

RAW FILE

MAKING-VISIBLE
LA SARMIENTO
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>> ADRIANA ARIZPE MARTIN: WELCOME, EVERYONE.

THANK YOU SO MUCH FOR BEING HERE WITH US.

EVERYONE WHO IS ARRIVING, WELCOME.

>> ANNIE MAHON: HELLO.

>> ADRIANA ARIZPE MARTIN: IF YOU WANT TO WRITE YOUR NAME AND WHERE YOU ARE CALLING FROM, IT WOULD BE REALLY NICE.

IN THE CHAT.

AND ALSO, WE HAVE A CLOSED-CAPTIONING AND YOU NEED TO GO TO, CLOSED-CAPTION AND JUST SHOW SUBTITLES, AND YOU WILL BE ABLE TO SEE THE CLOSED-CAPTION.

AND THANK YOU, DON, DON IS OUR, I DON'T KNOW HOW TO SAY THAT, CLOSED-CAPTIONER.

>> ANNIE MAHON: OUR CAPTIONER.

>> ADRIANA ARIZPE MARTIN: THANK YOU, SO MUCH, DON.

>> ANNIE MAHON: DON HAS BEEN OUR CAPTIONER FOR THE LAST SEVERAL MONTHS AND REALLY APPRECIATING HIS WORK IT REALLY IS GREAT.

SO MAKE SURE IF YOU WANT CAPTIONS FOR ANY REASON IF IT IS HELPFUL TO YOU, JUST TURN ON CAPTIONS AND IT WILL SHOW YOU WHAT IS BEING SAID AS IT HAPPENS.

>> ADRIANA ARIZPE MARTIN: AND DON DONATING HIS WORK FOR MAKE-VISIBLE, SO WE ARE REALLY GRATEFUL.

>> ANNIE MAHON: HELLO TO RUFUS IN ANNAPOLIS, AND LAUREN, AND CAPITAL HEIGHTS, MARYLAND.

SHE, HER, HERS, THANK YOU FOR LETTING US KNOW.

MARY, HI, MARY IN D.C. LINDA, IN RHODE ISLAND.

>> MARK, IN LEXINGTON, HE, HIM, HIS.

SUSAN, SUSAN, IN NEW JERSEY.

>> HEY, EVERYBODY JUST ARRIVING, PLEASE IF YOU WANT, WE ARE, FIRST OF ALL, WELCOME.

AND THEN IF YOU WANT TO WRITE YOUR NAME AND WHERE YOU ARE CALLING FROM -- IN THE CHAT.

IT WILL BE REALLY NICE.

>> ANNIE MAHON: I SEE DON POSTED IN THE CHAT HOW TO VIEW

THE LIVE CAPTIONING TRANSCRIPT.

AS WELL.

SO, IF YOU WANT LIVE CAPTIONING YOU TURN ON THE CAPTIONING,
SHOW SUBTITLES.

RIGHT AT THE BOTTOM OF YOUR SCREEN.

ARENA IS HERE FROM OAKTON.

WHERE ARE YOU?

NOT SEEING YOU.

OH, THERE YOU ARE.

HI, GREAT TO SEE YOU.

GREAT.

SO, IF YOU, ARE JUST ARRIVING, YOU CAN PUT YOUR NAME AND
WHERE YOU ARE CALLING IN FROM IN THE CHAT SO WE CAN SAY HI
TO EACH OTHER.

AND WE WILL GET STARTED IN JUST A COUPLE OF MINUTES.

OH, I SEE KAREN HAS ARRIVED.

WITH LAUREN, HI.

>> ADRIANA ARIZPE MARTIN: HI, LAUREN IS HERE.

LAUREN, HAS HELPED US TO CURATE THE LGBTQ+ COMMUNITY AND
THANK YOU SO MUCH FOR THAT, FOR THAT.

>> ANNIE MAHON: YEA, LAUREN.

LISA FROM ALEXANDRIA, WELCOME.

AND RACHEL, OH, THAT IS FUNNY.

LAST SESSION WE HAD, EVERYONE WHO CAME IN CAME IN AS, NAMED RACHEL SWITALA, A TECHNICAL GLITCH.

ONE RACHEL SWITALA AFTER ANOTHER ARRIVING.

>> ADRIANA ARIZPE MARTIN: REALLY FUNNY.

>> ANNIE MAHON: HILARIOUS, AND CONFUSING.

WE DON'T HAVE THAT THIS TIME.

AWESOME.

LISA FROM ALEXANDRIA, WELCOME, EVERYONE.

>> ANNIE MAHON: WONDERFUL.

ALL RIGHT.

WELL, WE COULD, I SUPPOSE WE COULD GET STARTED.

AND I WILL JUST GO OVER HERE FOR ONE SECOND.

>> ADRIANA ARIZPE MARTIN: EVERYONE WHO IS JUST JOINING US JUST TO LET YOU KNOW THAT WE HAVE CLOSED-CAPTIONING AND IF YOU GO DOWN BELOW IN YOUR COMPUTER, IN YOUR SCREEN AND YOU SEE CLOSED-CAPTION, JUST TURN ON A VIEW SUBTITLES.

AND YOU WILL BE ABLE TO SEE THE SUBTITLES ON THE BOTTOM OF YOUR SCREEN.

>> ANNIE MAHON: AND JUST A REMINDER THAT WE WILL BE RECORDING THESE SESSIONS ARE RECORDED AND ONCE WE GET STARTED WE WILL RECORD IT AND WE WILL SPOTLIGHT LA'S VIDEO,

SO HOPEFULLY NO ONE ELSE WILL BE ON THE RECORDING BUT THERE IS A CHANCE YOU COULD BE ON THERE SO IF YOU ARE REALLY CONCERNED, TURN YOUR VIDEO OFF.

BUT HOPEFULLY WE WILL GET THAT RIGHT.

>> ADRIANA ARIZPE MARTIN: OKAY, ANNIE, JUST LET ME, A QUESTION -- ARE YOU ABLE TO PIN LA'S VIDEO, YEAH?

>> ANNIE MAHON: I SHOULD BE ABLE TO.

I THOUGHT I WOULD WAIT UNTIL WE GET STARTED MAYBE TO DO THAT.

>> ADRIANA ARIZPE MARTIN: THE HOST THING THAT I AM.

>> ANNIE MAHON: YOU WILL DO IT.

MAYBE, ONE OF US WILL DO IT.

>> ADRIANA ARIZPE MARTIN: YES.

>> ANNIE MAHON: YEAH, WE WILL START THAT RECORDING IN A MINUTE.

WHAT ELSE?

JUST A REMINDER OF WHY WE ARE HERE.

SO WE ARE HERE BECAUSE THIS, WE HAVE BEEN DOING THIS, ADRIANA AND I HAVE BEEN HOSTING THESE VIDEOS, WEBINARS FOR A COUPLE YEARS NOW.

BRINGING TO LIGHT ISSUES THAT WE NEED TO KNOW ABOUT IN THE MINDFULNESS AND BUDDHIST SANGAS AND OUR, OUR THINKING IS

THAT THE MORE WE CAN UNDERSTAND THE MORE COMPASSION AND
CARE WE HAVE.

AND THE MORE YOU UNDERSTAND I HAVE A DOG THAT BARKS
REGULARLY, YOU WILL HAVE COMPASSION FOR ME BECAUSE WHEN I
AM UNMUTED YOU MIGHT HEAR ROGER.

BUT I WANTED TO START US OFF --

>> ADRIANA ARIZPE MARTIN: THIS IS LIVE NOW.

AND, AND, WE NEED TO EMBRACE AND WELCOME EVERYBODY
INCLUDING THE DOGS OF EVERYONE.

SO, EVERYBODY IS, WELCOME HERE.

SO, DON'T WORRY, ANNIE.

THIS IS A SPACE WHERE WE ARE ALL LEARNING TOGETHER.

THAT'S WHAT WE WANT.

WHO SHARE A SPACE WHERE WE CAN LEARN AND WHERE WE CAN
WELCOME EVERYONE.

AND AS THICH NHAT HANH SAYS, AS ANNIE WAS TELLING, TO
UNDERSTAND IS TO LOVE.

SO THAT'S WHAT WE WANT HERE TO UNDERSTAND EACH OTHER.

PART OF THE UNDERSTANDING IS TO BE EXPOSED TO THE THINGS
THAT WE DON'T KNOW, THAT WE ARE NOT EMBRACING, MAYBE NOT
WELCOMING.

SO THOSE ARE THE TOPICS THAT WE HAVE HERE IN

MAKING-VISIBLE.

AND WE LOVE TO HAVE YOU ALL.

AND, AWAKENING IS A RESPONSIBILITY OF EACH OF US.

AND YOU ARE HERE BECAUSE YOU ARE TAKING CARE OF THAT
RESPONSIBILITY, YOU ARE BEING RESPONSIBLE AND I REALLY,
REALLY, WE REALLY THANK YOU FOR THAT.

ANNIE, I THINK YOU ARE READY?

>> ANNIE MAHON: HOPEFULLY.

AS SOON AS I START TO TALK HE WILL BARK.

I WANT TO READ A QUOTE FROM THICH NHAT HANH FROM HIS BOOK
ABOUT THE LOTUS

SUTRA TALKING ABOUT THE GREAT ACTION, HE SAYS, THE NINTH
ASPECT OF THE GREAT ACTION IS TO FOCUS OUR ATTENTION ON
LIVING BEINGS IN ORDER TO HELP THEM.

WE PRACTICE NOT JUST TO RECEIVE THE BENEFIT OURSELVES, BUT
TO ACT AS THE ARMS AND HANDS OF THE BUDDHA TO HELP OTHERS.

SO WE GET IN TOUCH WITH LIVING BEINGS, WE SEE THEIR
SUFFERING, THEIR YEARNINGS AND THEIR DESIRES AS OUR OWN
SUFFERING AND YEARNING.

WE LOOK UPON OTHERS AS THE OBJECT OF OUR PRACTICE.

AND ALWAYS BEING IN ACCORD WITH THEM, RESPONDING TO THEIR
NEEDS AND CONSIDERING THEM AS OUR OWN FAMILY AS OUR FATHER

AND MOTHER, AS THE BUDDHA.

AND THEN HE GOES ON TO SAY THIS ASPECT OF PRACTICE IS BASED
ON OUR UNDERSTANDING THAT TO SERVE LIVING BEINGS IS TO
SERVE THE BUDDHA.

EVERYONE IS A BUDDHA TO BE.

SO HELPING LIVING BEINGS IS THE SAME AS SERVING AND HELPING
THE BUDDHA.

THIS IS THE GREATNESS OF THE ACTION DIMENSION IT.

AND SO, OUR, OUR, YOU KNOW WE PRACTICE UNDERSTANDING IN
ORDER TO LOVE AND IN ORDER TO TAKE LOVING ACTION IN THE
WORLD.

SO IT IS NOT JUST TO UNDERSTAND, BUT TO ACTUALLY LET OUR
UNDERSTANDING FILL US IN SUCH A WAY THAT WE KNOW WHAT THE
NEXT BEST ACTION IS FOR US TO TAKE.

SO, WITH THAT I WILL INVITE THE BELL.

THEN I THINK, ADRIANA WILL INTRODUCE LA.

AND WE ARE RECORDING?

GREAT.

OKAY.

(BELL TOLLS) .

>> ANNIE MAHON: JUST SETTLING INTO OUR BODIES TOGETHER
HERE.

AS WE LISTEN TO THE SOUND OF THE BELL.

(BELL TOLLS) BRINGING US BACK TO OUR TRUE HOME.

(BELL TOLLS) AND PREPARING OURSELVES TO PRACTICE DEEP LISTENING THIS EVENING.

ANNIE, BOWING OUT.

>> ADRIANA ARIZPE MARTIN: THANK YOU, ANNIE.

THANK YOU, EVERYONE.

WE ARE NOW GOING TO INTRODUCE LA.

AND WE ARE THRILLED TO HAVE THEM HERE WITH US AND PLEASE I AM GOING TO READ IT, I HOPE YOU UNDERSTAND THAT, MY ENGLISH IS NOT EXACTLY PERFECT.

I ACTUALLY LOST IT WHEN WE LOST THE CONNECTION.

SO, GIVE ME ONE SECOND.

I HAVE THE TEXT READY HERE.

BUT WHAT I LIKE THE MOST AND, WHAT I AM REALLY, REALLY I THINK IT IS THE BEST WAY THAT LA IS TEACHING US, IS WITH SORRY, THEIR SMILE, IT IS AMAZING.

AND I AM SO HAPPY TO -- TO BE ABLE TO HAVE THEM HERE.

GIVE ME ONE SECOND.

I AM HERE NOW.

LA, AS AN IMMIGRANT NONBINARY, COMMITTED TO CREATING ACCESS TO AND SHARING TEACHINGS AND PRACTICES THAT ALLEVIATE

SUFFERING, CULTIVATE TRUE HAPPINESS AND SUPPORT THE
LIBERATION OF ALL BEINGS.

WE ARE SO GRATEFUL THAT LA HAS AGREED TO LEAD US IN THIS
CONVERSATION.

LA WILL THE IDENTITIES AS AN IMMIGRANT, NONBINARY PERSON OF
COLOR, AND HOW THE DHARMA AND PRACTICES OF MINDFULNESS HAS
TRANSFORMED THE RELATIONSHIP TO THEMSELVES OTHERS AND THE
WORLD.

LA WILL BE WEAVING THE PRACTICE OF PATIENCE, HUMILITY AND
EMPOWERMENT THROUGH THEIR TALK.

THANK YOU SO MUCH, LA, THANK YOU SO MUCH FOR BEING HERE
WITH US.

AND TO LEADING US TONIGHT.

AND WITH THAT, I JUST, LEAVE THE SPACE FOR YOU.

AND THANK YOU, THANK YOU AGAIN FOR BEING HERE WITH US.

THANK YOU.

>> LA SARMIENTO: THANK YOU.

ADRIANA, DEEP GRATITUDE TO YOU, ANNIE, LAUREN, RACHEL FOR
THE INVITATION AND SUPPORT TO BE PART OF THE LGBTQIA PLUS
MAKING VISIBLE SERIES.

THANK YOU FOR ALL CHOOSING TO BE HERE THIS EVENING.

THE FORMAT OF OUR MEETING IS FAIRLY SIMPLE.

I WILL OFFER GUIDED MEDITATION PRACTICE, DHARMA TALK AND
LEAVE TIMES FOR QUESTIONS AND SANGHA SHARING.

LET'S BEGIN.

SO GO AHEAD AND FIND A POSTURE THAT YOUR BODY WOULD MOST
APPRECIATE AT THE END OF ANOTHER DAY WHETHER IT BE SITTING,
STANDING, OR LYING DOWN.

PLEASE GIVE YOURSELF THE GIFT OF EASE, COMFORT, AND
RELAXATION.

FEELING YOUR FEET, MAKING CONTACT WITH THE FLOOR.

WITH THE GROUND.

WITH THE EARTH BENEATH YOU.

FEELING YOUR SEAT IN THE CHAIR, CUSHION, POINTS OF CONTACT
OF YOUR BODY WITH THE COUCH OR THE FLOOR, THE CHAIR.

FEELING THIS HOLDING, THIS SUPPORT FROM THE EARTH.

AND THEN GENTLY BRINGING YOUR ATTENTION TO THE CROWN OF
YOUR HEAD AND SENSING THE VASTNESS OF THE SKY, THE HEAVENS,
THE UNIVERSE ABOVE YOU.

WHEN WE CAN REMEMBER THERE IS JUST SO MUCH SPACIOUSNESS
THAT WE CAN HAVE IN OUR LIFE.

THROUGH THAT AWARENESS OF SKY.

AND THEN GENTLY BRINGING YOUR ATTENTION TO YOUR BACK BODY.

AND IMAGINING AND TRUSTING THE LOVE AND SUPPORT OF

FAMILIES, FRIENDS, AND SANGHAS AT OUR BACK.

SO FEELING THIS EMBRACE OF EARTH, SKY, LOVED ONES.

OUR PRACTICE IS ONE OF REMEMBERING WHAT WE OFTEN FORGET.

OR TAKE FOR GRANTED.

MAYBE SUPPORT EACH OTHER IN REMEMBERING THOSE THAT CAME

BEFORE US, AND UPON WHOSE SHOULDERS WE STAND.

AND FROM WHOSE SACRIFICES WE BENEFIT.

BEFORE WE BEGIN OUR FORMAL PRACTICE, I ACKNOWLEDGE THAT I
AM LEADING THIS GATHERING ON LAND AND HONOR ALL TRADITIONAL
CUSTODIANS OF THIS REGION, APPRECIATING THE OPPORTUNITY TO
LIVE, PRACTICE, AND TEACH ON THIS LAND, AND ASK THE
ANCESTORS' BLESSINGS IN BEING HERE.

I WISH YOU TO ACKNOWLEDGE THE INDIGENOUS PEOPLE OF YOUR
REGION, WHETHER YOU KNOW WHO THEY ARE OR NOT.

I PAY RESPECTS TO THE ENSLAVED AFRICAN PEOPLES BROUGHT TO
AND HELD AND SOLD ON THIS LAND AND THEIR DESCENDANTS.

MAY BE RECOGNIZE THE CONTINUING STRUGGLE FOR LIBERATION.

I PAY RESPECTS TO THE ASIAN ANCESTORS FROM WHOM THE
TEACHINGS AND PRACTICES HAVE COME AND HAVE BEEN PRESERVED
FOR THE LAST 2600 YEARS.

I PAY RESPECTS TO THE.

>> LA SARMIENTO: DHARMA ELDERS AND ANCESTORS WHO HAVE

SHARED THE PRACTICES AND TEACHINGS OF LIBERATION, ERIC COLVIG, LARRY YANG, RUTH KING, MATTIE KLEIN, THE LATE GAVIN HARRISON AND LATE SHERI MAPLES.

AND I PAY RESPECTS TO ELDERS, PAST, PRESENT, AND EMERGING.

I WOULD NOW LIKE TO SHARE ASPIRATION FOR OUR TIME TOGETHER THIS EVENING.

OUR TIME TOGETHER IS AN OPPORTUNITY TO DWELL IN THE REFUGES OF BUDDHA, DHARMA AND SANGHA, A PRECIOUS CHANCE TO PRACTICE TOGETHER WITH THE SHARED ASPIRATION TO WAKE UP INDIVIDUALLY AS WELL AS COLLECTIVELY, THROUGH THE PRACTICE OF MINDFUL SPEECH AND PRESENCE, AND TO CULTIVATE MUTUAL RESPECT, IN EXPLORING OUR HUMAN IDENTITIES, IN THE LIGHT OF THE DHARMA, ACROSS MULTIPLE INTERSECTING LINES OF DIFFERENCE THAT INCLUDE BUT ARE NOT LIMITED TO, GENDER IDENTITY, SEXUAL ORIENTATION, RACE, ETHNICITY, SOCIOECONOMIC CLASS, RELIGIOUS OR SPIRITUAL BELIEFS, POLITICAL AFFILIATION, AGE, SIZE, ABILITIES, AND IMMIGRATION STATUS.

MAY THIS SPACE BE A RICH OPPORTUNITY TO BE SEEN, HEARD, HONORED AND RESPECTED IN WAYS WE NOT ALWAYS FEEL IN THE WORLD.

AND FROM THIS PLACE, MAY WE LEAVE FEELING MORE INSPIRED AND EMPOWERED TO EMBODY AND FULLY EXPRESS OUR TRUE AND WHOLE

SELVES FOR THE BENEFIT AND AWAKENING OF ALL BEINGS

EVERYWHERE TO THEIR TRUE NATURE AND FREEDOM.

SO I TRULY APPRECIATE YOUR BEING HERE TONIGHT.

MAKING THE TIME TO BE IN SANGHA, TO ACKNOWLEDGE WHAT IS
PRESENT AND ALIVE FOR US RIGHT NOW AND TO DEEPEN OUR
UNDERSTANDING OF OURSELVES AND EACH OTHER WHICH OUR DEAR
THAT CALLS LOVE.

SO, FROM LISA OLIVERA, WE ALL OF US ARE CURRENTLY GOING
THROUGH A COLLECTIVE TRAUMATIC EXPERIENCE, TRAUMA IS OFTEN
THOUGHT OF AS TOO MUCH, TOO FAST.

WHICH IS EXACTLY WHAT IS HAPPENING.

OF COURSE, YOU'RE EXHAUSTED.

OF COURSE, YOU ARE AFRAID.

OF COURSE, YOU'RE OVERWHELMED.

OF COURSE, YOU'RE CLINGING TO A CERTAINTY IN THE MIDST OF
SO MUCH UNKNOWN.

OF COURSE, YOU AREN'T AS PRODUCTIVE, FEELING FOGGY, OR
WONDERING HOW CAN YOU POSSIBLY GO THROUGH SO MANY WAVES OF
EMOTIONS ALL IN THE SAME DAY.

THIS MAKES SO MUCH SENSE IN THE CONTEXT OF OUR
CIRCUMSTANCES.

SO BE GENTLE WITH YOURSELF.

HAVE COMPASSION FOR YOUR PROCESS.

GIVE YOURSELF GRACE.

YOU ARE GOOD NO MATTER HOW YOU ARE MANAGING THIS COMPLETELY
NEW EXPERIENCE.

SO IN THIS SPIRIT, I WOULD LIKE TO OFFER A SELF-COMPASSION
AND LOVING KINDNESS PRACTICE THIS EVENING.

SO, AGAIN, RECONNECTING WITH THE EARTH BENEATH YOU, THE SKY
ABOVE YOU, AND THE FAMILY, FRIENDS AND SANGHA AT YOUR BACK,
FINDING YOUR BREATH.

BREATHING IN.

KNOWING THAT YOU ARE BREATHING IN.

BREATHING OUT.

KNOWING THAT YOU ARE BREATHING OUT.

THIS PRECIOUS GIFT OF BREATH OF LIFE.

AND LET'S CHECK IN WITH OURSELVES BEGINNING AT THE TOP OF
YOUR HEAD.

JUST BRIEFLY DOING A BED SCAN DOWNWARDS TOWARDS YOUR FEET.
BRINGING THE SENSE OF CARE AND GENTLENESS AND COMPASSION.

WITH WHATEVER IT IS THAT YOU ARE EXPERIENCING IN YOUR BODY
RIGHT NOW.

SPACIOUSNESS AND EASE.

TENSION UNDER STRESS.

MAYBE INVITING SOME DEEPER BREATHS INTO THE AREAS OF
TIGHTNESS.

CREATE A LITTLE BIT MORE SPACE FROM THE INSIDE OUT.

AND GENTLY BRINGING YOUR ATTENTION TO YOUR MIND.

NOTING WITH KINDNESS ANY THOUGHTS THAT MAYBE PRESENT OR
NOT.

RIGHT NOW.

NOT ATTACHING OR CREATING A STORY OR MAKING A LIST FROM
WHATEVER IT IS THAT IS ARISING IN MIND RIGHT NOW.

IF YOU CAN.

ALLOW IT TO MOVE THROUGH LIKE CLOUDS FLOATING THROUGH THE
SKY.

AND THEN GENTLY FINDING YOUR WAY TO YOUR HEART.

AS BEST YOU ARE ABLE.

FIND A WAY TO CONNECT WITH YOUR HEART.

PERHAPS PLACING A HAND OVER IT, MAYBE HELPFUL.

AS I OFFER THESE LOVING KINDNESS SELF COMPASSION PHRASES.

IF YOU FIND THAT THESE PHRASES DON'T RESONATE WITH YOU

RIGHT NOW, NOT A PROBLEM.

PLEASE OFFER YOURSELF PHRASES OR A PRACTICE THAT WOULD BEST
SUPPORT YOU.

AT THIS TIME.

SO MAY WE BE EXTRA GENTLE WITH OURSELVES AND OUR LOVED
ONES.

MAY WE HAVE COMPASSION FOR OURSELVES AND OTHERS WHEN
SUFFERING IS PRESENT.

MAY WE KNOW THAT WE ARE NOT ALONE.

MAY WE HAVE THE COURAGE TO REACH OUT FOR SUPPORT WHEN WE
NEED IT.

MAY WE OFFER SUPPORT FROM A GENEROUS AND RESOURCED BODY,
HEART AND MIND.

MAY WE TRUST THAT WE ARE DOING THE BEST WE CAN IN EACH
MOMENT.

MAY WE HAVE HUMILITY, TAKE RESPONSIBILITY AND MAKE AMENDS
WHEN WE CAUSE HARM.

MAY WE DISCERN WITH WISDOM WHAT IS TRUE AND ACT AS
SKILLFULLY AS WE CAN.

MAY WE FORGIVE OURSELVES AND EACH OTHER FOR OUR HUMANITY.

AND MAY WE REMEMBER THE GLORY OF OUR PRECIOUS HUMAN BIRTH
THAT WE HAVE BEEN GIVEN.

SO JUST TAKING IN THOSE PHRASES HOWEVER YOU CAN IF YOU CAN.

JUST NOTICING HOW YOUR BODY IS FEELING, WHAT SENSATIONS ARE
PRESENT.

BEING AWARE OF ANY EMOTIONS THAT MAY HAVE ARISEN.

ANY THOUGHTS THAT MIGHT HAVE COME INTO MIND.

JUST PRACTICE IN SILENCE FOR THE NEXT FEW MINUTES.

AND CONTINUE OFFERING PHRASES TO YOURSELF, OR -- OR JUST
ALLOWING AN OPEN AWARENESS OF -- OF HOW LIFE IS LIVING
THROUGH YOU RIGHT NOW.

(SILENCE) SO AS WE COME TO THE CLOSE OF OUR FORMAL
PRACTICE, JUST INVITE YOU TO AGAIN RECONNECT WITH THE EARTH
BENEATH YOU.

THE VAST SKY ABOVE YOU.

AND THE REMEMBRANCE OF YOUR LOVED ONES AT YOUR BACK.

GENTLY FINDING YOUR BREATH AGAIN.

SO I INVITE THE BELL.

(BELL TOLLS)

(BELL TOLLS)

(BELL TOLLS)

THANK YOU FOR YOUR EFFORTS IN PRACTICE DURING SANGO.

SO WHY DON'T WE JUST TAKE A MOMENT TO STRETCH, GET A SIP OF
WATER.

TAKE CARE OF OUR BOATS.

SANGHA.

WE WILL BEGIN IN A MOMENT.

>> LA SARMIENTO: AGAIN, SUCH AN HONOR TO BE WITH YOU ALL

THIS EVENING.

MY DHARMA TEACHER, SHARES ABOUT THE SQUIRE SPIRITUAL
PRACTICE OF MUSICALS.

SO I HUMBLY OFFER THE VIDEO OF THE SONG THIS IS ME FROM THE
MOVIE GREATEST SHOWMAN TO OPEN MY TALK.

IN THE SPIRIT OF NATIONAL COMING OUT DAY, THIS PARTICULAR
VERSION PORTRAYS HOW BEAUTIFULLY EMPOWERING IT IS AS MAGGIE
CUHEN ONCE SAID TO SPEAK THE TRUTH EVEN IF YOUR VOICE
SHAKES.

I WILL GO AHEAD AND SHARE MY SCREEN.

>> I THOUGHT I HAD CUED IT UP.

¶

¶ 'OD STRANGER TO THE DARK

HIDEAWAY

BECAUSE WE DON'T WANT YOUR BROKEN PARTS

I LEARNED TO BE ASHAMED OF ALL OF THE SCARS

RAIN WAY

THEY SAY

NO ONE WILL LOVE YOU AS YOU ARE

BUT DON'T LET THEM BREAK ME DOWN LIKE THIS

I KNOW THERE'S A PLACE FOR US

FOR WE ARE GLORIOUS

GOING TO DROWN THEM OUT

I AM BRAVE

I AM BRUISED

I AM WHO I AM MEANT TO BE

THIS IS ME

LOOK OUT BECAUSE HERE I COME

I AM SCARED TO BE SEEN

I MAKE NO APOLOGIES

THIS IS ME ¶

¶

¶ OH ¶

¶

BUT I WON'T LET THEM BREAK ME DOWN TO DUST

I KNOW THAT'S THERE'S A PLACE FOR US

FOR WE ARE GLORIOUS

THIS IS BRAVE

THIS IS BRUISED

THIS IS WHO I'M MEANT TO BE

THIS IS ME

LOOK OUT BECAUSE HERE I COME

AND I'M MARCHING ON TO THE BEAT I DRUM

I'M NOT SCARED TO BE SEEN

I MAKE NO APOLOGIES

THIS IS ME

OH

OH

OH

THIS IS ME

OH

(UNINTELLIGIBLE)

THE SHARPEST WORDS WANNA CUT ME DOWN

I'M GONNA SEND A FLOOD, GONNA DROWN THEM OUT

THIS IS BRAVE

THIS IS BRUISED

THIS IS WHO I'M MEANT TO BE

THIS IS ME.

¶

¶

LOOK OUT BECAUSE HERE I COME

AND I'M MARCHING ON TO THE BEAT I DRUM

I'M NOT SCARED TO BE SEEN

I MAKE NO APOLOGIES THIS IS ME

OH

THIS IS ME

YOU HAVE PROBABLY SEEN THAT VIDEO ABOUT 50 TIMES AND I ALWAYS CRY.

IT'S SOMETHING THAT I JUST REALLY LOVE ABOUT OUR COMMUNITY, YOU KNOW IS DESPITE THE WORLD OUTSIDE, YOU KNOW, TRYING TO DEFINE US OR TELL US WHO TO BE LOOK WE JUST KEEP COMING BACK WITH FABULOUSNESS AND MUSIC AND JOY AND HUMOR AND FASHION AND CREATIVITY.

I'M SO PROUD TO BE A PART OF THAT FAMILY.

SO SOME OF I THE DENT TEES, COMPRISE ME, NONBINARY, QUEER PERSON OF COLOR, ALL OF WHICH HAPPEN TO BE TRENDING RIGHT NOW.

IN OCTOBER, ALSO, HONORS INDIGENOUS PEOPLE'S DAY, NATIONAL COMING OUT DAY, AND PHILIPPINEX HISTORY MONTH.

SO, AT A VERY YOUNG AGE I WAS ABOUT 5 YEARS OLD I REALIZED THAT I DIDN'T IDENTIFY, YOU KNOW AS A LITTLE GIRL.

I WANTED TO BE ANYTHING BUT, YOU KNOW, IT WAS EVIDENT IN THE TOYS THAT I PLAYED WITH IN THE CLOTHES THAT I WANTED TO WEAR.

AND I JUST FELT LIKE AT A VERY YOUNG AGE THAT THERE WAS SOMETHING IN ATELY WRONG WITH ME BECAUSE IT WASN'T CONGRUENT WITH HOW I WAS BEING PERCEIVED ON THE OUTSIDE OR, BASICALLY WHAT WAS ON MY BIRTH CERTIFICATE WHEN I WAS BORN.

AND I ALSO REALIZED AROUND THAT TIME THAT I WAS ALSO ATTRACTED TO OTHER LITTLE GIRLS AND I HAD CRUSHES ON FEMALE TEACHERS OF MINE AND THAT WAS NOT AT ALL REFLECTED, YOU KNOW, AS OKAY IN OUR SOCIETY.

AND I GREW UP IN THE LATE '60S, EARLY '70S.

AND SO, I HAD THIS CORE BELIEF THAT THERE WAS SOMETHING INATELY WRONG WITH ME, SOMETHING DEFECTIVE ABOUT WHO I WAS. WHICH WAS THEN EXACERBATED BY, THE BELIEFS THAT SOCIETY AND MESSAGES I RECEIVED FROM THE CULTURE ABOUT MYSELF.

AND SO MY MODUS

OPERENDI TO SURVIVE WAS TO ASSIMILATE AND BE WHO EVER PEOPLE WANTED ME TO BE, WHETHER IT BE MY PARENTS, MY PEERS, THE CULTURE.

AND MY PARENTS EMIGRATED TO THIS COUNTRY WITH ME WHEN I WAS 10 MONTHS OLD.

WE CAME FROM THE PHILIPPINES.

AND -- REAL STRATEGY I BELIEVE THAT THEY USED TO COPE WITH RACISM WAS TO TEACH THEIR CHILDREN TO ASSIMILATE INTO WHITE CULTURE.

AND IT WAS THROUGH FOLLOWING THE WHITE PEOPLE THAT WE WERE GOING TO SUCCEED AND SURVIVE IN THIS COUNTRY.

AND TO NOT MESS AROUND WITH LIKE ANY OTHER, YOU KNOW, FOLKS

THAT WERE HERE.

AND SO I FELT PRETTY COMFORTABLE, YOU KNOW, FOR A REALLY LONG TIME BEING IN DOMINANT CULTURE SPACES AND WHEN I SAY DOMINANT CULTURE, PREDOMINANTLY WHITE, STRAIGHT, CIS GENDER, FOLKS.

AND SO IT WAS INTERESTING WHEN I TURNED TO THE DHARMA AFTER YEARS OF BASICALLY NOT LIKING MYSELF.

I WOULDN'T SAY I LOATHED MYSELF.

I AM A LEO, I DON'T REALLY HATE MYSELF THAT MUCH.

BUT, YOU KNOW, JUST THIS SENSE OF -- YEAH, LIKE I DON'T UNDERSTAND WHY I'M NOT OKAY.

AND OTHER PEOPLE'S EYES.

AND IT'S WHEN I FOUND THE DHARMA.

AND THE DHARMA JUST REALLY HELPED ME REALIZE, YOU KNOW TO SEE CLEARLY.

AND THE -- THE TYPE OF MEDITATION THAT I BEGAN TO PRACTICE MEANS TO SEE CLEARLY.

AND WHAT I REALLY APPRECIATE ADD BUT THAT WAS IT WAS ABLE TO LOOK CUT THROUGH THE STORIES OF THE NARRATIVES THAT I TOLD MYSELF ABOUT WHO I WAS.

AND MY FIRST DHARMA TEACH WAS TARA BROCH FOR MANY THAT KNOW TARA, TARA'S TEACHINGS THE UNWORTHINESS AND HUH DO WE

RADDINGLY ACCEPT WHO WE ARE FULLY AND FROM THAT PLACE
AWEAKEN TO OUR OWN BUDDHA NATURE OUR OWN INATE GOODNESS.
AND SO, IN FINDING THE DHARMA, I ALWAYS FELT LIKE THERE WAS
A LITTLE INNER MONK IN ME.

AND, I HAD FAILED SO MANY RELATIONSHIPPIZE THOUGHT THIS
WILL BE LOOK A REALLY WONDERFUL, WAY TO NOT HAVE TO DEAL
WITH ALL OF THAT.

IT WAS BECOME LIKE A CELIBATE MONK.

AND I DIDN'T WANT TO DIVE IN FULLY SO I THOUGHT, WELL THIS
IS REALLY GREAT PROGRAM THAT MY, OTHER TEACHER, MICHELE
MCDONALD, SPONSORED OUT IN BERMA.

WHERE YOU CAN ORDANE FOR THREE WEEKS AND CHECK OUT THE
MOON -- MONASTIC LIFE IN THAT WAY.

BUT I DISCOVERED IT WAS VERY GENDERED.

IT WAS EITHER YOU WERE A MONK OR A NUN, MONKS GOT TO WEAR
WHITE ROBES.

NUNS GOT TO WEAR PINK ROBES.

AND I WAS LIKE, OH, AS A NONBINARY PERSON IT IS LIKE CAN I
GET A CHER BETTER SWIRL ROBE LIKE THIS -- SHERBERT SWIRL
ROBE, MIXTURE OF BOTH.

AT THE TIME I DIDN'T HAVE THE PATIENCE, LIKE, BE TAKING
MYSELF, HALFWAY ACROSS THE WORLD TO, TO, DO THIS, TO THEN

BE SUBJECTED TO, LIKE HAVE TO PICK NOT KNOWING THE CULTURE WELL ENOUGH WHETHER IT WOULD BE SAFE TO BECOME SEEN AS A MONK OR SUPER UNCOMFORTABLE TO BE SEEN AS A NUN.

SO I KIND OF BAGGED THAT IDEA.

BUT I DEEPENED IN MY PRACTICE, BY GOING ON RETREATS.

AND I WAS PART OF IMCW FOR SEVEN YEARS.

IMCW FOR THOSE WHO DON'T KNOW INSIDE MEDICATION COMMUNITY OF WASHINGTON.

WHICH TARA BROCH'S PRIMARY COMMUNITY FOR THE LAST 25 YEARS.

IT'S PRETTY DOMINANT CULTURE.

ABOUT SEVEN YEARS INTO MY PRACTICE THEY DECIDED TO EXPLORE THE REASONS WHY BEING IN THE DISTRICT, YOU KNOW, IN THE DMV, METROPOLITAN AREA WHY THEY DIDN'T REALLY REFLECT, YOU KNOW, THE CULTURE OF THIS AREA.

THERE WAS NOT MUCH DIVERSITY.

BEING ONE OF THE FEW DIVERSE PEOPLE WITHIN THE SANGHA, GOT ASKED TO BE PART OF THE FIRST INCARNATION OF THE DIVERSITY COMMITTEE.

AND THE DIVERSITY COMMITTEE WAS AN INTERESTING EXPERIENCE.

BECAUSE YOU KNOW THERE IS JUST SO MUCH, AND I REALLY LOOK UNDERSTAND THIS IN RETROSPECT NOW, THERE IS SO MUCH DESIRE TO WANT TO BE INCLUSIVE, TO WANT TO BE WELCOMING, TO WANT

EVERYONE TO HAVE ACCESS TO THESE TEACHINGS.

AND, 15 YEARS AGO, MY COMMUNITY DIDN'T REALLY HAVE THE TOOLS, DIDN'T REALLY HAVE THE CONSCIOUSNESS TO REALLY UNDERSTAND WHAT THAT WOULD MEAN.

AND SO BEING THE ONLY PERSON OF COLOR, BEING THE ONLY QUEER TRANSPERSON, YOU KNOW, SORT OF, ON THE BOARD AND, YOU KNOW, ONE OF THE FEW, YOU KNOW, DIVERSE FOLKS ON THIS COMMITTEE, IT WAS JUST KIND OF LIKE FIGHTING AN UPHILL BATTLE.

IT WAS INTERESTING FOR ME TO ALSO AT THAT POINT REALIZE MY OWN INTERNALIZED RACISM.

MY OWN INTERNALIZED, HOMOPHOBIA AND TRANSPHOBIA.

BECAUSE I HAD REJECTED THOSE IDENTITIES FOR A REALLY LONG TIME.

AND SO -- FROM THAT DIVERSITY COMMITTEE, CAME OUT THE PEOPLE OF COLOR SANGHA AND THE LGBTQIA PLUS SANGHA.

AND I BECAME ONE OF THE LEADERS OF THE SANGHAS AND HAVE BEEN THE GUIDING TEACHER OF THE SANGHAS FOR THE LAST 14 YEARS.

AND, IT WAS IN THOSE SANGHAS THAT I WAS ABLE TO HEAL THAT I WAS ABLE TO FINALLY LOOK ACCEPT THESE ASPECTS OF MYSELF THAT I HAVE REJECTED.

IT WAS SO POWERFUL WHEN I WANT TO MY FIRST PEOPLE OF COLOR

RETREAT.

AT IMS, INSIDE MEDITATION SOCIETY WHERE THE TEACHERS ON THE DIAS LOOKED LIKE ME, THE TEACHERS ON THE DIAS SPOKE ABOUT EXPERIENCES THAT I EXPERIENCED AND NEVER HEARD IN THE DOMINANT CULTURE RETREAT.

I LOOKED AROUND, THERE WERE OTHERS THAT LOOK LIKE ME AND EXPERIENCED SIMILAR THINGS TO ME.

AND THIS ALSO HAPPENED ON LGBTQ+ RETREATS.

AND AFTER COMING BACK FROM AFFINITIED RETREATS, I WAS LOOK WOW I WILL NEVER GO TO A WHITE STRAIGHT RETREAT AGAIN. UNLESS THEY PAY ME.

SO IT WAS REALLY A HEALING, HEALING PROCESS.

AND, BUT IT WAS ALSO INTERESTING BECAUSE WHEN WE STARTED THESE AFFINITIED SANGHAS WHAT THEY'RE CALLED, MY DOMINANT CULTURE FRIEND BEGAN TO SAY THINGS TO ME LIKE, WHY DO YOU NEED TO SEPARATE YOURSELVES OUT, LIKE WE ARE ALL ONE, LIKE EVERYBODY IS WELCOME HERE.

AND SO I JUST WANT TO MAKE A DISTINCTION BETWEEN THE ABSOLUTE TRUTH THAT WE ARE ALL ONE, AND THE RELATIVE TRUTH THAT WE DON'T TREAT EACH OTHER THAT WAY ON THIS PLANE.

YOU KNOW, MANY -- MANY, LGBTQ+ FOLKS, DISABLED FOLKS, ARE DISCRIMINATED AGAINST, YOU KNOW, ARE MARGINALIZED,

OPPRESSED, IN LOTS OF DIFFERENT WAYS.

LOWER INCOME FOLKS.

SO MANY DIFFERENT GROUPS, WITHIN OUR CULTURE.

AND SO, YOU KNOW, WHEN I WOULD HEAR, YOU KNOW, OH WE ARE
ALL ONE.

I WOULD THEN RETORT LIKE, WHO IS ONE ARE WE BEING?

AND SO IT REALLY IS ABOUT WHO ARE WE CENTERING, WHO IS IN
POWER, YOU KNOW?

WHEN WE TALK ABOUT THIS?

I HAD THIS METTORY OF A DOMINANT CULTURE ORGANIZATION OR
SANGHA OR, OR COMMUNITY WHERE -- YOU KNOW, THEY'RE HAVING A
DINNER PARTY.

THEY WANT TO INVITE SOME NEW GUESTS TO THE DINNER PARTY.

THE NEW GUESTS ARE LIKE THAT IS SO WONDERFUL.

THANK YOU FOR INVITING US, WE WOULD LOVE TO BRING OUR FOOD.

WE WOULD LOVE TO BRING OUR MUSIC.

WE LOVE TO DANCE AFTER WE EAT.

WE ARE HAPPY TO SHOW UP WITH ALL OF THAT.

AND THE DOMINANT CULTURE ENTITY SAYS, OH, NO, LIKE WE
ALREADY ORDERED THE FOOD, WE JUST NEED YOU TO SIT AT THE
TABLE.

AND EAT OUR FOOD.

AND THEN WE CAN TAKE A PICTURE.

THEN WE WILL PUT IT ON OUR WEBSITE OR BROCHURE TO SHOW THAT WE ARE THAT.

SO THERE WAS A, WE HAD A LONG WAYS TO GO WITH REGARDS TO UNDERSTANDING THAT INCLUSION DOESN'T MEAN HAVING PEOPLE ASSIMILATE INTO WHO YOU ARE, SO THAT YOU CAN STAY COMFORTABLE, YOU KNOW.

AND MY WHOLE PRACTICE FOR THE LAST 15 YEARS HAS BEEN TO -- ACTUALLY DETACH MYSELF FROM THE LEADERSHIP OF MY SANGHA AND JUST FOCUS ON SUPPORTING, YOU KNOW, THE POC AND LGBTQ+ SANGHAS.

TO GIVE FOLKS, YOU GO, THAT ACCESS TO THE DHARMA IN THOSE WAYS.

IN WAYS THAT THEY DIDN'T FEEL A PART OF IN THE LARGER SANGHA.

AND IN THE MEANTIME I CONTINUE TO CREATE RELATIONSHIPS AND CULT SRAEULT FRIENDSHIPS WITH MY DOMINANT CULTURE FRIENDS. AND YOU KNOW, HAD BEEN CALLED IN AS A VOLUNTEER CONSULTANT AROUND DIVERSITY, USE, ETC.

I JUST NEEDED TO BE PATIENT, YOU KNOW.

AND IT'S INTERESTING BECAUSE --

I SHARED THAT, YOU KNOW I HAD BEEN ASSIMILATED, YOU KNOW,

INTO WHITE CULTURE FOR A REALLY LONG TIME.

THAT WHEN I STARTED EMBRACING MY IDENTITY AS A PERSON OF
COLOR AND AS A TRANSPERSON.

I WAS REALLY LIKE A TEENAGER, LIKE, WHY DON'T THESE PEOPLE
GET IT?

I WOULD GET ANGRY.

SEE A WHITE PERSON ON THE STREET AND JUST GET MAD.

IT WAS LIKE, SO INTENSE.

AND THEN I JUST THOUGHT TO MYSELF, LIKE WOW, BUDDY, YOU ARE
REALLY SUFFERING, LIKE AROUND THIS.

THIS NEED FOR OTHER PEOPLE TO BE A CERTAIN WAY OR PEOPLE TO
GET IT.

THEN I REMEMBERED WELL, LA IT TOOK YOU 40 YEARS TO REALIZE
YOU WEREN'T WHITE.

SO GIVE THESE WHITE PEOPLE A BREAK.

BECAUSE THEY WERE BORN THAT WAY.

AND THAT JUST GAVE ME SO MUCH MORE SPACE TO JUST RECOGNIZE
THAT WE ALL HAVE A LOT OF CONDITIONING THAT WEED INTO TO
UNLEARN.

THAT WE NEED TO UNDO.

AND TO RECOGNIZE THE SUFFERING THAT THE CONDITIONING HAS ON
US.

WILL ALLOW US TO THEN BE WILLING TO WORK THROUGH IT.

I THINK SOMETHING ELSE I WANT TO SAY AROUND, YOU KNOW,
THROWING AROUND A LOT OF WORDS AROUND, DIVERSITY,
INCLUSION, EQUITY, PRIVILEGE, SUPREMACY, ET CETERA. YOU
KNOW, PRIVILEGE IS, IS AN INCLUSION AND REALLY LIKE,
REALLY, WANTING TO, HAVE DIFFERENT WORDS FOR THAT.

INCLUSION, CONOTES THERE IS SOMETHING INCLUDING SOMETHING
ELSE.

FOR ME IT IS REALLY HOW DO WE CREATE IN SANGHA, A SENSE OF
BELONGING, NO MATTER HOW THE DHARMA LIVES THROUGH SOMEONE
THAT THAT IS GOING TO BE OKAY.

THAT IT DOESN'T HAVE TO LOOK A CERTAIN WAY LIKE SUPER STILL
AND SILENT AND QUIET AND SOFT-SPOKEN AND MONOTONE OR
WHATEVER.

YOU KNOW, THAT YOU CAN THROW IN -- LIKE A UKULELE OR VIDEO
OR YOU KNOW, MUSIC, YOU KNOW TO TOUCH PEOPLE'S HEARTS.

THAT THERE ARE OTHER WAYS THAT -- FOLKS FIND TO EXPRESS A
RELATIONSHIP WITH LIFE.

YOU KNOW.

SO ANOTHER THING THAT WAS INTERESTING THAT, EVEN THOUGH I
WANT TO THESE PEOPLE OF COLOR RETREAT AND LGBTQIA-PLUS
RETREATS.

MANY PEOPLE WHEN THEY GO ON RETREAT THEY GO THERE AND THINK MY GOD, EVERYONE IS A MUCH BETTER PRACTITIONER THAN I AM OR THEY'RE SO MUCH COOLER OR, LIKE WHENEVER I GO TO QUEER RETREAT I'M LOOK I DON'T HAVE ENOUGH TATTOOS OR BODY PIERCINGS TO KEEP UP WITH THESE PEOPLE.

ESPECIALLY WHEN YOU PRACTICE OUT IN THE BAY AREA.

AND SO --

I JUST LIKE -- JUST NOTICE THAT COMPARISON.

IN THAT COMPARISON I CREATED MY OWN, DELUSION OF SEPARATION.

AND, AND HERE I AM IN, WITH MY PEOPLE, BUT I AM STILL FEELING SEPARATE.

AND HUGE INSIGHT I GOT AT A QUEER RETREAT ONE YEAR WAS -- I JUST NOTICED LIKE HOW MUCH I WAS SUFFERING IN COMPARING MYSELF TO OTHERS, IN -- IN NOT FEELING LIKE I WAS ENOUGH.

AND THE INSIGHT THAT I GOT WAS -- I RELIED TOO MUCH ON EXTERNALS VALIDATING WHO I WAS, AFFIRMING WHO I WAS, WHAT I NEEDED TO DO WAS VALIDATE MYSELF AND ACCEPT MYSELF AND ACTUALLY CLAIM MY BELONGING NO MATTER WHERE I WAS OR WHO I WAS WITH.

YOU KNOW.

AND SO -- THAT WAY IT'S LOOK ALWAYS WITH ME, YOU KNOW THAT,

THAT SENSE OF LIKE --

I BELONG.

YOU KNOW IT WAS JUST LIKE, WHEN THE BUDDHA GOT ENLIGHTENED,
YOU KNOW, AND WAS THROWING ALL OF THESE CURVEBALLS OF, OF
TEMPTATIONS AND, AND SUFFERING, AND YOU KNOW AT THE BUDDHA.
AND THE BUDDHA WAS LOOK PUT HIS HAND ON THE GROUND SAID,
DUDE, LIKE, YOU KNOW, I'M HERE.

YOU KNOW, WITH THE EARTH AS MY WITNESS.

I, I EXIST, YOU KNOW.

AND THAT FOR A KNOW BINARY PERSON OF COLOR JUST TO CLAIM
THAT AND NOT HAVE IT BE DEPENDENT ON ANYTHING OUTSIDE TO ME
IT JUST SO INCREDIBLY LIBERATING.

AND SO --

YOU KNOW MY LITTLE 5-YEAR-OLD WHO THOUGHT LIKE MY GOSH HOW
AM I GOING TO LIVE THIS LIFE HOW AM I GOING TO SURVIVE THIS
LIFE, AM I GOING TO BE ABLE TO, YOU KNOW, UNDERSTAND AND
KNOW WHAT LOVE IS OR BE A RECIPIENT OF LOVE, BEING WHO I
AM, AND WHAT THE DHARMA HAS SHOWN ME WHAT SANGHAS,
ESPECIALLY, AFFINITIED SANGHAS HAVE SHOWN ME WHAT MY
DOMINANT CULTURE FRIEND AND, AND THE WILLINGNESS THAT I
HAVE SEEN IN THEIR EFFORTS TO WANT TO UNDERSTAND HAS SHOWN
ME IS THAT IT IS POSSIBLE AND IT IS ONLY POSSIBLE IF WE

OURSELVES CAN FIND THE COURAGE AND STRENGTH TO ACCEPT WHO
WE ARE.

FULLY.

AND SO -- YOU KNOW, THIS RADICAL ACCEPTANCE, THIS LOVE,
MOVED ME TO CREATE THIS DHARMA SONG.

THAT I WILL SHARE WITH YOU NOW.

AND I WILL DEDICATE THIS TO ADRIANA BECAUSE SHE SAID SHE
LIKE IS MY SONGS.

YOU'RE INSECURE DON'T KNOW WHAT FOR YOU'LL FIND YOUR WAY
ONCE YOU WALK THROUGH THE DHARMA DOOR BEING THE WAY THAT
YOU ARE IS ENOUGH

EVERYONE ELSE ON THE ZOOM CAN SEE IT

EVERYONE ELSE BUT YOU

YOU'LL LIGHT UP THE WORLD LIKE NOBODY ELSE

THE WAY THAT YOU FREE YOUR MIND GOES OVER WELL

WHEN YOU SMILE FROM YOUR HEART IT AIN'T HARD TO TELL

YOU DON'T KNOW THAT'S WHAT MAKES YOU BUDDHA-FUL

IF ONLY YOU SAW WHAT WE COULD SEE FOR YOU'LL UNDERSTAND

IT'S FOR YOU TO BE TRULY FREE

LET GO SO YOU CAN BELIEVE IN THE SNOW

THAT'S WHAT MAKES YOU BUDDHA-FUL

THAT'S WHAT MAKES YOU BUDDHA-FUL

THAT'S WHAT MAKES YOU BUDDHA-FUL.

>> LA SARMIENTO: THANK YOU, FRIENDS.

YEAH, SO --

HERE WE ARE COMING UP, YOU KNOW, ON AN ELECTION AND I WAS ACTUALLY ON A SILENT RETREAT FOUR YEARS AGO WHEN THE ELECTION HAPPENED.

WHAT WAS REALLY INTERESTING WHEN I HEARD THE RESULT OF THE ELECTION, I WENT THROUGH THIS ANGER AND DISBELIEF AND FEAR AROUND, YOU KNOW, WHAT WAS TO COME.

AND AFTER I SAT WITH IT AND JUST HELD THAT FOR A WHILE, WHAT I NOTICED WAS ACTUALLY AN INCREDIBLE SENSE OF PEACE.

AND I THINK THAT WHAT THAT PEACE CAME FROM WAS THIS REALIZATION THAT ALL THAT IS HAPPENING WHETHER IT BE RASH INJUSTICE, OR ECONOMIC INJUSTICE, OR YOU KNOW, WHAT WE ARE DOING TO IMMIGRANTS ON THE BORDER, BLACK LIVES, IT SET RADIO, LIKE ALL THESE DIFFERENT THINGS, THIS STUFF HAS BEEN GOING ON FOR HUNDREDS OF YEARS.

HUNDREDS OF YEARS.

YOU KNOW?

AND IT'S KIND OF, FEELS A LITTLE BIT MORE ACUTE IN OUR LIFETIME RIGHT NOW.

BUT, YOU KNOW, WHEN I JUST KIND OF REMEMBERED LOOK WOW, YOU

KNOW, MY PEOPLE BOTH BLOOD AND CULTURAL ANCESTORS WHETHER
THEY BE QUEER FOLKS OR FOLKS OF COLOR, LIKE, WE HAVE
SURVIVED LIKE, I STAND ON SO MANY SHOULDERS, YOU KNOW, I'M
STILL HERE.

AND I CAN'T TELL YOU LIKE ACTUALLY HOW BLESSED AND GRATEFUL
I AM TO BE BORN IN THIS INCARNATION OF BODY, HEART AND
MIND.

BECAUSE IT'S TAUGHT ME SO MUCH THAT -- I THINK IT WOULD
JUST BE HARDER TO UNDERSTAND AS A PERSON OF THE DOMINANT
CULTURE.

AND SO THE CULTIVATION FOR ME OF PATIENCE, OF HUMILITY, OF
REALLY LIKE GETTING THAT -- OUR CONDITIONING IS SO DEEP.
WHAT WE ARE SEEING RIGHT NOW IS LIKE EVERYTHING IS COMING
OUT OF THE WOODWORK.

LIKE WE THOUGHT WE WERE DONE.

WE ARE NOWHERE NEAR DONE.

WE ARE A LITTLE MORE AWAKE, YOU KNOW, LIKE THE BUDDHA
SAYING, LIKE, WELL YOU KNOW THERE IS GOING TO BE LIKE YOU,
KNOW, WELL THE BUDDHA DIDN'T SAY THIS, BUT LIKE I IMAGINE
WHEN THE BUDDHA QUESTIONED WHETHER OR NOT HE SHOULD TEACH,
THAT, THAT, A DAVA CAME AND SAID THERE ARE GOING TO BE SOME
FOLKS WITH A LOT OF DUST THEREIN EYES SOME FOLKS WITH A

LITTLE DUST IN THEIR EYES AND IT WOULD BE DEFINITELY WORTH IT.

I OFTEN HAVE THIS LITTLE CARTOON IN MY HEAD WHERE THE BUDDHA IS LOOKING OUTSIDE AND LOOKING AT THE WORLD, HE IS LIKE, NEVER MIND.

THEY'RE NEVER GOING TO GET IT, RIGHT?

IT'S HARD, YOU KNOW.

AND IT JUST LIKE TO BE ON THIS PATH AND I ALWAYS SAY THAT, TEENAGERS THAT I TEACH, THAT, YOU KNOW, IT'S LOOK THE JIG IS UP.

LIKE YOU ARE ON THIS PATH OF AWARENESS, THERE IS NO TURNING BACK.

LIKE YOU KNOW WHEN YOU ARE CONNING YOURSELF.

LIKE YOU KNOW WHEN YOU ARE -- EATING THAT THIRD DONUT AND YOU KNOW WHAT HAPPENS.

AND ALL OF THAT.

SO, OR YOU KNOW WHEN YOU DON'T, YOU KNOW, STAND FOR ANOTHER PERSON THAT IS STRUGGLING OR, IS LESS PRIVILEGED THAN YOU.

THAT IT CALLS FOR THAT ACTION AS ANNIE MENTIONED EARLIER.

THAT, THAT UNDERSTANDING OF PEOPLE'S EXPERIENCES.

IT CALLS TO, FOR WISE SKILLFUL ACTION THAT'S REALLY WHAT COMPASSION IS.

IS THAT, YOU KNOW, MOVEMENT TOWARDS YOU KNOW, ALLEVIATING SUFFERING.

WHETHER IT BE OUR OWN, OR THAT OF EVERYONE ELSE.

SO, PATIENCE, HUMILITY, YOU KNOW, AND IT'S LIKE --

JUST AS WILLINGNESS TO -- TO -- TO BE KIND VERSUS RIGHT.

GIVE SPACE FOR, TO GIVE PEOPLE A BREAK RIGHT NOW.

YOU KNOW BECAUSE WE NEVER REALLY KNOW WHAT PEOPLE ARE,

PEOPLE ARE HOLDING IN THEIR HEARTS AND WHAT THEY'RE

STRUGGLING WITH.

AND WHAT THEY'RE ABLE TO DO OR NOT DO AT ANY GIVEN TIME.

AND SO IT IS SUPER EMPOWERING TO RECOGNIZE THAT.

YOU KNOW?

AND, SOMETHING THAT I THINK IS NOT EVER REALLY EMPHASIZED

IN THE DHARMA IS POWER.

BECAUSE IT IS, IT HAS GOT SUCH A NEGATIVE CONNOTATION IN

THE -- IN THE OUTSIDE WORLD.

BUT IT TAKES A REALLY POWERFUL PERSON TO BE ON THIS PATH.

YOU ARE ALL VERY POWERFUL PEOPLE.

HOWEVER THAT MANIFESTS THROUGH YOU.

YOU KNOW, TO KEEP PRACTICING, TO KEEP COMING TOGETHER, AND

TO ME SANGHA REALLY IS ABOUT COMING TOGETHER TO HELP EACH

OTHER REMEMBER WHAT WE ARE OFTEN FORGETTING.

WHICH IS -- YOU KNOW, WHAT MATTERS MOST, WHAT IS TRUE.

YOU KNOW IT IS LIKE THE NARRATIVE OF FAKE NEWS WE TELL
OURSELVES AS WELL THE NARRATIVE FAKE NEWS WE ARE TRYING TO
DISCERN OUT IN THE WORLD.

AND SO --

I HAVE MY, FAVORITE, LIKE ACTION FIGURE SUPERHERO HERE, WHO
WIELDS HIS SWORD OF WISDOM TO, YOU KNOW CUT THROUGH THE
BULL SHIT.

YOU KNOW.

AND THERE IS SO MUCH OUT THERE.

AND IT'S, IT'S REALLY --

A POWERFUL TIME THAT WE ARE LIVING IN.

AND THAT'S WHY I DON'T FEEL LIKE I DESPAIR.

YOU KNOW.

AND, AT THE SAME TIME, I DON'T -- HAVE ANY ATTACHMENT ABOUT
HOW THIS IS GOING TO END.

ALL I CAN DO IS JUST SHOW UP AS BEST I CAN.

SUPPORT PEOPLE TO, TO WAKE UP TO THEMSELVES AND EACH OTHER
AS BEST I CAN.

THERE ARE THESE FOUR UNIVERSAL PRINCIPLES FROM, THAT GO,
SHOW UP.

PAY ATTENTION.

AND I, I HAVE ADAPTED THOUGH, SPEAK AND BE YOUR TRUTH
WITHOUT BRAILLE OR JUDGMENT.

LET GO OF THE OUTCOME AND BE OPEN TO THE OUTCOME.

YOU KNOW.

SO WE JUST DO OUR BEST, WE SHOW UP.

WE GET THERE.

WE PAY ATTENTION.

OUR PRACTICE OF MINDFULNESS BEING AWARE OF WHAT IS
HAPPENING INTERNALLY AND EXTERNALLY.

WE SPEAK OUR TRUTH WITHOUT BLAME OR JUDGMENT.

WE SPEAK OUR TRUTH FROM OUR HEART.

NOBODY CAN TAKE THAT AWAY.

OR CAN TEST THAT.

AND THEN TO LET GO OF THE OUTCOME.

YOU KNOW.

HOW OFTEN ARE WE ATTACHED TO AN OUTCOME, THAT PREVENTS US
FROM SHOWING UP, YOU KNOW, PAYING ATTENTION, AND SPEAKING
OUR TRUTH.

AND SO --

TO REALLY JUST HONOR, JUST HOW YOU ARE RIGHT NOW.

YOU KNOW, AND, AND WHATEVER IT -- YOU KNOW, BURDENS THAT WE
ARE CARRYING OR HOW WE ARE STRUGGLING, YOU KNOW LOOK, THE

FIRST QUOTE THAT I SHARED FROM, LISA OLIVERA, IT IS OKAY.
LIKE THIS IS, THESE ARE REALLY TRYING DIFFICULT CHALLENGING
TIMES RIGHT NOW.
AND, WE HAVE THE BUDDHA DHARMA SANGHA TO TAKE REFUGE IN.
THEY DON'T CALL IT THE THREE JEWELS FOR NOTHING SO.
REALLY TO -- TO REMEMBER THOSE JEWELS AND TO HOLD THEM IN
TIMES LIKE THIS IS SO CRUCIAL.
SO I WANT TO SHARE AS I CLOSE --
THE METASUTA WHICH IS TRANSLATED BY MY TEACHER AND IT,
IT -- THIS IS THE FIRST TRANSDHARMA TEACHER I EVER MET.
AND KITRIONA REED IS HER NAME.
SHE WAS IN THE ORDER AS WELL.
SO I THOUGHT MY THICH NHAT HANH FANS OUT THERE WOULD
APPRECIATE IT.
SO IF YOU JUST WANT TO SIT AND GO INWARD TO TACK THIS IN
DEEPLY.
I INVITE YOU TO DO SO IF YOU WISH.
IT GOES LIKE THIS.
IF YOU WANT TO LIVE IN TRUTH AND INTEGRITY, IF YOU HUNGER
FOR JOY AND FREEDOM, THEN LIVE SIMPLY.
BE IMPECCABLE IN EVERYTHING YOU DO.
BE RECEPTIVE, GENTLE AND UNASSUMING.

AVOID IRRELEVANT OBLIGATIONS AND EXTRANEIOUS DISTRACTIONS.

LEARN TO BE CONTENT WITH LESS.

MODEST IN WHAT YOU CONSUME.

SIMPLIFY YOUR TASTES.

TREAD LIGHTLY.

BE GRACIOUS AND APPROPRIATE.

SELF-SUFFICIENT.

FIND WAYS TO CREATE BALANCE IN YOUR RELATIONSHIPS.

ESPECIALLY WITH THOSE PEOPLE YOU LOVE THE MOST.

RESPECT THE NEEDS OF OTHERS.

AVOID ANTAGONIZING THEM UNNECESSARILY.

MAY ALL BEINGS BE HAPPY AND PEACEFUL.

MAY THEIR HEARTS BE FULL.

ALL LIVING BEINGS.

STRONG ONES AND WEAK.

LARGE OR SMALL.

SEEN OR UNSEEN.

THOSE NEARBY OR FAR AWAY.

THOSE ALREADY BORN AND THOSE YET TO BE BORN.

BEINGS YOU CAN ONLY IMAGINE AS WELL THOSE THAT ARE BEYOND

IMAGINATION.

WHEREVER THEY ARE, WHATEVER THEY ARE, MAY THEY ALL, MAY ALL

BEINGS BE JOYOUS AND HAPPY.

LET NO ONE DECEIVE ANOTHER.

LET NO ONE DESPISE ANOTHER.

LET NO ONE OUT OF RESENTMENT OR ANGER, WISH HARM TO
ANOTHER.

JUST AS A MOTHER WOULD GIVE HER LIFE TO PROTECT AN ONLY
CHILD.

SO CULTIVATE THAT SAME BOUNDLESS OPEN HEART TOWARDS ALL OF
LIFE.

LET YOUR THOUGHTS OF UNCONDITIONAL LOVE AND
KINDHEARTEDNESS, PERMEATE THE COSMOS, EXTENDING IN ALL
DIRECTIONS WITHOUT OBSTRUCTION.

FREE FROM PRECONCEPTIONS OR FEAR.

WHATEVER YOU HAPPEN TO BE DOING, WHETHER YOU ARE SEATED,
STANDING, WALKING OR LYING DOWN, SO LONG AS YOU DRAW
BREATH, FIND WAYS TO CULTIVATE THIS QUALITY OF LOVE AND
KINDNESS, THIS TENDER QUALITY OF MIND, WHICH OF ALL
QUALITIES IS SAID TO MOST ACCURATELY REFLECT TRUTH OF WHO
YOU ARE.

LET GO OF ANY IDEA THAT YOU ARE SEPARATE FROM THE WEB OF
LIVING BEINGS.

LET YOUR LIFE BE INFORMED BY THE UNDERSTANDING THAT ALL

THINGS ARE INTERCONNECTED.

FIND WAYS TO RELINQUISH WHAT YOU HAVE USED AS SUBSTITUTES
FOR LOVE AND ACCEPT IN THEIR PLACE, THE GIFT AND INFINITE
PLEASURE OF BOUNDLESS LOVE.

WAKE UP TO ALL THAT SURROUND YOU.

WAKE UP TO YOUR LIFE.

AND BE FREE.

AND SO TO GIVE YOU A MORE CONTEMPORARY VERSION OF THIS.

GOOD MORNING.

IT LOOKS LIKE ANOTHER BEAUTIFUL DAY IN, THE SUN IS SHINING
THE BIRDS ARE SINGING.

SO MAKE SURE YOU GO OUT THERE TODAY AND SAY HI TO YOUR
NEIGHBOR.

MAY YOU HAVE AUSPICIOUSNESS, SUCCESS, THE CONFIDENCE TO
ALWAYS TO YOUR BEST, MAY YOU TAKE NO EFFORT IN BEING
GENEROUS, SHARE IN WHAT YOU CAN NOTHING MORE NOTHING LESS,
MAY YOU KNOW THE MEANING OF THE WORD HAPPINESS, MAY YOU
ALWAYS LEAD FROM THE BEATING IN YOUR CHEST MAY YOU BE
TREATED LIKE AN ESTEEMED GUEST MAY YOU GET TO REST MAY YOU
CATCH YOUR BREATH

MAY THE BEST OF YOUR TODAY BE THE WORST OF YOUR TOMORROWS

WHOA

MAY THE ROAD LESS PAVED BE THE ROAD THAT YOU FOLLOW

OH

WELL HERE'S TO THE HEARTS THAT YOU'RE GOING TO BARAK FOR

HERE TO THE LIVES THAT YOU'RE GOING TO CHANGE

HERE'S TO THE INFINITE POSSIBLE WAYS TO LOVE YOU

I WANT YOU TO HAVE IT

HERE'S TO THE GOOD TIMES WE'RE GOING TO HAVE

THE ONLY MONEY YOU GOT FREE PASS

HERE'S TO THE FACT THAT I'LL BE SAD WITHOUT YOU

I WANT YOU TO HAVE IT ALL

OH

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT ALL

MAY YOU BE AS FASCINATING AS A SLAP BRACELET

MAY YOU KEEP THE CHAOS AND THE CLUTTER OFF YOUR DESK

MAY YOU HAVE UNQUESTIONABLE HEALTH AND LESS STRESS

HAVE NO POSSESSES, IMPHAOERB OURABLE WEALTH

MAY YOU GET A GOLD STAR ON YOUR NEXT TEST FOR MAY YOUR

EDUCATED GUESSES ALWAYS BE CORRECT

MAY YOU WIN PRIZES SHINING LIKE DIAMONDS MAY YOU BE HONING

EACH MOMENT TO THE NEXT

MAY THE BEST OF YOUR TODAYS BE THE WORST OF YOUR TOMORROWS

WHOA

MAY THE ROAD LESS PAVED BE THE ROAD THAT YOU FOLLOW

OH

WELL HERE'S TO THE HEARTS THAT YOU'RE GOING TO BREAK

HERE'S TO THE LIVES THAT YOU ARE GOING TO CHANGE

HERE'S TO THE INFINITE POSSIBLE WAYS TO LOVE YOU

I WANT YOU TO HAVE IT

HERE'S THE GOOD TIMES WE GOING TO HAVE

THE ONLY MONEY YOU GOT FREE PASS

HERE'S TO THE FACT THAT I'LL BE SAD WITHOUT YOU

I WANT YOU TO HAVE IT ALL

OH

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT

ALL

OH

I WANT YOU TO HAVE IT ALL

I ALL YOU CAN IMAGINE

OH

NO MATTER WHAT YOUR PATH IS

IF YOU BELIEVE IT THEN ANYTHING CAN HAPPEN

GO

GO

GO

RAISE YOUR GLASSES

GO

GO

GO

YOU CAN HAVE IT ALL

I TOLD YOU HERE'S TO THE HEARTS THAT YOU'RE GOING TO BREAK

HERE'S TO THE LIVES THAT YOU'RE GOING TO CHANGE

HERE'S TO THE INFINITE POSSIBLE WAYS TO LOVE YOU

I WANT YOU TO HAVE

HERE'S TO THE GOOD TIMES WE'RE GOING TO HAVE

THE ONLY MONEY YOU GOT FREE PASS

HERE'S TO THE FACT THAT I'LL BE SAD WITHOUT YOU

I WANT YOU TO HAVE IT ALL

OH

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE IT ALL

I WANT YOU TO HAVE

HERE'S TO THE GOOD TIMES WE'RE GOING TO HAVE

HERE'S TO YOU ALWAYS MAKING ME LAUGH

HERE'S TO THE FACT THAT I'LL BE SAD WITHOUT YOU

I WANT YOU TO HAVE IT ALL.

¶ MAY YOU ALL HAVE ALL THAT YOU NEED IN THIS LIFETIME.

>> ANNIE MAHON: WOW.

JUST WOW.

I FEEL LIKE I HAVE DONE DRUGS OR SOMETHING.

(LAUGHTER)

THAT WAS SO UPLIFTING AND INSPIRING AND MOVING

AND -- JUST -- JUST I CAN'T BELIEVE THAT WAS ONLY, AN HOUR.

OH, THANK YOU SO MUCH, LA.

THAT WAS JUST SO BEAUTIFUL.

AND --

A LOT TO REALLY HOLD FOR THE NEXT HOWEVER LONG TO KEEP

DIGESTING WHAT YOU SHARED.

BUT I THIN WEEK WANT TO OPEN IT UP TO PEOPLE WHO HAVE

QUESTIONS OR COMMENTS.

AND, YOU CAN EITHER, I THINK BEST IS TO PUT IT IN THE CHAT.

YOUR QUESTION.

OR COMMENT.

OR IF YOU WOULD LIKE TO SAY SOMETHING, PUT YOUR NAME IN THE

CHAT.

AND WE CAN --

REACH YOU THAT WAY.

SO THERE IS A QUESTION RIGHT AWAY ABOUT WHETHER YOU CAN
SHARE THE TRANSLATION THAT YOU GAVE, YEAH, GREAT.

THANK YOU.

>> MAY I SEND TIGHT YOU, ANNIE, YOU CAN DISTRIBUTE IT
THROUGH THE EMAIL.

>> ANNIE MAHON: WE WILL SEND IT OUT AFTERWARDS.

IF YOU CAN SHARE THE LINKS.

I WILL SO BE DANCING TO THE LAST SONG.

BOTH SONGS.

SO, PLEASE.

>> THANK YOU, AND WE CAN ALSO HAVE IT IN OUR WEBSITE.

WE SHARE THE RESOURCES OF OUR SPEAKERS, SO IF YOU GO TO
MAKING-VISIBLE.ORG, LA ALLOW US TO SHARE IT THERE, WE WILL
HAVE EVERYTHING THERE.

THANK YOU, LA, THANK YOU.

WE SO NEED MORE PEOPLE LIKE YOU IN THE WORLD.

I TOLD YOU THAT BEFORE.

>> ANNIE MAHON: YOU DID SAY THAT.

>> ADRIANA ARIZPE MARTIN: YES.

MORE PEOPLE.

>> ANNIE MAHON: I SEE, LOTS OF CLAPPING HANDS.

AND MARK IS SAYING THANK YOU.

DEEP BOWS.

LOVELY.

SO, ANY QUESTIONS OR ANYTHING ANYONE WOULD LIKE TO ASK LA,

OR SHARE, OR --

>> ANNIE MAHON: AND WE CAN --

>> ADRIANA ARIZPE MARTIN: WE CAN READ THE QUESTIONS.

I DON'T KNOW IF LA AGREES.

IF SOME ONE WANTS TO WRITE THEIR MICROPHONE AND TELL

SOMETHING TODAY DIRECTLY.

ALSO ARE YOU OKAY WITH THAT.

>> LA SARMIENTO: SURE.

>> ADRIANA ARIZPE MARTIN: IF SOMEONE WANTS TO RAISE THEIR

HAND.

UNMUTE YOURSELF.

START TALKING.

IT'S OKAY.

>> ADRIANA ARIZPE MARTIN: I THINK EVERYONE IS SO IMPRESSED

WITH YOU, LA, EVERYONE IS DIGESTING EVERYTHING THAT YOU

SAID.

>> ANNIE MAHON: YES, YES.

>> ADRIANA ARIZPE MARTIN: YOU CAN SEE THE FACES OF EVERYONE ENJOYING THE MOMENT.

>> ANNIE MAHON: UH-HUH.

UH-HUH.

>> I HAVE A QUESTION.

THIS IS LISA LOWE.

THANK YOU SO MUCH, LA, WHAT A WONDERFUL PRESENTATION.

I REALLY APPRECIATED YOUR COMMENT ABOUT INCLUSIVE TEE VERSUS BELONGING.

THAT IS SUCH A HELPFUL DISTINCTION TO MAKE AND IT REALLY HELPS KIND OF SET UP WHAT, WHAT THE, THE VISION LOOKS LIKE FOR --

FOR DIVERSITY.

WHEN PEOPLE THROW THIS WORD AROUND.

SO, MY QUESTION IS -- I KNOW YOU GAVE THAT EXAMPLE, KIND OF ANALOGY OF, INVITING PEOPLE TO A TABLE.

BUT, YOU KNOW, NO ONE THINKS OF THE FOOD AND THE, THE THINGS THAT THEY SHOULD BRING.

OH, OH, OH, JUST DO IT OUR WAY.

WE JUST WANT YOU SITTING.

FROM LIKE A MINDFULNESS COMMUNITY PERSPECTIVE, IS THERE

SOMETHING THAT TRANSLATES TO THAT FOOD TO THE TABLE SPECIFICALLY.

KIND OF LIKE --

WHAT YOU SAW WAS MISSING IN TERMS OF BRINGING REAL BELONGING AND REAL ASPECTS OF -- THOSE OTHER AFFINITY GROUPS KIND OF INTO LIKE WHAT WAS MISSING, AND WHAT COULD HAVE BEEN ADDED IF THAT MAKES SENSE?

>> LA SARMIENTO: WHAT I FOUND OVER THE LAST 15 YEARS IN BEING PART OF THE DOMINANT CULTURE COMMUNITY IS, IS RELATIONSHIP, YOU KNOW, ABOUT HAVING RELATIONSHIPS AND BUILDING RELATIONSHIPS WITH PEOPLE.

AND, YOU KNOW, AT FIRST, YOU KNOW, JUST BECAUSE YOU'RE USED TO LOOK BEING WITH LIKE EVERYBODY, YOU KNOW, LET ME SAY IT THIS WAY.

IN OUR DOMINANT CULTURE RETREATS WE STARTED HAVING SITS FOR PEOPLE OF COLOR AND LGBTQ+ FOLKS.

AND, FOLKS WERE GETTING UPSET LIKE, OH, WELL WHY DO THEY HAVE TO HAVE THEIR OWN SEPARATE SITS.

IT'S LOOK WHEN YOU ARE SITTING IN THE HALL YOU ARE IN YOUR OWN AFFINITY GROUP RIGHT THERE.

SO IT IS LIKE THAT, THERE IS NOT THIS RECOGNITION OF THAT, THERE IS THIS DIFFERENCE, LIKE, IN FAT.

AND SO, FOR ME WHAT'S WORKED IS REALLY CULTIVATING
RELATIONSHIPS WITH FOLKS.

WHAT IS GOING TO INITIALLY START THAT IF YOU CREATE SPACES
FOR FOLKS TO PRACTICE TOGETHER TO BUILD THAT SUPPORT FOR
EACH OTHER.

SO, LIKE MY, MY TEACHER LARRY YANG OFTEN SAYS, YOU KNOW,
YOU PRACTICE IN THESE AFFINITIED SANGHAS LIKE A TOUCH STONE
AS A REFUGE, BUT THAT IS NOT WHAT THE WORLD IS LIKE.

AND SO, LIKE YOU PRACTICE SO THAT YOU ONE DAY CAN PRACTICE
WITH ANYONE, ANYWHERE, AT ANY TIME.

YOU KNOW, AND -- AND SO, IT'S WHETHER YOU KNOW, AND SO THE
DHARMA IS THERE.

AND WE ARE ALL WANTING TO ACCESS IT, BUT FOR, FOR THOSE OF
US IN, IN -- YOU KNOW, THESE DIFFERENT GROUPS, IT'S LIKE --
I HAVE GOT TO WORK THROUGH -- LIKE, RACIST COMMENTS OR
TRANSPHOBIC COMMENTS OR WHATEVER JUST THE VIBE OF LIKE NOT
BEING IN -- IN A SPACE WHERE THERE ARE MORE PEOPLE LIKE ME.

AND I JUST WANT TO SAY LIKE, YOU KNOW WE ARE DOING OUR
FIRST ONLINE, RETREAT, AND 52% OF THE PEOPLE IN THE 200
PERSON RETREAT ARE EITHER, QUEER FOLKS, TRANSFOLKS, PEOPLE
THAT WERE MILITARY VETERANS, PEOPLE THAT MAKE, LESS THAN
\$40,000 A YEAR, AND FOLKS THAT ARE DISABLED.

SO, OVER HALF OF THE SANGHA IS MADE UP OF PEOPLE FROM
DIVERSE COMMUNITIES.

THAT'S -- THAT TOOK 15 YEARS TO ACCOMPLISH TO GET TO THIS
POINT.

PATIENT.

THAT'S WHAT I WANTED TO LEARN THE SIZE.

IT'S NOT LIKE I USE THIS ANALOGY OF, YOU KNOW YOU HAVE A
GLASS OF MILK, RIGHT.

AND WHEN WE THINK OF MILK, WE THINK OF WHITE MILK FIRST.

AND THEN YOU TAKE LIKE A SCOOP OR TWO OF NESTLE'S QUICK, WE
WANT TO STIR IT UP.

HOW WE THINK THIS WILL HAPPEN.

OH, LET'S THROW THIS, CHOCOLATE INTO THIS, WHITE MILK.

AND THEN WE'LL GET WHAT WE WANT.

>> YEAH.

>> NO.

IN THESE COMMUNITIES, MARGINALIZED OPPRESSED COMMUNITIES, WE
DON'T TRUST THAT, YOU KNOW.

(AUDIO DROP) CONFIDENCE NEEDS TO BE BUILT, HEALING,
CONVERSATIONS, RELATIONSHIPS.

OTHERWISE -- FOR (AUDIO DROP).

>> YEAH.

YEAH.

(AUDIO DROP) I BECAME A DHARMA TEACHER BECAUSE I CHECKED
OFF A LOT OF DIVERSITY BOXES.

PUT ME ON YOUR TEACHING TEAM.

>> YEAH, THANK YOU, THAT REALLY HELPS, WITH THAT SENSE OF
RELATIONSHIP.

I THINK -- MINDFULNESS PRACTICE CAN BE SUCH AN
INDIVIDUALISTIC PRACTICE, AND, WE KIND OF DO IT FOR
OURSELVES FIRST AND THEN, WE ARE LIKE, YEAH, LET'S, LET'S
SEND LOVE TO EVERYONE PRIVATELY IN OUR HEADS.

AND, YOU KNOW, I CAN REALLY SEE HOW THERE IS ROOM TO GROW
IN TERMS OF REAL RELATIONSHIP.

YOU KNOW?

LIKE YOU SAID BUILDING WITHIN.

WITHIN THE AFFINITY GROUPS TO SUPPORT THAT HEALING AND THEN
OBVIOUSLY, YOU KNOW, TO, REALLY BRING TRUE BELONGING IS
BUILDING REAL RELATIONSHIPS WITH, WITH THE REST OF, YOU
KNOW THE COMMUNITY AS WELL.

SO, THANK YOU VERY MUCH FOR THAT.

(NO AUDIO) -- WHETHER IT IS UNDERSTANDING WHITENESS,
WHETHER IT IS, YOU KNOW, UNDERSTANDING, BEING CIS GENDERED,
STRAIGHT, WE ALL HAVE WORK TO DO.

WE ALL HAVE WORK TO DO.

>> I CAN SAY THAT WHEN I WAS SITTING IN, ICW MEDITATION SESSION DON'T KNOW IF WAS JONATHAN ZACARIS BROUGHT UP DIVERSITY LEADERSHIP TEAM THIS NEW INITIATIVE, THAT WAS ACTUALLY ONE OF THE BIGGEST BELLS FOR ME TO SAY, WHOA, THERE IS A TON OF WORK FOR ME TO DO HERE, LIKE, I HADN'T EVEN REALLY THOUGHT ABOUT MY PRIVILEGE.

WHAT IS THIS WHOLE THING ABOUT PRIVILEGE AND YOU KNOW REALLY HAVING LIVED IN A BUBBLE.

FOR A LONG PERIOD OF MY LIFE, DUE TO RELIGIOUS ENVIRONMENT AND OTHER THINGS.

I FEEL LIKE I AM VERY LATE TO THE GAME.

BUT I AM THANKFUL THERE WAS SOME SORT OF EFFORT BEING MADE, BECAUSE I THINK IT DID CLUE THE PEOPLE IN THE COMMUNITY IN TO THE FACT THAT, OH, WAIT THIS IS SOMETHING TO PAY ATTENTION TO.

IF THE LEADERSHIP IS ON THIS.

YOU KNOW, WE CAN, THAT'S SOMETHING THAT I SHOULD ALSO BE LOOKING INTO.

SO I AM GRATEFUL FOR YOUR, YOUR EFFORTS WITHIN THAT GROUP AS WELL.

AND THEN, ALSO, OF COURSE, WHERE YOU HAVE TAKEN THE OTHER

SANGHAS.

SO, MUCH APPRECIATION FOR YOU.

>> LA SARMIENTO: THANK YOU.

>> ANNIE MAHON: I WILL HOP IN HERE TO SEE IF ANY ONE ELSE HAS A" OR COMMENT.

WHO WOULD LOOK TO SAY SOMETHING BEFORE WE GET TO THE END OF OUR TIME.

WE HAVE ONLY A FEW MORE MINUTES.

>> THANK YOU SO MUCH.

THANK YOU SO MUCH, LA, IT WAS SO INSPIRING.

AND I AM ALWAYS INSPIRED BY YOU FOR YOUR COURAGE AND HONESTY AND -- AND YOUR -- YOUR STRENGTH AND, ALSO, HUMOR. I ALWAYS NOTICE THAT YOU ALWAYS HAVE THAT, NO MATTER WHAT YOU ARE TALKING ABOUT.

YOU ALWAYS HAVE HUMOR IN YOUR HEART.

AND I LOVE IT.

AND --

I REALLY ROSE NATEED THE PART WHERE YOU SAID, JUST LOOKING AT YOURSELF AS -- AS -- I THINK YOU SAID, RADICAL ACCEPTANCE.

AND YOU CLAIM YOUR BELONGING.

I REALLY LOVE THAT WORD.

AND, I KNOW THIS MIGHT SOUND BAD, SOMETIMES I MAKE UP A STORY AND DECIDE THAT I AM DIFFERENT FROM OTHERS OR, OR -- FOR MAKE UP, WHATEVER THE THINGS IN MY MIND AND JUST -- PUT MYSELF IN A BOX AND THEN -- JUST, CREATE REALITY THAT IS NOT REAL, THAT, THAT I DIDN'T BELONG.

SO I THINK THAT IS THE PART THAT --

THAT, I NEED TO HAVE COURAGE LIKE YOU DID.

AND THEN, BEING ABLE TO -- TO COME OF YOUR SUFFERING AND THEN, ACTUALLY USE THAT SUFFERING TO HELP PEOPLE.

LIKE YOU DID.

I REALLY ADMIRE THAT.

AND I REALLY LOVE THE PART YOU NEVER KNOW WHAT THE OTHER PERSON IS GOING THROUGH UNLESS YOU REALLY LISTEN TO -- TO WHAT -- WHAT THEY HAVE TO SAY.

AND THEN I THINK THAT'S REALLY TRUE.

EVERYBODY HAS A VERY DIFFERENT EXPERIENCE AND DIFFERENT SUFFERING AND I FEEL I WANT TO KEEP TRYING TO OFFER SPACE AND LISTEN TO OTHERS.

I THINK THAT'S WHAT I CAN TRY MORE.

YEAH.

ANYWAYS.

YEAH, I LOVED EVERYTHING.

AND I REALLY LIKE THE SONG THAT YOU MADE.

AND SANG.

IT WAS BEAUTIFUL.

THANK YOU.

>> LA SARMIENTO: THANK YOU.

THANK YOU.

YOU KNOW WE ARE ALWAYS TELLING OURSELVES STORIES.

I ALWAYS TELL MY TEENAGERS, IF YOU TELL YOURSELF A STORY,

TELL YOURSELF A GOOD ONE.

WHY DO WE KEEP TELLING OURSELVES AWFUL STORIES.

YOU KNOW.

AND ALSO, IN TERMS OF HUMOR, LIKE, AS A DEAR FRIEND OF MINE

TOLD ME ONCE, THE DHARMA IS TOO IMPORTANT TO TAKE

SERIOUSLY.

IT REALLY IS.

THE LIGHTNESS IS FUEL.

JOY IS FUEL TO BE WITH THESE -- TO DEAL WITH THE SORROWS OF

THIS LIFE.

>> ANNIE MAHON: LA, DO YOU HAVE TIME FOR ONE MORE QUESTION

FROM OUR FRIEND IN TAIWAN, WHO SAYS, THANKS FOR YOUR

BEAUTIFUL SHARING.

AND, PLEASE SHARE SOMETHING ON HOW TO CLAIM OUR BELONGING

WITHOUT BEING OVER POWERING OR DOMINATING?

AND THEN THAT WILL BE OUR LAST QUESTION THEN WE WILL WRAP UP.

>> LA SARMIENTO: FOR ME CLAIMING MY BELONGING IS AN INTERNAL PROCESS.

IT IS NOT PUTTING IT UPON SOMEBODY ELSE.

BUT IT IS LIKE, THIS FEELING THAT I -- THAT I GET WHERE LIKE, EVEN BEFORE THIS TALK, IT WAS LIKE, RATHER THAN RELYING ON, LIKE OH I HOPE THIS TALK LANDS WELL FOR PEOPLE OR I HOPE THEY BENEFIT FROM IT.

IT IS LIKE, OKAY, LET ME JUST BE IN MY SEAT AND LET ME JUST SPEAK FROM MY TRUTH AND THEN, LET ME LET GO OF THE OUTCOME OF HOW THAT LAND, YOU KNOW, SO IT IS LIKE, YOU KNOW, LET ME CLAIM MY DHARMA SEAT AND LET ME JUST SHARE FROM MY OWN EXPERIENCE, FROM MY OWN PROCESS, BECAUSE, WHEN WE SHARE FROM THAT PLACE, IT'S, IT'S NOT JUDGING OR BLAMING OR WANTING TO, TO OVERPOWER OR DOMINATE OTHER PEOPLE.

IT'S JUST LIKE, THIS IS JUST MY TRUTH.

THIS IS HOW I EXPERIENCE LIFE.

THIS IS HOW THE DHARMA, LIVES THROUGH ME.

YEAH.

SO, I HOPE THAT IS OKAY.

>> ADRIANA ARIZPE MARTIN: THANK YOU, LA, I THINK IT IS TIME TO CLOSE.

WHAT DO YOU THINK.

LA, ARE YOU OKAY.

IF WE CLOSE.

ANNIE, YOU, YOU, MAYBE WE WANT TO, WHAT, TO CLOSE WITH A BELL, OR WE ALREADY HAVE THE BELL, WHAT DO YOU --

>> ANNIE MAHON: WE WILL HAVE A BELL TO FINISH.

MAYBE WE WANT TO DO, JUST LET PEOPLE KNOW ABOUT THE NEXT WEBINAR.

ONE MORE WEBINAR IN THIS SERIES COMING UP WITH SAM RISE.

AND THAT IS ON, I ACTUALLY WROTE DOWN THE DATE.

BECAUSE WE NEVER HAVE IT USUALLY.

IT'S NOVEMBER 18.

YEAH, 18TH.

SO, ANOTHER, IT WILL BE ANOTHER GREAT WEBINAR.

MAYBE WITH SOME MORE MUSIC.

SAM IS A MUSICIAN.

AND SO, BETTER SHOW UP IF YOU WANT TO HEAR MORE MUSIC.

SO, YOU CAN SIGN UP, SAME PLACE, SORRY, WHAT?

>> ADRIANA ARIZPE MARTIN: ALSO WANT TO THANK AGAIN, RACHEL.

BECAUSE, SHE IS PART OF THIS -- MAKE-VISIBLE, THANK YOU

ALSO, RACHEL.

I DON'T KNOW IF CLAIRE IS THERE.

CLAIRE IS ALSO HELPING US WITH OUR -- SOCIAL MEDIA.

WE ARE STARTING THERE.

AND IF YOU CAN ALL FOLLOW US, THAT WILL BE REALLY NICE.

WE NEED MORE FOLLOWERS.

AND, THANK YOU ALL FOR BEING HERE BECAUSE THIS IS NOT
POSSIBLE WITHOUT ALL OF YOU.

WANTING TO BE HERE.

WANTING TO LEARN, WANTING TO UNDERSTAND OTHERS AND SO,
THANK YOU, THANK YOU AGAIN, EVERYONE.

AND -- I THINK THAT'S IT, ANNIE.

LA, THANK YOU AGAIN.

>> ALSO CAN WE SHOUT OUT TO DON ONE MORE TIME FOR THE
AMAZING LIVE CAPTIONING.

YEA, THANK YOU, DON.

YEAH.

OKAY.

I GUESS WE WILL HAVE A FINAL BELL UNLESS SOMEBODY HAS --
LA, ANYTHING ELSE YOU WANT TO CLOSE WITH.

SO WE WILL JUST --

>> THANK YOU, ANNIE, ADRIANA, FOR INVITING ME.

>> YES, THANKS TO LAUREN.

SO FROM THIS EVENING TOGETHER, INSPIRING AND JOYFUL AND
DEEP AND -- AND DHARMA-INSPIRED, MAY ALL OF US ON THIS CALL
AND ALL BEINGS EVERYWHERE BE SAFE AND WELL, PHYSICALLY AND
EMOTIONALLY, AND MAY ALL BEINGS EVERYWHERE HAVE FREEDOM AND
MAY ALL OF US HERE CONTINUE ON THIS.

(BELL TOLLS)

(BELL TOLLS) AND MAY OUR PRACTICE HERE BRING HEALING TO THE
WORLD.

>> ANNIE MAHON: THANK YOU.

>> ADRIANA ARIZPE MARTIN: THANK YOU, LAUREN AGAIN.

AT THE BEGINNING, LAUREN HELP US TO CURATE, THE.

>> LA SARMIENTO: AND THANK YOU FOR BEING HERE.

THANK YOU FOR COMING.

THANK YOU, THANK YOU.

HAVE A WONDERFUL EVENING.

SEE YOU NEXT MONTH.