

## Expansive Capacity Live Zoom Chat 13 April 2023

12:02:43 From Kimberly Logan: new house, who dis?  
12:03:19 From Kimberly Logan: but also weird backlight I haven't yet figured out for zoomies  
12:04:05 From Kimberly Logan: gobsmacked.  
12:04:21 From Aaron Wilson: That is everything!  
12:07:39 From Stephanie Bergeron: 3-point Lumio  
12:10:47 From Kimberly Logan: alphas?  
12:22:12 From Kimberly Logan: cootie catcher  
12:24:55 From Stephanie Bergeron: Parabolas!  
12:27:19 From Kathi Carey: 2%  
12:31:42 From Kimberly Logan: googling now.  
12:34:35 From Kimberly Logan: I love paying taxes; I still hate preparing them!!!  
12:34:57 From Kimberly Logan: next step...  
12:35:34 From Judy Kerr: xoxoxoxox  
12:36:39 From Kathi Carey: Judy ❤️❤️❤️  
12:40:29 From Bonnie Gillespie (she|her): "We're a team; let's cover our zones of genius."  
12:41:07 From Bonnie Gillespie (she|her): Also, use love languages.  
12:41:41 From Bonnie Gillespie (she|her): No one should have to do things that make them feel like shit.  
12:41:48 From La Trice: YAAAASSS! <3  
12:42:11 From Bonnie Gillespie (she|her): We have Keith, Bon, the marriage, and the business. At least 4.  
12:43:45 From Bonnie Gillespie (she|her): And they're temporary.  
12:44:38 From Bonnie Gillespie (she|her): You think something's WRONG.  
12:44:58 From Bonnie Gillespie (she|her): What HOUSE is this?!?  
12:45:09 From Kathi Carey: Whose house???  
13:02:10 From Stephanie Bergeron: Because it's Number Two... which makes it funny...  
13:02:21 From La Trice: LOL  
13:02:22 From Kimberly Logan: dooty!  
13:07:35 From La Trice: I did a few of them but didn't feel much difference?  
13:13:25 From Kimberly Logan: almost like tapping on the karate chop point before getting into a 'tapping session'  
13:14:14 From Kimberly Logan: mostly a lot of smiling faces (mine, my husband's, my mom's, my niblings, etc.)  
13:15:06 From Kimberly Logan: cabana

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit [bonniegillespie.com](https://bonniegillespie.com).

Bonnie Gillespie

13:16:21 From Judy Kerr: Yesterday at doctors my BP was 198/107 I forgot they were taking it and didn't prepare. This is horribly high. I just focus I don't say anything just counting to slow 12 is my focus I'm in scared mode. Anyway they took it again and it was 136/87 - all safe. I'm so lucky I have this tool to turn my BP around. Thanks for bringing it to me Bonnie. Hugs

13:23:41 From Stephanie Bergeron: I think you said it earlier though, too... that we WANT an amygdala that fires when we need it to. We don't want to kill it off.

13:24:25 From Stephanie Bergeron: Someone recently said to me "Fear in a tiny glass is instinct". Then she mixed her metaphors and said the fear just had too large a megaphone. But the idea pops here for me to share.

13:32:45 From Kimberly Logan: snoot only.

13:34:42 From Kathi Carey: Transitions

13:35:03 From Kathi Carey: I went through a bit one a few years back

13:35:06 From La Trice: second that

13:35:12 From La Trice: on transitions

13:35:25 From Aaron Wilson: I also love transitions as well

13:35:27 From Kathi Carey: Big

13:36:31 From Stephanie Bergeron: Like re-focus... oh, there's a word I'm searching for... it'll come...

13:37:08 From Kathi Carey: Change in focus perhaps

13:38:33 From Kathi Carey: Re-set

13:38:36 From Stephanie Bergeron: This loosely relates to my musing in this month's page, that kind of switching to one thing at the... sacrifice of another (sacrifice isn't the word, but it's the word that I'm popping)

13:39:11 From Kimberly Logan: "make a U-turn at your earliest convenience"

13:39:13 From Stephanie Bergeron: Sacrifice is too violent- that word is a symptom of whatever we're honing in on here

13:39:23 From Kimberly Logan: prioritize

13:39:52 From Stephanie Bergeron: I'm pulling up a thesaurus...

13:40:20 From Kimberly Logan: discernment

13:40:42 From Stephanie Bergeron: cede

13:41:02 From Stephanie Bergeron: Keith's on the trial

13:41:05 From Stephanie Bergeron: \*trail

13:41:08 From Kimberly Logan: limitation

13:42:01 From Aaron Wilson: Energetic resources?

13:42:12 From Kimberly Logan: allocation

13:43:05 From Kimberly Logan: just rewatched it this AM