

2 Minutes.... with Susannah Conway



Q: Susannah, you are a British photographer, author and as I would say life-lover based in London. Your life collapsed a few years back when your love died suddenly from a heart attack. My personal experience taught me that life's u-turns are painful but a chance to start to turn inward. Looking back and knowing what you know today what would you tell anyone who is struggling stuck in emotional heartache?

A: Be brave enough to feel your pain and get support. I don't know if I would have survived my bereavement intact if I hadn't found my therapist. There are some losses that leave us so broken we need help putting ourselves back together. The strongest and bravest thing we can do is reach out for help.

Q: How much has opening up to creativity to do with healing emotional pain? And is creativity really something for everyone? Even the ones that claim to have no creative bone in their body?

A: I believe everyone is innately creative and we all express it differently. Creativity isn't limited to the arts or music — you only have to look at how someone lovingly restores a old motorcycle or plants a garden to see that creativity can be expressed in everything we do. Opening up to creativity assists our healing by helping us by-pass the analytical part of our brain and go straight into the emotional. There's a reason why art therapy is used as an outlet for people who have difficulty expressing their emotions verbally.

Q: Most women have forgotten how important it is to care for oneself. We are caught up in helping others, nurturing their needs and tend to put ourselves last – if even that. Most of us have no regular quality time with the self on a regular basis. I believe in morning routines while the house is still quiet, the phone doesn't ring and the mailman is not even on his tour. What morning routine do you follow? Or when do you check in with yourself?

A: Working from home means I begin my mornings pretty leisurely and even after 12 years of self-employment I'm still so grateful for this! On good days there'll be meditation, yoga, coffee and reading before breakfast. On stressful days there'll just be coffee before I dive into my to do list. I don't judge myself for either — whatever I need is whatever I need.

Q: You offer online courses on the power of journalling, photo meditations and turning inward to find back to the self. What's the course you would recommend to take as a newbie to your site?

A: All my courses are deeply introspective and will open up different parts of you depending on what you need and are drawn to. Journal Your Life helps you develop a strong journaling practice, the cornerstone of any foray into personal development. Blogging from the Heart teaches you how to authentically share your journey online and build community around you. Photo Meditations is for anyone wanting to put more soul into their images, and The Sacred Alone is part meditation course, part permission slip to create space for your self.

Q: Would you let us in on your favorite inspirational quote or affirmation?

A: Let silence take you to the core of life — Rumi

Q: Let's be honest, we all have a few darker days in our lives when everything seems to go wrong. Any first-aid advice to turn to in those situations?

A: Give yourself permission to tune it all out. In the personal development world the received wisdom is to move away from our "bad" numbing habits and into mindful awareness, and I agree with that, for sure. But on the crappiest days I'm a firm believer in numbing out! I feel my feelings, I write in my journal, I meditate, I go for mindful walks — I do all of that to stay centred, but sometimes I just need to lie on my sofa with a gigantic mug of something delicious and binge watch a show on Netflix. Whatever's troubling me will be there tomorrow but I'll be better equipped to deal with it.

Q: Last but not least my favorite question: What spiritual book is currently sitting on your nightstand?

A: There are so many! But the one I keep reaching for lately is The Radiance Sutras translated by Lorin Roche.

Thank you so much for your time Susannah. I am looking forward to your new book in 2016 and until then will enjoy your posts and another one of your courses.

Susannah Conway is the author of *This I Know: Notes on Unraveling the Heart* and forthcoming *LONDONTOWN: A Photographic Tour of the City's Delights* (Chronicle Books, 2016). A photographer, writer and teacher, her classes have been enjoyed by thousands of people from over 50 countries around the world. Co-author of *Instant Love: How to Make Magic and Memories with Polaroids*, Susannah helps others remember their true selves, using creativity as the key to open the door. Visit her at SusannahConway.com and say hi on Instagram.

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This I Know: http://www.amazon.com/This-Know-Notes-Unraveling-Heart/dp/0762770082/ref=sr_1_2?ie=UTF8&qid=1318530298&sr=8-2

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