

Episode 233

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SPEAKERS

Carissa Andrews, Amy Vogel



Carissa Andrews 00:02

Welcome to the Author Revolution Podcast, where change is not just embraced, it's celebrated. I'm Carissa Andrews International Best Selling Author, indie, author, coach and your navigator through the ever evolving landscape of authorship. Are you ready to harness the power of your mind and the latest innovations and technology for your writing journey? If you're passionate about manifesting your dreams and pioneering new writing frontiers, then you're in the perfect place. Here we merge the mystical woo of writing with the exciting advancements of the modern world, we dive into the realms of mindset manifestation and the transformative magic that occurs when you believe in the impossible. We also venture into the world of futuristic technologies and strategies, preparing you for the next chapter in your author career. Every week, we explore new ways to revolutionize your writing and publishing experience, from AI to breakthrough thinking, This podcast is your gateway to a world where creativity meets innovation. Whether you're planning your first novel, or expanding your literary empire, whether you're a devotee of the pen, or a digital storyteller, this podcast is where your author revolution gains momentum. So join me in this journey to continue growth and transformation. It's time to redefine what it means to be an author in today's dynamic world. This is the Author Revolution Podcast, and your author revolution starts now. Well, hi there welcome back to another episode of the Author Revolution Podcast. Now, for those of you who have been around for a while, you know that I'm kind of the type of person that really loves this notion of transformation of taking something that we have been thinking about or perceiving in a certain way and shifting it just a bit or being open and, like, unapologetically us and unafraid to try new things or do new things, right, without having that fear of like, what's this gonna mean for us. And so it's in that vein that I invited my next guest on, like, she's created this new world that has just enamored me, like, I love that. I love her book, I love her thought process. And I love the way that she has merged like, philosophy and theology and dystopian slightly shifted version of reality into her book. And so we're gonna talk with Amy Vogel, she is a fantasy author who has written a book called tele osis. And she's working on the rest of the books in the series right now. And one of the greatest things about this conversation is her process through storytelling and her process through what it means to lift people up to transform to transcend, and especially the messages that she carries for young women who are entering into this space, that you know, we need your voices, we need you to be able to take the torch and help us to elevate, you know, our other community, help us elevate the community in general, help

us to really elevate the world. And so, while we are going to be discussing her book, The message here is much bigger and broader than that. And I think you're gonna find everything she has to say really enlightening and inspiring. So without further ado, let's get into it. Well, Hi, Amy, it's great to meet you. Welcome to the author Revolution Podcast. I'm excited to speak with you today. But before we get started, I would love for you in your own words to tell my audience a little bit more about who you are and what you write.

A

Amy Vogel 03:51

Well, I really appreciate this opportunity. I'm so happy to be here with you today. And oh, let's just see a quick story. So my bio is I'm an author, I'm a speaker, and I'm a story coach. And so what I, what I do, what I focus on every day is how to empower people, specifically women, to know that they have a story to tell, whether that's through reading my stories, hearing my my talks, or even understanding how they can tell their own stories. And those stories end up changing the world. If we change ourselves, we change the world. So I'm here to to help people realize the power of story and get a vision for how the world can be a much better place.



Carissa Andrews 04:35

I love that but a great, like mission really honestly, that's I love. I think you and I are very similar of that. I love the power of transformation. I love to be able to see the world differently and envision something that's going to be better than what we think at first or, you know, just adhering to the status quo or any of those things and we're definitely gonna be talking about that because I know your book called teleo says it touches on a lot of those touch points. So let's talk about teleo. At first and like, can you give my audience a little bit of an insight of what that book is about?

A

Amy Vogel 05:08

Absolutely. So tell us is, is a novel of permanent transformation. And so it is a modern fantasy. It is specifically in this world, so in on Earth, but it is a different dimension, I don't even know if the dimension is right, where but it's just a reimagining of the world that includes a civilization that was based in gender equality, and where women would lead the way. And that goes back to the beginning, a lot of this came from my Christian spiritual roots. And so I retold the Genesis creation narrative, and made it so that the quote unquote fall, which we tend to associate with Eve, right, of course, the fault that fall didn't happen in Genesis three for this civilization appellee ois, their creation narrative is the fall happened in Genesis for when Cain killed Abel. So when murder and violence entered the picture, that's when the actual fall happens. So that's their creation, mythology, that comes out really, really early, I think, in the very first chapter. And so it paints the picture for how the civilization of teleios has become the most innovative became the most thriving society, in the world, until it was destroyed. And that's kind of the pivot point of the story is that, you know, when when you're doing something wonderful for the world, there are going to be people that have problems with it and want to take you down. And so it goes through this story that, you know, started 20 years ago, when the civilization was destroyed with a story of an era bo m, who is the heir to the High Priestess roll, which was like their world, you know, their, their civilization leader, but she, she never got to be that because

of the destruction that happens. So she moves to the US, gets remarried, has a child has a daughter rebuilds her lives and thinks that's going to be it until someone comes along and gives her the opportunity to rebuild the civilization. And so the story takes off from there.



Carissa Andrews 07:14

I love that what a cool like I got a response from that. It's such a cool way to view things and look at, I love when people can take a look at something like our you know, our current belief system about like the Bible, or the way that the fall happens, or some of those deep rooted mythologies that we believe to be true and and just shift it just slightly, and how that shift creates such a deep and profound perspective change. I mean, I love that one of the books that I wrote, it's called awakening. It's about like the the Christian myth too. And like what could have happened if someone from the future actually went to the past in order to create the role of Jesus like it was a time travel situation. And so I like looking at mythologies or looking at different aspects of things that we believe and just tilting them just slightly, and just seeing how it could be different. I love that it's so cool. I can't, I can't wait to dig into this book. It's my next. It's my next book. Once I finished my nonfiction book right now called the tools if anyone's curious. That one's an interesting book, too. Okay. So Amy, tell you this has been described as a spiritual Odyssey. And when that name of the gates through like you just said, trauma and transformation, how does your main character in their neuro, right, that's how you pronounce it? How does her story mirror some of the things that you've gone through? Or maybe some of the philosophies that you had to deal with in overcoming adversity or finding your own strength? It does that overlap?



Amy Vogel 08:37

Oh, of course, I think you always write your way through the story. And when I say your way, like that, so much of me and where I was at the time, what went into the story. In fact, in my acknowledgments, I always read author acknowledgments, because if it's really good, you're gonna get the juicy pieces of where the story came from. And so I tried to include that in mind. So I tell the story in the acknowledgments of how this book came to be. And at the time, I had stepped away, stepped out of ministry, I was in a pastoral role for 10 years. And that's out of it. My Church ended, I was like, Oh, crap, what do I do? What do I do? And so I had been reading nonfiction. I had been reading theology for 10 years, I lost that first love of fiction. And so my way to recover from depression due to burnout, because I was overdone, was read, I read 77 books in six months. That's more or less what I did all day. I love it. At the time, I was married to somebody you could, I can do that. Right? Now, I got to work but that's okay.



Carissa Andrews 09:49

It's bringing you to your next purpose. It's good.



Amy Vogel 09:53

Exactly. But I was three or four months into this recovery process. And I thought You know what, I'm going to start writing again. Finally it hit hit started coming back a little bit, you know, when you've been sick for a while you it takes you a little, you know, a little bit to

know, when you've been sick for a while you, it takes you a little, you know, a little bit to recover. And so I kind of felt like that was what was happening with my creativity. So I actually started writing two books at one time, I started reading, I'm sorry, I started writing my nonfiction, my latest nonfiction devotional called company. And that was like a snack almost that was me, getting my toe back in the water, I knew how to write devotionals, because I already had written one book. And so it was my way of processing through actual tangible healing. Teleosis on the other side was the therapy of working through all of the toxic theology that I had internalized. And in the wake of the pandemic, in the wake of the murder of George Floyd in the wake of the me to movement in the wake of the awakening that has happened, and, and then my own personal awakening as a woman, which I love. I mean, I've always said, I'm a late bloomer, I came to it when I was in my mid 40s. But teleios, this was me writing my way out of all of that, and, and working to envision a world where it's not just the patriarchy, it's not just institutionalized racism, it's not just, you know, all of these things that plague our world, there is something more possible. And you know, the vision of Jesus as part of that. And I even referenced that in the book. And it was just one of those things where I was like, I have got to picture something besides what I'm seeing around me. Yeah, so let me create it for myself. And in fact, I mentioned this in the acknowledgments, I got the idea for the book on the way to a therapy appointment. And my therapist, let me flush it out, flush it out in, in our therapy session. So I think some of the acknowledgments for allowing me to pay her to book and not my personal issue. So I love that.



Carissa Andrews 12:01

Oh, to fun. I mean, I think that what you're describing is so profound, because one of the things that we teach an author revolution, is that when you're trying to create something new, whether it be a successful author career, or more money in your career, or get yourself out of burnout, or you know, just develop your storyline, the goal is always to, like, not be stuck in what is or even what used to be or what was, but rather envision your future self envision that future point. And so when you're in a place, like, you know, obviously, you're a very philosophical thinker. And so when you're looking at things like religion, and theology and, and how societal structures are built, being able to let that drop and envision something new or different, that's powerful, because that literally shifts like your vibration. It's just the people who read it. Like they're, like what they believe to be possible as that is so cool. So cool.



Amy Vogel 13:00

Yeah, and for me, it was necessary. I had to, I had to get out of the headspace I was in. And the way I did that was through reading. And then for me, you know, I've seen it a lot in different Adrian Marie Brown is somebody I follow and, and I'm really impressed with her vision of the way that the world can work. And I forget her lesson, Trisha, she's called the nap Bishop. And so basically, these these black women who are re envisioning the world as resistance is through rest and resistance is through art. And so for me, all of those came to start cooking in my brain, and, and then I started living them. And I started living a life that was not based on grind culture and trying to turn out, you know, X amount of words a day, or, you know, this kind of thing. It was like, I just have to go with the flow. And then that art is resistance against the current structures that we have in place, whether that's in the church or government, I mean, they all reflect each other. But in knowing too, I've read quite a few books where it wasn't always this way, right, that there are other civilizations on this earth, that were women have

led the way whether that's in Africa or the Mediterranean or in the Middle East, you know, where it's just there are so many options for how to create a society that is much more beneficial to everyone. And, you know, I just, I had to write about it.



Carissa Andrews 14:38

Yeah. Well, then, to envision and create structures that aren't so, like you said, grind culture or, you know, push, push, push, go, go go, you know, be as productive as humanly possible. It allows rather than force it's that allowance that receiving of creativity receiving of the information that needs to be told Hold and tapping into I think, more of the right messages to that need to be told. Because otherwise, if you're forcing creativity to do your bidding, we all know that sometimes our creative mind kind of goes fine. You take to it, I don't care. And then and then you're like, where was I going with that? Again? It's not enough.



Amy Vogel 15:18

Insert writer's block. Yeah. Like, it's just not if it's not flowing, it's not flowing. And there have been several times over the last couple of years where something major has happened in my life, whether it's emotional or physical. And I just kind of put everything down for a little bit, because my energy is being directed towards healing or my energy is being directed towards supporting my kids, or, you know, it's just, you gotta go with the flow. And, and I truly admire these people that can just sit down and crank out a book, or they can crank out a novella, you know, in two months time. I just don't work like that. I had this conversation with my best friend yesterday, who's my, she's my alpha reader. She reads everything I write, it seems like send it to me. And I was like, Dude, I feel like I've said this before, because this is, I'm at this point with my second fiction book. I'm like, I don't have that far to go. Why did I think I had that far to go? I only have about 10 chapters or so left. And she's like, You did this with Le osis. And I was like, well just expect it to come around again.



Carissa Andrews 16:27

In that mid manifestation of creation, you feel like you're in the weeds. And you're like, where is that? Like shining light?



Amy Vogel 16:38

Exactly. And then you realize, oh, it's really not that far away. I'm, I'm almost done. So yeah,



Carissa Andrews 16:44

Yeah. Is that interesting? Okay, so you and I obviously share this love of fantasy and being able to use fantasy to kind of out roots or uproot those deep, like real world issues. So how do you feel when you're digging into fantasy? Like, how do you feel a fantasy even as as genre? And

how it can empower readers or writers to reimagine, like what we're trying to create in this world? Or how they confront their challenges? Do you feel it's the best genre? Or are you like, all sorts of them? It's great.

A

Amy Vogel 17:14

Yeah, no, I think I think sci fi and fantasy, this is the greatest strength of that genre, in particular, because you get the license, you get the dramatic license to just think big thoughts. And, and the challenge is to take those big thoughts. And then make them applicable make them put them in a story form. And in certain ways, you have to do this with nonfiction too. I coached several nonfiction clients, people who are writing books, and but you still have to tell a story, right? And it has to be compelling. Otherwise, people are not gonna be interested. So for me, I like fantasy and sci fi, you know, not a sci fi, really reader or writer my partner is, but I think it just gives you the freedom to reimagine things, especially like with sci fi and base sci fi when you go to another planet, right? Yeah, you can create from scratch. And then fantasies got that license, too. I think, as I'm beginning to write a historical fiction, that trend towards reimagining what happened in the past and telling it in a different way, is a really big creative movement right now. And it's something like, one of the authors I really liked is Octavia Butler. And she she's really good at retelling things. She's also a sci fi author, too. But she's taking taking those things kind of out of context, but applying a different context to them. And then there's a whole big wave in, in romance to where, I mean, there's so many authors who are just taking different myths, taking different stories that we've heard all of our lives and mythologies, and even modern mythologies, like fairy tales. Yeah, fairy tales, Disney, Disney movies, that kind of thing, right, retelling them, twisting them making them darker, you know, just just creating something new out of something that already is. It's, it's fascinating to be in the publishing world now to see all of these trends happening and going.



Carissa Andrews 19:23

I agree. And it's so fascinating to see us being so creative, because we're taking something and if we don't quite like how it turned out, well, we can shift it just a little bit, we can change it.

A

Amy Vogel 19:33

I'd love that. I just want to say one more thing. I think this is really empowering for women, because we traditionally haven't had the voices to say, and not just the voice and not just the seat at the table, but just saying screw the table. Right? I'm gonna go over here and read a house. Right? Yeah. So we've we've got that more of that license now and we're not playing into the like in publishing in To the traditional power structures, I have to have an agent and I have to have this I have to have this right? Nope. We're doing it on our own. And I think there's, there's a huge trend in empowerment in that. That, you know, takes nuance takes business acumen, it takes all of those things. But Never has there been a point in time where women have had that big of an opportunity to say, well, we need to say.



Carissa Andrews 20:25

I agree with you. And it's so funny that you, you needed to say that because my next question

I agree with you. And it's so funny that you, you needed to say that because my next question was, What messages do you hope to convey to your readers, particularly young women about their power in place in the world?

A

Amy Vogel 20:36

I mean, look at social media, you look at just the availability of information, which they talked about when I was growing up on Gen X. But I have two Gen Z daughters and one Gen Alpha daughter, and I can see the differences and even those generations, because I had my youngest, a little later. And it's so fascinating with with all the information they have, and we have these conversations a lot. I'm like, it is up to your generation to change because you know, you know at 11 You know what, 17 You know what? 20 or even before that, what it took me till my 40s to learn. Right? Right? 25 year Headstart, please. Please do something with this. Yeah, do something you've got it. You've got a you know, so much more time than the rest of us have had. And you've got the the mediums and the methods to make it happen. So yes, young women listening, please go do it when you do desperately, like go do it. Some of your elders but at least blazed the trail please.



Carissa Andrews 21:41

Oh, absolutely. And I but I, I love what you said though, like it. Like there were very, like, I'm done next to well, I'm kind of like zaniolo. I'm like, in that weird little timeframe in between. And it was like I was had some of these thoughts. I'm like, why are people looking at the world this way? Like, why? And why are they so stuck with it? Like, it didn't make sense to my brain as a kid, but my mom was ahead of her time, too. She was very, I mean, she's still, she's still around everywhere. She's on, she's around. And she's uh, she was always though as a child talking about, you know, different ways things can be done or like perception. And my grandfather was really into Krishna Murty, and so, like, we had discussions about perception, like, even when I was a kid. And so, seeing the generations below us, pick it up and understand it so much faster, has been really cool. Like, I remember, do you remember when the matrix came out? And people were blown away? That that was such a revolutionary film to me as a person, because I was like, oh, there was something so deeply resonating with that. And I remember having conversations with the women at work who are, you know, older than me, and they're like, that was a weird feeling like, I just didn't get it. They're just like, how did you not get that film? It was so perfect. And like, what? And my kids like, they were seven when they were watching it, and they got it. So it's like, it's so cool to see how that gets to shift and how I think our our understanding of things does transcend and go down to that, that younger generations, they pick it up faster. And I'm hoping like you said, I'm hoping to pick up that baton. And keep keep making it shift. Right. Right. Right. So as a spiritual guidance counselor, how has your professional background then influenced the themes of healing, empowerment, and all those good things in your writing do incorporate any specific like practices or philosophies into your storytelling?

A

Amy Vogel 23:32

Absolutely. So until we assist, in particular, because I'm writing about a woman who's a recovery in recovery. She's a recovering alcoholic, and early in her recovery. She's in therapy, she's practicing therapeutic tools. With her therapist, there's actually a chapter in the book

where it's her in a therapy session, you know, some of it was dismantling the myth, right around how people practices and you know, all three of my kids are in therapy, like they get these tools as a preteen as a teenager, whereas I didn't get them until my 40s. So like, again, you're already ahead of the curve, go do it. But it was so important to me, to see and some of this, you know, intrinsically at the time, right? Like you're creating it, but you don't really have the consciousness about it until later. So I can talk about the process now because I'm looking back at it, but at the time, I was just going on feeling Sure. But it was important to me to, to communicate. As somebody who is a big believer in therapy as somebody who's a big believer in mindfulness, centering embodiment practices, you see her do so many of that thing, you know, so many of those things, to to practice her recovery in such a way that it's also a compelling vision that you don't have to stay as you are, that there's always some kind of transformation that can be coming and you know, as we talked about this, the word teleios is a Greek word for transformation, I love though, I created a simile as a civilization around the idea of transformation. And, and she taught in that therapy session, she talks about the etymology of that word to love it when they include the word. Right, they use the word. That's the title for the book. And, and they explained it in the book. Yeah. But she, she does a lot of self soothing techniques, you know, it's just important for people to know, that real people, they can one make mistakes, because she does make a big mistake. And I've even had a fellow author give me some really negative feedback about her story art, that, you know, this fell off, and that was reading it. She's like, I, I really lost a ton of respect for her because of some of the choices she made. And I was like, Nope, you know, that wasn't based on anything in my reality. But I get it. Like, that's your Yeah, that's your stuff. And, and I don't want to spoil it. But to see her be a real person, and use these tools in order to get get healing to move towards wholeness. That was a huge part of where I was, when I was writing the book. And now after releasing it, it's like, people, it's not, it's not just you have to always stay this way, or somebody else has to do it for you. You're an active participant in your own healing journey. So yeah, so it's really, really important for me to see that. And then my other Alpha reader is my oldest daughter who's 20. And her her positive feedback during during the reading of it was, I'm so glad you actually wrote out a therapy scene, because it just kind of takes this takes the sting out of it, right. Like it demystifies Yeah, therapy can be painful, but it is so beneficial. It's one of those things like working out, you got to work out your soul.



Carissa Andrews 26:49

So yeah, yeah, for sure. Oh, so good. So what were some of the most important or significant challenges that you faced when you were writing telekinesis? Was there anything that you had to overcome in order to allow it to flow out? Or did they like, how did that work for you? And what did you end up feeling as you were going through that process?



Amy Vogel 27:13

Well, as you know, there are many different processes in this one process.



Carissa Andrews 27:16

Right?

A

Amy Vogel 27:19

Draft the second draft, you have developmental editing, you've got beta reading, you've got you know, I've gone through all the emotions now.



Carissa Andrews 27:26

Thanks a lot universe.

A

Amy Vogel 27:28

I read this manuscript six or seven times in forms, right. And, in fact, I had a friend text me last week, she was like, I love this line you wrote, and I'm like, where is that? I don't know, I read the great, I'm glad you love it. It's hard for me to go back and read my own work, because I immediately click into that. How could I have done this better? So sure, I think most of us are like that. Yeah. Yeah. So anyway, so that, you know, the process of it, the writing of the first draft was really getting it all out, getting getting all the thoughts on the paper, the process of the developmental edits, that I had, I actually engaged with an editor to do that was, you know, waiting on pins and needles to see what she's gonna say, does she did she like it? What is it? Can I do anything with it, and then from there, reading her feedback, and then going through all of those changes, then going into the beta readers, having the beta readers come back with the feedback, and then, you know, the story that you will end up with, it's not was not for me completely, radically different. But there were enough significant changes from first draft to the final draft that the story has had changed. Like I said, it's not not significantly but the way things work out or just different than I originally thought they would. Sure I started writing it. So like, I had a completely different endings, when I first started writing the first draft, and completely different relationship between the main character and her love interest, you know, it's, it's just like, it's, it's, it's, I don't have one word for the whole process. But it is a very much a journey and a process to get there. And so you just kind of have to let that flow. And I had lots of personal things going on starting this company. I was I got divorced last year. So there's a lot going on, and you have to, you know, go with that creative flow. But editing is different than writing, right? Yeah. Very different creative part of the brain, then in rewrites to rewrites are different than the original creation. So it was a big learning. This is my first fiction. So it was a big learning curve for me. And I would say that it was not an enjoyable I really loved the process of it. Well,



Carissa Andrews 29:47

I love it too. And it is interesting how each phase challenges you in a slightly different way. Sometimes it's like in every books a little bit different to like the first book, you know, you love the writing process. So doing that the edits sometimes are like, Oh, do I have to. But then as you go forward and you do more, it's like, it almost gets to be this nice balance between both like you really love the writing part of it. But it's kind of fun to then go in and clean it up and make it even better. So it's really, it's really interesting how it does it does change or how each phase of it has its own like vibe or something. There's just, yeah, just an experience. That's really cool.

A

Amy Vogel 30:22

Yeah, I'd say the first draft in the first draft of the first novel for me was like that very first love. Yeah, very first teenage love, and you don't want you're devastated if it changes right. Now into the second and then third one, a little more mature, right? The love the relationship with the book is different, right? As you grow as you mature, the month changes in really after sure. Anyway, yeah,



Carissa Andrews 30:50

Yeah. And for for some of us, I think the first book too, is that, well, you said, you just got a divorce as well. And so it's like, I know that that was the case for me. And like, there was something about my first book where it was like, I just needed to write this thing. And you think it's, it's like your baby, you don't want anything to change. You think it's perfect as it is all the things. But then when you look back, it's like that was the catalyst for the change in me. It wasn't even it wasn't about the story. It wasn't I mean, even though the story is great, and it's going to inspire people in my I'm talking about my book and my experience. But then when you look back at it, it's like it was really just there as the catalyst for me. It was it was my trajectory shift and seeing what I could actually be capable of. It's really neat. What advice do you have for aspiring authors who wish to write their stories that empower in heal others for themselves in their readers? But they're not quite sure? Like, where to get started? Or how to go about it? Like, do you have any advice there?

A

Amy Vogel 31:43

Yeah, and I'm gonna be actually, I thought I had this thought yesterday, I was like, I should actually put something on my website, like, how do you get started writing if I'm gonna story coach, right? Like, how do ya started telling your story? So that's coming. But I was having this conversation with my publicist yesterday, and I was saying that, you know, the thing about it is, you just, you have to be able to tell your story to yourself first. And this, that that lesson came from preaching at the church that I work for, the first sermon you ever preach is the sermon to yourself. And then you rewrite it, you practice it, you rewrite it, you practice it, and then you preach it to the congregation, and the congregation individually receives it. And then there's this magic that happens, where it becomes a message for the community as a whole. And so the very first step in that process is, you write something for yourself, you tell the story to yourself. And so if whether Writing a book is for you, whether it's starting a podcast, whether it's starting a blog, or a blog, or a social media account, whatever it is, because stories can be told in 1000 different ways nowadays. You one you have to write it. And I literally mean write it out. Yeah, because that is that's the soil where you'll, you'll build everything from that's the foundation. And then you have to read it to yourself. And if you if you don't take those necessary first steps, none of the other pieces can fall into place. Oh, yeah. And you have to finish it. Yes. A lady who is interested in my coaching services, and she's like, I think I just want you know, I want to write a book. But I also want to start a blog. And I'm like, write a blog post, right? Like that is the first step. You have to write one blog post. And she was like, Oh, I don't have to have the whole blog planned out. No, you have to have one blog post. Here. Yeah, yeah. And so start with one thing, finish it, and then read it to yourself. And you, you let it marinate, you let it sit, and then at some point, you put it out in the world. It doesn't have to be perfect either. Nothing is perfect. Yep.



Carissa Andrews 33:55

I love that. When I was first, back before I ever started writing my my best friend and my alpha reader who reads everything she would we've known each other since eighth grade. I've got my husband now too. So that's great. But she was talking about like, I was in a stuck in a really like, weird loop with graphic design. I'd gone to school for graphic design. I was like, I, I felt called to do it. But now I don't like the culture here. It's like, what do I want to do with this thing? And she's like, well, you've always liked to write, why don't you like write a book? And I'm like, I can't. You know, I read books. I don't write books. And besides that, I want to be like my aunt, like, no. I had an aunt I haven't on Tuesday that always tried to write and so it just never worked out for her. And she was like, well then just start a blog, do a blog and see what happens. And so I followed that advice as well and started a blog and I think I literally got to two blog post may be written and this the big story idea came and then all of a sudden I was writing novels. Yeah.



34:55

There's something about starting that unlocks the door for that activity. And then you'll know like, you'll know what your passion is, you'll know because I've done and I love podcasts I did. I had a podcast at a church. That was a different kind of writing, done devotionals different kinds of writing loved it all. And now I'm in my normal phase, right. So I know the nonfiction will come back around. I have a blog from my nonfiction thoughts. And so you don't have to limit yourself and your creativity to one format. You can you can do multiple things, social media content. That's a that's a form of creative writing. So don't don't limit yourself, but do start and see where it takes you.



Carissa Andrews 35:37

I love that. Oh, my goodness. Well, Amy, where can my audience find out more about you about tele osis and all that you offer?



35:46

Yeah, so the easiest most central place to do that is my website. And that's Amy w vogel.com. So a mywvgl.com. And it's got links to my social media. I'm probably biggest on Facebook and Instagram at this point. I just committed myself to launching a Tik Tok account for my books, starting in May. My oldest son's going to help me with that. I don't know. We'll see how it goes. But



Carissa Andrews 36:12

I feel you there.

A

Amy Vogel 36:16

You know, it's got to it's got connection to everything. My My books are on there and my coaching. Everything's there. So just any w google.com. Perfect.



Carissa Andrews 36:25

Well, Amy, thank you so much for coming on the show and sharing your insights, your wonderful story, everything that you are doing for authors and helping to elevate the community. It's wonderful. So thank you so much.

A

Amy Vogel 36:37

Yes, absolutely. I loved to this.



Carissa Andrews 36:41

Wasn't that interview, self fascinating. I was just so enamored listening to Amy talk about her process of her books, how she came about her storyline, it really just reminded me so much of myself when I was first coming into this world of indie authorship and writing. And I had no idea how much it was going to change my life. But it was that first step, that first decision to give it a try. And to see what happened. That changed everything. And it wasn't just like, oh, I can write this book. It was literally it reshaped my world, my marriage, like finally fell apart, it was something that should have happened a lot sooner. But throughout that process, I was like I uncovered aspects of myself, I didn't realize I had covered up. And then on top of it, it put me on this path of no longer you know, being just a graphic designer or being just a marketing professional or having been in the publishing industry and having nowhere else really to go. It was like a gave me a mission and a purpose again. And obviously, that has evolved over the years and changed so dramatically and drastically. Like 14 years later, and I'm still doing it. I'm still writing books, I'm teaching authors how to write books, I'm teaching others how to manifest more out of their lives, like everything in my life is transformed and changed. Because of that one decision to have number one, the conversation with Sherry, and to have her tell me to start writing. And number two, having actually taken that step to start the blog, and then allow the story of mandamus to come in. And trust that I had enough to say or had enough creativity to make it happen. And so when you have that power, of trusting your creativity, trusting that you are given this idea for a reason. And then you go with it, and you run with it, and you take that inspired action. That is where magic happens. That's where things start to shift. And in ways that we've never experienced before in ways that we never even knew we had to experience, right? Cool, new things come up. And we are healed on deeper levels or on levels that we didn't even know we needed healing from. And I think that's really just a powerful message. And in addition to that, you know, having, having the message of transformation of transcendence of asking women who are you know, the younger generations of women like my daughter right now she's 15. Passing that torch on to her and talking to her about like, life doesn't have to be the same way for you as it was for me. It doesn't like this world doesn't have to look like this. So it's up to you to start changing it to mold it into a way that is going to really elevate not only your own life, but the lives of others around you. It's our purpose in life truly, like bigger and deeper and wider than just writing books, or just telling stories. Our purpose is to view the world and to reshape it in ways that we haven't imagined

just yet. I think that's a really powerful tool. It's powerful and it's important. And what Amy is doing with tele osis and her series and what she teaches, I think that is incredibly, incredibly valuable. And I'm sure you do too. So, if you'd like to download the transcript to this powerful episode, head over to authorrevolution.org/233, you can grab it there. In addition, I will make sure that there are links over to Amy's website, and all the good things will be right there for you. Just let me know what you think of this podcast interview. I, I personally had such a wonderful time talking with Amy. And just like talking about and thinking about the dynamics of how we get to live a different reality when we really want to write how we get to shape everything when we put our minds to it. So I'm going to leave you with that thought. Have a wonderful rest of the week and go forth and start your author revolution.