

Ep. 4 - Shereen Sun: You Are Allowed to Change and Evolve

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Hey everyone. Welcome back for another episode. [00:01:00] And welcome to a new month. It's officially August, 2022. I'm feeling really excited about this month. I have a vacation in San Diego coming up next week with my siblings and my boyfriend. And if you want to follow some of our adventures, you can follow me on IG at I am Elyse Preston.

And I'm also opening up enrollment for a new group program this month. It's called soulful abundance foundations. And I am so excited about this. This program is going to be a synthesis of all the tools that have been so supportive along my journey over the last five years, including human design, astrology, yogic philosophy, creative practices, soulful systems, to support you with getting crystal clear on your soul gifts and purpose and taking steps [00:02:00] to implement it every day.

And it's called soulful abundance foundations, because over the course of the eight weeks, you will actually be building your own personal guidebook that will serve as the foundation. Of your soul's unique vision that you can continue to build upon. Over the course of your life. And I believe that.

When we're able to operate from this place of self knowledge and personal power. We're truly able to create anything. That we desire. And. In addition to all of those exciting things I'm looking forward to for the month of August. I'm also very excited to share today's interview with you. So in this interview, I'm having a conversation with my business coach and creativity, mentor, Shereen [00:03:00] Sun and Shereen has been a key source of support and inspiration for me over the years.

I've had the opportunity to participate in her group program. I've worked with her. One-on-one. I have tapped into her divine purpose path and other online courses. And now I am one of the assistant coaches in her community. And I am just so, so grateful for Shereen and the epic community that she is created with radiant wild heart.

And I feel like I can honestly say that her mentorship. Changed my life in so many ways and is a huge reason why. I believe in the power of mentorship. And why I feel so inspired to share my gifts and mentor and coach others. So rewinding back [00:04:00] to when I first joined. Muse business academy. That's the name of group program. This was back in 2018 and. This community is special. It was really one of the first places where I felt supported and encouraged. To take up space and to brag about myself and to talk about the spiritual things that I'm obsessed with and connect with other people who fully, fully got it.

It was one of the first times that I was a part of a community where I felt like all parts of me. We're welcome and celebrated. And where I was surrounded by other people that I was inspired by. And that motivated me to be better. But where there was no level of competition or comparison. Everyone genuinely wanted to see each other win. And that's the kind of community [00:05:00] that I want to see more of. It's the kind of community that I want to be a part of creating.

And it's definitely the vibe that we're going to be creating together in soulful abundance foundations. I believe that it's. So important that. We continue to expand that level of reciprocity between healers and creatives and entrepreneurs, where we are truly supporting. Each other's journeys.

Because. In that, experience, we get to have, more joy and more fun. And actually feel a sense of moving forward. Together rather than simply existing and creating in our separate silos. Wondering if what we're doing or what we're creating is special enough or good enough. And I am here to remind you that you are so worthy. And so [00:06:00] good. And also that you do not have to go it alone. There are such incredible communities and spaces

that you can tap into. And also that you have the power to create.
Okay let's go ahead and get into this episode. It's a really good one.

Elyse Preston: Hello everyone. And welcome back to the, be more connected podcast. I'm your host, Elyse Preston. And today I am so excited to be here with my sacred business coach and creativity mentor Shereen Sun. Welcome Shereen

Shereen Sun: thank you so much, Elyse. I absolutely adore you. And I'm so excited. We get to spend this time connecting and that all of your amazing audience gets to hear some of the conversations that you and I have been blessed to have for many years about [00:07:00] entrepreneurship and business and how it relates to our own personal healing and liberation journey.

Elyse Preston: Yes. And just FYI, I'm gonna be sharing a little bit of like a love bomb for you in the intro to our interview. But also Shereen and I we've had the opportunity to work together for a little over three years now, more joy and more fun. And actually feel a sense of moving forward. Together rather than simply existing and creating in our separate silos. Wondering if what we're doing or what we're creating is special enough or good enough. And I am here to remind you that you are so worthy.

And so good. And also that you do not have to go it alone. There are such incredible communities and spaces that you can tap into. And also that you have the power to create. Okay. I feel like this [00:08:00] intro actually ended up being a little bit longer than I was expecting. So let's go ahead and get into this episode. It's a really good one.

Elyse Preston: which is so epic. And I feel so grateful for all the ways that you've been so supportive along my journey.

And today I'm excited to also, Really give people an introduction to you and your magic, but talk about the ways in which we are both experiencing a bit of transformation and rebirth in our work at this time and talk about what it looks like to really give ourselves permission to evolve in our businesses.

Uh, but before we get into that, I wanted to ask you about how you found your way to the work that you're doing in the world today. . And in what ways you have been really using spirituality as a tool to support you along the way. Mm, thank you for that question. And thanks for the warm intro. [00:09:00] And it's been so amazing to get to work with you and to see myself in your journey.

Shereen Sun: And I think that's one of the really beautiful things about being in service in this way in our coaching and mentorship and healing businesses is that while we are in service to others, it teaches us new about ourselves, which is really how I ended up doing what I'm doing. What I was doing prior to being an entrepreneur was actually being an art educator.

So I was putting paint brushes in the hands of some of our most marginalized community members, kids in the foster care system and at risk. Teenagers and people who just were recently incarcerated as well as just in elementary schools, all across Los Angeles. I had been teaching art and painting and helping people learn how to express themselves creatively. And as I followed my intuition, I really believe in. [00:10:00] any way that I create or in any medium that I'm creating in, I'm very much listening intuitively to what wants to happen next. And it's a very intuitive conversation that I'm having with the world around me, where I'm making a move and making a mark and then listening for what the next.

Step that feels right is for me. And that led me through a whole journey of eventually starting a nonprofit where I was painting murals with communities in communities and. That was not paying the bills. Eventually I got tired of not having any money whatsoever. So I started a business teaching people at the time, what I was good at, which was activating your creative

projects and that as I learned more about business and started getting more interested in business for myself and making my business work, I started teaching people what I was learning about business seven years later, most of the work that I've done.

In my business has [00:11:00] been teaching people, strategies and entrepreneurship, but bringing a very creative lens to it. So using entrepreneurship as a way to heal yourself, liberate yourself. And a part of that for me, is getting paid for the work that you're doing. And an equally important part of that is healing yourself through your work, which is really, again, listening for what is the work that's really gonna light you up and not even feel like work. So I've been doing this. Yes to get paid because I needed that. But also because it was what my spirit needed in order to feel liberated. It's what I've needed on my healing journey from my own childhood and history. It's the things that I've always needed that made me feel better. That gave me a purpose that gave me something to connect to and something to devote myself to.

And that has been so healing for me as well. It's very multifaceted, the work that I [00:12:00] do. And a lot of it has been around teaching business and entrepreneurship and the intersection of that with creativity and healing.

Elyse Preston: Yes. And I feel super, super grateful to have been connected with you and, had the opportunity to find you like at just the point that I was in, on my entrepreneurial journey because I had.

Somewhat of a similar background story working in youth development and working in nonprofit organizations here in the Baltimore area. And I had the opportunity to go through a process of doing some yoga teacher training, mindfulness training, trauma informed trainings, and was starting to offer some.

Community classes was starting to offer and hold space in like hold sister circles, but had no idea how to translate that into a sustainable business. And I also felt very turned off by a lot of the ways in [00:13:00] which I was seeing business coaching being taught. And so the way that you weave in creativity and spirituality and healing.

Really stood out to me and resonated with me in a deep way and invited me into business in a way that I don't think I would have said yes to for a lot more time. Like I think I would've spent a lot more time, like just struggling and figuring out how to build things on my own and not having really a clue what I was doing in the process.

And so. Feel super grateful for being able to like, be plugged in with you at just the right time to help me be able to expand what I thought was even possible for myself. I don't really have entrepreneurs that I was surrounded by. And so it was really hard for me to even envision myself.

Having a full time, sustainable business, like being an entrepreneur. [00:14:00] I didn't really know what that looked like or felt like. So being able to be connected with you and also the amazing assistant coaches that were part of your program at the time, like really expanded my perception. Of what was possible as a woman of color in my mid twenties, trying to start a business, like seeing the beautiful ways and like different expressions of what that could look like within you and within the muse business coaching community was like so expansive and so, so powerful.

And I'm curious to hear from you a little bit too, about some of the ways that entrepreneurship has served as a catalyst in your healing journey. I know that's something that you mentioned and would love to even like, peel back the layers a little bit more around that.

Shereen Sun: Mm yes. Thank you for sharing that.

I love [00:15:00] hearing the ways that my own. Journey and just being transparent and letting people come along on that journey with me has been impactful for you and transformational for you. And that's really what it's all about is pulling the curtain back and letting people see you in your process. Um, And it's true that entrepreneurship in particular is

a skill set.

So it's something that you need to be taught, or you need to learn it in one way or another. And for me, as I was learning all these things about entrepreneurship for myself, I was like, wow, this information is not accessible. I was putting myself into spaces where I was the only queer woman of color artists in the room.

And I was the youngest usually too, but I put myself in those spaces and situations because I really wanted to get as much of that information as I could and bring it to my people and see what kind of magic we could create with it. And it's been amazing to [00:16:00] see the ripple effects. Like now people that I've worked with.

4 5, 6 years ago are full fledged, multiple six figure entrepreneurs in their own, right. And they're taking this work and running with it and creating such a beautiful impact like yourself and this podcast and all the people who were gonna be impacted and listening to it. And it's just so that in itself is so healing for me because.

One thing that I've been doing through my business is creating the communities that I've always needed creating the spaces that I've always needed. Cuz I always felt like there wasn't a space for me. I never really found a place where I belonged. I never found a place that really celebrated me in the ways that I needed to be celebrated.

I didn't know where I fit in. I didn't feel I've always felt so different from everybody else. And that kind of set me out to be a bit of a lone Wolf until I found. My community and people with aligned values. And so that's number one in ways in which my business has healed me has helped me really [00:17:00] cultivate an amazing community of people with similar values who inspire me that I can grow with.

So that's the first thing. And another healing aspect of my business has been around money and abundance. Um, and abundance for me is not just money. And I wanna be clear with that because it took me a little while in my business to really figure out. What I was really aiming for because there's a lot in the business space.

In particular, we hear everywhere around us. Go for six figures and then multiple six figures and then seven figures. And it's like, we, if we don't check ourselves on that, we're constantly gonna be chasing after a carrot. And it's gonna take us out of the present moment and all the beauty that happens all the time in our business.

So, however, that being said, one of the very real things that I do with people, especially women of color and especially LGBTQ folks, is help them increase how much they get paid [00:18:00] and how much they ask for for their time. And really it's about respecting and valuing your time. Which within that is a conversation of valuing your contributions to the world and honoring the potency of your time and how valuable that really is.

So that's in its in itself is a huge healing journey that my business has helped me on is seeing my time as valuable because before that I was competing for jobs, that number one, I didn't even really. Number two, I was overqualified for number three. I was, they were not paying me enough to even like get by in Los Angeles.

So to finally say, I don't need anyone's approval. I don't need somebody else to tell me what my time is worth. I'm gonna claim it for myself and I'm gonna hold that until I start to get that. And then when I get that, I'm gonna increase it until I get to where I really wanna be. So that has been a big one healing around money, around [00:19:00] getting paid around resources, around seeing myself as resourceful in that way.

and then a lot around being seen. When I first got started in my business, I was afraid to speak my mind. I was afraid of saying something wrong. I was afraid of people judging me. I was afraid of people rejecting me. I was afraid of getting haters. I was afraid of having nothing of value to share and not being good.

And the list goes on and on around the fears that we have of being seen and taking up space and being seen in our creativity and in what we share. So that's been a big one when I first got

started, like I said, in interviews like this, like you and I are having, if I were conducting it, I would ask a question and then I wouldn't speak until I asked another pre-written question and I would just be as quiet as possible and let the other person speak because I didn't think I had anything important to [00:20:00] say or valuable enough to say.

And now, I feel so comfortable and natural getting on any camera on any interview at any time. And that's been really liberating for me to not feel like I have to be perfect. Even right now, we were talking about this. I'm like, well, I am not camera ready. Like in the past, I would've. Always been made up and hair done.

And, um, now I don't feel the need to try so hard like that anymore. I can just be myself and know that I have something valuable to share. So that's been a big one. And it, it, it's kind of tangential to that is telling the truth about myself living in my truth.

Mm-hmm so again, there were things that I used to hide because I was afraid of what my family would think. I was afraid that it would be too edgy. I was afraid that people would judge me for it because it was different and because I'm different. And [00:21:00] so now, I'm much less concerned about what anyone else thinks.

And I'm so much more clear on why I do this and who it's really for it's for my healing. And it's for finding those people who identify with some part of my journey and need to hear about the things that I've learned in this process. So, I would so much rather a big, a big one has been coming out of the closet.

So I've always been out with my friends and with my community, but with my family and even in my business, not so much, because then it might get back to certain people in my family and it wasn't until my business started thriving and I started making my own money and this work was coming through me.

That was telling me, you gotta be, tell the truth about yourself. You gotta be transparent and let people in. I was getting all these divine downloads of the message, but then I wasn't living it. So it was because of my business, actually, that I came out fully to my family and in the [00:22:00] world. And then as a result of that, I got a book deal about it.

And lots of people messaging me about their coming out journey. And I, this is one example where. It's like that healing and that liberation is so much more important to me than caring what anyone thinks about it. In a negative way. So those that's just like the tip of the iceberg, but I'm constantly healing myself through my business.

There's always something. And you being someone who's worked with me for three years, you know, that I I'm in this with y'all and I go through my phases too, alongside my students. Um, so yeah, which is, I hope comforting on some level that the people that you admire and that you study with. Don't have it all figured out either.

And we're all in this process together. And our businesses are gonna bring up all of our stuff to heal. And I've just grown to see that as such an opportunity because I just keep getting more and more free within [00:23:00] myself.

Elyse Preston: Ooh. Yes. So good. There's like, there's so much here that you shared that I want to reflect on, but I'm just gonna pull this one thread around, that our business is constantly an invitation for us to be doing our own healing and that our healing and our liberation is.

Really activated through the process of showing up in our leadership and our creativity and expressing ourselves. And it has absolutely been so supportive. And just so incredibly nourishing and healing to be able to be supported by a coach who is transparent and is able to say like, Hey, I'm literally in this with you.

And here's, what's coming up for me and being able to see the. Implications of what [00:24:00] actually happens when we tell the truth and we are, shedding some of those layers of the limitation and the fear and the constriction that unfortunately are such a natural and normal part of being human.

But that through this process, And I really wanna like dial in on something that you specifically said around getting clear about why you do this and knowing that it's for you and your own healing, and also that the level of transparency, the level of. Truth telling the level of just being more comfortable with yourself is exactly what your people are wanting and needing to hear.

It's actually, what's gonna be most supportive [00:25:00] to the people that you're here to serve. Even though you may have some inner narratives running that are saying that, doing it perfectly or getting it right, or, you know, showing up in this particular way. is what people want or what people need. Like that's actually, what's not true.

Yeah.

Shereen Sun: I see this all the time because. I've been doing this for a long time. And I get I know that my students are reflections of me and they're gonna move through similar challenges that I've moved through and that's why they show up. And that's why they work with me is because they see themselves in my story and their reflections of me in some way. And the same is true because I'll. I'll get discovery calls booked from some of my friends who are peers in the industry, like other amazing coaches and their someone from their audience will message me. And I'll be like, oh, I can feel this [00:26:00] person's energy in, in their audience members.

So the people that are gonna be attracted to you are gonna be. Reflections of you and it's like, you are talking to yourself a lot of the time or to your younger self. And when you do that, I think it gets a lot more easy to speak with conviction and feel confident because you are creating content for your people.

And for yourself and anyone who has a problem with that, anyone who's gonna judge you for it. Anyone who's not, the vibe is exactly that they're not the vibe and this is not for them. And that's okay.

Elyse Preston: And that's okay. Yeah. Beautiful.

[00:27:00] [00:28:00] Okay. So I would love to begin to pivot our conversation towards your current growing edges and where you are feeling your identity and also your work starting to shift and evolve.

Mm. And how you've been navigating that. Yeah.

Shereen Sun: So. For me right now, some of the things that I'm moving through are con and it's always, these are always things that I'm, I'm kind of always working on. So what's interesting to me about this whole business healing journey is that I am always. Channeling the same [00:29:00] message, but the way I'm able to access, it feels like it's in deeper and deeper and more embodied ways.

So the things that I'm learning right now are things that came out of my mouth when I was like 25 years old. But I'm understanding it on a different level now. So that's been interesting for me. And part of that, what that looks like is breaking out of boxes that I've had myself in. And again, this is something I've been talking about for years, but now what I'm starting to see is it's the boxes that I've kept myself in and continually finding new ways to get out of my comfort zone.

And more into my truth and unpack where. Where those beliefs came from, which is, again, something that I've always been doing, but it's, I can do it on deeper levels that I wasn't ready to do before, [00:30:00] because I had to get to this point to be able to see what I can see now. So this looks a lot of different ways.

Right now, one of the biggest things that I'm working through is my relationship with my family as a queer. Muslim artists. Um, so that has been interesting. And that also relates to my business of course, because it always does. And I'm looking at my relationship to money, my relationship to capitalism again, that why am I doing this?

And. One of the other things is kind of breaking out of the box of just being a business coach.

Not just like, of course, I've always been a very magical business coach and, um, I am so much more than just a strategist, as you can see, like strategy hasn't come up at all, but for a long time, that was the.

Foundation of what my platform was. It was teaching [00:31:00] people, the sacred art of sales. It was teaching people marketing strategy. It's teaching, I'm an expert in teaching tele summits, but as you've heard me talk, none of that has come up even once. But for a long time, that was everything that I was talking about.

And I, and there was so much underneath the surface that wasn't really getting touched. So I'm exploring what those other offerings are that are even. Not necessarily about entrepreneurship. And I do think that a big part of how I heal myself is living your purpose. And I love entrepreneurship. I love teaching sales to be perfectly honest.

Like that's something that I really love to do. I love seeing my clients make money. I love watching them, , sign higher and higher paying clients. It's super fun for me. And. I'm curious for myself and for all of us, what our healing and creativity journey looks like if we didn't not, if, but in those times [00:32:00] where we don't put a price on it and it's more about. Our whole lives and how we approach it. So, even on some level I'm exploring life coaching, which is interesting, cuz for a long time, back in the day, I used to kind of like poo poo life coaches. I was like, it's not specific enough, like pick and niche, but at this time I'm kind like. The whole world is our art form.

Our whole lives are art form and business is just one part of it. But we're here for so much more than that. We're here for so much more than making money. And I I've always said that making money is a byproduct of alignment. Oh yeah. And the more you're aligned, whether it's a coaching business. And if there's people out here who are maybe in the same, I know you and I have talked about this too.

I feel like a lot of people that I meet. Are so magical and so spiritual and step into entrepreneurship. And you're in this echo chamber talking about business. And the [00:33:00] next thing, you know, you're kind of teaching business and I can raise my hand that I'm, I fall into this category too, but is that really what your soul was put on this planet to do?

And if so, and are you doing it in the way that really feels aligned to you? Or does it feel like a job? Does it feel like. Work or something that you have to do or something you're supposed to do. I wanna figure out what that thing is that you wanna do that doesn't even feel like work. That feels like what's true for you when you're feeling all that resistance to launching and to social media.

Like you're putting yourself in a box on some level and you're doing, there's still a part of you. That's like, well, I'm supposed to be doing this, but I wanna know. What does your spirit want? And I believe now that when you do that thing, you will make millions and you don't have to teach business to do it.

You can teach whatever you want. [00:34:00] So there's anyone out there who's listening. Who's like maybe reevaluating your relationship to teaching business. I've been talking to more and more people about that too. Um, because. There's so many people who wanna invest in so many different things and you really do get to do whatever you want.

And so I'm, I just want us all to continue to unpack what it is that we truly desire, even in business, like even someone like me, who's so liberated. And who's been saying this there's still places where I've had myself in a box doing things because. I was supposed to and making it just creative enough that it like satiated some needs of mine, but at the end of the day, eventually it became kind of misaligned because we change and we evolve.

We're not supposed to be doing the same thing forever. And like I said, as we go deeper into our journey, we're gonna revisit things from a different place and it's gonna shift and that's okay. So I think for all of us, [00:35:00] we can start to think about, I don't think we're all supposed to be doing the same thing forever.

I think it's, our careers are meant to evolve even as an entrepreneur. So I'm excited about these conversations. Okay. I've talked a lot. What do you think Elyse?

Elyse Preston: Yes. Well, I love this and I think it is so valuable to be sending out that reminder that. We are allowed to change. We are allowed to evolve.

We are allowed to grow. I know for a lot of folks who are just starting out and starting to share their voices, every decision feels so heavy. And so weighty because there's this idea that like, oh, if I. Pick this business name or design my website in this way, or say that I'm using this title or doing this offering that I'm like married to it forever.

And that's just not true. And I love that, you know, there is a lot of energy right now. Like I know in our conversations together, but also with some of my clients and community [00:36:00] members and even just friends, like I'm feeling like there's a lot of collective energy around. Allowing ourselves to like bust out of these boxes.

Shereen Sun: either it's a collective identity crisis. I feel like right now it does.

Elyse Preston: It really feels like that. And I'm like, I don't know if it's just because we are coming out of eclipse season, we're emerging out of this pandemic portal. Like there's so many things that are happening. Um, but it does feel like it, it's not individual.

Like, I don't feel alone in this experience right now. okay. A lot of things are. Feeling like they want to shift and change and evolve. And there's like this new life waiting for me over here. Like, I feel like I'm on the edge of something really powerful and interesting. And. I, I just love how you were, you know, sharing these reminders with us, that our whole lives are our art form [00:37:00] and that we don't have to be so attached to any specific box or any specific label that we can know and love and trust ourselves so that we can.

Listen to our intuition and follow what spirit wants and that in doing that in operating our lives in a more aligned way, that is actually where we get to tap into a deeper level of fulfillment, a deeper level of abundance than following a super linear and logical process could ever.

Provide for us.

The question that I wanted to ask as a follow up around this is, um, I love also how you were sharing this piece about encouraging yourself to get out of your comfort zone and, and into your truth.

Shereen Sun: That's what I was gonna actually mention is that. This is our comfort zone, whatever we've been doing. And we've had some success in our business [00:38:00] and we wanna stick with that and we wanna keep giving the people what they want. Yeah. And I think there does get to be a transitional period. Like if you're gonna pivot your message. There's gonna be a little transitional period and you get to give yourself that as well. Yeah. So if you are in that transitional period right now, there does need to be a plan or a point where you are going to let yourself try on a new messaging and stick with it because as you and I both know, it takes a.

It takes a second for you to build that brand recognition in whatever your pivot is gonna be. Right, but it's so doable and we're all following amazing beings who are doing all sorts of amazing work. And you don't have to have yourself in a box, but you do need to get outta your comfort zone. And I noticed for me, um, teaching [00:39:00] strategy and sales and business and funnel, all that stuff is my comfort zone.

My mind will immediately go there to the strategy and that's where I'm comfortable. So it's about pulling myself out of that and doing what I really wanna be doing in spite of this kind of programming to jump over here to what I think people need. But when I do that, I'm kind of devaluing what I've always needed because I, and I know you're the same way we love.

Immersing ourselves in this content that's magical and creative and whimsical, and, uh, inspires some us on a soul level beyond the strategy. So why don't we think that we can bring that and offer that to the world too, so you can do whatever you want and where whatever

you've been doing may just be your comfort zone.

And I would invite you to really interrogate your why. Why you're doing that and why you stick with [00:40:00] those. And if there's a longing for something deeper that you just have been trying to silence and push down, I think that that's gonna limit your growth and limit your impact. You can only get so far doing that, but when you are doing what you really wanna be doing, where it doesn't even feel like work, and it's just pouring out of your spirit. Then that's when the sky's the limit.

Elyse Preston: Yes. And I, I love that as a invitation for listeners to reflect on meditate on, you know, journal around. Like if you were to just sit with yourself and reflect on the deeper, longing that. Resides within you around what you want to teach and offer and share what comes through for you.

And I know for me that I have been noticing that all the things that I'm like reading about and studying, and exploring and learning as it relates to energy [00:41:00] medicine and wow, just like all the mystical, magical spiritual things, um, is not really so present in the forward. Way that I'm communicating and expressing about my work and I'm having this longing to really blend that spirituality and mysticism even more profoundly like into my work and also into how I'm identifying.

I'm like, Am I gonna call myself a mystic, am I gonna call myself a spiritual mentor? I don't really know, but that is really the work that I'm doing with my clients. One on one that's most supportive is like, when I am in that space of like, Being super, super intuitive tapped into their energy, like channeling messages for them.

Like, that's what I'm doing, but I'm not telling anyone that that's what I'm doing. And so right. I think that there's this resistance within me of really claiming those spiritual gifts or talking [00:42:00] about them more publicly. For fear of what others might think or being judged or being misunderstood,

Shereen Sun: or just cuz it's your comfort zone at this point.

And it feels

Elyse Preston: comfy to stay in those other yeah,

Shereen Sun: it is comfy. And I guess what's coming up for me as I'm hearing you talk about this, is that. This is where our creativity can be so powerful because you don't it's comfy cuz you don't have a model for what it looks like to blend your spiritual woo self with your strategic, uh, logical action taking self.

And so. I think maybe to alleviate some of the feelings of fear or fear of rejection or whatever else comes up, we can start to think of it as a creative project. What would it look like if you came out of the spiritual closet in your business, how would you dress? How would the branding feel? What would you call people?

How could you incorporate that in. And then you can always just ask yourself, like, what, what would I wanna read? [00:43:00] What would I wanna experience? How would I wanna be called and create something for you? Mm-hmm, create something that is medicine for you. And if it's medicine for you, it's gonna reach all those people that are tangentially around you too.

Elyse Preston: Yes. Create something that is medicine for you. And I love that I got to get a little dose of coaching on this interview. I think that will be so supportive for all the listeners as well. and you know, one thing that I wanted to be able to just. Tap into a little bit with you on our call today is also hearing about your book.

I know it's coming. It's not coming out till next year. Right? My

Shereen Sun: book is coming out on my birthday next year, February 21st to 2023. Yes.

Elyse Preston: I'm so excited. I mean gonna have

Shereen Sun: a party by the way. So you're invited.

Elyse Preston: Yes, and I mean, I know that there's so much wisdom and [00:44:00] so much magic. Is contained there, but wondering if you could give us like a little sneak peek into what this book is going to offer

Shereen Sun: us.

Totally. So yes, this book writing this book is definitely what kicked off this whole journey that I've been on, because I'll tell you it really does something to write out your life story. And just the amount of writing that it takes. You go very deep into your. Process and to, uh, your history. So I love helping people write and write books.

So if that's something you're interested, please let me know. Elyse wink, wink. So my book is called Radiant Wild heart, which is also the name of my business. My music, everything is called radiant wild heart. So radiant wild heart, a step by step guide to living your creative. Your creative mission might be your business, or it might be something else.

Your creative mission is where your creative expression and your impact on the planet meets. And it could [00:45:00] be through serving thousands of people in your business, but it also might be. In your day job or wherever you are, who you are being and the energy that you are vibrating out, wherever you go, it might IM you might be impacting one person.

You might be a teacher, you might be a doctor. You might be an, a coach. And so. In this book, I help you figure out who you are as an artist, because like I said, your entire life is your art form. It's not just about you sitting at the easel and painting or drawing or making music. Although those are all things that I enjoy doing.

But this is about looking at your whole life as your art form. And then from there, we use your creative practices to help you get liberated. And then the last section is about taking it out into the world and really living your creative mission, whatever that looks like for you. So if you are an entrepreneur it's of course, helpful to understand the mission, the movement, the why.

We've already talked about that. If you know, what the why is [00:46:00] then that really helps you keep going. Um, but also I wanna make sure that you all really can see yourself as the artist, that you are the artist of your life, the artist in your communities. And I believe that we all have a very important piece to play in.

Liberation journey that our entire collective is on. I mean, coming outta COVID and with climate change and the planet is literally on fire. There's like fire trucks going off outside right now, as I say this, and we need everyone to step it up in your own special way. I'm gonna let these fire trucks pass, but we need everyone to step it up in your own way, in the way that.

Feels right for you. And so this book is gonna help you figure out what that is and give you a step by step process for how to live it every day. That includes finding your community, leading with your pleasure, finding your passions and your spirituality. All sorts [00:47:00] of magic in this book to help you see yourself as the artist of your lifetime and use your art to make a difference on the planet.

Elyse Preston: Yes. Oh my gosh. I am just , feeling so excited about this beautiful body work that you've. Already, been on the journey of sharing with all of the folks who are in your community, but being able to also really bundle this in a, in a beautiful way, to share with the masses.

Shereen Sun: Yes. It's gonna be a magical book and it is available for pre-order by the time this is coming out.

So if you just look up radiant wild heart book, you should be able to pre-order that in all sorts of places.

Elyse Preston: Amazing. Okay. So I'll make sure to include that in the show notes.

Awesome. That would be, yes. Yay. And so as we start to bring our conversation to a close, just wondering if there's any advice that you would love to leave our listeners, our creative,

visionary, spiritual folks who will be tapping in tuning into this conversation.

Shereen Sun: I [00:48:00] would say prioritize yourself. Choose yourself. Choose your healing. Choose your liberation. If you're ever, if you're at a crossroads and you may find yourself at many crossroads, take the path that is going to heal and liberate you and the rest will sort itself out.

Elyse Preston: Yes. Ugh. So, so good. And I just love you so much.

Wanna share my gratitude and thanks for you sharing your time and your wisdom on this first season of the podcast. And just sharing my love with you for being such an important part of my journey and would love if you could share a little bit more about how this audience can stay connected with you.

Shereen Sun: Yes, Elyse, it's been amazing to connect with you and to be a part of your journey over the last three years. I'm so proud of you. I love everything that you're creating and this, the energy that you radiate [00:49:00] in the world is so important and so beautiful. So thank you. And thank you for. Rocking with me over all these years it is such an honor. I hope we get to continue to play together for a whole lifetime so everybody else, if you want to tap in the best place right now is Instagram. I'm also, I have the intention to be all up on TikTok too. So you can find me in either place at radiant wild heart. Got a website, radiant wild heart.com. And if you want to take my quiz and find out what your elemental archetype is, which is a whole other section of my body of work, of how you can use your elemental archetype to help you navigate the world and find your creative mission.

You can take my quiz, which is just a quick two minute quiz, and it's really fun. And it'll give you your elemental archetype and a whole personality reading on you. So you can find that@radiantwildheart.com slash.

Elyse Preston: Yes, we'll definitely make sure to link up the quiz as well [00:50:00] for anyone who's wondering I'm earth element.

Nice. Remember what element you are?

Shereen Sun: Shereen. I'm a, I'm a cusp of fire and air. Mmm.

Elyse Preston: I love that for you. I was very solidly earth I could see it.

but thank you again so much for joining us. I'm super excited to share this interview out with the world and thank you all so much for tuning in hope to see you again next time. Yay. Bye everybody.

[00:51:00]