

11:53:52 From Mary : welcome! feel free to use this chat area, and send messages to "All panelists and attendees" if you want others to know you are here, so you can talk with each other.

11:55:50 From Claudy : Good morning everyone from Williams Lake :)

11:58:51 From Ainsley Camps : Hello everyone.. I am here early. Joining you from Vancouver BC

11:59:12 From Mary : Hello from Raleigh, NC

11:59:16 From Seblewongel Denneque : Seble from Ethiopia. Really good to see you.

11:59:38 From Charice : Charice from Washington

11:59:47 From Stephen Bosacker : Greetings from MN, USA!

12:00:08 From Royce : Royce Holladay joining from Minneapolis, MN. Circle Pines...on Golden Lake.

12:09:15 From Mary : Interesting reference to Haiti here, as well as interesting ideas about borders:  
<https://foreignpolicy.com/2019/11/01/immigration-wall-open-borders-trillion-dollar-idea/>

12:10:15 From Royce : How do you experience distortion at some border you know?

12:11:30 From Juli : Different perspectives about what's most important

12:11:53 From Royce : Good point, Juli...And that can create turbulence, right?

12:12:25 From Royce : Interesting point, @Jenn.

12:12:30 From Juli : Oh yes! even if it's the "same goal"...what is the same, different?

12:12:55 From Mary : a lot of energy exchange in the turbulence - can be exhausting/exciting

12:12:56 From Royce : So their view of you may be a bit distorted, right? @Jenn?

12:13:14 From Jenn : This is a very interesting concept. As an immigrant from S.Africa to Canada ... I have often reflected how sometimes I feel different in my homeland to how I feel in Canada or other countries I've lived in. In a sense ... I've been distorted! And I feel people perceive me differently

12:13:38 From Royce : You can also have wonderful distortions...I see my family members, mostly, in wonderful light and tend to ignore the things I don't want to see.

12:14:59 From Jenn : YesI agree .. distortions aren't necessarily a bad thing ... I have felt many positives ... Certainly I've noticed energetic differences in the different lands and their impact on myself

12:15:11 From Juli : Is this also where assumptions and expectations show up when we "cross a border"

12:15:38 From Claudy : sounds like a good metaphor for reorgs as well

12:16:10 From Mary : I find when I travel, I come back different - I guess all that energy exchange and scattering is affecting me

12:16:39 From Jenn : Yes agreed Claudy

12:17:24 From Jenn : Yes Mary ... me too. Travel changes me...in varying degrees... depending on where I travel to

12:18:04 From Seblewongel Denneque : I have worked in Ethiopia and Kenya for similar organization with similar job position, but, borders played a lot on my confidence, relationship, communication because of culture, views on hierarchy....

12:18:31 From Royce : I can see how that would be true, Seble  
12:18:33 From Mary : yes, Jenn - this even explains why it can be good for me to get out of my home office  
12:18:34 From Juli : WWhen I travel somewhere I can find my own values show up...what is different and does it align with my values? I like asking same/different to broaden my thinking  
12:19:44 From Royce : Good way to approach that, @Juli.  
12:20:44 From Karen : Me too. Living in Spain for three school terms has propelled me to use same/different to help understand me experience.  
12:23:34 From Karen : I like that idea of being conscious of borders and the differences and energy that can be transformative.  
12:23:59 From Juli : Karen, me too! What a great way to think about transitions or transformations...hmmm...  
12:24:40 From Juli : What does the science say about the best way to cross the border? Curiosity?  
12:25:09 From Mary : thinking of a client that works with many similar organizations - how can they use the grey space to explore what works for some (that may work for all)  
12:27:22 From Royce : In that example about continuous impact or sporadic "zaps" of energy is what reminds me not to nag...Just use pointed and unique requests that can be heard instead.  
12:32:38 From Karen : Isn't successful immigration centered on keeping aspects of your culture and identity and adopting aspects of the culture of your new home?  
12:34:56 From Ainsley Camps : hard to type story, but i moved within my own country and I noticed all these things  
12:35:00 From Donna Bivens : I'm thinking about the power dynamics of boundaries. I recently met a woman from Australia who lives in Canada. I'm experiencing the power dynamics of setting boundaries. It let me to look up this story on Australia: <https://www.youtube.com/watch?v=OnWGXMDhwi8&t=1355s> What are the infinite games and finite games around boundaries? You know this is where I live(for better or worse)  
12:36:28 From Karen : In Spain, I have had to adjust to a very affectionate culture where you are greeted with a hug, there are no arms here, the safety factor is different here. In Chicago, one has to be mindful of surroundings.  
12:37:15 From Royce : Karen, it is so much about personal space and whaat you are used to...I totally agree  
12:37:54 From Karen : It was an adjustment! Now, I value the difference.  
12:38:20 From Royce : Does it shift as you move between home and then back there and then home?  
12:38:39 From Karen : Glenda is making a great point. Need for stability vs. desire to transform.  
12:40:01 From Karen : Yes, the way of greeting shifts, yet I am noticing that my family is really coming around to hugs and more open signs of affection.  
12:40:04 From Jenn : I have found that the more open-minded and flexible I am (less need for stability) when going to a new country ... the better my experience  
12:42:15 From Jenn : Yes ... I agree ... asking What are the possibilities? is a great way to start in a new place...relationship ... situation.  
12:43:38 From Karen : Good point, Jenn. I like that approach, it resonates

with me.

12:43:59 From Royce : This is true at all scales—personal, interpersonal, to national, global

12:44:12 From Svitlana Larina : It seems to me that overcoming the boundaries, you become different. The story that you tell about yourself is changing too. That is, turbulence actually happens inside you

12:44:40 From Royce : I agree, Svetlana.

12:45:02 From Donna Bivens : This is a very helpful way of experiencing boundaries. Yes it does help a lot.

12:45:25 From Royce : Great, @Donna.

12:45:49 From Donna Bivens : This word "control" is key.

12:47:19 From Jenn : I've been experiencing these differences between Health Authorities which I've recently moved between. There's a lot that's the same ... and then some things (control and power for example) that are very different. Navigating some of it has been interesting to watch in myself especially when it comes to personal values.

12:48:54 From Karen : Can you talk little more about ‘integration’? How do we integrate experiences?

12:52:56 From Royce : Karen, I will ask her that in a minute, but I believe much of her response will reference this...Holding tight to your own SRs or principles even as you embrace and explore the differences...seeing what is fit for you and those around you.

12:53:16 From Karen : I think she’s touching on it.

12:53:44 From Karen : Thanks, Royce- so helpful.

12:55:50 From Karen : Coming to Spain has allowed me to see universal healthcare, a society without arms, and a cohesive education system. There are challenges- but the experience of seeing this society in action has been transformative for me.

12:58:32 From Reed : Sometimes choosing joyful practice impacts the whole, parts & greater whole differentially.

12:58:57 From Royce : I agree @Reed.

12:59:42 From Mary : interesting, Reed - especially with family!

12:59:55 From Karen : Thank-you- this was a generative experience! Loved it.

12:59:57 From Svitlana Larina : Great explanation! Thank you, Glenda! The updated rules seemed to have become deeper and more voluminous. I admire you and your work!

12:59:58 From Reed : :) yep @ Mary

13:00:18 From Charice : Thank you!

13:00:19 From Clare Wills : tyvm :-) really interesting

13:00:24 From Reed : Thanks all!!!

13:00:27 From Claudy : Thank you!

13:00:28 From Seblewongel Denneque : thank you

13:00:31 From Helena Luginbuehl : Thanks to all of you!

13:00:37 From Ainsley Camps : thank you so much!