

00:31:45 GC Bonnie McDonald Dixon: Reacted to "@Rebecca We need more coaches who understand the importance of connecting the mind, body and spirit. Is it similar to Somatics?" with 💕

00:32:37 Susan Jarema - Grand Connection & New Earth Marketing: Replying to "Rebecca Steele : ho..."

following. 😊 here's mine <https://grandconnection.ca/podcast/>

00:35:49 Susan Jarema - Grand Connection & New Earth Marketing: i used to get mad when i lost at monopoly

00:37:17 GC Bonnie McDonald Dixon: Reacted to "i used to get mad when i lost at monopoly" with 😊

00:37:32 Susan Jarema - Grand Connection & New Earth Marketing: i put off doing my taxes, and other boring admin work all the time.

00:37:39 GC Bonnie McDonald Dixon: What are my thoughts about this?

00:37:41 Portia Chandra: I do feel often anger gets triggered from a place of past trauma

00:42:57 Portia Chandra: So true! That's why I feel we need a complete nervous system reset at times

00:44:03 Sandra Lee: Reacted to "So true! That's why ..." with 🌟

00:44:09 Sandra Lee: Reacted to "I do feel often ange..." with 🌟

00:44:19 Sandra Lee: Reacted to "i put off doing my t..." with 🌟

00:44:35 Sandra Lee: Reacted to "What are my thoughts..." with 🌟

00:44:46 Sandra Lee: Reacted to "i used to get mad wh..." with 😊

00:44:55 Sandra Lee: Reacted to "Rebecca Steele : ho..." with 💎

00:45:13 Sandra Lee: Reacted to "@Erin Edgar | Caring..." with 🌟

00:45:20 Sandra Lee: Reacted to "@Rebecca We need mo..." with 💎

00:46:15 Sandra Lee: <https://shinewithsandra.com/body>

00:46:24 Portia Chandra: Reacted to "https://shinewithsan..." with ❤️

00:46:46 Sandra Lee: Metaphysical Anatomy by Evette Rose is excellent

00:46:55 GC Bonnie McDonald Dixon: Reacted to "Metaphysical Anatomy by Evette Rose is excellent" with 💕

00:47:05 Portia Chandra: Reacted to "Metaphysical Anatomy..." with ❤️

00:48:52 Portia Chandra: Yes anger affects our digestive system too! I totally agree

00:50:22 Sandra Lee: Reacted to "Yes anger affects ou..." with 💎

00:51:14 Susan Jarema - Grand Connection & New Earth Marketing: Sorry its in pesos! but you ahve the name <https://www.amazon.com.mx/Complete-Dictionary-Ailments-Diseases-Jacques/dp/292336435X>

00:51:26 Susan Jarema - Grand Connection & New Earth Marketing: The Complete Dictionary of Ailments and Diseases by Jacques Martel

00:52:11 GC-Jean_luc Allaire:

https://www.amazon.ca/Encyclopedia-Ailments-Diseases-Conflicted-Feelings/dp/1644111896/ref=sr_1_1?crid=1YH0YAFE4FWAJ&dib=eyJ2ljojMSJ9.v4_CEIFMs_MooyEzMuLHprEjTFcMtL1UEZnRXRr0NI7sD5FULnSVWbTogcbLplg8ZZ2gsEAtHODis7bi6HefGc-ivfWJwrPmbjWF10-mqVukyS8zTIP74XLOlIJJnITMsdsX_koenK_WJFLK05gmopX9nP1HQhpP-f4iKGu6AlTyCr59G9i-ekKBG2jq9EIR508XeL1D9QQ3sSMN-YiP9ZKlcnHeDdixv0JDGvKLqrxBL7eVivd7kJcaiSnOm6rMIT6uUYoM72HeAPxEOBWucZkjEcLjE-zlzOpn2ph71cM.w85W1tRpaGty_5

m7UdPc2PhHXb_PoRzJDTpbYgiBUil&dib_tag=se&keywords=the+complete+dictionary+of+ailments+and+diseases&qid=1779996954&srefix=the+complete+dictionary%2Caps%2C181&sr=8-1

00:55:36 GC-Jean_luc Allaire: I help women over forty navigate transition, rediscover passion, release fear, build confidence, and elevate their life with aligned purpose

Jean-Luc Allaire

Transformational Coach

Let's have a coffee chat

Calendly

<https://calendly.com/allairej/30min>

Text or Whatsapp

780-903-3983

Linkedin

<https://www.linkedin.com/in/jeanlucallaire-lifecoach-speaker/>

00:55:55 Portia Chandra: Reacted to "I help women over fo..." with ❤️

00:56:21 Sandra Lee: I am looking for people who have experienced head injuries. I'd like to talk with them for 10 minutes, to hear about their experiences.

sandra@miracleinspirations.com

00:56:43 Sandra Lee: Have you or someone you know had a head injury?

I would like to talk with you for 10 minutes, to hear you stories.

<https://shinewithsandra.com/brainstory>

I'm looking for speakers for the Reframing Anger Summit in October.

I'm Sandra Lee, a Caltech-trained scientist turned intuitive sound healer and transformational coach. I help people recover from head injuries

I am writing The Spectrum of Anger™ book and am on a mission to reframe our experience of anger.

I'm looking for podcast guesting opportunities.

Reach out and connect.

<https://www.linkedin.com/in/sandra-lee-701662250/>

Join me for a getting to know you chat. These are wonderful! Love the small group connections, and getting to share more than in the usual networking meeting.

<https://shinewithsandra.com/get2know>

Breathe

Sandra Lee

sandra@MiracleInspirations.com

253-921-8389

00:57:13 Susan Jarema - Grand Connection & New Earth Marketing: Replying to "I am looking for peo..."

left a message with laurel and havent heard back ill call. she sometimes misses texts. Her brain injury impacts her life a lot.

00:57:19 Rebecca: Message on WhatsApp: Rebecca Steele. +44 07813985426
00:57:47 GC Bonnie McDonald Dixon: Bonnie McDonald Dix...
[Full message cannot be displayed on this version]
00:58:08 Sandra Lee: Reacted to "left a message with ..." with 🙏
00:58:42 Sandra Lee: Reacted to "
Bonnie McDonald Dix..." with ✨
00:58:52 Sandra Lee: Reacted to "Message on WhatsApp:..." with ✨
00:59:37 Erin Edgar | Caring Attorney and Voice Performer: "I'd be happy to offer you
a complimentary 15-minute NIKKEN wellness consultation. We can talk briefly about what
you're looking for, whether that's better rest, more balance, less stress, or support for your
daily wellness. Then I can point you toward a few products or ideas that may be a good fit.
It's relaxed, simple, and there's no obligation. Text me at (919) 418-1805.
00:59:58 Portia Chandra: Absolutely it should always be a heart led connection
first!
01:00:02 Dr Barnsley Brown-Badass Business Coach: I help heart-centered
entrepreneurs who are stuck at 3k or less months to create consistent 8 to 10k+ months so
they can pay their bills easily, stop worrying about money, and be able to give to the causes
they care about in the world! I am also the creator and host of the popular Bold Badass
Business Show. Grab your free copy of my e-book, "How to Overcome Overwhelm in 7 Easy
Steps," at www.spirited-solutions.com. (Remember the dash!).
01:00:31 Portia Chandra: Reacted to "I help heart-centere..." with ❤️
01:00:42 Portia Chandra: Reacted to "'I'd be happy to off..." with ❤️
01:01:10 Sandra Lee: I have a small group connection call. Getting to Know You.
They are lots of fun!
<https://shinewithsandra.com/get2know>
01:01:18 GC-Jean_luc Allaire: Join me for my 3 hour workshop on June 10th or June
13th <https://jeanlucallaire.com/anchoring-your-vision/>
01:01:30 Susan Jarema - Grand Connection & New Earth Marketing:
<https://go.eventraptor.com/meeting/jun-18-meeting-2606/yourname>
01:01:41 Portia Chandra: Reacted to "https://go.eventrapt..." with ❤️
01:03:06 Portia Chandra: Replying to "Have you or someone ..."

@Sandra Lee Will this be a paid speaking opportunity?
01:03:12 Susan Jarema - Grand Connection & New Earth Marketing:
<https://go.eventraptor.com/meeting/jun-18-meeting-2606/bonnieM>
01:04:09 Sandra Lee: Replying to "Have you or someone ..."

Getting to Know You groups? They are free. Me with up to 5 guests.
01:04:45 Sandra Lee: Replying to "Have you or someone ..."

The Share Your Story for people with head injuries? Free for 10 minute conversations
01:05:11 Sandra Lee: Replying to "Have you or someone ..."

And speaking at the Reframing Anger Summit is free.
01:06:02 Portia Chandra: Replying to "Have you or someone ..."

Okay. Thanks
01:06:26 Sandra Lee: Reacted to "Okay. Thanks" with 💕

01:07:21 GC-Jean_luc Allaire: Join me for my 3 hour workshop on June 10th or June 13th <https://jeanlucallaire.com/anchoring-your-vision/>

01:08:54 Susan Jarema - Grand Connection & New Earth Marketing: 😊 New? Grand Connection Welcome you.

There is so much to share that we have organized it all here for you to learn more:

<https://grandconnection.ca/welcome-links/>

Become a member today! We'd love to have you in this community.

<https://grandconnection.ca/gcmembers/join/>

🎧 Annual members get a podcast interview

📌 Member Reminders for April 2026 <https://grandconnection.ca/member-reminders/>

🧠 Learn about The Neuroscience of Connection, that blends neuroscience, mindfulness, and community support to help you thrive in both life and business using the latest in brain network switching. Includes our Masterclass as a gift

<https://community.grandconnection.ca/self-mastery-info>

01:09:09 Susan Jarema - Grand Connection & New Earth Marketing: May 29 | Grand Plan Accelerator Networking Lab + Member Accountability Circle

01:12:18 Susan Jarema - Grand Connection & New Earth Marketing:

https://community.grandconnection.ca/guest-pass?am_id=sandra5394

01:12:44 Portia Chandra: I have seen so many amazing connections and services being exchanged in the Grand Connections Community. It's rare to find trustworthy connections these days