

1.2025 Course Conversations Chat

00:06:59 Ines: I'm at lesson 103

00:07:38 Julie Bruns: Can you type the quote about "to change your mind..." that you just said Barbara?

00:07:43 bel @amabelnarvaez: Reacted to "I'm at lesson 103" with 🙏

00:08:14 bel @amabelnarvaez: Replying to "I'm at lesson 103"

Nice!

I'm at 104 or 105. Haven't been consistent

00:10:05 Ines: Today's gospel includes Jesus saying "Courage, I'm here, there is nothing to fear."

00:10:15 bel @amabelnarvaez: Reacted to "Today's gospel inclu..." with 🙏

00:18:04 bel @amabelnarvaez: I once heard "Don't pray like a beggar"

00:19:22 Annika Hylmö: I'm listening today. I am close to the fires. I'm not under evacuation notice (that is about 10 min away from me). I am breathing the ashes and have many friends who have evacuated/lost their homes.

00:19:43 bel @amabelnarvaez: Reacted to "I'm listening today..." with ❤️🩹

00:20:01 Melanie Hoffman: @Annika Hylmö sending love

00:20:01 Lynda: Replying to "I'm listening today..."

Sending you lots of love Annika. Fire is so scary...

00:20:16 Janet Redford, Speaker, Coach, What If Upper: Reacted to "I'm listening today..." with 🙏

00:20:43 Julia Kyambi: Sending love Annika

00:20:50 Annika Hylmö: Replying to "I'm listening today..."

Thank you. It's beyond scary. There are towns that are being obliterated here at this very moment.

00:20:54 Janet Redford, Speaker, Coach, What If Upper: Replying to "I'm listening today...."

Sending love to the area. Keep safe Annika! I'm so sorry for what you are experiencing.

00:21:00 Annika Hylmö: Reacted to "@Annika Hylmö sendin..." with ❤️

00:21:01 Julie Bruns: Replying to "I'm listening today...."

Sending you love @Annika Hylmö

00:21:03 Annika Hylmö: Reacted to "Sending love Annika" with ❤️

00:21:08 Annika Hylmö: Reacted to "Sending love to the ..." with ❤️

00:21:51 Amna: Replying to "I'm listening today...."

Praying and sending so much love

00:22:46 Carolina Perez Sanz: @Sharon Bumgarner, what's the title of the book you mentioned about prayer?

00:25:05 Ines: would someone type here the name of the book mentioned? one was discovering the power within... what was the other one?

00:25:19 Patricia Sciarrino: Replying to "I'm listening today...."



00:25:55 bel @amabelnarvaez: "Therefore, perfection is in me. I demand my divine birthright, intuitively realizing that all wisdom and power already exist in my soul".

00:26:06 Janet Redford, Speaker, Coach, What If Upper: Replying to "would someone type h..."

The Universe Is Calling by Eric Butterworth

- 00:26:48 Janet Redford, Speaker, Coach, What If Upper: Reacted to ""Therefore, perfecti..." with ❤️
- 00:29:37 Carolina Perez Sanz: Reacted to ""Therefore, perfecti..." with ❤️
- 00:29:42 nettie: Reacted to "Sending you love @An..." with 🙏
- 00:29:49 nettie: Reacted to "Praying and sending ..." with 🙏
- 00:29:55 nettie: Reacted to "Sending love to the ..." with 🙏
- 00:30:30 nettie: Reacted to "I'm listening today..." with 🙏
- 00:31:51 bel @amabelnarvaez: Congrats on your job @Kathy Carter. Hope your tummy /digestion feels better
- 00:34:25 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Congrats on your job..." with ❤️
- 00:35:21 Julie Bruns: You might find that video Netti mentioned on Dr Sue Morter's site: <https://www.youtube.com/@DrSueMorter/videos>
- 00:35:51 Carolina Perez Sanz: Reacted to "You might find that ..." with ❤️
- 00:36:19 bel @amabelnarvaez: Reacted to "You might find that ..." with 🙏
- 00:36:42 Julie Bruns: @Lisa, you always make me smile.
- 00:37:22 nettie: Reacted to "You might find that ..." with ❤️
- 00:39:01 nettie: Reacted to ""Therefore, perfecti..." with ❤️
- 00:40:54 Kathy Carter: Awesome!
- 00:41:41 Carolina Perez Sanz: What's the name of the app, @Victoria/Tori ?
- 00:42:05 bel @amabelnarvaez: I read this 5 years ago on kindle & it has corresponding videos: Tapping Into Wealth: How Emotional Freedom Techniques (EFT) Can Help You Clear the Path to Making More Money by Margaret M. Lynch
- She has tons of videos on YouTube as well
- 00:42:08 Victoria/Tori: <https://apps.apple.com/us/app/the-tapping-solution/id1419815487>

00:42:20 Victoria/Tori: The above is the app I use
00:42:29 Carolina Perez Sanz: Reacted to "I read this 5 years ..." with 👍
00:42:36 Carolina Perez Sanz: Reacted to "https://apps.apple.c..." with 👍
00:42:41 Carolina Perez Sanz: Replying to "The above is the app..."

thanks

00:42:48 Carolina Perez Sanz: Replying to "I read this 5 years ..."

Thanks!

00:43:39 Cathy S: I love Dr Joe. I have been going to Dr Joe for 8 years! Life changer!

00:43:45 Janet Redford, Speaker, Coach, What If Upper: Replying to "The above is the app..."

Thank you!

00:47:57 bel @amabelnarvaez: Sorry to hear that @Claire W . I remember your share. I'm sending love & comfort to you as you heal

00:49:35 Julia Kyambi: I remember your share too, Claire, I'm so sorry to hear what's happened and sending so much love

00:50:25 Dawn Light Amora: If you google alchemyofhealing louise hay You can heal your body the whole book comes up

00:50:42 bel @amabelnarvaez: Reacted to "If you google alchem..." with 🙏

00:52:33 Julie Bruns: Louis Hay: Heal Your Body:

Hands: Hold and Handle. Clutch and grip. Grasping and letting go. Caressing. Pinching. All ways of dealing with experiences.

I choose to handle all my experiences with love and with joy and with ease.

00:53:21 Patricia Sciarrino: Replying to "Louis Hay: Heal Your..."

Love that book. Have consulted it many many times for guidance.

00:55:07 Sheryl Kosovski: Great idea Dawn.

00:56:44 Janet Redford, Speaker, Coach, What If Upper: Replying to "Louis Hay: Heal Your..."

Me too!

00:57:37 Cathy S: Sorry I am not contributing today. I am involved in a project but listening. Thank you for all the insights.

00:57:53 Claire W: Brilliant goddesses. Thank you all for your wisdom and intuition.

00:59:21 nettie: Dr. Sue says: "The Soul speaks through the body and the body speaks to the mind - and oftentimes the mind isn't listening or off telling stories!"

00:59:32 Janet Redford, Speaker, Coach, What If Upper: Reacted to "Sorry I am not contr..." with ❤️

00:59:42 Carolina Perez Sanz: Reacted to "Dr. Sue says: "The S..." with ❤️

01:01:08 Patricia Sciarrino: Barbara's knowledge, wisdom and command of the lessons in ACIM are amazing!! What a natural teacher you are of this topic!! So helpful!!

01:01:25 Carolina Perez Sanz: Reacted to "Barbara's knowledge,..." with ❤️

01:01:37 Carolina Perez Sanz: Replying to "Barbara's knowledge,..."

+1!

01:01:45 nettie: Reacted to "Barbara's knowledge,..." with ❤️

01:01:54 Sharon Bumgarner: I love these meetings. She is a great teacher.

01:02:15 Patricia Sciarrino: Reacted to "I love these meeting..." with ❤️

01:03:37 Dawn Light Amora: Inez Im here for you when you want to connect love. Ive got to go for a client. Sending you light and love.

01:05:51 Patricia Sciarrino: Fear!!!

01:06:45 Julie Bruns: Inez, that's one of the first things you said - it's never enough, it won't be enough

01:07:05 Julie Bruns: "IT" is not "you"

01:09:59 Janet Redford, Speaker, Coach, What If Upper: It's a fantastic book! Final Gifts

01:12:25 Amna Mazin: Inez- I have no idea what u must feel during this time. Some things that are coming to me: how can you see her "sickness" differently? Is it really horrible? Maybe Ask more questions. I've been reading about how we r socialized to shun pain and discomfort. I wonder if u can try to see pain and little deaths as part of the whole.

01:13:17 nettie: <https://maggiecallanan.com/finalgifts.htm>

01:13:20 Chrysanthi: That's such a great insight, Nettie. It resonates with me as I too have lost a parent to dementia.

01:13:57 Patricia Sciarrino: Reacted to "That's such a great ..." with ❤️

01:14:03 nettie: Giving up = Surrendering

01:14:22 Julie Bruns: It's kind of like what Sharon said about her husband earlier - like Tori is saying

01:14:23 Patricia Sciarrino: Reacted to "Giving up = Surrend..." with 👍

01:15:18 Julie Bruns: Maybe we can all practice saying "Oh, that's their journey", and we can witness it or walk away...

01:15:32 Patricia Sciarrino: Reacted to "Maybe we can all pra..." with 👍

01:15:33 Carolina Perez Sanz: Reacted to "Maybe we can all pra..." with 👍

01:16:18 Victoria/Tori: Reacted to "Maybe we can all pra..." with ❤️

01:18:17 Melanie Hoffman: Thank you all for such an insightful and moving session. Unfortunately, I have to sign off. xoxo

01:18:24 Victoria/Tori: @Janet Redford, Speaker, Coach, What If Upper I hired a babysitter who goes in 3x a week to elevate that off me!

01:18:34 bel @amabelnarvaez: 🤔

01:19:09 Victoria/Tori: Replying to "@Janet Redford, Spea..."

@Ines

01:19:10 bel @amabelnarvaez: 🙄?

01:19:52 bel @amabelnarvaez: Thank you @Janet Redford, Speaker, Coach, What If Upper

01:20:18 Amna Mazin: Wow I love these insights - thank i

01:20:27 Amna Mazin: You

01:21:40 Julia Kyambi: So beautiful & powerful

01:21:48 bel @amabelnarvaez: Sat nam

Thank you all

01:21:50 Janet Redford, Speaker, Coach, What If Upper: Reacted to "@Janet Redford, Spea..." with ❤️

01:21:55 Julie Bruns: Sending lots of love Ines!

01:22:02 nettie: Reacted to "Sending lots of love..." with ❤️

01:22:02 Carie Olson: Thank you!

01:22:12 Janet Redford, Speaker, Coach, What If Upper: Hugs to ALL!!!!

01:22:14 Chrysanthi: 🙏❤️