



The Athena Wellness Podcast
Episode 211 – What Would Your Creative Twin Do? with Sam Bennett
July 12, 2023

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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 for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today, I'm joined once again by writer, speaker, teacher and creativity/productivity specialist, Sam Bennett. During this episode, I turn the mic over to Sam, who leads us through a short but impactful visualization that helps us explore possibilities during times of transition.

And now onto the show. I hope you find this technique helpful.

[00:02:03] Kathy Once again, I'm joined by writer, speaker, actor, and teacher Sam Bennett. Welcome back, Sam.

[00:02:09] Sam Bennett: Thank you so much. Thanks for having me.

[00:02:12] Kathy: You actually do a visualization called the Creative Twin, and I'd love to do it for people who are going through some sort of a transition, especially those in midlife considering a second act perhaps.

[00:02:24] Sam: Yeah, I'd love to. I'd be honored. This is a little sort of imagination/visualization exercise. And I know some of you out there hate these. [laughter] That's totally okay. You're 100% allowed to hate it. I am also not a person who visualizes things very easily, so I get it.

What I want to encourage you to do is just let it roll over you and see if something sort of bubbles up. Don't try to think of anything. Just see if something sort of



bubbles up. If nothing bubbles up, don't worry about it. It may be, this does happen sometimes, something might bubble up later today or tomorrow morning in the shower, you might have a little like, "Oh, that could be interesting." So, lower your expectations. [laughter]

[00:03:06] Sam: That's my advice. Lower your expectations of yourself and of this exercise and just see what bubbles up, see if you can surprise yourself a little bit.

Good. Shift around in your chair for just a second, just to let your body know like, "Oh, we're doing something different now." Maybe shake out your hands a little bit. Let your belly go really poochy soft. We're going to start with a little breathing thing that I do all the time. If you benefit nothing else, learning this breathing pattern could change your life.

We're going to inhale for four, hold for seven, exhale for eight. We'll do it three times. I'll count us through it. But I'm telling you, I do it in the car. I do it when I can't sleep. I do it when I'm upset, financial crisis, health crisis, parking lot at Trader Joe's, like this works.

So, let your belly go really poochy soft. Soften your gaze. Soften your heart. And let's inhale, 2, 3, 4. Hold, 2, 3, 4, 5, 6, 7. Exhale, 2, 3, 4, 5, 6, 7, 8. Inhale, 2, 3, 4. Hold, 2, 3, 4, 5, 6, 7. Exhale, 2, 3, 4, 5, 6, 7, 8. Inhale, 2, 3, 4. Hold, 2, 3, 4, 5, 6, 7. Exhale, 2, 3, 4, 5, 6, 7, 8.



I want you to imagine yourself in a place that is very beautiful, very peaceful and very safe. Maybe it's a real place or an imaginary place or some combination of those things.

First, just look around and notice what is it that makes this place feel so beautiful, so safe, and so peaceful? Maybe notice where the light is coming from. Notice how you feel.

Now, I want you to notice coming toward you, your twin. And this person may or may not look anything like you. They're just like you, but different.

And one of the ways in which your twin is different is that they have all the money in the world. They can buy and do anything they want anytime and it makes them a little impulsive. They're a little whimsical. They're a little even somebody might say irresponsible. They've been known to buy an island and decorate it all in purple and then fly over it, take pictures, and sell it. [chuckles] They've been known to do things, have parties in Marrakesh.

So here comes your creative twin and they're so glad to see you. I want you to notice what is this twin of yours wearing? How are they dressed? Do you approve? Do you disapprove?

They greet you. They're so excited to see you. How do they greet you? Maybe they have a pet name for you. As the two of you walk and enjoy your time in this space, maybe your twin has an idea for a project that the two of you could do together. Maybe it's just a little idea or maybe it's a very, very big idea or somewhere in



between, and notice just how you react to it. Does it feel like a good idea? Does it feel silly? Does it feel appropriate? Tingly interesting.

As you continue to walk and your time is coming to a close, your twin has a gift for you and it's something you didn't know you needed. You can accept the gift and maybe put it somewhere safe so you can hang onto it.

Just as you're saying goodbye, your twin leans over and has a little word of advice for you. What is it? What does this twin have to say to you?

Then a quick kiss-kiss. Your twin is off to their private jet to wherever, and you are left with this project idea, this advice, this gift, this time. Take one more look around this location remembering that you can come back there anytime. It's always there for you. You can have conversations with your twin anytime. They're always there for you.

We'll do one more breath to come back to this time and space. Let's inhale, 2, 3, 4. Hold, 2, 3, 4, 5, 6,7. Exhale, 2, 3, 4, 5, 6, 7, 8. Well done, everybody!

[00:09:10] Kathy: We'll leave it at that for the listeners. I'll link up all your information in the show notes. Again, I thank you so much for your time today, Sam. Thank you.

[00:09:18] Sam: My pleasure. Hey, y'all, ping me. Let me know what you came up with. I can't wait to hear.

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[00:09:25] 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.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!

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[00:10:28] [END OF AUDIO]