Talk

Angela 2 — Week 4, Day 7, Session 2 — 77 minutes

Summary: Russell honors the immensity of becoming a free, loving human being, then teaches how the identity system's depressor and fixer keep suffering in place, and how presence through the body loosens it. Participants share walking, doubt, surges, focusing, and sitting with feeling. After pictures and a pause, he says the mapping will continue.

Honoring the journey

[Russell:] The first thing that comes is that I want to honor the immensity of the journey of what it is to become an authentic individual, and to have that free connection, that selflessness, that spaciousness, and have this self through which it manifests.

All of that together is a worthy journey for a human being.

We will recognize it by more and more moments in which there's a feeling of a loving connection to life. There's a sense of spaciousness, a sense that the body is not held against the moment, but feels more permeable to it. That challenging states or stuck states don't seem to stay around nearly as long. They have a kind of passingness. That one is not far, even in challenging times, from the sense — at least a few times a day — from the sense of, I can remember a spaciousness, even though there's not much of it around right now. It's not far.

I know that I'm stuck right now. At least one can say, I know. I know I'm not connected to the place that I know is most real, and it's painful not to be connected with it, but I know. Kind of like a fragrance in the air, it's not far away. And there's a little bit of heartbreak in that. And maybe a poem would help. And maybe another meditation. Maybe even just a gratitude blessing moment, even if it feels like it's not quite penetrating, but to give your body a chance to work with it.

Even if your conscious mind is saying, this stuff's ridiculous, it's stupid, nothing's gonna touch me, I hate life, and nobody knows how much I hate other people, and all I have is violent thoughts, or it's just whatever — even when it's the lowest of the low, there can live — and, fuck it, maybe there's something in there that can. Maybe. Just all you need's a maybe.

And for a maybe, give it a chance. Just give it a chance. I know this isn't gonna work, but I'm gonna see if I can remember anything about today that wasn't crummy. No, no, I was just trying to bring something, you know.

Okay. So I want to say the immensity that we're working with. This is really worthy of a life. Which means we need to be spacious and gentle and warm, and a lot of humor. A lot of humor.

But then we've got the Swiss cheese. There are gaps in the fixedness.

So I want that. And then I want to say, I had so many moments of being lifted by our time last night. So many of the moments were with me last night, and I think in my sleep. So I had a dream. Oh, it was so — it was very — I don't have it now, but Linda was a man. Very positive, wonderful feeling. Probably if I meditate, I can drop into the same level of consciousness. Often I find my dreams will come. Just drop down a couple of levels.

So, just that word that you use, Karen — tribal. That was really with me today, that sense of being of the same tribe. Some way in which we nourish each other and surprise each other. So many different flavors.

And one of the things I was thinking about is, I haven't been part of a group in which every voice is in the room. Of course there are always dominant people who speak more, people who speak less, but there's nobody in our group who doesn't say anything, who doesn't contribute in an overt way. That's very rare, in my experience.

Quiet or less quiet, sure, but everybody — not only their presence as a human, but actually a contribution of words of some sort that moves us another way. That's really unique. And so I feel so grateful for that. Because sometimes it's somebody who says very little. What they say just — you don't need that much. Coriander in the curry or something, and it changes everything.

What we leave in the room

[Russell:] There's a card for Teresa. Just a small gift, a Starbucks gift certificate, and if you'd like to sign it at the break. We also have an orchid for her.

I think at the break. We'll try to do it at the break.

And then we've got orchids for Sister Christina and for Tricia, and a card for them. But you all haven't had that much interaction with them, so I thought I would just give them that from Valerie and me and from the school.

[Participant:] Thanks.

[Russell:] And I saw Sister Christina at 6:15 this morning. She was preparing for service, and what she said is, you don't know how heartbroken we are to lose you. And I said, oh, thank you so much. We also feel so connected. And she said, well, you don't know what you leave in the room when you go, and how much we have loved that over the years, and how important it's been for us.

So we don't see her. She's actually quite wonderful. She gives a lot to the world, serves in many ways. So, we're touched. We're touched.

I don't want to do a lot of logistics right now. There will be letters coming out about Anabuti. That will come from Valerie.

Bruno and Valerie are, I understand, in conversation about helping the files get easier access. So we are working on that. It's new for me to know that they haven't been easy to access, and I really want them available in a form that you can use. I think they're a precious resource. The people who use them most often find them really helpful. So I want that to be easier.

And then, remind me also at a break — those who follow the board and know Martina in Germany, with her Afghani women. She sent me some pictures, and she said she got permission from the

Afghani women to show you them, at one of her Embodied Life days that she was doing with the Afghani women. Also Sirin's pictures from Turkey.

In just a little while, the space will be open for any questions, observations that want to be shared.

We will be doing another movement lesson this morning, and possibly another practice. We'll see. But I did want to get back to something from yesterday, about the mind mapping, and about working with that material.

Not the content, but where it comes from

[Russell:] There are a couple of things I want to say. One is this model of an identity system that forms and can fixate, and when it fixates, we suffer, when we confuse ourselves with that system. And the same thoughts that the identity system can have, when they're in freedom, are not a problem.

When I really want to lose some weight is a free thought. That can be very life-giving, and can motivate. When it's given from the identity system, along with its usual — you fat shit, you, da da da, or whatever form it takes — that's identity system. You can tell it's the identity system when it has that tone. You have your way. Maybe yours is sweet, I don't know. But it has a squeeze usually to it. It sends a solidity, sends a squeeze, sends a narrow, sends a tight.

It's not a question of the content, actually. It's where it's coming from. Is it coming from the conditioned self in service to the organism? Therefore it's a free thought.

When that level of the self that is kind of like a presidential spokesman — the one that speaks for the inner life — is in service to the inner life, we need that. But as soon as it thinks it's running the show, and thinks it's you, then we have problems. Right? So it's a subtle distinction, but key.

That's why I keep asking you to do this very high level of practice, which is to shine the light on the one who thinks they're you. To shine the light on the one — not only the thoughts, but the one who thinks they're thinking them. Not only turning the light around, but the one who thinks they're turning the light around. Because when that evaporates, there's space.

So it's more and more subtle, more and more subtle. And it's quite a developed level, but we need to go in that direction.

Depressor and fixer

[Russell:] One of the very frequent patterns of the identity system that I didn't give you yesterday, but is good to have in your language, in your understanding of the structure of it, so that you can recognize this when it's happening, is that most of the identity systems develop a two-phase strategy.

One side is usually very critical. The psychiatrist — I think his name is Block — who worked with Joko Beck, called it the depressor. The one who tells you how bad you are. What's wrong with you? This is your problem, kid. This is what's wrong.

So that voice generally can be called a critical voice. I somehow don't like the language depressor, but it's something in that direction.

Then the tandem, the partner with the depressor, is the fixer. The one who's going to make you better.

So this is tricky territory. This is the problem with so much self-help work. It just keeps the depressor and the fixer, the depressor and the fixer. This is what's wrong with me. And then we go on the diet, and the diet lasts for twelve days, and then after twelve days we feel great, and then two weeks later we put on all the weight again, and the depressor comes back. And then the depressor mobilizes the fixer. The fixer puts us on the diet, or keeps us going and feeling just terrible. Then we do something about it because the fixer says, hey, you got to get yourself in shape.

As long as it's identity system, it will tend to keep going in that kind of way. And even the fixer has that kind of compulsive, tight energy.

The problem is the fixer feels good when it's active. For a little while, endorphins get going. Those first days when you've taken up the running again that you've meant to, and you go running twice, you go, man, I'm really pumped. And you know what? I'm going to start three new businesses, and I'm going to do this, and I'm going to do that.

Now, those energies are not implicitly bad. It's just when the fixer really has you, it's going to likely crash, and you will be with the depressor again. And you might run this cycle for your whole life. And you may start seeing through it.

And again, it's not a question of the content. I love, okay, I'm going to run more, I'm going to do this. I want to know where it's coming from. And that's a subtle question. It's not just, okay, where is it coming from? It takes a kind of listening and a kind of inquiry, a kind of knowing that, yes, I know how to brutalize myself. I know how to demand. I know how to make myself feel bad enough to do something better.

And that historical motivational system — right, you got that? The historical motivational system that many of us have learned, to do violence to the self to get enough motivation to do something.

Even when it's successful, the unintended consequences are very, very big. So even when you do get to the gym every day — and it's not like this — the unintended consequences of being self-identified with the one who is like that. Starting to judge other people who aren't able to do that. Starting to get superior about it. Starting to develop a whole identity around the guy who's getting to the gym. And it's not only about getting to the gym, or being on that diet, or meditating every day, or wherever the identity has formed. Being somebody who goes to work every day. It will create a whole system of us and them, and the bad people and the good people, and you will be on the trail of human violence that has lived throughout humanity. You will be perpetuating that. The identity system is the basis of that.

So we need a different kind of structure for self-organization, self-mobilization.

And it's hard to put down the whip when the whip has worked for you, to get you out of bed, or get you on the cushion, or get you to work, or get you doing your homework in school, whatever.

[Participant:] Do you think that's — is that the thing more —

[Russell:] So there's a lot to say about that, and I don't want to do it right now, because that would take me — yes, yes and no, and yes.

How's that for an answer?

I guess the answer — it was a squirrelly answer.

So, just if we can see the mechanism that we're talking about. That's all I want right now, is that we see we have a mechanism. We're not bad for having a mechanism. That mechanism will be activated.

You might be surprised, because when you're here, the mechanism quiets down quite a bit. And you can see through it, and it's easier to laugh at it and to be with it and go, oh yeah, right, right, right. We have a lot of support.

But when the mechanism gets activated, it will convince you of its truth. It will convince you that what it's saying is reality, and that there will at times be no gap between this free being and that mechanism.

Coming back through the body

[Russell:] So, listening for some of its signs. Hardness in your body. The breath tends to get more staccato. It's harder. It's very difficult to have smooth, light breathing when the mechanism is really activated. It's very difficult to have smooth, light movement when the mechanism is really activated.

It's difficult to find the presence language, although the presence language is a great gift. There's something in here. I'm sensing this place. All of that that some of you think of as language for your focusing is language for always. It's language for going to the store and recognizing that you're harping on a conversation that happened. No problem there.

What we wake up to is our trapped states. That's what we usually wake up to. So no need for shame. That's what we will find. When the light goes on, we're in a stuck state. But how quickly you can liberate that state is where the action is.

It's just like sitting on the cushion. No problem that we get lost in thought. As soon as you see it, are you willing to lean into presence rather than entertain yourself with the thought?

That's a courageous moment. Because a big part of us wants to go with the interesting stuff.

So that's practice for waking up in our everyday life. Oh, I'm stuck again. Okay. Hi there. Hello. What's happening?

And you all know this. It's good to hear it ten thousand times. Dropping down into your body.

The mind needs someplace else to go. It needs an alternative to its habit state. And if you look around, most of the time your body's not far away. It's probably in the same room with you. It might even be in the same chair. And it's possible that you can shift your attention and find, oh, I'm having all this nasty thought about the Verizon operator, and I'm sitting in the chair.

I'm running over and over the conversation about that person who told me that they were going to give me that, and they didn't show up. And I can feel my breath, and I can sense, okay, what's it like in there? First we sense, I'm here. Then we sense how. Oh, is it love? Is it a big angry place in there? Is it angry? Well, actually, it's really disappointed in me. Is that right? Let me take a minute with that.

And if you can get to that, you're not in your identity system. You're beginning to function as a free being who's hurting.

[Participant:] Sometimes free.

[Russell:] Yeah. When you can get to that — dropping down, saying hello to what's the feeling state — then even though you don't feel well or happy, it's not the way you want to feel, so to speak, but you're cutting through the identity system. And you're entering the authenticity of the free being that's in there.

And if you stay with that, if you pull on that thread for a little while, you will enter, relatively quickly, states that feel peaceful, present. Joy's not gonna be far away. You'll return to that. Not because you're trying to make that happen, because these layers on top of that feel the way.

Okay. So, identity system, depressor, fixer. Recognizing that solidity. A commitment to returning through your body. Even changing your attention a little bit.

When the inner life says, I don't wanna — change it a teeny, teeny bit. I really hear you don't wanna. I can feel my fingers a little cold. Okay, that's okay. Begin to shift. Begin to open the field of attention.

Anything from you? Anything you want to bring forward, either from what I've talked about, from the processes yesterday, or anything. An open space, please.

Open space

One foot, then the next

[Participant:] I'm not sure that I have — I just want to speak to how much my experience of — I'm looking for the words. It's not changes in my body, but doing something different. And it's not just something different. It's actually all of this work. It occurs to me, as I'm using my body differently, I am different in the world.

It's just huge for me. There's something about — I think I've been working to fix my body, and I know that distinction, and I've tried to not do that. But just in the walking meditation, the joy of moving from one foot to the next. And being able to really feel — it's almost like a surprise to me. I can stand on this foot. And that journey from one foot to the next is so huge.

It feels like a new beginning. And my ability to look out into the world — just huge for me.

All of that has been what I've been experiencing. And this lightness of being, which — part of my historical, sorry, I'll get used to that bit without doing that — this historical heavy family stuff. This lightness of being is so liberating.

Oh, and the other thing that has spoken to my heart is this thing of being born right. It makes me want to weep with joy.

We're still not quite there yet.

[Participant:] But I want to see if I can frame a question, because it's one of those questions that comes up driving down the highway, and I say, I should ask the question, to try and figure this out. I'm gonna try and frame the question. But I won't interrupt you.

[Russell:] You are there.

Okay, go ahead.

[Participant:] Well, I guess I don't have a question.

[Russell:] You can ask your question from there. You don't have to not be there to ask questions. You can ask a question from there.

[Participant:] Right. Yeah.

So, you uncover the right person — uncover what I think may be the primal — and it weaves through my life. And I get caught, because it almost feels like, because I'm so new to it, that some of these strategies for dropping down and presence, I'm afraid that it's just masking it.

[Russell:] Yeah. Good, good.

[Participant:] Yeah. It could be, but I don't know that, because I get to the point where sometimes it feels like I'm just following the toolkit, and it's working, and I feel good, and I can go for another couple of weeks.

[Russell:] Right, right. Gotcha. Yeah, it sounds like.

So I think there is that diminishing of the energy of it. My experience is, it's not good to get rid of anything. That everything has a place in there.

And one of the shifts that begins to happen is, first it loses its potency as a controlling mechanism. And then its energy begins to get freer, becomes available to you. It's still there in its nascent form, the shadow of its former self, and can be recognized. And it actually serves a function, often a heart-opening function, towards others who are controlled by it, because you don't feel controlled by it, but yet you feel it's there. But it's there in a quieter form.

That's something that I believe you have experienced a little bit, and that you will experience more.

[Participant:] The observation that, is it possible that this is what's down there, and I'm just kind of layering some nice stuff on top of it, but that nice stuff will fade? Like coming home from a vacation, and the tan fades, and then my old white skin comes back.

Not fundamentally true

[Russell:] So I want to say that historical, old, familiar, stuff-wrong-with-me, basic false stuff like that — this is tricky — is not fundamentally true. That is layered on top of who you are.

And what I am hoping for is that you get enough experience of that as a learned state, that you know deeper than that, and you get confident in your connection to life as a free being, as love itself, and that that is richer and deeper than the I'm not good enough, or no one can love me, or I don't know how to love, or whatever the pattern is that's sitting on top of that.

And so we're kind of getting that contracted state from both ends. We're getting it from, well, what's real. You get in touch with your real root of self and you go, oh no, I can have confidence in who I am. Even before — the way we'd say it in Zen — who I am before my parents were born. What my face is like before my grandparents. In other words, in my true nature. That we can get enough confidence in that, that as the historic state, the strong one, gets activated — particularly, let's say, I'm tired, or very strong circumstances, or whatever — and it gets activated, we can

approach it, we could say, from above through practice, and from below, from the practices we've done in the past that are starting to feel like a ground under me.

I'm getting confidence in my true nature, in my basic warmth, in my basic goodness, in my connection to life.

So when I say that those patterns are not fundamentally true, I'm not discounting them as a very, very strong learning. We each have those in our past. And when they're activated, they feel very solid. They feel very solid.

When we get enough experience of making Swiss cheese, we realize that, oh no, they're actually not solid. They require my participation, or my absence of participation, to remain solid. You get that point?

And that when I begin to investigate — now, that investigation, you need your body, because that'll bring you to the present moment. The hold patterns require a disconnection from presence for their fuel. For them to be able to maintain their control of your identity.

Good. You see, I know. I see. I told you. It's true. You have that. I've seen.

Yes. Wonderful. That's Swiss cheese. And that starts having legs, as you have more of those moments. You start going, oh, I know what's another.

Somebody put some legs on that piece of Swiss cheese.

This is hysterical. Oh boy. Swiss students will never forgive me for this. They take the cheese seriously.

The outer being

[Participant:] Because in meditation last night, after focusing stopped, it was really — when they turn the light on. I don't use that expression. When the outer being's looking at me, is the way I see it. When the outer being's looking at me, it was kind of like, poor soul, thinks his stuff is really important, doesn't see.

It's like, yeah, here I was in my meditation position, but the outer person was looking through all of my thoughts. For a minute it was like, my thoughts had no —

So it feels like that's the underbody. That's the true underbody. And then this other experience may be sitting on something that I haven't experienced yet. Is that what you're saying?

[Russell:] Well, not quite.

No, what I'm saying is, you have experienced brief tastes of your free self. Don't recognize it completely yet, but you have had moments, and I want to validate those moments. And those moments get more familiar.

You get to know yourself not as a noun, so it doesn't feel like a substance, but it's very undeniable in its fluidity. So you get enough of it, and you get confidence. And that kind of spiritual confidence, or self-confidence, whatever — then the identity system takes over, and it has less root. It doesn't feel like it's rooted. It still can feel strong, at least for a while, still feels strong, but you come back to presence.

The light in the darkness, and the darkness overcometh it not. The traditional phrase. The light in the darkness. It requires our unconsciousness to control. That's why presence, presence, presence. Let your body help you get here. Presence. This is our great antidote. This is our great ally.

Because that's like putting a candle in a dark room, and the darkness can't do anything about it, even though it's not a big light, a little candle in a room. The room is radically changed by that candle. And the darkness overcometh it not, meaning that the confused place doesn't have a leg to stand on. Even on the Swiss cheese, it doesn't have a leg to stand on.

Right?

[Participant:] Yeah.

[Russell:] Okay. Good, good.

The surge

[Participant:] Where this becomes problematic for me, or where I need to work, really right now, is the two systems, the depressor and the fixer.

I notice — theoretical for a moment — there's a state of mild bipolar, hypomania.

[Russell:] Right.

[Participant:] And so there'd be a mild depression, which one might not even really notice, the field.

[Russell:] Right.

[Participant:] And then that's followed by a surge. Oh, I can write a book.

[Russell:] Right.

[Participant:] Oh, I can read Jung now.

[Russell:] Right. Sure.

[Participant:] And that brings life.

[Russell:] Yes.

[Participant:] Or feel. And it feels present.

[Russell:] Yeah.

[Participant:] But I think that's just more of the second. More of the same thing. Almost.

[Russell:] Okay. So what I would suggest, Robert, is recognize that as you are. Up to that point, I'm right with you.

But at this moment, when that energy is seen, we don't want to just say, oh, that's fixer, because there's some free energy in there that's ready for practice.

Now, this is a tough edge, because that energy wants to just fly.

[Participant:] Right, exactly.

[Russell:] Needs your body. It needs ground. It needs walks.

So, we don't get rid of the energy, but it doesn't act out in the way that it usually does. It needs more guidance. So you're navigating a place where that energy is encouraged, is embraced, gratitude is given for it, but it's given some grounded form. So it's not lifting you up and out.

Well, starting with your bottom. Starting with literally feeling your body. And you'll notice that the energy wants to move quickly and up. So we need to counter it with some down, some ground.

It has a great vitality, but it also gets chaotic. So we need to have its vitality, but see, can I move smooth? Can I give myself any kind of smooth movement with this energy?

So you're learning to navigate with the energy. And now that looked-like identity system is beginning to get liberated for your free self.

But wait. I want to go with one more thing, Robert. I also want to point out one of my concerns in introducing the practice yesterday, and giving this talk this morning. We want to watch for that part of ourselves that wants to make it psychology. Make it — psychologize this. Oh, I've got this problem.

This is a model. This is a picture. Right? Your healthy present self, that has incredible dreams and brings them forward and connects with others — that's here, and you have experienced that many, many times. You've experienced it, and I want to affirm that.

I don't want to let the problem solver take over. Do you know what I mean?

[Participant:] Great. Beautiful.

[Russell:] Okay. We need to keep affirming the health that's living in here, in every one of us. We want to keep affirming that, without denying the identity system stuff, but not fall into becoming a problem to be solved again, because we all know how to do that. That's a very limited approach to the self.

Stay with the bubble

[Participant:] I have a question, kind of on the spot. Focusing, you were talking about, and the spark, meditation, and where they meet, where they're distinct.

So I noticed, with both the images in the practice this morning and yesterday morning — the sun, and going back — that there are times when I'm focusing where that will unintentionally start happening. And it's like, if I stay with something, it will continue to unfold as a focusing process, but it takes some investment in the bubble.

[Russell:] Right, right. I got you. Okay, so let me answer your question. I got the whole question. You ready?

Stay with the bubble longer.

[Participant:] Okay.

[Russell:] There's value — and I'm speaking to you personally — there's value in even knowing that the bubble's not fundamentally real, but staying with it longer. Making believe it's real for a little while. Giving it some more validity, for your learning. And then trust that you're not gonna end up in it or under it, but give it some more time.

Okay?

[Participant:] Yeah. Can it reverse the path?

[Russell:] You can reverse the path. Yeah, you can. You can do a little rewind. Reverse the path.

Sitting through the wave

[Participant:] I just wanted to share that, at this point, I'm having a perspective on some practice that we did earlier in the year, where it was before we had done any focusing with each other. And I had a sense of, as I said, I'm used to doing this inner listening with myself, and I hadn't been yet, and was having this funky dynamic with Mesa here this week that was kind of building.

And we were sitting, and I know, as some of you noticed, I was having a lot of tears coming during that particular sit. And it was so interesting to just sit through that. And there was a part of me that so just wanted to go into this position and let myself weep. Or I was dying to do some focusing with it. And that's what I would do at home. I was thinking, I feel kind of embarrassed. I don't usually sit on my cushion and have these waves of emoting. So then I'm embarrassed that I'm revealing my faulty meditation.

So I just sat. And we were working with the intimacy and alive, and this wave would come, and I didn't even know how much I was being sucked under by my story. I was just in it.

And just, it's okay. I'm seeing the pulse of my heartbeat through the liquid in my eyes right now, and I can just feel my body. Whoa, this wave of emotion came. And there was a part of me that was really wanting to focus with it.

[Russell:] I'm actually reflecting right now — we're so good for each other, because we're coming at the middle way from opposite sides. You may say.

[Participant:] But I just want to say, it was so valuable to me to not do that in that instance. And it's even only a couple of days later that it's transparent. I mean, now it's so transparent, it's kind of humorous that I was so believing the thoughts I wasn't even seeing, that were sponsoring this. Like, oh my god.

And then another layer this morning. It's just so fun to sit. And with the group — I don't think I could have done that by myself. I would have just said, oh, this is the one that I need to focus. And just to sit with it. And then to come back this morning and be able to work with the subtlety that was so almost not subtle. Like, oh yeah, step back from that one who thinks they're noticing.

It's just fun to see the whole gamut of mind. I just wanted to share that.

[Russell:] That's really useful.

The watch

[Participant:] I think I've saved everything that I wanted to say during this week for this moment. I'll make it brief.

I've had this watch for about thirty-five years, and I find myself — I had it cleaned several times, and it always used to run a little bit fast, and so I usually adjust it, like maybe a minute a day or so. I have noticed that it's keeping time exactly with this clock. It's no longer fast, since the time that I've arrived here.

That floors me, because I think I have slowed down, which was one of the requests that my husband has frequently. Slow down, slow down. Unless somebody has been fooling around.

So that was one thing that I wanted to say. And then the other thing was, this morning during the meditation, when I think I was doing all the right things in meditation, and all of a sudden you said, don't worry about your travel plans. And then I thought, good. And then I started worrying about my travel plans. Helpful instruction from the teacher.

So maybe I was somewhere that was more comfortable than travel plans. I have no idea. I have the impression that I was pretty much open attention.

[Russell:] Yeah. No, you've dropped a lot more this week, so it's likely that you were more in yourself. And that desire to slow down was something you said in your first week as well. It's not just your husband.

[Participant:] Right, right. But I think that it comes a lot from him, and because I keep hearing that. So, it's better for us.

[Russell:] Thank you, Tony.

Tell him I thank him for his help.

Answer the call

[Participant:] I would like to just share an image I had during meditation this morning, and it just cracked me up.

For a couple of days I've been hearing a vibration. I connected it to the vibration that you can hear with your cell phone. And I'm thinking, whose cell phone? That was what I was thinking the other day, and then it happened again today. And I thought, oh, we're all getting vibrations. Let's answer the call. And it was just like, God's calling. Don't forget to answer.

Anyway, I have no idea. It just was right there. And I realized it wasn't just me. It was everybody.

So if it's helpful, if it's not, that's okay.

[Russell:] It was an auditory kind of message. But actually then it became a little more of a possibility, or just that vibrating quality.

Yeah. It's alive.

A pause

[Russell:] Let's have a pause. I'm gonna put out this card for people to sign. I'll find some pictures on here for anybody who wants to see that, and then when we come back, we'll do a movement lesson. Let's say fifteen, ten after. We'll do a movement lesson.

Sirin's pictures are on the board.

[Participant:] Yes, Martina's are now.

[Russell:] Oh, please, yeah, please, put it around. So you might want to sign this.

Yeah, let me see if I can make them bigger. So they're doing the movements out in the field, with their hoods on.

[Participant:] Oh. Should you email, or the voicemail?

[Russell:] This is an email to me, yeah.

[Participant:] Yeah, you're funny for a girl.

[Russell:] So it began with a performance artist just standing there, and at first the authorities didn't know what to do. Then they arrested him for standing. And so then the nation started taking on standing as a practice. It started with one guy who stood. Now this whole group of children are standing. And the authorities just don't know what to do.

They're standing. Arrest them. Arrest them, they're standing.

Okay, so let me go find that email. Yeah, I can't seem to make them bigger right now.

[Participant:] Did you try that one?

[Russell:] We were just looking at them. They should be —

So they're wearing their headscarves, and they're out in the field. And then they turn around and they fade.

[Participant:] What is she saying?

[Russell:] Some impressions of our last meeting. I think I find my way to go on, touching souls through silence and movement. I'm so grateful for these Afghani friends. They're like sisters to me. The practice at my favorite place was so wonderful. What a pity that the mountains were not to see on this day. It's a great connection to them. Hope you can open a picture.

[Silence 40 seconds]

[Participant:] It's nice to meet you.

[Silence 39 seconds]

[Participant:] Yeah.

[Silence 49 seconds]

[Participant:] But he's happy with his clothes. I mean, I go to Eli, and I love him. I mean, he's confident, and he's — the last patient, the doctor. Yeah. So I didn't think about it. But that, yeah.

[Silence 58 seconds]

[Participant:] I mean, let's — let's not.

[Silence 33 seconds]

[Participant:] You have to tell her.

Yes. I mean, the performance was not practiced.

[Participant:] Yeah. Amazing comeback. I couldn't believe it.

[Participant:] Yeah. I heard that it was — I could see Miami.

[Participant:] Right, right. It was so cool.

[Participant:] Yeah. Unbelievable.

[Silence 2 minutes]

[Participant:] Maybe we'll give you the notes for the award.

[Participant:] Yes.

[Participant:] Well, inside of the wall, actually.

[Participant:] And then — like, you're like, okay, all right.

[Participant:] Thank you, thank you, thank you.

[Participant:] Yeah, there's so much room now. There is.

[Participant:] I think I got it, yes. You need to run a 12 or something?

[Russell:] Oh, okay, yeah, we'll be done.

I'm just — you need more updates, so it can be. Just a few minutes left for signing, then we're starting. Set up mats. Set up mats. You can sign the card.

[Silence 39 seconds]

[Russell:] Minute warning. Lesson starts in two minutes.

[Silence 31 seconds]

[Russell:] Yes. Well, what I — I said a little bit more, but the depressor-fixer is part of that. What I was kind of expecting was that people were going to bring up things that came up in the process, and I was going to speak more to it. We'll be doing more mapping next time, so we'll get to it.