



Episode 3

Using Movement, Breath, and Sound to Prepare for and Recover from Politics with Jaycee Gossett of The Class

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Katie: Your listening to *This Election*, where we are committed to the inner work that is needed to do politics differently. This is episode #3. I'm your host – Katie Cochran—and I'm so glad you are here. This podcast series offers a new way of looking at politics, one that focuses on how we engage with others rather than on our partisan identities or policy preferences. It explores why politics is so triggering and offers spiritual practices that heal past wounds, ground us in our bodies, and connect us to that which transcends our differences.

If you are committed to active citizenship but feel worn down by a political culture of fear and anger, this podcast is for you. If you have lost sleep over politics, or your temper, or a friend, this podcast is for you. Politics is hard but is something we can heal from and it is something we can change. It won't be easy. It will take practice but my hope is that the conversations here open us up, individually and collectively, to a new way of engaging. *This Election* we will do politics differently.

[00:00:00] Jaycee Gossett is a founding teacher of The Class, a transformative workout experience that uses music, movement, breath, and sound to strengthen the body and open the heart. As vice president of teacher training, Jaycee not only creates space for class students to discover their strengths, explore freedom, and reconnect with spirit, she also guides class teachers in their role as facilitators in this incredible experience. As someone who goes to The Class for many different things, and who enjoys the unique offerings of each teacher, I am in awe of how Jaycee's mentorship and love has created space for each of them to bring their own light and wisdom to this powerful method.

Jaycee's love of music and dance is something that has been with her, her whole life. Before joining The Class, Jaycee traveled around the world studying movement, competing in ballroom dance, and working in television and film, where she hosted and produced multiple series on the Travel Channel, Z Living TV, and Amazon Prime. Today we will dive into how she discovered the healing power of movement and how that [00:01:00] wisdom is incorporated into The Class's approach to practice on and off the mat.

That wisdom has been transformative in my own life. Jaycee was the first teacher that I practiced with after receiving a gift subscription to The Class from a friend during the



pandemic. I was trying to keep the shelter open and to keep everyone safe. And I was drowning. Her class lifted me up and helped me realize that I was not alone. It opened me up to my own strength and inner wisdom and gave me the courage to move forward. I believe that the wisdom that I discovered that day and the wisdom embodied in The Class's approach to movement, and just the wisdom in our own bodies offers us a path toward healing our political wounds and transforming the way we engage politically.

I'm so excited to explore the power of movement with Jaycee today and to share her wisdom with you all. Jaycee, thank you so much for being in conversation with me today.

Jaycee: Thank you so much. What a beautiful intro and what a gift to be talking to you and what a gift that your friends gave you. [00:02:00] And I love nothing more than talking about what we do, the healing power of not just The Class, but all of the practices and technologies that go into it as well. And how life changing it can be for many, many people in different ways.

Katie: I totally agree. So I want to start though with politics because that's what the focus of this podcast is. And one of our goals is to really expand the definition of politics. We often think about our partisanship or what our policy preferences are. But I really want to challenge our listeners, to think about politics as the way we engage with each other when we're working out our political differences. And so keeping that definition in mind, can you tell me about an early, memory of politics and what that taught you about how to engage?

Jaycee: Yeah. So my first very early memory is, going with my mom to vote and I remember the experience of like standing [00:03:00] inline and going into the little kind of curtained section with her and sneaking under the curtain and her being very clear like you can't go in anybody else's section. Don't look under the curtain. It was tense and quiet. And there were people on that line and people in that room that we knew that I knew it was either like my friend's parents or people from school. I grew up in a very small town for a four square mile town called Roseland, New Jersey. So it wasn't often you went places and you just didn't know people. You knew everybody, but there was this, kind of like of an energy excitement that something was happening, but it was also infused with this tense, quiet, rigid, secretive, don't necessarily talk or make eye contact. And that was interesting for me at the time of why we couldn't necessarily talk to people. In retrospect, when I think about it, and this is so great to go on this [00:04:00] journey with this question, as you define politics in the way that you do here-- is this way to engage with others to determine what our society will be-- is if that actually is what we're doing, then it really is interesting to think about how secretive it is. And if it's secretive and looking to avoid conflict, where conflict can be healthy in determining these things. We don't want to upset anybody. We don't want to be attacked. We don't want to necessarily make anybody else feel bad. and that kind of carried, as I got a little bit older, learning that there were certain things you just didn't talk about or ask certain people or, you know, don't bring this up with that person or don't say this and expose yourself. A lot of that



was rooted in fear, which makes sense because the way that we do communicate has and can cause a lot of harm.

Katie: Yeah

Jaycee: So it would make sense why the [00:05:00] early learnings were not to.

Katie: Yeah.

Jaycee: For fear of either making somebody feel bad or you yourself being othered or, not liked.

Katie: I feel like that's a little bit of what it's like to go to the polling booth now, you're not making eye contact. It's just your own little thing. and that secretiveness, that, like, trying to disconnect from the other people around you. It leads to this tension, right? It's this unspoken tension. We're doing this hopeful thing when we vote, right? We're like engaging, we're trying to create the society we want and yet it's this like nope, we're just gonna look down and avoid each other when we need each other so much. That's such a common experience so many of us have had, but I haven't really thought about even what just that teaches us about how Society says we should engage, right?

Jaycee: And it's publicized in a very big way. you see it all over the TV, the night of counting the votes and all of that is very public and. Everywhere in the media, yet that [00:06:00] part of it is very, isolated and loaded with a lot of interesting energy.

Katie: Yeah. So the other two pieces of, our project is, so one is politics and the other two pieces are trauma and spirituality. So the trauma lens is important because it helps us understand how politics has wounded us, because it has wounded a lot of us. And then the spiritual component is important because it's how we move through that discomfort and move through that trauma to be able to still remain engaged and active. Today's episode is focused on movement as a spiritual practice. And so I was wondering if you could tell us a little bit about, the role that movement has played in your own journey and when and how you realized it's healing capacity.

Jaycee: So I was very lucky. I was very blessed. My mom had me -- It's great. My mom was in two of these stories --My mom had me in dance when I was very young. And I think I had a lot of energy and I love playing [00:07:00] sports. And she was very excited because she had a lot of boys and then had me, four boys before me. And then a boy after. And I think that she really loved dance, although she wasn't a dancer herself, but she loved it and she loved music and so she really wanted that for me.



And it was one of the greatest gifts for sure that she gave me. And I often say like dance has saved my life so many times. Movement has saved my life. I really question mark on movement. What would've happened for me in different seasons of my life without it, it has always been a guiding force. It has always been a guiding light.

It is where I feel the most like myself. it is very much everything you said, a practice of spirituality, which that definition for me is just the process of looking in and going inward, connecting to something bigger. Whatever that bigger is that you believe in. [00:08:00] feeling the oneness of collective consciousness and the oneness of the elements if you believe in any of that or work with any of that. But from a scientific perspective, all the things that are happening in your body and your brain, it makes sense why it feels so good and how much your body and your brain really like movement and what lights up inside of you. my home growing up was chaotic. There was a lot of kids and a lot going on all the time. And Bless my mom for doing all of the things. but it was like I needed something for me, just for me, that was this, this thing that I could go and do and tune into and tap into to really feel some form of expansive quality or hope or belief in something.

Katie: Now you, traveled around the world a ton exploring movement.

did your travels change the way you see movement or deepen the texture around your relationship with it?

Jaycee: Yes. So [00:09:00] I, again, like very young, I was always really interested in all the places in the world. Like I loved the globe. I loved looking at the maps. I loved, learning about culture and specifically music and dance. And there was a period of my life where I was a big fan of Anthony Bourdain. I love what he was doing with food and showing food as a way to connect with humans, but also to people. Using food as a way to be the lens of experiencing a culture in its essence. And that was movement and dance for me.

So I was very thirsty to understand how movement came to be, how dances came to be. Did one day someone just Create the Samba or what's the, the history of line dancing and two stepping? I was just thirsty for all that information of how humans started to take movement in an organized way, bring it to others and a collective way, and then use it in these different [00:10:00] ways, whether that was for performance, celebration, grief, for the seasonal changes around weddings, funerals, births, healing.

And one of the things that I took away from is no matter where you go, when you are moving in that way with another human, you really don't need to understand the language, like it, what is actually happening is not cognitive in that way where we're intellectually understanding. we're just existing in an energy conversation that is so just pure and true.



Katie: Yeah, almost like it transcends language, right? And even culture a little bit. So tell me a little bit about how this wisdom about the healing capacity of music is incorporated into The Class and cultivated by The Class.

Jaycee: So we are a music driven workout. And what that means for us is we move on the beat with the beat and we [00:11:00] generally move as one together with the beat.

That creates a sensory experience that, falls into a category called entrainment. You can look at studies of animals moving to music, but as far as I know there aren't studies of masses of mammals moving together on the beat in unison together. That's just like a human thing. But when we do that, the feelings that come up, all the feel good chemicals being released from the brain is powerful. It's very, very, very, very powerful. The way we use music on the beat, the music with the move. Each song opens up a portal for an emotion and an energy to process. So as opposed to just playing music in the background or maybe playing music that I personally just like, we're really curating the journey of the music and the moves to [00:12:00] help the emotional, energetic cathartic processing of strong emotions.

Katie: I've experienced it. So I, I, I totally, totally feel you there. What are some of the other elements of The Class that enable people to process their trauma, and move through discomfort?

Jaycee: So we do a lot of hands on body, a lot of self regulation so that everyone can feel that they are driving the experience and putting your hands on your body gives you a sense of safety that where you are in space, where you are with your attention and bringing it back to you.

With the agency that at any point you can just come back to this home base and stop the movement, change the movement. We do a lot of breath work, a lot of deep breathing, a lot of long, slow inhaling and exhaling. We bring in vocal release. So we're using sound on top of the breath [00:13:00] in movement to help open the throat and any stuck energy, any unprocessed energy experiences that have found their way embedded into the body.

And all of that is just another way of communication. So the movement is communicating, the breath is communicating, the sound is communicating. And that is there to help people really work it through, work it out.

We ask questions, to the students in the room for them to explore their experience as opposed to just telling people what to do. So if you take The Class, you'll notice that there are a lot of moments where the teacher is prompting you. Asking you how it feels, asking you where you feel it and guiding people somatically into places that could use a little bit of attention, a little breath, a little sound, a little bit of release



And learning how to self regulate: Oh [00:14:00] man, did I wish I learned this earlier in my life. Wow, did I wish that 5th grade was about this. Or 3rd grade. As opposed to all the things that we did to try and not feel our feelings or take ourselves out of the pain. But for us, learning how to self regulate with a strong emotion in an intense time of political change As opposed to doing the things to try and take away the feelings or numb the feelings or block the feelings or sweep them under The rug, which never works. It never makes anybody feel better. I say this all the time. I've never found one healing book that says just sweep it under the rug or just numb yourself out and that's the answer to everything

Katie: Right. It's how do you be with it? And I love it. I can picture Myself and the burpee and not feeling great about it being like, okay I can still stay here and I can not be judgy about how i'm feeling about this. I can just feel it and we can go and [00:15:00] sometimes I can complete the burpee sequence and sometimes I can't but like I don't have to leave., the guidance that you provide really Enables us To stay with it in the burpee, and then maybe in uncomfortable situations off the mat, too,

Jaycee: 100%. If we can learn how to be with strong emotions, growth and evolution and a million other things become possible. if we can be with these things within ourself, then you learn how to be with anything, but being with yourself is the beginning and not running from it. Which of course you pause you drop it you come back but to be able to come back and keep touching it and just going a little bit deeper and releasing and going a little bit deeper is when you really start to see like wow, there's there's really something to this and so much is possible.

Katie: Yeah you've talked about The Class as practice for life. and that parallels one of the commitments of This Election project, which is that [00:16:00] we approach politics as practice. It's something that we do and we learn from, and sometimes we make mistakes, but then we try again, we repair. And so I wonder What can we learn on the matt that we can bring into political spaces so that we can engage in healthier ways?

Jaycee: Yes to everything that you just said. The Class is practicing life and politics are part of life. Relationships are part of life. Communication is part of life. If we are a human, we're interacting with the world in some way. And what The Class teaches us to do in being with those strong feelings and learning how to regulate and come back and kind of coach ourselves through the process of it, is the things that you can do in the moment when either you're watching the news, you're in a conversation with your family or a conversation with a stranger or someone that you and you, starts to feel those risings of [00:17:00] strong emotions. We get very curious in The Class. We get very curious as to what is coming up. Where do we feel it? Maybe we ask it some questions like, huh, what's that about? And then knowing we have breath, deep breaths, let it move a little bit, come back into our body, come back into our own experience. Because in a lot of these conversations, it can get charged very quickly and escalate and then very quickly we are out. We're not in our bodies anymore. We're like in the thing, Not present, not aware of how maybe our energy is being expressed



or our breath or any of that. So being able to come back to all those things is very, useful in these kinds of conversations.

As well as knowing what your intent is. So in, in lots of moments of class, we set intent for people to decide what they're doing today, why they're moving today, what the movement is about, whether it's the burpee, whether it's the entire 60 minute class, whether it's the heart clearing, how you are [00:18:00] directing your energy. And when we go into some of these conversations, if it's about politics, it's very interesting to ask ourselves, what is the intent? what are we hoping to get out of this conversation? Why are we engaging in this conversation? And there's a responsibility in there for all of us to check those things,

Not everyone feels the same. But if my intent is just to be right and make you feel bad, let me just enter this conversation so that I could make somebody feel wrong and be right. It helps keep you in check a little bit and then also know what's happening for what you're receiving. what's happening really right now is the energy right now that no matter what I say, I just, the whole thing is about winning.

Okay. Then you have agency and choice there to say, I'm going to engage or not engage. a lot of what we do with The Class is getting curious. I think it's the same in all these conversations. Curiosity around the [00:19:00] conversation, asking people how they feel, why they feel, without the judgment and agenda.

Terry Reill's definition of a safe space is a space without judgment and agenda. So if we're judging ourself or we're judging the other person, then the conversation is not going to be a space of curiosity, authenticity, vulnerability, integrity, because there's an agenda.

Katie: Yeah. And if we're coming in with an agenda, then we may also not be creating space that actually allows for connection and discussion and learning.

Jaycee: If we're coming in with you're wrong, then where are we really going with that? what is the intent of the conversation? We ask a lot of questions in The Class of what is coming up and then maybe what is underneath that. And as I explore that in myself and in other people around these, charged topics, there can be a lot of intense emotions like anger [00:20:00] and pain.

And Carla McLaren has a book about language of emotions. We all study it here at The Class. And she will often ask what's underneath it, and underneath the anger usually is sadness and grief and pain. And yet what's coming out is this like lashing to make harm, possibly.

Katie: And sometimes even if we're moving from a place of sadness and grief, if our automatic reaction is one of anger and defensiveness, then we can cause harm even if that's not our intent, right?



Jaycee: Totally.

Katie: And we then activate that person and then it spirals from there. I really loved everything you're saying. I love all of it, but at the beginning, just the, like learning to pay attention to our bodies, To be like, Oh, what is happening in my body? And to know that then you can ground yourself. that noticing just seems so [00:21:00] important and something that is missed partially because politics is like at us all the time And so it's just this constant low level thing that we don't always notice that our body's having a reaction to, and partially because it's triggering and so those reflexes are automatic, right? and so I just, I think even that piece of being like, if I'm going to enter into the political space, I'm going to pay attention to what's happening inside me so that I can make choices. Rather than just reacting.

Jaycee: Knowing how to really care for ourself in those spaces, because sometimes it is so deep, and it can be way beyond just us, but even just knowing of huh, something feels fill in the blank., or I don't even know what it is. what can I do right now? What can I do about this? What can I do right now to support myself?

Katie: Yeah. So on the issue of safe spaces, you teach the teachers, right? And part of what you're teaching them is how to create these safe spaces where people [00:22:00] can deal with their trauma, where they're rewriting their narratives.

And so, I was wondering how you create that safety, and what we might learn from that about how to create safer political spaces.

Jaycee: So, in The Class we also work a lot with a woman named Tara Tannini, who's a trauma informed specialist. And I'll call out Amanda Martinez, who's a teacher of The Class and helps me reframe the language of safe space into a safer space, because even though a space might feel safe for me or my intent is to create safety, there's still always potentially someone who that space may not feel safe for, So with the intent of it being a safer space, we look a lot around language and how we're using our words. And for me personally, what I love so much about what we do is the guidance is not telling you what [00:23:00] is right and what's wrong and what you should do and what you shouldn't do. I feel like we get that all day long, everywhere. Everyone has an opinion and agenda and a projection. And this really is just for you to hear you and it's not the teacher just letting it be about them and what they want to say. It really is for you to go in and listen and be with yourself without any you have to, you should, you must.

we're very intentional about the space we take up in the room. And making sure the centering is about the student. And if I'm thinking about this, as we go into the political space, there's an air of transparency we're very transparent around, this is what this is, and you can take it as far as you want to go and it's really up to you.



and I feel like [00:24:00] you're always checking in with us, too, right?

Oh, yeah.

Katie: Like, come back to your body. How does it feel?

Jaycee: Yeah.

Katie: And I think maybe there's a lesson there, too, right? Of we may start a conversation and it's all going great, and then whatever topic gets, brought up that is super triggering for one or another person, and then all of a sudden, the conversation is not okay.

And you can both sense it. I don't feel like we do a very good job of being like, okay, let's just check in. How's it going? Are we still okay having this conversation?

Jaycee: Yes

Katie: And so maybe there's something there too about just like it's not a one time check in.

Jaycee: yes

Continual check in right? I love that. We also work with a woman named Melissa Carter who Works in the spirituality department in NYU and whenever we work with her, she begins with care agreements and at the top of the conversation. These are our care agreements for this conversation. Do we all agree? And at any point, if someone needs to pause, we're going to pause. If anyone needs to take a moment because something [00:25:00] is coming up and we want to go into it. We're going to take a pause. And then there's usually a guardian who's, checking in the conversation, noticing if it starts to get charged that guardian can call the pause. And I know that's probably not possible have a guardian when you're having conversations with your family.

Katie: I wonder if there's times too, and we can think about what role we're playing in a conversation, Like sometimes we're the one that's curious and is learning and is getting triggered or not. But maybe sometimes we do have the capacity to be a guardian, and to be the one, around a dinner table with multiple people just checking in and be like, Hey, it seems like it's getting tense here. Is everyone okay? And if we have the kind of emotional intelligence to bring that awareness of ourselves and others and can transition from participant to guardian at times. I think that can still be a, a service.

So there's one piece of this, which is how do we create safety. And then there's the other piece, which going back to your definition, safe spaces have no agenda and no judgment. political spaces have like a billion [00:26:00] agendas and lots of judgment. So sometimes



we're going to be entering spaces that are not safe. They're going to be charged. How do you think we can prepare ourselves to enter those spaces that we know are fraught?

Jaycee: I am a Capricorn. I love preparing. I love being prepared for everything and I find the preparation very helpful. once we get to the point where things are already happening, it's too late. I did a lot of courses at the Clairvoyant Institute of Hawaii and they teach you a lot about energetic boundaries.

They teach you different tools to set your capacity and your energy of what you're willing to take on and take in before you enter a space. There's a visualization you can do about the space before you get in there. Where you can just wrap it in a certain kind of texture or energy, do that to yourself and then maybe you make your own care agreements with yourself.

Okay, this is how we're going into here. I [00:27:00] gave myself lots of time, setting my capacity of what I'm willing to do and not do. Those are my personal care agreements for myself. I'm gonna make sure I'm hydrated, Hopefully have some food Put a plan in place When it's time to leave if you're going with somebody like hey Let's just have a thing that we do when it's time to go or someone needs a break or we can go outside Maybe you set your own alarm 20 minutes in check in with yourself. How am I doing? I feel okay.

but those little moments that you can prepare ahead of time to give yourself those buffers during it to check in with yourself with options.

Katie: Yeah. I love this idea of a care agreement with ourselves, To be like, okay, I'm gonna go into this space. It might get a little dicey. How am I going to take care of me? And what are my boundaries? Where am I going to stop how am I going to respond? And so, so again, that we're not just reacting, we're implementing the plan, we're paying [00:28:00] attention to what we need. But we figured that out before we were triggered.

Jaycee: Yes. And maybe what am I contributing? How do I want to leave this space? how would I like to contribute to wherever this is I'm going. To, great, I would like to create ease and peace. Okay. My job is to be in a place of cultivating ease and peace.

And with those boundaries, knowing, our patterns. All of us have these patterns that are very, very deep. And shifting them can be sometimes very challenging when we feel this strong thing, we react. having that feeling of how you're going to contribute and holding yourself accountable without beating yourself up if you don't hit it the whole time, but that's a touch point to come back to. Wait, what am I doing here again? Why am I here? What's my purpose? Oh, okay.



Katie: Yeah, so, you've talked about curiosity and we've touched a little bit on vulnerability and authenticity, all three of which are core values of The Class, [00:29:00] Do you think it's possible to bring these values into the political arena and what's possible, what might be possible if we did that?

Jaycee: I believe anything is possible. I really do. I believe in the greater good of all things. And I think that's hard work to hold all of the time, but I think it's possible. I think setting our expectations that not every dialogue we're going to have is going to hold those core values, whether that's from us from the other person, setting that expectation is helpful so that we're not disappointed.

And I believe so strongly in all of the work that we do. And also, I'm clear on the reality that not every single person in the world is also doing this and that's okay every person is playing their part in their own way, And I think there are a lot of people doing that work that are ushering in [00:30:00] a new way and all of these things take many generations and many, many lifetimes.

Katie: Yeah,

Jaycee: but they come,

Katie: they do come and I think that there is power in showing up differently. And so we're not going to do it perfectly. Like you said, sometimes we'll get triggered. it has to still be practiced. We have to show ourselves grace.

it has to be okay that we're learning how to do this., but if we try, I think there's, There's a learning that comes from that. when you come into a room and even if it's all charged, if one person is calm and is curious, that curiosity can be contagious, right? And that authenticity can be contagious because I think people crave those things. everyone doesn't have to show up that way, but a couple of people showing up that way, I think can make a big difference.

Jaycee: I agree. I definitely agree.

Katie: So I'm super excited because [00:31:00] you are, creating a class specifically for political engagement. Is that right?

Jaycee: We are. We're working on a class here at The Class that you'll be able to experience on our on demand digital platform, which basically means it'll be there forever for as long as you need it. And can. take that class and do it as many times as you need whenever you need it. That will be geared towards something that you can do in maybe a short period of time to help yourself really process everything that's not just going on now, but that is going to continue to go on in these next couple of months.



When you need the pause, when you need to roar it out, when you need to sweat it out, when you need to run it out, when you maybe just need to hold yourself and give yourself a hug and let some tears shed. Really a place for any emotion that you might be [00:32:00] experiencing and how to come back and reset to what you're guiding principles are.

Katie: I'm so excited. I will be tuning in for sure. And probably using it, a lot but I know for some people taking a full class may be a little intimidating, and even for those of us that are taking full length classes, there may also be times where we just can't. What are some smaller practices that people can use in the moment, either to prepare themselves for political spaces or to come back to themselves when they start feeling a little bit overwhelmed,

Jaycee: deep breathing inhales and exhales, audible breaths, give yourself a moment. If you can in the bathroom, in your car, just let out a lot of, uh, and literally vocalizing in any way. If you want to speak out how you're feeling, if you just want to make sounds, playing one of your favorite songs, it doesn't matter the [00:33:00] length of it, and just moving your body in any way that you want. Two minutes, one minute, three minutes. Shake everything out. Shake out everything. All the feelings, anything, the anxiety, the concern, the stress, the worry, the unknown.

Having a really good group of people around you or an accountability person that you can check in with and say Hey, can we go for a walk? can we do something together just to kind of have that touch point.

Having a way to, to get a break from the stimulation. what can happen sometimes is We just get sucked into it and then we're over stimulated or oversaturated with the information and The brain and the body just need a break. So if you can take time to just turn everything off. Go outside, take a walk, take a shower without any form of external information coming in could be really helpful.

Katie: I love all of [00:34:00] those and they are so accessible to all of us. Right? almost always possible to find music and definitely always possible to take breaths and, to make sound.

One of The things you mentioned I want to touch on, which is the finding of the accountability partner of a trusted circle friends that you can go to. it's interesting because I practice a class through the digital program, so I'm normally by myself in my house watching it. But it started as a, and it still is because you can practice live in New York and LA, but as a very communal thing, can you talk a little bit about community and the role that you see community playing in the way we can transform our, politics?

Jaycee: Yes. So we know that a big drive for us is in connection and we know that we're wired for that. We know that there is something that happens in community that can lift our spirits.



It can give us hope. It can be the moments where [00:35:00] we realize we're not alone. And that the feelings we're feeling are not just happening for us and we can learn a lot by watching other people go through or hear their stories. And this is why I so love your work and what you're doing here sharing in this way, can be profoundly helpful for people to, to share your story and to hear somebody else's story.

Katie: So for our last question, The goal of the podcast is to empower people to engage, politically from a place of hope. And so I was wondering if you could share how you're engaging this election season and also where you're finding hope.

Jaycee: I will be teaching a lot of class. I will be being of service and support by creating the spaces that I create for as many people as I can. I myself will be taking a lot of class. I do take The Class and all of the tools and practices and things that we do.[00:36:00] I will be putting my own care agreements in my conversations and relationships. And for the past five years, I've been bringing The Class and also participating in something called the Nantucket Project, which happens every year. It's a nonprofit organization that's dedicated to creating a better world by re imagining solutions to today's complex challenges and strengthening a culture and pluralism through conversation and storytelling and I offer The Class there. There's about 600 people and everyone that is there is a leader in some field. And they bring together people from all over the world to learn how to be in challenging conversations through peace and care and that authenticity of curiosity.

Katie: And where are you finding hope?

Jaycee: You know, I find hope in a lot of the small things. I [00:37:00] find hope in nature and the strength of nature and our planet and all of that.

I also find a lot of hope in youth and the young people. Every conversation I have with someone that is, from anywhere, teens, early twenties, and even younger. I am so blown away and optimistic of just the thinking and the understanding. yeah, that gives me a lot of hope when I think about the passing of that torch and what is being ushered in.

Katie: Wonderful. thank you for all that you are doing with The Class, with your life, to create these spaces for, all of us. It has touched my life and I know it's touched so many others. So thank you so much. And thank [00:38:00] you for being in conversation with me today.

Jaycee: Thank you. I'm so glad that you're here. we did this. I can't wait for you to come take class in person.

Katie: Me too.



At *This Election* we see politics as practice and each conversation is paired with a practice that you can take with you as you heal from and engage the political arena. Jaycee is developing a class specifically for political engagement. That class will go live in October and we'll add a link to the show notes once it's ready. In the meantime – The Class is offering our listeners [a 30-day free subscription to their digital studio](#)! This studio has The Class and so much more. It has breath work, meditations, yoga, guided stretches, walking meditations, guided runs, and even mini classes for your workday and to do with your kids. All of these offerings incorporate the elements of movement that we've been discussing today: music, breath, sound, and an incredible workout. I will be using all of these this election season and hope you will too. The link to the subscription is in this episode's show notes and on our website at http://www.thiselection.org/spiritual_practices. The Class for political engagement will be posted there too when its ready.

You have been listening to This Election, where we explore the inner work that is needed to do politics differently. Today we heard from Jaycee Gossett, Vice President of Teacher Training at The Class. You can find the class www.theclass.com and on [Instagram](#), [Facebook](#), and [Pinterest](#) @theclass. The Class also has a killer [Spotify](#) account with playlists that will meet you where-ever you are at, including a playlist called [VOTE](#) which has great songs to get you motivated.

You can find Jaycee on Instagram [@JayceeGossett](#). You can also practice with Jaycee live in The Class's LA studio or online with her in the digital studio.

I am your host Katie Cochran and I would love for you to try Jaycee's mini-practices as you engage politically this week. And then . . . let me know how it goes by emailing me at katie@thiselection.org or messaging me on Instagram [@katie.m.cochran](#).

If you have enjoyed this conversation, please subscribe, rate, and review the podcast on whatever platform you are listening through. This is the best way to help our vision of a different type of politics reach as many people as possible.

Some of my favorite people helped make this episode possible. Our lovely theme music was written and performed by Ian Cochran and produced by David Cochran. The podcast artwork was created by Kristin Connolly and is available for purchase via her website lovecommakristin.com.