##### **[00:00:01.04] - Group**

Just making sure. They like the Brackish water. They like right in between. And that Sand Island, it's in it. Not protected exactly, but it's not as swift moving. And you have to go at slack tide, right between the tides when they're changing. Otherwise, the crabs are floating by. Got you. They can't really get in the cage. Of course, now we ate. Now maybe we'll all just curl up and go to sleep. Yeah. No, you won't. This is going to be fun. Did you hear Mary's laugh?

##### **[00:00:43.06] - Caren**

Okay. All right. So this is like your final exam part two. You already had part one. This is part two.

##### **[00:00:52.01] - Mary B.**

Okay. If we blow up, we can't. We can't flunk.

##### **[00:00:54.24] - Caren**

Even if you blow it, you can't flunk because you're... Here's the thing. Authentic answers. And I don't know maybe the answer. Let me go ask my teacher maybe the answer. No, seriously. If you're in a class, they do it. The other teachers do it all the time. I think it's this, but I don't know. Let me go ask Caren. And so they always come back to me with questions, right? And I'll just be honest with you, Kriyananda told us to do that. So I would email. And I go, What do you think? Dude.

##### **[00:01:35.24] - Group**

That was his answer to you?

##### **[00:01:37.22] - Caren**

That was his answer to me. He would throw it back to me. I was like, Wait a minute. No. Okay, well, this is what I told him. I'm going to throw out some questions. It's based on- one? Okay. Oh, here you go. One is, I've tried meditating, and I just can't do it. How do you do it?

##### **[00:02:08.08] - Natalie**

I'm answering as if you're-

##### **[00:02:09.07] - Caren**

These are questions a student would ask. These are all questions that have been asked of me. Or comments made. Okay? Yeah.

##### **[00:02:18.14] - Natalie**

Everybody thinks they can't do meditation because... Hold on. Let me think about it for a second.

##### **[00:02:24.20] - Caren**

Yeah, good idea. You get to take... And I'll give you one other little tip. Just a reminder that it's always about us. It's never about the situation. Let's keep that always in the forefront of your mind, even just... Always know that when you're answering. Okay, go ahead.

##### **[00:02:46.18] - Natalie**

What did you try to do?

##### **[00:02:51.21] - Caren**

I tried to sit there and watch my breath, and my mind just kept going, and I kept drifting off into my thoughts, and it was just so frustrating. I I can't do it. My mind is so active, so busy. It won't stop.

##### **[00:03:05.08] - Natalie**

Your mind is so busy. Everybody's mind is so busy, and that is the point of meditation. The point is not to have your mind be quiet and be still and have no thoughts. The point is to be able to sit there and be comfortable with all of your thoughts. I don't know where I'm going with it, but I would love to talk more about what you tried and maybe what would work, because for me? My mind does that all the time. And what I do is I sit there and I learn how to watch them and let them go by and not get stuck in them. I'm sure it's really frustrating because your mind is doing what it's supposed to do. Your mind isn't supposed to be quiet.

##### **[00:03:41.15] - Caren**

So does your mind ever get quiet when you meditate?

##### **[00:03:45.08] - Natalie**

No. Barely ever. Sometimes. But most of the time, my thoughts are everywhere, and I'm just going, Oh, yeah, and then coming back. Then, Oh, yeah, and then coming back.

##### **[00:03:54.12] - Caren**

Coming back to what?

##### **[00:03:55.02] - Natalie**

To the present, to right here, right now. That's honestly what I tell myself the time because your thoughts are always going to be there. And so what I've learned is that it's really about being able to be comfortable with my thoughts going out here. Be comfortable with me no matter what's happening.

##### **[00:04:17.22] - Caren**

I don't quite get it.

##### **[00:04:19.24] - Natalie**

That's okay. Let's try something, and then if you like it, if it works, we could do it. If you don't, you can try something else.

##### **[00:04:26.01] - Caren**

Okay. What do you mean be right here? What do you mean? What do you mean be right here? What do you mean?

##### **[00:04:31.22] - Natalie**

I mean, to be able to just sit and not think about what just happened or what happened five years ago or how embarrassed you were about the thing you said or not be thinking about what you have to do or what's coming up or what you're planning, but just to be fully present in the moment, sitting on the chair, feeling your butt on your seat, talking to me, and just be fully focused on this moment.

##### **[00:04:55.18] - Caren**

You can do that?

##### **[00:04:57.24] - Natalie**

No, not all the time, but I try. That's the point.

##### **[00:05:01.22] - Caren**

Okay. All right. Here's what I am going to encourage you to say is to say, but even if I don't do it all the time, I still made a huge difference in my life because what happens is-

##### **[00:05:17.24] - Natalie**

Sell it, you mean?

##### **[00:05:19.02] - Caren**

No, this has happened recently in other classes. And I noticed the teacher doesn't go, Yeah, but it makes it just trying to bring... Just coming back into the present moment makes a It's your parents. You don't have to do it perfectly. You don't have to somehow just doing that. I'm calmer. It's helped me get a little better. That's the-

##### **[00:05:39.20] - Natalie**

The hook.

##### **[00:05:40.24] - Caren**

The sell. I mean, yeah.

##### **[00:05:44.09] - Jeremy**

Can I ask a question?

##### **[00:05:45.14] - Caren**

Yeah.

##### **[00:05:47.02] - Jeremy**

So I remember the feeling that you're describing, although I never said, I can't meditate. But what I did say was, if I'm present in this moment, it just means I'm sticking my head in the sand I'm not doing anything about my problems. So I don't think being present is a good idea all the time. That was my...

##### **[00:06:07.02] - Caren**

Okay. Now, I don't want to answer that. I think that's a great one for who's number two to answer. Ms. Maggie. Ms. Maggie. Were you able to hear what Jeremy said?

##### **[00:06:20.17] - Maggie**

Could you repeat it again?

##### **[00:06:22.13] - Caren**

It was so good. This is what people say. Well done.

##### **[00:06:26.24] - Jeremy**

I used to say when I first started, I would say... But if I'm present, that just means I'm avoiding my problems. I'm just choosing to pretend like they don't exist. And when I come out of the meditation, the problems are all back again. So I don't see why being present is a good thing all the time.

##### **[00:06:52.15] - Maggie**

So just let me repeat that to you to see if I'm hearing what you're saying, and you can tell me yes or no.

##### **[00:07:00.21] - Caren**

Did you hear what she said? Yeah. Beautiful.

##### **[00:07:03.20] - Maggie**

Am I loud enough here?

##### **[00:07:05.08] - Caren**

You are, and that was a beautiful response. It was a beautiful response.

##### **[00:07:10.19] - Maggie**

If you come in to what you believe is the present moment, you feel like that's an avoidance of your life and all the things going on around you. Is that what I heard you say?

##### **[00:07:24.00] - Jeremy**

Yeah.

##### **[00:07:27.13] - Maggie**

Okay. But what I'm going to say about when I can come into some present moment, even for just a nanosecond, it never lasts long. I'm a very, very, watery, spacey person. I can run away as well, and I can run away even when I'm thinking about my problems. But if I give myself just this little bit of space to create some reprieve and relief from the things that are worrying me in my everyday life and the things that just are going on and on. It gives me some kind of fortitude, and also it gives me many times good answers to what I need to be doing in my life. Does that help at all?

##### **[00:08:28.14] - Jeremy**

That helps a lot.

##### **[00:08:30.02] - Caren**

That was a really good answer. Yeah. That was a really good answer. Yeah, really good.

##### **[00:08:35.10] - Natalie**

Maggie is on point today.

##### **[00:08:36.16] - Caren**

Really good answer. Okay, well done. Okay. Ready for the next question? Because that counted as a question. What is karma? I believe is question number three. What is karma? What is karma? You're talking, talking to somebody, and they just go, What is karma? You just took a class. What is karma?

##### **[00:08:58.24] - KES**

So what it has been explained to me is that it's a cause and effect. So when karma can come in with us when we're born, our ancestors or from past lives, if you believe in that, and if you don't believe in that, then karma can just be what happens in this life from things that you've done, things that have caused pain to others or pain to yourself. And that can be considered karma, but usually it's explained as cause and effect. And so the reason we meditate is to release ourselves, to work on releasing the pain that has been caused ancestrally, or in this life, or in a past life. And we're working on releasing the pain and releasing the injuries so that we can heal and become more whole and become more effective in our lives.

##### **[00:10:13.14] - Caren**

That was a very good answer. That was a very good answer. Very good. Thanks. That was a very good answer.

##### **[00:10:22.14] - KES**

Oh, thank you so much.

##### **[00:10:23.08] - Caren**

Very good answer. Very good answer. Very good answer. Okay. And I just want to say that if I'd ask that question of Mary, she might have had a different answer. And it would still be a good answer because you're answering it from how you were able to make sense of the teaching and how it related to the way you're looking at your life. And that's okay. That is what I want from you as students of mine, is... I trust that the way you inhabit the teachings and interpret the teachings is going to be of use to the people you come in contact with. And there's no one right answer to these questions. And I want to stress that because the question is about the person who asked it, really.

##### **[00:11:27.13] - Group**

Yeah.

##### **[00:11:28.10] - Caren**

And we want to answer in a way that's answers their... Exactly.

##### **[00:11:33.17] - Group**

So that was- That's why I said the past life, or if you don't believe in past lives, then- That was so good. And my little brain was like, well, if you don't believe in past lives, then what are you doing here?

##### **[00:11:47.24] - Caren**

You just came back from that thought, little puppy, come back. Actually, can I say one thing about enfolding the thoughts? And we're not bringing the thoughts back. We're bringing the mind back. It's a huge but important difference. So I know you love the analogy of the puppies, right? But the mind is the mind. It's the mind that's gone off on all the tangents. We're not trying to bring the thoughts themselves back. We're just bringing the mind back to this moment, to the technique, to the technique. And that's a really important distinction to make. Okay? And when we're talking with what you were talking about, with Nat was talking about, with meditation, what we're doing is we're bringing our mind back to the present moment. And the present moment is whatever technique we're doing. Whether it's to be present in my body, or to be with Hong Sau, or to be with loving-kindness. And that's called one-pointedness, right? That's the concentration. To train my mind to come back to this thing that I have chosen for it to pay attention to. That's the key difference. I've decided where my mind wants to pay attention. And so I'm going to keep bringing it back to this moment, which is why concentration is the predecessor for meditation.

##### **[00:13:16.23] - Caren**

Because if we can't hold our attention to one thing, we can't go deeper and experience that place. You've all experienced as a float, we're calling sometimes, right? And sustaining our awareness in the float is because we've learned how to bring our mind to one thing, one thing, one thing. Is that... Yeah?

##### **[00:13:44.14] - Caren**

Just as a more advanced concept, in order to go deep into those places, to look at a vasana, right? To go deep and to figure out what is it that I'm running away from in this present moment? To do that exploration takes one-pointedness, because I don't know about you, but there's times where I try and go deep to figure it out, and I'm just bing, bing, bing, bing, bing, right? And it's like, okay, mind, come on back. Come on back. And we've trained ourselves to come back to that moment. And it's about learning to sustain it. And for you now, as you're going to move out into your life without this program, that's the next step. You have all these techniques. You know them. You have a lot of techniques. And the details of them will fall into place the more you practice, and the more you teach and you explain it, the details will fall into place.

##### **[00:14:53.21] - Caren**

That's the gift moving forward. And moving forward, the objective and the reward are abilities to sustain a state of consciousness or awareness. That's the boom. That's the gift. And that's just time and practice. So, okay, so well done so far. Well done, well done. Okay.

##### **[00:15:33.04] - Mary B.**

I thought your answer was great, too, even though I would have answered it differently, but that's just because my background, yours was wonderful, too. Just because I said it would have been different.

##### **[00:15:43.12] - KES**

It is hard to explain it.

##### **[00:15:46.19] - Caren**

It's extremely hard to explain it. It is. But you did such a good job. And yet I could feel, I know other people would have answered it differently.

##### **[00:15:57.03] - Group**

What would other people say?

##### **[00:15:59.14] - Caren**

I don't want to I don't go there. I don't, because then you're going to compare, and you're going to start to doubt yourself. And I want you to receive from me, just like I wanted Maggie to receive from me, I trust and I believe that in the moment, she will come up with the perfect... I want you to trust. I want you to trust that who you are, what you think, what you've learned are valid and real, and you do know something. You don't need to apologize for it.

##### **[00:16:29.24] - KES**

Well, I don't want to apologize. I don't feel the need to apologize at the moment. But I just thought it would be interesting to see what other people-

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

But I know you have a tendency. I know you have a tendency to compare yourself and go, Oh, I'm not as good. And so I don't want to do that.

##### **[00:16:44.20] - KES**

That's that, Virgo, I analyze.

##### **[00:16:46.23] - Caren**

Yes. And I compare.

##### **[00:16:49.17] - KES**

And I compare, yes.

##### **[00:16:51.03] - Caren**

And we want to stop that. But I wanted everybody else to know that I know they might have had a different answer, and that's good, too. That's my point here. There are very few things that are, I want you only teach it this way, and I will only do that if you're teaching for Hamsa. If you're not teaching for Hamsa, you teach you. You teach you.

##### **[00:17:13.15] - KES**

But that answer... Now I am doubting myself. That answer was Hamsa.

##### **[00:17:18.14] - Caren**

Yeah.

##### **[00:17:19.03] - KES**

Okay.

##### **[00:17:19.21] - Caren**

That was a good answer. That was a really good answer.

##### **[00:17:24.17] - KES**

Oh, thanks.

##### **[00:17:25.22] - Caren**

Yeah, it's a really good answer. Okay, next question, ready? Okay. So this is who's number 6?

##### **[00:17:39.13] - Mary B.**

Me.

##### **[00:17:40.13] - Caren**

Okay. No, no. This is going to start as a dialog. It's like, you're going to ask me, you're a rock climber, okay? You're a rock climber. And we're talking about what we do. And you ask me what I do, all right? Just ask me, what do you do?

##### **[00:18:02.21] - Mary B.**

So I'm a rock climber, and I'm asking you, what do you do? Okay. I rock climb for fun. What do you do for fun?

##### **[00:18:08.19] - Caren**

Well, I meditate. I'm a meditation teacher. And then you're going to say to me-

##### **[00:18:17.24] - Mary B.**

Tell me about that. How do you get into that?

##### **[00:18:21.07] - Caren**

No, no. Here's where I want to go. I want you to just...

##### **[00:18:24.07] - Mary B.**

Okay. Just be quiet.

##### **[00:18:25.02] - Caren**

Because this actually happened. This actually has happened to me. And yeah, I meditate. It's just one that makes such a difference. And then the rock climber now is going to say, and you're going to be me now. We're changing roles. You're going to be me.

##### **[00:18:39.02] - Mary B.**

Oh, okay.

##### **[00:18:39.24] - Caren**

Okay. You're a rock climber. And You're a rock climber.

##### **[00:18:45.21] - Mary B.**

And you're the rock climber now saying to me, the meditator?

##### **[00:18:48.07] - Caren**

Yes. But I want you to think of this from that perspective when you're answering this question. The rock climber says, Yeah, I've tried meditating. I just can't do that. Rock climbing is my meditation. Rock climbing is my meditation.

##### **[00:19:06.14] - Mary B.**

I can really understand that because as a rock climber, you would have to be right in the moment precisely with precise concentration so you don't fall off the rock. And that's really what meditation is, except you're just on a cushion. But you keep bringing your mind back. You would bring your mind back to what is the next step I need to take up the rock. That's what you do in meditation. No, I'm the meditator. That's what I do in meditation is keep bringing my mind back to this moment with full concentration.

##### **[00:19:42.08] - Caren**

That was such a better answer than I gave. Well done. Well done. Because in my head, I was going, you can't be meditating and moving at the same time. That's not meditation, right? Because in my world, meditation is sitting right here, and then it's that after effect where we're in the float. And for me to have that, I need to be completely still. Completely still. Remember when we did the walking meditation? And what it does is it just focuses you, focuses you. But when we're standing afterwards, it's like wow, right? And so-

##### **[00:20:30.00] - Mary B.**

I would not want to go into the after effect while I was still on the rock.

##### **[00:20:33.08] - Caren**

No. No. But in my mind, this happened years ago, and I was in my... Well, you don't know what meditation is. That's not really meditation. That's just concentration. That's what I was doing in my head. And I just went, oh, Okay. And I moved on. That was a brilliant answer. And what you did was she- [inaudible]. Yes. But why? Because you recognize that the present moment, concentrating, coming into the present moment, that's the portal into meditation. And the way it was a she. She feels when she hits the top, it's probably just the way we feel afterwards, right?

##### **[00:21:09.13] - Angela**

Well, ultimately in our meditation training, when you take it out into the world to do things, Because you've had that training to be present, then it facilitates... I mean, it just helps you with whatever. So it's that circle.

##### **[00:21:29.23] - Caren**

And so the other one that's come up, but I did make it a separate question, is people often say music. Music is my meditation. And that is one of the tools to learn concentration. Is to dive into a piece of music and trying to listen to more and more. Like, Jeremy probably already does this. Some of you probably already do this. And not everybody has the ability to do this. To listen. You hear all the different parts, and And you track it, and that is one way to learn concentration, right? Yeah. Maggie, go ahead.

##### **[00:22:08.24] - Maggie**

In my yoga study, group, we are always having this conversation. Is asana akin to meditation? And sometimes when we're in a pose, trickan[?] Asana or something like that, like even a standing pose, You find all these parts, and then you let it go, and you just let something else do the pose. We feel like that. It's what Kim has taught us as a form of meditation. I was curious to your thoughts of that, because for me, it's not only when I'm doing Shavasana, which is what I'm hearing at the end here, but it's during the process. There are times when, especially if I'm being led in a class by someone very skillful like Agnieszka, that I can just... I'm not even thinking. I hear her words. I'm reacting to her words, but I am just opened. Do you know what I'm saying?

##### **[00:23:25.14] - Caren**

I do. And what is the dialog you have in your study group about this? Is it meditation or not? Is that the question?

##### **[00:23:35.18] - Maggie**

Yeah, I think that's the question. Yes. In your opinion, I guess I'd like to know what... Because I know you feel some of this sometimes because we do it together in the Thursday class and all. I was just curious what your take on that is at this time.

##### **[00:23:53.13] - Caren**

You know what? That question makes me go, you know what? There is a to be in that meditative zone and moving. That is possible. That is possible because you're right. There's a point when you're in the, I'm going to use the word flow, which is not a word I really like to use because it's used in other ways out there right now. But by that, what I mean is you're so aware of the subtle energies. You're so aware of the currents. And so there is a... Effortless.

##### **[00:24:40.13] - Maggie**

Exactly.

##### **[00:24:41.08] - Caren**

Exactly, right? And that's the thing with meditation. That concentration is effort. Bring my mind back, bring my mind back, lift, step. But there's a point where it becomes effortless, and that's meditation. And so, yes, yes. Thank you, Maggie. I just changed my...

##### **[00:25:03.00] - Maggie**

You're just giving me chills. It's just going up and down my spine. Just like, wow, yeah. It is exactly how it feels. And Kim used to say, well, I don't sit and meditate anymore, but he did asana practice every day.

##### **[00:25:18.14] - Caren**

There you go. Because he touched that zone.

##### **[00:25:21.23] - Maggie**

Yeah. And he could do it on his own. For me, I feel like I have to be led. It's also true with meditation. I prefer, I prefer a group setting or to be led because I feel like it just really gets me in there. But I also am searching for this solo platform.

##### **[00:25:45.02] - Caren**

I feel you. I feel you. Thank you. I feel you.

##### **[00:25:48.07] - Maggie**

Thank you.

##### **[00:25:49.19] - Caren**

I feel you. Yeah. That's... Wow. See, this is why it's so beautiful to teach, because Maggie just asked a question. Students will ask you questions And you don't even know until you're there authentically trying to answer the question and you realize something. You learn something, you make associations you've never made before because somebody asked a question, and And when you answer, instead of typing up, what did Caren... Going into your head space, what did Caren say the answer was? What did the book say the answer was? If you just open, it's like something inside you brings pieces together, and your words come out of your mouth, and you realize you know something you didn't know you knew. It's really beautiful. And your students become your teachers, right? So. And this was all from your answer. That was such a beautiful answer. Well done. Okay, who's next? Okay, what number are we on now? You just did six. I did six. Okay, so let's come. I think we're done.

##### **[00:27:00.02] - Angela**

Yeah, we're done.

##### **[00:27:01.05] - Caren**

Okay.

##### **[00:27:01.24] - Group**

You skipped three. Four and five.

##### **[00:27:04.13] - Caren**

Okay, four. Oh, who's four?

##### **[00:27:07.18] - Jeremy**

I am four.

##### **[00:27:08.11] - Group**

Who's four?

##### **[00:27:09.24] - Caren**

I'm so angry about my mother-in-law and the way she treats me in that family. It's just getting to me. Do you have any wisdom for me? Do you have any way to help me get past this? Because I have to go to Thanksgiving with her in a few weeks, and I'm just so pissed. I don't even want to go.

##### **[00:27:40.09] - Jeremy**

Can you say more about why? What are the things? What really comes to your mind when I say that feeling of fear? What are you afraid of?

##### **[00:27:50.06] - Caren**

She's so critical of me. All she ever does is criticize, and then it's like the whole family is over there and I'm this interloper. It's like they pretend to welcome me in, and I just feel so discarded and irrelevant, and it's just really... Now, that's way more awareness than somebody would have. Damn it, I gave you too much. Okay, anyway, that's all I got. I'm just pissed.

##### **[00:28:23.14] - Group**

Say more.

##### **[00:28:24.20] - Caren**

I'm just pissed, and I got to go. Let's say it's in a few days. You got any advice for me? What I can do on there? What do I do with this?

##### **[00:28:35.01] - Jeremy**

I think the first thing I would say is you're not alone in that feeling. A lot of people, myself included, have experienced that or are experiencing that. So you're not alone. The second thing I would say is for me, when I felt that way, what I need in that moment is a refuge, a place to go, even just for a second or two seconds. I step into the bathroom and I can take a breath and just remember who I am. I am not what other people think I am. I am me. That's what I'm wanting because truth be told, I can't change how they think. That's not my job, and it's not my ability. No matter what I do, it does not change that. So what I've learned to do is when you practice meditating, part of it is you learn how to come back to yourself, even for a moment. Because inside of yourself, you can learn, you can teach yourself to make that place safe, which is not easy, but you can be safe in yourself. So to go through what you're about to go through, which I really think is going through something, it's not permanent.

##### **[00:29:56.02] - Group**

It's a point in time. You'll start, you'll enter, and it will be super uncomfortable. It always is. And then you'll come out of it, and you'll be back to the safety of yourself. So what I would do is meditate before and find that place inside of me that feels just a little bit safer. I am safe with me. And then use it. When you're there, it's going to get tense. People are going to say things or not say things, and you feel it. You can step into the bathroom or in another room or outside, take a breath. I can be safe with just me. I don't need everyone else to make me safe. I can be safe here. And you continue to do that, and pretty soon, you have moved through it.

##### **[00:30:51.13] - Caren**

Okay. That was actually a really good answer. Did you see what he did? First of all, you're not alone. I've been through this, too. And here's what I've learned. And here's what I do. It was 100% authentic. And the takeaway that you're giving this person is, I can be safe in me. My safety is here inside me. I'm okay in here. I'm okay in here. That was a great answer. And once again, every one of you came up with a different answer, right? If we were having an all day graduation, you would have all shared yours, right? And you would have seen that everyone's is different, but everyone's is valid because it's from your experience. And so what it carries is the Adikara, the vibration of your learning you have just shared with another being, right? That was beautiful. That was really good. Could you have answered that that way nine months ago?

##### **[00:32:00.10] - Jeremy**

I don't think so, because I didn't... Maybe we'll talk about it later, but I couldn't really find that clearly. I couldn't find safety inside of myself because I didn't know. It was not safe in me. So I actually, as I'm saying the answer, I'm like, it took me years to figure this out. So the advice I'm giving, I'm not sure that that's possible.

##### **[00:32:27.19] - Caren**

It doesn't matter. That's not what I'm looking I'm looking for right now. Yeah. That's what I'm looking for. What I wanted to know is what is your authentic experience today?

##### **[00:32:35.14] - Jeremy**

Yeah.

##### **[00:32:36.05] - Caren**

And that's what you're offering up, right?

##### **[00:32:38.18] - Jeremy**

Yes.

##### **[00:32:38.21] - Caren**

And yes, there may be another way. I almost said, wait a minute, the person doesn't meditate. What would you say to them? I almost was going to interrupt with that, but I thought, no, let's see where you go. As if you're talking to a meditator, as if you're talking to somebody who's in this. It's like, say, Nat. I mean, this would not be an unreal thing for Nat to maybe say, right? And so you're talking to a peer. That was perfect. Got it? Okay. So good. All right. So how many more do we have?

##### **[00:33:13.23] - Natalie**

Angela, bring us home.

##### **[00:33:15.19] - Angela**

Oh.

##### **[00:33:16.20] - Caren**

Angela, bring us home.

##### **[00:33:17.04] - Angela**

It brings a lot of pressure.

##### **[00:33:18.05] - Caren**

Okay, because we're off because... Okay. All right, Angela, I have a choice of two here. I love them.

##### **[00:33:30.11] - Jeremy**

I say we do them both.

##### **[00:33:34.18] - Group**

If we ever do reconnects or refreshers, this is a great exercise. Oh, it is.

##### **[00:33:42.16] - Caren**

It is isn't it? See, I'm just learning this stuff as we go along.

##### **[00:33:49.02] - Caren**

All right, Angela, I'm going to ask you this one. Okay, somebody comes up to you and says, I'm just so stressed out. It's like, my boss is just driving me nuts. And when I go home, I'm just crabby, and I'm picking on everybody, and I'm just so stressed out and overwhelmed right now. I don't know what to do. And you're so calm. How do you do it?

##### **[00:34:21.08] - Angela**

Well, I generally, I've learned how to nourish this calmness within myself through different ways. One is when I'm having a reaction to somebody else's behavior or something, I'll stop and look within myself and take some breaths and see if I can see that person in a different way. Maybe that person is struggling themselves, having a hard day, doesn't understand everything that's come up to this point for possibly why they're angry, what situation there is, and I realize that's really difficult when they're in the attack mode, but I think what I've learned is to not take things personally and see it from a bigger perspective and try to understand that, if I can take a step back and not let that fester within me, then I might have a better chance of maybe communicating later and seeing if I can ask questions of my boss to see, well, what is it that you're wanting from me? Or how come... I notice that you are upset about something I did? Or what might that be? And I just use my, I use my tools to... I think the biggest thing is not take it personal and try to investigate and see what I can learn more from the reaction.

##### **[00:36:30.12] - Caren**

No, that was very good. You don't need to say, I don't know. Just leave off. I don't know.

##### **[00:36:35.15] - Angela**

I feel like there's more in a different way, maybe.

##### **[00:36:38.22] - Caren**

No. Well, what you did, what I think I saw you doing was going into your own experience and figuring out what did I do. Okay. I was taking it personally, so I need to not take it personally. And without saying it, using the word itself, you said to maybe have a different perspective, some compassion for maybe what the other person might be dealing with, right?

##### **[00:36:57.02] - Angela**

Yeah, because I don't want to say to them, Well, why don't you just look at yourself and see what did you do?

##### **[00:37:02.24] - Caren**

Exactly. Because we know it's not about the boss. But you can't say that to somebody unless you have a safe relationship with them.

##### **[00:37:13.13] - Angela**

Right. That's why Yeah.

##### **[00:37:16.03] - Caren**

And so you did a really nice job of bringing back to you. You didn't use the word compassion. You used other words, and you made a safe opening for another question and another thing.

##### **[00:37:28.00] - Angela**

Because I've had that exact experience before. I mean, you really have in the workplace. And you can't use... I didn't feel comfortable using the language that we use because they're like, Oh, be compassionate. I mean, I can't even use that with my kids sometimes.

##### **[00:37:48.11] - Caren**

Right?

##### **[00:37:49.07] - Angela**

So you have to learn how to find these ways, and it's not always easy. Anyway.

##### **[00:37:55.22] - Jeremy**

Can I say something about that? So just mine?

##### **[00:37:58.05] - Caren**

Yeah.

##### **[00:37:58.19] - Jeremy**

I said I said this to an employee. I said, now everybody-

##### **[00:38:02.20] - Caren**

Wait, hang on first before we hear what you would say.

##### **[00:38:06.15] - Jeremy**

Oh, that's not what I would say.

##### **[00:38:08.17] - Caren**

Oh, okay. But I just want to just make sure that you hear me say to you, that was a really good answer. I could see you in your head looking at what did you do in this? What did I do here? What did I do here? And that's what we want. Go back in. So it's an authentic, honest, from your experience, answer. That's what was so beautiful about it to me. Okay? So did you hear me?

##### **[00:38:40.21] - Angela**

Yes. Thank you.

##### **[00:38:42.10] - Caren**

Okay. All right, please. Go ahead now.

##### **[00:38:44.20] - Group**

I once said to an employee, he was struggling, and I said, I just want you to know you're not alone. Everybody, we're all going through this. It's very stressful. And he said, I do not give two shits about whether anyone else feels this way. I don't care about that. And don't say it to me again. I was like, wow, this is like relating number one for me is, you're not alone. And he was saying, I do not care about that. It was a really good learning thing because I assumed, Oh, that will work with anyone. You are not alone. I feel that. I'm with you. I'm here for you. He didn't want that. And it was a sharp moment in my life path. Like, Oh, he's so inflamed that he cannot see anything but get me out of this situation. I don't care if anyone else is suffering.

##### **[00:39:38.08] - Caren**

Yes. Wow. Remember that. Yes.

##### **[00:39:47.02] - Mary B.**

The beauty of that is that there's probably half of the country that feels like that, and the other half of the country feels like, you're not alone. We're in this together. What can we do? But there is a half of it, or almost half of the country that thinks like that. I don't give a shit what anybody else thinks. This is what I'm doing, and I only care about me. So we really... That was beautiful because I've never had anybody respond to me that way. And it's just an insight into how people really feel, and that's how they feel, and that's what they need, too.

##### **[00:40:26.19] - Caren**

Exactly. Exactly. The The first person who ever said that to me, but was Bill, back in the '90s. And we were learning Tonglen, and it was... I mean, it was... And this is probably mid '90s. And I remember... We were laying bed, and he was so miserable. He was out of job. It was that what you went through this, right? And I said, Honey, but, honey, other people feel this, da, da, da. And he literally said, I don't care because his suffering was so big, and it was a phoom for me. It was just a phoom for me. Oh, my gosh. And so I think that's an important piece for us to remember is that, sometimes the suffering is so much that it's not about other. You're not alone. It's about how do we ease that suffering right now? And what is the way to help somebody ease that suffering right now?

##### **[00:41:27.20] - Group**

Listen, great.

##### **[00:41:28.16] - Caren**

Thank you.

##### **[00:41:30.00] - Angela**

Yes.

##### **[00:41:30.24] - Caren**

See them, listen to them, hear them, right? The four anger things. Let them know they matter, see them, hear them, understand. Yeah. So thank you for that. That was an important little.

##### **[00:41:46.15] - KES**

We can't understand, though, why they can't.

##### **[00:41:51.06] - Angela**

But... And sometimes could you ask... When you first asked that question, I was ready to ask a question back, which I have done before, where I just say, Well, What makes you feel that way? Why do you feel that your boss is doing this or whatever? But I didn't know.

##### **[00:42:11.07] - Caren**

No, but sometimes it is that.

##### **[00:42:13.02] - Angela**

But here's- So that they talk, so you're not Yes. Blobbing at them.

##### **[00:42:17.08] - Caren**

Yes. And to what KES just said, sometimes you can't understand. Sometimes you just have no... But that doesn't mean you can't understand. You find a place where you have a tiny Any piece of that experience. And if you look, you can always find something that's close. And then you give them the grace of, oh, my God, this is 100 times worse. And we may not agree. We may not really be able to grasp it, but the fact of trying to understand is the magic, and that's our job. It's our job to try and understand, not their job to have to understand us.

##### **[00:43:02.21] - Jeremy**

Just makes me think, may all beings be free from suffering and the causes of suffering. It doesn't matter if I... I've never been a refugee. I cannot understand that. I can understand suffering. I may not understand the depths that that person, but in the end, we all know what suffering is. So it's not, can I solve their problem? It's, can I ease their suffering and help them to ease it themselves eventually?

##### **[00:43:25.23] - Group**

Yeah. Beautiful.

##### **[00:43:27.04] - Caren**

Well said. Yeah. All right.

##### **[00:43:32.15] - Caren**

So you all pass. You all pass. Really good. Really good. Are you grasping it? Yeah. It's who you are. It's who you are, your experience, what you've taken away is enough. It's enough to take it forward, to take this forward. So what I would love to do now is hear how your experience has been. And I'm thinking, what if we start with a few people? We'll take a break. We can come back. But what if we just... I mean, really, it's like, what have you gained from this program? I suppose is the question. What has shifted? What has changed? I think I would give us a few minutes just to think about that for a few moments, right? If you think back nine months ago, who were you nine months ago? What has changed or shifted? And one of the questions, Kriyananda's question, his question, how are you getting... The measure. The measure isn't how long can you breathe Hong Sau. Can you soften your body with one exhale? Do you see the chakra lights? Do you see the blue light? That's not the question. The question is, how are you getting along with the people in your life?

##### **[00:45:11.23] - Caren**

How are you getting along with the people in your life? How has that shifted in the past nine months, eight months? To me, that's the... And you are one of the people in your life.

##### **[00:45:26.24] - Angela**

With yourself.

##### **[00:45:28.20] - Caren**

Yeah. So if you have a notebook to write it down in, it might be nice to make a note of this. Can I get it for you then? No, I got it. That's so unusual to see you.

##### **[00:45:44.11] - Natalie**

Well, I was dancing like I had a dance for a long time.

##### **[00:45:48.14] - Group**

It's not as beautiful as to be. You were dancing?

##### **[00:45:50.08] - Natalie**

Oh, yeah.

##### **[00:45:52.02] - Group**

That's beautiful. I love it.

##### **[00:45:54.15] - Natalie**

I thought it was beautiful.

##### **[00:45:55.15] - Mary B.**

She, without the aid of alcohol. I'm sure about it.

##### **[00:45:58.19] - Natalie**

What?

##### **[00:45:59.09] - Mary B.**

Without the aid of alcohol.

##### **[00:46:00.18] - Natalie**

Without any alcohol. Yeah. I had to prove that being sober was still fun.

##### **[00:46:07.14] - Angela**

That's excellent. I'm impressed.

##### **[00:46:10.21] - Caren**

Yeah. So let's take a few moments and just make some notes. What has shifted between now and nine months ago? But I suppose the bottom line question is, how are you getting along with the people in your life? And where are those people is you?

##### **[00:53:44.23] - Caren**

So I'm going to ask you each a question before we take a very short break and then come back. I'm going to ask you to each one of you is a little different, but if you could just write in your book, if you're female, she/who, and if you're male, he/who, Maggie, you're going to say, She who brings, and brings what? One word or a phrase. Just answer. She who brings. Natalie, write down, She who brings. What? Who are you? I am she who brings this. Natalie, I am she who brings this. Jeremy, yours is he who gives. KES, she who carries. Angela, she who knows. Mary, she who creates. And what comes to you as the next words or phrase after that? That you want to move out of this morning, this afternoon, that you want to take with you going forward. Maggie will be she who brings. Natalie, she who brings. Jeremy, he who gives. KES, she who carries. Angela, she who knows. Mary Beth, she who creates.

##### **[00:55:29.23] - Group**

More than one word?

##### **[00:55:32.03] - Caren**

It give me more than one word. Yeah, it can be more than one word. But in other words, it's not a paragraph. But just a phrase. Sum it up. After everything you've written, you see. Who are you now moving forward? Have you got there? All right. Then do you want to stand up for just a minute before we move around, or do you I don't know. I'm fine sitting. I don't know how everybody else is.

##### **[00:56:04.14] - Group**

I could use that.

##### **[00:56:06.06] - Caren**

Okay, so let's take just two or three minutes, and then we'll... You want to just go in the same order we've been going? Does that work? Okay, so we'll start with Maggie then when we come back in just a minute.

##### **[00:56:22.03] - Natalie**

I'm number one.

##### **[00:56:23.15] - Caren**

Oh, you're number one.

##### **[00:56:26.04] - Group**

She's number one.

##### **[00:56:28.05] - Caren**

You're my number one.

##### **[00:56:31.05] - Jeremy**

Don't tell the other kids. Okay, no.

##### **[00:56:34.12] - Mary B.**

She's actually number two.

##### **[00:56:38.02] - Natalie**

It's only a joke because I'm not number one. I'm the second daughter. Hank is the youngest. He gets number one.

##### **[00:56:44.03] - Caren**

No, he doesn't.

##### **[00:56:45.08] - Natalie**

We're all number one in our own way.

##### **[00:56:46.21] - Group**

Always.

##### **[00:56:48.04] - Caren**

She said that like she doesn't believe it, but it's true. Each kid is such a unique-

##### **[00:56:53.14] - Natalie**

No, I have kids now. I don't understand that it's true. Yeah.

##### **[00:56:56.23] - Caren**

Okay, so, Jeremy, I'm going to stop this now.

##### **[00:57:01.24] - Jeremy**

Oh, yeah. Stop.