










Awakening To The Heart of Life

Zoom Meetings

Quick recap

The meeting began with Deanna welcoming participants and emphasizing the importance of building alliances rather than finding a singular group identity, using a disco ball metaphor to illustrate interconnectedness. The group engaged in various spiritual practices including a cleansing ritual, meditation exercises, and heart-opening techniques, while discussing the significance of community and personal connection. The session concluded with discussions about indigenous ways of being, environmental stewardship, and the importance of finding a sense of belonging through nature and ancestral connections, with plans for future sessions focused on topics like stones and cultural ceremonies.

Next steps

-  [All participants: Access the Heart Sanctuary site to view the schedule and materials](#)
-  [All participants: Read the "Principles of the Circle of Trust approach" by Parker Palmer shared in the Heart Sanctuary site](#)
-  [Deanna: Populate the October materials in the Heart Sanctuary site, including today's presentation](#)
-  [Deanna: Talk to Buffy about creating a space in the Heart Sanctuary where participants can write and share thoughts directly with each other](#)
-  [All participants: Review the meditation instructions in the Heart Sanctuary under the "Stories" section](#)
-  [All participants: Attend the follow-up chat session in 2 weeks for an informal chat](#)
-  [All participants: Prepare for discussing altars at the next formal meeting](#)
-  [All participants: Bring candles, a bowl of water, salt, earth, and smudging materials for the next meeting](#)
-  [Meg: Access the Heart Sanctuary site when she returns from traveling](#)

Summary

Building Alliances for Global Unity

Deanna welcomed participants to the meeting, including Mandy, Meg, Paul, and Mary, noting the challenges of coordinating across different time zones. She emphasized the importance of building alliances rather than finding a "tribe," using the metaphor of a disco ball to highlight the interconnectedness of people and the value of diverse perspectives. Deb agreed with Deanna's vision of fostering alliances to address the world's divisions and pain, while Mary supported the idea of manifesting this vision together. The group discussed the significance of their collective efforts in creating a sense of community and shared purpose.

Gratitude and Heart Sanctuary Introduction

Deanna led a spiritual gathering, beginning with a ritual involving candles, water, crystals, salt, and earth to cleanse the space and set intentions. She shared a practice of gratitude for water, noting its significance in life and its potential to foster unity among people. Deanna introduced the Heart Sanctuary platform, which contains the group's schedule and resources, and emphasized the importance of accessing and utilizing this site. She also mentioned that she would send reminder emails with links to the site and its materials.

Creating a Heart Sanctuary Space

Deanna introduced the concept of a "Heart Sanctuary" space for sharing materials and discussed the Circle of Trust approach by Parker Palmer, emphasizing principles such as respecting individual seasons, appreciating paradox, and honoring confidentiality. She outlined plans for future sessions, including breakout rooms for group discussions and a focus on inquiry rather than problem-solving. Mary inquired about an online space for participants to share thoughts and writings, and Deanna agreed to consult with her technical support to enable this feature.

Cosmic Meditation and Energy Practices

Deanna led a meditation exercise to help participants connect with their cosmic orbit and sense of place in the world. She introduced a heart-opening practice involving visualization of a golden and silver cord connecting the individual to Earth and the celestial realm, emphasizing balance and protection. Deanna also shared a simple exercise for clearing energy by flicking the hands over the head, encouraging participants to practice these techniques for grounding and opening their hearts.

Grand Canyon Near-Death Experience

Deanna shared a personal story about a recent accident in the Grand Canyon where she experienced a head injury and a near-death situation. She described how a voice guided her to safety and led her to reflect on themes of letting go and trust. Deanna also demonstrated a heart-opening exercise and discussed its benefits for building resilience.

Life as a Guiding Force

Deanna shared her profound experience of life as a verb, emphasizing the importance of listening to life's voice and cooperating with its flow. Participants, including Mary, Mandy, and Paul, shared personal anecdotes of times when they had heeded or ignored life's guidance, highlighting the significance of being attuned to such messages. Deanna concluded by discussing the current global chaos as a time of both destruction and creation, urging a return to personal and natural wisdom through storytelling and connection. She introduced a creation story from the White Apache people, emphasizing the potential for healing within us and the need to look inward for solutions.

Stories of Healing and Connection

Deanna shared a story about creation and healing, emphasizing the importance of finding one's place in the world and connecting with sacred centers. She explained how four people received songs from the Creator to heal a sick village, highlighting the power of vibration and balance. Deb reflected on the story, noting its relevance to her own healing journey in the valley where she lives, and expressed a desire to make meaningful alliances in her community.

Indigenous Healing and Personal Growth

Deb shared her personal journey of seeking inner wisdom and her commitment to reconnect with Indigenous roots. Deanna introduced the medicine wheel practice, explaining its significance and how to create and use it for personal growth and learning. The group discussed the concept of becoming "Indigenous" to their surroundings and the importance of community and connection in healing. Paul and Deanna explored themes of isolation, apocalypse, and the role of creators in affecting positive change in the world.

Community Art and Meditation Progress

Mary shared her progress on a community art project involving burlap stitching and gong meditation, expressing gratitude for finding a spiritual community space. The group took a

break and discussed geographical connections, with Paul noting his relationship to Mount Tam and Mary revealing her location in Utah near Mount Peal.

Building Community in Challenging Times

The group discussed the impact of COVID-19 on social connections and the importance of forming alliances, with Deb and Mary sharing their experiences of building relationships through protests and community engagement. They explored themes of belonging and indigenous connection to place, with Mandy sharing her experience of visiting England and feeling a sense of displacement compared to her cousins who have deep roots in the land. Meg and Deanna discussed the significance of community and the sense of belonging, with Meg describing her journey of reconnecting with her ancestors and finding community in unexpected places like a Samoan retirement party.

Indigenous Ways of Being Reconnected

Deanna led a discussion on reconnecting with Indigenous ways of being, emphasizing the importance of viewing life as a circle rather than a linear trajectory. She suggested spending time in nature to foster a deeper connection with the land, using plants like broadleaf plantain as a way to learn about the Earth's natural laws and build resilience. The group was encouraged to meet the plantain spirit through a journeying exercise and to explore the sanctuary page for guidance on plant studies. Deanna planned to send out materials for the next meeting, where participants would share their experiences of connecting with the land.

Belonging and Earth Connection

The group discussed themes of belonging, ancestral connections, and environmental stewardship. Deanna shared plans for future sessions, including a focus on stones and a Day of the Dead ceremony on October 31st. Deb reflected on her Celtic heritage and personal connection to the earth through gardening, while Paul expressed feelings of disconnection due to historical tensions. The discussion concluded with Deanna emphasizing the importance of slowing down, breathing, and finding a sense of belonging to foster a relational rather than entitled relationship with the earth.

