

JOIN US
as we launch
our new
wellness
series!

Well
STAY AT HOME

with
the wellproject

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:18:29 **Olivia Ford:** Greetings everyone! <3
- 00:18:40 **Krista Martel:** Welcome! Hello Everyone!
- 00:19:14 **Janet Beres:** Hi, I'm Janet Beres from Hyacinth AIDS Foundation
- 00:19:48 **Jyoti Surve:** Am In!!!! Finally!!!! Hiiiiiiii everyone. Jo from India
- 00:20:35 **Jyoti Surve:** Hey Wanona....love the chart behind you. And the zig zag hair. Overall, love YOU <3
- 00:20:43 **Susan Mull:** Hi, all! I love this series!
- 00:21:57 **Olivia Ford:** *Krista M: This series is about coming together during these challenging times to redirect any potential anxiety in a positive way - and think outside of (not ignore, but take a breath from) the onslaught of negative news <3*
- 00:22:07 **Bose Olotu Oladayo:** Greetings from Nigeria to you all.
- 00:22:35 **Tamara Oyola Santiago:** I am Tamara, joining from The Bronx in NYC. Greetings! (pronouns she/her/hers)
- 00:22:51 **Olivia Ford:** It is so amazing to see everyone saying hello! Folks, just a note to set your chat to "All panelists and attendees" (not just panelists) to holler at the FULL group! <3
- 00:23:00 **Jyoti Surve:** Hello Bose. And hello Olivia.....thank you for continuing to type to make it easier for me.
- 00:23:19 **Olivia Ford:** Hi Jo! Much love and my pleasure always <3

00:23:39 **Olivia Ford:** Bose! Greetings! :-D

00:24:04 **Susan Mull:** yay! Living your truth! woohoo!

00:24:34 **Olivia Ford:** *Wanona Thomas is joining us today to guide us in opening up our chakras!*

00:24:40 **Bose Olotu Oladayo:** Hi Jo how are you?

00:25:21 **Olivia Ford:** *In two weeks, Bose Olotu will be guiding us in making deliicious bean cakes <3*

00:25:29 **Tamara Oyola Santiago:** good day!

00:25:37 **Cynthia Herring:** Hi All this is Cynthia from NY Hope all is well

00:25:43 **Susan Mull:** Good morning!

00:25:52 **Jyoti Surve:** BOSE....am good. Just feel like a trapped bird in a cage due to lockdown....wings clipped.

00:25:55 **Mel Rattue:** Hey everyone! joining from the UK looking forward to this.

00:26:09 **Krista Martel:** Welcome everyone! <3

00:26:19 **Bose Olotu Oladayo:** Same here Jo!

00:27:10 **Susan Mull:** the art work is wonderful! 😊

00:27:31 **Olivia Ford:** *Wanona is going through all the chakras now - you can see them on the image behind her on the mirror*

00:27:44 **Olivia Ford:** *There are colors associated with each - a rainbow*

Root Chakra (Red Color)
Sacral Chakra (Orange Color)
Solar Plexus Chakra (Yellow Color)
Heart Chakra (Green Color)
Throat Chakra (Blue Color)
Third Eye Chakra (Indigo Color)
The Crown Chakra (Violet Color)

00:29:01 **Olivia Ford:** *Important to have our chakras in line and balanced for optimal wellness!*

We're going from top to bottom - crown chakra deals with the mind - depression, etc – amid this pandemic, it is extra important to keep this one balanced

00:30:33 **Susan Mull:** that third eye is so significant for us as visionary women!! 😊

00:31:14 **Olivia Ford:** @Susan <3 <3 <3

00:31:24 **Krista Martel:** Yes, Susan!

00:31:38 **Susan Mull:** "Joy and pain, sunshine and rain"!

00:31:53 **Cynthia Herring:** wow really interesting I need to know more because I experience all of that

00:33:17 **Tamara Oyola Santiago:** spirit-body-mind connections

00:33:58 **Olivia Ford:** *Root chakra is at the base of the spine - like the root of a tree - stability, grounding, connection to physical world*

00:35:23 **Jyoti Surve:** Being spiritual, these chakras have always interested me. I will read deep into it through pointers Olivia is providing. I will definitely work on Wanona's Wellness Series for sure....to heal and balance my body/mind/soul

00:35:58 **Bose Olotu Oladayo:** My daughter Megan is already doing this right now!

00:36:39 **Jyoti Surve:** Oh WOW!!! we have a slide show here.....yippppeeeee

00:36:56 **Olivia Ford:** I missed getting all the specifics of the seven chakras into the chat - many apologies, but I believe a link will also be provided to a fuller resource after the session <3

00:37:16 **Olivia Ford:** *Now we're shifting to the guided meditation (via YouTube!)*

00:39:19 **Olivia Ford:** Sit tight, everyone! We are working on the audio! <3

00:39:31 **Susan Mull:** don't stress - it's wonderful to be here - learning with you Wanona and beautiful people!

00:39:44 **Porchia Dees:** no worries

00:40:30 **Jyoti Surve:** I will definitely go through that YouTube link once the session is over.

00:40:39 **Susan Mull:** the well project implies that we empower each other toward optimum balance and wellness!

00:41:21 **Krista Martel:** <https://www.youtube.com/watch?v=UAVIKPEuvXU&feature=youtu.be>

00:41:56 **Olivia Ford:** We are about to have visual as well as audio!!

00:58:04 **Olivia Ford:** Folks can feel free to continue to sit and meditate and slowly come out of it

00:58:31 **Olivia Ford:** *Wanona asks: Did you feel that energy in that area when focusing on each chakra?*

00:58:32 **Susan Mull:** That was wonderful! And what a wonderful day - earth day - to balance ourselves!

00:59:21 **Jyoti Surve:** To answer for Wanona: I will go through that YouTube again once this session is over, switch on the subtitle, and dive deep into it.

01:00:01 **Olivia Ford:** *Porchia comes off mute to share that she could see bright light and color when focusing on several of her chakras!*

01:00:07 **Krista Martel:** Does anyone else want to talk about their experience?

01:00:26 **Susan Mull:** yes, me too, orange seems to be my vibrant color!

01:00:47 **Olivia Ford:** *Wanona: The areas where the color is less vibrant are where it could be helpful to focus in meditations*

01:01:23 **Porchia Dees:** ♡♡♡♡♡

01:01:31 **Krista Martel:** <https://youtu.be/UAVIKPEuvXU>

01:03:27 **Tamara Oyola Santiago:** I saw yellows/golds, almost like it was repairing my spirit

01:03:56 **Krista Martel:** Love hearing what stood out most to each of you!
<3 <3 <3

01:04:34 **Olivia Ford:** *Wanona credits Masonia for suggesting that she meditate - and Masonia doesn't remember recommending that! She notes that when we teach folks something, and then we have a relevant hiccup in our own lives, it is an opportunity for us to learn it again*
<3

01:04:50 **Jyoti Surve:** :)

01:04:53 **Susan Mull:** I love The Four Agreements! Yes!

01:05:17 **Krista Martel:** Wanona you are rocking it!

01:05:30 **Krista Martel:** Yes, Masonia!

01:05:39 **Olivia Ford:** The Four Agreements: <https://www.miguelruiz.com/the-four-agreements>

01:06:14 **Jyoti Surve:** oh WOW!! What are these "post it"? Daily Affirmations?

01:06:45 **Olivia Ford:** *We make agreements by what we learn and are influenced by - the Four Agreements is a book of wisdom for unlearning unhealthy agreements we may have made earlier in our lives*

01:06:56 **Tamara Oyola Santiago:** authentic self - all about getting there

01:07:04 **Olivia Ford:** *Wanona has the Four Agreements on post-its there on her wall! :-D*

01:07:22 **Susan Mull:** Yes - AUTHENTIC STORYTELLING!

01:07:23 **Olivia Ford:** YES on getting to our authentic selves!

01:07:49 **Olivia Ford:** *Wanona making really interesting connections between the Four Agreements and the chakras she associates them with!*

01:07:56 **Jyoti Surve:** The 4 Agreement is available in Amazon. Will book it once lockdown is lifted up. Thank you for this mention, Wanona

01:09:00 **Jyoti Surve:** oh WOW :) Yes, that book <3

01:09:17 **Susan Mull:** me too - I give mine away too! It's just valuable for this journey through life!

01:09:24 **Jyoti Surve:** Yes....I have THE SECRET with me....and also IKIGAI

01:09:28 **Krista Martel:** *Four Agreements*
1. Be impeccable with our words
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best

01:09:33 **Olivia Ford:** *Masonia shares a tip: You can get the Four Agreements at thriftbooks.com for \$3 or \$4!*

01:09:43 **Bose Olotu Oladayo:** Can I order the book and get it in Nigeria?

01:09:56 **Susan Mull:** Thank you!

01:10:15 **Jyoti Surve:** Lovely pointers, Kris. It is a MUST for emotional balance....oh yes, that's what Wanona says about the chakras!!

01:10:27 **Tamara Oyola Santiago:** Thank you Wanona!

01:10:49 **Bose Olotu Oladayo:** Thank you so much dearest Wanona

01:10:54 **Bose Olotu Oladayo:** My home!

01:11:19 **Bose Olotu Oladayo:** Looking forward to seeing you all

01:11:30 **Tamara Oyola Santiago:** Will you share ingredient list ahead of time so we can cook together?

01:11:30 **Susan Mull:** yes, yes, yes! 😊

01:11:35 **Olivia Ford:** *Yay! We will be invited into Bose's home in Nigeria to learn to make bean cakes (Akara) on the next session!!!!*

01:11:39 **Susan Mull:** I love these too!

01:12:24 **Bose Olotu Oladayo:** Love you so much!

01:13:12 **Susan Mull:** thank you!

01:13:28 **Jenna Conley:** thank you all!!!!

01:13:31 **Jyoti Surve:** WANONA, your vibe is AWESOME <3 Thank you for this session

01:13:44 **Bose Olotu Oladayo:** Love guys bye.