



PYE Third Thursday Assembly
March 15, 2018

*[Shilpa Setty](#)

Dear 3rd Thursday Assemblers! Welcome back, or, if it's your first time WELCOME! This is an exciting format we have been developing where people contribute and discuss a niche aspect of group facilitation.

[Sumanth Raj](#) nice session mam

[Shilpa Setty](#) Thanks Sumanth!

*[Shilpa Setty](#)

This month we are discussing Self-Belief

Self-belief is the ability to believe in ourselves to take on challenges by believing in the power within us to bring positive changes to reach our goals. As facilitators it is important to us as we hold space for others by appreciating and acknowledging the challenges and vulnerabilities that one has to pass on this journey of rediscovering their self-belief.

One of the feedbacks I received in a trainings during 2016, If you don't believe in yourself, then no one else will, even God. This sentence has kept me sleepless for many nights and since then I had a growing urgency to overcome my self-doubts and fears. The more I wanted to overcome it, the more challenging it started to get, like moving levels in a video game. Situations started getting back to me more challenging. Right now, while I'm not free of self-doubt, I can honestly say I believe in myself like never before. That doesn't mean I think I'll never fail or quit: I will. Probably often.



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Today, let's share how our journey of self belief has been and inspire each other through this.

*[Shilpa Setty](#)

Below you will find: A Check-in Question (please answer!); Goals and Agreements for today's session (hit "like" to agree to uphold these agreements during the session); I will be facilitating this experience for 90 minutes. There will be a pdf transcript posted on the www.pyeglobal.org website, as well as the files of this facebook page, in a short while.

*[Shilpa Setty](#)

Check in Question: Share one of the times when you felt fully alive, describe it as if it was a painting.

[Shilpa Setty](#) One of the times I felt fully live was when I was enjoying the music on my metro journey. My painting is an abstract with bright colors of yellow, red, pink and green

[Vikram Bhat](#) I felt completely alive when I saw the show Mamma Mia and was dancing in the aisles 😊. The painting that comes to mind is probably one that depicts a rain drenched landscape with the setting sun in the background.

[Shilpa Setty](#) Thank you Vikram Bhat for joining. Love the imagery of the painting, its refreshing, just like the dancing



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[Nadia Chaney](#) Hi ! One time I felt fully alive was when I met my nephew for the first time! He was six weeks old, we were by the river, he was asleep, and he didn't wake up when I picked him up. I've never felt so peaceful and awake

[Shilpa Setty](#) Just to hear you say that brings in so much peace

[Djanira Cortesao](#). me too!

[Venu Doddavarapu](#) Hey Shilps;)

The one of the many times I felt fully alive was when the intense fragrance of the freshly grinded coffee beans filled my usual coffee shop while I were sipping my regular coffee; as if I would be inside a painting hanged on a wall depicting a bright day of the forest leaves with dark brownish red colour amid fresh water streams passing through;)

[Shilpa Setty](#) Welcome Venu Doddavarapu Its refreshing and love the detailing of the description

[Patty Tee](#) the day after I defended my PhD was a warm fall day in Canada. I ended up hiking in the Rocky mountains alone, after a friend cancelled. The sun was warm, there were still leaves on the trees rustling in a breeze - it was perfect. After another hiker greeted me, I realized how calm my mind was. Like a completely still lake, where I had to actually work hard to make a thought form. I imagine that's what people meditate all their lives to have - that calm mind and a body taking in every experience as it comes.

[Paul Lion](#) People-esque figures huddled around each other with vibrant lines radiating out from them of different colours. Some are hugging. A table with scattered orange peels, pens, and papers sits nearby.

[Shilpa Setty](#) Welcome Patty Tee and Paul Lion As I see the thread of the comments, I see the feeling of contentedness and inviting.

[Paul Lion](#) hey hey 😊

[Manjunath Anand](#) First time I landed in Germany for a fellowship I felt completely alive and super energetic didn't want to miss a thing there. Since then I never I have been very active. If I have to describe it in the form of painting, it would yellow and white river floating across beautiful and unexplored nature...!!!!



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[Simon ThePeacock Meshugana](#) The silver and tan sand dunes are lit only by moonlight. The three young men are running and jumping off the edges, dropping impossible distances and tumbling unscathed. A coiled black snake watches from the shade of a broom bush, unmotivated to harm.

*[Shilpa Setty](#)

GOALS:

- 1) To explore, deepen and strengthen our self-belief.
- 2) To appreciate each other, learn, and get validated from each other's experiences.
- 3) To exchange ideas and techniques for cultivating a steady practice of self-belief.
- 4) To understand impact of self-belief on our facilitation.
- 5) To have meaningful fun online!!

*[Shilpa Setty](#)

AGREEMENTS:

- 1) No put downs of self or others. Keep a positive, lift-up vibe.
- 2) Share at your level; Everyone is welcome, no matter their level of experience as a facilitator or community organizer. All questions are important, and all answers (or further questions) are valuable. It is also okay and important to respectfully disagree with each other.
- 3) Show your presence, by LIKING and by responding to keep the flow. Ask questions, make comments, connect. The technical trick for this format is to REFRESH your browser fairly often.
- 4) Maintain CONFIDENTIALITY by not sharing names or personal information about the participants in your groups, sharing from your own perspective, and



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asking permission before sharing someone else's story.

5) Answer any questions in the COMMENTS below the question to keep the conversation organized and readable. Only open NEW questions in new threads.

6) You can come and go as you please, take as long as you like to respond, and basically enjoy the text-format to make this work no matter whether you are just waking up, just going to bed, or on your lunch break (time zones unite!!). Feel free to add to the discussion even after our 90-minute session is over

*[Shilpa Setty](#)

Discussion Question #1: What is your definition of self-belief? What forms your self-belief?

[Revanna Marilinga](#) Trusting what I am doing and follow my ways

[Nadia Chaney](#) Believing that I am enough as I am. That I will know what I need to do or say. It's freedom from self judgement

[Shilpa Setty](#) Ah.. freedom from self judgement, that feels like liberation. I have been trying to practice it as well

[Nadia Chaney](#) I've been reading one of Pema Chodron's books and trying to remember that even my "bad" feelings and thoughts are teaching me compassion and patience. 😊

[Venu Doddavarapu](#) I'm enough as I am, isn't that peace:)

[Nadia Chaney](#) Yes...sometimes it is through pain that I get there ... But it's always peace underneath 😊



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[Vikram Bhat](#) Trusting myself to find a way - either through my own abilities or asking for help

[Venu Doddavarapu](#) Asking for help, yes indeed! The amaze what voice could do!

[Vikram Bhat](#) I think my self belief comes from having failed before and realizing that the world didn't end when I did 😊

[Nadia Chaney](#) Love this!!

[Shilpa Setty](#) Me too

[Paul Lion](#) yah yah 😊

[Venu Doddavarapu](#) Having an assurance on my executions and efforts free of the outcome is my self belief

[Nadia Chaney](#) Wow. The part about free of outcome is really interesting. Makes me feel like self belief can be endlessly regenerating.

[Vikram Bhat](#) Very philosophical Venu. Almost like the key message of the Bhagawad Gita 😊😊

[Venu Doddavarapu](#) Ha ha, thank you Vikram:)
Philosophical as real 😊😊

[Shilpa Setty](#) The part about free of outcome makes me to be curious about the new possibilities

[Patty Tee](#) What I believe about myself varies, but usually is based on a core trust in myself to get through and succeed in what comes. That I trust I've built a thoughtful, ethical foundation from which to be in the world with others.

Sometimes, when shaken by something or down, it's not as confident as that, but typically that returns.



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[Vikram Bhat](#) I like how you have highlighted the ebb and flow of self belief 😊

[Shilpa Setty](#) Its almost like explaining how the core trust becomes stronger

[Anekatte Vishwanath](#) Self belief is my strong hope which gives strength to do something

[Paul Lion](#) What is self-belief:

For me it's a conscious awareness of myself (i.e., my thoughts, actions, feelings). As much as I know anyways... Dun dun dunnnn!

What forms my self belief:

People around me reflecting about themselves. As I witness that I "try it on" and see how it feels. My reflection on my thoughts, actions, feelings and my relationships with other people.

[Venu Doddavarapu](#) Conscious awareness of self - lovely way to put it Paul!

[Paul Lion](#) Oh, merci 😊

[Nagaraj As](#) Yes, the work we do is behavioral minds, if the wells are clear and truthful and that I agree with the conscience I am self-believing. This self-belief has made me the best person in life. I can get someone else's faith. "If I change, everyone changes. Is it easy to look for someone else's change if I do not change?"

[Shilpa Setty](#) Wonderful Nagaraj!!

[Sumanth Raj](#) self belief means individual values and there importance of kind. my self belief is for what am giving value

[Manjunath Anand](#) Be committed to your job and thinking everything is achievable within certain time frame is self belief.



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Discussion Question #2: Where does your self-belief come from?

[Anekatte Vishwanath](#) Its coming from My experience and expectations

[Patty Tee](#) Building from past experiences, from how others respond to me, but also seeking constructive, critical feedback from trusted others about my actions. The latter is really important to me, and something I actively try to *always* have in my life.

[Paul Lion](#) agreeeeed

[Nadia Chaney](#) For me, it is coming slowly from getting older. Seeing that there is always something to learn; that the universe and creator support me in that learning; that I'm not just "me," I'm connected to everyone else.

[Patty Tee](#) Yeah, there is something about aging that helps us remain humble, hey?

[Nadia Chaney](#) Yes...starting to realize limitations...see how not getting what I want is often a good thing 😊 slowly starting to see that there is wisdom that I can trust ... even (especially??) in the sad/hard/bad things

[Paul Lion](#) I wonder if it's aging alone...? Maybe a mixture of many a thing?

[Venu Doddavarapu](#) Goodness the universe!
The drive universe provides is utterly beautiful!

[Revanna Marilinga](#) For me it's come when I was with young people

[Shilpa Setty](#) It must be as if a rush of new energy 😊



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[Paul Lion](#) I got it from my Mumma! Initially (I think).

Having a comfortable and safe family and home--a place to return to--allowed me to go beyond myself in many ways. I was able to test my boundaries and see how I interexist with my surroundings. That's how I saw myself and how I believe myself is influenced greatly by all my senses.

[Venu Doddavarapu](#) My self belief - It comes from my very core, the comforting and benevolent self; the voice in me which never departs from my core!

[Nadia Chaney](#) Ah that consistent voice!

[Shilpa Setty](#) Benevolent self, that must be such a reassurance

[Nagaraj As](#) When we change our attitude, our learning, our skills, and change our fellow believers, our self-belief is within us.

[Shilpa Setty](#) Its almost like how change is so important. I have seen it so true when I have interacted with you every time.

[Reid Kuennen](#) When I was 24 and running my first film camp for queer youth and interacting with parents dropping their kids off not necessarily knowing the queer theme of the camp, I came up with the personal mantra "Nothing is Awkward." Which isn't really true, but I've found humor and grounding in those words because it allows me and the moments I live to not have to be perfect.

[Manjunath Anand](#) Self believe comes when life throws challenges at you. Abundance of potential will be unlocked. I also agree with Nadia Chaney we all learn by our experience and as we grow old.

[Sumanth Raj](#) self belief comes from own experience and deep observation our inside



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Discussion Question #3: Is there ever a time in life when it was very hard for you to believe in yourself, but you were continuously challenged to do it, and what did you do to overcome it and heal those wounds?

[Nadia Chaney](#) For me, the hardest thing has been to trust my journey. As I get ready to turn 40 this year I realize it's becoming less likely that I will have my own children and family. I have been working hard to trust that this is not a reflection of something that is wrong, but that the uniqueness of my journey happens day by day. Rather than wishing for a future that is based on assumption, working to appreciate what is, and in that to believe that I am exactly who I need to be.

[Shilpa Setty](#) That's deep, that's quite a journey to go through. I really love the part when you said that's the uniqueness and it happens day by day. And to be appreciative and believing takes a lot of courage. Thanks for such an authentic sharing

[Vikram Bhat](#) What a fantastic reflection!

[Anekatte Vishwanath](#) Yes. Taking leadership was challenging for me. That's why I became a writer. I was writing everything. I published books. Later I started to explore by trusting others. Unconsciously stopped writing and leading successfully. Happy to say.

[Shilpa Setty](#) That's great to see how you first started writing and now moved in to a space of ease even without it, very interesting sharing

[Paul Lion](#) Every time I speak (especially in front of a new crowd of peeps).

I give my body time to ground. I watch my thoughts. Often I have to come to the reality of things, away from my thoughts which are often fear-based. I have to actively remind myself that I LOVE THIS SHEEIT and that people are here to learn and support me. Then all that nervous fear energy shifts into kinetic and all I have to do is shake my body a bit 😊



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[Shilpa Setty](#) It's amazing how energy shifts when we connect with what's true to us 😊
lovely to hear that

[Patty Tee](#) This is an ongoing challenge for me, actually. The kind of work I am drawn to and find meaningful demands a level of visibility and leadership that makes me uncomfortable. Related to that is the self-knowledge that I "burn out" semi-regularly, likely tied to my perfectionist tendency.

I have a few strategies: work on skills that will help; schedule my life in a way I experience as sustainable; do what I can, and see the result (it's often enough); connect with others on more human, meaningful grounds than what I typically see of people who either in positions of power, or seeking them.

But this is not something I'm through, not yet.

[Shilpa Setty](#) I completely agree and totally relate to what you are saying Patty, and I feel I am in the same place as well working through but not yet there. Reminds me of the world that is so fast paced and to find peace in chaos of expectations from self and others, and to restore balance and find meaning in it

[Vikram Bhat](#) I find that spending time with people who continue to believe in me reminds me of my own power and magic 😊

[Manjunath Anand](#) There are lots of time I wasn't believing in me. Especially if someone did not recognize good deeds I kept asking myself Am I worthy ?? Or Am I doing what I am meant to do?. Self doubts started creeping, when I didn't explore some of the beautiful things / qualities/ strengths in me. Now whenever My self believe is tampered, I try remembering some of the extraordinary stuff I have done to myself n others as well.

*[Shilpa Setty](#)

Discussion Question #4: Have you ever been in situations while facilitating where you had to fake yourself on your self-belief and how did it turn out?



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[Nadia Chaney](#) I find myself doing this a lot when I'm tired especially jetlagged. I always pay for it. Usually manifests as grumpiness and impatience.

[Reid Kuennen](#) Ok, another mantra... Someone at Young Women Empowered recently brought up an alternate to 'Fake it til you make it' as 'Faith it til you make it.' Which I love! I don't ever want to think I'm 'faking it'. I like to instead have faith in that I'm enough with who I am and what I know in the moment and that I can stay strong in my humility for what I don't know and openness to grow.

[Shilpa Setty](#) I like the openness and flexibility of the thoughts, such grounding and acceptance

*[Shilpa Setty](#)

Discussion Question #5: How does ability to believe in ourself look like in our facilitation and co-facilitation, how does it help us stay grounded.

[Anekatte Vishwanath](#) Non judgemental and acceptance are strong tool to overcome.

[Shilpa Setty](#) Can't agree more on this Anekatte Vishwanath

[Vikram Bhat](#) Ability and belief in ourselves gives us the power to believe in others

[Nadia Chaney](#) Looks like strong intuition. Creates trust and surprise

[Shilpa Setty](#) True

[Shilpa Setty](#) For me it is acceptance and the uniqueness that each one brings



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Our last question for today

What is ONE THING you keep telling yourself when you don't feel compassionate towards yourself?

[Nagaraj As](#) If we do not have sympathy, we will not get cooperative. The co-ordination does not come with just what it says, it should be practiced and practiced for a few days.

[Vikram Bhat](#) I try and find something to read to myself. Out loud. Usually a Mary Oliver poem 😊

[Shilpa Setty](#) I tell myself "I am worthy"

[Manjunath Anand](#) I usually try to be outdoor or play some sports to let out the negative energy.

[Patty Tee](#) Yes - physical movement is so helpful to release some of it!

[Paul Lion](#) My Mumma loves me more and moooooore

[Patty Tee](#) No one runs at their best 100% of the time.

*[Shilpa Setty](#)

Officially, here we come to the end of our 90 minutes and it just felt like the time flew, thank you for that deep enquiry in to self belief. It was amazing to interact with everyone who was part of it felt awesome to read through authentic



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experiences 😊 Thanks again to all the lovely people. Wishing you a good
day/night 😊

The page is still open, and feel free to answer all the questions, I'm surely staying
for some more time

[Nadia Chaney](#) Wonderful!!! Loved this, Shilpa! Thank you thank you thank you!! Xoxox

[Shilpa Setty](#) Thank you Nadia!! Couldn't have done it without support from you and Nilisha
Mohapatra

[Paul Lion](#) Thank youuuu!