Impromptu Zoom Meeting - October 31

VIEW RECORDING - 58 mins (No highlights)

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

THE Oh, girl, is you This meeting is being recorded. Welcome. Welcome back everybody. Hello. Welcome. Hope you're all doing good.

And I'm looking forward to hearing what happened during the last week. We have captions happening on the screen. And that's for anybody who is watching this without audio so that they can not.

Actually read along I find captions are useful. So hopefully you do too So in any case, oh, you're not seeing the captions.

No Haha, that was a big old lie. It's only on my screen. Okay I'm gonna turn them off then because I don't need them.

I thought that was good for you guys I don't need to read what I'm saying. Okay, here we go So thanks for being part of creating the foundation for being unmeasable with and I am thrilled to co-create the next few weeks with you I want to recap last week session last week we began to Clarify and in some case reawaken some of your dreams and goals and what it would actually look like if Those dreams and goals were actually realized Then we looked at where did those dreams come from?

You know, did they come from your parents? Did they come from society? Did they come from a TV show or a country western song or a Disney movie and That was

Part of the assignment actually was to look at your dreams and goals in the various areas of your life and where they came from.

So I want to hear from you. What opened up for you out of doing that work? What did you notice?

What did you see newly? Let's just get right into the sharing. So feel free to raise your electronic hand.

And I'll hear from some of you what you noticed out of doing the assignment. Cynthia, Dr. Whitley.

@4:29 - **Dr. Cynthia Whitley**

I'm kind of eager.

@4:31 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Can you hear me?

@4:32 - **Dr. Cynthia Whitley**

I can and you look beautiful and pink tonight.

@4:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Your whole thing is purple and pink and it's very beautiful.

THE FOUNDATION

@4:38 - **Dr. Cynthia Whitley**

Thank you. I'm feeling. I've taken the course before, but somehow I'm really getting now that many of my dreams have been by default.

And I didn't see very many goals. However, whenever I was a part of an organization where. anything, the goals were already set.

And I can follow those goals, you know, it's already set for me. But mine was missing goals. And that was a discovery for me.

@5:15 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Wow, interesting. Yeah. Excellent. And it's, you know, it's so great, Cynthia, because you've done the course a couple of times before.

And that's why whenever you do the foundation for being on Mess with, I invite you to do it over and over again at a scholarship, because every time you do it, you're going to awaken new muscles.

You'll be able to develop the distinctions deeper and see new things. So I'm thrilled that you keep coming back because it only strengthens the foundation that you're building.

@5:40 - **Dr. Cynthia Whitley**

Yeah. I was ready to do the homework this time. But this time it's like, no, I'm going to just, I'm going to do it.

DEFAULT DREAMS VS CREATION

@5:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. And just kind of seeing all that default there, you know, the default dreams, even the default goals, you know, in your organizations or wherever you've been participating.

What did that like leave you in the presence of? What was the experience of noticing that the dreams were by default versus by creation?

Anything?

@6:12 - **Dr. Cynthia Whitley**

It was just a while for me. In beginning, it was more like you were taking something away from me, an empty feeling.

So it's not an empty feeling because many of the things that I've accomplished, I'm glad that I did. Yeah, totally.

But going forward, I'm looking forward to creating, like really creating from, or learning what it really means to create from nothing.

@6:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Killer, killer. right, Cynthia.

@6:44 - **Dr. Cynthia Whitley**

Wonderful. Thank you.

@6:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

right, Adina, what opened up for you? What'd you notice out of doing last week's assignment?

@6:53 - **adinas**

Well, the first thing I want to say is that I'm so glad I'm doing it again, too, because It was funny, when I was, I didn't do the assignment like in the notebook until last night because I, and I listened to the rest of the session that I had missed which was really vital.

second piece was really important. And then I did the homework and it was all, it was all from the past, you know, the one called with the goals and dreams for my community and the world.

Aha. went to that one and I started writing things down and then it came to where did the goal dream come from.

What came out of my mouth or out of my hand was I created them. Like it was, it wasn't that there was someone fed me that as a child or whatever it was.

It was like I suddenly got that I actually said so and that's why and not from somewhere else. So then I was like, oh, so I can actually, it was like a light bulb when I'm like, oh, I can actually go back through all these questions and see what do I want to say about what are my goals, my dreams for my family, what about my career?

And I noticed today at work in my job, my career classroom. My classroom that I both love and struggle with that there was this moment that I started to get messed with and I stopped and I didn't let myself get messed with.

And instead, I got really authentic with my students about what it's like that they were messing with me. And well, what did you say and what did they say?

@8:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Because I smell an opportunity to coach you a little bit, but go ahead.

@8:56 - **adinas**

Oh, please.

@8:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, were being really just

@9:00 - **adinas**

for a speckle. It was Halloween and I had a lot of face makeup on like it was spider, I had a spider face and and that they were being very disrespectful and talking when I was trying to I was giving a presentation.

So they were talking and I said stop talking and and they and I waited and then they started again and then I felt I just I felt the steam rise and my body get hot and my face get mad and I was like you know that they were disrespecting me and they were not gonna you know and and then I just I said to them you guys I I it's so I can't even talk now it makes it so hard for me to teach you

to when or to share with you what's there, what you know, when I'm trying to share when you're so when you do things that I experience as disrespectful, I said, I worked so hard.

Look, I came in with this mess on my face for you. I put together this conversation to talk to you about it was Native American patterns and we're looking at all these different patterns and you just talking over me, I can't even talk to you about it.

So then I said, so I'm going to let you do the talking. So I started calling on them and they started doing the talking and I diffused myself and then I started to engage and they were more engaged and they were engaged and then it was the rest of the class went better.

@10:45 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It just went better after them. So let me dissect a little bit of your sharing and for everybody else, right?

So for Difty and Gilda and you know, Adina, when you say they were disrespectful, what messed with you isn't that they were talking because people talk.

You know, whatever, it doesn't necessarily mess with you. What was the actual thing that was messing with you? It was me that was messing with me.

But what did you say or do that mess with you?

@11:11 - **adinas**

Absolutely. always you. It was me with my beliefs underneath there that I need to be respected or that they're talking disrespect to me.

It wasn't that it wasn't it. In fact, we had a different group of kids, a different lesson that I didn't prepare that was about intention and impact.

And what do people intend when they say things and what's the impact that they leave? And I actually used that example for the other kids to say, nobody intended to upset me, but they were talking.

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

That exactly. But it's perfect because you need to be able to see the mechanism that messed with you because it's not the talking.

See, if people are talking, you could say, you could just stop and say, I request you stop talking. Or, you know what, I'm going to let you do the talk.

Exactly. The mess messable moment was they're disrespecting me, which then has you in the world of reaction. You're not reacting to what's happening.

@12:16 - **adinas**

You're reacting to what you're saying about what's happened. And to this old place, wherever it is, that I get triggered about that, whatever that is.

So, so, so anyway, all of that. And now as we were getting started, I started reviewing some of my, oh, and later in the day, there were two things that happened or three things that happened with colleagues that I saw myself being inclusive and sharing with them, rather than being afraid they were going to exclude me.

@12:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Perfect.

@12:57 - **adinas**

And that I created. affection and even respect from them.

@13:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, exactly.

@13:06 - **adinas**

Because they were engaged in what I was offering them. And then when I went back and looked at this under career, because I thought, Oh, maybe I can create something under a career that wasn't there.

And I guess that the world of dreams and goals is supposed to be so lofty from that past that I'm supposed to be, you know, something great.

But what I wrote was the new thing that I wrote is to feel connected to people at work. That if you can create that like you did with your colleagues, but also you did it with your students.

@13:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You created connection and engagement. I mean, you had to like go through your dramatic little victim thing for a minute, but then you got through it and you created that kind of engagement where they were co-creating the class with you.

@13:58 - **adinas**

What would give you. for the opportunity to do that. Yeah, and I guess that's right. And then when I walked around to see the artwork they were making, they were all actually really engaged in doing great things.

So I was, which surprised me a little bit, even the ones who were the most challenging. And so I was like, oh, so I can create, I can create what my dream for my career and my work is.

And it doesn't have to be that I make a lot of money and that I feel respected is that I create a community that I feel partnered with, that I'm at cause for creating it, not waiting to be invited because I always can't say better than that.

I get myself into this, well, they don't like me.

@14:48 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

They exclude me. And it's like so childish. It's my blah, blah, blah, blah. And it's all in the world of reaction, which is where you're messable with.

But see when you're in the world of creation, if you listen to a Deena Sharon. She's got power, she's got freedom.

She doesn't really know what she's created, but it doesn't matter because that she's creating is the space that I'm committed to for each and every one of you that you're able to move from reaction like you did from that whole, you know, they're just respecting me to creation, creating engagement, creating connection.

And that's what it looks like on a moment to moment basis. It doesn't mean that things aren't going to happen.

It isn't about having like people be perfect around you and they're just going to be so wonderful and blub, good luck.

You know, may the force be with you. People are going to do what they do. So what are you creating at any given moment, no matter what is coming at you?

And you have a say over that. So I love what you're sharing a Dean of because it's showing me the muscle you've built over the couple of times you've been in the course.

@15:48 - **adinas**

Yeah, thank you so much. And it's like doing this. It was like a new workbook.

@15:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

This is if I'd never seen it before. Perfect. Perfect. All right. And you know, you have access to all the recording.

So, for a rep, or you guys can redo this whenever you want, you don't have to, I'm not going to be doing a live on Zoom version of creating the foundation again.

This is the last one. So, you have the recordings forever to review, to, you know, look at last time sessions, this time set, know, the whole thing so that you can really develop yourself in this at will, whenever you want.

Great.

@16:24 - **adinas**

Thanks, Adina.

@16:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Difty. What did you notice out of doing the assignment about where your dreams came from, where they default, where they're from someplace?

@16:34 - **Dipti Mehta**

Yeah, it's very interesting. mean, my goals all came from someplace. My dream was always authentic, but it was like, you know, because it was always to just either prove somebody else wrong or to prove myself right.

So, you know, it was like fighting its patriarchy and being like, I can be a woman of my own.

I can stand on my two feet when the whole world was saying, you can't, you can't. And so I feel like all my goals definitely came from a place of like, you know, being messed with in a way.

@17:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, what do you mean? What was one of the goals?

@17:13 - **Dipti Mehta**

Um, let's say to be, I was a radio jockey and I wanted to do voiceovers and I wanted to be an actor and my parents were completely not aligned with that.

And I'd still achieve that goal. I still kept doing what I wanted to do and, you know, just put up a lot of like, there's not friction all the time.

@17:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right.

@17:30 - **Dipti Mehta**

So it was not a blessing for anybody.

@17:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. And it could be you guys that you, you inherited a dream from people or from society or whatever, or it could be you're butting up against people telling you you can't.

Yeah, which is still by default. It's a reaction to whatever people are saying. Oh, you can see the transcript.

Really? That's interesting because I turned it off. Okay. Well, whatever. Now it's just a mystery.

@17:56 - **Dipti Mehta**

Okay. Cynthia. Um, so yeah, Diptie. And then when you say your dream. team, tell me your dream is distinct from like your goals that you do.

So my dream has always been to be a storyteller and to inspire people. And I every time when I was the radio jockey, I did a lot of MCing.

And every time I got on stage, I made people laugh and that made me so happy. You know, it was like the truest form of self expression.

I just enjoyed it so much. And I was good at it and I kept getting work because I really enjoyed it.

I really enjoyed being on radio. I remember when I was doing live radio, they would call me as a backup RJ if somebody canceled and this was on top of my already existing shifts.

And one time I was on air from seven in morning till eight thirty at night because for some reason all the radio jockeys kept canceling.

And this is live FM show. At the end of the night, I felt more rejuvenated and more energetic than I had ever before.

You know, so I so that's why like when I was looking back at my life. I knew that creative expression has always been fulfilling for me.

Yes. And so my dream has been authentic, but all my goals were in order to.

@19:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, that's very powerful. And what and out of noticing that, what did you see about your life or about right now or the future?

@19:19 - **Dipti Mehta**

Yeah, I so, you know, last week I'd shared about the health stuff. It hasn't gone away anywhere, but I was already from the time when I got my diagnosis, I was thinking of how funny it was.

I was like, I'm going to create a show about this. And one day I'm going to perform the show.

I'm going to be all healed and everything. And then so now being healthy is a game. It's one of the goals, but the dream is to inspire other people to be able to live fully, regardless of what a health credit recommend they have.

And it was also something that you had said last time around, like I was talking about all these options and I don't know what to

you know, with all the changes I'm making, my life sounds seven, it's just so that I have a log.

Writing is difficult right now.

@21:06 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So I was like, well, this I can do. So. Yeah, and you can also do voice to text. And you can also do.

FULFILLING YOUR DREAMS

I mean, there's so many things you could do. You know, I had a person that I had led a course for years and I mean, this is maybe 15 years ago.

I can't even remember. It was a long time, maybe 20 years ago. And he had Parkinson's. And he wrote a letter.

was looking for it as you were talking and I can't find it in my email, but I'm going to send it to you.

I'm going to find it and I'm going to send it to you. Because one of the things he said in this email is like, I want to inspire people.

And you know, he was past the point of a cure. Like it was like, it was pretty much like advanced Parkinson's.

And he said, and if I can't do it with my. I can't do it with my actions. Then I'll do it with my words.

And when I can no longer do it with my words, I'll do it with my being. Because Parkinson's. and is not as serious as some of the diseases I see out there like hate, like righteousness, like fear.

And I'll never forget this guy. I mean, he just had such an impact on me because dis-ease has nothing to do with what's happening in your body.

And you have a huge opportunity. mean, obviously I want you to be completely well and all of that. But regardless, what is, you know, what does that have to do with anything about you fulfilling your dream?

@22:36 - **Dipti Mehta**

Nothing.

@22:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@22:38 - **Dipti Mehta**

Thank you, Yeah.

@22:40 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. All right. Who else would like to share from the assignment from last week looking at your dreams and goals in different areas of your life and seeing where it came from?

Was it a default dream? Was it to fix or change something, a reaction to something or not? No one else.

wants to share it's okay we can Move through to the next space Okay, so now let me hear just a few of your dreams and it's gonna be like bullet sharing So we'll just get you know like a sentence or two What did you come up with for some of the different areas?

are your dreams in the area of career or the area of family or the area of finances or your well-being?

@23:23 - **Linda**

Let me hear just kind of turbo sharing so to speak Lynn Hi, um, so for career I have my dream was to That I'm just about to retire well, I'm gonna retire soon and so I'm My dream is to love my next career Look forward to each and every day So So in other words, I'm what I'm trying to create is where I'm gonna go next after retire for my current job I'm gonna create something else

some other jobs, some other career. So my next career, look forward to each day, and Sally will help me enjoy my years doing whatever I want to do without financial worry.

Needs a little tweaking, I know, but it was my first time.

@24:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No, but you're on the mat. You're on the mat. Excellent. OK, working on it. Excellent. Who else? What did you come up with for one of your dreams in any area of your life?

Whether it's your family, your workplace. You know, this is a course about fulfilling your dreams, right? So have you fulfilled all your dreams?

So you're done with that? Yes, Jeff. I got Dorothy's stability. Thank you. I can see that in the chat.

Oh, yeah, you're welcome to put it in the chat as well. Yes, Jeff.

@24:53 - **iPad (97) Jeff**

I think for my dream is my career, I work from home now. I have I have young-ish kids and I've found that challenging at times.

I don't interact live with people, so it's really to reclaim my power and freedom and peace of mind around my career.

I think mostly in the power area that I create intentions and have pride in the accomplishments I have.

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

How old are you kids?

@25:27 - **iPad (97) Jeff**

Nine and twelve.

@25:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Mm-hmm. Okay.

@25:31 - **iPad (97) Jeff**

It's great I have this freedom and to be able to help with kids and stuff, but I want my power back around my career.

@25:40 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Got it. Okay, good. Thank you. All right, I think that's Michelle. can't quite tell because it says iPhone 2, but I'm pretty sure Michelle.

@25:50 - **iPhone (2)**

Sorry. It's Halloween hearing. I'm like, well, it's Halloween everywhere, but I'm in and out trying to do all the things.

@25:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

just gonna rename you.

THE VEHICLE IS LESS CRITICAL THAN THE VISION

@26:00 - **iPhone (2)**

Thank you. So I really got a lot out of last, the last one where you said, is it reaction from growing up in my dreams?

And I re-watched this, I'm not going to lie, probably rewatched it three, three and a half times and it didn't click until, well I was doing other things as I was listening to it, but I didn't click until the third time and I was like, oh right, and it was somebody else explaining their dreams and I don't know, it just finally clicked.

I, and what I realized is my dream is to connect and inspire people. that is my dream. That is my dream.

And I have lots of dreams, I did the homework and I have lots of dreams, but the big one for my life is to connect and inspire people.

@26:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And if you hear that's like the vision, it's not the vehicle. I like love what you're sharing because you know it's kind of like what Dippty had shared.

There's a vision and it really isn't important what the vehicle is. Maybe you'll do it through your art, maybe you'll do it through your photography, maybe you'll do it through teaching, maybe you'll do it through whatever.

@27:13 - **iPhone (2)**

The vehicle is less critical than the vision.

@27:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. Yeah, great.

@27:20 - **iPhone (2)**

Took me a week to get that, but I got it. Whatever it is.

@27:23 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

done some recording, so there you go. Okay. Great.

@27:26 - **Linda**

Linda, did you have something else you have your hand up again? I wasn't. Yeah. I have another dream.

@27:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay.

@27:31 - **Linda**

Go for it. This is a round relationship to being a loving, supportive relationship with the man that we both feel that we were meant to be together and ecstatic that we have found each other.

@27:45 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Great. Okay. Cool. Anybody else? see start doing stand up in the chat as a dream and guilt. Yeah. Yeah.

You're on mute.

@27:57 - **Gilda Borenstein**

So if you can just. I have a couple of. But I mean, I guess the overwhelming one, you know, is to be active, loving, and fun with family and friends.

@28:08 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Beautiful. Great. Okay. Wait, got to unmute yourself.

@28:15 - **bryce bronstein**

Got it.

@28:16 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi.

@28:17 - **bryce bronstein**

My dream is to transform people's experience of dating.

@28:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Of dating. Okay. Great. sure a few people on this call could get good, you know, get into that for sure.

Okay. Very good.

WHAT WOULD BE RIGHT THERE?

So now everybody, you just want to kind of within your own, so you don't have to share it.

But just look and see what a dream is, you know, in a few different areas. See if you can get two or three in front of you.

You know, maybe in the area of your, um, your relationship, you know, your well-being, your health. Maybe your community could be your finances, your career.

here. And now imagine that dream was gone. Just kind of look what would be there. If that was gone, what would be right there?

You don't have to answer it. Just kind of there.

Anybody like to share what they're present to? If anything?

James?

@29:47 - **James Hill**

When they're off mute, so I just wasn't sure if you wanted to share. Yeah. guess what's there for me when there's nothing.

There's also everything.

@30:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, or really anything. yeah, but if you took away all that kind of stuff that you've been. Going after you then what.

@30:20 - **Theresa Laurico**

Did we already accomplish what we like those things for Jaws?

@30:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Nope. Just. They disappeared. They're gone.

@30:38 - **Dipti Mehta**

I guess the being still remains.

@30:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Is your name James, Tipti?

@30:43 - **James Hill**

Oh, sorry.

@30:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

James, I'll get you to that.

@30:49 - **James Hill**

what I was feeling as well. It's like kind of like instead of focusing on doing an attachment that seems so.

I don't know, performance based.

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

Yeah.

@31:05 - **James Hill**

There's a, it's more kind of like, I think tying it back to what you said a few minutes ago about the vehicle or the goal being the thing but not the vehicle in the vision.

@31:26 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. Yeah. Okay. And what would be there or I should call you James. And Cynthia says no stress or peace.

Michelle says lighter. Uh huh. What do you got?

@31:42 - **Dipti Mehta**

I think the being. Who are just getting nuts.

@31:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. Just being. Okay. Good.

@31:51 - **bryce bronstein**

Bryce. Um, I would say that, um, the dream I have is something that I'm living into. And if it wasn't there, what seems to come up for me is that I would have to keep generating myself.

Like, so like the dream, the dream is propelling me. The dream propels me. I live into it. But without it, I, that's just what's there.

@32:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Good. love what you guys are seeing. Uh-huh. Gill. And then Bri calling everybody by half their syllables of their name.

@32:29 - **Gilda Borenstein**

Well, you know, he is Gill. So here's the thing. Um, it seems like, right before I wrote them like five different dreams, there was nothing.

Like I actually kind of wasn't like, because it was sort of like I, I wasn't remembering my own dreams.

@32:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@32:57 - **Gilda Borenstein**

Yeah. You were like starting from nothing. and creating them. And then when, you know, I said one out loud, and then when you just said, what if there was nothing, I looked up and said, well, then I do, you know, exploit this other one, like I pick a different one, you know.

@33:15 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, but if you're picking it, it's there.

@33:17 - **Gilda Borenstein**

Well, I'm created. I mean, it was something I had generated right before and wrote down. And I only mentioned one, right.

create another one, you know, like, yeah, you'd keep filling the space. guess I'm not. I guess all of these things are something I want now.

But it's almost like playing it sort of like I could play it a different one. And be okay.

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

Okay, so you got quite attached to any of them. You got some fluidity there. Okay, good. what do you see?

@33:51 - **Bryan Burton**

I looking at some of the chats. mean, I definitely initially see like this, the stress, freeness and free.

@34:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

beat him in this map, but then what initially comes immediately after is like questions of identity, which is like a problem.

who am I?

@34:09 - **Bryan Burton**

Yeah, you know, I mean, like, I guess because of my, the, the dreams, um, goals that I'm particularly thinking about when addressing this question of what happens when they kind of just disappear is certainly more, um, career oriented and ones that are just kind of macro dreams that have been there for a long time.

know what I mean? And like, um, and it's because a lot of them are tied specifically to goals within one lane of, of a creative pursuit versus having the goals be more ethereal like, achieve like, uh, that could be applied to many different avenues and maybe that's a, maybe that's

It's something I need to rewrite the dreams to be more like, what's the core of instead of acting? Is it the storytelling?

Well, that could be done to this. know, and so maybe you're a little stuck in the vehicle versus the vision.

Yeah, I can hear it. And it's not like bad or anything.

@35:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's just interesting to notice because if you think about it, if you're, if you're stuck on a train, you know, you're going to go where you go.

But if your vision is to get to Mount Everest, there's a lot of ways to get there. So it might be a good opportunity.

I like what you're saying. It's kind of like, if there's nothing there, maybe it's a good opportunity to look up.

At what is your vision?

@35:43 - **Bryan Burton**

Like really, like, why are you on this planet? Yeah, I do find myself looking down. remember from last, last time to the really hit was like, do you feel like you're constantly looking down and managing each day to day of your life and kind of getting your mix of like life?

@36:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

adult thing you just have to do with the stuff that you've that you planned or you are you like it's kind of like it all sudden you're you know you're looking down much longer than you you're like when did I when did I look down how long have you been how long and you just it's you're just going through life yeah yeah it's kind of it's like it doesn't it's happened intentionally or or even over a day it's um it's like the boiling frog yeah you know that that uh story about a frog you how you I don't really actually know the story but it's something about life yeah you turn the water uh you know temperature of the water up slowly and they don't even know they're being boiled it's a pretty morbid actually probably shouldn't use that example again okay we'll leave that one to be thanks Ryan okay last one Teresa what do you see if you're just just well it's I'm a little stuck on this one I'm happy Halloween by the way happy Halloween or is

@37:00 - **Theresa Laurico**

favorite.

@37:01 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So one day my wardrobe makes sense.

@37:03 - **Theresa Laurico**

Yeah. And but I'm a little confused with this one because my goal was to be healthy and happy. And that was it.

That's a goal. I mean, but then in terms of a vision, that's sort of almost the same thing. And like I think about Eckert Tolle and how he says something that we often forget the joy of just being.

And when you're in the present and mindful of the now and now and now and now and now, there isn't really like a vision except for your highest potential achieved and actualized.

Or maybe not even that. Yeah, not even that. So I'm a little stuck on this one.

@37:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, I don't know if you're stuck. Let's just look. So if all those dreams and goals and all of that was just gone, what would be there?

@37:56 - **Theresa Laurico**

Do you mean that I've achieved those things? I was. I'm not happy and I'm not healthy. Is that what you're saying?

@38:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I'm saying the dream and goal is gone. So here you are. You have a dream and goal to be happy and healthy.

@38:11 - **Theresa Laurico**

Now it's gone. Yeah.

@38:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Now what?

@38:18 - **Theresa Laurico**

Um. Yeah, I don't know. I don't know.

@38:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, that's actually where I want you.

@38:29 - **Theresa Laurico**

Okay, You're in the perfect place.

@38:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

SPACE OF NOTHING

You're not stuck at all. What you're stuck in is trying to fill the space, but in the space of nothing, as James said, there's, there's actually space to create anything.

But don't be so fast to create. I want you to hang in that space for a bit because we're so quickly going to fill the space and I promise you it's going to come from a default space.

Whatever you fill it with is going to be a reaction to the nothing. Human beings have a very low tolerance for nothing.

I mean, if I said to you, come do this course, you'll get nothing. You'd be like, what hell I about?

Why would I want nothing? Except nothing is as the Dina can tell you as an artist, right, is the only space you can really create from from nothing.

can't create on top of something. And most of our dreams and goals are on top of something. They're in order to.

They're to fix this or to prove that or to accomplish this in order to blah, blah. And it's all a tangle.

There's no freedom like you said in the chat, lightness. You know, that's basically what you said. No stress, peace, lightness, anything free.

That's the real space of creation and creation isn't a one time shot. It's not like, okay, now I created this thing.

So now that's it because you will turn your creations into a thing to manage. And then you're going to be.

as Brian said, looking down, managing, getting through, surviving, keeping this thing alive. And that's what happens for people. They create something and it's magical and it's, you know, it is, it's pure creation, but it shifts over into that world of, I gotta keep this thing alive and I gotta, you

know, get it better and I gotta increase and I gotta hanahan, I gotta tend to it and I gotta manage it.

Happens with your relationships, it happens with your companies, know, your ideas for businesses and then it turns into something that you have to now deal with.

WHAT MESSES WITH YOU?

So that space of creation gets lost and I want you to be able to access that space of creation and part of the access is accessing nothing.

But now let's move into the next part of the conversation, which is we wanna start to identify and really begin to dismantle what messes with you in the realization of your goals and dreams.

Whatever they are, whether they're the ones that you just came up with over last week, or they're new ones like Gilda said, well, I'll create something else.

If you're in that space of creation, you could, but what messes with you usually has themes. If it messes with you in one area, it's gonna mess with you in other areas too.

So what throws you? Another way of saying what messes with you is what throws you, what reactivates you, what thwarts you, throws you off course, stops you, you south.

Those are the things that make us messable with. So let me hear from a few of you. What do you see for yourself messes with you in being able to take the actions you need to take to fulfill on your dreams and goals, or just messes, you don't even get on the court.

You're just kind of like stopped before you even start. What messes with you? Let me hear from some of you, even in the chat.

Oh, thanks, Raya. My wardrobe makes sense every day, okay. Who would like to share what messes with you, either in the chat or raise your hand.

Athena, great. Oh, not a thing.

@42:05 - **adinas**

I think that the three things that were right, right, right there besides the respect, which is always there is.

@42:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right. the disrespect or the imaginary disrespect.

@42:17 - **adinas**

But I think that that this respect or disrespect is tied into what's also always there is my jealousy and lack of confidence in myself as powerful.

So lack of confidence, jealousy and making promises or getting so much on my plate because I want to do it all that I can't do it all.

And then I'm over promised and overwhelmed.

@42:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Overwhelmed. Yeah, overwhelmed is definitely something that messes with people and I see in the chat criticism. You know, that messes with people.

I know people are not exactly. a big opening for feedback. They don't want feedback. know, they don't want it because it occurs as criticism, self-doubt, also another jealousy in there.

Great. Thanks, Adina and Michelle. What messes with you in fulfilling your goals and dreams?

@43:15 - **iPhone (2)**

You got to unmute though. Sorry. I'm from Worthyness and I guess, enoughness and childless of trauma. Those are my big ones.

enoughness, got it, Worthyness, skill.

@43:31 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

What messes with you? Unmute.

@43:39 - **Gilda Borenstein**

There's a hundred versions of it, but it all boils down to somebody's not appreciating, like, you know, me, my being, my hard work, my goodness, you know, something.

@43:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, being unappreciated and then we have in the chat not being paid attention to, being ignored, and You're not following your scheduling or being non-committal, integrity your own word.

That messes with you. strength to honor your own word, Theresa, is that what you mean? Yeah, okay. belief system, okay, yeah.

Beliefs definitely mess with people. else? What messes with you? Raise your hand. Because I'm going to work with somebody and actually distinguish a few things.

So who'd be willing to work with me on what messes with you? Okay, Bryce, yeah, let's do it.

@44:35 - **bryce bronstein**

So I want to go, yeah, go ahead. No, the experience of feeling worded. Stop.

@44:42 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So that's what happens when you're messed with. But what's the thing that messes with you that stops you?

@44:47 - **bryce bronstein**

A lot of control.

@44:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, so is it somebody else's or yours?

@44:58 - **bryce bronstein**

Mine.

@45:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So what is that? Like just tell me a situation so I can just get it real. Where you actually met with.

@45:08 - **bryce bronstein**

I have my to do list and then there's this, that and the other thing that are. Meeting my attention.

@45:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So is it being distracted that messes with you?

@45:17 - **bryce bronstein**

it distractions or is it. No, I lack of discipline or. No, I would just say. I mean, I think when I dean has said overwhelm, it's sort of like that is just.

Just me and so much responsibility.

@45:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, so overwhelm or it's so much. Fill in the blank. So much to do so much responsibility like that.

OVERWHELMED

Okay. So for everybody you want to get in mind something that messes with you and you want to get an actual real situation where it happened because this is difficult to do.

Hypothetically or conceptually you actually have to like look in your life. So with price, I'm going to work with price.

And look at when you experience being overwhelmed, right, or it's so much. What does that look like in your body?

So for everybody, what this distinction is, is called red flags. So there is a red flag that happens physically for you.

It's not a mental thing. It's not conceptual. It's an actual physical thing. I like actually, Adina had shared it earlier where she said she could feel the steam coming up.

That's the experience or one possible experience of being messable with. And I want you to be able to get the body sensations clear for you because leaving this week, you're going to be on the lookout for those body sensations, not for being messable with, but for the actual physical manifestation of being messable with.

So Bryce, that was a lot of time I gave you to think about what your physical manifestation is of being overwhelmed or it's too much.

it, Narya. Thank you.

@46:56 - **bryce bronstein**

Now, media a weakness, just feeling weak.

@47:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, where in your body like physically?

@47:04 - **bryce bronstein**

Usually in my chest.

@47:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, so what's the experience in your chest if you can kind of get it like to script describe it for us?

@47:11 - **bryce bronstein**

I would say Pressure yeah, okay like like pressure or is it a heaviness? Yeah?

@47:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah pressure heaviness in your chest perfect.

@47:25 - **bryce bronstein**

Okay, anything else physical that happens And sort of gravity is closer to is has shifted downward.

@47:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I Totally got what you're saying. So it's like that heaviness on your chest the the gravity is like pulling you downwards pressure Mostly in this area.

@47:47 - **bryce bronstein**

Yeah.

@47:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

okay So for you that's gonna be your red flag So what you want to be doing over the next week is you don't look for oh am I being messable?

You just look for the heaviness You just look for the weight for the gravity trigger so that you can catch it When it happens so you don't have to worry about oh the self doubt messes with me the jealousy the is it this is it that No, you just go for the physical symptoms.

So any questions or yeah, but how about What if Pretty clear Okay, good Excellent. Let me work with somebody else.

What's the red flag for you? So let's get a few red flags or you can put it in the chat what physically happens to you in those messable with moments When you are going down that path.

Yes, dr.

@48:45 - **Dr. Cynthia Whitley**

Whitley It's Today after feeling ignored I Wanted to cry Now is crying is this something before the crime

@49:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Let's look together. I don't know because I'm not like in your actual body, you know, right now. But what is it like for you?

the crying sort of the, does it come from a tight chest and then or a throat thing and then the crying or do you feel it in your face?

What actually happens or is the crying the thing?

@49:22 - **Dr. Cynthia Whitley**

I can't say that I felt it anywhere in my body. If anything was like, I felt like my heart was hurting, but not my physical heart.

@49:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right. Okay. So it's not like a physical thing in your chest. But is there, so where does the crying come from?

Is it coming from your throat? Is it coming just from your, like your eyes here or what's the?

@49:46 - **Dr. Cynthia Whitley**

I'm going to say that my eyes tear even though I could almost say from the throat area too.

@49:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It could be. So I would for you, I would look for both of those things. would look for like

the tightness in your throat and the eyes tearing. mean, the eyes tearing is going to be pretty clear to see, you know, when that happens.

But those are going to be your red flags that you're now you're not now going to like notice them.

You're now on a hunt for them. This is what I want you guys to do this week is be on a hunt for the red flags.

Okay, good. else? Let me work with somebody else to just identify another version of a red flag. Anybody else have what physically happens to you or put it in the chat?

You're welcome to do that too. Anybody not clear about what your red flag is and want to work with me to distinguish it because I can do it with you in a minute.

Lynn? You were off mute and then you were on mute again. Ah, okay.

@50:49 - **Linda**

was weird. Well, mine is really obvious. I have it right now. It's my gut clenches.

@50:59 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Dorothy's got the same on the gut.

@51:01 - **Linda**

Uh huh. Yeah.

@51:03 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Just this conversation activates me. Perfect. I mean, I'm not perfect like I'm not happy that you're being activated, but perfect that you have it.

now you're on the hunt for the gut tight. Okay. Perfect. Well done. Okay. And Teresa, last one.

@51:22 - **Theresa Laurico**

Um, for me, I'm a little bit stuck because I said that, you know like I'm like, you I want to get the Harvard certificate done.

I know it's going to two years, but the first one I want to get done. And, you know, you got, I got some coaching from you and it said put it in your schedule and existence.

So I put it in my schedule, color coded it, everything. And I still haven't done it. So I'm, but then I have integrity in every other area, like any of meetings or into the gym, like everything else, but then this one, it's like, I

I don't have integrity in it or I don't want to do it or I just I send my calendar and my me what messes with your word.

@52:06 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So another way of saying what messes with you is what messes with your word. You have a word to do something or you have an action that you see will get you where you're saying you want to go, but then you don't take it.

So what's in the way? What what is the mood or the body sensation or the thought that happens that has you not do what's in your calendar, but go do something else.

@52:34 - **Theresa Laurico**

Did and not be not committed?

@52:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I missed the first part of what you said. So what is it that stops you from doing what you said?

@52:44 - **Theresa Laurico**

So what stops me is is overwhelmed. Yeah. like and like just not being committed just being like, oh, you know, I have two years.

I can, you know, I'll do it later. Yeah.

@52:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. So overwhelmed and I'll do it later. There is, you know, to a little bit different flavors. So tell me the physical manifestation of either one of those or both of them.

So what is overwhelm look like in your body when you're experiencing being overwhelmed? What's the body sensation that's there?

@53:18 - **Theresa Laurico**

Resistance.

@53:20 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, where resistance is a bit concept conceptual.

@53:24 - **Theresa Laurico**

Where on your arm and your head. Like in my stomach, it's like, it's like avoidance. Not wanting to.

@53:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, but avoidance is not a thing in your stomach. So tell me what the physical feeling is like a feeling.

@53:40 - **Theresa Laurico**

Another way of saying it. I would say in my chest.

@53:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

OK, and is it like a tightness? Is it a quick breath?

@53:47 - **Theresa Laurico**

Is it a what is it in your chest? Like I don't want to do it.

@53:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like, OK, there's no I don't want to do it in your chest.

@53:54 - **Theresa Laurico**

There's something that's happening.

@53:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Is it tingling in your chest?

@53:58 - **Theresa Laurico**

it is it tightness?

@54:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Is it heaviness?

@54:02 - **Theresa Laurico**

Is it? Yeah, it's like, it's like, um, yeah, I guess you would call it heaviness in the chest.

@54:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

OK, so one thought is I'll do it later. And then there's this physical thing called heaviness in the chest, right?

So those are the two things you're going to be on a hunt for this week. So the thought anytime you have the thought, the word later is now your nemesis.

That's your kryptonite. OK, so you're going to be on the hunt for anywhere you're going later. Nope. That that was it.

And notice it or the heaviness in your chest. OK, so that's going to be your little treasure hunt.

@54:43 - **Theresa Laurico**

Thank you.

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

OK, sure. Absolutely. OK. And then you also want to everybody noticed this week. happens right before those red flags show up?

So who are you with? What situations are you in? Maybe you're on the phone. Maybe you're. and a meeting at work, maybe you're with a particular person in your life, just start noticing what the triggers are for your red flags.

You know, who are you dealing with? What are you dealing with? What environment are you in and start to bring awareness to all of that?

So any questions before I go into the assignments? Nope. Okay, so here are the assignments. Before, between now and the next session, I'm asking you to notice daily, and I'll give you a workbook, like I always do, to notice daily those messable with moments, and write down the red flags, the mood, the body sensations, the feelings, the inner dialogue, like the the that later, those thoughts, and also notice and write down what triggered the red flags.

what came right before the body sensation? What situation were you in? Who were you with? were you dealing with?

And you want to do this on a daily basis, like a practice to dismantle Everything that messes with you.

So this is going to literally start to dissect the whole world of your Messability messa bill with niz ability, okay, then the other part of the assignment is Around action.

So there's this world of being messable with right then there's a world of action That's where actual results happen without action.

No results are going to happen. So every day take two actions Towards one of your goals or dreams Two actions every day.

don't have to do it for every dream or go, you know two actions a day and it can be Towards any of your dreams and goals.

So next week We're gonna take sharing from what you discovered for yourself and we're also gonna begin to create a hack For those messable with moments and a new place to come from like a new muscle for you to develop For yourself, so you don't have to get thrown into that world of reaction Rather than those default muscles of being messable with so I'll say

You know, within 24 hours, make sure you check your spam folder just in case. And let me give you the link to the workbook in the chat so you don't have to wait for the recording for those of you that like to get moving on it.

Quickly, oh, somebody gets a hot flash. That's a good. That's a nice red flag. That's literally a red flag.

Okay. Okay. And I'll stay for a few minutes just to answer any questions that anybody has. But otherwise, have a wonderful rest of the evening and I will see you in our next session.

Okay, good night and I will stay in case anybody has any yabats. How about what ifs. I see blowing kisses, but no yabats have bouts yet.

Anything for anybody? No, we just want to hang out. Okay. Well, I love you guys, but I'll see you next session.

@57:54 - **James Hill**

Okay. Oh, James, do you have something? I think everybody is waiting to be the last one so they can talk so there's no audience.

@58:01 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's really funny. You guys are cute. Alright, well I will end the meeting too.