

Book Journeys Author Interview - March 3, 2016

Dr. Angela Lauria with Lyn Hicks, author of *The Lotus Project: The Art of Being a Woman*.

"It's a worthy mission, if you can inspire and infect someone to have a better life." ~Lyn Hicks

Angela:

Well, hey, everybody, we are back at Book Journeys Radio. Every week on the podcast we interview another, difference-making author about their process and their transformation from someone with an idea for a book to someone who is an author, and this week, on the show, we are going to be talking to Lyn Hicks. She is the author of *The Lotus Project: The Art of Being a Woman*. Thank you so much for being with us!

Lyn:

Oh, thank you for having me, Angela, I appreciate it. Fun to share.

Angela:

Awesome. Well, let's just get started. Lyn – Lyn, you can see her website, if you wanna follow along, if you're not driving while you're listening, it's l-y-n, so just one "n" in "lyn," and then "hicks," h-i-c-k-s.com, we'll have this in the show notes as well, but you can see more about Lyn at lynhicks.com. Lyn, let's get people starting by talking – started by talking about *The Lotus Project*. What is your book about, and who is it for?

Lyn:

Well, my book is mostly for women, although men have read it and really enjoyed it, but it's about the art of being a woman, about femininity, our nourishing principle, how to care for ourselves, what our natural creativity and artistry is that we haven't really claimed at this time in the modern world, and all the transformation that we've gone through, being in the workplace in the last fifty years. It's a way to ... balance ourselves back into, really, bringing our creative artistry to our life, to our daily tasks, from ... nutrition, to our sacred space of our home, to collaborating with other women, to beauty, different ways of energy management, so it's generally a book about being - how to be a woman, and success for themselves.

Angela:

How did you have the idea to write this book? Where did it come from?

Lyn:

Well, I had a - a - numerous ... masters do retreats on my organic flower farm, and over the process of learning from them, they taught me all of these ancient things on nutrition and tantra, getting along with others, just harmonious relationships, and - ways of energy, ways of women versus men, ways of our bodies, the mechanics of it, not just what do you eat, how do you work out, but really what our body's designed to do and how it works, and I was in all those retreats and then I took the information that they shared - it was very practical, ... spirituality that you could use in this modern world, and I started doing all these practices and really noticed a

transformation in myself, and how I felt about myself, how I felt about being a woman, how I started to care for my family, and - and just my community and friends, and - ... I - life became magical for me, and I had to write that down and share the principles with other people, it just became a purpose to help other women as I felt helped myself.

Angela:

Did you - did you know that you were going to finish this book with the way you envisioned it as completed when you got the idea for the book? Tell me a little bit more about how it went from an idea to a finished book.

Lyn:

Well, I think - I always wrote, so I always thought I would do a book at some point in my life, because I love writing and jour - I would journal, and read a lot, so when this idea came up, it - I saw it done, because I knew it was powerful, what I learned and what had happened to me, and I knew that I needed to get that out there in a book, such a great way to do that, especially since I love to write and read, and, really, once it hit me and I started writing, I just ... went with it, and I knew it would get complete, I knew it would know when it was done, and I ... followed my intuition about it all, which was ... learned ... from the femininity and - and all the different masters, and so I just went with it, and I guess I had a vision of seeing it and people reading it and being famous for something about it. So, yeah, I imagine I had a lot of ideas of what it would do, 'cause that's really what ... gets you to do anything, and to your belief of where you're going with it.

Angela:

Yeah! So, were there - how did you - how did you get into the actual writing part? So, you had the ideas -

Lyn:

Mm-hm.

Angela:

- and lots of people ... different books, for a book, certainly a lot of our listeners do, but somehow it had to go from this idea out there to some - at some point, you sitting down at a computer and type it. So, how did you - how did you outline the book, how did you decide to start writing? What were some of the big turning points in your journey?

Lyn:

Well, I'd - I - I did write an outline, I wrote up all the things that I had learned and that I thought was really important for me to share, different topics on - ... what I was writing about, so I ca - I guess I made up all the chapter names as I wrote it. I kinda ... they obviously transformed, and I named them differently, but I had - I outlined with all the different areas I wanted to speak of, and then I just started writing them and - it's a lot of editing, I must have written each chapter ... ten, twenty times, ...

Angela:

...

Lyn:

I know. I worked on 'em, worked on 'em, worked on 'em, but I started with the idea and ... just started writing what I thought, and ... when you write, you have to be on the dot what you're saying, 'cause we can often - or me, I can write like I talk.

Angela:

Mmm.

Lyn:

And it's just too much, ... it's not the same type of medium, and it's not even the same type of medium as a blog, where you can just ... throw out there, there's ... rules of grammar and things of that nature, so - so, I didn't ... the huge part, and, really, the knowing of the knowledge to say, "Well, what are you really saying, and how can you say that concisely? Now, can you say that beautifully, and how can you say that's where it makes impact?" So, to me, that was probably the most challenging part, the topics were easy, and then they developed as I went through and had these certain sets of chapters, and other chapters ... came in, ... "Oh, well, I didn't share this, that or the other thing," and I added that into my outline. But the - it was real clear, when I wrote it out, and I made the outline ... the order of how I should ... write about what I was talking about, and then, from there, I just went and sat down and just started typing. I did get an inspiration from one of my teachers, who was ... "Oh, I need to share this in the book," and ... we all say we have this idea and wanna share, and she was ... "Well, why don't you do it?" ... sit down and do it.

Angela:

Mmm.

Lyn:

So, I get that nudge from someone outside who knew, who had taught me, and was ... what you're doing, or this is what you're ..., do it, and I just took it and said, "You're right!" ..., just do it, so that's when I started my outline, and then I would just go in and seriously write, and ... it took a lot of editing and a lot of reviewing and a lot of knowing myself and what I really wanted to say, but it was such a fun process.

Angela:

And did you work with anyone on the editing or the shaping of the book, or at any point during the writing process?

Lyn:

I did. I actually had an editor, and it was a man, so that was really ... fun, 'cause my book was all about being a woman, and .. a lot of the topics ... fascinating. he was an environmental writer, so he had an understanding of the Green Movement, which my book has a lot of that in it, 'cause I think it's part of being a woman and nourishing the local green, feminine, they're all the same -

Angela:

Mmm.

Lyn:

- nourishing. So, yeah, he edited and would come ... with some things, and was really helpful in - in the sentence structure and making sure I wasn't repeating myself and supporting me in getting more clear on how to put it forward and that was a fun ... too, it was good to have someone ... - you get attached to your work, and you think what you wrote is perfect, but it's good to have an outsider support you in - in ways to make sure that ... your message is what you want it to be.

Angela:

Mmm. So, how about writer's block or procrastination, or was there ... any deadlines that you set for - ... for your book that you missed, how did you deal with some of the challenges of just managing time and life when you're writing a book?

Lyn:

Well, it was actually very time-consuming to me, ... I'd got into it, and I - ... when you read a book and you can't put it down, and you're ... finish the chapter, whatever, that's how the writing process went for me, ... emerged in it, but you - ... obviously ... the rest of your life in, so I spent a lot of late hours and ... I just - I didn't really run into writer's block as I would think of writer's block, I had in writing other things, but I didn't in this book ;'cause I felt like there was just such a purpose, and I felt like - I co - I was stumped, I just stepped away and just ... went into life -

Angela:

Mmm.

Lyn:

- ... and did other things, ... and - and said, okay, I ...

Angela:

So, I wanna ask you about that, I wanna - I wanna dive in there.

Lyn:

Mm-hm.

Angela:

So, ... what exactly happens, with lots of people is ... -

Lyn:

right.

Angela:

- they'll get away from their book, but very often they have a story around that, so what - when you were stepping away from your book, for whatever reason -

Lyn:

Mm-hm. Mm-hm.

Angela:

- what was the - what was the story you told yourself? How did you explain that stepping away to yourself?

Lyn:

Well, I think - how did I explain that? That's a good question, Angela. Well, I

Angela:

Here's why I ask that, 'cause most people will explain it to themselves this way, it's ... "I'm a failure, I was never meant to write this book, this is never gonna happen."

Lyn:

Right.

Angela:

It turns into ... a shame cycle, and I could tell, even by the way you said, "I stepped away from my book," that you had a different thought than a lot of people who end up not finishing their book.

Lyn:

Yeah. I didn't have a shame cycle going. I had life and I had ... very - I guess ... - when you write a book, that information becomes you, it becomes part of you -

Angela:

Mmm.

Lyn:

- it's just knowing and - when I stepped away, it was more to make sure that I was saying what I meant, because we know things and then we speak, they don't always match, ... you're saying even the vibrations of how people communicate, and oftentimes, if I got stuck, it was because I

was ... “All right, well, you need to step back from this and look at the bigger picture of what you’re trying to say in this chapter, or what points you’re trying to get across and see if ... that stepping back and not going inward and not ... living practically, if ... - my book’s more about practical living, is this what it is?”

Angela:
Mmm.

Lyn:
Is this what it is that you learned, is this what you know, is this what you’re sharing, and ... - with my platform and ... - you write the book and it’s written!

Angela:
Right.

Lyn:
I’m more of that type of a - making certain that what I was saying, what I was feeling and what I was knowing were all coming together in a way that would inspire and help people and not just be some fluffy - whatever, We all know, anyway, you used to grow and learn, but ... putting it into practice is the ticket, and ... truly -

Angela:
And how did you - how did you know that? How did you check that? Did you check it with your gut, did you check it on a more external level, what were some of the ways that you were ...
“This is worthy of publishing?”

Lyn:
So much of it was on a physical level, that I knew what this had done for me, the things I was writing about, so to me a lot of it was the shifting of my belief about being a woman, so as I was writing that and I was sharing that, it was really - is this really what you believe, because it - ... that’s where the transition is, I think the art of being a woman, you gotta claim your womanhood in a different way that we’ve been taught, so more of it was ... are you really living this? Is this really easy? Is this really what it is?

Angela:
Mmm.

Lyn:
Is this really information you can use and another woman can pick up and take? And then, intuitively, it was just about - .. you know when you know, and just checking that my whole self was in what I was doing. ...

Angela:

Yeah. Totally. Okay, so, let's talk now about what - once you published your book, let's talk about what being an author has meant for you, how - how has it changed you, what are some of your - what are some of the experiences that you had since becoming an author?

Lyn:

Well, I think there is a grounding of - for you to educate and speak and share, that comes when you have a book and you've been published. Sometimes I wonder if I've really sunk into it as deeply as I should.

Angela:

Mmm.

Lyn:

... Should have or could have or will, because there were so many things going on, and it wasn't ... this is my life focus, -

Angela:

Mmm.

Lyn:

- which I think is important if you really wanna publish and you really wanna get it out there, it -... it - it takes a good chunk of your life and time, but it's - it's just offered, maybe, even just for me that ... yeah, this is where ... stops, this is what you're sharing and here's something people can take away. So, it did offer me more opportunity than classes and speaking and stretching out into the community and ... for myself.

Angela:

Are the ... you had - are there moments you've had where you felt ... "I - right now, I really feel like an author?" ... Maybe it's receiving an e-mail or being asked to speak or people talking to you after you speak, but have there been moments for you, that you're ... "Wow, I feel really ... - I'm glad I did this?"

Lyn:

Yeah, I think anytime someone comes up to you or sends you an e-mail ... w - words are everywhere on the web and there's so many mediums, and ... - you're constantly affecting people and you don't really hear about it. So, when someone really says, "Wow, I couldn't put your book down -"

Angela:

Mmm.

Lyn:

- or, "Oh, my God, your book," ... I've had therapists and different people tell me ... "Oh, all my clients need this!" And then, it was ... this sparkly wonder, of ... "Oh, I'm so thankful I put myself and pushed myself to create this because I can inspire and support others in their journey" -

Angela:

Mmm.

Lyn:

- I just ... having a better life and There - there were many of those moments, I think ... it's like that lift at the end of the completion and really knowing that your - your work, your words, your purpose and anyone who writes a book, but there's someone out there that's gonna be affected and - and find something in it and it's worthy. It's such a worthy thing, and it's ... - even if ... one person, it's a worthy mission, if you can inspire and infect someone to have a better life.

Angela:

Yeah, absolutely. So, you mentioned you've actually done - done some speaking, or run some workshops? Can you share a little bit about how you've been able to take the book and - and use it to teach?

Lyn:

I think the book - ... authors - when people -... people read the book, they invite you on the ... and wellness studios and was doing it on my farm, now I'm doing another place on the farm where I'm at. ... People say, "Oh, well," ... they obviously are more likely to attend, they see the subject matter of the book, they see what you're - ... they see what you're about, in that you - ... I guess you look like someone when you're published, in a different way than if you didn't, As - as a speaker, and - ... the principles in my book, whenever I teach a class, I don't necessarily go through the book, I think I'm still developing that part of my book that's been written, and using it in a - ... the twelve chapters in a certain way, in a certain format, a certain teaching, and that - coming forward, but I would always pick so many of the principles in there, and - ... class is an hour long or two-hour long workshop, so ... all the ideas couldn't possibly be shared, but to share what I did with the people and they could walk away with something that had more information and more detail and more ideas to take home with them, so I think, for people who attend the class and ... the book, it's such a wonderful thing for them to continue to explore you.

Angela:

Mmm.

Lyn:

And it's also a way for people to ... be drawn to check out some things -

Angela:
Yeah.

Lyn:
- ... in a particular book because an author is there and ... they're sharing their book wisdom and all of that kind of thing.

Angela:
Love it. So, what are some of the goals that you have coming up, either with your book or a future book, but are there ways that you think your book can still serve you and help you to reach more people and make a bigger difference?

Lyn:
Well, there's tons of ways that my book could still

Angela:
Mm, hm-hm-hm.

Lyn:
- 'cause I really only tipped the surface and re - understanding what it's like to ... publish a book, have the book and market the book and then you use the book for the tool that it is, ... and maybe I'm slow in understanding all that, but - ... maybe it's - this is just the time where I have that to really realize that it's part of my mission. So, I do have some online courses that the book will be part of, coming up, that will be ... in a large learning site, where we'll go through this twelve chapters and support women in building feminine communities, so I'll be using the book in that way, and originally, when I wrote it, I had a companion-type idea that I wrote with it, as it was being published, so - not that that would be a book, but that tool will be used in some online work, and I think really getting my book out there in larger and larger ways and focusing on that, because y - you're a little overwhelmed to understand publishing, ... I ..., and I'm a teacher and a grower and ... mother and all the millions of roles and I did get the opportunity to put the effort and the energy into it that I think ... I can now -

Angela:
Mmm.

Lyn:
- and even though I've published it earlier, I don't think it's - it's all filled - very pertinent knowledge and and very important stuff, and I think that, time now being available to do that, I'm going to put more into that, like my classes, I use it more - ... I - I - promoting it more, I'm more understanding about the marketing on the web and my website's more geared to the principles in it, so it's really been a foundation of what this next level or stage of my life is bringing forward, from flower growing and child raising to sharing and teaching women in the healing and expressive arts, so there's a lot, I imagine, that's still to unfold.

Angela:

I love that. So, for you, are there other books for you, do you think, in your future, or do you feel like your main ... motivation right now is more promoting this book?

Lyn:

No, ... I'm a writer person, whether I publish a book or not, so I do think there's more, I just think - I'd love to write a book on ... empathy, the gift of empathy that I think all women have in their connection and our ability to give life, and I think we must understand that.

Angela:

Mmm.

Lyn:

And I - when I wrote my book, it was very basic for your ... average woman to start to really embrace their femininity, but it was - I learned so much in those retreats, and that was just ... a - beginning steps to get people onboard, 'cause ... you can't - if you don't get this, you can't get that.

Angela:

Right.

Lyn:

There's much more about this journey 'cause I ... fix your load within me, but I could share with other women, so I imagine there'll be many pieces of this book and it - at a deeper way as I awaken and open and - ... as the world does, and the way women... shift and change and embrace themselves. ... I loved writing a book, I loved working with you as my publisher, I loved my cover design, ... there's so much about it that I really, really enjoyed, and I just don't think I really understood the - the vastness of the endeavor I took on. But I was very ... because -

Angela:

So - I was gonna say, I asked that question because I wondered, if you were to write another book, are -

Lyn:

Mm-hm.

Angela:

- is there anything you would do differently? Are there any takeaways from having done it worse - about - done it once, that would make you do it differently a second time?

Lyn:

You know what, I think I would get more education as to marketing it, or support ... by ... myself into that, getting support in learning, really understanding that part of the book, and ... that's part of the whole journey ... of - of writing a book, is really getting people to know about it so they could read it.

Angela:

Mmm.

Lyn:

I think I would educate myself a little bit more before I put all that out, and I think that's what I'm doing, as I ... have published this book and moving it forward and getting it out there. I would do that ... afford more support, ... afford more support.

Angela:

Yeah.

Lyn:

Because ... it takes money to make money, it takes learning to understand what you're doing, it takes education when you're in something new, to understand what ... you - you're supposed to be doing, what you're trying to achieve, how to get there. So, I think I would get more support in understanding how to get my book out there and how to really work with a p - as a published author, 'cause I think that's something ... - I was a writer and I wrote, and it's a whole - it's a whole journey.

Angela:

Yeah.

Lyn:

... The book is ... of it, but then, sharing it, educating yourself, sharing with others, learning the - the ropes of that, and ... going out and promoting it and doing all those things - ... there's a system, and you really just need to tap into someone who can support you to understand that system and support you through it, and I probably say that would be ... the biggest thing.

Angela:

Right. In our last minute or two, is there any advice that you would offer to somebody who wants to write a book, they feel called to, but they haven't been able to finish it the way you did, any words of wisdom you would give to them?

Lyn:

I would just say to do it like it's - it's such a fun journey of you - for yourself, it's great to get out there and share with others, it's great to inspire others, it's a completion that ... wrings so much of yourself and will grow you more than even anybody else!

Angela:
Mmm.

Lyn:
... so, you feel the need to write, then g - I would say, go for it and - and keep working and keep bringing yourself back and - and complete it, 'cause it's a lovely journey.

Angela:
I love it. Well, Lyn Hicks is the author of *The Lotus Project: The Art of Being a Woman*. You can find out more about her on lynhicks.com, or you could head over to Amazon and get a copy of her book. Lyn, thank you so much for being our guest today on Book Journeys Radio.

Lyn:
Thank you, Angela, and have a wonderful afternoon!

Angela:
You, too. Well, you guys, that is it for today's show. If you are thinking about writing a book and want to learn more about it, head on over to theauthorincubator.com, you can get a free copy of my book, *The Difference: Ten Steps to Writing a Book That Matters*, over there. Would love to share with you a little bit more about that journey, and it'll also get you on our e-mail list and you will find out more about our upcoming launches so you can learn from more authors about their journey to - from an idea for a book to being a published author. So, we - with that, we will be back here next week, talking to another author how we change the world one book at a time.