

Expansive Capacity Live Zoom Chat 16 December 2020

12:02:11 From Kimberly Logan: hello, hello!
12:02:14 From Laura Daniel: Hello hello!
12:02:26 From Aaron Wilson: Hello everyone :)
12:02:27 From April Sugarman: So excited to be here! Totally need this! I have a cake that needs to be ready by 3pm so I'll be decorating while I listen.
12:02:28 From Laura Daniel: Laura DS your hair looks FAB
12:02:40 From Kellye Rowland: hi y'all —it's my first expansive capacity and i'm so happy to be a part of this group! :)
12:02:43 From Laura Dowling Shea: So good to be here with you all! Yes, me too Laura, really needed this!
12:02:59 From Bettina Kenney: Hey Kellye, lovely to have you here!
12:03:02 From Kimberly Logan: Welcome Kellye!
12:03:04 From April Sugarman: I see True North as my identity
12:03:05 From Bettina Kenney: Welcome aboard!
12:03:07 From Kellye Rowland: thanks! :)
12:03:52 From Alexandra Ryan: Love the cake focus April!
12:08:23 From April Sugarman: thanks, Alexandra!
12:12:23 From Jonté LeGras: Love that
12:12:26 From Kimberly Logan: Big yes.
12:12:30 From Aaron Wilson: So good!
12:14:46 From constance zaytoun: i had a friend share something yummy re that reverberation & true north/authentic self. it's such a beauty to absorb!
12:14:59 From Alexandra Ryan: Ooh I wanna hear!
12:17:29 From Kimberly Logan: <3
12:18:44 From Kimberly Logan: HA!
12:18:51 From Jonté LeGras: Such a great way to look at that
12:18:51 From Laura Daniel: That feels very Aries
12:18:54 From Rachael Ferrera: Ha!! yes
12:19:02 From Laura Daniel: LOL
12:19:42 From Laura Daniel: yup
12:21:20 From Laura Daniel: I just got that the True North is like a book
12:21:27 From Laura Daniel: There will always be other chapters
12:21:46 From Alexandra Ryan: Love that laura
12:23:00 From constance zaytoun: hear, hear! Laura!
12:23:10 From kathi carey: YAY!
12:23:21 From Kellye Rowland: that's so great—i dont need anything that can be used as a WEAPON AGAINST ME ...gahhhh same do not need
12:23:54 From Alexandra Ryan: I've started playing old school solitaire again to get away from screens and get my dopamine hit ☺ ☺
12:24:16 From Alexandra Ryan: giddy
12:24:31 From Peter McNamara: Excited

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

Bonnie Gillespie

12:24:32 From Kellye Rowland: content
12:24:37 From Aaron Wilson: Ease filled
12:24:38 From Rhianna Basore: luscious
12:24:41 From Laura Daniel: Blissed out
12:25:02 From Kimberly Logan: @ Alex My mom sent me a quarantine gift pack of card games for kids (Old Maid, Memory, SlapJack, etc.!)
12:25:12 From Alexandra Ryan: Omg love that! ☺
12:25:31 From Alexandra Ryan: I don't have a game partner (Sadie doesn't do opposable thumbs) so that's my equivalent
12:25:52 From Jonté LeGras: Hahaha, your kiss literally makes a spark!
12:26:25 From constance zaytoun: that gratitude reminder -- really absorbing my surroundings
12:26:27 From Kellye Rowland: i'm doing a yoga nidra course right now and after those i feel that way
12:26:30 From Alexandra Ryan: A fun silly nickelodeon audition. Didn't care about the outcome
12:26:42 From Laura Dowling Shea: Satisfied
12:26:46 From Peter McNamara: Being in LA last summer for the first time and loving it
12:26:54 From Kimberly Logan: my guinea pigs pancaking (where they flatten down and get cozy & look SOOOOOOOO cute!)
12:27:09 From Katharina Gerlich: taking time off, without a phone, without clocks or watches. Yoga Nidra
12:27:10 From Alexandra Ryan: PICTURES!
12:27:14 From Rhianna Basore: committing to a midday nap or rest break
12:27:22 From Kimberly Logan: 8daysaweek.com
12:27:23 From Laura Daniel: Doing a Zoom play and just so INTO the moments, connecting with characters over Zoom, feeling the flow of the play. It just felt so good and so right
12:27:25 From Jonté LeGras: Running into a friend doing errands and physically seeing another human being
12:27:29 From Rhianna Basore: yes
12:27:33 From Alexandra Ryan: Sadie randomly head-tilting as she stares at me
12:27:37 From Rhianna Basore: Dude, hahahaah, nope!
12:28:03 From Rhianna Basore: Capricorn Midhaven, represent!
12:28:23 From kathi carey: Sorry
12:28:29 From kathi carey: Not sorry
12:28:29 From Katharina Gerlich: indulging
12:28:30 From Rachael Ferrera: Taking big chunks of time to rest and explore whatever I feel like in the moment!
12:28:31 From constance zaytoun: snow happening NOW btw!
12:28:31 From Rhianna Basore: release into rest midday
12:29:04 From Kellye Rowland: not yet here constance but i can't wait!!!
12:30:04 From Rachael Ferrera: I'm giving MYSELF permission in all aspects of my life

12:30:24 From Alexandra Ryan: There's an exhale to the feeling of the true north and that releases permission for me

12:31:11 From Rhianna Basore: My relationship to Permission with my TN makes me feel like anything and everything and nothing is possible. It's all good. :)

12:31:41 From Laura Daniel: :)

12:31:45 From Alexandra Ryan: There's SO MUCH Enoughness in my true north that permission GRANTED

12:31:58 From Laura Daniel: Yeah, it just IS

12:32:03 From Kellye Rowland: that's a good on alex. need to get there

12:32:07 From Laura Daniel: I don't even think of Permission. I simply Belong There

12:32:08 From kathi carey: It just IS

12:32:13 From Alexandra Ryan: ♥ ♥

12:33:54 From Alexandra Ryan: Yes Laura!

12:34:37 From Kellye Rowland: magical

12:34:43 From Jonté LeGras: euphoria

12:34:54 From Peter McNamara: Love and adventure

12:35:01 From Alexandra Ryan: Vibrating, time slows WAY down, sparkly, laughter

12:35:02 From Laura Dowling Shea: Present.

12:35:04 From Rhianna Basore: new markers and a free afternoon

12:35:09 From Rachael Ferrera: Non-results oriented creativity

12:35:15 From Katharina Gerlich: travelling and seeing/learning new things

12:35:20 From Peter McNamara: Carefree and liberating

12:35:28 From kathi carey: Present and presence.

12:35:49 From Laura Daniel: Nature, being outside

12:35:53 From Aaron Wilson: Free and happy

12:35:58 From Laura Daniel: OMG yeah, missing travel so much!

12:36:04 From constance zaytoun: it's SOOOOO real!

12:36:08 From constance zaytoun: the travel

12:36:08 From Rhianna Basore: yup, my feet are getting so itchy!

12:36:21 From Aaron Wilson: I miss travel so much too

12:36:22 From Laura Daniel: lol

12:36:23 From kathi carey: Traveling for sure. Exploring new places, people and things.

12:36:32 From Kellye Rowland: i'm totally going out to play in the snow tonight after this!! :)

12:36:33 From Rachael Ferrera: Yes nature! Sitting with a treeee!!

12:37:00 From Laura Dowling Shea: I have subscribed to all of the brochures from companies that do these amazing full color glossy trip itineraries and I just use my imagination and go!

12:37:05 From Bettina Kenney: You have all the ocean vibes!!!!

12:37:09 From Bettina Kenney: NATURE

12:37:31 From Laura Dowling Shea: I am a literal tree hugger. lol

12:37:31 From Bettina Kenney: Exactly

12:37:42 From Rachael Ferrera: Me too Laura!!

12:37:50 From Alexandra Ryan: All of your "I love love love where I live live live" is nature time!

12:38:25 From Rhianna Basore: @LauraDS I watch cooking shows that focus on the local cuisine of the places they highlight.

12:38:44 From Remy OBrien: I went to New Zealand this morning

12:39:00 From Rachael Ferrera: Hahahaha

12:39:07 From constance zaytoun: i love how many of your references are from FRIENDS!

12:39:19 From Laura Dowling Shea: I'll send some links..

12:39:28 From Kellye Rowland: FRIENDS is the ultimate comfort show lol

12:39:30 From Alexandra Ryan: Yes CZ!

12:39:35 From Kimberly Logan: My friends are spinning a globe, then cooking a meal inspired by wherever they land on the globe.

12:39:54 From Katharina Gerlich: ooooooh love that idea, Kimberly!

12:39:55 From Rhianna Basore: Sooooo fab, @Kimberly

12:40:03 From Jonté LeGras: Ditto @Alex

12:40:15 From Kellye Rowland: same i could care less about "owning a house"

12:40:35 From Remy OBrien: I owned a bunch of condos and I don't want to ever do it again

12:41:01 From Kellye Rowland: can't take it with you right? who cares! (for me)

12:41:18 From Alexandra Ryan: My apt used to be a weigh station. Now it's HOME

12:41:35 From Peter McNamara: Google mapping exotic places I want to go to and walk down those streets virtually

12:41:35 From Alexandra Ryan: A goal for 2020 YES

12:41:50 From Kimberly Logan: yes, Peter!

12:42:49 From Kellye Rowland: what a good idea peter!

12:42:51 From constance zaytoun: i totally do that, too!

12:43:29 From constance zaytoun: venice is a really good one for that, y'all!

12:45:17 From Alexandra Ryan: At night. I'm too tired to do anything so tv is it but I don't want to watch tv

12:45:21 From Laura Daniel: BRB

12:45:23 From Bonnie Gillespie (she|her): Where in my life am I deferring feeling good right now?

12:45:34 From Bonnie Gillespie (she|her): Where in my life/how am I postponing joy?

12:45:36 From Kimberly Logan: I feel that Alex!

12:46:10 From Judy Kerr: for me its always in the area of romance without it going on I postpone joy.

12:46:16 From Peter McNamara: Allowing people of my past to dictate my present. Rethinking how I've been treated when I'm on the road to living my next tier life

12:46:36 From Laura Dowling Shea: Here is a link to my friend Lisa's mailing list, she runs a high end travel company. Get on her list mailing list, she sends lot's of amazing newsletters. https://tl.formstack.com/forms/a_gift_for_you

12:47:48 From Laura Dowling Shea: If that doesn't work go here - https://tl.formstack.com/forms/a_gift_for_you

12:50:57 From Rhianna Basore: For me, it's when I power down my computer for the day, no more work, no more ZOOM conversations. It's such a lonely, empty feeling. Just me and my apartment.

12:51:18 From Kellye Rowland: @rhianna and alex <3 <3

12:51:21 From Alexandra Ryan: Yes Rhi!

12:51:36 From Rhianna Basore: <3 Alex

12:51:45 From Rhianna Basore: Busy social life addict

12:51:52 From constance zaytoun: oh holy shit YAAAAAAS!!!

12:51:52 From Alexandra Ryan: My sister!

12:51:54 From Alexandra Ryan: ☺

12:52:03 From Rhianna Basore: yup. I see you, girl <3

12:53:28 From Jonté LeGras: A good or bad ping?

12:53:45 From Jonté LeGras: My heart and my head

12:54:04 From Rhianna Basore: it's weird because I love quiet and empty during the day. But my heart hurts at the end of the night and it's just me.

12:54:05 From Alexandra Ryan: Freeze. As in flight fight...

12:54:24 From Kellye Rowland: i'm the opposite-i CRAVE nothing i haven't been alone or had any alone time in 10 months and i'm losing my mind. :((only child problems maybe lol)

12:54:25 From Peter McNamara: My chest and eyes

12:54:52 From Rhianna Basore: hahah @Kellye :)

12:54:54 From Rachael Ferrera: Heart space....in the quiet and the stillness I feel whatever is actually happening in my heart space (whether "good" or "bad")

12:54:54 From Laura Daniel: I'm so sorry guys, I gotta boogie, but I look forward to catching the rest of this on the replay

12:54:56 From Laura Daniel: Love you guys!

12:55:04 From Remy OBrien: Rhianna. I'm the opposite of you.

12:55:27 From Rhianna Basore: Tell me more, @Remy :)

13:00:56 From Rachael Ferrera: LOL omg this sleep schedule is amazing! <3

13:01:56 From Kimberly Logan: My partner is constantly noting how 'we're so different' (I'm the sleeper - he's the up all nighter) and I'm frequently telling him it is not an issue at all. Keith gives me hope that some day he will actually hear me!

13:02:30 From Kimberly Logan: heading to the next meeting - see you all in the replay/comments!

13:02:37 From Kellye Rowland: bye Kimberly!

13:02:41 From Bonnie Gillespie (she|her): Bye Kimberly!

13:03:24 From Jonté LeGras: I like your version of yelling @Keith

13:03:38 From Bonnie Gillespie (she|her): No pants.

13:03:39 From Kellye Rowland: lol @jonte

13:03:40 From Bonnie Gillespie (she|her): Pizza.

13:04:14 From Alexandra Ryan: No pants and pizza. Sounds fabulous

13:05:19 From Bonnie Gillespie (she|her): I get twitchy just hearing this process.

13:05:19 From Jonté LeGras: This sounds like my entire pandemic experience Keith!

13:06:00 From Alexandra Ryan: But then don't you have to balance that w shit that actually HAS to get done?

13:06:53 From Kellye Rowland: same jonte lol

13:07:40 From Rhianna Basore: I have a coach who always tells me to 'live impulse to impulse'. When I do it truly, everything needs to get done on its own timing. But it makes it hard to prioritize what other people do.

13:08:25 From Alexandra Ryan: What do you mean it makes it hard to prioritize what other people do?

13:08:28 From Jonté LeGras: I so believe that Rhianna

13:09:07 From Kellye Rowland: i could def deal with releasing other people's expectations
ACROSS THE FUCKINGBOARD

13:09:21 From kathi carey: Agreed Kellye!

13:09:23 From Alexandra Ryan: RIGHT??

13:09:30 From Bonnie Gillespie (she|her): We did a month on Your Relationship with Expectations for exactly that reason, Kellye. It's real.

13:09:56 From Kellye Rowland: I WISH I COULD DO WITHOUT ALL THE ANGER I FEEL LIKE I NEED OT FEEL THO. IT'S LIKE I CABT DO IT WTHOUT FEELING PISSED OFF AT EVERYONE ELSE FIRST

13:10:01 From Kellye Rowland: goops sorry capslock lol

13:10:08 From Bonnie Gillespie (she|her): But that anger has a purpose.

13:10:52 From Katharina Gerlich: @Kellye, haha the capslock perfectly fits ;) I feel you

13:11:06 From Kellye Rowland: <3

13:11:22 From Bonnie Gillespie (she|her): 111

13:11:32 From Rachael Ferrera: ^^

13:11:43 From Bonnie Gillespie (she|her): Regurgitating bullshit they bought into.

13:11:46 From Kellye Rowland: angels

13:11:49 From Kellye Rowland: :)

13:11:51 From Aaron Wilson: This is so freeing Keith

13:11:54 From Rhianna Basore: @Alex - my sense of priorities is often not the same as collaborators or 'bosses'. So that is something I have to balance with living my life , impulse to impulse.

13:12:39 From Alexandra Ryan: Oh! Like when my vo auditions are due...

13:12:42 From Alexandra Ryan: Yes?

13:12:45 From Rhianna Basore: yup

13:13:13 From Rhianna Basore: it's all good until there's a REAL deadline. (Not a perceived one ;)

13:13:34 From Alexandra Ryan: Yes!

13:14:31 From Rhianna Basore: SPOILER ALERT: all those assholes ARE us. - BG

13:14:49 From Alexandra Ryan: haha!

13:15:01 From Aaron Wilson: I love that so much

13:15:28 From Alexandra Ryan: HAHAAHAHA

13:15:28 From Jonté LeGras: Right Aaron! Love that concept

13:15:42 From Aaron Wilson: Yes!

13:16:33 From constance zaytoun: i gotta say -- i've really been feeling all of this these past many months
13:16:35 From Alexandra Ryan: yes!
13:16:39 From Rhianna Basore: yes!
13:16:40 From Jonté LeGras: 100%
13:16:43 From Alexandra Ryan: Experimenting! ☺
13:16:51 From Kellye Rowland: YES
13:16:52 From Alexandra Ryan: always!
13:17:00 From kathi carey: Yes!
13:17:02 From Aaron Wilson: Yes.
13:17:04 From Rhianna Basore: Dude, family time is all the should. Spoken and unspoken - so exhausting!
13:17:11 From Laura Dowling Shea: Desires!!
13:17:15 From Alexandra Ryan: Feel like should encompasses those
13:17:17 From Peter McNamara: Im feeling shame
13:17:18 From Katharina Gerlich: I like desires too
13:17:19 From April Sugarman: shame
13:17:23 From constance zaytoun: desire & shame
13:17:29 From Kellye Rowland: shoulds are HUGE
13:17:30 From Alexandra Ryan: HAHAAHA
13:17:31 From Aaron Wilson: Should, shame
13:17:38 From Rhianna Basore: did you say 'guilt'? I am feeling guilt these days.
13:17:46 From Aaron Wilson: Guilt is good too
13:17:53 From Peter McNamara: Should can be the umbrella for all those
13:19:16 From Judy Kerr: should - shame always comes next for me.
13:19:42 From kathi carey: Me too
13:20:24 From Alexandra Ryan: True self baby!
13:20:48 From Rachael Ferrera: Yes it's so freeing being in spaces where people have no preconceived notions of who you are!!
13:21:15 From Bonnie Gillespie (she|her): <http://om-journal.com/today/planetary-hours>
13:22:37 From kathi carey: Hence my strong desire to take a nap after this. ;-)
13:23:40 From Alexandra Ryan: So it's personal to you? Or universal hours?
13:24:35 From Alexandra Ryan: Do we need a link or is it FB etc?
13:24:55 From Alexandra Ryan: Haha! ☺ great!
13:25:22 From Bonnie Gillespie (she|her): <https://bonniegillespie.com/your-2021-themes-using-astrology-and-numerology>
13:25:37 From Kellye Rowland: i'm unsure as to if i got the "what your birthday says about you" yet-is it the same as "you in the stars?"
13:25:56 From Carolyne Aubin: Quick Question: Re: Year 1 to 9: Does a year begin on our birthday or on January 1st?
13:26:09 From Kellye Rowland: ok i need to order it then..will do
13:27:24 From Katharina Gerlich: PAR TEY!
13:27:25 From Carolyne Aubin: I've been enjoying my Year 8. But bring on Year 9!

13:27:33 From Rachael Ferrera: 5 is my life path number too woohoooo!!
13:27:55 From Kellye Rowland: rachel I'm a 5 too!
13:28:03 From kathi carey: Been a freeing 9 year!
13:28:14 From Rachael Ferrera: Woohoo @Kellye!
13:28:57 From Alexandra Ryan: HAHAHAAAA
13:29:06 From Alexandra Ryan: What's up? Look at my ass!
13:29:13 From constance zaytoun: silly human
13:30:13 From constance zaytoun: pandemic paunch
13:30:17 From Alexandra Ryan: Get out of my brain!!
13:33:15 From Rhianna Basore: WOO HOO, @Constance! Love this enoughness <3
13:34:31 From Jonté LeGras: Agreed Constance
13:34:34 From Kellye Rowland: i just got a self tape request email—i gotta go! take care
and have a good week all, loved my first expansive capacity!! bye all! <3
13:34:43 From Rachael Ferrera: Yay!
13:34:57 From constance zaytoun: love y'all!!
13:35:09 From Jonté LeGras: I have to get off - thanks as always!!
13:36:24 From Rachael Ferrera: I was on FIRE and sooooo aligned, creative, and on
PURPOSE at that time! Wooo I'm excited for this!
13:37:31 From Rachael Ferrera: Can you say that again?
13:37:38 From Rachael Ferrera: What Jupiter does?
13:37:51 From Katharina Gerlich: make things bigger
13:37:55 From Alexandra Ryan: Makes more expansive the will of saturn
13:39:19 From constance zaytoun: this sounds promising to me...!
13:39:22 From Rachael Ferrera: Thank you
13:39:27 From constance zaytoun: woot!
13:39:39 From Alexandra Ryan: We're gonna kill it!
13:46:55 From April Sugarman: My birthday is January 30
13:47:07 From Alexandra Ryan: Well done April!
13:47:08 From Alexandra Ryan: ;)
13:47:14 From Bettina Kenney: My Bday ALWAYS is in retrograde...
13:47:18 From April Sugarman: Can you go into a saturn return sooner than every 29
years? Like every 25 years instead?
13:47:24 From Alexandra Ryan: HAHA
13:48:50 From April Sugarman: i'm turning 50 and having a major identity crisis that's
coming to a head.
13:49:01 From Alexandra Ryan: Is there a good day to request meetings? Super specific I
know (or bad days besides VM)?
13:49:37 From Katharina Gerlich: I am planning to contact agents in January... any
preferred dates for that?
13:49:54 From Alexandra Ryan: yes!
13:50:12 From Bettina Kenney: @Katharina mind: Ideally not before Berlinale...
13:50:14 From Alexandra Ryan: So early in the month possibly...

13:50:16 From Rachael Ferrera: If you're launching something in a biz (that has been done in a form before) around February....would it be better to wait to even BEGIN that launch until after the retrograde is done?

13:50:24 From Katharina Gerlich: thank you, Bettina!

13:50:28 From constance zaytoun: right -- i was gonna ask about pilot & pitch season -- any thoughts?

13:50:45 From Alexandra Ryan: What were you going to ask C?

13:51:18 From Katharina Gerlich: @Bettina: do you mean not at all before Berlinale or not too close to Berlinale?

13:51:19 From Rachael Ferrera: Thank you so helpful!

13:52:31 From Alexandra Ryan: If anyone has any Ted Lasso like tv or film to watch let me know!

13:52:39 From Alexandra Ryan: My friends TOTALLY sold in pandemic

13:54:57 From Rachael Ferrera: Whaaaaaat!?!?! Bonnie!! These OFFERINGS!

13:57:20 From Carolyne Aubin: January 11th. I have an important Zoom event. Anything I need to keep an eye on/focus on?

13:57:24 From Remy OBrien: Thanks Bonnie and Everyone. I have to jump off

13:57:28 From Alexandra Ryan: BEAUTIFUL!

13:57:30 From Rachael Ferrera: Love that Laura :)

13:57:33 From Alexandra Ryan: (Bye Remy!)

13:59:05 From Alexandra Ryan: Or my dad!

13:59:07 From Alexandra Ryan: hahahaha!

13:59:21 From Aaron Wilson: Or my older brother too :)

13:59:29 From kathi carey: Or my brothers.

13:59:39 From Alexandra Ryan: I just want to hug you all!

14:00:26 From Alexandra Ryan: Can you speak more on the confronting? Just the general confronting we've talked about?

14:02:40 From Katharina Gerlich: Bonnie, if I sign up for Aligned Advantage now, can I still join the session on Sunday?

14:03:13 From Peter McNamara: Have to run. See you all next zoom!

14:03:17 From constance zaytoun: love y'all! gotta run!

14:05:02 From Rachael Ferrera: Thank you Bonnie! Thanks everyone!!!