##### **[00:00:00.00] - Jeremy**

I totally forgot.

##### **[00:00:01.15] - Caren**

Yeah. I just know I want to make sure KES is usually what looks for the recording sign. Okay.

##### **[00:00:09.23] - Group**

That's good, I guess.

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

Yeah.

##### **[00:00:12.09] - Group**

Right back.

##### **[00:00:14.09] - Caren**

You good?

##### **[00:00:15.24] - Group**

Mm-hmm.

##### **[00:00:18.11] - Caren**

It was up probably five times last... Yesterday, I just drank a lot of water, and it was like, the killer is at night. Then every hour and a half, you're up. And it's not just a teaspoon. It's like, I'm peeing. It's a good thing I got up, right? I've been all over the place.

##### **[00:00:38.23] - Group**

I'm glad I woke up. It would have been a problem.

##### **[00:00:41.01] - Caren**

Exactly. Oh, and that's on the recording. Oh, well. You don't need to transcribe that first. That's so offensive.

##### **[00:00:47.04] - Jeremy**

Last night, you'll appreciate this, or you will soon, Jonah called at almost 2:00 in the morning. He's house sitting for a friend of ours. Our phones, I didn't hear my phone. April didn't hear hers. So Rima came to the door, and then the dog is barking, and the lights are on, and what is happening right now? And he had called her. And we think he had a few beers, probably, and he didn't eat anything. He was throwing up. And he was afraid because he had a feeling of I think it was acid reflux. But he had eaten celery, and sometimes he doesn't do well with celery. So he was afraid he was-

##### **[00:01:37.24] - Natalie**

Having an allergic reaction.

##### **[00:01:39.00] - Jeremy**

Yeah.

##### **[00:01:39.18] - Group**

Oh, dear.

##### **[00:01:40.06] - Jeremy**

So it was just like, Okay, so that happened. And then an hour later, it was very windy. The power flashed. So all the lights turn on when the power comes back. Some of the lights do. And one of the lights only has a remote. April can't find the remote. I got to get up and go find the remote. I've got class in five hours.

##### **[00:02:01.14] - Group**

I really want to go back to sleep.

##### **[00:02:03.20] - Jeremy**

It's just like when they were little. It just shifts over time.

##### **[00:02:08.15] - Group**

Yeah. That's a great story.

##### **[00:02:09.22] - Jeremy**

Do I need to go get him? Do I need to go pick them up? What's happening?

##### **[00:02:13.15] - Caren**

Was he ended up being okay?

##### **[00:02:16.10] - Jeremy**

He just wasn't used to...

##### **[00:02:18.06] - Group**

Yeah.

##### **[00:02:18.18] - Caren**

I remember when Hank was in his days, young days, and if he would drink too much, he would heave and his face, remember this, every blood vessel would pop. And so he's trying to make like nothing happened. He was just fine. And you look at his face going, dude, whoa. I'm fine. I know, Mom. I wasn't drinking last night. So It's like... And you know how their eyes get that glassy? But today, he's a responsible, owns his own home. It's not the measure. High school and college are not the measure.

##### **[00:02:59.03] - Caren**

All right. Here we are. Do you need to get something else? Are you good? Everybody's got something. And you feel free to get up if you need to while we're talking. So, Nat.

##### **[00:03:11.03] - Natalie**

Yeah. Do you want me to start with my she who brings, or do you want me to start?

##### **[00:03:15.05] - Caren**

I would like you to tell us what you've gained, what this has been for you, and close with, And I am now. This is your technique, right? I am now she who brings.

##### **[00:03:26.15] - Natalie**

Got it.

##### **[00:03:28.20] - Caren**

Okay. But before you say that, Don't alert me, because I want to get your goodies. Okay.

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

This is interesting. I think it's hard for me to pull apart exactly what was this and what was my life, which is probably the point, right? Over these past eight months, right? I'm really going to miss this. So I'm very conscious of... Because it's been so valuable in so many ways, I'm very conscious of letting it transform, but maintaining this connection to whatever this is because it's been so incredibly important. I think when I was working through what I took away, I think I really like myself for the first time ever in my entire life, you know, I'm just tired and I'm emotional. Really not in a sad way. I just didn't realize what it meant to actually really like me just as I am. I don't know on the personal part of that, too. I think over the same month, over this past time, I've lost 60 pounds. I think becoming happy and just working. On all the levels, I really feel like I just am stepping into who I'm supposed to be and stepping into my power in a way that feels really wonderful.

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

I can't read my own things. And what I have realized as part of that is that it doesn't look like what I thought it looked like. Being who I wanted to be is what I thought that looked like at 35, 30, 25, 15. It's different, and that's okay. I think the other piece of that is that what I've learned is that I really am valuable. That was all I spent in therapy my entire life was addressing that issue. It was not ever feeling valuable or worth loving or worth anything to anybody. As we move through this, keeping it short, even this weekend I just had, I just realized so much that just being me really is valuable, and I really am important, and I matter to people. And me just... How do I say this? Me just showing up and being heal and hold... Healed and whole, is more powerful than anything else. And it was really apparent. I think people were very drawn to me and so fascinated by how happy I am. Sometimes it's like, so me just going through this and being healed and whole, I don't know, I can't say that, is enough and makes a difference and is valuable.

##### **[00:06:47.18] - Natalie**

So me just showing up in life, I don't have to have a job where I'm saving the world. I don't have to be a perfect mother, but I'm just a person that can hold space and be non-judgmental and be safe and be an example of what liking yourself can feel like and really being so clear in my own value. It matters. I'm having an impact that I didn't think... That I thought I had to do things to have. I don't know if that makes sense. Yeah. It just feels really good. Sometimes I'm sitting around, I'm just like, man, I just feel so connected and powerful and awesome. On the same point, I am walking away from a life that I thought I wanted, another version of what success looked like and friendships and community and that. And so there's also a little bit of a loneliness and a loss, a beauty. So it's a full picture. Yeah. That's what I got.

##### **[00:08:10.15] - Caren**

Okay.

##### **[00:08:10.24] - Natalie**

So I'm not to say my-

##### **[00:08:12.16] - Caren**

Okay, don't say it yet.

##### **[00:08:14.21] - Caren**

So that we have time for everybody to do this. Can you just in a sentence share with Natalie what you appreciate about it her in this program?

##### **[00:08:27.18] - Jeremy**

Did you say for her or what she said? For her.

##### **[00:08:31.08] - Caren**

About her or what she said, but just a sentence, just a sentence, because otherwise we won't have time to get to everybody. Just a sentence.

##### **[00:08:42.09] - Mary B.**

Natalie, you have... Here I go. I always cry when I talk to Natalie. I've always thought you were an absolutely beautiful person, but now it's like, for me, you have come this incredibly beautiful soul that I get to have in my life. So thank you. Thank you. Thank you. Recognizing who you really are. That was more than I thought.

##### **[00:09:13.01] - Caren**

That was beautiful. Yes.

##### **[00:09:18.06] - Angela**

I just respect you so deeply and your raw authenticity and beauty, I mean, inside and out. I I was so grateful to have shared this time with you. Thank you.

##### **[00:09:40.11] - KES**

I just want to say thank you so much for just being here and helping us. You said pretty much all the things that I was feeling. You're just being here and being so accepting. At first, I was so unsure of me, and it just feels so good to be accepted by you. I felt accepted, and it felt wonderful. I just honor you and thank you so much for being here and being in this group, and being a teacher. I don't know. I'm not saying the right word, but just being here. Thank you. Thank you so much. Thank you. Thank you.

##### **[00:10:30.16] - Jeremy**

I've wondered why I relate to you so much. And what you just said is why. Because every one of those things I relate to very deeply and personally. And so I'm just so happy to have you... And my family benefits by knowing you. So thank you. You said things that are so foundational, so important. And I just look forward to years and years of being able to be in your presence.

##### **[00:11:08.08] - Angela**

Yeah. So wonderful.

##### **[00:11:11.02] - Natalie**

Thank you, everybody.

##### **[00:11:15.02] - Caren**

Maggie?

##### **[00:11:16.19] - Maggie**

And I would also add, I mean, because everything every one of you said is true for me with you, Nat, that I could just How have you around me every minute of the day. You're just so lovable and wonderful. Your energy is just so very... You're so like me, but so different. For one thing, I always so enjoyed the way you could just bring all of these things that are random, out there, crazy thoughts for me into some organized being.

##### **[00:12:03.07] - Group**

Yes.

##### **[00:12:04.19] - Maggie**

And I found that so incredibly helpful all the time. A lot of the way that you would paraphrase or shorten things would be what I put down in my notes because I thought, yes, that's how I'll remember it. That makes perfect sense. Thank you, Natalie. So thank you. Thank you. Thank you.

##### **[00:12:25.03] - Group**

Thank you. Yeah.

##### **[00:12:25.16] - Natalie**

Thank you, Maggie.

##### **[00:12:27.06] - Caren**

All right, my sweet. So what are we to call you now? She who brings?

##### **[00:12:35.21] - Natalie**

She who brings what is needed.

##### **[00:12:40.12] - Maggie**

Yeah.

##### **[00:12:47.09] - Group**

Yeah.

##### **[00:12:48.12] - Caren**

Natalie, you are officially completed. The Hamsa Meditation Center, Immersionate Teacher Training program. I'm honored to acknowledge you as She who brings what Is needed. She who brings what Is needed.

##### **[00:13:15.07] - Group**

She who brings [inaudible].

##### **[00:13:28.03] - Caren**

Steady at this moment.

##### **[00:13:29.13] - Angela**

That was very powerful.

##### **[00:13:37.05] - Caren**

Thank you. So. Ms. Maggie.

##### **[00:13:56.12] - Maggie**

Can I just back up and tell you my field for just a moment? Yes. Because I realized how much I missed by missing that last 2 hours last weekend as I was listening. And my field on the right was a plowed field with trees around it and had sunflowers. It had corn, it had wheat. It had food and sunflowers, which are also food. So it was just lovely. And it did start out dry and brown, and then it grew in my mind as we were working on it. And my field on the left was Jack and the Beanstock. And it was a beautiful beanstock, and it was a beanstock for me to climb. And it just came and it would not leave. It would not leave. It would not leave. It was just like, oh, yeah, what is your bean meat? It needs a cow down there at the bottom to keep it well-manured and a fire hose to give it lots of water. So I just wanted to share that with you all because it was so immediately, and that little meditation was just so lovely for me. So thank you for that.

##### **[00:15:30.05] - Caren**

Thank you for sharing that, Maggie. It's just so beautiful.

##### **[00:15:38.04] - Maggie**

When I started just probably before this, or I think it was just before this, I went to a silent meditation in Champagne with Agnieszka and my study group, and John Jones led us. I'm almost certain I've told you all this story before, but John will have you sit if you can bear it, even in an uncomfortable way, and then use your pain, what you might feel as things are happening as a message to you, which I'm way into because I love the process work, which is a whole other paradigm. But at any rate, my left leg, and this was before my knee surgery, was just dead. I stretched it out, I mean, in a way that I couldn't feel anything. It was just like... And I wasn't afraid, but the thought that came to my mind immediately was, well, you don't have a leg to stand on. And I realized at that moment that the leg I didn't have to stand on was that I didn't feel this self-importance with my family. As a stepmother, I'm a stepmother. I don't have any natural kids of my own. As an aunt, as a sister, as all these things that I am to my family.

##### **[00:17:13.13] - Maggie**

I found the place... I found the necessity that my family has for me. I finally was able to recognize how much that they love me, and not only how much they love me, but how much they need me. And not in a bad way, not in a way where I feel put upon or exhausted, but in a way that I feel fed. And even to turn that on myself, I guess I can do that. I'm learning to do that. It's not all there yet, but it's a piece. I also found that, how much of this came from the teachings that I had learned over the last 17 years with Kim. The fact that he transitioned on Monday and the fact that all of this just... I don't know. The perfection of it and the magic of it. I'm beginning to really believe in the magic, which is what I will use for my God terminology at this moment. Okay.

##### **[00:18:49.01] - Maggie**

I have found my power, some of my power, my importance and my magic. Those are what I'm going to say.

##### **[00:19:06.03] - Caren**

Oh, Maggie.

##### **[00:19:08.02] - Maggie**

I'm ready to say what I'll bring.

##### **[00:19:15.04] - Caren**

Well, let's let everybody share with you first what they have said about you. Okay?

##### **[00:19:24.12] - Maggie**

Thank you.

##### **[00:19:27.21] - Group**

Maggie, I just I just... Here I go again. I'm just going to say, I see Mary as tears. When I look at you on the Zoom screen and even in person at the retreat, I just see you surrounded in light. You are a beautiful Pisces that is so connected, whether you realize it or not, you are so connected to Source, and I just bask in it. So thank you. Thank you for bringing that.

##### **[00:20:06.18] - Natalie**

I will follow up on that a little bit and just say, I find you so incredibly deep and smart and intelligent. Just all of those things, the things that come out of your mouth and the way that you think about things is so different from how my mind works and I'm just fascinated by what you produce and what you experience. Also on the other side of it, I just also find you so joyful. I just see you as this person who just is herself and is so happy about it, and you are happy and just find joy in every moment in your life, which I have so struggled to do, and I just admire it so much. You just are joy. Being around you just makes you so happy, and I just think it's wonderful.

##### **[00:21:00.02] - KES**

So since I'm still on camera here, when I first met you, we both said, oh, you're so different than what I thought you were going to be. But I felt the magic. I felt how magical it was to be around you and the joy that you bring. You were just so bubbly and happy, and it was so much fun to get to know you in person. There's something about being in person, too. And I just, like Natalie said, the way that you speak your truth and how it's so different than what I would say, but it's so rich at the same time. It's just so wonderful. Thank you.

##### **[00:21:59.06] - Maggie**

Thanks. Thank you, KES.

##### **[00:22:02.13] - Jeremy**

When I think of you, the first word that comes to mind is delight. I just feel delight. And then when you said magic, that's the other word. Because I think of you, you talked about taking walks, and I just picture you taking this peaceful, magical walk every day, and you're just with yourself, and you're comfortable with yourself. You're comfortable with the wind swirling around you. And you're just delightful, and brilliant, and magical. And it's just been such a pleasure to get to know you, and I hope to continue to get to know you better.

##### **[00:22:42.18] - Maggie**

Oh, me too, Jeremy. Yeah. Thank you.

##### **[00:22:47.16] - Angela**

Yeah, Maggie, you just... You touch my heart in so many ways, and you're just funny. I mean, you just made me laugh so many times, and I just appreciate it. And Yeah. You're making me laugh now, which is good. So that's that bubbly and happy. And thank you so much. And you have great hugs, too. Everybody here does. Thank you, Maggie.

##### **[00:23:22.18] - Maggie**

Thank you.

##### **[00:23:23.17] - Angela**

So glad to meet in person.

##### **[00:23:26.02] - Caren**

Yes. So, Maggie, I'm going to come up to the camera here. It looks like I'm looking at you. You're actually over there on the screen. Would you tell us, you are she who brings...

##### **[00:23:40.19] - Maggie**

I am she who brings the magic.

##### **[00:23:43.16] - Group**

Awe. Beautiful.

##### **[00:23:52.07] - Caren**

I'm just so moved. Ms. She, who brings the magic. In the mail is this and your diploma acknowledging that you have officially completed the program and you are certified to be a meditation teacher, which feels so little compared to the magic. So our blessings from all of us as you go forward as she who brings the magic.

##### **[00:24:26.21] - Group**

That's beautiful. It's beautiful.

##### **[00:24:29.23] - Caren**

But if you were here, I kiss you on your forehead.

##### **[00:24:36.06] - Group**

Yes.

##### **[00:24:38.03] - Caren**

Oh, thank you. Thank you, thank you, Maggie.

##### **[00:24:41.06] - Maggie**

Thank you, Caren.

##### **[00:24:43.14] - Angela**

My heart is just flopping.

##### **[00:24:48.02] - Group**

Oh, it feels so good.

##### **[00:24:49.19] - Caren**

Do we love us? Oh, my gosh.

##### **[00:24:52.23] - Group**

Between us, yeah.

##### **[00:24:54.16] - Caren**

Okay. Maggie's is on its way. So it's KES.

##### **[00:25:03.07] - Mary B.**

Okay, KES, I'll start.

##### **[00:25:05.03] - Group**

No, no, no. That was great. She's not going to have to jump in before crying. Don't worry. It's okay. She's good. I appreciate your tears. I love it there. Yes, we do.

##### **[00:25:20.17] - KES**

Okay. So during this, I feel like I have learned to be way more gentle with myself and way more accepting of who I am and where I'm at and how I am with myself and in my life. And I have struggled with feeling worthy all my life and I feel that I've learned to give myself worth and to accept that I have worth. And it's just been so enlightening to be in this group and just to feel so much acceptance. I just want to just live on a commune where we all can live together. We can come together for meals. I really like the RAIN technique. I've been using a lot in my life and the nurture. And I've learned how to meditate. I've learned to actually meditate and enjoy meditating instead of thinking it was a chore or putting it off. And I can meditate for longer times, longer periods. And I'm not trying to change, mainly my stepdaughter, so much. I learned to just accept her as she is. I also am a stepmom, and it feels like a thankless job, but I'm learning to be okay. And I still really want to help her, but she still doesn't want it. So that roller coaster, tight rope, whatever. But I'm I'm learning not to be so judgmental. I'm really learning to just accept what is, accept things as they are. And my little voice is like, But don't let Trump be President!

##### **[00:27:43.05] - Group**

Never again! [inaudible].

##### **[00:27:53.04] - KES**

And I'm feeling more comfortable in myself and with myself, and I'm loving myself way more. And allowing myself to be me and allowing... And I've been feeling like I used to care so much about what other people think, and that's lessened. The more I meditate and feel connected, and I like to say centered, I feel more whole in this whole experience. I just feel like I've been more whole, and I'm learning to trust myself better. All the time. And so then I'm ready. And minus three words.

##### **[00:28:37.09] - Caren**

That's okay. That was so beautiful to hear. It was so beautiful here. Thanks.

##### **[00:28:44.07] - Angela**

KES, that's what I love about you. You're so open and okay with telling us how you feel and what you're learning about yourself. It's just It's beautiful. I thank you because so many of the things you say, I totally identify with. I really do. I see the courage, and you've had so much courage to share.

##### **[00:29:15.13] - KES**

Thank you.

##### **[00:29:18.20] - Group**

And, KES, I believe I'm going to make it through. So see, I'm growing, too, even as we go through this. You delight me. You just delight me. No, I can't make it. You delight me. And to watch the growth of your self-confidence. It's just like, monthly, weekly. I watched it grow. I just respect you so much, and there is no one I know that has more compassion than you do. So thank you. And here, I'll dry my tears again.

##### **[00:30:03.21] - KES**

Thank you. Thank you.

##### **[00:30:04.11] - Group**

Bless your heart. Thank you. Yeah. Yes.

##### **[00:30:12.08] - Angela**

Excuse me.

##### **[00:30:13.20] - Jeremy**

You and I move through the world in a different way. We have our own ways and means and methods. And I just so appreciate that getting to know you at the heart of everything you do is compassion and kindness. No matter what the methods are, it's always rooted in that. It's beautiful. Thank you.

##### **[00:30:41.23] - Natalie**

Maggie do you want to go?

##### **[00:30:44.01] - Maggie**

Yes. Before we met in person KES, I kept saying, She's the other Pisces, right? Even though it was Tammy. I was just like, yeah, KES is the other Pisces because she thinks like I do. She's like, water. And then I thought, oh, no, are you Virgo? Anyway, maybe it's the Virgo rising. I have a Virgo rising And so I just thought, She's someone I know. I know she's someone I know. And then when I saw you in person in the flesh, I was like, Oh, no, I didn't know her at all. I really have to get to know her. Like a person in it. And you were the only one that struck me that way. I still can't quite explain it, but I loved it. I love it. I love all the ways that you are. To me, I guess you have... I see some multiplicity or something that I just really love. It's just so beautiful. And it's just so me, too. I guess that's where I relate to you. And that may not be true for you, but it's just what I see. And I don't mean it in any bad way at all.

##### **[00:32:10.23] - Maggie**

I mean it in like, yeah, isn't it fun to embrace all that shit? It's just crazy, isn't it?

##### **[00:32:18.13] - KES**

Yes. Thank you.

##### **[00:32:20.11] - Maggie**

Instead of criticizing your own inability to want to just... I don't know. And I may be totally off, but it just feels to me like you see things a lot in the way I do.

##### **[00:32:35.13] - KES**

Well, thanks. Thank you very much. That's good. Thanks.

##### **[00:32:40.18] - Natalie**

I'm going to echo a lot of what other people have said. I have just found your willingness to be so who you are and so vulnerable, so impressive and helpful, because so many of the things that you say out loud are things It's the way I'm thinking, and it's my internal monologue, and I'm just not able to be that open or that vulnerable. And watching you just do it has created a safe space around that, I think, for me, speaking on my own, but I think for all of us as well. And I just find that to be an incredibly beautiful quality of who you are. And I just feel very lucky to have gotten to know you in this process.

##### **[00:33:26.09] - KES**

Thank you so much. Thanks Nat. I need to go Thank you, guys. Thank you. Thank you. I'll move.

##### **[00:33:35.12] - Caren**

No, I'm going to go. I'll go over there. You're fine right there.

##### **[00:33:38.20] - Group**

Is it? No. Okay.

##### **[00:33:45.05] - Caren**

All right. So. Maggie, can you see her?

##### **[00:33:47.03] - KES**

I am...

##### **[00:33:49.18] - Maggie**

Yes.

##### **[00:33:51.02] - KES**

Okay. I am she who carries love and compassion and wisdom to know ourselves.

##### **[00:34:00.01] - Caren**

She who carries love and compassion, which did you hear? That's what people said. And do you remember the very beginning, the retreat where Eric... We had to move things around. And your first concern was, Is he going to be okay? You were thinking about the other person, and I was so struck by your open-hearted recognition of another person's experience. And it was beautiful. Most people wouldn't have done that at all. And so I find it so beautiful to see that people recognize that part of you that feels so much compassion. So she who brings love, compassion, and wisdom to know ourselves. Okay. To she who carries love and compassion and wisdom to know ourselves. May you know yourself. So. And here you go. This is your diploma. This is your gift as a teacher. And may you go forward and remember. Thank you.

##### **[00:35:27.21] - KES**

Thank you. Thank you, everybody. Thanks.

##### **[00:35:33.15] - Caren**

And I'm going to just keep in here and just for a moment, Maggie will see my butt.

##### **[00:35:39.04] - KES**

Thank you so much. I'm so glad I did this.

##### **[00:35:53.22] - Caren**

I am, too. Are we good to keep going?

##### **[00:35:55.14] - Group**

Yeah.

##### **[00:35:56.24] - Caren**

Okay. So I believe, Jeremy, you're next.

##### **[00:36:01.24] - Jeremy**

It's me. I don't know how to capture all of it in a moment, but I'm going to try. So for me, I started in turmoil, but I had a ton of clarity that this is where I'm supposed to be. I just knew that, but I didn't really know what the outcome would be. It was just like... I also didn't know how at that time to surrender to life. I had to control everything. And so I had lost my job. I had gone to the retreat in the summer. So I think the retreat was the clarity. Okay, there is something here, and I'm finding a lot of things. But by the time I started, part of what I was trying to do was control where I was going, which we talked about. I want to build a business, where I'm teaching people to be mindful, and, this is part of that, and I'll be certified. And Caren, is it okay if I teach mindfulness? And all these things that I was trying to lay my own path out, because that's what I've always done. But what I've learned, the Surrender book was a turning point that I can let life unfold, and I can choose.

##### **[00:37:21.24] - Jeremy**

I can choose to either follow the path, or I can choose to try to control everything and watch it not work, because it does not work. I've got to steer back here. Some of the big things I learned, I used to talk about, there was one day, it was 10 years ago. We were driving down I-5 to go visit April's mom And there's a grove of trees, and it's very murky. It was a little foggy. You know how it gets in the lowlands there? I said to her, I feel no magic anymore. I look at it and it looks flat to me. When we used to visualize beauty. I could not find beautiful things in my head, before. Just couldn't find them. I feel like the world is not beautiful. I've seen everything a million times. Diamonds aren't beautiful. Gold is not beautiful. And I could not find the magic. And the world felt very flat. And so through this, I found joy. I could never understand the difference between joy and contentment. And I could only ever find joy. It's so hard as a parent because people will say, well, you've got to find joy in your kids.

##### **[00:38:42.02] - Jeremy**

The truth is, I sort of did, but it wasn't joy. So all of this, again, it's so much. I have transformed incredibly from where I was, everything from needing to control things, valuing myself, because when I was asked, I remember where it was, but my answer, what could I identify inside of me? And the only phrase that came up was not enough. I have always felt that way until now. I don't feel that way.

##### **[00:39:24.19] - Jeremy**

I learned how to mourn this year, but also that there's true joy on the other side of that. I didn't know how to do that before. I didn't know that I was using so many things like humor to run away. I learned that. Skipping to the good stuff. I just learned this this week. One of the things I was afraid of doing this path, really, is I don't want to be a pacifist. I don't have the desire to be passive about everything. If someone's attacking my family, I just let them do it because I'm passive. I don't want that. But I also couldn't find how to not be that without going the other way, being angry, and then, most importantly, internally hanging on to that. This week, my boss said something, and I responded to him very directly like, no, that is absolutely not true, which I would not have done as a people pleaser before. But I've learned how I can stand up for the thing that needs to be said without worrying that I'm not pleasing him or worrying what he's going to think, or torturing myself about disappointing someone. I still do it, but not...

##### **[00:41:07.03] - Jeremy**

The recovery period is much faster, and I'm aware that it's happening. So the more I do it, the internal struggle the better I get. The shorter the period, the less it is intense. I know I'm wandering a little bit. What Nat said about my health, or her health, I'm having the same thing. My health, my whole life, I've struggled with weight and all that stuff since my earliest memories. And the way I always approach it, Caren, I once said to you, it's like I'm standing on the top of a sphere. The sphere is always moving. When I find the place to lose weight, I've balanced the sphere, and it's just holding there and all the time shaking. I can do it, I can do it, I can do it, and then I fall off. It reminds me of alcoholism. If I could just get through this hour, I will be okay. And I have journals of this. This time, I'm not eating sugars and grains and whatever. There is no struggle. I'm just choosing. And it's not a matter of controlling. That's different. And I didn't consciously change any of these things. That's what's most amazing, is I didn't go into this with the goal of, I'll learn how to let go, and I'll I'm not going to learn how to do these things.

##### **[00:42:31.06] - Jeremy**

I didn't know what I was going to learn. And then Caren makes me stop talking for 10 days. I did not know I was going to learn that. In the journal, you saw it. There was little bits of anger. There was a moment where I said, I don't want someone... She saw me post my mom's passing, and she asked, I'd said this before, How are you doing? I said, I'm doing great. And within 30 seconds, she had me destroyed in the best possible way, sitting in front of her. I wrote in my journal, I don't want someone to have that power for me because I was still holding and controlling and thinking, you're doing this to me. And that process let me know I'm doing it to me. No one is doing anything to me. I'm doing it. There's so much more. The health I can't even begin to... It has been the torture of my life, and I have this confidence now that I'm... This is just the next chapter, and there is no struggle. There's no strain. It's remarkable for me. The last thing, there's so many more, but the last thing is, I don't know where this came from, but my whole life, I've always wanted to sit in this council of women because I have a hard time relating to men, quite frankly. Very few. I have very few friends, and I don't do the things that men are supposed to do.

##### **[00:44:17.15] - Jeremy**

I'm saying that as in a very broad stereotype, which I know is not real, but I don't do those things. I always related to women more, and... This experience has been a thing that I feel like I was supposed to do, but also the greatest honor of maybe my life to sit in this group of women and their wisdom. I also love the fact that it is not age. It's not age related. It's not that you've gone through menopause and now you're peaceful, which is what I used to think it was. This council of wise women... I'm just so grateful for it because I've also learned how to be comfortable as me, that I don't have to sit in a council of women to have wisdom and joy and all these things. I learned I can now conjure joy, which I could not do, which I learned. I learned it by watching you. I learned because I can see myself in the reflection of each of you. I can see it. And I was like, oh, that's what joy is. And it doesn't require a glass of bourbon to get there. And it did before, and it was a semblance of joy.

##### **[00:45:58.02] - Jeremy**

Like, oh, this is being present with this substance. And I do feel, I think this is joy. I'm going to go with it because it's all I've got. The last thing I'll say is, I was having a conversation with the song of memory, and that person said, her experience has been... She used to be afraid of losing the highs and losing the lows. When you're a equanimous, you're just in the middle. And she had come to be at peace with, I like being in the middle. But for me, it's not that. My experience has been the middle has raised. The highs are actually higher than being high on alcohol, mostly. They're higher than that. And the lows are not as deep, and they don't last as long, which is new in my life. I've been depressed most of my adult life for a long time. I mean, significant, bad, dark places. I know about dark places. I don't feel that. I'm always capable of it. It's always there. But my highs are longer and more sustained, and I could choose to go there. I could not choose before. I could not. As a verbal processor, I could go on for three hours.

##### **[00:47:27.23] - Jeremy**

I mean that in sincerity. It sounds like a joke, but I'm serious. My life has transformed in the most foundational ways. And I said the last thing I would say, but I love that the birth analogy is so beautiful to me. I never thought of it. But when you're in the eighth month, you're both, especially the person carrying the child. She is so ready to have this out of her. And so excited to have this new life, but also terrified because it means I have to do it. And that's how I feel now. It's this excitement of we're here and it's so scary, but also I want to graduate and move on and do whatever the life unfolds next. It's also very scary. But like with children, yeah, it's scary, but it's the most joyful, scary you can have. You get to bring that to other people. So thank you.

##### **[00:48:39.10] - Caren**

Thank you, Jeremy. That was beautiful. Okay, but let's hear from everybody before you let us know. You are he who gives.

##### **[00:48:46.17] - Mary B.**

I can't even start talking before I start. You are an adult, and you are like the age of my children. I didn't have a son, but I would like it to be you.

##### **[00:49:11.18] - Group**

I have [inaudible]. Oh, How it's precious.

##### **[00:49:18.24] - Mary B.**

Your vulnerability and your courage, and my God, the total transformation, including physically, Jeremy. It has been such a deep joy to watch. I feel so honored to have been witness to it and to have been one of the counsel of wise women. I say that. You don't go off with all the jokes now, but your jokes are still wonderful when they do come. And I so appreciate your humor. I honor the fact that you were using it to separate yourself from an uncomfortable situation or a position or whatever a moment. But I do love the humor, so I will just be here loving you.

##### **[00:50:25.16] - Jeremy**

Thank you.

##### **[00:50:27.11] - Angela**

Oh, Jeremy. You're such a gift to this group. I mean, beyond... You have so much wisdom. To see the process that you've gone through and you share it with us. You're so articulate, and you just have a wonderful way of helping people understand. I just I think that's just it. I thank you so much for trusting and being okay to share that with us. You've really helped me a lot with things that you've said. I mean, everybody, I don't want to make it, but there's just something really, really special there that you have. There's a gift there, and I can just feel it. So I thank you.

##### **[00:51:32.17] - Natalie**

Maggie, do you want to go?

##### **[00:51:37.24] - Maggie**

I think you go first. It's okay. Or KES.

##### **[00:51:43.11] - Caren**

Yes. [inaudible].

##### **[00:51:47.15] - KES**

Well, Jeremy, I just so appreciate you. And there's some kindred spirit, and I just feel like playful puppies.

##### **[00:51:55.13] - Group**

You love it.

##### **[00:51:57.21] - KES**

And I totally love your sense of humor. Yes. Working in health care, it's what we do to comfort ourselves. You laugh about people, bad things happening. It's MASH humor. But you have grown so much and things that you have brought to us to know and appreciate, and you're not talking for 10 days and your mom passing. It's just these are just such hard things. I think about it when I think about my body, sometimes I think about you saying, well, I can't even feel my body. But I think you've really learned how to feel and your articulateness. I said non-articulately. [inaudible]. But thank you. Thank you so much for being here and being the male, holding the male energy Yes. Holding the male energy. Yes. And just being just a gem, just beautiful light. Yes.

##### **[00:53:22.23] - Jeremy**

Thank you. The puppies.

##### **[00:53:29.09] - Natalie**

Oh, I could probably talk about you for quite some time as well. I'm going to try to keep it. I feel so lucky. I feel so lucky to know you and to be cared about by you and to have been included in your life in a way. I have so much respect for you as a human being, as a man, as a meditator, as a I've had all of these pieces of you, and you're just cool. You play music. You're friendly. You're just this awesome guy. I just feel so lucky to be a person that you choose. I agree. I think there are so many similarities, which was always a surprise to me because you see people that you respect and think are so wonderful having the same experiences or feelings you do. And so watching you be who you are and become who you became was so powerful for me. And I just really love you a whole lot. I think it's your turn, Maggie.

##### **[00:54:59.17] - Maggie**

Okay. Okay. Jeremy, can you lean forward so I can see your face?

##### **[00:55:05.13] - Group**

There you are.

##### **[00:55:07.15] - Maggie**

Oh, that's better. That's better. Thank you. As I'm thinking, preparing, because I'm always in that mode when everybody's making comments that I resonate with. I keep seeing you in your room with the guitars hung up behind you. And I just always felt like, oh, God, we got a rock star. He's just got a rock and roll heart. Look at his guitars. He's a music man. And then they sent me that video from your pizza party, which I so wish I could be at, and I loved it so much. And I just felt so kindred with you. And it started from the music but it also started with being able to say shit. Like, Shit, literally, shit. Because you made me feel at ease almost right away with just my natural way of being in my natural way of saying things. And you gave me that right away. I got it from others as well. But from you, it just came right away. And I don't even remember what it was, but it was just different comments you made. And maybe it was because you could crack jokes. And I love that. I just am a joke cracker myself.

##### **[00:56:40.15] - Maggie**

And then meeting you in person was even the top of the... And that April is your wife. It's just like, oh, it's a power couple. They're so fabulous. And I love that. And I love you guys. You're just been, and I hope to know you for many years.

##### **[00:56:59.24] - Jeremy**

Thank you.

##### **[00:57:02.06] - Maggie**

So thank you.

##### **[00:57:04.02] - Jeremy**

Thank you.

##### **[00:57:05.21] - Maggie**

And my companion in pizza making, because I love to do that. Sourdough.

##### **[00:57:14.11] - Caren**

Gosh, we need to have a retreat with a kitchen.

##### **[00:57:17.17] - Jeremy**

Yeah. Yeah, there we go.

##### **[00:57:21.22] - Caren**

So would you like to share with us, you are he who gives...

##### **[00:57:26.09] - Jeremy**

I want to make sure I get it right. I am he who gives kindness to myself and all others.

##### **[00:57:36.21] - Caren**

That's not a small thing.

##### **[00:57:40.18] - Angela**

No.

##### **[00:57:42.23] - Caren**

Here we go. To he who gives kindness to himself and all others. I officially award you the certification of completion of this incredible program. I am honored and excited. I don't have the word. The little word is to watch, but it's more than that. It's to enfold you as you move forward with this gift that you are bringing to other men and women and children on the planet. Thank you, sweetheart. Thank you.

##### **[00:58:29.05] - Caren**

Now. We have now, She who brings me who brings what is needed, she who brings the magic, she who carries love, confession, and wisdom to know oneself, and he who gives kindness to himself and to all others. So next, next in our circle is Ms. Angela.

##### **[00:59:22.22] - Angela**

Okay. Well, I have to tell you all, to be totally honest, that I did spend some time last night thinking about these things, and I made some notes ahead.

##### **[00:59:38.16] - Caren**

Well done, Gemini.

##### **[00:59:42.16] - Angela**

There's just so much, just like Jeremy said, how can you possibly bring it all into... But anyway, so I wasn't sure I would do this program, as you've heard me say before, and it's been the best thing I've ever done for myself, and I'm so happy that I did, especially because all my life, I feel there's been this underlying longing for companionship with people in these ways because it's always been within me, and I've always known it. I've not always nourished it. I was a wild kid. I did crazy things for a long time, part of my life. But always there, I knew through that time that there was a high I. I was part of a higher way of knowing. Just as everyone is, but I wanted to know more about that. I've been on a journey on my own, even prior to learning to meditate, but I knew that meditation could be the way in, I think, to really discover more. Through this program, and all that I just said, I didn't write down, actually. I can't believe it.

##### **[01:01:14.15] - Group**

I just want you to know. [laughter]

##### **[01:01:18.07] - Angela**

I was looking down and going, oh, okay, though. Anyway. I think the most significant and amazing part for me is It's just been this unity with all of you and the treasures and the wisdom and all of your teaching and your knowledge. Then everybody else has part of it, too, and have given me so much. I've learned that meditation is essential for my well-being, and it's... And I love it, just like you said. I've grown to love it more and to crave it. But before this class, most of it was more I remember a lot of it was intellectual knowing, but it didn't have the depth, but I feel it's so much more deeper in my being now. And I just recognize the necessity of having this time spent in quiet and stillness and then also in relationship, because I don't see how it can grow. I don't see how I can grow more without having it in relationship with others. I don't know where that's going to go in my life going forward. I just know that when I look outside of this group, and I don't have anything else like that.

##### **[01:03:03.13] - Angela**

Although I try to have this approach when I am out, try to be compassionate and understanding. Attuning to these higher teachings and this higher awareness within myself, it's just helped me understand so many more things about life and people and just the bigger picture. We're here for this reason to grow this and grow our garden. It's given me just a deeper reverence for all the teachers, the sages, like we say in our invocation, and our saints, and the ascended masters, and the archangels and however you want to, however you, anyone approaches that part of themselves. It's brought tremendous gratitude for that because you just I mean, I don't think I could know it without help. That's what I've really learned, actually, when I say that now, I realize is that I'm still having trouble understanding my Ishta or what that's about because I've never... Well, I've always felt like I've had help all along, but I didn't really know exactly what that is. But I mean, I relate to it as God. But... Anyway, so that's... I just feel... And then in my life, outside of this, I'm less reactive to disturbances, and I'm less afraid of the unknown.

##### **[01:05:01.13] - Angela**

And that's what's really been great, is just to be less afraid and know that we're supported. That's just been huge. Every day, I wake up now and I try. I don't always remember, but when I catch myself, I remember to just be grateful for another chance to stay in joy. Stay in that presence of peace, if I can. It's not always there. I have to say, it's not all the time. But anyway, so that's my, what do you call it? Story. Thank you. Because this is what you've given. So thank you. And all of Thank you. I don't have to use these anymore.

##### **[01:06:05.15] - Caren**

Can we share our appreciation for Angela?

##### **[01:06:10.14] - Mary B.**

I'll start, and I think I'm going to make it through.

##### **[01:06:13.18] - Group**

Angela, you want to-[inaudible]

##### **[01:06:14.03] - Caren**

I don't know why you say that.

##### **[01:06:16.13] - Mary B.**

That's the reason I can't teach, Caren.

##### **[01:06:21.23] - Group**

She'd be bawling the whole time. So? I know. It's really not a best take. I remember that [inaudible]. I remember that, Mary.

##### **[01:06:28.15] - Mary B.**

Anyway, Angela, You are my inspiration. Here we go. You have been. Stop it here. You have been a spiritual buddy for a long time between the sangha, and we both like astrology, and we both like Deva Pramal, and music, and those things. We've been spiritual buddies for a long time, and also Course of Miracles is big for both of us. I think we're both Bakhti yogis, and so we have that in common. I have watched your confidence grow so much. And not only That your attitude has changed so much, and you are so much more positive to the point where... I don't feel that positive all the time, but I can be in that new, new, new place. Then I think, Angela. I know Angela sees it differently. I want to see it more like Angela.

##### **[01:07:57.10] - Angela**

Oh, my goodness. Thank you.

##### **[01:08:00.22] - Mary B.**

So thank you.

##### **[01:08:02.06] - Angela**

Thank you, Mary.

##### **[01:08:06.07] - Mary B.**

Besides, I just love you, friend.

##### **[01:08:08.02] - Angela**

I love you, too.

##### **[01:08:12.06] - Jeremy**

I was trying to figure out how long I've known you? Because it's been a long time, I think, right?

##### **[01:08:18.21] - Angela**

Yeah, I think so. I don't know either anymore.

##### **[01:08:21.24] - Jeremy**

Yeah, it all blends together. Yeah. But I remember the beginning of this training and Caren's rule, one of the very few times she has a rule, and it was no, we don't say we're sorry here. It was such a struggle for you. I'll keep this really short, but April went through when she first left her ex-husband. She was in a trauma state, and she would apologize for everything around. I'm sorry, I'm sorry, I'm sorry. She was on the ground picking things up. I'm sorry, I'm sorry. And her brother are looking at her like, What are you doing? But it was a conditioned... So for you, I've seen you grow from this person whose nature has become through nurture, to walk through apologizing for anything. And the rest of us thinking, you don't need to apologize for any of that. And then you I learned how to not do that. And it's been just getting to know you. And you came up to me one time and you said, I hope I didn't offend you for something. I don't actually remember what it was. I was like, Oh, my God. She's such a sensitive soul in that sensitivity in the best possible way.

##### **[01:09:55.18] - Jeremy**

This is not you're being sensitive. You are sensitive, and you learned to apologize for that sensitivity probably a long time ago. Do not apologize for that sensitivity. The confidence that you've built is unbelievable, and it's merited. You just have so much to offer, and you're such a kind person. Kindness is my Ishta. You embody kindness, so thank you.

##### **[01:10:28.05] - Angela**

Thanks Jeremy.

##### **[01:10:33.19] - Caren**

Maggie, I think it's you next. You don't see it, but you're in our circle. We are literally a circle because you're like this big in the room.

##### **[01:10:43.14] - Maggie**

I feel like I'm on one of those little droid stands. Maybe I have hands. Angela, I concur with everything that's been said and I have to say every time that you were so prepared with all of your homework done, and then Caren was giving us all those tests in the beginning, and the test being the, well, how did you handle this? And you were like, you and Mary B. Like, well, I stayed up all night doing this, and I got it all done. And you're going, what are we supposed to do?

##### **[01:11:30.02] - Angela**

That's what I loved about you.

##### **[01:11:35.02] - Maggie**

Oh, shit. I know. I just put it out, but it just made me see how different and how beautiful you are and how dedicated you are to what we're doing here. Not everybody enjoys or is comfortable with flying by the seat of their pants like I do. I guess I would do something else if I could, but I don't ever seem to be able to, but. It makes a beautiful, beautiful practice. I see this in Asana teachers all the time. They're the ones who just come in and do whatever that comes from the Ether. There are the ones who come with notes and they know exactly what poses they're going to do and how they're going to get that. I have to compare it to Asana. I'm sorry, I don't have any other method. But you're that prepared person, and I love that. I love that about you. I love your preparedness, and I love your sweetness and kindness. And also seeing you, just like everyone in person, was just... Amazing. So thank you.

##### **[01:13:04.01] - Angela**

Thanks, Maggie.

##### **[01:13:05.10] - Natalie**

I could also say a lot of things. I truly adore you. And I think I didn't know you very well when we started this, like peripherally, right? You've been around. And then in the beginning, it would just continue to amaze me how genuinely kind you were and genuinely interested in me and you cared. I really like, if I think of you, that feeling of just that absolute love and safety and just when I see you, it's like, you're excited to see me every time, every single time. And you remember what's going on in my life. And you care. You've just been this wonderful source of just love, no matter what is happening here with me. That is such a beautiful gift that I truly, truly appreciate. It meant so much to me. There is the piece of you, too, that is so thorough and deep, and the preparedness is a piece of it. But also I feel like we're having these conversations that it's this, and then you just off-hand, and what about this? You come up with this incredible insight that is so fascinating to me. I just think from that emotional side to that intellectual side, it's such a powerful combination.

##### **[01:14:26.14] - Natalie**

You provide so much value to me personally, and I think for this group as well. And I just... That feeling of you, like Angela. That's just what I think of. I love you. It's like, Thank you. It's the best. And it's just a gift to be a person like that that could just make me feel that way, just by being you.

##### **[01:14:48.12] - Angela**

Thanks. You guys are so wonderful.

##### **[01:14:53.21] - Group**

Wow. You need that?

##### **[01:14:56.16] - Angela**

I got it.

##### **[01:15:00.02] - KES**

Well, Angela, I haven't known you very long. I think the beginning of this training. I just really love you. I think you're just wonderful. I'm so glad we've gotten to meet and gotten to be together. And yeah. You're always so prepared, and it seems like you're so together, and that you've got so many insights and wisdom. And when you said you were a wild child, I was like, really?

##### **[01:15:35.15] - Group**

Oh, yeah. I know.

##### **[01:15:36.19] - KES**

There's no way.

##### **[01:15:38.07] - Angela**

You have no idea.

##### **[01:15:39.16] - Group**

I want to know. We're going to have an Angela night.

##### **[01:15:44.17] - KES**

I want to know. I forgive you.

##### **[01:15:48.06] - Angela**

I've had to forgive myself for a lot.

##### **[01:15:51.03] - KES**

You just seem so calm and put together. I just... Together. I can't think of another word, but calm and peaceful and kind. Definitely kind is something that I feel. I just really want to get to know you more.

##### **[01:16:16.13] - Angela**

Yes. We will. Yes.

##### **[01:16:20.18] - KES**

I want to learn astrology from you guys.

##### **[01:16:23.09] - Mary B.**

Angela has something to share at the end after we're all done.

##### **[01:16:26.22] - Caren**

Okay, let's get this completely through.

##### **[01:16:29.23] - Mary B.**

I'll be quiet.

##### **[01:16:30.20] - Group**

[Inaudible].

##### **[01:16:31.12] - Caren**

But so Angela. Wow.

##### **[01:16:34.21] - Angela**

You guys I've have never experienced anything like this before.

##### **[01:16:42.12] - Caren**

And so, Angela, now you are she who knows what?

##### **[01:16:47.16] - Angela**

Oh, my goodness. No one should know. Well, I have to tell the truth again because I wrote more than one thing, but I'll just go with what I ended up with. She who knows joy and acceptance for herself.

##### **[01:17:16.15] - Caren**

That's big. So this is for she who knows joy and acceptance for herself. What a gift. What a gift. This is your acknowledgement in physical form of what we've all experienced as a sangha, which is that you have completed and fulfilled all of the soul growth requirements in addition to the physical logistical requirements of completion of this program. I'm honored to have you as one of our graduates. No matter how you, take your time, however you want to show up in the world, that's not the issue today. The issue is that you have been completed and grown in the program. I'm honored to call you a graduate student. Thank you. She who knows joy and acceptance of herself.

##### **[01:18:26.09] - Angela**

Thank you.

##### **[01:18:30.00] - Group**

Plus she smells really good.

##### **[01:18:38.12] - Caren**

You smell good, too.

##### **[01:18:40.05] - Angela**

Thank you. Oh, my gosh, guys. Oh, wow.

##### **[01:18:45.02] - Caren**

We are running a little over. Does anybody do need to-

##### **[01:18:48.21] - Natalie**

I'm just texting Ms. Ellie.

##### **[01:18:51.05] - Caren**

Okay, yeah. Just let everybody know that if anybody needs to text anybody. Is that okay Nat? Okay.

##### **[01:19:02.03] - Natalie**

Yeah. That's why we got a babysitter.

##### **[01:19:05.16] - Caren**

So Mary Beth, Gregory, what have you gained, learned, grown through this program?

##### **[01:19:15.24] - Group**

Well, there are so many things. Okay. But I'm just going to hit a few of the high points. I would say I have my, I know Kriyananda and David always say, How are you getting along with the people in your life? And probably about the same, but I'd say I'm more authentic with my husband than I have ever been. I'm always astounded at his response because it's accepting. And that... That's a real deepening. And I also find myself more accepting of my faults. And I'm having gentler self-talk than I used to have. And a lot of the techniques that we've used, I'm able to use them in the moment, and I remember to go to them. And that has just been such a gift, even though I have learned a lot of them through the time, but we haven't delved into them deeply. And that has been wonderful. And remembering that everyone is doing the best they can. From the forgiveness. And that comes up a lot. I don't think I shared it with the group, and I'm not going to go into it because it would take a while. But also for me at this particular time in my life, I'm going to be 75, and my body is having to have things replaced just because they're worn out.

##### **[01:21:17.18] - Mary B.**

I have been feeling... I've always been very strong physically and able to do things and had lots of energy to do anything I wanted and go for it. I haven't had that this year. Looking forward in my life, I've been saying, Okay, where do I go from here? How do I be of service on the planet? And having a hard time because I have generally been of service on the planet, physically. And what can I do for you? How can I help you? And I'm not physically able to do that right now. That doesn't mean I can't later, but not right now. I can't. And I had an amazing dream. It was a life-changing dream. And I'm not going to share it. I'll be happy to share it later, but we're running over. But out of it came the message that came from the dream was being love is enough. And I could be in a wheelchair and be love. I could... Whatever. I could whatever. I could still be love. And that is the service I could bring to the planet. So that has been, excuse me, that has been transformative for me.

##### **[01:23:04.07] - Mary B.**

And so that's it. That's all I got. I mean, I've got way more, but I'm like, Jeremy, I could talk for 13 hours.

##### **[01:23:20.20] - Caren**

That was big.

##### **[01:23:22.08] - Mary B.**

And someday I would like to share the dream because it was magnificent. But being love is enough.

##### **[01:23:34.06] - Caren**

Being.

##### **[01:23:35.12] - Group**

Being.

##### **[01:23:36.13] - Mary B.**

It's about being, not doing. Yeah.

##### **[01:23:38.24] - Group**

I love that being.

##### **[01:23:41.12] - Caren**

So before you share with us, You are she who creates. Can we take a moment to share with Mary B.?

##### **[01:23:52.12] - Group**

We can start. Me first.

##### **[01:23:56.23] - Mary B.**

Okay, Jeremy, here.

##### **[01:23:58.23] - Group**

Yeah. Yeah. I'm crying with Mary.

##### **[01:24:02.14] - Jeremy**

At the retreat, you heard me say, going through losing my mom. Caren taught me how to move through that. I said part of the comfort was seeing you because you remind me of my mom in some way. And you asked me, how? Basically, to me, you were asking, what have I done for you that makes you feel that way? I was like, that's a really ponderous question because you really haven't done in anything. You haven't sat in my living room and cried with me, which is something you do.

##### **[01:24:36.07] - Mary B.**

I would do.

##### **[01:24:39.03] - Jeremy**

But I realized, so you set me up beautifully, what you do is what you are. You are. I always think of us all as a fabric. You're an essential part of this fabric. It doesn't matter what you do, what you just said. Just you are. And that, things, the universe, whatever it is, conspired to bring us together in our threads, interwove. Thank you. You don't need to do anything. You just are.

##### **[01:25:16.20] - Mary B.**

Thank you.

##### **[01:25:24.02] - Maggie**

So Mary B., you are love to me. You're just such a shining example of it. You always are. Your knowledge, your acceptance, your hard work. I see the thing between you and Angela, and I just admire it. I just feel loved by you. I almost feel like, But I'm not giving her enough back. I need to give more to Mary B.

##### **[01:26:04.12] - Mary B.**

That's beautiful.

##### **[01:26:06.13] - Maggie**

Call me if you need something. Okay?

##### **[01:26:13.08] - Mary B.**

I will. I'll say, Send me Give me more love, Maggie.

##### **[01:26:17.05] - Maggie**

I'll send you whatever you want.

##### **[01:26:20.13] - Caren**

I'll send you magic. Magic.

##### **[01:26:22.15] - Mary B.**

That's just the best. Thank you.

##### **[01:26:30.06] - Natalie**

Mary B. So when I found out you're going to be in this training, I got so excited. I remember thinking like, Oh, shit. The big guns are in here. You know what I mean? Really, because on this level, you are so wise and so deep, and you have so much to offer and bring that I have appreciated, and I have learned so much from you in this context and outside of it. And so it really was a gift to just have this part of that experience with you. But also because I don't think there's a way for me to articulately explain how much you actually mean to me and my life. Your fingerprints are all over my life in different versions of me from when I was a kid to, my kids, knowing Mary B. I talk about it all the time but you know, when you were the only one that was there for me, you were my mom. We would walk and walk, and walk when I was postpartum with Rowan, and everyone was gone. Through all of these phases and stages of me, you have been such a consistent source of love.

##### **[01:27:45.03] - Natalie**

You've made my life and me so much better, my husband's life so much better, my kid's life so much better. This feels... This piece of you that I've gotten to see and know through this experience. It's like this beautiful... In my head, it's this beautiful golden thread on top of this amazing foundation that you've just been woven through my life. I just don't know how to tell you how much I love you, how incredible I think you are. And there's not a word for what you are as part of my family and part of me, but you are part of it. I love you.

##### **[01:28:28.23] - Group**

That's. Yes.

##### **[01:28:34.09] - KES**

Mary B., I adore you, and I think you are just such a light. And it is just so much fun to see you when I walk somewhere or see, Oh, it's Mary. I totally appreciate your tears because I always think tears come from the soul. They're like your soul opening up. When... I miss crying. I used to cry more, and I want to cry a little bit more. And I just think it's just an opening of the soul through the eyes. And it just... It's a gift to be able to tear up because it just means you care and that you're sharing your heart. And I love that. I love it when you cry. And I really have... Your Unity connection has... That's been a really cool thing because it made me remember about the Unity that I did for years and years, and you bringing it up and you supporting it. And just I brought more of that into my remembrance because of what you brought. I did the Course of Miracles, too. One year we did it. Anyway. I just thank you. Thank you for being here, and thank you. I felt like, yeah, the big guns were here, too.

##### **[01:30:21.15] - Mary B.**

Thank you.

##### **[01:30:24.08] - Angela**

Mary. Well, I think if it wasn't for you, I probably wouldn't have been here. So your encouragement and your love, you definitely are the epitome of a loving, kind, tender person. And I think definitely those tears are tears of tenderness. I just feel so fortunate to know you. I just remember how kind you were to me when I was in the beginning because you were there before me. I think my first retreat, and you were just there and you were inclusive. That's what I see when I think of you, you're inclusive. You care about everybody, and you have a tender place and a relation with everybody. It just shows... That's love. Thank you. Thank you so much for all you've taught me, too.

##### **[01:31:39.14] - Caren**

All right, Ms. Mary Beth.

##### **[01:31:44.23] - Group**

[Inaudible].

##### **[01:31:49.24] - Caren**

I'm not sure if you can see. Reveal to us, you are she who creates.

##### **[01:32:05.12] - Mary B.**

I am she who creates a safe place.

##### **[01:32:14.18] - Caren**

And so to she who creates a safe place. This is a symbol that recognizes your fulfillment and completion of this program so that you can go forward as someone who creates a safe place. And may I add, that is filled with love.

##### **[01:32:38.11] - Mary B.**

Yes.

##### **[01:32:39.09] - Caren**

That is filled with love. Can we please add that? Because I think that was unanimous. Around the circle.

##### **[01:32:47.21] - Mary B.**

She who creates a safe place that is filled with love.

##### **[01:32:52.00] - Group**

Yes. Oh, beautiful.

##### **[01:32:59.23] - Caren**

I'm going to kiss your Sun Center. All right, loves. Look what you've done.

##### **[01:33:17.02] - Angela**

Would you mind? Can we go again? Is it okay to write in people's down?

##### **[01:33:24.03] - Caren**

Of course, you know them now.

##### **[01:33:25.15] - Angela**

I just didn't write. Yeah.

##### **[01:33:28.20] - Caren**

So So we will honor- You. Natalie went first. She is who brings what is needed.

##### **[01:33:36.16] - Group**

Yes. What is needed. Yes.

##### **[01:33:40.11] - Caren**

And Maggie, she who brings magic. Don't forget this. Please go forward. Take this. Take this as a new name, a new identity. This is who you are becoming. She who brings what is needed. She who brings magic. She who brings love, compassion, and the wisdom to know ourselves.

##### **[01:34:13.23] - Group**

Thank Yeah, owning it. Yeah.

##### **[01:34:19.21] - Caren**

And he who gives kindness to self and others. Did I say that correctly?

##### **[01:34:27.07] - Group**

Yeah. Yes.

##### **[01:34:29.16] - Caren**

This is no small thing.

##### **[01:34:35.16] - Caren**

And she who brings... She who knows joy and acceptance of herself. Did you say and others?

##### **[01:34:45.19] - Angela**

I thought it. Yeah. I should have... Yeah.

##### **[01:34:48.04] - Caren**

Okay. Yourself and others. Can I add one thing? Yes. Based on what you shared, she who knows she is supportive.

##### **[01:34:57.11] - Angela**

Yes.

##### **[01:34:58.14] - Caren**

You actually said that. I know I'm supportive. So we'll just tuck that in. I like that. Which allows you to do it with a joy, right?

##### **[01:35:09.15] - Angela**

Yes.

##### **[01:35:10.03] - Caren**

Yeah.

##### **[01:35:11.00] - Angela**

Okay.

##### **[01:35:12.17] - Caren**

Those are your words, not mine. Just saying.

##### **[01:35:14.23] - Group**

Yes.

##### **[01:35:17.09] - Caren**

And then to my dear, dear friend Mary B.

##### **[01:35:19.08] - Angela**

Yes.

##### **[01:35:20.06] - Caren**

Sister of my heart. This is a big deal. She who creates a safe place filled with love. Wonderful.

##### **[01:35:43.16] - Caren**

So, dear ones, you've done this. We have completed this beautiful circle. And what I would love is if we could stand and just imagine we're holding Maggie's hand, too, and just hold hands, literally just touch each other, and we'll close with an Om Shanti Shanti. It's that anticlimactic you're going to walk out.

##### **[01:36:06.18] - Group**

I know.

##### **[01:36:08.05] - Caren**

As you're carrying these truths, knowing these.

##### **[01:36:12.24] - Natalie**

My hand is out here, Maggie, for you.

##### **[01:36:14.09] - Caren**

And then If Maggie doesn't have to run right away, can somebody open the box and show her what's in it?

##### **[01:36:20.08] - Maggie**

Oh, yes.

##### **[01:36:21.03] - Group**

We all got the same.

##### **[01:36:22.05] - Caren**

You all got the same. It's just a little symbol to take forward. Okay, so we got Maggie included. Why don't you guys go right up to the screen so that we just feel like we got her. You can back up. You can back up, Maggie, so we can see you. There we go. There we go. Perfect. All right. Should we Om Shanti? Om Shanti, and then May We Be Blessed? May we be blessed, may we be blessed, and may we be triply blessed, so we may truly be an even greater blessing to others as you go forth as she who who brings what is needed. Oh, you're so tired. I know. You're just here. It's so beautiful. She who brings magic. She who carries love, compassion, and the wisdom to know ourselves. He who gives kindness to himself and others. She who knows joy and acceptance and herself and others, [inaudible], she who creates love, creates a safe place that is filled with love.

##### **[01:37:42.23] - Caren**

Can I remind you of one thing that we've just done, is you just affirmed for each other. You saw the good, you saw the true, you saw something in each other, and you just shared that.

##### **[01:38:00.22] - Caren**

That is the gift of a teacher. That is your job as a teacher, is to help people see what they cannot see. Looking at Maggie, to see what they cannot see. Reflect that back, and you just did us. You're complete now. You're authentic, and you know how to reflect back to someone what you see so that they can see it, too. Okay, so we're complete. Here we go. All right. Who wants to lead us in our Om Shantis?

##### **[01:38:51.23] - Group**

Shanti. Shanti. Shanti. Shanti.

##### **[01:39:11.00] - Caren**

Bring your hands before our hearts. May we be blessed, may we be blessed, and may we be triply blessed, so that we may be an even greater blessing to others.

##### **[01:39:28.08] - Caren**

Take a minute before we namaste and name yourself. What are you carrying forward? What are you carrying out of your today, into your families, into your homes, your communities, into your world? Namaste.

##### **[01:39:47.07] - Group**

Namaste.

##### **[01:39:50.04] - Group**

Thank you. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you.

##### **[01:39:52.12] - Angela**

Thank you, Caren.

##### **[01:39:53.21] - Group**

Thank you. Thank you. I just like to hug, man.

##### **[01:39:57.03] - Group**

I just like to hug. We'll put Maggie right there. Maggie, we're in the middle. All right.

##### **[01:40:07.18] - Caren**

Is somebody willing to open the little box?

##### **[01:40:10.15] - Group**

So make sure. Let's all open at the same time. Which I was used to I did it. You guys can feel free to do that.

##### **[01:40:18.01] - KES**

Hi, Bill. Did you get to go to the museum?

##### **[01:40:22.03] - Group**

Hi, Bill. Hi there. Yes, and the Monet that I saw in Houston is not there.

##### **[01:40:29.06] - Group**

I It was an actual gallery full of Monet's paintings. Yes. Yeah, this was only a few money. So let's- But others.

##### **[01:40:35.21] - Caren**

Can you be so kind as to just come and stand behind this column?

##### **[01:40:39.24] - Angela**

Oh, thank you.

##### **[01:40:40.13] - Caren**

And get a picture of Maggie on the screen with all of us?

##### **[01:40:43.11] - Caren**

As soon as Natalie gets that from the bedroom.

##### **[01:40:45.08] - Angela**

I love this. Thank you so much.

##### **[01:40:46.15] - Caren**

Do you know what this is?

##### **[01:40:47.12] - Angela**

I think so. It's a bowl.

##### **[01:40:50.02] - Caren**

It's a little bell.

##### **[01:40:51.18] - Group**

It's a little bell.

##### **[01:40:53.12] - Caren**

It's your teacher bell.

##### **[01:40:56.06] - Group**

It's your teacher bell. I have one. I don't know.

##### **[01:41:00.23] - Caren**

That's your teacher bell.

##### **[01:41:02.05] - Group**

Sarah always uses her. She still uses hers. Every day in yoga class. Yeah. Oh, beautiful.

##### **[01:41:09.18] - Angela**

Thank you so much.

##### **[01:41:12.05] - Caren**

Here is so good. Can you hold it up so Maggie can see it?

##### **[01:41:17.04] - Maggie**

Oh, it's just what I've always wanted. Thank you. Oh, I'm... So beautiful.

##### **[01:41:27.06] - Group**

Here? Yeah.

##### **[01:41:29.04] - Maggie**

Thank you Caren!

##### **[01:41:29.23] - Group**

All right.

##### **[01:41:32.05] - Caren**

There you go. There you go.

##### **[01:41:34.12] - Group**

Is this little pop on? Yeah. I think it holds them on the bottom.

##### **[01:41:40.05] - Caren**

I tend to put the tassel on the bottom.

##### **[01:41:43.03] - Group**

Oh, the tassel's on the bottom. Oh, it's beautiful. Thank you. Thank you much.

##### **[01:41:50.19] - Caren**

This is your...

##### **[01:41:55.10] - Angela**

It's such a nice gift.

##### **[01:41:59.06] - Group**

Oh my gosh.

##### **[01:42:00.24] - Angela**

It really is. Thank you, Caren.

##### **[01:42:05.01] - Caren**

I didn't want to do a shawl when we graduated because [inaudible] they... It's a different association. It's like there's Buddhist shawl, And I thought, no, a bell.

##### **[01:42:22.01] - Group**

Yeah, a bell.

##### **[01:42:22.20] - Caren**

Your teacher bell.

##### **[01:42:24.04] - Group**

It's perfect. I don't have it. Thank you. Well, this is just perfect.

##### **[01:42:27.01] - Caren**

See?

##### **[01:42:29.01] - Group**

Yeah. I like that.

##### **[01:42:32.05] - Group**

Yeah. Thank you, KES, yeah.

##### **[01:42:33.02] - Angela**

I have a little something for my cohort.

##### **[01:42:36.13] - Caren**

Yes.

##### **[01:42:36.18] - Angela**

But it's just a little...

##### **[01:42:38.11] - Caren**

Is this the astrology teaching?

##### **[01:42:40.09] - Angela**

Oh, no, but I do have that. I mean, I don't know if it's a teaching, but I just... And Maggie knows because I texted her. I have one for her in the mail, but it's just a little... It's not...

##### **[01:42:51.00] - Group**

I love it. Every hand write.

##### **[01:42:52.19] - Caren**

Did Maggie say prepared?

##### **[01:42:55.03] - Group**

Yeah.

##### **[01:42:55.13] - Caren**

This. I love it.

##### **[01:42:59.12] - Angela**

Because every time I think of you guys like this, I just love you so much.

##### **[01:43:04.17] - Caren**

I love you guys so much. Oh, for me too? Yeah. Thank you.

##### **[01:43:08.13] - Angela**

You can read them later. You don't have to.

##### **[01:43:12.01] - Caren**

I will read mine later.

##### **[01:43:13.06] - Angela**

Yeah, you don't have to do it now. I just wanted you to meet me. A little gift from my heart and how much I love all of you. I appreciate you.

##### **[01:43:23.05] - KES**

Since we're doing gifts, I brought this. I didn't give you something the last time.

##### **[01:43:30.15] - Group**

Can I open it down? Yeah, sure. Okay. I think you said you wanted.

##### **[01:43:34.19] - Caren**

And just Mary brought the flowers. It was like she read my mind this morning. I was getting ready. I thought, I should have flowers, and she walked in the flowers. So pretty.

##### **[01:43:44.03] - Jeremy**

Or is it. Quan Yin.

##### **[01:43:46.18] - KES**

Oh. Didn't you say something about you wanted a Quan Yin?

##### **[01:43:49.15] - Caren**

Well, I love Avalokiteshvara, Quan Yin. Yes. I've got. Goddess of Compassion.

##### **[01:43:58.02] - KES**

She's Chinese and Buddhist. Just... What was it? Chinese, I think. Japanese?

##### **[01:44:05.12] - Caren**

I thought Quan Yin was the- I thought she was Chinese. It might be Chinese. I always thought it was like Thailand or Vietnam or something like that.

##### **[01:44:15.16] - KES**

I think she's like the Buddha, and she's a Goddess of Compassion.

##### **[01:44:19.10] - KES**

She's a Goddess of Compassion.

##### **[01:44:20.21] - Caren**

She's the Goddess of Compassion. Avalokiteshvara, there's different ways to say it, is the Buddha of Compassion, and Quan Yin is the female-

##### **[01:44:33.23] - KES**

Energy.

##### **[01:44:34.16] - Caren**

Energy of it. Yes. Thank you. And what you don't know that is so beautiful of this, I haven't shared this with anybody ever. But I grew up in Catholic churches, right? And we have statues. And at the front, they're white, and there's the Mary with her hands and her heart, right? And when I was about seven, a friend of mine was spending the night, and I had a bunk bed, and we had a big picture window that looked over Manoa Valley, and there was a house. And Lisa and I were sitting, we were goofing off in the bunk bed, and I saw something over the roof, and I never told anybody this, except Lisa. And I said, Do you see that? She's like, Yes. And we watched, and it got bigger, and bigger, and bigger, and bigger, and it was a white Mary outside my window.

##### **[01:45:33.04] - Angela**

Oh, beautiful.

##### **[01:45:35.09] - Group**

Oh, wow.

##### **[01:45:38.16] - Caren**

That's real. So when I saw this, that's what I thought of immediately. It's like such a beautiful symbol for me. But the most fascinating part of the story is when I reconnected with Lisa years and years later. She said, remember that night? And she saw a demon. Oh, wow. She saw something scary, and I was scared by this. I saw this, and it was too much for me. And I hid under the covers because it was, how can I be seeing this? And I don't know if she fed off my fear or if she actually saw, but she saw something demon-y scary, and I saw Mother Mary that terrified. And today, it doesn't terrify me. So thank you.

##### **[01:46:30.23] - KES**

You're welcome.

##### **[01:46:31.10] - Caren**

Thank you. Very beautiful, intuitive.

##### **[01:46:35.03] - KES**

Yeah, it was very intuitive because I was looking for something else.

##### **[01:46:40.06] - Caren**

It's the white of it that I went, Oh, my gosh.

##### **[01:46:44.20] - Group**

Nice. I'm so glad.

##### **[01:46:48.12] - Caren**

I'm [inaudible]. Thank you. You're welcome. Okay. So I've never told that story. That is now on recording. All right.

##### **[01:46:56.13] - Group**

You have been such a teacher of passion for me. Yes. Oh, thank you. Totally. Thank you.

##### **[01:47:06.05] - Caren**

My dad said he named me Caren, not just because he wanted with a C, not because just he didn't want to be normal with a K, not just because they wanted to call me Cerry as a nickname, but because he loved it, it said Care.

##### **[01:47:19.04] - Group**

When I think of you as that...

##### **[01:47:23.02] - Caren**

I feel like I'm stepping into that, finally. Caren. Caren. And I grew up pronouncing my name Caren, Caren, because that's the local dialect. Caren, Caren. And it's occurred to me recently to start saying Caren, Caren, which is-

##### **[01:47:43.11] - Caren**

Any way you want. I always whenever they say the Karen's way, and I say, we care.

##### **[01:47:50.20] - Caren**

You are way ahead of me.

##### **[01:47:54.11] - Angela**

I care, so there.

##### **[01:47:56.11] - Group**

All right. I'm going to show Maggie that.

##### **[01:47:59.03] - Caren**

Yes. Yes, she'll show Maggie. Yes, yes. And then we'll close, but we'll say goodbye, but not as a goodbye, but as a beginning.

##### **[01:48:11.19] - Maggie**

Very pretty.

##### **[01:48:14.08] - Caren**

Loaded in incubating eight months. You got another month where you're going to just phoom. And come November, baby. Or is it the beginning of December? March, April, May, June, July, August, September, October.

##### **[01:48:28.23] - Natalie**

So let's You're technically pregnant 10 months. So there's just to go.

##### **[01:48:33.04] - Group**

You're pregnant. Tammy sent one. Congratulations. Oh, yeah.

##### **[01:48:36.20] - Caren**

Tammy sent a text to everybody.

##### **[01:48:39.17] - Group**

How's Tammy?We missed you. Yes. I've missed her.

##### **[01:48:44.22] - Mary B.**

Congratulations. Congratulations, beautiful and inspiring friends. Let's do have to share my journey with you. Hope to see you all soon.

##### **[01:48:52.21] - KES**

How is she doing?

##### **[01:48:55.04] - Caren**

Well, I haven't talked to her since she's been back from her travels.

##### **[01:48:58.07] - KES**

Oh, yeah, she went on.

##### **[01:48:59.15] - Caren**

Hopefully, we'll I see her at the Solstice, so...

##### **[01:49:01.19] - Group**

we can catch up. All right, you probably got to run. I do. Yeah.

##### **[01:49:06.18] - Maggie**

All right. I'm going to go to, When are we meeting again? Next weekend? Ha!

##### **[01:49:12.23] - Group**

I wish.

##### **[01:49:14.22] - Caren**

Next weekend, I'm doing a retreat with my teachers. It's the first retreat I've been able to do with them because we don't have class. So I'm doing a retreat with my teachers next weekend. Yeah.

##### **[01:49:27.01] - Natalie**

All right, Maggie. Love to you.

##### **[01:49:31.01] - Maggie**

Love you too. Thank you.

##### **[01:49:32.20] - Caren**

Bye.

##### **[01:49:33.12] - KES**

Bye. Bye. Thank you.

##### **[01:49:38.05] - Maggie**

Bye, everyone. Thank you.