##### **[00:00:51.01] - KES**

It.

##### **[00:04:15.14] - KES**

I hope you have fun with this recording and you get to get rid of it. This section. I just wanted to make sure that I was available.

##### **[00:04:51.04] - Caren**

Why is it so.

##### **[00:04:56.04] - KES**

Hey, I'm in my camera.

##### **[00:04:58.23] - Caren**

Oh.

##### **[00:05:00.09] - KES**

I'm in my camper.

##### **[00:05:03.01] - Caren**

And the Internet seems to be decent.

##### **[00:05:05.19] - KES**

There's a cell tower right on the other side of the campground, so it seems to be working good. But I don't know if my camera's gonna. Anyway.

##### **[00:05:15.02] - Caren**

Yeah, you can always, for periods, just turn off your camera, and then we can. I can hear you just fine, you know, but the picture's just a little. Yeah, yeah.

##### **[00:05:23.13] - KES**

It's gonna do its thing.

##### **[00:05:25.05] - Caren**

How was crowding?

##### **[00:05:27.01] - KES**

We got our limit two days in a row, and I don't have to go out today. Yay. Because I get to be here. And so my stepsister and her husband and her daughter and my husband are going out, and we got 60 crab yesterday.

##### **[00:05:46.15] - Caren**

So what do you do with 60 crab?

##### **[00:05:49.08] - KES**

Well, you clean them, and then we. It has become a tradition. When we go to Hawaii, we bring a bag of crabs. So it's like two crabs in one bag.

##### **[00:06:00.04] - Caren**

Yeah.

##### **[00:06:00.21] - KES**

Cleaned and everything. And so we give them. We give two bags to our friends on the hilo side and two bags to our friends on the kona side. And their daughter used to be that we gave one bag. We might give one bag to her this time, too, but she's having marital problem, and they've been going on for a long time, so I don't know what happens to the crab. So.

##### **[00:06:29.04] - Caren**

So in other words, you take a cooler over and you bring a cooler back with food?

##### **[00:06:34.06] - KES**

Well, um, we take. Yeah, but we don't even take a cooler. But we. Mike packs it and then. So there's enough room to. I love going to thrift stores. Oh, so thrift stores are the best thing on the big island.

##### **[00:06:52.06] - Caren**

So you take extra luggage?

##### **[00:06:54.11] - KES**

Yeah, not totally, but.

##### **[00:07:00.01] - Caren**

Hey, Maggie. Hey, Maggie. There doesn't seem to be as much light as normal on you.

##### **[00:07:07.20] - Maggie**

Oh, well, it's. I could turn one on, I guess. It's darker.

##### **[00:07:13.19] - Caren**

It is darker. No, don't turn it on. Stay in your zone. Yeah. Yeah. Stay there. Boy, it was no words again for how good to see you in person.

##### **[00:07:25.18] - Maggie**

Yeah, that was really fun, wasn't it? It's kind of. Oh, yeah. Here we are. We were let out to play, and now we're back in our little boxes again.

##### **[00:07:40.21] - KES**

That's kind of how I feel, too.

##### **[00:07:43.15] - Caren**

Yeah.

##### **[00:07:44.21] - KES**

Here we are in our little boxes.

##### **[00:07:47.04] - Caren**

Yeah. So, Maggie, what did you end up doing with your brother.

##### **[00:07:53.07] - Maggie**

I had arranged, prior to staying one night with each, because there's three households up there. I told them I was dirtying sheets across Kitsap county, and that's what I did, and it worked out beautifully. I got to spend just enough time, you know, just a little bit of time. Went for a pedicure with my niece and got to see the boys and spend the night and see my nephew, which he's really busy. And they're going to Japan until next May, so I wouldn't see them again. Oh, wow.

##### **[00:08:27.11] - Caren**

Are these the two that. No, those were your cousins I'd met that you hadn't seen in a long time. Those were cousins.

##### **[00:08:33.06] - Maggie**

They're like third cousins.

##### **[00:08:34.23] - Caren**

Third cousins. Yeah. Yeah, yeah. Okay. All right.

##### **[00:08:37.00] - Maggie**

My brother and his wife are. Are very good at keeping up with the cousins and things where I just don't do that so much. But they. We had a big family dinner that night, you know, at my nephew's house, and I stayed there. And then the next day, I stayed at my brother's house, which I hadn't seen yet. They just bought it last Christmas, and they've been in Tahiti for the last seven years. So this is their. Their first house in a while. You know, they haven't had a house for. Since he retired.

##### **[00:09:12.08] - KES**

What were they doing in Tahiti?

##### **[00:09:14.22] - Maggie**

Yeah, well, they had a 42 foot sailboat they lived on, and they just went around. I would not.

##### **[00:09:24.08] - KES**

I know. It'd probably be tiring to me.

##### **[00:09:26.20] - Maggie**

It's hot, it's humid, and those boats stink.

##### **[00:09:29.18] - KES**

I'm just gonna say they do.

##### **[00:09:32.13] - Caren**

Do they stink, really? You've changed my view? Because I've always romanticized it.

##### **[00:09:38.05] - Maggie**

Well, you know, if you don't mind the smell of, like, tar and diesel and, you know, they all have big diesel engines, and then they're old. Like, his boat was pretty old. So they have. And they have to have a lot of waterproofing, which is done with tar and stuff. So it's just a little. There's a lot of creosote, I should say, kind of smell.

##### **[00:10:00.08] - KES**

Yeah, that's not bad. But the mold smell, I don't like that that's on boats.

##### **[00:10:06.00] - Maggie**

I don't know. I don't know. I don't find it moldy, but I do find it a little creosote-y. Hi, Mary. Hi, Mary.

##### **[00:10:16.12] - Caren**

How you doing?

##### **[00:10:18.08] - Maggie**

I'm okay. I have a cold, but I'm all right.

##### **[00:10:22.12] - Mary B.**

I've got Covid, but I'm all right. Yeah, [group], I got it.

##### **[00:10:28.06] - KES**

Yeah, yeah, I've got that cold, too.

##### **[00:10:31.04] - Caren**

No, she's Covid.

##### **[00:10:33.16] - Mary B.**

No, I tested Covid.

##### **[00:10:35.24] - KES**

Yours is Covid.

##### **[00:10:37.23] - Mary B.**

Well, I haven't tested, but Bruce has it and he tested and he's got it. I was just sure that I wouldn't, but I did.

##### **[00:10:45.21] - Maggie**

I tested, and I didn't have it, so. Good.

##### **[00:10:49.11] - KES**

Same here.

##### **[00:10:50.21] - Maggie**

I had a wicked cold.

##### **[00:10:53.13] - Angela**

I was sick all week. Yeah.

##### **[00:10:55.15] - Maggie**

Yeah, me too.

##### **[00:10:56.23] - KES**

Yeah.

##### **[00:10:57.05] - Caren**

How many of you were sick with what I had?

##### **[00:10:59.17] - KES**

I don't know if it's what you had, but

##### **[00:11:03.15] - Angela**

I had a bad cold. Yeah.

##### **[00:11:04.05] - KES**

Yeah. Now I'm coughing up geeky gum.

##### **[00:11:06.14] - Maggie**

Kind of the snot flu.

##### **[00:11:08.17] - Angela**

Yes, that's very good. That's a good way to put it.

##### **[00:11:12.08] - Caren**

Then I'm feeling mildly better because then it doesn't sound like what I had. However, let me just say that when you do a retreat and you do that much energy, it. It's not uncommon for your body then to detox. It's like just all that phlegm is releasing all kinds of old toxins.

##### **[00:11:30.05] - Maggie**

Oh, good.

##### **[00:11:31.08] - Caren**

That's not exactly uncommon. So.

##### **[00:11:34.08] - Maggie**

Yeah, I did. I mean, I could have. I went through, you know, trains, planes and automobiles. I could have got it anywhere.

##### **[00:11:42.24] - Caren**

Yeah. That sounds like a song, huh?

##### **[00:11:45.23] - Maggie**

It was a movie.

##### **[00:11:48.09] - Caren**

It was a movie. Is that what it was?

##### **[00:11:49.19] - KES**

Okay, true.

##### **[00:11:50.07] - Angela**

It was.

##### **[00:11:51.18] - Caren**

Yeah. Well, okay, you folks, let's. Let's start with good morning, Nat.

##### **[00:11:57.12] - Angela**

Hi, Jeremy and Nat.

##### **[00:11:59.21] - Mary B.**

Hi, you guys. I'm so thankful I wasn't the last one on.

##### **[00:12:07.10] - Caren**

So let's. Let's just take a moment. Let's just take a moment, everybody. Just. I'm gonna give us just a minute in the silence, okay? Oh, wait. It helps if I turn on the thing so you can hear the bell.

##### **[00:12:20.21] - KES**

Oh, yeah.

##### **[00:12:21.20] - Caren**

Here we go.

##### **[00:12:22.24] - KES**

I just spilled hot tea on myself. I thought the lid was on tight, but so I had to quick change.

##### **[00:12:29.14] - Caren**

Okay, here, I just hit the recording button, so you guys are gonna have to hit that. Are you okay, KES?

##### **[00:12:34.11] - KES**

Yeah.

##### **[00:12:39.12] - Caren**

Okay.

##### **[00:13:42.19] - Caren**

Well, that's a minute. But this is so yummy. Let's stay for one more. Let's stay for one more minute.

##### **[00:14:42.13] - Caren**

And so, keeping your eyes closed, is it yummy? Is it yummy to be in the present moment? And can you find your way into the present moment in the physical world? And can you access the present moment in the subtle realm which we call presence? Presence. And when we're in the subtle world, it's us. But it's not just us. Right? It's Presence with a capital P. And I have no doubt that every single one of you can access present in the physical presence in the subtle, the question becomes, how long can we sustain that awareness? The presence. And it's the strength of the muscle in your mind that keeps holding your attention in the presence in the present. That is what's cultivated in meditation. So even right now, as you're sitting, when your mind is wandering off, if it's wandering off to the day ahead the last weekend, whatever happened yesterday, can you bring it back volitionally to the present moment, physically, earth world? Can you bring it back to the presence of your subtle energies, which connect you to these bigger, oh, that's a bad word. No, don't use bad Caren. To those, to the, to the more real energy of the whole.

##### **[00:17:32.13] - Caren**

And if you can connect, if you're connecting with Presence with a P, is there any joy there? And I'm not talking jump up and down like when we first saw Maggie joy. I'm talking just, you know, that deep, deep joy that... It's so soft and strong and there's no words for it, is there? Can you connect with that joy? It's so subtle. And do you know how to feed it? If you've gone, we might say deep enough or inward enough, or, whatever that process is for you, and you've tapped into that place. You found it. You found it. Can you feed it? Can you sustain it? Can you remember? Now, I know some of you touch this place, and it brings you to tears. And I know some of you touch this place, and it's like you glance off it, and there's nothing wrong. There's no right or wrong. There's no good or bad, better or worse, but either one, either way. And everything in between, can we show up just kindly and gently for our experience and embrace it with the recognition there's nothing wrong with me. This is. This is me in this moment.

##### **[00:20:07.15] - Caren**

This is my awareness in this moment. And it's good. It is good. It is good. So I hope that brought a smile to you on some level in your heart. And what I'm going to ask is that we just stay quiet for a few moments, and I'm really going to ask you, can you journal. Journal what just happened for you?

##### **[00:24:10.12] - Caren**

And then I'm going to ask you to take a picture of it and text it to me. Go, technology.

##### **[00:25:46.22] - Natalie**

We are real time texting this to you. You want it right now?

##### **[00:25:49.23] - Caren**

Mm hmm. I do.

##### **[00:25:59.21] - KES**

Are you able to tell who's who? I didn't put my name on it.

##### **[00:26:03.04] - Caren**

It's with your name in the text.

##### **[00:26:06.07] - KES**

Okay. Yeah, I took mine sideways because it was short.

##### **[00:26:10.11] - Caren**

That's fine. So did Mare. Jeremy, what is this word? Deeper. Joy gets hard to distinguish from contentment. Okay, nice. Okay.

##### **[00:26:53.21] - KES**

Caren, have you gotten to mine yet?

##### **[00:26:57.13] - Caren**

Nope. I'm just reading the one before you. So just let me. I think I got it. I think I've gotten everybody's. Yeah, so just give me a moment to look through these, okay? Oh, wait, no, KES, yours hasn't come yet. It's probably gonna take a moment, but.

##### **[00:27:37.06] - KES**

Yeah, but I kept hearing this water dripping, and I was like, what's going on? And then I realized it was my little mister that I have. But I didn't write aromatherapy mister. I just wrote aroma mister because I didn't know. You want to read this?

##### **[00:27:57.02] - Caren**

Okay. Okay. Hang on.

##### **[00:28:04.14] - KES**

I think I sent it. I'll look and see. Oh, I guess it didn't go. Oh, okay. Well, let's try this again.

##### **[00:28:16.02] - Caren**

Yeah, try it again. And then. So what if I told you this was your final exam?

##### **[00:28:24.09] - KES**

No, no.

##### **[00:28:27.12] - Caren**

That was your final exam.

##### **[00:28:29.20] - KES**

So then I just wrote from.

##### **[00:28:34.21] - Caren**

No, but seriously, think about it for just a minute. What else is there? Right? What else is there? What else is there? Can you be present in the physical world? Can you touch into what Eckhart Tolle calls Presence? But he's not, you know, that's, that's a word that's in... That we use right now, but it's a great word. But some people call it the Radiance, the Luminous, the Real, the Source, the Divine. You can call it whatever you want. And can you come back? And most importantly, do you enjoy it? Because if you don't enjoy it, then this isn't the path for you, right? I mean, it's like, this isn't the path. And I think every one of you enjoyed it, so. But there is. You know, there's. There are some people who are Kirtan people. That's. That's their way in. Krishna Das, he's Kirtan, right? And it's just, he hits that place, which most people can get there with Kirtan. But I.

##### **[00:29:57.23] - KES**

What's Kirtan? Is that the-

##### **[00:29:59.15] - Caren**

Kirtan is Krishna Das. You know? Hare Ram Ram, Ram Ram. Sitaram Ram Ram. Hare Ram Ram, Ram. It's chanting, chanting. And. And it starts slowish, and then it builds builds.

##### **[00:30:14.02] - Caren**

Biulds. And it's just like, ah. And then it comes back down, down. No comments. Comes back down, down. Right? And it's. It's this joyous, exuberant devotional. It's very devotional. Kirtan is devotional. So if you haven't heard Krishna Das, maybe I'll try and send you guys that my fav. Well, doesn't matter if it's my favorite. Yeah, I'll see if I can find it. There's one that I just love. Brings me to tears every time. But my husband can't stand Kirtan, so I don't get to listen to it, you know, in the car or something like that. But when I'm not with him, I'm like, I will listen to Krishna Das, and I'll just have tears streaming down my face, because it's just so. It's a devotional thing. So.

##### **[00:31:04.21] - Caren**

So do you see why that's your final exam? It's just that simple. Because if you're gonna live your life from present, as in physical world Presence, as in aware of that there's more. Well, that's... That's the journey. I mean, it sounds so fucking simple, but it really is. It's all. What it's all about. And what I saw by reading your journals and your notebooks is just how, how beautifully you've all shown up for this. It was just an honor. It was an honor to. To be able to read your notebooks and your journals. And. I'm looking forward, Maggie, it was. It was just... There. There's. I was almost gonna say, don't bother, because Maggie's got to mail hers, right? I was gonna say, oh, don't bother. And then as I was reading everybody's. I mean, it took me a day and a half. It was. It was like, oh, my God. And I've said this to some of you, but I'm gonna say it to the whole group now. Each one of you, your way was so uniquely you. It was so uniquely you. It wasn't like somebody gave you a formula and said, take your notes this way. And I fell in love with each one of you even deeper. Even deeper. And, I mean, I'm going to tear up because it was just so beautiful to see. Your notes are your process, right? It's. What's important to you is what... Or what sticks, right? Or something that resonated or something you heard for the first time. There's. All of those things go into the notes, but you can't write everything down.

##### **[00:33:15.15] - Caren**

So there's still some semblance of you in there by what you chose to write and the way you write it, and... the honesty. And I just want you to know that. That I just tucked it all, and I'm just gonna hold on. You know that some of the stuff I read is so personal. And it just stays right here. It just stays right here, held so tenderly and gently with so much love for you guys. It was really beautiful. So thank you. I thank you. Thank you, thank you. Because Jeremy said, it's a good thing. I didn't know you were going to ask for those. And I went, oh, shit. I thought I told you guys I was going to ask for them. So I feel like. I feel like that was, what is that called when you bait and switch or something like that. I misrepresented, and. But so thank you. Thank you for sharing them. And I. Well, I just don't have any other words. That's what it was. And I did mention to a couple of you that when I dropped off the journals, that. And it was important me to drop them off individually to each one of you because they were so precious.

##### **[00:34:44.01] - Caren**

Because they were so precious. But what's different about this program is that each one of you does matter. And it's each one of you, in your own authenticity, your own you-ness. That's what you have. That's your gift, that's your purpose. And it was so, it was such a reminder to me back when I taught at OSU, you know, you had to, you had your format. Put your name up there. I want it double spaced. I want the page number at the bottom. I want, you know, all this. And this was pre computers, but that was the. Everybody had to submit it the same exact way. And if it didn't look the exact same way, you know, it was like, no format. Format. And I realized what, reading your things, that I could have gotten to know everybody in a whole other way if I had done this. And so we standardize things to make it easier, but what we lose in the process is the authenticity and the uniqueness of each person. And so that was a revelation to me personally, as a teacher. And so I just reveled in your uniqueness. It was beautiful. So that's what I want to say about that.

##### **[00:36:20.15] - Caren**

And then I have some other questions for you guys. You know, we just have three Sundays left, and was kind of a climax that. I mean, it was a climax of the show was the retreat, right? That's kind of how the arc went. And then I wanted afterwards, a few days to just kind of, whew, okay, now what? Now what? And part of now what is, what questions haven't been answered? What haven't we covered that's important to you? And so my agenda is fairly... Let me look at it again. Yeah, I wanted to make sure in this next, I've got some things on my spreadsheet for you. But what would be really important for you right now is what haven't we covered that was important to you? That if you sit here right now, you go, well, I never really quite got that, or we said we were going to talk about that, but I'm still missing it. And if there's something in there that's just kind of. Wait, wait a minute. Hold on, hold on. That would be. This is the time for that. This next week is the time for those kind of questions.

##### **[00:37:59.16] - Caren**

So I'm going to let you think about that for a minute, and then I'm going to put you into two groups and I'm going to actually, you know what? I don't know that I want to do that because I just want to hear what everybody has to say. So let's do it this way. I'm going to ask you to. You have one or two sentences. If you could write down what meditation is in your world. I don't want Kriyananda's definition. I don't want Jon Kabat Zinn's definition. Your world, you. How has meditation revealed itself to be of use and benefit to you in your world in just a sentence or two? In other words, for you, what is meditation? If somebody said, what is meditation? Yeah, that's it.

##### **[00:39:16.07] - Mary B.**

We're supposed to write it down?

##### **[00:39:17.24] - Caren**

Yeah, write it down. Write it down from your point of view. I don't want the Buddha's definition. Cool.

##### **[00:41:49.10] - Caren**

Okay, just a few more. Just a little bit. A few more seconds. Don't overthink it. KES smiled. I know. Don't overthink it. Okay. All right. Okay, next question. What is the technique you use the most? Just write it down. And that's a combination of, I'm not just talking about formal practice, right? Where you sit on the cushion. I'm talking about what is the technique that in your life, you, throughout your day, formal practice, whatever it is. What is the technique you use the most?

##### **[00:43:57.23] - Caren**

And then last question for now. Last question is, what do you do when your mind is churning and catapulting you into an emotion or a fear or a worry or anxiety? What do you personally do?

##### **[00:46:36.24] - Caren**

I'm muted. Thank you, Maggie. I just saw that. Okay. All right. So let's. Let's take a moment and let's start with that last question. When your mind is churned up, what do you do? What do you do? Jeremy.

##### **[00:47:07.18] - Jeremy**

First of all these last three questions felt way more like the final than the first ones.

##### **[00:47:16.20] - Caren**

Yeah.

##### **[00:47:18.15] - Jeremy**

But they were also fun to answer. What, for me, I recognize the thought is just a thought and my go to isn't that interesting. So my mind wanted to say some beautiful. I sit in a pose with this mudra and I go through and I talk to my Ishta and she says, get out of your own head and go away. None of that actually happens. I really do, now, I just separate myself from the thought as much as I can and say it's just a thought. And I don't even know if it's true, so don't treat it like it's true. And even if it is true, the catastrophic thoughts, those ones are certainly not true. So. But it's really that, isn't that interesting, is the default for me.

##### **[00:48:17.01] - Caren**

Thanks, Jeremy.

##### **[00:48:19.01] - Natalie**

Do you mind if I. Is it okay if I go? Just because I'm driving and I can't talk, starting at 8:30, so I wanted to jump in. Is that okay?

##### **[00:48:25.08] - Caren**

Oh, sure.

##### **[00:48:29.01] - Natalie**

For this question for me, I feel like mine is I have that, such a visceral memory of when you would sit with me. Like future thought. Future thought, you know? And so whenever my mind starts to go, I feel like there's a little kid. My mind is a little kid on the edge of a cliff. And I was like, whoa, whoa, whoa, wait. Come back. We sit back. We wait and we look at it and I watch the edge, and I'm very conscious of trying to, like, sit on that rim and just watch them all go by. But it's a really. I don't know the right word. Aggressive isn't the right word, but it's a very active. Catching myself. Don't get sucked in. I'm going to step back and stay right here. It's a very. It almost feels physical, even in my mind, so.

##### **[00:49:12.16] - Caren**

Oh, yeah. Yes, yes. Thank you, Nat. Thank you. So who else?

##### **[00:49:20.13] - KES**

Yeah, thank you, Nat. I guess I'll go. Yeah. So my mind does that all the time. It just. It doesn't settle very easily. I blame it on the ADHD stuff, but.

##### **[00:49:37.24] - Caren**

Okay, I'm gonna. I'm gonna say something right here. I don't want you to use those words anymore in this class because here's why. That's just the nature of the mind. There's nothing wrong with your mind. The world has put a label on it that says ADHD because it's, it's not conducive to the world... You functioning in a world that has set a standard of how it should be. But it's your mind. It's your mind. And your mind is beautiful. Sometimes it's a little out there, right? But there's an awareness in you that is becoming stronger and stronger. And so for the rest of this course, just these next few weeks, did you ever come up with a name for your mind? Georgie.

##### **[00:50:29.07] - KES**

Oh, yeah, Georgie. Yeah, that's right. Yeah.

##### **[00:50:31.15] - Caren**

I was singing Georgie girl for the whole time I was, I was looking at your thing, you know, but it's like, oh, Georgie, come back. And. And it's okay. I mean, let me. Let me just say this about ADHD. My mother died depressed and feeling like a failure because she was diagnosed with ADHD. And she medicated and medicated and she never, ever overcame it, ever. And she just. She just swallowed herself up into this pit of failure and something wrong with her. Something wrong with her. Something wrong with her. And it broke my heart. It broke my heart because my mom was... I'm not going to say she was brilliant, but damn, she was smart. And she was, she was... There was so much wonderful about my mom, but she got trapped in this label and she kept trying to medicate and she was going to therapists and nobody worked with her on the issues. Nobody worked with her on the issues. There was one point where I went with her. She had a... Who's the one who prescribes medication?

##### **[00:51:47.21] - KES**

Psychiatrist.

##### **[00:51:49.00] - Caren**

Psychiatrist. And she had a counselor and I went with her. And I'm not saying that minds. There aren't minds that... I'm not saying that, KES. All I'm saying is, nowhere in her treatment did anybody bother to find out who she was. When I went to her psychiatrist, it was all about. I went with her. It was just medication, medication. And I'm like, why aren't you talking to her about all the stuff that, the baggage she's carrying? That probably wasn't the word I used. And he looked at me like, what are you talking about? My mom looks at me like, what? And I said. And I listed off all the things that were working on my mother that I knew. And she looked at me like, how do you know all that? And it's like, mom, mom, I know this about you. And she got so quiet because she didn't know anybody had seen her that way. And you know what the psychiatrist told me? He goes, we don't deal with that. We just do medication. We just do medication. So I went to our counselor. The counselor. This is awful thing to say, but it's true.

##### **[00:53:08.09] - Caren**

My mother had been seeing this woman for probably 10, 10 to 12 years. And it was automatic from Kaiser payment that this woman got. And she was still just giving my mother another list of to do's. Given ADHD person a list of to do's. Not gonna work. Not gonna work. And she really just was the only place my mom felt that was she was her only person she could kind of talk to who was forced to listen to her. And I watch this and I'm like, there is a creativity in the mind that doesn't work in a linear fashion. It's just not a linear process. And yet our culture wants us to linear down, linear down, linear down. And so we say that there's ADHD, we label it as autism. We label it and we put it in the realm of something wrong that needs to be medicated and fixed. Whereas a meditator's view is simply this. Oh, that's the nature of my mind. Yes, that's the nature of my mind. And whether-

##### **[00:54:34.21] - KES**

I have to plug in.

##### **[00:54:38.21] - Caren**

Okay, plug in.

##### **[00:54:39.24] - KES**

I'm right here. I'm listening.

##### **[00:54:41.11] - Caren**

It's the nature of my mind. And even people who. Now we're using the word neurodivergent, right?

##### **[00:54:48.11] - KES**

Yeah.

##### **[00:54:49.07] - Caren**

Divergent from what?

##### **[00:54:51.14] - KES**

Regular.

##### **[00:54:53.08] - Caren**

What's regular? That's my point. That's my point is that as a meditator. As a meditator, the mind is the mind is the mind. And we're getting to know different facets of the mind, different ways the mind works. It's not divergent. It's your mind. It's your mind. It's your mind. And ours is to learn to work with our mind in the way that works best for us. I am not. I'm sure I would be diagnosed ADHD. Y'all think that's maybe I wouldn't, right? But back in the nineties, I decided I was a circle person because my mind just doesn't go linear, linear. But ask my daughter. I can dive so deep into something, right? I mean, I have all those things, but I learned that I'm a circle person. And if I just give up the fucking to do list, do this, this, this, which can help to a little degree, but I have much more fun and I get it all done. If I just start in one place, turn on the music, and then I go to the next one, and then I go next one, I forget and I go [sound]. And by the end of the day, somehow I got it all done because I walked into a room, I went, oh, I was working on that.

##### **[00:56:14.11] - Caren**

Then I work on that. That takes me to the next room. It's like, oh, I was working on that. But what that taught me was that I gave myself my name. My mind works in circles. It's organic. It just goes from place to place. And rather than beat myself up or think there's something wrong with me, because unlike my brother, who will go boom, boom, boom, boom, boom down a list, it's like, that's not how my mind works, and there's nothing wrong with my mind. Meditation, all of us learn. In fact, I think there was a study I just read about recently where they were saying meditation is actually more of an appropriate response for ADHD than medication. Right? Yeah. Because just learn to bring your mind back. And if you can learn to bring your mind back, even if when it goes off again, what did we learn? If you, you know my story about Paint it Black, that, that meditation where I couldn't get past my knee and I. My mind just kept going off and I just kept bringing it back, bringing it back. And I was the calmest that ever been.

##### **[00:57:21.24] - Caren**

I just kept bringing my mind back. Okay, so that's my little spiel in ADHD. I would never, ever go up against the medical profession because there's no point. I'm coming at it from a different point of view.

##### **[00:57:38.23] - KES**

Yeah.

##### **[00:57:39.09] - Caren**

And I'm not going to tell anybody stop taking meditation, and KES I'm not just talking to you, I'm talking to the whole group. I would never tell anybody, stop taking the medication or anything like that. I'm not going to interfere with the medical world. My concern is, can we, can we, recognize that we are unique, precious being? We're a unique, precious being and show up for that uniqueness and show up for the uniqueness of our children, our siblings, our other people in our life, you know? So that's.

##### **[00:58:20.11] - KES**

Yeah, I'm really trying to work with that. So anyway, back.

##### **[00:58:24.16] - Caren**

Okay, so back to. Back to where we started with that. That was actually important little teaching. I hope you guys registered that.

##### **[00:58:30.09] - KES**

So, okay, so, yeah, and so since my mind loves to just wander off and. And since the diagnosis, late in life, even though my dad, anyway, been more empowered, I feel, because then I've learned that my brain just wanders a lot. And it was so interesting, the future. Anyway, squirrel. There was that jay bird. And other times whenever I'm talking, there's like, oh, something's happening. So anyway, so I always come back to my center. And so when it wanders, wanders. I come back. I come back. And I've learned to do that to come back and put my thoughts. And then if it's a persistent thing, then I put it in the basket of past or, you know, is that a past thought or a future thought? And then on our little practice, when we shared that one day, there was tape. I used tape. And so I like that, too. So I stick it and it supposedly stays there. But of course, my brain says, oh, let's look at it. But then I do the neti, neti, neti, and I bring my mind back and I breathe deeper and I try to center, and I kind of centered down in my solar plexus and my sacral area and then to my base.

##### **[00:59:54.14] - KES**

That's what I try to work on anyway. That's so it's like a thousand times, you know, come back, do that. And then for like, half a second, I'm, like, really centered and breathing deep, and then it goes again. And that's the process.

##### **[01:00:10.23] - Caren**

And that's the process. Beautiful, beautiful.

##### **[01:00:13.21] - KES**

Thanks.

##### **[01:00:14.07] - Caren**

Beautiful. And here's what I think I've learned is because some of these people here know I'm very much squirrel in the middle of something. Oh, da da. Right. But as I. The more I do this, the more that impulse, when it hits, I'm aware of the situation. I'm aware of what other people are saying. And the Yamas Niyamas, that moment of, oh, I don't want to steal the moment from that person. Those help me not. And I come back. Right. But it's coming from some other, other motivation that has helped me to temper that. I've still got a long ways to go, but to temper that impulse. Right. So. I love that, KES. Thank you. Thank you. Jeremy.

##### **[01:01:08.24] - Jeremy**

I'm just dying to share this. So our daughter often reveals things in the world to us because she is autistic, neurodivergent, whatever label you want to put in it. Her biggest fear is she said to me, dad, I don't think I'm intelligent. And I said, you're quite intelligent. You're emotionally intelligent. You have a lot of intelligence in a way that other people do not. And her fear is based on, yeah, but the world doesn't work the way that my intelligence works. They want facts. She is not good at. She has a learning disability at a second grade level of math, and she is afraid of the world because the world only values linear factory humans. And so here I am explaining to her, that is not... Your intelligence is far different. It's so valid. It's not because you can stamp out parts in a factory and not lose focus that's one form of intelligence. I respect people who can do that. It's wonderful. I'm not, and you, my daughter, you are especially not. You think you understand people and you see things in a way that no one else does. It doesn't matter if you think in lists and you do things and you can memorize really useless facts frankly. Most people's mind is filled with useless things. Meaning there is no use for that thing. Like I can tell you lyrics from eighties pop songs that is not useful.

##### **[01:02:55.06] - Caren**

Unless you and I had a pop off and we could lyric back and forth, that could be a fun game.

##### **[01:03:02.09] - KES**

I think it's really useful. It's helping, helps me remember stuff.

##### **[01:03:08.18] - Jeremy**

I should say useful in the way that society measures it, like it is useful as humans. But all that to say, it's so amazing to me that the way what I wrote down is the universe unfolding, by me having to teach her to value her own intelligence and it does not conform to the world around us. It's like, oh, universe is reminding me yet again, don't believe that the structure that we live in is the real thing. That's just a facet of things. So anyway, I'm like bursting with, holy shit. I've been teaching her this directly and I didn't hear it for myself, so I heard it for myself this time, which is really wonderful. So thank you. Thanks, KES, for bringing it up. Like, I benefited so much. So thank you.

##### **[01:04:07.00] - Caren**

And can I say one more thing? That when a parent has a child who is ADHD, autistic, neurodivergent, you know, the labels. And on one hand, to me, it's like past, future, you know, this is the way my mind is. It just the main reason I don't like them is because it implies something's wrong and there is nothing wrong. This is the nature of our minds. But a parent's journey through this is huge because the parent is bumping up against what I feel is going to help my child be successful. And all we know is what we've been taught. And we have this generation now, several, several decades now, of this recognition that there's different minds out there. And our first response is, whoa, Medicate. Medicate. Make them like us. Make them like us. But I can't help but believe that on some level, these minds are important, important for the evolution of humanity and where humanity is going, and it's a different way of being. And the parent who can show up for that child, as you just did, Jeremy. Right. And love that child and help that... Instead of. I had a son who was.

##### **[01:05:39.07] - Caren**

He was just not good in school, and I didn't know this, and so I beat on him. It's like, you're going to be a failure. Oh, my God. If you don't get good grades, you'll go to college. If you don't go to college, your life is ruined. Oh, my God. And the damage I did. Oh, my God. And by the time I realized what I was doing, he was still in high school. It was too late. And then the pressure of the culture to go to college, that this is the route to success. This is the route to success, is so deep in us. And so I feel like for parents, the parent who can work through that and show up for their child, show up for their child, that's the growth, that's the spiritual growth, that's the, those are the skills meditation, I believe, gives us. And so this is more what we talk about in the mom's class, this kind of stuff. But it's, I think you know, several of your grandmothers and you know kids, and I think that's an important little thing to hold in your awareness, is that maybe my job is to love this person the way they are and mirror that so they can learn to love themselves.

##### **[01:07:07.02] - Caren**

And I have to say, Jeremy, what you and April are doing with Rima is just beautiful, beautiful, beautiful to behold. Beautiful to behold. And it's too early to know where she's going, but what we do know is that she is, she is finding her way, because you have both said, okay, we're going to show up and learn how to do this with this beautiful woman. And it's an inspiration to watch. It really is. So thank you for sharing that, because it is. It's beautiful. So, yeah, so I'm. So we're squirreling a little bit, but that's part of, if you haven't learned yet, that's my nature of teaching. Right. Is as comments. The teaching comes in response. So. So, Jeremy, did you want to talk about what you do when your mind gets turned up?

##### **[01:08:11.06] - Jeremy**

Oh, I went first. I was the.

##### **[01:08:14.09] - Caren**

Oh, yeah, yeah, yeah.

##### **[01:08:15.20] - Jeremy**

Isn't that interesting?

##### **[01:08:16.24] - Caren**

Isn't that interesting? Okay, so. So, Maggie, what do you do?

##### **[01:08:26.20] - Maggie**

My impulse is to say, I don't know. Oh, Jesus, what did I do? But I have it here. I wrote something down.

##### **[01:08:44.00] - Caren**

That's why you wrote them down, because I knew I would distract you.

##### **[01:08:51.18] - Maggie**

Okay. Well, it depends. Is it 03:00 in the morning? I wake up at 03:00 in the morning at least two times a month, maybe more, just sort of depending on what's going on. And that is a very [sound]. You know, and if there's any kind of worry at all. And I often say I don't really mind waking up at 03:00 in the morning because I can solve all the world's ills between 3:00 and 5:00, and then I sleep really well for another hour. So. But if I really. I'm trying to. And I do try to settle, that's like a really good meditative time for me. And I'm laying down, of course, and I do Hong Sau. I don't know if I do it right. And I question this all along because I've not had, like, Hong Sau training. If I had to say. One of the things I got, well, I got many things out of the workshop that is that I want to take the introduction to meditation, like with Kelsey and Ramon or something, you know, like a start in, because I think there's lots of itty, you know, I just jumped right in the middle of everything with both feet, and I. And I think that my yoga practice and all the philosophy stuff that we've had with Kim, which was also a lineage of Kriyananda, has helped me fill in gaps for myself. But I feel I need that sort of a little bit of.

##### **[01:10:33.13] - Caren**

We'll do Hong Sau. We'll take you through the beginning of Hong Sau.

##### **[01:10:37.19] - Maggie**

Fabulous.

##### **[01:10:39.00] - Caren**

Yeah.

##### **[01:10:39.17] - Maggie**

And if it's during the day. I don't know if this is something that, as I get older, is happening, should there be cause for alarm? I can't seem to remember shit that I want to worry about. Like, it just sort of falls off of me and I might notice it. I might notice something really bothering me. And it's not like there isn't worlds of shit going on out there all over the place, including in my own here life, you know? But I'm not as obsessive as I can be between three and five in the morning. That's really my time. And this is different, probably, from the old me. I used to could have worried all the, you know, I don't know, when I was working, you know, I haven't worked for a long time, like ten years or something. And so I just have a more. My immediate. And I really have found my way into sort of where you say you circle. I would say I pentagram.

##### **[01:11:52.20] - Caren**

Ooh, I love it.

##### **[01:11:57.14] - Maggie**

Yeah, I really bounce.

##### **[01:12:01.07] - Caren**

I love it. We have linear circle, pentagram. Oh, my goodness. Maybe that's a question. What is. What is your natural mind do during the day. What is your natural flow? Right? Because I'm. Would it be fair to say that you pentagram, but you. You do get back to places if it's needed?

##### **[01:12:25.11] - Maggie**

I think, since we've been practicing more regularly, meditation, which I can't say I did much of this week just because I had a head cold. And it was beyond me. But I was noticing when I was in conversation with my nieces, which I just love them and I love being with them, and we just go off the rails talking to each other. You know how it is. Just like, I love all of you, and it's so fun to see you, and then you just get to talking about [noise]. And I did find myself saying, oh, but look, here is what I really meant... Came, was started with, like, I was coming back, and I think before somebody from the outside would have to remind me.

##### **[01:13:10.12] - Caren**

Oh, interesting.

##### **[01:13:11.24] - Maggie**

So I think I am getting a little more better at topping off the [inaudible]. And I used to not call it pentagram. Just came to me before I would call it a pinball machine.

##### **[01:13:27.13] - Caren**

Yes. However, I love the pentagram because it does. It implies a closed system. You know, that's. I get more of the sense, actually, of the boom, boom, boom, boom. Pinballs are so big to me. It's like, yeah.

##### **[01:13:44.19] - Maggie**

well and I think pinball is more allowing the outside world to bounce you. If you're the pinball where a pentagram, you're in your own closed circle of your mind.

##### **[01:14:00.04] - Caren**

That's beautiful. So instead of pinball wizard, it's a pentagram wizard. Sorry, that's a seventies reference.

##### **[01:14:10.01] - Maggie**

No, no, I have all that. I just. I keep thinking of Dina. Dina sat right in front of me, you know, when we were in chapel, and she kept saying, yes, but on this, we all need to have the note, we are not a cult. We are. And I just was like, yeah, right. When I say pentagram, that's going to really rub some people. I am not a cult. I am not living in the cult of my mind.

##### **[01:14:47.04] - Jeremy**

I was totally thinking that. I'm like, oh, boy. Now we're going to have little cups where we have to drink the juice.

##### **[01:14:58.00] - KES**

But wait, who was it at the other workshop that said, it's not a cult because you can leave at any time?

##### **[01:15:05.01] - Caren**

Oh, yeah. That was Julie. Julie on Tuesday night. That was huge.

##### **[01:15:10.05] - KES**

Yeah.

##### **[01:15:11.06] - Caren**

Yes. Oh, what a moment that was, right? Yeah. Yeah. Wow. Okay, so Angela or Mary?

##### **[01:15:26.07] - Mary B.**

I'll go. Well, I was. I. When you said, my mind is churning, I took it as not just bouncing all over which it does all the time anyway. But that if something is, if I'm worried about something, if something is bothering me and I go way, way, way back with Course In Miracles, and. So. I kind of go back to something with that, but I do it with my Ishta rather than they would say Holy Spirit, but I will just stop and say, help me see this differently. So that I could be at peace. And then I just wait and allow it to come when it comes and allow the churning, but then just keep going with, help me to see this differently. Help me to see this differently. Help me to see this differently. Because I do believe, probably from all those years with, Course In Miracles, that we create our world. So I can see it differently if I choose. And so that's a big one for me. That's usually my go to. But also if I'm just hyperventilating in the moment, you know, count, I use counting breath, counting forward on the inhale, 1234. Counting. And then pausing and counting backward, 4321 on the exhale. And that really, somehow just really settles my body and my mind. So those are those. And I use neti, neti, neti when I'm meditating. But the counting breath for me just does a whole lot more somehow. It just anchors it in my body somehow. So, so those are mine.

##### **[01:17:26.12] - Caren**

Wonderful. Thank you, Mary. Thank you. Thank you. And if you notice, Course In Miracles, helped me see this differently. I mean, those of you who did the anger workshop when we're doing the election equanimity thing, it's all about find a different way to look at it. Find a different way to look at it. And what I love is we have, we have karma, the doctrine of karma, that we can use the fact that everybody's here for their own journey. We have a way to help us see something differently that, that makes a huge difference. Right? Yeah. So that's a great. That's a great, great little tool. Thank you, Mare. Yeah. Angela.

##### **[01:18:11.05] - Angela**

Yeah. So, yeah, because, I mean, I saw different ways of churning that I do, which is either the worrying or when I get upset, you know, or angry about something. So in, in terms of the, say, the 03:00 in the morning thing, because I've done that many times myself, and I just now it's like, I remember. I try to remember that worry isn't helping anything. Like, I want to. If I'm going to do anything, then okay, I'm just gonna do like Mary because I'm also a Course in Miracles student, and that helps me so much. It's intertwined with this practice of meditation and this whole class we've been doing for me. And so I ask for help and I just say, let me see this differently. How can I look at this in a different way? That's not worry. And then just try to be. Try to remember. And all of these are try to remember. Like, it's not. Like it hasn't got to where it's just seamless. And I just don't worry anymore. But I try to remember that I'm the observer and I don't want to get caught in the inertia of those thoughts that can just take you away into a deeper place of that you don't want to. That I don't want to be. And I just remember that life is supporting me. You know, that's when it's really good, when I remember that, and I mean, like things with my dad, when something all of a sudden. Okay, here, that's coming up again. Okay, what's the next thing? It is what it is. I'm just going to take the next step to do what I need to do or just let that go and wait and see. So.

##### **[01:20:13.16] - Caren**

Lovely, lovely, lovely. I'm going to make one suggestion to you. Instead of try to remember, just say, remember. Remember, remember back to Star wars. There is no try, only do. There is no try. Remember. Just remember. And you're going to remember. You're going to remember. Right? I mean, God, that word just resonates on so many levels for me. So. All right, let's take a short break. Let's take a short break and then we'll come back. And what were the other questions? Remind me what they were. Which ones did I choose to use?

##### **[01:20:50.14] - Angela**

What is meditation?

##### **[01:20:52.04] - Caren**

Yeah.

##### **[01:20:53.11] - Angela**

To me, in my world or our world. And what is. What was the other one?

##### **[01:20:58.08] - Natalie**

What technique do you use the most?

##### **[01:21:00.00] - Caren**

Yeah. Yeah. Okay, so those. Wasn't there one more?

##### **[01:21:03.17] - KES**

The mind returning? That was the one. We just.

##### **[01:21:07.21] - Caren**

There are just three. Okay. Okay, perfect. So let's take a short break. Why don't we take ten minutes? We'll come back at five to. Is ten minutes enough for everybody? Yeah. Okay, let's come back at five to. All right, good job, everyone. You're acing the final.

##### **[01:21:28.03] - Angela**

That's great.