

Expansive Capacity Live Zoom Chat 15 August 2024

11:33:29 From Kellye Rowland: Oh good Kimberly!! I was worried about you right now!!

11:33:31 From Stephanie Bergeron: My chat didn't pop up at all, so... lol.

11:33:37 From Stephanie Bergeron: Oh, dear. I missed the green memo. ;p

11:33:37 From Kimberly Logan: safe

11:34:13 From kathicarey (she/her): Me, too

11:40:18 From Kimberly Logan: so hard.

11:43:27 From Stephanie Bergeron: And now we have the full tour!

11:44:13 From Kellye Rowland: Very important modeling. Seriously.

11:45:25 From Kimberly Logan: Just got back on my meds after 8 months of thinking "I don't need it anymore! Yay!"

11:56:22 From Kellye Rowland: I am SO fucking impressed and in awe Aaron!!!

11:57:03 From kathicarey (she/her): So good!

11:59:32 From Kimberly Logan: I feel that!

12:08:50 From Kimberly Logan: safety blanket

12:09:03 From Stephanie Bergeron: An inner poppy trimmer... as in Tall Poppy Syndrome

12:17:00 From Bonnie Gillespie (she|her): A fluid space.

12:18:14 From Bonnie Gillespie (she|her): Are we ALL, now, at a level of readiness for convos to go sideways or circles of safety to shift? Are we so practiced at that movement now?

12:18:52 From Stephanie Bergeron: I think though, from a cognitive science perspective, the brain is always doing some level of threat assessment...

12:19:15 From Kellye Rowland: Replying to "I think though, from..." Yes, this

12:19:17 From Bonnie Gillespie (she|her): Circles of Safety is not just people.

12:19:39 From Kimberly Logan: Replying to "I think though, from..." 🙏

12:20:04 From Kimberly Logan: the threat that is the idea

12:23:46 From kathicarey (she/her): Doesn't work that way for me

12:24:33 From Aaron Wilson: I wish more did! It's so fun to talk about!

12:26:07 From Kimberly Logan: how creative!

12:26:20 From Stephanie Bergeron: So very creative. Lol.

12:26:27 From kathicarey (she/her): Have you read Silva Mind Control?

12:29:02 From Kellye Rowland: I was told there would be no math

12:29:09 From Stephanie Bergeron: That ^

12:29:15 From Kimberly Logan: Replying to "I was told there wou..." 🤔

12:31:51 From Kellye Rowland: And 79 cent burritos are DELICIOUS

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

Bonnie Gillespie

12:32:14 From Kimberly Logan: mind/brain = super happy body = super mad
12:34:32 From Stephanie Bergeron: There's also some argument that the brain craves certain foods because they are sources of something it's actually in need of... So, it'll crave wheat as a source of a nutrient it knows it can get there. (I don't remember the exact study/studies, but.)
12:36:29 From Bonnie Gillespie (she|her): Ooooooh
12:37:18 From Kimberly Logan: recovery time
12:37:23 From Bonnie Gillespie (she|her): The energetic load of being with him again was higher/heavier than you had expected.
12:38:04 From Kimberly Logan: you are allowed to change your mind.
12:38:11 From Bonnie Gillespie (she|her): THAT ^^
12:43:23 From Kimberly Logan: how very dare
12:45:48 From Kimberly Logan: only in America
12:51:34 From Stephanie Bergeron: I've been watching myself for burnout... so fun...
12:52:20 From Kimberly Logan: 30 Second Ballet for the WIN!!!
12:53:25 From Kimberly Logan: good AND annoying!
12:54:42 From Kimberly Logan: gloop
12:55:06 From Kellye Rowland: Sending you a lot of hugs . And YES to what Bon just said
12:55:19 From Kellye Rowland: I do nothing EVERY DAY
12:55:20 From Bonnie Gillespie (she|her): Big hugs, yes.
12:55:50 From Bonnie Gillespie (she|her): And we do not give ourselves that time to adjust.
12:55:57 From Bonnie Gillespie (she|her): Or we judge ourselves when we do.
12:56:12 From Bonnie Gillespie (she|her): Or our systems make us sick to give us permission to stop DOING.
12:56:58 From Kellye Rowland: So true Kimberly
12:57:08 From Kimberly Logan: Replying to "Or our systems make ..." 🙌
12:58:26 From Kellye Rowland: I think that's a good theory
13:00:42 From Kimberly Logan: thanks all
13:03:39 From Kellye Rowland: And the importance of having the enoughness to just ASK for what you want
13:08:37 From Kellye Rowland: I concur and identify
13:09:18 From Kellye Rowland: And that's a LOT of change Steph!!!
13:10:34 From Stephanie Bergeron: I'm almost in reverse of Kellye... I AM going to disappoint by saying no.
13:10:51 From Kellye Rowland: Steph hugs
13:12:11 From Stephanie Bergeron: Thanks, Kellye. Always.

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Bonnie Gillespie

13:12:28 From Kellye Rowland: I. Love mah virgo sister

13:15:51 From Stephanie Bergeron: Show up with cash? Blasphemous.

13:16:43 From kathicarey (she/her): Old school

13:17:37 From Stephanie Bergeron: Break screens!