

09:01:36 From Ali Lufkin to Hosts and panelists : Hello from Oregon coast

09:01:42 From Lianne : Hello, Lianne from the Netherlands

09:01:43 From Margaret (she/her) to Hosts and panelists : Hello from NYC

09:01:44 From Angela Zapka to Hosts and panelists : Hi from Ocean Grove Angela Zapka

09:01:46 From angela to Hosts and panelists : Hello from treaty one territory

09:01:46 From Kristi Holmstrom to Hosts and panelists : Kristi from Michigan

09:01:56 From Michelle Taufmann to Hosts and panelists : Hello from Chicago!

09:01:57 From Kim Maynard to Hosts and panelists : missoula, mt usa

09:01:58 From marsha kolman to Hosts and panelists : Marsha Kato

09:02:04 From Diana, New York City : Good Morning, from New York city.

09:02:08 From Denette Mann to Hosts and panelists : Denette from U.S. - Hi

09:02:12 From Fredd Lenn to Hosts and panelists : Freddie from Asheville, North Carolina

09:02:15 From Eva Yera : Hello! Eva from Barcelona, Spain

09:02:17 From Sharon Kaylen : Hello from Washington State USA

09:02:17 From Lisa Avnet : Hello, Lisa from Lenox, MA

09:02:20 From scott summerville : Hello from White Plains NY

09:02:21 From Lisanne Rommen : Hi from Germany, Lisanne

09:02:28 From Mateo : Hi from Mateo from Czechia :-)

09:02:36 From JANET : Hello from Oakland California!

09:02:36 From marsha kolman to Hosts and panelists : Hello from Florida. Marsha Kato

09:02:46 From Marta Woo to Hosts and panelists : Hello, Marta from Ireland

09:03:03 From Mia Leijssen : hello from Mia in Belgium

09:03:07 From Stan Vreede, CY : Hello Jocelyn & Melanie from Stan in Cyprus

09:03:11 From gradymcgonagill to Hosts and panelists : Greetings from Newton, Massachusetts

09:03:23 From David Rome to Hosts and panelists : David, Louisville Colorado

09:03:38 From Artie Vipperla : Hi from Artie in Costa Rica

09:05:21 From Melanie : Welcome everyone! We will reopen the chat when Jocelyn invites group sharing. You can reach me or write in questions for Jocelyn via the Q&A.

09:21:53 From Diana, New York City : It was different and interesting.

09:21:56 From Kristi Holmstrom to Hosts and panelists : As I rested my jaw a spontaneous smile emerged. So nice!

09:22:23 From Ali Lufkin to Hosts and panelists : My legs wanted me to rest there too

09:22:24 From scott summerville : a sense of something new

09:22:35 From Stan Vreede, CY : lowering the thinking mind was amazing

09:23:49 From Lisa Avnet : I felt a deep, structural sense of peace, embodied in a new way for me. So different than the kind of meditative mind peace I'm normally aware of.

09:52:02 From Ali Lufkin to Hosts and panelists : Wonderful. Thank you

09:52:29 From Margaret (she/her) to Hosts and panelists : Not at all

09:52:33 From Denette Mann to Hosts and panelists : I have no prior experience

09:52:37 From JANET : Very familiar - worked with Judith many years ago

09:53:06 From Ram : How is this practice different from a meditative body-scan?

09:53:11 From gradymcgonagill : not at all

09:53:33 From Ali Lufkin : Very mildly familiar

09:54:06 From Alex Brew : That was lovely but I felt quite sleepy both times when it got to my chest/throat and above areas.

09:54:44 From Diana, New York City : Not exactly sleepy, but I felt a need to lie down for part of it.

09:54:56 From Kristi Holmstrom : I heard a little signal from my pelvic floor and my left thigh felt unsure.

09:55:04 From Ram : in all buddhist meditation practices there are structured practices of bodyscan. often lasting quite long 20-40 minutes

09:55:07 From marsha kolman : Would you use this as a lead in to focusing

09:55:35 From Kim Maynard : When I got to my chest, it felt harder to really feel it as fully. Interesting!

09:55:53 From Marta Woo : It's so interesting, as I'm practising very similarly with my clients. But I have question... Would you ask people what they experiencing in every area, expecting them to answer?

09:56:23 From Angela Zapka : This was substantially different from the "regular" body scan....and loved the contact I made with a part of my child self tap-dancing in the dark in a black dress...but I could see her for the first time!

09:56:30 From Patricia Manessy to Hosts and panelists : I've never heard of RP before. My daily Wholebody practice is not that different. I do love your words, Jocelyn - the reminder "all the way to the back of me" - "in the midst of the quality of understanding" - and I love the "foundations". Glad to be here with everyone!

09:56:36 From Katherine King : entering and being in the brain resulted in a sudden deep relaxation of the body and mind

09:56:51 From Donal Grehan : Interoception -- Would this be considered an Interoceptive practice?

09:58:41 From Mateo : How to work when there is resistance to go into / inhabit some part of the body? I noticed resistance when wanting to go into my feet and generally the lower part of the body , struggled with it as if my awareness did not really want to inhabit this part... I could do it, but there was resistance. So how to proceed in this case?

09:58:46 From Patricia Manessy to Hosts and panelists : Beautiful, Angela!

10:05:21 From Ram : does the "body inhabiting" in the realization process include also "inhabiting the environment" i.e. that which is around us and outside the body. if so, can you say more about it? show us how?

10:06:49 From Denette Mann : Could you share the basic definition in the chat - I couldn't write fast enough

10:07:16 From Jenny Smith : same here

10:08:33 From Alex Brew : I'm getting a lot from this. Is there a book of Judith's that you can recommend? Thanks.

10:08:36 From Marta Woo : Danette, you can copy it from the Transcript

10:09:35 From Beth Kobb : Is there a simultaneous being in the quality of the location in the body and the internal space at the same time?

10:12:09 From Mateo : 👍

10:13:23 From Ram : thank you. the slow working through it was beautiful and authentic. there is obviously much more to explore here...

10:13:35 From Marta Woo : Great! Thank you

10:14:23 From Beth Kobb : The quality of love, understanding, etc.

10:14:56 From Ram : my experience is that the exploration of the body interior is often very visual, whilst the exploration of the environment involves other senses much more, particularly hearing and smelling

10:42:38 From Mia Leijssen to Hosts and panelists : I'm no native English, so I do not know and I can't sense the difference between 'Awareness' and 'Consciousness'. Is there a difference in quality between these two words?

10:46:09 From Jenny Smith to Hosts and panelists : I wonder if your energy might not be quite so available to Marsha because you are presenting Jocelyn?

10:47:47 From Patricia Manessy to Hosts and panelists : I love sensing myself as a “blend”.

10:49:01 From Linda Drake to Hosts and panelists : Great webinar. Very informative, expertly and beautifully presented. Actually worth waking up at 5 am 🙄🤔🙄 on a Saturday to be online at 6 am Pacific. Thank you so much. 🙏

10:58:30 From Melanie : Sign up for email list at: [www.JocelynJacksKahn.com](http://www.JocelynJacksKahn.com)  
[<https://www.healing-growth-and-wholeness.com/>] Email: [jocelynkahn@gmail.com](mailto:jocelynkahn@gmail.com)

TIFI Survey – <https://www.surveymonkey.co.uk/r/WCYNTGK>

10:58:48 From marsha kolman : This was great

10:58:55 From Lisa Avnet to Hosts and panelists : Thanks for this wonderful session!

10:58:56 From David Rome : Wonderful! Thank you so much.

10:59:04 From Mateo to Hosts and panelists : Thank you very much. Very useful and a nice experience too.

10:59:07 From Ali Lufkin to Hosts and panelists : Thank you

10:59:13 From Alex Brew : thank you.

10:59:23 From Patricia Manessy to Hosts and panelists : Thank you so much, Jocelyn!

10:59:33 From Angela Zapka to Hosts and panelists : Sooooo grateful for your teachings!!!

10:59:37 From Jenny Smith to Hosts and panelists : Thank you so much

10:59:55 From Marta Woo to Hosts and panelists : It was great! Thank you so much

11:00:39 From Matthew to Hosts and panelists : Thank you

11:00:46 From Stan Vreede, CY to Hosts and panelists : amazing openness

11:00:52 From Beth Kobb : Much appreciaiton