

Expansive Capacity Live Zoom Chat 17 June 2022

11:03:56 from Laura Dowling Shea: My 19 year old just started working for a woman in town who runs an antiques shop and she is 97 and working on her second book.

11:04:14 from Stephanie Bergeron: Wow, Laura.

11:04:51 from Laura Dowling Shea: I had Shiloh when I was 44 so I really want to live a LONGG time!

11:04:55 from Kathi Carey: My mom had me as an older mom, too

11:06:25 from Stephanie Bergeron: Greyhound

11:07:07 from Stephanie Bergeron: They are sweet.

11:07:48 from Laura Dowling Shea: Shiba Inu's are AMAZING!

11:07:53 from Laura Dowling Shea: And very beautiful

11:08:51 from Stephanie Bergeron: I had a lab mix as a kid. He was wonderful.

11:14:49 from Stephanie Bergeron: Yep. My dad's a contractor. I know that kind of noise. Lol.

11:19:41 from Bonnie Gillespie (she|her): Book: Chameleon -- Lessons from a Recovering People Pleaser, by Rebecca Weller

11:21:22 from Stephanie Bergeron: I LOVE it.

11:21:56 from Kellye Rowland: it's soooo helpful to have learned to ask "is this coming from low enoughness?" or is it coming from a more present and true thing that is happening NOW, as opposed to coattail riding low enoughness.

11:22:12 from Stephanie Bergeron: Flat ironing SUCKS. I had to do it for dance competitions for years and it was always such a struggle. And my hair isn't even that tightly curled.

11:22:13 from Kathi Carey: DIVA Cut!!

11:22:35 from Stephanie Bergeron: Now I'm like... do I want that, too? ;)

11:25:39 from Kellye Rowland: you dont even WANT the thing anymore.

11:31:20 from Kathi Carey: I've been just outside the door in those rooms

11:34:50 from Stephanie Bergeron: I was the fastest walker ever when I was having to go downtown every day, partially for that reason.

11:40:04 from Kellye Rowland: could it be rage also mixed in? for all of this bullshit you/we have had to endure forever and a millenia?

11:42:42 from Kellye Rowland: {{gentle hugs Steph}}

11:47:21 from Kellye Rowland: exactly waht happened to me in that first absolute beginners dance class. tears streaming. but i stayed.

11:51:26 from Laura Dowling Shea: Yoga is that for me...so many tears on the mat.

11:58:47 from Kathi Carey: Ease into the power

12:00:12 from Bonnie Gillespie (she|her): <https://bonniegillespie.com/webinar>

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

Bonnie Gillespie

12:00:30 from Laura Dowling Shea: I'll be in the woods so not sure I'll be able to join live - will that one have a replay?

12:01:20 from Stephanie Bergeron: Do you have a couple suggestions of what CH elements might be good to try leaning into for this?

12:01:21 from Kathi Carey: JOURNAL!!

12:01:33 from Laura Dowling Shea: I made the most marvelous blend of oils for manifestation ritual!

12:01:46 from Bonnie Gillespie (she/her): Yes, Stephanie!

12:02:17 from Stephanie Bergeron: Rage, Kellye... mmmm.... yes. I'd say so.

12:02:31 from Stephanie Bergeron: SNAPE'S CELLAR. 😂

12:03:35 from Stephanie Bergeron: Magic of the reframe.

12:07:56 from Laura Dowling Shea: Abundance oil blend: Frankincense, Wild Orange, Patchouli, Lavender, Lemon, Ylang Ylang

12:09:30 from Stephanie Bergeron: Thanks for that, Laura. I've been using Cinnamon for abundance-y kind of stuff, too.

12:09:48 from Laura Dowling Shea: oh I love cinnamon!

12:10:26 from Stephanie Bergeron: THANK YOU for those suggestions, Bon! And though I didn't get to, THANK YOU for being with me through that journey a few minutes ago. "And I didn't die."

12:10:33 from Bonnie Gillespie (she/her): Keith and I have started taking cinnamon supplements.

12:10:50 from Kellye Rowland: i have cinnamon every morning in my coffee!

12:10:53 from Bonnie Gillespie (she/her): So proud of you, Stephanie. That was big, brave work. You're awesome.

12:11:43 from Stephanie Bergeron: 💜

12:12:45 from Stephanie Bergeron: Yep. You wanna know where my Mercury is? Libra. Brain does not shut up. Lol.

12:13:00 from Kellye Rowland: sameeeee Steph lol

12:13:21 from Kathi Carey: No wonder Dave can't sleep these days

12:13:25 from Bianca Stein (she/her): my mercury in gemini is in overdrive rn xD

12:13:32 from Stephanie Bergeron: I hear ya, Kellye. Then that Virgo's like... really?! (She says, wearing a shirt with Virgo on it. HA.)

12:13:43 from Kellye Rowland: totally babe lol

12:14:14 from Stephanie Bergeron: Some dogs, too. Gotta run them out or else your couch becomes a chew toy.

12:15:03 from Kellye Rowland: i'm dealing with a homicidal cat right now so i'm trying to avoid being assaulted 😂😭

12:15:53 from Bianca Stein (she/her): sort of same kellye but w love lol

12:16:35 from Kellye Rowland: god iwish bianca. this cat has literally drawn blood from my FACE. i'm not getitng paid enough for this bs, i'm serious. 😞

12:16:45 from Kellye Rowland: (catsitting)

12:16:48 from Stephanie Bergeron: Oh, dear.

12:17:08 from Stephanie Bergeron: The body never lies.

12:19:18 from Laura Dowling Shea: I just went through that - making peace with my home and the expenses that are related to it because I could never buy this house in this place and in this market now and I love it so I want to care for it!

12:23:19 from Laura Dowling Shea: My goal is to self partner so fully that eventually I will partner with another human in a wholistic and healthy way.

12:24:14 from Laura Dowling Shea: No one who has a catsitter they like who will come back would let them go! In my opinion.

12:24:46 from Bianca Stein (she/her): right Laura? my cats take time to trust someone so we go to the same person when we can

12:27:26 from Bianca Stein (she/her): they are the best role models on boundaries

12:28:08 from Kathi Carey: I love cats -- they are good role models for many things

12:28:49 from Stephanie Bergeron: Y'all have me questioning these judgments I have around cats, lol. (Mind you, I'm ridiculously allergic to them, so some of that is legit.)

12:30:03 from Laura Dowling Shea: I have been building a meeting sourcing business (I'll put more in the monthly chat about this) and due to the work in JFDI and Expansive Capacity and really all of Bonnies work, and I recently said no to a client who I knew would run me around and want everything for free. I would have in the past tried to people please her into taking advantage of me !! :)

12:32:26 from Stephanie Bergeron: Yeah, I guess that's what I was doing with that metaphor popping earlier, that this doesn't make sense, but here it is. So often I'll stop to try to sort it out first. I get that "building worlds inside" thing, totally.

12:32:33 from Kellye Rowland: exactly Laura and Bianca—she says she's had multiple cat sitters?? Now I wonder WHY that might be. Hmmm. lol

12:32:47 from Stephanie Bergeron: Right? Red flag, Kellye?

12:32:54 from Laura Dowling Shea: I hate to leave this zoom so much. I have an appointment I have to get to. This has been amazing and I'll catch the last part in replay! Love you all!

12:33:02 from Kellye Rowland: bye laura!! <3

12:33:03 from Stephanie Bergeron: Hugs, Laura!

12:33:13 from Laura Dowling Shea: Bye and hugs back!

12:33:14 from Kathi Carey: Hugs Laura

12:34:09 from Stephanie Bergeron: We're goin' for ice cream!

12:34:13 from Kellye Rowland: lol

12:34:36 from Stephanie Bergeron: LITERAL AIR SIGN.

12:37:29 from Stephanie Bergeron: They'll be less likely to whistle at you if you're off doing that down the street... lmao.

12:39:44 from Stephanie Bergeron: OMG, you have just explained why I feel so strange with this house right now... I'm not getting to do that. Ooh.

12:40:35 from Kellye Rowland: my wife grew up in El Paso! soooo true about texas

12:42:22 from Stephanie Bergeron: And think of all the things that are art, but often not classified as such... science is really art, for instance.

12:42:37 from Kellye Rowland: YES steph totally true, just the other side of it!!

12:42:54 from Kellye Rowland: it's CURIOSITY and that's what animates all art too

12:43:33 from Stephanie Bergeron: Understanding that which is not already apparent...

12:43:47 from Kellye Rowland: that^^

12:44:24 from Bianca Stein (she/her): climate change is science & real but ppl still find ways to debate it

12:45:24 from Kellye Rowland: science is the pursuit of truth. and it CHANGES. ppl dont get that