

11.2024 Course Conversations Chat

00:22:42 Janet Redford, Speaker, Coach, What If Upper: Powerful @Carolina Perez Sanz! Thank you so much for sharing.

00:22:48 Monick Halm: Thank you @Carolina Perez Sanz for sharing your story. You are glowing and such light!

00:23:06 Carolina Perez Sanz: Reacted to "Thank you @Carolina ..." with ❤️

00:25:41 Dawn Light: God bless the opening occurring for you Carolina. This is a clear example of how spiritual curriculum unfolds in family units. I acknowledge the powerful choice to take responsibility for the fact you can recognize it's been about your sister all along. Now you can truly free and release all hurt that has been around those original experiences with your sister. This will radically transform your relationship with your son and his experience.

00:27:45 Monick Halm: I just watched the Martha Stewart documentary on Netflix. Her going to jail was a huge benefit for her too.

00:28:00 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I just watched the M..." with 👍

00:28:01 Dawn Light: Reacted to "I just watched the M..." with ❤️

00:28:09 Julie Bruns: Replying to "I just watched the M..."

Just started that - excited to finish it.

00:28:16 Monick Halm: Reacted to "Just started that - ..." with 👍

00:28:18 Janet Redford, Speaker, Coach, What If Upper: Replying to "I just watched the M..."

I'm watching that too.

00:28:21 Janet Redford, Speaker, Coach, What If Upper: One of the spiritual guidances I have received is that "I am a rock and rocks don't pick up messes." This has helped me stop "rescuing" family. I'm present as a strong, stable person but I don't have to move into actions that I'm not accountable for.

00:28:39 Julie Bruns: Great stories from you ladies - so grateful for this group.

00:28:48 Julie Bruns: Reacted to "One of the spiritual..." with ❤️

00:29:04 Carolina Perez Sanz: Reacted to "God bless the openin..." with ❤️

00:29:11 Wendy Zollner: Reacted to "One of the spiritual..." with ❤️

00:29:17 Carolina Perez Sanz: Reacted to "I just watched the M..." with ❤️

00:29:38 Carolina Perez Sanz: Reacted to "One of the spiritual..." with ❤️

00:29:50 Carolina Perez Sanz: Reacted to "Great stories from y..." with ❤️

00:29:52 Monick Halm: Reacted to "One of the spiritual..." with ❤️

00:30:05 Lynda: Reacted to "One of the spiritual..." with 💜

00:31:30 Carolina Perez Sanz: Replying to "I just watched the M..."

I agree, @Monick Halm and @Amna Mazin. My son yesterday told me "I'm not going to need any money from the doctor, because I'm going to do so well in life!"

00:31:42 Monick Halm: Reacted to "I agree, @Monick Hal..." with ❤️

00:31:48 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I agree, @Monick Hal..." with 🍷❤️

00:31:54 Monick Halm: Reacted to "I'm watching that to..." with 👍

00:33:52 JoAnna Turner: Wow, I can totally relate with you Colleen

00:34:02 Carolina Perez Sanz: Replying to "God bless the openin..."

Thank you, @Dawn Light. I agree.

00:34:23 JoAnna Turner: Yes, HE IS!!

00:34:33 Dawn Light: I forgive myself for judging myself as not having a backbone

00:34:42 Carolina Perez Sanz: Reacted to "I forgive myself for..." with ❤️


00:35:44 Julie Bruns: @Colleen Suzanne, can you do all that and get the money you have earned/he owes you/your kids?

00:36:52 Rachel: Woohoo!!

00:36:52 Janet Redford, Speaker, Coach, What If Upper: Yay!!!! Congratulations @Sharon Bumgarner


00:37:27 Julie Bruns: Is Fort Walton Beach by Destin FL?

00:38:53 Julie Bruns: @Sharon Bumgarner, yes, you have SO much wisdom to share - you're so vital and energized when you talk about money!

00:39:09 Carolina Perez Sanz: Reacted to "@Sharon Bumgarner, y..." with 

00:39:23 JoAnna Turner: This has been so impactful, I wish I could speak but I am in a hospital waiting room. My now wonderful husband is having surgery. I have decided to leave the public school system and work as a 1099 to increase my income. I have been comfortable for way to long, knowing that I am worth more!! I have been too afraid to move on to other blessings!!


00:39:44 Janet Redford, Speaker, Coach, What If Upper: And YOU WILL BE GREAT as a coach @Sharon Bumgarner


00:40:06 Carolina Perez Sanz: Reacted to "This has been so imp..." with 

00:40:38 Carolina Perez Sanz: Replying to "This has been so imp..."


Wishing your husband all the best, @JoAnna Turner !

00:41:02 Sharon Bumgarner: Most Unity churches will have one going on.

00:41:04 Janet Redford, Speaker, Coach, What If Upper: Reacted to "This has been so imp..." with 

00:41:11 Carolina Perez Sanz: Reacted to "Most Unity churches ..." with 

00:41:34 Carolina Perez Sanz: Is Unity and Unitarian Church the same thing?

00:41:38 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Most Unity churches ..." with 

00:42:23 Dawn Light: This is great to hear your process about learning the course in miracles

00:42:24 Janet Redford, Speaker, Coach, What If Upper: Centers for Spiritual Living might also offer the Course of Miracles classes too.

00:42:28 Barbara C: Replying to "Is Unity and Unitari..."

No

00:43:46 Lynda: Replying to "Is Unity and Unitari..."

No, Unity is different. It is the Daily Word church, if you are familiar with Daily Word.

00:44:03 Carolina Perez Sanz: Reacted to "No, Unity is differe..." with 👍

00:44:06 Carolina Perez Sanz: Reacted to "No" with 👍

00:44:33 Carolina Perez Sanz: Replying to "Is Unity and Unitari..."

I'm not familiar with the Daily Word, @Lynda

00:44:46 Janet Redford, Speaker, Coach, What If Upper: <https://circleofa.org/>

00:45:33 Janet Redford, Speaker, Coach, What If Upper: That's what I use - the app. So easy to use.

00:48:00 Janet Redford, Speaker, Coach, What If Upper: When you use the app you can either click on "read" and can read the text of the book. If you click on "practice" you get the day's lesson that you're on. You can search the content and etc.

00:48:13 Lynda: Replying to "Is Unity and Unitari..."

Daily Word is a booklet that you can get from Unity. There's a word of the day and a commentary. I've been reading Daily Word for 40 years.

00:48:17 Carolina Perez Sanz: Reacted to "When you use the app..." with ❤️

00:48:19 JoAnna Turner: Replying to "This has been so imp..."

Thank you!

00:49:08 Carolina Perez Sanz: Replying to "When you use the app..."

That's what I use. I love the app

00:49:15 Janet Redford, Speaker, Coach, What If Upper: Replying to "This has been so imp..."

Holding healing space for your husband @JoAnna Turner AND for what's possible for you as you step into your own call to greatness.

00:49:25 Carolina Perez Sanz: Reacted to "Holding healing spac..." with ❤️

00:49:42 JoAnna Turner: Reacted to "Holding healing spac..." with 😊

00:50:01 KUNJI SEDO: Replying to "This has been so imp..."

How can we do "Holding healing space for your husband" ?

00:52:01 KUNJI SEDO: https://www.amazon.com/Course-Miracles-Combined-Helen-Schucman/dp/1883360250/ref=sr_1_2?crid=3FN359JA1OCKU&dib=eyJ2ljojMSJ9.zfD10owJaTJzimULJzaIJcgXv_RXM8Glyy4RK8yj1wcD-SGovt7URpF1kY9d4RKy81QhZ882AUbnH2Ekvr1lBhHvUPRHmVI6uZJ_fxftWVzba642cUDbXJX0evAQIEBq6uzsd2lRUO-25gpYDvy2FojKqzQQchxP0Ju-YaKJWuAh_XbGS9LGi-aAaFh_bbllGj_ou5S04_RhPDDLri88ayrUtSmZD35ik-I9GIGF0LwHosnpgLVZBcULbZGH2c04bxnkyYga9Le-reqRRMVQ44U1IKrb4N9M8HPzgUKg58.o6ZqebolF3CWkqaZEQtIjwkZBMBg4m2hLoRjvLH-UNk&dib_tag=se&keywords=a+course+in+miracles&qid=1731608154&sprefix=A+course+in+m%2Caps%2C242&sr=8-2

00:52:08 KUNJI SEDO: Is this the right version to buy?

00:53:26 JoAnna Turner: Replying to "This has been so imp..."

praying for a successful surgery and rapid healing

00:53:31 Janet Redford, Speaker, Coach, What If Upper: Replying to "This has been so imp..."

You can sit and hold the vision of JoAnna's husband's vibrant health. Lift a prayer if that is a practice for you. Lift a prayer of gratitude that he is surrounded by the right people that will help him. Send love through focus and intention.

00:53:45 Carolina Perez Sanz: Reacted to "You can sit and hold..." with ❤️

00:53:48 Carolina Perez Sanz: Reacted to "praying for a succes..." with ❤️

00:53:55 JoAnna Turner: Replying to "This has been so imp..."

Amen!

00:54:05 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Amen!" with ❤️

00:54:38 Lynda: Replying to "Is this the right ve..."

Hi Kunji, This is the version Barbara recommended: <https://a.co/d/7GoAcuF>

00:55:05 KUNJI SEDO: Replying to "Is this the right ve..."

Thank you!

00:56:18 Lynda: Reacted to "You can sit and hold..." with 💜

00:57:22 Dawn Light: Reacted to "Thank you, @Dawn Lig..." with ❤️

00:58:25 Julie Bruns: @Amna Mazin You're seeing her in this way, because you see yourself that way, that it would be 'bragging' to be loud and say/do what you want

00:58:46 Carolina Perez Sanz: Reacted to "@Amna Mazin You're s..." with ❤️

00:59:05 Julie Bruns: I too had a hard time with that a while ago but I have gotten much softer about it and when I see that from a woman, I say, "I want that too"

00:59:34 Carolina Perez Sanz: Reacted to "I too had a hard tim..." with ❤️

01:00:17 Julie Bruns: Kate Northrop has a book about being aligned to your cycle and what works well

01:00:29 Carolina Perez Sanz: Reacted to "Kate Northrop has a ..." with ❤️

- 01:00:46 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Kate Northrop has a ..." with ❤️
- 01:00:49 Carolina Perez Sanz: I also read, Period Power, by Maisie Hill. Very powerful!
- 01:01:07 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Amna Mazin You're s..." with ❤️
- 01:01:26 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I too had a hard tim..." with ❤️
- 01:01:35 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I also read, Period ..." with ❤️
- 01:03:34 Carolina Perez Sanz: "Do you want to be right or do you want to be in relationship?" Is a saying we say in relationship coaching, @Amna Mazin
- 01:03:51 Janet Redford, Speaker, Coach, What If Upper: Great awareness @Amna Mazin!
- 01:04:06 Dawn Light: Reacted to ""Do you want to be r..." with ❤️
- 01:06:09 Janet Redford, Speaker, Coach, What If Upper: To be seen and heard!
- 01:08:47 Julie Bruns: @Amna Mazin, when you see something you're judging, in the moment say "thank you" to remind yourself that you want that/can do that.
- 01:09:46 Carolina Perez Sanz: What is USM, @Dawn Light ?
- 01:10:04 Dawn Light: Replying to "What is USM, @Dawn L..."

University of Santa Monica

- 01:10:09 Carolina Perez Sanz: Reacted to "University of Santa ..." with 👍
- 01:10:18 Janet Redford, Speaker, Coach, What If Upper: Reacted to "University of Santa ..." with 👍
- 01:10:19 Carolina Perez Sanz: Replying to "What is USM, @Dawn L..."

Thanks!

- 01:10:20 Dawn Light: Replying to "What is USM, @Dawn L..."

I am a graduate from spiritual psychology masters program

01:10:31 Carolina Perez Sanz: Replying to "What is USM, @Dawn L..."

That sounds really cool...

01:10:43 Dawn Light: Replying to "What is USM, @Dawn L..."

Game changer in consciousness

01:11:25 Carolina Perez Sanz: Replying to "What is USM, @Dawn L..."

Amazing! Is that where the Conscious Leadership also comes from?

01:11:57 Monick Halm: Thank you so much. I have to go now. I so appreciate you @Barbara Huson and everyone else here. 🙏❤️

01:12:07 Carolina Perez Sanz: Reacted to "Thank you so much. I..." with 🙌

01:12:07 Rachel: Reacted to "Thank you so much. I..." with ❤️

01:12:09 Amna Mazin: Omg thank u thank u thank u beautiful souls. I am so grateful for each of you and the words wisdom and energy you shared 🙏💛

01:12:22 Carolina Perez Sanz: Reacted to "Omg thank u thank u ..." with ❤️

01:12:31 Julie Bruns: Reacted to "Omg thank u thank u ..." with ❤️

01:12:43 Dawn Light: Replying to "What is USM, @Dawn L..."

I know there a few conscious leadership programs out there. Ciis has one and also Msia.org has one as well

01:12:56 Carolina Perez Sanz: Reacted to "I know there a few c..." with 👍

01:12:59 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Omg thank u thank u ..." with ❤️

01:20:07 Carolina Perez Sanz: @KUNJI SEDO, the RAIN meditations that Tara Brach does are very useful. You can find them in her podcast.

01:20:39 Janet Redford, Speaker, Coach, What If Upper: Yes @Dawn Light . Great guidance!

01:20:46 Wendy Zollner: Reacted to "Yes @Dawn Light . Gr..." with ❤️

01:20:48 Carolina Perez Sanz: Reacted to "Yes @Dawn Light . Gr..." with 👍

01:21:14 Julie Bruns: @KUNJI SEDO, your husband is reflecting what you think about yourself, and even when he gives it to you, it won't be enough, because you have to give it to yourself

01:21:43 Janet Redford, Speaker, Coach, What If Upper: Replying to "@KUNJI SEDO, your hu..."

Yes

01:23:54 Janet Redford, Speaker, Coach, What If Upper: Wow @Dawn Light tank you so much for your insights and expertise. Great example @Amna Mazin of how to do the inner work.

01:24:19 Dawn Light: Mary Anne Williamson has a great book called a woman's worth

01:24:20 Carolina Perez Sanz: Reacted to "Wow @Dawn Light tan..." with 👍

01:24:28 Carolina Perez Sanz: Reacted to "Mary Anne Williamson..." with 👍

01:24:32 Dawn Light: Reacted to "Wow @Dawn Light tan..." with ❤️

01:26:05 Amna Mazin: @KUNJI SEDO another thought that really helps me is: his words are his to keep. I don't need to take them if I don't want to.


01:26:43 Amna Mazin: Also - try to have compassion for your judgement and anger and sadness and don't push it away. Express it all and then keep going. The only way is through


01:27:21 Amna Mazin: And heads up! It's probably going to get worse before it gets better.

01:27:36 Amna Mazin: My therapist told me that and that really helped

01:28:49 Dawn Light: Where do I neglect myself emotionally? How do I neglect myself emotionally?

01:29:32 Patricia 's iPhone: Wow!! I am learning sooo much! Thank you everyone! What a powerful group.

01:35:08 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Wow!! I am learning ..." with 


01:35:18 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Where do I neglect m..." with 


01:35:33 Amna Mazin: Me too Colleen!

01:35:40 Amna Mazin: Thai community is invaluable for me

01:35:58 Julie Bruns: Couldn't agree more @Colleen Suzanne!

01:36:45 Julie Bruns: Attracting is so much hotter!


01:36:58 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Attracting is so muc..." with 


01:37:05 Carolina Perez Sanz: Reacted to "Attracting is so muc..." with 

01:37:48 Julie Bruns: Replying to "Attracting is so muc..."

And easier!

01:38:49 Dawn Light: Have a beautiful day everyone. I love being here with each of you brave beautiful souls. Thank you so much! This is a treasure to take in. Ive got to jump off for appointments. Bless your day.


01:39:00 Lynda: Reacted to "Have a beautiful day..." with 

01:39:00 Carolina Perez Sanz: Reacted to "Have a beautiful day..." with 

01:40:46 Julie Bruns: Love being with you all! Thank you - I have to jump off...

01:45:07 Amna Mazin: Such an inspiring call

Thank u!

01:45:14 Carolina Perez Sanz: Reacted to "Such an inspiring ca..." with 

01:45:25 Rachel: I can do that

01:45:29 Janet Redford, Speaker, Coach, What If Upper: Such a deep and powerful call Barbara. Thank you so much for creating this sacred space for US! ❤️