

Expansive Capacity Live Zoom Chat 20 June 2023

11:02:38 From Stephanie Bergeron: That kind of thing always reminds me of Judy and her soap slivers...

11:03:11 From Kellye Rowland: I've been getting those a lot lately

11:06:57 From Stephanie Bergeron: You've got the best hair, Laura. Just sayin.

11:07:21 From Laura Dowling Shea: Thanks Stephanie!!

11:07:52 From Bonnie Gillespie (she|her):

https://www.instagram.com/reel/Cso5kK_gGsI

11:07:59 From Kellye Rowland: wow

11:17:17 From Stephanie Bergeron: It's an efficiency.

11:19:00 From Stephanie Bergeron: Offer: what if the label is just "new space"?

11:19:12 From Kimberly Logan: area of growth

11:19:13 From Bonnie Gillespie (she|her): BNTC

11:19:39 From Stephanie Bergeron: Or come up with some random silly name...
Newville, Liminal-city...

11:19:55 From Kellye Rowland: Liminal City-love

11:22:24 From Stephanie Bergeron: How many times in your school exams were you asked "Why?" or to "Explain your reasoning"...

11:22:42 From constance Zaytoun (she.her): put in the TEACHER position

11:24:21 From Stephanie Bergeron: Don't break that. Don't touch that.

11:24:29 From Stephanie Bergeron: Give it to an adult, they'll fix it.

11:24:36 From La Trice: Yup.

11:25:27 From Kimberly Logan: H.U.G.E.

11:26:15 From Kimberly Logan: I'm feeling that and I didn't even have the experience!

11:28:09 From Kellye Rowland: ❤️

11:28:28 From Stephanie Bergeron: I know what that's like...

11:28:40 From Kellye Rowland: Shame is HUGE.

11:28:42 From Bonnie Gillespie (she|her): Shame ALWAYS has a +1.

11:28:54 From Kellye Rowland: 100%

11:29:22 From Kimberly Logan: I'm rereading Brene Brown and feeling the memories of shame-stories and the sheer madness of that mentality/language

11:29:25 From Bonnie Gillespie (she|her): Should AND shame, BTW, are both SATURN.

11:29:40 From constance Zaytoun (she.her): next month's topic?

11:30:10 From Kimberly Logan: how much bandwidth does 'mom' have

11:30:18 From Kellye Rowland: Right, exactly

11:30:34 From Kimberly Logan: "I'm a great helper"

11:31:02 From Stephanie Bergeron: Here's a weird inversion of that though, where that shutting up, deferring celebration, or swallowing yourself up becomes a whole other kind of energetic load that's just as heavy. This is one of the flavors I experience.

11:31:19 From Kellye Rowland: 100% Steph.

11:31:23 From Kimberly Logan: yup.

11:31:30 From La Trice: Totally

11:33:07 From Stephanie Bergeron: My god, that's resonant. The first words that come to me are "in spite of" (which is an interesting one to stew on)...

11:33:21 From Kellye Rowland: I signed up for an agent workshop with Ross Silver of A3 and then I looked up their clients and I was like ohhhh maybe I made a mistake, I'm not at this level, but fuck it, I'm goin. lol

11:33:22 From Stephanie Bergeron: "Show Off" was mine.

11:33:36 From Kellye Rowland: "How very dare I?!" ha

11:33:46 From Kimberly Logan: Dare! Dare! Dare!!!

11:34:28 From Kathi Carey: The teachers wanted to skip me ahead a grade and MY PARENTS said no

11:34:33 From Kellye Rowland: Talk about a mindfuck yeah

11:34:34 From Stephanie Bergeron: I got damn good at hiding it.

11:35:25 From Kathi Carey: I totally understand that

11:35:53 From Kellye Rowland: YES

11:36:50 From Stephanie Bergeron: Okay wait, I just got the most beautiful image though: When you drop a stone in water, there's the wave outward, right? But there's also a sort of vacuum that's created that pulls inward and throws a drop of water up as well... what if the splash up is the "backlash", perhaps.

11:37:28 From La Trice: Wow, that's awesome Steph

11:37:33 From Bonnie Gillespie (she|her): Loving all of this!

11:37:37 From Kimberly Logan: yummy image

11:37:50 From Bonnie Gillespie (she|her): Inner reaction.

11:38:20 From Kellye Rowland: I love your brain Steph, I treasure the way you think. Love that

11:38:21 From Bonnie Gillespie (she|her): Let's all try!

11:38:31 From Kimberly Logan: Hold my beer - watch this.

11:38:39 From Bonnie Gillespie (she|her): Kimberly's GOT THIS.

11:38:39 From Stephanie Bergeron: Aww, Kellye. <3

11:38:40 From constance Zaytoun (she.her): totally Kimberly!

11:38:41 From La Trice: 🤔🤔

11:38:45 From constance Zaytoun (she.her): we've got this!

11:38:49 From Kimberly Logan: but also, yes, you are totally right.

11:42:13 From Kimberly Logan: You didn't 'show your work', Laura!
11:42:27 From Kellye Rowland: That's true too
11:42:54 From Kellye Rowland: Also Laura, there was power in your "I'm great." Being ****enough****, as is.
11:42:57 From Stephanie Bergeron: Hmm... this resonates a bit with something Bon said before about having a "masculine" communication style (more direct, not so "chick"-y)
11:43:42 From Kimberly Logan: dudes don't have to 'prove' they are speaking their own truth; it's just assumed.
11:43:55 From Kellye Rowland: Exactly Kimberly
11:44:05 From Kellye Rowland: We are conditioned to "explain" etc
11:44:13 From Kathi Carey: Me too
11:44:16 From Kellye Rowland: Almost justify our truths
11:44:20 From Stephanie Bergeron: "Explain", "soften", "elaborate"...
11:45:15 From Stephanie Bergeron: "Prove it"
11:45:23 From Kellye Rowland: That part, yes
11:45:44 From Stephanie Bergeron: (Yeah, Kellye. That 'prove it' is a huge one for me.)
11:45:52 From Bonnie Gillespie (she/her): I have to remind him to put on pants.
11:46:25 From constance Zaytoun (she/her): when he goes hiking
11:46:27 From La Trice: Yeah Kimberly, I feel like maybe, just like it's expected that women are "not" okay and are good at hiding it, whereas men are expected to BE okay or else they're shamed?
11:46:37 From Stephanie Bergeron: Ooh. La Trice.
11:46:43 From Kellye Rowland: That's so fucking powerful and yes I need to do that and GIVE IT A CHANCE
11:46:52 From Kellye Rowland: GIVE IT A DAMNED CHANCE KEL
11:46:54 From Kimberly Logan: yes, La Trice.
11:47:11 From Kimberly Logan: social norms being internalized
11:47:48 From Kellye Rowland: Good point LaTrice
11:48:24 From constance Zaytoun (she/her): what about shame & authenticity? next month?
11:48:59 From Kellye Rowland: That's so true. It's foundational
11:49:06 From Kathi Carey: Our tribe
11:49:30 From Kimberly Logan: Daring Greatly!!!!
11:49:56 From La Trice: Turns out we're just too big for that pack because we're evolving faster 😊
11:50:00 From Kimberly Logan: ALWAYS and in ALL WAYS!
11:51:13 From Stephanie Bergeron: Or we're just needing a bigger pack, LT. I really like the idea of a PRIDE. Big-ass lions don't that kind of shame, it seems.

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit bonniegillespie.com.

Bonnie Gillespie

11:51:33 From La Trice: Yuuuup

11:51:56 From Stephanie Bergeron: Is it possible that we care because if we don't, it might mean that no one cares what we think/say/believe, too? Perhaps a factor.

11:52:22 From Kimberly Logan: I recognize that for sure, Stephanie

11:53:17 From Kimberly Logan: I vascilate between "I have to care or no one will" and "I can't care because no one else does" <--not well thought, but hopefully gets it across a little bit

11:53:32 From Kellye Rowland: I get that Kimberly

11:53:53 From Stephanie Bergeron: I hear you, Kimberly, totally.

11:54:53 From Kellye Rowland: Lighthouse. 🙄

11:55:53 From constance Zaytoun (she/her): why did this crazy old koot care so damn much?

11:56:35 From constance Zaytoun (she/her): she needed a xanax

11:58:34 From Kimberly Logan: if she's not needed

11:58:43 From Bonnie Gillespie (she/her): Which of the kids is in a cast?

11:58:47 From Bonnie Gillespie (she/her): Better be someone!

11:58:56 From Stephanie Bergeron: Does Mom have a different definition of "I'm great", perhaps? To her, is it a deflection, a lie, a non-answer? Could it also be a language barrier of sorts? (I'm spitballing, but perhaps that's some of it.)

11:59:30 From Bonnie Gillespie (she/her): Yessssssss.

11:59:38 From Bonnie Gillespie (she/her): I've opted OUT of the family tug-of-war.

11:59:47 From Bonnie Gillespie (she/her): The Olympics of "who has it worst."

12:02:06 From Kimberly Logan: you are providing #goals!

12:02:31 From Stephanie Bergeron: Is that not just a repetition of an old survival pattern you just described with your fam? Those patterns are strong, right...

12:04:16 From Kimberly Logan: 🧡

12:04:28 From Kathi Carey: ❤️

12:04:37 From Bonnie Gillespie (she/her): Great question!

12:04:42 From Kellye Rowland: You're in the liminal space to LT. It's certainly uncomfortable! To put it mildly sometimes

12:05:07 From Kellye Rowland: It feels like the "goo" we often talk about in the butterfly metaphor... sometimes

12:05:17 From Bonnie Gillespie (she/her): Can we be both/and/all?

12:05:28 From Kathi Carey: I think we are... all

12:05:35 From Kimberly Logan: yup.

12:06:31 From Stephanie Bergeron: The fire in a torch lights a journey and creates a warmth to circle around. The fire in the street burns everything with abandon.

12:07:41 From Keith Johnson: kintsukuroi

12:08:00 From Kellye Rowland: I think we sometimes feel like we have to be "cured" or whatever and then we won't experience the other stuff anymore. It's still life, so maybe we can try hard not to judge those experiences when they come. We're works in progress and always will be. And that's the both/and/all I guess.

12:08:19 From Bonnie Gillespie (she|her): Laura, that was great. Thank you!

12:08:30 From Kimberly Logan: yes, Kellye.

12:08:48 From Kimberly Logan: days you need to sleep 20 hours...

12:09:01 From Bonnie Gillespie (she|her): Totally, Kimberly.

12:09:05 From Kathi Carey: Yes, Laura ❤️❤️

12:09:32 From Kellye Rowland: yes

12:09:45 From Kathi Carey: Some days the struggle is to get out of bed

12:09:50 From Kellye Rowland: That's the hard part.

12:10:27 From Stephanie Bergeron: The myth of Atlas just popped into my head... he was expected to never break, never drop the world...

12:11:03 From Stephanie Bergeron: A Titan literally condemned to never break. Not a human...

12:11:09 From Bonnie Gillespie (she|her): One thing I love about these convos AND about being in the world today is that OWNING where we are/how we are is allowed in a way it wasn't, before.

12:11:43 From Kellye Rowland: Exactly that Bon. God but I'm so grateful for this space.

12:12:15 From Kimberly Logan: Even making the choice and priority to show up today to this group proves that 'all the work' has not and WILL NOT be undone. Breathe, baby!

12:12:44 From Laura Dowling Shea: "Being broken isn't the end of the road..."

12:12:58 From Kathi Carey: The testament to that is that I'm here

12:13:22 From Kimberly Logan: is this the breakthrough (rather than breakdown)?

12:13:48 From Kellye Rowland: I have a favorite meditation that I do by Jeff Warren called "Stream of Impermanence" on my Ten Percent Happier app and it reminds me how nothing lasts. Nothing good, and nothing bad. Nothing lasts.

12:13:50 From Bonnie Gillespie (she|her): I love it when Keith speaks Japanese. 😊 So sexy.

12:14:29 From Bonnie Gillespie (she|her): Don't fill those cracks with shit.

12:14:41 From Stephanie Bergeron: Or leave the sharp edges. ^

12:15:29 From Laura Dowling Shea: I love this from Leonard Cohen:

12:15:33 From Laura Dowling Shea: Ring the bells that still can ring Forget your perfect offering There is a crack, a crack in everything That's how the light gets in

12:18:03 From constance Zaytoun (she.her): La Trice, i'm so sorry. that's despicable for you!

12:18:20 From Stephanie Bergeron: Scheduled pressure release... like a dam.
12:18:24 From Kellye Rowland: Yeah that's really scary LaTrice. Anyone would want to break.
12:18:53 From Kathi Carey: Yeah, that's scary and no wonder you almost let it all out! Good work
12:19:49 From Laura Dowling Shea: The fact that you were able to take that moment in the moment speaks to all the work you've done.
12:19:58 From Kellye Rowland: Now? You never know who's gonna pull out their rifle and shoot you either. Plus the police stuff of course...
12:20:03 From Kimberly Logan: My previous comments do not hold up to this situation; yes, breaking in that situation would not be safe and I'm so sorry you have to deal with it.
12:20:50 From Kellye Rowland: I'm so glad to see your face today LaTrice. ❤️
12:23:13 From Kimberly Logan: what's chasing me this time?!?!
12:25:04 From constance Zaytoun (she/her): me, too re: LaTrice's face!
12:26:38 From Stephanie Bergeron: Sending you some love if it feels good, La Trice. <3
12:27:17 From Kimberly Logan: ditto.
12:27:22 From Kellye Rowland: Grateful for YOU too
12:27:47 From Laura Dowling Shea: I like what Bonnie said, it's super important - there is so much out of our control - as far as what we 'attract
12:28:41 From Bonnie Gillespie (she/her): Often times, it's our EMPATHY that draws that strong energy to us, too.
12:28:52 From Laura Dowling Shea: Yes. that too.
12:28:55 From Kimberly Logan: it's a PRACTICE.
12:29:25 From Stephanie Bergeron: It makes sense though- it's literal energy being siphoned in the brain to building a new neural pathway.
12:29:30 From Bonnie Gillespie (she/her): Labeling our PEOPLE per energetic load.
12:29:58 From Kimberly Logan: that's brilliant.
12:31:16 From Kimberly Logan: crap - I gotta run, but the "Tweet" response will live with me 4-evah! THANKS ALL!
12:31:25 From Kellye Rowland: Bye kimberly
12:31:25 From Stephanie Bergeron: Bye, Kimberly!
12:31:49 From La Trice: Bye Kimberly!!💕
12:32:01 From Kellye Rowland: "I choose to love myself right now" that's one of my faves of Bon's.
12:33:23 From Kellye Rowland: It actually changes the way my body FEELS, like, my BODY. Not just my brain
12:34:27 From La Trice: Riiight!!

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit bonniegillespie.com.

Bonnie Gillespie

12:34:32 From Kellye Rowland: Judy!!!

12:36:37 From Laura Dowling Shea: I think it might be worth exploring a little more what La Trice spoke of in terms of external energetic load of the things and people sort of 'out there' versus what is happening in our internal space and how they affect each other because they can't help but impact us no matter how 'great' we are the external stuff definitely impacts.

12:37:27 From Kathi Carey: An arbitrary day

12:37:43 From Kathi Carey: You can honor these people on ANY day

12:39:43 From Stephanie Bergeron: Rumpelstiltskin. If you name it, you have power. (Gosh, why is my brain pulling up all these today? Lol.)

12:39:59 From Bonnie Gillespie (she|her): Stephanie using the last of Gemini season like WHOA! ;)

12:40:19 From Kellye Rowland: Mercury girl, she's the best!

12:45:08 From constance Zaytoun (she.her): I feel it as an overall feeling. it's not specific nor labeled yet

12:45:46 From Stephanie Bergeron: (Some things may have shifted in flight re: Kellye... Gosh, okay, now I'm going to choose to not be embarrassed with the metaphors.)

12:46:07 From Kellye Rowland: Omg Steph I'm screenshooting that

12:46:37 From La Trice: Thats great 🤔👍

12:47:10 From Kellye Rowland: That's the part I really latched onto, yes

12:47:26 From constance Zaytoun (she.her): the only thing we can change is how we think about it...

12:47:35 From constance Zaytoun (she.her): steph is on fire!

12:47:50 From La Trice: ❤️

12:48:00 From constance Zaytoun (she.her): that was me

12:48:47 From Kellye Rowland: I think we can not be done with energetic load AND have shame be a part of it

12:48:52 From Stephanie Bergeron: Thanks, y'all. This is apparently me exercising being this wordy-brain-Steph in a space... because it has been atrophied for years. Anyway.

12:50:00 From Kellye Rowland: PROFOUND

12:51:43 From La Trice: YAAAS!! That hits for sure!!

12:51:48 From Kellye Rowland: yuuuup

12:52:00 From Kellye Rowland: "But you're so compassionate how come you're not with me??"

12:54:03 From Bonnie Gillespie (she|her): LOVE IT

12:54:16 From constance Zaytoun (she.her): can use the word "NO!" too as you hit

12:54:26 From Stephanie Bergeron: (Carefully. Warm up your screaming voice so you can get it really good in there. ;))

12:54:33 From Laura Dowling Shea: Somatic breathing has been a real boon for me.
12:54:40 From Kathi Carey: And if you let it stay, it will come out in other ways
12:54:56 From constance Zaytoun (she.her): it's still in you!
12:55:07 From Laura Dowling Shea: I think somatic practices might want to be in the energetic 'dip' kit.
12:55:24 From Kellye Rowland: Have it, still haven't opened it yet lol
12:56:23 From Stephanie Bergeron: You could multi-verse it, yeah.
12:58:33 From constance Zaytoun (she.her): got all of 'em!
12:59:22 From Stephanie Bergeron: With you Connie... Rolodex. ;)
12:59:36 From Kathi Carey: Easy 😂😂😂
13:00:00 From La Trice: Thanks so much everyone 💕💕💕
13:00:07 From Laura Dowling Shea: Thank you!