

Expansive Capacity Live Zoom Chat 18 September 2019

13:30:15 From Laura Daniel: helloooooooooo
13:30:24 From Lucy Russell: Hi Laura!!
13:30:32 From Berry Newkirk: hey gang
13:30:33 From Laura Daniel: how are ya, Lucy?
13:30:49 From Lucy Russell: So glad that I can actually connect to this one!!!
13:30:58 From Laura Daniel: I hear ya!
13:31:04 From Berry Newkirk: doing well.
13:31:17 From La Trice: Great!
13:31:28 From Jen Ponton: Helloooooo from a HOT TUB <3 #selfcare
13:31:43 From Laura Daniel: lol
13:32:07 From Laura Daniel: dayam
13:32:19 From Laura Daniel: that's the way to do it!
13:33:03 From Jen Ponton: FYI Deb is with me <3
13:33:04 From Lucy Russell: Dinner for the kids ... !
13:35:01 From Berry Newkirk: wonderful. Thank you for that
13:43:07 From Lucy Russell: oh boy. Yes to so much of this.
13:43:44 From Laura Daniel: WOW
13:44:34 From Lucy Russell: And you have to be ready to accept help - that's a HUGE one.
13:44:55 From Kathi Carey: Yes... laying the groundwork for the future — so important!
13:44:59 From Berry Newkirk: so helpful.
13:45:05 From Nina Hatchwell: I love that!
13:49:26 From Berry Newkirk: is anyone else experiencing Bonnie cutting out every few words?
13:49:38 From Kimberly Logan: no
13:49:46 From Bernard O'Sullivan: no
13:49:48 From Berry Newkirk: must just be the phone then.
13:49:57 From Berry Newkirk: thanks
13:53:08 From Berry Newkirk: stoicism at its finest
13:53:16 From Bonnie Gillespie: For SURE, Berry!
13:55:48 From Berry Newkirk: CONGRATS!!!!
13:56:35 From Kimberly Logan: Relationship with happiness is big. There are a lot of 'shoulds' associated with that as well as that "deserve"/"worthy" crap we're talking about!
13:56:59 From aprilsugarman: flubbing the lines makes me think of Leonardo diCaprio in Once Upon a Time in Hollywood
13:57:45 From Berry Newkirk: totally april
13:57:45 From Bonnie Gillespie: Thanks, Kimberly. I think we will make that a topic.
13:59:24 From Nina Hatchwell: This is gold thank you
14:01:13 From Bonnie Gillespie: So glad you're loving this, Nina. :)
14:04:04 From Lucy Russell: I would add to this, finding more joy in the work - whatever 'level' it is,
14:05:28 From Laura Daniel: hee hee I am resonating with this Being vs Doing-ness

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Bonnie Gillespie

14:05:35 From Laura Daniel: Truly exploring just BEING :)
14:05:38 From Bonnie Gillespie: Good, Laura!!
14:06:39 From Laura Daniel: "if they're their expectations, we can't control them anyway."
YES
14:07:55 From Laura Daniel: its soooooo good
14:08:01 From Nina Hatchwell: could you repeat the title please Keith?
14:08:37 From Kimberly Logan: All In The Family live taping
14:08:47 From Nina Hatchwell: thank you :)
14:09:14 From Laura Daniel: And The Jeffersons live taping
14:09:45 From Laura Daniel: it was on ABC
14:09:47 From Laura Daniel: <https://www.today.com/popculture/all-family-jeffersons-live-show-see-best-moments-t154747>
14:09:56 From Laura Daniel: lol
14:10:01 From Laura Daniel: I love you, Bon :)
14:11:00 From Laura Daniel: thank the gods
14:11:07 From Laura Daniel: people WANT to see the mistakes
14:11:16 From Lucy Russell: They want to see the humanity
14:11:17 From Berry Newkirk: it's the best part of SNL skits
14:11:28 From Berry Newkirk: when they can't keep it together
14:11:55 From Laura Daniel: YES
14:12:00 From Laura Daniel: And Carol Burnett
14:13:09 From Lucy Russell: So had this experience so many times!
14:14:24 From Bettina Kenney: I remember that moment like it was yesterday...
14:14:28 From Laura Daniel: WOW - creating the touchstone - dig it
14:15:54 From Berry Newkirk: so very cool
14:16:10 From Lucy Russell: You were there, Bettina?
14:16:13 From Bettina Kenney: And I had it tattooed across my heart... ;)
14:16:23 From Bettina Kenney: YES! <3 <3 <3
14:16:44 From Bettina Kenney: I was there... it was my first recon to LA
14:16:45 From Lucy Russell: <3<3<3
14:16:53 From Bettina Kenney: Day 4
14:16:58 From Laura Daniel: <3
14:17:04 From Bettina Kenney: of my LA life love
14:21:42 From Berry Newkirk: good to know
14:22:40 From Kimberly Logan: simple doesn't mean easy ;-)
14:29:36 From La Trice: Thanks Lucy!!
14:29:47 From Bonnie Gillespie: Thank you, Lucy. That was lovely.
14:35:18 From Lucy Russell: OMG I know this, I feel like it's having to hear it again and again and again. And trying not to get frustrated with self with how long it takes to gradually sink in.
14:35:20 From Berry Newkirk: So how does one get in the vicinity of those people?
14:36:40 From Kimberly Logan: I hear you Lucy - I often feel I'm learning the same lessons over and over and over (so I guess I'm not fully learning it, right?).

14:37:06 From Kimberly Logan: I like to say "I know it", but I don't "know it in my bones" yet. (Or I don't know that I know it)

14:37:19 From Laura Daniel: ninjas, I gotta boogie. I'll catch the rest of this in replay. Lotsa love!

14:37:37 From La Trice: By Laura! <3 <3

14:37:46 From Lucy Russell: Love that Kimberley, bye Laura!

14:37:59 From Janet Rembaum: choicesyes

14:38:02 From Berry Newkirk: definitely

14:38:02 From La Trice: yes for sure

14:38:06 From Nina Hatchwell: totally resonates

14:38:21 From Bettina Kenney: That's probably why I skipped on the season premiere party to be on the call ... because that's what I needed much more...

14:38:27 From Bettina Kenney: :)

14:45:38 From Lucy Russell: I had nightmares as a very young child of patterns that were terrifying. I hear that.

14:46:18 From Bonnie Gillespie: Fear of change into OTHERness.

14:47:38 From Janet Rembaum: i think i had always as a child / and have a lot of confusion often when i feel unsafe , when imm in a situation i feel uncomfortable and cant get myself out of it

14:52:03 From Bettina Kenney: Oooh, re. the breathing and parasympathetic / sympathetic... Ninja Rachel taught me this

14:52:28 From Bettina Kenney: thing about (para)sympathetic

14:52:51 From Bettina Kenney: On top of BREATHING:

14:53:19 From Bettina Kenney: Scanning the horizon side to side

14:53:27 From Bettina Kenney: And it works amazingly

14:54:27 From Lucy Russell: Wow,

14:56:51 From Kimberly Logan: I'm not sure if that sounds exhausting or amazing... :-)

14:58:14 From Lucy Russell: This reminds me of a post by Elizabeth Gilbert saying that her main job was looking after her mental health, and that the writing was a by-product of that.

14:59:07 From Kimberly Logan: And it may change depending on the day.

14:59:27 From Kimberly Logan: aromatherapy worked yesterday, but not today. try something else...

15:01:04 From Lucy Russell: Showing UP ARUGH

15:02:19 From Berry Newkirk: definitely

15:02:21 From Nina Hatchwell: Yes yes yes Manage, Show-up, Do the work,

15:02:23 From Kathi Carey: And you prove to yourself that YOU will show up for you!

15:03:02 From Nina Hatchwell: hahaha

15:03:23 From Nina Hatchwell: so cool

15:03:31 From Berry Newkirk: awesome

15:03:33 From La Trice: Freakin' AWESOME!

15:03:35 From Lucy Russell: OMG I LOVE THIS SOOOOO MUCH

15:03:36 From Bettina Kenney: JA!!!

15:04:02 From Berry Newkirk: even better!

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Bonnie Gillespie

15:05:11 From Berry Newkirk: don't apologize!
15:05:15 From Nina Hatchwell: nooo
15:05:23 From Janet Rembaum: no it didn't
15:05:27 From Berry Newkirk: you're an inspiration. Keeping us all motivated
15:05:28 From Lucy Russell: STOP SSTOP !!!! This is a SAFE space!!!
15:05:38 From Bettina Kenney: STOP APOLOGIZING!
15:05:40 From Bettina Kenney: ;)
15:06:55 From Kimberly Logan: Thank you for giving the rest of us permission to share what we are scared of sharing!!!!!!
15:07:09 From Bonnie Gillespie: 90210 reference.
15:07:19 From La Trice: Thanks everyone! <3
15:07:29 From Lucy Russell: YEs - you gave us permission by saying what you said - you opened it up for us - you help us by doing that
15:07:33 From Janet Rembaum: I need to learn to not apologise too, and to take my space and not be afraid of upsetting people.
15:07:57 From Janet Rembaum: it was lovely the way you spoke about it La Trice
15:10:14 From Kimberly Logan: gotta go - thank you all!!
15:10:20 From Berry Newkirk: bye
15:10:23 From Bonnie Gillespie: Bye Kimberly!
15:11:50 From Lucy Russell: Right now part of me is leaning towards feeling like an asshole for saying my stuff, like I'm a big head - I'm pulled towards thinking I'm being an egoist by mentioning any of that - but I know that's my old default - and I need to be able to speak it, even though it feels a bit unsafe, but it needs to be safe, so I said it. (if that makes sense)
15:12:02 From Bonnie Gillespie: It does, Lucy.
15:12:18 From Bonnie Gillespie: Same as with La Trice, I'd follow a thread back to the first time you remember it happening and start doing the healing work of that.
15:12:38 From Lucy Russell: Yep x
15:15:16 From Bettina Kenney: It's the sacred wine they're going for...
15:15:38 From Bettina Kenney: not the "bettering oneself" part... ;P
15:16:00 From Bettina Kenney: Altar wine I meant
15:16:35 From Bernard O'Sullivan: I may disappear soon. I have an early start tomorrow.
Thanks to everyone for everything tonight
15:16:50 From La Trice: Bye Bernard!
15:16:53 From Berry Newkirk: take care
15:17:26 From Lucy Russell: Dang not gonna be able to make that I think
15:20:43 From Berry Newkirk: congrats!
15:25:12 From AJ SIMMONS: Thank you thank you all. Looking forward to simmering on all this goodness and connecting in the dojo. Bye!
15:26:37 From Aprilsugarman: Sorry my phone died. I'm back on my laptop
15:27:48 From Abby Cooper: LOOOOOOOVE YOU!!!
15:27:59 From Jen Ponton: Deb says: I can use that Assigned Advantage. Must get more info.....;)
15:28:49 From Aprilsugarman: How do you determine a good date for a major future event — is there an online resource?

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Bonnie Gillespie

15:29:41 From aprilsugarman: party event
15:29:53 From aprilsugarman: kids
15:30:14 From Lucy Russell: Woohoo - just got it!!
15:31:30 From Berry Newkirk: for good?
15:31:42 From aprilsugarman: We're still on it though?
15:32:01 From Berry Newkirk: gotcha
15:32:23 From Nina Hatchwell: Thank you, it's been really valuable and beautiful to be with you all. Have to go as have an early start in the morning. Goodnight everyone xx
15:32:33 From La Trice: Goodnight!
15:32:37 From aprilsugarman: will we still be able to communicate on the dojo
15:33:08 From aprilsugarman: and the FB dojo still open
15:33:17 From Berry Newkirk: preach
15:33:20 From Janet Rembaum: thanks you everyone,
15:33:24 From Abby Cooper: okay wait - but enrollment isn't done for ever, right? it's still on my list!
15:33:28 From aprilsugarman: FB dojo still open?
15:33:45 From Abby Cooper: gotcha
15:34:11 From Kathi Carey: Have fun!
15:34:15 From La Trice: You got this!!!
15:34:23 From Abby Cooper: I didn't get an email about the webinar ... do you have a link for it? **YOU CAN DO IT!!!!**
15:34:31 From aprilsugarman: are the FB pages still open
15:34:50 From Abby Cooper: ah yes, I did. must have missed the link. thanks!
15:35:05 From Bonnie Gillespie: <https://bonniegillespie.com/gig>
15:35:15 From Abby Cooper: thanks!!
15:35:25 From Berry Newkirk: thank you
15:35:31 From La Trice: Thank you sooo much!!!
15:35:40 From Janet Rembaum: thanks