

Expansive Capacity Live Zoom Chat 22 May 2021

12:01:03 From Stephanie Bergeron: Could be dangerous... ;)

12:01:53 From April Sugarman: I've been pooped all day today and I guess I need to be more minimal with my energy and just chill.

12:01:59 From April Sugarman: Saturn's day

12:02:24 From Stephanie Bergeron: Of course! Lol.

12:02:46 From April Sugarman: yes you have!!!

12:02:59 From April Sugarman: you've been on fire!

12:03:48 From Stephanie Bergeron: Good call.

12:05:32 From Stephanie Bergeron: That sounds like something I'd do... yep.

12:08:05 From Tamika Simpkins: Get out of my brain!!!!

12:08:11 From Stephanie Bergeron: Right Tamika?!

12:08:28 From kathi carey: Poor Judy

12:08:31 From Remy OBrien: awww Judy

12:12:05 From April Sugarman: you go through so much personal growth to have to go back to "dysfunctional childhood" and then get back on the personal growth journey again. It stinks that that stuff keeps coming up in families.

12:13:55 From kate Bergeron: No, not 11. But some! Id estimate 8

12:14:23 From April Sugarman: I'm not using my photo, I'm looking in the mirror for the first time and saying you're beautiful — I've avoided my mirror for over a year.

12:14:29 From Liz Hackworth: Same!!

12:14:50 From Liz Hackworth: I've been using the mirror too

12:15:13 From kathi carey: I had a difficult time finding a photo — I had to go waaaay back

12:15:22 From April Sugarman: putting myself last

12:15:30 From Liz Hackworth: I've spent so long being everyone else's cheerleader - it feels good to cheer my SELF on finally!

12:15:31 From Stephanie Bergeron: I've got my photo on my lockscreen, but I've been using the mirror also... I wake up and purposefully say "good morning, pretty girl!".

12:15:54 From April Sugarman: yes, liz!

12:16:04 From Liz Hackworth: Oh yeah! I've been writing all kinds of letters to my self

12:16:06 From April Sugarman: love that, stephanie!

12:16:06 From Liz Hackworth: :D

12:16:13 From kate Bergeron: Im finding the mirror very comforting but the picture makes me see my daughter and sends me into a guilt spiral some days

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Bonnie Gillespie

- 12:16:21 From Aaron Wilson: The first day looking at the photo of myself at 6 was confronting. It was really nice to connect with the enoughness that's so present.
- 12:17:21 From April Sugarman: my inner child is still in my eyes.
- 12:17:26 From Aaron Wilson: The challenge was in the here and now too.
- 12:17:32 From Stephanie Bergeron: That's beautiful, April.
- 12:17:38 From April Sugarman: :)
- 12:18:09 From kathi carey: It was great to see the ME that was there at the beginning and hard to realize how much it had been lost through the years. It's work to get it back.
- 12:18:19 From Liz Hackworth: Yeah... I really feel like this work is causing me to befriend my self, stand up for my self, claim my joy and preferences and likes and dislikes... just like I would do for any of my other friends. Now I get to be my friend, deeply and truly and REALLY.
- 12:19:10 From Stephanie Bergeron: You know what I noticed this morning... something about feeling and showing joy makes me vulnerable to being called "crazy" or "hysterical"... there's that patriarchy again, wanting to undermine me completely.
- 12:19:40 From Tamika Simpkins: I honestly realized that I have always been frantically trying to find and hold onto joy and happiness instead of just living. Now I focus on living in the moment.
- 12:20:01 From Stephanie Bergeron: When You Give A Mouse A Cooke!
- 12:20:05 From Stephanie Bergeron: *Cookie!
- 12:20:05 From Liz Hackworth: Lovely, Tamika... I feel like that sometimes too. Thanks for sharing the shift.
- 12:20:56 From Liz Hackworth: Seems like sometimes it's a lot simpler than I want to let it be... and a lot less pragmatic and prescriptive almost?
- 12:21:20 From April Sugarman: Loved so much what A-H said about joy in each moment.
- 12:21:45 From April Sugarman: that vortex
- 12:24:15 From Bonnie Gillespie (she|her): Yes, Liz. Definitely. I'd imagine we're all overthinking a lot of this work.
- 12:25:48 From April Sugarman: keith, this goes back to what you've said about trusting yourself about making decisions
- 12:25:49 From Liz Hackworth: This reminds me of the EFT work - which I've been doing almost every day for the first time ever... such a calming, reassuring conversation to have with myself/ourselves, wow...
- 12:25:50 From Bonnie Gillespie (she|her): Tamika's cat is HERE for this.
- 12:25:58 From Bonnie Gillespie (she|her): Totally, Liz.
- 12:26:40 From Judy Kerr: Yes a great tool! I find it necessary too.

- 12:27:35 From Bonnie Gillespie (she|her): It's a little like Steven Pressfield and labeling "all the stuff" RESISTANCE.
- 12:27:49 From Judy Kerr: I do rewrite my old stories from another perspective to change my mind.
- 12:27:49 From Bonnie Gillespie (she|her): The granularity, specificity of "all the stuff" just keeps you from doing the work.
- 12:27:57 From Bonnie Gillespie (she|her): Love that, Judy! Such an effective tool!
- 12:28:14 From Remy OBrien: My new Mantra. "I want to be a dog"
- 12:28:31 From Bonnie Gillespie (she|her): Remy, "How can I be more dog right now?"
- 12:28:33 From Bonnie Gillespie (she|her): ;)
- 12:29:50 From Bonnie Gillespie (she|her): My healthiest self must separate from those things/people who put my healthiest self in jeopardy.
- 12:30:20 From April Sugarman: Yessss!
- 12:33:21 From Liz Hackworth: I've totally been falling for all the costumes!
- 12:33:38 From Liz Hackworth: Label it and move on. Presto, change-o. LOVE IT.
- 12:34:04 From Stephanie Bergeron: Augustus Gloop!
- 12:35:38 From Liz Hackworth: Ooooh that would tie right in
- 12:36:05 From Stephanie Bergeron: Self-trust has been bouncing around in my mind... lays in, too.
- 12:40:49 From Stephanie Bergeron: That splitting cracks a lot open...
- 12:41:37 From Liz Hackworth: I must have missed that day... #37 you said?
- 12:43:18 From Stephanie Bergeron: That's true. I'm bunny-sitting my sister's rabbit right now, and it's very true for Thumper. Lol.
- 12:44:24 From April Sugarman: my dog has so much joy — I walk in the door and it's like she hasn't seen me in years and it's all so exciting.
- 12:45:29 From Aaron Wilson: Was it about bask in this moment?
- 12:45:40 From Tamika Simpkins: Aww Bunny sitting Stephanie.
- 12:45:43 From Judy Kerr: You still don't have a cat?
- 12:46:50 From kathi carey: I don't either and I really need one!
- 12:47:51 From Stephanie Bergeron: A menagerie!
- 12:49:00 From Liz Hackworth: I've been annoying myself lately, skipping/postponing the thing that brings me joy (music, walks, food, whatever) to do the adulty things like emails and phone calls and why can't I break that cycle!? Every night I go to bed saying to myself, "Tomorrow is MUSIC day!" And then I just don't.
- 12:51:06 From April Sugarman: My new thing — don't look at my cell phone until after breakfast. So easy to get swept up in the outside world.

- 12:53:21 From Stephanie Bergeron: Case in point, these lights and backdrop stay up... make it easy to do the thing.
- 12:53:42 From April Sugarman: I also find I'm in a more creative zone when I first wake up and I don't want to waste that.
- 12:53:56 From Stephanie Bergeron: That's running the "fear & disappointment" tape running first thing in the morning for me, totally.
- 12:54:35 From April Sugarman: I'm an early riser.
- 12:54:46 From April Sugarman: It's the time before my family gets up
- 12:54:51 From Judy Kerr: I'n 4 am too I love what he said.
- 12:54:52 From kate Bergeron: Same April
- 12:55:04 From Remy OBrien: I'm 5:30
- 12:55:35 From Stephanie Bergeron: Lol, you guys can have the early mornings. ;) I'm definitely not a morning person.
- 12:55:51 From kathi carey: I'm with you Stephanie, LOL!
- 12:57:40 From Stephanie Bergeron: Yes. My trick right now is learning to leave the tape alone. I can get to the top of the stairs before I notice myself reaching again. So... baby steps.
- 12:57:55 From Remy OBrien: I'm in Zoom, app and social media fatigue. I've been really avoiding it as best I can.
- 13:00:23 From kate Bergeron: Hugs hugs hugs
- 13:01:01 From April Sugarman: ❤️
- 13:01:40 From April Sugarman: I'm listening to everything on replay.
- 13:01:50 From April Sugarman: and commenting
- 13:02:23 From Stephanie Bergeron: My heart reaches out to you, Bon. Big hugs.
- 13:02:43 From April Sugarman: the smfa summit is so uplifting.
- 13:02:53 From Judy Kerr: And TV hiatue
- 13:03:23 From Stephanie Bergeron: I feel SO connected by the Summit, like I'm hanging out with the people I need to be. I've done so many NTS-level steps because of the energy backing me.
- 13:03:47 From April Sugarman: omg — those speakers!
- 13:04:12 From Judy Kerr: Oh yes the summit is life enhancing
- 13:04:59 From kathi carey: You will — it may just take a little longer than you thought.
- 13:05:18 From April Sugarman: It feels like Christmas right now! SMFA Summit!
- 13:07:30 From April Sugarman: patriarchy
- 13:07:37 From Tamika Simpkins: OMG I said the same thing last week to a friend
- 13:08:05 From Tamika Simpkins: Gratitude
- 13:08:12 From Stephanie Bergeron: Cue RENT...? ;)

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Bonnie Gillespie

- 13:08:26 From April Sugarman: isn't it a journey, not an end goal?
- 13:08:36 From Judy Kerr: Things are fleeting you have to have new joy and new joy and new joy
- 13:09:06 From Stephanie Bergeron: Am I willing to expect joy?
- 13:11:14 From April Sugarman: I would say that joy is a perspective. choosing joy or choosing not joy.
- 13:12:19 From April Sugarman: patriarchy
- 13:12:27 From Tamika Simpkins: definitely big pharma
- 13:12:54 From Tamika Simpkins: but we have the power to change that
- 13:13:35 From Judy Kerr: what do you mean?
- 13:14:42 From Stephanie Bergeron: And those chemicals keep us "on" or "sharp" or whatever...
- 13:14:46 From Tamika Simpkins: I always feel like that ties back to ego.
- 13:16:04 From April Sugarman: coming from a place of joy, we are expansive possibilities. coming from a place of fear, we are controlled by others/fears/ideas.
- 13:17:10 From Stephanie Bergeron: Or ration it... swallow the joy before it gets "too big".
- 13:20:05 From Aaron Wilson: I love that book!
- 13:21:33 From Stephanie Bergeron: Gloop
- 13:21:33 From kate Bergeron: gloop
- 13:22:06 From Aaron Wilson: I love labeling it as Gloop :)
- 13:22:33 From Remy OBrien: tht name is bringing me Joy
- 13:23:31 From April Sugarman: I find joy is not always about stuff for me, but also about showing appreciation for others. I get a bump of dopamine from bringing joy to others too. Or maybe it feels easier to bring joy to others and I'm in denial. But I don't think so. It just seems like gratitude.
- 13:23:34 From Stephanie Bergeron: 'Tis clever.
- 13:25:15 From April Sugarman: I'm a Sag rising — Jupiter chart ruler — Santa Claus
- 13:25:44 From Stephanie Bergeron: Glitter everywhere, April.
- 13:26:05 From April Sugarman: :)
- 13:26:14 From Tamika Simpkins: It's funny. I feel like our minds and logic tends to work in funny ways. ie when we're children, we want to be adults and vice versa. So when we're looking for joy in the same stuff we've been doing, we feel miserable cause it's not working, but when we're willing to be uncomfortable and live in the moment and not let the mind and chemicals and ego dictate, we grow and joy is on the other side. Just my experience.

13:27:01 From April Sugarman: Tamika, maybe as we grow, our reach for joy changes.
13:27:17 From Tamika Simpkins: So true April.
13:28:16 From Liz Hackworth: How does Visiting tie in with being present?
13:31:11 From Judy Kerr: We don't need that old voice
13:31:56 From April Sugarman: caring less
13:32:03 From Aaron Wilson: Caring Less, Self Compassion
13:32:04 From Liz Hackworth: Yeah, that sounded good to me too
13:32:05 From kate Bergeron: Say those again
13:32:07 From Judy Kerr: caring less
13:32:08 From Stephanie Bergeron: I'm in the trust camp...
13:32:11 From Remy OBrien: caring less, self compassion
13:32:34 From Tamika Simpkins: caring less then letting go
13:32:37 From Stephanie Bergeron: But we'll find ourselves in the right place. :)
13:32:42 From kate Bergeron: letting go or caring less
13:32:43 From Liz Hackworth: Caring Less struck me the first time around.....
second time around, literally any of those LOL
13:32:46 From April Sugarman: too much good stuff to pick one
13:33:03 From Liz Hackworth: HAHA
13:33:18 From Judy Kerr: see you in the summit
13:33:32 From kate Bergeron: Gloopspotting