##### **[00:00:05.09] - Group**

Let's make sure that we're... Just... All right. I'm just leaving the house. I did not get to have enough. Or did I sleep. We don't have enough. But I meant to drop Sean off with a golf course on my way, and I'll be there right on time. Wonderful. Okay. All right. All right. All right. Okay. All right. Try to set up a little differently. You've got all that stuff here. Yeah. We just wanted to have a little bit of a better Zoom. Yeah. Zoom experience for Maggie. Yeah. Okay. We don't want to put our food out yet. We can. Yes. Just had crab cakes. I'm putting it in. Okay. Look at you, gorgeous. It's a dress and makeup only. I mean. Holy smosh. Thank you. You've been live dancing at a cowboy bar. I was dancing at a cowboy bar. Let me tell you, Not fun. Ours when you're 40, not fun. Bars when you're 40 and sober, really not much. I love it. Okay. I think you must have been with me. Just like, loving this, the way you're owning your whole body, your look and everything. It's beautiful. Yeah.

##### **[00:01:53.17] - Natalie**

I guess there's a point really wearing two boots over here.

##### **[00:01:58.21] - Caren**

Okay, sweet. Okay, sweet. I was going to put the flowers here, but then let me see it. I need somebody to sit over there and see if it's lots. Maggie.

##### **[00:02:08.19] - Maggie**

Greetings, earthlings. Now, wait a minute.

##### **[00:02:12.11] - Caren**

Somehow you're not on the... Hold on. You're not on the studio video. Hold on. My monitor is not hooking up. Hold on.

##### **[00:02:26.11] - Maggie**

I see me perfectly, and I see you I know, but nobody's going to see you.

##### **[00:02:32.09] - Caren**

You're not on my other thing. So hold on while I check on my video settings here. Okay. Polycom Studio video.

##### **[00:02:41.22] - Maggie**

That changed.

##### **[00:02:43.10] - Caren**

Try again. I wonder if it turned itself off. Hang on.

##### **[00:02:50.24] - Maggie**

You guys got all dressed up. I'm going to have to go change.

##### **[00:02:56.13] - Caren**

Well, I'm the teacher.

##### **[00:02:59.07] - Maggie**

I saw Nat walk by in a lovely dress, too. I'm a little underdressed here.

##### **[00:03:06.18] - Caren**

It's normal. Everybody else is normal. Good. Okay. But for some reason you're not coming up.

##### **[00:03:11.24] - Maggie**

Oh, well, it's because I didn't wear the right clothes. I got to go take.

##### **[00:03:16.05] - Caren**

All right. Let me see what I need to do here.

##### **[00:03:20.04] - Group**

It's a whole other way of living that.

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

Can we do this?

##### **[00:03:27.05] - Group**

It's all these wonderful women that I love it, but it was just like, man, [inaudible] is dealing with some really hard shit and is leaving it all, and there is no authenticity here, and we're just drinking a lot of our stuff. I mean, it was like, Totally get that. I see that in a part of my family. I know. She's just saying- The journey is just- Okay, it's not.

##### **[00:03:48.18] - Caren**

Hold on.

##### **[00:03:49.05] - Group**

They can tell. They have that positive. It's a little lonely. It's lovely, right? Like, Oh, my gosh. Yes.

##### **[00:03:58.01] - Maggie**

Well, I'm in a good It's good. I'll have it on a nicer shirt and see if it helps.

##### **[00:04:02.17] - Caren**

Okay. All right. Do that. Let's see if that helps.

##### **[00:04:05.20] - Maggie**

I just have a feeling that's what the problem is. Being a very technical person like I am.

##### **[00:04:14.12] - Group**

We Nice little friendship. Oh, that's. I love it. It depends on the day and what. Hey, Karen.

##### **[00:04:29.17] - Caren**

Hey, Hey, I'm having a little technical difficulty right now, so I'll be with you in a second. Well, you're the person to help. It was working just a little bit ago, and then... Oh, there we are.

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

Are there connectors?

##### **[00:04:45.12] - Caren**

There we are. Yeah, they're under the [inaudible]. Okay. I was wondering if maybe I... I've been stepping on it.

##### **[00:04:52.04] - Angela**

Where am I?

##### **[00:04:54.18] - Caren**

No, you can step on. Just don't step on the microphone. Okay, so let's go to full view. Screen. There we go. There we go. Okay.

##### **[00:05:10.18] - Angela**

You got it?

##### **[00:05:11.16] - Natalie**

Yeah.

##### **[00:05:12.04] - Angela**

Oh, good.

##### **[00:05:13.07] - Caren**

So if it doesn't work, It was this one and tight enough. Yeah.

##### **[00:05:17.10] - Natalie**

She's going to come down. She's going to come. Of course, there are Thanksgiving. I don't know. I know some stuff, but you know it probably better.

##### **[00:05:27.19] - Caren**

That's my system. Maggie See? You're here. It works. Yes.

##### **[00:05:33.12] - KES**

Maggie's all dressed up.

##### **[00:05:35.04] - Caren**

It works!

##### **[00:05:37.04] - Maggie**

I've been dying to wear this to your house.

##### **[00:05:40.18] - Caren**

See? We just have our little open shirts on. Yes. Okay, now I think I'm going to put it on. I'm going to pin you so that we can see you better. There we go. Now you're here and we're doing a little thing at the top. All right. So everybody just got here. Obviously, we're running a little late. So let's give them a couple of minutes to gather up.

##### **[00:06:13.18] - Maggie**

I didn't remember that we were starting late. And of course, I was listening to all the sessions from last week on the last minute because I started in the middle of the week and didn't finish. And then you came on on the last 45 minutes segment and said, so we're meeting at 10:30. And I was just like, all I've been wishing all morning was that I had just a little more time.

##### **[00:06:40.24] - Angela**

Hi, Maggie.

##### **[00:06:42.18] - Maggie**

It was like magic.

##### **[00:06:46.12] - Caren**

I'm so glad. I'm so glad.

##### **[00:06:50.22] - Maggie**

Thanks for that. Yeah, it worked really well for me.

##### **[00:06:53.10] - Caren**

I'm going to let Angela talk and let's see if the camera finds her.

##### **[00:06:58.08] - Angela**

Hi, Maggie.

##### **[00:06:59.11] - Group**

Good She's my cousin.

##### **[00:07:00.23] - Maggie**

It's not high, high, high. Oh, there it goes. There it goes. It's just a little slow.

##### **[00:07:08.12] - Caren**

All right.

##### **[00:07:09.18] - Group**

You look beautiful.

##### **[00:07:11.08] - Caren**

She saw you all and she... She wouldn't put on a fancy shirt.

##### **[00:07:16.12] - Mary B.**

It looks like you.

##### **[00:07:17.17] - Caren**

Yeah, we look like matching. Yeah.

##### **[00:07:19.12] - Mary B.**

Full floral.

##### **[00:07:21.12] - Group**

And I love your turban. Thank you. We're all pretty colorful.

##### **[00:07:26.20] - Caren**

Do you have tea or anything, Mary?

##### **[00:07:29.02] - Mary B.**

Oh, I I had it over there. I just left it.

##### **[00:07:31.11] - Angela**

can I get it?

##### **[00:07:32.17] - Group**

I don't get it.

##### **[00:07:33.22] - Maggie**

Hi, Mary. The camera found you, too. But she didn't hear me.

##### **[00:07:40.04] - Group**

I'm sorry. What? Oh, there's... Yeah, I was following Mary. I'm just here. Maggie said something to you.

##### **[00:07:46.24] - Maggie**

It seems like you're following me well.

##### **[00:07:50.03] - Angela**

Yes.

##### **[00:07:52.17] - Jeremy**

It's a different orientation. I've never seen [inaudible].

##### **[00:07:56.13] - Caren**

Well, I wanted to try something where it was better for for me into the camera. But it does create this.

##### **[00:08:05.07] - Group**

Do you want some tea or anything? Okay. I think they're good for now. Maybe we get a group picture of us before it's over.

##### **[00:08:11.01] - Caren**

I was thinking, we'll look up in front of with Maggie, right?

##### **[00:08:16.12] - Group**

Yes. In front of the monitor. Yeah, that's perfect.

##### **[00:08:20.04] - Caren**

If Bill hadn't left, we could have him do it.

##### **[00:08:23.06] - Group**

But okay. You got rid of him. Yeah.

##### **[00:08:25.17] - Caren**

Okay, so let's each person talk and see if the camera finds you.

##### **[00:08:29.23] - KES**

Okay, I'm talking. I don't know.

##### **[00:08:32.08] - Caren**

And we learned this. When you talk, talk towards the- Here are you. Can you take a picture of us?

##### **[00:08:37.15] - Group**

Oh, my gosh. That's perfect. For a picture. We needed you to come back. We took him as so cute.

##### **[00:08:44.04] - Caren**

Okay.

##### **[00:08:44.12] - Mary B.**

He looks I'm surprised when we were all so happy to see him. [inaudible] saying, get out of here, Bill.

##### **[00:08:49.15] - Caren**

I'll be in the middle because I'm the teacher.

##### **[00:08:52.12] - Group**

We can hold this chair. Hold this chair a little closer.

##### **[00:09:00.06] - KES**

Maggie, you had a arrow, a cursor right in your cheek. That I moved it.

##### **[00:09:04.21] - Caren**

Thank you, KES.

##### **[00:09:05.13] - Caren**

[Inaudible] Okay. [Inaudible] we can get you.

##### **[00:09:09.08] - Group**

This is okay?

##### **[00:09:10.07] - Caren**

Yeah, it's good. Do you see Maggie?

##### **[00:09:13.08] - Group**

This is perfect.

##### **[00:09:14.09] - Jeremy**

Give Maggie a hug.

##### **[00:09:15.15] - Group**

Hi, Maggie. We miss you. Well, we don't. You're right. I don't know. I'm not going to say smile. Eee. Is that what you say, watermelon? That was fantastic.

##### **[00:09:33.12] - Group**

All right. Thanks, Bill. Perfect. Wow, that time was phenomenal. That's wonderful. Good juju today, of course. I just want to see. Yeah. I can't see it. We got all of us. Well, send it to you.

##### **[00:09:52.21] - Maggie**

Thank you.

##### **[00:09:53.10] - Caren**

Thank you, Maggie, yes. I'm going to send you them right now.

##### **[00:09:57.21] - Group**

No, I'm.

##### **[00:09:59.05] - Caren**

You should go to everybody. Yes.

##### **[00:10:00.21] - Group**

Why don't you send it on? Yeah, me too.

##### **[00:10:03.13] - Caren**

On the group text.

##### **[00:10:05.14] - Group**

Okay. Thanks for coming back. Thank you, Bill. You heard him calling. He did. He knew.

##### **[00:10:11.21] - Caren**

Is it MITT? Is that what you guys named it? Yes.

##### **[00:10:16.02] - Natalie**

It's got the Where's Waldo that Maggie put on there. That's how I find him.

##### **[00:10:20.23] - Group**

The Where's Waldo. The little avatar. Yes. All right.

##### **[00:10:25.24] - Caren**

Everybody got it. Look at this. Here we're. It's us. We're here. Look at us. Okay. So before, let's make sure. Let's see if Maggie can...

##### **[00:10:34.14] - Natalie**

This is Natalie.

##### **[00:10:34.23] - Natalie**

Can you hear me? If I'm talking camera? Hello.

##### **[00:10:37.18] - Natalie**

Hello. Oh, yeah. Oh, finally.

##### **[00:10:38.23] - Natalie**

Oh, look, there you are. Hi. [Inaudible]. It's you. You're almost always too close. Well, if you lean back, I lose you.

##### **[00:10:50.16] - Natalie**

I'll sit here.

##### **[00:10:51.09] - Maggie**

But time ago, yeah, we're good. Thank you.

##### **[00:10:55.01] - Mary B.**

And this is Mary B. I'm here kicking.

##### **[00:10:57.18] - Maggie**

Can I see you? Look at you. And Jeremy, you're-

##### **[00:11:01.24] - Jeremy**

Hello. Can you see me? There you are. Yes.

##### **[00:11:07.20] - Maggie**

Perfect. Perfect.

##### **[00:11:10.09] - Caren**

All right. And KES, for sure, we can see you?

##### **[00:11:12.15] - KES**

Yeah, because when Natalie was talking, it came over here, but it seems like...

##### **[00:11:16.13] - Group**

Oh, there she is. That's a nice little frame of you there.

##### **[00:11:19.08] - Maggie**

Right in the middle of it. Thank you.

##### **[00:11:21.21] - Caren**

There's Angela. Oh, my gosh. All right. We're here. We're here. We're here. We're here.

##### **[00:11:37.06] - Group**

Wow. We made it. I'm trying to be joyful.

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

Well, who was it said Bittersweet? Bittersweet, right? Yeah. And maybe that's one of the takeaways for us is we can do Bittersweet and how rich is Bittersweet? Oh, I have one more question for Maggie. Did the notebook arrive?

##### **[00:12:05.15] - Maggie**

It's coming tomorrow.

##### **[00:12:07.16] - Caren**

Did our little package for you arrive?

##### **[00:12:11.03] - Maggie**

I guess there's two things coming tomorrow. One is from Shutterfly, but then when I looked at the origin of it, it said Portland, so I really don't understand. So I'm getting two packages tomorrow, and I don't know what they are.

##### **[00:12:27.12] - Caren**

Well, we tried everything for Friday, so you get it yesterday, so you're sure to have it. But so you'll be getting... We have a little graduation gift for all of you. So that's hopefully the things that you're seeing, that you'll see everybody else's or you'll see yours.

##### **[00:12:46.04] - Maggie**

That's okay. I like that.

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

All right.

##### **[00:12:49.07] - Maggie**

I'm happy for everyone to have it ahead.

##### **[00:12:52.13] - Caren**

Nice. You guys, I have to just take a moment to just... Let's I just recognize this has been a solid eight months. March, April, May, June, July, August, September, October. Eight months.

##### **[00:13:11.06] - Mary B.**

Where's the baby?

##### **[00:13:14.12] - Caren**

I think that's an interesting point because an emersion like this has changed us on such levels that the baby isn't born today. It's It takes another month. It takes another month or so because now there's not the structure of this program. Intentionally, there wasn't a lot of structure at the very end just to see what happens when there's no structure. What happens? That's part of what we'll talk about today, is how do you take this forward? There is a part of you that has been changed forever. Really.

##### **[00:14:01.12] - Group**

As a result of this.

##### **[00:14:03.20] - Caren**

And you're not the same, but all levels and ways that it is affecting you, will affect you, the ripples. Over time. So I just want to commend each one of you. It's a big deal. It's a big deal to want this. Just think, how many people actually do programs like this? Think about it? Really? Yeah. Really?

##### **[00:14:35.14] - Angela**

Not enough.

##### **[00:14:37.08] - Caren**

Well, that's one way to look at it. The other way is very few. I mean, talk about... It's very good karma to be here doing this. It's that ring in the ocean, right? I mean, how many people are coming up with their head through the ring? And for whatever reason, your path is taken here, and we have some beautiful karma together, all of us, that we got to do this. Because I think you agree this is a special group.

##### **[00:15:02.22] - KES**

Yeah.

##### **[00:15:03.22] - Caren**

We know it was because we've done this before. And not that the other groups weren't special, but there's something about you guys. There's something about you guys. So today, what we're going to do is try and wrap it up, put a bow on, basically, and really honor what you've done, and maybe try and put a few words to what you've done, because it's... There's a conscious awareness you have now, and there's a recognition that's going to unfold. You know what it's like? It's like we've been in the mud, we've been putting up our little shoot, and here we are, the Lotus now, and the Lotus has emerged, and now it's about unfolding. It's about unfolding. So what I'm thinking might be nice to do is to start with a short meditation. And I thought it might be fun to let you do it.

##### **[00:16:13.18] - Angela**

Of course. I thought of it.

##### **[00:16:17.09] - Caren**

Right? And I almost said, no notes, no notes, no notes, no notes, no notes, no notes, no notes, no notes. No notes. And how are you doing? How are you doing? Before we move on, are you okay?

##### **[00:16:32.06] - Natalie**

Do I not look okay?

##### **[00:16:33.19] - Caren**

No, but you told me in the [inaudible] that you were really tired.

##### **[00:16:36.13] - Natalie**

I am tired, but I'm present.

##### **[00:16:39.11] - Caren**

Okay.

##### **[00:16:39.24] - Natalie**

I'm just tired, but I'm here.

##### **[00:16:41.18] - Caren**

Okay. All right.

##### **[00:16:44.06] - Caren**

So. What I would love to do is there are numbers in that bowl, and each person just take one, and here's how we're going to do it. Number one is settle us into the moment. Number two is open us with an invocation. Number three is lead us in your favorite pranayama. Number four is take us into Hong Sau. Number five is Loving-Kindness Blessing. And then number six is close us out. Yeah? So go for it. And Maggie, designate somebody to be your person because we're going to be doing this several times.

##### **[00:17:31.20] - Angela**

For pranayama do you just want one. I mean, if we normally read the three pattern of three, it doesn't matter. Okay.

##### **[00:17:43.09] - Maggie**

You can pull me a number out right now.

##### **[00:17:45.15] - Caren**

Who's your person? Natalie?

##### **[00:17:48.05] - Maggie**

Natalie.

##### **[00:17:49.03] - Caren**

Nat you're a Maggie person.

##### **[00:17:49.08] - Natalie**

I can see them all.

##### **[00:17:50.18] - Maggie**

Oh, I want number.

##### **[00:17:53.10] - Caren**

You're number one.

##### **[00:17:55.11] - Maggie**

Get Jeremy me to do it.

##### **[00:17:56.18] - Natalie**

Well, actually here, Maggie, you can be one or two between the two of us.

##### **[00:17:59.09] - Natalie**

Which would you pick?

##### **[00:18:00.20] - Maggie**

Oh, I don't care. You pick.

##### **[00:18:05.22] - Natalie**

My brain isn't working.

##### **[00:18:07.12] - Maggie**

Okay. Which is harder. I don't remember what they are.

##### **[00:18:12.10] - Caren**

Okay. One is settle us. Nat, you're going to settle us. Two is give us an opening blessing and just make it up if you want to. Okay. And then three is your favorite pranayama.

##### **[00:18:24.15] - Natalie**

Okay.

##### **[00:18:26.10] - Caren**

Number four is Hong Sau. Number five is Loving Kindness. You're Loving Kindness five? Who's five?

##### **[00:18:37.24] - Angela**

I am.

##### **[00:18:38.22] - Caren**

Okay. Oh, you got Loving Kindness. And six is close us out.

##### **[00:18:41.21] - Group**

That's me. Oh, isn't that worked out beautifully?

##### **[00:18:44.13] - Caren**

So. We have the team joining us right now. If you notice on the screen.

##### **[00:18:51.20] - Group**

I'm good.

##### **[00:18:53.24] - Caren**

Hi, Char. Hi.

##### **[00:18:58.16] - Char**

Hi everybody.

##### **[00:19:00.01] - Group**

See you. Hi, Shar. Hi. I was wondering if they'd be here.

##### **[00:19:04.10] - Caren**

They are going to be here. At any moment Darcey will join us.

##### **[00:19:07.17] - Angela**

Oh, good.

##### **[00:19:08.09] - Caren**

And we just wanted everybody who's been part of this to have a few moments to acknowledge you guys and recognize what a big deal this is. And so, April and Char, what we're about to do is they're each going to open us with a meditation. A short meditation. And so if you care to just join us, who's opening? Maggie?

##### **[00:19:37.12] - Natalie**

No, I'm settling.

##### **[00:19:38.06] - Caren**

You're settling?

##### **[00:19:39.01] - Maggie**

Natalie.

##### **[00:19:40.13] - Caren**

So Natalie, here's the bell. Just here's the bell. Okay, there's the bell. And then I'm assuming Darcey will join during the meditation. Oh, there she is. There she is.

##### **[00:19:59.11] - Natalie**

There she is.

##### **[00:20:04.16] - Group**

Hi, Darcey. There is Darcey. There you are. Hey, Darcey.

##### **[00:20:11.20] - Darcey**

Hey.

##### **[00:20:13.19] - Caren**

So, Darcey, we're just Just about they are going to do the opening sequence meditation, and it would be so lovely to have the three of you join us for that. And then after it's over, we'll take just a few moments if you folks would have anything you want to share with them. Enjoy our graduating class of 2024's meditation sequence. Oh, wow. Here we go. And you guys, don't be nervous. Forget they're here. Just do it like we always do it. Just do it like we always do it.

##### **[00:20:51.22] - Natalie**

Can I just do it? I don't know exactly what the rule is with the bell.

##### **[00:20:53.16] - Caren**

There's no rules. Oh, the bell?

##### **[00:20:56.11] - Natalie**

Do I settle us then ring it before we go, or do I ring it and then settle us?

##### **[00:21:00.05] - Caren**

I do it both ways.

##### **[00:21:02.03] - Natalie**

Okay. Three times, one time?

##### **[00:21:04.16] - Caren**

The tradition is one, yes. If you're doing, usually it's... Well, I do three. Because it's threes, right? Three, one for each realm. In other traditions, you do two to open and three to close. Okay. But I've only heard that a few times, so whatever.

##### **[00:21:24.09] - Natalie**

Okay.

##### **[00:21:24.22] - Caren**

I'll just surreptitiously bring it over to Mary when you're done.

##### **[00:21:27.19] - Natalie**

Okay. So first, everybody just find your seat. Take a couple of breaths in and out. Get comfortable. For me, it's getting back in my body. Just taking a moment to be here in this room with all these wonderful, amazing people that I love so much. Our minds start to quiet. We have the weight of our hands on our legs or the chair, wherever they are. Tune into the sounds around us. Take a deep breath in and out.

##### **[00:22:59.16] - Maggie**

I didn't hear a bell, but I'm assuming it's time to go.

##### **[00:23:29.13] - Caren**

The bell, I forgot.

##### **[00:23:32.10] - Caren**

No, I've got to turn the thing on.

##### **[00:23:35.21] - Natalie**

Well, no, I was just going to bring it up.

##### **[00:23:36.13] - Caren**

No, just ring it again. Maggie, thank you. Technical glitch.

##### **[00:23:43.21] - Natalie**

My last bell ring wasn't good.

##### **[00:23:45.07] - Caren**

Teacher error. Okay.

##### **[00:23:47.22] - Natalie**

So we're going to re-breath. Back in your chair.

##### **[00:23:54.08] - Natalie**

Settle back in. It's easier because we were just there. I'm just going to connect back to all of you who I just love so dearly.

##### **[00:24:25.15] - April**

Can't hear the bell still. I saw it, but I couldn't hear it.

##### **[00:24:34.02] - Maggie**

Can you hear that?

##### **[00:24:35.12] - Caren**

Yeah. Use yours.

##### **[00:24:39.12] - Maggie**

With that settling, we'll take a deep inhalation and turn our heads to the left and do Resurrection Breath. Face forward. I have been thinking about this since I was tasked with it seconds ago, and I don't have a real blessing, blessing, but I will say, may we go out into the world and find connection with others that we found in this group as unlikely as it felt at first to me in the first session, say, that I would find myself in each and every one of you. How much love and respect and gratitude I have for this group and this sangha and this event and our teacher. How much it has brightened my life and may it go on and brighten the lives of many, many others. It's really been... It's just the world. It's wonderful. Much love to you all.

##### **[00:26:19.05] - KES**

Guess, it's me. We'll start with a sipping breath. So it's breathing.

##### **[00:26:27.22] - Caren**

Can you talk a little louder, KES, so they can hear you?

##### **[00:26:33.03] - KES**

We'll start with a sipping breath. We'll breathe in through our mouths like we're sucking through a straw, and do that three times. Breathe out with an open mouth, breathe in. Then when we're ready, we'll do Eee mantra. We breathe in through our mouth, and then the third one, we breathe out through our nose. Eee.

##### **[00:28:29.23] - KES**

I think that... Do I need to do the alternate nostril? No.

##### **[00:28:50.05] - Caren**

What's your favorites?

##### **[00:28:53.08] - Natalie**

They're all my favorites.

##### **[00:28:55.16] - Caren**

Okay, then do it.

##### **[00:28:58.06] - Natalie**

Then do it? So, if I get so confused. Okay, let's do it. All right, so we'll do the alternate nostril, but I want to do the cleansing one so that you breathe in through your... You put your thumb on your right side, and then you breathe in and out on the left side, and then you switch. And think of cleansing. You breathe in, white, cleansing light, and breathe out the smokiness. We can start. Three rounds. When you're done with the three rounds, you breathe in the white light and breathe out the white light. Release that technique.

##### **[00:31:17.13] - Jeremy**

Now we're going to bring our awareness to our breath in a slightly different way. It compliments pranayamas, but it's being aware of our breath without controlling it. We breathe, Hong on the in, Sau on the out. If your mind has wandered like mine has, you can just put your arm around your thoughts and just bring them gently back and allow your body, allow the breath to breathe you. Bring the Hong on the in, Sau on the out. Hong on the in, and Sau on the out. One more time, Hong on the in, and Sau on the out.

##### **[00:32:58.03] - Angela**

So. Excuse me. I invite you to place your attention at your heart center as you breathe in, feel that breath, feel your heart, and then as you breathe out, just release that feeling out of your heart space as we begin the Loving-Kindness blessing. I think I'll start with the I, where all of us can say, I, to begin with. So may I be at ease. May I feel safe and protected. May I be happy. May I feel loving kindness. May I be filled with loving kindness. And may I be held in loving kindness so that I may be at your peace. Then let's also say it for all of us, the collective, out there, that we may send some loving kindness out to the world. So may all be at ease. May they all feel safe and protected. May they be happy. May they feel loving kindness kindness. May they be filled with loving kindness. And may they be held in loving kindness so that they will all be at peace. And feel that blessing. Feel your heart and feel your being.

##### **[00:36:29.23] - Mary B.**

[inaudible] May we bask in the beauty of this meditation. As we go forth into the world, take this beauty with us. May we be blessed. May we be blessed. May we be triply blessed that we may be an even greater blessing to others. Namaste.

##### **[00:38:13.04] - Caren**

This is the first time they've done this in front of anybody but us. And I sprung it on you. Not intentionally. It just occurred to me this morning to do this. And so, you got a taste of what they've been doing and growing into over these eight months. And so I just really, at this point, wanted to thank Darcey for all of, getting all the recordings out and posting stuff every week, just being there for it. And to thank Char because she just tends everybody. You need something, you know she's going to answer and be there for you. And then April who just, oh, you need that handout? And she's just on it, making everything look like us. And hang together. I thank you.

##### **[00:39:21.15] - Group**

Thank you. That's right.

##### **[00:39:26.24] - Caren**

Is there anything either of you would like to say to this beautiful group? Yeah, Darce.

##### **[00:39:35.18] - Darcey**

First of all, I just want to say it's been an honor and a privilege to serve you. I'm so proud of you all and so happy for you. My heart is very full because I can feel the love that you have for each other, and I can feel how much you've grown as a group. And how much you've grown as individuals. The meditations were absolutely beautiful. Jeremy, when you use the words, put your arms around your thoughts and bring them back, that was the most gentle description I've ever heard of bring your mind back. It really emulated the quality that we want cultivate in ourselves. Good job, everybody. I'm so proud of you and so honored to serve.

##### **[00:40:38.20] - Group**

Thank you. Thank you Darcey.

##### **[00:40:43.11] - Caren**

April, go for it.

##### **[00:40:47.09] - April**

There's so much I want to say. I'll touch on the meditations because I loved hearing each of you have your own unique voice voice. And I love that. Well, first of all, that Caren honors that, right? That you get to be who you are and not a copycat, you get to be you. And that came across in each of your different parts of your meditation. And it was just such a joy to see that. I've gotten to know each of you, obviously, some intimately, but to hear that part of you coming out is just beautiful. It was just lovely. I'm just going to cherish that. Then to see just this group, and I just love every one of you and Maggie, to get to know you in person when we did at the retreat. You're all going to be amazing teachers if you decide to teach because I can hear the, the authenticity in every one of you, and I've seen it as well. You're going to be amazing. Then to just have that privilege of being able to be here to support you in any way I can has been wonderful. I got to work on some of the handouts and like, oh, yeah, I remember that.

##### **[00:42:23.14] - April**

I remember that. I loved it. Then the last thing I wanted to say was That feeling that you might be having of, I don't want this to end, like dread of it ending. I know that feeling intimately. I know Darcey does, too. We've been there. What I can say is that, yeah, you're going to feel that for a bit, but then it's going to change. It's going to dissolve into something else. I promise you it will. It's just going to start to precipitate in there, and you're going to carry it forth and just take every class you can from Caren. That's what I did. I've been able to watch this on a different level through the eyes of Jeremy and to see how he is. That's why I'm choked up, because to see how he has shifted through this eight months has been, I wouldn't call it miraculous, but it's close. And I'm sure that those shifts have come in each of your lives, too. So I just love seeing that and knowing that that's how it's affected you. So I'm just honored to be part of it.

##### **[00:43:53.11] - Group**

Thank you, April.

##### **[00:43:56.07] - Char**

Okay, my turn. I'm I'm not good at expressing my feelings and things. I understand everything that both Darcey and April said, and I just can't express it the way they do. So congratulations to all of you for all of the work and effort and the heart of yourself that you've put into this training session. It shows that you've put in the work, and it shows what you have gotten out of it. And that's all I can say is congratulations for making it through.

##### **[00:44:41.12] - Group**

Thank you, Char. Thank you, Char.

##### **[00:44:43.18] - Caren**

That was perfect. That was perfect. All right. Well, so thank you, team, for showing up and supporting our newest group of teachers. And the next time you'll be working with them, where they will be doing something their home song. Won't that be fun?

##### **[00:45:05.10] - Group**

Yeah.

##### **[00:45:07.10] - Group**

Thank you so much. Thank you so much. Thank you. Okay. Thank you. Bye, everyone. Have a good day. Bye. Bye, bye.

##### **[00:45:14.18] - Maggie**

Bye, Bye. Thank you.

##### **[00:45:19.03] - Group**

No. Yeah. Maggie's not leaving, though, right? No, Maggie's not. No. I'm saying goodbye. Maggie's in. I hope not.

##### **[00:45:25.14] - Caren**

Maggie's in.

##### **[00:45:26.16] - Maggie**

I'm here for the duration.

##### **[00:45:29.08] - Caren**

Hold on. I want to just pin her back up again. And we'll go to full screen. All right. So you just did that. I got there, right? Even with the, oh, the bells. Oh, the sound. Oh, the, do I do this or not? You have the ability to take us with you. So congratulations. Not everybody can do that. Not everybody can do that. So well done, everybody. That was my goal, is that by the time you finish this program, you could take us with you, with your energy, with your voice, with your authenticity. And you did it. Actually, Maggie, can I just say something? One of the reasons I was happy to have you open is because you extemporaneously, when you tune into that part of yourself, it is always perfect. It is always perfect. And I knew you would unfold us in something that was perfect for the moment. And so I want you to drink that in, that I knew, I trusted, I believe that you would enfold us in what was perfect in this moment. And I hope you can know that about yourself.

##### **[00:47:12.01] - Maggie**

It's very funny. I don't know. It may be funny is the wrong word. But it gave me this whole lesson on... Because about the time we got to Jeremy, to Hong Sau, I thought, Oh, shit. Yeah. I had a real invocation I could I would have done. It never occurred to me at the time. I was like, Oh, yeah, I got to make some shit up. Okay. Then I thought, Well, I'll just let it come to me, whatever it is. I wonder what I said. Those were all the thoughts I was having. I don't know what I said, but hopefully it was all right. Thank you for humoring me.

##### **[00:47:56.20] - Caren**

No, I was sincere when I said that. I was very sincere.

##### **[00:47:59.11] - Maggie**

I appreciate it because it gives me more confidence to see what's really real.

##### **[00:48:07.05] - Caren**

Oh, beautiful.

##### **[00:48:08.17] - Angela**

I think it was perfect because we're right at that crossroads where we are going to take this out. I mean, that's the point. And you just said it so well. I mean, we're here, but we're at our last class, but at the same time, we're crossing over to... Not to the- Not to the-

##### **[00:48:32.02] - Group**

But I mean, crossing over to the average is a new... Yeah. Anyway. Never mind. I just wanted to let her know. I just wanted to let her know.

##### **[00:48:42.17] - Jeremy**

I thought... Of course, I probably, most of us had the, Oh, I wish I had a do-over thought. Yes. But I also thought, I can do this. I just need more practice doing it. It was not a, I don't think I can do this, feeling of nervousness. It was, Oh, I can do this. I just need to practice, and I'll get better at it. So it was a good feeling.

##### **[00:49:08.14] - Caren**

But exactly, right? It's the practice that turns you into the teacher part. Practice will do that. A little advice here and there. What you have, you can't teach that in an hour. This is what's taking the eight months, is what you have. This grace, this authenticity, this willingness to just be in the moment and be authentically you. And did you notice Nat's little dance between, describe what I'm feeling and to lead? Yes. Watch that. And you shifted into lead, and then the rest of you led. Did you notice that? Yeah. Yeah. Which is the first time you've done that. And you just naturally did that.

##### **[00:50:02.24] - KES**

And I thought I would have explained more if it... Because we all know where we were, I didn't have to explain all the-

##### **[00:50:10.15] - Caren**

Exactly. Which is good, because... Eventually, what happens then as you start teaching is you realize, Oh, they didn't get it. Oh, I need to say more. And you learn through practice how much to say, but you didn't need to teach it to us. Right. You just got us what to do. And I don't know if they all knew that technique, but we knew it. We knew what to do. And I loved that you went with what you loved rather than traditional alternate nostril. I loved that.

##### **[00:50:42.19] - KES**

Well, and I get so confused on the traditional now that I do the breathing in on both sides. Then I get all confused. Okay, no. Where am I supposed to switch? At the top or the bottom? So I'm still confused about that.

##### **[00:50:57.24] - Caren**

Well, then what I would recommend is choose the one you like and just do that one, and don't worry about the other. You can always just say, No, this is the one I do.

##### **[00:51:06.11] - KES**

Okay.

##### **[00:51:07.24] - Caren**

That's totally valid.

##### **[00:51:09.06] - KES**

Plus, I really like breathing in the white light and breathing out the cleansing stuff. Yeah.

##### **[00:51:17.05] - Caren**

And I'd forgotten about it because I've been doing the other recently, and it was like, Oh, yeah.

##### **[00:51:20.23] - KES**

And even when you do it on screen, I'm trying to watch, but the hands are in the way, so I can't quite... Which way are they breathing in or breathing out? And then they... So I get so confused every time.

##### **[00:51:35.06] - Caren**

And so the beauty is you just know what confuses you, and you just let it go. Don't do that. Do something else. There's so many other options. It's not worth the... I mean, I've been taking a class from Agnieszka for over two years now, and I still, if she says left or right, I have to go. I just don't know. I just don't know. And I don't worry about it anymore. It's like, yeah, two years later, actually, 70 years later, which is left, which is right. It's just I know that about me, and it's okay. So I rarely use left and right. Did you ever notice that? The only thing I do is your right thumb to your right nostril. I don't touch it. I don't touch it. So you get to work within your comfort zone without apology. Never apologize. Just be you. Just be you. You don't have to give everybody everything. There's so much out there in the world of meditation. We have this one little area we do, and just do it, too, and it's enough. I mean, did you all go there? We all got there, right? Yeah.

##### **[00:52:51.09] - Caren**

So maybe that's one of the last little giveaways we can give you is you get to be you. You don't have to know every technique. You know the ones that work for you, and those are the ones you're going to teach because you're not going to teach what you don't know. You're not going to teach what you don't know. I discourage you teaching what you don't know. And you might say, well, I want to learn about this, Caren, so I want to teach that. And that's a dance because you got to know it enough to start teaching it so you can learn more, but you can't know nothing and start to teach it. Does that make sense?

##### **[00:53:30.13] - Caren**

So I would love to do another one more last little thing before we actually go a little deeper and share about how the whole program has been and what the changes you've experienced, what your takeaways are, because I want to I really do want to spend some time with that. But I thought it might be nice if you have your numbers, right? And I have a list of questions here, and I'm going to give you just a three-minute answer to these questions.

##### **[00:54:02.17] - Caren**

These are the questions people ask. Would you like to... I don't know what time it is. Would you like to get a cup of coffee or tea first? Yes. Okay, so why don't you get a cup of... Go to the bathroom. Let's take... What time is it? 10:20. Let's come back in 10 minutes, Maggie. 10 minutes. That's good. Thank you. And then we'll do our last little round, and then we'll... Okay.

##### **[00:54:20.14] - KES**

So we don't eat yet?

##### **[00:54:22.05] - Caren**

Oh, you can eat yet. Yes. Gather some food. Yes. Yes, please.

##### **[00:54:27.02] - Angela**

I'll get some tea.

##### **[00:54:29.23] - Group**

Yeah, I got some. How are you feeling today, Mary?

##### **[00:54:34.24] - Group**

I had nothing yesterday, so I feel better today. When I do nothing in the day, I feel better than the day. Then I don't feel good after about three days if I do nothing. So it has to be okay.

##### **[00:54:48.05] - Group**

Yeah.

##### **[00:54:49.00] - Group**

You can just use mine, Mary. Is that a new gingerbread house or a non-gingerbread house? That's the old one that we were going to just practice on. Oh.

##### **[00:54:58.11] - Group**

Yeah. Okay, so I was going to... Oh. Jeremy, will you remind me to stop the recording, and then I'll start new one?

##### **[00:55:10.18] - Group**

Okay. Look at... Oh. You go. You go, right? This is so awesome. These are food-free pumpkin-oatmeal breakfast bars, but they do have a little bit of color in them, so I don't know if you can... I can have Yes. Oh, look at that. Yeah, it's true. I have such. And there's no dairy either. So everybody. Oh, thank you. These are better than one day. In the oven? Yeah. Should we put them in the big oven or the little ones?

##### **[00:55:41.17] - Group**

The little ones, totally. Yeah.

##### **[00:55:46.24] - Group**

Did you want some coffee, Jeremy?

##### **[00:55:50.07] - Group**

I'm actually going to take some coffee.

##### **[00:55:51.07] - Group**

I go back half and half when I get sugar. Black will do? Okay. Do you want a mug or a... I'm not sure. Chris, go. Choose your name. You want him to make it so the kids can see your name for you to come home? I'm sorry. Just joking. I was just playing time. Why? I just went home on a good day, so I just joked my time. I went home. Do you have one of these students that were glad that it worked out for them? This is the best thing we have. We haven't been able to get them in anymore. Maybe a bit. Four hundred? Turn that out of there. I had a nice look at your I had to shower. Oh, good. It was a baby's scenario. Then I showed them the beach. Then I said, That's not much. Then I was like, That's not good. Can you do that again? Can you do I'm going to take it. I'm going to be more than one for you. I feel the shift very much. When I have nice... Uh-oh. That was sweet. That was good. Have a student turn arms.

##### **[00:56:57.13] - Group**

Here's crabcakes.

##### **[00:56:59.19] - Group**

Oh, ugly. Oh, nice. I made a mic supervised, but he's using it. He has one hand. You're crabby. Yeah, fresh from your Karabi. Yeah. Fresh from Karabi. That's so sweet of you.. Yeah. Oh, that's so nice. Oh, yes. We thought we got every little... You know, a little piece of shell. Oh, yeah. Oh, yeah. We thought we were going to take them those. But they do need to be heated. Yeah, I think it would be better. Yeah, I think it would be better. It's easier. I'm so close to what's being done? Are you in? You're not. You're still working. I work until the next time. I'm working until the next time. I'm trying to give me a attention. I'm going to say I'm longer in this interest. You know a lot of things. I don't want to be in this. Yeah, I got her. Yes. I almost don't know about this prolonged meeting is harder. It's like, culture. It's harder. It's like, I'm like, I'm like, I'm like, I'm like, I'm like, I'm like, I'm When you do it, it means I'm still with that. It's a little odd. But I'm doing all the LinkedIn informational interviews and stuff, and I had a really pretty hard.

##### **[00:58:11.05] - Group**

This is broken. Chief of staff, the Chief Marketing Officer at Microsoft I was like, I'm going to have to take this off last week, and she was awesome. Then I meant six years of catching. She was like, I'm going to have to go to the sales. I'm going to have to check this job. I'm going to have to go to the sales. I'm going to have to go to the sales. She was like, Did you have your cell phone? Did you have your salesman as a pro? Just send me your job recs you want. I don't even want to be a part of it. But the momentum still I'm going to go. I'm going to just go way low and have a good time. Keeping a momentum because I'm very aware once I'm not in the tap or work, I'm getting to forget. Everyone's trying to help me because they see me every day and they're like, Oh, my gosh, what's going on? So I'll get to put that. Yeah. It's always electricity to it. That's a small thing. It's really interesting. It's really tough. If you have much time for a job, see here, it's how to find new employment.

##### **[00:59:05.14] - Group**

You did this and they say there's a one-each-each terms. You have 600 jobs. So where is this? I mean, it's the only way to get it. You did it What we need is to have someone you know on your resume. So we'll have someone to give the racial interview. Oh, I know. We need networking. Oh, that's fine. What is yours? This is beautiful. What is it? How many did you say we got, I guess? Three, four, three, four. I just watched that. It's my favorite thing. I know. It's everything. I'm not going to eat till we're done because I just can't say not eating yet. I got all of them. They're still there. I just need to have. Oh, really? How's your own two here? How?

##### **[01:00:21.17] - Group**

I'm avoiding sugar and grains right now.

##### **[01:00:26.05] - Group**

Oh, well, there is a painful. It's good. It's right.

##### **[01:00:29.05] - Group**

I have a little bit. It's too good not to try.

##### **[01:00:32.24] - Group**

I'm going to say we had to give them cheese. This is cheese spread. It's a chitter cheese. Oh, there's so many. This cheese spread. It's delicious. I love these bars, too. They are really free. What is it? A cheese. Oh, no. These are those three. I can't believe that it's cheese. It doesn't matter. I can't believe that it's cheese. It doesn't matter. It doesn't matter. It's so nice of you to come. It's so nice of you to help. It's so nice of you to help. Mike had the operation on his left hand on five. He's usually the one that does this. The last one. They're a very good standard recipe. It's his favorite recipe, which is that.

##### **[01:01:18.04] - Group**

Is it Purple Tunnel or something like that?

##### **[01:01:19.16] - Group**

No. I'm going to buy this. What they do is you have that redundant tendon, and they take that tendon, and they do a bold look. It's damn cute. Oh, did you see that? It was your Friday night. Why? So what? Why did he check in with his son? He tested it. I don't know what it makes a joint. So now he's... I'm sure they have a point.

##### **[01:01:45.15] - Group**

His right-hand, he had done an eighth one.

##### **[01:01:47.02] - Group**

He was done with an eighth one. It was just like... Yeah, it's just nice. Yeah. He's so young enough that he's so sweet. He's doing a joint for it. He's verbal and he would engage. This is right. These are so nice.. He handled it. I think he did. Thank you. That was so delicious. I need a snack. This was perfect. I'm not crying. I don't know what makes it like you can taste the yummy, delicious wrap, but there's also a lot of other flavor. Yeah. O' Bay and that. You get three minutes. Yeah. Okay. I did. Maybe I'll just say a two-an-hour. Maybe. I tried one and then I was like, No, I'm not going to go for it. These are the crap we've been doing a lot. We've hunted down and hunted. We've murdered. Just kidding. Oh, my God. My body is so sorry. That's true. It's horrible. I feel terrible. Don't, don't, don't. No. They taste it. I'm sorry. They taste it. I do. I feel that on here. I know. I heard that. I know. I send them blessing. Yeah, that's good. But if you touch them, then that gets you.

##### **[01:03:25.07] - Group**

You'll break your fingers. You'll have the right . That was not good. They didn't look like they did. We only have.

##### **[01:03:39.03] - Group**

Okay, let me grab my... Jeremy, did I abandon his phone? Hey, Jeremy.

##### **[01:03:44.19] - Group**

Where's Jeremy? I'm going to tell him that there's maple Syrup instead of refined sugar in there. I mean, Maple Syrup is sugar. Oh, and there's caramel sauce? Mm-mm. Oh, yeah. There's still sugar, though.

##### **[01:03:58.08] - Group**

This isn't a This is a microwave.

##### **[01:04:00.16] - Group**

Does somebody put this in things in microwave? I think this needs to be hot. I think your plate's going to get really hot. Oh, is it? Yeah, just make sure you... That's the toaster. How do you add 10 seconds to this? I can run it off. Yeah, exactly. That is really cool. I like that. There's one right here. You want to burn your hands? I have to step this in. Got it? Yeah. Is that I don't think so. Okay. Can you hear me a second? Where are you going? I feel like it's sitting on the computer.

##### **[01:04:39.23] - Group**

The microwave might be simpler.

##### **[01:04:42.07] - Group**

Okay. Let me describe Well, you want me to describe how you might be. I brought a little... You did something. So then within your hour, you did our hour check. I told them I was only working eight-hour days now. They me off. It's actually been wonderful. Oh, wonderful. Eight-hour day feels like take... What a blessing. So it's actually really nice that I can have these vacations with him. So I'm just... Oh, you want to take 10? Come in. Do you want more of the... Hey, I'm happy. I'm happy. Yeah, I'm really great. Is it okay? Yeah. I just wanted to be happy and take some time off and just enjoy. He's had his process. At the beginning, he was like, Where are we going to be at homeless? What are we going to do? You got to get a job now. And now he's like, I just want you to be happy. So it's like, Oh. Just tell him, really?

##### **[01:05:41.06] - Group**

Reactive like that at one point?

##### **[01:05:41.20] - Group**

The beginning, he was terrified. He's the only one. It's true that's true. And then all the pressure's on him, and then he got really people in the alley. See?

##### **[01:05:53.24] - Group**

His parents never went through that, did they?

##### **[01:05:56.15] - Group**

No. The alley was fine. I'm so glad he All right. It's everybody's process. Can I... I think I still need to go to the restaurant.

##### **[01:06:06.14] - Group**

Okay, okay.

##### **[01:06:07.14] - Group**

I'll hurry up. Yeah.

##### **[01:06:09.18] - Caren**

So, Maggie, do you have good food?

##### **[01:06:10.24] - Group**

I was great with both of us. Why don't you Yeah.

##### **[01:06:15.14] - Group**

You're muted. She's not really quiet. You're muted.

##### **[01:06:19.08] - Group**

All the time. That's different. That's her process.

##### **[01:06:24.23] - Maggie**

Yes, but I didn't eat because I wasn't hungry yet, but I I was listening to crab. The crab sounded divine. I was starting to get some jealousy there.

##### **[01:06:38.19] - Group**

I know, right? And look at you. You use the antidote, which was, Let me be happy for them. But no, has Maggie met Mike? Yeah. Oh, in the Anger Watch up.

##### **[01:06:54.03] - Natalie**

You did meet Mike, didn't you?

##### **[01:06:56.12] - Maggie**

Oh, yes. And then I think, didn't he come to pick you Yeah. Yeah.

##### **[01:07:02.21] - Caren**

Yeah. Yeah. Yeah.

##### **[01:07:03.20] - Maggie**

I did see him.

##### **[01:07:06.03] - KES**

So we go out crabbing on the Columbia River.

##### **[01:07:10.02] - Maggie**

Oh, wow.

##### **[01:07:11.09] - Group**

There's crabs in the Columbia? Oh, yeah. You go with- Ilwaco? Yeah. Ilwaco. Ilwaco is right across the river from Istoria. And we go out of a little bay. It's Chinook Bay. And then we go up by Sand Island. I don't know. Do you know?

##### **[01:07:29.22] - Group**

I don't.

##### **[01:07:30.14] - Group**

It's the bouy out.