

Expansive Capacity Live Zoom Chat 14 July 2022

13:01:46 from Aaron Wilson: Gave myself the last two days to rest and finally feel back to my self again :)

13:01:57 from Kimberly Logan: 😊

13:02:28 from Laura Daniel Koch: I'm in between meetings, so I've only got a mini window but wanted to come on and share love with you fabulous people 😊

13:02:53 from Stephanie Bergeron: Yeah, so my internet (the country's internet) went down for a couple days last week, and it was amazing how different I felt. That, and I banged out two full dances for choreo I was hired to do...

13:03:11 from Laura Daniel Koch: GO STEPH

13:03:16 from Kimberly Logan: Yay!!!!

13:03:25 from Aaron Wilson: So excited for you Steph!

13:03:33 from Stephanie Bergeron: It was just a silly update they shouldn't have pushed through, and it crashed the whole system. Faaaail.

But thanks for the yays, y'all!

13:04:38 from Kimberly Logan: phew

13:05:22 from Stephanie Bergeron: Ooh, my upholder is pinging. Yep.

13:05:37 from Kathi Carey: Good upholder here, too

13:07:05 from Kimberly Logan: I'm really good at digital detox by losing my phone, too!

13:07:07 from Kellye Rowland: i use my I am Sober app to just keep track of the days if I drink or if I don't for the same reason as you just said Bon. So I can see what surrounds a day or two I might have slipped, but I don't reset. So I can see the progress against the days I slip. That helps me more.

13:10:23 from Stephanie Bergeron: What is the easiest way to survive, yep.

13:10:38 from Laura Daniel Koch: I gotta boogie, you fabulous people. I'll catch you on the replay. HAVE A BLAST!

13:10:45 from Stephanie Bergeron: Hugs, Laura!

13:10:50 from Kimberly Logan: bye!

13:11:00 from Aaron Wilson: Bye Laura

13:11:51 from Kimberly Logan: I play Spider solitaire on my phone the same way!

13:12:15 from Kellye Rowland: I eat Ben and Jerry's Karamel Sutra 🤤

13:12:32 from Kimberly Logan: "I'll just play until I win one...okay, two..."

13:13:32 from Kellye Rowland: like booze! ha

13:16:26 from Kimberly Logan: heheheheehe

13:16:30 from Stephanie Bergeron: Bond-level villain

13:16:38 from Kellye Rowland: but it's dopamine receptors LITERALLY

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

Bonnie Gillespie

13:18:07 from Kimberly Logan: I imagine myself putting the phone down, then heading to a TV show, or grabbing sugar, or something else for 60 minutes until I can play with my phone...

13:18:50 from Kimberly Logan: just trading one distraction for another...

13:18:54 from Stephanie Bergeron: Yeah, I think the first thing I'd do is dive back into another work thingy. So there's a couple layers I can see I'd be playing with to get to the bottom of it.

13:20:05 from Kellye Rowland: so much can be known by just learning to insert that little pause.

13:21:07 from Kimberly Logan: PUPPY!!!!

13:24:39 from Stephanie Bergeron: We have been thus warned.

13:26:04 from Kimberly Logan: been there, done that!

13:26:55 from Stephanie Bergeron: That's part of that tsukamaki-shi thing for me a few months ago... the sword that injures yourself at the same time you use it.

13:26:57 from Bonnie Gillespie (she|her): Anything is an onramp to beating self up.

13:26:58 from Kimberly Logan: "I'm a lazy terrible person who can't even go on a walk. I SUCK!"

13:27:05 from Kellye Rowland: 100%

13:30:19 from Stephanie Bergeron: Where's Laura when you need her? She loves camping... ;)

13:30:26 from Bonnie Gillespie (she|her): Stephanie's nationwide internet outage is the closest thing to camping I ever want to do.

13:30:37 from Kellye Rowland: camping sucks. the end

13:30:47 from Kathi Carey: I'm with. you

13:30:55 from Stephanie Bergeron: For the record: not a camping fan, either. I have Girl Guide stories. Lol.

13:31:07 from Bonnie Gillespie (she|her): Keith says: If the mood lasts long enough, it becomes a habit.

13:31:45 from Bonnie Gillespie (she|her): Decoupling the danger signal from relationship convos.

13:32:26 from Kellye Rowland: because maybe the question has become a comment on Bon whether right or wrong, that's how it's perceived

13:32:33 from Bonnie Gillespie (she|her): ^^ yes

13:33:03 from Kathi Carey: Dave almost never wants to go for a walk, even though he's the one who really SHOULD be walking for his health

13:33:19 from Bonnie Gillespie (she|her): Should = Saturn ;)

13:33:40 from Kellye Rowland: GAH. taking a picture of that Bon. Saturn.

13:34:17 from Stephanie Bergeron: A catalyst in the reaction.

13:34:52 from Kellye Rowland: if i'm fighting, i'm leaving
13:34:54 from Kellye Rowland: lol
13:38:37 from Kimberly Logan: ha!
13:39:03 from Stephanie Bergeron: As in leaning, then.
13:42:27 from Kellye Rowland: this is exactly how i'm dealing with sobriety right now
13:43:23 from Kimberly Logan: 🤔
13:43:25 from Stephanie Bergeron: There's this month's GIF...
13:43:59 from Kellye Rowland: OH NOOOOO
13:44:12 from Kellye Rowland: WTF KEITH
13:44:26 from Stephanie Bergeron: I mean... Keith worked it out...
13:44:35 from Kimberly Logan: How did she find out Keith?
13:44:47 from Stephanie Bergeron: Needing the plan, Kim? ;)
13:44:54 from Kathi Carey: Keith, you should've bought Bonnie her own box
13:45:12 from Kellye Rowland: HOW VERY DARE
13:45:16 from Kimberly Logan: that's just mean.
13:45:42 from Kathi Carey: Exactly Kimberly
13:46:15 from Kimberly Logan: This is a sitcom.
13:46:26 from Kathi Carey: This IS a sitcom
13:46:39 from Aaron Wilson: Yes :D
13:46:53 from Kellye Rowland: just awful i cant eith this
13:47:01 from Kathi Carey: Awful!!
13:47:22 from Kellye Rowland: all day
13:47:23 from Kellye Rowland: lol
13:56:32 from Kimberly Logan: Feeling a lack of feeling (parts of the body that aren't positive or negative) was a bit challenging. Am I 'dead' there, unaware there, or actually just neutral
13:57:37 from Stephanie Bergeron: "Here thar be dragons"
13:57:43 from Kimberly Logan: yup!
13:57:50 from Kellye Rowland: i also have a hard time feeling "neutral" kimberly
13:59:19 from Stephanie Bergeron: Or that the instrument we're using just isn't tuned to that frequency yet... It only picks up large energetic waves, not yet teeny ones that neutrality maybe makes. A thought.
13:59:54 from Stephanie Bergeron: Quantum science.
14:04:17 from Kimberly Logan: 🤔
14:04:59 from Judy Kerr: Yippee I'm here!
14:05:04 from Kimberly Logan: yes!
14:06:44 from Stephanie Bergeron: Sorry, I'm being harassed by a house fly. That wince wasn't anything about what you were saying.

14:07:29 from Kathi Carey: ❤️❤️

14:09:22 from Stephanie Bergeron: Decoupling.

14:09:41 from Stephanie Bergeron: Simple doesn't mean easy, either.

14:10:09 from Kimberly Logan: solving a problem (think too much? meditate!)

14:10:28 from Stephanie Bergeron: Make it mean something, give it a "fix". Yep.

14:10:37 from Kathi Carey: All the things to spend money on

14:10:46 from Aaron Wilson: I have a meditation pillow I never use. I've always meditated in my recliner.

14:13:23 from Kimberly Logan: "Not everyone can pull off polka dots..." I'm not judging your clothing choice, I'm just commenting!

14:14:06 from Kellye Rowland: Aaron I meditate lying down. anywhere you DO it is just fine.

14:14:08 from Kellye Rowland: 😊

14:14:29 from Aaron Wilson: Thank you, Kellye :)

14:14:51 from Kellye Rowland: love BOTH those

14:15:30 from Kellye Rowland: it's great. and i feel like it would make a huge difference!

14:18:59 from Kellye Rowland: big gentle hugs Kathi ❤️

14:19:22 from Aaron Wilson: Big hugs Kathi

14:23:11 from Stephanie Bergeron: That's what adrenaline is for.

14:23:22 from Kellye Rowland: i thought that was kerri strugg?

14:23:24 from Kellye Rowland: but yes

14:23:34 from Kellye Rowland: i think so

14:23:40 from Kimberly Logan: both?

14:23:42 from Kellye Rowland: same team

14:23:46 from Judy Kerr: gentle hugs Kathi

14:23:49 from Kellye Rowland: 😊

14:24:18 from Kellye Rowland: 90s

14:24:20 from Kellye Rowland: sorry

14:31:19 from Kathi Carey: Thanks, guys

14:31:58 from Judy Kerr: Love what you said about meditating Kellye. I agree.

14:32:06 from Kellye Rowland: 😊

14:32:48 from Kimberly Logan: yes - lots of neutral

14:33:00 from Aaron Wilson: Lots of neutral as well

14:33:03 from Stephanie Bergeron: I mean, yeah, majority neutral. I don't know if I'm at 90% right now, but.

14:34:40 from Kellye Rowland: yeah one more

14:41:09 from Kimberly Logan: comforting!

14:42:06 from Stephanie Bergeron: "Everything you feel is correct" is something I've been holding on to a lot, lately.

14:42:25 from Kellye Rowland: yes steph i love that too

14:42:33 from Kimberly Logan: Here comes Santa!

14:44:49 from Stephanie Bergeron: Or that self-gaslighting again.

14:45:30 from Kimberly Logan: Thanks all - gotta run!

14:46:14 from Kellye Rowland: i cant do straight down either steph. fellow virgo lol

14:49:23 from Kellye Rowland: but its easy to get addicted to it even when you grew up without. I am way attached to the web for a GenXer lol

14:49:41 from Stephanie Bergeron: Oh, and darn. I used "guys". Strike that, readjust to you all.

14:50:19 from Kellye Rowland: and the ENDless comparison

14:50:50 from Kathi Carey: I actually never set up the notifications for any of my social media so I only go there when I want to

14:51:13 from Kellye Rowland: i'm really gonna do it

14:51:38 from Stephanie Bergeron: SMFA Knitting Club!

14:51:44 from Kathi Carey: Painting