

## Yin Leadership Training – February 22, 2026 (Transcript)

Let's come back to the heart and let's come in. And you could use one of the Grandmother's meditations. You could use 'the rose of the heart'. You could use 'the pitcher and the cup'. You could simply call on the Net of Light and ask the Net of Light to fill each person's heart and let the Net of Light breathe you.

You could do all kinds of things like that, but to come back in because we're learning, this is where the truth lives. *(pointing to the heart)* We're all conditioned to think that this *(pointing to the head)* is where all the action is, and we have to talk more and we have to reason and we have to figure it out, and we have to work.

Uhuh, that doesn't work at all. This works.*(pointing to the heart)*

Any comments from you guys? You've been through this too.

Stephanie: One thing that I do at the beginning of every meeting after we've obviously greeted each other and sat down in a circle is to tell them what we plan to do. We're gonna start with a song. We're gonna cast the net, we're gonna do some readings and talk about that, and then we'll end with this and putting myself in the lead as facilitator.

So I get to look at my phone to time things and they know that at the beginning and I think that helps a lot.

Great. Thank you. That's very valuable. Thank you. Anybody else wanna add anything that works for you?

Diane: I think there's a big difference. If you have a meeting on the Zoom. Or live in a gathering.

Because at a live gathering, you have more time. And what I usually do then is put a talking stick in the middle. And have people go inward and be silent with the question or with the topic. And then when you're ready to talk, you pick up your talking stick And, that also brings a calmness. And of course you can't do that on the zoom, but you can also take your time and be comfortable with silence. I also notice sometimes at the Global Zooms, because you have these 20 minutes and everybody's had to turn, and then it's silent. And then someone think, oh my gosh, nobody's saying anything.

This may be another topic, but it's very important that to be comfortable with the silence as well. And then you can feel your heart and take in all the things that have been said and yeah let them come in.

Sharon: Yes. Thank you so much. So glad you mentioned the power, the great power in silence, how valuable it is and to let it be, because what'll happen after a while of silence, someone, something will move in.

Someone that's right. To speak. And if somebody gets scattered and goes up to their brain again, you come right back into silence. Go right back in. Thank you Diane.

Did you wanna add anything, Anita?

Anita: No, I'm good.

Sharon: Okay, good. Alright, so then I'd like to ask, is there another question?

Yeah. Stephanie, did you wanna ask a question?

Stephanie: I'm just looking at what's here. A lot of them were about the same issue. Yeah, that's the number one issue – it is the one you already talked about. Yes. Okay.

**Q: There was another one about how do you go about creating emotional safety in groups?**

Sharon: Yes. Much of what we've already said is that that is I think the great draw of this work. People feel a feeling of safety and they often will say, oh gosh, I feel like it's home for me, that I can really be myself here. And it's true because we don't create a striving or competition, nothing like that.

We really exist. To help each person feel this alignment with the divine within them and also feel this horizontal sisterhood familyhood with one another. So there's this strong connection. If this were our circle, we would all be working for the highest good of each of us. I want to see the highest good for Stephanie.

Absolutely. And I know Stephanie wants that for me, and she wants it for Anita and for Diane. That is our goal is. Each one of us that Diane has a stronger relationship with the divine, that Stephanie has a stronger relationship with the divine, that Diane and Stephanie have a stronger relationship with their heart to heart with each other.

So we're always working on the horizontal and on the vertical. At the same time we're looking for the highest good. For each of us, and because that's what we're looking for, we can be comfortable with silence and because that's what we're looking for, we can just accept just about anything and keep coming back into our hearts.

And back into our hearts, because that's why we're there. We come together to deepen our core. We want that for each of us because as Anita gets stronger in her being, that affects me. I get stronger in my being. As I see Diane start to bloom, I'm thrilled because it resonates with me. I have that same, I see her smile, I see her light up.

I start to smile. I start to light up. It's unique, it happens in some places, but it doesn't happen very often, and it's a unique thing that happens, and it happens this way because of the Net of Light, because we are all part of the fabric, of the Net of Light. The Net of Light runs right through our bodies, right through our buildings, right through the ground, and right between amongst one another.

And as that strengthens, as Anita strengthens, each one of us connected with Anita strengthens, it's inevitable. I don't know how I got off on that, but Okay. That's really important.

Anita: I have another question. This is my question and let me see if I find it. Okay.

**Q: How do you approach someone who embodies a very yang energy, feels uncomfortable in silence and struggles to adapt to a space that lacks constant activity, may feel unsafe in such they may feel, be feeling unsafe in such an environment, showing behavior, getting up and down out of their seat, leaving the room, coming back, shuffling around.**

Yeah. Have any ideas?

Sharon: I was thinking of a couple things as you were saying that I was thinking it's like a very badly behaved child. If you are the mom and say it's time for dinner, boys and girls and I don't wanna eat, I wanna play, or, you've got a kid like that or that kind of little bit of bratty, almost because they're so agitated.

All you can do. Usually those people don't stay very long. It's too boring. What we're doing is too boring for them. They want action, they want, they wanna be, doing something with their bodies or drinking or they're doing something, so they don't usually stay very long, but sometimes they surprise us and actually everybody needs to feel love.

So as much as you can, love that ornery little pip squeak. Love 'em if you can. You know as much as you can. And then you have to be like that mom who says, I'm sorry Joey, you gotta sit down now. Or it is hard for you, isn't it? You need to leave now, or whatever. You need to do, but to love them and you set those boundaries for them.

It, this work is not for everybody, as you well know. Many people do turn away from it, but they're just not ready for it yet.

Thanks, Anita. Anybody else have any comments on that one?

Diane: No. I think it's important that leading with yin, it's not only like the *soft way* to accept everything and oh, we are so nice. We're all loving and we're all, sometimes it's really important or not to be afraid to say I'm sorry can you sit still or walk around the garden a few times and come back or something.

And we are also not, but to your own children, you're also clear and say this is allowed, and that's not allowed when they go out in traffic on the bicycle or, you have rules when you sit with us, in a meeting or in a circle. There are certain guidelines as well. Yes. And I notice it with myself.

Sharon: It's sometimes hard because you wanna be yin and then you wanna be soft and you wanna be holding and oh, it's all nice and, but. Sometimes you also have to be firm. Yeah. And you can always tell, you can tell, when you're, when your kindness and your soft words are not being absorbed at all, then you just have to go.

That's that. Yeah. Yeah. Even if it feels uncomfortable, 'cause it's not always feels comfortable 'cause you're in this setting of where people choose yes. To be with the grandmothers and work with a Net of Light. So it's always a bit, you feel a bit uneasy. It's like the mother bear.

She loves her cubs. She's there for them. She takes care of them, and she will kill the sucker who tries to harm them. She has to. Yeah. Otherwise she's not taking, she's not doing her job. Yeah. Yeah.

I know that feeling.

Yes, but you bring up a good point. The thing is, here comes Maggie, the dog. The power of yin is the power of the life force. This is the power that holds the universe in its place. This is the power that, that the sun rises in the morning, sets in the evening. This is the power of life. This is not just some kind of little wimpy thing.

This is shakti. This is the power of life and it's, it supports and fosters life. And so it's there to support the life force, and sometimes it does that, oh, like this. And sometimes it does it like that. It's all part of the whole, it's the part of the force of life that supports living things.

We're here to do that. We are here to support life.

Are there any other questions?

Stephanie: There is one from the Netherlands, and I believe what we talked about addressed most of it, but I wanna ask this part of it that says:

***Q: I know also that I may have boundaries even in yin, but how can I nicely introduce them with love and compassion for everyone and also be firm?***

Sharon: Yeah. Isn't that exactly what we're talking about and how important that is. You, each of us learns how to do that. And you learn by doing. There's no other way. Nobody's written the rule book for, we have the yin principles, which are very valuable and helping you run a group.

And I encourage you to refer to them and to use them. You will learn primarily by doing, and you will always know when you do something, if you keep checking, how do I feel? Your body will tell you, Ooh, that really was good, that worked. I can feel there was a good exchange there. This woman, she heard me and I was able to hear her too. That was really valuable.

And then sometimes it's a different kind of lesson. Sometimes I have to take a very strong stance with someone. Sometimes I have to, occasionally there will be someone who wants to use these meetings, these Net of Light meetings, these Grandmothers meetings . Sometimes there'll be someone who wants to use those meetings to promote themselves. To promote their particular thing/ work they're doing , they use it. And I have to, when that happens, I have to step in and say, we don't do that here. We never, do that. That is not allowed. And so you may not do that here.

I have to, it's not easy, but it's necessary because again, this question that Stephanie is asking always comes back to what's really good for this group? Why are we here? Why do we come together ? In this world which is all about buying and selling and controlling and having my way and dominating. Why do we come together in this group this way? What is our purpose?

And that will bring you home to the truth every time. What serves the good of this group? It's really simple. It's not easy because we've been taught so differently. We've been taught to fight, to dominate or else to cave in, collapse, and it's none of that. It is the mother bear. She who seeks the highest good for this family, and she who stands up for that family.

How does that feel to you? How does that Yeah, I see.

Anita: Feels good.

Sharon: Yeah. The Grandmothers are always saying, trust yourself. Notice how you feel, how do you feel and trust yourself. They say that innumerable times women. Trust yourself. They say that.

The other thing we're always dealing with, which we haven't spoken about today yet, is the denigration of women.

How we have been pushed to the back, pushed down, devalued and made fun of. All the jokes about, women's intuition, other little jokes about that, about a women not being, intelligent enough not being factual, all those things. And so we deal also with that. That's a large part of what happens when we have difficulty trusting ourselves. Is that conditioning to think of ourselves as, oh, not quite good

enough. Really, maybe not very worthy, who do I think I am? I'm nothing special. All of that . That's been just ground into us. It's not true. But we've been taught that for thousands and thousands of years.

So I think that's part of why the Grandmothers are always saying, trust yourself. How does it feel? How do you feel?

I'm just thinking now, let's ask the Grandmothers if there are more questions that people have that we might be aware of them if there's others that we have not addressed.

Anita: I have one more. This is from somebody, but I think it's a good question. I don't know where it came from.

*What do we do or how do we react when someone at our meeting starts crying and the other members of the group strongly console this person?*

I know it's the same thing, but we've been brainwashed as women to, they're crying and so we're gonna go, fix 'em. And what I found is that it's really good not to have anybody touch you when you're crying, to be left alone so you can move through and process. And you don't wanna stop the process because it stops when people come and touch you.

I don't know what you have to say about that ?

Sharon: Diane and then Stephanie, what do you say about that? Because this'll happen.

Stephanie: I agree. Absolutely let them move through whatever's happening for them. Oftentimes they're talking as well. We do have Kleenex available so that they can feel comfortable with that part, but yeah, let them work it through, and then afterwards if they wanna hug.Yeah.

Diane: Be comfortable with emotions.. That, that, that's a very important, important thing. And when you sit around or together and you, you're holding a sacred space. So they already feel that they are surrounded and yeah. And afterwards you can indeed or just pass.

And even not pass the Kleenex right away, but only at the end, because if you pass the Kleenex, it also think, oh, maybe I have to stop crying. I think that's also a turning point.

Sharon: Yes. I agree. I agree with all of you sometimes. If a person is really, if they've really hit a big blockage and they're just sobbing, and they're just sometimes as a leader, I'll have to say, let's just be with her now as she goes through this and we're here supporting you.

Say her name, while you're going through this. You're not alone. Please let yourself feel what you're feeling. Yeah. Yeah.

Anita: Thank you.

Sharon: Because she is stronger than she knows, and she is much stronger than we know, and it's such a powerful thing for a person. I'm saying she, sometimes it's a man too.

For a person to feel how strong they are, that they can go through this, that they can go through this with a number of people there. They can really be themselves and go through this and feel accepted. It's such a rarity. Cause everybody is always trying to, the way the world is, always trying to shush them down or cuddle them up.

Maybe it will go, now it'll be better... Uhuh. Let them go. The Grandmothers say: **go slow. Go deep. You'll find us there.**

And they do. And we get to witness that. It's a great honor. It's a great honor to witness someone who's brave enough to go through that Beautiful.

Diane: Yeah. That they feel safe enough to show the emotions. Is also already a good thing that you're doing a good job with each other.

Sharon: Yes. Yes. And that should there be a next time when that kind of degree of grief or whatever it is, comes up, they will be much more heartened and able to handle it. 'cause they know, they knew they were able to with you. It's really grace to be sitting there with someone while they go through that. For them and for the people who are with them.

Anybody else got anything?

I came up with one thing. We are constantly dealing with this sense of unworthiness. Unworthiness and all these levels, unworthy of having this real attention from one another, unworthy to have this attention from the Grandmothers, from God. Unworthy within ourselves because we've been so ground down and not just women, men too. Conditioned to think that they are not enough, that they're not good enough. And in this work with the Grandmothers and the Net of Light, we learn incrementally by reading the books, by watching the videos, by singing the songs, by hanging out with each other. We learn how very worthy we are.

How worthy of respect and attention and all good things that we are, and we help each other with that. So these groups are safe places where we come to, to deepen and expand.

And I want to say how valuable a service all of you are offering. Each of you who are sitting in this zoom room with us, how valuable and utterly worthy you are and what great, good you are doing what Great, good we are doing together. We have created this beautiful, pure movement of love that's just going farther and farther and deeper, and that will continue.

You have planted so many more seeds than you'll ever know, and you're planting them right now. By being here together in this. So it's a big wow. It really is a very big wow. And it's getting bigger all the time. You're individual hearts in here are getting more beautiful, more glorious, continuously.

And because they are affecting everyone in your life. Everyone in this Net of Light world and everyone in this vast world we live in, it's massive, good work.

So I really hope that we will hear from you about what was of value to you today.

And what you need, maybe some things we have not touched on that you need and you want to learn. So that you can be more and more comfortable, more confident, feeling good about this leading from your heart. Helping other people get their heart GPS working too.

So please let us know. Let us hear from you. And right now, take a moment.

Yes, a moment of deep appreciation for your dear and beautiful self. That heard the Grandmothers' call, that responded and continues to respond. That is sitting here right now,

and let yourself open now to receive the great love that's just gushing forth for you, pouring all over you, opening up inside you. It's coming in from the skin side in, it's coming in from the inside out. You're breathing it in. The Grandmothers are breathing it through your body, mind, organism. You are in sync with them.

You are in sync with all forms of the divine. Receiving, endlessly receiving. Ah, the Grandmothers say: You have no idea how loved you are, but you can experience a little bit of that. Now. Let yourself receive. This is your birthright. You are not born to suffer. You were born to be the embodiment of love that you are. Ah.

So take in a good breath now. Letting yourself receive what is your very own and this will continue. This love will continue fill you and fill you. Again, I wanna say great thanks to you for coming.

Thank you for stepping forward to be a leader from the heart. So needed now.

I'm watching all these hearts come on the screen.

Oh my God.

Sharon sings: "Oh How we love you. Oh, how we love you. Oh, how we love you."

Thank you again for everything, especially for being here now.