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This is Brandi, Amara Skyy and you're listening to one minute sparks for artists Episode 19 Keep your eyes on your own paper.

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So I wanted to share this with you today because it is something that I literally just five minutes ago got done telling myself and so I'm building this ecourse and buy, it's brand new, I've never done this before. And all of a sudden an email pops up in my inbox, you know, person that I subscribed to. And there is a course or something and offering that is similar to what I'm doing. I say similar. It's not the same. That's the first distinction like I have to make in my mind and we have to make as creatives. The other one is, there are other people doing the same work and that is a good thing because we all need more of the work. I think there's a really great quote or something That says something to the effect of I'm totally gonna botch it. But, you know, everything has been said already before, but nobody's listening. So you have to keep repeating it. So you have to keep saying it.

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And so, in the middle of creating this ecourse my first ecourse I got this email and I was like, Oh shit, well, you know, there's somebody else doing it better than me. And yada yada yada all that shit talk that we go through as creatives learn when we're in the creation process. And okay, sorry, this is real life here. So my coffee is going off in the background may take this off. And so all of this is going on in the back of my head. And when I started all this comparison, and I started thinking about the comparison, all of a sudden I heard another voice in my head, go just keep your eyes on your own damn paper. Keep your eyes focus on your own damn. work in paper, it is amazing that there's so many other individuals who are doing this work of change and prompting change and people and prompting, prompting growth and evolution and all these things. It is amazing that there are so many people doing this work because that work right now, especially in our social political climate is so fucking desperately needed. And guess what?

2:27

We still need more. We still need more people Brandi, this is all conversations that are going in my head right after I saw this email. And so today, what I want to say to you is that shit talker voice in your head never

goes away. It is always there. No matter how successful no matter how many things you've published, no matter where you've been published, no matter what you've done, no matter how many drag titles you win or accolades or whatever that voice never fucking goes. away it is right there present ever present just shit talking away. I call it your inner shitter like your inner shit talker that won't go away.

3:13

The other thing I want to tell you is that there is enough room for all of us.

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We are all changemakers we're all on the same journey towards the final destination of creating change of being change of making art of changing ourselves and changing the world. Truth is one paths are many. And there are going to be people who are going to want to ride our path. They're going to be people that resonate with our journey, our personal experiences, what we live through, and they're going to want to ride our wave of truth. And so yes, there are other people doing the work, thank fucking god they are, but you also I also have my own special blend of magic of experience.

4:00

I have my own way that I channel and Intuit and write, I have my own language my own that is built upon, you know, 42 years of experience that I know will resonate with someone. It's probably resonating with you because you're here listening and there's so many other, you know, people who are doing this kind of work that I want to do who are being the change, and those are the things that I have to remind myself when I'm in the thick of creating, and I'm in the thick of that comparison trap, and fraudy feelings and imposter syndrome, all of that. I have to remember my own magic. I have to remember that I have a long list that validates my being here that validates my being a contributor.

4:55

And you know what, even if I didn't fuck all of that, because you know why? Because you have your own experiences, you have your own voice, you have your own stories to tell, that makes you that validates you period, you're a human having human experiences that are so completely different than everybody else's, which automatically makes you a contributor and

an expert on whatever it is you're talking about, because you know your own fucking life nobody else does.

5:28

So, I just wanted to share that with you because that was a lot that I had going on in my head. And I thought perhaps maybe it would resonate with somebody out there.

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And so today I really, if you're stuck in that space, that headspace, you know, with the inner shutter and all this crap talk and inner hater and all of that, if you're stuck in that comparison, all of that. I just want you to take a step out of your mind like literally picture yourself taking One foot out of the left side of your brain and then your right foot out of your whole brain completely. Get yourself out of your mind. And remind yourself that your truth, your knowledge, your experiences are valid. And that is what makes you real. That's what makes you valid a contributor.

6:26

You are your own fucking guru. What we need what I need, the world needs is more people stepping out of their minds and into the work that everybody else may be doing. But stepping into that path, their path that is theirs. Yours, Mine alone.

6:55

Okay, that's all I got for you. That's all I got for you today. I feel like that was A lot i unloaded a lot on you. You can find out more. Go to my website I have no idea this is off the cuff so I haven't even created anything and sometimes you just got to do that. Follow your whim. Follow your what I'm calling your soul pillows and I'll see you next time.