

Live Wonder Party - 4/7/2021 - Laziness

Hi! I hit the start button before I felt emotionally prepared. This is very exciting. Okay.

Hello, and welcome to this new version of the Wonder Botanica newsletter. We'll see how this goes, and, if you could let me know that you're here (say hi, or something). The reason for that being, sorry I'm looking at my computer so I can actually see when people are saying things; the reason for that being that my view right now is my own face on my phone, which means that I'm talking to myself, which while not uncommon.

[To camera] Hey, Tracy!

Not uncommon, still feels very odd. [Hi, Julie, you're here! Hi, Stacy!] All of a sudden, not talking to myself [oh, the dog gets very excited when I say hello to people]. Um, yeah, so much easier when I can actually see that there are people here, not talking to 'self' anymore.

Hi Lana!

Okay. I've promised for everyone's sake, to try and keep this 30 to 45 minutes.

Hi Victoria!

Tracie, it's because it's like 'you came to my party.' It's very exciting. I'm even wearing a party dress. So.

Hi Katie!

Also it's like, is it anxiety or excitement, I don't know. [Giggles]

Okay, so the reason. Oh, and can y'all hear me okay, by the way? I'm assuming, yes.

Tracie, I am so happy that you came to my party.

Hi Holly!

I have actually written myself notes, just in case I lose my train of thought. We'll see if I use them. But just in case. Right.

The reason I wanted to talk about this is that it's a, it's like a plague [giggles], the guilt and fear of being lazy and it's something that I think so many of us learned really early, like some of my earliest memories are of like waking up

Hey Ames! Um, kicking over the tripod. Too excited. [Whispers] *Tone it down.*

Yes, some of my earliest memories of waking up, 7:00, 8:00; no maybe 7:30, and hearing, [yells] "You're missing half the day! You don't want to be lazy, do you?!" And, and I feel like this, this voice of like "*you don't want to be lazy, do you?*" sticks in our heads, to the point where it affects our behavior and sort of forces us into acting in ways that are not in alignment with our deepest selves.

By that, I simply mean, say that your body and your being is like, "I really want to have my tea in bed this morning." But then your brain is like, "But you don't want to be lazy, do you?" Then all of a sudden the, the thing that you really want to do (which is have tea in bed, which I started doing last week, it's amazing), the

thing that you want to do is either something that you are, like, forced to steal with either rebellion or guilt, which means that the voice, the voice of “*you don't want to be lazy, do you*” is still running the show, if it's like, I'm pushing back against this, or I'm going to do it anyway but still like feel guilt over it, that means that this voice is still there.

Or, what we do is be like, “*you don't want to be lazy, do you?*” You're right. I'll do that. I'll have tea in bed when I'm dead. [Sighs]

So, whether it is driving us to do more than, are our bodies and our deeper selves are either capable of or want to do, which is 100% valid, or whether we're pushing back against it, or doing it anyway, but feeling shame, There's still this, this voice of laziness is still in charge. So, I want to have a reframe and my goal for today's live newsletter? I don't know what we're going to call this, I haven't thought that far ahead yet. The goal for me is to get you, me, and all of us to this emotional place where we either feel ready to completely do away with the word lazy in our personal lexicons, or to reclaim it as actually an amazing thing.

So, that's my, that's my goal.

[Reading comments] Caitlin, I literally just had to tamp down the impulse to get up and fold laundry while listening to this despite being very tired and needing a rest right now.

Good timing.

Oh my god, I love you guys. Hi Kristy! Live Wonder Chat? *WONDERLIVE!* I like this.

Okay.

Part One

It's winter. Even if it's not winter where you are, go, go with this, with me for a minute picture.

It's late winter, there's a tree outside your house. The weather's starting to warm up. There are no leaves on this tree.

You're desperate for winter to be over. It is like, it has gone on and on and on, and you're like, I just want to be lying in the sun. I just want some leaves on the trees. I want my daffodils to come up. And this tree has no leaves on it!

It's sunny. It's March, What's the tree doing? There's no leaves.

At any point, any point, would you march out there, walk up to this tree and be like, [points] “You're lazy.”

Would you? This is a serious question. Would you call a tree lazy, for not having leaves? In March. They're supposed to be budding out. [Checks watch] It's getting late.

Never ever.

[Reading comments] Kim, I might now. [Laughs] Well, you're welcome for the idea. I'll go and do that to my daffodils later today.

For the most part, I'm guessing that it wouldn't occur to us to call a tree lazy.

Hi Orna! Yay, you made it! I've got the happy wiggles!

I learned the happy wiggles, by the way (as a complete aside), from a two year old who was my neighbor and every time he would see something that made him happy, he, he did Wiggles, and I was like, that's a really good idea. I'm gonna [wiggles shoulders], and it just happens automatically. I think all of us actually automatically would have happy wiggles if we knew how. So, top tip!

If any of you have

[Reading comments] Ames, just as you got told once that no trees are ugly, so true! So true, never gonna be like, "Tree, you're really letting yourself go."

So what I would like is, if any of you have a plant in your vicinity or if you can see one out the window. I can do it here for you as well, with this Christmas cactus, that is, whatever the opposite of lazy is because it's not Christmas. [To plant] "You're such a good plan for not being lazy."

Find the plant near you. [Whispers] *This is really fun.* And look at this plant. Tell it it's lazy.

[To plant] "Christmas cactus, thou art lazy. Lazy!"

I'll try with Henry, the fig tree here. [To tree] "Henry. You're lazy."

If you don't have a plant you can just see, you can watch this as well and probably get the same effect

And as you tell this plant that it's lazy, or as I tell the plant that it's lazy, feel the plant. Feel it's reaction.

Okay, the fact that you can't do it is just like, making my heart feel a million times bigger. That's just wonderful. I'll hug this plant, as well, after saying "You're lazy." It doesn't feel good to do this, right? It doesn't feel good to do this. Like, you can't bring yourself to do it.

And when you do it, how does it feel in your body? Does it feel tight?

[Reading comments] Gold star for Courtney.

Stick with me here. Even if you're just watching me say it to this plant. [To plant] "You're lazy."

How does it feel in your body? [To plant] "Lazy." Where do you feel it in your body?

[Reading comments] Gross. Tight. Shut down.

Does it feel like this face? [Grimaces]

Because that's how, this is how my body feels when I say it. Sort of like [moans].

[Reading comments] Crumpling in my heart. A cringe in my heart. Weeping menstrual cramps. Totally! Tight and shut down. Gross.

Now I'm going to do it once more.

[Reading comments] Belly sad. Oh! Belly sad is such a good, such a good phrase. Sad, counter to all the things I value in life. Totally. Now, Tracie, I love you.

So now I want to tell you what I see in this plant's energy when I say, "You're lazy" to the plant.

[To plant] "You're lazy." Do you know what I see? If plants could laugh or giggle, but just not register? That's the reaction I feel from the plant when I say that. Like plants can interpret, from what I read or gather from what I've been told, so many more wavelengths of energy out there in the world than our human perception can. And yet, two simple words in the English language, do not register. It's like, I might as well be going [babbles]

gibberish to plant]. It's like, if somebody walked up to me and started speaking gibberish and I'd be like, "Do you need a sandwich? Do you need a cup of tea?"

Which brings me to think that whatever is going on in this world is not something that happens in the natural world. Because if it was, [to plant] "Are we friends? Need tidying up." This plant was not camera ready.

If it was something that happened in the natural world, then they would hear it; they would understand it. They would be like, "You're right." Here's a leaf.

[Reading comments] Julie, yes the plant doesn't hear me when I say this, which is unusual because plants often hear me.

Okay, [to plant] "thank you very much for coming and being my assistant."

That's part one.

Part Two

Let's talk about all of the things that happen under the surface. When things are not happening on the surface.

[Reading comments] Courtnae, how astute. Thank you!

Hi Tricia! More wiggles.

Okay. Some of us are action people. In the world of temperaments, we would call this the choleric. And choleric people [keep in mind, this isn't a temperaments class but like, this is a very very very multifaceted and nuanced thing and like, nobody is just one thing. We have tendencies in different areas.] But the, the drive towards actions and goals is by nature very fiery, and choleric.

In a world where we value goals and action above all else, this means that we are really only seeing choleric behaviors as valuable.

What about Air? Sanguine behaviors? fun, light, play, revelry?

What about Earth? Melancholic behaviors? Being? Deep, deep understanding?

What about phlegmatic behaviors? Water, connection, emoting?

Is emotional labor not also labor? If you spend your time at home looking after your kids, cooking, cleaning, homeschooling, is that not also labor? Masses of it.

All of these things are doings. They're just doings in different ways.

Under the surface, in winter, what's happening out there? [Looks to side] Oh, you can't see out my window. There's a window [points].

What's the plant doing in winter? Is it checking out of the lifecycle completely? Is it like, "Peace out, man. See you in April, or whenever, because I'm lazy." [Giggles]

It's resting; it's sending all of its energy into its roots, into its root systems. The flow of energy in a tree moves up and out in the spring and summer and then turns back in and down into the roots. Just because you can't see what's happening under there, doesn't mean that there's not masses of things going on. It could very well be blossoming underground for all we know. [I mean it's not, but.]

All of these different phases, I connect them to the temperaments. And each one of these temperaments and elements has a different pace, and a different way of expressing itself. So like, we think that the air comes first. It's quick, changeable. Spring.

And then the full doing comes second; that like fiery explosion of blossoms.

[Reading comments] Christie, it is sort of blossoming underground; roots are made and expanded during winter. It's blossoming underground! That makes me so happy. There's an oak tree right there [looks out window] and, like, i'm just very pleased with it right now.

Yeah choleric fire, summer. Autumn starts coming back in, the leaves fall off. Slow, sinking, water. And then Earth, winter, looks like nothing is happening on the surface. There's so much going on under the surface. Every melancholic person I know, it's like, "There's so much going on in here [points to brain], but quiet [points to mouth]."

If you don't know them very well, then you're going to be like "Well, they're very quiet." If you know them very well, you're like "They're not melancholic, they're too chatty."

Things that are doing that don't look like doing: emotional processing, psychic work, being sad, being an emotional support for someone, being a caretaker. I should have written a list because it's hard to think of these off the top of my head.

[Reading comments] Napping! Daydreaming! Thanks, Caitlin, this is really helpful. Keep them coming.

Daydreaming is so important. It's doing! Hanging out with a place!

The process of writing for me is not torturous. And I actually really enjoy it but there's always this place where I've got everything out on the page. Let me backtrack. That's not the place I'm talking about. I'll go through like a ton of different books and resources in order to compile the information that I want to communicate in writing, and often after like reading all these different things. And there'll be like, completely different things. So for example, like for the Wonder sessions, it was like systems theory, biology, neuroscience, what else is on the bookshelf? Epigenetics, polyvagal theory, like all of these different things that don't necessarily look like they go together on the surface. Except whatever it is I'm reaching for I know that they go together. So I read them all, and I'll take notes on the parts that feel relevant. And then, still the hardest part for me is the waiting for it to come together, *waiting* for the connections to happen.

Making Connections is hard work. But it would be very easy to be like, "Well you're not *doing* anything right now." Making Connections is doing.

So I would love, while you're here, to know about what your doings are the aren't doing. What's necessary for you that doesn't feel productive?

[Reading comments] Building neurons, laying in the sun (so necessary). Julie, recovering from being around people. [Nods strongly] Totally. Slow morning starts, pottering! Figuring out how to do new stuff, staring out the window, meditating, deep breathing, healing from dental work.

Last time I booked a dental appointment, and I was like there at the desk and we're trying to make a date and I was like, "oh I can't do that, I've got something on the next day." And she was like, "What?" And I was like, "Well I'll need a two day window afterwards, so I can lay in bed and watch *Pride and Prejudice* and do nothing." And she was like, "That's clever!" And I was like, "Thanks!"

What we often do with these things is, when we explain them to other people, IF we explain them to other people (because there's often this feeling of shame that comes with it, right; it's like "I can't do that. I'm sorry I

need to be recovering from something.”) Or sometimes we'll even use our own, we'll try to make people understand how important this is for us with our own emotions, so it's like, “No you don't understand, I really need this. You need to understand how I need this so you don't think I'm lazy for spending the day in bed.”

[Reading comments] Cindy, not having a schedule. So important.

These are needs. They're important aspects of and expressions of your being, as innate to you as the tree leafing out when it wants to.

[Reading comments] Not waking up to an alarm, staying up too late so I can have enough alone time after my kids are asleep. Christie, we need to believe in our needs and not feel obligated to explain them.

There's uh, I started taking Sundays, which is like, my favorite day of the week. Because I only do exactly what I want on a Sunday and it's like a 'no devices' day (unless I really want to be on it, but that's rarely), and a 'no people' day because people are knackered for me. And it has taken such a long time, when people are like, “Oh, can you do this on Sunday?” for me to be like, “No, Sunday's are not available.” Instead of being like, “Well it just started doing this thing. So normally I would, but I can't.”

Instead, now I'm like, “How's Saturday? How's Monday?” Sunday is off the table completely.

Yeah, we um, we use our, wait. Hang on, I want to figure out how to see this right.

We know that these things are needs for us. And yet we've become afraid of other people's judgement, and so we find ways to justify them that make it sound like, that make it easier for people to accept our behavior, or make it easier for us to accept our behavior.

So for example, “If I don't rest today then I will get sick.” Totally valid. Most likely true. However, what's underneath that is, “I want to rest.”

And do you feel the difference between the two?

“I would love to come to your party. But I would rather be staring out the window. So I'm not going to come to your party.” As opposed to, “I really want to come to your party but I have, I have to do this thing. It's so important for my process.”

Feel the difference? You don't have to say that you would rather be staring out the window; I have found that the hard way. It upsets people.

[Reading comments] Caitlin, one is desperate, one is accepting. Yes.

And what's underneath this I think is that we're desperate to accept *ourselves* as we are, and looking to other people, to sort of reflect that back to us.

[Picks up Christmas cactus] Do plants need to seek approval?

That's part two

[Reading comments] Ames, I was gonna say staring at colors and I remember Christopher Hedley saying when they lived in Lancs Non (his wife) would seek out and stare at red postboxes to get some hit of other than country colors, she loved the city. [Sighs] I love that.

[Reading comments] Kristy, “I have plans” is perfectly acceptable; they don't need to know that my plans are to nap or lay in the sun. [Gives two thumbs up] So true.

[Wobbles] Oops, don't fall over.

Part Three

The definition of lazy, actually hang on, I pulled it up. [Reading] “Laziness, also known as indolence, is disinclination to activity or exertion despite having the ability to act or exert oneself.”

I'm able to, but not. Is that a bad thing? It's like, “Can I have \$10, please? I see it in your bank account. If you have it, then why aren't you giving it to me?”

I don't think that having the energy to and not is a bad thing, because the only time we use this usually is, when it is in reference to something we don't want to do, or something we don't have the capacity to do. So there's a difference here, right? If you actually don't have the capacity to do it, but you really want to, that's not lazy. That's having an empty gas tank, and is completely different.

If you have the energy and don't want to, because you want to be doing something else, be it climbing a mountain or laying in the sun like a cat or cooking dinner, it doesn't matter what it is, is that a bad thing?

“I don't want to” is enough. “I don't want to do this thing that you want me to do that you're now trying to guilt me into doing.” I would love if we, as a society, could learn to be grown up enough to not try and manipulate other people into doing things they don't want to do *for us*, because we can't hear “No.”

When my little sister was three, when I wanted to (I'm really working on not swearing). When I really wanted to mess with her, I would just look at her and go, “No.” and she'd start crying. It was really funny. I mean, not for her, or for my parents, but funny for me. But she was three. Hearing “No” was really upsetting to her at age three.

How many people are still operating at a three-year-old response to “No”? “You don't want to be lazy, do you?”

[Reading comments] Orna, yes I'm a Slytherin. [Holds up hand] Hi! [Giggles]

Not wanting to is valid. Lazy is a word that has been turned into a moral judgment. “How dare you not do something just because you don't want to. You must be failing in some way.”

[Reading comments] Orna, big hugs from Gryffindor. Big hugs from Slytherin? But I just stuck a note on your back. [Giggles]

Think about this in terms of like, alright, you're probably going to hear a lot of like weightlifting analogies from me and things like that. But when you start lifting weights. [Moves hands up and down] This isn't how I lift weights, just to clarify. Your muscles develop and build so much faster than your tendons and ligaments. This is a known thing, which is why it actually takes a long time to build strength. Not because your muscles can't do it, but because it takes your tendons and ligaments a long time to catch up with what your muscles are doing.

So another aspect of this is also, like, can you? Talking to the muscle now, or talking to like the limb that wants to do something that takes a lot of strength, can you? Probably, like, if the muscle is there you could probably do it. Can you, with your whole being, if your tendons and ligaments have not caught up yet? [shakes head] Mm-mm.

I know someone who developed the muscular strength to do a muscle up? Muscle up. That's when you go up and then up. Can't do it so it's like a ‘whatever’ thing to me. Developed the muscle strength to do a muscle up, and then ended up having, like, couldn't move their arms for a month, because they blew out their tendons trying to do something they hadn't developed strength for. So another aspect of this is, it might look like you do have the capacity or the strength or the energy. But what about the bigger picture? What about the whole self?

We often look at our surface energy levels as the determiner for whether we have capacity for something or not, but when we start to pay attention to our deeper energy levels, the things that are important to us, how long it takes for us to get back to baseline, or to emotional clarity. For any of you out there who have a lot of water in your being, being around people can feel like you're a glass of water that just got like dirt dumped in it. How long does it take for that to settle afterwards? For me it's a few days. I've got the energy, but not the whole self. The whole self doesn't have it.

That's part three.

Part Four

I'm so glad I wrote notes, I wouldn't have remembered all of this.

Go back to your plant. [Speaking to plant] Hello, baby.

I'm using the plant as an example because it's like this doesn't register. Call your plant lazy again, if you can. If not, just watch me do it. [Speaking to plant] Beautiful Christmas cactus, though art lazy.

When I say that, am I actually saying, "you have the energy to but are not" ? Is that what's underneath the energy of lazy? Because feel the difference here. If I say, okay, brace yourself because I'm about to say it to the camera. "You're lazy." [Sighs] Oomph, feelings, right?

"You want to but you're not." Neutral statement.

[Reading comments] Orna, Wiggly dance and ha ha ha. Kim, it's our understanding of lazy that has to change.

Because when we use the word lazy, we're not saying "you want to but you're not," because that is a neutral statement. It's a statement that you can say yes or no to and there's no emotional thing about it. What you're actually saying...

[Reading comments] Cindy, [chuckles] the lazy red oak I planted 18 years ago has ago has grown four stories in that time with hardly anyone noticing. I love that.

What we're actually saying is, "You're not enough." That's why it feels so shite. Crap, what word is not swearing? Terrible. There we go. Yeah, it feels terrible, because you're saying you're not enough. "You're not doing enough, you're not enough." But once again, look at this. [Talking to plant] Christmas cactus, you're not en- [laughs] I can't even say it. It feels shite, terrible! It's saying you're failing in some way, as a being.

[Reading comments] Poopy. Defeating. Good words!

Yeah, take a minute feel into "lazy" versus "you want to but you're not."

[Reading comments] Thank you, Jim. It is a very nice pot. I don't remember where I got it, I may have knicked it from a friend. There's that Slytherin again. [chuckles]

It gets deeper, though I'm saving the rest of the train that the next thought is going for another class, or another newsletter, I should say. Newsletter? Video. Whatever. Wonder Live!

If you say to a plant, "You want to but you're not," there's a disconnect there. Because there is actually nothing in between this plant's want and its expression. If a plant wants to grow towards the light, it is already growing towards the light. In the natural world, want is an expression of self.

[Reading comments] Caitlin, is it “you want to but you're not” or “you're able to, but you're not”? Probably the latter, “you're able to, but you're not.” You're able to but you don't want to. You're able to but you're not.

In that case I'll save this thought for the next newsletter.

[Reading comments] Victoria, the plant does what it has nourishment and environment for naturally, nothing more, nothing less.

The reason that lazy doesn't register for the Christmas cactus, or for the tree, is that there is no concept of not being enough. It does not make sense. It is a language that does not exist in the world outside humanity. In the same way as it wouldn't occur to a plant to not be enough in itself, it wouldn't occur to a plant to look to other plants for approval. “Am I blooming right? Was it time? Am I tall enough? Oh, I'm only a wee Christmas cactus but I wish it was an oak tree. If only I were a nettle plant.”

So here's the other thing. Take your plant again and say, [giggles]. Sorry this is making me laugh.

[Picks up plant, looks dramatic] This is my Hamlet moment. Say to your plant, “You are enough, just as you are.” We think it's gonna feel very good to the plant, or to us. It bounces off in the same way as “you are not enough” bounces off. It doesn't need to be told. It's a fundamental aspect of its being. It *is* and therefore it is enough.

[Reading comments] Orna, plants do communicate about blooming time and defensive secretions Yes. But I don't think they do it with like, “Am I doing that right?”

You are not enough. You are enough. Bounces off in the same way. Neither makes sense, because being makes sense. Being enough is being.

Which brings me to my final point.

Part Five

When I look at a plant's energy, and the reason that these things bounce off it and don't register. It's because it's so full of its own energy, it is just completely, *entirely* itself. It's not ahead of itself in time, wondering about what it's going to do tomorrow. It's not thinking about the past. It's not worrying that it's going to steal light from its neighboring plant. It's not pissed off that some human came along and stepped on one of its leaves. It just is, is fully inhabiting its own energy, entirely. And that's why these things bounce off.

And we, too, can do this.

I have learned more about enoughness just from observing plants being their entire selves or watching a wee animal, or a big animal, be its entire self than from anywhere else.

It's something that we get to claim, and step into. Can't come from outside us, can't come from anywhere else. It's the work of the moment. Stepping back into our own bodies, into our own being, and *being*.

So my proposal is this: anytime you hear that voice in your head, that's like, “You're not doing enough, you're lazy.” [Nods out the window] Look at a tree. See how whole a tree's energy is. See if you can find that place inside yourself as well.

I would like for us to either de-condition the word lazy, so that it simply means “has the capacity to but is not” or eliminate it. 'Cause back at the beginning of this, when I said, “Go and tell a plant that it's lazy,” and you were all like, “I can't, I can't do that.” How about you treat yourself and everyone else you know the same way.

"I can't. I will not. I will not say something with the intention to crush my own or another person's spirit." Not because it's, I mean I think it *is* bad, but more because I don't see living beings that way, myself included.

I'm done.

Questions?

[Reading comments] Ames, what about those tests where all the Slytherin kids insult all the plants and all the Hufflepuff kids honor them and those ones do better?

Not going to take Umbridge at the assumption that it's the Slytherin ones. I have a theory about this, and it's long, might not be that long. Let's see. Have you ever felt the invisible web that connects us all? Like energy mycelium that flows in between us, each other, plants, rocks, birds, trees, desks, cars, everything that is, the invisible web. The force. Is that Star? Star Wars? Star Wars. This web of energy that transcends time and space is constantly flowing in between all of us, and it keeps us all connected to the lifecycle. Stepping into the lifecycle is stepping into this web, I mean stepping out of the lifecycle, you're still a part of the web, but on the other side (this isn't a cosmology lesson). [Reading comments] The warp on which we weave, yes.

So this is constantly flowing in between all of us. We aren't in the same physical space, but there's so much energy flowing in between us right now. Can you feel it? And, there's energy flowing into all of the plants. And out of all of the plants. What "you are not enough" does is, this is very hard to speak about in sort of general terms, because we all see energy so differently and interact with it so differently so I can only explain this from the way I see this and other people.

"You are not enough" is like this hardening, that actually rejects the flow into us. It's a shame that looks to me like dark patches on people's energy. Self hatred is like this black goo, sticky goo. [Reading comments] Orna, it's disconnection. Yes.

And I feel like, and keep in mind, like, I've not done any research into this (don't know how you would), but when it comes to the plants that wither, when they're told that over and over again, I don't think it is necessarily the words, obviously. But the energy of it, if done repeatedly, is going to get in the way of that web; doesn't kill it completely, but it's definitely going to put a, even if it's just in the saying of it, it blocks your own energy into the plant.

[Reading comments] Caitlin, "not enough" leads to "not worthy of receiving" leads to disconnection. Yes.

Which is why for those of you who are in the Wonder sessions the first module is all about receiving

[Reading comments] It's "protection" from fear of what pain connection might bring. It's holding the breath which isn't sustainable. Orna, fear of pain, fear of being told "not enough" or "not worthy."

When we say it to others and perceive people in the world in this way, we're doing it to ourselves as well. It's like the thought or the energy of the thought itself is a blocking. So it's my theory that I just came up with, because I've never thought about this before, that it's either like, I mean I don't know how we can impact another being like that, by like putting it on it, but we can very much put it on ourselves and then restrict the flow from us into it.

In the same way as when you know when we say "you're not enough" to the plant it doesn't register, but it bounces back and we feel it in *our* bodies. So that's my highly scientific theory,

Does that make sense? Questions, comments, helpful? Reframing at all? Do you think you'll be able to look at laziness differently?

[Reading comments] Kim, yes it's like a mirror reflecting back on us. Yes.

So whether you decide to reclaim lazy for yourself or eliminate it completely is up to you.

[Reading comments] Amy, this was a lovely interlude in my day, and has given me a lot to think about. It was empowering.

Thank you very much.

All right. I told Lea that I would be an hour max. It's been an hour and five minutes. So I am going. I hope this was helpful.

[Reading comments] Tracie, I love your parties.

I love them, too! I'm excited to do this again next time I have a thought.

Yes, thank you all for coming. It is so nice to have you all here, and to feel this web of energy flowing back and forth between all of us. So, I appreciate it. I appreciate all of you, I'm so grateful for your time and presence. And I hope that you take this into the rest of your day and week and life, and I can't wait to hear about how it goes. Bye!

Transcribed from Facebook Live video found at

<https://www.facebook.com/837840600/videos/10165377458015601/> or <https://youtu.be/WePJs1lwAAc>