Impromptu Zoom Meeting - November 15

VIEW RECORDING - 74 mins (No highlights)

@0:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

This meeting is being recorded. So here it's got a true, blue rabbit, that girl and Mary go come through.

When a killer baby, I was so angry, that the miracle came through. Now you're here and found, all around you.

And baby, love it, dance, dear, hear the truth. the miracle, Mary go, true, rabbit, that girl and Mary go, and you.

I never knew, I never knew, I never All right, welcome to those of you that are here. Hi Cynthia, hi James and Adina.

feel free to put your cameras on. So. We can see each other and welcome back, Hi, Dorothy. OK, so I want to start the session.

First of all, this is our second to last session. Then we also have the bonus session, but we only have one more session in the actual program.

So I want to check in with you and find out what results you've been producing since we began the program four weeks ago.

So I've heard from some of you via email, but I wanted to give people an opportunity in the group to share some of the wins, know, some of the results and even the miracles that you have produced or that have occurred over the last four weeks since we began the program.

So this is going to be turbo sharing, you know, so it won't be long, long stories, but who would like to share results that you've produced since we began the program?

This is the part where you raise your hand.

@2:57 - **Adina Scherer**

All share.

@2:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

OK, Adina, go for

@3:00 - **Adina Scherer**

for it. So first of all, I'm in a car, so when I finish sharing, I'm going to turn off the camera.

But the turbo chair is I started having real big breakthroughs for myself and ideas for art that I never saw before.

Like, I just like, like, creating a community of women. And you're doing with an artist to make work about peace.

And then I started seeing, like, that is a purpose. And started to pull me excitedly into a whole idea of a body of work I want to create.

And so when I was filling out the assignment, the homework, I saw that the future part, which I hadn't did, method two, which I had really related to as much method one, I suddenly saw my

like it was, is if I was back in graduate school, so excited that I just couldn't wait to get up and learn to start making art again, like living in my art studio, living in my head.

So that's the win that I have a direction to be working.

@4:16 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Beautiful. And what's your dream source? What did you come up with so far as your dream source?

@4:22 - **Adina Scherer**

Well, the dream source from the past, you know, method one was seeing myself as it wanted to be a dancer and dancing and being free, light, free and beautiful.

So that's And do you have an updated version from the future method? the updated version from the future has creative inspiration along with those as well.

@4:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Beautiful. All right, great. Thank you so much. Thanks for sharing. Who else would like to share results you've produced since we began the program?

So we're just. It was sort of a check-in on what have you been accomplishing since you began a month ago, basically.

Who'd like to share? What results have you been producing? Does that mean only a Dina has produced results? Okay, Brian, you have some results and little miracles happening?

@5:24 - **Bryan Burton**

Hey, so yeah, I'd say this past week has had some fun results in the career world, but I think just overall, there's been a lot of results.

think while those have materialized into tangible, measurable results, I think of results that I kind of want to focus on and think about even more is just like the thinking about things maybe little differently or the process itself if we could measure that as a result.

I think that...

@6:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's a mindset shift for sure, but results are more, and this is good that you're saying this because sometimes people think an insight is a result and it really isn't until you put an action behind it that then produces a result.

And that's important to distinguish because if you want to be a results producer, then you have to get clear about where those results live.

@6:22 - **Bryan Burton**

Like you said, measurable. For sure, right. Yeah, I think I'll have more to say maybe I'll step back for now, but I definitely just wanted to kind of chime in and just at least mention that and mention that the thinking about it, especially since a couple of weeks ago when we were talking about, you know, what would it look like if you took it all away?

the question is still, you know, it's, it's, yeah, I like the, the shift in mindset and the more questions that I mean, I think the thing that if I had to do.

still everything. There's so much to make and so much to help with. I think the like little silver star silver lining, whatever that keeps coming back is that just the basic one of like, what am I doing right now?

Is this looking down and managing or is this looking up and dreaming? It's something so simple that I kind of can throw everything through that.

Those sunglasses those built that filter, you know, is what is this? not that you know, everything has to be sure that like, I don't get bogged out into like ticking off to do this that only focuses on managerial and managing what is making sure that I sometime that I leave room in the day to do stuff that is more oriented towards that.

However, small. Yeah.

@7:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I love that. That's the only thing you walked away with.

@7:53 - **Bryan Burton**

You would on going Lee, be able to access that of creation. That's beautiful. Really.

@8:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, killer great and congratulations on the bookings and the things this week.

@8:05 - **Gilda Borenstein**

So yes, all right Gilda Mute you're Okay I'm 69 and I guess I walk around in life with like, know the 69 year old body, you know, I have the the arthritic knees and then the other months ago I did tennis elbow and I have bad shoulder, you know, so I go for these therapy sessions and my my At the hospital for special surgery if I recall from last session.

Yes, and so I actually had it. just up the ante since hearing what you just said though even in this conversation, which is my one my

My dream was to be like a healthy, vital, 100-year-old grandma. Not that I have any grandchildren yet. the point is, I'm going to have to live to 100 for me to see grandchildren, feels like.

Justice daughter didn't marry my son, you know?

@9:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's right.

@9:20 - **Gilda Borenstein**

so, in the last few weeks, it seems like all the stuff I was doing was I felt like I was an 85-year-old lady in a nursing home and doing these stupid things.

And I kind of said, I want to up the ante and I'm getting stronger. And so, a couple of weeks ago, I've been like pushing the sled with heavy weights now.

And then yesterday, I was there, well, last week she said, I want to work out twice a But I kind of went, okay, you know, if I...

This is what I'm committed to. This is where the money goes. And so, yesterday, I looked at somebody else working out over there, and it's all ages that are working out.

And I said, oh my God, a TRX. I haven't done that in five years. And she said, today's the day.

And then she started asking me to do stuff that was like, no, I can't do it. It's what I said.

I said, I can't do it. And she said, of course you can do it. And I was like, no, no.

If anyone else said it, I would say, no, my doctor says I can't, but I'll trust you. I'll try.

So I went and did one, and I went, see, it didn't work. And I jumped off, and I was like, that's it.

I tried. I'm not doing it. And she was like, get back here and do it. So I did it.

And then she said, do one. What do you need to do is one. And then I did one, and she said, now give me five.

And I was like, you. I'm not giving you five. And then I said, okay, I'll try one more. And not only did I do five, I did three sets of five on Goldweg.

And so... I mean, and then she had me do these other things with 30 pound weights and 15 pound.

I mean, it was like, I walked out of there like, who am I? I don't even know who I am.

And so, you know, when you just said, whatever you said two minutes ago, like, what was your dream source?

Or, and then Brian maybe said, but something new or something like that? I noticed I had this thought that it isn't like, you know, maybe I'm an athlete.

You know, maybe I can go back to being the, I don't want to go back to being a brown belt again.

And providing, but, you know, maybe who I think I can be at my age, I could be more than that.

@11:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yes, doesn't have to be limited to the 100 year old grandma future.

@11:55 - **Gilda Borenstein**

Like that. 100 year old athlete. And then I noticed I'm seeing... I had like a miracle at work today.

So I have this insane goal for my life at work, which I'm like, and then some days I go, I can't do it, forget it, I give up.

And then my voice comes in and says, you just haven't done it yet, you can do it. And then, you know, it goes back and forth and I'm this close and like a lifetime goal.

And I think I did it this afternoon. Congratulations.

@12:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Congratulations.

@12:28 - **Gilda Borenstein**

I know I did it, but I refuse to celebrate until I see the numbers on a computer one.

@12:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I hear you. Yeah.

@12:36 - **Gilda Borenstein**

was a good day in the market today. Oh, no.

@12:39 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

was a good day in the market.

@12:40 - **Gilda Borenstein**

That was in it. wasn't about the market going out to do. was about, but it was a great day in the market.

And, but it was my financial advisor, everybody.

@12:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So that's what we talk about the stock market. And I made sure you were doing really well today before I got on the call.

Well, congratulations.

@13:05 - **Gilda Borenstein**

Yeah, so I think, you know, when when you feel like you can do something, it just sort of spills over into lots of other stuff.

@13:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, it's it's well said and actually, you know, for everybody, there are areas or just look for yourself right now.

What are some areas and put it in the chat? Areas where it exists for you like you can't do something, like there's some limitation kind of like how Gilda had it with her exercise until she had that breakthrough yesterday.

But what are some of those areas where it's kind of like, nah, that's just not doable. Just put put that in the chat if you guys could.

Perhaps you can do everything. There's nothing that occurs. It's not doable or you're just slow writers. Okay, can't make a difference to my family writing a book.

Okay, making online programs, podcasting TV, learning new Thai chief forms, closing enterprise deal. Yeah, very good. So these are

for all things that if something occurs, just if you just do the logic of it, if something seems losing weight, I gotta trust you, if something seems impossible, you wouldn't act on it.

Because why would you waste your time spinning wheels? So if like losing weight, I'll just use that as an example, if losing weight seems like too hard or impossible, it's easier to just eat cheesecake.

You know, because why are you gonna take all the actions, go through the rigor more and then to have the scale just stay the same?

You know, building a brick and mortar business building. That seems impossible, you're not gonna go look at real estate.

You know, you would not take an action towards whatever it is, right? So you wanna keep in mind all those areas that you're not taking actions

like writing a book or whatever it is. Yeah, lot of book writers here. And meanwhile we got Cynthia who's written books and you know I'm sure other people on here who have written books.

know Bryce is working on a book and you know, whatever it is you're not acting on is not going to happen.

So you will prove yourself right that it's not possible given you're not acting on it. So when I went back to what I said to Brian it's like yeah you can have an insight and you can have breakthroughs and you can have a mindset chip.

But unless you take actions you're not going to have new results. So Brian walking out of the room and taking a breath and looking up and out at his vision is an action by the way.

And that produces something like I don't know peace of mind or calm or you know satisfaction in that moment.

That's a result. know satisfaction. I'm 70% more satisfied. Because you have access to that action that produces that result.

So with regards to things like writing a book or losing weight, there are actions to take. It is possible to do all those things just like it's possible for Gilda to do the sled with the 30 weights.

Although it didn't seem like it. Because the conversation is I can't, I can't, I can't, can't, or it's too hard, it's too hard, whatever their conversation is.

So you want to start to notice those conversations that limit what's possible. Things like I can't or it's too hard.

mean those are just common ones. But what are some of the other put in the chat? Some of the conversations that stop you from acting on things that seem like too hard or not doable.

What are some of the things that you say to yourself or it might be something that you believe? don't have the money, perfect.

So you want to start to look for things like I don't have the money as a red flat. Like, oop, I'm about to be messable with.

Or I'll do it later as a big red. flat. If you're in a later conversation, you are being messable with or it's too late.

don't have time. It's you know, too much effort. You know, I'm not where I need to be or where I should be anytime you got a should or a shouldn't, you're in the world of being messable with.

I can't make a say I can't put you right in that world of reaction or being messable with. So part of creating the foundation for being unmeasable with is being able to see those red flags as what's about to send you on a one way track down the world of being messable with so that you can intervene.

So that you can intervene like Brian demonstrated and get back to that space of creation because yes, of course, there's going to be times where you're looking down and where you're reacting and where you're managing and where you're dealing with stuff.

But the point is how quickly can you access that other world so that you don't get bogged? I like Brian's words bogged down in that world.

because if you don't catch it, pardon my French, but your screw, because you can't come back from if you get too far down that road.

It's kind of like it's done already. You know, you got to kind of take a nap and hope you wake up in a better mood at that point, you know.

So yes, and congratulations on the lifetime goal being reached. I love that. Terrific. All right, Michelle. Hi.

@18:30 - **michelecrockett**

So I think for me, what I've gotten of the last four weeks is what my dreams are, and then taking actions like just in, I haven't been making grand actions, but just showing up a little bit every day, two, you know, I really just narrowed it down to those two, two actions every day to kind of move things forward.

@18:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Perfect. And what's happened? What have you produced by taking the just simply two actions a day, which is why it's the assignment.

@19:00 - **michelecrockett**

because it's not like take 50 actions this week. mean, nobody's going to do that. So I, um, one thing like most people was I really, you know, my health.

And so I've been showing up and exercising and eating more fruits and vegetables. Um, I exercise already, but I'm just making it more consistent.

And, um, the other thing is, is I've been reaching out to people. So Cole Colleen or reaching out in, um, something I was, I used to do all the time and I just kind of stopped and don't know.

I just didn't, haven't been doing it. Um, and it's funny. The more I do it, the of course, the easier it gets, but then I don't know, I'm now having people reach out to me, um, like via social media just to saying like, I saw your art.

I'd like to purchase it. I'm here. Whether anything comes out of it. But you know, it's, you you've shifted the space that you are.

@19:59 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

know that's. Sounds a little woo woo, but if you start taking action, you know James is taking actions towards, you know, doing the enterprise deal if you're jarth is taking actions if you know, Cynthia's taking actions about the brick and mortar if you're if you start acting on the things that matter to you.

The world ships literally. I mean, literally in physics, so goes one thing so goes everything. So if you're acting towards something the entire universe starts moving towards that thing.

Sir James Jean said he's a physicist. He was a physicist. He said when I curl my finger, the universe moves.

You know, not because your finger is so powerful. because everything is interrelated. is not connected, but but up against the next thing.

So Michelle, your actions are creating a new space for people to then reach out to you because there's a whole new space around you.

@21:00 - **michelecrockett**

you.

@21:01 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's not woo-woo, really. It's actually very logical, although I kind of seems, well, fine, let it be woo-woo, but you know, keep taking the actions.

This week, the assignment's going to be taking three actions today. So you'll get to up your ante, all right?

Congratulations, Michelle.

@21:18 - **Tasha Milkman**

Tasha! Hi.

@21:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi. to see you.

@21:22 - **Tasha Milkman**

Thanks. Yeah, this is the first live call I've been able to make, but I have followed along with the videos and the great.

I appreciate that. Yeah, this is kind of a simple one, but I had been feeling like, I sort of identified this.

One of the things that messes with me is like feeling like I'm constantly behind and like, and one of the things that was creating that was kind of a back wall, the emails of like, you know, sometimes I'll get it, and I have some intention of opening up that deadline article or, you know, things like, yeah, I want to get back to that.

And I just gave myself permission to take the action of going in and archiving all those old emails. It's

It's totally fine if I don't leave that deadline article from back in September.

@22:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And so exactly because now it's not really the deadline.

@22:07 - **Tasha Milkman**

Deadline's passed on that Exactly. Like it doesn't. There's so many emails in my inbox that I once I just decided I didn't have to be like kind of.

I also, I think I wanted to think the message with me is like feeling like if there's a big task, I can't start it unless I can finish it.

And I was like, no, go in there and just archive a hundred emails. And I did it. And I was like, that wasn't that hard.

@22:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And let me ask you, what was the experience after you said you were going to do something and then you did it?

What was that like for you?

@22:37 - **Tasha Milkman**

I mean, yeah, it just it feels it feels freeing and it reminds me of a I think there's there's tasks that I get into this space of like feeling impossible.

And and there and and it it's bizarre to me how easy it was to actually take care of this task once I just gave myself permission to kind of do a little chunk of it instead of.

like feeling like I had to deal with my emails, which was perfect. Yeah, so this is perfect.

@23:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I love what was just saying because dealing with your emails is overwhelming because it's not real. You can't deal with your emails.

It's not a real thing. You can deal with a hundred emails that you can do because it's specific and it's measurable and it's actionable.

So a lot of the things that you guys want to accomplish that you haven't started on, like that you're not acting on, you're in a concept about what it is versus the reality of what it is.

okay, I'm scheduling, I'm working on answering emails for 30 minutes. That's what I'm doing. It's 30 minutes of emails.

So you can do 30 minutes. You know, your inbox is like, you know, you might as well just go to sleep now and have a glass of wine or something, you know, because it's like, why bother?

So you want to start to deal with the reality of what it is there is to act. Tom, so if, you know, the game is having a gallery show, you know, for your art in three different cities, there are actions that will produce that result.

So if you start making a list of all the different actions and then schedule the actions in your actual calendar so that they're real and not some big to-do list that'll never get done because you keep adding to it, then you can begin to produce the kind of results that you're committed to.

This is a lot of the work there is going to be to do if you want to continue to build your muscle of being unmeasable with after the course is to work in this way that we're distinguishing right now.

Anything else, Tasha?

@24:40 - **Tasha Milkman**

I mean, that was a big one. think, like, yeah, there's other reflections that feel less like action, so I think I'll leave it at that for the action.

@24:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, but you can share the reflections too because it makes a difference, you know, the new way you're looking or thinking about things.

@24:55 - **Tasha Milkman**

Well, I think one of the main takeaways that I think has been powerful that I want to I'll think

continue reflecting on is that I think there's parts of my dreams that I'm not so far away from. If I could frame them in a way that, you know, like, I think that was, I think I spend a lot of time and

energy feeling like, oh, I'm not where I could be or where I want to be, but, but in a lot of ways I am.

And that doesn't mean that I'm like done in my dreams or realized, but like, there's a lot of longs in my life.

So I was able to kind of, in doing some of the dug into some gratitude for like elements of my dream that I'm currently living.

Beautiful. Doing this work helped me sort of more concretely get in touch with that.

@25:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Beautiful. Thank you. Okay. Difty. And then Julie.

@25:45 - **Dipti Mehta**

Hello.

@25:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi, Deb.

@25:47 - **Dipti Mehta**

Hi. My share is kind of like a little bit different. I feel like I was in the first session I talked about how I was struggling with like the fear of like, what if I don't do this and, you know,

@26:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

what should I do and all of that? Yeah, with the health stuff.

@26:03 - **Dipti Mehta**

Yeah. And it still comes in every now and then, but I've just eased into it's okay to do how much ever I can do.

It's okay if I do less, it's okay to be okay with not knowing what tomorrow will look like. So, inside of that, like I've been, I've been following this specific, you know, simple but specific nutrition plan.

And it is, it's so easy to do, but it's very difficult to do because it eliminates a lot of yummy things that you otherwise can eat, right?

And every morning, like I, in the morning, it's easy, right? Like I make my big smoothie with tons of greens and all of that.

But as the day goes by, like it's so tempting to just want to eat something, especially, you know, in my Indian tongue, I want spicy food.

I don't really crave sweets at all. But so, but just to just to keep the end goal in mind, which is not even the end goal anymore.

It's just like the South. expression of who I am and to take care of that. And so every day I, you know, just push through.

And today it's day 25, I think. So, Yeah. And I feel a little like I definitely feel the change.

the thing is when I see the shift, so for me, the shift has been, first of all, has kind of subsided.

what if hasn't gone away, the what if it's still there, like, well, but your relationship to to it has shifted.

Yeah. Still messes with me on and off, but you know, but that's been the big one for me just to sit with not being able to accomplish a whole lot.

And just be like, okay, I'm just going to meditate right now for an hour, because that's what little So, and the best thing that has happened is like, because of the health stuff, like I would just have lots of sadness.

And I feel like now I'm happy again. Like I wake up and I feel good. And I don't know if it's the diet or it's the meditation or it's like the combination of everything.

So I'm kind of doing less, but I am feeling good. And I think that's a big one for me.

@28:26 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

If that's all you walk away with, it's not too bad. know, being happy, pretty great.

@28:33 - **Dipti Mehta**

In physical words, I did go to the acting class today after like, I think three, four months and it was exhausting, but it was also very rewarding exhausting the physical level.

@28:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I'm like, I think I'm going to do this again. know, so like nurture your soul. That is nurturing for you.

Beautiful. All right, Deb, thank you. And Julie.

@28:56 - **Julie Reyburn (she/her/hers)**

OK, great. Hi. So I've been. really intentional with my, my dream, my, my vision of financial freedom when it comes to budgeting, tracking, and I've been doing it very consistently for the past three months.

And it's starting to manifest in really different ways that I wasn't expecting. And then coming in here in this space in the past few weeks and assigning sort of my dream source words to everything that I do.

Again, the intentionality with my journaling, I have signed colors to each of my dream source words. And all of a sudden those colors kept showing up in different areas of my life.

And then all of a sudden I found out I was on an album that's been nominated for a Grammy.

And then all of a sudden I got an offer for another gig to sing out of town. And then, and then another and I'm like, why I'm just been tracking my finances.

It's so you are getting related to reality which allows miracles to happen when you come into reality.

@30:08 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Life wants you to win.

@30:11 - **Julie Reyburn (she/her/hers)**

Yeah, and that's just been giving me a spring in my step. And the one thing that messes with me is I tend to future think which causes my anxiety.

But what I've been doing is assigning those words to I get up from where I am and I walk around.

I take a walk and I think of those words. think of the colors and I think what's one step I can do.

And I just live, I just sit with those feelings which is really hard but it gets me through the day and then what you just said scheduling those tasks through your day.

Remembering to do that is really hard for me.

@30:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So I try to do Well can't remember to do it. You got to put it in your calendar to do it.

@30:55 - **Julie Reyburn (she/her/hers)**

Exactly.

@30:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Stop using your memory for stuff.

@30:59 - **Julie Reyburn (she/her/hers)**

It's a very. Yeah, that's that's that is what I'm learning and when and as you get older, it's harder.

It's I think I'm gonna remember and then I don't. But I think that the biggest takeaway for me was just the manifesting of just, you know, being disciplined with the steps that I take every day, the intentional steps towards my goal.

@31:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So that was really.

@31:20 - **Julie Reyburn (she/her/hers)**

And what is your dream source that you assigned the colors to? are the worst that you can.

@31:24 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So light energy and connection. Beautiful. And I love how you came up with the hack of the walking around so that it acts the physical part of what's happening and then gets you in that world.

But I know you did the course before. So it's like you have some muscle with this. So those of you that this is your first time.

You know, it takes practice. It really does, you know, to be able to have this at hand, but it's completely accessible and I'm so happy for you.

@31:50 - **Julie Reyburn (she/her/hers)**

It's just great. Exciting.

@31:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thanks. absolutely. Bryce. What opened up for you out of doing the work or what results have you produced since.

began the program.

@32:03 - **bryce bronstein**

Yeah. So I would say that this week I'm actually completing two programs that were in keeping with what I'm trying to accomplish.

And so what I can say is I've identified some pretty good resources that can provide some of the guidance that I need.

But I do want to say that what I recognize is that I'm in a liminal space and it's hard.

You know, it's really hard to me only. I've had a full career. I've worked my off to get to where I am now.

And yet there's this dream and it's daunting. I mean, it's really, really big. So what is it? I want to.

So the purpose of writing the book is really the coach. I'm much more interested in coaching than I am in writing.

I think I have something to bring to the space of dating. And I've seen myself coaching one on many, as opposed to the one on one that I've done for such a long time.

And that hasn't gone away. I've had that idea forever. It's just that I keep inching closer to it. And so I think daunting is really the right word, although I can honestly say that it's much more real than it's been.

I've been kicking it around forever and it really has been maybe someday. But I do feel more invested than I ever have, which is a good thing.

@33:42 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But it is a thing.

@33:43 - **bryce bronstein**

Yes, it's a good thing. The fact that it's more real for me, it lives is more real. Absolutely.

@33:50 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But until you schedule it and act on it, it will be a someday dream. I can tell you just from my own life, last year around this time, when I

I did the first beta test of the foundation for being on MESBO with. I was in this session and I came off the session and I was like, Oh, my God.

Here I am telling everybody you have a someday dream. It's not a real day until you schedule it. It's not real.

But and I got off the phone and I said, I have a someday dream. It's called moving to Paris.

I've been talking about that for decades. And I sat down with Michael that night and we scheduled it. And I'm in Paris right now and I've been for six months.

So whatever it is that seems daunting, because it seemed daunting to me too. It's just like what we were saying earlier.

If something seems too hard or not doable, you don't act on it. So you have to get out of the space of it's too hard.

It's daunting. That's all over here in the world of being messable with. If you take a breath and look up and out, as Brian said, what are five actions you could take to and I'm not even going to say, write the book because I don't think you even want to write the book.

I think you want to coach people one on many. Okay, so what would be five actions that you could take that would forward that goal?

@35:09 - **bryce bronstein**

Yeah, so I saw that today. I actually saw, you know, I had the image of a ladder, you know, where the rungs are either very high or they're a lot closer together.

@35:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@35:22 - **bryce bronstein**

Yeah. so that I got that. didn't have that before because it might because the way it's been for me is that each of the runs are really high.

Now I got that. I don't have to have them so why I could do them just the way you're describing it.

At this same time, though, if we're going to talk about what messes with me.

@35:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No, I'm talking about what are five action.

@35:43 - **bryce bronstein**

Five actions, but for instance today. Yes. But for two, I can't give an example of where I just get completely thrown off, right?

It's like a dive down. So I guess it has to do with completion. There's something I can't completely. It's out of my hands.

And when I think about it, it's just.

@36:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, so let me tell you, let me just give you some coaching.

@36:09 - **bryce bronstein**

Okay.

@36:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Stop doing what you're doing and do what I'm telling you to do. Okay. Give me five actions that could force your dream to lead one on many about dating.

Give me five. Listen, if you're busy taking those five actions, you won't be. Looking about that thing you're incomplete with and all that stuff.

You have too much space that gets filled by all that crap. You need to fill the space with these new actions.

Does that. That may be okay. Okay. give me five actions that I could take that I.

@36:43 - **bryce bronstein**

Well. So. So today I contacted a local school and I posted looking for graphic artist. Looking for a tech savvy person.

and looking for, I thought what the other was, tech savvy graphic artist and something else. So that was an action.

@37:09 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Cause I post that.

@37:10 - **bryce bronstein**

was in action.

@37:11 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I was like for you to, but I'll tell you what, I'm not gonna ask you for the actions. Let's ask them for the action.

So everybody just put in an action, one action that you see she could take to forward her dream of leading to groups of people and making a difference around dating.

So just let's put in some actions.

@37:30 - **bryce bronstein**

I can think of 50 actions.

@37:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like literally I would just be like, Oh, I'll just get that done tonight, you know, whatever. So you could give some advice on a date she's having to get a date.

James needs some coaching on a date he's having. Is it with your roommate, James? That's all I want to know.

I hope not.

@37:46 - **jameshill**

Or I hope so. It is not.

@37:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. That means. Yes. Okay. So you could do mirror work. You could, I'm sorry. If don't already have a program, you could you could design a program.

You could. could research dating sites, contact delabs who are vass who, I don't know what that means. VAs, okay contact VAs who specialize in social media.

You get a virtual assistant, they're like $7 an hour or something and you could get them to do the graphic design.

You could post on Facebook, I'm doing a free hour coaching on dating, whoever wants to come and then get people, you know, do a Facebook live or an Instagram live where you just coaching people on dating.

Do you know how many people would show up to that? Okay, so what are you hearing?

@38:40 - **bryce bronstein**

Just do it.

@38:42 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Exactly. You got to just do actions. You have to stop. I'm not going to say it, but you have to stop playing with yourself.

Okay. In your head. Nothing's going to happen there. How long have you been talking about this?

@38:58 - **bryce bronstein**

I haven't taken any real action.

@39:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Exactly. now this is it. You just got to be on you got to be like action Jackson. That's it.

And that's your your go to is whenever you're in messable with mode, you just take take an action take an action action action and those actions are going to move the universe just like Michelle.

Okay. All right. Game on next week. We're going to hear about your free Facebook hour. Okay. Shazia.

@39:28 - **Shazia - Consultant**

Hi, Josh. Hi everyone. So, um, when I first started the training with you, I declared to make a difference to the transformation of Pakistan and didn't really know where to go with it.

Really. Okay. Now, there is a society by lateral society that promotes arts, culture, music between Pakistan and the United Kingdom.

Okay. society works very closely with the High Commissioner of Pakistan and so on. So you know, they do some great work.

And I wrote to the secretary of the society a couple of weeks ago saying, look, I'm ready to make a difference.

I want to come and do some voluntary work, you know, let me know what's available. So didn't hear anything.

And I kind of got stopped thinking, oh, I'm just dreaming about something that's never going to happen. And then on last weekend, I said, I thought, no, this is not you.

So I sent a message saying, did you get my last email? Good. And he responded. He called me yesterday.

He called me today and I was working and couldn't answer his calls. So cut the long story short, called him at five o'clock.

And I said, I'm here, tell me what do you have? And so he said, look, you know, there's two areas that, you know, we'd love to have you support us when one of them is membership.

We need to and secondly, know, event management.

@41:03 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And I've had perfect both of those things.

@41:06 - **Shazia - Consultant**

So we start, we talked about it and, you know, I had kind of breathed him on, you know, that I've done some leadership training.

I've worked for a charity and various things so that he gets a kind of like a picture of what I do.

He's, he's invited me to come along for a face-to-face meeting with himself, with the treasurer and with the chairman of the executive committee.

Wow. Of this society. he said, well, you know, we do need people that are going to take the society forward, you know, and so we'd love to meet up with you.

We'd like to consider you as a co-opted member of the committee. And then in May, I think they're going to be reviewing and obviously then it could go on to being an executive member of the committee.

@42:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

from a co-op to...

@42:02 - **Shazia - Consultant**

Come on. So, I'm thinking, oh my God, this is my opportunity. So, I kind of gave him an idea.

said that one of the things, you know, have you considered the royal charter, adding the word royal to the society of Pakistan?

And, you know, and he said, yes, we thought about that, but it's not easy because, you know, for various reasons.

And why do you think it's going to be, you know, it's going to add value? And, as well, first of all, it's a prestigious society.

doing great work. The Chairman's work with the Queen. I mean, there's a lot of great work that you're doing, and, you know, you can take it up to the next level.

Now, if you bring the royal charter, it's just going to give you more of a sort of a status, perhaps, you know, and attract more people to get involved in so on.

So, you know, there were these ideas that were just, Slowing, you know, and he didn't sort of say no, but he said, you know, let's talk about this.

So already I'm thinking now when I put the phone down, I thought, right, I'm going to be an executive on that committee.

I have to go and I have to pitch to them, I have to share my vision of how I like to see this society and to see how can I make a difference to the organization.

@43:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And I would invite you to find out their vision, not just share your vision. That's part of what the work I'm going to have you be doing over this week to next week is, you know, what it's one thing to come from your dream source.

In fact, what is your dream source, Shazia? It's a bold, powerful and courageous, bold, powerful, and courageous, fabulous. So, you know, each of you, the assignment this past week, was to practice coming from your dream source, right?

different situations and notice what mess with you and all of that. But, you know, there are people around you.

So it isn't just about you sharing, which is critical. If you don't share your dream source, forget it. It's not going to be alive and well, what's going to be alive and well are reasons and dramas and all that stuff.

But you want to be somebody who can elicit other people's vision, other people's dream source. So we're going to go over a few ways to access that with people because this week you want to be doing that with people, not just sharing, but also eliciting so that you can imagine just imagine if you're at that meeting with those people in that committee and you're sharing your vision and you're asking them their vision and all of you are sharing your vision.

What's going to be present in that meeting?

@44:46 - **Shazia - Consultant**

Creativity, a new future, ideas, how these scientists going to move forward. What was that?

@44:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I mean, it's going to be like, you know, love dripping off the walls at some point, you know? That's the environment you want to start to cultivate in your life.

So not just about what you want to fulfill, but being someone who around you, people get connected to their dream source, to their vision.

@45:16 - **Shazia - Consultant**

Yeah.

@45:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@45:19 - **Shazia - Consultant**

good.

@45:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you so much. thrilled for you. That's great news.

@45:22 - **Shazia - Consultant**

They are lucky to have you.

@45:24 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. Great. OK, so let me find out from some of you in the chat. What was the experience when you practiced coming from your dream source versus getting to someday and going through life and managing and all that when you were practicing coming from your dream source?

What was that like for you? Just put it in the chat. Couple words. was the experience of dwelling in or coming from your dream source?

OK, freedom, peace, joyful. It may take actions easier. Yeah, it was newness. OK, good. peace. I'm assuming that was OE.

But yes, okay, centering. First fear, then confidence. Yeah, okay, so confidence as you did it more and more, probably more confidence, excitement.

Very good. And then let me ask you this, different question. Where did you get stopped or messable with in doing that work?

So you got to kind of look into the week and put in the chat, what messed with you, or what stopped you from sharing your dream, your dream source, your self talk.

Yeah, that negative voice that just, you know, stops you from taking all sorts of action. What messed with you in coming from your dream source?

When did you get bogged down? When you start thinking too much? Yeah, overthinking is a big thing that messes with people.

It's very common, by the way, you know, what else? So overthinking self talk, what messes with you identifying anger and resolving it.

So future thinking, when others, what I thought others were better, comparing yourself to others. Okay, a couple of you right there.

Self-doubt definitely is a massive thing to be on the lookout for because that'll mess with you for sure. Okay, good.

So you're starting to be able to see what messes with you. You're starting to be able to practice coming from your dream source versus trying to get to someday, you know, but you want to get clear that you're what messes with you isn't going away.

You know, I think sometimes people come into my work and they think, oh, you mean, I'll just be unmeasable with like things won't mess with me anymore.

No, it's not quite how it works. How it works is you have the muscle to shift over quickly, quicker and quicker and quicker because it's like any muscle.

You got to work it out. It's a new muscle. So this dream source that you created and you're not stuck with whatever you created.

You can tweak it. You can add to it. You can shift it, you know, as you go through life is an alternative to the default reactions that mess with you.

So if you can't see the reactions, you won't be able to shift over. So the skill that you need to be practicing is looking for, hunting for those red flags so that you can implement your hack and go to your pre-created space, which in this case is your dream source.

But you're right now building a foundation. know, not going to be like masterful at this at all. I can hear from people who have done the course two or three times a level of efficiency with it, you know, like a level of practice with it.

But when you're laying a foundation, it's literally just a basis. You know, it's a basis upon which something is built.

That's what a foundation is, an underlying base. So when what you build from here requires that that base be tended to.

So it's not like you're going to have to brush your teeth on this one. It's not like, oh, well, I did that work last month.

No, no, you brushed your teeth last month, too, but you got to keep brushing your teeth. So it's the same things.

You want to just keep practicing. like Brian said, walking and going and looking up and out and bringing yourself out of the space of being messable with to that space of being un-messable with or creation or magic.

So creating this foundation requires being able to create a whole new environment around you. You know, mostly our environments don't pull for dreams.

They pull for reasons or drama or considerations or justifications. Well, I can't do that because blah, blah, blah, blah, blah.

Or, you know, it's not responsible to, you know, go start a brick and mortar, you know, business and this environment and that the mortgage rates are so high and that, you know, I mean, you know, you come up with.

Justifications and reasons why to do things and why not to do things and that is mostly the water we swim in as human beings.

If you just look at your conversations with people, it's not mostly about vision and dreams. It's mostly about what you're dealing with and what's stopping you or what are the reasons why you don't have what you really want or whatever it is.

So you've got to build a new environment that pulls for your dream source and other people's dream source versus those all default reactions and messable with ways of being and acting.

So it's kind of like if I went to late a match, right? There'd need to be sufficient oxygen for that match to burn.

If there wasn't sufficient oxygen, it would go out right away. No matter how many times I lit it, it would go out if there wasn't enough oxygen.

That's kind of like the environment's relationship to your dream source. you create whatever you created with your dream source, freedom, passion, joy.

If you don't have enough environment, oxygen to pull for that, to turn that into a forest fire, it'll be like blips, you know, like momentary blips, but it won't have any kind of muscle.

And you do want it to have muscle. So this requires not only coming from your dream source, but making that real for others, both in sharing what you're creating, but also asking them, what are they creating?

So what are some ways, and I'm going ask you to put it in the chat, what are some ways that you could share what you're creating as your dream source?

Because you're not going to like go around to people going, my dream source is that, you know, would be totally weird.

And they'd be like, are you talking about? So how could you translate it into English, so to speak? What could you say to people?

So just put some ideas in the chat. And I'll give you some ideas too, but one way you could do it as you guys are writing is I've noticed something that I'm really passionate about.

That's a way you could share your dream source, you know, or I'm creating like a new game in my life where I leave people in the space of joy.

And freedom or whatever your dream source is. Or you could also do it this way, could say, you know, I've spent a lot of time worrying about XYZ, whatever you're worrying about, and I decided I'm not going to have my life be about what I'm worrying about.

I'm going have my life be about what I'm creating. Great. You could say I'm committed to What fill in the blank with your dream source.

You could also share just, you know, listen, I've had this dream to coach people in groups about dating and I never shared that with you before or you know, I had this dream to write a book and I never shared that with you before.

So just simple ways. of sharing with people is a way you can get on the on the court with this.

So my intention today is I want to live my best life and it's time to reconnect with my passions.

You know, one of my passions is passion. So I want to make sure people have access to passion or however you share it.

You have to be willing to take imperfect action on this one because you're not going to have it all perfect.

You just have to be willing to, you know, like notice I'm not worried about saying imperfect things with you.

You have to be like that with, you know, people in your life and just go for it. What's the worst thing that could happen is, you know, what?

You say a wrong word or who cares, you know? So creating the, I'm watching Jocelyn and here's what she's saying to my grown children who are not listening.

What? Dora, oh, that's what you're saying to them. You're so adorable. Okay. creating a new environment isn't limited to you sharing but also listening from this.

So what could you say to elicit their dream source or their dreams or their vision? What is put in the chat what you could say to other people?

And I'll start you off with a couple ideas. You could say if you could have anything, what would it be?

Or what do you burn for is a way of accessing it with people? Or what are you really passionate about?

You know, what's a dream you've always had but you haven't yet fulfilled in your life? You know, what's your vision for your family?

What's your vision for your career? Join me in releasing things that didn't work in 2023 and welcoming peace in 2024?

What are you committed to these days? Yeah, it's just kind of like, you know, what are you up to?

You know, what's something you're passionate about? Great. Any others? Ideas? So here's the thing, it's not about them accomplishing a goal or even you accomplishing a goal because you noticed your dream source is more a spatial

thing than a destination. So when we did the work last session to discover your dream source, we noticed that the qualities that are present when you're coming from that space are not reliant on actualizing the dream, but rather the dream process itself evokes those qualities.

Let me say again, because that was kind of wordy. So the the space of your dream source, as you guys had said earlier, is like you it was ease, it was joy, it was, you know, happiness, it was all those things.

It's not about reaching a goal. So it isn't in order to, it isn't a someday related thing, it's it's spatial.

So it's more tapping into the dream process that you're after with these questions with people. So it isn't about like, okay, let's see how you're going to get there.

You know, not like, okay, what are the actions like I did with Bryce? That's a different conversation. When you're just accessing people,

stream source, you're just really having conversation for, you know, what's their vision for whatever area or what's their passion or what are their dreams.

So it's not action oriented to get them to do something. So there's no threat, basically. It's a more open space than that.

And you want to, this week, begin to practice being that kind of space for other people. So both sharing and eliciting that space of vision, that space of dreams, however you do it, and there's no right way to do it.

But, you know, I'll give you some in the workbook, obviously, like I always do, to give you a roadmap, but you're not stuck with that.

can, you know, make this up and really play with some stuff and experiment with some stuff. So between now and the next session, here's what I'm asking you to do.

Each day, share with two people your dream source. However you do it, you know, I'm committed to this. I'm working on this.

This is my vision. What, how are we do it? And. create the space for at least two people a day to connect with their dreams and their passions and their vision.

So it's two and two and they can be the same two people. So you could share with two people and elicit from the same two people.

If you want to, it's not a problem. It doesn't have to be like four people. Okay, for those of you that overcomplicate things.

Okay. And do this on a daily basis to begin to develop an environment full of dreams, which will be the oxygen for your dream source rather than an environment full of reasons or messable with moments.

So you want to be exercising the muscle of being an unmessable with space for dreams expressed and fulfilled moment to moment to moment.

And then revisit what you said were your goals and dreams. This is the other piece of the assignment and take at least three actions a day.

I said that to Michelle. Right. So at least three actions a day that will forward some goal or dream that you have so that you're staying.

in the world of action instead of the world of reaction. Okay, and keep noticing anything that messes with you, not a problem.

And next week when we get together for the last session before the bonus, which is a couple weeks later, you know, we're gonna look at what you accomplish from the actions that you've been taking to forward your goals, dreams, and visions.

And we're going to create like a recipe, an actionable step-by-step process for you to move from the world of being unmeasable with to the world of creation and being, I'm sorry, the world of being messable with to the world of being unmeasable with or the world of creation.

And as you probably can see by now, is this is going to take practice? You know, it's gonna take practice and it's gonna take discipline.

And you know, I got a couple of emails from some of you saying like, well, what am I supposed to do after this is over?

So I wanna let you know about a few things. One is you're gonna have lifetime access to all the videos.

So the... link that you get each week, you have lifetime access to that. And you can check in with those anytime you want so that you can practice what you've been creating.

So we'll take practicing it. So you're going to have to design in practice into your life. And for any, and so that's yours, and you have access to that, and you can use that to develop the muscle.

But for those of you that want to build on top of this foundation, and you want to take a deeper cut at the work that we're doing in a little bit more personal way, we have a group coaching program starting in January.

And that is where we meet like three to four times a month over three month period. And I work with you to come up with action plans and clarify what you want and deal week to week on what's messing with you.

And I coach you as you're living your life in a group of people so that you can actually fulfill on what you want in 2024.

So if you want to do that, I have a discount for you. you because you're in this program. So normally it's on Thursdays from 11.45 to one Eastern time, it goes for three months.

And I'll send you the link to get your $300 discount. So because you're in this program, you save like $300.

And I'll also send actually, I'll put it in the chat for anybody who does want to jump into group coaching.

The space is limited. So you if you want to do it, just jump in. And we start January 18.

And then for anybody who still wants to be in the live event in January, we can work there too and spend one day, you know, if you don't want to spend three months or maybe you want to launch the year and then spend three months, whatever you want, I have that stuff available for you, including just watching the videos that we have, because you'll have those forever.

So I'll be sending you the link, but it's the same link each week. So what will happen is the videos won't be up there until tomorrow morning.

So you know, if you go there now, it'll just be everything except for the session video. So you're welcome to go there and.

see the little videos there there. But if you want to wait to see the session again, they'll be up tomorrow morning.

And then let me give you a link to the workbook, for those of you that want to get started on that.

Here's the workbook for this week's work. That's why it's called a workbook. And I'll stay on to answer any questions, but otherwise I will see you next week.

And then our bonus session is on a Thursday on December 7th. So we're not meeting the week after Thanksgiving, but we do have a bonus session where you can ask any questions as you go out in life through the holidays, trying to be unmeasable with.

If you bump up against anything, I'll do a cleanup on December 7th of anything that was unclear or anything you bumped up against as you went out into life.

But for now, if anybody has any questions, let me know. Or I'll see you next week. I don't have many questions usually.

It's interesting. It's fine. Maybe I'm just such a good explainer. That you're left so clear.

@1:02:10 - **jameshill**

You left us. You left me a lot to think about. Thank you so much.

@1:02:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

My pleasure. I'll see you next week, James, and have a good day.

@1:02:18 - **jameshill**

Oh, thanks.

@1:02:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

OK.

@1:02:20 - **jameshill**

Maybe I'll have a story about that.

@1:02:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I hope so, yes. Well, we are in the last episode. Actually, we didn't hear from Teresa.

@1:02:27 - **jameshill**

Next week, she'll have to tell us what happened with the Nike store guy.

@1:02:31 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yes, we need an update. Although she's on, Teresa, you want to let the few remaining of us know. It'll be on the recording.

No, she's not on. Maybe she's on, but not on. Somebody with an iPhone is raising their hand.

@1:02:48 - **iPhone**

Yes.

@1:02:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

iPhone.

@1:02:54 - **iPhone**

Yes. It's me, Kenya.

@1:02:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

How are you? Hi, how are you, Kenya? There you are. I'm laying down.

@1:03:02 - **Theresa Laurico**

Sorry, Joss, I was on mute.

@1:03:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No problem, Teresa. gonna come back to you, but I got Kenya here.

@1:03:09 - **iPhone**

Yeah. How are you? Hey, everybody.

@1:03:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Great.

@1:03:14 - **iPhone**

So, um, one of my questions. Um, so I recently found out, like, that I was dealing with a lot of trauma, and I did not really know that I was dealing with But that's, it's my, um, it's where I'm at.

Um, so I got into a really bad business partnership, which I kind of told you about it. Um, the guy was actually really bad that he ended up, somebody ended up killing him.

Like, you know, we knew that something like that was coming, because he was hurting too many people.

@1:03:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right.

@1:03:54 - **iPhone**

So I'm kind of dealing now with the PTSD, like, it kind of like, when I started with you. I don't know if you know this.

I don't think you know this because you know we we tend to sugarcoat things But I was literally not able to like leave the house because I was so scared of what I was dealing with and I just didn't know How do I pick up from?

like feeling like I've messed up How do I like okay?

@1:04:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, first of all, I have a question for you. Are you dealing with a health professional to deal with the PTSD?

@1:04:31 - **iPhone**

Okay? Good Professional because I Came like When I kind of found out that there was stuff going on Being a licensed contractor I had to shut down the licenses And my stress level got really high that I got really sick But it's now how how do I pick up like yeah like I'm doing it slowly

But every time I have a dream or my anxiety takes over, my failure takes over. Well, how did I piece my days?

@1:05:11 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Because the first thing you asked was how do you pick up when you think it was your fault? Did you say?

So first of all, let's just look together.

@1:05:20 - **iPhone**

If it were your daughter who I know, right?

@1:05:23 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

If it was your daughter who said, well, this was my fault. If something like this happened to her and she said, this is my fault, what would you say to her?

@1:05:31 - **iPhone**

So that's one of the biggest things, you know, take responsibility.

@1:05:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's what you'd say to your daughter of this guy did all this stuff and she was involved with the company.

I would. I would.

@1:05:44 - **iPhone**

Okay. And which is where I'm struggling because I.

@1:05:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, then listen to me. Don't listen to you bad, bad thing to say to your daughter. Here's what you should say.

It's not your fault.

@1:05:56 - **iPhone**

But that's not good enough for me.

@1:05:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I know, but not. that you're in non-reality. Okay. Because it is actually not your fault. It's not your fault or not not your fault because that's not a real thing.

@1:06:09 - **iPhone**

Okay.

@1:06:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. What happened? Happened.

@1:06:13 - **iPhone**

Okay.

@1:06:15 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That it's somebody's fault is made up. Tell me what you're hearing.

@1:06:24 - **iPhone**

The things happen.

@1:06:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Things do happen.

@1:06:27 - **iPhone**

And that even if we have this story that it's got to be somebody's fault, it's not.

@1:06:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I mean, not in reality.

@1:06:37 - **iPhone**

is no fault in reality.

@1:06:39 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's a human construct. It's a concept.

@1:06:44 - **iPhone**

Okay.

@1:06:45 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Can you see that? Like there's no, it's not like the frog is like, oh man, it's the alligator's fault that I don't have a lily, I mean, there's no fault in reality except we as human beings, a sign fault.

@1:06:57 - **iPhone**

Yeah.

@1:06:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

explain and justify it.

@1:07:00 - **iPhone**

Thanks. Yeah.

@1:07:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. So if there is no fault, now what?

@1:07:09 - **iPhone**

If there is no fault, because if there is no fault, stop looking for the evidence that has me not wanting to come out.

@1:07:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, you'll find evidence for any story. mean, totally.

@1:07:31 - **iPhone**

Yeah.

@1:07:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But but if you but the story is it's your fault. So now you're looking for evidence for something that's not real.

So you're going to end up messed up because or messable with because you're now in a total illusion.

@1:07:47 - **iPhone**

Okay. Okay.

@1:07:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So if there's no fault in reality, there is what happened, whatever happened happened and what didn't happen didn't happen and that's real.

@1:08:00 - **iPhone**

Yeah.

@1:08:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And there's no fault really. Now what?

@1:08:06 - **iPhone**

I can create. I can shine. I can start all over again. Okay.

@1:08:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. You can start from right here and right now, which is all you got anyway. We're gonna do go back in time and change things.

I mean, that's insane.

@1:08:21 - **iPhone**

You can't do that. I was gonna turn off my licenses and DVPR was like, don't do that yet. know, don't just give a time.

@1:08:33 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, what's your dream source?

@1:08:37 - **iPhone**

My dream source is, you know, like has to do with real estate and now that would be a vehicle, not the vision.

@1:08:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So what is it the space of your dream source?

@1:08:50 - **iPhone**

Is it because I remember, I mean, this is just what I'm remembering from last year.

@1:08:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Is it something like integrity or honor or something? You have, you were always really.

@1:09:00 - **iPhone**

So if was, you know, and this is again what gets me like even because, you know, working the company teamwork, integrity, communication and mainly teamwork, you know.

Yeah.

@1:09:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. team or collaboration or something like that, because teamwork is a little bit more of a, like a looking down.

So collaboration is kind of like a looking up space. Partnership collaboration is sort of the space, right? So instead of just giving it time, okay, whatever, not going to give it to, there's going to be time passing because that's how time works, right?

But if there's no fault and you can create, create actions that create collaboration and partnership, that's all you want to be focused on.

Okay. when you start having these, oh my God, it's my fault and I should just shut everything down because this is so messed up and you got to hack it.

@1:09:53 - **iPhone**

Okay.

@1:09:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You got to come up with something physical you're going to do to interrupt those brain patterns and then go to

to collaboration and partnership. What action can I take right now? like I just told Bryce, you got to stay in action mode.

You have to stay in action mode because your thoughts are your worst enemy right now.

@1:10:11 - **iPhone**

Yes. And you know, like even saying the word partnership, it kind of like, I really did that. And, but it's I have to start all over again.

@1:10:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And I have to try it. You did what you did, but you haven't done whatever you haven't done.

@1:10:25 - **iPhone**

Yeah, you couldn't even do what you did again if you wanted to. Like it's literally physically impossible. Yes, to do something again.

And it's funny because you know, like the exercise of where in your body, where do you feel it? I've gone over it.

But like, you're just full of fear. And so I've been paralyzed with fear. But I still keep on like.

@1:11:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You know like even taking your your courses, you know, but I think you're back Especially if you're dealing with this you have everything you need to deal with this in the videos and in this interaction You'll have this on video and you know you have all the tools It's just hacking the the default or the reactions Yeah, then access the tools Got it Thank you so much, and thank you everybody my complete pleasure thanks for sharing that and being coachable Thank you.

Okay. I'll see you next week. Okay, Teresa. You're gonna update us on the Nike boy or what?

@1:11:45 - **Theresa Laurico**

No, we're gonna leave that for next okay.

@1:11:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

We're gonna leave it for next week. Okay. Good.

@1:11:49 - **Theresa Laurico**

All right any other questions Program Joss on confuse the links of 600, but then it says two payments three payments of 300 600 a month

@1:12:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But you guys get 300 off.

@1:12:02 - **Theresa Laurico**

So the first payment's only 300. Oh, I see. So it's 600 a month. 600 months for the group coaching, exactly.

@1:12:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Yeah. for you, it's 300 for the first month.

@1:12:14 - **Theresa Laurico**

Okay. Yeah.

@1:12:16 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. Yeah, you're welcome. Anybody else any other questions or anything or?

@1:12:21 - **michelecrockett**

Yeah, Michelle? So for the coaching, just a quick. So I have, I teach during those exact same hours.

@1:12:28 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

There's days you do.

@1:12:30 - **michelecrockett**

Yeah. From 12 to 12 to three. So I know you do record it, but I'm.

@1:12:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

We do. We record it. I do a transcript.

@1:12:40 - **michelecrockett**

I give you, I mean, I know. Do not be in person. No.

@1:12:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay.

@1:12:44 - **michelecrockett**

But are there are you every Thursday? Every Thursday for the. It's for 13 weeks. It'll until the semester, but I'm assuming you run it constantly, though, right?

@1:12:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Or it's, it's, I do it January. April, March to April 4th, then I do it April, May, June, then I take the summer off and then I do.

And which is not good for you because that's probably when you have all.

@1:13:11 - **michelecrockett**

No, April, main June.

@1:13:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's what I'm going to. I'm done in April. Oh, good. OK, so April, May, June. OK, that's OK.

@1:13:19 - **michelecrockett**

That's something that I can plan for, though.

@1:13:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

OK, yeah.

@1:13:22 - **michelecrockett**

I'll, you know, really also want to register for that April one.

@1:13:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I'll see if I can create the thing and send you links to you have it in your and then, you know, you'll get your discount.

Great. know I got your sister in the current one.

@1:13:34 - **michelecrockett**

I know. She got me in this one.

@1:13:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's great. That makes me happy.

@1:13:40 - **michelecrockett**

All right.

@1:13:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And yeah, I'm sure anybody else questions or anything about anything? We just want to hang out together. OK. Then I'm going to say good night at 1 30 in the morning, my time.

So I will see you guys next week.