

SMFA Summit Chatlog from the Dana Middleton interview, 25 May 2021, 12pm PDT

[May 25, 11:57 AM] Bonnie G: Whoop! Whoop! Early birds!!
[May 25, 11:57 AM] Stephanie Bergeron: Woo hoo, Bon!
[May 25, 11:57 AM] DeborahMadick: hello! Happy to be here!
[May 25, 11:58 AM] LenkaSilhanova: Hi everyone! Tweet tweet!
[May 25, 11:58 AM] DawnnieMercado: Woop hoop. Just pulled over to say hi! I will be listening as I drive through McDonald's with my little. #ActorMommaOnAMission chat once back home.
Xxoo
[May 25, 11:58 AM] Stephanie Bergeron: Ahh... the native calls of the ninjabirds... listen as they communicate...
[May 25, 11:58 AM] Bonnie G: Be safe, Dawnnie!
[May 25, 11:59 AM] DawnnieMercado: Yep u r on speaker. Now gonna be on move again. :)
[May 25, 11:59 AM] Bonnie G: Refresh!
[May 25, 11:59 AM] RobLecrone: Whew, made it on time for this one!
[May 25, 11:59 AM] Stephanie Bergeron: Hello!
[May 25, 12:00 PM] JudyKerr: Yippee I'm glad to be here and I'll miss the next two live ones but will catch up tonight. I love to be here live and hate to miss a minute of Bonnie's brilliance.
xoxo
[May 25, 12:00 PM] ShannonDalton: Hello!
[May 25, 12:00 PM] Stephanie Bergeron: The body doesn't lie. 100%.
[May 25, 12:00 PM] NicoleRycroft: Hi everyone! So happy to be here!
[May 25, 12:01 PM] DeborahMadick: you're good
[May 25, 12:01 PM] Stephanie Bergeron: All good!
[May 25, 12:01 PM] DeborahMadick: that's amazing
[May 25, 12:02 PM] Amy Rauch: Cayenne and garlic... that'll do it.
[May 25, 12:02 PM] Kimberly Logan: 8 is great!
[May 25, 12:03 PM] CynthiaLopez Leal: Happy to be here.
[May 25, 12:04 PM] Stephanie Bergeron: Wait.. what? Eating at the same table?! ;)
[May 25, 12:04 PM] Kimberly Logan: She/Her; ancestral land of the Potawatmi (Chicago)
[May 25, 12:04 PM] Kimberly Logan: rock stars!
[May 25, 12:04 PM] RobLecrone: (He/him)...watching from Los Angeles (Tongva land) and originally from Anchorage (Eydlughet and K'enakatnu)
[May 25, 12:04 PM] Stephanie Bergeron: Dedicated Dawnnie.
[May 25, 12:04 PM] DanaMiddleton: Here!
[May 25, 12:04 PM] Stephanie Bergeron: Hi Dana!
[May 25, 12:04 PM] LenkaSilhanova: That's dedication!
[May 25, 12:05 PM] LenkaSilhanova: Hi Dana!
[May 25, 12:05 PM] DanaMiddleton: Hey everyone! So glad you're here!
[May 25, 12:05 PM] ShannonDalton: She/Her, from Ventura, CA, ancestral Chumash land!
[May 25, 12:05 PM] Kimberly Logan: Hiya Dana!
[May 25, 12:05 PM] ShannonDalton: Hi Dana!

[May 25, 12:06 PM] DeborahMadick: Kansas City is the land of many tribes - Kansa, Osage, Otos, Missouri, Kickapoo and Pottawatomie peoples

[May 25, 12:07 PM] JudyKerr: Quincy is so talented I remember the first time I saw her work at one of your showcases she rocks I hate missing her live and I'll love watching her later. I do play some interviews over again and I print transcripts when I have to highlight.

[May 25, 12:08 PM] Stephanie Bergeron: Let's get it! (Grab some cough drops first, y'all. ;))

[May 25, 12:08 PM] Bonnie G: Wonderful, Judy! So glad to be able to have these replays and transcripts and chat logs avail for you!!

[May 25, 12:08 PM] Bonnie G: Quincy is a delight. :)

[May 25, 12:08 PM] Stephanie Bergeron: YES. There's that intentional pun, ftw!

[May 25, 12:08 PM] Stephanie Bergeron: "Tapped in"

[May 25, 12:08 PM] Bonnie G: Puns should ALWAYS be intentional.

[May 25, 12:08 PM] JudyKerr: Her tapping has changed my life has change my relationship with panic - thanks Bonnie for guiding me to her.

[May 25, 12:08 PM] Stephanie Bergeron: Amen, Bonnie.

[May 25, 12:09 PM] Bonnie G: Otherwise, I judge the missed opportunity.

[May 25, 12:09 PM] Bonnie G: Oh, I'm so glad. Dana's tapping coaching has changed my relationship with anxiety!!

[May 25, 12:09 PM] JudyKerr: Yes

[May 25, 12:10 PM] Kimberly Logan: I love it - you can't deal with it by ignoring it; name it and tame it.

[May 25, 12:10 PM] DanaMiddleton: Love "name it to tame it," Kim!

[May 25, 12:10 PM] WestArdere: OMG AFFIRMATION TAPPING?!

[May 25, 12:10 PM] WestArdere: Wow I'm so pumped

[May 25, 12:11 PM] Bonnie G: Dana omits that she's got an Oscar nomination in her Hollywood past. ;)

[May 25, 12:11 PM] Kimberly Logan: !!!

[May 25, 12:11 PM] Stephanie Bergeron: No way!

[May 25, 12:11 PM] LenkaSilhanova: Whaaaaat

[May 25, 12:11 PM] DanaMiddleton: Ha! Yes, that did happen, Bonnie! :-)

[May 25, 12:11 PM] DeborahMadick: awesome!!

[May 25, 12:11 PM] Bonnie G: I remember the parties!! :D

[May 25, 12:11 PM] CynthiaLopez Leal: Cool!!!

[May 25, 12:11 PM] Amy Rauch: Yes Dana! *clap clap clap*

[May 25, 12:12 PM] DanaMiddleton: Back in my producing days before I was brave enough to be a writer!

[May 25, 12:12 PM] Emily Kindred: Hi Dana!! <3

[May 25, 12:13 PM] DanaMiddleton: I want to *heart* all the hi's!

[May 25, 12:13 PM] Stephanie Bergeron: Yes, I learned that point from you last year, Dana, and really love it.

[May 25, 12:14 PM] Emily Kindred: Drinking all the water for this one

[May 25, 12:14 PM] Bonnie G: Ooh, smart Emily!

[May 25, 12:14 PM] DanaMiddleton: I love the middle of the chest point!
[May 25, 12:15 PM] Bonnie G: Are you tapping along?!? Hope so!!
[May 25, 12:16 PM] RobLecrone: Wow, I feel good!
[May 25, 12:16 PM] Stephanie Bergeron: Yes, and yes! Holy quick tsunami for me!
[May 25, 12:16 PM] CynthiaLopez Leal: Soeekless
[May 25, 12:17 PM] DeborahMadick: oh my goodness... I did the rebuttal and Im coughing..wth
[May 25, 12:18 PM] Bonnie G: That's that LIE caught in your throat, Deb!!
[May 25, 12:18 PM] Bonnie G: Isn't it crazy?
[May 25, 12:18 PM] Amy Rauch: That center point especially seems to calm and relax like everything... not even vocalizing anything.
[May 25, 12:18 PM] Emily Kindred: When it's a lie I cry, tapping is a self lie detector test but such a great release to just say it and be honest with yourself
[May 25, 12:18 PM] DeborahMadick: cray cray
[May 25, 12:18 PM] DeborahMadick: gimme the reframe!!!
[May 25, 12:19 PM] AmeliaRico: Love it!
[May 25, 12:19 PM] Emily Kindred: smile and big sigh
[May 25, 12:19 PM] DeborahMadick: okay throat's better...
[May 25, 12:19 PM] CynthiaLopez Leal: So neat. I feel release.
[May 25, 12:20 PM] LenkaSilhanova: Drink up!
[May 25, 12:20 PM] Bonnie G: LOL
[May 25, 12:20 PM] Stephanie Bergeron: Cheers, Lenka.
[May 25, 12:20 PM] RobLecrone: Oooh boy, glad for the reframe after my rebuttal
[May 25, 12:20 PM] DeborahMadick: so everything does always work out for me and I do believe it!
[May 25, 12:21 PM] DanaMiddleton: If you feel something in your body, you can simply tap on "this tightness in my throat" for instance and see where it takes you.
[May 25, 12:22 PM] Emily Kindred: my grin just doubled :)
[May 25, 12:22 PM] DeborahMadick: I love it.
[May 25, 12:22 PM] DeborahMadick: Introduced my mum to tapping...:-)
[May 25, 12:23 PM] Emily Kindred: love tapping into these affirmations
[May 25, 12:23 PM] Stephanie Bergeron: It's amazing what lights up in the body... I've got such clear pings right now.
[May 25, 12:24 PM] Kimberly Logan: Digging out the roots vs just the part of the plant you can see...
[May 25, 12:25 PM] Emily Kindred: #FACTS... I've tried, lol
[May 25, 12:25 PM] Stephanie Bergeron: Lol, Emily.
[May 25, 12:25 PM] Laura Dowling Shea: Dana, your tapping is so awesome. Has worked wonders for me. Thank you!!
[May 25, 12:26 PM] Emily Kindred: Hi Laura! :)
[May 25, 12:26 PM] AmeliaRico: Farming vs Hunting! Sounds familiar. lol Love it.
[May 25, 12:27 PM] Kimberly Logan: my new pepper plant has a flower on it - so excited to see results!

[May 25, 12:27 PM] Stephanie Bergeron: Ooh, not part of the Summit, but linking into Marie Watkin's Mercury Retrograde webinar!

[May 25, 12:27 PM] Bonnie G: JFDI

[May 25, 12:27 PM] Amy Rauch: Be a farmer... having grown up on a farm, I *get* that.

[May 25, 12:27 PM] Emily Kindred: more baby steps

[May 25, 12:27 PM] AmeliaRico: Show. Up. Also sounds familiar. :p

[May 25, 12:27 PM] DawnnieMercado: Home now. "Be a farmer. Show up"

[May 25, 12:27 PM] LenkaSilhanova: Oh that is so true. Growing plants (avocados) taught me patience and delayed gratification.

[May 25, 12:28 PM] Bonnie G: I love when our Atlanta comes out. ;)

[May 25, 12:28 PM] DanaMiddleton: Lenka is a farmer! :-)

[May 25, 12:28 PM] Emily Kindred: Yes Lenka, so true, especially with avocados

[May 25, 12:28 PM] LenkaSilhanova: haha who knew

[May 25, 12:29 PM] LenkaSilhanova: murdered a few of them before getting one right though! so fitting for a creator career as well!

[May 25, 12:29 PM] Emily Kindred: "I'm ready for this to work for me" is so powerful Dana, wow

[May 25, 12:29 PM] Stephanie Bergeron: That's actually the first thing I tapped on when I was introduced to EFT with a coach... whether it would really work (spoiler alert: it does).

[May 25, 12:29 PM] DanaMiddleton: Bonnie, we do get Southern together

[May 25, 12:30 PM] JoshuaIrwin: Hello. Sorry I'm late

[May 25, 12:30 PM] DanaMiddleton: I'm glad tapping has worked so well for you, Stephanie!

[May 25, 12:30 PM] Emily Kindred: MIC DROP, it FEELS like community... but it's not

[May 25, 12:31 PM] Kimberly Logan: Be a Lighthouse!

[May 25, 12:31 PM] Amy Rauch: @emily I felt my breath catch at that, for sure!

[May 25, 12:31 PM] Laura Dowling Shea: Hi Emily!

[May 25, 12:31 PM] Bonnie G: Spells WHOA wrong. LOL

[May 25, 12:31 PM] Amy Rauch: choose higher

[May 25, 12:31 PM] Stephanie Bergeron: OMG, Bon. YES.

[May 25, 12:32 PM] Emily Kindred: Bonnie I FEEL this

[May 25, 12:32 PM] LizTiede: Bring others up instead of sinking into it. That takes such courage but, its SO worth it.

[May 25, 12:32 PM] Stephanie Bergeron: Whoa is a big one for me too. ;)

[May 25, 12:32 PM] Emily Kindred: brain: but but correcting is helping!! reality: no it's not, let it go Kindred

[May 25, 12:33 PM] Kimberly Logan: the real kind of community!

[May 25, 12:33 PM] Stephanie Bergeron: Emily, I'm with you. I mentally correct still. Haven't gotten to a full let-go. ;)

[May 25, 12:33 PM] AmeliaRico: Now I'm curious how you spell whoa wrong? lol

[May 25, 12:33 PM] WestArdere: woah

[May 25, 12:33 PM] WestArdere: woha

[May 25, 12:33 PM] LenkaSilhanova: What an inspiring talk! Thank you so much, Dana!

[May 25, 12:33 PM] Emily Kindred: something for us to tap on Stephanie ;)
[May 25, 12:33 PM] Stephanie Bergeron: Deal, Emily.
[May 25, 12:33 PM] DeborahMadick: Uplevel your life
[May 25, 12:33 PM] DawnnieMercado: Live higher.
[May 25, 12:33 PM] AmeliaRico: lol West. ah.
[May 25, 12:34 PM] DanaMiddleton: Love you, Bonnie! Thank you so much for having me!!!
[May 25, 12:34 PM] NicoleRycroft: Thank you Dana! This was amazing!
[May 25, 12:34 PM] WestArdere: woe
[May 25, 12:34 PM] WestArdere: lol
[May 25, 12:34 PM] LizTiede: Being open to things working out for me. I love this.
[May 25, 12:34 PM] Stephanie Bergeron: Tee hee!
[May 25, 12:34 PM] Amy Rauch: Choose higher
[May 25, 12:34 PM] Kimberly Logan: hehe - I catch myself misspelling "thanks" just because I start typing too fast (it becomes thank!)
[May 25, 12:34 PM] WestArdere: "people have the right to be wrong"
[May 25, 12:35 PM] DanaMiddleton: There is enough tapping for that, Bonnie. whoa!
[May 25, 12:35 PM] Stephanie Bergeron: Unless you really mean no-ah...
[May 25, 12:35 PM] RobLecrone: Affirmation, rebuttal, reframe...
[May 25, 12:35 PM] NicoleRycroft: I loved "be a farmer" and "chose higher"
[May 25, 12:35 PM] JudyKerr: Ah wonderful - yes come in with an open heart. The higher we living - is better!
[May 25, 12:35 PM] WestArdere: I learned that affirmation tapping is a thing, and it blew my mind!
[May 25, 12:35 PM] ShannonDalton: My inner skeptic is fighting but I feel great! Thank you, Dana!
[May 25, 12:35 PM] Stephanie Bergeron: Anyway, takeaways that are not related to language: commiseration can masquerade as community.
[May 25, 12:36 PM] WestArdere: whoa woes
[May 25, 12:36 PM] Kimberly Logan: Knowing your skeptical side can be set aside for the first time; try it before you deny it.
[May 25, 12:36 PM] Kimberly Logan: Yes Stephanie - false community!
[May 25, 12:37 PM] Stephanie Bergeron: Totally, Kimberly- misery loves company.
[May 25, 12:37 PM] CynthiaLopez Leal: The whole process was interesting. Especially the rebuttal and reframe.
[May 25, 12:37 PM] JoshuaIrwin: Yes it does Stephanie
[May 25, 12:37 PM] DanaMiddleton: Stephanie, I've never thought of it like that. Oof!
[May 25, 12:37 PM] Bonnie G: <https://bonniegillespie.com/replay>
[May 25, 12:37 PM] Emily Kindred: yes rebuttal and reframe are so helpful
[May 25, 12:37 PM] DeborahMadick: it was great!!
[May 25, 12:38 PM] Stephanie Bergeron: And that just links into "choose joy now!"
[May 25, 12:39 PM] DawnnieMercado: So looking forward to the actor tool tapping
[May 25, 12:39 PM] Kimberly Logan: real bonding!

[May 25, 12:39 PM] DawnnieMercado: Thanks you so much for your generosity
[May 25, 12:40 PM] DanaMiddleton: Thanks Bonnie for sending your beautiful peeps my way.
xoxo
[May 25, 12:40 PM] Stephanie Bergeron: Thank you Dana! Thoroughly enjoyed it!!
[May 25, 12:40 PM] Emily Kindred: thank you both so much! <3
[May 25, 12:40 PM] Laura Dowling Shea: 🙌🙌🙌🙌🙌
[May 25, 12:40 PM] WestArdere: Thank you so much Dana and Bonnie!!!
[May 25, 12:40 PM] NicoleRycroft: Thank you Dana and Bonnie! Loved this!
[May 25, 12:40 PM] Emily Kindred: clap clap clap!!
[May 25, 12:40 PM] ShannonDalton: Thank you Dana and Bonnie!!!
[May 25, 12:40 PM] AmeliaRico: YAY Dana! Much love! clap clap clap!
[May 25, 12:40 PM] DawnnieMercado: Hugs Dana. Thank u
[May 25, 12:40 PM] RobLecrone: Thanks, Dana and Bonnie and team!!
[May 25, 12:40 PM] Amy Rauch: Thank you Dana!
[May 25, 12:40 PM] LizTiede: Thank you Dana and Bonnie for some positive good stuff today.
[May 25, 12:40 PM] Mara Junot: Thank you Dana & Team Bonnie!
[May 25, 12:40 PM] Kimberly Logan: TY!
[May 25, 12:40 PM] DanaMiddleton: Thanks for being here, everyone!
[May 25, 12:41 PM] DeborahMadick: Thank you Dana!
[May 25, 12:41 PM] Emily Kindred: water!!!!!!
[May 25, 12:44 PM] Amy Rauch: This premiere is now over and continued discussion will be taking place in the Comments section at the Dana Middleton replay page! If you're still seeing this chatbox on the mainstage, refresh the page so you get the NEW chatroll for our next premiere.