

## Expansive Capacity Live Zoom Chat 22 July 2021

11:31:25 Aaron Wilson: I love it!

11:31:30 Judy Kerr: Hello, I've got my Hershey Bar and sparkling soda water and ready to go!!!

11:31:44 Kellye Rowland: Yayyy chocolate!!!

11:31:52 Stephanie Bergeron: I'm doing something different today... no notebook. Trying to be fully in the NOW with y'all.

11:32:01 Kellye Rowland: Ooooooh Steph that's good

11:32:07 Kate Bergeron: Gonna turn off my camera while I eat a messy sandwich but I'm here!:) )

11:32:59 Kellye Rowland: Maybe I should challenge myself to not take notes today too.

11:33:46 Stephanie Bergeron: I think it can also be just how we were taught to learn at school. And those subjects are largely neck-up.

11:33:53 Kellye Rowland: yes

11:33:58 Aaron Wilson: Yes

11:34:09 Constance Zaytoun: just had an in-person theatre audition IN A ROOM WITH PEOPLE yesterday. SO EMOTIONAL to experience that space!!

11:34:43 Stephanie Bergeron: I think I would've probably had a panic attack, lol.

11:35:32 Kellye Rowland: I can't wait—I'm going to see my friend who's in Seven Deadly Sins on Broadway on Sunday and I can't WAIT

11:36:58 Constance Zaytoun: @stephanie -- it was weird but good. i'm definitely rusty. better at self-tapes these days! haha!

11:37:19 Stephanie Bergeron: I totally get that, Connie!

11:37:39 Laura Daniel: Hear ya, Con

11:37:52 Constance Zaytoun: & you've been doing it, Laura!

11:37:53 Stephanie Bergeron: Yes, especially as HSPs... that unchecked energy of others!

11:38:12 Kellye Rowland: Bingo Stephanie

11:38:13 Aaron Wilson: It's so pretty!

11:38:34 quincy cho (she/her): Haiiii everyone!

11:38:40 Aaron Wilson: Hi!!!

11:38:42 Laura Daniel: Lol Hi Quincy!

11:38:49 Stephanie Bergeron: Hai Quincy!!

11:38:55 quincy cho (she/her): Game changer

11:38:59 quincy cho (she/her): I got one too

11:39:04 quincy cho (she/her): Loose leaf tea > bagged tea

11:39:13 Stephanie Bergeron: Absolutely, Quincy.  
11:39:17 Constance Zaytoun: southern iced tea technology!  
11:39:44 Stephanie Bergeron: Ooh. Japanese Tea Ceremony comes to mind.  
11:40:29 Constance Zaytoun: that's the ritual & it's gorgeous!  
11:41:37 Stephanie Bergeron: That's REALLY interesting.  
11:41:42 Kellye Rowland: Yes wow  
11:41:48 Aaron Wilson: Wow I love that  
11:42:26 Kellye Rowland: INTENTION. Powerful  
11:43:29 Laura Daniel: They're tools  
11:43:32 Constance Zaytoun: @stephanie -- this reminds me of Twyla's book again  
re: ritual & the artist  
11:43:46 Stephanie Bergeron: I found a box of old gems/crystals/minerals I collected as a kid and started arranging them around my computer's living space. Even being aware of the gems I'm wearing in my earrings is an interesting thing to play with.  
11:43:57 Stephanie Bergeron: @Connie, yes. For sure. I need to go back and re-read that...  
11:44:22 Kellye Rowland: I'm taking a 4 week Tantra course to learn about how to better embody my spirit and soul  
11:47:15 Bonnie Gillespie (she|her): Rhonda Byrne is the author. The Magic  
11:47:25 Stephanie Bergeron: So. Many. Books. Bon. ;)  
11:47:30 Laura Daniel: LOVE the idea of a daily gratitude practice. Been trying to work on that as well  
11:47:35 Bonnie Gillespie (she|her): 10 things you're grateful for (and why).  
11:47:47 Aaron Wilson: I love starting the day with 10 things you're grateful for.  
11:47:49 Bonnie Gillespie (she|her): Best thing that happened (at bedtime).  
11:48:10 Kate Bergeron: Just started doing a family gratitude practice each morning at breakfast. Its lovely.  
11:48:17 Stephanie Bergeron: Ah, I like that Aaron. I find I get some negative pressure if I do it at night, so I'll try that instead.  
11:48:33 Bonnie Gillespie (she|her): Untethered Soul  
11:48:35 Rhianna Basore: I LOVE THAT BOOK  
11:48:36 Kellye Rowland: It really shifts your day doesn't it Kate?  
11:48:50 Kate Bergeron: Yes @Kellye totally  
11:48:53 Stephanie Bergeron: Who are AMAZING at NOW!  
11:50:25 Rhianna Basore: Who is that??  
11:51:02 Stephanie Bergeron: 100% what I'm noticing right now!!  
11:51:22 Rhianna Basore: Gotta take the practice off the mat.  
11:51:23 Stephanie Bergeron: Morning routine of about an hour- present. Great. Rest of day- everywhere else.

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Bonnie Gillespie

11:51:32 Stephanie Bergeron: Exactly, Rhianna.  
11:51:39 Laura Daniel: Rock on, Bon  
11:51:42 Rhianna Basore: <3  
11:51:55 Constance Zaytoun: thank you for that!  
11:54:25 quincy cho (she/her): wow  
11:54:31 Aaron Wilson: Facinating  
11:54:44 Stephanie Bergeron: That's addiction masquerading as connection. Hola, Gloop.  
11:54:51 Kellye Rowland: haha  
12:01:04 Laura Daniel: I'm sure I'm part cat. I LOVE naps!  
12:01:13 Rhianna Basore: Me too!  
12:01:15 Constance Zaytoun: meow!  
12:01:20 Laura Daniel: lol  
12:01:24 Stephanie Bergeron: Lol! Rawr. #LeoSeason  
12:01:30 Laura Daniel: YES!  
12:01:31 Kellye Rowland: yasss  
12:02:44 Bonnie Gillespie (she|her): The Creative Habit  
12:02:59 Bonnie Gillespie (she|her): Thank you, Bianca!  
12:03:47 quincy cho (she/her): Same re: last month connecting with this month!!!!  
12:03:51 quincy cho (she/her): Helped SO much  
12:03:59 Stephanie Bergeron: Me too. The last few months are all coalescing.  
12:04:02 quincy cho (she/her): YESSSSSSSSSS  
12:04:12 kathi carey: Whew!!! Awesome!!  
12:04:31 Kellye Rowland: That's AMAZING Connie  
12:05:21 Rhianna Basore: The reward for good work is MORE work. ;)  
12:05:27 Aaron Wilson: It's never done  
12:05:30 Stephanie Bergeron: AFGO  
12:06:54 kathi carey: You think you're going to arrive at some final point. But really, do you want to arrive? I think the point is to keep changing and growing and put off the "arriving" for as long as possible.  
12:06:58 Stephanie Bergeron: AFGE works, too. Lol.  
12:07:44 Laura Daniel: Wow, Kathi. Fascinating!  
12:07:47 Rhianna Basore: I think we are here for the becoming. Spirit having a human experience so the growth is 100% why we are here.  
12:09:26 Laura Daniel: But what if you ARE putting things together?  
12:09:37 Laura Daniel: Just by BEING  
12:09:48 Kellye Rowland: I was just thinking that Laura~!  
12:10:30 Rhianna Basore: Untethered Soul is great for this very challenge, @connie.

12:10:31 kathi carey: You might look back on this time and realize you HAD IT ALL TOGETHER

12:10:59 Rhianna Basore: Soften

12:11:01 Stephanie Bergeron: What was that about existential crises within 10 paragraphs? ;)

12:12:22 Aaron Wilson: I find the now helpful when feeling emotions as they come. Not adding a judgement or even a why as to what I'm feeling. Just allow It to be and it will pass.

12:12:39 Kellye Rowland: Totally Aaron

12:12:41 Laura Daniel: That's awesome Aaron

12:15:06 Rhianna Basore: YES

12:15:20 Laura Daniel: YAY Kellye!

12:15:31 Constance Zaytoun: @kellye & @kathi & all of you -- THANK YOU! yes to everything you echoed back to me!

12:15:34 quincy cho (she/her): yuhssssss

12:15:49 Stephanie Bergeron: Look at that universe delivery!

12:16:23 Constance Zaytoun: @laura - putting it together!! yay!

12:16:45 Rhianna Basore: It picked you! That's always a great thing.

12:17:18 Constance Zaytoun: you're a ROCK STAR!!

12:17:41 Stephanie Bergeron: The wand picks the wizard when the wizard is ready, right? That's incredible, Kellye.

12:17:51 Laura Daniel: LOL love ALL this

12:17:56 Rhianna Basore: That's right, @SB!

12:18:05 Kellye Rowland: I'm so grateful you all I can't tell you <3

12:18:09 Laura Daniel: And @Constance now you have that song in my head :)

12:19:06 Constance Zaytoun: you're welcome!

12:19:28 Laura Daniel: "Bit by bit, putting it together"

12:19:40 Constance Zaytoun: genius!

12:21:43 Stephanie Bergeron: Contrast.

12:22:58 bianca stein: & I think a part of a "practice" is to tailor to you & your experience

12:23:13 bianca stein: You lose the comparisons the more you find how you want it to feel in your body

12:27:16 Rhianna Basore: I wonder if it's also a sign that adrenaline levels and stress hormones are reducing because the flight or fight response is softening. Don't need to be on full alert all the anytime.

12:27:37 kathi carey: I also wonder if it works for physical regeneration, too?

12:28:01 kathi carey: Good. Dave just started a new medication for his heart and he's been napping a LOT more.

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Bonnie Gillespie

12:28:08 Aaron Wilson: I was wondering that as well. Thank you, Kathi!

12:28:48 Stephanie Bergeron: Yep. When I was bunny-sitting back there, poor Thumper got scared by a large box I was carrying. It was less than 10 minutes and she was back to neutral (which is her happy, hoppy self). Fascinating.

12:29:17 Rhianna Basore: Hmm, that is!

12:29:49 Stephanie Bergeron: "What do you really need?"

12:30:02 quincy cho (she/her): "How is your wholeness?"

12:30:45 quincy cho (she/her): In the book, they label it "your inner roommate"

12:31:10 Kellye Rowland: I'm soooo good at making shit mean stuff too

12:31:16 Stephanie Bergeron: Ooh. What did you make it mean...

12:31:30 Constance Zaytoun: this topic is HUGE to me & so much of why, I believe, we are artists!

12:31:48 Stephanie Bergeron: That's true, too.

12:31:49 Rhianna Basore: Me too! We are story people but we turn the stories against ourselves.

12:31:54 Laura Daniel: indeed!

12:32:08 Kellye Rowland: Yup exactly rhianna

12:32:13 Constance Zaytoun: and my art is authentic when i'm in the NOW

12:32:27 Constance Zaytoun: no matter the outcome

12:33:22 Stephanie Bergeron: I think as an example of that- going to a modern or contemporary dance experience where there is no story. And then discovering at intermission that all the lobby chatter is about what the performance means. What they made it mean.

12:33:49 Kellye Rowland: Good example Stephanie

12:33:54 Rhianna Basore: Absolutely! Abstract art too. No one ever just looks at the picture, they 'interpret it'

12:34:09 Bonnie Gillespie (she|her): Same with astrology. We interpret.

12:34:20 Rhianna Basore: Totally!

12:34:22 Kellye Rowland: It's like how humans find "faces" on so many intimate objects.

12:34:36 Stephanie Bergeron: Yep. (That wiring is fascinating.)

12:34:52 Rhianna Basore: Yes, we make the world reflect ourselves, even when we are trying to escape ourselves. So funny!

12:35:06 Aaron Wilson: I love that! Becoming less practiced at.

12:35:13 Kellye Rowland: Judging myself!!!!

12:35:31 Stephanie Bergeron: Jeez, that hit me hard right here, Bon!

12:36:00 Kellye Rowland: Because is that story a REACTION to other people? Or is it yours alone.

12:36:11 Laura Daniel: Yes

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Bonnie Gillespie

12:36:21 Laura Daniel: WOW Kellye  
12:37:00 Constance Zaytoun: for a questioner that's hilarious!  
12:37:08 Laura Daniel: :)  
12:37:13 Rhianna Basore: It certainly puts the experience all up in your head. Why, Why, Why?  
12:37:32 Aaron Wilson: Yes! The questioner in me. :D  
12:38:16 Stephanie Bergeron: I'm not sure... sometimes "why" can be the catalyst to realize you're not in the NOW, and therefore get you into it. Loophole?  
12:38:25 quincy cho (she/her): 100% when I'm sick  
12:38:32 Rhianna Basore: #NailedIt  
12:38:52 quincy cho (she/her): wow  
12:39:08 Kellye Rowland: But who wants to stay in an intensely PAINFUL moment??  
12:39:37 Laura Daniel: exactly  
12:40:14 Aaron Wilson: I love that  
12:40:46 Stephanie Bergeron: I can see it as a tool accessible in the not-now. Like there's a toolbox in the garage, and if I'm in the NOW in the house, I have to literally go to the garage to get/use that tool.  
12:41:34 quincy cho (she/her): FAXXXXXX  
12:41:36 Laura Daniel: WOW Rhianna  
12:41:44 Kellye Rowland: Ooooof Rhianna I identify so hard with his  
12:41:46 Kellye Rowland: this  
12:41:51 quincy cho (she/her): Same kellye  
12:41:53 quincy cho (she/her): WHOOOOOAAAAAA  
12:42:44 Kellye Rowland: That's there work for me too so much ahhhh  
12:43:02 Kellye Rowland: It's like you're getting to PRACTICE this now rhianna  
12:43:29 Constance Zaytoun: such an incredible trigger to keep us ruminating in the why. thank you, Rhi!  
12:43:39 Kate Bergeron: This is so great everyone. Can't wait to watch the rest in the replay. I gotta log off now though. See you in the comments  
12:44:06 Kellye Rowland: 100%  
12:44:13 Bonnie Gillespie (she|her): That's the gazelle aware of surroundings at all time.  
12:44:15 Bonnie Gillespie (she|her): Because prey.  
12:44:18 Kellye Rowland: Omfg this is hitting so hard  
12:44:30 Stephanie Bergeron: I'm working on centering with Sun work (a little astro), and the last few days it's been about inviting and stepping back into my own gravitational centre. That open-hearted warrior resonates with it. Love this.  
12:44:41 quincy cho (she/her): God that just gut punched me

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Bonnie Gillespie



12:44:42 quincy cho (she/her): LOL  
12:44:46 Kellye Rowland: Same  
12:44:47 Kellye Rowland: lol  
12:44:50 Laura Daniel: Way to go, Stephanie  
12:44:56 Laura Daniel: OMG Rhianna, I HEAR THAT  
12:45:09 quincy cho (she/her): By focusing on the why, you don't deal with the now of what's happening to you  
12:45:11 Kellye Rowland: I AM SO GRATEFUL FOR THIS SHARE  
12:45:12 quincy cho (she/her): FUGGGGGGGGGGGG  
12:45:20 Stephanie Bergeron: I'm so feeling this in my neck right now, you guys!  
12:45:23 Laura Daniel: Ditto!!!!  
12:45:48 Aaron Wilson: My gut  
12:45:53 Kellye Rowland: SHOULDERS  
12:45:53 Laura Daniel: For me it went lower back, gut, heart  
12:45:59 quincy cho (she/her): Upper back between my shoulders  
12:46:02 Rhianna Basore: def. heart for me  
12:46:02 bianca stein: gut  
12:46:03 quincy cho (she/her): And my gut  
12:46:08 Stephanie Bergeron: Left shoulder and solar plexus.  
12:46:08 quincy cho (she/her): The realization was a gut punch  
12:47:15 Kellye Rowland: heart  
12:47:15 Laura Daniel: throat  
12:47:20 Constance Zaytoun: I love this! giving up on the why of it all (and caring less!) paints me into a picture that's not super-flattering to others, but for the first time i experienced that I DON'T CARE!!  
12:47:22 quincy cho (she/her): Wow I think that released something in me I can't stop laughing  
12:47:30 Rhianna Basore: Belly activated  
12:47:32 Stephanie Bergeron: The connection between my hand and heartspace. That pressure there.  
12:47:47 Rhianna Basore: Shaking too, my body will shake when transforming  
12:48:31 Stephanie Bergeron: I get a shaking in my solar plexus/throat like that too, Rhianna.  
12:49:06 Laura Daniel: Argh - I gotta boogie  
12:49:15 Constance Zaytoun: bye sugar!!  
12:49:15 Laura Daniel: Will happily catch the end of this amazing convo  
12:49:18 Laura Daniel: Love you ninjas!  
12:49:20 Stephanie Bergeron: Boogie on down, Laura!  
12:49:25 quincy cho (she/her): Baiiii laura

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Bonnie Gillespie

12:49:27 Rhianna Basore: <3 Bye!

12:49:30 Aaron Wilson: Bye, Laura!

12:50:02 Stephanie Bergeron: I have notes.

12:50:35 Bonnie Gillespie (she|her): "I exist in perpetual creative response to whatever is present." -- Amrit Desai

12:50:55 Rhianna Basore: The Creative Now

12:52:55 quincy cho (she/her): It almost sounds like that's what the WHY is

12:53:04 quincy cho (she/her): It's being reactive. Versus the What is Responsive

12:53:25 Judy Kerr: I liked that moment before the new segment

12:53:28 quincy cho (she/her): Rolling Now, I like that a lot

12:53:37 Stephanie Bergeron: Me too, Quincy.

12:53:38 Bonnie Gillespie (she|her): Wisdom of Trauma  
<https://wisdomoftrauma.com>

12:55:57 Kellye Rowland: Talk about the power of now lol

12:56:03 Stephanie Bergeron: In a way, it satisfies the "disconnect" by disconnecting from something that isn't needing connection anyway (i.e. overcaring).

12:56:39 Rhianna Basore: Disconnection is a tool too!

12:57:26 Stephanie Bergeron: That's where I was going.

12:57:27 Constance Zaytoun: so i KNOW it's related to my breath, but i wonder what mechanisms do y'all do when you're stressed and you want to tap into the now?

12:57:54 Kellye Rowland: I meditate for like 2 mintue4s

12:58:04 Aaron Wilson: EFT in the audition room

12:58:12 quincy cho (she/her): I try to get a deep belly breath

12:58:23 quincy cho (she/her): Like the kind you get in bed

12:58:26 quincy cho (she/her): Before you get up

12:58:30 Aaron Wilson: Labeling 5 things I see in the room

12:58:35 quincy cho (she/her): Oo that's a good one aaron

12:58:38 Kellye Rowland: That too aaron

12:58:53 Rhianna Basore: Visualize letting it float away

12:59:00 Bonnie Gillespie (she|her): Like that, Rhianna.

13:00:25 bianca stein: Omg Steph is your water bottle a scream can from monsters inc?

13:00:27 Stephanie Bergeron: It's somewhere in the Body track too, no?

13:00:34 Stephanie Bergeron: Bianca, yes it is!!

13:00:43 bianca stein: That's so dope, I love it

13:00:44 Aaron Wilson: I need to head out to my acting class. Great to see everyone! Much love!

13:00:55 Stephanie Bergeron: Have a blast, Aaron!



13:01:00 kathi carey: I consciously feel my feet on the floor as a grounding mechanism. Sometimes I even lightly stamp them.

13:01:01 quincy cho (she/her): Baiiii aaron

13:01:07 Stephanie Bergeron: That's why I like the nerve squish. No one can even tell.

13:01:34 Stephanie Bergeron: You can tap on your fingers, actually, too.

13:02:14 Kellye Rowland: Ooooh focus

13:02:20 Constance Zaytoun: focus or happy

13:02:26 Rhianna Basore: Leo Season says HAPPY

13:02:29 quincy cho (she/her): SELF-LOYALTY, FOCUS, and YOUR RELATIONSHIP... in that order

13:02:30 Stephanie Bergeron: Autonomy kind of resonated... can you read them again?

13:02:32 bianca stein: autonomy or focus

13:02:36 Kellye Rowland: Yes happy too what a concept that's been drilled in to us since birth

13:02:39 kathi carey: Loyalty

13:02:54 Rhianna Basore: It's a full time job!

13:03:03 Constance Zaytoun: i like the story i'd like to stop telling myself

13:03:03 quincy cho (she/her): I kinda like recoveryyyyyyyyyyyyyyy

13:03:35 Kellye Rowland: Yeah recovery is def where I'M at for sure ...like that one too

13:03:59 Constance Zaytoun: create space!! space creates more moments of the NOW

13:04:16 Stephanie Bergeron: Aw, Connie. <3

13:04:26 Rhianna Basore: Focus in Virgo

13:04:40 Constance Zaytoun: happy then focus -- i like that!

13:04:49 Rhianna Basore: Me too!

13:05:47 Stephanie Bergeron: I've been working on self-trust, but I'm sure that's on the list.

13:06:19 Stephanie Bergeron: Shalaym.

13:06:20 Constance Zaytoun: we're so damn cool! just sayin'

13:06:23 Kellye Rowland: Insert mid day meditation

13:06:24 quincy cho (she/her): Nerve squish

13:06:32 kathi carey: Naps!

13:06:38 Kellye Rowland: Shalom too!

13:06:40 Kellye Rowland: shalyam

13:06:52 Judy Kerr: Yes I've got my intentions so valuable!

13:07:14 Rhianna Basore: WOW, good to know!

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Bonnie Gillespie

13:07:28 Constance Zaytoun: curious is a great monthly topic!!  
13:07:37 Stephanie Bergeron: Yes! Add it to the list!  
13:07:53 quincy cho (she/her): Going off what Judy said, I also like Intention/Being Intentional as a topic  
13:07:54 Constance Zaytoun: CURIOUS re: openness to the experience  
13:08:25 Rhianna Basore: Curiosity kills my focus!  
13:08:28 Constance Zaytoun: it's kinda the opposite for me, champion WHY-gal!  
13:08:44 Stephanie Bergeron: I don't know what this is yet, but something to the effect of expectation (as in expecting things from yourself in my current playing), too.  
13:09:06 kathi carey: I think suffering comes from expectation.  
13:09:37 Rhianna Basore: Expectation is the death of joy.  
13:09:38 Constance Zaytoun: we haven't even talked about how we make time & living in the NOW! holy moly! i'll take it to the boards!  
13:09:43 Stephanie Bergeron: There's a link between self-trust and expecting of myself, that's where that came from.