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- [How to survive the end of the world - friendlove](#)
- [One million experiments](#)
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## Transcript begin:

Welcome to

[00:00:01] **Nadav:** Hey,

[00:00:01] **Lawrence Barriner:** my podcast. Uh, it's really good to be with you here and also I'll just name, it's good to be with these construction sounds that are outside the window

Yeah, I am truly very excited to be with you. It's really, To spend time with you in all the ways we get to spend time

[00:00:49] **Nadav:** Let's do it, I'm excited to be here.

[00:00:54] **Lawrence Barriner:** Great. So, . First question is how are you arriving to our conversation today?

[00:01:02] **Nadav:** Um, I'm arriving feeling some calm in this moment. Um, I've had some good, good rest this summer. Really grateful for the spaciousness of my paid work and opportunities to be with loved ones, be by the water. Just had some really easy moments this summer, so coming in Yeah, with some of that calm, some of that energy.

Um, and I'm also coming in. You know, some feeling, some franticness about, uh, our news cycle and the things that are taking our attention and really just trying to turn inwards and turn to the people I love rather than getting lost and consumed. Yeah, glad to be here.

[00:02:15] **Lawrence Barriner:** Word. Yeah. Thank you for sharing and being honest about what's moving through you. I'm sure there's a lot more moving through you, but thanks for sharing those things and yeah, if the news Uh, well thanks for checking in a little bit and we're gonna zoom out to a completely different scale of question. So first starting with how are you now, I'm curious, who are you these days?

[00:02:45] **Nadav:** Hmm. These days I am finding. Myself being a really loving friend, a really loving partner, um, a really present community member. Um, definitely an organizer. I know, you know, can be complicated to have that be a core identity, but I'm, I'm really feeling it, you know, like I am feeling the ways in which I. I am able to capture the moments that we're in and support folks in understanding what's happening around us, um, and tuning into the collective power, the collective possibility.

So I think those are lots, lots of the ways I would describe myself right now. Um, And I also wanna say that who am I right now, but also in other moments is I am a cis man with, uh, lineages in many places, including Iraq, including Eastern Europe, all Jewish lineage. Um, I was born in Jerusalem. Yeah, those pieces definitely come with me in all the moments, even when they feel far away. And I'm also someone who, um, lives a really fortunate and blessed life. Um, as a professional class person, I have a lot of stability in my life. And of course there are, challenges. Um, and I'm really sitting with amidst the multiple years of the, of Covid and the pandemic and the immense ruin in our economic system, the ways that I'm able to sustain myself and thereby hopefully able to sustain others as well. So that's some of who I am right now.

[00:05:07] **Lawrence Barriner:** Hmm. Thank you for It's always fun to have a conversation with someone like this where you get to hear them say stuff that you'd never heard before, . Oh, well like I guess like I knew some of those things about you, but it's, yeah. Interesting. Like I experience you as an organizer, and it's interesting to hear your, like thinking about you being an organizer that like someone was using the word metacognition, just not a word that feels particularly accessible to me.

But like I do understand like thinking about your think. important stuff. Okay, so next question. How, and this question has a couple different parts you can answer in your, all of them. How is your mind slash heart slash body slash spirit? ~~some of these things I feel like you've answered in some ways, but if there are pieces that you haven't touched on that you wanna share.~~

~~Yeah, I'm curious about all.~~

[00:06:02] **Nadav:** yeah, my body is, is pretty good. I, um, some folks who are listening may know, but I was in a bike accident in the fall of last year and have been on quite a healing journey since then. Um, in the last month or two, particularly this summer, I've been feeling a lot better. I've been playing full court basketball games, which is one of my loves, and doing that with pretty limited pain,

[00:06:29] **Lawrence Barriner:** Let's go.

[00:06:30] **Nadav:** Yeah, my body's in a really good place and I'm so, so grateful for my physical therapists, uh, my massage person who Lawrence now goes to, uh, cuz they're so great.

Um, yeah, and just all the ways that I've gotten love and care and support and healing for my body in the last eight to 10 months has, has been really big and it's leaving me feeling a lot better in my. and more, more stable and settled in my body. Um,

[00:07:05] **Lawrence Barriner:** Duffy, thank you for the massage wreck

[00:07:07] **Nadav:** I also, I also go to a great community acupuncture clinic. Um, so shout out to Boston Acupuncture Project as well, which is super accessible to folks. Um, my heart, um, yeah, my heart has been in a lot of places. Um, I've. many, uh, conversations about future, about romantic love, but also friend love. Um, yeah, I've just, I feel like this season, this year has been a time of really like feeling into the ways that I love.

my partner and, um, all my dear friends and community. So I'm feeling very full, um, right now in this moment, um, from the relationships in my life and the ways that I, and we are investing in them. So, yeah. Um, find some good people. makes a difference, keeps us going through the despair, through the grief.

[00:08:15] **Lawrence Barriner:** Yep. And they hold

[00:08:17] **Nadav:** so true, and they call us on our bullshit, you know, it's great. I was recently doing a go around where the question was, well, I, I received the question and then I offered it in a following meeting, which was, what's one thing you look for in a friend? And the thing that immediately came to mind is a friend who can call me out of my bullshit.

So bless all of the friends in my life who do that. I see you. I see you

[00:08:47] **Lawrence Barriner:** Oh

[00:08:48] **Nadav:** and, uh, what's on my mind. Um, folks may know, but I, I was really hit hard by the news about the student debt cancellation that came out a few weeks ago. And part of why is because, um, over the years I've worked with like hundreds of folks with student debt and seen the ways that it really, really affects people's.

And bodies and stability. And while, uh, you know, it wasn't far enough, uh, all, all debt should be canceled immediately. Um, what's been on my mind is just like the immense possibility of our movements, particularly when we think about our work in the long term. So if we look back at Occupy Wall Street over a decade ago, like.

There's a lot that's come out analyzing it, but I think, I think sometimes in the mainstream conversation there's this sense of like, oh, there weren't any specific demands, like what really came of it? And, um, seeing this win, this win around student debt cancellation, though it's, you know, only a partial win, um, I think speaks.

The longevity of our movements and, um, particularly the debt collective, which came out of the Occupy movement, um, is such an inspiration. And I think, um, I've just been thinking a lot about, as we're designing campaigns, as we're taking on projects, how are we thinking beyond the like two to three year or even the few months timeframe that we're so often pushed into and thinking about the next decade.

what is gonna be politically possible in a decade that we never would've thought was politically possible. And canceling debt at this scale affecting the lives of millions and millions of people in this way is not something that, um, we thought was possible, uh, 10, 15 years ago. So I'm just really sitting with that and sitting with the fact that, uh, the things that we're doing in the world, the ways we're trying to challenge and transform our systems are urgent.

That, uh, the possibilities are so much greater when we have, uh, when we think about a long time horizon.

[00:11:01] **Lawrence Barriner:** Thanks for making the connection between the Debt collective and Occupy. I did not know that. And of it like makes a ton of sense, but yeah, that, yeah, that's hella powerful.

[00:11:15] **Nadav:** Mention spirit.

[00:11:17] **Lawrence Barriner:** Um, you didn't mention Spirit, did you? When you were

[00:11:20] **Nadav:** you know, it's important.

[00:11:22] **Lawrence Barriner:** did you want

[00:11:23] **Nadav:** Um, yeah, I'll just say briefly that, um, spiritually I've been, um, in practice for the last year, um, with a tradition. Um, or a lineage that's called Mussar. It's a, it's a Jewish, um, spiritual tradition that comes from the, it's been around for a very long time, but most recently it was kind of like popularized in the 17 and 18 hundreds.

And, um, one of the practices, um, that I'm doing in this cohort is called hitbodedut. And it's a practice of trying to speak to God or some higher power and just having a conversation, um, and. Yeah, spiritually it's bringing up a lot for me. It's, um, opening things up that I often don't want, want to access or aren't able to access.

So like trying to talk to a higher power or talk to the trees, um, has really pushed me and challenged me. And to do it in like a practice with other people has been really, really helpful. and just the fun fact is that when it first was popularized, um, back in the 17, 18 hundreds and in Eastern Europe, people were doing it for an hour a day, because time was so different.

And in the cohort I men were trying to start with five minutes. So if you, if. If you need a message into what capitalism, and particularly the stage of the capitalist economy that we're in now has done to us is to say that, you know, our best right now is to start at five minutes when some of our ancestors were trying this for hours on end.

[00:13:16] **Lawrence Barriner:-**Another two part question, but we'll take one piece at a time. Like what are you against and what are you for? So you've already brought up capitalism, I'm curious if I ask you straight on what are you against, what are the things that you would say?

[00:14:01] **Nadav:** Yeah, I mean, I'm certainly against capitalism and many of the systems we're living in today. Uh, but I want to get more specific. Um, So one thing I've been noticing in our movements quite a bit and in communities I'm in, um, is this idea of deference. Um, which I feel like came to me from, uh, from Elite Capture, which is a new book that recently came out.

Um, and yeah, people might be familiar with this idea. The way I understand it is like, the ways in which we will be able to change our systems, um, will just kind of be handed to us. Um, there's a lot more to it, but, um, I've been thinking a lot about, um, what does it look like for people to take ownership of change happening at the scale that it needs to happen.

So what I'm part of what I'm against, is, uh, us as individuals, us collectively expecting for systems, dynamics, um, conditions, uh, to change without our participation, without our creativity, without us taking risks. Um, because I think, uh, there's maybe an expectation that like someone else, this is someone else's responsibility or.

Uh, particularly in the context of like who is most impacted, maybe an expectation for some folks that, like folks who who are most impacted will just figure it out and we can just follow. And yes, that idea is a, is a critical component of like being accountable and being in relationship across difference and across identity.

But when, when it goes too deep, it goes too far to the point of folks expecting for things to be handed to them. , um, when the stakes are this high. Um, I, I wanna challenge that. Um, yeah. I want us to orient towards change making and challenging and building new systems as one in which we all have a play role to play and we all have creativity and risks to take even in cases where we have power or access.

Um, cuz I think in my experience, I've often like hid from my power or, um, tried to squash it rather than to recognize the ways in which I have power allow me to see the path differently or to access different parts of our path to, to transforming differently.

Um, um, yeah, I'm also against, um, imagining that harm in our communities can be dealt with through, prisons, policing, and criminalization. Like I think public shaming has a role to play. Absolutely. And, um, I've been noticing the ways that. we have underinvested in, in our communities in, um, transforming and addressing harm.

In order to like show up publicly in order for folks to understand the complexity of addressing harm and doing it thoughtfully, like we need to build more infrastructure amongst ourselves. To be able to hold that complexity, to be able to practice, um, transformative ways of addressing, um, harm. So those are some of the things I'm sitting with is, is, um, one, um, a certain deference, um, and to, to how change happens. And the second piece around, um, how we relate to the public and to harm.

[00:18:36] **Lawrence Barriner:** Juicy stuff,

[00:18:38] **Nadav:** Yeah.

[00:18:39] **Lawrence Barriner:** and We'll put a. about the, um, elite capture book. how the powerful took over identity politics and everything else. Definitely the article that came out, some interviews, you're like very much a flame earlier this year and this summer, so thanks for Yeah.

Bringing. Uh, okay. So those are some of the things that you're against. Knowing that there's more, but great, great. Digging into the weeds there. So what are you for?

[00:19:22] **Nadav:** I am for. The redistribution of wealth, land and power in all parts of our lives. I wasn't paid to say that. Um, I am for building power. I've been a little scared of power, as I said earlier, of my own power of our collective power. And I'm really, for us, investing in each other and investing in the ability to. To build strong and durable connections, but also organizations.

Um, I remember this vivid moment of walking with being on a walk with Lawrence, um, in the summer of 2020 amidst, amidst the black, um, LED uprisings. And, um, I think one of us was complaining about what we were seeing from folks around, like messaging wise.

And I. Maybe I said like, can we just tell everyone to join an organization and, um, you know, organizations are imperfect, structure is difficult, all the things. And I think we need really strong organization, at least to, uh, govern our neighborhoods, to govern our cities, to overthrow capitalist violence, to overthrow, um, the far.

Uh, to build a new society to transform our economy. Um, and I, yeah, I really believe in our ability to, and our need, um, to build powerful organization. So that's one thing I believe in. Um, I also really believe that we are already embodying the type of care that we need, our systems, that we need from our systems, um, and that we could also be doing.

Um, so I'm just thinking about in the last months, in the last year, how many different iterations of support teams, um, regular check-ins, like other forms of support, um, that friends of mine have offered me and also that I've been part of offering to, to friends and loved ones and just imagining what it would mean to. scale that, um, and scale is in everything, of course. And I think our, we can transform our systems by embodying those at the, at multiple levels. Um, so I'm learning a lot around care taking, around support structures, and um, I'm really, for us, investing in those structures and in that, I'll just give a quick, quick example, which is,

[00:22:16] **Lawrence Barriner:** love it.

[00:22:17] **Nadav:** a couple months back I was, um, stepping into a pretty escalated situation of supporting a friend and, um, I. was like, why don't I start a thread of people who can support me stepping into that situation. Like even though I'm the one who's lending support, what it would look like for me to have backing, what would it look like for me to have people at my side to work through the limits, to help me identify where things are difficult?

[00:23:02] **Lawrence Barriner:** I'm really appreciating the, turning the gaze back towards yourself. Be like, okay, how could I benefit from this thing that I'm also offering to someone else? At least that infrastructure. So, so often I feel like we don't do that, and then we end up like giving away all the medicine, all the magic, all of the wisdom.

And they're like left sort of like shriveled in the corner, being like sad and under tended to, uh, yeah. So I really, really am appreciating your, uh, your modeling of that. And we're gonna get to the practice section of the show later, . And you're definitely like leaving these little previews, foreshadow moments.

So just naming that, not saying you have to do anything different, just naming that. I'm noticing

[00:23:52] **Nadav:** We love practices here.

[00:23:55] **Lawrence Barriner:** Um, okay. We love practices, which is definitely why you're one of the people I wanted in the pilot season. Uh, so Revel, what is giving you joy these days?

[00:24:12] **Nadav:** Uh, dance floors are giving me joy

[00:24:18] **Lawrence Barriner:** Dance

[00:24:18] **Nadav:** know. Um, I don't know what's happening, but I've been to many weddings this summer. Um, I can take some guesses, but really what we're focusing on is, uh, outdoor dance floors. They're a winner. Um, just being able to celebr. in with community in that way has been such a joy, bringing me so much joy. And yeah, seeing the ways that, uh, even in the context of like weddings, which are often so focused on two people, um, the ways that folks are finding are being creative about. Creating a environment where we can love on each other and where community can be celebrating each other has been really bringing me a lot of joy alongside those dance floors.

[00:25:10] **Lawrence Barriner:** Hmm.

[00:25:11] **Nadav:** Um, and I spoke to this earlier, but I feel like my friendship, my friendship, love, and my partner love has been bringing me a lot of joy. Uh, um, also swimming and kayaking and being by water. It has been super joyful this summer. Um, yeah, and I mentioned this earlier, but pick up basketball, you know, really brings out so much of my joy that is so often set to the side. So shout out to my, uh, my Saturday morning pickup.

[00:25:49] **Lawrence Barriner:** Nice. okay, this is backing up just a tiny bit. Did you hear the episode, a recent episode of How to Survive the

[00:25:55] **Nadav:** I did. It was, it was beautiful.

[00:25:57] **Lawrence Barriner:** or you texted it? I think we were listening to it

[00:25:59] **Nadav:** it was, it was a wild moment.

[00:26:01] **Lawrence Barriner:** Yeah, so good. We'll also put that in the show notes. Such a beautiful exploration of Yeah. The ways that our collective society. Dominant society under, under focuses on the power of friend love.



[00:26:18] **Nadav:** Okay. One other thing. Yeah, of course. What I was just gonna add one other thing, which is play has been. Really great for me. Earlier this summer, I went to this place for anyone who's in Boston, go to level 99. It's very fun. It's a big warehouse where you play a bunch of games and, uh, it brought me a lot of joy and got me out of my, like s out of the seriousness that I feel like I'm so often in, in my day to day.

So, yay for some good laughs and some good challenge.

[00:26:55] **Lawrence Barriner:** Word level 99. Um, alright, so thanks for reveling a little bit. I'm gonna hop over to reveal. So three questions. First one, how, how do you define your work in the world? And I know you will probably answer it in this way, but just to name it for everyone. Um, your work in the world might be different than what you do to earn income or sustain your life, given that we live inside capital.

[00:27:43] **Nadav:** Great. Yeah. Um, I am really blessed to be paid for work that I deeply believe in. Um, and I'll share more broadly to say, um, even before I was like politicized, I would say, which was probably eight or nine years ago, I was very oriented towards. community and building community. Um, I think that comes from my, my grandparents and my parents and my siblings.

Um, so I feel like part of my work in the world is like building, nourishing, supportive, sustaining communities and that looks like formal organizations and also that looks like, um, interpersonal, um, and. Neighborhood communities, um, and all the ways that it happens informally. So I think that's one of the big pieces of my work in the world.

Um, I would say in recent years, um, my work has felt like turning some of the dreams and, uh, narratives that we have about. Building a new system into actual practices and into actual structures. so a lot of the work, a lot of the organizing, um, I'm part of is related to two kind of major areas. One is solidarity economy, which is, building a new economic system beyond capitalism.

That's about. Democratic decision making. That's about the redistribution of resources. That's about, um, shared ownership. and then the other big piece of my work has been around abolition, and addressing harm in new, in, in ways that don't rely on the, policing prison and criminalization. . So I would say those are two kind of big buckets in my work.

And I think what has led me to that is recognizing the ways in which I have been blessed with like a capacity to turn things that we are dreaming about or that we are exploring collectively into like tangible structures and tangible experi. . Um, and I feel like my orientation to experiments comes from like Miriam Kaba and even the, the 1 million Experiments podcast.

Like I love how they frame that, and I think that's been a big piece of my work in the world is to ~~try a bunch of different shit~~, see what we learn, bring people together around it. support people to challenge themselves, challenge my myself, and. Take new risks. yeah, so I think, I think that's part of what I am able to do in my work in the world.



I'll just say one other piece, which is that I think, my lineage, my having like heritage from different places and, um, my upbringing being shaped, really different, experiences of my ancestors, um, both culturally, historically, politically. Um, has also meant that some of my work in the world is around bridging and, building trust where they're like is often, distrust or hurt or repair that's needed. So I'm thinking about, , for example, the ways that my identity as an Arab Jew, um, have opened up opportunities to build really deep and trusting relationships with Muslim folks and Muslim communities. And there's a lot that has been ruptured between Jewish and Muslim communities. And yeah, so I'm grateful for the work that I'm able to do in the world because of that.

And also, through the relationships.

[00:31:54] **Lawrence Barriner:** I'm feeling so grateful that you're taking the time to have this

[00:31:58] **Nadav:** Thanks for asking such juicy questions.

Yeah, you're welcome. Yeah. I remember some of our conversations as you were trying to think through like, what are the areas of the work that you want to do?

[00:32:13] **Lawrence Barriner:** Like how do you get clearer and clearer about them? So it's a pretty, it's beautiful to hear the articulation that you have just now or that you had just now. and I'll also just shout out to 1 million Experiments, which you mentioned, which is like, it's a bunch of things. They have a podcast.

It's also a zine. and it's like a collective of community based safety projects, I think is how they talk about it. and it's sort of rooted in the idea that

There won't be a single solution to the prison industrial complex. From an abolitionist perspective, it's like we will need many, many, many things.

We will need a million experiments to try out what we will need in order to end the prison industrial complex to end criminalization and incarceration, and punishment. So there's many things on the experinces and the podcast is dope. okay. So you shared a bit about how your work, how you see your work.

So now to zoom in a little bit, what are you learning about yourself as you do your work?

[00:33:27] **Nadav:** This isn't new for me, but over the last many years I've been learning, um, how much generosity I have to give to relationships, to community, and that while I want that resource to be endless, there is, there is some finiteness to it. Um,

[00:33:50] **Lawrence Barriner:** Yeah,

[00:33:51] **Nadav:** There is certainly some limits. Um, and I think, I think realizing that was one whole journey in itself and I think where I've been in the last years, um, is recognizing when I'm hitting those limits when. When I can feel, taste, smell the finiteness of that particular resource,

of my ability to give and give fully and give with a lot of like, presence and love. Um, so I've been learning more and more, um, and I continue to learn every day about what those, what those limits feel like and what I need in place, what practices I need to be building for myself and with other people.

um, to ensure that I can sustain, um, and to ensure that that no is always a possibility because I think for a long time, no felt, um, really hard to access for me. Um, so I've been, I've been really learning what it takes, what it takes to

[00:35:01] **Lawrence Barriner:** Hmm.

[00:35:02] **Nadav:** be able to show up in the ways that I want to. Um, what feeling stretched feels like. What, uh, what what comes up in my body, but also what comes up in my thinking when I'm stretched. Like what are the recurring thoughts I come back to when I'm overextended? Um, so I'm getting to know myself better in.

[00:35:32] **Lawrence Barriner:** Hmm. Yep. I feel you on the overextension and the learning that comes from that space. Um, so. or how does what you're learning about yourself in the work you do impact the work itself?

[00:36:00] **Nadav:** Well, we were talking about this earlier and um, I think one way that the learning impacts it is when I can tell that I'm, in too many places or overextended, um, I notice in myself some resentment. Um, and I think resentment really. Is the quality of work and the intention of the work or the thing I'm building or that we're building.

Um, and yeah, I think, I think also the learning, this, this is a bit of a different learning, but I think it's related is, is one around like time horizon that I want to be in movement and community for. The rest of my life. And in order to do that sustainably, there will be moments where I actually might feel like I'm under extending or like I'm not doing enough.

I mean, I, I think not feeling like I'm not, or we're not doing enough can come up for lots of reasons. But I think one of the reasons it can come up, which I think is actually healthy is when I'm choosing to. Do less or take on less or give less in certain moments. Um, so I think that affects the work because it helps me to orient towards the long term and recognize that we're constantly rotating in and out.

So back to the example around like having a support circle for the supporter , that becomes a lot more sustainable when there's an expectation of us rotating in. right? So when I can have an expectation for myself that I'm not gonna be doing this forever, or I'm gonna choose to be less engaged or involved in this moment because I know that later on I'll come back in, that affects the work collectively, that makes the work stronger, it makes it, , stick longer and deeper, hopefully.

[00:38:13] **Lawrence Barriner:** Totally, totally. I feel like that's one of the lessons that you have. Folks in organizing and movement spaces are really, really practicing and have been practicing for years, but are really trying to practice like. How do we not just have these singular heads of

organizations? How do we not repeat some of the lessons from decades past the sixties and seventies, particularly, like how do we not, over rely on individuals who are holding a lot, and then when they let it go because someone takes them out of it or because they have to step back for whatever reason, like things don't, like things fell apart, some things fell apart.

So yeah. it's good to be practicing all of all of this. yeah. I like the way that you said that, like, rotating in and out, like we should be doing that all the time. yeah, and I have such juicy dreams of what that could look like, what the work could look like when we're all practicing that.

[00:39:14] **Nadav:** Mm-hmm.

[00:39:15] **Lawrence Barriner:** you for. And thank you for letting me interview you. I hope that folks have gotten to know you a little bit.

[00:39:25] **Nadav:** Yeah. I've really appreciated being able to reflect on this. And I also think talking to you about it feels particularly poignant because so many of these learnings have emerged in our conversations or in like, you know, being on my pillow and thinking about a thing you said, or you. All the, all the ways that we

[00:39:50] **Lawrence Barriner:** Oh

[00:39:50] **Nadav:** Yeah.

Are in community together, so thank you.

### **[Practice music]**

[00:39:56] **Lawrence Barriner:** what are you practicing these days?

well, as I mentioned earlier, I'm practicing no. often, um, or not now. Not now, is like a beautiful, simple thing that I learned because I think, I think when I first, like, as a young person, to me, no, felt very, uh, limited or like nev. It, it meant never to me. Um, so like in organizing spaces when people have said, not right now.

[00:40:43] **Nadav:** I'm not yet ready for that. Um, it's been, it's opened a lot up for me. So I'm practicing those two things and one way I practice them is that I have a note on my phone and computer that tracks all my organizing notes, um, as a way to celebrate so, Lawrence asks me to record on his next podcast. I'm like, nah, no thanks,

Just kidding. I haven't made that decision yet. But then I track it on my note and I'm, and then a few months later I'm like, oh, wow. And the last, this summer I've had like six nos and I'm just like really proud of that because it's meant that I've been able to be more present for caretaking with a friend, or it's meant that I've been able to go deeper into this new project.

yeah, so I'm really trying to relate, , to know in a different way and to celebrate it when I can. So that's one thing I'm practicing. , yeah, as I shared earlier, I'm, I'm also practicing spiritually. , so

the program that I'm in, , shout out to Iowa Inside Out Wisdom and Action Project. , it's a cohort of 10 Jewish organizers, and every two to four weeks we experiment with a new, either a new spiritual practice like the one I mentioned earlier, , or with a specific, , theme.

and we create daily practice around that. So, , we choose traits that are based on the, the lineage of this teaching. Um, so traits like, um, honesty, like joy like. , patience and we play with them for a couple weeks with a partner. So that could look like a daily chant that could look like a journaling activity that's tied to it.

, and while I don't get to these practices every day, , they're in my orbit enough that they've really influenced me, and I've seen the ways that in the last year, I've felt much more. , I really like spiritual, like stability. Um, like when hard things have been happening, I've been able to turn to these practices more.

Um, so at some point someone said to me like, the structures that we need in crisis like if they aren't, if they, if they are, haven't already been created for ourselves or for our communities. We we're too far behind. So how I think about it is that we're, we're building structures individually or collectively that will like, serve us at the next crisis rather than trying to build them in the crisis itself.

So, um, yeah, those are some practices and it's felt really good, , to be in a cohort model and, um, just for folks who are listening. Even if you're not able to do a program, there are ways to, to try this. So one thing I did with a friend was, um, I had my daily practice related to this cohort and he had his own practice unrelated to this spiritual tradition.

And what we would do is every morning, uh, we would send an emoji to each other when we had completed our practice. And this came actually from something that Lawrence had experimented with. And this was like really helpful just to have someone to kind of like, even if it wasn't a full check-in, just to have someone who like was expecting me to, to be in that practice and to try it out, um, and to see me in it.

So, , those are a couple practices. I want to also shout out, the time audit practice, that I do, , quarterly to look at, , the things I'm committed to, both like in terms of organizing, but also in terms of like therapy and caring for myself.

, and I assess like, uh, what do I need to cut? Where do I wanna go deeper? Um, what do I wanna prioritize? Um, so that's been a really, really helpful practice and would definitely encourage folks to, to check it out if you haven't already.

[00:44:49] **Lawrence Barriner:** Definitely the time audit has saved me many. , hard, embarrassing, unnecessary , moments and I'm still working, still working on my practice with it. And this reminds me that we should probably have a time audit. Like I should probably get like on your calendar, , to have a time audit support session, which I really appreciate that you do.

, that that is one of the ways that you support me and our friendship. So just gonna write that down on my little task list, , and know that. You should be prepared for some conversation about

that. and I know that we yeah. Are coming up on the time that we have set for recording this so there's so much more we can talk about.

And I have so many response thoughts. I'm gonna keep them quiet for now and turn the corner towards closing and ask Yeah, just a couple questions I have. As we're on our way out, which is, is there anything that we missed, like anything that you wanted to say that you didn't get to or anything we almost talked about but didn't talk?

[00:45:54] **Nadav:** Um, No, I think we covered a lot of ground. I'll just, I think to wrap my piece, I just wanna offer to folks like practice it can be really accessible and it, I think if you look on Instagram or follow too much self-care content practice might seem like a scary perfect, you know, uh, with a bow on it. Thing to do in your life.

And actually there's like so much that we're already doing, and I think part of saying yes to being on this podcast, was recognizing how much I and we are already doing. And that's just like a huge step in folks, um, accessing practice and the, the like learning that can come for practice is seeing, seeing the ways that we're already doing things in our day-to-day lives and in our relationships and. That sustain us, that sometimes even drain us. There are definitely practices that drain us that I, um, I have noticed in myself. So just want to really encourage folks to like, um, to look at what you're already doing. Um, cuz that's been really helpful for me.

[00:47:09] **Lawrence Barriner:** . is there anything you wanna give a shameless plug for and sharing some things you're consuming,

[00:47:14] **Nadav:** oh, I just, um, I just read this brilliant book that's called True Biz, and it's about, um, a deaf high school. It's a, it's a fictional book, but, um, it's, it was, yeah, uh, opened a lot of new doors for me, um, and learning about deaf community, deaf culture, um, and it's just a really, really beautiful, beautifully written book.

Um, so definitely recommend that for folks who are looking. for a good read. Um, I also just finished, uh, captive genders with, uh, Lawrence. Um, it's a book about, uh, the prison industrial complex and uh, queer liberation, and it's a very dense book that's hard to get through, but there are some really. Mind blowing essays in that, uh, collection.

So definitely recommend it to folks. And then I also wanna recommend, um, a podcast and some music real quick. Um, so a podcast I just listened to was called The Case Against the Professional and Managerial Class, and it's, it was an interview with, uh, author. Um, who just wrote a book about the professional managerial class, which is, um, distinct from the owning class.

And I identify as someone in that class, and I think it was a beautiful indictment of liberalism, of , uh, yeah. Of, um, class interests and provided a really beautiful path for. challenging those dynamics and hopefully like building powerful movements. Um, okay. The last piece I wanna say, uh, a music wreck is, um, that Lawrence and I and two other dear friends have been, um, making playlists every month for the last, uh, eight months.

And, um, we would really love to share that music with you. Um, and Lawrence has been sitting on a blog post for a while with these playlists, so I would love to grace you with the, that music very soon.

[00:49:33] **Lawrence Barriner:** Wow. agitated on the air

[00:49:40] **Nadav:** Thank you so much, Lawrence.

[00:49:43] **Lawrence Barriner:** Wow. Note to self. Don't have friends who are organizers,

[00:49:47] **Nadav:** You will get called in on a podcast interview.

[00:49:52] **Lawrence Barriner:** You. Oh my gosh. On your podcast. Well, thank you Nada, for all of the ways that you shared today of yourself. Thank you for the vulnerability. Thank you for the time. Thank you for the thought and energy you put into this. I am grateful to be in community with

[00:50:10] **Nadav:** so much. Love you.

[00:50:14] **Lawrence Barriner:** Love.