

a blog about the power of positivity from a girl who believes in magic...

Transformation

August 1, 2011

WRITTEN BY KATYSULLIVAN

1 COMMENT



Today's blog is a collaboration with a dear friend and mentor of mine, Mara Purl. We have been friends for many years and have seen amazing things happen for each in that time! She's the author of a series of Women's Fiction Novels being released in hardback next month!

Along with the release of *WHAT THE HEART KNOWS*, she is going on a Virtual Blog Tour, which she not only asked me to be part of but she invited me to kick it off! So here it is, a co-authored blog—Mara's first stop on her 2011 Blog Tour! This will be posted not only on Eternal Optimist but also Mara's blog at <http://MaraPurl.WordPress.com>.

Whenever we get the chance, Mara and I camp out at a local coffee shop and catch up on career, family, and life in general. These coffee dates are very special to me but also incredibly helpful because we really try to be sounding boards for each other. We wanted to try to capture a glimpse into one of our chats and what made the most sense to us was to create the blog in the style of a screenplay—Mara and I are both actresses—so what could be more natural?

Please enjoy the scene that we wrote and for info on all things Mara, visit her Facebook Fan Page.

"TRANSFORMATION"

A Conversation Overheard

By

Katy Sullivan & Mara Purl

EXT. – DAY – ESTABLISHING SHOT – NORTH HOLLYWOOD, CALIFORNIA – TYPICAL SOUTHERN CALIFORNIA SUNNY WEATHER – A COZY NEIGHBORHOOD STREET WITH SHOPS, PEDESTRIAN CROSSINGS, FICAS AND PALM TREES EMBEDDED IN THE SIDEWALK. IN THE NEAR DISTANCE, THE "WARNER BROTHERS" LOGO POKES ABOVE THE BUILDINGS, ADORNING A WATER TOWER; AGAINST A HILLSIDE, A HUGE SIGN BLINKS "UNIVERSAL."

EXT. – DAY – MEDIUM SHOT – A CAFÉ OCCUPIES A CORNER, ITS GREEN

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BLOG UPDATES

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AWNINGS MATCHING THE GREEN MARKET UMBRELLAS OVER ROUND TABLES

INT. – DAY – THE SAME CAFÉ. AT A LONG COUNTER, A WAITRESS POURS COFFEE FOR THE TWO PATRONS SITTING THERE; SEVERAL BOOTHS ARE NOW EMPTY, FOLLOWING THE BREAKFAST RUSH, AND PRIOR TO THE LUNCH RUSH. AT THE FARTHEST BOOTH, TWO WOMEN ARE IN ANIMATED CONVERSATION.

INT. – DAY – CLOSE-UP SERIES ON THE TWO WOMEN.

MARA PURL, an auburn-haired writer-speaker who has penned her own series of novels and a hit radio drama, after a successful acting and producing career) and KATY SULLIVAN, a firey-red-headed actress and athlete who's building a name for herself.

KATY

Good to see you!

MARA

You too! We're both so busy . . . which is a good thing. . . .

KATY

I wish I got to see you more often! You don't know how much I love our coffee dates!

MARA

I do too! Always such a treat to be with you.

KATY

Okay, you have to tell me about this blog tour. How does it work?

MARA

You know how authors with a new book go around the country being interviewed on talk shows?

KATY

Sure.

MARA

Well, that still happens to some extent. But now an author can "travel" all over the country by visiting different blogs. And each blog I'll be visiting has its own style, its own themes.

KATY

So, you'll be talking about all kinds of different things during the tour?

MARA

Yes! I mean, people will be asking me about my books—why I write them, what they're about. But often, that's a springboard for bigger issues, or deeper thoughts.

KATY

Okay, so you're visiting my blog, and I'm excited because I'm your very first stop on the tour! So we could start with some basics, like . . . what are your books, what are they about?

MARA

I write the Milford-Haven Novels. And they're about life in a small, coastal town.

KATY

But they're really about more than that. . . .

MARA

(Smiling) Yes, they really are. . . . They're really about listening to your heart. In our culture, we focus so much on the "head"—on logic and reason, on strategy and tactics. And these are good, we need them. But when it comes to the "heart"—intuition and instinct, gut feeling and inner guidance—we often dismiss these as being less important.

KATY

That's so true! We might have a feeling about something, but then we try to push it down, and talk ourselves into thinking we're being "silly" or even "stupid." So the title of your book, *What the Heart Knows*, that's what it means, right?

MARA

Exactly. My protagonist "Miranda Jones" has always been told to "use her head" and now she's beginning to ask herself whether she's listening to her heart as well. All the characters are wrestling with this one way or another.

KATY

So, would you say your book is pure escapism? Or is there a message?

MARA

It's both. On one level, it's just a fun story, a way to escape to a gorgeous coastal town. I've been staying in favorite spots on the Central Coast for years, and you've visited there too, so you know how special it is. I want all my readers to be able to "travel" there just by opening my book.

KATY

Oh, it's amazing up there. Jay and I would go there in a heartbeat.

MARA

(Laughing) A heartbeat! Good one. Yes, Larry and I love our times there too. Very romantic. Very restful and nurturing.

KATY

So your novel is a romance?

MARA

It's certainly romantic! But it's not a traditional romance. It's much more unpredictable. It's full of surprises, and has a sort of maddening end, because a lot of things are left unresolved.

KATY

Which is why your readers will need book two!

MARA

Right! It comes out a few months from now, and it'll be called *Where the Heart Lives*.

KATY

Oooh. *What the Heart Knows* and *Where the Heart Lives*. I hear a heartbeat.

(THE TWO FRIENDS LAUGH, AND BOTH SAY YES WHEN THE WAITRESS OFFERS THEM MORE COFFEE.)

KATY

So I was thinking the other day about how we got here, you know, how we became friends.

MARA

Yes, when we took that terrific seminar.

KATY

I think it's so interesting how you can have a common experience with someone and end up being a surprise gem that you never expected.

MARA

Well, we were looking for the same thing in life. The idea of transformation. That shift from believing we're just living at the effect of outside circumstances, to realizing we're actually living on the cause side of things.

KATY

(Laughing) For better or worse!

MARA

(Laughing) That's the truth!

KATY

I can't tell you how annoying it is to be having a 'bad' day and knowing that you are at the center of what is going on.

MARA

Annoying, but funny too, right? I mean, when we see how we get in our own way, we can't help but laugh! I remember sitting there, waiting for the seminar to start. Since I'm a "good girl", I was in my chair, very busy judging the people who weren't being "good" because they were late. Then I realized, duh! The seminar wasn't going to start till everyone was in the room! So after I finished laughing at myself, I realized I could either continue to sit there, or I could may think about helping.

KATY

Perfect example. Jay and I have a new catch phrase, which is, "You are responsible for the energy that you bring into a room."

MARA

Good one! Emerson said, "You are what you think about all day long."

KATY

So what are we thinking about?

MARA

When we're really tuned in, we're thinking about transforming this moment, or this situation, into one that's inspiring, encouraging, that let's you know you're on the right path.

KATY

Right. I get myself stuck sometimes in my professional acting career when I want a certain job on this TV show or whatever and I forget the simple JOY of acting and why I got into this business in the first place.

MARA

Yes we get stuck on results. And that goes back to the cause and effect thing. We want the effect. We want the wake of the boat. But we can't manufacture a wake behind our boat unless the boat is going forward. So we have to force ourselves to stop longing for the wake to happen

just the way we want it to, go to the front of the boat, and move forward. If we're moving forward, we can't help but have a wake.

KATY

I've noticed myself *pushing* recently in my life and I have been getting frustrated with myself because I know I'm causing the wake in the water instead of the smooth flow.

MARA

Let's switch metaphors. You're SO right that "pushing" doesn't work. Larry and I just got back from celebrating our anniversary by spending a quiet day in the mountains. We stayed next to a swollen creek, and I watched it rushing by for a long time. It became so obvious that we don't need to push the river. And we can't even if we try! And something else—we can *trust* the flow.

KATY

You mean trust that the flow is happening.

MARA

Yes, and that when we *let* ourselves, we can really see we *are* the flow, the events of our lives, the synchronicities, the connections, the synergies, are there waiting for us to accept and participate.

KATY

Wow! You're so right! It's right in front of me and it's the most basic idea. Sometimes you just need a outside set of eyes to see what's going on right in front of you.

MARA

We all need that other set of eyes sometimes. That's why a friendship like ours is so valuable. That's the kind of friendship I write about in my novels, too. Like Miranda, a young artist, and Samantha, her close friend who's a little older, but needs and values her younger friend just as much.

KATY

We inspire each other.

MARA

Well, you certainly inspire me with everything you've been doing! The play with Phillip Seymour Hoffman in Chicago. The athletic events. And your motivational speaking!

KATY

And you, with this amazing book launch. You have a short story that gets released THIS WEEK as a FREE e-book! Tell me about that.

MARA

It's called *When Hummers Dream*. Funnily enough, my character Miranda has a transforming experience because of a tiny hummingbird! It's really a preview for the novel. It happens right before the novel begins. And the e-book is free this month, if you have a Kindle, a Nook, or any e-reader.

KATY

That's awesome. So then, when does the novel come out?

MARA

What the Heart Knows gets released in early September, just over a month from now. It'll be in hardcover, and it'll also be an e-book.

KATY

Wish we could talk all day, but. . . .

MARA

Me too. But it's time to get back to writing for me.

KATY

Thanks for making this your first stop on your blog tour! I really want all my friends and followers to know that if they read your books and stories they'll start to have their *own* transformation!

THE TWO FRIENDS LAUGH, THEN STAND, GATHERING THEIR THINGS AND HEADING FOR THE DOOR.

EXT. - DAY - CAFÉ PARKING LOT

MARA AND KATY EMBRACE, THEN GET INTO THEIR RESPECTIVE CARS. AS THEY PULL OUT OF THE PARKING LOT, WE SEE THEM WAVE. A GENTLE BREEZE BLOWS THROUGH THE LEAVES ON THE TREE-LINED STREET. THE "UNIVERSAL" SIGN CONTINUES TO BLINK.