

# FINDING BRAVE

with Kathy Caprino

## Transcript

### Finding Brave Episode #36

### Navigating the Dark Nights of the Entrepreneurial Soul

### With Jason Miller

- Kathy Caprino: Hello, everyone. This is Kathy Caprino, and welcome to my podcast *Finding Brave*. I've created this show for everyone who longs to create something bold and brave in their life to rise up, speak up, and stand up for who they are, and to reach their highest and biggest visions. Each week I'll be speaking with inspiring guests from all walks of business, leadership, entertainment, the creative arts, and the entrepreneurial world, and they'll be sharing their intimate stories of finding brave and offer their best strategies for building your most rewarding, joyful, and meaningful life, business, and career.
- Hello, everybody. Kathy Caprino here and welcome to *Finding Brave*. How's it going this week? We are talking about Jason. Let me introduce you, my friend. We are talking about something that many people, most people, would never talk about and they sure as heck would not get as real as my wonderful guest and I are going to get about this, but we're going to be talking about the dark nights, because they're plural, of the entrepreneurial soul, right, Jason Miller? There he is.
- Jason Miller: Yes, indeed.
- Kathy Caprino: Thank you so much for being here.
- Jason Miller: It's a multi, multi-year, sometimes multi-decade rollercoaster.
- Kathy Caprino: People don't want to hear it, and they don't want to believe it's going to happen to them, and they want to say, "Well, that's because you're not really ready, or something's blocking you," all of which may be true, but we're going to talk all about it. What happens, how we get there, why we get there, how we get out, how we may not get out for a while, but we're going to get real here, but let me tell everybody about you, Jason. You're so inspiring. Jam. Do people really call you Jam?
- Jason Miller: Oh, yeah.

Kathy Caprino: I can't do it.

Jason Miller: I'm starting to move to Jam.

Kathy Caprino: Jam? I can't do it. I don't know why I can't.

Jason Miller: Okay. Go the other way. Jason Alan Miller Jam. It's all good.

Kathy Caprino: Jason, do I have to say Jason Alan?

Jason Miller: The whole time. Yeah. Every single time you say my name, Jason Alan Miller.

Kathy Caprino: All right. All righty. It's ridiculous already. Jason Alan Miller, Co-Founder of Peaceful Media, which is the go-to digital marketing branding agency for conscious entrepreneurs who have a, love this, a deep desire to heal, love, and shift the planet and its peoples. You work with some of the names we all know, Brendon Burchard, who I adore from afar. Jack Walker. Sonia Choquette. Is that how we pronounce it? I've read Sonia's books. Beautiful.

Jason Miller: Yes, yes. Powerhouse. Yeah.

Kathy Caprino: I just interviewed Martin Rutte on his Project Heaven on Earth. Jason, you'd flip over this. Look, I'll connect you. All right, Jason. We don't even have this scripted here.

Jason Miller: No, and that's the way life is, right?

Kathy Caprino: That's the way. Let's start. Let's dig right in, and both you and I are going to tell it like it is. What are the dark nights of the entrepreneurial soul?

Jason Miller: This is what it feels like and, Kathy, you can probably relate. I've had these dark nights of the soul. They're really more than a dark night, like you said. They're dark months, extended sometimes over the course of the year or even years, and they feel like ... Well, here's the symptoms. Honestly, they borderline probably what you would diagnose as depression or anxiety, not wanting to get out of bed. Just—

Kathy Caprino: Right, and not being able to sleep.

Jason Miller: Yeah.

Kathy Caprino: Waking up in the middle of the night, looking at your phone, freaking out.

Jason Miller: Oh, yeah. Oh, yeah. Many, many hours of that freaking out, not wanting ... Having such an ambiguously scary feeling inside of our chests that there's no words for it. We don't know how to describe it to our partners, our friends, even ourselves. It just feels like there's a swirling chaos inside of our bodies, inside of our lives, and nothing looks interesting. It's like going to a five-star restaurant and everyone else is sitting around going, "Oh my God. This is the most amazing food I've ever had in my life." And yet, nothing looks good to me or you, maybe. Everything just feels muted. One of the people I interviewed for my first book called it like a wet blanket was thrown over my body, and I was walking around life just draped in this wet, heavy blanket over my entire spirit, and therefore nobody could feel me. Nobody could see me.

Nobody could recognize me as the person I really am, or very few people I should say.

Kathy Caprino: Wow.

Jason Miller: Those are some symptoms that would typically just ... you don't want to go to work. You don't want to deal—

Kathy Caprino: And be there, and be the leader, and be the ... come on, folks. You're like, wow. I'm having a hard time getting out of bed, let alone—

Jason Miller: Exactly. My title at Peaceful Media is Chief of Optimism, and I swear to God, I wanted to kill myself for that. There are many, many times throughout the last 10 years of our business that I've wanted to shoot the person ... this is what it feels like. I wanted to shoot the person who came up with that and put it on my business card.

Kathy Caprino: And that was you.

Jason Miller: And that was me.

Kathy Caprino: Oh, wow. Interesting. I want to say, I want to add, loop in, what you're describing really feels like symptoms of depression. My dark nights don't feel like that, they feel like, "Oh my god, how am I ever going to get over this?" And so, it's more anxiety, and more my heart starts beating just thinking, it's not ugh, and I want to tell you I've had two of those when the Marshall came to my house and almost foreclosed. Ten years ago. Still to this day when the doorbell rings, I told you this on our last webinar, the second one was when I realized my husband and I were really going to get divorced.

Jason Miller: Yeah, oh yeah.

Kathy Caprino: And, like when your identity slips away.

Jason Miller: Yes.

Kathy Caprino: And you go "Ho, I won't be that person anymore."

Jason Miller: Yeah, see you have the clinical background. By the way everyone, I'm not a professional psychotherapist or doctor or anything like that, so I don't call it depression, I call it not listening to myself.

Kathy Caprino: Yeah.

Jason Miller: And adhering to what my soul was trying to say. As a result, the anxiety, as a result, financial pressure, as a result, feeling unhappy and unsettled.

Kathy Caprino: Let me understand this, if I could. Because you have a successful, and we all know that there are vanity measures, and there are real financial scenarios et cetera. But if you look at all those times, so we can help people categorize and make sense. That's what I would love to do. Let's take the chaos, and make it categorized so I go, "Oh that's me, that's me." If you look at all the times you've been in the dark night, do they have a theme? Is it, "I hate this work that I'm doing,

that I'm supposed to love?" Is it, "Why am I not making the money that it looks like I should be making?" Is it, "I hate the people I'm working with?" What is it for you?

Jason Miller: There are some through lines, and I'll share those for me, there's always a financial through line. There's always some sort of external financial stress, whether it was 2008 when I had just purchased, how in the world they gave that loan, I was like the last person—

Kathy Caprino: What in the hell were they thinking? And why did they do that to me?

Jason Miller: Yeah, it was like, "Oh you're going to give me that much? Great, whatever." Here you go, here's a check. I was like the last person before the crash that got into a really expensive home I couldn't afford. So that's just one, there's so many identity crises along the way, where my identity was trapped in that. My identity was trapped in this idea of going up onto an island, that's where I bought the home, and writing my next book and being this like Henry David Thoreau in the San Juan Islands.

When that was being, it felt like it was being ripped away, long story short, it actually wasn't being ripped away, it was just confronting me. The financial piece is just the most obvious. It's like, that's the dollars and cents, and the numbers we can look at are logical frames we can look at in a bank account and go, "I don't have money for next month's mortgage. I don't have money for next month's childcare." Whatever it is, I was confronted by that, and it's again, I've heard that the hardest thing for the spiritual warrior is just to relinquish control.

That's what it is, like I'm confronted with an identity-shifting opportunity, but I don't want to release the identity that I've built and constructed in my mind, right?

Kathy Caprino: That's huge.

Jason Miller: Because I worked way too hard to get that identity built up. Does that make sense?

Kathy Caprino: Yeah.

Jason Miller: To have it stripped away—

Kathy Caprino: It's who we believe we are. What do you mean I don't have money for the mortgage next month? That's what's so crushing about it. You know I call it, when you're not demonstrating in physical reality what you know to be true about yourself, but really you are. Right?

I mean, don't you find the financial smack down, it is who you are. It is what's been created, so it's jarring but it's also informative. Right?

Jason Miller: Absolutely. Absolutely. Like again, relinquishing control so one of those controls is to have an expectation that I'm going to make this much, and I'm going to live in this certain lifestyle. I mean we can release that, there are cheaper alternatives out there in life that will allow us to listen to whatever our soul's art is trying to be expressed through us, wants us to be doing. But gosh that would be a major identity exchange to go and cruise around North America in a van. Like that would be, "Oh what would people think about? What would I think about? All the school I went through, all the things I would have to give up." You see all those little latches into our identity, you know ego and all that stuff have.

Kathy Caprino: Oh gosh so true. Now tell me as an entrepreneur, as I am, for me some of the dark nights have been "I don't even think I like what I'm doing right now." Even though it's making a boatload, I'm not sure I love this. Do you have that?

Jason Miller: Yeah.

Kathy Caprino: Or this client, or this kind of client, who I somehow attracted in freaking bushels.

Jason Miller: Yeah. That was my last existential crisis. To back up a little bit, could I first just acknowledge that everyone who is listening to this, please go back and listen to the backlog of what Kathy is compiling here. Because it is gold. It is gold. This is alchemy in a podcast. I listened to your interview with Peter Bregman.

Kathy Caprino: That one blew my socks off.

Jason Miller: It was just gorgeous and so rich with information. As I'm listening I'm just like, "I hope everyone is just like taking a moment to be in gratitude of your service." Because I know you do this out of love.

Kathy Caprino: Thank you, Jason.

Jason Miller: Because you probably have to, and you're expressing yourself here. I hope that it's helping a lot of people.

Kathy Caprino: Thank you, I'm taking that in.

Jason Miller: That's the biggest thing I wanted to get across is just my appreciation for you there. My second is, I don't have any prescriptions because I don't think the world is lacking in information anymore. Right?

Kathy Caprino: Holy cow, could we say it's the opposite?

Jason Miller: What we're kind of looking for and seeking is a new mythology. A new—

Kathy Caprino: Oh, that's a tweetable.

Jason Miller: For ourselves.

Kathy Caprino: Tell me what you mean. I mean give us more words on that.

Jason Miller: It's more archetypal, it speaks in symbols, it speaks in movements and emotions more so than words, and things you would get out of a non-fiction, let's just put it that way. Right? Peter comes from huge intellectually, he's so bright and so vivacious, he's got all the answers. The challenge with that is that someone else is listening to that it all goes like this because they're in the dark night. It goes fwoo! Fwoo! Fwoo! Fwoo! Because it's all more information, and information doesn't speak here. Right?

Information's getting trapped up here, before it can get circulated down here, if at all. And so story as we all know when we go to a movie, we feel the *Star Wars*, you feel a hero's journey,

you feel that movement with Luke and all the heroes, right? What we need is a few more of these people like you said, bringing forth on podcasts like *Finding Brave*, very appropriate, and sharing stories of how we're navigating this. I hope that whoever is listening, A. Has gratitude for what you're doing, Kathy, and just reaches out and says something, subscribes, do whatever podcast needs to keep it going. But also, just send you a note to maybe share some their dark nights or post a comment below on your blog posts. Because we need this in order to come out of that.

Kathy Caprino: Oh, that's just so beautiful, and I'm so heartfelt, thank you. We're talking about what some of those dark nights are, and you know what would be helpful too? How do you know you're in one? Well to your point, when you're one, you're in such a scared mode I think, and shut down mode that you're right, it's all going Ree! Ree!

You know when you're coming out, when like I had just mentioned, a chat about how I might be projecting some weakness onto potential women I'm hearing from. It's like that thundercloud, thunderclap, and I think when you're in the dark night nothing does that for you. Nothing will make you feel like that. Is that right?

Jason Miller: No, and if you've experienced where someone you trust, friends, colleagues, come to you and say you're amazing, Kathy, I think actually if I'm being honest, I've heard it in some of your podcast interviews where someone sort of compliments you on your interviewing skills for instance, and it just kind of, I hear it in your voice it's like, "Whatever."

Kathy Caprino: Oh! Ack!

Jason Miller: It doesn't have a place in here. Right? There is like a shield when we're in a dark night, and I've been there. I mean I have people surrounding me who've seen me in my normal state, Chief of Optimism, telling me that I'm great, and it sounds like bullshit. Total bullshit.

Kathy Caprino: Well I have to say I have had that problem since when I was 22. A guy said, "I just gave you a compliment, and you just kind of acted like, 'eh,'" and I think the point here is, sometimes that's not just the dark night, sometimes that's some of who we are, that does need to be looked at. That maybe gets highlighted in the dark night, you know?

Jason Miller: Absolutely. I think it's like when we most need it. It's one thing when you're kicking it with friends at a barbecue and someone says, "Hey dude, you're a great dude." Great it's just added to my little—

Kathy Caprino: Hand me my Bud Light.

Jason Miller: Vault of Confidence builders, right? But when it's dark night, it's like none of that gets in, and those are little lifelines that just don't mean anything.

Kathy Caprino: That's so true.

Jason Miller: How do you tell? For me, I mean we described all the symptoms of just sleepless nights, not wanting to get out of bed, feeling listless, feeling like everything I'm doing is meaningless, feeling like I don't make a difference. Which is where the whole, like those conversations come

in, and yeah, just not wanting to live.

Kathy Caprino: Oh Jason, yikes. What do we do? What gets us out of that?

Jason Miller: I can go through a little framework I just came up with a little bit ago. Do you want to get there, or do you want to—

Kathy Caprino: Get it. Bring it.

Jason Miller: I think there's some opportunity here, what does it feel like for you?

Kathy Caprino: The dark night?

Jason Miller: Yeah.

Kathy Caprino: It's questioning everything. It's like for me, we're just being blunt, I am giving up a lot, I have compromised a lot in my life to be here. The love of the work is there, but sometimes the reward is not. The reward that I need, the reward that I want is not. It feels more like, you know, what every staff member or team member has ever said to me is, "Jesus, you are like a hummingbird, it comes so quick, you're giving us a thousand things, and we all know 90 Day Year Todd Herman, planning, I am hard on the people that I work with.

Because it's like, let's change, let's do this, so it gets very frenetic, it's not, even though I'm all planned out for months. Ha! The whole thing goes kablooey because I have another idea of another program that will help. It's chaotic, it's full of frenetic activity. I love the work I do with people while I'm doing it, but there's sometimes a dialog later that I'm a little angry. I feel taken advantage of, it's all the stuff that makes you angry and resentful. Makes me angry and resentful of where I am today.

Jason Miller: Right.

Kathy Caprino: That's hard to even say.

Jason Miller: Yeah. Thank you for being vulnerable, I acknowledge that.

Kathy Caprino: Thank you, you too. I do take that in. I do.

Jason Miller: This is your podcast, and you're willing to be so vulnerable, how many podcasts have you all listened to where everyone who's on their interview is like superstar, supermen, superwomen.

Kathy Caprino: Well, that slick thing, really rubs me the fricking wrong way. Nobody, not nobody, we're doing it. So few people, like if I hear one more person say, "I made a million dollars." No, you didn't. You might have generated it, but you actually earned four dollars. I'm tired of the lies, but we're not lying here, we're telling the truth. That's how it feels for me.

Jason Miller: Let me give you a little bit of backstory that may help contextualize this for other people. Because I think there's, the details don't really matter, this isn't about me, this is archetypal, this hero's journey, this is finding your myth and listening to your soul. Okay?

Kathy Caprino: Okay.

Jason Miller: So back in 2010, I landed on my divine purpose.

Kathy Caprino: You what?

Jason Miller: I landed on my divine purpose.

Kathy Caprino: You landed on it, I love it. Which is?

Jason Miller: Yeah, which was, and if you go back to my journals that day, it was I'm called to be a healer. I was feeling these vibrations in my palms, I've always been an intuitive empath, and I really felt called to just go heal. Like Jesus or something. You know like just that was ... I was like, "Oh I need to go and study shamanism, and all this stuff." I just felt like, that's it. Then I put that journal down and immediately, you know what happens?

Kathy Caprino: What?

Jason Miller: Well I think you probably know. You go, "Hmm, so how would I pay for that journey around, traipsing around North and South America, and the world just learning shamanism and healing people?" And if I'm being honest, in fact this was projected, in reality I was also scared of ostracization, right?

Kathy Caprino: People saying, "You've lost it, buddy. What the hell?"

Jason Miller: Yeah, or in my mother's words, as she was going to church and I was going to Reiki practice.

Kathy Caprino: I had no idea about this.

Jason Miller: She says, she calls me and says, "What in the world are you doing? People don't make energy; power plants make energy."

Kathy Caprino: Oh boy.

Jason Miller: I remember going, and even though I felt like I was an individuated 30 something year old, I took it in, and made it mine. Deep down, I probably didn't admit it at that point, but I resented it, and I resented that I was brought up the way I was brought up, and I put it in the closet.

Okay, two weeks later my friends and I see a completely comatose, very bad car accident, and this dude's been through a lot, one of my best friends since third grade, and he's lying there, we don't know, we don't know. He's like that bad. I looked at his face and I said, "You've been through too much man. You've been through too much." He was always struggling with money, already had a couple of DUIs, this was the third or fourth one. This was really bad. I just felt called to it. I put my hands over him, and I was like, "Okay, oh shit." I felt like his, right in the solar plexus, I felt what he was feeling.

I was like, "Oh boy, oh boy. You don't want that. You don't want that." I just said, "Listen, I'll take this." I just took it on myself, because I didn't know any better, and so he got better.



Kathy Caprino: How did you feel?

Jason Miller: I needed two weeks to like, let that circulate, or try to figure that out, sitting underneath trees, like what in the world is this all over me? It was dark.

Kathy Caprino: Gosh.

Jason Miller: There was, A. A calling, B. A denial, both externally and internally, and logically. Right? Then an expression of like, holy shit it really does work, I am a healer. Then sort of like, "Wow, I really don't know what I'm doing. I'd better go and study more." Right? In the meantime, Peaceful Media, my company that I started in 2008, will be my outlet for healing. That's the way I justified it. I'm telling you this, that is a flimsy justification based on what I was really called.

Kathy Caprino: I'm so riveted. You mean, oh no I don't even know what you mean. Justification meaning a part of you was going to make a million dollars?

Jason Miller: You don't need that, and you don't need to go traipsing around trying to be a shaman.

Kathy Caprino: Ah.

Jason Miller: Because you are doing healing. Does that make sense?

Kathy Caprino: Yep. It was the Plan B that was palatable to your ego, which actually diverted you from—

Jason Miller: Yeah, to my ego, to my bank account.

Kathy Caprino: Your mother.

Jason Miller: To my mother.

Kathy Caprino: You tried, if you tried they would have thought you were fricking nuts.

Jason Miller: Yeah. Around that corner of divine purpose is a lot of unknowns. Right? You feel a calling, but it's coming from around a 90-degree turn.

Kathy Caprino: Yep.

Jason Miller: Right? All you just hear something, you don't know what it looks like, I didn't know what it looked like, and I didn't have the details to satisfy all of my logical needs for existence in sustaining my identity, and my life as it was. And so I didn't heed that call.

I also at the same time, in those periods, came up with my book. Just finished recently, *Bob the Flightless Bird*.

Kathy Caprino: Oh yeah.

Jason Miller: If I go and look at my journals, again, *Bob the Flightless Bird* was started back then, I was feeling spirit flow, everything, and that's the high of the rollercoaster that I'm talking about, those are the bright lights, sunshiny days where everything is joy, and everything is love. And oh boy,

when those are so high, it makes those dark nights feel like I don't recognize myself back then. Right?

Kathy Caprino: I need to understand one thing, has Peaceful Media been a true outlet of healing in any way, shape, or form?

Jason Miller: Sure.

Kathy Caprino: Oh, that didn't sound compelling.

Jason Miller: I'm just saying, that's not the fullest expression of the healing work I'm called to do.

Kathy Caprino: That you wanted to do.

Jason Miller: Right. Right.

Kathy Caprino: I see. Just this watered-down, palatable version.

Jason Miller: You sense my answer, that's what I told myself. But I kept getting confronted. The point is every time I've gone into these dark nights, and there's probably been four or five in the last 15 years or less, I'm constantly confronted with, there's something calling me from around that corner, and I can't see what it is enough to clarify it, put it into words, communicate it to my spouse, my tribe in a way that will guide us safely and securely. Right?

Again—

Kathy Caprino: Boy, that's a packed sentence.

Jason Miller: Control.

Kathy Caprino: Safely and securely, like what is that? What the heck is that? Except your soul, your spirit. I mean really what you can do with yourself in service?

Jason Miller: Anybody who's been laid off from the corporation they've been working for, for decades, knows what I'm talking about here. Security, you call corporate security anymore?

Kathy Caprino: I'm dying to know here. What happened? It's so funny, Jason, if we're looking, list building websites, copyrighting and advertising for peaceful, positive, people you know I love your agency. But that feels so flat compared to what your soul wants to do.

Jason Miller: Sure.

Kathy Caprino: What's going to happen? What's happening? I'm at the edge of my seat.

Jason Miller: I, first of all, when I go through this framework, to kind of guide us here on what's emerging.

Kathy Caprino: Okay.

Jason Miller: If I'm looking back with clarity now, on the things I couldn't see, or whatever I didn't want to

hear in those dark nights of the soul, the first thing I needed to do, and I call these the Five Soul Solutions. I don't know, Soul A's to help you get out of that dark night.

The first one is Acceptance. I told you before the interview that I read this book that made me laugh so hard because we were staying, my buddy's mom is a deep spiritual personal development person, and she had this bookshelf full of these "woo woo" books. I was like, there's this one book called *I'm Okay, You're Okay*, and I was like, "Ah that's the most ridiculous thing in the world."

Kathy Caprino: Was this a long time ago? Or recently?

Jason Miller: Long time ago, this was back in like Junior High. The reality is, is that's very insightful.

Kathy Caprino: I gotta check it out.

Jason Miller: The statement "I am okay, I am okay." Acceptance. Soul Acceptance is willing to sit in the season of winter. Because just like nature needs seasons, our bodies and lives need seasons as well. And this is, if possible, it has to start from here in a "I am going into winter, I am going to shut up all the ideas, all the problems, and I'm just going to listen to what my soul really needs, and I'm going to be okay."

Kathy Caprino: Oh god, Jason, that's a freaking 10-year course. I just want to point out, folks, I'm listening to Jason's because I haven't heard this before. The flitting that I do, that gets exacerbated, and accelerated, it's the antithesis of that. In other words, I'm flitting around trying to answer a problem, I don't even know what the problem is. Be quiet. Accept for a minute, for a week, for a month, for whatever that you're not where you want to be. It's not working. But like, "Ooh let me do another course." That's not the answer. Getting another high-level client is not the answer. Right?

Jason Miller: You're nailing it. Because that's exactly what I was doing with Peaceful Media. The answer to that surface level problem, which is typically finances, is go find another client. Hustle, hustle, hustle. And get desperate. Like typically those moves are desperate moves, and they, not only do they not solve what your soul's actually looking for, but they exacerbate it.

Kathy Caprino: That's it.

Jason Miller: Right?

Kathy Caprino: That's it. 100%.

Jason Miller: Sit with that, and recognize that you're in a season, be okay with that, give yourself some acceptance, some of that emotional courage, that you're always talking about, and then I recommend, as hard as this was for me, Soul Art, The second A.

Kathy Caprino: Oh. What is that?

Jason Miller: For everyone it's going to look a little different, here's where my "canvas" is. A literal canvas, so I painted.

Kathy Caprino: Are you a painter?

Jason Miller: I'm not a painter, I paint.

Kathy Caprino: You're a damn painter, man. You're not going to be selling in Soho tomorrow, I didn't mean it like that. I mean the way you express yourself, you enjoy painting.

Jason Miller: Again, our soul doesn't use the words, it doesn't know exactly how to write a prescription for its cure. All it wants from you and I, is to listen. If we'll give it a venue, which is usually art, whether that's journaling, and just like stream of consciousness journaling. Coloring books, drawing, painting, building Lincoln Log houses, I don't know what it is, something that allows your soul to just say, "Here I am."

Build symbolic communication, the soul communication to whatever's up here saying what it wants to say. Right?

Kathy Caprino: You know for me that's singing, and I get to a place where like I'm humming. The energy's humming.

Jason Miller: Yeah, yeah.

Kathy Caprino: Then answers come, but I'm never like that any other time. So, I'm with you. Love it.

Jason Miller: Soul art. Grab your favorite soul art and force yourself, I'm telling you, force yourself.

Kathy Caprino: It's going to be the antithesis of what you think you want to do. Nobody wants to slow down in the dark night. Right?

Jason Miller: Quick example. When I'm in my dark night, I look back at my journal and it's like crickets. It's like one on New Year's Eve, well that was a fucked-up year. Something's really not right.

Kathy Caprino: Oh my god.

Jason Miller: Then me like chiding and chastising and disavowing the person that had written all the light and bright stuff previously. Like I'm reading this stuff you wrote and it's all bull.

Kathy Caprino: Oh no!

Jason Miller: You know? It is like a split personality. I've been called Bi-polar, and I don't even think it is, I think it's just that my soul has split off from the life I had been leading.

Kathy Caprino: And you're angry about it.

Jason Miller: It's ... yeah. And that part's angry, and this part's saying, "But listen, please."

Kathy Caprino: Rough.

Jason Miller: Yes, so force yourself to at least jot down some words in your journal, as hard as this may sound, the gratitude journal, I'm sure you all know about the power of that. A blurb. Just a blurb about

one thing, the celery, the crunchiness of the celery.

Kathy Caprino: Can I give you an example?

Jason Miller: Yes.

Kathy Caprino: I sprained my knee, the most favorite thing under singing for me is playing tennis with my 20-year-old son. Blew it, don't have it. I'm like, "Ah" and then I always think, it could be worse. That sounds horrible, it's not that I'm trying to prey on unhappy, unfortunate people. But I could have lost my leg, I could have fallen off that boat and instead of spraining it, the propeller could have lost my leg. Whatever you gotta do to make you feel like it's not always going to be so dark.

Jason Miller: Yeah. Yeah, maybe it's about going and seeing what some other people are dealing with in terms of life circumstances. You call the knee and not being able to play tennis a First World problem on one of the other podcasts, and yeah, so go look at the other side of that. Go look at the other end of the spectrum and see what that life is like.

Kathy Caprino: Love it. What's the third A?

Jason Miller: The third A is Activity. I would just start with this sentence, "When I was a child, I used to love <blank>."

Kathy Caprino: Oh, that's a good one.

Jason Miller: What's yours, Kathy? Go ahead and say the whole thing.

Kathy Caprino: Well so much, when things go blank for me like that it means I'm going deep. Like soul gets nervous. What came to me is I love to play tennis, but really, it's because there was prowess there. I was good, I was number one, there was joy in excellence. There was tennis, I would say singing, and friends. I'm a social creature. Just being with my pals all the time.

Jason Miller: Yeah. Me personally, I would stick to an activity. It's hard to like ... I mean you can do all sorts of things for excellence, but when you're in this space you need a nugget. You need that vision of yourself as a child deeply enjoying something.

Kathy Caprino: I mean it was tennis, because that was my thing for years. But I can't do that now, so that hurts.

Jason Miller: You can't do it the way you've done it.

Kathy Caprino: True. I said to my son, "Can I just stand there, and you can hit me balls?" But I'm probably going to tear my meniscus again, because I can't do that. But stop it! Stop that, Kathy! I hear you. Do what brought you joy. Do what you were in the flow of. It's not gone, I just forgot it. I love it. What was it for you? What did you love?

Jason Miller: Anything in nature. Climbing trees, playing in the river, sitting in creeks. I mean that's always been it. Again, everything in your dark night weird thinking, will say no, that's not good use of your time, that is not going to fix the problem, I refuse to create room on my schedule for your soul schedule.

Kathy Caprino: That voice is even annoying. What do we call the opposite of our soul voice? The ego voice? The scared voice? The controlling voice?

Jason Miller: Yeah, control. The controlling voice.

Kathy Caprino: I don't like that voice.

Jason Miller: I know, I know.

Kathy Caprino: I don't like it.

Jason Miller: Okay, so the fourth A is Soul Association.

Kathy Caprino: These are great.

Jason Miller: Yeah, I know.

Kathy Caprino: I feel a retreat coming on. Can I come?

Jason Miller: Yeah, so this about being surrounded by people who see you in your truth. Who see the truth in you.

Kathy Caprino: I'm going to get so puffed up. When you call.

Jason Miller: You're clearly one of those for me because when you tried to get me on an interview for *Finding Brave*, I didn't feel brave. I honestly did miss the day we were going to, and that's again this sort of psychic energy kind of stuff. Like, I never miss meetings, I missed it. Or didn't even know it was coming, let's reschedule. That was more me, I'm not brave right now, I'm not feeling me, I'm not my light. I'm something else right now.

You know what? Going back to acceptance, now that I know that framework, that's going to be okay.

Kathy Caprino: Yeah, and you know what? It was right that you missed it. Because it's not that you should be ashamed, it's that to be on the other side of it, and turn the mess into a message, which so many amazing inspirers do, we can cleanse our self of the darkness a little bit, because we do. It can be like that blanket that we can put away lovingly. But it was all right, and that's the acceptance. Everything is as it should be, even if we hate it.

Jason Miller: Yeah.

Kathy Caprino: Don't you think? It's good that you missed it because now you're sharing with us how you overcame, not overcame it, wrong words, words make no sense, how you're in another place now, and you can teach us.

Jason Miller: Yeah, I can provide a little bit of hope for myself when next time I'm in a dark night of the soul, I'll come back and listen to this podcast and go, "Oh good tips."

Kathy Caprino: Can I talk about association for one minute? I think when you're in your soul place, most often

your tribe and the world and society, balks at it. I remember the first time I said I saw some woman in the grocery store, and she said, "What are you up to?" And I said, "I got laid off from my corporate job, I'm leaving it forever and becoming a therapist." This is what she said, "You gonna do what? Why do you feel you need to do that?"

You know I went and licked my wounds. The traditional world doesn't want this. This soul nonsense. I mean I know some religious groups love it, but the traditional world gets very scared of it. So you gotta find people who go, "Well thank God, finally!" Finally you're putting your hands on me. Right?

Jason Miller: In an ideal world, all we are, are expressing our light and love, right? There is something, there is a rudder in our bodies, and in our spirits that says, "I need to course correct here." The more we disavow that and not listen to it, and whatever, it's going to hurt more.

Kathy Caprino: You're going to love this. You know I studied Reiki, and Elliot, who is now about to be 21, my son, it was when he was like in sixth grade, and I would put my hands on him, and he would be asleep in a minute. One day, he said, "Mommy, Reiki me." I'm like, all right! And I put my hands on, "Mommy, I got a headache, Reiki me." Find the people that really are simpatico with who you are. What a waste of time, if you don't.

Jason Miller: Yes, yes, yes. That the sort of currency that we have amassed in life, that's the only currency that's going to matter is those associations. It was that currency that came back and paid dividends when I'm in the dark night, because I have people chiming back to me, reflecting back to me, "You're going to be okay." Let me give you some perspective. You can think of it as just wearing someone else's eyeglasses for a minute, you know?

Kathy Caprino: Do you judge it to be that your parents were that for you? Was your mom?

Jason Miller: In a "we'll support you, we got your back." Which is helpful, don't get me wrong, that's a huge like, okay there's a soft place to land. Right? Or softer. Might look like living in my parent's basement again, but it's softer than. "Hey kids, welcome to our Miller Van." But rather than, just on an association front, and then I'll move on to the fifth. Rather than slamming all the stuff onto Facebook, in a big rant thread, and hoping that you're going to get the validation or insight, or encouragement that's actually going to move the needle. Maybe that works for you, I find it completely fruitless.

Kathy Caprino: I completely agree.

Jason Miller: What makes a much deeper impact in my life, the sitting down with that one friend, who understands soul work, who understands you on a really deep level, and what you're really good at. That will listen to your dream, or that divine purpose calling, whatever it is, whatever ickiness is coming out of your voice, but trying to say what it is, they will help you massage it, and find the words and get clarity and even clear out some of the obstacles that you thought made this impossible. So that you can move forward, and hopefully you have a friend or colleague in your life that can provide that. I know I do, and they're treasured.

Kathy Caprino: Oh, I so agree, and I would say if you gotta put it on Facebook, what you're trying to do is validate yourself, that's not where we want to need to go here. You need to find that one

person, or two people that love you unconditionally, see what's inside of you. I call it the Future Vision of You Before It's Hatched. They hold you in that light, and that ain't Facebook folks.

Jason Miller: Dear God, if you're looking for a new place to live, go on Facebook. If you're looking for a new life, go to your friends.

Kathy Caprino: Oh, that's a good one! What's the fifth?

Jason Miller: Okay, fifth one is Action. Action.

Kathy Caprino: Action. Oh, tell us what kind of action.

Jason Miller: Soul-based action. At this point because you've had conversations with internally, and externally with people you trust, and who love you deeply. I bet, I can put money on this, that you have some, you have an inkling of what you are being called to do.

Now what you need to do is, actually take some action towards that. It can be a baby step. It doesn't need to be, "You know what, I'm signing up for an 18-month long shamanism program in Peru." For example. Right?

Kathy Caprino: Right.

Jason Miller: To pull this back into action for my book, *Bob the Flightless Bird*, started that eight years ago, journaled about it, picked it back up three years later, dropped it, picked it up three years later again, drawing, starting, controlling, "Oh what is this character going to do? Who's this character, and what's their story arc?" And all this hot stuff. I had to get it all figured out, right?

Drop it. Then lately, in my most recent sort of dark night, or existential crisis, which lasted over a year, if I'm being honest. It was this, trying to emerge.

Kathy Caprino: Oh wow.

Jason Miller: All the reasons why I couldn't allow that merge is because I wasn't doing any of those things I just mentioned.

Kathy Caprino: Yikes.

Jason Miller: Right? I needed to solve those problems that were creating some friction, no doubt it, like okay, Peaceful Media needs more clients, our agency needs to transform a little bit, and become something different. Yes, all those things happened, and needed to happen, but that wasn't really the problem.

The problem was is that I wasn't living a part of me that was like it's the bamboo shoot trying to press out of the ground. It's like come on now, come on let me out, give me some light. Until that could happen, I was stuck. And I refused to put my flashlight on it.

Kathy Caprino: Was that the book for you, or other things?

Jason Miller: As soon as I started drawing again, I started doing some of these processes, the acceptance,



yeah, I did do some acceptance. Started working with a little bit of a spiritual mentor, did some acceptance work, did lots of art that had nothing to do necessarily with the book, just letting myself communicate with myself, does that make sense?

My bigger self talked to my smaller self, and then activities like sitting in trees and laying in rivers and bathing in the forest, and then associating with really powerful people in my life who told me who I really am, reminded me who I really am, and then the action was, I had a client say, random, like he was very intuitive said, "Hey, so when are you writing your next book?"

Kathy Caprino: Oh gosh.

Jason Miller: I go, "You know what, I feel something." I feel something, and I went home, and the next morning I started writing *Bob the Flightless Bird*, and eight weeks later it was done.

Kathy Caprino: Oh gosh, how wonderful.

Jason Miller: I couldn't be happier. It's a masterpiece.

Kathy Caprino: Here we're going on, and on, but you're an artist, that you have an artist soul. I think, for anyone who is listening, the entrepreneurial journey is for a warrior, but so I want to say a few things. I want you to tell me if I'm getting it, Jason.

When we honor who we really are, like I do think I'm a healer, that's what I'm doing in career coaching. That's what I'm doing on Forbes, call me nuts. I'm healing because I'm saying, you're okay. That's exactly what I'm working on. My six dominant action styles, it's six styles, seeker, striver, it's really saying, you're okay. You're gorgeous. Exactly as you are.

It doesn't mean that you are necessarily going to chuck your business.

Jason Miller: Right.

Kathy Caprino: It means that there are facets of us, and some facets need expression as if it's a physical, bodily need. And if you don't let it out. Like you're making me want to go back, I have this screenplay I'm writing, which I made all perfectionistic over-functioner, hired a great L.A. coach, and I just made myself sick about it, because it's a past life story. It's my past life story. But it's scary.

He's like, you're not going to believe how hard this is going to be, and it was! Because it's not just a telling of a little story, it's like me in another life in the 1500's. Anyway, it makes me want to do it, but the point is, I'm dying to know where your business is, and how you feel about your business? But I'm guessing it doesn't mean, folks, that we're saying you should not be an entrepreneur. It means if you're a healer, you gotta heal. If you're an artist, you gotta be an artist.

Like for me, I can't not write. Writing is incredibly cathartic for me. Like if I'm pissed at somebody, or I feel a deep regret, I'm going to write my viral post, Top Ten Regrets of Midlife Professional. You have to do what your soul wants to do. If you're compromising your integrity and your love and compassion and your healthiness, your health, to do entrepreneurial work then something's really gotta change.

Jason Miller: You said something really important about not having to ditch the things you've started.

Kathy Caprino: Yeah. I want to hear your thoughts.

Jason Miller: That could be a relationship, that could also be a business, that could be a house. Take that for what you will, and whatever your symbols are. I did have some advice from very, very strong business people in my life say, "It's time for you to get out."

I was like, I had to really like decipher, am I scared? I feel that causes a lot of fear for me. Is that because I'm attached to that identity, I'm attached to that income, and "stability and security," or is it just the wrong thing?

Kathy Caprino: Or is it the wrong thing?

Jason Miller: Exactly. Is it change?

Kathy Caprino: What's the answer?

Jason Miller: Is it the right thing? That's again where developing your ability to listen deeply within, and it's probably not going to happen, and it's probably going to happen out in nature somewhere, but get deep, and listen, listen, listen. Because some of that advice will come at you pretty strong, and it may send you down a path that's just, that's not exactly what your soul's asking for.

There's just no cue card or turn right at the sign. This is all a spectrum of listening to ourselves, right? I'm glad I didn't because what I did need to do, not sell the business or find my replacement or find exit strategy or anything like that. I'm here to stay at Peaceful Media. Peaceful Media becomes an umbrella for the healing work that I do.

Kathy Caprino: You said, it's weird, I went to your website. Since when we last did our webinar two years ago. I felt a complete difference. I felt like this is for healers, this is for, yes, Peaceful, but more than that. Spiritually-connected people, I mean connected with their own spirituality. There was one other thing I wanted to say, are you putting your hands on people?

Jason Miller: I am. Scares my family to death.

Kathy Caprino: Why?

Jason Miller: I can tell you little stories. People walk up to me on the beach, and they're clearly disillusioned and disoriented and ready to go. I asked a man to lie down next to our campfire, and I did a work on him. Then he was just, man I never felt this kind of peace.

Kathy Caprino: He said it because you, I'm going to admit this, and I know you're probably going to say something magical. When I started doing therapy, I would see in my mind videos of things I had no business knowing about them.

Jason Miller: Oh, for sure.

Kathy Caprino: About their life, you know. It happens often when you're in close, close, close, and I do want to say, when I put my hands on people, one time, it was a cancer patient. I couldn't breathe, and I

looked to our teacher Lynn Carol who I have interviewed, and I was like <gasping sound>, and she came over and put her hand on my back, and it was like the hand of God. Whatever you would feel.

I have to say to you, you are a powerful healer that you can take on like your friend's solar plexus mess. You have to be incredibly strong to be able to do that work. But you are. I would say, and it is scary because it defies what we've been taught. Like how can I know this about you, and you never said anything? I'm scared.

Because it's power, and it's energy from another source. But I want to see you doing retreats through Peaceful Media.

Jason Miller: Speak of the angel. That's exactly what I've done. I'm launching, just got done with the landing page yesterday, launching an experience called "The ION Experience," which stands for In Our Nature, and it's this close-knit, intimate ongoing mastermind with me with two solstice nature retreats.

Kathy Caprino: How powerful. So, when's the next one? September 21st?

Jason Miller: December, winter solstice.

Kathy Caprino: Oh my god.

Jason Miller: I'll just set the intention now, that it's going to be Kauai.

Kathy Caprino: Promoting the hell out of it. You know, what a beautiful marriage, that this baby that you've worked so hard and, no, it wasn't perfect in its first incarnation, Peaceful Media. It's going to be a marriage of who you really are. But we're many things. You're an incredible entrepreneur, an incredible visionary in marketing, but you're also a healer. Why are those separate?

Jason Miller: Yeah, they don't have to be. At all. But where do I spend most of my time? That's a big thing I've rejiggered over the last quarter. I take Fridays off to work on my book and create or go play. You know, that's my time to bring all the bright light and energy up. Not everybody's going to have that option, but it was my time. That allows me the space to create things that nurture my soul. We got to do that.

Kathy Caprino: You have little kids too, don't you, Jason?

Jason Miller: Yeah, I have two little girls. Three and One.

Kathy Caprino: Oh, so you gotta be with them and pour all that amazing healing energy towards them too.

Jason Miller: Of course, yeah.

Kathy Caprino: Holy crow. This is the most raw *Finding Brave*, and I'm so grateful. You are so rare. Remember when you said to me, "I'm so glad you didn't give up" when you kind of disappeared on my invitation? Why would I disappear on somebody who is such a gem in the world? So important. So of use, so full of love. I really appreciate your telling the real story.

Folks, you know I can't wait to hear what you have to say. Some of you are going to be like, "Whoa, those two don't have it going on." Next on Tunes. But I think more are going to say, "Holy, I was feeling that, everything that they said times 100."

Jason Miller: Yeah, as soon as we, when we give ourselves permission to play like this, who gives a shit?

Kathy Caprino: You know what? We'll do that, we'll do all of these things. It is acceptance doing the art forms that we love, it's activity, but it's association. We're going to hear from, you're going to hear, your retreat's going to be jam packed with people who know they have a big mission, and they wanted to be in business, and entrepreneurial, but their soul is sad and lost.

Jason Miller: Yep.

Kathy Caprino: I'm so happy that you joined when you did. This is an incredible, this framework you'll use in your retreat, I'm sure.

Jason Miller: Yeah.

Kathy Caprino: When will your book be out? Now?

Jason Miller: I'd love to ask people to come join me on Instagram, because we'll be sharing the entire book through Instagram.

Kathy Caprino: Oh gosh.

Jason Miller: And, like I said, I'm working with an illustrator who is also on the Peaceful Media team.

Kathy Caprino: See, marriage!

Jason Miller: No coincidence.

Kathy Caprino: What's your Instagram handle?

Jason Miller: Just /PeacefulMedia.

Kathy Caprino: /PeacefulMedia, we link that down below. When is that starting where you're sharing?

Jason Miller: That will happen in September.

Kathy Caprino: Wow. Bravo to you. I'm giving you a big hug in every possible way. Soul, heart.

Jason Miller: Yeah, thank you, Kathy, as a leader of this movement. Of *Finding Brave*, thanks for being brave enough to just say, you know what? Sometimes I don't got my shit together, and I'm going to share it with you, so that you can grow too.

Kathy Caprino: At the risk of, no, hoping that you know that I take that in. That means the world to me. I'll be listening to this when I don't feel brave, which is a lot of the time. Thank you, thank you so much. It's such a gift to have you come back. *Bob the Flightless Bird*. When obviously he flies, right?

Jason Miller: We'll see.

Kathy Caprino: In some way?

Jason Miller: We'll see.

Kathy Caprino: All right. I can't wait. Come back again soon, Jason. Thank you so much.

Jason Miller: Much love to everyone listening to this.

Kathy Caprino: Thanks, everybody. There's nothing to say. I'm saying bye. Oh, there's something to say.

Jason Miller: I got one. It's our mission statement. It's a three-part tip. Love more. Play more. Do more good. That's it.

Kathy Caprino: That's how we end it. Love more. Play more. Do more good. Let us know what you think, everybody, have an incredible week, and see you next time. Bye Jason.

Thanks so much for joining us today, and please don't forget to check out [FindingBrave.org](https://FindingBrave.org) for more programs, resources, and tips. And tune in next time for your weekly dose of *Finding Brave*.