

Reflection on the day – Wednesday July 24th

Aloha aku. Aloha mai.

Oh, what a wondrous morning
dewdrops on blades of grass
storm cleansed walkways
refreshed breeze on skin.

Matt's gratefulness begins our day
"gracias" to those who prepare our space, our meals, IT
Preparing our gracious space
"merci" to 24/7 coaches and facilitators -- Matt, Lynda, Anita, Larry, Ken,
Helen, Charity, Kayla, Jim, Michael, Maria, Janette, Paul, Will, Annice, Natalie,
Gloria, Monica, Jessica, Brendan, Lisa, Shawn, Kwesi
"domo arigato" to our families and workmates – keeping the hearth warm
while we are away

What will we do next, you ask?

Spin-spin-spinning the web we're "Training our Brain"
cha-cha moves our amygdala, prefrontal, and hippocampus
mindful awareness is done by all –
listening to the chime, breathe deep
stretch, reach –follow the mirror— ouch!
Back stiff from that darn bed!!!
husssssshhhh – be present, be mindful – "what went well?"
Maria and Denise set the beat of the day connecting Head + Heart + Brain

What's the STORY morning glory?

Lynda purrs – sweet vibrations through the room
Zarina's telling "Once upon a time"
Theresa's pressing, pushing -- bringing uniqueness, innovation to the fore
Probe, probe – are we looking at context? Are we examining difference --
gender, sex, age, cultural heritage, race, (dis)ability, class, privilege?
Negotiate? Everyone's enigma!

Snap-snap-snap-snap-snap!

Lessons from our classes – Charity, Kayla & Shawn navigate, steer us toward the
“Pirate’s treasure – Go! ECU!” (oh yes – grazi for your hospitality!)

STRUGGLE – reach -- resist – embrace – STRENGTHEN!

STRUGGLE – question -- take a learning walk, grow forward, be transparent –
STRENGTHEN!

PRACTICE: anticipating ---- monitoring ---- selecting ---- sequencing ----
connecting

Stretch – Spring -- STRENGTHEN!

STRUGGLE -- move, move, move away from initiate – response – evaluate

You need to GO DEEP

ANNOTATE, HIGHLIGHT, CONSIDER – NAMING

Are we approaching SURVIVANCE? Is there clarity?

Ah! An abundant toolbox.

(breathe out) huuuuuuuuuuuu! Time to study, reflect, read!

Sitting outside – fresh air, green spaces, energized places – sacred spaces

Cozying on sofas

Sitting on high-boys

In groups, in pairs, in solitude

It’s good to change-up our learning places! Intentionality here. Refreshed!

Are we holding Gracious Space? How are you showing up?

Shift, Yawn – anticipate

Stretch, Cough – antedate

Scratch, Breath – await

Will proposed the wonder:

What is your WHY? and

Who do we teach?

Janette framed the learning:

Beginning with self—instrospection drives us to understand our purpose, our
essence – how we show up

Then – connecting the dots through learning in public our Cultural Experiences (CE)

Bridge + Engage + Investigate + Collaborate

Hmmmm – reflect, echo, redirect, respond, signal, ponder, consider

The struggle, the olympic struggle!

I am real, are you?

What price do you pay? How do we heal?

We must explore difference in a safe, positive, nurturing gracious space

“Love & compassion for students”

“Self Reflection”

“NO Guilt! I want you to get to know me! I want us to be mutually respectful!”

This becomes our moment of VISIBILITY – **learning in public toward survivance**

Gratitude to Vincent, to Paul, to Jessica, to Monica

Analyze! We learn from our personal and professional stories. ADVOCATE! Learn from our community. Learn from our elders. Acknowledge and Honor different voices. Give ourselves permission its intrinsic to foster equity and mutual respect.

Deliberate! Humanize! Connect! UP ROOT! BE HUMBLE!

Fight of Equity! Refuse to tolerate oppression! It starts with leadership – allocate – put resources into equity work. BE COURAGEOUS!

Conscious practice

Journey from UNEASY – to MATTER-OF-FACT – to RARE

HOLD on “The unit of measure of learning is your lived experiences!”

Remember to recognize that personal, cultural and institutionalized discrimination creates and sustains privileges for some while creating and sustaining disadvantages for others.

So, remember to build alliances across differences so that we work together to eradicate all forms of discrimination.

The “thought gift” to you from Hawai‘i

Aloha aku. Aloha mai! When you give aloha, You will receive aloha!

Alo means to embrace

Ha is the breath of life

Aloha is the sacred space, the empathetic embrace, the respectful relationship grounded in reciprocity

Aloha nourishes what we do together

Aloha is the intelligence with which we meet life

Aloha is the intelligence with which we meet life