

Fridays With Doria & Friends - Ignite team Notes

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YouTube - IGNITE Your Essence

<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

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<https://bit.ly/lit-magazine>

How did they begin this process?

- Looking at their own goals and how they wanted to serve others
- Bringing a team together
- Putting the puzzle together - finding the different systems and people and pulling out each other's superpowers out
- Taking the conversations offline and seeing how can help each other
- When they met in person at *Money & You*, it was the push to do so much more because they had more energy and clarity
- They pulled up the rules of the game and if you could follow the rules of the game they partnered together
- It started with her going to *Money & You* in 2014 and knowing they could do more together
- Michelle shared about Edwards Deming and that she knew Shmiko was a systems person
- They come together with an intention to impact

Doria

- Pay attention to the simplicity
- One degree change makes an instrumental difference
- People know your energy - they know your spirit, purpose, a vision so well
- Ultimately it is all about love
- When it is all about love, you don't need to compete anymore
 - Good Earth Restaurant is a great example of coming from a place of love
- Look at who can you collaborate with
- Things that start small and get very big

How to have incredible graphics

- The key is asking questions and listening to what they say and what they don't say
- Why are you doing this?
- What are your intentions?
- What do you want people to see from you?
- When you want to pursue a higher mission, you need to ensure that everything is aligned
- Design with the aspect of architecture
- Listen to people first and then show her work
- Think about how will people receive your message?

Everything is intentional

- Reaching down and reaching out
- Michele had been in business for a long time and wanted a team
- When they had a gap they prayed for what they needed and the right person came to them
- "Management by miracle." Doria
- When you begin to live at the speed of grace, the right people appear
- Ava created summits and what she brings to the team is collaboration and celebrating others

How did you make space for this work?

- There is time for everything, just not at the same time
- Praying to know what to do next to serve the most
- Things started to flow when you follow the energy
- Reminded Michelle about the story "stone soup"
- Realize that there is enough and you create a business that is viable
- Purpose and passion affects everything in life
- When you stay in that energy, you are not letting go of anything - priorities shift
- Dropping scarcity - I don't have enough time, money, etc.

Mastering Sufficiency

- Sufficiency is the key
- Notice when you go into scarcity
- Understand the meaning you give to things - we want to cover it up and not talk about it
- You cannot go directly from scarcity to abundance - you need to go to sufficiency first
- Scarcity is nothing to be ashamed of - it is part of our human condition
- You just need to be vigilant
- Health is like wealth
- You need to put one foot in front of the other
- Train yourself to be mindful of what meaning you give to areas of life
- Find your Achilles heel, allow yourself to be more mindful about it, and allow yourself to feel emotions as they come
- We may never know what our true purpose is but if you commit yourself to the highest purpose of the Great Spirit - you will be guided
- Accept your humanness this year - work on it and focus on love
- Who is your teacher of unconditional love?

Chat Notes

00:44:02 Lanai Cecile: Happy, HAPPY GLORIOUS ~~2021~~ TO ALL OF YOU 🥳

00:44:33 Joan Michelson: Here's the biggest economic trend of 2021 - values!
<https://www.forbes.com/sites/joanmichelson2/2021/12/27/the-biggest-economic-trend-of-2021-is-esg--people-planet-purpose/>

00:45:01 Yuji Shimada JPN:Happy prosperous new year! from JPN Yuji Shimada Nice to meet you again!!

00:46:55 Paul Schumann debt specialist: What I do is debt settlements contract negotiation for businesses and individuals
I settle debts at a big discount. No upfront fees and free consultation
I help save businesses from drowning in debt.
my best sources of clients would be divorce attorneys CPA's, estate attorneys, real estate agents doing business sales, any individuals in California that wants to get rid of their debt. they need some cash to settle it. we do not do payments. no up front fees. i pay referral fees!
www.calendly.com/justcallpaul for appointments
<https://tribeup.com/profile/paulschumann/>
www.linkedin.com/in/paulschumann
paul@wisewealthchoices.com

00:47:39 Barbie Layton: www.youareamazingtv.com and www.theinfinity.life and check out my amazing interview with the Ignite Your Essence show with the divine Michele Wilson! 💕💕💕 @ignite.ye.tv

00:48:37 Tom Chesser: Tom Chesser

00:48:45 Tom Chesser:
<https://smallbusinesstrendsetters.com/fridays-with-doria-friends-ignite-your-2022-essence-and-keep-it-lit-jan-14th-5pm-pst/>

00:48:50 Iveliz Colon: Join us for the launch of LIT Magazine
<https://www.litmagazineworldwide.com/>

00:48:53 Barbie Layton: Shmiko, you are a ROCKSTAR!! 🙌🙌🙌🙌🙌🙌🙌🙌🚀🚀🚀

00:48:59 Connie Benjamin: Join LiT Magazine today
<https://bit.ly/lit-magazine>

00:49:04 Tammy Cole: Tammy Cole

00:49:43 Maria Simone- ZenMoose Capital: All rockstars!!! 🙌🙌🙌

00:49:43 Lanai Cecile: ❤️🙌🙌🙌❤️🙌🙌🙌❤️

00:50:07 Iveliz Colon: Building and elevating with heart!

00:50:20 Baylan Megino: So happy to see everyone today! Where can we order that awesome Menopause Millionaire book?

00:50:58 Carole Hodges: You can order at www.TheMenopauseMillionaireBook.com

00:51:06 Connie Benjamin: Join LiT Magazine today
<https://bit.ly/lit-magazine>

00:51:49 Dr. Serge Gravelle (GlobalSparks): Congrats on your book, Carole!

00:52:38 Baylan Megino: Thank you,, Carole!

00:52:40 Barbie Layton: The two amazing Michelles , one with one L and one with TWO! 🍷🍷🍷🍷

00:53:04 Carol Dysart: CONGRATULATIONS! All the LIT and IGNITE TEAM! How great to see this all come together!

00:53:19 Joan Michelson: Hi all, I have a podcast of interviews with women leaders and innovators in growing a clean energy, sustainable economy , called Electric Ladies podcast - have a listen!:
<https://electricladiespodcast.com/podcast/>

00:55:18 Tom Chesser: Tom Chesser, here is my digital business card so we can stay in touch. <https://riseupmedia-marketing.vcardinfo.com/>

00:55:37 Barbie Layton: Dame Doria's interview on Ignite Your Essence TV from December is SOOO powerful!

00:55:53 Tammy Cole: Tammy Cole-LDI Logistic Broker-Agent-tcole@shipldi.com 661-941-7747

00:56:11 Cristian C.: Best wife ever!!❤️

00:57:46 Francois Hewing: Hello all, I am a financier. I help entrepreneurs start, maintain and expand their business through funding. We have a simple 30-45 sec application process where there is NO Hard credit check, quick pre-approval takes minutes and I assign a member of my team to walk you through the entire process. You get a direct phone number and email to your funding advisor. We do all the heavy lifting and get you funded quickly. This is the application https://www.7figurescredit.com/?a_aid=GETMONEY You may also check out website here www.7figuresfunding.com check out our reviews. You must have U.S. based business or personal credit to qualify. We help thousands of entrepreneurs quarterly and have funded officially over 1Billion dollars. Available to answer any questions francois@megnivicentmoney.com also have a company that funds exclusively ecomm Amazon FBA businesses.

00:58:08 Francois Hewing: All you ladies are AMAZING!!!

00:58:09 Connie Benjamin: YouTube - IGNITE Your Essence <https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

00:58:22 Barbie Layton: Love your light, Laura! 🍷🍷🍷🍷

00:58:56 Maria Simone- ZenMoose Capital: Maria Simone ❤️
Impact Investor/ Executive Producer/ Visionary Strategist
FB/ MariaSimone
Maria@zmcmedia.com
Investing in Transformation www.ZenmooseCapital.com
Creating affordable housing solutions
www.UnitedTinyHomes.com

Love to all..

00:59:11 Connie Benjamin: Connect with the Ignite team

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<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

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01:02:20 Michele Wilson: Teen Suicide Prevention Movie Project:

<https://dmftribe.com/an-hero-2/>

01:02:48 Lanai Cecile: WOWSERS 🎆 What a PHENOMENAL group of women !!!

01:02:55 Iveliz Colon: Vision is the catalyst and M&Y Principles are the fuel that make things happen!

01:03:13 Laura Ibarra: Aww thanks Barbie!

01:04:04 Laura Ibarra: I love your Cris ❤️

01:07:27 Barbie Layton: That is so phenomenal! Heart-centered business ladies!

01:11:15 Lanai)'(: 🎆🔥❤️🔥🎆

01:11:49 Dr. Letitia Wright : Pay attention to the simplicity involved

01:12:07 Dr. Letitia Wright : Collaboration will save us, nothing us will

01:12:43 Joan Michelson: Bucky: 1+1 = 11

01:12:56 Dr. Letitia Wright : You must understand that each person is so important because the little piece moves the bigger one and the bigger one moves the ship

01:13:22 Dr. Letitia Wright : More than ever, your dream, what you really want to be doing is to create some big things

01:13:34 Dr. Letitia Wright : everything starts small and simple

01:13:39 Barbie Layton: They are all EPIC and LIT!!! 🎁🎁🎁🎁

01:13:58 Dr. Letitia Wright : She knew the difference between Doria's people and who was not

01:14:11 Dr. Letitia Wright : She could tell by the environment that was created

01:14:18 Dr. Letitia Wright : People know your energy

01:14:45 Dr. Letitia Wright : You want people to know your vision , spirit and purpose and love

01:14:52 Dr. Letitia Wright : They know if they vibe with you or not

01:15:04 Iveliz Colon: WWDD – What Would Doria Do
01:15:18 Zeke Rabkin: It's all about LOVE !!!!
01:15:25 Connie Benjamin: <https://theloveevent.com/>
01:15:38 Dr. Letitia Wright : all we can do is collab not compete
01:15:53 Dr. Letitia Wright : Who can we collaborate with with?
01:15:53 Joan Michelson: Co-opetition
01:16:04 Dr. Letitia Wright : The conversation today is simple and profound
01:16:43 Dr. Letitia Wright : She committed to moderate for 100 days in Clubhouse and she let Doria know she was studying her
01:16:57 Dr. Letitia Wright : it's a lot of mastery when something looks simple
01:17:48 Dr. Letitia Wright : She wanted to work with Shmeko, she wanted it to mean something bigger
01:18:35 Dr. Letitia Wright : Having a systems person creates a great partnership, they did not talk a lot about structure
01:18:43 Dr. Letitia Wright : it's key in building the team
01:19:04 Dr. Letitia Wright : She had the trust her- When she went to money and you , it really bloomed
01:20:51 Joan Michelson: Here's a tribute to Bill -
<https://electricladiespodcast.com/2018/08/26/a-tribute-bill-galt-pioneer-of-the-health-food-industry-and-a-close-friend-mentor-and-colleague-dies-at-89/>
01:20:57 Francois Hewing: Show Description:
Why does Ignite exist? IGNITE wants to Inspire viewers into action by seeing that life is magical and full of wonder and still find solutions in life and business by helping people, the planet, and all sentient beings.

What will you get from IGNITE? Content with a touch of Experiential, Inspirational, and Educational. Meaningful success stories, extraordinary places, incredible food, and innovative products & services.

Show Host:

Michelle is Co-Founder of LIT (Leaders In Transformation) Magazine Worldwide, Co-Founder and Host of IGNITE Your Essence TV Talk Show, and CEO of Inner World INC.

To connect with Ignite Your Essence:

ignite.your.essence.tv@gmail.com

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Twitter: <https://twitter.com/EssenceIgnite>

Subscribe To YouTube Channel:

YouTube: <https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

01:21:18 Joan Michelson: Here's a tribute to Bill -

<https://electricladiespodcast.com/2018/08/26/a-tribute-bill-galt-pioneer-of-the-health-food-industry-and-a-close-friend-mentor-and-colleague-dies-at-89/>

01:21:19 Lanai)'(: That is so BEAUTIFUL 🥰

01:22:06 Barbie Layton: Their tea was the best on the planet! The carrot muffins as well... So beautiful that you created that!

01:22:32 Allan's iPhone: ❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️

01:22:53 Tuula Shivalingam: Beautiful energy all around, thank you for the healthy food!

01:22:58 Lanai)'(: Brilliant 🌟

01:24:03 lisa Galt jones: Please forgive me, I just came back...had to step away (in the middle of helping a maintenance man...so sorry)

01:24:24 Dr. Letitia Wright : Dr. Letitia Wright, - Digital TV Producer- Wright Place TV Channel on Roku, Apple TV and Amazon Fire tv - you can get your own channel - www.wrightplacestudios.com I also work not the adopt a homeless (without taking them home) program at www.adopt-a-homeless-person.org any gift is good

01:24:37 lisa Galt jones: Yes, yes, yes...I really want to do a recipe book !!

01:24:55 Barbie Layton: They're amaaazing!

01:25:38 Dr. Letitia Wright : Secret sauce for graphics- Laura

01:25:51 lisa Galt jones: I will have to watch the recording to see what I missed.... Thank you so much for acknowledging my Dad 🥰

01:25:59 Francois Hewing: Bill started the Good Earth out of a kiosk in Reno. He changed the eating habits of the world to be more healthy. Go after your dreams and make them happen think BIG!!!

01:25:59 Paul Schumann debt specialist: if anyone has a great story about how you got out of a tough debt problem please let me know and maybe i can add it to my book. www.linkedin.com/in/paulschumann
paul@wisewealthchoices.com

01:26:11 Connie Benjamin: Connect with Doria

Clubhouse @DoriaCordova

Also, Follow in Clubhouse the Money & You Club - and get an invitation into Clubhouse's Fridays With Doria event!

<https://www.facebook.com/DCCordova>

<https://www.linkedin.com/in/dccordova/>

<https://www.instagram.com/damedccordova/>

<https://twitter.com/dccordova>

<https://www.facebook.com/moneyandyou>

<https://www.youtube.com/user/MoneyAndYouEducation>

01:26:57 Joan Michelson: Here's the tribute to Bill Galt -

<https://electricladiespodcast.com/2018/08/26/a-tribute-bill-galt-pioneer-of-the-health-food-industry-and-a-close-friend-mentor-and-colleague-dies-at-89/>

01:27:11 Dr. Letitia Wright : She asks what the intentions are

01:27:20 Paul Schumann debt specialist: Anyone have a tough debt issue please let me know and i will give you ideas to help solve it.

www.linkedin.com/in/paulschumann

paul@wisewealthchoices.com

01:27:51 Connie Benjamin: Join LiT Magazine today

<https://bit.ly/lit-magazine>

01:28:17 Dr. Letitia Wright : One of the secrets of LIT logo, includes the idea of processing and leverage

01:28:21 Dr. Letitia Wright : procession

01:28:59 Dr. Letitia Wright : think about how people will receive your message

01:29:04 Iveliz Colon: Laura communicates and expresses Heart to Heart

01:29:10 Dr. Letitia Wright : think about message before color

01:29:59 Barbie Layton: Ava...  you're amazing!

01:30:00 Connie Benjamin: FB

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LinkedIn

<https://www.linkedin.com/company/lit-magazine-worldwide>

YouTube - IGNITE Your Essence

<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmBlmkw>

01:31:12 Connie Benjamin: Website:

<https://www.litmagazineworldwide.com/>

01:32:42 Baylan Megino: Congratulations, Everyone! I have to leave for tonight. Blessings for a wonderful week!

01:33:24 Connie Benjamin: I agree it is so important to build a team - I am so grateful to have partnered with Dame Marcia Martin, who is Doria's mentor. Her work has changed my life <https://www.marciamartinclub.com/>

01:33:49 Tom Chesser: I have to leave you for now to go to another event for one of my clients Landed For Success , enjoyed connecting with you

01:34:33 Francois Hewing: I would like to give completely free to anyone who wants to learn to build personal credit and business credit. Completely free to help you restore your credit
www.7figures.app/freecredit

01:34:55 Barbie Layton: Speed of grace...yyyyyyyyeeesss!

01:35:06 Francois Hewing: Live at the speed of grace and the right people appear.

01:35:09 Iveliz Colon: At the Speed of Grace

01:37:05 Barbie Layton: So glad you didn't give up before the miracle! Love you, Ava! 🍷🍷🍷

01:37:22 lisa Galt jones: Thank you dear Doria!! for bringing together all of these amazing human beings... this is my first time coming here and hope to be here next Friday too. Love is the Answer. Thank you for your remi der 🥰 Thanks for

01:37:40 lisa Galt jones: Reminder!!

01:38:36 gaynorbranton: So many inspiring people; don't come together by chance, and there is no limit to what they can achieve. Thank you for letting me join.

01:39:10 Laura Ibarra: www.milanote.com

01:39:11 lisa Galt jones: Being a Great Listener and Always lead with your Heart.

01:39:14 Barbie Layton: follow your intuition and say yes to the universe! 💎💎💎

01:39:39 Dan Monahan: What did you want us to post Doria?

01:39:47 Barbie Layton: Congrats Dr. Letitia! 🙌🙌🙌

01:39:56 Iveliz Colon: The Distinction between Perfection and Excellence! It has been transformational for me, Thank You Dame Doria.

01:40:01 Connie Benjamin: Support this beautiful project to empower the Homeless that is being led by Dr. Letitia Wright (Crowdfunding expert)
<http://www.adoptahomeless.org> - please connect with her for this loving project - <http://www.wrightplacetv.com> 909 235 9744
drletitia@wrightplacetv.com

01:40:02 Joan Michelson: Congrats @Letitia!

01:40:40 Joan Michelson: @Letitia - How do you make income from TikTok?

01:41:37 Connie Benjamin: Support this beautiful project to empower the Homeless that is being led by Dr. Letitia Wright (Crowdfunding expert)
<http://www.adoptahomeless.org> - please connect with her for this loving project - <http://www.wrightplacetv.com> 909 235 9744
drletitia@wrightplacetv.com

01:41:51 Francois Hewing: Being organized has helped me tremendously and my tool to keep me organized beyond technology has been my covey. I am tech savvy but love to be able to flip through pages and see what I have planned and writing down my goals and schedule helps hit it home in my mind and it's at my finger tips.

01:42:06 Jasmine Carey: 40% of the homeless population is under 18 :(

01:42:47 Joan Michelson: I did news stories on rescuing kids from the gangs who joined the gangs to have a "family" when their family was so awful

01:44:25 Barbie Layton: That's so powerful... 🙏❤️

01:45:29 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Awesome inspiration dear ones.. Congratulations!

01:48:54 Connie Benjamin: Support this beautiful project to empower the Homeless that is being led by Dr. Letitia Wright (Crowdfunding expert) <http://www.adoptahomeless.org> - please connect with her for this loving project - <http://www.wrightplacetv.com> 909 235 9744 drletitia@wrightplacetv.com

01:48:56 Lanai)'(: I Love You, Dr. Letitia❤️ That is such a compassionate and inspiring story👏

01:51:06 Joan Michelson: @Letitia - Are you working with Skid Row Development Corp and Transition House (T-House)? I was on their board for about 7 years many years ago. It's a vertically integrated business for those without homes. A place to live, maintaining the grounds and facility, and a business that they work in and SRO housing we bought for those who can move to independent housing

01:51:09 Lanai)'(: Truth. Speak. It. 😊

01:51:39 Connie Benjamin: Christ is amazing!

01:51:58 Maria Simone- ZenMoose Capital: Christ is amazing ...and so is Chris! :)

01:51:58 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Connie is amazing, she is so effective in everything she does.. 💜

01:52:07 Maria Simone- ZenMoose Capital: And Connie too!! xo

01:52:39 Connie Benjamin: Next Fridays With Doria: HO'OPONOPONO PRAYER BY ZOOM & CLUBHOUSE get link at: <https://FridaysWithDoria.com> - 9 am California next Friday to include our East Coast - European / African friends / network!

01:53:06 Ashton Laurent: BTW, when my father was alive, I used to keep an eye on him from NY to FL with a camera from ADP. It was a bit relief to be able to know he was o.k.

01:53:52 lisa Galt jones: God bless your sweet Mother! Wow. 96. so amazing. May she Live Long and Strong!!

01:54:01 Connie Benjamin: Next Fridays With Doria: HO'OPONOPONO PRAYER BY ZOOM & CLUBHOUSE get link at: <https://FridaysWithDoria.com> - 9 am California next Friday to include our East Coast - European / African friends / network!

01:54:29 Connie Benjamin: <https://adammarkel.com/>

01:54:31 Paul Schumann debt specialist: adam is a great person

01:55:02 Maria Simone- ZenMoose Capital: We just finished the pilot for our new charity makeover TV show Operation: Impact. I'm looking forward to spotlighting more charities in upcoming episodes!!

01:56:47 Connie Benjamin: Access To Cash: The New Definition of Wealth... And It's Not What You Think It Is - is now available for only \$1.97 USD for a limited time!

Go to www.AccessToCashBook.com for the Amazon link and to read about the Bonus Gift:

Chapter 2 of the Money-Making Systems Manual -
20-Page Personal Productivity System

01:56:53 Wong Liang Fong: Thank you Doria From Singapore 🌸💜🙏

01:57:02 Connie Benjamin: A gift to support you in building your Economic Engine at <https://moneyandyou.com> - Excellerated Business Success Model - how to create, build and grow a socially-responsible organization.

Experiential Exercise -

<https://fridayswithdoria.com/recovery-magical-exercises/>

Do the Recovery Magical Exercises to support you in clearing multi-generational financial decisions that have been activated during the pandemic or in life... These exercises have been done by some of the financial masters / experts / best selling authors that you see everywhere...

01:57:12 Connie Benjamin: <https://www.leverageto.cash> - only \$67.

In this easy-to-follow Online Course, you will learn distinctions for leveraging your time, money, resources, networks... your energy!

Doria shares distinctions to be more productive which will support you in staying focused on more income-generating activities. You will learn how to separate out the activities you are doing that generate CASH and focus on them. Finally, you will learn the ultimate lesson in LEVERAGE which is to move your business past yourself.

01:57:13 Paul Valach - pmvproductions.com: Safe weekend to all and remember Dr. Martin Luther King on Monday.. peace out

01:57:23 Laura Ibarra:

<https://www.youtube.com/watch?v=0yBxlLrnKMo&t=699s>

01:57:25 Connie Benjamin: <https://MoneyandYou.com> will be back live in San Diego again: April 6 - 9

Doria has an awesome Affiliate program - another Income Generating Activity or to create being in the event, please contact her: info@moneyandyou.com or text her office: 1 619 224 8880 - thank YOU. Would love you there!

Always looking for JV partners to collaborate -- to support us all in expanding our global markets.

01:57:42 Laura Ibarra: Here is IGNITE YOUR ESSENCE with Dame Doria

<https://www.youtube.com/watch?v=0yBxlLrnKMo&t=699s>

01:58:07 Connie Benjamin: Do you love LIGHT HEALING? Do you love HEALTH?

<https://LifeWave.com/ChrisMentzel>

Doria highly recommends the Nanotechnology - Stem Cells - Light-based Patches for Health, Vitality and Youthfulness - she has been using since the beginning of the Covid Pandemic to keep her immune system strong

Do you love PROSPERITY? Business Opportunity for powerful, influential networkers who are looking for ULTIMATE LEVERAGE while bringing Light Wealth Health to the world... If you are not interested, who do you know? You can benefit tremendously from the introduction..

This 4-minute video shows the success of relieving pain on horses and animals <https://www.youtube.com/watch?v=BJ8EA0fANl0> If you know horse owners, pass the word!

01:58:20 Connie Benjamin: DISC Profile system. Our Business School Instructor, Carol Dysart, has this wonderful gift for you:
<https://globalsparks.com/moneyandyou/freedisc>


Legal Shield is a great service to have to ask for quick legal support and forms as part of the low price membership fee:
global888enterprises.wearelegalshield.com - this doesn't replace the need for great legal support.

<https://TopTalentJV.com/> Three 1/2 days of Masterminding with experts / masters / professionals / entrepreneurs -- YOU! Awesome environment to create business relationships - Joint Ventures - March 7 - 9 (8 am - 2 pm PST).

01:58:45 Connie Benjamin: Access To Cash: The New Definition of Wealth... And It's Not What You Think It Is - is now available for only \$1.97 USD for a limited time!

Go to www.AccessToCashBook.com for the Amazon link and to read about the Bonus Gift:

Chapter 2 of the Money-Making Systems Manual -
20-Page Personal Productivity System

02:02:21 Barbie Layton: Shmiko you are a powerful beacon of light!!!


02:02:28 Joan Michelson: Here's a process for finding new goals for 2022 that serves you in this moment - and includes one of Doria's favorite tools of "leverage":

<https://www.forbes.com/sites/joanmichelson2/2022/01/14/setting-goals-that-celebrate-leverage-and-stretch/?sh=3d1f358bae22>

02:02:52 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Saw you all come together! So wonderful to see this inspired teamwork.. love it! Love you all..💜💛💛💛💛🌸

02:03:21 Dan Monahan: <https://thinkandgrowrichmastermind.club>

Here is another resource that most of you probably don't have

02:03:37 Dan Monahan: I appreciate all you amazing human beings that are here tonight

02:03:53 Connie Benjamin: Connect with the Ignite team

Website: <https://www.litmagazineworldwide.com/>

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<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

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02:04:21 Barbie Layton: That's amazing how you followed your guidance, Laura... 🙏🙏🙏💖💖💖

02:04:32 Tuula Shivalingam: Shmiko you are amazing 😊

02:05:17 Iveliz Colon: The Prayer of St Francis. Make me a channel of your peace!

02:05:21 Barbie Layton: Heart centered service is the new paradigm shift! 💖💖💖🙏🙏🙏💖💖

02:05:54 Barbie Layton: 😊😊😊💖💖💖

02:06:19 Tanique: love the Ignite Team. they are so heart centred 💖💖💖

02:06:24 Iveliz Colon: That's your heart Laura, and it is a beautiful one. Thank you for gracing our team and the world.

02:06:24 Lanai)'(: So lovely and heartfelt, Laura 😊

02:06:35 Shmiko Cole: We encourage you to subscribe as we are supporting our communities that need it most.

02:06:38 Jasmine Carey: May I find the helpers and may I be a helper
02:06:47 Shmiko Cole: Join LiT Magazine today
<https://bit.ly/lit-magazine>
02:07:06 trinanewby: Laura, you have such a beautiful spirit and your design of Lit Magazine is absolutely incredible!
02:07:58 Carole Hodges: Beautiful Heart Centered tears.... Powerful! Sending love - I have to leave for another event. ❤️❤️
02:08:08 Yuji Shimada JPN: Thank you very much today. I have to leave now. See you in two weeks!
02:09:16 Joan Michelson: One of the guests on my podcast said to consider if you have outgrown your dream and can do more now than that dream - or in a different direction. And I wrote about when you do that, to also consider how the world (and maybe your industry) has changed, opening opportunities for you:
<https://www.forbes.com/sites/joanmichelson2/2022/01/14/setting-goals-that-celebrate-leverage-and-stretch/?sh=3d1f358bae22>
02:09:28 Adriana S.: I also promote Lifewave. It's awesome! My website is www.Lifewave.com/LetTheLightIn Check it out.
02:09:43 Jasmine Carey: Stone Soup!
02:10:21 Dr. Letitia Wright : Stone soup is one of my favorite stories
02:10:26 Lynnea Hagen, MS. CDC., coach for female dreamers: So happy to be here! I help create powerful, purpose-fueled business plans, and help grow leaders who inspire teams, communities and the world.
02:10:29 Laura Ibarra: Thank you all -- and yes! you are right Iveliz the Prayer of St Francis. Make me a channel of your peace ❤️
02:10:56 Lanai)'(: I remember the Stone Soup story 😊 Brilliant message, energy and vibe, Michelle... THANK YOU 🌀
02:11:08 Barbie Layton: I just signed up for Lit magazine, Shmiko... 🙏❤️ Can't wait for the debut!
02:11:21 Shmiko Cole: We appreciate you Jasmine Carey our newest team member so powerful
02:13:13 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: All our Trainers/coaches/consultants here, to connect and serve globally with a clear structure and plan, with our online and offline platform from Singapore. Welcome to apply GoGLOBAL Conscious Leaders Community at www.globalsparks.com/consciousleaders - A project of GoGLOBAL Business School and Global Sparks.
02:13:46 Laura Ibarra: thank you Barbie!!! yay! our first one subscriber -what a treat!! ❤️
02:13:58 Dr.h.c. Azeeza Jalaludeen GoGLOBAL:
<http://www.globalsparks.com/consciousleaders>
02:14:08 Connie Benjamin: <https://MoneyandYou.com> will be back live in San Diego again: April 6 - 9

Doria has an awesome Affiliate program - another Income Generating Activity or to create being in the event, please contact her:

info@moneyandyou.com or text her office: 1 619 224 8880 - thank YOU. Would love you there!

Always looking for JV partners to collaborate -- to support us all in expanding our global markets.

02:14:44 Dame Doria (DC) Cordova: GRADS, COME ASSIST AT MONEY & YOU!
Connect with us :-)

02:15:22 trinanewby: Really great business tools: Email Marketing Platform: <https://Mailerlite.com> - CRM/Automation Platform: <https://app.PipelinePro.com> - Sales CRM <https://CapsuleCRM.com>

02:15:37 Carol Dysart: As the DISC Master for Money & You I have a huge network and love helping people get their gifts out into the world to make a big difference in the world, I have opportunities for three types of people with more to come next month... So please email me your contact information to Carol@CarolDysart.com if you are 1) a parent of a child 8 to 18 years old OR 2) Are an expert in an area you would like to teach to others and earn money from sharing your expertise! OR 3) if you want to learn more about yourself and want a complimentary DISC profile to help you understand yourself better! Can't wait to meet and see how I can help you!

02:15:42 Connie Benjamin: <https://MoneyandYou.com> will be back live in San Diego again: April 6 - 9

Doria has an awesome Affiliate program - another Income Generating Activity or to create being in the event, please contact her: info@moneyandyou.com or text her office: 1 619 224 8880 - thank YOU. Would love you there!

Always looking for JV partners to collaborate -- to support us all in expanding our global markets.

02:15:56 Dr. Letitia Wright : Anyone Donating for the Homeless oin LiT Magazine today
<https://paypal.me/drwright1>

02:17:58 Jasmine Carey: Michelle Quevedo reminded us not to spend our good health flagrantly like some inherited wealth!


02:18:46 Paul Schumann debt specialist: sorry got to leave love to hear about your stories. maybe it will bein my book.

02:18:55 lisa Galt jones: Even grads from the 70s?? Think I would need to review Money and You... its been a long time!! ;))

02:20:23 Joan Michelson: We also have more time if we focus on what's important to us :)

02:21:09 Jasmine Carey: "When you entertain any scarcity issues, they bring their playmates." ~ Ava

02:21:11 Tanique: yes saw it....such a great post Dame Doria

02:21:38 Tanique: love  all the shares from the Lit Mag team.

02:22:03 Tanique: so happy and proud of the work that you are all doing

02:22:19 Francois Hewing: I enjoyed the zoom!!! This is an amazing group of pronoiia people. Let go of scarcity THERE IS MORE THAN ENOUGH. Much Love

02:22:46 Joan Michelson: And Doria's point about LEVERAGE! Your assets are not just your bank account - but it's in your network etc. too

02:24:32 Joan Michelson: Like, I'm not supposed to have scarcity of

02:25:05 lisa Galt jones: scarcity of romantic love... oh boy that hits close to home!!

02:25:11 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: YES 🥰

02:25:21 Michele Wilson: LiT Magazine -Leaders in Transformation.
<https://bit.ly/lit-magazine>

02:25:34 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Yes, Meaning making machines..

02:25:56 Connie Benjamin: Marcia Martin was there at the beginning of Landmark Forum and she took it from inception to millions. She is Doria's mentor and she is incredible! She has an incredible Marcia Martin Club where she shares her seminars for \$10 a month
<https://www.marciamartinclub.com/>

02:26:40 lisa Galt jones: " I'm gonna repeat it until I turn into light" love that!!

02:27:04 Lanai)'(: You are truly, Truly, TRULY AMAZING DORIA 🌟

02:27:24 Connie Benjamin: Connect with Doria

Clubhouse @DoriaCordova

Also, Follow in Clubhouse the Money & You Club - and get an invitation into Clubhouse's Fridays With Doria event!

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<https://www.linkedin.com/in/dccordova/>

<https://www.instagram.com/damedccordova/>

<https://twitter.com/dccordova>

<https://www.facebook.com/moneyandyou>

<https://www.youtube.com/user/MoneyAndYouEducation>

02:27:28 Barbie Layton: That's where the trust comes in... 💖💖💖💖

02:27:34 Iveliz Colon: Dame Doria your ability to remember dates is amazing.

02:27:37 Barbie Layton: Thank you for being vulnerable

02:28:13 Tanique: scarcity to sufficiency to abundance

02:28:28 Jasmine Carey: Dame Doria... the money version of Abraham Hicks!

02:28:58 lisa Galt jones: Take a stand for LOVE and staying connected no matter WHAT !!!

02:29:32 Jasmine Carey: Mastering Peace leads to being a masterpiece

02:29:34 Connie Benjamin: Dame Marcia Martin is incredible! I am so grateful to have partnered with her. She shares her seminars for only \$10 a month <https://www.marciamartinclub.com/>

02:30:13 lisa Galt jones: what is an OG?

02:30:24 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Loved Marcia's sharing.. met her through Connie, thank YOU, for being in our Conscious Leaders community.. Interview with her on Inspirethon was so phenomenal.. so insightful..

02:30:31 Connie Benjamin: OG is short for "Old Guy" - great mentors

02:31:04 lisa Galt jones: oh, like GOATS? greatest of all time!!

02:31:13 Connie Benjamin: @Azeeza I loved your interview with Marcia at Inspirthon! What a powerful conversation!

02:31:25 Jasmine Carey: It's a colloquialism for people who were at the beginning of movements of all kinds

02:31:27 Dr. Letitia Wright : Thank YOU FOR THE GIFT FROM PEOPLE SMART!!

02:31:27 Connie Benjamin: Yes Lisa! The GREATS!

02:32:13 lisa Galt jones: that's a new one for me... OG, also Old gals!! :))

02:32:23 Connie Benjamin: Love that Lisa!

02:32:53 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Wow, my dearest Dame, I am feeling a powerful shift listening to this.

02:33:01 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Thank you💜💜💜

02:33:12 Michele Wilson: I am committed to Sufficiency.

02:33:17 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: They still do

02:33:23 Allan's iPhone: ❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️

02:33:50 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Give good meaning.. 🙏

02:34:02 Shmiko Cole: ❤️

02:34:19 gaynorbranton: Thank you Doria, love the way you simplify difficult concepts. The power of the mind is boundless.

02:34:24 lisa Galt jones: the weirdest thing is being the same age as "Older people"😭

02:34:43 Allan's iPhone: The speed of grace.

02:35:14 Michele Wilson: Moving at the Speed of Grace.

02:35:22 Jasmine Carey: "There will come a time when we will naturally begin to move at the speed of grace.."

02:36:10 Joan Michelson: I had great healing with my mom before she left the planet too, and it was magical xxoo

02:36:41 Jasmine Carey: Recognize your Achilles heel

02:37:27 Pat Porter: Let us not forget our humanness!

02:37:30 Lanai)'(: Incredibly powerful words, wisdom and energy, Doria...the tears are flowing...such a lovely release..

02:37:34 lisa Galt jones: Don't worry, You will never be "without her"... my Dad is still here, as always.

02:37:45 Barbie Layton: Jealousy from others and fear of rejection...

02:37:55 Pat Porter: self doubt

02:37:59 Dr. Letitia Wright : Scarcity of TIME is hard for me

02:38:00 Lynnea Hagen, MS. CDC.,coach for female dreamers: scarcity of money

02:38:04 Tanique: my emotions about scarcity

02:38:05 Ashton Laurent: Love never dies. Your mother will always be with you.

02:38:08 Dr. Letitia Wright : I am feel like I always out of time

02:38:15 lisa Galt jones: Clean my room, make my bed.

02:38:20 Michele Wilson: Scarcity

02:38:22 Joan Michelson: With this movement, with a focus on success, I get that people are afraid to or ashamed to show what they really need. It's like seeing all the pretty successful people on social media. it makes us hide our vulnerabilities

02:38:25 Connie Benjamin: scarcity

02:38:30 Jasmine Carey: Worthiness

02:38:41 Adriana S.: scarcity

02:38:43 Iveliz Colon: To LET GO of the ENERGY OF PERFECTION

02:38:51 Sekke SESSE: scarcity

02:38:53 Melody Self: scarcity of money

02:39:03 Lanai)'(: Achieving what the mainstream world deems is success.

02:39:07 Lynnea Hagen, MS. CDC.,coach for female dreamers: and worthiness..."who do I think I am to...?"

02:39:11 Ava Manuel: not being enough

02:39:12 Allan's iPhone: Talk to your 6 year old inner self .

02:39:17 Zeke Rabkin: Letting go of my attachment to chaos


02:39:30 Joan Michelson: the universe decided each of us was a great idea to create at this moment, as Jennifer Hough says. It's magic!

02:39:30 Jasmine Carey: We're all human experiments!


02:40:12 lisa Galt jones: Ohh Be Happy.

02:40:20 Michele Wilson: I'm a human experiment.


02:40:36 Carol Dysart: We all have to bring our gifts and share it in as many different ways we can! Others need what you know! Please let me know what you want to share!

02:41:09 Rev Michael Long:me too! (a spiritual slap to the head with  :))

02:41:17 Ava Manuel: Big love to our team glue Shmiko Cole

02:41:47 Pat Porter: Lovely lovely folks here! 

02:41:57 Jasmine Carey: The sky is not falling, it only looks that way because we are ascending...

02:42:06 Lorna S: Rockstars @Team IGNITE 

02:42:16 lisa Galt jones: love that Jasmine

02:42:16 Allan's iPhone:



02:42:36 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Had connected with them individually and together.. they are surely a beautiful soul community.. much success to you @team IGNITE 🎉🎉🎉🎉

02:42:43 Michelle Quevedo -IGNITE Your Essence - TV Talk Show: My wife of 24 years is my teacher of unconditional love

02:42:46 Joan Michelson: I've saved some of Bill Galt's voicemails xxoo

02:42:58 lisa Galt jones: meee too!

02:43:13 Allan's iPhone:



02:43:26 trinanewby: Thank you so much for all of wisdom!

02:43:31 Connie Benjamin: That was beautiful Doria

02:43:55 Lorna S: Thank you @Dame Doria! Grateful for your wisdom and generosity 🥰

02:44:01 Connie Benjamin: YouTube - IGNITE Your Essence
<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

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02:44:03 Lynnea Hagen, MS. CDC.,coach for female dreamers: This is my first time, and I feel so fed and nourished.

02:44:16 Joan Michelson: When you come from scarcity, it blocks the solutions from showing up for you. It's hard to think clearly and creatively when you're stuck focused on scarcity

02:44:27 Connie Benjamin: Welcome @Lynnea - it's wonderful to have you with us!

02:44:36 Connie Benjamin: Who else is new to Fridays With Doria?

02:44:39 lisa Galt jones: Thank you all so much for Being here tonight !! Much Love

02:45:05 Adriana S.: Thank you Dame Doria. This is my first time attending and I am blown away with you and this community.

02:45:20 lisa Galt jones: me too!!

02:45:33 Tuula Shivalingam: Thank you for letting me join your awesome group, this was the most beautiful call ever!

02:45:39 lisa Galt jones: Buckyyyy!!!

02:45:58 Barbie Layton: Shmiko



02:46:15 Connie Benjamin: Welcome @Adriana! It's so great to have you with us!

02:46:29 Rev Michael Long: Thank you Doria and everyone this evening, from Nshala, & I

Cheers to this year being one of aligned success for us all! ❤️🙏

02:46:56 Connie Benjamin: What was your biggest lesson from this conversation?

02:46:56 Barbie Layton: Nosotros UNIDOS! Uno Mundo para todos!


02:47:30 lisa Galt jones: Connection and Heartfelt Energy!

02:48:08 Connie Benjamin: Join LiT Magazine today
<https://bit.ly/lit-magazine>

02:48:14 Barbie Layton: En espaNol tambien! Perfecto!

02:49:53 Laura Ibarra: Gracias Barbie! asi será 

02:50:03 Joan Michelson: Doria gave us permission to be vulnerable, to touch the raw part of us and embrace that part too, instead of hide it. Thank you, my brilliant, loving, generous friend xxoo

02:50:31 Dame Doria (DC) Cordova: Love you...

02:51:25 Barbie Layton: Estamos muy importante acceso para todos en el Mundo!  Tu trabajo esta una sorpresa para muchos personas!

02:51:25 Iveliz Colon: I had that very conversation with a group pf teachers about their students.

02:52:20 lisa Galt jones: wow, how cool is that?

02:53:07 Barbie Layton: synergy!

02:53:20 Barbie Layton: Co-creation of beautiful souls!

02:53:31 lisa Galt jones: feeding each other, helping each other... Its a Contagion!!

02:54:09 Joan Michelson: Jack was so supportive of me when Bill Galt passed too

02:54:14 Barbie Layton: Best smorgasbord ever! All you can handle buffet! Dig in, courtesy of the universe! 

02:54:22 Shmiko Cole: Vortex of Energy

02:55:15 Lanai)'(: beautiful, Beautiful, BEAUTIFUL


02:55:45 Lanai)'(: And it's a brilliant conversation!!!

02:55:51 Adriana S.: LOL!!

02:56:15 Connie Benjamin: YouTube - IGNITE Your Essence
<https://www.youtube.com/channel/UChwvDFH7IAdjai2iCmB1mkw>

02:56:27 lisa Galt jones: what Colorful Hearts you have, Lanai!! :))

02:56:57 Connie Benjamin: Join LiT Magazine today
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02:57:12 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Looove it! So look forward to see it!

02:57:14 Carol Dysart: SHE IS A COVER GIRL!!!

02:57:19 Lanai)'(: 

02:57:21 Lorna S: 

02:57:38 Rev Michael Long:re: talking to yourself...the first sutra of the Aquarian age is: recognize the other is you

02:59:03 lisa Galt jones: we are all one.

Michael@lightandlove.ca

...we're all spirits having a human experience, so all problems are spiritual problems - here if you or any of your loved ones can use a hand getting reconnected with your spirit



03:15:20 lisa Galt jones: what a Hilarious story!! :))

03:16:03 Lanai)'(: That's so fantastic, Doria 🌟

03:16:09 Barbie Layton: With your flyers and carts you still built an EMPIRE!!! 🙌🙌🙌🙌

03:16:55 lisa Galt jones: neon pink flyers...Doria was HERE!!

03:17:22 Barbie Layton: Heart centered conscious entrepreneurs are the new paradigm shift!

03:17:39 Barbie Layton: Yes, Shmiko! 🙌🙌🙌🙌💎💎💎💎💎💎💎💎

03:18:16 Dame Doria (DC) Cordova: @barbie great quote!!!! Make that into a meme! Love love

03:18:28 Barbie Layton: 💎💎💎💎💎💎💎💎

03:19:00 Connie Benjamin: Connect with the Ignite team

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03:19:13 lisa Galt jones: boots on the ground... hearts on the Ground... what can I Do?

03:19:52 Dr. Letitia Wright : Congrats ladies!!

03:20:10 Barbie Layton: Yes, Maria Simone!

03:20:30 James Railey: I have a vision to evangelize this message to Africa as well.

03:21:41 Connie Benjamin: <https://www.facebook.com/unitedtinyyhomes>

03:22:37 Lanai)'(: A W E S O M E 🌈!! 🌈

03:22:49 Lorna S: THat Is amazing!

03:22:51 lisa Galt jones: What an Awesome project, Maria!!!
03:22:58 Connie Benjamin: Marcia is incredible!
03:23:04 Melody Self: beautiful!
03:23:32 Barbie Layton: 🙌🙌🙌🙌
03:26:42 Shmiko Cole: info@litmagazineworldwide.com - Feel free to connect and join the show and/or contribute with an article to the magazine
03:27:13 Connie Benjamin: Got it in the notes
03:27:21 Connie Benjamin: lol!!
03:27:28 Lorna S: yes
03:27:39 lisa Galt jones: 1979
03:27:51 James Railey: yes
03:27:54 Shmiko Cole: Thank You Connie You're Amazing
03:28:08 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: Yes, it happened to me in Singapore
03:28:23 Dr.h.c. Azeeza Jalaludeen GoGLOBAL: For Landmark.
03:28:37 Connie Benjamin: Marcia Martin was at the very beginning of Landmark Forum and helped grow the organization from inception to millions worldwide. Marcia is Doria's mentor and she shares her skills in enrollment in the Marcia Martin Club <https://www.marciamartinclub.com/>
03:28:42 Jasmine Carey: I did Mastery in Transformational Training, an offshoot
03:29:02 Lanai)'(: That is HIGH-STERICAL!!!
03:29:24 lisa Galt jones: that's really funny
03:29:47 Connie Benjamin: Connect with the Ignite team

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03:30:10 Adriana S.: What is on Wed. and Thursday?

03:30:15 Barbie Layton: Thank you!  Let's make 2022 LIT!!!!!!!



03:30:45 Lanai)'(: Love, Light & Blessings to you, Doria & EVERYONE 

03:30:49 Lorna S: Congratulations IGNITE! Thank you Dame Doris!

Blessings for 2022!