

13:00:55 From Lynn : Hello Everyone! I am Lynn Pollock from the Boston area. And I am so happy to see you all here! Please let us know where you're from and anything about yourself!

13:01:37 From Elizabeth Sutherland : Elizabeth from St. Augustine, Florida

13:01:42 From Rebecca Jackson-Aydelette to Hosts and panelists : Hello from North Carolina, USA

13:01:51 From Ariana : Ariana from Ottawa, Canada

13:01:54 From Julie : Hello! Julie, from Asheville, North Carolina (US).

13:02:00 From Maxine Olson : Hi everyone. This is Maxine, from Arlington, VA in the USA.

13:02:02 From Catherine Torpey : Remember to choose "everyone" above if you want everyone to see your chat message

13:02:03 From Deb Brower : Hi, I am Deb, linking in from Greenpoint, Brooklyn

13:02:04 From Mary Lynn Richardson : Hello all. Mary Lynn from Cornwall, UK

13:02:12 From Rebecca Jackson-Aydelette : Hello from North Carolina, USA

13:02:15 From Lesley Vernon : Hello! I'm Lesley from Franklin, MA, USA

13:02:17 From Marise to Hosts and panelists : Hello! So grateful for your participation. Enjoy the process!

13:02:19 From Elizabeth Bram : Elizabeth from the Hudson Valley NY

13:02:29 From stacy to Hosts and panelists : Hi, Stacy from St Paul, Minnesota

13:02:35 From Till flo\* (they/them) : Hello from Germany!

13:02:36 From Deborah Jones : Greetings from RI - along time Focuser. grateful to be with you !

13:02:45 From Deborah Jones : Deborah Jones

13:02:47 From Esmeralda Hassan : Hello, Esmeralda from Dubai, United Arab Emirates

13:02:50 From Leonie Stewart to Hosts and panelists : Hello from Sydney Australia

13:02:54 From Gabrielle : Hi Everyone! I'm Gabrielle from Portland, Oregon, USA

13:03:10 From Candace Sweet : hello from Nelson, BC Canada

13:03:16 From Leonie Stewart : Hello from Sydney Australia

13:03:28 From Susan Cooper : Hi Everyone ... from Susan, Bragg Creek, western Canada

13:06:52 From Anna to Hosts and panelists : Hello from NYC

14:13:30 From Rebecca Jackson-Aydelette to Hosts and panelists : I would love to know what this music is. It's really wonderful.

14:18:56 From Lynn to Hosts and panelists : Thanks Rebecca. It is a playlist on Spotify called "Peaceful Guitar". Here's the link. <https://open.spotify.com/playlist/37i9dQZF1DX0jgyAIPi8Af>

14:31:10 From Rebecca Jackson-Aydelette : Yes, very connected. Lovely and powerful.

14:45:50 From Rosie Fanale to Hosts and panelists : I make a big candle.....the light within me....and some musical notes with G clefs which look like they hold me ...the baby me.....I am all of these parts and there is so much beauty to see within me.

14:47:36 From Julie : Thank you for sharing.

14:49:53 From Julie : I love the rearview mirror!

14:51:34 From Rosie Fanale to Hosts and panelists : What is the name of Laurie Rapaport's book?

14:52:55 From Deb Brower to Hosts and panelists : I ordered it when I had a moment during this webinar

14:53:32 From Deb Brower to Hosts and panelists : Thank you! this was wonderful, I am so glad that I took the time from writing papers...to do this!

14:53:43 From Ariana : The other one is Mindfulness and the Arts Therapies :)

14:53:50 From Marise : The focusing oriented art therapy by Laury Rappaport

14:54:17 From Candace Sweet : also chapter in book Approaches to Art Therapy - J. Rubin

14:54:58 From Melanie (she/her) : Link to view the presentation slides:  
<https://drive.google.com/file/d/1XZRhzB9afB7UcbkhaJU4EDr1D-wzY0bQ/view?usp=sharing>

14:55:25 From Melanie (she/her) : Link to join Lynn and Marise's email list:  
<https://expressiveyou.thinkific.com/>

14:55:47 From Candace Sweet to Hosts and panelists : Excellent session - thank you!!!

14:56:05 From Leonie Stewart to Hosts and panelists : Thank you. It was lovely

14:56:10 From Susan Cooper : Thank you everyone

14:56:34 From Ilene Lerner to Hosts and panelists : Thank you!

14:56:45 From Deb Brower to Hosts and panelists : calm

14:56:47 From Maxine Olson to Hosts and panelists : Thank you! There is strength in movement

14:56:53 From Julie : Deep appreciation for this time. Thank you!

14:56:54 From Lesley Vernon to Hosts and panelists : "You Belong"

14:56:55 From Rosie Fanale to Hosts and panelists : ahhhhhhhhhhh. Ahhhhhh thank you so much!!!

14:56:57 From Elizabeth Bram : resilience

14:57:01 From Leonie Stewart : Settling and knowing and not knowing

14:57:01 From Till flo\* (they/them) : Life Worship

14:57:02 From Elizabeth Sutherland : You are alright, beginning to end - you are all of me. Take me in - breathe with me.

14:57:08 From Martha Garland to Hosts and panelists : healing

14:57:12 From Deborah Jones : trust the gentle soft way

14:57:17 From Rebecca Jackson-Aydelette : Thank you so much! This was wonderful. Self-compassion

14:57:19 From Gabrielle : Keep Opening to newness

14:57:34 From Leona Tevari to Hosts and panelists : Rise into strength

14:57:35 From Donal Grehan to Hosts and panelists : Engaging.....

14:57:36 From Ariana : It's okay to take up space and to just be. Thank you

14:57:46 From Esmeralda Hassan to Hosts and panelists : connection, connectivity, reconnecting

14:57:48 From Nancy Hartog to Hosts and panelists : Uplifting and fun . Many parts integrating.

14:57:57 From Mary Lynn Richardson to Hosts and panelists : Gathering disparate forces creates strength

14:57:57 From Rachel Chimberg to Hosts and panelists : Love and be loved

14:58:09 From Shinminju to Hosts and panelists : Known my wants

14:58:27 From Nancy Hartog to Hosts and panelists : Thank you all

14:58:42 From Lynn : <https://expressiveyou.thinkific.com/>

14:59:21 From Lesley Vernon : Thank you so much! It was wonderful

14:59:26 From Anna to Hosts and panelists : Thank you

14:59:26 From B to Hosts and panelists : thank you so much : )

14:59:43 From Esmeralda Hassan : Thank you so much, it was a wonderful workshop

14:59:55 From Shinminju to Hosts and panelists : Thank you

14:59:57 From Suzanne Cornaz to Hosts and panelists : Thanks a lot

14:59:57 From Elizabeth Sutherland : Thank you so very much.