



Live Virtual Workshop
HSD Simple Rule 1: Stand in inquiry
Chat Transcript 07MAR24


- 12:05:07 Jeannette Raymond (she/her/hers): Jeannette - Minneapolis
- 12:05:10 Kim Petersen: Greetings from Aliso Viejo, CA
- 12:05:20 Ahmed Avais ▫ NC: Hiya! Ahmed joining from North Carolina
- 12:05:23 Alejandro: Alejandro, located in the traditional land of the Anishinaabe Algonquin peoples, in Ottawa Canada
- 12:05:30 Royce, (she/her): Welcome from Circle Pines, MN, USA...Great to have you with us.
- 12:05:39 Sasha Farley: Hello from San Juan, Puerto Rico!
- 12:05:53 Laura Williams: Hi. I'm Laura Williams...currently in Todo Santos, Baja California Sur, Mexico
- 12:05:57 Dr. Matthew: On Dakota land here in Loring Park in the heart of Minneapolis, MN
- 12:05:57 Barbara: Simple Rules Gathering web page:
[Simple Rules Gatherings: A Series of Conversations about the HSD Community](#)
- 12:06:13 Marina: Hi, I'm Marina from Argentina
- 12:06:52 Daryton Ramsey: Hello currently in Tejas
- 12:07:17 Mary Nations: I am in North Carolina also, just up the road from Ahmed 😊
- 12:07:38 Barbara: Gathering 2024 web page (being held in Minneapolis, MN):
[Gathering 2024](#)
- 12:07:49 Royce, (she/her): Reacted to "Link for Gathering 2..." with 👍

12:08:29 Royce, (she/her): Replying to "Link for Gathering 2..."
This is for the Gathering that Glenda talked about just a minute ago. It would be great to see each other in person there!

12:12:12 Kim Petersen: Is this HSD mindset somewhat related to the works of Ralph Stacey?

12:12:13 Ahmed Avais  NC: Reacted to "I am in North Caroli..." with 

12:14:05 Royce, (she/her): Kim, there is a lot of HSD that is related to Ralph Stacey, but for Glenda this came out of the biological studies they did with Birds flocking. It probably developed about the same time Stacey's work developed...Related in the source for both, I guess.


12:14:33 Kim Petersen: Reacted to "Kim, there is a lot ..." with 


12:17:33 Kerry Priest: This is so cool ... is this video available online?

12:18:21 April Schnell: @Kerry...agree! so valuable to see they system go in and out of coherence and seemingly random and unpredictable chaos


12:18:24 Royce, (she/her): This is available online. The link is in the slide deck you will get with the recording.


12:18:33 Helena Luginbuehl: It is like thoughts coming and going - chaotic and all of a sudden a very clear thought.

12:18:38 Kerry Priest: Reacted to "This is available on..." with 

12:18:42 Laura Williams: Reacted to "This is available on..." with 

12:18:48 Mary Nations: here is a version on youtube
[Using Maths To Create Hypnotic Patterns](#)

12:18:56 Alejandro: Reacted to "This is available on..." with 

12:20:50 Melissa Kessler: Reacted to "It is like thoughts ..." with 

12:21:10 April Schnell: Is folding always into order and stretching always into chaos? Isn't stretching also into order?

12:21:13 Dr. Matthew: Is this akin to Jung's understanding of coherence in relationship to systems or archetypes?
Synchronicity, as such?

12:24:10 Greg Herzog: This seems like another way for trauma-informed work to enter into language and imagery for victims seeking a way to understand their emotions and spiritual healing....

12:24:24 Jeannette Raymond (she/her/hers): Reacted to "This seems like anot..." with 👍

12:25:05 Mary Nations: would love to hear more of what connecting you are seeing Greg

12:25:14 Royce, (she/her): That's lovely, Greg. I'd love to hear more about that....Stretching and folding...learning, over time, that the trauma response is more or less useful.

12:25:26 Mary Nations: Reacted to "This seems like anot..." with 👍

12:26:30 Greg Herzog: It's coming to me now that I see this imagery and language accompanying it.....imagery...imagery...imagery....that offers open perspective to victims of trauma....across trauma territory....

12:26:30 Royce, (she/her): We talk about the SRs and the vision in every presentation...and look for evidence of them at all scales.

12:27:03 Royce, (she/her): Nice, Greg. Very interesting.

12:27:04 Mary Nations: Reacted to "It's coming to me no..." with 👍

12:30:18 Kerry Priest: I have to jump off, but appreciate the learning! Thank you!

12:31:54 Ana Maria Tamayo: At home, living with parkinsons as time goes by truly becomes chaotic.

12:33:20 Myron Lowe: The HSD vision in every moment is never enough.

12:33:28 Laura Williams: I also think the number of variables that are involved in shaping the impact of the trauma on someone and their network of relationships is uncountable. Some models or frameworks for healing attempt to bring order or a place to land...when they do work, I wonder if they may work in the hands of a skilled practitioner because of how they can inform inquiry and dialogue, not because those models fully describe reality. It should all keep us pretty humble.

12:33:31 Royce, (she/her): I am sure, Ana Maria, that's true, and then are there any times where the chaos calms a bit—even for a short time?

12:33:41 Melissa Kessler: Must run and will watch the rest of the video. This is awesome - thank you!

12:34:38 Royce, (she/her): Interesting Laura, yes...it's the interplay between and among the ideas, experiences, questions, responses, etc.

12:35:25 Royce, (she/her): Replying to "Interesting Laura, y..."
I love that reminder that's it's not just the teacher, therapist, responder, etc...It's the way those interactions occur.

12:35:40 Roya Damabi: Adaptive action putting you in harmony with deterministic chaos...I guess this is the "dancing in systems"....

12:35:58 Laura Williams: Reacted to "I love that reminder..." with ❤️

12:36:07 Royce, (she/her): Reacted to "Adaptive action putt..." with 👍

12:36:10 Greg Herzog: Reacted to "I love that reminder..." with ❤️

12:37:13 Myron Lowe: The HSD vision everywhere in community and the world in each moment.

12:37:24 Royce, (she/her): Reacted to "The HSD vision every..." with 💙

12:37:46 Laura Williams: LOVE LOVE LOVE this additional insight of how/why it's powerful to do/apply this in community. Haven't heard that verbalized before—but speaks to a yearning I have had ever since my first exposure to HSD many moons ago. Thank you!

12:38:18 Royce, (she/her): Reacted to "LOVE LOVE LOVE this ..." with 👍

12:39:22 Royce, (she/her): Replying to "LOVE LOVE LOVE this ..."
It's also why I love hanging out with people like you all here...I always come away with deeper understandings and new questions...Community...

12:41:03 April Schnell: Reacted to "LOVE LOVE LOVE this ..." with 👍

12:41:23 Royce, (she/her): Neither is good or bad / naughty or nice...It depends on what is "fit" in my situation right now! What's working or what's not working and would this shift help me find better fitness and functioning.

12:41:41 Royce, (she/her): Still here...bandwidth.

12:41:52 Alejandro: Reacted to "Neither is good or b..." with 👍

12:43:32 Laura Williams: So—@Mary Nations —are you thinking that tension is the factor—internal or external—that helps us explore which place on this continuum is a fit for the moment?

12:44:20 Greg Herzog: It's great to hear a dialogue about 'judgement' and how it plays a role, both consciously and unconsciously, in our 'day-to-day' lives. Thank you....

12:44:59 April Schnell: Reacted to "So—@Mary Nations —ar..." with 👍

12:45:05 Mary Nations: yes, tension(s) hold the energy between and among us and shifts change the patterns

12:45:27 Mary Nations: in response to @Laura Williams

12:45:35 Mary Nations: response!

12:46:06 Royce, (she/her): Replying to "It's great to hear a..."
It would be really good to hold that dialogue in a group. What might be possible to bring some folks together to talk about that? Hmmmmm good question

12:47:05 Laura Williams: Reacted to "response!" with 👍

12:47:08 Royce, (she/her): Replying to "It's great to hear a..."
And maybe to explore all four of these practices in Inquiry.

12:52:27 Ana Maria Tamayo: Stand in empathy sounds very useful to me, thanks Glenda.

12:52:37 April Schnell: Mind blow SO many times during this hour! Thank you!

12:52:47 Robin (she/her): Reacted to "Mind blow SO many ti..." with 🍷

12:52:57 Donna Bivens: Replying to "response!"

These work except in war. I guess that's where "generative" comes into play. As I discussed with you, Mary, if the point is annihilation of the other, you're beyond conflict. And if you are on the verge of being wiped out (George Floyd with a knee on his neck), you're not in inquiry, you're in despair. It's really making me look to the military for answers too. I know that in most cases you can stand in inquiry but we as humans have this other space that is I guess just our limitation. I continue to reflect on this. It's foundational.

12:53:32 Mary Nations: Reacted to "These work except in..." with ❤️

12:54:10 Mary Nations: Replying to "response!"
great, Donna, I look forward to discussing this more with you

12:55:10 Olia: What kind of inquiry could be at stake in a situation of war in Ukraine?

12:55:40 Laura Williams: Is that where community comes in?

12:56:35 Royce, (she/her): Please say more about this Laura.

12:56:41 Donna Bivens: They should show Shoah.

12:56:57 Royce, (she/her): Where can we find tht, Donna?


12:57:00 Donna Bivens: I think what we don't question is the move to annihilate.

12:57:16 Dr. Matthew: How do we begin to code for Interdependent Pairs within precognitive algorithms of learning machines? Our learning machines require channels of empathy

12:57:41 Mary Nations: Reacted to "How do we begin to c..." with ❤️


12:57:49 Donna Bivens: https://www.youtube.com/results?search_query=shoah

12:57:56 Royce, (she/her): Reacted to "https://www.youtube...." with 

12:58:02 Dr. Matthew: Reacted to "How do we begin to c..." with 

12:58:12 Mary Nations: Replying to "https://www.youtube...."
thanks Donna

12:58:55 Alejandro: Replying to "How do we begin to c..."
ChatGPT recognizes empathy and response accordingly [Exploring ChatGPT's Empathic Abilities](#).

12:59:06 Greg Herzog: Reacted to "https://www.youtube...." with 

12:59:37 Olia: All this theory unfortunately falls apart in the face of the massive systemic propaganda unleashed in russia.

13:00:02 Greg Herzog: Replying to <https://www.youtube...>
Thank you, Donna.....huge.

13:00:23 Mary Nations: Replying to <https://www.youtube...>
we have a candidate for governor here in NC that says the Holocaust is hogwash so...just another way this movie looks relevant daily

13:00:26 Laura Williams: @Royce, (she/her) —simply meaning the person or people at risk of annihilation—per Donna-will and need to be in their coherent pattern around survival. But there are others—not at risk of the annihilation (or at that moment), who might have enough energy in the system to try a different disruption to the pattern unfolding...so the importance of community. Just wondering.

13:00:52 Royce, (she/her): Reacted to "@Royce, (she/her) —s..." with 

13:00:52 Myron Lowe: Thank you!

13:00:54 Roya Damabi: Thank you Glenda, Royce, and all!

13:00:56 Esther Robinson. she/her: Thank you so much!!!

13:00:58 Ana Maria Tamayo: thanks.

13:01:00 Marina: Thank you

13:01:00 mandi sherlock-storey: Thank you Glenda and hosts. Very thought provoking and also grounding- off to self refelect on my defensiveness in working with a particular system!

13:01:19 Laura Williams: Thank you all!!