

**Book Journeys Author Interview – June 18, 2015**

**Dr. Angela Lauria with Marna Currie, author of *How to Heal Psoriasis from the Inside Out: An Energetic Perspective***

*My advice would be just to go for it and don't hold back. Just unfold as you go along. ~Marna Currie*

Angela:

Well, hey everybody! We are back at Book Journeys Radio. So excited to share with you another journey and it happens to be a journey that I got quite a small role in and so, hopefully, we will talk about that too. You know, every week on the show, we talk to another author about their experience in writing a book and the one thing after ... a hundred and 20 ... at a time that we see is that everybody's book journey is different and some of them had a long time, some, we've had people on here who have written a book in the weekend and published it a week later, and we've had people who have spent 30 or 40 years trying to get their book out. And you know, one of the things that I just wanna share with you is that whatever your book journey is, you get to cleave that, you get to make the choices to make that journey whatever you want it to be. And your book can come out on its own in a way that, you know, it may be ... or you can make it happen faster by getting clearer on what you want. But none of those choices are right or wrong. And so, I just really wanna acknowledge wherever you are in your book journey that it's perfectly fine. You are getting exactly what you need to have this journey and I'm excited that Book Journeys is a part of that process for you. This is I think when we learn from other people who have been where we are, that's where we grow the most and the fastest. So, I'm excited to introduce you to Marna Currie. She is the author of *Healing Psoriasis from the Inside Out* and Marna, thank you so much for being here with us all the way from Scotland.

Marna:

Haha! Thank you for having me on. It's really nice to talk to you again.

Angela:

Awesome. Well, I know your book isn't just about, uhm, healing psoriasis, the traditional ways that people have talked about, but really, you take an energetic perspective and you're looking at the problem from the inside out. But tell us more about it. What's your book about and who is it for?

Marna:

Sure, uhm, my book is about really looking at it from a completely different perspective. As you see, it's about the energetic perspective and I just feel like I tried everything there ever was on offer. And medical and complementary therapies and, uhm, herbal stuff and I tried all, uhm, and ultimately, I came to the conclusion that I had to shift energetically before anything physical really happened. I mean the diet side of things, that was amazing, but ultimately, it was just kind of increasing your frequency and you just feel lighter when you, uhm, have a better kind of more raw or vegan diet and it did help physically. But, uhm, I was just one of these people that just wants to get to the real cause and the root cause, and when I started experimenting with energy medicine and the likes of Emotional Freedom Technique, uhm, I could feel the shift in me and my entire perspective of the world and my body and everything just seemed to change. I'm on that energetic level and so, I just kept on going with it and I've kinda dug deeper and deeper into it and it was just a fascinating journey, uh, that I had to put down, you know, on paper. And ultimately, the conclusion I passionately came to is that when we shift energetically, our physical

body responds, uhm, and I think just as humans, we, we hold a lot of baggage that probably isn't really ours and once we can integrate that, get through that and release that stuff that isn't ours, then we can truly can move in to who we ...

Angela:

Yeah. I think it's such a powerful perspective, uhm, on the book and, uhm, for you, like when you started, did you know, uhm, did you know exactly what you're gonna write a book about? Have you wanted to write a book before, like why this book and why this time?

Marna:

Uhm, I would say it chose me ultimately. Uhm, it was something that I had never intended to do. I was never a lover of English or writing at school and, but it was one of these things that just needed to be put down on paper and the subject chose me and the need for the book just, I was just compelled to do it.

Angela:

And was there something that you were hoping, uhm, would come out of having written a book? Were there certain outcomes that you wanted to create in your life?

Marna:

Uhm, certainly giving other people hope because that was one of the main things about having psoriasis for me was that there was no stories out there that people were actually healing themselves at the time and when I had looked for ways, uhm, so I just wanted to give hope to people and also, you know, give them tools that they can do to empower themselves to do it. Uhm, and I also have, as a result, I have, you know, more clients since putting the book out I've helped more and more people and which has been awesome as well.

Angela:

That's totally cool! So have you gotten the feedback that maybe – I don't know if you specifically envisioned feedback, but a lot of people tell me they envisioned getting emails from people saying, like, "Thank you so much for your book. It helped me." Have you gotten emails like that where you know that your book has helped people?

Marna:

Yeah. And it's because, ultimately, you're, I was doing it from a place where, oh my gosh, I don't have a clue if this is gonna help anyone and I had a real fear of being seen, but the compulsion to write it kind of overtook that. But when you get messages from people, uhm, and I had one in particular, recently that just kind of really, uh, it made it all worthwhile almost. Uhm, and I got a lovely, a lovely message from somebody. I don't know, do you want me to tell you what she said to me?

Angela:

Yeah, yeah. I totally do.

Marna:

Uh, ha-ha! Uhm, she just said, "I'm so happy I found your book and I've been able to connect with you at last. I just want to cry. I actually did as I was reading your book last night. I'm almost done reading it and if I was to write a book, it would be exactly like yours. I felt as if you were taking words out of my mouth and writing them down. I was nodding my head and crying the whole time I was reading. Thank you, thank you for being you and sharing your story. It has given me back my hope." And so yeah, it's just that when you get messages like that, it's just

like it makes it all worthwhile staying up 'til whatever, five in the morning, writing a book and editing it and yeah, it's awesome.

Angela:

Uhm, yeah. So, that's to me, that's what it's all about and I wanna go back to something you touched on 'cause you touched on that this is something so many authors struggle with, sometimes consciously and sometimes it shows up as self-sabotage, and they don't know why. Uhm, but, uh, there was a fear of being seen and I wonder if you can, can talk about that, and if there's any advice you would have for somebody who has, who has that same fear of being seen but also has, like the burning desire to write a book. What advice do you wish someone gave you?

Marna:

Uhm, I think just knowing that whether you do it or you don't do it, people would criticize you either way or everybody has their own opinions, everybody is on their own path and you will regret not doing it. Uhm, I mean it's still something I very slightly struggle with, uhm, but I just kind of pushed on through. Uhm, and I'm really proud of myself because a year ago, there's no way I would have done it, uhm, but in hindsight, I'm so, so glad that I did.

Angela:

So, pushing through, pushing through the fear and having, you know, having that vision, uhm, that you had was part of how you pushed through the fear. Uhm, I know that you were also a part of our approach, which meant that you had some deadlines and an editor to work with. Did having those sorts of the structure and the accountability and the editor, like do you think those things helped you, uhm, to stay, to stay focused and keep moving forward?

Marna:

I absolutely could not have done it without them. I couldn't have done it without my editor there and I know that's why I chose Difference Press because that inner critic is always going to drag out and drag out and I just need somebody to go, "You need to do this by this date and that is it." And you just don't have a choice and it's amazing how these things just show up for you and situations happen for you, just simply be able to carve out the time, and you just get it done, uhm, because somebody is expecting you and relying on you to do it by a certain time. You also don't want to let them down and there's no way I could have done it without that team element as my own kind of skill management thing, I guess. Yeah, but that was a big deal, but also, the being-seen thing is really just a survival instinct. And once you kind of get your head around that as being accepted or not by other people, uhm, it's another element of or ...

Angela:

Right, so you have at the least that, right, you have the awareness of it, uhm, of why it's happening. So, when it happens, it's like, "Oh, hello, there. Thank you for trying to talk to me, nice to see you again." Yeah.

Marna:

Yeah, yeah. But the editor thing was, you know, there's no way I could have gone through it without her.

Angela:

Yeah. I think it's so funny when there's another person that's waiting for you and like the way our program works, we do 10 books at a time so, there's another person waiting for you. But also, there's, like, you know, 10 other people whose schedule you can screw up. Like, if you're

late, you'll make everyone else late, so people have this sense of responsibility, like you could have given yourself personally the same deadlines. But if you're just being accountable to yourself, it's easy to be like, "Oh, I'll just do it next week or I'll do twice as much next week." But when you're on our program, it's like you get on a treadmill and you can't really, you know, you could be a day late or something but you can't really miss your deadlines without messing everyone else up. So, people tend to, uhm, somebody was, oh, Sandi Amorim, one of our authors was just talking to me about this, how her book is called *The 100 Day Promise* and it's about making promises to yourself and keeping them. And she was saying how it's so easy to make a promise to somebody else. Like, if you make a promise to your kid or if you make a promise to your best friend, you'll be there. But when you make a promise to yourself, it's like, *Hmm, this one I can skip, like, these promises are not as important.*

Marna:

Yeah. Yeah. And it's, ultimately, it's sad to think that you don't rate yourself as highly as your friends, uh, and it's a reflection, uhm, on the relationship you have with yourself. Yes.

Angela:

So, I know you do energy work and I know specifically you do EFT with your clients on psoriasis. Did you, during your writing process, did you ever use EFT about the book, about your deadlines, about any of your, you know, fears or concerns about the book? Did you use EFT for that?

Marna:

Absolutely, almost everyday. Haha!

Angela:

Oh, okay. Tell us all of this. Everybody, get pens and pencils. This is awesome. Okay, so tell us how you incorporated EFT into your book process.

Marna:

Oh, I mean it works, you know, very much as well for the whole "feel being seen" as well because that's a first chakra kind of fear that you're gonna be rejected by friends or family or, you know, the outside world, fear of being criticized and ultimately, it's all in you. If you have a fierce inner critic then, it's something that you can work on your own energy. It's your own inner critic that you're working on and tapping with, or EFT is one of the best tools you can use to reduce that charge in your energy.

Angela:

So, what were some of, so, you know, I think a lot of our listeners know EFT but it's obviously an energy tool that includes physically tapping on parts of your body that are connected to the acupuncture point and obviously, you can go look this up. Uhm, but while you're tapping, there is a, you know, there's a script or there are things that you're saying. So, what were some of the things that would come up that you, that you would tap about or that you think somebody else who's writing particularly, you know, the number one thing I hear is that people promise themselves they're gonna write, you know, five pages this week and they don't get the writing done and then they feel terrible about themselves and they feel like a failure, and they just wished that they had more discipline. That's the thing I hear all the time. And so, you know, if somebody missed a writing deadline or missed a page number goal for themselves, what might they tap on?

Marna:

*Even though I'm not perfect, you know, even though I let myself down, I love and accept myself. Even though I, you're tapping on the Karate chop point, you know, the points at the side of the hand, and even though I'm never gonna finish this book and let everybody down, I'm just gonna honor that.* Even though, you know, you just, you have to voice all the horrible things you're saying to yourself while tuning in and tapping on the nervous system and the meridian points, uhm, and it, because all that negative energy is there, you can't think straight and get the job done. And once that is diffused, once those, you know, negative thoughts, uhm, of letting people down and letting yourself down and *I'm a failure* or, you know, all those horrible things that we say to ourselves, uhm, once those thoughts are diffused, uhm, in the energy system, it creates that space and a bit of peace for more inspiration to come in and it's amazing how you just flow much faster and you actually kind of see things differently and finish that page or whatever it is that you're doing.

Angela:

I think that's so incredibly powerful so I have a concept -- you know this but not all of our listeners do -- but I have a concept of your, your inner author and that's a part of you that's already written this book. And what I say is like your inner author is like inviting a seven-year-old girl on a play date and if you show up the door and you're yelling at her, she's probably not gonna wanna go on the play date with you. And so, finding ways to change your, change your energy, change your vibe so that your inner author feels safe to come out to play. A lot of people think like, "Oh, I'm not gonna take 15 minutes to go tap right now because I'm supposed to be using these, I'm supposed to be using these 15 minutes to write." And instead, they write like, they still don't write and they beat themselves up. But if you actually take that 15 minutes out, you'll write so much more when you do actually write.

Marna:

Yes. It's like you're parking the clouds and the sun can come in basically. It's like you just get that way different perspective and then, you get inspired and you go, *Ah, right okay* and then you're off again.

Angela:

It's a very powerful technique. I would totally, I gotta get somebody to write a book. Maybe this is your next book on EFT in book writing because I feel like it's such a powerful tool and especially, you're ...

Marna:

It is, yeah. It joins that gap between the, you know, that vision that you have and the reality of it.

Angela:

Mhmm, absolutely. Well, let's talk about, for you, what was different? I know that you aren't somebody who had planned on writing a book for your whole life and so maybe you didn't have a lot of preconceived notions about what the process of writing and publishing your book would be like, but what, for you, was different than you expected or what about the process of that surprised you?

Marna:

Uhm, what surprised me was the amount of knowledge that I actually had on the subject. Uhm, and ultimately at the end of the day, I wrote it, uh, and it's amazing how much information that I actually knew, uhm, and I think it's amazing to have everything in one place. Certainly for me that was, my biggest thing was actually just putting all these notes that I've put down all over

the, like, for years, uh, in various places, uhm, on various, you know, Apple devices and I'd written notes on books and papers, and you know, I had to put it all together in one place and, uhm, yeah, I, that was probably one of the most surprising things was just how much information I'd collated, uhm...

Angela:

Did you think, going into your book, did you think you wouldn't have enough information for a book or did you think organizing the information you had, uhm, would be harder or easier, like did you think you had too much or not enough?

Marna:

Uh, I probably had too much actually. Uhm, but I guess, you know, I wasn't gonna do two books on the same subject, you know but I did all of, haha, all of what I had in my notes I just felt the need to put in. Uhm, so yeah, it's actually quite a big e-book, uhm, and it was just, it was surprising to me that that's you know, I had so much information.

Angela:

Yes. So, there are two common fears that I hear. Some people feel like, "Do I have enough to say on this topic? And they're worried that they don't have enough to say."

Marna:

Yeah. I totally didn't think I did at the start, you know, I've been thinking I was rich but it's amazing what just comes out in the process.

Angela:

Yeah. So that's, so I'll be, you know, I'll be talking to, I'll be talking to people about their books and that question will come up and they'll just say, "I'm just worried I don't have enough copy for my book." And literally within a sentence, I can tell they do. You know they've told me two things about what they do and I'm like, *Oh, you're funny*, and they're like, "How do you know?" And I'm like, *I know you do*. Haha! I got it. Haha! And then it's the same, uh, at the same token, some people feel like, "I have so much content," like I just had a client who probably had, I think when I analyzed it, she had about 400 pages if we had turned, if we had turned all of the things she wanted to write, the outline she put together is like a 400-page book. So, I'm like, if you have, like, three or four books here, you have so much content and I think, you know, for me, when you, uhm, when you go through our process anyway, your book almost tells you what it needs to be and you will have the right amount of content.

Marna:

Yeah, yeah. It's amazing where all this seems to come from, uhm, and there's other things as well, like I'd probably would have added if, uhm, you know, I'd thought about it more thoroughly, like, actual recipes in the appendix and you know, there's things that you, as you go through the process, once you actually start it, stuff just like pops into your head. And you think *Oh, I should add that and add that*.

Angela:

Yeah. Absolutely.

Marna:

So, yeah. I don't, my advice would be just to go for it and don't hold back. Just unfold as you go along.

Angela:

So, last question for you. I'm sure since your book has come out, lots of people have asked you, you know, "How did you do it?" and "I want a book too." I know that the authors get that all the time that people say they wanna write a book too. So, what is the advice that you would give to somebody who wants to write a book, maybe somebody who hasn't started it or hasn't finished it yet. What do you tell people?

Marna:

I mean I would just say usually just, do you have a message for the world that is just burning inside you and, or you know, especially with your press, uhm, it's very much transformational work, uh, well, it seems to be. Uhm, and just acknowledge any doubts that you have, uhm, and again, you know, work through it with EFT or know that your doubts are there. They're, uh, acknowledge them but just do it anyway, uhm, and if you are like me, uh, and you can't make deadlines for yourself, which I feel I'm better at now, but, uhm, just, if you feel like you are that person that needs that management from another person, uhm, just stick with it and do it with, you know, Difference Press because you'll be an author way faster than you realize.

Angela:

Yeah. So true. Well, uhm, Marna Currie is the author of *How to Heal Psoriasis from the Inside Out: An Energetic Perspective*. You can learn more about her at marna, which is M-A-R, N as in Nancy, A, Currie, C-U, double R, I-E, dot com, marnacurrie dot com. You can also find her on Facebook and if you have suffered with psoriasis or struggled with trying to figure out the root cause, uhm, or you know someone who has, head on over to Amazon and pick a copy of Marna's book, *How to Heal Psoriasis from the Inside Out: An Energetic Perspective*. Marna, thanks so much for dialling in all the way from Scotland.

Marna:

Thank you very much. Uhm, yeah, I'm over here for summer but I'm usually in Los Angeles if anyone's listening there and they want to come in person, I'll be back in August.

Angela:

Are you available in person as well as over the phone?

Marna:

Absolutely, yeah. I usually do on Skype but if they are local to me, I can work with them in person.

Angela:

Nice. Fantastic.

Marna:

And I'm also, uh, putting together a package of, uh, you know, videos for tapping through, like, you know, specifically for psoriasis and so, yeah! It's all good!

Angela:

Awesome. That's terrific. Well, thank you so much for sharing your wisdom with us. Go check out marnacurrie dot com. Sign up for her list if you want to find out about those videos. Uhm, you can also head over to iTunes. If you go to pageuppodcast.com, you will be able to find our how-to podcast for authors in transformation, uhm, where we talk about everything from setting boundaries as an author to advice on what publishing techniques you should consider, how to overcome writer's block, how to develop a structure for your book. In last week's episode, we

talked about how to write your book in three days and whether or not that's a good fit for you. And this week, we have a special episode about my favorite author, uhm, poet, uhm, Rainer Maria Rilke and Rilke wrote *Letters to a Young Poet*, so I have picked out what I think are the most critical messages from that book that every author in transformation needs to know. Uhm, and so I think especially if you know Rilke and love Rilke like I do, you will love this episode. Just go over to ^PageUp^ podcast, you can hear my Rilke episode and subscribe to that podcast, and of course, I would love your reviews and comments. Uhm, make sure you are also subscribed to this show, uhm, where every week, we interview another author about their book journey. So, thank you again to Marna Currie for being our guest this week and we will be back next week, changing the world, one book at a time.