

00:00:27 Ama-Robin

Hujambo! (How are you? - Swahili) And welcome to the espresso talk today show where we confront the chaos

00:00:35 Ama-Robin

Of living black in predominantly white spaces And we discuss ways to contain curb and control that chaos

00:00:46 Ama-Robin

And that is why we are here today First let me introduce myself,

00:00:52 Ama-Robin

I'm Ama-Robin and I'm a black empowerment educator and host of this Great and groundbreaking show

00:00:59 Ama-Robin

If I do say so myself - that's in a humble way One thing that I've learned over the years of studying learning struggling and living black empowerment is that

00:01:12 Ama-Robin

One of the most important things is your health Your mental health your physical health emotional health and spiritual health

00:01:23 Ama-Robin

So yeah it while it is important to identify and confront the racial chaos It is so so so important to calm contain and control that chaos

00:01:36 Ama-Robin

Because you got to protect your health and your well being And that is why I am so happy to have a very special guest

00:01:45 Ama-Robin

Return to my humble show today - Her name is Roxanne Worden

00:01:52 Ama-Robin

I feel so lucky to share an espresso with Roxanne And I'll tell you about her in a bit -

00:01:57 Ama-Robin

Then we're gonna go straight to the show Roxanne worden is a board certified life and mindfulness coach

00:02:04 Ama-Robin

She owns and operates a coaching business called cloud walk walk coaching She believes that we control how the chaos affects us

00:02:14 Ama-Robin

When we choose to honor who we really are And what we really wish to achieve

00:02:22 Ama-Robin

That's a quote from her website cloud walk coaching dot com And it's her philosophy for life and for living it well

00:02:30 Ama-Robin

And she does You're going to see what i mean during the show

00:02:34 Ama-Robin

I met Roxanne some years ago while I was traveling in Ghana and I was immediately impressed with her dynamic energy and her courage and Her compassion

00:02:46 Ama-Robin

And actually how she challenged herself to be her best best version of herself And she challenged me to be mine too

00:02:56 Ama-Robin

That's when i knew that the espresso talk today community Needed to have an espresso or a cup of tea

00:03:03 Ama-Robin

Tea treaters are welcome here too With Roxanne

00:03:07 Ama-Robin

You can also arrange to have your own espresso or cup of tea with her too but i'll explain more of that after After the show

00:03:14 Ama-Robin

Today's show is a summer mindfulness special It's a self care special for black women

00:03:22 Ama-Robin

Or for anyone who identifies as female Roxanne will introduce mindfulness what it is why it's important and the different ways to practice it

00:03:31 Ama-Robin

And if you think that you know all that well You're in for a big surprise because no one doesn't like roxanne

00:03:39 Ama-Robin

Or brings the level of care and compassion and professionalism In dealing with the chaos of living black in white spaces

00:03:50 Ama-Robin

Just to mention this This is the first part of a two part series on mindfulness

00:03:56 Ama-Robin

Part two will focus on using mindfulness to tap into your inner wisdom And roxanne has a great way to do that

00:04:04 Ama-Robin

More on that after this show Asante sana (Thank you very much)

00:04:08 Ama-Robin

To Roxanne For meeting with us today and asante sana (thank you very much) to you for being in the building

00:04:14 Ama-Robin

Let's get straight to our uncommon conversation And I hope that y'all are ready for this.

00:04:57 Ama-Robin

Hey, Roxanne! Hello How are you, Ama?

00:05:02 Ama-Robin

I'm doing great, great And it's so great to see you today

00:05:07 Roxanna Worden

You too

00:05:09 Ama-Robin

Thanks a lot And I always love seeing your your you're backspace there too

00:05:14 Ama-Robin

So yeah anyway Yeah

00:05:19 Ama-Robin

I'm so glad that you're here today because There's been a lot of things on my mind and i know that you're the person to go through go to for this

00:05:25 Ama-Robin

And you know i was thinking that You know for me that

00:05:29 Ama-Robin

I need good friends in my life of which of course you are one But then i also

need

00:05:35 Ama-Robin

You know Someone like you know professionals like you know general practitioner of course very very important of a doctor

00:05:41 Ama-Robin

A dentist my podiatrist We don't even want to talk about that one just now

00:05:47 Ama-Robin

A handy person a handyman And and i think many people forget this

00:05:53 Ama-Robin

I'm mindfulness coach because somehow good So you you know why then too of course you do

00:06:02 Ama-Robin

And that just brings it all together for me So thank you for being here and thank you for being my friend too

00:06:10 Roxanna Worden

Oh sure i'm so happy to be here Thanks for having me and

00:06:15 Ama-Robin

Do you think i mean what did this list of practitioners I mean i guess that can vary for people but

00:06:21 Ama-Robin

Well do you agree with me about this The mind having the mindfulness coach on the list

00:06:27 Roxanna Worden

Oh i definitely agree As a mindfulness coach i'm

00:06:31 Roxanna Worden

I'm a little biased but no i definitely agree because You know i always say that you know there's that saying that it takes the village to raise a child right

00:06:40 Roxanna Worden

And i also say that it takes the village to keep an adult sane So

00:06:47 Roxanna Worden

I believe in building up your village and having as many Experts and people that just stretch your mind around available

00:06:58 Roxanna Worden

Because we only can go in the same loop you know for so long And so we always need to be growing

00:07:04 Roxanna Worden

Learning new things and then not having to know everything ourselves You know the great thing about having experts around

00:07:12 Roxanna Worden

Your table is that you don't have to keep everything in your head and feel like you're the expert at everything even though We have

00:07:20 Roxanna Worden

The temptation to do that with google And and we all i think we all became doctors during covid and all of that

00:07:29 Roxanna Worden

We We have that temptation if you like need to know everything but actually that can be very stressful

00:07:34 Roxanna Worden

And so just having experts around you is really

00:07:37 Ama-Robin

Helpful That's absolutely true

00:07:40 Ama-Robin

And You know on that note i do want to ask you is this how you

00:07:43 Ama-Robin

You know came around to becoming a mindfulness coach or you know what
What was your journey journey in that respect

00:07:49 Roxanna Worden

Yeah sure So i became a mindfulness coach because one i was actually

00:07:54 Roxanna Worden

I didn't realize i was coaching people In my life already

00:07:59 Roxanna Worden

When i worked at you know normal desk job nine to five People would come to
my office and sometimes sit for hours

00:08:07 Roxanna Worden

When we're supposed to be working Don't tell anyone but they would sit in my
office

00:08:11 Roxanna Worden

And it didn't matter if they were like PHDS or if they were students that were just
doing an internship They would come to me and just pour their hearts out

00:08:21 Roxanna Worden

And i would listen and i would you know i would give my two cents on it But
really i mainly listened and and really pulled out of people well what do you
really want

00:08:32 Roxanna Worden

You know and based on what you want then how can we move forward What action should you take right

00:08:37 Roxanna Worden

And so this was personal and professional stuff I knew way too much about my coworkers

00:08:42 Roxanna Worden

And so actually around like a little bit before the pandemic I went to a workshop myself 'cause i was always very into personal development

00:08:52 Roxanna Worden

And the workshop was run by a coach And before that i thought

00:08:57 Roxanna Worden

And this was like a professional development workshop like To get in touch with yourself and you know your own empowerment

00:09:04 Roxanna Worden

And before that i thought coaches were those people that said you know i can show you how to make six figures in two months You know i thought that those were this is workshop

00:09:16 Roxanna Worden

I'm like oh this is like this is coaching this Like what i do this is what i do in my like office all the time

00:09:23 Roxanna Worden

And so i went i decided to go get training on it And the more i delved into it i realized oh my gosh this is what i do

00:09:31 Roxanna Worden

This is what i'm passionate about Like the way i like helping people is this

00:09:35 Roxanna Worden

And Then i focused on mindfulness in particular because

00:09:39 Roxanna Worden

Mindfulness is what helped me get through a lot of tough situations In my own life

00:09:45 Roxanna Worden

And we'll You know

00:09:46 Roxanna Worden

I'm sure we'll talk a little bit later about what mindfulness is but it was just such a huge help for me

00:09:52 Ama-Robin

And Since this kind of came naturally to you it seems

00:09:56 Ama-Robin

Why did you decide to that you that you needed training extra training
Because maybe it just was a natural thing for you to do

00:10:03 Ama-Robin

People were coming to you They were attracted to your energy and to your
your wisdom

00:10:07 Ama-Robin

So why did you feel you needed a specific program to follow or something Or
was it

00:10:12 Roxanna Worden

That's a good question Actually

00:10:15 Roxanna Worden

I i found that there were a lot of coaches In general and i felt i wanted to have

a certification at least

00:10:22 Roxanna Worden

You know because there are a lot of coaches out there it is difficult to tell You know who you should go with

00:10:29 Roxanna Worden

And so for me i wanted to at least have A a good amount of training in you know how coaching should be done

00:10:38 Roxanna Worden

The actual just practice of coaching right And so

00:10:42 Roxanna Worden

I'm really Actually grateful for my training because what my training taught me is that i could weave in

00:10:49 Roxanna Worden

The mindfulness practices things like meditation You know i i i was able to find

00:10:55 Roxanna Worden

A school that let me kind of use meditation as part of my practice And so it i i honestly the training was it was fun for me

00:11:04 Roxanna Worden

It really was fun Also i it helped me to have a community as well of other coaches

00:11:09 Roxanna Worden

That i can bounce ideas off of And to this day i can log on

00:11:13 Roxanna Worden

You know Once a week if i want to just like get new ideas from coaches and mentors

00:11:19 Roxanna Worden

And so i i'm a big fan of community again building my own village right To keep myself sane and also help me with success

00:11:29 Ama-Robin

Ok yeah And then then what

00:11:32 Ama-Robin

What exactly is mindfulness Because some people have

00:11:35 Ama-Robin

You know I've heard about thrown

00:11:37 Ama-Robin

Thrown around a lot and some people have just said that just sounds like a lot of white people stuff And you know i'm not saying it's not but i wonder yeah

00:11:47 Ama-Robin

What what is it exactly or how do you define it Are you WPS

00:11:52 Roxanna Worden

Right

00:11:57 Ama-Robin

I like that

00:12:01 Roxanna Worden

Yeah so actually my place is more simple and practical than people think it is When you say mindfulness i think a lot of people think of like you're sitting indian style

00:12:12 Roxanna Worden

Or Fat legs crossed

00:12:14 Roxanna Worden

Sorry i don't wanna say indian style like you're sitting with legs crossed You see my age we used to say things like that but

00:12:21 Roxanna Worden

You're sitting with your legs crossed and you know Like perfectly back you know

00:12:27 Roxanna Worden

Back arched or whatever But it's not that serious

00:12:30 Roxanna Worden

Literally mindfulness is just being mindful Of what's going on with you in the present moment

00:12:38 Roxanna Worden

Right And so

00:12:39 Roxanna Worden

If you're mindful of what's going on with yourself in the present moment one you can be more present So that's the big key right

00:12:46 Roxanna Worden

Being present And then two it helps you to

00:12:51 Roxanna Worden

Notice what you're thinking about on a regular basis What are the thoughts that i tend to have that actually add to

00:12:58 Roxanna Worden

My emotional state On a regular basis

00:13:02 Roxanna Worden

So that's what mindfulness is And then the last key for mindfulness is not judging what you see

00:13:08 Roxanna Worden

So you become the observer You look at what's going on with yourself and you don't feel the need to judge it

00:13:15 Roxanna Worden

And that's helpful because you Let go of that resistance that we all have to say oh this is how i should be acting

00:13:22 Roxanna Worden

This is how i should be thinking You know we don't shoot ourselves right

00:13:26 Roxanna Worden

And so that that that is literally mindfulness So it can be done

00:13:31 Roxanna Worden

You know people do meditate I'm not saying that's not part of it

00:13:33 Roxanna Worden

So people do mind meditate to achieve mindfulness Some people do like mindful eating like people who wanna

00:13:42 Roxanna Worden

Do better with their eating habits You know they they eat without watching television and all that kind of stuff

00:13:47 Roxanna Worden

So they can actually pay attention to how full they are You know when they're eating and stop eating at a good time

00:13:54 Roxanna Worden

Some people do mindful walks mindfulness you know biking And

00:13:59 Roxanna Worden

But it's just whatever you can do or mindfulness listening you listen to music but whatever you can do to get yourself in the moment And you wanna be able to practice to a point where you're anywhere

00:14:09 Roxanna Worden

You know where you are at work and you can say You know

00:14:13 Roxanna Worden

Like think about how many times maybe someone 's been doing a presentation and you could not pay attention to save your life Mindfulness can help you

00:14:22 Roxanna Worden

Like if you keep practicing getting in the present moment mindfulness can help you You know increase your attention span by just simply being able to pull yourself back

00:14:31 Roxanna Worden

Into the present moment and say oh OK what are they talking about Oh let me even notice the colors on the slides

00:14:37 Roxanna Worden

Oh i wonder why they use blue Like just being in the room you

00:14:41 Ama-Robin

Know

00:14:42 Roxanna Worden

Very practical yeah

00:14:45 Ama-Robin

I mean i've heard that you know our attention spans are getting you Know it's

really really short now and

00:14:49 Ama-Robin

And everything But i mean is it that we're just not paying attention to

00:14:53 Ama-Robin

To what to what we're doing And

00:14:57 Ama-Robin

I mean they say we're on TV we're not paying attention to that Either on social media you got to catch people in the first three seconds or you don't

00:15:02 Ama-Robin

Where is our attention going You know where where are we putting our energies

00:15:08 Roxanna Worden

Yeah well one thing we have to remember as human beings is that we are We're habit we're habitual creatures right

00:15:17 Roxanna Worden

And so The

00:15:18 Roxanna Worden

Thing about it is no matter what we're doing we're building a habit and we become more efficient at whatever we You know do more and more

00:15:25 Roxanna Worden

So i know there's like this you know some people are Debating is social media evil or not and all this kind of stuff

00:15:33 Roxanna Worden

But the reality of the let's even if we take social media as an example The reality of social media is not

00:15:40 Roxanna Worden

Always necessary The content 'cause i have very positive content on my social media right

00:15:45 Roxanna Worden

It's actually the reality that we've built a habit of Looking at our phone fifty times a day

00:15:51 Roxanna Worden

And it's just like Like our mind is going to get more efficient at whatever we do

00:15:57 Roxanna Worden

Whatever we want to do Our minds going to get more efficient at that

00:16:01 Roxanna Worden

And so it's it's just the bad habit of oh i just have a habit of now of just After two minutes i can't pay attention anymore

00:16:09 Roxanna Worden

Why 'cause that's what we've told our brain we wanna do You know we're constantly programming ourselves to do

00:16:16 Roxanna Worden

Something more efficiently It just we have to choose what it is right

00:16:22 Ama-Robin

Yes OK OK And if we're not present for we don't know where we're putting our energy and maybe going into

00:16:29 Ama-Robin

Well i know but like mindful eating you know having seconds or having dessert or having more food when you're not hungry You know

00:16:37 Ama-Robin

Instead of realizing OK no i'm satisfied OK

00:16:40 Roxanna Worden

Yeah and then we built a habit around eating more Even when we're not hungry

00:16:46 Roxanna Worden

'cause you know have you been around people and they're like or even you know i've done this myself where it's like I know i'm getting full but i just like i feel like i need to finish this

00:16:54 Roxanna Worden

Whatever this is right Like and i need to finish this bag of chips 'cause i don't i just don't

00:17:00 Roxanna Worden

I just have a habit of finishing the bag of chips I don't need it

00:17:03 Roxanna Worden

I'm not hungry anymore I could easily just you know close it up put it away for next time

00:17:09 Roxanna Worden

But now i've just built a habit around it where i'm i have to finish now And that's all we're doing is building habits

00:17:17 Roxanna Worden

And it's very like If you really think about what we're doing as humans it's very simple things

00:17:23 Roxanna Worden

But it gets complicated when we start getting into the exactly what it is And you know yeah

00:17:30 Ama-Robin

Yeah i see And

00:17:32 Ama-Robin

What i don't see so far is how this Ok this is a black empowerment podcast show and i'm very happy to

00:17:39 Ama-Robin

You know to have to have you here and talk about this And how does this fit in the context of black empowerment and personal growth

00:17:48 Roxanna Worden

It for black empowerment in particular this is a powerful tool The reason i would say so is because we have been trained

00:17:58 Roxanna Worden

Over hundreds of years To ignore our own humanity

00:18:03 Roxanna Worden

And because we have been trained to do so we do a lot on autopilot You know the strong black woman complex doesn't come out of nowhere

00:18:14 Roxanna Worden

It comes from us having to survive Historically as

00:18:18 Roxanna Worden

You know having to fight through our homes being torn apart systematically And so we now are just they're things that we do just out of like habit like

00:18:30 Roxanna Worden

We have a habit of surviving right And

00:18:34 Roxanna Worden

So my what mindfulness does is takes you out of survival mode which is actually a very stressful way to live Because when you're in survival mode

00:18:43 Roxanna Worden

You're still undergoing stress that you're just not aware of You're just really good at it

00:18:49 Ama-Robin

Oh OK OK

00:18:50 Roxanna Worden

Wow interesting Mindfulness

00:18:54 Roxanna Worden

Being mindful of what's going on within you Allows you the opportunity to

00:19:00 Roxanna Worden

Like observe yourself see yourself as a human see yourself with compassion See yourself and say girl you're tired it's OK

00:19:10 Roxanna Worden

Take a nap You see what i mean

00:19:14 Roxanna Worden

Like really Yeah

00:19:16 Roxanna Worden

So we Especially as black women we we definitely have been unseen in so many ways

00:19:21 Roxanna Worden

Would you agree

00:19:23 Ama-Robin

Completely Absolutely yes

00:19:26 Roxanna Worden

Yes like we've been unseen in so many ways There's there's a funny skit on

00:19:31 Roxanna Worden

There was a sketch show There was a funny skit where they said that this woman is an undercover

00:19:35 Roxanna Worden

She's the best undercover they've ever had right I think it's supposed to be CIA or something

00:19:40 Roxanna Worden

And like oh who is she And she turned out to be just a a a black woman

00:19:46 Roxanna Worden

And she never had a disguise on it They

00:19:49 Roxanna Worden

They were just Saying the basically the state was saying you know black women are so invisible and some you know some

00:19:55 Roxanna Worden

Some settings that she can go in and come out without being seen

00:19:59 Ama-Robin

Oh that's hilarious actually The sad way yes

00:20:03 Roxanna Worden

Yeah but i definitely identified with it I was i was dying laughing and i identified with it

00:20:09 Roxanna Worden

You know like we we can definitely go unseen in a lot of settings Even though we're doing a lot of work

00:20:15 Roxanna Worden

Even though we're holding down the fort You know we're putting our best foot forward

00:20:20 Roxanna Worden

We're working twice as hard We can still go unseen and purposefully right

00:20:26 Roxanna Worden

And mindfulness helps you to see yourself Mindfulness says no matter what's going on around me outside of me i see me

00:20:37 Roxanna Worden

I see me I'm here

00:20:39 Roxanna Worden

I'm a living breathing person I'm here on purpose

00:20:43 Roxanna Worden

I see me So i don't care if you don't

00:20:45 Roxanna Worden

I'm here That's what mindfulness does for black empowerment

00:20:51 Ama-Robin

I mean just even hearing you know the what you were just saying just sounded so well empowering and And soothing at the same time

00:20:58 Ama-Robin

It's like Yes i am here

00:21:01 Ama-Robin

And yeah i see me and it doesn't matter then that you don't i see me and That just it's very uplifting

00:21:08 Ama-Robin

Wow hearing you see that Yeah really

00:21:10 Ama-Robin

You brought something up in me So yes beautiful

00:21:16 Ama-Robin

And does that also go into the personal growth side too

00:21:21 Roxanna Worden

It does It goes to the personal growth side because

00:21:24 Roxanna Worden

One of the things that happens with us And this is everyone is that i think that we treat each other based on how we treat ourselves

00:21:31 Roxanna Worden

Right So when we're

00:21:33 Roxanna Worden

Hard on ourselves and we're judgmental to ourselves We tend to be the same towards other people

00:21:39 Roxanna Worden

And some of us even You know you may have experienced it if you have like a hard parent who's just

00:21:45 Roxanna Worden

They don't let up And if you talk to that parent as an adult they'll say well my parents never

00:21:51 Roxanna Worden

You know they never really gave me any compassion So that's what i gave you
you know 'cause that's what they learned

00:21:57 Roxanna Worden

And so we we treat ourselves this way You can tell it

00:22:00 Roxanna Worden

Maybe you know they also were in survival mode And so then they treat you in
a way where it's like

00:22:05 Roxanna Worden

You have to be in survival mode You have to be ready you know

00:22:09 Roxanna Worden

And so we pass that on and we treat each other that way So getting in touch
with ourselves and seeing how we're treating ourselves how we're talking to
ourselves

00:22:18 Roxanna Worden

Being mindful of our self talk is really helpful for my for Personal growth

00:22:24 Roxanna Worden

And professional growth really because It will ultimately improve any
relationship that you're in

00:22:30 Roxanna Worden

Even if it's a working relationship So it's

00:22:33 Roxanna Worden

It's something that that definitely suggests even in professional settings To be
aware of yourself so that you can better communicate with others

00:22:43 Ama-Robin

Well now communicate with others Is that about once you're more in touch with yourself you can you know that

00:22:50 Ama-Robin

See or understand when somebody 's treating you in a way that you don't want to be treated and maybe even you know teach them how to treat you You know or what the boundaries are there for

00:23:01 Ama-Robin

You know

00:23:02 Roxanna Worden

And then you're able to also draw the line where where your Your issues and views and everything ends and mine begins

00:23:12 Roxanna Worden

Right A lot of times those lines get blurred and i get very offended by you

00:23:16 Roxanna Worden

When in reality maybe you're dealing with something internally and you're also just pushing that out on me Right

00:23:22 Roxanna Worden

You're deflecting and i'm getting what you're dealing with internally But believe it or not when you're mindful yourself you can have that compassion and see that in other people as well

00:23:33 Roxanna Worden

And say oh this isn't even me Like you're not even like you're offending me right now

00:23:37 Roxanna Worden

And i'm gonna let you know I don't like to be talked to that way

00:23:41 Roxanna Worden

But i'm also realizing that it has nothing to do with me It really is something you're you're dealing with

00:23:47 Roxanna Worden

And i just don't have to be here for that That's what i told you

00:23:51 Ama-Robin

Wow wow i just

00:23:53 Roxanna Worden

Told you I'm like you know what

00:23:54 Roxanna Worden

It seems like you're going through this and It's not fun for me so i'm just not going to be here for that

00:24:00 Roxanna Worden

And that's it

00:24:02 Ama-Robin

You know a friend was telling me The other other night that you know she got this great quote and i don't remember the quote exactly but it helped her to understand that certain people that she has different tables and there are certain people she's not going to to allow at certain tables with her

00:24:19 Ama-Robin

You know and It's like wow

00:24:22 Ama-Robin

And i wonder i think that takes some mindfulness too to really Understand that well this person holds a certain position in your life that kind of thing

00:24:28 Ama-Robin

But that doesn't mean they get to be at every table you know with you you know

00:24:33 Roxanna Worden

Exactly 'cause that mindfulness too like it makes you aware of

00:24:37 Roxanna Worden

The energy that you're getting from people You know like i always ask my clients OK when you're doing this or when you're dealing with this person does that

00:24:45 Roxanna Worden

Give you energy or do you feel drained afterwards You know 'cause that's very much a sign of

00:24:51 Roxanna Worden

What table as you mentioned they should be sitting at You know people who drain you they gotta be

00:24:58 Roxanna Worden

They got to sit a little bit towards the back you know like We have to walk over and decide to have a conversation with you

00:25:04 Roxanna Worden

You can Just be at my round circle table give draining my energy all the time you know

00:25:13 Ama-Robin

So i mean that just sounds like ultimate self care really

00:25:16 Roxanna Worden

Yeah wow But in

00:25:19 Roxanna Worden

Real time that's the key with mindless is That you learn to do these things in real time instead of getting home

00:25:26 Roxanna Worden

And say gosh what happened with my day Why am i so trained

00:25:30 Roxanna Worden

Why You know what i mean

00:25:31 Roxanna Worden

Like do do you have that when you get home and you don't know what happened

00:25:35 Ama-Robin

Absolutely Yeah

00:25:38 Ama-Robin

Yeah but

00:25:38 Roxanna Worden

When you're well you you can pick up on things You you build that muscle

00:25:44 Roxanna Worden

Of just awareness like while you're out there during your day like oh I know what that is

00:25:50 Roxanna Worden

Ok like let me not get too much energy towards that I'm i'm getting caught up in your madness and i don't want to let me pull that

00:26:01 Ama-Robin

I love that thought of a mindfulness muscle You know that this is a a muscle you're developing and wow really empowering

00:26:10 Ama-Robin

And it doesn't If i think about it this way it's not sounding like WPS to me

00:26:16 Ama-Robin

Like it doesn't have to be you know

00:26:19 Roxanna Worden

We got it out of that category That's yeah

00:26:23 Roxanna Worden

It's not too woo woo right now It's not too much like abstract and like up in the clouds

00:26:29 Roxanna Worden

It's very basic

00:26:31 Ama-Robin

Yeah yeah And that

00:26:33 Ama-Robin

Oh i ain't got time for that So no i think maybe you should make some time for for that

00:26:38 Ama-Robin

It's so you're

00:26:41 Roxanna Worden

Wasting your time otherwise aren't you Like if you don't have time to be mindful do you have time to be stressed

00:26:48 Roxanna Worden

Do you have time to be sitting there letting someone drain your energy You have time for something

00:26:54 Roxanna Worden

It's just what is it

00:26:56 Ama-Robin

Yeah And i think it might sometimes it is those maladaptive kinds of habits

00:27:00 Ama-Robin

You know that you know you used to live in A high stress and it's like yeah you know it's fine

00:27:05 Ama-Robin

But it's not you know right It's

00:27:08 Roxanna Worden

Not And we know it's not

00:27:10 Roxanna Worden

Because of the health of that people are experiencing right now or the Lack of good health

00:27:16 Roxanna Worden

That people are experiencing We know it's not OK

00:27:20 Roxanna Worden

Yeah pretend

00:27:22 Ama-Robin

Yeah yeah I would think well that's just part of life

00:27:27 Ama-Robin

And fact or no would you say That that's just life you know and you just live it

00:27:37 Roxanna Worden

Yeah everything is just life you know

00:27:41 Ama-Robin

Everything

00:27:46 Roxanna Worden

But i i want to experience life in the most fulfilling way possible So the quality of life you have does matter

00:27:58 Roxanna Worden

And you know if you really sit with someone oh it is what it is When you really sit with them oh they're not happy

00:28:07 Roxanna Worden

You know i one of the One of the blessings that i've had is that people do share a lot with me

00:28:11 Roxanna Worden

People always share with me and say i don't know why i'm telling you this I don't you know i never talked to anyone

00:28:18 Roxanna Worden

And they say just all kinds of things that are on their mind And these are people that i've met

00:28:22 Roxanna Worden

One time and they sat down and talked for me For three hours

00:28:26 Roxanna Worden

And i've just met today And it's been very much a gift

00:28:32 Roxanna Worden

For me because i learned so much about so many different people And so a lot of times we all have this mask of oh it is what it is

00:28:40 Roxanna Worden

Oh you know or a mask of success Some people look very successful

00:28:45 Roxanna Worden

Good money great life great social media like

00:28:51 Ama-Robin

They just

00:28:52 Roxanna Worden

Yes But

00:28:54 Roxanna Worden

It doesn't take away from the fact that we all are human and we all have things that we're dealing with And maybe they're not managing the internal as well as they could

00:29:04 Roxanna Worden

So what Like what a tragedy it would be to get all of your external goals met

00:29:11 Roxanna Worden

And still feel horrible

00:29:14 Ama-Robin

Right right Yeah

00:29:16 Ama-Robin

Where do you go from there Yeah where

00:29:18 Roxanna Worden

Do you go from there And that's the devastation that i think a lot of people are dealing with in our society today is that we're checking off boxes

00:29:25 Roxanna Worden

Very like very efficiently checking off boxes And then at the end we're going

00:29:31 Roxanna Worden

There's still something You know and you've done all the things you've traveled
you got great pictures you got a great career you got

00:29:39 Roxanna Worden

Money You know you have what you have the family that people want to have
like

00:29:45 Roxanna Worden

You know with the christmas PJS like you have it all I love

00:29:50 Ama-Robin

That there too seems

00:29:51 Roxanna Worden

To be something like some little thing And that's where the mindfulness things
like mindfulness come into play

00:29:59 Roxanna Worden

Because that thing is in work You can't go get it

00:30:04 Roxanna Worden

You know what i mean You can't go get it

00:30:06 Roxanna Worden

You have to uncover it You have to discover it

00:30:09 Roxanna Worden

It's not a go get And that could be kind of scary huh

00:30:14 Roxanna Worden

Very scary yeah Especially the longer you've gone without looking at that

inside of you the

00:30:22 Roxanna Worden

The longer you've gone without it the longer you the longer you've gone protecting it It's very scary 'cause it's just fear of the unknown right

00:30:30 Roxanna Worden

Yes yeah

00:30:32 Ama-Robin

A lot of

00:30:32 Roxanna Worden

Things we feel like we can manage and we can control we can manipulate But that thing that's isn't here that's that's the unknown

00:30:42 Ama-Robin

Well Along those lines i wanted to ask you too

00:30:45 Ama-Robin

About 'cause you were saying people saying well that's life or is what it is That sounds to me like some of these some of

00:30:52 Ama-Robin

These unhealthy or maladaptive whatever thought patterns And you had mentioned that

00:30:57 Ama-Robin

That's something that mindfulness can really address Could you discuss some of those some of the more common ones

00:31:05 Roxanna Worden

Yeah sure So some of the patterns that i noticed mostly people is one pessimism

00:31:12 Roxanna Worden

So pessimism is that well you know that people are like well you know That's not gonna happen you know

00:31:18 Roxanna Worden

Or my favorite i feel like i hear among us like black people It's well you know they're not gonna let us have that

00:31:26 Ama-Robin

Oh

00:31:27 Roxanna Worden

Wow do you know how like That that that is the like the least empowering statement i ever hear

00:31:37 Roxanna Worden

'cause it's they're not gonna let us Who's letting you have what you can't

00:31:41 Roxanna Worden

Like someone has to give you permission and it's like they're not they're not It's like no no like no needing permission

00:31:50 Roxanna Worden

And the the like the very ambiguous day right And so it's that it's like one of the worst statements

00:31:58 Roxanna Worden

I hate to hear It's it's like i don't know scratching the chalkboard for me

00:32:03 Roxanna Worden

But You know

00:32:04 Roxanna Worden

You know they not gonna let us have that you know they not gonna let us do that And it's like

00:32:10 Ama-Robin

I grew up i think hearing that a lot Yeah they didn't do

00:32:16 Roxanna Worden

That and don't get me wrong There are real forces out there that are racist and you know

00:32:21 Roxanna Worden

The system still is raged and all of that But to rehearse that statement in your mind over and over

00:32:29 Roxanna Worden

Or to and then to take a step further and say it out loud It's just reinforcing the reality that you don't have power

00:32:38 Roxanna Worden

I don't have power I'm gonna need to ask for permission to do that

00:32:44 Roxanna Worden

I'm gonna need to ask for permission to live Yeah

00:32:47 Ama-Robin

But like maybe they'll just say well look i'm just being realistic you know And i often might hear people say i'm just being realistic

00:32:54 Ama-Robin

I always want to say oh but that is just wrong because And i never really know how to

00:33:00 Ama-Robin

To answer that I mean is pessimism realism

00:33:03 Ama-Robin

Are those i don't know the the same thing Are they used interchangeably

00:33:06 Ama-Robin

Is that what you're talking about You know these people who say i'm just being realistic you know that's

00:33:11 Roxanna Worden

A really good question 'cause i like that I really like your question

00:33:15 Roxanna Worden

'cause It's true

00:33:16 Roxanna Worden

Right 'cause people think like oh if i'm gonna be an optimist i'm just like living in the clouds I'm not thinking about what's really going on out there right

00:33:24 Roxanna Worden

And this is what i say actually i don't say ignore it And also this is part of mindfulness too is that you're not saying

00:33:32 Roxanna Worden

No you can't have these thoughts Mindfulness is being aware of what's going on in your head right

00:33:39 Roxanna Worden

So it's a it you can say like let's say you're aware of I'm one of those people who say

00:33:45 Roxanna Worden

You know they're not gonna let us happen They're not gonna give me the promotion or whatever

00:33:49 Roxanna Worden

Right now i would say sure that thought comes up Let's explore it

00:33:57 Roxanna Worden

You can even write down or go through all the ways in which you will fail Right

00:34:04 Roxanna Worden

But then let's let that go Let's let that be there

00:34:08 Roxanna Worden

This is all the ways And then you know a lot of times for me it's like listen will i die if i fail

00:34:14 Roxanna Worden

No at the end of the day if i try and i fail i won't die So now i'm gonna i'm gonna focus on trying or even for me even better

00:34:26 Roxanna Worden

I like to focus on the doing right not even just try I'm gonna do now

00:34:31 Roxanna Worden

Because what i don't wanna do is let the realistic The the reality of what's going on now

00:34:37 Roxanna Worden

To affect how much i'm willing to put forth in my own effort 'cause otherwise if we all continue to live in the reality of what's actually

00:34:46 Roxanna Worden

Not what we want We just perpetuate it

00:34:49 Roxanna Worden

Let's keep going in the cycle of what is expected of us You know 'cause they're not gonna let us

00:34:55 Roxanna Worden

So let's just keep doing what they want us to do When anyone you know what i mean

00:35:03 Roxanna Worden

Who's the one that's gonna break the cycle If we're all just playing our part in the play who's gonna

00:35:10 Ama-Robin

Yeah who's gonna be the cycle breaker Yeah

00:35:12 Roxanna Worden

Yeah so even if we we try and we get an inch off the path Thank god for that inch

00:35:20 Roxanna Worden

Let's somebody else can build on it Let's get a little bit of moving

00:35:25 Roxanna Worden

Off that path of like what they always want us to do And focus on our action

00:35:31 Roxanna Worden

It's like if we were gonna have a march or whatever we're marching On saturday da da da da

00:35:37 Roxanna Worden

And we say But you know they not gonna like it

00:35:41 Roxanna Worden

And we and can you imagine the advertisement of We won a march on saturday but they not gonna like it

00:35:47 Roxanna Worden

And you put that out as the ad who's coming

00:35:52 Ama-Robin

No one coming No ain't no one coming to that one

00:35:55 Roxanna Worden

Coming That's what that's what we do in our heads all day

00:35:59 Roxanna Worden

Is we we want we have a goal And then we say but they not gonna like it

00:36:03 Roxanna Worden

And we keep running that ad in our minds So you're you're oh go ahead

00:36:09 Ama-Robin

But are we trying just to avoid you know disappointment being disappointed I mean that does really hurt

00:36:16 Ama-Robin

You know you build yourself up Ok i'm just gonna go there

00:36:18 Ama-Robin

I'm going to do And then exactly what you thought could happen happens

00:36:23 Ama-Robin

And you just go home with your head down disappointed Why did i put out the energy

00:36:29 Ama-Robin

Why did i you know set myself up for that

00:36:33 Roxanna Worden

It's true we do do that It is

00:36:35 Roxanna Worden

A lot of a lot of our maladaptive behaviors though are protection 'cause our mind is there to protect us

00:36:43 Roxanna Worden

But there is You know our mind is there to protect us but then there's a part of us that

00:36:48 Roxanna Worden

Holds purpose And meaning to life

00:36:52 Roxanna Worden

And to achieve that you do go through failure Honestly people who have achieved you know some of the greatest things

00:36:59 Roxanna Worden

They've they've built a very healthy relationship with failure We see the success that they've achieved

00:37:06 Roxanna Worden

But they know They've built a

00:37:10 Roxanna Worden

A strong relationship with failure and they were just willing to keep going

00:37:15 Ama-Robin

Wow I'm writing that down because that is so powerful to

00:37:18 Ama-Robin

Build a healthy relationship with failure Because i was always taught that failure is something you want to avoid at all costs

00:37:25 Ama-Robin

You know and i think the only way to really avoid it is not to try You know but

00:37:30 Roxanna Worden

Yeah yeah And in our culture right we couldn't afford to fail for a long time right

00:37:37 Roxanna Worden

We we only give one shot You can't mess up you know as a black person in a white world right

00:37:45 Roxanna Worden

So there also was protection And there was you know a reality to how hard we have to work and

00:37:52 Roxanna Worden

How we really have to be Perfect in the society

00:37:55 Roxanna Worden

But it also is part of our oppression Actually

00:38:01 Roxanna Worden

That lack of room to fail and experiment is part of our oppression

00:38:08 Ama-Robin

Well that's a that's a really good point because i mean Everybody who has tried anything i mean even the richest people

00:38:15 Ama-Robin

They have failed But we don't see that on social media

00:38:18 Ama-Robin

You know and they If they talk about it in their book you know they

00:38:22 Ama-Robin

Really i think cover up a lot of what they went through And so we don't and

00:38:28 Ama-Robin

But yet if we do something and we we Do fail at it it becomes very visible and it's all over social media and it becomes almost a character flaw you know that a person tried something and failed

00:38:42 Ama-Robin

You know for for a black person And yeah that's a yeah

00:38:47 Ama-Robin

That that really is does show It's yeah

00:38:50 Ama-Robin

Rooted in oppression Yeah

00:38:51 Ama-Robin

Mm hmm 'cause

00:38:55 Roxanna Worden

That's not a freak isn't it

00:38:58 Ama-Robin

Yes it is It will fail

00:39:00 Ama-Robin

Yeah And learn and move on

00:39:03 Ama-Robin

Yeah again I mean that is liberation to me

00:39:06 Ama-Robin

And i'm gonna write that down too So you got me writing here

00:39:12 Ama-Robin

So that's what i'm OK And what other kind of unhealthy thought patterns do you recognize

00:39:23 Ama-Robin

And

00:39:24 Roxanna Worden

Actually you mentioned it So part of that is the judgment is the unhealthy thought pattern

00:39:28 Roxanna Worden

You know the idea that if you fail it means this if you If you're thinking this way

00:39:34 Roxanna Worden

So like i told you you have When you're becoming aware of

00:39:38 Roxanna Worden

You know you're more mindful of what's going on in your mind We have the tendency to say oh should i feel this way

00:39:42 Roxanna Worden

Oh let's just you know don't worry about that And so i don't know if you've had these conversations

00:39:47 Roxanna Worden

I definitely have Had them in the past where i go around to my friends and i'm like

00:39:52 Roxanna Worden

Ok this is what happened What do you think

00:39:54 Roxanna Worden

Should i feel this way Should i be mad

00:39:56 Roxanna Worden
Should i be

00:40:00 Ama-Robin
Definitely yeah Ok

00:40:02 Ama-Robin
Is that being is that selfish to think that's a to do this I mean i'm always

00:40:06 Ama-Robin
Yeah Awful

00:40:07 Ama-Robin
Yeah

00:40:09 Roxanna Worden
So we feel this strong need to judge and it seems i mean it makes sense right
It's like we're operating in society and we're trying to

00:40:16 Roxanna Worden
You know kind of manage ourselves and have manners and all that kind of
stuff But

00:40:22 Roxanna Worden
The thing about it is sometimes when we judge We have a tendency to push
down those emotions that we're we're judging

00:40:30 Roxanna Worden
As opposed to letting them come up So even when you said like oh if they're
being realistic

00:40:35 Roxanna Worden
Is that the same as being pessimistic Yeah

00:40:38 Roxanna Worden

So if you if you feel like you're a pessimist I wouldn't say just say tomorrow oh everything will be good

00:40:45 Roxanna Worden

No You know let those thoughts that come up

00:40:49 Roxanna Worden

That you know you're thinking of all the reasons why it should go wrong Let them come up let them have air flush them out and say this is what

00:40:59 Roxanna Worden

And then ask yourself why for some of those things right Because sometimes we say oh they won't let us

00:41:07 Roxanna Worden

But actually the fear is what if i fail So you see what i mean

00:41:13 Ama-Robin

Yes yeah

00:41:15 Roxanna Worden

So you're really trying to

00:41:16 Ama-Robin

Shoving it down Mm

00:41:17 Ama-Robin

Hmm

00:41:20 Roxanna Worden

Yeah

00:41:20 Ama-Robin

Bring it up to the light of day then you can see more of well what What is really going on here

00:41:25 Ama-Robin

What is what is this really And

00:41:29 Roxanna Worden

Like it's like a you know if we're like a tree You know when people say we have to get to the root of that

00:41:34 Roxanna Worden

If you really picture a tree You know if you if you just

00:41:39 Roxanna Worden

Like you can't get to the root of the tree by just like Pushing it down let's OK let's move

00:41:43 Roxanna Worden

Let's not look at that tree you know really getting to the root of that As you're digging you're now digging to see oh what something there

00:41:52 Roxanna Worden

What's causing that fruit to come up that way Or what's causing the lack of fruit

00:41:58 Roxanna Worden

You know are we not being nurtured in some way

00:42:03 Ama-Robin

And then how do you bring all this up and yet not judge it too You know not say wow that was really bad

00:42:09 Ama-Robin

But i what i'm was thinking here or that's really wrong What i'm what i'm

thinking

00:42:14 Ama-Robin

How do you not to judge not judge yourself

00:42:18 Roxanna Worden

Yeah that's so What i what i would say 'cause it i mean i feel like you're

00:42:23 Roxanna Worden

You're gonna do it anyway We're gonna do it anyway

00:42:25 Roxanna Worden

It's a habit And also we're kind of raised on that kind of good and bad system anyway

00:42:32 Roxanna Worden

'cause i mean that's really where it comes from right The good and bad

00:42:35 Roxanna Worden

So what i always tell myself is roxanne you know all this is made up Like we i mean we made all this stuff

00:42:44 Roxanna Worden

We made up money We made up

00:42:47 Roxanna Worden

You know what's good and bad in our society but like we made a lot of these things Up

00:42:51 Roxanna Worden

Right So i like to say that to myself just to

00:42:55 Roxanna Worden

Create kind of this like even path for myself when i'm thinking when i'm going

through my own thoughts like Ok you know this is all made up

00:43:02 Roxanna Worden

And then i And then once i kind of make this make the slate clean and

00:43:06 Roxanna Worden

And just allow my thought to be there Now i'm like well what would you like to think about that

00:43:14 Ama-Robin

What would you

00:43:15 Roxanna Worden

Prefer so more of a positive question than oh you shouldn't be Oh you know that's bad

00:43:21 Roxanna Worden

Cause the reality is i mean what are you gonna do You already had the thought

00:43:24 Roxanna Worden

So you're judging yourself on a thought you already had You know what i mean

00:43:29 Roxanna Worden

And It's like

00:43:30 Roxanna Worden

To me i view it as just that thing where we like to try to look in the past and act as if we can change it when we really can't Right

00:43:38 Roxanna Worden

So

00:43:40 Ama-Robin

You're right

00:43:42 Roxanna Worden

So it's like if i've already had the thought what am i gonna do Like just beat myself up for having a thought

00:43:46 Roxanna Worden

Or i'm just gonna say You know i'm always thinking how can i move forward in this

00:43:50 Roxanna Worden

And moving forward is OK what what would i prefer to think about that Or what's a more productive thought about that

00:43:59 Ama-Robin

Wow Yeah

00:43:59 Ama-Robin

That is a good way of Moving forward with it and saying OK this happened how can i i

00:44:03 Ama-Robin

Just want to move forward with it Move forward now

00:44:06 Ama-Robin

Yeah Love that

00:44:07 Ama-Robin

Like what

00:44:07 Roxanna Worden

Would i prefer so even if you're judging it change that into a question Like if you do say 'cause i mean again we're dealing in habits right

00:44:14 Roxanna Worden

So you'll you may have a habit of going oh you shouldn't have been thinking
Oh that was a bad thought

00:44:19 Roxanna Worden

You know then right after you think that say what Would i have liked to thought
instead to think instead

00:44:25 Roxanna Worden

Sorry Or would would i prefer to think about that

00:44:29 Roxanna Worden

How would i prefer to see that person You know maybe i judged another
person

00:44:33 Roxanna Worden

And how would i prefer to see that person And go with that thought

00:44:38 Ama-Robin

Do you ask this to your clients too when you Hear them you know bringing up
these kinds of thoughts

00:44:42 Ama-Robin

Or is this something that a person really has to do internally

00:44:46 Roxanna Worden

I ask my clients sometimes too I i'm more so asking my clients

00:44:51 Roxanna Worden

Why Because usually they're not sure

00:44:53 Roxanna Worden

Tell me you know i'll say tell me more about that Right

00:44:57 Roxanna Worden

Like if they give me kind of a flippant That was bad or what you know whatever
i say

00:45:01 Roxanna Worden

Oh tell me more Well why was it bad

00:45:05 Roxanna Worden

And sometimes when i ask people why was it bad or why shouldn't you When
they start to go down that path of why not

00:45:14 Roxanna Worden

We actually get to the answer of actually it was OK that i had that thought I'm
human

00:45:21 Roxanna Worden

Well this is where that came from Yeah

00:45:24 Roxanna Worden

Like 'cause

00:45:25 Roxanna Worden

People actually they'll have it they'll say it kind of flippantly 'cause they feel like
they shouldn't say it or shouldn't think it or whatever And then when we walk
down the path well why did you say that

00:45:34 Roxanna Worden

Actually there's some reason they had that thought There's something deeper

00:45:39 Roxanna Worden

And they go Oh oh and they don't feel it's that bad after they go to what's
deeper

00:45:43 Roxanna Worden
What's behind it Oh really

00:45:46 Roxanna Worden
Yeah it's

00:45:52 Ama-Robin
Ok

00:45:54 Roxanna Worden
Trying to watch Because what what we realized once we really dig into some of the things we do and say that we're judging

00:46:02 Roxanna Worden
We realize there's a human behind there that was either hurt Or needs some sort of nurturing that we're not giving them

00:46:10 Roxanna Worden
Them by admitting us

00:46:12 Ama-Robin
You know

00:46:13 Roxanna Worden
Or there's some sort of conflict Right with what we believe and what we're doing externally

00:46:20 Roxanna Worden
And so yeah

00:46:23 Ama-Robin
I mean that's But but i guess you gotta i don't know it's courage is the right word

00:46:28 Ama-Robin

You gotta make the effort to to to dig deeper to to go there That one too

00:46:34 Ama-Robin

Ok

00:46:35 Roxanna Worden

Cause a lot of us have caught up in trying to perform for other people versus
You know what's really going on with me

00:46:42 Roxanna Worden

I'm just trying to say the right thing That's acceptable in this society because
that will help me

00:46:49 Roxanna Worden

Keep connection with other humans.