

Ep. 14 - Dump Your Toxic Relationship with Money with Miata Edoga - Transcript

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We keep believing that we will deal with our money when we've had the success we want in our careers, we keep saying it's a then

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and

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I will do this. And I understand we may not want to hear this. But this is the absolute truth. They are linked everything I want in my life. And I genuinely mean that I do not just mean my career. I mean, who I want to be in this world who I want to be as a wife, as a mother, as a friend, as a politically involved person, as a change maker, right? As someone who can have an impact all of these things, they are connected to your financial relationship.

01:02

Whether you're an actor, creator, butcher, Baker, or candlestick maker, if you believe that creatives can save the world, then you're in the right place. Hi, I'm Brian Patacca. In this is Brian Breaks Character, where we slay the suffering artists myths so you can attract the right attention. Get out of your own way and become so aligned with your spiritual purpose that abundance in all its glorious forms finds you. Each episode will go behind the scenes with people who proudly walked the path of least taken inspiring activists, artists, creative folks, plus working actors and solopreneurs who will offer down and dirty advice and lots of laughs all while sharing how to bring home the bacon and make a living and a life in a creative field. Brian breaks character is your new favorite. Listen If you're done suffering for your art in second guessing every step of your yellowbrickroad one of the promises of the Brian Breaks Character podcast is that we are slaying the myth of the starving artist. And I can think of no one who better epitomizes this than Miata Edoga, today's guest is the founder of Abundance Bound in Abundance Bound is this incredible organization that helps creatives and actors to build a more compassionate and healthier relationship with their money. And they do this through three key pillars. And we're going to touch on them in today's call, and they are mindset management and making more money. And I love the way Miata rolls this out because this works for anybody who's starting out starting over or even starting to wonder how they should handle their growing wealth. And you might already know Miata because she's taught at some truly incredible places. The Academy of Motion Picture Arts and Sciences, the television Academy, the Actors Fund of America, the Screen Actors Guild, Yale, NYU, Columbia, USC, the California Institute of the Arts and beyond all of these fabulous and fancy credentials is this powerful, incredible magnetic woman who could not be more passionate about helping you establish a healthy relationship with abundance and how that in fact, lays the foundation for what you want in your career. Let's get to it. All right, I am so thankful to have you here Miata, you guys heard the introduction. So I

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don't want to say much more about her other than she and I have huge smiles on our face whenever we connect. And I feel just so lucky and blessed to be in her presence to be around her is to feel calm. And to be around her is to feel taken care of. And so it's one of her great gifts that she has this conversation is a total selfish gift to me Miata. So thank you.

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It's a gift to me, too. I love that you said that. And I really appreciate it and I feel like to be in your presence is to be taken care of. And I've had the pleasure of listening to some of your episodes. And that is what you do you take care of your guests, so I don't even feel nervous. Oh, great.

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I feel nervous because I want to live up to your awesomeness. So enough of our mutual admiration society. Okay, so we know what you do Miata. And I would love to hear a little bit more if you're open to sharing just how did this come to be? The thing that you do or know how to do what's the origin story of what the work you do is? Oh, gosh,

04:16

I mean, it's a crazy story that I've told in different ways so often, but I say it's crazy because Brian, if you had said to me, when I was younger, one day Miata, you will be teaching financial education to actors, artists and creative professionals. I literally would have choked on whatever I was eating or drinking at that moment, because all of the things that I thought about money made me certain that wasn't even in my frame of reference at something that I would do. So the simple story is that I became clear that what I was here to do was to act and to tell stories. And it took a while. But I learned that the fact that I knew absolutely nothing about money was keeping me from what it was, I was felt I was here to do. And so for me, you know, when I finished school, and I finished training, and I began my career, I made every possible financial mistake. And I call them financial mistakes because of the mess that I ended up in. But how do we make mistakes on things we don't know anything about? Right? So I think the origin story is that I had to learn how to first clean up my mess, but then how to move forward in a much more powerful way, then I had been existing. And it was, as I started to learn, as I started to understand money, I started to feel both really passionate, but also really angry that I was never taught, right, like, I just couldn't understand how do we go to school all our lives? How do we train so hard, and no one explains this piece to us, that became really clear to me, these pieces were inextricably linked, right. So as I learned, as I cleaned up, I just started with, let me share some of this, let me share like the key pieces. And it just started with me like teaching these tiny classes to three people, four people, and 16 years later, it's just a huge part of what I know, I'm supposed to be doing amiata I just

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love so many things about that story. And most of all, you just use the language that we use around here, which is I know what I'm supposed to be doing. And the part that I want no one to miss. And I really am going to ask you to talk more about this is, when you cleaned up your act, let's just say with your money relationship, that is when you saw more success in your acting career and that thing that you were called to do? Can you talk a little bit more about how you saw those to connect, and also how you see that in other people as you're working with them?

07:36

Absolutely, because it went so far beyond my acting career, changing my relationship with money has changed the very way I show up in the world, right? So it would really be almost impossible for me to automatically attach it to these very specific results. But I was significantly happier, I let go was able to release so much of the fear. That was a constant state in terms of how I was existing. And one of the or some of the byproducts of fear, or anger, and resentment and exhaustion, and frustration. And all of that was impacting my relationship with my art. It was impacting my relationship with my family with my friends. It was impacting my relationship with my health, right. So specifically, in terms of my acting career, there were some very concrete things like being able to pay for my training, being able to pay for marketing materials, being able to like one of the best memories, I don't even know if that's the right word, but one of the most fulfilling times in my life as an actor was the development of my solo show, which I did in Los Angeles, and I was able to then take it and do it in New York. And there is simply no way that that happened without me really changing my financial relationship, right because I'd love to say the show made a million but we know the show did not do that. Right? But having the freedom to do that having the freedom to go live in New York for six weeks and do my show there. And I love the way you're saying this

09:58

matter. So I think congratulation I'm getting here and also on the tremendous impact that you're having with not just telling your story but allowing us to see ourselves and your story, because in each of the examples you gave, I could see the actor, the creative person who's wrestling with can I afford to get the headshots? Can I go to that acting class, can I get coached for this audition, it's time to get a new car, but I can't get a new car, there's a flat tire, I can't afford my health into, like, all these tiny ways that it just is annoying on us and how it could be the thing that holds us back from making the impact in that part of our career that we really want to make the impact. And that is just like a tiny in what I noticed. And I don't know if this is kind of in your teaching, but is we sometimes as human beings overestimate our ability to live with a small annoyances, so they can just always just be rolling around. And like, I don't need to look at that. It just annoys me a little bit. There are times when of course, the finances are completely wipe you out and you feel completely gutted. But there's also like, well, I'm going to make it work. I

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can juggle this, and we just overestimate our ability to juggle and also be present. It's just not. It's unfair.

11:05

Absolutely. It's not fair. And it may be because of what my own story was. It may be also because of what I see in so many clients. I don't believe they're small. I don't think that they're small annoyances. I think that, you know, I remember having a really big meeting for new commercial agents. And my car, which I was so clear, needed to be serviced and hadn't service debt and had been ignoring it and ignoring it. And thank goodness I left early, right. But my car kept stalling on my way to this agent meeting in Beverly Hills. And I don't mean just like stop, I mean, stalling and then wouldn't start and stalling and wouldn't start and I'm getting scared. I'm freaking out. And I finally pulled up I parked in front was on Sunset Boulevard, I parked in front when into my meeting, and came out and by the way, had to get the car towed like the car. So that was only by the grace of God, right that I got there. But what I was clear on what's the that was my fault, I had had plenty of signs that I needed to get the car repaired. And I continue to and I feel this is what we do we continue to pretend that all these things are happening to us, right? But it's because we are not being present to what is actually happening. And I don't get to drive a car around and never take that car to be serviced. Right. And then when it breaks down, and now it was a huge break down and I had to pay for the big towing and I had to pay for the big service. And all of that hits me like such an emergency and a horrible thing. But I do have to be honest about the way I was showing up that led to that, you know, and I also feel Brian and you know, once you get me going, but I feel like I was going to my auditions, desperate. I was I was going to my auditions, let's just be honest, I was going thinking about what I would do with the money if I booked it right. After all the years of training and conservatory seriously. That's what's going on in my mind on the way to the audition. But why? Why? Because I didn't know how I was going to pay my bills. So that desperation, it's not small,

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and what you're saying it so even the car image is so powerful because you can imagine knowing that your car is in this kind of state and driving to your audition and like low grade or high grade worry of Am I going to make it there? When am I going to get the car fix and I would say we have to be so mindful as an as a performer in particular and creatives actually any kind of creative when we're doing the thing, having this very stuck mindset where we're not in the thing we are living in fantasy we're living in when I get the job when my art is hanging in the gallery when my photography is in the gallery when I'm actually on the set and I'm is let me clarify that with that the paycheck I'm gonna get versus what do I think about this character? And what do I love about the work that I'm doing and it's so non actor thoughts, and yet we all know we are everyday we're getting older and we're thinking more about our security and things like that. And it just can leak in there. And I think it's such a beautiful way to talk about finances give us this almost buffer or Grace around these items because these things will still come up.

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But it won't be the monstrosity the way it won't got you in the same way, because oh yeah, and I have my Monday when I look at my money stuff or whatever it is, you've got like a thing that you're doing, right?

15:14

Absolutely, we keep believing. And this is the piece that I want to shatter, we keep believing that we will deal with our money, when we've had the success we want in our careers, we keep saying it's a then and I will do this. And I understand we may not want to hear this. But this is the absolute truth. They are linked everything I want in my life. And I genuinely mean that I do not just mean my career, I mean, who I want to be in this world who I want to be as a wife, as a mother, as a friend, as a politically involved person, as a change maker, right, as someone who can have an impact all of these things, they are connected to your financial relationship. And that is not about making money, the most important thing,

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it is about the fact that that relationship will affect all of those other things. And we keep looking for those other things to fix the financial relationship, and we are absolutely going about it backwards. So when people say to me, I don't want to deal with that money, stuff. I am passionate about my career, or I am passionate about children, or I am passionate about this nonprofit. Yes. And in order to show up with full integrity, to all of those things that you're passionate about, you must be willing to honor your financial relationship, separating them out to me want to talk about dishonouring my acting career, okay, like barely making it to the big meeting to the audition, showing up to the audition, thinking about money. Lots of people have heard the story because I've shared it another podcast, the fact that early in my career, I very nearly missed the curtain for a show I was in. And that was the direct result of my out of control situation with my finances. So the idea that really paying attention to and growing your financial relationship is doing anything but showing up to all of those other things. I think that's the core of the myth.

18:11

I'm so mad at you right now. Because you have my number so bad. We're also I'm angry. I'm nobody else, but I'm angry. So yeah, I'm sitting over here pissed off. So what do we do? I mean, I know there's a lot of teachers weeks and weeks in courses, but what's the one thing you find yourself saying all the time to whoever you're talking to? That is the beginning, the biting off a little bit,

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the beginning, absolutely lies in this is a relationship. It absolutely lies there. Because and you know, I've seen books that talk about your financial relationship. And but we got a really mean that, right? Because every single one of us, we know, to our core, what it means to show up to a

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relationship, we know to our core what it takes to make a relationship healthy. So if we don't just pay lip service to the idea that we have a relationship with money, and we actually accept it as true. And we say it's a relationship that in fact, you do not have a choice whether or not to have Right, well then it just follows along right. That Okay, there are relationships in my life that I have a choice whether or not tap them, and there are relationships that I do not have a choice whether or not to have them. If money is one of the ones that I don't have a choice around. Well, then there's not a single person listening to this podcast who would say Sign me up for the toxic, fearful, horrible soul sucking relationship does not have A single one of us that would do that. So then we can get honest with ourselves. Because if you and I are building a friendship, we know how we're going to have to show up, we're going to have to show up with honesty, we're going to have to show up with some time, right? Like, we don't have to suddenly be with each other, every second of every day obsessing about each other. But we are going to have to show up with some time, we're going to have to show up with attention, I am going to have to be willing to learn about you learn about the parts that I may not understand right away,

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it's clear

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that you and I just did a little bit of time that we've known each other, it's clear, you and I have lots in common. There's no question we liked each other instantly when we met all those months ago, right? But there's stuff we don't know. There's stuff that if we were spending more time together, we'd have to learn, I probably have some intricacies and things that Brian would roll his eyes a bit and be like, Alright, let me try and understand that right. But the minute I do something you don't understand, or you like done, I'm done, I'm done with me. And until she shows up the way I need her to show up, forget about that. Well, maybe. But we know then that's not a real relationship.

21:41

But I'm so much of what I'm hearing you say is just reminds me of how this way relate to a lot of our family. Of course, you know, that's an assigned relationship, you don't get to choose like that your mom, that your dad, that your sister, whatever, we'd have lots of chosen families. But those relationships are ones where you can decide to relate in a certain way or you can decide to relate in a different way. And what I'm also hearing inside of this is it takes a degree of I hate this word, but almost discipline, because you and I have both probably said yes to a birthday party that we really didn't want to go to. But we got to go because it's the friend who it's going to mean something to them. And you do want to be there for them. Whether or not you're going to stay for three hours is a different story, but you're going to be there for them. And that's a little bit of what I think, at least I don't know if this is what you encounter with most of the people when you start with them as like they have to really like make a date with that relationship, because it's so

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out of whack from habit or no one's money is not texting you saying let's have a conversation today. Or I need you to get on the phone with me today.

22:37

Absolutely. And though we expect it to just be there for us, we expect it to just show up the way we need it to show up, right? We don't want to do any of the work, right. But we're really pissed off when it's not showing up the way we wanted to and exactly the way we wanted to write. And I'm also not saying that life stops while you figure out this relationship. That's not what I'm saying at all life continues. But you have to own and recognize that this is a relationship that I'm working on and developing and committed to and yes will show up to even when I don't want to will persist. Even when I get knocked down. Bad things are going to happen. Right? Like I married now almost 25 years, and my husband is my best friend in the world. None of us would sit here and say, oh, their relationship is perfect. And they never have a challenge. Right? That would be ridiculous. We know that would be ridiculous. So things are going to happen, things are going to happen that we are responsible for. And things are going to happen that are completely outside of our control, right? global pandemic for one, right? These things are going to happen that are totally outside of our control. But again, that doesn't mean we bail on it. That doesn't mean our responsibility is no longer there. And so then Brian, we just have to look at what these things mean. So if we know that honesty is a critical part of a healthy relationship, the next step would be to ask what is honesty look like? When it comes to my finances and honesty. There are a number of aspects to it. But it certainly starts with being willing to be truthful about where we are being willing to get the clear clarity around what is actually happening with my numbers, not what I wish was happening or what's happening want to be happening, what is actually happening. And we have to be willing to continue to be honest. And that's hard. Haven't you ever had a partner where you don't want to tell the truth, but you know, that not telling the truth is going to really, really be damaging, we don't tell the truth, where our money is concerned all the time. And while I'm not saying that, I have to be out there telling you exactly how much debt I have, or exactly how much I'm earning. Although I do really feel that it's critical that we find spaces where we're willing to lay it all out, because that's the only way that we can really get help and ideas to move us forward. But Hollywood, especially but I actually think this is a societal issue, we spend a lot of time pretending that things are a certain way, driving the certain car, living in the certain apartment or house, wearing the certain clothes going out to the certain restaurants or bars. And I am not talking about killing fun, or enjoyment or having things that you love in your life. I'm simply saying a lot of the times, we're doing things that are about showing up in a certain way that are not in integrity at all with where we actually are.

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One of the things that I'm just grabbing on to that you said here is I've just thought of like, Oh my gosh, there is so much energy spent on what you just described. And it can sometimes be

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reduced to like, I want them to think of me like that, or I want to be seen in a certain way. But actually, there's so many decisions that go into this, like you said, the house in the car, and even less obvious ones like the haircut or the acting class or the place where I buy my paints, if you're a painter, right? I mean that that kind of stuff can all be part of it. And so money becomes actually something that's I'm gonna interrupt myself, because one of the things you said, I was like, Oh my gosh, there's so much secrecy around money. Like you don't talk to your co workers about how much money you make you don't talk to your neighbors about how much money you make, or how much your house cost or like you just you don't talk about it. And is that something that it's something that contributes to kind of this environment you're talking about where we have to even hold our own secret with this relationship with money? And I heard you say we have to find spaces where we actually can open up about that. Can you talk a little bit more about what you mean, when you say that?

27:43

Yeah, definitely. I do feel that the secrecy is toxic. Right? Because it's not about I don't know, I think it would be called keeping our own counsel or, or just not being out there with our numbers. That would be one thing, what most of us are doing, if we're honest, is we're actively hiding. And in some cases, we're actively lying. Right? Like we're actively not telling the truth. And, you know, I don't know whether you've ever had a close friend, a loved one, who they got into a relationship. And suddenly, they became very secret. If you stop seeing them, they stop sharing. And you have real concern, that there's something not healthy happening, right. And that's similar to I think, the energy with which many of us deal with our money, we don't talk about it. And we don't share and we do tell on truths, or we allow on truths to be, you know, believed, right? And I believe that that weight is affecting us, right. It's a constant performance, and it's not a fun performance. And we're afraid to tell the truth. But often when we tell the truth, in any kind of relationship, that's not good, right? When we tell the truth, it is as trite as it may sound, it is the first step to healing right now, if I'm in a toxic relationship with another person, maybe healing isn't what's going to happen. Maybe separation is going to be what has to happen, but if I'm honest about what's going on in the relationship, then I might be able, I'm far more likely to get the help and support I need for that separation. Now your relationship with money, you're not going to be able to separate from it. So the only way we can get the help, and the inspiration, the guidance, the tips, the recognition that we're not alone, is if we're willing to share with some one or some ones, right. I got pretty clear pretty soon that I was not going to solve my brokenness alone, right? I was not going to solve my lack of knowledge and understanding about money by myself. I needed to bring other people into this conversation. If we could all solve it by ourselves, we would have done that. But there's very little in our lives that we can truly do alone. Like I think that's it's kind of a lone ranger myth, and it definitely doesn't work when it comes to our money.

31:18

Hey, actors, I'm gonna get really real with you for 90 seconds looking for representation is one of the most disempowering disenchanting and can we just say it dysfunctional parts of an acting career, it feels like a one sided conversation, everyone's got an opinion about what you should do. And even your friends get weird when you ask them for referrals. So I want to shut down all of that noise. Join me for my free masterclass, make agents want you the three biggest lies that stop you from finding the right representation go to make agents want you.com to register, the class is on demand. So you can watch it right away, or schedule your own private viewing. And since you're a Brian brakes, character listener, I just want to warn you right now in your big, beautiful, gorgeous heart, this class might piss you off, because you've been fed a lot of crap over the years that has actually been keeping you out of rooms, you're going to learn why a target list is the worst strategy you can use to find the right match. And agents aren't worried about your credits, half as much as you are in your reel is a giant waste of time and money. So before you go off and write a story about any of that, I want you to get the juicy learning inside of this class, snag your spot now and I will see you there mate agents want you calm or text agent goals. One word 244222. And I'll send you an invite. All right, let's get back to the show. You know, what you just said is so important because I really, you know, I think that if I'm going to be a real Reverend for everybody right now, they say we're quote, I think it's the Bible, but it could be wrong as heaven as enter two by two. So our healing is entered in communion of some sort. So whether whatever religion or this is just basic spirituality right now, but in relationship to as opposed to I'm going to solve on my own feels like such a huge piece of how we get there. And there's something reassuring about that, and something terrifying about it at the same time. Because what we're saying is, yeah, you have to speak up about your money, which obviously you can seek out a safe space to have that conversation, like the things that Miata like the progress that Miata offers, or I'm sure like a close friend or something. But what I wanted to ask you about is there's this other thing that I noticed happens. It's a way that we connect with other people where we're like, oh, yeah, well, that was really expensive. Oh, yeah. Well, I want to go there too. But that's good to hear. It's cheaper. Like we do have a little bit of fluidity around talking about money when it comes to prices, sometimes, which almost leaks a little bit of where we stand. It's like our it's like the way we flirt with being honest about where we stand socio economically. And I wonder if you have any thoughts on that. There's just came to me when you were talking, if you have any ideas around this?

33:56

Yeah. I mean, it's funny. I haven't thought about it in that way. But I think you just said it perfectly. It's flirting with putting some information out there. Right. I'm kind of maybe trying to gauge how you respond. If I say, yeah, that restaurant is so pricy. Right, but I don't want us to I just don't want us to get comfortable with that being even nearly enough, right? Yeah, not at all. Yeah, sort of like dipping our toes in the water. And I think it's Elizabeth Gilbert, who said this, and it it's so resonated with me, or may have been Rene Brown, and they have to forgive me

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because they're both such goddesses in my eyes that I just merged them together. But one of them said We have a tendency to either puff ourselves up, or to shrink ourselves down, instead of being willing to stand in exactly who we are. Right. And that is tremendously powerful. Because if I'm out there, pretending everything is great and look at me, and I just appeared in this and I write, and I'm just trying to make it all seem very big. Or if I'm here, you know, I did a little film. I mean, it was, you know, with Scorsese, but it was just a tiny little part, right? Like, we're either shrinking ourselves down, or we're puffing ourselves up. There's a power in being comfortable being who we are. And we're real.

35:56

Oh, Miata, you are like, ah, I wanted to kind of stop for one second, I hate to interrupt you. But I just want to say that this is so powerful, because you and I both know, and everyone listening knows that when you meet someone who is authentically being where they are, you are so much more attracted to them. So if you even think about money in that position with you, or finances in that position with you, how much more money is attracted to you, and how much more you are attracted to it, when you are authentically greeting it. And also the way you just described it being puffing up or going both of those sounds exhausting in different ways. But like puffing yourself up or going small such engineering, you know, small risk in our lives or engineering, small expression in our lives is just as exhausting. As I'm doing everything. And here I am in the car. Amazing my life isn't I'm booking all of the things and how much money or how much money I pretend that I have, or whatever it is. And I just think that we all have met that person or we know those person, we've been that person on certain days. And we know how much more aligned with the universe and the conversations that how we're able to hear better, we are smarter when we're being our most authentic selves. I believe that sometimes we think we're less smart or being authentic, because we we couch our intelligence in like, well, I'm going to just play this small because I don't want to make anyone seem not excited around here I'm going to play is really because they want to see me this, I want them to see me that it's actually just so it cuts off. It's I turn off electricity to the connection. I feel like and I stopped you on a train there. But I just wanted to underline that because I think it's something we've said, I've heard so many people on this on the podcast again, and again. It's something that I say my work in it is isn't it a little bit relieving everyone to know that when you're really your real self, it's so much more attractive. Like that, to me is some there's some relief in there. Some are maybe hard to get yourself there to feel okay with it. But there is something there. That is I think the most powerful gift that we have.

37:47

I totally, totally agree. And I think it takes practice being ourselves. Because we're so used to being in a society where we pretend right? And I happen to focus or to really zero in on the ways that we're pretending about money. But I think we pretend a lot we pretend we're perfect parents, we pretend we're perfect acting students, we pretend we're great with money, we

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pretend we're perfect wives or perfect partners, right? We like we pretend these things and practicing being ourselves is actually something that we have to do. And I know that for me, what's fascinating is that when I got clear about my financial situation, 28 years ago, or whenever it was right, when I first got clear, there was a tremendous weight that was lifted off of me, right. And I don't even know that I was cognizant that I was carrying that weight in our financial empowerment program. One of the actually, like most enjoyable things, and I think many of our members will agree is more and more in some of our live coaching sessions, people will bring their honest to goodness debt numbers, like honest to goodness, net numbers, could be eight credit cards, and the balances and the APR is the annual percentage rates and what the minimum payments are. And what's really fascinating is like always make it clear. I am very, very happy for people to send me those numbers, and I will go through them anonymously. I'm very happy to do that. It is very rare that people take me up on that. And I think there is a relief that happens when you just come and say yep, this I got, let's work it out, right. And then it also inspires people around you. So what you find you get is, thank you, thank you for being willing. And the next week, Here I am, here I am. Let's look at my numbers, right. And so what you receive, by simply being real, is not only your own relief, and we can get some real tools around what we're going to do about it. But it's also recognizing the gift, that honesty is to your community, right? You being real, helps me be real, your podcast is such a gift. Because we get to listen to you being real, we get to listen to your guests being real. And that helps us stand in our own truth, which helps us stand in our own power.

41:01

That is beautiful. Miata. Thank you so much. Thanks for the commercial for the podcast, my gosh, that was such a beautiful way of describing it. So you kind of you gave us a little bit of a picture into how it is that you work with people. But I would love for anyone who's feeling motivated at this episode to know a little bit more about how it is that you work with creatives and actors. And all that abundance bound does, can you give them a little insight there?

41:21

Absolutely. So we are halfway through our 16th year. And there have been obviously a lot of changes over the years and how we work with our clients. And for the last two years, and this is what I am the most passionate about. Two years ago, we launched our financial empowerment program. And that is where I believe the most exciting most lasting work is happening. And the simple way that I would describe it is I'm going to just describe it as your money, Jim. Right. It's and the reason that's an analogy that works for me, is Brian, there's nothing I would love more. And people have heard me say this before, but it's the honest to goodness truth. There's nothing I would love more than to go take a six week fitness class, like exercise class, and be fit forever. Right? It is what I want. I'm just being honest. Right? It's the truth. That's what I would like. And so that, really, I understand, the reality is that what most of us want, is we want to sign up for a money workshop, or we want to read a book, and we want to be financially fit forever.

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Give me the tips, give me the tools, show me those magic tricks, I will put them into action. And my money is going to be all set. The financial empowerment program is truly what I'm focused on. Because it's where I feel we can make the biggest difference for the most people.

43:06

I love that and we will link to that Miata, of course in the show notes here so that you all can check out is there a URL we should say out loud that they can remember easily,

43:14

I always just say abundance bound.com, because you will find there the financial empowerment program,

43:24

right. But I also just want to reiterate something that you said here because I think there's a learning to grab from this, which is, you know, fix the relationship, set it and forget it. Because by the way, you're going to make more or less money the next week or the same amount, and that's going to continue there, you're going to continually have this relationships gonna change your financial status, things are going to continue to change. So we want that knowing that you have a consistent date with money is one of the gifts of this program. If you're even it's like, almost if you're like a lazy gift person, at least I know. I'm going to go to my date with Miata and my money on this day, at least I know at least I'll do that for money this week, or there's some something to be said for that alone of like that accountability piece of it alone that feels like it would already start to make change for people.

44:04

Absolutely. And we build a lot of that in a lot of community and a lot of support. And I also want to stress and this is one of the things that I'm very proud of. We have people in the program, who like me, like I was all those years ago are 1000s of dollars in debt who are upside down who are at this point, really struggling with what they have available. Right? We have people in the program who are serious regulars who have careers that at this moment are booming, right, or who have extensive financial resources and what all of these folks understand, but I particularly want to note it with the people who are their financial results right now are significant, right, is that they recognize that those results are not what define the relationship, right? So the mistake that we make is saying, I don't have any money right now I have a lot of debt. And therefore my relationship is crapola, right? I have lots of money, I'm booking all the jobs, and therefore my relationship is exceptional. The two of those are not connected. There are plenty of people with lots of money, who have horrible financial relationships. There are also people with very limited resources, who have very strong financial relationships. So there can absolutely be a correlation, right? That a strong financial relationship correlates to strong external financial results, there can be a correlation, but it is not causation. Money makes my

relationship strong. And one of the places that I saw this the most clearly was during the pandemic, the members of our program who had been with abundance bound for a lengthy or period of time, people who have been having this conversation for a longer period, in some cases for a number of years, the ways in which they moved through the pandemic, were really inspiring. And that doesn't mean they didn't struggle. That doesn't mean that things weren't hard, because things were hard and painful. And there was devastating loss in those 18 months. But we saw the way people move through, we saw their resiliency, we saw their emotional intelligence, we saw their clarity, and their ability to approach the challenges from power, more power and less pain. And that, for me, was the biggest testament. And it was what inspired me more than anything else that this is what we will continue to do. Because stuff is going to keep happening. That's not me being a Doomsayer. That's life, right. But how do we show up to that? That's what we're trying to help people do in a particular way.

47:44

Wow. Yeah, that's so helpful for you to give those examples of both the high earners or the abundant seeming of the there, you can make the correlation but you can't make it about that the money is the causation is so it reminds me a little bit like I'm sure many of us have long distance relationships with our immediate family. Sometimes many of us have moved to LA or moved to New York and moved to a big city in Mike my family's in Ohio. My relationship with my mother is not defined by how often I see her. But how much I am connected to her. Yes, it feels nice to have her Yes, it feels nice to have \$100 bills in my pocket. Sure. But my relationship with her is not defined by how often I see her right, there's a different like it almost it felt similar to me, me, this has been such a gift for me, I can personally say and I know for our listeners, is there anything that you didn't get a chance to say that you want to leave anybody with,

48:31

I feel really, really blessed that there are a lot of things that keep me going. Love really keeps me going. I am truly blessed with an incredible partner and my children, but growth keeps me going. You and I we both use very similar language because we're up to similar things, which is, I am truly passionate about shattering this myth of the starving artist, right. But as I dive into that, Ryan, what I really believe is that at the core of that myth is what is at the core of quite a few myths that we've been sold since childhood. And I think the biggest myth that we've been sold is that something external is going to come and save us right? I am going to perform a certain way in school and I will then be saved by the job. I am going to focus on all the right things as an actor, my training, my marketing materials, you know, my headshots my I'm going to make all these choices and then I will be chosen to have a career, right even this may not happen as much anymore, but if I behave in a certain way and show up a certain way, the right partner will choose me. And it's all these external things that we believe are going to change our lives and make us happy. And the way we shatter all of those myths is by recognizing that the lives we want to lead, come from going in the lives we want to lead comes from working on

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ourselves, on our spirits, not on what we want in this world, but who we want to be in this world. And that means I got to work on my resilience, it means I got to work on my selfishness and my generosity, I got to work on my defensiveness, right, I got to work on Yes, my craft, and, and all of those external things, but I also got to really work on me. And that keeps me going, I want to spend my lifetime getting better. And I hope that I can also spend my lifetime helping others do that, as well. So gosh, that may sound like oh, get off it. But it truly is. It is what what keeps me going in this zone,

51:36

it does not sound like get off it in this zone. It sounds like music to my ears. It sounds like someone who knows they're calling someone who knows where they're going. And I'm just so grateful. It is all like we said earlier that when you're around someone who's in their authentic self, how attractive and at peace, you feel, kind of where we even started this interview is that is what this feels like I feel better about my money. They haven't even started the thing yet. So I got to start, I can start my start my stuff. So I just want to thank you from the bottom of my heart for being here with me today and sharing so much of your expertise and your willingness to really share about your own story as well. And I cannot wait to have you back again someday, because this will not be the end. I'm sure

52:15

this is going to be the first of so many conversations, because I want to be having more and more of these conversations. So thank you, thank you for being a platform and for sharing that and for keeping us all energized. It's such a good,

52:30

thank you so so much. And I will talk to you very soon. Thank you so much love. All right, do well. Bye bye. Oh, my goodness, thank you so much for tuning in to Brian brakes character. Look, I know you have a lot of podcast to choose from a lot of different ways you can spend the time and your day and that you have spent it with me means the world to me, I poured my heart and soul into each of these episodes. So thank you so very much. If you haven't already done so please subscribe to the podcast on Apple. And that way you won't miss a single episode. And if you're feeling extra generous, go ahead and toss us a review. It means the world to me it can because it helps to boost the episode and gives me the chance to meet more creatives out there who are suffering and get them into action. And if you actually want to go a little deep On this episode, or any of the episodes you've listened to, we posted the video of us recording this episode two, my YouTube channel, it's uncut. It's unedited, it's a little more casual and a little more messy. So if you want to see those little spicy videos, head on over to my YouTube channel, and know that every Wednesday I will be delivering a new episode to you. And on Saturdays, the bonus episodes come out. We have a lot of great guests coming up and I cannot wait to share their brilliance with you. So thank you again, I am so grateful to be on this path

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with you to be on the planet with you at the same time. And whatever you believe your function is whatever purpose you are fulfilling on this day and in this moment, I hope that you feel the resolute peace of mind, joy, celebration and alignment that I hope that this podcast can provide to you. So if I've noticed you along in your inspiration today, if it's pulling you a little bit closer to what you want to accomplish in the world, then I've done my job. If you know a friend or know an actor or creative who could use that kind of nerd. I hope you'll spread the word as well. Take good care of yourselves. I'll see you soon. Ah wait, no, I won't see you but you'll hear me soon. Okay, be well.