



June 11, 2020

Host: Tara Taylor

Guests: Dr. Sahu Omri, Minis Stairs, Bridget C. Williams

Comments from the chat box

Lovely prayer, lovely voice

Thanks Minis, beautiful

brava!

Beautiful!

Beautiful

thank you for sharing your beautiful gift Minis

Thank you for sharing 🙏🏠💛 I'm so sorry I have to leave the group. It's hard to leave. I have a appointment for 1pm. Thank you 💛💛💛

These stories are so powerful! Miigwech to all the guests and to you, Tara, for bringing this to us. I have to go. Blessings to all, be well.

Take a moment to reflect on today's conversations. Where have today's conversations taken you? What have they sparked in you? What are they calling you to do?

- Reflecting on the balance between the inner and outer worlds, finding that light. Calling me to keep learning, keep going deep within.
- It's important to always have ears to hear and eyes to really see people and their pain.
- That was a lot of fun. I really enjoyed that.
- Wonderful to share this time and for the conversations and the gift of your presence ---
- Energy!!!
- Thank you Tara and all the guests. Very inspiring!
- All the stories were so incredibly powerful and inspiring T:thank you

- Such an energetic session...filled with passion....I was struck by these words, or how we are called to hold the highest/best for others.....feed them and feed yourself...
- Thank you so much everyone for sharing
- Powerful stories, deep conversations in the breakout groups, wonderful energy! Thank you all!
- So great to hear of people moving through pain and into empowerment. The Qi Gong such a bonus! Leaving with more insight about how religious templates usually precede settler occupation and remain long after most settlers have given up on their faith. How do we keep the faith and not get corralled by the patriarchal and oppressive templates. Taking away so many wonders! Wela'lin, Thank you, Merci
- Appreciated such honesty and offering from all
- thank you Tara for including me
- Enjoyed connecting
- I was asked to share a video project I did. I talked about this in the breakout group about courage <https://vimeo.com/157065953>
- Tingly qigong thank you
- Thanks for today!
- Today's conversations have sparked in me a desire to explore the concept of empowerment as something that comes from within, though may be sparked by someone else, both physically and spiritually. Learning more about how to guide people from collapsing into their challenges and instead moving through them, taking them as opportunities for transformation.
- So much said/felt here that I need to process. This was an amazing and uplifting session
- Realizing we have so much strength within us.
- Reflections- this session took me to Maine, to my Mom's spirit, to the unknown calling that is calling me...
- Different paths to the light.
- Thank you all! Peace and Love
- Whatever bricks are thrown at you, use them to build yourself up.
- Affirmation!!!
- So privileged to hear these stories and feel this beautiful energy that was created during this session. I appreciate the movement, the resilience of the guests, the generosity and openness.
- lots of hope in these times to come together in compassion. Thanks for a great session.
- This is my first experience with this practice. I am going to look into this! The energy was wonderful
- Thank you for all this energy and inspiration.
- Narratives of affirmation!!!