

00:00:29 Tamara Suttle: Ah - got back in
00:01:03 Allen Maples: when looking at my sad old stories, I feel sad and depressed.

00:02:01 Janet Thomasson: Dug up some of my sad old stories. Yuck, and sigh. More work to do there. At least I'm aware of them so I *can* work on them.

00:03:17 deirdre: Thanks Isabel. Appreciate hearing more about the distinction you drew for yourself. That is in line with how I approach these two areas.

00:03:52 Kate: I decided to make a deal with myself. To try an experiment, to go into it whole-heartedly, to really believe that it is possible. The experiment is to take the last three weeks of the year and to live the best life possible for these three weeks. And then see how it feels. I can decide to take it into the new year if I love it. So I spent the rest of the time making a list of elements of My Best Life. I came up with 13 things, and I'm going to do that. Time to turn things around a bit and craft a new story.

00:04:02 Carol McClelland Fields: sad stories exercise - very enlightening. Discovered a quadruple bind around making money.

It's all up to me (it's not)
I'm not enough (I really am!)
Must work harder constantly (no! I need to experience life more and celebrate milestones)
No rest for the weary (NO! Rest and self-care is key)

00:04:05 Sharon: Well! That's a treasure trove of insights!
Hi, Sharon here. I found (to my surprise) that many of my sad old stories are not only old and sad, but they don't matter anymore. I found my inner voice saying "so what?" to most of them. Am I going to let this story hamper me? Hell, no.

00:04:47 Jaime Campbell: I've been doing things that result in keeping my business small in order to withhold a financial windfall from my husband, as an ineffective act of reclaiming power. I am creating being generous, identifying real power, and remembering that the organizations that we serve are fighting battles that actually matter, not my petty bullshit.

00:04:51 Suzette Monique: My story is "I'm not ready"...perpetual perfection that is never perfected, and so I keep this perpetual cycle of "Getting ready..." without every flipping the "Go switch"

00:05:12 Diana: I kept working on defining my projects for the year. I

noticed that there are some ongoing projects and activities that are more things others want me to do, not things that align well with my sacret yearning. I see have to work on saying 'no' to others who expect/want me to do things rather than what serves my higher purpose.

00:05:25 smadar: My old sad story was that I can't hold onto anything ... from that I went into how I was holding back my true self. The universe gave an actual physical example the other day when we were having issues with the cable and we found out that the signal was coming through - the company had just capped our signal - and all they had to do was remove the cap and things began to flow. So I just need to remove my cap ... easy right ... LOL

00:05:59 Leslie: Very powerful to do more thinking about clarity around priorities. I can surround myself with too many bright, shiny objects and while I am very productice in my career, tackling more writing or creating products can be dissipated and then I feel I have failed myself. I am now asking - if I am avoiding I need to distinguish between "good to do" or maybe bright & shiny but don't serve me. Important distinction for me.

00:06:48 Janet Thomasson: Agree with you re shifting the old sad stories. It's all about how much weight and power you allow them to have (and keep). It's all about the choices *I* make as to what to keep and what is no longer of any importance in my life.

00:07:57 Ajeet Khalsa: I had a good cry and a good release and good acceptance. What a process to ask the questions more powerfully and in a different light?

00:08:33 Regina: Underneath my enlightened speaking, the old sad story I resist the most and that rears it head when I am under stress is: I am a cowardly quitter, an uncaring fraud and an utter failure with nothing but excuses and therefore, it's no okay for me to enjoy myself/my life.

00:09:06 Regina: I do forgive myself and my humanity

00:09:46 Ajeet Khalsa: For me its that I'm not financially secure and don't have a strong base of home. Today I ask myself another question: How do I bring this Salty Snowflake, The Silky Tweed, The Un-tameable Earth, into my Financial Security! And you are so vibrant Isable, this is truly a jewel of recognition!

00:10:33 Allen Maples: thank you Isabele for being so honest and vulnerable. You are a gift.

00:11:16 alyseparise: i second Allen - you are a shining authentic light, Isabele

00:11:32 iPhone: I have found Authentic Movement and Ecstatic work

00:11:36 barbarathompson: My context for work this year is Simplicity. Reviewing my upcoming calendar allowed me to see how much is already committed to and quickly clarify what I want to do with the space left open. Fewer private clients, more workshops it is.

00:12:22 Ajeet Khalsa: Yes, turning to what's challenging. Were is the expressive power group?

00:13:47 Jennifer: Returned to the Story of 2017 and unpacked the message from a totem creature that I received in August. No surprise, it was a caterpillar, but honestly, the biggest, most beautiful caterpillar I've ever seen. 5 inches long, 1 in diameter, juicy, fat, determined to cross the road and colorful (yellow and turquoise). I've been going in and out of the chrysalis all year. Grief and growth. Each time, I trust my wings more, and I fly a little higher. Deep bows for this work and the Action Circle for holding me in all phases of the transformation.

00:14:11 iPhone: I have found Ecstatic Body Postures and Authentic Movement to be very effective in releasing old, sad stories.

00:14:12 alyseparise: As I am doing this work, the garden team is here to clear out the leaves from our garden – and make room for the snow and sleeping that occurs through winter readying for the living spring that will come in time. Just as my work will evolve by clearing out and allowing the new.

00:15:27 smadar: Thank you for the invitation to join this wonderful offering. I so appreciate you.

00:16:05 Suzette Monique: Thank you!!! xoxo

00:16:28 Tamara Suttle: Than you for this gift! Blessings to you, Isabel!

00:16:36 iPhone: Muchas Gracias, Isabel. This is Sophia Freigang. Not sure why My name doesn't show.

00:16:53 Mary: Thank you for the indepth planning process. My favorite part was dreaming and desire. I loved it.

00:16:54 alyseparise: thank you so much - i so appreciate this amazing day that you offer each year and you being your superb you. Hugs.

00:17:03 Suzette Monique: Clarity of purpose and direction...

00:17:06 Suzette Monique: Excited!

00:17:15 Diana: THanks Isabel for another great planning session. I love how you evolve it every year.

00:17:16 Allen Maples: I am worth it. the time I invest in myself is vital

00:17:24 Janet Thomasson: Thank you, Isabel. Today, I got a lot more clarity.

00:17:39 Jaime Campbell: I was surprised at what emerged. And that is awesome. <3

00:17:48 Kaye: Still processing the material but I realized my "wounded self" has been active and the reason for the high

expectations and impatience and frustration. Thank you Isabel and everyone.

00:17:50 Diana: What shifted for me is a clear recognition that I need to focus on me and that's okay :)

00:18:01 Harriet: Appreciate the shifts you've made in the 3rd and 4th hour topics/questions...plus your exuberance and willingness to be so vulnerable. Blessings

00:18:36 Jennifer: Grateful for the "a-ha" that my grief has to also encompass the time, energy and money that I spent supporting others. I wouldn't change anything, but I need to honor that those (mostly) finite resources were expended in ways that I hadn't expected.

00:18:53 Holly Genser: Thank you Isabel. I identified big gains this year despite injuries and disappointments, new projects for next year, and I'm going to work on my sad stories that have been active this year to clear the slate for next year.

00:19:17 Kate: I'll be working this material in layers for the rest of the year.

00:19:18 Regina: Thank you for the opportunity to spend time in self care through catalytic recognition in the safe container of this group's energy

00:19:42 Jaime Campbell: xoxo Regina

00:20:00 iPhone: How important it is to allot time/energy to this inner work is to affect deep change - especially the revering and honouring of Self.

00:20:27 Karen Wylie: I used the qualities exercise - and my pendulum - to refine my priorities. It's still an ambitious slate, but feels more do-able. Thank you, Isabel!

00:20:28 Jaime Campbell: Thank you, Isabel!

00:20:53 Carol McClelland Fields: Thank you, Isabel!! A huge wave of gratitude to you and this community.

00:20:55 Regina: Can people we tell about this still register and access the resources / recordings?

00:20:59 deirdre: Thank you!

00:21:29 Jaime Campbell: Awesome! (re: FB group availability)

00:21:51 Sharon: Sharon here. Thanks, Isabel, for another inspiring and provocative planning day. You are the very best...

00:23:32 Jaime Campbell: Thank you!

00:23:39 Jaime Campbell: Thank you all!

00:23:42 Leslie: thank you so much!

00:23:46 Jennifer: Deep bows, Isabel. Thank you so much!!

00:23:47 Suzette Monique: Thank you!

00:23:50 Tamara Suttle: Thank you!

