

It's the first day;
& for my first lecture,
I attend : "Are we really okay?"
We explore our resistance to what is,
& the notion that,
resisting what is,
tends to make what is,
persist.
The notion that,
actually,
if we were to be okay with not being okay,
then maybe,
we'd be okay a lot sooner,
than if we tuck our "negative" feelings away.
We found that :
"Outta sight, outta mind"
equates to suffering -
in our bodies,
& in our lives,
time & time,
again.
So when the "negative" half of the spectrum takes sway,
we realised :
That maybe it's better to be okay
with not being okay, anyway.
That maybe,
owning our negativity,
leads to accountability,
leads to connectivity,
leads to community.
& it was about this time,
that my focus slipped back to my own mind.
& I decided,
in silence,
that I'd return to my own community,
to address what divides us,
& make time,
to make spaces,
for this learning from Newkind,
to permeate my regulars places -
to show up,
in every flavour,
& be okay
with expressing pain,
in the name,
of transcending it -

it's hold,
on our old
neural pathways -
to always :
make time,
& space,
to slow down our minds,
& step out of the rat race,
with the taste
of truth
on our tongues -
& liberation from shame in the spring of our steps.
Tipping the point of "okay"
from surviving,
to thriving,
& willful bliss.
Given,
ofcourse,
that we can take grief and sadness for what it really is :
A deepening,
to the wellspring,
of our capacity to feel joy.
Acknowledging that disorder,
is just order in motion -
that there is no need to swim upstream,
against the natural inclination
of our feelings -
all that is necessary,
is to lean in a little bit -
get curious as to what makes us tick,
Because usually,
that's the ticket,
to our freedom;
to healing -
to feeling okay about not being okay,
when the negative half of the spectrum has sway.
So that was the first lecture of the day.
After that,
I went on my way,
to get curious about curiosity.
I learnt that it is a state that allows us to deepen in our compassion & flow,
to unlock infinite potential,
where we once only felt scarcity, stagnance & fear, surrounding the unknown.
I learnt that curiosity,
is a leverage point for connection,
for our intention,

to learn,
& to turn,
our prejudices inside out,
to dry,
& lie,
belly up -
open to the idea,
that when we steer our lives,
from a place of curiosity,
we'll probably,
change the trajectory,
of our lives forever -
& transform the times
of discomfort,
into moments of joy.
Again, we closed our intimate circle -
Having leapt to jump curiosity's hurdle -
leaving,
with another road map,
designed to help us get the knack,
for finding joy.
I felt spoilt by this point;
How's our fortune,
being able to explore,
grieve and rejoice with each other,
under the sunset, golden.
It was here,
I cried tears
of joy.
& truced to myself,
I'd bring this wealth
of knowledge
to my own community -
First, by instigating connectivity,
Through :
food,
music,
dance,
documentaries
& poetry.
"I WILL..."
Design events.
Take up space.
Find the source.
Communicate.
Buy it local.

Spread the word.

Make art.

Plant some veggies.

Make a start.

Shop bulk.

Think big.

Start small.

Plant seeds.

Make the call...

Because the lesson that really hit home this time at Newkind,

Was the power of individual initiative.

That the trick,

is to avoid the middle-man,

& make your own plans.

Behrouz brought that home for me :

To start on your own two feet,

& then test your limits of connectivity -

which,

just like curiosity's level of possibility -

is : infinite.