

10:47:30 From M B to All panelists : We can hear you
10:48:11 From Pennie Opal Plant to All panelists : s0 WAS THAT OK?
10:48:24 From GinewEquay to All panelists : Aaniin from Leech Lake Reservation
10:48:33 From M B to All panelists : Thank you. Looking forward to the discussion. Just wanted to make sure I had the right time zone this time!
10:52:14 From Giki Galore to All panelists : yes - I can see yo uas well
10:52:39 From Giki Galore to All panelists : yay! Bay Area - I used to live there
10:56:52 From Shannon Biggs to Belinda Acosta, All Panelists : Hi! Did you have a question? Can I help you
10:57:24 From Marge Grow-Eppard to All panelists : is there an ID and password I can open from my computer?
10:57:28 From Juskwa Burnett to All panelists : hiya!
10:57:31 From Shannon Biggs to Belinda Acosta, All Panelists : I see your hand up
10:58:43 From Shalini Basu : Is there an anticipated time duration please?
10:59:37 From Juskwa Burnett to All panelists : we have thunder here!
10:59:37 From Shalini Basu : Thank you! Happy to be here from Southern New Jersey!
10:59:54 From Juskwa Burnett to All panelists : North Central Oklahoma
10:59:57 From Amanda Bloom to All panelists : hey Pennie. good to see your face
10:59:59 From Carina King to All panelists : Hello. Here from Morongo Valley, CA
11:00:33 From Belinda Acosta to All panelists : Hello from Lincoln, Nebraska.
11:01:06 From Jennifer Brass to All panelists : Huge Love! Thank you so much for this! <3
11:01:26 From Shannon Biggs to Jennifer Brass, All Panelists : thank you!!!!
11:02:27 From Shannon Biggs to Pennie Opal Plant (Privately) : if you can at some point explain who MORI and INMSF Bay are.
11:05:29 From Belinda Acosta : Hello from Lincoln, Nebraska!
11:05:40 From Iris Rodriguez to All panelists : Hello from Jalisco, Mexico!
11:06:00 From Glynda Velasco : Hello feom Sacramento, CA
11:06:08 From Shannon Biggs to Iris Rodriguez, All Panelists : HI!!!!
11:06:24 From Adelita Serena to All panelists : Hello all from Woodland CA
11:06:32 From Lynsey Piccolo to All panelists : Hello from Oregon
11:06:41 From Professor V to All panelists : Good morning from Oakland
11:06:58 From Pennie Opal Plant to Shannon Biggs (Privately) : was that ok?
11:07:17 From Katrin Wehrheim to All panelists : Greetings from Huichin in unceded Ohlone territory - also named Berkeley CA
11:07:21 From Shannon Biggs to Pennie Opal Plant (Privately) : you

were PERFECT like you are sooooooo good and look gorgeous
11:08:01 From Irene Cooke to All panelists : So good to see you, Pennie and Alison!
11:08:27 From Gena McCarthy to All panelists : Hello with gratitude from Richmond, Ca
11:08:35 From Rochelle Towers : Greetings from Oakland CA
11:08:46 From Shannon Biggs to Rochelle Towers, All Panelists : hello!
11:09:01 From Irene Cooke to All panelists : Will it be possible to get a copy of this webinar? I'm wondering if we could share it on our new website?
11:09:16 From Pamela Arauz : Blessings from Antioch, CA
11:09:17 From monica vega to All panelists : Good morning, from San Francisco, Ca
11:09:17 From Sarah Bradley to All panelists : Hello from Chochenyo territory in what is also called Berkeley, California, and thank you, from the bottom of my heart, for being here and sharing.
11:09:18 From Ashley Cline to All panelists : Hello from Tahoe, California.
11:09:30 From Magick Altman : Blessings! From San Francisco
11:09:46 From Shannon Biggs to Irene Cooke, All Panelists : Yes it will be available later today on movement rights website and FB and Youtube for sharing!
11:10:08 From BEVERLY SHALOM to All panelists : Love and gratitude from Oakland, CA
11:15:25 From Lynsey Piccolo to All panelists : ❤️✨🌈✨❤️
11:15:42 From Jennifer Brass to All panelists : A'ho
11:15:43 From Adelita Serena to All panelists : Ometeotl
11:15:45 From Juskwa Burnett : Wow
11:15:53 From Jane Mauchly to All panelists : thank you! blessings from San francisco
11:16:20 From Jennifer Brass to All panelists : Hensci!
11:16:28 From Carina King : Thank you for your prayer from Morongo Valley, CA
11:16:37 From mimi : Blessings from San Jose my relatives
11:16:55 From Karen Hecht to All panelists : So many appreciations...from Richmond CA
11:21:20 From nell scott to All panelists : greetings gratitude and respect from oakland 🌱❤️🌱
11:23:25 From Pennie Opal Plant to Shannon Biggs (Privately) : sorry i had to leave...the dam phone rang. i unplugged it at the shop
11:23:43 From Shannon Biggs to Pennie Opal Plant (Privately) : lolz
11:24:02 From Shannon Biggs to Pennie Opal Plant (Privately) : This is great Alison is great
11:24:08 From Shannon Biggs to Pennie Opal Plant (Privately) : I'm so happy
11:24:58 From Carol Rothman : Alison you speak for me and so many so well and with such wisdom!!!!!!!
11:25:42 From Shannon Biggs to Iris Rodriguez, All Panelists : this is great I think its going so well...very pleased. So exited to have you do the next step for sharing after. hope you are well sending love and

gratitude

11:27:05 From Shannon Biggs to Iris Rodriguez, All Panelists : Iris from Xica Media is our communications partner and will be creating a sharable version of this webinar available on Movement Rights website, FB and Youtube.

11:30:31 From Molly Brown : Butterfly hugs to all of you from Mount Shasta California.

11:31:01 From Bernadette Trubatsky to All panelists : Beautiful tools thank you.

11:31:33 From Shannon Biggs to Molly Brown, All Panelists : Hi Molly!

11:38:39 From Shannon Biggs : Thank you Alison! For more tools and healing and empowerment while sheltering in place from Alison visit: <http://www.idlenomoresfbay.org/idle-no-more-sfbay-blog/tools-for-healing-empowerment-while-sheltering-in-place-by-alisonehara-brown>

11:38:58 From Adelita Serena to All panelists : Thank you for that share!

11:39:02 From Pamela Arauz to All panelists : Thank you Alison!

11:39:36 From Irene Cooke to All panelists : Thank you Alison for these words of wisdom and comfort!

11:39:46 From Jane Mauchly to All panelists : thank you Allison! so important

11:41:44 From Victoria Sage to All panelists : Q: Will a recording be shared after? I would like to share with a relative who was not able to join atm.

11:42:34 From Shannon Biggs to Victoria Sage, All Panelists : Yes later today this will be sharable from www.movementrights.org, Movement Rights FB and youtube pages.

11:44:02 From Shannon Biggs : In case you missed it in the chat above, here is the link for Alison's tools for healing and empowerment during shelter in place: <http://www.idlenomoresfbay.org/idle-no-more-sfbay-blog/tools-for-healing-empowerment-while-sheltering-in-place-by-alisonehara-brown>

11:45:12 From Shannon Biggs : Please feel free to send questions to the panelists here in the chat or on your screen there is a Q&A space.

11:46:27 From daniella salzman to All panelists : Will the recording of this panel be available for viewing and sharing later?

11:47:06 From Shannon Biggs to daniella salzman, All Panelists : Yes later today this will be sharable from www.movementrights.org, Movement Rights FB and youtube pages.

11:47:56 From daniella salzman to All panelists : Thank you!

11:49:04 From Gena McCarthy to All panelists : to Penny now, yes!

11:49:43 From Tammy, Mendocino Coast Homelands of Northern Pomo : Why do you say you are just an older woman and not an elder?

11:49:43 From heather love to All panelists : 

11:50:04 From Karen Hecht to All panelists : Penny, all this that you are saying is exactly my feeling. No wonder I have been drawn to your energy for all this time...xox

11:50:06 From Pamela Arauz to All panelists : Thank you Pennie!

11:50:08 From Jane Mauchly to All panelists : beautiful

11:50:13 From Adelita Serena to All panelists : Thank you Pennie!!

11:50:33 From Jane Mauchly to All panelists : beautiful – thank you Pennie!

11:50:50 From Debra Chapman to All panelists : blessings and gratitude for hosting this mtg. miss your faces. love debra in west sacramento

11:55:12 From Shannon Biggs to All panelists : Questions: I am saddened everyday by the fact that there are so many people already striving to live, like refugees, are facing an even harsher condition. What do you suggest we can do for those of us why are comfortably sheltering at home? Thank you for your wisdom.

11:55:23 From Shannon Biggs to All panelists : Questions: I am saddened everyday by the fact that there are so many people already striving to live, like refugees, are facing an even harsher condition. What do you suggest we can do for those of us why are comfortably sheltering at home? Thank you for your wisdom.

11:55:34 From Shannon Biggs to All panelists : How do we fight the fear that the things we imagine won't happen? That fear that blocks us from action and making things happen?

11:56:17 From Shannon Biggs : Casey Camp Horinek: “We are not humans protecting nature. We are Nature protecting itself”

11:56:43 From GinewEquay to All panelists : Casey♥ absolutely love the humble way you describe everything in such a beautiful way. ♥Sweet kindred sister♥ much respect

11:58:19 From Debra Chapman to All panelists : a ho

12:01:43 From Victoria Sage to All panelists : Q: seeking resources. I am the Exec Dir for an international organization that has a large email list. We are in discussion about how we could leverage our reach to support Native communities who are struggling. We are talking about doing a fundraiser on May 5th for GivingTuesday Now to bring funds for food resources/gardening and medical supplies for Native communities especially those that are being hard hit by Covid. If your team has any recommendations of an organization(s) that I could call that would distribute raised funds in a good way and with transparency, We are already speaking with IllumiNative, I would appreciate recommendations to be sent to me at Victoria@LivingAwake.com.

12:02:35 From Fabiola Mendieta to All panelists : Im sorry I have to leave the Webinar, sisters please keep us in prayers our Indigenous people are dying of COVID-19 in New York City every day but the media is not talking about that

12:03:14 From Fabiola Mendieta to All panelists : Fabiola Mendieta-Cuapio from Nahua Community living in NYC

12:03:40 From Shannon Biggs to Victoria Sage, All Panelists : Hi Victoria, I'm happy to share some resources we know of, we are currently working to bring PPE to tribal health offices and communities hardest hit, but there are a few places I can share. We may have time to address this before we close as well. My email is shannon@movementrights.org

12:04:50 From Lynsey Piccolo to All panelists : ❤️✨🌈✨❤️

12:04:51 From Victoria Sage to All panelists : Shannon- sounds wonderful. I will send you an email to connect. Open to a phone call

also.

12:05:02 From Shannon Biggs to Victoria Sage, All Panelists : great! yes.

12:05:26 From Tammy, Mendocino Coast Homelands of Northern Pomo : I would like to recommend two books, "If Women Rose Rooted" by Sharon Blackie and "Braiding Sweet Grass" by Robin Wall Kimmerer.

12:05:54 From Shannon Biggs : To continue the great conversations with Indigenous leaders on COVID 19, our friends at WECAN have a webinar today starting soon. For details: WECAN webinar today at 1 Pm <https://www.facebook.com/WECAN.Intl/photos/pb.153704007991524.-2207520000../3425701180791774/?type=3&theater>

12:06:05 From Iris Rodriguez to All panelists : <3<3<3

12:06:19 From Stephanie Siehr to All panelists : Much gratitude, feeling you all, feeling these visions growing (from the foothills of Nisenan and Maidu lands)

12:07:22 From Shannon Biggs to Pennie Opal Plant (Privately) : Question from Victoria: seeking resources. I am the Exec Dir for an international organization that has a large email list. We are in discussion about how we could leverage our reach to support Native communities who are struggling. We are talking about doing a fundraiser on May 5th for GivingTuesday Now to bring funds for food resources/gardening and medical supplies for Native communities especially those that are being hard hit by Covid. If your team has any recommendations of an organization(s) that I could call that would distribute raised funds in a good way and with transparency, We are already speaking with IllumiNative, I would appreciate recommendations to be sent to me at Victoria@LivingAwake.com.

12:09:23 From Shannon Biggs : Global Exchange has a webinar series that includes deep discussions on COVID and refugees, detention camps and unity through the Americas. Check them out here: <https://globalexchange.org/campaigns/voices-for-global-justice-webinar-series/>

12:10:10 From Sarah Bradley to All panelists : In terms of current dominating system being a sickness, and the people who propagate and aid in that system also being in need of healing, what are your secret hopes? What are the invitations that can help others see the irresistible beauty and wholeness and health and balance of the world you/we are envisioning that can return?

12:10:13 From LoboWolf Starkewolf to All panelists : I sent my question in email. Starkewolf

12:10:57 From Magick Altman to All panelists : I am concerned that there could be an order to not go to nature, when She is our greatest healer. I think we need to explore when we will need to have agency if this is used for further control. As I look to the world we are imagining and were moving strongly towards this before Covid. Pennie, What would that point be for you?

12:11:11 From Shannon Biggs to Pennie Opal Plant (Privately) : In terms of current dominating system being a sickness, and the people who propagate and aid in that system also being in need of healing, what are your secret hopes? What are the invitations that can help others see the irresistible beauty and wholeness and health and

balance of the world you/we are envisioning that can return?

12:11:28 From Paul ehara : Sending respect, gratitude, and love to you all for the bounty of wisdom and life experiences being shared. Thank you.

12:13:19 From Adelita Serena to All panelists : I like that

12:14:01 From Shannon Biggs : Alison Ehara Brown "Children love the idea that they are the boss of their feelings, not feelings that are the boss of them" Great advice for all of us!

12:14:33 From Belinda Acosta : I'm sorry I need to leave early, but Muchisimas Gracias that I found this Webinar....or, that I was found. That's what it feels like. An answer to my prayers.

12:15:12 From Gena McCarthy to All panelists : Thank you all three of you for this generous sharing of wisdom , vision and prayers.

12:15:53 From Peregrine Whitehurst to All panelists : Thank you all for all your powerful words and support. What a gift to hear you.

There are so many things healing now on the earth but also so much sadness. I study and practice Acupuncture and Chinese medicine and have been doing my best to stay healthy and help others to stay healthy. Are there any recommendations emotionally or physically to help people to stay healthy now? And with that question what are the ways we can connect with beautiful medicines of turtle island without disrespecting the medicines or medicine carriers of this land?

12:16:42 From Shannon Biggs to All panelists : Attendance starting to drop, but we still have 80 with us. Participation has been unusually consistent throughout, folks either didn't drop off or new people kept joining at a great rate.

12:16:44 From Victoria Sage : It is extremely important to complete the feelings that we are feeling. Feel them completely and fully so that they are released vs holding them and keeping them forever as unresolved emotions. And working with our thoughts so that we do not draw feelings/emotions to us from the future.

12:17:08 From Jane Mauchly to All panelists : love alllll of those answers

12:17:19 From Marge Grow-Eppard to All panelists : love this.

12:17:44 From Jennifer Brass to All panelists : :~* Mvto!

12:18:24 From Shannon Biggs : Contact Pennie:
pennie@gatheringtribes.com contact Movement Rights at
Shannon@movementrights.org

12:18:25 From Rosanna Petralia : thank you for your words and wisdom

12:18:36 From Magick Altman to All panelists : I sent A QUESTION above, this is Magick

12:18:42 From Marge Grow-Eppard to All panelists : everything that is being said, I teach in my White Bison classes. This is confirmation for my clients.

12:19:20 From Shannon Biggs to Magick Altman, All Panelists : can you put it on the Q&A

12:19:53 From Adelita Serena to All panelists : (Snaps)

12:20:28 From TAYSE crocker to All panelists : Thank you auntie Casey! Much love!

12:21:24 From Magick Altman to All panelists : Did it!

12:23:01 From Adelita Serena to All panelists : I have loved all that has been shared here, I have to jump off, much love to you all!!

12:23:03 From Shannon Biggs to Magick Altman, All Panelists : I see it, hoping we have time to address it before we close thanks!

12:23:11 From Joye Braun to All panelists : wopila.. so good to see you all.. maske pennie and ina Casey.. i got to listen to mom Casey today.. big gift.. i needed to hear you all today. Wopila tanka.. lots of good healing words today. so needed

12:23:41 From Shannon Biggs to Joye Braun, All Panelists : so grateful to have you here with us thank you Joye

12:25:17 From Shannon Biggs : Please read and share Pennie's latest blog on the greater WE at this time:

12:25:18 From Shannon Biggs : <https://www.movementrights.org/everything-we-do-is-about-we-at-this-point/>

12:25:35 From Jennifer Brass to All panelists : Mvto!

12:31:21 From Shannon Biggs to Cynthia Lazaroff, All Panelists : Hi Cynthia!

12:33:54 From Jane Mauchly to All panelists : are these resources also on Movement Rights site?

12:33:57 From Shannon Biggs : We will send a follow up email with the link to the webinar for sharing, the documents shared and ways to connect for next steps, webinars, staying connected on social media and elsewhere, including resources brought by our partners and friends. Thank you all for being here today.

12:34:11 From BEVERLY SHALOM to All panelists : Thanks so much for this very empowering and healing webinar. Embracing myself and you all with a tremendous butterfly hug!!

12:34:35 From Irene Cooke to All panelists : Thank you SO much!

12:34:40 From Shannon Biggs to Jane Mauchly, All Panelists : We will send a follow up email with the link to the webinar for sharing, the documents shared and ways to connect for next steps, webinars, staying connected on social media and elsewhere, including resources brought by our partners and friends. Thank you all for being here today. Some resources are already on Movement Rights webpage more to come

12:34:45 From Juskwa Burnett to All panelists : you are fabulous and loved Shannon Biggs

12:34:46 From pam tau lee to All panelists : thank you with such love and gratitude

12:34:46 From Jennifer Brass to All panelists : thank you all SO much<3

12:34:50 From nell scott to All panelists : deeply wonderful, thank you from my heart

12:34:56 From Cynthia Lazaroff : My heart is filled with so much gratitude and inspiration for all you and and Pennie and Alison and Casey have shared! What a gift for us all at this time! Mahalo nui loa from Kaua'i!

12:35:10 From Jane Perry to All panelists : so very very grateful for your wisdom casey, al, and Pennie.

12:35:25 From Jane Mauchly to All panelists : thank you!! so appreciate this opportunity to be with you around these important

ideas

12:36:59 From mimi to All panelists : thanks and gratitude for your compassion and teachings today and always my relatives

12:37:33 From Norm Sands : Thank you Thank You Thank you

Love Love Love you Pennie, Casey & Alison...

Be Well, Stay Safe. Blessings

12:39:48 From Karen Hecht to All panelists : Thank you all so much for this....Love and light, stay healthy

12:40:03 From Glynda Velasco : Aho!

12:40:05 From eileen to All panelists : thank you so much

12:40:11 From Katrin Wehrheim to All panelists : may it be so!

12:40:14 From Pennie Opal Plant to Shannon Biggs (Privately) : can you end the participants?

12:40:16 From Sarah Bradley to All panelists : Thank you thank you thank you thank you

12:40:17 From Heather Phipps : Thank you so much!

12:40:17 From Pamela Arauz : Blessings for each one of you

12:40:20 From Professor V to All panelists : Tlazocamati Ometeotl

12:40:24 From mimi : ho

12:40:25 From isabel lopez to All panelists : in lak'ech