**YGT episode 195**

Hey there. Why GT listeners? This is a little bit of a special episode that involves long periods of silence. I would encourage you to find a quiet space to listen, or to go on a walk as you're listening, but to not be put off by that silent space. I welcome you to join me in it. You're listening to, you've got this episode one 95.

Welcome to you've got this a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, dr. Katie Linder. In this episode, I want to do something a little bit different than what I've done in the past.

And this has been a very heavy week, um, heavy several weeks for many of us, as we think about what our role is in anti-racist actions and how we can contribute to anti-racist actions from wherever we are. I've been trying really hard, um, to really not think about this as a project, as I tend to do with a lot of different kinds of things, but to think about it as a kind of life practice, which is something that I look at very differently than something I can start and finish.

And that has a clean beginning and a clean end. So, what I wanted to do in this episode is really just express myself identity by, um, sitting with you and just taking a moment wherever you are. However you're feeling this week to know that I'm here. And I'm supporting you

and we're in this together.

for some of us, I imagine sitting in the stillness brings a sense of discomfort, a reminder that we are living lives of privilege and that we can't understand the experiences of others around us, our friends, our neighbors, our colleagues. Our family

for some listening to this, this may have been a welcome respite from a busy week of protesting of donating, of talking of trying to help people understand wherever you're coming from into this space. I'm holding that space for you.

Whatever emotions you're bringing whatever sadness or hope. Or struggle or confusion

or tiredness

I would encourage you to take a deep breath, inhaling and exhaling out.

And have a moment of silence for George Floyd and for the many other victims of senseless violence of racism.

I'm sitting with you in this moment.

and I'm feeling the pain and the hurt and the grief

I'm also feeling our togetherness and our community and our striving for something better.

I'm so grateful to each of you for how you're showing up in this moment. Even if it feels scary or confusing or hard. Or like, it's just too much.

I'm here for you and I support you.

thank you for sitting with me today and for sharing your heart.

Sometimes when we think through these problems. We want to understand it from an intellectual perspective and it's not really a head problem. It's a heart problem. We have to open our hearts to understand what our next move should be and what our contribution is. And the role that we should play as we move forward.

I'm wishing you an open heart this week and please do reach out and let me know if there's anything I can do to support you. Thanks for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie linder.work/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

Thanks for listening.

Yeah.