

00:11:28 Christian Pinachos (she/her): LOL

00:11:32 Lidiann: ☐

00:11:32 Amanda: haha

00:11:39 Heike Hensel: lol

00:11:40 Lidiann: ☐

00:12:22 Paloma: Einstein dropped the mic ☐

00:13:38 Aliyah O'Brien: Unless you had hippie parents! Bless!! ☐

00:17:52 Lorraine Hamilton: Love geeking out on wavelengths and frequencies *recovering engineer! ☐

00:19:40 Mimi Aye: Yes, humans can only sense is it 1-2% of energetic spectrum!?

00:24:26 Aliyah O'Brien: Do we know how many meridians there are approx?

00:25:45 Lorraine Hamilton: Mimi & Aliyah - these are great questions, please pop them in the Q&A.

00:26:30 Aliyah O'Brien: Will do thanks ☐

00:37:34 Mimi Aye: Here is the Amazon link to Candace's book <https://www.amazon.com/Molecules-Emotion-Science-Mind-Body-Medicine/dp/0684846349>

00:37:47 Lorraine Hamilton: Thanks Mimi

00:39:14 Amanda: Absolutely!

00:39:22 Lorraine Hamilton: Can you see this sitting inside the Open and Luminate portions of the EVOLVE Coaching Path?

00:39:26 Christian Pinachos (she/her): Yes!

00:39:28 Blythe Hubbard: Yes!

00:39:31 Aliyah O'Brien: Love this stuff!

00:41:55 Jenn LaFleur (she/her): Heart Brain Coherence ☐

00:42:07 Mimi Aye: Yes! HeartMath and Dr. Joe Dispenza's brain research team use 19-channel EEG measurement and are showing this to be true!

00:42:26 Kyoko Winter: ☐

00:43:07 Lorraine Hamilton: The developments in Polyvagal Theory also align with this, and suggest 80/20 split of information from the body TO the brain.

00:46:37 Paloma: I learned thoughts>feelings>behaviors in grad school, but it always felt off. Love this new framework

00:46:53 Lorraine Hamilton: So happy to give you a fresh perspective Paloma

00:52:40 Mimi Aye: I am a HeartMath group trainer. Happy to serve as resource if anyone wants extra HM support.

00:52:44 Lidiann: Loved that ☐

00:53:10 Elizabeth R: Awesome mimi. Thank you

00:53:12 Lidiann: That's awesome thanks Mimi!

00:53:47 Amanda: Very cool - thanks Mimi!

00:53:53 Sharon Butler: I feel I struggle to not breath again before we get to the count of 8. Hopefully I will relax more into it.

00:54:16 Lorraine Hamilton: It can take a little practice to get those deeper breaths Sharon.

00:54:45 Sharon Butler: Thank you. That makes me feel better.

00:55:11 Lorraine Hamilton: You will also often see me yawn during the breathing practices ☐

00:57:35 Lorraine Hamilton: It is also the facet that many of our clients are working from when they come to coaching so we need to how to meet them there in order to move them through the other facets.

01:03:10 I am Jasmine Powell: What is this practice called

01:04:09 I am Jasmine Powell: thanks

01:04:45 Asha Suppiah: everytime I do that the experience is slightly different! It's so amazing!

01:08:33 Lorraine Hamilton: Remember, everything is about trying things out and playing.

01:22:32 Kyoko Winter: germany

01:23:13 Carollaine Garcia: Ah cool ☐ (and late!)

01:23:27 Kyoko Winter: Ill have to watch the replay tomorrow - my subconscious mind will pick up some of it though ;)

01:24:41 Heike Hensel: good night - Kyoko - sleep well

01:30:01 Kyoko Winter: ☐

01:39:23 Elizabeth R: Apologies if I drop, massive winter storm here in NY rolling through

01:40:26 Amanda: I have a chest infection so my body is just saying 'Nope, not today'. so I will try this when I feel better. ☺

01:45:59 Elena: □ □ □ □ □ □ □

01:56:25 Asha Suppiah: That was beautiful!

01:56:36 Lorraine Hamilton: Natalie - I've grabbed the questions from the Q&A and will drop them into the thread i
n FB for you to answer tomorrow.

01:56:37 Carollaine Garcia: That was intense □