

Expansive Capacity Live Zoom Chat 19 March 2020

12:34:45 From Lucy Russell: Hell yes
12:36:09 From Laura Daniel Koch: Very true
12:36:21 From Laura Daniel Koch: "The work is working"
12:36:22 From Aaron Wilson: Totally!
12:36:38 From Kathi Carey: Yes! The work is working.
12:36:45 From Rhianna Basore: happens when youre making other plans...
12:38:15 From Quincy Cho: it's like low-grade stress
12:38:41 From Laura Daniel Koch: Collective consciousness of "ill at ease" - totally
12:39:04 From Lucy Russell: That's me ALL TEH FRICKING TIME!!
12:39:39 From Aaron Wilson: Such a great reminder, Keith! I forgot about that with the noise happening.
12:39:41 From Kimberly Logan: oh and though I'm fine staying home, but now that the world is telling me to stay home, my rebel is saying, now I wanna go out, dammit!
12:39:58 From Aaron Wilson: 100% me too Kimberly
12:40:18 From Bettina Kenney: Actually even up to 24 days before any symptoms
12:40:23 From Bettina Kenney: might appear
12:40:41 From Rhianna Basore: true
12:40:48 From Quincy Cho: haha @kimberly
12:41:20 From Rhianna Basore: the fear and stress are
12:42:40 From Kimberly Logan: I'm selfish - I'm worried about the economy and every step forward I've been making lately, that feels like it doesn't matter anymore
12:42:51 From Lucy Russell: I've joined an online choir for tomorrow night of 500 people from all over the world!!
12:43:49 From Lucy Russell: It's more about allowing ourself to HAVE these feelings and release them.
12:44:45 From Lucy Russell: Non attachment to the feelings
12:44:54 From Kimberly Logan: "Shakespeare wrote King Lear during the plague." Great - I just wanna binge watch crap from my couch & sleep ALL THE TIME.
12:45:05 From Lucy Russell: Allow that they're there, don't deny them, feel them and release them and BREATHE
12:45:13 From Rhianna Basore: overidentify
12:45:26 From Laura Daniel Koch: LOL I hear that Kimberly
12:45:30 From Remy O'Brien: I'm with you Kimberly just want to lay around and do nothing
12:45:31 From Rhianna Basore: boundaries
12:45:46 From Quincy Cho: WOOOOO
12:45:47 From Lucy Russell: Shakespeare wasn't fricking homeschooling three kids as the schools have closed !!!
12:45:47 From Laura Daniel Koch: Ah, Lucy, I heard about that choir! That's AWESOME
12:45:49 From Quincy Cho: boundariessssss

For all the colossal goodness that is the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

12:45:49 From Kathi Carey: Yay!
12:45:54 From Rhianna Basore: because you are a prophet!
12:45:55 From Aaron Wilson: Yes!!!!!!! :)
12:46:15 From Laura Daniel Koch: Energetic boundaries - YES Bon
12:46:24 From Rhianna Basore: hold space for people and their experience but not
internalize it
12:46:40 From Lucy Russell: AND TO SELF CARE IN THE FACE OF ALL THIS!!!
12:46:42 From Quincy Cho: I simultaneously want to lay around and do nothing but am
also having trouble facing my financial situation now that possibility of acting gigs are done
12:46:46 From Lucy Russell: Totally did zero for myself today
12:46:49 From Laura Daniel Koch: WOW Rhianna
12:46:53 From Lucy Russell: and I'm just gonna start again tomorrow
12:47:10 From Rhianna Basore: @LDK <3
12:47:46 From Rhianna Basore: it's a biz for sure
12:47:58 From Kathi Carey: They need their ratings
12:48:12 From Rhianna Basore: Hero's journey
12:48:25 From Rhianna Basore: reality Tv style
12:49:00 From Aaron Wilson: I light candles every day
12:49:04 From Lucy Russell: Thank you - going to sage tomorrow - genius idea
12:49:10 From Kimberly Logan: my BF and I lit a candle last night
12:49:25 From Rhianna Basore: DUDE - Spring Equinox/Aries season! oy
12:49:28 From Kathi Carey: Walking in nature — I do this daily
12:49:43 From Quincy Cho: HAHAAHAHAHA
12:49:48 From Quincy Cho: yesssss loveeee
12:49:50 From Rhianna Basore: she's the best!
12:49:51 From Quincy Cho: noooo
12:49:55 From Quincy Cho: they might not grow back!!!!
12:50:02 From Emily Brown: its a new trend apparently though...
12:50:08 From Kimberly Logan: but you can get creative with makeup (ala Amanda
Palmer)
12:50:52 From Laura Daniel Koch: OMG I've been saging like crazy
12:51:15 From Lucy Russell: The Gemini in me has loved it for 2 days. And that's it.
Had the love. Ready for something else!!!
12:51:18 From Laura Daniel Koch: I started up the aromatherapy air purifier
12:51:35 From Lucy Russell: Great idea @laura
12:51:40 From Rhianna Basore: I feel like it's great catch up time
12:52:00 From Lucy Russell: Not with THREE KIDS AT HOME!!!!
12:52:06 From Laura Daniel Koch: LOL
12:52:10 From Quincy Cho: I started pole dancing at home!!!!
12:52:11 From Lucy Russell: yes yes yes yes yes I need a closet
12:52:14 From Laura Daniel Koch: Lucy, that's a heroic effort
12:52:14 From Quincy Cho: refigured out my self-tape situation
12:52:26 From Rhianna Basore: nice, @quincy!

12:52:29 From Laura Daniel Koch: Mmmmm
12:52:38 From Quincy Cho: thanks @rhirhi
12:52:53 From Quincy Cho: I'm always like saying I should, but I never do, but I'm also like, it's a muscle
12:52:53 From Rhianna Basore: <3
12:53:09 From Rhianna Basore: exactly plenty of time to do baby steps!
12:53:13 From Laura Daniel Koch: My brother is a gemini
12:53:18 From Laura Daniel Koch: I bet he's going through the same thing
12:53:22 From Quincy Cho: MILLION DOLLARS!!!
12:53:26 From Quincy Cho: yup saw that post
12:53:26 From Laura Daniel Koch: YES
12:53:32 From Laura Daniel Koch: totally
12:53:45 From Laura Daniel Koch: Maybe this will help us all re-evaluate
12:53:45 From Kimberly Logan: Yeah - Shonda Rhimes posted about them deserving a Billion per week!
12:53:51 From Quincy Cho: YESSSSS
12:53:52 From Laura Daniel Koch: YES, Bon
12:53:52 From Quincy Cho: !!!!!
12:54:02 From Rhianna Basore: @LDK I think so. It's a total reboot.
12:54:10 From Quincy Cho: was just literally thinking that!!!!
12:54:19 From Rhianna Basore: who are our lifelines right now
12:54:24 From Bradley Nikoal Williams: they should get hazard pay!
12:54:26 From Laura Daniel Koch: exactly
12:55:07 From Laura Daniel Koch: Yeah connectivity can be tricky
12:55:08 From Kimberly Logan: bandwidth is an issue
12:55:22 From Rhianna Basore: FB lives are super choppy right now too
12:55:45 From Rhianna Basore: you guys are so tech smart!
12:55:56 From Laura Daniel Koch: TECH SUPPORT!!!
12:55:59 From Rhianna Basore: setting up the success of the future!
12:56:01 From Quincy Cho: yessss mamaaaa!
12:56:43 From Laura Dowling Shea: me too so glad I just invested in a new PC and all my tech is ready.
12:56:59 From Rhianna Basore: she got FEELINGS
12:57:06 From April Sugarman: I'm doing what I can to find the positive and posting positive things on FB and trying not to hook into the negative, fear-provoking stuff. But I still find moments where I get blue about everything. I'm feeling my feelings and giving myself space, but it's challenging.
12:57:21 From Kimberly Logan: Mother Nature: Hey, humans, check yourself.
12:57:25 From Laura Daniel Koch: (((((Hug)))) April
12:57:38 From Rhianna Basore: real world problems
12:57:43 From April Sugarman: Thanks, Laura
12:57:52 From Laura Daniel Koch: OMG may RBG stay healthy and strong
12:57:57 From Laura Dowling Shea: I have on my RBG socks.

12:58:00 From Quincy Cho: RBG RBG RBG
12:58:04 From Rhianna Basore: Amen!
12:58:08 From Kimberly Logan: I hear that April!
12:58:26 From Laura Daniel Koch: Ah Laura that's awesome!
12:58:29 From Laura Daniel Koch: Do you really?
12:58:31 From Quincy Cho: @KL, yuhssss
12:58:32 From Laura Daniel Koch: I want a picture!
12:58:41 From Kimberly Logan: just ordered it
12:58:46 From Rhianna Basore: SHE'S THE BEST!!!
12:58:50 From Quincy Cho: who? sorry, I missed the name
12:58:52 From Rhianna Basore: I want to be Glennon when I grow up!
12:58:54 From Kimberly Logan: the interview was great - thanks for posting
12:58:55 From Remy O'Brien: cheetahs
12:58:57 From Rhianna Basore: Glennon Doyle
12:59:02 From Kimberly Logan: Untamed by Glennon Doyle
12:59:04 From Quincy Cho: oh cool. will look her up
12:59:08 From Laura Daniel Koch: Thank you RB
12:59:13 From Rhianna Basore: <3
12:59:24 From Bonnie Gillespie: I'll put the info in the email.
12:59:45 From Quincy Cho: ty!
13:00:38 From April Sugarman: I'm also getting over a sinus infection so I can't tell what's me still not healthy and what's low feelings. And I feel I have to justify how I'm feeling to my husband who is freaking out about money. He has the day off of work today and I sent him hiking (partly to get him off my back).
13:00:44 From Laura Daniel Koch: OMG true dat, Bon
13:01:02 From Rhianna Basore: or how do I take care of myself?
13:01:03 From Laura Daniel Koch: You take care of you, April
13:01:08 From Bradley Nikoal Williams: Hugs april!!!
13:01:15 From Laura Daniel Koch: This is our change to make ourselves our priorities
13:01:26 From Rhianna Basore: exactly!
13:01:39 From April Sugarman: thanks!
13:02:08 From janet rembaum: i have that most of the time feeling the feelings but feeling the other person's feelings even more
13:02:20 From Bradley Nikoal Williams: get some Bollywood dance in your life :)
13:02:32 From April Sugarman: me too
13:02:34 From Rhianna Basore: free yoga: corepoweryogaondemand.com
13:02:39 From Kimberly Logan: living room dance party!
13:02:52 From Rhianna Basore: It's my favorite thing - so much generosity !
13:03:03 From janet rembaum: ballet classes ion line
13:03:03 From Lucy Russell: so beautiful to see people doing that for society
13:03:03 From April Sugarman: yes!
13:03:09 From Rhianna Basore: all over Instagram
13:03:11 From Kathi Carey: Debbie Allen teaching dance on IG

13:03:15 From Remy O'Brien: Essentrics is a great thing. she has a fb. Ex Ballerini
13:03:29 From April Sugarman: that's good to remember
13:03:33 From Rhianna Basore: I am totally overwhelmed by the free content!
13:03:45 From Quincy Cho: yeah! me too @rhi
13:04:08 From Quincy Cho: yessss same here!
13:04:29 From Rhianna Basore: The free content FOMO is real
13:04:46 From Quincy Cho: have you heard of JOMO @rhis?
13:04:52 From Quincy Cho: JOY of missing out [:
13:04:54 From Rhianna Basore: no? what is?
13:04:56 From April Sugarman: haha
13:04:57 From Rhianna Basore: hahahaha!
13:04:59 From Quincy Cho: it's a thing!
13:05:08 From Quincy Cho: and ironically, it's what's happening to the world right now
lulz
13:05:12 From Rhianna Basore: i need to strengthen that muscle!
13:05:29 From April Sugarman: am I frozen on the screen still?
13:05:34 From Bonnie Gillespie: Yes.
13:05:37 From Kimberly Logan: yes, April!
13:05:55 From Bradley Nikoal Williams: no image for you april
13:06:09 From Remy O'Brien: Im there with you Constance
13:06:15 From Quincy Cho: I spun out a little bit LOL
13:06:49 From Rhianna Basore: It's totally understandable - uncertainty threatens animal
brain!
13:07:34 From Rhianna Basore: the TP thing
13:07:46 From Laura Daniel Koch: yes
13:08:20 From Rhianna Basore: Part of the podcast boom is due to the 2009 economic
crisis
13:08:36 From Rhianna Basore: lots of unemployed genius brains wanting to make a way
to create (and make money)
13:09:41 From Quincy Cho: oh wow I did not know that @rhi
13:09:42 From Laura Daniel Koch: Wow
13:09:42 From Bonnie Gillespie: True, Rhi!
13:09:48 From Laura Daniel Koch: I'd forgotten that
13:10:20 From Rhianna Basore: yes, it's one of my favorite gifts from challenging money
times!
13:10:32 From Laura Daniel Koch: :)
13:11:18 From Bettina Kenney:
13:11:25 From Bettina Kenney:
13:11:36 From Rhianna Basore: what si solid
13:11:38 From Rhianna Basore: is
13:12:03 From Rhianna Basore: focus on what is solid
13:12:30 From Rhianna Basore: it's so fun, you guys!
13:12:46 From Rhianna Basore: venmo me !

13:12:50 From Kimberly Logan: Venmo link is super easy to do
13:12:51 From Rhianna Basore: buy me a coffee etc.
13:13:58 From Rhianna Basore: lots of industries are booming
13:14:16 From Rhianna Basore: delivery companies, health, science
13:14:24 From Laura Dowling Shea: I am doing the same with people who support me.
13:14:48 From Rhianna Basore: Patreon
13:14:54 From Laura Daniel Koch: I love what you're saying, Bonnie, about
RECOGNIZING money is still out there
13:15:15 From Quincy Cho: wowwow
13:15:18 From Kathi Carey: That's what's important — keep the flow going.
13:15:25 From Aaron Wilson: I love that!
13:15:37 From Rhianna Basore: not a coincidence!
13:15:42 From Laura Dowling Shea: So awesome.
13:15:50 From Laura Daniel Koch: Bonnie what did you say about "Create value and invite
value in?" Is that what you said?
13:16:14 From Lucy Russell: I was writing that too, Laura!
13:16:33 From Rhianna Basore: make it easy for people to pay you
13:17:46 From Lucy Russell: You can't re-create what was, it's to be present in what is, and
allow that, whatever it is
13:17:53 From Laura Daniel Koch: Con, I woke up today thinking, I wish Con would do a
cooking show on IG. I bet people would LOVE that
13:17:56 From Lucy Russell: Out of outcome
13:17:57 From Laura Daniel Koch: And BOOM there you are!
13:18:11 From Lucy Russell: Brilliant! Cooking show yay!
13:18:11 From April Sugarman: yes. i feel pressure too.
13:18:52 From Rhianna Basore: over rated skill
13:19:47 From Quincy Cho: what was the second thing
13:19:47 From Laura Daniel Koch: Louise Hay: "I am open and receptive to all of the
good and abundance in the Universe"
13:19:51 From Lucy Russell: So exciting thinking this way! So open
13:20:01 From AJ Simmons: Yess Laura!! So good!!
13:20:08 From Rhianna Basore: @constance <3
13:20:21 From Laura Daniel Koch: ((((((Hugs)))))) Con
13:21:16 From Rhianna Basore: woo woo! That's a big deal!
13:21:25 From Constance Zaytoun: thank you, y'all! you rock & i love you. so many
smooches!!
13:21:32 From Lucy Russell: More HUGS - yes, it isssssss hard
13:21:53 From Emily Brown: I'm being mindful of the whole "money is dirty" messaging
that has resurfaced, with stores not taking it, people washing bills (plastic here in Canada).
I recently shifted this messaging to "money is a connector", which makes washing my hands after
handling not due to negative associations, just normal hygienic connection protocol
13:22:15 From Lucy Russell: Nice shift, @emily!
13:22:31 From Rhianna Basore: @emily 'money is a connector' is a good one.

13:22:53 From Bettina Kenney: What a fantastic shift, @Emily!!
13:23:08 From Bettina Kenney: Thank you!
13:23:15 From Laura Daniel Koch: You know what's fascinating? The world agrees on money AND health
13:23:38 From Rhianna Basore: We get used to things so quickly - as if it's the only way
13:23:49 From Laura Daniel Koch: I love that Em! "Money is a connector."
13:24:17 From Rhianna Basore: Like a NO line
13:25:25 From Quincy Cho: noon says hi!
13:25:31 From Bradley Nikoal Williams: aaawwww
13:25:39 From Remy O'Brien: hi noon
13:25:49 From Laura Daniel Koch: Hi Noon!
13:26:22 From Lucy Russell: And if money is energy, we share energy all the time, and that's sometimes awesome, sometimes feels overwhelming, exactly the same!
13:26:45 From Rhianna Basore: ahh, Phil Hartman! the best
13:26:46 From Quincy Cho: yesss
13:27:22 From Quincy Cho: gross
13:27:24 From Quincy Cho: gross gross
13:27:25 From Laura Daniel Koch: That's awesome, Lucy
13:27:28 From Rhianna Basore: omg
13:27:29 From Laura Daniel Koch: YES
13:27:47 From Rhianna Basore: our ongoing survival is a triumph
13:28:10 From April Sugarman: Since January, I have been focused on manifesting abundance — listening to meditations, reading books, visualizing, etc but I'm actually feeling very overwhelmed about it, especially now. Would love a fix for that — I'm still breathing but I definitely have my moments of feeling like I'm not doing enough. Is this the same as "there's nothing here to fix"?
13:28:11 From Bettina Kenney: Oh totally, finally people wash their hands!
13:28:13 From Constance Zaytoun: Quincy kitty!!
13:28:19 From Rhianna Basore: we are upleveling our commitment to hygiene in our culture
13:28:38 From Laura Daniel Koch: April, can you make a list of stuff you'd like to do?
13:28:47 From Bettina Kenney: Bonnie, you know my "Not touching handles" etc (London flat door number block... ;P)
13:29:01 From Quincy Cho: @april, I think just knowing you're doing enough
13:29:06 From janet rembaum: i knew a blind man once who said to me'; well you wouldn't want to swallow a frog would you but it wouldn't t be the end of the world ' ; he was a very positive man who had been a photographer before being blind and he made the best ice cream in the world with pure cocoa and was talking about starting a business with it but anyway he had built a recording studio to make a living m, he had been a very good photographer
13:29:07 From Quincy Cho: you seem like you're doing all the right thing
13:29:08 From Constance Zaytoun: i've not touched handles/doorknobs for years
13:29:09 From Rhianna Basore: @april I think so too

13:29:14 From Kimberly Logan: yeah, April - where's the difference between self care & self indulgence
13:29:20 From April Sugarman: Laura, I'm not sure how to create this list actually.
13:29:20 From Bettina Kenney: Right now I feel I'm developing some obsessive washing, though
13:29:49 From Bettina Kenney: My iphone doesn't even recognize my finger print at times anymore...
13:29:52 From La Trice Harper: Exactly! All of the people that laughed at me because I have ocd with germs aren't laughing anymore lol
13:30:11 From April Sugarman: okay — I see the self-care vs. self-indulgence and that make sense to me.
13:30:20 From Constance Zaytoun: which book, remy?
13:30:22 From Laura Daniel Koch: AS Neil Gaiman says, "I take a notebook and write down everything I know and need to know for my story."
13:30:30 From Laura Daniel Koch: That's you, April.
13:30:31 From Rhianna Basore: I just revisited Denise's books this morning
13:30:52 From April Sugarman: Thanks, Laura.
13:30:55 From April Sugarman: :)
13:31:05 From Lucy Russell: We just need to hear and see some things again and again as it sinks it deeper and deeper each time
13:31:13 From Lucy Russell: we do hear it differently
13:31:55 From Rhianna Basore: I am loving all this access to Bonnie!
13:32:00 From Laura Daniel Koch: Ooh. YES Lucy
13:32:03 From Constance Zaytoun: yaaaaaasssss!!!
13:32:03 From Rhianna Basore: talk about surrounding ourselves with good energy!
13:32:15 From janet rembaum: yes its great having Bonnie there
13:32:24 From April Sugarman: love snow day brain
13:32:48 From Kimberly Logan: The Expanse is my go to right now!
13:32:55 From La Trice Harper: Second that Janet!!!
13:33:05 From Laura Daniel Koch: I'm re-watching Schitts Creek. I need the funny :)
13:33:29 From Constance Zaytoun: so that's interesting -- meaning perhaps i've put energy into my shoulders/upper back that needs to go elsewhere.
13:33:50 From Rhianna Basore: What do you have to give up to have the life you say you want?
13:33:58 From Quincy Cho: energy!
13:34:00 From Laura Daniel Koch: There it is!
13:34:04 From Lucy Russell: YES @RHII!!!
13:34:07 From Rhianna Basore: Habits
13:34:20 From Aaron Wilson: What helps me is to JFDI on certain things.
13:34:31 From Aaron Wilson: I'll put it in my calendar and mark it JFDI.
13:34:45 From Quincy Cho: discipline comes from doing it
13:34:48 From Lucy Russell: OH man, I'm a 5 - it's that damn D-iscipline word

13:34:52 From Quincy Cho: we do a thing, and then we keep the motivation for doing the thing

13:35:07 From Rhianna Basore: It's true - my grandma always says she doesn't feel like exercising and I have to remind her it's not how it works

13:35:20 From Quincy Cho: I agree with this

13:35:22 From Quincy Cho: 100%

13:35:35 From Janet Rembaum: the doing brings the motivation i agree totally

13:35:38 From Aaron Wilson: Can that go in as a quote for Expansive Capacity please? :D

13:35:45 From Rhianna Basore: I read once that for every time we exercise, we WANT TO two more times.

13:35:46 From Janet Rembaum: waiting for the inspiration doesn't work

13:36:25 From Lucy Russell: JFDI

13:36:34 From Rhianna Basore: Can you separate the space in a way that makes it a fun place to be?

13:36:42 From Constance Zaytoun: maybe you don't want to practice? maybe you want something else?

13:36:51 From Constance Zaytoun: in other words, do you really need practice?

13:36:55 From Lucy Russell: Ow ow ow ow that always hits on that bullseye

13:37:14 From La Trice Harper: Aw, that's awesome!

13:37:32 From Rhianna Basore: you have to know what motivates you

13:37:33 From April Sugarman: where do i find jfdi with bonnie?

13:37:41 From Lucy Russell: It is so on the nose for me

13:37:52 From Bonnie Gillespie: <https://bonniegillespie.com/lets-jfdi>

13:37:59 From Lucy Russell: I want it. And I don't want it. It's wrestle-mania.

13:38:04 From Quincy Cho: I'm in it! it's so goooooood!

13:38:22 From Laura Daniel Koch: "waiting for the inspiration doesn't work" - holy Toledo Janet! WOW

13:38:23 From Bonnie Gillespie: It's safe to not want it sometimes, Lucy.

13:38:29 From Rhianna Basore: @quincy agree! It's masterful.

13:38:35 From Bonnie Gillespie: It's the resistance to that NOT WANTING TO DO IT that causes the stress.

13:38:38 From Quincy Cho: yessss RHIANNA READS!!!!

13:38:42 From Quincy Cho: YES @bg

13:38:44 From Rhianna Basore: ;)

13:38:49 From Laura Daniel Koch: OMG YES - LISTEN TO YOUR WORK

13:38:52 From La Trice Harper: Yaaaaaassss!

13:38:58 From Lucy Russell: Yes, lot LOT of judgement on the part that is not wanting it. Huh.

13:39:07 From Rhianna Basore: baby steps

13:39:17 From Bonnie Gillespie: Lucy, pick up "Judgment Detox" by Gabby Bernstein.

13:39:18 From Janet Rembaum: yes so true

13:39:28 From Laura Daniel Koch: I second Rhianna Reads!

13:39:40 From Rhianna Basore: <3

13:39:45 From Laura Daniel Koch: The 10% thing! AHA Keith!!!!
13:39:51 From Lucy Russell: Thanks, Bon
13:40:00 From Rhianna Basore: It's amazing how easy it is when you pre-populate the effort that is needed.
13:40:12 From Rhianna Basore: It's done at 85% in a creepy way
13:40:28 From Quincy Cho: tight
13:40:35 From Bonnie Gillespie: It's like putting your sneakers at the side of the bed so you get up, put them on, and go jog.
13:40:41 From Laura Daniel Koch: lol
13:40:44 From Rhianna Basore: it's like you trick yourself into doing it because you are practicing, not really doing it
13:40:53 From Laura Daniel Koch: mmmm
13:41:08 From Bonnie Gillespie: WHINY KEITH
13:41:16 From Bonnie Gillespie: I can't.
13:41:16 From Rhianna Basore: hahaahh!
13:41:22 From Quincy Cho:
13:41:23 From Bonnie Gillespie: JFDI with BON!
13:41:25 From Aaron Wilson: I so needed these laughs!
13:41:37 From Lucy Russell: Rhianna - this is so good - it's like you trick yourself into doing it because you are practicing, not really doing it
13:41:44 From Rhianna Basore: exactly!
13:41:53 From Rhianna Basore: And then go 'to do it' and it's mostly done!
13:42:00 From Rhianna Basore: it's like magic
13:42:11 From La Trice Harper: bonnie - lolololol. best medicine!
13:44:25 From Rhianna Basore: all around us!
13:44:32 From Aaron Wilson: Every day
13:44:38 From Quincy Cho: she does
13:44:55 From Quincy Cho: bananas
13:45:21 From Quincy Cho: ohhh
13:45:32 From Rhianna Basore: a little less alone :(
13:45:59 From Rhianna Basore: create the space for the partner to appear
13:46:07 From Quincy Cho: "if you're not setting the table for the energy you want to come, it will never come."
13:46:25 From Quincy Cho: "if you have to make success feel at home, or it will not stay when it visits."
13:46:59 From Quincy Cho: "what kinds of things can you start to do to make the vastly different things in your life feel 10% less different."
13:47:43 From April Sugarman: I woke up one morning and decided to act "as if" I was already a successful actor. It was the one morning I woke up, showered, got dressed, ate, put makeup on — all to take the kids to school (instead of going in my pj's — lol!).
13:48:32 From Rhianna Basore: for me it's moving my body and then using that juice to take action

13:49:03 From Rhianna Basore: and telling people who will follow up on it what I want to create

13:50:15 From Rhianna Basore: playful

13:50:31 From Quincy Cho: how do I solve this problem. how do I be open to the solution?

13:50:32 From Rhianna Basore: delighted - great word!

13:50:33 From April Sugarman: delighted is a great word

13:51:07 From Laura Daniel Koch: :)

13:51:21 From Rhianna Basore: yes

13:51:30 From Rhianna Basore: what's the actual question

13:51:42 From Laura Daniel Koch: That's a great action, April, acting "as if" you are living the life you want to live

13:52:09 From Janet Rembaum: listening

13:52:46 From Rhianna Basore: it's like jamming in a jazz piece

13:52:51 From Rhianna Basore: explore and discover

13:53:00 From Quincy Cho: and it automatically telegraphs that it exists

13:53:08 From Rhianna Basore: yes!

13:53:13 From La Trice Harper: I love that! Staying open!!! Change (for me) has always been scary. Having the awareness that the fear of "something different" is now present in me as far as my lifestyle is concerned, makes it easier to embrace the major changes that are coming because of this virus. I have to stop looking for how I can get life back to "normal", and simply stay open to receive whatever new and exciting thing is on it's way

13:53:16 From Laura Daniel Koch: Inviting it all in!

13:53:34 From Lucy Russell: Coming from excitement, curiosity and humour!

13:53:41 From Rhianna Basore: yes!

13:53:44 From Laura Daniel Koch: YES

13:53:44 From Rhianna Basore: Improv with life

13:53:50 From Laura Daniel Koch: Ha! I love it, RB

13:53:54 From Rhianna Basore: <3

13:54:02 From La Trice Harper: yas Rhianna!

13:54:02 From Lucy Russell: And there's a whole new normal every day, whether there's a virus or not - we just don't recognise it so clearly!

13:54:02 From Aaron Wilson: I love that!

13:54:10 From Rhianna Basore: this is our superpower!

13:54:14 From April Sugarman: true, Lucy

13:54:19 From La Trice Harper: Love that!!!

13:54:27 From Lucy Russell: Improv with life is gorgeous

13:54:49 From Constance Zaytoun: we know we have zero control!!!

13:55:26 From Laura Daniel Koch: So true

13:56:09 From Rhianna Basore: like Italian window singing

13:56:11 From Bettina Kenney: IMPROV WITH LIFE! YESSS!

13:56:14 From Rhianna Basore: discovery and joy

13:56:59 From Quincy Cho: ohhh I love this!!!

13:57:00 From April Sugarman: bettina, that's great — the feeling of being in a car
13:57:03 From Quincy Cho: love this
13:57:05 From Quincy Cho: LOVE
13:57:07 From Rhianna Basore: OMG i love this!
13:57:19 From Lucy Russell: So good, @Bettina!
13:57:36 From Quincy Cho: ♀
13:57:37 From Quincy Cho: !!!
13:57:46 From Kathi Carey: Love this Bettina!
13:57:47 From Rhianna Basore: @quicny hahah!
13:57:53 From Rhianna Basore: graphic novel commentary is the best
13:58:19 From Quincy Cho: @rhi, thanks!!
13:58:22 From Rhianna Basore: there's a leadership angle to the 10%
13:58:28 From Rhianna Basore: prepave the success with vision
13:58:35 From Rhianna Basore: <3
13:58:44 From Laura Daniel Koch to Bonnie Gillespie (Privately): Bon, I gotta boogie soon
13:58:57 From Laura Daniel Koch to Bonnie Gillespie (Privately): Do you still want me to read a bit from Excuse Me Your Life is Waiting
13:58:59 From Janet Rembaum: congratulations Bettina!
13:59:02 From La Trice Harper: I LOVE your excitement Bettina!! YAY you!!
13:59:16 From Bex Carney: Amazing Bettina!
13:59:33 From Bettina Kenney: THANK YOU, MY LOVES
13:59:35 From Rhianna Basore: It's a good one
14:00:00 From Rhianna Basore: #readingwithrhianna
14:01:30 From Quincy Cho: #READINGWITHRHIANNA!!!
14:01:51 From La Trice Harper: hahahaaa love it!! New podcast!
14:02:01 From Lucy Russell: As Mama Gena says - get into your turn on!
14:02:03 From Rhianna Basore: :) coming to earbuds near you ~ soon!
14:02:14 From Lucy Russell: yes, Rhianna!
14:02:17 From Bradley Nikoal Williams: loved mama gena
14:02:39 From Rhianna Basore: when we want something we think we can have, we get excited.
14:02:52 From Rhianna Basore: when it's something we're not sure we can have, fear and lack kick in.
14:03:00 From La Trice Harper: yup
14:04:09 From Constance Zaytoun: do you mind typing the title of this book again?
14:04:15 From Bettina Kenney: Thank you so much, so beautiful and fabulous
14:04:43 From Quincy Cho: yes agree
14:04:47 From Rhianna Basore: time to level up culturally
14:04:51 From Janet Rembaum: yes me too thank you
14:05:09 From Lucy Russell: Thank you, gorgeous @laura!
14:05:24 From April Sugarman: i'm ordering that book — so much goodness!
14:05:33 From Kimberly Logan: gotta run as well - will watch the remainder in replay.

Thanks for the great tips & solid techniques!

14:05:33 From Rhianna Basore: gardens too!

14:05:52 From Rhianna Basore: if you worry over a plant, it's common to overwater and drown the plant in love

14:05:55 From Laura Daniel Koch: It's Excuse Me, Your Life is Waiting by Lynn Grabhorn

14:05:56 From Laura Daniel Koch: <https://amazon.com/Excuse-Your-Life-Waiting-Astonishing/dp/1571743812/cricfeet-20>

14:05:58 From Rhianna Basore: it's such a metaphor for love

14:06:48 From Lucy Russell: OMG that is EPIC password magic!!!

14:06:51 From Quincy Cho: does that have to do with liz's morning ritual?

14:06:54 From Laura Daniel Koch: Oh I love that Rhianna

14:06:54 From April Sugarman: i feel like these zoom calls are so important with how distant we physically isolated we are. great to see everyone! :)

14:07:03 From Quincy Cho: got it

14:07:13 From Quincy Cho:

14:07:14 From Rhianna Basore: me too! I think about it all the time @LDK

14:07:24 From Laura Daniel Koch: OMG your Fiji trip sounds like it was AMAZING

14:07:52 From AJ Simmons: Boundaries! Yess! Cant wait!

14:08:05 From Laura Daniel Koch: Yes! You were ready for it

14:08:11 From Quincy Cho: YUHSSS

14:08:11 From April Sugarman: :)

14:08:11 From Laura Daniel Koch: OMG SO MUCH dejavu lately

14:08:43 From Aaron Wilson: It's life changing!

14:09:21 From Laura Dowling Shea: That's a tough one for me too.

14:12:15 From janet rembaum: neglected

14:13:17 From Laura Daniel Koch: YAY Lucy

14:13:45 From Rhianna Basore: Bring joy and whimsy to all the things

14:13:47 From Quincy Cho: my notes are all in color!

14:14:16 From Rhianna Basore: I do not have a second bedside table for money

14:14:17 From janet rembaum: you havnt got any faith in me

14:14:26 From Quincy Cho: lulz @rhi

14:14:33 From Rhianna Basore: ;/

14:14:37 From Rhianna Basore: ;)

14:14:41 From Lucy Russell: how do you make it feel so good?!

14:14:46 From Bernard O'Sullivan: Money to me:

14:14:47 From Rhianna Basore: massages

14:15:00 From Bernard O'Sullivan: Just passing through

14:15:13 From Quincy Cho: LOLs

14:15:17 From La Trice Harper: LOL

14:15:17 From Rhianna Basore: for making babies

14:15:27 From Rhianna Basore: partners

14:15:47 From Lucy Russell: money sex in my purse ... sexy purse all the time - or sexy time in my purse.
14:15:48 From Janet Rembaum: hi Bernard
14:15:49 From Lucy Russell: I like this
14:15:58 From Rhianna Basore: money sexy time, yes!
14:16:11 From Bradley Nikoal Williams: My money would say I collect their cousins lol
14:16:22 From Laura Daniel Koch: Money sexy time! I love it!
14:16:30 From Bettina Kenney: Money says: "Bettina, would you PLEASE trust already that I'm never ever gonna ghost on you!"
14:16:55 From Bradley Nikoal Williams: lots of accounts with a bit of money ...I welcome it
14:16:56 From Rhianna Basore: I can't unsee that, Bonnie!
14:17:00 From Janet Rembaum: so interesting to see it like this!
14:17:02 From Rhianna Basore: whoring money
14:17:03 From Laura Daniel Koch: Love you all so much
14:17:09 From Laura Daniel Koch: Gotta boogie
14:17:10 From April Sugarman: i had never thought about money from that perspective before.
14:17:17 From Laura Daniel Koch: Catch you on the flip side!
14:17:21 From Lucy Russell: Bye Laura! xxx
14:17:21 From April Sugarman: goes back to that energy thing
14:17:51 From KJ: I have added the link to the bottom of the March EC Page, just above the Comments Section
14:18:00 From KJ: For the Dip Kit
14:18:14 From Rhianna Basore: cool, thank you!
14:18:25 From KJ: ...fine
14:20:09 From Rhianna Basore: genius
14:21:30 From Lucy Russell: Sorry I just got interrupted - what did you say to her first???
14:21:30 From April Sugarman: it was your casting that led to the emmy
14:21:30 From Rhianna Basore: gonna make me cry
14:21:38 From Rhianna Basore: yes @April
14:22:03 From Quincy Cho: she said, "I cast a show that won an Emmy... well, not me, technically."
14:22:09 From Quincy Cho: so the lady corrected her
14:22:17 From Lucy Russell: Thanks, Quincy
14:22:18 From Quincy Cho: and asked her to say it
14:22:26 From Quincy Cho: "I cast an Emmy-award winning show."
14:22:34 From Quincy Cho: NOOOOO
14:22:40 From Quincy Cho: BONNIEEEEEEE!!!!!!
14:22:51 From Quincy Cho: ah, gotcha
14:23:42 From Rhianna Basore: wow - blowing my mind rn
14:24:10 From Rhianna Basore: minimizing your blessings
14:24:32 From Janet Rembaum: beautiful

14:25:52 From April Sugarman: it's hard to shine so bright
14:26:04 From La Trice Harper: Right!!! Low key, I did the same thing with the show
Bonnie, LOL
14:26:25 From Janet Rembaum: needing to correct something
14:27:04 From La Trice Harper: Yes, feeling unworthy of it...right Janet
14:28:01 From Janet Rembaum: @La Trice yes, I know, all the time,,,its like out perception
is inaccurate...
14:28:44 From Janet Rembaum: not have so many expectations from ourselves ?
14:29:58 From Janet Rembaum: I do it a lot
14:30:13 From April Sugarman: I love that your agent made you sound so good — then
you can be excited to BE that person.
14:30:30 From Lucy Russell: THANK YOU April! That's genius!
14:30:44 From Janet Rembaum: so great @Lucy
14:32:20 From Rhianna Basore: nimble is a great word
14:33:15 From Rhianna Basore: comfort TV
14:33:44 From Lucy Russell: OMG - but we're ALREADY in an amazing renaissance!! so
it's going to be totally EPIC!
14:34:00 From Rhianna Basore: :) so true!
14:34:17 From Aaron Wilson: Renita Casting talked about this last night on Instagram
live.
14:34:46 From La Trice Harper: wow...so cool
14:36:52 From Remy O'Brien: cap runs the government
14:38:35 From Quincy Cho: dolphin and swans in Venice canal!!!!
14:38:39 From La Trice Harper: Yaaass!
14:38:40 From Bettina Kenney: RENAISSANCE REJOICING over here!
14:38:44 From Bettina Kenney: This makes me so happy!
14:38:44 From Aaron Wilson: Oh that's so cool!!!
14:38:48 From Quincy Cho: and the water is CLEAR
14:38:52 From Kathi Carey: And the Venice canals are so clean now
14:39:55 From Bettina Kenney: When all the studios started closing, everyone started
catastrophizing that there's hardly gonna be work in dubbing in a few months...
14:39:59 From Bettina Kenney: But so good to know
14:40:01 From Bettina Kenney: THANK YOU ALL
14:40:37 From La Trice Harper: <3 <3 <3
14:44:26 From Janet Rembaum: I love this group
14:46:31 From Bettina Kenney: Amen!! <3
14:46:36 From April Sugarman: thank you!
14:46:41 From Rhianna Basore: This was great - thank you!
14:46:58 From La Trice Harper: Thank you all soooo much!!! <3 <3 <3
14:47:21 From Quincy Cho: TY everyone!
14:47:26 From Quincy Cho: <3 <3 <3
14:47:27 From Kathi Carey: Thank you all sooo much!
14:47:28 From Aaron Wilson: Thank you! :)

14:47:35 From Janet Rembaum: thank you everyone
14:47:37 From Lucy Russell: Thank you all xxx
14:47:39 From Rhianna Basore: BYE!!