

Hello Beautiful People!

I am so excited to have been featured in the latest issue of Funky Fresh Magazine. It was both an honor and a ridiculous pleasure to work and be alongside so many phenomenal artists.

I first met Founder and Editor in Chief Lena Hart when I was seeking a photographer to shoot photos for my website last year. We hit it off right from the start, so when she contacted me to see if I'd be interested in being interviewed for the magazine I jumped on it.

Lena's talent is pure genius mixed with healthy dose of fun. What I love about working with Lena is her ability to draw out and amplify the various facets of her subjects - it's actually a lot like what I do, but her medium is photography and mine is...well, you'll read all about that in the article. :-). This particular shoot allowed some aspects of me out that don't always get to come out to play to be seen and juxtaposed with the energy and spiritual work I do, like my car aficionado and mechanic background.

One of Lena's partners in creativity, DJ Cellus, brings his own brand of funk to the mix, curating a different themed mix tape of incredible musicians to compliment each quarterly issue.

PURCHASE ISSUE #2

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Stream DJ Cellus's mix on the site, for FREE.


FUNKY FRESH

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**VISIONARY
CULTURE
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ISSUE 2**

THIRD EYE STATE OF MIND



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-Chrystal Kubis

CHRYSTAL KUBIS

words and interview by Rachel LaClair
photography by Lena Hart
styling by Canned Ham Vintage



In perpetual forward motion through her own journey of life, Chrystal Kubis is raw, real, normal, extraordinary, vulnerable, strong and wildly sensitive. Looking through a lens that allows her to see the light that shines in all of us, if we are willing to be it, she'll hold us in a love that can accomplish anything. A love that allows us to feel alive again.

Rachel: Tell me about the energy reading that you do. Where did it come from, did you learn it from somewhere, is it a honed skill, what's it like?

Chrystal: For me, like a lot of creatives, a lot of sensitive people, I was very empathic, but I was always told I was too emotional. So I kept it in, shoved my feelings and emotions in and learned to play by the rules to make people happy. But I also shoved down my truth. So where a lot of my understanding about energy came from was out of learning how to unbury myself from all the shit (laughs) that was piled on top of me. I had to unlearn keeping it all in. And so, through experience, I came to understand that I've come here to teach what I've learned on my own journey.

For example, I went through many years of self-destructive behaviors, including ten years of an eating disorder, that were fueled in many ways by all my buried truths. When we push our truth down, it always finds a way out. Our work is in embracing it so it becomes the fuel for our freedom, not the chains that bind us. Growing up with a very poor body image as a woman was a big factor that shaped how I viewed myself. I had to learn how to see myself through the eyes of complete love. And it makes me laugh because I came to the point where now I teach these circles and lead women all around the world to stand in their truth and see themselves with those same eyes, which is so cool. I could never have learned to teach that without living it myself.

And then as far as passion, I remember thinking, even when I graduated out of high school, it was like, I know that there's more inside of me that I'm here to do, but I have no idea what it is. I hated my own body, and I didn't understand it, I didn't understand all of what I felt, so I began gathering tools and went off and got a degree in holistic healthcare. Under that umbrella I went through massage therapy school and yoga teacher training to learn more about the body and to learn how to release emotions and scar tissue and stuff like that, and how to follow more of that internal guidance system. Within that training, you learn all kinds of energy work, and things like that, and then I went and got my certification as a life coach. Having all those tools at hand really brought together a lot of my passions.

So now when I do anything energetic, or when I do my one-on-ones, I listen to a person in layers. Whether it's via phone or in person, I've just gotten to this point where I can tap in and just pick up the signs from their body, but then also open to the intuitive guidance that comes through me to help me understand where they're holding energy, or where they're stuck, and where it's coming from. And together we move it, and make all that harder stuff easier. People feel so much, but a lot of people don't understand how to move energy or what's going on or where it came from. I'm a product of my own experience, so I just try to give back in ways that I wish someone would have taught me.



When I work with people, myself having experienced a lot of trauma, I always say one of my specialties is in the emotional realm. I'm not afraid of experiencing emotion with people, and a lot of people are afraid, because they don't know what's on the other side of tapping in to those heavy feelings. In my sessions, we don't sit there and process. We go, okay, what's real for you? And then we track it back, and then we rewrite the story, or we release the blocks that have been sitting in the body for a long time. And with that, comes liberation. And when you watch someone click back into their own self worth, or realize who they are for the first time, and give them permission to just be themselves, miracles happen. -Chrystal Kubis

Looking at how good of a place you are in right now can be an inspiration for anybody who has gone through things. If you wanna change, there's a way. And you have these testimonials on your website of these people who have worked with you, and one of them says something, I wouldn't say that you're ruthless, but it sounds like you don't take the shit. It's like, alright, let's get something done here.

(Laughs) Yeah. You are correct. You know what? My love for people is massive. We're not here to swim in our own shit. And we will, until we get it. So it's kind of like being that hand that's going "No. Come on, we got this." One of my students had commented that working with me is not for the weak of heart and that's so true. I work with people who are hungry to grow. Who are hungry for their own freedom, who are hungry to play in this lifetime. You have to be willing to try, and in the end you'll discover that your heart is the most powerful thing you have.

For me where a lot of that comes from is being someone who was a people pleaser. I could naturally chameleon to any environment. I meet so many people who have it all together on the outside and they're crumbling on the inside. Or they're a mess and they've got these hidden things, and it's like, No! This is not why we're here! We're here to bridge the inner and outer. We're here to understand why shit is happening. We need to unravel to rebuild. And in some ways that might feel ruthless, but I try to bring as much joy and play into it, and not be any kind of therapist. I always say, the difference between coaching and therapy - therapy is looking at your problems and where you are and where you've been. I say, okay let's look at where you've been, where you are, but really, at where you wanna go. And whatever is in the way let's dive in and work through it together.

That's huge.

It is. As a coach, as a teacher, as a guide, I've learned the right way to push people, [is] you don't push them, you hold them in fierce love. And maybe that's the "ruthlessness" in that piece that you read, that's what that is. That's fierce love.

How do you keep the good place while looking at problems?

Well, to me that comes back to being love in action. A lot of us hit the heavy places and the dark places and really end up losing sight of who we are. I say to my students, we're made up of stardust and ocean water. All of us are these walking miracles, and people want to feel good and shine, and be able to express that spark - I really believe that's what we're here to do. And if we were taught that from the beginning, it would be a lot easier. Whether it's trauma from our childhood or heartbreak from relationships, or maybe no one ever having

told us that it's okay to be ourselves and build sculptures out of mashed potatoes, you know, I don't know. I would say to people, I don't care what it is you love to do, GET ON IT, and follow it, because it will open doors for you. So when I work with people, myself having experienced a lot of trauma, I always say one of my specialties is in the emotional realm. I'm not afraid of experiencing emotion with people, and a lot of people are afraid, because they don't know what's on the other side of tapping in to those heavy feelings. In my sessions, we don't sit there and process. We go, okay, what's real for you? And then we track it back, and then we rewrite the story, or we release the blocks that have been sitting in the body for a long time. And with that, comes liberation. And when you watch someone click back into their own self worth, or realize who they are for the first time, and give them permission to just be themselves, miracles happen. It's bringing me to tears right now. I've seen it over and over and over again.

I love having found a place of acceptance in myself and then telling someone, I see that in you, and seeing that life come back to them, it's like, you are good the way you are. It makes me tear up a little.

We have to start there.

It changes everything.

It changes everything. You've got me in tears. We start with the place of, no matter what's going on, no matter how much hatred, nothing, no matter what's happened, we just have to come to the place of, I may not like this, but I accept it. And then we come a place of right now you're already good enough. Right now, you are completely worthy of putting whatever you want out there. So when you can come to that place, then you can start to build the muscle. Otherwise you just become a shell, and there's a disconnect between what your insides and outsides are doing. So we shorten the gap with all this.

So is it, your students come to you, and you go through stuff together, and you move to a new place, and then you set them free with how to keep it rolling? Is that kinda how it works?

Right. Usually during the sessions there are a few big aha's in there. When you understand that this is the time to step into your power, and you shed the stuff that feels like a monster that's been holding you back, and you really step in, it's a game changer. So when those things happen, some of the tools that go with that are exercises that we do, things that just keep then developing that muscle of self-love. If you have not been feeding your passions and your life feels a little passionless, then we kinda look into, well, what are your passions? And how can you live them in a way where you wanna jump out of bed? Or if you've hit an upper limit, then you might have to look at





what that limit is, clear whatever obstacle is in the way, and then learn some tools to fuel you forward. So that's where my coaching is a little bit different. A typical life coach asks you questions, and you find your own answers. As typical as I wanted to be, I never was. And it killed me, but now I love it, finding my own authenticity through it.

In terms of artists, it's that being true to whatever is flowing through you, however strange or funky it is, that's what makes you come alive. And that's why, I think it's so important to have communities of people, and artists, to support each other too.

Oh yeah. Artists must give themselves the permission that no one ever gave them. Artists are unique in such a way that maybe they're a bit more reclusive, or maybe they've learned to only come out to play when they're alone because it hasn't been safe before. But, you put artists together that get each other and support each other, and that community, that nourishment helps one grow and expand and thrive. Because you're being held in a love deeper than you've been holding yourself. It's that relatability. It's beautiful. I just love it.

Yes. So you're open to anybody who has come to a place, and is interested enough to talk with you about stuff. You're open to go along on some journey with them, correct?

Absolutely. I love what I do. So if a person is open to play, and hungry for it, that's the best combination. I got tired of people saying things should be easy, or tired of not having the answers, so I had to dig deep to unravel and understand this. I experience the world in layers, in textures and in feeling things so deeply that it's given me the ability to hold people - whether it's in person, one-on-one, in a group, or over the phone, in a way that often they can't hold themselves. Being able to show up as that massive force of love and support, I think, is sometimes all a person needs in order to be able to breathe and to let go, move forward, and have to the courage to jump in and play a whole different game. A whole different dance of life.

Right! So, Hey, everybody, Chrystal is here for you.

(Laughs) I am so ready to play. I feel like this work, the work that I do, along with many others, helps people to do the most important work that we can be doing to evolve. I feel like it's

the most important work we can do right now in terms of where we're at, in the world and in our lives. Because if we move forward feeling broken, or if we move forward and we know we're not flowing from the inside out, then we're not fully living. I always say, "What can I do to help you turn your fear into your fuel?"

Ooh. Yeah.

If you ask people, "What do you need?" most people aren't asked that question, but everyone knows the answer deep down. I would say, no matter where anyone is at, whether they wanna up their game, whether they're getting stuck on an obstacle, or whether they've carried something with them for a long time and it's just time for it to go so they can make room for the better...DO it. And seek out a community of love and support. You may not see it right away but they're out there, and you don't have to go at it alone.

It's really about being able to tap into a source that believes in way more than you can see. I think we're moving towards a time that's very much about bringing it back to the heart. If you look at the electromagnetic field of the heart, it is so powerful. You do any kinda scientific research about that, and you realize, wow, that's the muscle. It's a big one to develop, and that's something to understand because it directs my body in a lot of ways that I don't even know about. It's a passion point for me. I want us to radically radiate our spark and live in a way that feels like a passionate YES from the inside out. I wish that more people understood the value in doing this work, just like artists desire for people to connect with their vision when they put their heart out there. This work for me is what I'm here to do.

Step out of the box and leap for it. Let go. Share your passion. Share what you know. Love courageously and let love in. Be open. Share your light, your talents, your gifts. They are uniquely yours. Own your power. Reach, and keep reaching. Someone is always there.

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