

September 25 2020

All the things we haven't reckoned with. Filled with peril of
Gratitude to be in the place where ancestors still speak to you
Meet the day to understand how close the universe is to you.
Humility to have the biggest of thoughts and know you are unable to do that unless you are
connected.

Many hands, heart, feet.

In a place where that is a constant reminder and fuel.
Air, water, what may bring us forward every day.

Gratitude for that.

What happens in the future is not a foregone conclusion
Somehow the burden becomes more shared if we hold it in this way – 7 generations ahead, 7
behind

The work that we do can be more bold

We've just been cut off from our indigeneity. If you call yourself that, you are just close to call
yourself that ... doesn't mean you live in the indigenous way.

Cultural or political, not the way you live on a daily basis.
Food, language – markers of cultural construct
Indigeneity – not live in the binary. See connections of life, what do you learn from the living
beings. No separation from our ancestors.

Am I the ancestor that my descendants will tell hopeful stories about? Not just the children they
know, but the ones far into the future. Not just a wondering – from time to time, put myself in
that place and tell the future story. What I do today is live into that future story in tangible ways
that will bear fruit long after I have passed.

If you are hapa and by the way, there is no human who does not come from a common
ancestor. Science. Even if history hasn't told us, if you are human ... then we will have all some
form common ancestors who even in their origin were not "pure"

Richness of a place is because waters mingle. Reawaken cells that still hold ike papalua – of all
your ancestors whether you even discover your name.

Ancestors – people who lived wherever your bloodline wandered the earth.

Quiet our mind enough every day. Buddhist = be present. Dynamically present so fully in that moment where you feet are. Have that as a place that is in you more than not. As a matter of discipline every day. Doesn't need to be something you set aside when you make decisions, tend to things. It doesn't get set aside of

Spaciousness is not an indulgence, it is the work we need to do.

Before you can be present, you have to be in the breath

Proud grace – matter of practice

Ha'aheo – ha'aha'a

When you need it, you know how to get there

Practice of breaking though the binary – be in a different state of consciousness that the western world has imposed. Not ignoring, but navigating differently

Bigger place, not trapped by walls of modern thinking

Humans and domesticated animals have a need to be and have others know you ae being. The tree does not have a sign – does not need others to acknowledge it's being.

Right now we are more fearful about frames falling apart.

Fight the ways we are unconsciously defensive. We do not need to porve anything. Uncscious. Take a defensive stance rather than an offensive stance. Defend myself lose power. Become a little less joyful, less happy, less shiny. Take on a different feeling in suide. Energy level shifts.

Energy shifts, my spirit is not fully bright. Spirit follows energy – life force.

Not possible to be happy all the time. Grieving should not be defnded against. Don't repreents we're not grieving. When you cry, don't hold back tears. Water is not meant to be damned up. Water should flow, it waters the place where it intends to go. Don't wipe the tears.

Wash so the water meets the water.

Know the difference between something you might do strategically. But that you might have a pathway for the conciliation. Pathway for conciliation. Is your team just people who work wth each other or is is about people who are in communion with each other.

Transactional. But not in communion. Pilina

I am true. I never bring anything other than who I am. But what leaves my mouth can be strategic. This is breaking the binary. What you say is who you are. In western way. In non western and ancient ways ... there are multiple levels of expressions.

I don't change who I am. It's always intact. Work that you do, practice that you do.

Our time together need not end with this call.

On a daily basis, to comport the way in which you live on a daily basis in as relationship as you can with other people, other beings, the land, the food you eat. Ordinary things we have to do to function on a daily basis – this is part of our work, our re-learning to be in relationships.

The big fractures we have – society, issues, etc. – are fractured because of our disconnection. Knowing how connection looks on a personal basis. We cannot do the work on an issue basis. It's theoretical and not real.

Important and useful and more joyful to work backwards from the biggest baddest future that I want for my descendants. I have no lineal descendants, I consider myself to have many descendants.

To have a thriving story that is beyond the point of the breakdown. You can bid the strategies for how you get through it. For each of us those stories will have ways and values and a different focus depending on the horizon we have the most passion for. Narrowness of your strategic plan.

If you can, find 2 other people who can create that with you. The whole thing about tarcs 0 they are not held by individuals, they are intended to be held by entire villages. But the future story in as much detail with as few theories and isms as you can. If an ism creeps in, you're not thinking into a story ... your

The way you live now and they way into a story