

AUTHOR INTERVIEW

Heather
Lean

New York

GIVING WORLD CO-CREATOR



1. What was your inspiration behind this book?

When Leigha mentioned working on this book, the first thought that came to my mind was We Are The World, written by Michael Jackson and Lionel Richie, and Imagine by John Lennon. Those songs impacted me greatly throughout my childhood. There's something about getting together all different artists to sing the chorus of We Are the World. Every one of those singers' voices was beautiful, but when they sang together the harmony was so powerful it gave me chills. My inspiration behind this book was to come forward as a collective in art, poetry, and intention. To see our world in all that it is and all that it could be. I believe we are at a very important time in this world. What has gotten me through some of these tough times was the thought that we are all in this together, we're all one. We are one song, singing all different chords but together a beautiful harmony. If we took the time to celebrate all that the world gives to us and all we can give back, it would be a different world indeed. I have faith we will get there.

2. How do you get inspired?

So many things inspire me. It could be something my kids say by accident and then I run and write it down to come back to it later. Or I can hear something on the TV or an ad somewhere, or even reading one of my inspirational books (everything from Eckhart Tolle, to Abraham Hicks). I think there is inspiration everywhere. Your mind just has to be calm and quiet enough to see it. But I find it everywhere. Two titles for my books started from a comment my daughter made. I usually start with titles for the book before I write the actual book. Titles seem to stand out to me most often. But I'll often just write down the idea in my notepad and come back to it at a later time.

3. What are some of the writers inspires you?

I grew up reading Judy Blume and I think her books still stand the test of time. She touched on subjects other authors were afraid to at that time, and I'm always impressed by trailblazers and people who are doing different and extraordinary things. I'm also heavily influenced by Rumi. Whenever I feel down or lost I can read his poetry and find myself again. His words ring true after all these hundreds of years. I've also recently started reading A Course in Miracles. I have been reading a lot of inspirational books as I've always been a seeker, I think that impacts a lot of my work.

4. What do you do to overcome a creative block?

To overcome blocks I go off and just do something else. I think the more you force something or push towards it the more it evades you. I used to get my best ideas while driving! I drove so much for my job sometimes 3 hours on the road that the repetitive habit of driving I'd be in a calm state and then out of the blue something would pop in my head. I'd wait till I could pull over or stop at a red light and then would record the idea into my phone or write it on a piece of paper. Nowadays I don't drive much but ideas will come to me when I'm not looking for them! So I'll go outside and play with my kids or my animals to refresh and relax.

5. When did you start writing?

I started writing as a small child and really enjoyed it as a pre-teen, but my self-consciousness and feelings of inadequacy led me to table it for nearly 3 decades!!! It wasn't until after I lost my mother at age 39 that I found this dormant hidden passion once again. I believe she did have a hand in helping me find this path. I can feel her presence quite strongly.

6. What does creativity mean to you?

Creativity for me is an expression of the soul. If we're not creating we're disintegrating. We are ALL creators. Some of us draw, some of us write, some are excellent cooks, comedians, storytellers. We all have a gift. And if we are not using this gift, it's just wasted. Finding this outlet now after all these years has given me a new lease on life. I have passion, purpose, and joy. Of course, I love being a mother, it's the most important job I've ever done. But we are more than just one thing. I can be a mother and a creator. My wish is that everyone can look and find this spark in them that ignites their soul. The world would be a truly different place indeed.

7. Tell us an unexpected fun fact about you, that might come as a surprise to others.

As a child I wanted to be a veterinarian. I loved animals. I also still want to live on a farm, but I'm sorta getting there. I have 7 hens now, 3 cats, and a Golden Retriever. My daughter also has a passion for animals and has been asking me for a turtle, but I'm going to have to put a pause on that for now.

8. Where are you from and what places would you love to visit one day?

I am from NY. I would love to go to Ireland, Scotland, Italy. And I'm always down for going someplace tropical. Sand, sun, and water recharge my soul.

