##### **[00:03:23.24] - Caren**

You're here.

##### **[00:03:25.21] - Maggie**

Well, for one hour.

##### **[00:03:28.13] - Caren**

Oh.

##### **[00:03:29.22] - Maggie**

And then I need to go at 9:30 and I'll watch the rest.

##### **[00:03:33.19] - Caren**

Okay. What is going on?

##### **[00:03:37.16] - Maggie**

Megan got. She's already had a lot of trouble with her health in the last few months because of IBS and things like that and anxiety. And now she got a diagnosis. She has a lump in her breast. And so she had cancer. It's stage one. It's very. But it has to be treated. It's. And it's very scary. And today they. They're having Brooke's birthday party at the zoo, and I have three things to do, so I'm going to the zoo for a couple of hours and then I have to go pick up a friend of mine who's in town from Connecticut, so.

##### **[00:04:20.07] - Caren**

Wow.

##### **[00:04:21.14] - Maggie**

Yeah.

##### **[00:04:22.08] - Caren**

Hey. Yeah. That's big.

##### **[00:04:24.24] - Maggie**

Oh, yeah. So I'm hoping you're going to offer that class on how to teach. How to teach the right brain. Left brain stuff for anxiety.

##### **[00:04:38.13] - Caren**

The anxiety class. Okay. All right.

##### **[00:04:42.12] - Maggie**

I'm all in on that.

##### **[00:04:44.22] - Caren**

Teach. We call it RIPA because that's. Natalie said, mom, I need a name that says it's gone forever. So I called it Rest in Peace, RIP Anxiety. But that's perfect.

##### **[00:05:02.02] - Maggie**

It is perfect.

##### **[00:05:03.14] - Caren**

Yeah, but nobody gets it, and nobody like the. So we still call it RIPA, but we're trying to see if we can find a better name for.

##### **[00:05:11.14] - KES**

I thought it was a Sanskrit word or something. RIPA.

##### **[00:05:15.11] - Caren**

Ooh. Well, there is a Sanskrit word that is like, RIPA. Yes.

##### **[00:05:21.19] - KES**

And it means the same thing.

##### **[00:05:23.04] - Caren**

No, there's ritta, which means the order of things, and there's rupa, which means form. And so there's got to be an actual Sanskrit word that's ripa. So we'll find. I'll find it.

##### **[00:05:40.02] - KES**

Get rid of [inaudible].

##### **[00:05:41.06] - Caren**

Yeah. Look, Angela's. Where are you? On a vacation somewhere?

##### **[00:05:47.07] - Angela**

Yes, I'm in Yachats, Oregon.

##### **[00:05:51.07] - Caren**

All right. It's so. You know, isn't it so fun? We're used to everybody's spot, and when it changes, we're kind of like, oh, you're somewhere else.

##### **[00:05:59.06] - Angela**

Yeah, we're leaving soon after this is done. But so, yeah, this is our last day, so.

##### **[00:06:05.05] - Caren**

Oh, okay.

##### **[00:06:05.24] - Angela**

But I've been here for the. My sister and her husband live in Eugene, and every year they come here. It's just kind of been a tradition for the mushroom festival, and they go out in the woods and they climb up all over the hills and they forage for chanterelle mushrooms.

##### **[00:06:26.17] - KES**

Oh, chanterelles. I was wondering what kind of mushroom yeah.

##### **[00:06:30.06] - Angela**

So I did it. I couldn't believe it. I mean, and there is no trails. I mean, you're just going up straight up these hills and the forest, and it was, like, the best. I mean, and the forest floor is, like, super soft and loamy, and I mean, it was just. And these huge, beautiful trees and. And I couldn't believe it. I mean, it was just like. Oh, my gosh. And I thought I would be really sore and everything, but I'm not. And I kept up with her. I mean, she just. She's right up the hill. I'm like, where are you?

##### **[00:07:06.20] - KES**

That's so cool.

##### **[00:07:09.13] - Angela**

It's very small...We are. You know, but it was huge. What? Did somebody say something?

##### **[00:07:15.19] - Caren**

KES and I said at the exact same time. That's so cool.

##### **[00:07:21.23] - Angela**

Oh, yeah, it was cool. And we got a bunch of chanterelles, and we came back and had a wonderful dinner with them, and. And then they have the next day, which Saturday, they just had a whole bunch of booths and things, and people are selling their. Their homemade, you know, their stuff, and it's just a really nice little town.

##### **[00:07:43.10] - KES**

Oh, it sounds like so much fun.

##### **[00:07:45.21] - Angela**

Yeah. And the. The house we're in has this. I mean, we're right there. The ocean's right there, so it's just fantastic. Oh, the name of the Yachats.

##### **[00:07:57.10] - Maggie**

Oh, Yachats yeah.

##### **[00:07:58.22] - Angela**

Yeah.

##### **[00:07:59.14] - KES**

Isn't it... It's Y, A C, H. Yeah, is how it's?

##### **[00:08:07.05] - Angela**

Yeah, yeah. It's not like you think. Yeah, yeah. Anyway, so that's where I am, but now I'm in the garage because I don't want to bother other people.

##### **[00:08:16.01] - Caren**

That's a garage?

##### **[00:08:17.17] - Maggie**

Nice looking garage.

##### **[00:08:18.07] - Angela**

Yes, I know. Well, this is a room, and then the garage is behind me. But this is where. If you were a gamer, you'd come because they've got gaming chairs and a huge screen.

##### **[00:08:30.01] - Caren**

Nice. All right.

##### **[00:08:31.12] - Angela**

Anyway.

##### **[00:08:32.02] - Caren**

Yeah. All right.

##### **[00:08:33.08] - Angela**

I'm here.

##### **[00:08:34.19] - Caren**

We're glad you are, too. So, you guys, Maggie's here for just an hour, and so let's just. Let's just hold. Megan, your stepdaughter, right? Oh, she just got a. Actually, is it okay if I say this? I should let you say it. Maggie, let's not. Let's not.

##### **[00:08:53.09] - Maggie**

But she got a bad diagnosis on top of some other health issues, and it's kind of. It's been very rough.

##### **[00:09:01.21] - Caren**

Rough.

##### **[00:09:02.09] - Maggie**

Yeah.

##### **[00:09:02.23] - Caren**

Yeah. So. So Maggie's leaving today, but let's hold her with a lot of. A lot of space, a lot of grace, and. And just keep Megan in your thoughts for healing and-

##### **[00:09:13.03] - Maggie**

Thank you. I appreciate it.

##### **[00:09:14.04] - Caren**

Yeah, yeah. Because it's. It's. Well, this is what you now as about to be graduates of the Meditation Immersion and Teacher Training program. This is a space you can hold for people, right? Is you hold that space of knowing that everything is in order. Oh, it's really hard. But if we capsize and doubt that everything is in order, then we are of no benefit. We are part of the problem. And doubt is one of the great... Well, let's just say obstacles to waking up, is doubt. And this whole program has been about helping you stop doubting yourself, stop doubting your intuition, but most of all, stop doubting your experience. Your experience is your experience, your interpretation of that experience... You know, we can interpret things in ways that are, that are not, not productive or real. But our experience, ourself. And meditation is training us to, this simple technique we do, which we'll do in just a moment here, where we just... What is the sensation? What is the sensation I'm experiencing? Don't put a label on it. Don't put a name on it. What is the sensation? RAIN is all about a sensation. Don't label it.

##### **[00:11:11.19] - Caren**

Don't interpret it. Show up for it. Show up for the experience. And I think these two things show up for your experience. Learn how to trust your experience and not doubt it. Which doesn't mean don't doubt your thoughts. I'm not saying don't doubt your thoughts. Okay. Our thoughts do need to be questioned. Is that true? Okay. So. So.

##### **[00:11:49.24] - Caren**

So with that, what I would love to do this morning, if people up for it, is to just have each one of you take us through your favorite little way to meditate in the morning. So we're going to do kind of jazz we're going to do right now. I think I told you when I was with Sally in London and she did this with us and it was. And she winked at me afterwards. She said, I did this for you, Caren, because it was so fucking much fun to just sit in a group and then one person do that. One person do that, One person do that. But. But you just know I'm going to start, you're going to do middle, I'm going to do end, right? And you don't know what they're going to do, and they don't know what they're going to do until the first person starts talking and does something.

##### **[00:12:47.24] - Caren**

And then the next person goes, oh, okay, why don't I do this? And so you don't plan it. You just wait in that moment what comes up for you. And if I was really nice, I'd put you in two groups. There's just three of you, but part of me is going, ah, don't you want to hear what everybody's going to do? Do you? Enough of you want that, so let's do that. Well, let's just give an order to it. So, Maggie, we'll let you go first. Okay. So it's done. Out of your head. And then you can just show up for the rest of it and get yourself nice and centered and grounded for the rest of the day. And then after Maggie, let's go to. I'm going to go with the order on my screen. Okay. So. And I better write this down to help everybody.

##### **[00:13:34.12] - Maggie**

And, And I'll go after you.

##### **[00:13:37.06] - Caren**

You're. You're going to go after the bell. I'll ring the bell.

##### **[00:13:39.23] - Maggie**

Oh, I. I thought you said you were going first and we were going in the middle.

##### **[00:13:47.15] - Caren**

I could start. I could start. Yeah. Why not play too. I'll play too. Okay.

##### **[00:13:52.12] - Maggie**

Yeah.

##### **[00:13:53.01] - Caren**

Okay. So it'll go Caren, Maggie, and then Mary Beth and then KES and then Angela, and then Jeremy and Nat, you're last. But you may not have to do anything. You're gonna. You just. Your job is to not think about what you're gonna do. Your job. Part of this game is, be present. If you want, I'll just, I'll just hand it over to the next person since you guys don't have. So you don't have to remember it. And, and just, Just riff. Just improvise now. Yeah.

##### **[00:14:37.20] - Natalie**

So are we going through an entire process? So it's like last. I'd probably like close things. I'm just doing whatever comes out of my mouth.

##### **[00:14:44.24] - Caren**

Well, you know that you're the close on it. So you're gonna, you're gonna hold the energy of closing. A meditation. I'm gonna hold the energy of opening. But Maggie is also opening. Right? Probably Mary, KES, Angela, and Jeremy, you all just get to do... But don't do a 10 minute meditation. Do like, just give us a couple minutes of what. What do you feel like doing right now? What's, what's, what's up for you? And it can be anything. It can be anything. Do you follow me? We're literally just playing. Yeah.

##### **[00:15:21.24] - Angela**

So we're basically just as if we were sitting down in our seat to meditate ourselves and we're just going to speak about how we do that. Is that what you're. I mean, we're not done.

##### **[00:15:38.15] - Caren**

Yes, but... Yeah. Okay. If that would make you happier to not guide. To just.

##### **[00:15:42.01] - Angela**

No, no, I don't. I'm just asking if-

##### **[00:15:42.22] - Caren**

I would say do a combination. Guide us a little bit.

##### **[00:15:47.24] - Angela**

Whatever it is.

##### **[00:15:48.20] - Caren**

Whatever it is. But the most important thing is you may be sitting here right now going, okay, I'm just. I'm. I'm just gonna stay in my butt the whole time. That's what I'm gonna do. I feel like I need grounding. But then after you've listened to other people, it comes to you and your heart is full, and next thing, you're doing Tonglen. For. For everybody. Because you just love them so much. Right? So. So that part of the fun of this is when it's your turn, you get to wait, pause for a moment and just see what comes and maybe play off of what a few things have been said before you. Right. Because it kind of shapes it. Shapes it. Does that. Does that help? Does that help? So it should be fun. There should be no terror involved. It's fun. It's just fun. Yeah.

##### **[00:16:37.24] - Jeremy**

Can you hear me okay?

##### **[00:16:39.08] - Caren**

Yeah. Okay.

##### **[00:16:40.15] - Jeremy**

Because I have a different microphone set up, so I was just making sure I could be heard.

##### **[00:16:46.06] - Caren**

You do sound different. It sounds a little different. Yeah. Yeah. Okay. All right. Well, then. Okay, so do you want me to say your name when it's your turn so that you don't have to. Okay. All right. And we can have pauses. Okay, here we go. And I'll start, Maggie, and I'll hand it to you. Okay.

##### **[00:17:27.11] - Caren**

And so sensing, sensing that all of your focus, all of your attention is being drawn into this moment right here. The sound of the bell announced it. And then for me, it's like some field of energy just literally drops into my seat and anchors me and grounds me. And as it does, I have this sense of such relief. Can you feel that? You just feel deep relief to be right here, right now. Nowhere else to go. There's nothing else you have to do, but we get to just sit here present and play a game together. And we play the game called our favorite meditation in this moment. Our favorite meditation to do right here, right now. And so hold awareness of. I've got my non-coffee coffee here with me. My cozy little office here where I get to be with you.

##### **[00:18:42.24] - Caren**

I'm very aware of all of you on zoom with us together, this beautiful, beautiful, beautiful group. And so with that, with that, I'm going to just gently hand it over to Maggie and see what Maggie's doing in this moment right here, right now.

##### **[00:19:14.00] - Maggie**

So the first thing that comes to me is that my ribs are jutting out. And the middle of my back hurts a little. So I just soften just a little, my front ribs. And when I do that, I feel like I'm being held. I can't really describe it, but I'm sitting in the lap of the Mother. It's so delicious. And my back ceases to hurt. And then I turn my head to the left and do the resurrection breath. And when I come back to center, I immediately start the sipping breath. And when I do that sipping breath, I feel it just filling up my spine. It's so replenishing. I will say that. And so let's just start with those two little things. So resurrection breath to three sipping breaths. And here we go. [Resurrection breath]

##### **[00:20:48.19] - Maggie**

When I feel it actually filling up along my spinal column, my back becomes straight again. But I keep in mind that I'm still being held so that my back doesn't hurt, because I'm not just jumping out in front with my chest and rib cage. I'm relaxing into this breath.

##### **[00:21:43.09] - Maggie**

And at the completion of the third breath, I'm going to hand it over to whoever's next.

##### **[00:21:49.18] - Caren**

And that's Mary Beth.

##### **[00:21:54.01] - Mary B.**

Let me just take a quick drink of water here. I'm so relaxed after the sipping breath. And I'm going to move on to Nadi Shodhana because that's one of my favorite things. Still working on COVID here. So we'll try to open up my passages a bit. So. So I'm going to do the alternate nostril breathing. So here we go. I'm setting a pace with my breathing. I'm not going to be hurried. And I'm going to count whatever is comfortable for me. And in the middle, I'm going to pause between the two sides and pause for about half of that time. Just relax into it. Visualizing the light coming in with the in breath. And on the other side as I release the breath, allowing anything that's negative or heavy to move out with the breath on that side.

##### **[00:25:25.15] - Mary B.**

Sit in the pure light as you finish your last breath, Oh Great Spirit. Saints and sages from all ages, all times and all religions, sweep clear the obstacles on my path and lead me to the other shore of the Ocean of Awareness. Oh, ye powers that be, help to awaken within me your eternal love. Oops. Your eternal love and unceasing wisdom. I made that up. I'm ready to move on to the rest.

##### **[00:26:20.02] - Caren**

And KES is next. KES, you're muted.

##### **[00:26:35.05] - KES**

Forgot. So I breathe in deeply and I restate my affirmation Every day, in every way I am becoming and more. Every day, in every way I am becoming more and more. Say. Say your intention. Every day, in every way I am becoming more and more confident.

##### **[00:27:17.15] - KES**

And then I want to do the dedication. The Four Immeasurables. May all beings have happiness and the causes of happiness. And I want to feel the loving energy that is included in that statement. May all beings have happiness and the causes of happiness. May all beings be free from suffering and the causes of suffering. And then I feel compassion. I just want to feel compassion for all the beings that are suffering. May all beings be free from suffering, and the causes of suffering. And I'm gonna cough. Excuse me. May all beings never be separated from the joy that. That lies beyond suffering. Joy. I want to feel the joy. Feel the bubbling of joy, the freedom of joy. May all beings never be separated from the joy that lies beyond suffering. May all beings abide in equanimity free from the attachment and anger that hold some close and others different, distant. Holding equanimity. Equanimity for all. May all beings abide in equanimity free from the attachment and anger that holds some close and others distant. I just want to bask, bask in that feeling, that just dedication to the Four Immeasurables. And then I will release my time.

##### **[00:29:45.05] - Angela**

With that calmness and depth of heart and feeling settled in my body. I check in to see where I, how I'm doing and I'm breathing a three-part breath. Breathing into my belly, up into my chest and up into under my collarbones and just releasing and letting all the tension flow out from the top of my head to my face, my neck, my shoulders, my torso, my back and down through my legs and to my feet. And I just check in and let that fall, all the tension just fall away. And then the Four Immeasurables were so beautiful that my heart was just feeling, feeling all the love pulsating. And so I'm just breathing in into my heart and then breathing out and letting that love flow out through my heart. And then breathing in again and feeling that love fill up my body and my energy, subtle body. And then breathing out again and letting that radiate or just feeling it radiate out. And I just continue to breathe in, feeling the, my breath in my nostrils, the coolness refreshing and then releasing and feeling it come out as a warmer, warm air passing. And just continue to do that for a few minutes, well, maybe seconds and then I guess I'll pass that on to Jeremy. I think?

##### **[00:32:25.16] - Jeremy**

So I'm just gonna continue to ride that wave of being present in my body. Now I'm almost looking for the energy inside. Paying attention to my hands, I can feel tingling, an energetic feeling. It's hard to describe, but I can feel it there. That allows me to move into my heart center. And to just sit with the idea of opening that heart like a flower that's opening slowly. And I don't always, every day do, do this, but it occurred to me that I'd like to just check in with my Ishta. For me, my Ishta is almost always. A playful entity in me. And when I open my heart, it's like I'm inviting that Ishta. Just come sit with me for a minute. So I invite her in, and she's just sitting across from me with a smile right now. She's kind of shaking her head with a smile that is kind of knowing and just a pleasing, kind of a playful shake of her head. And I'm enjoying that immensely. I feel a tremendous sense of gratitude to have my Ishta in my life. And then one of the things that I actually do every day is I settle into the idea of breathing in joy, and breathing out contentment. So if you'd like to do it with me, just breathe in joy, breathe out contentment. Breathe in joy, breathe out contentment. It's such a privilege to get to do such a simple thing in the presence of my Ishta. So I look at her with a smile, and then I bow to her and thank her and then bring her back into my heart where she always is. And then I'll pass the torch.

##### **[00:36:25.18] - Natalie**

So I just bask in the joy and contentment from that peace for a bit. And I'm already feeling very connected and just full of peace. But I'm going to think of something that makes my heart smile. Just take one more deep breath and just feel that joy through every part of me. And then do my Om Shanti Shanti's, with the first one. Sending all of that joy and love and compassion to myself, then to you all, and then to the world and join me in the Om Shanti shanties. Deep breath in. Om. Myself. Shanti. And all of you wonderful ones this morning, Shanti. And to everybody out there in the world. Shanti. May we be blessed. May we be blessed and maybe be triply blessed that we may be an even greater blessing to others. Namaste.

##### **[00:38:08.13] - Caren**

Namaste.

##### **[00:38:23.18] - Caren**

Wasn't that beautiful? And I loved how you just kind of everybody just followed on and we went from that, the lap of the Mother with Maggie, just such a beautiful. And then Mary brought us into this space where we really just cleared and lifted our vibration. And then that beautiful invocation. And then KES taking us into the Four Immeasurables and just really taking the time to just. Each of us feel it. Right? At which point Angela had no choice but to just in and out love. Right. With love, which then we get to Jeremy and Ishta, lap of the Mother. I mean, it wasn't conscious, but it was that the theme was set with the lap of the Mother. And then there we have the Ishta and the joy and the contentment. And then you just brought us home beautifully. Yes. I love you guys.

##### **[00:39:34.20] - Angela**

You're so awesome, everybody.

##### **[00:39:41.05] - Caren**

Were you. Were you nervous doing that or were you okay?

##### **[00:39:43.15] - KES**

Nervous.

##### **[00:39:47.11] - Natalie**

I was worried about it, but I was like, it takes more brain power than I really have this morning. And I was thinking about it. You know what I mean? I was like, don't mess this up. Yeah.

##### **[00:39:56.17] - Caren**

Oh. And yet I loved when Mary started with I need a glass of water. I was like, thank you. This just that those are the little things that calm everybody. Right? And then KES. Oh, I need to cough. You know, it's like, yes, yes, yes. Just be human. Be human. Be human. Be human. And I love how what you all just did there is how we stay authentic and we don't doubt ourselves. Stay connected to love. Stay connected to the bigger plan. Stay connected to your Ishta. Stay connected to joy and contentment. Right? Because then when the thoughts come. Because thoughts are not reliable, right? When the thoughts come, we can choose them. We can choose the ones that help us stay centered, aware. And so, Maggie, I just really want to just enfold you as you're going to move on through the rest of your day is to hold that sweet Pisces, that there's something, you know, on a really deep level that is true. And doubting that is. Is the. Is the. I don't want to say enemy. I don't like that word. But that's the. That's the. But. That confidence you have in what you know, that's what you carry with you wherever you go. That knowing. And nobody else. You don't have to tell anybody about it. But. And I don't mean just Maggie, but all of us just know, you know, there's more. What were you going to say, Maggie? Go ahead.

##### **[00:41:50.22] - Maggie**

I just. I wondered how you knew that doubt was my biggest problem right now. I never said that. But you just knew. I mean, is that. Because that's typical of crisis. Times of crisis or, you know, I mean, I think that my biggest hindrance the last couple of days have been.

##### **[00:42:16.03] - Caren**

Hindrance. That's the word. Thank you, Maggie. I knew there was a technical term for it. Hindrances. Yes. No, it's just. This is what I mean. When you show up in the space for the people you're with, it comes to you. It comes to you. And you, you, you, you're. You're. We're in the field together, right? We're in the field together. And that was not on my list of things to talk about today, but it was right there, so. And that's. That's for sure, Water signs, you have easy access to that and Water signs, you are the most likely to doubt it. And so our journey as Water signs, right, is to learn to trust something that is so natural to us, we take it for granted and we don't trust all those inputs. Right? And yet that doesn't mean that our Earth and Fire and Air signs don't also have that deep intuition. It may not be as natural as it is for the, for the Water signs. So I know Mag, or Mags. Listen to me. Like, she's right here next to me, right? But you know what I mean? It's like that is our journey is to trust that and just stop doubting.

##### **[00:43:45.10] - Caren**

But, you know, one of the things that's helped me stop doubting is whenever what I... Whenever it turned out to be so? Log it, log it, log it. How many times you knew something and everybody's gaslighting you, telling you, no, it's not true. No, it's not true. And yeah, it was true. You know, it's like there's... And the knowing is, it can evolve. It's like you have a sense and you may not be able to put your finger on what it is, but there's something. And that's an experience on the subtle realm which we're learning to trust. Did that make sense?

##### **[00:44:29.06] - Maggie**

Yes. Thank you.

##### **[00:44:34.06] - KES**

I feel that doubt is a biggie for me too. I mean, a lot of what has caused me to not even follow this path is that, oh, it's not true. It's just. You know, and... And there's so many things pulling me away from this path. TV and politics and that, but, and then my brain plays that little trick about doubt. Oh, this isn't true. This is all just fake. And it's not real. And. But I, I kind of bought into that in 2020 and went in a really deep dive of depression. And I decided it is true and I need it. And. And so a lot of times when I start doubting, I remind myself, well, you could think that way, but that's not very healthy or productive or helpful. So then I turn my thoughts back to being, well, I don't care if it's not true. It's true for me.

##### **[00:45:47.24] - Caren**

You know, KES, that was so well said.

##### **[00:45:50.17] - KES**

Thanks.

##### **[00:45:51.12] - Caren**

Your. Your. Your selection of words. The way you put it, that was really, really well said. It was really well said.

##### **[00:45:58.14] - KES**

Thanks.

##### **[00:45:59.11] - Caren**

Yeah. Yeah. Jeremy.

##### **[00:46:03.24] - Jeremy**

I, of course, you know, never ever doubt anything. And I love the idea that I've relinquished the title of resident skeptic because I really. I can't own that title anymore. I am not skeptical. I don't. And it's. I don't know. It feels so good to have let it go. But I. I do. I don't have words yet. Like as a teacher, I don't have words to describe the difference between that knowing or having a sense of something. Like, I think this is. I actually feel this is true. And staying out of future thoughts. There's a very fine line in there where you're comfortable with. I feel that this is true even if it's a future thing, but not dwelling in the future in thought. I can't quite describe it yet as how I do that, but when I get it right, I know it. Like I feel that it is. My intuition says this is the right thing to do in this moment, but staying away from, and it's going to turn out bad. It's a, you know, and then it does if it turns out bad. You know what I mean? Like, there is a bad thing that's coming and I'm choosing to not.

##### **[00:47:37.04] - Jeremy**

You can tell there's a lot of words because I don't really have the words between the feeling of that intuition and the future thought of what's going to happen. It's. It's interesting. It's very subtle.

##### **[00:47:51.15] - Caren**

It is.

##### **[00:47:52.13] - Jeremy**

It's' in my mind, but I feel it. So anyway.

##### **[00:47:55.15] - Caren**

It might help you to use the word sense it. Use the word sense. I sense. Right. I sense. Because sense has a little more. Let me. Let me. Let me check it out a little more. Right. I sense something. And to what Jeremy just said, you have the option now as about to be graduates of this program to stop looking at the world as bad outcomes. There are no bad outcomes. There aren't. There is nothing that's a bad outcome. Hear me. There is nothing that's a bad outcome. We are here to have an experience. We are here to wake up, to wake up our consciousness and everything that's happening is happening as an opportunity to fuel, as Eckhart Tolle says, fuel the flame of consciousness. Use everything that happens to, as a kind of fuel for the flame of consciousness. And he says, actually I'll just read you his quote. "Use whatever challenge." Let's use the word challenge because it's not bad. It's just we're not, we don't, we're not quite able to deal with it. So it's challenging, right?

##### **[00:49:24.21] - Caren**

"Use whatever challenge comes into your life as a kind of fuel for the flame of consciousness. That is done through surrender to what is. If you choose presence in your daily life, you may not need the drastic challenges."

##### **[00:49:52.16] - Caren**

Very Eckhart. So as if I know him personally, right? But it's, it's, it's, it's the Gita. This was on my agenda for today. It's the Gita. We have the right to our actions. We have the right to those actions, those words, those thoughts, those perceptions. But once you put them out there, you have no, no, no right to what happens from there. And ours is to learn how to show up for what happens and learn from it, grow from it. Tap into those Four Immeasurables that KES, remind us about today, right? Because you know, it's just top of mind right now because we did the Blessing for the Departed. But it's like we're not taking any of this with us you guys. All you're taking with you is your, your awareness of consciousness, your, your, your ability to sustain the feeling of love, to stay, sustain the feeling of joy. Your ability to be non-judgmental, to show up for what is without fear, without doubt, right? That's what we're taking with us.

##### **[00:51:17.03] - Caren**

So the rest of this is opportunity to strengthen our knowing, to strengthen our ability to see the nature of life as it is. To see it as it is and not run away. I think it all comes down to, today. I don't know if I would say this in three weeks, but today I would say it all comes down to learning how to do unpleasant. Right? Because the mind doesn't want... The human mind has an aversion to unpleasant and an attachment to pleasant. And as we learn to let go of that word, bad and the word it shouldn't be, I don't want that, it's not okay, so we learn to let go of unpleasant and know that we can do unpleasant. We show up, we show up and growth happens, evolution happens. But more importantly, peace of mind happens. Strength of character happens. Joy and happiness and love happen. Right. So my little nugget, I wrote down, I wanted to make sure we all understood today as we wrap up this class. Right. Is that most of what meditation is, is learning how to show up without aversion to unpleasant. Jeremy, you were going to say something.

##### **[00:53:08.03] - Jeremy**

I'm writing that down. So. It's been really interesting this year because, you know, when we did the election thing. Yes, thank you. I really can't... I'm trying to say this the way with truth. I can find that sense of fear and angst, and I can find it. If I go looking in my mind, I can make myself really angsty about what's about to happen, actually, in both ways I can find it. But it. It's so much further away than it used to be. So when we're doing that election equanimity, it was difficult because I'm like, it doesn't matter. Whatever is going to happen is going to happen. And I really. That's one of the things I learned this year, was how to find surrender. It's not that I've mastered surrendering, but when I choose to surrender, I can. And I don't always, but it works, you know, like, whatever is going to happen, that will just be the next step on the journey and we'll see. You know, it's kind of. I don't feel the. The angst on the surface all the time, but, you know, that's also because I'm making different choices with how I approach it. I don't bury myself in the scary stuff. I allow the scary stuff to be. And I don't consume it as if I must.

##### **[00:54:53.07] - Jeremy**

I must find that angst because if I don't, I'm not being true to my... I must feel it. And I kind of have learned that's not being true to myself. That's just attaching to an outcome that's just resisting this thing that I'm afraid of. Instead, just stop being afraid, and it will be what it will be. So it's just funny to me when. When I participate in something like the election equanimity, I'm like, well shit, I can't find it. I mean, I'm happy to be here, but I'm actually feeling pretty joyful and I don't really care, you know, I'll do my part, but whatever happens is going to happen.

##### **[00:55:36.20] - Caren**

And let's be clear. This is from the man who couldn't find joy at the beginning of the summer.

##### **[00:55:41.24] - Jeremy**

I know!

##### **[00:55:43.17] - Caren**

Right? I mean, this is. This is so beautiful to me, listening to you just now. That was so beautiful. That was so beautiful. So beautiful.

##### **[00:55:53.06] - Jeremy**

You said something on Tuesday night that just hammered it home, which was. You were talking about grief. And when you allow those feelings. And on the other side of that is joy. I keep saying to friends and family, this makes no logical sense, that I would feel such joy and contentment that I couldn't even find in March. It was very elusive. I did not know what it felt like. I only knew what I thought was joy through alcohol, frankly, like walking around my property with a glass of bourbon. That felt like joy. Now I have joy all the time when I choose it. I have strife with my son, who is 20, and he forgets to take the garbage out, and we have a full can of garbage. That used to really upset me, like. Or stealing alcohol. That used to really upset me because it was like he is taking advantage of me, and I need to control this is. He's found a way to take away my control was really what the issue was. I don't. I still struggle with that a little, but it doesn't dominate me anymore. If I choose, I can now go to a place of joy almost instantly because it's a physical feeling, and that is entirely new.

##### **[00:57:18.21] - Jeremy**

But I think it's the... That point on Tuesday about really leaning into the grief and then not being allowed to talk about it. Like, that changed my relationship with myself. And I could find joy, I could find contentment, and now I can do it at will. When I wake up in the morning, I think about. It doesn't matter what today is. It will be what it will be. I can choose joy and go there. And that is new in my life. So I'm very grateful for that. It works. This shit works. Somebody should write that down.

##### **[00:58:01.01] - Caren**

Somebody write that down. And I just want to. I just want to make clear for anybody who missed it when he said not being allowed to talk about it, that's... That was specific to Jeremy to, to stop a distraction mechanism that he was, he had mastered. Right. And it... And because there are a lot of people who, the answer is to talk about it. Right. And so I just want to make clear that everyone understands that that. That was. That was Jeremy masterfully finding a way to avoid uncomfortable and fit in with his family culture. Reached a point where it's not serving, but it's hindrance. It's a hindrance. And then to your credit, and it was hard and it was uncomfortable, and it was not easy, but you showed up and you did the technique. Your teacher gave you a technique, and you used it and you did it, and you discovered something in that process that's... That was beautiful. So well done.

##### **[00:59:14.03] - Jeremy**

And you didn't tell me the outcome either. Like you just said, okay, here's what you're going to do, if you're willing. And I'm like, what do you mean I'm not allowed to talk about this? I emotionally dump on April every day. That's how I think I'm processing. But it turned out the whole time I'm just running away and thinking. I'm processing by saying it to her. I'm not processing it at all. I'm just shoveling it off. And it was such a learning... I did talk about it later. I mean, I spent two hours in Caren's living room talking about it. So I did talk about it, but not in the...

##### **[00:59:57.15] - Caren**

Not in the distract me way. Let me think I'm doing something and I'm really not right.

##### **[01:00:02.13] - Jeremy**

Yeah, it was... I learned something about myself, and now I, now I know. I did not know this my entire life. And the point of all of it is joy was on the other side. That didn't seem possible. I should be devastated that I lost someone so dear to me. And I am just not devastated. It's. I was like, I want to be devastated. I want to find it. When we're doing the Blessing for the Departed. I want to. I want to be there. I want to be in it. It's just not there. And I'm not running away from it. I am open to it, but.

##### **[01:00:43.02] - Caren**

Okay, I'm actually going to use this as a segue because I know Maggie's going to have to leave, and I want to throw out one thought before she has to go, which is that what Jeremy is describing and what, what we all have experienced are important experiences to have, and they are part of why we're here. We just don't need to believe they're the only way to be. And so what Jeremy is incredibly familiar with, Jeremy knows Saturn consciousness. In other words, root chakra consciousness. And what I'd like us to just end this. This training with is to just. Just. Chakras are states of consciousness. It's easy to get... Just to start to think of them as things, you know, wheels as colors and all that stuff. A chakra is a state of consciousness. They're complicated states of consciousness. Because just as Jeremy understands Saturn consciousness in terms of that heavy darkness, get in there and just, you know, which we love, some of us, we just love it down there. Right. There's also Saturn consciousness, which is stable, anchored, grounded, practical, boom. And it. And it's beautiful. And it is the lap of the Mother.

##### **[01:02:18.00] - Caren**

Right? I mean, the Earth, Saturn consciousness is also the lap of the mother. It's both. And what if our purpose here is to just. Let's understand the states of consciousness that are part of this human experience. They're not good. They're not bad. They're the states of consciousness. And as we can be learned to do, uncomfortable and unpleasant. That's what allows us to experience it all. That's what allows us to experience the whole. At which point. So. So that was. Jeremy, thank you for the segue. That was a piece that I wanted to make sure. I wanted to just say today. This morning. And so, Maggie, we've got that. And then I. So I'm assuming you're gonna need to go here pretty soon. I've been watching the clock and so go be you beautiful Pisces. And we'll just hold you with no doubt. No doubt. No doubt.

##### **[01:03:26.10] - Maggie**

Thank you all so much. I'm so glad I got to come for this hour this morning. And I will watch you all later this week.

##### **[01:03:34.18] - Caren**

Okay, thank you.

##### **[01:03:37.05] - Maggie**

Bye. Bye.

##### **[01:03:38.13] - Angela**

Bye, Maggie.

##### **[01:03:39.18] - Maggie**

Bye. Bye.

##### **[01:03:43.10] - Caren**

So I have a few things I wanted to just make sure we touched before we wrap this up. And I also want to open it today if there's any questions, any last questions, and. But I'm looking at the clock and think, why don't we just take a break? Should we take a break? Let everybody get some coffee, go to the bathroom. We'll come back in 10 minutes. How's that sound? Okay, let's do that. All right.

##### **[01:12:01.11] - Jeremy**

I have to tell you, it was really meaningful when you. In your meditation segment, when you said, I take a deep breath, because as someone who has had asthma, I mean, my sister, she nearly died. I mean, very close to dying. And I've struggled with it my whole life. Although I quit eating grains and I have. Or grains and and liquid dairy, I still eat cheese because, you know, I'll go to my grave before I have to stop eating cheese. But, um, I knew. I know what that means to you. The. When you say I take a deep breath, that is more meaningful to someone like you than it is just to normal people who have the luxury of taking a deep breath whenever they feel like it. So I just want to let you know, that was like, wow, that is so meaningful coming from you.

##### **[01:12:57.01] - KES**

Oh, thanks. And. And I try to, like, oh, I don't have asthma, and I can ignore it. And then I, you know, but it's hard to ignore. But I keep it pretty under control and stuff. But thanks so much for. I didn't even remember saying that.

##### **[01:13:15.12] - Jeremy**

Yeah, you did. And I've explained asthma. I'm sure everybody does this who has asthma. But like, you give a straw to someone and tell them, try to breathe through that straw. Now take a stir stick straw, like the tiny straw, and try to breathe through that. That's your whole day. And.

##### **[01:13:35.02] - KES**

Yeah, well, it's not so much because I have a lot of medication that I take, but it's pretty good. But one time I had one of those little breathy things. You know, you push up the thing and I was pushing on it and breathing. I took a deep breath and I pushed really hard and Mike took it and he... And. And I was getting up to like, I don't know, 70 maybe, possibly. And then Mike went. And he just hit the top and he was like, oh, no wonder.

##### **[01:14:09.12] - Jeremy**

That's a. That's a flow vent. Is it a flow vent.

##### **[01:14:11.17] - KES**

Yeah, the flow vent thing. Yeah, to exercise your lungs and stuff, I guess.