

Expansive Capacity Live Zoom Chat 15 October 2024

12:02:01 From Stephanie Bergeron: Maybe...? I'm good with music, but terrible with bands. Lol.

12:02:58 From Kathi Carey: But she can be a bit scary sometimes

12:03:44 From Kellye Rowland: I saw it too

12:04:00 From Kathi Carey: And then Mark Cuban came on

12:07:48 From Aaron Wilson: Maybe everything you're feeling is right?

12:14:29 From Kathi Carey: To be living through this...

12:16:21 From constance Zaytoun (she/r): there were real footnotes & bibliographies in books!

12:16:36 From Stephanie Bergeron: Sources cited, yes ^

12:16:49 From LT: I was gonna post about that!

12:16:55 From LT: BLEW MY MIND!

12:16:56 From constance Zaytoun (she/r): especially for women!

12:17:07 From Aaron Wilson: I love that she speaks her truth

12:17:09 From constance Zaytoun (she/r): men have had that goal

12:17:13 From constance Zaytoun (she/r): sorry aaron

12:17:16 From constance Zaytoun (she/r): not you

12:17:19 From Kimberly Logan: New answer for "why don't you have kids?" - I'm not humble and don't wanna be!

12:17:32 From Kellye Rowland: But then there's the other side of it too, a bit of humility is good to have, in life. But I get what she meant

12:17:48 From Kathi Carey: We don't aspire to be humble

12:17:52 From Kimberly Logan: kids didn't bring humility to the orange cheeto

12:18:21 From constance Zaytoun (she/r): it really annoys me that he gets a "good" number like 45

12:19:10 From constance Zaytoun (she/r): he played with the toys

12:19:17 From constance Zaytoun (she/r): such a visionary

12:19:49 From LT: Replying to "he played with the t..." LOL

12:20:12 From Kathi Carey: Grifting?

12:20:21 From Stephanie Bergeron: Or even had a history of the shit he's pulled.

12:20:33 From Kellye Rowland: I always say that, but with Obama. If Obama had done a sliver of what he's done their heads would be exploding

12:21:09 From Kellye Rowland: And why wasn't that the end for HIM???

12:21:32 From LT: RIGHT!

12:21:50 From Kellye Rowland: His chart! Was just gonna say haha

12:21:59 From Kellye Rowland: Lucky motherfucker

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

Bonnie Gillespie

12:23:11 From constance Zaytoun (she/r): shes so gorgeous to me in all ways
12:24:06 From constance Zaytoun (she/r): do y'all know dr. Gladys McGarey
12:26:22 From Kimberly Logan: The Well-Lived Life...
12:26:36 From Kimberly Logan: looks like my next library book to borrow
12:26:59 From Kimberly Logan: Cheeto...
12:27:05 From Kimberly Logan: Cis-het...
12:28:00 From constance Zaytoun (she/r): <https://www.youtube.com/watch?v=mi-J-lqc7S8>
12:28:19 From constance Zaytoun (she/r):
https://www.youtube.com/watch?v=fbQvVS_8ZNI
12:29:21 From constance Zaytoun (she/r): transcript:
<https://angelsandawakening.com/2024/07/29/103-year-old-dr-gladys-mcgarey-on-what-this-life-is-really-about/>
12:34:13 From LT: You're here to encourage people the wonderful way you do!
12:34:23 From LT: Sooo much knowledge
12:34:31 From Kimberly Logan: Asked that to myself many of my 11 months of unemployment!
12:34:52 From constance Zaytoun (she/r): had that changed, KL?
12:34:59 From constance Zaytoun (she/r): has
12:35:38 From Kellye Rowland: After LaTrice shares, I have an interesting lose/win experience to share...
12:35:39 From Kimberly Logan: somewhat- started my own business as a Virtual Assistant in July; and just lost my 'biggest' client this week...but I have an interview tomorrow
12:36:06 From constance Zaytoun (she/r): Replying to "somewhat- started my..." 🥰
12:36:11 From Keith Johnson: He's not worth it
12:36:27 From Aaron Wilson: Replying to "somewhat- started my..." ❤️
12:36:41 From Kimberly Logan: Replying to "somewhat- started my..." 🧡
12:37:07 From LT: Replying to "somewhat- started my..." YAY!
12:37:14 From Stephanie Bergeron: Replying to "somewhat- started my..." All the good vibes! <3
12:37:15 From LT: Replying to "somewhat- started my..." for interview!
12:37:19 From Kimberly Logan: it's all cyclical, right!
12:39:19 From Stephanie Bergeron: Replying to "somewhat- started my..." Kimberly, what's your VA specialty genre(s)?
12:40:23 From constance Zaytoun (she/r): they were WET too!
12:41:31 From Aaron Wilson: I was shocked that cursive isn't being taught in school. I still write in cursive.

12:41:44 From LT: ME TOO! i

12:42:03 From Stephanie Bergeron: Oh, me too, Aaron! It's a secret code now... no one younger can read my writing... even though it's perfectly clear. LOL.

12:42:05 From LT: It's art...breaks my heart

12:42:15 From Kimberly Logan: Replying to "somewhat- started my..." Pretty much anything 'office support' related - here's my one-sheeter if you wanna give feedback:

[https://www.canva.com/design/DAGL-](https://www.canva.com/design/DAGL-eExfjU/smp69JdSDBx1eFVCRdZ__Q/edit?utm_content=DAGL-eExfjU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[eExfjU/smp69JdSDBx1eFVCRdZ__Q/edit?utm_content=DAGL-](https://www.canva.com/design/DAGL-eExfjU/smp69JdSDBx1eFVCRdZ__Q/edit?utm_content=DAGL-eExfjU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[eExfjU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton](https://www.canva.com/design/DAGL-eExfjU/smp69JdSDBx1eFVCRdZ__Q/edit?utm_content=DAGL-eExfjU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton) (or spread the word!)

12:42:29 From LT: Replying to "Oh, me too, Aaron! I..." lol

12:42:30 From Kimberly Logan: Replying to "I was shocked that c..." 🙌

12:42:58 From Kimberly Logan: I'm getting anxious just thinking of that much silence!

12:43:16 From Stephanie Bergeron: Replying to "somewhat- started my..." @Kimberly Logan, I'll take a look after, for sure. :) And if I think of anyone suitable for you as a client, you know I'll send 'em. :)

12:43:28 From Kimberly Logan: Kellye - I had the SAME experience when my client said they have to drop me. - Like, well, that happened.

12:43:50 From constance Zaytoun (she/r): yup, that happened!!

12:43:55 From Stephanie Bergeron: Actually, that might be the first piece of "cleaning house" you need for Juilliard to happen.

12:44:11 From Judy Kerr: Love it Kellye!!!

12:44:53 From Kimberly Logan: Replying to "Actually, that might..." 🙌❤️

12:45:07 From LT: Replying to "somewhat- started my..." I'll def have a look as well :)

12:45:35 From Kimberly Logan: Replying to "somewhat- started my..." Thanks all - I've been having trouble accessing The Dojo so couldn't share as easily as I wanted to!

12:48:08 From Stephanie Bergeron: And if she's that much that she was sooo upset that one day out of months you were unavailable... I'm gonna throw out the judgment that she's not a hell-yes anymore.

12:48:31 From Kathi Carey: Yeah, you should be able to say no to a job


12:48:35 From constance Zaytoun (she/r): it also really screams, to me, this is not a hell yes person for you...

12:48:38 From LT: You chose YOU! I LOVE that!!

12:49:03 From constance Zaytoun (she/r): two lines in a short --- if that's it, give me a BREAK! love you, Kellye!!

12:49:27 From constance Zaytoun (she/r): we're making room for something else!

12:49:30 From Kellye Rowland: Replying to "two lines in a short..." <3

12:50:07 From Kellye Rowland: Replying to "And if she's that mu..." indeed
12:50:26 From Kellye Rowland: Replying to "Actually, that might..." THIS
12:50:51 From Stephanie Bergeron: When's the other shoe gonna drop, yeah.
12:51:55 From Stephanie Bergeron: Try archive.org if that message isn't that, ;p
12:52:27 From Stephanie Bergeron: Every time I go out. I think of you Connie!
12:53:03 From constance Zaytoun (she/r): love y'all for holding that with me, Steph & Kimberly!
12:53:25 From Kimberly Logan: Replying to "Every time I go out...." I'm seeing it with weird things like the burnt orange all over except the hood or the roof (not a bad re-paint job, but intentionally 2-tone)
12:53:58 From Bonnie Gillespie (she/her): I call it "learning to communicate using spiritual braille."
12:54:14 From Stephanie Bergeron: Absolutely, Connie. I need the reminder, too... I've got a muscle for making manifesting harder than it needs to be, so these are reminders to change gears. ;) (Also, maybe I should revisit Your Rel with Manifesting. Whatever month that was...)
12:54:42 From LT: YAS! My brother visits in dreams now and then <3
12:55:09 From Kimberly Logan: Replying to "YAS! My brother visi..." 
12:55:22 From Stephanie Bergeron: Replying to "YAS! My brother visi..." <3
12:55:38 From Kellye Rowland: Replying to "YAS! My brother visi..." Love this, it's real and it does happen. <3
12:59:29 From Kellye Rowland: Barely any guidance on that, in mainstream society
12:59:37 From LT: Right
13:00:40 From Stephanie Bergeron: I think we're trained out of that energetic awareness... Kids are so much more in tune than most adults.
13:01:44 From Stephanie Bergeron: They're also usually really good with animals
13:01:56 From LT: YAS!
13:02:57 From Kathi Carey: It's when the veil is thin
13:03:11 From Stephanie Bergeron: And when the active "logical" brain won't shove it away.
13:03:20 From Kellye Rowland: And in a way , intense grief parts that veil easier
13:04:25 From Stephanie Bergeron: I'm immediately remembering Aaron's story about building in you-time, yes.
13:05:54 From Stephanie Bergeron: Just because you can do a thing, does not follow that you must do that thing. (Gonna quote a Star Trek film here, but it's super-relevant.)
13:06:11 From LT: YAASSS! So true
13:07:00 From constance Zaytoun (she/r): would you go any time NOT Christmas?
13:07:09 From constance Zaytoun (she/r): how does that feel?

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Bonnie Gillespie

13:11:08 From constance Zaytoun (she/r): holiday travel SUCKS
13:11:13 From Stephanie Bergeron: SUCKS.
13:12:03 From constance Zaytoun (she/r): travel on Christmas day itself is terrific
13:12:09 From constance Zaytoun (she/r): no one flies
13:12:16 From Aaron Wilson: Yes it is
13:13:22 From Kellye Rowland: Yuuuup. Business class: once you can try that, yeah... I can't go back to coach, I'd rather not travel at all
13:14:09 From Stephanie Bergeron: So let's get the direct flight on the Xmas vision board.
13:14:17 From Stephanie Bergeron: Since you're such a killer manifestor...
13:14:55 From Aaron Wilson: That's me with a hotel. I can't sleep in a awful bed.
13:15:04 From Stephanie Bergeron: I hear you, Aaron.
13:15:07 From constance Zaytoun (she/r): hear hear Aaron!
13:15:41 From LT: we did coach all the way to Japan and back LOLLOLOL
13:15:45 From Kellye Rowland: I would never go on a cruise, ever. They have always grossed me out, as far as sicknesses etc., ugh just gross to me
13:16:05 From constance Zaytoun (she/r): kellye, I'm with you, too!
13:16:08 From Kimberly Logan: Replying to "we did coach all the..." 🤔
13:16:11 From Stephanie Bergeron: Cruises had problems pre-vid with noroviruses and whatnot... We should've learned from that.
13:16:51 From Stephanie Bergeron: Thank you for making me feel less weird for thinking that about all the sickness stuff, lol.
13:16:57 From Kellye Rowland: Replying to "Cruises had problems..." This exactly. And that illness is the WORST and I can't take it lol
13:17:57 From Keith Johnson: ...
13:18:08 From Kellye Rowland: Replying to "..." lolz
13:18:47 From LT: BONUS POINTS!
13:18:47 From constance Zaytoun (she/r): it's so interesting because i was totally presuming the issue was family and not travel. love how y'all sorted through to that
13:19:46 From constance Zaytoun (she/r): Kellye=care less re: manager!
13:20:10 From LT: YAS!
13:20:13 From Kellye Rowland: Replying to "Kellye=care less re:..." Believe me, I was totally there, and right away! Which is EXCITING
13:20:26 From LT: Replying to "Kellye=care less re:..." <3
13:20:42 From Kellye Rowland: I ADORE CARE LESS SO MUCH
13:21:49 From Kimberly Logan: Replying to "it's so interesting ..." for me my immediate family is great (in small doses!) - I will probably skip the extended family activities (for self-care)

13:22:34 From constance Zaytoun (she/r): Replying to "it's so interesting ..." @Kimberly Logan fab!!

13:25:39 From constance Zaytoun (she/r): Anthony Hopkins says that too!

13:25:51 From Bonnie Gillespie (she/her): Mala Beads went to the vet yesterday. He's feeling little.

13:26:18 From LT: Replying to "Mala Beads went to t..." Aw...Mala <3 <3 <3

13:26:59 From Bonnie Gillespie (she/her): Pass/Fail

13:27:36 From Bonnie Gillespie (she/her): I love us so fucking much.

13:27:45 From Kellye Rowland: Replying to "I love us so fucking..." samsies

13:27:52 From Aaron Wilson: Replying to "I love us so fucking..." I do as well

13:27:55 From LT: Replying to "I love us so fucking..." YAASSS!

13:29:50 From Kellye Rowland: That's my favorite too!!!

13:30:28 From Bonnie Gillespie (she/her): Satisficer/Optimizer

13:30:42 From LT: love that!

13:31:13 From Bonnie Gillespie (she/her): "Clerks"

13:31:20 From Judy Kerr: That is my favorite and no one else ever say's it's the best? Yay I've found someone else who knows that yellow cake with chocolate icing is the best!!!

13:31:29 From Bonnie Gillespie (she/her): "37!?" is the best line in a movie, ever.

13:31:42 From Bonnie Gillespie (she/her): Judy, I love that you share that cake fave!!!

13:31:46 From Kellye Rowland: Replying to "That is my favorite ..." Yes judy!!! It is simply THE best combo of flavors!!

13:32:52 From Kellye Rowland: I want us all to have the experience of eating yellow cake with chocolate frosting together now!!!

13:33:00 From Stephanie Bergeron: Omg. Cake date.

13:33:02 From Bonnie Gillespie (she/her): Awwwww, love that, Kellye.

13:33:05 From Bonnie Gillespie (she/her): YES!

13:33:09 From Aaron Wilson: Yes!

13:33:11 From Stephanie Bergeron: We need a BYOC Zoom.

13:33:14 From constance Zaytoun (she/r): i need cake NOW

13:33:22 From Kellye Rowland: Replying to "We need a BYOC Zoom." Next month CAKE

13:33:30 From Kimberly Logan: Replying to "We need a BYOC Zoom." 🍰

13:33:30 From Stephanie Bergeron: Replying to "We need a BYOC Zoom." I'm kinda serious.

13:33:38 From LT: Replying to "We need a BYOC Zoom." I'm so in!

13:33:39 From Kellye Rowland: Replying to "We need a BYOC Zoom." Oh I am too babe

13:33:43 From Aaron Wilson: Replying to "We need a BYOC Zoom." I'm down!

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Bonnie Gillespie

13:33:44 From Bonnie Gillespie (she/her): Y'all! I've been comfort-eating the best mini crumb cakes!!

13:33:57 From Kellye Rowland: Replying to "Y'all! I've been com..." mmmmm

13:33:58 From constance Zaytoun (she/r): what if we did a "cake" theme with all the meanings?

13:34:07 From constance Zaytoun (she/r): EC cake month

13:34:17 From Bonnie Gillespie (she/her):

<https://www.entenmanns.com/en/products/single-serve-crumb-cakes?category=566>

13:34:19 From LT: YAY!

13:34:23 From Kellye Rowland: Replying to "i need cake NOW" Same-will be going to store for Entemann's

13:35:02 From Stephanie Bergeron: It's a much more benign version of a hurricane cone of probability.

13:35:11 From Judy Kerr: When they sell pieces of cake at Ralphs they are no longer are doing the single piece yellow with chocolate it hasn't been selling for weeks.

13:35:18 From Kellye Rowland: "We're going the distance...we're feeling the speed..."

13:35:27 From Kimberly Logan: Replying to "It's a much more ben..." 🤔

13:35:49 From constance Zaytoun (she/r): i'm so damn fancy--there's a really good bakery near us & now I've gotta go after this call!

13:35:58 From constance Zaytoun (she/r): cake & milk!!

13:36:28 From Stephanie Bergeron: Y'all can have it.

13:36:33 From Kathi Carey: Cashew milk

13:36:44 From Kellye Rowland: Cuz it's like thanksgiving month too, holidays are coming!

13:36:55 From Stephanie Bergeron: Just had Thanksgiving yesterday, lol.

13:37:02 From Stephanie Bergeron: Time travel. ;)

13:37:07 From constance Zaytoun (she/r): Canadians!

13:37:09 From Kellye Rowland: Replying to "Just had Thanksgivin..." O Canada!

13:37:20 From Stephanie Bergeron: Just because harvest is earlier here.

13:37:21 From Kimberly Logan: Replying to "Just had Thanksgivin..." 🍁

13:37:24 From constance Zaytoun (she/r): blame Canada! haha!

13:37:54 From Kellye Rowland: Basic bitch

13:37:55 From Kimberly Logan: give me pie or give me death

13:38:05 From Aaron Wilson: Cake

13:38:06 From Kathi Carey: Cake

13:38:07 From Kellye Rowland: CAKE

13:38:08 From constance Zaytoun (she/r): steph - you know that was south park, i hope

13:38:09 From LT: cake

13:38:12 From Judy Kerr: Cake
13:38:15 From constance Zaytoun (she/r): PIE!!!
13:38:21 From Judy Kerr: Pie is good too
13:38:23 From constance Zaytoun (she/r): i adore cake AND pie!
13:38:30 From Kimberly Logan: I'm also a tea drinker in a coffee drinker's world.
13:38:39 From LT: but you can fill your cake with fruit options :)
13:38:40 From Stephanie Bergeron: Ireland would agree.
13:38:44 From Kimberly Logan: electricity source!
13:39:00 From Stephanie Bergeron: Replying to "I'm also a tea drink..." I'm with you on the tea.
13:39:03 From constance Zaytoun (she/r): he's anti pie!
13:39:17 From Stephanie Bergeron: It's a cake-pie-cake
13:39:22 From constance Zaytoun (she/r): this is VERY interesting
13:39:26 From Stephanie Bergeron: Also... fruit cake? Apple cake?
13:39:29 From constance Zaytoun (she/r): strawberry shortcake??
13:39:32 From Aaron Wilson: For me it's cold pasta. Pasta salad-nope.
13:39:49 From Kellye Rowland: I'M STARVING NOW thanks you guys
13:39:51 From Judy Kerr: I can go for strawberry shortcake!!!
13:39:51 From Kimberly Logan: angel food cake with fresh berries...
13:39:54 From Stephanie Bergeron: I love this convo.
13:40:06 From LT: Keith's hard NO! LOLOLOL
13:40:39 From constance Zaytoun (she/r): MONK!
13:41:15 From constance Zaytoun (she/r): this is sooooo interesting
13:41:39 From Kimberly Logan: OMG - I had 'tomato cheesecake' here in PR last year. It was SOOO good (surprisingly!)
13:41:49 From Stephanie Bergeron: CELEBRATORY CAKE
13:41:59 From Kimberly Logan: Replying to "CELEBRATORY CAKE" 🙌
13:42:02 From constance Zaytoun (she/r): i had no idea y'all are so cake particular
13:42:07 From LT: Replying to "CELEBRATORY CAKE" YES!
13:42:08 From Stephanie Bergeron: Right, Connie?
13:42:20 From Kellye Rowland: And so it is
13:42:21 From constance Zaytoun (she/r): and down the ballot, too!!
13:42:43 From LT: YES!
13:42:51 From constance Zaytoun (she/r): they better count fast by hand!
13:42:54 From Kellye Rowland: Because you SHALL means you MUST
13:43:09 From constance Zaytoun (she/r): and lots of cake
13:43:16 From Stephanie Bergeron: And a comments section (when not locked out, lol)