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## “Release Your Creativity with Special Guest Patsy Clairmont”

**David Loy:** You're listening to *In the Loop* with Andy Andrews, I'm your host David Loy.

**Andy Andrews:** Yes, you are.

**David:** And Andy I'm thrilled, I'm beyond thrilled, I'm so excited.

**Andy:** I am too.

**David:** We have a very special guest here with us today, why don't you introduce your friend?

**Andy:** I will. I was gonna say, don't you do this.

**David:** I won't do it. I won't steal your thunder.

**Andy:** Ok, I'm so excited, I'm so excited, because this is not just a favorite of mine, she's like maybe the favorite of mine, and she definitely is the favorite person that I have worked with, but Patsy Clairmont.

**David:** Patsy.

**Andy:** Hey Patsy.

**Patsy Clairmont:** Hey guys. I love talking this way.

**Andy:** Oh my gosh, you know, we do the podcast a lot of times, David and I are on the phone. And so we love it when we're like right here.

**Patsy:** Well yes, up close and personal. I like that interaction that faces give, all the animation and participation. Otherwise you don't know if anybody's really paying attention.

**Andy:** Well that's true. And see, being here, in Nashville, being able to call Patsy and pose upon you. Now I got to tell everybody my history with Patsy. Because Patsy, I was the token male on the Women of Faith tour, for a couple or three years, a couple or three years ago. And when they had contacted me to ask, I was like, now what? They said, Women of Faith. And I'm like, ok, so you have guys on it? They said, well no, we don't, but we thought we'd have one. I'm like, oh, ok. So they said, would you like to come and see this? And I said, yeah, I really would. So Polly and I flew to Minneapolis to watch. And it was in the Arena and there was like 15,000 women. And I mean, this is like, oh my gosh, this is Patsy Clairmont and all these speakers, and it's Amy Grant, and Sandy Pady. And so I'm watching and this is really good. I mean, it's amazing. And then Patsy gets up and I watch and I listen for like ten or fifteen minutes, then I lean to Polly and I say, you know, she's amazing. And I am a speaker guy, like, I really analyze this.

**David:** You've studied the craft for a long time.

**Andy:** I've studied the craft. I know why this works and how it works. And really with a lot of people, how seldom actually really works consistently. And so, after Patsy was through, I lean over to Polly and said, she's the best I've ever seen. I've never seen anybody, I have never seen a female speaker that good. And she is to

this day, in the top three, and I don't even have an order, I don't even, you know, I've got Zig, I've got Patsy, and somebody else. There must be somebody else. And so I haven't even put a name in there. But I wanna tell you something, then I got to do three years with Patsy. Patsy and I were a partners, we did the Friday afternoon as well as the Friday night. And let me say one more thing and then I'll shut up. Because I want Patsy to talk. I mean, we've got Patsy here and I'm yammering. I feel like, I just have so much I want to say about her. And here's what I wanna say. When we started, you know, what were we doing, 18 weeks a year? I can't remember exactly, but if you had told me, because they said, now you don't stay in your dressing room, you're out and you listen. If you had told me, now, you're going to sit and you're going to listen to this little lady, every single

**Patsy:** Little old lady.

**Andy:** I didn't say the old part. But you know, if they told me, you're going to sit and listen her and you're going to sit out there and you're gonna listen this week after week, I'd just said, shoot me now. Shoot me now, I don't know if I can sit and listen to somebody. But man, I'm telling you, after three years, I can honestly say, it was the best experience professionally I have ever had. Because I mean, watching her and listening to her and listening to what she has to say is amazing. So if you don't know Patsy Clairmont, you need to know Patsy. I'm so glad you're here.

**Patsy:** I don't know how words follow that up, that is so generous.

**Andy:** Well we're gonna stop, thank you for being here.

**Patsy:** It's been wonderful.

**Andy:** Oh my gosh

**Patsy:** You are a delight and what a thrill to have worked with you. And we sound like we're just going to go back and forth, giving compliments but it is and anyone out there who has a platform knows, that it is a really special moment when there is a kindred spirit.

**Andy:** It's rare.

**Patsy:** Where there is a connection, where there is sparks, where the audience gets it, and you get each other. And I love that because those sparks are all about energy. They're all about communicating and they're also about the intention of a heart. And that's one of the things I loved about you. I thought your wife has raised you so well.

**Andy:** She'll be happy to know that.

**Patsy:** Because you knew exactly how to behave with thousands of women, weekend after weekend.

**Andy:** Yeah, you're right. I knew how to behave, I do exactly what they told me to do. I was like, estrogen poisoning.

**David:** Well they told you from the beginning that you had to sit there and listen. So you did that very well.

**Andy:** It was the first time Patsy that I, I mean, I have had audiences like me, but and I have seen audiences like other speakers. But it's the first time I have ever been a part of something where I felt like the audience loved us.

**Patsy:** Good way to put it. And I felt that too and that was lovely, because I believe God intended for there to be a lot of us out there. Because he loves his body, he loves the body of Christ, where one person aligns their heart with the other. And the audience senses that it's possible to have that kind of interaction with another human being, where you can really speak the same language and hear each other's hearts. And be a part of something bigger than yourself. I love that.

**Andy:** Oh my gosh. Have you ever had anybody, you know how people come, they hear you, they read your books and they come up and they say things to you and you don't know what they're talking about. Have you ever had that? I have people come to me sometimes and go, oh my gosh, you're so funny, I love the thing you do about the elephant or whatever. And I'm like, oh thank you and I have no clue. And I ran into somebody from Women of Faith, the other day, who said to me, have you seen Patsy lately? And I said, you know what? I ran into her, we just saw each other in the airport. I said, I ran at Patsy at the airport a couple or three weeks ago. And they look right at me and said, did she shake your tree? And I said, oh she is so funny, she is so funny. But did she shake your tree? And I said, I'm sorry, what? And they said, she's doing that now. And I'm like, oh.

**Patsy:** You can tell what I'm up to.

**Andy:** So what is that? Because I had no clue what this woman was talking about.

**Patsy:** Well I invite into my home, would you believe that, I invite into my home a small group of people, for the purpose of getting in touch with their creativity and preparing them to write a book or to be a platform person. It is not a comprehensive opportunity as it's a creative opportunity, which is a little different. And we do interactive stuff. You would love it, because you're so

spontaneous and I love the way your humor zips in and just pops out in such a way that we all join you.

**Andy:** What do you mean you do the creative, not the comprehensive? Because you're preparing to write but it's not a writer's conference?

**Patsy:** Well, on Friday night or the first evening I do that whole evening on writing. But again it's from a creative approach rather than I'm not going to teach them the basics of the English.

**Andy:** Yeah, I mean, anybody can teach that. But very few people can actually have credibility with that creative process and that's what you do so well.

**Patsy:** Well the joy of it is, is watching a person come alive at new levels. When they're surprised by what's in them. I feel like the message of God is given me to speak into the hearts of people, is you are more than you know. Because God is greater than you can imagine. And here I am, at this stage, in very seasoned area of my life. Where I'm still learning new things about myself. I thought I was done learning, I thought, ok, I grew up to be a writer and a speaker, that's who I am. And God is showing me, no, no, you're putting limits on yourself, I never put limits on people. And I invite you into yet another stage where you're going to learn things about yourself that are going to surprise you, that you would never grasp before. And I'd like to take that and help other people to discover this as well. I say that we ransacked from the attic of your mind, to the cellar of your soul, for the purpose of shaking loose stories, from your tree.

**Andy:** Ok, ok.

**Patsy:** From your life. So that you can see the potential of using those stories like you do so giftedly from the platform. Using a story to capture the interest, attention and heart of another person.

**Andy:** Oh, say that again, about then shaking the stories loose from, say that again.

**Patsy:** From the attic of the mind, to the cellar of the soul. Because we have so much stored inside of us, but a lot of it because we can't be thinking on everything all the time, we've kind of put back in cold storage. And so this is to bring them back out, into the heat of your faith. So you can take your story and tell it over the back fence to a neighbor and suddenly they hear you in ways they had not listened before. Or you can tell it at the Sunday school class, while you're giving for scripture. Because your story will fit in with the word and the word fits in with your story. It was written that way, to be on purpose.

**Andy:** Patsy, you do this at your house?

**Patsy:** I do, isn't that crazy. I don't want it to be too big because I wanna be very individual about it.

**Andy:** How many people do you have?

**Patsy:** Well seven to ten is where I'd like to keep it.

**Andy:** Are you serious?

**Patsy:** Yes. But I have begun to think I might have to stretch it out and go near by my home, and maybe bring people back for lunch or something.

**Andy:** Oh my gosh.

**Patsy:** But I like...

**Andy:** I'm surprised you're keeping it out of an arena.

**Patsy:** Well it's just very exciting when people say, I didn't know that was inside of me.

**Andy:** See that sounds like, that sounds like it would be good for me. Because I'm all the time, I'm writing and I'll, I mean, I'm 55 years old and I'll have some things come out and I'll go, well, I had not thought of that in a long time. And I'd certainly never thought of it in that context.

**Patsy:** Yes, and that's a part of the joy of this, being able to expand the verbal territory of the person who loves to communicate to other people. And there is no better way as you know to communicate than through stories.

**Andy:** How much healing do you see in the lives of these people, when they go through these experience? I know that's not the out front expectation, but I mean, I know that I find that when I get together with the buddy and we began to excavate the people, what the attics of our mind, the cellars of our soul, things happen that change us.

**Patsy:** Yes, it does. And that's our potential for growth. And we are compelled by Christ to grow up in all aspects into the him. And so that's my desire and goal, that as long as I have two brain cells in around speaking terms, that I want to be able to keep growing and keep knowing.



**Andy:** I do, I do have two brain cells, one of them is waving bye, bye to the other though. So when, I cannot think of a better person to do something like this. And the reason is because I can't think of a better person to do something like this with. You know, David, you put yourself in a situation where you have somebody leading, well I say something like this, I had never heard anything like this.

**Patsy:** Well, we're all kind of started a fresh inside my soul, was when I agreed with my friend Gail to go to a painting class and I don't paint. The last time I took a painting class and this is the honest truth, the gal who owned the studio, sold it and moved out of town. I mean, it was so bad and so sad. And she had said to me,

**Andy:** I don't want to be associated with this.

**Patsy:** She said, you are the worst student I've ever had. Wasn't that sweet?

**Andy:** Oh get out of here.

**Patsy:** No, no, honest, that's what she told me. Then she closed it and moved away. Well I had had a counselor years ago, who dropped out of counseling, gave up her profession and became a goat herder. So I thought, gee, I've got a trail of things behind me that aren't looking that good. But I went to this art class and the teacher didn't say, here is an item, paint it. But she said, I want you to go inside of yourself. And I want you to paint who you are on this canvas. And I want you to start with the color. And I thought, well listen, that is a fascinating way to approach yourself. But then I began analyzing it. I started thinking, well if she wants a color, was she going to ask, where is she gonna take us next from that color? And I thought, I better be prepared, I know I'll do beige. You can go anywhere from beige. So I painted it in beige.

**Andy:** You're like the least beige person I've ever met in my life.

**Patsy:** And she looked at that and she looked at me, dressed rather vividly, and she said to me, this doesn't make sense to me and I've only known you for an hour. She said, why did you choose beige? I said, I think I'm afraid. I'm afraid I'll fail. And that surprised me so much that as a fresh beginning for me, to learn where I was at, at this juncture of my life. And so it was time to take a new step and owning my identity and my insecurity and beginning to grow. And the way that you grow is by taking a risk. And it was very risky for me to go to an art class because I'd failed all my life. And now, there is something about color and putting yourself out here, to be criticized. There's something about that, that helps you grow stronger. And to really develop in the content of your character, where you're weak. So that was very exciting. And then I went to a poetry class. And that has been thrilling.

**David:** Unbelievable. This is, I feel like we have so many people that listen to this show on a regular basis that would benefit from something like this. How do you find out, just go to [patsyclairmont.com](http://patsyclairmont.com), is that the best way to get plugged in with what you're doing with these?

**Patsy:** Absolutely. Look for the shaking your tree on [patsyclairmont.com](http://patsyclairmont.com)

**Andy:** For the shaking tree.

**David:** And how often are you doing these?

**Andy:** Yeah, how often?

**Patsy:** Well I think we did about eleven since the first of the year. And we're not doing as many now because I'm in full throttle open for the Women of Faith. And finishing up all the conferences. But we'll start again at the first of the year.

**David:** Amazing.

**Andy:** That is, oh man. I can just like think of so many people that I can't wait to tell them about this.

**David:** Absolutely.

**Andy:** Because I have people ask me all the time, you know, how do I, because people ask about the process, because they don't really, I don't think people need as much help with the language, right. Because they either can kind of do that or they can't, or they know it or they don't. And I don't necessarily think that people, I mean, you can go on the internet and figure out how to publish a book, ok. But it's that part, it's that creative part. And you know what, you saying that, from the attic of your mind to the cellar of your soul, that is such a great way of describing it because I've always, sometimes I'll write something pretty good and I'll think, where the heck did that come from?

**Patsy:** And I wish I could have some more.

**Andy:** Right, right. So that's why I say, something like that would be great for me because if you know where it comes and you know why it is coming, then it's repeatable. It's not some little bolt of lightning that you can never capture again.

**Patsy:** And it's something about when you take your own stories and that's where you find the heart in your message. That's where you ring with authenticity, that's

where people begin to believe you because it's true about you and what you felt and what you went through. And that gives people permission to have their own feelings and make their own determinations. And one of the things I do in this class that you and I are in absolute harmony on, is encouraging them to be readers. It's just so important to your growth process, to be a reader, and not to find yourself stuck in a rut of just one type of reading. But to read across the board, read history, read biographies, read devotionals. I mean, read science books, but read.

**Andy:** I think that's hugely important. For a long time, I would have people say to me, you know, get that kind of snobby statement, people would go, I only read nonfiction. You know, it's like something.

**Patsy:** As if it makes you more spiritual.

**Andy:** Right, yeah. And I thought, well I kind of read both. So I guess, you know, I'm probably going straight to hell. I guess, I don't know.

**Patsy:** I've wondered.

**Andy:** Yeah, I'm sure you have. But the thing that I finally figured is that I think you need to dive at both. Because when you read nonfiction, that gives you the facts, but when you read fiction, it fires your imagination in a way that facts cannot. And if you have your imagination, your creativity fired, then you can deal with the facts in different ways and harness them and use them in different ways. And so I think both are needed.

**David:** That's fantastic.

**Patsy:** Brené Brown said, in one of her books, *The Gift of Vulnerability*, she said, unless you're willing to make yourself vulnerable, you will not grow in creativity or courage. Isn't that great? I love that quote. I think that is so true. And that's what motivated me when Gail came by and asked if I would go to these classes with her, I said yes right away because I thought of what I had read. But when she went out of the door to go home, I thought, what have I done? I can't paint and maybe it's time to stop saying I can't and see what can be. And that really help me to move forward until I got to the front door of that studio. And when I went inside, I said, I am going to be the absolute worse student you've ever had. I was bla bla bla. And she said to me, are you done? And I went, oh, yeah, I think I might be. She said, good, then let's find out what's going to happen with this day. Let's discover who you are on the inside. And let's find out how that looks when we put it on canvas. And that day I left with my first picture that you could actually tell what it was supposed to be. It wasn't great but you could tell what it was, which is more than I'd ever had in my life.

**David:** That's amazing. And from this side of the table, let me just say that I think a lot of the people that are listening are going to find great encouragement listening to two people that are well established authors and have been speaking for decades, sit here and both say, that you've encountered fear and that you have pushed through that. Even the most successful of people are still facing these challenges on a regular basis. And I think that, that can be a great encouragement to a lot of the people listening.

**Andy:** You know what, can we, and I'll ask you right here on the air so that you can't say no, let's close out and then, because I want to talk to Patsy about her new book. But I also, I think that Patsy has probably, not probably, she is the best message about fear and dealing with fear that I've ever heard in my life. Would you stay and can we do another episode? Is that right?

**David:** Absolutely.

**Patsy:** Let's do it.

**Andy:** Ok, alright.

**David:** Fantastic. Well thank you for joining us Patsy. Andy thank you as always for your time. And we'll talk to you next week.

**Andy:** Absolutely. And you can see Patsy on Facebook too, me on Facebook. Patsyclairmont.com is where Patsy is. And you might see me at the shaking your tree conference. I might check that out. Alright bye, bye.

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