

WEBVTT

NOTE duration: "01:40:38.443"

NOTE Confidence: 0.9881776

00:01:09.050 --> 00:01:09.550 Alright.

NOTE Confidence: 0.9470615

00:01:09.930 --> 00:01:12.110 Welcome. Welcome. Welcome, everyone,

NOTE Confidence: 0.9000946

00:01:13.370 --> 00:01:15.310 to the fourth annual Upwork

NOTE Confidence: 0.670749

00:01:15.835 --> 00:01:16.655 Upwork summer,

NOTE Confidence: 0.9217382

00:01:17.515 --> 00:01:19.535 upper spiral summer summit webinar

NOTE Confidence: 0.9217382

00:01:19.755 --> 00:01:21.035 is honored to see each

NOTE Confidence: 0.9217382

00:01:21.035 --> 00:01:21.835 and every one of you

NOTE Confidence: 0.9217382

00:01:21.835 --> 00:01:22.335 here.

NOTE Confidence: 0.969979

00:01:22.850 --> 00:01:23.810 And the theme for two

NOTE Confidence: 0.969979

00:01:23.810 --> 00:01:25.030 thousand and twenty four

NOTE Confidence: 0.9729098

00:01:25.569 --> 00:01:27.110 is about the eight dimensions

NOTE Confidence: 0.9729098

00:01:27.330 --> 00:01:27.910 of wellness.

NOTE Confidence: 0.9598704

00:01:28.610 --> 00:01:29.810 And we are thrilled to

NOTE Confidence: 0.9598704

00:01:29.810 --> 00:01:30.310 have,

NOTE Confidence: 0.92715776

00:01:31.285 --> 00:01:33.205 the great Nikki Myers, founder
NOTE Confidence: 0.92715776

00:01:33.205 --> 00:01:34.645 of yoga and twelve step
NOTE Confidence: 0.92715776

00:01:34.645 --> 00:01:35.785 recovery with us,
NOTE Confidence: 0.97293663

00:01:36.325 --> 00:01:37.525 to share a little bit
NOTE Confidence: 0.97293663

00:01:37.525 --> 00:01:39.190 about her experience. And one
NOTE Confidence: 0.97293663

00:01:39.190 --> 00:01:40.229 of the things we we
NOTE Confidence: 0.97293663

00:01:40.229 --> 00:01:41.430 talked about is how do
NOTE Confidence: 0.97293663

00:01:41.430 --> 00:01:43.209 we sustain self,
NOTE Confidence: 0.90244037

00:01:43.830 --> 00:01:45.130 doing this work.
NOTE Confidence: 0.9874378

00:01:45.430 --> 00:01:46.709 Because we know doing this
NOTE Confidence: 0.9874378

00:01:46.709 --> 00:01:48.615 work is very rewarding in
NOTE Confidence: 0.9874378

00:01:48.615 --> 00:01:49.975 so many ways, but it
NOTE Confidence: 0.9874378

00:01:49.975 --> 00:01:51.415 could be also very stressful
NOTE Confidence: 0.9874378

00:01:51.415 --> 00:01:52.775 and overwhelming for us as
NOTE Confidence: 0.9874378

00:01:52.775 --> 00:01:54.375 well. So it's so important
NOTE Confidence: 0.9874378

00:01:54.375 --> 00:01:56.470 that we find practices, modalities,

NOTE Confidence: 0.9874378
00:01:56.610 --> 00:01:57.570 tools to help us to
NOTE Confidence: 0.9874378
00:01:57.570 --> 00:01:58.710 take care of ourselves
NOTE Confidence: 0.99650174
00:01:59.090 --> 00:02:00.310 as we do this work,
NOTE Confidence: 0.9730524
00:02:00.690 --> 00:02:01.990 which is hard work,
NOTE Confidence: 0.9795245
00:02:02.450 --> 00:02:03.490 within the people and the
NOTE Confidence: 0.9795245
00:02:03.490 --> 00:02:05.030 communities that we serve.
NOTE Confidence: 0.9665576
00:02:05.375 --> 00:02:06.415 Real quickly, my name is
NOTE Confidence: 0.9665576
00:02:06.415 --> 00:02:07.455 Calvin Young, and I'm a
NOTE Confidence: 0.9665576
00:02:07.455 --> 00:02:09.315 certified sound healer and cofounder
NOTE Confidence: 0.9665576
00:02:09.455 --> 00:02:11.215 of Soul Care Love. I'm
NOTE Confidence: 0.9665576
00:02:11.215 --> 00:02:13.235 also the cofounder of TOEIVO,
NOTE Confidence: 0.9349656
00:02:13.570 --> 00:02:14.530 which is a peer run
NOTE Confidence: 0.9349656
00:02:14.530 --> 00:02:16.450 holistic heal healing center in
NOTE Confidence: 0.9349656
00:02:16.450 --> 00:02:17.430 Hartford, Connecticut.
NOTE Confidence: 0.98546547
00:02:17.970 --> 00:02:18.930 But most importantly, I'm a
NOTE Confidence: 0.98546547

00:02:18.930 --> 00:02:20.450 person that's in long term
NOTE Confidence: 0.98546547

00:02:20.450 --> 00:02:20.950 recovery,
NOTE Confidence: 0.94526035

00:02:21.375 --> 00:02:22.495 which means I haven't used
NOTE Confidence: 0.94526035

00:02:22.495 --> 00:02:24.035 alcohol or any other drug
NOTE Confidence: 0.94526035

00:02:24.175 --> 00:02:24.974 to deal with my own
NOTE Confidence: 0.94526035

00:02:24.974 --> 00:02:26.974 mental emotional distress since March
NOTE Confidence: 0.94526035

00:02:26.974 --> 00:02:28.254 six two thousand and and
NOTE Confidence: 0.94526035

00:02:28.254 --> 00:02:30.010 nine. And we we came
NOTE Confidence: 0.94526035

00:02:30.010 --> 00:02:31.290 up with the concept of
NOTE Confidence: 0.94526035

00:02:31.290 --> 00:02:32.190 upward spiral,
NOTE Confidence: 0.9597471

00:02:33.530 --> 00:02:34.669 a few years ago.
NOTE Confidence: 0.9776507

00:02:35.290 --> 00:02:36.865 And the reason for these
NOTE Confidence: 0.9776507

00:02:36.865 --> 00:02:38.385 web series is to it
NOTE Confidence: 0.9776507

00:02:38.385 --> 00:02:39.845 was dedicated to bring,
NOTE Confidence: 0.9197708

00:02:40.225 --> 00:02:42.405 together the peer support workforce
NOTE Confidence: 0.9197708

00:02:42.465 --> 00:02:43.985 to connect, to learn from

NOTE Confidence: 0.9197708
00:02:43.985 --> 00:02:44.725 one another,
NOTE Confidence: 0.9470647
00:02:45.210 --> 00:02:47.050 and introduce and discuss critical
NOTE Confidence: 0.9470647
00:02:47.050 --> 00:02:47.550 perspective,
NOTE Confidence: 0.9616731
00:02:48.169 --> 00:02:50.090 to promote wellness, growth, and
NOTE Confidence: 0.9616731
00:02:50.090 --> 00:02:52.410 advanced thinking and practice among
NOTE Confidence: 0.9616731
00:02:52.410 --> 00:02:53.070 the Connecticut
NOTE Confidence: 0.99635315
00:02:53.514 --> 00:02:54.495 peer support community
NOTE Confidence: 0.99236953
00:02:55.194 --> 00:02:55.935 and beyond.
NOTE Confidence: 0.996995
00:02:56.394 --> 00:02:57.435 So that's why we've been
NOTE Confidence: 0.996995
00:02:57.435 --> 00:02:58.555 doing this for over four
NOTE Confidence: 0.996995
00:02:58.555 --> 00:02:59.375 years now,
NOTE Confidence: 0.988468
00:02:59.754 --> 00:03:01.215 to really bring in
NOTE Confidence: 0.9952366
00:03:01.840 --> 00:03:03.600 different perspectives around this peer
NOTE Confidence: 0.9952366
00:03:03.600 --> 00:03:04.500 support work,
NOTE Confidence: 0.98882085
00:03:04.880 --> 00:03:05.780 different thoughts,
NOTE Confidence: 0.9392317

00:03:06.560 --> 00:03:08.560 you know, critical thinking and
NOTE Confidence: 0.9392317

00:03:08.560 --> 00:03:10.000 how we can, you know,
NOTE Confidence: 0.9392317

00:03:10.000 --> 00:03:11.395 advance all this work that
NOTE Confidence: 0.9392317

00:03:11.395 --> 00:03:12.755 we're doing here in Connecticut
NOTE Confidence: 0.9392317

00:03:12.755 --> 00:03:13.495 and beyond.
NOTE Confidence: 0.9602291

00:03:14.035 --> 00:03:15.475 And this none of this
NOTE Confidence: 0.9602291

00:03:15.475 --> 00:03:17.415 would be happening right now
NOTE Confidence: 0.9602291

00:03:17.635 --> 00:03:18.135 without,
NOTE Confidence: 0.9971951

00:03:18.659 --> 00:03:19.480 our colleague,
NOTE Confidence: 0.99344075

00:03:19.780 --> 00:03:21.319 our friend, our mentor,
NOTE Confidence: 0.9404462

00:03:22.180 --> 00:03:24.260 doctor Sherrell Bellamy. So thank
NOTE Confidence: 0.9404462

00:03:24.260 --> 00:03:25.379 you so much, doctor Sherrell
NOTE Confidence: 0.9404462

00:03:25.379 --> 00:03:26.419 Bellamy, for all the work
NOTE Confidence: 0.9404462

00:03:26.419 --> 00:03:27.685 that you do here in
NOTE Confidence: 0.9404462

00:03:27.685 --> 00:03:29.385 Connecticut and beyond internationally,
NOTE Confidence: 0.9613195

00:03:30.085 --> 00:03:31.044 and it's an honor to

NOTE Confidence: 0.9613195
00:03:31.044 --> 00:03:32.005 welcome you here and and
NOTE Confidence: 0.9613195
00:03:32.005 --> 00:03:33.205 to introduce you. So thank
NOTE Confidence: 0.9613195
00:03:33.205 --> 00:03:34.025 you so much.
NOTE Confidence: 0.9333361
00:03:34.490 --> 00:03:36.090 And at this time, no
NOTE Confidence: 0.9333361
00:03:36.090 --> 00:03:37.630 other than doctor Sherrell Bellamy.
NOTE Confidence: 0.9936428
00:03:39.690 --> 00:03:40.910 Thank you so much,
NOTE Confidence: 0.89680386
00:03:41.210 --> 00:03:42.590 Kelvin, for that introduction.
NOTE Confidence: 0.99437106
00:03:43.175 --> 00:03:44.475 And I just wanna say,
NOTE Confidence: 0.91994315
00:03:45.175 --> 00:03:46.855 thank you, and welcome to
NOTE Confidence: 0.91994315
00:03:46.855 --> 00:03:49.195 the Upwork Spiral Summer Series.
NOTE Confidence: 0.9838769
00:03:49.575 --> 00:03:51.070 I wanna thank you thank
NOTE Confidence: 0.9838769
00:03:51.150 --> 00:03:51.970 Annette Diaz,
NOTE Confidence: 0.810926
00:03:52.510 --> 00:03:54.750 Mitzi Sky, Kelvin Young, Shree
NOTE Confidence: 0.810926
00:03:54.750 --> 00:03:56.990 Bragg, and Rebecca Miller who
NOTE Confidence: 0.810926
00:03:56.990 --> 00:03:57.730 have been
NOTE Confidence: 0.9599421

00:03:58.110 --> 00:03:59.765 the founders of the Upward
NOTE Confidence: 0.9599421

00:04:00.005 --> 00:04:01.845 Spiral Series over the last
NOTE Confidence: 0.9599421

00:04:01.845 --> 00:04:03.444 four years. We're really proud
NOTE Confidence: 0.9599421

00:04:03.444 --> 00:04:04.425 of this initiative,
NOTE Confidence: 0.99775696

00:04:05.285 --> 00:04:06.665 bringing people together.
NOTE Confidence: 0.8299088

00:04:07.840 --> 00:04:08.579 As Kelvin,
NOTE Confidence: 0.9976485

00:04:08.879 --> 00:04:09.379 mentioned,
NOTE Confidence: 0.9878745

00:04:09.760 --> 00:04:11.280 this was initially brought to
NOTE Confidence: 0.9878745

00:04:11.280 --> 00:04:12.819 us by Kelvin and Annette
NOTE Confidence: 0.5104126

00:04:13.359 --> 00:04:13.859 who
NOTE Confidence: 0.98720104

00:04:14.159 --> 00:04:16.240 were really passionate and wanting
NOTE Confidence: 0.98720104

00:04:16.240 --> 00:04:17.605 to do something more.
NOTE Confidence: 0.9874435

00:04:18.005 --> 00:04:19.525 Like, their question was, what
NOTE Confidence: 0.9874435

00:04:19.525 --> 00:04:20.645 more can we do for
NOTE Confidence: 0.9874435

00:04:20.645 --> 00:04:22.165 the peer community? How can
NOTE Confidence: 0.9874435

00:04:22.165 --> 00:04:23.625 we bring people together

NOTE Confidence: 0.97759783

00:04:24.005 --> 00:04:26.025 across different fields and

NOTE Confidence: 0.9723299

00:04:26.389 --> 00:04:28.310 different areas who are doing

NOTE Confidence: 0.9723299

00:04:28.310 --> 00:04:29.130 great work,

NOTE Confidence: 0.99957687

00:04:29.589 --> 00:04:30.810 so that we can elevate

NOTE Confidence: 0.9845971

00:04:31.190 --> 00:04:33.449 lived experience and peer support

NOTE Confidence: 0.9500869

00:04:33.794 --> 00:04:35.014 and recovery innovations,

NOTE Confidence: 0.9804052

00:04:35.555 --> 00:04:36.775 not only in Connecticut,

NOTE Confidence: 0.9922613

00:04:37.154 --> 00:04:39.414 but also nationally and internationally.

NOTE Confidence: 0.9716081

00:04:40.035 --> 00:04:41.154 So, again, this is our

NOTE Confidence: 0.9716081

00:04:41.154 --> 00:04:42.055 fourth year,

NOTE Confidence: 0.9844755

00:04:42.419 --> 00:04:43.940 and this year's seminar is

NOTE Confidence: 0.9844755

00:04:43.940 --> 00:04:44.839 focused on

NOTE Confidence: 0.99769056

00:04:45.220 --> 00:04:46.820 sustaining self and the eight

NOTE Confidence: 0.99769056

00:04:46.820 --> 00:04:48.120 dimensions of wellness.

NOTE Confidence: 0.9998131

00:04:48.580 --> 00:04:49.639 Before we begin,

NOTE Confidence: 0.8880651

00:04:49.944 --> 00:04:51.224 let's open the space with
NOTE Confidence: 0.8880651

00:04:51.224 --> 00:04:52.205 a land acknowledgment
NOTE Confidence: 0.89467996

00:04:52.824 --> 00:04:54.745 followed by sound healing by
NOTE Confidence: 0.89467996

00:04:54.745 --> 00:04:55.724 Kelvin Young.
NOTE Confidence: 0.99675137

00:04:57.990 --> 00:04:59.830 All land in Connecticut was
NOTE Confidence: 0.99675137

00:04:59.830 --> 00:05:01.450 once native territory.
NOTE Confidence: 0.9996107

00:05:01.990 --> 00:05:03.270 It is our duty to
NOTE Confidence: 0.9996107

00:05:03.270 --> 00:05:03.770 acknowledge
NOTE Confidence: 0.99982834

00:05:04.230 --> 00:05:05.610 that many of the institutions
NOTE Confidence: 0.9959214

00:05:06.345 --> 00:05:08.105 where we work or conduct
NOTE Confidence: 0.9959214

00:05:08.105 --> 00:05:08.605 research
NOTE Confidence: 0.9835303

00:05:08.905 --> 00:05:10.765 are indeed on native land,
NOTE Confidence: 0.9835303

00:05:10.905 --> 00:05:12.105 so it's important that we
NOTE Confidence: 0.9835303

00:05:12.105 --> 00:05:12.925 give thanks.
NOTE Confidence: 0.9998221

00:05:13.850 --> 00:05:14.350 I
NOTE Confidence: 0.9802756

00:05:15.130 --> 00:05:16.810 am speaking to you from

NOTE Confidence: 0.9802756
00:05:16.810 --> 00:05:18.010 the lands on which I
NOTE Confidence: 0.9802756
00:05:18.010 --> 00:05:19.529 live and work, now referred
NOTE Confidence: 0.9802756
00:05:19.529 --> 00:05:20.750 to as Connecticut,
NOTE Confidence: 0.9990368
00:05:21.275 --> 00:05:22.814 on land that was unjustly
NOTE Confidence: 0.9934098
00:05:23.115 --> 00:05:23.615 colonized.
NOTE Confidence: 0.9987546
00:05:24.474 --> 00:05:25.995 These are the sacred lands
NOTE Confidence: 0.9987546
00:05:26.235 --> 00:05:27.615 homelands of the descendants
NOTE Confidence: 0.998784
00:05:28.160 --> 00:05:29.680 of indigenous people who have
NOTE Confidence: 0.998784
00:05:29.680 --> 00:05:31.200 lived in Connecticut over the
NOTE Confidence: 0.998784
00:05:31.200 --> 00:05:31.700 past
NOTE Confidence: 0.99971265
00:05:32.080 --> 00:05:33.220 eight thousand years.
NOTE Confidence: 0.9936952
00:05:33.760 --> 00:05:35.380 It is the unceded territory
NOTE Confidence: 0.9936952
00:05:35.680 --> 00:05:36.500 of the Quinnipiac,
NOTE Confidence: 0.93077385
00:05:37.275 --> 00:05:37.775 Tunxis,
NOTE Confidence: 0.731854
00:05:38.154 --> 00:05:38.654 Mattabesic,
NOTE Confidence: 0.9983658

00:05:39.194 --> 00:05:39.694 Mohegan,
NOTE Confidence: 0.98471254

00:05:40.154 --> 00:05:40.654 Mashantucket,
NOTE Confidence: 0.9908054

00:05:41.595 --> 00:05:43.854 Mashantucket Pequot, Eastern Pequot,
NOTE Confidence: 0.8718521

00:05:44.315 --> 00:05:44.815 Shattuckoke,
NOTE Confidence: 0.94352823

00:05:45.460 --> 00:05:47.539 Golden Hill, Pugasset, Nipmuc, and
NOTE Confidence: 0.94352823

00:05:47.539 --> 00:05:48.680 Lenape peoples
NOTE Confidence: 0.96598965

00:05:49.139 --> 00:05:50.740 who have and continue to
NOTE Confidence: 0.96598965

00:05:50.740 --> 00:05:52.419 steward these lands throughout the
NOTE Confidence: 0.96598965

00:05:52.419 --> 00:05:52.919 generations.
NOTE Confidence: 0.88560975

00:05:55.025 --> 00:05:55.845 Land acknowledgements
NOTE Confidence: 0.99125403

00:05:56.145 --> 00:05:57.665 do not exist in the
NOTE Confidence: 0.99125403

00:05:57.665 --> 00:06:00.085 past tense or historical context.
NOTE Confidence: 0.99839497

00:06:00.464 --> 00:06:00.964 Colonialism
NOTE Confidence: 0.99945605

00:06:01.425 --> 00:06:02.165 is current
NOTE Confidence: 0.98490846

00:06:02.900 --> 00:06:03.640 and ongoing,
NOTE Confidence: 0.9995982

00:06:04.180 --> 00:06:05.700 process. We need to be

NOTE Confidence: 0.9995982

00:06:05.700 --> 00:06:07.800 mindful of our present participation.

NOTE Confidence: 0.99009836

00:06:08.580 --> 00:06:10.020 I also want to welcome

NOTE Confidence: 0.99009836

00:06:10.020 --> 00:06:11.824 people with lived and living

NOTE Confidence: 0.99009836

00:06:11.824 --> 00:06:13.824 experiences to the space, and

NOTE Confidence: 0.99009836

00:06:13.824 --> 00:06:15.345 I thank you for sharing

NOTE Confidence: 0.99009836

00:06:15.345 --> 00:06:17.025 of your lives and for

NOTE Confidence: 0.99009836

00:06:17.025 --> 00:06:18.884 your collaboration on transformation.

NOTE Confidence: 0.9615754

00:06:19.850 --> 00:06:21.529 Thank you, and I introduce

NOTE Confidence: 0.9615754

00:06:21.529 --> 00:06:22.270 to you

NOTE Confidence: 0.7661532

00:06:22.650 --> 00:06:23.630 Calvin Young.

NOTE Confidence: 0.9061956

00:06:25.770 --> 00:06:27.050 Thank you so much, doctor

NOTE Confidence: 0.9061956

00:06:27.050 --> 00:06:27.550 Cherel,

NOTE Confidence: 0.98519886

00:06:28.464 --> 00:06:30.305 for, for acknowledging the lands

NOTE Confidence: 0.98519886

00:06:30.305 --> 00:06:31.445 that we live on.

NOTE Confidence: 0.9641286

00:06:32.145 --> 00:06:33.425 And at this time, I

NOTE Confidence: 0.9641286

00:06:33.425 --> 00:06:34.785 like to get people into
NOTE Confidence: 0.9641286

00:06:34.785 --> 00:06:36.464 a comfortable position, whatever that
NOTE Confidence: 0.9641286

00:06:36.464 --> 00:06:37.585 mean or look like for
NOTE Confidence: 0.9641286

00:06:37.585 --> 00:06:38.085 you.
NOTE Confidence: 0.9520464

00:06:38.880 --> 00:06:39.680 And we'd like to start
NOTE Confidence: 0.9520464

00:06:39.680 --> 00:06:41.120 this webinar with a grounding
NOTE Confidence: 0.9520464

00:06:41.120 --> 00:06:41.620 exercise,
NOTE Confidence: 0.95596844

00:06:42.080 --> 00:06:43.040 with the tool that really
NOTE Confidence: 0.95596844

00:06:43.040 --> 00:06:44.800 helped me sustain my sobriety
NOTE Confidence: 0.95596844

00:06:44.800 --> 00:06:46.320 for over fourteen for over
NOTE Confidence: 0.95596844

00:06:46.320 --> 00:06:47.460 fifteen years now,
NOTE Confidence: 0.9916618

00:06:47.875 --> 00:06:49.095 which is sound healing.
NOTE Confidence: 0.9432346

00:06:49.635 --> 00:06:50.915 And usually during a sound
NOTE Confidence: 0.9432346

00:06:50.915 --> 00:06:52.035 healing session, I use this
NOTE Confidence: 0.9432346

00:06:52.035 --> 00:06:53.095 Himalayan singable,
NOTE Confidence: 0.968053

00:06:53.795 --> 00:06:55.555 the crystal singables, the gong,

NOTE Confidence: 0.968053
00:06:55.555 --> 00:06:56.675 and the different other healing
NOTE Confidence: 0.968053
00:06:56.675 --> 00:06:58.150 tools to help us to
NOTE Confidence: 0.968053
00:06:58.150 --> 00:07:00.089 activate and stimulate, the parasympathetic
NOTE Confidence: 0.94541705
00:07:00.390 --> 00:07:01.290 nervous system,
NOTE Confidence: 0.98905426
00:07:01.750 --> 00:07:03.130 also known as the relaxation
NOTE Confidence: 0.98905426
00:07:03.270 --> 00:07:04.710 response, to help us to
NOTE Confidence: 0.98905426
00:07:04.710 --> 00:07:06.070 calm our minds, to relax
NOTE Confidence: 0.98905426
00:07:06.070 --> 00:07:06.730 our bodies,
NOTE Confidence: 0.9375353
00:07:07.285 --> 00:07:08.885 to fill our emotions, and
NOTE Confidence: 0.9375353
00:07:08.885 --> 00:07:10.505 to nourish our souls.
NOTE Confidence: 0.92765117
00:07:10.965 --> 00:07:12.485 And the meditative sounds produced
NOTE Confidence: 0.92765117
00:07:12.485 --> 00:07:14.485 from this Himalayan singables and
NOTE Confidence: 0.92765117
00:07:14.485 --> 00:07:15.685 the different other tools that
NOTE Confidence: 0.92765117
00:07:15.685 --> 00:07:16.345 I utilize
NOTE Confidence: 0.90277404
00:07:16.780 --> 00:07:17.760 during a session.
NOTE Confidence: 0.99656177

00:07:18.220 --> 00:07:19.900 It promotes healing from chronic
NOTE Confidence: 0.99656177

00:07:19.900 --> 00:07:20.400 stress,
NOTE Confidence: 0.99813604

00:07:20.780 --> 00:07:21.680 muscle tension,
NOTE Confidence: 0.99203575

00:07:22.300 --> 00:07:23.340 physical pain that we feel
NOTE Confidence: 0.99203575

00:07:23.340 --> 00:07:24.160 in our bodies,
NOTE Confidence: 0.9686816

00:07:24.465 --> 00:07:26.164 feelings of anxiety, depression,
NOTE Confidence: 0.99600637

00:07:26.625 --> 00:07:28.805 post traumatic stress, sleep issues,
NOTE Confidence: 0.97677577

00:07:29.345 --> 00:07:30.544 and different other stress related
NOTE Confidence: 0.97677577

00:07:30.544 --> 00:07:32.145 chronic health conditions that we
NOTE Confidence: 0.97677577

00:07:32.145 --> 00:07:33.685 experience in our lives.
NOTE Confidence: 0.9842498

00:07:34.020 --> 00:07:34.980 All those different types of
NOTE Confidence: 0.9842498

00:07:34.980 --> 00:07:36.840 emotional distresses I just shared
NOTE Confidence: 0.9842498

00:07:37.139 --> 00:07:38.220 was the main reason why
NOTE Confidence: 0.9842498

00:07:38.220 --> 00:07:39.220 I reached for alcohol and
NOTE Confidence: 0.9842498

00:07:39.220 --> 00:07:40.420 other drugs in the first
NOTE Confidence: 0.9842498

00:07:40.420 --> 00:07:40.920 place.

NOTE Confidence: 0.8315478
00:07:41.300 --> 00:07:43.300 Even though those substances gave
NOTE Confidence: 0.8315478
00:07:43.300 --> 00:07:43.765 me
NOTE Confidence: 0.9709329
00:07:44.325 --> 00:07:46.085 a temporarily sense of relief,
NOTE Confidence: 0.9709329
00:07:46.085 --> 00:07:47.605 it really, really did. But
NOTE Confidence: 0.9709329
00:07:47.605 --> 00:07:48.645 for me and many people
NOTE Confidence: 0.9709329
00:07:48.645 --> 00:07:50.165 like myself, it caused more
NOTE Confidence: 0.9709329
00:07:50.165 --> 00:07:51.145 negative consequences
NOTE Confidence: 0.99141836
00:07:51.660 --> 00:07:52.940 at the end. So that's
NOTE Confidence: 0.99141836
00:07:52.940 --> 00:07:53.820 why I think it's so
NOTE Confidence: 0.99141836
00:07:53.820 --> 00:07:54.940 vitally important for us to
NOTE Confidence: 0.99141836
00:07:54.940 --> 00:07:56.380 find healthier tools to deal
NOTE Confidence: 0.99141836
00:07:56.380 --> 00:07:57.920 with the stresses, the anxiety,
NOTE Confidence: 0.99141836
00:07:58.140 --> 00:07:59.340 the emotional pain that we
NOTE Confidence: 0.99141836
00:07:59.340 --> 00:08:01.014 experience in our lives. And
NOTE Confidence: 0.99141836
00:08:01.014 --> 00:08:02.134 sound healing is one of
NOTE Confidence: 0.99141836

00:08:02.134 --> 00:08:03.414 those one of many tools

NOTE Confidence: 0.99141836

00:08:03.414 --> 00:08:04.315 that we can utilize

NOTE Confidence: 0.9994967

00:08:04.694 --> 00:08:05.595 in our lives.

NOTE Confidence: 0.94287586

00:08:06.215 --> 00:08:07.014 So at this time, I

NOTE Confidence: 0.94287586

00:08:07.014 --> 00:08:08.134 invite you to get into

NOTE Confidence: 0.94287586

00:08:08.134 --> 00:08:09.354 our comfortable position,

NOTE Confidence: 0.9755218

00:08:11.040 --> 00:08:11.920 and I invite you to

NOTE Confidence: 0.9755218

00:08:11.920 --> 00:08:13.200 either close your eyes if

NOTE Confidence: 0.9755218

00:08:13.200 --> 00:08:14.180 you choose to

NOTE Confidence: 0.9346301

00:08:15.040 --> 00:08:16.160 or bring a soft gaze

NOTE Confidence: 0.9346301

00:08:16.160 --> 00:08:17.360 to the floor if you

NOTE Confidence: 0.9346301

00:08:17.360 --> 00:08:18.180 choose to,

NOTE Confidence: 0.97707623

00:08:19.125 --> 00:08:20.005 or you could keep your

NOTE Confidence: 0.97707623

00:08:20.005 --> 00:08:20.905 eyes open.

NOTE Confidence: 0.98405397

00:08:21.764 --> 00:08:23.604 Whatever feels most comfortable and

NOTE Confidence: 0.98405397

00:08:23.604 --> 00:08:24.505 safe for you,

NOTE Confidence: 0.9866281
00:08:25.699 --> 00:08:26.580 I invite you to do
NOTE Confidence: 0.9866281
00:08:26.580 --> 00:08:27.720 so at this moment.
NOTE Confidence: 0.9991703
00:08:32.179 --> 00:08:33.300 And as we take this
NOTE Confidence: 0.9991703
00:08:33.300 --> 00:08:34.440 time to relax,
NOTE Confidence: 0.9897307
00:08:35.934 --> 00:08:36.595 to reset,
NOTE Confidence: 0.9994941
00:08:37.855 --> 00:08:38.755 and to rejuvenate
NOTE Confidence: 0.969892
00:08:40.815 --> 00:08:41.955 through the transformative
NOTE Confidence: 0.9970446
00:08:42.335 --> 00:08:42.835 powers
NOTE Confidence: 0.9949204
00:08:43.215 --> 00:08:44.035 of sound.
NOTE Confidence: 0.96991485
00:10:36.545 --> 00:10:37.584 And at this time, I
NOTE Confidence: 0.96991485
00:10:37.584 --> 00:10:38.464 invite you to take a
NOTE Confidence: 0.96991485
00:10:38.464 --> 00:10:39.925 nice deep breath in
NOTE Confidence: 0.9742747
00:10:41.750 --> 00:10:42.730 and a long
NOTE Confidence: 0.99370074
00:10:43.110 --> 00:10:43.929 breath out.
NOTE Confidence: 0.9662235
00:10:48.194 --> 00:10:49.394 We'll do this two more
NOTE Confidence: 0.9662235

00:10:49.394 --> 00:10:50.694 times. Take a nice
NOTE Confidence: 0.94525594

00:10:50.995 --> 00:10:52.054 deep breath in
NOTE Confidence: 0.9364837

00:10:53.954 --> 00:10:54.855 and a long
NOTE Confidence: 0.9765228

00:10:55.235 --> 00:10:56.054 breath out.
NOTE Confidence: 0.9799222

00:11:01.220 --> 00:11:02.420 One more time. Take a
NOTE Confidence: 0.9799222

00:11:02.420 --> 00:11:04.120 nice deep breath in
NOTE Confidence: 0.88803524

00:11:05.995 --> 00:11:06.975 and a long
NOTE Confidence: 0.8964794

00:11:07.434 --> 00:11:08.254 breath out,
NOTE Confidence: 0.9901758

00:11:11.915 --> 00:11:13.214 releasing any stress,
NOTE Confidence: 0.9995569

00:11:14.370 --> 00:11:15.190 any worry,
NOTE Confidence: 0.91245747

00:11:16.210 --> 00:11:17.190 any anxiety,
NOTE Confidence: 0.9708728

00:11:18.530 --> 00:11:20.050 anything that no longer serve
NOTE Confidence: 0.9708728

00:11:20.050 --> 00:11:21.250 us, we ask for it
NOTE Confidence: 0.9708728

00:11:21.250 --> 00:11:22.070 to be released,
NOTE Confidence: 0.94415563

00:11:23.015 --> 00:11:24.155 and it is so.
NOTE Confidence: 0.98456764

00:11:30.010 --> 00:11:31.610 And when you're ready and

NOTE Confidence: 0.98456764
00:11:31.610 --> 00:11:32.910 only when you're ready,
NOTE Confidence: 0.995944
00:11:33.610 --> 00:11:35.070 if your eyes are closed,
NOTE Confidence: 0.9983417
00:11:35.370 --> 00:11:36.830 you may open your eyes.
NOTE Confidence: 0.9220247
00:11:43.055 --> 00:11:44.595 Thank you so much everyone
NOTE Confidence: 0.9220247
00:11:44.895 --> 00:11:47.075 for participating in the centering
NOTE Confidence: 0.9220247
00:11:47.215 --> 00:11:47.715 exercise.
NOTE Confidence: 0.99609685
00:11:48.700 --> 00:11:49.660 And at this time, we
NOTE Confidence: 0.99609685
00:11:49.660 --> 00:11:51.200 wanna invite people to
NOTE Confidence: 0.973529
00:11:51.740 --> 00:11:53.519 set their intention for this,
NOTE Confidence: 0.99483925
00:11:54.140 --> 00:11:55.040 for this webinar.
NOTE Confidence: 0.98016316
00:11:55.995 --> 00:11:57.375 And one of the questions
NOTE Confidence: 0.98016316
00:11:57.434 --> 00:11:59.675 for this intention is, what
NOTE Confidence: 0.98016316
00:11:59.675 --> 00:12:00.635 do you hope to get
NOTE Confidence: 0.98016316
00:12:00.635 --> 00:12:02.315 out of this event, this
NOTE Confidence: 0.98016316
00:12:02.315 --> 00:12:03.295 webinar today?
NOTE Confidence: 0.9702402

00:12:03.690 --> 00:12:04.730 And you're more than welcome

NOTE Confidence: 0.9702402

00:12:04.730 --> 00:12:06.010 to share it, in a

NOTE Confidence: 0.9702402

00:12:06.010 --> 00:12:06.510 chat.

NOTE Confidence: 0.9851855

00:12:07.610 --> 00:12:09.130 What is your attention for

NOTE Confidence: 0.9851855

00:12:09.130 --> 00:12:10.430 this webinar today?

NOTE Confidence: 0.96941745

00:12:10.895 --> 00:12:11.934 But it's it's good to

NOTE Confidence: 0.96941745

00:12:11.934 --> 00:12:12.735 see all of you. I

NOTE Confidence: 0.96941745

00:12:12.735 --> 00:12:14.015 see some new faces. I

NOTE Confidence: 0.96941745

00:12:14.015 --> 00:12:15.375 see some familiar faces as

NOTE Confidence: 0.96941745

00:12:15.375 --> 00:12:17.295 well too. And we're here

NOTE Confidence: 0.96941745

00:12:17.295 --> 00:12:18.575 to learn from from Nikki

NOTE Confidence: 0.96941745

00:12:18.575 --> 00:12:19.615 Myers and the rest of

NOTE Confidence: 0.96941745

00:12:19.615 --> 00:12:20.355 us, Akia

NOTE Confidence: 0.90034306

00:12:20.709 --> 00:12:21.689 Barr as well too.

NOTE Confidence: 0.9932156

00:12:21.990 --> 00:12:23.029 And I'm so excited to

NOTE Confidence: 0.9932156

00:12:23.029 --> 00:12:23.829 be here. So if you

NOTE Confidence: 0.9932156
00:12:23.829 --> 00:12:24.649 wanna share,
NOTE Confidence: 0.9658847
00:12:25.350 --> 00:12:27.269 your intentions for this webinar
NOTE Confidence: 0.9658847
00:12:27.269 --> 00:12:28.785 today, We'd love to hear
NOTE Confidence: 0.9658847
00:12:28.785 --> 00:12:30.165 from from some of you.
NOTE Confidence: 0.9658847
00:12:30.385 --> 00:12:31.505 And Sherry mentioned I would
NOTE Confidence: 0.9658847
00:12:31.505 --> 00:12:33.125 like to empower my clients
NOTE Confidence: 0.9658847
00:12:33.185 --> 00:12:34.785 of self care. That's perfect,
NOTE Confidence: 0.9658847
00:12:34.785 --> 00:12:36.065 Sharon. Thank you so much,
NOTE Confidence: 0.9658847
00:12:36.385 --> 00:12:37.365 for sharing that.
NOTE Confidence: 0.9897923
00:12:37.920 --> 00:12:39.040 Anyone else like to share
NOTE Confidence: 0.9897923
00:12:39.040 --> 00:12:39.839 in the chat? You're more
NOTE Confidence: 0.9897923
00:12:39.839 --> 00:12:41.140 than welcome to do so.
NOTE Confidence: 0.94731784
00:12:48.925 --> 00:12:51.085 Or Annette mentioned also or
NOTE Confidence: 0.94731784
00:12:51.085 --> 00:12:52.045 what do you want to
NOTE Confidence: 0.94731784
00:12:52.045 --> 00:12:53.645 learn, from this webinar as
NOTE Confidence: 0.94731784

00:12:53.645 --> 00:12:54.145 well?
NOTE Confidence: 0.9126295

00:13:04.054 --> 00:13:06.054 And Mary mentioned Mary Jo
NOTE Confidence: 0.9126295

00:13:06.054 --> 00:13:08.714 mentioned looking for presence during
NOTE Confidence: 0.95882225

00:13:09.015 --> 00:13:11.035 the workday. Yes. Yes.
NOTE Confidence: 0.920455

00:13:12.200 --> 00:13:13.960 Akila mentioned my intention is
NOTE Confidence: 0.920455

00:13:13.960 --> 00:13:14.620 to connect
NOTE Confidence: 0.93007284

00:13:15.480 --> 00:13:15.980 or
NOTE Confidence: 0.9765228

00:13:16.520 --> 00:13:18.620 connect our connection to community.
NOTE Confidence: 0.9765228

00:13:18.679 --> 00:13:20.040 Yes, Akila. Thank you so
NOTE Confidence: 0.9765228

00:13:20.040 --> 00:13:21.260 much for sharing that.
NOTE Confidence: 0.9690814

00:13:23.524 --> 00:13:24.904 Mary. Hey, Mary.
NOTE Confidence: 0.9696528

00:13:25.205 --> 00:13:26.165 She said find a time
NOTE Confidence: 0.9696528

00:13:26.165 --> 00:13:27.524 to fill my own cup.
NOTE Confidence: 0.9696528

00:13:27.524 --> 00:13:29.045 Yes. Yes. Thank you so
NOTE Confidence: 0.9696528

00:13:29.045 --> 00:13:30.425 much for joining us, Mary.
NOTE Confidence: 0.97014886

00:13:30.770 --> 00:13:32.150 And they're coming in now.

NOTE Confidence: 0.99179333
00:13:32.690 --> 00:13:34.370 Sharon mentioned, to remember to
NOTE Confidence: 0.99179333
00:13:34.370 --> 00:13:36.050 see friends who are on
NOTE Confidence: 0.99179333
00:13:36.050 --> 00:13:38.070 the same path. Yes. Yes.
NOTE Confidence: 0.99179333
00:13:38.175 --> 00:13:39.054 And you're more than welcome
NOTE Confidence: 0.99179333
00:13:39.054 --> 00:13:39.934 to keep them coming as
NOTE Confidence: 0.99179333
00:13:39.934 --> 00:13:40.754 well too.
NOTE Confidence: 0.9506048
00:13:41.214 --> 00:13:42.175 So thank you so much
NOTE Confidence: 0.9506048
00:13:42.175 --> 00:13:43.375 for sharing in a in
NOTE Confidence: 0.9506048
00:13:43.375 --> 00:13:44.495 a chat your intention and
NOTE Confidence: 0.9506048
00:13:44.495 --> 00:13:45.714 what you'd like to expect
NOTE Confidence: 0.99700356
00:13:46.100 --> 00:13:47.540 out of this webinar here
NOTE Confidence: 0.99700356
00:13:47.540 --> 00:13:48.040 today.
NOTE Confidence: 0.9706016
00:13:48.579 --> 00:13:49.540 And at this time, I'd
NOTE Confidence: 0.9706016
00:13:49.540 --> 00:13:50.679 like to introduce,
NOTE Confidence: 0.9778665
00:13:51.779 --> 00:13:53.240 my dear friend and colleague,
NOTE Confidence: 0.9753866

00:13:53.700 --> 00:13:54.839 Annette Diaz.
NOTE Confidence: 0.97044265

00:13:56.324 --> 00:13:58.184 Hello, everybody, and welcome
NOTE Confidence: 0.99735904

00:13:58.884 --> 00:14:01.045 to our fourth summit. I
NOTE Confidence: 0.99735904

00:14:01.045 --> 00:14:02.404 wanna apologize ahead of time
NOTE Confidence: 0.99735904

00:14:02.404 --> 00:14:03.225 for my camera.
NOTE Confidence: 0.99345547

00:14:03.690 --> 00:14:05.290 It is not playing nice
NOTE Confidence: 0.99345547

00:14:05.290 --> 00:14:06.670 in the sandbox today.
NOTE Confidence: 0.9858589

00:14:08.250 --> 00:14:09.610 So, again, I apologize. But
NOTE Confidence: 0.9858589

00:14:09.610 --> 00:14:10.910 continue to put your intentions
NOTE Confidence: 0.9858589

00:14:11.130 --> 00:14:12.089 in the chat. We will
NOTE Confidence: 0.9858589

00:14:12.089 --> 00:14:13.355 be reviewing them. So I
NOTE Confidence: 0.9858589

00:14:13.355 --> 00:14:14.815 have the honor to
NOTE Confidence: 0.999701

00:14:15.274 --> 00:14:15.774 introduce
NOTE Confidence: 0.93890715

00:14:16.075 --> 00:14:17.455 my my dear friend, Akila.
NOTE Confidence: 0.98396903

00:14:19.274 --> 00:14:20.714 So I met Akila several
NOTE Confidence: 0.98396903

00:14:20.714 --> 00:14:22.740 years ago. And when the

NOTE Confidence: 0.98396903
00:14:22.740 --> 00:14:24.839 holistic movement came for recovery,
NOTE Confidence: 0.9851064
00:14:25.220 --> 00:14:25.940 you know, it was really
NOTE Confidence: 0.9851064
00:14:25.940 --> 00:14:26.899 hard for me to connect
NOTE Confidence: 0.9851064
00:14:26.899 --> 00:14:27.860 to it. Like, I just
NOTE Confidence: 0.9851064
00:14:27.860 --> 00:14:29.139 couldn't really, like, get into
NOTE Confidence: 0.9851064
00:14:29.139 --> 00:14:30.420 it. And for some reason,
NOTE Confidence: 0.9851064
00:14:30.420 --> 00:14:31.399 the way that
NOTE Confidence: 0.88497454
00:14:32.245 --> 00:14:33.385 Akila presented it,
NOTE Confidence: 0.98036194
00:14:34.405 --> 00:14:35.605 that was where my connection
NOTE Confidence: 0.98036194
00:14:35.605 --> 00:14:37.545 was. I mean, she even
NOTE Confidence: 0.98036194
00:14:37.685 --> 00:14:39.045 was able to get my
NOTE Confidence: 0.98036194
00:14:39.045 --> 00:14:41.065 daughter to regulate her emotions
NOTE Confidence: 0.9936331
00:14:41.630 --> 00:14:43.310 and learn yoga and deep
NOTE Confidence: 0.9936331
00:14:43.310 --> 00:14:44.670 meditation so that she wasn't
NOTE Confidence: 0.9936331
00:14:44.670 --> 00:14:45.950 yelling and screaming. So she
NOTE Confidence: 0.9936331

00:14:45.950 --> 00:14:47.890 has been a huge inspiration

NOTE Confidence: 0.9952305

00:14:48.350 --> 00:14:50.155 and a huge resource in

NOTE Confidence: 0.9952305

00:14:50.155 --> 00:14:51.835 my recovery and my family's

NOTE Confidence: 0.9952305

00:14:51.835 --> 00:14:52.335 recovery,

NOTE Confidence: 0.99923056

00:14:53.195 --> 00:14:54.095 in our community.

NOTE Confidence: 0.99071705

00:14:54.555 --> 00:14:55.595 I've also worked with her

NOTE Confidence: 0.99071705

00:14:55.595 --> 00:14:57.535 in several projects for underserved

NOTE Confidence: 0.99071705

00:14:57.595 --> 00:14:59.055 people, and she

NOTE Confidence: 0.9844947

00:14:59.580 --> 00:15:01.020 when you she really, really

NOTE Confidence: 0.9844947

00:15:01.020 --> 00:15:02.780 is extremely passionate about making

NOTE Confidence: 0.9844947

00:15:02.780 --> 00:15:03.980 sure people don't get left

NOTE Confidence: 0.9844947

00:15:03.980 --> 00:15:04.480 behind

NOTE Confidence: 0.985893

00:15:04.940 --> 00:15:06.220 and making sure that people

NOTE Confidence: 0.985893

00:15:06.220 --> 00:15:07.600 have a pathway

NOTE Confidence: 0.99494064

00:15:08.015 --> 00:15:09.375 that's gonna make their lives

NOTE Confidence: 0.99494064

00:15:09.375 --> 00:15:10.415 better than where they are

NOTE Confidence: 0.99494064
00:15:10.415 --> 00:15:12.195 today. So, again,
NOTE Confidence: 0.71173763
00:15:12.735 --> 00:15:13.795 you welcome, Akila.
NOTE Confidence: 0.99742335
00:15:15.110 --> 00:15:16.490 Thank you so much, Annette.
NOTE Confidence: 0.99742335
00:15:16.550 --> 00:15:17.910 That means so much to
NOTE Confidence: 0.99742335
00:15:17.910 --> 00:15:18.410 me.
NOTE Confidence: 0.99129266
00:15:19.590 --> 00:15:20.790 I'm just grateful to have
NOTE Confidence: 0.99129266
00:15:20.790 --> 00:15:21.690 you in my life,
NOTE Confidence: 0.9901533
00:15:22.204 --> 00:15:23.644 and I'm honored to be
NOTE Confidence: 0.9901533
00:15:23.644 --> 00:15:25.345 here with everyone today.
NOTE Confidence: 0.99200314
00:15:25.725 --> 00:15:27.805 And I am honored to
NOTE Confidence: 0.99200314
00:15:27.805 --> 00:15:28.305 present,
NOTE Confidence: 0.95343584
00:15:29.084 --> 00:15:29.825 a fabulous,
NOTE Confidence: 0.9985081
00:15:30.285 --> 00:15:31.264 wonderful woman
NOTE Confidence: 0.9876322
00:15:31.790 --> 00:15:33.230 with the best energy I've
NOTE Confidence: 0.9876322
00:15:33.230 --> 00:15:34.269 ever met in my whole
NOTE Confidence: 0.9876322

00:15:34.269 --> 00:15:35.070 entire life.
NOTE Confidence: 0.9404387

00:15:35.870 --> 00:15:37.310 I'm honored to present with
NOTE Confidence: 0.9404387

00:15:37.310 --> 00:15:39.009 you guys Nikki Myers,
NOTE Confidence: 0.9994295

00:15:39.470 --> 00:15:40.370 who I met
NOTE Confidence: 0.9994637

00:15:42.515 --> 00:15:43.715 right after I took my
NOTE Confidence: 0.9994637

00:15:43.715 --> 00:15:45.875 yoga teacher training in twenty
NOTE Confidence: 0.9994637

00:15:45.875 --> 00:15:46.375 seventeen.
NOTE Confidence: 0.998226

00:15:47.075 --> 00:15:48.435 I knew that there was
NOTE Confidence: 0.998226

00:15:48.435 --> 00:15:50.055 something that was not addressed
NOTE Confidence: 0.996603

00:15:50.480 --> 00:15:52.080 throughout the entire training, and
NOTE Confidence: 0.996603

00:15:52.080 --> 00:15:53.140 it was my addiction.
NOTE Confidence: 0.9795508

00:15:54.160 --> 00:15:55.380 It was, like, my little
NOTE Confidence: 0.9795508

00:15:55.440 --> 00:15:56.800 secret that I didn't tell
NOTE Confidence: 0.9795508

00:15:56.800 --> 00:15:58.420 anybody throughout the whole training.
NOTE Confidence: 0.9963764

00:15:58.720 --> 00:15:59.555 So I just wanna tell
NOTE Confidence: 0.9963764

00:15:59.555 --> 00:16:00.675 you a little bit about,

NOTE Confidence: 0.96126

00:16:01.155 --> 00:16:02.375 miss Nikki Myers.

NOTE Confidence: 0.99868405

00:16:03.955 --> 00:16:05.795 Please listen. She is an

NOTE Confidence: 0.99868405

00:16:05.795 --> 00:16:07.495 accomplished speaker and teacher

NOTE Confidence: 0.98977286

00:16:07.970 --> 00:16:10.310 with an MBA at ERYT

NOTE Confidence: 0.98977286

00:16:10.610 --> 00:16:13.030 five hundred, yoga therapist, somatic

NOTE Confidence: 0.98977286

00:16:13.170 --> 00:16:13.670 experiencing

NOTE Confidence: 0.99971354

00:16:14.290 --> 00:16:14.790 practitioner,

NOTE Confidence: 0.9881713

00:16:15.774 --> 00:16:18.014 addiction recovery specialist, and an

NOTE Confidence: 0.9881713

00:16:18.014 --> 00:16:18.514 Ayurvedic

NOTE Confidence: 0.99547744

00:16:18.894 --> 00:16:19.394 specialist.

NOTE Confidence: 0.979112

00:16:20.574 --> 00:16:22.334 Born from her struggles with

NOTE Confidence: 0.979112

00:16:22.334 --> 00:16:24.430 addiction and work with countless

NOTE Confidence: 0.9436935

00:16:24.970 --> 00:16:26.830 students. Nikki is the founder

NOTE Confidence: 0.8790024

00:16:27.450 --> 00:16:29.470 and the creator of y

NOTE Confidence: 0.8790024

00:16:29.530 --> 00:16:31.130 twelve s r, the yoga

NOTE Confidence: 0.8790024

00:16:31.130 --> 00:16:32.190 of twelve step recovery,
NOTE Confidence: 0.98470384

00:16:32.915 --> 00:16:34.834 based on its theme, the
NOTE Confidence: 0.98470384

00:16:34.834 --> 00:16:35.334 issues
NOTE Confidence: 0.98959744

00:16:35.954 --> 00:16:37.175 live in the tissues.
NOTE Confidence: 0.93191314

00:16:37.954 --> 00:16:39.394 Y twelve SR is a
NOTE Confidence: 0.93191314

00:16:39.394 --> 00:16:41.175 relapse prevention program.
NOTE Confidence: 0.9673057

00:16:41.550 --> 00:16:42.589 It weaves the art of
NOTE Confidence: 0.9673057

00:16:42.589 --> 00:16:44.370 science and yoga with practical
NOTE Confidence: 0.9673057

00:16:44.430 --> 00:16:45.970 tools of twelve step
NOTE Confidence: 0.98664457

00:16:46.430 --> 00:16:46.930 programs.
NOTE Confidence: 0.9878526

00:16:47.790 --> 00:16:49.649 And y twelve SR meetings,
NOTE Confidence: 0.9878526

00:16:49.790 --> 00:16:50.529 they're available
NOTE Confidence: 0.90910125

00:16:51.035 --> 00:16:51.535 internationally,
NOTE Confidence: 0.9968356

00:16:52.795 --> 00:16:54.654 and the curriculum has rapidly
NOTE Confidence: 0.9968356

00:16:54.714 --> 00:16:56.175 become a feature of addiction
NOTE Confidence: 0.9968356

00:16:56.235 --> 00:16:57.855 recovery and treatment centers.

NOTE Confidence: 0.90406734
00:16:58.709 --> 00:17:00.310 Nikki's work has been featured
NOTE Confidence: 0.90406734
00:17:00.310 --> 00:17:01.610 in The New York Times'
NOTE Confidence: 0.90406734
00:17:01.750 --> 00:17:03.610 Black Enterprise, The Huffington
NOTE Confidence: 0.99570036
00:17:04.230 --> 00:17:04.730 Post,
NOTE Confidence: 0.9083661
00:17:05.510 --> 00:17:06.650 Origin Magazine,
NOTE Confidence: 0.8621396
00:17:07.030 --> 00:17:08.945 CBS News dot com,
NOTE Confidence: 0.90282583
00:17:09.565 --> 00:17:10.945 and countless podcasts.
NOTE Confidence: 0.9691474
00:17:11.804 --> 00:17:13.085 She's honored to be a
NOTE Confidence: 0.9691474
00:17:13.085 --> 00:17:13.585 cofounder
NOTE Confidence: 0.9388515
00:17:14.285 --> 00:17:15.744 of the annual yoga.
NOTE Confidence: 0.96568835
00:17:17.210 --> 00:17:17.710 Sorry.
NOTE Confidence: 0.9482767
00:17:18.330 --> 00:17:20.250 The annual yoga meditation and
NOTE Confidence: 0.9482767
00:17:20.250 --> 00:17:21.230 recovery conferences
NOTE Confidence: 0.98151565
00:17:22.250 --> 00:17:23.070 at Eastland
NOTE Confidence: 0.8110496
00:17:23.530 --> 00:17:24.030 Institute,
NOTE Confidence: 0.95073086

00:17:24.795 --> 00:17:26.555 Kripalu Center, which she is
NOTE Confidence: 0.95073086

00:17:26.555 --> 00:17:28.155 right now, for yoga and
NOTE Confidence: 0.95073086

00:17:28.155 --> 00:17:29.435 health. And Nikki has been
NOTE Confidence: 0.95073086

00:17:29.435 --> 00:17:31.994 featured as a keynote speaker
NOTE Confidence: 0.95073086

00:17:31.994 --> 00:17:34.790 in International Association of Yoga
NOTE Confidence: 0.95073086

00:17:34.930 --> 00:17:35.430 Therapeutics
NOTE Confidence: 0.8767125

00:17:37.010 --> 00:17:39.170 sorry, yoga therapist conference in
NOTE Confidence: 0.8767125

00:17:39.170 --> 00:17:41.350 the International Conference of Integrative
NOTE Confidence: 0.97653085

00:17:41.975 --> 00:17:44.295 medicine at Harvard Harvard Medical
NOTE Confidence: 0.97653085

00:17:44.295 --> 00:17:44.795 School.
NOTE Confidence: 0.9996853

00:17:45.415 --> 00:17:46.395 She was named
NOTE Confidence: 0.9869286

00:17:46.775 --> 00:17:47.674 a yoga
NOTE Confidence: 0.99299616

00:17:48.135 --> 00:17:50.790 journal game changer and is
NOTE Confidence: 0.99299616

00:17:50.950 --> 00:17:52.090 an honored recipient
NOTE Confidence: 0.99935406

00:17:52.710 --> 00:17:53.770 of the esteemed
NOTE Confidence: 0.8707365

00:17:54.869 --> 00:17:56.810 NUVO, n u v o,

NOTE Confidence: 0.84515834
00:17:57.270 --> 00:17:57.770 cultural
NOTE Confidence: 0.945205
00:17:58.310 --> 00:18:00.565 visionary award award. And
NOTE Confidence: 0.86883473
00:18:01.185 --> 00:18:02.305 that if you wanna find
NOTE Confidence: 0.86883473
00:18:02.305 --> 00:18:04.865 out other information about yoga
NOTE Confidence: 0.86883473
00:18:04.865 --> 00:18:06.065 or why it's all bizarre,
NOTE Confidence: 0.86883473
00:18:06.065 --> 00:18:07.265 you can visit w w
NOTE Confidence: 0.86883473
00:18:07.265 --> 00:18:08.165 w dot
NOTE Confidence: 0.997308
00:18:08.510 --> 00:18:10.190 y twelve s r dot
NOTE Confidence: 0.997308
00:18:10.190 --> 00:18:10.690 com.
NOTE Confidence: 0.9986517
00:18:11.390 --> 00:18:11.890 And
NOTE Confidence: 0.9981907
00:18:12.270 --> 00:18:13.630 I just wanted to share
NOTE Confidence: 0.9981907
00:18:13.630 --> 00:18:15.490 a little bit about myself
NOTE Confidence: 0.9981907
00:18:15.710 --> 00:18:16.210 and
NOTE Confidence: 0.913743
00:18:17.815 --> 00:18:18.395 how just
NOTE Confidence: 0.9801467
00:18:18.855 --> 00:18:19.995 taking that training,
NOTE Confidence: 0.9729452

00:18:21.015 --> 00:18:21.835 with Nikki
NOTE Confidence: 0.9961425

00:18:22.455 --> 00:18:23.115 in Massachusetts
NOTE Confidence: 0.9965814

00:18:24.029 --> 00:18:25.070 has changed my life. I
NOTE Confidence: 0.9965814

00:18:25.070 --> 00:18:26.029 just wanted to share a
NOTE Confidence: 0.9965814

00:18:26.029 --> 00:18:27.309 little bit how that has
NOTE Confidence: 0.9965814

00:18:27.309 --> 00:18:28.210 changed me
NOTE Confidence: 0.97975886

00:18:29.070 --> 00:18:31.090 in regards to emotional wellness
NOTE Confidence: 0.97975886

00:18:31.230 --> 00:18:32.915 and as well as to
NOTE Confidence: 0.97975886

00:18:32.915 --> 00:18:34.515 physical wellness since we're talking
NOTE Confidence: 0.97975886

00:18:34.515 --> 00:18:35.795 about the eight dimensions of
NOTE Confidence: 0.97975886

00:18:35.795 --> 00:18:36.295 wellness.
NOTE Confidence: 0.9975185

00:18:37.155 --> 00:18:37.655 So,
NOTE Confidence: 0.99805146

00:18:38.275 --> 00:18:38.775 emotionally,
NOTE Confidence: 0.9964887

00:18:39.715 --> 00:18:42.030 I've gone through a transformation,
NOTE Confidence: 0.9964887

00:18:42.170 --> 00:18:43.310 a healing process,
NOTE Confidence: 0.9893214

00:18:43.930 --> 00:18:45.530 through the movement of breath

NOTE Confidence: 0.9893214
00:18:45.530 --> 00:18:46.030 work,
NOTE Confidence: 0.99885833
00:18:47.450 --> 00:18:47.950 through
NOTE Confidence: 0.8606187
00:18:48.764 --> 00:18:49.884 why twelve us are, how
NOTE Confidence: 0.8606187
00:18:49.884 --> 00:18:50.705 it combines,
NOTE Confidence: 0.9763061
00:18:52.845 --> 00:18:54.365 you know, breathing and moving
NOTE Confidence: 0.9763061
00:18:54.605 --> 00:18:56.030 movement and how we can
NOTE Confidence: 0.9763061
00:18:56.190 --> 00:18:58.270 explore different processes of our
NOTE Confidence: 0.9763061
00:18:58.270 --> 00:18:58.770 emotions,
NOTE Confidence: 0.9915777
00:18:59.630 --> 00:19:01.550 especially those emotions that lie
NOTE Confidence: 0.9915777
00:19:01.550 --> 00:19:02.050 deep,
NOTE Confidence: 0.9877367
00:19:02.510 --> 00:19:03.950 deep within our bodies that
NOTE Confidence: 0.9877367
00:19:03.950 --> 00:19:05.730 become trapped within our tissues.
NOTE Confidence: 0.9914937
00:19:06.575 --> 00:19:08.975 Just learning those abilities for,
NOTE Confidence: 0.9914937
00:19:09.295 --> 00:19:10.195 self regulation
NOTE Confidence: 0.96365976
00:19:11.055 --> 00:19:12.435 and self awareness,
NOTE Confidence: 0.9996287

00:19:13.135 --> 00:19:14.494 that has been crucial to
NOTE Confidence: 0.9996287

00:19:14.494 --> 00:19:15.875 my development as
NOTE Confidence: 0.98747617

00:19:16.480 --> 00:19:17.940 an embodied practitioner,
NOTE Confidence: 0.9268495

00:19:20.160 --> 00:19:22.500 an empowered practitioner as well.
NOTE Confidence: 0.9720524

00:19:22.880 --> 00:19:24.660 Also, the physical strengthening
NOTE Confidence: 0.91834384

00:19:25.040 --> 00:19:26.625 or physical wellness,
NOTE Confidence: 0.94542676

00:19:28.524 --> 00:19:30.125 by dressing all of those
NOTE Confidence: 0.94542676

00:19:30.125 --> 00:19:31.184 physical manifestations,
NOTE Confidence: 0.98541623

00:19:33.484 --> 00:19:34.544 of my addiction,
NOTE Confidence: 0.8960561

00:19:35.790 --> 00:19:36.770 like my stress,
NOTE Confidence: 0.99907935

00:19:37.470 --> 00:19:39.490 just having those coping mechanisms
NOTE Confidence: 0.9120275

00:19:39.790 --> 00:19:40.290 within,
NOTE Confidence: 0.70631224

00:19:41.310 --> 00:19:42.350 help Y twelve of the
NOTE Confidence: 0.70631224

00:19:42.350 --> 00:19:43.550 SAR helped me to build
NOTE Confidence: 0.70631224

00:19:43.550 --> 00:19:44.610 tons of resilience.
NOTE Confidence: 0.99902564

00:19:45.815 --> 00:19:47.675 The energy, the sense of

NOTE Confidence: 0.99902564
00:19:47.815 --> 00:19:48.315 groundedness
NOTE Confidence: 0.98950154
00:19:48.695 --> 00:19:50.215 that was really needed when
NOTE Confidence: 0.98950154
00:19:50.215 --> 00:19:51.035 I was, like,
NOTE Confidence: 0.93579966
00:19:51.415 --> 00:19:52.455 just all over the place
NOTE Confidence: 0.93579966
00:19:52.455 --> 00:19:53.815 just kept me grounded, kept
NOTE Confidence: 0.93579966
00:19:53.815 --> 00:19:55.390 me connected to mother earth,
NOTE Confidence: 0.9860055
00:19:56.250 --> 00:19:57.770 and just really feeling like,
NOTE Confidence: 0.9860055
00:19:57.770 --> 00:19:59.369 you know, my ancestors had
NOTE Confidence: 0.9860055
00:19:59.369 --> 00:20:00.030 my back.
NOTE Confidence: 0.99499804
00:20:00.650 --> 00:20:02.109 That embodied presence,
NOTE Confidence: 0.9605037
00:20:02.914 --> 00:20:04.375 you know, of why Tovasar
NOTE Confidence: 0.9605037
00:20:04.515 --> 00:20:06.274 helped me to, you know,
NOTE Confidence: 0.9605037
00:20:06.274 --> 00:20:07.895 connect to a more spiritual
NOTE Confidence: 0.9605037
00:20:08.115 --> 00:20:09.255 practice as well,
NOTE Confidence: 0.9757677
00:20:10.115 --> 00:20:11.635 that mind body connection of
NOTE Confidence: 0.9757677

00:20:11.635 --> 00:20:12.375 why Tovasar.
NOTE Confidence: 0.9679525

00:20:13.700 --> 00:20:14.500 And one of the most
NOTE Confidence: 0.9679525

00:20:14.500 --> 00:20:15.000 important,
NOTE Confidence: 0.99734753

00:20:17.220 --> 00:20:18.659 things that I learned through,
NOTE Confidence: 0.99734753

00:20:18.659 --> 00:20:20.600 like, having meetings throughout,
NOTE Confidence: 0.9929723

00:20:20.984 --> 00:20:21.804 you know, Connecticut,
NOTE Confidence: 0.9662585

00:20:22.184 --> 00:20:23.484 whether they be in Hartford
NOTE Confidence: 0.9662585

00:20:23.544 --> 00:20:25.565 and New Haven, is that
NOTE Confidence: 0.9662585

00:20:25.705 --> 00:20:26.904 I can build and connect
NOTE Confidence: 0.9662585

00:20:26.904 --> 00:20:27.644 with community.
NOTE Confidence: 0.9886871

00:20:28.850 --> 00:20:30.310 So that was really important
NOTE Confidence: 0.9886871

00:20:30.369 --> 00:20:30.930 to be,
NOTE Confidence: 0.99984956

00:20:31.410 --> 00:20:31.910 vulnerable
NOTE Confidence: 0.97795266

00:20:32.369 --> 00:20:32.869 and
NOTE Confidence: 0.98482877

00:20:33.170 --> 00:20:34.710 just share my story,
NOTE Confidence: 0.98739517

00:20:35.385 --> 00:20:37.005 hold that really safe container

NOTE Confidence: 0.98739517
00:20:37.145 --> 00:20:38.445 of space for everyone.
NOTE Confidence: 0.9972836
00:20:40.665 --> 00:20:42.445 And I think that is
NOTE Confidence: 0.9858556
00:20:42.820 --> 00:20:44.820 just I'm just grateful. I'm
NOTE Confidence: 0.9858556
00:20:44.820 --> 00:20:46.740 happy to present to you
NOTE Confidence: 0.9858556
00:20:46.740 --> 00:20:47.640 guys again,
NOTE Confidence: 0.9007077
00:20:48.179 --> 00:20:49.400 miss Nikki Myers,
NOTE Confidence: 0.9985515
00:20:50.355 --> 00:20:52.554 and thank you for allowing
NOTE Confidence: 0.9985515
00:20:52.554 --> 00:20:54.615 me to bring you about.
NOTE Confidence: 0.96508455
00:20:56.035 --> 00:20:58.510 Thank you, Akila. I so
NOTE Confidence: 0.96508455
00:20:58.510 --> 00:20:59.010 appreciate
NOTE Confidence: 0.9592673
00:20:59.790 --> 00:21:01.710 every every aspect of who
NOTE Confidence: 0.9592673
00:21:01.710 --> 00:21:02.990 you are and how you
NOTE Confidence: 0.9592673
00:21:02.990 --> 00:21:04.369 bring yourself totally
NOTE Confidence: 0.9689687
00:21:04.990 --> 00:21:06.590 into everything you do, and
NOTE Confidence: 0.9689687
00:21:06.590 --> 00:21:07.650 I'm so grateful.
NOTE Confidence: 0.9383906

00:21:08.335 --> 00:21:09.875 Yeah, so deeply grateful.
NOTE Confidence: 0.9259489
00:21:10.575 --> 00:21:12.335 And thank you to all
NOTE Confidence: 0.9259489
00:21:12.335 --> 00:21:13.075 of you.
NOTE Confidence: 0.76599264
00:21:13.455 --> 00:21:14.435 Oh, my goodness.
NOTE Confidence: 0.99772024
00:21:15.775 --> 00:21:16.595 I bow
NOTE Confidence: 0.9802409
00:21:17.230 --> 00:21:18.830 to this group. I know
NOTE Confidence: 0.9802409
00:21:18.830 --> 00:21:19.789 that you are the ones
NOTE Confidence: 0.9802409
00:21:19.789 --> 00:21:20.830 who are out here doing
NOTE Confidence: 0.9802409
00:21:20.830 --> 00:21:21.490 the work,
NOTE Confidence: 0.9448282
00:21:21.869 --> 00:21:23.789 for real, for real, doing
NOTE Confidence: 0.9448282
00:21:23.789 --> 00:21:25.789 the work, and and I
NOTE Confidence: 0.9448282
00:21:25.789 --> 00:21:26.289 bow,
NOTE Confidence: 0.89003575
00:21:26.804 --> 00:21:28.665 absolutely bow to that.
NOTE Confidence: 0.98961246
00:21:30.325 --> 00:21:31.865 I also wanna thank
NOTE Confidence: 0.9520564
00:21:32.165 --> 00:21:34.405 Kelvin who invited me to
NOTE Confidence: 0.9520564
00:21:34.405 --> 00:21:36.139 this forum. I wanna thank

NOTE Confidence: 0.9520564
00:21:36.139 --> 00:21:37.820 all the folks that I
NOTE Confidence: 0.9520564
00:21:37.820 --> 00:21:39.519 I met earlier today,
NOTE Confidence: 0.9405291
00:21:40.139 --> 00:21:42.059 doctor Bellamy and Mitzi and
NOTE Confidence: 0.9405291
00:21:42.059 --> 00:21:43.580 Annette and all of the
NOTE Confidence: 0.9405291
00:21:43.580 --> 00:21:45.804 folks that, I met earlier
NOTE Confidence: 0.9405291
00:21:45.804 --> 00:21:47.345 today. It takes a lot
NOTE Confidence: 0.9405291
00:21:47.484 --> 00:21:49.085 to put on something like
NOTE Confidence: 0.9405291
00:21:49.085 --> 00:21:49.585 this,
NOTE Confidence: 0.9927051
00:21:50.284 --> 00:21:51.725 and so, you know, I
NOTE Confidence: 0.9927051
00:21:51.725 --> 00:21:53.140 just honor your work
NOTE Confidence: 0.9493303
00:21:53.540 --> 00:21:54.660 and that all you put
NOTE Confidence: 0.9493303
00:21:54.660 --> 00:21:55.480 into this.
NOTE Confidence: 0.9778609
00:21:56.340 --> 00:21:58.100 And I want to go
NOTE Confidence: 0.9778609
00:21:58.100 --> 00:22:00.440 back to what Doctor. Bellamy
NOTE Confidence: 0.96057415
00:22:01.725 --> 00:22:03.244 was talking about in in
NOTE Confidence: 0.96057415

00:22:03.244 --> 00:22:04.465 her land acknowledgment.
NOTE Confidence: 0.9121558

00:22:04.765 --> 00:22:06.445 I'm so grateful. I wanna
NOTE Confidence: 0.9121558

00:22:06.765 --> 00:22:08.225 would love to start there.
NOTE Confidence: 0.9987316

00:22:08.605 --> 00:22:10.500 I'm so grateful for that.
NOTE Confidence: 0.79027975

00:22:12.260 --> 00:22:12.760 Unfortunately,
NOTE Confidence: 0.98691005

00:22:14.260 --> 00:22:16.200 dominant culture often
NOTE Confidence: 0.99949336

00:22:16.900 --> 00:22:17.400 obscures
NOTE Confidence: 0.99987364

00:22:17.940 --> 00:22:18.440 history
NOTE Confidence: 0.88542604

00:22:19.715 --> 00:22:21.015 and and makes some things
NOTE Confidence: 0.88542604

00:22:21.154 --> 00:22:21.654 invisible.
NOTE Confidence: 0.95008683

00:22:22.034 --> 00:22:23.414 They keep them secret,
NOTE Confidence: 0.8970348

00:22:23.955 --> 00:22:25.734 right? And and we know
NOTE Confidence: 0.9342448

00:22:26.115 --> 00:22:27.895 our secrets keep us sick.
NOTE Confidence: 0.9736706

00:22:28.400 --> 00:22:30.420 Our secrets keep us sick.
NOTE Confidence: 0.9673796

00:22:30.800 --> 00:22:33.200 And truly, if our real
NOTE Confidence: 0.9673796

00:22:33.200 --> 00:22:34.580 intention is healing,

NOTE Confidence: 0.9903264
00:22:35.535 --> 00:22:37.635 what has been rendered invisible
NOTE Confidence: 0.9913025
00:22:38.015 --> 00:22:39.315 has to become visible
NOTE Confidence: 0.4973883
00:22:40.015 --> 00:22:40.515 because
NOTE Confidence: 0.98890716
00:22:40.815 --> 00:22:42.415 you cannot heal what you
NOTE Confidence: 0.98890716
00:22:42.415 --> 00:22:43.315 do not acknowledge.
NOTE Confidence: 0.9981902
00:22:44.180 --> 00:22:45.160 You can't heal
NOTE Confidence: 0.9712122
00:22:45.700 --> 00:22:47.320 what you do not acknowledge,
NOTE Confidence: 0.9493409
00:22:48.100 --> 00:22:49.780 right? And that's something you're
NOTE Confidence: 0.9493409
00:22:49.780 --> 00:22:51.560 gonna hear me say over
NOTE Confidence: 0.9493409
00:22:51.619 --> 00:22:53.934 and over and over and
NOTE Confidence: 0.9493409
00:22:53.934 --> 00:22:55.695 over again because it's such
NOTE Confidence: 0.9493409
00:22:55.695 --> 00:22:56.994 an important part
NOTE Confidence: 0.99371636
00:22:57.535 --> 00:22:58.275 of healing.
NOTE Confidence: 0.9570222
00:22:59.535 --> 00:23:01.075 So kind of in addition
NOTE Confidence: 0.90328705
00:23:01.799 --> 00:23:03.899 to to the land acknowledgement
NOTE Confidence: 0.90328705

00:23:03.960 --> 00:23:04.940 that was given,
NOTE Confidence: 0.93715084

00:23:05.480 --> 00:23:07.659 I also love to acknowledge
NOTE Confidence: 0.93715084

00:23:07.720 --> 00:23:09.960 and express deep gratitude for
NOTE Confidence: 0.93715084

00:23:09.960 --> 00:23:11.100 my own ancestry,
NOTE Confidence: 0.8545349

00:23:12.885 --> 00:23:14.984 right, and it's like despite
NOTE Confidence: 0.99727607

00:23:15.525 --> 00:23:17.385 the history of kidnapping,
NOTE Confidence: 0.9980257

00:23:18.005 --> 00:23:18.505 enslavement,
NOTE Confidence: 0.9901104

00:23:19.205 --> 00:23:19.705 lynching,
NOTE Confidence: 0.9753697

00:23:20.369 --> 00:23:20.869 torture,
NOTE Confidence: 0.93204445

00:23:21.570 --> 00:23:22.710 and mass incarceration.
NOTE Confidence: 0.9482323

00:23:24.049 --> 00:23:26.369 What I know that for
NOTE Confidence: 0.9482323

00:23:26.369 --> 00:23:28.210 me to be here right
NOTE Confidence: 0.9482323

00:23:28.210 --> 00:23:28.710 now,
NOTE Confidence: 0.90580046

00:23:29.475 --> 00:23:30.215 there's superhero
NOTE Confidence: 0.9926112

00:23:30.835 --> 00:23:31.895 in my blood.
NOTE Confidence: 0.8476129

00:23:32.515 --> 00:23:33.734 There is absolutely

NOTE Confidence: 0.9514556
00:23:34.515 --> 00:23:35.975 superhero in my blood.
NOTE Confidence: 0.99936044
00:23:36.609 --> 00:23:37.830 And someone
NOTE Confidence: 0.9780343
00:23:38.290 --> 00:23:39.350 in my bloodlines
NOTE Confidence: 0.9557666
00:23:39.970 --> 00:23:42.050 actually survived the middle packet
NOTE Confidence: 0.9557666
00:23:42.290 --> 00:23:43.270 the middle passage.
NOTE Confidence: 0.9966172
00:23:44.245 --> 00:23:45.845 Right? And that means that
NOTE Confidence: 0.9966172
00:23:45.845 --> 00:23:46.745 there's brilliance,
NOTE Confidence: 0.99537706
00:23:47.685 --> 00:23:48.825 that there's resilience
NOTE Confidence: 0.9794991
00:23:49.845 --> 00:23:51.545 right here in my blood,
NOTE Confidence: 0.9794991
00:23:51.605 --> 00:23:53.450 and that's something that I
NOTE Confidence: 0.9794991
00:23:53.450 --> 00:23:53.950 continuously
NOTE Confidence: 0.9671303
00:23:54.970 --> 00:23:55.869 tap into
NOTE Confidence: 0.9908749
00:23:56.490 --> 00:23:57.690 in order to fuel my
NOTE Confidence: 0.9908749
00:23:57.690 --> 00:23:58.590 own recovery.
NOTE Confidence: 0.922495
00:23:59.585 --> 00:24:01.265 Right? And then I also
NOTE Confidence: 0.922495

00:24:01.265 --> 00:24:02.865 have to start by thanking
NOTE Confidence: 0.922495

00:24:02.865 --> 00:24:04.145 my many teachers, and the
NOTE Confidence: 0.922495

00:24:04.145 --> 00:24:05.685 list is so long.
NOTE Confidence: 0.9391285

00:24:06.065 --> 00:24:07.445 And I'm so grateful.
NOTE Confidence: 0.9950408

00:24:08.059 --> 00:24:09.980 And I'm sure that as
NOTE Confidence: 0.9950408

00:24:09.980 --> 00:24:11.740 I speak today, I'm gonna
NOTE Confidence: 0.9950408

00:24:11.740 --> 00:24:13.259 quote and thank some of
NOTE Confidence: 0.9950408

00:24:13.259 --> 00:24:15.119 them as as we talk.
NOTE Confidence: 0.98825896

00:24:15.805 --> 00:24:17.085 And part of the point
NOTE Confidence: 0.98825896

00:24:17.085 --> 00:24:18.205 in doing that is to
NOTE Confidence: 0.98825896

00:24:18.205 --> 00:24:20.045 recognize that there's really nothing
NOTE Confidence: 0.98825896

00:24:20.045 --> 00:24:20.545 original.
NOTE Confidence: 0.96025664

00:24:21.005 --> 00:24:23.505 Right? Everything comes from someplace
NOTE Confidence: 0.96025664

00:24:23.565 --> 00:24:24.065 else.
NOTE Confidence: 0.98662376

00:24:25.000 --> 00:24:27.320 Every melody that's ever been
NOTE Confidence: 0.98662376

00:24:27.320 --> 00:24:28.840 written or that you've ever

NOTE Confidence: 0.98662376
00:24:28.840 --> 00:24:30.359 heard comes from the same
NOTE Confidence: 0.98662376
00:24:30.359 --> 00:24:31.260 twelve notes.
NOTE Confidence: 0.99078685
00:24:32.315 --> 00:24:34.575 Right? And what I've discovered
NOTE Confidence: 0.99078685
00:24:34.794 --> 00:24:36.715 is that honoring where things
NOTE Confidence: 0.99078685
00:24:36.715 --> 00:24:38.315 come from is a way
NOTE Confidence: 0.99078685
00:24:38.315 --> 00:24:39.455 to be radically
NOTE Confidence: 0.788041
00:24:39.914 --> 00:24:40.414 honest.
NOTE Confidence: 0.98656505
00:24:41.400 --> 00:24:42.600 And in my own healing
NOTE Confidence: 0.98656505
00:24:42.600 --> 00:24:44.680 journey, what I've learned that
NOTE Confidence: 0.98656505
00:24:44.680 --> 00:24:46.359 there's some things that I
NOTE Confidence: 0.98656505
00:24:46.359 --> 00:24:47.500 have to cultivate
NOTE Confidence: 0.95770067
00:24:48.175 --> 00:24:49.535 in order to continue to
NOTE Confidence: 0.95770067
00:24:49.535 --> 00:24:50.035 heal,
NOTE Confidence: 0.9990111
00:24:50.495 --> 00:24:52.015 and some of those are
NOTE Confidence: 0.9990111
00:24:52.015 --> 00:24:52.515 gratitude,
NOTE Confidence: 0.99923617

00:24:53.855 --> 00:24:54.915 radical honesty,
NOTE Confidence: 0.98106503
00:24:55.855 --> 00:24:56.355 integrity,
NOTE Confidence: 0.98201954
00:24:57.150 --> 00:24:57.890 and humility.
NOTE Confidence: 0.99738604
00:24:58.750 --> 00:25:00.350 Right? Those are things that
NOTE Confidence: 0.99738604
00:25:00.350 --> 00:25:02.109 I must continue to nourish
NOTE Confidence: 0.99738604
00:25:02.109 --> 00:25:02.770 and cultivate
NOTE Confidence: 0.9886836
00:25:03.470 --> 00:25:04.929 in my own healing.
NOTE Confidence: 0.9534463
00:25:06.035 --> 00:25:07.875 So thank you all. I'm
NOTE Confidence: 0.9534463
00:25:07.875 --> 00:25:08.695 so grateful,
NOTE Confidence: 0.9966033
00:25:08.994 --> 00:25:09.734 so grateful.
NOTE Confidence: 0.9752889
00:25:10.595 --> 00:25:12.355 And with with that, I
NOTE Confidence: 0.9752889
00:25:12.355 --> 00:25:14.215 wanna start by introducing
NOTE Confidence: 0.99008644
00:25:15.210 --> 00:25:15.710 myself.
NOTE Confidence: 0.9347894
00:25:17.130 --> 00:25:18.490 So as you see, my
NOTE Confidence: 0.9347894
00:25:18.490 --> 00:25:19.869 name is Nikki Myers,
NOTE Confidence: 0.95774555
00:25:20.250 --> 00:25:22.830 and my pronouns are she,

NOTE Confidence: 0.95774555
00:25:23.050 --> 00:25:25.265 her, and we. I use
NOTE Confidence: 0.95774555
00:25:25.265 --> 00:25:26.565 the pronoun we.
NOTE Confidence: 0.9984403
00:25:26.945 --> 00:25:28.545 And I'm hopeful this little
NOTE Confidence: 0.9984403
00:25:28.545 --> 00:25:29.045 introduction
NOTE Confidence: 0.98164284
00:25:29.345 --> 00:25:30.625 will offer you a little
NOTE Confidence: 0.98164284
00:25:30.625 --> 00:25:32.865 more insight into what that
NOTE Confidence: 0.98164284
00:25:32.865 --> 00:25:34.950 we is is all about.
NOTE Confidence: 0.99439025
00:25:35.730 --> 00:25:37.410 And it'll, I think, take
NOTE Confidence: 0.99439025
00:25:37.410 --> 00:25:39.270 us into this conversation
NOTE Confidence: 0.9983687
00:25:40.210 --> 00:25:40.710 about
NOTE Confidence: 0.9998448
00:25:41.924 --> 00:25:43.544 how we can support
NOTE Confidence: 0.99930346
00:25:43.924 --> 00:25:44.424 ourselves
NOTE Confidence: 0.964799
00:25:45.765 --> 00:25:47.765 as, you know, we walk
NOTE Confidence: 0.964799
00:25:47.765 --> 00:25:48.265 through.
NOTE Confidence: 0.9318586
00:25:49.830 --> 00:25:51.190 Kelvin didn't tell me if
NOTE Confidence: 0.9318586

00:25:51.190 --> 00:25:52.490 I could say,
NOTE Confidence: 0.99256897

00:25:52.950 --> 00:25:54.789 I'm famous for saying four
NOTE Confidence: 0.99256897

00:25:54.789 --> 00:25:55.690 letter words.
NOTE Confidence: 0.852689

00:25:56.070 --> 00:25:56.570 Right?
NOTE Confidence: 0.9694078

00:25:57.190 --> 00:25:59.415 Pretty famous for that. And,
NOTE Confidence: 0.9694078

00:25:59.415 --> 00:26:00.535 you you know, I always
NOTE Confidence: 0.9694078

00:26:00.535 --> 00:26:01.975 say that I I got
NOTE Confidence: 0.9694078

00:26:01.975 --> 00:26:03.495 it from my father. I
NOTE Confidence: 0.9694078

00:26:03.495 --> 00:26:04.615 really got it from my
NOTE Confidence: 0.9694078

00:26:04.615 --> 00:26:06.295 father. So if you hear
NOTE Confidence: 0.9694078

00:26:06.295 --> 00:26:07.880 that, I'm hopeful that it
NOTE Confidence: 0.9694078

00:26:07.880 --> 00:26:09.560 won't offend you in any
NOTE Confidence: 0.9694078

00:26:09.560 --> 00:26:11.400 way. Just know it's coming
NOTE Confidence: 0.9694078

00:26:11.400 --> 00:26:13.660 from this deep, honest place.
NOTE Confidence: 0.9940545

00:26:14.280 --> 00:26:15.340 It really is.
NOTE Confidence: 0.9311139

00:26:15.720 --> 00:26:17.065 And what, you know, I

NOTE Confidence: 0.9311139
00:26:17.065 --> 00:26:18.345 was gonna say about that
NOTE Confidence: 0.9311139
00:26:18.345 --> 00:26:19.885 is the truth is,
NOTE Confidence: 0.99633366
00:26:20.425 --> 00:26:21.865 if we look around from
NOTE Confidence: 0.99633366
00:26:21.865 --> 00:26:23.165 a worldly perspective,
NOTE Confidence: 0.9226011
00:26:23.545 --> 00:26:24.905 we're pretty much in a
NOTE Confidence: 0.9226011
00:26:24.905 --> 00:26:25.645 shit show.
NOTE Confidence: 0.99741286
00:26:26.160 --> 00:26:28.660 Right? It pretty much is.
NOTE Confidence: 0.99614865
00:26:29.440 --> 00:26:31.140 Right? And how
NOTE Confidence: 0.99968976
00:26:31.520 --> 00:26:32.580 do we hold
NOTE Confidence: 0.9616531
00:26:33.295 --> 00:26:34.975 that and all the things
NOTE Confidence: 0.9616531
00:26:34.975 --> 00:26:36.835 that are going on, right,
NOTE Confidence: 0.9616531
00:26:37.135 --> 00:26:39.135 and deeply still care for
NOTE Confidence: 0.9616531
00:26:39.135 --> 00:26:39.635 ourselves?
NOTE Confidence: 0.9713218
00:26:40.429 --> 00:26:41.869 Right? How can we hold
NOTE Confidence: 0.9713218
00:26:41.869 --> 00:26:43.889 that and? That's an and.
NOTE Confidence: 0.9713218

00:26:44.109 --> 00:26:45.950 What's going on is going

NOTE Confidence: 0.9713218

00:26:45.950 --> 00:26:47.309 on, and we have to

NOTE Confidence: 0.9713218

00:26:47.309 --> 00:26:48.769 tell the truth about that.

NOTE Confidence: 0.9945722

00:26:49.335 --> 00:26:50.395 Right? And

NOTE Confidence: 0.9972289

00:26:51.015 --> 00:26:52.215 how do we care for

NOTE Confidence: 0.9972289

00:26:52.215 --> 00:26:52.715 ourselves

NOTE Confidence: 0.9879583

00:26:53.415 --> 00:26:55.095 in the midst of all

NOTE Confidence: 0.9879583

00:26:55.095 --> 00:26:55.835 this insanity?

NOTE Confidence: 0.99663424

00:26:57.000 --> 00:26:58.359 I know y'all know the

NOTE Confidence: 0.99663424

00:26:58.359 --> 00:27:00.139 numbers and the statistics

NOTE Confidence: 0.988044

00:27:00.519 --> 00:27:01.019 about,

NOTE Confidence: 0.9056826

00:27:02.119 --> 00:27:03.340 people, particularly

NOTE Confidence: 0.9485539

00:27:03.720 --> 00:27:05.179 here in the United States,

NOTE Confidence: 0.9995207

00:27:05.484 --> 00:27:06.385 that are dying

NOTE Confidence: 0.97406673

00:27:06.765 --> 00:27:09.505 day after day after day

NOTE Confidence: 0.97406673

00:27:09.725 --> 00:27:11.325 as as the result of

NOTE Confidence: 0.97406673
00:27:11.325 --> 00:27:12.545 the throes of addiction.
NOTE Confidence: 0.9822262
00:27:12.919 --> 00:27:14.780 I know y'all know this.
NOTE Confidence: 0.9544059
00:27:15.160 --> 00:27:17.320 Right? And how in the
NOTE Confidence: 0.9544059
00:27:17.320 --> 00:27:18.859 face of this,
NOTE Confidence: 0.9994901
00:27:19.855 --> 00:27:21.234 how can we
NOTE Confidence: 0.974403
00:27:22.015 --> 00:27:24.255 you know, I saw this
NOTE Confidence: 0.974403
00:27:24.255 --> 00:27:26.175 thing a while back that
NOTE Confidence: 0.974403
00:27:26.175 --> 00:27:26.675 really,
NOTE Confidence: 0.9968355
00:27:27.455 --> 00:27:28.675 had me rethink
NOTE Confidence: 0.98463124
00:27:29.250 --> 00:27:30.710 some things around this.
NOTE Confidence: 0.9622715
00:27:32.369 --> 00:27:33.809 It was an article, and
NOTE Confidence: 0.9622715
00:27:33.809 --> 00:27:35.890 the article was by this
NOTE Confidence: 0.9622715
00:27:35.890 --> 00:27:37.109 Chinese scholar.
NOTE Confidence: 0.99755305
00:27:38.215 --> 00:27:39.755 And what she was saying
NOTE Confidence: 0.99755305
00:27:39.895 --> 00:27:41.575 in in the article is
NOTE Confidence: 0.99755305

00:27:41.575 --> 00:27:43.195 that the two characters
NOTE Confidence: 0.99798715

00:27:43.654 --> 00:27:45.434 in in the Chinese language
NOTE Confidence: 0.960234

00:27:46.330 --> 00:27:48.490 that that represent the word
NOTE Confidence: 0.960234

00:27:48.490 --> 00:27:48.990 crisis,
NOTE Confidence: 0.8145009

00:27:49.850 --> 00:27:50.990 there are two characters.
NOTE Confidence: 0.9932541

00:27:52.090 --> 00:27:53.530 And one of them is
NOTE Confidence: 0.9932541

00:27:53.530 --> 00:27:54.030 danger.
NOTE Confidence: 0.98171455

00:27:54.645 --> 00:27:56.184 Right? And the other one
NOTE Confidence: 0.98171455

00:27:56.244 --> 00:27:58.984 is usually translated as opportunity,
NOTE Confidence: 0.9800169

00:27:59.845 --> 00:28:00.885 but the way that this
NOTE Confidence: 0.9800169

00:28:00.885 --> 00:28:02.885 scholar was translating the second
NOTE Confidence: 0.9800169

00:28:02.885 --> 00:28:03.385 character,
NOTE Confidence: 0.94449884

00:28:04.090 --> 00:28:06.509 she said the better translation
NOTE Confidence: 0.9783231

00:28:06.809 --> 00:28:08.669 for it is turning point.
NOTE Confidence: 0.90571076

00:28:09.369 --> 00:28:10.350 So she said,
NOTE Confidence: 0.7676356

00:28:11.345 --> 00:28:12.885 dane the crisis

NOTE Confidence: 0.9975055
00:28:13.585 --> 00:28:14.085 represents
NOTE Confidence: 0.9994655
00:28:14.385 --> 00:28:14.885 danger
NOTE Confidence: 0.99456125
00:28:15.265 --> 00:28:15.765 and
NOTE Confidence: 0.9177187
00:28:16.144 --> 00:28:17.284 a turning point.
NOTE Confidence: 0.97089064
00:28:17.664 --> 00:28:19.205 And I really like that.
NOTE Confidence: 0.99974036
00:28:20.019 --> 00:28:21.220 The way that she was
NOTE Confidence: 0.99974036
00:28:21.220 --> 00:28:22.679 speaking to this was
NOTE Confidence: 0.90123075
00:28:23.619 --> 00:28:24.919 in this moment
NOTE Confidence: 0.94220877
00:28:25.299 --> 00:28:26.200 of crisis,
NOTE Confidence: 0.9996235
00:28:26.500 --> 00:28:27.879 we can't ignore
NOTE Confidence: 0.9406856
00:28:28.500 --> 00:28:29.399 or deny
NOTE Confidence: 0.99989074
00:28:29.925 --> 00:28:30.825 or pretend
NOTE Confidence: 0.98535377
00:28:31.525 --> 00:28:33.365 or make excuses or any
NOTE Confidence: 0.98535377
00:28:33.365 --> 00:28:34.825 of that about the danger.
NOTE Confidence: 0.98535377
00:28:35.125 --> 00:28:36.345 We're in danger.
NOTE Confidence: 0.99891305

00:28:37.365 --> 00:28:37.865 And
NOTE Confidence: 0.99906594
00:28:38.590 --> 00:28:40.530 the idea that we use
NOTE Confidence: 0.99906594
00:28:40.830 --> 00:28:41.730 our energies
NOTE Confidence: 0.9894108
00:28:42.190 --> 00:28:43.330 and our efforts
NOTE Confidence: 0.9658753
00:28:43.870 --> 00:28:44.929 at this time
NOTE Confidence: 0.99934757
00:28:45.684 --> 00:28:48.265 to create the best positive
NOTE Confidence: 0.9997296
00:28:48.645 --> 00:28:49.145 outcome
NOTE Confidence: 0.95097005
00:28:49.684 --> 00:28:51.205 because this moment is a
NOTE Confidence: 0.95097005
00:28:51.205 --> 00:28:52.184 turning point.
NOTE Confidence: 0.993036
00:28:52.940 --> 00:28:54.060 Right? And it can go
NOTE Confidence: 0.993036
00:28:54.060 --> 00:28:54.720 either way.
NOTE Confidence: 0.99169123
00:28:55.020 --> 00:28:56.460 And the fact that that
NOTE Confidence: 0.99169123
00:28:56.460 --> 00:28:57.360 we're here,
NOTE Confidence: 0.97624713
00:28:57.740 --> 00:28:59.420 right, doing what we're doing
NOTE Confidence: 0.97624713
00:28:59.420 --> 00:29:00.800 right here, right now,
NOTE Confidence: 0.9988102
00:29:01.445 --> 00:29:02.265 it inspires

NOTE Confidence: 0.9997634
00:29:02.565 --> 00:29:03.065 me
NOTE Confidence: 0.89409894
00:29:03.445 --> 00:29:03.945 because
NOTE Confidence: 0.9751509
00:29:04.405 --> 00:29:05.765 I believe that's what we're
NOTE Confidence: 0.9751509
00:29:05.765 --> 00:29:07.785 doing. We're using our energy,
NOTE Confidence: 0.99943686
00:29:08.245 --> 00:29:10.005 we're using our time, we're
NOTE Confidence: 0.99943686
00:29:10.005 --> 00:29:11.145 using our effort
NOTE Confidence: 0.9997946
00:29:11.510 --> 00:29:12.890 so that we can turn
NOTE Confidence: 0.9997946
00:29:12.950 --> 00:29:13.770 this around
NOTE Confidence: 0.9984113
00:29:14.390 --> 00:29:16.490 for the best possible outcome
NOTE Confidence: 0.9984113
00:29:16.550 --> 00:29:17.210 for all.
NOTE Confidence: 0.99778575
00:29:17.590 --> 00:29:19.370 Right? And that's really inspirational
NOTE Confidence: 0.99965906
00:29:19.670 --> 00:29:20.410 for me.
NOTE Confidence: 0.9964504
00:29:21.185 --> 00:29:22.485 So as I was saying,
NOTE Confidence: 0.9636805
00:29:22.865 --> 00:29:24.005 you know, I'm Nikki.
NOTE Confidence: 0.9901599
00:29:24.385 --> 00:29:26.085 Right? And and,
NOTE Confidence: 0.9667325

00:29:27.025 --> 00:29:28.865 I use those pronouns she,
NOTE Confidence: 0.9667325
00:29:28.865 --> 00:29:29.845 her, and we.
NOTE Confidence: 0.9959303
00:29:30.450 --> 00:29:32.390 And here's what the we
NOTE Confidence: 0.99412584
00:29:32.690 --> 00:29:34.310 really is all about.
NOTE Confidence: 0.9325878
00:29:35.410 --> 00:29:37.490 I am an MBA, just
NOTE Confidence: 0.9325878
00:29:37.490 --> 00:29:39.034 like Akila said. I'm an
NOTE Confidence: 0.9325878
00:29:39.034 --> 00:29:39.534 MBA.
NOTE Confidence: 0.992266
00:29:40.075 --> 00:29:41.615 I'm a somatic experiencing
NOTE Confidence: 0.99542606
00:29:42.075 --> 00:29:42.575 practitioner.
NOTE Confidence: 0.99949944
00:29:42.875 --> 00:29:44.254 I'm a yoga therapist.
NOTE Confidence: 0.93640745
00:29:44.955 --> 00:29:46.654 I'm, actually a technology
NOTE Confidence: 0.876894
00:29:46.955 --> 00:29:47.855 patent holder.
NOTE Confidence: 0.9703211
00:29:48.160 --> 00:29:49.440 Right? Even though the patent
NOTE Confidence: 0.9703211
00:29:49.440 --> 00:29:50.340 has expired.
NOTE Confidence: 0.99719
00:29:51.200 --> 00:29:52.320 I'm the founder of an
NOTE Confidence: 0.99719
00:29:52.320 --> 00:29:52.820 organization

NOTE Confidence: 0.86703193
00:29:53.120 --> 00:29:54.580 that's known as y twelve,
NOTE Confidence: 0.86703193
00:29:54.640 --> 00:29:56.000 right, or y twelve s
NOTE Confidence: 0.86703193
00:29:56.000 --> 00:29:57.415 r is the flagship
NOTE Confidence: 0.9900532
00:29:57.895 --> 00:29:59.595 offering of y twelve.
NOTE Confidence: 0.93276596
00:30:00.135 --> 00:30:01.255 Y twelve SR is the
NOTE Confidence: 0.93276596
00:30:01.255 --> 00:30:02.715 yoga twelve step recovery.
NOTE Confidence: 0.9470517
00:30:03.335 --> 00:30:05.275 I'm an Ayurvedic yoga specialist.
NOTE Confidence: 0.9470517
00:30:05.540 --> 00:30:07.720 I'm an addiction recovery specialist,
NOTE Confidence: 0.93770534
00:30:08.100 --> 00:30:09.540 and, and the big three
NOTE Confidence: 0.93770534
00:30:09.540 --> 00:30:10.760 letter word is and.
NOTE Confidence: 0.9858161
00:30:11.540 --> 00:30:13.935 And I'm a recovering addict.
NOTE Confidence: 0.9858161
00:30:14.255 --> 00:30:15.235 I'm an alcoholic.
NOTE Confidence: 0.9936049
00:30:16.415 --> 00:30:17.795 After two relapses,
NOTE Confidence: 0.93809474
00:30:18.735 --> 00:30:20.995 one after eight years clean,
NOTE Confidence: 0.95814055
00:30:21.630 --> 00:30:23.870 and another one after four
NOTE Confidence: 0.95814055

00:30:23.870 --> 00:30:24.370 years.
NOTE Confidence: 0.99321187
00:30:25.150 --> 00:30:26.290 In July
NOTE Confidence: 0.9914093
00:30:27.070 --> 00:30:29.230 of twenty twenty four, if
NOTE Confidence: 0.9914093
00:30:29.230 --> 00:30:30.565 I just make it to
NOTE Confidence: 0.9914093
00:30:30.565 --> 00:30:31.705 July the fifteenth,
NOTE Confidence: 0.99875313
00:30:32.165 --> 00:30:33.765 it'll be twenty four years
NOTE Confidence: 0.99875313
00:30:33.765 --> 00:30:34.665 of continuous
NOTE Confidence: 0.9997528
00:30:35.045 --> 00:30:35.545 recovery
NOTE Confidence: 0.9949742
00:30:36.165 --> 00:30:37.785 after those first
NOTE Confidence: 0.9373556
00:30:38.340 --> 00:30:39.080 two relapses,
NOTE Confidence: 0.9989906
00:30:39.620 --> 00:30:40.900 and I'm so grateful to
NOTE Confidence: 0.9989906
00:30:40.900 --> 00:30:41.640 say that.
NOTE Confidence: 0.99325365
00:30:42.580 --> 00:30:44.200 I'm also a codependent.
NOTE Confidence: 0.9398528
00:30:44.980 --> 00:30:46.120 I'm the survivor
NOTE Confidence: 0.99881834
00:30:46.580 --> 00:30:48.675 of both childhood and adult
NOTE Confidence: 0.99881834
00:30:48.675 --> 00:30:49.655 sexual trauma.

NOTE Confidence: 0.9953922
00:30:50.355 --> 00:30:52.135 I'm a domestic violence
NOTE Confidence: 0.9920798
00:30:52.435 --> 00:30:52.935 survivor.
NOTE Confidence: 0.9986216
00:30:53.715 --> 00:30:54.855 I'm a love addict.
NOTE Confidence: 0.99968123
00:30:55.510 --> 00:30:56.410 I'm a former
NOTE Confidence: 0.94465494
00:30:56.710 --> 00:30:58.250 commercial sex worker,
NOTE Confidence: 0.9981651
00:30:58.870 --> 00:30:59.370 and
NOTE Confidence: 0.9941557
00:31:00.550 --> 00:31:01.670 I'm the mother of two
NOTE Confidence: 0.9941557
00:31:01.670 --> 00:31:03.850 living and one deceased child.
NOTE Confidence: 0.99604034
00:31:04.414 --> 00:31:06.275 I'm the grandmother of five.
NOTE Confidence: 0.9640222
00:31:06.815 --> 00:31:08.495 I'm the great grandmother of
NOTE Confidence: 0.9640222
00:31:08.495 --> 00:31:08.995 seven,
NOTE Confidence: 0.9966545
00:31:09.934 --> 00:31:10.434 and
NOTE Confidence: 0.96427226
00:31:11.670 --> 00:31:13.770 I'm a spirit and soul
NOTE Confidence: 0.96427226
00:31:13.990 --> 00:31:14.490 explorer.
NOTE Confidence: 0.9926132
00:31:15.270 --> 00:31:16.650 I'm a lover of life.
NOTE Confidence: 0.983425

00:31:17.190 --> 00:31:18.470 I'm a lover of all
NOTE Confidence: 0.983425

00:31:18.470 --> 00:31:20.170 things related to dogs,
NOTE Confidence: 0.99766064

00:31:21.165 --> 00:31:22.465 and so much more.
NOTE Confidence: 0.97004807

00:31:22.925 --> 00:31:25.005 Right? And I I don't
NOTE Confidence: 0.97004807

00:31:25.005 --> 00:31:27.245 introduce myself this way as
NOTE Confidence: 0.97004807

00:31:27.245 --> 00:31:28.925 what I heard first heard
NOTE Confidence: 0.97004807

00:31:28.925 --> 00:31:31.029 this term from Sonya Renee
NOTE Confidence: 0.97004807

00:31:31.029 --> 00:31:31.529 Taylor.
NOTE Confidence: 0.9990866

00:31:32.149 --> 00:31:33.269 Right? And she said she
NOTE Confidence: 0.9990866

00:31:33.269 --> 00:31:34.549 was talking about how some
NOTE Confidence: 0.9990866

00:31:34.549 --> 00:31:36.169 people do that for inspiration
NOTE Confidence: 0.98485

00:31:36.629 --> 00:31:37.129 porn.
NOTE Confidence: 0.9977312

00:31:37.429 --> 00:31:37.929 Right?
NOTE Confidence: 0.97957134

00:31:38.335 --> 00:31:39.554 This isn't inspiration
NOTE Confidence: 0.9494447

00:31:39.855 --> 00:31:41.794 porn. Right? I introduce
NOTE Confidence: 0.9918113

00:31:42.095 --> 00:31:44.195 myself this way in recognition

NOTE Confidence: 0.9556982
00:31:44.655 --> 00:31:46.034 that there's a we
NOTE Confidence: 0.9753352
00:31:46.414 --> 00:31:48.740 inside of me. There's a
NOTE Confidence: 0.9753352
00:31:49.039 --> 00:31:50.720 we inside of me. And
NOTE Confidence: 0.9753352
00:31:50.720 --> 00:31:52.159 I love saying all of
NOTE Confidence: 0.9753352
00:31:52.159 --> 00:31:53.620 that in the same sentence
NOTE Confidence: 0.9753352
00:31:53.760 --> 00:31:55.380 connected by that and.
NOTE Confidence: 0.99158275
00:31:55.774 --> 00:31:58.195 That and is very important,
NOTE Confidence: 0.99158275
00:31:58.414 --> 00:31:59.934 and it's really a vital
NOTE Confidence: 0.99158275
00:31:59.934 --> 00:32:01.534 piece of the conversation that
NOTE Confidence: 0.99158275
00:32:01.534 --> 00:32:02.995 we're going to have here.
NOTE Confidence: 0.99158275
00:32:03.280 --> 00:32:04.660 How do I take care
NOTE Confidence: 0.99158275
00:32:04.720 --> 00:32:05.540 of all
NOTE Confidence: 0.93318397
00:32:05.840 --> 00:32:07.060 of those ands?
NOTE Confidence: 0.96633995
00:32:07.840 --> 00:32:09.520 Right? It's a very important
NOTE Confidence: 0.96633995
00:32:09.520 --> 00:32:10.420 piece of this.
NOTE Confidence: 0.9657912

00:32:10.720 --> 00:32:12.340 Because here's what I've discovered,
NOTE Confidence: 0.99966896

00:32:12.985 --> 00:32:14.525 that all of those
NOTE Confidence: 0.9997025

00:32:14.825 --> 00:32:15.325 experiences
NOTE Confidence: 0.87360746

00:32:16.025 --> 00:32:17.405 are part of my beat.
NOTE Confidence: 0.8837151

00:32:17.865 --> 00:32:19.685 And if or when I
NOTE Confidence: 0.8837151

00:32:19.705 --> 00:32:20.205 deny
NOTE Confidence: 0.944543

00:32:20.665 --> 00:32:21.645 or ignore
NOTE Confidence: 0.9987159

00:32:22.300 --> 00:32:24.000 or I create a pretense
NOTE Confidence: 0.97879857

00:32:24.940 --> 00:32:26.880 around any of the parts,
NOTE Confidence: 0.97879857

00:32:27.020 --> 00:32:28.300 or if I make one
NOTE Confidence: 0.97879857

00:32:28.300 --> 00:32:29.520 part bad,
NOTE Confidence: 0.9626792

00:32:29.875 --> 00:32:31.255 awful, and wrong,
NOTE Confidence: 0.9452518

00:32:31.715 --> 00:32:33.795 and another part right and
NOTE Confidence: 0.9452518

00:32:33.795 --> 00:32:35.335 wonderful and praiseworthy,
NOTE Confidence: 0.99843204

00:32:36.355 --> 00:32:38.275 then what gets created is
NOTE Confidence: 0.99843204

00:32:38.275 --> 00:32:39.015 a split

NOTE Confidence: 0.9528435
00:32:39.650 --> 00:32:41.330 inside of me because they're
NOTE Confidence: 0.9528435
00:32:41.330 --> 00:32:43.590 all here. There's a fissure
NOTE Confidence: 0.89175826
00:32:44.050 --> 00:32:46.310 inside my bee, and that
NOTE Confidence: 0.89175826
00:32:46.370 --> 00:32:47.890 erupts as a as an
NOTE Confidence: 0.89175826
00:32:47.890 --> 00:32:49.030 internal war.
NOTE Confidence: 0.9702934
00:32:49.505 --> 00:32:50.885 It erupts as chaos,
NOTE Confidence: 0.9571535
00:32:51.425 --> 00:32:52.885 it erupts as confusion.
NOTE Confidence: 0.9974923
00:32:53.745 --> 00:32:55.505 And a huge part of
NOTE Confidence: 0.9974923
00:32:55.505 --> 00:32:57.205 this healing work for me
NOTE Confidence: 0.99673223
00:32:57.530 --> 00:32:59.470 has been in reintegrating
NOTE Confidence: 0.9020961
00:33:00.410 --> 00:33:01.550 all the parts.
NOTE Confidence: 0.99769926
00:33:02.650 --> 00:33:03.950 Parts and fragments
NOTE Confidence: 0.9991655
00:33:04.330 --> 00:33:05.230 of myself
NOTE Confidence: 0.9597987
00:33:05.664 --> 00:33:07.024 that I'd left hanging out
NOTE Confidence: 0.9597987
00:33:07.024 --> 00:33:08.645 here, there, and everywhere.
NOTE Confidence: 0.99133444

00:33:09.985 --> 00:33:10.485 Right?
NOTE Confidence: 0.98205525

00:33:11.105 --> 00:33:13.080 And that brings me a
NOTE Confidence: 0.98205525

00:33:13.080 --> 00:33:15.020 little bit into this piece
NOTE Confidence: 0.98205525

00:33:15.080 --> 00:33:15.900 of yoga.
NOTE Confidence: 0.97675186

00:33:17.400 --> 00:33:18.679 One of the things that
NOTE Confidence: 0.97675186

00:33:18.679 --> 00:33:20.679 led me into a deep
NOTE Confidence: 0.97675186

00:33:20.679 --> 00:33:22.845 exploration of yoga is its
NOTE Confidence: 0.97675186

00:33:22.845 --> 00:33:23.745 very definition.
NOTE Confidence: 0.97560316

00:33:24.765 --> 00:33:25.825 From Sanskrit,
NOTE Confidence: 0.9899098

00:33:26.525 --> 00:33:28.305 right, yoga translates
NOTE Confidence: 0.99783814

00:33:28.685 --> 00:33:29.745 into English
NOTE Confidence: 0.9951763

00:33:30.205 --> 00:33:31.345 as integration,
NOTE Confidence: 0.99759865

00:33:32.650 --> 00:33:33.150 union,
NOTE Confidence: 0.9976788

00:33:34.169 --> 00:33:34.669 balance,
NOTE Confidence: 0.97025764

00:33:35.450 --> 00:33:35.950 wholeness.
NOTE Confidence: 0.9945666

00:33:38.169 --> 00:33:39.309 And the split

NOTE Confidence: 0.98435366
00:33:39.735 --> 00:33:41.495 or the fissure that I'm
NOTE Confidence: 0.98435366
00:33:41.495 --> 00:33:43.355 speaking of here is really
NOTE Confidence: 0.98435366
00:33:43.415 --> 00:33:45.115 the antithesis of that.
NOTE Confidence: 0.9685991
00:33:45.655 --> 00:33:46.715 It's separation.
NOTE Confidence: 0.9988424
00:33:47.495 --> 00:33:48.635 It's disconnection.
NOTE Confidence: 0.9457731
00:33:49.880 --> 00:33:51.820 Right? It's all these pieces
NOTE Confidence: 0.9457731
00:33:51.880 --> 00:33:53.260 parts that are everywhere.
NOTE Confidence: 0.9807413
00:33:54.360 --> 00:33:56.120 So part of the the
NOTE Confidence: 0.9807413
00:33:56.120 --> 00:33:57.480 the work that I'm speaking
NOTE Confidence: 0.9807413
00:33:57.480 --> 00:33:59.160 about here is known as
NOTE Confidence: 0.9807413
00:33:59.160 --> 00:34:01.804 as parts work. Right? Reintegrating
NOTE Confidence: 0.93185025
00:34:02.505 --> 00:34:03.645 all these parts.
NOTE Confidence: 0.97956765
00:34:04.265 --> 00:34:05.705 And parts work has really
NOTE Confidence: 0.97956765
00:34:05.705 --> 00:34:07.164 regained a lot of focus
NOTE Confidence: 0.980923
00:34:07.639 --> 00:34:09.579 over the past several years,
NOTE Confidence: 0.980923

00:34:09.800 --> 00:34:11.319 and that's has a lot
NOTE Confidence: 0.980923

00:34:11.319 --> 00:34:12.200 to do with the work
NOTE Confidence: 0.980923

00:34:12.200 --> 00:34:13.420 of Richard Swartz.
NOTE Confidence: 0.9574047

00:34:13.719 --> 00:34:15.339 That work is called internal
NOTE Confidence: 0.9574047

00:34:15.480 --> 00:34:17.415 family systems or IFS.
NOTE Confidence: 0.98711795

00:34:18.515 --> 00:34:20.275 However, parts work is actually
NOTE Confidence: 0.98711795

00:34:20.275 --> 00:34:20.775 ancient.
NOTE Confidence: 0.90006065

00:34:21.155 --> 00:34:23.415 This is ancient ancient work.
NOTE Confidence: 0.99859256

00:34:23.930 --> 00:34:25.070 I first became
NOTE Confidence: 0.98453003

00:34:25.450 --> 00:34:27.770 aware of this integration work
NOTE Confidence: 0.98453003

00:34:27.770 --> 00:34:29.450 through my study and practice
NOTE Confidence: 0.98453003

00:34:29.450 --> 00:34:31.550 of yoga and and Vedanta
NOTE Confidence: 0.9874486

00:34:32.145 --> 00:34:33.185 and things like that, and
NOTE Confidence: 0.9874486

00:34:33.185 --> 00:34:34.065 that's been a part of
NOTE Confidence: 0.9874486

00:34:34.065 --> 00:34:35.344 my study now for more
NOTE Confidence: 0.9874486

00:34:35.344 --> 00:34:36.565 than forty years.

NOTE Confidence: 0.9668763
00:34:37.185 --> 00:34:38.145 One of the things I
NOTE Confidence: 0.9668763
00:34:38.145 --> 00:34:39.745 recognized out of that is
NOTE Confidence: 0.9668763
00:34:39.745 --> 00:34:41.960 that the divine mother has
NOTE Confidence: 0.9668763
00:34:41.960 --> 00:34:43.100 a thousand names
NOTE Confidence: 0.9254375
00:34:43.960 --> 00:34:45.000 and some of those names
NOTE Confidence: 0.9254375
00:34:45.000 --> 00:34:45.820 are fierce,
NOTE Confidence: 0.9154186
00:34:46.440 --> 00:34:48.220 right? They're all not sunshine
NOTE Confidence: 0.9154186
00:34:48.360 --> 00:34:49.180 and lollipops
NOTE Confidence: 0.97612
00:34:49.815 --> 00:34:51.255 and candy. Some of those
NOTE Confidence: 0.97612
00:34:51.255 --> 00:34:53.594 names are actually quite fierce
NOTE Confidence: 0.6910261
00:34:53.895 --> 00:34:54.395 because
NOTE Confidence: 0.99688864
00:34:54.775 --> 00:34:56.375 there needs to be a
NOTE Confidence: 0.99688864
00:34:56.375 --> 00:34:58.555 quite fierce part of us.
NOTE Confidence: 0.97225124
00:34:59.280 --> 00:34:59.780 Right?
NOTE Confidence: 0.99093246
00:35:00.080 --> 00:35:01.760 So what I became aware
NOTE Confidence: 0.99093246

00:35:01.760 --> 00:35:03.520 of is that all of
NOTE Confidence: 0.99093246

00:35:03.520 --> 00:35:04.420 these pieces
NOTE Confidence: 0.9162936

00:35:05.120 --> 00:35:06.660 or these identities
NOTE Confidence: 0.9991979

00:35:07.494 --> 00:35:08.635 or these personalities
NOTE Confidence: 0.99932194

00:35:09.335 --> 00:35:10.075 in me
NOTE Confidence: 0.8825484

00:35:10.614 --> 00:35:12.635 were really in some way
NOTE Confidence: 0.8825484

00:35:12.775 --> 00:35:13.515 or another,
NOTE Confidence: 0.95882976

00:35:13.974 --> 00:35:15.414 they helped me to live
NOTE Confidence: 0.95882976

00:35:15.414 --> 00:35:16.075 and survive
NOTE Confidence: 0.9858133

00:35:16.770 --> 00:35:17.750 on this planet.
NOTE Confidence: 0.93776

00:35:18.450 --> 00:35:19.270 And truthfully,
NOTE Confidence: 0.97335434

00:35:19.810 --> 00:35:21.510 they're all on team Nikki.
NOTE Confidence: 0.99949723

00:35:22.050 --> 00:35:23.750 They're all on team Nikki.
NOTE Confidence: 0.9719464

00:35:24.344 --> 00:35:25.244 So what
NOTE Confidence: 0.9263638

00:35:25.545 --> 00:35:26.825 I've had to learn is
NOTE Confidence: 0.9263638

00:35:26.825 --> 00:35:27.565 to honor

NOTE Confidence: 0.9390218
00:35:27.864 --> 00:35:28.605 them all,
NOTE Confidence: 0.9985509
00:35:29.145 --> 00:35:31.165 how to honor them all.
NOTE Confidence: 0.9649671
00:35:31.980 --> 00:35:34.079 There is an ancient poet,
NOTE Confidence: 0.9649671
00:35:34.219 --> 00:35:36.079 a Sufi poet, and
NOTE Confidence: 0.8577831
00:35:36.380 --> 00:35:37.760 his name is Rumi,
NOTE Confidence: 0.95266706
00:35:38.380 --> 00:35:40.059 right? And Rumi has this
NOTE Confidence: 0.95266706
00:35:40.059 --> 00:35:40.559 beautiful
NOTE Confidence: 0.8922216
00:35:41.265 --> 00:35:42.405 poem or writing
NOTE Confidence: 0.9892318
00:35:42.785 --> 00:35:44.625 around what we're speaking to
NOTE Confidence: 0.9892318
00:35:44.625 --> 00:35:45.125 here.
NOTE Confidence: 0.920477
00:35:45.985 --> 00:35:47.344 The writing is called the
NOTE Confidence: 0.920477
00:35:47.344 --> 00:35:48.244 guest house.
NOTE Confidence: 0.96044075
00:35:49.185 --> 00:35:51.180 Right? And what he speaks
NOTE Confidence: 0.96044075
00:35:51.180 --> 00:35:52.700 about in this and I'm
NOTE Confidence: 0.96044075
00:35:52.700 --> 00:35:53.980 not gonna read it, I'll
NOTE Confidence: 0.96044075

00:35:53.980 --> 00:35:55.339 give you the essence of
NOTE Confidence: 0.96044075
00:35:55.339 --> 00:35:55.839 it.
NOTE Confidence: 0.9298137
00:35:56.300 --> 00:35:57.739 The guest house, it says,
NOTE Confidence: 0.9298137
00:35:57.739 --> 00:35:59.580 this being human is a
NOTE Confidence: 0.9298137
00:35:59.580 --> 00:36:00.235 guest house,
NOTE Confidence: 0.9449501
00:36:01.195 --> 00:36:02.895 Every day, a new arrival.
NOTE Confidence: 0.99527806
00:36:03.515 --> 00:36:04.955 And what he speaks to
NOTE Confidence: 0.99527806
00:36:04.955 --> 00:36:06.575 from there are emotions
NOTE Confidence: 0.99244905
00:36:07.035 --> 00:36:07.855 that arise.
NOTE Confidence: 0.9918596
00:36:08.570 --> 00:36:09.770 Right? There may be a
NOTE Confidence: 0.9918596
00:36:09.770 --> 00:36:10.270 sadness.
NOTE Confidence: 0.9977131
00:36:11.130 --> 00:36:12.430 There may be grief.
NOTE Confidence: 0.94113064
00:36:12.969 --> 00:36:14.250 There may be all those
NOTE Confidence: 0.94113064
00:36:14.250 --> 00:36:14.750 things.
NOTE Confidence: 0.9964731
00:36:15.290 --> 00:36:17.655 Right? But my favorite line
NOTE Confidence: 0.9964731
00:36:17.655 --> 00:36:19.095 in that whole thing is

NOTE Confidence: 0.9964731
00:36:19.095 --> 00:36:20.635 the line where he says,
NOTE Confidence: 0.9974323
00:36:21.095 --> 00:36:23.255 we welcome and entertain them
NOTE Confidence: 0.9974323
00:36:23.255 --> 00:36:23.755 all.
NOTE Confidence: 0.99898934
00:36:24.070 --> 00:36:24.810 We welcome
NOTE Confidence: 0.99868953
00:36:25.430 --> 00:36:27.910 and entertain them all. I'm
NOTE Confidence: 0.99868953
00:36:27.910 --> 00:36:28.730 not making
NOTE Confidence: 0.93565845
00:36:29.110 --> 00:36:31.110 my sadness bad, awful, and
NOTE Confidence: 0.93565845
00:36:31.110 --> 00:36:33.425 raw. We won't it's almost
NOTE Confidence: 0.93565845
00:36:33.425 --> 00:36:33.925 like
NOTE Confidence: 0.96503544
00:36:34.465 --> 00:36:36.805 something I'm really excited about.
NOTE Confidence: 0.96503544
00:36:36.865 --> 00:36:37.365 Right?
NOTE Confidence: 0.9501599
00:36:37.745 --> 00:36:39.105 One of my favorite movies,
NOTE Confidence: 0.9501599
00:36:39.105 --> 00:36:40.465 it seems the older I
NOTE Confidence: 0.9501599
00:36:40.465 --> 00:36:42.250 get, the more my favorite
NOTE Confidence: 0.9501599
00:36:42.250 --> 00:36:44.349 movies are like Pixar cartoons.
NOTE Confidence: 0.98381925

00:36:44.890 --> 00:36:45.390 Right?
NOTE Confidence: 0.96435136

00:36:46.089 --> 00:36:47.130 Right? I don't know what's
NOTE Confidence: 0.96435136

00:36:47.130 --> 00:36:48.329 up with that, but the
NOTE Confidence: 0.96435136

00:36:48.329 --> 00:36:50.525 older I get. Right? Right
NOTE Confidence: 0.92380947

00:36:50.985 --> 00:36:52.344 now, for just to give
NOTE Confidence: 0.92380947

00:36:52.344 --> 00:36:53.805 you a hint into that,
NOTE Confidence: 0.92380947

00:36:53.945 --> 00:36:54.445 I
NOTE Confidence: 0.99253666

00:36:55.864 --> 00:36:57.485 my seven great grandkids,
NOTE Confidence: 0.9758089

00:36:57.945 --> 00:36:59.300 five of them are girls.
NOTE Confidence: 0.9758089

00:36:59.540 --> 00:37:00.820 The the youngest five are
NOTE Confidence: 0.9758089

00:37:00.820 --> 00:37:01.940 girls, so I'm with my
NOTE Confidence: 0.9758089

00:37:01.940 --> 00:37:03.239 girls all the time.
NOTE Confidence: 0.9822159

00:37:03.780 --> 00:37:06.440 And they just inspired me
NOTE Confidence: 0.9822159

00:37:06.500 --> 00:37:07.860 because of what we were
NOTE Confidence: 0.9822159

00:37:07.860 --> 00:37:08.360 watching.
NOTE Confidence: 0.999685

00:37:08.955 --> 00:37:10.175 The next seminar

NOTE Confidence: 0.98362005
00:37:10.475 --> 00:37:12.575 and coursework that I'm developing,
NOTE Confidence: 0.92244977
00:37:13.355 --> 00:37:14.795 it it comes from
NOTE Confidence: 0.9451166
00:37:15.195 --> 00:37:16.555 if if you got younger
NOTE Confidence: 0.9451166
00:37:16.555 --> 00:37:18.075 kids, I'm sure you've seen
NOTE Confidence: 0.9451166
00:37:18.075 --> 00:37:20.130 this one, from Encanto.
NOTE Confidence: 0.89952815
00:37:21.230 --> 00:37:23.549 Right? And so Encanto said
NOTE Confidence: 0.89952815
00:37:23.549 --> 00:37:24.609 Disney movie,
NOTE Confidence: 0.99693966
00:37:24.989 --> 00:37:26.349 and the song that the
NOTE Confidence: 0.99693966
00:37:26.349 --> 00:37:28.465 kids sing from the movie
NOTE Confidence: 0.99693966
00:37:28.605 --> 00:37:29.505 all the time
NOTE Confidence: 0.91148156
00:37:30.045 --> 00:37:31.485 is we don't talk about
NOTE Confidence: 0.91148156
00:37:31.485 --> 00:37:31.985 Bruno.
NOTE Confidence: 0.999057
00:37:32.765 --> 00:37:34.625 We don't talk about Bruno.
NOTE Confidence: 0.9770601
00:37:35.079 --> 00:37:36.359 Right? And what they're speaking
NOTE Confidence: 0.9770601
00:37:36.359 --> 00:37:37.960 to in that song is
NOTE Confidence: 0.9770601

00:37:37.960 --> 00:37:39.339 a family member
NOTE Confidence: 0.95507264

00:37:39.880 --> 00:37:42.040 who was dealing with some
NOTE Confidence: 0.95507264

00:37:42.040 --> 00:37:44.200 mental or emotional challenges or
NOTE Confidence: 0.95507264

00:37:44.200 --> 00:37:45.605 some challenges in the life.
NOTE Confidence: 0.95507264

00:37:45.605 --> 00:37:46.885 And the family says, we
NOTE Confidence: 0.95507264

00:37:46.885 --> 00:37:48.185 don't talk about Bruno.
NOTE Confidence: 0.9801453

00:37:48.645 --> 00:37:50.325 Right? And that's what we're
NOTE Confidence: 0.9801453

00:37:50.325 --> 00:37:51.445 speaking to here. We said
NOTE Confidence: 0.9801453

00:37:51.445 --> 00:37:53.205 this earlier. Our secrets keep
NOTE Confidence: 0.9801453

00:37:53.205 --> 00:37:53.945 us sick.
NOTE Confidence: 0.92904955

00:37:54.739 --> 00:37:56.100 Right? Our sick we don't
NOTE Confidence: 0.92904955

00:37:56.100 --> 00:37:57.620 talk about that. We don't
NOTE Confidence: 0.92904955

00:37:57.620 --> 00:37:59.140 talk about that, and it's
NOTE Confidence: 0.92904955

00:37:59.140 --> 00:38:00.500 our secrets that keep us
NOTE Confidence: 0.92904955

00:38:00.500 --> 00:38:01.000 sick.
NOTE Confidence: 0.97447944

00:38:01.725 --> 00:38:03.005 But the movie I'm referring

NOTE Confidence: 0.97447944
00:38:03.005 --> 00:38:04.285 to here about all these
NOTE Confidence: 0.97447944
00:38:04.285 --> 00:38:05.345 pieces parts
NOTE Confidence: 0.9474054
00:38:05.965 --> 00:38:07.345 is Inside Out.
NOTE Confidence: 0.9909088
00:38:08.364 --> 00:38:09.619 Right? And I don't know
NOTE Confidence: 0.9909088
00:38:09.619 --> 00:38:11.219 if you've seen inside out.
NOTE Confidence: 0.9909088
00:38:11.219 --> 00:38:12.100 One of the things I'm
NOTE Confidence: 0.9909088
00:38:12.100 --> 00:38:13.940 very excited about is within
NOTE Confidence: 0.9909088
00:38:13.940 --> 00:38:15.160 the next two weeks,
NOTE Confidence: 0.9883238
00:38:15.460 --> 00:38:17.965 inside out two comes out.
NOTE Confidence: 0.99327004
00:38:18.505 --> 00:38:19.945 Right? And it's the same
NOTE Confidence: 0.99327004
00:38:19.945 --> 00:38:22.125 thing. And they're talking about
NOTE Confidence: 0.9986887
00:38:22.425 --> 00:38:23.725 all these emotions
NOTE Confidence: 0.9640341
00:38:24.105 --> 00:38:25.725 and things that arise.
NOTE Confidence: 0.99859625
00:38:26.859 --> 00:38:28.460 And if I shut them
NOTE Confidence: 0.99859625
00:38:28.460 --> 00:38:28.960 out
NOTE Confidence: 0.93809

00:38:29.260 --> 00:38:30.619 and make them bad off
NOTE Confidence: 0.93809

00:38:30.619 --> 00:38:31.359 on wrong,
NOTE Confidence: 0.9985156

00:38:31.820 --> 00:38:33.359 if I shut them out
NOTE Confidence: 0.88215

00:38:33.660 --> 00:38:35.339 and make like they don't
NOTE Confidence: 0.88215

00:38:35.339 --> 00:38:35.839 belong,
NOTE Confidence: 0.9850537

00:38:36.685 --> 00:38:38.844 then it's only gonna come
NOTE Confidence: 0.9850537

00:38:38.844 --> 00:38:40.685 back out some other way.
NOTE Confidence: 0.9850537

00:38:40.685 --> 00:38:42.545 It comes out sideways.
NOTE Confidence: 0.9950057

00:38:43.325 --> 00:38:44.705 It comes out sideways.
NOTE Confidence: 0.9992417

00:38:46.190 --> 00:38:48.849 Healing happens through inclusion.
NOTE Confidence: 0.9995772

00:38:50.030 --> 00:38:51.570 It happens through
NOTE Confidence: 0.95304334

00:38:52.109 --> 00:38:52.609 inclusion.
NOTE Confidence: 0.9369338

00:38:54.255 --> 00:38:55.375 And the idea of this
NOTE Confidence: 0.9369338

00:38:55.375 --> 00:38:57.875 is once there is integration,
NOTE Confidence: 0.99741477

00:38:58.815 --> 00:39:01.315 once there is this inclusion,
NOTE Confidence: 0.9721177

00:39:02.480 --> 00:39:04.960 then and only then comes

NOTE Confidence: 0.9721177
00:39:04.960 --> 00:39:06.660 the possibility of the realization
NOTE Confidence: 0.97581655
00:39:07.520 --> 00:39:08.020 that
NOTE Confidence: 0.99222046
00:39:08.719 --> 00:39:10.660 while all of these things
NOTE Confidence: 0.99222046
00:39:10.800 --> 00:39:12.305 are a part of my
NOTE Confidence: 0.99222046
00:39:12.305 --> 00:39:12.805 experience
NOTE Confidence: 0.8955021
00:39:13.344 --> 00:39:14.325 in my life,
NOTE Confidence: 0.99018735
00:39:14.945 --> 00:39:16.305 the truth is none of
NOTE Confidence: 0.99018735
00:39:16.305 --> 00:39:18.005 them really define me.
NOTE Confidence: 0.9821581
00:39:18.945 --> 00:39:20.670 Right? The idea with this
NOTE Confidence: 0.9821581
00:39:20.670 --> 00:39:22.510 is these are all a
NOTE Confidence: 0.9821581
00:39:22.510 --> 00:39:24.609 part of my human experience,
NOTE Confidence: 0.9916901
00:39:25.230 --> 00:39:26.609 and I need to honor
NOTE Confidence: 0.9916901
00:39:26.830 --> 00:39:28.690 every part of my human
NOTE Confidence: 0.9916901
00:39:28.750 --> 00:39:29.250 experience.
NOTE Confidence: 0.94913715
00:39:30.175 --> 00:39:31.155 And I'm human,
NOTE Confidence: 0.96287775

00:39:31.855 --> 00:39:33.395 and I'm much,
NOTE Confidence: 0.9648975
00:39:33.695 --> 00:39:34.755 much more.
NOTE Confidence: 0.9914117
00:39:35.455 --> 00:39:36.755 And that's the paradox.
NOTE Confidence: 0.99877244
00:39:37.695 --> 00:39:38.835 That's the paradox.
NOTE Confidence: 0.98313224
00:39:39.599 --> 00:39:41.040 How do I hold both
NOTE Confidence: 0.98313224
00:39:41.040 --> 00:39:41.859 those things?
NOTE Confidence: 0.9989196
00:39:42.560 --> 00:39:44.579 Because I can't bypass
NOTE Confidence: 0.9903121
00:39:45.760 --> 00:39:46.660 my humanness
NOTE Confidence: 0.9972477
00:39:47.599 --> 00:39:48.739 with anything.
NOTE Confidence: 0.87448865
00:39:49.285 --> 00:39:51.045 Right? I can't buy that.
NOTE Confidence: 0.87448865
00:39:51.045 --> 00:39:51.945 I'm human.
NOTE Confidence: 0.9760117
00:39:52.485 --> 00:39:53.925 I'm in this plane of
NOTE Confidence: 0.9760117
00:39:53.925 --> 00:39:54.425 existence.
NOTE Confidence: 0.96457875
00:39:55.605 --> 00:39:56.105 And,
NOTE Confidence: 0.94669574
00:39:56.460 --> 00:39:57.660 you know, the idea of
NOTE Confidence: 0.94669574
00:39:57.660 --> 00:39:59.980 this is within this, there's

NOTE Confidence: 0.94669574
00:39:59.980 --> 00:40:00.799 the possibility
NOTE Confidence: 0.9997156
00:40:01.099 --> 00:40:01.839 of healing
NOTE Confidence: 0.97933924
00:40:02.219 --> 00:40:03.200 at so
NOTE Confidence: 0.88377786
00:40:03.739 --> 00:40:05.039 many levels,
NOTE Confidence: 0.97297925
00:40:05.864 --> 00:40:07.625 at so many levels. And
NOTE Confidence: 0.97297925
00:40:07.625 --> 00:40:09.545 I assert that that healing
NOTE Confidence: 0.97297925
00:40:09.545 --> 00:40:11.645 goes even beyond the personal,
NOTE Confidence: 0.99851537
00:40:12.505 --> 00:40:13.485 looking deeply
NOTE Confidence: 0.95276594
00:40:13.785 --> 00:40:14.925 into this.
NOTE Confidence: 0.9972053
00:40:15.369 --> 00:40:16.730 It's a way to begin
NOTE Confidence: 0.9972053
00:40:16.730 --> 00:40:18.270 to look at communal
NOTE Confidence: 0.9382155
00:40:18.890 --> 00:40:20.270 healing as well.
NOTE Confidence: 0.99387026
00:40:20.730 --> 00:40:22.410 How do we heal our
NOTE Confidence: 0.99387026
00:40:22.410 --> 00:40:22.910 communities?
NOTE Confidence: 0.9993227
00:40:23.755 --> 00:40:24.974 How do we heal
NOTE Confidence: 0.9998388

00:40:25.434 --> 00:40:25.934 beyond
NOTE Confidence: 0.99960274

00:40:26.234 --> 00:40:27.214 the individual
NOTE Confidence: 0.988163

00:40:27.835 --> 00:40:28.654 and into
NOTE Confidence: 0.89292186

00:40:29.114 --> 00:40:29.934 the collective,
NOTE Confidence: 0.90288997

00:40:30.234 --> 00:40:31.454 bring in this idea
NOTE Confidence: 0.97187287

00:40:31.914 --> 00:40:33.375 of collective healing?
NOTE Confidence: 0.86342555

00:40:35.420 --> 00:40:37.180 In my work, in this
NOTE Confidence: 0.86342555

00:40:37.180 --> 00:40:38.460 work, in one hundred and
NOTE Confidence: 0.86342555

00:40:38.460 --> 00:40:39.900 twelve SR, part of
NOTE Confidence: 0.767429

00:40:40.620 --> 00:40:41.760 let me say this,
NOTE Confidence: 0.99878496

00:40:42.085 --> 00:40:43.925 A big part of my
NOTE Confidence: 0.99878496

00:40:43.925 --> 00:40:44.425 healing
NOTE Confidence: 0.9967029

00:40:45.125 --> 00:40:45.945 has been
NOTE Confidence: 0.9993431

00:40:46.245 --> 00:40:46.745 from
NOTE Confidence: 0.9888563

00:40:47.045 --> 00:40:48.745 the twelve step program.
NOTE Confidence: 0.96588624

00:40:49.700 --> 00:40:50.200 Right

NOTE Confidence: 0.89425224
00:40:50.820 --> 00:40:51.880 now, I recognize
NOTE Confidence: 0.9691669
00:40:52.260 --> 00:40:53.400 that there are many,
NOTE Confidence: 0.9815298
00:40:53.780 --> 00:40:55.160 many, many pathways
NOTE Confidence: 0.9993886
00:40:55.540 --> 00:40:56.280 to healing
NOTE Confidence: 0.8913247
00:40:56.660 --> 00:40:58.760 and I honor them all.
NOTE Confidence: 0.9764085
00:40:59.275 --> 00:41:00.395 As a matter of fact,
NOTE Confidence: 0.9764085
00:41:00.395 --> 00:41:01.455 under Y-twelve,
NOTE Confidence: 0.889036
00:41:02.555 --> 00:41:04.335 we have lots of acknowledgment
NOTE Confidence: 0.99459
00:41:04.635 --> 00:41:06.735 of lots of different pathways
NOTE Confidence: 0.9501804
00:41:07.114 --> 00:41:07.855 to healing.
NOTE Confidence: 0.96294284
00:41:08.570 --> 00:41:09.610 But I will say as
NOTE Confidence: 0.96294284
00:41:09.610 --> 00:41:11.790 far as my personal healing
NOTE Confidence: 0.96294284
00:41:12.010 --> 00:41:12.750 is concerned,
NOTE Confidence: 0.9828059
00:41:13.930 --> 00:41:14.890 a lot of that has
NOTE Confidence: 0.9828059
00:41:14.890 --> 00:41:16.410 come through the twelve step
NOTE Confidence: 0.9828059

00:41:16.410 --> 00:41:17.725 program and through twelve

NOTE Confidence: 0.8116391

00:41:18.685 --> 00:41:19.585 steps. Right?

NOTE Confidence: 0.91933346

00:41:20.285 --> 00:41:21.425 You know, and

NOTE Confidence: 0.821756

00:41:22.364 --> 00:41:23.025 my story

NOTE Confidence: 0.9426005

00:41:23.325 --> 00:41:23.825 itself,

NOTE Confidence: 0.98747635

00:41:25.040 --> 00:41:26.980 I understand that phrase,

NOTE Confidence: 0.9566603

00:41:27.280 --> 00:41:28.260 jails, institutions,

NOTE Confidence: 0.9575375

00:41:28.880 --> 00:41:29.620 and death,

NOTE Confidence: 0.94252014

00:41:30.080 --> 00:41:32.145 because really all of those

NOTE Confidence: 0.94252014

00:41:32.385 --> 00:41:34.305 were a part of my

NOTE Confidence: 0.94252014

00:41:34.305 --> 00:41:34.805 experience.

NOTE Confidence: 0.9782224

00:41:35.985 --> 00:41:37.585 The death, when I walked

NOTE Confidence: 0.9782224

00:41:37.585 --> 00:41:39.905 into twelve separate rooms in

NOTE Confidence: 0.9782224

00:41:39.905 --> 00:41:41.569 nineteen eighty seven, when I

NOTE Confidence: 0.9782224

00:41:41.569 --> 00:41:43.089 first walked into a twelve

NOTE Confidence: 0.9782224

00:41:43.089 --> 00:41:43.910 separate room,

NOTE Confidence: 0.9857856
00:41:45.170 --> 00:41:46.450 I could barely put a
NOTE Confidence: 0.9857856
00:41:46.450 --> 00:41:47.510 sentence together.
NOTE Confidence: 0.9924835
00:41:48.049 --> 00:41:49.614 And what I found there
NOTE Confidence: 0.9924835
00:41:49.675 --> 00:41:51.195 were people who really did
NOTE Confidence: 0.9924835
00:41:51.195 --> 00:41:52.315 love me till I could
NOTE Confidence: 0.9924835
00:41:52.315 --> 00:41:53.695 learn how to love myself.
NOTE Confidence: 0.9857475
00:41:54.475 --> 00:41:56.730 Right? I found that community
NOTE Confidence: 0.9857475
00:41:56.730 --> 00:41:58.369 there, and I'm still so
NOTE Confidence: 0.9857475
00:41:58.369 --> 00:42:00.369 grateful for it. And, of
NOTE Confidence: 0.9857475
00:42:00.369 --> 00:42:02.529 course, twelve steps is very,
NOTE Confidence: 0.9857475
00:42:02.529 --> 00:42:03.589 very, very much
NOTE Confidence: 0.9969861
00:42:04.414 --> 00:42:05.934 still a part of my
NOTE Confidence: 0.9969861
00:42:05.934 --> 00:42:06.434 healing.
NOTE Confidence: 0.9915274
00:42:07.855 --> 00:42:09.394 And what I also found,
NOTE Confidence: 0.9837147
00:42:09.855 --> 00:42:11.855 right, with that was, you
NOTE Confidence: 0.9837147

00:42:11.855 --> 00:42:13.940 know, like I said, I
NOTE Confidence: 0.9837147

00:42:14.020 --> 00:42:15.300 I had the first eight
NOTE Confidence: 0.9837147

00:42:15.300 --> 00:42:15.800 years
NOTE Confidence: 0.9955111

00:42:16.500 --> 00:42:17.160 of recovery.
NOTE Confidence: 0.9971774

00:42:17.780 --> 00:42:19.300 My first eight years of
NOTE Confidence: 0.9971774

00:42:19.300 --> 00:42:20.040 of recovery
NOTE Confidence: 0.85667175

00:42:20.819 --> 00:42:21.640 was like,
NOTE Confidence: 0.9807075

00:42:23.214 --> 00:42:24.575 trying to go back and
NOTE Confidence: 0.9807075

00:42:24.575 --> 00:42:26.094 make up for all the
NOTE Confidence: 0.9807075

00:42:26.094 --> 00:42:27.635 time that I've lost,
NOTE Confidence: 0.9864509

00:42:28.094 --> 00:42:29.135 you know, out in the
NOTE Confidence: 0.9864509

00:42:29.135 --> 00:42:29.635 streets.
NOTE Confidence: 0.9830059

00:42:30.015 --> 00:42:31.535 My first eight years, I
NOTE Confidence: 0.9830059

00:42:31.535 --> 00:42:33.430 went back to school. I
NOTE Confidence: 0.9830059

00:42:33.430 --> 00:42:35.290 finished my undergrad degree.
NOTE Confidence: 0.99541724

00:42:35.670 --> 00:42:37.369 I finished my MBA.

NOTE Confidence: 0.9781104
00:42:38.790 --> 00:42:40.410 My kids had been separated
NOTE Confidence: 0.9781104
00:42:40.550 --> 00:42:41.494 from me. So I got
NOTE Confidence: 0.9781104
00:42:41.494 --> 00:42:43.015 my kids back, I got
NOTE Confidence: 0.9781104
00:42:43.015 --> 00:42:44.375 my car back, I got
NOTE Confidence: 0.9781104
00:42:44.375 --> 00:42:46.234 the house back, the material
NOTE Confidence: 0.9781104
00:42:46.375 --> 00:42:47.594 things came back.
NOTE Confidence: 0.990771
00:42:48.140 --> 00:42:50.320 I started doing pretty well
NOTE Confidence: 0.990771
00:42:50.540 --> 00:42:51.760 as far as,
NOTE Confidence: 0.99830496
00:42:52.300 --> 00:42:52.800 career
NOTE Confidence: 0.9449164
00:42:53.420 --> 00:42:55.500 and job and all of
NOTE Confidence: 0.9449164
00:42:55.500 --> 00:42:56.880 those things were concerned.
NOTE Confidence: 0.9933057
00:42:58.224 --> 00:42:59.125 And and,
NOTE Confidence: 0.96537685
00:43:00.224 --> 00:43:01.505 all of a sudden, you
NOTE Confidence: 0.96537685
00:43:01.505 --> 00:43:03.125 know, I get into my
NOTE Confidence: 0.96537685
00:43:03.184 --> 00:43:05.344 eighth year eight years of
NOTE Confidence: 0.96537685

00:43:05.344 --> 00:43:05.844 recovery,
NOTE Confidence: 0.9469995
00:43:06.400 --> 00:43:07.280 you know, and I I
NOTE Confidence: 0.9469995
00:43:07.280 --> 00:43:08.719 get this notion, I got
NOTE Confidence: 0.9469995
00:43:08.719 --> 00:43:09.219 this.
NOTE Confidence: 0.9872408
00:43:09.520 --> 00:43:10.400 You know, why do I
NOTE Confidence: 0.9872408
00:43:10.400 --> 00:43:11.200 have to go back in
NOTE Confidence: 0.9872408
00:43:11.200 --> 00:43:13.040 those rooms anymore? I keep
NOTE Confidence: 0.9872408
00:43:13.040 --> 00:43:14.480 hearing the same things over
NOTE Confidence: 0.9872408
00:43:14.480 --> 00:43:15.915 and over and over again.
NOTE Confidence: 0.9872408
00:43:15.995 --> 00:43:17.275 I got this. I know
NOTE Confidence: 0.9872408
00:43:17.275 --> 00:43:18.094 what I'm doing.
NOTE Confidence: 0.8946973
00:43:18.875 --> 00:43:19.375 Right?
NOTE Confidence: 0.94212794
00:43:19.755 --> 00:43:20.255 Right?
NOTE Confidence: 0.99887544
00:43:20.715 --> 00:43:21.215 And
NOTE Confidence: 0.9713629
00:43:21.594 --> 00:43:23.675 what I know today is
NOTE Confidence: 0.9713629
00:43:23.675 --> 00:43:25.055 that that led to relapse.

NOTE Confidence: 0.96121895
00:43:25.800 --> 00:43:27.580 Right? I ended up relapsing
NOTE Confidence: 0.9848181
00:43:28.200 --> 00:43:29.020 in Germany.
NOTE Confidence: 0.9994606
00:43:29.320 --> 00:43:30.680 It took me a long
NOTE Confidence: 0.9994606
00:43:30.680 --> 00:43:32.280 time to get back from
NOTE Confidence: 0.9994606
00:43:32.280 --> 00:43:32.780 Germany
NOTE Confidence: 0.9420828
00:43:33.505 --> 00:43:34.965 to the United States.
NOTE Confidence: 0.98980206
00:43:35.665 --> 00:43:36.805 I finally did
NOTE Confidence: 0.71668947
00:43:37.265 --> 00:43:38.005 made my
NOTE Confidence: 0.9140384
00:43:38.385 --> 00:43:40.385 way back into twelve step
NOTE Confidence: 0.9140384
00:43:40.385 --> 00:43:40.885 rooms.
NOTE Confidence: 0.979245
00:43:41.799 --> 00:43:42.599 One of the things I
NOTE Confidence: 0.979245
00:43:42.599 --> 00:43:44.299 realized out of that experience
NOTE Confidence: 0.74252254
00:43:44.680 --> 00:43:45.579 though is
NOTE Confidence: 0.893449
00:43:46.200 --> 00:43:48.140 we can we can dilute
NOTE Confidence: 0.93747133
00:43:48.975 --> 00:43:50.495 our, for lack of better
NOTE Confidence: 0.93747133

00:43:50.495 --> 00:43:51.475 words, bullshit
NOTE Confidence: 0.9667104

00:43:52.094 --> 00:43:52.594 ourselves
NOTE Confidence: 0.97125036

00:43:53.215 --> 00:43:54.275 in this thing.
NOTE Confidence: 0.93122673

00:43:54.815 --> 00:43:55.315 Right?
NOTE Confidence: 0.9289933

00:43:55.750 --> 00:43:57.030 I thought I'd gotten since
NOTE Confidence: 0.9289933

00:43:57.030 --> 00:43:58.390 I'd gotten all these things
NOTE Confidence: 0.9289933

00:43:58.390 --> 00:44:00.809 back. Right. That this was
NOTE Confidence: 0.9289933

00:44:01.030 --> 00:44:03.109 the measure or this was
NOTE Confidence: 0.9289933

00:44:03.109 --> 00:44:03.765 the key.
NOTE Confidence: 0.94253474

00:44:04.244 --> 00:44:05.924 And what I discovered with
NOTE Confidence: 0.94253474

00:44:05.924 --> 00:44:06.424 that,
NOTE Confidence: 0.93789864

00:44:06.885 --> 00:44:08.565 you know, this comes from
NOTE Confidence: 0.93789864

00:44:08.724 --> 00:44:10.325 this quote as I know
NOTE Confidence: 0.93789864

00:44:10.325 --> 00:44:11.144 it, anyway,
NOTE Confidence: 0.96401024

00:44:11.525 --> 00:44:13.450 actually comes from Malcolm x.
NOTE Confidence: 0.9855952

00:44:14.489 --> 00:44:16.109 Right? And the quote is,

NOTE Confidence: 0.9855952
00:44:16.329 --> 00:44:17.369 once you think you got
NOTE Confidence: 0.9855952
00:44:17.369 --> 00:44:18.589 it, you lost it.
NOTE Confidence: 0.9979966
00:44:19.210 --> 00:44:20.890 Once you think you've got
NOTE Confidence: 0.9979966
00:44:20.890 --> 00:44:23.255 it, you've lost it. Right?
NOTE Confidence: 0.98822373
00:44:23.795 --> 00:44:26.135 That this is ongoing work.
NOTE Confidence: 0.9984395
00:44:26.675 --> 00:44:27.895 Right? This healing
NOTE Confidence: 0.98250234
00:44:28.755 --> 00:44:29.255 healing
NOTE Confidence: 0.9915249
00:44:30.469 --> 00:44:32.569 is is different than curing.
NOTE Confidence: 0.95711386
00:44:33.750 --> 00:44:35.430 Right? Curing is what we
NOTE Confidence: 0.95711386
00:44:35.430 --> 00:44:37.465 often ask doctors to do.
NOTE Confidence: 0.95711386
00:44:37.625 --> 00:44:38.745 We ask them, you know
NOTE Confidence: 0.95711386
00:44:39.065 --> 00:44:40.745 and mostly what that is
NOTE Confidence: 0.95711386
00:44:40.745 --> 00:44:42.205 about is eliminating
NOTE Confidence: 0.99659705
00:44:42.585 --> 00:44:43.405 the symptoms.
NOTE Confidence: 0.9990558
00:44:44.665 --> 00:44:46.760 Right? The work we're doing
NOTE Confidence: 0.9990558

00:44:46.760 --> 00:44:48.140 is different. Healing
NOTE Confidence: 0.99217224

00:44:48.840 --> 00:44:49.340 actually,
NOTE Confidence: 0.9996485

00:44:49.880 --> 00:44:50.620 the etymology
NOTE Confidence: 0.9876348

00:44:51.320 --> 00:44:52.700 of the word healing
NOTE Confidence: 0.9996851

00:44:54.114 --> 00:44:54.935 goes back
NOTE Confidence: 0.74439174

00:44:55.555 --> 00:44:56.135 to holy.
NOTE Confidence: 0.9595032

00:44:56.835 --> 00:44:58.775 And holy, I mean, w
NOTE Confidence: 0.9595032

00:44:58.915 --> 00:45:00.755 h o l I n
NOTE Confidence: 0.9595032

00:45:00.755 --> 00:45:01.255 g,
NOTE Confidence: 0.9805397

00:45:01.730 --> 00:45:02.230 Becoming
NOTE Confidence: 0.9252235

00:45:02.930 --> 00:45:03.750 whole again.
NOTE Confidence: 0.9763297

00:45:04.450 --> 00:45:05.590 Right? Recognizing
NOTE Confidence: 0.9987204

00:45:06.210 --> 00:45:06.710 really
NOTE Confidence: 0.9671745

00:45:07.250 --> 00:45:07.750 recognizing
NOTE Confidence: 0.97163355

00:45:08.370 --> 00:45:10.870 that we already are whole.
NOTE Confidence: 0.9892641

00:45:11.905 --> 00:45:14.005 Right, that our innate essence

NOTE Confidence: 0.9892641
00:45:14.224 --> 00:45:15.685 really is wholeness
NOTE Confidence: 0.9313992
00:45:16.465 --> 00:45:17.364 and joy.
NOTE Confidence: 0.9850759
00:45:17.984 --> 00:45:20.040 Right? And then there's been
NOTE Confidence: 0.9850759
00:45:20.040 --> 00:45:21.960 all this other stuff that's
NOTE Confidence: 0.9850759
00:45:21.960 --> 00:45:24.120 been dumped on top of
NOTE Confidence: 0.9850759
00:45:24.120 --> 00:45:24.780 our wholeness,
NOTE Confidence: 0.99349904
00:45:25.640 --> 00:45:27.020 all this other programming,
NOTE Confidence: 0.9952153
00:45:27.905 --> 00:45:29.285 all this other conditioning,
NOTE Confidence: 0.99609554
00:45:30.065 --> 00:45:31.505 all these other things that
NOTE Confidence: 0.99609554
00:45:31.505 --> 00:45:32.625 have been dumped on top
NOTE Confidence: 0.99609554
00:45:32.625 --> 00:45:33.445 of our wholeness.
NOTE Confidence: 0.9955007
00:45:34.305 --> 00:45:36.260 And what I've learned through
NOTE Confidence: 0.9955007
00:45:36.260 --> 00:45:38.500 the twelve step program and
NOTE Confidence: 0.9955007
00:45:38.500 --> 00:45:40.660 through these processes of yoga
NOTE Confidence: 0.9955007
00:45:40.660 --> 00:45:41.860 and the things we do
NOTE Confidence: 0.9955007

00:45:41.860 --> 00:45:42.360 there
NOTE Confidence: 0.9512534
00:45:42.820 --> 00:45:44.260 is that the job of
NOTE Confidence: 0.9512534
00:45:44.260 --> 00:45:44.760 healing
NOTE Confidence: 0.99590683
00:45:45.455 --> 00:45:47.215 really is a job of
NOTE Confidence: 0.99590683
00:45:47.215 --> 00:45:47.715 subtraction.
NOTE Confidence: 0.973645
00:45:48.655 --> 00:45:49.155 Right?
NOTE Confidence: 0.98929596
00:45:49.535 --> 00:45:51.395 We're already whole and complete.
NOTE Confidence: 0.99656475
00:45:52.390 --> 00:45:54.489 The job is just chipping
NOTE Confidence: 0.98194134
00:45:54.869 --> 00:45:55.369 away
NOTE Confidence: 0.9628603
00:45:55.750 --> 00:45:57.670 that all that is not
NOTE Confidence: 0.9628603
00:45:57.670 --> 00:45:58.489 really us.
NOTE Confidence: 0.9759608
00:45:59.270 --> 00:46:01.049 This chipping away
NOTE Confidence: 0.9856201
00:46:01.785 --> 00:46:02.985 at all that is not
NOTE Confidence: 0.9856201
00:46:02.985 --> 00:46:03.805 really us.
NOTE Confidence: 0.94607806
00:46:04.585 --> 00:46:05.945 I always think about this
NOTE Confidence: 0.94607806
00:46:05.945 --> 00:46:06.445 like

NOTE Confidence: 0.9267596
00:46:06.985 --> 00:46:08.730 what I was told about
NOTE Confidence: 0.9267596
00:46:08.890 --> 00:46:09.630 the Michelangelo,
NOTE Confidence: 0.98240685
00:46:10.570 --> 00:46:12.109 Michelangelo and the David.
NOTE Confidence: 0.97902465
00:46:12.969 --> 00:46:13.790 Right? That
NOTE Confidence: 0.9823591
00:46:14.489 --> 00:46:15.230 he said
NOTE Confidence: 0.9901237
00:46:15.770 --> 00:46:17.630 saw this big block of
NOTE Confidence: 0.9901237
00:46:17.770 --> 00:46:18.430 of stone
NOTE Confidence: 0.9985093
00:46:19.195 --> 00:46:19.935 and said,
NOTE Confidence: 0.99932593
00:46:20.715 --> 00:46:22.735 you know, I see David
NOTE Confidence: 0.994301
00:46:23.035 --> 00:46:24.175 in that stone.
NOTE Confidence: 0.99524474
00:46:24.795 --> 00:46:25.614 And Michelangelo
NOTE Confidence: 0.99451125
00:46:25.915 --> 00:46:27.880 said, my job is chipping
NOTE Confidence: 0.99451125
00:46:27.880 --> 00:46:29.720 away all that is not
NOTE Confidence: 0.99451125
00:46:29.720 --> 00:46:30.220 David.
NOTE Confidence: 0.9955945
00:46:31.080 --> 00:46:31.580 Right?
NOTE Confidence: 0.99881804

00:46:31.880 --> 00:46:33.180 And that's our work.
NOTE Confidence: 0.917544

00:46:33.605 --> 00:46:35.385 We're already whole and complete.
NOTE Confidence: 0.9725141

00:46:36.085 --> 00:46:37.545 There's really nothing broken,
NOTE Confidence: 0.9995478

00:46:38.244 --> 00:46:39.704 so there's nothing to fix.
NOTE Confidence: 0.99911326

00:46:40.860 --> 00:46:42.960 Our job is just chipping
NOTE Confidence: 0.9994466

00:46:43.260 --> 00:46:43.760 away
NOTE Confidence: 0.99303955

00:46:44.300 --> 00:46:45.980 at all that is not
NOTE Confidence: 0.99303955

00:46:45.980 --> 00:46:46.480 us.
NOTE Confidence: 0.9823459

00:46:47.420 --> 00:46:49.180 Right? And that comes we
NOTE Confidence: 0.9823459

00:46:49.180 --> 00:46:51.155 get that in many forms,
NOTE Confidence: 0.9944451

00:46:51.455 --> 00:46:52.895 we get all those things
NOTE Confidence: 0.9944451

00:46:52.895 --> 00:46:53.955 in many forms.
NOTE Confidence: 0.9492962

00:46:55.775 --> 00:46:56.975 I always think about when
NOTE Confidence: 0.9492962

00:46:56.975 --> 00:46:58.329 I'm teaching, I will often
NOTE Confidence: 0.9492962

00:46:58.329 --> 00:46:58.829 show
NOTE Confidence: 0.97266656

00:46:59.530 --> 00:47:01.290 a picture of one of

NOTE Confidence: 0.97266656

00:47:01.290 --> 00:47:02.349 my great grandchildren.

NOTE Confidence: 0.9312391

00:47:03.609 --> 00:47:05.290 Akila may remember this from

NOTE Confidence: 0.9312391

00:47:05.290 --> 00:47:07.114 the training, right? I've got

NOTE Confidence: 0.9312391

00:47:07.114 --> 00:47:08.795 a a picture of my

NOTE Confidence: 0.9312391

00:47:08.795 --> 00:47:09.695 great granddaughter,

NOTE Confidence: 0.9752992

00:47:10.395 --> 00:47:12.395 and I'm holding her, and

NOTE Confidence: 0.9752992

00:47:12.395 --> 00:47:14.690 she's two hours old. She's

NOTE Confidence: 0.9752992

00:47:14.690 --> 00:47:15.989 two hours old

NOTE Confidence: 0.9685318

00:47:16.369 --> 00:47:17.810 and I'm looking at her

NOTE Confidence: 0.9685318

00:47:17.810 --> 00:47:19.170 and I'm looking in her

NOTE Confidence: 0.9685318

00:47:19.170 --> 00:47:20.450 eyes and I'm going this

NOTE Confidence: 0.9685318

00:47:20.450 --> 00:47:21.190 is wholeness,

NOTE Confidence: 0.9472307

00:47:22.105 --> 00:47:24.045 this is what wholeness is.

NOTE Confidence: 0.93881416

00:47:24.665 --> 00:47:26.364 And at two hours old,

NOTE Confidence: 0.93881416

00:47:26.505 --> 00:47:28.825 she can't tell herself from

NOTE Confidence: 0.93881416

00:47:28.825 --> 00:47:29.325 anything,
NOTE Confidence: 0.97877276
00:47:30.540 --> 00:47:32.880 Right? She can't distinguish herself
NOTE Confidence: 0.97877276
00:47:33.020 --> 00:47:35.040 from any she can't distinguish
NOTE Confidence: 0.9373183
00:47:35.420 --> 00:47:37.040 nose from toes.
NOTE Confidence: 0.9983393
00:47:37.900 --> 00:47:39.760 She can't distinguish anything.
NOTE Confidence: 0.9405054
00:47:40.445 --> 00:47:42.685 She certainly doesn't know girl
NOTE Confidence: 0.9405054
00:47:42.685 --> 00:47:43.344 or boy.
NOTE Confidence: 0.95816195
00:47:44.205 --> 00:47:45.965 She's certainly not aware of
NOTE Confidence: 0.95816195
00:47:45.965 --> 00:47:46.864 black, white,
NOTE Confidence: 0.9982047
00:47:47.559 --> 00:47:48.940 of any of those things.
NOTE Confidence: 0.97294
00:47:49.559 --> 00:47:51.719 Those at that point in
NOTE Confidence: 0.97294
00:47:51.719 --> 00:47:52.219 time,
NOTE Confidence: 0.9968434
00:47:53.319 --> 00:47:54.460 that being
NOTE Confidence: 0.9933171
00:47:54.760 --> 00:47:56.599 is all in her right
NOTE Confidence: 0.9933171
00:47:56.599 --> 00:47:57.099 brain.
NOTE Confidence: 0.9802895
00:47:57.625 --> 00:47:59.225 Right? And the right side

NOTE Confidence: 0.9802895
00:47:59.225 --> 00:48:00.665 of our brain is the
NOTE Confidence: 0.9802895
00:48:00.665 --> 00:48:03.565 brain where that's is spacious.
NOTE Confidence: 0.9945759
00:48:04.265 --> 00:48:05.705 There is no space or
NOTE Confidence: 0.9945759
00:48:05.705 --> 00:48:06.205 time.
NOTE Confidence: 0.9990036
00:48:07.100 --> 00:48:08.320 Our left brain
NOTE Confidence: 0.99656945
00:48:08.620 --> 00:48:10.060 doesn't even start to come
NOTE Confidence: 0.99656945
00:48:10.060 --> 00:48:10.560 online
NOTE Confidence: 0.938659
00:48:11.340 --> 00:48:13.760 until about seven months old.
NOTE Confidence: 0.9434781
00:48:14.325 --> 00:48:16.484 From seven months to seven
NOTE Confidence: 0.9434781
00:48:16.484 --> 00:48:16.984 years.
NOTE Confidence: 0.9108874
00:48:17.765 --> 00:48:19.065 It's big development,
NOTE Confidence: 0.91256887
00:48:19.445 --> 00:48:20.825 big childhood development,
NOTE Confidence: 0.99817526
00:48:21.690 --> 00:48:23.549 So none of those concepts
NOTE Confidence: 0.9615192
00:48:24.089 --> 00:48:24.589 exist
NOTE Confidence: 0.85626143
00:48:25.130 --> 00:48:26.809 in that little piece of
NOTE Confidence: 0.85626143

00:48:26.809 --> 00:48:28.029 wholeness is mine.
NOTE Confidence: 0.9755766

00:48:28.484 --> 00:48:29.765 I'm looking at her and
NOTE Confidence: 0.9755766

00:48:29.765 --> 00:48:31.145 I'm looking and I'm knowing
NOTE Confidence: 0.9501661

00:48:31.445 --> 00:48:32.724 this is a little piece
NOTE Confidence: 0.9501661

00:48:32.724 --> 00:48:33.464 of wholeness
NOTE Confidence: 0.99307764

00:48:33.844 --> 00:48:35.464 that has come from wholeness
NOTE Confidence: 0.98583215

00:48:36.180 --> 00:48:37.940 and wholeness from wholeness is
NOTE Confidence: 0.98583215

00:48:37.940 --> 00:48:38.440 wholeness,
NOTE Confidence: 0.93850476

00:48:39.380 --> 00:48:41.239 right? The wholeness is still
NOTE Confidence: 0.93850476

00:48:41.300 --> 00:48:42.280 always there,
NOTE Confidence: 0.95276123

00:48:43.060 --> 00:48:44.744 right? But what happens
NOTE Confidence: 0.9626742

00:48:45.125 --> 00:48:46.904 as we begin to become
NOTE Confidence: 0.9626742

00:48:46.964 --> 00:48:47.464 socialized,
NOTE Confidence: 0.99525195

00:48:48.325 --> 00:48:50.505 we get all this programming
NOTE Confidence: 0.9955931

00:48:50.885 --> 00:48:52.164 dumped on top of our
NOTE Confidence: 0.9955931

00:48:52.164 --> 00:48:52.664 wholeness.

NOTE Confidence: 0.9445359
00:48:53.760 --> 00:48:55.520 Pretty soon, she started to
NOTE Confidence: 0.9445359
00:48:55.520 --> 00:48:56.020 learn,
NOTE Confidence: 0.91639894
00:48:56.320 --> 00:48:57.460 you're a girl,
NOTE Confidence: 0.96137923
00:48:58.000 --> 00:48:59.860 right, and girls do this.
NOTE Confidence: 0.9996178
00:49:00.239 --> 00:49:01.700 Girls don't do that.
NOTE Confidence: 0.9931717
00:49:02.525 --> 00:49:03.425 You're little.
NOTE Confidence: 0.9814437
00:49:03.805 --> 00:49:04.945 There's certain things
NOTE Confidence: 0.99341136
00:49:05.325 --> 00:49:07.245 prescribed to little that is
NOTE Confidence: 0.99341136
00:49:07.245 --> 00:49:08.625 different from big.
NOTE Confidence: 0.99308145
00:49:09.390 --> 00:49:10.050 She learned
NOTE Confidence: 0.8772844
00:49:10.430 --> 00:49:11.330 you're black.
NOTE Confidence: 0.94453174
00:49:11.870 --> 00:49:14.050 Right? And in this delusional
NOTE Confidence: 0.9981889
00:49:15.230 --> 00:49:15.730 hierarchy
NOTE Confidence: 0.9634075
00:49:16.535 --> 00:49:18.155 of things in our constructed
NOTE Confidence: 0.99458146
00:49:18.614 --> 00:49:19.114 society,
NOTE Confidence: 0.99754983

00:49:19.815 --> 00:49:21.275 she learned the hierarchy
NOTE Confidence: 0.98832583

00:49:21.815 --> 00:49:22.555 that there's
NOTE Confidence: 0.97211105

00:49:22.855 --> 00:49:24.795 black, white, male, female,
NOTE Confidence: 0.99957967

00:49:25.160 --> 00:49:26.460 and different values
NOTE Confidence: 0.9558026

00:49:26.920 --> 00:49:28.940 for each one, the delusion
NOTE Confidence: 0.979709

00:49:29.400 --> 00:49:30.780 of all those things.
NOTE Confidence: 0.99135745

00:49:31.640 --> 00:49:33.420 All of this gets dumped
NOTE Confidence: 0.99135745

00:49:33.480 --> 00:49:35.175 on top of the wholeness
NOTE Confidence: 0.99135745

00:49:35.235 --> 00:49:36.215 that is there
NOTE Confidence: 0.8580687

00:49:37.795 --> 00:49:39.655 and wholeness still remains.
NOTE Confidence: 0.9986538

00:49:40.755 --> 00:49:41.255 Wholeness
NOTE Confidence: 0.9538305

00:49:41.635 --> 00:49:42.775 is still there.
NOTE Confidence: 0.98133117

00:49:43.360 --> 00:49:43.860 So
NOTE Confidence: 0.7952709

00:49:44.160 --> 00:49:44.900 this idea
NOTE Confidence: 0.9986952

00:49:45.600 --> 00:49:47.140 of chipping away
NOTE Confidence: 0.9478755

00:49:47.760 --> 00:49:48.739 all these

NOTE Confidence: 0.9968536
00:49:49.040 --> 00:49:51.120 things that get dumped on
NOTE Confidence: 0.9968536
00:49:51.120 --> 00:49:52.594 top of our wholeness
NOTE Confidence: 0.9601329
00:49:53.215 --> 00:49:54.255 so that we can get
NOTE Confidence: 0.9601329
00:49:54.255 --> 00:49:55.535 back to who it is
NOTE Confidence: 0.9601329
00:49:55.535 --> 00:49:57.075 that we truly are.
NOTE Confidence: 0.94128585
00:49:58.015 --> 00:49:59.829 Right? And so that's this
NOTE Confidence: 0.94128585
00:49:59.829 --> 00:50:01.269 idea, that's one of the
NOTE Confidence: 0.94128585
00:50:01.269 --> 00:50:02.549 things that one of the
NOTE Confidence: 0.94128585
00:50:02.549 --> 00:50:04.230 reasons I love the steps
NOTE Confidence: 0.94128585
00:50:04.230 --> 00:50:05.930 and step work so much,
NOTE Confidence: 0.93872523
00:50:06.549 --> 00:50:07.049 right?
NOTE Confidence: 0.9911874
00:50:07.795 --> 00:50:09.555 Steps four through nine in
NOTE Confidence: 0.9911874
00:50:09.555 --> 00:50:11.395 the twelve step program is
NOTE Confidence: 0.9911874
00:50:11.395 --> 00:50:12.515 where we start to do
NOTE Confidence: 0.9911874
00:50:12.515 --> 00:50:13.655 that deep dive,
NOTE Confidence: 0.94984114

00:50:14.035 --> 00:50:15.575 where we start to investigate,
NOTE Confidence: 0.97189915

00:50:16.630 --> 00:50:18.390 right, chipping away at all
NOTE Confidence: 0.97189915

00:50:18.390 --> 00:50:19.290 those ideas
NOTE Confidence: 0.9748411

00:50:19.830 --> 00:50:21.270 and all those things that
NOTE Confidence: 0.9748411

00:50:21.270 --> 00:50:22.310 may have been dumped on
NOTE Confidence: 0.9748411

00:50:22.310 --> 00:50:23.369 top of our homes.
NOTE Confidence: 0.9919127

00:50:24.864 --> 00:50:25.364 And
NOTE Confidence: 0.96977484

00:50:25.745 --> 00:50:27.025 the other part of this
NOTE Confidence: 0.96977484

00:50:27.025 --> 00:50:28.625 that I really wanna talk
NOTE Confidence: 0.96977484

00:50:28.625 --> 00:50:29.844 about and mention
NOTE Confidence: 0.92107284

00:50:30.545 --> 00:50:32.540 is like some of the
NOTE Confidence: 0.92107284

00:50:32.540 --> 00:50:34.640 things that actually happen
NOTE Confidence: 0.9987864

00:50:34.940 --> 00:50:36.239 in our bodies
NOTE Confidence: 0.86513156

00:50:37.180 --> 00:50:38.320 in our bodies.
NOTE Confidence: 0.93433005

00:50:39.255 --> 00:50:41.414 From its very beginning in
NOTE Confidence: 0.93433005

00:50:41.414 --> 00:50:43.414 two thousand three, the theme

NOTE Confidence: 0.93433005
00:50:43.414 --> 00:50:44.694 of why twelve us are
NOTE Confidence: 0.93433005
00:50:44.694 --> 00:50:46.454 has always been the issues
NOTE Confidence: 0.93433005
00:50:46.454 --> 00:50:47.515 live in our tissues.
NOTE Confidence: 0.9964256
00:50:48.780 --> 00:50:49.980 The issues live in our
NOTE Confidence: 0.9964256
00:50:49.980 --> 00:50:50.480 tissues.
NOTE Confidence: 0.96186966
00:50:51.820 --> 00:50:53.739 Right? One of the things
NOTE Confidence: 0.96186966
00:50:53.739 --> 00:50:55.739 that that the yogis speak
NOTE Confidence: 0.96186966
00:50:55.739 --> 00:50:58.224 about that they they really,
NOTE Confidence: 0.97284454
00:50:59.964 --> 00:51:01.505 talk about is that
NOTE Confidence: 0.9284843
00:51:02.204 --> 00:51:03.184 as humans,
NOTE Confidence: 0.9996573
00:51:05.079 --> 00:51:05.900 instead of
NOTE Confidence: 0.94784653
00:51:06.280 --> 00:51:06.940 of referencing
NOTE Confidence: 0.9990476
00:51:07.800 --> 00:51:08.940 the human domain
NOTE Confidence: 0.9963663
00:51:09.319 --> 00:51:11.020 as as one body,
NOTE Confidence: 0.96899945
00:51:11.775 --> 00:51:13.375 what they speak to is
NOTE Confidence: 0.96899945

00:51:13.375 --> 00:51:15.155 they're actually five bodies.
NOTE Confidence: 0.9868027

00:51:15.695 --> 00:51:17.155 They're actually five bodies.
NOTE Confidence: 0.98790014

00:51:17.695 --> 00:51:20.435 So there's our physical body,
NOTE Confidence: 0.9919361

00:51:20.800 --> 00:51:22.320 which is the body made
NOTE Confidence: 0.9919361

00:51:22.320 --> 00:51:23.140 of food.
NOTE Confidence: 0.99794835

00:51:23.680 --> 00:51:24.960 We really are what we
NOTE Confidence: 0.99794835

00:51:24.960 --> 00:51:25.460 eat,
NOTE Confidence: 0.99980813

00:51:25.840 --> 00:51:27.119 which is why we pay
NOTE Confidence: 0.99980813

00:51:27.119 --> 00:51:27.619 attention
NOTE Confidence: 0.99954045

00:51:27.920 --> 00:51:29.219 to those kinds of things.
NOTE Confidence: 0.9556373

00:51:29.535 --> 00:51:31.454 I've discovered this one. It
NOTE Confidence: 0.9556373

00:51:31.454 --> 00:51:33.075 really hit home for me
NOTE Confidence: 0.99424344

00:51:33.375 --> 00:51:34.355 with an example
NOTE Confidence: 0.8900223

00:51:34.815 --> 00:51:36.355 one of my teachers used.
NOTE Confidence: 0.93037784

00:51:37.295 --> 00:51:38.674 My teacher had an apple
NOTE Confidence: 0.9662967

00:51:39.150 --> 00:51:40.290 in in his hand,

NOTE Confidence: 0.93632734
00:51:40.910 --> 00:51:42.190 and he was looking at
NOTE Confidence: 0.93632734
00:51:42.190 --> 00:51:43.390 it and he said, out
NOTE Confidence: 0.93632734
00:51:43.390 --> 00:51:45.010 here, it's an apple.
NOTE Confidence: 0.9992168
00:51:45.925 --> 00:51:47.364 But the moment I take
NOTE Confidence: 0.9992168
00:51:47.364 --> 00:51:48.585 a bite into
NOTE Confidence: 0.9914379
00:51:49.285 --> 00:51:50.905 that, that becomes me.
NOTE Confidence: 0.99946636
00:51:51.765 --> 00:51:53.545 That becomes my muscle,
NOTE Confidence: 0.99458295
00:51:53.925 --> 00:51:54.825 my bone,
NOTE Confidence: 0.9272896
00:51:55.469 --> 00:51:56.609 connective tissue,
NOTE Confidence: 0.7902856
00:51:56.989 --> 00:51:59.330 all that becomes me.
NOTE Confidence: 0.99802434
00:52:00.030 --> 00:52:02.210 And with that realization,
NOTE Confidence: 0.99117315
00:52:03.385 --> 00:52:05.245 right, that that becomes me,
NOTE Confidence: 0.99117315
00:52:05.465 --> 00:52:06.765 it kind of
NOTE Confidence: 0.9968913
00:52:07.225 --> 00:52:07.725 really
NOTE Confidence: 0.99947375
00:52:08.185 --> 00:52:08.685 shifted
NOTE Confidence: 0.9994292

00:52:09.545 --> 00:52:11.485 my whole my whole organization

NOTE Confidence: 0.99974483

00:52:12.350 --> 00:52:12.850 around

NOTE Confidence: 0.9447254

00:52:13.310 --> 00:52:15.070 food around food because what

NOTE Confidence: 0.9447254

00:52:15.070 --> 00:52:16.430 I take in becomes me.

NOTE Confidence: 0.9447254

00:52:16.430 --> 00:52:17.710 We really are what we

NOTE Confidence: 0.9447254

00:52:17.710 --> 00:52:19.010 eat. Right?

NOTE Confidence: 0.9868469

00:52:19.715 --> 00:52:21.094 And according to the yogis,

NOTE Confidence: 0.9868469

00:52:21.315 --> 00:52:23.155 the second body is our

NOTE Confidence: 0.9868469

00:52:23.155 --> 00:52:23.655 energy

NOTE Confidence: 0.9593026

00:52:24.035 --> 00:52:24.535 body.

NOTE Confidence: 0.98808134

00:52:25.235 --> 00:52:26.435 So when you go to

NOTE Confidence: 0.98808134

00:52:26.435 --> 00:52:27.875 a physician and they take

NOTE Confidence: 0.98808134

00:52:27.875 --> 00:52:29.290 your heart rate or your

NOTE Confidence: 0.98808134

00:52:29.290 --> 00:52:31.050 blood pressure or those kinds

NOTE Confidence: 0.98808134

00:52:31.050 --> 00:52:31.710 of things,

NOTE Confidence: 0.99923533

00:52:32.090 --> 00:52:32.830 they're measuring

NOTE Confidence: 0.9995882
00:52:33.210 --> 00:52:33.710 energy
NOTE Confidence: 0.97331333
00:52:34.170 --> 00:52:35.230 within the system.
NOTE Confidence: 0.95047665
00:52:36.125 --> 00:52:37.965 Right? So the energy body.
NOTE Confidence: 0.95047665
00:52:37.965 --> 00:52:39.165 The energy body is kinda
NOTE Confidence: 0.95047665
00:52:39.165 --> 00:52:40.225 like the electrical
NOTE Confidence: 0.9062775
00:52:40.605 --> 00:52:42.685 current within the think about
NOTE Confidence: 0.9062775
00:52:42.685 --> 00:52:43.185 electricity
NOTE Confidence: 0.9920365
00:52:43.880 --> 00:52:45.719 to move the energy in
NOTE Confidence: 0.9920365
00:52:45.719 --> 00:52:46.860 in in the body.
NOTE Confidence: 0.98169476
00:52:47.640 --> 00:52:49.160 The third body is our
NOTE Confidence: 0.98169476
00:52:49.160 --> 00:52:50.140 thinking body.
NOTE Confidence: 0.99310184
00:52:50.760 --> 00:52:52.060 Right? The intellect.
NOTE Confidence: 0.9627947
00:52:52.895 --> 00:52:55.535 Right? And what's interesting about
NOTE Confidence: 0.9627947
00:52:55.535 --> 00:52:56.975 that and how it kinda
NOTE Confidence: 0.9627947
00:52:56.975 --> 00:52:58.495 gets to that idea of
NOTE Confidence: 0.9627947

00:52:58.495 --> 00:52:59.475 this programming
NOTE Confidence: 0.9780794

00:52:59.775 --> 00:53:00.895 and all the things that
NOTE Confidence: 0.9780794

00:53:00.895 --> 00:53:02.095 get dumped on top of
NOTE Confidence: 0.9780794

00:53:02.095 --> 00:53:02.595 us,
NOTE Confidence: 0.9996102

00:53:03.440 --> 00:53:04.800 the real function of the
NOTE Confidence: 0.9996102

00:53:04.800 --> 00:53:06.420 mind is to coordinate
NOTE Confidence: 0.9174537

00:53:06.719 --> 00:53:07.940 sensory input,
NOTE Confidence: 0.9837814

00:53:08.239 --> 00:53:09.380 what comes in.
NOTE Confidence: 0.9746749

00:53:09.885 --> 00:53:11.085 And the way that things
NOTE Confidence: 0.9746749

00:53:11.085 --> 00:53:12.545 come into this system
NOTE Confidence: 0.99653184

00:53:12.844 --> 00:53:15.105 is through our five senses.
NOTE Confidence: 0.99448603

00:53:15.885 --> 00:53:17.344 That's the only way in.
NOTE Confidence: 0.99812204

00:53:17.780 --> 00:53:19.300 Right? That's the only way
NOTE Confidence: 0.99812204

00:53:19.300 --> 00:53:19.800 in.
NOTE Confidence: 0.9826782

00:53:20.340 --> 00:53:22.180 So the things we take
NOTE Confidence: 0.9826782

00:53:22.180 --> 00:53:23.960 in from the outside,

NOTE Confidence: 0.9584686
00:53:24.820 --> 00:53:27.000 right, the the the,
NOTE Confidence: 0.97610164
00:53:28.945 --> 00:53:30.565 not just from family,
NOTE Confidence: 0.9559414
00:53:30.864 --> 00:53:33.185 but certainly from family as
NOTE Confidence: 0.9559414
00:53:33.185 --> 00:53:33.685 well,
NOTE Confidence: 0.9884277
00:53:34.065 --> 00:53:36.225 but also from culture as
NOTE Confidence: 0.9884277
00:53:36.225 --> 00:53:36.805 a whole
NOTE Confidence: 0.9864708
00:53:37.480 --> 00:53:38.920 also from culture as a
NOTE Confidence: 0.9864708
00:53:38.920 --> 00:53:41.000 whole. We take these things
NOTE Confidence: 0.9864708
00:53:41.000 --> 00:53:41.500 in,
NOTE Confidence: 0.99678445
00:53:42.280 --> 00:53:43.500 they bombard
NOTE Confidence: 0.998647
00:53:43.960 --> 00:53:44.860 our senses
NOTE Confidence: 0.99946374
00:53:45.934 --> 00:53:46.434 and
NOTE Confidence: 0.9997239
00:53:46.734 --> 00:53:47.474 they become
NOTE Confidence: 0.9891067
00:53:48.335 --> 00:53:49.474 mental impressions.
NOTE Confidence: 0.9955061
00:53:50.414 --> 00:53:51.795 They become programming.
NOTE Confidence: 0.99928063

00:53:52.414 --> 00:53:53.875 They become conditioning.
NOTE Confidence: 0.9747809

00:53:54.730 --> 00:53:56.510 Right? They become these things.
NOTE Confidence: 0.95845526

00:53:56.890 --> 00:53:58.969 Right? So taking care of
NOTE Confidence: 0.95845526

00:53:58.969 --> 00:54:00.410 our sensory body in the
NOTE Confidence: 0.95845526

00:54:00.410 --> 00:54:01.770 way in is another one
NOTE Confidence: 0.95845526

00:54:01.770 --> 00:54:03.069 of those five bodies.
NOTE Confidence: 0.95867264

00:54:04.005 --> 00:54:06.105 So those first three bodies
NOTE Confidence: 0.95867264

00:54:06.325 --> 00:54:08.585 are more outward facing,
NOTE Confidence: 0.99744487

00:54:09.684 --> 00:54:11.364 the other two are more
NOTE Confidence: 0.99744487

00:54:11.364 --> 00:54:13.224 deeply inside of us
NOTE Confidence: 0.9756634

00:54:14.710 --> 00:54:16.070 And one of them is
NOTE Confidence: 0.9756634

00:54:16.070 --> 00:54:17.690 is our character
NOTE Confidence: 0.9233124

00:54:17.989 --> 00:54:19.690 body or our intuition.
NOTE Confidence: 0.99219143

00:54:21.030 --> 00:54:22.295 Right? Oftentimes,
NOTE Confidence: 0.96903104

00:54:22.675 --> 00:54:23.875 you know, we think of
NOTE Confidence: 0.96903104

00:54:23.875 --> 00:54:25.415 of gut sense,

NOTE Confidence: 0.9292878
00:54:26.195 --> 00:54:27.655 the the deep layer,
NOTE Confidence: 0.99071234
00:54:27.955 --> 00:54:29.895 right, from from that place.
NOTE Confidence: 0.9547058
00:54:30.510 --> 00:54:31.790 That's another one of those
NOTE Confidence: 0.9547058
00:54:31.790 --> 00:54:33.410 those things that are inside
NOTE Confidence: 0.9547058
00:54:33.469 --> 00:54:35.390 out rather than from outside
NOTE Confidence: 0.9547058
00:54:35.390 --> 00:54:35.890 in.
NOTE Confidence: 0.9818645
00:54:37.125 --> 00:54:38.724 And the fifth one that
NOTE Confidence: 0.9818645
00:54:38.724 --> 00:54:40.244 the yogi speak about is
NOTE Confidence: 0.9818645
00:54:40.244 --> 00:54:41.765 called the is the heart
NOTE Confidence: 0.9818645
00:54:41.765 --> 00:54:42.265 body.
NOTE Confidence: 0.9873984
00:54:42.645 --> 00:54:44.005 And when we're talking about
NOTE Confidence: 0.9873984
00:54:44.005 --> 00:54:45.444 heart, it's not the blood
NOTE Confidence: 0.9873984
00:54:45.444 --> 00:54:45.944 pump.
NOTE Confidence: 0.9921118
00:54:46.390 --> 00:54:47.750 We're talking about the heart
NOTE Confidence: 0.9921118
00:54:47.750 --> 00:54:49.690 that's the seat of love
NOTE Confidence: 0.8892689

00:54:50.150 --> 00:54:50.969 and joy
NOTE Confidence: 0.9794257
00:54:51.590 --> 00:54:52.330 and intimacy
NOTE Confidence: 0.9082433
00:54:53.110 --> 00:54:53.850 and devotion,
NOTE Confidence: 0.99818486
00:54:54.390 --> 00:54:55.770 the spiritual heart.
NOTE Confidence: 0.9555376
00:54:56.265 --> 00:54:58.125 And what the yogis say
NOTE Confidence: 0.9555376
00:54:58.265 --> 00:54:58.924 is that
NOTE Confidence: 0.86226356
00:54:59.385 --> 00:54:59.885 when
NOTE Confidence: 0.8903925
00:55:00.265 --> 00:55:02.505 those bodies, if there's this
NOTE Confidence: 0.8903925
00:55:02.505 --> 00:55:03.005 sense
NOTE Confidence: 0.9986341
00:55:03.625 --> 00:55:04.525 of connection
NOTE Confidence: 0.9997453
00:55:05.080 --> 00:55:05.980 and alignment
NOTE Confidence: 0.9564456
00:55:07.080 --> 00:55:07.980 and integration
NOTE Confidence: 0.9963935
00:55:09.080 --> 00:55:09.580 between
NOTE Confidence: 0.9973839
00:55:09.960 --> 00:55:12.140 and among those five bodies,
NOTE Confidence: 0.9977533
00:55:13.105 --> 00:55:14.724 then we're walking
NOTE Confidence: 0.99087054
00:55:15.184 --> 00:55:16.785 more in a sense of

NOTE Confidence: 0.99087054
00:55:16.785 --> 00:55:17.285 wholeness.
NOTE Confidence: 0.9687999
00:55:19.184 --> 00:55:20.910 But it also says that
NOTE Confidence: 0.9687999
00:55:21.230 --> 00:55:23.489 when there is any,
NOTE Confidence: 0.9917399
00:55:24.670 --> 00:55:26.289 within those five bodies,
NOTE Confidence: 0.99906707
00:55:27.309 --> 00:55:27.809 disconnection,
NOTE Confidence: 0.99934804
00:55:29.215 --> 00:55:29.715 disharmony,
NOTE Confidence: 0.7992514
00:55:30.815 --> 00:55:31.315 separation,
NOTE Confidence: 0.9917436
00:55:32.735 --> 00:55:33.235 right,
NOTE Confidence: 0.9975775
00:55:33.775 --> 00:55:34.275 then
NOTE Confidence: 0.99611294
00:55:34.895 --> 00:55:37.030 our our our state becomes
NOTE Confidence: 0.8011412
00:55:38.050 --> 00:55:38.550 dysregulated.
NOTE Confidence: 0.98269653
00:55:39.730 --> 00:55:40.630 It becomes,
NOTE Confidence: 0.77009
00:55:43.330 --> 00:55:43.830 disconnected,
NOTE Confidence: 0.99710417
00:55:44.775 --> 00:55:46.155 all of those things.
NOTE Confidence: 0.9244202
00:55:46.855 --> 00:55:48.614 And there's this wonderful quote.
NOTE Confidence: 0.9244202

00:55:48.614 --> 00:55:50.295 This quote is from TSL
NOTE Confidence: 0.9244202

00:55:50.454 --> 00:55:52.395 the poet, TSL Elliott.
NOTE Confidence: 0.9879083

00:55:53.050 --> 00:55:54.510 Right? And it says,
NOTE Confidence: 0.9958089

00:55:54.890 --> 00:55:56.170 hell is the place where
NOTE Confidence: 0.9958089

00:55:56.170 --> 00:55:57.070 nothing connects.
NOTE Confidence: 0.9990136

00:55:58.330 --> 00:56:00.170 Hell is the place where
NOTE Confidence: 0.9990136

00:56:00.170 --> 00:56:01.070 nothing connects.
NOTE Confidence: 0.95696044

00:56:02.305 --> 00:56:03.505 Right? And and I think
NOTE Confidence: 0.95696044

00:56:03.505 --> 00:56:05.025 about this because part of
NOTE Confidence: 0.95696044

00:56:05.025 --> 00:56:05.845 this goal
NOTE Confidence: 0.96782255

00:56:06.385 --> 00:56:08.725 in walking in more alignment
NOTE Confidence: 0.97395146

00:56:09.505 --> 00:56:11.285 is to really create,
NOTE Confidence: 0.90610313

00:56:11.840 --> 00:56:13.940 recreate the sense of connection
NOTE Confidence: 0.9928389

00:56:14.800 --> 00:56:15.620 and alignment
NOTE Confidence: 0.99836344

00:56:16.560 --> 00:56:17.060 between
NOTE Confidence: 0.99129105

00:56:17.440 --> 00:56:18.180 and among

NOTE Confidence: 0.9961334
00:56:18.640 --> 00:56:19.940 these five bodies.
NOTE Confidence: 0.95678097
00:56:21.165 --> 00:56:22.125 Right? And I'll give you
NOTE Confidence: 0.95678097
00:56:22.125 --> 00:56:23.484 a little example of that
NOTE Confidence: 0.95678097
00:56:23.484 --> 00:56:24.925 if that sounds a a
NOTE Confidence: 0.95678097
00:56:24.925 --> 00:56:25.984 little out there.
NOTE Confidence: 0.99711895
00:56:26.925 --> 00:56:28.385 I don't know about you,
NOTE Confidence: 0.99711895
00:56:28.525 --> 00:56:29.869 but have you ever had
NOTE Confidence: 0.99711895
00:56:29.869 --> 00:56:30.769 a situation
NOTE Confidence: 0.9836572
00:56:31.390 --> 00:56:33.789 where your mind was telling
NOTE Confidence: 0.9836572
00:56:33.789 --> 00:56:34.769 you one thing,
NOTE Confidence: 0.9976954
00:56:35.150 --> 00:56:36.910 but your heart was telling
NOTE Confidence: 0.9976954
00:56:36.910 --> 00:56:38.049 you something else?
NOTE Confidence: 0.99871135
00:56:39.425 --> 00:56:40.545 I don't know about you,
NOTE Confidence: 0.99871135
00:56:40.545 --> 00:56:41.905 but that creates a little
NOTE Confidence: 0.99871135
00:56:41.905 --> 00:56:43.285 bit of hell for me.
NOTE Confidence: 0.9978853

00:56:43.825 --> 00:56:45.185 Right? That's a little bit
NOTE Confidence: 0.9978853
00:56:45.185 --> 00:56:45.844 of hell.
NOTE Confidence: 0.99200374
00:56:46.469 --> 00:56:47.910 Right? I can give you
NOTE Confidence: 0.99200374
00:56:47.910 --> 00:56:49.530 one quick situation
NOTE Confidence: 0.9203402
00:56:49.910 --> 00:56:51.510 from that from in my
NOTE Confidence: 0.9203402
00:56:51.510 --> 00:56:52.329 own life.
NOTE Confidence: 0.9413885
00:56:54.005 --> 00:56:55.625 My I was a caretaker
NOTE Confidence: 0.9986706
00:56:56.244 --> 00:56:57.224 for my mother
NOTE Confidence: 0.97761625
00:56:57.605 --> 00:56:59.605 toward the end of her
NOTE Confidence: 0.97761625
00:56:59.605 --> 00:57:01.285 life on this plane of
NOTE Confidence: 0.97761625
00:57:01.285 --> 00:57:01.785 existence.
NOTE Confidence: 0.92065585
00:57:03.119 --> 00:57:04.500 Right. And my mother actually,
NOTE Confidence: 0.9268305
00:57:05.119 --> 00:57:06.400 passed at one hundred and
NOTE Confidence: 0.9268305
00:57:06.400 --> 00:57:07.200 one. She lived to one
NOTE Confidence: 0.9268305
00:57:07.200 --> 00:57:08.660 hundred and one years old.
NOTE Confidence: 0.9945605
00:57:09.359 --> 00:57:11.359 Right. And those last years

NOTE Confidence: 0.9945605
00:57:11.359 --> 00:57:12.625 of her life, I was
NOTE Confidence: 0.9945605
00:57:12.625 --> 00:57:13.244 a primary
NOTE Confidence: 0.91594684
00:57:13.625 --> 00:57:15.964 caretaker and she was incredible.
NOTE Confidence: 0.91594684
00:57:16.184 --> 00:57:17.065 She was,
NOTE Confidence: 0.616483
00:57:18.744 --> 00:57:19.244 while
NOTE Confidence: 0.8279048
00:57:19.704 --> 00:57:20.924 while frail
NOTE Confidence: 0.95808125
00:57:21.599 --> 00:57:22.420 at that age,
NOTE Confidence: 0.9986842
00:57:23.040 --> 00:57:23.540 mentally
NOTE Confidence: 0.9503129
00:57:24.319 --> 00:57:26.160 for for almost the whole
NOTE Confidence: 0.9503129
00:57:26.160 --> 00:57:28.099 thing, she was all there.
NOTE Confidence: 0.9503129
00:57:28.240 --> 00:57:29.760 She was all there. So
NOTE Confidence: 0.9503129
00:57:29.760 --> 00:57:30.800 it was just such a
NOTE Confidence: 0.9503129
00:57:30.800 --> 00:57:31.300 gift.
NOTE Confidence: 0.95726687
00:57:32.945 --> 00:57:34.705 One day, I was staying
NOTE Confidence: 0.95726687
00:57:34.705 --> 00:57:36.065 in her house and taking
NOTE Confidence: 0.95726687

00:57:36.065 --> 00:57:37.825 care of her, and I
NOTE Confidence: 0.95726687

00:57:37.825 --> 00:57:39.185 got up early and I
NOTE Confidence: 0.95726687

00:57:39.185 --> 00:57:40.300 was doing the things that
NOTE Confidence: 0.95726687

00:57:40.380 --> 00:57:41.580 I do early, some of
NOTE Confidence: 0.95726687

00:57:41.580 --> 00:57:43.020 the practices and all of
NOTE Confidence: 0.95726687

00:57:43.020 --> 00:57:44.240 those kinds of things,
NOTE Confidence: 0.96186566

00:57:44.940 --> 00:57:46.540 and she never got up
NOTE Confidence: 0.96186566

00:57:46.540 --> 00:57:48.460 early, but I noticed that
NOTE Confidence: 0.96186566

00:57:48.460 --> 00:57:49.360 that she
NOTE Confidence: 0.92489815

00:57:49.660 --> 00:57:50.160 was,
NOTE Confidence: 0.9172227

00:57:50.845 --> 00:57:52.204 was up and I turned
NOTE Confidence: 0.9172227

00:57:52.204 --> 00:57:52.704 around,
NOTE Confidence: 0.95399255

00:57:53.164 --> 00:57:54.545 she was on her walker,
NOTE Confidence: 0.99957275

00:57:55.085 --> 00:57:56.545 she was in a doorway
NOTE Confidence: 0.93314946

00:57:56.845 --> 00:57:57.805 and I turned around and
NOTE Confidence: 0.93314946

00:57:57.805 --> 00:57:59.790 said, mom, what's going on?

NOTE Confidence: 0.93314946
00:57:59.790 --> 00:58:00.850 Why are you up?
NOTE Confidence: 0.987996
00:58:01.230 --> 00:58:02.990 And she said, I'm just
NOTE Confidence: 0.987996
00:58:02.990 --> 00:58:04.130 checking on you.
NOTE Confidence: 0.9655571
00:58:05.375 --> 00:58:07.055 And those were the last
NOTE Confidence: 0.9655571
00:58:07.055 --> 00:58:08.895 words, her last words to
NOTE Confidence: 0.9655571
00:58:08.895 --> 00:58:09.395 me.
NOTE Confidence: 0.9967901
00:58:09.855 --> 00:58:11.535 Later that day, she had
NOTE Confidence: 0.9967901
00:58:11.535 --> 00:58:13.475 a stroke in the shower.
NOTE Confidence: 0.98780763
00:58:14.050 --> 00:58:15.410 It was the kind of
NOTE Confidence: 0.98780763
00:58:15.410 --> 00:58:16.470 stroke that was
NOTE Confidence: 0.9434335
00:58:17.250 --> 00:58:17.750 precipitated
NOTE Confidence: 0.92296696
00:58:18.050 --> 00:58:19.350 bleeding in the brain.
NOTE Confidence: 0.94713396
00:58:20.130 --> 00:58:21.885 And, you know, she's a
NOTE Confidence: 0.94713396
00:58:21.885 --> 00:58:23.405 hundred years old, over a
NOTE Confidence: 0.94713396
00:58:23.405 --> 00:58:24.605 hundred years old at that
NOTE Confidence: 0.94713396

00:58:24.605 --> 00:58:25.105 point,
NOTE Confidence: 0.9836691
00:58:25.485 --> 00:58:26.445 we get her to the
NOTE Confidence: 0.9836691
00:58:26.445 --> 00:58:28.685 hospital and the doctor says
NOTE Confidence: 0.9836691
00:58:28.685 --> 00:58:29.345 to us,
NOTE Confidence: 0.98544055
00:58:30.170 --> 00:58:31.790 you know, there's an operation
NOTE Confidence: 0.98544055
00:58:32.010 --> 00:58:32.670 for this,
NOTE Confidence: 0.9759475
00:58:33.210 --> 00:58:34.170 but this would be a
NOTE Confidence: 0.9759475
00:58:34.170 --> 00:58:35.930 difficult operation for a twenty
NOTE Confidence: 0.9759475
00:58:35.930 --> 00:58:37.505 five year old. You gotta
NOTE Confidence: 0.9759475
00:58:37.505 --> 00:58:39.105 really think about it if
NOTE Confidence: 0.9759475
00:58:39.105 --> 00:58:40.865 you would subject your one
NOTE Confidence: 0.9759475
00:58:40.865 --> 00:58:42.244 hundred year old mother
NOTE Confidence: 0.99802893
00:58:42.785 --> 00:58:44.164 to the depth of this.
NOTE Confidence: 0.96418345
00:58:45.230 --> 00:58:46.109 My mother was one of
NOTE Confidence: 0.96418345
00:58:46.109 --> 00:58:47.390 the folks that had everything
NOTE Confidence: 0.96418345
00:58:47.390 --> 00:58:48.990 in order. Right? She had

NOTE Confidence: 0.96418345
00:58:49.230 --> 00:58:50.190 she there was a do
NOTE Confidence: 0.96418345
00:58:50.190 --> 00:58:50.930 not resuscitate
NOTE Confidence: 0.98994464
00:58:51.230 --> 00:58:52.290 order. Everything
NOTE Confidence: 0.98632085
00:58:52.829 --> 00:58:54.984 was in order. So we
NOTE Confidence: 0.98632085
00:58:54.984 --> 00:58:56.045 knew her wishes.
NOTE Confidence: 0.98175085
00:58:56.744 --> 00:58:57.244 Right?
NOTE Confidence: 0.9557476
00:58:57.865 --> 00:58:59.885 But I, as the
NOTE Confidence: 0.9563685
00:59:00.345 --> 00:59:02.105 the the primary person in
NOTE Confidence: 0.9563685
00:59:02.105 --> 00:59:03.704 this family, in this caring
NOTE Confidence: 0.9563685
00:59:03.704 --> 00:59:04.204 situation,
NOTE Confidence: 0.95725995
00:59:05.370 --> 00:59:06.730 there was a a piece
NOTE Confidence: 0.95725995
00:59:06.730 --> 00:59:08.750 of me that was going,
NOTE Confidence: 0.9960154
00:59:09.130 --> 00:59:10.970 you can't cut life support
NOTE Confidence: 0.9960154
00:59:10.970 --> 00:59:11.870 on your mother.
NOTE Confidence: 0.9997591
00:59:12.755 --> 00:59:14.135 You can't do that.
NOTE Confidence: 0.99637437

00:59:15.235 --> 00:59:15.735 Right?
NOTE Confidence: 0.9734323

00:59:16.035 --> 00:59:17.555 Now my mind knew the
NOTE Confidence: 0.9734323

00:59:17.555 --> 00:59:18.775 right thing to do.
NOTE Confidence: 0.9982969

00:59:19.155 --> 00:59:20.435 She had it all mapped
NOTE Confidence: 0.9982969

00:59:20.435 --> 00:59:20.935 out.
NOTE Confidence: 0.9938802

00:59:21.349 --> 00:59:21.849 Right?
NOTE Confidence: 0.9994965

00:59:22.470 --> 00:59:24.069 But there was an eight
NOTE Confidence: 0.9994965

00:59:24.069 --> 00:59:24.810 year old
NOTE Confidence: 0.98203236

00:59:25.270 --> 00:59:26.710 right here in in the
NOTE Confidence: 0.98203236

00:59:26.710 --> 00:59:28.150 center of my heart that
NOTE Confidence: 0.98203236

00:59:28.150 --> 00:59:30.069 was going, you cannot do
NOTE Confidence: 0.98203236

00:59:30.069 --> 00:59:30.569 this.
NOTE Confidence: 0.99903965

00:59:31.055 --> 00:59:32.755 So there was a disconnect
NOTE Confidence: 0.99975115

00:59:33.694 --> 00:59:34.994 in the mind
NOTE Confidence: 0.9302018

00:59:35.615 --> 00:59:36.595 and the heart,
NOTE Confidence: 0.9677526

00:59:37.135 --> 00:59:38.575 and that was a little

NOTE Confidence: 0.9677526
00:59:38.575 --> 00:59:39.474 bit of hell.
NOTE Confidence: 0.99807966
00:59:40.430 --> 00:59:41.650 A little bit of hell.
NOTE Confidence: 0.9971605
00:59:42.030 --> 00:59:43.310 And what I had to
NOTE Confidence: 0.9971605
00:59:43.310 --> 00:59:45.410 do was go back
NOTE Confidence: 0.9537856
00:59:46.110 --> 00:59:47.390 and take care of eight
NOTE Confidence: 0.9537856
00:59:47.390 --> 00:59:48.625 year old, because eight year
NOTE Confidence: 0.9537856
00:59:48.625 --> 00:59:50.385 old Nikki was throwing a
NOTE Confidence: 0.9537856
00:59:50.385 --> 00:59:50.885 fit
NOTE Confidence: 0.9982246
00:59:51.265 --> 00:59:53.025 in there. You can't do
NOTE Confidence: 0.9982246
00:59:53.025 --> 00:59:54.965 this. You can't do this.
NOTE Confidence: 0.98494005
00:59:55.265 --> 00:59:56.565 So I had to stop
NOTE Confidence: 0.99985194
00:59:57.150 --> 00:59:57.970 and go back
NOTE Confidence: 0.93645936
00:59:58.350 --> 00:59:59.550 and take care of eight
NOTE Confidence: 0.93645936
00:59:59.550 --> 01:00:01.070 year old Nikki because she's
NOTE Confidence: 0.93645936
01:00:01.070 --> 01:00:01.890 still there.
NOTE Confidence: 0.9514118

01:00:02.910 --> 01:00:04.130 She's still there.
NOTE Confidence: 0.9615572

01:00:05.365 --> 01:00:06.885 Right? To stop and go
NOTE Confidence: 0.9615572

01:00:06.885 --> 01:00:07.925 back and take care of
NOTE Confidence: 0.9615572

01:00:07.925 --> 01:00:09.705 her and let her know,
NOTE Confidence: 0.9639364

01:00:10.005 --> 01:00:11.065 I got you.
NOTE Confidence: 0.9996211

01:00:11.800 --> 01:00:12.460 I love
NOTE Confidence: 0.9670482

01:00:13.080 --> 01:00:14.460 you. One of those other
NOTE Confidence: 0.9670482

01:00:14.520 --> 01:00:15.580 parts of myself,
NOTE Confidence: 0.99456835

01:00:16.040 --> 01:00:17.740 I will care for you.
NOTE Confidence: 0.9754169

01:00:18.040 --> 01:00:19.080 I will take care of
NOTE Confidence: 0.9754169

01:00:19.080 --> 01:00:19.580 you.
NOTE Confidence: 0.97708154

01:00:19.885 --> 01:00:21.005 And then I could make
NOTE Confidence: 0.97708154

01:00:21.005 --> 01:00:21.905 the right decision.
NOTE Confidence: 0.9991972

01:00:22.605 --> 01:00:23.484 Then I could do the
NOTE Confidence: 0.9991972

01:00:23.484 --> 01:00:24.224 right thing.
NOTE Confidence: 0.9760691

01:00:25.005 --> 01:00:26.464 I hope this makes sense.

NOTE Confidence: 0.98369026
01:00:27.565 --> 01:00:28.065 Right?
NOTE Confidence: 0.98122525
01:00:28.370 --> 01:00:29.810 And the idea is how
NOTE Confidence: 0.98122525
01:00:29.810 --> 01:00:30.950 do we realign
NOTE Confidence: 0.9890548
01:00:31.730 --> 01:00:33.570 these parts so that we
NOTE Confidence: 0.9890548
01:00:33.570 --> 01:00:34.950 are more walking
NOTE Confidence: 0.9752014
01:00:35.570 --> 01:00:36.950 in a sense of wholeness?
NOTE Confidence: 0.99701035
01:00:38.115 --> 01:00:39.474 And that's one of the
NOTE Confidence: 0.99701035
01:00:39.474 --> 01:00:41.255 things we look to do
NOTE Confidence: 0.9663425
01:00:41.795 --> 01:00:43.714 in the yoga practices, that's
NOTE Confidence: 0.9663425
01:00:43.714 --> 01:00:44.934 one of the gifts
NOTE Confidence: 0.9755187
01:00:45.395 --> 01:00:46.135 of yoga.
NOTE Confidence: 0.88993263
01:00:47.339 --> 01:00:48.640 The part of the idea
NOTE Confidence: 0.88993263
01:00:48.859 --> 01:00:50.800 in in the yoga practice,
NOTE Confidence: 0.97190934
01:00:51.339 --> 01:00:53.020 what are the reasons that
NOTE Confidence: 0.97190934
01:00:53.020 --> 01:00:54.720 for most of the time
NOTE Confidence: 0.99811226

01:00:55.095 --> 01:00:56.695 you walk out of a
NOTE Confidence: 0.99811226

01:00:56.695 --> 01:00:59.255 yoga practice feeling differently than
NOTE Confidence: 0.99811226

01:00:59.255 --> 01:01:00.715 the way you walked in
NOTE Confidence: 0.9192935

01:01:01.335 --> 01:01:03.210 is because there's a realignment
NOTE Confidence: 0.99718404

01:01:03.990 --> 01:01:05.450 of those five bodies.
NOTE Confidence: 0.9992359

01:01:06.310 --> 01:01:08.150 That's why you walk out
NOTE Confidence: 0.9992359

01:01:08.150 --> 01:01:09.050 feeling differently
NOTE Confidence: 0.9405868

01:01:09.405 --> 01:01:11.025 than the way a well
NOTE Confidence: 0.9405868

01:01:11.085 --> 01:01:12.865 sequenced yoga class
NOTE Confidence: 0.99217224

01:01:13.325 --> 01:01:15.345 will realign the five bodies.
NOTE Confidence: 0.88025635

01:01:16.205 --> 01:01:16.705 Now,
NOTE Confidence: 0.97932696

01:01:17.049 --> 01:01:18.890 right, we realign them, then
NOTE Confidence: 0.97932696

01:01:18.890 --> 01:01:19.690 we go back out in
NOTE Confidence: 0.97932696

01:01:19.690 --> 01:01:20.970 the world, we go back
NOTE Confidence: 0.97932696

01:01:20.970 --> 01:01:22.250 out to the parking lot,
NOTE Confidence: 0.97932696

01:01:22.250 --> 01:01:23.609 and there's a scratch on

NOTE Confidence: 0.97932696
01:01:23.609 --> 01:01:24.955 our car, and I get
NOTE Confidence: 0.97932696
01:01:24.955 --> 01:01:25.855 all dysregulated
NOTE Confidence: 0.6331604
01:01:26.235 --> 01:01:27.935 and disconnected on this
NOTE Confidence: 0.6839186
01:01:28.235 --> 01:01:28.815 line again.
NOTE Confidence: 0.99869895
01:01:29.275 --> 01:01:29.775 Right?
NOTE Confidence: 0.999626
01:01:30.155 --> 01:01:31.135 Which is why
NOTE Confidence: 0.99754846
01:01:31.515 --> 01:01:32.895 we keep coming back.
NOTE Confidence: 0.9493587
01:01:33.619 --> 01:01:35.140 Right? We keep coming back
NOTE Confidence: 0.9493587
01:01:35.140 --> 01:01:36.180 just like we do to
NOTE Confidence: 0.9493587
01:01:36.180 --> 01:01:36.680 meetings.
NOTE Confidence: 0.99979645
01:01:37.140 --> 01:01:38.519 We keep coming back.
NOTE Confidence: 0.9987733
01:01:38.819 --> 01:01:39.319 Right?
NOTE Confidence: 0.9994779
01:01:40.260 --> 01:01:40.760 Yoga
NOTE Confidence: 0.99811983
01:01:41.115 --> 01:01:42.895 teaches us these ways
NOTE Confidence: 0.99153835
01:01:43.355 --> 01:01:45.915 in order to begin to
NOTE Confidence: 0.99153835

01:01:45.915 --> 01:01:46.415 really
NOTE Confidence: 0.7710386
01:01:46.715 --> 01:01:47.455 re regulate
NOTE Confidence: 0.98484594
01:01:47.995 --> 01:01:49.215 our nervous system.
NOTE Confidence: 0.7426307
01:01:50.390 --> 01:01:51.270 Right, one of the things
NOTE Confidence: 0.7426307
01:01:51.270 --> 01:01:52.710 we talk about in the
NOTE Confidence: 0.7426307
01:01:52.710 --> 01:01:53.670 What, Two of Us, Our
NOTE Confidence: 0.7426307
01:01:53.670 --> 01:01:54.650 work is
NOTE Confidence: 0.77723014
01:01:55.270 --> 01:01:55.930 that phrase,
NOTE Confidence: 0.9865098
01:01:56.310 --> 01:01:57.690 what we look to do
NOTE Confidence: 0.9865098
01:01:57.750 --> 01:01:59.345 in that work is really
NOTE Confidence: 0.9865098
01:01:59.345 --> 01:02:00.705 take some of those key
NOTE Confidence: 0.9865098
01:02:00.705 --> 01:02:01.605 little phrases
NOTE Confidence: 0.98056936
01:02:02.305 --> 01:02:03.605 that you often hear
NOTE Confidence: 0.8942502
01:02:03.905 --> 01:02:06.085 in twelve step programs and
NOTE Confidence: 0.97504187
01:02:07.210 --> 01:02:08.190 actually turn them
NOTE Confidence: 0.92919505
01:02:09.370 --> 01:02:10.890 into, I often call them

NOTE Confidence: 0.92919505
01:02:10.890 --> 01:02:13.050 yoga snacks or these little
NOTE Confidence: 0.92919505
01:02:13.050 --> 01:02:13.550 things
NOTE Confidence: 0.9823927
01:02:14.125 --> 01:02:15.645 that in the moment that
NOTE Confidence: 0.9823927
01:02:15.645 --> 01:02:16.705 I feel dysregulated
NOTE Confidence: 0.9589811
01:02:17.645 --> 01:02:19.165 or in the moment that
NOTE Confidence: 0.9589811
01:02:19.165 --> 01:02:20.685 I feel a sense of
NOTE Confidence: 0.9589811
01:02:20.685 --> 01:02:21.185 trigger,
NOTE Confidence: 0.96424514
01:02:21.950 --> 01:02:23.710 I can use these little
NOTE Confidence: 0.96424514
01:02:23.710 --> 01:02:24.210 tools
NOTE Confidence: 0.9587649
01:02:25.070 --> 01:02:27.070 to keep coming back to
NOTE Confidence: 0.9587649
01:02:27.070 --> 01:02:28.690 a a place of balance,
NOTE Confidence: 0.98447037
01:02:29.634 --> 01:02:31.315 to keep coming back to
NOTE Confidence: 0.98447037
01:02:31.315 --> 01:02:32.855 this place of center.
NOTE Confidence: 0.9991585
01:02:34.194 --> 01:02:34.694 Because
NOTE Confidence: 0.99870586
01:02:35.474 --> 01:02:36.694 when I do that,
NOTE Confidence: 0.9533871

01:02:37.450 --> 01:02:39.150 there's a a possibility
NOTE Confidence: 0.99844855

01:02:40.010 --> 01:02:40.910 to access
NOTE Confidence: 0.997502

01:02:41.530 --> 01:02:43.050 the wisdom to know the
NOTE Confidence: 0.997502

01:02:43.050 --> 01:02:43.550 difference.
NOTE Confidence: 0.98140043

01:02:44.625 --> 01:02:46.145 Right? We say that phrase
NOTE Confidence: 0.98140043

01:02:46.145 --> 01:02:47.765 all the time, the wisdom
NOTE Confidence: 0.98140043

01:02:47.825 --> 01:02:48.965 to know the difference.
NOTE Confidence: 0.98540616

01:02:49.825 --> 01:02:51.025 You know? But I can't
NOTE Confidence: 0.98540616

01:02:51.025 --> 01:02:52.960 get access to the wisdom
NOTE Confidence: 0.98540616

01:02:52.960 --> 01:02:54.480 to know the difference when
NOTE Confidence: 0.98540616

01:02:54.480 --> 01:02:55.700 my head is spinning,
NOTE Confidence: 0.98084974

01:02:56.080 --> 01:02:57.380 when I'm I'm dysregulated.
NOTE Confidence: 0.98744696

01:02:58.480 --> 01:03:00.240 Right? I can't find access
NOTE Confidence: 0.98744696

01:03:00.240 --> 01:03:01.585 to it then. So I
NOTE Confidence: 0.98744696

01:03:01.585 --> 01:03:03.285 have to find a way
NOTE Confidence: 0.99939734

01:03:03.585 --> 01:03:04.705 to come back to a

NOTE Confidence: 0.99939734
01:03:04.705 --> 01:03:05.205 place
NOTE Confidence: 0.99587345
01:03:05.665 --> 01:03:07.125 where I even have access
NOTE Confidence: 0.97576725
01:03:07.825 --> 01:03:09.025 to the wisdom to know
NOTE Confidence: 0.97576725
01:03:09.025 --> 01:03:09.530 the difference.
NOTE Confidence: 0.9967822
01:03:10.010 --> 01:03:11.130 And these are the things
NOTE Confidence: 0.9967822
01:03:11.130 --> 01:03:12.110 that we teach.
NOTE Confidence: 0.98812246
01:03:12.650 --> 01:03:14.510 Right? We use breath
NOTE Confidence: 0.95920295
01:03:14.890 --> 01:03:16.090 in order to come back.
NOTE Confidence: 0.95920295
01:03:16.090 --> 01:03:18.010 And it's really not just
NOTE Confidence: 0.95920295
01:03:18.010 --> 01:03:18.510 breath.
NOTE Confidence: 0.9714534
01:03:19.105 --> 01:03:20.165 It's this idea
NOTE Confidence: 0.99854004
01:03:20.545 --> 01:03:21.365 of realigning
NOTE Confidence: 0.9939156
01:03:22.465 --> 01:03:22.965 mind
NOTE Confidence: 0.9152838
01:03:23.265 --> 01:03:24.005 and breath.
NOTE Confidence: 0.9973525
01:03:24.625 --> 01:03:25.985 Because when the mind and
NOTE Confidence: 0.9973525

01:03:25.985 --> 01:03:27.525 the breath are aligned,
NOTE Confidence: 0.99166673

01:03:28.540 --> 01:03:29.280 I'm present.
NOTE Confidence: 0.98785496

01:03:30.380 --> 01:03:30.880 Right?
NOTE Confidence: 0.94545454

01:03:31.260 --> 01:03:32.880 I'm in the present moment.
NOTE Confidence: 0.94545454

01:03:33.180 --> 01:03:34.640 And you know you are
NOTE Confidence: 0.94545454

01:03:34.700 --> 01:03:36.140 because you can't breathe in
NOTE Confidence: 0.94545454

01:03:36.140 --> 01:03:36.800 the past.
NOTE Confidence: 0.998912

01:03:37.165 --> 01:03:38.445 You can't breathe in the
NOTE Confidence: 0.998912

01:03:38.445 --> 01:03:40.365 future. You can only breathe
NOTE Confidence: 0.998912

01:03:40.365 --> 01:03:41.665 in the present moment.
NOTE Confidence: 0.98768944

01:03:42.205 --> 01:03:44.305 So when I'm breathing in
NOTE Confidence: 0.98768944

01:03:44.525 --> 01:03:45.345 and knowing
NOTE Confidence: 0.9222258

01:03:45.819 --> 01:03:48.000 and align, I'm breathing in.
NOTE Confidence: 0.9946172

01:03:48.460 --> 01:03:50.059 When you breathe in, know
NOTE Confidence: 0.9946172

01:03:50.059 --> 01:03:51.359 that you're breathing in.
NOTE Confidence: 0.99826574

01:03:51.660 --> 01:03:52.960 When you breathe out,

NOTE Confidence: 0.9615698
01:03:53.339 --> 01:03:54.960 know that you're breathing out.
NOTE Confidence: 0.9649228
01:03:55.315 --> 01:03:56.055 Then I'm
NOTE Confidence: 0.98246276
01:03:56.435 --> 01:03:57.795 present. Then I'm I'm not
NOTE Confidence: 0.98246276
01:03:57.795 --> 01:03:58.695 in the past.
NOTE Confidence: 0.9986825
01:03:59.234 --> 01:04:00.454 I'm not in the future.
NOTE Confidence: 0.9943612
01:04:00.915 --> 01:04:02.375 I'm in the present moment.
NOTE Confidence: 0.9943612
01:04:02.660 --> 01:04:03.940 And in the present moment,
NOTE Confidence: 0.9943612
01:04:03.940 --> 01:04:04.760 there's possibility.
NOTE Confidence: 0.9993637
01:04:05.700 --> 01:04:07.540 There's no possibility in the
NOTE Confidence: 0.9993637
01:04:07.540 --> 01:04:09.780 past. There's no possibility in
NOTE Confidence: 0.9993637
01:04:09.780 --> 01:04:10.440 the future.
NOTE Confidence: 0.9787204
01:04:10.855 --> 01:04:12.455 The possibility is in this
NOTE Confidence: 0.9787204
01:04:12.455 --> 01:04:14.055 present moment to make a
NOTE Confidence: 0.9787204
01:04:14.055 --> 01:04:16.075 difference. So we find ways
NOTE Confidence: 0.9745256
01:04:17.175 --> 01:04:19.355 to have people, have ourselves
NOTE Confidence: 0.99986404

01:04:19.910 --> 01:04:20.730 and others
NOTE Confidence: 0.9659975

01:04:21.030 --> 01:04:23.110 keep coming back to this
NOTE Confidence: 0.9659975

01:04:23.110 --> 01:04:24.730 present moment awareness.
NOTE Confidence: 0.98510206

01:04:25.430 --> 01:04:26.790 Because in this present moment,
NOTE Confidence: 0.98510206

01:04:26.790 --> 01:04:27.770 I get choice.
NOTE Confidence: 0.99756795

01:04:28.645 --> 01:04:29.785 I get choice.
NOTE Confidence: 0.9900989

01:04:30.565 --> 01:04:32.405 Right? In in the moment
NOTE Confidence: 0.9900989

01:04:32.405 --> 01:04:33.385 of dysregulation,
NOTE Confidence: 0.9990832

01:04:34.805 --> 01:04:36.905 in the moment of trauma,
NOTE Confidence: 0.9954041

01:04:37.500 --> 01:04:38.800 there was no choice.
NOTE Confidence: 0.9983966

01:04:39.660 --> 01:04:41.120 So part of the key
NOTE Confidence: 0.9983966

01:04:41.260 --> 01:04:43.200 in this is restoring
NOTE Confidence: 0.851007

01:04:43.660 --> 01:04:44.160 choice,
NOTE Confidence: 0.9549071

01:04:45.025 --> 01:04:47.285 this idea of restoring choice,
NOTE Confidence: 0.9879116

01:04:47.585 --> 01:04:49.125 and we use the practices
NOTE Confidence: 0.9879116

01:04:49.345 --> 01:04:50.645 in order to do that.

NOTE Confidence: 0.9707346
01:04:51.345 --> 01:04:53.050 And like I said before,
NOTE Confidence: 0.9707346
01:04:53.270 --> 01:04:55.270 what we've discovered is there's
NOTE Confidence: 0.9707346
01:04:55.270 --> 01:04:56.570 some common places
NOTE Confidence: 0.9994197
01:04:56.870 --> 01:04:57.690 in the body
NOTE Confidence: 0.9868152
01:04:58.150 --> 01:04:59.530 where things get stuck,
NOTE Confidence: 0.9961229
01:05:00.255 --> 01:05:02.275 where the issues really do
NOTE Confidence: 0.9961229
01:05:02.414 --> 01:05:03.875 live in our tissues.
NOTE Confidence: 0.9796919
01:05:04.815 --> 01:05:05.315 Right?
NOTE Confidence: 0.99094063
01:05:06.095 --> 01:05:07.075 One of them,
NOTE Confidence: 0.9338959
01:05:07.380 --> 01:05:08.580 you you know, there there
NOTE Confidence: 0.9338959
01:05:08.580 --> 01:05:09.700 are many of them. They're
NOTE Confidence: 0.9338959
01:05:09.700 --> 01:05:10.200 along,
NOTE Confidence: 0.94983196
01:05:11.540 --> 01:05:12.040 lines,
NOTE Confidence: 0.9933028
01:05:12.420 --> 01:05:13.300 if you will, in the
NOTE Confidence: 0.9933028
01:05:13.300 --> 01:05:13.800 body.
NOTE Confidence: 0.97133255

01:05:14.180 --> 01:05:15.460 One of them has to
NOTE Confidence: 0.97133255

01:05:15.460 --> 01:05:16.760 do with back,
NOTE Confidence: 0.95871365

01:05:18.155 --> 01:05:20.155 another one usually in our
NOTE Confidence: 0.95871365

01:05:20.155 --> 01:05:21.215 neck and shoulders.
NOTE Confidence: 0.99808633

01:05:21.915 --> 01:05:22.735 The throat
NOTE Confidence: 0.997917

01:05:23.035 --> 01:05:24.095 is a place
NOTE Confidence: 0.99559325

01:05:24.395 --> 01:05:26.395 where things will often get
NOTE Confidence: 0.99559325

01:05:26.395 --> 01:05:26.895 stuck.
NOTE Confidence: 0.9976139

01:05:27.510 --> 01:05:29.690 We speak about how the
NOTE Confidence: 0.9976139

01:05:29.750 --> 01:05:30.250 unsaid,
NOTE Confidence: 0.9994746

01:05:31.030 --> 01:05:32.310 the things that we don't
NOTE Confidence: 0.9994746

01:05:32.310 --> 01:05:32.810 say
NOTE Confidence: 0.76959455

01:05:33.190 --> 01:05:34.010 get stuck
NOTE Confidence: 0.7796164

01:05:34.470 --> 01:05:35.690 right here,
NOTE Confidence: 0.9705696

01:05:36.335 --> 01:05:37.155 right here.
NOTE Confidence: 0.97985774

01:05:37.535 --> 01:05:39.055 And in many places, in

NOTE Confidence: 0.97985774
01:05:39.055 --> 01:05:40.015 many of the things that
NOTE Confidence: 0.97985774
01:05:40.015 --> 01:05:41.155 we do in the practice,
NOTE Confidence: 0.99868983
01:05:41.775 --> 01:05:43.315 we work to release
NOTE Confidence: 0.97919226
01:05:44.095 --> 01:05:44.835 the unsaid,
NOTE Confidence: 0.9916915
01:05:45.660 --> 01:05:47.180 the things that get stuck
NOTE Confidence: 0.9916915
01:05:47.180 --> 01:05:48.320 in the unsaid.
NOTE Confidence: 0.9958277
01:05:49.260 --> 01:05:50.540 Right? And when they get
NOTE Confidence: 0.9958277
01:05:50.540 --> 01:05:51.680 stuck in our tissues,
NOTE Confidence: 0.9920601
01:05:52.220 --> 01:05:52.960 they cause
NOTE Confidence: 0.9992822
01:05:53.285 --> 01:05:55.785 problematic things in many areas
NOTE Confidence: 0.9981245
01:05:56.165 --> 01:05:57.625 and at many levels.
NOTE Confidence: 0.9996131
01:05:58.325 --> 01:05:59.785 So part of the practice
NOTE Confidence: 0.94080484
01:06:00.085 --> 01:06:02.290 is to this idea of
NOTE Confidence: 0.94080484
01:06:02.530 --> 01:06:03.270 creating flow
NOTE Confidence: 0.91578734
01:06:04.370 --> 01:06:06.310 so that energy can move,
NOTE Confidence: 0.95670843

01:06:07.090 --> 01:06:08.530 right, so that things can
NOTE Confidence: 0.95670843

01:06:08.530 --> 01:06:09.030 move.
NOTE Confidence: 0.9988362

01:06:09.494 --> 01:06:10.795 And that's important
NOTE Confidence: 0.9868012

01:06:11.095 --> 01:06:12.935 because that's the nature of
NOTE Confidence: 0.9868012

01:06:12.935 --> 01:06:14.395 what energy does.
NOTE Confidence: 0.9947769

01:06:14.935 --> 01:06:16.695 The nature of energy is
NOTE Confidence: 0.9947769

01:06:16.695 --> 01:06:17.435 to move.
NOTE Confidence: 0.9909988

01:06:18.140 --> 01:06:20.480 When energy moves, it creates
NOTE Confidence: 0.9909988

01:06:20.540 --> 01:06:21.440 one result.
NOTE Confidence: 0.99854314

01:06:22.140 --> 01:06:23.900 When it doesn't move, it
NOTE Confidence: 0.99854314

01:06:23.900 --> 01:06:26.160 creates a completely different result.
NOTE Confidence: 0.99586535

01:06:27.835 --> 01:06:28.895 Right? Anger,
NOTE Confidence: 0.978515

01:06:29.195 --> 01:06:29.855 for example.
NOTE Confidence: 0.99364233

01:06:30.635 --> 01:06:32.635 Anger is not good or
NOTE Confidence: 0.99364233

01:06:32.635 --> 01:06:34.335 bad or right or wrong.
NOTE Confidence: 0.87240654

01:06:35.220 --> 01:06:36.360 Anger's energy,

NOTE Confidence: 0.99953324
01:06:37.060 --> 01:06:38.580 and the nature of energy
NOTE Confidence: 0.99953324
01:06:38.580 --> 01:06:39.560 is to move.
NOTE Confidence: 0.999327
01:06:40.260 --> 01:06:41.720 When anger moves,
NOTE Confidence: 0.99813676
01:06:42.340 --> 01:06:43.960 it could create motivation.
NOTE Confidence: 0.9966501
01:06:45.005 --> 01:06:47.005 It could create energy for
NOTE Confidence: 0.9966501
01:06:47.005 --> 01:06:48.445 us to take a different
NOTE Confidence: 0.9966501
01:06:48.445 --> 01:06:48.945 direction.
NOTE Confidence: 0.98592395
01:06:49.885 --> 01:06:52.145 But when anger gets stuck,
NOTE Confidence: 0.9988444
01:06:52.525 --> 01:06:53.905 when it doesn't move,
NOTE Confidence: 0.9901743
01:06:54.380 --> 01:06:55.980 it will escalate. It's like
NOTE Confidence: 0.9901743
01:06:55.980 --> 01:06:57.280 the atomic bomb.
NOTE Confidence: 0.9908738
01:06:57.660 --> 01:06:59.440 Anger will turn into rage.
NOTE Confidence: 0.98826534
01:07:00.140 --> 01:07:01.760 It will turn into violence.
NOTE Confidence: 0.9953489
01:07:02.455 --> 01:07:04.375 It will turn that's energy
NOTE Confidence: 0.9953489
01:07:04.375 --> 01:07:05.435 that's not moving.
NOTE Confidence: 0.997591

01:07:06.375 --> 01:07:08.555 Anger itself is not bad.
NOTE Confidence: 0.997591

01:07:08.695 --> 01:07:09.915 No energy
NOTE Confidence: 0.99964035

01:07:10.490 --> 01:07:11.150 or emotion
NOTE Confidence: 0.9883559

01:07:11.530 --> 01:07:13.290 is bad. It's not bad
NOTE Confidence: 0.9883559

01:07:13.290 --> 01:07:14.430 or right or wrong.
NOTE Confidence: 0.9909141

01:07:15.049 --> 01:07:16.490 It's if it moves, it
NOTE Confidence: 0.9909141

01:07:16.490 --> 01:07:18.244 creates one result. If it
NOTE Confidence: 0.9909141

01:07:18.244 --> 01:07:20.484 doesn't move, it creates another
NOTE Confidence: 0.9909141

01:07:20.484 --> 01:07:20.984 result.
NOTE Confidence: 0.9594084

01:07:21.685 --> 01:07:23.605 So the idea is even
NOTE Confidence: 0.9594084

01:07:23.605 --> 01:07:24.825 within our bodies
NOTE Confidence: 0.999101

01:07:25.690 --> 01:07:27.070 to create space
NOTE Confidence: 0.90404403

01:07:27.690 --> 01:07:29.070 so that there's flow,
NOTE Confidence: 0.94162494

01:07:29.530 --> 01:07:31.550 so that energy can move.
NOTE Confidence: 0.9684321

01:07:32.330 --> 01:07:34.665 Right? And then when energy
NOTE Confidence: 0.9684321

01:07:34.885 --> 01:07:36.405 moves in that way, you

NOTE Confidence: 0.9684321
01:07:36.405 --> 01:07:37.305 know, releasing
NOTE Confidence: 0.99933726
01:07:37.605 --> 01:07:38.345 the tension
NOTE Confidence: 0.9940118
01:07:38.964 --> 01:07:40.405 and all those things in
NOTE Confidence: 0.9940118
01:07:40.405 --> 01:07:41.145 our bodies,
NOTE Confidence: 0.9985379
01:07:42.005 --> 01:07:42.505 then
NOTE Confidence: 0.99454474
01:07:42.850 --> 01:07:43.350 there's
NOTE Confidence: 0.8832261
01:07:43.730 --> 01:07:45.510 room, there's space,
NOTE Confidence: 0.9978799
01:07:45.970 --> 01:07:47.590 there's space for
NOTE Confidence: 0.98908234
01:07:47.890 --> 01:07:48.390 awareness,
NOTE Confidence: 0.99733514
01:07:49.170 --> 01:07:51.270 there's space for different choices,
NOTE Confidence: 0.99584955
01:07:51.885 --> 01:07:53.405 There's space for all these
NOTE Confidence: 0.99584955
01:07:53.405 --> 01:07:53.905 things.
NOTE Confidence: 0.58218604
01:07:55.405 --> 01:07:55.905 Woo.
NOTE Confidence: 0.9507361
01:07:58.125 --> 01:07:59.665 Oh my goodness. Sorry.
NOTE Confidence: 0.8279673
01:08:00.359 --> 01:08:00.859 Right?
NOTE Confidence: 0.966441

01:08:01.799 --> 01:08:03.180 I I really
NOTE Confidence: 0.9268199

01:08:03.480 --> 01:08:05.420 my my hope is that
NOTE Confidence: 0.9268199

01:08:05.640 --> 01:08:07.880 this will begin I'm a
NOTE Confidence: 0.9268199

01:08:07.880 --> 01:08:09.259 say one other thing,
NOTE Confidence: 0.9996076

01:08:09.615 --> 01:08:11.155 and then I'm gonna
NOTE Confidence: 0.991992

01:08:11.694 --> 01:08:12.434 I'm gonna,
NOTE Confidence: 0.9907788

01:08:13.055 --> 01:08:15.214 open it up, right, for
NOTE Confidence: 0.9907788

01:08:15.214 --> 01:08:17.054 your thoughts and your comments
NOTE Confidence: 0.9907788

01:08:17.054 --> 01:08:18.735 and your questions and and
NOTE Confidence: 0.9907788

01:08:18.735 --> 01:08:19.739 all of those kinds of
NOTE Confidence: 0.9907788

01:08:19.739 --> 01:08:20.239 things.
NOTE Confidence: 0.97964984

01:08:21.099 --> 01:08:22.699 I mentioned this a little
NOTE Confidence: 0.97964984

01:08:22.699 --> 01:08:23.520 bit earlier,
NOTE Confidence: 0.9422517

01:08:24.939 --> 01:08:26.219 one of the ways that
NOTE Confidence: 0.9422517

01:08:26.219 --> 01:08:26.719 we
NOTE Confidence: 0.97827166

01:08:27.260 --> 01:08:27.760 work

NOTE Confidence: 0.939028
01:08:28.445 --> 01:08:29.585 and that we define
NOTE Confidence: 0.93270934
01:08:30.284 --> 01:08:30.784 addiction,
NOTE Confidence: 0.9058252
01:08:31.085 --> 01:08:32.764 right, in in the work
NOTE Confidence: 0.9058252
01:08:32.764 --> 01:08:34.445 that that we do in
NOTE Confidence: 0.9058252
01:08:34.445 --> 01:08:36.304 Y-twelve and Y-twelve SR
NOTE Confidence: 0.99080014
01:08:36.689 --> 01:08:39.030 is that addiction is the
NOTE Confidence: 0.99080014
01:08:39.170 --> 01:08:39.670 disease
NOTE Confidence: 0.9791584
01:08:40.050 --> 01:08:41.350 of the lost self.
NOTE Confidence: 0.99253213
01:08:41.970 --> 01:08:43.250 It's the disease of the
NOTE Confidence: 0.99253213
01:08:43.250 --> 01:08:44.150 lost self.
NOTE Confidence: 0.87134486
01:08:45.364 --> 01:08:46.324 Right? And the idea in
NOTE Confidence: 0.87134486
01:08:46.324 --> 01:08:47.304 this is that
NOTE Confidence: 0.7413442
01:08:47.604 --> 01:08:48.104 anytime
NOTE Confidence: 0.9628266
01:08:48.485 --> 01:08:50.585 I look outside of myself
NOTE Confidence: 0.9628266
01:08:50.885 --> 01:08:52.724 for something that can only
NOTE Confidence: 0.9628266

01:08:52.724 --> 01:08:54.104 come from the inside,
NOTE Confidence: 0.9987611

01:08:55.110 --> 01:08:56.310 then I can form an
NOTE Confidence: 0.9987611

01:08:56.310 --> 01:08:58.710 addictive relationship with whatever that
NOTE Confidence: 0.9987611

01:08:58.710 --> 01:08:59.210 is.
NOTE Confidence: 0.99690825

01:09:00.870 --> 01:09:03.030 Addiction is the disease of
NOTE Confidence: 0.99690825

01:09:03.030 --> 01:09:03.850 looking elsewhere.
NOTE Confidence: 0.9975199

01:09:04.455 --> 01:09:05.895 It's the disease of looking
NOTE Confidence: 0.9975199

01:09:05.895 --> 01:09:06.395 elsewhere.
NOTE Confidence: 0.9368959

01:09:07.175 --> 01:09:09.035 Right? You know? And and
NOTE Confidence: 0.9368959

01:09:09.095 --> 01:09:10.375 and I'll give you a
NOTE Confidence: 0.9368959

01:09:10.375 --> 01:09:12.135 little example of this. And
NOTE Confidence: 0.9368959

01:09:12.135 --> 01:09:12.635 until
NOTE Confidence: 0.9519067

01:09:13.599 --> 01:09:15.059 my my experiences
NOTE Confidence: 0.97075474

01:09:15.360 --> 01:09:16.820 and what I assert
NOTE Confidence: 0.9265591

01:09:17.920 --> 01:09:20.420 is that until we get
NOTE Confidence: 0.9265591

01:09:20.639 --> 01:09:21.860 underneath that,

NOTE Confidence: 0.9911537
01:09:22.815 --> 01:09:23.315 right,
NOTE Confidence: 0.9989664
01:09:24.175 --> 01:09:26.515 this this idea of looking
NOTE Confidence: 0.9989664
01:09:26.655 --> 01:09:28.035 outside of ourselves
NOTE Confidence: 0.99051404
01:09:28.575 --> 01:09:29.854 for something that can only
NOTE Confidence: 0.99051404
01:09:29.854 --> 01:09:31.075 come from the inside,
NOTE Confidence: 0.97911817
01:09:32.140 --> 01:09:33.360 That's the root.
NOTE Confidence: 0.9909127
01:09:33.900 --> 01:09:36.159 Right? That's the real root
NOTE Confidence: 0.9909127
01:09:36.219 --> 01:09:38.380 of this disease of of
NOTE Confidence: 0.9909127
01:09:38.380 --> 01:09:38.880 addiction.
NOTE Confidence: 0.9505329
01:09:39.775 --> 01:09:41.375 Right? I was one of
NOTE Confidence: 0.9505329
01:09:41.375 --> 01:09:43.955 those that for years played
NOTE Confidence: 0.9505329
01:09:44.094 --> 01:09:45.074 whack a mole.
NOTE Confidence: 0.9492943
01:09:45.775 --> 01:09:47.189 I played whack a mole.
NOTE Confidence: 0.9492943
01:09:47.430 --> 01:09:48.390 And whack a mole is
NOTE Confidence: 0.9492943
01:09:48.390 --> 01:09:50.390 this idea, you know, I
NOTE Confidence: 0.9492943

01:09:50.390 --> 01:09:52.469 dealt with the drugs and
NOTE Confidence: 0.9492943

01:09:52.469 --> 01:09:52.969 alcohol
NOTE Confidence: 0.88300085

01:09:53.430 --> 01:09:56.010 that was pretty well settled.
NOTE Confidence: 0.88300085

01:09:56.070 --> 01:09:57.345 I dealt with that.
NOTE Confidence: 0.98990023

01:09:57.805 --> 01:09:59.965 But then other things started
NOTE Confidence: 0.98990023

01:09:59.965 --> 01:10:00.865 to pop up.
NOTE Confidence: 0.9860383

01:10:01.485 --> 01:10:01.985 Right?
NOTE Confidence: 0.7412394

01:10:02.445 --> 01:10:02.945 Relationship
NOTE Confidence: 0.9012358

01:10:04.125 --> 01:10:04.625 addiction,
NOTE Confidence: 0.9537623

01:10:05.370 --> 01:10:07.210 right, and sex addiction and
NOTE Confidence: 0.9537623

01:10:07.210 --> 01:10:09.150 things like that popped up.
NOTE Confidence: 0.9537623

01:10:09.290 --> 01:10:10.250 And then I got that
NOTE Confidence: 0.9537623

01:10:10.250 --> 01:10:11.310 one under control.
NOTE Confidence: 0.82813156

01:10:11.689 --> 01:10:13.310 And then debtors spending
NOTE Confidence: 0.9806927

01:10:13.689 --> 01:10:15.205 popped up, and I found
NOTE Confidence: 0.9806927

01:10:15.205 --> 01:10:16.585 myself in all this debt.

NOTE Confidence: 0.9806927
01:10:16.885 --> 01:10:17.925 And I got that one
NOTE Confidence: 0.9806927
01:10:17.925 --> 01:10:20.104 under control, and then food
NOTE Confidence: 0.9806927
01:10:20.245 --> 01:10:20.985 popped up.
NOTE Confidence: 0.9761566
01:10:21.445 --> 01:10:21.945 Right?
NOTE Confidence: 0.9786795
01:10:22.405 --> 01:10:24.130 So I was in or
NOTE Confidence: 0.9786795
01:10:24.130 --> 01:10:24.630 gambling
NOTE Confidence: 0.99173164
01:10:25.090 --> 01:10:25.830 will pop
NOTE Confidence: 0.96675336
01:10:26.210 --> 01:10:27.350 up. So I was playing
NOTE Confidence: 0.96675336
01:10:27.410 --> 01:10:28.229 whack a mole
NOTE Confidence: 0.97341216
01:10:28.530 --> 01:10:30.310 for for all these years.
NOTE Confidence: 0.9922141
01:10:30.735 --> 01:10:31.235 Right?
NOTE Confidence: 0.9988473
01:10:31.615 --> 01:10:33.715 And the idea was that
NOTE Confidence: 0.9988473
01:10:34.015 --> 01:10:35.955 I was still looking outside
NOTE Confidence: 0.9988473
01:10:36.095 --> 01:10:36.755 of myself
NOTE Confidence: 0.99317086
01:10:37.455 --> 01:10:38.815 for something that can only
NOTE Confidence: 0.99317086

01:10:38.815 --> 01:10:40.195 come from the inside.
NOTE Confidence: 0.9601156

01:10:41.439 --> 01:10:43.520 Right? I always talked about,
NOTE Confidence: 0.9601156

01:10:43.840 --> 01:10:45.520 talk about how I had
NOTE Confidence: 0.9601156

01:10:45.520 --> 01:10:46.420 an addictive
NOTE Confidence: 0.9835825

01:10:46.960 --> 01:10:47.460 relationship,
NOTE Confidence: 0.95889765

01:10:47.920 --> 01:10:49.620 for example, with Nordstrom's.
NOTE Confidence: 0.9808747

01:10:51.104 --> 01:10:52.545 Right? I had I look
NOTE Confidence: 0.9808747

01:10:52.545 --> 01:10:53.925 at that purse
NOTE Confidence: 0.90562767

01:10:54.785 --> 01:10:56.165 or those shoes.
NOTE Confidence: 0.9878773

01:10:57.025 --> 01:10:59.080 Right? That that was gonna
NOTE Confidence: 0.9878773

01:10:59.080 --> 01:11:00.840 complete me. That was and
NOTE Confidence: 0.9878773

01:11:00.840 --> 01:11:02.040 then I end end up
NOTE Confidence: 0.9878773

01:11:02.040 --> 01:11:03.960 doing the same thing. I
NOTE Confidence: 0.9878773

01:11:03.960 --> 01:11:05.420 end up with the same
NOTE Confidence: 0.9878773

01:11:05.479 --> 01:11:05.979 feeling
NOTE Confidence: 0.9998794

01:11:06.585 --> 01:11:07.485 that I had

NOTE Confidence: 0.9902786
01:11:08.185 --> 01:11:08.685 when,
NOTE Confidence: 0.96969616
01:11:09.225 --> 01:11:10.185 I I woke up with
NOTE Confidence: 0.96969616
01:11:10.185 --> 01:11:10.845 a hangover.
NOTE Confidence: 0.99063814
01:11:11.545 --> 01:11:13.065 I get the purse. I
NOTE Confidence: 0.99063814
01:11:13.065 --> 01:11:14.800 get the shoes. I do
NOTE Confidence: 0.99063814
01:11:14.800 --> 01:11:16.000 all the things. I get
NOTE Confidence: 0.99063814
01:11:16.000 --> 01:11:16.500 that.
NOTE Confidence: 0.93961245
01:11:16.960 --> 01:11:18.000 And it's hanging up there,
NOTE Confidence: 0.93961245
01:11:18.000 --> 01:11:19.360 and I'm going you know,
NOTE Confidence: 0.93961245
01:11:19.360 --> 01:11:20.935 I got ten thousand purses.
NOTE Confidence: 0.93961245
01:11:20.935 --> 01:11:22.375 You know? And this is
NOTE Confidence: 0.93961245
01:11:22.535 --> 01:11:24.055 this one, for example, is
NOTE Confidence: 0.93961245
01:11:24.055 --> 01:11:25.755 a big one with Amazon.
NOTE Confidence: 0.9967201
01:11:26.775 --> 01:11:27.275 Right?
NOTE Confidence: 0.9939227
01:11:27.990 --> 01:11:29.350 And and it's set up
NOTE Confidence: 0.9939227

01:11:29.350 --> 01:11:30.090 that way.
NOTE Confidence: 0.9419125
01:11:30.550 --> 01:11:32.090 Right? With Amazon,
NOTE Confidence: 0.99293923
01:11:32.710 --> 01:11:34.490 you get, like, five dopamine
NOTE Confidence: 0.99293923
01:11:34.630 --> 01:11:35.130 hits.
NOTE Confidence: 0.98974705
01:11:36.155 --> 01:11:37.614 Right? You get a hit
NOTE Confidence: 0.9707407
01:11:37.995 --> 01:11:39.755 when you order whatever it
NOTE Confidence: 0.9707407
01:11:39.755 --> 01:11:40.635 is. You see it on
NOTE Confidence: 0.9707407
01:11:40.635 --> 01:11:42.074 there. You get excited about
NOTE Confidence: 0.9707407
01:11:42.074 --> 01:11:43.135 it. You get a dopamine
NOTE Confidence: 0.9707407
01:11:43.195 --> 01:11:44.795 hit. You order, whatever that
NOTE Confidence: 0.9707407
01:11:44.795 --> 01:11:46.340 is. You get a hit
NOTE Confidence: 0.9707407
01:11:46.340 --> 01:11:47.320 when it ships.
NOTE Confidence: 0.9779238
01:11:48.420 --> 01:11:49.860 Right? You get a hit
NOTE Confidence: 0.9779238
01:11:49.860 --> 01:11:51.060 when it's coming to your
NOTE Confidence: 0.9779238
01:11:51.060 --> 01:11:51.560 door.
NOTE Confidence: 0.9695993
01:11:51.939 --> 01:11:53.425 You get a hit when

NOTE Confidence: 0.9695993
01:11:53.425 --> 01:11:54.804 you get it, and then
NOTE Confidence: 0.9695993
01:11:54.864 --> 01:11:56.145 you open it, you get
NOTE Confidence: 0.9695993
01:11:56.145 --> 01:11:57.045 another hit.
NOTE Confidence: 0.99602276
01:11:57.824 --> 01:11:59.025 And I don't know about
NOTE Confidence: 0.99602276
01:11:59.025 --> 01:12:00.784 you, but if you're like
NOTE Confidence: 0.99602276
01:12:00.784 --> 01:12:01.284 me,
NOTE Confidence: 0.95457065
01:12:01.889 --> 01:12:03.170 then the other side of
NOTE Confidence: 0.95457065
01:12:03.170 --> 01:12:04.210 it comes in. You know,
NOTE Confidence: 0.95457065
01:12:04.210 --> 01:12:05.810 I open this thing, and
NOTE Confidence: 0.95457065
01:12:05.810 --> 01:12:06.550 I'm going,
NOTE Confidence: 0.99414843
01:12:06.929 --> 01:12:07.889 why the hell
NOTE Confidence: 0.97733927
01:12:08.449 --> 01:12:10.435 I've already got five Panini
NOTE Confidence: 0.97733927
01:12:10.655 --> 01:12:12.255 makers or whatever the heck
NOTE Confidence: 0.97733927
01:12:12.255 --> 01:12:13.775 it is. Why did I
NOTE Confidence: 0.97733927
01:12:13.775 --> 01:12:15.375 order another one? And I
NOTE Confidence: 0.97733927

01:12:15.375 --> 01:12:16.915 end up with that same
NOTE Confidence: 0.97733927

01:12:17.215 --> 01:12:18.275 felt sense
NOTE Confidence: 0.99730134

01:12:19.080 --> 01:12:20.619 and that same feeling
NOTE Confidence: 0.9890088

01:12:21.080 --> 01:12:22.280 that I felt when I
NOTE Confidence: 0.9890088

01:12:22.280 --> 01:12:23.500 woke up with a hangover.
NOTE Confidence: 0.9437267

01:12:24.679 --> 01:12:25.960 Right? When I woke up
NOTE Confidence: 0.9437267

01:12:25.960 --> 01:12:26.460 knowing.
NOTE Confidence: 0.94253165

01:12:27.075 --> 01:12:29.255 Right? That same sits
NOTE Confidence: 0.8686803

01:12:29.875 --> 01:12:30.775 in my bed.
NOTE Confidence: 0.96467495

01:12:31.314 --> 01:12:33.095 And in that instance, again,
NOTE Confidence: 0.9996254

01:12:33.555 --> 01:12:35.875 I was looking outside of
NOTE Confidence: 0.9996254

01:12:35.875 --> 01:12:36.375 myself
NOTE Confidence: 0.9864181

01:12:37.540 --> 01:12:38.979 for something that was only
NOTE Confidence: 0.9864181

01:12:38.979 --> 01:12:40.360 gonna come from the inside.
NOTE Confidence: 0.94675946

01:12:41.620 --> 01:12:44.040 Right? So we talk about
NOTE Confidence: 0.94675946

01:12:44.100 --> 01:12:44.600 addiction

NOTE Confidence: 0.9661623
01:12:44.979 --> 01:12:46.845 as healing the disease
NOTE Confidence: 0.93975633
01:12:47.305 --> 01:12:48.525 of the lost self,
NOTE Confidence: 0.983746
01:12:49.465 --> 01:12:50.985 healing the disease of the
NOTE Confidence: 0.983746
01:12:50.985 --> 01:12:51.805 lost self.
NOTE Confidence: 0.99502236
01:12:52.400 --> 01:12:53.920 Right? And these are what
NOTE Confidence: 0.99502236
01:12:53.920 --> 01:12:55.760 these practices help us to
NOTE Confidence: 0.99502236
01:12:55.760 --> 01:12:56.900 continue to do.
NOTE Confidence: 0.9959469
01:12:57.600 --> 01:12:59.540 So I have spoken
NOTE Confidence: 0.9965886
01:12:59.920 --> 01:13:00.420 for
NOTE Confidence: 0.9433221
01:13:00.864 --> 01:13:02.864 a long time, and and,
NOTE Confidence: 0.9433221
01:13:02.864 --> 01:13:04.385 you know, I'm so grateful,
NOTE Confidence: 0.9433221
01:13:04.385 --> 01:13:05.745 and I wanna thank you.
NOTE Confidence: 0.9433221
01:13:05.745 --> 01:13:07.025 But I do. I I
NOTE Confidence: 0.9433221
01:13:07.025 --> 01:13:08.970 would really love to open
NOTE Confidence: 0.9433221
01:13:08.970 --> 01:13:10.590 this up for thoughts or
NOTE Confidence: 0.9433221

01:13:10.810 --> 01:13:12.350 comments or questions
NOTE Confidence: 0.9845252

01:13:12.810 --> 01:13:15.470 or or whatever you guys
NOTE Confidence: 0.9845252

01:13:15.530 --> 01:13:17.795 might have in in relationship
NOTE Confidence: 0.9845252

01:13:18.014 --> 01:13:18.675 to this.
NOTE Confidence: 0.9455006

01:13:24.320 --> 01:13:25.439 So can I'm wondering if
NOTE Confidence: 0.9455006

01:13:25.439 --> 01:13:26.639 we can do that team.
NOTE Confidence: 0.9455006

01:13:26.639 --> 01:13:27.540 Is that okay?
NOTE Confidence: 0.9994446

01:13:29.840 --> 01:13:30.739 Yes. Absolutely.
NOTE Confidence: 0.9985333

01:13:31.199 --> 01:13:32.955 Give us one second as
NOTE Confidence: 0.9985333

01:13:32.955 --> 01:13:33.695 we transition
NOTE Confidence: 0.62198853

01:13:34.074 --> 01:13:34.574 and,
NOTE Confidence: 0.9945481

01:13:35.275 --> 01:13:36.074 to the q and a
NOTE Confidence: 0.9945481

01:13:36.074 --> 01:13:36.574 portion.
NOTE Confidence: 0.9993858

01:13:40.600 --> 01:13:41.100 Yes.
NOTE Confidence: 0.9981604

01:13:43.320 --> 01:13:43.820 So
NOTE Confidence: 0.99082565

01:13:45.240 --> 01:13:46.620 thank you so much.

NOTE Confidence: 0.8900959
01:13:50.975 --> 01:13:52.255 No. That was that was
NOTE Confidence: 0.8900959
01:13:52.255 --> 01:13:53.235 that was amazing.
NOTE Confidence: 0.9359522
01:13:54.015 --> 01:13:55.635 You made so much sense.
NOTE Confidence: 0.96719295
01:13:57.380 --> 01:13:58.420 So I wanna open up
NOTE Confidence: 0.96719295
01:13:58.420 --> 01:13:59.219 to the q and a.
NOTE Confidence: 0.96719295
01:13:59.219 --> 01:14:00.360 I don't know if anybody
NOTE Confidence: 0.96719295
01:14:00.420 --> 01:14:01.320 in the chat
NOTE Confidence: 0.97223777
01:14:02.020 --> 01:14:03.059 there's been a lot of,
NOTE Confidence: 0.97223777
01:14:03.460 --> 01:14:04.820 comments, a lot of positive
NOTE Confidence: 0.97223777
01:14:04.820 --> 01:14:06.546 comments. I don't know if
NOTE Confidence: 0.97223777
01:14:06.546 --> 01:14:08.613 anybody wants to unmute themselves
NOTE Confidence: 0.97223777
01:14:08.613 --> 01:14:10.267 or raise their hand,
NOTE Confidence: 0.99092686
01:14:10.680 --> 01:14:12.749 so we can ask any
NOTE Confidence: 0.99092686
01:14:12.749 --> 01:14:13.989 questions to Nikki.
NOTE Confidence: 0.899976
01:14:14.403 --> 01:14:15.229 Alright. Sharon.
NOTE Confidence: 0.9051015

01:14:16.910 --> 01:14:17.870 I was gonna say you're
NOTE Confidence: 0.9051015

01:14:17.870 --> 01:14:18.850 a powerful woman,
NOTE Confidence: 0.99960923

01:14:19.229 --> 01:14:19.970 and I
NOTE Confidence: 0.991654

01:14:20.510 --> 01:14:21.550 applaud you with all my
NOTE Confidence: 0.991654

01:14:21.550 --> 01:14:22.510 heart and soul. And I
NOTE Confidence: 0.991654

01:14:22.510 --> 01:14:23.729 didn't even think about
NOTE Confidence: 0.954917

01:14:24.705 --> 01:14:26.064 the different kind of, I
NOTE Confidence: 0.954917

01:14:26.064 --> 01:14:26.945 I did think about the
NOTE Confidence: 0.954917

01:14:26.945 --> 01:14:28.145 addiction and how I I
NOTE Confidence: 0.954917

01:14:28.145 --> 01:14:29.025 always said to my class,
NOTE Confidence: 0.954917

01:14:29.025 --> 01:14:30.545 addiction doesn't discriminate. It doesn't
NOTE Confidence: 0.954917

01:14:30.545 --> 01:14:31.344 matter where you come from.
NOTE Confidence: 0.954917

01:14:31.344 --> 01:14:32.224 It doesn't matter who you
NOTE Confidence: 0.954917

01:14:32.224 --> 01:14:33.744 are. It will get you,
NOTE Confidence: 0.954917

01:14:33.744 --> 01:14:35.699 and it, it's heartbreaking to
NOTE Confidence: 0.954917

01:14:35.699 --> 01:14:36.500 us. So I work with

NOTE Confidence: 0.954917
01:14:36.500 --> 01:14:37.320 single dads,
NOTE Confidence: 0.59498346
01:14:38.020 --> 01:14:38.520 LGBT
NOTE Confidence: 0.88198
01:14:38.900 --> 01:14:40.500 community and primary caregivers who
NOTE Confidence: 0.88198
01:14:40.500 --> 01:14:41.540 go through substance use or
NOTE Confidence: 0.88198
01:14:41.540 --> 01:14:42.040 recovery.
NOTE Confidence: 0.87582624
01:14:43.715 --> 01:14:45.094 Recovery is different for everyone,
NOTE Confidence: 0.9841572
01:14:45.395 --> 01:14:46.835 and so is addiction. And
NOTE Confidence: 0.9841572
01:14:46.835 --> 01:14:47.495 I am
NOTE Confidence: 0.9572759
01:14:48.275 --> 01:14:49.875 I have I I love
NOTE Confidence: 0.9572759
01:14:49.875 --> 01:14:50.614 that pronoun,
NOTE Confidence: 0.976666
01:14:50.915 --> 01:14:52.215 she, her, and we.
NOTE Confidence: 0.9107593
01:14:53.689 --> 01:14:54.969 If I if I can
NOTE Confidence: 0.9107593
01:14:54.969 --> 01:14:56.330 have ask permission to use
NOTE Confidence: 0.9107593
01:14:56.330 --> 01:14:57.210 it, I would love to
NOTE Confidence: 0.9107593
01:14:57.210 --> 01:14:57.870 use it.
NOTE Confidence: 0.8562191

01:14:59.370 --> 01:15:01.130 Because Go right ahead. Go
NOTE Confidence: 0.8562191

01:15:01.130 --> 01:15:02.030 right ahead.
NOTE Confidence: 0.91240245

01:15:02.995 --> 01:15:04.354 I I I've been like
NOTE Confidence: 0.91240245

01:15:04.354 --> 01:15:05.875 like, we all have, we
NOTE Confidence: 0.91240245

01:15:05.875 --> 01:15:06.915 all have our stories. And
NOTE Confidence: 0.91240245

01:15:06.915 --> 01:15:07.715 I just wanna say you
NOTE Confidence: 0.91240245

01:15:07.715 --> 01:15:08.675 are a powerful woman, and
NOTE Confidence: 0.91240245

01:15:08.675 --> 01:15:09.715 you are such a an
NOTE Confidence: 0.91240245

01:15:09.715 --> 01:15:10.215 inspiration.
NOTE Confidence: 0.916478

01:15:10.660 --> 01:15:11.620 And I appreciate you so
NOTE Confidence: 0.916478

01:15:11.620 --> 01:15:13.080 much and everyone in this
NOTE Confidence: 0.916478

01:15:13.220 --> 01:15:13.720 room.
NOTE Confidence: 0.99462354

01:15:14.900 --> 01:15:16.360 Thank you so much for
NOTE Confidence: 0.9995221

01:15:16.740 --> 01:15:17.560 this webinar.
NOTE Confidence: 0.973913

01:15:18.305 --> 01:15:20.225 Thank you, Sharon. Thank you.
NOTE Confidence: 0.973913

01:15:20.225 --> 01:15:21.585 And I honor the work

NOTE Confidence: 0.973913
01:15:21.585 --> 01:15:23.765 you're doing. Right? I honor
NOTE Confidence: 0.973913
01:15:23.905 --> 01:15:24.965 the work you're doing.
NOTE Confidence: 0.99386406
01:15:28.720 --> 01:15:29.220 Yes.
NOTE Confidence: 0.9187191
01:15:29.600 --> 01:15:30.900 Anyone else questions?
NOTE Confidence: 0.8807821
01:15:31.200 --> 01:15:32.740 Go scroll the bar here.
NOTE Confidence: 0.9105298
01:15:34.505 --> 01:15:35.864 I could not find the
NOTE Confidence: 0.9105298
01:15:35.864 --> 01:15:37.225 the hand that goes up.
NOTE Confidence: 0.9105298
01:15:37.225 --> 01:15:38.525 I would Go go ahead,
NOTE Confidence: 0.9105298
01:15:38.585 --> 01:15:39.085 mama.
NOTE Confidence: 0.9801878
01:15:40.265 --> 01:15:41.645 Oh my goodness, Nikki.
NOTE Confidence: 0.99525
01:15:42.600 --> 01:15:43.800 I look horrible. I had
NOTE Confidence: 0.99525
01:15:43.800 --> 01:15:45.320 to I I just have
NOTE Confidence: 0.99525
01:15:45.320 --> 01:15:46.439 to take a moment to
NOTE Confidence: 0.99525
01:15:46.439 --> 01:15:47.880 thank you so much. This
NOTE Confidence: 0.99525
01:15:47.880 --> 01:15:48.380 was
NOTE Confidence: 0.98431337

01:15:49.560 --> 01:15:50.380 life changing,
NOTE Confidence: 0.9987537

01:15:51.025 --> 01:15:52.705 and it broke a lot
NOTE Confidence: 0.9987537

01:15:52.705 --> 01:15:53.205 of,
NOTE Confidence: 0.99839556

01:15:53.745 --> 01:15:54.945 patterns for me that I
NOTE Confidence: 0.99839556

01:15:54.945 --> 01:15:57.125 always feel delusional talking about.
NOTE Confidence: 0.7377615

01:15:59.979 --> 01:16:00.800 During COVID,
NOTE Confidence: 0.99853814

01:16:01.179 --> 01:16:03.260 life just just gave me
NOTE Confidence: 0.99853814

01:16:03.260 --> 01:16:04.239 a lot of revelations.
NOTE Confidence: 0.99214023

01:16:04.540 --> 01:16:05.500 I know that I have
NOTE Confidence: 0.99214023

01:16:05.500 --> 01:16:06.540 a lot of colleagues on
NOTE Confidence: 0.99214023

01:16:06.540 --> 01:16:07.840 here. I don't really care.
NOTE Confidence: 0.99214023

01:16:08.045 --> 01:16:09.085 But the bottom line for
NOTE Confidence: 0.99214023

01:16:09.085 --> 01:16:10.205 me is that I have
NOTE Confidence: 0.99214023

01:16:10.205 --> 01:16:11.405 to show up as my
NOTE Confidence: 0.99214023

01:16:11.405 --> 01:16:12.385 authentic self
NOTE Confidence: 0.97671264

01:16:12.685 --> 01:16:14.284 since COVID. But before then,

NOTE Confidence: 0.97671264
01:16:14.284 --> 01:16:15.405 I was not showing up
NOTE Confidence: 0.97671264
01:16:15.405 --> 01:16:17.344 nowhere as the true Anna.
NOTE Confidence: 0.97671264
01:16:17.600 --> 01:16:18.640 Not at my own dinner
NOTE Confidence: 0.97671264
01:16:18.640 --> 01:16:19.760 table, not at my own
NOTE Confidence: 0.97671264
01:16:19.760 --> 01:16:21.199 family, not at church, not
NOTE Confidence: 0.97671264
01:16:21.199 --> 01:16:22.340 at work, not anywhere.
NOTE Confidence: 0.98611635
01:16:22.640 --> 01:16:24.880 I'm a sex trafficking survivor
NOTE Confidence: 0.98611635
01:16:24.880 --> 01:16:26.400 and human trafficking survivor, and
NOTE Confidence: 0.98611635
01:16:26.400 --> 01:16:27.425 I tell you that that
NOTE Confidence: 0.98611635
01:16:27.505 --> 01:16:28.005 secret
NOTE Confidence: 0.9957744
01:16:28.385 --> 01:16:29.985 has almost killed me. I
NOTE Confidence: 0.9957744
01:16:29.985 --> 01:16:31.284 gave myself a cardiomyopathy.
NOTE Confidence: 0.97893745
01:16:32.304 --> 01:16:33.505 I had all kinds of
NOTE Confidence: 0.97893745
01:16:33.505 --> 01:16:35.744 diseases unknown. I almost died,
NOTE Confidence: 0.97893745
01:16:35.744 --> 01:16:36.930 almost to leave, like, my
NOTE Confidence: 0.97893745

01:16:36.930 --> 01:16:37.890 six year old without a
NOTE Confidence: 0.97893745

01:16:37.890 --> 01:16:39.350 mom and her sister.
NOTE Confidence: 0.9605935

01:16:41.729 --> 01:16:43.489 All these injustices and all
NOTE Confidence: 0.9605935

01:16:43.489 --> 01:16:44.610 these things that happen, but
NOTE Confidence: 0.9605935

01:16:44.610 --> 01:16:46.255 the biggest thing is, like,
NOTE Confidence: 0.9605935

01:16:46.255 --> 01:16:47.375 on top of all the
NOTE Confidence: 0.9605935

01:16:47.375 --> 01:16:48.574 trauma that you get from
NOTE Confidence: 0.9605935

01:16:48.574 --> 01:16:49.074 childhood,
NOTE Confidence: 0.9823359

01:16:49.455 --> 01:16:50.574 the family members that are
NOTE Confidence: 0.9823359

01:16:50.574 --> 01:16:51.614 with you that are broken
NOTE Confidence: 0.9823359

01:16:51.614 --> 01:16:52.895 in themselves, you can't you
NOTE Confidence: 0.9823359

01:16:52.895 --> 01:16:54.014 can't teach them. I'm a
NOTE Confidence: 0.9823359

01:16:54.014 --> 01:16:55.135 former hooker, so I can't
NOTE Confidence: 0.9823359

01:16:55.135 --> 01:16:56.410 teach them where their brokenness
NOTE Confidence: 0.9823359

01:16:56.410 --> 01:16:57.630 is coming from. Right?
NOTE Confidence: 0.9778991

01:16:57.930 --> 01:16:59.850 And, also, they expect this

NOTE Confidence: 0.9778991
01:16:59.850 --> 01:17:00.350 perfection
NOTE Confidence: 0.9321793
01:17:00.729 --> 01:17:02.330 from you. Like, why is
NOTE Confidence: 0.9321793
01:17:02.330 --> 01:17:03.370 this so hard for you
NOTE Confidence: 0.9321793
01:17:03.370 --> 01:17:04.570 or why you know, this
NOTE Confidence: 0.9321793
01:17:04.570 --> 01:17:06.795 blame and attack that continues
NOTE Confidence: 0.9321793
01:17:06.795 --> 01:17:07.535 to perpetuate
NOTE Confidence: 0.94136924
01:17:07.995 --> 01:17:09.675 the brokenness of the self.
NOTE Confidence: 0.94136924
01:17:09.675 --> 01:17:11.035 And I have never in
NOTE Confidence: 0.94136924
01:17:11.035 --> 01:17:12.314 my life and I've done
NOTE Confidence: 0.94136924
01:17:12.314 --> 01:17:13.114 a lot of the self
NOTE Confidence: 0.94136924
01:17:13.114 --> 01:17:14.440 work. Thank thank God in
NOTE Confidence: 0.94136924
01:17:14.440 --> 01:17:16.060 my ancestors. I have.
NOTE Confidence: 0.9921917
01:17:16.360 --> 01:17:17.560 But I've never in my
NOTE Confidence: 0.9921917
01:17:17.560 --> 01:17:19.560 life sat anywhere where I
NOTE Confidence: 0.9921917
01:17:19.560 --> 01:17:20.060 heard
NOTE Confidence: 0.99125147

01:17:21.485 --> 01:17:23.485 so much truth and power
NOTE Confidence: 0.99125147

01:17:23.485 --> 01:17:24.845 and realness come out of
NOTE Confidence: 0.99125147

01:17:24.845 --> 01:17:26.045 somebody, and I wanted to
NOTE Confidence: 0.99125147

01:17:26.045 --> 01:17:27.085 honor you and thank you
NOTE Confidence: 0.99125147

01:17:27.085 --> 01:17:28.439 for that. Thank you.
NOTE Confidence: 0.97933584

01:17:29.400 --> 01:17:30.920 Wow. And I wanna honor
NOTE Confidence: 0.97933584

01:17:30.920 --> 01:17:31.900 and thank you.
NOTE Confidence: 0.96426487

01:17:32.439 --> 01:17:33.979 Oh my goodness.
NOTE Confidence: 0.91908085

01:17:35.000 --> 01:17:35.500 Right?
NOTE Confidence: 0.9618999

01:17:35.875 --> 01:17:38.434 And holding that and day
NOTE Confidence: 0.9618999

01:17:38.434 --> 01:17:40.195 by day by day, just
NOTE Confidence: 0.9618999

01:17:40.195 --> 01:17:41.394 putting one foot in front
NOTE Confidence: 0.9618999

01:17:41.394 --> 01:17:42.914 of the other, doing the
NOTE Confidence: 0.9618999

01:17:42.914 --> 01:17:45.094 next good, right, honest thing,
NOTE Confidence: 0.9949834

01:17:45.400 --> 01:17:47.560 and doing the deal in
NOTE Confidence: 0.9949834

01:17:47.560 --> 01:17:48.840 the work that that you're

NOTE Confidence: 0.9949834
01:17:48.840 --> 01:17:50.219 doing with yourself,
NOTE Confidence: 0.9960586
01:17:50.760 --> 01:17:51.579 your family,
NOTE Confidence: 0.9971172
01:17:51.960 --> 01:17:54.300 and with all these others.
NOTE Confidence: 0.9887221
01:17:55.054 --> 01:17:55.554 Right?
NOTE Confidence: 0.7063092
01:17:56.094 --> 01:17:56.594 I,
NOTE Confidence: 0.8812533
01:17:57.215 --> 01:17:58.814 I'm feeling you heart to
NOTE Confidence: 0.8812533
01:17:58.814 --> 01:17:59.314 heart.
NOTE Confidence: 0.9931432
01:18:00.014 --> 01:18:02.094 Heart to heart. Right? And
NOTE Confidence: 0.9931432
01:18:02.094 --> 01:18:03.775 and just honoring the person
NOTE Confidence: 0.9931432
01:18:03.775 --> 01:18:04.675 that you are.
NOTE Confidence: 0.9970856
01:18:05.200 --> 01:18:05.860 Thank you.
NOTE Confidence: 0.9614286
01:18:06.400 --> 01:18:07.040 And I could do it
NOTE Confidence: 0.9614286
01:18:07.040 --> 01:18:08.640 without crying, but not with
NOTE Confidence: 0.9614286
01:18:08.640 --> 01:18:10.260 you. Thank you so much.
NOTE Confidence: 0.6312197
01:18:14.175 --> 01:18:14.675 Awesome.
NOTE Confidence: 0.90419984

01:18:16.735 --> 01:18:17.235 Wow.
NOTE Confidence: 0.9957302

01:18:18.495 --> 01:18:20.034 Anyone else have any questions
NOTE Confidence: 0.97253454

01:18:20.655 --> 01:18:22.275 or comments or wanna share?
NOTE Confidence: 0.92381537

01:18:23.100 --> 01:18:25.340 Annette, I see, Noreen hand
NOTE Confidence: 0.92381537

01:18:25.500 --> 01:18:26.780 Noreen Kelly hand went up
NOTE Confidence: 0.92381537

01:18:26.780 --> 01:18:28.380 first and then Patrick Casey.
NOTE Confidence: 0.92381537

01:18:28.380 --> 01:18:30.220 Okay. Thank you. Noreen Go
NOTE Confidence: 0.92381537

01:18:30.220 --> 01:18:31.745 ahead, Noreen. Yep. Thank you,
NOTE Confidence: 0.92381537

01:18:31.745 --> 01:18:32.945 Mitsy. I gotta change this
NOTE Confidence: 0.92381537

01:18:32.945 --> 01:18:33.445 view.
NOTE Confidence: 0.9044932

01:18:39.840 --> 01:18:41.280 Good afternoon, everyone. My name
NOTE Confidence: 0.9044932

01:18:41.280 --> 01:18:42.800 is Noreen Kelly, and I
NOTE Confidence: 0.9044932

01:18:42.800 --> 01:18:44.100 agreed that you in my
NOTE Confidence: 0.9044932

01:18:44.160 --> 01:18:44.979 native language,
NOTE Confidence: 0.5630895

01:18:46.240 --> 01:18:46.740 Navajo.
NOTE Confidence: 0.9775832

01:18:48.215 --> 01:18:49.575 And I am from Gallup,

NOTE Confidence: 0.9775832
01:18:49.575 --> 01:18:50.314 New Mexico.
NOTE Confidence: 0.99672526
01:18:51.095 --> 01:18:51.595 And
NOTE Confidence: 0.99843985
01:18:52.055 --> 01:18:52.555 I
NOTE Confidence: 0.9984769
01:18:53.655 --> 01:18:55.335 I feel that this is
NOTE Confidence: 0.9984769
01:18:55.335 --> 01:18:56.635 the most raw
NOTE Confidence: 0.99806565
01:18:57.560 --> 01:18:58.060 kind
NOTE Confidence: 0.7588955
01:18:59.719 --> 01:19:00.620 of counseling
NOTE Confidence: 0.99380517
01:19:01.239 --> 01:19:01.739 and
NOTE Confidence: 0.999938
01:19:02.040 --> 01:19:02.540 support
NOTE Confidence: 0.9859963
01:19:03.000 --> 01:19:04.760 that we need to be
NOTE Confidence: 0.9859963
01:19:04.760 --> 01:19:06.520 able to share with other
NOTE Confidence: 0.9859963
01:19:06.520 --> 01:19:07.020 people.
NOTE Confidence: 0.9528863
01:19:08.285 --> 01:19:09.425 And there's no,
NOTE Confidence: 0.99993896
01:19:10.364 --> 01:19:10.864 boundaries
NOTE Confidence: 0.9608077
01:19:11.725 --> 01:19:13.745 of how we are healing.
NOTE Confidence: 0.9989446

01:19:14.380 --> 01:19:14.880 And
NOTE Confidence: 0.9985596
01:19:15.420 --> 01:19:16.860 it seems to me that
NOTE Confidence: 0.9985596
01:19:16.860 --> 01:19:18.460 we're not holding back on
NOTE Confidence: 0.9985596
01:19:18.460 --> 01:19:18.960 anything
NOTE Confidence: 0.99173874
01:19:19.660 --> 01:19:20.960 of how we're healing.
NOTE Confidence: 0.8715284
01:19:21.535 --> 01:19:22.035 I'm,
NOTE Confidence: 0.93752444
01:19:22.895 --> 01:19:24.114 a child of ACEs,
NOTE Confidence: 0.99930024
01:19:24.655 --> 01:19:25.875 and it took me
NOTE Confidence: 0.9692028
01:19:26.415 --> 01:19:28.275 over forty years to,
NOTE Confidence: 0.97732216
01:19:29.420 --> 01:19:30.620 come face to face with
NOTE Confidence: 0.97732216
01:19:30.620 --> 01:19:31.920 it and call it,
NOTE Confidence: 0.81435895
01:19:33.979 --> 01:19:34.960 and and
NOTE Confidence: 0.9863679
01:19:37.074 --> 01:19:38.775 something that it's a stumbling
NOTE Confidence: 0.9863679
01:19:38.835 --> 01:19:40.695 block in my life for
NOTE Confidence: 0.9863679
01:19:40.755 --> 01:19:42.295 over forty years.
NOTE Confidence: 0.94910574
01:19:42.755 --> 01:19:44.514 And I thank you for

NOTE Confidence: 0.94910574
01:19:44.764 --> 01:19:47.300 everyone for sharing, and Anna,
NOTE Confidence: 0.96937555
01:19:47.840 --> 01:19:49.200 thank you for sharing as
NOTE Confidence: 0.96937555
01:19:49.200 --> 01:19:50.800 well. And thank you, Nikki,
NOTE Confidence: 0.96937555
01:19:50.800 --> 01:19:51.300 for
NOTE Confidence: 0.88882923
01:19:51.600 --> 01:19:52.250 having this,
NOTE Confidence: 0.9989503
01:19:54.385 --> 01:19:54.885 amazing
NOTE Confidence: 0.99759024
01:19:55.745 --> 01:19:56.245 session.
NOTE Confidence: 0.9976173
01:19:56.705 --> 01:19:57.445 Thank you.
NOTE Confidence: 0.9886971
01:19:57.985 --> 01:19:59.125 Thank you, Noreen.
NOTE Confidence: 0.979213
01:19:59.665 --> 01:20:00.885 Thank you so much.
NOTE Confidence: 0.92361623
01:20:01.340 --> 01:20:02.540 And, you know, we said
NOTE Confidence: 0.92361623
01:20:02.540 --> 01:20:04.000 it on the first thing:
NOTE Confidence: 0.92361623
01:20:04.140 --> 01:20:05.920 our secrets keep us sick.
NOTE Confidence: 0.98073894
01:20:06.380 --> 01:20:08.380 Right? Our secrets keep us
NOTE Confidence: 0.98073894
01:20:08.380 --> 01:20:08.880 sick.
NOTE Confidence: 0.9752664

01:20:09.224 --> 01:20:10.264 And, you know, like I
NOTE Confidence: 0.9752664

01:20:10.264 --> 01:20:11.545 was saying earlier, for me,
NOTE Confidence: 0.9752664

01:20:11.545 --> 01:20:13.164 this recognition that
NOTE Confidence: 0.9917835

01:20:13.625 --> 01:20:14.925 all of these pieces,
NOTE Confidence: 0.9579427

01:20:15.625 --> 01:20:17.304 they're really all on team
NOTE Confidence: 0.9579427

01:20:17.304 --> 01:20:17.804 Nikki.
NOTE Confidence: 0.99949825

01:20:18.500 --> 01:20:19.000 They
NOTE Confidence: 0.95458037

01:20:19.460 --> 01:20:20.760 really, really are.
NOTE Confidence: 0.93433416

01:20:21.139 --> 01:20:22.340 You know, in twelve step
NOTE Confidence: 0.93433416

01:20:22.340 --> 01:20:23.939 program, we talk about the
NOTE Confidence: 0.93433416

01:20:23.939 --> 01:20:24.439 committee.
NOTE Confidence: 0.99013084

01:20:24.820 --> 01:20:26.599 Right? That there's a committee
NOTE Confidence: 0.99013084

01:20:26.820 --> 01:20:27.479 up here.
NOTE Confidence: 0.93745244

01:20:27.995 --> 01:20:29.115 Part of the idea is
NOTE Confidence: 0.93745244

01:20:29.115 --> 01:20:30.235 how can we have that
NOTE Confidence: 0.93745244

01:20:30.235 --> 01:20:31.775 committee work in harmony?

NOTE Confidence: 0.9656514
01:20:32.795 --> 01:20:34.795 Right? How can we have
NOTE Confidence: 0.9656514
01:20:34.795 --> 01:20:36.415 it work in harmony?
NOTE Confidence: 0.8948173
01:20:36.910 --> 01:20:38.030 And there are ways to
NOTE Confidence: 0.8948173
01:20:38.030 --> 01:20:39.630 do that, right? And like
NOTE Confidence: 0.8948173
01:20:39.630 --> 01:20:41.310 I said before, healing happens
NOTE Confidence: 0.8948173
01:20:41.310 --> 01:20:42.050 to inclusion.
NOTE Confidence: 0.97155595
01:20:42.989 --> 01:20:44.645 I had made parts of
NOTE Confidence: 0.97155595
01:20:44.645 --> 01:20:46.745 myself bad, awful, and wrong,
NOTE Confidence: 0.97155595
01:20:46.965 --> 01:20:48.085 and there were parts that
NOTE Confidence: 0.97155595
01:20:48.085 --> 01:20:49.625 I would never talk about,
NOTE Confidence: 0.97155595
01:20:49.925 --> 01:20:51.365 and there were parts where,
NOTE Confidence: 0.97155595
01:20:51.365 --> 01:20:52.725 you know, I I would
NOTE Confidence: 0.97155595
01:20:52.725 --> 01:20:53.225 just,
NOTE Confidence: 0.98466504
01:20:53.590 --> 01:20:54.410 there's no
NOTE Confidence: 0.9711702
01:20:54.950 --> 01:20:56.090 way. There's no way.
NOTE Confidence: 0.9748917

01:20:56.550 --> 01:20:58.470 And and that doesn't happen
NOTE Confidence: 0.9748917

01:20:58.470 --> 01:20:58.970 today.
NOTE Confidence: 0.9525812

01:20:59.590 --> 01:21:01.614 Right? It's to honor and
NOTE Confidence: 0.9525812

01:21:01.614 --> 01:21:03.695 welcome and integrate all the
NOTE Confidence: 0.9525812

01:21:03.695 --> 01:21:06.114 parts because they really are
NOTE Confidence: 0.9525812

01:21:06.175 --> 01:21:07.474 all on team Nikki.
NOTE Confidence: 0.9825417

01:21:07.780 --> 01:21:08.820 One of the things that
NOTE Confidence: 0.9825417

01:21:08.820 --> 01:21:09.479 I discovered
NOTE Confidence: 0.9578546

01:21:09.860 --> 01:21:11.860 was that while I don't
NOTE Confidence: 0.9578546

01:21:11.860 --> 01:21:13.540 have to be in that
NOTE Confidence: 0.9578546

01:21:13.540 --> 01:21:14.040 behavior
NOTE Confidence: 0.97234786

01:21:14.740 --> 01:21:15.240 anymore,
NOTE Confidence: 0.99712086

01:21:16.395 --> 01:21:17.615 There were some characteristics
NOTE Confidence: 0.9792254

01:21:18.635 --> 01:21:21.035 and some really, really cool
NOTE Confidence: 0.9792254

01:21:21.035 --> 01:21:21.535 things
NOTE Confidence: 0.9405377

01:21:22.314 --> 01:21:23.995 about the Nikki that was

NOTE Confidence: 0.9405377
01:21:23.995 --> 01:21:25.854 in commercial sex work,
NOTE Confidence: 0.9516389
01:21:26.540 --> 01:21:28.460 right, that served me. That
NOTE Confidence: 0.9516389
01:21:28.460 --> 01:21:30.080 girl was fierce.
NOTE Confidence: 0.99809104
01:21:31.100 --> 01:21:32.960 That girl was bold.
NOTE Confidence: 0.9714593
01:21:33.580 --> 01:21:35.020 That girl was all of
NOTE Confidence: 0.9714593
01:21:35.020 --> 01:21:36.955 that. And that helps me
NOTE Confidence: 0.9714593
01:21:37.015 --> 01:21:38.295 in my work in the
NOTE Confidence: 0.9714593
01:21:38.295 --> 01:21:39.115 world today.
NOTE Confidence: 0.86026245
01:21:39.575 --> 01:21:41.415 I don't have the same
NOTE Confidence: 0.86026245
01:21:41.415 --> 01:21:41.915 behavior,
NOTE Confidence: 0.99850106
01:21:42.455 --> 01:21:43.735 but I can use those
NOTE Confidence: 0.99850106
01:21:43.735 --> 01:21:44.235 qualities
NOTE Confidence: 0.9993623
01:21:45.040 --> 01:21:46.639 to support what is most
NOTE Confidence: 0.9993623
01:21:46.639 --> 01:21:47.139 important
NOTE Confidence: 0.9470196
01:21:47.760 --> 01:21:49.439 to me today. And that's
NOTE Confidence: 0.9470196

01:21:49.439 --> 01:21:50.639 been part of the answer.
NOTE Confidence: 0.9470196

01:21:50.639 --> 01:21:52.639 When I made her bad
NOTE Confidence: 0.9470196

01:21:52.639 --> 01:21:53.620 off on wrong,
NOTE Confidence: 0.9359153

01:21:54.245 --> 01:21:55.525 I mean, she started coming
NOTE Confidence: 0.9359153

01:21:55.525 --> 01:21:56.585 out sideways,
NOTE Confidence: 0.96346736

01:21:57.285 --> 01:21:58.645 she started coming out in
NOTE Confidence: 0.96346736

01:21:58.645 --> 01:22:00.265 all these crazy ways,
NOTE Confidence: 0.99049306

01:22:01.100 --> 01:22:03.360 Right? And to to integrate
NOTE Confidence: 0.99049306

01:22:03.659 --> 01:22:05.199 her into the fold
NOTE Confidence: 0.9911273

01:22:05.580 --> 01:22:06.860 has made all the difference
NOTE Confidence: 0.9911273

01:22:06.860 --> 01:22:07.600 in the world.
NOTE Confidence: 0.9946255

01:22:08.235 --> 01:22:08.735 Right?
NOTE Confidence: 0.943149

01:22:09.114 --> 01:22:10.415 I love and honor her.
NOTE Confidence: 0.861833

01:22:11.835 --> 01:22:12.335 Right?
NOTE Confidence: 0.9034685

01:22:12.795 --> 01:22:13.295 Mhmm.
NOTE Confidence: 0.9657298

01:22:15.810 --> 01:22:17.090 I love that, Nikki. I,

NOTE Confidence: 0.9657298
01:22:17.330 --> 01:22:18.290 I'm gonna jump the gun
NOTE Confidence: 0.9657298
01:22:18.290 --> 01:22:19.810 here. I, I had I
NOTE Confidence: 0.9657298
01:22:19.810 --> 01:22:20.770 had my hand raised up,
NOTE Confidence: 0.9657298
01:22:20.770 --> 01:22:22.370 but, my name is Patrick
NOTE Confidence: 0.9657298
01:22:22.370 --> 01:22:24.310 Casey. I, I just appreciated
NOTE Confidence: 0.9657298
01:22:24.530 --> 01:22:26.064 so much, you guys hosting
NOTE Confidence: 0.9657298
01:22:26.064 --> 01:22:27.585 this and and sharing and
NOTE Confidence: 0.9657298
01:22:27.585 --> 01:22:28.485 everything. And,
NOTE Confidence: 0.97453946
01:22:29.265 --> 01:22:30.864 I I really think you're
NOTE Confidence: 0.97453946
01:22:30.864 --> 01:22:32.324 you're spot on in that,
NOTE Confidence: 0.97053057
01:22:32.900 --> 01:22:33.699 you know, kind of part
NOTE Confidence: 0.97053057
01:22:33.699 --> 01:22:34.900 where you're talking about just
NOTE Confidence: 0.97053057
01:22:34.900 --> 01:22:37.060 accepting ourselves kind of, you
NOTE Confidence: 0.97053057
01:22:37.060 --> 01:22:37.880 know, holistically
NOTE Confidence: 0.9271772
01:22:38.500 --> 01:22:40.340 and and really every every
NOTE Confidence: 0.9271772

01:22:40.340 --> 01:22:41.560 part of it. And,
NOTE Confidence: 0.96513224

01:22:42.185 --> 01:22:43.305 like you said, not kinda
NOTE Confidence: 0.96513224

01:22:43.305 --> 01:22:44.745 picking and choosing the, you
NOTE Confidence: 0.96513224

01:22:44.745 --> 01:22:46.025 know, the parts that look
NOTE Confidence: 0.96513224

01:22:46.025 --> 01:22:46.985 good or feel good to
NOTE Confidence: 0.96513224

01:22:46.985 --> 01:22:48.104 us at at the time
NOTE Confidence: 0.96513224

01:22:48.104 --> 01:22:49.400 because really, like you said
NOTE Confidence: 0.96513224

01:22:49.400 --> 01:22:50.920 as well, like, they they're
NOTE Confidence: 0.96513224

01:22:50.920 --> 01:22:51.979 all parts of
NOTE Confidence: 0.9472348

01:22:52.360 --> 01:22:53.640 what what make us kind
NOTE Confidence: 0.9472348

01:22:53.640 --> 01:22:55.320 of valuable and and even
NOTE Confidence: 0.9472348

01:22:55.320 --> 01:22:56.280 kind of, you know, what
NOTE Confidence: 0.9472348

01:22:56.280 --> 01:22:57.795 we may think are are
NOTE Confidence: 0.9472348

01:22:57.795 --> 01:22:59.314 kinda ugly parts may be,
NOTE Confidence: 0.9472348

01:22:59.314 --> 01:23:00.675 you know, very kind of,
NOTE Confidence: 0.9991507

01:23:01.155 --> 01:23:02.215 you know, instrumental

NOTE Confidence: 0.98162806
01:23:02.675 --> 01:23:04.195 in in other spaces and
NOTE Confidence: 0.98162806
01:23:04.195 --> 01:23:05.395 and helpful to a lot
NOTE Confidence: 0.98162806
01:23:05.395 --> 01:23:06.515 of people as well when
NOTE Confidence: 0.98162806
01:23:06.515 --> 01:23:07.060 we can,
NOTE Confidence: 0.99765116
01:23:07.540 --> 01:23:08.520 share our vulnerabilities
NOTE Confidence: 0.97414994
01:23:08.979 --> 01:23:09.479 and,
NOTE Confidence: 0.99331146
01:23:09.860 --> 01:23:11.240 you know, and really just
NOTE Confidence: 0.99331146
01:23:11.300 --> 01:23:12.900 our our humanity. Right? Like,
NOTE Confidence: 0.99331146
01:23:12.900 --> 01:23:13.800 I think that's,
NOTE Confidence: 0.9803565
01:23:14.515 --> 01:23:16.035 you know, that's especially what
NOTE Confidence: 0.9803565
01:23:16.035 --> 01:23:16.995 I what I'm picking up
NOTE Confidence: 0.9803565
01:23:16.995 --> 01:23:18.195 a lot on from, you
NOTE Confidence: 0.9803565
01:23:18.195 --> 01:23:19.475 know, even, you know, Anna,
NOTE Confidence: 0.9803565
01:23:19.475 --> 01:23:20.435 you know, god bless you
NOTE Confidence: 0.9803565
01:23:20.435 --> 01:23:22.135 from, you know, just sharing
NOTE Confidence: 0.9803565

01:23:22.195 --> 01:23:23.155 a little bit of of
NOTE Confidence: 0.9803565

01:23:23.155 --> 01:23:24.115 what you had in in
NOTE Confidence: 0.9803565

01:23:24.115 --> 01:23:25.219 your emotions. Like, I think
NOTE Confidence: 0.9803565

01:23:25.219 --> 01:23:26.500 we we all kinda feel
NOTE Confidence: 0.9803565

01:23:26.500 --> 01:23:27.939 that. Right? Like, there's just
NOTE Confidence: 0.9803565

01:23:27.939 --> 01:23:29.300 been such a process of
NOTE Confidence: 0.9803565

01:23:29.300 --> 01:23:30.739 of coming around to, you
NOTE Confidence: 0.9803565

01:23:30.739 --> 01:23:32.500 know, to loving ourselves, you
NOTE Confidence: 0.9803565

01:23:32.500 --> 01:23:34.375 know, completely and and showing
NOTE Confidence: 0.9803565

01:23:34.375 --> 01:23:35.354 up authentically,
NOTE Confidence: 0.9666888

01:23:35.735 --> 01:23:36.935 you know, as as much
NOTE Confidence: 0.9666888

01:23:36.935 --> 01:23:37.655 as we can. We can
NOTE Confidence: 0.9666888

01:23:37.655 --> 01:23:38.775 never we can never get
NOTE Confidence: 0.9666888

01:23:38.775 --> 01:23:40.055 it all right. Right? But,
NOTE Confidence: 0.9666888

01:23:40.055 --> 01:23:41.015 like, we, you know, we
NOTE Confidence: 0.9666888

01:23:41.015 --> 01:23:42.295 can do, you know, we

NOTE Confidence: 0.9666888
01:23:42.295 --> 01:23:43.335 can do what we can,
NOTE Confidence: 0.9666888
01:23:43.335 --> 01:23:43.835 and
NOTE Confidence: 0.9788454
01:23:44.600 --> 01:23:46.040 I just appreciate, like, you
NOTE Confidence: 0.9788454
01:23:46.040 --> 01:23:47.340 guys kind of bringing awareness
NOTE Confidence: 0.9788454
01:23:47.479 --> 01:23:48.600 to to sort of what
NOTE Confidence: 0.9788454
01:23:48.600 --> 01:23:49.479 I think is kind of
NOTE Confidence: 0.9788454
01:23:49.479 --> 01:23:50.760 like the the root cause
NOTE Confidence: 0.9788454
01:23:50.760 --> 01:23:51.960 of a lot of addiction
NOTE Confidence: 0.9788454
01:23:51.960 --> 01:23:53.145 and a lot of, you
NOTE Confidence: 0.9788454
01:23:53.145 --> 01:23:54.585 know, substance use issues, which
NOTE Confidence: 0.9788454
01:23:54.585 --> 01:23:56.264 is just that inability to
NOTE Confidence: 0.9788454
01:23:56.264 --> 01:23:57.704 accept, you know, all parts
NOTE Confidence: 0.9788454
01:23:57.704 --> 01:23:59.465 of yourself and and to
NOTE Confidence: 0.9788454
01:23:59.465 --> 01:24:00.744 really, you know, be able
NOTE Confidence: 0.9788454
01:24:00.744 --> 01:24:01.960 to sit with the parts
NOTE Confidence: 0.9788454

01:24:01.960 --> 01:24:03.880 of yourself that that may
NOTE Confidence: 0.9788454

01:24:03.880 --> 01:24:05.080 not make you feel good,
NOTE Confidence: 0.9788454

01:24:05.080 --> 01:24:06.439 you know, and and kinda
NOTE Confidence: 0.9788454

01:24:06.439 --> 01:24:07.880 reconciling that. Because I think,
NOTE Confidence: 0.9788454

01:24:07.880 --> 01:24:08.760 you know, at least for
NOTE Confidence: 0.9788454

01:24:08.760 --> 01:24:09.660 me, that was
NOTE Confidence: 0.9351441

01:24:09.975 --> 01:24:11.335 just a huge, huge part
NOTE Confidence: 0.9351441

01:24:11.335 --> 01:24:12.695 of of kinda my healing
NOTE Confidence: 0.9351441

01:24:12.695 --> 01:24:13.594 process. And,
NOTE Confidence: 0.97626686

01:24:14.215 --> 01:24:15.495 I think now being able
NOTE Confidence: 0.97626686

01:24:15.495 --> 01:24:16.535 to, you know, to share
NOTE Confidence: 0.97626686

01:24:16.535 --> 01:24:17.195 our vulnerabilities,
NOTE Confidence: 0.97590506

01:24:17.495 --> 01:24:18.775 even, you know, crying and
NOTE Confidence: 0.97590506

01:24:18.775 --> 01:24:20.190 and showing our emotions. Like,
NOTE Confidence: 0.97590506

01:24:20.190 --> 01:24:21.890 I think that's important for,
NOTE Confidence: 0.97590506

01:24:22.110 --> 01:24:23.790 for people these days that

NOTE Confidence: 0.97590506
01:24:23.790 --> 01:24:24.590 that can be a little
NOTE Confidence: 0.97590506
01:24:24.590 --> 01:24:26.030 bit cagey with our, you
NOTE Confidence: 0.97590506
01:24:26.030 --> 01:24:28.185 know, with our emotions and
NOTE Confidence: 0.97590506
01:24:28.324 --> 01:24:30.085 and our our stories when,
NOTE Confidence: 0.97590506
01:24:30.324 --> 01:24:31.685 you know, sharing is is
NOTE Confidence: 0.97590506
01:24:31.685 --> 01:24:33.045 so powerful. We can we
NOTE Confidence: 0.97590506
01:24:33.045 --> 01:24:34.244 can really impact a lot
NOTE Confidence: 0.97590506
01:24:34.244 --> 01:24:35.604 of people that that may
NOTE Confidence: 0.97590506
01:24:35.604 --> 01:24:36.840 need help with with kind
NOTE Confidence: 0.97590506
01:24:36.840 --> 01:24:38.600 of our stories. And, so
NOTE Confidence: 0.97590506
01:24:38.600 --> 01:24:39.800 I just, again, just wanted
NOTE Confidence: 0.97590506
01:24:39.800 --> 01:24:40.760 to say thank you guys
NOTE Confidence: 0.97590506
01:24:40.760 --> 01:24:41.420 so much
NOTE Confidence: 0.95354295
01:24:42.120 --> 01:24:43.239 for for kind of putting
NOTE Confidence: 0.95354295
01:24:43.239 --> 01:24:44.564 this on, and thank you
NOTE Confidence: 0.95354295

01:24:44.564 --> 01:24:46.005 for everybody also showing up
NOTE Confidence: 0.95354295

01:24:46.005 --> 01:24:47.465 and, you know, kind of,
NOTE Confidence: 0.95354295

01:24:47.685 --> 01:24:49.205 you know, the community aspect
NOTE Confidence: 0.95354295

01:24:49.205 --> 01:24:50.564 of this is is really,
NOTE Confidence: 0.95354295

01:24:50.564 --> 01:24:51.765 like, so lovely to see.
NOTE Confidence: 0.95354295

01:24:51.765 --> 01:24:52.265 And,
NOTE Confidence: 0.9901596

01:24:52.810 --> 01:24:54.010 I think, you know, again,
NOTE Confidence: 0.9901596

01:24:54.010 --> 01:24:55.130 this is this is kinda
NOTE Confidence: 0.9901596

01:24:55.130 --> 01:24:56.410 how we all come together
NOTE Confidence: 0.9901596

01:24:56.410 --> 01:24:57.770 to kinda make the world
NOTE Confidence: 0.9901596

01:24:57.770 --> 01:24:58.990 a better place. So,
NOTE Confidence: 0.8900152

01:24:59.450 --> 01:25:00.830 yeah, just appreciate everyone.
NOTE Confidence: 0.9741967

01:25:01.715 --> 01:25:03.475 Thank you, Patrick. Thank you
NOTE Confidence: 0.9741967

01:25:03.475 --> 01:25:04.755 so much. And you you're
NOTE Confidence: 0.9741967

01:25:04.755 --> 01:25:06.135 so right. Right?
NOTE Confidence: 0.95944864

01:25:06.515 --> 01:25:07.635 You you know, that little

NOTE Confidence: 0.95944864
01:25:07.635 --> 01:25:09.175 example I had to give,
NOTE Confidence: 0.95944864
01:25:09.314 --> 01:25:10.750 I had to talk I
NOTE Confidence: 0.95944864
01:25:10.750 --> 01:25:12.030 had to ask eight year
NOTE Confidence: 0.95944864
01:25:12.030 --> 01:25:13.570 old Nikki what she needed.
NOTE Confidence: 0.9806187
01:25:14.030 --> 01:25:16.429 Right? What she and this
NOTE Confidence: 0.9806187
01:25:16.429 --> 01:25:18.429 was just a a piece
NOTE Confidence: 0.9806187
01:25:18.429 --> 01:25:20.155 of me that didn't wanna
NOTE Confidence: 0.9806187
01:25:20.155 --> 01:25:22.175 be abandoned again.
NOTE Confidence: 0.80959827
01:25:22.954 --> 01:25:23.454 Uh-huh.
NOTE Confidence: 0.993276
01:25:23.755 --> 01:25:25.034 Didn't want that to have
NOTE Confidence: 0.993276
01:25:25.034 --> 01:25:26.395 to happen again. So I
NOTE Confidence: 0.993276
01:25:26.395 --> 01:25:28.175 had to ensure her
NOTE Confidence: 0.9690978
01:25:28.540 --> 01:25:30.060 that I wasn't gonna abandon
NOTE Confidence: 0.9690978
01:25:30.060 --> 01:25:31.500 her, you know, that I
NOTE Confidence: 0.9690978
01:25:31.500 --> 01:25:32.700 was gonna be there with
NOTE Confidence: 0.9690978

01:25:32.700 --> 01:25:35.260 her. Right? Those parts that
NOTE Confidence: 0.9690978

01:25:35.260 --> 01:25:36.960 are acting out like that,
NOTE Confidence: 0.9690978

01:25:37.020 --> 01:25:38.235 I've I've learned
NOTE Confidence: 0.9571102

01:25:38.695 --> 01:25:40.295 that I have to ask
NOTE Confidence: 0.9571102

01:25:40.295 --> 01:25:42.635 them what is it that
NOTE Confidence: 0.9571102

01:25:42.695 --> 01:25:44.135 that you need? What do
NOTE Confidence: 0.9571102

01:25:44.135 --> 01:25:44.715 you need?
NOTE Confidence: 0.99693334

01:25:45.460 --> 01:25:47.380 Right? How can I include
NOTE Confidence: 0.99693334

01:25:47.380 --> 01:25:48.660 you? What is it that
NOTE Confidence: 0.99693334

01:25:48.660 --> 01:25:50.020 you need? Those kinds of
NOTE Confidence: 0.99693334

01:25:50.020 --> 01:25:51.960 things. So I really appreciate
NOTE Confidence: 0.98250824

01:25:53.064 --> 01:25:53.885 your your,
NOTE Confidence: 0.9997894

01:25:54.505 --> 01:25:56.205 comments here. Thank you.
NOTE Confidence: 0.98065674

01:25:57.945 --> 01:25:59.325 Alright. We have Warren
NOTE Confidence: 0.5618045

01:26:00.265 --> 01:26:01.165 Bush next.
NOTE Confidence: 0.92411995

01:26:05.030 --> 01:26:06.010 Hello. Hello.

NOTE Confidence: 0.86943835
01:26:09.030 --> 01:26:11.050 Nikki, wow. I mean, wow.
NOTE Confidence: 0.8315267
01:26:12.175 --> 01:26:13.074 You know, that
NOTE Confidence: 0.99882543
01:26:13.695 --> 01:26:16.514 was so moving and inspiring.
NOTE Confidence: 0.9729706
01:26:17.054 --> 01:26:18.175 I tell you what.
NOTE Confidence: 0.99110013
01:26:18.735 --> 01:26:19.474 Thank you.
NOTE Confidence: 0.9483959
01:26:20.860 --> 01:26:22.620 You know, I'm very new
NOTE Confidence: 0.9483959
01:26:22.620 --> 01:26:23.200 to this.
NOTE Confidence: 0.868115
01:26:25.100 --> 01:26:26.060 You might have saw in
NOTE Confidence: 0.868115
01:26:26.060 --> 01:26:27.680 chat. We I just graduated
NOTE Confidence: 0.868115
01:26:27.820 --> 01:26:29.439 with Patrick who just spoke.
NOTE Confidence: 0.90381336
01:26:30.564 --> 01:26:30.885 So,
NOTE Confidence: 0.96913826
01:26:32.564 --> 01:26:33.845 this is my first class
NOTE Confidence: 0.96913826
01:26:33.845 --> 01:26:34.825 outside of it.
NOTE Confidence: 0.87995875
01:26:36.325 --> 01:26:38.104 But what I did learn,
NOTE Confidence: 0.953708
01:26:39.620 --> 01:26:41.380 I'm just very excited to
NOTE Confidence: 0.953708

01:26:41.380 --> 01:26:42.939 learn more about the the
NOTE Confidence: 0.953708

01:26:43.140 --> 01:26:44.760 everything holistic. But,
NOTE Confidence: 0.9982297

01:26:46.420 --> 01:26:46.920 moving
NOTE Confidence: 0.99912727

01:26:47.300 --> 01:26:48.200 that energy
NOTE Confidence: 0.9792722

01:26:50.114 --> 01:26:51.415 out, you know,
NOTE Confidence: 0.9387462

01:26:52.594 --> 01:26:54.614 that's very that's key,
NOTE Confidence: 0.9513854

01:26:55.715 --> 01:26:56.994 especially you hit it with
NOTE Confidence: 0.9513854

01:26:56.994 --> 01:26:58.710 the anger. That's that's gotta
NOTE Confidence: 0.9513854

01:26:58.710 --> 01:26:59.610 keep it moving,
NOTE Confidence: 0.9137692

01:27:01.270 --> 01:27:02.790 because it can turn into,
NOTE Confidence: 0.9137692

01:27:02.790 --> 01:27:03.990 what'd you say, rage. You
NOTE Confidence: 0.9137692

01:27:03.990 --> 01:27:04.470 know?
NOTE Confidence: 0.97714937

01:27:04.950 --> 01:27:05.430 So I'm
NOTE Confidence: 0.99470127

01:27:06.405 --> 01:27:07.765 I really look forward to
NOTE Confidence: 0.99470127

01:27:07.765 --> 01:27:09.445 learning more in classes and
NOTE Confidence: 0.99470127

01:27:09.445 --> 01:27:10.965 how to run some of

NOTE Confidence: 0.99470127
01:27:10.965 --> 01:27:11.865 these classes
NOTE Confidence: 0.96519554
01:27:12.245 --> 01:27:13.945 with the with the drum
NOTE Confidence: 0.96519554
01:27:14.005 --> 01:27:15.705 circles and and,
NOTE Confidence: 0.8543502
01:27:17.660 --> 01:27:18.560 just everything.
NOTE Confidence: 0.87618995
01:27:19.260 --> 01:27:20.080 So I'm
NOTE Confidence: 0.9654195
01:27:20.380 --> 01:27:22.220 really kind of laying back
NOTE Confidence: 0.9654195
01:27:22.220 --> 01:27:22.720 and
NOTE Confidence: 0.944363
01:27:23.195 --> 01:27:24.955 observing and and and and
NOTE Confidence: 0.944363
01:27:24.955 --> 01:27:27.055 listening to everybody else speak.
NOTE Confidence: 0.9807451
01:27:28.795 --> 01:27:29.995 But I just wanted to
NOTE Confidence: 0.9807451
01:27:29.995 --> 01:27:31.115 come in and say hello
NOTE Confidence: 0.9807451
01:27:31.115 --> 01:27:32.015 and thank you.
NOTE Confidence: 0.74232197
01:27:33.329 --> 01:27:33.829 That
NOTE Confidence: 0.937248
01:27:34.210 --> 01:27:35.570 was that was something else,
NOTE Confidence: 0.937248
01:27:35.570 --> 01:27:36.469 I'll tell you.
NOTE Confidence: 0.97972906

01:27:37.170 --> 01:27:38.229 One of the strongest,
NOTE Confidence: 0.99868697

01:27:39.170 --> 01:27:40.949 shares I've I've heard
NOTE Confidence: 0.75904554

01:27:42.045 --> 01:27:42.704 Pretty much.
NOTE Confidence: 0.9462593

01:27:43.965 --> 01:27:44.784 Thank you.
NOTE Confidence: 0.9635969

01:27:45.244 --> 01:27:47.085 Thank you. Thank you so
NOTE Confidence: 0.9635969

01:27:47.085 --> 01:27:48.784 much. I love it.
NOTE Confidence: 0.96977746

01:27:49.180 --> 01:27:50.620 I love it. Alright. So
NOTE Confidence: 0.96977746

01:27:50.620 --> 01:27:51.900 we actually have to we
NOTE Confidence: 0.96977746

01:27:51.900 --> 01:27:52.780 have to I have to
NOTE Confidence: 0.96977746

01:27:52.780 --> 01:27:54.240 pass it to Mitzi to,
NOTE Confidence: 0.93919474

01:27:55.180 --> 01:27:56.060 to go to the next
NOTE Confidence: 0.93919474

01:27:56.060 --> 01:27:57.420 section, but please check-in the
NOTE Confidence: 0.93919474

01:27:57.420 --> 01:27:58.854 chat if you guys can
NOTE Confidence: 0.93919474

01:27:58.854 --> 01:28:01.415 complete the quad quadrant survey
NOTE Confidence: 0.93919474

01:28:01.415 --> 01:28:02.155 for us.
NOTE Confidence: 0.92101485

01:28:02.695 --> 01:28:03.895 You you you know, Annette,

NOTE Confidence: 0.92101485

01:28:03.895 --> 01:28:05.420 I see two more hands

NOTE Confidence: 0.92101485

01:28:05.420 --> 01:28:06.994 up. So I know. I

NOTE Confidence: 0.92101485

01:28:06.994 --> 01:28:08.305 know she asked me to

NOTE Confidence: 0.92101485

01:28:08.305 --> 01:28:09.617 pass it to you. So

NOTE Confidence: 0.92101485

01:28:09.879 --> 01:28:11.191 Okay. But it's it's two

NOTE Confidence: 0.92101485

01:28:11.191 --> 01:28:12.503 thirty. Okay. Alright. Good. Alright.

NOTE Confidence: 0.92101485

01:28:12.503 --> 01:28:13.564 So I just wanna do

NOTE Confidence: 0.92101485

01:28:13.564 --> 01:28:14.685 the last two hands that

NOTE Confidence: 0.92101485

01:28:14.685 --> 01:28:15.564 are up, and then I'll

NOTE Confidence: 0.92101485

01:28:15.564 --> 01:28:17.185 I'll go on. Alright.

NOTE Confidence: 0.887885

01:28:17.564 --> 01:28:18.765 These are really good questions,

NOTE Confidence: 0.887885

01:28:18.765 --> 01:28:19.795 and I I know. I

NOTE Confidence: 0.887885

01:28:19.795 --> 01:28:21.850 know. I know. So, doctor

NOTE Confidence: 0.887885

01:28:21.910 --> 01:28:22.410 Monica

NOTE Confidence: 0.8911124

01:28:22.870 --> 01:28:24.390 Clark, could you would you,

NOTE Confidence: 0.8911124

01:28:24.630 --> 01:28:25.430 you could go ahead and
NOTE Confidence: 0.8911124

01:28:25.430 --> 01:28:26.570 unmute yourself and
NOTE Confidence: 0.9991946

01:28:27.350 --> 01:28:28.150 Thank you.
NOTE Confidence: 0.9530153

01:28:28.835 --> 01:28:29.875 I just wanted to say
NOTE Confidence: 0.9530153

01:28:29.875 --> 01:28:31.795 thank you for holding this
NOTE Confidence: 0.9530153

01:28:31.795 --> 01:28:32.295 space.
NOTE Confidence: 0.9856288

01:28:33.955 --> 01:28:35.155 To the Yale team, I
NOTE Confidence: 0.9856288

01:28:35.155 --> 01:28:36.195 thank you guys for everything
NOTE Confidence: 0.9856288

01:28:36.195 --> 01:28:37.155 that you guys are doing
NOTE Confidence: 0.9856288

01:28:37.155 --> 01:28:37.895 on the forefront.
NOTE Confidence: 0.97458863

01:28:38.989 --> 01:28:40.989 And I also wanna say,
NOTE Confidence: 0.97458863

01:28:40.989 --> 01:28:42.830 doctor Myers, I am your
NOTE Confidence: 0.97458863

01:28:42.830 --> 01:28:44.270 seed that is planted in
NOTE Confidence: 0.97458863

01:28:44.270 --> 01:28:45.250 Mercer County,
NOTE Confidence: 0.9717875

01:28:46.094 --> 01:28:48.255 and I cannot stop talking
NOTE Confidence: 0.9717875

01:28:48.255 --> 01:28:49.695 enough about the importance of

NOTE Confidence: 0.9717875
01:28:49.695 --> 01:28:51.074 y twelve s r.
NOTE Confidence: 0.9591579
01:28:51.455 --> 01:28:52.975 I love sitting under your
NOTE Confidence: 0.9591579
01:28:52.975 --> 01:28:53.475 tutelage.
NOTE Confidence: 0.9875472
01:28:55.180 --> 01:28:56.220 And I just wanna say
NOTE Confidence: 0.9875472
01:28:56.220 --> 01:28:57.740 to everyone here today, thank
NOTE Confidence: 0.9875472
01:28:57.740 --> 01:28:58.939 you all for all of
NOTE Confidence: 0.9875472
01:28:58.939 --> 01:29:00.220 us being able to create
NOTE Confidence: 0.9875472
01:29:00.220 --> 01:29:01.900 space and hold space for
NOTE Confidence: 0.9875472
01:29:01.900 --> 01:29:02.640 each other.
NOTE Confidence: 0.94455355
01:29:03.025 --> 01:29:04.065 And this is the kind
NOTE Confidence: 0.94455355
01:29:04.065 --> 01:29:04.725 of healing,
NOTE Confidence: 0.97267956
01:29:06.305 --> 01:29:07.505 sessions that need to go
NOTE Confidence: 0.97267956
01:29:07.505 --> 01:29:09.105 on more, especially for us
NOTE Confidence: 0.97267956
01:29:09.105 --> 01:29:09.925 as the,
NOTE Confidence: 0.93787575
01:29:10.489 --> 01:29:12.270 the practitioners and the caretakers.
NOTE Confidence: 0.93787575

01:29:12.489 --> 01:29:14.010 We talk about that care
NOTE Confidence: 0.93787575

01:29:14.090 --> 01:29:16.409 compassion fatigue and holding space
NOTE Confidence: 0.93787575

01:29:16.409 --> 01:29:17.469 for others, but
NOTE Confidence: 0.97741044

01:29:17.865 --> 01:29:19.145 not forgetting to hold space
NOTE Confidence: 0.97741044

01:29:19.145 --> 01:29:21.405 for ourselves. So today, I
NOTE Confidence: 0.97741044

01:29:21.465 --> 01:29:23.305 could not wait until one
NOTE Confidence: 0.97741044

01:29:23.305 --> 01:29:24.905 o'clock to get in because
NOTE Confidence: 0.97741044

01:29:24.905 --> 01:29:26.185 I just knew the vibes
NOTE Confidence: 0.97741044

01:29:26.185 --> 01:29:27.689 were going to be much
NOTE Confidence: 0.97741044

01:29:27.689 --> 01:29:28.969 needed to sustain me throughout
NOTE Confidence: 0.97741044

01:29:28.969 --> 01:29:29.689 the day. So I thank
NOTE Confidence: 0.97741044

01:29:29.689 --> 01:29:30.350 you all.
NOTE Confidence: 0.99411756

01:29:30.729 --> 01:29:31.450 That's all I had to
NOTE Confidence: 0.99411756

01:29:31.450 --> 01:29:31.950 say.
NOTE Confidence: 0.9933735

01:29:32.330 --> 01:29:34.170 Thank you. Thanks. Thank you.
NOTE Confidence: 0.9933735

01:29:34.170 --> 01:29:35.610 Thank you. Thank you. I

NOTE Confidence: 0.9933735
01:29:35.610 --> 01:29:37.305 love it. I love it.
NOTE Confidence: 0.82486045
01:29:38.005 --> 01:29:39.125 We got Robert next for
NOTE Confidence: 0.82486045
01:29:39.125 --> 01:29:40.025 CCAR. Right?
NOTE Confidence: 0.9533518
01:29:40.805 --> 01:29:42.585 Yes. Good afternoon, everyone.
NOTE Confidence: 0.9776807
01:29:43.950 --> 01:29:45.310 Here in Waterbury, and we
NOTE Confidence: 0.9776807
01:29:45.310 --> 01:29:46.670 have a couple young, young
NOTE Confidence: 0.9776807
01:29:46.670 --> 01:29:48.430 men here as volunteers that
NOTE Confidence: 0.9776807
01:29:48.430 --> 01:29:49.729 would like to say something.
NOTE Confidence: 0.97567475
01:29:50.590 --> 01:29:51.790 Go ahead, Anthony. My name
NOTE Confidence: 0.97567475
01:29:51.790 --> 01:29:53.064 is Anthony. I would like
NOTE Confidence: 0.97567475
01:29:53.064 --> 01:29:54.345 to say thank you for
NOTE Confidence: 0.97567475
01:29:54.345 --> 01:29:55.885 your input and your insight.
NOTE Confidence: 0.97567475
01:29:56.104 --> 01:29:57.785 It was very insightful. I
NOTE Confidence: 0.97567475
01:29:57.785 --> 01:29:58.745 just wanna say thank you
NOTE Confidence: 0.97567475
01:29:58.745 --> 01:30:00.205 again. I'll pass it on.
NOTE Confidence: 0.9394811

01:30:01.729 --> 01:30:03.090 That's another one. My name
NOTE Confidence: 0.9394811

01:30:03.090 --> 01:30:04.449 is Alex. I would like
NOTE Confidence: 0.9394811

01:30:04.449 --> 01:30:05.489 to say thank you for
NOTE Confidence: 0.9394811

01:30:05.489 --> 01:30:06.849 your story. It is very
NOTE Confidence: 0.9394811

01:30:06.849 --> 01:30:07.349 inspirational,
NOTE Confidence: 0.9942321

01:30:07.889 --> 01:30:09.125 gives me a lot more
NOTE Confidence: 0.9942321

01:30:09.185 --> 01:30:10.865 perspective on recovery and what
NOTE Confidence: 0.9942321

01:30:10.865 --> 01:30:11.525 it takes.
NOTE Confidence: 0.86129963

01:30:13.185 --> 01:30:13.685 Oh,
NOTE Confidence: 0.9915616

01:30:14.305 --> 01:30:16.385 thank you. Thank you all.
NOTE Confidence: 0.9915616

01:30:16.385 --> 01:30:17.925 Thank you so much.
NOTE Confidence: 0.9860465

01:30:19.250 --> 01:30:20.710 One day at a time.
NOTE Confidence: 0.9860465

01:30:20.770 --> 01:30:22.310 One step at a time.
NOTE Confidence: 0.8729545

01:30:22.850 --> 01:30:23.350 Mhmm.
NOTE Confidence: 0.92166805

01:30:25.385 --> 01:30:27.145 Alright. Thank you, everyone. Oh,
NOTE Confidence: 0.92166805

01:30:27.145 --> 01:30:27.705 you know,

NOTE Confidence: 0.9958558
01:30:28.265 --> 01:30:29.245 so now we
NOTE Confidence: 0.96565163
01:30:32.025 --> 01:30:33.225 at the end, the,
NOTE Confidence: 0.99060756
01:30:33.785 --> 01:30:34.425 how will you
NOTE Confidence: 0.92458445
01:30:35.210 --> 01:30:36.110 here's a question,
NOTE Confidence: 0.97863597
01:30:37.530 --> 01:30:39.050 to think about. How will
NOTE Confidence: 0.97863597
01:30:39.050 --> 01:30:40.650 you incorporate what you learned
NOTE Confidence: 0.97863597
01:30:40.650 --> 01:30:41.150 today
NOTE Confidence: 0.9980947
01:30:41.850 --> 01:30:43.469 into your peer support
NOTE Confidence: 0.9654552
01:30:44.145 --> 01:30:45.744 lived experience? You could write
NOTE Confidence: 0.9654552
01:30:45.744 --> 01:30:46.724 it in the chat.
NOTE Confidence: 0.9565067
01:31:13.765 --> 01:31:14.645 Here we go. I put
NOTE Confidence: 0.9565067
01:31:14.645 --> 01:31:15.465 it in the chat.
NOTE Confidence: 0.93734384
01:31:17.925 --> 01:31:18.885 Oh, okay. How will you
NOTE Confidence: 0.93734384
01:31:19.045 --> 01:31:20.165 okay. Thank you for putting
NOTE Confidence: 0.93734384
01:31:20.165 --> 01:31:21.500 it in the chat. You're
NOTE Confidence: 0.93734384

01:31:21.500 --> 01:31:22.939 welcome. You got one already.
NOTE Confidence: 0.93734384

01:31:22.939 --> 01:31:23.679 Let's see.
NOTE Confidence: 0.91959304

01:31:23.979 --> 01:31:25.340 K. Alright. So,
NOTE Confidence: 0.995744

01:31:25.820 --> 01:31:27.039 Brenda says,
NOTE Confidence: 0.9986839

01:31:27.820 --> 01:31:28.639 more self
NOTE Confidence: 0.9681333

01:31:29.104 --> 01:31:30.784 care for myself, and Sharon
NOTE Confidence: 0.9681333

01:31:30.784 --> 01:31:32.545 says, know my worth and
NOTE Confidence: 0.9681333

01:31:32.545 --> 01:31:34.705 empower my clients to empower
NOTE Confidence: 0.9681333

01:31:34.705 --> 01:31:36.225 themselves and know their worth.
NOTE Confidence: 0.9681333

01:31:36.225 --> 01:31:36.725 And,
NOTE Confidence: 0.9283915

01:31:38.600 --> 01:31:39.720 Beverly has, I will give
NOTE Confidence: 0.9283915

01:31:39.720 --> 01:31:41.320 myself grace when I feel
NOTE Confidence: 0.9283915

01:31:41.320 --> 01:31:41.820 overwhelmed.
NOTE Confidence: 0.9675793

01:31:42.520 --> 01:31:43.960 Yeah. That I second that
NOTE Confidence: 0.9675793

01:31:43.960 --> 01:31:44.460 one.
NOTE Confidence: 0.8705446

01:31:45.640 --> 01:31:47.020 Maria says, thanks, Nikki.

NOTE Confidence: 0.99097574
01:31:47.335 --> 01:31:49.175 Yes. Give yourself grace. I
NOTE Confidence: 0.99097574
01:31:49.175 --> 01:31:50.455 was just speaking to my
NOTE Confidence: 0.99097574
01:31:50.455 --> 01:31:50.955 daughter-in-law
NOTE Confidence: 0.9685655
01:31:51.495 --> 01:31:52.614 because I was just visiting
NOTE Confidence: 0.9685655
01:31:52.614 --> 01:31:54.235 my grandbabies out in
NOTE Confidence: 0.99889225
01:31:54.700 --> 01:31:55.200 California
NOTE Confidence: 0.9223273
01:31:55.580 --> 01:31:57.020 last week, and I was
NOTE Confidence: 0.9223273
01:31:57.020 --> 01:31:59.340 getting opportunities to read story
NOTE Confidence: 0.9223273
01:31:59.340 --> 01:32:01.180 time. And my daughter-in-law text
NOTE Confidence: 0.9223273
01:32:01.180 --> 01:32:02.080 me this morning.
NOTE Confidence: 0.97985756
01:32:02.415 --> 01:32:03.215 Thank you so much for
NOTE Confidence: 0.97985756
01:32:03.215 --> 01:32:04.415 reading story time. I haven't
NOTE Confidence: 0.97985756
01:32:04.415 --> 01:32:05.854 done it in so long.
NOTE Confidence: 0.97985756
01:32:05.854 --> 01:32:07.135 I'm like, give yourself some
NOTE Confidence: 0.97985756
01:32:07.135 --> 01:32:07.635 grace.
NOTE Confidence: 0.93980384

01:32:08.415 --> 01:32:10.229 You know? You You're juggling

NOTE Confidence: 0.93980384

01:32:10.229 --> 01:32:11.110 a two year old and

NOTE Confidence: 0.93980384

01:32:11.110 --> 01:32:12.310 a six month old. Give

NOTE Confidence: 0.93980384

01:32:12.310 --> 01:32:13.350 yourself some grace,

NOTE Confidence: 0.8774701

01:32:14.229 --> 01:32:14.950 you know.

NOTE Confidence: 0.83991015

01:32:15.350 --> 01:32:17.210 And so that's really important,

NOTE Confidence: 0.9869871

01:32:17.735 --> 01:32:18.695 letting go all of that

NOTE Confidence: 0.9869871

01:32:18.695 --> 01:32:19.914 judgment from ourselves.

NOTE Confidence: 0.77100724

01:32:20.775 --> 01:32:22.954 Christy Fuller says connecting socially

NOTE Confidence: 0.9918893

01:32:23.735 --> 01:32:25.280 with other peers in my

NOTE Confidence: 0.9918893

01:32:25.280 --> 01:32:26.639 office to create a support

NOTE Confidence: 0.9918893

01:32:26.639 --> 01:32:28.080 network for us. Yes. Support

NOTE Confidence: 0.9918893

01:32:28.080 --> 01:32:28.900 is very,

NOTE Confidence: 0.9947487

01:32:29.439 --> 01:32:30.340 very necessary.

NOTE Confidence: 0.96609706

01:32:31.040 --> 01:32:32.719 Mhmm. And, Michelle Thomas says,

NOTE Confidence: 0.96609706

01:32:32.719 --> 01:32:34.080 I'm going to embrace all

NOTE Confidence: 0.96609706
01:32:34.080 --> 01:32:36.045 parts of Michelle that I've
NOTE Confidence: 0.96609706
01:32:36.185 --> 01:32:37.645 put away for safekeeping.
NOTE Confidence: 0.9994037
01:32:38.585 --> 01:32:39.564 I like that.
NOTE Confidence: 0.99867785
01:32:40.505 --> 01:32:41.005 Yes.
NOTE Confidence: 0.9099173
01:32:41.840 --> 01:32:43.119 Patrick says the power of
NOTE Confidence: 0.9099173
01:32:43.119 --> 01:32:45.199 sharing and vulnerability is un
NOTE Confidence: 0.9099173
01:32:45.439 --> 01:32:47.780 unmatched. So appreciated. The opportunity
NOTE Confidence: 0.99325573
01:32:48.159 --> 01:32:49.539 we have in every interaction
NOTE Confidence: 0.99325573
01:32:49.599 --> 01:32:51.059 to have a positive impact.
NOTE Confidence: 0.99125075
01:32:52.064 --> 01:32:53.745 Mhmm. And Jennifer Bailey says,
NOTE Confidence: 0.99125075
01:32:53.745 --> 01:32:54.625 I will be aware that
NOTE Confidence: 0.99125075
01:32:54.625 --> 01:32:56.145 my video matches my audio.
NOTE Confidence: 0.99125075
01:32:56.145 --> 01:32:57.104 Make sure I live what
NOTE Confidence: 0.99125075
01:32:57.104 --> 01:32:58.005 I am sharing.
NOTE Confidence: 0.9788178
01:32:58.545 --> 01:33:00.290 You you're doing well, Jennifer.
NOTE Confidence: 0.9788178

01:33:00.530 --> 01:33:01.830 Thank you for being here.
NOTE Confidence: 0.92870903

01:33:02.530 --> 01:33:03.810 And we will be sharing
NOTE Confidence: 0.92870903

01:33:03.810 --> 01:33:04.770 the video, so you, you
NOTE Confidence: 0.92870903

01:33:04.770 --> 01:33:06.229 know, you'll have the opportunity
NOTE Confidence: 0.92870903

01:33:06.370 --> 01:33:07.810 to to see anything that
NOTE Confidence: 0.92870903

01:33:07.810 --> 01:33:08.550 you've missed.
NOTE Confidence: 0.88645566

01:33:08.955 --> 01:33:10.395 Doctor Monique Clark says this
NOTE Confidence: 0.88645566

01:33:10.395 --> 01:33:12.155 session has relayed the spark
NOTE Confidence: 0.88645566

01:33:12.155 --> 01:33:13.695 for me as a CPRS
NOTE Confidence: 0.9479168

01:33:14.155 --> 01:33:16.474 and a y twelve SR
NOTE Confidence: 0.9479168

01:33:16.474 --> 01:33:17.620 peer. I will be making
NOTE Confidence: 0.9479168

01:33:17.620 --> 01:33:18.979 sure to spend more time
NOTE Confidence: 0.9479168

01:33:18.979 --> 01:33:20.439 with all of me again.
NOTE Confidence: 0.9479168

01:33:20.500 --> 01:33:21.240 Thank you.
NOTE Confidence: 0.93322194

01:33:21.700 --> 01:33:22.500 And, you know, and that's
NOTE Confidence: 0.93322194

01:33:22.500 --> 01:33:23.540 what it is. It's it's

NOTE Confidence: 0.93322194
01:33:23.540 --> 01:33:24.979 a falling and and, you
NOTE Confidence: 0.93322194
01:33:24.979 --> 01:33:26.795 know, falling. Right? You know,
NOTE Confidence: 0.93322194
01:33:26.875 --> 01:33:28.475 get going up, going down
NOTE Confidence: 0.93322194
01:33:28.475 --> 01:33:30.094 thing. You know? No judgment.
NOTE Confidence: 0.94773155
01:33:30.475 --> 01:33:31.594 When you notice that you've
NOTE Confidence: 0.94773155
01:33:31.594 --> 01:33:32.715 fallen, you know, you just
NOTE Confidence: 0.94773155
01:33:32.715 --> 01:33:34.235 get right back up. You
NOTE Confidence: 0.94773155
01:33:34.235 --> 01:33:35.054 keep going.
NOTE Confidence: 0.97505295
01:33:35.640 --> 01:33:36.140 Yes.
NOTE Confidence: 0.8991501
01:33:37.000 --> 01:33:38.699 Akila says, join my wholeness
NOTE Confidence: 0.8991501
01:33:38.840 --> 01:33:39.340 directly
NOTE Confidence: 0.8919385
01:33:39.960 --> 01:33:40.939 from the heart,
NOTE Confidence: 0.97674143
01:33:42.120 --> 01:33:44.460 space to empower all. Yes.
NOTE Confidence: 0.9938433
01:33:44.954 --> 01:33:46.094 Beautiful. Beautiful.
NOTE Confidence: 0.9874664
01:33:49.835 --> 01:33:51.514 Any more comments on on
NOTE Confidence: 0.9874664

01:33:51.514 --> 01:33:52.255 on there?
NOTE Confidence: 0.9503552

01:33:54.260 --> 01:33:55.700 Just beautiful. Thank you. Thank
NOTE Confidence: 0.9503552

01:33:55.700 --> 01:33:56.439 you, everyone.
NOTE Confidence: 0.73815864

01:33:57.460 --> 01:33:58.840 And, and, Sherry,
NOTE Confidence: 0.9858015

01:34:00.100 --> 01:34:01.479 if you could put the
NOTE Confidence: 0.99893755

01:34:03.925 --> 01:34:04.425 the
NOTE Confidence: 0.95676315

01:34:05.125 --> 01:34:06.645 the yes. Thank you. The
NOTE Confidence: 0.95676315

01:34:06.645 --> 01:34:08.324 Qualtrics survey back there at
NOTE Confidence: 0.95676315

01:34:08.324 --> 01:34:09.445 the end after all of
NOTE Confidence: 0.95676315

01:34:09.445 --> 01:34:11.969 the, you know, my so
NOTE Confidence: 0.95676315

01:34:12.030 --> 01:34:13.389 I I didn't introduce myself.
NOTE Confidence: 0.95676315

01:34:13.389 --> 01:34:14.670 I'm Mitzi Skye. I am
NOTE Confidence: 0.95676315

01:34:14.670 --> 01:34:15.969 a poet and a author
NOTE Confidence: 0.88358706

01:34:16.429 --> 01:34:18.030 and a human rights activist.
NOTE Confidence: 0.88358706

01:34:18.030 --> 01:34:19.090 And, today,
NOTE Confidence: 0.922689

01:34:19.854 --> 01:34:21.375 when, you know, I'm I'm

NOTE Confidence: 0.922689
01:34:21.375 --> 01:34:22.675 usually do a poem
NOTE Confidence: 0.9997668
01:34:23.055 --> 01:34:23.875 at the end
NOTE Confidence: 0.90317994
01:34:24.255 --> 01:34:25.155 of our session.
NOTE Confidence: 0.9518692
01:34:25.535 --> 01:34:27.135 And I was and sometimes
NOTE Confidence: 0.9518692
01:34:27.135 --> 01:34:28.335 I'll write something because I'll
NOTE Confidence: 0.9518692
01:34:28.335 --> 01:34:29.920 get inspired to write something
NOTE Confidence: 0.9518692
01:34:29.920 --> 01:34:31.520 or sometimes I find something
NOTE Confidence: 0.9518692
01:34:31.520 --> 01:34:32.420 old of mine
NOTE Confidence: 0.94782513
01:34:32.880 --> 01:34:34.180 that could match. But
NOTE Confidence: 0.8869086
01:34:34.640 --> 01:34:35.140 today,
NOTE Confidence: 0.9136408
01:34:35.680 --> 01:34:37.600 I, I didn't find what
NOTE Confidence: 0.9136408
01:34:37.600 --> 01:34:38.340 I found
NOTE Confidence: 0.9310333
01:34:39.955 --> 01:34:40.995 was, and I was so
NOTE Confidence: 0.9310333
01:34:40.995 --> 01:34:42.835 happy when I heard, Nikki
NOTE Confidence: 0.9310333
01:34:42.835 --> 01:34:45.155 mention Sonya Renee Taylor because
NOTE Confidence: 0.9310333

01:34:45.155 --> 01:34:46.215 I found a work
NOTE Confidence: 0.9931739

01:34:48.700 --> 01:34:50.140 I found a piece from,
NOTE Confidence: 0.9931739

01:34:50.540 --> 01:34:51.040 Sonya
NOTE Confidence: 0.9303332

01:34:51.739 --> 01:34:52.939 to read today just to
NOTE Confidence: 0.9303332

01:34:53.020 --> 01:34:53.900 I'm like, you know, I
NOTE Confidence: 0.9303332

01:34:53.900 --> 01:34:54.939 I I like to think
NOTE Confidence: 0.9303332

01:34:54.939 --> 01:34:56.445 to what what's gonna match
NOTE Confidence: 0.9303332

01:34:56.445 --> 01:34:57.645 what we're talking about, what
NOTE Confidence: 0.9303332

01:34:57.645 --> 01:34:58.385 we're sharing.
NOTE Confidence: 0.95984286

01:34:58.925 --> 01:34:59.165 And,
NOTE Confidence: 0.9304098

01:35:00.204 --> 01:35:01.505 so I was really excited
NOTE Confidence: 0.9304098

01:35:01.564 --> 01:35:03.244 when when Nikki mentioned Sonia
NOTE Confidence: 0.9304098

01:35:03.244 --> 01:35:04.445 because I picked a piece
NOTE Confidence: 0.9304098

01:35:04.445 --> 01:35:06.320 from Sonia today. And what
NOTE Confidence: 0.9304098

01:35:06.320 --> 01:35:07.920 I picked was, from her
NOTE Confidence: 0.9304098

01:35:07.920 --> 01:35:09.439 book, The Body is Not

NOTE Confidence: 0.9304098
01:35:09.439 --> 01:35:10.179 an Apology,
NOTE Confidence: 0.9127183
01:35:11.199 --> 01:35:12.960 The Power of Radical Self
NOTE Confidence: 0.9127183
01:35:12.960 --> 01:35:13.460 Love,
NOTE Confidence: 0.8721804
01:35:13.935 --> 01:35:15.295 and a new way ordered
NOTE Confidence: 0.8721804
01:35:15.295 --> 01:35:16.895 by love. The chap is
NOTE Confidence: 0.8721804
01:35:16.895 --> 01:35:18.335 chap it's, at page one
NOTE Confidence: 0.8721804
01:35:18.335 --> 01:35:19.775 forty, and it's title number
NOTE Confidence: 0.8721804
01:35:19.775 --> 01:35:21.295 four, a new way of
NOTE Confidence: 0.8721804
01:35:21.295 --> 01:35:21.795 order
NOTE Confidence: 0.94741714
01:35:22.415 --> 01:35:23.155 by love.
NOTE Confidence: 0.9934497
01:35:23.760 --> 01:35:25.039 A world for all bodies
NOTE Confidence: 0.9934497
01:35:25.039 --> 01:35:26.479 is a world for our
NOTE Confidence: 0.9934497
01:35:26.479 --> 01:35:27.460 our bodies
NOTE Confidence: 0.9575784
01:35:27.840 --> 01:35:29.039 is what she says. And
NOTE Confidence: 0.9575784
01:35:29.039 --> 01:35:30.079 it's it's it's not too
NOTE Confidence: 0.9575784

01:35:30.079 --> 01:35:31.825 long. It says, perhaps you
NOTE Confidence: 0.9575784

01:35:31.825 --> 01:35:33.185 have missed it thus far,
NOTE Confidence: 0.9575784

01:35:33.185 --> 01:35:34.465 but I have an agenda
NOTE Confidence: 0.9575784

01:35:34.465 --> 01:35:35.845 to which I am obnoxiously
NOTE Confidence: 0.9927922

01:35:36.225 --> 01:35:36.725 wedded.
NOTE Confidence: 0.9773856

01:35:37.104 --> 01:35:38.520 It's a simple agenda. I
NOTE Confidence: 0.9773856

01:35:38.520 --> 01:35:39.640 want to change the world
NOTE Confidence: 0.9773856

01:35:39.640 --> 01:35:41.320 by convincing you to love
NOTE Confidence: 0.9773856

01:35:41.320 --> 01:35:43.500 every facet of yourself radically
NOTE Confidence: 0.9773856

01:35:43.720 --> 01:35:44.620 and unapologetically,
NOTE Confidence: 0.9698067

01:35:45.400 --> 01:35:46.520 even the parts you don't
NOTE Confidence: 0.9698067

01:35:46.520 --> 01:35:48.175 like. And through this work,
NOTE Confidence: 0.9698067

01:35:48.175 --> 01:35:49.615 illustrate for you how radical
NOTE Confidence: 0.9698067

01:35:49.615 --> 01:35:51.155 love alters our planet.
NOTE Confidence: 0.99955577

01:35:51.535 --> 01:35:53.055 Radical self love is an
NOTE Confidence: 0.99955577

01:35:53.055 --> 01:35:54.115 internal process

NOTE Confidence: 0.967107
01:35:54.495 --> 01:35:56.195 offering external transformation.
NOTE Confidence: 0.986653
01:35:57.010 --> 01:35:57.890 How we show up to
NOTE Confidence: 0.986653
01:35:57.890 --> 01:35:59.170 life reflects how we show
NOTE Confidence: 0.986653
01:35:59.170 --> 01:36:00.070 up to ourselves.
NOTE Confidence: 0.99935955
01:36:00.530 --> 01:36:01.650 When we strip away the
NOTE Confidence: 0.99935955
01:36:01.650 --> 01:36:03.490 veneer of self reliance and
NOTE Confidence: 0.99935955
01:36:03.490 --> 01:36:03.990 individualism
NOTE Confidence: 0.9504521
01:36:04.625 --> 01:36:06.545 and allow ourselves to access
NOTE Confidence: 0.9504521
01:36:06.545 --> 01:36:08.325 our most vulnerable truth,
NOTE Confidence: 0.9345767
01:36:08.705 --> 01:36:09.745 we can't help but be
NOTE Confidence: 0.9345767
01:36:09.745 --> 01:36:11.345 heart beat present to the
NOTE Confidence: 0.9345767
01:36:11.345 --> 01:36:12.865 fact that our relationship with
NOTE Confidence: 0.9345767
01:36:12.865 --> 01:36:14.760 other bodies mirrors in tangible
NOTE Confidence: 0.9345767
01:36:14.760 --> 01:36:16.599 ways our relationship with our
NOTE Confidence: 0.9345767
01:36:16.599 --> 01:36:17.340 own body.
NOTE Confidence: 0.96940094

01:36:17.880 --> 01:36:19.800 Yes, we have been cutting
NOTE Confidence: 0.96940094

01:36:19.800 --> 01:36:21.479 and cruel to ourselves and
NOTE Confidence: 0.96940094

01:36:21.479 --> 01:36:23.455 have watched our internalized shame
NOTE Confidence: 0.96940094

01:36:23.615 --> 01:36:25.695 spill over into how we
NOTE Confidence: 0.96940094

01:36:25.695 --> 01:36:27.795 parents, how we manage employees,
NOTE Confidence: 0.99296844

01:36:28.175 --> 01:36:29.295 how we show up to
NOTE Confidence: 0.99296844

01:36:29.295 --> 01:36:30.275 friends and family.
NOTE Confidence: 0.9376417

01:36:30.740 --> 01:36:32.500 Yes. We believe that our
NOTE Confidence: 0.9376417

01:36:32.500 --> 01:36:33.860 bodies were too big, too
NOTE Confidence: 0.9376417

01:36:33.860 --> 01:36:35.479 dark, too pale, too scarred,
NOTE Confidence: 0.9376417

01:36:35.620 --> 01:36:37.080 too ugly, so we tucked,
NOTE Confidence: 0.9376417

01:36:37.140 --> 01:36:39.045 folded, hid ourselves away and
NOTE Confidence: 0.9376417

01:36:39.045 --> 01:36:40.905 wondered why our lives looked
NOTE Confidence: 0.9376417

01:36:41.045 --> 01:36:41.545 infantistimal
NOTE Confidence: 0.36863416

01:36:42.485 --> 01:36:42.985 intestinal
NOTE Confidence: 0.27958715

01:36:43.925 --> 01:36:44.425 intestinally

NOTE Confidence: 0.99642956
01:36:45.285 --> 01:36:46.645 smaller than what we knew
NOTE Confidence: 0.99642956
01:36:46.645 --> 01:36:47.785 we were capable of.
NOTE Confidence: 0.9803203
01:36:48.150 --> 01:36:49.430 Yes, we have been less
NOTE Confidence: 0.9803203
01:36:49.430 --> 01:36:52.170 vibrant employees, less compassionate neighbors,
NOTE Confidence: 0.9803203
01:36:52.310 --> 01:36:53.830 less tolerant of the bodies
NOTE Confidence: 0.9803203
01:36:53.830 --> 01:36:55.350 of others, not because we
NOTE Confidence: 0.9803203
01:36:55.350 --> 01:36:56.710 are bad people but because
NOTE Confidence: 0.9803203
01:36:56.710 --> 01:36:58.175 we are guilty of each
NOTE Confidence: 0.9803203
01:36:58.175 --> 01:37:00.074 of those accounts against ourselves.
NOTE Confidence: 0.97930366
01:37:00.775 --> 01:37:02.295 Our lens to the outside
NOTE Confidence: 0.97930366
01:37:02.295 --> 01:37:03.735 world is an interior lens
NOTE Confidence: 0.97930366
01:37:03.735 --> 01:37:05.114 projecting our experience
NOTE Confidence: 0.93153125
01:37:05.415 --> 01:37:06.695 in our bodies onto our
NOTE Confidence: 0.93153125
01:37:06.695 --> 01:37:07.620 external landscape.
NOTE Confidence: 0.98208237
01:37:08.180 --> 01:37:10.180 A shame clouded interior lens
NOTE Confidence: 0.98208237

01:37:10.180 --> 01:37:11.380 can only project shame and
NOTE Confidence: 0.98208237

01:37:11.380 --> 01:37:11.880 judgment.
NOTE Confidence: 0.9899723

01:37:12.420 --> 01:37:14.180 Employing a radical self love
NOTE Confidence: 0.9899723

01:37:14.180 --> 01:37:16.305 ethos is like squirting Windex
NOTE Confidence: 0.9899723

01:37:16.365 --> 01:37:17.505 on our daily lives.
NOTE Confidence: 0.93333787

01:37:17.885 --> 01:37:19.345 Suddenly we can see ourselves
NOTE Confidence: 0.93333787

01:37:19.405 --> 01:37:20.945 as employees or employers,
NOTE Confidence: 0.9872596

01:37:21.405 --> 01:37:23.250 as parents and friends, as
NOTE Confidence: 0.9872596

01:37:23.250 --> 01:37:25.250 neighbors and community members, as
NOTE Confidence: 0.9872596

01:37:25.250 --> 01:37:27.750 leaders, thinkers, doers, as humans
NOTE Confidence: 0.89375114

01:37:28.290 --> 01:37:30.390 distinctly connected to other humans,
NOTE Confidence: 0.9992334

01:37:30.695 --> 01:37:32.455 Applying radical self love to
NOTE Confidence: 0.9992334

01:37:32.455 --> 01:37:33.835 each facet of these roles
NOTE Confidence: 0.9992334

01:37:33.975 --> 01:37:34.715 and responsibilities
NOTE Confidence: 0.99112576

01:37:35.415 --> 01:37:37.015 alters the very fabric of
NOTE Confidence: 0.99112576

01:37:37.015 --> 01:37:37.515 humanity

NOTE Confidence: 0.976463
01:37:38.320 --> 01:37:40.180 ultimately creating a more just,
NOTE Confidence: 0.976463
01:37:40.400 --> 01:37:40.900 equitable,
NOTE Confidence: 0.99016005
01:37:41.280 --> 01:37:42.660 and compassionate world.
NOTE Confidence: 0.9749671
01:37:43.040 --> 01:37:44.979 And her radical reflection is
NOTE Confidence: 0.9749671
01:37:45.040 --> 01:37:46.900 the least compassionate politician
NOTE Confidence: 0.9994284
01:37:47.385 --> 01:37:49.165 and the most rigid authority
NOTE Confidence: 0.9994284
01:37:49.225 --> 01:37:51.225 figure are demonstrating to us
NOTE Confidence: 0.9994284
01:37:51.225 --> 01:37:52.845 how they are with themselves.
NOTE Confidence: 0.99915916
01:37:53.225 --> 01:37:54.905 We can practice compassion for
NOTE Confidence: 0.99915916
01:37:54.905 --> 01:37:57.080 them while demanding accountability
NOTE Confidence: 0.977445
01:37:57.939 --> 01:37:58.600 from them.
NOTE Confidence: 0.83526284
01:38:01.860 --> 01:38:03.620 And that is missus Sonia
NOTE Confidence: 0.83526284
01:38:03.620 --> 01:38:05.239 Renee Taylor. Yes.
NOTE Confidence: 0.9751569
01:38:06.245 --> 01:38:07.045 Mitzi, they wanna know if
NOTE Confidence: 0.9751569
01:38:07.045 --> 01:38:07.685 you could put the name
NOTE Confidence: 0.9751569

01:38:07.685 --> 01:38:08.645 of the book in the
NOTE Confidence: 0.9751569
01:38:08.645 --> 01:38:09.145 chat.
NOTE Confidence: 0.9958534
01:38:09.525 --> 01:38:10.645 Yes. I I will. I'll
NOTE Confidence: 0.9958534
01:38:10.645 --> 01:38:11.625 put it in there.
NOTE Confidence: 0.9990611
01:38:12.485 --> 01:38:13.465 That was perfect.
NOTE Confidence: 0.7853057
01:38:16.370 --> 01:38:16.770 And,
NOTE Confidence: 0.96954644
01:38:17.170 --> 01:38:19.170 and so I also want
NOTE Confidence: 0.96954644
01:38:19.170 --> 01:38:19.830 to share,
NOTE Confidence: 0.98777395
01:38:21.170 --> 01:38:21.650 our our
NOTE Confidence: 0.9001655
01:38:22.985 --> 01:38:24.264 on June twenty six, our
NOTE Confidence: 0.9001655
01:38:24.264 --> 01:38:25.465 upper spiral, we're going to
NOTE Confidence: 0.9001655
01:38:25.465 --> 01:38:26.104 be having,
NOTE Confidence: 0.7840974
01:38:26.665 --> 01:38:27.165 Wednesday.
NOTE Confidence: 0.69437516
01:38:28.824 --> 01:38:29.324 Wednesday's
NOTE Confidence: 0.89731526
01:38:30.439 --> 01:38:31.479 her full name. I can't
NOTE Confidence: 0.89731526
01:38:31.800 --> 01:38:34.040 Wednesday rhyme ifrack who will

NOTE Confidence: 0.89731526

01:38:34.040 --> 01:38:35.720 be talking about, body justice

NOTE Confidence: 0.89731526

01:38:35.720 --> 01:38:37.240 and body liberation health at

NOTE Confidence: 0.89731526

01:38:37.240 --> 01:38:39.160 every size, anti diet culture,

NOTE Confidence: 0.89731526

01:38:39.160 --> 01:38:40.425 weight stigma, eating disorders, substance

NOTE Confidence: 0.89731526

01:38:40.425 --> 01:38:40.925 use,

NOTE Confidence: 0.97794515

01:38:41.625 --> 01:38:43.485 art therapy, body image, etcetera.

NOTE Confidence: 0.9412376

01:38:43.864 --> 01:38:45.784 And, and then I I

NOTE Confidence: 0.9412376

01:38:45.784 --> 01:38:46.665 I we have some more

NOTE Confidence: 0.9412376

01:38:46.665 --> 01:38:48.344 dates, seven thirty one, eight

NOTE Confidence: 0.9412376

01:38:48.344 --> 01:38:49.545 twenty eight. And and and

NOTE Confidence: 0.9412376

01:38:49.545 --> 01:38:50.889 then our last one on

NOTE Confidence: 0.9412376

01:38:50.889 --> 01:38:51.949 nine twenty five,

NOTE Confidence: 0.9851194

01:38:52.409 --> 01:38:53.369 it's gonna be an in

NOTE Confidence: 0.9851194

01:38:53.369 --> 01:38:54.170 person. The,

NOTE Confidence: 0.9512043

01:38:54.889 --> 01:38:56.090 we haven't picked a venue

NOTE Confidence: 0.9512043

01:38:56.090 --> 01:38:57.449 yet, but we are looking
NOTE Confidence: 0.9512043

01:38:57.449 --> 01:38:58.750 forward to having offers
NOTE Confidence: 0.99969196

01:39:00.075 --> 01:39:00.575 together
NOTE Confidence: 0.83756083

01:39:01.035 --> 01:39:01.535 and,
NOTE Confidence: 0.9541205

01:39:02.235 --> 01:39:03.755 and as as we continue
NOTE Confidence: 0.9541205

01:39:03.755 --> 01:39:05.455 this this work. So,
NOTE Confidence: 0.9437285

01:39:06.314 --> 01:39:07.215 so thank you,
NOTE Confidence: 0.9877573

01:39:08.699 --> 01:39:09.179 for,
NOTE Confidence: 0.9766546

01:39:09.579 --> 01:39:10.619 being here today. And please
NOTE Confidence: 0.9766546

01:39:10.619 --> 01:39:12.159 fill out the, Qualtrics
NOTE Confidence: 0.9953091

01:39:12.939 --> 01:39:13.439 survey.
NOTE Confidence: 0.99583286

01:39:17.075 --> 01:39:18.354 Mhmm. Alright. Let me, get
NOTE Confidence: 0.99583286

01:39:18.354 --> 01:39:19.314 the name of the book
NOTE Confidence: 0.99583286

01:39:19.314 --> 01:39:20.135 back in there.
NOTE Confidence: 0.92218447

01:39:25.580 --> 01:39:26.780 Thank you guys again for
NOTE Confidence: 0.92218447

01:39:26.780 --> 01:39:28.080 everything. So appreciative.

NOTE Confidence: 0.9238434
01:39:29.420 --> 01:39:30.160 No problem.
NOTE Confidence: 0.9552089
01:39:32.335 --> 01:39:33.215 We actually still have twenty
NOTE Confidence: 0.9552089
01:39:33.215 --> 01:39:34.035 minutes left.
NOTE Confidence: 0.924133
01:39:35.775 --> 01:39:36.735 How am I gonna go
NOTE Confidence: 0.924133
01:39:36.735 --> 01:39:38.015 back to work? I don't
NOTE Confidence: 0.924133
01:39:38.015 --> 01:39:39.695 release so much. I had
NOTE Confidence: 0.924133
01:39:39.854 --> 01:39:40.995 you know, I
NOTE Confidence: 0.93169403
01:39:41.750 --> 01:39:43.430 think uh-huh. Yep. Yep. Yep.
NOTE Confidence: 0.93169403
01:39:43.430 --> 01:39:44.630 That's what happens when you
NOTE Confidence: 0.93169403
01:39:44.630 --> 01:39:45.989 sit up on doctor Myers
NOTE Confidence: 0.93169403
01:39:45.989 --> 01:39:47.050 and listen to her.
NOTE Confidence: 0.9151937
01:39:47.510 --> 01:39:48.870 Oh my goodness. Thank you,
NOTE Confidence: 0.9151937
01:39:48.870 --> 01:39:50.550 everyone. This this this is
NOTE Confidence: 0.9151937
01:39:50.550 --> 01:39:52.415 good. I ate sufficiently for
NOTE Confidence: 0.9151937
01:39:52.415 --> 01:39:52.915 lunch.
NOTE Confidence: 0.9658873

01:39:56.415 --> 01:39:58.015 Thanks, y'all. Thank you so
NOTE Confidence: 0.9658873

01:39:58.015 --> 01:39:58.515 much.
NOTE Confidence: 0.93258077

01:40:00.830 --> 01:40:01.869 Alright. So I guess I'll
NOTE Confidence: 0.93258077

01:40:01.869 --> 01:40:02.369 go.
NOTE Confidence: 0.9896015

01:40:02.830 --> 01:40:03.790 Alright. You put the book
NOTE Confidence: 0.9896015

01:40:03.790 --> 01:40:04.449 up there?
NOTE Confidence: 0.9331987

01:40:04.909 --> 01:40:05.869 Yes. I could find a
NOTE Confidence: 0.9331987

01:40:05.869 --> 01:40:06.929 link if you want.
NOTE Confidence: 0.8867339

01:40:07.310 --> 01:40:08.655 Oh, maybe we could give
NOTE Confidence: 0.8867339

01:40:08.655 --> 01:40:09.534 it to Sherry when she
NOTE Confidence: 0.8867339

01:40:09.534 --> 01:40:10.494 puts it out, the surveys
NOTE Confidence: 0.8867339

01:40:10.494 --> 01:40:11.335 and stuff. Oh, yes. Yes.
NOTE Confidence: 0.8867339

01:40:11.335 --> 01:40:12.094 And then when they when
NOTE Confidence: 0.8867339

01:40:12.094 --> 01:40:12.735 they when you guys receive
NOTE Confidence: 0.8867339

01:40:12.735 --> 01:40:12.814 the,
NOTE Confidence: 0.9009244

01:40:14.415 --> 01:40:15.155 the videos,

NOTE Confidence: 0.9882271
01:40:15.695 --> 01:40:16.434 the lives.
NOTE Confidence: 0.9930674
01:40:18.540 --> 01:40:19.040 Alright.
NOTE Confidence: 0.67899674
01:40:19.500 --> 01:40:20.800 I just woke up early.
NOTE Confidence: 0.99310625
01:40:21.260 --> 01:40:22.380 We'll give you twenty minutes
NOTE Confidence: 0.99310625
01:40:22.380 --> 01:40:23.820 to have lunch, right, before
NOTE Confidence: 0.99310625
01:40:23.820 --> 01:40:24.960 you go back to work.
NOTE Confidence: 0.99310625
01:40:25.045 --> 01:40:26.425 I love it. Bye.
NOTE Confidence: 0.9827942
01:40:27.364 --> 01:40:28.645 Take care, everyone. We'll see
NOTE Confidence: 0.9827942
01:40:28.645 --> 01:40:29.625 you next month.