

# Ep #53: The People of Influence Series: Maggie Reyes



## Full Episode Transcript

With Your Host

**Maisie Hill**

**Period Power** with Maisie Hill

## **Ep #53: The People of Influence Series: Maggie Reyes**

If you are in the horrors with menstrual cycle issues or you want to learn how to harness your hormones then you are in the right place.

Welcome to the Period Power podcast. I'm your host Maisie Hill menstrual health expert, acupuncturist, certified life coach and author of Period Power. I'm on a mission to help you get your cycle working for you so that you can use it to get what you want out of life. Are you ready? Let's go.

Alright folks, here we are with another episode, a special episode for the People of Influence series that has been running for a while and we just kind of drop an episode in once in a while. And this one my guest today you have known has been coming because I've mentioned this friend of mine several times on the podcast in different ways. And I know many of my audience already know of my dear friend, colleague and coach, Maggie Reyes, welcome.

**Maggie:** Hello. Hi, Maisie, hi, everyone. I'm so excited to be here.

**Maisie:** We've been planning this one for a while. I was like, "Maggie, you have to come on the podcast." Because I came on your amazing podcast and spoke about my experience of working with you which was so much fun. And I know my audience really enjoyed getting to hear my personal experience of experiencing work which we will get onto in a moment. But I am really happy to have you here. I am such a fan of you as a person, and as a coach, and a relationship expert, and just all the things.

And I love it when you come into The Flow Collective and coach the members there. And they all love you. And my thought was with this is just everyone needs some Maggie, so we need to get you on.

**Maggie:** Well, first of all, I like how you think. Hello everyone, have some Maggie. And second, I just want to point this out because I think a lot of us struggle with this and I'm sure someone listening will struggle with this. You've said so many beautiful things in these moments and it's like I am breathing them in and working through just receiving them. Let me just take a minute and see this amazing legendary epic human, which is Maisie, has these thoughts about me and can I receive that?

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So I just wanted to share with everybody because one of the things we're going to talk about in a minute is your authenticity, and openness, and transparency and how deeply that has inspired me. And I want this episode to really reflect that too. When someone you love, and admire, and just hold in a special place in your heart says something beautiful, sometimes that's not easy to receive. So for everyone listening, if you've ever gone through that I just want to say, hey, you're not alone.

**Maisie:** Yeah. And you've actually come across – this wasn't on my list, because the brief is we have three things that we're going to share. But you've just reminded me of such a huge way that you've influenced me so I'm just going to add it in and then I'm going to get back on track. Is I remember very early on, I think before we were communicating, hearing you somewhere, or maybe seeing one of your Facebook posts talking about receiving. And you said, "I receive that."

And I was like, "his is interesting. This sounds like it's an actual practice that she does of receiving." And that has been hugely influential for me to just, like you said, because often it is uncomfortable for us. And like, well, I don't know how to deal with this so let me just bat it away. And/or minimise it, dismiss it, make a self-deprecating comment, kind of just not receive it. And that has been really wonderful because often when that's been going on for me I'll be like, "I'm just going to channel some Maggie and receive in this moment."

**Maggie:** I love it, yes. For everyone listening, channel, either of us any time we're all about it.

**Maisie:** I was trying to figure out how we started communicating. And I went back through all of our messages to the very first one.

**Maggie:** Okay, I love it, okay.

**Maisie:** And it was really amusing to do that because basically we are in the same mastermind, or we both work with Stacey Boehman. And you had been in her mastermind for a while. And this is the same one, everyone, that I was speaking about with Vikki Louise as well. And so you've been in

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it, and I was joining for the first time. And I remember thinking about these heavyweight coaches that were already in, including you. And now my thought is anyone in that room is a heavyweight coach in their own right, in their own unique way.

But as a newbie coming in and it being a really big deal to me to apply to get in and to be on the brink of starting, I remember feeling intimidated. And not intimidated because of the way anyone was but I was just intimidating myself with my thoughts about all of you. And I remember thinking, I'm just going to jump in. I'm not going to waste time in my experience of this, spending time in intimidation. I'm just going to jump in.

**Maggie:** It's so brilliant, I love it, yeah.

**Maisie:** So I just thought, I'm going to reach out to some people. And I remember was you, Vikki, I think. I can't remember, maybe Amy Latta, I can't remember who, but I just thought, I'm just going to pick a handful of people and send them a message and say, "Hi, I'm Maisie, I'm joining, I can't wait to meet you", or whatever it was. And that was my first message to you.

**Maggie:** Aww. A big love story now. We start simple. We start with hello.

**Maisie:** But it was really amazing then to go through all our messages and to see, I would say, the tone of our relationship.

**Maggie:** Tell me more.

**Maisie:** Okay. I'm not going in order at all, I love [crosstalk].

**Maggie:** No, it's fine, we love it, yeah.

**Maisie:** So one of the things I have on my list of ways you have influenced me is the fact that you celebrate everything, everything, whether it's on Facebook, social media that the public sees or it's messages to me privately. In the different environments we're in together you just really celebrate. And I just love that. And when I was looking through all of our messages to each other, so many of them are in caps. Maggie, Maisie. And

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that's been huge for me, just the high regard that you have for yourself, that you are willing and excited to celebrate everything in detail.

And things that I think most people would just kind of brush past and think, well, that happened, that's fine, onto the next thing. You're like, "No, this is a moment, I'm going to celebrate it." And even going back and celebrating past moments like, "This happened to me two years ago. There was this time that this happened and that was such a big deal for me." And I just love your ability to do that.

**Maggie:** I have to say, this is really meaningful to me because last night I was thinking about something that happened recently that I was like, "I don't think I celebrated that." And I was finding my own – everything that you said is true. And even in my own experience sometimes I get in my own way, even with all of that being true, even with the level of celebration that I do. And I just want to share with everyone because Maisie, and I have very similar values and probably many of you do too.

That I believe we live in a culture that overworks and under-celebrates. And I used to work in HR, and it's very present to me and the different sort of roles I've had in my life where we go onto what's next, and what's next, and what's next. And we never pause to be where we are with what we've accomplished. And especially with humans that are socialised as women then we have all these thoughts about we haven't really done anything. And we've done 54 things that are practically miraculous, but we discount them.

So celebration to me is a very sort of profound thing that's also sort of fun, and I'll write to Maisie in caps, or I'll send her some silly GIF, or whatever. But it's also this really profound thing around ownership of our accomplishments. And one of my sort of more recent hypothesis I've been thinking about celebration is we really own something when we celebrate it.

**Maisie:** Yeah, I agree. I think that just is huge and I think that's kind of where the discomfort comes from is that willingness to sit in the ownership. Because of our socialisation we're so quick to like, "Oh, but I had help with

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that. But I had training in that.” And we kind of really don’t take that ownership part.

**Maggie:** I love that. So I’m going to take a turn now. And one of the ways that Maisie has deeply and profoundly impacted so much of my life is her openness and transparency about her autism and her journey in life. And so her just speaking openly about, “This doesn’t work for me, and this is why, and this is how this affects me, and this is what this feels like, and this is what this looks like.” And the thing about Maisie is she’s a genius so she’s very articulate about those things which for someone else they might just feel uncomfortable but not be able to really tell you what’s happening.

But because Maisie’s such a thoughtful person I really receive how clearly she communicates around different things. And that has impacted me in a variety of ways. One is just the openness and transparency, but just I believe in that too. I have lots of values that are aligned with just, let’s just be who we are. Yes, you hear on us our podcast, you can see us online and maybe we did a photoshoot, and you haven’t done a photoshoot. But we wake up in the morning and our hair is messy and we’re wearing socks and whatever.

**Maisie:** We still need caffeine.

**Maggie:** Still need caffeine, all those things are still true. And that openness around the world doesn’t work for me the way it works for other people. Some of the things that are easily navigated aren’t easily navigated. And her openness about that created in me a questioning around, there are ways in which I am very similar to Maisie, that I hadn’t ever even explored or thought about. I thought it was me. I thought it was just I am the unique oddball person as opposed to there could be some biology here, there could be some psychology here, there could be other factors in play.

It’s not just I am this odd person, these things. And so Maisie talking so openly about her journey first of all made me question my own journey in ways that I sort of became more present to myself. And something as

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simple as – in the US we have a department store, Macy's, which would be like Harrod's in the UK, something like that. And when you walk into Macy's they have three different types of music. They'll have a DJ on one corner, then classical music on another, and then announcements on the loudspeaker. And that has always driven me insane.

I love you Macy's, but it has always driven me insane. And I'm like, "I need to go at 11 o'clock in the morning when no one has arrived, there is no, DJ, it's the quietest time in the store." And that has always been true about me. And because of Maisie's influence I'm like, "Oh, maybe there's more to that." So that has been massively impactful, so thank you.

**Maisie:** You're welcome. I think, yeah, there is this, again, a tendency to think, we're just being awkward or causing a fuss, and it's just us and it's no one else. And we just dismiss our own experience. And let's be real, that's because of the environments that we grew up in, and the various identities that we all have, and our experience of the world around us. And yeah, when it comes to, I think, particularly sensory stuff, we will think, well, well, they think it is just their thoughts. And thoughts do come into it.

And it's just our biology and our nervous system responding to things. And it's just the more I honour that the better my experience of living is.

**Maggie:** That's so beautiful. And that is another thing that you influence me in so I'm just going to skip to that because it's a perfect segue. Which is even the idea, the very idea that you can live in harmony with your cycle. That is a thing that you could actually do on Earth as opposed to white knuckling it through, or pushing through, or making it work, or pulling yourself up by your bootstraps or whatever, those kinds of images. You can live in harmony with your cycle. You could take the day off.

You could plan whatever it is you're doing in your life around the natural rhythms of your body. I think that it's one of those things that's very obvious and simple in some ways. And also the most revolutionary thing I've ever heard. Wait, that's possible, you can do that?

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**Maisie:** Yeah. And that's how it was for me when I discovered that from my mentors and all the amazing education and wisdom and things that I've benefitted from, it's like whoa. It is very radical. And I think it always will be. Okay. So your influence on my relationship of course.

**Maggie:** Juicy, let's talk.

**Maisie:** And I loved it because I actually found the first message where I was like, "Maggie, I think I'd like to do your group coaching program." I was just kind of sounding you out I suppose about it. And you were like, "I'm 98% confident that it's going to be a good fit for you." And I love that response, I was like, "Right, yeah." And then we spoke. And then so I'm trying to think, it must have – what, a year ago?

**Maggie:** Yeah. I'm getting all the memories in Facebook of when I was promoting it. So it was October, November, I think we started in November of, yeah, a year ago now.

**Maisie:** Yeah. And it was a six month program, a group of us focusing on our relationships, on our marriages, and it was just such an incredible experience for me. And so we were peers in our group with Stacey. And then I reached out and then you became my coach. And I think I mentioned this on your podcast but the reason I really wanted to was because I realized I'm really willing to invest either time, energy, money in my business. And I'm really willing to invest those same things in this area of my life.

And I was suddenly like, "Wait a minute, why am I not investing in my relationship?" The one thing that has the most profound influence on me and on every aspect, it touches on all of these other things that I'm looking at. Why am I not investing here? And okay, as soon as I realised that I'm like, "I'm going to invest in it." And Maggie was my dream team coach, who I always wanted to work with. So I did that six month program with you and here we are a year later. And I have this amazing relationship with Paul.

And our relationship has always been great but in that there's also the, well, you have a kid, and you move, and you're busy parenting and we both



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have our own businesses and a house that needs to be done up and then the pandemic. And there's all these other things. So even a really great relationship that's really solid, has a wonderful foundation is kind of – I'm going to say just withering a bit in the corner.

**Maggie:** It can, it can, yeah.

**Maisie:** Yeah. Needs some watering, needs some nourishment, needs that intentional care and that willingness to be like, "Okay, I'm going to look at this and I'm going to take responsibility for my experience in this relationship." And do my side, do the work to make it the best relationship that it can be. And so those six months with you were just incredible. But I mean now it's just anyone tells me they're having relationship issues. I'm just like, "You just need to work with Maggie." And it's like I've run out of anything else to say.

I mean it's different, if I'm coaching a client, then I coach them like it's a friend or something like that. And I'm like, "You need to work with Maggie. I don't know what else to tell you."

**Maggie:** Thank you, Maisie, that's the sweetest thing.

**Maisie:** And so now a year later, so it's been, I guess, six months since our time together ended. But I still see the benefit of that work that I did with you on a daily basis. And I think that really speaks to you, your work and the depth of your work as well. Because we've had a lot of conversations about the craft of coaching and really being skilful, and caring, and all the things. But really seeing it as a craft that we can continually be honing.

And that was certainly – well, it's always been my experiencing of coaching with you, whether it's being in your program or as a peer. And I just love how the value of those six months continues on. And even if my relationship with Paul were to end, I don't think it's going to, but I can still – that would still be so valuable. And I love that about your work as that sometimes it is about ending a relationship. But doing that from a very powerful, knowing, solid.

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**Maggie:** Grounded place, yeah. So first of all, this is a dream come true. I don't know if it's for every coach but definitely for me is to say, time has passed and the work we did is still rippling through my life. This is my highest intention for anything that I do, that is my goal. And I always tell my students in marriage, "Yeah, it's like I'm preparing you for whatever you're going through today. And today I will coach you live on this thing." And what I want to teach you beyond that is how you created your responses, how you manage a situation.

So 10 years from now when we're not seeing each other every week this lives inside of you, this becomes part of who you are, regardless of whether we're talking live or not. So for you to say that back to me, that is my highest intention come true. So everyone, you're just witnessing a dream come true right here in the podcast right now. That's it.

**Maisie:** I'm just so glad that I made that decision. But all the sequence of the decisions, the decision of this is a relationship I want to invest in, this matters to me. And the decision, I'm going to take responsibility for my shit. And I'm going to look at it. And I'm going to go all in on this time. And as in the experience with you but also the experience in my relationship, I'm going to go all in.

**Maggie:** Yeah, I love it, that's so beautiful. And I think that something that's so important is taking responsibility for our half of whatever's going on, does it mean doing everything? It's really important. And a lot of people will hear that and interpret, I'm going to do more now. No, many times my coaching is stop doing some stuff. Take some stuff off your plate, let's check in if all the things you're currently doing that are feeling overwhelming and bad are the things you should be doing and what else might make more sense.

But I do want to call that out because I think that's one of the things I hear more commonly, it's like, wait, I'm going to do this stuff and my partner, they don't come to the calls, what do you mean, it's just me, I'm going to do more? That's not the idea. The idea really is you go first. You go first clearing up your things. You go first figuring it out what works for you and

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what doesn't so you can communicate it as clearly and inarticulately as Maisie can. So I just wanted to mention that.

**Maisie:** Yeah. No, I love that, because that is something that we again are conditioned to do is to take too much responsibility. I did this three-part responsibility series, if anyone's listening and you haven't listened to it, that's where I talk about not taking enough responsibility, taking way too much responsibility and then that self-responsibility that lies in the middle, but yes, I love that. Because I also got that, when I told people I was doing really shit. And they were like, "Oh, with Paul?" I was like, "No, on my own." And I definitely got looks from people, like, "Why?"

And I'm like, "Well, Maggie's the best and I want to work with her, and this is how she does thing so I'm just going to go with it."

**Maggie:** I love it. And my thing is, there's a lot of people where their partners don't want to do that type of work. And what about those people? So I'm like, "Why would we wait for our partners to create the relationship we want, to create the life that we want to have, why would we not give ourselves the opportunity to work on whatever it is in our control and then see where we land?"

**Maisie:** Yes, yes, I love that. And it's something I hear you saying in lots of different ways is the, sometimes we just need information. That's a Maggie-ism that I have in my head.

**Maggie:** Yes, I love it.

**Maisie:** That we just need some information. What's the information we need to get in order to take the next step?

**Maggie:** Yeah. Sometimes we have a lot of drama in our brain around a decision or something we need to do, and it feels really big or really heavy. And sometimes we sort of spend a lot of time with the bigness and the heaviness of it. And I'm like, "Wait, sometimes we just need to collect a little bit more data and then it won't feel as big and heavy because now we'll

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have the whole picture and then we can base the decision based on that picture.” So I love that. Sometimes we just need a little more information.

Let’s see, do we have all the information we need in order to make that decision? Yeah, I love that so much. Okay, here’s another thing that Maisie has influenced me, it’s kind of a cousin or a sister of the previous one. So one, we talked about her openness about autism and her transparency, just being transparent as a human. But because I’ve seen her do that, I took the test on highly sensitive people. And I am a highly sensitive person. I think there’s 28 things and I had 26 out of 28 things. I’m for sure a highly sensitive person.

And I think because Maisie, in my brain normalised, you can be a superstar, rockstar, human genius and have a thing. So my perception is, I am a superstar, rockstar and I have a thing as opposed to, and now the world has ended as we know it. And I think that’s also very revolutionary. Here we are running businesses, helping humans, doing things that help the world, make a better place on Earth. And by the way, I’m really highly sensitive and easily startled, FYI.

**Maisie:** It’s so true. And I think this is the thing, particularly if you have say an Instagram presence of some kind of you are in a position of leadership and if you have clients or an audience of some kind who are listening to you speak. I think this is why it is so important for me to be bringing in that transparency is I don’t want to be put on a pedestal in the same way that I’m sure you don’t. It’s like we are all human. We all have our stuff too. We are also doing work and there’s a lot of stuff that we have sorted through.

But it’s, I suppose I have this bodily response to the idea of a perfect life. And I think with the advent of social media we have kind of, sometimes without realising it, sometimes we are conscious of it, sometimes we’re not. But just that we are visually more used to seeing ‘perfection’.

**Maggie:** Right, yeah. Produced, produced images, produced content, produced things, yeah. And it’s like, how do we bring in life to that? And I think we are – I don’t know if it’s generational or cultural, what it is. But we

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are of the same values of yeah, some things are, it's easier when we produce it. And it's just if we're going to share 56 pictures, let's just have some in stock that we can just re-use. And then how do we still bring our humanity and our reality, and the fact that we have to use all the tools we teach?

We're not living on a magic mountain, there is no peak, when you get to the peak you have to walk back down and go back into the world. So all of those things. And I think for me it's just been so amazing to discover new parts of myself I didn't fully realize were there and then love them. I think that's another thing that you model, and my husband who's in IT would say, "it's a feature, not a bug." Your autism or my highly sensitive nature, it's a feature, not a bug.

Some of the things that make us really exceptional at some of the things we do is informed by and because of either the things we've had to overcome or the managing of our life with these elements that are part of our life.

**Maisie:** I love your husband.

**Maggie:** I do too.

**Maisie:** [Crosstalk].

**Maggie:** Let's have a moment.

**Maisie:** [Crosstalk] let's clone him, let's put him forward as the one to be cloned.

**Maggie:** I told him, I said, and he laughed so hard, he was into that. He was like, "That's fun." It's so fun. It's a feature, not a bug.

**Maisie:** I love that. I'm going to log that one in.

**Maggie:** Yeah. That's very common, if anyone listening is in IT or software, he's a hardware engineer, in case you were wondering. But this idea that

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it's like we put that in on purpose. It's not a problem we have to fix, it's a feature that comes with this human.

**Maisie:** Yeah. And I think particularly when we're talking about neurodiversity, it is often seen as a disorder, something gone wrong, something that needs to be fixed.

**Maggie:** Yeah. And your leadership in that, your thought leadership and it's part of who I am, it's not about fixing it, it's about living, just like The Flow Collective. It's living in harmony with it, how do I honour that part of myself and have the life that I want to have? I love that so much.

**Maisie:** Yes. Alright, so the other way that you have influenced is I have just grown up since knowing you. I know, you weren't expecting that one.

**Maggie:** Okay, so as you all won't see the video, I just had that shock, whoa face. Maybe if it was an emoji, it'd be the mind-blowing emoji. It's the mind-blowing emoji here. Tell us everything, Maisie.

**Maisie:** Okay. And I think some of this is a direct result of your coaching. Okay, let me backtrack because the point I wanted to make with this before my brain started going off in explosions in another direction is that we originally met as peers in the mastermind together. And then you became my coach. And then within that we became friends. And it was really significant to me that we had these different aspects of our relationship. And that I was very intentional in knowing this is something that I'm bringing to Maggie's group. This fits in this container.

And then when this is like, we're peers going through an experience of building our businesses together. So this is where I reach out to you about this. And then also hey, we're friends and we're just going back and forth with those things. And it just felt so mature to me to be able to do that. And I have a lot of respect for our relationship. And I think it's so significant to me because when you are training as a practitioner, which is my background, it's very much your clients are your clients, and you have to pick are you going to be friends or are you going to be clients?

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Are they going to be a client practitioner relationship? And I do think there are certain practitioner relationships where that is really important that that is upheld. But for us was like, it's possible, it's safe for us to have these different aspects to our relationship. I felt really grownup being able to do that.

**Maggie:** And here's what I would say from my side of things is you have to have really clear boundaries in order to navigate multiple overlapping relationships with one human. And when you don't have really clear boundaries it's not a good idea to overlap relationships. We all need to know a wise woman knows her limitations. We all need to know where we land on that. For me personally because I had worked in human resources, I sort of had on the field training of I had people who were my co-workers, but I also knew their salaries or their progress reports, whatever.

And I had to develop my own way of separating out, okay, if this person is my friend who I love and adore and we're totally going out on the weekend, but right now we have to talk about a disciplinary situation that we need to address with this other situation that's happening over here. And so for me I had a lot of just experience intuitively. It wasn't one of those things where I just said, "This is how you do that." It wasn't that at all. And I'm sure that I was sloppy, anything we started in the beginning, I was sloppy about it and didn't quite have it.

And then over time sort of developed it more. And then now it's not that we always get to become friends with everyone we coach. So I know some in The Flow Collective is like, "Maisie is my new bestie, it's happening." And listen, she's busy. We're messaging each other in caps. So she's got something to do. But you can have overlapping relationships like what you just described when you have really clear boundaries. And when I say a boundary, we can probably do – I'm sure you have episodes, or we'll have episodes on them.

But it's like the simplest explanations and one of my favourites is just from Brené Brown which is, "What is okay or not okay here, here in my space, here where I am, here in this container, over there," whatever that may be.

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So when you are very clear on what's okay and not okay in the different containers or the different overlapping relationships you have. Then it's very easy to have them.

**Maisie:** Yes, I love that, yeah, that really resonates. And I think maybe that's why it feels so grown up to me because I had professional boundaries in the past with clients, working relationship etc, etc. But I think maybe in my personal life, and I have spoken about this on my boundary podcast episode, but about how there were parts of my life where it was more challenging for me to have boundaries. And it's something that I had needed to do work on. So it was a great revelation to me when someone called me the queen of boundaries a year ago.

**Maggie:** I love it. Yes.

**Maisie:** So to have that reflected back and I'm like, "Oh." And so now as you're saying all this stuff, for me it feels like often I have, in my thinking and understanding of things, I have the puzzle parts there. And maybe some of it has been pieced together and then in amazing conversations such as this one it's like they all start to come together. And you're like, "Let me put this piece here." And now that all starts to make sense and that's so valuable about quality of conversations that we have.

**Maggie:** Yes, I love that. And I'm going to just segue into another thing, surprise thing for Maisie which I want to talk about The Flow Collective for a second. The quality of the conversations we have, the way that we change the world of surrounding ourselves with people who are aligned in our values, who want some of the things that we want, and have some of the things we have. And we support each other and work through creating those things as a community and helping each other, when one falls down the other one lifts up and all of those things.

And I think it's so incredibly powerful that inside The Flow Collective you have a group of people who are saying, "We can live differently. We can honour our cycles. We can use these different tools, boundaries and responsibilities, and all the different things that you teach inside the



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program.” And I want to point out, we’re having this really rich fun conversation because we were in a group together in that same idea of we had a common goal which in our case is building our businesses.

I know everyone listening to us isn’t necessarily building a business. But you can have the goal of living a life aligned with your values, with your physiology, with your body, with all the different things that you want to be aligned with. And when you join The Flow Collective you get to have a group of people who also have those same values. And then you may not become besties with Maisie, but you get to find your own Maisie potentially in those environments.

You put yourself in environments where finding your own Maisie becomes exponentially more likely. And I just wanted to point that out to everyone as someone who’s not in The Flow Collective but is a guest teacher and delighted to be so. So I might pop in every now and then. But how powerful it is to have community and why it matters. So I just wanted to say I think it’s really important. And you taking a stand for this is the kind of community I’m building. I’m building a community where we’re in harmony with our physiology, as women, it’s huge.

**Maisie:** Yes. And it is that, yeah, being in community, the power of hearing each other’s stories, the power of a lot of the time, and I’m sure you get this feedback as well. In fact, I’ve probably given you this feedback too of we get to see someone else being coached on something that is not something we would ever have brought. Either because it’s not going on in our lives or we just wouldn’t have considered bringing it to get coached on. And then that’s the power of the groupwork where you’re like, “Oh, I never even thought about that, I can totally see that in my life as well.”

Or “Well, I’m not at that stage of my life yet, that’s not relevant but when it is relevant I am so much more prepared for that now.”

**Maggie:** Yes, I love it.

**Maisie:** Okay, I have a bonus one that I want to add in. I don’t think I’ve spoken about this on the podcast before. I think just in my mind I have.

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**Maggie:** Okay, I love it.

**Maisie:** That I think of you as an emotion. I don't know if I've told you this, I know I've spoken to Vikki about it, how wonderful you are. But I don't think I've told you about it. But you're the only person I've ever done this with. But I think of you as love.

**Maggie:** Everyone pause while I faint and then recover myself and then come back to life. Hey.

**Maisie:** Maggie's having a moment of receiving.

**Maggie:** I'm building my receiving muscle, live on the show.

**Maisie:** And I mean that in that you are very loving. And I think when people hear the word 'love' and they think about that, their thoughts about what loving is, and what love is, is this cuddly soft version which 100% applies to you and love can also be extremely fierce.

**Maggie:** Which also 100% applies to me.

**Maisie:** Exactly. And I think that emotion of love is very congruent with who you are and how you are in the world. And so I think of you as love, as the truest expression of love.

**Maggie:** That is amazing. I don't even know if I have words to respond to that.... I think that I look at myself as a human with all the things. I am delighted that you look at me and see that thing. And I also see all the other things. So just, we keep it real here. I love that that is something that I lead with and that it comes across, and that you receive it. And then that is my intention, 100%, I love that. And I think also all the other things are true and also there.

And so I think part of this whole conversation is just normalizing, I'm 100% love and I'm also anger, and despair, and sadness, and all these other things. And that doesn't take away from the fact that I'm also that thing. Literally yesterday I was sobbing in despair, sobbing. And it wasn't five

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years ago, it was yesterday. So let's encompass that we can be all the things.

**Maisie:** Yes. Is there anything else?

**Maggie:** I think, this isn't something I love about you, it's not the official, we're going off script, people, we're just doing it. Not the official thing but my perception of you is you're like this British rockstar. For me everything from the UK is very exciting. I'm in Miami and everything in the UK is this magical place. And I'm sure if you live there, you're like, "Whatever, lady, it rained yesterday and the bus was late", and whatever. But for me it's this very exciting thing.

I think you're really like this British rockstar and the most humble human possibly that I have ever met. And I love seeing those two things coexist/ You own your authority, you're absolutely an encyclopaedia of knowledge about all the things that you write about in your books. You're so committed to your clients, and your students, and all the things. And so you have these rockstar pieces of your life and then you're also like, "I'm just going to take a walk and drink some tea."

And this juxtaposition of this humbleness and this transparency that we talked about, along with the incredible achievements that you've created in your business and in your career, to me is really inspiring. Because I think in the past, maybe when I was growing up if we saw someone who was a bestselling author, and on all the shows, and in the paper, they would sort of be this ethereal unreachable thing that we could never aspire to really be and that sort of etherealness that they had.

And you're like, "And now I'm going to take a nap." And then, "On Saturday I didn't get out of bed." I've seen your stories. It's like, "On Saturday I just didn't go there." And I just really – it just so deeply inspires me. And I feel like I'm on behalf of your audience saying thank you, Maisie, for doing that.

**Maisie:** Thank you. I am in the moment experiencing the mild discomfort of receiving that from you. It's so funny when you can watch your brain freak

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out about things. I'm like, "How do I get Maggie to stop talking about this? This is uncomfortable."

**Maggie:** Good. So everyone listening, whenever you ask yourself the question, how do I get Maggie to stop talking about this, just know, you don't. That's not an option, go on to the next.

**Maisie:** Well, I am so excited because I'm actually going to get to meet you in real life in January. And because I was going to meet you in August for our group meeting which was going to be in Mexico. And then the rules changed three or four days or something before I was due to fly. And I was devastated because you and so many other people, getting to meet people in person that we've just had this close community with, being online, which has been amazing. But I was like I think – probably if I look at my self-coaching there will be stuff in there about I was this close to hugging Maggie.

**Maggie:** I love it. Literally my first thought was, we're going to hug each other. And then because I'm such an advocate for Maisie's own self-advocacy, I'm like, I need to check if it's okay and make sure, consent is very important. And I'm a hugger so I always ask people by the way, I'm just like, "May I hug you?" I always ask people. But yes, there will be at some point skin-to-skin contact.

**Maisie:** I have all my fingers crossed for January.

**Maggie:** Yeah, I love it.

**Maisie:** So please let people know about your podcast and your work because they all need Maggie.

**Maggie:** Okay, I love that. So my podcast is called The Marriage Life Coach Podcast. Everything I talk about is through the lens of marriage and long term relationships. But everything also it applies to any relationship, so just heads up. And what I will do is I will ask Maisie's team to link to our interview on our podcast, if you haven't heard that yet. I think it's so

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beautiful to hear Maisie sort of be on the other side of the table and talk about her experiences and all the things that she's gone through.

So we will link to that in the show notes for this episode. And besides The Marriage Life Coach Podcast, you can find me on Instagram @themaggiereyes. Now, Reyes, for Spanish people is like Smith, there is a lot of them, but I am the and quite proud of it, the Maggie Reyes. And my website is just maggiereyes.com.

**Maisie:** Wonderful. And yeah, I highly recommend soaking up as much Maggie as you can because I love just now when there's posts in The Flow Collective about relationship stuff and people are like, "You should listen to this episode of Maggie's podcast." Or "Have you done this stuff that Maggie has?" So I just love how your work continues to spread. In terms of people finding out about you but also in terms of the mushroom effect, it's like you said, it applies to all relationships.

So there's stuff that I did with you that was about my romantic relationship that I use with Nelson, or that I use with friends, or that I use with my team. So it is just that thing of you invest in one relationship and all of the relationships benefit.

**Maggie:** Okay, let's repeat that. You invest in one relationship and all the relationships benefit. We're both keeping that one.

**Maisie:** It's so true. Maggie, thank you so much for coming on, it's just such a joy to have this conversation with you.

**Maggie:** Thank you for inviting me. To everyone who's listening I just hope that you all had as much fun as we had recording this together.

Thanks for listening to this week's episode of the Period Power Podcast. If you enjoyed learning how to make your cycle work for you, head over to [maisiehill.com](http://maisiehill.com) for more.