

Fridays With Doria & Friends - Adam Markel Notes

Connect with Adam

<http://resiliencerank.com/>

Websites: www.adammarkel.com

<http://changeproof.com/>

Email: team@adammarkel.com

Social media links:

Instagram: @AdamDMarkel

Facebook: @AdamMarkelFanPage

Twitter: @AdamMarkel

LinkedIn: @AdamMarkel

Adam's Story

- He was beginning his day with a lot of pain because he felt dread about the day
- He was an attorney practicing law for 18 years
- He married his college sweetheart and they have been married for 34 years and have four children
- He was supposed to be at his son's game and he ended up in the hospital and thought he was having a heart attack and worried he would never see his family again
- He felt guilty and shame that he worried his wife and that he let it get that far
- It turned out that his heart was fine and that he wasn't having a heart attack but rather was having an anxiety attack
- He realized that he had been given a second chance
- We are living in a time of massive uncertainty and people are exhausted and are anxious
- He was in a place of uncertainty at the time because it didn't make sense that he wasn't happy because he had achieved all the goals that would appear like success
- He reinvented himself and his career and wrote a book called *Pivot* about his experience
- His new book *Change Proof* was just released

What does it mean to be change-proof?

- Not resisting change
- Being change proof is accepting change without judgment
- Change is something we have to love
- When we are able to see change as something that is net positive, we become more resilient
- The only constant in this universe is change
- Change is what creates manifestation
- Nothing that is stagnant is able to evolve
- Change is life itself and yet we push it away

Doria

- We can do physical things to deal with change - we can take deep breaths
- We are going through a huge global shift
- COVID has created a huge global shift

How do you create rituals for resilience?

- When we say resilience most people nod their heads like they know what it is
- Many people think of resilience as the ability to take the punches and get back up
- His research team shows that resilience is how we bounce forward - the capacity to leverage adversity for long term growth
- There is nothing to bounce back to - bouncing forward is what we are about
- The future always teaches us is that everything is net positive, net growth
- All of the things we are experiencing are going to produce an evolution over time
- The only thing we have a choice about is how we see it in the present
- We can take small moments of recovery - close your eyes and take a deep breath
- It's about self-care but really it's about productivity because it gives you more energy

How do you leverage uncertainty?

- When you are exhausted it's almost impossible
- When we are depleted we aren't as flexible
- *The honest truth about dishonesty* is a book that he recommends
 - We all lie a little bit
 - When we are depleted the amount of time we spend lying to ourselves and others expands
 - Depletion contributes to our sabotage and is difficult to think clearly
- We need to create resilience before we need it
- It's easier to create resiliency rather than deal with burnout

- Now we are experiencing many people leaving jobs because of burnout
- The answer to exhaustion is recovery
- You can reverse the burnout by putting more focus on how you restore
- We need to ritualize recovery
- A habit is something we do unconsciously
- A ritual is something we choose to do

Organizations and Resiliency

- There is a lag time between organizations listening to this advice but he is seeing many corporations looking at resiliency
- He read about Buckminster Fuller studying massive ships and the problem that they had was steering them but someone invented something called the Trim Tab which was a tiny rudder and made them be able to turn the big ship
- So often as employees in a company have difficulty seeing how a small change can make a big difference
- Small changes are the key

People worry a lot

- He used to say “you can’t win without worry” but doesn’t believe that now - worry is depleting
- What can be done now is to make a small change
- The only thing we have to fear is to become the status quo

00:40:10)'(Lanai)'(: 🙌❤️🙌😊🙌❤️🙌

00:40:31 Christopher J Power: Passion with an Australian accent. That's something.

00:40:44 Dr. Serge Gravelle (GlobalSparks): Some of our BSE grads created a brand new platform to support non-profit/NGO organizations in their fundraising efforts at no cost. If you know any non-profit entities, please ask them to go to <https://goglobalsparks.com/lplucky> for a 30-second survey.

00:41:17 Alice & Michael - Ig @samadhiseaofwisdom: Life Blessings Be-You-Til-Full Money & You Vibrillionaire TM Family & Aloha from Samadhi. Will Be listening. <3

00:41:19 Catherine Kavadas: Gracious kind sir Christopher , its a wonderful life 😊

00:42:19 Catherine Kavadas: 🙌🙌🙌🙌🙌🙌🙌🙌

00:42:22)'(Lanai)'(: A B S O L U T E L Y 🌟

00:42:41 Connie Benjamin: https://fridayswithdoria.com/#av_section_6

00:43:26 Alice & Michael - Ig @samadhiseaofwisdom: Love the Transformation Lifestyle 24/7 Love! Resiliency is Unconditional Love. <3

00:43:43 Connie Benjamin: Who is new to Fridays With Doria?

00:44:13 Dr. Letitia Wright : He felt a sense of dread when he got up, even though he was financially successful.

00:44:16 Pamela Stone: I am

00:44:29 Dr. Letitia Wright : HEY PAMELA STONE!!!!

00:44:35 Stephanie McAuliffe: 27 years on Wall Street. Yes, I feel you.

00:44:45 Ray Blanchard: Love love love, Everybody!!!!❤️

00:44:49 Pamela Stone: Hey Dr. Wright

00:44:55 Connie Benjamin: Welcome @Pamela! So great to see you here!

00:45:03 Chris Mentzel: I was at UMASS Amherst in 1981!

00:45:12 Pamela Stone: Thank you Connie

00:45:30 Maria: Greetings from UMass land!

00:45:32 Dr. Letitia Wright : He was hospitalized and he thought he was going to die of a heart attack

00:45:45 Dr. Letitia Wright : and somehow of being sick he felt shame and guilt

00:45:56 Dr. Letitia Wright : guilt that he has let it get so far

00:46:13 Dr. Letitia Wright : His heart was fine, but he realized he wasn't having a heart attack

00:46:26 Dr. Letitia Wright : The doctor told him he was having a panic attack.

00:46:39 Connie Benjamin: Welcome @Stephanie! Wonderful to have you with us!

00:47:03 Catherine Kavadas: I love my life, I love my life, I love my life , NO MATTER WHAT - Its a plentiful life - It is wonderful life - We LOVE you Adam and Rhandi - WoW THANK YOU GOD for EVERYTHING

00:47:07 Dr. Letitia Wright : He was so thankful for this, he was grateful and he knew he had a second chance, however he was not sure what to do with it.

00:47:25 Dr. Letitia Wright : Let's talk about living in a time of massive uncertainty and people are exhausted

00:47:56 Dr. Letitia Wright : There has been a lot of suffering and loss because of this uncertainty.

00:48:12 Joan Michelson: People today have also been re-evaluating like Adam was doing at that moment

00:48:18 Catherine Kavadas: What a word Reprieve

00:48:21 Dr. Letitia Wright : Adam felt he should be happy, not having anxiety.

00:48:43 Dr. Letitia Wright : HE was able to re-invent himself. The book PIVOT is how he did this

00:49:08 Dr. Letitia Wright : Financial literacy and re-invention and he also has a chapter about Resilience

00:49:12 Catherine Kavadas: What a beautiful word RE-INVENTION, Pivot, Resilience

00:49:19 Cindi Ruiz: Hello everyone Cindi from Fresno, Cal

00:49:30 Dr. Letitia Wright : HELLO CINDI in FRESNO!!

00:49:36 Connie Benjamin: Connect with Adam

Websites: www.adammarkel.com
<http://changeproof.com/>

Email: team@adammarkel.com

Social media links:

Instagram: @AdamDMarkel

Facebook: @AdamMarkelFanPage

Twitter: @AdamMarkel

LinkedIn: @AdamMarkel

00:49:39 Dr. Letitia Wright : the first book was PIVOT

00:49:45 Dr. Letitia Wright : the next book is CHANGE PROOF

00:50:30 Cindi Ruiz: hello Dr wright

00:51:06 Donn: So resiliency is useful for pivoting

00:51:16 Catherine Kavadas: YES YES YES Dame Doria DC Cordova ordinary to extraordinary 🙌

00:51:40 Cindi Ruiz: Great info

00:52:28 Joan Michelson: Interested in environment, energy, climate and sustainability? Supporting women's advancement? Listen to my Electric Ladies Podcast: <https://electricladiespodcast.com/podcast/>

00:52:44 Christopher J Power: Christopher Power
<https://globalsparks.com/ggbs/excalibur>

00:52:46 Michele Wilson: What does it mean to be change proof.? When we are change proof we are not resistant to change.

00:52:52 Catherine Kavadas: YES YES YES Lily Pad (a frog to now a KING) an empire with a Kingdom 🙌

00:52:53 Daniel: Good morning from Singapore 💜

00:53:04 Dr. Letitia Wright : Good morning Daniel!!

00:53:28 Shirini Miranda: Accept change without judgment.- Adam

00:53:41 Dr. Letitia Wright : Change proof means not resisting change, making friends with change, that it's net positive, its the cosmic lawn of manifestation

00:53:43 Michele Wilson: We need to make friends with change. It's the net positive of life.

00:53:53 Yuji Shimada JPN:Kaizen is change better! Exactly

00:54:02 Dr. Letitia Wright : Nothing stagnant can evolve, stagnation turns into toxicity

00:54:11 Samadhi Sea of Wisdom Meditation School: I Love to call it Maturization.

00:54:23 Michele Wilson: Accept change without judgement.

00:54:24 Pamela Stone: Hello Everyone, here is my link www.visionmadenetwork.com

00:54:31 Catherine Kavadas: NET POSITIVE - Only constant is CHANGE , change is life itself ACCEPT CHANGE WITHOUT UNHEALTHY JUDGEMENT / Stagnation Toxicity Death

00:54:36 Donn: Fireproof is protection against fire. Waterproof is protection against water. So when I first saw change proof I was confused and thought it was protection against change.

00:54:41 Ray Blanchard: If you are not changing you are not living; and if you're not living you are dying!

00:54:41 Diana Jaimes: So the world needed to change for the better.

00:54:45 susan@avestix.com: Susan Lindeque Avestix - www.avestix.com Finance company focus on New Technologies, Blockchain, AI, Multifamily Apartments and Public Markets

00:54:54 Rick Botelho: The law of impermanence.

00:55:26 Joan Michelson: Here's my article on the paradigm shift in Forbes, including quoting Doria:
<https://electricladiespodcast.com/podcast/>

00:55:55 Joan Michelson: Here's my article on the paradigm shift in Forbes, including quoting Doria:
<https://www.forbes.com/sites/joanmichelson2/2020/05/05/the-covid-19-paradigm-shift--from-values-to-careers-to-whole-economies/?sh=232a3cc038a2>

00:56:05 Samadhi Sea of Wisdom Meditation School: Like a flower doesn't grow only externally alone ...
It matures internally communicating with it's inner-net of Nature's Family aka eco-system.
Just the same we are maturing to take Inner and Global Response-Ability.

00:56:07 Catherine Kavadas: GREAT QUESTION DORIA WoW

00:56:15 Dr. R.Vijaya Saraswathy: Have you created Resilience for CHANGE?
DC Doria

00:56:24 Dame Doria (DC) Cordova: To be flexible
00:56:25 Samadhi Sea of Wisdom Meditation School: Inner elasticity.
00:56:27 Ray Blanchard: Resilience = Ability to shift from one state
to another
00:56:33 Diana Jaimes: Be resourceful
00:56:33 Annette Krastins: working with the adversity
00:56:34 Elias Aquique: Ability to bounce back...
00:56:41 Shirini Miranda: never give up
00:56:44)'(Lanai)'(: Going with the flow
00:56:47 Susan Meredith: Physics description: ability to bounce back
from high impact loads
00:56:47 Chris Mentzel: Handle bad situations.
00:56:48 Cherie Clark: Handle anything surprising
00:56:48 Joan Michelson: Go with the flow - turn crisis into
opportunity
00:56:48 Alana Lea: Bounce backability
00:56:49 Connie Benjamin: Being able to withstand challenges and change
00:56:50 Dr. R.Vijaya Saraswathy: To be there when every door seems
closed
00:56:52 Rita Massey: Be able to hold true to your truth no matter
what is going on
00:56:52 will wilkinson: Resiliency - ability to accommodate change
with grace
00:56:54 Carole Hodges: Resilience - ability to be in the present and
accept what is without resistance
00:56:56 laurien rowan (she/her, they/them): Resilience is being
anchored in your ethics and nonattached in methods.
00:57:06 James Railey: Ability to withstand chaos
00:57:07 Stephanie McAuliffe: Resilience is moving in the direction
with our higher self beyond ego
00:57:08 Daniel: tough👊👊👊
00:57:22 susan@avestix.com: Ability to change, push through
00:57:27 Christopher J Power: the capacity to recover quickly from
difficulties; toughness.
00:57:35 Dr. R.Vijaya Saraswathy: RESILIENCE is getting up every day
when u know the results are far far away
00:57:39 laurien rowan (she/her, they/them): 82?
00:57:41 Catherine Kavadas: GUESS 1977
00:57:42 susan@avestix.com: 1987
00:57:47 Elias Aquique: 1978 ?
00:57:49 Pamela Stone: 1975
00:57:50 Cherie Clark: 1980
00:57:51 Ray Blanchard: 1988
00:58:01 Yuji Shimada JPN:1978
00:58:24 Dr. R.Vijaya Saraswathy: I was born in 1977
00:58:40 Joan Michelson: resilience is turning crisis into oportuntuy

00:58:57 Catherine Kavadas: Me too born October 1977 here in Oz Spring
00:58:58 Michele Wilson: Resilience is taking the punch and getting back up.
00:59:07 Michele Wilson: The capacity to bounce back.
00:59:16 Samadhi Sea of Wisdom Meditation School: Will Be back and watch the replay..
Love this subject ...
So needed yet so neglected.
Inner Romance is Resilience from our experience that Gifts Wisdom.
00:59:26 Dr. R.Vijaya Saraswathy: Leverage Uncertainty
00:59:29 Ray Blanchard: Having resolve and thrive again
00:59:29 Dr. R.Vijaya Saraswathy: wow
00:59:38 Uday kumar - India: Good Morning All 🙏

Uday from India 🇮🇳

I work with tribals at hilly areas where man and animal wide spread.

Am Money & You 2015 graduate - India.

Always happy to be with M&U environment.

Interested to get connected with social sector entrepreneurs.

<https://www.linkedin.com/in/🔥uday-kumar-1336271b4>

thank you

+91-8904040295 (whatsapp)

00:59:48 Paul Schumann: first rocky movie was shown on nov 21 1976
in theaters on dec 3 1976

00:59:50 Rita Massey: Resilience is the capacity to bounce forward.

01:00:01 Joan Michelson: Being curious

01:00:07 Michele Wilson: Wow, resilience is about how we bounce forward. Catalyst for growth.

01:00:34 susan@avestix.com: So powerful!

01:00:36 Catherine Kavadas: FACT from researches: RESILIENCE
CATALYST FOR GROWTH - PRESENT NETT GROWTH EVOLUTION

01:01:00 Pamela Stone: Future net positive

01:01:31 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>

01:01:36 Susan Meredith: MentaMorph Money is a financial game on the phone about to be released. It provides experiential education, where you can practice financial decisions in rounds where it isn't costly .

www.MentaMorph.com Scroll down on the home page to see a short video on one of many scenarios.

01:01:38 Rick Botelho: There is more than one paradigm shift, and they are not all not harmonious.

01:01:43 Rita Massey: Rita Massey Higher Life Healing Thriving Stage 4 cancer survivor helping gifted and visionary women recovering from illness to heal and be able to actualize their vision and true soul expression with Soul Empowerment Healing energy work with coaching.

<http://www.higherlifehealing.com/soulempowerment>

760-815-8220

ahigherlife4u@gmail.com

01:02:07 Connie Benjamin: The honest truth about dishonesty

01:02:37 Joan Michelson: But...when we are depleted we are also more OPEN because we don't have the energy to resist and we have to be more vulnerable

01:02:44 Barbie Layton: Hi, my name is Barbie Layton and I am a TV host on "You Are Amazing" on The Best You TV

Www.youareamazingtv.com and www.thebestyou.tv

I'm also an Soulprint intuitive energy consultant for CEO's and individuals to fall in love with themselves, reanimate their dreams, and become the VIP of their own lives.

www.amethystchamber.com

I also co-founded an 8 week course to help clear your core wounds at www.theinfinity.life

I'm a published author and will be speaking at the Ignite Love Summit tomorrow from 11 - noon PST

Here is the link for a free ticket

<https://love.igniteyou.life/step-2-summit-ticket>

I am a heart-centered conscious entrepreneur and I love to be of service and being a super connector brings me so much joy! So happy and overjoyed to be here with all of you! 🙏❤️💎🦋🙏

01:03:00 Sharon R: I serve others in defining their Essence
<https://effortlessvitality.now.site/>

01:03:43 Joan Michelson: But we can be more emotionally open too

01:03:50 Ray Blanchard: Honest truth about dishonesty... Is similar to my take on Authenticity . Be authentic about your inauthenticity makes you authentic again. By the way, my contact is www.BookDrRay.com

01:05:31 Carole Hodges: Ritualize your recovery to increase resilience. Focus on how we restore.

01:05:52 Sharon R: Consciously recover

01:05:53 Dame Doria (DC) Cordova: right

01:05:55 Carole Hodges: right

01:05:56 Cherie Clark: right

01:05:57 Pat Porter: right

01:05:57)'(Lanai)'(: Right

01:05:57 Ray Blanchard: Left

01:05:58 Rita Massey: right

01:05:59 Elias Aquique: left

01:06:00 Dr. Letitia Wright : both - I am ambidextreous

01:06:00 Annette Krastins:right

01:06:01 Diana Jaimes: Right

01:06:03 Shirini Miranda: left

01:06:03 Dr. R.Vijaya Saraswathy: Right

01:06:03 laurien rowan (she/her, they/them): The answer to restoration is ritual - rightr hand

01:06:03 Yuji Shimada JPN:right

01:06:04 Al Chan Malaysia:left

01:06:05 Maria: Right.

01:06:08 Michael Toh Chin Boon: Right

01:06:09 Pamela Stone: Right

01:06:09 Catherine Kavadas: BOTH Im ambidextrous Ritualise your recovery - RESET RESTORE REJUvenate

01:06:11 Susan Meredith: left

01:06:33 Dr. R.Vijaya Saraswathy: Ritual is something we choose to DO

01:06:39 laurien rowan (she/her, they/them): Ambidextrous is awesomeness

01:06:45 Joan Michelson: Here's an article I wrote in Forbes about the convergence of these changes in the economy have given birth to the rise of the ESG economy - focused on environment, social and governance (transparency) values:

<https://www.forbes.com/sites/joanmichelson2/2021/12/27/the-biggest-economic-trend-of-2021-is-esg--people-planet-purpose/?sh=3f73b11f80f5>

01:06:57 Carole Hodges: Resilience is something we have to practice

01:06:57 Paul Schumann: Caroles new book menopause millionaire shares ideas that can help you in the second half of your life.
www.themenopausemillionairebook.com

01:07:12 Rick Botelho: The market will not lead the restoration. Wishful thinking. The people need to drive the change.

01:07:19 Ray Blanchard: I switched to left had consciously...to create a new practice (and to get off automatic)

01:07:22 Catherine Kavadas: Lauren hehehehehe I are awesome We are awesome Us are all AWESOME

01:07:39 Connie Benjamin: Get Adam's Free Gift to help you build resilience
Resiliencerank.com

01:07:48 Ray Blanchard: I switched to left hand consciously...to create a new practice (and to get off automatic)

01:07:55 Connie Benjamin: <http://resiliencerank.com/>

01:08:13 laurien rowan (she/her, they/them): That is so cool @Ray! What a great challenge.

01:12:00 Rita Massey: Ultimately the people drive the market. Especially as we become more aware.

01:13:38 Christopher J Power: Would like to connect. Email cp@christopherjpower.com WhatsApp +61413324380 Foreground <https://globalsparks.com/ggbs/excalibur/>

01:14:11 Ray Blanchard: Love that word and that concept: Trimtab. It gives you leverage

01:14:57 Shirini Miranda: Small changes are really the key. - Adam

01:15:12 Joan Michelson: I agree, the ESG economy

01:15:21 Pamela Stone: Small changes in the corporatwy

01:15:53 Catherine Kavadas: Titanic - Many governmental agencies

01:16:12 Ray Blanchard: Transformation is, in a way, trimtabbing. By making a difference in a few we effect the many. If we make a difference in the many, we may shift the world consciousness.

01:17:18 Rick Botelho: The same applies to ESG and green washing.

01:18:29 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

01:18:40 Joan Michelson: @Rick, I cover the ESG world as a reporter and work in it every day and the private sector is taking many more actions and investing much more in ESG issues

01:18:53 Rita Massey: Yes Rick. Lots of manipulation going on

01:18:59 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

01:19:30 Catherine Kavadas: YES YES YES - PASSION SISTER Dr Letitoa Wright 🙌

01:20:09 Ray Blanchard: Beautiful project, Dr. Wright!!!!

01:20:38 Joan Michelson: @Adam & all - Here's an article I wrote on the growth of the ESG economy causing companies to recruit a "different kind of CEO":

<https://www.forbes.com/sites/joanmichelson2/2021/12/13/need-for-different-kind-of-ceo-in-2021-led-to-twice-as-many-women-ceosnew-heidrick--struggles-report/?sh=d10c06b123e4>

01:20:46 Connie Benjamin: SUPPORT INDIA'S FAMILIES
[PayPal.Me/stmothertheresaunive](https://www.paypal.com/ptme/stmothertheresaunive)

01:20:57 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.

01:21:37 Laurien Rowan (she/her, they/them): Laurien Rowan, Synaesthetic consultant, Business, health and life psychic.
<https://visionquest.network/laurien>, my vlog Surfing Vuzuvaya is available to view at <https://www.facebook.com/IntuitiveInfo>

01:21:53 Connie Benjamin: <http://MoneyandYou.com/EvolveXP> event and meet our global social entrepreneurs. If you have wanted to expand your global markets with loving entrepreneurs, we are for you! It's not a Zoom training - there will be interactive / transformation exercises - as close as we can get to our 42-year old <https://MoneyandYou.com> program... The next event is being held March 3 & 4

01:22:01 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!

01:23:20 Catherine Kavadas: Beautiful Prayer - Thank you Doria - 🙏💙WoW 🙏💙 Encourage Encourage Encourage
Hoopononopono experience

01:24:46 Paul Schumann: a great and funny movie on climate change / comet disaster destroying earth. on Netflix.

01:24:50 Chris Mentzel: Women are taking over the world....!

01:24:54 Paul Schumann: Don't look up

01:25:19 Paul Schumann: a great and funny movie on climate change / comet disaster destroying earth. on Netflix.

Don't look up

01:25:40 Diana Jaimes: Yes Paul, love that movie

01:25:40 Susan Meredith: My mom was the best role model for being a CEO as she ran an organization of 9. Budgeting, delegating, logistics... Should be more women CEOs!

01:25:47 Rita Massey: chat can be saved by clicking the three dots on the lower right of the chat on your computer.

01:25:52 Chris Mentzel: The Science of Getting Rich is a classic book that first connected money with spirituality. We introduced it in the last Fridays with Doria and you can watch the replay on the website. You can download a free copy at <https://thescienceofgettingrich.info/>. Will Wilkinson and I are working to update the book to today's language and create a training where we dive deep into it's wisdom and find our paths to wealth.

01:26:09 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

01:26:11 Catherine Kavadas: Yes the wounded male divine, covert narcissism in the CEO, paradigm shift to heal those wounds they hurt

01:26:31 Paul Schumann: Carole hodes menopause millionaire

01:26:38 Paul Schumann: on amazon

01:27:03 Carole Hodges: ie - The Menopause Millionaire Carole Hodges - search on Amazon1

01:27:21 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.

01:27:30 Connie Benjamin: Gifts to keep YOU going through the Global Paradigm Shift!

A gift to support you in building your Economic Engine at <https://moneyandyou.com> - Excelerated 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...

01:27:59 Michele Wilson: Adopt someone you are going to get resources. We are resource rich.

01:28:50 Connie Benjamin: I just posted the link to the Recovery Magic Exercises

01:28:54 Paul Schumann: need to leave for next movie review that Carole and i are hosts. in 30 minutes

01:29:25 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!

01:29:41 laurien rowan (she/her, they/them): Enjoy @Paul and Carole

01:29:42 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.

01:29:53 Connie Benjamin: <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).

01:30:21 Susan Meredith: <http://mentamorph.com> Financial game to mentally morph millions of mindsets about money!

01:30:23 Paul Schumann: themenopausemillionairebook.com

01:30:36 Connie Benjamin: Connect with Adam

Get Adam's Free Gift:

Resiliencerank.com

Websites: www.adammarkel.com
<http://changeproof.com/>

Email: team@adammarkel.com

Social media links:

Instagram: @AdamDMarkel

Facebook: @AdamMarkelFanPage

Twitter: @AdamMarkel

LinkedIn: @AdamMarkel

01:30:55 Connie Benjamin: Marcia Martin was Doria's mentor! She shares her extraordinary teachings about leadership, communication, and achieving championship results in the Marcia Martin Club - an online digital library of powerful workshops and seminars that will help you succeed in your life and business. <https://www.marciamartinclub.com/>

01:31:19 Rita Massey: Thank you Doria and Adam. Very inspiring. I need to go to another appointment now. Blessings to all.

01:31:19 Rick Botelho: Another reason why the current market is not the answer. We need a paradigm shift from a neoliberal economy to to ecological economy needed to co-design and build an developing an equitable, regenerative and sustainable future. Neoliberal ESG is not enough.

<https://www.linkedin.com/pulse/launch-equitymoonshot-how-can-we-co-create-generative-rick/>

01:31:37 Connie Benjamin: Great to see you hear @Rita!

01:32:48 Rick Botelho: Post traumatic growth.

01:33:11 Alana Lea: Sharing with you our 11 year old rainforest regeneration work: <http://www.iGiveTrees.org>. Proud to say we've been named among the "Key Players" on Paul Hawken's Regeneration Nexus. The real deal working in Brazil!

01:34:35 Catherine Kavadas: Thank you AND Congratulations to the NSW Commissioner of Police Karen Webb appointed Feb 2022

01:35:17 Joan Michelson: worry drains and keeps you from seeing solutions

01:35:37 Carole Hodges: Worry is depleting

01:36:05 Ray Blanchard: Love that message, Rick, of seating an "Ecological Economy" (an economy where "oneness" is the centerpiece and realizing our relatives throughout the planet. The two-legged, the four-legged, the rainforest, and all life forms)

01:36:17 Ray Blanchard: Creating..

01:36:57 Carole Hodges: Incremental change over time becomes transformational

01:37:13 Adam Markel: <https://www.changeproof.com> and <https://www.resiliencerank.com>

01:37:35 Catherine Kavadas: Covid is a whisper - greater change is coming WHEN is the question? ... so lets build our RESILIENCE muscle.... LAW OF DIFFERENCES... EINSTEIN COMPOUND EFFECT

01:38:29 Catherine Kavadas: Love AND Appreciate your FREE resilience assessment

01:38:46 Diana Jaimes: I really understand what you are talking about Adam. I really disliked being an administrative assistant to a Senior Vice President in a financial services company. I loved the two female SVP's I worked for in almost 10 years, but disliked the job. I never realized how entrepreneurial minded I was.

01:39:37 Connie Benjamin: <http://resiliencerank.com/>

01:39:50 Connie Benjamin: <http://changeproof.com/>

01:39:59 Catherine Kavadas: The wounded male divine HURTS our feminine divinec

01:41:34 Chris Mentzel: The Science of Getting Rich is a classic book that first connected money with spirituality. We introduced it in the last Fridays with Doria and you can watch the replay on the website. You can download a free copy at <https://thescienceofgettingrich.info/>. Will Wilkinson and I are working to update the book to today's language and create a training where we dive deep into its wisdom and find our paths to wealth.

01:41:37 Rick Botelho: Thanks Adam for the resources. The prevention and treatment of burnout is not needed if leaders design a thriving, flourishing culture that embraces change. This calls for developing anti-fragility skills before adversity occurs.

01:43:15 laurien rowan (she/her, they/them): Closing our eyes - making our own mini sensory deprivation chamber to recalibrate ourselves.

01:44:02 Dame Doria (DC) Cordova: <https://www.dreamlifevalentines.com/register-1> Our friends Marie Diamond and NICOLE BRANDON are putting on this wonderful Valentine's event. Do join - and Happy Valentines! Love love

01:44:07 Joan Michelson: I spoke to the Defense Dept on innovation, change

01:45:22 Carole Hodges: Beautiful conversation. In our world of continuous and rapid change, we must have a strategy of recovery and resilience. Community is also a component of resilience. Love you all - I must leave to run another meeting. ❤️

01:45:58 Catherine Kavadas: WHAT A KING - RESPECT ADAM RESPECT 🙏💙

01:47:05 Yuji Shimada JPN:keep maintain hope!!

01:48:03 Ray Blanchard: Hope and Faith supports inner strength and resilience

01:48:11 Dr. Serge Gravelle (GlobalSparks):Some of our BSE/M&Y grads created a brand new platform to support non-profit/NGO organizations in their fundraising efforts at no cost. If you know any non-profit entities, please ask them to go to <https://goglobalsparks.com/lplucky> for a 30-second survey.

01:48:12 Rick Botelho: Thanks Adam for your time and contribution.
01:48:42 Connie Benjamin: Connect with Adam

Get Adam's Free Gift:
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<http://changeproof.com/>

Email: team@adammarkel.com

Social media links:

Instagram: @AdamDMarkel
Facebook: @AdamMarkelFanPage
Twitter: @AdamMarkel
LinkedIn: @AdamMarkel

01:49:38 Ray Blanchard: Totally agree, Christopher. We are moving from the underworld into upper consciousness.

01:51:12 Catherine Kavadas: Christopher through my lense Im hearing you HONOURING the HEALED African American Feminine Divine Culture - One step is to RITUALISE RESILIENCE

01:51:49 laurien rowan (she/her, they/them): Western paradigm - businesses try and create communities, Thai perspectives, communities give rise to great businesses.

01:52:12 Shirini Miranda: What we bless, blesses us. What we curse, curses us.- Adam

01:52:38 Ray Blanchard: Call it FORGIVENESS

01:52:55 Catherine Kavadas: Niiiice BLESSINGS TO ALL HERE - MIRACLES AND BLESSINGS TO I /WE /US PREVISIONAL GRATITUDE YaY YaYv

01:53:33 Rick Botelho: If we do not redress the shadow and darks sides of human nature, the evolving of paradigm shift toward a higher consciousness is stymied and thwarted.

01:53:50 Catherine Kavadas: HOW - CLOSE EYES AND BREATHE PREVISIONAL NEXT STEP IN GRATITUDE

01:53:55 laurien rowan (she/her, they/them): The holding of witnessing what is not acceptable and believing in what we believe possible at the same time is necessary -

01:54:16 Adam Markel: adam@adammarkel.com

01:54:52 Connie Benjamin: www.adammarkel.com

01:55:13 Rick Botelho: Great spirit.

01:56:58 Catherine Kavadas: BLESSINGS - Adam heartfelt hugs to your Mr delicious, Mrs sweetness AND your QUEEN

01:57:01 Joan Michelson: Follow the money

01:57:04 Shirini Miranda: You complete me.

01:57:05 Catherine Kavadas: I

01:57:15 Catherine Kavadas: YOU COMPLETE ME GGGRRRR

01:57:15)'(Lanai)'(: "Help me help you!"
01:57:29 Catherine Kavadas: THAT LINE ANNOYS ME
01:57:42 Diana Jaimes: Better than you deplete me
01:57:44 Christopher J Power: The Power f Women
01:57:57 Catherine Kavadas: 🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌
01:58:01 Joan Michelson: The character who Ari is based on
01:58:07 Christopher J Power: The Power of Women
01:59:14 Dame Doria (DC) Cordova: I love my life!!!
01:59:15 Catherine Kavadas: I LOVE MY LIFE, I LOVE MY LIFE, I LOVE MY LIFE - No matter What
01:59:41 Catherine Kavadas: #ILML #ILML #ILML #ILML
01:59:44 Christopher J Power: I love my Life an I love my wife.
01:59:45 Diana Jaimes: Beautiful way to start the day!
02:00:11 Maria: ;Amo mi vida!❤️
02:00:38 Chris Mentzel: The Science of Getting Rich is a classic book that first connected money with spirituality. We introduced it in the last Fridays with Doria and you can watch the replay on the website. You can download a free copy at <https://thescienceofgettingrich.info/>. Will Wilkinson and I are working to update the book to today's language and create a training where we dive deep into it's wisdom and find our paths to wealth.
02:00:50 Diana Jaimes: Love is always the answer.
02:01:59 Connie Benjamin: Resiliencerank.com
02:02:06 Yuji Shimada JPN:Thank you very much today.I have to leave now.See you in two weeks!
02:02:10)'(Lanai)'(: I LOVE MY LIFE 😊😍❤️
02:02:13 Connie Benjamin: <http://resiliencerank.com/>
02:02:57 Carol Dysart: Friends! I so ageee with this message on love, and I want to share that while am so positive and even though a DISC expert, I got fooled!!!
I encourage you to listen to Adam's Ideas of taking time out to just focus, close eyes and refocus on protecting yourselves is so important! I wasnt paying attention to what I know to be careful about and got caught in a classic scammers fraud scheme. I didn't pay attention and please pay attention and do not talk to anyone claiming to be with fraud protection!HANG UP!
Call me if you want to ask me about it or if it's happened to you do we can get the word out. Book time to talk with me at [Calendly.com/peoplesmart](https://calendly.com/peoplesmart). Blessings to you all !
Carol Dysart...I love you all!
02:03:07 Shirini Miranda: Thank you for the insights!
02:03:16 Diana Jaimes: My daughter has just finished mock trial at school.

