

## Pancakers' Playhouse Q&A Live Zoom Chat 11 November 2020

- 11:35:22 From Jennii Vo Le: Wow...I've been feeling that way, thank you Bonnie for clearing the air! woooooosaaaah! <3
- 11:35:34 From Kristen Girard: Thank you for taking the time to talk about this. I may just start crying with relief.
- 11:37:09 From Dana Middleton: She went after it!!
- 11:37:26 From kathi carey: I LOVED her attitude about that!
- 11:41:02 From Tanya Perez: I have something based on all this!!!
- 11:45:32 From Jennii Vo Le: Yessss! It's boundaries tiimme!
- 11:45:37 From Kristen Girard: There are so many class hierarchies in the US. It's simply amazing, but we can all chip away at it with what we do.
- 11:45:54 From Jennii Vo Le: "Unapologetic alignment with my values" - Bonnie
- 11:50:56 From Kristen Girard: "Play" is also seen as a waste of time once a child gets past around 10/11 years old. And yet play is so essential for the creation and maintenance of expansive humans.
- 11:52:08 From David Manship: Words came to my mind. Restorative play led to restorative recreation. "Re-Creation" becoming new and better than we were before
- 11:52:24 From Tanya Perez: Dave I love that
- 11:52:25 From Kristen Girard: That's lovely Dave.
- 11:54:05 From Rhianna Basore: when there's no role model who represents where you want to go, pretend allows you to embody the leader you want to become but don't see around you.
- 11:54:21 From Kristen Girard: Yes!
- 11:57:23 From Tanya Perez: Amen, Rhianna!!
- 11:57:32 From Rhianna Basore: <3
- 11:57:42 From Rhianna Basore: Leadership requires profound listening.
- 11:57:54 From Tanya Perez: YASSS!!!
- 11:58:02 From Kristen Girard: My husband and I have an argument about the length of spaghetti noodles. I hav Eno problem breaking them to fit the pot, but he flips out that they are that size for a reason and should never be broken. I argue that spaghetti noodles are the length they are because someone who made yummy noodles had a pot a certain size (made that way because it was convenient for the smith who made it) and people wanted to make pasta like that and thought the noodle length had something to do with it.
- 11:58:02 From Rhianna Basore: :)
- 11:58:28 From Kristen Girard: All that about pasta to say that questions help us break down why things ar and what can and should change.
- 12:02:15 From constance zaytoun: did you "person" shift away from the one with whom you began? i think i know that it did, but i'm concerned i'm not serving my 1/3
- 12:02:19 From Jennii Vo Le: I feel all the "anti-people" are reflections of the noise and inner critical voice externalized.
- 12:03:08 From Jennii Vo Le: yess! right?! they dooo
- 12:04:55 From Jennii Vo Le: "survival of the least brave"

- 12:05:09 From Kristen Girard: My clydesdale draft horse who is terrified of chickens is a hilarious example of this!
- 12:08:22 From constance zaytoun: that's so beautiful!!
- 12:08:33 From constance zaytoun: yay, Dana!
- 12:09:59 From constance zaytoun: here's to DOING IT!
- 12:10:09 From David Manship: There is no substitute for consistency
- 12:11:11 From Rhianna Basore: feel like 'all in' is a metaphor for life rn
- 12:11:40 From Lenka Silhanova: I've made some YouTube videos several years ago and I still get comments on them and people discovering them now. You put it out there and it finds there right person when they need it.
- 12:12:23 From Jennii Vo Le: and with technology and instant gratification, I feel folks have become more impatient and have commitment issues nowadays more than ever.
- 12:12:51 From Dana Middleton: Thanks Constance!
- 12:13:11 From Dana Middleton: You are such a great example of doing it! @constance
- 12:17:39 From Dana Middleton: @anastasia what is your instagram?
- 12:18:29 From Jennii Vo Le: Yaaayy Anastasia!! <3
- 12:19:30 From Tanya Perez: Just show up. Beautiful!
- 12:19:58 From Jennii Vo Le: I feel like I've been spending a lot of time researching and clarifying my offering because it's shifted so much since I first started. So I've been feeling kind of in a weird loop but I'm centering myself in the stillness rn, learning how to hone my listening and focusing on letting it flow. It feels slow but more intentional than before.
- 12:25:15 From Jennii Vo Le: I think I would like to share..because it feels uncomfortable but perhaps you can help me understand the process I'm going through
- 12:26:42 From Lenka Silhanova: OMG I had exactly this thought with my upcoming course, so glad we are talking about this today, I now feel like it's not a mistake to do this.
- 12:29:19 From Anastasia Wilson: Thank you! I am on instagram @loveruckuslifestyle Big picture, It is a page that is focused towards self care/ making ritual in your life from scratch for all the senses and making it specific or you. I am starting with selling body butters and then each week there is something else for the senses associated with each butter (free). eventually I will help people make things from scratch but this is the first offering.
- 12:30:36 From Ayesha Adamo: There are a lot of healers that channel the Master Jesus in their light work meditations. It doesn't have to be mutually exclusive
- 12:39:35 From Jennii Vo Le: Ahhh thank you Ayesha, I'm familiar and so grateful for that but my conundrum is folks who believe in Jesus are telling me I shouldn't be doing reiki type of thing >\_< lol...and it's making me question my own faith rn. I'm leaning more into just being still with letting the clairity unfold . <3
- 12:39:40 From Jennii Vo Le: Also if anyone here would like to beta test my offering please feel free to email me j8nnii@gmail.com
- 12:42:13 From Kristen Girard: @Dave - I have paid for college courses that only ever gave me a syllabus and lab time on my own. That was annoying. But this - what you have made is worth charging for. Length is less important than true helpfulness and info we would have a hard time figuring out on our own. (Of course, I am an outlier and do pay for knowledge, especially if I have been struggling to figure it out on my own). \$49 would be a good place to start.

- 12:44:11 From Kristen Girard: @Jenni - Jesus was known for doing hands on healing. If that isn't Reiki or smoother healing energy, then what actually is?
- 12:44:28 From Kristen Girard: Some other, not smoother. Friggin spell check.
- 12:45:19 From Jennii Vo Le: @Kristen, it's similar but different but I would definitely love to connect with you one on one and I'm happy to share a dialogue with you on it :)
- 12:47:11 From Jennii Vo Le: Great offering David! I know some folks who may would love to work with you!
- 12:47:48 From David Manship: Kristen, Thanks so much
- 12:48:04 From constance zaytoun: hey y'all! you rule! gotta run--it's been one of those... smooches!!
- 12:48:05 From David Manship: Thanks Jennii
- 12:48:22 From Isabelle Pierre: <https://forms.gle/FsxY3dFUutDJn89NA>
- 12:48:47 From Isabelle Pierre: [tinyurl.com/participationaward](https://tinyurl.com/participationaward)
- 12:48:51 From Isabelle Pierre: @theisabellepierre
- 12:49:25 From Kristen Girard: @Isabelle so looking forward to watching your stand up!
- 12:49:42 From Ayesha Adamo: @jennii ahhh...yeah, there's a fair amount of that going around. I do ritual magick, among other things, and when it comes to Christians asking about it, I have a lot of examples of where the two overlap. But also, I think somehow people get a vibe from me (rightly) that no one tells me what I should do...with anything. So usually I get inquiries more than anything else, and that can bring interesting conversation. Probably as you get more and more seasoned in your spiritual work, it will all be so clear to you that you'll know how to take in those types of responses. Marinating in it for a little bit now is a great thing to do
- 12:52:07 From Kristen Girard: <https://bonniegillespie.com/incorporate>
- 12:53:11 From Kristen Girard: Copyrighting is super important for protecting your work. Worth the expense.
- 12:58:15 From Jennii Vo Le: @ayesha oh wow! thank you so much for sharing! yeah I totally feel you on that. I'm pretty good with setting up boundaries but rn it's hitting more close to home. I definitely would love to connect with you on all of this if you'd like :)  
j8nnii@gmail.com
- 12:58:20 From Anastasia Wilson: That is my question. I am confused as to whether i trademark my business as a whole or do i need to trademark each offering?
- 13:01:14 From Tanya Perez: I have to pop off. GREAT Session today. Thank you Bonnie!!
- 13:02:48 From Jennii Vo Le: Is this it? >>> <https://ontraport.com>
- 13:04:29 From Dana Middleton: I've got to jump. Thanks everyone! Have a lovely Thanksgiving!
- 13:05:25 From Jennii Vo Le: Thank you, Bonnie!! Thank you everyone!! It was amazing meeting with y'all today!! 11/11!! Make a wish today! ;) <3
- 13:05:37 From Kristen Girard: Thank you!
- 13:05:41 From Isabelle Pierre: what's the facebook group?
- 13:05:47 From Dana Middleton: Thanks, Bonnie!!!! xoxo
- 13:05:48 From Remy OBrien: Bye everyone. Happy Thanksgiving.
- 13:06:06 From Lenka Silhanova: <https://www.facebook.com/groups/jfdipancakers>

13:06:07 From Rhianna Basore: Thank you, everyone! Love the growth I see and heard  
today!! <3  
13:06:11 From Ayesha Adamo: @jennii cool! will email  
13:06:17 From Isabelle Pierre: thank you!