

11:05:46 From Joan Alexander (she/her) Canada : Reacted to "Welcome friends! It'..." with ❤️

11:07:06 From Karen Erlichman she/her : My hopes for all of you today:

1. Discover and/or connect with embodied tenets of your own spiritual tradition
2. Identify specific somatic language, skills, tools and practices, and apply them to your teaching, leadership and mentorship of spiritual direction, trainees, and students
3. Explore your curiosity and creativity about embodied formation and learning
4. Connect to a practice community of peers

11:07:20 From Rev. Seifu : Reacted to "Welcome friends! It'..." with 🙏

11:09:29 From Beth A Bartlett : Beth Bartlett, she/her, Duluth, MN

11:09:30 From Julia Holtze : Julia, she/her, Twin Cities Minnesota

11:09:32 From Peter deVries : Peter de Vries (he, him) Mars Pennsylvania (near Pittsburgh)

11:09:32 From Krystle Hart (she/her) : Krystle Hart, she/her, Long Beach, CA

11:09:33 From Lisa Downs : Lisa Downs, Nazareth Retreat Center, Nazareth, Ky.

11:09:34 From Joan Alexander (she/her) Canada : Joan Alexander she/her Saskatchewan, Canada

11:09:34 From Margie Winters : Margie Winters, she/her, Philadelphia, PA

11:09:35 From Melinda Ige : Melinda she/her Southern California

11:09:36 From Spiritual Directors International : Seicho (she/her) Portland, OR

11:09:37 From Michelle Olson : Michelle (she/her) Western Michigan

11:09:41 From Robin Pugh (she, her) : Robin Pugh she/her Philadelphia, PA

11:09:42 From Menachem Cohen (he/they) : Howdy! Coming to you all today from Chicago, are of the Council of Three Fires.

11:09:43 From Sarah Cledwyn : Sarah Cledwyn she/her St. Paul ,MN

11:09:44 From Monica : Monica she/her. Halifax,Ns

11:09:44 From Rev. Seifu : Rev SeiFu Seattle

11:09:45 From Seana Zoderer : Seana Zoderer she/her Indianapolis, Indiana

11:09:46 From Kimberly Cortner : Kimberly Cortner (she/her) from Upland, California (east of LA on Tongva/Kizh land).

11:09:46 From Marcelle Martin : Marcelle Martin, she/her, Chester, PA

11:09:46 From Laurie Mellinger : Laurie Mellinger, she/her, Lancaster, PA

11:09:46 From Rev Lisa : Rev Lisa Winston, (she/her) San Rafael CA  
11:09:47 From Cris Kerekes : Cris, she/her, Rochester NY  
11:09:47 From Ashley Plotnick : Ashley, she/her, Deerfield, IL  
11:09:47 From Mary Parks : Mary Parks (she/her) Ely, Minnesota  
11:09:48 From Kristina : Kristina - Kansas City  
11:09:49 From Jackie Halstead : Jackie (she/her) Nashville  
11:09:49 From Karen Erlichman she/her : Karen (she/her) - SF Bay Area on the occupied land of the Ohlone Ramaytush peoples  
11:09:50 From Ronna Sharegan(she/her) : Ronna(she/her) from Yellowknife Northwest Territories...northern Canada  
11:09:50 From Corey Dane : Corey here! (He/Him) Just outside Newark in Maplewood, NJ.  
11:09:50 From Megan Shepherd : Megan Shepherd, she/her, Madison, CT  
11:09:51 From Marie-Gabrielle : Marie-Gabrielle from Québec  
11:09:51 From Sandy Smith (she, her) : Sandy Smith (she/her), Nashville TN  
11:09:51 From Jerry Lee : Jerry Lee (she/her) Chicago, Illinois  
11:09:53 From Sejana Yoo (@SejanaShines) : Sejana, she/her, currently in Central Texas!  
11:09:53 From Donna-Michelle : Donna-Michelle (she/her) Ontario, Canada  
11:09:54 From Peggy Berger : Peggy Berger, Richmond CA  
11:09:54 From Kathryn Campbell : Kathryn Campbell, Lincoln NE  
11:09:55 From Diane Petrak : Diane Petrak, Pittsburgh PA area  
11:09:58 From Chantel (she/her) : Chantel Schmitz (she/her); Madison, WI  
11:09:58 From Dvera Hadden : Dvera Hadden she/her Mill Valley, CA  
11:09:59 From angelahooks : Angela Hooks, Manchester, Connecticut  
11:10:06 From Cheryl Lyon : Cheryl Lyon (she/her) Central New York state, near Binghamton  
11:10:06 From Annette Jo Giarrante : Jo Giarrante Glenview Illinois, Spiritual Guidance Training Program -Racine, WI  
11:10:07 From Soko Mackay : Soko he/him Seattle, Washington  
11:10:09 From Patricia Harasym : Patricia Harasym she/her Alberta Canada  
11:10:10 From Ravi Verma : Ravi Verma(he/him) Los Angeles  
11:10:13 From Jan McCabe : Jan McCabe Chicago-lands, she/her  
11:10:17 From Brenda Bertrand : Brenda (she/her), Tulsa, OK  
11:10:21 From Althea Banda-Hansmann : Althea Banda-Hansmann, she/her, Cape Town, South Africa  
11:10:26 From Adele Little Caemmerer : Adele Caemmerer, she/her, Plain, Washington, central Cascade mountains  
11:10:36 From Piaras Jackson : Piaras Jackson SJ in Belfast, Northern Ireland  
11:10:36 From Ouida Pihulyk : Ouida (wee-da) she/her Toronto

Canada

11:10:37 From Rebecca Davis, she/her, Minnesota : Rebecca Davis (she/her) Minnesota

11:10:48 From Linda Taylor : Linda Taylor (she/her) Fort Worth, Texas

11:11:15 From Joan Alexander (she/her) Canada : Replying to "Patricia Harasym she..."

Hi, from Saskatchewan!

11:11:16 From Tammy : Tammy (she/her) Indianapolis, IN

11:11:44 From Wendie Bernstein Lash : Wendie Bernstein Lash she/her Redwood City, CA USA

11:11:51 From Joan Alexander (she/her) Canada : Replying to "Donna-Michelle (she/..."

Hi from Saskatchewan!

11:12:07 From Joan Alexander (she/her) Canada : Replying to "Marie-Gabrielle from..."

Hi, from Saskatchewan!

11:12:20 From Linda Taylor : Replying to "Patricia Harasym she..."

Hi, Joan, good to see you.

11:12:24 From Joan Alexander (she/her) Canada : Replying to "Ronna(she/her) from ..."

Hi from Saskatchewan!

11:13:20 From Joan Alexander (she/her) Canada : Replying to "Patricia Harasym she..."

Hi Linda! Lovely to see you, too.

11:15:41 From Karen Erlichman she/her : Bliss

Breath

Connected

Energized

Oneness

Transcendence

Charged

Comfort

Expand

Contract

Soften

Expansive

Fluid

Open

Fluttery

Breathy

Tingly

Warm

Sweaty  
Heart racing  
Peace in the belly  
Aroused  
Flushed  
Heart centered  
Feet on ground  
Dewy  
Tearful  
Dancing  
Grounded  
Loosening  
Planting  
Soothed  
Steady  
Tingle  
Vibrate  
Warm touch  
Flow  
Ease  
Spinning  
Lifting  
Swirling  
Calming

11:20:17 From Spiritual Directors International : Trauma-  
Informed Practice

“Trauma informed practice refers to an approach and its practices that help us when working with the full complexity of people’s experiences within a specific context...

Trauma informed practice helps us to understand that everyone has some lived experience with trauma, and while some people may have resolved or integrated the experience, others are still living with the trauma or may not even know it exists. When we build a trustworthy container for our mentor relationship, our experiences, good, indifferent, and difficult, may rise to the surface as a surprise.” – Brian Braganza

11:27:06 From Spiritual Directors International : EMBODIED AND SOMATIC

Definition of somatic (from dictionary.com)

of the body; bodily; physical.

Somatic intelligence: “the body's ability to perceive, interpret, and respond to internal and external stimuli at a deeper, more intuitive level than cognitive intelligence. It involves the autonomic nervous system and body awareness, influencing our feelings, behaviors, and interactions.”

Definition of embodied (from dictionary.com)

expressed, personified, or exemplified in concrete form:

having or provided with a body; incarnate or corporeal:  
 Environmental Science. relating to or being the energy involved or  
 required in the production, maintenance, or use of a particular  
 concrete object, and therefore thought of as part of the object:  
 (emphasis mine)  
 (of writing) portraying the details of bodily experience as they are  
 lived or relived by the writer so as to evoke them sympathetically.

11:27:29 From Karen Erlichman she/her : Definition of somatic  
 (from dictionary.com)  
 of the body; bodily; physical.

11:28:05 From Karen Erlichman she/her : Somatic intelligence:  
 "Somatic intelligence is the body's ability to perceive, interpret,  
 and respond to internal and external stimuli at a deeper, more  
 intuitive level than cognitive intelligence. It involves the autonomic  
 nervous system and body awareness, influencing our feelings,  
 behaviors, and interactions."

11:29:56 From Karen Erlichman she/her : Definition of embodied  
 (from dictionary.com)

1. expressed, personified, or exemplified in concrete form:
2. having or provided with a body; incarnate or corporeal:
3. Environmental Science. relating to or being the energy involved  
 or required in the production, maintenance, or use of a particular  
 concrete object, and therefore thought of as part of the object:  
 (emphasis mine)
4. (of writing) portraying the details of bodily experience as they  
 are lived or relived by the writer so as to evoke them  
 sympathetically.

11:31:44 From Kristina : incarnate  
 11:31:50 From Karen Erlichman she/her : Lived or relived  
 11:31:56 From Sarah Cledwyn : form  
 11:31:58 From Rev Lisa : Incarnate, corporeal  
 11:31:58 From Ravi Verma : relived  
 11:31:59 From Margie Winters : incarnate, energy  
 11:31:59 From Peter deVries : The energy involved or required  
 11:32:00 From Marcelle Martin : expressed  
 11:32:02 From Megan Shepherd : evoke  
 11:32:03 From Sandy Smith (she, her) : Lived or relived  
 11:32:06 From Adele Little Caemmerer : Being the energy  
 involved  
 11:32:06 From Mel Granillo : energy  
 11:32:07 From Marie-Gabrielle : Reacted to "incarnate" with 👍  
 11:32:08 From Mary Parks : energy  
 11:32:09 From Jerry Lee : concrete form  
 11:32:12 From Menachem Cohen (he/they) : environmental  
 11:32:12 From Ronna Sharegan(she/her) : portraying the details  
 of bodily experience as they are lived or relived  
 11:32:21 From Piaras Jackson : Relived  
 11:32:21 From Dvera Hadden (she/her) Mill Valley CA unceded  
 Coast Miwok land : Concrete form, energy, lived  
 11:32:22 From Krystle Hart (she/her) : relived

11:32:24 From Adele Little Caemmerer : As part of the object  
11:32:30 From Annette Jo Giarrante : sexual/spiritual  
11:32:37 From Menachem Cohen (he/they) : Reacted to "sexual/  
spiritual" with ❤️  
11:32:41 From Menachem Cohen (he/they) : Reacted to "As part  
of the objec..." with ❤️  
11:32:50 From Rev Lisa : Bodily experienced as they are lived  
11:32:51 From Soko Mackay : bodily experience  
11:32:55 From Julie Meadows : gesturing; an outward and  
visible sign of an inward invisible experience  
11:33:38 From angelahooks : lived or relived  
11:34:19 From Althea Banda-Hansmann To Spiritual Directors  
International(privately) : Hello dear Seicho, I hope this is you. Hope  
you are well  
Can you message me the definition of trauma-informed. I switched from  
my mobile to my computer and lots previous chats.  
11:35:03 From Spiritual Directors International To Althea  
Banda-Hansmann(privately) : Replying to "Hello dear Seicho, I..."

Hi Althea! So good to see you 😊

Trauma-Informed Practice

"Trauma informed practice refers to an approach and its practices that help us when working with the full complexity of people's experiences within a specific context...

Trauma informed practice helps us to understand that everyone has some lived experience with trauma, and while some people may have resolved or integrated the experience, others are still living with the trauma or may not even know it exists. When we build a trustworthy container for our mentor relationship, our experiences, good, indifferent, and difficult, may rise to the surface as a surprise." – Brian Braganza

11:35:33 From Althea Banda-Hansmann To Spiritual Directors  
International(privately) : Replying to "Hello dear Seicho, I..."

Thank you so much!

11:35:46 From Spiritual Directors International To Althea  
Banda-Hansmann(privately) : Reacted to "Thank you so much!" with ❤️

11:37:34 From Althea Banda-Hansmann To Spiritual Directors  
International(privately) : Replying to "Hello dear Seicho, I..."

Lovely to see you too!

11:39:50 From Spiritual Directors International To Althea  
Banda-Hansmann(privately) : Reacted to "Lovely to see you to..." with



11:41:57 From Menachem Cohen (he/they) : Feeling joy is  
resistance!

11:42:04 From Dvera Hadden (she/her) Mill Valley CA unceded

Coast Miwok land : Reacted to "Feeling joy is resis..." with ❤️  
11:43:04 From Linda Taylor : Reacted to "Feeling joy is resis..." with ❤️  
11:43:08 From Peter deVries : In what ways is embodiment different with an online session?  
11:43:35 From Ravi Verma : Reacted to "Feeling joy is resis..." with 👍  
11:45:00 From Spiritual Directors International : <https://www.paulistpress.com/Products/3-630-8/group-spiritual-direction.aspx>  
11:45:11 From Ravi Verma : Group Spiritual Direction by Rosemary Daugherty  
11:45:18 From Sandy Smith (she, her) : Reacted to "https://www.paulistp..." with ❤️  
11:49:11 From Sejana Yoo (@SejanaShines) : Reacted to "https://www.paulistp..." with ❤️  
11:49:50 From Karen Erlichman she/her : Reflection questions for the dyads:  
· What did you notice in the somatic barometer exercise?  
· How is this related to teaching students the tools and skills of guiding a seeker in a discernment process using somatic practices?  
11:50:50 From Annette Jo Giarrante : what is the difference between somatic work and exploring feelings and what the feeling feels like and invites us to notice  
12:07:18 From Peter deVries : In the process of discernment, a sense of tightness or release as confirmation  
12:07:22 From Sejana Yoo (@SejanaShines) : Reacted to "what is the differen..." with 👍  
12:07:32 From Donna-Michelle : parallels between laughter and tears in direction  
12:07:38 From Sejana Yoo (@SejanaShines) : Reacted to "In what ways is embo..." with 👍  
12:08:01 From Julie Meadows : How to integrate imagery and somatic intelligence?  
12:08:15 From Menachem Cohen (he/they) : My partner said something like, "we're all walking around worried about losing our minds, while we've lost our bodies." We talked and I thought a lot about how to help people get to their bodies  
12:08:19 From Kathryn Campbell : how to encourage directees to notice body reactions when I'm such a novice at it myself  
12:08:21 From Joan Alexander (she/her) Canada : Reacted to "parallels between la..." with 👍  
12:08:26 From Sejana Yoo (@SejanaShines) : Reacted to "how to encourage dir..." with ❤️  
12:08:33 From Lisa Irish : Reacted to "how to encourage dir..." with 👍  
12:08:35 From Megan Shepherd : Ways to help name what is being experienced in the body

12:08:39 From Sandy Smith (she, her) : Reacted to "how to encourage dir..." with ❤️  
12:08:43 From Ravi Verma : how to build somatic experiencing through formation programs  
12:08:44 From Sejana Yoo (@SejanaShines) : Reacted to "My partner said some..." with ❤️  
12:08:49 From Lisa Irish : Reacted to "How to integrate ima..." with 👍  
12:08:50 From Karen Erlichman she/her : Implications for Formation & Training Programs & Supervision

Some questions for your program:

What are the hopes, intentions and concrete learning objectives of your SD training program?

What does a somatic based pedagogy look like that is part of the foundation of your program?

What somatic resources, teachers, supervisors, mentors, or advisors might be needed?

What needs to be integrated into your curriculum?

12:08:52 From Sejana Yoo (@SejanaShines) : Reacted to "How to integrate ima..." with 👍

12:09:25 From Annette Jo Giarrante : participants in training seem to have a hard time connecting their feelings to where they are in their body

12:09:35 From Adele Little Caemmerer : I appreciate drawing awareness to what it feels like when experiencing what we call the sacred, the felt sense of it, as a kind of touchstone. So important for discernment, that it is not just "figuring it out"

12:09:35 From Menachem Cohen (he/they) : Reacted to "participants in trai..." with 👤

12:09:40 From Corey Dane : I'm struck by how in an effort to define somatic and embodied, we turned to verbal language and what our brains could read/hear/understand/process intellectually. I wonder how the body defines somatic. Physically. Embodied.

12:10:10 From Ashley Plotnick : Reacted to "I'm struck by how in..." with ❤️

12:10:20 From Menachem Cohen (he/they) : Reacted to "I'm struck by how in..." with 😊

12:10:34 From Menachem Cohen (he/they) : Reacted to "I'm struck by how in..." with 🐘

12:10:45 From Soko Mackay : The importance for having a practice making that connection to your body and something more.

12:10:53 From Adele Little Caemmerer : Reacted to "My partner said some..." with ❤️

12:11:48 From Annette Jo Giarrante : Most of us are afraid of losing our minds but have lost their bodies

12:12:00 From Menachem Cohen (he/they) : Reacted to "Most of

us are afraid..." with 👤  
12:12:04 From Adele Little Caemmerer : Reacted to "Most of us  
are afraid..." with 👍  
12:12:11 From Ashley Plotnick : Reacted to "Most of us are  
afraid..." with 👍  
12:12:49 From Corey Dane : Reacted to "Most of us are  
afraid..." with 🤔  
12:13:38 From Sejana Yoo (@SejanaShines) : Reacted to "Ways to  
help name wh..." with 👍  
12:13:57 From Sejana Yoo (@SejanaShines) : Reacted to  
"participants in trai..." with ❤️  
12:13:59 From Jan McCabe : Reacted to "Most of us are  
afraid..." with 👍  
12:14:39 From Linda Taylor : Reacted to "Most of us are  
afraid..." with 👤  
12:14:43 From Sandy Smith (she, her) : Reacted to "The  
importance for h..." with ❤️  
12:14:53 From Spiritual Directors International : [https://  
davidtreleaven.com](https://davidtreleaven.com)  
12:14:58 From Sejana Yoo (@SejanaShines) : Reacted to "I'm  
struck by how in..." with 🤔  
12:15:15 From Sejana Yoo (@SejanaShines) : Reacted to "The  
importance for h..." with 👍  
12:15:32 From Sejana Yoo (@SejanaShines) : Reacted to "Most of  
us are afraid..." with 👍  
12:15:32 From Dvera Hadden (she/her) Mill Valley CA unceded  
Coast Miwok land : Reacted to "<https://davidtreleav...>" with 🙏  
12:15:38 From Menachem Cohen (he/they) : Reacted to "I  
appreciate drawing..." with ❤️  
12:15:54 From Sejana Yoo (@SejanaShines) : Reacted to  
"<https://davidtreleav...>" with 👍  
12:18:34 From Menachem Cohen (he/they) : Even within the same  
church or synagogue ways of engaging the religion widely vary  
12:18:45 From Karen Erlichman she/her : Reacted to "Even  
within the same..." with 👍  
12:18:47 From Dvera Hadden (she/her) Mill Valley CA unceded  
Coast Miwok land : I am deeply encouraged to have a better  
relationship with my body by Sonya Renee Taylor's The Body Is Not An  
Apology- especially the audio book presented by the author herself.  
12:19:07 From Kristina : Reacted to "Even within the same..."  
with 👍  
12:19:39 From Sejana Yoo (@SejanaShines) : Reacted to "I am  
deeply encourag..." with 👍

12:19:43 From Menachem Cohen (he/they) : I get so much more done in a hour of somatics than other modalities. I want to learn more about somatic and using it in SD sessions.

12:19:54 From Corey Dane : Reacted to "I get so much more d..." with ❤️

12:20:20 From Sejana Yoo (@SejanaShines) : Reacted to "I get so much more d..." with 👍

12:20:30 From Sandy Smith (she, her) : Reacted to "I get so much more d..." with ❤️

12:20:56 From Menachem Cohen (he/they) : Replying to "I get so much more d..."

to be clear, I mean when on the receiving end of somatics I get more of my inner work done

12:21:26 From Dvera Hadden (she/her) Mill Valley CA unceded Coast Miwok land : Reacted to "to be clear, I mean ..." with ❤️

12:22:04 From Menachem Cohen (he/they) : Reacted to "I am deeply encourag..." with ❤️

12:23:03 From Karen Erlichman she/her : Playful learning is embodied and aligned with the values and practices of spiritual companionship:

Explore the unknown and "to find wonder – to be curious and to find meaning in their learning."

Lead their own learning, make choices, and have ownership and empowerment.

Find joy in their learning, and experience feelings of enjoyment and delight.

A RESOURCE: Stuart Brown, founder of National Institute for Play – Podcast interview with Krista Tippett – On Being  
Play as a mode of learning increases and improves rates of integrated knowledge, skills and growth. There are some shared elements with prayer and play that have to do with a quality of presence, surrender, creativity, and joy.

12:24:13 From Marie-Gabrielle : I learn from Deb Dana about being aware of our nervous system state in coaching

12:24:26 From Karen Erlichman she/her : karen@karenerlichman.com

12:25:01 From Adele Little Caemmerer : I appreciate the prompt of what I picked to wear. For people not familiar with this kind of awareness,, this seems a good kind of start

12:25:03 From Spiritual Directors International : 🙏 Thank you for sharing Althea 🙏

12:25:10 From Menachem Cohen (he/they) : Reacted to "I appreciate the pro..." with 👍

12:25:15 From Sejana Yoo (@SejanaShines) : Reacted to "Thank you for sha..." with 👍

12:25:18 From Donna-Michelle : Reacted to "I appreciate the pro..." with 👍

12:25:31 From Joan Alexander (she/her) Canada : Reacted to "🙏 Thank you for sha..." with ❤️

12:25:35 From Dvera Hadden (she/her) Mill Valley CA unceded Coast Miwok land : Will the chat be available to participants after this session?

12:25:56 From Jan McCabe : Reacted to "🙏 Thank you for sha..." with ❤️

12:26:08 From Spiritual Directors International : Replying to "Will the chat be ava..."

Unfortunately, no-Zoom doesn't not function that way

12:26:25 From Spiritual Directors International : Replying to "Will the chat be ava..."

To my knowledge

12:26:33 From Menachem Cohen (he/they) : Replying to "Will the chat be ava..."

Usually you can ave the chat.

12:26:34 From Sandy Smith (she, her) : Reacted to "🙏 Thank you for sha..." with 👍

12:27:08 From Menachem Cohen (he/they) : Replying to "Will the chat be ava..."

The 3 dots at the top right of the chat box.

12:27:09 From Spiritual Directors International : Replying to "Will the chat be ava..."

Oh yes, the chat can be saved, it will not be open to continue chatting, though

12:27:10 From Krystle Hart (she/her) : If you click "Save chat" in upper right hand corner of the chat window, it will save it on your desktop

12:27:14 From Sarah Cledwyn : Experiential learning is essential. Talking about it isn't it.

12:27:53 From Dvera Hadden (she/her) Mill Valley CA unceded Coast Miwok land : Reacted to "Oh yes, the chat can..." with 👍

12:28:01 From Sarah Cledwyn : Isn't enough

12:28:09 From Menachem Cohen (he/they) : Todah rabah Karen! Please, may I have some more.

12:28:27 From Cindy Lee : Thank you so much Karen!

12:28:40 From Dvera Hadden (she/her) Mill Valley CA unceded Coast Miwok land : Thank you so much for this offering!

12:28:41 From Annette Jo Giarrante : thank you Karen

12:28:46 From Sandy Smith (she, her) : This was very helpful..

thanks Karen!

12:28:46

From Althea Banda-Hansmann : Thank you so much Karen!

12:28:48

From Andrea M : Thank you!!

12:29:04

From Joan Alexander (she/her) Canada : Thank you,

Karen!