

00:59:32 Jared Angaza: Reacted to "Reintroducing myself..." with



01:00:36 Jackie Ambrow, Positively-HUB.com: Would love to connect! Please get in touch with me:

jackie@positively-hub.com

LinkedIn.com/in/jackieambrow

If you'd like to give feedback on The Mental Freedom Toolkit before we publish it, please let me know!

Some of the topics include:

Why we can be vulnerable to manipulation and control

The neuroscience behind how our brains get hijacked and how we can regain our mental sovereignty

Evolution of human consciousness

Mental freedom in the digital age

Collaboration with AI as an intelligence instead of a tool

How to ethically support others' mental freedom without taking over theirs

01:09:23 Chris Mentzel: Connect with Ani at: [https://](https://www.linkedin.com/in/anichonan/)

www.linkedin.com/in/anichonan/

01:14:32 Chris Mentzel: <https://MoneyandYou.com> will be back LIVE to San Diego Feb 4-7, 2026. We have a wonderful new page to send anyone you'd like to see in the program and they need to have a Discovery Call to get more information: <https://event.moneyandyou.com/register>

01:18:34 Chris Mentzel: Want to help with Doria's Book Launch on October 21? - Sign up at: <https://moneyandyoubook.com/superfan>

01:18:57 Marianne Torrence: Replying to "Would love to connect..."

I wrote you in a private chat about this.

01:21:50 Chris Mentzel: Here's my little free book about being human in the age of AI: <https://mentzel.com/>

01:22:46 Marianne Torrence: Replying to "Here's my little fre..."

This is really good, I recommend it! 🌸

01:23:02 AEXA: Great talk Dr. Ani Chahal. My company performed the first off-planet holographic teleportation to the International Space Station, and we made this technology available to everyone. I wish to present it to you: <https://www.nasa.gov/humans-in-space/innovative-3d-telemedicine-to-help-keep-astronauts-healthy/>

01:24:56 Chris Mentzel: Reacted to "This is really good,..." with



01:25:51 Life Change Navigator - Carole: Replying to "Would love to connec..."

I sent a LinkedIn connection - would love to read your book - I coach people to grow from the inside - they are the authority.

01:26:55 Diana Duell: What type of bias?

01:28:56 Daniel Wilson: <https://brainjuice.live/>

01:30:14 Caitlin Krause: Yes, we need each other.

01:31:00 Marianne Torrence: Replying to "Would love to connec..."

Here's my little free book about being human in the age of AI: <https://mentzel.com/> Chris's book.

01:31:08 Caitlin Krause: @Ani Chahal Honan this is wonderful - thank you for sharing your inspiration and wisdom, my friend! @Dame Doria (DC) Cordova thank you for hosting. I have to jump to a meeting, and will look forward to catching the recording.

01:31:27 Caitlin Krause: Yes, stochastic parrots at times

01:32:56 AEXA: She is amazing. Dr @Ani Chahal Honan , I just sent you a LinkedIn request.

01:36:09 Jackie Ambrow, Positively-HUB.com: Replying to "Would love to connec..."

Thank you 🙏, @Marianne Torrence and @Life Change Navigator - Carole

01:43:07 Chris Mentzel: <https://MoneyandYou.com> will be back LIVE to San Diego Feb 4-7, 2026. We have a wonderful new

page to send anyone you'd like to see in the program and they need to have a Discovery Call to get more information: <https://event.moneyandyou.com/register>

01:44:07 Jackie Ambrow, Positively-HUB.com: Replying to "Would love to connec..."

@Marianne Torrence Isn't Chris fabulous? He's creating some great books and resources!

01:44:18 AEXA: BTW: My name is Dr. Fernando De La Peña Llaca CEO of Aexa Aerospace

01:45:08 Jackie Ambrow, Positively-HUB.com: Reacted to "BTW: My name is Dr. ..." with 🙌

01:47:41 Marianne Torrence: Replying to "Would love to connec..."

@Jackie Ambrow, Positively-HUB.com Yes, we talked today.

Great work.. 🌸

01:47:49 Marianne Torrence: Reacted to "BTW: My name is Dr. ..." with 🌸

01:47:51 rayblanchard: I am really interested in the intersection of Personal development and Ai such that the "world Works for Everyone". I particularly want to see how we can use transformation and artificial intelligence to address the issues of human development rather than the emergence of mental health issues related to human separation and disconnection. How can we use Ai to bring forth authentic Connection and Belonging, and creating a new Identity for who we are?

01:48:52 Jonathan Lee: Doria for ambassador of the world 🙌

01:48:54 Marianne Torrence: Reacted to "I am really interest..." with 🌸

01:49:14 Jackie Ambrow, Positively-HUB.com: Reacted to "I am really interest..." with 🌸

01:49:19 Jackie Ambrow, Positively-HUB.com: Reacted to "Doria for ambassador..." with 🙌

01:49:34 Daniel Wilson: Reacted to "Doria for ambassador..." with 🙏

01:51:03 Jackie Ambrow, Positively-HUB.com: Replying to "Would love to connec..."

Thank you, Marianne, and I look forward to hearing what your students think of the frameworks and practices in the Mental Freedom Toolkit!

01:51:07 Life Change Navigator - Carole: This is brilliant and asks all the right questions. I will have to watch the replay. Paul and I have a commitment. ❤️

01:51:15 Marianne Torrence: Reacted to "Doria for ambassador..." with 🌸

01:51:48 Paul Schumann thedebtsettler@gmail.com: bye what a great presentation. got to go.

01:51:51 Chris Mentzel: Ray, I am working on an app that helps to achieve deep inner peace.

01:51:52 Marianne Torrence: Replying to "I am really interest..."

There is a huge largely unknown missing piece needed for a harmonious resolution of this, and people aren't all up to being aware of it.

01:53:10 Jackie Ambrow, Positively-HUB.com: Replying to "I am really interest..."

It's totally possible that we can create greater connection and belonging with AI assistance. By addressing collaboration with AI as an intelligence rather than a tool, those same skills translate to human collaboration. And human collaboration in turn increases our sense of connection and belonging.

01:53:39 Jackie Ambrow, Positively-HUB.com: Reacted to "Ray, I am working on..." with 🧘

01:55:25 Jackie Ambrow, Positively-HUB.com: If we're really smart as human beings, we'll build more safety into our societies. Humans who feel safe connect in healthier ways and unleash

their creative potential, which benefits everyone ultimately.

01:55:33 rayblanchard: Chris, I am interested in what you are working on in the app development. I have worked with numerous leaders in a visionary leadership program and all of the top ones really flourish in the personal development work, and they accelerate exponentially. One thing they love is how to connect with who they really are and how to impact people with who they are.

01:56:18 Jackie Ambrow, Positively-HUB.com: Building safety requires that we address trauma-inducing features in our social systems.

01:56:35 Daniel Wilson: Reacted to "Building safety requ..." with 100

01:56:38 Jackie Ambrow, Positively-HUB.com: Reacted to "Chris, I am interes..." with ❤️

01:58:44 Marianne Torrence: Replying to "I am really interest..."

The AIs contain knowledge, data, wisdom, experience, good and bad, biased and unbiased, so it becomes like collaborating with a substantial portion of the planetary population. It otherwise could take lifetimes to connect up and acquire that extraordinary resource at the click of a couple of buttons... 🌸

02:00:14 Marianne Torrence: Reacted to "Building safety requ..." with 🌸

02:07:26 James Burgin (Thriving Practitioners): Reacted to "Ray, I am working on..." with ❤️

02:10:59 Marianne Torrence: Replying to "If we're really smar..."

One of my current projects in development is the creation of "Safe listener and Safe Communication" communities, groups, ecosystems. Which also includes the concept of being able to be unshakeable and calm in the face of extreme harassment or turbulent situations, to be able to listen without reaction no matter how divergent the opinions of others. The thing that keeps me going is the vision of everyone on the planet who wants it having

someone safe who will listen to them without judgment or being put down or judged. 🌸

02:11:11 Craig Doyle: Thank you for the amazing connection and conversation today love to all

02:12:11 Jared Angaza: Thank you @Ani Chahal Honan, for your compassionate heart and for all the meaningful work you are doing in the world. Mahalo nut loa.

02:12:23 Marianne Torrence: Reacted to "Thank you @Ani Chaha..." with 🌸

02:12:29 Jackie Ambrow, Positively-HUB.com: Replying to "I am really interest..."

Yes, @Marianne Torrence , and I consider AI an emerging intelligence that is a repository of a lot (not all) human knowledge and wisdom. It's up to us to relate to it with our highest awareness.

02:13:07 rayblanchard: Reacted to "Yes, @Marianne Torre..." with ❤️

02:13:51 Jackie Ambrow, Positively-HUB.com: Replying to "If we're really smar..."

You will absolutely love The Mental Freedom Toolkit!
Exactly how to do that is one of the things I address in the book.

02:14:00 Jackie Ambrow, Positively-HUB.com: Reacted to "Thank you @Ani Chaha..." with 🌸

02:14:17 Marianne Torrence: Reacted to "Yes, @Marianne Torre..." with 🌸

02:15:10 Jackie Ambrow, Positively-HUB.com: Today we have the opportunity to create the foundation that will foster the compassion and self-actualization that is our human birthright.

02:15:32 Jackie Ambrow, Positively-HUB.com: We create the conditions that make compassion and self-actualization possible.

02:16:06 Jackie Ambrow, Positively-HUB.com: Yarrow root cleans teeth pretty well!

02:16:24 Marianne Torrence: Replying to "If we're really smar..."

Think of how much can be done when people aren't trapped into the J.O.B. 🌸

02:16:35 Marianne Torrence: Reacted to "Yarrow root cleans t..." with 🌸

02:17:02 Jackie Ambrow, Positively-HUB.com: There are lots of ways to "skin a cat" in our human cultures. Many right ways, some "wrong" ones when they don't foster conditions for compassion and self-actualization.

02:17:28 rayblanchard: Thank you, Peter!

02:18:12 Jackie Ambrow, Positively-HUB.com: Safety and mental freedom/mental sovereignty are essential to creating a world in which everyone can thrive, alongside AI included.

02:18:43 Marianne Torrence: Can we invite people here who haven't done Money & You?

02:18:52 Marianne Torrence: Reacted to "Safety and mental fr..." with 🌸

02:19:05 Jackie Ambrow, Positively-HUB.com: Replying to "Can we invite people..."

Yes! Just invite them to register for free at FridayswithDoria.com

02:20:00 Marianne Torrence: Reacted to "Yes! Just invite the..." with 🌸

02:24:48 Marianne Torrence: Reacted to "Can we invite people..." with 🌸

02:28:54 ET Stone: Reacted to Can we invite people... with "🌸"

02:29:45 Marianne Torrence: Ani, this was very encouraging and inspirational, so much appreciated... 🌸🌸

02:30:09 Daniel Wilson: Reacted to "Ani, this was very e..." with 100

02:33:43 Jackie Ambrow, Positively-HUB.com: I'm thrilled to know there are entrepreneurial leaders who are acknowledging the primacy of compassion in this new age. Thank you so much,

Ani!!! 🙏 ✨💖

02:34:10 Marianne Torrence: Reacted to "I'm thrilled to know..." with 🌸

02:34:47 Jackie Ambrow, Positively-HUB.com: Reacted to "Ani, this was very e..." with 100

02:34:52 Jackie Ambrow, Positively-HUB.com: Reacted to "Ani, this was very e..." with 🙏

02:35:10 Chris Mentzel: Want to help with Doria's Book Launch on October 21? - Sign up at: <https://moneyandyoubook.com/superfan>

02:37:07 Chris Mentzel: Business School Nov 8 - 15 in Phuket, Thailand: <https://www.globalexcelleratedbusinessschool.com/>

02:38:31 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: @Ani Chahal Honan, thank you for sharing so much with us and reminding us all of the keys to humanity being compassion and collaboration, especially in tandem.

02:40:12 Jackie Ambrow, Positively-HUB.com: Reacted to "@Ani Chahal Honan, t..." with ❤️

02:41:42 Peter Swain: Commercially available AI has a design flaw to get mass market adoption ... which is that it's designed to answer a question, not necessarily answer it correctly or truthfully. Just, answer.

Its the ultimate people pleaser.

02:41:49 Jackie Ambrow, Positively-HUB.com: @rayblanchard Love the topic of your book! Let's catch up soon. We'll text you for setting a time to talk.

02:42:01 Daniel Wilson: Reacted to "Commercially availab..." with 🔥

02:42:05 Daniel Wilson: Reacted to "Commercially availab..." with 100

02:42:17 Jackie Ambrow, Positively-HUB.com: Replying to "Commercially availab..."

It really helps to bring your inner wisdom and expertise to the

conversation

02:42:20 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Commercially availab..." with 100

02:42:25 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "It really helps to b..." with ❤️

02:42:29 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "It really helps to b..." with 🙌

02:42:35 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Commercially availab..." with 🔥

02:42:39 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Commercially availab..." with 🙌

02:42:44 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "@rayblanchard Love t..." with ❤️

02:42:47 Peter Swain: Replying to "Commercially availab..."

Thank you ... focus on context over the prompt as an easy starting point.

02:43:00 Peter Swain: This is the 9k modem version of the world of AI 😊

02:43:19 Daniel Wilson: Reacted to "This is the 9k modem..." with 🤔

02:44:03 Jared Angaza: I just spoke at Nicole's Human Tech Week conference.

02:44:35 Jonathan Lee: many startup entrepreneurs I meet in the field of AI is definitely reminding people to use AI as a tool to connect and grow ourselves and communities - this is tech translated and transmuted properly. Very hopefully for the future and especially so now after this session, thanks @Ani Chahal Honan and @Dame Doria (DC) Cordova

02:44:43 Jackie Ambrow, Positively-HUB.com: Replying to "Commercially availab..."

I'm finding that approaching the conversation as a collaboration

where I retain my sovereignty, don't take anything personally, and appreciate the ideas AI contributes as worth respectful consideration even when I disagree, I get stellar results.

02:44:58 Mary Klug: Name of my book: Butterfly Dreams: Delving into China, Cross-cultural Friendships, and the Environment. My blog is: ecojourneyinchina.blog. Welcome to all to visit it! Mary Klug

02:45:19 Stella Starrlyn@zenmodeliving: Thank you so much!

02:45:19 Daniel Wilson: Reacted to "Thank you so much!" with



02:45:44 Marianne Torrence: Replying to "Commercially availab..."

Absolutely true. I get around it mostly by entering an instruction not to make things up, to say if it doesn't know, and various others "don't tell lies" injunctions. As well as checking.

02:45:48 James Burgin (Thriving Practitioners): Will there be a recording of this amazing session of Wisdom?

02:46:00 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Replying to "Will there be a reco..."

There will be

02:46:10 James Burgin (Thriving Practitioners): Reacted to

"There will be" with

02:46:32 Marianne Torrence: Reacted to "many startup entrepr..." with

02:46:40 Jackie Ambrow, Positively-HUB.com: Replying to "Will there be a reco..."

@James Burgin (Thriving Practitioners) , you'll find it at FridayswithDoria.com later.

02:46:54 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Replying to "Will there be a reco..."

It will be available when you're logged in to the webpage for, oh, Mom got it for you

02:47:44 James Burgin (Thriving Practitioners): Reacted to "@James Burgin (Thriv..." with ❤️

02:48:13 James Burgin (Thriving Practitioners): Reacted to "It will be available..." with ❤️

02:48:32 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Name of my book: But..." with ❤️

02:48:35 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Name of my book: But..." with 🙌

02:48:35 Marianne Torrence: Reacted to "I'm finding that app..." with 🌸

02:49:32 rayblanchard: Thank you so much Ani. This is an amazing and brilliant conversation. Thank you for your "humanity" and your storehouse of intelligence. I look forward to the evolution of transformation and ai and the convergence. I am committed to that emergence. Thanks 🌸

02:49:50 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "Thank you so much An..." with ❤️

02:49:52 Daniel Wilson: Reacted to "Thank you so much An..." with 🌟

02:53:00 Marianne Torrence: Reacted to "Thank you so much An..." with 🌸

02:53:17 Peter Swain: www.peterswain.com
Looking to keep up to date on AI? Text or WhatsApp guest to +1 218 492 7072 and we'll drop you a guest pass for our next Mastermind!

02:54:08 rayblanchard: Reacted to "www.peterswain.com L..." with 👍

02:54:10 (SOH-chi-tul) Xóchitl T.S. Ambrow, CFA: Reacted to "www.peterswain.com

L..." with ❤️

02:54:16 Chris Mentzel: Want to help with Doria's Book Launch on October 21? - Sign up at: <https://moneyandyoubook.com/>

superfan

02:54:45 Jackie Ambrow, Positively-HUB.com: Reacted to

"Thank you so much An..." with 

02:54:48 Jackie Ambrow, Positively-HUB.com: Reacted to

"Thank you so much An..." with 

02:54:49 Jackie Ambrow, Positively-HUB.com: Reacted to

"Thank you so much An..." with 

02:54:56 Jackie Ambrow, Positively-HUB.com: Reacted to

"www.peterswain.com

L..." with 

02:54:57 Jackie Ambrow, Positively-HUB.com: Reacted to

"www.peterswain.com

L..." with 

02:55:05 Chris Mentzel: Want to chat about AI? Sign up at
<https://cloner.info> for a 30 minute conversation

02:55:13 Daniel Wilson: Reacted to "Want to help with Do..." with



02:55:43 Jackie Ambrow, Positively-HUB.com: Reacted to

"Want to help with Do..." with 

02:56:10 Jackie Ambrow, Positively-HUB.com: Reacted to

"Want to chat about A..." with 