

13:39:11 From the buddhist center online : Apparently this waiting room malarkey won't work! Come on in...

13:54:58 From Sadayasihi : Welcome everyone to the Compassionate Revolution with Parami! You will be muted for this talk - but please write any questions/comments you have in the chat box!

13:58:20 From Liz Armour : you don't need to screen with people visible

13:58:28 From Liz Armour : you can stream just parami

13:59:19 From Liz Armour : do you remember me parami ??? all the v best

13:59:27 From Parami, Glasgow : i do indeed

13:59:39 From Liz Armour : jolly good

13:59:47 From Dh Shraddhadharma : Aloha from Hawaii!

13:59:49 From Angie Lee-Foster : Thank you I found the link on the booking page. Good to be hear (from Suffolk)

14:00:00 From Livvi Brooks : Livvi from sunny Glasgow :D

14:00:02 From Amalaketu : hi from Colchester!

14:00:07 From Aryadrishti : Hello from Portland Oregon

14:00:12 From Rebecca Harvey : Hello, from Rebecca in east London.

14:00:12 From Sandy Staplehurst : Hi Parami and everyone, Sandy from Lancaster x

14:00:13 From Leticia Mancera : Leticia from Cuernavaca, Mexico

14:00:19 From Liz Armour : planet earth (I think) but here in Barnsley right now

14:00:20 From Aryanaga Kelly : Hi From Westport Co Mayo Ireland ...Aryanaga

14:00:26 From Taravandana : Hi everyone. Its Taravandana from Manchester here. Thanks Parami and Candradassa xx

14:00:29 From Dianne : hi Parami, Don and Dianne from Lochwinnoch, Scotland

14:00:34 From danakamala dk : from Portsmouth New Hampshire

14:00:39 From Suzanne : Hi from Aylesford, Kent.

14:00:47 From Viriyagita : Viriyagita from Durham NH

14:01:01 From Eric Harrison : Hi, Eric Harrison from Mid Essex Buddhist Centre

14:01:03 From Rachel : Rachel from MEBC

14:01:04 From Dh Shraddhadharma : I'm seeing so many friends!

14:01:17 From Viriyalila : hello Parami + everyone, glad to be here. Viriyalila from Boston Massachusetts

14:01:24 From Paola Mascott Laraque : Hi from Mexico to friends new and old! :)

14:01:34 From Laura Horwood-Benton : hi from Portsmouth NH USA! 💕

14:01:35 From Shobhit : Hi From India

14:02:05 From m's iPad : hi parami. hope you are well. Mary n from Manchester. xx

14:02:24 From Myra Bicknell : Hi All. Myra from Seattle, WA here.

14:02:57 From Satyanadi : Hi all from Shrewsbury x

14:02:59 From Karunagita : greetings from North London - video off as I'm not fully well so lying about but glad to (sort of) be here with you all x

14:03:40 From Sadayasihi : Ah sorry to hear that Karunagita - hope you get well soon...and great you could make it!

14:04:43 From Livvi Brooks : My video is not on because I'm making seitan in my jammies, so waving in spirit.

14:04:57 From Sadayasihi : Hello everyone - feel free to write any questions you have in the chat box and we will try and get to as many as we can throughout this session!

14:05:17 From Maryellen Burke : hello everyone from Portsmouth

14:08:36 From the buddhist center online to Sadayasihi (Privately) : Watch Party!

14:08:50 From the buddhist center online to Sadayasihi (Privately) :



14:09:52 From Margaret Deneau : hello from Windsor, Ontario

14:11:57 From Lucy : great connection talking about the breath. Not one I noticed but so true!

14:14:18 From the buddhist center online : Don't forget to send any questions for Parami here 😊🙏

14:16:26 From Taravandana to the buddhist center online (Privately) : Hi Parami there is emerging science about the reasons that BME people seem to be more ill when they contract Covid 19, relating to their biochemistry and genetic predisposition, Blood sugar levels, obesity, Vitamin D levels and sex.

14:16:37 From Taravandana to the buddhist center online (Privately) : Hi Parami there is emerging science about the reasons that BME people seem to be more ill when they contract Covid 19, relating to their biochemistry and genetic predisposition, Blood sugar levels, obesity, Vitamin D levels and sex.

14:18:39 From Angie Lee-Foster : What's the sutta again?

14:22:24 From the buddhist center online to Taravandana (Privately) : Cakkavatti Sutta: <https://www.accesstoinsight.org/tipitaka/dn/dn.26.0.than.html>

14:22:52 From the buddhist center online : Cakkavatti Sutta: <https://www.accesstoinsight.org/tipitaka/dn/dn.26.0.than.html>

14:29:52 From Paul,UK,Canterbury : I thought it was Educate, Agitate, Liberate!

14:33:12 From the buddhist center online to Parami, Glasgow (Privately) : That's 27 mins

14:34:46 From the buddhist center online to Christine, Vancouver BC (Privately) : Hi Christine, I'll do a brief intro to you as I hand over, then unmute yourself?

14:35:14 From Christine, Vancouver BC to the buddhist center online (Privately) : okey doke! ta <3

14:37:26 From Paul,UK,Canterbury : & stand for elections to get beyond the paradigm of left-right politics to the politics of kindness & deeper accountability/ethics.

14:37:42 From Sadayasihi : If you have any questions for Parami do write them here in the chat 🙏

14:38:04 From the buddhist center online to Parami, Glasgow (Privately) : Hiya - good if you can start winding up. 3 mins till 20

left xx

14:38:41 From Lucy : What does Parami recommend for dismantling harmful systems (capitalism, patriarchy, racism etc) whilst still being compassionate to those upholding the structures – such as the police at protests or opposing political parties?

I find it hard to be in activist groups and political debates since they often run on anger and violent speech towards the opposition!

14:39:00 From Angie Lee-Foster : How do you think that this 'Great Pause' will help people be less consumeristic and how can we encourage this? (You mentioned this I think its a great opportunity to live differently)

14:39:48 From Paul,UK,Canterbury : Q to Parami: How would advise me to go about starting a Right Livelihood that tries to live 1/3 by sharing time and possessions, then 1/3 by dana and only 1/3 in the Economy of Money.?

14:40:12 From Dh Shraddhadharma : And in Canada – I just came from a meeting that Vimalasara was hosting.

14:42:12 From Aryadrishti : to Parami– How do you keep going? stay connected and active in the face of such overwhelming suffering?

14:42:39 From Issy F (she/her/they) : How to engage your own sangha and get people involved in antiracism?

14:44:24 From Livvi Brooks : I'm not sure it's the right forum for this question and perhaps it's documented elsewhere, so perhaps you could just signpost me. Why, (it seems historically) do you think the British sangha (as I can't comment worldwide) does not seem to attract many POC/those of BAME? Do you think there are barriers preventing access?

14:44:39 From Carmen Valle : We should also reflect on our interconnectedness with other animals and how we get sick by hurting them, by not letting them breathe.

14:46:12 From Christine, Vancouver BC : XR Buddhists

14:46:52 From Dh Shraddhadharma : XR Buddhists?

14:46:58 From the buddhist center online to Christine, Vancouver BC (Privately) : Would be great to ask Libby's question about POC & Triratna

14:47:07 From Taravandana to the buddhist center online (Privately) : Thanks everyone Im off now Love Taravandana x

14:49:05 From eileen's iPad : <https://www.grandmotherscouncil.org/> these women are amazing eileen

14:49:28 From the buddhist center online to Christine, Vancouver BC (Privately) : Probably 7 mins before we have to start wrapping up

14:49:44 From Angie Lee-Foster : I'm going on local radio next week to give 4 thoughts for the day (dharma wise) :)

14:50:43 From the buddhist center online : <https://www.karuna.org/coronavirus-crisis>

14:50:49 From Varasakhi : Rather honest collision than dishonest collusion. are we willing to take risks in our communication with others and show up in our values, beginning with our friends?

14:51:19 From Shobhit : Q.Thank you Parmi,You said about spiritual

community so how can we connect with other Spiritual communities to narrow this gap created by idea getting fixed to a particular religion if this can happen then we are almost there.

14:51:22 From Elaine Weatherley-Jones : Extinction Rebellion Buddhists Facebook group <https://www.facebook.com/groups/2166143550304582>

14:54:26 From Liz Armour : li could listen all night!!

14:55:06 From Paul Crosland, Independent Candidate : If anyone wants to discuss ideas Parami replied to from me -Beyond #PolarisationInPolitics & living only 1/3 of one's economic life in the monetary economy: paul.crosland@gmail.com #Kinderpolitics #DeeperAccountability

14:59:26 From Livvi Brooks : Thank you, It's not something I know much about x

15:00:10 From the buddhist center online to Christine, Vancouver BC (Privately) : Will round up after this one

15:00:36 From Christine, Vancouver BC to the buddhist center online (Privately) : ok

15:02:13 From Abhayadevi Tissington : <https://www.faithfortheclimate.org.uk> this is all faiths

15:02:25 From Viriyalila : ❤️

15:02:38 From Moksatara : thank you Parami!

15:02:43 From Moksatara : Thank you Christine!

15:02:51 From Moksatara : Thank you TBCO!

15:02:51 From Lynn : thank you .so interesting from Lynn at York

15:02:57 From Maryellen Burke : thank you everyone!

15:02:59 From the buddhist center online to Christine, Vancouver BC (Privately) : Please consider supporting live events like these for everyone who can't afford to! 🙏 www.thebuddhistcentre.com/give

15:03:03 From Paul Crosland, Independent Candidate : How much we covered in the time.Sadhu!

15:03:05 From marie : Great talk, lots to think off thank you

15:03:09 From Sandy Staplehurst : Thanks so much Parami. x

15:03:13 From Angie Lee-Foster : How do we download chat?

15:03:15 From Satyanadi : very inspiring thanks Christine for organising and thanks Parami inspiring

15:03:22 From Clive Fletcher : Many thanks,,Parami!

15:03:29 From Suzanne : Thank you everyone.

15:03:40 From Livvi Brooks : Thank you so much Parami. Always enjoy your talks and find them very connecting.

15:03:43 From Claudia Ponath : Thank you all!

15:03:46 From Christine Cather : much metta n thanks Parami.

15:03:52 From Issy F (she/her/they) : thank you very much Parami & Christine for organising:)

15:03:53 From Veronica : Muchas gracias Parami

15:03:57 From acharashraddha : Many thanks Parami. Thanks Candradasa, Akasajoti and Christine xxx

15:03:59 From Sarah Bassler : Great talk. Thank you for sharing!

15:04:02 From Akuppa : To the right of the dialogue box there's a button to save chat

15:04:03 From Rebecca Harvey : Thank you Parami, and organisers and

hosts "Call forth as much as you can of love, of respect and of faith."

15:04:04 From Fiona Collett : Many thanks for the talk Parami and all involved, lots to reflect on

15:04:11 From Shraddhabha Annette Clarke : thank you Parami and Christine, love Shraddhabha from shrewsbury

15:04:15 From Liz Armour : hear hear ! have not been on an online talk with you but those two retreats back in 2007 were life changing

15:04:18 From Viriyagita : Thank you everyone

15:04:26 From Leticia Mancera : Gracias Parami. Saludos a todos

15:04:32 From sridakini prescott : thank you very much Parami, Christine and Candradasa for creating this space

15:04:38 From Sadayasihi : Hi Angie – if you go to ‘chat’ and select the three dots you’ll see an option to ‘save chat’...

15:04:43 From Shraddhabha Annette Clarke : how do we download the chat please?

15:04:53 From Angie Lee-Foster : Great stuff, thanks Parami and team

15:05:23 From Olga Patricia Rivera : Thanks Parami,

15:05:34 From Livvi Brooks : There was also a problem with the Eventbrite for me – it would only let me register for free. Is it easy to find the link to donate?

15:05:40 From Carmen Valle : There are three dots on the right side of the chat box, click there

15:05:42 From Akasajoti : We hope the Dharma toolkit is helping. As we all take care of each other through this extraordinary time we are committed to staying online with you for as long as it takes – and beyond.

This series for Buddhist Action Month is offered based on your ability to pay. If you can, please donate to support our work and help others who can't afford it attend online events and classes. Suggested donation each week is £5/\$7.50/€5.

thebuddhistcentre.com/give

15:05:56 From Sadayasihi : Hi Shraddhabha – if you go to ‘chat’ and select the three dots you’ll see an option to ‘save chat’

15:06:03 From Dh Shraddhadharma : Thanks Candradhasa, Parami and Christine!

15:06:13 From Shraddhabha Annette Clarke : thanks

15:06:28 From Olga Patricia Rivera : thanks all of you

15:06:53 From Viriyalila : ❤️

15:07:45 From Varasakhi to the buddhist center online (Privately) : how do I save chat on an iPad? thanks

15:07:54 From Akasajoti : This series for Buddhist Action Month is offered based on your ability to pay. If you can, please donate to support our work and help others who can't afford it attend online events and classes. Suggested donation each week is £5/\$7.50/€5.

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