

Expansive Capacity Live Zoom Chat 18 June 2021

13:01:59 From kathi carey: Oh yeah! And I can hear it going on behind you. HAHA

13:02:20 From Kellye Rowland: Nyc is eternal construction, so I'm familiar lol

13:02:35 From Stephanie Bergeron: My Dad's a contractor. It's basic background noise to me.

13:14:02 From April Sugarman: caring correlates much with boundaries

13:14:21 From Kellye Rowland: Gah. Good one April.

13:18:51 From Bonnie Gillespie (she|her): "Read the room." Yes. Sagittarius rising + Mercury in Aries would like to never read the room. I asked him to lean into his Pisces self. ;)

13:19:36 From April Sugarman: Love that Keith! I'm going to remind myself of that daily.

13:22:30 From April Sugarman: What a way to slide that in there, Keith. Lol!

13:22:35 From Bonnie Gillespie (she|her): Right?

13:23:21 From Bonnie Gillespie (she|her): I'm mesmerized that they have the ENTIRE BUILDING to roof and they're over THIS ROOM right now. LOL Timing.

13:23:29 From Kellye Rowland: I used to have a hard time admitting that I wanted fame and oscars when I first started out. Because I was taught that's shallow.

13:23:36 From kathi carey: Timing...

13:23:40 From April Sugarman: We feel/hear your pain, Bonnie.

13:23:47 From Laura Dowling Shea: It's perfect timing Bonnie, I thought that was coming from inside my head!

13:23:47 From Stephanie Bergeron: They are destructing and reconstructing the very world Keith prefaced.

13:23:51 From Bonnie Gillespie (she|her): Right?

13:23:57 From Bonnie Gillespie (she|her): Dismantling the patriarchy is loud.

13:24:10 From Kellye Rowland: lol

13:25:00 From Bonnie Gillespie (she|her): "Am I caring about a future that may never happen?"

13:25:18 From Bonnie Gillespie (she|her): We're gonna add a power saw to this cacophony?

13:25:34 From kathi carey: That would be perfect!

13:25:34 From Kellye Rowland: How to walk that tightrope though. The tightrope between that question Bon, and pursuing it all the same?

13:25:59 From Bonnie Gillespie (she|her): I've gotchoo, Kellye. There's an Abe for that!

- 13:27:41 From Constance Zaytoun: if mediocrity pays the bills doing what I love, i'm cool with that!
- 13:27:43 From Bonnie Gillespie (she|her): I was promised pooppy pants!!
- 13:28:12 From Laura Dowling Shea: 85 for me is a huge win.
- 13:28:22 From Bonnie Gillespie (she|her): Same, Laura. That's been such a game-changer for me.
- 13:28:54 From April Sugarman: It's really tough on kids when their parents are focused so much on achieving — it takes the joy out of life at an early age.
- 13:29:09 From kathi carey: Boy do I understand that, April
- 13:29:16 From Bonnie Gillespie (she|her): It can, April. Yet some kiddos find a way to stay in joy even with that pressure around them. It's possible!
- 13:29:42 From April Sugarman: Yes! Thank goodness!
- 13:29:46 From Bonnie Gillespie (she|her): "Has my baseline criteria in LIFE been met?" If so — we're already on bonus points. :)
- 13:30:11 From Kellye Rowland: That feels kind of devastating. But what you say is true all the same.
- 13:30:18 From Laura Dowling Shea: I am totally in bonus point land right now. It's been such a freaking year!
- 13:30:33 From Bonnie Gillespie (she|her): Same, Laura. I declared BC met (for LIFE) in 2018 when I was on bedrest.
- 13:30:38 From Bonnie Gillespie (she|her): The rest of my life is BP.
- 13:30:58 From Laura Dowling Shea: Yay! BP forever!
- 13:31:08 From Bonnie Gillespie (she|her): That does NOT mean I don't care a lot about collecting some of those!! ;) Of course.
- 13:31:18 From Kellye Rowland: This ties into my fear of "time is running out, I have to hurry up and DO more so I can work as an actor because time is running out." It's weird
- 13:31:23 From April Sugarman: Life becomes a whole new ballgame.
- 13:31:44 From Laura Dowling Shea: Yes, still have to take the actions to the next thing but caring less is such a relief.
- 13:31:52 From Stephanie Bergeron: I get that, Kellye. Ditto, insert "dancer".
- 13:32:01 From Bonnie Gillespie (she|her): "I'm 20. Life is OVER."
- 13:32:13 From Stephanie Bergeron: Because dancers don't exist over 30. (Not true. But the voice says so.)
- 13:32:25 From Kellye Rowland: I hear you Steph. <3
- 13:32:30 From Bonnie Gillespie (she|her): Outer voices say that too though, Stephanie. So many times.
- 13:32:46 From Stephanie Bergeron: Full stop, Bon. I can name names.

- 13:32:46 From Laura Dowling Shea: I've had enough external success to know that it changes NOTHING if I'm not ok inside.
- 13:35:23 From April Sugarman: I've already tuned them out.
- 13:35:33 From Stephanie Bergeron: I'm laughing because it's normal for me... so weird!
- 13:38:22 From Stephanie Bergeron: I really like that image.
- 13:40:55 From Bonnie Gillespie (she|her): He wants the gold bikini.
- 13:41:03 From Kellye Rowland: lolz
- 13:41:05 From Stephanie Bergeron: BON! I'm dead.
- 13:41:07 From Constance Zaytoun: and the hair!
- 13:41:19 From kathi carey: Exactly Connie. I was going to say that.
- 13:41:21 From Stephanie Bergeron: Connie, the headphones are close...
- 13:41:25 From Bonnie Gillespie (she|her): LOL
- 13:41:28 From Bonnie Gillespie (she|her): YES THEY ARE.
- 13:41:31 From Kellye Rowland: That distinction is....wow
- 13:42:20 From Bonnie Gillespie (she|her): Because he cares NOT AT ALL.
- 13:42:30 From Kellye Rowland: I want THAT
- 13:42:36 From Bonnie Gillespie (she|her): Falls ass-backwards into every pot of gold.
- 13:43:53 From Constance Zaytoun: i want to pop in on that energy conversation that you just touched on, Keith
- 13:44:17 From Bonnie Gillespie (she|her): I have notes. ;)
- 13:45:56 From Bonnie Gillespie (she|her): For Connie:
<https://www.youtube.com/watch?v=xMStAHJczkA> (Abraham-Hicks on crappy jobs actors have to take).
- 13:47:27 From Aaron Wilson: Thank you, Connie and Bon! Totally needed this too.
- 13:49:18 From Kellye Rowland: That whole "is this about low enough ness" as the litmus test feels fucking revolutionary to me. Like, yeah. Life changing .
- 13:49:38 From Bonnie Gillespie (she|her): Kellye, it was such an a-ha for me, when I realized THAT BEAT/that question before caring can change everything.
- 13:50:01 From April Sugarman: I agree, Kellye.
- 13:50:09 From Kellye Rowland: Hugs connie. Huge hugs. <3
- 13:50:22 From Bonnie Gillespie (she|her): "Did I attract this?" — What if the THIS is a person you're going to intersect with in the first few WEEKS of the experience that you are forever changed?
- 13:50:54 From Bonnie Gillespie (she|her): The roofers have now brought their boom box over Keith's window.
- 13:50:55 From April Sugarman: Yesssss, Keith!!!

13:51:03 From Bonnie Gillespie (she|her): Hope you like the music.

GAAAAHHHH

13:51:23 From Kellye Rowland: I barely hear it anymore. The convo is too great. <3

13:51:37 From Stephanie Bergeron: You may not understand why. That's actually a key for me... that's the braining it out again.

13:51:44 From Bonnie Gillespie (she|her): For sure.

13:51:58 From Laura Dowling Shea: I love so many things and they always connect me to other things I love. I have a saying about that - "Don't Silo Yourself"! It's all connected. I am creating an Air B&B in my home, first clients - filmmakers ...Yes. I created a garden - guy who delivers a tree - worked on an Oscar winning film and consults with all knids of filmmakers as an arborist. It's so crazy.

13:52:16 From Bonnie Gillespie (she|her): Perfect, Laura! I love that!

13:52:20 From April Sugarman: Yessss, Laura!!!

13:52:33 From Bonnie Gillespie (she|her): And how Taurus is the Air B&B + garden?!? OMG, love.

13:52:34 From Kellye Rowland: Laura so true

13:52:34 From Stephanie Bergeron: Oh, Laura!!

13:52:45 From Laura Dowling Shea: I am in my taurean GLORY!

13:52:58 From Kellye Rowland: It's this catastrophie fear of being WRONG. For me at least.

13:53:36 From Laura Dowling Shea: That video is my absolute FAVORITE!

13:53:43 From April Sugarman: THat's my favorite video EVER!!!

13:53:48 From Aaron Wilson: It is SO good!

13:54:03 From Stephanie Bergeron: Now you can have Keith yell it as your tone, Judy!

13:54:59 From April Sugarman: Who names a movie Snakes On A Plane! I mean...

13:55:15 From kathi carey: April — someone who wants HUGE box office

13:55:20 From April Sugarman: LOL!

13:55:53 From Stephanie Bergeron: So I was given this phrase recently: "Resistance is Assistance". As in it's trying to help, somehow, even if it's to tell me where I gotta let go.

13:56:22 From Bonnie Gillespie (she|her): Yes, for sure, Stephanie. ALL of it is in service of trying to keep us safe. Always.

13:56:43 From April Sugarman: I feel like this goes back to what Keith said in a previous month about trusting ourselves because we got ourself this far.

13:56:58 From April Sugarman: and we're doing fine.

13:57:23 From Laura Dowling Shea: I like to think of Bonnie's words on that - paraphrased here - my gut is quiet, my mind is very talkative, so I'm just getting super quiet so I can hear/feel my gut.

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

- 13:58:02 From Stephanie Bergeron: Ah, yes, April.
- 13:58:32 From Laura Dowling Shea: This year I had to give up ALL of my expectations about what I thought my life would be. It was brutal and also the best thing that could have happened for me. Very freeing.
- 13:59:05 From April Sugarman: THat's sooo good, Bonnie!
- 14:00:45 From Kellye Rowland: Isn't it funny that when something comes really easily, we question it and think there's something wrong with it, there's a Reason we should be suspicious of it. bizarre.
- 14:01:14 From Stephanie Bergeron: But totally trained in, Kellye.
- 14:01:19 From April Sugarman: Kellye, soooo true!
- 14:01:20 From Laura Dowling Shea: @Kellye yes, and also I tend to minimize it on top.
- 14:01:26 From Kellye Rowland: Yup
- 14:01:28 From Laura Dowling Shea: Iike it's not big deal.
- 14:01:45 From April Sugarman: Kellye — that changes when we feel we deserve it. Our relationship to receiving.
- 14:02:17 From Aaron Wilson: Tjat
- 14:02:20 From Aaron Wilson: That's so good
- 14:02:27 From Kellye Rowland: Good point April
- 14:02:32 From Stephanie Bergeron: Gloop.
- 14:02:37 From Laura Dowling Shea: I am working on caring less about being misunderstood, -- kind of like Bonnies IG challenge - I have such a strong desire to be understood and I really just have to STOP IT!
- 14:02:51 From Kellye Rowland: Totally get that Laura , same
- 14:03:40 From Stephanie Bergeron: Ditto, Laura.
- 14:03:51 From Kellye Rowland: <3
- 14:04:34 From Stephanie Bergeron: Hugs, Connie.
- 14:04:50 From Stephanie Bergeron: Thank you for bringing it up.
- 14:04:58 From Keith Johnson: Well... if it's *practical* I'm out
- 14:05:02 From April Sugarman: Me too!
- 14:05:09 From April Sugarman: Efficiency of cleaning
- 14:05:33 From Kellye Rowland: Nooooooooooooo they need to BE A KINDA WAY lol
- 14:05:40 From kathi carey: Sounds like our house
- 14:05:41 From Kellye Rowland: This virgo agrees
- 14:05:42 From Stephanie Bergeron: Virgo, Kellye.
- 14:05:43 From Kellye Rowland: lol
- 14:05:44 From Laura Dowling Shea: Virgo 12th house I think?
- 14:05:56 From Stephanie Bergeron: I'm with y'all.

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Bonnie Gillespie

14:06:09 From April Sugarman: Oooh, I wish I could pull that card in my family. LOL!

14:06:10 From Kellye Rowland: THAT

14:07:02 From kathi carey: I so don't care about the dishwasher unless I'm putting the dishes in there...

14:07:26 From Constance Zaytoun: y'all -- read all the beautiful commentary, too. THANK YOU!!

14:07:33 From Kellye Rowland: Connie <3

14:07:40 From Stephanie Bergeron: <3

14:07:41 From Laura Dowling Shea: I had a CEO I worked for peripherally call me Lisa for 5 years...

14:07:42 From Constance Zaytoun: people call me CANDICE and i HATE IT!

14:07:51 From Stephanie Bergeron: I get Jennifer.

14:07:56 From Laura Dowling Shea: I never corrected him. He loved me.

14:08:12 From April Sugarman: I get Rachel

14:08:25 From Constance Zaytoun: Rachel and Jennifer is just weird

14:08:26 From kathi carey: Yeah... same with me and the spelling of my name — it gets spelled wrong all the time. I don't care. I'd like you to get it right, but I'm not going to stress if you get it wrong.

14:08:57 From judy kerr: is it whoa?

14:09:03 From Laura Dowling Shea: I was so close to spelling it incorrectly on purpose in a tweet reply to you Bonnie but I just couldn't do it.

14:09:08 From Kellye Rowland: WHOA

14:09:20 From April Sugarman: LOL!!!

14:09:24 From Stephanie Bergeron: So, I used "Jennifer" when I worked as a showgirl at corporate gigs and creepers asked my name. Lol.

14:09:34 From April Sugarman: We all have to have our NO line

14:09:35 From Kellye Rowland: That ties in to the shit we can't control

14:09:39 From Constance Zaytoun: whoooooaaa!

14:09:57 From Kellye Rowland: Lol stephanie

14:10:17 From Laura Dowling Shea: STOP IT!

14:10:22 From Constance Zaytoun: nice, Stephanie aka Jennifer

14:10:27 From Kellye Rowland: lol

14:11:19 From Constance Zaytoun: it's 5.11!

14:13:20 From Bonnie Gillespie (she/her): That's bonus points territory!

14:13:43 From Kellye Rowland: What a beautiful concept of making whatever you WANT a "shiny object" like that. I LOVE that Judy. <3

14:13:58 From Constance Zaytoun: me, too! i was just thinking the same thing!

- 14:15:13 From Constance Zaytoun: anyone know August Wilson's JOE TURNER? shiny man has a bigger meaning to me now...
- 14:15:35 From Kellye Rowland: That's one I didn't read, but love all his plays
- 14:15:48 From Constance Zaytoun: that's brilliant -- right or happy
- 14:16:21 From Constance Zaytoun: goes to "caring less" about self tapes, too!
- 14:16:42 From Kellye Rowland: So true, good application of the concept connie
- 14:16:59 From Kellye Rowland: I have one to make right after this and imma so CARE LESS about it
- 14:17:12 From Constance Zaytoun: yaaaaaasss!!
- 14:17:43 From Aaron Wilson: Caring less about self tapes 100%
- 14:17:56 From Kellye Rowland: YES Aaron :)
- 14:19:01 From Constance Zaytoun: what are those 5 things? is it something you think on each day kind of thing?
- 14:19:56 From Kellye Rowland: Oooof this one is big for me. The caring.
- 14:21:05 From Laura Dowling Shea: I've stopped doing any more than 3 takes on a self tape and it's SO much more fun. I prep like crazy and coach when it's a biggie but I no longer obsess about the 'perfect' take and I think my work is better for it.
- 14:21:16 From Kellye Rowland: Have to jettison the messaging that if you don't care about stuff, you're a bad person
- 14:22:06 From Kellye Rowland: Agreed laura
- 14:22:08 From Kellye Rowland: Me too
- 14:22:31 From Kellye Rowland: Thank god I'm back in therapy LOL
- 14:23:01 From Stephanie Bergeron: That's where I tripped up- I originally used "career" as one of the 5 and it was totally a way to pick up allllll the things at once.
- 14:23:19 From Constance Zaytoun: stephanie, yes! that's what's tripping me up!
- 14:23:39 From Kellye Rowland: Yeah I need to learn how to do that. For real
- 14:23:39 From Laura Dowling Shea: I have to always remind myself that if everything is a priority in fact nothing is a priority.
- 14:25:13 From Constance Zaytoun: parsing out caring about my work & not letting it get into care overload is where i want to tug more. but loving folx & not caring is such a load off!!
- 14:26:04 From Laura Dowling Shea: Wow! Mind blown. 1095 opportunities to eat a meal!
- 14:26:42 From Laura Dowling Shea: This will make choosing to eat an apple instead of a cookie sooo much easier!
- 14:26:53 From Kellye Rowland: I still struggle with the "caring less" meaning that I'm not doing my best
- 14:27:00 From Constance Zaytoun: i believe in eating all the things!!
- 14:27:14 From Laura Dowling Shea: I know you do Constance! I love that.

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Bonnie Gillespie

14:27:19 From Aaron Wilson: I do too Connie! :)
14:27:20 From Stephanie Bergeron: Amen, Connie! Mangia!
14:27:32 From Constance Zaytoun: yay, y'all - !!
14:27:49 From Laura Dowling Shea: Way to flip it!
14:27:51 From Constance Zaytoun: A-student at caring less!
14:27:59 From Kellye Rowland: That's what I'm gonna do. !!!
14:28:03 From Constance Zaytoun: gold star!!
14:28:07 From Laura Dowling Shea: Love, love, love,. I want to be the best at caring less!
14:28:09 From Stephanie Bergeron: Rubric, please. ;)
14:28:27 From kathi carey: I want to win the award for caring less
14:28:33 From Kellye Rowland: Baseline criteria helps a LOT
14:28:58 From Constance Zaytoun: do we need a dishwasher arbitrator?
14:29:45 From Constance Zaytoun: i'm seeing this in an actor's life we all know. he's learned to say "NO" and now he's getting the MONEY!
14:29:49 From Kellye Rowland: Rereading that day in the 100. And yes boundaries. I am so unfamiliar with them. Gonna learn!
14:29:56 From Laura Dowling Shea: You have to be willing to lose it all to get it all is my new thing - boundries boundries boundries.
14:30:26 From Kellye Rowland: Gahhhh I'm SO glad I got to be here today. <3
14:30:58 From Laura Dowling Shea: @Kellye me too!
14:31:50 From Kellye Rowland: :)
14:33:25 From Laura Dowling Shea: And STOP IT!
14:34:17 From Stephanie Bergeron: I'll throw out trust as an option (we touched on it)..
14:34:19 From Laura Dowling Shea: OUr relationship with NOW!
14:34:21 From April Sugarman: lighthouse vs. liferaft
14:34:21 From Laura Dowling Shea: lol
14:35:38 From Laura Dowling Shea: The time is always now!
14:36:04 From April Sugarman: I figured as soon as we care less then we can lead the way
14:36:09 From Kellye Rowland: Thank you Keith and bon and all!!
14:36:34 From April Sugarman: Thank you!!! Are they at least hot?