

12.2024 Course Conversations Chat

- 00:06:51 Eva: Holaaa from Spain, Blessings 🥰
- 00:07:51 Colleen Suzanne: Thank you Lynda Jo...and Barbara!
- 00:11:47 Carolina Perez Sanz: I invested more than \$23K this year in courses and "solutions"
- 00:12:05 Carolina Perez Sanz: I understand you so well, @Colleen Suzanne
- 00:16:33 Carolina Perez Sanz: Replying to "I invested more than..."

Needless to say, these things did nothing to "solve my problems" and it's exactly what @Barbara Huson was saying: I wasn't trusting myself.

- 00:16:54 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Needless to say, the..." with ❤️
- 00:17:51 Patricia Sciarrino: Love that Julie!!!
- 00:21:24 Julie Bruns: @nettie, yes! It's less risky
- 00:21:45 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@nettie, yes! It's ..." with 👍
- 00:21:45 Melanie Hoffman: @nettie beautiful!
- 00:21:46 Julie Bruns: So well said -
- 00:22:13 Janet Redford, Speaker, Coach, What If Upper: @nettie Love your awareness!
- 00:22:37 nettie: Reacted to "@nettie, yes! It's ..." with 👍
- 00:22:46 nettie: Reacted to "@nettie beautiful!" with 🙏
- 00:22:53 nettie: Reacted to "So well said -" with 🙏
- 00:22:59 nettie: Reacted to "@nettie Love your aw..." with 🙏
- 00:23:27 Victoria/Tori: joy

00:23:30 Lynda: Looking carefully at your intentions is key. This quote came up for me this week: "If one does not know to which port one is sailing, no wind is favorable." Seneca

00:23:41 nettie: Reacted to "joy" with 👍

00:23:58 nettie: Reacted to "Looking carefully at..." with ❤️

00:24:18 Melanie Hoffman: Guidance from Love is “softer than a high” - I like that!

00:24:22 Julie Bruns: Joe Dispenza's work says "Fear is not the opposite of love, it's the separation from it." WHOA!

00:24:42 Melanie Hoffman: Reacted to "Joe Dispenza's work ..." with ❤️

00:24:43 Constance: Reacted to "Looking carefully at..." with ❤️

00:24:52 Constance: Reacted to "Joe Dispenza's work ..." with ❤️

00:25:06 nettie: Reacted to "Joe Dispenza's work ..." with ❤️

00:25:13 Julie Bruns: @Colleen Suzanne, also so important - asking yourself if you are doing it for validation.

00:25:18 nettie: Reacted to "Guidance from Love i..." with ❤️

00:26:51 Samia Kornweibel: Hooray, Carney! What a joy to hear of your learning, discernment, communication and courage... and now joy!!! yahoo!

00:27:05 Julie Bruns: We women suffer so much for the needs of others and waste SO much time!

00:27:55 Amna: Reacted to "We women suffer so m..." with ❤️

00:28:24 Melanie Hoffman: Reacted to "Hooray, Carney! Wha..." with ❤️

00:30:16 Melanie Hoffman: @Barbara Simon Wow! this is huge - Congratulations! Indeed, you never know

00:30:47 Samia Kornweibel: Celebrating you, @Barbara Simon!!!!

00:31:22 Carolina Perez Sanz: Beautiful news, @Barbara Simon! Congratulations!

00:33:00 nettie: Oh Tori, my heart goes out to you and your family during this tender time. 🙏❤️

00:33:44 Julie Bruns: @Victoria/Tori so sorry for your loss and you're such an inspiration about healing and how powerful we are...

00:34:18 Janet Redford, Speaker, Coach, What If Upper: My heart extends to you @Victoria/Tori . I am so very sorry for your loss. I am surrounding you with love. 🙏

00:34:28 Lynda: Thank you for sharing this with us, Tori. This is all about hope for everyone. 💜🙏

00:34:38 Carolina Perez Sanz: Sending you love, @Victoria/Tori

00:34:41 Julie Bruns: Course: "Nothing out there has anything to do with being happy or said, it's only your mind's interpretation of it."

00:34:59 Pauline McKinney: Sending you so much love right now @Victoria/Tori ! ❤️

00:34:59 Melanie Hoffman: @Victoria/Tori sending love and gratitude for your inspiring example

00:35:06 Samia Kornweibel: @Victoria/Tori - I see your strength, growth, and amazing courage to live your life more fully and freely as you heal, grief, give thanks, and collaborate with your family to be your illuminated, loving self who knows her boundaries and responsibility. May your brother's spirit be free and at peace! Love and blessings to you and your family.

00:35:29 Patricia Sciarrino: So sorry for your loss Tori. Thanks for sharing with us.

00:35:47 nettie: Reacted to "@Victoria/Tori - I s..." with 🙏

00:37:31 Julie Bruns: "It doesn't make you less sensitive, it makes you more spiritual." per Barbara

00:37:31 Samia Kornweibel: @Victoria/Tori - I'm SO grateful for your share and for your presence and example, and your sisterhood in our community. Thank you! ❤️

00:39:19 Amna: Tori - I see your brother in your strength. What a gift he has given you - and all of us - in your soul's evolution.

00:39:23 Victoria/Tori: Reacted to "Oh Tori, my heart go..." with ❤️

00:39:33 Victoria/Tori: Reacted to "@Victoria/Tori so so..." with ❤️

00:39:49 Victoria/Tori: Reacted to "My heart extends to ..." with ❤️

00:39:54 Constance: Reacted to "@Victoria/Tori so so..." with ❤️

00:40:01 Victoria/Tori: Reacted to "Thank you for sharin..." with ❤️

00:40:01 Constance: Reacted to "My heart extends to ..." with ❤️

00:40:03 Constance: Reacted to "Thank you for sharin..." with ❤️

00:40:04 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Victoria/Tori - I s..." with 🙏

00:40:04 Victoria/Tori: Reacted to "Sending you love, @V..." with ❤️

00:40:12 Victoria/Tori: Reacted to "Course: "Nothing out..." with ❤️

00:40:16 Victoria/Tori: Reacted to "Sending you so much ..." with ❤️

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00:40:33 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Victoria/Tori sendi..." with ❤️

00:40:40 Constance: Reacted to ""It doesn't make you..." with ❤️

00:40:46 Janet Redford, Speaker, Coach, What If Upper: Reacted to "So sorry for your lo..." with ❤️

00:40:51 Janet Redford, Speaker, Coach, What If Upper: Reacted to ""It doesn't make you..." with ❤️

00:40:59 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Victoria/Tori - I'm..." with ❤️

00:41:01 Constance: Reacted to "@Victoria/Tori - I'm..." with ❤️

00:41:05 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Tori - I see your br..." with ❤️


- 00:41:06 Constance: Reacted to "Tori - I see your br..." with ❤️
- 00:41:25 Victoria/Tori: Reacted to "@Victoria/Tori - I s..." with ❤️
- 00:41:32 Victoria/Tori: Reacted to "So sorry for your lo..." with ❤️
- 00:41:45 Victoria/Tori: Reacted to ""It doesn't make you..." with ❤️
- 00:41:51 Julie Bruns: You see only the past
You take the past and project it on...
- 00:41:53 Victoria/Tori: Reacted to "@Victoria/Tori - I'm..." with ❤️
- 00:42:04 Victoria/Tori: Reacted to "Tori - I see your br..." with ❤️
- 00:42:09 Victoria/Tori: Reacted to "You see only the pas..." with ❤️
- 00:43:53 Colleen Suzanne: I am falling asleep... Can't stay awake but I will stay in hopes that my subconscious will catch the blessings. Love to you all!
- 00:43:54 Lora Cheadle, JD, Cht: @Alison - McMinnville, Oregon go to www.BetrayalRecoveryGuide.com and download the Betrayal Tool Kit. It will help. It's for infidelity but it's all betrayal.
- 00:44:22 Carolina Perez Sanz: Reacted to "@Alison - McMinnvill..." with ❤️
- 00:44:29 Eva: Reacted to "@Alison - McMinnvill..." with ❤️
- 00:45:06 Carolina Perez Sanz: Reacted to "I am falling asleep....." with ❤️
- 00:45:25 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Alison - McMinnvill..." with ❤️
- 00:45:27 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I am falling asleep....." with ❤️
- 00:45:32 Julie Bruns: @Alison - McMinnville, Oregon, this is the reparenting exercise
- 00:45:33 Julie Bruns: <https://women-wealth-and-power.mn.co/posts/wealth-building-tools-re-parenting-meditation>
- 00:45:42 Melanie Hoffman: Reacted to "@Alison - McMinnvill..." with ❤️
- 00:45:44 Julie Bruns: It's 15 minutes and VERY powerful

00:47:11 Amna: @Alison - McMinnville, Oregon - I am learning that when I am looking for something outside of me to change to give me peace of mind - I need to start to look within. But there are times I can observe the feeling and it doesn't last long. It almost feels like a movie I am watching and then it passes - and that is just part of our physical experience.


00:48:12 Julie Bruns: <https://hooponoponomiracle.com/ho-ooponopono-hawaiian-forgiveness-prayer/>


00:48:49 Julie Bruns: <https://graceandlightness.com/hooponopono-for-forgiveness/>


00:51:20 Melanie Hoffman: Expanding the heart to get to the place of forgiveness. Beautiful! Thank you @Janet Redford, Speaker, Coach, What If Upper


00:52:08 Patricia Sciarrino: Reacted to "https://hooponoponom..." with 

00:52:34 Janet Redford, Speaker, Coach, What If Upper: The Dalai Lama says that forgiveness isn't about the other person; it's about releasing the HOLD that the pain has over me.


00:53:03 Patricia Sciarrino: Reacted to "https://graceandligh..." with 


00:53:07 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Expanding the heart ..." with 


00:53:08 Carolina Perez Sanz: Reacted to "The Dalai Lama says ..." with 


00:53:11 Samia Kornweibel: Reacted to "The Dalai Lama says ..." with 

00:53:20 Constance: Reacted to "The Dalai Lama says ..." with 

00:53:20 Samia Kornweibel: Reacted to "https://hooponoponom..." with 

00:53:22 Samia Kornweibel: Reacted to "https://graceandligh..." with 

00:53:24 Samia Kornweibel: Reacted to "Expanding the heart ..." with 

00:53:28 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Alison - McMinnvill..." with 

00:53:38 Carolina Perez Sanz: Replying to "The Dalai Lama says ..."

Exactly! When I forgive someone I liberate myself

00:54:05 Eva: <https://www.youtube.com/watch?v=2Ze2xbE0Fp8&t=27s>

00:56:44 Melanie Hoffman: Reacted to "The Dalai Lama says ..." with ❤️

00:57:02 Janet Redford, Speaker, Coach, What If Upper: Replying to "The Dalai Lama says ..."

The Dalai Lama says forgiveness isn't about forgiving the act - because some are unforgivable. It's about "evolving my heart to be bigger than the pain they bring."

00:57:18 Carolina Perez Sanz: Reacted to "The Dalai Lama says ..." with ❤️

00:57:45 Carolina Perez Sanz: Replying to "The Dalai Lama says ..."

Where can I find that from the Dalai Lama, @Janet Redford, Speaker, Coach, What If Upper?

00:57:52 Constance: Replying to "The Dalai Lama says ..."

I got that. Thank you. Was it a prayer you shared? Something you repeat for the other person, then yourself, then all together...?

00:58:16 Constance: Replying to "The Dalai Lama says ..."

You read it from a book...

01:00:29 Carolina Perez Sanz: I also say, "What's the 2% truth about their perspective?"

01:00:42 Constance: Reacted to "I also say, "What's ..." with 👍

01:03:58 Lora Cheadle, JD, Cht: It was great today!!!

01:04:05 Julie Bruns: thank you all!

01:04:06 Melanie Hoffman: Thank you, Barbara, thank you everyone xoxo

01:04:13 Samia Kornweibel: thank you all!

01:04:13 Janet Redford, Speaker, Coach, What If Upper: Thank you so much!!! This was a deeply heart expanding call! Thank you EVERYONE!!!