

Hello Beautiful People!

I am so excited to have been featured in the latest issue of Funky Fresh Magazine. It was both an honor and a ridiculous pleasure to work and be alongside so many phenomenal artists.

I first met Founder and Editor in Chief Lena Hart when I was seeking a photographer to shoot photos for my website last year. We hit it off right from the start, so when she contacted me to see if I'd be interested in being interviewed for the magazine I jumped on it.

Lena's talent is pure genius mixed with healthy dose of fun. What I love about working with Lena is her ability to draw out and amplify the various facets of her subjects - it's actually a lot like what I do, but her medium is photography and mine is...well, you'll read all about that in the article. :-) This particular shoot allowed some aspects of me out that don't always get to come out to play to be seen and juxtaposed with the energy and spiritual work I do, like my car aficionado and mechanic background.

One of Lena's partners in creativity, DJ Cellus, brings his own brand of funk to the mix, curating a different themed mix tape of incredible musicians to compliment each quarterly issue.

PURCHASE ISSUE #2

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Stream DJ Cellus's mix on the site, for FREE.

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THIRD EYE STATE OF MIND

what that limit is, clear whatever obstacle is in the way, and then learn some tools to fuel you forward. So that's where my coaching is a little bit different. A typical life coach asks you questions, and you find your own answers. As typical as I wanted to be, I never was. And it killed me, but now I love it, finding my own authenticity through it.

In terms of artists, it's that being true to whatever is flowing through you, however strange or funky it is, that's what makes you come alive. And that's why, I think it's so important to have communities of people, and artists, to support each other too.

Oh yeah. Artists must give themselves the permission that no one ever gave them. Artists are unique in such a way that maybe they're a bit more reclusive, or maybe they've learned to only come out to play when they're alone because it hasn't been safe before. But, you put artists together that get each other and support each other, and that community, that nourishment helps one grow and expand and thrive. Because you're being held in a love deeper than you've been holding yourself. It's that relatability. It's beautiful. I just love it.

Yes. So you're open to anybody who has come to a place, and is interested enough to talk with you about stuff. You're open to go along on some journey with them, correct?

Absolutely. I love what I do. So if a person is open to play, and hungry for it, that's the best combination. I got tired of people saying things should be easy, or tired of not having the answers, so I had to dig deep to unravel and understand this. I experience the world in layers, in textures and in feeling things so deeply that it's given me the ability to hold people - whether it's in person, one-on-one, in a group, or over the phone, in a way that often they can't hold themselves. Being able to show up as that massive force of love and support, I think, is sometimes all a person needs in order to be able to breathe and to let go, move forward, and have to the courage to jump in and play a whole different game. A whole different dance of life.

Right! So, Hey, everybody, Chrystal is here for you.

(Laughs) I am so ready to play. I feel like this work, the work that I do, along with many others, helps people to do the most important work that we can be doing to evolve. I feel like it's

the most important work we can do right now in terms of where we're at, in the world and in our lives. Because if we move forward feeling broken, or if we move forward and we know we're not flowing from the inside out, then we're not fully living. I always say, "What can I do to help you turn your fear into your fuel?"

Ooh. Yeah.

If you ask people, "What do you need?" most people aren't asked that question, but everyone knows the answer deep down. I would say, no matter where anyone is at, whether they wanna up their game, whether they're getting stuck on an obstacle, or whether they've carried something with them for a long time and it's just time for it to go so they can make room for the better...DO it. And seek out a community of love and support. You may not see it right away but they're out there, and you don't have to go at it alone.

It's really about being able to tap into a source that believes in way more than you can see. I think we're moving towards a time that's very much about bringing it back to the heart. If you look at the electromagnetic field of the heart, it is so powerful. You do any kinda scientific research about that, and you realize, wow, that's the muscle. It's a big one to develop, and that's something to understand because it directs my body in a lot of ways that I don't even know about. It's a passion point for me. I want us to radically radiate our spark and live in a way that feels like a passionate YES from the inside out. I wish that more people understood the value in doing this work, just like artists desire for people to connect with their vision when they put their heart out there. This work for me is what I'm here to do.

Step out of the box and leap for it. Let go. Share your passion. Share what you know. Love courageously and let love in. Be open. Share your light, your talents, your gifts. They are uniquely yours. Own your power. Reach, and keep reaching. Someone is always there.

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