

RAW FILE

MAKING-VISIBLE  
VALERIE BROWN  
JUNE 24, 2020  
7:00 P.M.

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>> ADRIANA ARIZPE MARTIN: HELLO, EVERYONE.

WELCOME.

>> HELLO.

>> ADRIANA ARIZPE MARTIN: WELCOME, WE ARE SO GLAD TO HAVE

YOU ALL HERE.

>> ANNIE MAHON: WELCOME, TO MAKING-VISIBLE.

>> ADRIANA ARIZPE MARTIN: IF YOU WANT TO WRITE YOUR NAME

AND WHERE YOU ARE CALLING FROM IN THE CHAT, THAT WILL BE

REALLY NICE.

THANK YOU.

>> HI, VALERIE.

JANICE.

>> VALERIE BROWN: HECTOR.

HI, JANICE.

>> HEY, VALERIE.

>> ADRIANA ARIZPE MARTIN: HI, PAUL FROM COLORADO.

SUSAN FROM CENTRAL, NEW JERSEY.

>> HI, VALERIE.

>> VALERIE BROWN: HEY.

>> HI, HOW ARE YOU?

WELCOME.

>> HI, BRIDGETTE DIANE.

FROM VANCOUVER.

WELCOME, EVERYONE.

>> ANNIE MAHON: IF YOU ARE JUST ARRIVING, PUT YOUR NAME AND  
WHERE YOU ARE FROM IN THE CHAT.

TO SAY HELLO TO EVERYBODY.

WE'LL GET STARTED IN A COUPLE MINUTES.

>> ADRIANA ARIZPE MARTIN: VICTOR.

MARY, HI.

>> HELLO.

>> VALERIE BROWN: GREAT TO SEE EVERYONE.

>> ANNIE MAHON: MAKE SURE YOU ARE MUTED, PLEASE, IF YOU WANTED TO SAY HELLO, AND THEN, MAKE SURE YOU GET YOURSELF MUTED.

>> ADRIANA ARIZPE MARTIN: HELLO, LAUREN.

MAGGIE.

WELCOME.

>> ANNIE MAHON: BETH IN GAITHERSBURG.

MAGGIE FROM CHARLOTTESVILLE.

ROSE MINA FROM CANADA, TORONTO.

DEBORAH IN MASSACHUSETTS.

>> VALERIE BROWN: HI, BRIDGETTE.

IT'S LOVELY TO SEE YOU.

>> ADRIANA ARIZPE MARTIN: SHARON IN PASADENA.

ROBIN.

ABBY, WELCOME.

>> ANNIE MAHON: BE DISMOND FROM NATIONAL LANDING, VIRGINIA.

NEW HAMPSHIRE.

MISSOULA.

ANOTHER REHOBOTH.

>> ADRIANA ARIZPE MARTIN: HI, JILL.

WELCOME.

>> VALERIE BROWN: WHO ELSE IS HERE.

NANCY, NANCY JO, GREAT TO SEE YOU.

WOW, TWO DAYS IN A ROW, OH, MY GOODNESS.

HI.

HOW ARE YOU.

IT'S GOOD TO SEE YOU.

>> ANNIE MAHON: AND WENDY.

>> ADRIANA ARIZPE MARTIN: TORONTO.

LET'S SEE, WHO ELSE DO I KNOW?

>> VALERIE BROWN: I AM JUST SAYING HI TO OLD FRIEND AND

IT'S A DELIGHT TO MEET NEW FRIENDS.

>> ADRIANA ARIZPE MARTIN: HI, DAYNA.

>> VALERIE BROWN: AUGUSTA.

I KNOW YOU ARE A REGULAR HERE.

DEEP BOW TO YOU.

MUCH LOVE.

THANK YOU FOR BEING HERE.

>> ANNIE MAHON: DANA -- DAYNA SAYS THEY CAN'T HEAR.

NOW THEY CAN HEAR?

>> ADRIANA ARIZPE MARTIN: EVERYONE CAN HEAR US.

DAYNA, MAYBE SOMETHING WITH YOUR COMPUTER.

>> CHECK YOUR VOLUME.

CHECK YOUR OWN VOLUME.

>> ADRIANA ARIZPE MARTIN: WE ARE SO GLAD TO HAVE YOU ALL  
HERE AND TONIGHT WE HAVE RACHEL WITH US, AND WE ARE SO  
HAPPY, RACHEL ALWAYS, SHE HAS BEEN PART OF MAKING-VISIBLE,  
SINCE WE STARTED.

BUT NOW SHE IS, TONIGHT SHE IS GOING TO BE OUR TECHNICAL  
HOST AND WE ARE SO -- GRATEFUL WITH HER.

SO, WHATEVER TECHNICAL ISSUE THAT YOU CAN HAVE DURING THE  
SESSION, YOU CAN REDIRECT TO RACHEL IF YOU, WRITE DIRECT TO  
RACHEL IF YOU WANT THROUGH THE CHAT.

>> ANNIE MAHON: ADRIANA, YOU ARE HAVING AN ECHO.

AM I HAVING AN ECHO ALSO?

>> ADRIANA ARIZPE MARTIN: NO.

>> ANNIE MAHON: YOU WERE HAVING A LITTLE ECHO WHILE YOU  
WERE SPEAKING.

>> I HEAR AN ECHO FROM YOU, ANNIE.

>> ANNIE MAHON: ME TOO?

>> NO ECHO FOR ME.

>> ADRIANA ARIZPE MARTIN: LET ME CHECK SOMETHING.

GIVE KNEE ONE SECOND.

>> NO ECHO HERE.

GIVE ME ONE SECOND.

>> NO ECHO HERE.

>> ANNIE MAHON: WOW, FASCINATING.

>> VALERIE BROWN: I WONDER IF IT IS ON MY END.

SHOULD I USE MY EAR BUDS.

>> ANNIE MAHON: YOU COULD TRY.

>> VALERIE, YOU SOUND CLEAR TO ME TOO.

DO I?

OKAY.

>> VALERIE BROWN: IF I BECOME UNCLEAR I WILL GO TO THESE

GUYS.

>> ANNIE MAHON: AWESOME.

WHY DON'T WE GO AHEAD AND GET STARTED.

YES, OKAY, ADRIANA.

>> ADRIANA ARIZPE MARTIN: YES, OKAY.

DO YOU STILL GET AN ECHO.

>> ANNIE MAHON: I DON'T HEAR THE ECHO NOW.

AND WE WILL, DAISY IS RECOMMENDING WE WILL MUTE OURSELVES

WHEN WE ARE NOT STARTING, NOT TALKING.

SO, I DO HEAR IT STILL A LITTLE ECHO.

SOMETHING.

OKAY.

WELL I AM ONLY GOING TO TALK A TINY BIT.

SO, I AM GOING TO INVITE THE BELL FOR US TO GET SETTLES AND

CENTERED.

THEN WE WILL -- INTRODUCE OUR SPEAKER, AND THEN WE WILL GO ON FROM THERE.

AND, ADRIANA, MAYBE INTRODUCE AFTER I INVITE THE BELL SINCE I AM HAVING A SOUND ISSUE ALSO.

>> ADRIANA ARIZPE MARTIN: OKAY.

>> ANNIE MAHON: TAKE A COMFORTABLE SEAT.

WHAT'S THAT?

OKAY.

TAKE A COMFORTABLE SEAT.

AND LET YOURSELF JUST BEGIN TO FULLY ARRIVE HERE.

MAKE SURE THAT MAYBE THAT YOU ARE MUTED IF YOU ARE NOT SPEAKING.

>> DAYNA.

(BELL TOLLS).

>> ANNIE MAHON: I LISTEN.

I LISTEN.

THE SOUND OF THE BELL BRINGS ME BACK TO MY TRUE HOME.

AND IF THIS IS YOUR FIRST TIME TO MAKING-VISIBLE, WE OFFER THESE WEBINARS TO SUPPORT LEARNING AND UNDERSTANDING OF THE TRUTH OF WHAT IS REALLY HAPPENING IN PEOPLE'S LIVES.

AND WE DO IT WITHIN A MINDFULNESS CONTEXT.

SO THAT IS WHY WE START WITH THE BELL.

WE WILL HAVE TIME TO PAUSE HERE AND THERE DURING THE  
WEBINAR, AND IT IS TO DEEPEN OUR UNDERSTANDING AS THICH  
NHAT HANH SAYS, UNDERSTANDING IS LOVE.

WE REALLY WANT TO BE ABLE TO EXTEND OUR LOVE THROUGHOUT THE  
WHOLE COSMOS TO ALL BEINGS EVERYWHERE.

THE ONLY WAY THAT WE KNOW TO DO THAT IS TO TRY TO REALLY  
DEEPLY UNDERSTAND THE EXPERIENCE OF OTHER PEOPLE.

SO WITH THAT I WILL TURN IT OVER TO ADRIANA TO INTRODUCE,  
VALERIE.

ANNIE, BOWING OUT.

>> ADRIANA ARIZPE MARTIN: THANK YOU, ANNIE.

TONIGHT WE ARE SO EXCITED TO HAVE VALERIE BROWN BACK WITH  
US.

SHE, TONIGHT IT IS GOING TO -- SHE IS GOING TO TALK ABOUT  
HOW TO FOCUS ON, HOW TO FIGHT INJUSTICE WITHOUT HATING.

AND A LOT OF PEOPLE HERE, I GUESS, ALMOST EVERYONE, KNOWS  
VALERIE.

BUT VALERIE IS ORDAINED IN THE THICH NHAT HANH TRADITION.

SHE WAS A LAWYER AND NOW SHE IS THE COFOUNDER OF LEAD SMART  
COACHING AND SHE IS A WONDERFUL LEADER IN RETREATS.

AND I THINK WITH THAT, WE CAN TURN THE, THE MICROPHONE OR



THE, GIVE THE SPACE TO VAL AND TO START.

AND WE ARE SO GRATEFUL WITH YOU, VALERIE.

WE WERE LIKE EAGER TO HEAR MORE FROM YOU SINCE LAST TIME.

AND WE ARE SO HAPPY AND SO BLESSED TO HAVE YOU BACK.

THANK YOU SO MUCH.

>> ANNIE BOWING IN.

CAN I SLIP IN ONE BIG THANK YOU FOR THE PEOPLE WHO ARE HERE  
AND FOR ALL THE PEOPLE.

WHO ARE SHOWING UP.

BECAUSE WITHOUT YOU ALL, WE COULDN'T DO THIS.

AND WE HAVE GOTTEN, GOOD NUMBER OF DONATIONS THAT HELP US  
KEEP GOING AND PAY FOR THE TECHNICAL AND THE MARKETING.

SO I JUST WANT TO SHOUT OUT TO EVERYONE ON THIS CALL.

ALL THOSE WHO AREN'T HERE.

WHO COME AND SUPPORT THIS PROJECT.

>> THANKS.

>> ANOTHER THING, SORRY, SORRY, VAL BEFORE -- WE HAVE  
CLOSED-CAPTIONING.

AVAILABLE.

IF YOU GO BELOW, IN YOUR -- IN YOUR SCREEN YOU WILL SEE  
CLOSED-CAPTION.

YOU NEED TO GO THERE AND, CLICK ON SHOW SUBTITLES AND THEN

YOU WILL BE ABLE TO HAVE THE CLOSED-CAPTIONING IN YOUR  
SCREEN.

AND ANOTHER THING, JUST TO LET YOU KNOW AT THE END OF THE,  
VALERIE'S SHARING, WE WILL HAVE TIME TO QUESTION AND  
ANSWERS.

AND YOU WILL BE ABLE TO WRITE YOUR QUESTION IN THE CHAT  
BOX.

OR, OR LET US KNOW IF YOU WANT TO, TO BE ON MUTE -- UNMUTE  
TO ASK THE QUESTION.

AND ANNIE AND MYSELF WE GUIDE YOU AND THROUGH THE QUESTION  
AND ANSWER AT THE END.

THANK YOU SO MUCH.

VAL.

IT IS YOUR SPACE.

THANK YOU.

>> VALERIE BROWN: PERHAPS WE COULD BEGIN TO LISTENING THREE  
SOUNDS OF THE BELL.

ANNIE OR ADRIANA OR RACHEL ANYONE HAVE A BELL HANDY?

GREAT.

(BELL TOLLS) (BELL TOLLS)

(BELL TOLLS)

>> VALERIE BROWN: WELCOME.

A DELIGHT TO SEE EVERYONE.

OLD FRIENDS AND NEW FRIENDS ALIKE.

WELCOME.

THANK YOU, ANNIE, AND THANK YOU ADRIANA FOR CREATING THESE  
VERY IMPORTANT SERIES OF DISCUSSIONS AND BRINGING THE  
COMMUNITY TOGETHER.

OF COURSE, RACHEL FOR HER TECHNICAL SUPPORT AND, IS IT DON  
WHO IS DOING CLOSED-CAPTION, SO THANK YOU SO MUCH.

AND MOST OF ALL, THANK YOU FOR BEING HERE.

SO OUR FOCUS FOR TONIGHT IS HOW TO FIGHT PARENTHESSES  
INJUSTICE WITHOUT HATING.

SO I HAVE TO SAY THE TITLE FOR THIS TALK, HOW TO FIGHT  
INJUSTICE WITHOUT HATING IS NOT MINE.

SO THERE IS A LITTLE STORY HERE.

BEFORE THE MURDER OF GEORGE FLOYD I ATTENDED A GATHERING OF  
MORE THAN 600 BLACK AND BROWN INDIGENOUS PEOPLE THAT WAS,  
THAT WAS CURATED BY THE MINDFULNESS APP LIBERATE.

LIBERATE IS AN APP DESIGNED FOR BLACK INDIGENOUS AND PEOPLE  
OF COLOR AS WELL AS FOR BLACK, ASIAN, AND ETHNIC MINORITY  
OR WHAT IS NOW BEING CALLED THE GLOBAL MAJORITY.

SO, LIBERATE.

THEY'RE FABULOUS PEOPLE.

AND THE SPEAKER THAT NIGHT WAS RUTH KING.

AND SHE WAS AMAZING.

YOU KNOW, SHE SANG TO US.

SHE WAS JUST DOING HER RUTH KING THING.

AND THEN SOMEWHERE ALONG IN THAT EVENING, IN THE CHAT, IN THIS STREAM OF MAYBE 100 CHATS, SOMEBODY ASKED THE QUESTION, HOW DO YOU FIGHT INJUSTICE, NO, THE WORD INJUSTICE WASN'T THERE.

HOW DO YOU FIGHT WITHOUT HATING?

THAT WAS BURIED IN THE CHAT.

HOW DO YOU FIGHT WITHOUT HATING?

AND AT FIRST IT WAS LIKE AN INTELLECTUAL THING.

YEAH, YOU KNOW MY MIND WAS SPINNING LIKE, HOW DO YOU FIGHT WITHOUT HATING?

AND THEN FROM THIS INTELLECTUAL GRASPING AT THE QUESTION THAT QUESTION LIKE A THOUGHT SETTLED INTO MY CHEST AND MY HEART.

SO I WANT TO EXTEND A DEEP BOW TO THE PERSON WHO OFFERED THAT BEAUTIFUL IDEA HOW TO FIGHT WITHOUT HATING.

SO THIS IS ABOUT HOW TO HANDLE STRONG EMOTIONS LIKE OUTRAGE, ANGER, SADNESS, MAYBE EVEN CONTEMPT.

AND THE VERY HARD WORK OF RACIAL AND SOCIAL JUSTICE.

AND I KNOW ON THIS CALL THERE ARE MANY PEOPLE WHO HAVE BEEN DOING THIS WORK FOR A VERY LONG TIME.

SO I EXTEND A DEEP BOW AND GENEROUS BOW TO YOU.

HOW DO WE TRANSFORM THESE EMOTIONS THAT FEEL LIKE A KIND OF BOTTOMLESS PIT?

HOW DO WE TRANSFORM THEM INTO THE WORK OF -- NONVIOLENT PEACEFUL ACTION?

SO, THE APPROACH THAT I WILL OFFER TONIGHT COMES FROM THE WORK OF ZEN MASTER THICH NHAT HANH, AND THE PLUM VILLAGE COMMUNITY.

AND I WILL SHARE ABOUT MY OWN PERSONAL JOURNEY.

YOU KNOW, THICH NHAT HANH OR THI, TEACHER, AS HE IS OFTEN CALLED, CAME OF AGE IN THE VIETNAM WAR.

AND HE COINED THIS TERM, ENGAGED BUDDHISM.

SO, AT THE TIME OF THE VIETNAM WAR THE MONKS AND NUNS THERE HAD AN IMPORTANT CHOICE TO MAKE.

THEY COULD HAVE STAYED SAFELY IN THE MONASTERY PRAYING FOR THE POOR PEOPLE WHO WERE BEING BOMBED UPON.

BUT THEY MADE A DECISION TO LEAVE THE HALLS OF THE MONASTERY AND TO SUPPORT THE PEOPLE IN THE STREETS.

OF COURSE, PRAYING FOR THE PEOPLE IS RIGHT ACTION.

IS A BEAUTIFUL ACTION.

AND, THEY PRAYED AND THEY ACTED TOGETHER.

SO, WHAT I AM POINTING TO HERE IS THAT THE COMMUNITY OF ONE VILLAGE THAT WAS FOUNDED BY ZEN MASTER THICH NHAT HANH KNOWS A LOT ABOUT HOW TO DO BOTH THINGS.

HOLD SUFFERING AND ACT FOR SOCIAL GOOD.

AND SO I'LL BE SHARING WITH YOU THE 25 YEARS THAT I HAVE SPENT WITH, I HAVE HAD THE GREAT HONOR TO SPEND WITH THIS EXTRAORDINARY MAN, THICH NHAT HANH, AND THE PLUM VILLAGE COMMUNITY.

SO THE ROAD MAP FOR TODAY, WE'LL BEGIN WITH A BIT OF CENTERING MOMENT.

AND THEN WE WILL JUST CATCH OUR BREATH AND JUST SIT FOR MAYBE ABOUT THREE, THREE OR FOUR MINUTES, NOT LONG.

JUST TO REGATHER OURSELVES.

SO, I AM HOPING THAT RACHEL OR ANNIE OR ADRIANA, WILL INVITE THE BELL.

AND, AND LEAD US THROUGH.

SO WE WILL BEGIN, AND WE WILL END WITH A LITTLE BIT OF SITTING.

AND THEN, WE'LL, I'LL SHARE A BIT OF A DHARMA TALK, AND WE WILL HAVE TIME FOR Q & A, ENDING ABOUT 8:30.

BUT, PLEASE FEEL FREE TO STAY AS, FOR AS LONG OR AS LITTLE

AS YOU LIKE.

WE ARE DELIGHTED TO HAVE YOU HERE.

SO, WITH THAT, BEGIN WITH THE CENTERING MOMENT.

SO, RACHEL, THE FIRST SLIDE, PLEASE.

SO, WELCOME TO MY KITCHEN.

WELCOME TO THE CENTER OF MY HOME.

WHAT YOU ARE LOOKING AT IS CALLED AN OFFERENDUM.

THIS AN OFFERING.

AN ALTAR, A HOMAGE TO THE LIVING AND TO THE DEAD.

IT IS A WAY OF REMEMBERING THE PEOPLE IN OUR LIVES.

AND SO MY OFFERENDA IS BITS AND PIECES OF SHELL OR STONE,  
AFFIRMATIONS, ANCESTORS, DESCENDANTS, A BOTTLE OF WHITE  
RUM, COULDN'T HAVE AN OFFERENDA WITHOUT A BOTTLE OF WHITE  
RUM.

SO MUCH HAS HAPPENED IN THE LAST FEW MONTHS.

IN THE UNITED STATES, MORE THAN 122,000 PEOPLE HAVE DIED.

FROM THE EFFECTS OF COVID-19.

WORLDWIDE, MORE THAN 470,000 PEOPLE HAVE DIED.

FROM COVID-19.

MILLIONS OF PEOPLE HAVE BEEN LEFT UNEMPLOYED.

WE HAVE SEEN THE MURDER OF GEORGE FLOYD.

BRIANNA TAYLOR, AHMAD

AUBREY, RASHARD HUGHES, I COULD GO ON AND ON.

LEADING TO NATIONAL AND WORLDWIDE PROTESTS.

TO SPEAK OUT AGAINST THE INJUSTICE, RACIAL INJUSTICE IN PARTICULAR, AND POLICE VIOLENCE AGAINST BLACK PEOPLE.

SO IT SEEMS FITTING TO START HERE, TO START WITH THE, OFFERENDA, TO PAY TRIBUTE TO THOSE OF US, OUR LOVED ONES, WHO HAVE HELPED US TO MAKE MEANING IN THE WORLD, WHO HAVE GIVEN US LIFE, WHO HAVE BROUGHT US INTO THIS WORLD.

SO LET'S GO TO --

BACK TO GALLERY VIEW, PLEASE.

SO I WOULD LIKE TO OFFER YOU JUST A MOMENT TO CONSIDER AN ANCESTOR, A DESCENDANT, SOME ONE IN YOUR LIFE WHO HAS SUPPORTED YOU, WHO HAS HELPED GIVEN YOU LIFE, SOMEONE MEANINGFUL.

AND, SAY THAT PERSON'S NAME.

SILENTLY TO YOURSELF.

THANK YOU.

SO, IN ADDITION TO HONORING THE ANCESTORS, THE LAND, SO I WOULD LOOK TO TURN TO A LAND ACKNOWLEDGMENT, RACHEL, THE NEXT SLIDE PLEASE.

IT SEEMS FITTING TO RECOGNIZE THE PEOPLE WHO HAVE LIVED AND INHABITED THE LAND THAT WE NOW LIVE UPON.



THIS SPEAKS TO THEIR SOVEREIGNTY AND TO OUR OWN  
CONSCIOUSNESS.

TO OUR ASPIRATION TO CREATE JUST EQUITABLE RELATIONSHIPS  
WITH PEOPLE.

AND SO -- AGAIN --

I WOULD INVITE US TO SPEAK THE NAME OF THE LAND ON WHICH WE  
ARE SITUATED AND IF WE KNOW THE NAME OF THE PEOPLE TO SAY  
THAT AS WELL AND TO SAY THAT SILENTLY TO YOURSELF.

THE LAND AND THE NAME OF THE PEOPLE.

THANK YOU, LET'S GO TO GALLERY VIEW AGAIN.

AND, FINALLY, AS A CENTERING MOMENT I WOULD LOOK TO TURN  
TO, TO YOU -- WITH THIS QUESTION.

THERE IS, THERE ARE MANY PLACES YOU COULD BE RIGHT NOW.

BUT YOU ARE HERE.

SO, I ASK YOU WHAT IS IT THAT YOU SAID YES TO?

WHEN YOU REGISTERED TO ATTEND THIS, THIS SESSION.

SO LET'S TAKE THE NEXT 30 SECONDS AND WITH THE PEN AND  
PAPER IN HAND, OR -- SOME WRITING DEVICE, WHATEVER, OR  
ALLOWING THE QUESTION TO WASH OVER YOU.

WHAT IS IT THAT YOU ACTUALLY SAID YES TO?

WHEN YOU REGISTER FOR THIS SESSION?

TAKE A MOMENT AND READ THAT.

SPEAK THAT SILENTLY TO YOURSELF.

HOLD THAT AS AN ASPIRATION FOR, FOR THE DURATION OF THIS SESSION.

AND WE WILL RETURN TO THIS AT THE END OF THE SESSION.

I WOULD LIKE TO EXTEND A CENTERING MOMENT TO ALLOW US TO PAUSE AND TO BREATHE.

SO, COMING INTO A POSTURE THAT FEELS COMFORTABLE FOR YOU, STANDING, SITTING, LYING DOWN, WHATEVER YOU WANT.

CHECK IN WITH WHAT IS USEFUL FOR YOU.

AND THEN DO THAT.

THAT WOULD BE A NOVEL THING TO DO.

TO ACTUALLY DO WHAT FEELS RIGHT.

SO TO DO THAT.

AND TAKE JUST A COUPLE, THREE, MAYBE CLEANSING BREATHS CONNECTING WITH THE IN BREATH AND CONNECTING WITH THE OUT BREATH.

AND FEELING THE SENSE OF YOUR OWN IN BREATH --

AND THE COMPLETION OF YOUR OWN OUT BREATH.

NOTICE WHAT IT FEELS LIKE TO BREATHE NATURALLY.

WITH THE AIR COMING IN AND THE AIR GOING OUT.

AND MAYBE FEEL WHATEVER IS ARISING FOR YOU, WHETHER THAT IS A SENSE OF CONTENTMENT WITH YOUR OWN BREATHING, OR

DISTRACTION, OR ANXIETY OR WHATEVER -- THE FLAVOR IS.

ALLOWING THE BREATH TO HOLD THAT.

AGAIN, TAKING A CLEANSING BREATH.

MAYBE WE COULD LISTEN TO JUST ONE SOUND OF THE BELL.

AND TRANSITION.

THANK YOU, ANNIE.

SO, AGAIN, A DEEP GRATITUDE TO ZEN MASTER, THICH NHAT HANH,  
AND PLUM VILLAGE COMMUNITY.

AND ACTUALLY, ALSO, TO THE VIETNAMESE PEOPLE WHO HAVE  
PRODUCED A THICH NHAT HANH--WHENEVER I SPEAK OF OTHER  
PEOPLE'S CULTURE, EXPRESS A SENSE OF CULTURAL HUMILITY.

THERE IS A LOT I DON'T KNOW.

SO, AGAIN, I'LL BE SPEAKING FROM MY PERSONAL EXPERIENCE TO  
BEGIN WITH.

AND SINCE IT IS ABOUT MY PERSONAL EXPERIENCE, THIS IS  
OBVIOUSLY A WORK IN PROGRESS.

I AM NOT CHECKING IN AS AN EXPERT HERE.

I AM ON A LONELY JOURNEY.

AND, THI, THICH NHAT HANH, SAID THAT OUR LIFE IS OUR  
MESSAGE.

AND, AND, THE QUAKERS HAVE A SAYING, THAT TO LET YOUR LIFE  
SPEAK, LET IT SHINE.

SO, I WILL BE OFFERING MY OWN PERSONAL EXPERIENCES AROUND THIS.

BECAUSE I AM SPEAKING FROM AN HISTORICAL PERSPECTIVE, FROM A BUDDHIST POINT OF VIEW, THE VIEW OF SELF, THERE IS ALSO OF COURSE, THAT PERSPECTIVE OF NONSELF.

THERE IS THE HISTORICAL ELEMENTS OF SELF.

AND THEN THERE IS THE ULTIMATE DIMENSION OF SELF.

WHERE THERE IS NO BIRTH AND NO DEATH, NO COMING, NO GOING.

NO AFTER, AND BEFORE.

SO I WANT TO BEGIN BY SAYING THAT IDENTIFY AS FEMALE, AS AFRO-CUBAN, A PERSON WHO GREW UP IN POVERTY IN NEW YORK CITY.

AND JUST BEING ABLE TO KIND OF NAME SOME OF THESE IDENTITIES WAS REALLY DIFFICULT FOR ME.

GROWING UP I, I BOUGHT INTO THIS INTERNALIZATION OF THE WHITE SUPREMACIST MIND SET.

YOU KNOW, A MIND SET OF, PERFECTIONISM, AND A SENSE OF URGENCY, A DEFENSIVENESS.

A REALLY AN ASSIMILATIONIST MIND SET.

REALLY WANTING TO SET IN.

YOU KNOW, TO, TO FIT IN, RATHER.

SO I STRAIGHTENED MY HAIR.

FOR YEARS.

I WORE VERY CONSERVATIVE CLOTHING.

YOU KNOW, AGAIN ALL IN AN EFFORT TO FIT IN.

AND THEN, IN 1995 I HAD THIS WATERSHED MOMENT OF --

MEETING, ATTENDING RATHER, A PUBLIC TALK GIVEN BY THICH

NHAT HANH AT THE RIVERSIDE CHURCH IN MANHATTAN.

AND THAT WAS QUITE A TURNING POINT IN MY LIFE.

AS YOU MIGHT SUSPECT, THICH NHAT HANH SPOKE ABOUT LOVE AND

COMPASSION, IT WAS THE OPPOSITE OF EVERYTHING THAT I KNEW

AND THE WAY THAT I WAS LIVING.

AND I WALKED OUT OF THE TALK THINKING -- I DON'T KNOW WHO

THAT GUY IS BUT HE IS NUTS.

YOU KNOW, THE WORLD IS NOT LIKE THAT.

BUT, YOU KNOW THERE WAS A SEED OR A KERNEL OR SOMETHING

REALLY TOUCHED ME.

AND SO I BEGAN TO START PRACTICING MINDFULNESS MEDITATION

IN THE PLUM VILLAGE TRADITION.

ACTUALLY I WAS A CLOSET MEDITATOR.

YOU KNOW, AS A LAWYER IT WAS SIMPLY NOT ACCEPTABLE AT THAT

TIME, 25 YEARS AGO, TO BE A MEDITATOR.

I REALIZE NOW THAT, I WAS -- DEEPLY ENMESHED IN THIS RIGID

FIGHT/FLIGHT, FREEZE MODE.

ACTUALLY, MY WHOLE, MY WHOLE SOCIAL ENGAGEMENT NETWORK AND SYSTEM IN MY BODY, YOU KNOW, THAT STEVEN PORCESS TALKS ABOUT THAT WAS -- TOTALLY SHUT DOWN.

I HAD AND STILL AM CHALLENGED IN HOW I FORM RELATIONSHIPS WITH OTHER PEOPLE.

AND QUITE -- I'M QUITE CUT OFF FROM THE WISDOM OF MY OWN BODY.

SO EVEN AS I SAY ALL OF THIS, EVEN AS I SAY THAT, I CAN FEEL THAT.

IN MY BODY AND IN MY HEART.

AND I TURN TO -- TO THE PLUM VILLAGE COMMUNITY TO -- FOR SUPPORT.

AND FOR, FOR HELP.

AND SO, ABOUT SEVEN YEARS AGO -- I LEFT THE CAREER THAT I HAD TRAINED FOR ALL OF MY LIFE AS A LOBBYIST.

AND A LAWYER.

A JOB THAT PAID THE BILLS, BUT ROBBED ME OF A SENSE OF MY OWN HUMANNESS.

AND I WAS SAYING THIS TO SOMEONE JUST TODAY THAT, ALL OF THE WHILE I WAS IN MY LAWYER LOBBYIST JOB, PEOPLE WOULD SAY TO ME, ALL OF THE TIME, YOU KNOW, GEE, YOU DON'T SEEM LIKE A LAWYER TO ME.

AND I WOULD SAY TO MYSELF, WHAT THE HECK IS THE MATTER WITH HER?

YOU KNOW?

I JUST -- I JUST COULDN'T, COULDN'T SEE THAT.

SO THE TRANSITIONING, THE BECOMING FROM TYPE A LAWYER LOBBYIST TO DHARMA TEACHER IS NOT A JOB OF ONE PERSON. IT TAKES MANY PEOPLE.

AND SO I HAVE TO RECOGNIZE THE PEOPLE WHO SUPPORTED ME THE LOVED ONES OF MY DEAR FRIEND KIERSTEN OLSON AND KAREN URLICHMAN, AND MANY, MANY OTHER PEOPLE WHO HELPED ME TO REDEFINE MY VALUES AND SUCCESS AND SO CALLED SUCCESS AND WHAT THAT LOOKS LIKE.

AND SO NOW MY WORK IS -- AS A DHARMA TEACHER.

YOU KNOW, CULTIVATING HAPPINESS AND SHARING THAT WITH OTHER PEOPLE.

SO, WHEN I RECEIVED THE TRANSMISSION OF THE LAMP, THE LAMP OF WISDOM IN 2018, IN PLUM VILLAGE, FRANCE, THERE IS A BEAUTIFUL CEREMONY THAT HAPPENS.

AND THE -- THE DHARMA TEACHER TO BE OFFERS A POEM.

TO THICH NHAT HANH AND THE COMMUNITY.

AND THICH NHAT HANH AND THE COMMUNITY OFFER A POEM BACK.

SO I, I HAVEN'T SHARED THIS WITH A GROUP OF PEOPLE.

OTHER THAN IN THE ORDINATION, BUT I WOULD LOOK TO SHARE THE  
POEM THAT I WROTE TO THE COMMUNITY BECAUSE IT SPEAKS TO THE  
TRANSFORMATION.

THE POEMS ARE CALLED GATHAS, THEY ARE, WAYS OF WAKING US UP  
AND BRINGING US BACK.

SO, ANCESTORS INVOKING WINTER BECOMING SPRING  
RELEASING THE GRIP OF SUFFERING TO A HEART OF COMPASSION  
AND BOUNDLESS LOVE

ASPIRATIONS AS VAST AS THE OCEANS

AND WIDE AS THE SKY

WITH HER LAP FULL OF FLOWERS

SHE SURRENDERS

TO THE BUDDHIST VOICE

SO HOW TO FIGHT?

WITHOUT HATING?

AS BLACK AND BROWN PEOPLE, MARGINALIZED PEOPLE, WE'RE IN

THE FIGHT OF OUR LIFE.

THE EFFECTS OF COVID-19 ARE NOT EQUAL.

THE EFFECTS ARE WELL DOCUMENTED.

ACTUALLY, MY FRIEND KIERSTEN, I JOKE WITH HER, I AM THE

POSTER CHILD FOR SYSTEMIC RACISM.

BUT WE KNOW THAT BLACK AND BROWN PEOPLE HAVE BEEN



DISPROPORTIONATELY AFFECTED, IMPACTED BY COVID-19.

WE ARE THE ESSENTIAL WORKERS.

WE ARE THE MASS INCARCERATED.

WE ARE -- WE ARE THOSE WHO HAVE BEEN AFFECTED BY UNEQUAL  
EMPLOYMENT OPPORTUNITIES, EDUCATIONAL OPPORTUNITIES,  
HOUSING OPPORTUNITIES, AND OTHER -- IN OTHER WORDS --  
ALL OF THIS IS COMPOUNDED BY GROSS AND DISPARATE TREATMENT  
OF BLACKS IN PARTICULAR AND COMPOUNDED WITH POLICE  
VIOLENCE.

SO, AS A LAWYER, I AM VERY INTERESTED IN STRUCTURE.

LIKE WHAT IS THE STRUCTURE BEHIND ALL OF THIS?

AND WE DO, WE HAVE A SET OF STRUCTURES.

THEY'RE CODIFIED, THAT IS SET INTO LAW, THROUGH CASE LAW,  
THROUGH REGULATION, THROUGH EXECUTIVE ORDER, THROUGH  
STATUTES.

AND, THIS HAS CREATED OF COURSE, REDLINING AND -- AND DE  
FACTO SEGREGATION WHICH ESSENTIALLY HAS BEEN OUTLAWED.

ONLY TO BE SUBSTITUTED BY SEGREGATION AND THEN OF COURSE,  
INTERGENERATIONAL POVERTY.

THERE IS THE EFFECTS OF EXPLICIT AND IMPLICIT BIAS, THAT  
FEEDS INTO THIS SYSTEM LIKE AN UNDERGROUND AQUIFER.

AND -- ON EVERY MEASURE, WE ARE SUFFERING.

AND YET THERE IS AN AWAKENING HAPPENING.

EVEN THOUGH SOME OF US MAY FEEL A SENSE OF OVERWHELM AND  
INACTION WE MAY BE SAG TO OURSELVES WHAT CAN I DO, HOW CAN  
I TAKE ACTION?

NONVIOLENTLY, PEACEFULLY?

SO ALL OF THIS IS REALLY NOT THEORETICAL FOR ME.

I WISH I COULD SAY I HAVE NOT PERSONALLY HAD MY OWN  
CONFRONTATION WITH POLICE OFFICERS.

BUT I HAVE.

AND VERY RECENTLY, YOU KNOW, AS RECENTLY AS MAYBE A COUPLE  
YEARS AGO.

STOPPED.

MAYBE, THREE DOORS FROM MY OWN HOUSE ON MY OWN STREET.

BY A POLICE OFFICER.

WHO WANTED TO KNOW WHY AM I ON THIS STREET THAT I AM ON.

I HAPPEN TO LIVE IN A LEVEE NEIGHBORHOOD.

AND SO I KNOW THAT THE PRACTICE THAT I HAVE BEEN SHARING  
WITH YOU THAT WE HAVE BEEN PRACTICING TOGETHER OF RETURNING  
TO OUR BREATHING, THAT'S SAVED MY LIFE.

EACH AND EVERY TIME I HAVE BEEN CONFRONTED WITH POLICE.

SO JUST KIND OF PAUSE AND TAKE THAT IN FOR A MOMENT.

THE SYSTEMS AND STRUCTURES.

IT'S REAL.

SO HOW DO WE HOLD ALL OF THIS WITHOUT BEING TOTALLY  
OVERWHELMED?

HOW DO WE -- HOW DO WE MAKE SENSE OF THIS?

SO I WOULD LOOK TO SHARE THE PRACTICE FROM THE PLUM VILLAGE  
TRADITION OF SELECTIVE WATERING.

SELECTIVE WATERING.

SO IN BUDDHIST PSYCHOLOGY, THE SUBCONSCIOUS MIND IS LIKENED  
TO A STOREHOUSE.

A STOREHOUSE LIKE A, YOU KNOW, A BARN THAT CONTAINS ALL  
KINDS OF SEEDS.

AND THESE SEEDS ARE LIKE EMOTIONS.

SO THERE IS THE EMOTION OF DESPAIR.

ANXIETY.

AND SHAME.

AND THEN THERE IS THE SEED OR EMOTION OF WARMTH AND A LIGHT  
AND OPTIMISM.

ALL OF THESE SEEDS COEXIST.

THERE IS ALSO CULTURAL CONDITIONING, AND SOCIAL  
CONDITIONING.

AS WELL AS THE ASSUMPTIONS AND ASSESSMENTS AND PERCEPTIONS  
THAT HELP TO -- TO ACTIVATE THESE SEEDS.

FOR EXAMPLE IF YOU ARE CAUGHT UP IN TRAFFIC THE SEED OF ANGER WHICH MAY BE DORMANT IN THE SUBCONSCIOUS GETS RILED UP.

IF YOU HAVE A LOVELY CONVERSATION WITH A FRIEND, THEN, THE SEED OF MAYBE UPLIFTMENT GETS WATERED.

IF YOU LIVE IN FEAR OF THE POLICE.

THE SEED OF ANXIETY GETS ACTIVATED.

SO IN THE PLUM VILLAGE TRADITION, WE REALLY LEARN HOW TO NOTICE, PRACTICE, TAKE CARE OF THESE SEEDS.

HOW TO STRENGTHEN THE BENEFICIAL SEEDS, EMOTIONS, AND HOW TO ALLOW THE EMOTIONS THAT ARE NOT SO BENEFICIAL FOR US IN THE MOMENT TO, TO REST.

AND THERE ARE MANY, MANY PRACTICES THAT ALLOW US TO DO THAT.

SO THE BEGINNING, ONE BEGINNING PRACTICE IS THE PRACTICE OF -- STOPPING.

AND THERE IS ACTUALLY SUCH A THING.

IT IS CALLED, SHAMATA IN THE POLY, TO STOP.

AND, THI SAID THIS PRACTICE OF STOPPING IS ACTUALLY, IT IS ACTUALLY A PRECONDITION, NOT A CONDITION, A PRECONDITION TO ACTUALLY HEALING.

IS TO PRACTICE STOPPING.

HOW DO WE ACTUALLY DO THAT.

HOW DO WE PRACTICE STOPPING WHEN WE ARE TRIGGERED?

OR WHEN WE ARE REALLY, REALLY MAD?

SO, YOU KNOW, NO WORRIES, EVERY DAY PRESENTS AN OPPORTUNITY  
TO DO THAT.

RIGHT?

SO, I WILL JUST SHARE WITH YOU WHAT HAPPENED TO ME LIKE,  
JUST A COUPLE DAYS AGO.

SO, USUALLY IN THE MORNING I GO OUT FOR A WALK AND I OFTEN  
CLIMB UP THE TOP OF A BIG HILL.

SO, PER USUAL, I AM WALKING, I CLIMB UP TO THE TOP OF A BIG  
HILL.

I AM OUT OF BREATH.

I GET UP TO THE TOP.

THERE IS A DEVELOPMENT UP THERE, RIGHT?

AND SO, THIS WOMAN COMES, KIND OF WALKING, RUNNING TOWARDS  
ME.

WITH A LEASH.

NO DOG.

JUST A LEASH.

SO, SHE SAYS TO ME --

IF YOU SEE THE DOG, IT'S MINE.

AND SO I SAID TO HER, I DON'T LIVE HERE.

YOU KNOW KIND OF PANTING AND OUT OF BREATH.

SO SHE SAYS TO ME -- OKAY, BITCH.

RIGHT.

YEP.

SO, I HAD THE OPPORTUNITY TO PRACTICE STOPPING.

STOPPING, CALMING, .

THE OLD ME -- THE OLD ME WOULD HAVE WANTED TO PUMMEL HER,

YOU KNOW, LIKE HOW DARE YOU?

OR SOMETHING LIKE THAT.

BUT BECAUSE I HAD PRACTICED AND HAVE BEEN PRACTICING

STOPPING FOR SO LONG, IT CAME AUTOMATIC.

AND SO --

I SAW MYSELF STOP.

I SAW MYSELF BREATHE.

AND, I SAW MYSELF JUST HOLDING THAT.

AND I FELT A SENSE OF SOVEREIGNTY OVER MY OWN EMOTIONS THAT

I -- THAT I DIDN'T HAVE TO RESPOND IN KIND.

LATER THAT DAY I ACTUALLY OFFERED HER SOME -- METTA, LOVING

KINDNESS.

LOOK THERE MUST HAVE BEEN A LOT GOING ON FOR THIS PERSON.

SO THAT'S JUST A LITTLE TINY EXAMPLE OF HOW HANDY THIS

PRACTICE OF STOPPING CAN BE.

SO IN STOPPING, IT'S NOT LIKE THIS THEORETICAL THING.

YOU KNOW?

IT'S NOT LIKE WE ARE GOING TO CUT OFF ALL ASSESSMENTS AND PERCEPTIONS AND BELIEF.

BUT WE NOTICE OKAY THAT WHATEVER WE ARE CAUGHT IN AND GIVE IT A BREATH.

SO, AGAIN, I AM NOT CHECKING IN AS AN EXPERT HERE.

YOU KNOW, I AM DEEPLY IN PRACTICE.

BUT MAN WE COULD JUST PRACTICE THIS LITTLE BIT OF STOPPING RIGHT HERE AND RIGHT NOW.

IT MAY COME IN HANDY.

I DON'T KNOW.

YOU MIGHT CLIMB UP TO THE TOP OF A BEG HILL AND FIND SOMEBODY WHO IS IRATE WITH A LEASH AND NO DOG.

YOU NEVER KNOW.

SO, SO -- SHALL WE PRACTICE THE ART OF STOPPING?

AND THEN WE KILL CONTINUE.

SO, STEP ONE WITH STOPPING.

JUST ALLOW YOURSELF TO RELAX FOR JUST A MOMENT AS BEST YOU CAN.

SITTING OR STANDING.

LYING DOWN.

IT IS ALL GOOD.

EYES OPEN.

CLOSED.

SCREEN ON.

SCREEN OFF.

AND, FEELING THE BREATH COME IN.

ACTUALLY, FEELING NOT, THINKING ABOUT HOW THE BREATH FEELS.

BUT THE TINIEST BIT.

AND ALLOWING YOUR AWARENESS TO -- TO REALLY STAY STEADY ON  
THAT IN BREATH COMING IN.

THE FULLNESS OF THE BREATH COMING IN.

AND THEN THE FULLNESS OF THE BREATH GOING OUT.

SO AGAIN, TAKING THAT FULL BREATH IN, AS BEST YOU CAN.

ALLOWING THE MIND TO REST.

JUST ON THIS BREATH COMING IN.

AND JUST ON THE BREATH GOING OUT.

SO, THANK YOU.

SO THAT'S -- THAT'S HOW WE PRACTICE STOPPING.

IT MIGHT COME IN HANDY FOR YOU.

SO, HOW DO WE HANDLE THESE STRONG EMOTIONS THAT COME UP?

RIGHT?



THE PERSON IS UP THERE AT THE TOP OF A HILL WITH A LEASH  
AND NO DOG.

ONE OF THE THINGS WE LEARNED AGAIN FROM THIS AMAZING  
TEACHER, AND THERE ARE MANY, MANY OTHER TEACHERS IS TO --  
TAKE GOOD CARE.

TO TAKE CARE OF THE EMOTION AS IT IS ARISING.

AND THAT -- THAT GOOD CARE, THAT -- THAT PAUSING -- THAT --  
THAT -- ALLOWING MINDFUL AWARENESS TO COME UP TO HOLD THE  
EMOTION, YOU KNOW, JUST AS YOU WOULD WRAP A BABY IN A, IN A  
WARM BLANKET.

PRODUCE IS A KIND OF CONCENTRATION, AN INNER CONCENTRATION,  
AN INNER STRENGTH, THAT THEN CAN LEAD TO -- A KIND OF  
GLIMMER OF INSIGHT.

WE LIKE TO SAY APPLICATION OF MINDFULNESS GIVES RISE TO  
APPLICATION AND GIVES RISE TO INSIGHT.

AND INSIGHT IS ANOTHER WORD FOR WISDOM.

SO WE CANNOT DO THIS ALONE, OF COURSE, WE NEED TO HAVE  
FRIEND ALONG THE WAY, AND I LOVE THE TERM, FROM THE CELTIC  
PEOPLE AND JOHN OWE DON HUE, TO HAVE A SPIRITUAL FRIEND IS  
REALLY IMPORTANT.

AND -- TO, AND THEN, AND THAT MEANS, KASANGA, A GROUP OF  
PEOPLE WHO HAVE GOT, YOU KNOW WHO HAVE GOT YOUR BACK.

AND SO, PARTLY TOO, IT IS ABOUT, ORGANIZING OUR LIFE IN  
SUCH A WAY TO -- TO TOUCH AS MUCH AS WE CAN.

THESE REALLY BENEFICIAL SEEDS.

SO THE PRACTICE OF STOPPING HELPS US TO DO THAT.

THE PRACTICE OF RELAXING, YOU KNOW, RESTING, SOME PEOPLE  
CALL IT THE BODY SCAN.

OR -- IN THE PLUM VILLAGE TRADITION, WE TALK ABOUT LAZY  
DAYS.

YOU KNOW, A DAY WHEN WE ARE NOT GOING TO, WE HAVE WORK TO  
DO, BUT WE PUT THE WORK ASIDE.

BECAUSE BEING LAZY IS MUCH MORE IMPORTANT, YOU KNOW.

AND FOR MANY OF US, THAT IS A REAL PRACTICE.

THERE IS ALSO -- WHAT I LOOK TO CALL THE SOFT NO.

PEOPLE ASK A LOT, CAN ASK A LOT OF US.

INSTEAD OF LIKE -- CHOPPING OFF TO SAY NO I WON'T DO IT.

I'M SAYING YES.

THE SOFT NO IS SAYING YES TO SOMETHING EQUALLY IMPORTANT OR  
MORE IMPORTANT.

NONE HAS TO BE 110%.

IF WE DID THIS EVEN 50% OR, OR 40%, OF THE TIME.

THAT'S MOVING IN THE RIGHT DIRECTION.

WE TEND TO THINK IF I DON'T DO THIS 110%, THEN I AM DOOMED

FOR FAILURE.

SO THE BEGINNING, TO START.

IS WHAT IS IMPORTANT.

I OFTEN LOOK TO TALK, YOU KNOW, USING THE TERMS OF THE  
NEUROSCIENTISTS WHO TALK ABOUT EXPERIENCE DEPENDENT  
NEUROPLASTICITY, RIGHT.

RIGHT, THAT SELF-DIRECTED, NEUROPLASTICITY, MEANING WHAT WE  
DO, WHAT WE SAY, THE COMPANY WE KEEP, THE FOOD WE EAT, ALL  
OF THAT, THE BOOKS WE READ, THE PODCASTS WE LISTEN TO, ALL  
OF THAT AFFECTS HOW WE PROCESS OUR EMOTIONS.

HOW WE SHOW UP.

SO IT IS A WORK IN PROGRESS.

SO, THIS IS ABOUT, YOU KNOW, TAKING VERY, VERY GOOD CARE.

SO THIS IS ALL ABOUT THE EMOTIONS AND HOW TO HANDLE THE  
EMOTIONS BUT THERE IS ANOTHER PART OF THIS, AND THAT IS  
ACTION.

RIGHT?

SO, I HAVE BEEN TALKING ABOUT HOW DO WE, WHAT DO WE DO WITH  
THE STRONG EMOTIONS THAT ARISE?

AND THE BREATHING, THE PAUSING, THE SHAMATA, THE THINGS,  
ALL OF THESE THINGS ARE ABOUT GETTING THE HANDLE ON THE  
STRONG EMOTIONS.

THAT'S LOOK PART ONE.

PART TWO IS NOW WE MOVE INTO ACTION.

AND AS A LOBBYIST, LAWYER, YOU KNOW, I'M REMINDED OF THE WORDS OF TIP O'NEILL, WHO WAS THE SPEAKER OF THE HOUSE OF REPRESENTATIVES, AND HE SAID, THAT -- ALL POLITICS IS LOCAL.

AND SO, A LOT OF THIS IS AS LOCAL AS US, AS INDIVIDUALS.

WE MIGHT SAY WELL I AM ONE PERSON, WHAT CAN I DO?

I DON'T KNOW WHAT I CAN DO?

YOU KNOW?

I, THIS IS SYSTEMIC RACISM.

IT'S STRUCTURAL.

IT'S BUILT IN.

THERE IS CODIFIED, WITH LAWS AND STATUTES.

OKAY.

SO, LET'S TURN TO THE POETS.

AND I LOVE THE WORDS OF -- OF WILLIAM STAFFORD.

AND HIS POEM, JUST A FRAGMENT OF HIS POEM, A RITUAL TO READ TO ONE ANOTHER.

AND RACHEL CAN PLACE THE, THESE WORDS IN THE CHAT, IF YOU WOULD LOOK.

SO THAT YOU CAN HAVE THEM.

SO HERE IS WHAT THIS AMAZING POET STAFFORD HAS SAID.  
FOR IT IS IMPORTANT THAT AWAKE PEOPLE BE AWAKE.  
OR A BREAKING LINE MAY DISCOURAGE THEM BACK TO SLEEP.  
FOR IT IS IMPORTANT AWAKE PEOPLE BE AWAKE.  
OR A BREAKING LINE MAY DISCOURAGE THEM BACK TO SLEEP.  
THE SIGNALS WE GIVE, YES, OR NO, OR MAYBE, SHOULD BE CLEAR.  
THE DARKNESS AROUND US IS DEEP.  
SO I HAVE A FRIEND WHO VOLUNTEERS AT A LOCAL POLLING  
STATION.  
IT IS IMPORTANT FOR AWEAK PEOPLE TO BE AWAKE.  
I HAVE ANOTHER FRIEND WHO ATTENDS BLACK LIVES MATTER  
PROTESTS.  
IT IS IMPORTANT FOR AWAKE PEOPLE TO BE AWAKE.  
I HAVE A FRIEND WHO WRITES SOULFUL POETRY.  
IT IS IMPORTANT FOR AWAKE PEOPLE TO BE AWAKE.  
I HAVE ANOTHER FRIEND WHO IS IN A READING GROUP AND  
STUDYING SYSTEMMING RACISM, BOOKS ON SYSTEMMING RACISM,  
RACISM.  
IT IS IMPORTANT FOR AWAC PEOPLE TO BE AWAKE.  
I HAVE OTHER FRIENDS WHO WATCH MOVIES LIKE THE MOVIE "13"  
AND THEN HAVE A DISCUSSION.  
IT IS IMPORTANT FOR AWAC PEOPLE TO BE AWAKE.

WE EACH HAVE A CONTRIBUTION.

OUR ACTIONS MATTER.

AND HERE, I WANT TO, YOU KNOW, LIFT UP THE WORDS OF JOHN LEWIS, CONGRESSMAN, JOHN LEWIS.

YOU KNOW ONE OF THE HEROES OF THE CIVIL RIGHTS ERA.

AND LEWIS WAS FAMOUS FOR SAYING, YOU KNOW, NOT ALL TROUBLE IS BAD.

SOME TROUBLE IS GOOD.

AND SOME TIMES WE HAVE TO GET INTO GOOD TROUBLE.

SO, WHAT I AM POINTING TO IN THESE PEACEFUL, NONVIOLENT ACTION IS VERY GOOD TROUBLE.

TO MAKE OUR WAY FROM A WAY THAT DOESN'T EXIST.

ACTUALLY, IT WAS --

VINCENT HARDY, YEAH, THE QUAKER, AND SCHOLAR, WHO SAID, THAT WE ARE CITIZENS OF A COUNTRY THAT DOESN'T EXIST.

THAT WE ARE IN THE PROCESS OF CREATING THE COUNTRY THAT WE WANT TO HAVE.

AND WE EACH HAVE A ROLE.

AND SO, WE DO THIS NOT ONLY FOR OURSELVES, BUT WE DO THIS FOR -- FOR THE ADMINISTRATION.

AND OTHER ADMINISTRATIONS.

WE DO THIS FOR -- FOR THE PEOPLE WHO DON'T EVEN KNOW ABOUT

EQUITY OR JUSTICE.

WE DO THIS FOR THEM.

SO I LOVE THESE WORDS FROM KWAN

YIN, ATTRIBUTED, A BEAUTIFUL POEM, KWAN

LIN IS, SAID TO BE THE VERY ESSENCE AND REPRESENTATION OF  
DEEP COMPASSION.

AND MAYBE RACHEL YOU COULD PLACE THIS IN THE CHAT.

SO HERE IS THE PRAYER, AT LEAST A TINY, TINY FRAGMENT OF  
THE PRAYER.

TO THOSE WHO CAUSE AGONY TO OTHERS, I GIVE YOU THE GIFT OF  
FREE-FLOWING TEARS.

TO THOSE WHO DENY ANOTHER'S RIGHT TO BE, I REMIND YOU THAT  
THE ANGELS SANG IN CELEBRATION OF YOU ON THE DAY OF YOUR  
BIRTH.

TO THOSE WHO SEE ONLY DIVISION AND SEPARATENESS, I REMIND  
YOU THAT YOU -- THAT A PART IS BORN ONLY BY BISECTING THE  
WHOLE.

SO IN THE BEGINNING OF THIS SESSION, WAY BACK THEN -- I --  
I ASKED YOU, INVITED YOU TO THINK ABOUT WHAT DEAD YOU SAY  
YES TO?

REMEMBER THAT?

WHAT DID YOU SAY YES TO?

WHEN YOU REGISTERED FOR THIS, THIS -- THIS SESSION.

SO LET'S RECONNECT WITH THAT.

WHAT IS IT THAT CAME UP AS A YES IN YOUR BODY AND MIND?

LET'S TAKE A MOMENT.

TAKE A LOOK AT THAT.

SPEAK THAT TO YOURSELF.

SAY THAT SILENTLY TO YOURSELF AGAIN.

THIS IS A REMINDER OF YOUR GREAT ASPIRATION.

SO WE ARE INTERCONNECTED?

THICH NHAT HANH CALLS THIS INTERBEING.

WHAT HAPPENS TO YOU AFFECTS ME.

WHAT HAPPENS IN WUHAN, CHINA AFFECTS PEOPLE IN SAN  
FRANCISCO.

THIS IS VERY REAL.

WE ARE ALL FLOWERS.

WE ARE FLOWERS IN THE GARDEN OF HUMANITY.

YOU CANNOT OPEN A FLOWER WITH A SLEDGEHAMMER.

SO WE NEED TO MOVE AT A DIFFERENT SPEED.

AND THIS IS THE SPEED OF TRUST, THE SPEED OF LOVE.

SO -- THIS IS A -- THIS IS A PATH OF HOW WE MIGHT FIGHT  
INJUSTICE WITHOUT HATING.

SO, THANK YOU FOR LISTENING.



I THINK WE ALL PROBABLY NEED A GOOD STRETCH.

YES.

YES, WE NEED A GOOD STRETCH.

AND --

AND THEN WE WILL HAVE SOME CHANCE FOR Q & A, OR -- ANY INSIGHTS THAT PEOPLE HAVE AND THEY WOULD LOOK TO SHARE.

I KNOW THAT ON THIS CALL THERE ARE MANY PEOPLE WHO HAVE BEEN DOING A LOT OF THIS WORK.

SO, PERHAPS WE COULD, WANT TO STRETCH A LITTLE BIT.

WHATEVER WAY FEELS COMFORTABLE FOR YOU.

TECHNICALLY FOR QUESTIONS, IF YOU HAVE QUESTIONS FOR VALERIE, IF YOU WANT TO PUT THOSEN THE CHAT OR YOU CAN HAVE THE OPTION TO -- TO, TO UNMUTE TO ASK YOUR QUESTION, WHEN, WHEN SHE IS READY FOR THEM.

AND I GUESS I JUST WOULD LOOK TO SUGGEST THAT WE -- THAT WE -- FOCUS ON SOMETHING THAT'S MEANINGFUL THAT COULD BE A BENEFIT TO EVERYONE HERE.

AND -- AND ALSO TAKING ADVANTAGE OF VALERIE'S WISDOM TO REALLY -- FOCUS THE QUESTION, MAYBE FOR HER.

THANKS, ANNIE, BOWING OUT.

ADRIANA, BOWING IN.

MAYBE IT IS BETTER IF YOU WANT TO SPEAK YOUR QUESTION --

OUTLOUD, TELL US THAT IN THE CHAT BOX OR RAISE YOUR HAND.  
WE ARE GOING TO CALL PEOPLE IF THEY WANT TO UNMUTE  
THEMSELVES AND READ THE QUESTIONS WE SEE IN THE CHAT BOX.  
THANK YOU.

I WOULD LOVE TO HEAR ANYONE THAT WOULD LOOK TO SPEAK ON  
THIS TOPPING WHAT YOU HAVE DISCOVERED -- A VERY, VERY RICH  
COMMUNITY HERE.

WE CAN LEARN FROM EACH OTHER.

SO IT LOOKS LIKE -- FOR AUGUSTA IS ASKING FOR, TO HAVE THE  
GATHA AGAIN, IS THAT JUST THE POEM --

I DON'T KNOW IF I HEARD A GATHA.

AND THEN I GUESS, SO, DO YOU WANT TO ANSWER THAT?

>> VALERIE OFFERED HER LAMP GATHA, IF SHE HAS THE  
WILLINGNESS, IT WOULD LOVELY TO HEAR HER OFFER IT AGAIN.

>> ANNIE MAHON: YES, YES.

>> VALERIE BROWN: YES, WE CAN --

RACHEL COULD PUT THAT INTO THE CHAT.

AND I BELIEVE YOU ALSO HAVE -- THE, THE POEM THAT THE  
COMMUNITY WROTE BACK TO ME.

SO, YES, A DEEP BOW.

THANK YOU.

>> ANNIE MAHON: ANNIE, BOWING IN, SOME ONE, SHARON HAS A

QUESTION.

SO ABOUT SEEDS.

SO MAYBE SHARON COULD UNMUTE AND ASK HER QUESTION.

BOWING OUT.

>> THANK YOU.

HI, VALERIE.

AS YOU WERE TALKING, THIS NOTION OF ACTIVATING THE SEEDS AND THEN SELECTIVE WATERING, I WAS REFLECTING ON THAT AS YOU WERE TALKING.

AND IT OCCURRED TO ME THAT AN ACTION THAT I COULD TACK, JUST WANTED TO CHECK IN WITH YOU, SEE IF THIS WAS -- AN APPLICATION OF WHAT YOU WERE TALKING ABOUT.

IT SEEMS LIKE WE HAVE A LIMITED SPACE ENERGY FOCUS ON OUR SEEDS.

AND THAT, SELECTING THE ONES THAT WE WILL WATER AFTER IT IS ACTIVATED IS IMPORTANT.

SO MY QUESTION IS -- I'VE NOTICED WHEN I SAY READ ARTICLES ABOUT THE ADMINISTRATION WHICH I WON'T SAY I HATE, BUT I LOATHE, BECAUSE I DON'T LOOK THE CONCEPT OF HATE.

BUT ANYWAY, WHAT I HAVE REALIZED IS WHEN I READ THE COMMENTS AFTER THOSE SAY IN "THE NEW YORK TIMES" IT JUST -- IT WATERS THOSE SEEDS OF LOATHING.

WHICH I WANT TO NOT ENCOURAGE.

SO, WOULD NOT WATERING THEM, IE, STOPPING AND NOT READING  
THE COMMENTS, UNDER THE GUISE OF OH I WANT TO KNOW WHAT  
SUZE PUBLIC THINK AS BUT THIS.

WOULD THAT BE AN EXAMPLE OF NOT WATT -RG A SEED SO IT WILL  
NOT TAKE ROOT AND GROW IN OUR SPIRITS?

(MUTED AUDIO).

>> YOU ARE ON MUTE.

>> VALERIE BROWN: THANK YOU FOR THE QUESTION.

SO MY SHORT RESPONSE IS -- IS YES.

SELECTIVE WATERING IS JUST AS IT SOUND.

WE NEED TO BE VERY SELECTIVE ABOUT WHAT WE INGEST.

AND SO --

OUR TEACHER, THICH NHAT HANH, OFTEN SAID THAT NOTHING  
SURVIVES WITHOUT FOOD.

WITHOUT TPHURERMENT.

AND THAT WE ARE CONSTANTLY ABSORBING AND TAKING IN.

AND THEN PUTTING OUT, OBVIOUSLY.

SOME THINGS WE CANNOT CHOOSE.

SUCH AS -- IN THE UNITED STATES YOU DRIVE DOWN THE STREET  
THERE IS, THERE IS, LIKE ADVERTISEMENT.

THERE ARE ONLY, I HAVE ONLY BEEN IN A HANDFUL OF PLACES IN

THE WORLD WHERE THERE IS NO ADVERTISEMENT IN THE STREET  
COMING AT A PERSON.

AND SO, IT IS VERY IMPORTANT, ESPECIALLY NOW, ESPECIALLY  
NOW, BECAUSE WE ARE IN A STATE OF --

AT LEAST MY ASSESSMENT, IS -- OF KIND OF COLLECTIVE TRAUMA.

BE CAREFUL WHAT WE ARE INGESTING AND ABSORBING, NOT JUST  
EDIBLE FOOD.

BUT WE ARE INGESTING AND ABSORBING THOSE COMMENTS.

THE COMMENTS OF THE PEOPLE.

THEIR MIND SET.

IT IS, SO IT IS THE MIND SET THAT THEN, THE THINKING THAT,  
THAT THEN LEADS TO THE ACTING THAT THEN GOES INTO -- THE  
TYPING, THAT COMES OUT ON THE PAPER.

THAT YOU THEN OR WE THEN ABSORB.

AND THIS IS THE PROCESS.

SO IT IS VERY IMPORTANT.

NOW IT DOESN'T MEAN THAT WE CUT OURSELVES OFF FROM  
INFORMATION.

THERE HAS TO BE A BALANCE.

AND, AND THIS IS WHERE THE SKILLFULNESS COMES IN TO KNOW  
WHAT IS THE SOFT NO.

WHEN IS ENOUGH?

HOW MUCH IS ENOUGH?

AND TO BE COGNIZANT AND AWARE OF THE IMPACT THAT THE DIGESTING AND THE READING OF THAT MATERIAL IS HAVING ON THE MIND, THE CONSCIOUSNESS, AND THE BODY.

SO, ONE OF THE THINGS THAT I NOTICE WHEN I AM -- READING -- THINGS LIKE THAT -- IS -- MY HEART BEGINS TO RACE.

A LITTLE BIT FASTER.

NOW I HAPPEN TO COME FROM A FAMILY WHERE I HAVE THREE BROTHERS.

ONE HAD A HEART TRANSPLANT.

THE OTHER ONE DIED OF CHRONIC HEART FAILURE.

AND THE OTHER ONE IS MORBIDLY OBESE.

SO I AM VERY AWARE OF THE OPERATION OF MY OWN HEART.

AND SO, I NOTICE NOT JUST MY HEART, BUT -- THERE IS AN INNER GRIPPING AND TENSION THAT HAPPENSEN MY BODY JUST FROM READING THE MATERIAL.

AND SO THIS REALLY INVITES US INTO A KIND OF WAKING UP TO WHAT IS HAPPENING.

AND, AND TO THEN TAKE SKILLFUL ACTION.

SO THAT'S PROBABLY A LOT MORE THAN -- THAN -- THAN WAS NEEDED.

I WOULD LOVE TO HEAR THE, THE WISDOM AND OTHER, OTHERS IN

THE COMMUNITY, WHAT YOU HAVE FOUND.

>> THANK YOU.

>> IS THAT HELPFUL?

>> YES, THANK YOU SO MUCH.

>> VALERIE BROWN: YOU ARE WELCOME.

>> ADRIANA ARIZPE MARTIN: ANYONE ELSE WANT TO TALK?

HAVE A QUESTION?

>> ANNIE MAHON: I THINK WE HAVE, THAT IS A LITTLE CROWDED.

BUT I THINK WE HAVE A COUPLE OF THINGS.

WE HAVE --

THE QUESTION ABOUT HOW DO WE BRING THE FIVE MINDFULNESS  
TRAININGS, THE NEW, THE VERSION FROM ARISE TO OUR LOCAL  
SANGAS, I WILL SEE IF VALERIE HAS AN ANSWER.

BUT I WILL SHARE WE READ THEM THE SAME WAY WE READ THE  
REGULAR, THE USUAL, FIVE MINDFULNESS TRAININGS WE READ THEM  
IN THE SAME WAY AT OUR SONGA MONDAY NIGHT.

I DON'T KNOW IF VALERIE HAS OTHER IDEAS.

>> SO I AM AWARE THAT SOME PEOPLE MAY NOT HAVE AN IDEA WHAT  
OUR MINDFULNESS TRAINING IS?

THERE ARE TEACHINGS IN THE PLUM VILLAGE TRADITION, THEY'RE  
CALLED TRAININGS AROUND, CONSUMPTION, LOVE, OUR  
PERCEPTIONS, HOW TO CULTIVATE HAPPINESS WITHIN, RATHER

THAN, THAN, ACTUALLY GENERATING HAPPINESS WITHIN A PERSON'S MIND AND BODY.

SO WE ACTUALLY TRAIN OURSELVES IN -- IN SOME VERY SPECIFIC WAYS OF BEING IN THE WORLD.

AND, AND SO RECENTLY AS -- SO MANY THINGS HAVE BEEN HAPPENING, WE WROTE A CONTEMPLATION ON THESE TRAININGS. IN LIGHT OF RACIAL INJUSTICE AND IN LIGHT OF THE GLOBAL PANDEMIC.

AND THEY DO NOT REPLACE OR SUPPLANT THE ORIGINAL TRAININGS WHICH CARRY THE WISDOM OF OUR TEACHER AND MANY, MANY OTHER PEOPLE.

BUT THEY, AND THEY'RE DESIGNED TO REALLY ADDRESS THIS, VERY SPECIFIC TIME THAT WE ARE IN NOW.

SO I HOPE THAT IS USEFUL.

AND, I, YOU KNOW MAYBE AT THE END OF THIS, THOSE TRAININGS, COULD BE -- A NEW PARADIGM, CONTEMPLATIONS PLACED ON THE WEBSITE FOR ANYBODY WHO WANTS THEM.

>> ANNIE MAHON: GREAT IDEA.

THANK YOU.

>> VALERIE BROWN: SO I WOULD LOVE TO HEAR, YOU KNOW, WHAT -- WHAT YOU HAVE DONE OR SAID OR, YOUR INSIGHTS, ABOUT -- FIGHTING, FIGHTING INJUSTICE WITHOUT HATING.



>> ANNIE MAHON: WE DO HAVE ONE MORE QUESTION.

I DON'T KNOW IF ELIZABETH WANTS TO UNMUTE AND SHARE, OR  
ASK --

>> YES, I DO, THANK YOU.

I HAVE TO BE HONEST AND SAY I WAS A LITTLE DISTRACTED, I  
WASN'T LISTENING QUITE AS MUCH AS I NEEDED TO WHEN YOU  
ASKED THE QUESTION, HOW IT WAS ASKED, BUT SO I AM  
INTERESTED IN HEARING -- SO, AS A WHITE WOMAN I HAVE BEEN  
CHALLENGING MYSELF TO DO THINGS THAT ARE UNCOMFORTABLE SUCH  
AS I WATCHED KEN BURNS CENTRAL PARK FIVE.

AND AS I HEAR THE WORD SELECT, I WANT TO, I WANT TO  
PROTECT -- I ALWAYS WANT TO PROTECT MYSELF FROM THE PAIN.  
AND BUT I HAVE TO EXPERIENCE THE PAIN IF I AM GOING TO  
UNDERSTAND.

SO, SELECTIVE IS AN INTERESTING WORD.

LIKE -- MY MIND TELLS ME WHAT TO BE SELECTIVE ABOUT.

AND SOMETIMES THAT'S NOT VERY USEFUL.

THIS IS A VERY COMPLEX QUESTION AND --

>> VALERIE BROWN: THIS IS A VERY COMPLEX QUESTION OR  
STATEMENT.

AND A LOT TO BE SAID.

THICH NHAT HANH HAS PROVIDED A KIND OF DIRECTION FOR THIS

IN FOUR WORDS -- NO MUD, NO LOTUS.

NO MUD, NO LOTUS, RIGHT.

SO IN THE PLUM VILLAGE TRADITION, SUFFERING AND HAPPINESS,  
JOY, DELIGHT, INTERCONNECT.

THICH NHAT HANH TIE OFTEN SAID HE WOULD NOT WANT TO LIVE IN  
A WORLD WHERE THERE WAS NO SUFFERING.

I AM GOING TO REPEAT THAT.

BECAUSE I -- I JUST TO MAKE SURE YOU GOT IT.

HE WOULD NOT WANT TO LIVE IN A WORLD WHERE THERE WAS NO  
SUFFERING.

BECAUSE IF THERE WAS NO SUFFERING, HE WOULD NOT UNDERSTAND  
JOY.

AND SO THE PRACTICE AT LEAST IN THE PLUM VILLAGE TRADITION  
IS TO CULTIVATE, TO HOLD OUR SUFFERING, SO TENDERLY TO  
TRANSFORM IT INTO COMPASSION AND INTO PEACE INTO JOY.

AND THIS TAKES TIME, TAKES PRACTICE.

IT'S -- IT IS A MOVEMENT.

AND YET THERE IS SOMETHING ALSO VERY IMPORTANT THAT YOU  
SAID.

ABOUT -- OUR CAPACITY TO TOLERATE DISCOMFORT.

AND HOW DO WE TOLERATE, HOW DO WE INCREASE THE BANDWIDTH OF  
OUR OWN DISCOMFORT.

AND SO -- THAT BEGINS BY -- STAFFORD POINTED THE WAY.

AWAKE PEOPLE NEED TO BE AWAKE.

AND SO WE BEGIN, WE START WHERE WE ARE AT, PERHAPS IT IS A  
BOOK.

PERHAPS IT IS A MOVIE.

MAYBE IT MOVES TO A CONVERSATION.

AND THEN, YOU MIGHT VOTE.

OR MAYBE YOU START WORKING IN A POLLING PLACE.

EVERYONE'S ACTIONS MAKE IS A DIFFERENCE.

YOU KNOW, WE, AS, AS A LOBBYIST, YOU KNOW I STUDIED  
POLITICAL SCIENCE.

AND HOW IS IT THAT WE GET THE LEADERS THAT WE GET?

THAT DOESN'T COME OUT OF THIN AIR, YES, YOU COULD TALK  
ABOUT THE ELECTORAL COLLEGE.

BUT -- I THINK IT IS REALLY IMPORTANT THAT WE --

THAT WE RECOGNIZE THAT WE ARE NOT HELPLESS, WE ARE NOT A  
VICTIM, AND THAT -- WE CAN ACT.

WE START WHERE WE ARE.

WE BEGIN THERE.

AND WE, WE MOVE FORWARD.

WE HOLD THE DISCOMFORT.

AND -- AS WE BEGIN TO HOLD THAT DISCOMFORT, TO TOLERATE

WHAT FEELS ALMOST INTOLERABLE, SLOWLY, THE BANDWIDTH, THE  
CAPACITY TO HOLD THAT -- EXPANDS.

GETS EASIER.

LEADS US TO --

ACTION.

LEADS US TO, INTO GOOD TROUBLE.

SO, THANK YOU FOR THE QUESTION.

VALERIE, THIS IS JANICE JACKSON.

IT IS GOOD TO BE WITH YOU TONIGHT.

I HAVE TO SAY I REALLY APPRECIATE HEARING YOUR WORDS.

I HAVE BEEN OUTRAGED SINCE I WAS IN ELEMENTARY SCHOOL.

I WAS BORN AND RAISED IN WASHINGTON, D.C. AND HAVE LIVED  
ALL OVER THE COUNTRY.

I HAVE FOUND, MY BACKGROUND ISN'T IN BUDDHIST TEACHING,  
THOUGH I HAVE DONE A LITTLE BIT, BUT MY BACKGROUND IS THE  
BLACK CHURCH, AND -- JESUIT TRADITION.

AND WHAT HAS BEEN HELPFUL FOR ME IS TO TURN TO IMPART THE  
ARTS, YOU KNOW I THINK ABOUT THE MEN BLACK POETS AND THE  
INCREDIBLE ARTIST.

BUT ALSO, TO LEARN IN THE MIDST OF CHAOS AND PAIN, LOOK FOR  
OPPORTUNITY AND LOOK FOR MOMENTS OF HAPPINESS.

SO I AM GOING TO GIVE ONE LITTLE EXAMPLE.

I WAS DRIVING DOWN THE STREET THE OTHER DAY COMING BACK FROM THE GROCERY STORE.

I SAW THESE TWO LITTLE GIRLS STANDING ON THE CORNER HOLDING SIGNS.

I ASSUMED THEY WERE GOING TO BE PROTEST SIGNS.

BUT WHEN I GOT TO THEM, THEY SAID, STAY SAFE.

NOW, AND I, I DROVE BY I THOUGHT NO I HAVE TO GO BACK AND SAY THANK YOU.

AND SO I ROLLED DOWN MY WINDOW.

I SAID THANK YOU.

I ASKED THEM WHAT TKWRAEUD THEY WERE IN.

AND THEY WERE IN 4TH AND 7TH GRADE.

SO, WHEN I FEEL DISCOURAGED, I THINK OF THOSE TWO LITTLE GIRLS.

BECAUSE THEY WERE DOING SOMETHING THAT MAY HAVE APPEARED VERY SMALL, BUT IT CHANGED MY DAY.

YOU KNOW, SO I AM THINKING WHERE THE SMALL PLACES, WHERE WE CAN MAKE THE CONTRIBUTION.

AND THE PAUSE IS ONE.

BUT THERE ARE PLACES WHERE WE HAVE POWER AND INFLUENCE.

AND, HOW DO WE USE THAT, WHEN WE FEEL THOSE MOMENTS OF OUTRAGE.

SO, I ALWAYS SAY A PRAYER WITHOUT ACTION IS A PRAYER NOT  
YET COMPLETE.

SO WHAT'S THE ACTION?

THAT WE CAN TAKE.

SMALL AS WELL AS LARGE.

SO, I THANK YOU VERY MUCH FOR, FOR YOUR CONVERSATION  
TONIGHT.

>> VALERIE BROWN: DEEP BOW, JANICE.

JANICE IS MY TEACHER.

THANK YOU.

YOU KNOW, I, I LOVE IT.

I TOTALLY LOVE IT.

AND YOU KNOW, SPEAKING OF THE BLACK CHURCH, I WANT TO SHOUT  
OUT TO, YOU KNOW, SO MANY OF THESE AMAZING LEADERS.

AGAIN THEY HAVE SET THE PATH FOR US.

YOU KNOW, THEY, THEY HAVE SAID IT'S THAT SMALLNESS, YOU  
KNOW, IT'S THAT SMALLNESS THAT KEEPS US REALLY CONSTRICTED.

IT ACTUALLY CONSTRICTS THE HEART.

IT KEEPS US REALLY, REALLY SMALL.

SO, I AM NOT GOING TO TACK AN ACTION.

I AM NOT GOING TO DO ANYTHING BECAUSE I AM FROZEN.

I DON'T KNOW WHAT TO DO.

I AM JUST SO SMALL AND SO INHIBITED.

FEAR.

RIGHT.

THE FEAR.

WHAT I AM SUGGESTING HERE IS TO PLAY IN A BIGGER SPACE.

THE BIGGER SPACE IS LOVE.

THE BIGGER SPACE IS PEACE.

THE BIGGER SPACE IS NONVIOLENT ACTION.

WHETHER THAT'S LOOKING AT A FILM AND HAVING THE

CONVERSATION YOU NEVER HAVE HAD WITH ANY BODY.

THAT'S WAY BIGGER SPACE AND WE ARE ALL UP FOR THAT SPACE.

WE CAN ALL DO THAT.

WE CAN ALL DO A VERSION OF THAT.

>> ADRIANA ARIZPE MARTIN: THANK YOU.

WE HAVE A FEW COMMENTS.

QUESTION.

GO OFF TO THE QUESTION AND THEN GO BACK AND READ THE

COMMENTS.

BUT, ROBIN IS, SORRY, I AM GOING TO THE QUESTION.

LUANN FORTUNE IS ASKING, I AM BEGINNING TO HOLD SMALL

GROUPS IN SEVERAL SETTINGS FOR LEARNING, REFLECTION AND

DEEP LISTENING SPECIFIC TO RACIAL EQUITY.

TO WHERE DO YOU GO FOR SUPERVISION AND GROWTH TO BE MORE  
PRESENT AND MASTERFUL FACILITATORS?

>> JANICE?

THIS IS YOUR TIME.

TELL THEM ABOUT TELL.

>> SO I WOULD SAY ONE PLACE IS, THE ORGANIZATION THAT  
VALERIE AND I ARE A PART OF.

TRANSFORMATIVE EDUCATIONAL LEADERSHIP.

DOT, I THINK DOT ORG.

LOOKING AT SOME OF THESE QUESTIONS.

BUT I WOULD ALSO SUGGEST PLACES LIKE, THE NATIONAL EQUITY  
PROJECT.

RACE FORWARD.

YOU KNOW, TEACHING TOLERANCE.

SO THERE ARE A NUMBER OF PLACES YOU CAN GO, WHILE THEY WILL  
HAVE CONTEMPLATIVE PRACTICE IN THEM THEY MAY NOT BE A

BUDDHIST BASE.

BUT THOSE ARE A FEW PLACES TO START.

THANK YOU, VALERIE.

>> ADRIANA ARIZPE MARTIN: THANK YOU, THAT WILL BE GREAT,  
SRAERLY, JANICE, IF YOU WILL SHARE THOSE AND HAVE THOSE ON  
THE WEBSITE ALSO, FOR PEOPLE, IF IT IS POSSIBLE.



>> VALERIE BROWN: JANICE IF YOU WANT TO SEND, YOU WANT TO SEND, TYPE SOMETHING IN THE CHAT.

AND, WE'LL GET IT, WE'LL GET IT ON THE WEBSITE FOR SURE.

BUT, YES, BEGINNING WITH, TRANSFORMATIONAL EDGE KAEGSAL LEADERSHIP, THE T.E.L. ORGANIZATION WHICH JANICE AND, I DON'T KNOW IF HECTOR IS STILL ON, HECTOR, MONTENEGRO, ALSO, YEAH.

>> I'M HERE.

>> HECTOR ADDED IT.

>> HECK TORE, DO YOU KNOW ANY OTHER PLACE THAT YOU WOULD RECOMMEND?

>> WELL I JUST TYPED IN THE T.E.L. LEADERSHIP.ORG, YEAH, T.E.L. LEADERSHIP THE MAIN PIN THE I WOULD GO TO.

>> VALERIE BROWN: YEAH, ABSOLUTELY.

>> ADRIANA ARIZPE MARTIN: THANK YOU.

>> VALERIE BROWN: AND I THINK IT IS REALLY IMPORTANT TO GET TRAINING.

AGAIN THINGS ARE CHANGING SO RAPIDLY AND WE ARE REALLY, THIS IS A TIME OF THIS COLLECTIVE TRAUMA -- ON TOP OF RACIALIZED TRAUMA, YOU KNOW?

ON TOP OF ON TOP OF ON TOP OF.

SO, TRAINING IS REALLY IMPORTANT.

>> ANNIE MAHON: THIS IS ANNIE BOWING IN.

CAN I SHARE ONE THING ON THAT.

JUST FEELS IMPORTANT TO ME THAT WE ALWAYS MAKE SURE THAT WE HAVE SOME ACCOUNTABILITY OUTSIDE OF WHITENESS BECAUSE WE CAN GET VERY, YOU KNOW, WE ARE INSULAR AND, IN TERMS OF OUR -- CONDITIONING.

THAT IS HARD TO SEE BEYOND THAT.

IT FEELS IMPORTANT THAT ANY GROUPS THAT ARE DOING WORK ON RACE HAVE SOMEKIND OF ACCOUNTABILITY TO PEOPLE, PEOPLE OF COLOR.

AND ALSO, THAT, THAT WE MAKE SURE THAT, YOU KNOW PEOPLE AREN'T BEING CALLED ON TO DO WORK FOR FREE.

I JUST WANT TO ADD THAT LITTLE BIT.

ANNIE BOWING OUT.

>> VALERIE BROWN: THANK YOU, THANK YOU, ANNIE.

>> ADRIANA ARIZPE MARTIN: I CAN SHARE SOMETHING, I HAVE NOTICED THAT WITH WHITE PEOPLE, AND BEING PART, PART OF THAT GROUP, TO REALLY LOOK AT THE PEOPLE TO ACKNOWLEDGE THE PEOPLE WHO IS NOT WHITE, THAT ARE AROUND US AND THAT ARE HELPING US AND OBSERVING US, SERVING US, NOT JUST IN THEORETICAL WAYS BUT REALLY PHYSICAL AND WAYS TO REALLY SEE THE PEOPLE WHO ARE AROUND YOU.

AND, TO LOOK AT THE EYES AND TO SAY, I AM I AM LOOKING AT YOU.

I AM I KNOW YOU ARE HERE.

WE ARE HERE.

THANK YOU.

>> ADRIANA, I JUST WANT TO BOW DEEPLY TO THAT STATEMENT.

FOR ME ONE OF THE FUNDAMENTAL INJURIES OF RACIALIZED TRAUMA IS THE DEHUMANIZATION OF BLACK PEOPLE.

AND, MARGINALIZED PEOPLE.

IN GENERAL.

AND SO --

WHATEVER WE CAN DO AND WE CAN DO A LOT, TO REMEMBER THE HUMANITY, YOU KNOW THIS IS A -- THE HUMANITY OF THE PERSON, THE DEGREE NAY TEE, THE INTEGRITY, THE WHOLENESS OF THE PERSON, THIS IS, THIS IS TRULY CRITICAL THIS IS TRULY CRITICAL.

SO, THANK YOU FOR THAT.

>> ADRIANA ARIZPE MARTIN: THANK YOU, VAL.

WE HAVE SOME OTHER COMMENTS HERE.

IF IT IS OKAY, I WILL READ IT.

VERONICA IS SHARING, RECENTLY I HAD A FIERY CONVERSATION AMONG A FEW PEOPLE ON SOCIAL MEDIA.

I FOUND IT EASIER, ALSO, STILL CHALLENGED TO IN THIS  
CONVERSATION THAN I WOULD IF I WAS IN PERSON.

IN PERSON THERE IS BODY LANGUAGE, I AM USED TO USING TO  
INDICATE I AM LISTENING.

ANOTHER COMMENT HERE.

YOU ALL CAN READ THEM.

VERY CLEAR.

ONE GOOD MODEL I HAVE LEARNED FROM TEACHERS, EXPECT AND  
RESPECT NONCLOSURE.

I AS A WHITE PERSON WANT A COMFORTABLE FIX.

IT IS COMPLEX AND UNFOLDING.

>> VALERIE BROWN: ABSOLUTELY A AGAIN, EXPANDING THE  
BANDWIDTH TO HOLD AND TOLERATE.

I THINK IS, IS REALLY, REALLY IMPORTANT.

YEAH.

THAT, YOU KNOW THIS IS -- THIS IS A LIFETIME OF WORK.

RIGHT?

AND, THE IMPOSSIBLE IS GOING TO TACK A WHILE.

SO WE MIGHT, WE CAN SETTLE BACK INTO THIS.

IT'S GOING TO TAKE, TAKE, IT IS THE LIFETIME -- WORK AS MY  
FRIEND KIERSTEN SAYS, AS LONG AS WE ARE BREATHING WE ARE  
DOING THIS WORK.

I AM JUST INCREDIBLY GRATEFUL THAT WE ARE HERE TOGETHER.  
THAT WE HAVE SPENT THIS TIME, IN THIS WAY, THERE IS, THERE  
IS SO MANY ELEMENTS TO THE FIERINESS OF RAGE, IT IS SO  
SEDUCTIVE, RIGHT, ALMOST LIKE A WHITE LIGHT, A FLASH, VERY  
SEDUCTIVE TO GO TO RAGE AND TO GO TO OUTRAGE.

AND WHAT -- WHAT THROUGH THAT INNOCENT QUESTION THAT CAME  
IN THE CHAT, AMONGST 600 PEOPLE, HOW TO FIGHT WITHOUT,  
WITHOUT HATING.

I HAVE TRIED TO OFFER A PATH, A WAY, IT'S NOT THE ONLY WAY.  
BUT, IT IS, THIS IS A WAY.

SO, I WANT TO THANK ANNIE, ADRIANA, RACHEL, AND ALL OF THE  
PEOPLE WHO CONTRIBUTED TO THIS, WANT TO ACKNOWLEDGE THE  
PLUM VILLAGE COMMUNITY, AND ZEN MASTER, THICH NHAT HANH,  
THE COUNTLESS PEOPLE WHO HAVE PROVIDED, YOU KNOW, THE PATH.  
FOR HOW TO HANDLE OUR OWN ANGER AND HATRED.

AND, AND, TO STILL MOVE FORWARD TO, TO DO THE WORK OF  
JUSTICE AND PEACE MAKING.

SO, THANK YOU, EVERYONE FOR BEING HERE.

>> ANNIE MAHON: THANK YOU SO MUCH, VALERIE.

THAT WAS JUST BEAUTIFUL.

IT IS WHAT MY HEART NEEDED TONIGHT.

AND I THINK OTHER PEOPLE PROBABLY FEEL THE SAME WAY.

SO -- SO GRATEFUL.

SHALL WE HAVE A BELL?

>> VALERIE BROWN: PLEASE.

SO FROM THIS EVENING TOGETHER, AND ANY HEALING ENERGY THAT WE MAY HAVE CREATED TOGETHER, MAY WE SEND THAT OUT INTO THE WORLD TO SHARE WITH ALL BEINGS, OUR BOUNDLESS LOVE AND CARE, SO THAT ALL BEINGS EVERYWHERE MAY BE SAFE AND AT EASE AND EXPERIENCING LOVE.

AND FREE FROM SUFFERING AND THE ROOT CAUSES OF SUFFERING.

(BELL TOLLS) THANK YOU, EVERYONE FOR BEING HERE.

APPRECIATE YOU ALL.

>> THANK YOU, EVERYONE.

THIS IS NOT POSSIBLE WITHOUT YOU.

WE NEED YOU TO HAVE THIS SPACE AVAILABLE.

AND WE NEED YOUR PRESENCE, AND THE WEBSITE.

THANK YOU SO MUCH.

AND, WE WILL CONTINUE WITH MAKING-VISIBLE.

AND YOU CAN FIND NEXT SESSIONS IN OUR WEBSITE.

MAKING-VISIBLE.ORG.

AND WE DEFINITELY WILL COME BACK IN SEPTEMBER WITH THE TOPPING OF LGBTQIA COMMUNITIES AND SOMETHING BEFORE MAYBE, THAT WE WILL -- THAT WE WILL KEEP YOU POSTED THERE.

THANK YOU SO MUCH, EVERYONE.

>> THANK YOU, ADRIANA, RACHEL AND DON, AND EVERYONE WHO  
MAKES THIS BEHIND THE SCENES TOO.

>> ADRIANA ARIZPE MARTIN: THANK YOU, VAL.

THANK YOU, EVERYONE.

>> ANNIE MAHON: HAVE A GREAT EVENING.

BE WELL.

>> VALERIE BROWN: THANK YOU, ANNIE, ADRIANA, RACHEL.

>> THANK YOU, THANK YOU.

>> THANK YOU, THANK YOU.

>> THANK YOU.

>> THANK YOU ALL.

>> THANK YOU.

>> THANK YOU.

>> THANK YOU.

>> THANK YOU, IT WAS BEAUTIFUL.

>> ADRIANA ARIZPE MARTIN: THANK YOU.

>> THANK YOU, ADRIANA, ANNIE, VALERIE, AND RACHEL.

>> ANNIE MAHON: LOTS OF LOVE.

>> LOTS OF LOVE TO YOU.

>> THANK YOU.

>> THANKING YOU AGAIN.

I FEEL SO MUCH BETTER.

REALLY FEEL LIKE I JUST DRANK THAT IN LOOK A SPONGE.

THANK YOU SO MUCH.

>> ADRIANA ARIZPE MARTIN: THANK YOU.

>> THANK YOU SO MUCH.

>> THANK YOU SO MUCH.

>> THANK YOU, NANCY.

>> YOU'RE WELCOME.

>> THIS IS JUST WHAT I NEEDED.

>> THANK YOU FOR THE POETRY, ALWAYS.

WONDERFUL.

BEAUTIFUL.

>> I DON'T WANT TO GO.

>> ANNIE MAHON: STAY.

>> YEAH, REALLY BEAUTIFUL.

SUCH WISDOM.

SO, SO --

SO STRONGLY AND GENTLY OFFERED TO US.

THANK YOU SO MUCH.

>> THANK YOU, AUGUSTA.

MUCH LOVE TO YOU.

>> SO LUCKY.



>> VALERIE BROWN: YES, WE ARE VERY LUCKY.

>> I HAVE BEEN FEELING MOMENTS OF SUCH DEEP GRATITUDE TO BE  
ON THE EARTH AT THIS MOMENT.

AND WITH THE PEOPLE WHO I LOVE AND VALUE AND RESPECT.

LIKE, OH.

WE HAPPEN TO BE ON THE EARTH AT THE SAME MOMENT IN TIME.

SUCH -- BEAUTIFUL.

>> I AM GOING TO GET OUT OF HERE, JUST KEEP CHATTING.

>> WE HAVE BEEN HERE MANY LIFETIMES I'M SURE.

>> VALERIE BROWN: LOVE TO YOU.

LOVE TO YOU.

>> THANK YOU.

>> GOOD JOB, WELL DONE.

>> ANNIE MAHON: THANK YOU.

THANK YOU, MARY.

>> ANNIE MAHON: CAN BARELY SEE YOU THERE.

>> I HAVE A LIGHT PROBLEM.

>> MAX IS HERE.

AND OUR SIGN.

LOVE WILL WIN.

THAT WE CARRY WHEN WE GO TO THE CORNER TO, TO -- TO

PEACEFULLY DEMONSTRATE.

MAX HAS BEEN LISTENING IN.

>> ANNIE MAHON: YEA, MAX.

>> IT WAS WONDERFUL, VALERIE.

THANK YOU SO MUCH.

>> VALERIE BROWN: SO GLAD YOU ARE HERE.

I LOVE YOUR SIGN.

IT'S TRUE.

>> YES.

>> ANNIE, CAN YOU LEAD US IN SINGING, TEACH YOUR CHILDREN  
WELL.

>> ANNIE MAHON: TEACH YOUR CHILDREN WELL

NO, I CAN'T SING IT, SORRY.

I DON'T EVEN KNOW THE WORDS.

(LAUGHTER) WILL SURELY GO BACK AND FEED THEM ON YOUR DREAMS  
THE ONE THEY MISS, THE ONES THEY -- I DON'T KNOW.

DON'T YOU EVER ASK THEM WHY

IF THEY TOLD YOU WOULD CRY

SO JUST LOOK AT THEM AND SIGH

AND KNOW THEY LOVE YOU.

>> I LOVE YOU.

HOW ABOUT AN HONEST LULLABY, ALWAYS BRINGS TEARS TO MY  
EYES.

JUST THANK YOU TO HAVE A MOTHER LIKE SUZE.

TO SING YOU AN HONEST LULLABY.

>> ADRIANA ARIZPE MARTIN: THANK YOU, EVERYONE.

>> ANNIE MAHON: THANK YOU, DON.

YOU CAN BE OFFDUTY.

SORRY YOU ARE DOING YOUR CAPTIONING.