# Impromptu Zoom Meeting - November 07

**VIEW RECORDING - 71 mins (No highlights)**

@0:00 - **cathy A**

In all the right ways, all my eyes and arms We will never be, never be anything but loud And very, greatly dirty little freaks Know you come on and come on and raise your glass Just come on and come on and raise your glass Slam, slam, hot damn What a fight out to understand Wish you just freak out Just come on and come on on I'm coming and hot, I'm coming and on and come on and come on And come and and down, let it crass, you've been a snatcher Call me up if you were gangster Don't be fancy, just get dizzy Wise, don't steer me up So raise your back if you are my home the right ways, all my eyes and arms We will never

Never can never be anything but loud And pretty great It's dirty little freaks Won't you come on and come on and raid your glass And come on and come on and raid your glass Won't you come on and come on and raid your glass Just come on and come on and raid your glass Oh , my glass is empty That sucks So if you're too school for cool I mean, then you treat it like a fool You can choose to let it go We can always, we can always Party on our own So raise your glass, so raise your glass If you are here, in all the right ways All my eyes are closed We will never be, never be, never never never never be, be, be,

Out! And then he greatly dirty little freaks Now, you're a little glass if you are wrong And all the right ways are the underdogs You're gonna help me help me out of your pain But now, and then he greatly dirty little freaks Watch your corner, corner, raise your glass Just corner, corner, your glass Watch your corner, corner, raise your glass Just corner, corner, your glass For me

And your dream is just about to come true Life's not as bad as it may seem If you open your eyes to what's in front of you We are dream girls Boys will make it happy Yeah We are dream girls Boys will always care We are dream girls Dream girls will never leave you Now and now And all you've got to do is dream Maybe we'll be there Dream Dream girls will help you through the life Dream Dream girls will make it your fool and all right Dream girls keep you dreaming your whole life through Dream girls will make your dream Dream

@4:00 - **Nuria Castro**

Three girls, oh boy, you me happy Yeah, well you're dreaming girls Oh, like we'll always care Well you're dreaming girls, dreams are for never you No, no, no, you've got to do it through Baby, we'll be there, yeah Dreamers will help you to survive.

Dreamers will keep your friends and see the light. Dreamers always love you and they'll be true. Dreamers can only make a love to you.

This meeting is being recorded. Dreamers will give you more and more. Dreamers will give you more and We'll always get We will dream girls, dream girls.

Dream girls will never leave you. No you've got to do it, dream girls. Oh you've got to do it, dream.

Oh you've got to do it, dream.

@5:31 - **Jeff Swetland**

Oh yeah, dream go, dream dream Oh you can't just do his dream Forget it and do it, dream Baby, we'll be there We'll be there We'll there We'll be there

Okay. That's it. That's you. I'll be back. Okay. got you

@7:16 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Welcome, welcome back everybody and please put your cameras on if you can that would be great. I can see you and I want to first of all start by kind of recapping what we did last time.

Last time we started to identify and dismantle those things that mess with you. So we looked at what towards you, what sends you off course, what stops you from actually taking the actions to realize your dreams.

So we started to look at that and in fact your your homework right Kathy you love homework. It's good to have homework everyone.

So I think Kathy and I got the green notice we're both wearing green today. Okay. Your homework was to go green exactly.

It was to notice daily what messes with you. And actually, how does it manifest? what are the physical body sensations?

What are the red flags that you're actually in a messable with moment? What are the feelings? What are the, what's the mood or the inner dialogue, you know, when you are being messable with?

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

What did you bump up against? What did you accomplish if anything? Let me hear from those of you that did the assignment.

So just raise your electronic hand and I will call on you. Julie.

@8:50 - **Julie Reyburn (she/her/hers)**

Hi.

@8:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi. Here's your dad feeling better?

@8:53 - **Julie Reyburn (she/her/hers)**

He is. He was back home and that was definitely, you know, something bit I think was. that was triggering an unmeasable with moment when you're in the hospital and loved one is, you know, not feeling well.

And so there's that.

@9:09 - **Dorothy McNeill**

And when you have other, Oh, Julie, went on mute.

@9:15 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hold on a second.

@9:16 - **Julie Reyburn (she/her/hers)**

I got to unmute you. Sorry. When there's other family members or partners in the room and they're having their reactions and you're trying to stay, you know, in the moment so you can talk to the doctor and be rational and make decisions.

So that's what happens is in my body, all of the anxiety in my stomach and my extremities happen and you know, you try to remain calm.

So what I did was I really noticed when that happened and I would remove myself and I would take a walk.

@9:48 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, very good. That's a good hack actually, because to physically now you can't always do that because sometimes you're in a meeting and you can't just be like, see you.

But in moments that you can sort of separate yourself physically, that's a good hack to moving over to the space of being able to create.

@10:07 - **Julie Reyburn (she/her/hers)**

Exactly. And daily journaling for me in the morning is really helpful too. that's a ritual that's helped me process.

Oh, this is when I went into one of my anxiety moments or when I wanted to yell at someone for activating like the negative core belief that I have.

So really, that was, you know, it was my dad in the hospital. Another one is if I didn't get enough sleep or I wasn't eating and I waited too long to eat something, my blood sugar is low, definitely I will not be in my right mind and I will be asked for it.

@10:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

How many other people can relate to that if you have it?

@10:45 - **Julie Reyburn (she/her/hers)**

That there should sleep or food or that that messes with you.

@10:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

can see a lot of hands. Yes, absolutely. Physical well-being, like, which is the first thing that goes out for people.

You know, I noticed that they'll do everything for everybody else but take taking care of themselves, self-care is a big thing that gets it dropped out.

And when you're not practicing self-care, whatever that is for you, it will make you more messable with and more susceptible to being hooked.

@11:16 - **Julie Reyburn (she/her/hers)**

So another hack I do in my journal is ask myself, what do I need to do for myself today?

I check in with myself during the day to see if I'm actually doing them.

@11:26 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Very good. Excellent. And I know you've done this course before and how is it occurring for you this time, having done the work and having the distinctions and having had months really to practice them?

What's different for you this time?

@11:40 - **Julie Reyburn (she/her/hers)**

just curious. I think it's the healing journey that I've been on with all the work that I've done with you over the years and then my own.

Identifying the real reason why I am activated in certain situations and really processing it and then coming up with ways to...

make it real and identify it rather than ignore it.

@12:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So having those skills is new, which is good. Excellent. And then just to piggyback on what Julie just said, if you notice when people around you are in a reaction, you're more susceptible to reacting to their reaction.

So that's almost like a telltale, that's like a recipe for being messable with, is when other people are being reactive around you.

So one thing that I'm gonna work with you guys on is actually creating, and I've known this with Julie in the past, creating ways to move out of that space of reaction and into a space of creation.

Because if you react to their reaction, you're basically, forget it, may the force be with you. There's literally no help at that point.

You are spiraling downwards, you know, there's no one pulling anybody up. Everybody's dragging. other down. So it's critical that you have ways to identify when that's happening like Julie spoke about and then physically get out of it.

Because what is happening for you when you are having a messable with moment is an actual physical thing. It's happening in your amygdala.

It's like what they call an amygdala hijack, but it's like that fight, flight or freeze mechanism in your brain.

So it's not enough to notice it mentally. Do you know what I mean? So mentally, if you notice it, you're still in the same part of your brain.

So you literally have to physically intervene in the brain patterns that are happening so that you can relocate your thinking to this part of your brain, which is where creativity can happen.

So more on that later, but thank you, Julie. Okay, who else? Sharing from the assignment, noticing what messed with you, the triggers and the red flags.

What opened up for you? What did you notice? Raise your electronic hand and we'll get some sharing. James.

@14:01 - **jameshill**

Hi.

@14:03 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi.

@14:04 - **jameshill**

Yeah. So I just started at a company last month. And so, you know, just kind of like finishing my ramp, but also noticing that there's still a lot of people who know more than I do.

So the, I've noticed that when I'm having conversations with colleagues and, you know, something that's in that gap of my not knowing what I don't know area, I find that I start talking more and trying to over explain, you know, other concepts, like shifting the, you know,

conversation and some sort of like defense mechanism of like, oh, I need to explain something to kind of read, create the scenario here.

So I'm not feeling, you know, dumb or something. Disadvantaged or something.

@14:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. So you've got to prove, you know,

@15:00 - **jameshill**

something.

@15:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, yeah, yeah, I guess in that moment, you're not sure what's happening with whatever they're talking about. Yeah, I get that.

So what happens physically for you when when that is happening, you could call that a messable with moment, when somebody's is it when somebody is saying something that you're not quite clear on, or what is the actual trigger?

@15:24 - **jameshill**

So what's the physical sensation?

@15:26 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, the first thing is what's the what is it that messes with you then? How do you how does it manifest physically?

But what's the thing? Is it when people seem to know something you don't? When what's the like preceding event that has you going to a messable with moment?

If that's I should be further along than where I'm at. Okay, so that's like the thought that happens. And then what happens physically?

@15:51 - **jameshill**

Yeah, type. Yeah, type chat.

@15:59 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. That's mine too.

@16:01 - **jameshill**

That's what I get.

@16:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's like, it's like, it's like, all contracts, right? Yeah. Okay, good. So now let's, let me work with you to create a physical hack because that's happening physically.

So what could you do that could intervene? Like, first of all, you got to notice that. So you have to be on the hunt for tight chest.

You're not on the hunt for I should be a further along because that's too mental. You want to be on the hunt for what's happening physically because you'll actually catch that quicker.

So what could you physically do to intervene in that road that you're about to go down when the chest goes tight?

@16:44 - **jameshill**

What could I do to intervene? Oh, down that road. So, and I guess that was like part of the.

Part of the assignment that I was doing that. You know, I might have brought like some awareness to it in the moment, but not to like in answering your question, like, what do I do about it in that moment?

Is it the question?

@17:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

What do I do about it? it's not. What do you do about it? I'm asking you to create something for the few that you wouldn't even know what I'm talking about because we didn't do it last week.

Now we're doing it.

@17:20 - **jameshill**

So now I'm working with you to create a hack. Got it.

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

Okay.

@17:24 - **jameshill**

Yeah. yeah. a hack to change the brain pattern, like, you know, send a text to a friend or call a friend or, um, could do that.

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

that's a physical thing.

@17:36 - **jameshill**

You know, you're texting a friend, but you know, if you're in the middle of a meeting at work, it's unlikely you're going to be able to like go call some, but I mean, maybe you can.

@17:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Again, it's like Julie walking out of the room, like pinch my hand or something. So that's perfect.

@17:50 - **jameshill**

Okay. That's like the simple little thing you could do. It's subtle. Nobody even has to be here on a zoom meeting.

@17:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

They won't even know you're doing it, but that will literally shift your brain.

@18:01 - **jameshill**

Right.

@18:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Because you're consciously creating that hack. Capiche?

@18:10 - **jameshill**

Okay.

@18:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, Capiche. Okay. So now that's just the first part. So everybody you want to listen up because you want to create whatever your physical hack is going to be, you're going to need whatever it is.

Some people go like this, you know, or I have one client who goes like this, you know, he brushes it off.

I just look up and to the other direction. I mean, you know, there's a lot of different ways you can do this.

Don't get stuck with any one way, but so the pinching, right? Um, so that'll get you to zero.

@18:37 - **jameshill**

Okay.

@18:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Do you know what I mean by that?

@18:41 - **jameshill**

Yes.

@18:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@18:42 - **jameshill**

Baseline.

@18:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like, exactly.

@18:44 - **jameshill**

meditation, like, right.

@18:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It'll get you to like, oh, okay. I'm aware. I'm about to go down that road. I'm going to snap myself out of it.

Here I am at zero. But guess what? That's just not sufficient.

@18:57 - **jameshill**

Yeah.

@18:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Because where are you going to end up? back really quickly is that world of reaction because it has so much muscle.

So what you need to do is pre-create a space to go to and that's what we're going to be working on today is pre-creating what I call your dream source so that you have a place to go no matter what is going on around you.

@19:24 - **jameshill**

Now at some point when you get really good at this and you get a lot of practice with this you don't have to have a pre-created space because you can create on the spot but in the beginning it's kind of like you know you want to have something so that you're not to nothing and then go now what?

Yep.

@19:39 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah so that's what tonight's about.

@19:41 - **jameshill**

Okay.

@19:42 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay great. Cool. Thanks James. Okay who else?

@19:45 - **jameshill**

Thank you.

@19:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah absolutely. I keep sending James like 19 messages because he didn't get the first email so he missed the first session now.

I like forward him every reminder of the session he told me today you don't need to do what I'm getting him now so I will stop reinforcing.

@20:00 - **jameshill**

first thing all your email box. We fixed it.

@20:03 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yes, exactly. All right. Who else? What happened as you started to notice your messable with moments? What was the physical sensation?

@20:12 - **adinas**

Adina? OK. Well, I have a boss that she's a very nice human being. She really is. But I get so messed.

With her with how she is about stuff that it doesn't matter. It doesn't even matter like going into detail.

And so today. I bit it happens every almost every day. And I sometimes I just breathe through it. She shares a classroom with me.

And when she teaches in there. the stuff she does that drives me crazy, I have to like, I realize I'm like, I want to control how things go.

Like she has the, her, she lets her kids use the guillotine paper cutter. And you're having a plexi in the, in the, in yeah.

And she doesn't have them clean up properly. And like, all, and it's like, why? So, um, I breathe, I let it go.

And then I, um, I let it go. I have let it go too long because then it builds up.

@21:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So I said, you could not have let it go if it builds up. When you let something go, it can't build up because it's gone.

@21:42 - **adinas**

Well, I didn't let it go like really let it go.

@21:45 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I didn't do anything. Yes. Exactly.

@21:47 - **adinas**

tolerated it.

@21:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I tolerated it. That's not tolerated.

@21:51 - **adinas**

And kept hoping it would change. And, um, it didn't. So I sent her an email Thursday. at the end of the school day, because we didn't have school Friday, that I saw, like, you know, a mess the kids left in the sink.

Oh, yes, those are my students. And then it's Tuesday, it still hasn't been cleaned up. And so I started cleaning it up because we have the donor who might give us $100,000 for my photography program is coming tomorrow morning, and it's going to come into my classroom and it's going to have to walk right past that sink.

And she should shave like 10 grand off of the grant. I'm pretty sure. Pretty sure. And at least I just want the level of, I don't want to have the sense that my classroom space looks shabby, like that, you know.

So I started doing all this cleaning for her. she said, oh, don't do it. I'll do it. So after doing a bunch of it, so I stopped.

And then at the end of the day, she didn't do it. And so I stayed an hour after school getting it done, most of it done.

And I sat down and stuff like this happened last year and I had big conversations with the head of school about the stuff that doesn't work between she and So I wrote, I didn't want to, it didn't go well because.

@23:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, can I quote you?

@23:36 - **adinas**

Yeah, please.

@23:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Sure, absolutely. when you reached out to her and said, you know, I saw the stuff in the sink and she said, Oh, yeah, that was my kids stuff, right?

What did you say to her?

@23:52 - **adinas**

Actually, I didn't say anything because she said she would take care of it.

@23:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

just left it. Okay, so here's what the coaching is. If somebody says, oh, I'll take care of it, that's not a real word.

So this is for each of you. That's a let's do lunch, right, Jeff? If I say, oh, let's do lunch.

That's like a someday one. That's not a real promise. You know how I feel about promises and how powerful they are when you create a future with them.

So what you need to do in those situations is say, great, by when will you clean it up? That's it.

You're not making a wrong. You're giving her a chance to actually have a word in the matter.

@24:30 - **adinas**

Oh, yeah, I didn't do that. didn't. I didn't. You know what? have to, I have to. So this is what really messes with me underneath all of it.

Yeah. All of that. What really messes with me is that since she's my boss, that. How can I? How can I say something to her because it hasn't gone well when I.

@25:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

trying to coach up in coaching her, you're just asking her, by when will she clean it up? If she says, I'll clean it up, say, great, by when will you clean it up?

And then if she tells you by Wednesday, could say, you know what? I'm going to clean it up because I have this person coming on Wednesday and that won't be in time.

Or can you do it by Tuesday at noon? Or whatever, you have a conversation with her. not coaching her.

It's asking. It's like, if I say to you, oh, let's do lunch. And you say, when? It's nothing like you're not coaching me.

just asking me, when do I want to have a lunch with you?

@25:36 - **adinas**

Yeah, I guess I guess I could. Well, so I guess the thing that really messes with me is I don't, I get triggered.

@25:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

The trigger is that it's my boss.

@25:50 - **adinas**

It's the authority figure that I don't have permission to have that they move. whatever is my whatever all that stuff that I wrote and missed or didn't or didn't miss, but it's that that this is good.

This is good because I'm really stuck here.

@26:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's like, yeah, and listen, I get it. Well, it's whatever perceives is authority, but the but the point is so say that.

See, you're not saying what there is to say and then you're getting pissed off and annoyed.

@26:30 - **adinas**

So say that.

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

You mean, I feel funny even asking you by when because you're my boss, but I need to just know by when just to have workability in the room.

So and in make a request, don't you say I noticed this met? That's very passive aggressive.

@26:45 - **adinas**

I noticed this stuff in the sink. Right. you came to passive aggressive because I waited too long.

@26:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, because you didn't This is very good.

@27:02 - **adinas**

This is very good because I guess I'm not making straight requests And I get I get in my own little freaking up against it.

Yeah, crazy about my crazy about making requests Of I guess it's not just my boss, but also other people exactly, you know, ask my my sudden lives with me to vacuum Yeah, it's like if it messes with you in one place, right?

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

Right, it'll mess you with you in every place because that's the nature of being messable with it is something you are not complete with There's something that's in the way of that thing for you.

It has nothing to do with them It's completely over here with you Which is the good news because then you have complete access to it and that's what this is about is giving you a foundation For being able to be unmeasable with but on that foundation You need to then take certain actions and making requests is one of them and most

people suck at making requests. They're so bad at it.

@28:02 - **adinas**

It's like ridiculous. Well, good. And I feel like I'm in good company.

@28:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Not like it's just me. No, it's not just you. How many other people have difficulty making straight requests? Look at the screen.

like, okay, almost everybody except for Jennifer.

@28:17 - **Jennifer Hamady**

I have other issues.

@28:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Yes. Exactly.

@28:20 - **Jennifer Hamady**

She's got the other side. I have a different one.

@28:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. So, Adina, what you want to do in addition to the assignments that I give you, which are take two actions a day and, you know, whatever workbooks I'm giving you is make two requests a day.

@28:35 - **adinas**

Right.

@28:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So, you're going to start to practice making straight requests, not the passive aggressive like, Oh, my neck hurts. We, you know, no, will you rub my neck?

Like that's a request. Not the, Oh, I'm so tired. Oh, the sink is Yeah.

@28:51 - **adinas**

Two requests a day.

@28:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Two. Okay. And anybody else who wants to adopt that one, go for it. It'll up your results like exponential.

eventually immediately. Plus, many of you are lone wolves like trying to do it all in the name of having it all and you can't do it all.

You can have it all. I do. But you need to be really good at making requests because you can't have it all by yourself.

Okay.

@29:20 - **adinas**

So clear. That's good. Yeah.

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

Thank you. Okay, great. Thank you. Absolutely. Now there was another part of the assignment which was to take two actions a day towards one of your dreams or goals.

So I want to hear from you. What have you been accomplishing since we started? This is now our third session.

So what actions have you taken towards your goals or the dream that you have so that we can start to produce some results while we're together?

And it's not just all concept insight town. So who would like to share what actions you've been taking or what stopped you in taking actions?

@29:54 - **Gilda Borenstein**

Either one. Yeah, Gil. So what I'm up to is being healthier. And I've really shifted the conversation that I have or noticing the conversation I have that stops me which is I'm too tired.

I really want to do it but not now. got home late from work or there's something else I need to do or like that.

And I've shifted the conversation to really notice the conversation. And it starts with like I have certain body sensations that if I have those body sensations I've called them tired and then if I'm tired I just can't.

know it would be nice to do it.

@30:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So it's like a little logic chain I get it.

@30:45 - **Gilda Borenstein**

Yeah. And so I've noticed that I have a body sensation like and the pinceness in my shoulders or something like my back is stiff.

Well I could just move it around and have another conversation called like breathe and like I do have the thing about tightness in your track.

You know, I get this, I got asthma and I get this tightness and I get this and that. I can't breathe well.

So I guess I can't. And I'm taking on like, you know, just breathe and stop. And I made up this whole new thing called, you know, I'm going to do it.

And it's funny because I have this. So I go to the hospital for special surgery once from my trainer and it's lot of money.

And then she gives me homework and I, you know, work on my homework. And this week she said on Friday, I have a, somebody canceled on Monday.

Do you want to come twice next week? And my first thought was like, you can you have much money that is?

And my second thought was like, no, I have to leave work early. I can't get there at four. I usually work much later than that.

And like right there I went, wait.

@31:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's good because now your vision is giving you your actions. versus your reactions called tired thoughts of being overwhelmed and all that stuff.

@32:04 - **Gilda Borenstein**

Yeah, very good. And then it's like I have disappointment. So I guess as part of like I give my word to someone else or something and it's and it's existing in time like it's not like I think I'll exercise after work on Monday was like it's four o'clock.

It's 3 30. I need to go get dressed and just show up. And then I get there and I just do it.

You know, like that.

@32:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I mean, listen, I get it. I mean, I woke up at six o'clock this morning or five 30 or whatever.

And it was black dark out and my yoga class starts at like, you know, I get there at about seven 10 or something like that.

And I was like, I don't want to. I just simply don't want to, you know, I was like, I'm tired and I sleep down and all the things like you're saying, just we're going, going, going.

And then I just did my hack and I was like, okay, but what am I creating? Hey, I'm creating vitality.

And I'm creating being a woman of my word and I'm creating. in creating my life, not reacting to my moods.

And I went to yoga. But and within a minute, I'm great.

@33:07 - **Gilda Borenstein**

know, it's just it's like, for the thing, it almost always is, I have the I don't want us. Yeah.

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

And if you let that have more muscle than your word, you end up like a leaf in the wind of the I don't want us or the I'm too tired.

@33:25 - **Gilda Borenstein**

Yeah.

@33:27 - **Theresa Laurico**

Yeah.

@33:28 - **Gilda Borenstein**

I'm messed with was is like when my computer doesn't work, or you know, then I just, you know, I'm like, this isn't working.

I'm good at this. Why isn't this working? Help me. Right.

@33:43 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So then what could be a hack?

@33:44 - **Gilda Borenstein**

What's the physical sensation when it's always like the chest, the shoulders, you know, just like, like that, the clenching.

@33:59 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So, What can you use like James came up with the pinching? What could you use as a physical hack to intervene or interrupt that brain pattern?

@34:09 - **Gilda Borenstein**

I just tried breathing.

@34:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Breathing, okay, that seems to be working for you.

@34:12 - **Gilda Borenstein**

So keep doing it. make up that when I exhale, every like.

@34:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You're letting go of all that stuff. Good, yeah, whatever floats your boat guys, you know, there's no right way to do this.

Oh, good, okay, excellent. Great, who else? What actions have you taken towards what you're committed to? What you said some of your goals were.

Okay, I'm nervous now. So does this mean you're not taking action or does it mean you're just shy? Okay, Nuria.

@34:44 - **Nuria Castro**

Hi. Well, I think I have a few dreams. One of them is to have some kind of like, healthy financial retirement that's going to be a big mountain to climb and also I would like to be always involved in actually bringing comfort and wellness to pets.

That's my dream.

@35:20 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yes, beautiful. You should talk to Elliot who's on here. He's a dog trainer but also has a vision for a whole pet thing here.

@35:30 - **Nuria Castro**

Okay, all right. I would love to. I would love to. So, you know, one of the things I did this week is that I actually, I have to lose like 40 pounds that I gained in the past two years.

So, I actually went and made an appointment. saw a doctor and we're starting to do something about that. Thank you.

And the other thing is that the other I action was like I sign up for a course. It's like a very intense course on the pet industry marketing, hardcore.

So I sign up for that. And I'm also, I'm a dog groomer. I have a dog grooming business and I'm expanding to Philadelphia where I move now.

So I actually am retraining like from scratch. I'm taking a brand new course on dog grooming. So I want to like retrain myself.

So I'm updating my skills.

@36:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Good for you. You are in action.

@36:40 - **Nuria Castro**

I love it. Excellent.

@36:42 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. Good. All right. Linda, what actions have you been taking towards your goals?

@36:47 - **Linda**

Well, one of the goals I had was to have a get back to more healthy and vital because I had a knee operation and like two years before my knee operation I couldn't do anything strenuous so I felt like my body went sort of south.

So what I did is I'm going to join a gym so that's what I did when I had the last course with you was join a gym but I wasn't really my word I would go once a week you know and I said well I got a sort of ramp up right?

@37:31 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Knowing you yes.

@37:32 - **Linda**

That's kind of a little love for you. And then it went to once I said okay now I really got to get going on this so it went to once every two weeks and I was like what is going on so I just kind of like just said I'm going I'm going every other day I'm going in well first of all I said I'm going three days a week so I started going and what I did was I start after about

maybe three weeks or so, I started seeing results in my body, you know, a little bit of a shape here again and, you know, stronger.

And so it was just, it just like propelled me and that was like going every other day. And the only reason, the only time I could go or not go at the other days if it was like a work thing and I just couldn't get out of it.

So I would go, you know, I would allow two days in between there. And then I got to the point was like, that's not going to work either.

It has to be at the end of the day. And what I did was I figured out that, and I also was listening to a podcast about what's helped me in eating, healthy, and what all these help things I'm listening to.

And they said that the best time in the day to do, you know, exercises between 10 and excuse me between six and ten and the best time to eat the biggest meal is in the midday you know so all the stuff and I said okay let me do the exercise in the morning and I get up and I just go right before work so it and I'm starting to really into I don't know if I could say and show I know let's not get carried away but yes I hear you I enjoy I enjoy looking at the results yeah totally with all that said um I have done any action to the things that's my number one goal and that's to figure out what I'm going to do with myself after retirement but that's that's going to be my next focus so this week take two actions a day now that you have like a rhythm going with the working out you want to now implement two actions a day on the retirement plan okay yeah and an action could be having a conversation with your you know

@40:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Whoever or you know, whatever we're looking at your bank account and doing, you know, a budget or whatever actions You just want to keep moving that forward see if you don't act on something.

It's not like it just stays still It literally entra it's like entropy. It goes backwards Same thing with your body like if you're not exercising your body's actually like Falling apart, but that's not what I meant, but you know what I'm saying.

It's like the muscles are Atrophying they're not just staying the way they are they backwards So it's the same thing with your dating.

It's the same thing with your finances It's the same thing with your career if you're not creating you're reacting Well, you know what when you put it that way I've been doing a lot of things around my finances and a lot of things that kind of go around the retirement like getting rid of AT&T and Getting you know, do yeah damn my my bills and consolidating stuff.

I've been doing all that so that's for actions. Yeah, that is definitely those are active and it starts to generate activity and energy.

@41:06 - **Linda**

And you move what you measure.

@41:08 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And if you're not measuring something, you're unlikely going to move it.

@41:13 - **Linda**

Exactly. You got to measure it because you got to know what success looks like.

@41:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, exactly. Excellent. All right. Good. And what happened with the guy?

@41:22 - **Linda**

Last in the episode, last episode of Linda's life, she met someone had three dates that week of we've had four days now, five and or five days.

He came over for dinner. I said, I used to be loved to cook and have people over for dinner parties all the time and stuff.

But that actually did my life. I don't know. It's just I just haven't been cooking. So I'm trying to flex that muscle a little bit.

So I'm done in mofe dinner and it went really well.

@41:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Excellent. All right. as Cynthia as Dr.

@41:53 - **Linda**

Whitley says, if you don't use it, you lose it. Yeah.

@41:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

there you go. Okay, thanks, Linda. All right. Teresa, last one, what actions have you been taking towards your goals and dreams?

then I'm going to work with you guys to create your dream source. So you have a pre-created space to go to when you hack those messable, messable with moments.

Teresa? Yeah.

@42:15 - **Theresa Laurico**

Hi. Sorry. I was late. I was at the hospital all day, but I just want to report that I took my first action, like I've been taking daily acts of courage.

And one of them that I did today was that I actually called the Nike store where the guy that took my brother way works.

And I...

@42:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

got from last time, right?

@42:37 - **Theresa Laurico**

It's very much a soap opera in this course.

@42:39 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@42:39 - **Theresa Laurico**

And so I called them and I said, always, you know, so and so working on Saturday, because my favorite number is 11 11.

And so at 11 11 on 11 11, I want to take just a moment, like, you know, possible possibility.

I'm going to go. And so she said, unfortunately, were not allowed to release when our employees are working. And she goes, but she was so kind enough to at the end to say, but he typically works on weekends.

And I was like, so if it came Saturday, like when I come in the day or the night, she's like, usually I've seen him working on the weekends during the day.

I'm like, perfect. So I took that one action. And then I shared that I'm doing that with my mom and two of my best friends.

Good. yeah, that's my action.

@43:33 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

All right. Like you'll have to update us on the next episode of Teresa's Day Live. Next session. OK, great.

Good luck. Thank you. 11-11. All right. So let me work with you now to create part of creating this foundation that I keep talking about for being unmeasable with.

It does require being able to see those things that mess with you. And you're starting to be able to see that.

And some of you have a little bit more muscle with that because you've been doing this for a few months.

and being able to see how it manifests like the tight chest or you know the red face or whatever it is that is your physical symptom or sign red flag that you are going down that road.

However, as I distinguished with James, just seeing it doesn't give you anything new. It's at best gets you back to, what did you say, baseline James?

Is that the term you used? think yeah, it gets you back to baseline or back to zero as I said, but it doesn't really give you another muscle to exercise.

So the overworked muscle is going to pull you back into that world of being messable with. So to have a solid foundation for being unmessable with, you need to create a new place to come from in life versus a place to get to like a goal or a dream as you and I normally relate to those terms.

So if I say your goals and your dreams, it's like you can hear and nury is, well, I want to have a comfortable retirement or even Linda, you know, planning for what's going to happen.

Those are all kind of someday, whatever day, you know, I'm going to do this. Those are the kinds of goals and dreams that you and I are used to engaging with.

They have times to them and sometimes they have a someday time, which isn't a real time, but they're not now.

So it's not a place to come from. It's a place to get to. Let me know if there's any questions you have about how about before I move on to the next space of this.

Okay, don't see any. Okay, good. So the new place to come from, I'm going to call your dream source.

Okay. This is the source of you having the dreams that you have and the goals that you have. If you notice, you don't have all dreams, but you have certain dreams that are unique to you.

And those dreams have a source to them like a, like, like an origin or a space from which they got born.

So the space from which creation can happen and the space from which fulfillment can happen is your dream source.

And it's not a someday, but a moment to moment kind of phenomenon. So it's a right now and right now and right now, you have the opportunity to bring this to life versus try and get it out of life.

It'll make more sense as I go through this with a couple of people. So I have designed two methods to discover your personal dream source.

And you'll have them both in this week's workbook. So you don't have to worry about taking notes or anything like that.

Plus you'll have the recording and all of that. So I'm gonna work with a couple of people, but if I'm working with them, you wanna be doing the work in your seat and not taking notes as my points.

Cause otherwise you're gonna get into trying to catch up with something and it's just gonna not serve you. the best.

So when I who wants to work with me on discovering their dream source, I'll do the first method with one person, and then I'll do the second method with another person.

So let's see, Michelle Crockett. Michelle Crockett.

@47:16 - **michelecrockett**

Hello.

@47:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, so I'm going to work with you on method one, and everybody else throw yourself right into method one so you can, you know, participate and discover your dream source in this interaction.

Okay, so if you look, I'm going to have bring you backwards. Okay, so I'm going bring you back to when you were young.

So just, you know, kind of picture yourself at, I don't know, four or five years old. What do you want to be when you grew up back then, do you recall?

@47:45 - **michelecrockett**

Yes, an artist, an artist.

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

Okay, and was that your dream, like, to be an artist, tell me a little bit about what that was like when you were little.

@47:56 - **michelecrockett**

I had an uncle who was an artist. was It wasn't his full-time job, he created all the time in a spare time, and they spent a lot of time with them at their house.

It was like my second home, but I spent more time there than my own home. And I just loved to see him paint and create.

I would draw and cut things up and ruin things to create something new, and that's what I like to do.

@48:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Perfect. So, you know, you and I can listen to Michelle and be right back there at four or five cutting up things and drawing and watching him paint and all of that.

So what was the actual experience, Michelle? You know, what qualities were there? a presence.

@48:47 - **michelecrockett**

Is presence or micro...

@48:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No, you're... What was there for you as you were engaging with the cutting and the drawing and the watching and the whole world of what was happening?

What was the experience?

@49:00 - **michelecrockett**

I think I like wonderment like I was I You know, I I Brought me to a place where I I he often painted about the south We live from we really lived in Western New York and I'd never been down there So when I would see his paintings I was transformed me to somewhere else and I think that's What I I was always excited about like so wonderment and is it transport meant or is it?

Tran I think so like I always yeah like Seeing something that wasn't necessarily in front of me that then is that imagination like I'm looking for like a space Kind of like what's the space to imagine something?

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

Yeah?

@49:49 - **michelecrockett**

yeah, some imagination and one creating and wonder nation Mm-hmm, and I remember I used to just sit very quiet.

I'm very much a talk everybody that's very quiet and just watch. And so, but in transformed, like I would transform into these, into these moments.

he was he had a very big presence. So I was very quiet. And at that time, yeah, but what you were present to was the wondermen, the transformation, the the creativeness, the creativeness, anything else?

No, no, I can't think of anything.

@50:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No, you're doing great. So first of all, you can get those sense of the world that Michelle was in as a child and notice those qualities like wonderment and transporting or transformation or creativeness.

None of that is reliant on being an artist someday with a gallery and the Hanah and none of it.

There you you are at four or five, it's the dream process that evokes those qualities, not the accomplishment of a goal.

Right? So that's what we're after here. So let's take what you said and kind of use that as your first draft for your dream source.

And it might be, you know, your final draft, you'll have to look, but what would you, if you were going to boil it down to two or three words, what would you capture from that?

@51:25 - **michelecrockett**

For my dream.

@51:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, dream source. So the space you said, all of them, you know, I'm just saying now two or three that you're going to.

@51:34 - **michelecrockett**

So for me, it's about being creative.

@51:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Great creativity.

@51:42 - **michelecrockett**

Creativity. I keep going back to the words that came from last, time was like connection and inspiration.

@51:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Great.

@51:55 - **michelecrockett**

Like to be inspired.

@51:57 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Perfect.

@51:57 - **michelecrockett**

So take the B out of it.

@52:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Because then it's about you. So you want to create it as a world versus a way of being.

@52:07 - **michelecrockett**

OK, so the world of inspiration, creativity and connection.

@52:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Isn't I'm going to be connected? I'm going to be creative. I'm because now you just made it small, And local.

@52:21 - **michelecrockett**

Right.

@52:23 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So it's, you know, creativity, connection and. And. Uh, inspiration, right?

@52:29 - **michelecrockett**

Mm hmm. That OK, good.

@52:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So those. So take those three and let's use those as your dream source. And as we do the work from this week to next, what your job is going to be is to practice coming from that space, not getting it out of an interaction or out of completing a piece of art or out of getting your gallery show.

You know, no, it's you're bringing it to your interaction at Starbucks. You're bringing it to your interaction with your sister.

You're bringing it to your painting. So. You're not going to get inspired from doing something. You're bringing the space of inspiration to your life.

Okay. Okay.

@53:11 - **michelecrockett**

Excellent. Great. Thank you.

@53:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, absolutely. Thank you. And anybody who, you know, discovered for yourself, your dream source there, you're welcome to put it into the chat.

But I want to work with somebody on the second method so that we have, you know, the two examples and then you'll have the workbooks and the videos and all that kind of stuff.

James, let's do, let's do you. Okay. So I'm going to work with you the opposite way, not to the past.

We're going to go to the future. Okay. So think of an area of your life that really matters to you.

And, you know, Nuri, you could do this and Gilda and, you know, just do this wherever you are on the Zoom call.

An area that matters to you could be your career. It could be your family, your impact on the world, your, your relationship, whatever it is.

So do you have an area? Yes. Okay. What is it?

@54:04 - **jameshill**

Work.

@54:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Work. Great. And is it work like job or work career? Because they're kind of like a little bit different.

@54:12 - **jameshill**

Career.

@54:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Great. So what's your immediate goal? And again, everybody do this process. All right. So Julie, do the same thing I'm doing with James with your thing.

Okay. So what's your immediate goal in your career?

@54:25 - **jameshill**

Success.

@54:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. What does that mean? Like what would you, what would mean success?

@54:33 - **jameshill**

Um, just I guess mastering isn't necessarily a destination. You know, it's a, it's a journey. But being on the, being so far along in the career that the results that are in alignment

with KPIs that I'm being judged by are consistently being met at a high level. Okay, so consistently not average, like awesome.

@55:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Extraordinary levels, surpassing the expectations of your KPIs. Okay, so let's say that happened, right? what would be available for you that is not available if that's not happening?

@55:33 - **jameshill**

Ease, play, joy, financial stability.

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

Okay, and of those, you know, what's kind of like connecting with your heart right now? What's resonating with you?

If you were going to have

@56:00 - **jameshill**

Any of the or a few of those be your dream source kind of what you're gonna bring to life not get from life Right that there is a Kind of like making it to a certain point where I can bring others along as well like where I'm able to Coach and you know Develop others who are trying to reach their KPIs or you know great So let's say you doing that let's say your high-level KPI producer

and then you're mentoring other people coaching them Developing them to be the same then what's available that wasn't available before?

@56:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like freedom ease Yeah Freedom and ease that's spatial not a goal. Can you get that that could be a place you could come from?

Now, it doesn't mean you're not going to produce those kind of results that result in freedom and ease, but you're not trying to get it from making KPIs happen.

Right. Going into your job, presenting freedom and ease, because you're the source of freedom and ease, not the KPIs.

Got it. I see from Julie Perfect. What are you hearing so I can clean up anything I need to, if anything?

@57:36 - **jameshill**

All right. So if I'm creating the world of freedom and ease, then who I get to be in that world is level of authentic James that may be trying to

to, you know, I'll just leave it at that like authentic things.

@58:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And you're and you're bringing freedom and ease to life versus hoping to get it once you meet these KPIs and are mentoring other people and they're making the KPIs and dada, which is all like an out there someday future versus okay.

So now let's go back to the hack since I did the hack with you and you did the pinch, right?

@58:21 - **jameshill**

So here you go.

@58:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You can't try it. Now the pre created space that you have just created is freedom and ease.

@58:31 - **jameshill**

Right.

@58:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. So just like Michelle just created a pre created space to go to in those messable with moments. So now you're you see the red flag, you hack it, you're back to baseline.

And now you're going to go the other way called freedom and ease. So the question in those moments is what action can I take right now that will bring forth freedom and ease.

Not that will get me freedom and ease. So if you can, just give me any moment this past week where you

We're messable with so we can put it in a real life situation so you can see how this is going to work.

@59:06 - **jameshill**

Okay. You me to share the situation.

@59:15 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, sure. mean, if you're willing to if not, you know.

@59:21 - **jameshill**

All right.

@59:23 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Or just in general, what, you know, at any point in your life, something that messed with you. So we can do like, okay, so what action could you take that would bring forth freedom and ease in that situation?

Because in the heat of the moment, it's hard to come up with stuff. So I want you to pre create not only the space, but a few actions so that you have something.

@59:46 - **jameshill**

Yeah. Yeah, I get it. I, you know, just the action. Like, how do you create an action that brings forth through it?

@59:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's why we're doing this because the question.

@59:58 - **jameshill**

Yes. I just don't know. what actions are in alignment with that result.

@1:00:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, let's look. Let's just look. That's why it's good if you have a real situation because then we can look in that context, but we can do it, you know, conceptually.

@1:00:11 - **jameshill**

just less power. All right. There's a there's a young lady that I'm interested in dating.

@1:00:20 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And she. like I'm on the love boat in this course.

@1:00:23 - **jameshill**

Okay. Right. So we both went to church that day, different churches. Okay. And then she comes back and she says something along the lines like she shares something that she got out of the sermon.

And then I came back with this kind of like over the top, like, oh, holier than now kind of like almost preacher kind of thing.

But I'm like, I'm trying to, I'm trying to persuade her. trying to lure like, you know, and I'm using religion to kind of like, you know, somehow seduce her, but it was weird.

Yeah, that sounds crazy. Okay. I was it was so crude. That's why I was like hesitant to share anything.

@1:01:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

No, good.

@1:01:07 - **jameshill**

All right. Well, yeah. So I guess like I was feeling triggered because I felt like I had to, you know, same thing at work.

That's right.

@1:01:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Oh, okay.

@1:01:18 - **jameshill**

Now, yeah, perfect. Same. It's a different topic. So I'm going to like come over the top and you know, so that was the situation.

And in that moment, if I had, you know, kind of like felt the tightening of the chest and, you know, done the pinch and you know, got to that baseline.

And then asked the follow up question, perhaps. As opposed to me resorting to talking.

@1:01:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Sure. You could have asked a question. That would have been you at ease rather than having to prove something.

That could be an action. You could also say, wow, I feel like I totally have to impress you now.

So I'm going to like. go into some soliloquy about something I know so that you can be lured to my church instead of like you could literally just say all that which would be freedom.

Right there, the freedom to communicate.

@1:02:12 - **jameshill**

Right.

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

Or you could, you know, if you pinched yourself and you looked and said, okay, freedom and ease, how can I express freedom and ease right now?

Put your arm around her. I mean, I don't know what stage of your relationship you're in touching each other yet.

@1:02:32 - **jameshill**

Yeah, we're roommates.

@1:02:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay.

@1:02:36 - **jameshill**

It's bad.

@1:02:37 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's such a don't want to get a good. Yeah. You might want to have a conversation with her. Freedom and ease.

@1:02:46 - **jameshill**

certainly not living that. Mm hmm.

@1:02:50 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

If you're hiding and suppressing how you really feel.

@1:02:57 - **jameshill**

It's, I'm kind of like,

@1:03:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like the landlord, so there's boundaries that I'm trying not even to kind of put anybody in a position to feel uncomfortable like Stay that that's called being free to be Right and say listen, you know, I don't want this to get weird But honestly like hiding it is making it even creepier.

So I just want to take the creep factor out and Just be straight with you and whatever however the cards fall I mean, I don't say what I'm saying because it's not very eloquent, but you know, but I'll leave that to you But if you were coming from a place of freedom and ease, that's a different space to live in Mm-hmm, and this is where you live In this environment with this person Mm-hmm.

So I would practice and this and the assignment between now and the next session for everybody is to practice daily coming from this new space

of your dream source. So for you, freedom and ease, you're to practice that at work. You're going practice it at Starbucks.

You're going practice at a church. You're going to practice it at home, on the phone with your family, whatever, you know, wherever you are, just consciously practice.

And it does help you guys to keep this in existence. So like literally write it down somewhere on a post it or, you know, because you're messable with mind is going to hook you and take you down another path.

So you have to have it physically in front of you to prompt you. So you'll let us know what happens at the next session.

Thanks for working with me, James. Thank you. Okay, so you're going to practice coming from this new space and write down where you practiced it.

Who were you with? What did you actually say or do so you can start to build a repertoire of actions that presence that space.

And then you'll have a bunch to choose from in the future. Right now it's going to feel little awkward for some of you.

okay. you want to be writing the stuff down so that you have like a repertoire, basically, of things you can say and do that presents the space of your dream source.

Dr. Whitley?

@1:05:12 - **Dr. Cynthia Whitley**

Yes, I believe the answer is yes. Can we change our dream source?

@1:05:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Of course. It's etched in sand, as I like to say. If Freedom and E's works for you, Dorothy, go for it.

Absolutely. For sure. Steal it. Okay. I'm putting the workbook in the chat so that you guys that don't want to wait till the email comes out tomorrow with the videos and everything, you can get started on the workbook.

And then I also wanted to let you guys know, I know some of you already know about this because you're already registered for it, but I want to let you know about the in-person event that I'm doing in New York City on January 13th because the space is limited and we're more than half full.

So and I'm starting to promote it this week. speak in the email list. I want to make sure you guys have first dibs and a 30% discount on being able to be added if you're not already registered.

So I'm going to put a link, it's a special link that has a discount. So if you go to the website, it's going to be more expensive.

So just use this link and I'll put it in the email also. What we're going to be doing on this one Saturday in January is we're going to create your 2024.

It's a launch event to create an action plan for fulfilling on your goals for the year. So we're going to have the whole year, have your action plans, messes with you, create hacks, get clear on what you want to accomplish for the year.

So by all means, get yourself in there if you want a spot. And because a few people have told me they're not able to be in New York, I'm doing a live stream of it too, which is less expensive.

So if you want to do that, it's available on that link too if you can't come to New York.

But come to New York, it'll be fun. I don't have a Assistance I don't do assisting but thanks Gil.

Yeah, no, we I have like a company that has people that work Yes, okay All right cool excellent though, um, but come by all means and any questions or Yeah, how about what ifs about the dream source thing or about anything but about the dream source thing Yay, Teresa.

Yes Question I think you have to just unmute I said this was epic like I don't know why it's been like 13 years.

@1:07:41 - **Theresa Laurico**

I've never got what I just got today and um I wrote down everything you said and for me one of the questions I have is because um I did the whole exercise for method one and method two for myself Yeah, but when I thought when what I sourced to at the very end of

bit all. Exercise number two was inspiration, actualization, freedom, expression, action, fulfillment, happiness, health, alignment, contribution. So too much, right?

And the first exercise where you said created as a world, the world I wanted to create was creativity, service, experience, financial security, contribution, and and betterment.

So I'm not sure.

@1:08:28 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

is a get too. So I would take that one out right away because it's a goal.

@1:08:33 - **Theresa Laurico**

Okay.

@1:08:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Versus a come from.

@1:08:36 - **Theresa Laurico**

Okay.

@1:08:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I would trim it to three max. It's hard to just, you know, even your brain to hold more than three.

@1:08:44 - **Theresa Laurico**

Okay. So I chose creativity and expression and then maybe actualization.

@1:08:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I don't know. Sure. Yeah, that could be. Try it out. Try out, you know, you're not stuck with any of them.

So try out one version one day and then try. with a different spice the next day and see what resonates the most.

This is a time to play.

@1:09:07 - **Theresa Laurico**

Okay. Perfect. Good. All right.

@1:09:11 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. Yeah, you're welcome. All right, everybody. I'll stay on if you have questions, but otherwise we will see you next session.

And I know I think I will still be here. So it'll still be midnight my time, but okay. So I will see you next session and email me in between sessions.

@1:09:27 - **Theresa Laurico**

If you have any questions for sure. Yes, we have.

@1:09:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Oh, I hear whispering. don't know who that is, but anybody have any questions? You need to stay on. I'm happy to.

@1:09:35 - **michelecrockett**

Yeah, Michelle. Uh huh. So when I have a question just about the what we went through, but one of the methods and one of the things like, like the technique I was like trying to always do is like this, like kind of like my fingers, but when of, I guess for me, it's like this enough that messes with me.

Like when I'm about to do something or start something and it's like, am I enough? Can I do it?

Am I good enough? Am I smart enough? Am I this?

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

And yeah, I have to have them with us with you for sure. So what happens though? What like in tightness?

@1:10:14 - **michelecrockett**

noticed it this week. It's tightness in my chest, but also in my throat.

@1:10:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like I'm going into anaphylactic shock. I can't completely it's like shut down.

@1:10:22 - **michelecrockett**

Yeah.

@1:10:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So then what can you do? Does this cut the muscle?

@1:10:27 - **michelecrockett**

don't know. Yeah. That's what I do this a lot.

@1:10:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

don't know. But I don't think it does. Yeah, I think you need to do something that's not normal so that it shifts your brain pattern.

So it should be maybe go like this or something. Yeah, one's like, or, you know, put your arms behind your back and stretch or something like that.

So it literally interrupts your normal ways of functioning. That's the purpose behind it is hack the wiring.

@1:10:57 - **michelecrockett**

All right.

@1:10:59 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Yeah. That's what I would do. Okay, good. Anybody else any questions or anything I can support you with?

Oh, good. Julie, you're in. Yay. Nothing? Okay. Then I'll see.