

Jul 30, 9:29 PM

Jennifer Wilson (Moderator): Hello friends!

Jul 30, 9:30 PM

Jennifer Wilson (Moderator): How are you doing tonight?

Jul 30, 9:32 PM

Jennifer Wilson (Moderator): I had some problems getting the chat room to load. Let's take a minute to let folks get online.

Jul 30, 9:33 PM

Patricia Moore: Hello everyone

Jul 30, 9:33 PM

Jennifer Wilson (Moderator): Tonight we are discussing *The Universe Has Your Back* by Gabrielle Bernstein.

Jul 30, 9:33 PM

Jennifer

Wilson (Moderator): https://www.amazon.com/dp/1401946542/ref=as_li_ss_tl?ref=idea_lv_dp_ov_d&linkCode=sl1&tag=simplscrap06-20&linkId=0e5e1a303d71a414c9e124dfda537279

Jul 30, 9:33 PM

Jennifer Wilson (Moderator): All are welcome at our Book Club discussions!

Jul 30, 9:35 PM

Jennifer Wilson (Moderator): From where in the world are you joining us tonight?

Jul 30, 9:35 PM

Cindy March: Hello Everyone.

Jul 30, 9:35 PM

Jennifer Wilson (Moderator): (I'm in east-central Illinois.)

Jul 30, 9:35 PM

Patricia Moore: I'm in AR on the OK border...storms just came through

Jul 30, 9:36 PM

Cindy March: Long Island, New York.

Jul 30, 9:36 PM

Cate Brickell: Brisbane Australia

Jul 30, 9:37 PM

Cate Brickell: glad I found the right spot, it's been awhile since I've joined a chat

Jul 30, 9:37 PM

Mary R (Guest): Pensacola, Florida

Jul 30, 9:38 PM

Jennifer Wilson (Moderator): Here's how this chat works, I'll share a quote from the book followed by a discussion question. But to kick things off.. let's share any big picture feelings on the book. If you read it, did you enjoy it?

Jul 30, 9:38 PM

Patricia Moore: Welcome Mary happy you are here. I lived in Pensacola for 3 years...missed the fall./winter season

Jul 30, 9:39 PM

Jennifer Wilson (Moderator): Does anyone have any questions before I dive into the prompts?

Jul 30, 9:39 PM

Patricia Moore: She had some good ideas & I took a few notes, but it was too "new age" for me.

Jul 30, 9:40 PM

Jennifer Wilson (Moderator): It was pretty darn "new age" Patricia... I felt some resistance but softened as I got towards the end.

Jul 30, 9:40 PM

Guest3665 (Guest): I have had difficulty finding you all tonight and it won't let me sign in as a member.

Jul 30, 9:41 PM

Patricia Moore: I had to sign in from facebook

Jul 30, 9:41 PM

Guest3665 (Guest): Thanks!

Jul 30, 9:42 PM

Guest3665 (Guest): I got several good suggestions from the book, though I disagreed with the author at times. I love "Leaning Towards Joy".

Jul 30, 9:42 PM

Cindy March: I tried, but I just couldn't get into the book.

Jul 30, 9:42 PM

Jennifer Wilson (Moderator): There's no way for members to sign in on the blog.

Jul 30, 9:42 PM

Guest3665 (Guest): Thanks!

Jul 30, 9:42 PM

Jennifer Wilson (Moderator): Cindy, it's awesome that you gave it a try... you can learn almost as much from books that weren't a good fit as the ones that are.

Jul 30, 9:43 PM

Tiffany Mitchell: I had to mentally replace "the universe" with God, to make it read more comfortably for me.

Jul 30, 9:43 PM

Patricia Moore: I decided to take the good ideas that I could learn from by replacing the pronoun to God

Jul 30, 9:44 PM

Patricia Moore: LOL Tiffany we had the same idea

Jul 30, 9:44 PM

Jennifer Wilson (Moderator): Oh, interesting Tiffany and Patricia.

Jul 30, 9:44 PM

Guest3665 (Guest): I felt as though the author was trying to please everyone by playing all roles.

Jul 30, 9:44 PM

Patricia Moore: that is true she covered many beliefs

Jul 30, 9:45 PM

Jennifer Wilson (Moderator): Yes, it felt very inclusive.

Jul 30, 9:45 PM

Cindy March: I'm going to try and read one more time.

Jul 30, 9:46 PM

Guest3665 (Guest): I did like her ideas on Choose love over judgement. Helpful. Our entire country appears to be into judging these days.

Jul 30, 9:46 PM

Patricia Moore: yes, that was a healthy suggestion

Jul 30, 9:46 PM

Tiffany Mitchell: I think the idea that the idea of responding with love to everything is an awesome idea!

Jul 30, 9:47 PM

Guest3665 (Guest): Yes, We need more love for all right now.

Jul 30, 9:47 PM

Jennifer Wilson (Moderator): 100% We all need more love.

Jul 30, 9:47 PM

Jennifer Wilson (Moderator): Alright, I've got some good quotes and questions for tonight.

Jul 30, 9:47 PM

Jennifer Wilson (Moderator): QUOTE // "You may have found that you regularly experience relief with meditation, prayer, positive affirmations, therapy, or any other type of personal growth, only to sabotage that great feeling with a limiting belief, negative comment, or addictive pattern."

Jul 30, 9:47 PM

Jennifer Wilson (Moderator): QUESTION // Q1. What is one way you might have sabotaged yourself in scrapbooking or everyday life?

Jul 30, 9:48 PM

Judi Von Fange Partlo: Judi here- having trouble logging in. Had trouble with the woo-woo stuff in this book but tried to keep an open mind and see how I could personalize some of the ideas.

Jul 30, 9:49 PM

Patricia Moore: I sabotage myself by comparing my work to what others are doing

Jul 30, 9:50 PM

Patricia Moore: I understand Judi....I had the same problem

Jul 30, 9:50 PM

Guest3665 (Guest): Definitely.

Jul 30, 9:50 PM

Judi Von Fange Partlo: Sabotage: by being a perfectionist at times

Jul 30, 9:50 PM

Tiffany Mitchell: Unrealistic expectations, like thinking I can scrapbook every photo, or thinking I can do too many projects.

Jul 30, 9:50 PM

Guest3665 (Guest): I am with you, Tiffany!

Jul 30, 9:50 PM

Cindy March: Not enjoying the process, feeling I had to get pages done.

Jul 30, 9:50 PM

Judi Von Fange Partlo: Yes, Tiffany!

Jul 30, 9:51 PM

Cate Brickell: I sabotage myself all the time by not starting, and comparing. I tell myself others are doing better than me, who wants to hear what I have to say (applies to all areas) and hide away

Jul 30, 9:51 PM

Patricia Moore: sorry Cate, you will find many here who will listen and want to hear what you have to say

Jul 30, 9:52 PM

Tiffany Mitchell: Maybe I should change the "can" to "should"..... because honestly I realize I don't have the time or energy to do it all.

Jul 30, 9:52 PM

Jennifer Wilson (Moderator): Judi, interesting since you are a yoga practitioner... did some aspects resonate more than others?

Jul 30, 9:52 PM

Guest3665 (Guest): Sometimes, I have to lean really far to find that joy in my life and my work.

Jul 30, 9:52 PM

Breon (Guest): I tend to do more sabotaging with food, but I would say creatively I do more damage by not sleeping. I try to scrap late when people are in bed, but staying up late throws me into a cycle of insomnia which zaps my brain

Jul 30, 9:52 PM

Jennifer Wilson (Moderator): Good observation Tiffany

Jul 30, 9:53 PM

Patricia Moore: I felt that way too Tiffany, but realized I will not be able to do everything. Now I just hope to get some done for each grandchild.

Jul 30, 9:54 PM

Patricia Moore: I have actually thrown away photos this year so they would not be staring at me....do me

Jul 30, 9:55 PM

Breon (Guest): Patricia awesome will power

Jul 30, 9:56 PM

Patricia Moore: Breon, I'm a questioner so when I decideI can act

Jul 30, 9:56 PM

Judi Von Fange Partlo: Yes, I had to laugh about that, Jennifer! I just found some of her terminology off putting and did a fair amount of eye rolling (sorry, no offense intended to anyone!) It just seemed like some of her suggestions weren't very practical (just do or release this or that) and made me think about how important it is to meet people right where they are.

Jul 30, 9:56 PM

Patricia Moore: I just don't always decide

Jul 30, 9:57 PM

Patricia Moore: agree Judi....some things she said, didn't seem practical for real life

Jul 30, 9:58 PM

Jennifer Wilson (Moderator): A lot of suggestions that are a bit idealistic, maybe?

Jul 30, 9:58 PM

Guest3665 (Guest): I felt as though her concept of a "God Box" was like worshiping a false God figure; maybe I wasn't listening clearly.

Jul 30, 9:58 PM

Patricia Moore: #Guest 3665....I got that feeling too

Jul 30, 9:59 PM

Judi Von Fange Partlo: And would make people feel bad if they followed a certain procedure she suggested and didn't get the desired results

Jul 30, 9:59 PM

Jennifer Wilson (Moderator): I took that as a special spot where your God/Universe/etc. is listening.

Jul 30, 10:02 PM

Jennifer Wilson (Moderator): QUOTE // "Energy flows where your attention goes."

Jul 30, 10:02 PM

Jennifer Wilson (Moderator): QUESTION // Q2. Where is your attention right now? Is it on your creative time or self care.. or is it elsewhere in your life?

Jul 30, 10:02 PM

Guest3665 (Guest): I "read" this one as an audiobook while I walked and it was quite thought provoking; just think simpler would have been better, instead of trying to be the be all and end all for all.

Jul 30, 10:03 PM

Guest3665 (Guest): Creativity, which is part of my self care--I made shaker cards all day.

Jul 30, 10:04 PM

Edie Banks: Creativity is also part of my self care

Jul 30, 10:04 PM

Tiffany Mitchell: I have quite a bit I am trying to juggle right now, but making sure that I squeeze in some creative time and self care. Attended an all day crop last weekend and got a project almost complete that I have had on my list for quite a while. Felt awesome to play and have something to show for it!

Jul 30, 10:04 PM

Patricia Moore: I try real hard to be balanced.....body, soul & spirit...creativity and selfcare are part of being a whole person

Jul 30, 10:05 PM

Judi Von Fange Partlo: I agree with that quote! My energy gets too divided between work and family stuff plus self care/ working out, little bits are left for creativity.

Jul 30, 10:05 PM

Judi Von Fange Partlo: Ooh, I like that, Edie

Jul 30, 10:06 PM

Breon (Guest): I consider them one and the same. I try to do a bit of everything but right now I'm finding I'm reading less and watching more tv, which is unlike me. Ironically this is using my brain a bit less and freeing it for more scrappy/creative problem solving. I'm sure I'll go back to reading more and scrapping less as Fall approaches tho.

Jul 30, 10:06 PM

Patricia Moore: If I don't eat well, get sleep I don't have energy to do anything and my creativity suffers

Jul 30, 10:07 PM

Breon (Guest): Patricia I 100% agree which is where I self-sabotage. I should know better lol

Jul 30, 10:07 PM

Patricia Moore: I think we do have seasons tho...sometimes I read more, sometime I am more motivated to solve problems

Jul 30, 10:08 PM

Jennifer Wilson (Moderator): definitely seasons!!

Jul 30, 10:08 PM

Edie Banks: Definitely Patricia

Jul 30, 10:08 PM

Guest3665 (Guest): Guest 3665 is Terry; I am not trying to be anonymous; Facebook login disappeared.

Jul 30, 10:08 PM

Jennifer Wilson (Moderator): QUOTE // "When you dwell in an energy of positivity and power, you become a magnet for miracles."

Jul 30, 10:08 PM

Jennifer Wilson (Moderator): QUESTION // Q3. Are you familiar with the Law of Attraction concept? Do you believe in it?

Jul 30, 10:09 PM

Breon (Guest): egh, I don't believe in it myself. I also don't believe in miracles so that there is a hiccup for me there

Jul 30, 10:09 PM

Tiffany Mitchell: I think that you are more attractive to others if you come off as positive, so I would agree with it.

Jul 30, 10:10 PM

Patricia Moore: I do think we can steer ourselves by our thought process. If we are upbeat we are more motivated, if we are down we can doom ourselves

Jul 30, 10:10 PM

Breon (Guest): You can be putting out positivity and putting in the hard work, but I don't think of that being a pass for spirits to grant us wishes. If we get what we want its just the result of our hard work.

Jul 30, 10:11 PM

Edie Banks: I believe in the law of attraction but I don't think it is as simplistic as it is sometimes discussed.

Jul 30, 10:11 PM

Breon (Guest): but it is an attractive sort of thought. I think we all want to think things will pan out if we do what we are supposed to, so it's sort of tempting.

Jul 30, 10:11 PM

Guest3665 (Guest): Life doesn't give us what we want. Positivity helps us get by and maybe make life a little bit better for someone else.

Jul 30, 10:11 PM

Patricia Moore: I want to be led by the Holy Spirit and He says He will if I "ask" Him to led me

Jul 30, 10:12 PM

Jennifer Wilson (Moderator): I think of this a lot from the opposite perspective... I do think that those who assume the worst often receive the worst.. I am not sure it works the other way all the time thought.

Jul 30, 10:13 PM

Judi Von Fange Partlo: I just know I want to spend my thoughts, time and actions on positive, healthy things as much as I possibly can.

Jul 30, 10:13 PM

Patricia Moore: I am not sure that we are assured of a good outcome just because we work hard, but I want to feel like I did my best

Jul 30, 10:14 PM

Breon (Guest): I agree Patricia

Jul 30, 10:15 PM

Patricia Moore: yes Judi...can't hurt to be positive

Jul 30, 10:15 PM

Jennifer Wilson (Moderator): QUOTE // "Our happiness is a direct reflection of how quickly we can restore our fear back to love."

Jul 30, 10:15 PM

Jennifer Wilson (Moderator): QUESTION // Q4. Where does fear crop up for you, in life or in scrapbooking?

Jul 30, 10:16 PM

Cindy March: I won't do the picture or the story justice.

Jul 30, 10:16 PM

Guest3665 (Guest): Finances-hah!

Jul 30, 10:16 PM

Judi Von Fange Partlo: Fear of not having enough time to get done what I hope to in life, fear of not making an impact

Jul 30, 10:17 PM

Patricia Moore: More in life....concerned with health failing as I age and will we have enough money, etc....I can always throw out a bad layout!

Jul 30, 10:17 PM

Tiffany Mitchell: In not doing enough, or at least enough of the right things....in life and scrapbooking....

Jul 30, 10:17 PM

Jennifer Wilson (Moderator): Fear of time escaping me

Jul 30, 10:17 PM

Guest3665 (Guest): Life is very short; what difference are you making?

Jul 30, 10:18 PM

Patricia Moore: I keep reminding myself that anything I do is more than if I did nothing

Jul 30, 10:18 PM

Edie Banks: Fear of not living up to my fullest potential

Jul 30, 10:19 PM

Patricia Moore: Now Guest 3665 that is a big question

Jul 30, 10:19 PM

Guest3665 (Guest): It is, indeed. That is why we need to make small differences each day.

Jul 30, 10:20 PM

Patricia Moore: That is why I invest my time & energy in my family....daughters & grandchildren who follow me

Jul 30, 10:21 PM

Guest3665 (Guest): My husband did that during his retirement life in the grocery store. He would tell parents when they commented to their children in a beneficial way or responded to them effectively.

Jul 30, 10:21 PM

Guest3665 (Guest): Everyone needs encouragement.

Jul 30, 10:21 PM

Breon (Guest): Fear of not being a good mom (in real life) in scrapbooking fear of making the same thing over and over

Jul 30, 10:22 PM

Judi Von Fange Partlo: So true and what a cool and caring thing he did!

Jul 30, 10:22 PM

Patricia Moore: I try to tell our story...what our family believes in my albums. Encourage my family that they belong & are loved by us the God

Jul 30, 10:22 PM

Jennifer Wilson (Moderator): QUOTE // "True healing occurs when you give yourself permission to feel whatever feelings live below the triggers."

Jul 30, 10:22 PM

Jennifer Wilson (Moderator): QUESTION // Q5. Do you regularly share feelings on your scrapbook pages or is it challenging for you?

Jul 30, 10:22 PM

Guest3665 (Guest): Well said, Patricia!

Jul 30, 10:22 PM

Breon (Guest): oh I'm probably an over sharer on my pages

Jul 30, 10:23 PM

Guest3665 (Guest): Yes, Judi, He was unique!

Jul 30, 10:23 PM

Edie Banks: Breon even if your pages are similar you are recording your story

Jul 30, 10:23 PM

Guest3665 (Guest): What we do in scrapbooking will last over time. The stories continue.

Jul 30, 10:23 PM

Breon (Guest): Thanks Edie. I just have been doing it a long time so I vary between wow, I've found my style and man, I do a lot of 3 photo layouts lol

Jul 30, 10:23 PM

Judi Von Fange Partlo: I sometimes do but but feel the need to be careful sometimes about how it would make my kids or others feel

Jul 30, 10:24 PM

Tiffany Mitchell: I tend to put a lot of words on my pages. A mix of facts and feelik

Jul 30, 10:24 PM

Tiffany Mitchell: feelings though.

Jul 30, 10:24 PM

Edie Banks: I share my feelings in my personal 6x8 album

Jul 30, 10:25 PM

Judi Von Fange Partlo: Edie, I've been wanting to start one of those

Jul 30, 10:25 PM

Patricia Moore: 2 of my grandchildren were adopted from Russia & 2 are Spanish....I have worked really hard to make them feel accepted & loved as much as the 5 natural born grandchildren....their albums will be there for them to review

Jul 30, 10:25 PM

Guest3665 (Guest): What a gift, Patricia!

Jul 30, 10:25 PM

Jennifer Wilson (Moderator): Beautiful

Jul 30, 10:25 PM

Jennifer Wilson (Moderator): QUOTE // "When you vibrate a high-vibe, loving energy, you will receive high-vibe, loving energy reflected back to you."

Jul 30, 10:26 PM

Jennifer Wilson (Moderator): QUESTION // Q6. Can you think of a person who embodies this high-vibe, loving energy?

Jul 30, 10:26 PM

Guest3665 (Guest): My daughter-in-law and as she gives, she receives it back from all of us!

Jul 30, 10:26 PM

Breon (Guest): my friend Emily for sure. i've never met a nicer more upbeat person. At first it was maddening then I realized she really is like that. it was enlightening

Jul 30, 10:27 PM

Tiffany Mitchell: yes, she is one I try to be like....

Jul 30, 10:27 PM

Patricia Moore: The woman who introduced me to my husband...we named our first daughter after her. she didn't have any children of her own

Jul 30, 10:27 PM

Guest3665 (Guest): Awe!

Jul 30, 10:27 PM

Breon (Guest): thats adorable patricia

Jul 30, 10:28 PM

Eddie Banks: I can think of a few people- they seem to radiate positivity

Jul 30, 10:29 PM

Judi Von Fange Partlo: I have had a few people like that in my life - so special!

Jul 30, 10:30 PM

Jennifer Wilson (Moderator): QUOTE // "When joy becomes your priority, making decisions becomes easier."

Jul 30, 10:30 PM

Jennifer Wilson (Moderator): QUESTION // Q9. How can you proactively create more joy in your life?

Jul 30, 10:30 PM

Guest3665 (Guest): Lean towards others.

Jul 30, 10:31 PM

Cindy March: Do what you like first.

Jul 30, 10:31 PM

Tiffany Mitchell: gratitude

Jul 30, 10:31 PM

Guest3665 (Guest): Yes

Jul 30, 10:31 PM

Patricia Moore: all of the above, but it is not always easy

Jul 30, 10:32 PM

Edie Banks: By making choices - sometimes it's the inaction that causes more issues

Jul 30, 10:32 PM

Guest3665 (Guest): Share the joy, always.

Jul 30, 10:33 PM

Patricia Moore: we make choices all day, I am inactive when I don't know what/how to act on a certain issue

Jul 30, 10:34 PM

Jennifer Wilson (Moderator): As I was finishing the book, the idea of "living in joy" was running through my mind. Not a bad way to operate!

Jul 30, 10:34 PM

Guest3665 (Guest): Indeed, Jennifer!

Jul 30, 10:34 PM

Patricia Moore: Indecision slows me down in scrapping and organizing my stuff

Jul 30, 10:35 PM

Patricia Moore: I sure desire to Live in Joy

Jul 30, 10:35 PM

Guest3665 (Guest): Sometimes, a break helps with my floundering and indecision regarding scrapping/organizing.

Jul 30, 10:35 PM

Jennifer Wilson (Moderator): Final question for tonight...

Jul 30, 10:36 PM

Jennifer Wilson (Moderator): QUOTE // "This next step is to spend mindful moments throughout the day looking for love."

Jul 30, 10:36 PM

Jennifer Wilson (Moderator): QUESTION // Q10. Does this sound like a delightful and doable next step?

Jul 30, 10:36 PM

Patricia Moore: yes and if I am patient....I will have a lightbulb moment

Jul 30, 10:36 PM

Guest3665 (Guest): You bet, Patricia.

Jul 30, 10:36 PM

Patricia Moore: Looking for Love....sounds like a song title

Jul 30, 10:37 PM

Judi Von Fange Partlo: I agree with Tiffany- gratitude is the most helpful thing in pulling me back when I get down or discouraged.

Jul 30, 10:37 PM

Cindy March: Like anything else, you have to take or make the time to make those moments happen.

Jul 30, 10:38 PM

Eddie Banks: I think it's more about noticing the moments . That requires being present - which isn't always easy

Jul 30, 10:38 PM

Patricia Moore: agree, we have to choose joy and gratitude....life will always give lemons

Jul 30, 10:39 PM

Jennifer Wilson (Moderator): As memory keepers, we might be already in tune to looking for the sweet moments.. our hobby is a gift to our lives

Jul 30, 10:39 PM

Guest3665 (Guest): Thank you, Jennifer!

Jul 30, 10:39 PM

Patricia Moore: beautifully said Jennifer

Jul 30, 10:39 PM

Cindy March: You are right Jennifer.

Jul 30, 10:42 PM

Jennifer Wilson (Moderator): Thank you all for a lovely chat tonight!!

Jul 30, 10:42 PM

Judi Von Fange Partlo: Thank you!

Jul 30, 10:42 PM

Jennifer Wilson (Moderator): Next month we are reading The Pursuit of Perfect: <http://amzn.to/2gJ6JNO>

Jul 30, 10:42 PM

Guest3665 (Guest): Thank you!

Jul 30, 10:42 PM

Patricia Moore: thank you Jennifer for helping me decipher a questionable book

Jul 30, 10:43 PM

Patricia Moore: book arrives tomorrow

Jul 30, 10:43 PM

Jennifer Wilson (Moderator): I think I might read this one again someday.

Jul 30, 10:44 PM

Jennifer Wilson (Moderator): Have a good rest of your evening!

Jul 30, 10:44 PM

Patricia Moore: good night ladies, happy scrapping