

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

03:35.58

BRIAN

Hey listener merry christmas happy holidays happy kwanza happy hanukkah happy whatever you celebrate at this time of year you know I just. Got off a call a few minutes ago with a bunch of actors and no matter what kind of creative you are listening to this podcast. It can be hard to celebrate and 1 of the things that I think can help us celebrate is in ah a a reminder of the truth of who we are. That sounded really esoteric stay with me freud defined neuroses as separation from self and I believe that spirituality at its heart is a reminder of the truth of who you are so you may know this about me which is I'm a life coach as well as a reverend so I want to. Divinity school for 3 years but I'm a nondenominational reverend. So what that it was supposed to take 2 years y'all it took me 3 I'm just gonna be honest, um and I'm a nondenominational reverend which means no religions and all religions. So the the truth that I the the background that I come from is that. Ah, there are more than 1 there's more than 1 door to enlightenment. There's more than 1 path to enlightenment and so today I wanted to use a particular story that happens to be a christian story in the in the story of christmas and I really want those of you who are listening to relate to this as ah, whatever way is going to make it. Possible for you to hear it. So if christianity is not your religion that isn't exactly what matters in this conversation. What we're using the story of Christmas to illustrate is something that we all face and I believe there's a reason why. Story of Christmas is told every year around the world because we need this reminder. We need this remembering of who we are so a lot of times you hear people say you know the god of your understanding so in the story of christmas you know the story of Christmas of your understanding so that you can really let this sink in and. But this episode ah hopefully give you a different way to relate to Christmas I know I always think about Christmas like okay, we got to get the presence and I want to see my family and have some good food and see my friends and I get some time off which is really cool and I always have that inkling feeling of oh yeah, I need to remember like what's Christmas really about I was not raised in a religious family. And so this is what christmas has come to mean for me and I think it is particularly poignant for creatives who in so many ways are rebels are creating their own frontier. So we're gonna start way on back in Bethlehem and.

06:17.96

BRIAN

If I get some of this story wrong forgive me I am not a christian scholar like I said before I'm using this story as an analogy. So again, take this story for the the metaphor. It's meant to be so we're going way back to bethlehem and mary is told you are gonna have the son of god now I don't know about you. But if someone showed up at my door and said you're gonna have the son of god I'd probably be like bitch. What are you talking about like who do you think I am like who do you think I am who do you think I am that I'm gonna have the son of god how can I believe you and in the moment that mary got this message. She had to go up to the roof to understand. And there's something in the story that I think is interesting here because the roof represent but represents to me our right-mindedness our stepping out of the earthly the groundedness of the planet and into the more spiritual what we and in some languages they might call this earn some denominations or some. Ah. Theories that might call this the more feminine thought in the Mascad being the more grounded earthly

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thought so she went up to the roof and received this divine intelligence kind of remind you maybe of the time someone said, why don't you be an actor or you got the divine intelligence of be an actor or. Start your own cookie shop or like my friend brad who has worked in healthcare his entire business and is suddenly taking a screenwriting class that bravery to accept wait. You want this from me. You truly believe that I could give birth to the son of god you believe that I could give Birth. To an acting career or acting or telling stories that that matter so that resistance to saying yes, we see showing up in our lives and then the evidence that Mary gets that oh no. That's a bunch of Malary. No 1 believes them. In fact, no 1 will let them even lay down their heads to give birth to this child to this idea. There's no room at the inn is your friend saying well that's a dumb idea. You're not gonna make any money out of that. It's your parents worrying over. How are you going to support yourself if you become an actor this isn't to make them wrong that is just the earthly thought around who are you to step into all that you are meant to be and so you go knocking on door after door that gets shut in your face. Says nope not here not here and I think there's something kind of cool about the fact that Mary's not alone that joseph is with her that there is a ah friend someone who loves them there right? Someone who is there to father this idea.

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BRIAN

Parent this idea we might say with her. So I think we all know those people in our lives those companions who will see past or will believe with you into your own greatness I bet you've already thought of a good friend in your life or a partner in your life who sees that in you who believes that in you. And we'll get down in the dirt with you and walk you as you ride on the back of a camel like this is the image I have just like walking with a camel right? So this may be completely wrong, but that's the image I have so finally they end up at the manger right in a way in a manger used to be my favorite christmas song this is probably why so they arrive at the manger which is. Dirt and straw and dusty and cows and chickens and goats and hear on this earthly plain in this dirty place with nature animals animal instinct around you do you give birth with this. Immaculate conception. This divine idea that you've been given to which by the way you had to carry around and gestate for nine months. There was nine months of you being alone with this idea nine months of you saying? yes nine months of you. Saying this is meant to be right? and so finally as you've had the nine months to accept oh my gosh. Yes I am meant to do this I am meant to give birth to this idea I am meant to give birth to the script to become a photographer to be an actor to. Become a butcher or Baker or candlestick maker I believe that finally after living here and now as the idea is born. That's when the 3 kings are going to come and say oh yes here we go here's some frankincense and mer and now that we see the idea then. The highest of the high can then say oh now I understand what you were doing all that other time there was no room at the end but now that I see your idea now that I'm part of your idea now that I can experience your idea on this earthly plane I now can celebrate it I now came. Bring gifts to to honor it in all of this is related to our own I think our resistance to believe that you have a divine appointment on this planet that each of us is here to affect the lives of our. Mother brother sister father male man Mail person starbucks burista next door neighbor that each of us is given the divine light and commandment to ah, show up to accept that. Yes.

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BRIAN

You know I hear this phrase sometimes ah who are who do you think what do you think you are god's gift well yep as a matter of fact I am and so are you this isn't to make mary more special than the people who are shutting the doors in her face. In fact, they have their own journey that they're on right. It was her job to stop at their door and say hey can I sleep here tonight can I have my baby I need a place to have my baby and I also want you just imagine when you feel the picture a time when you felt the most rejected in your creative pursuit in your life. Just think of that. And imagine mary again using this as a metaphor pregnant with a baby about to pop this baby out and knocking on the door and the person saying nope not here you know who those people have been in your own life and then of course there's like. Pain of childbirth or whatever I don't really know a lot about how that all works in terms of how that relates to the bible. But I think that there is a there is a pain and there is an honoring of bringing something into the world and owning that that is who you're meant to be. And the right mindedness we need to accept that if you think about going up on the roof of ah of a building or a house like leaving your house leaving all your possessions and going up and there where there's nothing there just a picture a roof. Maybe you're a roof of your childhood where you grew up and you get a different perspective. And the whole neighborhood. How or you like you go to the ocean and you look at the ocean you go to the mountains and you look out at the view. Why do people go to these places because it is a clearing of your mind as a letting go of earthly thought to accept. Oh wow, you look up at the stars you are reminded I am meant to be in. Ah, we don't experience all very often and I am a part of that. Ah you are a part of that Awe. So as we. Celebrate whatever holiday we have right now for yourself. Whatever holiday you celebrate during this time allow a crack where the light gets in to remind you how vital you are to the. Moon moving around the earth and the Earth moving around the sun in that you've been given an assignment and if this episode stirred something in you maybe I used to say my my job as a coach and as ah as a reverend is to.

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BRIAN

Give my clients or help them find their bat-like hearing for the universe Just listen. Do you hear what I hear and so with that I Just wish you the most special beautiful. Resonant Peaceful and celebratory Christmas New Year's Kwanza hanukah and that you take great good care of yourself because we all need you here. Merry christmas.