



Heidi Hauck: Hello and welcome! This is Heidi Hauck - I help Badass Bleeding Hearts release old stories, reclaim their power, and build thriving businesses that make the world a better place.

As part of my mission to empower my fellow Badass Bleeding Hearts, I'm interviewing entrepreneurs from a wide variety of fields and specialties, sharing pieces of their journeys as they've built their own thriving businesses that make the world a better place. I hope their stories and insights will help you to see the possibilities for your own dreams, purpose, passion, and journey.

Welcome, welcome. Today I am here with Chris Zydel, one of my favorite mentors, teachers, and lovely ladies ever. She is an intuitive painting facilitator, which I like to describe as basically she invites you in to paint and then really what you end up doing is working through your shit and experiencing emotional, psychological, and spiritual breakthroughs and growth, and you had no idea because you thought you were going to paint.

Chris Zydel: About the size of it.

Heidi Hauck: Thank you so much for joining me, Chris. It is such a pleasure to have you here.

Chris Zydel: Oh my God, Heidi, this is so great. I'm so excited. Of course, I adore you madly to infinity and beyond, and I'm so glad we get to spend time doing this today.

Heidi Hauck: Wonderful. Wonderful. Well, I like to start all of my interviews off with what I jokingly call an easy question, which is what is your purpose? What is your big mission that drives the work that you do?

Chris Zydel: Luckily that is an easy question. I mean it's not "like, oh my god, I really have to think about that."

The primary thing is, and you know, I've told this story in many different ways, but I grew up in a family where both of my parents were very talented creatively. My mother had this gorgeous singing voice. Her voice was really professional level quality singing voice. My father had tremendous talent with art and really being able to render things visually. They didn't have any support in their families around... I mean creativity was one of those things that was frivolous. It wasn't gonna pay the bills. It wasn't really important.

And so, their basic nature, which was as these creative beings with these creative talents, was never ... They never really developed them in the ways that they really wanted to. I grew up in a household with two artists with broken hearts. I mean their hearts were broken around their creative selves.

And so my mission is to help heal artist's broken hearts. That's really kind of what I'm doing to really help everybody who feels like they can't, that it's not okay for them to, or they don't have the support to really access their creative genius, their creative magic, their creative being.



Chris Zydel: I provide that. I provide these places and these experiences where people can reclaim that and have that. So that's what I do.

Heidi Hauck: Beautiful. That is absolutely beautiful. I'm curious how you ended up on the intuitive painting path because I know that you used to be a therapist of some sort.

So how did you make that jump from therapy, which is a very conventional sort of career path to take and definitely very connected to this desire, this need to heal. Right? So how did you jump from therapy to intuitive painting?

Chris Zydel: Well it's so funny because I had this conversation with somebody else. I can't remember who it was. Somebody was asking me about this, and it was a similar question. Like, oh well you've done this really conventional thing... and it's like, well, not exactly.

So even though I was working as a psychotherapist, I wasn't ever a conventional psychotherapist. My whole background in terms of... And I was talking to this person about lineage... One of my early teachers and mentors was this woman that was Hogie Wyckoff. She's actually gone now, she died a number of years ago. Her and this guy Claude Steiner had created something called Radical Psychiatry.

It was really working with therapy from a very political standpoint, therapeutic relationship as the way that it is structured with some of the patriarchal lens and all like that, is very top down, like, "Oh the therapist is the expert and then person coming for healing is one down from them."

So that was really where I started. And then I also started doing Reichian work, Reichian body work, which... It's funny for me to see, it's like coming back into vogue now, but early on, I was doing a thing where I was working with people and I was running groups, my earlier retreats where mats would be laying on the floor and people would be getting in partners and they would be facilitating each other doing breathwork.

And so Wilhelm Reich was one of Freud's top students, but he ended up dying in jail because the FBI went after him.

Heidi Hauck: Wow.

Chris Zydel: Yeah! Because he was so radical and he was the first person to really work with the body, healing work and psychotherapy moves in the body.

So my background, and I never got licensed as a psychotherapist, I was working underground, so I had ... And it was in 70s, it was Berkeley, a lot of people were doing that. It wasn't ... There was a lot of people doing that same thing, so yeah, not exactly conventional.

Heidi Hauck: Which, and I love hearing this story because I know that I have heard before that you were a therapist before you were this intuitive painting facilitator and now it just makes so much more sense.



Chris Zydel:

Well 'cause you know me. So yeah, and the thing about it that was interesting, and it was challenging is that I was operating working with people doing one on one work. I was doing couples work, I was doing group work, I was offering retreats. I was doing the whole nine yards... And I was illegal. I was working under the radar.

I got a tremendous amount of training. I was always really big on that. I had a lot of mentors and I had a lot of people that worked with me and I was working outside of the system all the time.

So I kind of had to keep a low profile in terms of how I presented myself, but it was never a problem because it was word of mouth and people would come to me and I'd give them the disclaimer. "Well I'm actually not with a license," and they'd be like, "I don't care. You helped my cousin. You helped heal my husband. You helped... I don't care. Just help me. Do with me what you did with them." I guess it doesn't matter to me.

Heidi Hauck:

Right, right. That's awesome. I'd like to really highlight that because I know that that's something that a lot of people who are drawn to healing work, drawn to world changing work, one of the things that they really struggle with is feeling like, "well who am I? I don't have the credentials, I'm not licensed, I'm not an expert. Who am I to put myself out as somebody who can do these things?"

Your story really illustrates how that dedication to mastering the art, mastering the techniques, getting the training, having the mentors, having the experience, and then people don't even care whether or not you're licensed, they just want the results.

Chris Zydel:

They want the results, that's right. Yeah!

And I was very, very devoted to the work. That's always been a huge... kind of thread for me. That's a really big deal for me. My devotion to the work runs very deep.

And I got a shit ton of training. I had, like I said, really incredible mentors, and I would always end up ... Like there was this one guy that was doing very specialized training around trauma, and he was only gonna work with licensed people and somehow I snuck in. He kind of didn't notice. I had different experiences like that.

So, the devotion to the work is really important. I took it seriously, but I didn't take seriously all of the hoopla around the licensing and kind of all those... the bureaucratic kind of stuff.

Heidi Hauck:

Now that kind of brings up another interesting point, which I know it can be very tempting again, especially for these healer types, to just ... "I just need one more class. I just need one more..." And to kind of get caught up in this perpetual cycle of, "Well I'm not ready to do the work yet because I need more training."

So where did you find the ... Where did you step into doing the work even though you hadn't ... You know, at some point you had to start doing the work even you hadn't done all of the training.



Chris Zydel:

It was a very revolving door thing for me. I pretty much started doing the work pretty early on, so I was involved in ... I talked about Hogie Wyckoff and that she was one of my mentors, I talked about the Wilhelm Reich thing.

I was also part of a... it was a group of people that were doing this body-based healing work in groups. And so I was a participant in those groups. I was also part of their organization 'cause through their organization, I was able to start teaching classes, and then I was able to ... they were referring people to me because it was clear that I had a proclivity for this... and the healer thing was something that I was able to step into pretty... it was a natural part of my makeup.

So I started working at the work really early on and then I continued to get training.

'Cause I know what you're talking about. I see that with people all the time. It's like they're waiting and waiting, and waiting, so I didn't wait.

It was a very organic thing, like "Oh, okay." That's where the trauma training came in because I had this one woman who came to work with me and she was really suffering from really severe trauma and I was like, "I need some help with this. I need to get more information. I need to get more training," so then I would go get the training, but I wasn't waiting and waiting, and waiting, to get everything before I started. Really organic melding together.

Heidi Hauck:

Beautiful. I love that example that you gave of you were doing the work, and then the situation came up that showed you more education that you could pursue, and then you integrated that into your work, and so that's really ...

It's one of the things that I kind of talk about is, you can plan and theorize for years, and come up with what you think is the perfect plan and then as soon as you do step into doing the work, you realize, "Oh well that was all wrong."

So it's really through doing the work that you find the training that you actually need.

Chris Zydel:

Exactly right. So there was that. And the other thing too is a lot of the work study that I was doing, the training that I was doing, was also motivated by my own feelings. "I'm really coming up against this particular issue and I'm really feeling it in my psyche, so I'm gonna go here and get help around that."

So it was both things, so it was needing things on a professional level, but then it was also needing things on a personal level, and you know, you know this.

This is something that, you can't take somebody anywhere that you haven't gone. You need that as a healer. So there was always that piece of it too, so it wasn't just that I was doing things, I wasn't getting training, just as a profession level thing, it was always really personal too.



- Heidi Hauck:** Beautiful. Yeah, and one of the other things that I talk about a lot is how starting your own business is sort of like signing up for the biggest, longest, greatest personal development course you never knew you were signing up for.
- Chris Zydell:** Yeah, yeah exactly. Oh my god 'cause yeah, it brings you up against all your shit, you know?
- And I've been in business for myself... I always joke around that my last real job was in 1977, working as a waitress. I had my very first job, my very first business was a house cleaner.
- So I had a little housecleaning business and I was working for myself, and I was like, "This works. I like this. I like being independent, I like making my own hours, I like having my relationships with my clientele. I like charging what I want to charge." And then got a real taste for it and there was no going back after that.
- Heidi Hauck:** Right?
- Chris Zydell:** I moved into the healer thing after that, but yeah.
- Heidi Hauck:** That's beautiful. I love it and I think that there is something very addictive about the entrepreneurial lifestyle where once you realize, "Hey I can really design the life I want to live and I don't have to be constrained by somebody else's schedule and rules, and all of this stuff," it's really hard to let that go.
- Chris Zydell:** Oh yeah. Well, and again, the rules have never... I've never been a big follower of the rules.
- Heidi Hauck:** I'm so not surprised.
- Chris Zydell:** Just like, that's not really... I mean, I have a lot of integrity, I have a highly developed sense of morality. So there's that. I mean there's natural law and I'm very attuned to that. But you know, rules that somebody else creates about how they think things should go, it's like, yeah, that's like, "that's your deal it's..."
- Heidi Hauck:** Yeah.
- Chris Zydell:** That is the thing about the entrepreneurial lifestyle. It's so creative. I mean, that's one of the things that I love about it, is that it's this constant invitation to be creating. Creating your work life, you're creating the things that you do in terms of your work.
- It's on you, which is very stressful in certain ways, but then there's that whole creative energy that you get to bring to it. That's a big part of the appeal to me, too.
- Heidi Hauck:** Definitely. I'd love to ask, because you bring up a really good point, that it is amazing and it's beautiful, but it can also be very stressful. How do you navigate the stress?
- Chris Zydell:** Sometimes badly. I mean, I don't want to make it seem like I've got it all figured out, you know what I mean?



Heidi Hauck:

Right.

Chris Zydel:

'Cause I don't think that serves anybody, 'cause I think that's actually something that I've listened to a lot of different interviews with a lot of different people, and they make it seem like, "Oh, well I'm in this place now that's just so wonderful and so amazing" and then people starting out are like, "Well, wait a minute. What's the matter with me? Because I'm struggling so much."

I mean, the stress... it's a good question.

I mean, part of it is I do have a very deep faith that this is going to work. It's because I've been in it for such a long time, and it has worked, and I continue to throw myself out there, and I continue to try to think things, and I get responded to one way or the other.

I mean, it's not like I don't do things and I get crickets.

It's not like everything is a rousing success, but enough things have been successful that I can trust in that.

And in terms of the stress itself, I work with a naturopath, I take a lot of different supplements, and I try to give myself downtime. I take care of my body, and I go for walks, and I spend time in spiritual practice. There's all the things that I do that everybody does.

It is that thing, it's like, "Well, working for somebody else is stressful too." It's like, you can't ever get away from the stress. It's just you have to manage it and I love this way of working so much. I just couldn't imagine anything else... so it's worth it.

Heidi Hauck:

Yeah. Absolutely. I really, I want to thank you for being very honest and open about the fact that you've been in business for a really long time, and yes, it's still stressful, and yes, even you with your raving fans following you, launch things to crickets.

I think that's something where, especially people who are just starting out have this idea that once you've been in business long enough, it just all becomes easy and it's been figured out, and on the one hand, maybe it's a little disheartening to hear, like, "Yeah, the stress is never going to go away. It's just part of it." But on the other hand, it's just a normal part of life.

Chris Zydel:

It is.

Heidi Hauck:

It's a normal part of, no matter what you're doing, there's going to be some sort of stress. The key is really, it sounds like you have really made time and space in your life to be able to take care of yourself, and make sure that the stress doesn't tear you down.

Chris Zydel:

Yep. And again, sometimes it does. I mean again, I don't want this to be the thing where people think, oh... It's not like you arrive.



Chris Zydel:

The other thing about stress, is I have had periods in terms of my business, where things have gone really smoothly for periods of time. It's been great, and I enjoy that. I'm a fan. I'm a big fan of when that happens.

But things are constantly changing. There's these things that, I mean, some of the changes are things that are coming from within me, like it's time for me to change things up, it's time for me to do something different.

There's different transitions that happen in terms of the business, and those transition times are always really stressful, because you're thrown back into the unknown again. That's the thing that's stressful for people, and part of the dynamic of being an entrepreneur, like I said, it is really creative.

You're really on this creative journey, so when you're on a creative journey, that means you have to keep creating. It's a thing where, okay, I'm doing something for a while and it feels really good and it's working, and then at a certain point, it loses its juice, so it's time for something new... I'm going to have to create something new, I'm going to have to do new things, which is going to be stressful, 'cause I'm back in the unknown.

A mistake that a lot of people can make is hanging on for dear life, because they're afraid of the unknown, you know... "and I'm going to keep doing this, even though I'm bored out of my mind, I don't have the energy for it."

I mean, this happened... I let go of my private practice. I was still working as a psychotherapist up until 2007, so that's like 11 years ago. I got to the end of the line with that. I was energetically done, and it was probably, I don't know, it was almost half of my income at that time.

That was terrifying for me to let go of that, but it was something that I had to do, so the stress grew. I was out doing one of my favorite spiritual practices is just to go out and lie on the Earth, and just cry. And let the Mama kind of take it. I was doing that a lot during that period.

But then, I took the risk, so this is another thing - being an entrepreneur, you're always going to be taking certain risks. I took the risk to let go of this sure thing, which I was done with and that's when I started the teacher training program.

Out of that void of letting go of the practice, I started the teacher training program, which then I was making more money than I ever had. It was that thing where responding to the stress in a creative way, being willing to go through the discomfort and taking that risk really... But it wasn't, like I said, I was crying on the Earth a lot.

Heidi Hauck:

Yeah. I mean, giving up nearly half your income, that's... that's a little scary! Just a little bit.

Chris Zydel:

Yeah, but again, it's that thing. Part of my work, my personal work, but also the work that I'm here to do in the world, is to be that person.



Chris Zydel: Astrologically, I don't know if you know much about astrology, but I'm an Aries Rising, and so Aries is the pioneer, it's the leader, it's... I'm at the head of the pack. It's that thing where people look to me, it's like, "Well, if you can't do it, we're not going to do it." I'm kind of like, that's part of the deal that I made with the universe.

Heidi Hauck: Right. You're breaking the path.

Chris Zydel: Yeah, and I'm going to take those risks, because that's what it takes... taking those risks. And I've been rewarded. I have been rewarded. The courage has always been rewarded. I mean again, it doesn't mean that it's always fun, but it always has paid off.

Heidi Hauck: Beautiful. Now, you mentioned taking risks and I know that one of the dynamics of your business is that your husband is, now at least, also a part of your business. Was he entrepreneurial before you two got together? How did he feel about these risks that you were taking?

Chris Zydel: Well, I mean, it's one of the reasons he married me! He likes that part of my personality, and he's really supported me in taking those risks.

No, he was in the corporate world. I mean, he had a full on corporate job, he was working for a video game company, he was an art director. I mean, he had really moved up the ladder, he had a good salary.

But he got to that point in his own life where he was like, "Okay, I'm really not into this anymore. It's not feeding me, it's not serving me, I want to do something else." It was a risk for both of us to have him leave. His income was a really big ... We were relying on that, so it was similar to me leaving my practice.

And it's been challenging. I mean, it's another stress.

I mean, it's actually been going fine, and then we had a whole thing that happened last year where one of our major retreat centers burned down, so then we've been at this new place of kind of reinvention. It's stressful, because we're doing that same thing again.

Heidi Hauck: Yeah. It's amazing how it is such a cyclical thing, right?

Every time you reach a level of equilibrium, like things are going well and we have our offers, and the relationship is going well and the business is going well, and then something happens, whether it's internal or external, something happens to be like, "Okay, you're done with that plateau. Now you get to do the next one."

Chris Zydel: Exactly. No, and it's really true. That is part of being an entrepreneur, is really learning how to navigate that and how to not let that stop you.

That's the place where sometimes people get and they're like, "Oh, my God. Okay, I have to go back and get the job" or, "This isn't working." It doesn't mean it's not working. It actually means it's working very well. That's the good news, bad news.



Chris Zydel: But it is that thing about really being able... there's the trust factor, there's the faith factor, there's the willingness to take the risk factor. There's the trusting in your own creative ability, going on to this transition, and to what needs to happen. That's part of like you were saying, it's the personal growth on steroids.

Heidi Hauck: Right!

Chris Zydel: Yeah, 'cause you grow each time that happens. A lot of that stuff... I can see the whole thing that happened with the retreat center burning down, it was actually - I mean, not that I'm responsible for that, I'm not.

But it was really lining up with some inner process that was going on in me where it was time for a change. It was really time, it was time for me to expand in new ways.

The universe was like, "Okay, we're going to take away this thing that you've actually gotten a little comfortable in, and a little complacent with, and lay you back out into the void." It's like, "Okay... again?"

Heidi Hauck: Right? "God dammit, wasn't I done with this?"

Chris Zydel: Oh, my God. And again, like I said, I've been through this enough times that I do have the faith and the trust, but that doesn't mean that it's any less anxiety building on a certain level. There's the spiritual level, where I have a lot of faith and trust, and then there's the ego level. The ego level and the personality level just gets freaked out.

That's why there needs to be time and attention and you know, soothing that part. It's not going to not happen.

Heidi Hauck: Right. I love that you talk about giving that ego level, like soothing it and finding ways to give it what it needs. I feel like a lot of times in our culture, there's just this "Just do it" attitude of just ignore the fear, pretend it's not there.

Anytime you have negative thoughts or fearful thoughts to just beat them into submission, or push them into a corner, or all of these very unhelpful bits of advice that really don't deal with the issue at all.

Chris Zydel: It's very unkind. I mean, it's really unkind to treat yourself that way, and it doesn't help. I mean, it actually increases the anxiety, because if you feel like you're not addressing that place of that vulnerability - because it is vulnerable, it is vulnerable me taking those leaps. It's vulnerable to... being thrown back out into the void once again.

It is that thing, this is another entrepreneurial skill. How do you nurture yourself? How do you be your own good parent? How do you take care of that freaked out part of you?

It's not letting that part run the show, so it's not ... It's not believing that part and saying, "Okay, you're right. This is so scary. Let's stop entirely." It's not doing that.



Chris Zydel: I mean, I think that's where people are like, "Well, do it anyway." There's an element of that, but it's like, do it anyway and still nurture yourself and be kind to yourself, and attend to your emotional vulnerability. It's like a both / and.

Heidi Hauck: Yeah, beautiful. I love the statement about being kind to yourself. I think that's something that I know a lot of ... I refer to my people as badass bleeding hearts, and the term bleeding heart has always had very negative connotations. It's not a compliment, it's not meant as a compliment, right? It's meant as a, "You care *too* much. You feel *too* deeply." It's very easy for us to not be kind to ourselves, to be too hard on ourselves.

Chris Zydel: Yeah. Oh yeah. Well again, this culture... But we won't go there... "Don't go there right now."

Heidi Hauck: There's a whole 'nother tangent, right?

Chris Zydel: That's a tangent that I could rant on that for days, but it is part of the cultural mandate to ignore it, to ignore our emotional life, to ignore vulnerabilities. To ignore intuition, and our feelings, and our humanness really, is really what we're talking about. It's really ...

And people that can't, I mean if you're not gonna take care of yourself in a really direct way, and that's when people start acting out, and they start drinking, or they start spending too much money. 'Cause they're trying to take care of themselves, trying to soothe themselves... They're trying to address the anxiety and the fear that comes up.

And you can do it in this much more productive way...

Heidi Hauck: Right.

Chris Zydel: But it's also that thing like you were saying, or the bleeding heart thing, is a put down. And this is that thing it's like, "No I am a bleeding heart, and I really love that, and I really value that, and she needs as much care as I can give."

So that's really my approach, and how I try to work with myself, and also how I try to work with people- ...

Heidi Hauck: Mm-hmm

Chris Zydel: 'Cause I think that same thing.

Heidi Hauck: Yeah, and the other, sort of my experience I've had, which has definitely been incredibly deepened by working with you is, learning to be present with my emotions. To allow myself to have those emotions, and to feel deeply.

And as a result what I've really found is, that having those emotions and acknowledging those emotions, and honoring them, actually makes me stronger.



- Chris Zydel: Exactly. Because that's the lie. The lie that this culture tells us is that, that when we're going to that place of vulnerability, is weakness, and it is anything but. I mean it is a badass project.
- There was the whole thing where we just had that New Moon in Cancer, and it was just like, "Oh my god, that's gonna kick my ass." I mean, and it really took me into this place, and it's taken a lot of us into this place, of really... these deep emotions that I'm feeling. There's a lot of stuff that's coming up.
- And because part of the personal growth journey is that, you're confronting a lot of your issues around not being worthy, or not being enough, or valuing yourself.
- And so if you come up against those edges, then you hit those places in your psyche where there's a lot of pain, and a lot of wounded-ness, and a lot of intensity. And so it's really making space for that, and like you said, the more you make space for that, it gives you freedom. It allows you to expand, and it really is about strength.
- It takes tremendous strength to be able to go into the underworld and sit in the fire. The cauldron, with Persephone, and the witches, and all of that. Like, "We're gonna cook you, and we're gonna bake you, and we're going to transform you."
- That's what the transformational fires are all about. I mean now I'm getting all excited.
- Heidi Hauck: Right? Yeah.
- Chris Zydel: Now we're totally in my wheel house!
- But like you said, I mean that's anything but weak. Because I look - I mean again this is like a mini rant, but I look at all the political stuff, and all of the stuff that people are doing, and people that are in positions of power.
- And they're doing anything but any kind of inner work ... And they're acting out their shit on everybody, and 'causing them so much pain and suffering, because they're unwilling to sit with their own. To sit with their own grief, to sit with their own unconscious intensity.
- So that's why, I mean this work is so powerful. And it's kind of my little flag on the hill... Come and feel!
- Heidi Hauck: Right, and I have to say again, kind of going back to the whole "starting a business is personal growth on steroids." Especially for bleeding hearts, people who are very dedicated to healing and making the world a better place, we come into this work to help other people, to help the world, and it's easy to kind of forget that, that involves healing yourself as well.
- Chris Zydel: That's right.
- Heidi Hauck: And being open to that.



Chris Zydel: Absolutely, yep. Yeah, we say, "Charity begins at home."

Heidi Hauck: Right, yes.

Chris Zydel: Yeah, and it is that thing where one of the... I mean, oh my god, we could talk about that for days ...

Heidi Hauck: I know.

Chris Zydel: There's all that stuff online about, a lot of these coaches and things, and these people that are putting themselves out there in certain ways that are not really true to who they are. And then charging people too much money, or they're not delivering on what they're saying that they're gonna deliver on, and they're not really being authentic. And, because they're not really doing their work.

And so that's something then in terms of what I'm doing, and a lot of the people that I love, and I respect. Like Theresa Reed, we had talked about before, and people. They're walking their talk, you know.

So that's part of my integrity. Part of my integrity is, I'm not asking anybody to do anything that I'm not willing to do. So I sit with my feelings, and I don't like it any better than anyone else!

Heidi Hauck: Right?

Chris Zydel: So you can't say that I'm like, "Oh yeah, it's just so easy for me." It's not, but I'm willing to do it. I'm more than willing to do it. I know how important it is, to do that deep work, because that's what really is gonna make a difference.

Heidi Hauck: Right, that's beautiful. Well we are winding down to the end of our time together. I know we could easily just spend days sitting and talking...

Chris Zydel: Oh my god, really.

Heidi Hauck: Yeah. Right? I know. Before we go, is there anything, I love this question that you ask, "Where's the juice for you right now?" What's juiciest thing that you wanna share with us?

Chris Zydel: Well I am in a place of transition, in a lot of ways ... I mean, I'm really excited about the teacher training. I mean that's really juicy for me, and I'm loving... I'm also, so I had a couple of new things that I'm gonna be doing.

One is - and they're both retreats, they're both live events. I mean I have something that I'm gonna be doing for next year online, but I don't have it worked out enough that I could really talk about it yet. It's still kind of in that, amorphous phase.



- Chris Zydel: But, I have a workshop coming up in October, and it's a four-day intensive, and it's gonna be in Bodega Bay... the retreat center that I have in Bodega Bay... So it's called Women Painting and Power.
- Heidi Hauck: Ooh!
- Chris Zydel: Yes, exactly. And what's the tagline... A creative journey through the heart of sacred sovereignty.
- Heidi Hauck: Oh wow.
- Chris Zydel: Yeah.
- Heidi Hauck: Wow, oh my goodness.
- Chris Zydel: Yeah, I'm getting goosebumps
- Heidi Hauck: Yeah oh my gosh, and I've been in that space [the retreat center]. So I can really speak to, I mean it's a very powerful space for doing extended group work. And I mean that is just, that's beautiful. Women in sovereignty, and power. I mean this is, it is so beyond time for us to be reclaiming our power.
- Chris Zydel: Exactly, exactly. And to do that through the creative process ... We'll be doing movement, we'll be doing writing, we'll be doing exploration, we'll be doing community work. And really addressing some of those issues that we have with our power. The power to really put ourselves first ... How to nurture ourselves... Take care of ourselves as woman, how to take up space. Have our own voice.
- Really claiming our power to have all of our emotion, and fullness, including our rage, and including our anger, and including those things that are so taboo, and so...
- Heidi Hauck: Right.
- Chris Zydel: And... To be able to tap in, in community.
- Because that's another big, we didn't really touch on this a whole lot in this conversation. But a big part of my work, and a big part of what the healing that I see happens, is in community. It's in coming together, and in doing this work - whether in being seen, and heard, and valued in a circle where other people are doing this same work, is just so-
- Heidi Hauck: Absolutely.
- Chris Zydel: Off the charts. So that's what I'm gonna be also doing in this workshop ...
- Heidi Hauck: Beautiful
- Chris Zydel: I do that in every workshop ...



- Heidi Hauck: Right, and I really, I wanna speak to that just real quick for a moment, because I know that in the retreat that I went to with you a couple months ago, that community that you make space for, and that you hold space for, is so incredibly powerful.
- Because I know that part of my experience was, being able to witness other women going through similar things that I was going through, really gave me so much more permission to go deep, and to really experience what it was I was feeling, without the shame, and the self-doubt that so frequently comes up in sort of our day to day life.
- Chris Zydel: Yes, right exactly. And the other thing that I love about doing the group work, and I work primarily with women...
- Heidi Hauck: Mm-hmm (affirmative)-
- Chris Zydel: It's just kind of what has happened. And there's just something really potent about, I mean there's a whole myth that women have around, "Oh there's only so much room or space, if I stand up, and I allow myself to be visible, and I allow myself to be powerful, and I allow myself to be seen. It's gonna take something away from somebody else."
- Heidi Hauck: Yes.
- Chris Zydel: And I can, I call bullshit on that, and ... One of the things that I love creating in my circles, is I know every time somebody steps into that place of power, it allows everybody to step up into an even greater place of owning their own gifts, and their own magic, and so then it builds on itself. So it doesn't take...
- Heidi Hauck: Yeah.
- Chris Zydel: Anything, and it's just oh my god, again I'm getting all ...
- Heidi Hauck: Yeah, it sounds amazing, and from personal experience, I know that it's going to be incredibly powerful.
- So for people listening to this, if they're interested - which they should be - in signing up for this amazing retreat, where's the best place for them to find you, to get more information on it?
- Chris Zydel: Yeah so you can come to my website, creativejuicesarts.com, is my website. And then you can just also Google me, Chris Zydel, and I'm all over the internet. So you can find me there too. I'm on Facebook, and Twitter, and Instagram. All the usual suspects.
- Heidi Hauck: Awesome, awesome, wonderful.
- Well thank you so much Chris. As always, it is a great pleasure to speak with you. And I'm so excited by everything that you're creating, and especially excited to be a part of working with you. So thank you again for being here.



Chris Zydel:

Oh thank you Heidi, this was really wonderful. Thank you for inviting me, thank you for doing the work that you're doing ... Thank you for being a sister badass bleeding heart.

Heidi Hauck:

And thank you dear listener for joining my guest and I, as we explore this journey towards creating businesses that make the world a better place.

If you'd like to hear more of these interviews, you can listen, download, or signup for the notification list at HeidiHauck.com/bbh-interviews.

This is Heidi Hauck saying, "Until next time."