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So Marie Hathaway, Soma is an accomplished artist, a singer and songwriter, a published author of the book, finding diamonds and dungeons, the journey through heartache and loss to a compelling view of Payne's purpose. She is a true overcomer, and so much more. I met so much several years ago at a conference in Ohio and we became accountability partners with another gentleman, and we've just been a sounding board for one another and most of all we are sisters in Christ. So welcome so much to be high on life podcast I'm so honored to have you as my first guest, how are you.

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Thank you, Kelly. I'm so honored to be here and can I say to the listener as well. Thanks for being here because you are often the motivation that gets me through a difficult day. And I know Kelly, you know what I mean when I say that because

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these is the listener is what motivates us to do what we do every day.

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Absolutely, absolutely. Well, if you're ready to get started, I know that a lot of what we're going to talk about today, I just kind of wanted to warn or throw this out there for the listeners that some of this might be intense, but I know that, ultimately, there's a beautiful Indien for you. For me and for our listeners. So before you go back and share your story, would you just mind sharing some of the bright spots in your life with our listeners just what stands out the most to you as bright spots in your life, or sparkling diamonds, if

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you will. Well there's a couple of things. First of all, there's those really profound anchor moments in your life that shift your perspective and help pivot you in a new direction. There are those and then there are the everyday wonders of the world, like how beautiful a sunset is, or a flower, and just the wonder of that, I mean, finding diamonds in everyday things that, you know, we don't need to look far. There, there's miracles, everywhere around us. And so those I appreciate so much, and helping me to get through difficult times, but then also there's those anchors that we look back on. For instance, the one that's been probably the biggest in my life, one of them anyway is when I was 15 years old and I write about it in my book. But it was the moment that I found out that God really does exist. And not only that he exists, but that he knows me personally, she knows you personally. He knows you by name, He knows your your talents, your skills, he knows what you came to this earth for, And that was a pivotal moment for me. And what age was that. And, you know, it was quite unusual because I was the environment that I was in was not conducive to the Spirit. I was in a home, fraught with drugs and alcohol and abuse, and I was just wondering why my life had been so difficult, I had already had to make difficult choices in my life. And why I felt like I knew that God, right I believed in God. I just had that basic belief in God. And so I was wondering why. With this basic belief in God, was my life so difficult, and I won't go into the whole story but I noticed that there were some screws scriptures on my dresser, which is unusual in and of itself because of the environment. I don't know how they ended up there but. So I, I prayed, and then went to the Scriptures. So, a profound answer to the exact question I had asked

in my prayer, so that was something I think God knew that I was going to need it didn't, it doesn't mean that I didn't have trouble or problems after that. Right. I still had a lot that I needed to experience in life. And, as, as a youth, and then also as an adult, but it helps to remember those moments, you know, in the scriptures, it often says remember remember. And so I think that's important that we remember those moments that we learned, who we are, you know, if we haven't learned who we are, I mean I think that's kind of a, it's a, it's an ongoing process of progressing to, to our best self, you know, becoming that version of us that we want to be, but there are core basics. I remember as a child, my mom would send me to church every once in a while, and I remember learning a song. That said, I am a child of God, and He has sent me here. We define ourselves by our career or, or as a mother, or that are things and those are important things do. But, who we are is a child of God. Amen. Amen.

6:43

Well I, I appreciate you sharing so much. What I love about your book. First of all, is your honesty. And that really ties in to this podcast and what we're about. And what I want for the listener, I want the listeners to know that this is for them. And that we're going to be as true and false authentic and honest as possible, and your book definitely has that it just relates so much to what we're doing on the podcast, as well as with finding diamonds in dungeons, you're discovering light sparkling light in the darkest of times and that's what the be high on life podcast is about, is that, even in the darkest times, there's something to be thankful for. Always and I love how your process played out how each chapter. You talk about the diamonds. If you don't mind, would you give us a little more background about who you are, we know you're a child of God. But we also know that, or I know from knowing you personally and also from reading your books that you've been through a lot

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in your mind. Yeah. Yeah, I think it's, you know the word authentic is definitely applicable to the book sometimes, I mean, some of the things that I share, you would think. No one in her right mind would ever devote this kind of information, but I did it because I know that there are people out there who feel like they aren't good enough for God, and I've been there many times, many, many times and, but it's important to understand that we aren't defined by our mistakes we make them. Yes, and that's why I share my mistakes in my book because I want to illustrate the point. You know I have made mistakes, and yet I know God still loves me, and he still loves you. When you are still a worthy worthwhile person. We get so caught up in this. You know, what's the it's the imposter syndrome, you know, where we just beat ourselves up about how we're not good enough. And so I hope that in sharing my story. People will be able to see their own stories and reflect on their own lives and and be able to have greater hope, understanding of their true value. Yeah, I yeah that's and but if you know if you wanted to know a little bit about my background or the listener does know I grew up in an environment like I said with a lot of drugs and alcohol, My parents were not my mother and stepfather were not really capable of, of parenting much at the time, and it's not something I hold against them, they had their life issues that brought them to the point that they were at that time. But it was a very tumultuous environment, and there was a lot of poor examples of how to deal with pain, and I grew up with this kind of example of, you know, we avoid pain, we, we numb it, we, we deny it. We walk away from it. But, you know, heaven forbid we face, pain, and, and so I had to learn on my own, how to address my own broken patterns, and the pain in my own life I had to learn how to address that rather than run away from it.

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I'm so grateful for that for you being brave enough and courageous enough to put your life in your book, and share it because like you said earlier, people can relate to stories, I know that I personally felt so alone for so long I thought I was the only one that felt like I wasn't good enough, and that I had made mistakes and therefore I wasn't good enough because of mistakes that I've made, but also just because of who I was, I didn't think I was good enough. And when I read your books Harris so many things in the book that I related to, to me it just goes to show that if you and I, two women who've only known each other for a few years have so much in common. And there are billions of people on this planet, then that tells me there are a lot of people that relate to this. Yeah, understand the so many different elements that can impact, who we are and who we become.

12:38

That reminds me that, in fact I'm just looking at up right now I got a message this morning from someone who has been listening to my audio version that's just come out. And so hold on let me tell you what they said, Okay, you have a great ability to share your real life stories with the inflections in your narrative and sincerity of emotion. I have reflected on my own life experiences. As I have been immersed in the emotion of yours. That's just what we're talking about. This is how we connect to through our life stories we can't possibly experience. I mean we can't possibly learn everything there is to learn, experientially, we can't experience everything, right I don't want

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to. So that's why we can gain value from other people's stories, and, and we can learn and share together, you know, So, I appreciate that opportunity that we have we don't have to experience everything on our own. Yeah so, think to think if there's people who I can spare some of the heartache that I went through oh my goodness, that would just make my day.

14:06

Oh yeah it makes it all worth it. Let me ask you this. If you've run into this because this is something that I've experienced since I wrote a book and started doing, you know, online videos and podcasts and such, is that some people will say, Oh, you think you know it all, or kind of like who do you think you are, have you run into any of that.

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I really haven't. But I, you know, I kind of wonder how, how I would respond. I know very little except for what I've experienced, you know, right. Everything I don't have a plaque on my wall that says I graduated with some fancy degree, but I know I can tell you that I, I know what my headache feels like better than my doctor does, right, cuz I'm feeling it right now. And I can probably describe it better than he can. So I think that's the value there and there's a funny story. As far as, you know, sharing our life experiences and having that be valuable. I went to a, this was a Writers Conference different one from where I met you but there was a. They asked us to do a little exercise so we paired up with a complete stranger, everybody, and they said okay, you're gonna say, tell something to the stranger that you would feel uncomfortable telling, you know, just kind of step outside your comfort zone and so it was with this really nice lady and and I told her something that had happened to me. And she had that jaw drop. Stare

look like, how do I even respond to that moment of panic, thinking, Oh my goodness I shouldn't have shared that and we don't what are these people gonna think and then I realized that it was something that was in my it was going to be available to anybody and everybody. Right. So, yeah, that's, that's me feeling vulnerable. But if people don't understand why we do what we do, then they're probably going to question us thinking we know what all no we don't know at all. We only know the stain that we've experienced and that there is value in that.

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Oh, gosh, yes, it just the number of people just like the person that messaged you from listening to your audio book. That's what I always say if I can help one person to not go through some of the stuff that I've been through or to get out of some of the stuff that I got out of sooner than I got out of it, or even sooner than they would have otherwise then it makes everything.

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Isn't it strange how strong of a motivation that is, if I'm having a bad day, a really bad day, I just need to, I go on Amazon and I ever read. I read the reviews of my book because I know I'm making a difference for somebody. And it helps, it really helps us get through the next moment or the next day next trial that we're having just saying, hey, if I can get through this, then I know I can help someone else get through it as well. Plus, every trial that we go through. Once we get through it, it gives us more confidence to get through the next trial. You know we can look back and say, I have a 100% track record of getting through my most difficult moments. Right. That's what we need to focus on is, if and when I get through this. I can help someone else get through it and it will help me be stronger for the next trial I'll have more confidence and strength to get through my next obstacle. I love the book The obstacle is the way if you read the, I don't think I've heard of it but I haven't read it, yeah, it's, it's so amazing I highly recommend it, add it to my long list, love to read those, so that's good. Yeah, yeah. It's so important. I'm reading that the retail elite. Yes, Jeff. Yeah. And he, they are talking about the importance, the value of continuing to read and educate our minds and how important that is, that reading is an important part of continuing education like we can't really continue to develop without reading, so

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we're meant to be lifetime learners I truly believe that. Yeah, we were created to be lifetime learners, and I fully embrace that learning and expanding knowledge. To me that's what you're doing what I'm doing. That's why we're here is trying to like you said, share our knowledge and experiences to help someone. Yeah, for sure. Some someone helped me you know that that's just it I you know I had. Obviously God first and foremost. But if there weren't coaches and mentors, and counselors, that helped me, then you know, I don't know where I would be today. And I know that you had similar experiences. I will be there. Yeah, and you are one of those people I mean,

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the mastermind groups that we've been involved in, and the friendship that has grown from that, and the strength that we have gained from, from one another's experiences is a huge diamond right it's so, so valuable to me.

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Yeah, that's what I wanted to talk about next, how would you describe to listeners to, how can they find diamonds like what does it take to look at a dire desperate situation and be able to find those diamonds in the rough. Well, there,

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there are definitely a few things different techniques to use and I have some of them in many of them in my book. In the epilogue, but

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I think it's important to maintain a sense of humor. And that may seem like a strange one to start off with,

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but you. If you don't have a sense of humor just borrow it from a neighbor.

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Yeah, for sure. I couldn't live without humor I seriously couldn't live without humor

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in my darkest moments like if I'm having a really difficult conversation with someone, you know, a spouse or something, and it's just really heavy and hard, and you're sad i i Look, I start trying to think of irony or something funny or some, some way to just break up that moment, so that both people feel more at ease. And there was one time, and this is, this is in my book I don't know if I'll make this story quick but I was after my back surgery and experiencing unfathomable levels of pain, more intense than I thought. The human body could experience, and I had tried to recover from that and I started to recover in a few months, I was able to walk, but for some reason I just had a relapse and the pain became more intense. I couldn't get out my husband was trying to get me out of the car, and he had to help me inside. And I just kind of fell into his arms, crying. I had put my phone down on the counter, and I got a notification, and it just made a really loud theme through the kitchen it kind of echo through the kitchen, and I just in that moment thought, Oh, how funny would it be if I could just all of a sudden stop crying, and go, Oh, the chickens done.

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That thought made me start laughing. So, I was still in a bunch of pain, but my husband was holding me there going, Wait, are you laughing, are you crying, are you laughing. And I think that was just a tender mercy from God to find humor in a moment when that was so difficult and so I believe it's possible, we can find humor. Another important thing to do, I think, is to pray when you don't feel like praying, and read your scriptures when you don't feel like reading, because it is the adversary that takes you away from those things and that makes you, you know, whatever reason you have for not wanting to pray, that's not coming from God. So true. And so if you can keep those things in place, even when you don't feel like it. Sometimes when I prayed. You know I could say a little more, except to acknowledge that he was there. And to try, you know, Try to find something to be grateful for that God understands the feelings that we go through, he doesn't expect us to have to always have this perfect graceful prayer

that we offer him, you know. So those are just some of the things that I would say are really important. Yeah, I

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fully agree with all of those, like I said, if, if I didn't have humor I don't know what I would do, I definitely could live without God. Prayer and then the other huge thing that you said, gratitude. Gratitude changed my life I talked about it in my book as well. Being grateful really changes your perspective on life and the situations that you're absolutely, and I don't ever want to diminish what someone's going through, but it's true that it could always be worse than what it is. And so I think God that it's not worse than what it is. Yes, I know that bothers some people but you know to think well I'm diminishing someone's experience but I don't feel like I am, I think. I think that's bringing light to the situation. When we're showing gratitude and glorifying God even in the midst of our circumstances because that's what the Bible calls us

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to do. Yeah, to be thankful even in the midst of what's happening in our lives.

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Yeah so I think the opposite of gratitude is maybe self pity. No, and I understand that feeling of this feeling, like, Why is life so tough. Why do I have to deal with this like I totally get that way. But if we sit and soak in it, then it kind of, it actually becomes a type of self indulgence, because what's happening is your mind is just going where it would naturally go, you know, there's no work involved, you're not trying to. It doesn't require effort to do this unconscious. Yeah, it just goes into this negativity, and, and that's a form of self indulgence and so self love actually requires work. Oh yeah, too. Yeah, it does. Yeah, and to be on the side of self pity there's no, there's no peace there, there's no contentment, there's only pain. And yes, maybe the work in the beginning is a little bit painful, but the outcome will be so much better. And I've seen this as someone who has suffered from depression. Right, understand the feeling, heaviness and not just not wanting to get out of bed and feeling like, for me, I feel like I weigh 500 pounds, and that I just can't move out of it. So I'm not diminishing that, but I'm just saying. We do have control over our minds. And as soon as it would benefit us to pray, to shift our, our thoughts into gratitude and be grateful for whatever we can, even if it's only that we're able to take in breath without pain, because I know what it's like to try to breathe.

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When. When.

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you can't breathe so even if. So now I have that comparison I can say even if I am only just able to breathe in this life giving air, oxygen, then that is something to be grateful for. Definitely Amen I

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like I said everything everything you say I relate to, even though we're friends and I've talked many many times I feel like I learned from you, and I'm blessed by you, every time that we talk, and I had a

feeling this was gonna happen we're already 30 minutes in and I feel like we've barely scratched the surface. So I would love to have you back on the podcast again soon if you're willing,

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that would be great. I would love to talk about things like the real definition of love. And, you know some of the positive things that the opportunities that are available to us as we work through our obstacles. Yes, you know what's waiting on the other side. Right, right.

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Yeah, I truly believe there's always more for us that God has more peace, more love, more abundance than what we're experiencing at the moment. Yeah, I don't look at it I know sometimes people look at it as, oh, no matter what I do. You know I'm not good enough I keep doing all this self improvement but I look at it as, as Christians, we're called to be more Christ like so, each day that's what I'm working towards and it's not that I'm not good enough now, it's just that I'm not looking in the mirror at Christ yet, that you know that doesn't happen this side of heaven so it's going to be a continual process of working towards that, you know that love, that true love and self love and you have to love yourself. Yeah, in order to give it to others we you know we can't give away what we don't possess. So yeah, I think there's so many things that we could help and codependency and narcissism, things that are running through my head. Yeah, you're probably going to be on the podcast. A lot.

31:17

Well, let me say one quick thing I know where what you were just talking about is, you know what, as we look in the mirror and what we see this painting I've been working on. And I titled it anxiety but it's kind of been creating itself. And there's a, there's a swimmer in this turbulent. Oh, you know, have you seen that one. And if you look at the person's face that's, that's swimming. I noticed this by accident. If you look at it from a slightly different angle. It looks like a snake or a demon. Oh, I think we are our own worst enemies. Right, we look in the mirror and we see this snake, or this imperfect person or this, you know, terribly flawed. You know what we see. And I just thought, as I was looking at it, you know that's Satan trying to diminish our work.

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Oh yeah, well you know that's what my book defeating your greatest opponent is all about the fact that Satan is the enemy, but we our own greatest opponent because instead of listening to the truth of God we often listen to the lies of Satan, and oh yeah, we want to, you know, like you were talking about earlier, we want to go to the negative for some reason, then we get so focused on the negative but what you focus on you get more of so that's why we're saying focus on the positive the gratitude the laughter The humor, the all of the good things memories, anything that you can. So, we're gonna have to wrap this up. Like I said I

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could go on and on. But I love that about us and the connection that we have,

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tell the listeners a little bit about what's on the horizon for you what you're working on now and where they can find you online, how they can get a hold of you.

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Well, a lot of my focus right now we've got a workshop coming up. A warrior workshop, and that's about of unveiling failing the Warrior Within you I don't think it's something we don't have to change or become somebody different. We just have to realize what's already inside of us. Oh yes. And so I'll be working on that and then I'm doing working a lot more with my on my artwork, I am actually creating different pieces about, so in my book, where I have a conversation with pain. I'm now going to be having a conversation with anxiety and a conversation with death and making a painting that goes along with the that those conversations. Time is in the making right now you can find me at finding the diamonds.com, and I'm also on Facebook, summery Hathaway, you can find me on Instagram as well, and LinkedIn. So, any of those avenues would be great and reach out to me I look

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awesome. Well, thank you so much for joining me and being here and being willing to be the very first guest on the behind life podcast. I have to say before we go, your art that you've been doing recently is absolutely amazing. I truly believe that God is going to use you in big ways through your art. It speaks to people it just amazes me when even when you're not completed. When you finished piece that you post on Facebook and just amazes me all the things that people see in the paintings and the inspiration that you bring. So, yes, definitely check, definitely check Selma out find her online you will not be disappointed.

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Thank you so much, Kelly, it's been a pleasure. Thanks so much.

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