

**Live Virtual Workshop**  
**HSD Simple Rule 6: Celebrate Life!**  
**Chat Transcript 03OCT24**

- 00:18:56 Jennifer and Dan: Dan Dye, Portland OR
- 00:18:57 Royce Holladay: Thanks for the feedback, Roya.
- 00:19:18 Roya Damabi: Reacted to "Thanks for the feedb..." with 👍
- 00:24:26 Royce Holladay: Interesting to note that COVID struck within a year after we completed this thinking about difficulties in the future.
- 00:25:08 Royce Holladay: Power and possibility of life
- 00:28:25 Royce Holladay: Consider the many ways you release tension in your life...laughter, tears, jumping up and down, relaxation, sleeping, singing, clapping your hands . . .
- 00:28:39 Mary Nations: Every now and then Glenda may sound a bit garbled - she is trying a setting in Zoom to help reduce the background noise since she is in an airport. Please pardon the sound quality.
- 00:28:56 Roya Damabi: Reacted to "Every now and then G..." with 👍
- 00:29:00 Royce Holladay: Presence in every moment...
- 00:29:50 Hannah Wedger: Reacted to "Every now and then G..." with 👍
- 00:33:36 MVBXR2: laugh, breath deeply, and walk
- 00:33:48 Jennifer and Dan: This is reminding me of some of what I learned in the Alexander Technique.
- 00:34:17 Royce Holladay: Replying to "This is reminding me..."  
  
What is that, Dan? I am not familiar with that.
- 00:35:05 Hannah Wedger: Wow! Never thought of holidays/celebrations in this way before. So interesting!

00:35:13 Royce Holladay: The rush and chaos to fix the meal and the release of sitting down together.

00:35:18 Jennifer and Dan: Replying to "This is reminding me..."

It's a physical practice of releasing tension in the body. My understanding is that Alexander started the practice while helping people with chronic breathing problems.

00:35:21 Allison Titcomb: Say the quote again?

00:36:03 Royce Holladay: Replying to "This is reminding me..."

Interesting...thanks...I may look that up, as I often experience bouts of asthma.

00:36:23 Jennifer and Dan: Reacted to "Interesting...thanks...I..." with ❤️

00:36:36 Tamela Handie: Reacted to "It's a physical p..." with 👍

00:36:39 Royce Holladay: Celebration reminds us to remember.—quote from Gabi Cuff

00:37:03 Allison Titcomb: Reacted to "Celebration reminds ..." with ❤️

00:38:56 Royce Holladay: The emerging trend to use and celebrate memoir is a part of the remembering and honoring...the good and and difficult—it's all time to learn! If we are aware.

00:39:17 Jennifer and Dan: !

00:39:30 Allison Titcomb: Reacted to "The emerging trend t..." with ❤️

00:40:29 Allison Titcomb: Alexander Technique is also a great practice for awareness


00:40:47 Jennifer and Dan: Reacted to "Alexander Technique ..." with 👍

00:41:21 MVBXR2: Reacted to "Wow! Never thought o..." with 👍

00:41:26 Hannah Wedger: I am thinking about this simple rule in terms of expectations of holidays/celebrations and how each person brings in different expectations and accumulation and release of tension.

00:41:43 Jennifer and Dan: Reacted to "I am thinking about ..." with 


00:41:46 MVBXR2: Reacted to "It's a physical prac..." with 

00:41:55 MVBXR2: Reacted to "Interesting...thanks...I..." with 


00:42:12 Tamela Handie: Celebrate life reminds me to elevate the evolutionary stories from others with the same vigor and zest that I celebrate my own.

00:42:25 Hannah Wedger: Replying to "I am thinking about ..."

And then how that impacts the patterns and how we shift those patterns when we learn what others expectations are

00:42:31 John N Murray: Reacted to "Celebrate life remin..." with 

00:42:34 Jennifer and Dan: I hadn't thought of celebration as a release of tension before.

00:42:38 Roya Damabi: Reacted to "Celebrate life remin..." with 

00:43:01 Jennifer and Dan: Reacted to "Celebrate life remin..." with 

00:43:28 Allison Titcomb: I attended a friend's celebration of the huge transition of closing her business of 40+ years. She invited friends and colleagues to pause and reflect and remember and have gratitude.... she was very mindful and intentional about these periods of transition (vs. the moment of change). A la William Bridges work. And my friend is very skilled with incorporation celebration and ritual into these times.

00:43:54 Tamela Handie: Reacted to "I attended a friend..." with 

00:44:23 Royce Holladay: Reacted to "I attended a friend'..." with 

00:49:21 Allison Titcomb: Reacted to "Celebrate Learning n..." with 

00:49:35 Royce Holladay: Replying to "Celebrate Learning n..."

What a kind thing to say...and I'll be sure and let Glenda know you shared that. She has trouble seeing the chat while she's looking at other things on the screen....

00:50:13 Allison Titcomb: Reacted to "I love that moments ..." with 👍

00:50:26 MVBXR2: Reacted to "Celebrate Learning n..." with ❤️

01:09:00 Jennifer and Dan: We talked a bit about CDE, which was new to a couple of us, and it was curious to see how each of the celebrations fit into that concept.

01:09:47 MVBXR2: What is CDE?

01:10:06 Allison Titcomb: Replying to "What is CDE?"

Containers, Differences, Exchanges

01:10:20 MVBXR2: Reacted to "Containers, Differen..." with 👍

01:10:44 Royce Holladay: Containers hold the part of the system as the patterns form.

01:11:12 Royce Holladay: Differences are the ones that are important in that container. Differences are where the energy comes from.

01:11:27 Royce Holladay: Exchanges are the ways info and other resources move through the system.

01:12:09 Jessica Novak: A difference that makes a difference - focusing attention on another individual who is celebrating

01:12:21 Jennifer and Dan: Reacted to "A difference that ma..." with 👍

01:12:42 Hannah Wedger: Thanks so much for this y'all. This conversation is powerful!

01:13:16 MVBXR2: Reacted to "Thanks so much for t..." with 👍

- 01:13:25 Allison Titcomb: Reacted to "Thanks so much for t..." with ❤️
- 01:13:46 Royce Holladay: The CDE is Glenda's model for how patterns form...they are everywhere.
- 01:13:52 Jennifer and Dan: Reacted to "Thanks so much for t..." with ❤️
- 01:13:58 Tamela Handie: The five minutes we had to reflect on how we celebrate and make meaning of life was powerful. Helped me tremendously! Thank you.
- 01:14:19 Jennifer and Dan: Reacted to "The five minutes we ..." with ❤️
- 01:14:31 MVBXR2: Reacted to "The five minutes we ..." with ❤️
- 01:14:52 Jessica Novak: Reacted to "The five minutes we ..." with 👍
- 01:15:05 Allison Titcomb: Very Timely!
- 01:15:06 France Larouche (Ottawa): Thank you so much Glenda and Royce for all that you bring
- 01:15:06 Royce Holladay: It's always delightful...Reminding to celebrate you
- 01:15:09 Roya Damabi: Thanks Glenda and Royce!