

## **Live Virtual Workshop**

### **Time is Not a Tightrope: Stand Strong in Each Moment**

#### **Chat Transcript 07APR22**

- 12:04:27 Christine Capra - she/her: Christine Capra - Mpls, MN
- 12:04:32 Bridget Kelly: Bridget in Port Townsend, WA, USA.
- 12:04:32 April Schnell: April in Ft Collins CO
- 12:04:33 Roya (she/they) Damabi: Hi from Edmonton, Canada:)
- 12:04:36 Jessica Novak (she/her): Jessica Novak, Tucson, AZ USA
- 12:04:36 Charisse Pelaez Walcott: Charisse Walcott--Atlanta, GA
- 12:04:37 Lisa Negstad (she/her): Lisa, Minneapolis, MN, USA
- 12:04:38 Deana: Deana, in US--Georgia
- 12:04:39 Ella Davila Auchincloss: Hi Everyone, Ella Auchincloss here from Middletown, RI in the USAw
- 12:04:40 Sierra Woods: I am Sierra, and I am in Ottawa Canada.
- 12:04:42 Rachel Ferencik: Rachel Ferencik | Atlanta
- 12:04:42 Claudia Espinel: Claudia Espinel, Chicago, Illinois, U.S.A
- 12:04:46 Emma Pearson: Emma, Sergy, France (on the border with Geneva, Switzerland)
- 12:04:47 Heather Oxman: from Lethbridge Alberta Canada,
- 12:04:50 Tamela Handie: Hello from Kansas City, Missouri.
- 12:04:50 Stefano Papini: Stefano Papini, Milan, Italy
- 12:04:52 Mike Norbury: Mike in Vancouver BC, Canada
- 12:04:57 Michelle Molina (she/her): Michelle from Compton ca
- 12:05:01 Michelle Molina (she/her): usa
- 12:05:02 Antonella Pagliarani: Antonella, Milan Italy
- 12:05:02 Michaele.Gardner: Michaele -Maple Grove Minnesota (near Minneapolis).
- 12:05:07 Barrie McClune: Barrie in Oakland California. Been thinking a lot about the subjectivity of time as I've been practicing the piano with a metronome
- 12:05:10 Robin Kilroy: Robin from the traditional and unceded territory of the Algonquin Anishinabeg (near Ottawa)

12:05:18 Olga Yiannakis: Olga from Cape Town, South Africa

12:05:19 Donna Bivens: Donna in Roxbury, MA a neighborhood in Boston.

12:05:21 Jeannette: Jeannette Raymond Minneapolis

12:05:24 Mary Nations: I'm in Raleigh, NC

12:05:45 Veronica Estrella: Veronica Estrella-BC, Canada now

12:05:48 Olga Yiannakis: Time is a dragon that's hard to capture ;)

12:06:24 nicoleta: Hello from Ottawa, Canada. Always happy to be here!

12:14:04 Claudia Espinel: Would one dimension time be connected to finite games?

12:15:14 nicoleta: one dimensional but two directional

12:15:18 Ella Davila Auchincloss: to create urgency

12:15:29 Jeannette: bringing people together

12:15:45 Michelle Molina (she/her): running late

12:16:17 nicoleta: but anticipation, imagination ,going into the future does it not make it link to infinite game many possibilities

12:16:23 Michelle Molina (she/her): we're moving forward to a place in a rush

12:16:29 Matt Cobb | WB | Dakota Lands (MSP) |: Is time simply a measure of distance and thereby collapses into the space dimension?

12:16:56 Olga Yiannakis: Thinking about death & the impact of how we view time - when we know we have limited time vs when we don't know when our time will end ...

12:16:57 Roya (she/they) Damabi: offer a feeling of simplicity (real or not)

12:17:04 Mike Norbury: slow down to hurry up (or gain efficiency for time in the future)

12:17:10 Christine Capra - she/her: With cause & effect, I think a lot about sequencing.

12:17:11 Stefano Papini: a project milestone

12:17:16 Donna Bivens: I was thinking about the same thing, Matt. "I'll b

12:18:00 Barrie McClune: Time as a container, holding the boundaries of the activity

12:18:12 Deana: Is it necessary to consider time in one dimension to facilitate collaboration?

12:20:04 Donna Bivens: My screen keeps going off! I was going to write "I'll be right back" as relationship and place.

12:20:12 Matt Cobb | WB | Dakota Lands (MSP) |: B.C. and A.D.

12:21:04 Ella Davila Auchincloss: So interesting re St Augustine. It is hard to imagine cognition without understanding the linear nature of time.

12:21:13 Bridget Kelly: One-dimensional time seems like a simple rule we've all implicitly agreed to.

12:22:06 Royce Holladay: @Bridget—we just never know what assumptions shape most of our thinking, right?

12:23:05 Matt Cobb | WB | Dakota Lands (MSP) |: The DOS prompt now has another connotation for me in this mapping of linear time moving forward from the birth of the Messianic figure.

12:24:26 stacy becker: Then there's "covid time": both really fast and really slow at the same time

12:24:46 Barrie McClune: Or early childhood: the longest shortest time.

12:24:49 nicoleta: when loosing track of time means (to me) that time becomes multidimensional open to many possibilities, the time of exploration and experimentation

12:24:51 Donna Bivens: Once upon a time...

12:25:30 Donna Bivens: Yes! COVID time!

12:25:38 Stefano Papini: Or free time versus working time, as interdependent pairs

12:25:50 Sierra Woods: What is the last name of the person you mentioned, Olivia something?

12:25:51 Glenda: Ocean Vuong

12:26:01 Michaele.Gardner: Here is a link to the interview: [Poet Ocean Vuong sifts through the aftershock of grief in 'Time Is a Mother'](#)

12:26:15 Ella Davila Auchincloss: Or how time felt when my babies were small and everyone told us that time would go so fast when it felt like just the opposite. Now, I say this to other young parents and they look at me like I used to look at others!

12:26:52 Jeannette: so true Ella

12:27:02 Royce Holladay: The choices we Mak in a moment of time

12:27:07 Royce Holladay: make

- 12:27:15 Bridget Kelly: Maybe grieving is gradually coming to be able to see the third day.
- 12:28:55 Mary Nations: another lovely reflection on time, space, and grief (via fractal geometry (student of Mandelbrot)!) [The Geometry of Grief: A Mathematician on How Fractals Can Help Us Fathom Loss and Reorient to the Ongoingness of Life](#)
- 12:29:09 Royce Holladay: @ Barrie—this is lovely: thanks for this: “Or early childhood: the longest shortest time.?”
- 12:30:48 Heather Oxman: easier to go back than forward
- 12:30:51 nicoleta: spaciousness
- 12:31:00 April Schnell: The linearity of time slowed down during the visualization
- 12:31:03 Jeannette: the forward looking points were positive
- 12:31:04 Ella Davila Auchincloss: The future got more abstract as I imagined life past the summer.
- 12:31:15 Roya (she/they) Damabi: it was fun to zoom around and have a sense that I got to decide what to explore and could zoom myself back to the present moment if I wanted/needed to
- 12:31:17 Matt Cobb | WB | Dakota Lands (MSP) |: Past memory was over left shoulder and emerging future was over right shoulder
- 12:31:21 Rachel Ferencik: the further I got from backward or forward the harder it was to "see".
- 12:32:24 Donna Bivens: Going back, surprised at how big the two years of COVID are and how much they blur the rest. Going forward surprised at how much certainties are work commitments! Or vacations! The rest is blurry. Very interesting!
- 12:32:26 Michaele.Gardner: Helped me stand in inquiry while also focusing on who I want to be long term (and how I can get there).
- 12:33:07 Mary Nations: the past can and does change in the rearview mirror
- 12:33:35 Olga Yiannakis: Forward was possibilities - & that there are placeholders but can change, & that’s okay
- 12:33:37 Matt Cobb | WB | Dakota Lands (MSP) |: Felt sense noticed was warmth and increased cardiac contraction in the heart center that I associate with gratitude from the left side and anticipatory joy from the right side. Left heart and Right heart felt interpretations.
- 12:33:38 Stefano Papini: I felt on a time machine, looking back to most significant moments for me and looking to future connected to hopes

- 12:34:07 Robin Kilroy: It's interesting how new information about your past can change your "experience" of it even though it no longer exists
- 12:34:27 Michaele.Gardner: ^^^ YES Robin!!
- 12:34:29 Deana: I appreciate the exercise as an opportunity to reflect on being rather than doing.
- 12:35:00 Barrie McClune: I always think about what @Royce said once: "in memory and imagination there's choice."
- 12:35:02 Tamela Handie: What Michaele said!
- 12:35:38 Veronica Estrella: Different feeling - "seeing" your past and then "visualising" your future.
- 12:35:52 April Schnell: When covid isolation/shut down first started, I had a sense of the end of that time...what that would feel like in the future. It brought me comfort to know that the lock down time was short and temporary in the big picture
- 12:35:54 Barrie McClune: All my certainties are not events but people. Interesting!
- 12:36:24 Claudia Espinel: I thought about the threats of change... I found myself looking at moments or ideas that are connected to the main ways my mindset and behaviors have shifted. Then I started reflecting on what I want to build for the future. In the midst of all of this, I was wondering about the collapsed time that are contained within multidimensional time.
- 12:36:26 nicoleta: @ Berrie and @ Royce indeed and I love this
- 12:36:57 Matt Cobb | WB | Dakota Lands (MSP) |: Watching projective identities arise from the past memories and observing the emerging field of future possibilities for Self to be realised.
- 12:39:10 Barrie McClune: I'm seeing the expansion and collapse of time as a choice that can be fit for function. When overwhelmed, it can be helpful to think about it as linear, collapsed. When being creative, generative, thinking about it as infinite and complex.
- 12:39:52 Donna Bivens: April, when COVID started, I had the sense that the world had slowed down to my natural pace. Now, it is hard to get back with the rapidity of our life in this society. And SO much didn't slow down at all. The building in this city is amazing. I've been lost in places right in my own city!
- 12:40:00 Donna Bivens: My sister is like that!
- 12:40:11 Royce Holladay: It's a gift and a burden!!!

- 12:41:35 April Schnell: @ Donna, so wonderful to think of your 'natural' pace. Now you can choose that pace as it suits you!
- 12:42:54 Donna Bivens: That's a great thought, April!
- 12:44:16 Arne Gast: I just love your language, how you talk about these things!
- 12:45:00 Charisse Pelaez Walcott: @Arne...I so agree with you on that!!
- 12:45:32 Donna Bivens: I love that the past it open and infinite but the future the opening is turned away from what we can see.
- 12:46:00 Deana: This image makes me think of Zooming out to the past and future and zooming in to the present.
- 12:46:42 Mike Norbury: It's also true that you can use time to frame things - everyday will end. Bedtime will always come. Tomorrow is a new day (opportunity).
- 12:46:50 Royce Holladay: I love that Deana!
- 12:46:59 Tamela Handie: Time has changed my perspectives about a lot of my past and present.
- 12:47:03 Kerry Priest: As we work in groups ... it feels even more complex because everyone is bringing their individual "pasts" and our shared "pasts" into the space ....
- 12:47:09 April Schnell: It seems amazing how we can choose to get what we need in the moment by choosing our time lens and experience of time
- 12:47:26 April Schnell: For sure about trauma!
- 12:47:51 Royce Holladay: Yes, @ Kerry....welcome to facilitation, right? That's what makes it so wonderful—and so challenging...
- 12:48:05 Michelle Molina (she/her): Your memories can be so easily changed too. We can bring new perspectives / insights to moments. Or just misremember things.
- 12:48:55 Donna Bivens: So true!
- 12:50:42 Donna Bivens: I've had a writer's block for years and am trying to writing again to see what I've been through. I find myself advising younger friends to chronicle in some way the changes they've gone through. This is so important when change is SO rapid.
- 12:51:09 Matt Cobb | WB | Dakota Lands (MSP) |: You will be able to remember and retain all your relatives in this kind of circle time.

- 12:51:26 Heather Oxman: the wholeness of the future is captured by seasonal truths and the world "expectations" of the gathering of food and movement on the land - which is being altered by climate change
- 12:51:34 Tamela Handie: Great point Mike. Are we experiencing people in the now, past or future? How can we know? Does it matter? I believe the stage of time they're and we're in matters.
- 12:51:35 Mary Nations: Love that you are writing again, Donna
- 12:52:37 Donna Bivens: Wanted to share a favorite quote that's accompanied me: "If, in moving through your life, you find yourself lost, go back to the last place where you knew who you were, and what you were doing, and start from there."  
— Bernice Johnson Reagon
- 12:53:01 Robin Kilroy: Nice, Donna.
- 12:53:16 Roya (she/they) Damabi: with practice and support, one can choose what threads to pull through/hold from the past into the present moment or future
- 12:53:27 Matt Cobb | WB | Dakota Lands (MSP) |: Rounded time is always in relationship towards adjacent possibilities, isn't it?
- 12:53:32 Taylor B. Anderson (she/her): being able to "live in the moment" is usually a positive trait and mindset! but this session has really made me think deeply about how that framing may collapse my understanding of how the infinite past and future influence the moment I am hoping to fully live/sit in
- 12:53:39 Donna Bivens: This was such a great session. It is SO important to talk about this because time is such an issue. I feel like I have more tools to unpack it.
- 12:54:01 Mary Nations: Nice, Taylor.
- 12:54:08 Tamela Handie: Time and the stage of time we're operating in within our now always shapes our identity, voice and power. Identify, voice and power seem to change based upon the stage of time we're in right now.
- 12:54:20 Robin Kilroy: Time, or the lack thereof, is so often given as a reason/excuse for not being able to take action, make decisions, work differently. So my question now is how to help people see this as surmountable?
- 12:54:35 Veronica Estrella: @Taylor, so true
- 12:54:47 Michelle Molina (she/her): It has reminded me of the benefits of documenting (aka journaling)

- 12:55:03 nicoleta: collapsing when I think of goals or meditation being in the moment but is dual both collapsed but also expansive because in the moment we are whole. Also expansive is future in eventually, possibilities as well in creativity, innovation, art in all its manifestation is timeless (i.e painting but also looking at a painting etc.).
- 12:55:26 Mary Nations: another lovely reflection on time, space, and grief (via fractal geometry (student of Mandelbrot!)) [The Geometry of Grief: A Mathematician on How Fractals Can Help Us Fathom Loss and Reorient to the Ongoingness of Life](#)
- 12:56:14 Claudia Espinel: I am wondering now about efficiency and how many times I have seen teams expanding variables while constraining time and how much this conversation can help shift the lenses so we can choose what is more relevant for the purpose of the moment.
- 12:56:38 Roya (she/they) Damabi: On the subject of dragons: [Here Be Dragons](#)
- 12:57:16 Taylor B. Anderson (she/her): @nicoleta - yeah that's interesting, meditation does seem to feel both expansive and collapsed simultaneously
- 12:57:42 April Schnell: Reminds me of Peter O'Toole's 'Executive Compass', where he talked about an interdependent pair of community and efficiency
- 12:58:44 Deana: [Collapsing Time](#)
- 12:58:46 Royce Holladay: Yes, Thanks, Mary. You did a great job!
- 12:58:47 Tamela Handie: What a great moment in time that I will always remember!
- 12:58:47 Roya (she/they) Damabi: Thank you to everyone for creating a great session today. Thanks, Glenda!
- 12:58:48 Olga Yiannakis: Thank you, all
- 12:58:56 Donna Bivens: This was so helpful. Didn't know how much I needed it!
- 12:58:57 Deana: Thanks everyone!
- 12:58:57 Taylor B. Anderson (she/her): thank you!!!
- 12:59:00 Kerry Priest: Thank you! Insights helpful as I move into some planning
- 12:59:00 Royce Holladay: Thanks to all...
- 12:59:00 nicoleta: thank you all for sharing your time and thoughts.Lovely
- 12:59:05 April Schnell: Thank you Glenda and Royce and Mary!!! Extraordinary!