

[00:00:00] When I let myself be who I am, and I promise you this is true for every human on this planet, when we just allow ourselves to be who we are, not only do we get to do our best work, make our best contribution.

[00:00:17] We also get to show people a different way.

[00:00:22] Welcome to the Multi-passionate Mastery Podcast. The podcast where creatives come to embrace their talents as a gift, not a burden. I am your host, D'Ana Joi. Together we'll explore how to finally make friends with focus, ditching overwhelm, and idea fatigue once and for all, and how to be unapologetic about who you are as a multi-passionate. But I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi-passionate mastery. Let's begin.

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[00:01:25] Welcome back to the show. I am so excited to bring you today's guest because this guest is the host of one of my absolute favorite podcasts called Mind Witchery, which you will hear more about in today's interview. Natalie Miller is here with us. Natalie Miller is a master certified mindset coach for feminist change makers.

[00:01:49] She helps people create the lives and work they really want by holding warm, generous space while she asks good, hard questions. Natalie is a savvy experience coach and mentor for coaches and a truth telling perspective broadening partner for thought leaders. Welcome Natalie to the show. So excited that you're.

[00:02:10] I am so happy to be here, joi. I love the idea of multi-passionate, and I love the way that you talk about it, so I'm, I'm just honored and excited to be here with you.

[00:02:23] So I always start off with an icebreaker, and you kind of answered the first half, but I'm gonna ask it anyway because I wanna hear how you'll respond to this. And that is, do you consider yourself multi-passionate? And if so, what does that mean to you?

[00:02:38] I absolutely consider myself multi-passionate. I really believe that people. Generally are like jewels. And I'd love for you to get into your mind like the, the vision of a, of a gem that's got all these different facets, right? It's got all these different sides, it's got all these different, um,

kind of planes of the crystal and this could be a cut gem. This could be like your, your amethyst crystal that's sitting on your shelf, right?

[00:03:13] What makes it glitter is when those different, those different sides get to catch the light. And for me, that is being multi-passionate, is letting those different sides, like the plant lover in me, the writer in me, the mom in me, the solo traveler in me, all of those different sides catching the light is what makes me feel shiny, and I also think it's what makes me shiny to other people.

[00:03:42] So that's, that's kind of what I, how I think about being multi-passionate.

[00:03:46] I think the creative brain loves a good visual and something that, you know, we can see and feel, and I was able to connect so clearly with that vision, so thank you for that. In what ways do you feel that being multi-passionate has been a gift in your life? Could you expand on that a little bit?

[00:04:03] Yeah. You know, I remember once in my, maybe later twenties, I, I don't know where I got this idea. Maybe I read it in a book. Maybe I just came up with it. I was like, okay, think back to like three times in my life when I've been really happy. . And when I thought back to those three different times, they were very different.

[00:04:26] Like in one of the places I was in college and um, in one of the places I was like making almost no money trying to figure out what I wanted to do next. Um, and then in one of the places, um, I was, I was working, but I also had this, this whole other sort of interest in, in, um, Teaching yoga. I was a yoga teacher for a while, and what I realized was the common denominator for me was that every time I was really happy, I had like three, three or four things going on, not just one thing.

[00:05:02] I had three or four things and it wasn't like I had a main dish and some side dishes. It was like I had, I had three mini entrees, and I was fully doing all of those things. And so when I discovered. Again, in my later twenties, I was like, okay, this is a, this is a key for me. This is magic for me having more than one thing going on.

[00:05:27] So, um, it makes me really happy, and this is, I'm risking talking on and on, but I just realized as I was talking that, um, I'm a, I'm also a very high-achieving person. And a wonderful thing about having three entrees, is that you kind of can't overdo it in any of them if you're gonna keep them all going, right?

[00:05:50] If you think about juggling, like, nope, you gotta keep it all going. So you actually, I can't get, um, caught up in my perfectionist tendencies. I can't, um, I don't get stuck as much

because when I start to get stuck, I just move to the other thing. And so I think enabling. , enabling that flow has also been a gift for me, so it's a long answer, but that's my answer.

[00:06:13] That's okay. There are no long answers. Please don't ever feel like you have to shorten your train of thought. Just you're welcome to say whatever's on your heart. I love that. It's so true and it's, that's a really refreshing perspective. I talk a lot on this show about the power of having clear priorities and doing things in a certain order so that being multi-passionate doesn't become a recipe for burnout.

[00:06:38] But there is a point that you can get to. I think of it as like the maintenance phase where all your projects kind of reach this maintenance phase where you do have enough energy to keep them going, and that's a refreshing perspective that you're not able to succumb to your perfectionism because you've gotta maintain, and maintenance is not the sexiest word, but it does require us often to put our perfectionism to the side and just say, okay, what's necessary to keep this going?

[00:07:09] So thank you so much for bringing that into the room. Now let's talk about the not so shiny parts of the crystal. Maybe the part that sits on the counter and has gotten scuffed a little bit and is just a little dull. What have been some of the challenges that being multi-passionate may have presented in your life, and how have you worked to shift them?

[00:07:32] Oh my gosh. I love so much that you're looking at this aspect too because um, all the swords are double edged, right. So, um, so my multi-passionate has enabled me to do a lot and also to weave together things, um, weave together different of my interests, and I'm really, really grateful for that. At the same time, for me, the biggest danger is the danger of becoming spread too thin, right?

[00:08:05] So , so it's sort of like, it's, it's like when it goes beyond your three entrees into I have more side dishes than a Thanksgiving potluck, it is just like, I have so much going on and I get spread really thin and, um, I'm, I probably will always be learning that lesson because, I do love... like I just fall in love with the world.

[00:08:30] I fall in love with new skills. I fall in love with new groups of people. Like I just, I, you know, I don't think I'm ever going to be only ever doing, you know, these three things. But I will say that I've learned, to let go and to say no when things are not a full yes. And that has probably been, that's been very hard one, and I wanna tell you, I'm still learning it.

[00:08:57] I did it just yesterday. I had to finally say a no, that I had been saying yes to. But yeah, to not spread too thin. I have to remember, only full yeses are real yeses.

[00:09:11] So I promise you I'm not making this up. I have my questions here and I want you to just listen to what my next question is. Keeping in mind what you just said. One thing that we have in common, and I know this from being a super fan of your podcast, is that we love a boundary, and I personally feel that tools such as creating priorities and placing firm boundaries around what you commit to in relationship to those priorities is a key for actually being able to enjoy the multi-passionate experience.

[00:09:42] So I'd love to know a boundary that you've set recently and what your process has been like holding that boundary. So if you wanna talk about that, know that you just mentioned, or if there's something else that comes to mind. I think this is a really important conversation to have.

[00:09:55] Yes. I love that. Um, oh, I love it when we're so in tune and that, that gets like, to feel like a little bit psychic. It's really fun. . Um, okay, so. Actually the, the "no" that comes to mind immediately is, um, one of my daughters is participating in this really, really cool exchange program where there are, um, there are children from Columbia coming here that are gonna stay with us for two weeks and then my daughter will go to Columbia in the spring for two weeks.

[00:10:30] And it's very exciting. And, um, I was at a parent meeting. I was at a parent meeting and they needed volunteers to head up the various committees, and I knew that was gonna be a topic of the meeting. I went into it very clear. I am not going to volunteer to, I will, I will participate.

[00:10:53] I will not head up any of these committees. I don't have the wherewithal and it's not a full yes for me. But let me tell you, in that meeting with those kids so excited with me looking it around at all the other parents who are excited, but also like, oh, how are we gonna do this? And um, you know, really falling in love with the, again, I fall in love with the idea and the project.

[00:11:15] Um, and I had to like sit on my hands. I just had to keep, I just had to keep remembering, like, no. I guess for me it's really a values orientation and what I think about is like, okay, so what's the like, like how do I wanna be? Who do I wanna be? I wanna be supportive. I wanna be supportive. And I know if I try to say yes to heading up one of these committees, I will not ultimately be able to be supportive.

[00:11:44] I won't be able to fulfill that boundary or that, um, that that commitment, I won't be able to fulfill that, that value. So what I need to do is to figure out, oh wait, what does supportive look like? And this is my little trick for this, Joi. I always start with. What does supportive look like for me? From me, to me, and I was like, okay.

[00:12:11] Supportive from me to me. Looks like get very clear about one event that I could help with and commit to that and that feels good. That supports me in feeling like I'm participating

and I'm, you know, I'm, I'm getting to kind of contribute to this experience and this idea that I've fallen in love with.

[00:12:34] And at the same time, I know with that smaller commitment, that will keep me contained. That's my boundary. Okay. Yep. Nope, I did, I I'm not gonna volunteer for the whole thing because I'm gonna run this one fundraiser, something like that. So that's how it works for me is kind of figuring out like, um, what's the value or what's the vibe that I really want, and then can I engage this thing in a way that re where I get to really embody that.

[00:13:04] That's brilliant. And the thing that popped into my mind was high quality commitment because you. You can commit to something, but if you're not able to show up in a way that's gonna honor your value system, then it's really just out of obligation or well, everyone will think I'm so helpful, or something other than your own internal system, you know?

[00:13:27] So, Everyone listening, this is your teaching moment to pause and remind yourself to ask yourself that question. Okay? What will be supportive for me? It's okay to ask yourself that first. And if we're gonna talk about boundary setting, that's something that you might wanna get more comfortable with because you are really considering yourself first.

[00:13:50] Natalie, what advice would you have for someone who starts to shake in their boots when it's time to set a boundary or has trouble maybe even holding boundaries with themselves? Where can someone start to get a little bit better at that each day?

[00:14:07] You know, I think clarity around who you wanna be around your values, around who you wanna be is really, really, really important. So, um, Let's say, um, you know, I want to, I want to be an, um, I wanna do coaching, I wanna do coaching, and I wanna be an extraordinary coach. So I think about, okay, who do I wanna be as a coach and how do I wanna be, I wanna be very present, super high quality presence.

[00:14:42] I want that for sure. And. What I kind of start to do is think, okay, so what is it that takes me away from being present? Well, I'll think of like two things. One is too many clients. If I have too many clients, I, I feel myself again, that spreading thin. I love them all, but I'm like, I'm spreading too thin.

[00:15:13] And so I'm like, okay, so I need boundaries around. How many clients I can have at once, which also means I need higher prices. And that's a question for another day. , right? So, so there's that. And then, um, I also know I need something like, let's say sleep. If I wanna be really present, I need to be well rested.

[00:15:36] So I also need a boundary around my bedtime, cuz I don't, I'm fine with my wake up time that doesn't really need boundaries. I'm, I'm a person who wakes up and I'm up. But going

to bed, putting myself to bed, I'm basically a toddler. I don't wanna go to bed. I'm scared to go to bed. I want another story. , I don't wanna go to bed at all.

[00:15:57] So, um, Attuning to the value. Who do I really wanna be? I wanna be present. I wanna be present for my, for my clients. That lets me, in those moments when it's hard to set the boundary, like, oh, but I really like this new person and she's going through such a hard time, and couldn't I just open up a little space in my schedule?

[00:16:23] I have to ask myself. Okay. What happens when I have another client and get very real about it, I actually get less present, not just with her, the new one, but with all of the ones that I have. Ah, okay. Yeah. I don't wanna be her, right? I don't wanna be her. And so even though saying no to the client in the moment, doesn't feel good I know that really what I'm doing is saying yes to and supporting the person that I wanna be. Right.

[00:16:59] Even though at night it doesn't feel good to say. Okay. I'm going to bed , like, I'm, no, I don't wanna, I don't wanna keep watching Netflix or, oh, I really wanna keep reading what I'm not going to, or even, you know, sometimes my, I have teenagers and they'll, they only wanna hang out at night because they are nocturnal and I'm like, oh, I really wanna hang out with them.

[00:17:22] But I'm just like, no, because I know, I'm very clear that respecting my boundary and, and really standing in my boundary. Actually is what enables me to be the person I want to be. So it's that clarity about how the boundaries help you be who you wanna be. That's what I find is really fortifying for sure.

[00:17:45] Beautiful. That's a perfect place to start and. . What I love about that is as someone begins to put that into practice, you start to gather proof. Oh, okay. I said no to this client or this client inquiry. I referred them to someone else and I'm having a great month with the clients that I already have.

[00:18:04] Everything's okay. Or I went to that early, kind of wasn't that fun at the time, but I feel so good today. I'm feeling amazing. So you start to gather proof. Maybe it's worth it to set and hold that boundary. Whereas sometimes if we don't take the step to at least try, we maybe only have proof in the other direction, right?

[00:18:24] Or I always say like confidence is a result of taking an approachable risk and being rewarded for it. But you can be rewarded in so many ways. And sometimes the reward is, oh, it went better than I thought. And sometimes that's just right there. That's enough for our brain to go, okay, let's just do it again.

[00:18:42] Let's see what happens next time. So that's really important and I hope that everyone takes that with them

[00:18:48] Can I add to joy that like, um, I think it's also helpful to be very comp Now we have to be very compassionate and kind with ourselves here, but to look at what happens when we don't hold the boundary. How did you feel? How did you show up? What happened? So, cause I love that idea of gathering proof and gathering evidence.

[00:19:15] It's like, oh, I said yes when I really wanted to say no, or I stayed up when I really knew I wanted to go to bed. And again, we have to be very sweet and kind and compassionate here cuz it's very easy to start beating ourselves up about it. But to just be like, yeah, and, and this is, this is what happened.

[00:19:38] This is how it. I don't. I don't. That was very expensive. That was an expensive decision I made. I don't know that I would buy it again.

[00:19:46] Yes. Learn from all of it. Learn from all of it. Um, I have an example too that I'll offer that is so very recent where I met someone and. We were talking about potentially bartering with some services, and we got on an, you know, initial call to sort of kick things off, to fill into each other's energy. And I could kind of feel, Hmm, I'm not sparkly at all right now.

[00:20:14] This, this might not be a good fit. But I wanted to honor at the very minimum, what we had agreed to for that call. And so I went through the motions, and as the call was closing, we made arrangements to meet the following. To continue. And you know, they asked me some questions. I told them I would put together some resources to answer their question.

[00:20:35] And so after the call, I spent another 30 minutes putting together a document and I'm a human design manifestor. I don't know if you're into human design, would love to chat about that if you are. But I started to feel anger. And so anger is my not self theme as a manifestor. And so I, when I feel anger, I'm like, Hmm, anger.

[00:20:57] Interesting. Where's that coming from? It's a, it's a cue. And so I started to feel anger and I was like, okay, interesting. Then I, you know, finished that, closed my laptop, took a shower. Anger, anger, anger. Why am I compassionate, anger, interesting. I don't like how I feel. This does not feel good. There's something that's not sitting right with this.

[00:21:21] And then it was very easy for me to go, well, what are my prior. Does this commitment align with my priorities? Oh, it doesn't. Oh, okay. Well, I'm not willing to do that to myself again. I've done that many times. That is an expensive mistake. I would rather not make that purchase again. I got outta the shower, opened my laptop, sent an email and said, you know, I realize I cannot commit to anything that's ongoing.

[00:21:47] I'm so glad we were able to serve each other in that initial call. I'm wishing you all the best and you know I'm gonna go ahead and cancel our call for next week. And I sent the email

and they responded and said, yep. I was kind of feeling like maybe we weren't a good match. All good. Thanks for your transparency.

[00:22:04] And that was it. And now I am free of that commitment, which would've been if I was too afraid or not even afraid. That can sometimes feel, I don't wanna be insensitive. It's very real. To feel afraid of certain interactions like that is very real. But you know, gathering proof on both sides, proof of what happens when I.

[00:22:25] Send that email and I then have this call on my calendar that's making me angry or proof that it's okay for me to set and hold a boundary and how someone receives it is not my responsibility and that it will be okay. Then I may not have taken that action, but I have enough proof on the positive side that I was willing to do it.

[00:22:44] And it worked out just fine. And now I have a lot more spaciousness and I have something really exciting coming up next week on my calendar. Instead, , I'm like so pumped up about that's energizing. So I wanted to offer that example as well because it wasn't necessarily easy, but it does get easier, right?

[00:23:02] It was showering and sending that email the same night, whereas in the past that might have taken. After a month of doing these weekly calls or after a couple of months, so I wanna offer that just so everyone listening, has multiple touch points to relate to.

[00:23:16] I, I love that. And I love, um, how much self-awareness is there also joy. Right? Um, and that I think is what, um, I don't know. It's sort of like, it's almost like, you know, watching someone ride a bicycle and be like, And be like, what makes them a good bike rider? Well, it's balance like they're good at balancing and you know, what is it that makes you good at setting boundaries?

[00:23:41] What is it that makes you good at being able to have multi-passions? Self-awareness! It's as important to doing these kinds of things as. Balances to bike riding. Um, so I love that you're like, wow, I felt anger and instead of getting caught up in it, which is what we usually do, right? And blaming the other person or, you know, whatever we, what we kind of do.

[00:24:05] My not, I'm a generator in human design and my not self theme is frustration. And so I know, oh, frustration does not actually mean that everything is going wrong. Frustration means that, I'm a little outta place. I'm just a little outta place. And so, um, yeah, I just, I love, I love that and I wanna, um, highlight that for everyone.

[00:24:27] If you're listening to this podcast right now, I know that you are also cultivating self-awareness and that is helping you so much more than you even know everywhere that you go.



[00:24:39] Okay? In true multi-passionate, uh, fashion, we're gonna pivot. As you know, , I'm a huge fan of mind witchery, and we are going to link to that in the show notes.

[00:24:51] What I love about your show is your use of spells. It's so, so unique. It's a really special way to offer solutions and new ways of thinking about. Things that we come up against over and over and over in day to day life.

[00:25:09] I would love to know what led you there, how did you land on spell casting as your format, as your way of coaching, and as your way of connecting?

[00:25:20] Oh my gosh. Um, well, it won't surprise anyone listening that of course. Came to me in the shower because that's where they all come. Right? . So, um, you know, I. The, the tiny origin story of mind witchery is that, um, I've been coaching for a long time and I had a new partner in 2020 and my new partner happened to be a podcast producer and you know, he would come over.

[00:25:55] At the end of his workday, and I would be on one more call, or, you know, sometimes I would have a call on the weekend when he would be whatever, right? Like he would hear, he would sort of hear the things that I would say, um, to people, and he'd be like, you should really have a podcast. And I thought, eh, I don't know.

[00:26:19] I mean, I don't know what I would talk. And so I say this because the, the idea of the podcast cooked for a very long, it was like, I don't know if you've ever caramelized onions. If you, if you're a cook, like when you, when you caramelize onions, it takes forever. You're eventually, you're just like, I don't think they're gonna, I don't think it's gonna happen.

[00:26:43] Right? It just takes, it's very low heat. They have to just, Bathe and butter forever and ever and ever, um, as the bath gets a little warmer. And I, that's how that podcast, I was like, I just like, I don't know. It's not coming together. It's not coming together. It's not coming together. And then one day I thought like, okay, well what would five episodes be like?

[00:27:10] What are five things I could talk about? And they were so all over the place. It was like, well, I could talk about boundaries. Um, you know, I could talk about rest, I could talk about, um, confidence, like what do I talk about? Basically I was asking myself, what do I talk about to other people all the time?

[00:27:27] And I found these like five various things and I'm like, what connects these things? Like what is this podcast about? and, um, I'd already been kind of playing with the enchantment and magic vibe in my branding and in my thinking of myself. Also, I totally think of myself as a, as a magic person, . So, um, I was in the shower and I thought, oh, I'm just teaching people spells to cast in their lives and we can talk about anything.

[00:27:59] We can talk about relationships, we can talk. Self-trust. We can talk about anything, procrastination, rest, whatever. Um, I'm just gonna give them either a question or a, like an affirmation. To use to get more of that thing that they want and less of that thing that they don't want. Um, and I remember I got out, I don't know if you all are familiar with the Voxer app, but it's um, it's like a voice messaging app.

[00:28:27] I got out and I Voxed one of my friends and I was like, What do you think? Is this cheesy? Like, and she was like, I think you just, I think you just found it. I think you just found it. And really, I started recording the podcast right away and it just all like the caramelized onions, it all finally came together and it was amazing

[00:28:46] So that's how, that's how it happened.

[00:28:48] That's so amazing. It's very easy to internalize the advice being given or the alternate. Paths of thinking about something that are being presented when it's presented as a spell, because spells tend to be short and succinct and repeatable and kind of like a mantra, but you don't even necessarily have to have this deep belief like you would in affirmation because you're working to shift something within the spell.

[00:29:19] So it's very effective and I'm so glad that it all came together. And shout out to your partner. Thank him on behalf of all of your listeners.

[00:29:27] Given what we've talked about today, I think it would be so fun to come up with a spell for honoring your many passions as a multi-passionate person or a spell for embracing your multi-passionate nature.

[00:29:40] And I wonder if you would be up to brainstorming or conjuring together and seeing what we can come up with here in real time. And this is also kind of my sneaky way of seeing, like, I wonder what goes into creating these spells.

[00:29:55] I love it. Super fun. Okay, so, um, when I'm thinking about, um, Well, first of all, I will say it is a very strange experience for me to create these spells because I honestly feel like they come through me. Like I don't really make them. I just kind of open up and they come through. So first of all, I'll say that, um, they're not exactly mine.

[00:30:19] Like they kind of. I read it somewhere or I heard it somewhere, or it was a lyric or it was a conversation, it always kind of comes through. So the way we would begin is I would ask you a couple questions. So, um, what would you say is the number one thing, or maybe one or two things that, um, keep people from embracing their multi-passionate nature?

[00:30:48] This feeling of not wanting to be all over the place or this feeling of presenting that way, you know, the family member asks you, so what are you working on? And you can just see that they're anticipating you're gonna give them yet another answer.

[00:31:04] And that there's a little bit of judgment there. So it's this sense of almost like, what's wrong with me? Why can't I commit? Am I ever going to figure this out? And so for a lot of people, as they begin this multi-passionate journey, maybe they first realize, oh my goodness, there's a word for that. Cool.

[00:31:22] That's. . It then turns into, well, how do I fix it? How can I fix that? Because that's not how you reach success. I've gotta choose one thing. That's how you do it. That's how society tells us. So I would say that's the main struggle in terms of mindset and identity. And then the more practical side, which would be the second part, is I just don't know what to start with.

[00:31:47] I don't know what to focus on, which is a lot of the work that I do with my clients. Cuz once you can solve, Feel a lot better about everything. But yeah, that's kind of where it would start.

[00:31:59] Mm. Okay, awesome. So it's like we need a whole spell book for these amazing people. . So, um, cuz I can think of like 20 off the bat. So, um, so what I'm hearing is, the sort of things that we want to banish. What we don't want are the feeling like something's wrong. Or believing, right? Believing something's wrong.

[00:32:23] Believing, um, I need to fix it on the kind of identity side. And then on the practical side, it's, um, You know, it's interesting. Like I, I have the sense that like, you have the perfect guidance there for people. Um, and so where my magic really comes in is in that foundational self-conception. And so I think like you already have the kind of like, all right, here are the steps to take to kind of, you know, Get, find your focus and, and get, to, get, to engage all of your multi-passions.

[00:32:59] So where I'm more interested and you tell me what you think is in this place of like, there's something wrong or, um, or, or like, this is, it's not okay to be this way.

[00:33:11] Yeah, I would say most of my episodes you could think of most of my solo episodes would act as spells when it comes to prioritizing and focusing. A lot of my work does land there. If someone's listened to this podcast more than than once, they've probably been served in that area. So let's focus on, let's focus on that feeling of.

[00:33:34] Is this okay for me to be this way? Is it something that I need to fix and how can I make peace with that? It's, it's interesting because I you, I recall you saying you thought back to

times in your life when you were the happiest and you noticed that you were doing more than one thing at that time, and that was bringing you so much happiness.

[00:33:54] And so I would love to. Connect the idea of being multi-passionate with joy, with happiness, with presence, with what a gift to be more of myself, you know, and that kind of energy. So that's my contribution. I feel like it's starting to flow or getting.

[00:34:12] we're getting there. We're totally getting there. So, yeah, I mean, you know, the jewel analogy does kind of come to mind, right? Just kind of thinking like, you know, um, Like when I, you know, when I let my different passions catch the light, my whole self shines. Something like that. That's cool. I love inviting people to kind of reflect on when has the multi-passionateness really worked?

[00:34:42] Even if it was like when you were in junior high school and you were like, you know, whatever your, your, you were in your sport and you were in your marching band and you were in, you know, your like friend group or whatever. Like really looking at places in your life where it's worked and just seeing what did it do for.

[00:35:01] So for me, it helps me to balance and keep everything flowing. For me, having, having my multi-pass, my multiple passions, my, my different work, it helps me to balance and keep everything flowing. So I think, you know, that could be one that would be kind of a, a customized to you spell multi-passionate listener is like, how does it help?

[00:35:25] How does it help you? Like where do you see, okay, we know that there's a shadow side, but in, if we look, if we set the shadow side apart for a moment, like what does it do for you? Does it make you feel alive? Does it make you feel happy? Does it keep you interested? Does it, like, what does it do for you?

[00:35:42] What do you get out of it? So I think that kind of appreciation, um, is totally, is totally key. Um, you know, I also wonder, um, If there's, if there's something about, like, I'm, I'm curious for you, joy, like who's the model? Who do you, who do you think of or look at as a model of multi-passionate success in the world?

[00:36:08] Like who comes to mind?

[00:36:10] My mom is a pretty good model. Because she is an elementary school teacher now, but I have watched her go through many different phases in her life and yes, that is her, her day gig, right? She goes, and she teaches elementary school, but if you walk into her office, it is clearly also an art studio. She's always creating with her hands.

[00:36:37] She's always. Making something. And you know, whether it's doing mandala dot painting or faux finishing a wall or depo, there's so many different mediums that she expresses

in. And when I was a kid, we would have scheduled creativity time, like, okay, it's time to do art, it's time to do crafts. And that has enhanced my life.

[00:37:01] So, I could also think of my father, he's a drummer by trade. That's his profession. He also loves photography. He's also very passionate about golf. He also likes to go out and fly his drone, and who knows what he'll pick up tomorrow, right? And so I have two of these examples of my parents who have chosen a way to sustain themselves financially, but have other passions and have.

[00:37:28] Made that a bad thing, so I'm very fortunate to have examples. Super close to.

[00:37:34] Mm. I love that. And I wonder, you know, as you were talking about that, I was thinking, um, you know, I think you're right. That like what is lauded and really held up in our, in our society are the kind of, um, You know, mono passionate people, the people who were like, this is the, it's like Steve Jobs, he just wants to make computers that are, you know, like that's kind of who is lifted up.

[00:38:01] But, but um, I think if we look closely, especially at our intimate circles, like. Who is it in your family? Who is it in your neighborhood? Um, that it just surprises you that way? And like how do you see them? How do you see them? Do you see them as all over the place or do you see them as like a fascinating person?

[00:38:23] Um, also as you were thinking, I was like, is there a celebrity? Can I think of one? And all I got was, I think it was a pretty good one. Rihanna. so like she's bringing it, right? She's like, yes, I have been a musician and also I have. Clothing lingerie line. And also I have this makeup line and also, and also, and also and, um, you know, I think, uh, really seeking out and looking for the people who are doing more than one thing can also be helpful because there's a, there's a normalizing in that way, right?

[00:39:02] It's not that we're not weird, there's, there's nothing. Wrong with us. We're in the world in this very like, Full fledged way. You know, even just thinking of it, like I said earlier, I just fall in love so easily. I'm in love with my knitting. I'm in love with my plants. I'm in love with my coaching. I'm in love with the Columbian School Exchange.

[00:39:24] I'm in love with my partner. I'm in love with Pilates. I'm like, I'm a lover. And so of course I have all of these things that I'm really into. They actually don't pull me off center. I find my center. Through them. I like, I weave, oh, how about this? Here we go. Here it is. I weave my center out of them. Right?

[00:39:47] It's like I do need all these different threads. Make me who I am. I am not. One flavor. I'm many flavors. I am not one color. I'm many colors like I'm just thinking of this, you know,

cloth that's kind of hand woven, like that's really who I am. And when I let myself, and this is really key, when I let myself be who I am, and I promise you this is true for every human on this planet, when we just allow ourselves to be who we are, not only do we get to do our best work, And our best make our best contribution.

[00:40:26] We also get to show people a different way. Like your mom and your dad showed you, like Rihanna shows us, like all the multi, as you were reflecting, I was like, oh yeah, I have a family of multi-passionates. Like it's our people, right? And they've showed us a different way. And thank goodness for that.

[00:40:46] Uh, yeah, I'm just breathing that in for a moment. So, What is standing out for me in, in the words that I'm continuing to hear now are, it is through my passions that I weave the tapestry of myself and my tapestry shows the world. What's possible could be a bonus part of the spell

[00:41:12] Yes, witch! Yes, witch! You got it. Yes. So good.

[00:41:17] So everyone please take that with you. Please use the spell spells work best if you actually cast them so you know, in whatever way works for you. Maybe it's listening back to this conversation from the beginning and seeing how we got here so organically. Maybe it is. Hanging out in the shower and just saying those words to yourself.

[00:41:40] Maybe you have a different analogy or a different picture that comes up for you that feels better. Please feel free to adjust and change. Add your own spices and herbs to the spell to make it yours.

[00:41:55] Natalie, I am over the moon, the new moon and the full moon that you spent time with me here today, that you gave such potent medicine to our listeners.

[00:42:05] We're also grateful. I'm thinking you on behalf of them as well, and I know that anyone who listened in on this conversation is going to want more. So can you please share where everyone can stay in touch with you and get more spells and enjoy your magic.

[00:42:22] Yes. Well, um, please come and listen to mind Witchery if you, you clearly already have great taste in podcast. If you're listening to this one, so come listen to mind Witchery, and I think you'll like it. Um, and then I write a letter every Sunday because I'm a writer too, so I have something called the Sunday Letter.

[00:42:42] And if you are more of a reader than a, than a listener, or if you, if you just want a little bit of encouragement magic in your inbox every Sunday, you can come and get the Sunday letter also, and you can find all of that stuff. All my stuff on Natalie K. Miller dot.

[00:43:02] Amazing. And we'll also link to all that in the show notes. Natalie, thank you so much for coming onto the show today.

[00:43:09] It was so fun to be with a kindred spirit. Thank you so much for having me Joi.

[00:43:14] Thank you for tuning in to this episode of the multi-passionate mastery podcast. If you received anything valuable from this episode, send it to a friend. I know you've got some creative people in your life who needs to hear this. Also, please take a moment to leave a review.

[00:43:33] Even sharing one sentence about how you feel about this podcast can help us reach the hearts and ears of more multi passionates. If you're not exactly sure how to leave a review, I've left some instructions for you down in the show notes. Thanks again, and I'll see you in the next episode.