

Expansive Capacity Live Zoom Chat 20 August 2021

12:32:10 From Judy Kerr: Happy, happy, happy!

12:32:12 From Constance Zaytoun: hey y'all! i'm here & will camera-on shortly. can't wait!!

12:33:37 From Laura Dowling Shea: Some variation on!!

12:34:06 From Stephanie Bergeron: I did for about 24 hours...

12:34:08 From Constance Zaytoun: that would be me!

12:34:15 From Constance Zaytoun: habits NOT

12:34:28 From Constance Zaytoun: but mindfulness is good!

12:35:40 From Rhianna Basore: Pisces brain

12:35:52 From April Sugarman: I need to be feeling it to list it, otherwise I'm much happier being grateful throughout the day when I'm inspired.

12:36:02 From April Sugarman: Consistency is not my bag.

12:38:02 From Stephanie Bergeron: Interesting way to think of it... rather than trying to reboil the water where it's gotten cold...

12:38:45 From Bonnie Gillespie (she/her): ALWAYS been a struggle vs. I've struggled with that in the past.

12:40:09 From Rhianna Basore: Evict the 'SHOULD'S' in Happy Town. ;)

12:41:39 From Stephanie Bergeron: Here's another thought that comes up for me, here... where consistency can become an identity just as much as inconsistency could. A trap either way. And a lightbulb that just flickered back on for me.

12:45:26 From Laura Dowling Shea: Being here today makes me happy! Thinking about what makes me happy makes me happy! I think I'm a pretty happy person overall. Just naturally lean in to happy, what I'm working on is boundaries so that my empath self doesn't tank when people around me are focusing on not being happy.

12:46:01 From kathi carey: I was just feeling that, too, Laura. Being here really makes me happy. So grateful for this group.

12:46:21 From Stephanie Bergeron: Ditto (though at the moment, it's making me tear up a little...? Hm, lol)!

12:46:47 From Keith Johnson: Positive about Yellow Cake with Chocolate Frosting...

12:47:15 From Rhianna Basore: Hahaha, me too! @Keith totally happy place moves there

12:48:31 From Stephanie Bergeron: Static balance, that pressure, is actually what ultimately can knock you over off your pointe shoes. Dynamic balance is the only way pointe work works.

12:49:02 From kathi carey: Absolutely Stephanie. You can't stay on pointe with static balance.

12:49:32 From Constance Zaytoun: I hear you, April! it's so damn funny---I always wanted to picture myself as routine & organized but actually, whenever i'm asked to do something routine, I feel like i'm going to suffocate. but that's not really our EC discussion today!

12:49:38 From Rhianna Basore: Yoga too, you'll never stay in an arm balance unless you are constantly subtly shifting.

12:50:01 From Stephanie Bergeron: Exactly, Rhianna.

12:50:15 From Rhianna Basore: <3

12:51:22 From April Sugarman: happy is a journey not destination

12:51:50 From April Sugarman: like all emotions/feelings, nothing is permanent

12:52:47 From Rhianna Basore: I have to call it 'morning ritual' because routine makes me want to hide and never do it. ;)

12:52:55 From Constance Zaytoun: it's a ritual for so many success folk

12:53:04 From Stephanie Bergeron: Language matters. :)

12:53:33 From Rhianna Basore: Totally does! So emotional...

12:54:03 From Stephanie Bergeron: Or triage from whatever it is you read/saw.

12:54:12 From Laura Dowling Shea: That has been a huge positive for me is to stay OFF devices as long as I can in the morning.

12:54:24 From Rhianna Basore: Yes, curate content always (especially in the morning).

12:55:35 From kathi carey: I really don't check every time I have a spare minute. I have a couple of times per day that I look at SM and the rest of the time is for me.

12:56:08 From Laura Dowling Shea: My yoga teacher gave me the best mantra, she said it every morning until she left her body at 101 (seriously) and that is, "today is going to be the best day of my life". - Tao Porchan Lynch

12:56:31 From Rhianna Basore: Love that, @Laura!

12:56:52 From Constance Zaytoun: evening intentions/ritual too

12:58:04 From Laura Dowling Shea: Yes @Rhiana, it really helped me a lot.

12:58:42 From April Sugarman: Love that, Bonnie! I feel like I've just been let into your secret behind all of your energy and focus and joy.

12:59:59 From Laura Dowling Shea: Last month I ordered these temporary tattoos on Etsy, really nice ones with the wonderful words of Ram das, "be here now". I put it on the inside of my right arm and oh my goodness it gives me an instant reset. I am considering getting it for real.

13:00:47 From Stephanie Bergeron: I learned a version of this in an intimacy direction workshop... basically creating a segment closure to leave that behind and return to your own body in your own life. The facilitator's suggestions included changing out of your costume, giving your scene/play partner a high five and check in with them...

13:00:47 From Rhianna Basore: Sooo cool, @Laura, love that!

13:02:31 From Rhianna Basore: So often it's not the WHAT but the HOW. How it is used, how it is experienced, how it is valued.

13:02:34 From Laura Dowling Shea: Tech is often on my happiness/gratitude list.

13:04:05 From Stephanie Bergeron: Hi, me too.

13:10:06 From Constance Zaytoun: I've got a question here!

13:21:48 From Stephanie Bergeron: I find this really resonant.

13:25:36 From Rhianna Basore: You have to honor your deals to yourself. It's the ultimate accountability, I think.

13:26:12 From Stephanie Bergeron: Eroding self-trust.

13:26:49 From April Sugarman: I've been fighting with my family over boundaries and when I guiltily hold my boundaries, they figure out a way without me. So, I'm releasing my guilt. And holding my ground.

13:27:18 From Bonnie Gillespie (she|her): Ooh, that's so good, April. They do find their way!

13:29:34 From Laura Dowling Shea: Yes yes yes yes yes yes yes.

13:29:48 From Laura Dowling Shea: Yes yes yes yes yes yes yes.

13:31:48 From Laura Dowling Shea: I'm so happy I was able to come in on my cell phone. I am at the end of a beach vacation. Just had a massage. Waiting for my sister to have hers and sitting in a lovely yoga room and feeling so good to see you all. My battery is about to go. My cell phone and my personal battery! Hugs to me and to all of you! :)

13:32:01 From Bonnie Gillespie (she|her): Love you, Laura.

13:32:05 From Bonnie Gillespie (she|her): What a wonderful day!

13:32:14 From Laura Dowling Shea: Love you too!

13:32:35 From Stephanie Bergeron: Bye Laura!!

13:32:49 From La Harper: Bye Laura! <3<3<3

13:32:51 From Rhianna Basore: Lovely to see you @Laura <3

13:36:37 From Stephanie Bergeron: So here's a catch I'm untangling... when the work to stay happy becomes tiring (re: building endurance), how can we rest without reinforcing the not-happy and sliding back into the dark? Not sure I've found an answer to that, yet. And it's likely because I'm overworking it (the answer, and the happy). ;p So, maybe I answered my own comment...

13:38:18 From Rhianna Basore: Great question, @Stephanie, I struggle with that too sometimes. I have found layers/gradations of happy that are different during rest than during active glitter periods.

13:40:31 From Constance Zaytoun: it can happen with friendships, too!

13:40:57 From Constance Zaytoun: april or may??

13:42:05 From Stephanie Bergeron: Might be June "Caring Less"... somewhere around there.

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

Bonnie Gillespie

13:43:12 From Stephanie Bergeron: Just checked my notes- first came up in May, officially in the month's work in June.

13:43:33 From Peter McNamara: Thank you!!

13:44:16 From La Harper: Magic!

13:44:21 From La Harper: I love that!

13:44:26 From kathi carey: I love that!!

13:44:29 From Constance Zaytoun: GO STICK!

13:44:45 From Constance Zaytoun: here in NYC it may have to be a pencil...

13:44:54 From Peter McNamara: I want to try this. Get a clean break from this guy

13:45:01 From Stephanie Bergeron: How about one of those giant pencils, Connie. ;)

13:45:09 From Constance Zaytoun: nice! hope i can break it!

13:47:35 From April Sugarman: very yummy

13:47:37 From Constance Zaytoun: it removes the strive

13:47:54 From Constance Zaytoun: less than connotation

13:48:07 From kathi carey: I don't like the "should" in the "strive"

13:48:19 From Stephanie Bergeron: It can yank on other things, too. For me, strive can start to pull perfectionist in. Fine line I have to be intentional with.

13:48:31 From Constance Zaytoun: and here's the HAPPY!! NOW!

13:49:03 From kathi carey: Yes, @Stephanie! Perfectionism can rear it's ugly head for me, too.

13:50:01 From Constance Zaytoun: oh my goodness, i love that!!

13:53:12 From kathi carey: What did Bob Newhart say? STOP!

13:53:21 From Stephanie Bergeron: Yes, that passed my mind too, Kathi.

13:55:44 From April Sugarman: Here it is:
<https://www.youtube.com/watch?v=Ow0lr63y4Mw>

13:59:30 From kathi carey: Kitty!!

14:00:03 From Constance Zaytoun: this is caryn she is 18+

14:00:13 From Rhianna Basore: She's gorgeous!

14:00:15 From Remy OBrien: HI Caryn

14:00:24 From kathi carey: Awww

14:00:44 From Remy OBrien: I liked that. There's nothing to fix.

14:02:09 From Rhianna Basore: I have to drop off, thank you all for your beautiful shares and presence! <3

14:02:20 From Stephanie Bergeron: Bye Rhianna! <3

14:02:28 From Constance Zaytoun: bye Ri!

14:03:27 From Constance Zaytoun: i feel like we are leaning in so much to Tolle's work

14:05:40 From Stephanie Bergeron: So you know my upholder goes "oh, geez". ;p

14:06:03 From Constance Zaytoun: i was just thinking that steph!

14:06:15 From Stephanie Bergeron: Dana talks about this in her EFT Bootcamp, that focus.

14:07:37 From Stephanie Bergeron: Thank you, thank you, thank you!

14:07:45 From April Sugarman: Thank you, Bonnie!

14:08:08 From April Sugarman: I'm hopping off now for a quick break before picking up my kids from school. Bye!

14:08:27 From La Harper: Thank you so very much Bonnie!!! <3 <3 <3