

## **Live Virtual Workshop | 03DEC20**

### **Stand in this Moment: Mindfulness in the Age of Uncertainty**

- 00:30:11 Olha, Berlin: Olha from Berlin, Germany
- 00:30:11 Laura Williams: Hello all—Laura, right now in rural North Dakota.
- 00:30:12 Janice M Jaguszewski: Hello, All! I'm in Minneapolis, MN
- 00:30:14 Mary Texer: Mary Texer in sunny St. Paul MN
- 00:30:15 Olga Yiannakis: Hello All! Olga from South Africa here!
- 00:30:15 Uta Langley: Uta Langley from Cirencester, UK
- 00:30:24 Alejandra Tobar (she/her): Alejandra here from unceded Dakota territory, St. Paul, MN
- 00:30:26 barriemcclune: Hello everyone! Barrie McClune—Oakland, California.
- 00:30:28 Wendy C. Morris: Wendy Morris she/her - in Minneapolis on Dakota homeland
- 00:30:50 Amber Peterson: Amber Peterson from St Paul MN
- 00:30:51 Charles Lee: Hello from Vancouver, British Columbia. Nice to be with you all. What's bringing you alive these days?
- 00:30:55 Nina Burke: Hello, all! Nina (She/her) based in Berlin, Germany. Apologies in advance that I can only stay with you all for the first 30 mins. Very happy to be here.
- 00:31:55 Emma Pearson: Emma in France, border with Geneva/Switzerland
- 00:32:15 Kristina Fruge : Kristina in Minneapolis, Minnesota
- 00:32:32 Anita Ernstorfer: Hello Anita Ernstorfer here based in Delaware/US East Coast. Thanks for hosting this session and nice to be with you all
- 00:32:34 Tom Malarkey (he/him): Tom - greetings from Oakland, CA
- 00:32:38 Olga Yiannakis: Love your question, Charles <3
- 00:32:43 Ilia Galouzidi: Hello- Ilia from London, UK.
- 00:33:17 Antonella Pagliarani: Hi, Antonella from Milan, Italy
- 00:33:18 Royce Holladay (she/her): Charles, I agree with Olga..
- 00:33:34 inesrego: hello, Inês from Portugal
- 00:37:08 Glenda Eoyang: Welcome everyone. We are beginning today with a mindfulness experience. Thanks for joining us.

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00:46:36 Glenda Eoyang: I see a deeper texture in the tiem and space around me.

00:46:46 Glenda Eoyang: Lovely to have you talk about seeing dear friends.

00:47:33 Nina Burke (she/her): I just stared more at my aloe plant than I ever have before. I got both happy and very sad when we were supposed to look across at our dear friend.

00:47:48 Leslie Patterson: Thanks, Wendy. Love-ly.

00:48:54 Tamela H: The dear friend that is on my mind today is my late grandfather. His birthday is today so I imagined sitting across from him and sharing how life has been and what I've been up to and listening to all of his wisdom and guidance with delight and gratitude.

00:48:56 Royce Holladay (she/her): I am in my grown daughter's room, looking around at all the things that are so precious to her...I had such a sense of her presence and gifts to me as a friend and daughter....

00:50:56 Royce Holladay (she/her): Cohort 8 was probably about 2010....and in January we are launching Cohort 58....What a great journey!

00:51:30 Royce Holladay (she/her): If you are interested in knowing more bout what we mean when we talk about "cohort" I'd be happy to share.

00:53:34 Royce Holladay (she/her): Paying attention in a way that creates generative space...seeing clearly so that other things can come up...

00:54:51 Glenda Eoyang: HOlding the tension and orienting to the more useful

00:55:03 Olga Yiannakis: The "non judgement" aspect was interesting to me ... how much judgement do I inflict on myself?

00:55:17 Royce Holladay (she/her): Great question, Olga.

00:55:47 Laura Williams: Yes, I find that judgment creates such tension...

00:55:58 Laura Williams: especially in my body...

00:56:23 Royce Holladay (she/her): I used to call them observations—until I recognized they often were judgement because of mY assumptions about what I was looking at.

01:00:40 Uta Langley: What? So what? Now what?

01:00:41 Emma Pearson: What? - So What? - Now What?

01:00:41 Charles Lee: What? So what? Now what?

01:00:41 Royce Holladay (she/her): What? So what? Now what?

01:00:41 Kerry Priest: What? So what? Now what?

01:00:41 Alejandro G: what? so what? now what?

01:00:41 Miriam Bayes Genis: what? so what? now what?

01:00:41 barriemcclune: What? So what? Now what?

01:00:41 Laura Williams: What? So What? Now What?

01:00:42 Anita Ernstorfer: What? So What? Now What?

01:00:42 Roya (she/they) Damabi: What? So what? Now what?

01:00:45 Steve Trivett: what? so what ?what next?

01:00:54 Royce Holladay (she/her): Looks like my whole day!

01:01:02 Roya (she/they) Damabi: haha

01:01:33 Tamela H: It should be a hashtag or bumper sticker.

01:01:48 Alejandro G: +1 @Tamela

01:01:59 Janice M Jaguszewski: Great holiday gift

01:02:09 Royce Holladay (she/her): It's so fun to see the names who have not been in our formal training opportunities still know the questions! Would love to hear some of those stories.

01:02:42 Tamela H: I'd love to have an Adaptive Action t-shirt. I'd wear it proudly.

01:03:17 Laura Williams: That's awesome Tamela!

01:03:26 Leslie Patterson: We made AA bumper stickers for the family last Christmas. :-)

01:04:04 Tamela H: Oh wow @Leslie! So cool!

01:04:30 Charles Lee: Access to a deeper, whole-body wisdom and intuition for sensing and experiencing what, so what, now what.

01:04:33 Laura Williams: Can you repeat that Wendy, more slowly?

01:04:58 Leslie Patterson: "Self-correcting cycle of awareness" . . . .

01:05:25 Kerry Priest: Who is the researcher?

01:05:36 Glenda Eoyang: Laura was that what you were wondering about?

01:05:54 Glenda Eoyang: Judson Brewer

- 01:05:58 Royce Holladay (she/her): A few of us have been talking about that cycle she's describing as being inherent in the 12 steps of AA
- 01:07:52 Glenda Eoyang: Freedom
- 01:08:07 Uta Langlely: Surrender
- 01:08:25 Charles Lee: Surf
- 01:08:56 Tamela H: Taking full responsibility for our own happiness and joy without looking outside of ourselves for it.
- 01:09:10 Laura Williams: @Glenda--yes
- 01:09:15 Uta Langlely: :-)
- 01:09:42 Royce Holladay (she/her): Love that Tamela.
- 01:10:27 Uta Langlely: You are the universe
- 01:11:25 Tamela H: HSD helps me to navigate circumstances with an attitude of impermanence.
- 01:11:29 Laura Williams: Impermanence: In HSD consulting, I've often thought about being able to work at multiple levels at the same time—what looks like stability and predictability and may give comfort to the client (or whoever) and yet reminding myself of the impermanence—somehow being able to accept both could feel or be true so that we manage the tension.
- 01:12:03 Uta Langlely: But how much responsibility do you then have to create the change you want/the outcomes you want/need
- 01:12:08 Glenda Eoyang: Laura, really lovely multiple identities at the same time.
- 01:14:00 Royce Holladay (she/her): And setting conditions as you work to shift patterns in this impermanence reminds me that I cannot predict or control...Hard lesson for me to learn sometimes.
- 01:14:41 Glenda Eoyang: Royce talks about that accountability that is to self and coherence of the whole, not to the "other"
- 01:14:57 Alejandro G: Consciously I choose Content over Happiness. In my understanding, reaching happiness is unachievable by definition (similar to the thinking of capitalism, assuming resources are infinite). On the other hand, Content invites to a full life experience, experiencing the preferred feelings and the not-preferred ones at its fullest, as much as my awareness is and can
- 01:15:14 Royce Holladay (she/her): It also calls me to remember that adaptive action is the only responsible way to continue to respond again, and again, and again.

01:16:15 Royce Holladay (she/her): Nice, Alejandro...

01:16:24 Leslie Patterson: So this is what I'm hearing, right? I feel responsibility TO the system rather than the burden of "fixing" the problems in the system.... That seems to be a difference that matters. Thanks . . .

01:16:53 Glenda Eoyang: Les, that is a great way to think about how that stands for the intention and possibilities.

01:17:42 Glenda Eoyang: The responsibility to all is to self and self is to all--see, understand and influence in a way to move forward.

01:18:12 Alejandro G: that may be probably people use to say "I'm angry" instead of "I feel anger"

01:18:22 Royce Holladay (she/her): I like how you say that, Leslie...and Glenda.....I think about how I can't make anyone be accountable. I can make them responsible and impart the rewards or cost...But it's only as that other person takes on the accountability for contributing to the greater whole.

01:19:23 Royce Holladay (she/her): I am just now hearing her talk about how all those threads weave these beliefs/concepts together. MIND. BLOWN.

01:19:27 Glenda Eoyang: Manifestation of the HSD vision, one might say!

01:20:34 Glenda Eoyang: Soome of you know coherence makes me cry. I'm crying.

01:21:57 Donna Bivens: Zooming out. that's true for groups organizations too. Gets so complex.

01:21:59 Tamela H: As difficult as it can be at times, this is why I love introspection.

01:22:00 Alejandro G: the expression of crying is also good  
thanks Glenda, thanks Wendy

01:22:09 Emma Pearson: In one fell swoop, my understanding of both HSD and Mindfulness has gone up a massive level (step change!)

01:22:11 Miriam Bayes Genis: Thank yo uso much Wendy!!! Awesome!

01:22:19 Roya (she/they) Damabi: Thanks, Wendy! So wonderful.

01:22:25 Olga Yiannakis: Thank you so much, Wendy!

01:22:30 Tom Malarkey (he/him): I love your naming of the relationship between inner and outer turbulence and uncertainty - thank you :)

01:22:32 Leslie Patterson: Wendy, thanks. Love these connections!

01:22:38 Laura Williams: Beautiful Wendy! Thanks so very much.

01:22:46 Tamela H: Thank you so much Wendy. I practice mindfulness so I got super excited when I found out this was the topic today.

01:22:49 Uta Langley: something around less grasping

01:23:03 Janice M Jaguszewski: Cultivate curiosity

01:23:19 Kerry Priest: download a meditation app

01:23:23 Roya (she/they) Damabi: Carve out more dedicated still time for noticing and inquiry.

01:23:24 Uta Langley: letting go of trying to achieve specific things - a bit of a paradox

01:23:34 Olga Yiannakis: Focus on turning judgement to curiosity

01:23:34 Miriam Bayes Genis: Pause and breathe to let it go

01:23:36 Kai Enno Lehmann: Trying to influence my children rather than control them

01:23:39 barriemcclune: Be curious about my own impatience. And \*try\* again to meditate.

01:23:41 Royce Holladay (she/her): Now, I am going to take that step I have been promising myself to learn more about HSD and mindfulness////Wendy can you help me?

01:23:44 Emma Pearson: Be with the Emotions is a combination of sensations in the body and thoughts in the mind, and offer myself more choice

01:23:48 Kristina Fruge : Paying attention to how my body experiences "rope burn"

01:23:49 Janice M Jaguszewski: Explore tensions

01:23:50 Tamela H: Pay close attention to what limits my life in terms of reactivity, clinging, and grasping.

01:23:54 Tom Malarkey (he/him): Continue to explore the intersection of mindfulness, complexity and equity

01:24:05 Lily: next tie I will join at the right time ;-))

01:24:07 Royce Holladay (she/her): Yes, Kristina....I love that image of rope burn.

01:24:11 Alejandro G: I feel reenergized to continue my practice ,thanks Wendy!!

01:24:29 Uta Langley: Thanks Wendy, Royce and Glenda for this beautiful space. Thanks Wendy for articulating why I am drawn to both of these practices

01:24:43 Uta Langley: also because like you I am NOT calm by nature

01:25:44 Donna Bivens: Really enjoyed this session! Thank you, Wendy...

01:25:57 Steve Trivett: Fantastic Wendy. Many thanks. I can ways of seeig how to create the conditions for generating insight.

01:26:09 barriemcclune: Thank you!

01:26:15 Kerry Priest: Thank you!

01:26:18 Leslie Patterson: Thanks for guiding the meditation with questions! Powerful!

01:26:19 Tom Malarkey (he/him): Deep appreciations Wendy and HSD...

01:26:25 Uta Langley: I'm now going dancing for the first time in person!!! And will carry this sensation with me. xxx

01:26:34 April Schnell: Thank you Wendy, Glenda, Royce and everyone!

01:26:34 Roya (she/they) Damabi: Thank you Glenda, Royce, and Wendy!

01:26:35 Charles Lee: Thank you, Wendy and community.

01:26:38 Antonella Pagliarani: Thanks Wendy, great exploration!

01:26:39 Royce Holladay (she/her): Enjoy the dance Uta

01:26:40 Mumo: Thanks for the opportunity

01:26:45 Janice M Jaguszewski: Thank you — such a wonderful reminder

01:27:10 Bernie Saunders: Thanks much for the delightful session — cheers.

01:27:11 Royce Holladay (she/her): [www.hsdinstitute.org](http://www.hsdinstitute.org)

01:27:13 Wendy C. Morris: If you want to connect - I'd love to stay in relationship... wendy@wendycmorris.com

01:27:20 Emma Pearson: Thank you so very much!!!

01:27:22 Royce Holladay (she/her): [Info@hsdinstitute.org](mailto:Info@hsdinstitute.org)

01:27:26 Steve Trivett: Thank you Glenda. Apologies for my lateness. So valuable. Gratefully yours Steve

01:27:29 Amber Peterson: many many thanks!

01:27:40 Olga Yiannakis: Thank you all!