence: 0.9836869
00:06:08.419 --> 00:06:09.699 and different other healing tools
NOTE Confidence: 0.9836869
00:06:09.699 --> 00:06:10.820 to help us to activate
NOTE Confidence: 0.9836869
00:06:10.820 --> 00:06:11.560 and stimulate,
NOTE Confidence: 0.99033386

00:06:12.020 --> 00:06:12.680 the parasympathetic
NOTE Confidence: 0.97909826

00:06:12.980 --> 00:06:13.800 nervous system,
NOTE Confidence: 0.98934823

00:06:14.260 --> 00:06:15.720 also known as the relaxation
NOTE Confidence: 0.98934823

00:06:15.860 --> 00:06:16.900 response, to help us to
NOTE Confidence: 0.98934823

00:06:16.900 --> 00:06:18.100 calm our minds, to relax
NOTE Confidence: 0.98934823

00:06:18.100 --> 00:06:18.760 our bodies,
NOTE Confidence: 0.9527113

00:06:19.139 --> 00:06:20.820 to fill our emotions, because
NOTE Confidence: 0.9527113

00:06:20.820 --> 00:06:22.360 I believe it's so important
NOTE Confidence: 0.95493495

00:06:22.835 --> 00:06:24.195 for us to feel before
NOTE Confidence: 0.95493495

00:06:24.195 --> 00:06:24.935 we heal,
NOTE Confidence: 0.992445

00:06:25.395 --> 00:06:26.595 as well as to nourish
NOTE Confidence: 0.992445

00:06:26.595 --> 00:06:27.335 our souls.
NOTE Confidence: 0.88048124

00:06:27.955 --> 00:06:29.875 And the meditative sounds produced
NOTE Confidence: 0.88048124

00:06:29.875 --> 00:06:31.395 from the different tools that
NOTE Confidence: 0.88048124

00:06:31.395 --> 00:06:32.435 I utilized, such as this
NOTE Confidence: 0.88048124

00:06:32.435 --> 00:06:33.495 Himalayan singapore,

NOTE Confidence: 0.9829099
00:06:34.035 --> 00:06:35.555 it promotes healing from chronic
NOTE Confidence: 0.9829099
00:06:35.555 --> 00:06:36.055 stress,
NOTE Confidence: 0.9986695
00:06:36.360 --> 00:06:36.860 muscle
NOTE Confidence: 0.9746404
00:06:37.320 --> 00:06:38.919 tension, physical pain that I
NOTE Confidence: 0.9746404
00:06:38.919 --> 00:06:39.900 feel in my bodies,
NOTE Confidence: 0.9843856
00:06:40.600 --> 00:06:42.139 feelings of anxiety, depression,
NOTE Confidence: 0.9948567
00:06:42.600 --> 00:06:44.620 post traumatic stress, sleep issues,
NOTE Confidence: 0.97286445
00:06:45.000 --> 00:06:46.440 and different other stress related
NOTE Confidence: 0.97286445
00:06:46.440 --> 00:06:47.880 chronic health conditions that we
NOTE Confidence: 0.97286445
00:06:47.880 --> 00:06:49.245 experience in our lives.
NOTE Confidence: 0.97853684
00:06:50.125 --> 00:06:51.165 All those different types of
NOTE Confidence: 0.97853684
00:06:51.165 --> 00:06:52.685 emotional distresses I just named
NOTE Confidence: 0.97853684
00:06:52.685 --> 00:06:53.485 was the main reason why
NOTE Confidence: 0.97853684
00:06:53.485 --> 00:06:54.525 I reached for the alcohol,
NOTE Confidence: 0.97853684
00:06:54.525 --> 00:06:55.824 the heroin, the cocaine,
NOTE Confidence: 0.9848029

00:06:56.125 --> 00:06:57.565 prescription opioids in the first
NOTE Confidence: 0.9848029

00:06:57.565 --> 00:06:58.065 place.
NOTE Confidence: 0.97516614

00:06:58.525 --> 00:06:59.885 And even though those drugs
NOTE Confidence: 0.97516614

00:06:59.885 --> 00:07:01.324 gave me a temporary sense
NOTE Confidence: 0.97516614

00:07:01.324 --> 00:07:03.085 of relief, it really, really
NOTE Confidence: 0.97516614

00:07:03.085 --> 00:07:04.580 did. But for me and
NOTE Confidence: 0.97516614

00:07:04.580 --> 00:07:05.860 many people like myself, it
NOTE Confidence: 0.97516614

00:07:05.860 --> 00:07:07.400 caused more negative consequences
NOTE Confidence: 0.97874665

00:07:07.860 --> 00:07:09.220 at the end. So that's
NOTE Confidence: 0.97874665

00:07:09.220 --> 00:07:10.180 why I believe it's so
NOTE Confidence: 0.97874665

00:07:10.180 --> 00:07:11.460 important that we find tools
NOTE Confidence: 0.97874665

00:07:11.460 --> 00:07:12.580 and practices to help us
NOTE Confidence: 0.97874665

00:07:12.580 --> 00:07:13.560 to center ourselves,
NOTE Confidence: 0.8966329

00:07:14.020 --> 00:07:16.260 whether we work with, people
NOTE Confidence: 0.8966329

00:07:16.260 --> 00:07:17.300 or we at home and
NOTE Confidence: 0.8966329

00:07:17.300 --> 00:07:18.340 our family, our loved ones

NOTE Confidence: 0.8966329

00:07:18.340 --> 00:07:19.080 in our community,

NOTE Confidence: 0.95194894

00:07:19.474 --> 00:07:20.595 or when we begin to

NOTE Confidence: 0.95194894

00:07:20.595 --> 00:07:22.435 have conversations on webinars like

NOTE Confidence: 0.95194894

00:07:22.435 --> 00:07:22.935 this.

NOTE Confidence: 0.9866466

00:07:23.474 --> 00:07:24.354 So at this time, I

NOTE Confidence: 0.9866466

00:07:24.354 --> 00:07:25.655 invite you to get into

NOTE Confidence: 0.9866466

00:07:25.794 --> 00:07:27.555 a comfortable position, whatever that

NOTE Confidence: 0.9866466

00:07:27.555 --> 00:07:28.514 may mean or look like

NOTE Confidence: 0.9866466

00:07:28.514 --> 00:07:29.254 for you.

NOTE Confidence: 0.9161395

00:07:31.235 --> 00:07:32.115 And now also at this

NOTE Confidence: 0.9161395

00:07:32.115 --> 00:07:32.995 time, I invite you to

NOTE Confidence: 0.9161395

00:07:32.995 --> 00:07:34.275 either close your eyes if

NOTE Confidence: 0.9161395

00:07:34.275 --> 00:07:35.254 you choose to,

NOTE Confidence: 0.96121705

00:07:36.570 --> 00:07:37.290 or you can bring a

NOTE Confidence: 0.96121705

00:07:37.290 --> 00:07:38.729 soft gaze to the floor

NOTE Confidence: 0.96121705

00:07:38.729 --> 00:07:39.790 if you choose to,
NOTE Confidence: 0.94130975
00:07:41.290 --> 00:07:42.169 or you could keep your
NOTE Confidence: 0.94130975
00:07:42.169 --> 00:07:43.930 eyes open. Whatever feels most
NOTE Confidence: 0.94130975
00:07:43.930 --> 00:07:45.790 comfortable and safe for you.
NOTE Confidence: 0.96480626
00:07:46.570 --> 00:07:47.530 I invite you to do
NOTE Confidence: 0.96480626
00:07:47.530 --> 00:07:48.590 so at this moment.
NOTE Confidence: 0.9995531
00:07:50.875 --> 00:07:52.255 As we take this opportunity
NOTE Confidence: 0.99072266
00:07:53.835 --> 00:07:55.355 to check-in with ourselves and
NOTE Confidence: 0.99072266
00:07:55.355 --> 00:07:56.475 to notice how we feel
NOTE Confidence: 0.99072266
00:07:56.475 --> 00:07:57.615 at this very moment.
NOTE Confidence: 0.8550881
00:08:03.050 --> 00:08:04.650 Notice any sensations you may
NOTE Confidence: 0.8550881
00:08:04.650 --> 00:08:06.350 feel within our body,
NOTE Confidence: 0.97102773
00:08:08.490 --> 00:08:09.530 or any thoughts might be
NOTE Confidence: 0.97102773
00:08:09.530 --> 00:08:11.070 coming up to our conscious
NOTE Confidence: 0.97102773
00:08:11.130 --> 00:08:11.630 awareness,
NOTE Confidence: 0.94170356
00:08:13.370 --> 00:08:14.490 or any emotions that might

NOTE Confidence: 0.94170356
00:08:14.490 --> 00:08:15.870 be arising within us.
NOTE Confidence: 0.9969956
00:08:17.664 --> 00:08:18.785 Let's take this time just
NOTE Confidence: 0.9969956
00:08:18.785 --> 00:08:20.085 to notice how we feel
NOTE Confidence: 0.9969956
00:08:20.305 --> 00:08:21.285 in a very loving,
NOTE Confidence: 0.9761304
00:08:21.745 --> 00:08:23.125 compassionate, and nonjudgmental
NOTE Confidence: 0.86575097
00:08:23.585 --> 00:08:24.085 way.
NOTE Confidence: 0.98186284
00:08:25.345 --> 00:08:26.305 Or should I say, let's
NOTE Confidence: 0.98186284
00:08:26.305 --> 00:08:27.505 be mindful of the judgments
NOTE Confidence: 0.98186284
00:08:27.505 --> 00:08:28.565 that do come up
NOTE Confidence: 0.94930446
00:08:28.945 --> 00:08:30.485 during this centering exercise
NOTE Confidence: 0.9992774
00:08:32.730 --> 00:08:34.110 as we take this time
NOTE Confidence: 0.9952546
00:08:34.490 --> 00:08:35.230 to relax,
NOTE Confidence: 0.99161255
00:08:36.570 --> 00:08:38.190 to reset, and to rejuvenate
NOTE Confidence: 0.93121463
00:08:39.770 --> 00:08:40.670 through the transformative
NOTE Confidence: 0.99643445
00:08:41.050 --> 00:08:41.550 powers
NOTE Confidence: 0.98811865

00:08:42.090 --> 00:08:42.910 of sound.
NOTE Confidence: 0.9701275
00:11:13.214 --> 00:11:14.175 And at this time, I
NOTE Confidence: 0.9701275
00:11:14.175 --> 00:11:15.615 invite you to take a
NOTE Confidence: 0.9701275
00:11:15.615 --> 00:11:16.995 nice deep breath in
NOTE Confidence: 0.9635474
00:11:19.134 --> 00:11:20.115 and a long
NOTE Confidence: 0.995896
00:11:20.574 --> 00:11:21.554 breath out.
NOTE Confidence: 0.98763686
00:11:27.400 --> 00:11:28.520 We'll do this two more
NOTE Confidence: 0.98763686
00:11:28.520 --> 00:11:29.800 times. Take a nice deep
NOTE Confidence: 0.98763686
00:11:29.800 --> 00:11:30.620 breath in
NOTE Confidence: 0.95021605
00:11:32.840 --> 00:11:33.820 and a long
NOTE Confidence: 0.99544466
00:11:34.200 --> 00:11:35.100 breath out.
NOTE Confidence: 0.9805923
00:11:40.905 --> 00:11:42.025 One more time. Take a
NOTE Confidence: 0.9805923
00:11:42.025 --> 00:11:43.405 nice deep breath in
NOTE Confidence: 0.9258146
00:11:45.865 --> 00:11:47.965 and a long breath out,
NOTE Confidence: 0.9944413
00:11:51.225 --> 00:11:52.525 releasing any stress,
NOTE Confidence: 0.9994322
00:11:53.990 --> 00:11:54.809 any worry,

NOTE Confidence: 0.90221393
00:11:56.070 --> 00:11:56.970 any anxiety,
NOTE Confidence: 0.9788834
00:11:58.309 --> 00:11:59.750 anything that no longer serve
NOTE Confidence: 0.9788834
00:11:59.750 --> 00:12:00.870 us, we ask for it
NOTE Confidence: 0.9788834
00:12:00.870 --> 00:12:01.610 to be released,
NOTE Confidence: 0.9913005
00:12:02.630 --> 00:12:03.850 and it is so.
NOTE Confidence: 0.98496366
00:12:12.505 --> 00:12:14.184 And when you're ready and
NOTE Confidence: 0.98496366
00:12:14.184 --> 00:12:15.565 only when you're ready,
NOTE Confidence: 0.9951997
00:12:16.265 --> 00:12:17.725 if your eyes are closed,
NOTE Confidence: 0.9985328
00:12:18.585 --> 00:12:20.365 you may open your eyes.
NOTE Confidence: 0.98758805
00:12:21.410 --> 00:12:22.630 Take your time, everyone.
NOTE Confidence: 0.97121364
00:12:29.809 --> 00:12:31.250 Alright. Thank you so much,
NOTE Confidence: 0.97121364
00:12:31.250 --> 00:12:31.750 everyone,
NOTE Confidence: 0.942659
00:12:33.010 --> 00:12:34.870 for participating in this grounding
NOTE Confidence: 0.96054614
00:12:35.595 --> 00:12:36.095 centering
NOTE Confidence: 0.9898533
00:12:36.635 --> 00:12:37.135 exercise.
NOTE Confidence: 0.99458826

00:12:37.675 --> 00:12:38.554 And at this time, I
NOTE Confidence: 0.99458826

00:12:38.554 --> 00:12:39.694 invite you to
NOTE Confidence: 0.8442379

00:12:40.074 --> 00:12:41.194 share in a chat if
NOTE Confidence: 0.8442379

00:12:41.194 --> 00:12:41.855 you like
NOTE Confidence: 0.95623255

00:12:42.714 --> 00:12:44.254 your intention for
NOTE Confidence: 0.99972403

00:12:44.554 --> 00:12:45.375 this webinar.
NOTE Confidence: 0.98997337

00:12:46.154 --> 00:12:47.434 So whatever you like to
NOTE Confidence: 0.98997337

00:12:47.434 --> 00:12:48.475 get out of this webinar
NOTE Confidence: 0.98997337

00:12:48.475 --> 00:12:49.214 with Wednesday,
NOTE Confidence: 0.9797842

00:12:49.675 --> 00:12:51.339 I invite you right now
NOTE Confidence: 0.9797842

00:12:51.339 --> 00:12:52.379 to put it to the
NOTE Confidence: 0.9797842

00:12:52.379 --> 00:12:52.879 chat.
NOTE Confidence: 0.99380547

00:12:53.819 --> 00:12:55.100 So I really do believe
NOTE Confidence: 0.99380547

00:12:55.100 --> 00:12:56.300 it's so important for us
NOTE Confidence: 0.99380547

00:12:56.300 --> 00:12:56.800 to
NOTE Confidence: 0.95425874

00:12:57.259 --> 00:12:58.860 understand what our intention is

NOTE Confidence: 0.95425874
00:12:58.860 --> 00:12:59.980 and whatever we're doing in
NOTE Confidence: 0.95425874
00:12:59.980 --> 00:13:01.740 our lives. You know? And
NOTE Confidence: 0.95425874
00:13:01.740 --> 00:13:02.620 one of the things and
NOTE Confidence: 0.95425874
00:13:02.620 --> 00:13:03.660 goals we wanted to do
NOTE Confidence: 0.95425874
00:13:03.660 --> 00:13:04.319 is really
NOTE Confidence: 0.99554986
00:13:04.635 --> 00:13:05.755 allow people to set their
NOTE Confidence: 0.99554986
00:13:05.755 --> 00:13:07.515 attention for this webinar. So
NOTE Confidence: 0.99554986
00:13:07.515 --> 00:13:08.975 you're more than welcome to
NOTE Confidence: 0.96873844
00:13:09.355 --> 00:13:10.715 share your attention in a
NOTE Confidence: 0.96873844
00:13:10.715 --> 00:13:12.095 chat if you choose to,
NOTE Confidence: 0.99643695
00:13:12.475 --> 00:13:13.675 whatever that may mean or
NOTE Confidence: 0.99643695
00:13:13.675 --> 00:13:14.895 look like for you.
NOTE Confidence: 0.8991765
00:13:21.839 --> 00:13:23.540 Hey, Jacqueline. How you doing?
NOTE Confidence: 0.9968395
00:13:23.920 --> 00:13:25.440 She mentioned showing up with
NOTE Confidence: 0.9968395
00:13:25.440 --> 00:13:27.380 curiosity today. I love that.
NOTE Confidence: 0.9968395

00:13:27.440 --> 00:13:28.339 I love that.
NOTE Confidence: 0.9114723

00:13:28.720 --> 00:13:30.259 Annette said hello, everyone.
NOTE Confidence: 0.9750506

00:13:31.145 --> 00:13:32.345 It's going in fast. I
NOTE Confidence: 0.9750506

00:13:32.345 --> 00:13:33.645 missed it. It says
NOTE Confidence: 0.99826163

00:13:35.145 --> 00:13:37.145 let's see. Okay. Let me
NOTE Confidence: 0.99826163

00:13:37.145 --> 00:13:38.205 go back to
NOTE Confidence: 0.67120105

00:13:41.065 --> 00:13:42.205 let me see.
NOTE Confidence: 0.8866744

00:13:42.665 --> 00:13:43.645 Let's see.
NOTE Confidence: 0.90768

00:13:46.270 --> 00:13:47.790 She said, as an intern
NOTE Confidence: 0.90768

00:13:47.790 --> 00:13:49.150 at Perch, a student at
NOTE Confidence: 0.90768

00:13:49.150 --> 00:13:51.410 Rutgers University and research assistant,
NOTE Confidence: 0.90768

00:13:51.710 --> 00:13:52.690 and my intention
NOTE Confidence: 0.98765486

00:13:53.150 --> 00:13:54.430 for this webinar is to
NOTE Confidence: 0.98765486

00:13:54.430 --> 00:13:56.190 reconnect with self. I love
NOTE Confidence: 0.98765486

00:13:56.190 --> 00:13:57.470 that, and thank you so
NOTE Confidence: 0.98765486

00:13:57.470 --> 00:13:58.850 much for for sharing.

NOTE Confidence: 0.9981613

00:14:00.975 --> 00:14:02.275 And let's see.

NOTE Confidence: 0.96708435

00:14:04.095 --> 00:14:05.615 Janelle said, I am looking

NOTE Confidence: 0.96708435

00:14:05.615 --> 00:14:07.615 forward to learning from everyone

NOTE Confidence: 0.96708435

00:14:07.615 --> 00:14:08.675 today. Yes.

NOTE Confidence: 0.96052176

00:14:09.054 --> 00:14:10.495 I'm Annette Diaz. You mentioned

NOTE Confidence: 0.96052176

00:14:10.495 --> 00:14:11.315 I am also

NOTE Confidence: 0.9526549

00:14:11.695 --> 00:14:13.475 a fellow from Let's Lead.

NOTE Confidence: 0.9526549

00:14:13.535 --> 00:14:14.515 Yes. Yes.

NOTE Confidence: 0.96093434

00:14:17.040 --> 00:14:18.399 And Abby's mentioned I am

NOTE Confidence: 0.96093434

00:14:18.399 --> 00:14:19.839 sober and and work in

NOTE Confidence: 0.96093434

00:14:19.839 --> 00:14:21.279 prevention with kids, and I

NOTE Confidence: 0.96093434

00:14:21.279 --> 00:14:23.519 am an artist. Yes. And

NOTE Confidence: 0.96093434

00:14:23.519 --> 00:14:25.680 Tiffany mentioned honor what comes

NOTE Confidence: 0.96093434

00:14:25.680 --> 00:14:27.360 up in my body, refusing

NOTE Confidence: 0.96093434

00:14:27.360 --> 00:14:29.115 to deny its truth. Yeah.

NOTE Confidence: 0.96093434

00:14:29.115 --> 00:14:30.635 It's my truth. Yes. Thank
NOTE Confidence: 0.96093434

00:14:30.635 --> 00:14:31.835 you so much. And feel
NOTE Confidence: 0.96093434

00:14:31.835 --> 00:14:33.115 free to continue to share
NOTE Confidence: 0.96093434

00:14:33.115 --> 00:14:33.935 your intentions.
NOTE Confidence: 0.8911947

00:14:34.555 --> 00:14:36.475 And I pass it back
NOTE Confidence: 0.8911947

00:14:36.475 --> 00:14:38.475 to, my dear friend and
NOTE Confidence: 0.8911947

00:14:38.475 --> 00:14:40.095 colleague, Mitsy Sky.
NOTE Confidence: 0.9868376

00:14:43.440 --> 00:14:45.120 Thank you, Calvin. That was
NOTE Confidence: 0.9868376

00:14:45.120 --> 00:14:46.260 great. That was relaxing.
NOTE Confidence: 0.9963463

00:14:46.880 --> 00:14:47.840 And now I have the
NOTE Confidence: 0.9963463

00:14:47.840 --> 00:14:50.260 honor of introducing to everyone
NOTE Confidence: 0.9136044

00:14:51.200 --> 00:14:51.700 Wednesday.
NOTE Confidence: 0.753479

00:14:54.240 --> 00:14:55.140 So Wednesday.
NOTE Confidence: 0.92433393

00:14:57.185 --> 00:14:57.905 So I'm a share with
NOTE Confidence: 0.92433393

00:14:57.905 --> 00:14:59.185 you. Wednesday is a trans,
NOTE Confidence: 0.92433393

00:14:59.185 --> 00:15:01.185 non binary art therapist and

NOTE Confidence: 0.92433393
00:15:01.185 --> 00:15:03.185 counselor whose work focuses on
NOTE Confidence: 0.92433393
00:15:03.185 --> 00:15:04.725 gender affirming care,
NOTE Confidence: 0.9723395
00:15:05.505 --> 00:15:06.005 LGBTQA
NOTE Confidence: 0.9678138
00:15:06.705 --> 00:15:08.545 plus issues, and trauma informed
NOTE Confidence: 0.9678138
00:15:08.545 --> 00:15:09.045 care
NOTE Confidence: 0.9484331
00:15:09.720 --> 00:15:11.899 focusing on healing, centered engagement,
NOTE Confidence: 0.9900886
00:15:12.519 --> 00:15:13.500 body justice,
NOTE Confidence: 0.9984112
00:15:13.959 --> 00:15:14.459 intersectional
NOTE Confidence: 0.90894276
00:15:14.760 --> 00:15:16.680 social justice, and eating disorder
NOTE Confidence: 0.90894276
00:15:16.680 --> 00:15:18.540 treatment, equity access.
NOTE Confidence: 0.96301395
00:15:19.399 --> 00:15:21.100 They co own and operate
NOTE Confidence: 0.96301395
00:15:21.160 --> 00:15:23.740 rainbow recovery, providing clinical supervision,
NOTE Confidence: 0.9968544
00:15:24.505 --> 00:15:25.805 consultations, trainings,
NOTE Confidence: 0.98977584
00:15:26.264 --> 00:15:26.764 workshops,
NOTE Confidence: 0.94688165
00:15:27.144 --> 00:15:28.605 and con clinical counseling
NOTE Confidence: 0.9894283

00:15:28.985 --> 00:15:30.345 and art therapy to clients
NOTE Confidence: 0.9894283

00:15:30.345 --> 00:15:32.045 across Connecticut and Pennsylvania.
NOTE Confidence: 0.9260777

00:15:32.824 --> 00:15:34.285 They are also an adjunct
NOTE Confidence: 0.9260777

00:15:34.345 --> 00:15:36.524 professor at Moravian University
NOTE Confidence: 0.98253614

00:15:37.089 --> 00:15:38.450 where they teach mental health
NOTE Confidence: 0.98253614

00:15:38.450 --> 00:15:40.210 counseling and social work courses,
NOTE Confidence: 0.98253614

00:15:40.210 --> 00:15:42.529 including trauma informed care, human
NOTE Confidence: 0.98253614

00:15:42.529 --> 00:15:43.029 sexuality,
NOTE Confidence: 0.9823007

00:15:43.890 --> 00:15:45.830 advanced queer and trans studies,
NOTE Confidence: 0.9823007

00:15:46.050 --> 00:15:48.710 crisis intervention, and telehealth mental
NOTE Confidence: 0.9823007

00:15:48.850 --> 00:15:49.670 health counseling.
NOTE Confidence: 0.97505337

00:15:51.025 --> 00:15:52.805 They have run training consultations
NOTE Confidence: 0.97505337

00:15:52.945 --> 00:15:55.265 and workshops for numerous agencies
NOTE Confidence: 0.97505337

00:15:55.265 --> 00:15:57.025 over the past the last
NOTE Confidence: 0.97505337

00:15:57.025 --> 00:15:58.465 ten plus years, including the
NOTE Confidence: 0.97505337

00:15:58.465 --> 00:16:00.005 American Art Therapy Associations,

NOTE Confidence: 0.9856459

00:16:00.545 --> 00:16:02.465 the National Alliance for Eating

NOTE Confidence: 0.9856459

00:16:02.465 --> 00:16:04.690 Disorders, the Connecticut State Department

NOTE Confidence: 0.9856459

00:16:04.690 --> 00:16:06.050 of Mental Health and Addiction

NOTE Confidence: 0.9856459

00:16:06.050 --> 00:16:06.550 Services,

NOTE Confidence: 0.9783408

00:16:06.850 --> 00:16:09.090 the Connecticut State Department Department

NOTE Confidence: 0.9783408

00:16:09.090 --> 00:16:10.390 of Children and Families,

NOTE Confidence: 0.9988308

00:16:10.770 --> 00:16:12.630 Eastern Connecticut State University,

NOTE Confidence: 0.9691012

00:16:13.330 --> 00:16:15.510 University of New Haven, Alberta's

NOTE Confidence: 0.9691012

00:16:15.650 --> 00:16:17.650 Magnus College, the Museum of

NOTE Confidence: 0.9691012

00:16:17.650 --> 00:16:20.035 Modern Art, Smith College, Fenway

NOTE Confidence: 0.9691012

00:16:20.035 --> 00:16:20.855 Health Collective,

NOTE Confidence: 0.9787993

00:16:21.235 --> 00:16:23.154 the National Association for Social

NOTE Confidence: 0.9787993

00:16:23.154 --> 00:16:25.315 Work, and the Longmore Institute

NOTE Confidence: 0.9787993

00:16:25.315 --> 00:16:27.095 of Disability through San Francisco

NOTE Confidence: 0.9787993

00:16:27.154 --> 00:16:28.055 State University.

NOTE Confidence: 0.9948799

00:16:28.835 --> 00:16:30.435 In their previous clinical work,
NOTE Confidence: 0.9948799

00:16:30.435 --> 00:16:31.875 they founded the country's first
NOTE Confidence: 0.9948799

00:16:31.875 --> 00:16:32.375 LGBTQIA
NOTE Confidence: 0.9569724

00:16:33.770 --> 00:16:35.770 plus eating disorder program and
NOTE Confidence: 0.9569724

00:16:35.770 --> 00:16:37.130 worked to ensure all queer
NOTE Confidence: 0.9569724

00:16:37.130 --> 00:16:39.130 people could access eating disorder
NOTE Confidence: 0.9569724

00:16:39.130 --> 00:16:40.510 care where ninety percent
NOTE Confidence: 0.98765457

00:16:40.890 --> 00:16:42.750 of staff were LGBTQIA
NOTE Confidence: 0.9986662

00:16:43.370 --> 00:16:44.270 plus identifying.
NOTE Confidence: 0.96510994

00:16:45.050 --> 00:16:46.410 They formally served on the
NOTE Confidence: 0.96510994

00:16:46.410 --> 00:16:48.355 board of Project Heal, a
NOTE Confidence: 0.96510994

00:16:48.355 --> 00:16:50.275 nonprofit whose mission is to
NOTE Confidence: 0.96510994

00:16:50.275 --> 00:16:51.975 create treatment, equity,
NOTE Confidence: 0.9050794

00:16:52.915 --> 00:16:54.195 access in the eating disorder
NOTE Confidence: 0.9050794

00:16:54.195 --> 00:16:55.955 field. They were president of
NOTE Confidence: 0.9050794

00:16:55.955 --> 00:16:57.815 the Connecticut Art Therapy Association

NOTE Confidence: 0.9050794

00:16:57.955 --> 00:16:59.315 where they work with Connecticut

NOTE Confidence: 0.9050794

00:16:59.315 --> 00:17:00.055 state legislators

NOTE Confidence: 0.9892076

00:17:01.635 --> 00:17:02.970 to pass the state's first

NOTE Confidence: 0.9892076

00:17:03.050 --> 00:17:05.150 art therapy license, the CLAT.

NOTE Confidence: 0.9973193

00:17:06.169 --> 00:17:08.190 Wednesday's current projects include

NOTE Confidence: 0.9700606

00:17:08.570 --> 00:17:10.090 working with the Connecticut State

NOTE Confidence: 0.9700606

00:17:10.090 --> 00:17:11.450 Department of Mental Health and

NOTE Confidence: 0.9700606

00:17:11.450 --> 00:17:12.510 Addiction Services,

NOTE Confidence: 0.9521348

00:17:12.890 --> 00:17:14.409 a four year grant through

NOTE Confidence: 0.9521348

00:17:14.409 --> 00:17:15.390 BH Care

NOTE Confidence: 0.8698695

00:17:15.825 --> 00:17:17.605 community mental health agency,

NOTE Confidence: 0.9773218

00:17:18.065 --> 00:17:19.445 continued with the Museum

NOTE Confidence: 0.98291796

00:17:19.904 --> 00:17:21.125 of Modern Art,

NOTE Confidence: 0.973233

00:17:21.505 --> 00:17:22.005 GLMA,

NOTE Confidence: 0.9040965

00:17:22.385 --> 00:17:24.465 and the National Association for

NOTE Confidence: 0.9040965

00:17:24.465 --> 00:17:27.044 Social Works queer research symposium.

NOTE Confidence: 0.9921929

00:17:27.664 --> 00:17:28.164 Everyone,

NOTE Confidence: 0.9992578

00:17:28.544 --> 00:17:29.524 it's my pleasure

NOTE Confidence: 0.99120104

00:17:29.825 --> 00:17:31.205 to and please welcome

NOTE Confidence: 0.99833786

00:17:31.720 --> 00:17:32.220 Wednesday.

NOTE Confidence: 0.99926007

00:17:35.320 --> 00:17:35.820 Thanks.

NOTE Confidence: 0.99030966

00:17:36.120 --> 00:17:36.920 Oh, and I look like

NOTE Confidence: 0.99030966

00:17:36.920 --> 00:17:38.200 I'm twenty. That's the best

NOTE Confidence: 0.99030966

00:17:38.200 --> 00:17:39.880 compliment ever. Can I just

NOTE Confidence: 0.99030966

00:17:39.880 --> 00:17:40.760 I just can we talk

NOTE Confidence: 0.99030966

00:17:40.760 --> 00:17:42.040 about that? No. Thank you

NOTE Confidence: 0.99030966

00:17:42.040 --> 00:17:43.960 so much. I'm truly, truly,

NOTE Confidence: 0.99030966

00:17:43.960 --> 00:17:45.240 truly honored to be here

NOTE Confidence: 0.99030966

00:17:45.240 --> 00:17:45.960 with all of you. Every

NOTE Confidence: 0.99030966

00:17:45.960 --> 00:17:47.000 time I hear my bio,

NOTE Confidence: 0.99030966

00:17:47.000 --> 00:17:48.684 I just honestly wanna scream

NOTE Confidence: 0.99030966
00:17:48.684 --> 00:17:49.484 at people. I just really
NOTE Confidence: 0.99030966
00:17:49.484 --> 00:17:50.385 like to talk,
NOTE Confidence: 0.9574819
00:17:53.644 --> 00:17:54.924 and I'm really excited to
NOTE Confidence: 0.9574819
00:17:54.924 --> 00:17:55.965 share this with you all
NOTE Confidence: 0.9574819
00:17:55.965 --> 00:17:56.465 today.
NOTE Confidence: 0.98074186
00:17:57.404 --> 00:17:58.284 I like to think of
NOTE Confidence: 0.98074186
00:17:58.284 --> 00:17:59.725 myself as a therapist second
NOTE Confidence: 0.98074186
00:17:59.725 --> 00:18:01.105 and a human being first.
NOTE Confidence: 0.9993235
00:18:02.060 --> 00:18:03.260 And so it's exciting to
NOTE Confidence: 0.9993235
00:18:03.260 --> 00:18:04.560 be in a space where
NOTE Confidence: 0.996995
00:18:05.100 --> 00:18:06.320 I can just be myself
NOTE Confidence: 0.9847725
00:18:06.780 --> 00:18:07.900 and share some of the
NOTE Confidence: 0.9847725
00:18:07.900 --> 00:18:09.180 clinical knowledge with you, but
NOTE Confidence: 0.9847725
00:18:09.180 --> 00:18:11.100 also share the personal experience,
NOTE Confidence: 0.9847725
00:18:11.100 --> 00:18:12.480 which I think matters most.
NOTE Confidence: 0.97152644

00:18:14.535 --> 00:18:15.734 Should I get started, Vinty?

NOTE Confidence: 0.97152644

00:18:15.734 --> 00:18:16.875 Should I share my screen?

NOTE Confidence: 0.67150986

00:18:17.415 --> 00:18:17.915 Yes.

NOTE Confidence: 0.9679028

00:18:18.695 --> 00:18:19.435 Got it.

NOTE Confidence: 0.99859667

00:18:21.734 --> 00:18:22.234 Alright.

NOTE Confidence: 0.96972275

00:18:25.255 --> 00:18:26.555 So welcome to,

NOTE Confidence: 0.82305205

00:18:27.570 --> 00:18:28.070 body

NOTE Confidence: 0.9457981

00:18:28.690 --> 00:18:30.210 liberation and activist art as

NOTE Confidence: 0.9457981

00:18:30.210 --> 00:18:31.029 self care.

NOTE Confidence: 0.99894893

00:18:31.409 --> 00:18:32.289 This is the love of

NOTE Confidence: 0.99894893

00:18:32.289 --> 00:18:32.950 my life.

NOTE Confidence: 0.96357304

00:18:34.049 --> 00:18:34.929 And so I wanted to

NOTE Confidence: 0.96357304

00:18:34.929 --> 00:18:36.450 start by kind of telling

NOTE Confidence: 0.96357304

00:18:36.450 --> 00:18:37.750 you all a story,

NOTE Confidence: 0.9683093

00:18:38.130 --> 00:18:39.750 my story, and how

NOTE Confidence: 0.98320514

00:18:40.234 --> 00:18:41.835 art became the thing that

NOTE Confidence: 0.98320514
00:18:41.835 --> 00:18:42.875 I always say to people
NOTE Confidence: 0.98320514
00:18:42.875 --> 00:18:43.615 saved me.
NOTE Confidence: 0.9866849
00:18:44.234 --> 00:18:46.335 You're gonna hear throughout this
NOTE Confidence: 0.9866849
00:18:46.395 --> 00:18:47.515 about how I am in
NOTE Confidence: 0.9866849
00:18:47.515 --> 00:18:48.715 long term recovery from an
NOTE Confidence: 0.9866849
00:18:48.715 --> 00:18:49.455 eating disorder.
NOTE Confidence: 0.96237946
00:18:50.555 --> 00:18:52.655 And art was, for me,
NOTE Confidence: 0.9975733
00:18:52.970 --> 00:18:54.090 the reason why I'm able
NOTE Confidence: 0.9975733
00:18:54.090 --> 00:18:55.609 to be myself. And so
NOTE Confidence: 0.9975733
00:18:55.609 --> 00:18:56.990 my story kind of starts
NOTE Confidence: 0.97998786
00:18:57.850 --> 00:18:59.210 in high school, which I
NOTE Confidence: 0.97998786
00:18:59.210 --> 00:19:00.090 know is an awkward time
NOTE Confidence: 0.97998786
00:19:00.090 --> 00:19:01.530 for every human being. I
NOTE Confidence: 0.97998786
00:19:01.530 --> 00:19:02.730 don't think by any means
NOTE Confidence: 0.97998786
00:19:02.730 --> 00:19:04.250 it was just uncomfortable for
NOTE Confidence: 0.97998786

00:19:04.250 --> 00:19:04.750 me.
NOTE Confidence: 0.9986282

00:19:05.465 --> 00:19:06.585 I grew up with a
NOTE Confidence: 0.9986282

00:19:06.585 --> 00:19:08.425 lot of trauma and a
NOTE Confidence: 0.9986282

00:19:08.425 --> 00:19:08.925 lot
NOTE Confidence: 0.9806779

00:19:09.865 --> 00:19:11.225 of disconnect from my body
NOTE Confidence: 0.9806779

00:19:11.225 --> 00:19:12.505 because of trauma, but also
NOTE Confidence: 0.9806779

00:19:12.505 --> 00:19:13.965 the culture that we're in.
NOTE Confidence: 0.9806779

00:19:14.185 --> 00:19:15.225 I'm sure each of you
NOTE Confidence: 0.9806779

00:19:15.225 --> 00:19:16.665 can label many times someone
NOTE Confidence: 0.9806779

00:19:16.665 --> 00:19:17.865 has made a negative comment
NOTE Confidence: 0.9806779

00:19:17.865 --> 00:19:19.145 about your body that you
NOTE Confidence: 0.9806779

00:19:19.145 --> 00:19:20.850 should change your weight, that
NOTE Confidence: 0.9806779

00:19:20.850 --> 00:19:22.550 your hair is not appropriate,
NOTE Confidence: 0.9924271

00:19:23.010 --> 00:19:23.750 that your,
NOTE Confidence: 0.981368

00:19:24.609 --> 00:19:25.730 skin color is a reason
NOTE Confidence: 0.981368

00:19:25.730 --> 00:19:27.330 to be discriminated against, that

NOTE Confidence: 0.981368
00:19:27.330 --> 00:19:28.530 your gender is a problem.
NOTE Confidence: 0.981368
00:19:28.530 --> 00:19:29.809 But something about our bodies
NOTE Confidence: 0.981368
00:19:29.809 --> 00:19:31.410 is always weaponized against us.
NOTE Confidence: 0.981368
00:19:31.410 --> 00:19:32.609 And so I think in
NOTE Confidence: 0.981368
00:19:32.609 --> 00:19:33.970 really formative years when that
NOTE Confidence: 0.981368
00:19:33.970 --> 00:19:35.010 happens to us, it it
NOTE Confidence: 0.981368
00:19:35.010 --> 00:19:35.510 fundamentally
NOTE Confidence: 0.9902365
00:19:35.835 --> 00:19:36.715 changes who we are and
NOTE Confidence: 0.9902365
00:19:36.715 --> 00:19:38.234 how we react to the
NOTE Confidence: 0.9902365
00:19:38.234 --> 00:19:39.515 world. And my reaction was
NOTE Confidence: 0.9902365
00:19:39.515 --> 00:19:40.635 to have an eating disorder
NOTE Confidence: 0.9902365
00:19:40.635 --> 00:19:41.595 and try to be in
NOTE Confidence: 0.9902365
00:19:41.595 --> 00:19:42.095 control.
NOTE Confidence: 0.9961141
00:19:43.914 --> 00:19:44.715 As a result of my
NOTE Confidence: 0.9961141
00:19:44.715 --> 00:19:46.315 eating disorder, I also developed,
NOTE Confidence: 0.9349736

00:19:46.635 --> 00:19:48.234 a chronic illness and therefore
NOTE Confidence: 0.9349736

00:19:48.234 --> 00:19:49.434 medical trauma as a person
NOTE Confidence: 0.9349736

00:19:49.434 --> 00:19:50.975 in a bigger body and
NOTE Confidence: 0.961401

00:19:51.430 --> 00:19:52.550 was really lucky I had
NOTE Confidence: 0.961401

00:19:52.550 --> 00:19:54.470 one really wonderful stable adult,
NOTE Confidence: 0.961401

00:19:54.470 --> 00:19:55.910 my mother, who lived in
NOTE Confidence: 0.961401

00:19:55.910 --> 00:19:57.369 Mexico for many years
NOTE Confidence: 0.9792033

00:19:58.230 --> 00:19:59.430 and introduced me to Frida
NOTE Confidence: 0.9792033

00:19:59.430 --> 00:20:01.270 Kahlo. My two favorite paintings
NOTE Confidence: 0.9792033

00:20:01.270 --> 00:20:02.330 are on the screen.
NOTE Confidence: 0.9922364

00:20:02.710 --> 00:20:03.830 They are my favorite because
NOTE Confidence: 0.9922364

00:20:03.830 --> 00:20:04.550 they were part of her
NOTE Confidence: 0.9922364

00:20:04.550 --> 00:20:06.230 exploration of herself and of
NOTE Confidence: 0.9922364

00:20:06.230 --> 00:20:06.730 gender,
NOTE Confidence: 0.99827576

00:20:07.225 --> 00:20:08.365 which I think is actually
NOTE Confidence: 0.99827576

00:20:08.664 --> 00:20:09.625 the biggest part of my

NOTE Confidence: 0.99827576
00:20:09.625 --> 00:20:11.164 story in this. And
NOTE Confidence: 0.9878441
00:20:11.945 --> 00:20:13.225 I remember her sitting down
NOTE Confidence: 0.9878441
00:20:13.225 --> 00:20:14.345 with me and giving me
NOTE Confidence: 0.9878441
00:20:14.345 --> 00:20:15.784 these books and talking about
NOTE Confidence: 0.9878441
00:20:15.784 --> 00:20:16.984 how Frida Kahlo had had
NOTE Confidence: 0.9878441
00:20:16.984 --> 00:20:18.345 this accident and had been
NOTE Confidence: 0.9878441
00:20:18.345 --> 00:20:19.465 stuck in her bed for
NOTE Confidence: 0.9878441
00:20:19.465 --> 00:20:21.310 years. And the only thing
NOTE Confidence: 0.9878441
00:20:21.310 --> 00:20:22.430 she could paint and draw
NOTE Confidence: 0.9878441
00:20:22.430 --> 00:20:23.950 and stare at was herself
NOTE Confidence: 0.9878441
00:20:23.950 --> 00:20:24.990 with a mirror that they
NOTE Confidence: 0.9878441
00:20:24.990 --> 00:20:26.030 installed at the top of
NOTE Confidence: 0.9878441
00:20:26.030 --> 00:20:26.690 her bed.
NOTE Confidence: 0.96894664
00:20:28.110 --> 00:20:29.230 And that is all she
NOTE Confidence: 0.96894664
00:20:29.230 --> 00:20:31.070 had. Right? Stuck in a
NOTE Confidence: 0.96894664

00:20:31.070 --> 00:20:32.750 time where mobility aids weren't

NOTE Confidence: 0.96894664

00:20:32.750 --> 00:20:34.190 really a thing. Medical science

NOTE Confidence: 0.96894664

00:20:34.190 --> 00:20:35.730 wasn't what it was now.

NOTE Confidence: 0.9856662

00:20:37.145 --> 00:20:38.905 And, you know, living in

NOTE Confidence: 0.9856662

00:20:38.905 --> 00:20:40.365 a time where medical care

NOTE Confidence: 0.9856662

00:20:40.424 --> 00:20:42.265 certainly wasn't what it is

NOTE Confidence: 0.9856662

00:20:42.265 --> 00:20:42.765 now.

NOTE Confidence: 0.9966181

00:20:44.025 --> 00:20:45.784 And she challenged me to

NOTE Confidence: 0.9966181

00:20:45.784 --> 00:20:46.765 find myself

NOTE Confidence: 0.956668

00:20:47.145 --> 00:20:48.605 in in the artwork,

NOTE Confidence: 0.96792483

00:20:49.320 --> 00:20:50.519 And she challenged me to

NOTE Confidence: 0.96792483

00:20:50.519 --> 00:20:51.419 find the connection.

NOTE Confidence: 0.9844329

00:20:52.359 --> 00:20:53.480 And I think in that

NOTE Confidence: 0.9844329

00:20:53.480 --> 00:20:53.980 way,

NOTE Confidence: 0.9985293

00:20:54.359 --> 00:20:55.799 I was really being challenged

NOTE Confidence: 0.9985293

00:20:55.799 --> 00:20:56.700 to find myself

NOTE Confidence: 0.9955402
00:20:57.320 --> 00:20:57.820 without
NOTE Confidence: 0.99782914
00:20:58.119 --> 00:20:59.260 that being said.
NOTE Confidence: 0.9943583
00:21:00.760 --> 00:21:01.875 And the first thing I
NOTE Confidence: 0.9943583
00:21:01.875 --> 00:21:03.315 was always drawn to in
NOTE Confidence: 0.9943583
00:21:03.315 --> 00:21:04.195 this work was the way
NOTE Confidence: 0.9943583
00:21:04.195 --> 00:21:05.234 in which this is a
NOTE Confidence: 0.9943583
00:21:05.234 --> 00:21:06.595 human being that never really
NOTE Confidence: 0.9943583
00:21:06.595 --> 00:21:07.734 apologized for
NOTE Confidence: 0.99948
00:21:08.195 --> 00:21:09.494 her gender, her sexuality,
NOTE Confidence: 0.9988913
00:21:10.035 --> 00:21:11.255 her gender exploration.
NOTE Confidence: 0.99854136
00:21:11.795 --> 00:21:12.295 She
NOTE Confidence: 0.9995457
00:21:12.755 --> 00:21:14.775 had no problem being loud.
NOTE Confidence: 0.999783
00:21:15.340 --> 00:21:16.700 She had no problem being
NOTE Confidence: 0.999783
00:21:16.700 --> 00:21:17.200 honest.
NOTE Confidence: 0.99480635
00:21:17.500 --> 00:21:19.019 She had no problem being
NOTE Confidence: 0.99480635

00:21:19.019 --> 00:21:20.000 herself regardless
NOTE Confidence: 0.96797085

00:21:20.539 --> 00:21:21.899 of the reaction to her,
NOTE Confidence: 0.96797085

00:21:21.899 --> 00:21:22.399 and
NOTE Confidence: 0.9962314

00:21:23.100 --> 00:21:24.460 I wanted to be that
NOTE Confidence: 0.9962314

00:21:24.460 --> 00:21:25.200 so desperately.
NOTE Confidence: 0.97549033

00:21:25.580 --> 00:21:27.179 That seemed so authentic to
NOTE Confidence: 0.97549033

00:21:27.179 --> 00:21:28.080 me. That vulnerability
NOTE Confidence: 0.997402

00:21:28.845 --> 00:21:30.285 felt so real and so
NOTE Confidence: 0.997402

00:21:30.285 --> 00:21:30.785 necessary.
NOTE Confidence: 0.98549795

00:21:33.165 --> 00:21:34.445 And as a result of
NOTE Confidence: 0.98549795

00:21:34.445 --> 00:21:35.965 that, I was able to
NOTE Confidence: 0.98549795

00:21:35.965 --> 00:21:37.405 figure out my own gender
NOTE Confidence: 0.98549795

00:21:37.405 --> 00:21:38.065 and sexuality.
NOTE Confidence: 0.9604831

00:21:39.565 --> 00:21:40.525 And I was able to
NOTE Confidence: 0.9604831

00:21:40.525 --> 00:21:41.405 come out and I was
NOTE Confidence: 0.9604831

00:21:41.405 --> 00:21:42.900 able to step into myself.

NOTE Confidence: 0.9604831
00:21:42.900 --> 00:21:43.880 And it was because
NOTE Confidence: 0.9807086
00:21:44.740 --> 00:21:45.859 I had this person that
NOTE Confidence: 0.9807086
00:21:45.859 --> 00:21:46.740 I could look at, that
NOTE Confidence: 0.9807086
00:21:46.740 --> 00:21:47.460 I could look up to,
NOTE Confidence: 0.9807086
00:21:47.460 --> 00:21:48.600 that wasn't a parent,
NOTE Confidence: 0.99548686
00:21:48.900 --> 00:21:49.859 that wasn't a part of
NOTE Confidence: 0.99548686
00:21:49.859 --> 00:21:51.140 trauma, that was kind of
NOTE Confidence: 0.99548686
00:21:51.140 --> 00:21:51.640 this
NOTE Confidence: 0.993005
00:21:52.020 --> 00:21:53.220 figure floating in the ether.
NOTE Confidence: 0.993005
00:21:53.220 --> 00:21:54.180 She was a real person,
NOTE Confidence: 0.993005
00:21:54.180 --> 00:21:55.060 but it's not as if
NOTE Confidence: 0.993005
00:21:55.060 --> 00:21:56.520 I could interact with her
NOTE Confidence: 0.99249077
00:21:57.005 --> 00:21:58.525 on a daily basis. And
NOTE Confidence: 0.99249077
00:21:58.525 --> 00:22:00.225 so as I immersed myself
NOTE Confidence: 0.99249077
00:22:00.285 --> 00:22:01.185 in her artwork,
NOTE Confidence: 0.9810225

00:22:01.805 --> 00:22:02.685 as I got older, I
NOTE Confidence: 0.9810225

00:22:02.685 --> 00:22:03.885 started to understand all of
NOTE Confidence: 0.9810225

00:22:03.885 --> 00:22:05.645 the different political messages that
NOTE Confidence: 0.9810225

00:22:05.645 --> 00:22:06.525 were in her art, all
NOTE Confidence: 0.9810225

00:22:06.525 --> 00:22:07.725 the activism that her art
NOTE Confidence: 0.9810225

00:22:07.725 --> 00:22:09.265 and the artists around her
NOTE Confidence: 0.9810225

00:22:09.325 --> 00:22:11.060 were saying. So it wasn't
NOTE Confidence: 0.9810225

00:22:11.060 --> 00:22:12.740 just that self exploration. It
NOTE Confidence: 0.9810225

00:22:12.740 --> 00:22:13.940 was actually how do we
NOTE Confidence: 0.9810225

00:22:13.940 --> 00:22:14.680 pick apart
NOTE Confidence: 0.99798775

00:22:16.180 --> 00:22:16.680 the
NOTE Confidence: 0.98217875

00:22:17.460 --> 00:22:19.300 issues in our culture and
NOTE Confidence: 0.98217875

00:22:19.300 --> 00:22:20.980 in our world that cause
NOTE Confidence: 0.98217875

00:22:20.980 --> 00:22:23.355 harm and that contribute, if
NOTE Confidence: 0.98217875

00:22:23.355 --> 00:22:24.955 not cause, the reasons why
NOTE Confidence: 0.98217875

00:22:24.955 --> 00:22:26.075 any of us has an

NOTE Confidence: 0.98217875
00:22:26.075 --> 00:22:28.315 issue, eating disorders, substance abuse,
NOTE Confidence: 0.98217875
00:22:28.315 --> 00:22:29.775 serious mental health issues.
NOTE Confidence: 0.9811041
00:22:30.315 --> 00:22:31.915 Right? And and her paintings
NOTE Confidence: 0.9811041
00:22:31.915 --> 00:22:33.455 actually helped me see that.
NOTE Confidence: 0.98576903
00:22:34.740 --> 00:22:35.940 I think her paintings were
NOTE Confidence: 0.98576903
00:22:35.940 --> 00:22:37.059 the first time that I
NOTE Confidence: 0.98576903
00:22:37.059 --> 00:22:37.559 understood
NOTE Confidence: 0.9845608
00:22:38.340 --> 00:22:39.859 how I both benefited and
NOTE Confidence: 0.9845608
00:22:39.859 --> 00:22:41.160 were harmed by white supremacy,
NOTE Confidence: 0.9573897
00:22:42.260 --> 00:22:44.020 how capitalism has harmed each
NOTE Confidence: 0.9573897
00:22:44.020 --> 00:22:45.240 of us and our bodies.
NOTE Confidence: 0.99713796
00:22:46.420 --> 00:22:47.540 And so that's kind of
NOTE Confidence: 0.99713796
00:22:47.540 --> 00:22:48.040 what
NOTE Confidence: 0.88884044
00:22:48.355 --> 00:22:49.894 today is about is
NOTE Confidence: 0.9795734
00:22:50.274 --> 00:22:51.654 how do we become liberated
NOTE Confidence: 0.98319334

00:22:52.755 --> 00:22:54.034 from the ways in which
NOTE Confidence: 0.98319334

00:22:54.034 --> 00:22:55.075 we have been forced into
NOTE Confidence: 0.98319334

00:22:55.075 --> 00:22:56.595 boxes that our bodies don't
NOTE Confidence: 0.98319334

00:22:56.595 --> 00:22:57.095 belong,
NOTE Confidence: 0.97900724

00:22:57.634 --> 00:22:59.414 and how can we therefore
NOTE Confidence: 0.97900724

00:22:59.475 --> 00:23:01.154 use our own creativity, whether
NOTE Confidence: 0.97900724

00:23:01.154 --> 00:23:02.595 you consider yourself an artist
NOTE Confidence: 0.97900724

00:23:02.595 --> 00:23:03.255 or not,
NOTE Confidence: 0.99826896

00:23:03.799 --> 00:23:04.760 to cope in a world
NOTE Confidence: 0.99826896

00:23:04.760 --> 00:23:06.200 that has no interest in
NOTE Confidence: 0.99826896

00:23:06.200 --> 00:23:07.179 us being here.
NOTE Confidence: 0.98362017

00:23:08.440 --> 00:23:09.400 And I think that's what
NOTE Confidence: 0.98362017

00:23:09.400 --> 00:23:10.679 her art taught me most
NOTE Confidence: 0.98362017

00:23:10.679 --> 00:23:11.559 is that we have to
NOTE Confidence: 0.98362017

00:23:11.559 --> 00:23:12.440 cope in a world that
NOTE Confidence: 0.98362017

00:23:12.440 --> 00:23:13.559 has no interest in us

NOTE Confidence: 0.98362017
00:23:13.559 --> 00:23:15.159 being here because we belong
NOTE Confidence: 0.98362017
00:23:15.159 --> 00:23:15.659 here.
NOTE Confidence: 0.93867475
00:23:17.645 --> 00:23:18.865 Our culture is wrong.
NOTE Confidence: 0.99903464
00:23:20.685 --> 00:23:21.805 And our culture is often
NOTE Confidence: 0.99903464
00:23:21.805 --> 00:23:22.845 the reason why we find
NOTE Confidence: 0.99903464
00:23:22.845 --> 00:23:24.365 ourselves needing to be in
NOTE Confidence: 0.99903464
00:23:24.365 --> 00:23:25.645 positions to get in recovery
NOTE Confidence: 0.99903464
00:23:25.645 --> 00:23:26.625 in the first place.
NOTE Confidence: 0.99682784
00:23:30.410 --> 00:23:32.030 So this is my artwork.
NOTE Confidence: 0.99682784
00:23:32.250 --> 00:23:33.130 Welcome to the things I
NOTE Confidence: 0.99682784
00:23:33.130 --> 00:23:34.170 do while I process who
NOTE Confidence: 0.99682784
00:23:34.170 --> 00:23:34.750 I am
NOTE Confidence: 0.9860007
00:23:35.070 --> 00:23:35.570 as
NOTE Confidence: 0.99436367
00:23:35.890 --> 00:23:36.390 a
NOTE Confidence: 0.999083
00:23:36.710 --> 00:23:37.210 human.
NOTE Confidence: 0.9828197

00:23:37.850 --> 00:23:39.450 So a result of all
NOTE Confidence: 0.9828197

00:23:39.450 --> 00:23:40.670 of that introspection
NOTE Confidence: 0.99600863

00:23:41.134 --> 00:23:42.975 finding myself through art was
NOTE Confidence: 0.99600863

00:23:42.975 --> 00:23:44.254 becoming an art therapist. I
NOTE Confidence: 0.99600863

00:23:44.254 --> 00:23:45.615 tell everyone it's the greatest
NOTE Confidence: 0.99600863

00:23:45.615 --> 00:23:46.494 thing that I think I've
NOTE Confidence: 0.99600863

00:23:46.494 --> 00:23:47.234 ever done
NOTE Confidence: 0.98090136

00:23:47.615 --> 00:23:48.975 for myself. I hope it's
NOTE Confidence: 0.98090136

00:23:48.975 --> 00:23:50.014 great for other people, but,
NOTE Confidence: 0.98090136

00:23:50.014 --> 00:23:51.534 selfishly, it was wonderful for
NOTE Confidence: 0.98090136

00:23:51.534 --> 00:23:52.034 me.
NOTE Confidence: 0.9964901

00:23:53.375 --> 00:23:54.654 And it's because I I
NOTE Confidence: 0.9964901

00:23:54.654 --> 00:23:55.554 learned how
NOTE Confidence: 0.97865385

00:23:56.330 --> 00:23:57.450 to look at this, right,
NOTE Confidence: 0.97865385

00:23:57.450 --> 00:23:58.330 these paintings that are in
NOTE Confidence: 0.97865385

00:23:58.330 --> 00:23:59.470 front of you. And

NOTE Confidence: 0.9924557
00:24:01.050 --> 00:24:02.650 I see the process in
NOTE Confidence: 0.9924557
00:24:02.650 --> 00:24:03.450 a way that I think
NOTE Confidence: 0.9924557
00:24:03.450 --> 00:24:04.670 a lot of people don't.
NOTE Confidence: 0.9915646
00:24:05.530 --> 00:24:06.490 And I've always thought that
NOTE Confidence: 0.9915646
00:24:06.490 --> 00:24:07.770 way. I've always thought outside
NOTE Confidence: 0.9915646
00:24:07.770 --> 00:24:08.650 the box, and this was
NOTE Confidence: 0.9915646
00:24:08.650 --> 00:24:09.310 an opportunity
NOTE Confidence: 0.9954673
00:24:10.475 --> 00:24:11.595 to see that. And a
NOTE Confidence: 0.9954673
00:24:11.595 --> 00:24:13.375 lot of my artwork is
NOTE Confidence: 0.96810454
00:24:13.755 --> 00:24:15.515 very circular and swirling and
NOTE Confidence: 0.96810454
00:24:15.515 --> 00:24:17.195 some more chaotic than others
NOTE Confidence: 0.96810454
00:24:17.195 --> 00:24:18.475 because I think when we
NOTE Confidence: 0.96810454
00:24:18.475 --> 00:24:19.135 are in
NOTE Confidence: 0.9853742
00:24:19.675 --> 00:24:20.955 active recovery and trying to
NOTE Confidence: 0.9853742
00:24:20.955 --> 00:24:21.915 stay there, at least for
NOTE Confidence: 0.9853742

00:24:21.915 --> 00:24:23.070 me with an eating disorder,
NOTE Confidence: 0.9853742

00:24:23.070 --> 00:24:24.270 that's how it feels. There's
NOTE Confidence: 0.9853742

00:24:24.270 --> 00:24:25.630 always this really nice bright
NOTE Confidence: 0.9853742

00:24:25.630 --> 00:24:26.429 light in the middle that
NOTE Confidence: 0.9853742

00:24:26.429 --> 00:24:27.150 I know I can sit
NOTE Confidence: 0.9853742

00:24:27.150 --> 00:24:27.650 in,
NOTE Confidence: 0.9925578

00:24:28.029 --> 00:24:29.390 and the swirl and the
NOTE Confidence: 0.9925578

00:24:29.390 --> 00:24:30.909 chaos and the madness isn't
NOTE Confidence: 0.9925578

00:24:30.909 --> 00:24:31.730 always bad.
NOTE Confidence: 0.9758902

00:24:32.190 --> 00:24:33.789 Right? But it sucks you
NOTE Confidence: 0.9758902

00:24:33.789 --> 00:24:34.289 in,
NOTE Confidence: 0.9728492

00:24:35.315 --> 00:24:36.355 and you have to choose
NOTE Confidence: 0.9728492

00:24:36.355 --> 00:24:37.315 to stay in that light.
NOTE Confidence: 0.9728492

00:24:37.315 --> 00:24:38.195 You have to choose to
NOTE Confidence: 0.9728492

00:24:38.195 --> 00:24:39.234 stay in that spot, and
NOTE Confidence: 0.9728492

00:24:39.234 --> 00:24:40.855 that is a daily hourly

NOTE Confidence: 0.9728492
00:24:40.994 --> 00:24:42.135 by minute decision.
NOTE Confidence: 0.99884254
00:24:42.755 --> 00:24:43.255 And
NOTE Confidence: 0.9567557
00:24:43.715 --> 00:24:44.915 for me personally, I can
NOTE Confidence: 0.9567557
00:24:44.915 --> 00:24:46.595 say, right, we can't not
NOTE Confidence: 0.9567557
00:24:46.595 --> 00:24:47.095 eat.
NOTE Confidence: 0.99981344
00:24:47.870 --> 00:24:49.070 So I have to make
NOTE Confidence: 0.99981344
00:24:49.070 --> 00:24:50.050 recovery choices
NOTE Confidence: 0.96581006
00:24:50.430 --> 00:24:52.270 every meal, every snack, every
NOTE Confidence: 0.96581006
00:24:52.270 --> 00:24:53.470 sip of water. I'm making
NOTE Confidence: 0.96581006
00:24:53.470 --> 00:24:54.990 this active choice to be
NOTE Confidence: 0.96581006
00:24:54.990 --> 00:24:56.590 here because I deserve to
NOTE Confidence: 0.96581006
00:24:56.590 --> 00:24:57.330 be here.
NOTE Confidence: 0.9766785
00:24:57.790 --> 00:24:59.390 Again, because you deserve to
NOTE Confidence: 0.9766785
00:24:59.390 --> 00:25:00.130 be here.
NOTE Confidence: 0.9481059
00:25:01.315 --> 00:25:02.835 And learning that I deserve
NOTE Confidence: 0.9481059

00:25:02.835 --> 00:25:03.655 to be here
NOTE Confidence: 0.98960143

00:25:04.515 --> 00:25:06.915 actually also meant having to
NOTE Confidence: 0.98960143

00:25:06.915 --> 00:25:07.875 unlearn a lot of the
NOTE Confidence: 0.98960143

00:25:07.875 --> 00:25:08.835 things that I was taught
NOTE Confidence: 0.98960143

00:25:08.835 --> 00:25:09.735 about my body.
NOTE Confidence: 0.96589

00:25:11.075 --> 00:25:12.515 I was taught that because
NOTE Confidence: 0.96589

00:25:12.515 --> 00:25:13.395 I was fat, it took
NOTE Confidence: 0.96589

00:25:13.395 --> 00:25:14.535 up too much space,
NOTE Confidence: 0.99958867

00:25:14.850 --> 00:25:15.890 and I had to shrink
NOTE Confidence: 0.99958867

00:25:15.890 --> 00:25:16.390 myself.
NOTE Confidence: 0.9953268

00:25:17.410 --> 00:25:18.609 I was taught that because
NOTE Confidence: 0.9953268

00:25:18.609 --> 00:25:19.730 I had a chronic illness
NOTE Confidence: 0.9953268

00:25:19.730 --> 00:25:21.010 and a disability, I didn't
NOTE Confidence: 0.9953268

00:25:21.010 --> 00:25:22.549 deserve to be in spaces
NOTE Confidence: 0.9953268

00:25:22.609 --> 00:25:23.109 anyway.
NOTE Confidence: 0.9414565

00:25:23.970 --> 00:25:24.470 Right?

NOTE Confidence: 0.999277
00:25:24.770 --> 00:25:26.609 I was taught parts about
NOTE Confidence: 0.999277
00:25:26.609 --> 00:25:28.309 myself that are not changeable.
NOTE Confidence: 0.992342
00:25:29.234 --> 00:25:30.435 Right? We cannot change our
NOTE Confidence: 0.992342
00:25:30.435 --> 00:25:31.715 disability. We cannot change our
NOTE Confidence: 0.992342
00:25:31.715 --> 00:25:33.175 chronic illness. I cannot
NOTE Confidence: 0.9781381
00:25:33.635 --> 00:25:35.155 change my gender, and I
NOTE Confidence: 0.9781381
00:25:35.155 --> 00:25:36.675 can't change that I had
NOTE Confidence: 0.9781381
00:25:36.675 --> 00:25:38.195 an eating disorder. Right? Those
NOTE Confidence: 0.9781381
00:25:38.195 --> 00:25:39.795 are things that I think
NOTE Confidence: 0.9781381
00:25:39.795 --> 00:25:41.234 we often use to discredit
NOTE Confidence: 0.9781381
00:25:41.234 --> 00:25:42.355 and harm each other when
NOTE Confidence: 0.9781381
00:25:42.355 --> 00:25:43.980 that's not, I think, anybody's
NOTE Confidence: 0.9781381
00:25:44.039 --> 00:25:45.019 intention always.
NOTE Confidence: 0.9715921
00:25:47.080 --> 00:25:47.580 And
NOTE Confidence: 0.946184
00:25:47.880 --> 00:25:49.399 I tell everyone it it's
NOTE Confidence: 0.946184

00:25:49.399 --> 00:25:50.200 all of that that led
NOTE Confidence: 0.946184

00:25:50.200 --> 00:25:51.000 me to what I say
NOTE Confidence: 0.946184

00:25:51.000 --> 00:25:52.039 is the coming out again.
NOTE Confidence: 0.946184

00:25:52.039 --> 00:25:52.919 I think coming out is
NOTE Confidence: 0.946184

00:25:52.919 --> 00:25:54.519 a daily process anyway, depending
NOTE Confidence: 0.946184

00:25:54.519 --> 00:25:56.059 upon what space you're in.
NOTE Confidence: 0.98939353

00:25:58.005 --> 00:25:59.445 But my healing and my
NOTE Confidence: 0.98939353

00:25:59.445 --> 00:26:00.484 acceptance of all of the
NOTE Confidence: 0.98939353

00:26:00.484 --> 00:26:02.244 parts of myself that I
NOTE Confidence: 0.98939353

00:26:02.244 --> 00:26:03.685 was constantly told weren't good
NOTE Confidence: 0.98939353

00:26:03.685 --> 00:26:05.225 enough and didn't deserve space,
NOTE Confidence: 0.9938577

00:26:05.685 --> 00:26:06.645 right, when I took that
NOTE Confidence: 0.9938577

00:26:06.645 --> 00:26:07.145 space,
NOTE Confidence: 0.95420384

00:26:07.525 --> 00:26:08.885 I was able to kind
NOTE Confidence: 0.95420384

00:26:08.885 --> 00:26:10.244 of go, cool. I'm also
NOTE Confidence: 0.95420384

00:26:10.244 --> 00:26:11.445 non binary. Now I'm gonna

NOTE Confidence: 0.95420384
00:26:11.445 --> 00:26:12.425 take up more space,
NOTE Confidence: 0.99440616
00:26:13.679 --> 00:26:14.559 and now I'm gonna really
NOTE Confidence: 0.99440616
00:26:14.559 --> 00:26:15.299 be myself.
NOTE Confidence: 0.9967657
00:26:16.000 --> 00:26:16.799 And the more that I
NOTE Confidence: 0.9967657
00:26:16.799 --> 00:26:18.559 was myself, the easier recovery
NOTE Confidence: 0.9967657
00:26:18.559 --> 00:26:19.059 was.
NOTE Confidence: 0.969675
00:26:19.919 --> 00:26:20.960 And to me, that's the
NOTE Confidence: 0.969675
00:26:20.960 --> 00:26:22.559 best part is the more
NOTE Confidence: 0.969675
00:26:22.559 --> 00:26:24.399 vulnerable I am, the more
NOTE Confidence: 0.969675
00:26:24.399 --> 00:26:25.600 honest I am, the more
NOTE Confidence: 0.969675
00:26:25.600 --> 00:26:26.820 authentic I am,
NOTE Confidence: 0.98328674
00:26:28.165 --> 00:26:29.365 the easier it is actually
NOTE Confidence: 0.98328674
00:26:29.365 --> 00:26:30.425 to be to maintain,
NOTE Confidence: 0.9997833
00:26:32.085 --> 00:26:32.965 to be in a space
NOTE Confidence: 0.9997833
00:26:32.965 --> 00:26:33.865 where I can feel
NOTE Confidence: 0.9992825

00:26:35.285 --> 00:26:36.425 good in my life.
NOTE Confidence: 0.9434872

00:26:38.484 --> 00:26:39.225 And in
NOTE Confidence: 0.9993411

00:26:39.525 --> 00:26:40.585 doing that work,
NOTE Confidence: 0.9943485

00:26:41.130 --> 00:26:42.970 I discovered body liberation, and
NOTE Confidence: 0.9943485

00:26:42.970 --> 00:26:44.090 I finally was able to
NOTE Confidence: 0.9943485

00:26:44.090 --> 00:26:44.590 bring
NOTE Confidence: 0.97205627

00:26:44.970 --> 00:26:46.970 art therapy and activism and
NOTE Confidence: 0.97205627

00:26:46.970 --> 00:26:48.330 this healing work kind of
NOTE Confidence: 0.97205627

00:26:48.330 --> 00:26:50.350 together into this space. And
NOTE Confidence: 0.98595566

00:26:50.810 --> 00:26:52.010 I'm really excited to share
NOTE Confidence: 0.98595566

00:26:52.010 --> 00:26:52.830 all with you,
NOTE Confidence: 0.9930672

00:26:53.945 --> 00:26:55.725 what body liberation even means
NOTE Confidence: 0.9930672

00:26:55.945 --> 00:26:57.085 and why it's important.
NOTE Confidence: 0.99577075

00:26:57.385 --> 00:26:57.885 And
NOTE Confidence: 0.99749374

00:26:58.425 --> 00:26:59.625 this is not from the
NOTE Confidence: 0.99749374

00:26:59.625 --> 00:27:01.545 therapeutic perspective. This is for

NOTE Confidence: 0.99749374
00:27:01.545 --> 00:27:02.825 all human beings. I would
NOTE Confidence: 0.99749374
00:27:02.825 --> 00:27:03.865 love it if every single
NOTE Confidence: 0.99749374
00:27:03.865 --> 00:27:05.145 person on the planet just
NOTE Confidence: 0.99749374
00:27:05.145 --> 00:27:05.945 knew what this was so
NOTE Confidence: 0.99749374
00:27:05.945 --> 00:27:06.905 that we could all practice
NOTE Confidence: 0.99749374
00:27:06.905 --> 00:27:07.645 it together.
NOTE Confidence: 0.9982532
00:27:10.090 --> 00:27:11.390 So you're gonna get some
NOTE Confidence: 0.99621296
00:27:11.850 --> 00:27:12.350 definitions.
NOTE Confidence: 0.99892914
00:27:12.810 --> 00:27:13.310 Sorry.
NOTE Confidence: 0.89922404
00:27:14.650 --> 00:27:16.430 So, basically, body liberation,
NOTE Confidence: 0.9922931
00:27:17.290 --> 00:27:18.410 it asks us to use
NOTE Confidence: 0.9922931
00:27:18.410 --> 00:27:19.930 an introspective lens to help
NOTE Confidence: 0.9922931
00:27:19.930 --> 00:27:21.790 us reimagine a world where
NOTE Confidence: 0.984083
00:27:22.285 --> 00:27:24.705 people don't experience systemic oppression
NOTE Confidence: 0.984083
00:27:24.765 --> 00:27:25.725 based on their body or
NOTE Confidence: 0.984083

00:27:25.725 --> 00:27:27.405 their race, their gender ability.
NOTE Confidence: 0.984083

00:27:27.405 --> 00:27:28.205 Right? All of the things
NOTE Confidence: 0.984083

00:27:28.205 --> 00:27:29.105 that we experience.
NOTE Confidence: 0.9974842

00:27:30.045 --> 00:27:30.545 Right?
NOTE Confidence: 0.9919828

00:27:31.484 --> 00:27:32.605 The reason why we have
NOTE Confidence: 0.9919828

00:27:32.605 --> 00:27:33.885 to reimagine is how do
NOTE Confidence: 0.9919828

00:27:33.885 --> 00:27:35.085 you liberate something if you
NOTE Confidence: 0.9919828

00:27:35.085 --> 00:27:36.625 don't understand what you're liberating
NOTE Confidence: 0.9919828

00:27:36.685 --> 00:27:37.425 it from.
NOTE Confidence: 0.9944487

00:27:39.240 --> 00:27:40.760 So my best example to
NOTE Confidence: 0.9944487

00:27:40.760 --> 00:27:42.900 people is, you know, my
NOTE Confidence: 0.9944487

00:27:43.080 --> 00:27:44.440 personally, and it's different for
NOTE Confidence: 0.9944487

00:27:44.440 --> 00:27:45.720 each person. I can only
NOTE Confidence: 0.9944487

00:27:45.720 --> 00:27:46.920 share my own experience. But
NOTE Confidence: 0.9944487

00:27:46.920 --> 00:27:48.360 for me, my eating disorder
NOTE Confidence: 0.9944487

00:27:48.360 --> 00:27:49.160 was a really great way

NOTE Confidence: 0.9944487
00:27:49.160 --> 00:27:50.440 to sublimate and be in
NOTE Confidence: 0.9944487
00:27:50.440 --> 00:27:51.880 control and try to erase
NOTE Confidence: 0.9944487
00:27:51.880 --> 00:27:53.565 as much of those marginalizing
NOTE Confidence: 0.9944487
00:27:53.785 --> 00:27:55.225 factors as possible. Right? If
NOTE Confidence: 0.9944487
00:27:55.225 --> 00:27:56.125 I'm not out
NOTE Confidence: 0.97945136
00:27:56.744 --> 00:27:57.865 and I make my body
NOTE Confidence: 0.97945136
00:27:57.865 --> 00:27:58.685 really small
NOTE Confidence: 0.73843974
00:27:59.305 --> 00:27:59.805 and
NOTE Confidence: 0.9632815
00:28:00.345 --> 00:28:02.105 I therefore feel like it's
NOTE Confidence: 0.9632815
00:28:02.105 --> 00:28:03.484 easier to hide my disability
NOTE Confidence: 0.8917385
00:28:04.025 --> 00:28:05.705 and I'm white, right, I
NOTE Confidence: 0.8917385
00:28:05.705 --> 00:28:06.445 can hide.
NOTE Confidence: 0.9823306
00:28:07.609 --> 00:28:08.970 I can shrink away and
NOTE Confidence: 0.9823306
00:28:08.970 --> 00:28:10.330 hide, and everyone will leave
NOTE Confidence: 0.9823306
00:28:10.330 --> 00:28:11.070 me alone.
NOTE Confidence: 0.9870218

00:28:12.490 --> 00:28:13.609 And I'm sure for all
NOTE Confidence: 0.9870218

00:28:13.609 --> 00:28:14.330 of you, you can think
NOTE Confidence: 0.9870218

00:28:14.330 --> 00:28:15.210 many times in your life
NOTE Confidence: 0.9870218

00:28:15.210 --> 00:28:16.010 where you just wanted to
NOTE Confidence: 0.9870218

00:28:16.010 --> 00:28:16.830 be left alone.
NOTE Confidence: 0.98928636

00:28:17.850 --> 00:28:19.130 I wanted to hide from
NOTE Confidence: 0.98928636

00:28:19.130 --> 00:28:20.355 my trauma. I wanted to
NOTE Confidence: 0.98928636

00:28:20.355 --> 00:28:21.815 hide from my trauma figures.
NOTE Confidence: 0.98928636

00:28:21.875 --> 00:28:22.915 I wanted people to not
NOTE Confidence: 0.98928636

00:28:22.915 --> 00:28:24.434 hurt me anymore. I wanted
NOTE Confidence: 0.98928636

00:28:24.434 --> 00:28:25.075 to be out in the
NOTE Confidence: 0.98928636

00:28:25.075 --> 00:28:26.515 world and have nobody notice
NOTE Confidence: 0.98928636

00:28:26.515 --> 00:28:27.715 me. I'm sure as you're
NOTE Confidence: 0.98928636

00:28:27.715 --> 00:28:28.515 looking at me right now
NOTE Confidence: 0.98928636

00:28:28.515 --> 00:28:29.234 and those of you that
NOTE Confidence: 0.98928636

00:28:29.234 --> 00:28:30.195 have met me in person,

NOTE Confidence: 0.98928636
00:28:30.195 --> 00:28:31.234 I'm very hard to not
NOTE Confidence: 0.98928636
00:28:31.234 --> 00:28:31.734 notice,
NOTE Confidence: 0.9991779
00:28:33.475 --> 00:28:33.975 which
NOTE Confidence: 0.9919322
00:28:34.480 --> 00:28:36.159 to me right? I'm like,
NOTE Confidence: 0.9919322
00:28:36.159 --> 00:28:37.119 this is the result of
NOTE Confidence: 0.9919322
00:28:37.119 --> 00:28:37.940 body liberation
NOTE Confidence: 0.92562264
00:28:38.480 --> 00:28:39.460 to go from
NOTE Confidence: 0.9335971
00:28:40.480 --> 00:28:41.840 I want nobody to see
NOTE Confidence: 0.9335971
00:28:41.840 --> 00:28:42.340 me
NOTE Confidence: 0.86550117
00:28:42.799 --> 00:28:43.299 to
NOTE Confidence: 0.99434185
00:28:43.840 --> 00:28:44.960 I'm going to force you
NOTE Confidence: 0.99434185
00:28:44.960 --> 00:28:45.860 to see me
NOTE Confidence: 0.9987265
00:28:46.495 --> 00:28:47.955 because I deserve that.
NOTE Confidence: 0.98580015
00:28:49.774 --> 00:28:51.135 So part of this is
NOTE Confidence: 0.98580015
00:28:51.135 --> 00:28:52.174 that we talk about when
NOTE Confidence: 0.98580015

00:28:52.174 --> 00:28:54.274 it comes to equity specifically,
NOTE Confidence: 0.97903305

00:28:55.054 --> 00:28:56.914 we can often understand why
NOTE Confidence: 0.97903305

00:28:56.975 --> 00:28:58.515 anti racist, anti misogyny
NOTE Confidence: 0.9933617

00:28:58.890 --> 00:28:59.390 misogynistic
NOTE Confidence: 0.9846925

00:28:59.690 --> 00:29:01.210 lens is vital to a
NOTE Confidence: 0.9846925

00:29:01.210 --> 00:29:02.250 lot of our practice in
NOTE Confidence: 0.9846925

00:29:02.250 --> 00:29:02.830 the world,
NOTE Confidence: 0.9117561

00:29:03.370 --> 00:29:04.970 but body size ability status
NOTE Confidence: 0.9117561

00:29:04.970 --> 00:29:06.570 and even gender expansiveness is
NOTE Confidence: 0.9117561

00:29:06.570 --> 00:29:08.250 still considered a a final
NOTE Confidence: 0.9117561

00:29:08.250 --> 00:29:09.470 frontier in these conversations,
NOTE Confidence: 0.9938509

00:29:10.330 --> 00:29:11.630 which I think is reductive.
NOTE Confidence: 0.9993271

00:29:11.930 --> 00:29:13.070 I think all oppression
NOTE Confidence: 0.9839638

00:29:13.755 --> 00:29:15.515 still isn't addressed the way
NOTE Confidence: 0.9839638

00:29:15.515 --> 00:29:16.955 it needs to be, and
NOTE Confidence: 0.9839638

00:29:16.955 --> 00:29:18.895 body liberation challenges us

NOTE Confidence: 0.98851895
00:29:19.195 --> 00:29:20.395 to not only look at
NOTE Confidence: 0.98851895
00:29:20.395 --> 00:29:21.115 all of these, but to
NOTE Confidence: 0.98851895
00:29:21.115 --> 00:29:22.155 step outside of our own
NOTE Confidence: 0.98851895
00:29:22.155 --> 00:29:23.195 oppression and look at each
NOTE Confidence: 0.98851895
00:29:23.195 --> 00:29:23.695 other's
NOTE Confidence: 0.9763842
00:29:24.235 --> 00:29:25.675 and ask ourselves, if I
NOTE Confidence: 0.9763842
00:29:25.675 --> 00:29:26.955 can liberate myself, how can
NOTE Confidence: 0.9763842
00:29:26.955 --> 00:29:28.415 I help you liberate yourself?
NOTE Confidence: 0.9964398
00:29:29.050 --> 00:29:30.250 I can't change our culture.
NOTE Confidence: 0.9964398
00:29:30.250 --> 00:29:30.890 If I could, it would
NOTE Confidence: 0.9964398
00:29:30.890 --> 00:29:31.870 be done. I promise.
NOTE Confidence: 0.9975549
00:29:33.210 --> 00:29:34.330 But if we can all
NOTE Confidence: 0.9975549
00:29:34.330 --> 00:29:35.230 do this together,
NOTE Confidence: 0.999362
00:29:36.570 --> 00:29:37.930 we can help all the
NOTE Confidence: 0.999362
00:29:37.930 --> 00:29:39.150 people that we all help.
NOTE Confidence: 0.9969204

00:29:40.170 --> 00:29:40.810 Right? And I want you
NOTE Confidence: 0.9969204

00:29:40.810 --> 00:29:41.690 to think of every person
NOTE Confidence: 0.9969204

00:29:41.690 --> 00:29:42.810 that you give peer support
NOTE Confidence: 0.9969204

00:29:42.810 --> 00:29:44.855 to, every person in your
NOTE Confidence: 0.9969204

00:29:44.855 --> 00:29:46.455 family, every person you come
NOTE Confidence: 0.9969204

00:29:46.455 --> 00:29:47.754 across. Right? What
NOTE Confidence: 0.975451

00:29:48.134 --> 00:29:49.174 if they left feeling like
NOTE Confidence: 0.975451

00:29:49.174 --> 00:29:50.054 they were allowed to be
NOTE Confidence: 0.975451

00:29:50.054 --> 00:29:51.174 liberated and they could pass
NOTE Confidence: 0.975451

00:29:51.174 --> 00:29:51.914 that on,
NOTE Confidence: 0.98538804

00:29:53.174 --> 00:29:54.294 that their body was good
NOTE Confidence: 0.98538804

00:29:54.294 --> 00:29:54.794 enough?
NOTE Confidence: 0.98487896

00:29:56.640 --> 00:29:58.160 And that's my favorite thing
NOTE Confidence: 0.98487896

00:29:58.160 --> 00:29:59.040 about my journey and my
NOTE Confidence: 0.98487896

00:29:59.040 --> 00:29:59.840 work is I just want
NOTE Confidence: 0.98487896

00:29:59.840 --> 00:30:00.800 everyone to know their body

NOTE Confidence: 0.98487896
00:30:00.800 --> 00:30:01.540 is good enough.
NOTE Confidence: 0.9782217
00:30:03.040 --> 00:30:04.340 Doesn't have to be perfect.
NOTE Confidence: 0.9782217
00:30:04.640 --> 00:30:05.940 It's not going to be
NOTE Confidence: 0.9931949
00:30:06.320 --> 00:30:07.380 just good enough.
NOTE Confidence: 0.99915934
00:30:11.165 --> 00:30:11.665 So
NOTE Confidence: 0.99904734
00:30:12.365 --> 00:30:13.425 what I appreciate
NOTE Confidence: 0.9756156
00:30:13.725 --> 00:30:14.765 about the idea of body
NOTE Confidence: 0.9756156
00:30:14.765 --> 00:30:16.045 liberation is it asks us
NOTE Confidence: 0.9756156
00:30:16.045 --> 00:30:17.485 to be fully inclusive about
NOTE Confidence: 0.9756156
00:30:17.485 --> 00:30:18.365 all the areas of our
NOTE Confidence: 0.9756156
00:30:18.365 --> 00:30:19.565 bodies and those around us,
NOTE Confidence: 0.9756156
00:30:19.565 --> 00:30:20.445 right, as we as I've
NOTE Confidence: 0.9756156
00:30:20.445 --> 00:30:21.725 said before, all of the
NOTE Confidence: 0.9756156
00:30:21.725 --> 00:30:22.225 things.
NOTE Confidence: 0.9738887
00:30:23.240 --> 00:30:24.600 What I really appreciate it
NOTE Confidence: 0.9738887

00:30:24.680 --> 00:30:25.800 about it the most is
NOTE Confidence: 0.9738887

00:30:25.800 --> 00:30:27.660 it reminds me that capitalism
NOTE Confidence: 0.9738887

00:30:27.800 --> 00:30:29.400 is the reason why we
NOTE Confidence: 0.9738887

00:30:29.400 --> 00:30:30.360 struggle to take care of
NOTE Confidence: 0.9738887

00:30:30.360 --> 00:30:31.640 ourselves and we struggle to
NOTE Confidence: 0.9738887

00:30:31.640 --> 00:30:32.300 be liberated.
NOTE Confidence: 0.98671395

00:30:33.240 --> 00:30:34.280 And I think that's kind
NOTE Confidence: 0.98671395

00:30:34.280 --> 00:30:35.080 of the crux of a
NOTE Confidence: 0.98671395

00:30:35.080 --> 00:30:35.960 lot of things for a
NOTE Confidence: 0.98671395

00:30:35.960 --> 00:30:37.245 lot of us. Right? Like
NOTE Confidence: 0.98671395

00:30:37.325 --> 00:30:38.684 going to treatment is expensive.
NOTE Confidence: 0.98671395

00:30:38.684 --> 00:30:39.405 For any of you that's
NOTE Confidence: 0.98671395

00:30:39.405 --> 00:30:40.445 gone to treatment, it costs
NOTE Confidence: 0.98671395

00:30:40.445 --> 00:30:40.945 money,
NOTE Confidence: 0.9391533

00:30:41.805 --> 00:30:42.705 a lot of money,
NOTE Confidence: 0.9723505

00:30:43.165 --> 00:30:44.845 and insurance costs money, a

NOTE Confidence: 0.9723505
00:30:44.845 --> 00:30:46.525 lot of money. Right? And
NOTE Confidence: 0.9723505
00:30:46.525 --> 00:30:47.325 all of the things that
NOTE Confidence: 0.9723505
00:30:47.325 --> 00:30:48.045 you need to be in
NOTE Confidence: 0.9723505
00:30:48.045 --> 00:30:49.565 the world cost money, a
NOTE Confidence: 0.9723505
00:30:49.565 --> 00:30:50.385 lot of money.
NOTE Confidence: 0.9097627
00:30:52.450 --> 00:30:53.430 This I mean,
NOTE Confidence: 0.9604107
00:30:53.810 --> 00:30:54.370 I know I'm not the
NOTE Confidence: 0.9604107
00:30:54.370 --> 00:30:55.170 only one that has a
NOTE Confidence: 0.9604107
00:30:55.170 --> 00:30:56.210 problem with that. Right? Like,
NOTE Confidence: 0.9604107
00:30:56.210 --> 00:30:57.750 there's a problem with this.
NOTE Confidence: 0.9990554
00:30:59.730 --> 00:31:01.490 To recover and feel liberated
NOTE Confidence: 0.9990554
00:31:01.490 --> 00:31:02.530 and good in your body
NOTE Confidence: 0.9990554
00:31:02.530 --> 00:31:03.910 should not cost you
NOTE Confidence: 0.99837035
00:31:04.505 --> 00:31:05.945 the inability to buy food
NOTE Confidence: 0.99837035
00:31:05.945 --> 00:31:06.585 or to have a home.
NOTE Confidence: 0.99837035

00:31:06.585 --> 00:31:07.085 And
NOTE Confidence: 0.98134446

00:31:08.665 --> 00:31:09.865 when I learned about body
NOTE Confidence: 0.98134446

00:31:09.865 --> 00:31:11.405 liberation, what I really learned
NOTE Confidence: 0.98134446

00:31:11.465 --> 00:31:12.905 is that our our system
NOTE Confidence: 0.98134446

00:31:12.905 --> 00:31:13.945 is not just oppressive of
NOTE Confidence: 0.98134446

00:31:13.945 --> 00:31:15.725 our individual body's factors.
NOTE Confidence: 0.9986917

00:31:16.425 --> 00:31:17.865 It is oppressive to the
NOTE Confidence: 0.9986917

00:31:17.865 --> 00:31:19.145 core of how we access
NOTE Confidence: 0.9986917

00:31:19.145 --> 00:31:20.105 the things we need to
NOTE Confidence: 0.9986917

00:31:20.105 --> 00:31:20.400 be
NOTE Confidence: 0.983283

00:31:22.320 --> 00:31:23.440 okay. We often talk about
NOTE Confidence: 0.983283

00:31:23.440 --> 00:31:25.460 basic needs. Right? Housing, food,
NOTE Confidence: 0.983283

00:31:25.520 --> 00:31:26.020 clothing.
NOTE Confidence: 0.99964297

00:31:27.680 --> 00:31:29.540 What about access to recovery?
NOTE Confidence: 0.9866712

00:31:34.105 --> 00:31:35.304 I can't say how much
NOTE Confidence: 0.9866712

00:31:35.304 --> 00:31:37.945 substance use recovery treatment costs,

NOTE Confidence: 0.9866712
00:31:37.945 --> 00:31:39.065 but in the eating disorder
NOTE Confidence: 0.9866712
00:31:39.065 --> 00:31:40.265 world where I worked in
NOTE Confidence: 0.9866712
00:31:40.265 --> 00:31:41.784 a residential facility, the average
NOTE Confidence: 0.9866712
00:31:41.784 --> 00:31:42.664 cost is one to two
NOTE Confidence: 0.9866712
00:31:42.664 --> 00:31:43.885 thousand dollars a day,
NOTE Confidence: 0.99116004
00:31:44.424 --> 00:31:45.784 and people need ninety days
NOTE Confidence: 0.99116004
00:31:45.784 --> 00:31:46.445 on average.
NOTE Confidence: 0.98888177
00:31:48.380 --> 00:31:50.080 Ninety thousand dollars minimum.
NOTE Confidence: 0.98648024
00:31:51.500 --> 00:31:52.380 So I never went to
NOTE Confidence: 0.98648024
00:31:52.380 --> 00:31:53.419 treatment. I had to figure
NOTE Confidence: 0.98648024
00:31:53.419 --> 00:31:54.220 this out on my own.
NOTE Confidence: 0.98648024
00:31:54.220 --> 00:31:55.340 And I think often when
NOTE Confidence: 0.98648024
00:31:55.340 --> 00:31:56.140 I do this work, I
NOTE Confidence: 0.98648024
00:31:56.140 --> 00:31:57.740 work with people who can't
NOTE Confidence: 0.98648024
00:31:57.740 --> 00:31:58.960 access those things
NOTE Confidence: 0.9571354

00:31:59.340 --> 00:32:00.400 just like I couldn't.
NOTE Confidence: 0.99726856

00:32:01.419 --> 00:32:02.240 And so
NOTE Confidence: 0.9998983

00:32:02.905 --> 00:32:04.285 I had to learn this
NOTE Confidence: 0.98970443

00:32:04.745 --> 00:32:05.785 because I had to figure
NOTE Confidence: 0.98970443

00:32:05.785 --> 00:32:07.145 something else out because the
NOTE Confidence: 0.98970443

00:32:07.145 --> 00:32:08.425 clinical world was not doing
NOTE Confidence: 0.98970443

00:32:08.425 --> 00:32:09.465 it. It's why I'm a
NOTE Confidence: 0.98970443

00:32:09.465 --> 00:32:10.905 big proponent of peers and
NOTE Confidence: 0.98970443

00:32:10.905 --> 00:32:11.645 peer coaching
NOTE Confidence: 0.88201433

00:32:12.265 --> 00:32:12.765 because
NOTE Confidence: 0.99306405

00:32:13.545 --> 00:32:14.684 we need each other.
NOTE Confidence: 0.9888959

00:32:15.630 --> 00:32:17.150 I needed someone, and I'm
NOTE Confidence: 0.9888959

00:32:17.150 --> 00:32:18.270 sure you each needed someone.
NOTE Confidence: 0.9888959

00:32:18.270 --> 00:32:19.390 And when we got someone,
NOTE Confidence: 0.9888959

00:32:19.390 --> 00:32:20.190 now we're able to be
NOTE Confidence: 0.9888959

00:32:20.190 --> 00:32:21.490 someone to somebody else.

NOTE Confidence: 0.99624234
00:32:21.870 --> 00:32:22.830 And for me, that's the
NOTE Confidence: 0.99624234
00:32:22.830 --> 00:32:23.890 beauty of this.
NOTE Confidence: 0.89693147
00:32:28.315 --> 00:32:29.695 So, like, I've been saying,
NOTE Confidence: 0.9638978
00:32:30.235 --> 00:32:31.595 I believe body liberation is
NOTE Confidence: 0.9638978
00:32:31.595 --> 00:32:33.295 what saved me truly.
NOTE Confidence: 0.99936324
00:32:33.915 --> 00:32:34.875 I don't I love my
NOTE Confidence: 0.99936324
00:32:34.875 --> 00:32:35.375 therapist.
NOTE Confidence: 0.9896023
00:32:35.835 --> 00:32:36.715 She's with me to this
NOTE Confidence: 0.9896023
00:32:36.715 --> 00:32:37.595 day. She's not on this
NOTE Confidence: 0.9896023
00:32:37.595 --> 00:32:38.635 call. Thank goodness. If she
NOTE Confidence: 0.9896023
00:32:38.635 --> 00:32:39.755 watches the recording, I love
NOTE Confidence: 0.9896023
00:32:39.755 --> 00:32:40.255 you.
NOTE Confidence: 0.99779993
00:32:40.715 --> 00:32:41.215 And
NOTE Confidence: 0.9912157
00:32:42.310 --> 00:32:43.590 I believe this is this
NOTE Confidence: 0.9912157
00:32:43.590 --> 00:32:44.630 is what saved me because
NOTE Confidence: 0.9912157

00:32:44.630 --> 00:32:45.510 it taught me our culture
NOTE Confidence: 0.9912157

00:32:45.510 --> 00:32:46.630 is wrong about my body
NOTE Confidence: 0.9912157

00:32:46.630 --> 00:32:47.770 and about your body.
NOTE Confidence: 0.9769323

00:32:49.750 --> 00:32:50.390 And I want you to
NOTE Confidence: 0.9769323

00:32:50.390 --> 00:32:51.350 take a moment to breathe
NOTE Confidence: 0.9769323

00:32:51.350 --> 00:32:52.470 and let that sink in.
NOTE Confidence: 0.9769323

00:32:52.470 --> 00:32:52.970 Like,
NOTE Confidence: 0.9688542

00:32:53.750 --> 00:32:55.030 your body is not wrong,
NOTE Confidence: 0.9688542

00:32:55.030 --> 00:32:55.910 but you were told it
NOTE Confidence: 0.9688542

00:32:55.910 --> 00:32:56.790 was because I could make
NOTE Confidence: 0.9688542

00:32:56.790 --> 00:32:57.855 money off of your body
NOTE Confidence: 0.9688542

00:32:57.855 --> 00:32:58.595 feeling wrong.
NOTE Confidence: 0.9994622

00:33:00.655 --> 00:33:02.175 Think of everything you've ever
NOTE Confidence: 0.9994622

00:33:02.175 --> 00:33:02.675 bought
NOTE Confidence: 0.9958767

00:33:04.335 --> 00:33:05.775 to self care and feel
NOTE Confidence: 0.9958767

00:33:05.775 --> 00:33:06.275 good

NOTE Confidence: 0.9913376
00:33:08.255 --> 00:33:09.475 so that you could ignore
NOTE Confidence: 0.9913376
00:33:09.535 --> 00:33:10.655 how you actually felt about
NOTE Confidence: 0.9913376
00:33:10.655 --> 00:33:11.535 your body or in your
NOTE Confidence: 0.9913376
00:33:11.535 --> 00:33:12.035 body.
NOTE Confidence: 0.953277
00:33:14.850 --> 00:33:16.050 I'm, like, literally looking around
NOTE Confidence: 0.953277
00:33:16.050 --> 00:33:16.850 my own room, and I'm
NOTE Confidence: 0.953277
00:33:16.850 --> 00:33:18.290 like, more stuff I have
NOTE Confidence: 0.953277
00:33:18.290 --> 00:33:19.430 to get rid of now.
NOTE Confidence: 0.9976369
00:33:20.610 --> 00:33:21.330 I'm sure if you look
NOTE Confidence: 0.9976369
00:33:21.330 --> 00:33:22.210 around your house at the
NOTE Confidence: 0.9976369
00:33:22.210 --> 00:33:23.170 end of this, you'll see
NOTE Confidence: 0.9976369
00:33:23.170 --> 00:33:23.670 that
NOTE Confidence: 0.9602958
00:33:24.370 --> 00:33:25.570 that doesn't mean everything you
NOTE Confidence: 0.9602958
00:33:25.570 --> 00:33:26.530 do is wrong. It doesn't
NOTE Confidence: 0.9602958
00:33:26.530 --> 00:33:27.410 mean that all of it
NOTE Confidence: 0.9602958

00:33:27.410 --> 00:33:28.610 is wrong. It it just
NOTE Confidence: 0.9602958

00:33:28.610 --> 00:33:30.105 means we are we are
NOTE Confidence: 0.9602958

00:33:30.105 --> 00:33:31.165 constantly tricked.
NOTE Confidence: 0.967669

00:33:33.385 --> 00:33:34.265 And that's why being in
NOTE Confidence: 0.967669

00:33:34.265 --> 00:33:35.225 a body is so hard
NOTE Confidence: 0.967669

00:33:35.225 --> 00:33:36.265 because if you already have
NOTE Confidence: 0.967669

00:33:36.265 --> 00:33:37.465 trauma and you already can't
NOTE Confidence: 0.967669

00:33:37.465 --> 00:33:38.685 access what you need,
NOTE Confidence: 0.9967211

00:33:39.225 --> 00:33:40.265 and now you're told you're
NOTE Confidence: 0.9967211

00:33:40.265 --> 00:33:41.465 wrong all the time, what's
NOTE Confidence: 0.9967211

00:33:41.465 --> 00:33:42.205 gonna happen?
NOTE Confidence: 0.99369854

00:33:43.220 --> 00:33:44.340 And I was really sick
NOTE Confidence: 0.99369854

00:33:44.340 --> 00:33:46.100 of being personally in a
NOTE Confidence: 0.99369854

00:33:46.100 --> 00:33:47.000 space where
NOTE Confidence: 0.99959487

00:33:47.780 --> 00:33:49.380 I felt wrong all the
NOTE Confidence: 0.99959487

00:33:49.380 --> 00:33:49.880 time

NOTE Confidence: 0.99828404
00:33:50.660 --> 00:33:51.940 for existing. None of us
NOTE Confidence: 0.99828404
00:33:51.940 --> 00:33:53.220 should feel wrong for existing.
NOTE Confidence: 0.99828404
00:33:53.220 --> 00:33:54.260 None of us asked to
NOTE Confidence: 0.99828404
00:33:54.260 --> 00:33:55.140 be here in the first
NOTE Confidence: 0.99828404
00:33:55.140 --> 00:33:55.640 place.
NOTE Confidence: 0.9860985
00:33:56.905 --> 00:33:57.945 And like I've been saying,
NOTE Confidence: 0.9860985
00:33:57.945 --> 00:33:58.985 this really taught me how
NOTE Confidence: 0.9860985
00:33:58.985 --> 00:34:00.745 insidious capitalism is and how
NOTE Confidence: 0.9860985
00:34:00.745 --> 00:34:02.025 it's really designed to oppress
NOTE Confidence: 0.9860985
00:34:02.025 --> 00:34:02.525 us
NOTE Confidence: 0.9939436
00:34:03.145 --> 00:34:04.345 until we can't breathe or
NOTE Confidence: 0.9939436
00:34:04.345 --> 00:34:05.085 see ourselves.
NOTE Confidence: 0.9440589
00:34:06.184 --> 00:34:07.145 And I think that that's
NOTE Confidence: 0.9440589
00:34:07.145 --> 00:34:08.765 really important is
NOTE Confidence: 0.97709167
00:34:09.420 --> 00:34:10.780 we we live in a
NOTE Confidence: 0.97709167

00:34:10.780 --> 00:34:11.739 world that if you could
NOTE Confidence: 0.97709167

00:34:11.739 --> 00:34:12.780 see yourself the way I
NOTE Confidence: 0.97709167

00:34:12.780 --> 00:34:13.579 see each of you right
NOTE Confidence: 0.97709167

00:34:13.579 --> 00:34:14.619 now as I, like, scroll
NOTE Confidence: 0.97709167

00:34:14.619 --> 00:34:15.680 through your little pictures.
NOTE Confidence: 0.99040985

00:34:16.300 --> 00:34:17.099 And I could say so
NOTE Confidence: 0.99040985

00:34:17.099 --> 00:34:18.059 many nice things about the
NOTE Confidence: 0.99040985

00:34:18.059 --> 00:34:19.260 faces that I see because
NOTE Confidence: 0.99040985

00:34:19.260 --> 00:34:20.460 I just think every human
NOTE Confidence: 0.99040985

00:34:20.460 --> 00:34:21.760 being is truly amazing.
NOTE Confidence: 0.9785028

00:34:25.125 --> 00:34:26.405 Imagine how much easier life
NOTE Confidence: 0.9785028

00:34:26.405 --> 00:34:27.145 would be.
NOTE Confidence: 0.9544492

00:34:29.285 --> 00:34:30.585 And life's not easy,
NOTE Confidence: 0.9992929

00:34:31.765 --> 00:34:32.725 so I wanted to figure
NOTE Confidence: 0.9992929

00:34:32.725 --> 00:34:33.525 out how to make mine
NOTE Confidence: 0.9992929

00:34:33.525 --> 00:34:34.425 a little easier.

NOTE Confidence: 0.9972476
00:34:35.685 --> 00:34:37.225 And so in this work,
NOTE Confidence: 0.9796182
00:34:37.850 --> 00:34:38.810 I learned a lot about
NOTE Confidence: 0.9796182
00:34:38.810 --> 00:34:40.570 diet culture. For anyone that's
NOTE Confidence: 0.9796182
00:34:40.570 --> 00:34:41.450 heard me talk at, like,
NOTE Confidence: 0.9796182
00:34:41.450 --> 00:34:42.730 more clinical talks, they know
NOTE Confidence: 0.9796182
00:34:42.730 --> 00:34:43.690 that I just will go
NOTE Confidence: 0.9796182
00:34:43.690 --> 00:34:44.570 on and on about this
NOTE Confidence: 0.9796182
00:34:44.570 --> 00:34:45.770 four, six hours if you
NOTE Confidence: 0.9796182
00:34:45.770 --> 00:34:46.430 let me.
NOTE Confidence: 0.97799784
00:34:47.210 --> 00:34:48.810 And this is the clinical
NOTE Confidence: 0.97799784
00:34:48.810 --> 00:34:50.090 definition, but what I basically
NOTE Confidence: 0.97799784
00:34:50.090 --> 00:34:51.285 tell people is diet culture
NOTE Confidence: 0.97799784
00:34:51.285 --> 00:34:52.244 is the thing that tells
NOTE Confidence: 0.97799784
00:34:52.244 --> 00:34:53.125 you that your body is
NOTE Confidence: 0.97799784
00:34:53.125 --> 00:34:54.085 wrong. You buy a thing,
NOTE Confidence: 0.97799784

00:34:54.085 --> 00:34:55.224 it will make you healthy.
NOTE Confidence: 0.97799784

00:34:55.364 --> 00:34:56.325 It will make your body
NOTE Confidence: 0.97799784

00:34:56.325 --> 00:34:57.525 worthy, and everyone will love
NOTE Confidence: 0.97799784

00:34:57.525 --> 00:34:58.744 you and you'll love yourself.
NOTE Confidence: 0.98668516

00:35:00.885 --> 00:35:02.165 Eat the food, take the
NOTE Confidence: 0.98668516

00:35:02.165 --> 00:35:03.844 supplement, do the diet, go
NOTE Confidence: 0.98668516

00:35:03.844 --> 00:35:04.964 to the gym, do the
NOTE Confidence: 0.98668516

00:35:04.964 --> 00:35:05.464 thing.
NOTE Confidence: 0.9618863

00:35:06.110 --> 00:35:07.870 And my favorite part is
NOTE Confidence: 0.9618863

00:35:07.870 --> 00:35:09.250 diet culture is so often
NOTE Confidence: 0.97902995

00:35:10.030 --> 00:35:11.150 sold to us as self
NOTE Confidence: 0.97902995

00:35:11.150 --> 00:35:11.650 care.
NOTE Confidence: 0.99358493

00:35:14.430 --> 00:35:14.930 So
NOTE Confidence: 0.9575634

00:35:16.350 --> 00:35:17.310 you buy the diet pill
NOTE Confidence: 0.9575634

00:35:17.310 --> 00:35:18.530 because you're going to get
NOTE Confidence: 0.9575634

00:35:18.670 --> 00:35:20.030 smaller and healthier and you're

NOTE Confidence: 0.9575634
00:35:20.030 --> 00:35:21.170 taking care of yourself.
NOTE Confidence: 0.8944958
00:35:22.135 --> 00:35:22.635 Right?
NOTE Confidence: 0.98586154
00:35:23.175 --> 00:35:23.895 I think that's kind of
NOTE Confidence: 0.98586154
00:35:23.895 --> 00:35:24.855 the usual thing we come
NOTE Confidence: 0.98586154
00:35:24.855 --> 00:35:25.515 up against.
NOTE Confidence: 0.9735932
00:35:25.975 --> 00:35:27.275 Now I'm also a proponent
NOTE Confidence: 0.9735932
00:35:27.415 --> 00:35:28.855 in bodily autonomy. You do
NOTE Confidence: 0.9735932
00:35:28.855 --> 00:35:29.575 what you want with your
NOTE Confidence: 0.9735932
00:35:29.575 --> 00:35:30.614 body, how you want it.
NOTE Confidence: 0.9735932
00:35:30.614 --> 00:35:32.135 That is absolutely not my
NOTE Confidence: 0.9735932
00:35:32.135 --> 00:35:33.335 business, but I care about
NOTE Confidence: 0.9735932
00:35:33.335 --> 00:35:33.750 you.
NOTE Confidence: 0.98415065
00:35:34.150 --> 00:35:35.270 And I do not think
NOTE Confidence: 0.98415065
00:35:35.270 --> 00:35:36.070 you need to go buy
NOTE Confidence: 0.98415065
00:35:36.070 --> 00:35:37.530 that diet pill in CVS
NOTE Confidence: 0.973209

00:35:37.989 --> 00:35:39.350 or deny yourself the food
NOTE Confidence: 0.973209

00:35:39.350 --> 00:35:40.170 that you want
NOTE Confidence: 0.9932232

00:35:40.469 --> 00:35:42.170 or deny yourself the experience
NOTE Confidence: 0.9932232

00:35:42.230 --> 00:35:43.270 that will make life worth
NOTE Confidence: 0.9932232

00:35:43.270 --> 00:35:43.770 it
NOTE Confidence: 0.8161416

00:35:45.750 --> 00:35:46.250 because
NOTE Confidence: 0.99200755

00:35:46.550 --> 00:35:48.090 a culture told you to.
NOTE Confidence: 0.993151

00:35:49.364 --> 00:35:50.245 I also have a really
NOTE Confidence: 0.993151

00:35:50.245 --> 00:35:51.525 hard time listening, so I
NOTE Confidence: 0.993151

00:35:51.525 --> 00:35:52.645 think our culture was kind
NOTE Confidence: 0.993151

00:35:52.645 --> 00:35:53.685 of screwed when it came
NOTE Confidence: 0.993151

00:35:53.685 --> 00:35:54.825 to me to begin with.
NOTE Confidence: 0.99401003

00:35:58.165 --> 00:35:59.605 So I offer everyone these
NOTE Confidence: 0.99401003

00:35:59.605 --> 00:36:00.885 questions because these are the
NOTE Confidence: 0.99401003

00:36:00.885 --> 00:36:02.725 questions that I used to
NOTE Confidence: 0.99401003

00:36:02.725 --> 00:36:04.520 help myself recover in my

NOTE Confidence: 0.99401003
00:36:04.520 --> 00:36:05.180 own journey.
NOTE Confidence: 0.98182046
00:36:06.680 --> 00:36:07.719 You can have the slides
NOTE Confidence: 0.98182046
00:36:07.719 --> 00:36:08.360 so you can have them.
NOTE Confidence: 0.98182046
00:36:08.360 --> 00:36:09.320 I don't expect you all
NOTE Confidence: 0.98182046
00:36:09.320 --> 00:36:10.280 to sit here and just
NOTE Confidence: 0.98182046
00:36:10.280 --> 00:36:11.340 ponder them now.
NOTE Confidence: 0.98003834
00:36:13.640 --> 00:36:14.520 But the first thing I've
NOTE Confidence: 0.98003834
00:36:14.520 --> 00:36:16.060 always asked myself, especially,
NOTE Confidence: 0.97846776
00:36:17.555 --> 00:36:18.595 in moments, and I know
NOTE Confidence: 0.97846776
00:36:18.595 --> 00:36:19.635 we all have them, these
NOTE Confidence: 0.97846776
00:36:19.635 --> 00:36:20.835 moments where I'm like, I'm
NOTE Confidence: 0.97846776
00:36:20.835 --> 00:36:21.895 not gonna eat today.
NOTE Confidence: 0.95863205
00:36:22.355 --> 00:36:23.875 That's everyone in my life's
NOTE Confidence: 0.95863205
00:36:23.875 --> 00:36:25.555 favorite version of me is
NOTE Confidence: 0.95863205
00:36:25.555 --> 00:36:26.675 the version that wakes up
NOTE Confidence: 0.95863205

00:36:26.675 --> 00:36:27.955 and goes, yesterday felt really

NOTE Confidence: 0.95863205

00:36:27.955 --> 00:36:29.575 traumatic. I'm not doing this.

NOTE Confidence: 0.9435754

00:36:31.260 --> 00:36:32.219 And I have to ask

NOTE Confidence: 0.9435754

00:36:32.219 --> 00:36:33.360 myself how

NOTE Confidence: 0.99827623

00:36:34.060 --> 00:36:35.120 has diet culture

NOTE Confidence: 0.94756126

00:36:35.820 --> 00:36:37.440 and oppression harmed me.

NOTE Confidence: 0.99690133

00:36:38.780 --> 00:36:39.660 I know how it's harmed

NOTE Confidence: 0.99690133

00:36:39.660 --> 00:36:40.300 all of us. I can

NOTE Confidence: 0.99690133

00:36:40.300 --> 00:36:41.100 stand up for all of

NOTE Confidence: 0.99690133

00:36:41.100 --> 00:36:42.140 you, but looking at yourself

NOTE Confidence: 0.99690133

00:36:42.140 --> 00:36:43.120 is often harder.

NOTE Confidence: 0.9723514

00:36:44.685 --> 00:36:46.445 And and my response is

NOTE Confidence: 0.9723514

00:36:46.445 --> 00:36:48.205 often the response most people

NOTE Confidence: 0.9723514

00:36:48.205 --> 00:36:49.165 have, which is it told

NOTE Confidence: 0.9723514

00:36:49.165 --> 00:36:49.965 me I was wrong.

NOTE Confidence: 0.9969516

00:36:51.565 --> 00:36:52.605 And I spent, I think,

NOTE Confidence: 0.9969516
00:36:52.605 --> 00:36:53.725 the first eighteen years of
NOTE Confidence: 0.9969516
00:36:53.725 --> 00:36:54.465 my life
NOTE Confidence: 0.9874077
00:36:55.485 --> 00:36:56.625 chronically suicidal
NOTE Confidence: 0.9971465
00:36:57.380 --> 00:36:58.520 in an eating disorder,
NOTE Confidence: 0.9997194
00:36:58.980 --> 00:37:00.020 unable to connect with who
NOTE Confidence: 0.9997194
00:37:00.020 --> 00:37:00.920 I really was
NOTE Confidence: 0.9731956
00:37:01.460 --> 00:37:02.660 because I felt like my
NOTE Confidence: 0.9731956
00:37:02.660 --> 00:37:03.960 existence was wrong.
NOTE Confidence: 0.99962723
00:37:06.820 --> 00:37:07.960 And I would challenge
NOTE Confidence: 0.99706435
00:37:08.340 --> 00:37:09.780 anybody that comes to anything
NOTE Confidence: 0.99706435
00:37:09.780 --> 00:37:10.660 like this to tell me
NOTE Confidence: 0.99706435
00:37:10.660 --> 00:37:12.120 they've never felt that way.
NOTE Confidence: 0.9762242
00:37:13.635 --> 00:37:14.915 And so when I'm able
NOTE Confidence: 0.9762242
00:37:14.915 --> 00:37:17.155 to tap into the my
NOTE Confidence: 0.9762242
00:37:17.155 --> 00:37:18.375 existence is wrong,
NOTE Confidence: 0.99510527

00:37:19.075 --> 00:37:20.275 I'm able to understand that
NOTE Confidence: 0.99510527

00:37:20.275 --> 00:37:21.155 when I talk about that,
NOTE Confidence: 0.99510527

00:37:21.155 --> 00:37:22.675 I'm talking about my body
NOTE Confidence: 0.99510527

00:37:22.675 --> 00:37:23.875 like that, that my body
NOTE Confidence: 0.99510527

00:37:23.875 --> 00:37:25.094 doesn't belong here.
NOTE Confidence: 0.99226934

00:37:26.520 --> 00:37:27.480 And if my body doesn't
NOTE Confidence: 0.99226934

00:37:27.480 --> 00:37:28.520 belong here, I don't belong
NOTE Confidence: 0.99226934

00:37:28.520 --> 00:37:29.020 here.
NOTE Confidence: 0.9871106

00:37:29.880 --> 00:37:31.340 And then I'm eighteen again.
NOTE Confidence: 0.97533983

00:37:32.680 --> 00:37:33.880 And then I'm active in
NOTE Confidence: 0.97533983

00:37:33.880 --> 00:37:35.480 an eating disorder, and I'm
NOTE Confidence: 0.97533983

00:37:35.480 --> 00:37:37.660 chronically suicidal again, and
NOTE Confidence: 0.999194

00:37:38.280 --> 00:37:39.320 I'm not the person that
NOTE Confidence: 0.999194

00:37:39.320 --> 00:37:40.219 I wanna be.
NOTE Confidence: 0.99928236

00:37:41.935 --> 00:37:43.155 And then I think of
NOTE Confidence: 0.9511581

00:37:43.695 --> 00:37:45.055 the thing that therapists say

NOTE Confidence: 0.9511581
00:37:45.055 --> 00:37:46.175 when they are therapists to
NOTE Confidence: 0.9511581
00:37:46.175 --> 00:37:46.994 other therapists.
NOTE Confidence: 0.99964887
00:37:48.335 --> 00:37:49.295 What would you say to
NOTE Confidence: 0.99964887
00:37:49.295 --> 00:37:50.035 your client
NOTE Confidence: 0.9865069
00:37:50.655 --> 00:37:51.954 if you were your client?
NOTE Confidence: 0.9865069
00:37:52.015 --> 00:37:53.055 Go away. I hate that
NOTE Confidence: 0.9865069
00:37:53.055 --> 00:37:54.195 question. And
NOTE Confidence: 0.99977833
00:37:55.460 --> 00:37:56.420 how would you talk about
NOTE Confidence: 0.99977833
00:37:56.420 --> 00:37:57.160 other people
NOTE Confidence: 0.9935582
00:37:58.980 --> 00:38:00.440 if you were not you?
NOTE Confidence: 0.99605405
00:38:01.140 --> 00:38:02.180 And I would never talk
NOTE Confidence: 0.99605405
00:38:02.180 --> 00:38:03.299 to somebody or about somebody
NOTE Confidence: 0.99605405
00:38:03.299 --> 00:38:04.099 the way I talk about
NOTE Confidence: 0.99605405
00:38:04.099 --> 00:38:05.140 myself. I'm sure that's true
NOTE Confidence: 0.99605405
00:38:05.140 --> 00:38:06.200 for a lot of us.
NOTE Confidence: 0.91486096

00:38:09.035 --> 00:38:09.935 And I'd be
NOTE Confidence: 0.98420393

00:38:10.315 --> 00:38:11.275 asked, how do I judge
NOTE Confidence: 0.98420393

00:38:11.275 --> 00:38:12.715 myself compared to how I
NOTE Confidence: 0.98420393

00:38:12.715 --> 00:38:13.775 judge other people?
NOTE Confidence: 0.996609

00:38:16.155 --> 00:38:17.435 And the lesson I learned
NOTE Confidence: 0.996609

00:38:17.435 --> 00:38:18.315 there is if I don't
NOTE Confidence: 0.996609

00:38:18.315 --> 00:38:19.435 treat my body like it's
NOTE Confidence: 0.996609

00:38:19.435 --> 00:38:20.315 one of you in those
NOTE Confidence: 0.996609

00:38:20.315 --> 00:38:21.695 really difficult times,
NOTE Confidence: 0.9935449

00:38:22.800 --> 00:38:24.260 it's gonna be really bad.
NOTE Confidence: 0.99424076

00:38:25.360 --> 00:38:27.280 So when I love each
NOTE Confidence: 0.99424076

00:38:27.280 --> 00:38:28.320 of you, I also love
NOTE Confidence: 0.99424076

00:38:28.320 --> 00:38:28.820 myself.
NOTE Confidence: 0.96507674

00:38:31.600 --> 00:38:32.719 And that's part of that
NOTE Confidence: 0.96507674

00:38:32.719 --> 00:38:34.320 body liberation is when I
NOTE Confidence: 0.96507674

00:38:34.320 --> 00:38:35.600 love everyone in their bodies

NOTE Confidence: 0.96507674
00:38:35.600 --> 00:38:36.560 around me, I learn to
NOTE Confidence: 0.96507674
00:38:36.560 --> 00:38:37.920 love myself in relation to
NOTE Confidence: 0.96507674
00:38:37.920 --> 00:38:38.735 other people
NOTE Confidence: 0.7822601
00:38:39.275 --> 00:38:39.775 because
NOTE Confidence: 0.9877054
00:38:40.155 --> 00:38:41.435 this cannot be done on
NOTE Confidence: 0.9877054
00:38:41.435 --> 00:38:42.175 its own.
NOTE Confidence: 0.9993811
00:38:45.515 --> 00:38:46.895 And this is where
NOTE Confidence: 0.9932311
00:38:48.795 --> 00:38:49.995 the art and self care
NOTE Confidence: 0.9932311
00:38:49.995 --> 00:38:51.035 and all of these pieces
NOTE Confidence: 0.9932311
00:38:51.035 --> 00:38:52.495 can finally come together.
NOTE Confidence: 0.9982247
00:38:55.969 --> 00:38:56.770 So this is the real
NOTE Confidence: 0.9982247
00:38:56.770 --> 00:38:57.750 love of my life.
NOTE Confidence: 0.9698475
00:38:59.330 --> 00:39:00.290 I love a good piece
NOTE Confidence: 0.9698475
00:39:00.290 --> 00:39:00.849 of art on the side
NOTE Confidence: 0.9698475
00:39:00.849 --> 00:39:01.890 of a building in downtown
NOTE Confidence: 0.9698475

00:39:01.890 --> 00:39:03.170 New Haven that everyone thinks

NOTE Confidence: 0.9698475

00:39:03.170 --> 00:39:04.050 shouldn't be there, but it

NOTE Confidence: 0.9698475

00:39:04.050 --> 00:39:04.950 belongs there.

NOTE Confidence: 0.99743307

00:39:06.785 --> 00:39:07.925 I love those messages.

NOTE Confidence: 0.99830973

00:39:10.145 --> 00:39:10.645 So

NOTE Confidence: 0.9815116

00:39:11.345 --> 00:39:12.465 I'm sure a lot of

NOTE Confidence: 0.9815116

00:39:12.465 --> 00:39:13.905 you can examine yourselves and

NOTE Confidence: 0.9815116

00:39:13.905 --> 00:39:14.864 realize this, but I say

NOTE Confidence: 0.9815116

00:39:14.864 --> 00:39:15.445 to everybody,

NOTE Confidence: 0.9951807

00:39:15.745 --> 00:39:17.265 my body is political, especially

NOTE Confidence: 0.9951807

00:39:17.265 --> 00:39:18.645 in our current political climate.

NOTE Confidence: 0.9666385

00:39:22.290 --> 00:39:23.350 We live in

NOTE Confidence: 0.9817058

00:39:23.650 --> 00:39:25.410 incredibly horrific times where we're

NOTE Confidence: 0.9817058

00:39:25.410 --> 00:39:26.370 all trying to manage some

NOTE Confidence: 0.9817058

00:39:26.370 --> 00:39:27.890 level of recovery and support

NOTE Confidence: 0.9817058

00:39:27.890 --> 00:39:29.410 other people, and we have

NOTE Confidence: 0.9817058
00:39:29.410 --> 00:39:31.090 an election in November. And
NOTE Confidence: 0.9817058
00:39:31.090 --> 00:39:32.290 depending upon who wins will
NOTE Confidence: 0.9817058
00:39:32.290 --> 00:39:33.330 depend upon whether or not
NOTE Confidence: 0.9817058
00:39:33.330 --> 00:39:34.310 I get to live.
NOTE Confidence: 0.9995107
00:39:35.355 --> 00:39:36.235 And it will depend upon
NOTE Confidence: 0.9995107
00:39:36.235 --> 00:39:37.035 whether or not a lot
NOTE Confidence: 0.9995107
00:39:37.035 --> 00:39:38.094 of you get to live.
NOTE Confidence: 0.9941236
00:39:39.195 --> 00:39:40.235 Our bodies are the most
NOTE Confidence: 0.9941236
00:39:40.235 --> 00:39:42.495 political things about us, especially
NOTE Confidence: 0.9941236
00:39:42.635 --> 00:39:44.895 if your identities are really
NOTE Confidence: 0.9737012
00:39:45.515 --> 00:39:46.655 visual for people.
NOTE Confidence: 0.9998561
00:39:47.300 --> 00:39:48.260 And I had to make
NOTE Confidence: 0.9998561
00:39:48.260 --> 00:39:49.560 an intentional choice
NOTE Confidence: 0.97264534
00:39:50.260 --> 00:39:51.460 when I came out and
NOTE Confidence: 0.97264534
00:39:51.460 --> 00:39:52.580 started my own journey in
NOTE Confidence: 0.97264534

00:39:52.580 --> 00:39:53.700 my body about was I
NOTE Confidence: 0.97264534

00:39:53.700 --> 00:39:54.660 going to be this version
NOTE Confidence: 0.97264534

00:39:54.660 --> 00:39:55.700 of me or the version
NOTE Confidence: 0.97264534

00:39:55.700 --> 00:39:56.500 of me that would keep
NOTE Confidence: 0.97264534

00:39:56.500 --> 00:39:57.560 me safe but miserable.
NOTE Confidence: 0.9997689

00:39:58.020 --> 00:39:59.060 And I chose the version
NOTE Confidence: 0.9997689

00:39:59.060 --> 00:40:00.359 of me that was authentic
NOTE Confidence: 0.9929306

00:40:01.075 --> 00:40:02.114 knowing that I was actually
NOTE Confidence: 0.9929306

00:40:02.114 --> 00:40:04.055 making some potentially dangerous choices.
NOTE Confidence: 0.9800175

00:40:04.995 --> 00:40:06.035 And so I don't judge
NOTE Confidence: 0.9800175

00:40:06.035 --> 00:40:07.475 people for and the ways
NOTE Confidence: 0.9800175

00:40:07.475 --> 00:40:08.275 in which we have to
NOTE Confidence: 0.9800175

00:40:08.275 --> 00:40:09.735 hide ourselves to feel safe.
NOTE Confidence: 0.97326607

00:40:10.435 --> 00:40:11.715 However, your body is also
NOTE Confidence: 0.97326607

00:40:11.715 --> 00:40:12.215 political.
NOTE Confidence: 0.9616729

00:40:15.230 --> 00:40:16.830 However, and people hear me

NOTE Confidence: 0.9616729

00:40:16.830 --> 00:40:17.869 say this a lot, we

NOTE Confidence: 0.9616729

00:40:17.869 --> 00:40:19.489 also deserve to be witnessed

NOTE Confidence: 0.9616729

00:40:19.710 --> 00:40:20.849 rather than perceived.

NOTE Confidence: 0.9871462

00:40:23.630 --> 00:40:24.849 And for me,

NOTE Confidence: 0.99877286

00:40:26.325 --> 00:40:27.364 witnessing is the same thing

NOTE Confidence: 0.99877286

00:40:27.364 --> 00:40:28.085 as looking at a piece

NOTE Confidence: 0.99877286

00:40:28.085 --> 00:40:28.964 of art when you look

NOTE Confidence: 0.99877286

00:40:28.964 --> 00:40:29.705 at a person.

NOTE Confidence: 0.9973639

00:40:32.565 --> 00:40:33.844 It's my it honestly, it's

NOTE Confidence: 0.9973639

00:40:33.844 --> 00:40:35.305 my favorite thing to do.

NOTE Confidence: 0.98696065

00:40:37.045 --> 00:40:39.205 Perceived excuse me. Perceived means

NOTE Confidence: 0.98696065

00:40:39.205 --> 00:40:39.705 that

NOTE Confidence: 0.9998083

00:40:40.850 --> 00:40:41.830 I am projecting

NOTE Confidence: 0.98863083

00:40:42.450 --> 00:40:43.730 the story I'm making up

NOTE Confidence: 0.98863083

00:40:43.730 --> 00:40:44.930 in my head about you

NOTE Confidence: 0.98863083

00:40:44.930 --> 00:40:46.210 onto you until I make
NOTE Confidence: 0.98863083

00:40:46.210 --> 00:40:47.730 it true, and then I
NOTE Confidence: 0.98863083

00:40:47.730 --> 00:40:49.190 make a judgment about you.
NOTE Confidence: 0.989396

00:40:49.969 --> 00:40:51.510 But when I witness you,
NOTE Confidence: 0.989396

00:40:51.570 --> 00:40:52.870 you get to just exist
NOTE Confidence: 0.989396

00:40:53.010 --> 00:40:53.989 and be held.
NOTE Confidence: 0.98122555

00:40:55.235 --> 00:40:56.435 And who doesn't want that?
NOTE Confidence: 0.98122555

00:40:56.435 --> 00:40:57.635 Who doesn't wanna be allowed
NOTE Confidence: 0.98122555

00:40:57.635 --> 00:40:58.295 to exist
NOTE Confidence: 0.993515

00:40:59.075 --> 00:40:59.895 and be held?
NOTE Confidence: 0.941076

00:41:01.155 --> 00:41:02.295 We deserve that,
NOTE Confidence: 0.9976943

00:41:02.915 --> 00:41:04.035 and we deserve to be
NOTE Confidence: 0.9976943

00:41:04.035 --> 00:41:04.535 heard.
NOTE Confidence: 0.96978945

00:41:04.835 --> 00:41:05.955 And to me, that's the
NOTE Confidence: 0.96978945

00:41:05.955 --> 00:41:07.315 beautiful thing about spaces like
NOTE Confidence: 0.96978945

00:41:07.315 --> 00:41:08.515 this is you're gonna listen

NOTE Confidence: 0.96978945
00:41:08.515 --> 00:41:09.315 to me talk for a
NOTE Confidence: 0.96978945
00:41:09.315 --> 00:41:11.050 little a little more, and
NOTE Confidence: 0.96978945
00:41:11.050 --> 00:41:12.010 then I wanna hear you
NOTE Confidence: 0.96978945
00:41:12.010 --> 00:41:12.510 talk
NOTE Confidence: 0.96639353
00:41:13.130 --> 00:41:14.170 because you deserve to be
NOTE Confidence: 0.96639353
00:41:14.170 --> 00:41:15.369 heard and your body deserves
NOTE Confidence: 0.96639353
00:41:15.369 --> 00:41:16.349 to be in this space.
NOTE Confidence: 0.9994809
00:41:17.450 --> 00:41:19.150 And I would often argue
NOTE Confidence: 0.9994809
00:41:19.290 --> 00:41:19.790 that
NOTE Confidence: 0.9418703
00:41:20.170 --> 00:41:21.369 we have to force people
NOTE Confidence: 0.9418703
00:41:21.369 --> 00:41:22.410 to see us to unlearn
NOTE Confidence: 0.9418703
00:41:22.410 --> 00:41:24.344 the oppression of this oppression
NOTE Confidence: 0.9418703
00:41:24.344 --> 00:41:25.005 of society
NOTE Confidence: 0.9914128
00:41:25.465 --> 00:41:26.505 that makes us all really
NOTE Confidence: 0.9914128
00:41:26.505 --> 00:41:27.005 unwell.
NOTE Confidence: 0.99532086

00:41:29.065 --> 00:41:29.565 And
NOTE Confidence: 0.998779
00:41:31.465 --> 00:41:32.825 part of my body journey
NOTE Confidence: 0.998779
00:41:32.825 --> 00:41:34.125 with art and activism
NOTE Confidence: 0.9997873
00:41:34.425 --> 00:41:35.325 started when
NOTE Confidence: 0.9880795
00:41:35.890 --> 00:41:36.930 a friend of mine started
NOTE Confidence: 0.9880795
00:41:36.930 --> 00:41:38.050 tattooing, and she gave me
NOTE Confidence: 0.9880795
00:41:38.050 --> 00:41:39.090 this tattoo in honor of
NOTE Confidence: 0.9880795
00:41:39.090 --> 00:41:40.050 my mom. My mom is
NOTE Confidence: 0.9880795
00:41:40.050 --> 00:41:41.090 still alive, but she has
NOTE Confidence: 0.9880795
00:41:41.090 --> 00:41:42.150 dementia, and
NOTE Confidence: 0.98482305
00:41:42.690 --> 00:41:44.530 I almost relapsed really hard
NOTE Confidence: 0.98482305
00:41:44.530 --> 00:41:45.730 when I could no longer
NOTE Confidence: 0.98482305
00:41:45.730 --> 00:41:47.090 have those conversations with her
NOTE Confidence: 0.98482305
00:41:47.090 --> 00:41:48.050 anymore. I get, like, a
NOTE Confidence: 0.98482305
00:41:48.050 --> 00:41:49.010 little teary eyed when I
NOTE Confidence: 0.98482305
00:41:49.010 --> 00:41:49.910 talk about it,

NOTE Confidence: 0.97968984
00:41:51.035 --> 00:41:52.415 because she's my best friend,
NOTE Confidence: 0.97968984
00:41:52.475 --> 00:41:53.614 and I love her.
NOTE Confidence: 0.97873425
00:41:54.315 --> 00:41:55.355 And her body is here,
NOTE Confidence: 0.97873425
00:41:55.355 --> 00:41:56.235 and the version of her
NOTE Confidence: 0.97873425
00:41:56.235 --> 00:41:57.215 isn't. And
NOTE Confidence: 0.9969536
00:41:57.915 --> 00:41:59.215 she gave me this tattoo,
NOTE Confidence: 0.9969536
00:41:59.355 --> 00:42:00.715 and she cried while she
NOTE Confidence: 0.9969536
00:42:00.715 --> 00:42:01.594 was doing it. I cried
NOTE Confidence: 0.9969536
00:42:01.594 --> 00:42:02.635 while she was doing it.
NOTE Confidence: 0.9969536
00:42:02.635 --> 00:42:03.594 It was a very long
NOTE Confidence: 0.9969536
00:42:03.594 --> 00:42:04.094 day.
NOTE Confidence: 0.9995503
00:42:05.930 --> 00:42:06.430 And
NOTE Confidence: 0.979474
00:42:07.289 --> 00:42:08.809 when we were done, she
NOTE Confidence: 0.979474
00:42:08.809 --> 00:42:10.010 said you should write down
NOTE Confidence: 0.979474
00:42:10.010 --> 00:42:10.910 all of the stories
NOTE Confidence: 0.99512595

00:42:11.450 --> 00:42:12.910 that you never wanna forget.
NOTE Confidence: 0.997309

00:42:13.369 --> 00:42:14.650 And as I started writing
NOTE Confidence: 0.997309

00:42:14.650 --> 00:42:16.250 down those stories, she started
NOTE Confidence: 0.997309

00:42:16.250 --> 00:42:17.549 giving me more tattoos.
NOTE Confidence: 0.9849297

00:42:19.594 --> 00:42:20.954 My body is every story
NOTE Confidence: 0.9849297

00:42:20.954 --> 00:42:22.015 that's ever mattered,
NOTE Confidence: 0.9974232

00:42:24.234 --> 00:42:25.434 and I needed that. I
NOTE Confidence: 0.9974232

00:42:25.434 --> 00:42:26.635 don't think everybody needs that.
NOTE Confidence: 0.9974232

00:42:26.635 --> 00:42:27.755 I needed that as an
NOTE Confidence: 0.9974232

00:42:27.755 --> 00:42:29.194 artist, as an art activist,
NOTE Confidence: 0.9974232

00:42:29.194 --> 00:42:30.474 as an art therapist. I
NOTE Confidence: 0.9974232

00:42:30.474 --> 00:42:31.694 I needed to know
NOTE Confidence: 0.99447566

00:42:32.450 --> 00:42:33.490 that no matter what happened
NOTE Confidence: 0.99447566

00:42:33.490 --> 00:42:34.450 to me, those stories were
NOTE Confidence: 0.99447566

00:42:34.450 --> 00:42:35.250 always going to be with
NOTE Confidence: 0.99447566

00:42:35.250 --> 00:42:35.890 me in the way that

NOTE Confidence: 0.99447566
00:42:35.890 --> 00:42:37.030 I wanted them to.
NOTE Confidence: 0.9985634
00:42:37.490 --> 00:42:38.290 And I think we each
NOTE Confidence: 0.9985634
00:42:38.290 --> 00:42:39.250 get to make meaning of
NOTE Confidence: 0.9985634
00:42:39.250 --> 00:42:40.210 how we want that to
NOTE Confidence: 0.9985634
00:42:40.210 --> 00:42:40.710 look.
NOTE Confidence: 0.9952531
00:42:45.265 --> 00:42:46.165 Part of why
NOTE Confidence: 0.9941113
00:42:46.625 --> 00:42:47.985 I really think that art
NOTE Confidence: 0.9941113
00:42:47.985 --> 00:42:49.665 is political is because it
NOTE Confidence: 0.9941113
00:42:49.665 --> 00:42:51.025 documents our narrative and our
NOTE Confidence: 0.9941113
00:42:51.025 --> 00:42:52.165 culture and our experiences.
NOTE Confidence: 0.9739674
00:42:55.425 --> 00:42:56.465 World War two is always
NOTE Confidence: 0.9739674
00:42:56.465 --> 00:42:57.505 my favorite example as a
NOTE Confidence: 0.9739674
00:42:57.505 --> 00:42:58.405 Jewish person
NOTE Confidence: 0.9966183
00:43:00.510 --> 00:43:01.710 and as a queer person
NOTE Confidence: 0.9966183
00:43:01.710 --> 00:43:03.170 and as a disabled person
NOTE Confidence: 0.9317957

00:43:04.430 --> 00:43:04.930 because,
NOTE Confidence: 0.9983127

00:43:05.230 --> 00:43:05.969 you know,
NOTE Confidence: 0.99084204

00:43:06.270 --> 00:43:07.250 World War two.
NOTE Confidence: 0.99968445

00:43:07.950 --> 00:43:09.170 So one of the
NOTE Confidence: 0.99937373

00:43:09.710 --> 00:43:10.210 missions
NOTE Confidence: 0.99325395

00:43:10.670 --> 00:43:11.790 of the Nazis was to
NOTE Confidence: 0.99325395

00:43:11.790 --> 00:43:12.830 actually go around and collect
NOTE Confidence: 0.99325395

00:43:12.830 --> 00:43:13.870 all of the artwork that
NOTE Confidence: 0.99325395

00:43:13.870 --> 00:43:15.705 would document culture and not
NOTE Confidence: 0.99325395

00:43:15.705 --> 00:43:17.005 just Jewish culture,
NOTE Confidence: 0.98805875

00:43:17.625 --> 00:43:19.545 culture of anybody that wasn't
NOTE Confidence: 0.98805875

00:43:19.545 --> 00:43:21.165 white and queer culture
NOTE Confidence: 0.89282274

00:43:21.545 --> 00:43:22.605 and have it burned.
NOTE Confidence: 0.9667185

00:43:23.385 --> 00:43:25.065 Because once you burn art,
NOTE Confidence: 0.9667185

00:43:25.065 --> 00:43:26.045 you burn culture.
NOTE Confidence: 0.9773081

00:43:27.625 --> 00:43:28.845 And it was not successful.

NOTE Confidence: 0.98439187
00:43:34.260 --> 00:43:35.300 And this is why there
NOTE Confidence: 0.98439187
00:43:35.300 --> 00:43:36.900 was this movement that changed
NOTE Confidence: 0.98439187
00:43:36.900 --> 00:43:37.780 in the art world where
NOTE Confidence: 0.98439187
00:43:37.780 --> 00:43:38.819 it was no longer, how
NOTE Confidence: 0.98439187
00:43:38.819 --> 00:43:39.619 do I learn to paint
NOTE Confidence: 0.98439187
00:43:39.619 --> 00:43:40.280 a person?
NOTE Confidence: 0.9966359
00:43:41.460 --> 00:43:42.500 I never learned to paint
NOTE Confidence: 0.9966359
00:43:42.500 --> 00:43:43.300 a person. I have no
NOTE Confidence: 0.9966359
00:43:43.300 --> 00:43:44.599 desire to paint you.
NOTE Confidence: 0.98066115
00:43:45.585 --> 00:43:46.785 I can't make you any
NOTE Confidence: 0.98066115
00:43:46.785 --> 00:43:47.925 better than you are,
NOTE Confidence: 0.99578696
00:43:48.625 --> 00:43:49.984 but I can make art
NOTE Confidence: 0.99578696
00:43:49.984 --> 00:43:50.484 that
NOTE Confidence: 0.99943185
00:43:50.785 --> 00:43:52.085 is a visual representation
NOTE Confidence: 0.9928387
00:43:52.465 --> 00:43:53.744 of something that makes you
NOTE Confidence: 0.9928387

00:43:53.744 --> 00:43:54.244 think.

NOTE Confidence: 0.9793203

00:43:55.905 --> 00:43:56.705 And so I did a

NOTE Confidence: 0.9793203

00:43:56.705 --> 00:43:57.905 lot of research on this.

NOTE Confidence: 0.9793203

00:43:57.905 --> 00:43:58.945 I really cared about this

NOTE Confidence: 0.9793203

00:43:58.945 --> 00:43:59.984 very deeply. And so when

NOTE Confidence: 0.9793203

00:43:59.984 --> 00:44:00.705 I was in school to

NOTE Confidence: 0.9793203

00:44:00.705 --> 00:44:02.040 become an art therapist, I

NOTE Confidence: 0.9793203

00:44:02.040 --> 00:44:02.540 researched

NOTE Confidence: 0.96062493

00:44:03.239 --> 00:44:04.860 political art making specifically

NOTE Confidence: 0.9819496

00:44:05.160 --> 00:44:05.960 for those of us that

NOTE Confidence: 0.9819496

00:44:05.960 --> 00:44:07.080 do this work, whether you're

NOTE Confidence: 0.9819496

00:44:07.080 --> 00:44:08.680 a therapist or a peer

NOTE Confidence: 0.9819496

00:44:08.680 --> 00:44:09.900 mentor or a coach.

NOTE Confidence: 0.9485775

00:44:10.360 --> 00:44:11.480 Right? But, like, if we

NOTE Confidence: 0.9485775

00:44:11.480 --> 00:44:13.180 all experience burnout and compassion

NOTE Confidence: 0.9634941

00:44:13.560 --> 00:44:15.080 fatigue and vicarious trauma, how

NOTE Confidence: 0.9634941
00:44:15.080 --> 00:44:16.219 do we care for ourselves?
NOTE Confidence: 0.9994628
00:44:17.325 --> 00:44:18.364 How do we manage that?
NOTE Confidence: 0.9994628
00:44:18.364 --> 00:44:19.344 That's hard.
NOTE Confidence: 0.9907882
00:44:19.885 --> 00:44:20.844 I don't know about you
NOTE Confidence: 0.9907882
00:44:20.844 --> 00:44:21.645 all, but I will sit
NOTE Confidence: 0.9907882
00:44:21.645 --> 00:44:23.165 with people whose stories are
NOTE Confidence: 0.9907882
00:44:23.165 --> 00:44:24.925 so similar to mine. It's
NOTE Confidence: 0.9907882
00:44:24.925 --> 00:44:26.765 like watching myself suffer from
NOTE Confidence: 0.9907882
00:44:26.765 --> 00:44:27.425 the outside,
NOTE Confidence: 0.99500227
00:44:27.964 --> 00:44:29.165 and that can be really
NOTE Confidence: 0.99500227
00:44:29.165 --> 00:44:29.665 difficult.
NOTE Confidence: 0.99818385
00:44:30.765 --> 00:44:31.585 And so
NOTE Confidence: 0.99981964
00:44:32.580 --> 00:44:33.860 I wanted to find a
NOTE Confidence: 0.99981964
00:44:33.860 --> 00:44:35.080 way to
NOTE Confidence: 0.9841138
00:44:36.180 --> 00:44:37.540 both survive and heal and
NOTE Confidence: 0.9841138

00:44:37.540 --> 00:44:38.739 help others do the same.
NOTE Confidence: 0.9841138

00:44:38.739 --> 00:44:39.880 And so I began
NOTE Confidence: 0.9956497

00:44:40.420 --> 00:44:41.940 searching for political artists and
NOTE Confidence: 0.9956497

00:44:41.940 --> 00:44:43.540 their messages and witnessing their
NOTE Confidence: 0.9956497

00:44:43.540 --> 00:44:44.040 process
NOTE Confidence: 0.9858519

00:44:44.844 --> 00:44:45.885 and then came up with
NOTE Confidence: 0.9858519

00:44:45.885 --> 00:44:47.085 my own protocol and ran
NOTE Confidence: 0.9858519

00:44:47.085 --> 00:44:48.125 a research study, and I
NOTE Confidence: 0.9858519

00:44:48.125 --> 00:44:49.185 proved that it works.
NOTE Confidence: 0.87779933

00:44:49.805 --> 00:44:50.925 Happy to send anybody the
NOTE Confidence: 0.87779933

00:44:50.925 --> 00:44:52.625 article, but I proved artworks.
NOTE Confidence: 0.996924

00:44:53.085 --> 00:44:55.005 Political art will be part
NOTE Confidence: 0.996924

00:44:55.005 --> 00:44:56.445 of your self care, and
NOTE Confidence: 0.996924

00:44:56.445 --> 00:44:57.885 you will be able to
NOTE Confidence: 0.996924

00:44:57.885 --> 00:44:59.405 have less vicarious trauma as
NOTE Confidence: 0.996924

00:44:59.405 --> 00:44:59.969 a result.

NOTE Confidence: 0.9628214
00:45:00.770 --> 00:45:01.730 And to me, that was,
NOTE Confidence: 0.9628214
00:45:01.730 --> 00:45:03.330 like, the best thing like,
NOTE Confidence: 0.9628214
00:45:03.330 --> 00:45:05.090 forget academics. Like, that was
NOTE Confidence: 0.9628214
00:45:05.090 --> 00:45:05.810 just the best thing I
NOTE Confidence: 0.9628214
00:45:05.810 --> 00:45:07.170 ever figured out because it
NOTE Confidence: 0.9628214
00:45:07.170 --> 00:45:08.530 affirmed for me that the
NOTE Confidence: 0.9628214
00:45:08.530 --> 00:45:09.570 survival I had figured out
NOTE Confidence: 0.9628214
00:45:09.570 --> 00:45:10.869 at such a young age
NOTE Confidence: 0.9628214
00:45:11.010 --> 00:45:12.369 was actually really correct and
NOTE Confidence: 0.9628214
00:45:12.369 --> 00:45:13.670 an intuitive process
NOTE Confidence: 0.98284405
00:45:14.045 --> 00:45:15.085 could at least be proven
NOTE Confidence: 0.98284405
00:45:15.085 --> 00:45:15.965 enough that no one could
NOTE Confidence: 0.98284405
00:45:15.965 --> 00:45:16.685 tell us not to do
NOTE Confidence: 0.98284405
00:45:16.685 --> 00:45:17.344 it anymore.
NOTE Confidence: 0.9830751
00:45:18.045 --> 00:45:19.005 Because don't you love that
NOTE Confidence: 0.9830751

00:45:19.005 --> 00:45:19.645 when you find out some
NOTE Confidence: 0.9830751

00:45:19.645 --> 00:45:20.605 self care that works and
NOTE Confidence: 0.9830751

00:45:20.605 --> 00:45:21.565 everyone tells you not to
NOTE Confidence: 0.9830751

00:45:21.565 --> 00:45:22.145 do it?
NOTE Confidence: 0.9978814

00:45:25.085 --> 00:45:26.364 So I thought I would
NOTE Confidence: 0.9978814

00:45:26.364 --> 00:45:27.485 share some activist art with
NOTE Confidence: 0.9978814

00:45:27.485 --> 00:45:28.145 you all.
NOTE Confidence: 0.99246436

00:45:28.605 --> 00:45:29.910 This is this is from
NOTE Confidence: 0.99246436

00:45:29.910 --> 00:45:30.969 the Berlin Wall,
NOTE Confidence: 0.9946577

00:45:32.469 --> 00:45:33.829 which no longer exists. Thank
NOTE Confidence: 0.9946577

00:45:33.829 --> 00:45:34.329 you.
NOTE Confidence: 0.8573334

00:45:34.869 --> 00:45:35.369 And,
NOTE Confidence: 0.9761163

00:45:36.710 --> 00:45:37.989 I couldn't find the image.
NOTE Confidence: 0.9761163

00:45:37.989 --> 00:45:38.869 I was trying to find
NOTE Confidence: 0.9761163

00:45:38.869 --> 00:45:39.910 it. I'm sure someone will
NOTE Confidence: 0.9761163

00:45:39.910 --> 00:45:41.190 if they Google it, but

NOTE Confidence: 0.9761163
00:45:41.190 --> 00:45:42.230 a lot of famous artists,
NOTE Confidence: 0.9761163
00:45:42.230 --> 00:45:43.829 including Keith Haring, actually came
NOTE Confidence: 0.9761163
00:45:43.829 --> 00:45:44.710 and painted on the wall
NOTE Confidence: 0.9761163
00:45:44.710 --> 00:45:45.405 very purposefully
NOTE Confidence: 0.9993301
00:45:46.285 --> 00:45:47.405 because they wanted to give
NOTE Confidence: 0.9993301
00:45:47.405 --> 00:45:48.225 these messages
NOTE Confidence: 0.99540615
00:45:48.844 --> 00:45:50.145 of hope and messages
NOTE Confidence: 0.997949
00:45:51.165 --> 00:45:52.305 about anti
NOTE Confidence: 0.9433323
00:45:52.605 --> 00:45:54.925 anti oppression during an oppressive
NOTE Confidence: 0.9433323
00:45:54.925 --> 00:45:56.445 time where truly, like, we
NOTE Confidence: 0.9433323
00:45:56.445 --> 00:45:57.965 let a government literally build
NOTE Confidence: 0.9433323
00:45:57.965 --> 00:45:58.545 a wall,
NOTE Confidence: 0.90693307
00:45:58.925 --> 00:45:59.425 which,
NOTE Confidence: 0.9985509
00:46:00.045 --> 00:46:00.705 I mean,
NOTE Confidence: 0.99649066
00:46:01.280 --> 00:46:02.180 is still happening.
NOTE Confidence: 0.9340737

00:46:03.920 --> 00:46:05.200 It hasn't changed. It just
NOTE Confidence: 0.9340737

00:46:05.200 --> 00:46:06.420 changed where it's happening.
NOTE Confidence: 0.99831975

00:46:07.359 --> 00:46:08.640 We need to keep painting
NOTE Confidence: 0.99831975

00:46:08.640 --> 00:46:09.300 on walls.
NOTE Confidence: 0.7713154

00:46:14.395 --> 00:46:15.535 Oh, there's Stonewall,
NOTE Confidence: 0.99581695

00:46:15.835 --> 00:46:16.635 and this is one of
NOTE Confidence: 0.99581695

00:46:16.635 --> 00:46:17.935 the murals near Stonewall.
NOTE Confidence: 0.9657968

00:46:18.715 --> 00:46:19.915 Welcome to pride month. I
NOTE Confidence: 0.9657968

00:46:19.915 --> 00:46:20.895 can't help myself.
NOTE Confidence: 0.99353176

00:46:22.395 --> 00:46:23.675 And it's my favorite quote,
NOTE Confidence: 0.99353176

00:46:23.675 --> 00:46:24.555 and I'm glad that it's
NOTE Confidence: 0.99353176

00:46:24.555 --> 00:46:25.915 painted somewhere, which was give
NOTE Confidence: 0.99353176

00:46:25.915 --> 00:46:27.595 us our roses while we're
NOTE Confidence: 0.99353176

00:46:27.595 --> 00:46:28.415 still here.
NOTE Confidence: 0.9525145

00:46:30.020 --> 00:46:31.140 You all deserve that and
NOTE Confidence: 0.9525145

00:46:31.140 --> 00:46:31.960 so do I.

NOTE Confidence: 0.9787285
00:46:33.700 --> 00:46:34.900 You deserve to paint on
NOTE Confidence: 0.9787285
00:46:34.900 --> 00:46:36.500 sides of buildings, and you
NOTE Confidence: 0.9787285
00:46:36.500 --> 00:46:38.100 deserve your accolades and your
NOTE Confidence: 0.9787285
00:46:38.100 --> 00:46:39.219 love and to be in
NOTE Confidence: 0.9787285
00:46:39.219 --> 00:46:40.260 your body while you're still
NOTE Confidence: 0.9787285
00:46:40.260 --> 00:46:41.540 here because this time is
NOTE Confidence: 0.9787285
00:46:41.540 --> 00:46:43.160 short and nothing is guaranteed.
NOTE Confidence: 0.9525242
00:46:44.915 --> 00:46:46.035 And I think that's, for
NOTE Confidence: 0.9525242
00:46:46.035 --> 00:46:47.155 me, the crux of what
NOTE Confidence: 0.9525242
00:46:47.155 --> 00:46:48.435 I think is important, oh,
NOTE Confidence: 0.9525242
00:46:48.435 --> 00:46:50.535 sorry, about recovery is that
NOTE Confidence: 0.98141575
00:46:50.835 --> 00:46:52.055 your time is short.
NOTE Confidence: 0.9964174
00:46:52.915 --> 00:46:53.795 We have to do it
NOTE Confidence: 0.9964174
00:46:53.795 --> 00:46:54.594 while we're here, and we
NOTE Confidence: 0.9964174
00:46:54.594 --> 00:46:55.395 have to be with each
NOTE Confidence: 0.9964174

00:46:55.395 --> 00:46:56.535 other while we're here.
NOTE Confidence: 0.9993586

00:47:01.790 --> 00:47:03.390 So this all comes into
NOTE Confidence: 0.9993586

00:47:03.390 --> 00:47:05.250 self care. Right? So
NOTE Confidence: 0.9918195

00:47:05.550 --> 00:47:06.690 my body is liberated.
NOTE Confidence: 0.94465715

00:47:07.310 --> 00:47:08.190 I learned how to make
NOTE Confidence: 0.94465715

00:47:08.190 --> 00:47:09.470 political art. I proved some
NOTE Confidence: 0.94465715

00:47:09.470 --> 00:47:10.850 stuff in a research paper.
NOTE Confidence: 0.9987905

00:47:11.150 --> 00:47:11.890 Now what?
NOTE Confidence: 0.99473906

00:47:13.455 --> 00:47:15.375 So because political art became
NOTE Confidence: 0.99473906

00:47:15.375 --> 00:47:16.415 my window to self care,
NOTE Confidence: 0.99473906

00:47:16.415 --> 00:47:17.535 it actually really woke me
NOTE Confidence: 0.99473906

00:47:17.535 --> 00:47:18.575 up to the reality of
NOTE Confidence: 0.99473906

00:47:18.575 --> 00:47:20.015 self care. And I say
NOTE Confidence: 0.99473906

00:47:20.015 --> 00:47:22.035 this not to judge anybody's
NOTE Confidence: 0.99473906

00:47:22.094 --> 00:47:23.155 self care practices.
NOTE Confidence: 0.99980265

00:47:23.695 --> 00:47:25.055 Please keep doing what works

NOTE Confidence: 0.99980265

00:47:25.055 --> 00:47:25.650 for you.

NOTE Confidence: 0.9859175

00:47:26.210 --> 00:47:27.569 However, I think it's important

NOTE Confidence: 0.9859175

00:47:27.569 --> 00:47:28.690 that if we're talking about

NOTE Confidence: 0.9859175

00:47:28.690 --> 00:47:29.730 this, that we really talk

NOTE Confidence: 0.9859175

00:47:29.730 --> 00:47:31.029 about it. Right?

NOTE Confidence: 0.98796445

00:47:31.569 --> 00:47:33.270 There's actually a cultural corruption

NOTE Confidence: 0.98796445

00:47:33.329 --> 00:47:34.849 of wellness that diet culture

NOTE Confidence: 0.98796445

00:47:34.849 --> 00:47:35.589 and capitalist

NOTE Confidence: 0.9928716

00:47:36.930 --> 00:47:39.109 self care happens. Right? So

NOTE Confidence: 0.99868655

00:47:39.569 --> 00:47:40.710 wellness is important.

NOTE Confidence: 0.9756408

00:47:42.105 --> 00:47:43.165 Our health is important.

NOTE Confidence: 0.9971258

00:47:43.625 --> 00:47:44.985 But, again, we figured out

NOTE Confidence: 0.9971258

00:47:44.985 --> 00:47:45.945 how to label things as

NOTE Confidence: 0.9971258

00:47:45.945 --> 00:47:46.985 self care to make money

NOTE Confidence: 0.9971258

00:47:46.985 --> 00:47:48.745 off of them. So how

NOTE Confidence: 0.9971258

00:47:48.745 --> 00:47:49.545 many of you have been
NOTE Confidence: 0.9971258

00:47:49.545 --> 00:47:50.665 told to treat yourself as
NOTE Confidence: 0.9971258

00:47:50.665 --> 00:47:51.885 a means of self care?
NOTE Confidence: 0.99669033

00:47:54.440 --> 00:47:55.500 I hate that phrase
NOTE Confidence: 0.77908814

00:47:56.200 --> 00:47:56.940 so much.
NOTE Confidence: 0.88964695

00:47:57.640 --> 00:47:58.539 So much.
NOTE Confidence: 0.9904141

00:47:58.839 --> 00:48:00.519 Because what you're oh, someone's
NOTE Confidence: 0.9904141

00:48:00.519 --> 00:48:03.000 raising their hand. Please unmute
NOTE Confidence: 0.9904141

00:48:03.000 --> 00:48:04.140 yourself and ask.
NOTE Confidence: 0.9707251

00:48:05.559 --> 00:48:07.400 Oh, I've I wasn't raising
NOTE Confidence: 0.9707251

00:48:07.400 --> 00:48:08.599 my hand to, like, say
NOTE Confidence: 0.9707251

00:48:08.599 --> 00:48:09.775 that I want wanted to
NOTE Confidence: 0.9707251

00:48:09.775 --> 00:48:10.975 speak. It's more so I
NOTE Confidence: 0.9707251

00:48:10.975 --> 00:48:12.494 was just saying I agree
NOTE Confidence: 0.9707251

00:48:12.494 --> 00:48:13.695 with what you're saying. Okay.
NOTE Confidence: 0.9707251

00:48:13.695 --> 00:48:14.494 I was like, oh, if

NOTE Confidence: 0.9707251
00:48:14.494 --> 00:48:15.235 you need something,
NOTE Confidence: 0.999318
00:48:15.695 --> 00:48:16.435 thank you.
NOTE Confidence: 0.9957174
00:48:19.855 --> 00:48:21.614 I I hate that phrase
NOTE Confidence: 0.9957174
00:48:21.614 --> 00:48:22.835 because it implies
NOTE Confidence: 0.999767
00:48:23.455 --> 00:48:24.575 that I don't take care
NOTE Confidence: 0.999767
00:48:24.575 --> 00:48:25.235 of myself
NOTE Confidence: 0.99951035
00:48:26.150 --> 00:48:27.110 and that I need to
NOTE Confidence: 0.99951035
00:48:27.110 --> 00:48:28.310 go buy something to prove
NOTE Confidence: 0.99951035
00:48:28.310 --> 00:48:29.430 to everyone I'm taking care
NOTE Confidence: 0.99951035
00:48:29.430 --> 00:48:30.090 of myself.
NOTE Confidence: 0.99955755
00:48:31.350 --> 00:48:33.030 It also implies that I
NOTE Confidence: 0.99955755
00:48:33.030 --> 00:48:34.730 have the capital
NOTE Confidence: 0.9953202
00:48:35.110 --> 00:48:36.469 to spend money on something
NOTE Confidence: 0.9953202
00:48:36.469 --> 00:48:37.770 to take care of myself,
NOTE Confidence: 0.9805102
00:48:40.955 --> 00:48:41.594 which when I think of
NOTE Confidence: 0.9805102

00:48:41.594 --> 00:48:42.795 the average person I know
NOTE Confidence: 0.9805102

00:48:42.795 --> 00:48:44.235 that needs recovery on some
NOTE Confidence: 0.9805102

00:48:44.235 --> 00:48:44.735 level
NOTE Confidence: 0.9752854

00:48:45.675 --> 00:48:46.495 yeah. Okay.
NOTE Confidence: 0.9385126

00:48:48.475 --> 00:48:50.175 But it's it's not accessible.
NOTE Confidence: 0.98341966

00:48:52.235 --> 00:48:53.114 I'm the first one to
NOTE Confidence: 0.98341966

00:48:53.114 --> 00:48:54.460 say to people, I love
NOTE Confidence: 0.98341966

00:48:54.460 --> 00:48:55.739 getting my nails done. A
NOTE Confidence: 0.98341966

00:48:55.739 --> 00:48:57.260 massage is really nice when
NOTE Confidence: 0.98341966

00:48:57.260 --> 00:48:58.400 you can afford it,
NOTE Confidence: 0.97987336

00:48:59.020 --> 00:49:00.540 and it's sometimes needed depending
NOTE Confidence: 0.97987336

00:49:00.540 --> 00:49:01.660 upon your body or a
NOTE Confidence: 0.97987336

00:49:01.660 --> 00:49:03.739 disability flare up. I'm someone
NOTE Confidence: 0.97987336

00:49:03.739 --> 00:49:05.260 that, like, specifically needs it
NOTE Confidence: 0.97987336

00:49:05.260 --> 00:49:06.540 and insurance won't cover it,
NOTE Confidence: 0.97987336

00:49:06.540 --> 00:49:07.665 so I figure out extra

NOTE Confidence: 0.97987336

00:49:07.665 --> 00:49:08.545 work to pay for it.

NOTE Confidence: 0.97987336

00:49:08.545 --> 00:49:10.085 Not everyone has the ability

NOTE Confidence: 0.96338356

00:49:10.545 --> 00:49:11.665 to do extra work to

NOTE Confidence: 0.96338356

00:49:11.665 --> 00:49:12.425 pay for it. That's one

NOTE Confidence: 0.96338356

00:49:12.425 --> 00:49:13.745 of my privileges because I'm

NOTE Confidence: 0.96338356

00:49:13.745 --> 00:49:14.785 licensed and I talk a

NOTE Confidence: 0.96338356

00:49:14.785 --> 00:49:15.285 bunch.

NOTE Confidence: 0.98932993

00:49:16.785 --> 00:49:17.925 I get to do this,

NOTE Confidence: 0.98932993

00:49:18.065 --> 00:49:19.105 and people pay me, and

NOTE Confidence: 0.98932993

00:49:19.105 --> 00:49:19.905 then I can go take

NOTE Confidence: 0.98932993

00:49:19.905 --> 00:49:21.025 care of myself with those

NOTE Confidence: 0.98932993

00:49:21.025 --> 00:49:22.680 things that cost money. And

NOTE Confidence: 0.98932993

00:49:22.680 --> 00:49:23.719 the problem with that is

NOTE Confidence: 0.98932993

00:49:23.719 --> 00:49:25.319 that capitalism actually depends on

NOTE Confidence: 0.98932993

00:49:25.319 --> 00:49:26.839 us perpetuating the corruption of

NOTE Confidence: 0.98932993

00:49:26.839 --> 00:49:28.200 self care so that we're
NOTE Confidence: 0.98932993

00:49:28.200 --> 00:49:29.880 continually buying into new things
NOTE Confidence: 0.98932993

00:49:29.880 --> 00:49:31.099 that make us feel better.
NOTE Confidence: 0.98932993

00:49:31.239 --> 00:49:32.200 And then our worth is
NOTE Confidence: 0.98932993

00:49:32.200 --> 00:49:33.079 in the things that make
NOTE Confidence: 0.98932993

00:49:33.079 --> 00:49:34.040 us feel better and not
NOTE Confidence: 0.98932993

00:49:34.040 --> 00:49:34.859 in the people.
NOTE Confidence: 0.9933252

00:49:36.344 --> 00:49:37.465 Some of my best self
NOTE Confidence: 0.9933252

00:49:37.465 --> 00:49:38.665 care is meeting each of
NOTE Confidence: 0.9933252

00:49:38.665 --> 00:49:39.165 you,
NOTE Confidence: 0.99756736

00:49:40.265 --> 00:49:41.885 is talking about these things,
NOTE Confidence: 0.99756736

00:49:42.105 --> 00:49:42.605 is
NOTE Confidence: 0.9909024

00:49:43.145 --> 00:49:44.185 when friends come over and
NOTE Confidence: 0.9909024

00:49:44.185 --> 00:49:45.864 make art, is when people
NOTE Confidence: 0.9909024

00:49:45.864 --> 00:49:47.545 come and view my art,
NOTE Confidence: 0.9909024

00:49:47.545 --> 00:49:48.364 is when

NOTE Confidence: 0.990928
00:49:50.080 --> 00:49:50.960 I get to do talks
NOTE Confidence: 0.990928
00:49:50.960 --> 00:49:52.080 like this instead of something
NOTE Confidence: 0.990928
00:49:52.080 --> 00:49:54.020 super clinical for six hours.
NOTE Confidence: 0.97677004
00:49:54.560 --> 00:49:56.000 Right? To me, this moment,
NOTE Confidence: 0.97677004
00:49:56.000 --> 00:49:57.380 this is the the best
NOTE Confidence: 0.97677004
00:49:57.520 --> 00:49:58.820 self care in the world.
NOTE Confidence: 0.97677004
00:49:58.960 --> 00:50:00.480 You all showing up, that's
NOTE Confidence: 0.97677004
00:50:00.480 --> 00:50:01.300 self care.
NOTE Confidence: 0.9991507
00:50:01.680 --> 00:50:02.739 Right? So
NOTE Confidence: 0.99953747
00:50:03.245 --> 00:50:04.364 why would I go out
NOTE Confidence: 0.99953747
00:50:04.364 --> 00:50:05.105 after this
NOTE Confidence: 0.9915635
00:50:05.485 --> 00:50:06.685 and buy something when I
NOTE Confidence: 0.9915635
00:50:06.685 --> 00:50:07.745 can be with you?
NOTE Confidence: 0.99967736
00:50:09.405 --> 00:50:10.925 Because you are more important
NOTE Confidence: 0.99967736
00:50:10.925 --> 00:50:12.305 than whatever I could buy.
NOTE Confidence: 0.9019183

00:50:19.319 --> 00:50:21.180 So because wellness is corrupted,
NOTE Confidence: 0.9019183

00:50:21.239 --> 00:50:23.099 we will keep continuing continually
NOTE Confidence: 0.94081306

00:50:23.480 --> 00:50:25.020 feeling burnt out and isolated.
NOTE Confidence: 0.98380554

00:50:25.640 --> 00:50:26.920 And we're going to struggle
NOTE Confidence: 0.98380554

00:50:26.920 --> 00:50:27.980 alone in our isolation,
NOTE Confidence: 0.9985488

00:50:28.760 --> 00:50:29.799 and we're going to feel
NOTE Confidence: 0.9985488

00:50:29.799 --> 00:50:31.364 silenced. And I know everyone's
NOTE Confidence: 0.9985488

00:50:31.364 --> 00:50:32.725 recovery is different, but I'm
NOTE Confidence: 0.9985488

00:50:32.725 --> 00:50:33.605 sure this is true for
NOTE Confidence: 0.9985488

00:50:33.605 --> 00:50:35.364 most people. What happens when
NOTE Confidence: 0.9985488

00:50:35.364 --> 00:50:36.025 you're isolated?
NOTE Confidence: 0.9887817

00:50:38.405 --> 00:50:39.765 I know I relapse. If
NOTE Confidence: 0.9887817

00:50:39.765 --> 00:50:41.305 I'm isolated, that's it.
NOTE Confidence: 0.9938185

00:50:42.565 --> 00:50:44.805 And everyone's relapse looks different.
NOTE Confidence: 0.9938185

00:50:44.805 --> 00:50:45.925 Mine usually looks like I
NOTE Confidence: 0.9938185

00:50:45.925 --> 00:50:46.599 don't eat for a day,

NOTE Confidence: 0.9938185
00:50:46.599 --> 00:50:47.640 and then it becomes really
NOTE Confidence: 0.9938185
00:50:47.640 --> 00:50:48.460 easy again.
NOTE Confidence: 0.96932465
00:50:49.000 --> 00:50:49.960 And then even though I'm
NOTE Confidence: 0.96932465
00:50:49.960 --> 00:50:51.320 disabled, I will push myself
NOTE Confidence: 0.96932465
00:50:51.320 --> 00:50:52.280 through the pain to work
NOTE Confidence: 0.96932465
00:50:52.280 --> 00:50:53.560 out a bunch because that
NOTE Confidence: 0.96932465
00:50:53.560 --> 00:50:54.599 was my thing was to
NOTE Confidence: 0.96932465
00:50:54.599 --> 00:50:55.640 not eat and work out
NOTE Confidence: 0.96932465
00:50:55.640 --> 00:50:56.300 a ton,
NOTE Confidence: 0.94863945
00:50:57.800 --> 00:50:59.239 and then abuse alcohol at
NOTE Confidence: 0.94863945
00:50:59.239 --> 00:51:00.075 night to go out with
NOTE Confidence: 0.94863945
00:51:00.155 --> 00:51:01.594 friends because then alcohol makes
NOTE Confidence: 0.94863945
00:51:01.594 --> 00:51:02.555 you loose enough so you'll
NOTE Confidence: 0.94863945
00:51:02.555 --> 00:51:03.055 eat.
NOTE Confidence: 0.9537398
00:51:03.515 --> 00:51:05.114 See? It all is full
NOTE Confidence: 0.9537398

00:51:05.114 --> 00:51:05.614 circle.
NOTE Confidence: 0.9823182

00:51:06.555 --> 00:51:07.994 Right? So now now I've
NOTE Confidence: 0.9823182

00:51:07.994 --> 00:51:09.755 got an eating disorder. Now
NOTE Confidence: 0.9823182

00:51:09.755 --> 00:51:11.355 I'm abusing a substance that's
NOTE Confidence: 0.9823182

00:51:11.355 --> 00:51:12.395 going to become a problem,
NOTE Confidence: 0.99187726

00:51:14.160 --> 00:51:15.760 And I'm incredibly unwell, and
NOTE Confidence: 0.99187726

00:51:15.760 --> 00:51:16.960 it just took two or
NOTE Confidence: 0.99187726

00:51:16.960 --> 00:51:18.319 three days of isolation and
NOTE Confidence: 0.99187726

00:51:18.319 --> 00:51:19.219 complete loneliness.
NOTE Confidence: 0.99850094

00:51:23.599 --> 00:51:24.099 So
NOTE Confidence: 0.9874415

00:51:24.880 --> 00:51:25.839 I felt like I was
NOTE Confidence: 0.9874415

00:51:25.839 --> 00:51:27.280 failing before I unlearned this,
NOTE Confidence: 0.9874415

00:51:27.280 --> 00:51:28.160 and so I think it's
NOTE Confidence: 0.9874415

00:51:28.160 --> 00:51:29.359 really important for people to
NOTE Confidence: 0.9874415

00:51:29.359 --> 00:51:31.125 hear, like, keep keep getting
NOTE Confidence: 0.9874415

00:51:31.125 --> 00:51:32.325 the message, keep doing your

NOTE Confidence: 0.9874415
00:51:32.325 --> 00:51:33.765 nails, keep doing those solid
NOTE Confidence: 0.9874415
00:51:33.765 --> 00:51:35.525 things that keep you grounded
NOTE Confidence: 0.9874415
00:51:35.525 --> 00:51:36.585 for right now
NOTE Confidence: 0.9867306
00:51:37.045 --> 00:51:38.105 while you're unlearning
NOTE Confidence: 0.9765489
00:51:38.805 --> 00:51:40.185 so you don't fall apart.
NOTE Confidence: 0.9765489
00:51:40.325 --> 00:51:41.285 Because I don't want you
NOTE Confidence: 0.9765489
00:51:41.285 --> 00:51:42.325 to fall apart because I
NOTE Confidence: 0.9765489
00:51:42.325 --> 00:51:43.205 need you because you're all
NOTE Confidence: 0.9765489
00:51:43.205 --> 00:51:44.165 a part of my self
NOTE Confidence: 0.9765489
00:51:44.165 --> 00:51:45.690 care now. So you have
NOTE Confidence: 0.9765489
00:51:45.690 --> 00:51:46.650 to be okay, and I
NOTE Confidence: 0.9765489
00:51:46.650 --> 00:51:47.630 have to be okay.
NOTE Confidence: 0.99487555
00:51:48.810 --> 00:51:49.850 I know we often say
NOTE Confidence: 0.99487555
00:51:49.850 --> 00:51:50.830 rest is revolutionary.
NOTE Confidence: 0.9788662
00:51:51.450 --> 00:51:52.410 Right? I hear that a
NOTE Confidence: 0.9788662

00:51:52.410 --> 00:51:53.290 lot. And then I'm like,
NOTE Confidence: 0.9788662

00:51:53.290 --> 00:51:54.090 well, if you paid my
NOTE Confidence: 0.9788662

00:51:54.090 --> 00:51:55.050 bills, I could rest all
NOTE Confidence: 0.9788662

00:51:55.050 --> 00:51:55.630 I wanted.
NOTE Confidence: 0.99289984

00:51:58.685 --> 00:51:59.965 I would love I would
NOTE Confidence: 0.99289984

00:51:59.965 --> 00:52:01.245 love a nap, but, you
NOTE Confidence: 0.99289984

00:52:01.245 --> 00:52:01.745 know,
NOTE Confidence: 0.9719211

00:52:02.765 --> 00:52:04.285 electric company doesn't get paid
NOTE Confidence: 0.9719211

00:52:04.285 --> 00:52:05.344 in naps, unfortunately.
NOTE Confidence: 0.9973367

00:52:06.685 --> 00:52:07.185 So
NOTE Confidence: 0.9986425

00:52:10.045 --> 00:52:10.765 how do we do that
NOTE Confidence: 0.9986425

00:52:10.765 --> 00:52:12.285 when our questions about rest
NOTE Confidence: 0.9986425

00:52:12.285 --> 00:52:13.425 will often include
NOTE Confidence: 0.98566705

00:52:13.980 --> 00:52:15.100 things like and these are
NOTE Confidence: 0.98566705

00:52:15.100 --> 00:52:16.300 my favorite things that people
NOTE Confidence: 0.98566705

00:52:16.300 --> 00:52:16.940 have said to me, and

NOTE Confidence: 0.98566705
00:52:16.940 --> 00:52:17.900 it makes me nuts. How
NOTE Confidence: 0.98566705
00:52:17.900 --> 00:52:19.420 about booking a vacation? Okay.
NOTE Confidence: 0.98566705
00:52:19.420 --> 00:52:20.640 You're gonna pay for it?
NOTE Confidence: 0.9765396
00:52:22.700 --> 00:52:23.900 I should travel more. I
NOTE Confidence: 0.9765396
00:52:23.900 --> 00:52:25.440 I would love to money.
NOTE Confidence: 0.99917537
00:52:26.380 --> 00:52:27.360 Ask for help.
NOTE Confidence: 0.99781436
00:52:28.464 --> 00:52:29.605 Is your help safe?
NOTE Confidence: 0.9987812
00:52:31.425 --> 00:52:32.385 I'll give you the name
NOTE Confidence: 0.9987812
00:52:32.385 --> 00:52:33.765 of a great massage therapist.
NOTE Confidence: 0.96783775
00:52:34.385 --> 00:52:35.744 No. You know what? Here's
NOTE Confidence: 0.96783775
00:52:35.744 --> 00:52:36.405 my thing.
NOTE Confidence: 0.9901954
00:52:36.944 --> 00:52:37.905 Don't say that to people
NOTE Confidence: 0.9901954
00:52:37.905 --> 00:52:38.545 if you don't know what
NOTE Confidence: 0.9901954
00:52:38.545 --> 00:52:40.065 their body's been through. That's
NOTE Confidence: 0.9901954
00:52:40.065 --> 00:52:41.265 another piece of this. Trauma
NOTE Confidence: 0.9901954

00:52:41.265 --> 00:52:42.305 will always run through all
NOTE Confidence: 0.9901954

00:52:42.305 --> 00:52:43.364 of this for me.
NOTE Confidence: 0.99288374

00:52:44.040 --> 00:52:45.080 And maybe you should slow
NOTE Confidence: 0.99288374

00:52:45.080 --> 00:52:45.960 down with work for a
NOTE Confidence: 0.99288374

00:52:45.960 --> 00:52:47.320 little bit. Everyone says that
NOTE Confidence: 0.99288374

00:52:47.320 --> 00:52:48.280 to me. I think most
NOTE Confidence: 0.99288374

00:52:48.280 --> 00:52:49.080 of you that have seen
NOTE Confidence: 0.99288374

00:52:49.080 --> 00:52:49.960 me talk I know, Sherry,
NOTE Confidence: 0.99288374

00:52:49.960 --> 00:52:50.680 you've seen me a few
NOTE Confidence: 0.99288374

00:52:50.680 --> 00:52:51.400 times. We all know I
NOTE Confidence: 0.99288374

00:52:51.400 --> 00:52:52.620 work way too much.
NOTE Confidence: 0.9856824

00:52:53.160 --> 00:52:54.520 Right? And like I said,
NOTE Confidence: 0.9856824

00:52:54.520 --> 00:52:55.400 you wanna know why? Because
NOTE Confidence: 0.9856824

00:52:55.400 --> 00:52:56.200 this is my self care.
NOTE Confidence: 0.9856824

00:52:56.200 --> 00:52:57.080 This is when I feel
NOTE Confidence: 0.9856824

00:52:57.080 --> 00:52:57.820 my best.

NOTE Confidence: 0.97442436
00:52:59.835 --> 00:53:01.435 It is. I love this,
NOTE Confidence: 0.97442436
00:53:01.435 --> 00:53:01.935 but
NOTE Confidence: 0.9987729
00:53:03.675 --> 00:53:04.475 this is what we're up
NOTE Confidence: 0.9987729
00:53:04.475 --> 00:53:06.235 against. So here's art. You
NOTE Confidence: 0.9987729
00:53:06.235 --> 00:53:07.435 can make art almost for
NOTE Confidence: 0.9987729
00:53:07.435 --> 00:53:08.315 free. I can teach you
NOTE Confidence: 0.9987729
00:53:08.315 --> 00:53:09.114 how to go to a
NOTE Confidence: 0.9987729
00:53:09.114 --> 00:53:10.875 dumpster and get you everything
NOTE Confidence: 0.9987729
00:53:10.875 --> 00:53:11.675 you need to make the
NOTE Confidence: 0.9987729
00:53:11.675 --> 00:53:13.150 most amazing art. I can
NOTE Confidence: 0.9987729
00:53:13.150 --> 00:53:14.190 teach you how to go
NOTE Confidence: 0.9987729
00:53:14.190 --> 00:53:15.010 to a junkyard
NOTE Confidence: 0.98046803
00:53:15.310 --> 00:53:16.610 and make the most incredible
NOTE Confidence: 0.98046803
00:53:16.670 --> 00:53:17.790 sculpture. You can do it
NOTE Confidence: 0.98046803
00:53:17.790 --> 00:53:19.150 for free, and here is
NOTE Confidence: 0.98046803

00:53:19.150 --> 00:53:21.150 everybody telling me to buy,

NOTE Confidence: 0.98046803

00:53:21.150 --> 00:53:21.969 buy, buy.

NOTE Confidence: 0.978359

00:53:24.110 --> 00:53:24.989 So now my body is

NOTE Confidence: 0.978359

00:53:24.989 --> 00:53:25.790 not good enough. I don't

NOTE Confidence: 0.978359

00:53:25.790 --> 00:53:26.590 have enough money, and you

NOTE Confidence: 0.978359

00:53:26.590 --> 00:53:27.230 don't want me to do

NOTE Confidence: 0.978359

00:53:27.230 --> 00:53:28.045 the thing I wanna do.

NOTE Confidence: 0.978359

00:53:28.045 --> 00:53:29.005 And also, by the way,

NOTE Confidence: 0.978359

00:53:29.005 --> 00:53:30.125 stay in recovery. By the

NOTE Confidence: 0.978359

00:53:30.125 --> 00:53:31.005 way, can you please be

NOTE Confidence: 0.978359

00:53:31.005 --> 00:53:31.905 happy and smile?

NOTE Confidence: 0.9973855

00:53:34.525 --> 00:53:35.025 No.

NOTE Confidence: 0.9925293

00:53:35.565 --> 00:53:36.864 I can't do all that.

NOTE Confidence: 0.97850376

00:53:37.645 --> 00:53:39.085 So instead, I'm gonna make

NOTE Confidence: 0.97850376

00:53:39.085 --> 00:53:40.445 political art, and I'm gonna

NOTE Confidence: 0.97850376

00:53:40.445 --> 00:53:41.665 make you see the truth

NOTE Confidence: 0.99776936
00:53:42.250 --> 00:53:43.770 until you stop asking me
NOTE Confidence: 0.99776936
00:53:43.770 --> 00:53:44.510 these questions.
NOTE Confidence: 0.94746304
00:53:48.650 --> 00:53:49.950 Oh, no. Go back.
NOTE Confidence: 0.97357696
00:53:51.610 --> 00:53:52.810 So like I was saying,
NOTE Confidence: 0.97357696
00:53:52.810 --> 00:53:54.010 each of these questions often
NOTE Confidence: 0.97357696
00:53:54.010 --> 00:53:54.890 made me feel like I
NOTE Confidence: 0.97357696
00:53:54.890 --> 00:53:55.710 was failing.
NOTE Confidence: 0.9844244
00:53:56.424 --> 00:53:57.385 And, again, when we say
NOTE Confidence: 0.9844244
00:53:57.385 --> 00:53:58.744 rest is revolutionary, what do
NOTE Confidence: 0.9844244
00:53:58.744 --> 00:53:59.724 we do in a sociopolitical
NOTE Confidence: 0.98751783
00:54:00.025 --> 00:54:01.724 climate where we're constantly hypervigilant?
NOTE Confidence: 0.9610613
00:54:04.664 --> 00:54:06.045 You know, I I
NOTE Confidence: 0.9974854
00:54:06.744 --> 00:54:07.724 so appreciated
NOTE Confidence: 0.94919634
00:54:08.344 --> 00:54:09.885 Kelvin starting this
NOTE Confidence: 0.97631365
00:54:11.700 --> 00:54:12.920 the way that you did
NOTE Confidence: 0.97631365

00:54:12.980 --> 00:54:14.920 because my nervous system literally

NOTE Confidence: 0.97631365

00:54:14.980 --> 00:54:16.099 could just listen to that

NOTE Confidence: 0.97631365

00:54:16.099 --> 00:54:17.320 all day every day

NOTE Confidence: 0.8190142

00:54:18.020 --> 00:54:18.520 because

NOTE Confidence: 0.9995618

00:54:19.140 --> 00:54:20.280 we're all constantly

NOTE Confidence: 0.9648182

00:54:21.460 --> 00:54:22.820 in that fight, fright, fleas

NOTE Confidence: 0.9648182

00:54:23.060 --> 00:54:24.820 freeze, fawn stage because of

NOTE Confidence: 0.9648182

00:54:24.820 --> 00:54:25.859 the culture that we're in.

NOTE Confidence: 0.9648182

00:54:25.859 --> 00:54:27.575 Like, there's no choice. My

NOTE Confidence: 0.9648182

00:54:27.575 --> 00:54:29.275 body is constantly on edge.

NOTE Confidence: 0.99285376

00:54:29.655 --> 00:54:30.694 And so for me, this

NOTE Confidence: 0.99285376

00:54:30.694 --> 00:54:32.214 is where body liberation and

NOTE Confidence: 0.99285376

00:54:32.214 --> 00:54:33.895 activist art became that saving

NOTE Confidence: 0.99285376

00:54:33.895 --> 00:54:35.734 grace. I could understand my

NOTE Confidence: 0.99285376

00:54:35.734 --> 00:54:37.194 body and my body's worth.

NOTE Confidence: 0.99285376

00:54:37.335 --> 00:54:38.535 I could understand how to

NOTE Confidence: 0.99285376

00:54:38.535 --> 00:54:39.690 take care of it, and

NOTE Confidence: 0.99285376

00:54:39.690 --> 00:54:41.130 I could understand how to

NOTE Confidence: 0.99285376

00:54:41.130 --> 00:54:42.730 specifically do that through something

NOTE Confidence: 0.99285376

00:54:42.730 --> 00:54:44.829 that made me feel happy,

NOTE Confidence: 0.9923183

00:54:45.369 --> 00:54:46.589 made me feel witnessed,

NOTE Confidence: 0.9955288

00:54:46.890 --> 00:54:47.770 and made me feel like

NOTE Confidence: 0.9955288

00:54:47.770 --> 00:54:48.969 I was contributing to the

NOTE Confidence: 0.9955288

00:54:48.969 --> 00:54:50.170 world in a way that

NOTE Confidence: 0.9955288

00:54:50.170 --> 00:54:51.450 wasn't always me showing up

NOTE Confidence: 0.9955288

00:54:51.450 --> 00:54:52.109 and talking.

NOTE Confidence: 0.990217

00:54:52.410 --> 00:54:53.609 Right? And that wasn't always

NOTE Confidence: 0.990217

00:54:53.609 --> 00:54:54.730 my body being on the

NOTE Confidence: 0.990217

00:54:54.730 --> 00:54:55.230 line.

NOTE Confidence: 0.99336874

00:54:56.145 --> 00:54:57.265 And so for me, every

NOTE Confidence: 0.99336874

00:54:57.265 --> 00:54:58.545 painting and sculpture that I

NOTE Confidence: 0.99336874

00:54:58.545 --> 00:55:00.225 make becomes a release of
NOTE Confidence: 0.99336874

00:55:00.225 --> 00:55:00.725 that.
NOTE Confidence: 0.98596615

00:55:01.185 --> 00:55:02.145 There's a little bit of
NOTE Confidence: 0.98596615

00:55:02.145 --> 00:55:03.505 trauma left behind in every
NOTE Confidence: 0.98596615

00:55:03.505 --> 00:55:04.885 painting and in every sculpture,
NOTE Confidence: 0.98596615

00:55:05.105 --> 00:55:06.225 and it's held there, and
NOTE Confidence: 0.98596615

00:55:06.225 --> 00:55:07.105 I don't have to hold
NOTE Confidence: 0.98596615

00:55:07.105 --> 00:55:07.844 it anymore.
NOTE Confidence: 0.9855972

00:55:09.710 --> 00:55:10.670 So I always say to
NOTE Confidence: 0.9855972

00:55:10.670 --> 00:55:12.670 people, I'm a recovering anger
NOTE Confidence: 0.9855972

00:55:12.670 --> 00:55:13.969 addict more than anything.
NOTE Confidence: 0.86573356

00:55:14.750 --> 00:55:16.750 I've spent so long being
NOTE Confidence: 0.86573356

00:55:16.750 --> 00:55:17.250 angry,
NOTE Confidence: 0.99776256

00:55:17.789 --> 00:55:18.670 and I think that my
NOTE Confidence: 0.99776256

00:55:18.670 --> 00:55:20.049 eating disorder and
NOTE Confidence: 0.9715949

00:55:20.589 --> 00:55:22.130 my eating disorder exercise

NOTE Confidence: 0.77256685
00:55:22.430 --> 00:55:22.930 party
NOTE Confidence: 0.9950261
00:55:23.390 --> 00:55:24.750 cycle was all a part
NOTE Confidence: 0.9950261
00:55:24.750 --> 00:55:25.410 of that.
NOTE Confidence: 0.99783176
00:55:27.005 --> 00:55:28.525 And when I was finally
NOTE Confidence: 0.99783176
00:55:28.525 --> 00:55:29.645 able to use this art
NOTE Confidence: 0.99783176
00:55:29.645 --> 00:55:31.085 to let go and discover
NOTE Confidence: 0.99783176
00:55:31.085 --> 00:55:32.225 why I was angry
NOTE Confidence: 0.9767588
00:55:32.605 --> 00:55:34.125 and challenge my thoughts and
NOTE Confidence: 0.9767588
00:55:34.125 --> 00:55:35.085 feel the pain of my
NOTE Confidence: 0.9767588
00:55:35.085 --> 00:55:35.585 experience,
NOTE Confidence: 0.9996829
00:55:36.685 --> 00:55:38.125 that was when things really
NOTE Confidence: 0.9996829
00:55:38.125 --> 00:55:39.025 became liberated
NOTE Confidence: 0.5696416
00:55:39.325 --> 00:55:39.645 because
NOTE Confidence: 0.9510416
00:55:40.560 --> 00:55:41.440 and I hate the saying,
NOTE Confidence: 0.9510416
00:55:41.440 --> 00:55:42.560 but most therapists are right,
NOTE Confidence: 0.9510416

00:55:42.560 --> 00:55:43.780 and it annoys me.
NOTE Confidence: 0.9952153

00:55:44.160 --> 00:55:45.860 Anger is the surface feeling.
NOTE Confidence: 0.9952153

00:55:46.080 --> 00:55:47.460 All the pain is underneath.
NOTE Confidence: 0.9500705

00:55:48.560 --> 00:55:49.840 I am so sorry to
NOTE Confidence: 0.9500705

00:55:49.840 --> 00:55:50.880 all of you and every
NOTE Confidence: 0.9500705

00:55:50.880 --> 00:55:52.000 client that's ever heard that
NOTE Confidence: 0.9500705

00:55:52.000 --> 00:55:53.040 for me. It's true, and
NOTE Confidence: 0.9500705

00:55:53.040 --> 00:55:53.860 I hate it.
NOTE Confidence: 0.99727625

00:55:54.400 --> 00:55:55.200 I know it from my
NOTE Confidence: 0.99727625

00:55:55.200 --> 00:55:55.940 own experience.
NOTE Confidence: 0.96489334

00:55:58.614 --> 00:55:59.655 So like I've been saying,
NOTE Confidence: 0.96489334

00:55:59.655 --> 00:56:00.614 my art really became a
NOTE Confidence: 0.96489334

00:56:00.614 --> 00:56:01.414 way for me to see
NOTE Confidence: 0.96489334

00:56:01.414 --> 00:56:03.335 myself and forth force others
NOTE Confidence: 0.96489334

00:56:03.335 --> 00:56:04.795 to see my truth. And
NOTE Confidence: 0.97197634

00:56:05.094 --> 00:56:06.555 I think my favorite thing

NOTE Confidence: 0.97197634
00:56:06.614 --> 00:56:08.694 about personally, like, living near
NOTE Confidence: 0.97197634
00:56:08.694 --> 00:56:10.375 New Haven is going to
NOTE Confidence: 0.97197634
00:56:10.375 --> 00:56:11.755 see our local artists
NOTE Confidence: 0.98827773
00:56:12.590 --> 00:56:13.710 and getting to see their
NOTE Confidence: 0.98827773
00:56:13.710 --> 00:56:14.830 truth. And so when I
NOTE Confidence: 0.98827773
00:56:14.830 --> 00:56:15.950 can't make this art, I
NOTE Confidence: 0.98827773
00:56:15.950 --> 00:56:16.850 can see theirs,
NOTE Confidence: 0.976081
00:56:17.310 --> 00:56:18.270 and I can see new
NOTE Confidence: 0.976081
00:56:18.270 --> 00:56:19.469 windows of how I wanna
NOTE Confidence: 0.976081
00:56:19.469 --> 00:56:20.770 see the world and myself.
NOTE Confidence: 0.9912932
00:56:21.630 --> 00:56:23.230 And so this became and
NOTE Confidence: 0.9912932
00:56:23.230 --> 00:56:24.670 continues to be, for me,
NOTE Confidence: 0.9912932
00:56:24.670 --> 00:56:26.525 no greater self care than
NOTE Confidence: 0.9912932
00:56:26.525 --> 00:56:28.125 being witnessed on my terms.
NOTE Confidence: 0.9912932
00:56:28.125 --> 00:56:29.425 So that's the other thing.
NOTE Confidence: 0.9912932

00:56:29.645 --> 00:56:31.325 When you do this, it's
NOTE Confidence: 0.9912932

00:56:31.325 --> 00:56:32.065 your terms.
NOTE Confidence: 0.97661334

00:56:32.525 --> 00:56:33.565 When you do this in
NOTE Confidence: 0.97661334

00:56:33.565 --> 00:56:35.165 your peer support, you're seeing
NOTE Confidence: 0.97661334

00:56:35.165 --> 00:56:36.705 people through their terms,
NOTE Confidence: 0.99968886

00:56:37.005 --> 00:56:38.385 and that's really important.
NOTE Confidence: 0.9833546

00:56:38.880 --> 00:56:39.760 Look. I love being a
NOTE Confidence: 0.9833546

00:56:39.760 --> 00:56:41.440 therapist. I love therapy, but
NOTE Confidence: 0.9833546

00:56:41.440 --> 00:56:42.480 let's face it. Not every
NOTE Confidence: 0.9833546

00:56:42.480 --> 00:56:43.920 therapist runs a session on
NOTE Confidence: 0.9833546

00:56:43.920 --> 00:56:44.980 the client's terms.
NOTE Confidence: 0.99664795

00:56:45.839 --> 00:56:47.680 Not many recovery centers, at
NOTE Confidence: 0.99664795

00:56:47.680 --> 00:56:48.640 least the ones I've worked
NOTE Confidence: 0.99664795

00:56:48.640 --> 00:56:50.480 in, function based on what's
NOTE Confidence: 0.99664795

00:56:50.480 --> 00:56:51.619 the client's terms.
NOTE Confidence: 0.979647

00:56:53.335 --> 00:56:54.375 I'm the first person to

NOTE Confidence: 0.979647
00:56:54.375 --> 00:56:55.335 be like, I would be
NOTE Confidence: 0.979647
00:56:55.335 --> 00:56:56.155 called maladaptive.
NOTE Confidence: 0.9922737
00:56:57.094 --> 00:56:58.315 I would be called noncompliant.
NOTE Confidence: 0.99660045
00:56:59.735 --> 00:57:00.775 Right? I would be told
NOTE Confidence: 0.99660045
00:57:00.775 --> 00:57:01.655 that I didn't take my
NOTE Confidence: 0.99660045
00:57:01.655 --> 00:57:02.715 recovery seriously,
NOTE Confidence: 0.999696
00:57:03.335 --> 00:57:04.295 and none of those are
NOTE Confidence: 0.999696
00:57:04.295 --> 00:57:04.795 true.
NOTE Confidence: 0.99700654
00:57:07.310 --> 00:57:08.350 I strive to make people
NOTE Confidence: 0.99700654
00:57:08.350 --> 00:57:09.730 uncomfortable with my art.
NOTE Confidence: 0.9878308
00:57:11.469 --> 00:57:12.430 I want people to be
NOTE Confidence: 0.9878308
00:57:12.430 --> 00:57:13.630 uncomfortable. I haven't put my
NOTE Confidence: 0.9878308
00:57:13.630 --> 00:57:14.910 uncomfortable art in this slideshow
NOTE Confidence: 0.9878308
00:57:14.910 --> 00:57:15.870 because I don't think you
NOTE Confidence: 0.9878308
00:57:15.870 --> 00:57:16.670 all need that, but I
NOTE Confidence: 0.9878308

00:57:16.670 --> 00:57:17.630 think there are certain people
NOTE Confidence: 0.9878308

00:57:17.630 --> 00:57:18.770 in the world that do.
NOTE Confidence: 0.965414

00:57:19.695 --> 00:57:20.735 I just did a talk
NOTE Confidence: 0.965414

00:57:20.735 --> 00:57:22.575 somewhere else on on my
NOTE Confidence: 0.965414

00:57:22.575 --> 00:57:23.695 artwork, and I had some
NOTE Confidence: 0.965414

00:57:23.695 --> 00:57:24.815 sculptures. And I do these
NOTE Confidence: 0.965414

00:57:24.815 --> 00:57:26.675 sculptures with mannequins, and I
NOTE Confidence: 0.966783

00:57:27.215 --> 00:57:28.415 as the person saying, I
NOTE Confidence: 0.966783

00:57:28.415 --> 00:57:30.415 mutilated the female form. No.
NOTE Confidence: 0.966783

00:57:30.415 --> 00:57:31.955 I did not. I resculptured
NOTE Confidence: 0.9864121

00:57:32.495 --> 00:57:33.615 the idea of what a
NOTE Confidence: 0.9864121

00:57:33.615 --> 00:57:34.515 body is.
NOTE Confidence: 0.9995971

00:57:35.810 --> 00:57:36.470 And this
NOTE Confidence: 0.9722928

00:57:37.090 --> 00:57:38.530 cis hetero white man who
NOTE Confidence: 0.9722928

00:57:38.530 --> 00:57:39.970 makes high six figures and
NOTE Confidence: 0.9722928

00:57:39.970 --> 00:57:41.570 runs a treatment center was

NOTE Confidence: 0.9722928
00:57:41.570 --> 00:57:43.190 not very happy with me
NOTE Confidence: 0.9818546
00:57:43.890 --> 00:57:45.010 and the way I presented
NOTE Confidence: 0.9818546
00:57:45.010 --> 00:57:45.670 the body.
NOTE Confidence: 0.9816236
00:57:46.450 --> 00:57:47.410 And when I was asked
NOTE Confidence: 0.9816236
00:57:47.410 --> 00:57:48.370 how I felt about his
NOTE Confidence: 0.9816236
00:57:48.370 --> 00:57:49.750 discomfort, I said good.
NOTE Confidence: 0.9604624
00:57:50.405 --> 00:57:51.445 That was my only answer.
NOTE Confidence: 0.9604624
00:57:51.445 --> 00:57:51.945 Good.
NOTE Confidence: 0.9998019
00:57:52.325 --> 00:57:53.145 I'm glad
NOTE Confidence: 0.9762665
00:57:53.765 --> 00:57:54.805 because you had to see
NOTE Confidence: 0.9762665
00:57:54.805 --> 00:57:56.085 my body. You had to
NOTE Confidence: 0.9762665
00:57:56.085 --> 00:57:57.445 witness the pain and joy
NOTE Confidence: 0.9762665
00:57:57.445 --> 00:57:59.125 of being queer and trans
NOTE Confidence: 0.9762665
00:57:59.125 --> 00:58:01.625 and disabled and fat and
NOTE Confidence: 0.99576956
00:58:01.925 --> 00:58:03.765 daily holding spaces for people
NOTE Confidence: 0.99576956

00:58:03.765 --> 00:58:05.224 with more marginalization
NOTE Confidence: 0.9524181

00:58:05.605 --> 00:58:07.200 than myself, far more,
NOTE Confidence: 0.99336547

00:58:07.580 --> 00:58:09.500 and holding that pain and
NOTE Confidence: 0.99336547

00:58:09.500 --> 00:58:10.540 trying to create a world
NOTE Confidence: 0.99336547

00:58:10.540 --> 00:58:12.320 that is worthy of us.
NOTE Confidence: 0.98239416

00:58:12.940 --> 00:58:14.860 So good. Be uncomfortable. Go
NOTE Confidence: 0.98239416

00:58:14.860 --> 00:58:15.740 out there and make people
NOTE Confidence: 0.98239416

00:58:15.740 --> 00:58:16.240 uncomfortable.
NOTE Confidence: 0.95013815

00:58:16.860 --> 00:58:18.220 I make people uncomfortable every
NOTE Confidence: 0.95013815

00:58:18.220 --> 00:58:18.940 day when I sit in
NOTE Confidence: 0.95013815

00:58:18.940 --> 00:58:19.980 a coffee shop, so, like,
NOTE Confidence: 0.95013815

00:58:19.980 --> 00:58:21.825 let's go for it because
NOTE Confidence: 0.95013815

00:58:22.045 --> 00:58:23.345 that's not us.
NOTE Confidence: 0.98948956

00:58:24.445 --> 00:58:25.885 And so for me, this
NOTE Confidence: 0.98948956

00:58:25.885 --> 00:58:27.645 is self care is also
NOTE Confidence: 0.98948956

00:58:27.645 --> 00:58:29.085 challenging our system and our

NOTE Confidence: 0.98948956
00:58:29.085 --> 00:58:30.305 client our climate
NOTE Confidence: 0.87694776
00:58:31.485 --> 00:58:31.985 because
NOTE Confidence: 0.99921715
00:58:33.085 --> 00:58:34.205 I shouldn't need to change
NOTE Confidence: 0.99921715
00:58:34.205 --> 00:58:34.865 to survive.
NOTE Confidence: 0.9827496
00:58:37.600 --> 00:58:39.120 Our climate tells me I
NOTE Confidence: 0.9827496
00:58:39.120 --> 00:58:40.000 need to change to survive
NOTE Confidence: 0.9827496
00:58:40.000 --> 00:58:40.800 and that you do too,
NOTE Confidence: 0.9827496
00:58:40.800 --> 00:58:42.580 and I'm not tolerating that.
NOTE Confidence: 0.99573094
00:58:44.000 --> 00:58:44.660 I'm not.
NOTE Confidence: 0.98758316
00:58:47.934 --> 00:58:49.234 So here's the best part.
NOTE Confidence: 0.98758316
00:58:49.375 --> 00:58:50.654 True self care happens in
NOTE Confidence: 0.98758316
00:58:50.654 --> 00:58:51.154 community,
NOTE Confidence: 0.9989996
00:58:52.494 --> 00:58:53.535 which means we just did
NOTE Confidence: 0.9989996
00:58:53.535 --> 00:58:54.035 it.
NOTE Confidence: 0.95018876
00:58:55.375 --> 00:58:56.974 Yay. We that's all you
NOTE Confidence: 0.95018876

00:58:56.974 --> 00:58:57.635 did it.

NOTE Confidence: 0.9757859

00:58:58.575 --> 00:58:59.694 Like, that's the best part.

NOTE Confidence: 0.9757859

00:58:59.694 --> 00:59:00.575 You showed up and you

NOTE Confidence: 0.9757859

00:59:00.575 --> 00:59:01.234 did it.

NOTE Confidence: 0.92227286

00:59:02.450 --> 00:59:03.970 So I always say ask

NOTE Confidence: 0.92227286

00:59:03.970 --> 00:59:05.010 clients what if instead of

NOTE Confidence: 0.92227286

00:59:05.010 --> 00:59:06.210 a manicure, a friend made

NOTE Confidence: 0.92227286

00:59:06.210 --> 00:59:06.869 you dinner?

NOTE Confidence: 0.9709921

00:59:08.369 --> 00:59:09.730 Isn't it really wonderful when

NOTE Confidence: 0.9709921

00:59:09.730 --> 00:59:10.769 you've had the hardest day

NOTE Confidence: 0.9709921

00:59:10.769 --> 00:59:11.970 ever and, like, you haven't

NOTE Confidence: 0.9709921

00:59:11.970 --> 00:59:13.089 been able to go grocery

NOTE Confidence: 0.9709921

00:59:13.089 --> 00:59:15.410 shopping and you're overwhelmed and

NOTE Confidence: 0.9709921

00:59:15.410 --> 00:59:16.609 overworked and your bank account

NOTE Confidence: 0.9709921

00:59:16.609 --> 00:59:18.105 doesn't look great? And, like,

NOTE Confidence: 0.9709921

00:59:18.105 --> 00:59:19.465 a friend was like, I

NOTE Confidence: 0.9709921
00:59:19.465 --> 00:59:20.345 thought I'd stop by and
NOTE Confidence: 0.9709921
00:59:20.345 --> 00:59:21.165 bring you dinner.
NOTE Confidence: 0.9907994
00:59:24.744 --> 00:59:26.345 There's something about that that,
NOTE Confidence: 0.9907994
00:59:26.345 --> 00:59:27.965 like, just makes my soul
NOTE Confidence: 0.9907994
00:59:28.105 --> 00:59:29.005 so happy.
NOTE Confidence: 0.9791214
00:59:30.560 --> 00:59:31.760 And anyone that's a friend
NOTE Confidence: 0.9791214
00:59:31.760 --> 00:59:32.640 of mine in my life
NOTE Confidence: 0.9791214
00:59:32.640 --> 00:59:33.600 will tell you if I
NOTE Confidence: 0.9791214
00:59:33.600 --> 00:59:34.800 come to your house, I'm
NOTE Confidence: 0.9791214
00:59:34.800 --> 00:59:35.780 bringing you cookies,
NOTE Confidence: 0.9981468
00:59:37.280 --> 00:59:37.780 and
NOTE Confidence: 0.9791836
00:59:38.480 --> 00:59:39.520 I'm not going to let
NOTE Confidence: 0.9791836
00:59:39.520 --> 00:59:40.400 you take care of me.
NOTE Confidence: 0.9791836
00:59:40.400 --> 00:59:41.360 I'm gonna make you sit
NOTE Confidence: 0.9791836
00:59:41.360 --> 00:59:42.640 down and eat one with
NOTE Confidence: 0.9791836

00:59:42.640 --> 00:59:44.180 me and have that moment
NOTE Confidence: 0.9791836

00:59:44.240 --> 00:59:45.585 of feeling what it feels
NOTE Confidence: 0.9791836

00:59:45.585 --> 00:59:46.785 like to know someone cares
NOTE Confidence: 0.9791836

00:59:46.785 --> 00:59:47.445 for you.
NOTE Confidence: 0.98900086

00:59:49.025 --> 00:59:50.225 Or what if our colleagues
NOTE Confidence: 0.98900086

00:59:50.225 --> 00:59:51.185 offered to help with our
NOTE Confidence: 0.98900086

00:59:51.185 --> 00:59:52.805 paperwork when we're burnt out?
NOTE Confidence: 0.9996279

00:59:54.545 --> 00:59:55.445 I'm not kidding.
NOTE Confidence: 0.98377454

00:59:56.670 --> 00:59:57.630 Have I had a colleague
NOTE Confidence: 0.98377454

00:59:57.630 --> 00:59:58.589 do that for me? One
NOTE Confidence: 0.98377454

00:59:58.589 --> 00:59:59.470 or two, they're still some
NOTE Confidence: 0.98377454

00:59:59.470 --> 01:00:00.589 of my closest friends from
NOTE Confidence: 0.98377454

01:00:00.589 --> 01:00:01.650 when I worked in treatment
NOTE Confidence: 0.8648768

01:00:03.950 --> 01:00:05.650 because someone could see.
NOTE Confidence: 0.9888978

01:00:06.190 --> 01:00:07.550 Right? And and, again, that
NOTE Confidence: 0.9888978

01:00:07.550 --> 01:00:08.910 witnessing, they could witness that

NOTE Confidence: 0.9888978
01:00:08.910 --> 01:00:09.869 process and go, oh, this
NOTE Confidence: 0.9888978
01:00:09.869 --> 01:00:11.089 is what someone needs.
NOTE Confidence: 0.9606469
01:00:11.945 --> 01:00:12.845 Or what if a friend
NOTE Confidence: 0.9606469
01:00:12.905 --> 01:00:14.265 sits with you just to
NOTE Confidence: 0.9606469
01:00:14.265 --> 01:00:15.465 be silent? Maybe you watch
NOTE Confidence: 0.9606469
01:00:15.465 --> 01:00:16.744 a movie or you just
NOTE Confidence: 0.9606469
01:00:16.744 --> 01:00:17.945 enjoy the peace and quiet
NOTE Confidence: 0.9606469
01:00:17.945 --> 01:00:19.005 and just are together.
NOTE Confidence: 0.97108895
01:00:20.744 --> 01:00:22.505 I know in my lowest
NOTE Confidence: 0.97108895
01:00:22.505 --> 01:00:24.025 moments in the last year
NOTE Confidence: 0.97108895
01:00:24.025 --> 01:00:25.785 where, like, transphobia was just
NOTE Confidence: 0.97108895
01:00:25.785 --> 01:00:26.425 like the word of the
NOTE Confidence: 0.97108895
01:00:26.425 --> 01:00:27.405 day in my life,
NOTE Confidence: 0.9870024
01:00:27.980 --> 01:00:29.339 I didn't relapse because people
NOTE Confidence: 0.9870024
01:00:29.339 --> 01:00:30.140 showed up and sat with
NOTE Confidence: 0.9870024

01:00:30.140 --> 01:00:31.260 me in silence because I
NOTE Confidence: 0.9870024

01:00:31.260 --> 01:00:32.859 just couldn't even talk. I
NOTE Confidence: 0.9870024

01:00:32.859 --> 01:00:33.819 couldn't watch a movie. I
NOTE Confidence: 0.9870024

01:00:33.819 --> 01:00:34.859 just needed someone to sit
NOTE Confidence: 0.9870024

01:00:34.859 --> 01:00:36.539 with me, maybe hold my
NOTE Confidence: 0.9870024

01:00:36.539 --> 01:00:38.059 hand, maybe not. You know,
NOTE Confidence: 0.9870024

01:00:38.059 --> 01:00:39.180 trauma means I don't always
NOTE Confidence: 0.9870024

01:00:39.180 --> 01:00:40.460 want someone in my physical
NOTE Confidence: 0.9870024

01:00:40.460 --> 01:00:40.960 space,
NOTE Confidence: 0.9972133

01:00:42.595 --> 01:00:43.635 But the people that did
NOTE Confidence: 0.9972133

01:00:43.635 --> 01:00:44.675 that are the people that
NOTE Confidence: 0.9972133

01:00:44.675 --> 01:00:45.175 I
NOTE Confidence: 0.9811944

01:00:46.115 --> 01:00:47.715 would trust with my actual
NOTE Confidence: 0.9811944

01:00:47.715 --> 01:00:48.755 life in a life or
NOTE Confidence: 0.9811944

01:00:48.755 --> 01:00:50.995 death situation any day because
NOTE Confidence: 0.9811944

01:00:50.995 --> 01:00:52.035 they saw a need and

NOTE Confidence: 0.9811944
01:00:52.035 --> 01:00:53.315 they showed up, and that's
NOTE Confidence: 0.9811944
01:00:53.315 --> 01:00:54.695 why we need this community.
NOTE Confidence: 0.97491974
01:00:56.390 --> 01:00:57.830 Because tonight, if you all
NOTE Confidence: 0.97491974
01:00:57.830 --> 01:00:58.870 decide to email me and
NOTE Confidence: 0.97491974
01:00:58.870 --> 01:00:59.830 you need someone to show
NOTE Confidence: 0.97491974
01:00:59.830 --> 01:01:01.510 up and you live within
NOTE Confidence: 0.97491974
01:01:01.510 --> 01:01:02.970 two hours, I'm showing up.
NOTE Confidence: 0.9641536
01:01:05.590 --> 01:01:06.810 And I'll bring you cookies,
NOTE Confidence: 0.9997066
01:01:08.275 --> 01:01:09.415 and I'll be silent
NOTE Confidence: 0.95728666
01:01:09.795 --> 01:01:10.835 unless you really want me
NOTE Confidence: 0.95728666
01:01:10.835 --> 01:01:11.635 to talk. I'm really good
NOTE Confidence: 0.95728666
01:01:11.635 --> 01:01:12.295 at that.
NOTE Confidence: 0.9954514
01:01:14.195 --> 01:01:14.695 So
NOTE Confidence: 0.95903105
01:01:15.635 --> 01:01:16.835 what if self care wasn't
NOTE Confidence: 0.95903105
01:01:16.835 --> 01:01:18.675 this solitary experience based on
NOTE Confidence: 0.95903105

01:01:18.675 --> 01:01:19.955 what we bought, but the
NOTE Confidence: 0.95903105

01:01:20.035 --> 01:01:21.359 that experience of being together
NOTE Confidence: 0.95903105

01:01:21.359 --> 01:01:22.720 and owning our narrative and
NOTE Confidence: 0.95903105

01:01:22.720 --> 01:01:24.160 creating things that document who
NOTE Confidence: 0.95903105

01:01:24.160 --> 01:01:24.819 we are.
NOTE Confidence: 0.548476

01:01:31.039 --> 01:01:31.539 Oh,
NOTE Confidence: 0.98481506

01:01:31.920 --> 01:01:33.039 so this is it brings
NOTE Confidence: 0.98481506

01:01:33.039 --> 01:01:33.680 me all the way back
NOTE Confidence: 0.98481506

01:01:33.680 --> 01:01:34.559 to me and back to
NOTE Confidence: 0.98481506

01:01:34.559 --> 01:01:35.059 Frida,
NOTE Confidence: 0.96508706

01:01:35.555 --> 01:01:36.695 all the love of my
NOTE Confidence: 0.9991546

01:01:37.915 --> 01:01:38.415 life.
NOTE Confidence: 0.98178023

01:01:40.195 --> 01:01:41.475 She wanted to see herself
NOTE Confidence: 0.98178023

01:01:41.475 --> 01:01:43.075 and be seen, and she
NOTE Confidence: 0.98178023

01:01:43.075 --> 01:01:44.535 wanted to capture the complexity
NOTE Confidence: 0.98178023

01:01:44.595 --> 01:01:45.715 of who she was, and

NOTE Confidence: 0.98178023
01:01:45.715 --> 01:01:46.915 she wanted to feel better
NOTE Confidence: 0.98178023
01:01:46.915 --> 01:01:48.115 and feel whole and feel
NOTE Confidence: 0.98178023
01:01:48.115 --> 01:01:48.615 complete.
NOTE Confidence: 0.98398143
01:01:49.155 --> 01:01:51.015 And we all deserve that,
NOTE Confidence: 0.98415494
01:01:53.130 --> 01:01:54.010 And that's why I do
NOTE Confidence: 0.98415494
01:01:54.010 --> 01:01:54.510 this.
NOTE Confidence: 0.99679834
01:01:56.089 --> 01:01:58.270 And the secret of activist
NOTE Confidence: 0.99679834
01:01:58.329 --> 01:01:59.070 art is
NOTE Confidence: 0.947934
01:02:00.329 --> 01:02:01.390 there's no protocol.
NOTE Confidence: 0.9992752
01:02:02.170 --> 01:02:03.470 I can't give you directions.
NOTE Confidence: 0.9990776
01:02:05.184 --> 01:02:06.805 There's there's no
NOTE Confidence: 0.98786855
01:02:07.184 --> 01:02:07.684 book.
NOTE Confidence: 0.9870966
01:02:08.145 --> 01:02:09.345 You can get some political
NOTE Confidence: 0.9870966
01:02:09.345 --> 01:02:10.545 art therapy books if you're
NOTE Confidence: 0.9870966
01:02:10.545 --> 01:02:11.924 interested in, like, the clinical
NOTE Confidence: 0.9870966

01:02:11.984 --> 01:02:12.484 side,
NOTE Confidence: 0.9987141
01:02:12.785 --> 01:02:13.285 but
NOTE Confidence: 0.9871225
01:02:13.585 --> 01:02:15.045 activist art is
NOTE Confidence: 0.947782
01:02:16.464 --> 01:02:17.580 I watched a debate and
NOTE Confidence: 0.947782
01:02:17.660 --> 01:02:18.780 pissed me off because, apparently,
NOTE Confidence: 0.947782
01:02:18.780 --> 01:02:19.820 I'm not allowed to exist.
NOTE Confidence: 0.947782
01:02:19.820 --> 01:02:20.860 So here's my message on
NOTE Confidence: 0.947782
01:02:20.860 --> 01:02:22.320 a canvas, on a sculpture.
NOTE Confidence: 0.98857206
01:02:22.940 --> 01:02:24.720 I know graffiti is technically
NOTE Confidence: 0.98857206
01:02:24.780 --> 01:02:25.920 illegal. However,
NOTE Confidence: 0.94789314
01:02:27.020 --> 01:02:28.080 the side of a building,
NOTE Confidence: 0.9980672
01:02:29.500 --> 01:02:30.640 the side of a wall,
NOTE Confidence: 0.93710804
01:02:31.895 --> 01:02:33.035 a wall in your house.
NOTE Confidence: 0.93710804
01:02:33.175 --> 01:02:33.974 I actually worked with a
NOTE Confidence: 0.93710804
01:02:33.974 --> 01:02:35.255 client once whose parents really
NOTE Confidence: 0.93710804
01:02:35.255 --> 01:02:36.214 embrace this, and they got

NOTE Confidence: 0.93710804
01:02:36.214 --> 01:02:36.875 a wall.
NOTE Confidence: 0.9398215
01:02:37.575 --> 01:02:38.855 A seventeen year old little
NOTE Confidence: 0.9398215
01:02:38.855 --> 01:02:40.295 trans mean. They got a
NOTE Confidence: 0.9398215
01:02:40.295 --> 01:02:41.255 wall in their house where
NOTE Confidence: 0.9398215
01:02:41.255 --> 01:02:42.535 they got to, like, really
NOTE Confidence: 0.9398215
01:02:42.535 --> 01:02:43.515 go for it
NOTE Confidence: 0.99865246
01:02:46.770 --> 01:02:47.750 because it works.
NOTE Confidence: 0.9908132
01:02:52.370 --> 01:02:53.970 So I wanna us to
NOTE Confidence: 0.9908132
01:02:53.970 --> 01:02:55.010 have time for questions, and
NOTE Confidence: 0.9908132
01:02:55.010 --> 01:02:55.730 I wanna be able to
NOTE Confidence: 0.9908132
01:02:55.730 --> 01:02:56.450 talk to with all of
NOTE Confidence: 0.9908132
01:02:56.450 --> 01:02:57.090 you. So I want you
NOTE Confidence: 0.9908132
01:02:57.090 --> 01:02:58.210 to please remember that your
NOTE Confidence: 0.9908132
01:02:58.210 --> 01:02:59.835 story matters more than you
NOTE Confidence: 0.9908132
01:02:59.835 --> 01:03:00.815 may ever realize
NOTE Confidence: 0.95153254

01:03:01.275 --> 01:03:02.875 and that your survival matters

NOTE Confidence: 0.95153254

01:03:02.875 --> 01:03:04.235 because without you, the world

NOTE Confidence: 0.95153254

01:03:04.235 --> 01:03:05.375 would be a worse place

NOTE Confidence: 0.9458263

01:03:05.994 --> 01:03:07.435 because your self care matters

NOTE Confidence: 0.9458263

01:03:07.435 --> 01:03:08.475 because we need to start

NOTE Confidence: 0.9458263

01:03:08.475 --> 01:03:09.515 shifting to do this in

NOTE Confidence: 0.9458263

01:03:09.515 --> 01:03:10.735 our community together

NOTE Confidence: 0.9748837

01:03:11.240 --> 01:03:12.440 because our culture is wrong

NOTE Confidence: 0.9748837

01:03:12.440 --> 01:03:13.640 about our bodies, and your

NOTE Confidence: 0.9748837

01:03:13.640 --> 01:03:14.920 body matters and is proof

NOTE Confidence: 0.9748837

01:03:14.920 --> 01:03:16.599 that you're here. And most

NOTE Confidence: 0.9748837

01:03:16.599 --> 01:03:17.720 of all, now that you've

NOTE Confidence: 0.9748837

01:03:17.720 --> 01:03:19.240 met me, you're loved because

NOTE Confidence: 0.9748837

01:03:19.240 --> 01:03:20.220 I love you,

NOTE Confidence: 0.9803114

01:03:20.520 --> 01:03:22.039 every part of you, just

NOTE Confidence: 0.9803114

01:03:22.039 --> 01:03:22.780 for existing.

NOTE Confidence: 0.97898483
01:03:25.925 --> 01:03:27.045 Sherry, we always cry when
NOTE Confidence: 0.97898483
01:03:27.045 --> 01:03:28.085 we're in training together. What's
NOTE Confidence: 0.97898483
01:03:28.085 --> 01:03:28.825 that about?
NOTE Confidence: 0.9955077
01:03:32.165 --> 01:03:33.865 There's so many messages here.
NOTE Confidence: 0.9955077
01:03:33.925 --> 01:03:35.305 I can't read them all.
NOTE Confidence: 0.956737
01:03:35.845 --> 01:03:36.885 You make me cry. We
NOTE Confidence: 0.956737
01:03:36.885 --> 01:03:37.845 all need to hear those
NOTE Confidence: 0.956737
01:03:37.845 --> 01:03:39.930 beautiful messages. Thank you so
NOTE Confidence: 0.956737
01:03:39.930 --> 01:03:41.230 much. Oh, great.
NOTE Confidence: 0.9954208
01:03:43.530 --> 01:03:44.910 So I wanna open this
NOTE Confidence: 0.9602257
01:03:45.369 --> 01:03:46.990 not, like, just for questions,
NOTE Confidence: 0.9438667
01:03:48.410 --> 01:03:49.390 but just, like
NOTE Confidence: 0.9755536
01:03:49.770 --> 01:03:50.730 like, what do you all
NOTE Confidence: 0.9755536
01:03:50.730 --> 01:03:51.690 think? And, like, what do
NOTE Confidence: 0.9755536
01:03:51.690 --> 01:03:52.970 you wanna do with this?
NOTE Confidence: 0.9755536

01:03:52.970 --> 01:03:53.470 Like,
NOTE Confidence: 0.9991069
01:03:54.684 --> 01:03:55.505 where are we?
NOTE Confidence: 0.984844
01:04:02.605 --> 01:04:03.885 And feel free to unmute
NOTE Confidence: 0.984844
01:04:03.885 --> 01:04:04.845 yourself if you have a
NOTE Confidence: 0.984844
01:04:04.845 --> 01:04:06.204 question. We're a small enough
NOTE Confidence: 0.984844
01:04:06.204 --> 01:04:08.204 cozy group, or put something
NOTE Confidence: 0.984844
01:04:08.204 --> 01:04:09.359 in the chat, and I
NOTE Confidence: 0.984844
01:04:09.359 --> 01:04:10.579 think Annette will help
NOTE Confidence: 0.99903566
01:04:10.960 --> 01:04:12.259 facilitate as well.
NOTE Confidence: 0.9861149
01:04:12.559 --> 01:04:13.940 Mhmm. I'm trying to
NOTE Confidence: 0.9545672
01:04:14.640 --> 01:04:15.599 I'm trying to scroll through
NOTE Confidence: 0.9545672
01:04:15.599 --> 01:04:16.720 and see if there's anything.
NOTE Confidence: 0.9545672
01:04:16.720 --> 01:04:17.759 There was there wasn't no
NOTE Confidence: 0.9545672
01:04:17.759 --> 01:04:18.799 question. There was a lot
NOTE Confidence: 0.9545672
01:04:18.799 --> 01:04:20.079 of comments. I was but
NOTE Confidence: 0.9545672
01:04:20.079 --> 01:04:21.039 you know what? I I

NOTE Confidence: 0.9915709
01:04:22.194 --> 01:04:23.155 this made me think of
NOTE Confidence: 0.9915709
01:04:23.155 --> 01:04:25.015 things differently too. Like
NOTE Confidence: 0.9704849
01:04:26.434 --> 01:04:27.714 so, like, as a kid
NOTE Confidence: 0.9704849
01:04:27.714 --> 01:04:28.994 growing up, right, like, how
NOTE Confidence: 0.9704849
01:04:28.994 --> 01:04:30.515 you're supposed to dress and
NOTE Confidence: 0.9704849
01:04:30.515 --> 01:04:32.694 look. Right? This Mhmm. Perfect.
NOTE Confidence: 0.99895716
01:04:33.075 --> 01:04:33.575 Right?
NOTE Confidence: 0.9893898
01:04:34.035 --> 01:04:34.835 And so, like, one of
NOTE Confidence: 0.9893898
01:04:34.835 --> 01:04:35.954 the things I always say
NOTE Confidence: 0.9893898
01:04:35.954 --> 01:04:36.755 to like, I have a
NOTE Confidence: 0.9893898
01:04:36.755 --> 01:04:37.740 six year old. I'm like,
NOTE Confidence: 0.9893898
01:04:37.740 --> 01:04:38.700 there's no such thing as
NOTE Confidence: 0.9893898
01:04:38.700 --> 01:04:39.200 perfect.
NOTE Confidence: 0.9762422
01:04:39.580 --> 01:04:40.860 Like, no. I don't wanna
NOTE Confidence: 0.9762422
01:04:40.860 --> 01:04:41.820 use gel on your hair
NOTE Confidence: 0.9762422

01:04:41.820 --> 01:04:43.040 to slick it back,
NOTE Confidence: 0.9990443

01:04:43.420 --> 01:04:44.300 so you have to be
NOTE Confidence: 0.9990443

01:04:44.300 --> 01:04:45.340 perfect. I don't want you
NOTE Confidence: 0.9990443

01:04:45.340 --> 01:04:45.980 to do that. Yeah. I
NOTE Confidence: 0.9990443

01:04:45.980 --> 01:04:46.940 don't want her to grow
NOTE Confidence: 0.9990443

01:04:46.940 --> 01:04:47.440 up
NOTE Confidence: 0.9469926

01:04:48.540 --> 01:04:50.060 with the stuff, the sayings,
NOTE Confidence: 0.9469926

01:04:50.060 --> 01:04:50.720 the subconsciousness,
NOTE Confidence: 0.99857926

01:04:51.100 --> 01:04:51.760 the fears,
NOTE Confidence: 0.9810071

01:04:52.914 --> 01:04:54.775 the insecurities that I did
NOTE Confidence: 0.9810071

01:04:54.994 --> 01:04:56.275 growing up. You know? Is
NOTE Confidence: 0.9810071

01:04:56.275 --> 01:04:57.234 this too short? Is this
NOTE Confidence: 0.9810071

01:04:57.234 --> 01:04:58.595 too long? You can't have
NOTE Confidence: 0.9810071

01:04:58.595 --> 01:04:59.555 this. You can't have that.
NOTE Confidence: 0.9810071

01:04:59.555 --> 01:05:00.515 Too many snacks. You know
NOTE Confidence: 0.9810071

01:05:00.515 --> 01:05:01.714 what I mean? Like, the

NOTE Confidence: 0.9810071
01:05:01.714 --> 01:05:03.234 weight, the this, the that,
NOTE Confidence: 0.9810071
01:05:03.234 --> 01:05:03.734 like,
NOTE Confidence: 0.9735882
01:05:04.755 --> 01:05:06.580 because of what it turned
NOTE Confidence: 0.9735882
01:05:06.580 --> 01:05:08.180 me into and and my
NOTE Confidence: 0.9735882
01:05:08.180 --> 01:05:09.540 process and my journey and
NOTE Confidence: 0.9735882
01:05:09.540 --> 01:05:10.900 the outlets that I chose.
NOTE Confidence: 0.9735882
01:05:10.900 --> 01:05:13.160 Right? That the eating disorder
NOTE Confidence: 0.9424494
01:05:13.700 --> 01:05:14.740 for eating because it was
NOTE Confidence: 0.9424494
01:05:14.740 --> 01:05:15.480 more comfortable
NOTE Confidence: 0.9271478
01:05:16.020 --> 01:05:17.140 at a certain point in
NOTE Confidence: 0.9271478
01:05:17.140 --> 01:05:18.660 my recovery to eat more.
NOTE Confidence: 0.9271478
01:05:18.660 --> 01:05:19.700 So you wouldn't look at
NOTE Confidence: 0.9271478
01:05:19.700 --> 01:05:20.920 me that much because
NOTE Confidence: 0.98308057
01:05:21.515 --> 01:05:22.895 when I wasn't in recovery,
NOTE Confidence: 0.98308057
01:05:23.115 --> 01:05:24.395 I had a different lifestyle,
NOTE Confidence: 0.98308057

01:05:24.395 --> 01:05:25.035 and I had to keep
NOTE Confidence: 0.98308057

01:05:25.035 --> 01:05:25.935 a different composure.
NOTE Confidence: 0.92418563

01:05:26.315 --> 01:05:27.035 You know what I mean?
NOTE Confidence: 0.92418563

01:05:27.035 --> 01:05:28.075 And I didn't want that
NOTE Confidence: 0.92418563

01:05:28.075 --> 01:05:29.755 attention in recovery. So, I
NOTE Confidence: 0.92418563

01:05:29.755 --> 01:05:30.715 mean, you had me just,
NOTE Confidence: 0.92418563

01:05:30.715 --> 01:05:32.175 like, look at things differently
NOTE Confidence: 0.95602924

01:05:32.875 --> 01:05:34.235 and and and, like, kinda
NOTE Confidence: 0.95602924

01:05:34.235 --> 01:05:35.515 make sense of it now.
NOTE Confidence: 0.95602924

01:05:35.515 --> 01:05:37.119 So I mean, for me,
NOTE Confidence: 0.95602924

01:05:37.119 --> 01:05:37.619 anyways.
NOTE Confidence: 0.9637194

01:05:38.080 --> 01:05:39.280 But so I agree with
NOTE Confidence: 0.9637194

01:05:39.280 --> 01:05:40.320 Sherry. If anybody wants to
NOTE Confidence: 0.9637194

01:05:40.320 --> 01:05:41.200 jump in and say stuff
NOTE Confidence: 0.9637194

01:05:41.200 --> 01:05:42.260 and then, you know,
NOTE Confidence: 0.953725

01:05:44.800 --> 01:05:46.720 feel free. Hi, everyone. I

NOTE Confidence: 0.953725
01:05:46.720 --> 01:05:48.320 just wanted to just add
NOTE Confidence: 0.953725
01:05:48.320 --> 01:05:49.300 on to that.
NOTE Confidence: 0.923052
01:05:50.295 --> 01:05:52.375 I also growing up, I
NOTE Confidence: 0.923052
01:05:52.375 --> 01:05:54.214 recognize this now, but I
NOTE Confidence: 0.923052
01:05:54.214 --> 01:05:54.714 spent
NOTE Confidence: 0.95147735
01:05:55.895 --> 01:05:56.714 most honestly,
NOTE Confidence: 0.97763526
01:05:57.095 --> 01:05:58.214 I wouldn't even say I
NOTE Confidence: 0.97763526
01:05:58.214 --> 01:06:00.615 fully recovered from my I
NOTE Confidence: 0.97763526
01:06:00.615 --> 01:06:02.075 haven't fully healed my relationship
NOTE Confidence: 0.97763526
01:06:02.135 --> 01:06:03.859 with food. That is something
NOTE Confidence: 0.97763526
01:06:04.000 --> 01:06:04.960 I is a work in
NOTE Confidence: 0.97763526
01:06:04.960 --> 01:06:06.019 progress. It's
NOTE Confidence: 0.99958575
01:06:06.720 --> 01:06:07.940 so easy to just
NOTE Confidence: 0.934061
01:06:08.400 --> 01:06:09.940 flip into it. But,
NOTE Confidence: 0.9812739
01:06:10.880 --> 01:06:12.559 growing up specifically, it was
NOTE Confidence: 0.9812739

01:06:12.559 --> 01:06:13.059 definitely
NOTE Confidence: 0.97686845

01:06:13.359 --> 01:06:15.599 what I used to feel
NOTE Confidence: 0.97686845

01:06:15.599 --> 01:06:16.099 okay,
NOTE Confidence: 0.9703329

01:06:18.015 --> 01:06:19.295 because it was, like, after
NOTE Confidence: 0.9703329

01:06:19.295 --> 01:06:20.414 school. I was I was
NOTE Confidence: 0.9703329

01:06:20.414 --> 01:06:22.575 thinking about eating all day.
NOTE Confidence: 0.9703329

01:06:22.575 --> 01:06:23.775 Like, it was it's something
NOTE Confidence: 0.9703329

01:06:23.775 --> 01:06:24.734 that I would just I
NOTE Confidence: 0.9703329

01:06:24.734 --> 01:06:25.934 would just look so forward
NOTE Confidence: 0.9703329

01:06:25.934 --> 01:06:27.375 to just going home, getting
NOTE Confidence: 0.9703329

01:06:27.375 --> 01:06:28.815 to be alone, and finally
NOTE Confidence: 0.9703329

01:06:28.815 --> 01:06:30.575 feel safe and comfortable again,
NOTE Confidence: 0.9703329

01:06:30.575 --> 01:06:31.214 and that was
NOTE Confidence: 0.9594496

01:06:31.960 --> 01:06:33.740 food was my coping mechanism.
NOTE Confidence: 0.9594496

01:06:33.880 --> 01:06:34.380 And
NOTE Confidence: 0.9247764

01:06:35.320 --> 01:06:36.600 it just, like this is

NOTE Confidence: 0.9247764
01:06:36.600 --> 01:06:37.900 such an important and,
NOTE Confidence: 0.9281436
01:06:39.000 --> 01:06:40.280 I'm I'm so passionate about
NOTE Confidence: 0.9281436
01:06:40.280 --> 01:06:41.420 this topic because
NOTE Confidence: 0.97636217
01:06:42.360 --> 01:06:43.320 as I was growing up,
NOTE Confidence: 0.97636217
01:06:43.320 --> 01:06:44.280 you don't realize it because
NOTE Confidence: 0.97636217
01:06:44.280 --> 01:06:45.320 you're just a kid trying
NOTE Confidence: 0.97636217
01:06:45.320 --> 01:06:46.815 to cope, but there's so
NOTE Confidence: 0.97636217
01:06:46.815 --> 01:06:48.515 many other issues that start
NOTE Confidence: 0.94061863
01:06:49.455 --> 01:06:51.315 happening even from a health
NOTE Confidence: 0.9301984
01:06:51.695 --> 01:06:53.155 care view or others,
NOTE Confidence: 0.9900581
01:06:53.935 --> 01:06:55.214 and then the social stuff
NOTE Confidence: 0.9900581
01:06:55.214 --> 01:06:56.335 and the bullying and so
NOTE Confidence: 0.9900581
01:06:56.335 --> 01:06:57.214 forth. So,
NOTE Confidence: 0.99875784
01:06:58.015 --> 01:06:59.234 I just think it's
NOTE Confidence: 0.9594338
01:06:59.840 --> 01:07:01.280 it's nice to finally hear
NOTE Confidence: 0.9594338

01:07:01.280 --> 01:07:02.640 someone else also share their
NOTE Confidence: 0.9594338

01:07:02.640 --> 01:07:03.540 stories and
NOTE Confidence: 0.9596966

01:07:03.840 --> 01:07:04.800 glad to know that at
NOTE Confidence: 0.9596966

01:07:04.800 --> 01:07:05.280 least,
NOTE Confidence: 0.9697407

01:07:05.760 --> 01:07:07.280 it was not just, like,
NOTE Confidence: 0.9697407

01:07:07.280 --> 01:07:07.780 me.
NOTE Confidence: 0.9202875

01:07:08.400 --> 01:07:09.600 It's a lot of people
NOTE Confidence: 0.9202875

01:07:09.600 --> 01:07:11.540 unfortunately go through this, and
NOTE Confidence: 0.9931233

01:07:12.000 --> 01:07:13.140 food is their
NOTE Confidence: 0.8954504

01:07:13.775 --> 01:07:15.475 open mechanism in a way.
NOTE Confidence: 0.99922824

01:07:17.295 --> 01:07:18.735 I mean, eating disorders are
NOTE Confidence: 0.99922824

01:07:18.735 --> 01:07:19.235 the
NOTE Confidence: 0.99946934

01:07:19.535 --> 01:07:21.535 second deadliest mental illness after
NOTE Confidence: 0.99946934

01:07:21.535 --> 01:07:22.435 substance use.
NOTE Confidence: 0.9996852

01:07:24.015 --> 01:07:25.075 We hear about
NOTE Confidence: 0.9734381

01:07:25.950 --> 01:07:27.470 anorexia and thinner bodies. We

NOTE Confidence: 0.9734381

01:07:27.470 --> 01:07:28.349 don't talk about all the

NOTE Confidence: 0.9734381

01:07:28.349 --> 01:07:29.970 other eating disorders, but, statistically,

NOTE Confidence: 0.9734381

01:07:30.109 --> 01:07:31.310 anorexia is the least common,

NOTE Confidence: 0.9734381

01:07:31.310 --> 01:07:32.770 which means it's not the

NOTE Confidence: 0.9734381

01:07:32.910 --> 01:07:34.589 thin waste away version of

NOTE Confidence: 0.9734381

01:07:34.589 --> 01:07:35.710 people that's the one that's

NOTE Confidence: 0.9734381

01:07:35.710 --> 01:07:37.070 dying. It's the average person.

NOTE Confidence: 0.9734381

01:07:37.070 --> 01:07:37.810 It's us.

NOTE Confidence: 0.99952066

01:07:38.685 --> 01:07:39.485 And then when you put

NOTE Confidence: 0.99952066

01:07:39.485 --> 01:07:40.305 the two together,

NOTE Confidence: 0.9702029

01:07:40.765 --> 01:07:42.205 it's even harder, and they

NOTE Confidence: 0.9702029

01:07:42.205 --> 01:07:42.705 often

NOTE Confidence: 0.9863305

01:07:43.165 --> 01:07:43.805 at least a lot of

NOTE Confidence: 0.9863305

01:07:43.805 --> 01:07:45.005 the clients I have and

NOTE Confidence: 0.9863305

01:07:45.005 --> 01:07:46.365 have had and my own

NOTE Confidence: 0.9863305

01:07:46.365 --> 01:07:47.405 experiences, a lot of it
NOTE Confidence: 0.9863305

01:07:47.405 --> 01:07:48.625 often happens together.
NOTE Confidence: 0.9923588

01:07:49.325 --> 01:07:51.085 It's just professionals are not
NOTE Confidence: 0.9923588

01:07:51.085 --> 01:07:52.785 trained on these things. So
NOTE Confidence: 0.9923588

01:07:52.830 --> 01:07:53.950 our whole lives, we have
NOTE Confidence: 0.9923588

01:07:53.950 --> 01:07:55.170 things that are really missed.
NOTE Confidence: 0.9987917

01:08:03.230 --> 01:08:04.350 I just wanted to give
NOTE Confidence: 0.9987917

01:08:04.350 --> 01:08:05.730 my little two cents.
NOTE Confidence: 0.9643435

01:08:07.235 --> 01:08:08.675 I wasn't I didn't know
NOTE Confidence: 0.9643435

01:08:08.675 --> 01:08:10.035 really what to expect today.
NOTE Confidence: 0.9643435

01:08:10.035 --> 01:08:10.535 So,
NOTE Confidence: 0.9783335

01:08:11.075 --> 01:08:12.275 it's nice because it does
NOTE Confidence: 0.9783335

01:08:12.275 --> 01:08:14.435 feel like a free therapy
NOTE Confidence: 0.9783335

01:08:14.435 --> 01:08:14.935 session.
NOTE Confidence: 0.9928937

01:08:15.875 --> 01:08:16.375 And,
NOTE Confidence: 0.9994272

01:08:17.875 --> 01:08:19.575 eating is something that

NOTE Confidence: 0.7684481
01:08:20.340 --> 01:08:21.080 am I
NOTE Confidence: 0.96588176
01:08:22.020 --> 01:08:23.460 my value to food and,
NOTE Confidence: 0.96588176
01:08:23.939 --> 01:08:25.800 who I am valued myself
NOTE Confidence: 0.96588176
01:08:26.020 --> 01:08:27.300 is something that I've worked
NOTE Confidence: 0.96588176
01:08:27.300 --> 01:08:28.900 on been working on for
NOTE Confidence: 0.96588176
01:08:28.900 --> 01:08:30.420 a really long time. And
NOTE Confidence: 0.96588176
01:08:30.420 --> 01:08:31.939 I I think as being
NOTE Confidence: 0.96588176
01:08:31.939 --> 01:08:33.780 a person who is almost
NOTE Confidence: 0.96588176
01:08:33.780 --> 01:08:34.280 fifty,
NOTE Confidence: 0.9996426
01:08:34.895 --> 01:08:36.595 that I have really
NOTE Confidence: 0.9209568
01:08:39.215 --> 01:08:40.815 admired and taken on a
NOTE Confidence: 0.9209568
01:08:40.815 --> 01:08:41.555 lot of,
NOTE Confidence: 0.9958339
01:08:42.255 --> 01:08:43.555 advice and
NOTE Confidence: 0.8220367
01:08:45.695 --> 01:08:46.195 positive
NOTE Confidence: 0.99873847
01:08:47.055 --> 01:08:48.735 aspects of who how I
NOTE Confidence: 0.99873847

01:08:48.735 --> 01:08:49.235 feel
NOTE Confidence: 0.9990023

01:08:51.030 --> 01:08:53.270 by meeting and befriending younger
NOTE Confidence: 0.9990023

01:08:53.270 --> 01:08:53.770 people.
NOTE Confidence: 0.96456295

01:08:55.590 --> 01:08:56.949 I think that culturally, I
NOTE Confidence: 0.96456295

01:08:56.949 --> 01:08:57.849 am stuck
NOTE Confidence: 0.9994488

01:08:58.150 --> 01:08:59.689 in being raised
NOTE Confidence: 0.93991864

01:09:00.070 --> 01:09:01.849 in a certain time. And
NOTE Confidence: 0.9943817

01:09:04.185 --> 01:09:05.224 my mom was three hundred
NOTE Confidence: 0.9943817

01:09:05.224 --> 01:09:07.224 pounds, so dieting was every
NOTE Confidence: 0.9943817

01:09:07.224 --> 01:09:08.685 single part of our day
NOTE Confidence: 0.91857594

01:09:09.145 --> 01:09:09.965 all the time.
NOTE Confidence: 0.99410605

01:09:10.505 --> 01:09:12.025 Not for us necessarily, but
NOTE Confidence: 0.99410605

01:09:12.025 --> 01:09:13.224 it was just always in
NOTE Confidence: 0.99410605

01:09:13.224 --> 01:09:14.125 our landscape.
NOTE Confidence: 0.9887754

01:09:15.800 --> 01:09:17.260 And my sister has
NOTE Confidence: 0.9877068

01:09:17.560 --> 01:09:19.720 pretty severe body dysmorphia, and

NOTE Confidence: 0.9877068
01:09:19.720 --> 01:09:20.860 I guess I do too.
NOTE Confidence: 0.99033225
01:09:21.880 --> 01:09:23.660 So I just really enjoyed
NOTE Confidence: 0.91583747
01:09:24.040 --> 01:09:25.180 listening to you,
NOTE Confidence: 0.996725
01:09:26.280 --> 01:09:27.020 and that
NOTE Confidence: 0.9644247
01:09:28.680 --> 01:09:29.420 I work
NOTE Confidence: 0.97234493
01:09:30.045 --> 01:09:31.325 not only in prevention, but
NOTE Confidence: 0.97234493
01:09:31.325 --> 01:09:31.885 I also work with,
NOTE Confidence: 0.99532694
01:09:33.564 --> 01:09:34.925 art students at an art
NOTE Confidence: 0.99532694
01:09:34.925 --> 01:09:35.425 studio.
NOTE Confidence: 0.999601
01:09:35.885 --> 01:09:37.405 And one of the things
NOTE Confidence: 0.999601
01:09:37.405 --> 01:09:39.185 that we really try to
NOTE Confidence: 0.9998398
01:09:39.485 --> 01:09:40.465 push is
NOTE Confidence: 0.81545955
01:09:42.125 --> 01:09:42.945 not productivity,
NOTE Confidence: 0.99660385
01:09:43.325 --> 01:09:43.825 but
NOTE Confidence: 0.999499
01:09:45.100 --> 01:09:45.920 how to
NOTE Confidence: 0.9890229

01:09:46.860 --> 01:09:48.460 produce something inside of you.

NOTE Confidence: 0.9890229

01:09:48.460 --> 01:09:49.739 So they may take a

NOTE Confidence: 0.9890229

01:09:49.739 --> 01:09:50.620 class, and at the end

NOTE Confidence: 0.9890229

01:09:50.620 --> 01:09:51.979 of the week or the

NOTE Confidence: 0.9890229

01:09:51.979 --> 01:09:52.939 end of the session, they

NOTE Confidence: 0.9890229

01:09:52.939 --> 01:09:54.219 may not be bringing home

NOTE Confidence: 0.9890229

01:09:54.219 --> 01:09:55.420 a lot of stuff, but

NOTE Confidence: 0.9890229

01:09:55.420 --> 01:09:56.380 it's what they got out

NOTE Confidence: 0.9890229

01:09:56.380 --> 01:09:57.500 of, like, what when they

NOTE Confidence: 0.9890229

01:09:57.500 --> 01:09:58.719 were, like, in the room.

NOTE Confidence: 0.9953324

01:09:59.260 --> 01:09:59.760 So

NOTE Confidence: 0.9808161

01:10:00.995 --> 01:10:02.035 I just wanted to say

NOTE Confidence: 0.9808161

01:10:02.035 --> 01:10:03.475 that, and I'm really happy

NOTE Confidence: 0.9808161

01:10:03.475 --> 01:10:04.135 that I,

NOTE Confidence: 0.9997091

01:10:04.995 --> 01:10:05.895 did this today.

NOTE Confidence: 0.9223656

01:10:07.314 --> 01:10:08.215 I am too,

NOTE Confidence: 0.9977989
01:10:08.595 --> 01:10:09.735 and I love that.
NOTE Confidence: 0.9679108
01:10:10.435 --> 01:10:11.795 The whole the there's, like,
NOTE Confidence: 0.9679108
01:10:11.795 --> 01:10:13.335 an art therapy, like, catchphrase.
NOTE Confidence: 0.9679108
01:10:13.395 --> 01:10:14.515 It's the process, not the
NOTE Confidence: 0.9679108
01:10:14.515 --> 01:10:15.850 product. It's one of the
NOTE Confidence: 0.9679108
01:10:15.850 --> 01:10:17.290 few kitschy things that I'll
NOTE Confidence: 0.9679108
01:10:17.290 --> 01:10:18.350 take from the field.
NOTE Confidence: 0.971077
01:10:18.890 --> 01:10:19.390 Yeah.
NOTE Confidence: 0.9938261
01:10:20.410 --> 01:10:21.610 Yeah. And I I want
NOTE Confidence: 0.9938261
01:10:21.770 --> 01:10:22.650 I I'm going to school
NOTE Confidence: 0.9938261
01:10:22.650 --> 01:10:23.210 right now to be a
NOTE Confidence: 0.9938261
01:10:23.210 --> 01:10:24.410 social worker. I wanted to
NOTE Confidence: 0.9938261
01:10:24.410 --> 01:10:25.450 be an art therapist. I
NOTE Confidence: 0.9938261
01:10:25.450 --> 01:10:26.650 just couldn't find a school
NOTE Confidence: 0.9938261
01:10:26.650 --> 01:10:27.390 that could
NOTE Confidence: 0.9979163

01:10:28.125 --> 01:10:29.585 fit into my life.
NOTE Confidence: 0.99516875

01:10:30.925 --> 01:10:31.804 One thing I forgot to
NOTE Confidence: 0.99516875

01:10:31.804 --> 01:10:32.764 say also is I did
NOTE Confidence: 0.99516875

01:10:32.764 --> 01:10:33.885 put in the chat that,
NOTE Confidence: 0.98089594

01:10:34.525 --> 01:10:36.204 Aubrey Gordon is a person
NOTE Confidence: 0.98089594

01:10:36.204 --> 01:10:38.125 that I really admire and
NOTE Confidence: 0.98089594

01:10:38.125 --> 01:10:38.625 follow.
NOTE Confidence: 0.98717403

01:10:39.724 --> 01:10:40.684 She and,
NOTE Confidence: 0.95465195

01:10:41.085 --> 01:10:42.604 this other writer, Michael Hobbs,
NOTE Confidence: 0.95465195

01:10:42.604 --> 01:10:44.110 do a podcast called maintenance
NOTE Confidence: 0.95465195

01:10:44.110 --> 01:10:45.790 phase, and it's, I think,
NOTE Confidence: 0.95465195

01:10:45.790 --> 01:10:46.989 in its, like, fourth year
NOTE Confidence: 0.95465195

01:10:46.989 --> 01:10:47.489 now.
NOTE Confidence: 0.96783346

01:10:48.510 --> 01:10:50.270 It's it's great. I love
NOTE Confidence: 0.96783346

01:10:50.270 --> 01:10:50.989 it. And,
NOTE Confidence: 0.9823635

01:10:52.430 --> 01:10:53.550 you can pick up anywhere

NOTE Confidence: 0.9823635
01:10:53.550 --> 01:10:54.750 you want, which is nice
NOTE Confidence: 0.9823635
01:10:54.750 --> 01:10:55.250 too.
NOTE Confidence: 0.99723935
01:10:58.325 --> 01:10:59.604 I'm glad you suggested that.
NOTE Confidence: 0.99723935
01:10:59.604 --> 01:11:00.725 It's one of my favorites.
NOTE Confidence: 0.99723935
01:11:00.725 --> 01:11:01.604 I send it to all
NOTE Confidence: 0.99723935
01:11:01.604 --> 01:11:01.765 of
NOTE Confidence: 0.992496
01:11:02.645 --> 01:11:03.604 I wanna say clients, but
NOTE Confidence: 0.992496
01:11:03.604 --> 01:11:04.325 I think I send it
NOTE Confidence: 0.992496
01:11:04.325 --> 01:11:05.285 to everybody. I think I'm
NOTE Confidence: 0.992496
01:11:05.285 --> 01:11:06.165 that friend that people are
NOTE Confidence: 0.992496
01:11:06.165 --> 01:11:07.225 like, we get it.
NOTE Confidence: 0.9417772
01:11:07.604 --> 01:11:10.265 It's diet culture, capitalism. Cool.
NOTE Confidence: 0.99443156
01:11:11.580 --> 01:11:12.460 But I like what you
NOTE Confidence: 0.99443156
01:11:12.460 --> 01:11:13.740 what you wrote. They have
NOTE Confidence: 0.99443156
01:11:13.740 --> 01:11:15.100 gone so far into it
NOTE Confidence: 0.99443156

01:11:15.100 --> 01:11:16.700 that they're now debunking all
NOTE Confidence: 0.99443156

01:11:16.700 --> 01:11:18.140 of the intersections of how
NOTE Confidence: 0.99443156

01:11:18.140 --> 01:11:19.500 food and diets and bodies
NOTE Confidence: 0.99443156

01:11:19.500 --> 01:11:20.860 are playing out with all
NOTE Confidence: 0.99443156

01:11:20.860 --> 01:11:22.700 of the other marginalized identities
NOTE Confidence: 0.99443156

01:11:22.700 --> 01:11:23.979 that we have or experience
NOTE Confidence: 0.99443156

01:11:23.979 --> 01:11:24.720 in the world.
NOTE Confidence: 0.9155296

01:11:34.435 --> 01:11:35.175 Other thoughts?
NOTE Confidence: 0.9705081

01:11:38.835 --> 01:11:40.055 Things that come up.
NOTE Confidence: 0.9577788

01:11:40.430 --> 01:11:41.550 Anyone want a free therapy
NOTE Confidence: 0.9577788

01:11:41.550 --> 01:11:43.330 session afterwards because I've
NOTE Confidence: 0.88570845

01:11:45.790 --> 01:11:47.010 opened up too much?
NOTE Confidence: 0.97922814

01:11:52.824 --> 01:11:54.025 I think I I will
NOTE Confidence: 0.97922814

01:11:54.025 --> 01:11:55.064 jump in. I wanted to
NOTE Confidence: 0.97922814

01:11:55.064 --> 01:11:56.425 say thank you, Wednesday, so
NOTE Confidence: 0.97922814

01:11:56.425 --> 01:11:57.864 much for this presentation. This

NOTE Confidence: 0.97922814
01:11:57.864 --> 01:11:59.244 was so beautiful.
NOTE Confidence: 0.99674773
01:12:02.104 --> 01:12:02.684 I'm reflecting
NOTE Confidence: 0.9768539
01:12:03.224 --> 01:12:03.724 specifically
NOTE Confidence: 0.9759773
01:12:04.104 --> 01:12:05.385 on the portion of your
NOTE Confidence: 0.9759773
01:12:05.385 --> 01:12:06.905 presentation when you were talking
NOTE Confidence: 0.9759773
01:12:06.905 --> 01:12:07.405 about
NOTE Confidence: 0.9851869
01:12:09.590 --> 01:12:11.610 self care and capitalism together,
NOTE Confidence: 0.9526242
01:12:13.189 --> 01:12:15.210 and thinking about how marketing,
NOTE Confidence: 0.9897321
01:12:16.550 --> 01:12:17.670 begins to kind of target
NOTE Confidence: 0.9897321
01:12:17.670 --> 01:12:19.110 people whose bodies are othered,
NOTE Confidence: 0.9897321
01:12:19.110 --> 01:12:20.490 whether it's a queer body,
NOTE Confidence: 0.9897321
01:12:20.550 --> 01:12:21.610 a BIPOC body,
NOTE Confidence: 0.9338644
01:12:22.535 --> 01:12:24.475 bodies that are are different.
NOTE Confidence: 0.9480582
01:12:25.095 --> 01:12:26.854 And I appreciated really your
NOTE Confidence: 0.9480582
01:12:26.854 --> 01:12:28.455 emphasis on community, and I
NOTE Confidence: 0.9480582

01:12:28.455 --> 01:12:28.955 think
NOTE Confidence: 0.98863983
01:12:29.495 --> 01:12:29.995 it's
NOTE Confidence: 0.99217576
01:12:30.535 --> 01:12:31.735 community as a form of
NOTE Confidence: 0.99217576
01:12:31.735 --> 01:12:32.535 self care. And I think
NOTE Confidence: 0.99217576
01:12:32.535 --> 01:12:33.835 that's always kind of,
NOTE Confidence: 0.78591913
01:12:35.660 --> 01:12:36.960 how do I say, like,
NOTE Confidence: 0.9683854
01:12:37.340 --> 01:12:39.820 suggested, but thinking specifically about
NOTE Confidence: 0.9683854
01:12:39.820 --> 01:12:41.660 the examples you propose as,
NOTE Confidence: 0.9683854
01:12:41.660 --> 01:12:43.680 like, actual ways in which
NOTE Confidence: 0.9683854
01:12:43.820 --> 01:12:45.580 your community can serve one
NOTE Confidence: 0.9683854
01:12:45.580 --> 01:12:46.939 another as forms of self
NOTE Confidence: 0.9683854
01:12:46.939 --> 01:12:47.439 care
NOTE Confidence: 0.90895176
01:12:47.820 --> 01:12:50.000 and how certain communities who
NOTE Confidence: 0.9613549
01:12:55.335 --> 01:12:56.854 are, there's a wealth gap,
NOTE Confidence: 0.9613549
01:12:56.854 --> 01:12:57.675 so to speak,
NOTE Confidence: 0.9860503
01:12:58.055 --> 01:12:59.255 and how they've not only

NOTE Confidence: 0.9860503
01:12:59.255 --> 01:13:00.295 had to survive in their
NOTE Confidence: 0.9860503
01:13:00.295 --> 01:13:01.335 communities, because I think we
NOTE Confidence: 0.9860503
01:13:01.335 --> 01:13:02.715 talk a lot about survival,
NOTE Confidence: 0.995904
01:13:03.020 --> 01:13:04.620 but sustain themselves and care
NOTE Confidence: 0.995904
01:13:04.620 --> 01:13:06.219 for themselves as well without
NOTE Confidence: 0.995904
01:13:06.219 --> 01:13:06.719 having
NOTE Confidence: 0.99487865
01:13:07.260 --> 01:13:08.880 particular means to purchase,
NOTE Confidence: 0.9910713
01:13:09.580 --> 01:13:10.620 everything to be a part
NOTE Confidence: 0.9910713
01:13:10.620 --> 01:13:11.660 of this kind of self
NOTE Confidence: 0.9910713
01:13:11.660 --> 01:13:12.560 care aesthetic,
NOTE Confidence: 0.9860251
01:13:13.500 --> 01:13:15.500 within capitalism. So I really
NOTE Confidence: 0.9860251
01:13:15.500 --> 01:13:17.280 I really appreciated that.
NOTE Confidence: 0.95544857
01:13:18.185 --> 01:13:19.225 And the examples you gave
NOTE Confidence: 0.95544857
01:13:19.225 --> 01:13:20.104 as well, they're, like, very
NOTE Confidence: 0.95544857
01:13:20.104 --> 01:13:22.025 heartwarming about how, you know,
NOTE Confidence: 0.95544857

01:13:22.025 --> 01:13:23.305 you can just kinda sit
NOTE Confidence: 0.95544857

01:13:23.305 --> 01:13:24.985 with your homegirl or whatever
NOTE Confidence: 0.95544857

01:13:24.985 --> 01:13:26.265 and just kinda eat a
NOTE Confidence: 0.95544857

01:13:26.265 --> 01:13:27.385 cookie and chill out, and
NOTE Confidence: 0.95544857

01:13:27.385 --> 01:13:28.825 that really is a serious
NOTE Confidence: 0.95544857

01:13:28.825 --> 01:13:29.945 form of of self care.
NOTE Confidence: 0.95544857

01:13:29.945 --> 01:13:31.245 So I appreciated that.
NOTE Confidence: 0.9988927

01:13:31.810 --> 01:13:32.790 Oh, you're welcome.
NOTE Confidence: 0.9608673

01:13:33.409 --> 01:13:34.070 I mean,
NOTE Confidence: 0.9689959

01:13:35.090 --> 01:13:36.449 I don't know. I just
NOTE Confidence: 0.9689959

01:13:36.449 --> 01:13:37.489 think even the books on
NOTE Confidence: 0.9689959

01:13:37.489 --> 01:13:38.929 self care. Right? The books
NOTE Confidence: 0.9689959

01:13:38.929 --> 01:13:40.050 people will usually ask you
NOTE Confidence: 0.9689959

01:13:40.050 --> 01:13:41.010 to buy. I know I
NOTE Confidence: 0.9689959

01:13:41.010 --> 01:13:41.890 like when I see people
NOTE Confidence: 0.9689959

01:13:41.890 --> 01:13:42.929 laughing. They're like, don't buy

NOTE Confidence: 0.9689959
01:13:42.929 --> 01:13:44.550 them. Don't buy them. Exactly.
NOTE Confidence: 0.9640529
01:13:44.929 --> 01:13:45.890 Right? Like, I just feel
NOTE Confidence: 0.9640529
01:13:45.890 --> 01:13:46.785 like there's so much. It's
NOTE Confidence: 0.9640529
01:13:46.785 --> 01:13:47.825 like my favorite thing was,
NOTE Confidence: 0.9640529
01:13:47.825 --> 01:13:48.945 like, the whole coloring book
NOTE Confidence: 0.9640529
01:13:48.945 --> 01:13:50.865 movement when, like, art therapy
NOTE Confidence: 0.9640529
01:13:50.865 --> 01:13:51.905 kinda took off and then
NOTE Confidence: 0.9640529
01:13:51.905 --> 01:13:53.104 everybody made a coloring book.
NOTE Confidence: 0.9640529
01:13:53.104 --> 01:13:53.825 And I'm not saying a
NOTE Confidence: 0.9640529
01:13:53.825 --> 01:13:55.125 coloring book is bad,
NOTE Confidence: 0.96453285
01:13:55.425 --> 01:13:56.564 but, again, like,
NOTE Confidence: 0.9995579
01:13:56.865 --> 01:13:57.745 you don't have to buy
NOTE Confidence: 0.9995579
01:13:57.745 --> 01:13:58.885 stuff to make art.
NOTE Confidence: 0.9994772
01:13:59.505 --> 01:14:00.005 Exactly.
NOTE Confidence: 0.99628997
01:14:00.785 --> 01:14:01.285 Exactly.
NOTE Confidence: 0.99786216

01:14:02.250 --> 01:14:03.469 Mhmm. Thank you.
NOTE Confidence: 0.99802643

01:14:03.849 --> 01:14:04.989 Yeah. Thank you.
NOTE Confidence: 0.97061074

01:14:08.329 --> 01:14:09.130 That's the thing. I feel
NOTE Confidence: 0.97061074

01:14:09.130 --> 01:14:10.429 like you brought out, like,
NOTE Confidence: 0.9835768

01:14:11.130 --> 01:14:12.010 the what do you call
NOTE Confidence: 0.9835768

01:14:12.010 --> 01:14:13.369 it? Not the I guess
NOTE Confidence: 0.9835768

01:14:13.369 --> 01:14:14.570 it isn't marketing, but the
NOTE Confidence: 0.9835768

01:14:14.570 --> 01:14:15.849 truth on how people try
NOTE Confidence: 0.9835768

01:14:15.849 --> 01:14:16.590 to market
NOTE Confidence: 0.95524126

01:14:17.385 --> 01:14:18.585 off of something we need
NOTE Confidence: 0.95524126

01:14:18.585 --> 01:14:20.425 to not necessarily heal from,
NOTE Confidence: 0.95524126

01:14:20.425 --> 01:14:21.385 but something you know what
NOTE Confidence: 0.95524126

01:14:21.385 --> 01:14:22.665 I mean? Like, I get
NOTE Confidence: 0.95524126

01:14:22.665 --> 01:14:24.745 frustrated myself when people, you
NOTE Confidence: 0.95524126

01:14:24.745 --> 01:14:25.245 know,
NOTE Confidence: 0.9482316

01:14:25.785 --> 01:14:27.385 like, the finances, like, you

NOTE Confidence: 0.9482316

01:14:27.385 --> 01:14:28.665 know, or how long you're

NOTE Confidence: 0.9482316

01:14:28.665 --> 01:14:29.965 in recovery for.

NOTE Confidence: 0.93114614

01:14:30.425 --> 01:14:31.805 There's this, like, assumption,

NOTE Confidence: 0.9996299

01:14:32.790 --> 01:14:33.989 right, that you should be

NOTE Confidence: 0.9996299

01:14:33.989 --> 01:14:35.130 better off than

NOTE Confidence: 0.98327893

01:14:35.510 --> 01:14:36.570 how you started.

NOTE Confidence: 0.9654221

01:14:37.110 --> 01:14:38.070 And and, like, where the

NOTE Confidence: 0.9654221

01:14:38.070 --> 01:14:39.030 hell did that come from?

NOTE Confidence: 0.9654221

01:14:39.030 --> 01:14:39.829 You know what I mean?

NOTE Confidence: 0.9654221

01:14:39.829 --> 01:14:41.270 Because Yeah. You know, like,

NOTE Confidence: 0.9654221

01:14:41.270 --> 01:14:43.189 everybody's past where they started

NOTE Confidence: 0.9654221

01:14:43.189 --> 01:14:44.409 from to where they got

NOTE Confidence: 0.9654221

01:14:44.469 --> 01:14:45.429 is different. You know what

NOTE Confidence: 0.9654221

01:14:45.429 --> 01:14:46.469 I mean? You don't know

NOTE Confidence: 0.9654221

01:14:46.469 --> 01:14:47.829 if someone's fine you know,

NOTE Confidence: 0.9654221

01:14:47.829 --> 01:14:48.885 it's just crazy.
NOTE Confidence: 0.99838716

01:14:49.265 --> 01:14:50.645 And and to
NOTE Confidence: 0.92497873

01:14:51.825 --> 01:14:53.345 to be or to eat
NOTE Confidence: 0.92497873

01:14:53.345 --> 01:14:53.845 better
NOTE Confidence: 0.99248654

01:14:54.465 --> 01:14:56.165 off of the limited income
NOTE Confidence: 0.99248654

01:14:56.305 --> 01:14:58.064 that a lot of people
NOTE Confidence: 0.99248654

01:14:58.064 --> 01:14:59.665 experience is straight bullshit. You
NOTE Confidence: 0.99248654

01:14:59.665 --> 01:15:00.625 know what I mean? It's
NOTE Confidence: 0.99248654

01:15:00.625 --> 01:15:01.925 not it's not easy.
NOTE Confidence: 0.9695229

01:15:02.250 --> 01:15:03.450 Yeah. It's not easy. And
NOTE Confidence: 0.9695229

01:15:03.450 --> 01:15:05.470 now the way they're making
NOTE Confidence: 0.9695229

01:15:05.689 --> 01:15:06.189 food,
NOTE Confidence: 0.9965877

01:15:06.570 --> 01:15:07.630 you know, scientifically
NOTE Confidence: 0.96826553

01:15:08.010 --> 01:15:09.790 making food is fucking crazy.
NOTE Confidence: 0.96826553

01:15:09.930 --> 01:15:10.650 Like, the other day, I
NOTE Confidence: 0.96826553

01:15:10.650 --> 01:15:11.610 was in Aldi's, and I

NOTE Confidence: 0.96826553
01:15:11.610 --> 01:15:13.070 didn't realize that
NOTE Confidence: 0.97976
01:15:13.689 --> 01:15:14.729 Aldi's, I guess, is, like,
NOTE Confidence: 0.97976
01:15:14.729 --> 01:15:16.090 the number one grocery store
NOTE Confidence: 0.97976
01:15:16.090 --> 01:15:17.364 because people shop there because
NOTE Confidence: 0.97976
01:15:17.364 --> 01:15:18.665 it's, you know, it's affordable
NOTE Confidence: 0.97976
01:15:18.804 --> 01:15:20.485 where that's where they're doing
NOTE Confidence: 0.97976
01:15:20.485 --> 01:15:20.965 the whole,
NOTE Confidence: 0.95338213
01:15:21.445 --> 01:15:23.385 scientific food. So it's, like,
NOTE Confidence: 0.94765633
01:15:24.485 --> 01:15:25.945 fifty percent of their groceries
NOTE Confidence: 0.94765633
01:15:26.085 --> 01:15:27.925 are buy buy whatever. It's
NOTE Confidence: 0.94765633
01:15:27.925 --> 01:15:28.965 it's made like, the fish
NOTE Confidence: 0.94765633
01:15:28.965 --> 01:15:29.925 are made in in in
NOTE Confidence: 0.94765633
01:15:29.925 --> 01:15:31.200 a in a lab. Like,
NOTE Confidence: 0.94765633
01:15:31.200 --> 01:15:32.320 the chicken I made like,
NOTE Confidence: 0.94765633
01:15:32.320 --> 01:15:33.219 what the heck?
NOTE Confidence: 0.9937195

01:15:33.600 --> 01:15:35.140 And so they target people
NOTE Confidence: 0.9937195

01:15:35.360 --> 01:15:36.100 like us,
NOTE Confidence: 0.95297384

01:15:37.680 --> 01:15:39.120 you know, and keep messes
NOTE Confidence: 0.95297384

01:15:39.120 --> 01:15:40.400 us up from the job.
NOTE Confidence: 0.95297384

01:15:40.400 --> 01:15:41.920 So I appreciate it that
NOTE Confidence: 0.95297384

01:15:41.920 --> 01:15:43.200 you you brought that that
NOTE Confidence: 0.95297384

01:15:43.200 --> 01:15:44.479 honesty and that truth up
NOTE Confidence: 0.95297384

01:15:44.479 --> 01:15:45.300 there as well.
NOTE Confidence: 0.8501022

01:15:45.795 --> 01:15:46.295 Thank
NOTE Confidence: 0.9978372

01:15:46.755 --> 01:15:47.255 you.
NOTE Confidence: 0.99281585

01:15:50.275 --> 01:15:51.635 Anyone else? I I thought
NOTE Confidence: 0.99281585

01:15:51.635 --> 01:15:52.995 I heard someone unmuted earlier,
NOTE Confidence: 0.99281585

01:15:52.995 --> 01:15:54.135 but I might be wrong.
NOTE Confidence: 0.71633273

01:16:15.555 --> 01:16:16.055 I
NOTE Confidence: 0.8770085

01:16:16.515 --> 01:16:17.475 guess, I don't know, Mitzi,
NOTE Confidence: 0.8770085

01:16:17.475 --> 01:16:18.275 if you wanna go into

NOTE Confidence: 0.8770085
01:16:18.275 --> 01:16:19.235 the poem a minute a
NOTE Confidence: 0.8770085
01:16:19.235 --> 01:16:20.275 little bit since a lot
NOTE Confidence: 0.8770085
01:16:20.275 --> 01:16:21.095 of people have
NOTE Confidence: 0.84370464
01:16:21.555 --> 01:16:23.635 lot more comments and we're
NOTE Confidence: 0.84370464
01:16:23.635 --> 01:16:24.295 not getting.
NOTE Confidence: 0.99367106
01:16:27.395 --> 01:16:28.375 Oh, okay.
NOTE Confidence: 0.9037981
01:16:31.780 --> 01:16:32.739 You know, I,
NOTE Confidence: 0.96876806
01:16:35.780 --> 01:16:37.220 I usually read a poem,
NOTE Confidence: 0.96876806
01:16:37.220 --> 01:16:38.020 but you know what I
NOTE Confidence: 0.96876806
01:16:38.020 --> 01:16:39.320 did? I went and found
NOTE Confidence: 0.96876806
01:16:39.380 --> 01:16:39.880 Sonia.
NOTE Confidence: 0.9442428
01:16:42.195 --> 01:16:44.435 And, because she reads it
NOTE Confidence: 0.9442428
01:16:44.435 --> 01:16:45.175 so powerful,
NOTE Confidence: 0.9788877
01:16:45.554 --> 01:16:46.915 I I I usually read
NOTE Confidence: 0.9788877
01:16:46.915 --> 01:16:48.435 a poem or create something
NOTE Confidence: 0.9788877

01:16:48.435 --> 01:16:50.435 for for our events. And
NOTE Confidence: 0.9788877

01:16:50.435 --> 01:16:50.915 I asked,
NOTE Confidence: 0.9855008

01:16:51.554 --> 01:16:53.155 Wednesday to pick one from
NOTE Confidence: 0.9855008

01:16:53.155 --> 01:16:53.655 Sonia,
NOTE Confidence: 0.9932666

01:16:54.755 --> 01:16:55.255 Renee
NOTE Confidence: 0.8774185

01:16:56.140 --> 01:16:57.980 Taylor's book, The Body's Not
NOTE Confidence: 0.8774185

01:16:57.980 --> 01:16:58.560 an Apology.
NOTE Confidence: 0.9630874

01:16:59.740 --> 01:17:00.620 I read one the last
NOTE Confidence: 0.9630874

01:17:00.620 --> 01:17:02.220 last month also. But you
NOTE Confidence: 0.9630874

01:17:02.220 --> 01:17:02.940 know what I did? I
NOTE Confidence: 0.9630874

01:17:02.940 --> 01:17:04.320 went and I found Sonia
NOTE Confidence: 0.9832223

01:17:05.100 --> 01:17:06.460 reading it, and I I
NOTE Confidence: 0.9832223

01:17:06.460 --> 01:17:07.660 I think reciting it. So
NOTE Confidence: 0.9832223

01:17:07.660 --> 01:17:08.700 I think she I wanna
NOTE Confidence: 0.9832223

01:17:08.700 --> 01:17:09.680 share my screen
NOTE Confidence: 0.9704132

01:17:10.325 --> 01:17:12.005 so that everyone could could

NOTE Confidence: 0.9704132
01:17:12.005 --> 01:17:13.385 see Sonia doing this.
NOTE Confidence: 0.99941695
01:17:15.445 --> 01:17:15.945 Okay.
NOTE Confidence: 0.8445701
01:17:30.479 --> 01:17:31.780 Did everyone see that?
NOTE Confidence: 0.99869776
01:17:36.719 --> 01:17:38.239 Yes. The body is not
NOTE Confidence: 0.99869776
01:17:38.239 --> 01:17:38.900 an apology.
NOTE Confidence: 0.96859366
01:17:40.115 --> 01:17:41.235 Let it not be forget
NOTE Confidence: 0.96859366
01:17:41.235 --> 01:17:43.015 me not fixed to mattress
NOTE Confidence: 0.96859366
01:17:43.314 --> 01:17:44.915 when night threatens to leave
NOTE Confidence: 0.96859366
01:17:44.915 --> 01:17:46.595 the room empty as the
NOTE Confidence: 0.96859366
01:17:46.595 --> 01:17:48.275 belly of a crow. The
NOTE Confidence: 0.96859366
01:17:48.275 --> 01:17:49.575 body is not an apology.
NOTE Confidence: 0.9965289
01:17:50.275 --> 01:17:51.395 Do not present it as
NOTE Confidence: 0.9965289
01:17:51.395 --> 01:17:53.110 a disassembled rifle when they
NOTE Confidence: 0.9965289
01:17:53.110 --> 01:17:54.570 have yet to prove themselves
NOTE Confidence: 0.9965289
01:17:54.790 --> 01:17:56.250 more than common intruder.
NOTE Confidence: 0.99959946

01:17:56.950 --> 01:17:57.910 The body is not an
NOTE Confidence: 0.99959946
01:17:57.910 --> 01:17:58.410 apology.
NOTE Confidence: 0.9941781
01:17:59.110 --> 01:18:00.150 Let it not be common
NOTE Confidence: 0.9941781
01:18:00.150 --> 01:18:01.930 as oil, ash, or toilet.
NOTE Confidence: 0.9941781
01:18:02.070 --> 01:18:03.270 Let it not be small
NOTE Confidence: 0.9941781
01:18:03.270 --> 01:18:05.270 as gravel, stain, or teeth.
NOTE Confidence: 0.9941781
01:18:05.270 --> 01:18:06.310 Let it not be mountain
NOTE Confidence: 0.9941781
01:18:06.310 --> 01:18:07.455 when it is sand. Let
NOTE Confidence: 0.9941781
01:18:07.455 --> 01:18:08.895 it not be ocean when
NOTE Confidence: 0.9941781
01:18:08.895 --> 01:18:10.014 it is grass. Let it
NOTE Confidence: 0.9941781
01:18:10.014 --> 01:18:12.014 not be shaken, flattened, or
NOTE Confidence: 0.9941781
01:18:12.014 --> 01:18:13.235 raised in contrition.
NOTE Confidence: 0.9997235
01:18:13.854 --> 01:18:14.735 The body is not an
NOTE Confidence: 0.9997235
01:18:14.735 --> 01:18:15.235 apology.
NOTE Confidence: 0.9945571
01:18:16.014 --> 01:18:17.295 Do not present the body
NOTE Confidence: 0.9945571
01:18:17.295 --> 01:18:18.034 as communion,

NOTE Confidence: 0.960096
01:18:18.574 --> 01:18:19.935 confession. Do not ask for
NOTE Confidence: 0.960096
01:18:19.935 --> 01:18:21.490 to be pardoned as criminal.
NOTE Confidence: 0.960096
01:18:21.490 --> 01:18:22.450 The body is not a
NOTE Confidence: 0.960096
01:18:22.450 --> 01:18:23.729 crime. It's not a spill
NOTE Confidence: 0.960096
01:18:23.729 --> 01:18:25.170 to be contained. It's not
NOTE Confidence: 0.960096
01:18:25.170 --> 01:18:26.210 a lost set of keys
NOTE Confidence: 0.960096
01:18:26.210 --> 01:18:27.810 or wrong number dialed. It
NOTE Confidence: 0.960096
01:18:27.810 --> 01:18:29.170 is not the orange burst
NOTE Confidence: 0.960096
01:18:29.170 --> 01:18:30.930 of blood to shame white
NOTE Confidence: 0.960096
01:18:30.930 --> 01:18:32.610 dresses. The body is not
NOTE Confidence: 0.960096
01:18:32.610 --> 01:18:33.350 an apology.
NOTE Confidence: 0.9729367
01:18:33.775 --> 01:18:34.995 It is not the unintended
NOTE Confidence: 0.9729367
01:18:35.135 --> 01:18:37.235 granule of bone beneath will.
NOTE Confidence: 0.9729367
01:18:37.295 --> 01:18:38.735 The body is not kill.
NOTE Confidence: 0.9729367
01:18:38.735 --> 01:18:40.175 It's not unkempt car. It's
NOTE Confidence: 0.9729367

01:18:40.175 --> 01:18:42.015 not a forgotten appointment. Do

NOTE Confidence: 0.9729367

01:18:42.015 --> 01:18:43.615 not speak it vulgar. The

NOTE Confidence: 0.9729367

01:18:43.615 --> 01:18:44.895 body is not soiled. It's

NOTE Confidence: 0.9729367

01:18:44.895 --> 01:18:46.355 not filled to be forgiven.

NOTE Confidence: 0.9729367

01:18:46.655 --> 01:18:47.695 The body is not an

NOTE Confidence: 0.9729367

01:18:47.695 --> 01:18:48.195 apology.

NOTE Confidence: 0.9918173

01:18:48.930 --> 01:18:50.050 It is not a father's

NOTE Confidence: 0.9918173

01:18:50.050 --> 01:18:50.550 backhand.

NOTE Confidence: 0.9687404

01:18:51.090 --> 01:18:52.530 It's not mother's dinner late

NOTE Confidence: 0.9687404

01:18:52.530 --> 01:18:54.530 again wrecked jaw howl. It

NOTE Confidence: 0.9687404

01:18:54.530 --> 01:18:55.890 is not the drunken sorcery

NOTE Confidence: 0.9687404

01:18:55.890 --> 01:18:58.210 of contorting steel round tree.

NOTE Confidence: 0.9687404

01:18:58.210 --> 01:18:59.510 The body is not calamity.

NOTE Confidence: 0.9687404

01:18:59.810 --> 01:19:00.770 The body is not a

NOTE Confidence: 0.9687404

01:19:00.770 --> 01:19:01.815 math test. The body is

NOTE Confidence: 0.9687404

01:19:01.815 --> 01:19:03.415 not a wrong answer. The

NOTE Confidence: 0.9687404
01:19:03.415 --> 01:19:04.715 body is not a failed
NOTE Confidence: 0.9687404
01:19:04.854 --> 01:19:07.275 class. You are not failing.
NOTE Confidence: 0.9687404
01:19:07.495 --> 01:19:08.375 The body is not a
NOTE Confidence: 0.9687404
01:19:08.375 --> 01:19:09.815 cavity, not a hole to
NOTE Confidence: 0.9687404
01:19:09.815 --> 01:19:11.095 be failed to be yanked
NOTE Confidence: 0.9687404
01:19:11.095 --> 01:19:12.615 out, not a broken thing
NOTE Confidence: 0.9687404
01:19:12.615 --> 01:19:14.540 to be mended, be tossed.
NOTE Confidence: 0.9687404
01:19:14.600 --> 01:19:15.979 The body is not prison,
NOTE Confidence: 0.9687404
01:19:16.200 --> 01:19:17.640 is not sentenced to be
NOTE Confidence: 0.9687404
01:19:17.640 --> 01:19:19.420 served, is not pavement,
NOTE Confidence: 0.9925597
01:19:19.880 --> 01:19:20.939 is not prayer.
NOTE Confidence: 0.9641069
01:19:21.400 --> 01:19:22.520 Do not give the body
NOTE Confidence: 0.9641069
01:19:22.520 --> 01:19:23.340 as gift,
NOTE Confidence: 0.9977311
01:19:23.720 --> 01:19:25.340 only receive it as such.
NOTE Confidence: 0.94583035
01:19:25.640 --> 01:19:26.840 The body is not to
NOTE Confidence: 0.94583035

01:19:26.840 --> 01:19:28.825 be prayed for, for, is
NOTE Confidence: 0.94583035

01:19:28.825 --> 01:19:30.604 to be prayed to.
NOTE Confidence: 0.7727484

01:19:30.905 --> 01:19:32.985 So for the evermore Torah
NOTE Confidence: 0.7727484

01:19:32.985 --> 01:19:34.604 tile tenth grade nose,
NOTE Confidence: 0.93919885

01:19:34.905 --> 01:19:35.405 hallelujah.
NOTE Confidence: 0.95628446

01:19:36.104 --> 01:19:37.725 For the shower song throat
NOTE Confidence: 0.95628446

01:19:37.785 --> 01:19:39.325 that crackles like a grandfather's
NOTE Confidence: 0.95628446

01:19:39.625 --> 01:19:40.125 Victrola,
NOTE Confidence: 0.9919731

01:19:40.585 --> 01:19:41.085 hallelujah.
NOTE Confidence: 0.9281913

01:19:41.625 --> 01:19:42.985 For the scum that never
NOTE Confidence: 0.9281913

01:19:42.985 --> 01:19:44.640 healed, for the broken heart
NOTE Confidence: 0.9281913

01:19:44.640 --> 01:19:46.260 that didn't either, hallelujah.
NOTE Confidence: 0.92360806

01:19:46.800 --> 01:19:48.160 For the sloping pulp of
NOTE Confidence: 0.92360806

01:19:48.160 --> 01:19:51.040 back, hip, belly, hosanna. For
NOTE Confidence: 0.92360806

01:19:51.040 --> 01:19:52.240 the air and tears that
NOTE Confidence: 0.92360806

01:19:52.240 --> 01:19:53.600 rose the face like a

NOTE Confidence: 0.92360806
01:19:53.600 --> 01:19:55.220 pack of misplaced wounds.
NOTE Confidence: 0.94667864
01:19:55.600 --> 01:19:56.100 Hosanna
NOTE Confidence: 0.9105993
01:19:56.479 --> 01:19:57.520 for the parts we have
NOTE Confidence: 0.9105993
01:19:57.520 --> 01:19:58.820 endeavored to excise.
NOTE Confidence: 0.9704803
01:19:59.295 --> 01:20:00.435 Let it be the cancer,
NOTE Confidence: 0.99504423
01:20:00.975 --> 01:20:01.715 the palsy,
NOTE Confidence: 0.97619545
01:20:02.175 --> 01:20:03.935 the womb that opens like
NOTE Confidence: 0.97619545
01:20:03.935 --> 01:20:04.594 a trapdoor.
NOTE Confidence: 0.9565343
01:20:04.975 --> 01:20:06.814 Praise the body in its
NOTE Confidence: 0.9565343
01:20:06.814 --> 01:20:08.035 blackjack magic
NOTE Confidence: 0.8178365
01:20:08.495 --> 01:20:09.635 even in this
NOTE Confidence: 0.9275876
01:20:10.015 --> 01:20:11.715 for the razor wire mouth,
NOTE Confidence: 0.9275876
01:20:11.854 --> 01:20:13.410 for the sweet god ribbon
NOTE Confidence: 0.9275876
01:20:13.410 --> 01:20:15.650 within. Praise for the mistake
NOTE Confidence: 0.9275876
01:20:15.650 --> 01:20:17.729 that never was. Praise for
NOTE Confidence: 0.9275876

01:20:17.729 --> 01:20:19.750 the mistake you never were.
NOTE Confidence: 0.9275876

01:20:19.890 --> 01:20:21.830 Praise for the big twist
NOTE Confidence: 0.9275876

01:20:21.890 --> 01:20:24.314 fall and rise again. Fall
NOTE Confidence: 0.9275876

01:20:24.715 --> 01:20:26.555 and rise again for the
NOTE Confidence: 0.9275876

01:20:26.555 --> 01:20:28.895 raising like an obstinate Christ,
NOTE Confidence: 0.9275876

01:20:29.035 --> 01:20:30.475 for the salvation of a
NOTE Confidence: 0.9275876

01:20:30.475 --> 01:20:32.155 body that bends like a
NOTE Confidence: 0.9275876

01:20:32.155 --> 01:20:34.635 baptismal bowl. For those who
NOTE Confidence: 0.9275876

01:20:34.635 --> 01:20:36.074 will worship at the lip
NOTE Confidence: 0.9275876

01:20:36.074 --> 01:20:36.975 of this sanctuary,
NOTE Confidence: 0.9482967

01:20:37.729 --> 01:20:39.250 praise the body for the
NOTE Confidence: 0.9482967

01:20:39.250 --> 01:20:40.870 body is not an apology.
NOTE Confidence: 0.9985507

01:20:41.410 --> 01:20:42.950 The body is deity.
NOTE Confidence: 0.9849808

01:20:43.570 --> 01:20:45.030 The body is God.
NOTE Confidence: 0.9995208

01:20:45.810 --> 01:20:46.550 The body
NOTE Confidence: 0.91873705

01:20:47.090 --> 01:20:47.990 is God.

NOTE Confidence: 0.9992088
01:20:49.010 --> 01:20:50.790 The only righteous love
NOTE Confidence: 0.97765654
01:20:51.275 --> 01:20:52.814 who will never need repent.
NOTE Confidence: 0.95061886
01:20:53.354 --> 01:20:54.554 Thank you all so much,
NOTE Confidence: 0.95061886
01:20:54.554 --> 01:20:55.775 Button. Thank you.
NOTE Confidence: 0.9670971
01:21:01.514 --> 01:21:02.635 Whoo. I couldn't have done
NOTE Confidence: 0.9670971
01:21:02.635 --> 01:21:04.094 that done it like that.
NOTE Confidence: 0.95688593
01:21:05.490 --> 01:21:06.689 That was good. That was
NOTE Confidence: 0.95688593
01:21:06.689 --> 01:21:08.310 so smart. That was good.
NOTE Confidence: 0.8186238
01:21:11.250 --> 01:21:12.229 It's so powerful.
NOTE Confidence: 0.8869918
01:21:12.610 --> 01:21:14.310 Sonia's from here, from Connecticut?
NOTE Confidence: 0.61012113
01:21:16.130 --> 01:21:17.110 The that book?
NOTE Confidence: 0.9979202
01:21:17.810 --> 01:21:18.770 I don't know where she's
NOTE Confidence: 0.9979202
01:21:18.770 --> 01:21:19.270 from.
NOTE Confidence: 0.9856433
01:21:19.885 --> 01:21:20.685 I don't know where she's
NOTE Confidence: 0.9856433
01:21:20.685 --> 01:21:22.765 from either. It's interesting. So
NOTE Confidence: 0.9856433

01:21:22.765 --> 01:21:24.125 she she wrote this book.
NOTE Confidence: 0.9856433

01:21:24.125 --> 01:21:25.564 She wrote a workbook. She
NOTE Confidence: 0.9856433

01:21:25.564 --> 01:21:26.225 did everything.
NOTE Confidence: 0.996143

01:21:26.685 --> 01:21:27.645 And she did something that
NOTE Confidence: 0.996143

01:21:27.645 --> 01:21:28.765 I think is really beautiful,
NOTE Confidence: 0.996143

01:21:28.765 --> 01:21:29.265 which
NOTE Confidence: 0.9712953

01:21:29.645 --> 01:21:31.405 she, basically publicly said as
NOTE Confidence: 0.9712953

01:21:31.405 --> 01:21:32.460 a black queer woman, now
NOTE Confidence: 0.9712953

01:21:32.460 --> 01:21:33.500 that I've healed from the
NOTE Confidence: 0.9712953

01:21:33.500 --> 01:21:34.540 damage you all have done,
NOTE Confidence: 0.9712953

01:21:34.540 --> 01:21:36.000 I'm not doing this anymore.
NOTE Confidence: 0.9693541

01:21:37.100 --> 01:21:38.460 Oh, nice. She's not doing
NOTE Confidence: 0.9693541

01:21:38.460 --> 01:21:40.140 this anymore. Whatever she's put
NOTE Confidence: 0.9693541

01:21:40.140 --> 01:21:40.860 out there is all she
NOTE Confidence: 0.9693541

01:21:40.860 --> 01:21:41.920 plans on producing.
NOTE Confidence: 0.95281285

01:21:43.100 --> 01:21:44.140 And I thought I think

NOTE Confidence: 0.95281285
01:21:44.140 --> 01:21:45.085 that's part of what I
NOTE Confidence: 0.95281285
01:21:45.085 --> 01:21:45.885 love about her and I
NOTE Confidence: 0.95281285
01:21:45.885 --> 01:21:46.844 think is so amazing is
NOTE Confidence: 0.95281285
01:21:46.844 --> 01:21:48.045 she set a really beautiful
NOTE Confidence: 0.95281285
01:21:48.045 --> 01:21:49.804 boundary that no one's ever
NOTE Confidence: 0.95281285
01:21:49.804 --> 01:21:51.005 set with all of us
NOTE Confidence: 0.95281285
01:21:51.005 --> 01:21:52.224 in such a big way.
NOTE Confidence: 0.99812764
01:21:53.724 --> 01:21:54.685 And she allowed us to
NOTE Confidence: 0.99812764
01:21:54.685 --> 01:21:55.804 heal through her and said
NOTE Confidence: 0.99812764
01:21:55.804 --> 01:21:56.925 that she was done sharing
NOTE Confidence: 0.99812764
01:21:56.925 --> 01:21:57.824 that with everybody.
NOTE Confidence: 0.91271526
01:21:59.490 --> 01:22:00.689 That's nice. That's like the
NOTE Confidence: 0.91271526
01:22:00.689 --> 01:22:01.830 drop the mic stuff.
NOTE Confidence: 0.93540174
01:22:02.450 --> 01:22:02.950 Yeah.
NOTE Confidence: 0.98102206
01:22:04.530 --> 01:22:05.650 Like, learn from this at
NOTE Confidence: 0.98102206

01:22:05.650 --> 01:22:07.170 this point. I've shared enough.
NOTE Confidence: 0.98102206

01:22:07.170 --> 01:22:08.130 Do some you know, make
NOTE Confidence: 0.98102206

01:22:08.130 --> 01:22:09.430 the change. Be the change.
NOTE Confidence: 0.91505986

01:22:11.585 --> 01:22:13.264 And Sherry has put the
NOTE Confidence: 0.91505986

01:22:13.264 --> 01:22:14.145 link in there and the
NOTE Confidence: 0.91505986

01:22:14.145 --> 01:22:15.505 YouTube video, and then maybe
NOTE Confidence: 0.91505986

01:22:15.665 --> 01:22:17.364 what what when our quadrucut
NOTE Confidence: 0.91505986

01:22:17.425 --> 01:22:19.104 survey and and after, maybe
NOTE Confidence: 0.91505986

01:22:19.104 --> 01:22:20.145 we can send out to
NOTE Confidence: 0.91505986

01:22:20.145 --> 01:22:21.764 everybody that was here the
NOTE Confidence: 0.9719392

01:22:22.064 --> 01:22:22.864 the name of the book,
NOTE Confidence: 0.9719392

01:22:22.864 --> 01:22:23.905 the author, and things of
NOTE Confidence: 0.9719392

01:22:23.905 --> 01:22:25.205 that nature and share
NOTE Confidence: 0.9914195

01:22:25.510 --> 01:22:26.970 Wednesday's contact information.
NOTE Confidence: 0.77507377

01:22:28.310 --> 01:22:29.590 You said you the house
NOTE Confidence: 0.77507377

01:22:29.590 --> 01:22:30.410 too. Oh, yeah.

NOTE Confidence: 0.9718089
01:22:30.870 --> 01:22:32.390 Yeah. There you go. People
NOTE Confidence: 0.9718089
01:22:32.550 --> 01:22:33.590 I tell everyone you can
NOTE Confidence: 0.9718089
01:22:33.590 --> 01:22:35.189 email me anytime. I'm really
NOTE Confidence: 0.9718089
01:22:35.189 --> 01:22:36.229 good about being. I can
NOTE Confidence: 0.9718089
01:22:36.229 --> 01:22:37.830 or cannot do your request
NOTE Confidence: 0.9718089
01:22:37.830 --> 01:22:38.630 or get back to you
NOTE Confidence: 0.9718089
01:22:38.630 --> 01:22:39.745 right away. I always tell
NOTE Confidence: 0.9718089
01:22:39.745 --> 01:22:40.945 people, don't set a boundary
NOTE Confidence: 0.9718089
01:22:40.945 --> 01:22:41.825 for me. Let me set
NOTE Confidence: 0.9718089
01:22:41.825 --> 01:22:44.245 it. So Nice. Nice. Nice.
NOTE Confidence: 0.99510103
01:22:46.945 --> 01:22:47.905 This is great. This is
NOTE Confidence: 0.99510103
01:22:47.905 --> 01:22:48.965 an area that
NOTE Confidence: 0.99947995
01:22:50.065 --> 01:22:51.125 we needed to
NOTE Confidence: 0.9656491
01:22:51.745 --> 01:22:52.485 talk about.
NOTE Confidence: 0.9826849
01:22:57.060 --> 01:22:58.180 Put the link in your
NOTE Confidence: 0.9826849

01:22:58.180 --> 01:23:00.260 video chat. Okay. And here's
NOTE Confidence: 0.9826849

01:23:00.260 --> 01:23:01.380 the link. I just shared
NOTE Confidence: 0.9826849

01:23:01.380 --> 01:23:02.920 the link to the, poem
NOTE Confidence: 0.98917043

01:23:03.700 --> 01:23:04.439 on YouTube.
NOTE Confidence: 0.9558828

01:23:06.935 --> 01:23:08.055 So I'm gonna throw out
NOTE Confidence: 0.9558828

01:23:08.055 --> 01:23:09.035 there. So how
NOTE Confidence: 0.92488533

01:23:11.095 --> 01:23:12.615 how you incorporate what you
NOTE Confidence: 0.92488533

01:23:12.615 --> 01:23:14.535 learned today in your peer
NOTE Confidence: 0.92488533

01:23:14.535 --> 01:23:16.215 support lived experience or just
NOTE Confidence: 0.92488533

01:23:16.215 --> 01:23:17.255 your work or just your
NOTE Confidence: 0.92488533

01:23:17.255 --> 01:23:18.455 life in your day to
NOTE Confidence: 0.92488533

01:23:18.455 --> 01:23:19.275 day operations?
NOTE Confidence: 0.9432836

01:23:19.975 --> 01:23:20.590 How How do you think
NOTE Confidence: 0.9432836

01:23:20.590 --> 01:23:21.710 you were are going to
NOTE Confidence: 0.9432836

01:23:21.710 --> 01:23:23.410 incorporate what you learned today?
NOTE Confidence: 0.97804344

01:23:24.510 --> 01:23:25.229 If you wanna put it

NOTE Confidence: 0.97804344
01:23:25.229 --> 01:23:25.870 on the chat, if you
NOTE Confidence: 0.97804344
01:23:25.870 --> 01:23:27.729 wanna unmute yourself, either or.
NOTE Confidence: 0.945208
01:23:29.469 --> 01:23:30.510 Well, you know, one thing
NOTE Confidence: 0.945208
01:23:30.510 --> 01:23:32.030 I wanna share, Annette, that
NOTE Confidence: 0.945208
01:23:32.030 --> 01:23:33.314 my work that I'm doing,
NOTE Confidence: 0.9636213
01:23:34.114 --> 01:23:35.795 body, mind, spirit, it's still
NOTE Confidence: 0.9636213
01:23:35.795 --> 01:23:37.235 a work in progress. I,
NOTE Confidence: 0.9636213
01:23:37.635 --> 01:23:39.735 so I've been listening today,
NOTE Confidence: 0.98236674
01:23:40.354 --> 01:23:41.475 and I've been working on
NOTE Confidence: 0.98236674
01:23:41.475 --> 01:23:42.215 a project,
NOTE Confidence: 0.9282936
01:23:43.155 --> 01:23:44.594 called just doing the little
NOTE Confidence: 0.9282936
01:23:44.594 --> 01:23:46.854 things. And, I was planning
NOTE Confidence: 0.9282936
01:23:46.915 --> 01:23:48.135 to share it on Substack.
NOTE Confidence: 0.99825
01:23:49.239 --> 01:23:51.020 And, it started with
NOTE Confidence: 0.9855089
01:23:51.639 --> 01:23:53.560 my body journey. I, I
NOTE Confidence: 0.9855089

01:23:53.560 --> 01:23:55.099 was four hundred and seventeen

NOTE Confidence: 0.9855089

01:23:55.159 --> 01:23:55.659 pounds.

NOTE Confidence: 0.9550725

01:23:56.520 --> 01:23:57.719 And, I was on my

NOTE Confidence: 0.9550725

01:23:57.719 --> 01:23:59.960 college watching TV, watching Oprah

NOTE Confidence: 0.9550725

01:23:59.960 --> 01:24:01.719 bring her slab of fat

NOTE Confidence: 0.9550725

01:24:01.719 --> 01:24:03.420 on stage. You know?

NOTE Confidence: 0.95372593

01:24:04.065 --> 01:24:05.104 And and and I was

NOTE Confidence: 0.95372593

01:24:05.104 --> 01:24:06.545 just watching people getting that

NOTE Confidence: 0.95372593

01:24:06.545 --> 01:24:07.985 fifteen minutes of fame kind

NOTE Confidence: 0.95372593

01:24:07.985 --> 01:24:08.945 of thing. Look. I was

NOTE Confidence: 0.95372593

01:24:08.945 --> 01:24:09.985 this skinny and then I

NOTE Confidence: 0.95372593

01:24:09.985 --> 01:24:11.025 and then I was this

NOTE Confidence: 0.95372593

01:24:11.025 --> 01:24:11.745 fat and then I was

NOTE Confidence: 0.95372593

01:24:11.745 --> 01:24:12.865 this skinny coming out. You

NOTE Confidence: 0.95372593

01:24:12.865 --> 01:24:14.225 know, Roseanne came out in

NOTE Confidence: 0.95372593

01:24:14.225 --> 01:24:15.745 her leather outfit on her

NOTE Confidence: 0.95372593

01:24:15.745 --> 01:24:17.400 motorcycle. I have all these

NOTE Confidence: 0.95372593

01:24:17.400 --> 01:24:18.760 images in my head because

NOTE Confidence: 0.95372593

01:24:18.760 --> 01:24:20.040 that's what I was my

NOTE Confidence: 0.95372593

01:24:20.040 --> 01:24:21.500 mind was obsessed with.

NOTE Confidence: 0.98505336

01:24:22.360 --> 01:24:23.800 So I decided to start

NOTE Confidence: 0.98505336

01:24:23.800 --> 01:24:25.640 documenting myself, you know, and,

NOTE Confidence: 0.98505336

01:24:25.800 --> 01:24:26.760 you know, because I'm gonna

NOTE Confidence: 0.98505336

01:24:26.760 --> 01:24:27.260 show,

NOTE Confidence: 0.95967424

01:24:27.800 --> 01:24:29.500 the my weight loss journey.

NOTE Confidence: 0.9575439

01:24:30.425 --> 01:24:32.104 But what what came of

NOTE Confidence: 0.9575439

01:24:32.104 --> 01:24:33.865 it, it is that it

NOTE Confidence: 0.9575439

01:24:33.865 --> 01:24:35.385 became more than a weight

NOTE Confidence: 0.9575439

01:24:35.385 --> 01:24:36.425 loss journey. That's why I

NOTE Confidence: 0.9575439

01:24:36.425 --> 01:24:37.785 love this work that Wednesday

NOTE Confidence: 0.9575439

01:24:37.785 --> 01:24:39.005 is doing, and I understand

NOTE Confidence: 0.9575439

01:24:39.064 --> 01:24:40.345 it so much, especially when
NOTE Confidence: 0.9575439

01:24:40.345 --> 01:24:42.505 she said to document yourself,
NOTE Confidence: 0.9575439

01:24:42.505 --> 01:24:44.610 document something, and create. Document
NOTE Confidence: 0.9575439

01:24:44.610 --> 01:24:45.650 your story and create. I
NOTE Confidence: 0.9575439

01:24:45.650 --> 01:24:46.929 understand this because this is
NOTE Confidence: 0.9575439

01:24:46.929 --> 01:24:48.130 what I'm doing with my
NOTE Confidence: 0.9575439

01:24:48.130 --> 01:24:48.630 life.
NOTE Confidence: 0.997071

01:24:49.010 --> 01:24:49.409 And,
NOTE Confidence: 0.9678553

01:24:49.810 --> 01:24:50.610 you know, so I have
NOTE Confidence: 0.9678553

01:24:50.610 --> 01:24:52.229 all these videos, like, years
NOTE Confidence: 0.9678553

01:24:52.370 --> 01:24:54.210 of documenting my weight loss,
NOTE Confidence: 0.9678553

01:24:54.530 --> 01:24:56.210 from four hundred and seventeen
NOTE Confidence: 0.9678553

01:24:56.210 --> 01:24:57.170 to where I'm at now
NOTE Confidence: 0.9678553

01:24:57.170 --> 01:24:58.210 and where I'm at now,
NOTE Confidence: 0.9678553

01:24:58.210 --> 01:24:59.545 the struggles that I am
NOTE Confidence: 0.9678553

01:24:59.545 --> 01:25:01.485 experiencing now, just sharing it.

NOTE Confidence: 0.9771059

01:25:02.104 --> 01:25:03.064 You know? Because I I

NOTE Confidence: 0.9771059

01:25:03.064 --> 01:25:03.945 was able to take the

NOTE Confidence: 0.9771059

01:25:03.945 --> 01:25:05.324 shame away from it.

NOTE Confidence: 0.98038214

01:25:05.864 --> 01:25:06.985 I was able to look

NOTE Confidence: 0.98038214

01:25:06.985 --> 01:25:08.264 back at my life and

NOTE Confidence: 0.98038214

01:25:08.264 --> 01:25:09.704 see what happened to me

NOTE Confidence: 0.98038214

01:25:09.704 --> 01:25:11.545 as a child and and

NOTE Confidence: 0.98038214

01:25:11.545 --> 01:25:12.744 and and what happened with

NOTE Confidence: 0.98038214

01:25:12.744 --> 01:25:13.945 food and everything. I'm able

NOTE Confidence: 0.98038214

01:25:13.945 --> 01:25:15.200 to to to know all

NOTE Confidence: 0.98038214

01:25:15.200 --> 01:25:16.560 of this and and stories

NOTE Confidence: 0.98038214

01:25:16.560 --> 01:25:17.520 and be able to share

NOTE Confidence: 0.98038214

01:25:17.520 --> 01:25:18.479 them and tell them. So

NOTE Confidence: 0.98038214

01:25:18.479 --> 01:25:19.540 that has empowered

NOTE Confidence: 0.99967724

01:25:20.080 --> 01:25:21.120 me so much to be

NOTE Confidence: 0.99967724

01:25:21.120 --> 01:25:21.860 able to
NOTE Confidence: 0.9657986

01:25:22.240 --> 01:25:22.979 to create,
NOTE Confidence: 0.9885546

01:25:24.400 --> 01:25:25.700 and tell my own story.
NOTE Confidence: 0.9885546

01:25:25.760 --> 01:25:27.360 You know? And, I've learned,
NOTE Confidence: 0.9885546

01:25:27.360 --> 01:25:27.860 like,
NOTE Confidence: 0.97660494

01:25:28.225 --> 01:25:30.064 to respect other people's stories,
NOTE Confidence: 0.97660494

01:25:30.064 --> 01:25:32.064 how they use their journeys,
NOTE Confidence: 0.97660494

01:25:32.064 --> 01:25:33.104 what they say about their
NOTE Confidence: 0.97660494

01:25:33.104 --> 01:25:34.705 journey because everybody has that
NOTE Confidence: 0.97660494

01:25:34.705 --> 01:25:35.824 power and that right to
NOTE Confidence: 0.97660494

01:25:35.824 --> 01:25:36.945 do that for themselves. And
NOTE Confidence: 0.97660494

01:25:36.945 --> 01:25:38.545 so with me being able
NOTE Confidence: 0.97660494

01:25:38.545 --> 01:25:40.305 to respect people's power and
NOTE Confidence: 0.97660494

01:25:40.305 --> 01:25:41.505 their right to do that,
NOTE Confidence: 0.97660494

01:25:41.505 --> 01:25:43.265 I'm able to respect my
NOTE Confidence: 0.97660494

01:25:43.265 --> 01:25:43.765 own.

NOTE Confidence: 0.97184855
01:25:44.260 --> 01:25:44.760 And,
NOTE Confidence: 0.94740653
01:25:45.139 --> 01:25:46.340 you know, and another thing
NOTE Confidence: 0.94740653
01:25:46.340 --> 01:25:47.860 that Wednesday said that really
NOTE Confidence: 0.94740653
01:25:47.860 --> 01:25:48.979 sound true to me is,
NOTE Confidence: 0.94740653
01:25:48.979 --> 01:25:50.100 like, when I see other
NOTE Confidence: 0.94740653
01:25:50.100 --> 01:25:51.460 people and I know other
NOTE Confidence: 0.94740653
01:25:51.460 --> 01:25:52.659 people, sir, I'm able to
NOTE Confidence: 0.94740653
01:25:52.659 --> 01:25:53.479 see myself.
NOTE Confidence: 0.9521916
01:25:54.420 --> 01:25:55.380 I'm not just in my
NOTE Confidence: 0.9521916
01:25:55.380 --> 01:25:56.824 mind worrying about, you know,
NOTE Confidence: 0.9521916
01:25:56.824 --> 01:25:57.705 me, me, me, me, me.
NOTE Confidence: 0.9521916
01:25:57.705 --> 01:25:58.905 I'm able to see someone
NOTE Confidence: 0.9521916
01:25:58.905 --> 01:26:00.905 else. And, so even with
NOTE Confidence: 0.9521916
01:26:00.905 --> 01:26:02.264 my mind, our thoughts is
NOTE Confidence: 0.9521916
01:26:02.264 --> 01:26:03.545 what wants to, like, control
NOTE Confidence: 0.9521916

01:26:03.545 --> 01:26:04.505 us. So even if I
NOTE Confidence: 0.9521916

01:26:04.505 --> 01:26:05.545 see my thought trying to
NOTE Confidence: 0.9521916

01:26:05.545 --> 01:26:07.545 judge someone's body or or
NOTE Confidence: 0.9521916

01:26:07.545 --> 01:26:08.585 appearance what they look up,
NOTE Confidence: 0.9521916

01:26:08.585 --> 01:26:09.465 I shut it off right
NOTE Confidence: 0.9521916

01:26:09.465 --> 01:26:10.425 away. I just say, eat
NOTE Confidence: 0.9521916

01:26:10.425 --> 01:26:11.989 that for me, ma. And
NOTE Confidence: 0.9521916

01:26:11.989 --> 01:26:13.590 ma is is is, is
NOTE Confidence: 0.9521916

01:26:13.590 --> 01:26:14.870 Cali. He's a deity who
NOTE Confidence: 0.9521916

01:26:14.870 --> 01:26:16.410 just just a a warrior
NOTE Confidence: 0.9521916

01:26:16.469 --> 01:26:17.910 terror. She just ripped things
NOTE Confidence: 0.9521916

01:26:17.910 --> 01:26:19.510 apart. So so I just
NOTE Confidence: 0.9521916

01:26:19.510 --> 01:26:20.630 asked to just take that
NOTE Confidence: 0.9521916

01:26:20.630 --> 01:26:21.830 thought away from me. So
NOTE Confidence: 0.9521916

01:26:21.830 --> 01:26:22.790 I just stop it, and
NOTE Confidence: 0.9521916

01:26:22.790 --> 01:26:24.390 I don't follow that thought

NOTE Confidence: 0.9521916
01:26:24.390 --> 01:26:25.130 any further
NOTE Confidence: 0.9278811
01:26:25.735 --> 01:26:26.775 as if I'm out in
NOTE Confidence: 0.9278811
01:26:26.775 --> 01:26:28.455 the in the woods walking
NOTE Confidence: 0.9278811
01:26:28.455 --> 01:26:29.895 and and looking at trees
NOTE Confidence: 0.9278811
01:26:29.895 --> 01:26:30.935 and not judging them that
NOTE Confidence: 0.9278811
01:26:30.935 --> 01:26:32.295 we're all they all there
NOTE Confidence: 0.9278811
01:26:32.295 --> 01:26:32.795 exists
NOTE Confidence: 0.94484836
01:26:33.975 --> 01:26:35.575 just to be. And so
NOTE Confidence: 0.94484836
01:26:35.575 --> 01:26:36.615 that's what that's what I
NOTE Confidence: 0.94484836
01:26:36.615 --> 01:26:37.815 do, and that really helps.
NOTE Confidence: 0.94484836
01:26:37.815 --> 01:26:38.715 So I just,
NOTE Confidence: 0.93768394
01:26:39.260 --> 01:26:40.560 every bit, you know, appreciate
NOTE Confidence: 0.93768394
01:26:40.560 --> 01:26:41.861 today and what you're saying.
NOTE Confidence: 0.93768394
01:26:41.861 --> 01:26:43.421 But, as I said, still
NOTE Confidence: 0.93768394
01:26:43.421 --> 01:26:44.722 working on my project, working
NOTE Confidence: 0.93768394

01:26:44.722 --> 01:26:46.282 on my drain journey, and

NOTE Confidence: 0.93768394

01:26:46.282 --> 01:26:47.843 I just noticed I said

NOTE Confidence: 0.93768394

01:26:47.843 --> 01:26:49.143 it was coming soon at

NOTE Confidence: 0.93768394

01:26:49.143 --> 01:26:50.444 the end of twenty twenty

NOTE Confidence: 0.93768394

01:26:50.444 --> 01:26:51.744 three, and this is, like,

NOTE Confidence: 0.93768394

01:26:51.744 --> 01:26:53.045 June because that's how hard

NOTE Confidence: 0.93768394

01:26:53.045 --> 01:26:54.345 it is to put something

NOTE Confidence: 0.93768394

01:26:54.425 --> 01:26:55.465 out in the world like

NOTE Confidence: 0.93768394

01:26:55.465 --> 01:26:56.825 that. So I also and

NOTE Confidence: 0.93768394

01:26:56.825 --> 01:26:58.185 Sonia Renee saying, like, this

NOTE Confidence: 0.93768394

01:26:58.185 --> 01:26:59.225 is this is enough. I'm

NOTE Confidence: 0.93768394

01:26:59.225 --> 01:27:00.425 not doing this anymore because

NOTE Confidence: 0.93768394

01:27:00.425 --> 01:27:02.104 it it it it does

NOTE Confidence: 0.93768394

01:27:02.104 --> 01:27:03.625 drain. It's a spiritual journey,

NOTE Confidence: 0.93768394

01:27:03.625 --> 01:27:05.085 and it does drain you

NOTE Confidence: 0.93768394

01:27:05.385 --> 01:27:06.505 to to to put so

NOTE Confidence: 0.93768394
01:27:06.505 --> 01:27:07.385 much out in the world.
NOTE Confidence: 0.93768394
01:27:07.385 --> 01:27:08.010 And then you
NOTE Confidence: 0.983583
01:27:10.570 --> 01:27:10.643 to I don't know about
NOTE Confidence: 0.983583
01:27:10.643 --> 01:27:10.705 you, Wednesday. What I usually
NOTE Confidence: 0.983583
01:27:10.705 --> 01:27:11.289 do is go back in
NOTE Confidence: 0.983583
01:27:11.289 --> 01:27:13.309 my cocoon and just regenerate
NOTE Confidence: 0.9309346
01:27:13.610 --> 01:27:14.889 myself, and I might be
NOTE Confidence: 0.9309346
01:27:14.889 --> 01:27:16.489 on Netflix for two weeks.
NOTE Confidence: 0.9309346
01:27:16.489 --> 01:27:17.389 I'm like, that's
NOTE Confidence: 0.88314176
01:27:18.250 --> 01:27:20.030 what I mean. And,
NOTE Confidence: 0.954968
01:27:20.489 --> 01:27:21.769 you know, and and then
NOTE Confidence: 0.954968
01:27:21.769 --> 01:27:22.729 go back. And and I
NOTE Confidence: 0.954968
01:27:22.729 --> 01:27:23.985 love that. I love people's
NOTE Confidence: 0.954968
01:27:24.145 --> 01:27:25.104 stories. So, like, when I
NOTE Confidence: 0.954968
01:27:25.104 --> 01:27:26.304 look at Beyonce, when she
NOTE Confidence: 0.954968

01:27:26.304 --> 01:27:27.185 goes out there and she
NOTE Confidence: 0.954968

01:27:27.185 --> 01:27:28.545 did the renaissance tour and
NOTE Confidence: 0.954968

01:27:28.545 --> 01:27:30.145 she documented the whole thing,
NOTE Confidence: 0.954968

01:27:30.145 --> 01:27:31.344 and then she say that
NOTE Confidence: 0.954968

01:27:31.344 --> 01:27:32.304 this is that she's just
NOTE Confidence: 0.954968

01:27:32.304 --> 01:27:33.665 gonna take time off for
NOTE Confidence: 0.954968

01:27:33.665 --> 01:27:35.665 herself. Just just take time
NOTE Confidence: 0.954968

01:27:35.665 --> 01:27:36.784 off to take it, you
NOTE Confidence: 0.954968

01:27:36.784 --> 01:27:37.925 know, to just
NOTE Confidence: 0.9634673

01:27:38.520 --> 01:27:39.479 not even talk if I
NOTE Confidence: 0.9634673

01:27:39.479 --> 01:27:40.599 don't feel like talking, you
NOTE Confidence: 0.9634673

01:27:40.599 --> 01:27:41.639 know. So that's,
NOTE Confidence: 0.97046465

01:27:42.360 --> 01:27:43.400 really good. And I really
NOTE Confidence: 0.97046465

01:27:43.400 --> 01:27:44.439 appreciate this because this is
NOTE Confidence: 0.97046465

01:27:44.439 --> 01:27:45.320 this is it. This is
NOTE Confidence: 0.97046465

01:27:45.320 --> 01:27:46.679 how I started therapy. I

NOTE Confidence: 0.97046465
01:27:46.679 --> 01:27:48.039 was like, I don't I
NOTE Confidence: 0.97046465
01:27:48.039 --> 01:27:49.559 don't like being overweight. I'm
NOTE Confidence: 0.97046465
01:27:49.559 --> 01:27:51.079 worrying about my kids. I
NOTE Confidence: 0.97046465
01:27:51.079 --> 01:27:52.039 I wanna live in a
NOTE Confidence: 0.97046465
01:27:52.039 --> 01:27:53.265 nice house with a nice
NOTE Confidence: 0.97046465
01:27:53.345 --> 01:27:54.385 car. You know? Why can't
NOTE Confidence: 0.97046465
01:27:54.385 --> 01:27:55.585 I get the American dream?
NOTE Confidence: 0.97046465
01:27:55.585 --> 01:27:56.965 What's what's going on?
NOTE Confidence: 0.94441676
01:27:57.425 --> 01:27:58.785 You know? And, so to
NOTE Confidence: 0.94441676
01:27:58.785 --> 01:27:59.745 tell us something that was
NOTE Confidence: 0.94441676
01:27:59.745 --> 01:28:00.705 wrong with me instead of
NOTE Confidence: 0.94441676
01:28:00.705 --> 01:28:01.665 now what I see is
NOTE Confidence: 0.94441676
01:28:01.665 --> 01:28:02.945 everything that happened in the
NOTE Confidence: 0.94441676
01:28:02.945 --> 01:28:03.345 world.
NOTE Confidence: 0.9278642
01:28:04.225 --> 01:28:05.104 So just thank you for
NOTE Confidence: 0.9278642

01:28:05.104 --> 01:28:06.483 your social justice work, every
NOTE Confidence: 0.9278642

01:28:06.750 --> 01:28:08.350 heart liberation, everything that you're
NOTE Confidence: 0.9278642

01:28:08.350 --> 01:28:10.210 doing because, we need this.
NOTE Confidence: 0.63722014

01:28:10.510 --> 01:28:10.670 And
NOTE Confidence: 0.8965862

01:28:12.510 --> 01:28:13.010 Mhmm.
NOTE Confidence: 0.9705778

01:28:14.350 --> 01:28:15.729 Thank you. Okay.
NOTE Confidence: 0.99618924

01:28:17.790 --> 01:28:18.290 Yeah.
NOTE Confidence: 0.99204105

01:28:18.945 --> 01:28:21.265 Hi. Hi. Hi, Wednesday. Hi,
NOTE Confidence: 0.99204105

01:28:21.265 --> 01:28:21.765 everybody.
NOTE Confidence: 0.9604397

01:28:23.585 --> 01:28:24.085 So
NOTE Confidence: 0.97492343

01:28:25.185 --> 01:28:26.225 just to share a little
NOTE Confidence: 0.97492343

01:28:26.225 --> 01:28:27.525 bit about my experience.
NOTE Confidence: 0.9726704

01:28:29.905 --> 01:28:31.425 So when I was, in
NOTE Confidence: 0.9726704

01:28:31.425 --> 01:28:34.080 junior high and high school,
NOTE Confidence: 0.98982364

01:28:35.340 --> 01:28:36.700 a lot of people would
NOTE Confidence: 0.98982364

01:28:36.700 --> 01:28:38.479 mistake me as a boy.

NOTE Confidence: 0.9970986
01:28:39.900 --> 01:28:40.300 And,
NOTE Confidence: 0.99891657
01:28:41.020 --> 01:28:42.540 actually, even in my adult
NOTE Confidence: 0.99891657
01:28:42.540 --> 01:28:43.040 life,
NOTE Confidence: 0.9150638
01:28:43.340 --> 01:28:45.600 depending on what my haircut
NOTE Confidence: 0.9150638
01:28:45.660 --> 01:28:46.479 looked like,
NOTE Confidence: 0.9926843
01:28:47.725 --> 01:28:49.085 I was mistaken as a
NOTE Confidence: 0.9926843
01:28:49.085 --> 01:28:49.585 boy.
NOTE Confidence: 0.9623593
01:28:50.285 --> 01:28:51.104 And, anyway,
NOTE Confidence: 0.95509267
01:28:51.405 --> 01:28:52.205 my my hair is a
NOTE Confidence: 0.95509267
01:28:52.205 --> 01:28:54.045 little longer now, and and
NOTE Confidence: 0.95509267
01:28:54.045 --> 01:28:54.285 I'm
NOTE Confidence: 0.9724593
01:28:54.925 --> 01:28:56.625 I I I I don't,
NOTE Confidence: 0.97231483
01:28:58.525 --> 01:28:59.425 I don't identify
NOTE Confidence: 0.9629256
01:29:00.285 --> 01:29:01.985 as much like that anymore.
NOTE Confidence: 0.9801272
01:29:03.300 --> 01:29:03.780 But,
NOTE Confidence: 0.98695034

01:29:04.260 --> 01:29:05.380 I appreciate you
NOTE Confidence: 0.8835921

01:29:06.179 --> 01:29:07.719 your being very candid
NOTE Confidence: 0.9865966

01:29:08.260 --> 01:29:10.119 and sharing about your experience.
NOTE Confidence: 0.9904336

01:29:12.500 --> 01:29:12.900 I,
NOTE Confidence: 0.99105215

01:29:13.460 --> 01:29:14.520 you know, I've always
NOTE Confidence: 0.97094065

01:29:16.025 --> 01:29:17.465 been told, you know, I'm
NOTE Confidence: 0.97094065

01:29:17.465 --> 01:29:18.925 a I'm a husk husky.
NOTE Confidence: 0.97094065

01:29:19.225 --> 01:29:20.745 You know, my I remember
NOTE Confidence: 0.97094065

01:29:20.745 --> 01:29:22.425 my grandmother would say, oh,
NOTE Confidence: 0.97094065

01:29:22.425 --> 01:29:23.485 well, you're husky.
NOTE Confidence: 0.99280447

01:29:24.265 --> 01:29:24.765 So
NOTE Confidence: 0.9991906

01:29:25.305 --> 01:29:25.805 but,
NOTE Confidence: 0.9397434

01:29:26.345 --> 01:29:27.485 you know, I've been,
NOTE Confidence: 0.9696624

01:29:28.229 --> 01:29:29.689 I have lived experience.
NOTE Confidence: 0.9828202

01:29:30.790 --> 01:29:31.910 I I have a mental
NOTE Confidence: 0.9828202

01:29:31.910 --> 01:29:32.650 health diagnosis.

NOTE Confidence: 0.97485507
01:29:34.470 --> 01:29:36.410 I'm a recovery support specialist.
NOTE Confidence: 0.88936496
01:29:37.590 --> 01:29:38.090 And,
NOTE Confidence: 0.8043115
01:29:39.830 --> 01:29:40.330 so,
NOTE Confidence: 0.8813646
01:29:42.705 --> 01:29:43.205 because,
NOTE Confidence: 0.8732956
01:29:43.985 --> 01:29:45.125 you you know, I'm experiencing,
NOTE Confidence: 0.97066617
01:29:47.104 --> 01:29:49.185 some medical issue issues right
NOTE Confidence: 0.97066617
01:29:49.185 --> 01:29:49.685 now,
NOTE Confidence: 0.9401887
01:29:51.505 --> 01:29:52.625 because I've been on the
NOTE Confidence: 0.9401887
01:29:52.625 --> 01:29:54.625 psychiatric medication for such a
NOTE Confidence: 0.9401887
01:29:54.625 --> 01:29:55.445 long time,
NOTE Confidence: 0.9967494
01:29:56.520 --> 01:29:57.880 and I I have two
NOTE Confidence: 0.9967494
01:29:57.880 --> 01:29:58.380 hernias.
NOTE Confidence: 0.99660707
01:29:59.479 --> 01:30:00.780 And it's actually
NOTE Confidence: 0.96967435
01:30:01.800 --> 01:30:02.300 affected,
NOTE Confidence: 0.99649864
01:30:04.360 --> 01:30:05.739 the way that I look,
NOTE Confidence: 0.99649864

01:30:05.880 --> 01:30:07.579 and I'm very self conscious

NOTE Confidence: 0.99649864

01:30:07.639 --> 01:30:08.380 of that.

NOTE Confidence: 0.9906506

01:30:09.175 --> 01:30:09.655 But,

NOTE Confidence: 0.96217465

01:30:10.135 --> 01:30:11.335 I'm really you know? And

NOTE Confidence: 0.96217465

01:30:11.335 --> 01:30:12.475 thank you for,

NOTE Confidence: 0.9979731

01:30:13.575 --> 01:30:15.354 bringing this into the light.

NOTE Confidence: 0.9997463

01:30:17.015 --> 01:30:18.555 I need to be kinder

NOTE Confidence: 0.9997463

01:30:18.695 --> 01:30:19.195 to

NOTE Confidence: 0.9371139

01:30:19.735 --> 01:30:21.515 myself and my body,

NOTE Confidence: 0.986588

01:30:22.659 --> 01:30:23.159 And,

NOTE Confidence: 0.9955165

01:30:23.780 --> 01:30:24.840 I think with,

NOTE Confidence: 0.8823509

01:30:28.099 --> 01:30:29.719 you know, with this

NOTE Confidence: 0.9259999

01:30:30.260 --> 01:30:30.760 surgery,

NOTE Confidence: 0.99643284

01:30:31.300 --> 01:30:32.519 I will probably

NOTE Confidence: 0.9605465

01:30:32.979 --> 01:30:34.119 need to get.

NOTE Confidence: 0.9154201

01:30:35.525 --> 01:30:36.425 It's just,

NOTE Confidence: 0.99981976
01:30:37.045 --> 01:30:38.585 making me look at myself
NOTE Confidence: 0.99969167
01:30:39.685 --> 01:30:41.064 in a different light.
NOTE Confidence: 0.96058327
01:30:43.525 --> 01:30:44.885 I'm working with a a
NOTE Confidence: 0.96058327
01:30:44.885 --> 01:30:45.705 new psychiatrist,
NOTE Confidence: 0.97234213
01:30:46.165 --> 01:30:48.165 and and, hopefully, she'll help
NOTE Confidence: 0.97234213
01:30:48.165 --> 01:30:48.985 me to
NOTE Confidence: 0.9987768
01:30:49.740 --> 01:30:51.680 reduce some of my medications.
NOTE Confidence: 0.97695524
01:30:54.860 --> 01:30:56.460 So, anyway, I just I'm
NOTE Confidence: 0.97695524
01:30:56.460 --> 01:30:57.580 glad that I was here
NOTE Confidence: 0.97695524
01:30:57.580 --> 01:30:59.520 for this webinar. I'm grateful
NOTE Confidence: 0.97695524
01:30:59.580 --> 01:31:01.340 to hear everyone, and,
NOTE Confidence: 0.99465936
01:31:02.854 --> 01:31:03.835 thanks very much.
NOTE Confidence: 0.99984384
01:31:05.335 --> 01:31:06.155 Thank you.
NOTE Confidence: 0.9993656
01:31:07.094 --> 01:31:08.375 I think the universe likes
NOTE Confidence: 0.9993656
01:31:08.375 --> 01:31:09.495 to do fun things with
NOTE Confidence: 0.9993656

01:31:09.495 --> 01:31:09.995 bodies.
NOTE Confidence: 0.98463917

01:31:12.295 --> 01:31:13.574 So for the last year,
NOTE Confidence: 0.98463917

01:31:13.574 --> 01:31:14.375 I've had a bunch of
NOTE Confidence: 0.98463917

01:31:14.375 --> 01:31:15.814 medical issues, and it turns
NOTE Confidence: 0.98463917

01:31:15.814 --> 01:31:16.229 out
NOTE Confidence: 0.96630925

01:31:16.790 --> 01:31:17.989 at not a local medical
NOTE Confidence: 0.96630925

01:31:17.989 --> 01:31:19.290 facility, I was misdiagnosed,
NOTE Confidence: 0.9801139

01:31:20.070 --> 01:31:20.870 and I've had a hernia
NOTE Confidence: 0.9801139

01:31:20.870 --> 01:31:21.670 for the last year too.
NOTE Confidence: 0.9801139

01:31:21.670 --> 01:31:22.710 And my body shape has
NOTE Confidence: 0.9801139

01:31:22.710 --> 01:31:23.670 changed a lot, and I've
NOTE Confidence: 0.9801139

01:31:23.670 --> 01:31:24.390 had to do a lot
NOTE Confidence: 0.9801139

01:31:24.390 --> 01:31:25.830 of work around, hey. I
NOTE Confidence: 0.9801139

01:31:25.830 --> 01:31:26.710 say this to people all
NOTE Confidence: 0.9801139

01:31:26.710 --> 01:31:27.430 the time, but what do
NOTE Confidence: 0.9801139

01:31:27.430 --> 01:31:28.390 I do when my body's

NOTE Confidence: 0.9801139
01:31:28.390 --> 01:31:29.350 changing and it might not
NOTE Confidence: 0.9801139
01:31:29.350 --> 01:31:30.075 go back?
NOTE Confidence: 0.9743098
01:31:30.955 --> 01:31:32.395 It's so difficult when it's
NOTE Confidence: 0.9743098
01:31:32.395 --> 01:31:33.995 medical, and it's so out
NOTE Confidence: 0.9743098
01:31:33.995 --> 01:31:35.195 of your control, and you
NOTE Confidence: 0.9743098
01:31:35.195 --> 01:31:36.735 don't know what's going on.
NOTE Confidence: 0.9743098
01:31:36.795 --> 01:31:37.295 And
NOTE Confidence: 0.97800195
01:31:37.915 --> 01:31:38.635 I had to do the
NOTE Confidence: 0.97800195
01:31:38.635 --> 01:31:39.595 same thing where, like, some
NOTE Confidence: 0.97800195
01:31:39.595 --> 01:31:40.875 medication had to be changed.
NOTE Confidence: 0.97800195
01:31:40.875 --> 01:31:41.915 They were at it's like
NOTE Confidence: 0.97800195
01:31:41.915 --> 01:31:43.469 madness. Right? It's that swirl
NOTE Confidence: 0.97800195
01:31:43.469 --> 01:31:44.590 that we started within that
NOTE Confidence: 0.97800195
01:31:44.590 --> 01:31:45.869 painting. Right? And just trying
NOTE Confidence: 0.97800195
01:31:45.869 --> 01:31:47.329 to find that thing. And
NOTE Confidence: 0.9678475

01:31:47.949 --> 01:31:49.229 feel free to email me
NOTE Confidence: 0.9678475

01:31:49.229 --> 01:31:50.769 anytime because I know
NOTE Confidence: 0.9972676

01:31:51.229 --> 01:31:53.090 deeply what that is like.
NOTE Confidence: 0.9058429

01:31:55.064 --> 01:31:57.064 Wednesday, you just said something
NOTE Confidence: 0.9058429

01:31:57.064 --> 01:31:58.285 that I thought was interesting.
NOTE Confidence: 0.9983454

01:31:59.225 --> 01:31:59.965 You said
NOTE Confidence: 0.9979873

01:32:00.425 --> 01:32:00.925 that
NOTE Confidence: 0.9530859

01:32:01.465 --> 01:32:03.305 these medical issues that or
NOTE Confidence: 0.9530859

01:32:03.305 --> 01:32:04.685 these issues that were in
NOTE Confidence: 0.9530859

01:32:04.985 --> 01:32:06.265 were in my control or
NOTE Confidence: 0.9530859

01:32:06.265 --> 01:32:08.050 not in my control. Yep.
NOTE Confidence: 0.9962244

01:32:08.510 --> 01:32:10.290 I wrote that, you know,
NOTE Confidence: 0.9449517

01:32:13.310 --> 01:32:15.310 people can't accept in the
NOTE Confidence: 0.9449517

01:32:15.310 --> 01:32:17.150 medical community, can't accept when
NOTE Confidence: 0.9449517

01:32:17.150 --> 01:32:18.130 you're just uncomfortable,
NOTE Confidence: 0.9992151

01:32:19.390 --> 01:32:21.229 and there is no medical

NOTE Confidence: 0.9992151
01:32:21.229 --> 01:32:21.729 reason.
NOTE Confidence: 0.91963893
01:32:23.155 --> 01:32:24.275 I don't care how much
NOTE Confidence: 0.91963893
01:32:24.275 --> 01:32:25.795 I weigh. I'm just know
NOTE Confidence: 0.91963893
01:32:25.795 --> 01:32:27.895 that when I weigh x,
NOTE Confidence: 0.98544616
01:32:28.515 --> 01:32:29.655 I'm so uncomfortable.
NOTE Confidence: 0.990811
01:32:30.995 --> 01:32:31.495 And
NOTE Confidence: 0.9911244
01:32:33.075 --> 01:32:34.595 in the medical world, that's
NOTE Confidence: 0.9911244
01:32:34.595 --> 01:32:35.095 fixable.
NOTE Confidence: 0.9994863
01:32:35.795 --> 01:32:36.775 Mhmm. And
NOTE Confidence: 0.9787453
01:32:37.320 --> 01:32:38.599 I'll tell you right now,
NOTE Confidence: 0.9787453
01:32:38.599 --> 01:32:39.800 I've lived the same life
NOTE Confidence: 0.9787453
01:32:39.800 --> 01:32:41.260 I've lived my whole life.
NOTE Confidence: 0.9713805
01:32:42.119 --> 01:32:42.939 I'm a vegetarian.
NOTE Confidence: 0.99188507
01:32:43.960 --> 01:32:45.020 Now I don't drink.
NOTE Confidence: 0.96629393
01:32:45.400 --> 01:32:46.840 I don't you know, I
NOTE Confidence: 0.96629393

01:32:46.840 --> 01:32:48.280 exercise. I take good care
NOTE Confidence: 0.96629393

01:32:48.280 --> 01:32:50.040 of myself. I'm a small
NOTE Confidence: 0.96629393

01:32:50.040 --> 01:32:50.540 person.
NOTE Confidence: 0.99948466

01:32:51.515 --> 01:32:53.055 And I you get
NOTE Confidence: 0.9744029

01:32:54.635 --> 01:32:55.935 made to feel like
NOTE Confidence: 0.9994591

01:32:56.314 --> 01:32:57.695 you're not telling the truth
NOTE Confidence: 0.9986951

01:32:58.075 --> 01:32:58.575 Mhmm.
NOTE Confidence: 0.9865363

01:32:59.354 --> 01:33:00.415 Because it's fixable.
NOTE Confidence: 0.9448566

01:33:01.115 --> 01:33:02.475 Yeah. Because well, well, you're
NOTE Confidence: 0.9448566

01:33:02.475 --> 01:33:04.475 almost fifty, so it's just
NOTE Confidence: 0.9448566

01:33:04.475 --> 01:33:06.260 this. It's just because you're
NOTE Confidence: 0.9448566

01:33:06.260 --> 01:33:07.860 almost fifty, and you just
NOTE Confidence: 0.9448566

01:33:07.860 --> 01:33:09.080 need to drink more water
NOTE Confidence: 0.9683635

01:33:09.460 --> 01:33:10.580 and and try to get
NOTE Confidence: 0.9683635

01:33:10.580 --> 01:33:12.420 out more. And this is
NOTE Confidence: 0.9683635

01:33:12.420 --> 01:33:13.400 my water bottle,

NOTE Confidence: 0.95466477
01:33:17.140 --> 01:33:17.640 and,
NOTE Confidence: 0.9960399
01:33:17.940 --> 01:33:18.600 you know,
NOTE Confidence: 0.99628234
01:33:20.325 --> 01:33:21.045 I don't know what to
NOTE Confidence: 0.99628234
01:33:21.045 --> 01:33:22.405 tell you. So I I
NOTE Confidence: 0.99628234
01:33:22.405 --> 01:33:23.604 find I find what you
NOTE Confidence: 0.99628234
01:33:23.604 --> 01:33:25.125 said interesting. If it's within
NOTE Confidence: 0.99628234
01:33:25.125 --> 01:33:26.725 the parameters of being able
NOTE Confidence: 0.99628234
01:33:26.725 --> 01:33:28.505 to be fixable by you
NOTE Confidence: 0.99932414
01:33:29.125 --> 01:33:29.625 Yep.
NOTE Confidence: 0.98806924
01:33:30.245 --> 01:33:31.125 You know, what are they
NOTE Confidence: 0.98806924
01:33:31.125 --> 01:33:32.345 gonna do for you?
NOTE Confidence: 0.96170783
01:33:33.370 --> 01:33:34.410 Because we know someone will
NOTE Confidence: 0.96170783
01:33:34.410 --> 01:33:36.170 always prescribe something that you
NOTE Confidence: 0.96170783
01:33:36.170 --> 01:33:38.010 don't necessarily need. We know
NOTE Confidence: 0.96170783
01:33:38.010 --> 01:33:39.130 that they'll always tell you
NOTE Confidence: 0.96170783

01:33:39.130 --> 01:33:40.250 to do something, and I
NOTE Confidence: 0.96170783

01:33:40.250 --> 01:33:41.690 I fully believe in bodily
NOTE Confidence: 0.96170783

01:33:41.690 --> 01:33:43.070 autonomy and self determination.
NOTE Confidence: 0.97426325

01:33:44.010 --> 01:33:45.130 And I think if you
NOTE Confidence: 0.97426325

01:33:45.130 --> 01:33:46.330 wanna lose weight and you
NOTE Confidence: 0.97426325

01:33:46.330 --> 01:33:47.850 can without hurting yourself, you
NOTE Confidence: 0.97426325

01:33:47.850 --> 01:33:48.925 should. And I think if
NOTE Confidence: 0.97426325

01:33:48.925 --> 01:33:49.965 you don't want to, I
NOTE Confidence: 0.97426325

01:33:49.965 --> 01:33:51.165 think that's your prerogative and
NOTE Confidence: 0.97426325

01:33:51.165 --> 01:33:52.125 your choice. And I think
NOTE Confidence: 0.97426325

01:33:52.125 --> 01:33:53.325 some bodies can and some
NOTE Confidence: 0.97426325

01:33:53.325 --> 01:33:54.845 bodies can't. And if anyone
NOTE Confidence: 0.97426325

01:33:54.845 --> 01:33:55.885 wants articles, I have a
NOTE Confidence: 0.97426325

01:33:55.885 --> 01:33:57.165 whole archive of all of
NOTE Confidence: 0.97426325

01:33:57.165 --> 01:33:59.005 the science around weight gain
NOTE Confidence: 0.97426325

01:33:59.005 --> 01:33:59.965 and weight loss and how

NOTE Confidence: 0.97426325
01:33:59.965 --> 01:34:00.845 this works in our bodies
NOTE Confidence: 0.97426325
01:34:00.845 --> 01:34:01.965 and what bodies are supposed
NOTE Confidence: 0.97426325
01:34:01.965 --> 01:34:03.245 to and what bodies can't.
NOTE Confidence: 0.97426325
01:34:03.245 --> 01:34:03.745 And
NOTE Confidence: 0.9664198
01:34:04.979 --> 01:34:06.020 it's like Sherry just said,
NOTE Confidence: 0.9664198
01:34:06.020 --> 01:34:07.140 it's much easier to blame
NOTE Confidence: 0.9664198
01:34:07.140 --> 01:34:08.180 the individual than look at
NOTE Confidence: 0.9664198
01:34:08.180 --> 01:34:10.020 social injustice or environment. I've
NOTE Confidence: 0.9664198
01:34:10.020 --> 01:34:10.900 never met a doctor that
NOTE Confidence: 0.9664198
01:34:10.900 --> 01:34:12.360 talks about the social determinants
NOTE Confidence: 0.9664198
01:34:12.500 --> 01:34:13.540 of health as a medical
NOTE Confidence: 0.9664198
01:34:13.540 --> 01:34:15.080 doctor. I know many psychiatrists,
NOTE Confidence: 0.9178261
01:34:16.354 --> 01:34:16.854 specialists,
NOTE Confidence: 0.980029
01:34:17.235 --> 01:34:18.195 but, like, never has a
NOTE Confidence: 0.980029
01:34:18.195 --> 01:34:19.155 doctor sat down with me
NOTE Confidence: 0.980029

01:34:19.155 --> 01:34:19.875 and been like, what was
NOTE Confidence: 0.980029

01:34:19.875 --> 01:34:21.395 food like your childhood? What
NOTE Confidence: 0.980029

01:34:21.395 --> 01:34:22.535 did you have access to?
NOTE Confidence: 0.980029

01:34:22.595 --> 01:34:23.475 How do all these things
NOTE Confidence: 0.980029

01:34:23.475 --> 01:34:24.595 contribute to where your body
NOTE Confidence: 0.980029

01:34:24.595 --> 01:34:27.095 is now? Mhmm. Mhmm. Mhmm.
NOTE Confidence: 0.84896857

01:34:28.189 --> 01:34:29.150 My god. I don't know
NOTE Confidence: 0.84896857

01:34:29.150 --> 01:34:29.949 what a world we would
NOTE Confidence: 0.84896857

01:34:29.949 --> 01:34:30.670 live in if,
NOTE Confidence: 0.95138174

01:34:31.229 --> 01:34:33.389 just the med like, modern
NOTE Confidence: 0.95138174

01:34:33.389 --> 01:34:33.889 medicine
NOTE Confidence: 0.996823

01:34:34.189 --> 01:34:35.170 could have
NOTE Confidence: 0.95023793

01:34:36.030 --> 01:34:37.889 five more minutes with you.
NOTE Confidence: 0.95023793

01:34:37.949 --> 01:34:38.610 You know?
NOTE Confidence: 0.92065185

01:34:39.550 --> 01:34:40.689 True. For real.
NOTE Confidence: 0.99926734

01:34:42.265 --> 01:34:43.305 If we would like to

NOTE Confidence: 0.99926734

01:34:43.305 --> 01:34:45.005 all dismantle all of

NOTE Confidence: 0.9802444

01:34:46.345 --> 01:34:47.465 the all of the systems,

NOTE Confidence: 0.9802444

01:34:47.465 --> 01:34:49.305 including the insurance system, I'm

NOTE Confidence: 0.9802444

01:34:49.305 --> 01:34:51.005 for burning that down specifically

NOTE Confidence: 0.9802444

01:34:51.064 --> 01:34:52.025 as someone who does get

NOTE Confidence: 0.9802444

01:34:52.025 --> 01:34:53.064 paid by them. I'd rather

NOTE Confidence: 0.9802444

01:34:53.064 --> 01:34:53.564 not.

NOTE Confidence: 0.96156

01:34:54.585 --> 01:34:55.625 What do you what do

NOTE Confidence: 0.96156

01:34:55.625 --> 01:34:55.875 you,

NOTE Confidence: 0.9558891

01:34:57.140 --> 01:34:58.760 think is helpful in,

NOTE Confidence: 0.966665

01:34:59.140 --> 01:35:00.120 dealing with,

NOTE Confidence: 0.96334505

01:35:02.740 --> 01:35:04.340 especially middle schoolers, but I

NOTE Confidence: 0.96334505

01:35:04.340 --> 01:35:05.560 am seeing it in elementary

NOTE Confidence: 0.96334505

01:35:05.620 --> 01:35:06.600 students too,

NOTE Confidence: 0.98173726

01:35:07.780 --> 01:35:09.300 this whole idea. How how

NOTE Confidence: 0.98173726

01:35:09.300 --> 01:35:09.960 do we
NOTE Confidence: 0.95359963

01:35:10.340 --> 01:35:11.880 break it down to a
NOTE Confidence: 0.99498814

01:35:13.115 --> 01:35:14.015 a more palatable
NOTE Confidence: 0.9900442

01:35:14.715 --> 01:35:16.655 level for young people?
NOTE Confidence: 0.95582604

01:35:19.515 --> 01:35:21.195 I think it's by Sonia
NOTE Confidence: 0.95582604

01:35:21.195 --> 01:35:22.875 Rene Taylor, ironically. I'm not
NOTE Confidence: 0.95582604

01:35:22.875 --> 01:35:23.755 sure. Let me look, and
NOTE Confidence: 0.95582604

01:35:23.755 --> 01:35:25.275 I can email you. There
NOTE Confidence: 0.95582604

01:35:25.275 --> 01:35:26.555 were some really good kids'
NOTE Confidence: 0.95582604

01:35:26.555 --> 01:35:27.935 books made about bodies.
NOTE Confidence: 0.9436785

01:35:29.809 --> 01:35:30.849 I actually bought one for
NOTE Confidence: 0.9436785

01:35:30.849 --> 01:35:32.309 my nephew who's only three,
NOTE Confidence: 0.9436785

01:35:32.449 --> 01:35:33.409 and he likes it. It's
NOTE Confidence: 0.9436785

01:35:33.409 --> 01:35:35.110 really for elementary school kids.
NOTE Confidence: 0.96152866

01:35:35.489 --> 01:35:36.449 But it shows all the
NOTE Confidence: 0.96152866

01:35:36.449 --> 01:35:38.070 different kinds of bodies, including

NOTE Confidence: 0.96152866
01:35:38.210 --> 01:35:40.530 top surgery scars, mastectomy scars,
NOTE Confidence: 0.96152866
01:35:40.530 --> 01:35:41.510 surgery scars.
NOTE Confidence: 0.93575126
01:35:41.925 --> 01:35:42.885 Oh, you guys send that
NOTE Confidence: 0.93575126
01:35:42.885 --> 01:35:43.844 to me too. You guys
NOTE Confidence: 0.93575126
01:35:43.844 --> 01:35:44.645 send it to me too.
NOTE Confidence: 0.93575126
01:35:44.645 --> 01:35:45.465 That's good.
NOTE Confidence: 0.97786885
01:35:46.005 --> 01:35:47.125 And and I can say
NOTE Confidence: 0.97786885
01:35:47.125 --> 01:35:48.344 this. You know, I appreciate
NOTE Confidence: 0.97786885
01:35:48.485 --> 01:35:50.085 that I am now in
NOTE Confidence: 0.97786885
01:35:50.085 --> 01:35:51.525 a family unit where my
NOTE Confidence: 0.97786885
01:35:51.525 --> 01:35:52.505 brother and sister-in-law
NOTE Confidence: 0.9996637
01:35:53.125 --> 01:35:54.025 really appreciate
NOTE Confidence: 0.96520805
01:35:54.370 --> 01:35:55.090 what I do in the
NOTE Confidence: 0.96520805
01:35:55.090 --> 01:35:56.130 world. And so they let
NOTE Confidence: 0.96520805
01:35:56.130 --> 01:35:56.930 me buy him this book
NOTE Confidence: 0.96520805

01:35:56.930 --> 01:35:57.650 and we read it to
NOTE Confidence: 0.96520805

01:35:57.650 --> 01:35:58.930 him, and he'll be in
NOTE Confidence: 0.96520805

01:35:58.930 --> 01:35:59.430 public.
NOTE Confidence: 0.984483

01:35:59.969 --> 01:36:01.250 And, you know, my dad's
NOTE Confidence: 0.984483

01:36:01.250 --> 01:36:02.370 a seventy something year old
NOTE Confidence: 0.984483

01:36:02.370 --> 01:36:04.290 white man. He's done a
NOTE Confidence: 0.984483

01:36:04.290 --> 01:36:05.650 really good job. And, you
NOTE Confidence: 0.984483

01:36:05.650 --> 01:36:07.170 know, sometimes he'll see someone
NOTE Confidence: 0.984483

01:36:07.170 --> 01:36:08.585 and he'll stare and he
NOTE Confidence: 0.984483

01:36:08.585 --> 01:36:09.945 won't mean to. And this
NOTE Confidence: 0.984483

01:36:09.945 --> 01:36:11.145 three year old child will
NOTE Confidence: 0.984483

01:36:11.145 --> 01:36:12.665 go, a body is just
NOTE Confidence: 0.984483

01:36:12.665 --> 01:36:13.725 a body, papa.
NOTE Confidence: 0.9930762

01:36:15.945 --> 01:36:17.145 And I'm like, that's a
NOTE Confidence: 0.9930762

01:36:17.145 --> 01:36:18.845 win. That's a win.
NOTE Confidence: 0.9957965

01:36:20.840 --> 01:36:22.520 Yeah. Again, it's it's teaching

NOTE Confidence: 0.9957965
01:36:22.520 --> 01:36:23.020 differently.
NOTE Confidence: 0.844595
01:36:23.479 --> 01:36:24.679 You see, Kelvin Kelvin got
NOTE Confidence: 0.844595
01:36:24.679 --> 01:36:25.800 my daughter a book that
NOTE Confidence: 0.844595
01:36:25.800 --> 01:36:26.039 was,
NOTE Confidence: 0.96642023
01:36:27.000 --> 01:36:28.139 you're you're enough
NOTE Confidence: 0.974824
01:36:28.679 --> 01:36:30.439 about diversity and stuff like
NOTE Confidence: 0.974824
01:36:30.439 --> 01:36:30.939 that.
NOTE Confidence: 0.9613688
01:36:31.479 --> 01:36:33.000 And my daughter, she she's
NOTE Confidence: 0.9613688
01:36:33.000 --> 01:36:34.185 one of her favorite books.
NOTE Confidence: 0.9613688
01:36:34.265 --> 01:36:35.145 And so I'm I'm always
NOTE Confidence: 0.9613688
01:36:35.145 --> 01:36:36.185 trying to find different authors
NOTE Confidence: 0.9613688
01:36:36.185 --> 01:36:37.064 and stuff like that than
NOTE Confidence: 0.9613688
01:36:37.064 --> 01:36:39.405 your typical nursery nursery rhymes
NOTE Confidence: 0.9716672
01:36:39.865 --> 01:36:40.985 because, you know, we're we're
NOTE Confidence: 0.9716672
01:36:40.985 --> 01:36:42.078 Hispanic, and we live in
NOTE Confidence: 0.9716672

01:36:42.078 --> 01:36:43.465 a we live in Vernon,
NOTE Confidence: 0.9716672

01:36:43.465 --> 01:36:44.585 and it's a little different
NOTE Confidence: 0.9716672

01:36:44.585 --> 01:36:46.104 over here. And she's experienced
NOTE Confidence: 0.9716672

01:36:46.104 --> 01:36:47.820 a couple discriminations. You know
NOTE Confidence: 0.9716672

01:36:47.820 --> 01:36:48.620 what I mean? And then
NOTE Confidence: 0.9716672

01:36:48.620 --> 01:36:49.920 her parents with tattoos
NOTE Confidence: 0.99428

01:36:50.540 --> 01:36:52.140 and former felons and people
NOTE Confidence: 0.99428

01:36:52.140 --> 01:36:53.500 in recovery. Can you imagine?
NOTE Confidence: 0.99428

01:36:53.500 --> 01:36:54.380 You know what I mean?
NOTE Confidence: 0.99428

01:36:54.380 --> 01:36:55.660 So so and I wanna
NOTE Confidence: 0.99428

01:36:55.660 --> 01:36:56.460 be able to teach her
NOTE Confidence: 0.99428

01:36:56.460 --> 01:36:57.740 how to react and respond
NOTE Confidence: 0.99428

01:36:57.740 --> 01:36:58.560 very positively
NOTE Confidence: 0.95999146

01:36:59.585 --> 01:37:00.465 and and stuff like that.
NOTE Confidence: 0.95999146

01:37:00.465 --> 01:37:01.265 But, again, I think we
NOTE Confidence: 0.95999146

01:37:01.265 --> 01:37:02.064 just go back to the

NOTE Confidence: 0.95999146

01:37:02.064 --> 01:37:03.265 same thing with this education

NOTE Confidence: 0.95999146

01:37:03.265 --> 01:37:04.705 piece. Right? Like, re you're

NOTE Confidence: 0.95999146

01:37:04.705 --> 01:37:06.785 rechanging the narrative and rechanging

NOTE Confidence: 0.95999146

01:37:06.785 --> 01:37:07.525 some of the

NOTE Confidence: 0.98730785

01:37:07.825 --> 01:37:09.425 old school ways that we've

NOTE Confidence: 0.98730785

01:37:09.425 --> 01:37:10.705 been taught to do things

NOTE Confidence: 0.98730785

01:37:10.705 --> 01:37:11.525 or judge,

NOTE Confidence: 0.96317303

01:37:12.600 --> 01:37:13.960 and stare at people, right,

NOTE Confidence: 0.96317303

01:37:13.960 --> 01:37:15.160 and just maybe go up

NOTE Confidence: 0.96317303

01:37:15.160 --> 01:37:16.520 to somebody and compliment them

NOTE Confidence: 0.96317303

01:37:16.520 --> 01:37:17.880 and whatnot. Like, I remember

NOTE Confidence: 0.96317303

01:37:17.880 --> 01:37:18.760 I was at Walmart a

NOTE Confidence: 0.96317303

01:37:18.760 --> 01:37:20.300 couple months ago, and somebody,

NOTE Confidence: 0.98851115

01:37:21.240 --> 01:37:22.040 you could tell they were

NOTE Confidence: 0.98851115

01:37:22.040 --> 01:37:23.479 going through their, like, their

NOTE Confidence: 0.98851115

01:37:23.479 --> 01:37:24.920 changes and stuff like that.
NOTE Confidence: 0.98851115

01:37:24.920 --> 01:37:25.420 And
NOTE Confidence: 0.9387872

01:37:26.285 --> 01:37:27.645 I don't know what I
NOTE Confidence: 0.9387872

01:37:27.645 --> 01:37:28.445 don't know what it what
NOTE Confidence: 0.9387872

01:37:28.445 --> 01:37:29.645 what what she he wanted
NOTE Confidence: 0.9387872

01:37:29.645 --> 01:37:30.445 to be called, but she
NOTE Confidence: 0.9387872

01:37:30.445 --> 01:37:31.805 had this really nice lipstick
NOTE Confidence: 0.9387872

01:37:31.805 --> 01:37:32.925 color on. And I was
NOTE Confidence: 0.9387872

01:37:32.925 --> 01:37:34.285 like, where did you get
NOTE Confidence: 0.9387872

01:37:34.285 --> 01:37:34.945 that lipstick?
NOTE Confidence: 0.99369586

01:37:35.564 --> 01:37:37.325 Like, what color is it?
NOTE Confidence: 0.99369586

01:37:37.325 --> 01:37:38.365 I don't care how you
NOTE Confidence: 0.99369586

01:37:38.445 --> 01:37:39.969 like and she just I
NOTE Confidence: 0.99369586

01:37:39.969 --> 01:37:41.570 remember she stopped and said,
NOTE Confidence: 0.99369586

01:37:41.570 --> 01:37:42.610 you know what? I really
NOTE Confidence: 0.99369586

01:37:42.610 --> 01:37:43.909 appreciate you recognizing

NOTE Confidence: 0.93022776
01:37:44.210 --> 01:37:45.250 the lip. You know, it's
NOTE Confidence: 0.93022776
01:37:45.250 --> 01:37:46.369 a it's a lip stain,
NOTE Confidence: 0.93022776
01:37:46.369 --> 01:37:47.570 which now I'm learning there's
NOTE Confidence: 0.93022776
01:37:47.570 --> 01:37:49.030 lip stains and not lipstick.
NOTE Confidence: 0.9563054
01:37:49.650 --> 01:37:50.849 So so, again, you had
NOTE Confidence: 0.9563054
01:37:50.849 --> 01:37:51.989 a really good conversation,
NOTE Confidence: 0.9760011
01:37:53.145 --> 01:37:54.104 and we were talking, and
NOTE Confidence: 0.9760011
01:37:54.104 --> 01:37:54.985 we ended up talking about
NOTE Confidence: 0.9760011
01:37:54.985 --> 01:37:56.025 insurance. And at the time,
NOTE Confidence: 0.9760011
01:37:56.025 --> 01:37:56.744 I was doing some work
NOTE Confidence: 0.9760011
01:37:56.744 --> 01:37:57.945 for Anthem, and she needed
NOTE Confidence: 0.9760011
01:37:57.945 --> 01:37:59.224 help with figuring out how
NOTE Confidence: 0.9760011
01:37:59.224 --> 01:38:00.425 to get some surgeries paid
NOTE Confidence: 0.9760011
01:38:00.425 --> 01:38:01.625 for, and we ended up
NOTE Confidence: 0.9760011
01:38:01.625 --> 01:38:03.304 connecting. I was like, here
NOTE Confidence: 0.9760011

01:38:03.304 --> 01:38:03.965 we go.
NOTE Confidence: 0.8407761
01:38:04.425 --> 01:38:06.125 So it worked. But, again
NOTE Confidence: 0.99921787
01:38:06.960 --> 01:38:08.100 That's what it's about.
NOTE Confidence: 0.9994085
01:38:08.560 --> 01:38:09.060 Mhmm.
NOTE Confidence: 0.9813721
01:38:10.960 --> 01:38:12.180 You know, I love that
NOTE Confidence: 0.9813721
01:38:12.320 --> 01:38:13.680 that the, the three year
NOTE Confidence: 0.9813721
01:38:13.680 --> 01:38:15.220 old could say we're we're
NOTE Confidence: 0.9794844
01:38:16.400 --> 01:38:18.020 we're not just our body.
NOTE Confidence: 0.86656123
01:38:18.640 --> 01:38:19.520 What I got from my
NOTE Confidence: 0.86656123
01:38:19.840 --> 01:38:20.340 also,
NOTE Confidence: 0.96391755
01:38:21.555 --> 01:38:22.675 what my journey has shown
NOTE Confidence: 0.96391755
01:38:22.675 --> 01:38:23.635 me that there's that we're
NOTE Confidence: 0.96391755
01:38:23.635 --> 01:38:24.675 more than our bodies. We're
NOTE Confidence: 0.96391755
01:38:24.675 --> 01:38:25.735 not just our bodies.
NOTE Confidence: 0.55410576
01:38:26.275 --> 01:38:26.515 And,
NOTE Confidence: 0.9450281
01:38:27.555 --> 01:38:28.595 and and I actually look

NOTE Confidence: 0.9450281
01:38:28.595 --> 01:38:28.995 at,
NOTE Confidence: 0.96083647
01:38:29.555 --> 01:38:31.715 actually a soul even before
NOTE Confidence: 0.96083647
01:38:31.715 --> 01:38:33.155 my body. Before I came
NOTE Confidence: 0.96083647
01:38:33.155 --> 01:38:34.275 into this body, I was
NOTE Confidence: 0.96083647
01:38:34.275 --> 01:38:35.235 a soul. So and when
NOTE Confidence: 0.96083647
01:38:35.235 --> 01:38:37.050 I leave this planet, I'm
NOTE Confidence: 0.96083647
01:38:37.050 --> 01:38:38.010 leaving as a soul, and
NOTE Confidence: 0.96083647
01:38:38.010 --> 01:38:39.210 the body is just something
NOTE Confidence: 0.96083647
01:38:39.210 --> 01:38:40.890 dropped because it's done its
NOTE Confidence: 0.96083647
01:38:40.890 --> 01:38:41.390 work,
NOTE Confidence: 0.94513756
01:38:42.570 --> 01:38:43.930 while being here. And hopefully,
NOTE Confidence: 0.94513756
01:38:43.930 --> 01:38:45.530 just wanna keep doing my
NOTE Confidence: 0.94513756
01:38:45.530 --> 01:38:46.970 work, you know, while I'm
NOTE Confidence: 0.94513756
01:38:46.970 --> 01:38:47.850 here. But,
NOTE Confidence: 0.99870217
01:38:49.165 --> 01:38:50.625 so that even helps
NOTE Confidence: 0.98574847

01:38:51.005 --> 01:38:51.665 to know,
NOTE Confidence: 0.963115

01:38:52.364 --> 01:38:53.965 building that that inner strength
NOTE Confidence: 0.963115

01:38:53.965 --> 01:38:54.764 and and to look at
NOTE Confidence: 0.963115

01:38:54.764 --> 01:38:56.545 the spiritual first because then
NOTE Confidence: 0.97169685

01:38:57.485 --> 01:38:58.864 being able to do that,
NOTE Confidence: 0.97169685

01:38:59.005 --> 01:39:00.284 then any any of the
NOTE Confidence: 0.97169685

01:39:00.284 --> 01:39:01.804 human experience that comes up,
NOTE Confidence: 0.97169685

01:39:01.804 --> 01:39:03.005 I'm able to to manage
NOTE Confidence: 0.97169685

01:39:03.005 --> 01:39:04.045 it. I'm able to handle
NOTE Confidence: 0.97169685

01:39:04.045 --> 01:39:04.790 it, You
NOTE Confidence: 0.89324826

01:39:05.650 --> 01:39:06.150 know?
NOTE Confidence: 0.9803715

01:39:07.170 --> 01:39:08.930 Then just thinking that, oh,
NOTE Confidence: 0.9803715

01:39:08.930 --> 01:39:09.729 they they did this to
NOTE Confidence: 0.9803715

01:39:09.729 --> 01:39:11.250 me. They they did somebody
NOTE Confidence: 0.9803715

01:39:11.250 --> 01:39:12.210 did this to me. Someone
NOTE Confidence: 0.9803715

01:39:12.210 --> 01:39:13.170 did that to me. Instead,

NOTE Confidence: 0.9803715

01:39:13.170 --> 01:39:14.130 I'm like, okay. What do

NOTE Confidence: 0.9803715

01:39:14.130 --> 01:39:15.110 I need to learn?

NOTE Confidence: 0.999531

01:39:15.570 --> 01:39:16.070 Mhmm.

NOTE Confidence: 0.9265605

01:39:16.450 --> 01:39:18.045 Summer Soul, I'm here. I'm

NOTE Confidence: 0.9265605

01:39:18.045 --> 01:39:19.725 taking this Earth schooling. What

NOTE Confidence: 0.9265605

01:39:19.725 --> 01:39:20.525 do I need to learn

NOTE Confidence: 0.9265605

01:39:20.525 --> 01:39:22.045 from this situation that that

NOTE Confidence: 0.9265605

01:39:22.045 --> 01:39:23.005 that comes up and what

NOTE Confidence: 0.9265605

01:39:23.005 --> 01:39:24.285 I need to learn about

NOTE Confidence: 0.9265605

01:39:24.285 --> 01:39:25.965 this this body situation? And

NOTE Confidence: 0.9265605

01:39:25.965 --> 01:39:27.425 when I I've actually

NOTE Confidence: 0.9714922

01:39:29.085 --> 01:39:30.785 compassion is what I've learned.

NOTE Confidence: 0.9475374

01:39:31.570 --> 01:39:33.270 Empathy and compassion, I've learned

NOTE Confidence: 0.9475374

01:39:33.330 --> 01:39:35.590 being overweight because I was

NOTE Confidence: 0.9475374

01:39:35.650 --> 01:39:37.330 a tiny little person, you

NOTE Confidence: 0.9475374

01:39:37.330 --> 01:39:38.370 know, for for most of
NOTE Confidence: 0.9475374

01:39:38.370 --> 01:39:39.030 my life.
NOTE Confidence: 0.92037743

01:39:39.970 --> 01:39:40.930 Well, not most of my
NOTE Confidence: 0.92037743

01:39:40.930 --> 01:39:41.970 life, but before my my
NOTE Confidence: 0.92037743

01:39:41.970 --> 01:39:43.410 teenage years or so before
NOTE Confidence: 0.92037743

01:39:43.410 --> 01:39:44.470 having my daughter.
NOTE Confidence: 0.97587025

01:39:45.455 --> 01:39:45.955 And,
NOTE Confidence: 0.99710983

01:39:46.655 --> 01:39:47.854 and I didn't look at
NOTE Confidence: 0.99710983

01:39:47.854 --> 01:39:49.155 people that was overweight
NOTE Confidence: 0.9631812

01:39:49.455 --> 01:39:50.415 in a in a kind
NOTE Confidence: 0.9631812

01:39:50.415 --> 01:39:51.775 way. I teased my sister
NOTE Confidence: 0.9631812

01:39:51.775 --> 01:39:53.314 that was overweight. You know?
NOTE Confidence: 0.9631812

01:39:53.375 --> 01:39:54.975 So those things so when
NOTE Confidence: 0.9631812

01:39:54.975 --> 01:39:56.175 I see someone, you know
NOTE Confidence: 0.9631812

01:39:56.415 --> 01:39:57.475 so those those
NOTE Confidence: 0.96122104

01:39:57.854 --> 01:39:59.215 that taught me empathy and

NOTE Confidence: 0.96122104
01:39:59.215 --> 01:39:59.715 compassion,
NOTE Confidence: 0.86204714
01:40:00.240 --> 01:40:01.600 being overweight, and I don't
NOTE Confidence: 0.86204714
01:40:01.600 --> 01:40:02.100 think,
NOTE Confidence: 0.91246665
01:40:02.800 --> 01:40:03.840 I didn't have that. And
NOTE Confidence: 0.91246665
01:40:03.840 --> 01:40:05.840 I'm honestly could say say
NOTE Confidence: 0.91246665
01:40:05.840 --> 01:40:07.120 that I did not have
NOTE Confidence: 0.91246665
01:40:07.120 --> 01:40:07.620 that.
NOTE Confidence: 0.94821495
01:40:07.920 --> 01:40:09.460 I was in survival mode
NOTE Confidence: 0.94821495
01:40:09.520 --> 01:40:10.800 of everything that happened to
NOTE Confidence: 0.94821495
01:40:10.800 --> 01:40:11.540 me and
NOTE Confidence: 0.87855685
01:40:12.000 --> 01:40:12.500 and,
NOTE Confidence: 0.9699976
01:40:13.295 --> 01:40:14.415 and the anger that you
NOTE Confidence: 0.9699976
01:40:14.415 --> 01:40:15.875 talk about, all that anger
NOTE Confidence: 0.9699976
01:40:16.175 --> 01:40:17.695 that's there. I I really
NOTE Confidence: 0.9699976
01:40:17.695 --> 01:40:18.695 appreciate that. I learned how
NOTE Confidence: 0.9699976

01:40:18.695 --> 01:40:19.614 to feel my anger and
NOTE Confidence: 0.9699976

01:40:19.614 --> 01:40:21.054 didn't think that I'm going
NOTE Confidence: 0.9699976

01:40:21.054 --> 01:40:22.255 to hurt anyone. I'm gonna
NOTE Confidence: 0.9699976

01:40:22.255 --> 01:40:24.034 hurt myself feeling anger. I
NOTE Confidence: 0.9699976

01:40:24.094 --> 01:40:25.455 deserve to feel my emotion
NOTE Confidence: 0.9699976

01:40:25.455 --> 01:40:26.930 because something pissed me off,
NOTE Confidence: 0.9699976

01:40:26.930 --> 01:40:28.130 and I'm angry about what
NOTE Confidence: 0.9699976

01:40:28.130 --> 01:40:29.330 happened. And I'm able to
NOTE Confidence: 0.9699976

01:40:29.330 --> 01:40:30.530 to say that and find
NOTE Confidence: 0.9699976

01:40:30.530 --> 01:40:32.050 a way through it. I
NOTE Confidence: 0.9699976

01:40:32.050 --> 01:40:33.170 love that. Find a way
NOTE Confidence: 0.9699976

01:40:33.170 --> 01:40:34.310 through that anger.
NOTE Confidence: 0.9932808

01:40:34.850 --> 01:40:36.530 You know? But that's my
NOTE Confidence: 0.9932808

01:40:36.530 --> 01:40:37.810 emotion that I that I
NOTE Confidence: 0.9932808

01:40:37.810 --> 01:40:39.250 deserve to to have because
NOTE Confidence: 0.9932808

01:40:39.250 --> 01:40:40.070 of what happened.

NOTE Confidence: 0.94848466
01:40:40.675 --> 01:40:41.175 And,
NOTE Confidence: 0.97636616
01:40:42.354 --> 01:40:44.115 so, just so just being
NOTE Confidence: 0.97636616
01:40:44.115 --> 01:40:45.555 able to to to work
NOTE Confidence: 0.97636616
01:40:45.555 --> 01:40:46.995 through those things and and
NOTE Confidence: 0.97636616
01:40:46.995 --> 01:40:48.275 and and seeing the spiritual
NOTE Confidence: 0.97636616
01:40:48.275 --> 01:40:48.775 journey,
NOTE Confidence: 0.99933517
01:40:49.075 --> 01:40:50.455 being able to have acceptance
NOTE Confidence: 0.99933517
01:40:50.515 --> 01:40:51.895 for this human experience
NOTE Confidence: 0.9427652
01:40:52.515 --> 01:40:54.030 that I have, you know,
NOTE Confidence: 0.9427652
01:40:54.110 --> 01:40:55.469 And just keep learning. Like,
NOTE Confidence: 0.9427652
01:40:55.469 --> 01:40:56.349 I've just known that I
NOTE Confidence: 0.9427652
01:40:56.349 --> 01:40:57.309 just don't know anything the
NOTE Confidence: 0.9427652
01:40:57.309 --> 01:40:58.110 more I learn. I just
NOTE Confidence: 0.9427652
01:40:58.110 --> 01:40:59.229 don't know nothing and just
NOTE Confidence: 0.9427652
01:40:59.229 --> 01:41:00.369 to keep living and
NOTE Confidence: 0.81111383

01:41:00.909 --> 01:41:01.889 respect on others.
NOTE Confidence: 0.9636019

01:41:05.389 --> 01:41:06.289 This is perfect.
NOTE Confidence: 0.95782715

01:41:06.665 --> 01:41:08.104 Someone put dessert for dinner
NOTE Confidence: 0.95782715

01:41:08.104 --> 01:41:09.145 is like a donut for
NOTE Confidence: 0.95782715

01:41:09.145 --> 01:41:10.844 breakfast. I like that.
NOTE Confidence: 0.93086666

01:41:13.305 --> 01:41:14.825 Oh, wow. Alright. I know
NOTE Confidence: 0.93086666

01:41:14.825 --> 01:41:16.025 Sherry put the the survey
NOTE Confidence: 0.93086666

01:41:16.025 --> 01:41:16.745 in the in the link
NOTE Confidence: 0.93086666

01:41:16.745 --> 01:41:17.545 if you guys could take
NOTE Confidence: 0.93086666

01:41:17.545 --> 01:41:18.505 a minute to do that
NOTE Confidence: 0.93086666

01:41:18.505 --> 01:41:19.990 real quick as well. You
NOTE Confidence: 0.93086666

01:41:19.990 --> 01:41:21.689 know, I read Kerry Washington's
NOTE Confidence: 0.93530756

01:41:21.990 --> 01:41:23.290 book, and her husband,
NOTE Confidence: 0.99458593

01:41:23.910 --> 01:41:25.610 he eats his dessert
NOTE Confidence: 0.7637667

01:41:25.910 --> 01:41:27.689 before dinner all through.
NOTE Confidence: 0.98709726

01:41:27.990 --> 01:41:29.130 That's his habit.

NOTE Confidence: 0.83219385
01:41:30.229 --> 01:41:30.710 There's,
NOTE Confidence: 0.98421204
01:41:32.175 --> 01:41:34.495 this intuitive eating protocol that
NOTE Confidence: 0.98421204
01:41:34.495 --> 01:41:35.535 they try to teach parents
NOTE Confidence: 0.98421204
01:41:35.535 --> 01:41:36.495 now, which is really cool
NOTE Confidence: 0.98421204
01:41:36.495 --> 01:41:37.535 with kids, which is we
NOTE Confidence: 0.98421204
01:41:37.535 --> 01:41:38.735 don't call it dessert anymore
NOTE Confidence: 0.98421204
01:41:38.735 --> 01:41:40.115 with kids. It's just food.
NOTE Confidence: 0.98421204
01:41:40.255 --> 01:41:41.295 So you serve them all
NOTE Confidence: 0.98421204
01:41:41.295 --> 01:41:42.415 the different components of the
NOTE Confidence: 0.98421204
01:41:42.415 --> 01:41:43.215 food, and you put the
NOTE Confidence: 0.98421204
01:41:43.215 --> 01:41:44.415 plate of cookies or whatever
NOTE Confidence: 0.98421204
01:41:44.415 --> 01:41:45.615 on the table, and they
NOTE Confidence: 0.98421204
01:41:45.615 --> 01:41:46.655 take one as part of
NOTE Confidence: 0.98421204
01:41:46.655 --> 01:41:47.155 dinner.
NOTE Confidence: 0.99067575
01:41:47.520 --> 01:41:48.479 And what it does is
NOTE Confidence: 0.99067575

01:41:48.479 --> 01:41:50.659 it it neutralizes the stimulus
NOTE Confidence: 0.99067575

01:41:50.719 --> 01:41:52.340 value certain foods have.
NOTE Confidence: 0.9501183

01:41:52.800 --> 01:41:54.479 Right? And your salad and
NOTE Confidence: 0.9501183

01:41:54.479 --> 01:41:56.719 your French fries and whatever
NOTE Confidence: 0.9501183

01:41:56.719 --> 01:41:58.000 protein you're having and your
NOTE Confidence: 0.9501183

01:41:58.000 --> 01:41:59.119 vegetables are all on the
NOTE Confidence: 0.9501183

01:41:59.119 --> 01:41:59.860 table together.
NOTE Confidence: 0.9992286

01:42:00.455 --> 01:42:01.814 Kids are actually less likely
NOTE Confidence: 0.9992286

01:42:01.814 --> 01:42:02.555 to binge
NOTE Confidence: 0.9863892

01:42:03.095 --> 01:42:04.295 on a food that has
NOTE Confidence: 0.9863892

01:42:04.295 --> 01:42:05.655 a high stimulus value because
NOTE Confidence: 0.9863892

01:42:05.655 --> 01:42:06.535 we say it's bad and
NOTE Confidence: 0.9863892

01:42:06.535 --> 01:42:07.814 they shouldn't have it. And
NOTE Confidence: 0.9863892

01:42:07.814 --> 01:42:09.415 then they develop their natural
NOTE Confidence: 0.9863892

01:42:09.415 --> 01:42:11.095 response to eating because we've
NOTE Confidence: 0.9863892

01:42:11.095 --> 01:42:12.215 interrupted that with all the

NOTE Confidence: 0.9863892
01:42:12.215 --> 01:42:13.015 food that we've made in
NOTE Confidence: 0.9863892
01:42:13.015 --> 01:42:14.160 the world and how easy
NOTE Confidence: 0.9863892
01:42:14.160 --> 01:42:15.559 it is to access flavors
NOTE Confidence: 0.9863892
01:42:15.559 --> 01:42:16.860 that nature doesn't make.
NOTE Confidence: 0.83449167
01:42:17.559 --> 01:42:18.059 Yes.
NOTE Confidence: 0.98536074
01:42:18.520 --> 01:42:20.439 Yes. And it's again, right,
NOTE Confidence: 0.98536074
01:42:20.439 --> 01:42:21.800 I don't have a child.
NOTE Confidence: 0.98536074
01:42:21.800 --> 01:42:22.760 I work with children, and
NOTE Confidence: 0.98536074
01:42:22.760 --> 01:42:23.639 I have my nephew. We
NOTE Confidence: 0.98536074
01:42:23.639 --> 01:42:24.520 do it with my nephew,
NOTE Confidence: 0.98536074
01:42:24.520 --> 01:42:25.639 and it's really cool to
NOTE Confidence: 0.98536074
01:42:25.639 --> 01:42:27.079 see a kid, like, eat
NOTE Confidence: 0.98536074
01:42:27.079 --> 01:42:27.960 half a cookie and go,
NOTE Confidence: 0.98536074
01:42:27.960 --> 01:42:29.020 you know what? I prefer
NOTE Confidence: 0.9703194
01:42:29.435 --> 01:42:30.475 I prefer the chicken that
NOTE Confidence: 0.9703194

01:42:30.475 --> 01:42:31.835 you made or, like, yay.
NOTE Confidence: 0.9703194

01:42:31.835 --> 01:42:33.195 It's pizza night, but his
NOTE Confidence: 0.9703194

01:42:33.195 --> 01:42:34.395 favorite thing is now edamame.
NOTE Confidence: 0.9703194

01:42:34.395 --> 01:42:35.435 So where's the edamame? I
NOTE Confidence: 0.9703194

01:42:35.435 --> 01:42:36.655 won't eat pizza without
NOTE Confidence: 0.98297167

01:42:37.035 --> 01:42:38.555 this massive bowl of edamame.
NOTE Confidence: 0.98297167

01:42:38.555 --> 01:42:39.515 And I'm like, what three
NOTE Confidence: 0.98297167

01:42:39.515 --> 01:42:40.175 year old
NOTE Confidence: 0.9606898

01:42:41.114 --> 01:42:42.699 wants them? Oh, the kid
NOTE Confidence: 0.9606898

01:42:42.699 --> 01:42:43.979 that we told him all
NOTE Confidence: 0.9606898

01:42:43.979 --> 01:42:45.020 food is just food, and
NOTE Confidence: 0.9606898

01:42:45.020 --> 01:42:45.659 we put it all on
NOTE Confidence: 0.9606898

01:42:45.659 --> 01:42:47.260 the table together. And we
NOTE Confidence: 0.9606898

01:42:47.260 --> 01:42:48.219 said whatever you eat is
NOTE Confidence: 0.9606898

01:42:48.219 --> 01:42:49.099 what you eat, and we're
NOTE Confidence: 0.9606898

01:42:49.099 --> 01:42:50.540 not gonna panic if you

NOTE Confidence: 0.9606898
01:42:50.540 --> 01:42:51.579 eat five cookies and make
NOTE Confidence: 0.9606898
01:42:51.579 --> 01:42:53.020 yourself sick because then you're
NOTE Confidence: 0.9606898
01:42:53.020 --> 01:42:53.979 gonna learn not to eat
NOTE Confidence: 0.9606898
01:42:53.979 --> 01:42:55.040 five cookies. Exactly.
NOTE Confidence: 0.9692244
01:42:56.615 --> 01:42:58.055 Oh my god. Perfect. Yep.
NOTE Confidence: 0.9692244
01:42:58.055 --> 01:42:59.415 I oh my goodness. I
NOTE Confidence: 0.9692244
01:42:59.415 --> 01:43:00.215 had to do all that
NOTE Confidence: 0.9692244
01:43:00.215 --> 01:43:01.175 with my daughter. My daughter
NOTE Confidence: 0.9692244
01:43:01.175 --> 01:43:02.215 stopped eating one day out
NOTE Confidence: 0.9692244
01:43:02.215 --> 01:43:02.795 of nowhere
NOTE Confidence: 0.93533874
01:43:03.175 --> 01:43:04.535 for months. And I was
NOTE Confidence: 0.93533874
01:43:04.535 --> 01:43:06.055 panicking and going to every
NOTE Confidence: 0.93533874
01:43:06.055 --> 01:43:06.955 single doctor
NOTE Confidence: 0.9699632
01:43:07.255 --> 01:43:08.055 in the world, and I
NOTE Confidence: 0.9699632
01:43:08.055 --> 01:43:09.015 had to learn to teach
NOTE Confidence: 0.9699632

01:43:09.015 --> 01:43:09.735 her how to build a
NOTE Confidence: 0.9699632

01:43:09.735 --> 01:43:11.975 relationship with food. That was
NOTE Confidence: 0.9699632

01:43:11.975 --> 01:43:14.189 the most intensive job I've
NOTE Confidence: 0.9699632

01:43:14.189 --> 01:43:15.489 ever had in my life
NOTE Confidence: 0.9699632

01:43:15.710 --> 01:43:17.090 where we had to discover
NOTE Confidence: 0.9699632

01:43:17.389 --> 01:43:18.590 scavenger. I always tell people,
NOTE Confidence: 0.9699632

01:43:18.590 --> 01:43:19.949 scavenger hot mashed potatoes. I
NOTE Confidence: 0.9699632

01:43:19.949 --> 01:43:20.909 had to hide little toys
NOTE Confidence: 0.9699632

01:43:20.909 --> 01:43:21.729 in mashed potatoes,
NOTE Confidence: 0.9519981

01:43:22.429 --> 01:43:23.309 but she ate, and and
NOTE Confidence: 0.9519981

01:43:23.309 --> 01:43:24.189 that's what we do now.
NOTE Confidence: 0.9519981

01:43:24.189 --> 01:43:24.989 I don't fight for her.
NOTE Confidence: 0.9519981

01:43:24.989 --> 01:43:25.949 I'm not like my mother
NOTE Confidence: 0.9519981

01:43:25.949 --> 01:43:26.485 used to tell me you
NOTE Confidence: 0.9519981

01:43:26.485 --> 01:43:27.604 can't leave that dinner table
NOTE Confidence: 0.9519981

01:43:27.604 --> 01:43:28.325 on it. If you don't

NOTE Confidence: 0.9519981
01:43:28.325 --> 01:43:29.125 eat it tonight, you're gonna
NOTE Confidence: 0.9519981
01:43:29.125 --> 01:43:30.085 eat it for breakfast. I
NOTE Confidence: 0.9519981
01:43:30.085 --> 01:43:31.525 am not traumatizing her. You
NOTE Confidence: 0.9519981
01:43:31.525 --> 01:43:32.325 don't eat. You don't eat.
NOTE Confidence: 0.9519981
01:43:32.325 --> 01:43:33.364 You're hungry. You mix things.
NOTE Confidence: 0.9519981
01:43:33.364 --> 01:43:34.325 You get a stomachache. You're
NOTE Confidence: 0.9519981
01:43:34.325 --> 01:43:35.465 gonna learn on your own.
NOTE Confidence: 0.9972757
01:43:35.765 --> 01:43:36.265 Yep.
NOTE Confidence: 0.9837111
01:43:39.120 --> 01:43:40.659 That's good. This is confirmation
NOTE Confidence: 0.9837111
01:43:40.719 --> 01:43:41.920 that we have learned the
NOTE Confidence: 0.9837111
01:43:41.920 --> 01:43:43.620 wrong way. We are presettling
NOTE Confidence: 0.9837111
01:43:43.840 --> 01:43:44.739 the right way.
NOTE Confidence: 0.9513931
01:43:45.679 --> 01:43:46.979 I was just gonna say,
NOTE Confidence: 0.97168314
01:43:47.360 --> 01:43:48.239 I I was brought up
NOTE Confidence: 0.97168314
01:43:48.239 --> 01:43:49.040 to be a member of
NOTE Confidence: 0.97168314

01:43:49.040 --> 01:43:50.159 the Clean Play Club. I
NOTE Confidence: 0.97168314

01:43:50.159 --> 01:43:51.199 don't know how many other
NOTE Confidence: 0.97168314

01:43:51.199 --> 01:43:52.479 members we have here today,
NOTE Confidence: 0.97168314

01:43:52.479 --> 01:43:52.979 but
NOTE Confidence: 0.8876225

01:43:53.600 --> 01:43:54.825 and but I was so
NOTE Confidence: 0.95955306

01:43:55.705 --> 01:43:57.465 glad for whatever reason because
NOTE Confidence: 0.95955306

01:43:57.465 --> 01:43:58.745 I never gave it enough
NOTE Confidence: 0.95955306

01:43:58.745 --> 01:44:00.265 deep thought, you know, as
NOTE Confidence: 0.95955306

01:44:00.265 --> 01:44:02.285 as we're doing today, but
NOTE Confidence: 0.99912804

01:44:02.665 --> 01:44:04.345 I never made my son
NOTE Confidence: 0.99912804

01:44:04.345 --> 01:44:05.085 eat more
NOTE Confidence: 0.9406276

01:44:05.385 --> 01:44:06.585 than he wanted to. And
NOTE Confidence: 0.9406276

01:44:06.585 --> 01:44:07.085 he's
NOTE Confidence: 0.86695135

01:44:07.465 --> 01:44:08.765 intuitively learned,
NOTE Confidence: 0.9802757

01:44:09.065 --> 01:44:10.250 you know, I feel uncomfortable
NOTE Confidence: 0.9802757

01:44:10.250 --> 01:44:10.969 if I eat too much,

NOTE Confidence: 0.9802757
01:44:10.969 --> 01:44:12.090 and he's he's really good
NOTE Confidence: 0.9802757
01:44:12.090 --> 01:44:13.370 about food. He eats what
NOTE Confidence: 0.9802757
01:44:13.370 --> 01:44:14.330 he wants to eat, and
NOTE Confidence: 0.9802757
01:44:14.330 --> 01:44:14.989 he eats
NOTE Confidence: 0.93504274
01:44:15.370 --> 01:44:16.969 until he feels satisfied, and
NOTE Confidence: 0.93504274
01:44:16.969 --> 01:44:17.950 he has such a healthier
NOTE Confidence: 0.93504274
01:44:18.090 --> 01:44:19.390 relationship with it.
NOTE Confidence: 0.93436915
01:44:19.770 --> 01:44:21.465 So, yeah, we gotta burn
NOTE Confidence: 0.93436915
01:44:21.465 --> 01:44:23.005 down the clean plate clubs.
NOTE Confidence: 0.93436915
01:44:23.145 --> 01:44:23.945 You know, it was always
NOTE Confidence: 0.93436915
01:44:23.945 --> 01:44:24.905 that so and so is
NOTE Confidence: 0.93436915
01:44:24.905 --> 01:44:26.185 starving somewhere else, and I
NOTE Confidence: 0.93436915
01:44:26.185 --> 01:44:27.085 was always like,
NOTE Confidence: 0.93819916
01:44:27.465 --> 01:44:28.425 well, you could take my
NOTE Confidence: 0.93819916
01:44:28.425 --> 01:44:29.785 food, the the the stuff
NOTE Confidence: 0.93819916

01:44:29.785 --> 01:44:30.604 I don't like,
NOTE Confidence: 0.9755611

01:44:31.545 --> 01:44:32.585 and ship it there. Why
NOTE Confidence: 0.9755611

01:44:32.585 --> 01:44:33.785 don't you bring it to
NOTE Confidence: 0.9755611

01:44:33.785 --> 01:44:35.165 people if they need it?
NOTE Confidence: 0.97853327

01:44:35.510 --> 01:44:36.390 That's what I used to
NOTE Confidence: 0.97853327

01:44:36.390 --> 01:44:37.910 say to clients' parents when
NOTE Confidence: 0.97853327

01:44:37.910 --> 01:44:39.110 their kid was recovering and
NOTE Confidence: 0.97853327

01:44:39.110 --> 01:44:40.070 they really wanted them to
NOTE Confidence: 0.97853327

01:44:40.070 --> 01:44:41.530 finish the plate is, like,
NOTE Confidence: 0.97853327

01:44:41.590 --> 01:44:42.550 are you gonna fly it
NOTE Confidence: 0.97853327

01:44:42.550 --> 01:44:43.510 down and go? Because I'm
NOTE Confidence: 0.97853327

01:44:43.510 --> 01:44:44.550 not saying there are tons
NOTE Confidence: 0.97853327

01:44:44.550 --> 01:44:45.430 of hungry people in the
NOTE Confidence: 0.97853327

01:44:45.430 --> 01:44:46.229 world, but if you're not
NOTE Confidence: 0.97853327

01:44:46.229 --> 01:44:47.110 going to bring it to
NOTE Confidence: 0.97853327

01:44:47.110 --> 01:44:48.465 them or spend the money

NOTE Confidence: 0.97853327

01:44:48.465 --> 01:44:49.344 on your kid's food on

NOTE Confidence: 0.97853327

01:44:49.344 --> 01:44:52.064 something else, emotionally manipulating someone

NOTE Confidence: 0.97853327

01:44:52.064 --> 01:44:53.284 to eat generally

NOTE Confidence: 0.9982665

01:44:53.665 --> 01:44:55.665 turns into other disorders later

NOTE Confidence: 0.9982665

01:44:55.665 --> 01:44:56.485 on in life.

NOTE Confidence: 0.8799374

01:45:04.000 --> 01:45:05.200 Well, stuff they didn't know

NOTE Confidence: 0.8799374

01:45:05.200 --> 01:45:06.580 fifteen, twenty years ago.

NOTE Confidence: 0.8631768

01:45:07.040 --> 01:45:07.620 I know.

NOTE Confidence: 0.93586445

01:45:08.800 --> 01:45:10.080 Sometimes I'm like, thanks, mom,

NOTE Confidence: 0.93586445

01:45:10.080 --> 01:45:11.200 and then other times I'm

NOTE Confidence: 0.93586445

01:45:11.200 --> 01:45:12.960 like but it's it's like

NOTE Confidence: 0.93586445

01:45:12.960 --> 01:45:13.920 you said, Mitzi. You don't

NOTE Confidence: 0.93586445

01:45:13.920 --> 01:45:14.720 know what you know until

NOTE Confidence: 0.93586445

01:45:14.720 --> 01:45:15.680 you know it, and until

NOTE Confidence: 0.93586445

01:45:15.680 --> 01:45:17.360 then, we search for it.

NOTE Confidence: 0.93586445
01:45:17.360 --> 01:45:17.860 Yep.
NOTE Confidence: 0.9593158
01:45:18.975 --> 01:45:20.014 Well, thank God. Right? Because
NOTE Confidence: 0.9593158
01:45:20.014 --> 01:45:21.135 thank God for people like
NOTE Confidence: 0.9593158
01:45:21.135 --> 01:45:22.335 you, me, other people on
NOTE Confidence: 0.9593158
01:45:22.335 --> 01:45:23.054 here. We've all been through
NOTE Confidence: 0.9593158
01:45:23.054 --> 01:45:24.814 these experiences, and now we've
NOTE Confidence: 0.9593158
01:45:24.814 --> 01:45:26.335 been able to come out
NOTE Confidence: 0.9593158
01:45:26.335 --> 01:45:27.614 and share our stories so
NOTE Confidence: 0.9593158
01:45:27.614 --> 01:45:28.735 that other people don't have
NOTE Confidence: 0.9593158
01:45:28.735 --> 01:45:30.495 to, fortunately. You know? So
NOTE Confidence: 0.9593158
01:45:30.495 --> 01:45:31.455 we're we're part of the
NOTE Confidence: 0.9593158
01:45:31.455 --> 01:45:31.955 solution,
NOTE Confidence: 0.945251
01:45:33.520 --> 01:45:34.640 bringing them along with us.
NOTE Confidence: 0.945251
01:45:34.640 --> 01:45:35.840 This is awesome. This is
NOTE Confidence: 0.945251
01:45:35.840 --> 01:45:36.660 really good.
NOTE Confidence: 0.98838127

01:45:37.920 --> 01:45:39.200 I appreciate you all having
NOTE Confidence: 0.98838127

01:45:39.200 --> 01:45:40.100 me in your space.
NOTE Confidence: 0.9982622

01:45:40.720 --> 01:45:42.420 Thank you for being here.
NOTE Confidence: 0.94120777

01:45:43.520 --> 01:45:44.640 Trying to see who's closing
NOTE Confidence: 0.94120777

01:45:44.640 --> 01:45:45.439 us. I think, Kelvin, I
NOTE Confidence: 0.94120777

01:45:45.439 --> 01:45:46.500 think you're on the
NOTE Confidence: 0.9093827

01:45:47.280 --> 01:45:48.500 the last part, Ron.
NOTE Confidence: 0.9994575

01:45:50.455 --> 01:45:51.435 Yeah. Absolutely.
NOTE Confidence: 0.9787925

01:45:51.735 --> 01:45:53.275 Thank you so much, Wednesday,
NOTE Confidence: 0.99795693

01:45:54.055 --> 01:45:55.755 for just adding your wisdom,
NOTE Confidence: 0.9803221

01:45:56.215 --> 01:45:57.495 to our day. You know?
NOTE Confidence: 0.9803221

01:45:57.495 --> 01:45:58.695 And I love the community
NOTE Confidence: 0.9803221

01:45:58.695 --> 01:45:59.195 aspect
NOTE Confidence: 0.97041357

01:45:59.815 --> 01:46:01.415 of of this this webinar
NOTE Confidence: 0.97041357

01:46:01.415 --> 01:46:02.535 we shared. You really create
NOTE Confidence: 0.97041357

01:46:02.535 --> 01:46:03.523 this space for us to

NOTE Confidence: 0.97041357

01:46:03.523 --> 01:46:05.330 connect with one another feel

NOTE Confidence: 0.97041357

01:46:05.630 --> 01:46:07.170 safe enough to be vulnerable,

NOTE Confidence: 0.9718682

01:46:07.630 --> 01:46:08.830 if you need be. And

NOTE Confidence: 0.9718682

01:46:08.830 --> 01:46:09.630 I love what you said

NOTE Confidence: 0.9718682

01:46:09.630 --> 01:46:11.550 about about community care. You

NOTE Confidence: 0.9718682

01:46:11.550 --> 01:46:13.090 know? That's that's so important,

NOTE Confidence: 0.8917535

01:46:13.550 --> 01:46:14.590 in our culture and our

NOTE Confidence: 0.8917535

01:46:14.590 --> 01:46:15.090 society.

NOTE Confidence: 0.99208164

01:46:16.030 --> 01:46:17.090 And, you know,

NOTE Confidence: 0.9320099

01:46:17.405 --> 01:46:18.525 oftentimes, you know, we, you

NOTE Confidence: 0.9320099

01:46:18.525 --> 01:46:19.805 know, especially working in behavioral

NOTE Confidence: 0.9320099

01:46:19.805 --> 01:46:20.845 health, we hear about self

NOTE Confidence: 0.9320099

01:46:20.845 --> 01:46:22.445 care and and oftentimes it

NOTE Confidence: 0.9320099

01:46:22.445 --> 01:46:23.405 gets co opted and and

NOTE Confidence: 0.9320099

01:46:23.405 --> 01:46:24.445 it gets, you know, like

NOTE Confidence: 0.9320099

01:46:24.445 --> 01:46:25.485 like you shared, you know,
NOTE Confidence: 0.9320099

01:46:25.485 --> 01:46:26.845 it it's it's,
NOTE Confidence: 0.9091391

01:46:27.805 --> 01:46:28.845 you know, you know, the
NOTE Confidence: 0.9091391

01:46:28.845 --> 01:46:30.845 capitalistic society culture we live
NOTE Confidence: 0.9091391

01:46:30.845 --> 01:46:31.345 in,
NOTE Confidence: 0.98203295

01:46:32.270 --> 01:46:33.150 you know, we we feel
NOTE Confidence: 0.98203295

01:46:33.150 --> 01:46:33.790 like that we have to
NOTE Confidence: 0.98203295

01:46:33.790 --> 01:46:35.250 buy so many different things
NOTE Confidence: 0.98203295

01:46:35.310 --> 01:46:36.770 to take care of ourselves.
NOTE Confidence: 0.9494044

01:46:37.550 --> 01:46:38.750 But even just sitting down
NOTE Confidence: 0.9494044

01:46:38.750 --> 01:46:40.210 in a chair and just,
NOTE Confidence: 0.9494044

01:46:40.510 --> 01:46:41.630 taking a few deep breaths,
NOTE Confidence: 0.9494044

01:46:41.630 --> 01:46:42.990 you know, how powerful that
NOTE Confidence: 0.9494044

01:46:42.990 --> 01:46:43.490 is.
NOTE Confidence: 0.9873612

01:46:43.915 --> 01:46:45.195 A tool that I use
NOTE Confidence: 0.9873612

01:46:45.195 --> 01:46:46.395 is humming, you know, or

NOTE Confidence: 0.9873612

01:46:46.395 --> 01:46:47.995 or toning, you know, where

NOTE Confidence: 0.9873612

01:46:47.995 --> 01:46:49.275 I'm I'm stimulating the vagus

NOTE Confidence: 0.9873612

01:46:49.275 --> 01:46:50.814 nerve and activating the parasympathetic

NOTE Confidence: 0.96312004

01:46:51.115 --> 01:46:51.935 nervous system.

NOTE Confidence: 0.9926781

01:46:52.235 --> 01:46:53.595 And just five minutes of

NOTE Confidence: 0.9926781

01:46:53.595 --> 01:46:54.335 of humming,

NOTE Confidence: 0.9844425

01:46:54.715 --> 01:46:55.835 it really brings me back

NOTE Confidence: 0.9844425

01:46:55.835 --> 01:46:57.135 home, back into homeostasis,

NOTE Confidence: 0.9783565

01:46:57.675 --> 01:46:59.055 back in into my body.

NOTE Confidence: 0.9783565

01:46:59.210 --> 01:47:00.250 And I think nature is

NOTE Confidence: 0.9783565

01:47:00.250 --> 01:47:01.310 one of the most underutilized

NOTE Confidence: 0.9783565

01:47:01.610 --> 01:47:02.110 antidepressants

NOTE Confidence: 0.93162584

01:47:02.489 --> 01:47:04.409 out there, you know, and

NOTE Confidence: 0.93162584

01:47:04.409 --> 01:47:05.929 walking. There's so many different

NOTE Confidence: 0.93162584

01:47:05.929 --> 01:47:07.150 things that we can do,

NOTE Confidence: 0.93162584

01:47:07.290 --> 01:47:08.250 but I really love the
NOTE Confidence: 0.93162584

01:47:08.250 --> 01:47:10.170 point, you said about just
NOTE Confidence: 0.93162584

01:47:10.170 --> 01:47:11.325 having people in your life
NOTE Confidence: 0.93162584

01:47:11.325 --> 01:47:12.285 have their best interest at
NOTE Confidence: 0.93162584

01:47:12.285 --> 01:47:13.085 heart that you could come
NOTE Confidence: 0.93162584

01:47:13.085 --> 01:47:14.045 and sit down and just
NOTE Confidence: 0.93162584

01:47:14.045 --> 01:47:15.565 chill with, you know? And
NOTE Confidence: 0.93162584

01:47:15.565 --> 01:47:16.685 that's the work that we
NOTE Confidence: 0.93162584

01:47:16.685 --> 01:47:17.965 do in work in peer
NOTE Confidence: 0.93162584

01:47:17.965 --> 01:47:18.925 roles. You know, we have
NOTE Confidence: 0.93162584

01:47:18.925 --> 01:47:19.425 opportunity
NOTE Confidence: 0.9849977

01:47:19.885 --> 01:47:21.325 to connect with another human
NOTE Confidence: 0.9849977

01:47:21.325 --> 01:47:23.245 being that perhaps went through
NOTE Confidence: 0.9849977

01:47:23.245 --> 01:47:24.685 some similar experiences as we
NOTE Confidence: 0.9849977

01:47:24.685 --> 01:47:26.045 have, but the tools that
NOTE Confidence: 0.9849977

01:47:26.045 --> 01:47:26.945 we we learn

NOTE Confidence: 0.86054933
01:47:27.380 --> 01:47:28.500 to connect with them like
NOTE Confidence: 0.86054933
01:47:28.500 --> 01:47:30.119 open dialogue or IPS,
NOTE Confidence: 0.98661214
01:47:30.420 --> 01:47:31.540 there's so many different other
NOTE Confidence: 0.98661214
01:47:31.540 --> 01:47:33.059 tools and and practices that
NOTE Confidence: 0.98661214
01:47:33.059 --> 01:47:35.139 we can utilize to support
NOTE Confidence: 0.98661214
01:47:35.139 --> 01:47:36.579 another human being is is
NOTE Confidence: 0.98661214
01:47:36.579 --> 01:47:37.400 so powerful.
NOTE Confidence: 0.9540012
01:47:37.780 --> 01:47:39.059 I was telling a colleague
NOTE Confidence: 0.9540012
01:47:39.059 --> 01:47:40.099 of mine yesterday that I
NOTE Confidence: 0.9540012
01:47:40.099 --> 01:47:41.300 believe that peer support can
NOTE Confidence: 0.9540012
01:47:41.300 --> 01:47:42.920 revolutionize and really change,
NOTE Confidence: 0.9997825
01:47:43.675 --> 01:47:44.175 humanity
NOTE Confidence: 0.97001123
01:47:44.475 --> 01:47:45.195 because of the way that
NOTE Confidence: 0.97001123
01:47:45.195 --> 01:47:46.475 we connect with another human
NOTE Confidence: 0.97001123
01:47:46.475 --> 01:47:47.835 being and how we do
NOTE Confidence: 0.97001123

01:47:47.835 --> 01:47:48.955 it in a very loving,
NOTE Confidence: 0.97001123

01:47:48.955 --> 01:47:51.195 compassionate, and nonjudgmental way. And
NOTE Confidence: 0.97001123

01:47:51.195 --> 01:47:52.155 that's the space that you
NOTE Confidence: 0.97001123

01:47:52.155 --> 01:47:53.114 really created for all of
NOTE Confidence: 0.97001123

01:47:53.114 --> 01:47:54.955 us here today. You know?
NOTE Confidence: 0.97001123

01:47:54.955 --> 01:47:55.995 And this is something that
NOTE Confidence: 0.97001123

01:47:55.995 --> 01:47:57.275 we can embody into our
NOTE Confidence: 0.97001123

01:47:57.275 --> 01:47:57.775 lifestyle
NOTE Confidence: 0.912443

01:47:58.200 --> 01:47:59.400 and really bring into our
NOTE Confidence: 0.912443

01:47:59.400 --> 01:48:01.100 homes, bring into our, communities,
NOTE Confidence: 0.8894375

01:48:01.400 --> 01:48:02.840 into our neighborhoods, to the
NOTE Confidence: 0.8894375

01:48:02.840 --> 01:48:03.340 organizations
NOTE Confidence: 0.9937229

01:48:03.880 --> 01:48:05.020 that we serve at.
NOTE Confidence: 0.953816

01:48:05.320 --> 01:48:06.360 And and that's how we
NOTE Confidence: 0.953816

01:48:06.360 --> 01:48:07.400 we make a ripple effect
NOTE Confidence: 0.953816

01:48:07.400 --> 01:48:07.900 into,

NOTE Confidence: 0.9523524
01:48:08.440 --> 01:48:09.400 to the world. And I
NOTE Confidence: 0.9523524
01:48:09.400 --> 01:48:10.920 believe Gandhi said, be the
NOTE Confidence: 0.9523524
01:48:10.920 --> 01:48:12.445 change you wanna see in
NOTE Confidence: 0.9523524
01:48:12.445 --> 01:48:13.485 the world. And it starts
NOTE Confidence: 0.9523524
01:48:13.485 --> 01:48:14.604 with us and really doing
NOTE Confidence: 0.9523524
01:48:14.604 --> 01:48:16.205 the work and understanding what
NOTE Confidence: 0.9523524
01:48:16.205 --> 01:48:16.785 we have,
NOTE Confidence: 0.9884494
01:48:17.645 --> 01:48:18.865 in our life to really
NOTE Confidence: 0.80664545
01:48:19.245 --> 01:48:20.205 bring it to our self
NOTE Confidence: 0.80664545
01:48:20.205 --> 01:48:21.025 of of homeostasis.
NOTE Confidence: 0.91264445
01:48:21.564 --> 01:48:22.925 And, you know, I love
NOTE Confidence: 0.91264445
01:48:22.925 --> 01:48:23.965 Audrey Lorde. You know, she
NOTE Confidence: 0.91264445
01:48:24.045 --> 01:48:25.165 I love when she shared
NOTE Confidence: 0.91264445
01:48:25.165 --> 01:48:26.880 about, she talks about self
NOTE Confidence: 0.91264445
01:48:26.880 --> 01:48:27.380 preservation,
NOTE Confidence: 0.8578289

01:48:27.760 --> 01:48:28.420 you know,
NOTE Confidence: 0.94946134

01:48:28.880 --> 01:48:29.920 how how, you know, what
NOTE Confidence: 0.94946134

01:48:29.920 --> 01:48:30.800 are we gonna do to
NOTE Confidence: 0.94946134

01:48:30.800 --> 01:48:31.300 preserve
NOTE Confidence: 0.9610309

01:48:33.760 --> 01:48:35.280 our well-being, you know, mentally,
NOTE Confidence: 0.9610309

01:48:35.280 --> 01:48:36.979 emotionally, spiritually, physically,
NOTE Confidence: 0.9403142

01:48:38.094 --> 01:48:39.375 relationally. There's so many things
NOTE Confidence: 0.9403142

01:48:39.375 --> 01:48:40.094 that we can do that
NOTE Confidence: 0.9403142

01:48:40.094 --> 01:48:42.034 doesn't cost anything, you know?
NOTE Confidence: 0.9403142

01:48:42.094 --> 01:48:43.375 And, you know, just, it
NOTE Confidence: 0.9403142

01:48:43.375 --> 01:48:44.335 just even, you know, what
NOTE Confidence: 0.9403142

01:48:44.335 --> 01:48:46.014 you shared about art, you
NOTE Confidence: 0.9403142

01:48:46.014 --> 01:48:47.135 know, and the practice that
NOTE Confidence: 0.9403142

01:48:47.135 --> 01:48:48.275 I have with Sound Healing,
NOTE Confidence: 0.9403142

01:48:48.494 --> 01:48:50.094 you know, I'm, I'm reframing
NOTE Confidence: 0.9403142

01:48:50.094 --> 01:48:51.054 how I'm looking at Sound

NOTE Confidence: 0.9403142
01:48:51.054 --> 01:48:52.335 Healing. I guess it is
NOTE Confidence: 0.9403142
01:48:52.335 --> 01:48:53.520 an art in a way
NOTE Confidence: 0.9403142
01:48:53.840 --> 01:48:54.720 and, you know, kind of
NOTE Confidence: 0.9403142
01:48:54.720 --> 01:48:56.660 utilizing that art to really,
NOTE Confidence: 0.9746212
01:48:58.000 --> 01:48:59.840 express myself, you know, express
NOTE Confidence: 0.9746212
01:48:59.840 --> 01:49:00.820 my heart, express,
NOTE Confidence: 0.9601593
01:49:01.120 --> 01:49:02.340 how I feel and how
NOTE Confidence: 0.9635844
01:49:02.720 --> 01:49:04.320 how that energy from the
NOTE Confidence: 0.9635844
01:49:04.320 --> 01:49:05.360 the different tools that I
NOTE Confidence: 0.9635844
01:49:05.360 --> 01:49:06.479 utilize and how I'm able
NOTE Confidence: 0.9635844
01:49:06.479 --> 01:49:08.185 to express it at sound
NOTE Confidence: 0.9635844
01:49:08.185 --> 01:49:10.125 vibration and tones and frequencies,
NOTE Confidence: 0.9987655
01:49:10.985 --> 01:49:11.725 and really
NOTE Confidence: 0.9628307
01:49:12.185 --> 01:49:13.145 being in a space with
NOTE Confidence: 0.9628307
01:49:13.145 --> 01:49:14.185 other people that they can
NOTE Confidence: 0.9628307

01:49:14.185 --> 01:49:15.645 body the sounds of vibration
NOTE Confidence: 0.9628307

01:49:15.945 --> 01:49:17.225 and tones and frequencies as
NOTE Confidence: 0.9628307

01:49:17.225 --> 01:49:18.265 well too. And and that's
NOTE Confidence: 0.9628307

01:49:18.265 --> 01:49:19.145 like a little piece of
NOTE Confidence: 0.9628307

01:49:19.145 --> 01:49:19.645 me
NOTE Confidence: 0.9169228

01:49:20.600 --> 01:49:22.200 being emitted being emitted in
NOTE Confidence: 0.9169228

01:49:22.200 --> 01:49:23.479 the air and the vibration
NOTE Confidence: 0.9169228

01:49:23.479 --> 01:49:24.360 from the tools that I
NOTE Confidence: 0.9169228

01:49:24.360 --> 01:49:25.560 utilize. So I I really,
NOTE Confidence: 0.9169228

01:49:25.560 --> 01:49:26.380 really appreciate,
NOTE Confidence: 0.958254

01:49:27.800 --> 01:49:29.340 yeah, this this this conversation,
NOTE Confidence: 0.958254

01:49:29.560 --> 01:49:30.860 you know, this this webinar,
NOTE Confidence: 0.9787388

01:49:31.400 --> 01:49:33.000 this interaction with other human
NOTE Confidence: 0.9787388

01:49:33.000 --> 01:49:35.025 beings that that you really
NOTE Confidence: 0.9787388

01:49:35.025 --> 01:49:36.145 co created for us. So
NOTE Confidence: 0.9787388

01:49:36.145 --> 01:49:37.185 I really, really appreciate you,

NOTE Confidence: 0.9787388
01:49:37.185 --> 01:49:38.865 Wednesday. Thank you so much.
NOTE Confidence: 0.9787388
01:49:38.865 --> 01:49:39.905 Thank you so much. And
NOTE Confidence: 0.9787388
01:49:39.905 --> 01:49:40.885 thank all of y'all,
NOTE Confidence: 0.9995068
01:49:41.265 --> 01:49:42.245 for being here.
NOTE Confidence: 0.9867143
01:49:42.865 --> 01:49:43.825 If you get a chance,
NOTE Confidence: 0.9867143
01:49:43.825 --> 01:49:45.185 please, you know, click on,
NOTE Confidence: 0.9867143
01:49:45.425 --> 01:49:47.025 the survey. Please fill that
NOTE Confidence: 0.9867143
01:49:47.025 --> 01:49:48.245 out. That's how we,
NOTE Confidence: 0.9274773
01:49:48.820 --> 01:49:50.100 gather information so we could
NOTE Confidence: 0.9274773
01:49:50.100 --> 01:49:50.840 better serve
NOTE Confidence: 0.89980125
01:49:51.620 --> 01:49:53.880 our communities, very, serve,
NOTE Confidence: 0.9442357
01:49:54.500 --> 01:49:55.380 the work that we're doing
NOTE Confidence: 0.9442357
01:49:55.380 --> 01:49:56.900 here at Upper Spiral. And
NOTE Confidence: 0.9442357
01:49:56.900 --> 01:49:57.699 I wanna give a shout
NOTE Confidence: 0.9442357
01:49:57.699 --> 01:49:59.140 out to, my colleagues on
NOTE Confidence: 0.9442357

01:49:59.140 --> 01:50:00.820 the committee here. Doctor Cheryl
NOTE Confidence: 0.9442357

01:50:00.820 --> 01:50:02.179 Bellamy, thank you. Thank you.
NOTE Confidence: 0.9442357

01:50:02.179 --> 01:50:03.460 Thank you for everything that
NOTE Confidence: 0.9442357

01:50:03.460 --> 01:50:04.554 you do for for really
NOTE Confidence: 0.9442357

01:50:04.554 --> 01:50:06.074 making this happen, literally making
NOTE Confidence: 0.9442357

01:50:06.074 --> 01:50:07.275 this happen. So we really
NOTE Confidence: 0.9442357

01:50:07.275 --> 01:50:08.715 appreciate you and all the
NOTE Confidence: 0.9442357

01:50:08.715 --> 01:50:09.755 work that you've you've done,
NOTE Confidence: 0.9442357

01:50:09.755 --> 01:50:11.054 not only here in Connecticut,
NOTE Confidence: 0.99529946

01:50:11.354 --> 01:50:12.954 but internationally as well too.
NOTE Confidence: 0.99529946

01:50:12.954 --> 01:50:14.175 So we appreciate you,
NOTE Confidence: 0.947624

01:50:14.875 --> 01:50:16.474 very, very much. And also,
NOTE Confidence: 0.947624

01:50:16.474 --> 01:50:17.790 Sheree, you know, you do
NOTE Confidence: 0.947624

01:50:17.790 --> 01:50:18.590 a lot of work behind
NOTE Confidence: 0.947624

01:50:18.590 --> 01:50:19.630 the scenes that we don't
NOTE Confidence: 0.947624

01:50:19.630 --> 01:50:20.910 see, you know, but you

NOTE Confidence: 0.947624
01:50:20.910 --> 01:50:22.370 you do feel an experience
NOTE Confidence: 0.947624
01:50:22.430 --> 01:50:23.390 and you take care of.
NOTE Confidence: 0.947624
01:50:23.390 --> 01:50:25.229 So we really appreciate you,
NOTE Confidence: 0.947624
01:50:25.229 --> 01:50:26.270 Sharee, for all the work
NOTE Confidence: 0.947624
01:50:26.270 --> 01:50:27.390 that you do and all
NOTE Confidence: 0.947624
01:50:27.390 --> 01:50:28.189 the work that you've been
NOTE Confidence: 0.947624
01:50:28.189 --> 01:50:28.670 doing,
NOTE Confidence: 0.625902
01:50:29.645 --> 01:50:30.145 with
NOTE Confidence: 0.880188
01:50:30.525 --> 01:50:31.725 us, being a part of
NOTE Confidence: 0.880188
01:50:31.725 --> 01:50:33.165 an upward spiral committee as
NOTE Confidence: 0.880188
01:50:33.165 --> 01:50:33.985 well too.
NOTE Confidence: 0.9832826
01:50:34.365 --> 01:50:35.345 My dear friend,
NOTE Confidence: 0.94506365
01:50:36.125 --> 01:50:37.965 and, colleague Annette, you know,
NOTE Confidence: 0.94506365
01:50:37.965 --> 01:50:39.805 and I remember when you
NOTE Confidence: 0.94506365
01:50:39.805 --> 01:50:41.104 first came to me and
NOTE Confidence: 0.94506365

01:50:41.325 --> 01:50:42.365 really wanting to create a
NOTE Confidence: 0.94506365

01:50:42.365 --> 01:50:43.265 space where,
NOTE Confidence: 0.9776726

01:50:43.960 --> 01:50:44.760 you know, we've seen the
NOTE Confidence: 0.9776726

01:50:44.760 --> 01:50:45.260 roles
NOTE Confidence: 0.9110303

01:50:46.040 --> 01:50:47.000 of people that's working in
NOTE Confidence: 0.9110303

01:50:47.000 --> 01:50:48.439 a peer roles, how that
NOTE Confidence: 0.9110303

01:50:48.439 --> 01:50:49.640 was manifested in all the
NOTE Confidence: 0.9110303

01:50:49.640 --> 01:50:51.100 people's lives here in Connecticut.
NOTE Confidence: 0.9919321

01:50:51.479 --> 01:50:52.300 And we wanted
NOTE Confidence: 0.92774576

01:50:52.760 --> 01:50:53.880 to make some changes. And
NOTE Confidence: 0.92774576

01:50:53.880 --> 01:50:54.840 we, you know, we both
NOTE Confidence: 0.92774576

01:50:54.840 --> 01:50:55.580 went to
NOTE Confidence: 0.97835505

01:50:55.945 --> 01:50:58.025 doctor Bellamy, and, she was
NOTE Confidence: 0.97835505

01:50:58.025 --> 01:50:59.225 able to make a lot
NOTE Confidence: 0.97835505

01:50:59.225 --> 01:51:00.685 of things happen to really,
NOTE Confidence: 0.9280048

01:51:01.225 --> 01:51:02.505 here we are four years

NOTE Confidence: 0.9280048
01:51:02.505 --> 01:51:04.025 later. And also my good
NOTE Confidence: 0.9280048
01:51:04.025 --> 01:51:05.705 friend and colleague, Misty Sky,
NOTE Confidence: 0.9280048
01:51:05.705 --> 01:51:06.825 you know, for just really
NOTE Confidence: 0.9280048
01:51:06.825 --> 01:51:07.965 bring being a,
NOTE Confidence: 0.9167031
01:51:08.345 --> 01:51:10.180 a very awesome addition to
NOTE Confidence: 0.9167031
01:51:10.180 --> 01:51:10.979 the work that we're doing.
NOTE Confidence: 0.9167031
01:51:10.979 --> 01:51:11.939 So we take it to
NOTE Confidence: 0.9167031
01:51:11.939 --> 01:51:13.140 the next level in the
NOTE Confidence: 0.9167031
01:51:13.140 --> 01:51:14.100 work, you know, and the
NOTE Confidence: 0.9167031
01:51:14.100 --> 01:51:15.800 creativity that you have, Missy.
NOTE Confidence: 0.9543122
01:51:16.340 --> 01:51:17.460 We really, really love with
NOTE Confidence: 0.9543122
01:51:17.460 --> 01:51:19.060 the with the artwork, with
NOTE Confidence: 0.9543122
01:51:19.060 --> 01:51:20.820 the flyers, you know. And
NOTE Confidence: 0.9543122
01:51:20.820 --> 01:51:21.860 also, Missy, for the work
NOTE Confidence: 0.9543122
01:51:21.860 --> 01:51:23.400 that you're doing as well.
NOTE Confidence: 0.9543122

01:51:23.460 --> 01:51:24.180 You know, you have an
NOTE Confidence: 0.9543122

01:51:24.180 --> 01:51:25.515 awesome book. I have it
NOTE Confidence: 0.9543122

01:51:25.515 --> 01:51:26.635 on my shelf as well
NOTE Confidence: 0.9543122

01:51:26.635 --> 01:51:27.835 too, the poetry that you
NOTE Confidence: 0.9543122

01:51:27.835 --> 01:51:28.335 share,
NOTE Confidence: 0.9944431

01:51:28.715 --> 01:51:29.515 and all the work that
NOTE Confidence: 0.9944431

01:51:29.515 --> 01:51:30.255 you're doing,
NOTE Confidence: 0.9447414

01:51:31.115 --> 01:51:32.395 all over the over over
NOTE Confidence: 0.9447414

01:51:32.395 --> 01:51:33.675 not only Connecticut, but all
NOTE Confidence: 0.9447414

01:51:33.675 --> 01:51:35.115 over of different states here
NOTE Confidence: 0.9447414

01:51:35.115 --> 01:51:36.555 in Connecticut and virtually as
NOTE Confidence: 0.9447414

01:51:36.555 --> 01:51:37.860 well too. So we see
NOTE Confidence: 0.9447414

01:51:37.860 --> 01:51:39.460 you, we appreciate you, and
NOTE Confidence: 0.9447414

01:51:39.460 --> 01:51:40.340 we love you as well.
NOTE Confidence: 0.9447414

01:51:40.340 --> 01:51:41.380 And all of y'all, thank
NOTE Confidence: 0.9447414

01:51:41.380 --> 01:51:42.120 you so much

NOTE Confidence: 0.9061487
01:51:42.500 --> 01:51:43.699 for being here, you know,
NOTE Confidence: 0.9061487
01:51:43.699 --> 01:51:44.659 really taking this time out
NOTE Confidence: 0.9061487
01:51:44.659 --> 01:51:46.260 for yourself as we learn
NOTE Confidence: 0.9061487
01:51:46.260 --> 01:51:47.540 and really co created this
NOTE Confidence: 0.9061487
01:51:47.540 --> 01:51:48.360 space together.
NOTE Confidence: 0.96175635
01:51:48.739 --> 01:51:49.780 If one of you wasn't
NOTE Confidence: 0.96175635
01:51:49.780 --> 01:51:51.060 here today, the energy, the
NOTE Confidence: 0.96175635
01:51:51.060 --> 01:51:52.915 space on this virtual platform
NOTE Confidence: 0.96175635
01:51:52.915 --> 01:51:54.354 would have been different. So
NOTE Confidence: 0.96175635
01:51:54.354 --> 01:51:55.555 we appreciate you, all of
NOTE Confidence: 0.96175635
01:51:55.555 --> 01:51:56.775 you. The ASL,
NOTE Confidence: 0.9704111
01:51:57.955 --> 01:51:59.314 interpreters, thank you so much.
NOTE Confidence: 0.9704111
01:51:59.314 --> 01:52:00.595 My good friend, Julie, thank
NOTE Confidence: 0.9704111
01:52:00.595 --> 01:52:01.875 you so much. Thank you,
NOTE Confidence: 0.9704111
01:52:01.875 --> 01:52:02.995 Jade, for being with us
NOTE Confidence: 0.9704111

01:52:02.995 --> 01:52:03.975 as well too.
NOTE Confidence: 0.9712106

01:52:04.310 --> 01:52:05.750 All of y'all. I really
NOTE Confidence: 0.9712106

01:52:05.750 --> 01:52:06.870 appreciate all of y'all. Thank
NOTE Confidence: 0.9712106

01:52:06.870 --> 01:52:08.470 you so much. And just
NOTE Confidence: 0.9712106

01:52:08.470 --> 01:52:09.370 to know that,
NOTE Confidence: 0.8401077

01:52:09.750 --> 01:52:11.510 on July thirty first, my
NOTE Confidence: 0.8401077

01:52:11.510 --> 01:52:13.050 next upward spot upward
NOTE Confidence: 0.95604527

01:52:13.430 --> 01:52:15.030 spiral summer summit, we will
NOTE Confidence: 0.95604527

01:52:15.030 --> 01:52:16.010 have Tish Boyd,
NOTE Confidence: 0.88346183

01:52:16.310 --> 01:52:17.189 when she gonna be talking
NOTE Confidence: 0.88346183

01:52:17.189 --> 01:52:18.650 about financial wellness
NOTE Confidence: 0.88687915

01:52:19.095 --> 01:52:20.695 and how do we take
NOTE Confidence: 0.88687915

01:52:20.695 --> 01:52:21.835 care of ourselves financially.
NOTE Confidence: 0.99173695

01:52:22.295 --> 01:52:23.575 And I feel, you know,
NOTE Confidence: 0.99173695

01:52:23.575 --> 01:52:24.475 I had a lot
NOTE Confidence: 0.9444251

01:52:24.935 --> 01:52:26.614 of beliefs around money, you

NOTE Confidence: 0.9444251
01:52:26.614 --> 01:52:27.575 know, the way I grew
NOTE Confidence: 0.9444251
01:52:27.575 --> 01:52:29.095 up, you know, but I'm
NOTE Confidence: 0.9444251
01:52:29.095 --> 01:52:30.295 learning today there's nothing wrong
NOTE Confidence: 0.9444251
01:52:30.295 --> 01:52:31.354 with financial abundance.
NOTE Confidence: 0.95852166
01:52:31.710 --> 01:52:32.750 And it's a way that
NOTE Confidence: 0.95852166
01:52:32.750 --> 01:52:33.630 we can learn how to
NOTE Confidence: 0.95852166
01:52:33.630 --> 01:52:34.130 be,
NOTE Confidence: 0.9493636
01:52:34.670 --> 01:52:35.950 resourceful and how we can
NOTE Confidence: 0.9493636
01:52:35.950 --> 01:52:37.470 utilize, that funds to take
NOTE Confidence: 0.9493636
01:52:37.470 --> 01:52:38.610 care of our family ourselves
NOTE Confidence: 0.9272357
01:52:38.990 --> 01:52:40.350 and really, make some a
NOTE Confidence: 0.9272357
01:52:40.350 --> 01:52:41.710 difference in the world as
NOTE Confidence: 0.9272357
01:52:41.710 --> 01:52:44.354 well too. And also on
NOTE Confidence: 0.8993281
01:52:44.835 --> 01:52:46.195 August twenty eighth, we'll have
NOTE Confidence: 0.8993281
01:52:46.195 --> 01:52:47.175 our our following
NOTE Confidence: 0.63760215

01:52:47.715 --> 01:52:48.215 August,
NOTE Confidence: 0.96777225
01:52:49.475 --> 01:52:49.975 webinar.
NOTE Confidence: 0.8926542
01:52:50.595 --> 01:52:52.035 And then September twenty fifth,
NOTE Confidence: 0.8926542
01:52:52.035 --> 01:52:52.915 we're gonna have an in
NOTE Confidence: 0.8926542
01:52:52.915 --> 01:52:53.415 person,
NOTE Confidence: 0.9361896
01:52:54.114 --> 01:52:55.155 to top it off, to
NOTE Confidence: 0.9361896
01:52:55.155 --> 01:52:56.515 close us out in recovery
NOTE Confidence: 0.9361896
01:52:56.515 --> 01:52:57.735 month as well too.
NOTE Confidence: 0.99862313
01:52:58.114 --> 01:52:59.635 And the venue will be
NOTE Confidence: 0.99862313
01:52:59.635 --> 01:53:00.135 announced
NOTE Confidence: 0.9625891
01:53:00.729 --> 01:53:02.090 later on, so stay tuned
NOTE Confidence: 0.9625891
01:53:02.090 --> 01:53:03.290 to that. So please join
NOTE Confidence: 0.9625891
01:53:03.290 --> 01:53:05.130 us again on next month,
NOTE Confidence: 0.9625891
01:53:05.130 --> 01:53:06.410 you know. So thank you
NOTE Confidence: 0.9625891
01:53:06.410 --> 01:53:07.290 all so much for being
NOTE Confidence: 0.9625891
01:53:07.290 --> 01:53:08.410 here and really taking this

NOTE Confidence: 0.9625891

01:53:08.410 --> 01:53:09.370 time out for yourself. We

NOTE Confidence: 0.9625891

01:53:09.370 --> 01:53:10.650 really appreciate all of you.

NOTE Confidence: 0.9625891

01:53:10.650 --> 01:53:11.610 Have a good rest of

NOTE Confidence: 0.9625891

01:53:11.610 --> 01:53:12.350 the day, everyone.

NOTE Confidence: 0.91953844

01:53:12.970 --> 01:53:14.350 Yep. Thanks everybody.