

Jane Rosenzweig Appreciation

I'm exuberant, and happy. I'm happy that I met you both, and I'm happy right now to be with this community. So, thank you!

My just quick background that I'd add is, you had asked, "Would you consider [sharing about] psychological experiences, more esoteric things?" And my list became quite long, because two things I wanted to highlight was, the first book I remember reading that drew me into a spiritual inquiry was *Everyday Zen*, Charlotte Joko Beck. Kamala, when you were speaking, I thought, "Oh yeah, I was curious about that."

And I think maybe this is the [big] thing about my history: always curious — always, in many contexts — but as far as spirituality, or things that are mysterious, pretty much shutting it down. If I couldn't explain it in my intellect, I wasn't sure I could really buy into it. And that might be the biggest outcome of working with Sanial and Linda, this trust of self and universe in a way that I might've said but didn't feel. So that's one thing I wanted to add.

By profession I wanted to be a civil rights attorney, and I studied justice in college. So this is in my bones, this work that I did later at a company. And even that — justice is where I was grounded in my life, and yet, when I graduated college, when I would say "my degree is in justice," they'd say, "Oh, criminal justice?" And I'd say [shrugging], "Yeah," because I didn't feel like explaining it.

But it is more the human side of each human feeling a sense of inclusion that has driven me my whole life and that has sometimes been evasive for me, ironically. But — a lot of therapy. I did the second "Forum" in New York City, "Landmark Forum," when I was 17. I was forced to do it, so it wasn't like I chose this path or Werner Erhard's teaching. But it's in me, and I appreciate it.

And in my twenties and thirties did seminars, so...just to give you a sense of who I am, corporate but also not, and this integration.

The thing that I really want to share is that I met Sanial first, I think, in a very sophisticated way: Clubhouse — if you haven't heard, this social media thing. Just as random as that, I found a group where people like Linda and Sanial were talking, and I was just floored by a lot of it, and I stuck with it.

The first time I remember hearing you speak, Sanial, was when you spoke about Martin Buber. I had studied him in graduate school and I thought, "*Nobody knows Martin Buber!*" So I thought you were interesting. That was all it was, and this is just a year ago. So it's all very recent.

The context for me [was to] trust enough in myself to say, "Yeah, I like that guy." And then I went to the website and saw it was not just "that guy," it was both

Saniel and Linda. So everything I'm saying is ascribed to both of you. I hope you know that, but I want to make sure that's clear.

I arrived to you both last year broken in a way that I'm okay saying, because it wasn't an inner battle of being broken. [She has a timer go off, deals with it.] Like I couldn't convey it [then], but I need to let the group know that I was lost in the sense of broken because I was grieving. And I hadn't let myself fully grieve — for a death, a friend of mine, a best friend, who got killed. And I should say "trigger warning," I'm okay, but I was heading to the one-year unveiling of, in June, her grave in Berlin, Germany, I think the same week I spoke to Saniel and Linda. And then I came back in August and a lot of life things were happening, [among them] moving.

Despite an inner voice telling me "No! You don't need to get a coach right now. You are a coach!" So much coach training through corporate America, some of it was good. But I just jumped. And because I trusted myself to do that, here are three things that I am able to report through my coaching.

My realizations — I wouldn't say they're "unshakable," but they're getting there.

And a moment of healing with my mother, the most foundational wound I have, of worthiness. I'm sure I'm not through it, but I had a Six-Step Recognition-ish thing happen, and I made a different choice. And that one different choice felt like the key to a lifetime of a healing of that.

The other thing is related to just embodying. I met Linda and Saniel — and then I got cancer! I got a breast cancer diagnosis. I'm laughing about it only because it's like, really?! A dead friend — and then *cancer*? I was walking around — but I wasn't. So I went through that, and they helped me extract every ounce of meaning that I can out of a really hard thing. And, I'm okay.

But the biggest thing might be this mystery of feeling connected to Nature, and to swimming in particular. I walked to the lake a lot, over the winter, and I couldn't wait to get in it. I've swam in it before, it's right near my house.

But it was different. The draw was different. So I was able to trust myself. And when the pool opened, I hadn't been able to swim — I hate exercising, but I love swimming — and I was able to rediscover that. It felt so good for the body and soul.

These are my best ways of conveying, I think, the impact of knowing you, and your help. It reminded me, my last thought that came to me in thinking about what I could share here for others that might be thinking about, like I was a year ago, "Should I? How can I?"

You can! Trust yourself, that a commitment to yourself will happen by your working with Saniel and Linda. I didn't even know that I needed it as much as I did, what

you are to me, which is something at Gore [her former workplace] we called "sponsors." The role that this company had invented long before I came. Every employee, associate, got a sponsor assigned, you could change it later. And the sponsor had one role for each person they sponsored: commit to the other person's success.

Really, it was coaching. It was a certain type of coaching that is beautiful.

Very pragmatic. And mysterious. Thank you both!