

00:06:13 Kate London (she/her): I had the same kind of week :)
00:06:22 Kate London (she/her): Yay meditation
00:13:58 Anu Yadav: You are in Panama!
00:26:25 Alexandra Ryan (she/her): We have guilt as well because we
"know" it's not "that bad" and so that's on top of the feelings
00:30:42 Alexandra Ryan (she/her): Yes!
00:35:51 Alexandra Ryan (she/her): She's MAXIMIZED her internal!
00:36:45 Alexandra Ryan (she/her): Lin Manuel Miranda I think
00:37:01 Clare Fields-Flood: mlk
00:37:28 Kate London (she/her): Michelle Obama
00:37:29 Rebecca Sohn (She/hers): Martha Beck
00:37:48 Rebecca Sohn (She/hers): Billy Porter
00:37:57 Julie: Dalai Lama
00:38:11 Alexandra Ryan (she/her): Love that "the abundance she
insisted upon"
00:38:23 Alayne Faraone: Yes -I love this, Miata! the MAXIMIZED
internal Freedom allows us to perceive and then accept what truly IS
instead of what we wish were happening - then we have that maximum
INFLUENCE.
00:38:34 Kate London (she/her): @Alexandra YES!
00:38:37 Alexandra Ryan (she/her): You froze
00:38:49 Rebecca Sohn (She/hers): You're back
00:38:58 Pamela Dunlap: Simone Biles
00:39:07 Rebecca Sohn (She/hers): Yes Simone Biles!!
00:39:36 Roma Rogers: For me it's Chadwick Boseman
00:39:42 Kate London (she/her): All those gymnasts who testified
this week so 🍷
00:40:05 Kate London (she/her): YES @Roma!
00:41:31 Kate London (she/her): @Alayne I love the formula you
highlighted ... maximum internal freedom = maximum (or greater) external
influence
00:42:02 Elena Campbell-Martínez: Ability to admit when youre wrong
00:42:40 Alexandra Ryan (she/her): Can we talk about humor when it
comes to our relationship with money? Is it like a playfulness?
00:52:51 Kate London (she/her): These distinctions tonight are so
powerful!
00:53:34 Alexandra Ryan (she/her): It also feels like "success/failure"
is more of a factor in control.
00:55:37 Alayne Faraone: Control is very black and white/ good and bad
polarized concept ... Influence is gradual, messy, meandering, and
happens in the broadness of a whole field, not a narrow, linear space
00:58:44 Ashley (she/her): fear
00:58:47 Ashley (she/her): resentment
00:58:47 Alexandra Ryan (she/her): tight
00:58:52 Rebecca Sohn (She/hers): frustration
00:58:52 Clare Fields-Flood: nausea, anxiety
00:58:56 Alayne Faraone: Tightness, constriction
00:58:59 Pamela Dunlap: Constant anxiety
00:58:59 Alexandra Ryan (she/her): Like straitjacketed
00:59:08 Rebecca Sohn (She/hers): impotent

00:59:10 Beth Persky: fear, envy
00:59:22 Kate London (she/her): Very alone
00:59:22 Roma Rogers: I developed an anxiety disorder than manifested physically
00:59:31 Pamela Dunlap: Shame
00:59:37 Clare Fields-Flood: in jeopardy
00:59:40 Rebecca Sohn (She/hers): angry
00:59:53 JoAnn P: Fear anxiety confusion anger
01:00:25 Alexandra Ryan (she/her): The exact OPPOSITE of freedom
01:00:29 Kate London (she/her): Defeated
01:01:06 Alayne Faraone: Have to, should, must
01:01:06 Rebecca Sohn (She/hers): "I can't..."
01:01:12 Alexandra Ryan (she/her): can't
01:01:13 Liana Arauz: "This is so frustrating"
01:01:18 Ashley (she/her): The language was very lonely. I thought I was the only one in the situation
01:01:18 Beth Persky: I must overcome
01:01:30 Rebecca Sohn (She/hers): "I'll never"
01:01:31 Alayne Faraone: Always, Never
01:01:32 Kate London (she/her): I give up
01:01:34 Elena Campbell-Martínez: I'll never have enough
01:01:43 Alexandra Ryan (she/her): There's no way to fix this
01:02:02 Pamela Dunlap: I'm going to be homeless
01:02:35 Rebecca Sohn (She/hers): ^ !!
01:04:38 Beth Persky: Advance from credit card
01:04:55 Kate London (she/her): How could I? how might I? What are possibilities/options?
01:05:51 Kate London (she/her): How might I cause the repercussions to be lessened?
01:06:07 Pamela Dunlap: speak to the creditor
01:07:34 Elena Campbell-Martínez: Help me think out of the box!
01:08:45 Elena Campbell-Martínez: In Spanish when we feel overwhelmed by a problem, we say "my world closed up on me". The right person can help you "open it up".
01:09:16 Kate London (she/her): So good @Elena!
01:09:36 Alayne Faraone: Yes - love that Elena!
01:10:01 Alayne Faraone: "We never reach the limits of our internal freedom!"
01:10:45 Kate London (she/her): Ooh! We never reach the limits of our internal freedom★
01:12:13 Anu Yadav: Wow
01:12:19 Rebecca Sohn (She/hers): This is really wonderful, thank you, Miata! I'm sorry I have to go. Love that last quote!!
01:13:36 Alayne Faraone: Wow! this is a heads-up quote for me: "Fear is the cheapest room in the house. I would like to see you living in better conditions"
01:14:06 Kate London (she/her): Yes 👍
01:14:43 JoAnn P: Dance it out 🎉
01:16:00 JoAnn P: Love that!

01:16:06 Kate London (she/her): Possibilitarians! Will do!
01:16:10 Alexandra Ryan (she/her): Can you repeat how to respond to the world? With love, with...?
01:16:48 Kate London (she/her): Love Patience determination possibility
01:17:43 Liana Arauz: Miata, what is the name of that author? The one asking us to be possibilitarians – I'll like to look him up
01:17:59 Liana Arauz: Thanks you!
01:18:28 JoAnn P: I have a few of his books
01:19:50 Kate London (she/her): Scary'
01:20:09 JoAnn P: Amazing
01:23:51 Alexandra Ryan (she/her): That's what I think. I have a delusion that these amazing people don't have fear
01:26:25 Alayne Faraone: when we don't see possibilities we concretize the lack of "scope for imagination"
01:26:40 Kate London (she/her): Lost you
01:26:47 JoAnn P: Uh oh
01:26:52 Ashley (she/her): speaks simply and powerfully to this conversation
01:29:03 Kate London (she/her): Thank you for sharing this!
01:29:09 Beth Persky: My EIDL ran out and I was short on money
01:29:17 JoAnn P: Thank you so much Miata for this conversation.
01:30:07 JoAnn P: lol
01:32:13 Alayne Faraone: YES! Alexandra – the image we hold for ourselves in the external... so key to how we show up to both internal and external!
01:35:30 Kate London (she/her): Process oriented vs result oriented!
01:38:36 Pamela Dunlap: Thank you Miata
01:39:18 Kate London (she/her): THANK YOU 🙏
01:39:37 Alexandra Ryan (she/her): Putting it on the whiteboard! Thank you!