








3.2025 Course Conversations

00:12:22 Lynda: Nothing real can be threatened...nothing unreal exists.
00:13:22 Ines Meneses: @Dr. Audrey Schnell , I have a couple of awesome people for you to consider interviewing. check them out. i can introduce you if you want.
Dr. Andrée Leroy <https://drleroy.com>
Dr. Kamin Samuel <https://www.kaminsamuel.com>

email me if you want me to connect you with any of them. my email is ines@inesmeneses.com

00:13:45 Ines Meneses:thank you for doing this work
00:13:55 Janet Redford, Speaker, Author, Coach: Reacted to "thank you for doing ..." with 
00:14:02 Ines Meneses:there are people in the world thirsty for what you have to offer
00:14:36 Amy Bellis: I was also a hot mess this morning.
00:14:55 Janet Redford, Speaker, Author, Coach: I was a hot mess on Monday
00:14:59 Ines Meneses:i like to think that when i wake up in the middle of the night, that's when God is talking to me most loudly - or better, i'm more quiet so i can hear better what he has been saying
00:15:29 Ines Meneses:He is talking to me all the time, disturbance is just His way to get my attention
00:15:44 Janet Redford, Speaker, Author, Coach: Reacted to "He is talking to me ..." with 
00:16:08 Claire Weber: Especially confusing when it's something we want!
00:16:21 Janet Redford, Speaker, Author, Coach: Replying to "Especially confusing..."

Yes

00:16:23 Ines Meneses:in the spiritual context there is no good or bad (including a "mess" or certain feelings)
00:16:30 Janet Redford, Speaker, Author, Coach: Reacted to "Especially confusing..." with 
00:16:44 Ines Meneses:crying is ok
00:17:02 Janet Redford, Speaker, Author, Coach: Reacted to "crying is ok" with 
00:19:44 Ines Meneses:"My intention for this call today is wisdom." @Clésia Mendes | U.K
00:19:52 Patricia Sciarrino: Daily Meditations for Practicing the Course by Karen Casey.
00:20:21 Patricia Sciarrino: Reacted to "in the spiritual con..." with 
00:20:28 Patricia Sciarrino: Reacted to "crying is ok" with 
00:22:51 Janet Redford, Speaker, Author, Coach: Reacted to "Daily Meditations fo..." with 
00:23:00 Janet Redford, Speaker, Author, Coach: Replying to "Daily Meditations fo..."

Thank you!

00:25:28 Ines Meneses:You rock, @Clésia Mendes | U.K !
00:25:47 Ines Meneses:You asked and you received!

00:25:49 Janet Redford, Speaker, Author, Coach: Wow @Clésia! You are modeling courage and accountability in following up on what you were promised. Thank you for sharing your story.

00:26:03 nettie: Reacted to "Wow @Clésia! You are..." with ❤️

00:26:53 Ines Meneses: "I am not a victim, I am a volunteer. I am not a guinea pig, I am a pioneer." @Clésia Mendes | U.K

00:26:59 Dr. Audrey Schnell: Reacted to ""I am not a victim, ..." with ❤️

00:27:12 Patricia Sciarrino: Reacted to "Thank you!" with 👍

00:27:25 Patricia Sciarrino: Reacted to "You rock, @Clésia Me..." with ❤️

00:27:33 Patricia Sciarrino: Reacted to "Wow @Clésia! You are..." with ❤️

00:27:35 Ines Meneses: "Our choices create our life."

00:28:01 nettie: Beautiful Clesia! Very inspiring. Your choice for You helped raise consciousness for those around you, too!

00:28:22 Ines Meneses: "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl

00:28:23 Patricia Sciarrino: Reacted to ""I am not a victim, ..." with ❤️

00:28:28 Clésia Mendes | U.K: Reacted to "You rock, @Clésia Me..." with ❤️

00:28:28 Claire Weber: Brava Clesia! Not giving in to victim and speaking up. And then opening a platform for you to speak about the 33% rule. Brava

00:28:33 Clésia Mendes | U.K: Reacted to "You asked and you re..." with ❤️

00:28:39 Patricia Sciarrino: Reacted to ""Between stimulus an..." with ❤️

00:28:40 Clésia Mendes | U.K: Reacted to "Wow @Clésia! You are..." with ❤️

00:28:47 Clésia Mendes | U.K: Reacted to ""I am not a victim, ..." with ❤️

00:28:48 Patricia Sciarrino: Reacted to "Brava Clesia! Not gi..." with ❤️

00:28:56 Clésia Mendes | U.K: Reacted to "Beautiful Clesia! Ve..." with ❤️

00:29:02 Janet Redford, Speaker, Author, Coach: Reacted to "Brava Clesia! Not gi..." with ❤️

00:29:07 Clésia Mendes | U.K: Reacted to "Brava Clesia! Not gi..." with ❤️

00:29:13 nettie: Reacted to "Brava Clesia! Not gi..." with ❤️

00:29:19 nettie: Reacted to ""Between stimulus an..." with ❤️

00:30:29 Lynda: Reacted to ""Between stimulus an..." with ❤️

00:31:33 Claire Weber: There is a powerful lesson, in my experience.

00:32:38 Lora Cheadle, JD, Cht: Self worth set point! Invitation fir more!

00:32:58 Claire Weber: Ending suffering

00:33:05 Dr. Audrey Schnell: Reacted to "Ending suffering" with ❤️

00:33:22 Ines Meneses: "The mind is the projector. The screen is life."

00:34:37 Janet Redford, Speaker, Author, Coach: It's like you don't get to keep money.

00:34:39 Stacey Robinson: Amy I resonate with this. Seems I can get just enough, but I can't keep it.

00:36:07 Clésia Mendes | U.K: Reacted to ""My intention for th..." with ❤️

00:36:47 Stacey Robinson: Sounds like she's got a money ceiling ..setpoint

00:37:01 Dr. Audrey Schnell: "I can't get ahead" is a theme

00:37:42 Stacey Robinson: Replying to ""I can't get ahead" ..."

I resonate with this as well

- 00:38:18 Lynda: That's really good @Lisa!
00:38:39 Stacey Robinson: Yesssss! Barbara you preaching
00:38:54 Dr. Audrey Schnell: Gay Hendricks - The Big Leap is a great book
00:39:06 Janet Redford, Speaker, Author, Coach: Reacted to "That's really good @..." with 🙌
00:39:32 Janet Redford, Speaker, Author, Coach: Replying to "Gay Hendricks - The ..."

I love that book!

- 00:43:57 Dr. Audrey Schnell: dan sullivan
00:44:53 Janet Redford, Speaker, Author, Coach: Great wisdom Ines!
00:45:05 Clésia Mendes | U.K: Reacted to "Great wisdom Ines!" with ❤️
00:45:26 Patricia Sciarrino: Reacted to "Great wisdom Ines!" with ❤️
00:45:43 nettie: Reacted to "Great wisdom Ines!" with ❤️
00:46:08 Amy Bellis: Reacted to "Sounds like she's go..." with ❤️
00:46:24 Amy Bellis: Reacted to "Gay Hendricks - The ..." with ❤️
00:47:22 Samia Kornweibel: Taking personal responsibility is SO powerful!! Own what is yours and you can liberate yourself from blaming self and others and then you can make such powerful choices to move forward.
00:47:36 Amy Bellis: Reacted to "Taking personal resp..." with ❤️
00:47:37 Janet Redford, Speaker, Author, Coach: "Forgetting is choosing to be unconscious." ~Inez
00:48:28 Stacey Robinson: What's USM?
00:48:42 Stacey Robinson: Reacted to "Forgetting is choos... with "❤️"
00:49:02 nettie: Reacted to ""Forgetting is choos..." with ❤️
00:49:05 Lisa: Would like to know too
00:49:11 Lora Cheadle, JD, Cht: I am... choosing to be conscious.
00:49:32 Janet Redford, Speaker, Author, Coach: Replying to "I am... choosing to ..."

Same, I needed to hear that.

- 00:49:47 Lynda: University of Santa Monica
00:49:50 Stacey Robinson: Reacted to Would like to know t... with "❤️"
00:51:36 Stacey Robinson: Replying to "University of Santa ..."

Thank you .

- 00:52:34 Claire Weber: Thank you Lynda! I just found Pam Grout's book is included on audio book on Spotify premium
00:52:47 Lynda: Reacted to "Thank you Lynda! I j..." with 💜
00:52:55 Dr. Audrey Schnell: Reacted to "Thank you Lynda! I j..." with ❤️
00:53:28 Lynda: A Course in Miracles Experiment by Pam Grout or Return to Love by Marianne Williamson
00:55:03 Dr. Audrey Schnell: get curious
00:55:22 Patricia Sciarrino: I agree with you @Melanie Hoffman

00:55:44 Claire Weber: My resistance in the beginning was because I was skeptical and didn't trust so I didn't want to turn my mind over to be 'programmed' by a source I didn't trust

00:56:01 Amy Bellis: Reacted to "My resistance in the..." with ❤️

00:59:00 Janet Redford, Speaker, Author, Coach: Spiritual bypassing - so true Barbara!

00:59:33 Janet Redford, Speaker, Author, Coach: Yes LJ! Trusting the process that we'll be shown what we need to know.

00:59:49 Lynda: Reacted to "Yes LJ! Trusting the..." with 💜

01:00:09 Lynda: Reacted to "My resistance in the..." with ❤️

01:00:29 Stacey Robinson: I do that. Also give yourself permission to be drawn to the good parts until you're ready to tackle the bad parts

01:01:43 Lora Cheadle, JD, Cht: About to go in the glenwood Canon! I'll be back, great call!

01:02:34 Dr. Audrey Schnell: we need the contrast

01:03:23 Dr. Audrey Schnell: 7 layers

01:04:24 Dr. Audrey Schnell: from the Gita. What is like poison in the beginning and like nectar at the end

01:04:48 Patricia Sciarrino: Reacted to "from the Gita. What ..." with ❤️

01:06:36 Ines Meneses:@Amy Bellis , here is the quote i mentioned From Robert Kyiosaki:
Instead of saying "I can't afford it."
Ask "How can I afford it?"
And expand your means.

I'll make the parallel to me - when faced with negativity, instead of saying "I can't stand it.", ask myself "how can i let it be?" and expand my means

01:07:02 Clésia Mendes | U.K: Reacted to "@Amy Bellis , here i..." with 🌟

01:07:35 Dr. Audrey Schnell: Reacted to "@Amy Bellis , here i..." with ❤️

01:07:52 Ines Meneses: lovely ladies, i'll excuse myself to another appointment. thank y'all for being who you are.

01:07:52 Amy Bellis: Reacted to "@Amy Bellis , here i..." with ❤️

01:08:01 nettie: Reacted to "@Amy Bellis , here i..." with ❤️

01:08:05 Janet Redford, Speaker, Author, Coach: @Claire, it sounds like the group was delivering ACIM like a fire hose. What if you align to your own cadence and capacity for taking it in and processing the lessons? Whether in a group, with a study partner, or on your own.

01:08:11 Amy Bellis: Replying to "@Amy Bellis , here i..."

Thank you so much for this! I'm writing it down.

01:08:35 Lisa: Have to leave—bye everyone! Thanks Barbara and all!

01:08:42 Janet Redford, Speaker, Author, Coach: Reacted to "Have to leave—bye ev..." with ❤️

01:09:44 Amy Bellis: Reacted to "Have to leave—bye ev..." with ❤️

01:11:11 Lora Cheadle, JD, Cht: She told him to do it himself. She should study for herself!

01:14:27 Janet Redford, Speaker, Author, Coach: He was the messenger - literally

01:14:45 Clésia Mendes | U.K: Reacted to "He was the messenger..." with 🎤

01:17:32 nettie: Feel the feelings and take it to the body and use the breath to integrate so it becomes a somatic experience and doesn't just stay in the mind.

01:18:22 nettie: Oh Claire....you are such a big being.

01:19:06 Janet Redford, Speaker, Author, Coach: My heart extends to you Claire and your inner child! What if you can feel us hugging you and little Claire?! ❤️

01:19:31 Mary Sue Rabe: Sorry, I have to go now. Good meeting. Thanks

01:20:00 nettie: It seems like it is really deep now Claire because your vision is coming to fruition

01:20:52 Patricia Sciarrino: Thanks for the beautiful share @Claire Weber. Sending you a big warm hug. ❤️

01:21:02 nettie: Replying to "It seems like it is ..."

And transmuting it will only make your vision stronger as you materialize it

01:21:16 Janet Redford, Speaker, Author, Coach: Reacted to "It seems like it is ..." with 💖

01:21:23 Janet Redford, Speaker, Author, Coach: Reacted to "And transmuting it w..." with 💖

01:23:10 Janet Redford, Speaker, Author, Coach: @Samia Beautiful wisdom and love!!!

01:23:28 Patricia Sciarrino: Replying to "@Samia Beautiful wis..."

Yes!!! ❤️

01:24:52 nettie: Wow, chills. That is so powerful.

01:26:22 Janet Redford, Speaker, Author, Coach: What a powerful story you are living Claire! They've been with you all along! 🙏🦋💖

01:27:12 nettie: Reacted to "What a powerful stor..." with 🦋

01:27:46 Amy Bellis: Amazing call. Claire I still have chills.

01:27:50 Stacey Robinson: Great call!