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SPEAKERS

Jen Marples, Kathy Kamei

Jen Marples 00:10

Hello and welcome to the Jen Marples Show. I'm your host Jen Marples, founder of the Jen Marples agency mentor to women worldwide and your number one champion cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal to empower you so you can go out and power the world. So each week I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change ready to uplevel your life and business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine. And I am so glad you're here. Hello, everyone, and welcome to the Jen Marple show today I have a most beautiful and wonderful guest and her name is Kathy Ken Mae. And she owns Kathy Kimmy designs. And it's a wonderful jewelry company that has been in business for 20 years. And she is a really big philanthropist and supporter of so many charities. And that's how I first got to hear of her probably close to two decades ago as she was supporting a nonprofit that I was involved with. So that is something near and dear to her heart. And I will let her explain that to you. But I just want to give you a very warm welcome Kathy to the JennaMarbles show. And thank you so much for joining me today.

Kathy Kamei 01:43

No, thank you so much, Jen, I'm thrilled to be here. We were

Jen Marples 01:47

laughing before we we started the recording. Because if you look at our Facebook friends, we have something like 100 people in common really close friends, and we can not believe we've never met face to face. It's one of these things where I've followed Kathy's career for years. And she's very involved and has been so generous with Farkle foundation where I'm on the board of. So I'm just so thrilled to be with you here today. But I'd love to hand it over to you to let everybody know sort of how you started your business what you did before and sort of take us through the journey of how you started Kathy can make designs and what it's all about because of course you've had the company for almost 20 years. So there's a lot to share. I know

Kathy Kamei 02:28

it's very exciting. In 1993, I had a TV show in Canada. And that TV show was called day by day that I co hosted with a former Miss Canada, Terry Meyers, I did the fashion component, some of the philanthropy a little bit of the you know, cooking different things that was sort of suited for women that were at home and enjoying the leisurely life. But it also was really informative. Anyhow, I went through a really hard divorce and decided at the time I'm like, you know, I need a little bit of a change. So I went to Bali, and I was going to go to Bali for six months. And I ended up staying for almost 10 years, nine years with my two little girls Ali and said they were six and for Bali was one of the places in my life where I mean, I was so scared going but I knew that it was part of my journey was getting over that fence of fear. And really walking into into this expansiveness of how small and intimate the world is, and into a culture that I had no idea that I would fall so madly in love with. So I went there. And like I said, stayed for nine years. And it was there that I really discovered this unique art that they create with the jewelry. And so I wanted to bring something back from Bali, and it it felt very much aligned to bring jewelry back. That really was a craft from there, but also just a really beautiful way to express some of the artistic creation over in Bali. Okay, so

Jen Marples 04:07

that's amazing. And I've been to Bali, so I know how incredible it is and how warm the people are. And it's just beautiful and inspirational. Just once you step on plane, so take us through so you're inspired and Bali. Been there for it. We were there for almost 10 years and you come back with now you're probably now close to being grown daughters. So what was the next sort of path for your entrepreneurship? Did you decide you're just going to make one or two pieces, we're gonna go into business that it started as a hobby and then it turned into this business, if you could take us through a little bit of that. I

Kathy Kamei 04:38

was putting my house actually up to rent. And one of the companies that was interested in renting it actually one of the people owned a company that was a jewelry company and I went to her office and I remember walking in and seeing like these long wooden tables with all these artisans creating and I was like, This is amazing like what they're doing And they'd never ended up renting my house. But I was very interested in knowing more and exploring more about this craft. So I made about 10 pieces. And when I came to America, I was sort of very much a Bali goddess, like, I just embrace the place when I say God as it was like that spiritual component. Because in the bottle with the Balinese, it's Hindu, and also Buddhists. So it's this combination. So they honor a lot of the Hindu goddesses and you really embody that as a woman. And then when I came here, not knowing San Francisco or Marina at all, I'm like, Okay, where do I start? And I literally started with 10 pieces door by door, client by client. And then a lot of them would ask what was your inspiration on that piece? And we started with events that were in Sausalito. And they were art events, or they were school events, you know, in Tiburon in Mill Valley. And I would start to speak about the pieces and what that meant to me. And women got so excited. They're like, well tell me more about that. What's that life circle? Or what's that best friend and sisters, or what's that Mother Child, and then I would talk about it. And if you've ever seen my writing, which you haven't yet, which is a good thing, because I'm not, I like I should be a surgeon because I just scribble so I would write down, you know what it meant, and most people couldn't read it. So I

started to make up these cards that accompany the pieces that really took you into the exploration of becoming a new mom or being a family of three, or carrying around your best friend or being a light on the planet. And more than ever, I'm seeing in my business, people are looking to be very conscious about what they buy. And they're looking for meaningful pieces and heartfelt pieces, and empowering pieces. So I was like, wow, this is not a marketing theme or anything I'm doing. It's just very organic for me to really bring in the celebration and the beautification of the divine feminine. Oh,

Jen Marples 07:02

that is so beautiful. And I do know, being familiar with your designs, and some of the pieces our mutual friends have, and they're very distinctive. For everybody listening. They're very distinctive. So you know, you know, oh, that's a cat that can be necklace. That's a Kathy Kim a, those are the earrings or the bracelets, necklaces, all of it. And then to your point, you've got all these wonderful stories behind it. So I love that that just happened sort of organically, like you didn't go out like that was not a marketing stick. That was just something that really came from your hearts.

Kathy Kamei 07:33

Yes.

Jen Marples 07:34

Do you have a store? Or are you just creating at home? Or how did you sort of then expand your business? Because obviously the market was responding and loved it and loved the stories? Right? So then how did you end up sort of expanding and growing and adding sort of different lines, because I knew you said you started very small. And then now I know you have a lot that you offer? You're

Kathy Kamei 07:54

right. Everything for me is based in relationship. So when I look at the stores that have my product, or we sell to a lot of spas, and beautiful spas and resorts, and when I think about them, and I think about those relationships that I have, it's really about, I have a product that I think can really benefit your clients. So it's a mutual exchange. So I would start with those relationships, I would show the line. And then we just started mushrooming and building on local stores, and then spas and resorts and going to different trade shows and picking and we're very specific, where we show our products. Again, you're only as good as your product. But your product is only as good as your positioning, which is only as good as your sales team. I really wanted people to understand and get behind the vision. What is the vision? Because there's a lot of competition out there. There's a ton of jewelry, I go to these trade shows. And I'd be like, how do you even start? You know, it's just one into one and what makes you different? What makes you special? For me, our business was, you know, we've done a lot of catalog work. We're actually just recently working with a wonderful company out of the UK, looking to again, expand the brand. We do a lot of philanthropic events, we're looking to really expand our online presence and what that means, especially when we went through the last couple of years where you know, shops were closing or things were different. There was like, Well, how do you change form? It wasn't about giving up, it was more like, how do you change form? And I know we're all using the word pivot. And I think we could say pivot with perception and perspective of what that means. Where are you wanting to go because we can easily look at the negative or we can go well, maybe the positive is is that we're going into something that we haven't yet explored. So that's how I want to look at it and I

also feel super grateful because a lot of our events that we do like Edgewood, like Murrin charitable like St. Vincent's all of these are we're coming back together in community And I think one of your podcasts I listened to Jen, you talked about just sort of how we are inspired and how our lives are richer because of community. And I think that's why you're doing what you're doing. And I come back into these events with like a new set of eyes, a new set of gratitude, a new set of excitement. Just to connect back, we recently did one in Mill Valley for adoptive family. And it was so beautiful just to be there and be together and, and actually had the intention for this amazing cause to create change and hope. Because I think we're all looking for purpose. I know all of us are like one of the women in business events that I did, it was so incredible hearing these stories, because what I noticed the same thread was is that were given to, and then we give away, like it's just this beautiful exchange of flow. I think that that's what we're here for is to really create shift in the world, and how do we create shift in the world. And it could be the philanthropic give, it could be just being present for a client, it could be, you know, being part of their wedding party, and accessorizing, all of their people that are participating, or their bridesmaids, all of those things I take very seriously. And I really want to be that exceptional in my brand, but also an exceptional member of the community that keeps on giving. Because for me, there's no greater joy.

Jen Marples 11:26

Oh my god, I love that so much. And I love what you said about sort of when we pour out it also kind of pours back in. So it's just this a nice exchange. And I love that. I mean, that should just be the mantra from here on out. It's just IV because it feels so good to give and to support and be part of community. What do you think some of the biggest challenges are for women at midlife?

Kathy Kamei 11:50

Well, I think it's the concept of being at midlife. I think that we have a lot of story around that. And we live in a culture that really values youth, we are inundated with tick tock, Twitter, all of these young girls, I know having daughters and sitting there and that watching them be influenced. And then we are influenced, and we're chasing the fountain of youth. How do we do this with a lot of grace and a lot of beauty? How do we really celebrate? And my husband would always say to me, what if you went into your safe and pulled out your passport? And it said, all you're not born in 64? You're actually born in 7484? What would that be? What would you know? How would that change? And I'm like, me, it wouldn't change anything. Because I still feel in this container. I still feel 18 I mean, these girls are like we can barely keep up with you. And what I love Jen is I love that even for myself. You know, I've created this amazing company, this wonderful business and couple years ago, I'm like, You know what, I want to live on a horse ranch. I want to have horses around me because I'm loved horses. I'm too. I'm gonna go try that. And it was like never counseling out. Well, you can't because you're, you know, you're 56 or Oh, you can't because you're 46 you can't because you have kids on, I challenge you to that's just an excuse for not doing it. That's a limiting belief. And again, getting back to one of my dear friends who's of acupuncturist very successful. I think it was 50. And he goes, I've always wanted to paint and now he's painting and he's got this wonderful exhibition every year and he's selling his paintings and maybe he doesn't have the same remuneration as it did an acupuncture, but he's doing something completely new and what he loves. And I just think that we need to get clear and clean with that. And just again, really create a possibility for yourself and not be fearful of failure. It's actually sometimes those times in our life where we do have disruption. It's just sharpening that pencil a little bit

more going, No, no, no, I see this for myself, be a great visualizer you know, get wonderful mentors have a community around you that goes, I believe in you. I'm holding witness space for you. How do I help? That's wonderful. And there's gonna be doubt, doubt happens. And it's just being curious of what's underneath that doubt, and how to propel yourself forward. And sometimes they did that phone call from a friend or from your mom or your daughter or whatever, saying, You know what, I really see that I really support that keep going. Oh, that's so beautiful.

Jen Marples 14:30

And that is been a little bit of a recurring theme is really finding that sort of support system because sometimes I think in business and life, we might look around, maybe they are the clear people that are offering support. But if you don't have it to find those people that are in your life, who are along for the ride and can sort of mirror back to you what you're doing and give you that little bit of courage to get going. I mean, I can say it's really hard to just sort of do it alone without somebody out there saying okay, go for it. Because you mentioned that just finding those people. And if you don't have them, just seek them out, because it's so important to the journey. And also, I love that you said that, you just have to take that step. And I love you know, the acupuncturist who's doing his art, because there's really, you said, you feel like you're 18, I feel the same. And so we've gotten half of our life left. And so to think that you would just tuck everything away and just kind of sit I just, it's a tragedy, and that's why I'm doing all I'm doing because Hello, people, you're not too fucking old. That is a thread here. I'm very passionate about that. And it's just a number. I mean, what is what is age really mean? It's really in our heads, and it's just getting out of our heads, and visualizing what you want, and there's no reason why you can't get

Kathy Kamei 15:42

it. 100% Do you think

Jen Marples 15:45

that women can be successful in the second half of life?

Kathy Kamei 15:48

I really do. And again, I would say, what is success? How do you measure that success could be a variable of things. We live in a culture that really gets excited about, again, of social media, where it's like, oh, this person's got that many followers or this is what's going on for them. And I would really dig deep into what that means for you. What is success for you. And I honestly believe all this possible, we all at times feel defeated. I think we come out of this pandemic and being somewhat tired and fatigued and feeling a little bit defeated. But I circled back into self care at that time, checking in moment by moment what you need, what needs to happen, being okay with being divinely discontent at times being okay with failure, whatever that means, because I think it propels us to the other side of the fence, because there's going to be obstacles and fences along the way. But how much do you want to climb over those to get to the other side. And the more people the more journeys and the more stories I listened to, I'm just riveted, again, and again and again about the real commitment you have and you don't on a cellular level, Jen? Well, you're here to create profound influence, whatever that means. And it could be that you influence somebody one on one or the masses, or you're talking or you're written a book, or you're creating something really beautiful, or you're raising incredible family. I mean, there's so

many successes, and they can be ever so small, but ever so influential, and they can be ever so big, yet feel ever so small. So allow the barometer, the compass to shift, and just being okay, I think with the journey of it, I remember sting talking about the all these shows that we have to make instant superstars and celebrities in the recording industry. And it goes, the heart thing with all of that is that you take away the journey, all the richness is of the journey. And I think if we look back in our life, at some of the hard things in our journey, and then we come out the other side and go, Oh my gosh, that was exactly what was supposed to happen. And it happened because of this. I think that's actually a really beautiful way of looking at life is just to look at this amazing canvas that we get to paint on every day.

Jen Marples 18:09

Oh, that was so beautifully. Put, Kathy, I'm sort of in awe. And I haven't heard what that thing that scene said. And I think that's, I've never thought about it that way with all those those shows. And they're all the sudden thrust into fame. And but you haven't traveled in the van cross country and saying, oh, yeah, being played to the church to five people and to the grandmas. You know, you haven't done all that and great, but it really goes to also reflecting on this midlife phase. And this is what you're saying that you've you've had this journey. And it's gotten us to where we are now. And then there's this journey ahead. And it's quite frankly something I look at every day to get my having fun. am I enjoying and I That's my how I'll take things off my calendar, how will say yes or no to people events time, because there's no Holy Grail. It's what you're saying? There's no yeah, we've made it and how many people do we know who quote unquote, made it and they're all in therapy because their life is horrible, because they realize once they climb to the summit, they're not happy because they didn't enjoy the journey and they sink into a depression because they've done that thing that they think that's going to mean everything. And it's more just that journey, like you're saying and then the people that you're touching along the way, it just I'm so glad you brought that up. There were so many great nuggets in that it was so destination focused, it's the American way it is it's the house, get the car, get the girl, get the guy get the job, do this and then it's like Okay, so now what we're not taught about the journey, and how to also embrace the ups and downs because that's just part of life. We don't talk about the failures of no

Kathy Kamei 19:39

and you never know. I mean, I remember one of my amazing clients who I just cherish and most of them, most of them and all of them I do in some way but there is such a closest and richness to her and she bought me a book called The second mountain. And it was talking about that first mountain is acquisition that like We, you know, we have a dream of like, okay, you, you know, you grow up, you go to college, you get the house, you have the kids, you get the dog, and all of a sudden, for me personally, I got there. And my husband was like, this isn't really for me. I'm like, Excuse me, hold on, let's forget. That's the dream. This is the dream. And it's like, no, this isn't really for me. And so it propelled me to go to Bali. And I often asked my kids, what was that like for you, and the best thing ever, mom. And the beautiful thing about Bali is they're such an emphasis in community, there's such an emphasis and spirituality, but there's also the trust, they are so committed in their faith. And they do ceremonies and they give thanks every day, you'd find little offerings of thanks for the stove, the car, and are those things that we just bypass, like, you know, we don't we forget to see them, because they're so readily available, we just have those luxuries. Over there, there's not as much, you know,

emphasis on luxuries. And if they are able to, you know, put their kids in school, and they're able to, there's such a richness and appreciation that I love so much, and that lives inside of me. And when I shifted my company into more philanthropy, because I am here to live to give, it's essential for me, I get so high when I write a check to any of these organizations going versus a little piece, but this is going to make a difference. You know, when I see dear friends that are just committed and working tirelessly to pay for kids, and I know, you know, speaking of sparkle, every time I see her post about a kid's going for three weeks of, of summer camp, I'm like, and being a single mom, I get it, I get how hard that was, I get that commitment. And I just I marvel, I go, wow, there's a special place or, for me dogs, you know, and working, you know, on the board of Milo and also seeing the amazing amount of people that foster and the amazing amount of people that create change and watching those little beings going off into the second part of their life. And the thing I love about Don was they don't sit there and go, Oh, you know, it was a really bad first raw, you know, first half of my life, but now, they're just in the presence of Love. They're just unconditional love, they embody that. And I see us all just kind of taking on our mission. We all have these little missions. And when I was in this conference for women, I saw highly successful women, but all of them going, and this is what I'm going to give. And recently there was a woman who was who raised 1 billion young woman grew up in Oakland single mom and raised \$1 billion for like an amusement park, but it's based around books and literacy and literature. And she's building this grand, amazing place for children who will maybe never travel in their life, or maybe don't have books readily available for them, where they can go in and they can actually be part of that experience of reading and stories. And I just listened to her speak. And I had tears running down my face. I'm like, You're incredible. You're amazing. I mean, a billion dollars for a young baby, she was 32 that she raised with a vision to open up this literacy park, you know, and then there's another woman who was a dressmaker that I saw speak and she was very famous dress label, and she lost her label. And she said, you know what's incredible? She said, My dad told me at the times where business felt like struggle. My dad said, get familiar with the bottom of the bucket. Because when you're there, you're not intimidated by it. And then when we come out of it, because it is this ebb and flow. When we come out of it. We're like, wow, that wasn't so hard. Whatever that is. And I think that's that cycles back into midlife where we think, Oh, I you know, I'm too old for this, or, oh, you know, I'll never do that. I'm like, no make space for everything as possible. And I always felt that my girls were watching me the greatest gift that I could give to them and women around me as example. Courage, and example, fortitude and example hard work and go. I believe in you. And my daughter, my middle daughter was here this weekend. She was mom, you always were like, everything's possible. Everything's possible. And I'm like, Yeah, because I was like muddling along. And I was telling myself that, but it's really true. You know, it really is. And I really support all of the people listening is to grab hold of that greatest dream that you have and just run with it. The world waiting. It

Jen Marples 24:42

is waiting, and I'm glad you brought up like our kids are watching. The generation and Highness are watching and I'll be speaking and there'll be younger women and we'll be talking about you know, not being too old and all of that and they're also voicing the well then I feel too young so it's It's not even about being too old, it's just being you. It's just we might or getting judged. You're too old. You're too young, you're too this, you're too that you're too loud or too quiet. So might as well just be you, and pursue what you want to pursue and know that the world needs what you have to offer 100%. Yeah. Now what would you say to the woman who's sort of been sitting on the sidelines, she knows she wants

to make a change, or she's got something burning inside. But she doesn't know how to sort of access that and get to the next place. Like, maybe she's hasn't worked for a while, or she's in a corporate job, and none of it is working for her anymore. And she wants to get out there and start doing something, what would your advice be to her?

Kathy Kamei 25:42

Well, my advice would be is, it's really important to have mentorship, and to have, again, a group of women that can really see and hold witness to your vision to your dream. I think there's a lot of women that I know that I mean, child rearing is an incredible outlay. And my sister in law, who I love so much, she had a PhD in psychology, and I remember her saying to me, because I was struggling with should I be working, should I not be working, I wanted to be home with my baby. And she said, you know, your daughter is watching, it's a really important gift. And I think even when we are at maybe we have stayed home to raise our family. And that is such a beautiful commitment. I commend anybody who does that. And I did and didn't and you know, kind of back and forth with that, just because of my circumstance, but I would definitely say to them is mentorship, reading, watch what you put into your mind, I'm very, very disciplined. I'm a huge meditator. self care is really important, but don't look at the big picture be present, in the end, just that commitment that you're thinking about. And really just take it one step at a time. And when I say that, maybe you're interested in writing a book. So maybe you start a job at a bookstore, or maybe you whatever it is, or you take master classes, listening to authors who started because it starts with that first step. And so I would say surround yourself with whatever that is. I don't think anyone's in Ireland. And I think that the more we sort of embrace the waves and bring in the beauty of that vision and hold it, the more that it can manifest. I

Jen Marples 27:34

love all that advice, especially the piece of not looking at where you think it's gonna go and something big, which could be potentially crippling, but just be taking some of that first, those first exploratory steps. Yes, and not having any attachment to it, just just go start.

Kathy Kamei 27:50

And it could be something as beautiful as a vision board for the year, you know, you could create that and put that or it could be every day and intentional. I have these wonderful little angel cards, and I pull one every day. And today's was willingness. Yesterday's was strength. And so it's only one word. And I just sit with that word and go back to that willingness. So what does that mean for me? Where are some places that I am being being willing, or what does you know, at this moment, and next week could mean something different. But I try to be very, very careful with my time and what I bring into my atmosphere with all of the things because, again, it's been a really interesting time for business. And all I can do is keep on keepin on, carry on Big Sister, grab the torch and carry on, even when it feels like it's mammoth. It's just starts with that first step in that journey.

Jen Marples 28:48

I love that. So what do you think we as women can do better to support each other? At this time in life?
I

Kathy Kamei 28:57

think a lot of times we as women, and I'm not sure what that is, I don't know if it's just programming living in the West, I don't know. But there can be competition or there can be interrupters in connection. And I loved what you said about you know, to thyself be true. So if we know that we are on every cell of our body as uniquely our own, and what we bring, I think developing a sisterhood. Like even at times where we may feel a little bit uncomfortable. We do get brushed a little bit like wow, like a lot of times people have said, well you have this incredible love in your life and your girls and stuff like that. It took a tremendous amount of strength to work through some of the times where life felt debilitating whether it was divorce or whether it was change. And I just felt like oh my gosh, I don't know how I'm going to do this. And then you move through that and you come out the other side, I think women just need to be as transparent and real and raw, and be okay. When it feels hard and support each other, there's nothing more beautiful, and I'm gonna get emotional. And then a friend that shifts your crown that holds it and goes, I got you. And to be that friend, and to invite in those friends and you, you know, I think of myself, and I'm connected to a lot of women, but the friends I have in my life, they will be the ones that are the rocks. And I actually personally love women so much that it's easy for me, to be in front of them and to be talking about the line and be excited, and to see their beauty because there's so many facets of beauty. But I think the most important thing is to really know yourself, and to really be okay, you don't don't spend a lot of energy convincing someone else. Just spend a lot of energy, being yourself.

Jen Marples 31:01

That is beautiful advice. And yet, you're not forcing people to be with you. And we shouldn't have to convince somebody of I'm worthy of friendship, especially now at midlife, and just looking for ways. Yes, to absolutely support each other. And it's so beautiful to to support, and you're gonna get me emotional, too. But you just had me picturing some of my friends and watching people throwing everything down this band of women coming together. And there's nothing quite frankly, more life affirming than that. And no, that's why you got emotional. It's just the power and the beauty and those friendships and having those connections. It's next to none. So I'm Thank you for saying that.

31:42

Yeah.

Jen Marples 31:43

My final question for you before my final final because I could talk to you all day.

Kathy Kamei 31:46

I know, I actually think even though we've never met, I feel like I could be on this zoom call or be face to face it. Just the conversation will continue to flow.

Jen Marples 31:56

So what do you wish for women at midlife, I wish

Kathy Kamei 31:59

for women in life at midlife is all possibilities to come true. And to come forth. I also wish for them to be the most exceptional self, whatever that is. And I think that we are faced with challenges. I think as we get older, we understand that, you know, there's just more of a transparency with who we are. And like

you said, you know, your whole community abandoned women coming together. I just would really say this out loud is that trust in yourself? Trust in your No, I love it. When people go, I just knew trust in your no trust in your intuition. Keep on learning, do little classes here and there. Keep on growing and keep on expanding. And, you know, one of the collections I have is called Beyond light. And it's like, love yourself enough so you can go out and love the world. I was talking with the spiritual teacher I had the other day and I said, you know, it's interesting being a mom, it's hard for me not to be in that role as all my girls are two are married and ones off in college in Canada. And she would say, you know, I know chefs that can't cook for themselves. And I know painters that can't pay for themselves. And what I would say is, nurture yourself, paint for yourself. Dance with yourself. Cook for yourself. Never forget that most obvious and beautiful love affair. That is you. Oh,

Jen Marples 33:31

Kathy was coming. That was so big. Everyone rewind and please listen to that. Again, because that was That was wonderful. If that was all you took away from this, then that's all you needed to take away from today's talk. Thank you for saying that. Yeah. Do you have a ritual or a practice that you do on a daily basis?

Kathy Kamei 33:52

Yes, I do Vedic meditation. Our mutual friend, Victoria Cressman, son Hunter Crossman introduced me to Vedic meditation. I completely committed to the journey of starting my day, but 20 minutes and stopping my day and pausing just to reconnect back to myself. I'm also an avid exerciser. And I also am an avid woman who says do one thing that creates joy in your life every day. So I try to ride my horse every day if I can, or you can just be next to them. For me, that's the joy.

Jen Marples 34:30

That's incredible. I love that. My final question for you. What do you think the best thing is about being at midlife?

Kathy Kamei 34:38

I think knowing yourself you when I turned 40 I was like wow, this is amazing. When I turned 50 I was like this is the best thing ever. And I mean of course things are changing. You know I would say sometimes just I'm like whoa, where did this line come from? But there's something so divine about hitting 50 And I know what a 60 couldn't be like, and what is 70 It'd be like, I just want to be the best badass 80 year old, 90 year old. I don't want to, in any way limit myself, I want to keep on keeping on. And somebody said to me once while you work a lot in circles, and from a circles, there's no beginning, no end, always evolving. It's like the world is a circle, you know? And it's just like, we're always on this continuum of change and shift and evolution. So I would say follow that. i Oh, love, love, love my 50s They've been unbelievable. So great to hear. Yeah,

Jen Marples 35:41

I'm loving them too. So we're not making this up, everyone. I'm not making this up. Well, I could talk to you all day. So let everybody know where they can find you support you look at

Kathy Kamei 35:52

your jewelry. Thank you. Yes, please. You can follow us on Instagram Kathy Kinney designs. We're also online at [www dot Kathie COMM A](http://www.dotKathie.COM), or you can find us on Facebook at Kathy Kimmy designs. We'd love to hear from you. We appreciate so much our clients and just we are just super grateful for, for being here with you today. It's been amazing.

Jen Marples 36:17

It's been so incredible. I've loved our conversation. We're gonna link all that in the show notes for everyone. They Kathy, it has been an absolute honor and joy and I feel spiritually uplifted after having chatted with you. And I know everyone's gonna walk away with so many great pearls of wisdom. And you guys rewind, listen to this 115 times because there were just, I didn't even know we're gonna go on a little spiritual journey we did. And I'm so glad you opened up in that way because it's so powerful. And it's going to impact so many of our listeners. So thank you for bringing your true authentic self to say,

Kathy Kamei 36:49

well, you you set the stage beautifully. We're just really being present and also I just feel honored to be with you and if there's any nugget for anyone who's listening, it just grateful for for your ears to listen to some of the wisdom that I've you know, that I've experienced from other mentors that I have, but also just life experience itself. Thank you so much, Kathy. Thank you