
yeppers...she\'s a smart lady

Posted by mollyhm - 2006/04/18 18:59

I have learned so much about myself from some of the lessons Iyanla has given. Particularly Lisa's clothing lesson. Wow that was powerful for me. Anyone else have personal realizations after watching what some of these women go through?;)

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Re:yeppers...she\'s a smart lady

Posted by Mystique - 2006/04/18 19:55

I think most of us get something out of the show and that that's the MAIN reason we all keep watching and soaking up the lessons that pertain to us. :)

I really like Iyanla. I know some think her methods are "out there" but she relates to many others as well. Kind of like choosing the right doctor you choose the LC that you can best relate to IMO. I think she is genuinely warm and caring and has each woman's best interest at heart, yet she is stern and dissecting when she needs to be and calls them on their stuff without letting them get away with old habits. She is very intuitive that way and that is needed to understand people and be able to see where they've been, who they are and where they themselves are trying to go. I just think she's great and that those that have been blessed enough to have had her as a life coach are very thankful that she made herself available to assist them on their journey in this thing called "life". Such vision that woman truly has.

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Re:yeppers...she\'s a smart lady

Posted by patacake - 2006/04/18 21:10

Love that IV :kiss:

<http://www.startingovertv.com/cgi-bin/startingover/scripts/promo.cgi?mov=047196000690.mov>

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Re:yeppers...she\'s a smart lady

Posted by grizzlys4 - 2006/04/18 22:55

Yes, and though I don't agree with everything she says or every exercise.....most of what she's said has had a great impact!!!!

THE most life-changing words I've ever heard came from her when she was talking with Jill.....and I think it touched so many of us as many of us have never heard it before!!!

"You are enough, right now, just as you are."

That's so empowering when used as a truth.....not an excuse not to grow!!!!

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Re:yeppers...she\'s a smart lady

Posted by Mystique - 2006/04/18 23:25

grizzlys4 wrote:

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That's so empowering when used as a truth.....not an excuse not to grow!!!!

And you, my friend... just made it a powerful tool with that addition. Perfect.

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Re:yeppers...she\'s a smart lady

Posted by Debby - 2006/04/19 08:41

There is a quote that I think came from Iyanla. If anyone knows for sure please confirm.

"It's better to be brave than it is to be strong."

I have thought about this statement many times since hearing it. It really makes sense and I am trying to use it whenever I can. I always thought strength was the most important thing. Now I see it differently. I now know it is courage I need, strength is not enough.

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Re:yeppers...she\'s a smart lady

Posted by ceilidh - 2006/04/19 22:24

That Iyanla incorporates humor into the "tough" exercises is one of her greatest traits...but that intuition...can't be beat. Been an admirer from the first time I saw her, quite a few years ago. Have been "put out" with her a few times ...but usually end up saying "Ooooh!...that"s where you were going with that...":laugh:

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Re:yeppers...she\'s a smart lady

Posted by valtina - 2006/04/20 16:37

Don't know if the quote is from Iyanla Debby, but it sure is thought-provoking! Iyanla is the Goddess of One-Liners, profound ones and funny ones.

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Re:yeppers...she\'s a smart lady

Posted by Serena - 2006/04/20 16:58

Iyanla seldom says anything that can't be found in a bunch of self-help books. But her DELIVERY is astounding because she knows what she is saying. On the page, it's just words. From the mouth of someone who knows it and means it - powerful! It impresses me all the more because she doesn't have to go to the top of a building or a mountain to do her shout-out to the universe. She can do it sitting in a chair and without even raising her voice. And that's the difference between mouthing the words and knowing what they mean.

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Re:yeppers...she\'s a smart lady

Posted by KNC - 2006/04/20 17:48

Serena you are so right. Iyanla's words can be found in any of the self help books of the day....right back to the days of Melody Beattie. You are also right, that they ring true when she speaks them.

I have known people who toss around catch phrases, and nice warmth eliciting messages, and it has been clear to me that they are at the very least being patronizing.

Its strange, but this season I am far more drawn to Iyanla than before. I had sort of favoured Rhonda, but I find her a bit off her game this year. The hair on the back of my neck stands up at some of sneers I have seen, and some of the comments she has made. Oh well....she's human. *smile*

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Re:yeppers...she\'s a smart lady

Posted by Serena - 2006/04/20 18:54

KNC wrote:

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Boy, there's a name I haven't heard in a very long time! And you're absolutely right. People toss around catch phrases from that book like crazy, even though very few actually sat down and read it. These aphorisms pass into pop culture and then get re-interpreted all over the place. There was a period back around 1990(I think it was) when all the Twelve Steppers were quoting Beattie like she wrote the Big Book. I had a small business supplying the little Twelve Step shops - actually, selling stuff that had snappy catchphrases printed on it! Every time I would visit a shop, they'd have that book right in the front window.

Funny, I had just about forgotten all that. But that's when I really got a chance to see how this stuff gets picked up and slung around like everybody really got it. And HA! The old-timers would get reeeeeeally pi**ed everytime somebody would use that word "codependent". OY - the debates raged on and on. It was all the buzz for a while. And now, it's a catchphrase. And people use it either to change their lives, or to justify doing whatever they really wanted to do in the first place.

But, you know - the business thing? That WAS its purpose. To put those words and phrases out there so we could learn them and remember them often and make them real. It was a great time.

Wow - sorry for rambling, KNC, but thanks for reminding me of all that. I'm smilin' :)

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Re:yeppers...she\'s a smart lady

Posted by valtina - 2006/04/20 20:17

KNC i feel that same way about Iyanala this time around, not so much because of seeing anything different in Rhonda, but because Iyanla seems to feel genuine warmth toward some of the women. Some of it feels motherly, as with Antonia and sometimes even Jill. And she's just dang funny.

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Re:yeppers...she\'s a smart lady

Posted by alistrong - 2006/04/21 00:08

Valtina, you mentioned how genuinely warm & motherly IV can be with some of the women. Last season that was so very obvious w/Rachel - the one who's mother died of cancer when she was young - and Iyanla shared w/her (and everyone else) that she had just lost her daughter to cancer. Rachel's graduation was SO moving - because IV told Rachel that she had helped her to grieve over her daughter - and that Rachel was now like a daughter to her. Iyanla can be very in-your-face. But she also comes at you w/a wide open heart :kiss: .

Talking about some of the best Iyanla quotes:

I just found this written down when I was doing my taxes B) :(:pinch: :ohmy: :dry: (it wasn't pretty). But this really made me :lol: . It was said to one of the hg's last season during one of the group sessions:

"You are alone in your head w/out adult supervision
and you're running amuck!"

Does anybody remember who she said that to?:dry:

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Re:yeppers...she\'s a smart lady

Posted by amberlynSH - 2006/04/21 00:42

she said it to tess I think....

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Re:yeppers...she\'s a smart lady

Posted by Debby - 2006/04/21 08:44

alistrong wrote:

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and you're running amuck!"

Does anybody remember who she said that to?:dry:

I thought she said it to Rachel. I have some old tapes from back during that time. I'll try to dig them out and see if I can find it. But it may take awhile.

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Re:yeppers...she\'s a smart lady

Posted by Mercredi - 2006/04/21 10:13

alistrong wrote:

"You are alone in your head w/out adult supervision
and you're running amuck!"

Does anybody remember who she said that to?:dry:

She said it to Alisson because she (Allie) started crying and hyperventilated about being in Vegas, couldn't drink and being afraid of graduating.

I am positive it was Alisson because I have that episode on my SO DVD collection and watched it several times. ;)

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Re:yeppers...she\'s a smart lady

Posted by valtina - 2006/04/21 10:16

You are alone in your head w/out adult supervision
and you're running amuck!

Does anybody remember who she said that to?

Alistrong, I don't know who she said it to, BUT what a great quote! All the things people invent in their own heads, about themselves and often about others - that have nothing to do with the reality of the situation! And then acting on all those things when none of it makes sense - running amuck. I love it! :cheer:

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Re:yeppers...she\'s a smart lady

Posted by KNC - 2006/04/21 10:30

Mecredi is correct. It was Allison she said it to re: vegas.

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Re:yeppers...she\'s a smart lady

Posted by TigerRose - 2006/04/22 19:04

I loved that line myself.... I immediately thought of my ex-husband and sister. I still have to remind myself of that when dealing with the ex's tantrums.

I thought it was directed at Tess during one of her crying jags. I remember it made her stop short.

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Re:yeppers...she\'s a smart lady

Posted by amberlynSH - 2006/04/22 19:11

Iyanla must have used it more than once, because I really thought she said it to Tess during a fake cry spell too... but I could be wrong... once someone said it was too Allison in Vegas, I remembered the conversation.... but I still think she said it to Tess too at some point....

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Re:yeppers...she\'s a smart lady

Posted by TigerRose - 2006/04/22 19:16

I also remember when IV was on Oprah she said some very powerful things... like when the pain of where you are at is greater than the fear of the unknown... it's time to change, it's time to get out of it. She also mentioned grieving for that dead relationship in order to move on. She also talked about staying where you are because of the fear of not being able to be loved by anyone. I just remember that whole show because it changed my life in ways that run deep. It put me on a path that even today it's a struggle and full of trials (exercises) but still I am happier and a at a greater self love than I did back then. Matter of fact everytime I have to face my ex... I carry a copy of Desiderata and some of her words of wisdom with me to help me through it. I have a deep respect and love for that Lady and very thankful that she shares her wisdom and not just keeps it to a tight circle of friends and family. A true Elder I will say that with that powerful insight... she almost scares me cuz there are days I still don't want to be called out for my little messes.

=====

Re:yeppers...she\'s a smart lady

Posted by patacake - 2006/04/24 10:48

TigerRose wrote:

... there are days I still don't want to be called out for my little messes.
I'm here with you, tr.p:blush:

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Re:yeppers...she\'s a smart lady

Posted by LaurenB - 2006/04/25 00:23

TigerRose wrote:

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ABSOLUTE!!! I agree! End SO, get rid of Rhonda and Andy Pairge, Let's have an Iyanla Show,,,honest and REAL!

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Re:yeppers...she\'s a smart lady

Posted by happygirl - 2006/04/25 00:50

I say Rhonda and DR.STAN could do the show together they are a awesome team and cute together.

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Re:yeppers...she\'s a smart lady

Posted by Serena - 2006/04/25 03:09

LaurenB wrote:

TigerRose wrote:

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ABSOLUTE!!! I agree! End SO, get rid of Rhonda and Andy Pairge, Let's have an Iyanla Show,,,honest and REAL!

I believe Iyanla had her own show some years back. I think it was her, anyway. I remember seeing it and being impressed, but the show didn't last long. OTOH, she was stacked against Oprah and Sally Jessie and a couple of other popular talk shows as a relative unknown. I suppose she could try it again, now that she's better known - but if the show she is on is about to die from a lack of ratings, that doesn't necessarily make her look very marketable. And she's got the coaching and speaking, so it's not like she's gonna starve or anything.

=====

Re:yeppers...she\'s a smart lady

Posted by Mercredi - 2006/04/25 06:08

Serena wrote:

I also remember when IV was on back. I think it was her, anyway. I remember seeing it and being impressed, but the show didn't last long. OTOH, she was stacked against Oprah and Sally Jessie and a couple of other popular talk shows as a relative unknown. I suppose she could try it again, now that she's better known - but if the show she is on is about to die from a lack of ratings, that doesn't necessarily make her look very marketable. And she's got the coaching and speaking, so it's not like she's gonna starve or anything.

As much as I love Iyanla, I hated her show. It didn't have anything to do with what she was doing on Oprah (she was AWESOME!) and what she's doing now. Barbara Walters who produced Iyanla's show at that time had her host some regular show a la Montel or Sally Jesse Raphael. Most of us Iyanla's fans hated the show.

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Re:yeppers...she\'s a smart lady

Posted by Mystique - 2006/04/25 06:13

I didn't see Iyanla's past show.. and I don't really think she is the talk show type.. if they allowed her to do what she does best and take problems or situations and in that time frame showed people how to deal with said situations then it could be good.

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Re:yeppers...she\'s a smart lady

Posted by Serena - 2006/04/25 12:24

Wellll, the thing with Iyanla is the she's kind of left-field for most people. It takes a little getting used to her ways, and commercial tv doesn't like to get used to anything you can't do in a sound bite. Much as I love listening to her, I don't think of her as somebody who would stay too happy with that kind of approach. She's more PBS-y.

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Re:yeppers...she\'s a smart lady

Posted by Sojak - 2006/04/26 20:50

Yes, Iyanla really gets me thinking sometimes. She is tough but gets to the heart of the matter. Have shed many tears watching that show. So, yes, I can relate to what you wrote.

:)

=====

Re:yeppers...she\'s a smart lady

Posted by butterfly34 - 2006/04/26 22:48

Sojak wrote:

Yes, Iyanla really gets me thinking sometimes. She is tough but gets to the heart of the matter. Have shed many tears watching that show. So, yes, I can relate to what you wrote.

:)

What she said to Niambi today about selling her soul for a piece of ass. That hit home because who haven't done that before. I cried with her because I been their. Maybe not the same situation but gave so much to a man that I lost me.

=====

Re:yeppers...she\'s a smart lady

Posted by cricketcmc - 2006/05/04 13:08

I have been a big fan of Iyanla since the first time I saw her on the show. She is incredibly insightful and so in touch with the truth that it draws things out of me that I didn't even know were there.

To know that she pulled herself up from absolutely going nowhere to where she is now makes her very powerful because she isn't just paying lip service, she's spreading the wealth. I can honestly say that watching her over these past two years has touched my life deeply and changed me in so many ways. I feel blessed by her presence.

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Re:yeppers...she\'s a smart lady

Posted by Mystique - 2006/05/04 18:28

Iyanla has a way about her, like no woman I've met before.. her honesty and ability to look into others and know how to reach in with compassion at the essence of every woman she meets.. regardless of who they are or where they come from. I respect her a great deal and think this woman has found her calling.. if only there were more Iyanla's in the world. I hope she continues to do this work and realize what a blessing she is to so many.

=====

Re:yeppers...she\'s a smart lady

Posted by chabbichic - 2006/05/04 18:44

Mystique wrote:

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Mystique, I absolutely agree with you. I think that because of the life that she has led and the things that have gone on in her life, she can see things in you that you don't even realize are there. She has such unconditional love and compassion for people, something that is so sorely missing in the world that we live in today.

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Re:yeppers...she\'s a smart lady

Posted by mistyblu - 2006/05/05 13:25

I agree--ly has a gift for this. Plus I think she does her homework. Anyone going into the SOH house has these long questionnaires they have to fill out and they are very revealing--if they tell the truth.

During BOR when Niambi was up there telling her story and tears rolling down her cheeks--Rhonda goes yes and ly goes--I don't believe you! :ohmy:

Don't even try and con ly.
:sick:

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