



Ep. 63 - Unstoppable Creativity with Amie McNee - Transcript

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

00:00.00

BRIAN

Hey everybody welcome I have Amy McNee on the show today and I'm so glad you're here. Thank you Amy for joining me.

00:14.39

Amie

Oh my god Brian it's honestly an absolute pleasure I'm so happy to be here.

00:18.18

BRIAN

Ah I'm so glad and you guys Amy has such a cool, unique, fabulous, interesting back like reading her bio you're already I'm already leaning in like you could not even know what she does with her life and you'd be like I need to know everything. So um Amy I want to so Amy's ah today she's talking to me at 10 a m in Sydney Australia. And so I just appreciate her. You know, meet me up in the morning here over here. It's three o'clock in I a um so I want to ask first of all, give everybody a little bit of your story so they know what you do and what you're about.

00:46.27

Amie

Of course so I am an author first and foremost. But I'm also a creative coach and a book duer so I write historical fiction I'm a novelist like that's my craft I'm a storyteller by nature. But I also support witness hold creatives as they go about this like fucking wild. Wonderful journey that we go on. Um I love to swear I always forget to ask that and.

01:10.94

BRIAN

Yes, no, you're always allowed to serve but Larry said wild or wonderful and I could just see in your eye wild meaning it's not always wonderful.

01:18.36

Amie

But yeah, yeah, that's literally exactly what I mean?? Um, so I went on this journey myself. You know obviously I I knew I wanted to tell stories I was acting for a bit I was writing you know for a bit and then really fell into wanting to write novels and I felt so fucking alone and I felt so unseen and so. You know, consumed by rejection and I just felt so profoundly lonely in my journey and I was like where is the support for creatives where I just wanted to feel seen and acknowledge that what I was doing was difficult and brave and courageous and I just I didn't have someone there to witness me and so I became the person who I needed

the most. And I started speaking about the creative journey and speaking about the vulnerability that is needed when we do what we do, You know as you know artists of all different crafts. And yeah I literally stepped up I became the person that I knew that I had needed my whole life and now I hold and support and love creators through whatever you know,? whatever Journey they are taking right Now. Um I work with writers as a book Doler So I help books you know come to life and be burst into this world but I work with you know, actors, Painters visualil artists entrepreneurs anyone who is daring to put something out into this world with the desire to connect with others.

02:30.60

BRIAN

Oh my gosh you make I just want to be like can I just sit on your couch and listen to you talk all day. So as you guys can see that is very much belongs on this podcast because all we we all We talk about here is creativity. We have a lot of actors who are listeners of course because we talk about that a lot but you know you said you acted in the past and it is about the creative act is.

02:40.72

Amie

Um, of course.

02:50.60

BRIAN

Gary Lonely and what I love that you kept saying is it doesn't have to be but that's the experience. We often can have but what I heard you say is I became the person that I needed so and a lot of times I think creative people will be like. Well my parents don't understand me. They don't understand what I'm like a total I might as well be an outlaw to my parents. They have no idea what it means everything is are you an aspiring fill in the blank because we don't know unless you're on Tv or your art is hanging in the met. We have no idea what it means for you to be whatever it is.

03:10.49

Amie

Yes.

03:19.72

BRIAN

Is this part of the conversations you have with your clients or is it more about is it that and also the production of the thing that they're making.

03:25.19

Amie

So I'm ah I'm you know I'm here to support production I'm here to support craft but I'm not here to teach you how to get better at what you do like. That's your journey that is what you you know and you committing and being vulnerable and daring to show up consistently. That's how you're gonna get better at your craft I'm here to hold you through the moments where you're like.

03:32.19

BRIAN

Sure.

03:44.67

Amie

My parents you know are just what.

03:48.91

BRIAN

Ah, my are you even parents around this you that you forgot how to parent when it comes to this particular thing or something. Yeah.

03:50.73

Amie

Yeah I'm here to like dissect and rewrite the narratives that we hold as creatives. You know exactly as you said that constant aspiring like how we meant to deal with the amount of people that come up to us and say you know. Oh can I buy your book at a bookshop. Oh oh, what movies are you in? Oh could I look you up on Imdb like we're here I'm here to support us as we deal with a chronic misunderstanding like and it's consistent misunderstanding from the world around us like there is just you know a commitment to misunderstanding creatives in this world that astound me.

04:17.37

BRIAN

Oh my God Yes, yes.

04:25.61

Amie

And we need support to move through that because what we're doing is really important and what we're doing like literally the world needs what we are doing but we are still constantly misunderstood and we're also played with narratives that can keep us very small and poor and up you know.

04:36.00

BRIAN

Oh.

04:41.18

Amie

It's a really it can be a beautiful, beautiful journey as I said and there is so much ease and and joy to be had as a creative but we do need support because what we're doing is incredibly vulnerable and challenging.

04:50.19

BRIAN

Yeah, yeah, and I hear what you're saying and because I think what I'm also hearing is there are times when you can feel completely in the flow and I'm doing great by myself and then like you said and then the birth pain came and then then you got you know your first contraction. Whatever that is right right? yes.

04:59.44

Amie

Yeah, yeah, exactly exactly.

05:06.94

BRIAN

Um, and I love that language that use but I want I wanted to dive a little deeper into some of your background because I'm sure you always get asked about this but your historical novels. Do they have to do with the medieval history history that you studied at university which was focused I want to let you spill the beans on it because it's so cool. Will you share with everybody because it's and it's do you like talking about it though. First of all.

05:16.32

Amie

Yeah, yeah.

05:23.43

Amie

And I love it I Love it I Love it.

BRIAN

So Amy I'm sure you always get asked about this in terms of your background can you share at everyone what you studied at university and your focus because.

06:42.67

Amie

Of course so I studied medieval history at Uni but I specialized in medieval sex culture and medieval.

06:44.43

BRIAN

So fascinating.

06:53.84

Amie

Pornography and Medieval sex work I really niched down into this bizarre and wonderful and just like incredibly vibrant world of sexuality and sex in the medieval times and I've used that and infused that in all of my historical fiction novels and I just think it is the most interesting and obviously incredibly raunchy area of history to look at.

07:13.20

BRIAN

And it's so wild when you say that because I can just imagine is there a lot of literature about that was it like did you have to really like be a real searcher to have this be a study for you.

07:23.23

Amie

The best you know like it was like a well of information is the court records because there were so many laws about how you could have sex how you know how you could you know display your sexuality. So a lot of people like a lot of people got sent to court on sexual misdemeanor charges and they're in detail. So we know what everyone's out. You know, doing out there I think you know it's it's it's seriously wild like I think at one point like there was like 2 thirds of the city of York had been to court for sexual misdemeanor charges like everyone was getting pulled in.

07:42.52

BRIAN

Um, yeah, yeah.

07:58.15

Amie

And charged with some kind of devancy in the bedroom Honestly I'm like sometimes I'm like I think the neighbors often dobed one another in um, ah think that's how we got a lot of it but sometimes I'm like how did you.

07:59.72

BRIAN

Wow. Also who's where are the sex police knocking on the drug. What kind of sex are you having right now. But.

08:10.90

BRIAN

Ah.

08:15.86

Amie

Figure this out. Everyone's like looking through each other's windows. There's this great account of the police storming into this woman's home. She's sitting naked in an apron by her fire and she's got like 5 different men in all her different bedrooms all naked and this is all written down in like a fourteenth century court record and. Women got some jail time I think but yeah, ah, a wealth a wealth of information and stories that are just you know living in these court records and I was like how can I not tell you know write novels about this? yeah.

08:34.24

BRIAN

Ah, oh my God wow.

08:43.61

BRIAN

Yeah, that's what I hear you coming from this what you just said is how it just inspired so much storytelling out of like these super interesting Wow That's awesome. So when I want to get more into the work that you do So what came from I'm gonna write some historical fictions based on this cool study that I've had to.

08:52.95

Amie

And.

09:00.98

BRIAN

And you're like I needed this person what came from the leap from myself to I'm going to do this for other people. Can you tell us about that.

09:04.66

Amie

Yeah, well as it often does it took hitting rock bottom. Um, so I had written 2 novels they were I you know, handed them out to hundreds and hundreds of publishers I was sitting on a throne of literally hundreds and hundreds of rejection letters I was. All I wanted to do was create full time Brian like this was like I just I was trying so many different like I call them like Muggle jobs. Um, ah you know the boring non-magical jobs I was waitressing I was a pa I was doing all of these kind of like jobs that allowed me to have time to write. Ah, you know when I got home and. I ended up losing that job I lost a publishing deal that had been dangled in front of me I ended up moving with my in-laws I became incredibly depressed I had this narrative that I was so fucking stupid and foolish and childlike for wanting to be a creator full-time I just felt so plagued with this idea. I was like not a real adult that everyone was you know worrying about me and they were worrying about me I was in so much debt like tens of thousands worth credit card debt and I was now living with my in-laws and so I was like fuck like.

10:13.34

BRIAN

Wait living with your Inros That's just let's just pause for that for a second that does not feel like the easiest thing in the world either? Yeah, okay go ahead.

10:19.85

Amie

Yeah, it was. It was a real like fuck. No no yeah, exactly. And.

10:24.14

BRIAN

Even as much I'm I'm not even saying like they have to be terrors or you have to be a terror but the familial pressure of I'm living with my partner's family. What does that mean right? yeah.

10:34.93

Amie

Exactly and like families are hard enough to deal with even you know when we're doing well creatively but I was like flailing and the question. Everyone you know was asking me is like well what are you going to do you can't live like this forever like you know how are you going to pay off your debt like you know, clearly this writing creative thing. It isn't working like how are you going to. Fix your life and I had just become unemployed and I was like so I just like the lessergy that the depression left me with was mammoth I could hardly get out of bed. But what I told myself was you get up in the morning you go you put another fucking \$3 on your credit card. You get a coffee and you journal. And I started my practice of journaling and that was in April Sixteenth Two Thousand and eighteen I started my journaling and it's been like something like one thousand three hundred and seventy nine days and I've journaled every single day since that day and it was through journaling through writing that I literally managed to do a. Fucking one eighty and that is how I became the person that I needed

to be and it was through this like witnessing of myself witnessing of these stories that I was holding about what it meant to be a creator what it meant to be a writer and I could see the way I was relating to myself and how cruel I was being to myself and also I could see how cruel the world was to artists.

11:45.46

BRIAN

Wow and so from journaling you didn't know that journaling was gonna hold all that for you just know I have to get these words out of me. Yeah, since you've done you know how many would say 1000 how many days you say great.

11:49.33

Amie

And I was able to rewrite these narratives. I had no idea I think it's like 1370 something days in a row. Yeah.

12:05.28

BRIAN

Not specific at all. Um, so ah, what have you? What would you say to someone around this idea of Journaling just start writing or is there a little bit more to have you learned like this is a little bit better approach when you're going to sit down in Journal is there anything you want to give any inspo you might give around that.

12:15.33

Amie

Yeah, so I do a lot of teaching on Journaling because it was my my portal to abundance really? um so for me, no no.

12:22.38

BRIAN

Right? right? So rather than it so I don't want to make you do the whole spiel the whole entire class. But what's like 1 What's 1 piece you might be able to tell someone to get them started who's hearing this because I know tons of creatives who will say I just think I need to journal and I always feel like.

12:31.56

Amie

Yeah.

12:38.80

Amie

Yeah I did yeah so what I the biggest takeaway that I got from Journaling was that I found this voice and I call it the mothering voice and I found you know.

12:38.21

BRIAN

It feels a little too broad if I say I just think I need to journal how I mean you figured it out by doing it over time right? right.

12:53.75

Amie

Basically stream of-conscious wrote and I just witnessed what was going on in my head on the pages which was initially obviously like you're a piece of shit. You're not making any money. Everyone thinks you're a loser. You're never gonna make it. Why do you think you can do it blah blah blah blah and then at the end of my journaling I would access this voice that was like it was so gentle and so. It was mothering. It was so deeply compassionate and I don't know where she came from but she was nearly that she was nearly there for day one and I know that's not going to be the case for everyone. But for some you know Miracle she was there for me for day one and I now teach this voice whenever I talk about journey journaling because we need to counteract.

13:19.54

BRIAN

Different.

13:29.84

Amie

All of that noise and that you know the trials and the inner critic with compassion and gentleness and so we need to make sure that whenever we finish our journal we are accessing a gentler voice and so for for me, she sounds like oh Amy I you know I see you she sees me I think that's a big thing for all creators we need to feel seen.

13:49.46

Amie

This is really hard. Um, you're doing so well and I know it feels really hopeless right now. But I'm so proud of you for moving through it. You know, let's just enjoy our cup of coffee and get through this day. Nothing stays the same for ever ever like really kind and gentle language and through this voice I was able to change.

14:00.45

BRIAN

Yes.

14:08.26

Amie

This voice inside my head and the way that I spoke to myself over time just began to change and the way that I showed up the kindness that I showed up with was you know there every day after a while and that changed everything and it and it sounds like so dreamy and romantic but it changed everything.

14:18.84

BRIAN

Yeah.

14:26.89

Amie

Having a voice inside my head that wasn't beating me up that wasn't cruel that backed me that saw me that knew that I was here to create and she was this. You know, incredibly powerful voice inside my head that that allowed me to become the woman I am today.

14:40.49

BRIAN

It's beautiful and Amy what I think even by saying that it think it's great because someone could go at the end of my journal at least I can have this idea that I got from this person on this podcast I heard with Brian right? That's they know Amy this all incredible person right? I should say that that there's a voice that I can access that's different than the one that's just been running the show through this journaling.

14:47.25

Amie

You see.

14:57.79

BRIAN

And even that idea feels like it can give me some space to relate to myself differently to be ready to open myself to that voice. Yeah.

15:00.56

Amie

Exactly exactly we're so critical to ourselves as creatives like we just we're doing something so vulnerable and we're so we're so often very unsupported by the environment. We're in that when we're also on. Not supportive within our mind like it's just too much against us like we cannot Thrive. We cannot thrive with an inner critic that is ruling the show and so for me Journaling allowed a new voice and now she is my main voice.

15:18.92

BRIAN

Yeah.

15:26.85

BRIAN

Yeah, oh I love that she's my main voice I love that so much when you're working with someone in this voice you're like if they're in the throes of the creative process I'm like thinking about like an actor or something or a writer who right? or like 1 of the screenplay writers who follows the podcast right? and they're like yeah I'm stuck on this thing and they're journaling about it. Does that voice.

15:34.52

Amie

Yeah, yeah, yeah.

15:46.72

BRIAN

And your work ever become like I have the answer or is it really just about your relationship with yourself.

15:53.00

Amie

That's a great question I mean there's so many magical and wild things that happen on the pages. Um, that mothering voice does tend to be like ah like almost like a cocoon that I wrap myself up in at the end but there are times when I'm writing and I'm sitting you know with you know, either creative problems or you know problems in my life. Where it is like the gods are suddenly in my ink and I will just write something and it doesn't sound like me. You know it's just like the answers just like given to me on the pages. You know whether that's like a plot and plot issue in my book or like you know a business idea and it's just like it's you know, real lightning bolt.

16:15.97

BRIAN

Yeah.

16:26.65

Amie

And having the flow of the journaling. So you're just letting your mind pour out like we're really not. We're not micromanaging. We're not writing through someone else's lens we're just letting the words fall out, you know you do get those moments where you just see a little bit of gold in there. You're like fuck.

16:28.89

BRIAN

Yes.

16:42.82

Amie

That's so exciting I'm going to use that I'm going to let that lift me up.

16:44.51

BRIAN

Yes, and what I and I'm and um, love what you're saying because I'm what I'm hearing in this is also like by making this like channel or this ability to hear differently when we're in the work we can have those inspired moments and love what you said earlier this may sound a little like you didn't say the word woo but that might be my word but like might sound a little woo but like and.

16:59.16

Amie

Yeah, yeah, yeah, yeah, yeah.

17:03.58

BRIAN

It doesn't to me because I love a woood thing but I think that when you're saying those like you said like it mets out in the practice of doing your writing it shows up over and over and over again that it is a practical tool as different is it may sound to you in the work that you've been doing so far anyone anyone's working here.

17:12.19

Amie

It does.

17:20.85

Amie

Definitely yeah, it lets us get to know ourselves sorry ah like I could just I could I could honestly wank on about journaling for so long you got me on. You've got me on 1

17:21.80

BRIAN

Is there a piece of advice that you find say more? No I'm no, no, no, please say more.



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17:31.94

BRIAN

Ah, great. Good.

17:33.89

Amie

Just going to say it kind of lets us get it. Lets us get to know ourselves so you know whether whatever type of storyteller we are with an actor writer artist. Um allowing you know that insight into who it is. We are that just gives us such a strong foundation for whatever Craft. We're going into and I Think. You know, a lot of us when we start journaling we are often journaling through the lens of someone else. You know like what if my mom was to read this or what if like that random fucking person from high school was to read this and we think we do that without art Too. You know when we act or when we write you know that we've got this lens of like what does it look like from an external point of view.

17:59.76

BRIAN

Ah.

18:06.79

Amie

But with Journaling especially if you show up consistently. You can start noticing like oh I wrote that sentence for my mother or I'm you know and that translates into your acting like I'm writing this through the lens of another I'm you know I'm censoring myself here and we can. We can learn you know who it is We actually are and what lens is actually ours and that translates.

18:26.46

Amie

So beautifully to storytelling and in acting in in writing in visual arts.

18:29.62

BRIAN

Yeah, and what I just got from that so much is the idea that you know if you see if you've ever seen a film that's been written by Committee or like it went through every you know the studio had a thousand opinions and everyone and it's watered down and watered down like this is ah I'm not interested like it's not that good. It doesn't capture you I always think of ah.

18:45.31

Amie

Yeah, yeah, yeah, yeah.

18:49.16

BRIAN

Wes Anderson is that right? We're all tann bombs. Yes, his films that such a clear. You don't think he was like let me get is that right was we Anderson right? That's right isn't it I make sure it's not the but guy who does the horror movies which is west craven. Um, ah so ah, which is you know like royal tannm bombs and the rub budha and the budapest hotel like.

18:54.35

Amie

That this and yeah, it rings a very strong bell with me.

19:06.29

Amie

Yeah, yes.

19:08.22

BRIAN

There's such a clear opinion there. There's no way he was like let me get a lot of opinions about what you let me let everybody else's voice water down the vision that I have here and it's not that everyone has to have a vision that looks exactly like that at all to make this point. But I think it's such a good point that you're saying is when we have these lenses that suddenly you have no idea you've done all this work for someone else.

19:25.42

Amie

Exactly exactly and I love that you use the word voice there like it's about finding your voice and when and like for me, my journaling practice is every day like it's the first thing I do like when you're spending that much time with yourself. Your voice will come through and it will you know.

19:27.27

BRIAN

For sure for someone else's eyes right.

19:43.99

Amie

It will permeate into your art and that's so important for us as creators exactly.

19:46.55

BRIAN

Yeah, we don't want to read somebody else's poem somebody else's play reads it right? So wait ever mean like I you ever I mean come on Amy you ever wake i' be like fuck I don't want a journal today does that ever happen tell me like.

19:55.80

Amie

It did and initially like I don't want to I don't want to it's because it became incredibly easy over time Initially yeah.

20:02.70

BRIAN

Okay.

20:05.53

Amie

It did especially when I was very depressed because like I don't want to look at all that stuff. It was really rude and like mean and I didn't want to sit down with my own trauma with my own negativity with with this inner critic who spent you know 24 hours of the day or 12 hours of the day harassing me I didn't want to sit down.

20:10.51

BRIAN

Right.

20:22.69

Amie

But because it was the only thing that I said I had to do in the day when I was unemployed in debt and at home I was like just do it Amy and sometimes I couldn't manage very much because it was too painful. Um, you know, but I did show up and I haven't missed a day Brian like I can't even believe it I kind of hate myself for it like who am i.

20:30.24

BRIAN

Oh.

20:40.60

Amie

But I haven't missed a day and now for me if I don't do it. It just doesn't feel good like I just want to check in with myself. It's a little meeting with myself at the beginning of my day where I just say you know hey how are you going? What's on your mind today like how can I support you? How can I love you through this day.

20:50.85

BRIAN

Yes.

20:56.30

Amie

So proud of you for showing up to create. You're fucking cool. You're rebellious. You're doing you know the brave thing which is you're making art.

21:01.80

BRIAN

Yeah, yeah, and I love when you say the beginning is. It's a little meeting with myself I think that is so good because I think Soidtos can like flip on the radio or the news or interact with our partner or whatever and we haven't actually like washed off the day before or like gotten ourselves to ah a.

21:06.61

Amie

It's. Yeah.

21:19.33

Amie

Yeah, no yeah.

21:19.83

BRIAN

Spiritually clean place to be the best that we can be in that day and I'm not saying every day has to be easy or anything but like there's a there's a sense of like I'm aware of myself. Do you ever? Um, when you're when you're doing the journaling and you're and you're doing this work. Do you have find yourself ah like oh wait. Um, want to write this down over here because this is an idea for a book instead or do you just let it flow.

21:37.89

Amie

Yeah I do do that So I um I have a lot of stars next to the my journaling pages and that's that's ideas. So it's either ideas for content or ideas for book or and like the yeah margins are just like they're often filled with little snippets little ideas. Um.

21:46.93

BRIAN

Ah, got it.

21:54.24

BRIAN

Got it I Love it.

21:57.81

Amie

Yeah, so my margins are an important place for creative inspiration.

21:59.84

BRIAN

Got it and how how does you see this effect. So I know we're really going deep on journaling right here Hope that's okay with you. You said you because I brought right? guy great. So when you um, how do you see this affect your interpersonal relationships I talked a little bit about that. But I want to see if you've noticed.

22:04.78

Amie

No, no bring it on.

22:16.59

Amie

It's a really good question. No one's ever asked me that about journaling before um, it allows in a no it definitely does I mean it changed it changed everything about how I existed in this world and it was definitely like it. It definitely focused.

22:20.68

BRIAN

Um, it might not less want to force it. Okay.

22:32.55

Amie

On me first which is how I think we need to look at our interpersonal relationships like it was. It was always about how are you doing in this relationship rather than and making sure that I'm not just bitching about people I'm not just you know. It wasn't about you know talking dirty about you know the relationships that weren't quite right in my journal. It was always like how am I showing up. It's been such a personal way of interacting with myself I always start with me first and I think that's ah been a huge gift for me so that instead of having a place to bitch and moan and complain.

22:59.61

BRIAN

Um, sure we're not perfect I appreciate that yeah.

23:01.50

Amie

About stuff that isn't working and no I do do that sometimes Brian obviously yeah, exactly and um, sometimes we just need to do it but eventually I'll always come back around and be like well how am I showing up here and like you know do I need boundaries here or like how can I protect myself am I projecting the questions that I ask myself in the journal I'm just so powerful and I think. That has impacted the way that I relate to people because I can always come home and be like you know, did this feel good or do I need you know to do more here. Um I I are asking the right questions.

23:31.13

BRIAN

Got it got it. So I love about that is you know I I think you know that I'm also a reverend so my background is in nondenominational spirituality and so for me is where's your own darkness before you're gonna make it about the people outside of you like where all we have to look at ourselves first look at our own self and does that be darkness. It can be like oh.

23:50.18

BRIAN

I Have a thing about that person and so I always hold them to a different standard than everybody else for some reason what is what's going on with me that makes me do that or I've not forgiven them for that thing. So that's why I'm a jerk every time I see them or whatever that right? and so I can see Journal is like you said the meeting with yourself. You're going to get pretty freaking honest with yourself there.



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23:50.55

Amie

Yeah, yep. Exactly.

24:05.37

Amie

Yeah.

24:07.70

BRIAN

And I think the real I Love that magic of like this this you know New Angel voice that comes to you at the end that is like let's be kind. That's what's the kindness we can find inside of ourselves. Yeah.

24:11.17

Amie

Um, yeah, the compassion and that compassion outstretches. You know when we are compassionate with ourselves. We can be compassionate with others you know and if we.

24:21.13

BRIAN

Right.

24:24.70

Amie

Yeah, so starting. It's just it allows me to start with myself and then look outwards which I think is something that I wasn't doing I was always you know holding a lot of blame externally um you know what's wrong with the stuff out there and sure there is a lot of stuff wrong out there but Journaling allowed me to kind of sit and just sit with myself and be like well what can we do from a place of power.

24:43.48

Amie

What can we do from a place where we can actually have some control.

24:44.83

BRIAN

Yeah, so one of the things that I loved about when I was you know doing my research on you just you guys know I randomly found Amy on Instagram was like I'm obsessed with this person I want her to come on my podcast so I'm so thankful that you're here but 1 of the things you have on your website is like a quiz for people to understand.

25:02.47

BRIAN

Who are you as an artist and so how can I Best help you basic Essentially right? What are some kind of like archetypes that you have seen that you're like you see all the time. These are the kind of creative archetypes that are because I believe that when you identify yourself as an archetype you start to relate to yourself differently so you have some kindness.

25:03.18

Amie

Yeah.

25:15.49

Amie

Um, yeah I am no no.

25:18.81

BRIAN

I think that some people can get weird like well you can't reduce me to 1 thing. No one's reducing anyone to 1 thing we're just noticing something about ourselves so that we can relate to ourselves differently can you share what you notice? yeah.

25:28.36

Amie

Definitely yeah, it's a beautiful lens right to view and understand yourself. It doesn't have to go in a box. So I have 4 main ones that come to mind immediately is the procrastinator the perfectionist the burnt out artist and also the fraud.

25:32.51

BRIAN

Right.

25:44.77

BRIAN

Go away I'm hanging up this podcast. Why are you talking to me I feel all of those things every hour right.

25:45.75

Amie

The imposter syndrome artist leave me alone. These are the things that through my coaching I just see it again and again and again and these are the things that I see get in people's way the most and stop. From you know, truly stepping up and being the artist that they're here to be yeah procrastinator and they all interlink perfectionist the burnt out artist and the fraud of course.

26:03.47

BRIAN

Say them again because I want to get them right because they're so good right.

26:14.49

BRIAN

Got it. Can you talk about the fraud a little bit I like that one. It's calling me today.

26:21.66

Amie

I Have a really simple ethos when it comes to the fraud because I just think that what we do as creators is so fucking vulnerable I do not believe that there's anyone else who does something as vulnerable as what we do which is like share a little bit of our soul to the universe Like. It's just standing here naked when we do something that vulnerable and we let ourselves be that seen we are going to have feelings of fraudulency and what I say and what I want to remind anyone who's in the middle of like an imposter syndrome storm. Is it impostor Syndrome is a sign that you are leveling up Imposster Syndrome is a sign that you're moving into new skin and it's uncomfortable like it's uncomfortable because you've never you've never stood here before and you've never been witness in this space before and your beautiful, Beautiful internal. Thoughts are trying to protect you from how vulnerable you are and they're saying you know you're not you know I'm gonna be here. People are gonna figure you out. They're gonna see you. It's gonna be really awkward and embarrassing you need to stay smaller because smaller is safer. But what you're really doing is you? You're just leveling up and leveling up is scary. Um, and that's always what I say about people who are feeling that feeling of fraudulency because even though it's so fucking uncomfortable and you kind of want to vomit you just want to shrivel up and like die you are leveling up and if you have the bravery on the audacity to stay in in the position that you're in and and continue to be witness in the position you're in like ah.

27:53.72

Amie

Abundance and magic is going to come for you? Um, yeah, big one.

27:54.19

BRIAN

Yes, yeah, and what you just said is so I think it's It's a huge one because I think so much of when we you know the fraudulent and the imposster some such a dance they do together because you have to start to say things that you believe and as you say them and they go out of your mouth or you put them down on Paper. You're like. That this that like leave the the words leave your mouth and you're like and does everybody agree because if you do that means I'm saying the right thing and if you don't it means I said something really yeah, like it's that edgy right? like that much of taking a stance or taking up the space right? So It's like breathless yeah makes you feel breathless when I think about it.

28:21.20

Amie

Oh my God it is. It is truly taking up space. It does like to me it feels like yeah, all the air's been taken out of you and you're just like.

28:34.12

BRIAN

Yes.

28:34.62

Amie

Concaving in on yourself, You're like please I Just want to stay small until I get that affirmation that says actually I see you? Yeah yeah, yeah, yeah, yeah, yeah.

28:38.87

BRIAN

Yes, like my photo on Instagram or say yes or smile or clap or give me the callback. Whatever that that is right? So um, but can I I want ask go another about it. Can I ask you about the burnout artist because I feel like it's you tell me if I'm right it could be very easy to cla like.

28:51.62

Amie

Of course.

28:56.86

Amie

Um, yeah, yeah, yeah, yeah, definitely I mean this is a big topic I have a book on it. Um, but I think I witness a huge amount of artists who are completely burnt out.

28:57.30

BRIAN

Ah, it's been a long day I'm burnout like you could it be easy to like stay in that position. Can you help me with that. Yeah.

29:14.20

Amie

And a lot of the reason that they're burnt out and this is such a complex issue but 1 of the biggest reasons that I see that artists are burnt out is because all of their successes lie outside of their control. So all of the you know so it happens a lot for actors. It happens a lot for writers. All. They just pin everything on getting a publishing deal getting an agent getting the gig and so they're constantly doing all they can but they have no power to actually realize success on their own so they're constantly depending on an external source to choose them. We're constantly waiting to be anointed by an outside person and there's no amount of.

29:47.88

BRIAN

Right.

29:51.83

Amie

You know vulnerability you know, incredible pieces that we create incredible performances. There's nothing that we can actually do to make somebody else pick us and that lack of control frequently burns us out because we have no power in those situations. And so I talk a lot about this with burntout artists. We have to find places where we can chooserself and self-annoint and self-coinate and take up space without the permission of others because too many of us are running ourselves in the ground trying to get the attention of other people trying to be chosen and picked by others when we we and we. The reality of it is that you know a lot of the time we do need external permission but we don't need solely external permission. We also need places where we can self-coinate or we can put the crown on our own head and say I'm taking up space by you know, making an Instagram and connecting with people on there I'm taking up space by you know.

30:27.55

BRIAN

Right.

30:41.92

Amie

Doing my own production and bringing the power back into our control allows us to have our own power and to not feel constantly zapped by waiting on other people to see us.

30:51.67

BRIAN

Oh it's so powerful What you just said because I think it can We can put ourselves on a ah ah diet of only getting that kind of validation and that diet is never going to be enough nutrition. It's never going to be enough. It's never going to nourish you enough right.

31:01.58

Amie

Oh exactly.

31:08.80

BRIAN

And so I just think about actorss who also do standup or do they do Improv or writers who also like love to do spoken word things or they do standup or whatever. Just so that they're doing another place where they because what I'm also noticing in the way you talk about it. It does want to be kind of in the lane of what you're doing or the same so that you're feeding that specific part of your I mean there could be the actor who is like.

31:27.96

BRIAN

I Love making a great cake and when I ice the frosting I feel the same delight that I might but it seems like if it can be in the lane like really close to it. It will get it will still feed so that you can own that and like you said self-annoint not like sideways anoint like make yourself the prince now I'm the king.

31:35.29

Amie

Um, yeah I mean you self benign exactly.

31:44.59

BRIAN

Of acting because I did my own solo show like whatever that version is yes.

31:49.90

Amie

Yeah I mean of course like if you are a writer who fucking loves you know singing and you make your own album like great and if it feeds that like huge creative need that you have amazing. But I think for us if we're really so you know dead set on telling stories like how can we tell stories in a way that we can self-carinate and exactly like as you said like. Can you do your own show like these are the ways we bring back power into our own hands and we show people and again it's only good like it's only good for getting the external validation too. We show people that we back ourselves like we have to back ourselves before other people back us if we ah are chosen before we've chosen ourselves. It's a bad recipe.

32:23.65

BRIAN

Ah.

32:25.37

Amie

And you can see and and a lot of actors. A lot of actors a lot of you know, a lot of creatives who get chosen before they've chosen themselves. That's also a recipe for burnout because yeah.

32:31.55

BRIAN

Oh for sure when cha it also and it's like when you get the wrong you were the wrong agent. You're with the wrong manager like it's like your you they've chosen you before you've chosen So then anything they say has so much more power than what you believe like your art is now dependent on that those eyes and not your own like it becomes something else right.

32:40.67

Amie

Yes. Exactly.

32:50.54

BRIAN

So beautifully said Amy I'm sure everyone here is gagging for how to work with you or how to know about your stuff so I might have a few more questions but before we go there. Can you share with everybody a little bit about if someone was like I want to know more I want to learn but where would you want them to go or where would you direct them to first.

32:55.95

Amie

Yeah, yeah.

33:03.29

Amie

Beautiful. Well you can hop over to my Instagram which is inspired to write um and you'll find me there constantly that's where I'm sharing most of my thoughts that it is popping up into my head. Um, but there's also my podcast which is called unpublished and I do that with my husband who is also an author. And we talk about what it means to be a creative weekly and we love it there and then there's my website which is <http://amymcnee.com> and you can find my courses there on journaling you can find my books there the procrastinator the burnout artist perfectionist and my paid podcast as well which is called it's times Ryan that's like. Um, your little creative angel on your shoulder getting you to create each day. Yeah that's a great point. Thank you Brian.

33:41.65

BRIAN

I love that and I want to make sure everyone knows how to spell your name It's a m I e yes, a Mie Mcney M C N E E right yeah right so um in all the work that you've done I like to ask this question and I'm actually stealing this question from someone who asked it to me so I want to give her props right now. Sam Valentine if you're listening and a lot of my listeners know Sam Valentine she asked me this question. It's always stayed with me and it is what has working in this way or working with other creatives taught you or surprised you along the way.

34:12.33

Amie

Oh that we are all so beautifully similar that we're all moving through very similar stuff and whilst it can feel like we are so freaking alone and that. This is just us and it's so embarrassing that this is happening to just me and these narratives are just my own and I'm the smallest creative in the world that we are all moving through you know, obviously there's variance and like we're we've got nuances to your. Each of our lives but we are all moving through a very very similar experience and when we come together and see one another like I have a membership. Um and so I've got a creative community that come together weekly. And when I watch us witness one another and hold 1 another through the same kind of pain because we're all experiencing it in 1 lens or another the power that comes from that is like unbelievable and the way that we can see each other and hold each other through it. We just we become so much more powerful and. And we don't burn out as quickly. You know we have energy and just being able to to see one another move through similar things. Yeah, just keep going.

35:16.23

BRIAN

Beautiful. That is so beautiful. Can I ask another question because I really want to I Thanks Give me all this time I Love it. So This is something I'm challenged by at times and I feel like you might be as well in the messaging that you put into the world and in how you're trying to pee right? My goal is not to say. Stay up on the cross stay Suffering. You must be Suffering. You are suffering and so I'm the solution which is some kind of bullshit cult leader kind of language that people would use right because I don't want to say you are suffering So when you're languaging to people and you're talking the way that you just said we're not like meeting together to celebrate pain.

35:36.28

Amie

Ah.

35:50.17

BRIAN

Right? And as a writer I'm just curious for you I don't even know if my question's going to be a good one so you can stop me at any time right? How do you language and speak to your audience in a way that says this might be how you're feeling but it's not this is how I would say probably so maybe I'm answering my own question but I would love to hear what your reflection is.

35:54.40

Amie

No I'm seeing it.

36:05.72

Amie

Yeah.

36:08.28

BRIAN

So I say you might feel this way right now. So let's work on it or I like it's really important to me. We've talked about this as my team. We've even talked about how we don't hold any person in a position of victimhood in a position of.

36:22.37

BRIAN

Your life sucks were the solution like that's the worst messaging in the world right? That's not who I want I'm going to be a cult leader that would be what a cult leader would say right? but I do think we have to acknowledge I know you're doing big stuff and so this I realize stuff might come up because you're doing big stuff. How can I help right? Yeah yeah.

36:35.41

Amie

Yeah I Really like that I Really like that the nuance that's required when we do this work is so mind-blowing and it is so frustrating watching the lack of nuance that happens particularly in social media with people you know.

36:52.36

Amie

Exactly as you say like there's just no nuance. It's you know oh you're the victim and I'm the savior. Um, we need to have complex conversations around this because it is such a complex journey and I really like what you say like it is really hard like like I'm thinking constantly about how I can make sure that my language isn't disempowering how you know I want people to feel seen In. Again, that wild Wonderful journey that is creating and I want you to know that I know that resistance is going to come up but you are not. You are not powerless and that I have complete faith in you and what it is that you are doing and I know that there is an opportunity for creative success for you I think for me.

37:31.26

Amie

Big Narrative The big foundational narrative that I changed was um I'm never going to make money doing what I love um I'm going to remain poor and I'm never going to be able to sell my books I'm never going to be able to connect these were like the stories that I really believed that a lot of other creatives are very consumed by and I changed it.

37:43.89

BRIAN

Um, right, totally.

37:50.94

Amie

And I know that being a creative can be financially abundant that it is responsible for me to be a creative that it is the right thing for me to do that. It is absolutely where I belong and that if it's a calling that you feel called towards and.

38:08.36

Amie

You know it is completely possible for you to have an abundant creative financially Abundant Joyful Peaceful creative life and I always want to make sure that you know when I'm talking about resistance when I'm talking about the hard times. It's all underlined with this idea that I know that there is a creatively abundant future possible for you.

38:23.38

BRIAN

Yeah, yeah, and I love what you said is responsible for me to be creative. That's such a good one I was saying it nonstop I mean you self anointed in response like it is I always say like it is selfish for you. Not to do this because I think we also have this story for you to.

38:27.16

Amie

Oh I Love that.

38:34.14

Amie

It is selfish.

38:39.46

BRIAN

Being creative is is I'm being selfish by being creative. No, it's selfish for you not to because your your best expression is you doing it? yeah.

38:41.72

Amie

Exactly exactly it is the most what we do is the most generous thing that humans do the most vulnerable and the most generous and whenever I finish a piece of you know content or finish piece of writing or finish finish. My whole book is this vulnerable and is this generous is what I ask and. You know that's my they're my.. That's how I I judge What I create is it vulnerable is it generous and because what we do is so so generous and you know when we hold back art when we just think oh, it's not good enough I don't know if I want to share it. That's a selfish act. When you know there are people out there who could be you know, changed by your creations and you're daring to keep it to yourself like that's Irresponsible. It's irresponsible to feel called towards creating and then to think oh no, you know it's It's childlike or I'm not good enough like the responsible thing to do is to stand up and to.



Ep. 63 - Unstoppable Creativity with Amie McNee - Transcript

39:19.15

BRIAN

Um, yeah, yeah.

39:34.30

Amie

To make things and to create and to share and be vulnerable I Love the narrative rewrite of choosing to live a creative life is the responsible thing to do.

39:40.17

BRIAN

Yeah, yeah, I love what you just said and I want to kind of because I think what it also brought me to is the idea that taste is 1 thing perfectionism is a different right? like we got that and so that I can just see how being in a community of actors or community of artists of any creative type is like let's just check.

39:49.75

Amie

Oh Mama yeah.

39:59.77

BRIAN

Mean being perfectionist here or is this actually just what you want you? It's about your art because that's could be great. You might be having that dance inside your head. Let us help you That's where you need that community to listen to the chorus in your head that's screaming and saying I want attention and I want attention and you can say oh this is about taste. Yeah.

40:06.70

Amie

You do.

40:14.52

BRIAN

You could this it needs another revision. You're completely right? It wasn't perfection. You're right this time. Yeah, you have a taste level here. Great but guess what your taste level doesn't get to be in charge for the next six months you get like three weeks to do it like that's where accountability comes in right.



Ep. 63 - Unstoppable Creativity with Amie McNee - Transcript

40:24.22

Amie

I love that Brian yeah, you're so right? the um, the horrible bloodlines between taste of perfection is something that we often do need support for because we just don't know where we're where we are at yeah, definitely.

40:33.50

BRIAN

Yeah that's I think another person needs to be involved. Yes, um, Amy I could talk to you all day. This was such ah I would just say selfishly. This was selfishly. This was a such a great conversation and so I know tons of people are going to be listening to the podcast and listening to your searching you out. But I just want to thank you for giving your vulnerable and. Honest and energetic enthusiastic time to this conversation around creativity I really appreciate it. Thank you so.

40:56.37

Amie

Thank you Brian I'm so grateful. It is just so lovely to just get to talk about this incredibly again, wild but very wonderful journey that we're on I'm very very grateful for you.

41:07.30

BRIAN

Thank you, thank you so much.