

RAW FILE

MAKING-VISIBLE
SAMANTHA RISE
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7-830 P.M.

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>> ANNIE MAHON: WELCOME.
>> ADRIANA ARIZPE MARTIN: WELCOME, EVERYONE.
THANK YOU SO MUCH FOR BEING HERE WITH US TONIGHT.
WE ARE SO GLAD TO SEE YOU ALL.
>> ANNIE MAHON: YES.
WONDERFUL TO SEE YOU ALL.
PLEASE GO AHEAD AND PUT YOUR NAME AND MAYBE -- WHERE YOU
ARE CALLING IN FROM IN THE CHAT.
SO WE CAN SAY HELLO TO EVERYONE.
SO PEOPLE CAN KNOW WHO IS HERE.
AND IF YOU WOULD LIKE TO HAVE CLOSED-CAPTIONING, WE HAVE A
LIVE CAPTIONER HERE, YOU JUST NEED TO CLICK ON THE
CLOSED-CAPTION OPTION AT THE BOTTOM.
SELECT SUBTITLES.
>> DON IS OUR CAPTIONER, THANK YOU SO MUCH, DON.
>> YEA, TO DON.
AND I SEE, LARRY IS HERE FROM TEXAS.
AND CLAIRE, AND CAMILLE ARE BOTH IN PISCATAWAY, D.C. LANDS.
ALSO, LAUREN.
>> KIM.
>> ADRIANA ARIZPE MARTIN: LAND OF THE LENE LENAPA, PHILLY.
LINDA-RHODE ISLAND.
THANK YOU, EVERYONE.

WELCOME.

>> ANNIE MAHON: YES, WE ARE GOING TO GIVE A COUPLE MINUTES AS PEOPLE ARE ARRIVING, SOMETIMES TAKES A FEW MINUTES FOR PEOPLE TO ARRIVE AND THEN WE WILL BE GETTING STARTED. IF YOU ARE JUST ARRIVING, WE DO HAVE CLOSED-CAPTIONING, YOU CAN SELECT AT THE BOTTOM. WE HAVE A LIVE CAPTIONER, DON IS HERE DOING LIVE CAPTIONING.

SELECT CLOSED-CAPTION AT THE BOTTOM, SELECT SUBTITLES. PLEASE PUT YOUR NAME AND WHERE YOU ARE CALLING FROM IN THE CHAT.

IF YOU WANT TO INCLUDE YOUR PRONOUNS, DO THAT AS WELL. SO, WE CAN JUST SAY HELLO. AND PEOPLE CAN SAY HELLO TO EACH OTHER.

>> ADRIANA ARIZPE MARTIN: NIGEL AND PRISCILLA IN D.C. HI. JUDY, SHE/HER.

KUMEYAAY LAND AND LUISENO LAND, SAN DIEGO. DILLON, HE/HIM, HIGHLAND PARK, NEW JERSEY. WELCOME.

THANK YOU SO MUCH FOR BEING HERE TONIGHT.

>> ANNIE MAHON: CANDY IS HERE, THEY/THEM, LENAPE LANDS OF PHILLY.

>> ADRIANA ARIZPE MARTIN: AJ, SHE/THEY, FROM THE EASTERN SHORE OF VIRGINIA.

WELCOME.

>> ANNIE MAHON: NICE, HI, AJ.

>> ADRIANA ARIZPE MARTIN: THANK YOU, EVERYONE, WE HAVE CLOSED-CAPTIONING IF YOU WANT. YOU JUST GO, BELOW IN YOUR, SCREEN, AND YOU JUST -- CAN, CHOOSE SHOW SUBTITLES, YOU WILL SEE THEM. DON IS OUR CAPTIONER.

THANK YOU SO MUCH.

AND DANA LEE, SANTA CRUZ.

THEY/THEM, COMING FROM THE LAND OF THE AWASAWAS OHLONE PEOPLES.

WELCOME.

IF YOU ARE JUST JOINING US, PUT YOUR NAME AND WHERE YOU ARE CALLING FROM AND YOUR PREFERRED PRONOUNS IF YOU WOULD LIKE IN THE CHAT.

IT'S GOOD TO SEE EVERYBODY.

FROM ALL OVER.

SOME FAMILIAR FACES.

SOME NEW FACES.

IT'S WONDERFUL.
ALL RIGHT.
I GUESS IT IS 7:04.
WE CAN START, START TO GET STARTED.

>> ADRIANA ARIZPE MARTIN: START TO GET STARTED.
YES.

>> ANNIE MAHON: WE WILL BEGIN THE PROCESS.
SO, FIRST, WELCOMING YOU ALL THANK YOU FOR COMING AND
TAKING TIME OUT OF YOUR SCHEDULE.
I KNOW, THESE DAYS, WE ARE DOING A LOT OF ZOOMING.
APPRECIATE YOU BEING HERE LIVE.
IT'S -- IT IS VERY SUPPORTIVE.
TO THE COMMUNITY THAT GATHERS TO HAVE PEOPLE HERE.
LISTENING TOGETHER.
AND BEING TOGETHER.
WE WILL START WITH A BELL.
AND THEN I WILL HAVE A READING JUST A SMALL QUOTE FROM
THICH NHAT HANH.
SO, JUST, JUST AS A REMINDER THIS GROUP, THAT IS
MAKING-VISIBLE PROJECT OF SORTS, IS -- IS SOMETHING THAT
ADRIANA AND I BEGAN A FEW YEARS AGO AS A WAY TO AMPLIFY
VOICES OF PEOPLE WHO AREN'T HEARD AS OFTEN ESPECIALLY
WITHIN MINDFULNESS COMMUNITIES.
AND REALLY, WANTING TO BRING TO LIGHT, SOME THINGS THAT
AREN'T ALWAYS SPOKEN ABOUT IN MINDFULNESS COMMUNITIES.
AND SO WE DO VARIOUS SESSIONS.
THIS SESSION, THIS IS THE THIRD ONE WE HAD ON, LGBTQIA
COMMUNITY AND ISSUES WITHIN THAT.
AND --
THEN WE WILL BE STARTING, THIS WILL BE THE LAST, MAYBE THE
LAST ONE FOR THIS YEAR.
I DON'T KNOW, ADRIANA AND I HAVE TO GET OUR HEADS TOGETHER.
MAYBE ONE MORE THIS YEAR.
NEXT YEAR WE'LL START UP AGAIN WITH SOME DIFFERENT TOPICS
THAT, THAT WILL BE EXCITING FOR YOU TO FIND OUT ABOUT.

>> ADRIANA ARIZPE MARTIN: YES.
>> ANNIE MAHON: WANT TO KNOW MORE, GO TO
MAKING-VISIBLE -- I WILL TYPE IT IN THE CHAT --.ORG, GET
MORE INFORMATION.
ALSO YOU CAN SEE ALL PREVIOUS RECORDINGS FROM THE WEBINARS
ARE ALWAYS THERE TOO
AND WE WILL BE RECORDING, THAT'S A GOOD THING TO REMEMBER.

AND WE WILL BE SPOTLIGHTING, THE SPEAKER, SO, HOPEFULLY, YOU WON'T BE -- ON THERE, BUT YOU COULD BE. JUST AS A WARNING.

SO IF YOU WANT TO TAKE, TURN OFF YOUR VIDEO, JUST TO BE SAFE IF YOU REALLY DON'T WANT TO BE ON THE RECORDING, YOU CAN DO THAT.

OTHERWISE YOU ARE TAKING A CHANCE.

>> ADRIANA ARIZPE MARTIN: AND JUST LIKE, WE WILL -- HAVE AN INTRODUCTION, AND, ANNIE WILL READ SOMETHING -- RING SOMETHING, A BELL, AND THEN SAM, ARE GOING TO SHARE WITH US AND THEN WE WILL HAVE A SPACE FOR Q/A AT THE END.

AND -- AND THIS SESSION GOES FROM 7:00 TO 8:30, DEPENDING ON HOW WE FEEL AROUND THAT TIME.

OKAY.

THANK YOU, EVERYONE.

AND, JUST -- JUST REMEMBER THAT IT IS A SHARED SPACE TO LEARN TOGETHER.

THANK YOU.

>> ANNIE MAHON: LASTLY, WE MAY MUTE YOU IF YOU ARE UNMUTE SEWED YOU KNOW.

PLEASE TRY TO STAY MUTED UNTIL Q/A WHEN YOU HAVE A QUESTION.

OKAY.

WE WILL BEGIN WITH A BELL TO GATHER OURSELVES AND OUR ATTENTION FOR THE EVENING.

GO AHEAD AND FINDING YOUR BODY.

FEELING YOUR BODY AND WHATEVER IT IS YOU ARE RESTING OR SITTING ON.

FINDING YOUR INHALE AND YOUR EXHALE.

AND REALLY JUST ARRIVING HERE TOGETHER.

IN THIS COMMUNITY.

FIRST TIME THIS PARTICULAR COMMUNITY HAS BEEN TOGETHER.

(BELL TOLLS) SO, DEAR FRIEND, I WILL READ FROM THICH NHAT HANH'S BOOK, "PIECES EVERY STEP," AND THERE IS A READING IN HERE THAT, THAT I REALLY TURN TO REMIND ME OF HOW TO PRACTICE -- HE SAYS WHEN I WAS IN VIETNAM, SO MANY OF OUR VILLAGES WERE BEING BOMBED.

ALONG WITH MY MONASTIC SISTERS AND BROTHERS, I HAD TO DECIDE WHAT TO DO.

SHOULD WE CONTINUE TO PRACTICE IN OUR MONASTERIES?

OR SHOULD WE LEAVE THE MEDITATION HALLS IN ORDER TO HELP THE PEOPLE WHO ARE SUFFERING UNDER THE BOMBS?

AFTER CAREFUL REFLECTION, WE DECIDED TO DO BOTH.

TO GO OUT AND HELP PEOPLE AND TO DO SO IN MINDFULNESS.
WE CALLED IT ENGAGED BUDDHISM.
MINDFULNESS MUST BE ENGAGED.
ONCE THERE IS SEEING THERE MUST BE ACTING.
OTHERWISE, WHAT IS THE USE OF SEEING?
WE MUST BE AWARE OF THE REAL PROBLEMS OF THE WORLD.
THEN WITH MINDFULNESS, WE WILL KNOW WHAT TO DO AND WHATNOT
TO DO TO BE OF HELP.

>> ADRIANA ARIZPE MARTIN: THANK YOU, ANNIE.
THANK YOU, EVERYONE.
NOW IT IS TIME TO INTRODUCE, SAM RISE.
WE ARE SO HAPPY AND AN HONOR TO HAVE THEM HERE WITH US.
AND I AM JUST GOING TO READ, REALLY QUICK, A LITTLE BIOOF
SAM.
JUST FOR YOU TO, I MEAN I GUESS A LOT OF PEOPLE HERE KNOW,
KNOW WHO THEY ARE, BUT, A LITTLE MORE INFORMATION FOR YOU
ALL.
GIVE ME ONE SECOND AND I WILL DO IT RIGHT AWAY.
SAMANTHA'S MINDFULNESS PRACTICE EMERGED THROUGH DISCOVERY
OF THE TEACHINGS OF THICH NHAT HANH.
WHEN THEY LEARNED OF HIS NOMINATION FOR THE NOBEL PEACE
PRIZE BY MARTIN LUTHER KING JR
AND HEARD THE PHRASE WE ARE HERE TO AWAKEN FROM THE
ILLUSION OF OUR -- THE PHRASE BECAME PERMANENTLY IMPRESSED
ON THEIR HEART.
SAMANTHA IS COFOUNDER AND FACILITATOR OF MANY FACES SANGHA,
A PRACTICE COMMUNITY IN WEST PHILADELPHIA, THAT CENTERS THE
PERSPECTIVES AND LEADERSHIP OF PEOPLE OF COLOR AND LGBTQIA
COMMUNITIES.
THEY ARE DEDICATED TO THE PRACTICE OF ENGAGED BUDDHISM AND
ITS INCREDIBLE CAPACITIES FOR HEALING, CULTIVATING
RESILIENCE, AND DEEPENING UNDERSTANDING.
SAMANTHA IDENTIFIES AS A MUSICIAN AND VOCALIST AND BELIEVES
THAT MUSIC IS A BIRTHRIGHT.
THEY ARE DEDICATE ACCESS TO MUSIC AS A TOOL FOR HEALING,
TRANSFORMATIVE JUSTICE, AND SELF DETERMINATION.
THEY ARE CURRENTLY THE PROGRAM DIRECTOR OF GIRLS ROCK
PHILLY, MUSIC MENTORING ORGANIZATION, DEDICATED TO BUILDING
AN INTERGENERATIONAL COMMUNITY OF GIRLS, WOMEN, AND, AND
TRANSGENDER NONCONFORMING PEOPLE.
SAM, THANK YOU SO MUCH FOR BEING HERE, TONIGHT WITH US,
AND -- NOW, THE SPACE IS FOR YOU.
AND WE ARE SO WILLING TO HEAR FROM YOU.

THANK YOU.

>> Samantha Rise: THANK YOU, ADRIANA SO MUCH.
THANK YOU, ANNIE TO YOU BOTH FOR HOLDING THIS SPACE.
THANKS TO LAUREN FOR THE INVITATION AND CURATION INTO THE
SPACE FOR SKILLFUL AND BEAUTIFUL WAY YOU AMPLIFY VOICES.
THE T COMES FIRST.
PRACTICING THAT EVERY DAY.
ALSO, THANK YOU, DON, FOR LIVE CAPTIONING.
FOR CREATING AN ACCESSIBLE SPACE IN MANY WAYS AS WE CAN.
AND DEAR SANGHA TO EACH OF YOU FOR INVITING ME AND FOR
HOLDING SPACE FOR COCREATING IT WITH ME, IF YOU HAVE NOT
INTERACTED IN SPACES LIKE THIS WITH ME YET, A WORD TO THE
WISE, THAT -- ANY, ANY SPACE THAT I, I SHARE, AUTOMATICALLY
BECOMES INTERACTIVE TO SOME CAPACITY.
SO JUST, JUST KNOW THAT.
YOU HAVE BEEN DUALY WARNED.
AND SUCH A DELIGHT.
REALLY, TRULY TO DEHERE WITH YOU ALL.
I HAVE SOME BUTTERFLIES, BUT ALSO SOME, SOME, TEARS THAT
ARE JUST HANGING OUT ON THE CORNERS OF NIGH EYES.
WE'LL SEE IF THEY MAKE THEIR WAY NEAR TO MY HEART.
BUT, IT IS REALLY JUST SUCH A TREAT TO BE WITH YOU ALL.
I WOULD LIKE TO -- HOLD THIS SPACE IN HONOR OF OUR,
TRANCESTORS, QUEER ANCESTORS, FUTURE ANCESTORS, THIS
CONVERSATION AND BEYOND IT, WITH AN OFFERING, I'VE BEEN
PRACTICING A LITTLE MORE BOLDLY SINCE RECENT RETREAT.
OF THE HEART SUTRA.
WHICH IS SOMETHING THAT IS, THAT HAS BEEN SHARED WITH US
OVER -- THOUSANDS OF YEARS AND THOUSANDS OF VOICES AND
ITERATIONS, COMES FROM THE VOICE OF GREAT AND FIERCE
COMPASSION.
SO, WE WILL HAVE, THREE BELLS.
IF YOU ARE INTERESTED OR COMPELLED, IN CHANTING ALONG, I
WOULD INVITE THAT.
MUSIC IS YOUR BIRTH RIGHT.
AND, IF, IF IT IS SOMETHING YOU MAYBE UNFAMILIAR WITH OR
ARE FEELING, FEELING, MORE INTERNALLY BRAVE THAN EXTERNALLY
BRAVE, AN OPPORTUNITY TO JUST ENJOY YOUR BREATHING AND TO
BREATHE AS IF YOU ARE SINGING, BECAUSE THAT IS EVERYTHING
WE DO ALL OF THE TIME.
SO, ALSO MY SWEET AND BELOVED PET PAL, SAKA BEHIND ME
CHEWING LOUDLY.
IF YOU HEAR HIM, HE IS CONTRIBUTING IN THE WAY HE KNOWS

HOW.

I HOPE IT IS NOT TOO DISTRACTING.

SO, AN INVITATION TO OUR DEAR FRIEND THE BELL.

WE WILL HAVE THREE BELLS.

TO RECONNECT TO OUR BREATH.

BREATHING IS THE WORK WHICH RECONNECTS.

AND THEN I WILL OFFER, THE HEART SUTRA TOGETHER.

WE SET OUR HEART FREE TO FIND NEW WAYS TO LOVE THE WORLD.

(BELL TOLLS)

(BELL TOLLS)

¶ INSIDE THAT BRINGS US TO THE OTHER SHORE

¶

¶ SUDDENLY DISCOVER THAT ALL OF THE FIVE SANGHAS ARE
EQUALLY

EMPTY

AND THAT THIS REALIZATION

THEY OVERCAME ALL ILL BEING

¶

¶ EMPTINESS ITSELF IS THIS BODY

THIS BODY IS NOT OTHER THAN EMPTINESS

AND EMPTINESS

IS NOT OTHER THAN THIS BODY

¶

¶ THE SAME IS TRUE OF FEELINGS, PERCEPTIONS, MENTAL
FORMATIONS

AND CONSCIOUSNESS

¶

¶ THAT YOUR NATURE IS THE NATURE OF NO BIRTH

NO DEATH

NO BEING

NO DEFILEMENT

NO PURITY

NO INCREASING

NO DECREASING ¶

¶

¶ THAT IS WHY IN EMPTINESS BODY FEELINGS, PERCEPTIONS,
MENTAL FORMATIONS AND CONSCIOUSNESS ARE NOT SEPARATE SELF
ENTITIES

¶

SIX SENSE ORGANS

SIX SENSE OBJECTS

AND SIX CONSCIOUSNESS

THIS IS ALSO NOT SEPARATE SELF ENTITIES

¶ THE 12 LINKS OF INTERDEPENDENT

ARISING AND EXTINCTION
ARE ALSO NOT SEPARATE SELF-ENTITIES

¶

¶ THE ILL BEING THAT CAUSES OF BEING
THE END OF YOUR BEING
THE PATH INSIGHT AND ATTAINMENT
ARE ALSO NOT SEPARATE SELF-ENTITIES
WHO EVER CAN SEE THIS
NO LONGER
NEEDS ANYTHING
TO ATTAIN

¶

¶ WHO PRACTICE THE INSIGHT THAT BRINGS US TO THE OTHER
SHORE
SEE NO MORE OBSTACLES IN THEIR MIND
AND BECAUSE
THERE ARE NO MORE OBSTACLES
IN THEIR MIND
THEY CAN OVERCOME ALL FEAR
DESTROY ALL PERCEPTIONS
AND REALIZE PERFECT NIRVANA ¶

¶

¶ ALL BUDDHAS IN THE PAST
PRESENT AND FUTURE
BY PRACTICING THE INSIGHT
THAT BRINGS US TO THE OTHER SHORE
ARE ALL CAPABLE
OF ATTAINING
AUTHENTIC AND PERFECT ENLIGHTENMENT
THEREFORE, IT SHOULD BE KNOWN THAT THE INSIGHT THAT BRINGS
US TO THE OTHER SHORE
IS OUR GREAT MANTRA
AND MOST ILLUMINATING
MANTRA
THE HIGHEST MANTRA
A MANTRA BEYOND COMPARE

¶

¶ THE TRUE THE POWER TO PUT AN END TO OUR KIND OF SUFFERING
THEREFORE LET US PROCLAIM OUR MANTRA TO PRAISE THE INSIDE
THAT BRINGS US TO THE OTHER SHORE

¶

¶ (BELL TOLLS) DEAR SONGA SIBLINGS, BELOVED COMMUNITY,
THANK YOU.

THANK YOU SO MUCH FOR YOUR SINGING.
INWARD OR OUTLOUD.
KNOW THAT IT IS A GIFT.
THANK YOU FOR YOUR OFFERINGS AND FOR HOLDING SPACE.
I AM GOING TO DO, A WILD THING RIGHT NOW.
FIRST TIME TO ATTEMPT IT.
I AM GOING TO SHARE MY SCREEN WITH YOU.
AND IT IS A TIME I GUESS TO TELL YOU A LITTLE BIT MORE
ABOUT MYSELF.
AND MAYBE MORE SPECIFICALLY ABOUT, THE BELOVED COMMUNITY
THAT HELPS ME REALIZE AND, AND LOVE MORE AND MORE ON MYSELF
AS I, AS I LEARN WHO THEY ARE.
SO, I WILL OFFER THIS.
FEEDBACK IS A FORM OF LOVE.
SO PLEASE LET ME KNOW IF SOMETHING IS NOT WORKING.
IF SOMETHING IS NOT SHOWING UP CORRECTLY.
IF YOU CATCH ME PICKING MY NOSE ON SCREEN, I APPRECIATE
THAT.
AND I DO, I AM, REALLY IMPORTANT FOR ALL OF US TO ASK FOR
WHAT WE NEED.
SO, VISUAL AFFIRMATION OR VERBAL AFFIRMATION IS HELPFUL FOR
ME IN THIS STRANGE ZOOM LAND WHERE WE FEEL DISCONNECTED.
FEEL FREE TO NOD ALONG.
AN AMENER, WE CAN DO THAT.
YES, WE LOVE, WE LOVE TO SEE BUDDHIST CLAPPING.
IN THIS SPACE AND ALWAYS.
HERE WE GO.
I WILL TRY TO SHARE MY SCREEN, THAT'S THE ONE.
HI, CAN YOU SEE THAT OKAY.
DELIGHTFUL.
AND I WILL BE READING, OOPS, I WILL BE READING A LOT AS WE
GO.
JUST SO YOU KNOW, NOT OBLIGATED TO HAVE TO READ THE TEXT.
IT IS A LITTLE SMALL.
BUT, YES -- THANK YOU SO MUCH TO, TO ANNIE AND ADRIANA FOR
INTRODUCING ME, MY NAME IS SAMANTHA RISE, SAM RISE IS ALSO
GREAT.
I AM A BLACK GENDER EXPANSIVE HUMAN.
I NEWS THEY/THEM PRONOUNS FOR NOW UNTIL SOMETHING, ELSE TO
SAY YES TO COMES ALONG.
SO I AM YOUR SONGA SIBLING.
I ALSO IDENTIFY AS AN ARTIST, ORGANIZER, COMMUNITY
COLLABORATOR AND SONG CATCHER.
MADE MY WAY TO THE PLUM VILLAGE TRADITION IN 2014.

I HEARD OF, THICH NHAT HANH, AGAIN, ADRIANA MENTIONED DISCOVERING HE HAD BEEN NOMINATED BY MARTIN LUTHER KING JR. FOR THE NOBEL PRIZE A AGAIN THE NOTION WE ARE HERE TO AWAKEN FROM THE ILLUSION OF OUR SEPARATENESS, RESONATE SEWED STRONGLY WITH ME, SPOKE TO THE MYRIAD PIECES OF ME THAT AS A YOUNG PERSON THAT GROWING INTO ADULTHOOD THAT IS, A BIRACIAL PERSON, AS A -- A PRETTY OBTUSE QUEER PERSON, DON'T THINK I KNEW THAT ABOUT MYSELF AT THE TIME. SO MANY PART OF ME HAD NOT BEEN RECONCILED RIGHT, FELT SILOED OR COMPARTMENTALIZED.

HEARING THE WORDS WITHOUT EVEN REALIZING IT, CREATED THIS MOMENT OF ILLUMINATION AND WAKING UP FOR ME THAT REALLY RESONATED.

BUT IT WASN'T UNTIL LATER, ON A RETREAT IN ESTES PARK, WITH DEAR BELOVED, SONGA SIBLING, KING FLEISHER I GOT TO PRACTICE IN RETREAT IN BELOVED COMMUNITY AND DEEPENED MY PRACTICE, PLUM VILLAGE TRADITION AND RECEIVED FIVE MINDFULNESS TRAININGS.

TO SAY I AM GRATEFUL FOR THE PRACTICE IN THE WAY IT SHAPED MY LIFE IS POTENTIALLY THE UNDERSTATEMENT OF 2020 OR LONGER.

I AM ONE OF TWO COFOUNDERS OF MANY FACES SONGA.

WE DESCRIBE OURSELVES AS FIND NULLNESS PRACTICE GROUP IN WEST PHILLY IN THE TRADITION OF THICH NHAT HANH AND DESIRE OF MARTIN LUTHER KING TO CREATE COMMUNITY.

MEDITATION, LEARNING, DISCUSSION, OPEN TO PEOPLE OF AGES, COLOR, GENDER, SEXUAL ORIENTATION, SHAPE, SIZES, INCOMES, IT SET RADIO.

AND SOMETHING THAT FEELS REALLY IMPORTANT IN THIS CONVERSATION IS TO, TO JUST TO OFFER DEEP, BOWS OF GRATITUDE AND LOVE TO, TO -- TO KIM FLEISHER, COFOUNDER OF MANY FACES SONGA, CARE TAKING TEAM

I UNDERSTAND THAT MY UNDERSTANDING OF MYSELF, ESPECIALLY THE NONBINARY TRANSPERSON, UNAPOLOGETIC SPIRIT ON THE EARTH WHO IS, WHO IS, COMPELLED TO ENGAGE BUDDHISM FOR OUR COLLECTIVE LIBERATION, THAT WAS ILLUMINATED IN LARGE PART BY THIS PRACTICE, BUT ALSO BY MY COMMUNITY.

THE WAYS THAT WE LOVE AND HOLD EACH OTHER, SO A LITTLE MORE ON THAT.

MANY FACES SANGHA IS AN EXTRAORDINARY SPACE IN THAT -- WE ARE COMMITTED VERY DEEPLY TO THE PLUM VILLAGE TRADITION. PART OF OUR -- THE, THE ORIGINS OF MANY FACES WAS JUST THIS REALITY THAT -- SO MANY OF THE CHALLENGING DYNAMICS OF THE PROBLEMATIC AND VIOLENT DYNAMICS WE SEE PLAYED OUT BETWEEN

THE DOMINANT THEIR TOUGH IS AND POWERS THAT BE,
MARGINALIZED OPPRESSED PEOPLES ARE ALSO, HAPPENING AND,
RAMPANT IN, IN WELLNESS COMMUNITIES AND MINDFULNESS
COMMUNITIES ESPECIALLY.

WE OFTEN USE LANGUAGE OF LOVE AND LIGHT SUPREMACY.
WHERE WE SEE PEOPLE ENGAGING THIS IDEA OF SPIRITUAL
BYPASSING.

TO, TO, EXCUSE THEMSELVES FROM THE PRACTICE OF WAKING UP.
FROM TO EXCUSE THEMSELVES FROM ACCOUNTABILITY AND TO
CONTINUALLY REINFORCE SOME HARMFUL HABITS IN TERMS OF
CONVERSATIONS AROUND RACIAL INJUSTICE, GENDER JUSTICE,
ECONOMIC JUSTICE HOW ALL THINGS ARE INTERTWINED.

SO, WE AT MANY FACES SANGHA ARE DEEPLY COMMITTED TO
CREATING A SPACE THAT NOT ONLY REFLECTED OUR OWN IDENTITIES
BACK TO US, AS, AS THE BUDDHAS THAT THE WORLD NEEDED, THAT,
YOU KNOW THE WORLD NEEDS IN THIS MOMENT, BUT ALSO TO
CONTINUOUSLY OPEN -- AND EXPAND A SPACE, THAT OTHER FOLKS
WHOSE IDENTITIES WE MAYBE DON'T SHARE WOULD STILL FEEL AND
UNDERSTAND THAT THEY HAVE NOT ONLY A RIGHT TO BE HERE BUT A
RIGHT TO THE TRANSFORMATIVE PRACTICES FOR JUSTICE FOR
ENGAGED BUDDHISM FOR ENGAGED MINDFULNESS CONSCIOUSNESS AND
ACTION.

AND SO, I WANTED TO SHARE --

JUST A LITTLE BIT, WE -- OVER TIME, BOTH KIM AND I AND ALSO
INCREDIBLE SANGHA CARE TAKING TEAM, MANY IN THE SANGHA CARE
TAKING TEAM HAVE COLLABORATED ON SERIES OF DOCUMENTS THAT
WE USE TO ORIENT OURSELVES AND OTHER PEOPLE TO OUR
PRACTICES, WE USE ON RETREATS, AND SO I WANTED TO JUST
SHARE SOME OF THE -- SOME OF THE FRAMING THAT, THAT IS SORT
OF OUR -- OUR POINTS OF UNITY.

AS A SANGHA.

SO I WILL SCROLL NOW.

THESE ARE SOME THINGS IMPORTANT TO US THAT MANY FACES
SANGHA THAT HAVE, CONTINUED TO DEEPEN MY OWN PRACTICE.
WE RECOGNIZE THE BENEFITS OF BEGINNERS AND LONG TIME
PRACTITIONERS OF ALL IDENTITIES, AND WALKS OF LIFE CREATING
COMMUNITY TOGETHER.

WE ASPIRE TO BE AN INCLUSIVE, ACCESSIBLE AND EQUITABLE
SPACE, WELCOMING ANYONE INTERESTED IN THE PLUM VILLAGE
TRADITION AND LEARNING FROM PRACTICING WITH, MINDFULNESS,
MEDITATION PRACTITIONERS OF MANY IDENTITIES.

WE CENTER AND AMPLIFY UNDERREPRESENTED IDENTITIES.

IN THE PLUM VILLAGE TRADITION AND MINDFULNESS AND
MEDITATION PRACTICE BUYS PRIORITIZING TEACHERS OF BLACK,

INDIGENOUS PEOPLE OF COLOR, WOMEN, GENDER MINORITIES AND THE TLGBTQIA PLUS VOICESMENT WE UPLIFT OUR LEADERSHIP WITHIN THE MANY FACES SANGHA COMMUNITY ITSELF.

WE RECOGNIZE THE POWER OF THESE PRACTICES AND TEACHINGS TO REDUCE HARM, AND TO HEAL AND TRANSFORM SUFFERING AND WE TRUST OUR OWN POWER TO BRING THEM TO LIFE FOR OURSELVES, OUR COMMUNITIES, AND FOR OUR WIDER WORLD.

SO, THE WAY THAT THAT LOOKS LIKE, HOW THAT IS REALIZED IN MANY FACES, IS THAT, WE CAREFULLY AND LOVINGLY ADAPT THE LANGUAGE OF SOME PLUM VILLAGE INSTRUCTION KEEPING INTEGRITY AND INTENTIONS OF THE ALIGNMENT AND MYRIAD IDENTITIES AND EXPERIENCES OF COMMUNITIES.

THOSE THINGS THEY'RE NOT ANTAGONISTIC TO ONE ANOTHER. IN FACT OUR RESPONSIBILITY AS A COMMUNITY IS, TO RECONCILE THEM, AND LIVE IN PRACTICE WITH WISDOMS AND TEACHINGS WE INHERITED.

MORE ON THAT LATER.

WE ALSO ENCOURAGE PARTICIPANTS TO LET THEIR PRACTICE BE ADAPTIVE TOWARDS INCLUSIVITY, ACCESSIBILITY AND SELF-CARE, TAKE WHAT SERVES AND LEAVE WHATNOT.

ONE COMPONENT OF THE COLONIALIZED, PATRIARCHAL MIND IS WE HAVE TO TACK WHAT IS GIVEN TO US, INDOCTRINATE OURSELVES, THERE IS A SYSTEM AND IT IS OUR RESPONSIBILITY TO COMPLY. AND WE FIND THAT, IN MANY FACES SANGHAS AND, AND MANY OF THE OTHER SANGHA ORGANIZATIONS, THAT THAT I LOVE TO BE A PART OF, THE MANDATE OF THE TEACHING IS ACTUALLY AS THICH NHAT HANH SAYS TO LET IT BE PLEASUREFUL.

FIRST MOST IMPORTANT INSTRUCTION IS ENJOY OUR BREATHING. HOW COULD WE POSSIBLY IF NIRVANA IS UNCOMFORTABLE, NO ONE IS GOING THERE.

SO HOW DO WE, THAT'S, I USE UNCOME FORRABLE LOOSELY, YOU ALL KNOW, YOU KNOW WHAT I AM TALKING ABOUT.

BUT THAT IT IS ESSENTIAL, THAT, THAT WE -- USE WE ARE CREATIVE AND SOLUTIONARY AND DEEPLY CARING IN THE WAYS WE INVITE FOLK WHOSE ENGAGE WITH THESE TEACHINGS BECAUSE OUR TEACHER IS, YOU KNOW, FOR, FOR THOUSANDS OF YEARS, RIGHT, THESE, THESE PRACTICES TRADITIONS HAVE, HAVE STAYED ALIVE BECAUSE OF OUR COMMITMENT TO MAKING THEM AVAILABLE TO OURSELVES, TO ONE ANOTHER AND TO OUR WIDER WORLD.

AND SO THAT LIVING PRACTICE LOOKS LIKE -- NOT BEING GATE KEEPERS TO ANYONE AND ALLOWING OURSELVES TO ADAPT AND FLOW. THE BIGGEST BENEFIT OF -- OF -- OF PRACTICING TOGETHER IS ALL OF THE POSSIBILITY THAT WE CAN CREATE TOGETHER.

WHEN WE ARE, WHEN WE ARE IN PRACTICE.

YEAH, AND THEN, WE ACTIVELY ADDRESS AND EXPLORE THE ROOTS OF SUFFERING AND SYSTEMIC INEQUALITY. NOT ONLY THROUGH THE TEACHINGS WE OFFER, BUT THROUGH LEADERSHIP MODEL AND PRACTICES. AND SO THIS FEELS REALLY IMPORTANT BECAUSE -- ON ANY GIVEN DAY, WHEN WE ARE CENTERING THE VOICES OF BLACK AND INDIGENOUS AND FOLKS OF COLOR. GENDER MINORITIES. WHAT, WHAT IS, WHERE IS THE INTERSECTION OF THEIR WISDOM, THEIR TEACHING, AND, AND -- AND -- THE NEED IN THE CURRENT MOMENT. SO OFTEN, IT COMES FROM A PLACE OF ILLUMINATING STRUCTURES OF OPPRESSION, RIGHT, OF, OF -- PRACTICING TOGETHER TO CULTIVATE, THIS, THIS, LIBERATING SPIRIT AND NOT LOOKING AWAY. AND SO IT FEELS REALLY IMPORTANT FOR US, THE MANDATE, INSIDE OUR PRACTICE IS THAT -- YOU KNOW, MAYBE, MAYBE THE SANGHA WE GATHER AND CREATE A DEEP, CARING SPACE WHERE WE CAN DROP INTO OUR BREATH. WHERE WE CAN -- WHERE WE CAN SEE, HAVE CLEAR SEEING IN THE LANDSCAPE OF OUR MIND. WHERE WE CAN STOP, REST, CALM, HEAL. BUT WE RECOGNIZE THESE PRABH TYES ARE INHERITANCES THAT WE MIGHT TRANSFORM AND BREAK THE CYCLES, REPETITION OF HARM THAT HAPPEN, INSTITUTIONALLY, THAT HAPPEN BETWEEN -- INDIVIDUAL FOLKS THAT EVEN HAPPEN WITHIN OURSELVES. RIGHT? SO MANY OF THE OBSTACLES THAT WE EXPERIENCE IN TERMS OF -- OF INEQUITY ARE ACTUALLY WHAT ARE THE STORIES IN OUR OWN HEADS, DOMINANT NARRATIVES THAT WE BOUGHT INTO THAT WE HAVE REFUSED TO QUESTION. WHEN WE SAY, LARGE IS SMALL, SMALL IS ALL. IT, IT FEELS LIKE A MANDATE TO EXPLORE ON EVERY LEVEL. SOME OF THESE QUESTIONS. HOW WE CAN, HOW WE CAN CREATE -- EQUITY IN THE WIDER WORLD. IT'S NOT FOR NOTHING. AND, ALSO THROUGH LEADERSHIP MODEL AND PRACTICES. A LITTLE BIT MORE ON THAT LATER THAT IT FELT REALLY IMPORTANT AND CONTINUES TO FEEL REALLY IMPORTANT, WHILE THERE ARE A LOT OF -- I HAVE BEEN THINKING A LOT ABOUT -- BROWN ROBES, I KNOW MANY ARE PLUM VILLAGE, STUDENTS IN THE PLUM VILLAGE TRADITION AND HOW SO OFTEN THE GARMENTS, THE CEREMONIES, THE PRACTICES THAT WE HOPE WOULD CREATE MORE

SPACE FOR US TO, TO -- PRACTICE DEEPLY AND TO DETACH, AND TO -- MINIMIZE, EYE MAKING IF WE ARE NOT CAREFUL OUR MIND CAN SNEAK AND CREATE INFRASTRUCTURES OF HIERARCHY, POWER OVER AND POWER UNDER.

AGAIN THAT IDEA THAT, THAT WELLNESS COMMUNITIES ESPECIALLY ARE VERY SKILLFUL IN -- IN SPIRITUAL BYPASSING, RIGHT, CREATING INFRASTRUCTURES THAT ACTUALLY REPLICATE AND REINFORCE SO MANY HARMS.

AND SO IT FELT, IT FEELS REALLY IMPORTANT TO US TO HAVE DECENTRALIZED LEADERSHIP THAT FOLK WHOSE HAVE BEEN CONTRIBUTING -- AND SHOWING -- SHOWING UP FOR AND WITH MANY FACES SANGHA ARE ALSO ABLE TO OPT INTO LEADERSHIP REGARDLESS OF -- ANY TYPE OF STATUS OR RELATIONSHIP TO TEACHER IF YOU ARE NOURISHING OUR PRACTICE SPACE TO BE ABLE TO LEAD IN THE SPACE IN YOUR OWN POWER AND OWN EXPERIENCE. IS, IS LIKE A SKILLFUL MEANS AND TEACHING THAT WE NEED. SO, SOMETHING TO THINK ABOUT.

TO THAT POINT, WE DELIBERATELY INTERRUPT A HIERARCHICAL CYST TEMPERATURE OF ORGANIZING AND ASPIRE TO SHARED STEWARDSHIP, OF THE SANGHA WITH ITS MEMBERS.

AND SO, I TELL THIS, THIS STORY OFTEN, WE ARE COMING UP ON FOUR YEARS WHICH IS A MAZING.

BUT, KIM AND I WERE, HAVING MANY CONVERSATIONS, ABOUT MANY FACES AND WHAT THAT MIGHT LOOK LIKE, HOW TO HOLD THE SPACE, AND WE SET OUR, SET OUR FIRST MEETING.

AND, KIM WASN'T ACTUALLY ABLE TO BE THERE.

SO WE WERE LIKE, SHOULD WE RESCHEDULE, OR RESHUFFLE AROUND. WE SHOULD, LET'S START.

BEGIN, SEE WHAT HAPPENS.

AND IT WAS -- IT WAS ME, AND ONE OTHER DEAR BELOVED COMMUNITY MEMBER, OUR FRIEND JEFF, AND WE WERE IN A REALLY SMALL ROOM, I THINK THE WINDOW WAS OPEN.

STUDIO 34.

IT WAS MAYBE, 27 DEGREES IN THE ROOM.

SO WE WERE, WE WERE HUDDLED UNDER BLANKETS WITH A FEW CANDLES.

AND --

NERVOUS, SHAKY, IMPOSTOR SYNDROME WAS RUNNING IN MY MIND. WHO AM I TO HOLD A SPACE.

I AM A STUDENT MYSELF.

I DON'T MEDITATE ENOUGH.

AND I AM SURE YOU ALL EXPERIENCED THAT.

I REMEMBER THE GENEROUS OFFERING TO SAY TO JEFF.

WE ARE READY AS WE ARE NOW.

THAT OUR SANGHA IN THIS MOMENT IS CONNECTED TO EVERY SANGHA
PRACTICING OR NOT PRACTICING.
BY SHOWING UP FOR EACH OTHER.
SAYING, BREATHING IN.
I KNOW I AM BREATHING IN.
BREATHING OUT.
I KNOW I AM BREATHING OUT.
WE ARE EMBODYING THE WISDOM OF EVERY TEACHER THAT HAS EVER
BEEN AND EVERY WILL BE.
THAT THAT IS IN FACT ENOUGH.
AND SO, TO REALLY REMEMBER THAT -- AND TO, TO, TO,
ACTIVELY, TO DELIBERATELY INTERRUPT A SYSTEM THAT WOULD
TELL YOU, THERE IS SOME PREREQUISITE OTHER THAN STOPPING
RESTING, CALMING TO HEALING.
RIGHT?
THAT THERE IS SOMETHING THAT YOU HAVE TO KNOW, SOME, SOME,
SOME TRAINING YOU HAVED TOO TO RECEIVE.
SOME, SOME COURSE OR SOME CERTIFICATE YOU HAVE TO HOLD.
REALITY WISE HAVE TO OFFER OURSELVES PERMISSION AND ACCESS
TO THE TEACHINGS.
AND THAT WHEN WE HOLD THE SPACE TOGETHER THAT'S HIGH WE CAN
ACTUALLY GROW.
RIGHT?
THAT WE CAN SUPPORT AND LOVE EACH OTHER INTO DEEPER, AND
DEEPER PRACTICE.
WHICH, WHICH -- YOU KNOW, IT'S INTERESTING.
IT FEELS, IN THIS MOMENT AS I AM SAYING IT, AS EASY AS
BREATHING.
EVEN FOUR YEARS AGO WHEN WE WERE KIDDING THIS, THIS WAS NOT
A SALIENT CONVERSATION, THERE WAS SOME CONFUSION
ABOUT -- YOU KNOW, HOW WHY WE WOULD OFFER THINGS IN THE WAY
THAT WE DID.
YEAH.
THEN THIS LAST -- LAST ONE FEELS REALLY IMPORTANT BECAUSE I
THINK IT IS THIS EXPRESSION OF, CONTINUATION IN OUR
PRACTICE WHICH IS TO SAY.
WE HOLD OURSELVES ACCOUNTABLE TO ADAPT AND SUPPORT OF
COLLECTIVE CARE AND COLLECTIVE LIT RACING
WE ARE A LINEAGE BASED INTENTIONAL TRANSFORMATIONAL
PRACTICE.
SO, TO, TO -- TO ACCEPT A REALITY THAT LIKE THE, ONE OF THE
MOST IMPORTANT THINGS WE CAN DO AS A SANGHA IS TO STOP TO
NOTICE TO SHIFT AS WE ARE, AS WE -- AS WE AWAIT, AS WE ARE
WAKING UP TOGETHER.

TO -- TO MAYBE --

EMERGING ISSUES IN OUR WIDER WORLD AS WE AWAKEN TO SOME OF THE LIVED QUESTIONS OF OUR OWN EXPERIENCE TO CRITICAL FEEDBACK AND PAINFUL, EXCHANGES, INTERACTIONS WITH OTHER SANGHA MEMBERS.

YOU KNOW THE HABIT ENERGY OF THINGS THE WAY THEY HAVE ALWAYS BEEN DONE AND WHAT IT TAKES TO TRANSFER TO TRANSFORMATIVE JUSTICE, EQUITY, FIERCE, AND THAT REQUIRES US TO SHIFT.

AND TO SAY THAT OUR, COMMITTING TO PRACTICING TOGETHER THAT WE SAY YES TO THAT.

IT IS NO SMALL THING.

I KNOW THAT SOMETIMES IT CAN FEEL, IN, IN, YOU KNOW THIS -- SHARED, SHARED SENTIMENT SOME TIMES AMONGST, PRACTITIONERS IS HOW WE KEEP THAT, THE PARISHNESS OF OUR PRACTICE, HOW WE, AVOID GETTING INTO ROTE REPETITION OR GOING THROUGH THE MOTIONS, WHAT DOES IT MEAN TO STAY ON EDGES OF OUR NOSTRILS BREATHE IN, BREATHE OUT ON THE FOREFRONT OF THE CURRENT WAVE.

IT'S THAT CONTINUED COMMITMENT TO -- TO COLLECTIVE CARE AND LIBERATION TO SAY THAT MAYBE, WHAT IS -- IS NOT QUITE EXPANSIVE ENOUGH FOR -- FOR WHAT NEEDS TO BE.

FOR OUR FUTURE ANCESTORS.

FOR THE FOLKS WHO ARE NOT YET IN THE ROOM.

AND SO, KEEPING, KEEPING AND MAINTAINING THAT FOCUS IS SOMETHING THAT'S NOT ONLY --

GROUND, IMPORTANT PILLAR FOR THE SANGHA.

BUT ALSO, FOR ME, AS A KNOWING THERE IS NO SEPARATE SELF, BUT IN MY OWN EXPERIENCE IN THIS PARTICULAR FORM.

SO HERE WE ARE.

AND THIS IS, THIS IS SOMETHING THAT WE, WE SPOKE TO, MANY FACES, SANGHA.

FIRST IN PERSON RETREAT IN 2019.

BUT OUR LINEAGE IS OUR INHERITANCE AND RESPONSIBILITY TO ADAPT IT.

THESE PRACTICES, ARE GIFTS FROM OUR TEACHERS.

OUR GIFT OFF TO THEM IS WHAT WE GIVE BACK TO THEM.

WE ARE ZAP MAMA SAID, ANCESTRY IN PROGRESS.

SHOUT OUT FOREVER AND EVER, ALWAYS AGAIN, ALWAYS, THE SHARED COMMUNITY COLLABORATION AND CONTRIBUTION OF THE MANY FACES SANGHA CARE TAKING TEAM AND ALL OF THE VOICES THAT -- THAT, COMBINE IN THIS, IN THIS CHORUS THAT GAVE US THIS ORIENTATION.

REALITY FOR ME.

RESONANCE.

WHAT FEELS ALIVE IN TERMS OF HOW I OFFER MY OWN PRACTICE,
IN PROGRESS, TO THE WORLD IS THAT OUR GIFT -- OUR GIFT TO,
TO OUR -- ANCESTORS TO OUR TEACHERS IS WHAT WE GIVE BACK TO
THEM.

WHEN WE THINK OF INHERITANCE OR GIFT WE HAVE BEEN GIVEN.
SO MUCH OF THE -- OF THE, OF THE PATH FORWARD, YOU KNOW, WE
CAN'T STOP, WHERE THEY HANDED IT OFF.
PASS THE BATON.

RIGHT.

IT'S OUR MANDATE.

THE JOY OF OUR LIVES AND GRIEF OF OUR LIVES TOO.

TO ADAPT AND MOVE THEM FORWARD.

YEAH, THOSE ARE SOME OF THE GUIDING TENANT FOR MANY FACES
AND SOME OF THE GUIDING, TENANTS FOR ME.

(TENETS) FOR ME.

I HAVE SOME, FEW OTHER THINGS, EVENTUALLY TO SHARE.

AND I THINK FOR THE PRESENT MOMENT --

I WANT TO JUST TELL YOU, I GUESS A LITTLE BIT MORE --
SOME THUMBS UP.

THANK YOU FOR REMEMBERING MY REQUEST FOR VISUAL AND VERBAL
AFFIRMATION.

IT'S REALLY DELIGHTFUL.

YEAH, I LOVE AGAIN, MY EXPERIENCES WITH MANY FACES AND
ALSO, I WANT TO, JUST, BOW TO SOME BELOVED TEACHERS AND,
AND, COMMUNITY OF PRACTICE, DR. LARRY WARD AND PAYROW WARD
WHO HAVE ILLUMINATED AND INFORMED, THE CONTAINER THAT I
EXPLORE MY, MYSELF AND CELEBRATE MYSELF WITHIN.

BUT I WOULD SAY THAT --

MY OWN UNDERSTANDING OF MY GENDER OR SEXUALITY, PARALLELS
MY UNDERSTANDING OF THIS PROCESS OF AWAKENING IN OUR
PRACTICE.

AND I, YOU KNOW, I, REMEMBER THE FIRST TIME --

I FELT LIKE -- SITTING IN MEDITATION AND BEING DISTRACTED,
MONKEY MIND WAS RUNNING A MILE A MEN OUT.

HAD THE MOMENT OF SAYING, WHO IS THE PERSON BE THESE
THOUGHTS, WHO IS THE THINKER BEHIND THE THINKER, WHERE DID
THIS COME FROM?

WHY, WHO IS, WHO IS INSTALLING THESE OR, OR, WHO IS
OPERATING MACHINE, REMEMBERING, THE WIZARD OF OZ, PAY NO
ATTENTION TO THE MAN BEHIND THE CURTAIN.

REALLY WANTING TO DRAW THAT OPEN.

AND, AND --

THAT BEING, WITHOUT MY KNOWING IT, SORT OF A -- A WATERSHED

MOMENT.

BECAUSE I WAS -- ACTIVELY INVOLVED AND --
HAD ALWAYS, IMAGINED MYSELF AS AN ALLY TO THE TLGBTQIA
COMMUNITY WHEN I TELL YOU I AM OBTUSE, FUNNY, WHEN YOU ARE
IN THE GAY STRAIGHT ALLIANCE AND THINK YOU ARE THE ALLY.
IT'S LIKE, OH, ARE YOU SURE.

HMM.

BUT IT WAS ALWAYS REALLY IMPORTANT TO ME TO HOLD THAT
SPACE.

FIERCELY.

YOU KNOW, AND, AND -- AS, MANY FOLK NOSE I HAVE SO MUCH
LOVE I LOVE TO CREATE CONTAINERS FOR THE PEOPLE
THAT -- THAT ARE THE, YOU KNOW, THE STARS IN MY LIFE.
AND, MY, MY CAPACITY FOR, FOR PROTECTION IS REALLY FIERCE
TOO.

AND I -- I, MY MOTHER ALWAYS SAID, HIGHLY DEVELOPED SENSE
OF JUSTICE AS A YOUNG PERSON.

BUT WHEN I STARTED REALLY DEEPLY NAVIGATING, EXPLORING SOME
OF THESE QUESTIONS IN THE CONTEXT OF ALSO HOLDING SPACE,
GIRLS ROCK PHILLY, MUSIC MENTORING ORGANIZATION FOR GIRLS
AND WOMEN BUT ALSO, TRANS, GENDER, NONCONFORMING YOUTH, AN
INTERESTING VEN DIAGRAM, DEEPENING PRACTICE IN BELOVED
COMMUNITY WITH SOME OF MY CLOSEST FRIENDS IN THE SAFEST
SPACE I HAD EVER BEEN PART OF, AND ALSO, LEARNING HOW TO
AMPLIFY AND ADVOCATE IN NEW WAYS WITH MUSIC WHICH IS, THE
MOST POWERFUL TOOL THAT I HAVE IN MY LIFE.

I WAS ABLE TO -- DEEPEN MY OWN CAPACITY FOR LISTENING TO
THE QUESTIONS.

AND THEIR ANSWERS AS THEY ROSE FOR ME -- AROSE FOR ME IN
THE DAY-TO-DAY, WHO IS THE PERSON BEHIND THE PERSON
THINKING THESE THOUGHTS?

WHERE DID I GET THIS UNDERSTANDING THAT I -- THIS IS MY,
WHY I THINK THAT I AM RELEGATED TO THIS GENDER IDENTITY OR
THIS GENDER EXPRESSION.

OR, OR -- YOU KNOW, WHEN DID I TELL MYSELF THAT I HAD TO
DISCOUNT THESE FEELINGS FOR THAT PERSON I LOVE SO DEEPLY,
AS A TEENAGER, BECAUSE IT WASN'T THE RIGHT THING TO DO.
RIGHT, THERE WAS MORE ROOM AND SPACIOUSNESS TO BE MORE
LOVING AND OPEN WITH MYSELF.

THAT ALLOWED ME TO SEE WITH A LITTLE BIT MORE CLARITY AND
LOVE MY LITTLE, AND ALL OF ITERATIVE

NS FOR ME I NEVER MADE ROOM FOR.

THE SPACIZE WAS HOLDING FOR WHAT I THOUGHT WAS FOR OTHER
PEOPLE, WAS ONE THAT I HAD MY BACK TO AND I WAS LEAVING

MYSELF OUT OF.

IT NEVER OCCURRED TO ME.

TO TURN IN AND REALLY LOOK DEEPLY AND SEE IF, SOME PART OF THAT SPACE BELONGED TO ME TOO.

AND IN THAT SORT OF PROCESS -- WHICH, WHICH IS A LOT MESSIER THAN I THINK ONE CAN CONSOLIDATE IN A CONVERSATION WITH YOU ALL, THERE IS CERTAINLY SOME, NO MUD NO LOTUS, LOT OF MURKINESS AND A LOT OF PAIN.

I THINK -- I REALLY HAD SOME, INSIGHT, SORT OF NARROW SPACES THAT I CONFINED MYSELF TO WITHOUT CONSIDERATION THAT MAYBE THE THINGS THAT I WAS SEEKING FOR, WEREN'T ACTUALLY OUTSIDE OF ME.

RIGHT, WE ALL HAVE CAUSES AND CONDITION FOR HAPPINESS WITHIN OURSELVES.

BUT IF WE ARE CONSISTENTLY -- CONSISTENTLY COMMITTED TO CUTTING PARTS OF OURSELVES OFF, BUT ALSO ONLY SEEING SORRY PEN PARTS OF PEOPLE THAT, FEEL COMFORTABLE TO US, IT'S HAVING BLINDERS ON.

HOW MUCH OF THE CAUSES AND CONDITION FOR TRUE HAPPINESS WERE AVAILABLE TO ME THAT I COULDN'T SEE BECAUSE OF MY CONDITIONING AND UNWILLINGNESS TO LOOK DEEPLY, OR THAT LACK OF CAPACITY.

AND THERE ARE MANY FACTORS THAT CONTRIBUTE TO THAT.

RIGHT?

LEARNED BEHAVIOR.

DOMINANT NARRATIVE, TRAUMA, UPON TRAUMA, UPON TRAUMA, SO SALIENT IN THE CONVERSATION RIGHT NOW.

BUT BOUGHT US OF COMMITTED PRACTICE, WITH BELOVE THE COMMUNITY, AND, AND PARTNERS IN ACCOUNTABILITY, SOME OF THE QUESTIONS WERE ABLE TO MAKE THEMSELVES A HOME IN ME.

I COULD EXPERIENCE SOME OF THE ANSWERS AS I WAS LIVING THE QUESTIONS.

I THINK ABOUT OUR PRACTICE, NOTION OF CLEAR SEEING THE INSIDE OF CLEAR SEEING, AS INCISIVE.

I LIKEN IT TO A BLAZE OR SCISSORS THAT I SPENT RUBBERBANDS INTO A FORM OR VERSION OF MYSELF THAT GOT ME THROUGH THE VERY NARROW DOOR THAT WAS -- SOCIALLY ACCEPTABLE, THAT WAS, THAT WAS, RECEIVED PRAISE, YOU KNOW, AFFIRMED, AMPLIFIED. AND THE PRACTICE.

AND THAT LIKE THE CAPACITY TO BREATHE.

IN A, CLEAR, SEEING WAS A KNIFE THROUGH ALL OF THE RUBBERBANDS.

MAYBE, SLOWLY, SLOWLY.

BUT NOW IN PRACTICE WHEN I CAN TOUCH INTO IT, IT IS ALL AT

ONCE.

AND NOT SURE -- IF ANY ONE CAN I DIDN'T TIE WITH THAT FEELING.

OR EXPERIENCE.

OF -- OF -- THE DEEPENING AND SOFTENING.

YOU REALLY BREATHE.

IN YOUR SEATED PRACTICE.

BUT EVERY TIME IT IS A GIFT.

AND EVERY TIME I, I CAN -- CONNECT DEEP LOW TO THAT.

TO THAT LINEAGE OF MYSELF.

ALL OF THE BELOVED, QUEER, TRANCESTORS ROOTING FOR ME THE WHOLE TIME.

SO, YEAH, SOMETHING TO, TO SHARE AND SAY.

IT'S GOING TO TAKE A BELL.

I WILL INVITE THE BELL, WE CAN BREATHE TOGETHER.

YEAH?

[BELL TOLLS)

>> Samantha Rise: WE STARTED OUR EVENING TO TONIGHT WITH THE HEART SUTRA.

AND --

WITH THIS, WITH THIS, THIS -- THIS TRANSMISSION FROM THE FIERCE COMPASSION AND I THINK A LOT ABOUT, A NONBINARY, WHICH IS REALLY, REALLY INCREDIBLE.

YEAH, BUDDHIST CLAPPING FOR THAT.

REGULAR CLAPPING FOR THAT, RIGHT.

ALL OF THE KIND OF CLAPPING THAT APPEAL TO YOU.

AND I THINK BEFORE EVEN REALLY BEING IN CONVERSATION ABOUT -- BEING NONBINARY, THERE IS SOME FOLK MAZE HAVE ACCESS TO THIS BOOK, THE BOOK OF CHANTS AND THE PLUM VILLAGE OF TRADITION.

I DON'T OWN THE BOOK, I READ, SO ENAMORED WITH, WITH THE -- THE CHANT, BECAUSE IT WAS LIKE, SCENARIO AFTER SCENARIO THAT IS PRESENTED.

YOU KNOW IF YOU ARE --

TRAPPED ON A SINKING SHIP IN THE STORM.

NOT ONLY, IT IS NOT SAVING SOMEONE FROM THE SITUATION.

IT IS NOT LIKE A RESCUER, THERE IS NO -- SAVIOR, SCOOPING OUT AND DELIVERING YOU.

INSTEAD, TRANSFORMING YOUR POSITION WITHIN THE STORM, TRANSFORMING YOUR POSITION WITHIN THE CHAOS TO CREATE -- A COMMON, EMPOWERED, UNDERSTANDING OF HOW TO MITIGATE THE CHALLENGE.

HEAL, SOLVE, FIX.

NOT FIX, POWER OVER, POWER UNDER.

THE MANDATE IS TO USE WHAT IS WITHIN YOU.
SHIFT YOUR PERSPECTIVE TO HAVE A MORE EXPANSIVE FRAME OF
HOW YOU CAN OVERCOME THE SUFFERING.

AND SO, YOU KNOW, THINKING ABOUT, THERE ARE
SOME -- CONVERSATION ABOUT HOW -- THE NONBINARINESS OF
AVALOKITESHVARA, OVER TIME, TRADITIONS IMPOSED THEIR,
POSITION ON AVALOKITESHVARA WHAT THEIR IMAGE OR LIKENESS
WAS.

AND I JUST THINK TO MYSELF, IT'S SUCH TRUE WISDOM -- FOR
THE BODHISATTVA TO ADAPT TO WHATEVER CONTAINER THEY'RE PUT
INTO AND DELIVER A MESSAGE AND TRANSCEND ANY IDEA OF
LIKENESS OR EXPRESSION.

IT'S LIKE YES I AM THIS.

YES I AM THAT.

WE THINK OF THE HEART SUTRA AND THINK ABOUT, THIS INSIGHT
OF -- NONDUALITY, RIGHT, THIS, THAT, THAT, EVERYTHING IS
EVERYTHING.

I THINK IS SO PROFOUND BECAUSE THE NATURE OF THAT WISDOM,
YOU KNOW --

NONBINARINESS AND GENDER EXPANSIVENESS IS, INSTITUTIONAL.
RIGHT?

IT IS, IT IS A, A FRAMEWORK THAT IS GIVEN TO US.

IN, IN THIS SUTRA AND BEYOND IT.

AND SO -- WHEN I THINK ABOUT THE ADAPTATIONS, THAT WE OWE
OURSELVES TO PRACTICE THROUGH AND BEYOND LIKE ANY
LIMITATION WE, WE COME UP AGAINST, IN OUR PRACTICE
COMMUNITIES, IN LANGUAGE, RIGHT, THAT, THAT, THE REALITY OF
THE TRUE WISDOM OF THE TEACHINGS HAS ALWAYS BEEN BEYOND A
BINARY, BEYOND A DUALITY.

THAT IT, IT'S -- IT'S, IT'S BEING ABLE TO SEE OURSELVES,
AND, AND TO, AND INSIDE THE SITUATION WITH SUCH AN
EXPANSIVENESS, THAT WE ARE EMPOWERED TO, TO -- TO ADAPT AND
MOVE THROUGH THE SCENARIO THAT WE DON'T NEED TO BE PLUCKED
FROM, THE CLUTCHES OF SOME DISASTER BUT IN REALITY WHEN WE
ACCEPT ALL OF OURSELVES, THERE IS, SO MUCH MORE OF US
TO -- TO, MOVE THROUGH WHATEVER CHALLENGE OR OBSTACLE WOE
HAVE TO OVERCOME.

AND I THINK --

SOMETIMES FOR -- SOME ONE LIKE ME WHO EXISTS IN A WORLD IN
A HANDFUL OF -- DIFFERENT MARGINALIZED IDENTITIES ALSO A
HANDFUL OF PRIVILEGES, IT CAN BE, IT CAN FEEL REALLY
COMPLICATED.

BECAUSE WE TALK ABOUT NOT I MAKING AND, LETTING GO OF OUR
SENSE OF SEPARATE SELF, AND WHEN SO MUCH OF YOUR LIVED

EXPERIENCE IS ABOUT SURVIVING.

AS A RADICAL ACT.

THAT EXISTENCE AND NAMING YOURSELF OUTLOUD IS, A PROFOUND
KIND OF POWER AND TOOL.

AND NECESSITY.

ESPECIALLY AS WE MAKE ROOM FOR OTHER FOLKS, RIGHT?

LIKE OUR CONTINUATIONS I THINK ABOUT HOW EVERY TIME I, I
CORRECT SOMEONE WHEN THEY MISGENDER ME, EVEN THOUGH THIS IS
NEW TO ME, HOW THAT MAKES ROOM FOR MY FUTURE ANCESTOR WHOSE
EVER THEY ARE TO BE MORE OF THEMSELVES.

RIGHT, THAT, THAT --

I THINK WHEN WE SPEAK OF -- OF -- I MAKING AND NO SENSE OF
SEPARATE SELF, RIGHT, WE PRACTICE THIS WORK OF LETTING GO
OUR ATTACHMENTS TO IDENTITY.

BUT I THINK THAT ALSO -- THAT THE MANDATE IS TO -- LET GO
OF ANY OF THE I MAKING THAT WOULD TELL YOU HOW TO -- THAT
YOUR PERCEPTION OF SOMEONE ELSE IS -- IS, THE WHOLE OF SOME
ONE ELSE.

RIGHT.

THAT IT IS ACTUALLY, THAT THE MANDATE IN TERMS OF -- OF
LOSING OURSELVES FROM OUR OWN I MAKING MEANS THAT I HAVE TO
BELIEVE YOU WHEN YOU TELL ME WHO YOU ARE.

AND THAT I HAVE TO DISMANTLE ANY BARRIER OR LIMITATION,
WITHIN OR WITHOUT, THAT WOULD OBSTRUCT YOU FROM BEING THE,
LIKE, YOUR FULL EXPRESSION OF SELF.

AND SO --

YEAH.

I THINK, GIVING OURSELVES THIS SORT OF NEW --

OOH.

HI, BUDDY.

(DOG BARKING)

>> Samantha Rise: THAT'S SAKA.

GIVING OURSELVES THIS NEW SPACE.

EXCUSE ME.

COME ON, FRIEND.

TO THINK IN THE FRAME OF YOU, FEELS IMPORTANT AND
ESSENTIAL.

THAT IT IS NO SMALL THING TO HOLD SPACE FOR, FOR AWFUL THE
THINGS WE MAYBE WE THINK WE KNOWABOUT OURSELVES, WHAT ITS
IT TO LOSE OURSELVES FROM THE EXPECTATIONS, TO ASK,
INQUIRE, NOT JUST BECAUSE IT THE RIGHT THING TO DO FOR THE
PERSON ACROSS FROM US, BUT BECAUSE THERE IS SO MUCH OF US
WAITING TO BE KNOWN.

SO MANY MORE RESOURCES SO MANY MORE LINEAGES, CAPACITIES TO

NAVIGATE, TRANSMUTE SUFFERING TO ACHIEVE COLLECTIVE
LIBERATION, RIGHT.

AND THAT EVEN IF OUR ANSWER ABOUT WHO AND HOW WE ARE, STAYS
THE SAME, THAT WOE ARE ORIENTED ALL OF A SUDDEN IN A
BROADER LANDSCAPE THAT IS ACTUALLY MORE AVAILABLE TO ALL OF
US.

THAT WE CAN'T LOOK AWAY.

AND THAT WE OWE IT TO OURSELVES, THAT WE OWE IT TO OUR
TEACHERS TO OUR LINEAGE, RIGHT, IN ARRIVING AT THIS MOMENT
TO CONTINUE TO ALLOW FOR THAT SPACIOUSNESS, RIGHT,
THE -- THE LANDSCAPE AND THE KIND OF CLEAR SEEING, THAT
BRINGS US ALL CLOSER TOGETHER, TOWARDS THE COLLECTIVE
LIBERATION, AND THE END OF SUFFERING, WE KNOW IS POSSIBLE.
IF WE ARE HERE TO AWEAKEN FROM ILLUSION OF OUR SEPARATENESS
IT MEANS RECONCILING THE SOAP RASNESSES WE CREATED WITHIN
OURSELVES IN ADDITION TO SEPARATENESSES WE CREATED BETWEEN
EACH OTHER.

THAT WE CREATE INSTITUTIONALLY, TRANSNATIONALLY, RIGHT?
SO GRATEFUL FOR THE PRACTICES THAT ALLOW ME TO UNDERSTAND
MYSELF.

THAT ALLOW ME TO UNDERSTAND -- ALL OF YOU.

ALL OF US, ALL OF WE.

THAT, THAT WE ARE ERASE THIS ILLUSION OF SEPARATENESS.
IT BRINGS ME CLOSER TO YOU.

SO I AM JUST SO PROFOUNDLY GRATEFUL FOR THIS TIME WITH EACH
OF YOU.

AND THAT'S WHAT I HAVE, IN TERMS OF, SHARING.

(DOG BARKING) HERE COMES SAKA.

THROUGH SANGHA.

IF IT, IT WOULD BE NOURISHING OR OF INTEREST, I KNOW THERE
IS SOME TIME WE WOULD LOOK TO HAVE FOR QUESTIONS.

BUT I WOULD ALSO ROUGH TO OFFER JUST A SHORT -- SHORT
PRACTICING CLOSING.

WHICH, HAVE SHARED ALSO -- RECENTLY WITH FRIEND, A THREE
ROOT PRACTICE.

IF YOU ARE INTERESTED.

SO JUST A, JUST A SEATED MEDITATION TO, TO --
TO CLOSE OUT.

YEAH?

WONDERFUL.

TRANSPARENT FACILITATION MOMENT.

I WILL LET THIS LITTLE PUPPY IN.

THEN WE WILL HAVE A SIT TOGETHER.

I INVITE YOU TO TACK WHATEVER SEAT, POSTURE IS COMFORTABLE

FOR YOU, EASE, PLEASURE INDUCING FOR YOU IN THIS MOMENT.
REALLY TRULY, USE THE WHOLE NINE, WHATEVER THAT LOOKS LIKE.
SO YOU MAY WANT TO CLOSE YOUR EYES.
IN THIS MOMENT.
IF THAT'S SAFETY CREATING FOR YOU.
OR SOFTENING YOUR GAZE.
FEEL FREE TO TURN OFF YOUR SCREEN.
IF YOU PREFER NOT BE SEEN IN THIS MOMENT OF
RARE -- OPPORTUNITY THAT OUR PRACTICE ON ZOOM AFFORDS US.
JUST GIVING YOU, GIVING OURSELVES THIS MOMENT, THIS GIFT,
STILL TOGETHER.
IN THIS CONTAINER.
THE OPPORTUNITY TO LAND IN OUR BODIES.
TO TAKE THIS OPPORTUNITY TO NOTICE -- MAYBE AGAIN, PERHAPS
FOR THE FIRST TIME, TODAY, TO NOTICE OUR BREATH.
AND TO LIVE, LIVING ON THE EDGE OF, OF THE PRESENT MOMENT,
RIGHT, AT THE FOREFRONT OF THE CURRENT WAVE, RIGHT.
THAT MEANS WE CAN TRACE OUR BREATH ON OUR BODY.
IS IT MOST SALIENT TO YOU IN THE RISE AND FALL OF YOUR SOFT
BELLY?
THE LENGTHENING OF YOUR SPINE AS YOU BREATHE IN AND OUT?
THE EDGES OF YOUR NOSTRILS?
OR MAYBE THE RISE AS YOU LIFT THE CORNERS OF YOUR LIPS.
THE SOFT SMILE.
THE OPPORTUNITY TO ENJOY OUR BREATHING.
BRING IT BACK TO OUR BODIES.
BREATH IN OUR BODY.
IN THE PRESENT MOMENT.
TO SEND OUR BREATH ALONG WITH THE SOUND OF THE BELL.
SENDING OUR BREATH, LOVE, COMPASSION TO ALL BEINGS --
TO OUR, TO OUR BELOVED GRANDMOTHER EARTH.
AND ALSO OUR SANGHAS, BELOVED COMMUNITIES THAT SUPPORT AND
NOURISH US.
AND WE IMAGINE OURSELVES AS THE SANGHA AS A CHORUS, A
CHOIR, AS WE, AS WE SING -- TOGETHER, OUR LIVED PRACTICE.
WHEN ANY ONE OF US HAS TO STOP OR BREATHE OR PAUSE THEN
ANOTHER MEMBER OF THE CHORUS IS THERE TO CONTINUE THE
SOUND TO CONTINUE THE BREATH.
BREATHING INTO ALL OF THE CONDITIONS OF LIFE.
ALL OF THE CAUSES.
GRIEF AND RAGE.
JOY AND FEAR.
ANY AND ALL.
THAT HAVE, THAT HAVE -- COME TOGETHER SO THAT WE CAN BE

PRESENT WITH EACH OTHER NOW.
OUR BREATH, OUR CONNECTION IN THIS CHORUS.
THOUGH WE ARE SITTING IN SILENCE.
INHALE, EXHALE, CONNECT US, A QUEER THAT WE ARE BREATHING
TOGETHER.
GROUNDED IN THE SHARED BREATH.
IF OUR ATTENTION SHIFTS, AND WE ARE DISTRACTED.
THE SANGHA STILL HOLDS ONE OF OUR REFUGES, A SPACE FOR US.
IN THE SHARED SPACE.
INVITE OUR, OUR ATTENTION -- AND OUR INTENTION, TO MEET
EACH OTHER --
AND, THREE ROUTES.
AND BREATHE IN THE, TAKE A MINUTE, EACH OF THESE, SPACES,
THESE PHYSICAL SPACES, ON OUR BODIES, SO --
YOU MAY ENJOY --
I NAME THEM.
WITH THE SOUND OF THE BELL.
TOUCH THE SPACES ON YOUR BODY AND TO BREATHE INTO THEM.
AND THIS IS, THIS IS, BEING ABLE TO PLACE YOUR HANDS AS YOU
MOVE.
AND IF NOT, IF YOU ARE NOT COMPELLED THEN TO SIMPLY
CONTINUE TO ENJOY, YOUR BREATHING.
INVITE, YOUR, YOUR AWARENESS TO LAND --
TO A LIGHT ON YOUR BREATH.
TO ALIGHT ON YOUR BREATH.
AND SO IN THIS FIRST SPACE -- THROUGH SANGHA, I WILL
INVITE-UP TO JUST CONNECT WITH YOUR HEAD.
YOU CAN KEEP YOUR EYES CLOSED IF IT FEELS RIGHTABLE
YOU LAY YOUR PALMS ON YOUR FOREHEAD, THE BACK OF YOUR HEAD.
KISS YOUR PALMS, PLACE THEM ON YOUR CHEEKS, MAYBE AT THE,
AT THE -- TOP OF YOUR NECK, THE BASE OF YOUR SKULL.
JUST TO PRESS IN.
YOU KNOW TO GIVE, GIVE, WE OFTEN ASK OURSELVES TO GET OUT
OF OUR HEADS.
BUT, JUST, TO JUST, GET SOME GRATITUDE TO THAT SPACE.
THIS -- THE JAWS, EARS, EYES, MOUTH, OUR BRAINS HAVE BEEN
DOING FOR US ON THE DAY.
OFFER GRATITUDE TO THAT SPACE.
OUR MEMORIES, THOUGHTS.
ANY DISAPPOINTMENT.
ANGER, BUT ALSO WONDER AND JOY AND CURIOSITY.
HOUSED HERE.
TAKING TYPE WITH THE BELL NOT TO BREATHE INTO THE SPACES.
DEAR SANGHA TO SHIFT THE -- YOUR HANDS, THAT ATTENTION AND

INTENTION.
DOWN TO YOUR HEART.
BACK SIDE BODY.
MAYBE ACROSS YOUR SHOULDERS.
THE SHOULDERS, WHERE ALL OF OUR SHOULDERS ARE HOUSED.
THE HEART.
FRONT, BACK SIDE.
WHERE WE GIVE AND RECEIVE.
OUR SPACIOUS HEART, OUR VIVID HEART, SUCH A PROFOUND SPACE
WITH SUCH DEEP CAPACITY.
THAT HOLD SO MUCH EMBRACE SEWS MUCH AND NOTHING ALL AT
ONCE.
JUST INVITING YOU TO BREATHE INTO -- THAT SPACE FROM WHICH
YOU GIVE AND THAT SPACE FROM WHICH YOU RECEIVE.
AND TO AWFUL THE VERSIONS OF YOU, YOUR LITTLE, YOU AS AN
ELDER, THE SPACES IN BETWEEN.
THE YOU YET TO BE KNOWN.
A BELL TO BREATHE, YOUR SANGHA INTO OUR HEART.
DEAR SANGHA AS YOU ARE ABLE, INHALING, LIFTING YOUR HEART
TOWARDS THE SKY AND PRESSING OPEN WITH YOUR CHEST AND
RELEASING YOUR HANDS FROM YOUR HEART, THE OPPORTUNITY NOT
TO -- TO PLACE OUR HANDS OR PLACE OUR ATTENTION AND OUR
INTENTION, ON OUR LOW BODY.
MAYBE THE, THE BASE OF OUR -- OUR BELLY -- OUR SITS
BONES --
YOU KNOW --
ANYWHERE THAT FEELS COMFORTABLE FOR YOU, TO SORT OF -- SEAT
A PHYSICAL CREATION AND -- AND THE ALTAR OF OURSELVES.
AS I OFFER REFER TO THE SPACE BETWEEN MY OWN HIPS.
YOU NEED TO JUST, EITHER FRONT SIDE OF OUR BODY, OUR BACK
SIDE.
TO AVAIL YOURSELF, YOUR PRESENCE, ESPECIALLY HERE, TO OUR
ANCESTORS AND LAND ANCESTORS.
OUR MOVEMENT ANCESTORS, OUR SANGHA, FUTURE ANCESTORS.
AND TO THIS DEEP TRUST --
THIS SPACE OF SUPPORT, AND OF PERSPECTIVE, OF TRUE
PRESENCE.
OFFERING AS WE -- AS WE CLOSE, TO, TO, TO GROUND -- TO
EMBODY, WHAT WE'VE LEARNED AND TO JOURNEY TOGETHER.
OFFERING US STABILITY FOR ALL THAT IS TO COME.
THE UNKNOWNNS.
AGAIN, WE OFFER, HANDS TO THE ALTARS WITHIN OURSELVES, DEAR
SANGHA, THE SOUND OF THE BELL.
SO, DEAR SANGHA WHEREVER IT FEELS TO LAY YOUR HAND, YOU

HAVE THREE BELLS NOW.

TO SEND OUR BREATH ALONG WITH THE SOUND OF THE BELL TO
CLOSE.

FOR YOUR INTENTION TO MEET.

THANK YOU, DEAR SANGHA, DEAR FRIENDS.

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

IT WAS WONDERFUL.

IT REALLY FELT LIKE A BEAUTIFUL SPACE JUST TO DIGEST
EVERYTHING ALL OF THE KNOWLEDGE -- ALL OF THE WISDOM THAT
YOU SHARED WITH US.

THANK YOU SO MUCH.

IF IT IS OKAY WITH YOU, SAM, ANNIE, WE CAN OPEN NOW THE,
THE -- THE FLOOR, THE SPACE FOR QUESTIONS.

YOU MAY HAVE SOME QUESTIONS FOR SAM.

YOU CAN WRITE THEM DOWN IN THE CHAT --

OR LET US KNOW IF YOU WANT TO -- TO OPEN YOUR MICROPHONE
TO -- TO, SAY OUTLOUD YOUR QUESTIONS.

SO, ANNIE AND I WILL BE LIKE -- SEARCHING IN, GOING IN THE
CHAT TO, TO, READ OR ASK YOU TO OPEN YOUR MICROPHONES.

SO LET'S START IF, IF YOU WANT TO, START LIKE -- ASKING
QUESTIONS THERE, PLEASE, PLEASE --
GO ON.

>> Samantha Rise: THIS IS SAM, BOWING IN.

TIME IS BENDY, I'M NOT SURE WHAT EVERYBODY'S CAPACITY IS,
IF WE EXTEND A LITTLE BEYOND 8:30.

>> ADRIANA ARIZPE MARTIN: YES, ABSOLUTELY.

>> ADRIANA ARIZPE MARTIN: I CAN MAYBE START WITH SOME
COMMENTS, SAM, AND --

MAYBE YOU, I WAS REALLY TOUCHED, I AM REALLY INTRIGUED
ABOUT THIS CONCEPT OF THE --
TRANSFORMER VERSUS THE SAVER.

BECAUSE I THINK THAT APPLIES FOR A LOT OF THINGS IN THE
LIFE ESPECIALLY TO THE APPROACH MAYBE RACISM, SOME TIMES
FEEL LIKE WE ARE LIKE THE SAVERS, RESCUE OTHERS.

AND WE SHOULD HAVE A ROLE OF MAYBE TRANSFORMERS AND SO, IF
YOU CAN GO A LITTLE DEEPER IN THAT, CONCEPT, HOW DO YOU SEE
THAT, HOW DO YOU APPLY THAT FROM, FROM -- IN YOUR LIFE AND
IN YOUR PRACTICE?

>> Samantha Rise: YEAH, ABSOLUTELY.

THANK YOU, ADRIANA FOR THAT QUESTION.

>> Samantha Rise: I THINK THIS IS SOMETHING THAT IS SHARED SO OFTEN IN THE PRACTICE COMMUNITIES THAT I FEEL SO FORTUNATE TO BE A PART OF AND THE TEACHERS WHO REALLY -- AND IT IS SOMETHING MAYBE -- MAYBE THIS NOTION OF, OF -- OF TRANSFORMATION, WHEN WE THINK ABOUT -- THE, THE DEFINITION OF NIRVANA, AND THICH NHAT HANH WROTE ABOUT THIS, I CAN'T REMEMBER WHICH BOOK, MAYBE "ANGER" WOULD BE APPROPRIATE IF IT WERE.

TALKS ABOUT THE DEFINITION OF NIRVANA AS IN INDIA YOU WOULD, WOMEN WOULD, MAINTAIN A COOK FIRE, YOU KNOW THROUGHOUT THE DAY INTO THE EVENING.

AND THEN, AT NIGHT, WOULD MANAGE THE COALS BASICALLY INTO A CONFIGURATION AND, AND -- GO TO BED.

BUT WAKE UP IN THE MORNING AND, AND, CHECK AND TEST, BUT, EVENTUALLY LIKE REACH YOUR HAND INTO THE ASHES TO SEE IF THE GOALS WERE STILL HOT OR IF THERE, IF THEY HAD BEEN REPLACED WITH A COOLING FRESHNESS.

SO NIRVANA IS AN EXPERIENCE OF REACHING INTO THE COOLING FRESHNESS, FOLLOWING THIS, THE FIRE.

I THINK THAT IS SUCH A SALIENT AND RELEVANT VISUALIZATION FOR ME, IN THE SENSE THAT, YOU FOO SO OFTEN THE SYSTEMS THAT I INTERACT WITH OR WITNESS BELOVED COMMUNITY INTERACTING WITH ON A DAILY BASIS WOULD ASK THEM TO PARTICIPATE AND EVENTUALLY SOME PROBLEM WILL BE FIXED OR SOLVES.

THAT THERE IS SOME -- SOME KIND OF LOOK THIS FOR THAT BINARY SOLUTION, OR, THAT, NOTHING, NOTHING REALLY NEEDS CHANGE, IT IS YOUR RELATIONSHIP TO THE SYSTEM THAT IS CAUSING A PROBLEM.

AND IN FACT -- WE KNOW THAT, THAT THE -- THE WISDOMS OF, OF EXPERIENCE AND PRACTICE FROM OUR, AGAIN, OUR, OUR MOVEMENT ANCESTORS, ACTIVISTS AND ORGANIZERS, UNDERSTAND THESE NOTIONS OF TRANSFORMATION.

RIGHT, THAT IT REQUIRES A SHIFT IN UNDERSTANDING OF HOW -- HOW OUR LEADERSHIP OR HOW WISDOM IS HELD, EXPRESSED. WHAT ACCOUNTABILITY LOOKS LIKE.

YOU KNOW THESE, I THINK THAT THERE ARE --

WHEN WE TALK ABOUT --

AMPLIFYING THE VOICES AND THE LEADERSHIP OF FOLKS WHO ARE, WHO ARE MARGINALIZED OR OPPRESSED OR LIVE INSIDE THESE IDENTITIES, SO OFTEN ARE THE ONES WHO TEACH US ABOUT, THAT IT IS TRANSFORMATIVE JUSTICE IS THE PATH.

RIGHT.

THAT SOMETHING THAT, THAT A RADICAL REIMAGINING, A NEW WAY OF SEEING, A NEW WAY OF UNDERSTANDING IS THE WAY THAT IT, WON'T NECESSARILY COME FROM -- ONE VARIABLE SHIFTING. RIGHT, OR EVEN ONE PERSON HAVING ALL OF THE SKILLS TO SUDDENLY CREATE A DIFFERENT WAY, OR FLY YOU OUT. BUT THAT IN FACT, WE HAVE TO, WE HAVE TO LEARN A NEW WAY -- OF, OF INTERACTING WITH THE SCENARIO AND ALSO INTERACTING WITH OURSELVES TO UNDERSTAND THE SKILLS THAT WE HAVE, BEYOND THE, THIS, RIGHT, THE -- WHAT WE ARE ASSUMING OR WHAT IS IN FRONT OF US TO CHANGE IT.

AND SO I THINK THAT --

I DON'T KNOW IF, HOPEFUL, ADRIANA, HOPEFUL THAT ANSWERS YOUR QUESTION.

BUT ONE I HAVE SUCH CURIOSITY ABOUT.

AND I FEEL LIKE WE ARE LIVING IT, EVERY DAY RIGHT NOW.

AND, ALSO, I KNOW THERE IS A LOT OF WISDOM ON THIS, ON THIS -- ZOOM CALL.

SO IF SOMEONE ELSE HAS A THOUGHT AND WANTS TO CHIME IN ON THAT.

THAT'S --

>> ADRIANA ARIZPE MARTIN: THANK YOU, THANK YOU, SAM.

IT -- ANSWERED MY QUESTION DEFINITELY.

THANK YOU SO MUCH.

I THINK WE HAVE --

MICHAEL OCEAN, DO YOU WANT TO OPEN THE -- UNMUTE YOURSELF, MICHAEL?

>> SAMANTHA, WELCOME FROM THE SOUTH PACIFIC, NEW ZEALAND.

THANK YOU FOR YOUR USING NEW NARRATIVE, NEW LANGUAGE,

IT -- IT ENCOURAGES, ENCOURAGES ME TO GO TO YOUR WEBSITE,

OR YOUR SANGHA WEBSITE AND LOOK MORE CLOSELY.

MY QUESTION IS YOURSELF OR YOUR SANGHA, IN RELATION TO THE

THICH NHAT HANH PRACTICE, I AM STRUGGLING TO FIND A FORUM,

A DOOR, WITH A NAME ON IT THAT I CAN KNOCK ON AND OPEN.

DO YOU KNOW OF SUCH A FORUM OR A DOOR THAT YOU HAVE ENTERED

AND HAD FORUM WITH?

I KNOW OF VALERIE BROWN.

I KNOW OF LARRY WARD.

FOR ME, THEY ARE THE ONLY TWO PEOPLE WHO HAVE MENTIONED

SEXUAL ORIENTATION OR HOMOPHOBIA.

I KEEP LOOKING FOR THIS DOOR.

CAN YOU RESPOND?

>> Samantha Rise: THANK YOU SO MUCH, MICHAEL.

THANK YOU FOR THE SHARING.

FOR THE LONGING FOR, RIGHT, AND ALSO THIS, THIS INDICATION THAT, WHEN WE CAN'T FIND THE DOOR, CAN'T SEE THE DOOR, THAT'S NOT -- THAT'S NOT BECAUSE IT'S -- HOW TO SAY THIS. THE DOOR OUGHT TO BE THERE, THE FACT THAT YOU HAVEN'T FOUND IT YET IS NOT YOUR FAULT.

SO I REALLY JUST WANT TO SAY.

AND REFLECT BACK TO YOU THAT -- TO WALK THROUGH THAT THRESHOLD AND TO KNOW, DR. LARRY WARD SAYS STAND UP IN THE HOUSE OF BELONGING RIGHT TO KNOW THAT YOU HAVE A PLACE. IS, SHOULD BE AS EASY AS, AS ENJOYING OUR BREATHING. AND SO I THINK TOGETHER AS A SANGHA, AS A COMMUNITY, I LOOK FORWARD TO CREATING THAT SPACE WITH AND FOR EACH OTHER. I AGREE, AND I THINK MANY OF US, YOU KNOW THINKING ABOUT SPECIFICALLY, ARISE, WHICH IS A SANGHA COMMUNITY WITHIN THE PLUM VILLAGE TRADITION, ACRONYM ARISE STANDS FOR AWAKENING THROUGH RACE, INTERSECTIONALITY AND SEXUAL EQUITY. MY BRAIN IS A LITTLE FRAZZLEY AT THE MOMENT.

I WOULD LOVE FOR FRIEND WHO ARE ON THIS CALL, TO, TO ADD TO THE CHAT, THOSE SPACES IN OUR PRACTICE COMMUNITIES THAT ARE RESOURCES SPECIFICALLY FOR THE L LGBTQ+ COMMUNITY.

THEY'RE GROWING, WE ARE THROWING THEM.

BECAUSE CONVERSATIONS ARE BEING HAD, MANDATES ARE BEING EXPRESSED WITH, WITH --

YOU KNOW, FOLKS IN THE PLUM VILLAGE COMMUNITY ABOUT WHAT ACCESSIBILITY LOOKS LIKE, INCLUSIVITY IS NOT A BUZZWORD, IN FACT AS LONG AS THERE HAVE BEEN PRACTICES OF MINDFULNESS AND, AND --

AND COLLECTIVE LIBERATION, THERE HAVE BEEN QUEER PEOPLE, RIGHT?

THERE HAVE BEEN GAY PEOPLE.

THERE HAVE BEEN TRANSPERSONS, TWO SPIRIT, GENDER EXPANSIVE PEOPLE, RIGHT, THAT, THAT WE ARE NOT, WE ARE NOT RENDERED INVISIBLE BECAUSE WE DID NOT EXIST, RIGHT, IT'S BECAUSE THE, THE SPACES, THAT WISH TO CONTINUE AND PERPETUATE SYSTEMS OF POWER WOULD LIKE TO SEE US GONE.

BECAUSE WHERE WILL THE SOLUTIONS FOR COLLECTIVE LIBERATION AND TRANSFORMATION COME FROM?

THE FOLK WHOSE HAVE ALWAYS HAD TO BE THE MOST SOLUTIONARY TO SURVIVE, RIGHT.

WHO ARE THE MOST PROFOUND ABOLITIONISTS, HARRIET TUBMAN, AND, AND LIKE, EMANCIPATED SIBLINGS WHO RETURNED FOR THEIR SIBLINGS AND COMMUNITIES.

WE HAVE ALWAYS CREATED UNDERGROUND RAILROAD RESOURCES FOR

EACH OTHER.

OUR WORK TOGETHER, TO YOUR QUESTION, MICHAEL IS ACTUALLY OPENING THAT DOOR OURSELVES.

AND, NOT ACCEPTING THAT WE CAN'T FIND IT.

YOU KNOW, MAYBE WE COME WITH, WITH A -- OUR OWN SAWS AND, AND, YOU KNOW I'LL BRING THE, WHATEVER TOOLS WE NEED, BRICK MY BRICK.

WE CAN DISMANTLE THE SPACE TO WALK THROUGH.

AND, IN THE SITUATIONS WHERE, THERE WASN'T A DOOR APPOINTED ENTRIES TO CERTAIN PRACTICE COMMUNITIES WE CREATE OUR OWN.

RIGHT?

ONE THING I THINK THAT IS REALLY IMPORTANT TO NAME IS -- A TEACHER, DR. ANGELA DAVIS TEACHES OFTEN THAT, AN URGENT PRIORITY FOR US IN, IN COMMUNITIES WHO ARE RENDERED OR, THE ATTEMPTS TO RENDER US INVISIBLE FOR QUEER, TRANSFOLKS, BUT FOR BLACK, INDIGENOUS, STOP CENTERING THE COMFORT OF PATRIARCHY, WHITE SUPREMACY, THAT INSTEAD OF, FIGHTING FOR ACCESS TO THIS PARTICULAR SPACE WHERE THERE ARE SO MANY GATE KEEPERS, WE, WE CAN OPT OUT AND REIMAGINE TOGETHER ON OUR OWN.

AND MORE OFTEN THAN NOT, THOSE SPACES ARE THE ONES THAT FOLKS EVENTUALLY, THEY PEOPLE WALK OUT OF THE MASTER'S HOUSE.

RIGHT.

WE DON'T NECESSARILY.

THE WORK OF DISMANTLING IS MAYBE SCRAPPING SOME OF THE MATERIALS TO BUILD OUR OWN SPACES.

AND I INVITE ALL OF US TO DO THAT WORK TOGETHER.

BECAUSE IT IS SO MUCH MORE FUN.

WHERE WE ARE, SO MUCH EASIER TO SAY YES TO LIBERATION, WHERE WE ARE.

I WOULD SAY IN THE -- JUST FOR A TANGIBLE EXAMPLE OF THAT, WHICH WE DIDN'T GET TO -- ON THIS PARTICULAR CALL.

BUT I WOULD LOVE TO SHARE MORE RESOURCES WITH YOU, MICHAEL. LOCK AT THEM THROUGH MANY FACES SANGHA ON FACEBOOK.

WE WROTE OUR OWN -- REVISIONS TO, THE FIVE MINDFULNESS TRAININGS FOR INSTANCE.

TO MAKE THEM MORE ACCESSIBLE.

TO CREATE SPACE FOR OURSELVES.

TO NAME OURSELVES FULLY SO OUR YESES TO RECEIVING THEM, AND TO PRACTICING THEM COULD BE -- AUTHENTIC.

AND, WE, WE INCORPORATE NEW WAYS OF LOVING.

GROUP AGREEMENTS AND COMMUNITY GUIDELINES IN OUR PRACTICE SPACES.

SO THAT OUR IDENTITIES ARE NOT ONLY JUST, JUST, BEYOND
TOLERATED ARE CELEBRATED EMBRACED AS, INEX-TRICKABLE FROM
THE FABRIC THAT CREATES -- OUR COMMUNITIES.
THERE WASN'T -- I WOULD SAY THAT THE POINT OF ENTRY EXISTS
BECAUSE WE WERE SOLUTIONARY IN LOOKING FOR IT.
YOU KNOW WE KIND OF FOUND OUR WAYS IN.
AND IN ADDITION TO THAT, BECAUSE WE OPTED INTO OUR OWN
SPACES.
BECAUSE WE SAID, WE ARE, WE CAN'T, IF WE, IF THERE IS NO
ROOM OR CAN'T SEE OURSELVES, INSIDE THIS CONTAINER, WE
BETTER CREATE OUR OWN.
AND THE INTEGRITY OF THE TEACHINGS IS -- IS, MAYBE
MORE -- MORE VIBRANT, MORE NOURISHING, FOR THAT, BECAUSE WE
DIDN'T GIVE UP A PART OF OURSELVES OFF TO FIT INTO -- INTO
THE SANGHA COMMUNITY BUT IN FACT, WE MADE THE NEW SPACE
THAT WAS NECESSARY TO HOLD ALL OF US.
SO I WOULD, I WOULD ASK YOU TO TACK HEART AND KNOW THAT YOU
ARE NOT ALONE.
WE ARE HERE FOR YOU.
THAT IF THAT DOOR DOESN'T EXIST, I WILL BREAK IT DOWN WITH
YOU.
AND WE CAN BUILD SPACES TOGETHER.
AS WELL.

>> THANK YOU, SAMANTHA.
I WOULD LOOK TO CLOSE WITH A -- WITH MY HUMOR TO THIS
QUESTION, AND SAY --
BUT YOU KNOW WE ARE INCLUSIVE.
PLEASE UNDERSTAND THAT.
THANK YOU.

>> ANNIE MAHON: WONDERING IF ANYONE HAS A QUESTION OR
COMMENT.
THAT WAS SO BEAUTIFUL.
THERE IS SOMETHING IN THE CHAT.
DO YOU WANT TO READ THAT, POTENTIALLY EXPAND ON THAT.

>> Samantha Rise: SURE, FROM LISA LOWE.
THANK YOU FOR YOUR TALK AND ADVOCACY SAM, YOUR DISCUSSION
AROUND NONSELF AND DUALITY WAS A WONDERFUL, CLARIFYING
REMINDER THAT THESE PRINCIPLES AREN'T A PRACTICE OF DENYING
SELF AND IDENTITY.
IT SEEMS LIKE IT IS MORE ABOUT RELAXING, EXPANDING AND
RELEASING THE RIGID, FIXED IMPOSED NORMS AND IDENTITIES AND

BOXES WE PUT OURSELVES AND OTHERS IN TO HONOR AND FREE
OURSELVES TO BE THE EVERYTHING THAT IS IN EACH OF US.
WHOO.

WOW, THANK YOU FOR THIS DISTILLATION, TO HONOR AND FREE
OURSELVES TO BE THE EVERYTHING THAT IS IN EACH OF US.

YES, AND THE SANGHA SAYS --

THAT'S NOT SOMETHING THAT CAME OUT OF MY MOUTH.

BUT I RECEIVE THE TRANSMISSION HEARTILY.

GRATEFULLY.

YEAH, I --

I AM THINKING ABOUT -- SOME WISDOMS OF INSIGHT THAT CAME
FROM --

THE ROLLING THUNDER RETREAT WHICH WAS OFFERED THROUGH LOTUS
INSTITUTE -- TWO WEEKS AGO.

WHICH WAS TO SAY -- SET YOUR HEART FREE TO FIND NEW WAYS TO
LOVE THE WORLD.

AND I THINK THAT THAT IS -- AN ASPIRATION, A WISH I HAVE
FOR ALL OF US.

IN THIS MOMENT OF LIKE, CLINGING AND FEARFULNESS AND
NERVOUSNESS, THE SALIENT CULTURE AROUND US.

WHAT IS THE PRACTICE THAT WE CAN OFFER EACH OTHER TO SET
OURSELVES AND SET OUR HEARTS FREE TO FIND NEW WAYS TO LOVE
THE WORLD?

NEW WAYS OF LOVING, SEEING, CONNECTING, EXPANDING HAVE ONLY
EVER GIVEN US MORE ROOMS TO BE THE BEST OF OURSELVES, BE
THE MOST SOLUTION EAR VERSIONS OF OURSELVES, TO BE THE MOST
EMPOWERED VERSION OF OURSELVES, CONNECTED VERSIONS OF
OURSELVES, FORGIVING, CURIOUS, VERSIONS OF OUR SELVES.
NEW WAYS TO LOVE HAVE ONLY EVER GIVEN US -- MORE, MORE,
FREEDOM.

FROM SUFFERING.

RIGHT.

SO, SO, HOW CAN WE USE THIS PRACTICE AND HOW CAN WE SHARE
AND CONTINUE TO SHARE IT WITH EACH OTHER IN A WAY
THAT -- THAT GETS US ALL OF THE WAY FREE?

RIGHT.

THANK YOU, LISA FOR THAT REFLECTION.

I WILL CARRY ATE ROUND WITH ME.

I WILL CARRY IT AROUND WITH ME.

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

I AM JUST SEEING IF THERE IS ANY ONE ELSE, HAD BEEN SITTING
ON SOMETHING THAT THEY WANT TO SHARE.

OR ASK BEFORE WE FINISH.

JUST TAKING ALL OF WHAT WE HAVE BEEN LISTENING TO IN.

I GUESS I CAN READ THIS FROM KRISTIN
LELAND.

THANK YOU SO MUCH FOR ALL OF THIS.

IT'S BEEN TRULY REMARKABLE.

I WAS PARTICULARLY IN TUNE TO YOUR MESSAGES ON SPIRITUAL
BYPASSING AND THE EFFECTS AND ROADBLOCKS IT CAUSES AND
CREATES.

IT'S SOMETHING I'VE BEEN HYPERFOCUSES ON PARTICULARLY THIS
YEAR AND I'M GRATEFUL FOR ANY INSIGHTS OR REFLECTIONS ON
HOW TO MAKE THE BYPASSER AWARE OF THIS PRACTICE.

THERE, UNFORTUNATELY, COMES SUCH IMMEDIATE DEFENSES WITH
THIS CONVERSATION, WHICH CLOSES DOWN THE COMMUNICATION AND
RECEPTION BEFORE IT EVEN STARTS.

SO I'M ALWAYS OPEN TO BREAKING THROUGH THESE SPIRITUAL
BYPASSING WALLS.

YES, THANK YOU FOR SHARING THAT.

HONING IN ON THAT.

IT IS A PRETTY SALIENT, CHALLENGE FOR MANY OF US.

I THINK, WHEN WE TALK ESPECIALLY ABOUT -- LOVE, LIGHT,
SUPREMACY OR WHITE SUPREMACY CULTURE INTERNALIZED,
OUTWARDLY EXPRESSED BECAUSE IT IS ALIVE IN ALL OF US.

I THINK, THIS IS A, THIS IS A REALLY -- IMPORTANT THING TO
BE IN CONVERSATION ABOUT.

SOME OF THE RESOURCES THAT COMES, MOST QUICKLY TO MIND, I
AM FEELING REALLY GRATEFUL ACTUALLY THAT I GOT TO SHARE AND
ADRIANA, ANNIE, LOVE TO KNOW, FROM YOU ALL, THERE HAVE BEEN
MANY CONVERSATION AS BUT, WITHIN MAKING VISIBLE, RACISM,
ANTIBLACK RACISM.

IF YOU HAVE RESOURCES TO SHARE, I WOULD LIKE INVITE THOSE.
YOU ARE ALL AN INCREDIBLE RESOURCE.

I AM, I AM THINKING RIGHT NOW.

OF --

MAYBE, MAYBE KIM IF YOU ARE, IF YOU ARE STILL HERE, THE,
THE LOTUS INSTITUTE.

MEMBER OF THE BOARD, AVID PRACTITIONER AND STUDENT, OF,
OF -- OF LARRY WARD AND PEGGY ROWE WARD.

MANY OF OUR COMMUNITY MEMBERS ARE HERE.

WHICH IS DELIGHTFUL.

THERE IS -- THERE IS A --

A RETREAT THAT IS HAPPENING THE FIRST WEEKEND IN DECEMBER.
THAT IS FOCUSING SPECIFICALLY ON, WAKING, TO, TO -- OR,
WIDE AWAKE.

WAKING UP TO WHITE SUPREMACY WITHIN OURSELVES.

IT'S -- IT'S BEING ORGANIZED WITH THE FRAMEWORK TO ADDRESS

WHITE SUPREMACY CULTURE.

AND WAKE UP TO THAT WITHIN THE SANGHA COMMUNITY AND PRACTICE.

AND SO, I THINK REGISTRATION IS STILL OPEN FOR THAT RETREAT.

AND I WONDER KIM IF YOU WOULD BE WILLING TO, TO SHARE IT, YEAH, THE WEBSITE IS RIGHT THERE.

LOTUS INSTITUTE.ORG.

WOULD INVITE FOLKS INTERESTED IN, IN TERMS OF SPECIFIC LOW PRACTICE COMMUNITY.

EXPLORING THAT.

WE CAN ALSO THROUGH MANY FACES ON FACEBOOK AND IN OUR PRACTICE GROUP, CAN MAKE RESOURCES AVAILABLE TO FOLKS. I WOULD ALSO INVITE FOLKS TO EXPLORE, THERE IS -- A REALLY INCREDIBLE GROUP OF FOLKS WHO ORGANIZE TRAINING CALLED WHITE PEOPLE CONFRONTING RACISM.

AND IT IS -- A RESORE THAT I -- THAT I LOVE AND CHERISH. THERE ARE MANY LIKE MULTIPLE DAY RETREATS TO ATTEND TO WORK REALLY DEEPLY THROUGH, THE QUESTIONS NOT ONLY IN YOURSELF OF ADDRESSING WHITE SUPREMACY IN THE COLONIALIZED MIND AND ALSO LEARN SKILLS TO PRACTICE WITH, RECEIVING, GIVING FEEDBACK, INTERRUPTING THE CYCLES AND CONVERSATIONS WITH OTHER PEOPLE IN YOUR LIFE.

THANKS.

AND SHOUT OUT TO, SHOUT OUT TO KIM.

AND ALSO TO RACHEL FOR SHARING, THE LINK YES TO MANY FACES SANGHA.

A QUESTION IN THE CHAT.

OUR COMMUNITY -- CONVENES ON ZOOM.

EVERY THURSDAY NIGHT AT 7:30 P.M

AND SO WE HAVE A -- A LINK YOU CAN EMAIL MANY FACES SANGHA TO JOHN US.

AND, WE SIT TOGETHER FROM 7:30 TO 9:00.

WE HAVE A SEATED MEDITATION, WE HAVE A DHARMA TEACHING OF SOMEKIND.

AND THEN, DHARMA SHARING TOGETHER.

WE ALSO HAVE OCCASIONAL IN PHILADELPHIA, SOCIAL DISTANCE IN PERSON WALKING MEDITATION, POTENTIALLY SEATED MEDITATION. RESTRICTIONS HERE ARE CHANGING, COURTESIES OF COVID-19.

BUT IF YOU, IF YOU FIND US ON FACEBOOK, ALSO ON INSTAGRAM, MANY FACES SANGHA.

OR EMAIL US AT MANYFACESSANGHA@GMAIL.COM.

WE CAN GET YOU INFORMATION ON HUH TO PRACTICE WITH US AND WE LOUD LOVE TO HAVE YOU.

-- WE WOULD LOVE TO HAVE YOU.
WAY TO GO FRIEND IN THE CHAT, ALSO.
REALLY APPRECIATING THE KIND OF, COLLABORATIVE EFFORT THAT
GOES INTO GETTING FOLKS RESOURCES.

>> ANNIE MAHON: YOU ARE MUTED.
>> ADRIANA ARIZPE MARTIN: SORRY.
I WAS TELLING THAT, IF, THERE IS MAYBE, JUST ONE, TIME FOR
AN EXTRA ONE IF YOU ARE OKAY, SAM?
AND IF NOT, WE CAN CLOSE THE SESSION.
MAYBE.

>> Samantha Rise: YEAH.
I'M HERE.
THIS IS HOW, AFTER THIS, I'M JUST --
GOOD NIGHT TO MY ALTAR, MAYBE HEADING TO BED.
WHOO.

>> ADRIANA ARIZPE MARTIN: PERFECT, A QUESTION, COMMENT,
DOESN'T HAVE TO BE A QUESTION, A COMMENT THAT YOU WANT
TO --
TO OFFER TO SAM.

>> Samantha Rise: MY FAVORITE COLOR IS YELLOW, BY THE WAY.

>> ADRIANA ARIZPE MARTIN: OKAY, IF NOT I THINK WE CAN CLOSE
OUR SESSION TONIGHT.
AND, FIRST OF ALL, THANK YOU AGAIN, SAM.
THIS WAS AMAZING.
YOUR WISDOM, YOUR -- YOUR HEART, WAS SHARED HERE BECAUSE
WE, I THINK WE ALL COULD FEEL YOUR HEART HERE.
THAT'S REALLY, REALLY NICE.
AND IT IS INSPIRING ALSO.
THANK YOU SO MUCH.
WE ALSO WANT TO THANK --
LAUREN.
WHO WAS THE CURATOR OF THIS SESSION, THE LGBTQ+ COMMUNITY.
THANK YOU, LAUREN, IT WAS A GREAT -- A GREAT SESSION,
REALLY, REALLY, LOVE THIS SESSION.
THANK YOU SO MUCH.
AUTHOR ALSO, THANK, RACHEL, RACHEL IS HERE.
SHE IS WITH US.
BEHIND EVERYTHING THAT WE DO IN, IN BEHIND AND IN FRONT OF
EVERYTHING THAT WE DO.
IN MAKING-VISIBLE, THANK YOU VERY MUCH.

AND I DON'T KNOW, IT IS CLAIRE HERE, CLAIRE, SHE IS ALSO HELPING US WITH THE SOCIAL MEDIA.

AND I ENCOURAGE YOU ALL IF YOU CAN FOLLOW -- FOLLOW US IN, IN INSTAGRAM, FACEBOOK, AND -- TO SHARE, TO SHARE THAT WE HAVE THIS SPACE.

THAT IS, A COMMUNAL SPACE, PART OF MAKING-VISIBLE.

COULDN'T EXIST WITHOUT ALL OF YOU BEING HERE AND WILLING TO LEARN TOGETHER AND SHARE SPACES WITH, WITH ALL OF US.

AND YOU CAN GO BACK AND, AND REVIEW US, AS SAM MENTIONED ALL OF THE PREVIOUS RECORDINGS THAT ARE, ALL IN SOME WAY, AS WE ARE -- ALL OF THE, THE THEMES ARE RELATED.

ALL OF THE SESSIONS ARE RELATED IN SOME WAY WITH OTHER ONES.

PLEASE GO AND -- AND ALSO, WE WILL TRY TO HAVE THERE SOON, RACHEL, OTHER RESOURCES, AS I HAVE MENTIONED IN THE SESSION.

YOU WILL ALSO -- GOING TO BE ABLE TO FIND THEM THERE IN OUR MAKING-VISIBLE WEBSITE.

ANNIE.

>> ANNIE MAHON: WANTED TO SAY OUR CAPTIONER WHO HAS GIVEN HIS TIME FREELY FOR THE LAST, FOUR, WEBINARS, IF YOU WOULDN'T MIND SHOWING YOURSELF, SO WE CAN THANK YOU.

A SHOUTOUT TO THE THICH NHAT HANH FOUNDATION, AND OPENING HEART MINDFULNESS COMMUNITY GIVES US A GRANT TO HELP US KEEP GOING.

AND ALL OF YOU WHO HAVE CONTRIBUTED EVEN THE LITTLEST BITS THAT WE GET ARE HELPFUL BECAUSE WE HAVE TO PAY FOR CERTAIN THINGS, LIKE ZOOM, AND LIKE THE EMAILS ALL OF THE STUFF THAT WE DO.

AND WE ALSO LIKE TO PAY OUR -- SPEAKERS, SO, WE TRY TO MAKE IT FAIR.

SO IF YOU ARE ABLE TO DONATE, PLEASE, PLEASE, CONSIDER DONATING MAKING VISIBLE.ORG, MAKING-VISIBLE.ORG, THAT WOULD BE AWESOME.

AND SAM, AMAZING.

WHAT A BEAUTIFUL EVENING.

I WAS TAKING NOTES ON LITTLE STICKIES.

SO I, HAVE LOTS OF THINGS TO CONSIDER.

I APPRECIATE IT.

VERY MUCH.

>> YEAH, SUCH A DELIGHT.

WHAT A GIFT ALL.

THANK YOU.

>> ANNIE MAHON: THANK YOU.

>> THANK YOU, SAM.

>> THANK YOU.

>> Samantha Rise: YEAH, IF WE -- COULD HAVE --

>> THANK YOU, SAM!

>> Samantha Rise: AT MANY FACES WE CALL A ZOOM SEND-OFF.
UNMUTE OURSELVES FOR DEDICATION OF THE MERIT.

OR WE CAN SAY GOOD-BYE FOR NOW.

HOWEVER YOU WOULD LIKE TO DO THAT.

IT'S NICE WHEN WE ARE ALL WEIRDLY UNMUTED.

>> ADRIANA ARIZPE MARTIN: YES, PLEASE.

THANK YOU SO MUCH.

>> THANK YOU, SAM.

>> THANK YOU ALL.

>> THANK YOU.

>> I'LL BE IN TOUCH.

>> THANK YOU.

>> GRACIAS.

>> YEA, LOVE IT.

WHOO-HOO.

WEIRD.

>> BYE.

>> BYE.

>> BYE.

>> BYE.

(OVERLAPPING GOOD-BYES)