

10.2024 Course Conversations Chat

- 00:05:59 Claire Weber: To feel more love and peace in my heart
- 00:06:41 Carolina Perez Sanz: To feel connected with all of you, who are on a similar path, and to be connected with myself and with God
- 00:06:52 Dr. Audrey Schnell: Reacted to "To feel connected wi..." with ❤️
- 00:07:25 Chrysanthi: So timely
- 00:07:46 Carolina Perez Sanz: "Peace is this moment without judgment" Dorothy Hunt
- 00:16:03 Carolina Perez Sanz: should
- 00:17:12 nettie: And celebrating what you do get done!
- 00:17:49 Samia Kornweibel, Executive Coach: Reacted to "And celebrating what..." with 🎉
- 00:17:54 Sharon Bumgarner: Exercise helps my ADD.
- 00:17:57 Samia Kornweibel, Executive Coach: Reacted to "should" with 👍
- 00:19:47 Janet Redford, Speaker, Coach, What If Upper: Reacted to "And celebrating what..." with 🎉
- 00:19:58 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Exercise helps my AD..." with ❤️
- 00:21:47 Samia Kornweibel, Executive Coach: @Alison - I celebrate that you are getting more support in understanding and working WITH your ADHD. Wishing you well on your journey. ❤️
- 00:22:06 Carolina Perez Sanz: Reacted to "@Alison - I celebrat..." with ❤️
- 00:23:28 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Alison - I celebrat..." with ❤️
- 00:26:00 Janet Redford, Speaker, Coach, What If Upper: What?!??? LOL
- 00:26:18 Sharon Bumgarner: Our ADD gives us gifts, it does not mean that we are not smart. We make good emergency room doctors because we can carry on two conversations at once.
- 00:27:06 Alison:Replying to "@Alison - I celebrat..."

Thank you!

00:27:11 Carolina Perez Sanz: Reacted to "Our ADD gives us gif..." with 👍

00:27:22 Carolina Perez Sanz: ACIM app

00:28:41 Janet Redford, Speaker, Coach, What If Upper: I use the app too and do exactly what you said Sharon - I wake up and grab my phone and can open the app for the next lesson.

00:28:47 Carolina Perez Sanz: Reacted to "I use the app too an..." with 👍

00:28:55 Alison:Replying to "Our ADD gives us gif..."

Yes. Absolutely. My focus with my students is fantastic. My ability to organize a recital with multiple elements is outstanding.

00:29:35 Carolina Perez Sanz: Are you sure it's YOUR goal and not your EGO's?

00:29:56 Sharon Bumgarner: Replying to "Our ADD gives us gif..."

Play to your strengths. I seem to want to make everything hard and it is not hard.

00:42:10 Janet Redford, Speaker, Coach, What If Upper: Great perspective and practice Lisa!

00:43:41 Samia Kornweibel, Executive Coach: Love this conversations... so helpful! thank you all!

00:43:50 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Love this conversati..." with ❤️

00:44:01 Carolina Perez Sanz: Reacted to "Love this conversati..." with ❤️

00:45:04 Lynda: Love that story, @Amna Mazin! Thanks for sharing.

00:45:14 Carolina Perez Sanz: Reacted to "Love that story, @Am..." with ❤️

00:45:31 Samia Kornweibel, Executive Coach: Replying to "Love that story, @Am..."

yes, thanks for sharing @Amna Mazin

00:46:41 Dr. Audrey Schnell: set intentions

00:46:53 Carolina Perez Sanz: Reacted to "set intentions" with ❤️

00:47:07 Janet Redford, Speaker, Coach, What If Upper: Celebrating your new life @cathyscheib!!!

00:47:51 Samia Kornweibel, Executive Coach: @cathyscheib - so glad you are here with us! thanks for sharing! ❤️

00:48:15 Janet Redford, Speaker, Coach, What If Upper: I'm so glad you showed us your painting! Beautiful!!!!

00:49:23 cathyscheib: Thank you everyone!!! First time I have spoken in a meeting, so I feel part of the group.

00:49:35 Samia Kornweibel, Executive Coach: @Kathy Burke - what a terrific self portrait! thanks for sharing your art with us! 🥰

00:49:37 Dr. Audrey Schnell: Reacted to "@Kathy Burke - what ..." with ❤️

00:49:51 nettie: Reacted to "@Kathy Burke - what ..." with ❤️

00:49:53 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Thank you everyone!!..." with ❤️

00:50:06 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Kathy Burke - what ..." with ❤️

00:50:54 Samia Kornweibel, Executive Coach: @Claire Weber - I'm so glad you are here and looking forward to your share/questions. ❤️

00:51:10 Carolina Perez Sanz: Reacted to "Thank you everyone!!..." with ❤️

00:51:14 Carolina Perez Sanz: Reacted to "@Kathy Burke - what ..." with ❤️

00:51:35 Carolina Perez Sanz: Reacted to "@Claire Weber - I'm ..." with ❤️

01:01:36 Janet Redford, Speaker, Coach, What If Upper: Such great wisdom @Amna 🌟❤️

01:01:49 Carolina Perez Sanz: Reacted to "Such great wisdom @A..." with 👍

01:02:38 Samia Kornweibel, Executive Coach: @Amna Mazin - beautiful share! thank you for sharing your story and wisdom with Claire and us. 🗨️

01:05:55 Chrysanthi: I have to go now. Sorry my mic and video are off — I've been walking to work (in noisy NYC). Just want to say thank you to everyone for your vulnerability and insights, which were exactly what I needed to hear. And to think I almost didn't show up because I 'didn't feel like it'. 🙏

01:05:56 Amna Mazin: I love this group so much. I'm reflecting your love and wisdom
💛

01:06:06 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I love this group so..." with 🗨️

01:06:16 Carolina Perez Sanz: Reacted to "I have to go now. So..." with ❤️

01:06:21 Lynda: Reacted to "I have to go now. So..." with 💜

01:06:25 Carolina Perez Sanz: Reacted to "I love this group so..." with ❤️

01:06:28 Samia Kornweibel, Executive Coach: Reacted to "I have to go now. So..." with ❤️

01:09:02 Lynda: That's so good, @nettie!

01:09:27 Janet Redford, Speaker, Coach, What If Upper: The Dalai Lama calls painful people our sacred friends because without them we would never have to evolve our hearts to be bigger than the pain they bring.

01:09:41 Amna Mazin: Reacted to "The Dalai Lama calls..." with ❤️

01:09:43 Carolina Perez Sanz: Reacted to "The Dalai Lama calls..." with ❤️

01:09:45 Lisa: Reacted to "The Dalai Lama calls..." with ❤️

01:10:13 Amna Mazin: @nettie I just love your wisdom so much! Thank u 🙏

01:10:22 Carolina Perez Sanz: Reacted to "@nettie I just love ..." with ❤️

01:10:26 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@nettie I just love ..." with ❤️

01:12:07 Samia Kornweibel, Executive Coach: Reacted to "The Dalai Lama calls..." with ❤️

01:12:25 nettie: Replying to "@nettie I just love ..."

@Amna Mazin My heart is touched. Thank you. 🙏

01:13:15 Dr. Audrey Schnell: love on you

01:13:16 Janet Redford, Speaker, Coach, What If Upper: And there it is.....

01:13:48 cathyscheib: My mom died when I was 11. I know!!!

01:14:13 nettie: Reacted to "The Dalai Lama calls..." with ❤️

01:14:39 Dr. Audrey Schnell: great call, thank you everyone. I have to jump off

01:14:40 Samia Kornweibel, Executive Coach: Reacted to "great call, thank yo..." with ❤️

01:14:48 Samia Kornweibel, Executive Coach: Reacted to "My mom died when I w..." with ❤️

01:14:59 Lynda: If you knew Who walks beside you on this way which you have chosen, fear would be impossible. T-18.III.3

01:16:25 Carolina Perez Sanz: Reacted to "If you knew Who walk..." with ❤️

01:17:53 Amna Mazin: @Barbara Huson this space is invaluable

01:18:01 Carolina Perez Sanz: Replying to "If you knew Who walk..."

I love that, @Lynda. I felt something like that yesterday when I did the lesson, "God is my strength. Vision is His gift."

01:18:40 Lynda: Reacted to "I love that, @Lynda...." with 💜

01:19:01 Alison: Thank you, all. Heartfelt expressions are beautiful.

01:19:33 Samia Kornweibel, Executive Coach: Reacted to "Thank you, all. Hear..." with ❤️

01:19:37 Samia Kornweibel, Executive Coach: Reacted to "@Barbara Huson this ..." with 🍷

01:20:43 Samia Kornweibel, Executive Coach: Reacted to "If you knew Who walk..." with ❤️

01:20:46 Samia Kornweibel, Executive Coach: Reacted to "I love that, @Lynda..." with 💜

01:20:48 nettie: Reacted to "@Barbara Huson this ..." with ❤️