



**The Athena Wellness Podcast**  
**Episode 139 – Creating a Life Worth Living with Kevin Roth**  
**July 3, 2022**

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**[00:00:05] Kathy Robinson:** Welcome to the Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

**[00:00:30] Kathy:** Hello and welcome. Thanks so much for joining me.

I'm joined today by musician and coach, Kevin Roth. After making over 50 recordings and winning numerous awards, Kevin was diagnosed with Stage III melanoma and given only two to three years to live. Faced with a choice of either focusing on dying or living, he chose the latter.

Kevin changed his diet and outlook and then set out to create a life on his own terms. He's been cancer-free since 2016 and has devoted his life to teaching others to change their lives as he continues his daily practices to live in a way that brings health, balance and success.

Here's what we cover:



- The impact Kevin's diagnosis had on his life;
- How his experience led to Creative Life Design coaching;
- How a mindful awareness practice can help us recreate our stories;
- The creation of his dulcimer meditation; and
- The wonderful practice of a self-date night.

I've also included a link to Kevin's website where you can learn more about him and his offerings in the show notes. And now onto the show, I hope you enjoy the conversation.

**[00:01:55] Kathy:** Kevin, welcome to the Athena Wellness Podcast. Thank you so much for being here today.

**[00:01:59] Kevin Roth:** Looking forward to it.

**[00:02:01] Kathy:** Please, share a bit about who you are and what you do.

**[00:02:05] Kevin:** Oh, who am I? Who am I? That's the big question.

**[00:02:08] Kathy:** [Laughs] We start big.

**[00:02:10] Kevin:** We start big. I'm a musician. I have about 50 albums out on the dulcimer. *Kevin Roth Music* tells you all about that. In 2015, I got diagnosed with Stage III melanoma cancer and was given a death sentence, which, obviously, was wrong.



But through that experience, a few years later when I moved to California, someone suggested I become a life coach, which I didn't even know what it was, and then I looked it up and I thought, "No way in hell do I want to be a life coach."

[laughter]

I actually became a teacher/life coach, I call it "Creative Life Design." I teach from my experience of how I survived a death sentence, how I reevaluated my life, how to be happy, what happiness is. And I'm a teacher, really, /coach.

I have people from around the world contact me. I work with a handful of people, and I tell them what I know and how they can create a life that they really love based on who they are, which, interestingly enough, changes as we go along.

**[00:03:38] Kathy:** That's something that you're never taught, how fluid life can be, right?

**[00:03:43] Kevin:** Yeah. You know, we're born innocent and sweet and connected to the Absolute or God or Consciousness or Buddha, whatever you want to call it. Then we get raised with a certain amount of values and dysfunctionalities and we buy into this story, even though, many times, it's not at all who we are. Now, if we're lucky and we're supported for who we are and encouraged to be who we are, that's pretty good.

For me, musically, I was always supported because I had a lot of talent, which is why I was successful at it. I was not supported in other areas, which is why I was, for a long time, not successful.



My life didn't really start to get happy till I was about 58. I had money, I had fame. That didn't do it, and I thought, "Well, I'll fall in love," and that illusion lasted about a year. Then I got hit over the head with cancer and I said, "Well, this is interesting. This is a death sentence, so now what do I do with the "remaining two years"?" That was a big nose dive.

**[00:04:58] Kathy:** Yeah, I want to talk about that a little bit. We all, I think, can think about those life-turning moments, but when you're dealing with life or death, that's really a binary choice, right? There's not a lot of grey there, right?

Let's go into that a little bit, of what life was just before walking into that doctor's office. I'm guessing that there was a moment of and a period of time where there was just confusion and then you had some clarity. Can you take us through that?

**[00:05:26] Kevin:** Well, that's a great question. In 2013, all hell broke loose. My nine-year relationship ended. My little interesting retail store that I had started because I didn't want to be in the music business anymore almost bankrupted me. My father, who I was very close to, died.

So then I moved to Kansas from Florida to live with a sister, which was a big mistake because although we love one another, we are very different people than when we first lived together. So I got an apartment, tried to figure out what I was going to do with my life, and then, on a routine dermatology appointment, boom.

I not only hit bottom, I went through it. And I didn't ever expect to hear that this little freckle on my nose was Stage III melanoma.



What happened is they misdiagnosed it as something called "in situ." They said that it wasn't melanoma, which it was. Then a couple of months afterward, I found a lump under my chin, and then I went into the doctor's office and they said, "We need to do a biopsy." They did the biopsy. I got a call on a Monday morning and saying, "I got bad news, Mr. Roth. We need to remove this and we need to X-ray you top to bottom, MRI, CT scan."

So, I swallowed a bunch of Xanax and [laughs] went through that day, and then the test results came back. Then I went into the doctor's office. So this is where it gets interesting. I looked online at all the oncologists in Kansas, and there were a lot of them, and there was one guy that I liked, based on his picture, just his vibe, and he wasn't taking new people.

So I ended up with this woman and she scheduled a CAT scan and the MRIs. Then I went into her office to get the results with my sister, and I told her, I said, "Be prepared because this is probably the end." The doctor threw the scans up and she said-- almost like she was just talking about the baseball game or the concert she went to. She said, "So the cancer hasn't spread anywhere, so I want you to go see this doctor now."

I said, "Well, then, why do you want me to see this next doctor?" She said, "Because you should have your lymph nodes removed." I said, "Why should I do that if there's no signs of cancer?" And she said, "It's protocol." I said, "My name isn't 'protocol.'" If you can't find cancer, I'm not having anything done." And she said, "Well, it's in your system microscopically. That I can guarantee." I said, "Well, I can guarantee you, then, you can take everything out."



So I left angry and I went to the receptionist to check out and on the desk was the oncologist that I wanted. His card was there, and I said, "Oh my God, does he work here?" They said yes. I said, "I want to see him." They said, "You can't because he's not taking patients." And I said, "Well, I'm not leaving until I see him."

They found an opening the next morning. I went in to see him and he was the only oncologist that agreed with me and said, "We shouldn't do anything. There's no signs of cancer, but there's a 70% chance it will come back within a year, and then, there's no cure."

So I waited for the year. I went on a small, little concert tour and I had some very mystical kinds of experiences. I looked at Western ways of dealing with illness and I looked at Eastern ways of dealing with illness. It's a very confusing place to be, especially with melanoma because there are no right answers. It either comes back and you're dead or it doesn't come back.

So I changed my diet. I found someone who had cured herself without medicine from Stage IV. And I called her and I asked her if she would work with me just to help me understand what was going on.

But the big thing was, what was I going to do with the time left? So I realized fame and fortune wasn't going to save me, love wasn't going to save me, except loving myself more. I thought, "Get out of Kansas, go back to California, be a bohemian. Your dog matters to you, your music matters to you. If you're going to die, at least in California, you can be assisted with that," because in Kansas, it's not legal to



have somebody help you die. You can buy a gun and kill somebody, but you can't do that.

So that's what I did. And a year came and I said to my oncologist, "I'm leaving." He said to me, "We should do a CAT scan." And I said, "Why?" He said, "Because you'll know what's going on." I said, "Well, if you find something, is there any cure?" And he said, "Well, no." I said, "Then why do I want to know?" He says, "So you can plan your life."

And I said, "What life? Because this past year isn't a life." I said, "I'm leaving." He actually laughed and he said, "My family has the same idea that you do," and he said, "You'll know if you're sick. The only thing I'm going to tell you is that if you're tired, get rest."

I drove for three days out to California. Then a couple of years later when I realized I wasn't going to die-- actually, a year later, I thought, "I'm not going back to living the way I used to live," which caused the cancer, I believe, because illness and inflammation and stress and all that kind of stuff is what causes cancer. We all have cancer in our systems, it's what brings it out. If you take all the things that I went through, it's enough. One of those alone is enough.

And so I thought, "I'm just going to do my life the way I'm doing it, and that's it." And I found a way to work it. Then one day, someone said, "You know, you ought to teach this to people, what you did." And that's when I started to talk to people about it and they signed up as clients and had been with me, most of them, ever since.



**[00:12:10] Kathy:** That is quite a story. I think about this dark night of the soul where you get this kind of information and then you get to choose. And you chose whether or not you wanted to follow "protocol," which is an amazing way to present options to somebody who's dealing with these kinds of choices or to do something else.

And it's very difficult to shut out the protocol way because that's part of culture. That's how we're raised. That's what we're supposed to do.

So how did you fortify yourself as you were going through this? I don't mean that physically, I mean more spiritually and emotionally. How did you support yourself through really going against the cultural grain?

**[00:12:55] Kevin:** Well, the first thing I did is I contacted someone who had had cancer and she said, "The first thing you need to do is to trust your gut." So I did that.

The next thing is I got very angry at God, of course. Then I realized one day, that I was my own best friend. I didn't know that because Kevin was always looking for Kevin's career, the next album, the next tour, the next paycheck. But this was a different thing. I had to find empathy, sympathy and patience with myself.

Then the miraculous started to happen. One day, I was watching Netflix and I happened to find a movie on a guy named Yogananda who was an Indian guru. I wasn't interested in him, but I had heard of him because of George Harrison. I watched the movie and it was interesting.





He talked about self-realization, and something said, "Watch it again," which I never do. But within a week's period of time, I watched it twice. And then something said, "Look for his church," and I'm thinking, "Well, there's not going to be one in Kansas. I know there's one in California, probably in New York." I Googled "self-realization Yogananda" and discovered that there was, in fact, a church across the street from my apartment.

I had passed it a million times and it had no signs. I went in there and I just felt a tremendous weight lifted off of my shoulders. I liked what he was saying. I didn't feel a connection that he was a teacher, but he was a bridge to me looking into more of what was self-realization. I discovered a guy named Ramana Maharshi, who as soon as I read his work, I said, "This is it."

It was the same feeling I had when I first saw the dulcimer, "This is my instrument." I began to look at his work. And I found an author here in California named Robert Wolf, who I didn't know was a teacher that was sought out. I just thought he was an author. He agreed to meet with me. I came and I sang him some songs and we became friends and he became a teacher for me.

But the bottom line to all of this is that we live in this dream experience. This is not necessarily real, but we experience our life as real. That could be thought of spiritually as woo-woo. I'm a very practical guy, so, "Okay, tell me all of this is an illusion. That sounds wonderful. There's consciousness, great. Okay, so big deal, now what?" And then came science and quantum physics. Quantum physics said the same thing that the spiritual teachers from millions of years ago said, the *Upanishads*.



And I went, "Now, wait a minute. This is interesting. So quantum physics is telling me that the universe is expanding, but into what? Science is telling me we're made of atoms that are 99.99999 empty. Am I empty? Is there a God? Is there not a God? What is the God? Well, what is this life? Is this real? What do I need to worry about if it isn't?"

And then the light bulb went off and I went, "Aha, all of this is the mind. No mind, no problem." And then I began to say, "I don't need to worry about this anymore. I don't need to worry about how I'm going to pay the bill. The bills, somehow or another, always get paid. I don't need to worry about other things that used to take up my energy."

So what I teach people is that when you replace what doesn't work in your life with what does work, you don't go back to what doesn't work, right? Why would you do that?

Eventually, as I got more understanding spiritually and practically, things began to drop off. For people, let's say, who have an addiction to, let's say, overeating, emotional overeating. When your emotions are calm and you can look at something and say, "Look, this is how I work cancer out, so this is how I'm going to work this out. I'm going to go for mindful awareness, surrender it. I'm going to feel it out. I'm going to have some wisdom about it. I'm going to have patience, and I'm going to see--" It's like a bubble. It's like [banging table], it's gone.



You know, people experience this. Let's say if you're in a really bad mood and the phone rings, and it's a friend you haven't heard from in a long time-- in fact, I'm just writing about this in a book I'm writing.

Suddenly, it's like, "Hey, how are you doing?" The big thing that was about to destroy your life, where did it go? Your friend called, "Oh, this. Oh, that." They may ask, "How's your life?" "Oh, my boss is a pain in the ass," but that was it. Before the call, you were going to kill them. It doesn't mean anything.

What does mean something is the recognition, "I'm unhappy in my job, and I deserve to be happy, so I'm going to make a plan. I'm going to know what matters, why it matters so I can stick to it, and I'm going to have a game plan that I can work at consistently because when I do that, I feel better, I feel more in control, and my life is pretty happy."

**[00:18:30] Kathy:** I call that not worrying about things that are above my pay grade. I love the way that you describe that.

And that term, "mindful awareness," you've talked about that as ways that we create stories, which you've touched upon, but can you share more about that, on how we can-- when we catch those moments, how can we reshape that? How might we be able to work with those moments?

**[00:18:54] Kevin:** One of the first things I ask any new client is, "What don't you want?" Not, "What do you want?" It's, "What don't you want?" You learn, through



mindful awareness, with practicing, that, "I like this feeling, and I don't like that feeling." So it makes you aware of what works for you and what doesn't.

When you say, "This isn't working for me because it's causing me unnecessary stress, so I'm going to not do that, and instead, I'm just going to do this instead, which is not stressful, leads practically to the same conclusion, and it's easy." Once you get a taste of that, that becomes a habit.

Now, it does take work. Every morning, I have a routine where I sit and I have a little brown book. In fact, here it is. I have on one page, who Kevin is. There's the Kevin, the worrier, and there's the Kevin from heaven, the guy who survived cancer. And I say, "This is the story that I want to create for Kevin today. I'm going to do a podcast, I'm going to do this. I'm going to work on my book, I'm going to surrender everything."

So, I did this subconsciously with my career when I was 13. I imagined a recording career, I imagined playing on the stages and singing with my heroes, Peter, Paul, and Mary. My focus was always on that, and what you think about comes about. I got a record deal and I had a TV show. I had all of those things that were successful, I wasn't happy because what I was really looking for, and what everybody's really looking for, is that connection to their spiritual core.

When you watch near-death experiences, people talk about that. They say, "Oh, I felt like I was home. I didn't want to come back to the earth." There is this sense that there is a mother or a father major figure, but it's not there. It's already here. You are what you're seeking.



It's like a fish in water in the sea saying, "I've heard about this incredible thing called water," and they keep swimming around looking for it.

**[00:21:11] Kathy:** How has your connection with your own purpose and why you're here-- how has that shifted?

**[00:21:18] Kevin:** That's another really great question. Two, three years ago, I guess, I was sitting at a stoplight and this moment popped into my head, which said, "How did you and why did you survive a 70% chance of dying?" What came to me almost immediately was, "To teach what you've learned. It's not just about your music or your career, you need to teach what you've learned."

Now, what I've learned is very spiritual but I do not want to be called a spiritual teacher. But I know that it works because I've lived it. And I know that it works for my clients because if they do what I ask them to do, their lives change. So I teach from experience. It's a joy to do that because I live authentically. And that's why I don't have a need to go out and make a new album and go on a concert tour.

What I desire to do is to talk to people, using my music at the end, of course, in ways that can tell them that, "You don't need to be unhappy," and that there is another way to do your life. And you don't have to wait for a diagnosis of cancer or something to have an experience that's going to be damaging.

For me, I obviously needed that, that was my spiritual wake-up call with cancer. All you need to do is to look at yourself and say, "Am I happy? Why and why not? What can I do about it?"



**[00:22:54] Kathy:** Do you think there were other times before that diagnosis where you were trying to get your own attention but you weren't able to hear it?

**[00:23:02] Kevin:** Uh, yes, but... I mean I was always spiritual and I always had things happen, but I didn't get it, so I kept ploughing along my own road. Like I said, I thought if I had fame and fortune, that would be happy. Then I thought love would do it.

But the cancer did it because I was given a death sentence. It wasn't the kind of cancer that was like, "Okay, we're going to give you six weeks of chemotherapy and a couple of radiation and there's an 80% chance." This was like, "There's no chance." So it makes you wonder, "Well, why did I survive? What am I doing?" My purpose, I feel very clearly, is to spread this message to whoever's supposed to hear it.

**[00:23:49] Kathy:** It's wonderful because it's almost like the philosophy is more of a dance. You had this vision that you held, but how you got there was more fluid. Like Googling that church, which was a step on this path rather than needing to have everything laid out for you.

That shift, it's huge in the way that you were living and approaching life, and to be able to offer that up, having seen both sides of that is really valuable for the people who find their way to you for some insight and some new ways of working in their lives.



I absolutely love that and the sense of using your inner witness to see how I'm feeling and how I might be able to rewrite that story to come up with, like you said, "What should Kevin do today?" It's really a beautiful way of living life.

**[00:23:02] Kevin:** Well, it's more fun.

**[00:24:46] Kathy:** [Laughs] Absolutely, yeah.

**[00:23:03] Kevin:** When you get into the practical aspects, when you get past that, and you look at the spiritual-scientific aspects, life really shifts. Because in most people's world, this life is real. In normal-day activity for most people, the spiritual and the scientific is like woo-woo. But the more you study it, the more you contemplate it, and the more it becomes integrated into your everyday life, like, "Oh, God, this does make sense," the woo-woo is the real, and this is not.

It's like a *Twilight Zone* shift. I call it a bad cosmic joke. Because it's all about the mind. And there are questions upon questions which get answered, but you have to dig. You have to dig.

**[00:25:45] Kathy:** I get the sense that you've always had a more intuitive side, but maybe you had discounted it or maybe didn't trust it. Is that a fair assumption? If so, how did it come to play more of a central role in your life?

**[00:26:00] Kevin:** Actually, I never didn't trust it. My life was odd from the beginning. I mean, after my sister was born, my mother had her tubes tied and then two years later, I was born.



Ever since I was young, I was aware that there was some sort of a bigger substratum, but I didn't know what it was. I didn't feel like this was real. I felt like I was dumped off at some summer camp that I didn't ask to be dumped at.

But I did see three stages of my life in the future. I saw that the first part of my life would be very difficult, which it was for all kinds of family dysfunctional reasons. Plus the fact that when you're born spiritual or intuitive, it's not the average kid on the baseball field.

The second part would be equally as difficult, but very successful, which it was. And the third phase, which is what I'm in now, would be happier and successful but none of that would matter because I would, hopefully-- and I'm hoping that this does work out, and I don't like the term "spiritually enlightened," but enough so that when I leave the planet, that I can leave all the stuff behind.

I can look at it and say, "Okay, well, that was interesting. I don't need to go to summer school on this one. I got it." That's my only desire, is to do that. And that's what everyone's looking for. Everybody's looking for that.

**[00:27:31] Kathy:** So beyond just lessons learned, you're saying more of a finality of really moving on in whatever this spiritual evolution is?

**[00:27:40] Kevin:** Yeah, and I don't believe that there's any moving on to any place. But I do think that there's an understanding of what they call "school on earth," why you're here, what your purpose is, and how to adjust the dream, this dream life, so that it works for you instead of working against you.





So if you can figure that out, you've figured a lot out. And if you follow your inner guidance, you'll learn to trust it with surrendering. It's all about the surrendering of it. You just trust it and you see that things work out better than driving the bus.

**[00:28:26] Kathy:** Mmhmm, absolutely. You mentioned that you were writing a book, I believe it's called *The Longing*. Can you tell us a bit about what it is and what the project's all about?

**[00:28:36] Kevin:** Yeah, well that's the working title, I don't know what it'll be called. It's a very interesting book because it's not long, it's very to the point and very practical.

So the first part of it is a little bit about how the book came to be written and my story, but I don't focus on my career very much. It's just, "This is what happened and this is why the book has come about."

Then I talk about things like knowing what matters, why it matters, what your game plan is, how to put that into action and the steps. I talk about finding balance— emotional, mental, physical, and spiritual, and when one is out of balance, how to put it back into balance.

Of course, there's a topic on surrender and how to do your "life" practically, get it working. You get it, "Okay, this is working and I'm humming along now. Okay, I can't run the marathon, but I'm walking pretty fast, not quite jogging."

Then the second part is once you have your "dream life" down, then, who are you really? That gets into something called non-duality, Advaita Vedanta, which



basically says, "Who you are is not who you think you are." Who you really are is what people would call God, but I assemble it with scientific backing and the spiritual backing. And then once you get that, then in the book, it says, "Okay, now how do you work with this with what you've learned? How do you blend it?"

And then the final part is something very deep and mystical called Ajata. And that is too much to go into, but in a nutshell, it's like, "Okay, you first thought that your life was this. And now you found out that your life is really not who or what you thought it was. Now, I'm going to show you that everything is completely empty," which is something that very few people even want to approach to hear but I found it to be true, so I include it. That's, again, part of quantum physics.

This is nothing new. But what self-help books don't do is they don't tell you, "Okay, I get the information, but now, what do I do with it?" So the book is also a workbook and a guide.

**[00:30:58] Kathy:** Wonderful. I'm curious, this is a little off-topic, but given everything that you've said, why do you feel that we're here? Why is Kevin here? Not only why did you survive cancer? So not your purpose in this life, but the purpose of life overall?

**[00:31:16] Kevin:** Well, in this illusionary dream experience, it's to understand who you are.

**[00:31:23] Kathy:** Who you are as the God energy.



**[00:31:25] Kevin:** Yeah. And the mind/ego rises but they're false. So basically, I think we come to learn that this is a dream and we're the dreamers within the dream. It's like we're actors playing the role.

**[00:31:42] Kathy:** For our own evolution.

**[00:31:44] Kevin:** Yeah, yeah. And then when you find out who you are-- spiritually, really who you are, some call it consciousness-- then you begin to understand that a lot of what you worry about and what you think about is not worth it because it's very temporary and it doesn't go anywhere.

All of this is set up-- at least the way I coach people, I teach people, is that don't take my word for it, let's experience it. By thinking about this differently, does that change your perspective? "Well, yes. Well, no."

Eventually, what happens, if you do it right, is you get rid of the things that don't work in your life. I think that's the purpose of the dream experience, is to understand that the whole thing is to find out who you are. "Who am I? Really, who am I?"

**[00:32:40] Kathy:** Absolutely. You mentioned love and self-love. My last question for you has to do with an amazing practice that I know you have that's called Chill Pill, which is date night with yourself.

I absolutely love this. I'd love to hear a little bit about the practice and what benefits that, you find, come to you from practicing it.



**[00:33:03] Kevin:** Well, I was sitting here one night and I was lonely. Then I looked inside, as I do, and I thought, "You've got this adorable little dog near you, you have all the music that you love in your house and you can cook. So why are you lonely?"

I thought, "Well, I don't know. I need to be around--," whatever it was that the mind thing was telling me. I thought, "You really don't need that. Why don't you throw on some jazz and order yourself a pizza or cook yourself something, of course, have a glass of wine and just hang?" And I had the best time and I thought, "Well, that's great."

A similar thing happened last night. I was out with somebody and they were talking to me about how they want to find a boyfriend and the criteria of what they're looking for and all this kind of stuff. I was sitting there, I was having my little drink and I was thinking, "Thank God I'm free from all of this." I mean, I get it, but until you've had a death sentence and you wake up, and you say, "None of that really matters."--

So what keeps me happy on date night is knowing that I have everything I need in me. And when I think I don't, it's just my mind.

So I do have this thing called "dulcimeditation." I play the dulcimer. What I do is if I'm upset, I'll put the dulcimer in my lap and I'll start playing it--

[music]



-very easily, simply, and it's like a baby in a crib who's wailing. The mother comes along and they put this toy that hangs over the crib, the kid hears this little thing, and the kid's mind shuts up and it stops wailing.

So that's what happens, is as adults, I lullaby my mind so that it has something to focus on that's soothing. And I ask myself, "Okay, Kevie, what's going on here?" And the mind is going with the music and I say to my mind, "Okay, come to daddy. Let me kiss it and make it all better, Kevie. What's wrong?" And I go, "I'm lonely." And I'll say, "Why are you lonely? I love you. We'll give you some of that anchovy stuff you like on the pizza." "Oh, okay."

And then it goes away and then the whole thing is gone. It takes me about three minutes, it takes my clients maybe five or six. They ask, inside, "What's going on?" And the subconscious is allowed to come out and say, "This is what you need to do and this is what you don't need to do," while the mind that's a monkey mind is now quiet with the music.

It's a really interesting technique that someone told me that I actually did that I didn't realize I was doing. They said, "Oh, it's like dulcimeditation."

You can do it listening to music, too, but the idea is that you want to ask yourself, "What do I need to know? How do I feel about this? What should I do? What shouldn't I do?" And you'll know that the answers are right because they'll come up very quickly.



**[00:36:04] Kathy:** Lovely. I know we're going to do an example of that in a bit, but I wanted to make sure that I asked how people can get in touch with you, Kevin. If they want to reach out, if they want to hear more about what you do, how can they find you?

**[00:36:17] Kevin:** They can contact me through [kevinroth.org](http://kevinroth.org). I do a free 30-minute interview question to see if I can help you one way or the other. There's also, on my website-- I think it's still up there, is a five-minute stress-buster breathing thing that I teach.

I just tell people, "If anything I said resonates with you-- it's a 30-minute free call, doesn't cost you anything, and I can talk to you and see if we're the right match if you need some help or direction or something like that," and all the right people find me, [laughs] or if you want a dulcimer.

**[00:36:58] Kathy:** It's funny how that happens. Yeah, you have special ones. Do you design them?

**[00:37:04] Kevin:** Yeah, a friend of mine designed the sound holes, they're planets. And then they're built with certain woods for me by a dulcimer maker in Arkansas. When people buy them, they come with free dulcimer meditation lessons online. It's a very easy instrument to play even if you don't think you're musical.

**[00:37:21] Kathy:** Yeah, it's a beautiful instrument. There's pictures on your website, it's just gorgeous.



Very good, my friend. I really appreciate you sharing your wisdom. I'm sure our listeners will get much benefit, and I really thank you for your time.

**[00:37:34] Kevin:** Oh, thanks for having me. I hope I said something that was worth it.

[music]

**[00:37:40] Kathy:** Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!

[music]

**[00:38:41] [END OF AUDIO]**