



Occupy Heart Cafe Call

December 16, 2011

Inaugural Journey

Agenda:

- Introduction: Setting the Context for these calls
- Invocation
- Breakout Group #1 & Harvest
- “Wisdom Sharing”
- Large/small group conversations & Harvest
- Heart Journey
- Group Wisdom Sharing
- Close

Harvest of Questions from first breakout group:

- Shikha: our individual relationships and questions we struggle with--something we rae each looking for and we has our own understandings of that
- --David (Toronto), As a Heart Energy worker Interested to see how other Heart Energy workers have utilized their hearts towards their ends. We have the answers, but not always the means to put them into practice. Beatles “All You Need Is Love” sets you up to fail by this song!
- Pia: we’re a small group--what do people need to hear so that they question more and are

interested in their hearts. people don't know what they're missing

- Mary (Arizona), How this change is going effect the Market--struggles of people in financial distress (housing market crash in the Southwest)
- Janet (Indiana) How is OC going to be part of the change. As a meeting facilitator I am very interested in the process being used in the Occupy movement and understand the tension between action and process.

“Wisdom Sharing”

What do we do when we are hit by so much pain, chaos, upheaval, fear? Medicating ourselves to flatten emotions versus learning how to deal with them.

“Occupy Heart” as a space: indigenous cultures hold ***the Heart as the seat of intelligence.***

- example of being in a knock-down argument: “do I want to be in love or “right?” the heart regrounds us.
- “all we need is love” was a part of deep and powerful hope, but what does that mean? how do we DO that? haven't been successful as often as we would wish. we still fall into chasms of disappointment, and retreat.
- ***it's miraculous that we keep coming back. like the Occupy Movement.***
 - much more than just Wall St--a global movement
 - Heart as a key element because ***the movement itself IS an AWAKENING MOVEMENT: it's about:***
 - worth
 - self-esteem
 - dignity
 - WE MATTER!
 - Deep, profound caring
 - Our hearts are crying. We empathize, even when we are comfortable ourselves.
 - ***We cry for children and mothers crying***
 - This caring connects our conscious awareness--our bodies-- with the earth, the Ground. Resources of:
 - creativity
 - caring
 - what allows us to THRIVE
 - Recreating/healing
 - the economy
 - government
 - Process and action:
 - pay attention to our relationships as we take actions

- **HOW we do things matter**
 - **Are we asking if is this for the highest good of ALL?**

Full Group Conversation

David: we are being “numbed down.” concerns over medication (SSRIs), although he sees the value too--it’s in our water supply and effecting us all! Reiki to access the heart: “agape” space. Gives himself up to healing energy coming through him. *Jitendra: clarifying that SSRIs do have value*

Shikha: challenges that we face... we need certainty... information that’s already available, and continually alarming us... it is hard to stop or slow down and take an action... fear and lack of trust *Jitendra: trust is key. yes--the information is overwhelming at times*

Barbara: “what do they need to hear?” OR maybe: what do you need to FEEL? Process is feeling based. Where the progress happens. **When we become the change, others sense that. “An overshadowing of GRACE.”** You KNOW when you are experiencing it. And those around you can experience this through you. She has had this happen a number of times. **“When I commit to serve, it shifts everything in my life.”**

Ben:

"The rush and pressure of modern life are a form, perhaps the most common form, of innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.

More than that, it is cooperation with violence. The frenzy of the activist neutralizes his work for peace. It destroys her own inner capacity for peace. It destroys the fruitfulness of his own work because it kills the root of inner wisdom which makes work fruitful."

~ Thomas Merton (h/t Amy Lenzo)

Jitendra: what do you do when you’re in the frenzy? Ben: remind myself that I everything must be done in celebration--make it a “sacred dance.”

Janet: Speak to the level of **righteous anger** that is being expressed? How do we shift it? *Jitendra: this has been the main part of my personal journey. Anger is naturally healthy--“you’re on my foot!” Frustration comes when we don’t know how to make a choice or someone is blocking it. Anger and hopelessness are two ends of a stick called “choice.” substitute “choice” for anger. We need to*

understand our choices--what they are or can be, and also where we have abdicated our choices. One of the biggest elephants in the living room. WE are complicit in the situation we are in, by commission and omission. WE need to own this. Takes skill, courage, time, training. Rebellion vs. revolution. fighting against vs. deciding to create something new.

Mary: violence in Phoenix where she lives [at occupy site?]. Occupy Phoenix gp began NVC training for Occupiers. Encouraged by this.

I must sign off. So lovely to hear from all of you. Mary (Arizona)

Bye! Thank you for joining us. See you at OC.org and on another call!

David: feelings/emotions/thoughts. not “real”--not facts. YOU are not your thoughts. Emotions: everything reduces to fear or love. “How can I use this anger in a positive way?” Example of Bamiyan statues in Afghanistan destruction--positive result=opportunity to have a discussion. Lemons out of lemonade. “Melonade out of melons, for you dyslexics!” Find what I need to motivate or push forward. Robert Woziar (sp?) provide a process. think about something you really love, then something joyous, feel appreciation for something, then use that as a fuel to forward what you need to do.

Heart Journey (guided meditation)

Group Wisdom Sharing:

Let your body speak: What is emerging for you from the core of this exploration?

- --Ben: strength in connection with all things. Being pulled up.
- --Barbara: wanted to stay in constriction as we started, now I now longer feel constricted and have moved into a space of expansion. thank you!
- --Janet: tremendous amount of astonishment. open hearted astonishment. complicated circumstances drew me--delighted to have participated in this moment. delight and gratitude! thank you!
- --Pia: a sense of fullness. bringing up, authority to share myself, a literal forward motion in my body.
- -David: thank you--that was absolutely magnificent. great relief that I don't know everything and that i feel so much more connected with the work I am doing. thank you so much.