

--- Chat Day 3.txt ---

00:22:56 Daniel Hoffman: Where's that Pet Shop Boys t-shirt?
00:23:07 Naomi C: Reacted to "Where's that Pet Sho..." with ■
00:23:23 Talia: Tosha , I love your blouse!!!! So beautiful :)
00:23:23 Elena: feeling great!
00:23:34 Elena: Where's the pet??
00:23:37 Kitty Signs: Good morning, everyone!
00:23:46 Jamie Smith: Love them too
00:23:49 Gaby at @gabysoulcare: anybody cried hugely yesterday? hahaha
00:23:51 Sam Hughes: The energy here is amazing!
00:23:54 Mark: Yes, more of this!!
00:24:01 Kathy Roy: Tired and teary, but also really good. Lots of energy clearing.
00:24:05 Abigail: Oink Floyd forever!
00:24:11 Trish: Tosha, you look so beautiful this morning, Your inner child chose wisely!
00:24:12 Shell■■■ Mualem (she/2S~we): This weekend has been so incredible TY!
00:24:12 Andrea (she/her): Yes!
00:24:18 Abigail: Amazing Kate - I finally like tapping!
00:24:18 Julie: Yes! More weekend intensives, please!
00:24:28 Andrea (she/her): Kate is great!
00:24:29 Maria F.: It really helps to have many hours over one weekend
00:24:29 Kat: Still, what I want in my life is to be willing to be dazzled— to cast aside the weight of facts and maybe even to float a little above this difficult world. I want to believe I am looking into the white fire of a great mystery. I want to believe that the imperfections are nothing— that the light is everything—that it is more than the sum of each flawed blossom rising and falling. And I do.
Mary Oliver
00:24:31 Saaniya Pandit: I am so glad! I got to work with her during the session and it moved me immensely
00:24:42 Tanja: The tapping brought out a layer of ferocious resistance....
00:24:45 Susan Wyle: How do we start/join a decluttering group or get a partner? FB page?
00:24:47 Talia: Lucie is a rockstar!!!!!!!!!!!!!!!!!!!!!!
00:24:48 PattieBelle Hastings: LUCIE!!!!
00:24:49 Lucie: Thank you!!!
00:24:53 Saaniya Pandit: Thanks Lucie!!
00:24:56 Kathy Roy: You're amazing Lucie!
00:24:57 Maria F.: Thank you, Lucie and Matt!
00:24:58 Mark: Merci beaucoup Lucie!!
00:25:00 Kerensa: Yay Lucie!!!!
00:25:02 Allison (she/her/hers): Reacted to "Tosha, you look so b..." with ■
00:25:03 Lucie: Reacted to "Yay Lucie!!!!" with ♥■
00:25:04 charityharris: Kate was incredible! I already love EFT and she added another dimension beautifully and skillfully.
00:25:05 aida: Hooray! Lucie
00:25:08 Annette: Lucie ■
00:25:10 Heather B: You do have the best team!!
00:25:13 Allison (she/her/hers): Reacted to "Yes! More weekend in..." with ■
00:25:14 Lucie: Reacted to "Merci beaucoup Lucie..." with ♥■
00:25:21 Lucie: Reacted to "Thanks Lucie!!" with ♥■
00:25:21 Talia: Thank you TS team!
00:25:24 Lucie: Reacted to "You're amazing Lucie..." with ♥■
00:25:25 aida: That was a beautiful promotion

00:25:31 Liz Goldman: Kate was incredible! I got SO much from it, being witnessed and supported. Today I feel tired, relaxed and open

00:25:32 Lucie: Reacted to "Hooray! Lucie" with ♥■

00:25:33 Kate: Matt, Kate, and Lucie!! Yay!!

00:25:33 PattieBelle Hastings: I will be going back to that tapping session again and again

00:25:35 Allison (she/her/hers): Reacted to "It really helps to h..." with ■

00:25:38 Abigail: You are appreciated!!!! Beyond words!

00:25:38 Lucie: Reacted to "You do have the best..." with ♥■

00:25:44 Lucie: Reacted to "Lucie ■" with ♥■

00:25:45 Dee Ann: today's card! Nurturing !

00:25:49 Karen's Notetaker (Otter.ai): Hi, I'm an AI assistant helping Karen Edmonson Bemmes take notes for this meeting. Follow along the transcript here:
https://otter.ai/u/s8bcmJKSERxLRe60LLZu5lehpQ?utm_source=va_chat_link_1
You can see screenshots and add highlights and comments. After the meeting, you'll get a summary and action items.

00:25:55 Lucie: Reacted to "Thank you TS team!" with ♥■

00:25:59 Holly: Thank you Lucie, Matt and Kate.

00:26:03 Lucie: Reacted to "Thank you Lucie, Mat..." with ♥■

00:26:24 Heather B: Huge release of physical stuff for me yesterday and have the car loaded with things to go to thrift store.

00:26:34 Heather B: Reacted to "202509141104130000..." with ♥■

00:26:36 AnneA: Reacted to "Huge release of phys..." with ♥■

00:26:38 Dina: Reacted to "Huge release of phys..." with ♥■

00:26:43 Suzanne Miley: Reacted to Huge release of phys... with "♥■"

00:26:44 Kat: Reacted to "Huge release of ph..." with ♥■

00:26:45 Trish: Reacted to "Huge release of phys..." with ♥■

00:26:45 Lucie: Reacted to "Lucie is a rockstar!..." with ♥■

00:26:45 Dina: Replying to "Huge release of phys..."
Same!

00:26:52 Lucie: Reacted to "LUCIE!!!!" with ♥■

00:26:52 Dee: Reacted to "202509141104130000.jpg" with ♥■

00:26:52 Kerensa: Reacted to "Still, what I want i..." with ♥■

00:26:58 Kat: Reacted to "Where's that Pet S..." with ■

00:27:01 April: Reacted to "202509141104130000.jpg" with ♥■

00:27:07 Lucie: Reacted to "Thank you, Lucie and..." with ♥■

00:27:15 Catherine Gregory: Reacted to "Kate was incredible!..." with ♥■

00:27:21 Lucie: Reacted to "Matt, Kate, and Luci..." with ♥■

00:27:34 Elena: Replying to "I am so glad! I got ..."
you did great!

00:27:36 Julie: The video is much appreciated!

00:27:44 Heather B: Yes being able to see everyone is amazing!! Uplifts the energy and intentions!!

00:27:47 Liz Goldman: I went through all of my books last night and decided to remove all the self-help ones that carry any stuck energy for me. It already feels like I can turn more and more to my divine self WOOHOO!

00:27:51 Georgie Weston: For me there really is an energetic connection with the video, visual connection

00:27:55 Dina: Reacted to "I went through all o..." with ♥■

00:28:03 Janet Douglas: Reacted to "I went through all o..." with ♥■

00:28:04 Heather B: Reacted to "For me there reall..." with ♥■

00:28:06 Elizabeth Johnson: Reacted to "I went through all o..." with ♥■

00:28:22 roses Shannon: of course!

00:28:22 Kat: Reacted to "Kate was incredibl..." with ♥■

00:28:28 Elena: Replying to "Kate was incredible!..."

How are you feeling today? You had such a transformation with Kate.

00:28:29 Stephanie Samuels: Of course it it!!!!

00:28:34 Kat: Reacted to "Thank you TS team!" with ♥■

00:28:40 Liz Goldman: Reacted to "How are you feeling ..." with ♥■

00:28:44 Dina: Reacted to "How are you feeling ..." with ♥■

00:28:52 Julie: This deck is fabulous!! Buy it! ♥■

00:28:53 Kerensa: Reacted to "202509141104130000.jpg" with ♥■

00:28:58 Tanja: I would not be able to follow this intensive audio only. I take in information visually.

00:29:02 Kat: Reacted to "The video is much ..." with ♥■

00:29:11 Kat: Reacted to "I went through all..." with ♥■

00:29:16 Liz Goldman: Replying to "Kate was incredible!..."

I feel tired ;-) and enthusiastic. xx

00:29:25 April: This is the exact message I received journaling last night. Holy cats!

00:29:26 Stacia Aashna: Oof needed that last line

00:29:36 MaryLynn: Since we talked so much yesterday about our Young One, I'd like to share this poem:

00:29:55 roses Shannon: can you talk a little bit about what happens when you are in alignment with that sense of being abundance and people react with jealousy or suspicion?

00:30:01 Liz Goldman: Reacted to "I am so glad! I got ..." with ♥■

00:30:07 Mark: I'll use that as a Mantra: "Learn to be abundance not chase it."

00:30:19 Sharon: Pure Love and Gratitude! ■■■■

00:30:25 Heather B: Reacted to "I'll use that as ..." with ♥■

00:30:31 Elena: Replying to "Huge release of phys..."

awesome

00:30:49 Olivia Pool: So, speaking of pulling cards - I have been feeling so sad with the end of this relationship and every single card I pull says something like "fun" or "celebration" over and over again. Would love to know anyone's take on this.

00:30:59 Kat: Reacted to "I would not be abl..." with ■

00:30:59 Elena: Reacted to "I went through all o..." with ♥■

00:31:03 April: Reacted to "I'll use that as a M..." with ♥■

00:31:07 Julie (she/her) Dallas: Reacted to "Huge release of phys..." with ■

00:31:07 Lynn Schumacher: Yes to the Level 2!

00:31:10 Dina: Reacted to "So, speaking of pull..." with ♥■

00:31:10 Julie: Level 2 intensive via zoom-YES!!!!♥■

00:31:11 Elena: Reacted to "I would not be able ..." with ■

00:31:17 liisaholsti: Yes to Level 2 please!

00:31:20 linda: Love that idea

00:31:20 MAW: Reacted to "202509141104130000.jpg" with ♥■

00:31:21 Heather B: yes to level 2\

00:31:22 Dina: Replying to "So, speaking of pull..."

Follow the guidance :)

00:31:24 Julie Reisler: Would love that! ♥■

00:31:30 Elena: Reacted to "I feel tired ;-) and..." with ■

00:31:30 Kat: Reacted to "Screenshot 2025-09..." with ♥■

00:31:38 Olivia Pool: Replying to "So, speaking of pull..."

@Dina that feels hard to do right now. :/

00:31:41 Annette: Yes, yes, yes Level 2! ■

00:32:06 aida: I realized I want to open to abundance of self love, self confidence, and deep connection to the inner divine core—way beyond the abundance of things, money, etc

00:32:15 Heather B: Reacted to "I realized I want ..." with ♥■

00:32:59 roses Shannon: JAI MAA!

00:33:12 Charee Janelle: 11;11

00:33:16 roses Shannon: Reacted to "I realized I want to..." with ♥■

00:33:16 Charee Janelle: Is the time
00:33:21 Elena: Reacted to "can you talk a littl..." with ■
00:33:43 Kat: Reacted to "I realized I want ..." with ♥■
00:33:45 Charee Janelle: As you completed the abundance prayer■
00:33:55 Kat: Reacted to "Is the time" with ■
00:34:10 Karen Bemmes: Replying to "So, speaking of pull..."
Different situation, but I'm getting the same message, and in times when everyone else is screaming doom, perhaps the most radical act we can do is to find joy, fun and celebration in each day.
00:34:27 Olivia Pool: Reacted to "Different situation,..." with ■■
00:34:38 rosesshannon: Reacted to "So, speaking of pull..." with ♥■
00:34:57 Julie Reisler: Replying to "So, speaking of pull..."
To me the energy of fun and celebration sounds like the inner child — and Divine Love. Perhaps inviting in and allowing for more fun and celebratory moments—all feels connected to abundance too. Just my sense... hope that helps ■■♥■
00:35:13 Olivia Pool: Reacted to "To me the energy of ..." with ■■
00:35:27 rosesshannon: Replying to "So, speaking of pull..."
once you get through the sadness you will feel so much relieve that you are not in the relationship
00:35:40 Charee Janelle: Reacted to once you get through... with "♥■"
00:35:48 Elena: Reacted to "once you get through..." with ♥■
00:36:03 Kat: Reacted to "Tired and teary, b..." with ■
00:36:47 Kat: Reacted to "202509141104130000..." with ♥■
00:38:00 Kat: Reacted to "Different situatio..." with ♥■
00:38:59 Elena: I did a Deepak Chopra meditation this morning on AWARENESS! The universe is aligned!
00:39:04 Dee Ann: Reacted to "Kate was incredible!..." with ♥■
00:39:16 Julie (she/her) Dallas: Reacted to "Screenshot 2025-09-14 at 8.06.18 AM.png" with ♥■
00:39:25 Allison (she/her/hers): Reacted to "I realized I want to..." with ♥■
00:40:11 Heather B: haha. silly cats!! love it!
00:40:26 Dina: Reacted to "Different situation,..." with ♥■
00:40:31 Kelly R: I pulled a card this morning about laughter. The deck is called The Secret Garden Oracle
00:40:36 Dina: Reacted to "To me the energy of ..." with ♥■
00:41:20 barbara: That was lovely, my last image was of a treasure chest. I was able to keep giving pots of money away and it never dropped in level.
00:41:23 Maria F.: the forum is incredible
00:41:55 Lisa: It's been challenging to fully give my anxiety about the state of the world as an offering to take. Focusing on beautiful things helps ground me, but I teeter back and forth. Any tips appreciated.
00:42:06 Dina: Reacted to "the forum is incredi..." with ♥■
00:42:15 PattieBelle Hastings: Reacted to "the forum is incredi..." with ♥■
00:42:16 Karen Bemmes: Could you post a link to the forum?
00:42:25 Dee Ann: Reacted to "the forum is incredi..." with ♥■
00:42:26 PattieBelle Hastings: Reacted to "the forum is incredi..." with ■
00:42:33 Dee Ann: Reacted to "That was lovely, my ..." with ♥■
00:42:41 rosesshannon: Reacted to "It's been challengin..." with ♥■
00:42:42 Dee Ann: Reacted to "I pulled a card this..." with ♥■
00:42:44 Belinda Moore: Reacted to "the forum is incredi..." with ♥■
00:42:45 Holly: Reacted to "It's been challengin..." with ♥■
00:42:47 Sam Hughes: Reacted to "the forum is incredi..." with ■
00:42:52 rosesshannon: Reacted to "the forum is incredi..." with ♥■
00:42:58 Olivia Pool: <https://toshasilver.com/pages/living-outrageous-openness>
00:43:04 Olivia Pool: Replying to "Could you post a lin..."
<https://toshasilver.com/pages/living-outrageous-openness>
00:43:20 Catherine Gregory: Reacted to "Different situation,..." with ♥■

00:43:48 Karen Bemmes: Replying to "It's been challengin..."
Honor the teetering and talk to your inner child about how you are safe in this moment and that you can live in the energy of the solution without knowing what the exact solution is.

00:43:53 Maria F.: Thank you, Tasha.

00:44:04 Karen Bemmes: Reacted to "https://toshasilver...." with ♥■

00:44:15 Lisa: Reacted to "Honor the teetering ..." with ♥■

00:44:17 Holly: Reacted to "Honor the teetering ..." with ♥■

00:46:10 Shell Lightning Spirit: Reacted to "11;11" with ♥■

00:46:51 Abigail: Incredible - so powerful in vulnerability - COURAGE and GRACE in Action <3

00:47:04 Kat: Reacted to "Incredible - so po..." with ♥■

00:47:19 roses Shannon: I have not been able to be on the live calls this weekend until today but WHOA. The energy is so powerful! I am in the forum but can rarely join the live calls and I'm so grateful to get the opportunity today!

00:47:34 PattieBelle Hastings: Reacted to "I have not been able..." with ♥■

00:47:55 roses Shannon: Reacted to "Honor the teetering ..." with ♥■

00:48:05 Heather B: Yesterday while driving saw a sign advertising "Changing Course counselling Services" nice confirmation

00:48:14 Kat: Reacted to "I have not been ab..." with ♥■

00:48:23 Karen Bemmes: Reacted to "Yesterday while driv..." with ♥■

00:48:26 Karen Bemmes: Reacted to "I have not been able..." with ♥■

00:48:30 Kat: Reacted to "Yesterday while dr..." with ♥■

00:48:31 Deborah Fiehler: Self forgiveness is something I need to do so thank you for this

00:48:36 Mark: Reacted to "Yesterday while driv..." with ♥■

00:48:39 Kerensa Meadows: Reacted to "Honor the teetering ..." with ♥■

00:48:52 Abigail: Alistar Crowley!

00:48:54 jshantz: Replying to "It's been challengin..."
I would also like to forgive myself for some of the wrongs that I have done to others - especially as a young person. I have held on to these things for so long

00:49:14 Mark: Reacted to "I would also like to..." with ♥■

00:49:31 roses Shannon: Reacted to "I would also like to..." with ♥■

00:50:15 Dee Ann: Posting again because of that last question I love this card because of the image of the beautiful body naked and adorned in flowers loving all of my body

00:50:31 Heather B: forgiveness is forgiving self for holding on to issue..

00:50:33 Colleen Kelley: Forgiveness is not easy for me. It's a boundary that I find is protective.

00:50:53 Dee Ann: Change me, Divine Beloved, into one who accepts my body exactly as it is, seeing it as a vessel for Your love. Fill me with gratitude for this physical form. Let me nurture and care for myself in every way.

00:50:53 Lyerka Miller: Reacted to "202509141128430000.jpg" with ♥■

00:51:03 Heather B: Reacted to "Change me, Divine ..." with ♥■

00:51:10 Heather B: Reacted to "Forgiveness is not..." with ♥■

00:51:11 Lyerka Miller: Reacted to "Change me, Divine Be..." with ♥■

00:51:20 Jamie Smith: Need to forgive myself for overspending and being impulsive

00:51:27 Annette: Reacted to "Change me, Divine Be..." with ♥■

00:51:29 roses Shannon: Reacted to "Change me, Divine Be..." with ♥■

00:51:29 Sam: Reacted to "Need to forgive myse..." with ■

00:51:44 aida: Reacted to "Change me, Divine Be..." with ♥■

00:51:46 Liz Goldman: Replying to "Need to forgive myse..."
ME TOO! Amen to that!

00:51:47 Dee Ann: That is the text of the Nurturing card

00:52:21 aida: Replying to "Alistar Crowley!"
???

00:52:23 Dee: Reacted to "Change me, Divine Be..." with ♥■

00:52:38 Colleen Kelley: Yes...yes... I have all that money chatter in my head. I should have taken more of a stand around valuing my professional expertise and the compensation I was worthy of.

00:52:43 Lyerka Miller: Reacted to "That is the text of ..." with ■

00:52:44 Heather B: Reacted to "Need to forgive my..." with ♥■

00:52:59 Dee: Reacted to "Yes...yes... I have all ..." with ♥■

00:53:23 Andrea Linda Santean: Yes

Yesterday after facing my inner child and the prior pain which began at 2 to 4 years old

That I carried until I am now 61 years old

I had to rest in bed and give myself some rest a fun time watching my favorite show

I have learned that the word

FORGAVE ME

FORGAVE MYSELF

Forgave Them

Is a "OPERATIVE " Word

It's not a I will do it

It is

I HAVE DONE it

Even if it is a daily process

I realize daily I Forgave Myself - for being there to be hurt

Which of course is no one's fault

But as you practice I FORGAVE

The emotion is fluid and moves one's soul forward

Clinging to the pain and unforgiveness is a practice

It's good to daily practice the other

Forgave

Not pretend

Forgave

We FREE ourselves from the past

To be in and creat in the present what we prefer

■

00:53:28 Karen Bemmes: Replying to "It's been challengin..."

@jshantz I love the phrase that when you know better, you do better, and you can forgive that past version of yourself because you know better now and would never do that. You can also take that energy and offer it while asking to be shown how to help others rather than hurt them.

00:53:41 Karen Bemmes: Reacted to "Change me, Divine Be..." with ♥■

00:54:38 Abigail: This! Endlessness - Thank You Dear Tosha!

00:55:13 Maria F.: Love this!

00:55:41 Julie (she/her) Dallas: Reacted to "@jshantz I love the ..." with ♥■

00:55:45 Sheilah: Trauma bonding

00:55:47 Mark: I think it's the classic trauma bond

00:55:53 Abigail: Woundology!

00:56:44 Elena: Reacted to "@jshantz I love the ..." with ♥■

00:57:26 Maria F.: If you bond with people...and then you try to heal your wound, there's tremendous pressure to not heal and stay in the group.

00:57:28 jshantz: Replying to "It's been challengin..."

Thank you Karen @Karen Bemmes - Jane so helpful

00:57:31 Georgie Weston: If. I am here to ' be successful' easy to feel I've failed w/o \$\$\$. But~~. If I'm here to learn grow and connect with the Divine, then my learning & growing can be my 'success',

00:57:45 Liz Goldman: Reacted to "If. I am here to ' b..." with ♥■

00:57:49 jamie: So letting go of the "victim" , we don't have to be victims. I love these teachings, it's such a relief!

00:57:50 Karen Bemmes: Reacted to "Thank you Karen @Kar..." with ♥■

00:57:52 Stephanie Samuels: Yes yes yes!

00:57:53 Heather B: Reacted to "If. I am here to ..." with ♥■

00:57:56 Liz Goldman: Reacted to "So letting go of the..." with ♥■

00:58:01 Jamie Smith: Well this is working because I feel so peaceful and even though my bank account is no were near a "rich" persons account lol, I feel so abundant. Last night I was gifted a free week on a cruise out of the blue and this morning I got a new paid student into one of the classes I run. Interesting. I am just dancing with it now while also making a commitment to healing my relationship with money.

00:58:10 Colleen Kelley: I just retired after 40 years of public service and need a restart.

00:58:14 Kat: Amen Tosha young at 58 years old

00:58:15 Kerensa Meadows: Reacted to "Change me, Divine Be..." with ♥■

00:58:17 Sam: Hinduism says that all of what we have are temporary forms, our bodies, our personalities, our egos are temporary. "Worldly" values, including money, will never feel fulfilling to you. I'm trying to reconcile this with what we are learning here about abundance. Do we pursue Artha?

00:59:36 Andrea Linda Santean: Sometimes YOU have to GO FIRST

FORGAVE

The other person

You in the past

Or

The other person

May or May not show up in this

But

You have already set yourself free

Often that is when the apology from the old you or them comes

When you have moved - inner and outer movement first

By this time - even tomorrow

You no longer care about the apology

Because you are already free

Often you feel sad and sorry for the old you or the person who hurt you or place

You are no

Longer there

You are new and free

01:04:25 Kat: Reacted to "So letting go of t..." with ♥■

01:04:31 Lisa LBL: The sense of failure, that is tied to not good enough...

01:04:40 Jamie Smith: Thank you. I feel so much lighter. Needed that. I got shown next gentle steps for my business

01:04:41 Mark: Woah—I've spent a lot of time berating myself around the job I did and the toxic environment I found myself. And now I realized it brought me ultimately to this place and I no longer need to carry the guilt of "wasted time." Also true for the people I've wronged over the years.

01:04:43 Dina: I can feel my inner child is still gripping for dear life to my ex. I forgive her and myself. I hold her in love.

01:04:48 Kat: Reacted to "Yes...yes... I have ..." with ♥■

01:04:55 Sam Hughes: forgiving myself for marrying someone I knew wasn't my person and hurting us both

01:04:59 Tanja: I have asked for forgiveness for all my mistakes and shortcomings as a mother to my son.

01:05:08 Kathy Roy: Forgiveness for the times I have gone against what my intuition was telling me and took the 'long hard road' instead.

01:05:17 iPad: Needing to forgive myself for the cancer and asking forgiveness from my body for all the pain this has caused it.

01:05:28 Kat: Reacted to "Well this is work..." with ♥■

01:05:31 Maria F.: I got laid off a few years ago and I felt like I didn't fight hard enough for \$ in agreement. It's still there...thought I had let go of it awhile ago

01:05:33 Joanne's iPhone: Thank you Tosha, this is so what I needed. Forgiving myself for poor relationship decisions in the past. ■

01:05:35 iPhone (32): forging myself for outsourcing my self worth

01:05:37 Jodie's iPad: I was flooded with so many memories of shame and regret . It was really quite overwhelming and made it hard to know where to start.....

01:05:40 iPhone (32): *forgiving

01:05:41 Abigail: Every Challenge and "error" have been a great lesson and the Abundance and Mastery are coming in NOW <3

01:05:58 Dina: Reacted to "forging myself for o..." with ♥■

01:05:59 Flame Schoeder: The sense of perfectionism around a relationship that ultimately was not a good fit, and the worry that being together harmed those around me, as well as he and I

01:05:59 Heather B: for not following or less trust in intuition and decisions; uncording from certain memories

01:05:59 Barbara: Forgiveness for eating too much to deal with emotions. So much shame.

01:06:00 Gabriella: Forgiveness for not believing on myself and searching around for solutions

01:06:01 Elena: Replying to "forgiving myself for..."
Very important. Good for you!

01:06:08 Mark: A voice came to me now and said: "It's a new day. Embrace it."

01:06:09 aida: Whoa! So detailed a memory of wanting to die, actually 2.
So much love and compassion -a wave of radiance

01:06:09 Fiona: forgiving myself for not showing up for myself the way I always do for others

01:06:09 Georgie Weston: Been frustrated with not having a way to share [& monetize] the knowledge and expertise. I built over 30 yrs... feeling guilty for not working more; but it's the Divines education knowledge. & Wisdom. Turning my path back to th divines guidance, it's HER Wisdom, Her career n

01:06:13 Marcia Caringal: Forgiveness in not making enough money to take care of my family and inheritance.

01:06:15 Kerensa Meadows: Reacted to "Yes Yesterday after..." with ■

01:06:17 Kat: Reacted to "Needing to forgive..." with ■

01:06:18 Anne Yost: Wow. So powerful. I've worked on this one forever. This sense that I let my children down. I know I did the best with what I had. But I feel such a sense of liberation in this moment. Thanks.

01:06:22 Dina: Reacted to "Forgiveness in not m..." with ♥■

01:06:29 Kat: Reacted to "Needing to forgive..." with ♥■

01:06:35 Elena: Reacted to "forging myself for o..." with ♥■

01:06:37 Sharon Duquette: Reacted to "Been frustrated with..." with ♥■

01:06:37 Karen Bemmes: Reacted to "I can feel my inner ..." with ♥■

01:06:37 Kat: Reacted to "forging myself for..." with ♥■

01:06:37 Maria F.: There are meditations available as a forum member, too.

01:06:40 Sheilah: Reacted to "forgiving myself for..." with ■

01:06:41 Jill: Reacted to "Wow. So powerful. I..." with ♥■

01:06:43 Kate: Forgiving myself for being very Libra Rising

01:06:43 Mary H: Many old stories, dense and heavy. Named, felt, touched and loosend.

01:06:45 Karen Bemmes: Reacted to "forgiving myself for..." with ♥■

01:06:45 KG: Looking for love in all the wrong places. Ugh.

01:06:47 Sheilah: Reacted to "Forgiveness for eati..." with ■

01:06:57 Dina: Reacted to "Many old stories, de..." with ♥■

01:06:58 Kat: Replying to "forging myself for..."
powerful statement

01:07:05 Liz Goldman: I'm forgiving myself for all the unconscious spending I did because I thought that all makes me more lovable more worthy of love. I'm forgiving myself for thinking that my lovability is contingent on what I have, where I live, etc.

01:07:07 Kerensa Meadows: Reacted to "@jshantz I love the ..." with ♥■

01:07:08 Anne Yost: I love the idea of writing a letter-both to them and to my younger self.

01:07:13 Lynn Schumacher: My action: Self-forgiveness dance ■

01:07:14 Karen Bemmes: Reacted to "Forgiveness for the ..." with ♥■

01:07:18 Jamie Smith: Replying to "Looking for love in ..."

You are not alone ■

01:07:20 AnneA: Reacted to "Looking for love in ..." with ■

01:07:20 KG: Reacted to "I love the idea of..." with ♥■

01:07:23 Elena: Reacted to "Forgiveness for eati..." with ■

01:07:23 Liz Goldman: Reacted to "forging myself for o..." with ♥■

01:07:23 Kerensa Meadows: Reacted to "If. I am here to ' b..." with ♥■

01:07:27 Kat: Reacted to "Looking for love i..." with ■

01:07:28 Mary H: Reacted to "I love the idea of w..." with ♥■

01:07:29 Dee: Mine piggybacked from yesterdays meditation with inner child. She morphed into me in my early 30s. The market changed after 08 and I could've but there were other factors and influences telling me not to. I was still very much a kid in my 30s. I regret so deeply not purchasing a home when I could have. I rented high prices and never thought I'd get so sick and life changed drastically and so much of my stress has been around survival. I've been working in layers to forgive myself for not knowing better.

01:07:31 Karen Bemmes: Reacted to "I was flooded with s..." with ■

01:07:31 Abigail: My Action: Trust and Recieve!

01:07:36 Kat: Reacted to "My action: Self-fo..." with ■

01:07:44 Lisa: Reacted to "I have asked for for..." with ♥■

01:07:45 Andrea Linda Santean: I never realized how the past unforgiveness of myself and others was affecting my present and future abundance

01:07:48 Kat: Reacted to "My Action: Trust a..." with ♥■

01:07:50 Elena: Reacted to "forgiving myself for..." with ■

01:07:52 KG: Replying to "Looking for love i..."

And do so for years and years. So sad.

01:07:53 Fiona: Reacted to "Looking for love in ..." with ♥■

01:08:03 Elena: Reacted to "Been frustrated with..." with ♥■

01:08:04 Sheilah: I hit a young deer recently and decided to donate to an animal rescue group.

01:08:08 Karen Bemmes: Reacted to "Forgiveness for eati..." with ■

01:08:16 Mary H: Reacted to "Looking for love in ..." with ♥■

01:08:16 Fiona: Replying to "Looking for love in ..."

Same!

01:08:18 Karen Bemmes: Reacted to "A voice came to me n..." with ♥■

01:08:23 Julie (she/her) Dallas: Reacted to "I hit a young deer r..." with ♥■

01:08:33 Sharon Duquette: I told myself my inner child you did the best you could just prior to Tosha saying that in the meditation, it felt so affirming - and loving to hear my love and guidance toward her is perfect for "us" now! ♥■. Great meditation Tosha, thank you!

01:08:34 Elena: Reacted to "Many old stories, de..." with ♥■

01:08:37 Karen Bemmes: Reacted to "Whoa! So detailed a ..." with ♥■

01:08:39 Sam Hughes: Reacted to "Looking for love in ..." with ♥■

01:08:42 Elena: Replying to "forging myself for o..."

Love this statement

01:08:49 Sam Hughes: Replying to "Looking for love in ..."

same

01:09:00 Sheilah: Reacted to "I hit a young deer r..." with ♥■

01:09:01 Karen Bemmes: Reacted to "Been frustrated with..." with ♥■

01:09:04 Dee: Reacted to "Looking for love in ..." with ♥■

01:09:06 Dee: Reacted to "forging myself for o..." with ♥■

01:09:06 Elena: Reacted to "I'm forgiving myself..." with ■

01:09:11 jamie: Its jumped into my awareness that I shouldn't have let my man take me to Starbucks for tea, right in the moments my mother was passing/dying , all of the sisters were present, I should've stayed at least on the property, I'm grieving this choice, now, and this was late 2019. I made it back, but wish I hadn't left for those precious deep moments of her life.

01:09:16 Karen Bemmes: Reacted to "Wow. So powerful. I'..." with ♥■

01:09:17 Dee: Reacted to "I told myself my inn..." with ♥■

01:09:38 Karen Bemmes: Reacted to "I'm forgiving myself..." with ♥■

01:09:46 Karen Bemmes: Reacted to "My action: Self-forg..." with ♥■

01:09:48 KG: Replying to "Looking for love i..."

Comment about the young girl living in the patriarchal society was important. How often do we sexualize ourselves and bend to the notion of what is attractive in the interest of finding a partner?

01:09:52 Mark: After my wife passed away and all the associated guilt and grief that goes along with that, I now work as a grief companion to help others with their journey. It has transformed so much for me.

01:10:00 Elena: Reacted to "I never realized how..." with ■

01:10:06 Elena: Reacted to "I hit a young deer r..." with ♥■

01:10:08 KG: Replying to "Looking for love i..."

I know I did that for years and years. Ugh.

01:10:08 Kitty Signs: Reacted to "After my wife passed..." with ♥■

01:10:14 Julie (she/her) Dallas: Reacted to "After my wife passed..." with ♥■

01:10:16 Karen Bemmes: Reacted to "Mine piggybacked fro..." with ♥■

01:10:17 david stewart: Reacted to "After my wife passed..." with ♥■

01:10:18 Sam: Reacted to "After my wife passed..." with ♥■

01:10:25 Stephanie Samuels: Beautiful. Forgiving myself for feeling like I've been wasting so much time, procrastinating, not trusting myself, being too scattered, and not following through as I try to move onto a new path. Realizing that, that loud judgmental voice just keeps me in that stuck space, where its safe... The message was, I have not been wasting time, I have been incubating.

01:10:34 Dee: Self-neglect but didn't realize that's what I was doing. Was so other oriented.

01:10:37 Elena: Replying to "Looking for love in ..."

Amen

01:10:38 Dee Ann: When I was going through my divorce and my kids were still small I was forced to agree to sell our home since that was the major asset- and I was too afraid to buy a home in the same neighborhood because I didn't think I could afford it and I didn't want a small house. I ended up buying a beautiful vintage home in a different neighborhood that was much less expensive but wasn't a good school district. My ex used this against me and created so many problems for all of us, I spent almost every day of the 18 yrs of living and raising my kids in that house with regret even though there were many good memories there as well. I sold it 3 years ago and am incredibly blessed to have found a place at the beach that I envisioned and gratefully received. I just realized in this meditation that I have STILL been in that place of regret and am finally ready to release this today

01:10:54 Elena: Reacted to "After my wife passed..." with ♥■

01:10:54 Allison (she/her/hers): Reacted to "After my wife passed..." with ♥■

01:10:58 aida: Reacted to "After my wife passed..." with ■

01:10:59 Laura H.: Reacted to "After my wife passed..." with ♥■

01:10:59 barbara: Reacted to "After my wife passed..." with ♥■

01:11:00 AnneA: Reacted to "Comment about the yo..." with ♥■

01:11:02 Dee: Reacted to "Beautiful. Forgiving..." with ♥■

01:11:06 Julie Reisler: Reacted to "Forgiveness for eati..." with ■

01:11:08 Jill: Reacted to "Beautiful. Forgivi..." with ♥■

01:11:10 barbara: Reacted to "Beautiful. Forgiving..." with ♥■

01:11:12 Dee Ann: Reacted to "Self-neglect but did..." with ♥■

01:11:13 Sharon: I drop 2 and 1 euro coins when I think of it on the street and trust people will find it who needs a sign and it's my way of doing that ■■

01:11:15 Dee Ann: Reacted to "Looking for love in ..." with ♥■

01:11:16 Julie Reisler: Reacted to "forgiving myself for..." with ■

01:11:23 Elena: Replying to "Its jumped into my a..."
Hope you van work on forgiving yourself for that.

01:11:23 Ana Carolina: I forgave myself for all the times I compare myself and decrease my own worth based on someone else. I received that the way to move forward is to send love to a person I'm comparing myself with. Thank you this was lovely ■■

01:11:24 Georgie Weston: Reacted to "After my wife passed..." with ■

01:11:25 Dee Ann: Reacted to "Comment about the yo..." with ♥■

01:11:35 Liz Goldman: I feel really called to support people, especially women around money issues - misunderstandings and beliefs.

01:11:45 Violetta Hoffmann: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:11:49 barbara: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:11:49 Kerensa Meadows: Reacted to "Been frustrated with..." with ♥■

01:11:49 Elena: Replying to "Beautiful. Forgiving..."
that loud voice is your ring of fire maybe?

01:12:02 Laura H.: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:12:03 Elena: Reacted to "Self-neglect but did..." with ♥■

01:12:10 Georgie Weston: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:12:15 Kitty Signs: I forgive myself for still allowing my inner child and young protective parts to intervene. I am asking for more awareness and invite my wise self to start stepping in. To let my inner child rest and play. That my protective parts get to rest and my wise self gets to flex her muscles ■

01:12:17 Dina: @Tosha could you talk about feeling that you matter? Thank you.

01:12:17 Catherine G: Forgiving myself and my parentified inner child for wanting more fun and play... seeing how I need to give her more daily play and fun to stop my overspending on things like big tropical vacations!

01:12:17 Laura H.: Replying to "I drop 2 and 1 euro ..."
Love this!

01:12:25 Sharon Duquette: I honestly have found that when we give, especially in hardship times, the universe takes care of us and we receive support in the most amazing ways.
It's like a statement that says I'm ok enough to give so the cycle begins in beautiful ways

01:12:32 barbara: Reacted to "Its jumped into my a..." with ♥■

01:12:51 Laura H.: Reacted to "I forgive myself for..." with ♥■

01:12:54 Dee: Reacted to "I forgive myself for..." with ♥■

01:12:55 Elena: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:12:56 Joanne's iPhone: Can relate to the domineering father.

01:13:00 Karen Bemmes: Replying to "Its jumped into my a..."
I had some of the deepest and most precious moments with my dad after his passing. There have been so many times I've felt his energy around me and talked with him about all the moments I wished were different.

01:13:10 Roopa: Forgiving myself for believing other people when they judge me. Action: When I notice a judgement, saying "it's interesting that they judge that, doesn't mean it's about me. I can decide."

01:13:12 Sharon Duquette: Reacted to "I forgive myself for..." with ♥■

01:13:14 Karen Bemmes: Reacted to "After my wife passed..." with ♥■

01:13:16 Elena: Reacted to "I forgave myself for..." with ■

01:13:18 Joanne's iPhone: Reacted to "I forgive myself for..." with ♥■

01:13:19 aida: Reacted to "Its jumped into my a..." with ■

01:13:22 Elena: Reacted to "I feel really called..." with ■

01:13:32 Karen Bemmes: Reacted to "Self-neglect but did..." with ♥■

01:13:33 Dee Ann: Replying to "Its jumped into my a..."
I totally understand and empathize have had peace by communicating with her since she has passed

01:13:45 Kat: Reacted to "I honestly have fo..." with ♥■

01:13:45 Colleen Kelley: My over responsible child has been taking care of everything and everyone forever. She's exhausted.

01:13:45 Kerensa Meadows: Reacted to "After my wife passed..." with ■

01:13:46 Sharon Duquette: Replying to "I forgive myself for..."
That's beautiful!

01:13:51 Shell Lightning Spirit: My ex put us - me into tremendous debt 15 years ago (150k +). In the paying off of the debt while doing this type of work back then I treated the monthly payments as donations or Life tuition to the Divine. In the meantime I bought a new home near the lake, haven't wanted for anything and I will have full made myself whole with all that "debt" gone by the end of November. It's kind of bittersweet

01:13:58 Elena: Reacted to "I honestly have foun..." with ♥■

01:14:01 KG: Replying to "My over responsibl..."
AMEN TO THAT.

01:14:01 Karen Bemmes: Reacted to "My over responsible ..." with ♥■

01:14:11 Kerensa Meadows: Replying to "Looking for love in ..."
Yes.

01:14:11 Sharon Duquette: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:14:15 Kerensa Meadows: Reacted to "Looking for love in ..." with ■

01:14:18 MJ: Reacted to "My over responsible ..." with ♥■

01:14:22 Tamanna Kakkar: Reacted to "I forgive myself for..." with ♥■

01:14:27 Julie (she/her) Dallas: Reacted to "I drop 2 and 1 euro ..." with ■

01:14:29 Roopa: Reacted to "Looking for love in ..." with ■

01:14:30 Dee Ann: Reacted to "I feel really called..." with ♥■

01:14:40 Karen Bemmes: Replying to "My over responsible ..."
This might sound weird, but YAY for you! That is huge and the untangling is so powerful.

01:14:46 Elena: Replying to "Forgiving myself for..."
interesting. Does it work?

01:14:49 Dee Ann: Reacted to "My over responsible ..." with ♥■

01:14:51 Kristine Jensen Smith: Reacted to "Its jumped into my a..." with ♥■

01:15:07 Laura H.: Reacted to "Forgiving myself for..." with ♥■

01:15:07 Karen Bemmes: Reacted to "My ex put us - me in..." with ♥■

01:15:10 Dee Ann: Reacted to "My ex put us - me in..." with ♥■

01:15:11 Roopa: Replying to "Forgiving myself for..."
We'll find out.. it just popped in my head ■

01:15:11 KG: Replying to "My over responsibl..."
Once you recognize it, all of a sudden it becomes much easier to shift out of that and start caring for yourself.

01:15:16 Kristine Jensen Smith: Reacted to "I honestly have foun..." with ♥■

01:15:26 Dee Ann: Reacted to "I forgive myself for..." with ♥■

01:15:30 Kristine Jensen Smith: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:15:35 Sharon Duquette: Reacted to "After my wife passed..." with ■

01:15:36 Dee Ann: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:15:39 Mark: Reacted to "Forgiving myself for..." with ♥■

01:15:48 Karen Bemmes: Reacted to "Forgiving myself for..." with ♥■

01:15:51 Dee Ann: Reacted to "Forgiving myself and..." with ♥■

01:16:00 Abigail: The Power of Words and Letters...

01:16:00 Elena: Replying to "Forgiving myself for..."
:-)

01:16:06 Stephanie Samuels: Replying to "Beautiful. Forgiving..."
Yes!

01:16:13 Colleen Kelley: Your words have wings

01:16:19 Kerensa Meadows: Reacted to "I drop 2 and 1 euro ..." with ♥■

01:16:20 Joanne's iPhone: I'm pretty terrible at receiving. Have to admit. I feel really off balance when someone important in my life tries to give to me. ■

01:16:20 Allison (she/her/hers): Reacted to "My ex put us - me in..." with ♥■

01:20:14 Heather B: Reacted to "i think i never re..." with ♥■
01:20:17 Joanne's iPhone: Reacted to "i think i never real..." with ♥■
01:20:20 Sharon Duquette: ■ percent true, Our body believes what we tell it! We get to choose and control our thoughts. I catch myself more and more and use the words I use to be, and follow up with words like I'm no longer believing and or say I'm open to receiving more easily now...
01:20:21 Karen Bemmes: Reacted to "The college I attend..." with ■
01:20:24 Roopa: Reacted to "i think i never real..." with ♥■
01:20:24 Kerensa Meadows: Reacted to "Forgiving myself for..." with ♥■
01:20:26 Dee Ann: Todays card again- I AM A SPARK OF DIVINITY that's the mantrashakti!
01:20:30 Joanne's iPhone: Replying to "i think i never real..."
Me too! ■
01:20:33 Laura H.: Reacted to "■ percent true, Our..." with ♥■
01:20:40 Elena: Reacted to "i think i never real..." with ♥■
01:20:46 Davina: i
01:20:50 Sharon Duquette: Reacted to "■ percent true, Our..." with ♥■
01:20:52 Dee Ann: Reacted to "i think i never real..." with ♥■
01:20:54 Joanne's iPhone: Chink in the armor. Excellent. ■
01:21:14 Kerensa Meadows: Reacted to "The college I attend..." with ■
01:21:32 Julie: Tosha, Lucie & Matt: Is there anyway that the chat comments can be transcribed/archived for later reflection?
01:21:43 Lisa LBL: Reacted to "Tosha, Lucie & Matt:..." with ■
01:21:56 Charee Janelle: My words are so powerful I have to be very intentional with them - my experience is what I speak usually happens. Sometimes less words are more !@
01:21:58 aida: I used to be unable to forgive myself
01:22:04 Georgie Weston: Inquiry bypasses the ego programming; " I wonder what it would be like to receive today ? " the mind opens to possibility
01:22:06 Lucie: I do that all the time!
01:22:07 lindamerwin: Or, how old the garment is!
01:22:14 Maria F.: Tosha - do you have practical advice for how to structure your day so you can be focused and anchored in the divine? I feel like I'm great in the morning, but my mind is spinning by end of the day.
01:22:19 Barbara: Reacted to "Chink in the armor. ..." with ♥■
01:22:19 Heather B: Reacted to "Inquiry bypasses t..." with ♥■
01:22:24 Allison (she/her/hers): Reacted to "Or, how old the garm..." with ■
01:22:26 Jacquelyn Schreiber: I'm literally about to record a new song I wrote called Abracadabra
01:22:30 KG: Replying to "Tosha, Lucie & Mat..."
yes, that would be great.
01:22:41 Kat: Reacted to "I'm literally abo..." with ■
01:22:46 Shell Lightning Spirit: Reacted to "I'm literally about ..." with ■
01:22:47 Laura H.: I've played with noticing where I receive without thought—I receive the Breath, the Sunlight. Etc. We are actually always receiving. The mind blocks certain things but we can re-train that pattern.
01:22:47 barbara: Reacted to "Or, how old the garm..." with ■
01:22:48 Roopa: Reacted to "Tosha, Lucie & Matt:..." with ■
01:22:50 Dee Ann: Reacted to "I'm literally about ..." with ■
01:22:52 Kerensa Meadows: Reacted to "Tosha - do you have ..." with ■
01:22:59 Karen Bemmes: Reacted to "I'm literally about ..." with ♥■
01:23:08 Sheilah: Replying to "Tosha, Lucie & Matt:..."
the three dots at the top of the chat give you the option to save the chat
01:23:10 Kerensa Meadows: Reacted to "Tosha, Lucie & Matt:..." with ■
01:23:19 aida: Reacted to "Tosha, Lucie & Matt:..." with ■
01:23:33 PattieBelle Hastings: Reacted to "I've played with not..." with ♥■
01:23:37 Lisa LBL: Replying to "Tosha, Lucie & Matt:..."

but how about the chats from the last 2 days?

01:23:46 Heather B: Reacted to "I've played with ..." with ♥■

01:23:50 Joanne's iPhone: Reacted to "I've played with not..." with ♥■

01:23:54 Lisa LBL: Replying to "Tosha, Lucie & Matt..."

I would love all of them...

01:23:56 Joanne's iPhone: Reacted to "Tosha, Lucie & Matt..." with ■

01:24:00 Dee Ann: That is one of the best parts of the in person retreats the table with offerings brought to share!

01:24:00 Sheilah: Replying to "Tosha, Lucie & Matt..."

yes, those would have to be sent

01:24:05 MJ: Reacted to "I've played with not..." with ♥■

01:24:10 Sheilah: Reacted to "That is one of the b..." with ■

01:24:13 Joanne's iPhone: Reacted to "Or, how old the garm..." with ■

01:24:18 Dee Ann: I forgot the name of it lol

01:24:23 Heather B: Reacted to "That is one of the..." with ■

01:24:29 Joanne's iPhone: Reacted to "My words are so powe..." with ♥■

01:24:30 Matthew Klein: Replying to "Tosha, Lucie & Matt..."

We will look into it. I'm not sure if it is possible, but I will check.

01:24:39 Janet Douglas: Reacted to "I've played with not..." with ♥■

01:24:43 Joanne's iPhone: Reacted to "I love your outfit, ..." with ♥■

01:25:02 Julie: Replying to "Tosha, Lucie & Matt..."

Thank you Matt!

01:25:02 Kerensa Meadows: Reacted to "That is one of the b..." with ■

01:25:12 Julie (she/her) Dallas: Reacted to "Tosha - do you have ..." with ■

01:25:21 Laura H.: Reacted to "I've played with not..." with ♥■

01:25:45 Colleen Kelley: The receiving part of the change me prayer is a bit of a challenge for me.

01:25:53 Jacquelyn Schreiber: I had this idea yesterday that I can't receive and I'm so bad at it etc and then I got this vision from the Divine that I literally started my life by receiving in the womb. I had to accept everything Life was giving me and I did in order to continue forward in this experience. I didn't earn it or prove I was good enough — I simply accepted all of life flowing within me. So if my mind ever says I can't receive, I know it is a programmed idea. I am literally the proof that I started out receiving: because I exist.

01:26:08 Mark: I recall a recent train trip from Seattle to Vancouver, BC and was sooo hungry but the cafe car could not accept cards (and I had no cash.) A kind young woman said she would pay for my breakfast and I did the usual...Oh, I'll pay you back when we get to Vancouver. She said, no need. And another woman looked me square in the eye and said: "It's a GIFT, take it!! Great reminder of receiving.

01:26:08 Laura H.: Reacted to "I had this idea yest..." with ♥■

01:26:08 Gaby at @gabysoulcare: Reacted to "I had this idea yest..." with ■

01:26:13 Dee Ann: Replying to "Tosha, Lucie & Matt..."

In save chat feature I believe it can be emailed (3 little dots upper right)

01:26:25 Laura H.: Reacted to "I recall a recent tr..." with ♥■

01:26:26 Allison (she/her/hers): Reacted to "I had this idea yest..." with ♥■

01:26:30 Kat: Reacted to "I recall a recent ..." with ♥■

01:26:31 Heather B: Reacted to "I recall a recent ..." with ♥■

01:26:32 Jamie Smith: I prefer : I am temporarily out of cash lol from Iyanla Vanzant

01:26:42 Gaby at @gabysoulcare: Reacted to "I recall a recent tr..." with ■

01:26:42 Karen Bemmes: Reacted to "I prefer : I am tem..." with ♥■

01:26:47 Kat: Reacted to "I prefer : I am t..." with ♥■

01:26:48 Allison (she/her/hers): Reacted to "I recall a recent tr..." with ♥■

01:26:48 Shelly : Reacted to "I prefer : I am tem..." with ♥■

01:26:49 Roopa: Reacted to "the three dots at th..." with ■

01:26:56 Abigail: I am conserving my resources

01:26:58 Georgie Weston: Today. I have a careful budget

01:27:03 Kerensa Meadows: Reacted to "I recall a recent tr..." with ♥■
01:27:06 Roopa: Reacted to "We will look into it..." with ■
01:27:12 david stewart: Reacted to "I had this idea yest..." with ■
01:27:22 Shell Lightning Spirit: Reacted to "Today. I have a care..." with ♥■
01:27:30 Joanne's iPhone: Reacted to "I recall a recent tr..." with ♥■
01:27:31 Dee Ann: Reacted to "I recall a recent tr..." with ♥■
01:27:33 Kerensa Meadows: Replying to "Tosha, Lucie & Matt:..."
Saving on tablet?
01:27:34 Dina: Thank you from my heart to the person who paid for me to be here ♥■
01:27:49 Julie (she/her) Dallas: Reacted to "Thank you from my he..." with ♥■
01:27:49 Colleen Kelley: My coping with being an over give is by eating sugar. Any suggestions on how I can release that?
01:27:52 Kat: Reacted to "Thank you from my ..." with ♥■
01:27:52 Annette: Reacted to "Thank you from my he..." with ♥■
01:27:52 Elena: Reacted to "I recall a recent tr..." with ♥■
01:27:53 PattieBelle Hastings: Reacted to "Thank you from my he..." with ♥■
01:27:58 Dee Ann: Reacted to "Thank you from my he..." with ♥■
01:28:03 Georgie Weston: Reacted to "Thank you from my he..." with ♥■
01:28:14 Georgie Weston: Reacted to "Today. I have a care..." with ♥■
01:28:18 Elena: Reacted to "Thank you from my he..." with ■
01:28:25 Joanne's iPhone: Yes on the overgiving too. ■
01:28:37 Dee Ann: Replying to "My coping with being..."
Happy to connect on that Dee Ann F 6314954912
01:28:48 KG: Reacted to "My coping with bei..." with ■
01:28:52 Nancy Norbeck: Reacted to "I recall a recent tr..." with ♥■
01:28:53 Nancy Norbeck: Reacted to "I prefer : I am tem..." with ♥■
01:29:01 Elena: Replying to "My coping with being..."
Do you think you are "rewarding yourself" with eating sugar for "doing good"
01:29:10 Lynn Schumacher: Replying to "My coping with being..."
I can relate Colleen. For me it's a outer attempt to soothe or help create inner peace.
01:29:24 Nancy Norbeck: Reacted to "My coping with being..." with ■
01:29:39 Lisa LBL: Sometimes 'over giving' is an ego boost that has nothing to do with the 'giving'.
01:29:40 Lynn Schumacher: Replying to "My coping with being..."
Or inner contentment.
01:29:49 Gaby at @gabysoulcare: Reacted to "Sometimes 'over givi..." with ■
01:30:34 Dee Ann: Reacted to "Sometimes 'over givi..." with ♥■
01:30:58 Liz Goldman: Reacted to "Sometimes 'over givi..." with ■
01:31:26 Kathy Roy: How does learning to ask for what you need connect to becoming open to receive? I find it so hard to actually ask the Divine or people for what I need. Example, ask and it shall be given. I feel like one of the ways I block abundance is that I have learned not to ask because it is 'selfish'.
01:31:37 Abigail: There is a concept in Kabbalah that if you over give to someone you give them the bread of shame....
01:31:40 KG: Yiddish with Dick and Jane
Book by Barbara Davilman and Ellis Weiner
01:31:53 Kat: Reacted to "Yiddish with Dick ..." with ■
01:31:54 Dee Ann: And a Mensch the opposite!!!!
01:31:54 Liz Goldman: It's a great word! I grew up hearing my mom and her parents speaking yiddish too.
01:31:59 Laura H.: Reacted to "Yiddish with Dick an..." with ■
01:32:05 Dee Ann: Reacted to "Yiddish with Dick an..." with ■
01:32:05 Stephanie Samuels: Reacted to "It's a great word! I..." with ♥■
01:32:07 Abigail: Yes the Yiddish! <3

01:32:11 Sheilah: Reacted to "It's a great word! I..." with ■

01:32:13 Kat: Reacted to "Yes the Yiddish! <3" with ♥■

01:32:19 Elena: Replying to "How does learning to..."
I grew up that way as well

01:32:37 Colleen Kelley: Replying to "My coping with being..."
I think sugar is a reward, a boost if I am exhausted, a numbing agent if I am frustrated....

01:32:46 Dee: Can you please speak to rewiring the "strings attached" receiving? After reflecting on this a lot and early experiences that then went into adulthood, so much of the "receiving" in my life has been with major strings attached and even extremely destabilizing, so it's not felt in the soma to be trustworthy to be fully in Receiving mode relationally. (Pluto sq mars 7th h). (It's been a lot better non-rationally and Divine interceding experiences which is so incredible to have developed through CMP etc.)

01:32:50 Sam: That feels confusing to me, because I know so many wealthy people who are greedy and not giving at all. Then this idea blocks me mentally.

01:32:51 Laura H.: Replying to "There is a concept i..."
interesting!

01:32:51 Roopa: Replying to "My coping with being..."
I relate. I want to do something "for me" and then feel more sick and tired. I've been redirecting that treat as time to paint as something for me, even for a few minutes. Do you know why you're doing it?

01:32:54 Abigail: This is so important —

01:33:02 Joanne's iPhone: Reacted to "This is so important..." with ♥■

01:33:10 Maria F.: Reacted to "That feels confusing..." with ■

01:33:24 Abigail: Replying to "There is a concept i..."
Yea, is is something I see in my experience

01:33:25 Kerensa Meadows: Reacted to "Thank you from my he..." with ♥■

01:33:36 Lisa: Recycling the energy

01:33:36 Maria F.: I know someone who is so cheap, so stingy in every way. But they have a ton of \$\$.
How does that work?

01:33:42 Barbara: Bright Line Eating helped me

01:33:51 Abigail: There a many ways to give that don't involve \$

01:33:56 Liz Goldman: Generosity of Spirit comes in all forms

01:34:02 Roopa: Replying to "There is a concept i..."
Oof that's big. And I've seen learned helplessness

01:34:07 lindamerwin: Yesterday, a student said, thank you for teaching me. Her awareness of receiving was so lovely.

01:34:10 Heather B: Reacted to "Generosity of Spir..." with ♥■

01:34:12 Lisa LBL: I have enough and enough to share. Always. I am wealthy.

01:34:24 AnneA: Reacted to "There a many ways to..." with ♥■

01:34:34 Abigail: Reacted to "Generosity of Spirit..." with ♥■

01:34:34 Dina: Reacted to "I have enough and en..." with ♥■

01:34:38 Jeanne Spadaccini: Reacted to "I have enough and en..." with ♥■

01:34:44 Abigail: Reacted to "I have enough and en..." with ♥■

01:34:45 Lisa LBL: (in spirit!)

01:34:51 Elena: Replying to "I know someone who i..."
yesterday Tosha said "People with money often live in fear of loss." Maybe it's partly about that?

01:34:57 Talia: Reacted to "I have enough and en..." with ♥■

01:35:02 Kat: Reacted to "(in spirit!)" with ■

01:35:03 Kat: Reacted to "I have enough and ..." with ♥■

01:35:09 Annette: Can we do a meditation on giving?

01:35:16 Sharon Duquette: I was volunteering at Louise Hay's foundation and a woman donated an amount while reciting a blessing that went something like. May this donation be blessed and multiplied by the Universe with love!

01:35:17 Elena: Reacted to "I have enough and en..." with ■

01:35:17 Kerensa Meadows: Reacted to "There is a concept i..." with ■

01:35:20 Liz Goldman: In the enneagram system I am a 2 and I've learned so much about the unhealthy side of my "helper". So so helpful and healing for me

01:35:30 Abigail: Replying to "There is a concept i..."

Choosing to be cheap is hard to watch

01:35:36 Kat: Reacted to "In the enneagram s..." with ■

01:35:40 Joanne's iPhone: Reacted to "There is a concept i..." with ■

01:35:46 Kat: Reacted to "I was volunteering..." with ♥■

01:35:53 Catherine G: Replying to "I know someone who i..."

My stepfather was this way. His perceived source was money, not the divine

01:35:56 Sharon Duquette: It just makes total sense the giving and receive should be equal

01:48:09 Lucie: Reacted to "IMG_0586.jpg" with ♥■

01:48:17 Heather B: Reacted to "Anyone wants to do..." with ♥■

01:48:33 Holly: Replying to "My coping with being..."

Tapping for emotional eating helped me. Checked out Tapping Solution.com or Brittany Watkins YouTube videos.

01:48:34 Kelly: Tosha: my husband just had an item he loves stolen. Could you talk about theft in the cycle of giving and receiving?

01:48:34 Allison (she/her/hers): Reacted to "Greed is a cloak of ..." with ♥■

01:48:50 Allison (she/her/hers): Reacted to "I like that the yogi..." with ♥■

01:48:54 Tamanna Kakkar: Reacted to "Anyone wants to do l..." with ♥■

01:49:07 Allison (she/her/hers): Reacted to "IMG_0586.jpg" with ♥■

01:49:07 aida: Reacted to "Marco is listening. ..." with ♥■

01:49:44 Julie: Reacted to "IMG_0586.jpg" with ♥■

01:49:52 Colleen Kelley: Replying to "My coping with being..."

Thank you.

01:50:11 Karen Bemmes: Reacted to "Yesterday, a student..." with ♥■

01:50:44 Karen Bemmes: Reacted to "I was volunteering a..." with ♥■

01:50:44 Kerensa Meadows: Reacted to "IMG_0586.jpg" with ■

01:50:51 Marcia Caringal: Reacted to "My coping with being..." with ■

01:50:54 Colleen Kelley: Replying to "My coping with being..."

@Barbara thank you

01:51:19 barbara: Reacted to "I was volunteering a..." with ♥■

01:51:23 Kerensa Meadows: Reacted to "Anyone wants to do l..." with ♥■

01:51:25 Kat: \$5 could be absolutely everything to someone that day

01:51:31 Karen Bemmes: Replying to "There is a concept i..."

I know someone who does that, and it's so interesting to see how resentful the receivers become.

01:51:37 Dina: Reacted to "\$5 could be absolute..." with ♥■

01:51:58 Karen Bemmes: Reacted to "In the enneagram sys..." with ♥■

01:52:07 Joanne's iPhone: One thing I experienced too as a child was being overgiven to in a domineering way, which was very disempowering because it took away my option to choose. My reaction was to become hyper independent. My entire family dynamic was about control through giving.

■

01:52:09 Heather B: What about thrifting things that are no longer needed?

01:52:10 Sam: Reacted to "There is a concept i..." with ■

01:52:18 Holly: I made 2 donations as a demo of abundance on break.

01:52:26 Elena: Reacted to "One thing I experien..." with ■

01:52:26 Dee Ann: Reacted to "I made 2 donations a..." with ♥■

01:52:32 Fatima: Replying to "There is a concept i..."

Favotire Frame: Bread of Shame. I have never heard of that. Thank you!

01:52:36 Heather B: Reacted to "I made 2 donations..." with ♥■

01:52:55 Shell Lightning Spirit: Reacted to "One thing I experien..." with ■

01:53:03 Dee Ann: Reacted to "One thing I experien..." with ■

01:53:05 AnneA: Reacted to "What about thrifting..." with ■

01:53:07 Elena: Replying to "What about thrifting..."
donating them? That is a big part of my "letting go" of things.

01:53:09 Sam: If possible, could you kindly address all the comments about wealthy folks who are not giving, but they have wealth.

01:53:13 Heather B: Reacted to "donating them? Tha..." with ■

01:53:16 Dina: Reacted to "I made 2 donations a..." with ♥■

01:53:17 Holly: Reacted to "donating them? That ..." with ■

01:53:18 Janet Douglas: Reacted to "I made 2 donations a..." with ♥■

01:53:19 Kerensa Meadows: Reacted to "One thing I experien..." with ■

01:53:21 Holly: Reacted to "What about thrifting..." with ■

01:53:24 Kerensa Meadows: Reacted to "I made 2 donations a..." with ♥■

01:53:25 Gaveeta Chiba: I feel afraid to receive. I know it's my kid. She feels guilty to receive with ease and almost has a cap on the amount she's ok to receive.

01:53:33 Lisa LBL: asking for help can feel like anathema to me...never construed 'help' with 'receiving'.

01:53:35 Joanne's iPhone: Receiving has felt like a trap to me. Accept help and submit to control.

01:53:46 Dee: Yes badge of honor in being so very independent p- phew. Distorted

01:53:48 Georgie Weston: Reacted to "One thing I experien..." with ■

01:53:49 Shell Lightning Spirit: Replying to "One thing I experien..."
similar for me.... it's been an interesting journey of forgiving myself for ever thinking that I had to fulfill someone else's feelings of entitlement and so much more

01:54:00 Colleen Kelley: Reacted to "I recall a recent tr..." with ♥■

01:54:03 Joanne's iPhone: Reacted to "similar for me.... i..." with ♥■

01:54:04 Elena: Replying to "I feel afraid to rec..."
I have a son who does not like to receive either.

01:54:11 Davina: I was told that there are times where money is the appropriate mode of giving if we want a similar or larger return

01:54:33 roses Shannon: Replying to "I feel afraid to rec..."
Elena, same. It breaks my heart sometimes

01:54:42 roses Shannon: Reacted to "I have a son who doe..." with ♥■

01:54:43 Shelley: My lack of receiving relates to my relationship with God, with my inner Divine, which is slowly improving.

01:54:49 Liz Goldman: Reacted to "I made 2 donations a..." with ♥■

01:54:49 Barbara: I'm afraid to give money to my husbands kids. Feels like I won't have enough later in life when I need it. Feel so conflicted and bad.

01:55:08 Elena: Replying to "I feel afraid to rec..."
His siblings are fine receiving, but he is not. I am trying to figure out how his karma is so different.

01:55:14 Kelly: Reacted to "I was volunteering a..." with ♥■

01:55:17 Elena: Reacted to "Elena, same. It brea..." with ■

01:55:28 Kelly: Reacted to "Yesterday, a student..." with ♥■

01:55:35 Elena: Reacted to "Receiving has felt l..." with ■

01:55:36 Shell Lightning Spirit: I also enjoy how Suzi Orman talks about money energy as a financial advisor

01:56:18 Elena: Reacted to "similar for me.... i..." with ♥■

01:56:18 roses Shannon: Replying to "I feel afraid to rec..."
yep, his sister is really different. and it can be hard to let him have his own path and just be there and witness

01:57:10 Elena: Reacted to "yep, his sister is r..." with ■

01:57:13 Anne Yost: The first of the Four Agreements (Din Miguel Ruiz) is to Be Impeccable With Your Word. I live how he describes it. Don't use your word against yourself or others. So simply and yet a life long lesson.

01:57:26 Kat: Reacted to "IMG_0586.jpg" with ■

01:57:31 Kerensa Meadows: Reacted to "The first of the Fou..." with ■

01:57:35 shannonfoley: Reacted to "The first of the Fou..." with ■

01:57:38 Allison (she/her/hers): Reacted to "The first of the Fou..." with ■

01:58:22 841 4159 7907: I fear what I debt I will owe to the person I am receiving from.

01:58:57 Dina: Reacted to "I fear what I debt I..." with ■

01:59:18 Kat: Receiving with strings just feels so YUCKY

01:59:24 Cynthia's Camp: Some give to get

01:59:25 roshannon: Reacted to "Receiving with strin..." with ■■

01:59:41 Sharon Duquette: Reacted to "The first of the Fou..." with ■

01:59:52 Kat: Reacted to "Some give to get" with ■

02:00:12 Joanne's iPhone: Reacted to "Receiving with strin..." with ■■

02:00:17 Jamie Smith: How do you find the balance with a business like coaching on wanting to give lots of value, but also not give too much?

02:00:53 Dee Ann: FLOW Fully Loving Offering Welcoming

02:00:53 Liz Goldman: Often, I have the experience of not even knowing what I want. I think it's related to trauma from childhood, culture, etc. I want to open up this access because intellectually I know it's there.

02:01:04 Allison (she/her/hers): Reacted to "Often, I have the ex..." with ■

02:01:20 roshannon: Can you talk about how to work with people who respond to someone they see doing their best to live in an abundance giving/receiving flow with suspicion and/or jealousy? Having an issue with this at work ■■

02:01:26 roshannon: Reacted to "Often, I have the ex..." with ■■

02:01:36 Kat: Reacted to "FLOW Fully Loving ..." with ■

02:02:20 Lisa LBL: How to we create a healthy partnership between the ego and the soul?

02:02:21 Kerensa Meadows: Reacted to "Often, I have the ex..." with ■

02:02:37 Elena: Reacted to "Often, I have the ex..." with ■

02:02:48 Constanze Wilson: Seems like asking for what we need is willingness to receive in action

02:02:53 Karen Bemmes: Reacted to "Often, I have the ex..." with ■

02:03:02 Georgie Weston: Reacted to "Seems like asking fo..." with ■

02:03:07 Sasha: That story of receiving in the womb was so good, my mind gets tripped up on having to "earn it"

02:03:09 Georgie Weston: Reacted to "That story of receiv..." with ♥■

02:03:11 Constanze Wilson: Reacted to "Often, I have the ex..." with ■

02:03:15 Elena: Reacted to "That story of receiv..." with ♥■

02:03:24 Sharon Duquette: Wow, I still find myself doing this with my hairdresser(s). I like them so much making it hard to say I'm not happy with a b or c!

02:03:36 Karen Bemmes: Reacted to "Seems like asking fo..." with ♥■

02:03:48 roshannon: Reacted to "Seems like asking fo..." with ♥■

02:03:59 roshannon: Reacted to "That story of receiv..." with ♥■

02:04:14 Dee Ann: Reacted to "Seems like asking fo..." with ♥■

02:04:14 Kerensa Meadows: Reacted to "That story of receiv..." with ♥■

02:04:16 Abigail: I think if we ask for what we need we give others the permission to do the same...

02:04:29 Liz Goldman: Reacted to "I think if we ask fo..." with ■

02:04:35 roshannon: Reacted to "I think if we ask fo..." with ■■

02:04:42 Sasha: Reacted to "I think if we ask fo..." with ■

02:05:00 Sam Hughes: Replying to "Wow, I still find my..."

Ha ha - I'm English - its impossible for us to have those sorts of conversations. I've tipped so times after a bad haircut!

02:05:08 Georgie Weston: Reacted to "I think if we ask fo..." with ■

02:05:13 Dina: Reacted to "I think if we ask fo..." with ♥■

02:05:30 Joanne's iPhone: I'm so glad I will be able to listen to this again later. ■

02:05:38 Constanze Wilson: Reacted to "Ha ha - I'm English ..." with ■

02:05:48 Constanze Wilson: Replying to "Wow, I still find my..."

Same here Sam!

02:05:48 roses Shannon: Reacted to "I'm so glad I will b..." with ■

02:06:14 Sam Hughes: Reacted to "Same here Sam!" with ■

02:06:22 Dina: Reacted to "I'm so glad I will b..." with ♥■

02:06:24 Colleen Kelley: Reacted to "That story of receiv..." with ♥■

02:06:26 C: I think sometimes it's meant for their kids, who likely they treat badly ■

02:06:26 Kat: Yes and they give behind the scenes...they do it quietly and don't need the adoration for "look at how great I am for being so generous"

02:06:38 Dee: Thank you. Love that statement. I'm not available for that. Having some new lovely experiences like this currently as I released some people out after recognizing how nefarious. Learning Discernment has been a life long ever-giving journey ;)

02:06:42 Dina: Reacted to "Yes and they give be..." with ♥■

02:06:50 roses Shannon: Reacted to "Yes and they give be..." with ♥■

02:06:51 Kat: Reacted to "Thank you. Love th..." with ■

02:07:01 roses Shannon: Reacted to "Thank you. Love that..." with ♥■

02:07:03 Davina: Yes , learning to trust yourself and the divine and walking by faith is scary at first because its like stepping out and not being sure where your feet will land without 3d seeing, requires courage

02:07:10 Abigail: So much is non-obvious and does not "add up" stay with the LIGHT!

02:07:16 C: Replying to "I think sometimes it..."

I mean the mean people who seemingly have lots of money

02:07:32 Liz Goldman: Reacted to "Yes , learning to tr..." with ♥■

02:07:50 Shell Lightning Spirit: My nature is to give without conditions, and I got really taken advantage of in every area of life in relation to others. I had to stop giving for a while to shed the social conditioning of my value, and as I shed those false narratives I started hearing, seeing and feeling how to discern and choose when and where to give. It's a work in progress, which I'm okay with, now.... even learning to let all of this be a work in progress has been quite a journey....

02:07:53 Constanze Wilson: Having access to a lot of money is a test of character & spirit

02:08:17 Charee Janelle: I had to get clear in not receiving from vampires! And discerning sticky gift from pure gifts.

02:08:21 Karen Bemmes: Reacted to "My nature is to give..." with ■

02:08:25 Suzanne Miley: Reacted to Thank You to whomeve... with "♥■"

02:08:33 Shell Lightning Spirit: Reacted to "I had to get clear i..." with ♥■■■■

02:08:39 Charee Janelle: I like the way you explained that !

02:08:49 Sasha: I think Deepak Chopra once said "Some people are so poor they have only money"

02:08:51 Charee Janelle: Reacted to I had to get clear i... with "♥■■■■"

02:08:51 Mark: Reacted to "My nature is to give..." with ■

02:08:53 Kerensa Meadows: Reacted to "Thank you. Love that..." with ■

02:08:59 roses Shannon: Reacted to "I think Deepak Chopr..." with ■■

02:08:59 Sam Hughes: Reacted to "I think Deepak Chopr..." with ♥■

02:09:01 Elena: Reacted to "Yes and they give be..." with ♥■

02:09:02 Janet Douglas: Reacted to "I think Deepak Chopr..." with ♥■

02:09:04 Shell Lightning Spirit: Reacted to "I think Deepak Chopr..." with ♥■

02:09:05 Shelly : Reacted to "I think Deepak Chopr..." with ♥■

02:09:33 Abigail: Ive spent some time in Brazil where people to SO Much More with So Much Less!

02:09:37 Karen Bemmes: Reacted to "I think Deepak Chopr..." with ♥■

02:09:50 Kerensa Meadows: Reacted to "My nature is to give..." with ■

02:09:58 Colleen Kelley: Reacted to "I think Deepak Chopr..." with ■■

02:10:19 Constanze Wilson: Reacted to "Ive spent some time ..." with ♥■

02:10:59 Elena: Reacted to "I think Deepak Chopr..." with ♥■

02:11:00 Laura H.: I love the image of the conduit or vessel as you described in an earlier example, Tosha. What if receiving actually facilitates the opportunity to give? It's not necessarily personal. You are in the flow as an element in the co-creative process of the Divine.

02:11:06 Charee Janelle: I do that with offerings too! I Write the #s down and ask divine to show me clearly!!

02:11:21 Julie (she/her) Dallas: Reacted to "I do that with offer..." with 🟩

02:11:22 Sharon Duquette: When I was financially challenged years ago, I shifted into gratitude and appreciation for all that I have. During that time and still to this day I am extremely grateful for my family life and the loving friendships I have. I even placed pictures of my family in the abundance corner of my house (feng shui) along with a jar of coins to represent my abundance. ♥🟩

02:11:24 Jamie Smith: I am so glad you said that

02:11:32 Kat: THANK you fot this price point and payment plan...out of work with illness and I needed to be here. A true gift from you and the Divine

02:11:42 Sasha: Reacted to "THANK you fot this p..." with ♥🟩

02:11:42 Liz Goldman: Reacted to "When I was financial..." with ♥🟩

02:11:57 Constanze Wilson: Reacted to "THANK you fot this p..." with ♥🟩

02:12:04 Allison (she/her/hers): Reacted to "THANK you fot this p..." with ♥🟩

02:12:08 nancy: Thank you for that, Tosha.

02:12:22 kathleengeraghty: Replying to "THANK you fot this p..."
Agreed. Thank you!

02:12:26 Allison (she/her/hers): Reacted to "Thank you for that, ..." with ♥🟩

02:12:34 Janet Douglas: Reacted to "THANK you fot this p..." with ♥🟩

02:12:38 Laura H.: Reacted to "Ive spent some time ..." with ♥🟩

02:12:47 aida: I so appreciate your making it so available

02:12:48 Julie (she/her) Dallas: Reacted to "THANK you fot this p..." with ♥🟩

02:12:55 Lisa LBL: In Chinese culture the number "8" is the luckiest number symbolizing wealth, prosperity and good fortune. When I saw double '8' I knew I had to take the seminar.

02:12:57 Liz Goldman: This is so inspiring and beautiful! My dear friend who knows what I am working with regarding my finances gifted me this course. It is so synchronistic!!

02:12:59 jen freeman: That's so beautiful

02:13:02 shannonfoley: Thank you

02:13:05 Sam: I was scared to ask for a discount. All these messages are in my brain making me scared. If I ask for a discount, I'm operating from a scarcity mindset, and I'm doomed.

02:13:06 Elena: Replying to "THANK you fot this p..."
So grateful, and am glad you are explaining your guidance for how you set the price point.

02:13:10 jen freeman: I love your scraps of paper and pick model

02:13:15 aida: Easier to be here more freely

02:13:17 Kerensa Meadows: Reacted to "THANK you fot this p..." with ♥🟩

02:13:26 Elena: Replying to "I am so glad you sai..."
me too

02:13:42 Kathy Roy: Thank you for sharing how your price things. It's beautiful and I appreciate that you make sure it is available to all who are called to be here.

02:13:51 Lynn Schumacher: Reacted to "Thank you for sharin..." with ♥🟩

02:13:53 MJ: Reacted to "Thank you for sharin..." with ♥🟩

02:13:56 Sasha: Reacted to "In Chinese culture t..." with ♥🟩

02:14:01 Sharon Duquette: I'm really grateful you make the forum and all of your courses reasonable and available for me and so many friends I've referred to join. Thank you!

02:14:02 Fiona: Reacted to "Thank you for sharin..." with ♥🟩

02:14:05 Tanja: I am VERY grateful you did you did it the way you did. It resonates deeply!

02:14:23 Kirsten D: Thanks for being so witty and human Tosha and not typical new age, so refreshing and necessary

02:14:31 Constanze Wilson: Reacted to "Thanks for being so ..." with ♥🟩

02:14:31 Laura H.: Reacted to "When I was financial..." with ♥🟩

02:14:33 Cynthia's Camp: Thank you very very much for your connection to source divine and that u want to share your gifts to empower our own connection with source

02:14:35 PattieBelle Hastings: Reacted to "Thanks for being so ..." with ♥🟩

02:14:41 Violetta Hoffmann: Reacted to "Thank You to whomeve..." with ♥■

02:14:46 Kat: Reacted to "Thank you very ver..." with ♥■

02:14:50 Kat: Reacted to "Thanks for being s..." with ♥■

02:14:51 Elena: Replying to "I was scared to ask ..."
scarcity mindset is real. I am working on that one. It's hard.

02:14:54 Evgenia Kharitonova: I wouldn't be able to be here if it was 4x the price. Even at 2x - wouldn't have worked right now. Thank you!!

02:15:04 Kat: Reacted to "I wouldn't be abl..." with ■

02:15:06 Allison (she/her/hers): Reacted to "I wouldn't be able t..." with ♥■

02:15:07 Sam: Reacted to "I wouldn't be able t..." with ■

02:15:13 Kirsten D: Reacted to "I wouldn't be able t..." with ♥■

02:15:14 Elena: Reacted to "Thanks for being so ..." with ♥■

02:15:17 Kerensa Meadows: Reacted to "When I was financial..." with ♥■

02:15:17 Jasmine: Reacted to "FLOW Fully Loving Of..." with ■

02:15:20 Kirsten D: Replying to "I wouldn't be able t..."
Same

02:15:21 Lynn Schumacher: An excellent example (price of the Abundance Intense) being an conduit for the divine, thank you!

02:15:42 Sam: Reacted to "scarcity mindset is ..." with ■

02:15:42 Liz Goldman: I lost my credit card and debit card last week! You can't make this shit up! :-))))

02:15:48 Suzanne Miley: I've learned the greatest lessons and received the deepest gifts from what would be called losses.

02:15:51 Tamanna Kakkar: Reacted to "I wouldn't be able t..." with ♥■

02:16:01 Maria F.: Reacted to "I've learned the gre..." with ♥■

02:16:02 Abigail: OMG

02:16:20 Kerensa Meadows: Reacted to "Thanks for being so ..." with ♥■

02:16:30 barbara: Reacted to "I wouldn't be able t..." with ■

02:16:39 Georgie Weston: Reacted to "I've learned the gre..." with ♥■

02:17:12 Catherine G: When I was newly divorced and maxed out all my credit cards, I said I wish these credit cards would just go away, and lo and behold, my wallet was stolen out of my cart at Trader Joe's, and the thief immediately went to Best Buy and tried to buy a lot of expensive electronics, but all the cards were declined. The power of my words really hit me.

02:17:24 Laura H.: Reacted to "In Chinese culture t..." with ♥■

02:17:28 MaryLynn: I frequently notice a feeling of being taken advantage of, having the "wool pulled over my eyes", or being cheated in terms of buying a car or being overcharged for a service provided. I wonder what my conditioning is around that, where it comes from?

02:17:33 Alicia: I experienced feelings of fear, insecurity & pride about asking to be a part of the scholarship for the class. Thanks Tasha and Georgie for that conversation. So I put the class on my credit card instead of asking. Even writing this I am feeling discomfort. But this is the place to let these feelings be metabolized <3

02:17:40 Joanne's iPhone: Reacted to "When I was newly div..." with ♥■

02:17:40 Shell Lightning Spirit: Reacted to "When I was newly div..." with ■

02:17:50 Dee: Reacted to "I experienced feelin..." with ♥■

02:17:53 Kat: Reacted to "I experienced feel..." with ♥■

02:18:04 Dee: Reacted to "I frequently notice ..." with ♥■

02:18:10 Shell Lightning Spirit: Reacted to "I experienced feelin..." with ■

02:18:13 Georgie Weston: Reacted to "I experienced feelin..." with ■

02:18:17 Barbara: My husband just lost two credit cards. Does that mean he's in the flow?

02:18:18 Constanze Wilson: Reacted to "I experienced feelin..." with ♥■

02:18:56 Abigail: There is soooooo much stuff int the world - so many items in my house were free or gifted!

02:19:09 Constanze Wilson: Yes, my acupuncturist told me I needed to stop getting 2nd hand clothes because I would be wearing their karma....! Seems depressing & dogmatic to think that!

02:19:17 Abigail: Give and recycle the Good
02:19:23 Kat: it also keeps things out of landfills and helps the earth
02:19:29 Tanja: If thrifting is passed on karma, what happens to organ donation...??
02:19:35 Elena: I have to leave at 1. I hope that the chat I "saved" will include chat that comes after I leave? But the Universe will do what it is supposed to do.
Hope you all have the best last hour, which I will listen to later, and hope to see the chat somewhere!
Thanks, Tasha, for this intensive. It has been revelatory and is so appreciated. YOU are appreciated!
02:19:37 Karen Bemmes: Replying to "I frequently notice ..."
It could be your intuition telling you to beware or conditioning not to trust others, but you can ask if that feels protective or like a warning and move forward accordingly.
02:19:37 C: Replying to "Yes, my acupuncturis..."
Wash them in ammonium
02:19:39 Abigail: Replying to "Yes, my acupuncturis..."
Smudge it!
02:19:39 Cynthia's Camp: The linear mindset of business models are still major play in this world scarcity
02:19:47 Sasha: Reacted to "When I was newly div..." with ■
02:19:55 Allison (she/her/hers): Reacted to "The linear mindset o..." with ■
02:20:05 Constanze Wilson: Reacted to "Smudge it!" with ■
02:20:07 Kathy Roy: Have you ever done a retreat for how to incorporate these practices into business? Would love that.
02:20:08 Constanze Wilson: Reacted to "Wash them in ammoniu..." with ■
02:20:10 Annette: Without using sage, how can you cleanse the energy of an item or clothing that you buy at a thrift store? Would love suggestions.
02:20:17 Constanze Wilson: Reacted to "Without using sage, ..." with ■
02:20:23 Sharon Duquette: I'm always wishing and wanting to give to people first but sometimes I find giving to Goodwill with the knowing someone will get these items that need them.
02:20:33 Andrea (she/her): Long story but my engagement ring was stolen/taken. It has taken me quite a while and it was quite the lesson. I'm way more at peace about it and definitely think that there was something bigger at work. I still have my wedding band and am happy being married to my spouse. I'm blessed.
02:20:35 C: Replying to "Without using sage, ..."
Vinegar or ammonium or just good wishes?
02:20:36 Karen Bemmes: Reacted to "I have to leave at 1..." with ♥■
02:20:38 Kerensa Meadows: Reacted to "it also keeps things..." with ■
02:20:41 Alicia Kroll: i'm harvesting potatoes carrots cabbage tomatoes and watermelons as i listen. so much abundance from the soil
02:20:41 Catherine G: Reacted to "Have you ever done a..." with ♥■
02:20:45 MaryLynn: Replying to "I frequently notice ..."
Thank you, Karen! I appreciate your thought. I'll reflect on that! Trust is definitely an issue.
02:20:54 Dina: Reacted to "i'm harvesting potat..." with ♥■
02:20:58 Abigail: Reacted to "i'm harvesting potat..." with ♥■
02:21:00 david stewart: Reacted to "i'm harvesting potat..." with ♥■
02:21:01 Karen Bemmes: Reacted to "Thank you, Karen! I ..." with ♥■
02:21:03 Kerensa Meadows: Reacted to "I have to leave at 1..." with ♥■
02:21:08 Georgie Weston: Reacted to "i'm harvesting potat..." with ♥■
02:21:10 Peggy Coyle: Reacted to "i'm harvesting potat..." with ♥■
02:21:17 Sharon Duquette: Reacted to "i'm harvesting potat..." with ♥■
02:21:21 Dina: Reacted to "I frequently notice ..." with ♥■
02:21:29 Allison (she/her/hers): Reacted to "i'm harvesting potat..." with ♥■
02:21:32 Abigail: Replying to "Without using sage, ..."
Sage oil or sage tea!
02:21:33 Catherine G: Reacted to "i'm harvesting potat..." with ♥■

02:21:57 Dina: Reacted to "Sage oil or sage tea..." with ♥■

02:21:59 Abigail: Reacted to "If thrifting is pass..." with ■

02:22:06 Jodie's iPad: I've had a habit of overspending and buying frivolous things. But often when I donate items I immediately have regrets and think of ways I could or should have repurposed them in my own life so then I'm left feeling uncertain about donating for fear I am perpetuating the cycle of buying more

02:22:10 Sam Hughes: Replying to "Without using sage, ..."
Nag champa incense

02:22:10 aida: Replying to "Without using sage, ..."
Maybe ask the item how would you like to be cleansed

02:22:11 Kerensa Meadows: Reacted to "Long story but my en..." with ■

02:22:17 Kerensa Meadows: Reacted to "i'm harvesting potat..." with ♥■

02:22:22 Kat: While out of work, all my stuff I needed has come from Goodwill. Just bought a jacket and I get compliments on it all the time. Grateful fpr Goodwill and it was fun shopping for treasures that cost \$4

02:22:29 Belinda Moore: Reacted to "If thrifting is pass..." with ■

02:22:33 Suzanne Miley: Reacted to While out of work, a... with "♥■"

02:22:39 Georgie Weston: Reacted to "While out of work, a..." with ♥■

02:22:46 Pam: Reacted to "While out of work, a..." with ♥■

02:22:52 Abigail: Reacted to "The linear mindset o..." with ♥■

02:23:02 jamie: This is a beautiful freeing liberating intensive. For me it's like nourishment for my soul. I've been feeling kind of starving for all this. My gratitude is immense, thank you thank you thank you.....

02:23:08 Abigail: Replying to "The linear mindset o..."
I love you for saying this!

02:23:12 Kat: Reacted to "This is a beautifu..." with ■

02:23:12 Kerensa Meadows: Reacted to "While out of work, a..." with ♥■

02:23:13 Dina: Reacted to "This is a beautiful ..." with ♥■

02:23:23 Hannah: Replying to "Without using sage, ..."
Just proclaim that the Divine cleanses the energy of this item and makes it open to blessing the one who needs it most

02:23:27 Laura H.: 'Not For Me'

02:23:28 C: Sometimes I buy things for someone else- and then if I decide to keep them for myself- something inevitably happens to that object- it breaks or whatnot. Isn't that weird?

02:23:35 Hannah: Replying to "Without using sage, ..."
Needs*

02:23:40 Maria F.: As I've been changing last few years, old 'friends' have really pushed back and wanting me to change back to the one that always gives.

02:23:43 Daria Schwarzenboeck: I understood today, that inspite of being a psychic medium and hearing the Divine guidance very clearly. - I've never really handed over the life, the work, the money... and now sitting and crying because of this amazing release after struggling for so long. Thank you

02:23:57 Annette: Reacted to "I understood today, ..." with ■

02:24:01 Georgie Weston: Reacted to "I understood today, ..." with ■

02:24:06 Dina: Reacted to "I understood today, ..." with ♥■

02:24:19 aida: Reacted to "I understood today, ..." with ■

02:24:26 Allison (she/her/hers): Reacted to "While out of work, a..." with ♥■

02:24:28 Peggy Coyle: Reacted to "I understood today, ..." with ♥■

02:24:33 Pam: Reacted to "Just proclaim that t..." with ♥■

02:24:35 Allison (she/her/hers): Reacted to "This is a beautiful ..." with ♥■

02:24:35 Sharon Duquette: Reacted to "I understood today, ..." with ♥■

02:24:48 Annette: Reacted to "Vinegar or ammonium ..." with ♥■

02:24:50 Annette: Reacted to "Sage oil or sage tea..." with ♥■

02:24:55 Annette: Reacted to "Nag champa incense" with ♥■

02:24:58 Annette: Reacted to "Maybe ask the item h..." with ♥■

02:24:59 Laura H.: Reacted to "I understood today, ..." with ♥■

02:25:02 Annette: Reacted to "Just proclaim that t..." with ♥■

02:25:05 Liz Goldman: Reacted to "I understood today, ..." with ♥■

02:25:08 Allison (she/her/hers): Reacted to "I understood today, ..." with ♥■

02:25:37 Catherine G: Reacted to "I understood today, ..." with ■

02:25:39 Karen Bemmes: Reacted to "As I've been changin..." with ■

02:25:55 Mark: Reacted to "I understood today, ..." with ♥■

02:26:00 Suzanne Miley: Replying to "Yes, my acupuncture..."

I don't do well in thrift stores and the like. I feel the history and often trauma related to the items. I gave up second hand clothes long ago once I realized this about myself.

02:26:05 Sharon Duquette: Replying to "I understood today, ..."

I can totally relate, as someone who does Angelic intuitive readings and Reiki I find myself having a harder time to pricing my worth as I tend to care more about the "service" piece of it!

02:26:12 Kat: Reacted to "I understood today..." with ♥■

02:26:16 Dina: Replying to "Yes, my acupuncture..."

Me too

02:26:18 Hannah: I lost my phone at a local park. It fell out of my pocket after a meditation and I didn't notice until later. I got a call on my husband's phone and it was the man who took it. He wanted money for it. \$40. I gave him more than that and offered him food. I told him God bless you and said thank you for finding my phone.

02:26:20 Karen Bemmes: Reacted to "I understood today, ..." with ■

02:26:32 Kat: Reacted to "I lost my phone at..." with ■

02:26:37 Annette: Reacted to "I lost my phone at a..." with ■

02:26:43 Dee: Reacted to "I lost my phone at a..." with ■

02:26:45 Daria Schwarzenboeck: Reacted to "I can totally relate..." with ♥■

02:26:45 roshannon: Reacted to "I wouldn't be able t..." with ■■

02:26:51 Allison (she/her/hers): Reacted to "I lost my phone at a..." with ■

02:26:52 roshannon: Reacted to "Same" with ■■

02:26:52 Sasha: Reacted to "This is a beautiful ..." with ♥■

02:26:55 Georgie Weston: Reacted to "I lost my phone at a..." with ■

02:27:12 Constanze Wilson: Replying to "Yes, my acupuncture..."

Thank you, I'll have to think about cleansing or whether or not I can handle the energy

02:27:15 Sasha: Reacted to "The linear mindset o..." with ■

02:27:15 Constanze Wilson: Reacted to "I don't do well in t..." with ■

02:27:17 Constanze Wilson: Reacted to "Me too" with ■

02:27:17 Kerensa Meadows: Reacted to "I lost my phone at a..." with ■

02:27:17 Pam: Reacted to "I lost my phone at a..." with ■

02:27:21 roshannon: Reacted to "I experienced feelin..." with ♥■

02:27:39 Annette: Replying to "Without using sage, ..."

Thank you for these wonderful suggestions! ■

02:27:52 Kirsten D: capitalism is literally about building up surplus profit, no matter whether what you produce is needed or useful

02:27:55 roshannon: Reacted to "The linear mindset o..." with ■

02:27:59 Hannah: Reacted to "Thank you for these ..." with ♥■

02:28:07 Mark: It never was a zero sum game!!

02:28:08 roshannon: Reacted to "I understood today, ..." with ♥■

02:28:10 Alicia: Reacted to "I understood today, ..." with ■

02:28:10 Sharon Duquette: Q. Can you speak to why I and others tend to hold back pricing spiritual services and gifts when we/I never concerned myself with my worth in the corporate world. Curious of how you stepped into it and could share?

02:28:18 Alicia: Reacted to "I can totally relate..." with ♥■

02:28:39 Holly: Reacted to "I understood today, ..." with ♥■

02:28:52 roses Shannon: Reacted to "Q. Can you speak to..." with ■

02:28:53 Annette: Reacted to "Q. Can you speak to..." with ♥■

02:30:09 Lisa Hilas: From mine-set to divine set

02:32:21 Trish: A few weeks ago in one of the live calls, my inner child asked for a puppy. It was a problem. My partner was opposed. I decided I was no longer available for living without a dog. "Suddenly," he came up with a website featuring a little bonded pair that needed a home. Humorously, their shelter names were Morris and Doris. This morning, I am wrapped in a blanket with two little dogs, listening to this webinar. My inner child and I feel WEALTHY!!!!!!

02:33:26 Sharon Duquette: Reacted to "From mine-set to div..." with ♥■

02:33:29 PattieBelle Hastings: Reacted to "From mine-set to div..." with ♥■

02:33:34 PattieBelle Hastings: Reacted to "A few weeks ago in o..." with ♥■

02:33:41 Sharon Duquette: Replying to "A few weeks ago in o..."

Yeahhhhh♥■♥■♥■

02:34:08 toby: My mom is 97yo. The anticipatory grief has been wild. I am now allowing the feelings. And the truth that her passing make me the Matriarch. Instead of thinking about how time slips away my giving is to myself to LIVE EACH DAY IN JOY & TO ITS FULLEST!

02:34:28 toby: THANK YOU TOSHA!~ FOR ALL YOU DO & ALL YOU ARE!~

02:34:30 Trish: Reacted to "THANK YOU TOSHA!~ FO..." with ♥■

02:34:43 Trish: Reacted to "My mom is 97yo. The ..." with ♥■

02:35:00 Kat: Reacted to "A few weeks ago in..." with ♥■

02:35:04 Georgie Weston: Reacted to "A few weeks ago in o..." with ♥■

02:35:11 Georgie Weston: Reacted to "My mom is 97yo. The ..." with ■

02:35:27 Dee: Reacted to "My mom is 97yo. The ..." with ♥■

02:35:28 Georgie Weston: Reacted to "From mine-set to div..." with ♥■

02:35:50 Kat: Replying to "A few weeks ago in..."

Yeah for Moris and Doris in their new home■

02:36:07 barbara: Your voice is so soothing, I drift off every time we do a meditation ■

02:36:10 Mark: Reacted to "My mom is 97yo. The ..." with ♥■

02:36:18 Hannah: Reacted to "Your voice is so soo..." with ■

02:36:20 barbara: Reacted to "My mom is 97yo. The ..." with ♥■

02:36:27 Dina: Reacted to "A few weeks ago in o..." with ♥■

02:36:28 Kerensa Meadows: Reacted to "From mine-set to div..." with ♥■

02:36:39 Trish: Reacted to "Yeahhhhh♥■♥■♥■" with ■

02:36:43 Dee: My inner child wants to receive from me. I know what needs to be done to continue to help her feel safe and grounded and secure. Routine, Presence, putting away the damn phone with all the distractions ■■

02:36:44 Sasha: Reacted to "From mine-set to div..." with ♥■

02:36:47 Kerensa Meadows: Reacted to "My mom is 97yo. The ..." with ♥■

02:36:53 Kat: Reacted to "My inner child wan..." with ■

02:36:56 MJ: Reacted to "THANK YOU TOSHA!~ FO..." with ♥■

02:37:01 Liz Goldman: Reacted to "My inner child wants..." with ♥■

02:37:06 Trish: Reacted to "My inner child wants..." with ♥■

02:37:27 barbara: Reacted to "A few weeks ago in o..." with ♥■

02:37:29 Daria Schwarzenboeck: Reacted to "I lost my phone at a..." with ♥■

02:37:34 Kerensa Meadows: Reacted to "My inner child wants..." with ♥■

02:37:38 Alicia: Reacted to "A few weeks ago in o..." with ♥■

02:37:44 Alicia: Reacted to "My mom is 97yo. The ..." with ♥■

02:37:46 Abigail: So moving!

02:37:48 Abigail: Receiving is easy, natural and so is giving - easy - I am open and receptive to it all

02:37:49 Daria Schwarzenboeck: Replying to "I understood today, ..."

I'm very familiar with this subject... Now I always ask the Divine about pricing - it's always such a perfect fit. Someone pays a higher price and someone just a symbolic price and sometimes nothing - just as the Divine guides me ■ (The Divine is usually telling me to forget about prices and relax,

concentrate on my inner world, joy

02:37:51 jen freeman: Replying to "Yes, my acupuncturis..."

The bodie

02:37:53 Julie (she/her) Dallas: Reacted to "A few weeks ago in o..." with ♥■

02:38:05 Nancy Norbeck: Reacted to "Smudge it!" with ■

02:38:16 barbara: Reacted to "I'm very familiar wi..." with ♥■

02:38:21 Abigail: EXACTLY!

02:38:22 Maria F.: buying second hand and vintage is so good for the planet.

02:38:22 Julie (she/her) Dallas: Replying to "A few weeks ago in o..."

can we have a pic? :)

02:38:23 aida: Felt a forgiveness for sometimes giving with strings unawares during this meditation.

Grateful

02:38:25 Sharon Duquette: Wow that's amazing. You gave with no judgement and probably helped that man so much. Great example

02:38:32 Abigail: Everything comes from GOD!

02:38:32 Danielle Brooks: fear to receive came up in that meditation but it was a two pronged experience. part of it was fear of being seen because I would be rejected and the other was fear of receiving because I would be attacked

02:38:36 Annette: I always think of giving as external. Giving to others. I am now wondering what I give to myself

02:38:40 Charee Janelle: I love thrift shopping & always clear the items and call in kali!!

02:38:45 Kelly R: It came to me to sell my old engagement ring from my previous marriage, and to take the money and send it back to my ex anonymously. I don't need him to know it came from me. It was really interesting.

02:38:50 roses Shannon: Reacted to "fear to receive came..." with ♥■

02:38:53 Kristine Jensen Smith: My emphasis was on opening to receive but I could see how constricted I am around receiving. When something comes in I hold on tightly fearing that will be all there is. My inner child came in with her experience of having love, attention, meted out in small quantities. I feel my next steps are around feeling into the infinite source although - work in progress.

02:38:56 Constanze Wilson: Reacted to "It came to me to sel..." with ♥■

02:39:03 Annette: Reacted to "It came to me to sel..." with ■

02:39:04 barbara: Reacted to "It came to me to sel..." with ♥■

02:39:08 MJ: Reacted to "I love thrift shoppi..." with ♥■

02:39:12 Liz Goldman: Replying to "It came to me to sel..."

WOW - that's amazing!!

02:39:18 roses Shannon: no need to give yourself to people who don't want you, too

02:39:19 Sasha: Reacted to "A few weeks ago in o..." with ♥■

02:39:19 Kerensa Meadows: Reacted to "I'm very familiar wi..." with ♥■

02:39:22 Mandy Bishop: , Whilst temporarily out of work, I am trying to continue to give and receive freely, but every now and then I just freeze (I guess with fear) and feel like I can't do anything and can't spend anything beyond the essentials. I literally feel like I'm frozen, for example, it is an effort to make myself go out and pay for a haircut. And I kind of know that the only way to move beyond the stuckness is to go out and spend the money & get the haircut. Thoughts?

02:39:26 Daria Schwarzenboeck: Reacted to "A few weeks ago in o..." with ♥■

02:39:30 Kat: Reacted to "WOW - that's amaz..." with ■

02:39:31 Kat: Replying to "It came to me to s..."

what an amazing thing to do...so interesting

02:39:37 Shell Lightning Spirit: In the meditation my inner kid parts were able to receive that they are worth of receiving AND worthy of saying NO to whatever they don't want.

02:39:41 Liz Goldman: Reacted to "no need to give your..." with ■

02:39:43 Karen Bemmes: Reacted to "A few weeks ago in o..." with ♥■

02:39:43 Holly: Reacted to "It came to me to sel..." with ♥■

02:39:44 Jacquelyn Schreiber: Thank you for mentioning receiving in healthy ways. My mind has been so afraid to receive because of energetic cords in the past that were unhealthy. I also have been afraid to give because I was afraid I would give too much and lose some of my sacred energy. I suddenly realized in the meditation I am comfortable receiving in healthy ways from Divine Source and I am comfortable giving in healthy ways through Divine Source

02:39:45 Gaveeta Chiba: I saw my channel width expanding and this ball of guilt loosen and release

02:39:47 Stephanie Samuels: Reacted to "A few weeks ago in o..." with ♥■

02:39:49 roses Shannon: Reacted to "In the meditation my..." with ♥■

02:39:52 barbara: Reacted to ", Whilst temporarily..." with ♥■

02:39:58 nancy: Replying to "I lost my phone at a..."

I love this. I wrote it in my journal. ■

02:40:03 roses Shannon: Reacted to "I saw my channel wid..." with ♥■

02:40:03 Daria Schwarzenboeck: Reacted to "My emphasis was on o..." with ♥■

02:40:07 Shell Lightning Spirit: Reacted to "Thank you for mentio..." with ♥■

02:40:15 Shell Lightning Spirit: Reacted to "I saw my channel wid..." with ♥■■■■

02:40:16 Mark: My biggest take-a-way here is the flow between giving and receiving, and that there are times where one will "win out" over the other. But it's always a flow.

02:40:19 Kerensa Meadows: Reacted to "I love thrift shoppi..." with ♥■

02:40:20 AnneA: Reacted to "I lost my phone at a..." with ♥■

02:40:22 jen freeman: When I was younger I got into a lot of credit card debt because it least it felt clean...they were straight forward with the terms.

02:40:22 Gaveeta Chiba: It's not my guilt

02:40:25 Constanze Wilson: Reacted to "It's not my guilt" with ♥■

02:40:37 Laura H.: Reacted to "I lost my phone at a..." with ♥■

02:40:44 jen freeman: I felt the clarity of forgiveness about that experience

02:40:44 Kerensa Meadows: Reacted to "My emphasis was on o..." with ♥■

02:40:44 Kelly: Reacted to "My emphasis was on o..." with ♥■

02:40:48 Kirsten D: I noticed in that meditation that I sometimes feel scared when good things come in to my life. It's like I don't believe they can last, or that they almost 'tempt fate'. My inner child is often stuck in feeling that something bad is going to happen, at any given point.

02:40:50 Laura H.: Reacted to "My biggest take-a-wa..." with ♥■

02:40:50 Sharon Duquette: Reacted to "I lost my phone at a..." with ■

02:40:54 Holly: Reacted to "A few weeks ago in o..." with ♥■

02:41:06 Dee Ann: Received this message in meditation - Your Vulnerability is what invites the flow of giving and receiving

02:41:10 Allison (she/her/hers): Reacted to "My emphasis was on o..." with ♥■

02:41:13 Sam Hughes: Reacted to "I noticed in that me..." with ■

02:41:13 jen freeman: Reacted to "Received this messag..." with ■

02:41:15 Georgie Weston: Reacted to "Received this messag..." with ■

02:41:18 Liz Goldman: Reacted to "Received this messag..." with ♥■

02:41:19 roses Shannon: Reacted to "Received this messag..." with ♥■

02:41:20 Shell Lightning Spirit: Reacted to "Received this messag..." with ♥■■■■

02:41:23 Kerensa Meadows: Reacted to ", Whilst temporarily..." with ♥■

02:41:29 Allison (she/her/hers): Reacted to ", Whilst temporarily..." with ♥■

02:41:41 Allison (she/her/hers): Reacted to "It came to me to sel..." with ♥■

02:41:48 Dee Ann: Reacted to "I noticed in that me..." with ■

02:41:52 Holly: Reacted to ", Whilst temporarily..." with ♥■

02:41:52 Kelly R: Replying to "It came to me to sel..."

It was surprising because I went into so much debt in that marriage in part of poor choices on his part. I used to resent him so much for it. I'm ready to let that go.

02:42:02 Constanze Wilson: Reacted to "It was surprising be..." with ♥■

02:42:03 Shell Lightning Spirit: Reacted to "It came to me to sel..." with ♥■■■■

02:50:02 Joanne's iPhone: Reacted to "I lost my phone at a..." with ♥■

02:50:06 Naomi C: Reacted to "She is supposed to f..." with ♥■

02:50:07 Dee Ann: That's how the Buddhas were born just wanted to display and share the power and beauty of the Tosha cards with beloved friends, no money exchange, and now it has blossomed and I have begun to accept loving currency exchange so that I can continue to create them with the Divine! Have also incorporated vintage jewels and objects that were mine or that have belonged to others and have received as gifts to share in a different way ■

02:50:24 aida: Helped—just enough for me

02:50:31 Kirsten D: Reacted to "I love your stories ..." with ■

02:50:53 Kirsten D: Replying to "I love your stories ..."
'guided shenanigans' love it!

02:50:59 liisaholsti: I got paid today instead of tomorrow!

02:51:04 Kirsten D: Reacted to "Love " Guided Shenan..." with ♥■

02:51:04 Kelly: Reacted to "I love your stories ..." with ■

02:51:09 Dee Ann: Def been finding dollars and cents all over

02:51:14 Dina: Reacted to "I got paid today ins..." with ♥■

02:51:18 Dee Ann: Reacted to "I got paid today ins..." with ♥■

02:51:19 Gaby at @gabysoulcare: yesterday someone sent me money, telling me to have a happy weekend!

02:51:26 Kirsten D: Reacted to "Omg I'm clearing a d..." with ♥■

02:51:26 Dee Ann: Reacted to "yesterday someone se..." with ♥■

02:51:28 Allison (she/her/hers): Reacted to "yesterday someone se..." with ♥■

02:51:32 Dee Ann: Reacted to "I love your stories ..." with ■

02:51:39 Kat: Reacted to "yesterday someone ..." with ♥■

02:51:43 Kat: Reacted to "Def been finding d..." with ♥■

02:52:06 Colleen Kelley: My kid just want to sleep.

02:52:14 Heather B: Reacted to "forging myself for..." with ♥■

02:52:14 Shelly : Reacted to "I got paid today ins..." with ♥■

02:52:20 jamie: Reacted to "yesterday someone se..." with ♥■

02:52:23 Kat: Reacted to "My kid just want t..." with ■

02:52:35 Liz Goldman: This morning I pulled the TRUST card from your deck Tosha ;-)

02:52:40 iPhone: Do u have a suggestion of how to let go of an old stereo my dad gave me? It was a very generous gift & he passed yet part of me is still attached even tho it takes up space in a smaller apartment. I want to trust I can bring in the new & keep memories thanks

02:52:48 Heather B: Reacted to "Been frustrated wi..." with ♥■

02:56:54 Trish: Hi Julie, I don't know how to post a pic, but I will ask for help and post the pic of Morris and Doris to the Forum this week! ■

02:58:04 Heather B: Reacted to "FLOW Fully Loving ..." with ♥■

02:58:18 Julie (she/her) Dallas: Reacted to "Hi Julie, I don't kn..." with ■

02:59:28 Heather B: Reacted to "Yes , learning to ..." with ♥■

03:00:03 jen freeman: lovely

03:00:14 Karen Bemmes: Reacted to "I have been struggli..." with ♥■

03:00:43 Karen Bemmes: Reacted to "Love " Guided Shenan..." with ♥■

03:00:44 Dee Ann: Reacted to "lovely" with ♥■

03:01:10 Karen Bemmes: Reacted to "Ok there's actually ..." with ■

03:01:14 Kerensa Meadows: Reacted to "I got paid today ins..." with ♥■

03:01:23 Kerensa Meadows: Reacted to "yesterday someone se..." with ♥■

03:01:27 Dee Ann: Reacted to "This morning I pulle..." with ♥■

03:01:34 liisaholsti: It's literally raining for the first time in weeks this morning.

03:01:39 Lisa: Replying to "Do u have a suggesti..."

What helps me is to say I'm giving this for someone else's joy just as it gave me joy

03:01:46 Kerensa Meadows: Reacted to "Hi Julie, I don't kn..." with ■

03:01:50 nancy: Reacted to "It's literally raini..." with ♥■

03:01:53 Karen Bemmes: Reacted to "My kid just want to ..." with ♥■
03:01:55 Constanze Wilson: Reacted to "What helps me is to ..." with ♥■
03:01:59 Heather B: Reacted to "This is a beautifu..." with ♥■
03:02:00 Alicia: Reacted to "I got paid today ins..." with ♥■
03:02:04 Alicia: Reacted to "Def been finding dol..." with ♥■
03:02:06 Alicia: Reacted to "yesterday someone se..." with ♥■
03:02:09 Stephanie Samuels: Tosha, you and this weekend gifted me to say," I can't meditate, to I am meditating. What a powerful reframing for me.
03:02:11 Constanze Wilson: Tosha you are such a gift! We are receiving here <3
03:02:15 Alicia: Reacted to "My kid just want to ..." with ♥■
03:02:16 Alicia: Reacted to "This morning I pulle..." with ♥■
03:02:30 Mark: A new world is possible.
03:02:43 Maria F.: Maybe around the holidays or the solstice.
03:02:45 Laura H.: yes!
03:02:47 Holly: Reacted to "Maybe around the hol..." with ♥■
03:02:51 Holly: Reacted to "A new world is possi..." with ♥■
03:03:09 nancy: Reacted to "A new world is possi..." with ♥■
03:03:15 Heather B: Reacted to "Received this mess..." with ♥■
03:03:19 Gabriella's iPhone: Yes! Thank you ♥■
03:03:24 Lucie: Link to join the Forum: <https://toshasilver.com/pages/living-outrageous-openness>
03:03:25 Laura H.: Reacted to "A new world is possi..." with ♥■
03:03:27 Dee Ann: The Forum is fabulous and so grounding
03:03:29 Shelly : Reacted to "What helps me is to ..." with ♥■
03:03:30 barbara: I'd love another weekend, will give me time to do the full It's Not Your Money again <3
03:03:31 Lucie: Reacted to "I'd love another wee..." with ♥■
03:03:33 nancy: Replying to "A new world is possi..."
I love this, thank you.
03:03:34 Belinda Moore: Thank you and Bless You Tosha!!! Love You!!! Thank you Everyone!!! I am so Grateful to Yall!!!
03:03:36 Debbi Sippel: Thank you!!
03:03:37 Joanne's iPhone: Replying to "Do u have a suggesti..."
When my dad died, he left me his house and everything in it. I gave a lot of it away to friends. To this day I hear from them about how much they use and enjoy those things. I'd say, pay it forward. ♥■
03:03:39 Sasha: Reacted to "A new world is possi..." with ♥■
03:03:40 Mark: I like the idea of around the Solstice
03:03:43 Lucie: Reacted to "The Forum is fabulou..." with ♥■
03:03:43 Daria Schwarzenboeck: Thank you ♥■
03:03:44 MJ: Reacted to "The Forum is fabulou..." with ♥■
03:03:53 Kristy's iPad: I feel divine thru humor and so appreciate yours Tosha So re: cupcakes ... i have a card for a gf that says "cupcakes are muffins that believed they could be so much more" ■
03:03:57 Andrea (she/her): Reacted to "What helps me is to ..." with ♥■
03:04:01 Dee Ann: Replying to "Do u have a suggesti..."
♥■
03:04:07 Laura H.: Reacted to "I feel divine thru h..." with ♥■
03:04:07 Kat: Reacted to "It's literally ra..." with ♥■
03:04:11 barbara: Reacted to "I feel divine thru h..." with ■
03:04:13 Janet Douglas: Reacted to "I feel divine thru h..." with ■
03:04:17 Dina: Thank you, Tosha ♥■ Thank you, friends ♥■
03:04:18 Trish: Reacted to "Thank you, Tosha ♥■ ..." with ■
03:04:19 Gabriella's iPhone: Your meditations are SO powerful and healing. ■
03:04:22 Laurie Calkhoven: Reacted to "I feel divine thru h..." with ♥■
03:04:26 Belinda Moore: Reacted to "I feel divine thru h..." with ♥■

03:04:27 Kerensa Meadows: Reacted to "I feel divine thru h..." with ■

03:04:32 Allison (she/her/hers): Reacted to "I feel divine thru h..." with ■

03:04:39 Sasha: Reacted to "Thank you and Bless ..." with ♥■

03:04:46 Andrea (she/her): My cat went bananas over this last meditation. He is currently purring like crazy.

03:04:54 Stephanie Samuels: Reacted to "I'd love another wee..." with ♥■

03:05:02 Constanze Wilson: Reacted to "My cat went bananas ..." with ■

03:05:04 Jeanne Spadaccini: Reacted to "A new world is possi..." with ♥■

03:05:04 Kirsten D: Reacted to "My cat went bananas ..." with ♥■

03:05:10 Trish: Reacted to "My cat went bananas ..." with ■

03:05:12 Gaveeta Chiba: I love when you said the divine gives you what you can handle. Is so true especially when you're getting an overflow of abundance to remember this ... and take care of the kid as you expand your ability to receive goodness

03:05:12 PattieBelle Hastings: Reacted to "I feel divine thru h..." with ■

03:05:18 brigitte : Thank you for such an affirming experience!

03:05:20 Shelley: Thank you Tosha and everyone, what a complete gift and blessing this time has been.

03:05:25 Liz Goldman: Thank you for such a beautiful weekend - your wisdom is so healing for me at such a potent time. I feel renewed and so very open

03:05:25 Heather B: Reacted to "I love when you sa..." with ♥■

03:05:25 Constanze Wilson: Reacted to "Thank you Tosha and ..." with ♥■

03:05:26 aida: I am seen and understood. I love my authentic self. I am a loving, contributing member of the Universe

03:05:28 Holly: Course in New year.

03:05:30 Dina Tarah: I've only been able to tune in live a few times when the energy guides...those moment have been precious and powerful

03:05:32 Constanze Wilson: Reacted to "I am seen and unders..." with ♥■

03:05:33 barbara: Reacted to "When my dad died, he..." with ♥■

03:05:36 Laura H.: Replying to "My cat went bananas ..."

My dog came out and made a cameo. Then laid down next to me for a nap.

03:05:38 Joanne's iPhone: I've been healing from a bout of pneumonia during this weekend. During this past hour, I've been able to do a little gentle yoga. First time in a week that I've been able to stand up and do this. So I feel this course has been very healing. Thank you! ♥■♥■♥■

03:05:38 MAW: Reacted to "I have been struggli..." with ♥■

03:05:40 Julie: How about a follow up intensive for Halloween?

03:05:43 Laura H.: Reacted to "My cat went bananas ..." with ♥■

03:05:48 barbara: Reacted to "My cat went bananas ..." with ♥■

03:05:48 jamie: Thank you Tosha and Tosha team,, this is such a gift for us all, talk about radical gratitude!!! THANK YOU11111

03:05:51 Andrea (she/her): Reacted to "My dog came out and ..." with ♥■

03:05:55 Heather B: I fell into deep peace for part of the call...

03:06:00 Lisa LBL: I'm not my 'mind' - my mind generates thoughts, but I am larger than this...through love and divine awareness. Making this part of my reality...

03:06:04 Dee Ann: Reacted to "My cat went bananas ..." with ♥■

03:06:12 Laura H.: Reacted to "I'm not my 'mind' -..." with ♥■

03:06:13 Holly: Reacted to "I've been healing fr..." with ♥■

03:06:18 Shelly : Reacted to "I've been healing fr..." with ♥■

03:06:20 Laura H.: Reacted to "Thank you Tosha and ..." with ♥■

03:06:29 Maria F.: Reacted to "I love when you said..." with ♥■

03:06:33 MJ: So much gratitude for you Tosha and the team behind the scenes that helped to make this such a tremendous intensive. Blessings to all. ♥■♥■♥■

03:06:33 Kerensa Meadows: Reacted to "I've been healing fr..." with ♥■

03:06:42 Kat: Reacted to "So much gratitude ..." with ■

03:06:53 Kat: Reacted to "So much gratitude ..." with ♥■

03:06:54 Andrea (she/her): Thank you Tosha, everyone who made this possible, and everyone who attended!

03:06:57 Dee Ann: Reacted to "I've been healing fr..." with ♥■

03:06:58 Kat: Reacted to "So much gratitude ..." with ■

03:06:58 Sharon Schulte: The song looping throughout the weekend ... Be Thou My Vision - Van Morrison - Hymns to the Silence.■

03:07:01 Liz Goldman: Reacted to "Thank you Tosha and ..." with ♥■

03:07:04 Kelly R: Thank you so much for this. Such gratitude to you and everyone who attended.■■

03:07:05 Tamanna Kakkar: Thank you Tosha & everyone ♥■ May the Divine light keep flowing through us ■

03:07:06 Laura L Camden: Freedom for all! Thank you so much Tosha and everyone! ■ ■

03:07:07 Lynn Schumacher: May we close with the Change Me Prayer?

03:07:09 Sam Hughes: Such an amazing and healing weekend. Thank you Tosha and everyone!

03:07:11 Maria F.: Tosha - do you talk to the kid all day, basically...or do you get in touch a few times a day? How do you approach it?

03:07:35 Suzanne Apellaniz: Thank you, Thank you for being part of this group and giving to the collective.

03:07:35 barbara: Reacted to "My dog came out and ..." with ♥■

03:07:40 Pam: Reacted to "I noticed in that me..." with ♥■

03:07:47 Sharon Duquette: Perhaps a one call a week over 8 weeks covering each chapter together would be helpful

03:07:51 Umbereen: My dog threw up :0)

03:07:52 Sasha: Reacted to "I'm not my 'mind' -..." with ♥■

03:07:52 Kirsten D: Reacted to "Thank you, Thank you..." with ♥■

03:07:54 HKeyser: Reacted to "yesterday someone se..." with ♥■

03:07:55 Holly: Reacted to "So much gratitude fo..." with ♥■

03:07:59 Joanne's iPhone: This intensive has been an opportunity to bathe in good energy in a world where I've been feeling so despairing. Thank you so much.

03:08:09 Dina: Replying to "Perhaps a one call a..."
Email me info@dinakagan.com

03:08:12 Pam: Reacted to "It was surprising be..." with ♥■

03:08:15 Liz Goldman: Reacted to "This intensive has b..." with ♥■

03:08:17 Colleen Kelley: my neighbor's dogs started barking incessantly during the last meditation.

03:08:25 HKeyser: Reacted to "I got paid today ins..." with ♥■

03:08:25 barbara: Reacted to "Perhaps a one call a..." with ■

03:08:28 Lisa: Currency - it's a current, a flow of energy.

03:08:28 Heather B: Reacted to "This intensive has..." with ♥■

03:08:31 HKeyser: Reacted to "Def been finding dol..." with ♥■

03:08:34 Kelly R: Your message and Eckhart's dovetail so beautifully.

03:08:37 Julie Reisler: Wowwww ■■■■This was a sacred gift— feeling immense shifts and greater divine connection. Thank you, Tosha and collective■■■■

03:08:40 Holly: Reacted to "This intensive has b..." with ♥■

03:08:41 HKeyser: Reacted to "My kid just want to ..." with ♥■

03:08:41 Shelly : Thank you so much Tosha and everyone! I'm so grateful I was able to experience this weekend!

03:08:42 Allison (she/her/hers): Totally agree re: Eckhart.

03:08:43 Sasha: Reacted to "So much gratitude fo..." with ♥■

03:08:45 Heather B: Jack came back!

03:08:48 MJ: Reacted to "So much gratitude fo..." with ♥■

03:08:49 PattieBelle Hastings: "Wild Goddess Package"

03:08:54 Kelly: Reacted to "Currency - it's a cu..." with ■■

03:09:00 Laura H.: Reacted to "Currency - it's a cu..." with ♥■

03:09:00 jamie: Eternal gratitude . Oh and my cat is totally relaxed on my lap, she is soooo content...

03:09:12 HKeyser: Reacted to "Currency - it's a cu..." with ■

03:09:12 Dee Ann: Reacted to ""Wild Goddess Packag..." with ♥■

03:09:13 Holly: Replying to "This intensive has b..."

100% agree

03:09:16 Charee Janelle: E tolle is coming to philly in 2 weeks if anyone is local and going!

03:09:17 Laurie Swanson: so grateful for you Tosha and this work. It has changed my life.

03:09:19 Allison (she/her/hers): So very grateful to you, Tosha, and to everyone who is here and to all who have shared in the chat. I have received so much ♥■

03:09:20 Colleen Kelley: Thank you Tosha. Very beautiful and healing work.

03:09:26 MJ: Reacted to "so grateful for you ..." with ♥■

03:09:42 MJ: Reacted to "So very grateful to ..." with ♥■

03:09:44 AnneA: Reacted to "This intensive has b..." with ♥■

03:09:46 Dee: Replying to "Perhaps a one call a..."

There is one recorded available on her site, and Tosha made her book based on this course she taught

03:09:47 Colleen Kelley: So we talk to both the Divine and the the kid.

03:09:48 Holly: Reacted to "Wowwww ■■■■This was ..." with ♥■

03:09:56 Joanne's iPhone: Reacted to "Wowwww ■■■■This was ..." with ♥■

03:09:57 Sam: Advita Vedanta (India) says you are not your body, not your mind. This is just a temporary form. All forms are temporary. What you are (not even who you are) is unlimited consciousness, the observer, the witness. You are full, complete, and eternal.

03:09:59 Karen's iPad: Thank you so much, Tosha! As a long time follower and student of yours - I always find a deeper layer to discover about myself. So grateful. ■■

03:10:08 Sharon Duquette: Replying to "The song looping th..."

What is the title to this Van Morrison song. I love his music.

03:10:16 MJ: Reacted to "Thank you so much, T..." with ♥■

03:10:17 Dee Ann: Thank you Tosha healing the whole soul♥■

03:10:19 Joanne's iPhone: Reacted to "Thank you so much, T..." with ♥■

03:10:27 Sharon Duquette: Replying to "The song looping th..."

Is it hymns to the silence?

03:10:37 Kathleen: Reacted to "so grateful for you ..." with ♥■

03:10:41 Kathy Roy: I feel so full from this intensive. Thank you Tosha and everyone of you that have brought your light to this collective. It's powerful.

03:10:43 Kathleen: Reacted to "So very grateful to ..." with ♥■

03:10:43 Shelly : Reacted to "This intensive has b..." with ♥■

03:10:47 Sasha: Reacted to "Advita Vedanta (Indi..." with ♥■

03:10:47 Kelly: Grateful for this weekend and the space that was created and held. Thank you, Tosha, and all of you!

03:10:56 PattieBelle Hastings: ■■

03:10:57 Kathleen: Reacted to "Advita Vedanta (Indi..." with ♥■

03:10:58 Joanne's iPhone: Thank you Tosha as always. ♥■■♥■

03:11:03 Shell Lightning Spirit: Thank you Tosha AND Every One!! This has been a wonder-filled rejuvenating fun relaxing weekend community retreat (even my inner kid parts that wanted a solo retreat and doubted this would be helpful had a great time). I feel so grateful to have spent time together with all of you for the last 3 days. May we all feel deeply rooted and shine on. ■■♥■■■

03:11:05 Cynthia's Camp: Replying to "Without using sage, ..."

Pulled card from Findhorn deck Delicacy spirit of playfulness every seed knows the secret of life

03:11:08 jen freeman: Thank you! Wonderful to be together.

03:11:09 nancy: I needed this, thank you so much!!

03:11:12 Kelly: You can save the chat!

03:11:17 Abigail: You ca

03:11:17 Dee Ann: Just save it

03:11:18 Laura H.: Replying to "The song looping th..."

Its definitely on that album if not

03:11:20 Colleen Kelley: The chat is filled with GOLD

03:11:22 Kelly: Three dots at the top of the chat — choose "Save Chat"

03:11:26 Nancy Norbeck: Replying to "You can save the cha..."

Yes! Lots of folks save the chat and include it in live course recording materials!

03:11:28 Linda Lindley: Yes to the chat printout!

03:11:31 Kat: Reacted to "Yes to the chat pr..." with ■

03:11:31 Sabrina: You can export the chat at the end of the meeting

03:11:34 841 4159 7907: Print the transcript

03:11:37 Sasha: Reacted to "Three dots at the to..." with ■

03:11:40 Kathleen: Reacted to "You can export the c..." with ♥■

03:11:40 Sharon Duquette: That would be amazing. It's hard to see all the posts during the calls

03:11:44 Kathleen: Reacted to "Print the transcript" with ♥■

03:11:45 Lucie: I'm sure we can figure something out.....

03:11:54 Jeanne Spadaccini: Reacted to "I'm sure we can figu..." with ♥■

03:11:55 Abigail: Its totally easy

03:11:56 Nancy Norbeck: Replying to "I'm sure we can figu..."

Save the chat, convert it to a PDF, and post it.

03:11:57 Maria F.: Reacted to "Print the transcript" with ♥■

03:11:57 Cynthia's Camp: Replying to "Without using sage, ..."

Card says dare to imagine a place in which softness is welcomed

03:12:02 Dee Ann: Three little dots on the right above

03:12:06 Kelly: When you save it, the format is kinda wonky, but you can tinker with it to make it more readable!

03:12:12 Tamanna Kakkar: Reacted to "Advita Vedanta (Indi..." with ♥■

03:12:18 Joanne's iPhone: The chat transcript would be wonderful. ■

03:12:25 Abigail: A transcript of all 3 days would be great too - please!

03:12:26 Annette: Thank you Tosha for today. It's the only day that I have been able to attend. I'm now looking forward to listening to the replays ♥■

03:12:27 jamie: Thank you , I'm so honored to be in this group, on this call . So many wonderful people, thank you Tosha,,much love to all...

03:12:32 Liz Goldman: Reacted to "Three little dots on..." with ■

03:12:34 Davina: Yes the chat can be saved I have been on a webinar where it was done

03:12:39 Charee Janelle: I was just scrolling on that chat and thought what a high vibrational group is here! What a blessing

03:12:39 Laura H.: Reacted to "Save the chat, conve..." with ■■

03:12:40 Megan Mc: Ommmmmm■

03:12:41 Georgie Weston: ♥■■♥■■

03:12:46 Kristy's iPad: ■

03:12:48 Sharon Duquette: If someone knows how to do the chat share, please share it here for Lucie or Matt or email Lucie. I know other courses elsewhere share the chats

03:12:54 HKeyser: Reacted to "Maybe ask the item h..." with ■

03:13:01 Kathleen: Reacted to "If someone knows how..." with ■

03:13:01 jamie: Would love that

03:13:03 Nancy Norbeck: Replying to "I'm sure we can figu..."

(Click the three dots at the top of the chat window and you'll see where you can save it.)

03:13:13 Lisa LBL: Replying to "Your message and Eck..."

I'm no not a fan of his!

03:13:13 Kelly: Lucie/Matt may have selected the option to save the chat automatically when they did the set up for the Zoom.

03:13:14 Dee Ann: Help can come from anywhere!

03:13:18 Laura H.: Reacted to "I was just scrolling..." with ♥■

03:13:19 Nancy Norbeck: Replying to "If someone knows how..."

A whole bunch of us have been sharing how to do it.

03:13:22 HKeyser: Reacted to "Card says dare to im..." with ♥■

03:13:33 Kerensa Meadows: Reacted to "The song looping th..." with ■

03:13:39 Dee Ann: Insights

03:13:41 Colleen Kelley: Insights...

03:13:45 Stacia Aashna: Can you please read the card that you pulled today once more?

03:13:47 Dee Ann: Lol

03:13:49 Nancy Norbeck: Replying to "If someone knows how..."

You can also save it for yourself from the three dots at the top of the chat window.

03:13:50 Linda Lindley: Save chat is not doing anything for me :(

03:13:52 Shell Lightning Spirit: Reacted to "Save the chat, conve..." with ■■

03:13:58 Lisa LBL: Replying to "Your message and Eck..."

He's like 'kill the ego' - that's not realistic...we must partner with it in love.

03:14:06 Marina Logan: virtual hugs are the feedback

03:14:07 Nancy Norbeck: Replying to "Save chat is not doi..."

You won't see it, but it'll be in your Zoom folder for this call.

03:14:13 Kathleen: Reacted to "virtual hugs are the..." with ♥■

03:14:13 Laura H.: Reacted to "virtual hugs are the..." with ♥■

03:14:15 Dee Ann: Reacted to "You won't see it, bu..." with ■

03:14:16 Laurie Swanson: Reacted to "virtual hugs are the..." with ♥■

03:14:20 Sasha: Reacted to "You won't see it, bu..." with ■

03:14:22 Dee Ann: Reacted to "virtual hugs are the..." with ♥■

03:14:25 Nancy Norbeck: Replying to "Save chat is not doi..."

But it saves in the moment, so if you want the whole thing, save it a couple of times, especially toward the end of the call.

03:14:30 Daria Schwarzenboeck: Replying to "@Daria Schwarzenboec..."

@Sharon Duquette With pleasure. My email is d.s@live.at and Facebook

<https://www.facebook.com/daria.schwarzenboeck.1>

03:14:39 Linda Lindley: Replying to "Save chat is not doi..."

Thank you!

03:14:41 Fatima: what are the etiquette for sending metta? Can you send metta to someone who did not ask for it?

03:14:42 Constanze Wilson: Reacted to "He's like 'kill the ...'" with ■

03:14:50 Julie: Appreciate how quickly Lucie responds to my emails!♥■

03:14:56 Linda Lindley: Replying to "Save chat is not doi..."

Won't have access to yesterday or Friday tho.....

03:14:59 jen freeman: Yes, Lucie rocks!

03:15:00 Andie Alei: Worse case, all chats can be copied and pasted into a Word document.

03:15:02 Gaveeta Chiba: Ok now i found my gold infinity ear rings as I was clearing things out!

03:15:07 nancy: Reacted to "Appreciate how quick..." with ♥■

03:15:08 Dee Ann: Reacted to "Ok now i found my go..." with ♥■

03:15:09 Lee Renninger: I just want to say thank you so, so much! I really needed this. I've been non-stop triggered by the state of our democracy for months and needed to see it in a different light.

Thank you.

03:15:13 Nancy Norbeck: Replying to "Save chat is not doi..."

@Linda Lindley Correct. Depending on how they recorded, they may still have access to that, though.

03:15:18 Joanne's iPhone: Reacted to "I just want to say t..." with ♥■

03:15:20 Nancy Norbeck: Replying to "Save chat is not doi..."

If they recorded to the cloud, it's probably there.

03:15:22 Jeanie: Thank you for a lovely weekend, Tosha. I feel renewed. Much love

03:15:22 Kathleen: Reacted to "I just want to say t..." with ♥■

03:15:23 Holly: Reacted to "I just want to say t..." with ♥■

03:15:23 Dee Ann: Reacted to "I just want to say t..." with ♥■

03:15:23 AnneA: Reacted to "Ok now i found my go..." with ♥■
03:15:30 Joanne's iPhone: Reacted to "Yes, Lucie rocks!" with ♥■
03:15:53 barbara: Hey Tosha, if they can figure it out, could they do Kate's sessions swell, depending on whether the participants are happy to do so.
Thank you sooo much
03:16:16 Nancy Norbeck: Replying to "Without using sage, ..."
You can cleanse with sound, too. If you have a bell you like, that's a great way to do it.
03:16:26 Sharon Duquette: Reacted to "Ok now i found my go..." with ♥■
03:16:39 Sharon Duquette: Reacted to "Yes, Lucie rocks!" with ♥■
03:16:43 Julie: Thank you Tosha, Lucie & Matt for an amazing weekend!♥■♥■♥■
03:16:48 Sharon Duquette: Reacted to "Appreciate how quick..." with ♥■
03:17:00 Kathleen: Reacted to "Thank you Tosha, Luc..." with ♥■
03:17:02 Dee: For Stacia
03:17:04 aida: Any last words
03:17:05 Charee Janelle: Reacted to Without using sage, ... with "♥■"
03:17:10 Julie (she/her) Dallas: Yes thanks to Lucie & Matt for all the support!!
03:17:15 Maria F.: Thank you so much Tosha, Lucie and Matt!
03:17:16 Joanne's iPhone: Replying to "I just want to say t..."
Me too! ♥■
03:17:17 Heather B: So much gratitude to all those who showed up and shared!! Wonderful weekend!!
03:17:18 Kerensa Meadows: Reacted to "Appreciate how quick..." with ♥■
03:17:18 Dee Ann: Reacted to "Thank you Tosha, Luc..." with ♥■
03:17:19 Kerensa Meadows: Reacted to "Yes, Lucie rocks!" with ♥■
03:17:19 Sharon Schulte: ■■■■
03:17:27 Abigail: YES
03:17:28 Kerensa Meadows: Reacted to "Ok now i found my go..." with ♥■
03:17:28 NicPhone: Thank you for this weekend
03:17:31 Dr. Eva Bilhuber Galli: ■■thank you so much Tosha and all for this sacred gift - what an abundant flow. I feel so blessed and inspired. Thanks you all for sharing your endless wisdom and light so generously ♥■■■
03:17:33 Dee Ann: Reacted to "So much gratitude to..." with ♥■
03:17:40 Laura H.: Thank you Tosha, Lucie, Matt, and All ■
03:17:40 Mark: Thank you Tosha, Lucie and Matt. What. A. Team!
03:17:44 Kristine Jensen Smith: Thank you so much for this lovely and powerful space Tosha and everyone. ♥■
03:17:45 Fatima: Replying to "Without using sage, ..."
Salt
03:17:49 Julie: A big thanks to Kate too!♥■
03:17:52 Nancy Norbeck: Reacted to "Salt" with ■
03:17:52 vilma: Thank you ■■■■
03:17:53 Fatima: Replying to "Without using sage, ..."
bay leaf
03:17:54 jen freeman: Yes! Lucie and Matt and Tosha! Yeah!
03:17:57 Sasha: Thank you to everyone! ♥■
03:18:00 Miryam: Thank you so much!
03:18:00 Dee Ann: Thank YOU Tosha Matt Lucie Dar Giselle
03:18:02 PattieBelle Hastings: Replying to "Without using sage, ..."
Bells
03:18:05 Fatima: Replying to "Without using sage, ..."
rosemary
03:18:09 Sam: Thank you for this weekend Tosha and team. ■
03:18:09 Abigail: Thank You Tosha and Everyone!
03:18:14 Elizabeth Johnson: Thank you so much. ■■■■

03:18:15 Charee Janelle: sunlight, moonlight, sound, salt, visualization, or other cleansing herbs.
For Annette

03:18:16 Abigail: ♥■

03:18:18 jamie: Tosha ,’m so grateful for you and for all!!

03:18:22 Lisa: Thank you all for the weekend community

03:18:23 Talia: Thank you Tosha and team and to all the amazing humans here. Much love to all

03:18:24 Julie: And how could I forget....thanks to Dar and Geselle too!♥■♥■

03:18:25 RUBY: ■■■■■■■■■■

03:18:27 Sharon Duquette: Replying to "@Daria Schwarzenboec..."
It's saying the link is broken. Can you find me on Facebook under sharonlduquette or email sharonlduquette@gmail.com

03:18:29 Kate: Thank you for this terrific weekend!

03:18:30 Mary H: Thank you ♥■

03:18:31 Dee: Thank you !!! ♥■■■■■

03:18:32 Linda Lindley: Thank you to Tosha, Matt and Lucie for this amazing call. And to all the participants who've gifted us so much loving feedback/information

03:18:32 Charee Janelle: Tosha thank you soul much

03:18:34 Jasmine: Beautiful experience. Thank you.

03:18:38 Fiona: Thank you Tosha, and everyone else for this great weekend ♥■

03:18:39 iPad: Thank you Tosha for your incredible generosity of spirit!

03:18:41 Colleen Kelley: Do you have to join a subscription to be on the forum calls.

03:18:43 Robin Springer (she/her/hers): Thank you!

03:18:44 Catherine Gregory: Tosha, Thank you so much ♥■

03:18:50 Chrisanne: Thank you ■!!

03:18:52 Julie Reisler: Divine! ■■■■■■■■

03:18:58 Dee Ann: Replying to "Without using sage, ..."
There are also clearing sprays palo Santo sage and crystals

03:19:01 Constanze Wilson: Love the cat @Sharon Schulte !

03:19:01 Tenise: Thank you. Tosha

03:19:01 Annette: Thank you Tosha and Lucie ■

03:19:03 lorraine lewis: Thank You! ♥■

03:19:03 Kat: ■Thank you from the bottom of my heart and soul

03:19:06 liisaholsti: ■

03:19:08 Kristy's iPad: Thank you to everyone and the divine!! ■ ■

03:19:12 Stephanie Samuels: Thank you everyone, for holding this incredible space!■■♥■

03:19:16 Lucie: Reacted to "Thank you Tosha and ..." with ♥■

03:19:21 roses Shannon: Reacted to "Thank you everyone, ..." with ♥■

03:19:23 Kathleen: The forum is ten years old and Tosha has never raised the price■

03:19:25 Kat: Thank you for all the beautiful comments

03:19:30 MJ: Reacted to "Thank you everyone, ..." with ♥■

03:19:31 Jill: Thank you Tosha and everyone ♥■

03:19:31 jamie: Beautifulll.....

03:19:35 aida: You look so beautiful,especially today. The radiance is amazing and deeply touching

03:19:35 NY.LA.iPhone: Thank you, thank you, Tosha! ■■■■

03:19:38 Davina: Thank you for a very informative workshop■

03:19:43 Dee Ann: Reacted to "You look so beautifu..." with ♥■

03:19:44 Holly: Thank you.

03:19:46 Kerensa Meadows: Reacted to "The forum is ten yea..." with ■

03:19:46 Lynda: Reacted to "IMG_0586.jpg" with ♥■

03:19:46 iPhone: Thank you Tosha! Where did you get your beautiful sofa?!

03:19:51 MAW: Thank you

03:19:54 Joanne's iPhone: Thank you, Matt, Lucie, and Kate! ♥■■♥■

03:19:56 Jeanne Spadaccini: Sooooo incredible!!! Thank you ■■■■■■■■■■

03:20:02 Georgie Weston: A pleasure to be here with everyone. Blessings all around
03:20:05 Maria F.: So grateful for this time with you and everyone.
03:20:14 jamie: Ditto ditto ditto
03:20:19 Kerensa Meadows: ■■■■■■■■■■
03:20:21 roses Shannon: very very grateful for this time with all of you. Thank you Tosha!
03:20:26 Lucie: Perfect group! ■
03:20:32 Dee Ann: Reacted to "Perfect group! ■" with ♥■
03:20:32 Megan Mc: Bless your beautiful soul that helps us all know our own beauty. A true cycle. Stunning experience
03:20:36 Sasha: Reacted to "Perfect group! ■" with ♥■
03:20:37 MJ: Reacted to "Perfect group! ■" with ♥■
03:20:39 jamie: Love all the gratitude
03:20:40 Pam: Reacted to "The forum is ten yea..." with ■
03:20:43 Joanne's iPhone: Reacted to "Bless your beautiful..." with ♥■
03:20:46 Kristy's iPad: Is anyone on here located in Southern California?
03:20:48 Kat: life chnging
03:20:49 Daria Schwarzenboeck: Thank you ■
03:20:50 MJ: Reacted to "Bless your beautiful..." with ♥■
03:20:50 Marcy Bahr: This has been perfect for me in every way. Thank you!
03:21:01 Sharon Duquette: ♥■♥■♥■♥■
03:21:05 Cynthia's Camp: Thank you everyone
03:21:07 Lucie: ■
03:21:15 Maria F.: The forum is life changing
03:21:15 Megan Mc: Reacted to "■" with ♥■
03:21:16 Fatima: Replying to "■"
Sorry girl!
03:21:17 Mandy Bishop: It is amazing to have this discussion about abundance with so many like minded people. Thank you Tosha and thanks to all ■
03:21:18 Pauline (she/her): thank you!
03:21:19 kathleengeraghty: Peace Out, Everyone!
03:21:20 Kat: I dont want this to end♥■
03:21:23 Deborah Fiehler: Thank-you! ■
03:21:25 Annette: ♥■
03:21:28 Kelly: Love, blessings, abundance to all! ■
03:21:32 vilma: Replying to "Is anyone on here lo..."
I am in Southwest Ca
03:21:33 Joanne's iPhone: ♥■♥■♥■
03:21:34 MJ: ♥■