



COURAGE, CREATIVITY & CROSSROADS

Episode Transcript

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thank you for returning.

Rebecca: Today, I am returning with Samantha Wills. Samantha is a multidisciplinary creative, a writer, creator, speaker and educator from Port Macquarie, Australia, to the heights of New York City, where she now lives. Having built one of Australia's best known accessory brands, Samantha courageously closed her self-titled business to reclaim her name and step into her deeper calling. She shares this story with such clarity and grace, and I found it personally so inspiring. And I think you will too. At the end of this episode, as always, you'll find a guided Soul Inquiry for you to explore whatever this episode brings up and speaks to in you.

I know how precious your time is so let's jump right in by opening Sacred Space together. In the center of your heart imagine a beautiful flower. And with your breath, invite that flower to open petal by petal, revealing a light in the middle. This light is your ancient self, your soul, the wisdom within. Inviting it to step forward now. And together taking a moment to acknowledge the keepers and the custodians of the land. Where you are and where I am too, known and unknown. Beautiful. Let's begin.

Rebecca: So, Samantha, I want to start with a question that I actually genuinely want to ask you. It might sound a little, but it's to do with my theory about creative people. I want to know because, like you, your creative style is prolific and just gorgeous and so stylish and so in harmony. But in your personal life and in your mind and all of that. Would you say that you're, like, neat and tidy or is it, like, chaotic?

Samantha: Chaotic. It is the most chaotic end of the scale. Thank you for those very kind words. I do appreciate that. But yeah, I do it hand in hand, chaos and creativity, though. I think they actually go hand in hand. They might not make the grid on Instagram all the time, but they definitely do go hand in hand.

Rebecca: I love that. Yeah, I'm a Virgo and everyone thinks Virgos are like perfectionists. Like, as in, like, everything's always tidy. But I reckon actually most Virgos and most creative people, it's, like, their desks are the messy ones. And it's actually almost like maybe, I think how I'll grids on Instagram, maybe they're perfect because it's, like, we're just, like, trying to make order in the chaos.

Samantha: That is true. I also think too, in that creative process, like, I like to present at the end of the creative process, be it styling a room, be it writing a book, be it putting a program together. In my mind a perfect program or a perfect, my capability at the time, book, so that the outcome to me is pedantically perfect. But to get there is an absolute shitshow of chaos.

Rebecca: Oh my God.

Samantha: The duplicity of that I think is the journey.

Rebecca: And do you, like, with your creativity, does it come, like, you get, like, like how do you receive your best ideas? Is it like in the shower or is it walking? Is it like you in motion? Like how does it normally come?

Samantha: Yeah, definitely the shower is an idea factory for sure. I have a true belief that ideas show up the more that we show up. So finding what that ritual or practice is and, you know, I treat creativity, like, I take it very, very seriously. I show up at my desk at the same time every day. I treat it like a job because I feel if I do that, ideas know where to meet me. And I think it's that adage of, you know, when there's a water flowing down a river and there's a blockage or it's a log or something that's crossed the river, when you remove that log, be it, you know, removing the procrastination or removing the clutter or whatever it is that is stopping you from showing up to your creativity, that the ideas just flow so much more freely because one idea brings another idea and it is that stepping stone effect.

Rebecca: And when you, like, have a big project that you're working on, whether it's, like, I know you've written a book, you've got programs and you've had, like, you're a prolific creator. Do you, like, have, do you, like, have containers? Like as in, like, I am going to do this in between this time or this time? Or do you need, like, open space or a combination?

Samantha: Yeah, it's, that's a great question. I wish I could do containers, but I literally sit at my desk and I'm probably working on I would say anywhere between three to five projects at a time. They might be at different points along the pipeline. I like to call it creative roulette because I'm like, if something's not flowing, rather than just abandoning my creativity altogether, I kind of move to the next project and work on that for a while. So, you know, obviously hard deadlines and external

needs aside, you know, I have to, if I'm working on a job for someone else and it's a hard deadline. I very much am like what is flowing today? What am I receiving a lot of ideas for today? Intuitively, what feels right today? I think that's a, you know, a huge luxury to be able to show up to your desk like that. But that's how I prefer to work and having a few things on the go so I'm not just, like, head buried in one thing at any given time.

Rebecca: And do you have, like, like, how do you describe what creativity is? Like, do you, like, have a description of what you think it is or is it just, like, I have no idea. It is this random thing that exists?

Samantha: I think it's, you know, it's changed for me, I think over time. You know, in one part of my life, I was, like, you know, it's paint brushes and pottery wheels and it's these really traditional arts', you know, view of creativity. I think now the creative, like, we're put on this earth to create. Be it a family, be it community, be it careers, be it, we're creating it, it really has nothing to do with the traditional arts. That's one facet of it. But to me, creativity is, for me personally, it is my lifeblood. Like, if I am not creating, I am probably sabotaging something about myself. Be it my physical health, be it my spiritual health. Creativity for me is something that lifts my spirit in a way that I can move through the world joyfully. It's not always an easy practice, and it's not that it doesn't come with hardship, but creativity just brings me such a more joyful life.

Rebecca: And do you, because I love how you just described that it's like lifeblood, life force almost. Do you see it connected in any way to intuition and spirituality, or do you see them as different things?

Samantha: No, I see it all entirely as one thing to me. You know, when we receive an idea, that's a form of energy. So it's like alright, how, that idea's obviously come to us for a reason. It's tapped us on the shoulder or, you know, danced on our eyelids in a dream or in some ways trying to make itself known to us. So you know us as the form, it's like, alright, how are we going to co-create to bring that to life? Sometimes the idea is meant for us. Sometimes it's meant for us to provide to someone else. Sometimes that idea is the stepping stone to the next thing. So I see it all entirely as intuition. And, you know, I kind of picture ideas as these almost like energetic bubbles that are kind of always floating around us at every given time. And they're just waiting for a space to land. And space means awareness, it means quiet, it means, kind of, mindfulness, it means momentum. And it's about kind of turning down that head noise to allow space to be like, oh okay I've found my human. Alright, how are we going to bring this to life together? And I, you know, I think when we're in line with that and we're receiving idea after idea, that's when we truly, or I know for me, it's when I feel like I'm aligned with my higher self, when I am living my true authenticity. And it just it feels like a series of green lights. So it's, to me, it's entirely one in the same.

Rebecca: Yeah, because I think the thing I struggle with the most with creativity is, like, well, there's two things. One is, like, the, like, the, when you're doing it for your livelihood and, you're, and then there's business involved and other people involved and publishers and duh duh duh. It's, like, this tender balance between creating and producing and kind of, like, being the mystic or the creative or the artist and the machine. And like that tender balance, and because you can't just be over one side because it will never live and be brought to life but then it's so easy for everyone else's, like, desires to kind of, like, drive it. And then you kind of can turn into like, I'm just going to be like a creative machine here. Have you had to navigate that?

Samantha: I mean, absolutely. I think that, you know, kind of what you talk about, it's like the creative commercial scale, whereas, you know, we're, yourself as a writer, you have publishers and there's commercial requirements and there's marketing and there's all these things around it. I think, you know, and we make that decision because you could sit at home and be, like, well I'm just going to write in my journal and I'm going to gift these things to people that I know in my network. I don't need it to be in a bookstore. I don't need it to.... Like, we can make that choice to just be the pure form artist, or are we creatives that want to make this livelihood and, you know, venture down that commercial creative scale. And that's obviously, we make the choice how far we want to go along that scale. I think for me, I guess the biggest realization on that, for me when you talk about the productivity as a machine when I had the Samantha Wills jewelry business, which I had for 15 years. In that time I had designed 12,000 pieces of jewelry. So, you know, from when I started as a 21 year old and it was, you know, three collections a year and it was very tactile and it was hand produced, literally producing them on my dining room table. To 15 years on, it's this huge commercial company, which is what I wanted. I'm not saying it, you know, it took hold and it was something that I didn't want. It was exactly what I wanted. But as a creative, it came to a point where I was, like, am I designing now with my hands or my heart? And I think it was purely my hands at that point because it's like, all right, well, you know, here's the matrix of what we need this season. So we need five earrings under \$100 and we need this, that and the other. And you, kind of, it is this machine. And for me, commercially, it was huge. It was it, could, you know, it was still on a trajectory, but creatively, there was just a void in me that I was, like, all this money doesn't mean anything if that creative void is just a gaping hole. So I do understand entirely what you're saying. And I think that there's times where, you know, if we do want to be commercial creatives, there will be times where it's, like, alright, well, that is the business end of the deal... At what part of that scale do I feel comfortable sitting at? And realizing that there are, you know, and the luxury of being able to be a working creative and to earn a living from a creative, from creativity is, I think that element. So yeah.

Rebecca: Yeah. Wow. Well, yeah, it was actually going to be my next question around like endings and like when you're being called in a different direction, but where you are is working and it's, like, argh. Like, I remember when we, oh where we had lunch that day in London, and you'd, I think you were just starting to write your book from memory. And so you would tell, but I don't know if you'd

made the decision or not. But you could tell some things were moving in you. Like, was there a moment or was it more kind of, like, this sinking feeling? Like, how did you get to that huge decision? I'm so inspired by your decision to do that, by the way. I was like, yes.

Samantha: Well, I think by the time we met, that would have been early 2018, I think, in London. And, you know, I was probably 14 years into the business at that point. And I think for me, it just, it became, as I said, it was just monotonous to do, all right, we need this collection now. Do it with your hands. There was, heart really wasn't involved. And it probably took me a while to actually recognize that. So I was writing the book. I knew I wanted to write that business journey. A relationship around that time, not long after I saw you, broke down and it really, really devastated me. And it's kind of one of those things where you're, like, why is this happening to me kind of thing. Like, but I really saw, you know, in hindsight now, that I was just being stripped of anything that was kind of clouding the vision of what the decisions on my path had to be. And so when that relationship broke down, I took myself upstate New York to this holistic kind of meditation retreat. I was like, alright I'm going to just bunk here for a week and kind of get myself back together. And on the flip side of that, so this was in August 2018 by this point. And my business partner, who has been so supportive of me over the years, he's like, you know, we've built this business around you. He's like, I can tell that, you know, your heart isn't as in it as it used to be. Let us know what you need. If you... because essentially I was on a plane from New York to Sydney every six weeks. So I've kind of done that New York, JFK, Sydney flight over 100 times. And I was like, it's just, it was just wearing on me in every possible way. And so I, he was like, you know, do you want to move back to Australia? Do you want to put a design team around you in New York? Like, let us know how we can support you to make sure that you're okay. And it was so gracious. And I remember it was, kind of, the third day of this meditation retreat, and he had sent me this email that essentially was titled The Business Is At A Crossroads. And, you know, essentially outlining what I just said, where it's, like, we will support whatever you need. So I'm, like, reading this email.

Rebecca: Good on him for saying that. Wow, so tapped in.

Samantha: I know. Just like an incredible human. Totally. And so I thought, you know, I was up at this retreat to kind of obviously process the breakup. But also I thought my decision because I'd ever so modestly named his brand after myself, was, you know, you're in it for the long haul. This is, and it's going well, why would you leave? So as I'm reading his email, the business is at a crossroads, I, kind of, looked up and this is a beautiful, leafy campus, and I was stood at a physical crossroads when I looked up and to the left was this really, you know, strong, solid path around the campus that you could see where it was going. The path to the right was more like a wood chip kind of swirling path. It kind of went through the veggie patch and through the garden and you didn't really know where that one went, but it was definitely the more creative path out of the two. And, I know you'll understand this, but a lot of people are like that happen? But I put my hand on my heart and I felt and I audibly heard a voice say, it's time to close. And it was as simple and as

quick as that. And I looked around. There was no one standing around me, and I was like, It's time to close. And it was the first time I'd ever had that idea as a possibility. And it was in that moment I was like, okay it's time to close. So I took the path to the right, the right side of the brain, the heart, the creative path, the physical creative path. And I walked to the bookstore that night and I was like, okay, you know, we'd employed, you know, a lot of people at this point. So I'm like, this decision is much greater than me. I'm going to need a bigger sign than this. Like, I need I need a signier sign to confirm that this is, you know, I'm hearing this right. And so I was in this bookstore and I was just honed in on this one book on the shelf, which was Elizabeth Gilbert's Big Magic. And so I took it back to my cabin and I was reading, I was like, it's about, you know, living this creative life beyond fear. Because I think also at that point, I'm like, if I'm not a jewelry designer, who am I? Like, Samantha Wills jewelry was so much ingrained in who I was, in my name, like, everything. I'm like, so I'm kind of flipping the pages, I was like okay, this is kind of making sense. And then I turn the page and there was an interview with singer songwriter Tom Waits, and in this interview he said, you know, as artists, we take ourselves so deadly seriously when all we're really doing is making jewelry for the inside of people's minds. And I was like, oh okay I got it now, I've got it. So I was like, you know, I was already writing but like, I was like I'm meant to be giving this my full heart and soul and hands. And so what I did for the next two weeks before I told a single soul, I woke up and pretended that I had closed the company. And I asked myself, how do you feel about that? Not what do you think about it, not running it through this logic? Because if I did that, there was no logic to what I was doing. But when I put it into my feeling filter, I was like, it feels like the right thing to do. And that's essentially how I came to the biggest decision of my life.

Rebecca: Wow. Well, yeah, I just think it's so amazing that you did that. And, because, yeah, I really get, and, you know, you started your company so young and you were such a personal brand as well, And, yeah, I really found it fascinating everything you shared on that around, like the decision as well. Like, do you sell it? Do you change the name? Can you change a name? Is your name? And all of that. Like, was that a whole process or, again, was it intuitive? Or a bit of both?

Rebecca: We'll return with Samantha's beautiful answer after this quick break.

Samantha: I think, I say this socially, that moment where I heard and felt that voice, I made the decision in that moment and I never wavered from that. I think for a brand that was so personally built around an individual and I say that like it's not even myself. Like that's how I kind of looked at it at times. I think to change the name... The value of the brand, you know, you can sell, kind of, we could've sold our production supply chain and, you know, all the logistics around the business. But the value of the brand was the brand built around a person's story. And then I think for me, creatively, I just my heart is not made in a way where if I had've sold the brand on. So essentially my name, if I'd handed my name over so I couldn't create under my name and just, kind of, would have had to see, like, if you sell to a bigger group, you're like, oh so they're making Samantha Wills jewelry that I had nothing to do with. People that don't know I've sold are going to think that's my

message. And, I just, the anxiety around that to me was far greater than the money that I would have got if I had of sold it on.

Rebecca: I totally get that. Wow. And I obviously have my name, like, being an author, like, I have a personal brand as well. And it's not something that I, I mean, I'm very grateful for a lot of it, and it's something that I do find difficult now and then. And I really hear you, like, it's like it turns into this thing that is it a person? Is it a whatever? Has that been something that you've struggled to navigate?

Samantha: I think when it got to the closure point, so essentially I was, I got called S.W. because my initials, because when people would call the business it was, like, Samantha Wills became a product and it became a commerciable entity. So, I, kind of, I felt like I lost that name for that period of time. And then, you know, closing the business, I'm like, well, who is Samantha Wills without jewelry after the title? And it was really like an identity... not crisis, that sounds very dramatic. But really, like, finding out who I was without that being my entire adult existence. I think it's very much around, especially in the space that we're in, for your work as well, it's so energetic and it's, you know, even the portals through Instagram and things like you're inviting energy in every single time. So it is difficult and I think it does require some management for self and mental health to kind of be able to look at Rebecca Campbell as the business and the brand. And then Rebecca, the person as a separate entity. So it is very difficult. And if you can't separate those things at times, I think it's a real recipe for a really quick spiral into something that is very hard to get out of emotionally and mentally.

Rebecca: Yeah. Yes. I think the bit that I've found most challenging is, well there's various bits, but I think the main one is, like, you know, like, we're we're always changing. Especially when we're really changing and we're like, yeah, and, like, I'm just thinking, I'm wondering if it's a similar kind of age with you when you went through this change. But yeah, I've read a lot about the 36 to 42 window where it's almost like another version of Saturn returns. It's the beginning of, like, the midlife crisis where you're like, woah what do I really want to leave behind? And what is my big calling in the world? Was that around the ballpark for you, age wise?

Samantha: Absolutely. Like I'm 41 now and I think, you know...

Rebecca: Oh, same. 81 baby?

Samantha: 81 babies. Yeah. I, you know, everyone, kind of, you know, growing up quite spiritual and everyone warned you about the Saturn returns I was, like, no one told me about the 36 to 42 like reversal.

Rebecca: No, it's the, I think it's called the Pluto Square, Pluto transit. And there's something else, but, oh my God. I think it's so much harder.

Samantha: Someone needs to get on the branding of that.

Rebecca: It's so much harder than Saturn returns. Saturn Returns is just like the Dark Knight of the Ego. And then this portal is like Dark Knight of the Soul.

Samantha: That is the best way. And I think it's because you're more, you think you're more, well you are more equipped because you're more mature, you've got more tools in your toolbox to deal with it. And then you're like, I'm not dealing with this well. Like, this is meant to be easier at this point. And I think it's the same process, you know, it really strips away from you. I'm not even gonna say what no longer serves you. I think it's like what you might have outgrown. What you might have, what might be hindering, what might not be meant for you at this time of your life. And that's a really hard thing to accept, I think in your late thirties, early forties. Because you're, like, man, it's meant to get calmer and easier at this point. Definitely keeps you on your toes. To say the least.

Rebecca: Totally. And then, like, with all of that timing, so then, so were you kind of going through all of that or you've just been through the bulk of it and then COVID hit and because you were in Australia for COVID, right? You weren't in New York or was it a bit of both?

Samantha: So, I, we closed the doors on the final day was January 11, 2019. So essentially we announced in mid August 2018 that we're closing did a six month closure. Closed in January 2019 and I really put my head down to kind of get the book done, but essentially like had plot twisted myself. Because the sign to do, you know, a business memoir and I was like I'm just gonna close the business. So really, you know, you kind of had to really get my head in that game to write of gold & dust is the book. And then it was due for release March 2020. So I wrote it essentially in New York, went back to Australia at the end of 2019 to tour it when it launched in March. And then, you know, they'd put all this money behind the tour and all these things and they said due to the world imploding, we are going to have to push this back a year. So unbeknownst to anyone at the time, like, oh you know, this COVID thing will pass, it'll be what it will be. And then two years later, obviously the Australian borders were locked down and it just became a whole thing. So I do feel very fortunate though we were able to tour it throughout 2021 in those open pockets of lockdown. So in a really tough situation the publisher and my publicist did a stellar job, yeah.

Rebecca: That's really good. And you're in New York now. You've got a gorgeous apartment that I've been watching on Instagram.

Samantha: Yeah. Back in New York. So as soon as our borders opened, I still had my visa over here. So, you know, it's, kind of, I feel like I'm at the stage where I'm, like, even though it's been a few, you know, since 2019, since I'd closed, there's still, I feel like I'm still in that transition phase of really, kind of, solidifying myself in the next creative part of my career and as a writer and, you know, really kind of locking down those pillars of what that creativity and commercial creativity means to me now. So it still feels, still feels, you know, on the almost finish line end of it. But I'm still in that process.

Rebecca: And I want to ask you a question I ask all my guests. And that's what were you like as a child? Like, little Samantha. That will help us understand you even more now?

Samantha: Well, I'm an only child, and I think that I was a very creative child. And my parents, to their absolute credit, were like, you can do in your room creatively whatever you want, as long as it doesn't seep out a centimeter into the hallway. So I was doing murals, I had Troll Dolls blue tacked to the ceiling, I had, I took, I got Dad's screwdriver and took the cupboards off my wardrobe and put the bed in there because I wanted a canopy. I had, like, just the creative freedom that they allowed me as a young child I think served me so well in my creative career. So, you know, I think being an only child too, I just begged my parents for a brother or sister, specifically an older brother is what I was begging for.

Rebecca: That's the dream, isn't it?

Samantha: Right? Mom's like, yeah, that ship has sailed. I think I really, my imagination, like, everyone's like, oh I had imaginary friends or I had imaginary siblings because I really wanted that so badly. So I think it really pushed my imagination and you kind of had to, as an only child, really entertain yourself. So I think that was my early learning for creativity.

Rebecca: Oh, I love it. I love it. And do you have, like, a specific morning practice or spiritual practice or just, like, a morning routine that you do?

Samantha: I did for a long time, I think since COVID I really struggled. It was probably the time where I should have bunkered down on such spiritual practice. But, I kind of, I, if I pinpoint where it, kind of, derailed for me as a ritual. And I think my creative practice is now more my meditation practice. I, you know, as I said, I sit at my desk every day, I make my coffee the same way, I sit and just getting that flow of ideas and energy feels like my meditation practice at this time in my life. So it's, and not to say that that won't change, but right now it's so linked with creativity for me.

Rebecca: And are you, do you have anything that you like using? Like, for example, when I create, I tend to, if I'm writing, I tend to make a coffee. I do like drinking coffee when I create. Do you have anything like that? Any quirks?

Samantha: Definitely the morning coffee, you know, is a staple in a lot of my teachings. I do teach, I suggest to students like choosing a scent. So it's like your body starts to get used to this one sense, like, okay, it's time to create now. And if you are working on different projects, maybe different, whether it's a new perfume, whether it's a new candle or whatever that is for you. But like opening and closing the space with scents I think is a really good one to get into that quirk. So that's totally my main one that, yeah, I implement.

Rebecca: I love it. And yeah, what's your best way to work on creative blocks? Like if you get blocked, what or do you have any go to things?

Samantha: I think it's very much around that creative roulette where I'm like, if, because, if I step away from my creativity or feel like if I'm feeling frustrated, I find that procrastination spiral or that imposter syndrome spiral just engulfs me. So I really try to stay away from that quicksand and be like, alright, if my writing's not working on this project, I'm going to... Even if you go and do a paint by numbers or something that doesn't require a lot of active mind work, but it's still allowing creativity to flow. I find that creative blocks clear a little that way. But also the next piece of the information that you need reaches you that way. And so, yeah, it's definitely just changing chairs rather than leaving the room.

Rebecca: Yeah, I so relate to that. I, it's interesting, I tend to when I've got a book now, I'll also have an Oracle I'm working on. Because I find working on an oracle is so much easier because it's just little bite sized bits. It reminds me, kind of like, when I was a Creative Director in advertising and it was just like, you know, you kind of come up with the idea, get the headline, duh duh duh. It feels more like, okay, I'm just going to sit down for 20 minutes and get the job done. You're like, yes. Whereas sometimes the book and stuff it can just feel like, ohhh you know?

Samantha: I mean and you've released eight books now have you? Is it eight you're up to?

Rebecca: No, not eight. This will be my fourth but I've got four Oracles. Yeah, so eight all up, yeah.

Samantha: And I'm like who chooses this career? Like when I'm sitting there writing like someone's forced my hand to the keyboard.

Rebecca: Oh my god. I don't know. What are we doing? Yeah.

Samantha: I'm like who chooses this? I'm like oh that was you Samantha. That was you who chose that. So I'm like I've got no one to blame.

Rebecca: It's a special type of agony, isn't it?

Samantha: It really is. And I'm like, my partner describes it, like, when I'm really mad at myself and I'm, like, a horse booking a holiday. Where it's, like, just hitting the keyboard so hard. It's like, who chose this? He's like you did.

Rebecca: Oh my God, it's so true. It's so hard because it's like, I love it and I hate it all at once.

Samantha: Or what's the saying? It's like, I hate writing, but I love having written. And I'm like oh what a juxtaposition of a life.

Rebecca: Oh, it's so true. Yeah, I think that's what I often say to people who want to write. I often speak at, there's this workshop, the writers workshop I teach at, and I just say, look if you're in the room, you're definitely a writer. Because it's quite an odd thing to want to do, like sit alone for all that time and just write and bring to like the.

Samantha: And dig to like the darkest parts of your soul and then be, like, how do we put that into words on a page to sell into a commercial set? Awesome

Rebecca: Oh my god. Exactly. So if you called, just do it. Or don't.

Samantha: Exactly. And I do think to that, like, that torture that we do talk about, to me not doing that is a greater torture. So I think if that puts it into any perspective.

Rebecca: Exactly.

Samantha: It's like you got to choose the lesser of two evils.

Rebecca: Totally. Yeah. It's so true. Yeah. I think if I didn't do it, it would just eat me up. And so you just have to do it. And I do find that, like, the best things I've ever written have actually been, like, through the blocks or through going through something difficult or like, through, like, being angry and frustrated. Like, it's like, I think you can kind of tap into something beyond yourself when you do that. Have you experienced that?

Samantha: I mean, absolutely. And I think, you know, when creativity as a healer is very much like, you know, when I'm writing that book, you know, I was still going through a lot of it at the time, but it allowed me to get it on the page and feel metaphorically lighter with every, kind of, word, every honest word that I wrote. And then once, by the time, and it was actually kind of a real blessing that it did get pushed back that year because it really allowed me to make peace that, and step away from that story. Yes, it's my story, but it's, like, okay I've got that extra year now and be like I'm okay with my deepest, darkest things now going out into the world. And it's like, alright, they

will find who they meant to find, and now it's our story. So I do think it is one of the greatest healers. But I do think that's a very fine line, and especially with social media, of being in an okay space to share what you're going through. So and that's unique to every individual.

Rebecca: And do you have, like, now that you don't have the, like, the jewelry business like yourself and you're sharing in that way? Do you have now, I want to say boundaries, but the word seems a bit harsh. Principles maybe, or areas to talk about like on your social media where you're like, I share this, but I don't share this. Like, do you have those things with yourself or is it more fluid?

Samantha: It's probably more fluid. Like I definitely am very protective of things. Like I'm enjoying social media less and less personally. Like I'd much rather be creating, rather whereas before it was very much we've created this, here it is now. Kind of that really quick, you know, cause and effect, I guess. But no, it's, I think the boundary comes in the moment of, like, if I'm angry about something, I'm not going to sit there and type out a, share a story about it if I'm still processing something.

Rebecca: Dear Carol, this is what I want you to know.

Samantha: Mad in Manhattan. So it definitely goes back to that feeling filter at any given time. And you know, there's probably stuff I've written that I will pick up in a few years and then share. But then there's also stuff where I am processing it or in observation of it in the moment. So the boundary is definitely more, more fluid.

Rebecca: Yeah. Yeah. Got it. Okay. So, next question is, how are you changing right now? Or how have you been changing lately?

Samantha: Yeah, I think it is still the process of closing the jewelry business and then stepping in, you know, I've been in the creative arts for two decades now, professionally. But now, as a writer, I feel like I'm not back to square one by any means, but, like, even I had a meeting the other day, and they're like, What would you do? I'm, like, I guess I'm a writer. And I'm like, you have a book out, you're writing every day, like you are a writer. But really trying to, you know, catch myself on those things and step into that space. Not arrogantly, because I know I'm very new in that area of the creativity, but confidently that, you know, this two decades of lived experience holds weight and and finding the home for that. So I think that's definitely and I, I think still you know the world coming out of COVID still everyone still navigating what that means. And I think on a cellular and energetic level, whether we think we've processed it or not, I think there's still things in there that are in flux.

Rebecca: Totally. Totally. Okay, so just finally, what returns you to the wisdom within?

Samantha: Oh, I think looking back and being reflective in, at times where the universe has delivered in a way that I could never have imagined. So I look back at moments at that crossroads that I spoke about. I look back on things where I just thought my world was ending and then it obviously didn't and life became so much more beautiful on the other side of it. I think, you know, I really find that when I've drifted from that internal wisdom and calmness is very much when I think I have to control everything and I need it on my timeline and I need to know. So definitely, obviously the goal is, is the surrender and and the trust. And I think I look back and journaling I think over the years, when synchronicity has played huge roles and I find that very comforting in times when I need to return to myself.

Rebecca: I love it. Thank you.

Soul Inquiry is a practice where we enter into a direct dialog with our inner wise self. Today's Soul Inquiry prompt is - what are you being called to release in order to create space for something new? What are you being called to release in order to create space for something new? And what is one baby step you can take in that direction today? Let's all share a deep breath together as we close this Sacred Space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or five-star rating really helps others to find it too. You can find the show notes from today's episode, plus all of Samantha's info over at rebeccacampbell.me/podcast. Thanks for returning.