

RAW FILE

MAKING-VISIBLE
DISABILITY JUSTICE
KAITLYN HATCH
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7:00 P.M.

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>> ANNIE MAHON: WELCOME, EVERYONE.

>> ADRIANA ARIZPE MARTIN: HELLO, EVERYONE.

>> ANNIE MAHON: GOOD TO SEE YOU ALL.

>> ADRIANA ARIZPE MARTIN: ANNIE, GOOD IDEA IF I AM A
COHOST. OR IS RACHEL ALREADY?

>> ANNIE MAHON: GOOD IDEA IF YOU ARE. I WILL MAKE YOU A
COHOST. PERFECT, THANK YOU. WELCOME, EVERYONE. THANK YOU SO
MUCH FOR BEING HERE TONIGHT. GREAT TO SEE NEW FACES

FAMILIAR FACES. AND, SOME NAMES WITHOUT FACES. THANK YOU FOR COMING. THERE ARE SO MANY ZOOM THINGS TO BE DOING. NICE THAT YOU WERE WILLING TO JOIN US LIVE ON THIS CALL. WE ARE VERY EXCITED.

>> ADRIANA ARIZPE MARTIN: THANK YOU, IF YOU WANT TO SHARE WHERE YOU ARE CALLING FROM, AND YOUR NAME, THAT WOULD BE GREAT. THANK YOU SO MUCH.

>> ANNIE MAHON: IN THE CHAT, YOUR NAME, WHERE YOU ARE CALLING FROM. ANYTHING YOU WOULD LIKE US TO KNOW. THANK YOU, RACHEL, REMINDER TO RECORD. YES WE WILL START THE RECORDING IN A WEE BIT.

>> EVERYONE, WE HAVE CLOSED-CAPTIONING. THANK YOU TO DON. AND, IF YOU WANT TO -- TO HAVE ACCESS TO THE CLOSED-CAPTIONING YOU CAN, GO -- TO YOUR SCREEN BELOW, YOU WILL HAVE LIKE, TRANSCRIPT, AND YOU NEED TO GO TO -- TO SHOW SUBTITLES AND YOU WILL BE ABLE TO HAVE CLOSED-CAPTIONING THANK YOU. GO AHEAD AND PUT YOUR NAME WHERE YOU ARE CALLING FROM INTO THE CHAT. SO WE CAN SAY HI TO EACH OTHER IN THAT WAY. FROM THE LAND OF THE DUWAMISH AND COAST SALISH PEOPLE. DUWAMISH LAND, SORRY, MOVING TOO FAST FOR ME, FOR MY ENGLISH. KIM FROM PHILLY. GOOD TO HAVE YOU. YES. AND RACHEL. AND, WE HAVE RUBY. ALSO. AND,

DUWAMISH LAND. BRY FROM OAKLAND, AHLONE LAND, WHICH IS ALSO WHERE -- MAX IS CALLING FROM. CALLING IN FROM. AND, THEN WE HAVE --

OH, NATALIE CALLING FROM, I DON'T KNOW HOW TO SAY THAT, ADRIANA SHOULD BE READING THAT ONE. AJIIJIC, HI, NATALIE. MARY, THANK YOU FOR SHARING THAT. I WILL PASS THAT ON. IF YOU CAN SEND THAT TO RACHEL. WHO IS ON THIS CALL. CHAT THAT, THAT WOULD BE HELPFUL, MARY. A LITTLE BIT OF TECHNICAL THING.

HEY, JOANNE. GOOD TO HAVE YOU. IT IS 7:04. WE ARE GOING TO MOVE ALONG. WE HAVE THE EVENING UNTIL 8:30 TOGETHER. THIS IS OUR, WE HAVE BEEN PLANNING THIS -- SERIES, FOR A COUPLE OF MONTHS NOW. WE ARE VERY EXCITED TO FINALLY GET IT GOING. THIS IS OUR SERIES ON DISABILITY JUSTICE. AND -- YEA. WE ARE VERY, VERY EXCITE ADD BUT THIS. IT IS SOMETHING THAT THAT I HAVE BEEN REALLY WANTING TO LEARN MORE ABOUT MYSELF. AND HOW TO APPLY IT TO, TO THE COMMUNITY THAT I AM INVOLVED IN. SO, I AM VERY EXCITED TO BE LEARNING ALONG SIDE OF ALL OF US. AND --

TONIGHT WE WILL START WITH A BELL, HAVE A QUOTE. AND ADRIANA WILL INTRODUCE OUR SPEAKER. OUR SPEAKER WILL TAKE OVER. AND --

THERE WILL BE PLENTY OF TIME FOR ENGAGING QUESTIONS AND ANSWERS, AND, COMMENTS. SO, PLEASE BE THINKING ABOUT YOUR, YOUR, WHAT, WHAT IT IS THAT YOU ARE REALLY WANTING TO, TO --

TO KNOW, OR, OR EXPERIENCE, TONIGHT. SO -- MAKE IT YOUR OWN THIS EVENING, PLEASE. ESPECIALLY SINCE WE HAVE A NICE SMALLISH GROUP. THAT'S GREAT. ANY QUESTIONS, BEFORE WE START WITH THE BELL AND A LITTLE BREATHING TOGETHER.

>> I AM ALSO SO EXCITED TO HAVE, KAIT HERE, HAVING THE OPPORTUNITY TO LEARN MORE TOGETHER. ANOTHER THING THAT WE ALWAYS SAY THE PURPOSE OF THIS SPACE IS TO LEARN TOGETHER. NOBODY HERE IS TO TEACH, EVERYBODY IS HERE TO LEARN TOGETHER. THAT'S IMPORTANT FOR US. THANK YOU SO MUCH FOR BEING HERE, LEARNING TOGETHER.

>> ANNIE MAHON: YES, COUPLE LOGISTICAL THINGS. ONE, REMINDER WE DO HAVE CLOSED-CAPTIONING AND DON IS DOING THAT FOR US. SO IF YOU JUST GO TO THE BOTTOM TO LIVE TRANSCRIPT AND CHOOSE, VIEW SUBTITLES, YOU WILL GET TO SEE THOSE IN THE BOTTOM OF YOUR SCREEN. SECONDLY, WE ARE GOING TO TURN ON THE RECORDING IN JUST ONE MOMENT. SO IF YOU, DON'T WANT YOUR FACE, ACTUALLY, WE ARE GOING TO PIN THE RECORDING, WE ARE GOING TO TRY TO SPOTLIGHT THE PERSON WHO IS SPEAKING.

BUT WE ARE, WE ARE NOT, PROFESSIONALS AT SPOTLIGHTING. SO IF YOU HAVE ANY, REALLY, REALLY DON'T WANT TO MAKE SURE YOUR FACE GETS ON THERE, YOU CAN TURN YOUR VIDEO OFF, PLEASE. OTHERWISE, WE ARE GOING TO DO OUR BEST TO NOT GET YOUR VIDEO ON THERE. BUT THINGS HAPPEN. THE LAST THING I WILL SAY, TURN ON THE RECORDING.

>> RECORDING IN PROGRESS.

>> ANNIE MAHON: SO THE ONE THING THAT I JUST WANTED TO REMIND PEOPLE WHO HAVEN'T BEEN HERE BEFORE, IF YOU HAVE, THESE WEBINARS ARE -- AN OFF SHOOT OF OUR MINDFULNESS PRACTICE. ADRIANA AND I CAME UP WITH THIS IDEA TO AMPLIFY VOICES OF THOSE WHO AREN'T NORMALLY HEARD, AS A WAY FOR US TO -- TO BEGIN TO UNDERSTAND MORE DEEPLY. AND -- THICH NHAT HANH IS THE TEACHER THAT -- THAT ADRIANA AND I HAVE BEEN STUDENTS OF. AND ONE OF THE THINGS HE SAYS IS ABOUT, TALKS ABOUT, SAMANTABHADRA IS THE BODHISATTVA OF GREAT ACTION AND UNIVERSAL GOODNESS. HE WORKS HARD AND HAS THE WILLINGNESS AND CAPACITY TO HELP. TO ACT DEEPLY, WE MUST UNDERSTAND AND LOVE DEEPLY. TO SAVE THE WORLD, WE NEED THE EYES OF MANJUSHRI, THE HEART OF AVALOKITESHVARA, AND THE HANDS OF SAMANTABHADRA. SO, WE NEED ALL OF THOSE IF WE WANT TO MAKE A

DIFFERENCE IN THE WORLD. SO, THIS, THESE WEBINARS ARE ABOUT UNDERSTANDING. AND, AND LETTING OUR UNDERSTANDING LEAD US TO LOVE. AND ACTION. WITH THAT WE WILL HAVE A BELL AND BREATHE TOGETHER FOR A FEW MOMENTS BEFORE WE BEGIN. JUST TAKING THE LAST MOMENTS OF THE BELL TO SET KNEEL YOUR BODY. COME HOME TO YOUR BODY. AND WHATEVER STATE OF HEALTH IT MIGHT BE IN THIS EVENING. ARRIVING HERE IN THIS COMMUNITY. OF SUPPORT AND CARE. SURROUNDED BY THIS SANGHA. AND I WILL TURN IT OVER TO ADRIANA NOW. BUT YOU ARE MUTED, ADRIANA

>> ADRIANA ARIZPE MARTIN: SORRY. I'M GOING TO START AGAIN. THANK YOU EVERYONE FOR BEING HERE TONIGHT. AND, WE HAVE THE GREAT HONOR, TO HAVE, KAITLYN HERE WITH US TONIGHT.

KAITLYN HATCH IS AN ARTISTIC, GRAPHIC-DESIGNING, WORDSMITHING WUNDERKIND WHO HAS RECEIVED CERTIFICATIONS IN NOT-FOR-PROFIT MANAGEMENT, GRAPHIC & PRINT DESIGN, BRITISH SIGN LANGUAGE, PSYCHOLOGY, AND MORE. A DHARMA PSYCHOLOGY, AND MORE. A DHARMA PRACTITIONER SINCE 2008, ANTI-RACISM AND A COMMITMENT TO OUR COLLECTIVE LIBERATION IS CORE TO THEIR SPIRITUAL PRACTICE. THEY ARE A STUDENT OF PEMA CHÖDRÖN AND PRACTICE ADJACENTLY WITH BOTH THE BHUMISPARSHA AND THE RADICAL DHARMA COMMUNITY. THEY COMPLETED BUDDHIST CHAPLAINCY TRAINING AT THE UPAYA ZEN CENTER IN MARCH 2021.

AS A MULTI-GENRE WRITER, KAIT HAS SELF-PUBLISHED TWO BOOKS AND MANAGES A LONG-RUNNING BLOG WHERE SHE'S PUBLISHED THE LOJONG PRACTICE JOURNAL, A REFLECTION ON THE 59 LOJONG SLOGANS THROUGH THE LENS OF SOCIAL JUSTICE. SHE ALSO USES THE BLOG TO SHARE CREATIVE NONFICTION PIECES, BUDDHIST PHILOSOPHY, BOOK REVIEWS, REFLECTIONS ON WRITING, AND THE OCCASIONAL POEM. WHEN NOT WRITING, KAIT CAN BE FOUND MAKING ALL THE MIXED-MEDIA ART. HER CURRENT ARTISTIC WORK IS CREATING A SERIES OF THANGKA PIECES CALLED REPRESENTATION MATTERS, DEPICTING BUDDHAS AND BODHISATTVAS IN ALL DIFFERENT EMBODIMENTS. SHE DONATES A SIGNIFICANT AMOUNT OF THE SALES OF HER ARTWORK TO ORGANIZATIONS WORKING FOR RACIAL, TRANS, AND QUEER JUSTICE. ORIGINALLY FROM CANADA AND A RESIDENT OF THE UK FOR SIX YEARS, THEY CURRENTLY LIVE IN THE COAST SALISH TERRITORIES OF THE PACIFIC NORTHWEST WITH THEIR BELOVED UNICORN AND THEIR CAT DELIRIUM, WHERE THEY PAY REAL RENT TO THE DUWAMISH NATION AND ENJOY SHARING THE ABUNDANCE OF THEIR GARDEN WITH NEIGHBORS AND FRIENDS. THANK YOU SO MUCH KAIT FOR BEING HERE WITH US TONIGHT. THE FLOOR WILL BE OPEN FOR KAIT, WE WILL BE ENJOYING THEY SHARING.

>> KAITLYN HATCH: THANK YOU, FOR HOSTING THIS SPACE AND FOR

INVITING ME TO, TO SHARE WITH EVERYONE THIS EVENING,
AFTERNOON/EVENING DEPENDING WHERE YOU ARE. I SEE SOME
FAMILIAR FACES WHICH IS EXCITING. AND MOSTLY NEW FACES.
WHICH IS ALSO VERY EXCITING. I WANT TO BEGIN JUST
ACKNOWLEDGING THAT MY GREATEST INTENTION IS TO CREATE THE
KINDS OF COMMUNITY SPACES WHERE FOLKS FEEL COMFORTABLE
MEETING THEIR ACCESS NEEDS. AND ACCESS NEEDS ARE SOMETHING
THAT WE ALL HAVE. WE ALL HAVE IF WE ARE HERE ACCESS TO
DEVICES AND TO WIFI TO THE TIME AND AVAILABILITY AND ENERGY
TO BE PRESENT. SO I THANK YOU FOR YOUR PRESENCE TODAY. AND,
I ALSO WANT YOU TO TAKE CARE OF YOUR NEEDS. THIS IS A SPACE
WHERE I RECOGNIZE THAT YOU HAVE A BODY AND I HAVE A BODY.
AND BODIES CAN BE INCONVENIENT AND THEY CAN LET US KNOW
THAT WE ARE NOT PAYING ATTENTION IN DIFFERENT WAYS. SO I
INVITE YOU TO PAY ATTENTION TO YOUR BODY. SO, TURN OFF YOUR
CAMERA IF YOU WANT TO. IF THAT IS EASIER FOR YOU. FEEL FREE
TO GO AND GET SNACKS IF YOU NEED TO. GET WATER. STRETCH
YOUR BODY. MOVE AROUND. GRAB SOME KNITTING. WHATEVER WILL
HELP YOU TO BE PRESENT AND ENJOY OUR TIME TOGETHER. IT IS
ALSO REALLY IMPORTANT TO ACKNOWLEDGE THAT SELF-CARE IS
COMMUNITY CARE, WHEN WE TAKE CARE OF OURSELVES WE CAN SHOW
UP IN COMMUNITY. WHEN WE TAKE CARE OF OUR COMMUNITY, WE CAN

TAKE CARE OF OURSELVES. SO, I DO INVITE ANYONE WHO FEELS COMFORTABLE AND WOULD LIKD TO SHARE IN THE CHAT ANY ACCESS NEEDS THAT YOU MIGHT HAVE. FOR MYSELF, I WILL LET YOU KNOW THAT I HAVE A CONNECTIVE TISSUE DISORDER, IT IS QUITE UNPREDICTABLE. AND IN ITS UNPREDICTABILITY TODAY, I HAVE, PINCHED VERTEBRAE IN MY NECK. I AM DEALING WITH QUITE A LOT OF DISCOMFORT. BUT THANKFULLY, I HAVE SOME, SOME DIFFERENT CONCOCTIONS I CAN USE AND HEAT PAD AND THAT IS HELPING. I AM MEETING MY ACCESS NEEDS IN THAT WAY. BUT I MAY ADJUST MY BODY IN UNUSUAL WAYS AND WHEN IT GETS TO THE POINT THAT WE ARE DOING SORT OF AN EXCHANGE, I MAY TURN MY CAMERA OFF, SO I CAN ADJUST WHILE I AM LISTENING TO YOU. BUT I WILL, I PROMISE, BE LISTENING, IT IS MORE SO I AM NOT MAKING A BUNCH OF MOVEMENT HERE ON THE CAMERA THAT IS DISTRACTING. SO, YEAH, I INVITE ANY ONE WHO WOULD LIKE TO -- PLEASE DO TYPE IN --

INTO THE CHAT, ANY ACCESS NEEDS THAT YOU HAVE. ACKNOWLEDGE THINGS LIKE YOU MAY BE A CAREGIVER. YOU MAY HAVE AN ANIMAL THAT MIGHT SHOW UP AND BE A DISTRACTION. YOU MIGHT NEED TO TURN OFF YOUR SCREEN. # WHATEVER, WHATEVER THERE IS. OH, WE HAVE GOT, BRY, THANK YOU FOR CAPTIONS. ACCESS NEEDS ARE BEING MET THROUGH CAPTIONS. MAX WILL NEED TO STAND AND MOVE

OCCASIONALLY. THAT'S GOOD. TAKE CARE OF YOUR BODY. THANK YOU, MAX. ANYONE ELSE.

>> KIM ACCESS NEEDS ARE BEING MET. THANK YOU. WILL LIKELY STAY OFF SCREEN. IT'S BEEN A LONG DAY. A LOT OF US, I GET SCREEN FATIGUE AS WELL. IRIS, MAY NEED TO GO PEE. TAKE THE BIO BREAKS AS YOU NEED THEM. JUST REMEMBER TURN YOUR VIDEO OFF AND --

(LAUGHTER) VAL MAY NEED TO STAND. HAVE A HERNIATED DISK. OOH, I FEEL THIS. ADJUSTING YOUR BODY IS REALLY GOOD. JOANNE, I TURN 80 THIS YEAR AM A BIT TIRED FROM MULTIPLE ZOOM TUESDAY. CONGRATULATIONS. TURNING 80. SO, YES, PLEASE DO STRETCH. ADJUST YOUR BODY. TAKE CARE OF YOURSELVES. ALL RIGHT. AND, ACCESS NEEDS CHANGE. SO, ADAPT AS NEEDED. SO I WANT TO BEGIN WITH AN ACKNOWLEDGMENT THAT, BUDDHISM ORIGINATED IN WHAT WE NOW KNOW AS INDIA. AND IT WAS AN ORAL TRADITION, TRADITION THROUGHOUT ASIA. AND THAT WAS LONG BEFORE IT BECAME A SCHOLARLY TRADITION THAT HAS BEEN DOMINATED BY A LOT OF WHITE PEOPLE. AND THIS IS REALLY IMPORTANT BECAUSE, THIS IS A PATH OF LIBERATION, SO IMPORTANT TO NAME THESE THINGS. SO, WHILE ABLEISM, PATRIARCHY, WHITE SUPREMACY, AND OTHER DIVISIVE AND DUALISTIC SYSTEMS HAVE AND DO INFLUENCE BUDDHISM, IT IS A

BELIEF SYSTEM THAT HAS GROWN OUT OF AN UNDERSTANDING OF OUR INTERCONNECTEDNESS. I AM IMMENSELY GRATEFUL TO TEACHERS LIKE, ZENJU MANUEL, REVEREND ANGEL KYOTO WILLIAMS FOR ILLUMINATING THE INFLUENCE OF THESE DIVISIVE SYSTEMS AND HONORING THAT BUDDHISM IS AN EARTH-BASED PRACTICE. THAT'S ROOTED IN OUR PLACE WITHIN NATURE AND NOT APART FROM IT. AND, IN PARTICULAR, I WANT TO THANK MY PRIMARY TEACHER, FOR TEACHING THE DHARMA IN A WAY THAT I COULD UNDERSTAND IT. FOR, LLAMA RAD FOR MEDITATION PRACTICE WITH LANGUAGE THAT SUPPORTS PRESENCE IN THE BODY, REGARDLESS OF THE PHYSICAL POSITION THAT I HAPPEN TO BE IN. AND, MOST IMPORTANTLY, INFLUENCING ME IN MY PRACTICE WITH DISABILITY JUSTICE, WITH ANTIRACISM, ZEN JU EARTHLIN MANUEL, "THE WAY OF TENDERNESS" THIS BOOK IN PARTICULAR THIS HAS BEEN INCREDIBLY INFLUENTIAL SUPPORTIVE IN MY PRACTICE AS YOU CAN PROBABLY TELL BY ALL OF THE LITTLE NOTES STICKING OUT OF IT. SHE IS REALLY ILLUMINATED FOR ME THE RELATIONSHIP BETWEEN THE RELATIVE AND THE ULTIMATE AND THEIR INSEPARABILITY, A LOT OF CLARITY THE BOOK THAT HAS REALLY HELPED ME, THE SUBTITLE HERE, SO THAT YOU KNOW, AWAKING THROUGH RACE, SEXUALITY AND GENDER. IT IS QUITE EASY TO ALSO ADD TO THAT CONTEXT, DISABILITY FOR SURE. AND FINALLY, I WANT TO

ACKNOWLEDGE THE DISABILITY JUSTICE MOVEMENT. SO, FOR THOSE WHO ARE NOT FAMILIAR WITH IT. THE DISABILITY JUSTICE MOVEMENT IS A RELATIVELY YOUNG MOVEMENT. THAT WAS CREATED IN DIRECT RESPONSE TO THE DISABILITY RIGHTS MOVEMENT LACKING IN INTERSECTIONAL LENS. SO, IT'S ONE, DISABILITY JUSTICE IS LED BY BLACK INDIGENOUS EAST AND SOUTH ASIAN DISABLED FOLKS PARTICULARLY QUEER AND FEM BIPOC FOLKS IN RESPONSE TO THE DISABILITY RIGHTS MOVEMENT IN THE '70S JUST AS, THERE HAVE BEEN MANY MOVEMENTS IN RESPONSE TO THE LACK OF INTERSECTIONAL AWARENESS AND SPECIFICALLY THE WHITE LENS THAT A LOT OF, A LOT OF MOVEMENTS IN THE '70S, '60S AND '70S HELD. SO, SPECIFICALLY I WANT TO UPLIFT ALICE WONG, WHO IS THE EDITOR OF DISABILITY VISABILITY. AND ALSO THE FOUNDER OF THE DISABILITY, VISABILITY PROJECT. AS HUGELY INFLUENTIAL IN MY PRACTICE AROUND DISABILITY JUSTICE AND INTEGRATING IT WITH MY BUDDHIST PRACTICE. AND, AMANI BARBERIN, KNOWN AS CRUTCHES AND SPIKES, THAT'S HER ONLINE HANDLE IN MANY PLACES. I'M GRATEFUL FOR THEIR PRESENCE IN THE WORLD AND ALL THE TOOLS AND INSIGHTS I GAINED WHAT THEY OFFER THROUGH THE MANY PLATFORMS THAT THEY HAVE. IT IS REALLY IMPORTANT TO RECOGNIZE THAT DISABILITY JUSTICE IS -- IS A MOVEMENT

THAT HAS ALWAYS BEEN LED BY PEOPLE OF COLOR AND ESPECIALLY BY, BY FEM FOLKS OF COLOR. SO, THANK YOU. NOW I WILL SHARE A -- IN PROGRESS CREATIVE, NONFICTION PIECE. SOMETHING I WROTE, I THINK ABOUT FOUR MONTHS AGO NOW. I HAVE BEEN PLAYING AROUND WITH IT AND FELT IT WOULD FIT THIS TALKING REALLY WELL. JUST TO GIVE A BIT OF THE CONTEXT AROUND IT. (GATHERING) AND THE CONTEXT AROUND IT AND HOW IT AROSE. WHEN I FIRST CAME TO AN UNDERSTANDING OF DISABILITY JUSTICE IT WAS ACTUALLY THROUGH MY, MY PARTNER, BECAUSE MY PARTNER WAS DIAGNOSED WITH A CHRONIC ILLNESS. AND SO THEY WERE LEARNING WHAT IT WAS TO HAVE UNPREDICTABLE SYMPTOMS AND I WAS IN A POSITION OF BEING A CAREGIVER. AND IN THEIR PATH OF -- BECOMING AWARE OF WHAT IS TO BE DISABLED IN OUR WORLD, I REALIZED THAT I HAD ALWAYS HAD A DISABILITY BUT I DIDN'T WANT TO CLAIM THAT WORD. FOR MANY REASONS. REASONS OF INTERNALIZED ABLEISM, AND THEN ALSO, BECAUSE OF THE COMPARING MIND. I FELT LIKE I WASN'T DISABLED ENOUGH. SO, I HAVE HYPERMOBILITY SPECTRUM SYNDROME, IT'S GOT, DIFFERENT NAMES, IT IS AN OFFSHOOT OF AILERS DANLOWS, SOME HAVE HEARD OF. IF YOU DON'T HAVE A DIAGNOSIS OF IT, DOUBLE JOINTEDNESS. SO, THAT, THAT, KID THAT YOU MAYBE HAVE KNOWN, COULD BEND THEIR ARM BACKWARDS, IT'S A NEAT PARTY TRICK,

AND ALSO, IT'S -- NOT GREAT FOR YOUR BODY TO DO THINGS LIKE THAT. EVEN IF YOUR BODY CAN. AND, SO AS I HAVE AGED AND AS BODIES ARE, AS THEY DO, AS YOU AGE --

I HAVE TO RECKON WITH THE FACT THAT I LIVE WITH A LOT OF PAIN. AN ALSO, MY BODY DOES WEIRD THINGS. I DISLOCATE JOINTS SOME TIMES. AND I DEAL WITH A LOT OF TENSION HEADACHES AND MIGRAINES. AND, AND I STARTED TO UNDERSTAND THAT -- THAT FIRST OF ALL --

THIS WAS A VALID PART OF MY EXPERIENCE. I ALSO STARRED TO REALLY EXPAND MY UNDERSTANDING UH WHAT DISABILITY MEANS AND, AND, WHY WE HAVE THE ATTITUDES THAT WE HAVE. SO MUCH OF THIS IS BECAUSE I HAVE A GREAT PRACTICE OF BEING MINDFUL A. WARE, WATCHING WHAT IS GOING ON IN MY BODY. AND WHAT AM I BEING TOLD ABOUT DISABILITY. AND WHO GET TO BE DISABLED OR WHAT IT LOOKS LIKE. AND I REAL I THAT WHEN I FIRST STARTED PRACTICING MEDITATION IN 2008 IT WAS BECAUSE OF DISABILITY. BUT I WOULDN'T HAVE TOLL YOU THAT. I WOULDN'T HAVE FRAMED IT THAT WAY

IT WAS BECAUSE OF ANXIETY. BUT I DIDN'T SEE MENTAL ILLNESS AS A RECOGNIZED MENTAL ILLNESS. AS A DISABILITY UNTIL I, ENTERED INTO -- LOOKING AT THIS LIKE DISABILITY JUSTICE MOVEMENT. AND --

AND UNDERSTANDING THE INTERSECTIONAL LENS THAT IT BRINGS TO
IT AND ALSO --

THE, THE BROADER IMPLICATIONS OF THE WAY OUR SOCIETY
DECIDES WHO IS ABLE AND WHAT ABLENESS LOOKS LIKE. SO, I
HAVE BEEN --

MOVING THROUGH ALL OF THIS -- AND -- AND, I, WAS ABOUT TWO
YEARS AGO -- MAYBE, THREE YEARS AGO NOW, ACTUALLY. THAT
I -- THAT I STARTED TO SAY, OH, YEAH, I AM A DISABLED
PERSON. THAT IS A PART OF -- MY HUMANITY AND HOW I AM IN
THE WORLD. I EXPLORED A LOT OF THAT --

SIGNED UP FOR A FANTASTIC COURSE, HUGO HOUSE, A LOCAL
WRITING HOUSE HERE IN SEATTLE. SIGNED UP FOR A COURSE,
EMILY RAPP BLACK, A PHENOMENAL MEMOIRIST, I HIGHLY
RECOMMEND. SHE GAVE US DIFFERENT PROMPTS, EACH CLASS. THE
CLASS WAS CALLED READING AND WRITING DISABILITY. ONE OF THE
PROMPT THAT SHE GAVE WAS --

IF YOU COULD SHARE ABOUT A TIME WHEN YOU EITHER REGRETTED
OR WERE GLAD THAT YOU DISCLOSED YOUR DISABILITY. AND
MOSTLY, I COULD ONLY THINK OF TIMES THAT I REGRETTED IT
BECAUSE I THOUGHT ABOUT ANXIETY AND HOW, HOW DISCLOSING
MENTAL ILLNESS OFTEN DID NOT GO WELL FOR ME. AND SO I
CHALLENGED MYSELF WITH THAT PROMPT TO WRITE SOMETHING ABOUT

A TIME I WAS GLAD. I DISCLOSED MY, MY DISABILITY AND, WHAT WAS INTERESTING WAS THAT IT LED ME TO INEXPERIENCE -- AN EXPERIENCE THAT I HAD IN A DHARMA PRACTICE SPACE. SO I AM GOING TO SHARE THAT WITH YOU NOW. AND THEN, I WILL OPEN IT UP FOR -- FOR, REFLECTIONS, THOUGHTS, DISCUSSION, AND I DON'T LIKE TO DO -- QUESTIONS AND ANSWERS, I THINK QUESTIONS AND RESPONSES ARE BETTER. BECAUSE -- ANSWERS CAN GET US STUCK. SO, I INVITE YOU TO, IF YOU NEED TO CHANGE YOUR POSITIONS, GET YOURSELF INTO WHATEVER LIKE, I AM GOING TO LISTEN TO A LITTLE STORY HERE. THIS IS A -- A CREATIVE NONFICTION PIECE. BUT AS OF YET, UNTITLED. I WOULD ALSO TAKE TITLE SUGGESTIONS IF ANYONE HAS IDEAS AT THE END.

STANDING IN THE SUN, I LOOKED AROUND THE CIRCLE AT MY FELLOW BUDDHIST CHAPLAINS IN TRAINING. WE WERE A FEW DAYS INTO THIS INTENSIVE, A MIX OF CLASSES, MEDITATION, AND PREPARATION.

AND FINDING THE RHYTHM WE ALWAYS DID IN THE SCHEDULE OF THE DAY. AFTER MORNING MEDITATION AND BREAKFAST, THE GATHERING OF CHAPLAINS AND RESIDENTS WAS WHEN THE COMMUNITY WAS IN ONE SPACE. JUST BEFORE WE MOVED ON TO OUR WORK ASSIGNMENTS. IT WAS THE SPACE WHERE ANNOUNCEMENTS WERE MADE. FIRST BY THE GROUP LEAD FOR THE DAY. ON BEHALF OF THE GENERAL

COMMUNITY. AND THEN, BY ANYONE ELSE WHO HAD ANYTHING TO SHARE. MY HAND TREMBLED AS I RAISED IT TOENED KATE I HAD SOMETHING TO SAY. ALL MORNING AND THE PREVIOUS EVENING I HAD BEEN REHEARSING, BUT STILL MY THROAT CLENCHED WHEN THE CIRCLE LEADER NODDED INVITING ME TO SPEAK. SO, UH -- I BEGAN AWKWARDLY. FUMBLING TO REACH THE REHEARSED MESSAGE IN MY HEAD. I, I HAVE A CONDITION I WAS BORN WITH. A DISABILITY THAT, MEANS I LIVE WITH CHRONIC PAIN. I PROMISE MYSELF THAT ON THIS INTENSIVE -- I WOULD LISTEN TO MY BED AND TAKE CARE OF IT. AND SO, I HAVE BEEN USING A BACK JACK ON MY CUSHION FOR MEDITATION. BUT PEOPLE KEEP CLEANING UP. THEY KEEP MOVING ATE WAY. AND EVERY TIME WE GO TO MEDITATE, I HAVE TO FIND IT AGAIN. SO, PLEASE -- IF YOU SEE EXTRA CUSHIONS OR, A BACK JACK, OR, SOMEONE HAS A CHAIR SET UP IN A CERTAIN WAY, DON'T TOUCH IT. TRUST THAT IT IS THERE FOR A REASON. MY PALMS ARE SWEATY, NOT FROM THE WARMTH OF THE DAY. I SWALLOW AND LOOK DOWN, THERE WON'T BE A RESPONSE, THERE NEVER IS WHEN SOMEONE MAKES AN ANNOUNCEMENT. THE GROUP LEAD THANKS ME AND ASKS IF ANY ONE ELSE HAS ANYTHING TO ANNOUNCE. NO ONE DOES. SO WE BREAK TO GO ABOUT OUR ASSIGNED TASKS FOR THE NEXT HOUR. THE FIRST PERSON TO APPROACH ME BLUSHES LOOKING SLIGHTLY ASHAMED. I CLEANED UP

YOUR BACKJACK, IT WAS ME, SHE SAYS. SHE WAS MY ROOMMATE DURING THE FIRST INTENSIVE FOR THIS PROGRAM. I KNOW HER WELL. I KNOW SHE IS DEEPLY COMMITTED TO SOCIAL JUSTICE AND RADICAL POLITICAL CHANGE. I SMILE REASSURINGLY. YOU CERTAINLY WEREN'T THE ONLY ONE TO DO IT. BUT THANK YOU FOR THE APOLOGY. SHE LOOKED SHEEPISH. I UNDERSTAND. ABLEISM IS INSIDIOUS. MY OWN JOURNEY TO NOTICING IS ONGOING. I AM GRATEFUL TO HAVE A PRACTICE THAT IS ABOUT BEING PRESENT. ABOUT ASKING QUESTIONS, ABOUT BECOMING FAMILIAR WITH THE POISON OF IGNORANCE. THE NEXT PERSON TO APPROACH ME WANTS TO UNDERSTAND MY CONDITION. WHAT IS YOUR DISABILITY SHE ASKS? I HAVE BECOME USED TO THIS QUESTION. THE CONDITION I HAVE IS NOT NOTICEABLE AT A GLANCE. AND WE ARE TAUGHT THAT DISABILITIES ARE OBVIOUS, NOR THEY OUGHT TO ME. I EXPLAIN HYPERMOBILITY AND MY RECENT REALIZATION THAT THE WAY PAIN GETS TALKED ABOUT IN BUDDHISM, DOESN'T REALLY ACCOUNT FOR THE CHRONIC SORT. THEN I AM LEARNING NOT TO PUSH STOICALLY THROUGH MEDITATING IN A PARTICULAR WAY RISKING MIGRAINES, DISLOCATION AND IMMOBILITY JUST BECAUSE IT IS TAUGHT AS SUPERIOR. I AM LEARNING TO ACCOMMODATE THE REALITY OF MY BODY. TO LISTEN TO IT. TO HONOR WHEN MY MUSCLES NEED A REST. SHE THANKS ME. SHE SAYS SHE DIDN'T KNOW, AND THAT SHE

WILL BE MINDFUL IN THE FUTURE OF THE LANGUAGE THAT SHE USES. THE THIRD PERSON TO APPROACH ME ALSO WANTS TO KNOW ABOUT THE CONDITION I HAVE. AND, WE QUICKLY REALIZE THAT WE ARE BETH ZEBRAS BORN WITH ELONGATED TENDONS AND HOST OF UNPREDICTABLE SYMPTOMS RARELY THE SAME IN ANY TWO PEOPLE. I GAVE IT TO MY DAUGHTER, SHE BRUISES SO EASILY. DO YOU BRUISE? NO. I SAY. I DON'T GET THE BRUISING. BUT I GET THE HEAD RUSHES AND HEART PALPITATIONS, I'M SCHEDULED TO SEE A CARDIOLOGIST, TO GET A MEDICAL DIAGNOSIS FOR SOMETHING I OBVIOUSLY ALWAYS HAD. SHE NOD. KNOWING. IN HER 60S. ALSO DIDN'T GET DIAGNOSED UNTIL LATER IN LIFE WHEN DOCTORS GAVE A REASON FOR THE ELASTICITY OF HER DAUGHTER'S SKIN. WE BOND AS WE SHARE TIPS FOR MEDITATION, POSTURE SUPPORT, AS WELL AS DIETARY THINGS. AND SIMPLE EASILY SUSTAINED MUSCLE STRENGTHENING EXERCISES THAT WON'T MAKE THINGS WORSE FOR US. WE ALSO LAUGH IN THAT WAY THAT YOU NEED TO. ABOUT THE ABSURDITY OF INTERNALIZED ABLEISM. HOW IT TEACHES US THAT, DISABILITY IS PERMANENT AND FIXED. AND HOW, EVEN AS BUDDHIST PRACTITIONERS, AS PEOPLE WITH INSIGHTS INTO THE REALITY, WHEN IT COMES TO RELATIONSHIPS AND JOBS AND OTHER ASPECTS OF OUR HEALTH. IT HAS BEEN A JOURNEY TO ACCEPT FOR THIS ASPECT. BEFORE I MADE MY ANNOUNCEMENT, I HAD A LITTLE

VOICE IN MY HEAD TELLING ME PEOPLE WOULD TAKE IT THE WRONG WAY. I WAS WORRIED ABOUT COMING ACROSS AS BLUNT, RATHER THAN SIMPLY ASSERTING MY NEEDS FOR ACCESS. A THING THAT EVERYONE HAS TO SOME DEGREE. I FEARED BEING MET BY ALL OF THE WORST SIDE OF AN ABLEIST CULTURE. INSTEAD I WAS MET WITH AN APOLOGY. GENTLE CURIOSITY. AND A FELLOW BENDY SPOONY WHO HAD ALSO BEEN LEARNING TO LISTEN TO THE PARTICULAR STORY THEIR BODY HAS TO TELL.

>> ANNIE MAHON: WOULD YOU LIKE A BELL?

>> KAITLYN HATCH: YEAH.

>> KAITLYN HATCH: THANK YOU. SO THAT IS WHAT I PREPARED. I WOULD BE HAPPY TO HEAR FROM ANY ONE, THOUGHTS, SUGGESTIONS, QUESTIONS, QUERIES. I FEEL I AM VERY NEW TO THE DISABILITY JUSTICE JOURNEY. DO NOT KID MYSELF AN EXPERT. I AM ALSO LIKELY TO BOMBARD YOU WITH RESOURCES AND MAKE SURE THERE ARE LINKS AVAILABLE.

>> KATE, DO YOU WANT PEOPLE TO OPEN THEIR MIKES TO, TO ASK QUESTIONS? TO, DO YOU WANT PEOPLE TO --
WRITE IN THE CHAT. DO YOU WANT US TO, HOW DO YOU WANT TO MANAGE THIS, THIS SPACE? RIGHT NOW?

>> KAITLYN HATCH: BECAUSE IT IS A SMALL GROUP IF FOLKS WANT TO UNMUTE THEMSELVES, AND ASK A QUESTION THAT'S GREAT. BUT

IF YOU ARE MORE COMFORTABLE TYPING IN, IN THE CHAT, I ALSO INVITE THAT.

>> ADRIANA ARIZPE MARTIN: PERFECT.

>> KAITLYN HATCH: I LIKE TO HEAR PEOPLE'S VOICES. NICE.

>> ANNIE MAHON: ANNIE BOWING IN. I WILL OFFER THAT. FOR THOSE WHO ARE PRACTITIONERS WE USE THE BASIC DHARMA GUIDELINES AND WE DON'T COMMENT ON SOMEBODY ELSE'S SHARING. IF THAT'S OKAY. WE SHARE, SHARE FROM OUR OWN EXPERIENCE, ASK QUESTIONS FROM OUR OWN EXPERIENCE.

>> ADRIAN BOWING IN. IF THAT IS OKAY, I CAN START. I WANT TO SHARE, ASK YOU, I WAS ALSO DIAGNOSED, I DID THE TABLE AND THE JOURNEY OF THIS, WHICH IS VERY SIMILAR TO WHAT KAIT HAS, BUT I WAS ALSO DENYING IT A LOT. WHEN MY DAUGHTER, OF COURSE, MY TWO DAUGHTERS HAVE THE SAME DIAGNOSIS. MY DAUGHTER WANTED TO HAVE LIKE A -- A SPECIAL ACCOMMODATIONS IN COLLEGE, AT NYU. AND I WAS REALLY MAD ABOUT IT. BECAUSE I WAS TELLING HER, I WAS ABLE TO GO, NO, WITHOUT ANYBODY, NOTICING THAT I WAS LIKE, HAVING ALL -- ALL OF THIS AND MYSELF, YOU CAN DO IT. YOU JUST, FIGHT AND YOU JUST LIKE, FIGHT THE NEED TO GET TO SLEEP AT EVERY MOMENT BECAUSE YOU ARE SO TIRED. I MEAN, A LOT OF THINGS LIKE THAT. AND I HAVE BEEN LIKE FIGHTING NOW WITH THE FEELING OF GUILTINESS WITH

HER. BUT ALSO, WITH MY OWN FEELINGS OF NOT BEING
RECOGNIZING, ACTUALLY, WITH THIS SERIES THANKS TO ANNIE AND
YOU I HAVE REFLECTION ON WHAT I WAS DEEING INTO OF MYSELF.
SO, WHAT IS YOUR REFLECTION AND YOUR SOMETHING JOTIONS
ABOUT THE NONVISIBLE, BECAUSE THIS IS MAKING-VISIBLE, THE
NONVISIBLE DISABILITIES THAT THE WE HAVE. HOW CAN WE
MANAGE? HOW CAN WE SHARE THAT WITH THE PEOPLE? AND GET TO
KNOW AND HAVE -- AND SHIFT THESE IMAGES OF THE -- THE
WHEELCHAIR AND THE -- ALL OF THE, IMAGES THAT WE HAVE ABOUT
DISABILITIES THAT ARE COMPLETELY DIFFERENT, WE ALL HAVE
SOME DISABILITY OR DIFFERENT ABILITIES THAT WE, BECAUSE
ALSO, THIS CONDITIONS HAVE LET US KNOW, DO THINGS
DIFFERENTLY. SO WHAT DO YOU THINK ABOUT THE NONVISIBLE
DISABILL -- NONVISIBLE DISABILITIES?

>> KAITLYN HATCH: IN MY PERSONAL EXPERIENCE, IT'S BEEN
REALLY INTERESTING BECAUSE I, A LARGE PART OF ME COMING TO
THE PATH OF BUDDHISM WAS LEARNING TO BE PRESENT WITH THINGS
THAT I DIDN'T WANT TO BE PRESENT WITH. AND, KNOWING THAT I
HAD TO BE. RIGHT. SO I WAS, IN A STATE OF REALLY INTENSE
ANXIETY WHICH, I AM VERY GOOD AT MASKING. AND WHY AM I GOOD
AT MASKING IT? I AM GOOD AT MASKING IT BECAUSE OFTEN WE GET
MET IF WE SHARE THAT LEVEL OF VULNERABILITY OF --

OF MENTAL ILLNESS -- PEOPLE SEE IT AS EITHER IT'S -- A
PROBLEM THAT THEN THEY HAVE TO TRY AND FIX AND THEY KNOW I
USED TO HAVE THAT SORT OF ATTITUDE MYSELF. AND IT IS
SOMETHING TO BE REALLY WARY OF. LOOK AT MEDIA TO SEE SOME
VERY ALARMING DEPICTIONS OF MENTAL ILLNESS. AND SO I DIDN'T
WANT TO LOOK AT IT IN MYSELF LARGELY BECAUSE I DIDN'T FEEL
THAT IT WAS VALID FOR DIFFERENT REASONS. BUT ALSO BECAUSE
OF WHAT WE ARE TOLD COUNTS, RIGHT. AND, WHAT I FIND REALLY
FASCINATING THE MORE I DO THIS IS THE MORE I BASICALLY
MODEL JUST TALKING ABOUT IT. JUST TELLING PEOPLE LIKE, OH,
YEAH, I HAVE THAT. I HAVE A WICKED HEAD ACHE TODAY. OR, I
HAVE -- I HAVE HAD A, THREE DAY TENSION HEAD ABG. OR TODAY
I NEED TO USE A CANE BECAUSE -- MY FOOT IS DOING THIS THING
IT DOES. I CAN'T QUITE EXPLAIN. OR MY KNEE. ALWAYS A FUN
ONE. TENDONS IN MY KNEE DO WEIRD THINGS. OH, I CAN'T PUT
PRESSURE ON THAT. JUST BY TALKING ABOUT IT, IS INTERESTING
HOW -- OFTEN SOMEONE ELSE WILL ALSO SHARE SOMETHING THAT I
DIDN'T KNOW. YOU CAN'T SEE IT. SOME OF THAT ASSUMPTION THAT
WE CAN SEE THE FULLNESS OF A PERSON JUST BY LOOKING AT
THEM. EVEN THOUGH, WE KNOW THAT IS NOT TRUE. BECAUSE WE
KNOW IT IS NOT TRUE OF OURSELVES.

WE KNOW THAT WHEN PEOPLE ENCOUNTER US, THEY -- THEY MISS A

LOT OF THINGS. LIKE A LOT OF THINGS. SO, I THINK LIKE SO MUCH OF IT IS -- IN, FIRST, THAT FIRST, STAGE OF GOING, OH, I NEED TO LOOK AT IT IN MYSELF. AND RECOGNIZE IT. PART OF THAT ALSO IS, HOW YOU, HOW COMFORTABLE YOU ARE WITH SHARING WITH PEOPLE. SAY LIKE A BIG PART OF MY JOURNEY WAS INFLUENCED BY MY PARTNER. WHERE I WOULD SHARE THINGS ABOUT MY BODY, WHICH -- BECAUSE I WAS IN A RELATIONSHIP WHERE I FINALLY FELT COMFORTABLE SHARING THOSE THINGS. THAT WAS A BIG PART. AND THEN, THEY WOULD POINT OUT TO ME, YOU KNOW THAT'S NOT USUAL, RIGHT? LIKE, YOU KNOW YOU GET LIKE -- HEAD RUSHES EVERY DAY. THAT'S, THAT'S NOT COMMON. THAT DOESN'T USUALLY HAPPEN. I WAS LIKE, OH, REALLY. THAT IS THE OTHER THING ABOUT IT. WHEN IT IS YOUR BODY AND WHAT YOU ARE USED TO YOU JUST KIND OF DO THE THING. RIGHT. SO I ACTUALLY AM HONEST LOOK BACK, I STARTED HAVING CHRONIC PAIN WHEN I WAS ABOUT, 13, 14. BUT I DIDN'T REALIZE THAT BECAUSE, MY HEAD, CHRONIC PAIN WAS, CHRONIC MEANT CONSTANT. I WAS LIKE, WELL YOU KNOW I AM IN PAIN LIKE -- FIVE DAYS A WEEK. BUT -- NOT, ALL OF THE TIME. AND IT BECOMES SORT OF ABSURD WHEN YOU REALLY LOOK AT IT. BUT IT WAS NOT SOMETHING THAT I HAD EVER LOOKED AT. AND THEN, I THINK AS WELL, THIS TENDENCY AS HUMANS JUST TO, SPEAK TO YOUR POINT THERE, ADRIANA WHEN YOU

KNOW THAT YOU HAVE STRUGGLED THROUGH SOMETHING FOR SO LONG.
YOU ARE KIND OF LIKE I DID IT. AND IT IS KIND OF LIKE A --
IT IS LIKE AN INTERESTING CULTURAL ATTITUDE. THAT, THAT I
TIFF KNITLY, I KNOW, I RECKON WITH IT IN MYSELF IN
DIFFERENT AREAS. I WENT THROUGH YEARS OF CARRYING TOO HEAVY
RICK SACKS THAT CLEARLY WRECKED MY BACK. KIDS THESE DAYS
ARE REALLY LUCKY. THEY JUST HAVE TO CARRY AROUND A LAPTOP.
BUT ALSO THINKING WHY SHOULDN'T -- WHY SHOULDN'T WE TAKE
CARE OF EACH OTHER. WHY SHOULDN'T IT BE EASIER? OH, YEAH,
THIS IS REALLY HARD TO MASK MY ANXIETY FOR SO ME YEARS. AND
AS SOON AS I WAS ABLE TO TALK ABOUT IT AND FIND COMMUNITY,
FIND OTHER PEOPLE, WHO ARE LIKE, YEAH, HERE IS DIFFERENT
WAYS, MANAGE IT, OR HAVE SOME ONE SIT WITH YOU AND SAY I
KNOW HOW YOU FEEL RIGHT NOW.

THAT'S OKAY, PART OF BEING HUMAN. ADRIANA, I FOE I FELT IT
WHEN WE MET. WHEN YOU MEET SOME ONE WITH YOUR PARTICULAR
ALSO CONDITION. YOU ARE KIND OF LIKE, OOH, LIKE BEING IN A
CLUB. I HAVE QUITE A FEW FRIENDS WHO ARE ADHD AND AUTISTIC.
WHEN THEY MEET OTHER AWE TASTES AND ADHD FOLK, THEY JUST GO
ALL IN AND LET'S SHARE RESOURCES. LET'S TALK ABOUT THE
THINGS THAT AID US. SO THIS IS A BIG CONCEPT IN DISABILITY
JAW NICE. WHICH IS ACCESS INTIMACY. ABOUT HOW YOU SHARE

WHAT YOU NEED. IT IS QUITE AN INTIMATE THING BECAUSE WE LIVE IN AN ABLEIST SOCIETY WHERE IT WILL GET USED AGAINST YOU. THAT HAS LIKE I HAVE HAD TO LEAVE A JOB. BECAUSE I DISCLOSED SOMETHING ABOUT MY DISABILITY. AND, WAS MADE VERY UNCOMFORTABLE AT THAT JOB. AND MADE THAT, IT WAS MY PROBLEM. THAT, THAT IT, IT COULDN'T POSSIBLY BE BECAUSE THAT MANAGER WAS A BULLY, IT MUST BE BECAUSE YOU ARE CRAZY. RIGHT. WHEN YOU MEET OTHER PEOPLE, YEAH, I KNOW WHAT THAT FEELS LIKE.

AND IT BASICALLY, IT -- IT COUNTERS THE DIVISIVENESS AND THE DUALISM OF -- ABLEISM. AND THEN ALSO, IT -- IT RUBS UP AGAINST THE OTHER SYSTEMS. SO IT IS ALL GOOD WORK. YOU CAN'T REALLY CHALLENGE ANY SYSTEM OF OPPRESSION WITHOUT STARTING TO CHALLENGE ALL OF THEM. DEFINITELY VERY AWARE THAT --

ABLEISM, GETS USED A LOT TO UPHOLD WHITE SUPREMACY AND, SO I WORK ON THAT EDGE A LOT. WHITE BODY IN THE WORLD WHERE I AM LIKE, OKAY. HOW CAN I -- USE THIS WHITENESS TO MY ADVANTAGE TO POINT OUT HOW ABLEISM IS BEING WEAPONIZED IN ORDER TO UPHOLD WHITENESS. BECAUSE THAT IS NOT OKAY. THE PANDEMIC BEING A VERY GOOD EXAMPLE OF THAT. A LOT OF PEOPLE WHO HAVE INVISIBLE DISABILITIES HAVE SOME SORT OF CHRONIC

ILLNESS, AND, THE -- THE LANGUAGE THAT GETS PUT OUT THERE,
ONLY PEOPLE WITH PREVIOUSLY, EXISTING CONDITIONS.

BUT WHEN YOU REALLY GET DOWN, TO, THE INVISABILITY OF
DISABILITY. DISABILITY, DISABLED PEOPLE ARE THE LARGEST
MINORITY IN THE WORLD. GLOBALLY. AND, ANY, ANY, COUNTRY ANY
NATION --

IT WILL ALWAYS BE -- DISABLED PEOPLE WHO ARE -- WHO ARE THE
BIGGEST MINORITY THAT'S NOT OFTEN REPRESENTED. SO BY
MINIMIZING THE VALUE OF SOMEONE'S LIFE BECAUSE THEY HAVE
A -- YOU KNOW, A CO-MORBIDITY -- IT IS LIKE, YOU KNOW, I
HAVE LIVED MY LIFE. MY SO FAR, 36 YEARS. QUITE WELL. WITH
CO-MORBIDITIES. AND I'M STILL ALIVE. AND IT WOULD BE NICE
IF PEOPLE RECOGNIZED THEIR RESPONSIBILITY WE HAVE TO EACH
OTHER. WHICH I FEEL LIKE WITHIN THE BUDDHIST CONTEXT OF
THIS INTERCONNECTEDNESS, THAT IS SO MUCH OF IT. WHAT I SAID
AT THE BEGINNING. COMMUNITY CARE. SELF CARE. TO ME THAT'S
WHAT IT IS TO RECOGNIZE THAT WE ARE INTERCONNECTED. AND,
AND, OUR RELATIVE EXPERIENCE -- CAN INFORM US ABOUT --
AN IDEA OF, OTHER RELATIVE EXPERIENCES AND HOW WE CAN SHOW
UP FOR EACH OTHER AND TAKE CARE OF EACH OTHER. WHICH IS THE
ONLY WAY WE WILL SURVIVE AND THRIVE. THANK YOU.

>> ANY ONE WANT TO OFFER OR SHARE SOMETHING.

>> THIS IS MELANIE. THANK YOU, KAIT. I THINK I AM MAYBE STILL ALONG THE SAME LINES OF WHERE YOU ARE GOING. JUST A QUESTION OR STATEMENT. I HAVE COME ACROSS LATELY, SOMETHING THAT I SAY WHITE PEOPLE DO IN THE NAME OF EFFICIENCY. ALWAYS TRYING TO BE ABLE TO DO EVERYTHING WHEN IT NEED TO BE DONE. AND THEN IF YOU DON'T -- YOU KNOW, YOU ARE -- YOU ARE A PAIN IN THE ASS PERSON, EXCUSE MY LANGUAGE. YOU ARE NOT A HELPFUL PERSON IN SOCIETY. AND WHAT WE DO -- TO PEOPLE -- IT COSTS LIVES. I THINK MAYBE YOU COULD SAY MORE ABOUT THAT. I THINK ABOUT THAT -- IN TERMS OF JUST BEEN INDIGENOUS PEOPLE'S DAY. COLUMBUS. ALL OF THAT. THAT'S KIND OF COME UP FOR ME THIS WEEK. AND THEN -- HOW SOME PEOPLE JUST -- AREN'T -- I'M LOOKING AT MY NOTES. AREN'T, THEY HAVE INABILITY TO RECEIVE WHAT PEOPLE HAVE TO OFFER. EVERYBODY HAS SOME KIND OF VALUE. YOU JUST, SOME PEOPLE JUST CAN'T FIND THAT PART OF THE VALUE. AND SAY THAT YOU ARE, YOU KNOW, ANY WAY.

>> NATALIE BOWING OUT.

>> KAITLYN HATCH: THANK YOU FOR THAT, NATALIE. I DON'T KNOW THAT I NECESSARILY HAVE A RESPONSE TO THAT. I THINK IT'S --

IT'S EXACTLY THE THAT. OF WHEN WE ARE TOLD THAT A HUMAN BEING HAS LESS VALUE UNDER WHITE SUPREMACY, CAPITALISM. WE SHOULD ALL BE VERY, VERY, SKEPTICAL AND -- AND, WARY. YOU KNOW, ABOUT --

WHAT IS BEING SERVED AND WHO IS BEING SERVED. IN, IN THAT -- I AM WEARING A, SPEAKING, I AM WEARING A SHIRT HERE. I WILL SHOW YOU. IT SAYS YOU ARE SACRED. THIS IS -- ART WORK CREATED BY JOHNNY J. WHO IS A FABULOUS INDIGI-GEEK, SHE IS DISABLED. AND SHE DOES A LOT OF REALLY WONDERFUL WORK ABOUT, BASICALLY UPLIFTING -- UPLIFTING THE VALUE OF EVERYONE. BECAUSE YOU EXIST. YOU GOT PRECIOUS HUMAN BIRTH. WHAT ELSE DO YOU NEED. WE KNOW, WE CAN SEE THROUGH, USING THE CUTTING OF THE SWORD TO SEE THROUGH. OH, YEAH, THAT SYSTEM MAKES ME DOUBT YOUR HUMANITY. PROBABLY NOT SERVING ME OR YOU OR ANYONE ELSE. THANK YOU, MAX, VERY MUCH. IN NAMING ALICE WONG IN THE CHAT FOR ANY ONE WHO DIDN'T SEE IT, MAX SAYS THANK YOU, I SO ADMIRE YOUR COURAGEOUS SHARING. IT INSPIRES ME TO BE MORE HONEST AND AUTHENTIC. I REALLY WANT TO -- UPLIFT LIKE HOW IMANI BARBERAN AND ALICE WONG AND DISABILITY JUSTICE FOLKS HAVE MODELED THAT FOR ME. THAT'S THE THING. YOU GIVE PEOPLE PERMISSION, WHEN YOU SHOW UP. AS YOUR FULL SELF. APOLOGIES

IF I AM MISPRONOUNCING YOUR NAME. I SEE YOUR HAND IS UP.

>> THANK YOU.

THANK YOU SO MUCH, KAIT AND, ANNIE, ADRIANA AND ALL OF THE,
ANGELS WHO PUT THIS TOGETHER. I WAS REALLY TOUCHED, FOR
YOUR BEAUTIFUL SHARING, KAIT, THANK YOU. I REALLY
APPRECIATE IT. YOUR COURAGE. AND -- YOU, YOU STOOD UP FOR
YOURSELF, YOU ADVOCATED FOR YOURSELF. AND THAT IS JUSTICE.
RIGHT? AND IT GOT ME TO REALIZE HOW WE ALL HAVE SOME,
BECAUSE WE LIVE IN AN ABLEIST SOCIETY. CULTURE. THAT WE ALL
HAVE TIMES WHEN WE ARE IN COMPARISON DISABLED, RATHER LIKE
OFFICIALLY DIAGNOSISED OR NOT. YOU KNOW IF WE ARE, HUNGRY
OR TIRED OR, YOU KNOW THAT'S, AND --
AND, WE, I, PUSH MYSELF. & MASK THAT AND NOT --
NOT HONOR THE NEEDS OF MY BODY. AND THAT'S --
THAT'S -- THAT DOESN'T COUNT AS BEING JUST OR ADVOCATING
FOR MYSELF. SO, YEAH, THAT'S -- THAT IS A SENSE OF
INTERNALIZING THE OPPRESSION OR OPPRESSING MYSELF TOO. SO I
REALLY APPRECIATE THAT. BECAUSE OF YOUR SHARING. AND ALSO,
WOULD LIKE TO INVITE YOUR EXPERIENCE OR SHARING ON
EXPERIENCE AND -- FROM YOUR OWN AND ALSO FROM WHAT YOU HAVE
HEARD OR --
OR SEEN FROM, FROM -- OTHERS. IS THAT HOW, WHAT ARE SOME

THINGS THAT WE CAN DO IN VIRTUAL SPACES AND PHYSICAL SPACES BEFORE PEOPLE COME IN. TO MAKE IT KNOWN THAT -- THAT, WE ARE -- DISABILITY SENSITIVE, THAT WE CARE? AND THAT -- ALL DISABILITIES KNOWN OR UNKNOWN ARE VISIBLE, INVISIBLE ARE WELCOMED AND WE WOULD WANT TO WORK WITH THAT IN SOME WAYS. SO, WHAT ARE SOME CONCRETE THINGS AND THINGS THAT -- THAT, WOULD CONVEY THAT VERY CLEARLY? THAT YOU HAVE SEEN, YEAH, THAT I WOULD WANT TO GO THERE BECAUSE I SAW THAT OR I HEARD THAT OR -- THEY DID THIS? SO, I WOULD BE VERY INTERESTED TO HEAR THAT, THANK YOU.

>> KAITLYN HATCH: THANK YOU FOR YOUR KIND WORDS.

>> YEAH, THE PRACTICAL SIDE OF THINGS. I THINK ONE OF THE FIRST SIMPLEST ONES IS AN ACCESSIBILITY STATEMENT. BUT AN ACCESSIBILITY STATEMENT THAT IS ACTUALLY GROUNDED IN WHAT WILL BE OFFERED AND, AND SHOWING THAT IS SOMETHING THAT PEOPLE ARE AWARE OF. SO, THE EXAMPLE OF -- MAKING VISIBLE. IT IS REALLY CLEAR IN ALL OF THE POSTS THAT GO OUT IS THAT, WE ARE GOING TO HAVE LIVE CAPTIONING AND, THANK YOU, DON, YOU ARE DOING A FAB JOB. YEA, TO THE ANGELS IN THE BACKGROUND. ANOTHER THING IS -- ABOUT -- LANGUAGE. SO, I AM A WRITER, I THINK ABOUT LANGUAGE A LOT. I ACTUALLY JUST

PUBLISHED A PEST TO MY BLOG TODAY. ABOUT LANGUAGE. -- A
PEST TO MY BLOG TODAY, ABOUT LANGUAGE. SPECIFICALLY ABOUT
THE WAY THAT PAIN GETS TALKED ABOUT WHEN YOU ARE IN A
MEDITATION SPACE. AND USUALLY IT, LIKE, IT TOOK ME A REALLY
LONG TIME TO REALIZE THAT YOU ARE TALKING ABOUT KIND OF
TEMPORARY PAIN WHILE YOU ARE JUST, SITTING IN THIS
PARTICULAR POSITION. AND I AM TALKING ABOUT, I AM GOING TO
BE IN PAIN FOR THE REST OF THE DAY BECAUSE I SAT IN THAT
POSITION FOR 30 MINUTES. WE ARE NOT TALKING ABOUT THE SAME
THING. AND, HOW WE THINK ABOUT LANGUAGE GENERALLY. SO SIT
IS A REALLY INTERESTING ONE. BECAUSE ACTUALLY, SITTING
IS -- IS NOT COMFORTABLE FOR ME IN THE LONG, IN THE LONG
RUN. MULTITASKING HERE. I WILL JUST, BECAUSE I GOT A LITTLE
MESSAGE. OH, THAT IS REALLY LONG. I THINK THAT LINK WORKS.
SORRY, THAT, THE LINK --

I JUST POSTED TO THE ARTICLE THAT I JUST PUBLISHED TO DAY,
CALLED THE DHARMA OF PAIN. -- THAT I JUST PUBLISHED TODAY,
CALLED THE DHARMA OF PAIN. YEAH, HOW DO WE TALK ABOUT WHEN
WE SAY SIT, AND PEOPLE HAVE A VERY PARTICULAR IDEA,
MEDITATION MUST LOOK THIS WAY. AND A LOT OF THE TIME LIKE A
LOT OF MEDITATION INSTRUCTION THAT I GOT VERY EARLY ON, THE
FOCUS ON POSTURE WAS LIKE 80% OF IT. RIGHT? AND I PUSHED

MYSELF. I PUSHED MYSELF HARD. AND INTERESTINGLY, IT WAS WHEN I WENT ON A LONG RETREAT THAT I STOPPED PUSHING MYSELF BECAUSE I, I COULDN'T. IT WAS A 49-DAY RETREAT. AFTER ABOUT EIGHT DAYS, I REALIZED LIKE, OH. THIS IS REALLY BAD FOR MY BODY. AND I AM FATIGUED. FATIGUE IS A REALLY BIG THING THAT I MANAGE AROUND. WHICH, ANYBODY WHO HAS GOT ANY KIND OF CHRONIC ILLNESS OR YOU HAVE PAIN, THAT IS YOUR BODY TELLING YOU TO REST. AND TAKE CARE OF YOURSELF. SO, ANOTHER ASPECT THAT I FIND REALLY INTERESTING IN SOME DHARMA SPACES I HAVE BEEN IN IS WHEN PEOPLE WHEN SOMEONE FALLS ASLEEP AND, THEN, IT IS LIKE NO BIG DEAL. OH, YOU FALL ASLEEP WHILE YOU ARE MEDITATING. WELL CLEARLY YOUR BODY NEEDED A REST. REST IS REALLY RADICAL UNDER, UNDER WHITE SUPREMACIST CAPITALISM. AND, NOT RESTING SO THAT YOU HAVE ENERGY TO DO STUFF. RESTING BECAUSE YOU DESERVE TO REST BECAUSE YOU ARE A PRECIOUS HUMAN BEING AND THAT'S PART OF YOUR EXPERIENCE AND A GOOD NAP IS AMAZING. YOU SHOULD CELEBRATE THAT. AND, YEA, YOUR BODY TOLD YOU WHAT IT NEEDED. AND YOU LISTENED. AND WHAT ELSE IS OUR PRACTICE FOR. RIGHT? IT'S -- THIS, LIBERTORY EXPERIENCE. I ALSO REALLY APPRECIATE SPECIFICALLY, LAMA RAD IS A GOOD EXAMPLE OF, AN INSTRUCTOR, LIKE WHEN HE GIVES MEDITATION INSTRUCTION HE TALKS ABOUT

THE EXPERIENCE OF THE BODY. AND, BEING PRESENT IN THE BODY AND THE WAY THAT -- THAT FEELS UPLIFTING. RATHER THAN SAYING, YEAH, A PARTICULAR POSTURE. THOSE ARE LIKE, THE FEW THINGS, IT'S, THINK OF YOUR LANGUAGE. WORDS MATTER. BECAUSE, WORDS AREN'T JUST THE DEFINITION THAT THEY CARRY. THEY'RE ALSO THE -- THE CALL TO ACTION THAT THEY CARRY. IT IS WHAT THEY DO. AND HOW THEY LAND. AND HOW THEY LAND. SO WHEN YOU SAY, SIT, IN MY BRAIN, I HAVE TO MODIFY. I AM LIKE WE ARE GOING TO MEDITATE. THEN I HAVE TO THINK ABOUT IT? HOW AM I GOING TO DO STATE NOW THEY'RE DOING A GUIDED THING WHERE THEY'RE PRESUMING I AM IN A PARTICULAR POSITION, I HAVE TO ADAPT THAT. BUT WHAT IF IT WAS -- TAKE A POSITION THAT INVITES DIGNITY AND GRACE. THAT INVITES YOU TO BE PRESENT WITH THE EARTH. AND, IN THE INTRODUCTION, ADRIANA, MY PRACTICE WITHIN THE COMMUNITY, LAMA RAD'S ONE OF THE COFOUNDERS OF THE COMMUNITY, IT IS THE POLY WORD FOR THE, THE GROUND TOUCHING MUDRAH, WHEN, MARA WAS LIKE, SHOWS UP TO THE BUDDHA AND IS LIKE, WHAT, WHY ARE YOU SUCH A BIG DEAL? YOU KNOW WHO IS GOING TO, LIKE, KNOW ONE WATCHED YOU DO THIS, YOU ARE JUST SITTING HERE ALL OF THE TIME. HE TOUCHES THE EARTH AND SAYS THE EARTH IS MY WITNESS, THE EARTH IS ALWAYS THERE, THE EARTH IS ALWAYS HOLDING US, WE

ARE PART OF THEM, WE DON'T HAVE TO GO OUT INTO NATURE, WE ARE NATURE. SO WHAT IS IT IF WE APPROACH, MEDITATION FROM THAT VIEW, AND THEN YOU NEED TO SIT IN THIS PARTICULAR WAY, YOUR SPINE HAS TO BE ALIGNED. SO, YEAH. I HOPE THAT THAT WAS -- SOME USEFUL GUIDANCE FOR YOU JOANNE BOWING IN. KAIT WHAT A BEAUTIFUL PRESENTATION. AND I AM VERY MUCH LOVED THIS STORY, YOUR, YOUR NARRATIVE, NONFICTION, IT WAS -- IS WAS FROM THE HEART. AND VERY POWERFUL. AND, IT SEEMS TO EMPHASIZE THAT EVEN IN SPIRITUAL COMMUNITIES WHERE WE ARTICULATE WORDS OF UNITY AND COMPASSION AND LOVE AND ALL OF THESE ASPIRATIONS THAT WE DON'T ALWAYS PRACTICE IT IN THAT WAY. AND, YOU REALLY -- PRACTICE IT IN THAT WAY. AND YOU REALLY REMIND ME OF SITUATIONS THAT I HAVE EXPERIENCED THAT ALSO OPENED MY EYES TO SITUATIONS AND VULNERABILITIES THAT I MIGHT NOT HAVE BEEN AWARE OF. SO, THANK YOU. I JUST WANTED TO SHARE A LITTLE STORY THAT ON MY VERY FIRST RETREAT WITH THICH NHAT HANH, WHICH WAS, 30 YEARS AGO, A MONK NOTICED THAT I WAS IN PAIN. TRYING TO SIT CROSS-LEGGED. WITH, WITH SEVERE ARTHRITIS IN MY -- IN MY HIPS AND KNEES AND, ANKLES AND HAND. BUT -- I WAS BROUGHT UP CATHOLIC, AS A GOOD LITTLE GIRL. AND TRAINED TO, TO DO WHAT I WAS TOLD. AND IT WAS MY FIRST TIME. SO I, AM

ETERNALLY GRATEFUL FOR HIM. AND HAVE BEEN SITTING ON A
CHAIR IN BUDDHIST COMMUNITIES EVER SINCE. HOW CAN WE SET UP
A ROOM IN A WAY THAT INVITE SOME VARIATION OF NEED PERHAPS?
THANK YOU. THANK YOU. MY PARTNER IS A RECOVERING CATHOLIC.
I AM VERY WELL AWARE, THAT APPARENTLY THAT JUST DOESN'T GO
AWAY. THANK YOU T-R ASKING THE QUESTION. INSTANTLY, I HAVE
A LITTLE STORY FOR Y'ALL. FIRST TIME I WENT ON A RETREAT. I
HAD A WEIRD PATH TO BUDDHISM. I CAME TOBUDDHISM THROUGH A
THERAPIST. MY PSYCHOLOGIST WAS LIKE YOU SHOULD TRY
MEDITATING BECAUSE YOU REALLY DON'T LIKE BEING PRESENT AND
WE NEED TO GET YOU USED TO BEING PRESENT. BECAUSE THAT'S
WHERE YOU ARE. SO, SHE, TAUGHT ME TO MEDITATE. BASICALLY
SHE WAS MY SANGHA FOR YEARS. AND THEN, IN, IN, 2012, I
DECIDED ALL RIGHT, I NEED BE ON RETREAT. GOING TO TRY
RETREAT FINALLY. I WANT ON THIS RETREAT. AND THEY SPENT --
I WENT ON THIS RETREAT. THEY SPENT TWO HOURS. THEY GAVE US
A TWO-HOUR PERIOD OF MEDITATION, WHERE WE JUST TRIED TO
DIFFERENT POSITIONS. THEY HAD EVERYTHING AVAILABLE FOR US.
THERE WAS A SERMON OF CUSHIONS, CHAIRS, THE CHAIRS LIKE,
YOUR LEGS GO THIS WAY ON IT. LIKE IT HAS GOT THE LITTLE PAD
LIKE, YEAH, THEY, IT HAD, AMAZING. BENCHES. AND, THEY, THEY
INVITED US TO CHOOSE A POSITION. GET IT. WE WOULD MEDITATE

FOR TEN MINUTES. AND THEN, THEY WOULD INVITE US TO ADJUST OUR BODY AS WE NEEDED TO, GET DIFFERENT STUFF. THIS IS MY INTRODUCTION TO A FORMAL RETREAT SETTING. I NEVER EXPERIENCED IT SINCE. IN ANY OTHER COMMUNITY THAT I HAVE BEEN IN. I THINK ABOUT IT A LOT. THAT WAS KIND OF GENIUS. I WILL SAY THAT, ONE PROBLEM HAPPENED IS THAT I FOUND SOMETHING, COMFORTABLE, A BENCH I LIKED. A WAY OF WRAPPING A BLANKET JUST SO THAT SUPPORTED MY HAND IN MY LAP SO MY SHOULDERS WEREN'T STRAINED. SO GREAT. THEN I KIND OF FORGOT THAT I COULD CHANGE THAT. AT SOME POINT IF I NEEDED TO. OH, THIS WORKS REALLY WELL. I DID IT FOR THE WHOLE THING. JUST DID THAT FOR YEARS, UNTIL, WAIT, IT IS NOT WORKING ANYMORE. BUT I THINK JUST LIKE MAKING IT USUAL. GIVING TIME FOR FOLKS TO TRY OUT DIFFERENT POSITIONS. I WILL SAY IN THE CONTEXT OF THE STORY THAT I SHARED. SPECIFICALLY THIS IS THE THING THAT I ENCOUNTERED IN ZEN SPACES, VERY MESSY, THEY DON'T CARE ABOUT THIS STUFF, IN ZEN SPACES THERE IS A THING ABOUT THE AESTHETIC. SO GETTING CLEANED UP A LOT OF THE TIME, BECAUSE IT LOOKED MESSY. THEY WANTED IT TO BE UNIFORM. AND THIS IS REALLY WHERE I REALLY, REALLY WANT TO UPLIFT. ONE OF MY FAVORITE TEACHINGS FROM, ZENJU EARTHLYN MANUEL, A CHAPTER. THE THEME OF THE BOOK THERE IS

MULTIPLICITY IN ONENESS, NOT SAMENESS, NOT UNIFORMITY, NOT
HOMOGENY, IT'S EVERYTHING. AND JUST THINK ABOUT IT THAT
WAY. THEN IT IS LIKE, OKAY. OH, OKAY. TRYING TO CREATE A
SPACE. WHERE PEOPLE FEEL WELCOME TO COME BACK TO THAT
POINT. PEOPLE FEEL WELCOME. WALK INTO A SPACE AND YOU THINK
THIS LOOKS PRETTY HOMOGENOUS. A LOT OF PEOPLE ARE GOING TO
WALK RIGHT BACK OUT. SO, HAVING THINGS LIKE YOU WALK IN.
YOU SEE THERE IS AN ASSORTMENT OF CUSHIONS AVAILABLE. THERE
IS CHAIRS. AND THEN, BEING EXPLICIT. JUST SAYING IT.
PUTTING THAT ACCESSIBILITY STATEMENT OUT THERE. AND, IN
THESE ZOOM SPACES TOO, THINGS LIKE, SAYING, TURN YOUR
SCREEN OFF IF YOU HAVE TO, YOUR VIDEO OFF IF YOU HAVE TO.
CHANGE YOUR POSITION. MOVE IT AROUND. FIND THE THINGS THAT
WORK. THANK YOU. KIM. YOUR HAND IS UP?

>> HI, THANK YOU FOR YOUR-TUSH FOR YOUR SHARING THIS
EVENING. AND YOUR WISDOM. AND, EXPERIENCE, KIM BOWING IN.

YEAH, I THINK, I, I --

I APPRECIATE MORE CUES AROUND -- OF LANGUAGING. LIKE MY
SANGHA, OUR CARE TAKING TEAM AT LEAST HALF OF THE SANGHA IS
DISABLED. AND WE ARE STILL TRYING TO FIND MORE WAYS TO
ANTICIPATE AND MAKE UP SAFER SPACE AND CHANGE ABLEIST
LANGUAGE THAT WE HAVE, INTERNALIZED OR. SO IT IS ALWAYS

GREAT TO LEARN THINGS THAT ARE, LIKE, SECOND NATURE TO SOME SPACES. AND MAYBE NEW TO OTHERS. SO, ONE QUESTION WE MAY HAVE BEEN SITTING WITH A LOT IS -- LANGUAGE AROUND WALKING MEDITATION. AND CHANGING IT. MAYBE TO, TO -- LIKE WE, WE HAVE DECIDED LIKE INSTEAD OF SAYING, YOU ARE GOING TO STAND. YOU ARE GOING TO RISE. BECAUSE EVERY, AND, USING LANGUAGE DESCRIBING THAT, YOU KNOW, WHAT RISING INTERNALLY CAN FEEL LIKE. OR -- AND MAYBE CHANGING THE WORD WALKING MEDITATION TO MOVEMENT MEDITATION. SO I AM CURIOUS IF YOU HAVE ANY MORE LIKE INTERNALIZED NEW LANGUAGE AROUND THAT SPACE. AND ALSO --

WITH CREATING, LIKE A MORE WELCOMING SPACE FOR NEURODIVERGENCE. I KNOW THOSE ARE TWO DIFFERENT, AND MAYBE YOU WANT TO PICK ONE FOR TIME. I DON'T KNOW HOW MANY OTHER QUESTIONS THERE ARE.

THOSE ARE TWO THINGS ON MY MIND THAT WE ARE THINKING ABOUT. LIKE EVEN HAVING LIVED EXPERIENCE WITH, ARE STILL KIND OF -- LEARNING THE BEST PRACTICES. AND NEW PRABG PRACTICES. THANK YOU. I THINK THAT --

>> KAITLYN HATCH: JUST EXPERIMENTATION. PLAYFULNESS. TRYING IT OUT. TRYING IT OUT AS A COMMUNITY IS REALLY BIG. ONE OF THE PRINCIPLES OF DISABILITY JUSTICE, THERE ARE TEN

PRINCIPLES OF DISABILITY JUSTICE YOU CAN FIND ON THE WEBSITE. AND DAY GET, ADJUSTED. AND, AND CHANGED OVER TIME. AND THEY'RE REALLY GREAT TO PRACTICE WITH. JUST THINK OF THEM AS LIKE SLOGANS. YOU CAN PRACTICE WITH. ONE OF THEM IS -- LEADERSHIP OF THE MOST IMPACTED. AND I AM, BEGINNING TO UNDERSTAND THAT ONE. IN PARTICULAR NOT AS SAYING, LIKE, OH, WELL -- LIKE THE PEOPLE ARE MOST IMPACTED SHOULD BE IN A LEADERSHIP ROLE. WE SHOULD BURDEN THEM WITH THE LABOR. IT'S MORE OF JUST LIKE, LISTEN TO, LIKE, RECOGNIZE WHAT IS, WHAT -- WHAT YOU ARE BEING TOLD. BECAUSE -- YOU DON'T KNOW SOMEONE'S RELATIVE EXPERIENCE. RIGHT. SO LIKE I, I CANNOT STAND, I WILL NEVER BE ABLE TO STAND OR WEAR THE SHOES OR BE IN THE EXPERIENCE OF ANOTHER PERSON. I AM IN THIS RELATIVE EXPERIENCE. AND EVERY OTHER RELATIVE EXPERIENCE IS JUST AS VALID. AND SO -- BRINGING THAT CURIOSITY AND THAT PLAYFULNESS AND SO, SAYING, LIKE OKAY, WE WANT TO -- WE WANT TO, MAKE SURE THAT LIKE NEURODIVERGENT PEOPLE FIND A SENSE OF BELONGING AND -- AND CAN PRACTICE IN THE SPACE AND IS WORKING SO. JUST LIKE, ASKING NEURODIVERGENT PEOPLE WHAT WORKS, WHAT DOESN'T WORK. AND ALSO ALWAYS REMEMBERING NO SINGLE PERSON CAN BE THE REPRESENTATIVE OF AN ENTIRE GROUP AS WELL. SO BEING OPEN TO

ADAPTATION. I THINK THAT IS ANOTHER PART OF THIS, LIKE, THE UNLEARNING, WHAT WE HAVE BEEN IN TERMIZED LIKE, WHITENESS IN PARTICULAR, GIVES US A SENSE WE HAVE TO BE PERFECT AND THE RIGHT WAY TO DO IT. THE THING WITH ALL OF THIS IS LIKE WE ARE ALL, ALL BABIES, WE ARE ALL LEARNING. WE ARE ALL AT DIFFERENT POINTS IN THIS, UNLEARNING -- OF THE SYSTEMS OF OPPRESSION AND, AND IT IS GOING TO IMPACT US DIFFERENTLY DEPENDING ON, WHAT OUR EMBODIMENT IS OF WHERE OUR EDGE IS IN THAT LEARNING. SO IN WRITING FOR THOSE WHO ARE MOST IMPACTED WHICH YOU DON'T HAVE TO ASK THEM, THEIR STORIES ARE THERE. YOU CAN FIND IT. LIKE, IT'S -- IT'S -- JUST, FOLLOW SOMEBODY. FOLLOW SOMEBODY ONLINE WHO IS ALREADY -- DOING SOME MINDFULNESS TEACHING, HAS A NEURODIVERGENT PERSON, A LOT OF REALLY GOOD IF YOU LOOK INTO, BASICALLY IF YOU LOOK UP AUTISM ADVOCACY. THAT IS A REALLY GOOD WAY TO FIND FOLK WHOSE ARE SHARING THINGS, TOOLS, IDEA, STUFF THAT WORKS TO SUPPORT AWE TASTING PEOPLE AND ADHD PEOPLE -- AWE T*EUC PEOPLE AND ADHT PEOPLE AND A LOT OF OVERLAP, AND PEOPLE WHO ARE AUTISTIC AND ADH TK-FPL. SO THE RESOURCES ARE THERE -- ADHD, THE SO THE RESOURCES ARE THERE, OPEN TO ADAPTATION AND BUILDING AS A COMMUNITY, RECOGNIZING, NO, I CAN'T BE THE EXPERT IN FIGURING IT OUT. THAT'S NOT MY JOB.

I, I JUST HAVE MY RELATIVE VIEW. AND --

AND IF I CAN -- UPLIFT AS MANY RELATIVE VIEWS AS POSSIBLE.

THEN WE CAN CREATE A SPACE THAT IS GOING TO BE WELCOMING AND INCLUSIVE. AND REMEMBERING TOO, THAT, ACCESS NEEDS CAN CONFLICT. THAT IS A NOTH FUN THING TO WORK WITH. THAT IS ANOTHER FUN THING TO WORK WITH. SPEAKING OF NEURODIVERGENCE. I KNOW THAT THERE ARE SOME NEURODIVERGENT PEOPLE FOR WHOM CAPTIONS WOULD BE THE WORST. WHICH IS -- I AM SO DISTRACTED. I CAN'T. SO THAT'S WHY IT IS GOOD TO BE ABLE TO TURN THEM ON OR OFF. AND, AND, THEN AGAIN, IT'S THAT PLAYFULNESS BEING IN COMMUNITY, ACCESS INTIMACY, HOW CAN WE FIGURE OUT WAYS THAT WE CAN PARTICIPATE TOGETHER ACKNOWLEDGING THAT MY NEEDING ONE ACCESS NEED, MAY IN FACT ACTUALLY CREATE A BARRIER FOR ANOTHER PERSON. THERE IS A REALLY GOOD EXAMPLE OF THIS. IN, AN EPISODE OF THIS AMERICAN LIFE WHICH I AM NOT GOING TO REMEMBER WHAT THE TITLE OF THE STORY IS. AS SOMEBODY SHARED, SOMEONE WITH A STUTTER, SHARES ABOUT BEING INVITED TO -- TO, SOME SORT OF LIKE, POETRY SLAM OR SOMETHING LIKE THAT. LIKE, A SMOKE AND WORD THING. AND THERE IS A TIME LIMIT. AND THEY HAVE A STUTTER. AND THEY CREATE THE TIME LIMIT. TO CREATE, SO LIKE EVERYONE GETS A FAIR AMOUNT, FAIR AMOUNT OF TIME. HE

PREPARES SOMETHING IF HE DOESN'T STUTTER WILL FIT IN THE TIME. HE IS GOING TO STUTTER. IT'S THAT THING WHERE YOU NEED TO HAVE FLEXIBILITY AROUND IT TOO AWFUL THE TIME. LIKE ADAPTATION AROUND IT ALL OF THE TIME. ALL OF THE TIME. WE CAN'T BRING THE WORLD TO A STATIC FIXED STATE. WE CAN JUST RESPOND, THAT'S THE WORK SOME TIMES. THANK YOU.

>> HI, I AM JUST GOING TO TALK IF NO ONE ELSE IS. I WASN'T PLANNING TO TALK. BUT --

I'M NEW TO YOUR GROUP. THANK YOU. APPRECIATED YOUR TALK VERY MUCH. I APPRECIATE ALL OF YOU. YOU KNOW, I, I WROTE IN THE CHAT BOX THAT I MIGHT, THAT I AM A SLOW TYPIER. BECAUSE I HAVE A LIMB DIFFERENCE. AND THAT WAS ACTUALLY THE FIRST TIME I HAVE ANNOUNCED THAT TO A GROUP. AND I THOUGHT YOUR TALK WAS SO -- IT JUST HIGHLIGHTED EVERYTHING, I THOUGHT YOU, JUST SUCH A GREAT STORY. BUT IT MADE ME THINK ABOUT MY OWN JOURNEY. AND, YOU KNOW, I SPENT MOST OF MY LIFE, YOU ALL TALK ABOUT INVISIBLE DISABILITIES. I HAVE A VISIBLE DISABILITY. AND I SPENT MY LIFE TRYING TO MAKE IT INVISIBLE. AND WHEN YOU DO THAT I WAS TOLD I HAVE A DISABILITY FROM NAME CALLING. AN OPPOSITE MESSAGE FROM MY FAMILY, THERE IS NOTHING WRONG WITH YOU, YOU ARE LIKE US. YOU GET CONFUSING MESSAGES. AS A CHILD YOU DON'T KNOW WHAT

TO DO WITH THAT. I HOPE SOME OF YOU CAN RELATE TO THIS. YOU
KNOW, SO I REMEMBER AT 1 SAYING, AGE OF 12 SAYING, WAIT A
MINUTE. I BELONG. I MEAN, I ACTUALLY USED THOSE WORDS.
BECAUSE I FELT SO WEIRD. AND DIFFERENT. AND THINK AT THE
AGE OF 22 I WAS IN GRAD SCHOOL, SOCIAL WORK. I DID MY
INTERNSHIP IN HIGHER ED. AND IN A DISABILITY DEPARTMENT.
AND, I REALIZED I HAD A DISABILITY. YOU KNOW IT WAS JUST SO
STRANGE. I GUESS THE, THE THING I AM TRYING TO SAY IS, YOU
REIDENTIFY, YOU RELEARN, YOU UNLEARN, IT IS A CONSTANT
PROCESS. NOW I HAVE DIFFERENT DISABILITIES BECAUSE MY USE
OF MY PREDOMINANT LEFT HAND NOW CAUSES HEADACHES BECAUSE I
HAVE OVERDEVELOPED ONE SIDE. AND I WAS RELUCTANT TO BELIEVE
THAT WAS HAPPENING TO ME. YOU KNOW BECAUSE THAT CAN'T BE
HAPPENING. JUST LOTS OF DENIAL. SO IT IS JUST THIS --
THIS PROGRESSION AND NOW, YOU KNOW, AT 59, I FINALLY AM
GETTING OKAY WITH SAYING THIS IS WHO I AM WITH THIS LIMB
DIFFERENCE. AND NOT CHOOSING TO HIDE AND, YOU KNOW, THE
MENTALITY IS -- HIDE. SO THAT PEOPLE WILL LIKE YOU. AND
THEN, THEY WENT HAVE A CHOICE, BECAUSE THEY ALREADY LIKE
YOU. YOU KNOW, IT'S, IT'S JUST A LOT OF --
I GUESS, I AM JUST SHARING ALL OF THE VULNERABILITIES WE
ENDURE. AND -- AND LEARN ABOUT AND ACCEPT AND THEN, THROUGH

THAT --

COMES THE STRENGTH AND THE, I DON'T KNOW IF YOU COULD SAY SOMETHING ABOUT -- CLOSING THAT UP, I WOULD REALLY APPRECIATE IT. I WOULD APPRECIATE THAT. THANK YOU AGAIN, KAIT, REALLY APPRECIATE IT.

>> KAITLYN HATCH: THANK YOU FOR SHARING THAT. WHAT CAME UP FOR ME JUST LISTENING IS, SO, IMANI BARBERAN, I REALLY LOOK HER, SHE IS REALLY FUNNY. VERY, VERY FUNNY. I LOVE ANY ONE WHO CAN, SPEAK TRUTH TO POWER AND, ALSO MAKE ME LAUGH WHILE DOING IT. IT IS GREAT. SHE TALKS A LOT ABOUT, SO SHE IS -- SHE HAS, CEREBRAL PALSY AND SHE TALKS A LOT ABOUT -- WHEN DISABLED KIDS ARE TOLD BY THEIR FAMILIES, LIKE, OH, YOU ARE JUST LIKE US. HOW, IT IS JUST LIKE, YOU ARE NOT SETTING THEM UP FOR, FOR WHAT THEY NEED TO BE ABLE TO ADD SRE KATE FOR THEIR NEED. RECOGNIZE. -- ADVOCATE FOR THEIR NEEDS. RECOGNIZE. YOU DON'T GET TO CLAIM THEIR IDENTITY AS PART OF WHO YOU ARE. YOU ARE NOT DISABLED. YOUR KID IS. AND, TO SUPPORT THEM IN THE WORLD IN A MEANINGFUL WAY YOU REALLY NEED TO, LIKE, YEAH, JUST BE HONEST. BE HONEST ABOUT WHAT THEY'RE GOING TO EXPERIENCE IN THE WORLD. AND I THINK THIS IS, YOU KNOW, AGAIN THE WAY THAT WE ARE TAUGHT SYSTEMS OF PRO APPROPRIATION THAT PARTICULARLY HAPPENS IN SCHOOL,

RIGHT. I CAN TELL YOU THE BULLYING THAT I EXPERIENCED IN JUNIOR HIGH WAS GENDER POLICING BECAUSE I WASN'T THE RIGHT KIND OF GIRL. I DIDN'T DRESS IN THE RIGHT WAY. I DIDN'T LIKE THE THINGS THAT I WAS BEING TOLD HEAVILY IN ALL OF THE OTHER GIRLS AROUND ME WERE BEING TOLD HEAVILY WE NEEDED TO LIKE. I WASN'T GETTING A MODEL, THAT IT WAS OKAY THAT I WAS DIFFERENT. I DID GET IT FROM HOME. I WAS FORTUNATE, THAT WAY, I HAD A MOTHER. WEAR WHATEVER YOU WANT. LOOK HOWEVER YOU WANT, THAT'S FINE. DYE YOUR HAIR BLUE AS LONG AS I DON'T HAVE TO PAY FOR IT. SO, I THINK IT'S -- AND THIS IS ONE OF THE THINGS WHERE YOU CAN SEE HOW THESE SYSTEMS WHEN THEY COME INTO PLACE AND HOW THEY GRIND UP AGAINST EACH OTHER. AND THE DEEP WOUNDING THAT THEY CAUSE. TO GET YOUR ACCESS NEEDS MET. GET THE CARE YOU NEED IN THE WORLD YOU SHOULD GET BECAUSE YOU ARE AN AMAZING PRECIOUS HUMAN BEING. AND THEN ALSO TO FIND COMMUNITY. AND, YOU KNOW, YEAH. TALK TO OTHER PEOPLE WHO ARE, IT IS LIKE, OH WE HAVE SOME SORT OF -- AFFINITY, RIGHT? LIKE, LIKE, THERE IS A LOT OF CONVERSATION AROUND AFFINITY WHEN IT COMES TO RACIALIZED GROUPS. AND I THINK THERE IS A LOT THAT, ANY -- ANY GROUP THAT, LIKE ANYONE AWHERE FROM AN IDENTITY THAT GETS MARGINALIZED CAN REALLY LEARN A LOT ABOUT AFFINITY GROUPS

AND FINDING COMMUNITY AND CONNECTION AND THE POWER IT HAS. SO, I AM -- I AM VERY GRATEFUL THAT THIS FELT LIKE A SPACE WHERE YOU COULD SHARE THAT. AND MAY THERE BE MORE OF THOSE FOR YOU, ALWAYS AND FOR EVERYONE HERE. MAY WE CREATE THE KIND OF SPACE IS WHERE PEOPLE CAN BE HONEST ABOUT THEIR BODIES. BECAUSE WE HAVE THEM. EVERYONE HAS THEM. AND AS MANY HAVE SAID ON, REPEATEDLY, THIS IS A THING ABOUT DISABILITY THAT IS -- THAT IS DIFFERENT, FROM ALL OF THE OTHER, OTHERED CATEGORIES. IT'S THE ONE THAT ANY SINGLE PERSON CAN FIND THEMSELVES WITHIN AT ANY GIVEN TIME. SO, I SHARED ABOUT MY PARTNER. UNTIL 2017, THEY WERE JUST GENERALLY VERY HEALTHY AND DIDN'T HAVE VERY MANY PHYSICAL AILMENTS. AND THAW THEY HAVE A CHRONIC ILLNESS. AND NOW THEY HAVE A CHRONIC ILLNESS. AND THEY'RE GOING TO HAVE THE CHRONIC ILLNESS FOR THE FORESEEABLE FUTURE. SO ANY ONE OF US AT ANY POINT. ANOTHER THING THAT COMES OUT OF DISABILITY JUST TY. WE ARE ALL TEMPORARILY ABLE. AND ABILITY IS SO PERSONAL. THAT'S WHY I DON'T LIKE USING THE TERM DIFFERENTLY ABLED. IT GRATES FOR ME. IT PRESUMES THERE IS A STANDARD OF ABILITY AND EVERYTHING ELSE IS DIFFERENT. WHAT IS DIFFERENT. EVERYONE IS DIFFERENTLY ABLED. NOBODY HAS THE

SAME ABILITIES. SO -- RECOGNIZING THAT, AND THEN,
RECOGNIZING THE -- THE, VALUE THAT WE CAN CONTRIBUTE TO
COMMUNITY BECAUSE OF OUR AFFINITIES. SO, YEAH, THANK YOU.

>> MAKING-VISIBLE SANGHA. WE HAVE A FEW MORE MINUTES.

SOUNDS LIKE CAMILLE WANTED TO SAY SOMETHING. WE HAVE MAYBE
LIKE FIVE MORE MINUTES BEFORE WE START TO WRAP UP. AND ANN
ANNIE BOWING OUT.

>> THANK YOU, THANK YOU, SO MUCH, KAIT, THAT WAS REALLY
INSPIRING YOUR SHARING. AND I LEARNED SO, SO MUCH. JUST
BEAUTIFUL. AND, THIS ISN'T REALLY A QUESTION, BUT IT'S JUST
A COMMENT. THAT EVERYTHING YOU SAY REALLY RESONATES WITH
ME. AND IT'S, STARTING TO BRING TEARS TO MY EYES BECAUSE
ONE OF OUR DAUGHTERS HAS HAD AN EMOTIONAL DISABILITY,
DISORDER, FOR YEARS. SHE IS NOW 20. BUT IT TOOK A LONG TIME
TO CONVINCING THE SCHOOL SYSTEM THAT SHE HAD A DISABILITY. A
LONG TIME. AND WE FOUGHT AND FOUGHT. AND, YOU KNOW,
FINALLY, I GUESS, I DON'T KNOW IF SHE -- WHEN SHE WAS IN
HIGH SCHOOL IT WAS -- MAYBE HER SOPHOMORE YEAR. AND YOU
PROBABLY KNOW WHAT A 504 IS. SHE WAS FINALLY GIVEN A 504
WHICH ENABLED HER TO HAVE ACCOMMODATIONS AND ACCESSIBILITY
AND COULD GET A PASS AND LEAVE A CLASS ANY TIME SHE NEEDED
TO GO SEE HER SOCIAL WORKER WHICH WAS, A GODSEND FOR HER.

BUT IT'S JUST AMAZING THAT, THAT THE SCHOOL SYSTEM, THEY
JUST --

YOU KNOW, THEY'RE JUST SO FAR BEHIND. IN TERMS OF, YOU KNOW
THEY GET THE PHYSICAL DISABILITIES. THEY CAN SEE IT. BUT
THEY HAVE A REALLY HARD TIME WITH THE EMOTIONAL DISORDERS
AND DISABILITIES. SO, THANK YOU SO MUCH. REALLY RESONATED
WITH ME.

>> KAITLYN HATCH: THANK YOU. THANK YOU FOR BEING AN
ADVOCATE FOR YOUR CHILD. THAT'S -- THAT'S REALLY AWESOME
AND I CAN SAY AS SOMEONE WHO HAD A MOTHER WHO STEPPED UP TO
THE PLATE TO SUPPORT ME AROUND ANXIETY, IT -- IT IS REALLY
INVALUABLE. AND WE ARE COMING UP ON TIME. I WILL KEEP THIS
BRIEF. I ALSO JUST WANT TO ADD ONE THING THAT, THAT IS A
BIG PART IN ALL OF MY PRACTICE SOMETHING I AM AWARE OF. THE
SYSTEMS AREN'T BROKEN, THEY ARE FUNCTIONING EXACTLY AS THEY
WERE BUILT TO FUNCTION. AND THE SCHOOL SYSTEM IS PART OF
THAT. AND THE SCHOOL SYSTEM IN NORTH AMERICA IN PARTICULAR
WAS LARGELY A TOOL OF GENOCIDE AND ASSIMILATION. AND
ACCOMMODATIONS FOR PHYSICAL DISABILITIES CAME OUT OF THE
DISABILITY RIGHTS MOVEMENT. AND THE ADA. AND EVEN THE ADA
IS, IS STILL NOT ENOUGH. TOTALLY NOT ENOUGH. SO, IT'S -- IT
IS BECAUSE OF-ADVOCATING, AGITATING AND PUSHING THE EDGES

THAT WE SEE THE CHANGE THAT WE SEE. BUT WE NEED NEW SYSTEMS. WE NEED SCHOOL SYSTEMS THAT ARE BUILT ON -- CARE AND -- AND, RECIPROCITY. AND NOT ABOUT -- PROPAGANDA. THANK YOU. JUST CHECKING IF ANYONE HAS ONE LAST SMALL THING THEY WOULD LIKE TO SAY? THAT THEY WOULD LIKE TO SAY BEFORE WE FINISH?

>> ANNIE MAHON: DOESN'T SEEM LIKE IT. SO, JUST WANT TO THANK KAIT SO MUCH FOR THIS EVENING. OF EASE, IT WAS VERY EASEFUL IN A WAY THAT WAS BEAUTIFUL. AND MARY IS SAYING YES. AND YES, AND REALLY, REALLY LOVELY TEACHING, JUST IN THE WAY THAT IT WAS PRESENTED. SO, THANK YOU FOR THAT. AND JUST, FOR ALL OF US I THINK WE ARE HERE BECAUSE WE ARE ON THIS PATH OF THE BHODISATVA, IT BEGINS WITH UNDERSTANDING AND THEN IT MOVES TO LOVE AND ACTION. SO -- SO, WHATEVER, YOU KNOW, I HEARD PEOPLE TALKING ABOUT THEIR SANGHA AND HOW WE CAN MAKE IT MORE ACCESSIBLE AND WELCOMING. I'VE HELP THAT IS WHAT WE WILL ALL DO IS, KEEP, KEEP MOVING TOWARDS THAT NONEXISTENT GOAL. JUST LIKE, KEEP OPENING MORE, AND MORE, MAKING ALLOWING FOR ALL KIND OF PEOPLE TO BE ABLE TO BE WITH US. SO, JUST THANK YOU ALL SO MUCH FOR BEING HERE. AND I KNOW ADRIANA PROBABLY WANTS TO SAY SOMETHING TOO. I WILL TURN IT OVER. NOW THAT SHE IS

BACK. I THIN SHEIK GOT DROPPED OFF A COUPLE TIMES. I THINK SHE GOT DROPPED OFF A COUPLE OF TIMES.

>> ADRIANA ARIZPE MARTIN: JUST TO THANK AGAIN, KAIT, THIS WAS WONDERFUL. AND, FOR ME IT WAS VERY, REALLY TOUCHING FOR EXAMPLE THAT SOME ACCESSIBILITIES FOR SOME PEOPLE IS -- IS BURDEN TO OTHER ONES. I THINK THAT IS IMPORTANT. AND I ALSO THINK IT IS IMPORTANT TO TALK ABOUT THEM. I HAVE AN EXPERIENCE IN OUR SANGHA ONCE, AND IT WAS LIKE -- SHOULD I SAY SOMETHING OR NOT? SO, I THINK WE -- LIKE ALSO, ACKNOWLEDGING THAT IT WILL BE IMPORTANT. THANK YOU, THANK YOU, SO MUCH FOR OPENING OUR EYES TO ALL OF THIS. DIFFERENT SITUATIONS THAT WE CAN HAVE. THANK YOU, THANK YOU EVERYONE FOR BEING HERE ALSO.

>> ANNIE MAHON: SHOUTOUT TO RACHEL DOES ALL OF OUR COMMUNICATION, AND ALSO DON WHO DID ALL OF OUR CLOSED-CAPTIONING. YEA. AND, CLAIRE IS NOT HERE, ALSO DOES SOME OF OUR -- OUR SOCIAL MEDIA. AND, AND, AM I FORGETTING ANYONE ELSE. ON THE TEAM? THAT COVERS IT FOR NOW. YEAH, SO THANK YOU EVERYBODY. THEN I WANT TO THANK EVERYBODY WHO DONATED AND, IF YOU DIDN'T, THAT'S TOTALLY FINE TOO. SO WE ARE JUST APPRECIATING THAT YOU WERE WILLING TO COME AND TAKE THE TIME OUT OF YOUR DAY, THESE VIDEOS WILL BE UP ON

THE WEBSITE. THIS VIDEO WILL BE UP ON THE WEBSITE AT SOME POINT. CAN'T GUARANTEE EXACTLY WHEN. BUT YOU WILL ALSO GET AN EMAIL IF YOU WANT TO GO BACK OR SHARE WITH SOME BODY THAT WOULD BE GREAT. DO YOU ANYTHING, YOU WANT TO SAY?

>> ADRIANA ARIZPE MARTIN: I WANT TO INVITE EVERYONE TO FOLLOW SOCIAL MEDIA.

>> RECORDING STOPPED.

>> ADRIANA ARIZPE MARTIN: WE ARE ON FACEBOOK ALSO OUR WEBSITE, THIS AND ALL OF OUR PREVIOUS RECORDINGS ARE THERE. SO, YOU CAN GO THERE AND, ALSO, WE WILL HAVE THE RESOURCES THAT -- THAT SHARED WITH US, KAIT SHARED WITH US, WE ALREADY HAVE SOME RESOURCES YOU ALWAYS CAN GO BACK THERE AND HAVE ALL OF THE RESOURCES THERE. SO, THANK YOU. KAIT?

>> KAITLYN HATCH: THANK YOU, I WANT TO THANK EVERYONE WHO MAKES THIS POSSIBLE. AND DON, ALL OF YOUR, FABULOUS TYPING, AND, ANNIE, ADRIANA, FOR INVITING ME. RACHEL FOR ALL OF THE GREAT PROMO SUPPORT. I DID JUST SHARE IN THE CHAT, A LINK TO MY SHOP WHERE I AM SELLING SOME ART WORK THAT I AM USING AS A FUND RAISER TO SUPPORT SURU FOR SOLIDARITY AND THE -- FOR THE, THERE IS A FEW CHARITIES I CAN'T NOW REMEMBER BECAUSE I AM SCREEN FATIGUED MY BRAIN IS TURNING TO SLUDGE AS IT DO. I DO INVITE YOU TO CONNECT WITH ME THROUGH MY

WEBSITE. I AM ON INSTAGRAM SOMETIMES. MY EMAIL IS ON THERE.
I WOULD LOVE TO HEAR FROM FOLKS. AND SHARE MORE RESOURCES.
SO. THANK YOU.

>> ANNIE MAHON: THANK YOU. I SEE, SOEUI-FAH ASKED FOR
RESOURCES. WE WELL PUT UP ON OUR WEBSITE. IT WILL BE THERE.
IF YOU WANT TO UNMUTE AND SAY GOOD NIGHT. FEEL FREE.

>> THANK YOU.

>> THANK YOU.

>> GOOD NIGHT.

>> THANK YOU.

>> THANK YOU.

>> THANK YOU.

>> THANK YOU.

>> BYE.

>> THANK YOU, EVERYONE.

>> KEEP WELL.

>> THANK YOU VERY MUCH.

>> THANK YOU.

>> THANKS.

>> BYE, THANK YOU, EVERYONE.

>> COURAGE, WONDERFUL COURAGE.

>> YES.

>> BYE.

>> BYE, NATALIE.

>> THANK YOU VERY MUCH.

>> KISSES TO YOU ALL.

>> THANK YOU. THANK YOU.