



The Athena Wellness Podcast
Episode 168 – The Journey of Finding Yourself with Diane Hatz
December 11, 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: Today's episode is brought to you by The Athena Wellness Academy, your resource for wholehearted living.

The Academy's featured offering is an online course called, *From 'Type A' to 'Type Be,' How to Mindfully Descend the Corporate Ladder and Invite What's Next*. This course is perfect for you if you're contemplating or navigating a professional transition, and it's available as a self study or with a small cohort of students facilitated by me, Kathy Robinson.

To learn more, I invite you to go to AthenaWellnessAcademy.teachable.com or click on the link in the show notes.

[00:01:21] Kathy: Hello and welcome. Thanks so much for joining me.



Today's episode is about the zigzaggy path that we take throughout our careers and our lives. It's about how our childhood dreams stay with us and can provide inspiration on that journey, until one day they're realized. It's about how music can be spiritual, connective, and a healing experience. And it's about how we grow when we push our edge by living the life of our dreams.

I'm joined today by creative entrepreneur and author Diane Hatz. She's had careers in the record industry and a nonprofit before pursuing her dream of becoming a full-time writer. Diane's book, *Rock Gods & Messy Monsters*, was recently released.

Here's what we cover:

- An overview of Diane's unusual career path and its unifying thread;
- The 1990s music scene in New York City;
- The role spirituality plays in her life;
- The decision to move to New Mexico after 30 years in Manhattan; and
- How to use tenacity to find yourself.

You can sign up for Diane's newsletter at dianehatz.substack.com, and I'll put a link to that newsletter and her book in the show notes.

And now onto the show. I hope you enjoy the conversation.

[00:02:57] Kathy: Diane, welcome to *The Athena Wellness Podcast*. Thank you so much for joining me today.



[00:03:04] Diane Hatz: Thank you so much for having me, Kathy.

[00:03:06] Kathy: Please share a bit about who you are and what you do.

[00:03:10] Diane: Who I am? Hmmm. It's a loaded question.

[laughter]

[00:03:16] Kathy: We can be here a long time. We're very deep here.

[00:03:20] Diane: Let's say I'm a creative entrepreneur who has recently decided that my inner is more important than my outer, and I am on a spiritual quest to be financially successful while carrying Spirit and my practice with me.

[00:03:41] Kathy: I have to say that that's one of the more unique intros that I've had on 160-plus episodes so far, and that very complimentary. Usually, it's very linear, and that was, I think it owned up to the Who am I? part of the question, so thank you for that.

[00:03:58] Diane: Thank you.

[00:03:59] Kathy: You've had a very zigzaggy path to get to where you are from a career perspective. Can you share a bit about what you've done career-wise that has led you to this point where you could take a more inner approach and more spiritual approach to what you do?

[00:04:15] Diane: With me, everything is wrapped in together. When I was in my early teens, I realized I love to write. I was really into rock and roll music, also



listened to the radio all the time. I became obsessed with The Who and I wanted to be taken seriously so I started a fanzine in my teens. That was when I really started to develop my writing chops.

Fast forward, I was able to get my master's degree in creative writing in London. I tell everyone you do not need a master's degree to be a writer but I did. I also wanted to live in London for a few years. Came back and then when I finished my thesis, I was like, "You know what? I want to move to New York City, work in music while I pursue writing books."

So I did that. I was in music for about 10 years. I was there as music was transitioning to being very corporate. I was told by the CFO of a major record company that I would never get promoted. So I wrote a book, which I know we're going to talk about. It's loosely based around my experiences and I just had to get out.

So I answered an ad in *The New York Times* back when you faxed resumes. Ended up in a small private nonprofit. My first job was helping shut down a factory farm. So I had a 25-year career as a nonprofit healthy food advocate.

I was getting to the end of my 50s. COVID was the final thing. I lived in Manhattan for 30 years and I just didn't want to do it anymore. So COVID was really the impetus that got me to pack up everything to move on my own to New Mexico where I did not know a soul. Landed here, spent a year as a New Yorker, "I'm going to open a center for food, art, culture and calm."



I was putting on big events. I used to do TEDx Manhattan. It was a big event on food so I was like, "I'm going to do an event as proof of concept." Then Delta hit and then Omicron hit, and then I'm like, "Diane, the Universe is telling you 'Stop!'"

And I stopped and I sat and I exhaled and I realized my passion was gone. So at the end of 2021, I closed down my non-profit and I started writing. I started NewsBreak, which is like a newspaper reporting. I tried essays.

A friend from back in the early '90s when we were both temps at the Rainbow Room in the call center, she reconnected after all those years and said, "Diane, I just found your book and I just quit my job. I just finished it, closed the cover and I've left my job. I'm so inspired, I'm pursuing my passion."

With her encouragement, I then proclaimed to the Universe, "I am a full-time fiction writer," and I have this book behind me. I have just republished *Rock Gods & Messy Monsters*. I'm in the midst of the next book. So I am a full-time fiction writer and I will make a living at it.

[00:07:16] Kathy: Like I said, quite a storied, no pun intended, career here. And I'm trying to find the thread that runs through it. I love that it started with a love of writing. It took some turns there, but if you had to pull a thread through all of that, what do you think it was that led you from turn to turn to turn?

[00:07:39] Diane: I think it's tenacity, perseverance, and an unwavering quest to find myself. I grew up in an environment where I was told who I was. The reason I did not get an undergrad in writing is I was told to get a business degree. All



well-intentioned. Anything creative was looked down upon. And I am tenacious and I was not happy.

I now live life through how I feel and that's my guidepost. But I didn't understand it back then. My life has been a search to find and love myself. And I actually think everybody should do that.

[00:08:28] Kathy: There's something about that word tenacity because I can certainly align with that, but then you got to a point where you stopped and paused. That is not the trait of a tenacious person.

I'm really interested in... I understand that you were trying these different things. You felt like there were these roadblocks that were being put up. You took a broader view as to why that might be, but to stop.

So tell me a little bit more about where you were and what led to that and what it felt like *not* trying to push that ball forward.

[00:09:08] Diane: I believe that the Universe gives everyone gifts every day. And our task or just our opportunity is to see them.

COVID was a nightmare in the East Village when it first started. I did not have a washer and dryer, so when that shut down, when the health food store I shopped at shut down, when everyone basically had left, there was-- we were scared. We were spraying packages, leaving them out in the hall for three days. I didn't have much else to do.



Also, I was about 58 when this started, so there's a thing called a Saturn Return. Whether or not you believe in astrology, it's what other people deem your midlife crisis. So I had tried the drinking and partying. I had tried the music industry. I had traveled the world. I had studied Buddhism seriously for years but I did it like a New Yorker. I was meditating 45 minutes a day and I was chanting mantras and I was this initiation, that initiation. And also... menopause.

I didn't think there was anything left except to just sit. To sit in the uncomfortableness and sit in the fear and sit in the trauma of life in New York, of looking at not having achieved what I would have thought. That whole shift from being brought up to even care about outer material to the inner.

I think I'm 98% there now, but I don't know if I could have done that had I not moved to New Mexico, because I can go out in the mountains now and I can disappear in the desert. I can [sighs] just to watch the clouds float by. The two dogs that come on my porch every day, I couldn't appreciate that in New York.

I think I learned to listen to myself. I didn't realize until I came here how crazy New York is because I lived there for 30 years.

So I don't know if that's a complete or direct enough answer because it's hard to answer that question.

[00:11:23] Kathy: Yeah, which is why I asked it. [laughs] It's not about tying a bow on it, but what I love is this idea of this tenacious Buddhism. This is-

[00:11:33] Diane: That's me.



[00:11:34] Kathy: -the way I'm going to approach it, right?

[00:11:36] Diane: That's going to be a future book, *The Tenacious Buddhist*.

[00:11:39] Kathy: *The Tenacious Buddhist*. You are more than welcome to that. And I'll tell you, it trained you well, though, to be able to... because the words that you used, you were sitting in that uncomfortable place and just being there. It's really what Buddhism is, right? It's trying to unpack that, "Am I bringing suffering on myself? How much of this is the situation and how much of this am I bringing on myself?"

[00:12:03] Diane: Not to freak anyone out but I believe we all bring it upon ourselves. I brought everything on myself and I have the opportunity to see it as a teaching, to see it as a growing experience, or to hate everybody and to push it out on the world. That pushing out on the world will never solve anything. But that did take many years of this crazy path.

And even when I went into the nonprofit world, I thought, "Oh, the nonprofit world, we're all going to hug each other and sing Kumbaya."

[laughter]

Someone explained early on, because you don't get paid a lot, there's a lot of ego. It was another growing experience.

I will say that sitting in your fear and sitting in anything uncomfortable, I do it as long as I can. I still get waves of being freaked out over something and if I can sit



for five seconds longer than I did before, great. If I can sit for five hours longer, great. It's the process of moving forward. It's not how fast or far you're going.

[00:13:09] Kathy: That sounds like wisdom to me. It sounds like hard-earned wisdom.

[laughter]

I was going to ask you about your spirituality, knowing that it does play a big role in your life. You've mentioned certain things but can you give me a little bit of that journey of how that started and where you are today?

[00:13:29] Diane: Sure. Let's go back to my teenage years and The Who. So Pete Townshend was into this Indian guru called Meher Baba. *Tommy* is based on Meher Baba's teaching. I got introduced to Eastern philosophy through my passion for rock and roll. That opened me up.

When I was in college, I minored in philosophy. Philosophy and spirituality is very aligned to me. Then I got an opportunity in the, I think in the late '90s to see the Dalai Lama in Washington DC. At the end of the teaching he did a prostration to the audience. If you don't know what that is, it's when you get on your hands and knees, you put your forehead on the floor. He did it to the audience.

When his forehead hit the floor, I had a life-changing, transformational, heart-opening moment. I felt this pinprick of warmth, like I literally was cellular changed in that instant. I went back to New York and it was Buddhism.



Everybody has their own path. It doesn't matter if you follow religion, it doesn't matter if you hug trees, it does not matter. Everything is based on kindness to yourself and others. I believe that's everything and that is the path to enlightenment and it's easier said than done.

[00:14:49] Kathy: It's funny when you were mentioning *Tommy*. I wonder how many of us, of our demographic, have really been changed and really got their first introduction to true spirituality through rock and roll. Because I was brought up Catholic. It was when those headphones were on my head. *Quadrophenia*, which isn't a spiritual record by any means, quite the opposite, but *Tommy*, the Beatles were doing a lot, *Tomorrow Never Knows*.

[00:15:17] Diane: Wait, I got to go back to *Quadrophenia*, though. *Quadrophenia* maybe wouldn't be traditionally spiritual, but *Quadrophenia* saved my life. *Quadrophenia* and *Darkness on the Edge of Town*, Bruce Springsteen. *Quadrophenia* is an absolute masterpiece and for any angsty teenager, like Townshend was able to capture the global angst of all teenagers.

[00:15:40] Kathy: I agree with you 100%. I meant more of the you're not going to get sitar drones on *Quadrophenia*. It's a different type of thing.

And what always fascinated me about that is, that was '73. I was nine. A nine-year-old girl, how did that touch me? It still boggles my mind. And I could not get enough. Still. I hear the intro and I get chills. There's just something about that record that is just pure power, but it's pure teenage male power. It's



transcendence. Not in a loving, kindness kinda way, but in a pure male teenage expression kinda way that he captured that energy.

[00:16:30] Diane: Yes.

[00:16:31] Kathy: And how that could connect with a nine-year-old girl in the States, like it still boggles my mind. I was just listening to it last weekend. I had it cranked up, turned up to 11, "God, this still sounds amazing."

[00:16:44] Diane: I just saw them in Denver 43 years later and they're still doing it.

I also have to say with music, I remember I was still a teenager. It was December, 1980. I had tickets to see Springsteen for the first time. And John Lennon was murdered. I was a huge Beatles fan. That was my first death that really affected me. I wasn't going to go to the show and they came on the radio and they said Springsteen and the band were going to cancel but they decided that Lennon would want them to carry on. So I went.

During *Jungleland*, there's a musical interlude and Springsteen started throwing his fist in the air. Twenty-thousand people did the same. There was a moment I connected with 20,000 people and we all became one in our grief. And I understood how rock and roll is spiritual.

It wasn't just listening to him, now it's that shared experience. It was more church than any church I've ever been to. I'll see Springsteen until the day I die. I don't care if he mimes it. If he just dances, I'm there. His Broadway show so blew my mind. I went on a road trip to Arizona for 10 days after.



My-- Not a hope for the people but... I feel so fortunate. And I do hope that everyone finds that thing. For us, it seems for you too, it was rock and roll.

[00:18:12] Kathy: Without a doubt.

[00:18:13] Diane: It could be knitting. It could be hiking in a forest. There are many ways to get there but that unbridled raw energy that I used to get at concerts, don't get that anymore. Not like that.

[00:18:30] Kathy: Like communion.

[00:18:31] Diane: Yeah.

[00:18:32] Kathy: There's that connection with all these people, there's a communion of sorts. When I think back, those were really special times, those were really special albums there, they'll be ingrained in my memory forever.

You were in the industry, as you said, as it started to turn. I think there were a couple of things going on in the '90s, right? There was this more commercial aspect that a lot of people were rebelling against. Then there was a really big indie movement, grunge came out of that, alt-country came out of that.

Tell me a little bit about that time for you in New York. I'm actually interested in what you were doing during the day and then how you were experiencing music at night for your own self.

[00:19:16] Diane: Okay, it's a cliché and a stereotype, but there's a lot of partying, sex, drugs, and rock and roll, that got coined for a reason.



But I came in, I got hired at a corporate label, I started at Island Records, which had just sold to a major but they were still Indie and that was just amazing. It's very laid back, it was creative. Got laid off, ended up at a major label.

It was CBS Records. They had just sold to Sony. I was there and worked during the transition from that crazy '60s/'70s rock and roll era to, no offense, an accountant running the record company. Tommy Mattola got booted out and they brought in somebody else.

I didn't think about this until you just said that. The corporatization of rock and roll or music created grunge, created punk. So there was really amazing things that came from it. I remember there was this label called Matador. They were an indie label. I would buy anything. I didn't care what it was. The minute they released the record, I would buy it because I knew that it was going to be great music.

I think I made the mistake of thinking that working in a field that is creative, but in the corporate side, would also be creative. I couldn't have been more wrong. It makes me wonder-- and you worked on Wall Street so you might have a better perspective, a more rounded perspective. But as the company gets so big, it can only get to a certain level. And if it's a creative company, it kills the creativity and that's eventually going to kill the company.

[00:21:01] Kathy: I think about it more of a broader ecosystem because I can remember myself going down, there was Tower Records there, right? More corporate even though it didn't start that way, but that's the way it grew up. Right



across the street was a little store called Other Music, and you can get all this cool stuff that you couldn't get in Tower.

So to me, I think of the '90s as-- It's almost like this dual track. Some of us were able to navigate through that and try to take the best of both worlds, but I don't know, I think it was that balance, right?

[00:21:35] Diane: So, did you know that Island Records where I worked was right above the Tower Records, and Keith Richards lived in that apartment building [crosstalk].

[00:21:41] Kathy: Oh, is that right? [laughs]

[00:21:43] Diane: Yeah. So it was way more cool than you might realize. No, I agree. The offshoots would happen but had corporate music not become so corporate, I don't know if the explosion of indie bands and indie labels would have happened.

[00:22:00] Kathy: Exactly. If there wasn't all of that electronic music in the '80s, would Guns N' Roses ever happened? Who knows, right?

[00:22:08] Diane: Right. I do have to say one of my great joys, and I think this has taught me to try anything, were some of the concerts. Radiohead being one of them. I'm like, "Who was to see, ugh." This is way before anyone knew, right? I walked in and I'm like at the bar at the back having a drink, and they start. By the third song, I'm next to the speaker next to the stage, because they were so... Jane's Addiction, Ozzy Osbourne, and the best by far, Jeff Buckley.



I don't know if you know who he is, but Jeff Buckley live, I understand now why women-- If it's about women swooning way back when they would hear singers. He would hit these notes and hold them so long you would forget to breathe, and I'm not joking. Ah, amazing.

[00:22:56] Kathy: One of the greatest versions of *Hallelujah* next to the man himself.

[00:22:59] Diane: Ever. Yes.

[00:23:02] Kathy: I was going to ask you about some of your favorite memories of that time, but you're kind of hitting on that. Certainly, the concerts. Do you follow anything today or is that just all-- Do you go back and just listen to what your favorites were back in the day?

[00:23:18] Diane: It's generally my favorites. Billie Eilish is good. If they get so big that I can't, but I don't-- I only bought my first car when I moved here about two years ago and most people listen to radio in the car, but now with podcasts, and I listen to YouTube videos. I don't discover new music. And then the rock stations are still playing *Stairway to Heaven*. They're still playing the music I listen to and I'm like, "Is this the only era of rock and roll?"

So I know there's great music out there. I'm a little more at a point in my life where I'd rather go to like a restaurant. I'm not so into dive bars anymore, but to go to a restaurant or just to see somebody on the street, just to enjoy good music. It doesn't have to be famous, it doesn't have to be The Who, or Them, or whatever.



Yeah, there isn't anybody. I'm trying to think of an album I bought. I think Billie-- or download because I have a subscription. I know I don't buy albums anymore. You think with that that people would discover things more, and maybe more younger people do.

I believe that musicians and bands aren't groomed for the long term. They're not groomed for albums, they're groomed for singles, and they sell singles now. It was that whole arch of *Quadrophenia*, that whole arch of *Tommy*. Even *Darkness on the Edge of Town* which is Springsteen, not quite the same arch, but still you would go through, and you would listen, and you'd look at the liner notes. It was...

[crosstalk]

[00:24:54] Kathy: *Quadrophenia* had that booklet. I still have that booklet. Yeah, all the pictures, and the lyrics, and you were "in it."

[00:25:02] Diane: Yes. The other thing about the music industry, it is true. There was a lot of fun. We would just party all night. When you're in your 20s and even your early 30s, it's just laugh out loud. I think I don't want the drugs, I don't want the booze, I don't want any of that, I don't want the crap anymore, but the laughter.

I think that is so important, and I think that-- I can only speak for myself, but as I got older and when I got into the non-profit world, it's very serious. I use to say, "Guys, I know the world's coming to an end, but could we be a little more joyful?"

One of the things that I'm working on in life right now is keeping joy within everything that I do and finding laughter within every experience. I do think it gets



harder. I think our perception gets much more defined, so we have to choose how we see the world.

For instance, I decided I'm not going to watch the news for like a month, because every time I watch it, the world is coming to an end. But if I go walk out in the desert and see the sunset and see birds fly by, it's like, "Oh, what a beautiful world."

[00:26:15] Kathy: Yeah. Well, it's an interesting-- what's the word that I'm looking for? Paradox-- that we hold, right? That we see things, it could be on your phone, it could be on television, it could be these things that are coming to us in another way versus our own experience.

I find the same thing as well that you can hear all of this negativity and see all of these stories, and they're horrible. I'm not minimizing any of that. But then you'll go out in your own experience, and everybody is saying, "Thank you" and being incredibly polite and doing nice things for other people. It's hard to reconcile those two worlds of, well what's really true.

[00:26:58] Diane: Have you ever sat in a room with people and meditated? Just sat in a room, that power? I meditated on my own, but if I can get in a room of 20, or 50, or even more people, there's this strength and this power.

I'm big on quantum physics. I do believe that that energy can shift worlds. So that if we get caught up in the news, we get caught up in the negativity, we're just going to make more of it.



So, I think for me, because of all the political strife and everything, the rainforest, just everything going on, Ukraine. I'm over 90% Ukrainian and just to see what the relatives I will never meet because a lot of immigrants wouldn't talk about the old country when they came here, my grandparents came. But to see what's going on there. It's horrific. But it's Rod Stewart who bought a house and put a family in it and is paying all their expenses from the Ukraine. That's what I choose to look at, the good in things.

[00:27:57] Kathy: Yeah. I guess that's the balance of being able to stay informed when we have so many outlets or inputs from all of this media. Yes, you need to know what's happening, but how do you determine where you can actually put your energy and invite some change into the world, whatever that might be for you?

That in itself is a Buddhist practice that needs a lot of tenacity, of going through that every day of, what is it that's going to help me understand versus what is not helping from a mental health perspective. Then how can I do something worthwhile in the world in whatever way I might be able to offer that day?

[00:28:44] Diane: One of the reasons I was able to shift from non-profit advocacy work to writing was I started to feel like Sisyphus. And I kept rolling this boulder of healthy food up a hill just to get crushed again, and that was just decades.

I feel I have a better shot of writing entertaining fiction with a meaning underneath so people can choose to see the meaning or choose just to be entertained. Just the entertainment alone might alleviate some of their pain, et cetera, and then



that might help. I truly believe I have a better chance of changing the world through writing books than through the work I did.

And the work I did is necessary. There's a whole new generation. There's been a generation shift, and there's a lot of younger people that have come in. That's another thing, too, is I was also phased out as I was leaving. The Universe has been very good to me. That's all I can say. Because I probably would've stayed there, and ultimately been miserable because I really want to write books.

[00:29:47] Kathy: There's this passing of the baton, so it's not even so much-- You carried it as far as you could, and then there's this passing of the baton, and now you're deciding to impact the world in another way.

Tell us about that. Tell us about your move and what it's like to be a writer in Santa Fe, and then, of course, the book itself.

[00:30:11] Diane: Don't get me wrong, I work. I mean I work harder than I ever have in an office. But I have the freedom. If I want to go out, like after this, I'm going to go for a walk. There's a trail right outside. I saw a road runner, like a huge road runner, really did look like the cartoon, crossed my path. I was so excited. There's three prairie dogs moved in on this hill, this side of the things, I check for them every day.

So it took a year. People say give it three, so I'm coming up to two. It took a year before I started to decompress because I came out as a New Yorker. There was a struggle, I went through some tough times. I was unprepared for the emotional



impact of uprooting myself from Manhattan and moving out here. Wasn't bad, just was not prepared. It was very emotional. I had some very weepy months.

But when I drove out here, in the height of lockdown, when my wheels crossed into New Mexico, tears came out. And I knew right then on an instinctual level, I knew I'd made the best decision of my life. So that's been able to carry me.

So growth only happens through pain. When a person is fearful, when a person is scared, what I do is I remind myself that this is growth. Look at a butterfly, that strength it takes to break out of the cocoon from caterpillar to butterfly has to be incredibly painful. I know they've done some research, and I can't quote studies, but they have done research.

There's a woman in New York, I think at Columbia and she's doing research on spirituality and pain or depression or trauma, and that people who have gone through painful experiences are the ones who are more open and who have more of a capacity for spiritual growth. So I try to just remind myself and then I do what I can. If I curl up with Netflix for two days, that's fine. And I have the ability to do that.

[00:32:16] Kathy: What's interesting about the caterpillar to butterfly is that if you try to help the butterfly as it's trying to struggle to get out of that cocoon, it will not survive. So it is the struggle very much to your point that allows it to get the strength so when it is out, it can actually use its wings.

[00:32:35] Diane: Yes, yes.

[00:32:37] Kathy: So tell us about your book. Give us the title and a little synopsis.



[00:32:42] Diane: It's called *Rock Gods & Messy Monsters*. It's essentially one woman's search for self in a very insane 1990s record company. It's fiction, but it is based on experiences I've had and things that I've seen.

Within it, there is a cast of comedic characters who are the executives. Aliens have bought this record company and they hatch a half-clone, half-human rockstar and they make the executives turn this-- clone bot is what I call them, a clone bot into a rockstar.

It's two stories in one. so it's Alex, the main character, she's trying to get out of this job that she hates, only to find out her boss is firing her and then telling her that she has to do more work and then is not letting people hire her which is I actually... [whispers...]

[00:33:32] Kathy: A little autobiographical element there.

[00:33:35] Diane: Bottom line, it's a cautionary tale that our dreams can be illusions and what we need is courage and self-love in order to do something about it. The door's always open. We can always quit our job, we can always walk out, but we need the strength to do so. So it's her whole path toward self-discovery and self-love basically.

[00:34:00] Kathy: Wonderful. I'm curious what lessons you've learned as a result of writing it. What is it about the story that you learned?

[00:34:10] Diane: I truly believe that there is a higher power, that we each have a higher power/guardian angel/god, whatever you want to call it. And that force is



always there guiding us. We just have to be able to listen and we do make our own choices.

In the book, she has to take her brain out and put it on an urn every day because she's not allowed to think, but her brain talks to her. It's all the whole learning to listen to your inner self.

I also learned that writing is way more difficult than people realize until you sit down to write a book. [laughter] Now what I'm learning is that marketing and promoting it is way more complicated. [laughter]

[00:34:58] Kathy: That is true. It makes you long for those days when you were just behind your computer and it was you and it. [laughs] I feel you.

[00:35:10] Diane: I know many artists have said this. There was a point and it didn't happen all the time, but I would sink in with the writing and you get into, they call it *flow*. But the book would write itself and I'd be screaming at the characters, "No, you can't do that!"

So there's this high, and I'm sure you got it because you did marathons. There's a high you get and that high for me is a connection to something beyond just me. It's a spacious, interconnected consciousness kind of flowy, beautiful tapping into that. I think that's why a lot of people do drugs and you can't get there through drugs.

[00:35:47] Kathy: Well, it's very fleeting.



[00:35:49] Diane: Well, right. You might have a glimpse, but you're not going to-- I don't know. I feel like, for me, writing is allowing me to find myself. It's baking for other people. It's making cocktails for other people. But for me, writing is my connection to my higher self.

[00:36:09] Kathy: Yeah, I understand what you're saying because the thread for me, whether it was ultra-marathoning or doing endurance cycling, or writing, or even starting a business, long road trips. These are like quests that are almost impossible at the start and all you learn through them. I think when I look back, it's like my most memorable life memories are these times.

And there is a tenacity. And there is a presence. I think maybe that's what it does, right? There's a deep presence when you're trying to figure that out and perhaps that's what's unifying, that's what gives you that euphoria in a lot of ways, and that connection because you are just in it in that moment and that's where everything connects.

[00:36:58] Diane: Yes, yes totally agree.

[00:37:01] Kathy: So what's on your writing horizon?

[00:37:05] Diane: Because indie publishing has been so challenging, not in a bad way, but just... I'm going to be writing a book on how to indie publish. A lot of people I know, I'm in a big women's writing group, so I'm like, "I'll do it even if just for you." That will be my first non-fiction book.



But I'm also in the first rewrite of my next book that I can't really talk about yet because it's not defined enough, but it's social commentary on materialism. It's inward versus outward. But it's going to be a series and I think it's going to be like a *Lord of the Rings* sort of epic adventure, but not that fantastical.

I don't know if it's going to be absurdist like this book. And it's weird because that voice didn't come out until about the fourth rewrite. I'm hoping I don't need four major rewrites on this one. But I haven't clicked into my voice.

And when I do, it sings. I never could understand how four different people could take four different instruments and make such great music. But when I write and I click into it, I hear a melody and it can become a symphony. And I don't know how to explain that.

[00:38:07] Kathy: Mmmhmm, that's being in flow. Because it's more than you that's sitting down to the page there and that's beautiful.

[00:38:15] Diane: My goal is to start to think about an editor in January. Probably, it might be 2024, late 2023, have that next book out.

[00:38:25] Kathy: All right. Tell us, how can we find your book? How can people find you? What's the best way to connect with you?

[00:38:34] Diane: The best way, just one place. I have a Substack, which if you don't know what Substack is, it's a newsletter. Just dianehatz.substack.com. My book is on all Amazons worldwide. That's probably the easiest way.



[00:38:49] Kathy: Okay, perfect. I will link all that up in the show notes and I appreciate you so much for this wonderful conversation and thank you for being on the show.

[00:38:56] Diane: Oh, thank you for having me, Kathy. This was a joy.

[music]

[00:39:03] 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]

[00:40:05] [END OF AUDIO]