

Dear RISE Up Friends:

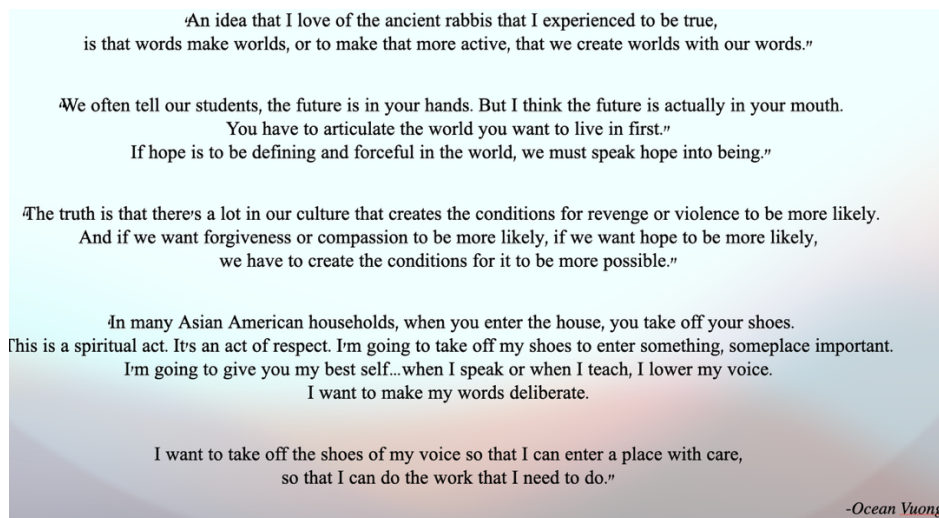
It was lovely seeing so many of you this past Wednesday for our 1st meeting in our fall series of RISE meetings-- Mindfulness and Healing the Heart of Democracy (part 2)! (Please see attached doc for more detailed account...)

Here are some follow-up notes for both those who could not attend as well as those who were able and who would like links to resources, etc. With the theme of Habit of Heart: Personal Sense of Voice and Agency...

1. We began by setting and sharing aspirations for ourselves, our community and world.

These included: Living inspired, with a sense of purpose and without fear. Freedom, grace, radical acceptance, and light. Power of relationship, togetherness, compassion, and hope. More ease. To see with open eyes, hear wisdom, be resilient, courageous, kind, and well. Peace, peace, peace, and peace. Love, love, love, and love!

2. [Link to Ocean Vuong recording](https://podcasts.apple.com/us/podcast/on-being-with-krista-tippett/id150892556?i=1000713638723&r=21) (On Being with Krista Tippett: Ocean Vuong — Hope Portal, Episode) + Quotes



3. Invitations for reflection and sharing:

- If we create worlds with our words, what declarations might I make at the onset of this year to begin bringing forth a world of possibility and hope?
- What supports and/or inhibits me from giving voice to my convictions?
- How/when might I “take the shoes off my voice” to embody the “musculature of hope?”

4. Shifting with intention and sharing of some “take -aways”--This included:

Call for mindfulness, reminder to pause and stay rooted in compassion. Call to ground in how I want to be in order to respond rather than react, and for authentic apology. Call to bring our own voice even when voice is under threat, to be mindful when others are losing their minds.

We hope to see you at our **next meeting: Sunday, October 5 @ 9:00 – 10:30am PST; Noon-1:30pm EST, etc.**

Until then, keep those tender hearts open and take great care!...

Alan and Ranjeeta