

Transcript

Wynne Leon

Welcome to the Sharing the Heart of the Matter podcast, where we celebrate the storyteller in us all I'm Wynne Leon. And in this episode Vicki Atkinson and I are talking with author Blogger. And health and Wellness professional Cindy Georgakas. In this vibrant conversation, we get such a wonderful taste of Cindy's energized and connected presents. She tells us how COVID was the impetus of starting to share Wellness information in a different format. That led to her book, released last year in the Happiness category. Recreate and celebrate 7 steps to live the life of your dreams. In the process of releasing that book, she planned a second release. Of the poetry she wasn't able to include and recreate and celebrate. Hearing Cindy tell these stories underscores the rich lessons of learning to adjust when what we've planned. Turns out to be different in timing and format. Vicky and I asked Cindy about what else she has planned on her creative radar. This is a great episode because all of Cindy's answers are so full of heart. She is an inspiring author to listen. Too, because she's so interested in creating the AHA moments for others. Cindy is a wellspring of wisdom that speaks to the essence. Of who we are. I'm confident you'll love the scenic and beautiful places we explore as we share the power of storytelling. And podcasts in poetry and in conversation. We know you'll love it. Hi, Cindy.

Cindy Georgakas

Hi, Wynne. Good to see you.

Wynne Leon

Vicki and I are so excited to have you to be in conversation with you, to hear about your publishing journey. I mean, you have so much rich material coming out that you and you publish and you just have so and just the goodness is, is pouring out of you. So we can't wait. To talk about.

Cindy Georgakas

Thank you. That means the world to me. I really appreciate it.

Wynne Leon

Yeah, it, you know, writing is a lonely business, isn't it? And it's nice to be. Able to talk.

Cindy Georgakas

It is. I mean, we talk in our in our comments, right and get to know each other that way. But this in person thing is so nice because honestly I've been dreaming that we all have a party.

Wynne Leon

MHM.

Cindy Georgakas

And we should. The whole of the world, but I'm not sure how we would do that so.

Wynne Leon

Yeah, yeah.

Vicki Atkinson

No, no Wynne's been plotting this talk about a Winnebago going across country has come up once or twice. Do Winnebago still exist? I'm not sure. But but we've been thinking about that. Mm-hmm.

Cindy Georgakas

Love it. And then there's India. I mean, there's so many places around.

Vicki Atkinson

Cow.

Cindy Georgakas

I want to be. At right. And then you think? At the distance of the. Where everybody lives, I don't know that we would make it happen around the country. We could do. That's a great idea.

Wynne Leon

Yeah, yeah. Yeah. Yeah, it is. So you recently wrote. It was always my dream to write a book, and as you know, it is my mission to support others and following their aspirations, which means I have to walk my talk and do the same. Can you tell us more about your journey to be an author?

Cindy Georgakas

Sure. I guess I want to go back for a minute. I'm not sure where this writing a book came from. I actually pulled out my little journal from you might see the little tiny word walk right and and.

Vicki Atkinson

Ohh.

Cindy Georgakas

This is from when I was so tiny and young was writing back then I realized and little glimpse of poetry, but I wouldn't consider it publishable. Right? The vision of writing, I think, came when I felt so.

Speaker

Mm-hmm.

Cindy Georgakas

Energized and. Connected to people and life and it I write about it. In my first book. Recreate and celebrate and I have right there.

Wynne Leon

Hmm.

Cindy Georgakas

I write that I was felt so elated and I was on a mountain and I wanted to scream and say stop, just stop and love each other and so. Some crazy idea, I thought I. Never thought I was Gandhi. OK, I'll go that. But there was. Any one of these people that we aspire to that have been in lives or in our world that ever met that right shed that light. So I think my message has always been. They are in the work that I've done, whether it's life coaching, personal training, massage group classes, there's an element that goes beyond what I do to the essence of who. We are. And. It happened that the COVID came.

Vicki Atkinson

A.

Cindy Georgakas

A lot of my clients I would see online, I would do distant training outside and we'd be, you know, I'd tell them it was one of the joys of being a massage therapist if you had too many clients. I had a foam roller and I'd tell them exactly. How to massage themselves? There's nothing like the real hands on, but it was working and there was a connection that taught them how to take care of themselves.

Vicki Atkinson

Mm-hmm.

Speaker

Ohh.

Cindy Georgakas

So. They think then what happened is I was like having fun online to inform my clients what's happening. And then they saw all these. I don't know if you guys remember. We had a lot of props and they weren't the same as now. They were silly props fun and I was excited and then somehow I connected. On Masticadores with Gabriella Marie Milton.

Vicki Atkinson

And.

Cindy Georgakas

I entered one of her contests and I thought, well, I'm never going to win this. And I was one of the runner ups. Hmm. Then later, she asked me personally, will you write biweekly for for me? And it was just such a. What's the word? Well, I was so elated and so touched and moved. Excited. So that's been the start of the journey and then this. So I was astounded. You know, when I was writing and. Enter into spill words. I think. No, I can't do that. And so that's kind of the journey. And I did and I started getting athletes for that so.

Wynne Leon

That is so good because I I mean, some of the words that you used energized and connected, they just they resonate so much. For what you do as well as the support of people and the essence of who we are, I mean that just it just you're you're you're speaking the the truth that I read in your words.

Cindy Georgakas

Thank you.

Vicki Atkinson

Yeah.

Cindy Georgakas

Think that is the whole thing without each other, the connected force that we have.

Speaker

M.

Cindy Georgakas

The being there, the listening. We we couldn't do any of what we do right? We need an audience to hear us and it's the only way we really grow, I think.

Speaker

MHM, MHM.

Vicki Atkinson

Yeah. Well, and you're you're humble, you know. And so generous. Cindy kind of peeling back the curtain a little bit to share kind of the. Well, knowing that your life is very rich in lots of ways with lots of different roles and identities, but making space you know to be a writer, it's such an affirming thing when when someone you admire comes to you and says more, please, you know, and it and it starts, you know, that confidence building where I think, you know, to your point. And wins. You can then nurture that essence. You know that I I think the three of us believe everyone has from a a creative, you know, standpoint the the raw material is there for everyone. How do we nurture it? But you are. You're also quite humble. You had mentioned spill words. So I want our listeners and viewers to know that Cindy quite the award winner, was author of the Year in 2024. Author of the month in 2023 and was bestowed publication of the month. That award in October 2022, so you you didn't come into writing for the accolades, but gosh, it doesn't hurt, right. But what, when? And I see you doing is turning that around and to support and encouragement for others. To do it for the love of it. And as we've often heard, sometimes the success comes as a result from of being authentic. Does that make sense?

Cindy Georgakas

Total sense and yeah, thank you for that because.

Vicki Atkinson

Thank you.

Cindy Georgakas

Yeah, it was sort of stunning. One of the things I'd say, I read everybody's work that I like. And I say I want to write like that. Of course we write like, we write. And Gabriella, I would say that ohh really want. And sometimes I would aspire and it's like. Yeah. Never. Say that again, she said. You write. Beautifully and write like you. By writing is very easy to understand, so thank you for acknowledging that. I really appreciate it because it was one of those things where. Really. Really. I mean, I. Yeah, I said, well, they must have made a mistake. It looks like. Then I had friends started telling me. Oh, congratulations, you're nominated. And I said really nominated. Wow. So it was really great. And you know, my poetry is pretty straightforward. If you read. And there I I do include metaphors, but it's not really comes to me. It comes through me. And I do sit in meditation. Well, except for right now with this whole thrust, my meditation has been. Eyes wide open sleep when you have open this final push, but generally I do start my day like that, right? And so if I'm in a meditation, you know, I might be 7 minutes in and then these words start coming. I'm like, OK, you can tell the words we're going to.

Vicki Atkinson

Yeah.

Cindy Georgakas

Right. And then we'll. Catch them later, so that's when some of my writing comes, or if I'm walking on a trail and God knows I've tripped so many times, I've now said stop and write. So yeah, yeah.

Wynne Leon

Where do you write on a? Do you take a notepad with you, or do you write? Into your phone.

Cindy Georgakas

Yeah, you know, I left it, but it's just, it's really sweet. A good friend of mine has a little hummingbirds, little purple thing about this big, and I always carry your front back and it's tucked in there and and that's actually my purse these days. You know, wherever I go.

Wynne Leon

Oh.

Vicki Atkinson

Yeah.

Cindy Georgakas

That's what I have. Yeah, it's got a little pen. And and I do that. I'd like to write more, but I got to tell you, the phone. They've made it so easy in notes for us, right?

Vicki Atkinson

Oh my gosh. Well, that and I think when I one of the things I love about what you said is that you allow yourself to be inspired by individual scenes and words, you know, rather than, you know, waiting for the complete Thunderbolt experience. You know, a whole phrase or a sentence. But you will you allow those things to creep in. That inspire you, trusting that the rest will come. Yes. Yeah, that's beautiful.

Cindy Georgakas

Yes.

Vicki Atkinson

So beautiful.

Cindy Georgakas

Thank you. And then I do go back and edit today's poem. I didn't I don't usually just write them directly in my blog, but I don't know. Life is really gotten where marketing it good at marketing, but it's not. What I also intended, and yet we have to talk about ourselves if we're going to.

Vicki Atkinson

Yeah.

Cindy Georgakas

Our work right. So we can get the word out so. That's taken me back a little bit. So today I just said, oh, well, you're going to write and sometimes some of my best work is not in scheduling posts as much as I'd like to do it. Something's already happened by then and something's come up like how gracious you two were to fit me into today and. And ask your. Participant. If they could come another day. So OK.

Wynne Leon

Well, that's a great segue because the the reason that we've sort of Jimmy to schedule around is because your book elevate reading poetry is due out middle of this month.

Cindy Georgakas

Yeah.

Wynne Leon

Can you tell us about that book?

Cindy Georgakas

Yes, that a lot of poems in there that were meant to be in my other book. But when my publisher said Cindy, this is a complete book, we cannot do this. Like, devastated. Seriously. And I kind of kept pushing back a little bit. And I finally said OK and then.

Wynne Leon

OK.

Cindy Georgakas

I talked to Gabriella and she said, Cindy, I like to have a year under our belt before you publish the next book. Which took me by surprise because I had it all planned out. It was going to go out in September, October, right in time for the holidays.

Vicki Atkinson

Yeah.

Cindy Georgakas

Because it's a great. Little book, you know, it doesn't break the bank. It would be awesome whoever buys it if you can buy a copy of the paperback and the ebook just I hear that's kind of, you know, really good thing, suits you. But we'll let you know too when it comes out. So it's books that were some on my blog. And then some newer ones.

Wynne Leon

MHM.

Cindy Georgakas

Like you know, our our work is always evolving. So it'll be interesting to see if people can see the evolution of how my work has changed or not. Yeah. And I it gave me the opportunity to tweak some things, you know.

Wynne Leon

Mm-hmm. Mm-hmm.

Cindy Georgakas

Yes, some of the work. Putting was not quite right, so yeah.

Wynne Leon

So I yeah, I love your comment that I had it all planned out and then, well, that's life, right.

Cindy Georgakas

Every day.

Vicki Atkinson

Yeah, it is. But what a beautiful thing to have a trusted 1. Who can get into your head? Really, and kind of mess with you a little bit at first because I I hear what you're saying and it's it's a little bit must have been a little bit of like in indignation like well wait no, I don't see it that way but it's so cool when you've got someone who really sees you. You know in 360 and sees the potential of something that you think is just. Aligned with something else that you're working on and when when that person arrives and says no, my love. This is this is the next thing and we'll get there because I

think a lot of creatives feel like whatever they're working on. That's it. I'm. I'm gonna, you know, close up shop. It'll never be good. It's my last best ever. Fill in the blank.

Cindy Georgakas

Yes, good point. It would be my third child coming into the world, you know. I have 4:00. And. So I'm thinking I like this planning. I like the separation, the birthdays. It's really a good idea when you have a lot of kids, you don't want to celebrate every month. Yeah, the third one just clean. Like, I'm like, what's she doing? I wasn't doing.

Speaker

You know.

Cindy Georgakas

Yeah. Well, and that was, you know, and would I trade her in? No, not for the world. So it was a gift. But with that. With that, I have to tell you how I work sometimes, which is not always a great thing, but they may have three, I say. I would have. Been a really great mom with two, but then I say no because I would have always been helicoptering everything before gave me the opportunity and they.

Vicki Atkinson

Yeah.

Cindy Georgakas

But I wasn't that.

Vicki Atkinson

Yeah.

Cindy Georgakas

Well, I think that's life. It's like continuing to. Look at what we want. Yeah, look what comes. Learn the lessons from what's new.

Vicki Atkinson

Ohh my gosh yeah. And allow room for the spontaneity of life. I think all three of us, you know, I know this is true about when and I think it's true for you too, Cindy. We like to plan, cause planning, provides comfort and a little, you know, sense of control. But you've got to let those. All the fun factors come in right? And look what happens. Yeah, that's beautiful.

Cindy Georgakas

Mm-hmm. Thank you. Thank you. You realize we don't have control. You have control of us. And that's tenuous lesson that I keep coming up against.

Wynne Leon

Right.

Vicki Atkinson

Yeah.

Cindy Georgakas

You know, people think ohh I'm perfect and I do everything right. Well, just call my husband, call my daughter, you know, because my daughter said to me one day we were having a little battle and.

Vicki Atkinson

Yeah.

Cindy Georgakas

And she said, you know, you ought to take your own workshop. And that I sat that taking a breath and.

Vicki Atkinson

Ouch.

Cindy Georgakas

Said let's talk about this later, but instead I lashed out. She laughed out. Now the good news in our family is that we go back, we heal, we apologize, but I am continually trying to practice that piece of mindfulness where we can.

Wynne Leon

MHM.

Cindy Georgakas

Move out of that, because it's generally not about us anyway. Anyway, the world's teaching us, I'd say right now.

Speaker

MHM.

Cindy Georgakas

Quite a bit.

Wynne Leon

Isn't that true? And you know what I love about that? The the stories that we've just been talking about, I mean, and and it comes out of your last book, recreate and celebrate 7 steps to live the life of your dreams. And you showed us a you know the cover of it that comes from your work as a life coach.

Speaker

Mm-hmm.

Cindy Georgakas

Yes.

Wynne Leon

And it what's meaningful to you? To not only do that work, but to be able to write about it?

Cindy Georgakas

Good question. I think it. Over. It blends in with all the modalities that I do because it's in that moment of presence. That you're able to. To share that in the world. So for me the gift is witnessing when someone has that aha moment and they hadn't.

Wynne Leon

MHM.

Cindy Georgakas

Ever discovered it? Before, because they kept talking with their mind in their head. And you know, we're all guilty of it, we get nowhere. So the gift is in taking it and writing it and seeing how that applies in other people's lives and in my own life.

Wynne Leon

MHM.

Cindy Georgakas

And what I love about. The way the. Books been perceived by many people is it's perceived more as not. A self help book it. Was actually in the happiness genre as well, which I was elated about because I can't. I do read self help books still because I'm in one of my. Book groups. It's a spiritual rap group and we read a book and I love it. It's a this thick for a year and we really grapple with each chapter at a time, but. It's sort of not what I would tend to pick up as much anymore, but because it's so embedded inside me and I start reading some. I'm like, I've heard that seeing that and and yet they all come out things in a different way. The way you I write, the way our friends write. Gift. And there's only one of us, and to be able to extrapolate it the way we feel it, witness it. See it. That's been the gift of writing about it for me.

Vicki Atkinson

Yeah. Ohh.

Cindy Georgakas

That does that.

Wynne Leon

Beautiful.

Cindy Georgakas

So.

Wynne Leon

Yeah. Ohh that lovely man.

Vicki Atkinson

I love what you said. Yeah. When? And I were, like, doing the heavy nods when you said, you know, for you, it's the gift of the aha moment and bearing witness to it. And. And I think honoring how much people need that encouragement and support with, with no agenda. Let it unfold. And and the being there with someone and you have so many skills that you wrap around. You know, in order to do that and then the writing is just that beautiful accentuation, you know, yeah, I don't want to say cherry on top, but you know what? I mean, yeah, yeah.

Cindy Georgakas

Yeah. Thanks.

Vicki Atkinson

Sure, what?

Wynne Leon

Watching you as we talk, I mean, one of the things that strikes me is you're such a good listener.

Cindy Georgakas

Ohh, thank you. Studying. You should say this because I've been thinking the same about you both. Now you are a you are a counselor, doctor, Vicki, right. And both of you. You with your children and you with your work. The amount of different things have that skill. And I think it's a skill that. We need to hone and foster more because everybody has the ability. To drop into this presence isn't always easy for people. Yeah. Ohh thank you for acknowledging that and I acknowledge that in you guys as well.

Vicki Atkinson

Oh, that's so sweet. I think it's the thing that when we grapple with the importance of building community and it's, you know, COVID challenged everyone in so many ways. But I think one of the gifts that keeps on giving is the recognition that even in an online. And. There is a a depth and an authenticity and a warmth that can come through, and I think you both said that so perfectly. It's by being attentive and listening it. Hugs are very much lacking, can't do that. But you know, some of us make up for it with emojis. And we mean every single one of them. But it is possible and we treasure and value that and all that you write, Cindy and whatever you know, format whether it's in your blog or. Or poetry or books. I think it's, we know, Cindy, when we read Cindy, that's a comfort.

Speaker

OK.

Wynne Leon

Thank you.

Vicki Atkinson

Oh, you mean it?

Cindy Georgakas

Two things popped up and that was, you know, probably with you too, I'll say, oh, my friend, and they'll say, well, what friend is that now? And they discount our relationships. They don't. I understand that. No, that is my friend. Yeah, I know it's online friendships, but and and I you can probably smell the the fake ones out there, you know. And that's not what we attract because we attract. Who we are and we work with the people in our lives on the blogging. But we would bring into our. World. At least that's how I see it and I'm kind of happy to be hugging again. I have to tell you, but I don't hug that much anymore, you know. Used to hug everybody and I start not hugging anybody and now I'm sick all the time from those little around.

Vicki Atkinson

Yeah, right.

Cindy Georgakas

I have never been that sick. They are like little Petri dishes. That's where I'm going to grow a little mask every time I'm with them, and I don't. So.

Speaker

Yeah.

Cindy Georgakas

The last video I did, I had a cold sore. I've only had two in my whole life and I thought, well, the show goes on. We're going to talk. With a cold sore without a cold sore.

Wynne Leon

Hmm.

Cindy Georgakas

It's interesting. I never thought I couldn't hug, but that was interesting too. It taught me, like you said, with the emojis or whatever. Hmm. How much of? That was habitual, that I learned, you know. So that maybe that isn't necessary and right now it's, you know it's getting right, but I still see COVID going around. So personally buying little mask when I go on the airplane and.

Wynne Leon

Hello. First again.

Vicki Atkinson

Yeah. Yeah, I think that's a really important point because it's, it's a gift, you know, in order to restrain yourself a little bit and that way to others, right, because you get sick, then you become a conduit of that to other peoples.

Cindy Georgakas

Yeah.

Vicki Atkinson

So it's it caring for others and yourself. Yeah, terrific point. Yeah.

Wynne Leon

So you've told us about how you planned these two books, but what are you planning next? What's?

Cindy Georgakas

Well, so thoughts go through, right? And I'm like nothing.

Vicki Atkinson

No, no, no, no.

Cindy Georgakas

No, no, no. The next thing is. I'm writing about. Aging. I can't tell you the. Title yet? Ah, book somewhere in aging thing. Actually, when Jane Fonda opened her studio in San Francisco, I opened mine in San Mateo. So Jane Fonda, you may have seen her writing about prime time and seeing some of her excerpts. On IG, talking actually met her in person once she was at a friend's house, and that was fun. She would never know who. I am in. A million. But when I heard her. If she was, she's to me. She's just so real. Eloquent has so much to say. And look at the rich path that she has.

Vicki Atkinson

Yeah.

Cindy Georgakas

And I said, what in the world would I write after her? So it's an interesting thing. I don't have the plethora of all the things she's done, but I have some thoughts on how that would be. So if I think possibly it would be another book, like, recreate and celebrate on aging. And then it would come with the poetry. I don't know. Maybe I'll interweave it. So that's one. And then I already started something. And I know children's books. Something right? Vicky's been doing.

Vicki Atkinson

I'm I'm helping a friend and playing with something that might be young adult might not be that I'm writing so yeah.

Cindy Georgakas

OK, so I started something. I actually wrote something to the babies and yet that would just be I think you just keep following your heart, you know. Oh. I hope to write about. About weight loss and dieting, and. All the things. Because I have that, it's just because it's been my life work for so long. It's. It's just not something I'm interested in writing about technical. What you guys are doing, because we're writing from our hearts and that's what I'm interested in anymore. Yeah.

Wynne Leon

Right. Well, we love that you come and you talk from your heart as well. It's so, so good to feel your energy and the connection. So thank you so much for coming on to talk with us.

Cindy Georgakas

Thank you so much. Ohh, it was a pleasure. A pleasure. We're going already.

Wynne Leon

We'll leave this time.

Vicki Atkinson

Right. We'll say till next time, right.

Wynne Leon

Till next time. Thank you, Cindy.

Cindy Georgakas

So much for the support and my book.

Wynne Leon

I do appreciate it. Our pleasure.

Vicki Atkinson

Ohh my gosh, thank you.

Wynne Leon

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