**Follow-up Letter to Zoom Call 02**

Dear Friends,

Once again it was a pleasure to be with everyone who could make the call this week. It was great to see that most of you have started your groups and are enjoying the process. As the course goes on and you get comfortable in the role, you may discover like others in the past that it's often the leaders that have the richest and most rewarding experience.

Here are the links to the call:

[Gallery view](https://us02web.zoom.us/rec/play/67J1Y77pQILhTSX3nN4o-jeqarKA-uSO2ynE26nmbWqt4xB5zpek_YhKQpW0t2cS1TrmAeYDB5PvYo6P.knEKpopgwv_j_iE2?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/l5zC_6LQ77v0tIqDqSyiNzUrYO_2Fgq1CQ_lmPobydFNM771rq26Wqwp3NGMYw-oFu2izqSwm64-CedW.TS4ZGNOdfLVVKOQ_?autoplay=true)

By the way, if the closed caption shows up on your screen you can hide the subtitles by clicking on the "cc" icon at the bottom right of your screen.

After we sat together we checked in discussing some topics that trainees wanted to bring up to the group addressing some issues that have come up about the course. We then explored the subject of projection from others in the "role of teacher."

Projection can be both positive and negative. "Praise and blame" it's called in Buddhist teachings. We spoke about how to work with both of these natural reactions of others towards us. We've all been inspired by teachers and mentors that have had a big impact on our lives. It's very important to understand how to skillfully work with the trust and inspiration others invest in us if that happens. If we deflect it we miss out on the power of supporting others. If we take it personally it becomes an ego stroke and gets in the way of a clean transmission. The important thing is to acknowledge it without taking credit for it or taking it personally. It's just life using you well.

With negative projection, it's easy to get defensive or create more distance between you and the student. It's a delicate process to take in the information that there's been an impact even though there was no intention to cause harm. The practice becomes feeling whatever feelings that arise, hold them with an undefended heart and grow from the experience.

If they have a sincere complaint, trying to understand the other person's reality and letting them know that you genuinely hear them is a key piece of the process. A sincere apology for the fact that they've been impacted goes a long way. It's always helpful to look at your possible part in the encounter and see if there's anything you can learn for the experience.

I go into greater depth in our discussion so if you weren't there, please watch or listen to the recording.

As I've said before, being authentic and just ourselves is the key to being a good leader. If you're watching the recording for the first time you might do the reflections and write down your responses. That way you will more likely be able to be aware when that activation happens in your group and come back to being your authentic self. People will really appreciate it when you do.

We spent some time at the end practicing with the theme of mindfulness. I led people on a guided meditation seeing how mindfulness is really an appreciation practice--appreciating whatever there is in this moment. This is in your Facilitator's Manual. Although the main principle of mindfulness is to be with whatever our experience is, pleasant or unpleasant, we can learn to appreciate the moment if we have our radar out for it. This will be a bridge to our next theme of Gratitude.

Remember, if you've newly joined the training and haven't joined a mentor pod yet please choose one.

See you in two weeks for our next call on February 28th, 1pm Pacific Time.

Wishing you all the best,

James