

## **SMFA Summit Donzell Lewis Interview Live Chat 28 May 2020**

[May 28, 1:43 PM] Bonnie G: Say HI and tell us where you're watching from, y'all! :)

[May 28, 1:50 PM] Kimberly Logan: Jammin from Chicago :-)

[May 28, 1:50 PM] Alex Ryan: Hello again from LA ☺

[May 28, 1:50 PM] Stephanie Bergeron: Hi everyone!

[May 28, 1:51 PM] RalucaUrea: Germany again! So excited !

[May 28, 1:51 PM] Bonnie G: Hello lovely Kimberly, Alex, Stephanie, Raluca! So glad y'all are back! :)

[May 28, 1:51 PM] Bonnie G: This is so much fun! :D

[May 28, 1:51 PM] ReginaPerrone: Hi Everyone! Here from NY.

[May 28, 1:51 PM] Bonnie G: Welcome, Regina!

[May 28, 1:51 PM] AngelicaCadena: Hello. Back again from NJ.

[May 28, 1:52 PM] Bonnie G: NJ in the house! Welcome back, Angelica!

[May 28, 1:52 PM] Bonnie G: Just had a MASSIVE meeting that will make Erin very happy. :)

[May 28, 1:52 PM] Bonnie G: I see two of our panelists -- Kim and Leah -- joining us. Y'all ROCK!

[May 28, 1:53 PM] AngelicaCadena: I just had an amazing meeting with Deb Mellman and we're going to start working together. Thank you again for bringing her on! She's fantastic!

[May 28, 1:54 PM] Bonnie G: WOW!! Angelica, that's magical! :) Yayayayayay!

[May 28, 1:54 PM] Stephanie Bergeron: It's really nice to see panelists supporting other panelists, like a mutual admiration society.

[May 28, 1:54 PM] Bonnie G: Right, Stephanie? I agree!

[May 28, 1:54 PM] JayeRestivo: After several hours of self-care, Grandma Jaye is back in the HOUSE!

[May 28, 1:54 PM] Leah Cevoli: Hey, Hey!

[May 28, 1:54 PM] Stephanie Bergeron: Welcome back Jaye!

[May 28, 1:54 PM] AngelicaCadena:

[May 28, 1:54 PM] JayeRestivo: Thanks!

[May 28, 1:55 PM] Bonnie G: We're LIVE!

[May 28, 1:56 PM] Alex Ryan: PUPPY!!!!!!

[May 28, 1:56 PM] TinaKien: I remember you talked about him in one of your YT videos. :)

[May 28, 1:57 PM] DilaraFoscht: Yeah, 2nd talk for today!

[May 28, 1:58 PM] AaronWilson: Have a picker for our top 5's!

[May 28, 1:58 PM] Leah Cevoli: mmm...

[May 28, 1:58 PM] DonzellLewis: Hello Everyone!

[May 28, 1:58 PM] Alex Ryan: Hi Donzell!

[May 28, 1:58 PM] Stephanie Bergeron: Hello, Donzell!

[May 28, 1:59 PM] TBG\_Erin: Donzell in the house!

[May 28, 1:59 PM] JayeRestivo: Donzellllllll!

[May 28, 1:59 PM] Alex Ryan: Watched Mark and Brianne yesterday

[May 28, 1:59 PM] AaronWilson: Hi, Donzell! :)

[May 28, 1:59 PM] Kimberly Logan: Just watched Leah's replay - 2 Gives for every 1 Ask popped out at me!

[May 28, 1:59 PM] DonzellLewis: Heeeeyyy! OMG So many amazing ninjas online that I know and it's great to meet for the first time as well!

[May 28, 1:59 PM] Janet Rembaum: hello

[May 28, 1:59 PM] BiancaFoscht: Hi my fellows!!

[May 28, 2:00 PM] DonzellLewis: I'm watching replays later today.

[May 28, 2:00 PM] JayeRestivo: Me too, Donzell!!

[May 28, 2:00 PM] Alex Ryan: total power couple. loved the present and gratitude talk. I took that and re adjusted Barry's break up list of the day so it works for me

[May 28, 2:00 PM] Laura B.: Hi Donzell!

[May 28, 2:00 PM] BiancaFoscht: YES! Always!!

[May 28, 2:00 PM] RalucaUrea: Was just watching Tamika, I loved the thing about: appreciate every audition.

[May 28, 2:00 PM] Leah Cevoli: I plan on binge-watching the few interviews I didn't catch live, by the end of the week!

[May 28, 2:01 PM] DonzellLewis: But OMG, Barry's session yesterday was brilliant. Everyone, go watch his. I have a list of ideas that his talk inspired

[May 28, 2:01 PM] Leah Cevoli: The live experience rocks!

[May 28, 2:01 PM] Stephanie Bergeron: Agreed, Donzell!

[May 28, 2:01 PM] Laura B.: I have like two I missed and I'm dying to get into them!

[May 28, 2:01 PM] Alex Ryan: right leah?? so much better!

[May 28, 2:02 PM] GemTorres: Aloha all ^^

[May 28, 2:02 PM] Stephanie Bergeron: Totally Leah and Alex!

[May 28, 2:02 PM] CarlyneAubin: Barry's talk was unexpectedly fun and inspiring.

[May 28, 2:02 PM] AaronWilson: I watched Jen Ponton yesterday and loved when she said I am no longer a person interested in perpetuating nonsense. I laughed and screamed, YES!

[May 28, 2:02 PM] JayeRestivo: Gonna watch Janet's interview later!!

[May 28, 2:02 PM] Leah Cevoli: Alex, Stephanie - yes!! the energy is so good!!

[May 28, 2:02 PM] TBG\_Erin: I'm good at many things, but sending carrier pigeons is not one of them. ;)

[May 28, 2:02 PM] Leah Cevoli: Gem!! :)

[May 28, 2:02 PM] Laura B.: YES!!

[May 28, 2:02 PM] Kimberly Logan: I bet you could do it, Erin!

[May 28, 2:03 PM] JayeRestivo: YES! Interactive learner!

[May 28, 2:03 PM] JayeRestivo: This is such a supportive group! xoxoxox

[May 28, 2:03 PM] GemTorres: Leah! <3 ^^

[May 28, 2:03 PM] Leah Cevoli: Mmmm

[May 28, 2:03 PM] Janet Rembaum: for me too. so glad i caught so many live

[May 28, 2:04 PM] Leah Cevoli: hahah

[May 28, 2:04 PM] TBG\_Erin:

[May 28, 2:04 PM] Janet Rembaum: will watch Barry's one in replay

[May 28, 2:04 PM] JayeRestivo: Carrier pigeons!!!! HAHAHAHA!

[May 28, 2:04 PM] GemTorres: Jaye hope you're feeling better!

[May 28, 2:04 PM] Laura B.: She totally could

[May 28, 2:04 PM] DonzellLewis: The energy of the SMFA community is truly priceless

[May 28, 2:04 PM] Alex Ryan: You guys, David is GREAT. Love him!

[May 28, 2:04 PM] JayeRestivo: thanks, GemTorres, I am!

[May 28, 2:04 PM] Kimberly Logan: I'm so bummed I'm gonna miss David live (I have a class at the same time)

[May 28, 2:04 PM] Alex Ryan: watch the replay Kimberly!

[May 28, 2:05 PM] Kimberly Logan: I've already checked out his goodies, though and will be doing the Getting Started offer with him.

[May 28, 2:05 PM] Leah Cevoli: Yes, DHL is a fountain of wisdom and experience!!

[May 28, 2:05 PM] Kimberly Logan: Will do Alex!

[May 28, 2:05 PM] JayeRestivo: We DO take care of each other! Smoooooches!

[May 28, 2:05 PM] ShanayFuller:

[May 28, 2:05 PM] Alex Ryan: Leah! My sister vo lady!

[May 28, 2:05 PM] Stephanie Bergeron: Looking forward to David too... my new mic just arrived!

[May 28, 2:05 PM] Tracy Weisert: Me too. I too have another class at 5PM.

[May 28, 2:05 PM] ReginaPerrone: So blessed to have found this community during the pandemic!!

[May 28, 2:05 PM] Laura B.: There isn't a single one of these that is a "I don't think this applies to me" talk. If you want it to apply it will. you'll find the things you need.

[May 28, 2:06 PM] Leah Cevoli: Yes Alex, you gotta take in David's talk - I'm excited!

[May 28, 2:06 PM] Stephanie Bergeron: Absolutely Laura.

[May 28, 2:06 PM] Kimberly Logan: Agreed Laura - the surprising 'nuggets' have been the best!

[May 28, 2:06 PM] Laura B.: YES Kimberly

[May 28, 2:06 PM] Alex Ryan: @Leah Oh I've known him for YEARS

[May 28, 2:07 PM] Alex Ryan: ONE MAN SHOW!!!!

[May 28, 2:07 PM] Leah Cevoli: Nice!

[May 28, 2:07 PM] Emily Kindred: Right on time!

[May 28, 2:08 PM] DebSnyder: Hi Donzelle!

[May 28, 2:08 PM] DionneNeish: Yaasss!!!!

[May 28, 2:08 PM] DebSnyder: Oopsie... Donzell!

[May 28, 2:09 PM] Bonnie G: We're glad you found us too, Regina!

[May 28, 2:09 PM] JayeRestivo: Donzell!

[May 28, 2:09 PM] TinaKien: Why do I feel like I just want to hug Donzelle already.

[May 28, 2:09 PM] Bonnie G: Miss Dionne! Good to see you, love.

[May 28, 2:09 PM] Bonnie G: Tina, because he is SUCH a lovebug!

[May 28, 2:10 PM] JayeRestivo: Miss you, Donzell!!

[May 28, 2:10 PM] Kimberly Logan: perfect definition!

[May 28, 2:10 PM] Stephanie Bergeron: Yes, Donzell. I love hearing that you don't try to single-title yourself. Hyph life!

[May 28, 2:10 PM] RemyO'Brien: Yes Entertainer

[May 28, 2:10 PM] Kimberly Logan: lately "Storyteller" has been feeling real & true to me.  
[May 28, 2:10 PM] DionneNeish: Lovely to see u Bon, excited for all this amazing info  
[May 28, 2:10 PM] Bonnie G: Kimberly, I love "storyteller." It unites so many of us.  
[May 28, 2:11 PM] ClareLopez: Yass I love doing Teacher-in-role type work!  
[May 28, 2:11 PM] Stephanie Bergeron: Ha, that's so fun!  
[May 28, 2:11 PM] DebSnyder: awesome!!!!!!  
[May 28, 2:11 PM] RemyO&#39;Brien: Aww how wonderful  
[May 28, 2:11 PM] Laura B.: oh my love this!!  
[May 28, 2:11 PM] AaronWilson: Hi, Dionne! :)  
[May 28, 2:12 PM] JayeRestivo: He is a giver!!!!  
[May 28, 2:12 PM] DionneNeish: Aaron !!!! Hi love  
[May 28, 2:12 PM] RemyO&#39;Brien: That's how I learn too Bonnie  
[May 28, 2:12 PM] CarolyneAubin: So true. If it's about performing, it should include performance.  
[May 28, 2:12 PM] Stephanie Bergeron: YES.  
[May 28, 2:12 PM] DonzellLewis: yes, great point, "Story Teller", that's what it all boils down to for us all. Simply telling the stories we have been asked to tell.  
[May 28, 2:13 PM] JayeRestivo: ^^ yes, Donzell!  
[May 28, 2:13 PM] ShanayFuller: So true, children are so original  
[May 28, 2:13 PM] Kimberly Logan: 100%  
[May 28, 2:13 PM] Emily Kindred: Kids have the GREATEST imaginations  
[May 28, 2:13 PM] TamikaSimpkins: Exactly!!!  
[May 28, 2:13 PM] Janet Rembaum: such great nutrition for your creativity and vice versa  
[May 28, 2:13 PM] PatriciaBecker-Spellman: Encouraging creative playtime! Adults need more of that...  
[May 28, 2:13 PM] DionneNeish: Yes so true.... i miss my childhood impulses  
[May 28, 2:13 PM] DebSnyder: Such beautiful chaos and invention comes from a child's mind!!! Soooo creative!  
[May 28, 2:13 PM] JayeRestivo: Play! Trust your instincts!  
[May 28, 2:13 PM] Bonnie G: Gotta excavate 'em, Dionne!  
[May 28, 2:14 PM] Janet Rembaum: organic! yes!  
[May 28, 2:14 PM] DionneNeish: Yes i do Bon yes i do....  
[May 28, 2:14 PM] JayeRestivo: Unjudged creativity.  
[May 28, 2:14 PM] TinaKien: I put mine aside was during middle/ mostly high school.  
[May 28, 2:14 PM] Stephanie Bergeron: I love that phrase, unjudged creativity.  
[May 28, 2:15 PM] TinaKien: YES!! after 5th grade  
[May 28, 2:15 PM] TinaKien: :(  
[May 28, 2:15 PM] AaronWilson: For me it was at 10 years old  
[May 28, 2:15 PM] Bonnie G: Unjudged creativity is one I wrote down too, Stephanie.  
[May 28, 2:15 PM] Emily Kindred: the idea of " too much" ugh  
[May 28, 2:15 PM] DonzellLewis: I agree, Patricia. We all need more "adult play-dates" that are just about fellowship, play and creativity.  
[May 28, 2:15 PM] DionneNeish: Middle school for me for sure

[May 28, 2:15 PM] DilaraFoscht: I'm so lucky to have younger siblings and cousins! So cool to watch them play.

[May 28, 2:15 PM] ShanayFuller: So true, junior high is where everyone chooses

[May 28, 2:16 PM] AaronWilson: Yes middle school 100%

[May 28, 2:16 PM] Emily Kindred: so well said

[May 28, 2:16 PM] KathleenParker: haha! Yes, I so can relate to this!

[May 28, 2:16 PM] Janet Rembaum: so well said i agree

[May 28, 2:17 PM] JayeRestivo: I love playing at Upright Citizens Brigade!!!!

[May 28, 2:17 PM] ShanayFuller: Never

[May 28, 2:17 PM] DionneNeish: Out side approval ... yes Donzell so we'll said....seeking enoughness

[May 28, 2:17 PM] Bonnie G: Back in Atlanta, I was a substitute teacher for middle school and it BROKE MY HEART too much to keep doing it.

[May 28, 2:17 PM] Alex Ryan: Never leaves HS

[May 28, 2:17 PM] Emily Kindred: THIS ^^^^^^

[May 28, 2:17 PM] CarolyneAubin: So inspiring! So well said. It's sad that we all go through this.

[May 28, 2:17 PM] AyaOhara: ugh ,i was looking for a teacher like this growing up. love this!

[May 28, 2:17 PM] Kimberly Logan: OMG - I remember my sister talking about the 'cliques' in PTA! All I could think was "how high school can they be!"

[May 28, 2:17 PM] TinaKien: I agree, Donzell! I def. see it

[May 28, 2:17 PM] Bonnie G: Carolyne, that we all go through it is somehow a comfort though. We're all recovering our inner enoughness.

[May 28, 2:17 PM] CarolyneAubin: Very true.

[May 28, 2:18 PM] ClareLopez: yay for shattering that concept. STORYTELLING is for ALL

[May 28, 2:18 PM] JayeRestivo: Everyone has an artist muscle.

[May 28, 2:18 PM] ShanayFuller: To me, the childhood dynamic is always present in adults. The it girl, the outcast, the over achiever, the slacker, they are always there

[May 28, 2:18 PM] AyaOhara: it is all art. we are all creators! yesss!~

[May 28, 2:18 PM] DebSnyder: YES!!!! YES!!! YES!!!

[May 28, 2:18 PM] JayeRestivo: Never leave that artistic side of you.

[May 28, 2:19 PM] Laura B.: We are everything.

[May 28, 2:19 PM] Stephanie Bergeron: I think that's such a lesson for "muggles" too... you don't have to tuck in your artist.

[May 28, 2:19 PM] DonzellLewis: It's a daily recovery process. I'm constantly working on healing the pain from childhood traumas and lies that I believed.

[May 28, 2:19 PM] Janet Rembaum: so sad that people stop

[May 28, 2:19 PM] ShanayFuller: Yes, my acting training really started with barbie dolls

[May 28, 2:19 PM] ClareLopez: We are a dynamic mix of paths and skills. we none of us are ONE thing.

[May 28, 2:19 PM] TamikaSimpkins: Damn allergies!

[May 28, 2:19 PM] DonzellLewis: "started with barbie dolls" --- YESS...ME TOO lol

[May 28, 2:19 PM] JayeRestivo: Let creativity live on!



[May 28, 2:19 PM] Bonnie G: Yes, Stephanie.  
[May 28, 2:19 PM] TinaKien: Anyone play make believe when they listen to music?  
[May 28, 2:20 PM] Janet Rembaum: sounds like you found a great balance  
[May 28, 2:20 PM] KathleenParker: Bonnie! That was my story, it was so hard to break the barrier, and know that I have a voice, the actor inside never went away...so here I am again! Def working on the inner child and knowing I AM ENOUGH!  
[May 28, 2:20 PM] ShanayFuller: Right! @Donzell  
[May 28, 2:20 PM] Bonnie G: YES YOU ARE, Kathleen!  
[May 28, 2:21 PM] Emily Kindred: adults are just big kids with bank accounts, I've been waiting for adulthood to magically show up for years... it kinda just happens when you aren't looking but I still feel like a kid  
[May 28, 2:21 PM] ClareLopez: I love that. Adults are kids with bank accounts  
[May 28, 2:21 PM] Janet Rembaum: so great to hear  
[May 28, 2:21 PM] Kimberly Logan: <3  
[May 28, 2:22 PM] JayeRestivo: Stay present in the moment.  
[May 28, 2:22 PM] TinaKien: stay present in the scene. stay present in your real life.  
[May 28, 2:22 PM] Janet Rembaum: i love this  
[May 28, 2:22 PM] JayeRestivo: Does it make my heart sing?  
[May 28, 2:22 PM] KathleenParker: Yes, my soul was dead for years...I know how to do this kind of work...but then I felt I needed to choose...but we can live in the grey!  
[May 28, 2:22 PM] Stephanie Bergeron: Oh, Donzell. That so resonates with me.  
[May 28, 2:24 PM] KathleenParker: so heartbreaking...the LIES!  
[May 28, 2:24 PM] GemTorres: </3 Oh my  
[May 28, 2:24 PM] BiancaFoscht: Ohhhh that's hard stuff! Truly inspiring!!  
[May 28, 2:25 PM] ClareLopez: Thats the dream right?!  
[May 28, 2:25 PM] Leah Cevoli: Wait, did someone say Barbie dolls in here? :)  
[May 28, 2:25 PM] Janet Rembaum: beautiful story and so happy to hear it  
[May 28, 2:25 PM] TamikaSimpkins: Yes!!!!  
[May 28, 2:25 PM] DionneNeish: Yes a big F U ... to those critics Lolol yyyaasss  
[May 28, 2:25 PM] Emily Kindred: yesssss!!!!  
[May 28, 2:25 PM] KathleenParker: Donzell, this brings me such joy, beautiful soul!  
[May 28, 2:25 PM] Leah Cevoli: <3  
[May 28, 2:25 PM] AaronWilson: Yes!!!!  
[May 28, 2:25 PM] AngelicaCadena:  
[May 28, 2:25 PM] RemyO&#39;Brien: Yes onzell  
[May 28, 2:25 PM] ClareLopez: Oh my gosh. that shift from trying to survive=== to thriving!  
[May 28, 2:25 PM] DebSnyder: So inspiring Donzell!  
[May 28, 2:25 PM] AngelicaCadena: Donzell is giving me all types of feels and ahas!!!  
[May 28, 2:26 PM] RemyO&#39;Brien: Sorry onzell  
[May 28, 2:26 PM] RemyO&#39;Brien: I keep meaning to type Donzell  
[May 28, 2:26 PM] DonzellLewis: Clare, that shift is as powerful as an earthquake. It shook me up but I'm so happy to be on the other side.  
[May 28, 2:26 PM] JayeRestivo: Donzell. You are an inspiring

[May 28, 2:26 PM] DonzellLewis: Remy, my phone auto-corrects my name all the time lol

[May 28, 2:26 PM] GemTorres: Aww <3 WOW

[May 28, 2:27 PM] DonzellLewis: Thank you Jaye, this SMFA community is just as inspiring and helps to drive me

[May 28, 2:27 PM] AyaOhara: exactly! I can totally relate to all of this. so good

[May 28, 2:27 PM] JayeRestivo: YES! it is, Donzell and I am glad to be part of it!

[May 28, 2:27 PM] Emily Kindred: Enoughness in action.

[May 28, 2:27 PM] AyaOhara: I even had a teacher in college that i chose as a mentor and he told me i was too much of an ingenue to make it and he wouldn't give me any adjustments or directions in class. he'd just skip me.

[May 28, 2:28 PM] KathleenParker: yes, we heal and help others on their journey...wow. So beautiful.

[May 28, 2:28 PM] Bonnie G: Aya, he showed you HIS limitations of creativity.

[May 28, 2:28 PM] Stephanie Bergeron: I also clocked that lack of judgement/pressure in there- you don't have to be where you want to be, you still have your whole life to live.

[May 28, 2:28 PM] Bonnie G: "I know what it feels like to be given up on."

[May 28, 2:28 PM] CarolyneAubin: I had a teacher give me a recommendation letter that wasn't ultimately a recommendation. I didn't end up using it, but it affected my perception of myself for YEARS.

[May 28, 2:28 PM] Kimberly Logan: YES!

[May 28, 2:28 PM] Laura B.: Oh I love biographies!

[May 28, 2:28 PM] AyaOhara: he did! I later knew exactly where he was coming from.

[May 28, 2:29 PM] AyaOhara: So inspiring! My inner child is like \*squeals\*

[May 28, 2:29 PM] ClareLopez: Storytelling is absolutely the best way we can heal the world.

[May 28, 2:29 PM] Bonnie G: True, Clare.

[May 28, 2:29 PM] Laura B.: This is for those who are coming behind me!! All the TIME.

[May 28, 2:29 PM] Bonnie G: It's how I remind myself my work is important, even when I feel so powerless about all that's going on in the world.

[May 28, 2:29 PM] DionneNeish: I stopped doing ballet for the same reasons as misty i need to read her book

[May 28, 2:30 PM] CarolyneAubin: Dionne. It's an amazing book. You must read it.

[May 28, 2:30 PM] Kimberly Logan: My eyes are misting! so touching!!

[May 28, 2:30 PM] KathleenParker: wow miracles!

[May 28, 2:30 PM] Quincy Cho: RECEIPTS

[May 28, 2:30 PM] Quincy Cho: WE GOT 'EM

[May 28, 2:30 PM] DionneNeish: Lolo

[May 28, 2:30 PM] Bonnie G: LOL Quincy is here with them!

[May 28, 2:30 PM] DionneNeish: Yes we're here

[May 28, 2:30 PM] Bonnie G: Dionne, YES!

[May 28, 2:31 PM] DonzellLewis: lol, Quincy and Dionne! burn those receipts lol

[May 28, 2:31 PM] DionneNeish: Never!

[May 28, 2:31 PM] Quincy Cho: it's always about him

[May 28, 2:32 PM] Alex Ryan: HAHAAH Quincy

[May 28, 2:32 PM] Stephanie Bergeron: Let the stories reveal themselves to you, listen for them. Love that.

[May 28, 2:32 PM] Paola Angarita: Donzell, What's the name of the book? I missed the part when you said it.

[May 28, 2:32 PM] JayeRestivo: Get out of the way and let the story be told.

[May 28, 2:32 PM] KathleenParker: all the layers.

[May 28, 2:33 PM] TamikaSimpkins: Preach!

[May 28, 2:33 PM] Quincy Cho: who dis?

[May 28, 2:33 PM] Tracy Weisert: "Counted out before you began. " THAT will stay with me forever.

[May 28, 2:33 PM] Quincy Cho: I was there

[May 28, 2:33 PM] TamikaSimpkins: I remember that day!!!

[May 28, 2:33 PM] Quincy Cho: YES TAMIKA!!!!

[May 28, 2:33 PM] DonzellLewis: Paola, Misty Copeland's book is " A life in Motion" I believe.

[May 28, 2:33 PM] ShanayFuller: Not 'whos he' lololol

[May 28, 2:33 PM] Quincy Cho: it was for CF Showcase!!!

[May 28, 2:34 PM] Bonnie G: Even before the showcase, Quincy! When you brought Donzell to TTT!

[May 28, 2:34 PM] DionneNeish: Yes it was .....ah the growth i love it.

[May 28, 2:34 PM] TamikaSimpkins: Yes Quincy! CFSC Alums!

[May 28, 2:34 PM] Kimberly Logan: Am I the right vessel - YES!

[May 28, 2:34 PM] ClareLopez: That is some powerful shit. Am I the right vessel to tell this story?!

[May 28, 2:34 PM] Bonnie G: YES the VESSEL!

[May 28, 2:34 PM] Quincy Cho: OMG YES!!!! I have that picture, Bons, of us at Boardwalk!!

[May 28, 2:34 PM] JayeRestivo: am I the right vessel....

[May 28, 2:34 PM] Laura B.: Yes!

[May 28, 2:34 PM] ShanayFuller: I love that, "are you the vessel?"

[May 28, 2:34 PM] Paola Angarita: Thank you, Donzell.

[May 28, 2:35 PM] AaronWilson: Am the right vessel? Love!

[May 28, 2:35 PM] AaronWilson: Am I the right vessel

[May 28, 2:35 PM] DebSnyder: In the right lane.... what a great thought...

[May 28, 2:36 PM] Emily Kindred: yesssssss

[May 28, 2:36 PM] Alex Ryan: Yes Deb

[May 28, 2:36 PM] DebSnyder: HI Alex!

[May 28, 2:36 PM] Alex Ryan: HI DEB!

[May 28, 2:36 PM] TinaKien: wait, donzell is a ninja NINJA?!

[May 28, 2:37 PM] Kimberly Logan: HA!

[May 28, 2:37 PM] DebSnyder: yes so good!

[May 28, 2:37 PM] DebSnyder: Re-frame! Eh, Bonnie!

[May 28, 2:37 PM] Bonnie G: Always with the reframe! ;)

[May 28, 2:38 PM] DionneNeish: Yy



[May 28, 2:38 PM] Quincy Cho: TUCKED!! PINK NINJA!!!!  
[May 28, 2:38 PM] DebSnyder: Leader!!!!!!!  
[May 28, 2:38 PM] Quincy Cho: PINK NINJAAAAAA  
[May 28, 2:38 PM] Quincy Cho: TUCKEDDDDD  
[May 28, 2:38 PM] DonzellLewis: lol, yes, I'm a literal ninja too ahaha  
[May 28, 2:38 PM] Laura B.: Yes! Create that content.  
[May 28, 2:39 PM] JayeRestivo: I support you in getting your own school!  
[May 28, 2:39 PM] Bonnie G: <https://bonniegillespie.com/wp-content/uploads/2016/07/ttt.jpg>  
[May 28, 2:39 PM] Quincy Cho: he's a PHENOMENAL teacher  
[May 28, 2:39 PM] KathleenParker: Fully beautiful life Donzell! So inspiring... bringing our gifts to all areas!  
[May 28, 2:39 PM] Alex Ryan: YES  
[May 28, 2:39 PM] Stephanie Bergeron: Debbie Allen!  
[May 28, 2:39 PM] Quincy Cho: YUHS  
[May 28, 2:39 PM] Bonnie G: The Donzell Lewis School of Vessels!  
[May 28, 2:39 PM] GemTorres: You are such a gift to the world, Donzell!  
[May 28, 2:39 PM] JayeRestivo: YES! The next Debbie Allen!  
[May 28, 2:40 PM] TamikaSimpkins: You not trying...you're doing it now!  
[May 28, 2:40 PM] KathleenParker: Bonnie, that sounds divine!  
[May 28, 2:40 PM] Alex Ryan: nobody wants not your legs Donzell  
[May 28, 2:40 PM] Emily Kindred: Debbie Allen!! She's been doing dance classes on insta live that have been great :)  
[May 28, 2:40 PM] DebSnyder: Vessel with the pestle is the brew that is TRUE! That's Donzell!!!  
[May 28, 2:40 PM] TinaKien: bonnie wants to be his legs  
[May 28, 2:40 PM] Bonnie G: Yes I do, Tina!  
[May 28, 2:40 PM] Bonnie G: Those gams are spectacular!!  
[May 28, 2:40 PM] DonzellLewis: Deb, I love that!  
[May 28, 2:40 PM] JayeRestivo: YES! Donzell!!!!!!!  
[May 28, 2:41 PM] Tracy Weisert: Yep Tamika!  
[May 28, 2:41 PM] Stephanie Bergeron: Launch at 85% anyone?  
[May 28, 2:41 PM] Bonnie G: Right on, Stephanie!  
[May 28, 2:41 PM] Emily Kindred: future tripping, yes  
[May 28, 2:41 PM] TinaKien: enoughness  
[May 28, 2:42 PM] David H.Lawrence XVII: Awesome  
[May 28, 2:42 PM] JayeRestivo: "My worlds interweave with each other." "Future tripping!"  
[May 28, 2:42 PM] DebSnyder: Oh sooooo great... What a breath of fresh air.....  
[May 28, 2:42 PM] Janet Rembaum: perfect!  
[May 28, 2:42 PM] Kimberly Logan: I love that I can hear the difference between "future tripping" and "goal setting/where I am going"  
[May 28, 2:42 PM] AngelicaCadena: I love this! Too busy working to be worrying.  
[May 28, 2:42 PM] DebSnyder: I'm gonna be happy no matter what I do...  
[May 28, 2:42 PM] CarolyneAubin: That's the ideal life!

[May 28, 2:42 PM] JayeRestivo: Genuine giver!  
[May 28, 2:42 PM] Stephanie Bergeron: I love the worlds interweaving too. Hyphenate gold.  
[May 28, 2:44 PM] KathleenParker: back to that investing in yourself!  
[May 28, 2:44 PM] Alex Ryan: OH SO GOOD! Love him!  
[May 28, 2:44 PM] DionneNeish: Such a great book  
[May 28, 2:44 PM] Laura B.: That's a good book!!!  
[May 28, 2:44 PM] Bonnie G: Absolutely, Kathleen. It's gotta become a non-negotiable.  
[May 28, 2:44 PM] Janet Rembaum: i do too love him  
[May 28, 2:45 PM] DonzellLewis: he's sooo amazing. And his book is beyond powerful!  
[May 28, 2:45 PM] BiancaFoscht: "We surround ourselves with experts in order to get to the next level." Love it !!  
[May 28, 2:45 PM] Kimberly Logan: "thinkin' he had it easy" - oh yeah!  
[May 28, 2:45 PM] Quincy Cho: yaaasssss  
[May 28, 2:45 PM] KathleenParker: mind blown right now!  
[May 28, 2:45 PM] Leah Cevoli: Awww.... yes!  
[May 28, 2:45 PM] JayeRestivo: YES! Read other artists' stories.  
[May 28, 2:45 PM] TinaKien: tribe  
[May 28, 2:45 PM] AmeliaRico: Get your tribe!  
[May 28, 2:45 PM] DionneNeish: ♀ ♀  
[May 28, 2:45 PM] Laura B.: Friends! Having your tribe/ your ride or dies  
[May 28, 2:45 PM] David H.Lawrence XVII: We only see where they are today, on stage, on TV, in film. We don't see what it took to get there.  
[May 28, 2:46 PM] DionneNeish: Yes yesyes  
[May 28, 2:46 PM] Quincy Cho:  
[May 28, 2:46 PM] Alex Ryan: Hi David! Nice to see you!  
[May 28, 2:46 PM] JayeRestivo: Friends!!!  
[May 28, 2:46 PM] David H.Lawrence XVII: Hey, Alex!  
[May 28, 2:46 PM] Alex Ryan: YAASSSS Quincy  
[May 28, 2:46 PM] GemTorres: Hi David!  
[May 28, 2:46 PM] Alex Ryan: ☺ ☺  
[May 28, 2:46 PM] Stephanie Bergeron: Totally, David.  
[May 28, 2:46 PM] AaronWilson: Hi, David! :)  
[May 28, 2:46 PM] JayeRestivo: Friends who hold you accountable!  
[May 28, 2:46 PM] Janet Rembaum: quincy!  
[May 28, 2:46 PM] Quincy Cho: hi alex and janet!  
[May 28, 2:46 PM] JayeRestivo: Choose you friends!  
[May 28, 2:46 PM] David H.Lawrence XVII: Hey Gem! Hey Aaron! Looking forward to seeing you all at 5p PT  
[May 28, 2:46 PM] DionneNeish: You do that for us DD.  
[May 28, 2:46 PM] JayeRestivo: Have healthy live-style!  
[May 28, 2:47 PM] PatriciaBecker-Spellman: "Friends are the family we choose for ourselves..."  
<3  
[May 28, 2:47 PM] AyaOhara: Is it Failing Up? I just bought it. It's on sale on kindle!

[May 28, 2:47 PM] GemTorres: \*salute" yes sir, looking forward to it  
[May 28, 2:47 PM] Alex Ryan: It is!  
[May 28, 2:47 PM] JayeRestivo: yes!  
[May 28, 2:47 PM] AyaOhara: great!  
[May 28, 2:47 PM] Alex Ryan: (@aya, sorry I meant that for you)  
[May 28, 2:47 PM] AaronWilson: Have a healthy lifestyle! Yes!  
[May 28, 2:47 PM] DonzellLewis: Yes, "failing up"  
[May 28, 2:47 PM] AyaOhara: Thanks Alex!  
[May 28, 2:47 PM] DebSnyder: What are you putting in for your productivity!!!!!!  
[May 28, 2:47 PM] Alex Ryan: :)  
[May 28, 2:47 PM] AyaOhara: Thanks Donzell  
[May 28, 2:47 PM] Alex Ryan: I've been using Bon's "brain is a TERRIBLE master" the past couple days. SO HELPFUL for the voices  
[May 28, 2:48 PM] DonzellLewis: You're welcome Aya!  
[May 28, 2:48 PM] JayeRestivo: Healthy and whole!  
[May 28, 2:48 PM] David H.Lawrence XVII: This is SO good, Donzell!!  
[May 28, 2:48 PM] Bonnie G: Isn't that great, Alex?  
[May 28, 2:48 PM] JayeRestivo: DonzellLewis! This is amaaaaazing!  
[May 28, 2:48 PM] Bonnie G: Hello David! Excited for your talk later today! :)  
[May 28, 2:49 PM] Laura B.: Mindset!  
[May 28, 2:49 PM] BiancaFoscht: It's all about mindset!!  
[May 28, 2:49 PM] DionneNeish: Yes MINDSET... dropping such great nuggets of wisdom  
[May 28, 2:49 PM] Bonnie G: Awwwwwwwwwwww. Thanks, Donzell.  
[May 28, 2:49 PM] AyaOhara: that doubt and judgements. judgments are the biggest obstacle  
[May 28, 2:49 PM] Alex Ryan: ☺ ☺  
[May 28, 2:49 PM] AmeliaRico: #ninja!  
[May 28, 2:49 PM] DebSnyder: MINDSET - YES!  
[May 28, 2:49 PM] DonzellLewis: Alex, I need to start that! Those voices in our head can be powerful. But learning how to shut them up is revolutionary  
[May 28, 2:49 PM] JayeRestivo: MINDSET!  
[May 28, 2:49 PM] KathleenParker: Wow motivational speaker you are Donzell! Your authenticity is so yummy!  
[May 28, 2:50 PM] RemyO&#39;Brien: Welling up right now  
[May 28, 2:50 PM] AyaOhara: ohh it's sooooo good!!  
[May 28, 2:50 PM] Quincy Cho: YASSSS DAS MY BEST FRIEND!!!!  
[May 28, 2:50 PM] KathleenParker: ANOTHER LEVEL!!!  
[May 28, 2:50 PM] DionneNeish: Yes we go outside ourselves to solve the inner problem which always come down to mindset your inner voice  
[May 28, 2:50 PM] Alex Ryan: ☺ ☺  
[May 28, 2:50 PM] Quincy Cho: @just\_donzell  
[May 28, 2:50 PM] DonzellLewis: Thank you Kathleen and everyone for logging on to hear my story!  
[May 28, 2:50 PM] Alex Ryan: Yes Dionne!

[May 28, 2:50 PM] Laura B.: Thank you Donzell!  
[May 28, 2:50 PM] AmeliaRico: Thank you for sharing your story!  
[May 28, 2:50 PM] PatriciaBecker-Spellman: Thank you for the inspiring talk!  
[May 28, 2:51 PM] Quincy Cho: donzellewis.com  
[May 28, 2:51 PM] Janet Rembaum: thank you Donzell  
[May 28, 2:51 PM] ShanayFuller: Thank you so much Donzell!!!  
[May 28, 2:51 PM] Quincy Cho: TY <3 <3  
[May 28, 2:51 PM] BiancaFoscht: Yes, thank you soooo much!!!  
[May 28, 2:51 PM] Alex Ryan: Love the love  
[May 28, 2:51 PM] AmeliaRico: Damn, Quincy is #squadgoals  
[May 28, 2:51 PM] RemyO&#39;Brien: We have nothing on a child's imagination and am I the right vessel to tell this story? Happy no matter what I do.  
[May 28, 2:51 PM] JayeRestivo: xoxoxoxo  
[May 28, 2:51 PM] Janet Rembaum: fantastic interview!!!  
[May 28, 2:51 PM] DebSnyder: right road right vessel!  
[May 28, 2:51 PM] Stephanie Bergeron: That was so filling.  
[May 28, 2:51 PM] DionneNeish: Thanks Domzell  
[May 28, 2:51 PM] Alex Ryan: Let's act from a place of love  
[May 28, 2:51 PM] Quincy Cho: I love you!!!!  
[May 28, 2:51 PM] ReginaPerrone: Awesome! Am I the best vessel!  
[May 28, 2:51 PM] AngelicaCadena: Omg! Donzell is amazing. That was an hour of church!!!  
xoxo  
[May 28, 2:51 PM] Alex Ryan: surround yourself w experts  
[May 28, 2:51 PM] Kimberly Logan: Note to self: bookmark this replay and watch it weekly.  
[May 28, 2:51 PM] Stephanie Bergeron: Unjudged creativity  
[May 28, 2:51 PM] JayeRestivo: Stay in present moment!  
[May 28, 2:52 PM] GemTorres: Such a beautiful story! Thankies for sharing. So many takeaways! Like a kid: play, trust your instincts, and trust your impulses. Chose being an "artist." Let the creativity live on. Let what makes your heart and soul sing guide you. Listen to your ancestry as a performer. Am I the right vessel for the story? Healthy fuel for your creativity. Positive and whole mindset.  
[May 28, 2:52 PM] RalucaUrea: The last phrases were so amazing, whole, healthy life! Thank you Donzell!  
[May 28, 2:52 PM] Paola Angarita: Once the mindset changes, everything clicks.  
[May 28, 2:52 PM] Tracy Weisert: Since  
[May 28, 2:52 PM] JayeRestivo: This is just what I needed to hear right now!  
[May 28, 2:52 PM] Janet Rembaum: i love it so much i want to be on the stage and teaching it  
[May 28, 2:52 PM] AaronWilson: Changing my mindset made me free because I fully loved myself.  
[May 28, 2:52 PM] Janet Rembaum: be you and we will accept it  
[May 28, 2:52 PM] Janet Rembaum: uopu  
[May 28, 2:52 PM] JayeRestivo: Vessel! Vessel! Vessel!  
[May 28, 2:52 PM] Janet Rembaum: you

- [May 28, 2:52 PM] BiancaFoscht: I AM ENOUGH!! When the mindset changes everything clicks!
- [May 28, 2:52 PM] TinaKien: THAT HE'S AN ACTUAL NINJA
- [May 28, 2:52 PM] DilaraFoscht: Everyone is creative-just some choose to do it as a profession.
- [May 28, 2:52 PM] JayeRestivo: "I know what it feels like to be given up on"
- [May 28, 2:53 PM] KathleenParker: Listen and see what parts show themselves to you.
- [May 28, 2:53 PM] DionneNeish: Loved listening to these wonderful moment's so inspiring
- [May 28, 2:53 PM] PatriciaBecker-Spellman: Don't accept defeat, look for a way to reset your negative mindset.
- [May 28, 2:53 PM] Paola Angarita: Have experts in our corner. Have a healthy life.
- [May 28, 2:53 PM] Tracy Weisert: Since I teach mid/high schoolers, I LOVED " Brilliant artists that the world is yet to meet.
- [May 28, 2:53 PM] Laura B.: I do it for the people who come behind me
- [May 28, 2:53 PM] Janet Rembaum: ..let it out form a place of love... vibrant and open
- [May 28, 2:53 PM] JayeRestivo: Generosity thy name is Donzell!
- [May 28, 2:54 PM] KathleenParker: Yes! Time to accept all parts and shine!
- [May 28, 2:54 PM] Paola Angarita: Support each other .
- [May 28, 2:54 PM] JayeRestivo: Gah! We story tellers are SOOOOO important!
- [May 28, 2:54 PM] Janet Rembaum: you have to have experts in that corner to get to the next level
- [May 28, 2:54 PM] DonzellLewis: Got to breakthrough to fully owning and loving yourself. As Rupual says, "if you don't love yourself...how the hell are you going to love someone else?"
- [May 28, 2:54 PM] Janet Rembaum: its all a step by steps journey
- [May 28, 2:54 PM] Janet Rembaum: young
- [May 28, 2:54 PM] Janet Rembaum: you go to READ
- [May 28, 2:54 PM] Paola Angarita: Stay present in the moment.
- [May 28, 2:54 PM] Alex Ryan: fAve quote donzell
- [May 28, 2:54 PM] ReynGraves: Such great energy! Thank you so much! This one was another one that made me cry (especially as another gay actor who loves teaching kids). "Am I the right vessel to tell this story?" was my biggest takeaway!
- [May 28, 2:54 PM] Laura B.: lighthouse
- [May 28, 2:55 PM] Sarah Thompson: It's so comforting that your various interests and worlds interact and support each other, Donzell! No more future tripping!
- [May 28, 2:55 PM] Janet Rembaum: made me free because i loved myself
- [May 28, 2:55 PM] Emily Kindred: there's no hierarchy in what I do
- [May 28, 2:55 PM] MonicaGilbert: Yes read
- [May 28, 2:55 PM] LavelleRoby: Get out of the way and let the story be told
- [May 28, 2:55 PM] DonzellLewis: Reyn, sending love!
- [May 28, 2:55 PM] Janet Rembaum: yes it made me cry many times as i identified so much
- [May 28, 2:56 PM] ReynGraves: Thank you!
- [May 28, 2:56 PM] Alex Ryan: I've started a summit reading list



[May 28, 2:56 PM] AyaOhara: YES just beautiful. I've been having the same tests. I've stopped compromising and only do what is in alignment for me.

[May 28, 2:56 PM] DonzellLewis: Janet, sending love. So many part of our stories intersect and connect with each other!

[May 28, 2:56 PM] DionneNeish: Oh Alex I'd be interested in seeing ur list

[May 28, 2:56 PM] NicoleRycroft: Thanks Donzell and Bonnie! Loved that everyone is creative and to come from a place of love. The medicine tastes pretty good mixed in with all the fabulous ice cream!

[May 28, 2:56 PM] JayeRestivo: Future tripping.....

[May 28, 2:57 PM] Alex Ryan: Sure Dionne! It's VERY new but Happy to share and maybe have people add

[May 28, 2:57 PM] Paola Angarita: Unjudge creativity. Everyone is an artist, and never lose the artistic side.

[May 28, 2:57 PM] David H.Lawrence XVII: Loved not only what Donzell had to say, but just how absolutely damn sure he was in his direction and approach

[May 28, 2:57 PM] JayeRestivo: Yeah, we don't need a death grip on our goals.

[May 28, 2:57 PM] Alex Ryan: OH YES!!!

[May 28, 2:57 PM] MonicaGilbert: Judgments will always happen. Walk away.

[May 28, 2:57 PM] Alex Ryan: Yes DHL

[May 28, 2:58 PM] Emily Kindred: that would be awesome to have all the reading recommendations in one place <3

[May 28, 2:58 PM] DebSnyder: Thank you Donzell!

[May 28, 2:58 PM] KathleenParker: Amazing!

[May 28, 2:58 PM] Alex Ryan: THANKS DONZELL

[May 28, 2:58 PM] JayeRestivo: xoxoxoxo Donzell!!!

[May 28, 2:58 PM] DonzellLewis: Thank you Bonnie for inviting me! And thank you to all of the fellow ninjas for the chats, live streams and story sharing

[May 28, 2:58 PM] AmeliaRico:

[May 28, 2:58 PM] AyaOhara: Amazing! THank you sooo much!!!!

[May 28, 2:58 PM] TinaKien: thanks!!!!!!

[May 28, 2:58 PM] DebSnyder: Woo hoo!!!

[May 28, 2:58 PM] AaronWilson: Thank you, Donzell and Bon!

[May 28, 2:58 PM] Janet Rembaum: thank you!!

[May 28, 2:58 PM] GemTorres: Thank you!!!

[May 28, 2:58 PM] BiancaFoscht: YAY !!! THANK YOU DONZELL!!!

[May 28, 2:58 PM] NicoleRycroft: Thanks Donzell!!!

[May 28, 2:58 PM] Bonnie G: See y'all back in two hours!!

[May 28, 2:58 PM] Emily Kindred: Thank you Donzell, Bonnie and Team!!

[May 28, 2:58 PM] JayeRestivo: So much gratitude for this group!!

[May 28, 2:58 PM] DonzellLewis: WE all got this! Especially this community. We got this!

[May 28, 2:58 PM] DilaraFoscht: Thank you so much!

[May 28, 2:58 PM] KathleenParker: Thank you Donzell! Cant wait to connect one day! lots of love yall!

[May 28, 2:58 PM] Bonnie G: THANK YOU DONZELL!

[May 28, 2:59 PM] David H.Lawrence XVII: You went away! Sadface

[May 28, 2:59 PM] DonzellLewis: Kathleen!!! Yes, same! I can't wait to connect. It's going to be magical

[May 28, 3:01 PM] DonzellLewis: Thanks everyone! Stay safe out there and much love to you all!

[May 28, 3:01 PM] AngelicaCadena: Thank you Donzell!