

RAW FILE

MAKING-VISIBLE

ROSHI JOAN HALIFAX & FRANK OSTASESKI

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>> ANNIE MAHON: HELLO, EVERYONE, WELCOME.

WELCOME.

SO GOOD TO SEE OLD FRIENDS, NEW FRIENDS.

YEA.

>> ADRIANA ARIZPE MARTIN: HI, EVERYONE, SO NICE TO SEE YOU

ALL.

WELCOME, EVERYONE, IF YOU WANT TO START WRITING YOUR NAME

IN THE CHAT BOX.

AND WHERE ARE YOU FROM, OR WHERE ARE YOU CALLING FROM, THAT

WILL BE REALLY NICE.

AND THANK YOU FOR BEING HERE TONIGHT WITH US.

>> Roshi Joan Halifax: HI, GREG, NICE TO SEE YOU.

>> ANNIE MAHON: BOSTON, COLORADO, D.C., MORE COLORADO,
MASSACHUSETTS.

HAWAII, NEW MEXICO, WASHINGTON, D.C.

>> ADRIANA ARIZPE MARTIN: WASHINGTON, D.C.

NEW YORK.

ARIZONA.

>> ADRIANA ARIZPE MARTIN: HI, ABBY.

THANK YOU, THANK YOU SO MUCH FOR BEING HERE.

WE ARE SO GLAD TO HAVE YOU HERE WITH US FROM ALL OVER THE
PLACE.

SO IT IS REALLY NICE.

>> ANNIE MAHON: AS YOU ARE COMING IN, IF YOU WOULD LIKE
CLOSED-CAPTIONING, WANT TO HAVE THE CAPTIONS COME ACROSS
THE BOTTOM.

CLICK ON CLOSED-CAPTIONING AND SELECT SHOW SUBTITLES.

IF THERE IS SOMETHING YOU DON'T HEAR, YOU CAN READ IT.

WE HAVE LIVE CAPTIONING IN OUR WEBINARS NOW.

AND MAKE SURE YOU ARE MUTED, PLEASE.

LET'S MAKE SURE EVERYONE IS MUTED EXCEPT WHO IS SPEAKING.

>> ADRIANA ARIZPE MARTIN: YES, IF YOU DON'T MIND.

SOMETIMES YOU ARE KNOW NICING YOU ARE NOT UNMUTED, WE WILL

UNMUTE YOU, SORRY.

AND WE JUST WANT TO ASK YOUR PERMISSION TO DO THAT.

>> ANNIE MAHON: OR NOT, WE WILL JUST MUTE YOU.

>> ADRIANA ARIZPE MARTIN: YES.

WE WANT TO REMIND EVERYONE HERE THAT THIS IS BEING
RECORDED.

AND, THAT A -- THIS IS GOING TO THE SECOND PART OF THE
SESSION WILL BE QUESTIONS AND ANSWERS.

AND IF YOU DON'T WANT TO BE RECORDED, JUST BE -- BE AWARE
OF THE RECORDING.

>> ANNIE MAHON: WE HAVE PEOPLE FROM HONG KONG, ITALY,
QUEBEC, AND MORE.

WOW.

>> ADRIANA ARIZPE MARTIN: YEAH, WOW.

>> ANNIE MAHON: THE WHOLE GLOBE.

WONDERFUL.

ALL RIGHT.

WE WILL BEGIN IN JUST A MOMENT.

ARE YOU ABLE TO LET PEOPLE IN?

>> ADRIANA ARIZPE MARTIN: YES.

>> ANNIE MAHON: MAYBE YOU CAN DO THAT WHILE WE ARE HAVING
OUR BELL.

WELCOME, EVERYONE TO MAKING-VISIBLE.

THIS IS A ONE-OFF.

NOT A PART OF A SERIES, YOU KNOW WE HAVE BEEN DOING VARIOUS SERIES ON SOCIAL JUSTICE TOPICS.

SO WE DECIDED TO HAVE A ONE-OFF HERE TO TALK ABOUT GRIEF AND LOSS.

PARTLY BECAUSE OF THE TIMES WE ARE IN RIGHT NOW.

PARTLY BECAUSE OF THE TOPICS WE HAVE BEEN ADDRESSING THAT HAVE BEEN ONES THAT CAN BRING A LOT OF GRIEF.

SO WE ARE JUST SO BLESSED.

WE WILL INTRODUCE OUR TWO LEADERS FOR THE EVENING IN A LITTLE BIT.

WE ARE BLESSED AND LUCKY TO HAVE, ROSHI JOAN HALIFAX AND FRANK OSTASESKI WITH US.

WE WILL HAVE THREE SOUNDS OF THE BELL, TO SETTLE IN, RETURN TO OUR BODY.

AND JUST GET COMFORTABLE.

OKAY.

(BELL TOLLS) (BELL TOLLS) (BELL TOLLS) SO, DEAR FRIENDS WELCOME AGAIN TO OUR WEBINAR ON GRIEF AND LOSS IN THE TIME OF CORONAVIRUS.

WE OFFER IT TO WEAVE IN MINDFULNESS WITH SOCIAL JUSTICE.

I AM GOING TO TURN OVER TO ADRIANA, THE ORGANIZERS, NOT THE TEACHERS, WE ARE LEARNING WITH YOU.

I WILL TURN IT OVER TO INTRODUCE ONE OF THE TWO SPEAKERS. THEN I WILL INTRODUCE THE OTHER ONE.

>> ADRIANA ARIZPE MARTIN: THANK YOU, ANNIE.

THANK YOU FOR BEING HERE.

WE ARE SUPER EXCITED.

SUPER GRATEFUL.

AND REALLY HUMBLED TO HAVE THE PRESENCE OF TWO INCREDIBLE MASTERS.

IN BUDDHIST TRADITION, ROSHI JOAN HALIFAX AND FRANK OSTASESKI.

INTRODUCING TO YOU FRANK, AN INTERNATIONAL RESPECTED BUDDHIST TEACHER, AND MISSIONARY COFOUNDER OF THE METTA INSTITUTE AND ZEN HOSPICE PROJECT.

FRANK HAS TRAINED CARE GIVERS IN MINDFUL COMPASSIONATE APPROACHES TO END OF LIFE CARE.

FRANK IS THE 2018 RECIPIENT OF THE PRESTIGIOUS HUMANITIES AWARD FROM THE AMERICAN ACADEMY OF HOSPICE AND PALLATIVE MEDICINE.

HE HAS BEEN FEATURED ON --

HIGHLIGHTED ON "THE OPRAH WINFREY SHOW" AND HONORED BY

THE -- (INDISCERNIBLE)

AND LIVING FULLY.

FRANK, THANK YOU FOR BEING HERE WITH US.

>> Frank Ostaseski: HAPPY TO BE WITH YOU.

HAPPY TO BE WITH YOU.

>> ANNIE MAHON: THANK YOU, I WOULD LIKE TO INTRODUCE ONE OF MY DEAREST FRIENDS AND TEACHERS ROSHI JOAN HALIFAX.

IN THE TRADITION OF, THICH-NHAT-HANH, DHARMA TEACHER BEFORE MANY KNEW WHO IT WAS.

SHE WAS ORDAINED WITH BERNIE GLASSMAN AND AUTHOR OF BEING WITH DYING AMONG OTHER BOOKS THAT ARE AMAZING.

AND SHE HAS BEEN SITTING FOR DECADES AT THE SIDES OF DYING PEOPLE AND TRAINING HEALTH CARE WORKERS IN COMPASSIONATE WAYS TO BE WITH THE DYING.

I MET HER AT HER CENTER UPAI WHICH MEANS SKILLFUL MEANS, SUCH A GREAT DESCRIPTOR, I FEEL LIKE, JOAN IS ONE OF SKILLFUL MEANS AND PRACTICALLY DOING IT.

NOT THINKING AND TALKING ABOUT IT.

I LOVE THIS QUESTION FROM HER BOOK BEING WITH DYING WHICH DESCRIBES REALLY WHO SHE IS.

SHE ASKS THE QUESTION, WHAT KIND OF MIND AND HEART CAN STAY SO STRONG AND OPEN IN THE MIDST OF ALL OF THIS CHAOS?

AND I WOULD SAY HERS CAN.

AND SHE IS A ROLE MODEL IN STAYING STRONG AND OPEN IN ALL KINDS OF TIMES.

SO GRATEFUL AND BLESSED TO HAVE TEASE TWO WISE TEACHERS WITH US TONIGHT.

BLESSED.

>> ADRIANA ARIZPE MARTIN: I WANT TO SHARE A QUOTE FROM FRANK.

IS THAT OKAY.

LOSS IS INEVITABLE, GRIEF IS THE PROCESS OF HEALING THE PAIN ASSOCIATED WITH LOSS.

OUR GRIEF IS OUR COMMON GROUND.

ALONG THE PATH TO HEALING WE ARE ALL CALLED UPON THE GRIEF, TO GRIEVE IS TO BE HUMAN.

IT IS PERHAPS THE MOST HUMAN OF EXPERIENCES.

WHEN WE DO NOT GRIEVE, WE HARDLY EXIST.

THERE IS NO PREDICTABLE SCHEDULE FOR GRIEF.

IT IS A SUBJECTIVE AND HIGHLY PERSONAL EXPERIENCE.

THANK YOU.

AND JUST TO REMIND PEOPLE.

OUR TOPIC US TONIGHT IS GRIEF AND LOSS DURING COVID-19.

AND I THINK WE CAN TURN NOW THE -- THE SESSION TO, ANNIE DO

YOU WANT TO ADD SOMETHING.

>> ANNIE MAHON: WE WILL HAVE TIME FOR QUESTIONS.

THAT WILL COME AFTER EACH OF OUR SPEAKERS HAS GIVEN THEIR
LITTLE PART THEY WANT TO SHARE.

AT THAT POINT THE QUESTIONS CAN BE PUT INTO THE CHAT.

AND/OR WE WILL HAVE TIME FOR OPEN QUESTIONS.

BE THINKING IF YOU HAVE QUESTIONS WHILE YOU ARE LISTENING.

WHEN WE CALL FOR THEM, PLEASE PUT THEM IN THE CHAT.

THANKS.

GOING OUT.

>> ADRIANA ARIZPE MARTIN: FOR THOSE WHO ARRIVED AFTER WE
STARTED.

IF YOU WANT TO HAVE CLOSED-CAPTION YOU CAN GO BELOW AND,
WHERE IT SAYS CLOSED-CAPTION, AND, AND -- GO TO SHOW
SUBTITLES.

PLEASE.

AND ANOTHER TIME THIS SESSION IS BEING RECORDED.

JUST FOR ALL OF YOU TO KNOW.

IF YOU DON'T WANT TO BE ON SCREEN WHEN WE RECORD THESE JUST
HAVE THAT IN MIND.

THANK YOU SO MUCH.

JOAN, FRANK, PLEASE, THANK YOU SO MUCH.

ROSHI, YOU WANT TO START US OUT?

DID WE LOSE ROSHI?

>> Roshi Joan Halifax: I AM HERE.

CAN YOU HEAR ME?

>> Frank Ostaseski: NOW I CAN.

YES.

>> Roshi Joan Halifax: YOU KNOW, I WISH THAT I COULD SHOW YOU WHERE I AM RIGHT NOW.

I AM ON, IN MY HERMITAGE IN THE MOUNTAINS UP AT 9,400 FEET.

AND, BEING DONE THROUGH SATELLITE.

SO MY SIGNAL FROM MY LITTLE HERMITAGE TRAVELS 37,000 MILES

UP TO SOME SATELLITE OUT THERE IN SPACE AND TRAVELS.

AND TO ANNIE'S WORLD.

SO WE CAN'T GUARANTEE STABILITY OF SIGNAL.

BUT WE CAN'T GUARANTEE ANYTHING.

IF THE SOUND IS FUNNY OR THE VISUAL IS FUNNY, PLEASE JUST

BE PATIENT AND FRANK WILL TAKE OVER FOR ME.

ANNIE, I WANT TO THANK YOU SO MUCH FOR INVITING ME AND

FRANK TO THIS.

YOU KNOW, I WILL SAY THAT -- I AM HOLDING A LOT OF

UNPROCESSED GRIEF MYSELF.

I DON'T STAND OUTSIDE OF GRIEF LIKE A GRIEF PROFESSIONAL.

I AM IN THE RIVER OF SORROW ALONG WITH MILLIONS OF PEOPLE.
WHO ARE PRESENT ON THE PLANET TODAY.

AND I AM STUDYING MY OWN EXPERIENCE AS WELL AS BEARING
WITNESS TO THE EXPERIENCE OF MANY, MANY PEOPLE.

I KNOW FRANK IS IN THE SAME SITUATION.

YOU KNOW IT IS NOT ONLY GRIEF ABOUT THE LIVES THAT HAVE
BEEN LOST, BUT ALSO I AM FEELING DEEP ABOUT THE LOSS OF
JUSTICE IN OUR WORLD.

OR THE MORE VISIBLE BIASES.

WHETHER IT IS IN CENTRAL PARK CALLING 911 TO -- TO ACCUSE A
BIRDWATCHER OF STALKING HER OR WHETHER IT IS A MAN IN
MINNEAPOLIS WHOSE NECK IS PRESSED TO THE GROUND BY THE KNEE
OF A POLICEMAN.

AND THEN WHO DIES.

WE ARE IN AN EXTRAORDINARILY VULNERABLE TIME.

WE HAVE ALWAYS BEEN IN A VULNERABLE TIME.

IT IS MORE VISIBLE TO US, I BELIEVE, THAN YOU KNOW I HAVE
EVER EXPERIENCED IN MY 77 SOON TO BE 78 YEARS ON THIS
PLANET.

AND I FEEL THAT IT IS IMPORTANT FOR US AT THIS TIME TO NOT
ONLY ACKNOWLEDGE GRIEF, INSTEAD OF BEARING IT IN ADDICTION
OR DENIAL OF OTHER KINDS.

BUT, ACTUALLY WORK WITH IT AS SKILLFULLY AS POSSIBLE.

AND TO THIS END, I WOULD LOOK TO JUST DO A SCREEN SHARE IF

I CAN OF A FEW IMAGES ON A POWERPOINT.

AND I AM GOING TO SCREEN SHARE RIGHT NOW.

I HOPE I DO THIS RIGHT.

I NEVER KNOW.

DID THAT IMAGE COME THROUGH?

>> Frank Ostaseski: NO.

>> Roshi Joan Halifax: LET'S SEE.

IT SAYS SHARE SCREEN.

OKAY, I GOT IT.

HOW'S THAT?

>> ADRIANA ARIZPE MARTIN: THAT'S GREAT.

WE CAN SEE YOUR SCREEN NOW.

>> Roshi Joan Halifax: YOU ARE SEEING MORE OF MY SCREEN.

LET ME JUST GET UP HERE.

I JUST WANT TO SHARE A FEW SLIDES TO BEGIN WITH.

I WAS ASKED BY PEPSI-COLA COMPANY TO DO A PROGRAM FOR THEIR
EMPLOYEES ON GRIEF AND LOSS.

AND SO I PUT TOGETHER SOME OF MY THOUGHTS ON GRIEF AND
LOSS.

AND THEN, YOU KNOW, AS THE DAYS PASSED AFTER THAT WORK WITH

THE PEPSI COMPANY EMPLOYEES, BY THE WAY I THOUGHT IT WAS
VERY COOL OF PEPSI TO ASK ME TO DO THIS.

I WAS GRATEFUL BECAUSE MANY OF THEIR WORKERS PARTICULARLY
THE SO-CALLED ESSENTIAL WORKERS IN THE BOTTLING COMPANIES
WHERE IT IS NOT AUTOMATED HAD TO GO BACK TO WORK.

YOU COMPANY.

GRIEF HOLDS HER COVERED FACE AGAINST THE SHOULDERS OF
HISTORY AND WIPES IN MOURNING.

THIS IS AT THE PEACE MONUMENT IN FRONT OF THE U.S. CAPITOL
IN WASHINGTON.

AND I FEEL LIKE THIS -- IMAGE REALLY EXEMPLIFIES THE SPIRIT
THAT MANY OF US ARE ENVELOPED BY AT THIS TIME.

THAT THE CONSCIOUS AND UNCONSCIOUS BIASES NOT ONLY TOWARD
PEOPLE OF COLOR BUT TOWARD DYING PEOPLE
TOWARD OUR EARTH.

TOWARD THOSE WHO CARE FOR OTHERS.

IS ACTUALLY INVOKING IN US A KIND OF GRIEF.

THAT IS ESSENTIAL FOR US TO FACE.

AND IN THIS REGARD THE STORYTELLER, TERRY TEMPEST WILLIAMS
WROTE -- A GOOD FRIEND OF MINE SAID, YOU ARE MARRIED TO
SORROW.

AND I LOOKED AT HIM AND SAID, I'M NOT MARRIED TO SORROW.

I JUST CHOOSE NOT TO LOOK AWAY.

I THINK SOME HAVE SEEN THIS IMAGE, OF AN ER NURSE IN A FAIRLY SMALL HOSPITAL.

WHO WAS WITH A PATIENT WHO WAS FACING IMMINENT DEATH FROM THE CORONAVIRUS.

AND THE NURSE WROTE AS THE NURSE WAS BEING ASKED TO LEAVE TO SACK CARE OF SOMEBODY ELSE.

WITH A LESS DRASTIC SITUATION, AND THEN, THE NURSE WROTE, JUST GOING TO HOLD HIS HAND FOR A BIT.

I DON'T THINK HE HAS LONG.

SO I FEEL LIKE WE ARE HERE WITH EACH OTHER DOING THIS.

WE ARE JUST HERE.

HOLDING EACH OTHER'S HAND FOR A BIT.

BECAUSE REALLY IN ONE WAY OR ANOTHER, WE DON'T --

HAVE THAT MUCH LONGER.

AND I THINK FOR ME THE QUESTION IS EVEN THOUGH MAYBE I HAVE

TEN YEARS OR 20, OR WHO KNOWS.

OR 10 HOURS OR I DON'T KNOW.

OR YOU.

I DON'T KNOW.

HOW DO WE AWAKEN IN THESE CONDITIONS?

SO I AM GOING TO MOVE OUT OF THE, THIS SHARE FOR A LITTLE

BIT.

OUT OF THIS SHARE FOR A LITTLE BIT.

AND TALKING TO YOU.

WE ARE FACING SOME EXTRAORDINARY CIRCUMSTANCES AND THE WORD UNPRECEDENTED HAS BEEN USED BY SO MANY.

IT IS NOT ONLY THIS PANDEMIC, WHICH HAS CAUSED AN ENORMOUS GLOBAL DEATH TOLL.

BUT ALSO THERE IS -- THE ECONOMIC COLLAPSE CATASTROPHE WITH LOCKDOWNS JOB LOSSES TRIGGERING MAYBE THE MOST SIGNIFICANT FINANCIAL CRISIS SINCE THE DEPRESSION.

AND YOU KNOW, SHOCKS THAT ARE SOCIAL IN NATURE AND AS WELL CULTURAL IN NATURE THAT ONLY WE ARE ONLY JUST BEGINNING TO UNDERSTAND.

BUT I THINK REALLY THE BIGGEST CRISIS THAT WE ARE FACING IS A CRISIS OF THE HEART AND OF THE MIND.

AND IT GOES RIGHT TO THE CORE OF HOW WE LIVE AS SOCIAL BEINGS.

OF HOW WE DEAL WITH FEAR AND HOW WE DEAL WITH LOSS.

AND ALSO, AS FRANK KNOWS WELL -- HOW WE DIE.

YOU KNOW, WE HAVE LOST SO MUCH.

WE HAVE LOST OUR DAILY STRUCTURE.

MANY OF US HAVE LOST -- THE SENSE OF -- REALLY BEING IN

CONTACT WITH OUR COMMUNITIES, EXCEPT THROUGH, OUR DIGITAL CONNECTION.

MANY PEOPLE HAVE LOST THEIR ENTIRE SAVINGS.

AND THEIR HOMES.

AND, WHAT'S HAPPENING RIGHT NOW IS ALSO REVEALING SERIOUS ISSUES THAT HAVE BEEN THERE FOREVER.

THEY ARE ISSUES OF INEQUALITY THAT IS RELATED -- THAT ARE RELATED TO RACE AND TO POVERTY.

AND IN THE WAY THERE IS A LOSS OF INNOCENCE WITH THIS.

A LOSS OF BLINDNESS.

AND, I THINK IT TAKES AN ENORMOUS COURAGE BUT IT ALSO TAKES A LOT OF CARE.

AND CONNECTION TO FACE THE MAGNITUDE OF LOSSES THAT WE ARE EXPERIENCING.

TODAY, LIKE NOT BEING ABLE TO ATTEND FUNERALS.

OR, MY ASSISTANT, NOAH AND BELOVED NICOLE WERE TO BE MARRIED IN OCTOBER.

AND NOW THEY HAVE PUT OFF THE WEDDING.

TODAY -- I DID A COMMENCEMENT ADDRESS ONLINE.

THE GRADUATES COULD NOT GATHER IN A PHYSICAL SPACE.

SO IT WAS A VIRTUAL COMMENCEMENT.

WE HAVE ALSO LOST THE SENSE OF AUTONOMY, OF CERTAINTY, OF

PREDICTABILITY AND OF, ANY SENSE OF NORMALCY.

IT'S CURIOUS, THIS IS ALSO BEGINNING TO FEEL NORMAL.

WHAT WE ARE GOING THROUGH.

AND IN A WAY, THAT IS A PROBLEM.

YES, GRIEF IS NORMAL.

BUT WHEN IT FALLS OUT OF AWARENESS INTO A SENSE OF
NORMALCY, AND WE LOSE THE CONNECTION OF THE POWER OF GRIEF.
OFF THE VIVIDNESS OF GRIEF.

IT IS SOMETHING FOR US TO ACTUALLY BRING INTO FOCUS.

YOU KNOW, I THINK WE ARE ALSO FACING THE LOSS OF A WAY OF
LIFE.

AND AS I SAID, WE HAVE AN IDEA OF WHAT MIGHT HAPPEN DOWN
THE ROAD.

IT MIGHT BE NEXT WEEK, WHO KNOWS, THOUGH THE LOCKDOWNS ARE
LIFTED.

WE DON'T KNOW WHAT IS GOING TO HAPPEN.

BUT MANY OF US HAVE THE SENSE THAT WE ARE NOT GOING TO BE
RETURNING SO-CALLED NORMAL.

AFTER THIS OUTBREAK IS ENDED.

AND THERE THESE BREAKDOWNS IN OUR -- IN OUR CLIMATE, IN OUR
ECONOMIES, ECHO SYSTEMS, THAT ARE LOSSES THAT ARE JUST IN
THE EARLY STAGES AND.

AND THESE LOSSIZE BELIEVE ARE CUMULATIVE OR HAVE A
CUMULATIVE EFFECT IN TERMS OF OUR EXPERIENCE.

WE ARE IN A WAY EXPERIENCING AND WE SEE IT IN POLARIZATION
IN WHAT IS HAPPENING.

IN THE WORLD TODAY, JUST LIKE THE -- WHAT IS HAPPENING IN
OUR PARAMILITARY POLICE FORCES IN MANY OF OUR CITIES.

WE ARE EXPERIENCING NOT ONLY GRIEF AT SCALE BUT ALSO FEAR
AT SCALE.

AND THIS IS COMPLICATED.

BY THE EXPERIENCE OF PHYSICAL DISTANCING AND FOR MANY OF
US, OF, ISOLATION.

AND, YOU KNOW WE HAVE NOT TALKED ABOUT FOR EXAMPLE THE LOSS
OF SAFETY.

FAMILY SYSTEM.

HOUSEHOLD IS NOT NECESSARILY ALWAYS A SAFE PLACE.

FOR A CHILD.

SO THE LOSS OF SAFETY.

AS WELL.

AND, AS A RESULT OF PHYSICAL DISTANCING.

I THINK IT IS PRETTY WILD TO CONSIDER THAT SOMETHING AROUND
2.6 BILLION PEOPLE TODAY, IN THE WORLD ARE UNDER LOCKDOWN.

AND THAT'S MORE PEOPLE THAN, THAN, WERE ALIVE IN WORLD WAR

II.

AND OUR GOVERNMENTS HAVE TOLD US TO BASICALLY REDUCE OUR LIVES TO THE SMALLEST SOCIAL ELEMENT, THE HOUSEHOLD.

AND WHEN WE ARE OUTSIDE OF OUR HOMES WE HAVE TO BE 6 FEET APART.

PEOPLE ARE INVENTING THESE CRAZY DEVICES.

THAT MAKE IT POSSIBLE TO EVEN RECOGNIZE WHERE -- AT A SAFE PHYSICAL DISTANCE FROM EACH OTHER.

AND YOU KNOW ONE PIECE I READ THAT DESCRIBED IT AS, WE ARE LIKE MAGNETS WITH REVERSE POLARITIES, SLIDING OFF THE SIDEWALKS.

AROUND CARS ANYTHING TO AVOID BEING CLOSE TO EACH OTHER. YEAH.

AND THIS IN THE FACE THAT WE ARE SOCIAL ANIMALS.

AND OUR EVOLUTION HAS BEEN BUILT ON OUR ABILITY TO COMMUNICATE AND TO COOPERATE NOT JUST THROUGH WORDS.

BUT ALSO, THROUGH HOW WE ARE ABLE TO READ EACH OTHER'S BODY LANGUAGE.

AND THROUGH PHYSICAL CONTACT.

AND ALSO THROUGH THE EXPERIENCE OF INTIMACY.

YOU KNOW, EVEN AS OUR INTERCONNECTION HAS BECOME INTERCONNECTION HAS BECOME MORE TANGIBLE THAN EVER BEFORE,

SOME OF US HAVE COME TO FEAR CONNECTION.

FEAR CONTACT.

YOU KNOW, WE LOOK AT -- A SINGLE TOUCH.

OR A PIECE OF MONEY.

OR GROCERY BAG.

OR CREDIT CARD TERMINAL.

THESE PUT US IN TOUCH WITH SO MANY PEOPLE.

WHO ARE UNSEEN.

ARE THESE PEOPLE OKAY?

WE ASK OURSELVES.

AND I FEEL THAT WE HAVE BEGUN TO SEE THAT GRIEF AND FEAR
ARE DEEPLY INTERTWINE DEEPLY INTERTWINED.

I THINK OF THE FIRST BUDDHIST NUNS, MANY OF THEM ENTERED
INTO PRACTICE THROUGH THE EXPERIENCE OF GRIEF.

LOSS OF A BABY OR OF A CHILD.

BEING SUBJECTED TO VIOLENCE.

BEING DEGRADED BY THEIR SOCIAL STATUS.

I THINK OF THE BUDDHIST NUNS WHO GATHERED AROUND THE BUDDHA
AFTER HE DIED.

AND WHOSE TEARS FELL ON THE BODY OF THE BUDDHA.

AND THOUGH SOME SECTORS CALLED, SAID, THAT WAS UNCLEAN.

OTHERS, IN PARTICULAR, ACKNOWLEDGED THE POWER OF THE

BUDDHA'S CONTEMPORARIES, WOMEN CONTEMPORARIES IN GRIEVING
HIS DEATH.

AND, YET, OUR SOCIETY STRUGGLES WITH GRIEF.

AND IT ALSO STRUGGLES WITH FEAR.

AND BOTH ARE SOMETHING THAT MANY FEEL THEY SHOULD BE
ASHAMED OF.

OR, SHOULD BE GRIEVING, FEAR SHOULD BE HIDDEN AWAY.

OR SHOULD BE PROCESSED.

PROCESSED AS QUICKLY AS POSSIBLE.

AND ONE OF THE THINGS THAT IS REALLY -- FOR ME AS A
RECOVERING ANTHROPOLOGIST, IS THE ABSENCE OF THE MYTHS,
STORIES, RITUALS OF THE PRACTICES.

THAT ACTUALLY CREATE A CONTEXT OF SAFETY IN MEANING IN
CONNECTION.

THIS IS SOMETHING THAT IS NOT INCONSEQUENTIAL.

I THINK OF THE FAMILIES, ADRIANA TOLD A STORY OF, COLLEAGUE
OF HERS WHOSE MOTHER DIED IN MEXICO.

NOT BEING ABLE TO GO TO THE FUNERAL.

I KNOW FRANK AND I HAVE SPOKEN AND HEARD FROM SO MANY
PEOPLE WHO HAVE NOT BEEN ABLE TO FULLY ACKNOWLEDGE OR BE IN
THE EMBRACE OF COMMUNITY.

IN THE PRESENCE OF DEATH.

AND I THINK BACK TO THE SLIDE THAT I SHOWED EARLIER.

I JUST WANT TO HOLD HIS HAND.

HE HASN'T MUCH LONGER.

TO GO.

WE ARE IN A VERY POWERFUL TIME.

THE LOSS OF CERTAINTY, OF AUTONOMY.

THE LOSS OF SOCIAL CONNECTION.

THE LOSS OF OUR ACCESS TO EACH OTHER.

ONE OF MY STUDENTS SAID TO ME, AFTER TEACHING THAT FRANK
AND I DID, THROUGH UPAYA, AND SHE SAID, YOU KNOW, SOMEBODY
SAID TO ME RECENTLY AND THIS IS AWE CHAPLAIN A CHAPLAIN.

CORE CHAPLAIN PEOPLE, MARLIN.

SHE SAID, SHE WORKED FOR THE CANCER CENTER AS A CHAPLAIN.

SHE SAID GRIEF IS LOVE THAT HAS NOWHERE TO GO.

GRIEF IS LOVE.

THAT HAS NOWHERE TO GO.

AND, WE CAN TRY TO UNDERSTAND OR BRING INTO FOCUS FEAR.

BECAUSE FEAR IS THIS EXPERIENCE THAT, THAT IS A RESPONSE TO
REAL OR IMAGINED THREAT.

AND WE ARE CERTAINLY IN THE GRIP OF FEAR AT THIS TIME.

SO, THERE IS SOME PERSPECTIVES THAT MIGHT HELP US NAVIGATE
THIS TIME.

THIS TIME OF LOSS OR FEAR.

AND, OF GRIEF.

I THINK IT IS IMPORTANT FOR US TO REALIZE THAT GRIEF AND FEAR HAVE GIFTS TO OFFER US, HARD AS IT MAY BE TO SEE THEM, WHEN WE ARE IN THE THICK OF THE EXPERIENCE.

FOR EXAMPLE, BOTH GRIEF AND FEAR ARE PROFOUNDLY HUMANIZING. BOTH CAN ACTUALLY DEEPEN OUR EMPATHY AND OUR COMPASSION -- CAPACITY FOR COMPASSION AND INSIGHT.

AND OF COURSE, HAVING OURSELVES INTO THE EXPERIENCE CAN OPEN THE DOORS OF EMPATHY AND IN A VERY PARTICULAR WAY.

SO I WOULD LOOK TO TAKE JUST A LIKE TO TAKE JUST A FEW MOMENTS TO JUST HAVE A BREATH.

AND I WOULD LOOK TO SHARE JUST A -- SOME PRACTICE WITH YOU. IF THAT IS OKAY.

ITS THAT OKAY, ADRIANA AND FRANK AND ANNIE.

JUST A REFLECTIVE PRACTICE?

PERFECT.

>> Roshi Joan Halifax: I WANT TO ASK US TO TAKE A MOMENT RIGHT NOW ON THE IN BREATH TO BRING OUR ATTENTION TO OUR IN BREATH.

AND REFLECT ON THE PERSPECTIVE THAT, THAT I SHARED EARLIER.

THAT GRIEF IS LOVE THAT HAS NOWHERE TO GO.

I KNOW THAT WHEN I GRIEVE THE GRIEF IS REALLY RISING FROM
LOVE.

AND LET'S JUST TAKE A FEW MOMENTS TO REFLECT ON THESE
PHRASES.

MAY I BE OPEN TO THE PAIN OF GRIEF.

MAY I BE OPEN.

MAY I BE OPEN TO THE PAIN OF GRIEF.

MAY LOVING KINDNESS SUSTAIN ME.

MAY LOVING KINDNESS SUSTAIN ME.

MAY I FIND STRENGTH THAT I MAY USE MY RESOURCES TO SERVE
OTHERS.

MAY I FIND STRENGTH THAT I MAY USE WHATEVER RESOURCE I HAVE
TO SERVE OTHERS.

MAY I FIND STRENGTH THAT I MAY USE WHATEVER RESOURCES I
HAVE TO SERVE OTHERS.

MAY I BE OPEN TO RECEIVE LOVE AND COMPASSION FROM OTHERS.

MAY BY BE OPEN TO RECEIVE LOVE AND COMPASSION FROM OTHERS.

JUST LETTING THE SENSE OF THOSE PHRASES SETTLE INTO YOUR
HEART.

AND I JUST WANT TO FINISH THIS SHORT REFLECTION ON
RETURNING TO TERRY TEMPEST WILLIAMS.

THERE IS DEEP BEAUTY, SHE WROTE, IN NOT AVERTING OUR GAZE.

NO MATTER HOW HARD IT IS.

NO MATTER HOW HEARTBREAKING IT CAN BE.

IT IS ABOUT PRESENCE.

IT IS ABOUT BEARING WITNESS.

AND THEN SHE SAYS I USED TO THINK BEARING WITNESS WAS A
PASSIVE ACT.

PASSIVE ACT.

I DON'T BELIEVE THAT ANYMORE.

I THINK WHEN WE ARE PRESENT, WHEN WE BEAR WITNESS, AND WHEN
WE DO NOT DIVERT OUR GAZE SOMETHING IS REVEALED.

THE VERY MARROW OF LIFE.

A TRANSFORMATION OCCURS.

CONSCIOUSNESS SHIFTS.

AND MAY THAT TRANSFORMATION SAY I WILL BE AVAILABLE TO ALL
OF US WHO ARE GATHERED HERE.

THANKS TO ANNIE AND ADRIANA.

AND FRANK, I KNOW YOU HAVE BORNE WITNESS AND ALSO THAT YOU
HAVE ACCOMPANIED SO MANY THROUGH GRIEF.

BUT I HOPE YOU CAN NOW SHARE A LITTLE OF YOUR WITNESSING.

>> Frank Ostaseski: THANK YOU, ROSHI.

I DON'T KNOW THAT I HAVE SO MUCH WISDOM.

BUT I HAVE A LOT OF HEART OPENED TODAY.

YOU KNOW I WAS SO HAPPY THAT ANNIE STARTED US OFF WITH
SILENCE.

IT SEEMS THE RIGHT PLACE TO BEGIN TO EXPLORE GRIEF.

THIS MORNING I WAS, I CAME ACROSS THE WORDS OF HOWARD
THURMAN, YOU KNOW, AND HIS FAMOUS SPEECH AT SPELLMAN
COLLEGE.

AND HE SAID SOMETHING BEAUTIFUL THAT I LOVE.

HE SAID, THERE IS SOMETHING IN EVERY ONE OF YOU THAT WAITS
LISTENS, FOR THE SOUND OF THE GENUINE IN YOURSELF.

DON'T BE DECEIVED OR THROWN OFF BY THE NOISES.

EVEN THOSE THAT ARE IN YOUR DREAMS, YOUR AMBITIONS.

SO THAT YOU DON'T HEAR WHAT IS THE SOUND OF WHAT IS GENUINE
IN YOU.

BECAUSE HE SAID IS THE ONLY TRUE GUIDE THAT YOU WILL EVER
HAVE.

AND HE SAID, YOU KNOW -- YOU ARE THE ONLY YOU THAT HAS EVER
LIVED IN ALL OF EXISTENCE.

AND IF YOU CAN'T HEAR THE SOUND OF WHAT IS GENUINE IN YOU,
YOU WILL SPEND YOUR DAYS AT THE ENDS OF STRINGS, THAT
SOMEBODY ELSE PULLS.

HE SAID SO IT DOESN'T MATTER IF YOU ARE A DOCTOR, LAWYER,
HOUSEWIFE.

HE SAID I AM SECURE BECAUSE I CAN BECOME QUIET ENOUGH,
STILL ENOUGH, TO HEAR THE SOUND OF WHAT IS GENUINE IN
MYSELF.

AND THAT FEELS LIKE A REALLY GOOD PLACE FOR US TO START.
BECAUSE, YOU KNOW, LIKE YOU ARE HELPING US TO SEE, ROSHI.
I THINK TO LIVE FULLY, TO ME, GRIEF HONESTLY, WE HAVE TO
LEARN TO IN HABIT SILENCE.

AND ALONENESS.

THAT'S WHAT IS GOING TO INTRODUCE US TO HUMILITY AND
VULNERABILITY.

WHICH TO ME HAVE BEEN THE GATEWAYS TO -- TO THE INTIMACY OF
NOT KNOWING.

ROSHI KNOWS THAT I RECENTLY SUFFERED A SERIES OF STROKES.
WITH THAT HAS COME A TREMENDOUS SENSE OF VULNERABILITY.

I DON'T EXPERIENCE VULNERABILITY AS WEAKNESS.

LIKE GRIEF, AN UNDERGROUND STREAM THAT IS RUNNING THROUGH
ALL OF OUR LIVES.

IF WE TRY TO GET RID OF OUR VULNERABILITY IT IS A KIND OF
CONSEAT.

CONCEIT, CUTS US OFF FROM OUR HEARTS AND MAKES IT DIFFICULT
TO BE WITH OTHER PEOPLE'S GRIEF.

SO THE ONLY CHOICE WE HAVE IS REALLY TO INHABIT OUR

VULNERABILITY AND TO FIND COMPASSIONATE WAY TO BE INTIMATE
WITH OUR OWN EVENTUAL DISAPPEARANCE.

AND THE LOSS OF THOSE THAT WE LOVE.

AND TO DISCOVER, PERHAPS, SOME WAY OF CONNECTING WITH AN
OPEN, LOVING AWARENESS THAT CAN EMBRACE EVERYTHING THAT WE
FIND AGREEABLE AND DISAGREEABLE.

IN THIS LIFE.

SO, FOR ME, IN GRIEVING, IT IS ABOUT MEETING MYSELF OVER
AND OVER AGAIN.

AND THAT ENABLES ME TO MEET OTHER PEOPLE.

YOU KNOW, MY NEXT DOOR NEIGHBOR AND THOSE SUFFERING AROUND
THE WORLD.

IT SEEMS TO ME RIGHT NOW, I THINK IT IS TRUE IN THIS IN
THIS WEBINAR, PEOPLE WANT TO BE REAL WITH EACH OTHER.

YOU KNOW, WE NEED TO BE REAL WITH ONE ANOTHER NOW.

MAYBE MORE THAN EVER.

HOW DO WE HELP PEOPLE WHO ARE GRIEVING OR SUFFERING?

I THINK FIRST WE HAVE TO UNDERSTAND THAT --

LIVING WELL IS NOT ABOUT ERADICATING OUR WOUNDS.

AND OUR WEAKNESSES BUT UNDERSTANDING HOW THEY, THEY --
COMPLETE OUR IDENTITY.

THEY EQUIP US TO HELP OTHERS.

SO THIS IS THE HOME WORK WE HAVE TO DO.

ALL OF US HAVE TO DO.

TO BECOME REALLY FAMILIAR, REALLY INTIMATE WITH --

WITH OUR ONGOING EXPERIENCE OF LOSS AND GRIEF.

TO BE LOVINGLY AWARE WHAT HAPPENS FOR US IN OUR -- IN THESE

BODIES OF OURS.

IN THESE HEARTS OF OURS.

IN OUR MINDS.

THAT'S WHAT ENABLES US TO HEAL.

AND IT IS WHAT ENABLES US TO BUILD AN EMPATHETIC BRIDGE TO

OTHER PEOPLE.

THAT'S WHAT ALLOWS US TO TOUCH THEIR, THEIR LOSS AND THEIR

GRIEF WITH -- WITH LOVE.

AND INSTEAD OF WITH FEAR AND PITY.

PITY.

(INDISCERNIBLE) REFUGE FOR OURSELVES AND EACH OTHER.

YOU KNOW, MY OWN WOUNDS, MY OWN SUFFERINGS, THE THINGS MOST

EMBARRASSED ABOUT OR ASHAMED ABOUT.

OFTEN THEY HAVE BEEN THE THING THAT ENABLED ME TO, TO FEEL

MY WAY INTO THE LIVES OF OTHERS.

TO BE WITH THEIR SUFFERING.

WITHOUT MY OWN SUFFERING I DON'T THINK I COULD UNDERSTAND

OR BUILD A BRIDGE TO THEIRS.

SO, WE NEED THIS -- REALLY SINCERE, DEEP EXPLORATION AND

HOLD PARADOX AND COMPLEXITY, GRACE AND GRIT ARE PARTNERS.

YOU KNOW IF WE SAY TO SOMEONE ELSE AFRAID OR GRIEVING, THAT

I UNDERSTAND.

WE HAVEN'T LOOKED AT OUR OWN FEAR AND OUR OWN GRIEF, THEY

WILL SNIFF OUT OUR INSINCERITY AND SENTIMENTALLALITY, AND

YELL BULLSHIT, WE WON'T BE A RELIABLE REFUGE FOR THEM.

SO WE HAVE TO DO OUR HOME WORK.

SECOND I THIN WEEK HAVE TO SEE.

GRIEF IS NOT A PATHOLOGY.

GRIEF IS THE WAY WE LOVE.

LIKE ROSHI REMINDED US.

GRIEF IS THIS LOVE THAT HAS NO PLACE TO GO.

SO LET'S GET INTIMATE WITH IT.

THERE ARE SO MANY WAYS THAT GRIEF IS SHOWING ITSELF,

LOSSES, SHOWING ITSELF THESE DAYS.

ROSHI HELPED US TO SEE THEM.

LIKE, LIKE I WAS WITH A STUDENT OF MINE IN ITALY.

BOTH HER PARENTS DIED FROM COVID-19, BOTH HER PARENTS.

SHE COULDN'T GO SEE THEM DURING THE ILLNESS.

AND THE ARMY TAKE AS WAY THEIR BEDS TO A GENERAL BURIAL

GROUND.

SHE COULDN'T HAVE ANY KIND OF MEMORIAL FOR THEM, YOU KNOW.

SHE TOO WAS INFECTED WITH THE VIRUS.

I THINK ANOTHER THING THAT REALLY HELPS US TO BE WITH OUR OWN GRIEF AND THE GRIEF OF OTHERS IS --

TO SEE THAT -- IT CHALLENGES OUR NOTIONS OF CONTROL.

IT CRACKS THIS DEFENSIVE SHELL THAT WE WALK AROUND WITH, YOU KNOW?

IT EXPOSES THE WAYS THAT WE TRY TO HIDE FROM OUR HUMAN FRAILTY.

I DON'T KNOW, YOU KNOW -- FOR ME I THINK IT INVOLVES LETTING GO OF ALL OF OUR MODELS OF GRIEF RECOVERY, YOU KNOW.

THERE ARE SO MANY THEORIES ABOUT HOW WE ARE GOING TO GET THROUGH OUR GRIEF, YOU KNOW.

AND I THINK IT IS GOOD TO KNOW SOMETHING ABOUT THE TERRITORY.

SOMETIMES WE CONFUSE THE MAP WITH THE REAL THING.

AND OUR FEAR OF -- OF LACK OF CONTROL, IT LEADS US TO -- TRY TO MANAGE OTHER PEOPLE'S GRIEF.

OR WE SPEAK ABOUT GETTING OVER OUR GRIEF.

HOW COME WE NEVER TALK OVER GETTING OVER OUR JOY OR

HAPPINESS?

YOU KNOW, GRIEF IS PART OF THE HUMAN CONDITION, RIGHT?
AND OUR RELATIONSHIP TO IT, OF COURSE IT CHANGES OVER TIME.
IT DOESN'T ALWAYS HAVE THE SAME INTENSITY.
BUT IF WE TRY TO AVOID IT, IT IS DANGEROUS.
WE HAVE SO MANY HABITS IN OUR CULTURE AND OUR SUBCULTURES
ABOUT MANAGING GRIEF.
AND THEY'RE GENERALLY DRIVEN BY FEAR AND IMPATIENCE.
SO LET'S NOT HURRY OTHER PEOPLE THROUGH THEIR GRIEF.
LET'S ALLOW THE WHOLE SPECTRUM OF EXPRESSIONS OF GRIEF FROM
ABSOLUTE NUMBNESS, WHERE WE FEEL LIKE WE ARE WALKING
THROUGH MOLASSES, DON'T KNOW IF WE SHOULD TURN LEFT OR
RIGHT END OF THE DRIVEWAY.
ALLOW FOR EXPRESSIONS OF GRIEF, OUT OF CONTROL EXPRESSIONS
THAT ARE RARELY ALLOWED IN BE RECEIVEMENT GROUPS, YOU KNOW?
LET'S KNOW THAT GRIEF HAS LOTS OF FACES.
SADNESS IS ONLY ONE OF THE FACES.
MAYBE IT IS MORE USEFUL TO THINK OF GRIEF AS A WHOLE
CONSTELLATION OF EXPERIENCES THAT, INCLUDE -- SADNESS OF
COURSE ALSO FEAR, BLAME, SHAME, AND, ANGER.
THAT IS A REALLY IMPORTANT EXAPPROPRIATION OF GRIEF THAT A
LOT OF US ARE FEELING NOW.

-- THAT IS A REALLY IMPORTANT EXPRESSION OF GRIEF THAT A LOT OF US ARE FEELING NOW.

WE ARE NOT REALLY PREPARED FOR IT, FOR INTENSITY OF FEELINGS THAT EMERGE WHEN SOMEONE WE LOVE DIES OR WE EXPERIENCE SOMEKIND OF LOSS, YOU KNOW?

I THINK IT IS IMPORTANT TO RECOGNIZE THAT OUR GRIEF IS NOT JUST ABOUT WHAT WE HAVE HAD IN LOSS SOMETIMES ABOUT WHAT WE NEVER GOT TO HAVE.

THAT'S HAPPENING FOR A LOT OF US NOW.

AND IT IS TRIGGERING THE -- THE EVERYDAY GRIEF OF OUR LIFE. THE POOLS OF GRIEF WE HAVE BEEN CARRYING AROUND SOMETIMES FOR YEARS.

YOU KNOW, GRIEF IS WE THINK OF GRIEF AS SOME -- RESPONSE TO A -- TO SOME, SINGULAR EVENT.

THE LOSS OF OUR MOTHER.

BUT WE HAVE BEEN LIVING WITH GRIEF OUR WHOLE LIVES.

BUT OUR TENDENCY TO SELF PROTECTION IT LEADS US TO STORE THE EXPERIENCES IN SOME CRAMPED CORNER OF OUR MINDS, HEARTS, BODIES.

THEN WHEN WE EXPERIENCE SOMETHING LIKE THE PANDEMIC IT -- IT GIVES RISE TO THAT INTENSE GRIEF AND WE FEEL IT ALL OVER AGAIN.

I DON'T TRUST MODELS.

BUT I HAVE SEEN, A REALLY SIMPLE WAY OF TALKING ABOUT GRIEF
THAT -- THAT I WANT TO SHARE WITH YOU.

PLEASE DON'T TAKE THIS AS A LITERAL MODEL.

THIS ONE I HAVE SEEN IN BEING WITH THOUSAND OF PEOPLE NOW
WHO HAVE DIED.

AND THEIR FAMILIES.

AND THE FIRST OF THOSE IS JUST THE FEELING OF LOSS.

AND IT FEELS LIKE YOU HAVE BEEN PUNCHED.

IN THE BELLY.

AND IT TAKES YOUR BREATH AWAY.

AND WE DON'T KNOW WHAT TO DO.

WE ARE REALLY CONFUSED, YOU KNOW.

AND IT FEELS LIKE SHOCK AND, AND GRIEF, LIKE --

YOU CAN'T BELIEVE IT AND WE GET SWEEPED AWAY BY GUILT, OR
REMORSE IN SOME WAY.

THEN WE JUDGE OURSELVES MERCILESSLY, I SHOULD HAVE TAKEN
HIM TO THE HOSPITAL SOONER.

I SHOULD HAVE NOTICED THIS WAS OCCURRING.

NEVER CEASES TO AMAZE ME HOW OUR CAPACITY TO BE CRUEL TO
EACH -- TO OURSELVES WHEN WE MOST NEED OUR MERCY, YOU KNOW?

IF WE COULD JUST STOP SOMETIMES FOR A MOMENT LISTEN TO THE

SOUND OF OUR VOICE WHEN WE ARE BEING SO CRITICAL AND
JUDGEMENTAL ABOUT OURSELVES.

I THINK OUR HEARTS WOULD OPEN TO EMBRACE THAT PAIN.

YES.

AND THEN THERE IS THIS EXPERIENCE OF LOOSENING.

OF LOSING, RATHER.

THAT HAPPENS FOR MONTHS, YEARS, SOME TIMES.

WHEN SOMEONE WE LOVE DIES, WE DON'T JUST LOSE THEM ONCE.

IF OUR WIFE WAS THE ONE THAT DID THE BUSINESS AT THE BANK.

WHENEVER WE GO INTO THE BANK, WE LOSE HER AGAIN.

IF OUR PARTNER WAS THE ONE THAT KEPT THE BED WARM WHEN WE

CLIMBED INTO BED AND WE FEEL THE COLD SHEETS AT NIGHT.

WE LOSE THEM AGAIN.

IT IS NOT A SINGLE EXPERIENCE.

IT'S NOT A SINGLE EXPERIENCE.

WE FEEL MORE FRAGILE IN THIS TIME.

YOU KNOW, WHEN SOMEONE WE LOVE DIES, PARTICULARLY A PARENT

THEY HAVE BEEN THERE FOR US AS A BUFFER STANDING BETWEEN US

AND DEATH.

NOW WE FEEL OUR OWN MORTALITY.

AND IT IS IN THIS PERIOD OF LOSING THAT GOES ON, THAT KEEPS

HAPPENING.

THAT WE FEEL MOST ALONE.

FRIENDS DROP AWAY.

YOU KNOW.

AND THEY'RE TIRED OF OUR GRIEF.

I KNOW ONE OF MY STUDENTS WHOSE HUSBAND DIED SUDDENLY AFTER
SOME MONTHS HER FRIENDS STARTED TALKING TO HER SAYING SHE
SHOULD GET A DOG.

AS A COMPANION.

YOU KNOW.

OR OTHERS TELL HER SHE SHOULD KEEP BUSY.

GET NEW YOU KNOW, SOMETHING ELSE WE SHOULD LEARN TO DO.

ADVICE DOESN'T HELP.

WHAT HELPS IS TO LISTEN, GENUINE, GENUINELY.

TO LISTEN IN A DEVOUT WAY THAT HELPS TO BRING OUT THE
TRUTH.

FROM THE OTHER PERSON.

WE HAVE TO TELL OUR STORIES MANY TIMES WHEN WE FEEL THE
LOSS.

10,000 TIMES.

SOME TIMES, WE NEED A STORY MORE THAN WE NEED FOOD.

AND WHEN WE LISTEN, YOU KNOW TO EMPHASIZE THE POSITIVE

WITHOUT CLICHES, YOU KNOW WHEN WE ARE LOOKING BACK OVER OUR

LIFE WE TEND TO LOOK BACK CRITICALLY.

SO EMPHASIZE THE POSITIVE.

BUT DON'T BE AFRAID OF ALLOWING THE PAIN THAT NEEDS TO BE
EXPRESSED TO SHOW ITSELF.

WE SAY THAT TIME HEALS GRIEF, THAT IS NOT TRUE.

THAT IS A CLICHE.

TIME DOESN'T HEAL GRIEF.

TIME AND LOVING ATTENTION HEAL GRIEF.

IT IS THE WILLINGNESS TO BRING OUR, OUR -- OUR LOVING
ATTENTION, YOU KNOW, TO -- TO OUR EXPERIENCE.

TO INVESTIGATE THE PAIN.

TO TOUCH IT WITH COMPASSION THAT HEALS.

THEN THERE IS THIS FINAL, NOT FINAL, BUT THIS, THIRD WAY
THAT GRIEF SHOWS ITSELF.

AS A KIND OF LOOSENING.

SO THERE IS LOSS.

LOSING.

AND THERE IS LOOSENING.

THAT'S THE PERIOD WHERE THE KNOT OF GRIEF STARTS TAKING,
UNTIED, IT DOESN'T HAVE YOU BY THE THROAT ANYMORE.

AND IT IS NOT A RETURN TO LIFE AS IT WAS BEFORE.

THERE IS NO WAY TO GO BACK YOU.

DON'T GO BACK TO SOMEKIND OF NORMAL, NO MORE THAN GOING
BACK TO NORMAL AT THE END OF THIS VIRUS.

YOU CAN'T GO BACK.

WE ARE A DIFFERENT PERSON.

WE HAVE BEEN RECONSTITUTED BY LOSS.

BUT IN THIS PERIOD OF -- OF -- OF LOOSENING, THE EMOTION
SUBSIDES SOME, YOU KNOW.

WE BEGIN TO -- UNDERSTAND THAT EVEN WHEN SOMEONE DIES, OUR
RELATIONSHIP WITH THEM CONTINUES.

SO THESE ARE JUST --

WAY OF HOLDING OR BEGINNING TO SEE.

WHAT HAPPENS IN THIS PROCESS OF, OF GRIEVING.

IT IS NOT A PATHOLOGY.

IT'S HOW WE LOVE.

IT'S HOW WE LOVE.

IT'S HOW WE LOVE.

I DON'T WANT TO GO ON AND KEEP TALKING.

I WANT TO HEAR FROM YOU.

ANNIE, ADRIANA, MAYBE TELL PEOPLE HOW TO RAISE THEIR HAND
AND PUT NOTES IN THE CHAT.

WE CAN LISTEN AND HEAR FROM OTHERS.

ROSHI AND I CAN DUPE OUR BEST TO RESPOND, OKAY.

>> ADRIANA ARIZPE MARTIN: SURE, THANK YOU SO MUCH, FRANK.
THANK YOU SO MUCH, ROSHI.

ANNIE, DO YOU -- WE ARE GOING TO OPEN THE -- THE FLOOR TO
QUESTIONS IN TWO WAYS.

QUESTION AS ARE GOING TO BE -- QUESTIONS ARE GOING TO BE
TAKEN, NOT IN VOICE, HERE, IN THE SCREEN.

AND SOME OTHERS ARE GOING TO BE READ IN THE CHAT BOX.

SO, ANNIE DO YOU WANT TO TELL PEOPLE, TELL PEOPLE EXACTLY
WHAT YOU EXPECT FOR THIS.

NOT WHAT WE EXPECT.

WHAT WE SUGGEST FOR QUESTIONS.

>> Frank Ostaseski: HOW DO WE DO IT?

>> ANNIE MAHON: YES, PLEASE, IF YOU HAVE A QUESTION YOU CAN
PUT IT IN THE CHAT.

THEN WE WILL TACK ONE FROM THE CHAT.

AND THEN WE WILL INVITE PEOPLE TO -- TO UNMUTE AND ASK A
QUESTION VERBALLY.

VOCALLY.

THEN WE WILL GO BACK TO THE CHAT.

GO BACK AND FORTH LIKE THAT.

WE HAVE ABOUT 30 MINUTES.

SO WE WILL, TAKE AS MANY QUESTIONS AS WE CAN IN THAT TIME

WHICH MAY NOT BE THAT MANY.

ONE THING TO KEEP IN MIND, PLEASE ASK YOUR QUESTION FROM
THE HEART.

SO SOMETHING PERSONAL TO YOU AS OPPOSED TO BEING JUST A
THEORETICAL QUESTION.

>> Frank Ostaseski: HOW DO THEY RAISE THEIR HANDS?

>> ANNIE MAHON: IF YOU WANT TO ASK A VOCAL QUESTION.

GO TO THE BOTTOM OF YOUR SCREEN, CHOOSE RAISE HAND.

CAN EVERYBODY SEE THAT.

I HAVE THE HOST SCREEN.

>> Frank Ostaseski: UNDER PARTICIPANTS.

>> ANNIE MAHON: UNDER PARTICIPANTS RAISE YOUR HAND.

I DON'T HAVE THAT OPTION.

>> Frank Ostaseski: YEAH.

YEAH.

>> ANNIE MAHON: WE WILL START.

WE HAVE WE HAVE QUESTIONS HERE.

I WILL JUST START.

I WILL THROW ONE OUT FOR YOU ALL.

LOTS OF THANK YOUS.

BUT, LET'S SEE.

I WILL GIVE YOU A FEW.

YOU CAN CHOOSE.

>> Frank Ostaseski: JUST ONE.

>> ANNIE MAHON: FIRST QUESTION FROM JULES, DOES GRIEVING
NEED HEALING?

>> Frank Ostaseski: I WILL START HERE.

I WILL SAY GRIEVING IS HEALING.

THE EXPERIENCE OF LOSS IS YOU FEEL LIKE FRAGMENTED LIKE YOU
HAVE BEEN SPLIT APART, BLOWN INTO 1,000 PIECES.

THE PROCESS OF GRIEVING IS A WAY OF COMING, REDISCOVERING A
KIND OF WHOLENESS THAT WAS ALREADY THERE.

IT ISN'T A PUZZLE WHERE YOU ARE PUTTING BACK ALL THE PIECES
YOU REDISCOVER YOUR INATE WHOLENESS.

GRIEVING IS HEALING, YEAH.

YEAH, YEAH.

BUT NOT SOMETHING WE FIX.

NOT SOMETHING WE GET OVER.

MY EXPERIENCE IS THAT MY GRIEF LAST IS A LIFETIME.

JUST PART OF THE HUMAN CONDITION.

IT'S BOTH -- IT IS WHAT CONNECTS ME TO MYSELF AND TO
OTHERS.

YEAH.

SHOULD WE TAKE ANOTHER QUESTION, ANNIE.

>> ANNIE MAHON: SURE, YEAH.

DO YOU WANT TO TAKE A QUESTION FROM SOMEBODY, VERBALLY.

WE HAVE A FEW HANDS RAISED.

LOOKS LIKE THE FIRST ONE IS AUGUSTA.

YEAH, WHY DON'T WE UNMUTE YOU, AUGUSTA.

THEN YOU CAN ASK.

ASK YOUR QUESTION.

>> I GOT IT.

THANK YOU, ANNIE, BOTH UNMUTING.

GOING BACK AND FORTH.

THANK YOU SO MUCH, ANNIE, ADRIANA, ROSHI JOAN AND FRANK.

THIS IS A QUESTION FOR YOU SPECIFICALLY, ROSHI JOAN

HALIFAX, FRANK IF YOU HAVE SOMETHING TO ADD WOULD LOVE TO

HEAR THAT.

ROSHI JOAN, I RECORDED YOU ONCE HAVING SAID BUT I HEARD, IN

THIS EXPERIENCE WITH GRIEF WE CAN START TO EXPERIENCE IT AS

NORMAL AND THERE IS A PROBLEM IN THAT.

I WANT TO GIVE A LITTLE MORE CONTEXT FOR MY QUESTION.

IF YOU COULD TALK ABOUT IT MORE.

IN THE BEGINNING OF THE SHELTER IN PLACE I FOUND MYSELF IN

CONVERSATION WITH MY FATHER, HE IS BACK IN PHILADELPHIA,

AND IN HIS MID 70S NOW.

I SAID I AM ACCLIMATING TO THE SHELTERING IN PLACE.

BECOMING MORE COMFORTABLE.

HE SAID NO YOU THINK YOU ARE ACCLIMATING.

THERE WASN'T ENOUGH CONTEXT TO UNPACK THAT WITH HIM.

I HAVE BEEN SITTING WITH THAT, PERCOLATING IN ME, WHAT YOU SAID MAYBE CONNECTED TO THAT.

I DON'T THINK I UNDERSTAND IT.

PART OF ME FEELS LIKE, BEING ABLE TO NAVIGATE THESE TIMES IS A PART OF HOW I SURVIVE IT.

AND THRIVE IN IT.

I CAN ALSO SEE HOW KIND OF SUCCUMBING TO IT AND ACCEPTING IT CAN HAVE A NEGATIVE IMPACT.

BUT I HAVEN'T DIGESTED IT ALL.

WOULD LOVE TO HEAR YOUR WISDOM.

>> Roshi Joan Halifax: YOU JUST GAVE THE ANSWER.

YOU KNOW -- I FEEL THAT VERY MUCH CAPTURES WHAT I WAS TRYING TO SAY.

IT IS LIKE FOR EXAMPLE.

I SPOKE EARLIER ABOUT RACISM.

WE HAVE NORMALIZED, NOT EVERYONE, BUT, YOU KNOW, TO A VERY GREAT EXTENT, VIOLENCE TOWARDS WOMEN.

VIOLENCE TOWARDS PEOPLE OF COLOR.

THE IGNORING OF POVERTY.

WALKING PAST THE UNSHELTERED AS IF THEY'RE INVISIBLE.

SO THAT IS A NORMALIZATION OF SUFFERING.

THAT ACTUALLY LEADS TO MORE SUFFERING.

BECAUSE, IT IS, IT IS WHAT I HAVE CALLED MORAL APATHY.

THERE IS A KIND OF BUBBLE THAT IS PRODUCED BY THIS SOCIETY

THAT WE ARE PART OF, THE CULTURE WE ARE PART OF, THE

COMMUNITY WE ARE THE PART OF.

BY A KIND OF SHARED AGREEMENT.

THAT IS NOT ARTICULATED BUT UNDERSTOOD.

WHICH IS TO TURN AWAY.

WHAT TERRY TEMPEST WILLIAMS WAS SAYING -- TO TURN AWAY
FROM.

I, MYSELF, IN MY PRACTICE, I WANT TO STAY SENSITIVE TO
HARM.

I WANT TO STAY SENSITIVE TO THE TRUTH OF SUFFERING.

I DON'T WANT TO NORMALIZE IT.

I DON'T WANT NORMALIZED SUFFERING.

RACISM.

DELUSION.

GREED.

HATRED.

DESTRUCTION OF EARTH.

NO.

AND I WANT TO ALSO, TO DEVELOP THE CAPACITY TO ACTUALLY BE
IN THE ETERNAL GROUNDS OF SUFFERING.

AND NOT MYSELF BE CONSUMED AND DESTROYED, BUT, ACTUALLY TO
LEARN FROM.

TO DEEPEN.

TO DEVELOP MORAL CHARACTER.

AS A RESULT OF THAT.

>> Frank Ostaseski: THAT IS A BEAUTIFUL RESPONSE, ROSHI.

>> ANNIE MAHON: WE HAVE ANOTHER QUESTION IN THE CHAT I
THINK IS A GOOD ONE.

COULD THE SPEAKERS TALK ABOUT PREPARING FOR POSSIBLE LOSS,
SEEING OUR LOVED ONES ILL.

DURING THIS TIME WHEN WE HAVE SO LIMITED ACCESS TO THEM.

MY MOTHER IS IN THE HOSPITAL.

I MISS HER AND LONG TO SEE HER.

FROM MELANIE.

I JUST SAY THAT, YOU KNOW, THE WAY WE PREPARE FOR LOSS IS
TO LOVE THE PEOPLE IN OUR LIVES.

AS FULLY AND COMPLETELY AS WE POSSIBLY CAN.

LOVE JUST AS HARD AS YOU CAN.

THAT'S WHAT I SAY.

LOVE AS HARD AS YOU CAN.

IN THE SITUATION, HER MOM IS IN THE HOSPITAL.

SHE CAN'T BE WITH HER.

IT IS REALLY HARD.

PEOPLE ARE TRYING TO STAY CONTACT BY PHONE, OTHER DIGITAL DEVICES.

BUT THEY CAN'T.

AND SO YOU JUST HAVE TO GO DEEP INSIDE.

YOU GOT TO GO DEEP INSIDE AND FIND YOUR MOM THERE.

BECAUSE YOU MIGHT NOT BE ABLE TO SEE HER.

I WISH I COULD SAY THAT THERE IS A FIX FOR THAT.

BUT YOU MIGHT NEED TO GO DEEP INSIDE AND REALLY HOLD HER CLOSE AND SPEAK INTERNALLY TO HER.

ABOUT YOUR LOVE FOR HER.

AND REMEMBER HER LOVE FOR YOU.

WHATEVER, WHATEVER WAY IT TOOK SHAPE IN YOUR LIFE.

YEAH ALL OF US HAVE BEEN LOVED IN SOME WAY, MAYBE NOT ENOUGH.

OR WE WANT TO BE LOVED MORE FULLY.

WITHOUT LOVE, WE WOULD BE PATHOLOGIC.

WE ALL HAVE BEEN LOVED IN SOME WAY.

THAT'S THE ONLY CONTEXT THAT CAN HOLD THIS KIND OF FEAR AND
LOSS.

YEAH.

YEAH.

YEAH YOU KNOW, MY MOTHER HAS BEEN DEAD FOR, 50 YEARS, BUT
WE ARE STILL CARRYING ON A RELATIONSHIP WITH EACH OTHER.

WE ARE STILL WORKING THINGS OUT, YOU KNOW.

THAT'S THE WAY I LOVE HER EVEN THOUGH.

SHE HAD DIED.

SO -- CALL HER IF YOU CAN.

SEE HER ON SOME DIGITAL DEVICE IF YOU CAN.

HOLD HER CLOSE IN YOUR HEART.

YEAH.

LET'S GO TO ANOTHER ONE.

>> ADRIANA ARIZPE MARTIN: THANK YOU, FRANK.

THANK YOU, JOAN.

NEXT WE CAN UNMUTE -- I AM GOING TO UNMUTE YOU, OR YOU CAN
UNMUTE YOURSELF.

>> O., LUCKY ME.

I JUST STARTED TO TYPE MY QUESTION.

IN THE BOX.

SO -- OH, MY GOSH, DEAR TEACHERS, I AM HONORED TO BE HERE.

THANK YOU.

THANK YOU.

MY QUESTION IS --

ABOUT FATIGUE THAT I HEAR ABOUT COMPASSION AND EMPATHY
FATIGUE.

I HAVE BEEN THINKING A MISNOMER FOR GRASPING FATIGUE.

I SAY THAT IN MY DIRECT EXPERIENCE WHEN I WORK AS A
CLINICAL PSYCHOLOGIST.

AND I AM WITH SOMEBODY, AFTERWARDS I CAN FEEL MY FACE
TIGHTENING, AT THE END, EXHAUSTED.

I REAL IS BECAUSE I REALLY WANT SOMETHING FOR THEM THAT
THEY CAN'T HAVE RIGHT NOW.

I AM SO WANTING THAT.

I CAN'T GET WHAT I WANT FOR THEM.

IT'S THAT, THAT'S THE FATIGUE.

YET I HEAR PEOPLE TALK ABOUT THIS EMPATHY FATIGUE,
COMPASSION FATIGUE.

I THINK IT'S NOT SO MUCH THAT.

I THINK EMPATHY AND COMPASSION ALLOWS ME TO CONNECT.

AND THAT IS SO ENLIVENING LIKE YOU SAID, LOVE.

AND, SO IF YOU COULD CLARIFY THAT, AND I KNOW IT DOES
TAKE -- I WOULD LOVE HOW YOU DEVELOP IT, DEVELOP, EVERYONE

IS DIFFERENT.

HOW WE DEVELOP THIS CAPACITY THAT IT BECOMES ENLIVENING ABOUT LIVING, IT'S NOT THIS SORT OF COLLAPSE AND, DEADENING AND NUMBING.

HOW DO WE DO THAT FOR OURSELVES.

>> Frank Ostaseski: ROSHI, WHY DON'T YOU START WITH THAT ONE.

>> Roshi Joan Halifax: IT IS SUCH A GREAT QUESTION.

I THINK ONE OF THE THINGS THAT IS INTERESTING IS TO UNDERSTAND THE DIFFERENCE BETWEEN EMPATHY AND COMPASSION.

EMPATHY IS THIS EXPERIENCE OF BEING PHYSICALLY OR EMOTIONALLY OR COGNITIVELY DEEPLY ATTUNED TO ANOTHER.

SO YOU ARE IN RESONANCE WITH THAT EXPERIENCE.

THAT THE PERSON IS GOING THROUGH.

PHYSICALLY OR EMOTIONALLY OR AFFECTIVELY.

YOU KNOW, IT DOESN'T NECESSARILY MEAN THAT YOU WANT TO CHANGE THE EXPERIENCE.

OR ENHANCE OR BENEFIT THE PERSON THAT YOU ARE IN AN EMPATHIC RELATIONSHIP WITH.

IN THIS RESONANCE.

IT IS VICARIOUS.

SO I WROTE IN MY BOOK, STANDING AT THE EDGE, A WORLD

WITHOUT EMPATHY IS A WORLD WHERE WE ARE DEAD TO EACH OTHER.

AND EVERYTHING IS REALLY IMPORTANT.

IT HAS TO DO WITH EXPANSION OF OUR SUBJECTIVITY, TO A POINT
WHERE WE ARE REALLY -- WE HAVE ACTUALIZED INTERBEING.

WE ARE NOT SEPARATE FROM ANY BEING OR THING.

JUST WHEN YOUR CLIENT IS SITTING ACROSS FROM YOU, JUST,
START WITH ONE.

IF YOU WILL.

NOT JUST IN YOUR HEAD.

YOU'RE EXPERIENCING THAT PERSON'S -- PHYSICAL PRESENCE.

(INDISCERNIBLE) WHEN THERE IS OVERIDENTIFICATION, WE CAN
EXPERIENCE DISTRESS.

WE LEARN IN PRACTICE, IN PART BEING IN RESONANCE.

IN PART BEING ABLE TO DISTINGUISH SELF FROM OTHER.

YOU KNOW, THAT PERSON IS, SITTING WITH SOMEBODY WHO IS JUST
YOU KNOW, BROKEN-HEARTED.

I FEEL MY HEARTBREAK.

I AM ALSO IN THIS EMOTIONAL RESONANCE WITH THE PERSON.

BUT I CAN ALSO SAY TO MYSELF, RECOGNIZE, I AM NOT PERSON.

ALMOST LIKE AN INVASION TO SAY I REALLY KNOW WHAT YOU ARE
FEELING OR EXPERIENCING WHAT YOU ARE FEELING.

SO THAT CAPACITY TO MAKE THAT DISTINCTION IS IMPORTANT.

COMPASSION IS A LITTLE BIT DIFFERENT.

>> Frank Ostaseski: DID WE LOSE ROSHI?

>> ANNIE MAHON: I DON'T HEAR HER.

I WONDER IF WE DID.

>> Frank Ostaseski: I THINK WE LOST YOU, ROSHI.

DON'T KNOW IF YOU CAN HEAR US.

HER WIFE MAY HAVE GONE OUT.

>> ANNIE MAHON: YEAH, LOOKS FROZEN.

>> Frank Ostaseski: I WILL SEE IF I CAN FINISH WHAT SHE WAS SAYING.

I WILL BE THE SPOKESMAN.

WHAT SHE IS TALKING HERE.

COMPASSION IS THE DEEP WISH TO RELIEVE SUFFERING OF THE OTHER PERSON OF COURSE.

THAT'S THE NATURAL MOVEMENT.

THAT ARISES OUT OF EMPATHY.

WHERE WE HAVE TO BE CAREFUL THERE IS THAT -- SOMETIMES WE CAN'T ALLEVIATE THE SUFFERING.

WE JUST CAN'T.

AND THERE IT IS IMPORTANT TO RECOGNIZE THAT COMPASSION GIVES US ABILITY TO, STAY WITH THE SUFFERING.

TO STAY WITH THE SUFFERING.

IN OUR RELATIONSHIP TO IT.

UNTIL OUR DEFENSES AGAINST THE SUFFERING, FALL DOWN.

AND THEN WE CAN REALLY SEE WHAT THE TRUE CAUSES OF THE
SUFFERING ARE.

WE CAN INTERVENE.

IF WE DON'T DO THAT, WHAT STARTS TO HAPPEN IS WE MISTAKE --
A COMPASSION THAT ACTION, FOR TRYING TO RELIEVE OUR
PERSONAL DISTRESS.

YOU KNOW, THE FACT WE WANT TO DO SOMETHING, NOTHING TO DO.
WE CAN'T DO SOMETHING.

OR WE KEEP DOING MORE THINGS, MORE CHEMOTHERAPY OR SOME
TREATMENT THAT IS TO TELL.

AND THAT IS NOT A COMPASSIONATE ACT.

JUST AN ACT OF -- OF TRYING TO ALLEVIATE OUR OWN PERSONAL
DISTRESS.

THE OTHER THING I WANT TO ADD TO WHAT YOU WERE SAYING --
BECAUSE YOU SAID YOU WERE EXHAUSTED.

I THINK IT IS REALLY IMPORTANT TO LOOK AT THAT.

TO SEE, OF COURSE, THERE IS LOTS OF CONDITIONS THAT CAUSE
US TO BE EXHAUSTED YOU.

KNOW, SYSTEMS WE WORK IN.

UNREALISTIC EXPECTATIONS OF, YOU KNOW THE SYSTEMS.

OR FAMILIES.

YOU KNOW THERE ITS ACCUMULATED FATIGUE FROM DOING TOO MUCH,
YOU KNOW.

ALSO, THERE IS EXHAUSTION THAT COMES FROM -- NOT DOING TOO
MUCH BUT JUST NOT DOING IT WIT WHOLEHEARTEDNESS.

OR THE EFFORT TO DEFEND OUR SELF AGAINST UNCERTAINTY.

THAT'S EXHAUSTING YOU KNOW.

TO GET REALLY FAMILIAR WITH THE STATE OF EXHAUSTION IS
IMPORTANT TO ME.

HOW DO I KNOW IT IN MY BODY, HEART, MIND?

YOU KNOW IN THE WORK THAT YOU DO, AND THAT SO MANY OF US
DO -- IT'S NOT ENOUGH, OR NORMAL COPING STRATEGIES AREN'T
SUFFICIENT.

WE CAN'T COME HOME, HAVE A GLASS OF WINE, WATCH TV.

RIGHT NOW.

IN THE PANDEMIC, NORMAL COPING STRATEGIES ARE INSUFFICIENT.

WE NEED WAYS OF METABOLIZING WHAT WE ARE EXPERIENCING AND
INTEGRATING IT.

THAT'S WHAT ENABLES US TO CONTINUE WITHOUT, WITHOUT BEING
FRIED.

SO WE COULD TALK ABOUT THIS FOR DAYS.

COMPASSION DOESN'T FATIGUE.

YEAH.

EGOIC EFFORT FATIGUES.

YEAH ALL RIGHT, LET'S, LET'S I HELP THAT IS SOME SMALL
HELP.

LET'S GO TO SOME ONE ELSE.

HOPEFULLY, ROSHI CAN JOIN US.

ANNIE.

>> Roshi Joan Halifax: I AM HERE.

>> ANNIE MAHON: YOU ARE THERE.

>> Frank Ostaseski: YOU ARE.

I FINISHED FOR YOU.

>> Roshi Joan Halifax: GREAT.

A PLUS FRANK.

>> Frank Ostaseski: LET'S GO TO SOME ONE ELSE.

>> ANNIE MAHON: SOME ONE, SF, ONLY NAME WE HAVE.

THE QUESTION IS HOW DOES THE DEATH OF A PERSON RELATE TO
OUR OWN DELUSION OR IGNORANCE OF INTERBEING/
INTERCONNECTEDNESS.

A PERSON DYING ISN'T REALLY LOSS.

GRIEF AND LOSS FROM THIS IS MISPERCEPTION/DELUSION, FROM
THINKING HABIT OF SEPARATENESS?

THUS FEELING GRIEF AND FEELING OF LOSS FOR A PERSON DYING

IS A SIGN OF DELUSION AND NEED FOR ADJUSTING OUR
PERCEPTION/PERSPECTIVE?

>> Frank Ostaseski: I DON'T KNOW.

>> Roshi Joan Halifax: IT IS TOO MANY QUESTIONS FOR ME.

>> Frank Ostaseski: YEAH, WE COULD SAY IT IS A DELUSION.

LIKE ONE GREAT TEACHER SAID IT IS A DELUSION.

OF COURSE IT IS A DELUSION.

AND YOU KNOW -- THE DEATH OF A CHILD IS ONE OF THE MOST
PAINFUL DELUSIONS.

THE ONLY RIGHT THING TO DO IS TO GRIEVE IT.

SO, YOU KNOW I THINK THE WAY WE WORK OUR WAY THROUGH
DELUSION IS BEING AS REAL AS WE POSSIBLY CAN WITH OUR
EXPERIENCE.

THAT MEANS NOT TO CUT MYSELF OFF FROM ANYTHING.

ANY FEELING.

ANY EXPERIENCE IN MY LIFE.

I CAN'T BE LIBERATED.

I CAN'T BE FREE.

IF I AM REJECTING ANY PART OF MYSELF.

INCLUDING MY DELUSIONS.

AND SO, YOU KNOW, I HAVE, I HAVE AN INVITATION THAT SAYS,
WELCOME EVERYTHING.

PUSH AWAY TH*UTING.

THAT DOESN'T MEAN WE HAVE TO LIKE EVERYTHING THAT COMES OR
AGREE WITH EVERYTHING THAT COMES.

IT MEANS WE HAVE TO BE WILLING TO MEET IT.

IT IS AT OUR DOORSTEP.

WHAT DOES IT HAVE TO TEACH US.

YEAH OKAY.

ANNIE.

LET'S KEEP GOING.

>> ANNIE MAHON: THANK YOU, ROSHI, WANT TO ADD ANYTHING TO
THAT?

>> Roshi Joan Halifax: , YOU KNOW, I REMEMBER -- OUR MUTUAL
FRIEND (INDISCERNIBLE) WHO WE LOVE SO MUCH.

FRANK AND I.

YOU KNOW, HE, HE WOULD EMPHASIZE LOVING AWARENESS.

I THINK FRANK, YOU REALLY CAPTURE THAT THE.

IT IS NOT A MATTER OF RELATING JUST TO EMPTINESS.

I FELT IN, WORKING WITH GRIEVING PEOPLE, FOR SO MANY YEARS,
THAT GRIEF IS DEEPLY HUMANIZING.

THAT THERE ARE SUCH EXTRAORDINARY GRIT, GRIPS, THAT ARE
REALIZED THROUGH ALLOWING US TO HAVE OUR HEARTS CRACKED
OPEN.

SO FROM THE POINT OF VIEW OF THE ABSOLUTE.

ALL IS ONE.

SO ON, SO FORTH.

OKAY I DO NOT WANT TO LOSE THE GIFT OF GRIEF.

I REMEMBER WHEN MY MOTHER DIED, YOU KNOW THERE WAS A KIND
OF MOMENT WHERE I HAD A BUDDHIST THOUGHT.

SO TO SPEAK.

AND I IMMEDIATELY WENT, NO.

THIS IS THE -- THE PERSON WHO GAVE BIRTH TO ME.

THERE IS ONLY ONE OF THESE.

THEY'RE HARD TO COME BY.

SHE JUST, LEFT HER BODY.

AND I NEED TO -- EXPLORE HER ABSENCE IN MY LIFE.

AND ALSO TO LET ALL OF THE LOVE AND APPRECIATION, WHICH I
NEVER EXPRESSED FULLY TO HER, TO COME FORTH IN THE
EXPERIENCE OF GRIEF.

I AM SO GLAD I DID NOT TURN AWAY.

>> Frank Ostaseski: YEAH, I MEAN IT'S, IT'S A HOT FIRE
GRIEF.

YOU KNOW, MAYBE ONE OF THE HOTTEST WE EVER ENDON'TER DEATH
OF SOMEONE WE LOVE.

IT PENETRATES THE TOUGH, LAYERS OF OUR MINDS AND HEART.

PLUNGES US INTO THE POWERFUL EXPERIENCES OF FEAR, DESPAIR,
AND, AND, AND SADNESS.

AND -- WE CAN GET CONSUMED WITH RESISTANCE.

BUT, YOU KNOW, IN MY EXPERIENCE, YOU KNOW I DON'T KNOW
ANYTHING THAT IS -- THAT AS ROSHI SAID HUMANIZED ME MORE.
HAS MADE ME MORE FULLY HUMAN THAN TO -- TO, NOT TURN AWAY.
YEAH.

HEALING IS ALWAYS FOUND BY GOING TOWARDS THE SUFFERING.

AND I DON'T WANT TO DO ANY KIND OF BYPASS AROUND IT.

OKAY.

>> Roshi Joan Halifax: YOU KNOW, (INDISCERNIBLE).

>> Frank Ostaseski: ME EITHER.

ROSHI MENTIONED RAM DAS, WE WERE BOTH THERE TO SPEAK AT HIS
MEMORIAL.

I FEEL HIM EVERYWHERE.

I AM NOT APART FROM HIM IN ANY WAY.

I FEEL HIS INCREDIBLE BEING.

AND YET, YET, I MISS MY FRIEND.

I MISS OUR BANTER AT THE BREAKFAST TABLE.

AND I MISS, YOU KNOW, OUR LAUGHTER AND TEASING EACH OTHER.

AND OUR LOVE.

OUR, OUR LOVING MOMENTS WITH EACH OTHER.

ALL OF THAT IS TRUE.

HE IS WITH ME EVERYWHERE AND I MISS MY FRIEND.

I CAN HOLD THAT PARADOX.

GRIEF HAS TAUGHT ME HOW TO DO THAT.

OKAY, ANNIE.

I DON'T KNOW HOW WE ARE ON TIME.

I HAVE LOST TRACK.

>> ADRIANA ARIZPE MARTIN: WE HAVE SEVEN MINUTES LEFT.

I THINK WE CAN TAKE ONE OR TWO QUESTIONS.

IS THAT OKAY?

>> Frank Ostaseski: YES, ANTONIA, YES.

I MEAN, ADRIANA.

>> ADRIANA ARIZPE MARTIN: NO PROBLEM.

I WILL UNMUTE DEBBIE.

SHE CAN ASK HER QUESTION.

SHE IS UNMUTED NOW.

>> THANK YOU SO MUCH FOR YOUR WORDS TODAY.

THEY REALLY MEANT A LOT TO ME AND RESONATED A LOT WITH ME.

I LOST MY FATHER A MONTH AGO TO SUICIDE.

AND YOU SPOKE ABOUT THE GUILT.

I FEEL THAT A LOT.

I WONDER IF YOU CAN SPEAK A BIT TO, IT'S BEEN A LOT OF, GO

UP AND DOWN WITH HOW I FEEL.

OFTEN IT IS JUST, PLAIN SADNESS ABOUT HIM BEING GONE.

AND THEN OFTEN FEELING HE IS HERE WITH ME.

THEN ALSO THE FEELINGS ABOUT HOW HE DIED.

AND THE GUILT, MY GUILT, ATTACHED TO THAT.

AND TRYING TO PROCESS THAT.

AND -- JUST WONDER IF YOU COULD SPEAK A LITTLE BIT ABOUT --

HOW TO DEAL WITH -- THOSE, TWO THINGS AT THE SAME TIME.

THANK YOU.

>> Frank Ostaseski: OH, DEBBIE.

OH, DEBBIE.

I AM SO SORRY FOR YOUR LOSS.

IT IS SO IF EVIDENT IN YOU, YOUR LOVE YOUR DAD IS SO

EVIDENT IN YOU.

IT'S HARD.

WE HAVE GOT SO ANY IDEAS.

SO MANY CULTURAL BIASES.

AGAINST PEOPLE TAKING THEIR OWN LIFE, THAT IT IS HARD FOR

US TO SEE, SOME TIMES HOW IT IS MOTIVATED BY FEAR.

AND SOMETIMES IT IS PEOPLE'S BEST STRATEGY, YOU KNOW.

WHAT'S IMPORTANT HERE IS NOT SO MUCH THE WAY HE DIED, BUT

THAT HE HAS DIED.

AND TO REALLY BE WITH THAT, BEST YOU CAN.

YOU KNOW?

SOUNDS LIKE, YOU ARE WITH THE WHOLE SPECTRUM OF IT.

SOME DAYS YOU FEEL GUILTY.

SOME DAYS YOU FEEL SAD.

SOME DAYS YOU ARE PROBABLY JUST, FULL UP OF LOVE FOR HIM,

YOU KNOW?

THAT'S HOW IT IS.

IT'S ALL OF THESE THINGS, YOU KNOW.

THIS ISN'T ON YOU.

THIS IS HIS CHOICE.

AND, WHAT'S ON YOU IS HOW YOU LET IT IN HABIT YOUR LIFE.

AND HOW YOU MEET IT, YEAH.

THE BEST YOU CAN DO IS REALLY --

HAVE A DIALOGUE WITH HIM.

YOU KNOW, PUT A PHOTO OF HIM ON YOUR ALTAR, MANTLE PIECE,

TALK TO HIM EVERY DAY.

I MEAN, EVERY DAY, GO BY, DAD, TELL HIM YOUR DAY, THIS IS

WHAT IS GOING ON, DAD, THIS IS THE PART I DON'T UNDERSTAND

ABOUT WHAT YOU DID.

I WANT TO UNDERSTAND.

MAYBE I WILL NEVER BE ABLE TO UNDERSTAND.

BUT I WANT TO.

SO YOU TALK TO HIM EVERY DAY, DEBBIE.

THAT'S WHAT YOU DO.

AND, AND, YOU KNOW, SLOWLY BUT SURELY, YOU BEGIN TO HEAR
SOMETHING YOU KNOW, AND IT --

IN YOUR OWN HEART.

AND NOT LIKE SOME GHOST SPEAKING TO YOU.

BUT YOU BEGIN TO HEAR.

SOMETHING FROM YOUR DEEP RELATIONSHIP WITH HIM THAT HELPS
GUIDE YOU.

THAT'S HOW IT HAS BEEN FOR ME WITH, MY MOTHER WHO WENT
THROUGH A, WAS, HAD A SIMILAR ACTION, YOU KNOW?

TOOK ME A LONG TIME, TO FORGIVE HER.

AND TO UNDERSTAND HOW MUCH FEAR SHE HAD IN HER.

RUNNING THROUGH HER VEINS.

SO.

YEAH.

THANK YOU FOR YOUR COURAGE AND YOUR WILLINGNESS TO SHARE IT
WITH US.

BAH THIS IS ACTUALLY HOW THE -- THE INJUSTICE AND THE,
TABOOS, GET FINALLY BROKEN.

BY PEOPLE LIKE YOU HAVING THE COURAGE TO SPEAK DIRECTLY AND

HONESTLY.

AND YOU DON'T HAVE TO HAVE IT ALTOGETHER.

NONE OF US DO.

THANK YOU, DEBBIE.

IS THERE ANYTHING ELSE YOU WANT TO ADD, DEBBIE?

>> NO, JUST THANK YOU SO MUCH.

I REALLY APPRECIATE IT.

>> Frank Ostaseski: YEAH, YOU BE KIND TO YOURSELF, DEBBIE,

IT IS REALLY IMPORTANT THAT YOU ARE REALLY KIND.

THE TENDENCY WILL BE TO JUDGE AND SECOND-GUESS YOURSELF.

NOW YOU NEED KINDNESS.

NOTHING IS MORE IMPORTANT NOW.

AND YOU CAN DO IT -- YOUR INNATE COMPASSIONATE HEART WILL

BE A RELIABLE GUIDE.

YOU CAN TRUST IT.

IT WON'T LET YOU DOWN.

OKAY.

OKAY.

>> ANNIE MAHON: ROSHI, DO YOU WANT TO SAY ANYTHING?

OKAY.

THANKS, SORRY.

>> Roshi Joan Halifax: NO BURDENS, JUST HEART.

THANK YOU FOR REACHING THROUGH YOUR SORROW AND TOUCHING ALL OF US.

I KNOW WE ARE COMING TO THE END OF OUR TIME TOGETHER.

ADRIANA, ANNIE, COMMUNITY, THANK YOU SO MUCH FOR PROVIDING THIS OPPORTUNITY TO SIT WITH EACH OTHER IN A TIME THAT -- THAT IS -- AT A TIME, IT IS HARD TO GIVE WORDS TO.

AND I WOULD LOOK TO -- I WOULD LIKE TO CONCLUDE MY PART WITH SOME WORDS WRITTEN BY THE POET WENDALL BARRY.

REALLY AMAZING ONCE A TOBACCO FARMER ALWAYS A POET.

AND OUTSIDE OF HIS HOUSE THERE IS AN OLD SYCAMORE TREE.

HE WROTE ABOUT THIS TREE.

HE WROTE, SENTENCES, HAVE BEEN TYPED THROUGH IT, NAILS DRIVEN INTO IT, HATS AND WHITTLES CUT IN IT

LIGHTNING HAS BURNED IT

THERE IS NO YEAR IT HAS FLOURISHED IN THAT HAS NOT HARMED IT IS REACHED A STRANGE PERFECTION IN THE WARP AND BENDING OF ITS LONG GROWTH.

IT HAS GATHERED ALL ACCIDENTS INTO ITS PURPOSE.

IT HAS BECOME THE INTENTION AND RADIANCE.

OF ITS DARK FATE.

WENDALL'S WORDS REALLY TOUCH ME WHEN I READ THEM YEARS AGO.

AND IT IS FOR ME ABOUT POINTING TO WHAT FRANK AND I SPOKEN

TO EARLIER.

IT IS NOT TO MAKE A FALSE GIFT.

A FAKE CURRENCY OF WHAT WE ARE GOING THROUGH.

AT THIS TIME.

BUT IT IS TO ALLOW OURSELVES TO BE RIPENED AND TO LET OUR
ROOTS GROW DEEPER THAT FEELS ABSENT OF NURTURING.

BUT ACTUALLY THERE IS NURTURING IN THAT DARKNESS.

SO I THANK YOU, FRANK.

I LOVE BEING WITH YOU.

I AM SO GRATEFUL THAT WE WILL BE TOGETHER AGAIN.

TEACHING IN -- IN AUGUST.

AND ALSO YOU WILL BE TEACHING AT UPAI BEFORE THEN.

ON THIS VERY SUBJECT OF GRIEF.

AND THAT ANNIE, ADRIANA, YOUR COMMUNITY ALLOWED US TO SHARE
SOME OF OUR EXPERIENCE OF, OF WHAT WE HAVE LEARNED FROM
OTHERS BUT ALSO FROM OUR OWN LIVES.

AND ALL THAT, WE HAVE -- LEARNED FROM LOSS.

THANK YOU.

>> ANNIE MAHON: THANK YOU, ROSHI.

THANK YOU, FRANK.

THIS HAS BEEN SO BEAUTIFUL.

I MIGHT GO BACK AND LISTEN TO THE WHOLE THING AT LEAST ONE

MORE TIME.

SO RICH.

AND THE THANK YOUS ARE COMING IN TO THE CHAT.

I HOPE YOU CAN SEE THEM THERE.

AND I WANTED TO JUST MAKE A SUGGESTION FOR PEOPLE WHO WANT
TO SUPPORT THE WORK THAT YOU ARE DOING TO GO TO UPAI.ORG.

IS THAT RIGHT?

>> Roshi Joan Halifax: RIGHT.

>> ANNIE MAHON: UPAYA.ORG.

GIVE A DONATION.

SIGN UP FOR A CLASS.

HOWEVER YOU LOOK.

FRANK, YOUR WEBSITE IF PEOPLE WANT TO FOLLOW-UP.

GET YOUR BOOK.

>> Frank Ostaseski: IT IS, THEFIVEINVITATIONS.COM.

GO THERE, RESOURCES.

OR GO TO METTA INSTITUTE.

MY ORGANIZATION.

EITHER OF THOSE.

THEFIVEINVITATIONS.COM, A LOT OF RESOURCES, VIDEOS THINGS
THAT MAY BE HELPFUL.

>> ANNIE MAHON: AWESOME.

THIS.

WE WILL HAVE A WEBINAR NEXT WEEK.

UNUSUAL.

USUALLY MONTHLY.

NEXT WEEK IS DIFFERENT BUT MAY BE INTERESTING.

ON INTENTIONAL GIVING.

SO IT IS HOW TO USE WHATEVER RESOURCES YOU HAVE TO CHANGE
THE WORLD.

AND NOT JUST TO CONTINUE THE WORLD AS IT IS.

BUT TO MAKE SYSTEMIC CHANGE.

WITH WHATEVER MATERIAL RESOURCES YOU HAVE.

HOPE PEOPLE WILL JOIN.

YES?

>> ADRIANA ARIZPE MARTIN: I AM GOING TO TELL PEOPLE.

JUNE 3RD.

AND WE ARE GOING BACK TO OUR NORMAL TIME, WHICH IS 7:00

P.M. EASTERN TIME.

>> Frank Ostaseski: GUYS, CAN I ASK, SAY JUST ONE MORE
THING.

THAT IS UPAYA IS A JEWEL ON THE PLANET.

A PRECIOUS JEWEL.

IT IS UNDERGOING UNBELIEVABLE DIFFICULTY RIGHT NOW.

AND SO, IF YOU CAN SUPPORT IT, IF YOU HAVE A WAY THAT YOU
CAN GIVE EVEN A SMALL GIFT -- WHATEVER IS APPROPRIATE,
WHATEVER YOUR MEANS WAIL LAW TO PLEASE SUPPORT UPAYA.

I TEACH THERE OFTEN WITH ROSHI.

IT IS A PRECIOUS JEWEL.

IN OUR WORLD.

NOT JUST ABOUT -- BUDDHIST DHARMA PRACTICE, BUT ABOUT
SOCIAL ACTION.

SO, PLEASE, PLEASE -- I COME TO YOU IN MY BEGGING BOWL, AND
ASK YOU TO PLEASE, PLEASE.

BE GENEROUS WITH UPAYA, THANK YOU VERY MUCH FOR LETTING ME
SAY THAT.

YEAH.

>> ANNIE MAHON: I WOULD TOTALLY SECOND THAT, THIRD THAT.

YES, YES, YES.

BEEN THERE MANY TIMES.

IT IS A REFUGE AND BEAUTIFUL PLACE VERY SPECIAL ZEN SOCIAL
JUSTICE TEACHINGS AND LED BY A BEAUTIFUL PERSON.

AND I WILL FINISH WITH THE BELL AS SOON AS ADRIANA HAS
SOMETHING ELSE.

THEN INVITE THE SOUND OF THE BELL FOR US TO BE FINISHED.

>> ADRIANA ARIZPE MARTIN: NO, THANK YOU AGAIN.

THANK YOU, FRANK.

THANK YOU, ROSHI.

WONDERFUL.

HEALING.

AND WE HAVE NO WORDS TO THANK YOU ENOUGH.

THANK YOU, EVERYONE FOR BEING HERE.

WE REALLY APPRECIATE YOU BEING HERE.

BECAUSE WITHOUT YOU WE CAN'T CONTINUE WITH THIS.

THIS MOVEMENT THAT WE LOVE SO MUCH.

THANK YOU.

THANK YOU, ANNIE.

>> ANNIE MAHON: SO, DEAR FRIENDS.

>> ANNIE MAHON: SO DEAR FRIENDS, WE WILL FINISH WITH A
BELL.

(BELL TOLLS) SO FROM THIS TIME WE HAVE HAD TOGETHER AND
SHARED TOGETHER.

MAY AWFUL US ON THIS CALL AND ALL BEINGS EVERYWHERE, LIVE
WITH EASE, AND JOY AND FREEDOM

AND MAY ALL BEINGS EVERYWHERE BE FREE FROM SUFFERING AND
THE ROOT CAUSES OF SUFFERING.

(BELL TOLLS) (BELL TOLLS) THANK YOU, EVERYONE.

HAVE A BEAUTIFUL REST OF YOUR EVENING.

AND BE WELL AND SAFE.

>> THANK YOU.

>> THANK YOU.

>> THANK YOU, FOR ORGANIZING THIS.

>> THANK YOU.

>> THANK YOU.

>> DEBBIE, THANK YOU FOR SHARING.

>> THANK YOU FOR BEING HERE.

>> THANK YOU FROM MEXICO.

>> SO NICE TO SEE YOU AGAIN.

>> THANK YOU, DON, FOR THE CAPTIONS.

YEA.

THANK YOU, RACHEL FOR ALL THE MARKETING MATERIALS.

>> THANK YOU.

>> THANK YOU SO MUCH.

>> DEDE.

>> KISSES.

>> NICE TO SEE YOU.

>> LOVE YOU BOTH SO MUCH.

>> LOVE YOU BOTH SO MUCH.

>> BYE.

>> THANK YOU SO MITCH MUCH.

MUCH.

>> THANK YOU.

>> THAT WAS WONDERFUL, WASN'T IT?

>> YEAH, I WILL LISTEN TO IT, TWO, THREE TIMES MORE.

>> YES.

>> A SCRIPT WOULD BE GREAT.

>> THE SCRIPT IS THERE.

WE WILL HAVE A SEPARATE SCRIPT.

I HOPE WE WILL POST IT.

WE HAD OUR CAPTIONS.

>> MY GOSH, OF COURSE YOU DO.

THAT WOULD BE GREAT.

>> FANTASTIC.

>> THANK YOU SO MUCH.

>> ADRIANA, ANNIE, THANK YOU SO MUCH, YOU TWO.

I KNOW IT IS LIKE A HUGE AMOUNT OF WORK.

THE SERVICE TO THE COMMUNITY AND THE WORLD IS JUST
PHENOMENAL.

LIKE I AM STUNNED BY THEIR WISDOM.

AND MY HEART WILL NEVER BE THE SAME.

IN A GOOD WAY.

>> ANNIE MAHON: SAME, I AGREE.

MUCH LOVE.

>> BYE-BYE.

>> GREAT TO SEE YOU.

>> BYE-BYE.

>> THANK YOU, RACHEL, TOO.

>> IS RACHEL GONE?

>> YES.

>> ALL RIGHT, ALL.

>> VIRTUAL HUG.

>> BYE.

>> BYE-BYE.