

## Expansive Capacity Live Zoom Chat 18 June 2020

- 12:36:25 From Kimberly Logan: Oh that Bonnie, always makin' shit up!
- 12:36:31 From Laura Daniel: LOL
- 12:36:36 From Alex Ryan: hahahahaha
- 12:37:25 From Laura Daniel: Wow
- 12:37:52 From Kathi Carey: Holy wow!
- 12:39:36 From Kimberly Logan: This is "trillion" rather than "billion", but here's a visual for the size <https://www.pagetutor.com/trillion/calculations.html>
- 12:41:54 From Laura Daniel: You've said that before and it really sets everything in perspective
- 12:42:04 From April Sugarman: We construct our reality.
- 12:42:05 From Kimberly Logan: the opening scene of The Laundromat - so good!
- 12:42:18 From Alex Ryan: Our culture structure too
- 12:44:18 From Constance Zaytoun: it's so true! addictions work that way, too
- 12:44:45 From Laura Daniel: I can't believe TicTac is 31!
- 12:44:59 From Kathi Carey: I get those great parking spots, too.
- 12:45:29 From Alex Ryan: Friends in my car get so freaked out/pissed hahaha
- 12:45:36 From Kathi Carey: That was my mother — she called herself the "red light mama" and boy oh boy!
- 12:46:21 From Laura Daniel: LOL
- 12:46:34 From Constance Zaytoun: but what a story we tell ourselves
- 12:46:56 From Laura Daniel: TOTALLY understand that
- 12:48:43 From Alex Ryan: That's why I love AH "I'm getting better and better at X..." So I don't have to BE there yet but...
- 12:49:08 From Kathi Carey: That's great @Alex!
- 12:49:32 From April Sugarman: You're just playing that role.
- 12:49:45 From Constance Zaytoun: the is freakin EVERYTHING
- 12:50:15 From Alex Ryan: LOVE THAT! Playing the role of someone who thinks this is AMAZING! ♥ ♥
- 12:50:32 From April Sugarman: A state of mind
- 12:51:31 From April Sugarman: Last week I heard someone say: you are a procrastinator pretending to be a perfectionist
- 12:51:33 From Alex Ryan: Yes!
- 12:51:47 From April Sugarman: I see that as me pretending to be a procrastinator
- 12:51:59 From April Sugarman: takes the label off
- 12:52:01 From Aaron Wilson: I like the lean into playing the character who can see it differently.
- 12:52:10 From April Sugarman: we identify with things that aren't us
- 12:52:20 From Laura Daniel: WOW
- 12:52:23 From Laura Daniel: Wow, April
- 12:52:35 From Laura Daniel: "We identify with things that AREN'T us"
- 12:52:38 From Laura Daniel: That's blowing my mind

- 12:53:09 From April Sugarman: :)
- 12:53:30 From Alex Ryan: Also the idea of assuming what's going to happen as a result of X. My dog just fell on her back and I realized my immediate story was her future pain and injury as opposed to "she's totally fine"
- 12:54:13 From Kathi Carey: The stories give us excuses to not try things, not move forward in life
- 12:54:20 From Alex Ryan: Love that Kathi!
- 12:54:33 From April Sugarman: yep
- 12:55:14 From April Sugarman: goes right back to making mini adjustments in our perspective — to much to make a huge change/acceptance of our greatness
- 12:55:44 From April Sugarman: needing 10% of growth at a time
- 12:56:00 From Kimberly Logan: totally napped instead of my personal training session yesterday. MUCH NEEDED
- 12:56:07 From April Sugarman: I have been sleeping so much — my energy has been so low — and I am just chalking it up to the planets
- 12:56:10 From Kathi Carey: Been napping SO MUCH
- 12:56:13 From Laura Daniel: Beautifully put, Bonnie
- 12:56:28 From Laura Daniel: "Your brain is healing from an assault of info."
- 12:57:39 From Kathi Carey: I consume virtually NO NEWS except a teeny bit that comes through on SM
- 12:57:47 From April Sugarman: taking on the emotions of the world
- 12:58:04 From Kathi Carey: I'm crying every day
- 12:58:25 From Laura Daniel: I'm constantly on the verge of tears
- 12:59:33 From Laura Daniel: Bonnie can you say that again?
- 12:59:34 From April Sugarman: meditate
- 12:59:41 From AJ Simmons: Tapping
- 12:59:49 From April Sugarman: going for a walk
- 12:59:50 From Aaron Wilson: meditate even for 5 minutes as a reset
- 13:00:00 From Laura Daniel: Got it
- 13:00:36 From Kimberly Logan: definitely tapping has been useful
- 13:00:46 From April Sugarman: puts the control back in your hands
- 13:00:49 From April Sugarman: we
- 13:00:57 From April Sugarman: we're not victims
- 13:01:51 From Laura Daniel: I did too, Laura
- 13:01:53 From Laura Daniel: :)
- 13:02:35 From April Sugarman: It's so funny, how I might say I'm out of shape because it's in my genes but when I stop and look at it, I'm not exercising every day like I used to and eating as healthy as I used to when I was in really good shape. So, I'm not a victim — I'm making my own choices and following through with them. Time to make different choices.
- 13:03:17 From April Sugarman: IT's a good thing to be a loser at
- 13:03:30 From April Sugarman: the biggest loser is the best!
- 13:04:05 From April Sugarman: being right about being a victim can be their story

- 13:04:39 From Bettina Kenney: Picking the song that triggers you... and SING through it... be it under tears or belting out
- 13:04:47 From April Sugarman: i find it better to walk early in the morning when no one is out and i don't have to wear my mask and i can hear the birds
- 13:05:13 From Kimberly Logan: yeah, dance it out, Bettina!
- 13:05:19 From Alex Ryan: Throwing and smashing coconuts. To get the energy out
- 13:05:44 From April Sugarman: love that! coconuts!
- 13:06:01 From Bettina Kenney: YES! Dancing it out!! <3 <3 <3
- 13:06:13 From Laura Daniel: :)
- 13:06:31 From Laura Daniel: I'll beat on my bed to get out my frustration
- 13:06:32 From Constance Zaytoun: i totally want to do that with PLATES!
- 13:06:37 From Bettina Kenney: I have a foam bat... ;)
- 13:06:40 From Laura Daniel: "Beating pillows," as Louise Hay recommended
- 13:06:47 From Laura Daniel: HA, Bettina!
- 13:06:50 From Kimberly Logan: HULK SMASH!
- 13:06:50 From Kathi Carey: @Constance, there are places you can go to throw plates and axes and stuff
- 13:07:02 From April Sugarman: i thought that was only on tv
- 13:07:04 From Constance Zaytoun: axes scare me, but i'll go for the dishes!
- 13:07:18 From Aaron Wilson: There's also the damnit doll.
- 13:07:44 From Laura Dowling Shea: I couldn't use the damnit doll, I liked her too much! lol
- 13:08:14 From Aaron Wilson: They are cute so I understand Laura :)
- 13:08:26 From Bettina Kenney: pounding on a mattress or pillow with that foam bat... But beware of sofa backrests - they sometimes make the foam bat bounce back...
- 13:09:52 From Kathi Carey: But you have to clean it up Keith
- 13:10:13 From Laura Dowling Shea: Reiki is great.
- 13:10:19 From Alex Ryan: To be clear even the inkling of rage being ok is SO NEW to me. What a learning process...
- 13:10:19 From Constance Zaytoun: i cook!
- 13:10:24 From Alex Ryan: OF COURSE CONNIE!
- 13:10:26 From Aaron Wilson: Sometimes I'll drive in my car and scream.
- 13:10:42 From April Sugarman: Constance, I watched your pilot — it was awesome!
- 13:10:47 From Kimberly Logan: Car singing is also good @Aaron!
- 13:10:53 From Laura Daniel: My husband has been getting his angst out through cooking too, Connie
- 13:10:56 From Aaron Wilson: Yes to car signing!
- 13:11:01 From Aaron Wilson: singing
- 13:11:06 From Constance Zaytoun: @April -- your sooo sweet! thank you!
- 13:11:10 From Laura Daniel: Aaron, getting that scream out is so essential
- 13:11:20 From Laura Daniel: I'll scream into my pillows
- 13:11:24 From Constance Zaytoun: i hear that, Laura. it's a shift of focus

- 13:11:26 From Bettina Kenney: There is a reaaally fun song named "When I sing in my car" - hilarious and awesome
- 13:11:39 From Laura Daniel: :)
- 13:11:57 From April Sugarman: what is a proper fight?
- 13:11:59 From Kathi Carey: I saw that dynamic with my Mom and Dad — Dad had flash anger and Mom was a Cancer.
- 13:12:28 From Laura Daniel: My mom's a cancer, and that's how she dealt with conflict. She'd leave
- 13:12:40 From Laura Daniel: Fight to grow. WOW
- 13:12:44 From Constance Zaytoun: @Keith -- i had to do the same with Marc. he was ou liek Bon
- 13:12:46 From Alex Ryan: So what's the new story then?
- 13:12:49 From April Sugarman: i was disconnected to my anger until my husband came into my life and told me to stop being passive aggressive. sometimes not always the best thing, but...
- 13:13:51 From Bettina Kenney: Oh, someone recommended a "scream option" for those who you live in apartments with wafer-thin walls: Draw a bath, go in, head under water, and then scream into the water!
- 13:13:54 From Laura Daniel: (((Hug))) Alex
- 13:14:16 From Bonnie Gillespie: Oh I like that bath scream, Bettina.
- 13:14:39 From Laura Daniel: "You're not fighting against something, you're fighting FOR something, for understanding, for the betterment of you both."
- 13:14:52 From Constance Zaytoun: so how does Gay Hendricks claim that he doesn't fight anymore? that's so odd to me
- 13:14:53 From Bonnie Gillespie: I love you enough to have this hard experience with you.
- 13:15:16 From Kathi Carey: Fighting just means you both have strong emotions about whatever the issue is. So, what you want to do is to HEAR what each other has to say because it really means that you both have strong feelings about the issue. When Dave and I fight we take a step back, breathe, and then try to talk and why we're feeling so strongly about whatever it is.
- 13:15:19 From Bonnie Gillespie: Connie—having worked with the Hendricks in person, I don't think it's actually all that healthy.
- 13:15:50 From Constance Zaytoun: thank you, Bonnie! whew! that actaully makes me feel better. got a new story now!
- 13:16:04 From Kimberly Logan: Tara Brach's most recent talk is about anger - I'll share with you direct @Alex
- 13:16:08 From Bonnie Gillespie: Yeah, it's easy "in writing" to appear like the idyllic couple. They're not.
- 13:16:12 From April Sugarman: there's something great on the other side of the fight
- 13:16:27 From Laura Daniel: "If you don't fight, you get to stay broken." WOW
- 13:16:27 From Kimberly Logan: "The purpose of anger is to let us know there's an obstacle to our wellbeing, and to energize us to act" - Tara Brach
- 13:16:39 From Bonnie Gillespie: Love that, Kimberly. Thank you for sharing it.

- 13:16:46 From Laura Daniel: Oh, I love her, Kimberly. Just started to listening to Tara's stuff
- 13:16:49 From April Sugarman: you get triggered by your past
- 13:18:45 From Kimberly Logan: which is playing out so much right now in the macro!
- 13:19:13 From Constance Zaytoun: so here's one of my "fight/anger" issues -- folks who "dump" on me & it's not WORTH fighting (they don't want to go through that experience for the better), so i'm left dealing with the poop they flung my way. UGH! that's the "fight" i have to process by myself
- 13:19:41 From April Sugarman: my mom used to get angry and yell at me and then walk out of the room. I finally told her she has to stay and finish the discussion so we can get through it. we eventually did and then she started coming to me for advice rather than discounting everything i said as she had done in the past.
- 13:19:41 From Bonnie Gillespie: Who says you have to deal with it, Connie? Can't you just walk away as they fling?
- 13:19:54 From Bonnie Gillespie: April, that's so good.
- 13:19:56 From Kimberly Logan: I'm dealing with some of that, too, Connie. I want to let you 'vent', but I also don't want to take on your stuff.
- 13:20:14 From Bonnie Gillespie: Kimberly, I think that's why the ground rules are so important.
- 13:20:42 From Kimberly Logan: Yeah - you get 3 minutes to vent. Then, I'm out!
- 13:20:47 From Bonnie Gillespie: Perfect!
- 13:21:45 From Kimberly Logan: 6 Million?!?! ;-)
- 13:21:46 From Constance Zaytoun: i walk away a lot (or don't even show up), but lots of times it's a text, email, whatever. (we're talking about my family primarily, btw.,)
- 13:22:15 From AJ Simmons: Clarity of communication of boundaries for each other and for the relationship.
- 13:22:17 From April Sugarman: that takes a lot of awareness to know you stepped into a conversation that you shouldn't be discussing.
- 13:22:33 From Constance Zaytoun: yes, April!
- 13:23:01 From Constance Zaytoun: i likw your methodology, Kimberly!
- 13:24:36 From April Sugarman: i would have to follow them first
- 13:25:38 From Aaron Wilson: Free
- 13:26:29 From April Sugarman: if i can't take care of myself then i can't expect others to
- 13:26:58 From Kimberly Logan: "Kimberly needs regular feeding & naps. Thinks 'infant-level' frequency"
- 13:27:14 From Laura Daniel: :)
- 13:27:45 From April Sugarman: create awareness
- 13:27:55 From Alex Ryan: Yes Kimberly!
- 13:28:18 From Alex Ryan: And thanks @Kimberly I'd love to see it
- 13:28:41 From Laura Daniel: It's like Stereo Instructions
- 13:29:39 From April Sugarman: i agree. so many stories
- 13:29:52 From Alex Ryan: Yes April. Me too
- 13:30:37 From Kimberly Logan: sort of Pollyanna-ish

- 13:31:43 From April Sugarman: wow
- 13:33:33 From April Sugarman: bonnie, it's like you were doing with going out for a walk. shifting into it 10% at a time.
- 13:34:17 From Alex Ryan: Yes!
- 13:37:06 From April Sugarman: changing your stories and others' stories of you
- 13:41:20 From Alex Ryan: Can you distinguish between guilt and shame? I've been told guilt is about others and shame is about self?
- 13:41:54 From Kimberly Logan: shame is 'being' bad; guilt is 'acting' badly
- 13:45:40 From Laura Daniel: I'm tripping out on the "Data is a story" idea
- 13:46:18 From Laura Daniel: Makes me think of Inception: dreams within dreams
- 13:46:24 From Alex Ryan: right??
- 13:46:40 From Laura Daniel: ;)
- 13:47:15 From Alex Ryan: Don't do it to self cut
- 13:49:57 From Laura Daniel: I care! I hear ya, Bon, on attribution :)
- 13:51:15 From Alex Ryan: I keep thinking of My Stroke of Insight for this time
- 13:51:51 From Aaron Wilson: They did the best they could
- 13:52:33 From April Sugarman: they were operating at their best based on their stories
- 13:54:05 From April Sugarman: fear
- 13:54:10 From Laura Dowling Shea: I've heard it said that by definition Corona virus is tech.
- 13:54:14 From April Sugarman: fear
- 13:54:33 From April Sugarman: fear around technology
- 13:54:38 From April Sugarman: lol!
- 13:54:49 From Kathi Carey: I like fear, too
- 13:55:32 From Laura Dowling Shea: It's amazing.
- 13:55:53 From Kathi Carey: Agreed @Laura
- 13:56:02 From Laura Dowling Shea: I am working on some pretty long told stories about my ability to be an entrepreneur. So so good.
- 13:56:24 From Laura Dowling Shea: Better than B-school, cuz it's woo too!
- 13:56:58 From Alex Ryan: And you feel safe!
- 13:57:08 From Laura Dowling Shea:  
And you feel so safe. Yes.
- 13:57:38 From Kimberly Logan: niiiiiiiice!
- 13:57:46 From Laura Dowling Shea: You do, but yes!!
- 13:57:57 From Alex Ryan: You can't HELP but bring woo but I get that
- 13:58:20 From Kathi Carey: That is niiiiice!
- 13:58:41 From April Sugarman: i'm signing up
- 13:59:04 From April Sugarman: do i need to know where it is
- 13:59:55 From Kathi Carey: How would you know if it was in retrograde when you were born?
- 14:00:17 From Alex Ryan: I don't think I've EVER heard you tongue tied Connie!
- 14:00:48 From Alex Ryan: Uranus Neptune and Pluto retrograde when I was born
- 14:00:49 From April Sugarman: uranus and pluto in retrograde

14:00:50 From Constance Zaytoun: oh, my! hee hee. Alex.  
14:01:28 From Kathi Carey: So Jupiter, Uranus and Pluto  
14:01:29 From Emily Brown: lol me except for shy  
14:01:40 From Alex Ryan: I was DEF shy when little  
14:01:54 From Emily Brown: venus Jupiter pluto chiron  
14:02:07 From Kimberly Logan: Mercury, Jupiter, Saturn, Uranus, Pluto <- all retro!  
14:02:22 From Alex Ryan: Go kimberly!  
14:02:34 From Bettina Kenney: The chiron with an R - does that mean anything?  
14:02:57 From Bettina Kenney: I mean does that count as a retrograde "planet"?  
14:03:23 From Bettina Kenney: retroGRACE!  
14:04:58 From Laura Daniel: :)  
14:06:48 From Laura Daniel: Woot woot  
14:07:23 From Laura Daniel: YAY!!!!  
14:12:24 From Constance Zaytoun: when does leo moon end in August?  
14:13:32 From Laura Daniel: Rock on, lady  
14:17:25 From April Sugarman: quick question  
14:17:28 From Bettina Kenney: I have a question regarding this specific retroGRACE in general...  
14:17:40 From Bettina Kenney: ha, specific in general ;P  
14:17:40 From Laura Daniel: I gotta boogie, Ninjas. Lotsa love to you!  
14:17:47 From April Sugarman: bye, laura  
14:17:57 From Laura Dowling Shea: when you say to 'release seeds planted 6 months ago' on a full moon can you expand on that?  
14:18:21 From Kimberly Logan: sorry, I gotta run, too!  
THANK YOU ALL!!!!  
14:18:26 From Bonnie Gillespie: Bye darlin'!  
14:19:28 From Alex Ryan: If you were born Neptune retrograde do you still feel/see that?  
14:19:29 From April Sugarman: my question is regarding setting up your calendar according to the planets and numerology.  
14:19:46 From April Sugarman: and aligned hustle  
14:25:19 From Constance Zaytoun: April -- it's lovely. join us!  
14:31:02 From Bettina Kenney: OMGoddess... I just looked up Chiron Rx in birth chart... and what comes up: "learning how to be between world" and come to terms with earthly life... Ha, how appropriate for this pixie whose brand is all about th2 "wanderer between world" ... :D  
14:31:17 From Constance Zaytoun: right there with you ALEX!  
14:31:23 From Alex Ryan: Yay Constance!  
14:32:10 From L T: Thanks Bonnie! <3 <3 <3  
14:32:17 From April Sugarman: thanks, bonnie!