

Claudia: The first thing I want to say to all of you, this is not on behalf of me, *[laughter]*, I would say it's on behalf of the universe, is thank you. Thank you. Thank you. Thank you. I mean James and I, we were just at the world's largest family reunion, and the feedback we've been getting how helpful these meet-ups are for them has been incredible. People from all over the world are e-mailing things and saying how grateful they are to have a place to go and talk to other likeminded people.

Because, you know, it's hard to find people that think way outside of the box like James has. I want to know how much value you are adding or helping. And I wanted to also start this meeting, and that's why I haven't muted the phone at all, we can all around the world and say – and I'll start, and say, hi, I'm Claudia calling from New York, so you could say who you are and who are calling from, that would be wonderful.

[Everyone says hello]

Hello, everybody. What I'm gonna do now, if you don't mind, is mute the call, and then go over a couple of things mostly to thank you really, and then open it up for questions. Now the conference is muted. So I wanted to tell you a little story about me, whenever I've helped in a meeting, you know, being the timekeeper, treasurer, organizing, I've gotten myself a lot more – I don't know, I've gotten a lot out of being able to give a hand.

And I think there are people who are desperate because we see it in the e-mails from all over the world, who don't know where to go, who feel shy, who are – they don't have any money, don't know where to start. And these meetings are like a blessing, and you guys are making them possible. You guys are the first people who have stepped up to the task, and you're doing an amazing job.

So for example, I was talking to **Edaho** from Toronto earlier this morning, and she was saying to me that she has 400 people by now, and so two other people, some whom I met at the global family reunion has stepped up to help already, and she said, Claudia, before you say anything, I just want you to know, you don't have to thank me. I am getting so much out of doing this service.

And that's how I feel when I am able to – because I have an idea that I can share with someone, then maybe that someone doesn't have to sleep on the street today, or because I have an idea or I can connect someone with someone; someone suddenly can make their

dream come true. It gives me so much joy to give, and I think you guys are doing that in an amazing, amazing form, all of you. And as the group grows larger and larger, the gratitude and success compounds. I know Georgie Anne had gotten an immense amount of followers, and she's amazing. She has so much energy.

Angel, in London, on the other hand, is a different case, he is not doing a meet-up, actually he's bringing James as his speaker, which is a different thing, but he reached out to the community, and he said he is overwhelmed by the – so many people helping. So I think that we are standing on something that is way larger than ourselves. It's something that's helping everybody globally in a way we could have not anticipated really to go like that.

So I believe it's important that we keep it to the key message so that we don't turn people away, so that everybody feels welcome, so that everybody feels like they can have a chance to also be of service. Because it's not just receiving by giving service that gives many people the opportunity to say, oh my god, I'm actually helping, you know. Maybe you thought you were a disaster, but you just helped someone, and that's like amazing.

And the key message here is we're here to choose ourselves.

And choosing ourselves means that we do physically, mentally, emotionally, spiritually everyday. And so our relationships benefits, and everyone benefits, and we focus on participating and sharing with everybody. If there is one thing I would like is in the last chapter of the *Choose Yourself: Guide to Wealth*, when James was writing this book, we put together a lot of thought into how to run Choose Yourself Meet-ups.

Because we wanted to transcend – as a matter of fact, he doesn't even want to get involved at – I don't – and these meetings, the global meetings, I feel the leadership should change, so we should have the monthly, and we should have whoever wants to volunteer to run it, and have a structure. And all together, all of us decide on this structure on how this meeting should continue. So it's not me and my ego, but it's rather it's what the group conscious decides how we should run these meetings as well, to make sure that we are choosing ourselves, and that we're letting everyone have a chance.

And so that's the main thing, the Choose Yourself Meet-up guideless are – they have copywriting that has proven to work by thousands and thousands of meetings. And so I know there are

some objections, and I'm gonna get to them. I know you're probably having some questions, *[laughter]*, and I totally am with you. James and I are on fire because it's so beautiful to see so much interest and so much – I mean we're overwhelmed by you guys, and the love that you're putting into these.

Eda was telling me that in Toronto, she had to put a five hundred dollars deposit in order to guarantee a place. And I was thinking, you know, she just took on this expense. She didn't say anything to us. And so it's a huge expense for one person. So I was talking to her, and after she said, "Claudia, don't worry about me." *[Laughter]*. "I'm like so grateful for everything that has happened to me."

I am not saying anyone should spend money on this. The meetings need to be free and simple so there is opportunity for everyone to choose themselves.

I told Eda, that it might be time – she has 400 people, it might be time to have different meetings, so that the leadership can rotate, so that groups **are no greater than, say, 40 people, so that people can meet in living rooms, in libraries, in public spaces.** And that way it's not about – and that was it's about all of us, and we can all participate, and we can all think of venues and new idea sets on where we can hold meetings that doesn't cost so much, and make them by donation.

Which all of you – I mean, amazingly, all of you have agreed, yes; **let's make them by donation. I think you guys are very, very special in understanding that the focus is on choosing ourselves. So the first thing I wanted to say is when in doubt, refer to page 264 in how to run a Choose Yourself Meet-up.** Because the reason I say this is not ego; the reason I say this is we have to start somewhere. So we found a model that has worked for hundreds of years, and we've adapted this.

This is about lifting ourselves up. Nobody speak here, we're just lifting ourselves up, and all together choosing ourselves and helping each other. And in five-ten years, we might all be the same and amazing, and helping poverty in the world, you know. Who knows? But it always starts small as part of people. The problem I see sometimes is the groups are too large, and you will find some people that are shy, and they stay at the back. They don't talk.

And those are the people that really need the most to say, hi, I'm here. I'm really scared. I'm petrified. And they need to have a

chance. So that's the one important message following these guidelines, and when in doubt, following them. So the key for us is to gather people, and is working obviously. There is no friction to join. So if people know that there is no pay, you know, we need you more than we need your money is a great copyright line because then people feel welcome. Ah, I don't have \$5.00 today, but I can still share my story and get some ideas.

And, today, I just have, you know, \$20.00 that I can put, so I'll put that in the envelope that's being passed around. And then someone does gets to do service by being, say, the treasurer of that autonomous group, and keeping count of money. **And so this makes every group autonomous, and every group has its own money.**

Also, there is an idea of making a circle instead of a conference because there is so many persons out there who craves a circle.

The circle is like the most ancient thing we've done as humans. Sit in a circle to tell stories at night when the fire is crackling, and telling those stories. And that's in our DNA. You know, we feel it. When we're in a circle, you think, whoa, yeah, like something – I don't know, there's a magic that happens in a circle. So in the meet-up, you know, just an hour and half, very clear what's gonna happen. And there's a circle that if something that comes up that is greater than the meeting itself.

There is also the possibilities of making phone meetings like this, which free. I know this is not free because it's a ___ number or whatever, but there are a hundred conference calls, and they can follow the same structure. When in doubt, 264, *Choose Yourself: Guide to Wealth*. And as you know, we've been given books; we market you to our list. We do everything because I know how helpful this is, and again, so grateful to all of you.

James has given about 3,000 books by now to meetings, and ___ which Jeff, who is the amazing CEO of Choose Yourself has been shippings. And the whole thing behind it is not free for us, but we want to help. And we believe eventually, as every meeting is autonomous, maybe every meeting we'll be able to have their own reserve fund of money. And ask the group, you know, say we have \$100.00, do you think we should buy one more book so that new joiner can have one?

And then if the group accepts, then it's a group decision. And then we buy one more book, and then the new joiner can buy, you

know, of course at a tremendous discount, which Jeff will always organize. And so each group becomes autonomous, each group becomes responsible. They're all choosing themselves, and they keep growing in these small details in the beginning, and then growing and growing and growing.

So I do know there are some objections because I have heard, and I know that the realities of running meetings are not easy. And so I want to go through what I have heard, and then I'd like to open it to questions so that you can also ask questions. So the first one is money. I believe if we're able to – instead of having, say, the longer meeting or the ___ meeting, or the – I don't know, ___ meeting be 600 people, you know, as soon as a meeting gets to be 30-40 people, it's time to open a new one.

Because when you think about it, is there 60 meeting in a city, and every meeting runs – one is on Monday, one is on Tuesday, and one is on Wednesday, one is on Friday, then a lot more people have an opportunity to join the Choose Yourself and get all the benefits. So the more meetings, the better. And a smaller number guarantees that it's easier to find a location that is not as expensive, especially in cities like New York City, Toronto, London, pretty much every city.

Let's face it, locations are not, you know, but there is also an opportunity to ask from the group, where could we meet? Even as long there are two people, there can be a Choose Yourself Meet-up in the living room. It doesn't have to be huge. The other issue with money is putting up in meet-up. So that costs money, and it's true. But a blogger – a blog is free. A Facebook page is incredibly important because Facebook is where people are interacting and engaging, and all meet-ups can be created there within the Facebook page, so people know where they are and when.

So that way they can be created free, and then there can be a blogger or a dot-com that is free, and so this is one way to organize meetings that don't require the cost of the meet-up dot-com. Unless say you want to have a meet-up dot-com, then you can bring it up to the meet-up, and say, okay, we have \$100.00 in our reserve fund of donations that has been adding up. Should we pay \$75.00 to create a meet-up dot-com?

And if the group says yes, then the group decides as an entity rather than – you know, with group principles before personalities. We put the group ahead of whatever my own interests may be. And I'm not saying this in a bad way. I know that you guys are

doing all the most amazing service. You can believe that I'm eternally grateful. As for locations, again, the smallest of groups, there are churches, for example, in New York City. There is – the Sony building has underneath, an enclosed location, which is like a coffee shop. There are places.

And we've suggested donations; eventually there can be enough money in the treasury pot to start renting better locations. Also there is no need for food because the point is to choose ourselves. But if the group says, hey, we have \$20.00 in the fund and we would like some doughnuts and Coke, although I don't recommend that, maybe some – I don't know, something healthy. Then the group decides what happens with the funds. And this is how meetings have lasted for hundreds of years.

The Facebook page is very important. There is a lot of networks and engagements there. And so this is how I feel we can address the issue of money. And when you look at how to run a Choose Yourself Meet-up, you'll see there is some suggestions there as well. As for conferences that last a whole day, I know Georgeann is organizing one for November, and I applaud Georgeann. She has so much energy, and that's wonderful.

Perhaps my suggestion going forward is to try to not take on too much because we want to help you so that you can focus on your own sort of like small meet-up, and choosing yourself rather than running these enormous events and getting drained or anything like that. So it's better if we keep it grassroots, little meetings that can be self-supporting through donations in the beginning. And then as they grow, we can keep having these meetings, and we can agree all together in the format of these meetings.

Also, when we have meet-ups, the purpose is to hear often, and have small settings so we can hear how everyone is doing, how is their daily practice going? How are they benefiting? You know, because if we have a meet-up, I suggested on the Choose Yourself Meet-up and the 15 minutes you have, choose someone from the group who tells you how he or she ___ to herself. And it went very well for her. And no one is interacting, and we're all listening.

And you will hear something, and it will click, gee, how didn't I think of that? And so that way, it's like the group helps itself, and it's like a strange set of invisible hands coming into each group and helps. It's like this force descends into the group. So that's always important to build principles before personalities, and have the

leadership of the meeting rotate. So every meeting every week has a different leader that follows the guidelines.

And these also help – say if I am in New York today, and I go to Georgia tomorrow, and I go to a Choose Yourself Meet-up, I have an idea of what to expect. They are not all different. They have something alike. Now, some meetings, we'll decide, you know what, we would prefer to change things. We would like to do them different. And that's perfectly all right. That's why there is a provision also on page 264 to have one business meet-up every month so that each group, as a whole, decides, you know, instead of talking about that, we would like to have this.

And then there is a vote that is put on, and that follows – I think it's called the rule of order, the Robert's Rules of Order. You can run through those, which are very good in sort of like setting boundaries and setting up the time, how long you're gonna spend on it, and is more on the page 264, add we're also gonna put in an infographic with these suggestion. And so the important thing is that we can get in touch often because we're saving our lives in this new economy, so having more smaller groups that rotate leadership helps us through voting and through group consciousness. We grow all together.

As I said before, in the end, before that there was an other objection. I heard some people telling me that in certain countries, there are more – you know, the United States, we're all, "Let's do us. We're charging forward, and we're all very self-sufficient." But other cultures like Hispanic, they're very relational. And so they think that Choose Myself may be a little bit arrogant or a little bit selfish. So that kind of a group could have a free blog that explains that this is about all of us.

You can have it sort of like the description of how the meeting is run so people are not afraid, and that this is about becoming healthy so we can be the beacons of the light for everyone else. In the end – well, actually there was one last thing that was taken care of, which was the issue of – there was a survey, and I think surveys put people off, you know, like it would have scared me very much to have to fill out a survey. But I think there was a whole conversation this morning, and the survey will be coming out.

And we hope that the infographic that James is making will help everyone with the business meeting, and with how to run a meeting so that it's easier for everybody. The message in the end, the real message is we're here to choose our self. We're all here to help

each other. It's not about the money. It's not about the food. It's not about the location. It's not about the numbers.

It's not about – it's about choosing ourselves by being physically, emotionally, spiritually, and mentally healthy, and helping others, which you guys are doing very well. So when in doubt, just follow the last chapter for now. And so what I would like to do now is open it up for questions and answers. If you do have a question that relates specifically about something that has to do with money or book shipment for you, I would appreciate those questions that are like specifically about that, you can talk to James or Jeff. Oh, here it is. It's the Robert's Rules of Orders. That's what they're called to run business meetings.

So if you have questions regarding the meetings in particular, I'm gonna open it up. And what you can do is raise your hand by pressing five and star right now so then I know who has a question. So right now, if you have a question you can press star and five, and then I'll know. So for example, I have a question here.

Georgeann: Hello?

Claudia: Yes, hello. Who is this?

Georgie Anne: It's Georgie Anne.

Claudia: Hi Georgie Anne. So yes, what is your question?

Georgie Anne: It was question with – you mentioned using like a blog site instead of using Meet-up dot-com, which I think is like a really good – which could be beneficial, or maybe more so like a Facebook, and you were saying – like my question leads into when you were saying about an explanation for – instead of sounding arrogant. The main site that I created called Choose Yourself dot-me, do you think that would be a good place for the explanation that leads out to the smaller groups, and have them on Facebook?

Because I think instead of – I guess the one has like – each individual website, that might get lost. I think if we created them on Facebook or Meet-up dot-com, if people want to pay the dot-com fee, then that would be better, and just have like one central website that explains it all. So having to see the website, like what do you think of that?

Claudia: I think both. I think that's a great idea. I think both is the way to go. Absolutely. And we're gonna be sending the infographic

today. Facebook is really great for me because it's easy, but also, of course, what you've done with Choose Yourself dot-me. And I know you're in communications with Jeff about that, which is wonderful too. Thank you, Georgeann. And, yes, so please if you can put that there, that would be enormously helpful for everyone, and also a recording of this call maybe, that would be wonderful.

Georgie Anne: Okay. Yeah, so I'll just e-mail everything to you because mostly everything that goes on with the Choose Yourself, I have it also on the website for the infographics and everything that you guys put up is on the website like on the resources page.

Claudia: That's amazing. Thank you. Thank you very much.

Georgie Anne: Thank you.