

Expansive Capacity Live Zoom Chat 20 September 2024

11:02:47 From Kellye Rowland: I have missed Judy!!

11:03:34 From Judy Kerr: Thank you I miss you when I'm not here.

11:04:21 From Judy Kerr: I'll be on camera when I finish eating.

11:04:32 From Kellye Rowland: Replying to "I'll be on camera wh..." <3

11:05:42 From Kellye Rowland: So much saaaame with my tabs. "Oh I'll read this soon..." lmao

11:05:50 From Stephanie Bergeron: Oh gosh, I can't. I have sub-folders in sub-folders in bookmarks, but I can't have a bazillion tabs open at once. It breaks my brain. Lol.

11:07:36 From Kellye Rowland: Replying to "Oh gosh, I can't. I ..." If I do that, I'll forget they exist which is why I have to keep them in front of my face lol

11:13:52 From Judy Kerr: You blow my mind!!!

11:16:13 From Kellye Rowland: And that ties in to all of us trying to "fix what's wrong with us" in a way that is ultimately unhelpful. Culture, exactly.

11:16:58 From kathicarey (she/her): Yep — let's buy a deodorant for the WHOLE BODY???

11:17:03 From Stephanie Bergeron: Sometimes we also just need that wallow time, too. The universe is sometimes keeping us somewhere for a reason. Up with the "if I hadn't have gotten that red light, I would've been in that accident" theory.

11:17:05 From Kellye Rowland: And I start feeling RAGE about all the things "I need to do" to optimize my acting career. It's fucking NEVERENDING.

11:17:11 From Stephanie Bergeron: Replying to "Yep — let's buy a de..." Yeah, what the heck?!

11:17:24 From Aaron Wilson (he/him): Replying to "Yep — let's buy a de..." Right! Why?

11:17:42 From Kellye Rowland: And it makes me start not trusting ANY advice I get

11:18:00 From Kellye Rowland: Replying to "Yep — let's buy a de..." So dumb lol

11:18:22 From Stephanie Bergeron: Replying to "Yep — let's buy a de..." Like... something else is wrong if you truly need a full-body deodorant. There are several steps we could look at before slather yourself with chemical is the option, imo.

11:18:27 From kathicarey (she/her): I could do a whole stand up routine

11:19:14 From Stephanie Bergeron: That's something I gotta do... a new vision board. Post-birthday is probably a good time. ;)

11:22:12 From Stephanie Bergeron: Now I've got "The Commitments" in my head... The whole scene of them going on about dead musicians and incorrect reasons...

11:22:46 From Keith Johnson: My YouTube is AWESOMENESS!!!

11:22:48 From Kellye Rowland: I have turned off "watch history" in my google

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

Bonnie Gillespie

11:23:06 From Stephanie Bergeron: Oh, I'm signed out 99.9% of the time.
11:23:12 From Kellye Rowland: I'm amazed by how many people don't know this
11:24:26 From Stephanie Bergeron: See, I'm just not a Gmail fan, so I was not locked into the system.
11:28:47 From Stephanie Bergeron: AI-powered pressure...
11:30:39 From Stephanie Bergeron: Because isn't that a sales pain point, though?
11:34:18 From kathicarey (she/her): Or timingk
11:34:24 From kathicarey (she/her): timing
11:34:47 From Stephanie Bergeron: (Kathi's just typing in dialect, lol.)
11:36:19 From Stephanie Bergeron: It's the "This Is My Life Now" state
11:37:03 From kathicarey (she/her): It's why everyone has tried to normalize it and doesn't act like we're still in a pandemic anymore
11:37:30 From Kellye Rowland: Even tho so many seem to pretend we didn't go through a massive collective trauma
11:37:31 From constance Zaytoun (she/r): so if it's been "chronic for a year" what do we tell our brain? I didn't finish the video...
11:40:28 From Stephanie Bergeron: I'm with you, Con. :)
11:42:58 From Kellye Rowland: Because "this isn't like me!" "Why is this changing??" Etc etc
11:45:33 From Bonnie Gillespie (she|her): Big, expensive brain chemicals — all that TRYING time. WHY is the big drug we crave the most. Can't resist it. WHY WHY WHY?
11:45:48 From Kellye Rowland: Replying to "Big, expensive brain..." Exactly this.
11:46:14 From Bonnie Gillespie (she|her): Oh, but please know, I'm still mortified.
11:46:16 From Bonnie Gillespie (she|her): And forever will be.
11:46:17 From Bonnie Gillespie (she|her): ;)
11:47:21 From Kellye Rowland: "Whenever I'm feeling enough, I never worry about being perfect or getting it right." - Keith Johnson, before
11:47:44 From Bonnie Gillespie (she|her): ^^ That's good stuff right there!
11:51:04 From Stephanie Bergeron: Oh no, the math is coming back. ;p
11:51:54 From Kellye Rowland: Why isn that wrong??? lol
11:52:09 From Stephanie Bergeron: Because sales tax. ;p
11:52:19 From constance Zaytoun (she/r): my brain is screaming "I hate math"
11:52:31 From Aaron Wilson (he/him): Same :D
11:53:40 From Kellye Rowland: Oh we'd all die if I had that issue lol
11:54:41 From Stephanie Bergeron: Oh, but if any of us were playing the villain...
11:54:44 From constance Zaytoun (she/r): so we all get high!
11:57:45 From constance Zaytoun (she/r): yaz!

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Bonnie Gillespie

11:58:17 From Stephanie Bergeron: Contextual knowledge
11:58:44 From kathicarey (she/her): That's what Alzheimer's people can do with music
11:59:05 From Stephanie Bergeron: I've seen it true with dance as well, Kathi.
11:59:14 From constance Zaytoun (she/r): can you hear me?
11:59:23 From constance Zaytoun (she/r): (the song)
12:00:18 From Kellye Rowland: For me that's like "Love Don't Live Here Anymore" by Madonna. Last song on the album
12:00:57 From Stephanie Bergeron: I had a recent experience with a Spice Girls song.... different generation, same phenomenon. Ha.
12:01:25 From constance Zaytoun (she/r): this is why beta blockers are taken for performance anxiety
12:01:43 From constance Zaytoun (she/r): tests, concerts, etc.
12:02:56 From Kellye Rowland: Lev Parnass
12:02:57 From kathicarey (she/her): Lev Parnass
12:05:02 From Kellye Rowland: And in our society how many people really have that?
12:05:17 From Stephanie Bergeron: And all human brains are wired for pattern recognition, but... lol.
12:07:13 From Stephanie Bergeron: Anyone else feel their inner student just kick in hard-core? Those words just gave me such a visceral reaction, ha!
12:08:24 From Kellye Rowland: And us Virgos gotta be the good student often!! haha
12:08:38 From constance Zaytoun (she/r): blue books!
12:09:25 From Kellye Rowland: Exam # _____ fill in blank
12:09:53 From Kellye Rowland: The SMELLLLLL I loved it
12:10:01 From constance Zaytoun (she/r): they always smelled & it was purple ink!
12:10:13 From Kellye Rowland: My mom was a teacher and she'd come home with mimeographed papers and I'd get high lol
12:10:31 From L T: LOL
12:10:36 From constance Zaytoun (she/r): or both!
12:10:53 From constance Zaytoun (she/r): number 2 pencil!
12:11:41 From Stephanie Bergeron: Train like you compete
12:11:52 From constance Zaytoun (she/r): hence why beta blockers were administered to so many who wanted to "succeed"
12:12:16 From Kellye Rowland: Good little workers
12:12:25 From kathicarey (she/her): Created factory workers
12:12:44 From kathicarey (she/her): Except for those of us who rebelled
12:15:35 From Kellye Rowland: Because god forbid you look like a "drug seeker"

12:16:17 From Stephanie Bergeron: Replying to "Because god forbid y..." But for real, sometimes. So fun being talked down to by someone who you thought was there to help.

12:16:38 From Kellye Rowland: And they'll probably drop you if you don't do what they tell you!

12:20:48 From Kellye Rowland: Why do you have to "do" anything

12:24:58 From Stephanie Bergeron: Why didn't I get that green light? Because I would've been in that accident...

12:25:00 From Kellye Rowland: So it's another way to say faith

12:25:02 From Kellye Rowland: trust

12:25:16 From Kellye Rowland: God but I love care less

12:25:37 From Stephanie Bergeron: (But also Connie, I'm sorry. It still sucks to get the no on something you wanted. <3)

12:27:08 From Kellye Rowland: brilliant

12:27:22 From L T: lol

12:27:53 From Stephanie Bergeron: Stay put, or else pick a meeting spot

12:28:00 From Stephanie Bergeron: Ahead of time

12:28:37 From constance Zaytoun (she/r): thank you, dearest, Steph. i just wanted that green light/fig newtons/some kind of sign. the "no" are getting exhausting... but i'll work on being OKAY with standing still now!

12:29:23 From Kellye Rowland: And the closing of all the mental hospitals

12:29:28 From Stephanie Bergeron: Replying to "thank you, dearest, ..." Darlin', I hear you. The 'no' is getting heavy with me lately, too. I'm glad this came up... for us both! <3 Enjoy your Fig Newtons!

12:31:07 From katholicarey (she/her): I had surgery with no anesthesia at 8

12:31:18 From L T: that's awful!!!

12:31:24 From Kellye Rowland: Replying to "I had surgery with n..." Oh Kathi I can't

12:32:41 From constance Zaytoun (she/r): Replying to "thank you, dearest, ..." 🥰

12:33:10 From Stephanie Bergeron: I think this could extend to a lot of professionals... Car mechanics, anyone?

12:33:22 From constance Zaytoun (she/r): my knees just got weak with all of this!

12:33:33 From L T: right!

12:33:33 From Kellye Rowland: Well we trust, because we ourselves DONT KNOW

12:34:57 From Kellye Rowland: But you're not for the living room robot right??

12:36:58 From L T: I got the one about not putting your purse on the floor lol

12:37:16 From Kellye Rowland: I have NEVER heard that wow

12:37:18 From constance Zaytoun (she/r): also, new York!

12:37:20 From katholicarey (she/her): What about the AI that will cook your dinner?

12:37:23 From constance Zaytoun (she/r): subway crud
12:37:27 From L T: oh....okay, will do LLOL
12:37:34 From Stephanie Bergeron: Ick, yeah, subway crud.
12:37:51 From constance Zaytoun (she/r): HOLD IT!
12:38:12 From constance Zaytoun (she/r): i'm my most balanced in public restrooms!
12:38:28 From Kellye Rowland: Doorway amnesia
12:38:29 From Stephanie Bergeron: Lol, Connie! Ballerina bathroom skills.
12:38:42 From constance Zaytoun (she/r): that's all the dance I've got, babe!
12:38:55 From Stephanie Bergeron: Hey, if it's practical...!
12:41:43 From Stephanie Bergeron: I find video games actually does this for me...
12:42:05 From Kellye Rowland: Replying to "I find video games a..." That makes sense
Steph
12:42:23 From Stephanie Bergeron: Replying to "I find video games a..." It does, and
in a way that film/tv does not.
12:42:47 From constance Zaytoun (she/r): piano!
12:43:55 From Stephanie Bergeron: Ooh, random idea: speaking in an accent...?
12:44:01 From Stephanie Bergeron: Or thinking in an accent?
12:45:32 From L T: OOHHH, that makes sense! :)
12:45:37 From Kellye Rowland: Also moon is in Taurus right now. Need nap after this
12:45:52 From kathicarey (she/her): Taking a walk or just dancing around the place does
it for me
12:46:36 From constance Zaytoun (she/r): for me it's more: what do i do next?
12:48:40 From Stephanie Bergeron: Satisfying.
12:49:55 From constance Zaytoun (she/r): THAT'S MY LIFE!
12:50:03 From constance Zaytoun (she/r): sloooooow results!
12:51:53 From Stephanie Bergeron: #Upholder
12:52:24 From L T: What a great idea...change one thing every 10 days
12:53:50 From L T: Lost sooo much weight in Japan taking stairs and walking
everywhere LOL
12:54:07 From Kellye Rowland: And the damn bank!!! weird
12:59:00 From Kellye Rowland: I find myself craving a lot if silence too lately Judy
12:59:05 From Bonnie Gillespie (she/her):
https://www.youtube.com/watch?v=yxDLhkHN_F0
12:59:54 From L T: Such a great video...couldn't stop at the 10 minute mark, had to
finish it :)
13:00:57 From L T: YAY, Judy!! <3 <3 <3
13:01:17 From Kellye Rowland: lol
13:02:09 From kathicarey (she/her): Huge

13:04:35 From L T: <3 <3 <3
13:08:58 From constance Zaytoun (she/r): y'all are gonna drive a rig now!
13:09:35 From kathicarey (she/her): There's something coming
13:10:16 From Kellye Rowland: That's so nice Judy
13:11:18 From constance Zaytoun (she/r): aaron! with the fab window!
13:11:47 From L T: Aaaaawwww!!!
13:12:18 From Kellye Rowland: Still reeling from this eclipse oh mna
13:12:49 From Stephanie Bergeron: Oh gosh, I cried for like, 3 days straight for no apparent reason pre-eclipse. So fun...
13:12:54 From L T: LOL
13:13:18 From kathicarey (she/her): I went to the endodontist but got good news
13:13:28 From Stephanie Bergeron: Guess I should get some more tissues, then? Lol.
13:14:00 From L T: kathi, lol
13:14:04 From Keith Johnson: Here's a kitten and some tears
13:14:05 From kathicarey (she/her): Kittens have claws
13:14:20 From L T: TRUE...
13:14:59 From kathicarey (she/her): Go throw an axe
13:15:09 From Kellye Rowland: Let's surprise ourselves
13:15:57 From kathicarey (she/her): fire
13:16:06 From L T: YASSS!
13:16:41 From constance Zaytoun (she/r): jet lag killing me... love y'all!
13:17:21 From Keith Johnson: I would like to thank this whole group... you guys help me see things differently/better/clearly, and I find that listening to you guys just fills me with... optimism? positivity? good? Some word like that. I need you all in my life
13:17:35 From Kellye Rowland: Replying to "I would like to than..." And we need you.
<3
13:18:14 From L T: Replying to "I would like to than..." Absolutely!!!
13:19:03 From kathicarey (she/her): Care less