

ACR-GNY Roundtable Breakfast | November 3, 2022

ZOOM MEETING PUBLIC CHAT TRANSCRIPT

01:03:16 Chloe Choi, NJ: Welcome everyone to the 255th ACR-GNY & John Jay Roundtable Breakfast!

01:04:07 Chloe Choi, NJ: Past recordings are available here:

<https://www.jjay.cuny.edu/DRC/EVENTS>

AND here: <https://acrigny.org/RTB-Videos>

01:05:00 Chloe Choi, NJ: <https://acrigny.org/RTB-Videos>

01:05:48 Emily Skinner (She/her) Newark, NJ: We hope you will consider joining us!

Please submit a statement of interest/qualification and a resume by Thursday, December 1, 2022 to nominations@acrigny.org. Read below for full details.

ACR-GNY - 2023 Board Nominations (acrigny.org)

01:06:11 Emily Skinner (She/her) Newark, NJ: <https://www.acrigny.org/2023-Board-Nominations-Process>

01:13:50 Chloe Choi, NJ: For those just joining us, Vik is leading a meditation

01:18:47 Jessica: Fixed

01:18:51 Emily Skinner (She/her) Newark, NJ: scarcity

01:18:54 Hollyn Green Savannah The Mediation Center: Fixed

01:18:56 sarah kazmi: scarcity

01:19:03 Estelle Miller: victim

01:19:07 Jennifer CRJ-Buffalo, NY: Inward

01:19:09 Richard Brigham: scarcity, victim

01:19:13 Susanne Hollander: inward

01:19:17 Eric Herman: Fixed

01:19:23 Julie Denny, Princeton: inward

01:19:45 Prof. Lisle Baker (he/his/him): Do all these resolve into a sense of agency or capacity to do something?

01:23:53 Inuka Charles: i am in abundance in some areas and scarcity in some

01:24:27 Inuka Charles: in my professional life i am working on creating more abundance mindset

01:25:50 Julie Denny, Princeton: helps a lot. by going outward, I begin to better understand the others pov

01:28:13 Richard - DG 7010: scarcity (not enough, fight for resources, imposter syndrome - me = world has fixed amount of resources - Malthus too many people for the resources - fear - of nuclear weapons) - how to view abundance

01:30:30 Alice Rudnick: I use art journaling too, creating images with collage, pen, colors, etc.

01:34:28 Maria R. Volpe, NYC: If anyone is not subscribed to the NYC-DR listserv, feel free to send me your name and email address and I will subscribe you

01:34:42 Maria R. Volpe, NYC: mvolpe@jjay.cuny.edu

01:36:10 Ellen Deason, Columbus Ohio: Can you say more about freezing?

01:39:09 Mark Soboslai: Freeze response: analysis paralysis?

01:39:12 Ellyn Rabinowitz Nyack, NY: Sounds like a powerful technique. What I use with clients is think of situation as a movie set - there's a close-up which is inward but then do a wide-angle - pull back and see the whole picture outward rather than being too close. Micro vs macro.

01:40:04 Tarah N. NYC: This sounds a little like Creative Visualization by Shacti Guane

01:40:23 Tarah N. NYC: Forgive my spelling

01:42:39 stephanie penceal: Wonderful presentation; sorry that I have to leave for a work meeting. I will try some of these techniques. Much appreciated

01:42:47 Inuka Charles: Maybe begin with some basic visualization exercises

01:43:45 Tarah N. NYC: I have personally used the silva method with great success

01:47:15 Maria R. Volpe, NYC: Pennebaker, Writing to Heal

01:48:50 Vik Kapoor, McLean Virginia: 3 good things

01:48:53 Vik Kapoor, McLean Virginia: What had to happen

01:50:56 Wellness: The pandemic happened, then I learned Zoom to connect with everyone of us that were isolated, now I'm grateful as I can serve the university community as an ombuds and more people can attend my workshops.

01:50:57 Susanne Hollander: I got my last booster

01:51:07 Susanne Hollander: children having a baby

01:51:18 Susanne Hollander: and required

01:51:19 Richard Denton, MD Emeritus, Assoc. Prof, Canada: I met new people - by being open to participate in a Diwali dancing

01:51:20 Karen Carroll, CRJ Buffalo, NY: had a friend call on the way to work. I didn't overreact to texts last night when I was tired

01:51:22 Jennifer CRJ-Buffalo, NY: I woke up this morning, the sun is shining and I have a lot to be thankful for

01:51:24 Richard Brigham, Wisconsin: Does yesterday count?

01:51:29 Louis Cohen, Florida: Look at the early morning sky, know that my loved ones are resting, read about world events...

01:51:29 Eric Herman: Question: when journaling, is there research on difference between physically writing vs typing? Are they equally effective?

01:51:41 Teresa Calabrese she/her: 4 mile run in the park

01:51:42 Mark Soboslai: Joining this session!

01:51:46 Elaine Daly, NYC: I woke up-Allah told my brain to say heart keep pumpin, lungs keep breathing, joints move

01:52:01 Dennis McCoy Vienna, VA: Very positive mindset and optimistic - long run in cool weather and watched the sun come up!

01:52:02 Richard Brigham, Wisconsin: A three month phone connection problem resolved yesterday!

01:52:02 Prof. Lisle Baker (he/his/him): Got to bag leaves this morning because my wife had raked them yesterday

01:52:02 Inuka Charles: my daughter and twin 4 year old kids are here. grateful for calm.

01:52:26 sarah safford, Brooklyn, NY: showed up for this - valued my time to commit to self

01:54:44 Kevin's iPhone: Please Forgive I am Some what multi

01:54:50 Kevin's iPhone: Tasking lol

01:56:08 Richard Denton, MD Emeritus, Assoc. Prof, Canada: yes, practicing a speech in front of the mirror

01:56:27 Dennis McCoy Vienna, VA: Why is the Zoom image different than the mirror?

01:57:13 Chloe Choi, NJ: Mirror Work:
https://www.google.com/books/edition/Mirror_Work/T2D6DwAAQBAJ?hl=en&gbpv=1&dq=mirror+work&printsec=frontcover

01:58:14 Richard Denton, MD Emeritus, Assoc. Prof, Canada: when on zoom, should be looking at other people, turn off your image on zoom and focus on the other people ??

01:59:42 Louis Cohen, Florida: In criminal court teen cases I ask the teens what/who they see, and what do they say/their thinking in the morning... One can have the mirror with them at any time...

02:01:28 Jeanette Jimenez/Mediator: <https://mirrormeditation.com/how-it-works/>

02:05:59 Richard Denton, MD Emeritus, Assoc. Prof, Canada: no, haven't used

02:06:17 Richard Denton, MD Emeritus, Assoc. Prof, Canada: but good idea

02:08:32 Kevin's iPhone: 3 learning ways auditory visual or kinesthetic

02:11:00 Maria R. Volpe, NYC: <https://gretchenrubin.com/books/>

02:14:41 Richard Denton, MD Emeritus, Assoc. Prof, Canada: yes

02:14:44 Elaine Daly, NYC: I know I am bias

02:14:58 Hollyn Green Savannah The Mediation Center: 🧠 of course

02:16:00 Maria R. Volpe, NYC: https://www.goodreads.com/book/show/324748.The_Dip Seth Godin

02:16:24 Vik Kapoor, McLean Virginia: My people ...

02:16:27 Vik Kapoor, McLean Virginia: ...

02:16:28 Vik Kapoor, McLean Virginia: ...

02:16:38 Elaine Daly, NYC: My people are book readers

02:16:46 Elaine Daly, NYC: My people are emotional and logical

02:16:47 Susan Glatki Western MA: ... book lovers, ... lifelong learners

02:16:58 sarah safford, Brooklyn, NY: my people are creative do-gooders who like to dance

02:17:00 Inuka Charles: Christians, educators, therapists

02:17:03 Elaine Daly, NYC: My people are accountable to others and apologize when they are wrong

02:17:05 Dennis McCoy Vienna, VA: Anybody who likes me, those who don't and those who are undecided.

02:17:35 Prof. Lisle Baker (he/his/him): those who work hard and are helpful to other people (and laugh some, too.)

02:17:37 margo cates: my people are those I see, who also see me.

02:17:38 Don Franks: Are interested in helping the less fortunate.

02:17:41 michelle jackson (she/her): ...social impact focused ...concerned with our future on this planet

02:17:44 Louis Cohen, Florida: My people are those that show compassion and care/empathy

02:17:45 Elaine Daly, NYC: My people are my village

02:17:46 Noa Zanolli, Switzerland: ... are too many to mention

02:17:49 Tarah N. NYC: My people are growth oriented, interesting and kind

02:17:55 Gizem Alper: Those who knows themselves

02:17:57 Katerina _____: People who want to start communities based on living, philosophical principles.

02:18:18 Jennifer CRJ-Buffalo, NY: My people are, kind/thoughtful, love music, books, adventures, helpful

02:18:22 Donna Buehler, Long Island: those who challenge my thinking

02:18:22 Jeanette Jimenez/Mediator: c. Make the invisible, visible

02:18:26 Teresa Calabrese she/her: My people are those showing up for important causes

02:18:33 Karen Carroll, CRJ Buffalo, NY: ... those who are always game for something new, see humor in the day to day and those who show up

02:18:34 Joanne: kind, loving and curious

02:18:46 Teresa Calabrese she/her: My people are drummers

02:22:41 Chloe Choi, NJ: <https://extra-m.com/>

02:25:14 Lisa PytlikZillig: yes

02:25:21 sarah safford, Brooklyn, NY: so good!

02:25:23 margo cates: This has been an excellent presentation.

02:25:23 michelle jackson (she/her): Great. Thank you so much!

02:25:28 Teresa Calabrese she/her: Thank you so much!

02:25:29 sarah safford, Brooklyn, NY: thanks very much!

02:25:31 Jeanette Jimenez/Mediator: yes, thank you for sharing yourself and knowledge.

02:25:33 Shelley Antoine - NYC: Excellent presentation

02:25:34 Tania Ochoteco: Very helpful. Thank you!

02:25:40 Susanne Hollander: wonderful presentation

02:25:41 Almitra (she/her): very helpful

02:25:43 Susanne Hollander: thank you

02:25:44 Julia Pearson: Thank you, very helpful!

02:25:44 Jennifer CRJ-Buffalo, NY: Thank you so much for your time today!

02:25:45 Vivian Anderson: Great use of time. Thank you.

02:25:46 Almitra (she/her): give thanks

02:25:48 Felicitas Kort NYC: Excellent presentation Thank you !

02:25:56 Eilyn Rabinowitz Nyack, NY: Helpful! Thank you for all your information.

02:26:03 Lynn Gaffigan: Thank you so much!

02:26:08 Tarah N. NYC: Really great presentation

02:27:07 Will Sawma - Dispute Resolution Center: Thank you so much!

02:27:08 Louis Cohen, Florida: Total listening meditation, thank you Vikram Kapoor! Peace, healing, good health.

02:27:40 Kevin's iPhone: Thank you for all your work

02:28:01 Chloe Choi, NJ: Loving Kindness Meditation: <https://www.verywellmind.com/how-to-practice-loving-kindness-meditation-3144786>

02:29:14 Diane: Thanks! This was lovely and informative.

02:30:00 Elaine Daly, NYC: Thank you

02:30:12 Emily Skinner (She/her) Newark, NJ: This was amazing! Thank you so much!

02:30:25 Tania Ochoteco: Just what I needed this morning. Thank you.

02:30:26 Chloe Choi, NJ: THANK YOU SO MUCH, Vik!

02:30:26 Jessica Brenes: Thank You so much !

02:30:29 Shelley Antoine - NYC: Thank You! Very informative