



Occupy Heart Cafe Call

To transform the world, you need to transform yourself.

“Be the change...” ~ Ghandi

“You can’t solve a problem with the same mind that created it.” ~ Einstein



Occupy Your Voice

March 30, 2012

Cafe Call Flow

- Introduction: Context for the call 12:05
- Sacred space / ALOHA meditation / Heart Journey (~15 mins)
12:10
- Small Groups: Round 1 (~12 mins) 12:25
- Harvest w/ “Wisdom Sharing” (~30 mins) 12:40
- Small group exploration: Round 2 (~15 mins) 1:10
- Harvest (20 min) 1:25
- Closing Group Share 1:45

- Closing Meditation/ End 1:55

*Note: **Press 5** on your phone keypad if you're having technical difficulties at any time.*

ALOHA Practice

Train your whole being to quickly shift from fear mode to Love mode.

Aha - Relax and allow free (uncontrolled) and natural breathing:

release and relax your jaw while breathing in & out; release your diaphragm as you exhale (BREATH)

Liquid Body - Open, relaxed body; melt tension from head to fingers to toes; open your awareness to flow of sensations (BODY)

Oh, I remember! - Raise your awareness to include the largest sense of who you are [elder vs child perspective] (SPIRIT/CONSCIOUSNESS)

Heart - Activate your heart through warm, smiling eyes (HEART)

Aligning Belief - Align your thoughts with a positive, present, embodied experience of now. (MIND)

Today's aligning belief: **"I trust my voice."**

We need your voice. Without your voice, we can't have a true democracy.

⇒ **Practice These Helpful ALOHA Hints (practice makes ease):**

"I trust my voice." — Taste these words as you slowly savor the vibration of each syllable and journey into gratitude.

- Slow down to the speed of life, the pace of sensation, the movement of your breath.

- When you declare **“I trust my voice.”**, what arises in your awareness in your body?
- Notice in *this* present moment, to what degree you feel trust in your voice, and notice any stirrings of mistrust. Without judgment...
- As you breathe, track the streams of thought and feeling...stalking them back to their source...from where they arise...perhaps hidden
- Continue to savor your Aligning Belief, **“I trust my voice.”**
- Bring a warm, gentle smile to your lips. Let your smile fill your eyes. Invoke gratitude to build presence and warmth (feel the smile in your eyes)
- I invite you feel a time your voice was clear and you are being heard...received...appreciated...feel the moment in your body...breathing.
- Think of someone you'd like to communicate something very important to...bring them before you...connect eye-to-eye...heart-to-heart...speak your mind from your heart...and let it go...relax...
- Soften your focus, expand your field of perception and awareness
- Imagine...everywhere you go...people are connecting and speaking heart to heart...Imagine our future... unfolding now...
- Consciously saying, **“I trust my voice.”**, while engaging all the other dynamics of the ALOHA practice, reprograms your brain and body to **allow your awareness of your inner authority more easily and fully.**
- Remember: **“I am safe in Love.”** is the **CORE** fundamental to shifting from fear mode to Love mode. It *allows* your body to more and more easily “let go” into Loving, connected presence.
- Your Inner Authority reminds and directs you to notice that no man or woman is superior to you unless you allow and choose that.

Practice tips

- **Experiment by first standing;** then very slowly clenching and relaxing your jaw. Notice how connected your entire body is to this action. (You can feel it pull on the arches in your feet.) You may not consciously feel fear, but the tension in your jaw can tell you that your body is in fear (survival/protection) mode.
- **Notice how your jaw controls** your diaphragm tension. Soft jaw=soft diaphragm.
- **Let go of your exhale by releasing your diaphragm.** Releasing your diaphragm opens your energy to your central core. (Freezing your diaphragm cuts off your head and heart from your ground. Experiment with both holding and surrendering your breath. Notice the many different effects.)
- **Physically releasing your body from its default** defense posture (tense jaw)

while engaging your heart, opens your body's cellular and neural matrix to integrate new and past information for present time response (empowered compassionate choice), rather than survival-based reactivity (fear &/or hostility).

- **Practicing ALOHA in the presence of strong emotion INTEGRATES** (digests) your experience, leaving you with greater capacity and resiliency to respond
- **Your mind spontaneously relaxes and opens** as you integrate your emotions in this way, creating deeper mind/body/heart connection

Today's aligning belief: **"I trust my voice."**

BREAKOUT QUESTIONS

Round 1: Tell a story of a time when something you said made a difference, inspired someone or had a positive impact on a situation, a time when your voice felt connected to your power to make a difference.

Round 2: This is a powerful exercise to quickly illuminate subconscious limiting beliefs (they're in your body more than your head)

Body blurt exercise:

What's not working with my voice is...

Round 3 - Closing Share:

If you were in front of a microphone reaching every person on the planet, what do you most want to say to make a difference in the world?

******Hint for closing share:** Transport yourself into the future moment

you're describing...deliver your words in present time with feeling! Speak from your heart...*Embody your words.*



Round 1: Small Groups

Table 1: Suzanne, Iwanka, Jerry

Today's aligning belief: **"I trust my voice."**

Names: Susanne Iwanka Jerry

Scribe(s): Iwanka

Time-keeper: 12mins

Process Tips

- Record names of those at your table
- Choose a scribe and a time keeper (two different people)
 - Make sure you highlight key points, but don't worry about a "transcript"
 - It works best if Everyone helps take notes, highlight key ideas, etc. Play! Have fun!
- Make brief introductions. (1 minute each)
- Always say your name when you start speaking, and indicate when you are finished by saying something like "I'm complete," "I'm done," or "Check."
- Everyone's voice matters!
 - Be brief.
 - Do more listening and thinking than talking.
 - Make space for others to speak.
- Listen together for patterns, themes and deeper questions.

Round 1: Tell a story of a time when something you said made a difference, inspired someone or had a positive impact on a situation, a time when your voice felt connected to your power to make a difference.

Round 1 Notes:

1. Susanne + NVC facilitating a daily support call for occupy. Share the feelings underlining words. How grateful to be connected to other people. My voice helped them find their voice. Human to human connection trusted it was all okay.
2. Jerry + Rare in conversations with people about their feelings. At work a couple of years ago when co worker passed away from cancer. I had a chance to connect with him and was able to share with other people at work what it was like. ty! yw!
3. Iwanka + @ occupy meeting. this week. Flo came for financial help from the movement. an impromptu mtg was held. woman facing foreclosure w/5 kids. african american. Big troubles with HUD and evictions and arrests. Occupy GA agreed to help. Recently Flo asked Occupy for \$400 for weekly subsistence. Occupy Philly Finance denied it because it did not support individuals. I spoke about how many people were in similar straits and were unable to get \$ for needs who were active occupiers, not "outsiders" like this woman. The occupiers differentiate between those who are active "visible" vs those who just show up to get what they want. Flo heard that she wasn't alone or singled out and realized others were hurting too. The problems were deeper. thanked Iwanka for this.

Table 2: Anita, Fern, Jim, shikha

Today's aligning belief: **"I trust my voice."**

Names:

Scribe(s):

Time-keeper:

Process Tips

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Round 1: Tell a story of a time when something you said made a difference, inspired someone or had a positive impact on a situation, a time when your voice felt connected to your power to make a difference.

Round 1 Notes:

Shirtless Dancing Guy theory of leadership:

<http://www.youtube.com/watch?v=fW8amMCVAJQ>

Table 3: Heather, Scott, Daniel

Today's aligning belief: **"I trust my voice."**

Names: Scott, Daniel, Heather, Claudia

Scribe(s): Scott

Time-keeper:

Process Tips

- Record names of those at your table
- Choose a scribe and a time keeper (two different people)
 - Make sure you highlight key points, but don't worry about a "transcript"
 - It works best if Everyone helps take notes, highlight key ideas, etc. Play! Have fun!
- Make brief introductions. (1 minute each)
- Always say your name when you start speaking, and indicate when you are finished by saying something like "I'm complete," "I'm done," or "Check."
- Everyone's voice matters!
 - Be brief.
 - Do more listening and thinking than talking.
 - Make space for others to speak.
- Listen together for patterns, themes and deeper questions.

Round 1: Tell a story of a time when something you said made a difference, inspired someone or had a positive impact on a situation, a time when your voice felt connected to your power to make a difference.

Round 1 Notes:

Scott - Recent occupy event, spoke with mic and loudspeaker. inspired spontaneous crowd responses. 90 min w/out losing my voice. Sang in the choir twice the next day. Felt like I found my calling.

Heather - yesterday, got together with an old friend, felt so deeply heard, leaking regularly, being "touched" by each other

re: relationships and love. In a toxic circumstance, how do we protect ourselves? Scott - Marshal Rosenberg story of NYC desk clerk at knife point gives empathy.

Daniel - I like to have a voice that speaks in the bigger context, I'm a big picture thinker, my ideal job - sit next to Reagan during speech, interacting with comments. debating to have bus service in Bozeman, MT, I spoke, they decided to continue the bus program for free. I like to

speaking. 2nd law of thermodynamics - "systems grind to a halt w/out fresh and vital energy."
what we need to apply to energize the body politic.

Claudia - training waking the dream presented in our local library twice, felt that people were moved by what we presented. With 5th graders, kids eating in the classroom, sometimes when intending to scold, find that sharing what I appreciate about them is helping me find my voice and move in positive directions.

Round 1 Full Group Harvest

- Loved hearing stories. Don't always think about my voice--just assume it will be heard. Nice to stop and think about how one is connecting with others.
- power of sri chinmoy being silent for one minute
- "i've been loud a lot and it hasn't always been appreciated."
 - reading prepared remarks to a crowd recently had impact.
Wells Fargo divestiture campaign is moving forward
- Sense of **trust** is key to our sharing our voice powerfully
- voice as vibration, in body and consciousness. Hebrew *sh'ma* prayer as an example, when sung. translations/meaning of the words aren't the key--it's the sounds and vibrations.
 - singing theme. often more memorable than speech.
- Deep listening is a prerequisite for connecting via my voice.
- Shirtless Dancing Guy theory of leadership:
<http://www.youtube.com/watch?v=fW8amMCVAJQ>
- "finding your voice" as a mystical process. and sometimes it requires going to jail.



Round 2:

Table 4:

Today's aligning belief: **"I trust my voice."**

Names:

Scribe(s):

Time-keeper:

Round 2:

Body blurt exercise:

What's not working with my voice is...

Round 2 Notes:

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Table 5:

Today's aligning belief: **"I trust my voice."**

Names: Ben, Scott, Anita

Scribe(s):

Time-keeper:

Round 2:

Body blurt exercise:

What's not working with my voice is...

Round 2 Notes:

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Table 6:

Today's aligning belief: **"I trust my voice."**

Names: Scott, Anita, Ben

Scribe(s): Ben, Scott

Time-keeper:

Round 2:

Body blurt exercise:

What's not working with my voice is...

Round 2 Notes:

Table 7:

Today's aligning belief: **"I trust my voice."**

Names:

Scribe(s):

Time-keeper:

Round 2:

Body blurt exercise:

What's not working with my voice is...

Round 2 Notes:

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Round 2 Full Group Harvest

- feeling more urgent about something makes it more difficult to be heard
- concern over validation or lack thereof made the exercise hard
- passion we feel comes through. hope of being heard can backfire. need to be connected to myself so the passion comes through in a way it can be heard.
 - love mode vs fear mode. shows up in the voice directly (spectrographs can depict the difference in vibrations and frequencies)
- “the problem:” adults who are too busy to listen
 - problem of abuse of kids in school, which is apparently increasing
 - one participant had his mouth duct taped closed in school as a kid as punishment for spitting (he didn’t do it)
- feeling uninformed or not qualified
- feeling that the audience isn’t receptive or ready
 - this influences what we choose to say and how we say it, so it’s a self-fulfilling prophecy
- helpful to have people work in teams (like Ben and Jitendra!), even if the second person isn’t saying that much.
- “power over” is the dominant model we use ==> stifled voices.. vs. non-violent communication, where we are working in partnership (“power with”)
- story of planting a tree of peace in Toronto... lot’s of big shots, plus first nations leaders. asked to speak at the reception and was all set to go, then he was told not to at the last minute. he laughed and laughed, then left. powerful to laugh at someone in public.

Final Shares