

Working on version 3 now:

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Thank you for the kind words President Carter. Hello buckeye family!

Hello class of 2024! Since you didn't get a high school prom nor graduation, and had to enter college wearing masks, I thought I'd make up for lost time with a special experience for you!

I am forever grateful to this institution and community for the countless opportunities to learn, to fail, to grow, and to serve.

How about we start with a little movement and singalong to kick things off? Would you all please arise and follow my movements?

This song also has an important reminder to connect to our **BREATH**, get some nature, and seize each day!

When I wake up in the morning and I step outside, I take a deep breath and I get real high, and I scream at the top of my lungs: WHAT'S GOING ON? x 2

Hey... hey.... I said hey.... What's going on? x 2

Now place your hand on your heart and take a deep breath in with me, 2, 3, 4 hold 2, 3, 4 release 2, 3, 4

What you just did is called box breathing, used by the Navy Seals to remain calm and think clearly in stressful situations.

At OSU, I loved being a Chemistry lab TA as a sophomore - I hosted pizza review sessions before exams. As a junior, I was the resident advisor you could chat with. As a senior I was a night service manager, making sure all the residents were safe.

My biggest learning since OSU has been to connect my head (the thinking part) to my heart (the feeling part). The cause of depression, anxiety, and divisiveness is this disconnect to our heart!

I'd love to help you tap into the power of 1) different intentions, 2) your voice, and 3) investing early.

Life is a series of intentions. Each intention is a lesson for our heart. Goals come from the head (e.g., making a million dollars) vs. intentions come from the heart (e.g., to feel abundance). There are people in Bhutan with a lot less who are very content and there are multi-millionaires in Beverly Hills on antidepressants.

Ready to go on a journey to your heart? The first step of any trip is to lighten the load - we don't want to be carrying unnecessary baggage - so we need to learn to **LET GO** that which no longer serves us.

At the MyIntent Project, I help people find their intention - my friend Janet said her WORD was POO. I thought she wasn't taking me seriously, but she explained "you know that wonderful feeling after you poo? For me it's also a reminder to let go emotionally."

So take a deep breath in with me - what's something you want to let go of? Maybe it's the need for control? For other's approval? Perfectionism? Self-doubt? Anger? Sadness? Forgive someone? Forgive yourself? What's something that you want to let go of? Breathe - now exhale...

Side note: **SINGING** is also an amazing way to release stuck energy. When I was going through a bad breakup, I would sing for a half hour every morning until I felt better. We've been conditioned to think we need to sound like Adele to sing, but in actuality we were all born singing - our first cry is proof we can all sing! And what we sing about we bring about! Look up The Singing Revolution - how the Baltic countries got their freedom through singing together!

Next I'd love to connect you to the power of **GRATITUDE**. None of us got here on our own. Gently close your eyes. Bring to mind someone who has had a big impact on you. Imagine him or her standing behind your right shoulder and placing their hand on your shoulder. Now imagine someone else who has had an impact on you placing their hand on your left shoulder. And imagine others behind them who have supported you. Your family, professors, staff, neighbors, and more. Take a moment and send them all your appreciation. For they are the wind beneath your wings. Open your eyes when you are ready.

On your path to continuing **growing**, it's helpful to remember the butterfly was once a caterpillar. When we start to learn something new, we won't be experts, so give yourself some grace, have some patience, and keep persevering. Is there something you've always wanted to do but haven't because you weren't good at it?

The world is more divided than ever. We need people who can hold **multiple perspectives at the same time for conflict resolution**. I'd love to share the parable of the elephant and blind men. A few blind men walk up to an elephant and the first one says "oh it's thick and rough like a tree (legs)." Another one argues "no no, it's floppy and soft (the ear)." A third rebuts "no it's hard and slick like a tube (tusk)."

I've hosted a series of gatherings at my house for Israelis and Palestinians in LA to get to know each other as humans, and to genuinely hear each other's perspectives. I knew that shouting doesn't bring about resolutions. I was definitely nervous at my first gathering, but through thoughtful activities such as sharing a meal, having a sound bath, and personally non-political

introductions, eventually participants started shifting into believing that there is enough abundance for all to co-exist.

Anti-semitism is not ok. I visited Auschwitz and it was the saddest day of my life. What is happening in Gaza is not ok. A ceasefire is not anti-Israel. It breaks my heart every day seeing the devastation.

I long for a world where Salam is met with a friendly Shalom.

What we all have in common is a lot of pain and grief. Unresolved pain turns into hate and anger. Hurt people hurt people. Healed people help people. When we heal ourselves, we heal the world.

In this election year, I would encourage you to keep an open mind and genuinely engage people with different perspectives than your own. We need to stand together - for each other. We need more bridge builders more than ever. If we keep doing things the same, we will get the same results.

We don't learn compassion without suffering. We don't build strength without challenges. And we cannot learn forgiveness unless someone has wronged us. We need less weapons and more empathy, forgiveness, and grace.

The last intention I want to talk about is **SERVICE**. Mohammed Ali said "service to others is the rent we pay for our room on earth." Our deepest pain often gives rise to our superpower. For me, I was bullied a lot as a child in Ohio. I didn't speak the language, I didn't fit in. I've learned to channel that pain into passion for helping others and building community.

What in the world bothers you the most? Perhaps it's domestic violence? Climate change? Plastic waste? Fighting cancer? Whatever it is, remember that "everyday every hour, turn your pain into power!"

Now I'd love to help you find one word of your own to use as your north star as you step into the next chapter. Gently close your eyes again. Bring to mind someone you really admire and notice what quality you admire about them? What is a quality you want more in your life? Deep breath in, and exhale.

Now there's one more concept I'd love to share - the power of **investing early**. Much of life's stress is financially related so if you learn to invest, you'll put yourself in a much better position to enjoy life and be able to help others. Here are 3 things you need to realize:

- 1) You don't need a lot of the stuff you buy to impress people you don't really like. Some of our most popular words are "you are worthy" and "I am enough." Feeling worthy and enough is an inside job. Retail therapy is fleeting and only puts you into debt.
- 2) Saving in cash doesn't work. Since you entered college in 2020, inflation has turned \$1 into 75 cents of purchasing power. And it's likely only to get worse.

- 3) Learn the language of investing. Spend 30 minutes a week and you'll become fluent in no time. The biggest barrier to investing is fear, laziness, and closed mindedness. All that can be overcome with discipline. The actual mechanics of investing are pretty simple. For me, I recently dove deep into understanding bitcoin after the ETFs came out. I used to be skeptical but the more I learned, the more I realized how misunderstood it is. I encourage you to keep an open mind and really learn about new technologies and innovations. This is not financial advice. And this is not telling you to go buy a bunch of memecoins.

As we close, I want to thank you for this incredible opportunity to serve. I hope this is just the beginning of our friendship. I'm running a free virtual weekly summer camp for everyone to support your transition - you'll get an email with details.

In closing, we all have a light inside us. Remember to protect that light. Put your own oxygen mask on before helping others. Be the change you want to see. The world will be bright, when we all shine our light.

Love you all so much! Congratulations again! See you at the after party! Go bucks! Please stand one more time... with everything you got!

*This little light of mine, I'm gon na let it shine x 3
Let it shine, let it shine, let it shine!*

*Everywhere I go, I'm gon na let it shine x 3
Let it shine, let it shine, let it shine!*
