

## Expansive Capacity Live Zoom Chat 19 November 2021

12:01:05 from Stephanie Bergeron: All good, I'm here for it. ;)  
12:03:54 from April Sugarman: I was going to ask if next month could be our relationship to our shadow side  
12:04:03 from Kimberly Logan: then stab 'em!!!  
12:04:11 from Stephanie Bergeron: Snacks!  
12:04:39 from Kimberly Logan: does super weird dreams count?  
12:05:23 from Stephanie Bergeron: I'm interested in reading more of this... this axis is also my MC/IC axis...  
12:05:55 from Stephanie Bergeron: Tough. Like, I have a hard time even seeing them, and they are so reinforced, rules nested in rules....  
12:06:31 from Kimberly Logan: ditto  
12:12:59 from Stephanie Bergeron: You're talking computer code.  
12:13:06 from Rhianna Basore: Doesn't apply  
12:13:36 from Bonnie Gillespie (she|her): "Is the need still there?"  
12:13:48 from Kimberly Logan: Stephanie - I was just thinking 'math equation' while he was saying that, too!  
12:13:57 from Laura Buckles: if/then  
12:14:00 from Kimberly Logan: if X does not = y  
12:14:29 from Bonnie Gillespie (she|her): And the brain is constantly looking for efficiencies.  
12:14:42 from Stephanie Bergeron: That's the reinforcement, efficiency.  
12:14:46 from Bonnie Gillespie (she|her): It's why forcing novelty into your life keeps your brain healthier, longer.  
12:15:03 from Laura Dowling Shea: I think that's why I get so much done, I automate all the things that I can but I don't really think of them as rules but I guess in a way they are.  
12:15:04 from Bonnie Gillespie (she|her): Brain aging = faster if we allow efficiencies too much.  
12:15:28 from Kathi Carey: True  
12:15:51 from Bonnie Gillespie (she|her): Fascinating book that gets into this: "Willful Blindness" — it's so good!  
12:16:08 from Kathi Carey: Fastest way to upend all the rules is to move to another house/state  
12:16:09 from Laura Dowling Shea: Willfull Blindness is kind of chilling!  
12:16:36 from Stephanie Bergeron: That was the crux for me, because I first swung to ALL RULES ARE BAD. And of course, they aren't.

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit [bonniegillespie.com](http://bonniegillespie.com).

Bonnie Gillespie

12:16:57 from Kimberly Logan: @Kathi - or even just change the height of your bed - it'll throw you off for days!

12:17:10 from Kathi Carey: Exactly Kimberly

12:17:24 from Kathi Carey: Little changes can make a big difference

12:18:28 from Stephanie Bergeron: If not this, then all the way that, then judge yourself for it and the lack of logic you've applied, in my case.

12:21:55 from Laura Dowling Shea: Thankfully that is not one of my rules...I am often an asshole.

12:22:15 from Rhianna Basore: 'Be the asshole more often'

12:26:46 from Laura Dowling Shea: Wow!

12:27:49 from April Sugarman: I relate to putting everyone else's needs before one's own.

12:31:13 from Kimberly Logan: It's a huge undertaking!

12:31:54 from Stephanie Bergeron: I almost wonder if that's part of why I don't see all my rules too... some twisted sense of self-preservation without having the tool we're building now.

12:31:57 from Kimberly Logan: it's a cute word!

12:32:23 from Stephanie Bergeron: My Mercury appreciates word choice. ;)

12:33:28 from Stephanie Bergeron: I get that.

12:33:35 from Stephanie Bergeron: Because mine doesn't have any either....

12:33:37 from Kimberly Logan: it me.

12:33:43 from Kathi Carey: It me, too

12:33:55 from Kimberly Logan: (rather I had/have to schedule 'relaxation')

12:34:00 from Stephanie Bergeron: I get pangs of that, also. Ha.

12:34:20 from Laura Buckles: hahaha

12:35:19 from Stephanie Bergeron: But I GET it.

12:35:32 from Stephanie Bergeron: #Virgo

12:35:37 from Kimberly Logan: So, she did get it right!

12:36:14 from Stephanie Bergeron: I mean, I feel like you're talking about a mirror-me, so that's not a bad rule option. Lol!

12:36:27 from Bonnie Gillespie (she|her): Feel free to use it, Stephanie!

12:37:06 from Bonnie Gillespie (she|her): We like to color outside the lines... so we need to know where the lines are!

12:37:36 from Kimberly Logan: That's very Shakespeare/Text-work. Learn the rules so you can live beyond them.

12:39:08 from Stephanie Bergeron: Because what is time... the energy is the alignment!

12:40:11 from Kimberly Logan: that's a rule to let go of.

12:42:03 from Rhianna Basore: False binary

12:48:53 from April Sugarman: ❤️

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit [bonniegillespie.com](http://bonniegillespie.com).

Bonnie Gillespie

12:52:05 from Kimberly Logan: and I didn't die.  
12:56:12 from April Sugarman: What about those of us who might be indulgers?  
12:56:12 from Bonnie Gillespie (she|her):  
<https://www.youtube.com/watch?v=yfNo4o9HeSc>  
12:56:15 from Stephanie Bergeron: I'm looking at this as being another point to insert a continuum.  
12:56:44 from Bonnie Gillespie (she|her): Well done!  
12:57:07 from April Sugarman: I'm a jupiter chart ruler — I'm an indulger.  
12:57:38 from April Sugarman: Oooh, I like the conditional aspect. That's actually me.  
12:57:56 from Stephanie Bergeron: Sun here... light it all up and decide from there.  
Because I can def be both.  
12:58:41 from Kathi Carey: Yeah, @Stephanie, I can definitely do both, too.  
13:00:38 from Kimberly Logan: turtle  
13:00:58 from Kimberly Logan: I heard it as turtle & scorpion  
13:01:01 from Stephanie Bergeron: I know this story as a fox, but same story.  
13:01:05 from Bonnie Gillespie (she|her): I started to say turtle! LOL  
13:01:13 from Bonnie Gillespie (she|her): Then I thought its shell would prevent the stinging.  
13:01:19 from Stephanie Bergeron: Well, yeah, Bon. Lol.  
13:01:48 from Bonnie Gillespie (she|her): "It's in my nature" is its line.  
13:01:56 from Laura Dowling Shea: got kicked off my internet...  
13:02:14 from Bonnie Gillespie (she|her): So, I use that when someone's rules don't align with mine.  
13:02:17 from Bonnie Gillespie (she|her): "It's in their nature."  
13:02:34 from Bonnie Gillespie (she|her): They left town owing me tens of thousands of dollars.  
13:03:22 from Kimberly Logan: Hate the game, not the player...  
13:03:27 from Bonnie Gillespie (she|her): Yes, Kimberly.  
13:03:38 from Kathi Carey: But you can get stung in the process  
13:03:52 from Rhianna Basore: Better the weasel you know.....  
13:04:13 from Stephanie Bergeron: It was phenomenal.  
13:04:25 from Kimberly Logan: 👍  
13:06:17 from Stephanie Bergeron: Good luck.  
13:09:11 from Rhianna Basore: Cancer Sun  
13:10:00 from Stephanie Bergeron: Hold my beer. ;)  
13:10:03 from Kimberly Logan: hold my beer, watch htis  
13:10:05 from Kimberly Logan: jinx!!!  
13:10:11 from Stephanie Bergeron: Lol, Kimberly!

13:11:09 from Stephanie Bergeron: Oh, you just hit hard on the other story I commented with this month.

13:11:29 from Kathi Carey: Easier to feel the emotion than the physical pain. Trust me

13:12:10 from Kimberly Logan: we truly are all just toddlers who can't quite process even though we really, really, really, really want to!

13:13:28 from Rhianna Basore: Like the fancy bath products from travel.....irreplaceable...or so my brain believes

13:14:28 from Kimberly Logan: continuum for the win!

13:14:33 from Stephanie Bergeron: Anchor ftw.

13:14:47 from Rhianna Basore: My friend's thrival job Is cleaning Air BnB. Her perfectionism loves it.

13:14:53 from Stephanie Bergeron: Good god, Kimberly. We are on similar wavelengths today...

13:18:39 from Kimberly Logan: permanent resident.

13:22:37 from Kimberly Logan: I like April's idea - the shadow self

13:22:46 from Kimberly Logan: I didn't take that into account

13:23:26 from April Sugarman: I already signed up! Yay!

13:23:33 from Kimberly Logan: me, too!

13:24:25 from April Sugarman: Are you also doing the other astro workshop — planning 2022?

13:25:18 from Bonnie Gillespie (she|her):  
<https://bonniegillespie.teachable.com/p/astrology-vision-board-party>

13:25:51 from Rhianna Basore: Laura's face was the best when you suggested that

13:25:55 from Laura Dowling Shea: I so want to do this but my kiddo is home for 4 days from college so have to figure out our schedule on Saturday it's the last day they are home!

13:26:04 from Rhianna Basore: Chasing curiosity / exploring where you are (feels very. Sag)

13:26:46 from Rhianna Basore: LOVE that

13:26:53 from April Sugarman: Yep!

13:26:58 from Kimberly Logan: 🙌🙌

13:27:03 from Kathi Carey: VISION!!

13:27:52 from Laura Dowling Shea: I'm IN. eeeee! so excited to vision board...

13:28:37 from Rhianna Basore: Cancer too! (All the feels....)

13:28:49 from Rhianna Basore: Free to be you and me

13:28:51 from April Sugarman: Age of Aquarius

13:29:00 from April Sugarman: lol