



Ep. 67 - Make Meaningful Content with Spiritual Practitioner Sonia Jackson - 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 back to Brian Break's character I am here with Sonia Jackson and if you've not had the pleasure of meeting her ah her smile is a delight. Her energy is little night. Her laughter is infectious and she is a force for good in the world and that's why I wanted to have her on the podcast because. She's a performer and she marries performance with her purpose on this planet and I'm gonna let her tell us a lot more about that but she has made it um the best way that I can describe it that what I love about it. Sonnya is that you've made yourself your own stage to insert your purpose and your performance at the same time but I'm gonna shut up now. And I would love for you to just share a little bit of your story with the listeners so they can get to know you a little bit better.

00:40.78

Sonia Jackson

Okay, well it would start back in when I grew up Actually my parents put me in dance classes because my legs were crooked and I loved dance and then I loved performance and then. All through high school all through college we performed but I never really kind of thought about it as a legitimate job and went into business and went into human resources and the last full time job that I had in that category I was working in Aerospace and.

01:16.33

Sonia Jackson

Was making good money and these people around me were not treating me very well and I wasn't having any fun and I thought oh there's got to be something else out there for me to do so I became an actor of course isn't that what everybody does. But.

01:32.89

BRIAN

Logical from HR to actors typical of very typical journey answer. So you're the first one on this podcast for sure.

01:34.88

Sonia Jackson

Yes, yes, and I figured I had gotten enough information from the people I was working with to go into comedy. So I started doing stand-up because I didn't have anything else to go on my resume except a play that I wrote and produced when I was 7



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01:54.20

BRIAN

Ah, ah.

01:54.27

Sonia Jackson

It was a Christmas play. It was a great play. My mom even brought a Christmas tree a little miniature Christmas tree to school and when we performed it and then I got I got upset with her because she took it and gave it away and I thought it was my tree. It was a really you know.

02:01.18

BRIAN

Ah.

02:08.30

BRIAN

No, that was a keepsake. Yeah.

02:13.68

Sonia Jackson

As as a seven year old it's my personal tree she took it and gave it away as an adult of course I can recognize that she gave it to a family who needed you know so of course mom of course. But at the time I was not having it you know, but when I became an actress i.

02:14.74

BRIAN

Yes.

02:20.84

BRIAN

God has ah I get a good job.

02:33.38

Sonia Jackson

I was a little older I was a little past anjanu so a friend of mine suggested that I do a solo show to showcase my talents and that's what I did and I loved it because I I was doing this show called I called it I'm gonna fly. Which was about Bessie Coleman who was the first black female to be licensed to fly in the United States and it was a great show and it was about determination. It was about living your dreams and going for so I was doing what she was doing so it just felt. Just felt like the right thing to do and then as I as I continued I was really surprised when people weren't pounded down my door giving me starring roles and feature films. You know what's up with that. Yeah, so ah, yeah.



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03:21.29

BRIAN

Ah I just did my show where is everybody yes.

03:26.24

Sonia Jackson

But so I continued to do plays I do television film I did ah did a bunch of stuff and and I started doing my own shows too because I felt why sit around and wait and I was doing the vajama. Vagina Monologues when the idea about one of my favorite shows that I wrote conversations about the girls came along and it was really interesting to me because the vagina Monologues were powerful but I thought you know conversation about the girls.

03:51.77

BRIAN

Yeah.

04:05.41

Sonia Jackson

And what I'm talking about are the girls right? under our chin for us ladies women's breasts. So my play examines women's breast and our relationship with that and I thought you know people are talking about him all the time you can't watch a Tv show without somebody making a reference. You can't.

04:10.39

BRIAN

Ah, yeah, yeah, yeah.

04:25.14

Sonia Jackson

Watch a movie without somebody making a reference. You can't walk through life without a cleavage bump in you in the face. So hey you know let's have some conversations about them in a way that's supportive and all of that. So. That's that's one of the things that I wanted to do my last show is Mama Isms that I I. Wrote and I still do that. But right now I'm focused on conversations because I I Just love that show.



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04:46.25

BRIAN

Yeah, yeah, and I and you know if you if you all check out her Website. You can see a lot of pictures and snippets and what I love about conversation with the girls is It's also you know we've been seeing breasts and artwork since anyone's ever picked up a cake written on a cave probably. Right? And so they so like that did this I think that was so it was needed this what was needed and you're about to have something called breast of all, we're right on the cusp of that it sounds like can you share everybody a little bit about that because it's it looks super interesting and cool.

05:16.40

Sonia Jackson

Yeah, we're we're doing. We're presenting. Well let me let me back up again when I first started doing conversations about the girls I was working in our prayer ministry.

05:23.25

BRIAN

Okay.

05:33.90

Sonia Jackson

At Church and so I was writing this play in between prayers and praying and whatnot and a friend of mine said. Oh.

05:37.66

BRIAN

Wait hold up was it a little bit of a funny content to be writing while you're in prayer ministry because no matter what even if you got a real hip church talking about boobs is a lot different than talking about god and Jesus or whatever if he's got to feel a little different did you feel a little I don't know like look at me over here.

05:55.24

Sonia Jackson

No, no, not quite I mean because it's all God So hey it's all spirit so you know this is my body and and I've got to love my body and they're a part of my body.

05:56.85

BRIAN

But you feel I like a little bit like ah did nothing.. It's funny to me I Love Ah yes, this is true. Um, yeah, yeah.

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06:13.78

Sonia Jackson

And so that was the whole thing too. They're a part of our bodies but they're not necessarily who we are so. There's a lot that ah content that goes into the play but my friend had said that's really going to be a powerful piece. That's a powerful piece. So now. Let's let's look at it now. I have been doing this show for 17 years. She said that to me way back when I was writing it and I would get it out there and I would try and get it out to the next place in the next place but you know how it is when you're producing your own theater. Ah so. What would happen was I could I could get the show up and I didn't know how to get funding I didn't know how to get backing and and so I just did it myself. But this year I decided to do it on a whole new scale and we're creating a star-studded cast with um.

07:09.88

Sonia Jackson

Top-level actors and jazz singers and and whoever else we can get because women all women have breasts or we have had them and so we're we're putting together a star-studded cast to present this and doing a Q and a afterwards. So and we're asking women to get together and have a girls' night out I'm sorry.

07:29.16

BRIAN

Yes, yes.

07:29.28

Sonia Jackson

Girls night in and I know the world is opening up and we're we're asking you to stay in but go to dinner first go to dinner first and then afterwards come home be with your best friends have a watch party and watch and and have conversations about your girls your body.

07:41.50

BRIAN

Um, right? yeah.

07:47.17

Sonia Jackson

And feel uplifted uplift each other and that's what we're really looking for. We're asking for women to to in sisterhood stand up for each other. That's really kind of what we're asking.



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07:58.83

BRIAN

Yeah, and and it all goes down on May fourteenth. So we've got time for that We got time and it is an association with the Susan G Comeman foundation as well. So that's really incredible. Yeah.

08:09.24

Sonia Jackson

Yes, what we're doing is after expenses. There's you know sometimes you have to pay some people so there are some people in this production getting paid to my production manager and the editor.

08:22.99

BRIAN

Sure Yes, yes.

08:26.42

Sonia Jackson

Everybody else is doing it on gratis because they love the subject and they love the idea and so I get people who've been coming to us asking what can I do to help what can I do to help because 85% of the proceeds after expenses is going to go to Susan Gioman

08:43.66

BRIAN

That's great. That's awesome. That's really awesome and and what I see inside of the Sonia is you're just drive to like I got stories to tell I got things to say and I'm gonna find the way to so come heller high water come heaven or high water I should say we're good I'm gonna have it be. It's gonna be seen and.

08:44.12

Sonia Jackson

So for research and education.

09:01.25

BRIAN

And I wanted to see to ask you about how we connect the dots to this you know I'm a nondenominational reverend. You're a spiritual practitioner and in my life that's prayer meditation and for some of our listeners. It might be prayer might be meditation their way that they communicate with something greater than themselves and you are.



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09:17.34

BRIAN

I Would like to say an expert in that or you've done a lot of study in that with your beautiful book. My prayer Journal and I wonder if you would be willing to share how does this messaging of your book connect to the work that you do as an artist.

09:29.77

Sonia Jackson

Um, well you know I've really started to redefine that for myself over the last few years and that came about because ah, well social media I'm going to tell you it helped me define that. Because somebody said you know what we're doing. We want to put out in the world. So I was putting out my shows and I was putting out prayers and thoughts and affirmations and whatnot and so I had a social media for. My acting and I had a social media for my spiritual side and then I just had to go I'm sorry they're not separate. It's who I am.

10:15.24

BRIAN

Oh yeah.

10:19.48

Sonia Jackson

I Happen to love the divine I know that there's a higher power. Whatever you like you said, whatever you want to call it. There's a higher power and it lives through me. It is the very essence of who I am and it's the same truth for all of us is what my belief is and my my.

10:33.85

BRIAN

Right? yeah.

10:38.11

Sonia Jackson

My skills my mind my understanding my wisdom my guidance my creativity my talent it all comes from that source and so they really aren't separate. They're just the 1 thing and. I happen to probably talk about it differently than others because it's just a part of my life. So I don't I don't really separate the 2 anymore. It's just a matter because yeah I talk about god I talk about god like it's my career I talk about love and peace and. And if we're talking if we're doing a scene or if we're at rehearsal or something and and you break down or something as I'm kind like okay re it we need to take that to prayer. So let's take it into prayer know it's done. Okay, now we can get back into our scene. So whatever. It's its it's a part of life. It's a part of life for me. There's it's not separate so.

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11:24.91

BRIAN

Ah I Love it.

11:32.76

Sonia Jackson

I call on it to guide me and I let myself get steeped in it and it's It's one of the things that my minister always says don't don't move until you hear don't move until you hear what you're supposed to hear to move and we forget I Forget you know.

11:50.14

BRIAN

Sure.

11:52.60

Sonia Jackson

So Sometimes it's a matter of bringing myself back down to okay I need ah I need to I need to have a meditation here for a minute I need to calm my the chatter in my head because it chatter doesn't go away it just calms down. It just gets clearer. If. We take the time to listen. So yeah, that's kind of me.

12:12.52

BRIAN

Yeah I'm curious. You know there probably some listeners who may be familiar with meditation. There may be some listeners who are familiar with prayer. But first that person who's starting out who heard what you just said and might think to themselves I want that kind of clarity something about that.

00:00.00

BRIAN

All right? So Sonia for someone who heard what you just said and was like oh whoa that meant something to me or that moved something in me I felt something when you said that or I would like to have that kind of clarity for that first person who may only be familiar with meditation or has never tried prayer and I want everyone to just hear like.

00:11.19

Sonia Jackson

And.

00:19.38

BRIAN

Well I I don't believe that ah prayer has to have a dogma attached to it. So if you're some kind of religious averse person right now I want to really make sure that you hear that what what I'm saying and I think Sonia's



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saying this too is the belief that there's greater than yourself that you are always in constant communication with and that.

00:30.10

Sonia Jackson

Yes.

00:37.83

BRIAN

Would love for you Sony just to share with that starting out person who's like well I feel foolish doing this or right I don't know how to start this can you give us a primer on how you would say to be begin that conversation.

00:48.95

Sonia Jackson

Well, the first thing I would say is to just recognize that it's between you and the higher self. So if you need to go in a closet. Because in your household. It's busy or whatever go in a closet or you know if you need to just pull the covers over your head and sit on the bed. Whatever you need to do to be with yourself just to take a few minutes and it doesn't have to be you have to sit in the lotus position. You don't have to do anything sometimes you can just go to the beach go to the park sit on a park bench watch children play. You can you can meditate with your eyes open. You can meditate with your eyes closed. You can do a walking meditation. You can use a labrth that.

01:42.60

BRIAN

Um, yeah.

01:42.94

Sonia Jackson

Sometimes people do just to take the time to close your eyes breathe deep and let yourself relax and listen internally just focus on your breath your breathing feeling. Maybe you're. Chest Rise and fall or your tummy rise and fall and just let yourself be so relaxed that you listen and ask yourself a question. Ask yourself a question and I was.

02:16.19

BRIAN

What if I'm trying to get perfect with my Questions. Can you help me like I'm like what's the Perfect. There's something that comes over us when we do this at times we like well I got ask the right thing and I do need to be in the lotus position and I have to light a candle and that's good like I gotta make everything if I'm doing this.. It's got to be exactly right or not.. It's not gonna work. Or like I'm doing it Wrong. Can you help for those of

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us who are not feeling like we you're doing it right? Like what's that What do you want us to hear what? What would you like to if you could help us all What would you say to us.

02:44.21

Sonia Jackson

I would say every way you do It is the right way to do it is if you sit and just breathe with an intention of I am going to open myself to the higher power or I am just going to relax into this or I'm going to. Asked for help or guidance about knowing the right thing to do or whatever it is sometimes I usually sometimes I'll just ask a question before I go to sleep and then when I wake up in the morning before I move before I get out of bed I'll just lay there and say thank you.? Thank you, Thank you and wait for the answer to come there's there's an answer that always comes and and because there is no.. There's no perfect way to do it except that you do It is to to take time to listen for your for your own.

03:29.18

BRIAN

Yeah.

03:42.22

Sonia Jackson

Internal guidance for your own understanding it just it's I find it helpful for me I found it peaceful for me.

03:46.18

BRIAN

Um, yeah, yeah, and you know it's so beautiful. The way you say that because we've talked I talk about this in some of the work that I do and and even on the podcast I think we've talked about you know sometimes you don't get an answer right away and that's okay, but you continue to allow yourself to be open.

03:58.96

Sonia Jackson

Over over.

04:04.62

BRIAN

The answer you know that there's an answer coming and the answer will come when the the time that you need that answer it will be there when it's time for you to have it totally? Heck yeah.

04:10.67

Sonia Jackson

And sometimes it comes while you're washing dishes. Yeah, so it comes it comes while you're like doing some you're doing laundry or you're doing something that isn't that doesn't you have no attachment to and you're just

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you know because some popular people want to say I do my TaiChi And the answers are calm. Yes, yeah, I'm folding clothes. Yeah, ah.

04:33.76

BRIAN

Ah, yeah, totally yes, totally and you know because like like the way you look at that tree you suddenly have the new thought and you like made yourself open to it or whatever right? And then there's this other thing that happens and I wonder certain if you can help me in my own practice and then others in their practice and I just appreciate you being willing to.

04:42.70

Sonia Jackson

And.

04:52.98

BRIAN

Tap into this this talent that you have for understanding this I know that you believe we all have this talent but you're willing your willingness to articulate it here just on this podcast and share with us just means so much to me because I know a lot of people can be helped with this kind of help this this understanding that we already have this language and we've forgotten it.

05:09.75

Sonia Jackson

This is a.

05:12.48

BRIAN

Um, and so one of the things that comes up for me is like the answer I get is and ah I don't like the answer. No no, no, you're supposed to say yeah you're supposed to say yes you should go on vacation for six weeks or you're supposed to say yes you are supposed to buy that sweatshirt or yes, you're like that. There's like we we can call the answer unreasonable and so. What is your relationship with that. How does that show up for you.

05:33.35

Sonia Jackson

You know we never So. There's a saying God's plan is bigger than our own and we can't out give God or you know there's all sorts of things sayings like that and. And I use God I Use Spirit I use. Love I use the Universe. It's all the same to me. There's it's greater and I'll give you an example in breast of all, we're doing the show and it's a starstud cast that we're we're having and one of my stars. Um.

06:05.60

BRIAN

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Right? right.

06:10.21

Sonia Jackson

Is who said yes is not going to be able to do it like she thought she was going to be able to do it and you know you get those messages and you kind you read them and you go now a couple years ago I would have got. Yeah yeah.

06:25.70

BRIAN

Ah, Besar yeah.

06:29.28

Sonia Jackson

But this but when I got the message this time I kind of went Hm ok.

06:41.60

Sonia Jackson

There's an answer. So if I believe that if I ask for something it is given then I have to say that what I've asked for in terms of my cast. It's been given. And I have to remember to stand in that because the thing is thoughts are things and if you if have you ever noticed you start thinking a thought and more of that same kind of thought comes no matter what it is So if you're thinking about oh I shouldn't eat this.

07:07.56

BRIAN

Oh yeah.

07:14.93

Sonia Jackson

That's gonna do this. Oh then it's gonna do that and I'm gonna feel this bad and oh my gosh if I do it and before you know it, you're just upset about that food instead. Even if you shouldn't if even if you think you shouldn't need it. It's like I'm gonna eat this I know it's sugary. But it's gonna make me feel good for a moment. I won't eat as much of it. Maybe I'll only eat half of it. Oh that'll be good and then I can you know cause part of it is the journey. So if I have this donut and I only eat a little bit then I can have more of it later. So then if I have late have some of it later then it's like eating a donut for an hour oh my gosh. How good is that you know.

07:51.25

BRIAN

Ah, yes, yes, is us.

07:53.34

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Sonia Jackson

So So so anyway back to the other story. So She said she couldn't do it and so I just pondered that thought and so I responded back to her and then what happened was another idea came before I've I. Started the email and then I left it and then I came back and then I left it and I came back and and what we always say is take inspired Action. Don't react just take inspired Action. So if I had just gotten the note and. Read it and emailed her right back I who knows what would happened but instead I let spirit tell me. Okay, what should I say here? How should I say this and what came up were 3 possibilities that were going to. We're going to be more helpful than if I had just responded or reacted to her and so I put the 3 possibilities in an email I sent them off I you know and she's she responded back saying? Yeah okay and I thought count. Great.

09:07.10

BRIAN

Yes, yes.

09:08.49

Sonia Jackson

Is that you know so it's it's you know there's a trust that we have to sometimes have that is harder if we're looking at what our eyes see because our eyes don't always tell the truth our eyes Say. We look at our bank account and our eyes say there's nothing in it and then we get into the spiral that says there's nothing in it. But if we have asked for it and and and believe that there's a higher power out there. That's moving heaven and earth to bring it to me. There's 8000000000 people on this planet that it can come through I don't know who it's going to be but it's going to come through some of them then I'm going to be able to go okay that number in my bank account is growing and I can just keep seeing it growing.

10:03.55

BRIAN

There.

10:05.69

Sonia Jackson

And then it'll keep growing because we we have that thought about it and we let those additional thoughts. Oh that's gonna be good and if I get that then I'll be able to do this I'm gonna be able to do that and we and we and and that grows and I'd rather have that growing than having.

10:17.20

BRIAN

Um, yeah, yeah. Right? right? And there's also what I 2 things I want to just unpackage that such so many amazing things there but 1 of them is they we are attracting or saying yes to the positive abundant greater good intentioned thought instead of saying yes to the other thought because we could certainly entertain and.



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10:24.33

Sonia Jackson

Despair growing. You know what? I mean.

10:43.20

BRIAN

Fantasize and daydream about the horrible things about our bank account at any given moment we could say yeah I'm totally allowed I have free will I'm allowed to do that if I want to but I also have to just be like and I know that that's definitely not what the universe wants for me. But I'm allowed to do it if I if I feel like I want to punish myself for while I can do that for off I want to but I can also say.

11:02.73

BRIAN

That is that is planetarily what I see but I also have another belief I Also know something else or I'm also certain of something else in that other thing you said that I thought was I don't want anybody to miss this where you said you wrote the email and then you left it and then you wrote it and you went back that little magical time right? there.

11:06.63

Sonia Jackson

Exactly.

11:20.96

BRIAN

That is the time that I think so many of us can abandon because we want to we want to cross the thing off, we want to finish the to do list and we want to get more productive and I often think that efficiency can be the enemy of wisdom. We want to let's slow. Let's take a step. Let's go great. Yeah.

11:34.18

Sonia Jackson

Yes.

11:40.27

BRIAN

It will be okay if this person hears from me tomorrow. Let me give myself a 24 hour moment here like let's let's see what's going on with me and like let's really respond in a thoughtful way and you know you can complain about it for 10 minutes oh dang it that person canceled it I don't know what to do or whatever you needed to get it out and then okay I'm clear again.

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11:58.84

BRIAN

And you said what was so beautiful is like you already had the Hm How interesting how what? let's see what this is how this is gonna unfold right? because we all can't always always be so eloquent about the situation right in our in our thinking but I think that that that moment is so that way you describe that back and forth to give ourselves permission.

12:10.63

Sonia Jackson

True.

12:18.17

BRIAN

Say let me wait till I get I don't think my I don't think my inspired actions here yet haven't found it yet. It isn't isn't feel I don't feel that way about it yet. So thank you for that. That was a really great primer for those of us who might be like like we're baby baby prayer Makers or baby meditationers. Um, ah in.

12:38.80

BRIAN

You know, looking at the work that you've done and you also do a lot of speaking and that's what I saw from and I was like you know when I was looking at you know can I can she? Well she come on the podcast right? and when you're speaking what is your like favorite if you like what is your favorite thing to share with an. A group if you know if I'm handing your microphone right now and you're speaking at my conference and you could say this is the topic of what I wanted to talk about what would that be for you. Sonia.

13:03.40

Sonia Jackson

Oh man, I never knows because you know if you're really I usually try and if if there's a theme then of course that I'm there for the theme. But if if not i.

13:16.96

BRIAN

Right.

13:22.88

Sonia Jackson

Generally kind of try and feel in or tap into the room to see what they're What's what's going on and what people might be saying what people might be thinking or I'll get guidance on that at a particular moment that says oh talk about that. You know something else that would happen because so I never really know what I'm going to always say but I like I think probably the thing that I would do or or talk about always is.

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13:48.37

BRIAN

Yeah.

14:00.33

Sonia Jackson

How we can how we can create more of our life than we think we can because I'm still working on it I am a work in progress trust me but I know that what we can do is spend more time. On our focus about what we want instead of focusing on what we don't want and that's really sometimes a hard concept because we're living in a world where the physical is right there with us. All the time. So just as an example, especially in our bodies if we have a pain in our body everywhere we go that pain's there. Everything we do that pain is there. It's in our forefront of our mind if it's you know if we're thinking about our bank account. Yeah, we don't necessarily think about that all the time. But if we're thinking about our bodies every time we get up or out of a chair or sit back down. It may bring it bring it up again. So how we react to that how we react to our physical world. How we can interact with it. And our in terms of our belief system I think we really we get what we believe I think we get but we believe and we don't always understand that so there's a sense of trying to what i. What I'd like to have people think about is to focus on what they want and to start to see how that feels different. Um, how it feels different. So if you have a thought about. Oh gosh the sun is shining outside. It's sun shining and I'll look at how things are green outside. Oh the flowers are growing and you just keep having the we having better and better thoughts about that what we were talking about before the same thing. If. It's raining outside. Oh it's raining I have to it's gloomy I have to stay inside or you can go. It's raining outside. Oh my goodness here is southern the California we need that rain I'm so glad it's raining oh gosh that means I don't have to wash my car I was in that great because you could see my car my car needs it. So however, we choose to we're're. We make the choice we make the choice and how we want to think and how we think is how it shows up in our world. How how we feel so often sometimes we get up in the morning and.

16:31.98

BRIAN

Yeah.

16:43.24

Sonia Jackson

We go back to looking for our problems. Yeah, we went to sleep and didn't have any care in the world.

16:44.58

BRIAN

Oh wait that just gave me the shivers. We wake up in the morning and we go back to looking for our problems that is we want to pick them back up again.

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16:53.40

Sonia Jackson
Yeah, we move.

16:59.10

BRIAN

And I think you know the gift of sleep. Why does the human body need sleep. Why does why were we given bodies where that need sleep is to wash off what you've picked up in the day before to help you step out of that consciousness to come back to? yes.

17:09.94

Sonia Jackson
To rejuvenate.

17:13.53

BRIAN

Into you. The first thing you want to do is pick up your old prep which is why I always say like it's a really good practice not to pick up your phone first thing when you get up in the morning because it's going to zoom in before your authentic desires even get to show up right? I just love when you start to interrupt you there but that really that gave me the shivers to think about it that way I appreciate that.

17:23.46

Sonia Jackson

Yes. Yeah, yeah, and so you know when we wake up, let's wake up and say and say how we want the day. How do we want? How do we want to spend the day I was listening to Dr Joe dispeza and he has. What is the what would be my ideal self to be today and I had to go look up the word ideal. So I could really get clear on what that meant? Yeah, and there's a ah hot. It's an imagined the higher imagined self of who I am who I can be and what if we lived from that.

17:55.36

BRIAN
Yeah.

18:06.80

Sonia Jackson

Today? What if we lived from joy today. What if we lived from happy today and and if somebody came in our little purview or whatever and wasn't happy. It was. You can try to say bless them. Bless them keep it. You know my having my shield of love nothing can permeate my shield of love but love.

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18:27.79

BRIAN

Um, right I Love when you say that you shield or love because I think you know what a lot of especially the actors who are listening. We can get very wrapped up in comparison.

18:40.94

Sonia Jackson

Urban.

18:42.78

BRIAN

And compare and despair and I think that the shield of love you just described as kind of a way to even relate to that where say that person succeeding I'm gonna let in their success because their success is part of my success some way to relate to that as a way to welcome it. Welcome their success right.

18:55.75

Sonia Jackson

Great way, Great way to look at it.

19:01.58

BRIAN

1 of the things that you talk about is and I love the language you use is how to pure a wet can you teach everybody what you mean when you say that.

19:06.93

Sonia Jackson

Oh this is pirouette. You know a pirouette is it's a ballet move. Yeah, it's ah it is a It's kind of a flourish move you you you reach out with your arms and your leg.

19:12.33

BRIAN

Yeah, you turn out 1 leg right? Yes, yes.

19:26.43

Sonia Jackson

And you whip yourself around and go up on one toe or half toe. However, you're doing and then you come out of it with your aunt with a flourish and you land in kind of an extended position and so everybody's been talking about.

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19:43.80

BRIAN

Um, to the point where we're tired of hearing it to the point where we're tired of hearing it.

19:44.83

Sonia Jackson

Pivot but coming out and um yeah pivot pivot here. Okay I'm gonna pivot and I thought I don't want to pivot I'm want to pirouette I want if I'm going to shift from 1 thing to another I wanted to.

19:57.00

BRIAN

So.

20:02.82

Sonia Jackson

I wanted to have a flourish I want it to look beautiful and I want to come out of it with Grace you know. So if I if I when I use pirouette instead of pivot. You know, somebody somebody else would go oh such and such habit pivot pivot. Let's pivot we can pivot we can you know.

20:20.23

BRIAN

Um, yeah..

20:22.80

Sonia Jackson

Sounds so hard. It's like oh but if I pirouette there's a little bit of grace in there. There's a little bit of ease in there. That's like okay yeah, so.

20:32.15

BRIAN

It's a little bit sexy too I would say I think it's a little sexy. It's a little more in your body feel Pivot feels very of the mind and pure white feels like we're gonna use our body and this I love that I Love even that switch of that word is so helpful. Um, one of the things that I was looking at when.

20:41.99

Sonia Jackson

Yeah, yeah, yeah.

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20:48.32

BRIAN

Getting ready for today is there's we're talking a little bit about how you shift fear into knowledge that guides us instead of stopping us. Can you speak a little bit on that for us.

20:55.76

Sonia Jackson

Um, yeah, yes, fear you know people we have this thing about fear that we don't want to be fearful or we don't want to. We don't want to have fear or I'm afraid to do this and. And trust me like I said before I am still a work of in progress. But what I've been learning about fear is that fear. It's just information and if we look at fear's information. It has no power over us. We give our fears. Power. So We say you know and and we sometimes don't even acknowledge the fear we we just we procrastinate and we call it. Oh I was just procrastinating but what is that procrastination. It's something you don't want to do? Why Do you not want to do that thing because. If I do that thing and it doesn't work out then I failed. But if you don't do it. You don't fail or succeed. Yeah you So you you know what is that So if we actually face what we think is a fear and. Have to we have to look at the whole thing fear can be is fear which could be flight or fight type thing but fear is also worry is fear doubt is fear you know trepidation is fear all of those different levels. They're just a different level of fear.

22:31.98

Sonia Jackson

And if we look at it and find out what is it telling me what are you trying to tell me then we can then decide. Oh hmm I know what to do about that or I know where I can get the answer.

22:50.21

Sonia Jackson

So I can do something about it and if we and if we've if we've gotten the information from that then we can move forward. So I I call it you know ask it's the the abcs is ask and then allow yourself to be with it. Be what what is the fear.

22:50.41

BRIAN

Yeah.

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23:09.26

Sonia Jackson

Be with it and then start to let yourself be comfortable with fear because fear what it really does is it just tells like I was saying it tells us something. But the reason we get fearful is because it's unknown we don't know and when we when we were little when we were little kids not knowing was fun. Oh I'm gonna explore over there. Oh that looks like interestingly. Oh Wow you know we were kids. It was great. But when we came adults, it was like I know this I know that I know how to do this and it's like and if we didn't we were hiding or covering it up yet. Well I don't need to know that you know, but if we if we allow ourselves and and think about it.

24:04.89

Sonia Jackson

Especially us as actors because we look for jobs every day every day even if we got a job we look for jobs every day. But if we if we don't know what's going to happen if we don't know what someone's going to say we could be living in fear. All the time. What we've asked for is unknown so because we've because we don't know what it is. We don't know how it's going to come out. We don't know what the outcome is going to be. We get uncomfortable. So we get nervous which is a level of fear. We get nervous and if we get really nervous then that can be a big problem that can be that can take us into full-blown fear. It can take us into worry. It can take us into anxiety and and stress and all that other stuff. But if we get comfortable with unknown. Then we're not worrying about it and then we can just kind of like oh all, right? I'm oh they told they said yes, great. Oh they said no hm ok next job. What I need to do so we don't we. Don't wrap. All of our hopes and dreams around. 1 little thing we start to figure it out.

25:22.47

BRIAN

Right? right? and I love the way excuse me I Love the way that you talked about fear almost being a It's just a guide another guide on our on our road here a little guide to in the part that I think I want to really you know it was ask be and.

25:41.39

Sonia Jackson

Um, yeah.

25:41.99

BRIAN

Comfortable right? Those are the 3 the Abcs right? and I love that ask because I think fear we usually have I think CSLewis says this he says that I didn't know fear would be so much like grief and we just want to run away from it when in fact, what we're saying with this Abc is let's lean in a little bit and try to almost.



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25:53.13

Sonia Jackson
Soon.

26:01.73

BRIAN

Listen Listen ask our fear. What do you? What is it? you need? What are you asking for from me and in the being part is the part That's like yeah, don't run stay here. Be I Love that way. You said this B don't run from when you ask the question then be there and listen and be with what you find out and that we can become more comfortable as a pattern because what I.

26:19.28

BRIAN

Even that little Abc feel like in the moment when you got that email that Abc went put right through you. The fear didn't even get to register because I was already on wondering you were already and wondering. Well, what's this going to bring instead. You're already in the curiosity of what's next I love that? yeah.

26:26.90

Sonia Jackson

And then there's one. There's actually one more D is to decide make a decision about what you're gonna do.

26:38.44

BRIAN

Okay. Did you ever find. This is 1 thing where I always get challenged as a coach at times because sometimes the decision is oh and no action is the right action and I always want to make sure we always advocate for sometimes they actually oh and I don't need to send that email and oh I need to do nothing I need to take a bath.

26:58.12

BRIAN

Actually and just forget about this or or it is I need to make the phone call or I need to send that the difficult email or whatever it is. But yeah that the decide is don't forget the deciding to do nothing is a decision I think that's an important thing right? that it is always but there's a difference routine doing nothing out of I'm ignoring versus.

27:08.60

Sonia Jackson
That is.

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27:17.40

BRIAN

I'm choosing that this is actually a place where I there's no action needed for me other than a a prayer or a release or whatever right? Yeah I think that's important totally especially when you have a consciousness around it Otherwise you feel like did I finish that is it done is it still gonna come up to get me right? um.

27:19.82

Sonia Jackson

Yeah, yeah, and there's a comfort to that.

27:32.75

Sonia Jackson

This is..

27:36.13

BRIAN

So one of the things that um, you created these 3 solo shows right? and ah what I what one of the things that I was noticing is that you said that all of our lives are a solo show all of our anyone's life is this like be a solo show right? and you can create in by in that.

27:46.91

Sonia Jackson

Um, ah yes.

27:53.69

BRIAN

We can use our own using it to challenge our natural Assumptions. We can create our own stories around that anybody who was was it was it vulnerable you for you to go like I'm making these shows and I'm putting myself out there after being an HR and being in this aerodynamics place and now I'm gonna suddenly be here out putting myself on the line. But that vulnerable for you.

28:12.37

Sonia Jackson

Oh that's interesting, um, not not really, ah it just it felt natural. It felt like that's what I was supposed to be doing. It was felt like I that's where I was.

28:19.36

BRIAN

I Love that you're like this is just natural.

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28:30.78

Sonia Jackson

And I had a really great teacher at the beginning I had um a friend of mine Bebe Besh and she's no longer here but she was a wonderful teacher and director and she taught me. She was my first solo show director and she taught me a lot about what I needed to know as an actor and how to um, bring the story alive and you start to you start to learn things. So.

28:47.76

BRIAN

Kind of.

29:06.90

Sonia Jackson

She as she directed me just as an example in my first solo show I'm going to fly Bessie's father left the family and so I have a scene in the show where he comes home and. For her. She's just watching him chop wood but in for me as the actor what was culminating in that whole moment was he was making a decision about what he was going to do. And I don't really think he left the family to leave the family he left the family to go get work because there was no work where he was and he left the family to go get work but in the scene I had this whole thing of what I was watching as little Bessie. And in chopping wood what we did. We did a sound effect of chopping wood chop chop and it would get louder and louder and as it got louder I got more emotional and and ah it was a great scene and then jump ahead a few. Times after doing it couple of years. We lost the sound effect of the chopping wood and I was like you know my sound engineer we were there because I can't find it I'm going what he said I cannot find it I looked I can't find it.

30:23.19

BRIAN

Okay.

30:37.91

Sonia Jackson

I said okay are you sure you know so there was that moment of so the question was okay well I guess we'll just do it without it because had to do it because it was this. It was about showtime then so I.

30:51.57

BRIAN

Oh got it.

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30:56.25

Sonia Jackson

Um I did the show we had no sound effect but in my head I could hear it and in my head because I always could see him I always see him doing the action. It was there and so it was right there with me. So my vulnerability my being alive for the show in the moment that's something that Beebe had taught me to do to be to in all of that and so in some of the shows there are scenes that. Are um, vulnerable. But I just I just tell the truth. So that's what it is I'm just telling the truth for me I don't think of it as being vulnerable I think of it as telling the truth now do I put. Every single last truth of my life in it. New. Ah I put some but not every single one. So.

32:00.10

BRIAN

Ah, yeah, yeah, yeah, but I think even listening to what you say that? what I what I take from this even is like um that the performance piece of it to you is like well this is what. Do I'm going to get out here and tell the story that these stories mean something to me This is something I want to do and so that the purpose almost overcame any amount of like secondguessing it sounds like you really became a student during the writing of these pieces where're like I'm willing to be a student and bring that to this bring My Beginner's mind to creating these pieces that. Speak to me that allow me to showcase my talent at the same time because I'm sure a lot of actors are also listening and inspired by oh she went out there and she did it she she found stories that really she she told stories that meant something to her that really created a mission for her and so I love that you even call what you do is I think you called it edutainment I think is what you. Yeah I Think as a word I read somewhere is that right? Yeah yeah.

32:53.53

Sonia Jackson

Yeah, and I didn't make up that word a lot of people have been using it for years but I find it perfect because what we're what we're about or or what I have found actually as a kid. It was to um, make people laugh making people laugh was the most fun and to play in front of them and and run around back and forth and and that was the most fun that I had. So being able to jump up in front of people and tell a story or do something or do a little dance or all of that My mom had a singing of course too. My mother played the Piano So we we sang we and everything and so it was always performing.

33:38.80

BRIAN

Yes.



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33:48.40

Sonia Jackson

And then as I got older I was a teenager and I did babysitting I would tell stories to kids I would just make them up you know and we it was the table talked and what did the table say the table told the tree it didn't like it because it. Was not flat and we just whatever came to mind and these little and I would find parents coming back to me later on going. What was that story about the tree and the table and I'm going. What are you talking about and because their kids were going I want that story you know and they because.

34:08.79

BRIAN

Ah, right right.

34:25.87

Sonia Jackson

Where is the story I said I I don't know I did I made it up and so I loved telling stories and then you find that if you you can tell somebody else's story in conversations about the girls. My girls. Are an acup on a good day. They're an a cup so I do not represent all of the girls around the world but I can speak for Them. So Um I Tell stories.

34:55.71

BRIAN

Yeah, sure.

35:04.79

Sonia Jackson

So that people get a better understanding So in conversations about the girls. There are stories about getting breasts. There are stories about wishing to get breasts. There are stories about Bras. There are stories about cancer there' are stories about my mom had cancer. There's stories about I had cancer. There are stories about this.? Ah there. So There's all kinds of stories and so I wrote a piece not too long ago about sometimes the story isn't ours to tell So if I'm talking about the girls and I'm talking about not only my stories I'm I want women to recognize their stories.

35:24.47

BRIAN

Right.

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35:41.89

Sonia Jackson

I Want women to recognize themselves and and I get all sorts of things that come back to me and um and I want to have people have an opportunity to think about them and maybe change the way they're living or change the way they're interacting with somebody because it. I had um I had a young girl I was doing the show in Phoenix At a church there. Yeah progressive churches I go to um and so they were making an announcement that the play was going to happen that afternoon or that evening or whatever it was.

36:09.67

BRIAN

We like it.

36:20.50

Sonia Jackson

And 1 of the young ladies in the church came up to me afterwards and said she you know she was planning to come and she was telling me a story about her. She was probably 2021 and she had some kind of an issue and I can't remember the issue at the moment but she had a specific issue. With her breasts and at 12 she was taken to the doctor. Her mother took her to the doctor and her mother loving wonderful mother that she was didn't think about it but when she took her daughter to the doctor the doctor was a man and the first thing the man doctor did was examine her and after she's now twelve thirteen just now getting her breasts and she's trying to feel she's feeling more private about it. He's he's going I'm a pedia titian I yeah, just take off your blouse. You know. And so she had this horrible experience that she was still talking about at the age of 20 because it had affected her so much. So I tell the stories and we talk about and I and I want people to talk about the have conversations about it afterwards so that they can think of. Different ways to interact with each other different ways to interact with their children with their daughters or or whatever. Um, so sometimes the stories we need to tell they aren't all our own but we have the ability to tell them.

37:50.36

BRIAN

Yeah, and I love the way that you said that also because I can just see how it start it sparks a sensitivity. It sparks a conversation that you might not normally have it becomes a fireside chat sitting around afterwards after you've seen the show of all The. The highs and lows of the show and also like what it sparked inside of you and how I'm thinking about myself differently How I'm thinking about the people in my life differently and I just like the art of storytelling obviously is what you're saying here but to to have focused it in such a unique and fun and touching and beautiful way that is also physical.



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38:15.67

Sonia Jackson
Business.

38:25.34

BRIAN

Which I think is something you know sometimes the stories can be very heady or can be not dealing with it to actually deal with. We're talking about bodies here and I think that that is such a ah powerful way for you to be telling the story and so everyone who's listening I hope that you will check out conversations about the girls on May fourteenth.

38:42.59

BRIAN

If you go to visions of possibilities dot Org We can get our tickets isn't that right? I get that right say.

38:44.91

Sonia Jackson

Yes, there's a button there Click I'm finding out that there's a couple of little issues. Maybe but I think don't do an autofill you shouldn't do an autofill with your credit card Anyway should put it in each number at a time but yeah visions of possibilities.

38:56.24

BRIAN

Great, great, great and great visions of possibilities dot org we can check out the show and Sonia as just kind of as we wrap things up here. Is there anything else, you'd like to leave this audience of creatives and actors with that. You weren't able to say today I want to make sure you have a. Time to say anything else. You might want to say oh my goodness. Yes I would love it. Yes.

39:15.35

Sonia Jackson

Do we have a minute. Okay, how about a quick prayer. Okay so how good it is.

39:26.55

BRIAN

And we don't have to be in a Lotus position or lighting candles. You can be wherever you are y'all wherever you are listen to this if you're in the car. It's okay, if you're going on a walk if you're in the bathtub wherever you are is the perfect spot.

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39:36.99

Sonia Jackson

Yes, yes, and so how good it is to know in this moment that there is only 1 power and that power that is greater than each and every one of us but it lives as each and every one of us in our own individual beingness. So I'm so grateful to speak this word in this moment to speak this word for each person who's hearing it so that they know that the truth of their being is that within them is a divine idea. They are a divine idea and the idea that they have. For being creative for expressing the way they express for being an actor for being a talented individual a performer or a singer dancer. Whatever it is that they are. It is the divine expressing within them and it was gifted to them that talent. Was gifted to them in such a way for them to be able to express it to touch other lives to uplift other individuals to express the power and the creativity that they are so here is the avenue for them to do that and we're knowing that each and every one is blessed. And each and every 1 allows that blessing within them to so shine that every audition that they go to every time that they speak every time that they sing every time that they open their mouths to express that power within them the divine shines through in such a way that the room is touched. The people are touched and it reaches vibrational levels beyond anything that they had ever imagined. So we know this to be the truth about who and what they are and that they are cared for divinely guided and directed in all things and in all ways knowing this is so we just give thanks for this truth and we just let it be. And so it is amen.

41:21.35

BRIAN

And so it is.

41:29.82

BRIAN

Thank you so much Sonia I'm so grateful for that that beautiful rally cry for my spirit just now. Thank you. Thank you so much feel so grateful that you spent this time with us today and I appreciate every listener here today for this very special episode.

41:47.97

Sonia Jackson

Thank you.

41:48.19

BRIAN

Thank you Sonia.