

JOIN US
as we launch
our new
wellness
series!

Well

STAY AT HOME

with
the well project

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:19:27 **Jenna Conley:** welcome everyone!!
- 00:19:34 **Olivia Ford:** Welcome everyone! <3
- 00:19:41 **Jyoti Surve:** Helllooooooo
- 00:19:42 **Gina Brown:** Welcome!
- 00:20:07 **Susan Mull:** These events have been so much fun and so meaningful!
- 00:21:23 **Olivia Ford:** *The amazing Aryah Lester will be sharing a writing session that we can all take part in - and share our work as well! <3*
- 00:22:02 **Susan Mull:** We are excited to be here!
- 00:22:34 **Dawn Trotter:** Hi all dawn Trotter Buffalo NY :)
- 00:22:36 **Susan Mull:** Yay! Gina Brown!
- 00:22:49 **Gina Brown:** Hey Susan!
- 00:25:52 **Susan Mull:** Hi, Olivia!
- 00:26:43 **Susan Mull:** yes. So good to see you!
- 00:28:24 **Dawn Trotter:** Buffalo NY
- 00:28:24 **Olivia Ford:** *Aryah: Writing exercises can provide an emotional anchor when the tides are rough - like right now <3*
- 00:28:31 **Susan Mull:** Susan Mull, PA

00:28:36 **Gina Brown:** New Orleans

00:28:36 **Jenna Conley:** Philly!

00:28:39 **Olivia Ford:** *Aryah asks where everyone is from! Check in here in the chat!!*

00:28:48 **Jyoti Surve:** India

00:28:48 **Olivia Ford:** I'm in New Orleans!! :-D

00:28:57 **Dawn Trotter:** Buffalo NY

00:29:31 **Olivia Ford:** *Aryah: We may be dotted across the globe, we're all here together, and that is a strength <3*

00:30:04 **Olivia Ford:** *The Well Project provides spaces where we can all find strength in each other even when we are not able to be physically together*

00:31:40 **Olivia Ford:** *Aryah's story: Diagnosed with HIV while she herself was giving herself a test as a training exercise for others that she worked with in the field - she wasn't able to share with many people for a long time - until she became a blogger with A Girl Like Me and came out to the world with a (gorgeous! classic!) blog entry called "I Live in the Basement" (I will find the link!)*

00:31:53 **Jyoti Surve:** Girls/Women all over the world...UNITE...Lets give in arms for TWP : Hip Hip Hoooooray

00:31:58 **Krista Martel:** <https://www.thewellproject.org/a-girl-like-me/aglm-blogs/i-live-basement>
It's an amazing piece of writing <3

00:32:41 **Krista Martel:** Thank you, Jo!! Yes!! xx

00:32:44 **Olivia Ford:** Yes, absolutely! Cheers for finding the link, Krista! One of my all-time favorite pieces

00:33:18 **Olivia Ford:** *This blog is an example of symbolic techniques in writing - Aryah shares that we'll be doing some of that today*

00:33:43 **Susan Mull:** Aryah, such wonderful guidance for us! Thank you!

00:33:50 **Olivia Ford:** *Aryah asks that, if we can, get to/near a window with some sunlight, even open with a breeze - make sure you are in a comfy position, few distractions*

00:35:58 **Jenna Conley:** blue

00:36:02 **Krista Martel:** blue

00:36:05 **Juliana Hawawini:** Dark brown

00:36:05 **Olivia Ford:** *Aryah on the elements: She's got an aromatherapy diffuser with water nearby, and she is a water sign - that can be grounding*

00:36:11 **Olivia Ford:** *What is your favorite color?*

00:36:11 **Susan Mull:** magenta - today!

00:36:11 **Ciarra Colvin:** black

00:36:12 **Gina Brown:** Black

00:36:24 **Olivia Ford:** Mine is all shades of red

00:36:24 **Jyoti Surve:** I am a Fire Sign.....Yellow?

00:36:31 **Ciarra Colvin:** ok Gina! I see you lol

00:37:19 **Juliana Hawawini:** earth/soil

00:37:27 **Gina Brown:** Roots of a tree

00:37:29 **Jenna Conley:** the ocean

00:37:35 **Susan Mull:** some rocks

00:37:39 **Olivia Ford:** *What is something that connects with your color?*

00:37:45 **Jyoti Surve:** I love FRAGRANCES...

00:38:33 **Jyoti Surve:** Lavender

00:39:06 **Juliana Hawawini:** Jamaica

00:39:27 **Jenna Conley:** hahahaha masonia

00:39:31 **Olivia Ford:** Mardi Gras!

00:39:33 **Susan Mull:** running in the snow

00:39:43 **Krista Martel:** visiting my family (parents and sister) in Chicago

00:39:59 **Krista Martel:** + Karaoke with work team :)

00:40:19 **Jyoti Surve:** Emotionsokay...Nature

00:40:21 **Krista Martel:** Jo: *last good memory before the pandemic*

00:40:39 **Jyoti Surve:** good memory before pandemic? TRAVELLING.....

00:41:19 **Olivia Ford:** *And now, with our color, the object/element, and our last good memory pre-COVID, Aryah asks us to put them all in one sentence*

00:41:38 **Olivia Ford:** *Everything we have written so far, use in one sentence <3*

00:43:15 **Olivia Ford:** *Aryah: Yes! Once we have written our sentence, we can post it here in the chat to share*

00:43:26 **Susan Mull:** The bonfire, blazing orange, maroon, even magenta, greeted me as I was running in the snow

00:43:54 **Gina Brown:** Black and strong like the roots of a tree is my connection with my family!

00:44:56 **Jyoti Surve:** yellow, being with nature, in its lap (travelling), and a fragrance....the smell of a man :D

00:45:10 **Krista Martel:** Staring out the window at the ocean blue skies flying to Chicago for a long-awaited visit with my family.

00:45:13 **Olivia Ford:** These sentences are all so gorgeous! Thank you so much to everyone for sharing <3

00:46:52 **Olivia Ford:** *Now that we've shared and grounded collectively .. close your eyes for at least five seconds of silence, and visualize your color <3*

00:47:00 **Olivia Ford:** Hi Bose!

00:47:26 **Jyoti Surve:** So out of thy colours, Bose emerges!!! <3

00:47:29 **Jyoti Surve:** Hiiiiii Bose

00:47:30 **Bose Olotu Oladayo:** Hi greetings to you all from Nigeria

00:47:37 **Olivia Ford:** *Aryah asks: In all we are dealing with, what are some emotions you have felt in the past month or two?*

00:47:42 **Susan Mull:** Loneliness

00:48:08 **Jyoti Surve:** Emotion : like a bird trapped in a cage with clipped wings.

00:48:11 **Gina Brown:** Despair at times...

00:48:28 **Juliana Hawawini:** hopeful

00:48:36 **Krista Martel:** uncertainty; loss of control; gratitude

00:48:42 **Bose Olotu Oladayo:** Loneliness, sadness, fear,

00:48:55 **Jyoti Surve:** I think it is a LOCKDOWN effect

00:49:00 **Krista Martel:** motivation

00:49:09 **Olivia Ford:** unmoored; heavy; moments of magic

00:49:30 **Jyoti Surve:** Wow Kris....Motivation!!....that's deep!! <3

00:49:35 **Olivia Ford:** *Aryah asks that we choose one of those emotion words that we want to learn more about how we react to it*

00:49:53 **Olivia Ford:** *Then, close your eyes and think of a smell that brings you comfort*

00:50:04 **Jenna Conley:** baking cookies

00:50:06 **Olivia Ford:** *(and write down the smell!)*

00:50:22 **Susan Mull:** fresh basil

00:50:25 **Juliana Hawawini:** a fire burning

00:50:30 **Krista Martel:** campfire/burning wood

00:50:50 **Krista Martel:** basil and rosemary

00:50:50 **Juliana Hawawini:** earth/soil again

00:51:04 **Jyoti Surve:** I would need every ounce of GRATITUDE... to be alive, to be free and thankful of being healthy in those trying times..... SMELL will be of a wet earth

00:51:04 **Bose Olotu Oladayo:** sun flower

00:51:20 **Olivia Ford:** *So many attendees have shared amazing words here, but just to "All panelists" - and Aryah has been able to read them out, though if you want all to see your words, definitely make sure your chat is set to go "To: All panelists AND attendees"*

00:51:21 **Krista Martel:** Hi Bose!

00:52:35 **Olivia Ford:** *Now, go back to that first sentence - with the color, object, good memory - and use that sentence as the first one in a poem, using that comforting smell as motivation*

00:52:57 **Olivia Ford:** *Aryah assures us we don't "have to be good at poems"! We are just writing sentences :-)*

00:54:14 **Jyoti Surve:** Yellow yellow, where is that fellow...fragrance of a man...in a garden of Eden

00:54:19 **Jyoti Surve:** well, I tried :D

00:54:38 **Olivia Ford:** *The sentence incorporating smell and emotion works off our initial sentence!*

00:55:47 **Jyoti Surve:** ohhhh yesssss.....this express my feeling bang on!!!! As am still awaiting for a prince to sweep me off my feet...hence my poem match!! :D

00:57:19 **Olivia Ford:** *Would anyone like to come on video and read what they wrote?*

00:58:23 **Olivia Ford:** *If you do want to come off mute or onto video, hit "Raise Hand" and Krista will help you!*

00:58:42 **Olivia Ford:** *Susan Mull is reading now (on audio but not video) <3 Beautiful, Susan!*

00:58:50 **Jenna Conley:** Thank you Susan!

00:59:56 **Krista Martel:** Does anyone else want to come on video or audio?

00:59:58 **Bose Olotu Oladayo:** great Susan

01:00:07 **Krista Martel:** Thank you Susan!

01:00:20 **Olivia Ford:** *Mel Rattue is now sharing on audio!*

01:01:01 **Krista Martel:** Thank you, Mel!

01:01:28 **Olivia Ford:** *Brenda says: "Mel that was lovely" <3*

01:01:39 **Jenna Conley:** Mel, just lovely.

01:02:02 **Jyoti Surve:** Mel...<3

01:02:21 **Bose Olotu Oladayo:** Mel thank you

01:03:23 **Nancy Duncan:** Very nice Mel glad I signed on in time to hear it!

01:05:15 **Olivia Ford:** *Brenda Chambers sharing on audio - a rose-scented candle helped her return to a calming space <3*

01:05:54 **Krista Martel:** Thank you, Brenda!! That was beautiful.

01:06:04 **Olivia Ford:** *Alexandrina Ong read her peace on audio!*

01:06:10 **Krista Martel:** Thank you, Alexandrina!

01:06:13 **Jenna Conley:** Alexandrina, so beautiful!

01:07:05 **Krista Martel:** Sounds beautiful! Where exactly?

01:09:07 **Olivia Ford:** *For those who may not want to read or share here, but would like to share your words anonymously or not, send them in a private chat to panelists - or email Krista!*

01:09:10 **Krista Martel:** kmartel@thewellproject

01:09:59 **Olivia Ford:** *We will collect them and put them in the follow-up documents to the session, or in a future blog entry - you decide if you want your name on your words, or not <3*

01:11:00 **Susan Mull:** I feel like I was gifted with love today!

01:11:35 **Susan Mull:** Masonia, your insights are so rich! So beautiful!

01:13:43 **Olivia Ford:** *Aryah shares another prompt: Imagine your favorite color - if you met someone who was born blind, who had never seen color before, how would you describe that color to that person?*

01:13:43 **Juliana Hawawini:** This was such a very nurturing process. Aryah, thank you for leading us. I want to take classes from you every day. <3

01:13:58 **Olivia Ford:** *This can help folks get over a hump or a block in writing*

01:14:17 **Olivia Ford:** *Ooooo, Krista just showed two gorgeous journals Bose sent her from Nigeria!!*

01:14:40 **Olivia Ford:** For those who want to share - yes! You can share all your sentences, or however much you want!

01:14:44 **Susan Mull:** Thank you so much!

01:14:49 **Jyoti Surve:** these journal books are lovely.....

01:16:36 **Bose Olotu Oladayo:** I am so inspired by this presentation. thank you sisters.

01:16:39 **Mel Rattue:** thank you all xx

01:16:46 **Olivia Ford:** Thank you so much, Aryah!!!

01:16:47 **Jyoti Surve:** Thank youuuuuu Aryah

01:16:51 **Krista Martel:** Thank you all! Much love! Don't forget to send us your writing! xxx

01:16:52 **Gina Brown:** Love y'all!!!

01:16:58 **Jyoti Surve:** Lemme give her kisses on video too

01:16:58 **Olivia Ford:** Many many thanks to everyone for being here and sharing so generously!

01:17:00 **Jenna Conley:** thank you all so much! Aryah, you are amazing!

01:17:03 **Krista Martel:** Signing off! <3