

13:00:53 From Melanie - Tech support : Welcome everyone! Please let us know where you are joining us from. In case you're curious, these are countries people registered from:

Canada

United States

Israel

United Kingdom

India

Greece

France

Malta

Australia

Hong Kong - China

Japan

Italy

Germany

Spain

Cyprus

Brazil

Kuwait

Portugal

Netherlands

Austria

Sweden

Slovenia

Belgium

Bermuda

13:01:10 From Paula Rossi : Paula, Vienna, Austria

13:01:10 From Gail Purdy : Gail from British Columbia

13:01:13 From Hope Maltz : Hello from the US, Bellevue, WA

13:01:21 From Hope Maltz : I'm Hope

13:01:23 From Shirley Armintrout : San Francisco

13:01:25 From Carrie M : Hello from Baltimore, MD

13:01:31 From Debra Cortese to Hosts and panelists : Dallas, Texas

13:01:31 From Sabine : Sabine, Austria

13:01:35 From Sara : Hello, Spain

13:01:35 From Erin Keller: Oregon, US.

13:01:35 From F Javier Romeo-Biedma (Spain) : Hello, this is Javier from Madrid, Spain.

13:01:37 From kim isaak : Kim from Victoria, Minnesota USA

13:01:39 From Bill Ames : I'm Bill from Seattle

13:01:40 From Stan Vreede, CY : Stan Vreede from Nicosia in Cyprus

13:01:41 From Nadia Alattar (she/her) frm Kuwait to Hosts and panelists : hello from Turkey

13:01:41 From Andrew : Andrew. Liverpool, England. Hello friends!

13:01:41 From Angie Parmer : Hello from Birmingham, AL United States

13:01:43 From wilhelmina : hi everyone...this is Wilhelmina from the Netherlands

13:01:43 From Raelynn : Seattle Washington

13:01:50 From Kate Tremblay : Kate, Birmingham, Alabama, USA

13:02:10 From Lynne : Nashville, TN

13:02:20 From Clare Sargent : hi from Preson UK

13:02:27 From Lauren M-N : Lauren from Santa Cruz, CA

13:02:39 From Patricia Lavelle : Sooke BC

13:02:39 From Justine OB to Hosts and panelists : Hello everyone and Vera 🤝 from London

13:02:54 From Nadia Alattar (she/her) frm Kuwait : from Tureky

13:03:08 From Mary Keeney : Hello from the Central Coast of California

13:03:17 From Orna Marton : hello from Tel Aviv, Israel

13:03:19 From Alastair (he, him) Farrugia : Malta, EU, in the Mediterranean

13:03:57 From Inge Terrill : Hello from Inge Terrill in Southwest Virginia!

13:06:47 From Mary Anne Schleinich : Hello from Calgary, Alberta, and glad to be here with you
all!

13:07:13 From Derick Deal to Hosts and panelists : Hello from Austin, Tx

13:09:35 From Mary Anne Schleinich to Hosts and panelists : Whoops - I answered one wrong. I am certified, and I answered no to that one (thought it was coordinator only).

13:14:05 From Inge Terrill : So beautiful to here that prayer again. Very timely for me.

13:14:16 From Jeffrey Kinnamon (he/him) TIFI Volunteer : For donations: <https://focusing.org/> If you have questions about donating or how the money is used, please feel free to email me: kinnamonjeffrey@gmail.com

14:03:42 From Vera R. Fryd - Tech support : Chat is now open - remember to choose "everyone" if you want everyone to see your sharing

14:03:59 From Margaret (she/her) to Hosts and panelists : My compassion increased after this experience, especially towards my art students..

14:04:34 From Vera R. Fryd - Tech support : If you prefer to share anonymously you can do so in the Q&A - where you can check the "anonymous box"

14:05:27 From Hope Maltz : I felt "unvalued", of low value. Developed "ability" to run on very low energy, to go slow, to pause. To my surprise, I find: I developed a joy in sharing slowness with others. And, I have a gift of conveying safety in relationship.

14:06:00 From Derick Deal : What if what got me through the traumatic situation was not a healthy behavior or inner strength? It helped me get through the situation and for that I can thank the strategy I used, but in this current exercise, it doesn't occur to me as a strength or some other good quality. Can you speak to this?

14:06:14 From Margarita Weiser : it took me years but it helped me to be very open and accepting to others

14:06:39 From Jeffrey Kinnamon (he/him) TIFI Volunteer : I learned how to behave one way despite feeling differently, and in fact ignoring the way I feel altogether. This doesn't feel like a gift, but I am curious now about how it might be.

14:06:56 From Inge Terrill : Appreciate this opportunity to go into a trauma that I had not consciously thought was a trauma to find golden nuggets. Very impactful.

14:07:04 From Erin Keller : Although I was left feeling that I would never be worthy of connection with others, I learned that a part of me always knew that that ALL people deserve connection, and that I never fully stopped believing that.

14:08:02 From Gabrielle : I learned to be with opposites. I also grew in my capacity to believe in the realness of what is unseen but somehow still present.

14:08:25 From Iris : Deep compassion for the suffering of people and animals, unending patience. Can be a challenge for me to set healthy boundaries for my own needs.

14:08:26 From Bill Ames to Hosts and panelists : I was a fat kid, and remember the first time I was surrounded my mocking children. I was 4. It led me to value kindness in people, but also left me

with a fear that people could turn on me at any moment.....I compensated for my physical inadequacy by becoming extremely intellectual.

14:08:58 From Clare Sargent : I survived by escaping. I am curious about how this becomes a gift

14:11:01 From Lauren M-N : There's a surprise that even while I was traumatized by something horrible, that even then I continued to reach out to friends who listened all along the way. I was never alone as I might have been as a child with this trauma. I was listened and loved and received many new sisters with authentic connections. Still evolving and healing with this community

14:15:29 From Elizabeth Bram : what if the wound did not bring a gift? I feel burned out.

14:17:01 From Betsy Snyder : what came forward seemed more like coping mechanisms than gifts.

14:35:07 From Vera R. Fryd - Tech support : Chat is open again - and if you want to share with everyone, remember to chose 'everyone' in the box.

If you prefer to share anonymously you can use the Q&A

14:35:11 From Shirley Armintrout to Hosts and panelists : Thank you. This is very helpful. I appreciate your skill in helping us with this.

14:35:21 From Charlotte Rogers to Hosts and panelists : In my wound, I lost myself and my moment of deep aliveness was to find myself at the deepest level.

14:37:16 From Beth Kobb : Something about crossing the 2 exercises I'm better able to tolerate complexity, holding the trauma of the death of something I had wanted and the birth of love

14:38:56 From Inge Terrill to Hosts and panelists : What I have finally realized is that what I am drawn to - to help others with their pain, to be compassionate and loving and guide them to find their inner strength and wholeness - is because that is what I needed most as a child growing up in a traumatic household and did not get from my parents.

14:39:00 From Debra Cortese : I feel like i just walked up to a new edge of this something that I've known about for years.

14:39:52 From Gillian Marcus to Hosts and panelists : i thought panic attacks were the worst thing to happen but I am realizing they literally saved my life

14:51:58 From Clare Sargent to Hosts and panelists : I have received that I need to communicate my unique experience

14:52:11 From Lisa Avnet : this has been wonderful, thank you so much for living your story ❤️

14:52:42 From Inge Terrill to Hosts and panelists : Do you offer workshops on this trauma work you have done with us today outside of the year long class of yours?

14:53:09 From marie sheppard (she/her) to Hosts and panelists : Thank you Jeffrey & team.

14:53:10 From Iris to Hosts and panelists : can you repeat the name of the therapist you did a class in "trauma recovery"?

14:53:35 From Vera R. Fryd - Tech support : Shirley Turcotte is the therapist he learned from

14:53:42 From Paula Rossi : teaching through my story .. this really landed in me. Thank you very much!

14:54:22 From Vera R. Fryd - Tech support :
Jeffrey Morrison's website: www.seattlefocusing.org
Newsletter signup to receive news from Jeffrey:
<https://lp.constantcontactpages.com/su/NrXJBIY/seattlefocusing>
Jeffrey's email address if you would like to contact him: Jeffrey@seattlefocusing.org

14:54:27 From marie sheppard (she/her) to Hosts and panelists : I'm also inspired to step into sharing my gift more "radically" (eg writing). Have been on the cusp, with a website, and this has helped me. Thank you!

14:54:30 From Gail Purdy to Hosts and panelists : I have a sense of moving from smallness to bigness...taking up more space

14:54:31 From Erin Keller : I'm feeling freshly, that we are both: all the same as each other, and also delightfully unique.

14:54:37 From Gabrielle : Do you sense that stuck or stopped processes are needed for growth and not just negative things to avoid and get past?

14:56:04 From Eric Timm - Montréal : I know what I want to write about. There is some anger driving the thoughts behind the writing. When I disconnect from the anger in order to, say, sit with wounded parts, and I then turn to the writing, it feels like wading through mud. I am learning to navigate both channels, the anger and the compassion for wounded parts, simultaneously. Even that I can't navigate one channel without the other.

14:56:05 From Sabine to Hosts and panelists : Thank you for strengthening curiosity: in any uncomfortable moment, I can ask what it is trying to teach me!

14:59:07 From Vera R. Fryd - Tech support : TIFI would love to hear your thoughts about this class, and would appreciate it if you would like to fill in this survey for feedback:
<https://www.surveymonkey.co.uk/r/9VMLR76>

15:00:18 From Erin Keller: Thank You!

15:00:30 From Jeffrey Kinnamon (he/him) TIFI Volunteer to Hosts and panelists : Thank you, Jeffrey!

15:00:38 From MaryRose Crowe to Hosts and panelists : Thank you SO much!

15:00:40 From Gail Purdy to Hosts and panelists : Thank you for this informative session.

15:00:50 From Sara to Hosts and panelists : Lovely. Thank you Jeffrey, all the team, and everyone here

15:01:06 From Gail Purdy to Hosts and panelists : Thank you tech support as well!

15:01:16 From wilhelmina to Hosts and panelists : thank you Jeffrey!...very deep and inspiring!!

15:01:17 From Inge Terrill to Hosts and panelists : This has been greatly impactful and wonderful. Thanks so much!!

15:01:18 From Lauren M-N : Thank you! This was wonderful.

15:01:25 From Sara to Hosts and panelists : Bye for now!

15:01:29 From Gabrielle : Thanks so much