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
Olivia Ford: Aryah asks where everyone is from! Check in here in the chat!!

Jyoti Surve: India

Olivia Ford: I'm in New Orleans!! :-D

Dawn Trotter: Buffalo NY

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

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

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!)

Jyoti Surve: Girls/Women all over the world...UNITE...Lets give in arms for TWP : Hip Hip Hooray

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

Krista Martel: Thank you, Jo!! Yes!! xx

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

Olivia Ford: This blog is an example of symbolic techniques in writing - Aryah shares that we’ll be doing some of that today

Susan Mull: Aryah, such wonderful guidance for us! Thank you!

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

Jenna Conley: blue

Krista Martel: blue

Juliana Hawawini: Dark brown
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.

Olivia Ford: What is your favorite color?

Susan Mull: magenta - today!

Ciarra Colvin: black

Gina Brown: Black

Olivia Ford: Mine is all shades of red

Jyoti Surve: I am a Fire Sign......Yellow?

Ciarra Colvin: ok Gina! I see you lol

Juliana Hawawini: earth/soil

Gina Brown: Roots of a tree

Jenna Conley: the ocean

Susan Mull: some rocks

Olivia Ford: What is something that connects with your color?

Jyoti Surve: I love FRAGRANCES...

Jyoti Surve: Lavender

Juliana Hawawini: Jamaica

Jenna Conley: hahahaha masonia

Olivia Ford: Mardi Gras!

Susan Mull: running in the snow

Krista Martel: visiting my family (parents and sister) in Chicago

Krista Martel: + Karaoke with work team :) 

Jyoti Surve: Emotions .....okay...Nature

Krista Martel: Jo: last good memory before the pandemic

Jyoti Surve: good memory before pandemic? TRAVELLING.....

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

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

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

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

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

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

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

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*

Olivia Ford: Hi Bose!

Jyoti Surve: So out of thy colours, Bose emerges!!! <3

Jyoti Surve: Hiiiii Bose

Bose Olotu Oladayo: Hi greetings to you all from Nigeria

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

Susan Mull: Loneliness

Jyoti Surve: Emotion : like a bird trapped in a cage with clipped wings.

Gina Brown: Despair at times...

Juliana Hawawini: hopeful

Krista Martel: uncertainty; loss of control; gratitude

Bose Olotu Oladayo: loneliness, sadness, fear,

Jyoti Surve: I think it is a LOCKDOWN effect

Krista Martel: motivation
Olivia Ford: unmoored; heavy; moments of magic

Jyoti Surve: Wow Kris....Motivation!!....that's deep!! <3

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

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

Jenna Conley: baking cookies

Olivia Ford: (and write down the smell!)

Susan Mull: fresh basil

Juliana Hawawini: a fire burning

Krista Martel: campfire/burning wood

Krista Martel: basil and rosemary

Juliana Hawawini: earth/soil again

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

Bose Olotu Oladayo: sun flower

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"

Krista Martel: Hi Bose!

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

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

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

Jyoti Surve: well, I tried :D

Olivia Ford: The sentence incorporating smell and emotion works off our initial sentence!

Jyoti Surve: ohhhh yessssss....this express my feeling bang on!!!! As am still awaiting for a prince to sweep me off my feet...hence my poem match!! :D
Olivia Ford: Would anyone like to come on video and read what they wrote?

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

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

Jenna Conley: Thank you Susan!

Krista Martel: Does anyone else want to come on video or audio?

Bose Olotu Oladayo: great Susan

Krista Martel: Thank you Susan!

Olivia Ford: Mel Rattue is now sharing on audio!

Krista Martel: Thank you, Mel!

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

Jenna Conley: Mel, just lovely.

Jyoti Surve: Mel...<3

Bose Olotu Oladayo: Mel thank you

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

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

Krista Martel: Thank you, Brenda!! That was beautiful.

Olivia Ford: Alexandrina Ong read her peace on audio!

Krista Martel: Thank you, Alexandrina!

Jenna Conley: Alexandrina, so beautiful!

Krista Martel: Sounds beautiful! Where exactly?

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!

Krista Martel: kmartel@thewellproject

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
Susan Mull: I feel like I was gifted with love today!

Susan Mull: Masonia, your insights are so rich! So beautiful!

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?

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

Olivia Ford: This can help folks get over a hump or a block in writing

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

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

Susan Mull: Thank you so much!

Jyoti Surve: these journal books are lovely.....

Bose Olotu Oladayo: I am so inspired by this presentation. thank you sisters.

Mel Rattue: thank you all xx

Olivia Ford: Thank you so much, Aryah!!!

Jyoti Surve: Thank youuuuuu Aryah

Krista Martel: Thank you all! Much love! Don’t forget to send us your writing! xxx

Gina Brown: Love y’all!!!

Jyoti Surve: Lemme give her kisses on video too

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

Jenna Conley: thank you all so much! Aryah, you are amazing!

Krista Martel: Signing off! <3