

Expansive Capacity Live Zoom Chat 16 November 2023

11:02:01 From Kellye Rowland: I just went for the full lip experience today lol
11:02:50 From Kimberly Logan: I don't even know why, but I'm celebrating it!
11:02:55 From Stephanie Bergeron: Oh, this is dangerous. Eraasing?
11:03:07 From Kimberly Logan: take a picture first!
11:03:40 From Stephanie Bergeron: Confirmed- can switch.
11:05:10 From Stephanie Bergeron: Dun dun dun
11:05:39 From Kellye Rowland: Anyone else here going to the party Saturday?? I'm getting some vision board books for it today!
11:05:46 From Kimberly Logan: What's crazier? Bon? or All of us hanging on pins & needles, waiting for Bon?
11:05:56 From Stephanie Bergeron: LOL KIMBERLY!
11:06:01 From Kathi Carey: I'm going and I need to start putting my stuff together today
11:06:04 From Kellye Rowland: lmao
11:06:19 From Kimberly Logan: Shroedinger's white board.
11:06:30 From Stephanie Bergeron: I needed this celebratory energy today. Good. Thanks, universe!
11:06:31 From Kellye Rowland: MORE FUNNNNNNN
11:06:54 From Kimberly Logan: Didn't make the move to Puerto Rico, but I had them for the longest time.
11:07:06 From Kimberly Logan: great for hair supplies, too
11:07:12 From Stephanie Bergeron: My main show makeup STILL lives in a Caboodle to this day!
11:07:33 From Kimberly Logan: 🙌
11:09:14 From Stephanie Bergeron: A CABOODLE
11:09:22 From Kimberly Logan: 🙌
11:09:23 From Kellye Rowland: Ahhhhh so good steph
11:09:44 From Stephanie Bergeron: *curtsey*
11:11:16 From Kimberly Logan: The beginning of the alternate reality timeline.
11:11:52 From Kellye Rowland: Exactly what I always think Kimberly. Where is the supreme sorcerer and/or Dr. Strange to save us lol
11:12:26 From Stephanie Bergeron: I'm going more for the Star Trek-ian slingshot around the Sun time-travelling option, but y'know. ;)
11:13:04 From Kellye Rowland: "We have no precedence for this" ad mauseum
11:13:14 From Kimberly Logan: I'm gonna need more tea for this convo (listening but will be off camera for a mo')
11:13:57 From Kathi Carey: OH DEAR

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

Bonnie Gillespie

11:15:49 From Kimberly Logan: uncomfortable but funny
11:16:00 From Aaron Wilson: That reminded me of the Wizard of Oz. So good!
11:16:01 From Stephanie Bergeron: It was the wizard behind the curtain arm for me.
11:16:48 From Kellye Rowland: It's MR GEMINI!!!
11:16:59 From Stephanie Bergeron: Hope his tummy is a bit better today...
11:17:00 From Kimberly Logan: Is Mala feeling better?
11:22:11 From Kimberly Logan: *EFT fo' sho'! *anchor image on my phone
*mirror work (not daily, but on an as needed basis) *lumping & splitting
11:26:47 From Kellye Rowland: Maybe it means also "freeing" the emotions that come out
11:27:10 From Kimberly Logan: 🙌
11:29:11 From Kimberly Logan: Also - just realized in another mastermind "seasonality" - our relationship with Time - what season am I in in my career? my financial experience? my creativity? my energy levels? Stopping to note that has been a great tool.
11:29:33 From Kimberly Logan: "Care less" and "STOP IT".
11:31:54 From Kimberly Logan: Emotions are words; Thoughts are sentences. <---- also a great tool to notice when I'm overthinking something and not trusting my intuition.
11:34:45 From Kimberly Logan: Very un-Aries of you.
11:41:05 From Kimberly Logan: That's another tool I've used & found useful: "Good job brain. Thanks for keeping me 'safe'." and "And I didn't die."
11:44:27 From Kimberly Logan: I like that - "I've rehearsed them"
11:45:12 From Kimberly Logan: "practice" is good, but "rehearsed" really hits that creative center
11:47:07 From Kellye Rowland: HUGE
11:47:12 From Kimberly Logan: That's a pull quote!
11:48:34 From Stephanie Bergeron: Thank you for that particular recipe, Aaron.
11:49:11 From Kimberly Logan: I do that one, too!
11:49:53 From Kathi Carey: Worry o'clock and baseline criteria and two real biggies for me
11:50:51 From constance Zaytoun (she.her): I no-show Wilma all the time! (or is she no-showing?)
11:51:07 From Kimberly Logan: "This meeting coulda been an email"
11:51:16 From Stephanie Bergeron: I was gonna say BC is tough for me, and yet I used it this morning pretty effectively. So, huh, that's interesting.
11:51:36 From Kimberly Logan: Depersonalizing yourself
11:51:43 From Stephanie Bergeron: I think just "give them a name" works.
11:52:00 From Stephanie Bergeron: It's building a character, in some way.

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Bonnie Gillespie

11:52:13 From Kimberly Logan: When being negative - The emotional experience is negative but I, as a human, am not bad.

11:52:26 From Kimberly Logan: Wilma is the emotion

11:52:29 From constance Zaytoun (she.her): Kimberly, I LOVE you!

11:52:39 From Kimberly Logan: back at you!

11:55:33 From Aaron Wilson: Such a great way to apply care less! I love that!

11:55:41 From Kathi Carey: Sounds good to me

11:55:43 From Kimberly Logan: new haircut?

11:55:53 From Kimberly Logan: it works

11:57:37 From Kimberly Logan: meeting the version of me that

11:57:49 From Aaron Wilson: Not bad, less practiced at

11:57:51 From Stephanie Bergeron: Lighthouse not life raft

11:58:43 From Stephanie Bergeron: I mean... when you tell it like that, it feels a little sitcom episode... ;) <3

11:58:58 From Kimberly Logan: 🤔

11:59:47 From Stephanie Bergeron: Ooh, not one from EC, but from 44V: Love Bombing. It's one I've been trying to practice more recently.

12:00:12 From Kimberly Logan: nice, yes, Steph!

12:02:27 From constance Zaytoun (she.her): maybe you said this one just to me, but I also love "i'm right on time!" makes me stop going into the repeat regret cycle.

12:05:21 From Kimberly Logan: ooh - the brain can't do more than 10% change; reminds me when I'm growing that I will probably be uncomfortable but that's OK.

12:06:51 From constance Zaytoun (she.her): the PREP is the WORST!

12:07:06 From Kathi Carey: And the prep IS the worst

12:07:07 From Kellye Rowland: yuuuuup

12:07:28 From Judy Kerr: I've never had one!!!

12:07:35 From Kellye Rowland: Omg judy!!

12:07:40 From constance Zaytoun (she.her): holy shit, judy!

12:07:41 From Kimberly Logan: 🙌

12:07:45 From Kathi Carey: I've never had one

12:08:06 From Stephanie Bergeron: (But also, can't we do some medical tech magic and improve this? We sent people to the Moon decades ago, so....)

12:08:20 From Kimberly Logan: exactly Steph

12:08:44 From Kathi Carey: You can poop on a stick and get almost the same results

12:08:51 From Kellye Rowland: Lol kathi

12:09:05 From Kellye Rowland: But there are NO SIGNS

12:09:17 From Stephanie Bergeron: Hard left into Tangentialtown... hahaha

12:09:48 From Kathi Carey: They stop doing them at 70

12:09:52 From Kimberly Logan: oh the eyebrow!
12:14:17 From Kimberly Logan: that reminded me - Victim/Villain/Hero triangle is another one I use a lot.
12:14:52 From Kimberly Logan: Judy using ageism to her advantage!
12:15:10 From Kellye Rowland: That one is also a favorite necessary one of mine
12:15:10 From Stephanie Bergeron: Oh, I used that this morning in JFDI.
12:15:34 From Keith Johnson: It's a tool for "Care Less"
12:15:46 From Kellye Rowland: Yes!
12:15:55 From Kimberly Logan: not my buyer
12:16:04 From Kellye Rowland: I'm not nearly as bad as I used to be! Which I'm so fucking grateful for!
12:18:19 From Stephanie Bergeron: Oh, this story makes me teary every damn time.
12:19:21 From Stephanie Bergeron: As they include Anxiety in Inside Out 2....
12:20:35 From Kellye Rowland: Because they're so PRACTICED at it right??
12:20:38 From Kellye Rowland: hehe
12:20:44 From constance Zaytoun (she.her): yes, and very southpark
12:20:49 From Kimberly Logan: YUP
12:20:51 From Kellye Rowland: I do that alllllll the time
12:21:42 From Kimberly Logan: The HOW is not MY job.
12:21:51 From Stephanie Bergeron: Aaaand Kellye has a new mini-course to offer. ;)
12:21:59 From constance Zaytoun (she.her): i love that Kellye!!
12:22:10 From Kathi Carey: ❤️❤️❤️
12:22:34 From Kellye Rowland: I. Likely learned it here hahahaha
12:23:11 From Stephanie Bergeron: No, but it's lighthouse/life raft adjacent to me.
12:23:16 From Kellye Rowland: That reminds me of boundaries
12:23:16 From Kimberly Logan: That one is still in rehearsal for me...
12:23:41 From constance Zaytoun (she.her): oh my god, so many complaints these days!!
12:23:56 From Judy Kerr: So glad I got to have more time here in person than I thought!
More is More 😊 Have to leave now.
12:24:03 From Kellye Rowland: I finally did that after 8 years!!! whooosh
12:24:03 From Stephanie Bergeron: Bye, Judy!
12:24:16 From Kimberly Logan: Moar!
12:24:34 From Stephanie Bergeron: That one's a toughie for me, still.
12:25:22 From Kimberly Logan: I just made "irresponsible" a word for my week as I'm rehearsing that skill to NOT help and feel more comfortable NOT feeling responsible for things
12:26:15 From Kellye Rowland: And Kimberly I would say "not" responsible instead; irresponsible implies carelessness

12:26:39 From Kellye Rowland: But I don't mean to change what works for you of course!

12:26:40 From Kimberly Logan: I thought of that Kellye and decided I was gonna be irresponsible with my language!

12:28:12 From Stephanie Bergeron: But I'd argue that sometimes "commenting" is dispassionate labelling.....

12:28:34 From Kellye Rowland: Like "noting" in meditation

12:30:29 From Kellye Rowland: It's so hard to let it be slow as the clock ticks and I age on. Makes me think that time and aging is a construct of the patriarchy lol

12:31:01 From Kimberly Logan: BECAUSE IT IS Kellye!

12:32:11 From constance Zaytoun (she.her): i do remind myself that "i make time"

12:32:18 From Kimberly Logan: I saw a meme that said: I misspelled patriarchy as pastry-archy and I have a whole new vision for society.

12:32:39 From constance Zaytoun (she.her): that's FAB! pastry!

12:33:00 From Stephanie Bergeron: ^Yea, because you can EAT it. Lol.

12:33:13 From Kellye Rowland: capitalism

12:33:44 From Stephanie Bergeron: Tons of fine examples... November actually translating from "nine"...

12:33:51 From Kellye Rowland: Ahhhhh

12:34:23 From Stephanie Bergeron: Or consciously clocked.

12:35:07 From Stephanie Bergeron: I imagine a contractor announcing "I am now using a Philips screwdriver!" every time... like... no.

12:35:15 From Kellye Rowland: lol

12:36:08 From constance Zaytoun (she.her): they don't feel

12:36:44 From Kathi Carey: ❤️❤️❤️

12:38:37 From Stephanie Bergeron: And now I have Edna Mode in my head... "no capes!" ;)

12:38:38 From Kimberly Logan: Even people in general yoga classes are basically going through year 1 drama school!

12:39:06 From Kimberly Logan: yes Steph! (Unless your show calls for that costume)

12:39:39 From Stephanie Bergeron: Lol

12:43:04 From Stephanie Bergeron: Celebration, then?