

Expansive Capacity Live Zoom Chat 21 March 2024

12:31:33 From Aaron Wilson: It's so good to see everyone! :)
12:31:41 From Stephanie Bergeron: You too, Aaron!
12:31:41 From Kimberly Logan: we're special.
12:31:52 From Stephanie Bergeron: On the comfy couch.
12:32:33 From Stephanie Bergeron: I do have to say, I was pretty dang impressed with my Macbook Air today... "Smaller brain" perhaps, but still pretty damn powerful.
12:32:53 From Kimberly Logan: I believe the children are the future!
12:33:06 From Kathi Carey: All Macs are great
12:33:13 From Stephanie Bergeron: This is my first, Kathi.
12:33:24 From Stephanie Bergeron: I needed a fanless system for inside the voiceover booth
12:33:27 From Kathi Carey: Ahh, well you're getting to know what they're capable of
12:33:54 From Stephanie Bergeron: Yeah, absolutely. My PC will kick butt, but it sounds like an F16
12:34:44 From Stephanie Bergeron: This is an M2 chip one.
12:35:06 From Keith Johnson: You were using the Chicklet
12:36:51 From Kimberly Logan: healthy kitty?
12:36:58 From Stephanie Bergeron: So question while we're on it: Apple Care+... worth it?
12:37:25 From Stephanie Bergeron: I'm not rough on my tech, and have not destroyed any previous computers I've owned...
12:37:43 From Kimberly Logan: Can I talk to Karen's manager?
12:37:52 From Stephanie Bergeron: ^LOL
12:38:37 From Keith Johnson: one of my favorite perversions is watching "best mouse trap" vids on the YouTube
12:38:47 From Kimberly Logan: it's my birthday Zodiac!
12:39:34 From Stephanie Bergeron: Thank you Bon, Keith. All I've heard is from one colleague who drops phones more often than most songs drop a beat. So she was all "yeah, but I break everything". So, thank you for the rec against.
12:40:52 From Kathi Carey: IF you move and carry your portable apple stuff around a lot I would get Apple
12:40:58 From Kathi Carey: Care. Otherwise, no.
12:41:12 From L T: I really was thinkin that lol
12:41:16 From Kimberly Logan: additional kitty, not new...
12:41:18 From Stephanie Bergeron: Fair, Kathi. The plan is for this thing to stay here in the booth. Or maybe move 20 feet to my on-camera space when I'm coaching. That's it.

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

Bonnie Gillespie

12:41:30 From Kathi Carey: Then you probably don't need it
12:41:34 From Stephanie Bergeron: I refuse to drag a laptop around, lol.
12:41:38 From Stephanie Bergeron: So, thank you.
12:42:34 From Kathi Carey: I take mine all over — back and forth to LA so I have AppleCare on mine. But if I just had it here in my office, I wouldn't necessarily get it
12:42:43 From constance Zaytoun (she/r): apart from the mice menace challenge, i'd love to bring us around to the manifestation convo at some point today. new thoughts! more questions!
12:44:43 From Stephanie Bergeron: Brilliant, thanks y'all for the Mac convo. Appreciated!!
12:45:10 From Kimberly Logan: She's Bon.
12:45:18 From L T: yup
12:46:10 From Stephanie Bergeron: Pam Grout?
12:46:15 From Kimberly Logan: I couldn't get through E3, but loved E2
12:46:26 From Kimberly Logan: I need a re-read.
12:47:54 From Kimberly Logan: you listened, but couldn't hear. (Been there, done that)
12:49:06 From Kimberly Logan: r-e-l-e-a-s-e
12:49:09 From Stephanie Bergeron: Checked their inbox? Lol.
12:49:52 From Kimberly Logan: If God's on my side, whose on the enemies?
12:49:55 From Kimberly Logan: enemy's
12:50:12 From Aaron Wilson: This is really great, Con!
12:50:35 From Stephanie Bergeron: Re: "listened but couldn't hear", I imagine parched ground... If it rains really hard, the ground can't possibly absorb the water. But if the ground is saturated more slowly, you can get a deeper absorption. Anywho, there goes my brain working in metaphor again.
12:51:04 From L T: Thats beautiful Steph!
12:51:14 From Stephanie Bergeron: Okay hold on: the word "competition" comes from the Latin "competere", literally meaning "to strive WITH".
12:51:25 From Kimberly Logan: oooh - yes, Steph!
12:51:27 From Kathi Carey: I have a question about this, too
12:53:46 From Kimberly Logan: I also have a 'book I got 2 decades ago' story to share...
12:55:15 From Bonnie Gillespie (she/her): "Who am I to complain?"
12:55:22 From Bonnie Gillespie (she/her): FACTS
12:56:26 From Bonnie Gillespie (she/her): THAT
12:56:34 From Kathi Carey: THIS
12:57:28 From Bonnie Gillespie (she/her): Abe says "There is no amount of sick you can be that will prevent another from being sick. So, be well!"

12:58:02 From Stephanie Bergeron: ^I have a Bonnified version of that quote next to my desk upstairs.

12:58:43 From Bonnie Gillespie (she|her): <3

13:01:01 From Bonnie Gillespie (she|her): WHY NOT

13:01:20 From Bonnie Gillespie (she|her): I still accept Grammys in the shower. Have done this since childhood.

13:01:38 From Kimberly Logan: "How will the ideal job make you feel?" My brain says - NOT LIKE THIS (ie how I feel right now) - all my responses are negative (not bored, not exhausted, not lost, not stuck, not not not) Please help me reframe.

13:02:15 From Kathi Carey: I do them as I'm falling asleep at night

13:02:23 From L T: I feel ya Kimberly

13:05:16 From Stephanie Bergeron: Like coding the shit out of the website. Lol.

13:05:28 From Stephanie Bergeron: So the person COULD buy the thing.

13:05:46 From Bonnie Gillespie (she|her): Easy vs. simple... yes!

13:07:21 From Bonnie Gillespie (she|her): Seeing Dr. Z as Dr. Evil with the cat RN.

13:07:37 From Kimberly Logan: la-ser

13:07:46 From Bonnie Gillespie (she|her): Frick-in-la-ser.

13:08:17 From Stephanie Bergeron: (Oh, dang. There's no emoji for air quotes.)

13:08:28 From Bonnie Gillespie (she|her): (That's a crime.)

13:10:21 From Kimberly Logan: I hear you C - I notice the beautiful flowers on my walk, and say 'thanks for the joy' when I pick up a penny that I find, and I'm still unemployed and scared about money.

13:14:44 From Stephanie Bergeron: It's a little oil on the gears that then move the energy of the universe around.

13:15:32 From Stephanie Bergeron: No, no, it's okay. You can call me Steph. 😊 (Y'all know me well enough for that.)

13:17:07 From L T: THAT

13:17:22 From Stephanie Bergeron: I love it.

13:20:15 From L T: yaaasss

13:24:05 From Stephanie Bergeron: Pass a test mentality.

13:24:13 From Kimberly Logan: "what's wrong with me" that it's not worked yet?

13:25:08 From Kimberly Logan: C - remind me the author of that book, please? I'm searching the library cuz, fo' real, I need a re-read.

13:25:19 From Bonnie Gillespie (she|her): Pam Grout

13:25:43 From Stephanie Bergeron: Not my damned third!

13:26:29 From Stephanie Bergeron: Dr. Z prescribed that I bail on stuff. Got it. ;)

13:26:39 From L T: lol

13:27:07 From Kimberly Logan: eyeball it!

13:27:17 From Kathi Carey: That's how my grandmother cooked
13:27:26 From Aaron Wilson: Yes mine did as well
13:27:37 From Kathi Carey: My grandmother was a professional chef in Oslo
13:27:46 From Stephanie Bergeron: Aaaaand now I'm hungry.
13:27:49 From Aaron Wilson: Wow!
13:27:56 From L T: RIGHT!
13:28:09 From Kathi Carey: Aaaand I don't cook at ALL
13:28:36 From Kathi Carey: 😂😂😂
13:28:47 From Aaron Wilson: 😂
13:28:51 From L T: lol
13:29:07 From Stephanie Bergeron: (Jupiter's Day)
13:30:07 From Stephanie Bergeron: Oooh. Connie. That hits for me... teaching by being trusting enough to wing it.
13:31:40 From Kimberly Logan: I 'mentally understand' these examples (cooking, teaching), but my 'it's so easy I can do it in my sleep' thing, was my day job- and it's gone and I haven't found the replacement yet. And I'm scared. <over arching emotion
13:35:58 From constance Zaytoun (she/r): thank god, I love Kimberly's brain!
13:36:13 From L T: absolutely
13:36:30 From Stephanie Bergeron: Jack of all trades, a master of none... but often times better than a master of one.
13:37:16 From Stephanie Bergeron: (I loved it so much when I learned the tail end of that quote, and was so upset to know it had been lopped off.)
13:38:32 From Kathi Carey: expertise
13:38:53 From Bonnie Gillespie (she|her): CV = validating their expertise.
13:39:06 From Bonnie Gillespie (she|her): OMG HE'S TELLING PEOPLE
13:39:26 From L T: My brother was a bus driver! SO COOL!
13:39:27 From constance Zaytoun (she/r): wait seriously??!!
13:39:52 From Bonnie Gillespie (she|her): It's his Saturn return, BTW.
13:39:53 From Bonnie Gillespie (she|her): ;)
13:40:11 From Bonnie Gillespie (she|her): The Big Blue Bus is seriously amazing.
13:40:16 From constance Zaytoun (she/r): pension, baby!!
13:40:22 From Bonnie Gillespie (she|her): BENNIES
13:40:24 From L T: yup!
13:40:51 From Bonnie Gillespie (she|her): (Note: Keith did not kill his dad.)
13:41:27 From constance Zaytoun (she/r): 🙄
13:41:47 From Stephanie Bergeron: Skydiving might not be for you came to my mind... butttt...

13:41:51 From Bonnie Gillespie (she|her): "If at first you don't succeed, lower your standards."

13:42:15 From Bonnie Gillespie (she|her): I love Caryn so much. MEOW

13:42:31 From Kathi Carey: All the things Keith is talking about are better than knowing what you want to do and having your parents forcing you to do what THEY want you to do for your entire childhood/young adulthood

13:42:47 From L T: YAS Kathi!

13:42:48 From Bonnie Gillespie (she|her): True, Kathi.

13:43:00 From Aaron Wilson: Yes, Kathi!

13:43:18 From Bonnie Gillespie (she|her): Googling "mud bog"

13:43:22 From Kathi Carey: Even though I was great at it

13:43:40 From Bonnie Gillespie (she|her): The uncertainty of where you are, Kimberly, is what's so unpleasant.

13:43:51 From Bonnie Gillespie (she|her): The uncertainty is what we want to reframe.

13:44:16 From constance Zaytoun (she/r): my backup is postal worker...

13:45:56 From L T: "The Subtle Art of Not Giving A F***"

13:46:00 From Bonnie Gillespie (she|her): ^^ yes

13:47:13 From L T: MALA!

13:47:24 From Bonnie Gillespie (she|her): About 117 billion members of our species have ever been born on Earth.

13:47:31 From Bonnie Gillespie (she|her): Says Google.

13:49:48 From Stephanie Bergeron: You can share that joy with someone else, telling them about the flower... like you did with us...

13:50:37 From L T: Not knowing is terrifying

13:51:07 From Kathi Carey: Indecisiveness is awful. You need to make a decision. Even a bad one. You can always change it.

13:53:38 From Aaron Wilson: Bilateral stimulation helps when my brain is on a loop.

13:53:59 From L T: Totally, Aaron!

13:54:19 From constance Zaytoun (she/r): what activity will you use, Aaron?

13:54:43 From Aaron Wilson: I like taking an object usually a pen and take it from one hand to the other.

13:54:54 From Aaron Wilson: It causes the brain to stop and focus on that.

13:54:57 From Kathi Carey: That's a good one, @Aaron

13:55:48 From constance Zaytoun (she/r): who am I if i'm not an academic? that was a hard one for me...

13:55:57 From L T: Riiiiight...the need to "matter" is heavy!

13:56:49 From constance Zaytoun (she/r): and you're freakin' fabulous!

13:57:36 From Bonnie Gillespie (she/her): Aaron, could you unmute and tell us about bilateral stimulation? I love how you use it.

13:57:58 From Bonnie Gillespie (she/her): Spoiler alert!

14:01:07 From constance Zaytoun (she/r): brb. i need chocolate.

14:03:26 From Stephanie Bergeron: Industrialist patriarchy

14:05:31 From Kimberly Logan: totally felt my breath drop doing that

14:05:38 From Bonnie Gillespie (she/her): Me too, Kimberly.

14:06:00 From L T: Thank you Aaron!

14:06:26 From Aaron Wilson: You're welcome!

14:06:30 From Stephanie Bergeron: What was it, Kimberly?

14:06:41 From Stephanie Bergeron: I find it's enough to pass it without looking at it...

14:07:14 From Kimberly Logan: rica batata puertorriqueno

14:07:22 From Stephanie Bergeron: Oooh. I have something that I could share too... I'd have to re-find the video, but I have a thing!

14:07:23 From Kimberly Logan: loosely translated to "Puerto Rican rich potato"

14:07:35 From Stephanie Bergeron: Cool, Kimberly, I'm going to look that up.

14:08:27 From Stephanie Bergeron: There's something called "Brain Dance" that is a sort of bilateral stimulation, but more of a full-body version of it. I know I did a video in the GiG tracks.

14:09:04 From Kimberly Logan: ooh - yes please!

14:10:56 From constance Zaytoun (she/r): it's like a sobriety test!

14:11:20 From Aaron Wilson: Yes, Connie! 🤔

14:11:24 From Stephanie Bergeron: LOL! A little, Connie.

14:11:25 From Kimberly Logan: I remember that - great resource

14:11:37 From Stephanie Bergeron: No judgment if you fall over, though. Ha.

14:11:51 From Aaron Wilson: I love that, Stephanie!

14:11:52 From constance Zaytoun (she/r): thank goodness the real one isn't that difficult! no one would pass. haha!

14:13:15 From constance Zaytoun (she/r): piano players unite!

14:13:18 From constance Zaytoun (she/r): unite

14:13:42 From Kathi Carey: Yep. Piano players can do all the finger exercises

14:13:56 From constance Zaytoun (she/r): kathi knows mem

14:13:58 From constance Zaytoun (she/r): me

14:14:04 From Stephanie Bergeron: Or do a drummer's exercise... one side does quarter notes, the other does eighth...

14:14:07 From Kimberly Logan: new idea for 'anchors' - Thanks ALL!

14:14:35 From L T: we love you Kimberly!