

Expansive Capacity Live Zoom Chat 15 June 2019

13:01:16 From aprilsugarman : Hi!
13:04:54 From Kimberly Logan : setting expectation! love it
13:06:49 From Kimberly Logan : woo woo!
13:09:36 From Deborah Unger : I have been able to go back into the past and relabel old patterns as expectations, and that has really lifted a weight off some of my obsessive thought patterns.
13:10:25 From Deborah Unger : can you I mute me!
13:13:16 From Bonnie Gillespie : Go ahead, Keith.
13:13:59 From aprilsugarman : I feel like a huge beginning to understanding all of this is labelling the expectations. I'm now using it constantly in conversations with my husband. And it's freeing — it takes a load of the world off my shoulders.
13:14:40 From Bonnie Gillespie : Me too, April.
13:18:00 From Kathi Carey : Becoming aware of the unconscious expectations is the key here.
13:18:01 From Kimberly Logan : who owns this?
13:19:53 From Bonnie Gillespie : Exactly, Kathi!
13:25:33 From aprilsugarman : Hallelujah!
13:28:06 From aprilsugarman : Two people with expectations of each other that are never going to be met only ends in frustration — communicating allows a discussion, a compromise, a way to move forward.
13:32:21 From Anna Tran : Questioners definitely help me to see “why” behind the what.
13:39:07 From Bonnie Gillespie : Tamika, it's SO good to see you!
13:39:32 From Kimberly Logan : Well done April!
13:40:32 From aprilsugarman : Thanks!
13:40:34 From Anna Tran : Dealing with someone from my family who always has negative expectations has been interesting for me to observe
13:40:51 From Bonnie Gillespie : Love your dispassionate language about that, Anna.
13:41:14 From aprilsugarman : Trusting the universe?
13:42:11 From aprilsugarman : I feel like I can go back through all of the previous months from a new perspective — expectations
13:42:54 From Tamika Simpkins : So good to finally be back!!! Love all y'all!!!
13:43:11 From La Trice H : Hi Tamika!
13:43:34 From Tamika Simpkins : Hey there La Trice! :)
13:43:57 From Kimberly Logan : I've heard it called "spiralling upward"
13:44:27 From aprilsugarman : It's all connected.
13:48:12 From Bettina Kenney : I did the German dubbing script for She's Gotta Have It!
;D
13:48:16 From Bettina Kenney : *squeeee*
13:52:20 From Kimberly Logan : Going into a new 'situation' - how do you figure out your minimum required experience?
13:52:56 From La Trice H : OMGosh I love that Deborah!!!! <3

13:53:22 From aprilsugarman : Yes!
13:53:23 From La Trice H : The "why" do I need to.... yas!
13:55:28 From aprilsugarman : Love that!
13:59:21 From Kathi Carey : Will you put those questions in the dojo?
14:04:45 From La Trice H : Right April!!!
14:04:47 From La Trice H : Same
14:05:49 From Kimberly Logan : Investigating and labeling it 'realistic' or 'unrealistic' = building that muscle. Yay.
14:09:33 From La Trice H : <3 <3 <3
14:15:50 From La Trice H : Bonnie, how did you resolve that with yourself...THAT is exactly a part of what's killing me now...and I do mean killing me...worry, stress, anxiety, etc.
14:15:56 From La Trice H : ohhhhhh ok
14:20:01 From La Trice H : LOLOL
14:20:41 From La Trice H : AaaaanD i'M ALREADY CRYING
14:23:02 From Kimberly Logan : I think last month you said something like "needless desire" - totally strikes a chord with what you are saying now
14:24:52 From La Trice H : YAAAASSSS!
14:25:04 From La Trice H : Yeah totally, I didnt want to open video cause Im a cryin mess hahaha. ...my life's meaning..." having nothing to do with all those THINGS! Thank you Bonnie! THe resting state...YAS!
14:29:54 From Tamika Simpkins : Exactly. Recovery time after surgery gave me that enough time and learning about myself. Keep preaching Bon!!!
14:34:13 From Kimberly Logan : We're all born enough!
14:35:11 From La Trice H : YAAAAAASSSS!!!
14:36:33 From La Trice H : YUP!
14:36:41 From Kimberly Logan : snaps!!!
14:36:44 From La Trice H : Well said April!!
14:38:15 From aprilsugarman : Love that!
14:39:16 From La Trice H : YEs exactly <3
14:39:41 From Kimberly Logan : Freeing th Natural Voice by Kristin Linklater
14:41:01 From La Trice H : That's beautiful!
14:41:02 From Deborah Unger : that is an excellent book!
14:41:48 From Kathi Carey : Boom! Mind blown!
14:42:16 From La Trice H : RIGHT!
14:43:05 From Kimberly Logan : #Truth
14:43:12 From aprilsugarman : tweet that out!
14:44:53 From aprilsugarman : Did you just decide you were done?
14:51:42 From aprilsugarman : resentment
14:51:45 From Kimberly Logan : resentment!
14:54:22 From aprilsugarman : I will try not to have unrealistic expectations
14:54:25 From aprilsugarman : lol!
14:57:26 From Bettina Kenney : Hah: I wanted to buy a new water filter today... and I thought, let's wait a couple of days...

14:57:42 From Bonnie Gillespie : That's amazing Bettina!
14:57:54 From Bettina Kenney : and had planned on installing it wednesday...
14:59:07 From aprilsugarman : I'm an Aquarius!
14:59:20 From Kathi Carey : Dave's an Aquarius
14:59:32 From Kathi Carey : Yep!
15:02:14 From La Trice H : lol
15:02:34 From Kathi Carey : I gotta go.
15:09:06 From Bettina Kenney : Expectations about Atlanta?
15:09:19 From Bettina Kenney : ;P
15:09:57 From aprilsugarman : Thank you!
15:10:19 From La Trice H : Can't thank you enough Bonnie!! <3<3<3
15:10:26 From La Trice H : Yup, gonna go play skyrim lol
15:10:33 From Kimberly Logan : :-)
15:10:40 From Tamika Simpkins : <3
15:11:02 From Bettina Kenney : Thank you DMMG