**41. The Art of Friendship with Humanitarian Photographer Fawn Anderson**

**Fawn Anderson:** [00:00:00] Friendship comes in so many forms and it's fluid and it changes. So one person that's strong enough to be the one that goes with you to the emergency room. That same person may at a different point in time, may not have the capacity to do that. So we have to understand that everybody's flowing and expanding and contracting. It is life.

**Intro** [00:00:24]

**Alexandria Lawrence:** [00:00:24] Hello and welcome to ALSO in PINK. The podcast all about lifestyle design. How we live, the clothes we choose and how we organise our space. I'm your host, Alexandria Lawrence, a certified KonMari consultant and personal stylist. I'm here to guide you on your journey to live a happy, fulfilled life.

Every Tuesday you'll get new insight on what it means to live well. Plus actionable tips.

Redefine what's possible and create your ideal life.

Our guest today is Fawn Anderson. Fawn is a humanitarian focused photographer and founder of Our Friendly World, a social movement and podcast that is for the healing of social, economic and racial injustice through the art of friendship. This episode is all about connection: from how to take engaging portraits that honor your subject to embracing friendship in its many forms. By the end, you may want to take up martial arts and even try bending spoons with your mind. Fawn, welcome. How much fun is this? I'm so delighted to have you on the show.

**Fawn Anderson:** [00:01:43] I love you so much. You are a genius. And for me love at first sight when we met.

**Alexandria Lawrence:** [00:01:51] Oh...

**Fawn Anderson:** [00:01:51] I love you. You're so beautiful, such a genius. Your podcast is amazing. You're so talented.

**Alexandria Lawrence:** [00:02:02] I appreciate that so much, Fawn. And yes, and we met through the podcasting world. So we started our podcasts around the same time last year, already eight months ago, eight whirlwind months. And Fawn, you're such a magnetic person and really draw people to you. So in the group calls that we've been on with other podcasters, you have this amazing ability to diffuse any awkwardness and then you say exactly what's on your mind in a very heartfelt, wonderful way.

**Fawn Anderson:** [00:02:32] Funny because it has great advantages. I don't like to hide anything. Even if I try it doesn't work. I can't hide it. You'll see it on my face or something will happen. I don't know. We always laugh because I'm like, that's why I get fired from so many corporate jobs. You know, when I see some stupid stuff going on, it's all over me. I can't participate.

**Alexandria Lawrence:** [00:02:58] But that's also the beauty of podcasting, unless of course it comes across in your voice.

**Fawn Anderson:** [00:03:04] Trust me.

**Alexandria Lawrence:** [00:03:06] You have experience then.

**Fawn Anderson:** [00:03:09] Definitely. It's so funny because when you edit your own podcasts and you relisten to everything. You do notice the fluctuation in people's tones. You know, I always get into fights with Matt over tone. I'm like, I don't like your tone right now. What tone are you talking about? He says, you know. And we'd go back and forth. And then I started to doubt myself, like maybe there isn't a tone, but then when I listened back to the podcast we do, I'm like there, there, there, and there. And it'll be days later and I'll like storm into the bedroom and be all mad at him all over again. And he has no idea where it's coming from. I can prove to you the tone, come listen to this.

**Alexandria Lawrence:** [00:03:53] You know, that's something a lot of couples are missing, I think, is recording their conversations. And then you do have proof, which is powerful and potentially dangerous, I imagine too.

**Fawn Anderson:** [00:04:05] You know what, it's all good. Actually it's helped us quite a bit. Our podcast has nothing to do with marriage, really, but it has helped our marriage so much. It has been a great therapist, this mic.

**Photography** [00:04:17]

**Alexandria Lawrence:** [00:04:17] That's fantastic. And so your background is in photography. In architectural, humanitarian photography. And from your experiences traveling the world and photographing the people you meet, I love how you created a global family photo album. What did this global family teach you about how we interact with one another?

**Fawn Anderson:** [00:04:40] At first, I didn't know what was happening. I just was in love with people. From the very beginning, I was always watching people when I was a baby and I didn't obviously have a camera, but I was really struck by still moments. One instant would be just frozen in time for me forever. And so as I got older and I picked up a camera, I started to really look at animals and noticed that animals would stop everything for me and pose. When I was a kid in Southern California, we went to SeaWorld and I went close to these sea lions and I swear to you, Alex, they stopped everything and they would strike a pose and they would hold it forever. I had like, not a normal camera. I had to like set everything up and they just posed. And I'm like, are you serious right now? And not only did they wait for the shutter to be released, they waited for me to be done. And they somehow sensed it. I'm talking about the sea lions, cats, dogs, birds. It was wild. There was some connection happening. But as I got older and the more photo shoots I went on, I realized I'm pursuing family. And first it was beauty. I was pursuing beauty because no one could take a good picture of me and it bothered me.

So I never wanted to be in front of the camera. And because I was so shocked at how bad photos of me were because I didn't think that I looked ugly or anything, but when people took pictures of me, it was hideous. I was like, oh my god, do I really look like this? Is this how you all see me?

And I noticed that it's because people don't pay attention to what they're looking at. And if you're not consciously aware of who or what you're photographing, if you're not connecting with them on a soul level or on a deep level, you're just gonna pick up some randomness. And I feel like that's what people did with me. And it really bothered me and I was always in pursuit of beauty and I grew up around Hollywood. The kind of beauty that most people or the industry reveres is not for me. And it's usually people that are not white, right? Like people don't know how to light black people. And if you look at most movies, it will always ruin everything for me if a darker person is not lit well, because immediately I'm like, ah, that's prejudice right there. Obviously they weren't conscious enough or compassionate enough or loving enough to light this person properly. I can't even see the texture of their skin. Like it's just dark. And so that's what moves me to really pursue portraits of people from around the world. When I went back home to Santa Monica and I was going through all of my work from over the years and it was going from one image after another, I was just looking. And I realized, oh my god, every single person I photographed, I had a total bond with. And it was like, I realized I was searching the planet for my family. Like my spirit family. And so that's how the book came about because as I was sitting there in my studio, just looking at my work I realized, oh my god, this is my family. It's not just mine. It's a collective family that we all belong to. And I thought, oh my god, I think that's the message. So let me just put it all together. It happened so quick. I'm not a fast reader, but in just a very short amount of time, ended up researching all the world's religions. And then not only that, I looked into all the mystics and poets and scientists that throughout time have said the most amazing, extraordinary things that really is about connection. It's about energy and connection.

**Alexandria Lawrence:** [00:08:56] I think that's such a powerful message about connection and really seeing your subjects and taking that time to make that connection with them, which as you mentioned, the animals seem to respond to that. And did you find people as well? Were they very patient and sort of having this moment with you?

**Fawn Anderson:** [00:09:15] With people we recognize each other from miles away. I'm not kidding. From miles away in a crowd, basically, we spot each other out. And we come together much like old friends that finally see each other again. And really the pictures, I don't do any setup. It just happens within a few seconds.

**Friendship** [00:09:34]

**Alexandria Lawrence:** [00:09:35] And through your podcast, Our Friendly World, your mission is to create a platform for social change through the art of friendship. So, what does friendship mean to you?

**Fawn Anderson:** [00:09:48] Friendship is family and friendship to me is holding hands, spiritually or physically, and it's about being stronger and being brave and being happy. I feel like when you have a friend by your side, you're much braver. You're willing to stand up for what's right. You feel more optimistic about life. Everyone has challenges. Everyone is bound to go through some sort of trauma in their lives. When you have someone by your side, you are just stronger together. And that's why I think the art of friendship that has been lost. I look at it as like, there's something fundamentally wrong with our society right now. And I wonder if it was set up in a way to make people not have that bond anymore, because when you do have that bond, everything changes.

You're not willing to put up with the injustices that you see, because it's not just you that standing there. And sometimes you think it's my imagination, but if you have a witness by you, you're like, whoa, you saw that too. Or we're stronger together. So, I feel stronger. I feel not afraid to speak my mind. I'm not afraid to create some change that needs to happen. I'm not afraid to maybe try to rectify a situation.

The art of friendship has been lost. And I'm here to bring it back. It goes beyond the pandemic. I've been saying this for years. I've been watching it for years and especially in the United States, but I think it's spreading around the world where work has taken over and we're working way more, and yet people are not wealthier. And if you look at people's relationships, really people aren't hanging out with friends anymore. And more, this is in the United States. I don't want other countries to feel like this is everywhere, but it is spreading this thought where you're just working and work has taken over. We don't hang out with friends anymore and we don't hang out with family anymore. And if we can bring back the art of friendship and really treat it as an art. From the way we dress to the way we entertain to the way we eat. The way we treat ourselves and then, once we are good with ourselves, the way we treat others. Once we're fed enough on our own, then we can feed other people. Then we have the capacity to be there for someone else. That is the art of friendship. And that is the whole premise of the social movement that I started with Our Friendly World, is that, and that includes all kinds of conversations, Alex. It's not just friendship. Let's go out for coffee. Everything in life that we experience. And so that's what we always talk about is let's discuss everything, that's on your mind. That's in your heart.

**Alexandria Lawrence:** [00:13:02] I think that's such a beautiful idea. That idea of having a social movement that helps people see that the art of friendship, compassion and community and you talked a bit about friendship beginning with your relationship with yourself. How do you start becoming a good friend, both to yourself and to other people?

**Fawn Anderson:** [00:13:26] Once you can love every thing about the miracle that is actually you, then you can see it everywhere else on the planet, you know? Why would you want to hurt anyone else if you see how precious life is? And also going back to beauty and not looking at what one person's concept of beauty is, but appreciating yourself and seeing nobody has my hair, the way my hair is, or nobody has my particular shape. Nobody has my particular thumb print, and I love it. Once you love that you love everything else. And that's the key and that's the compassion. You will start to have compassion because you realize how precious it is.

**Alexandria Lawrence:** [00:14:19] You strike me as such a compassionate person who cares so deeply for others, that I wonder if you struggle to take care of yourself or be that friend to yourself that you were talking about.

**Fawn Anderson:** [00:14:32] I walk around most of the time, I think being with other people emotionally, psychically. Most of the time, I'm probably not even in my own body, which is why I loved the martial arts, because you better be in your body otherwise you're smack down on the ground. You're over. You have to be in the present at all times. I miss that. Thank you for reminding me.

**Martial Arts** [00:14:58]

**Alexandria Lawrence:** [00:14:58] Sure. So what's one thing you could do then to be more in the present?

**Fawn Anderson:** [00:15:03] Breathe. Breathing exercises like box breathing. Being aware of how many seconds you're breathing in through your nose, holding it for a while and being in that stillness and then slowly letting it out longer than you let it in. But yeah. It all comes to breath. No matter what you're going through.

If you focus everything back on that breath. It is a metaphysical thing too, because all of everything, all the magic happens in the in-between like, even if you look at DNA or if you look at cells, everything is energetic. Everything is light. Everything is electricity. And nothing is concrete. A chair is really not concrete. If you look through a microscope and break things down. The magic always happens within that in-between space where there's space, where you think there's nothing. In that nothingness is where it all is. And I think breath brings you back to that.

So sending breath, breathing all of that will not only have you in the present moment, but being in that present moment, I think you'll have access to all the universes and everything in between at the same time you're present. Do you know what I mean? You're present here and everywhere at the same time.

And that's, once again, that's martial arts training right there. It's not totally hocus pocus, woo-woo. Breathing is key. Breathing as a life force. It's vital energy. The best part of martial arts training is actually the inner training. The mind and how you deal with people, how you relate to people and how you relate to everything in your life. It's all energetic and how you maneuver. It's a dance. And so it's not all about chopping something to pieces or, you know, getting someone in a wrist lock and, you know, it's way more than that. It's a spiritual thing. It's amazing. I think if everyone's studied martial arts, there would be so much compassion and peace in the world, honestly.

**Alexandria Lawrence:** [00:17:17] That's fascinating. That I've myself. I've done a little bit of Tai Chi. Ben and I did that together and some qigong, and there's something magical about doing the form or doing something all at the same time. And with the qigong, especially, I only did that once really, it was a sort of special session, but you could feel that tingling, that kind of energy moving in your body.

**Fawn Anderson:** [00:17:43] Absolutely. Yeah, you know what I'm talking about?

**Alexandria Lawrence:** [00:17:47] I think so. And during this unusual time we've had with the pandemic, despite being isolated at home this past year, how has your world expanded?

**Pandemic + Santa Monica** [00:18:02]

**Fawn Anderson:** [00:18:02] I have made more friends within the pandemic than I have since I left Santa Monica. On our show, we always talk about Santa Monica because Santa Monica the city, was my mentor for creating the social movement because being in LA, the last place you would think of a community of friends and where there are no isms, right? There was no ageism. Racism, none of that. No sexism. It was like living in a village 800 years ago in Italy. We all ate together, played together. I learned so many lessons on friendship. And so when we left, I realized, wow, Santa Monica was indeed a mentor who really taught me the utopia. The way society can be.

So since I left Santa Monica, the reason why this whole social movement began was because I noticed that things were happening on a faster scale. And that's when I started to really talk to people about the friendship movement and the loneliness epidemic that was occurring. And I know in the UK, in Canada, they were treating it seriously. They have the government on it because they see it's a disease. It's a social disease and it's going to hurt everything.

And so I was talking about that and no one was taking me seriously, especially here in the United States. No one wanted to admit, you know, perhaps they don't have friends the way they thought they did. And I like, well, look at the shows on TV. Why are all these shows so successful? The friends, you know, like Sex in the City, it's not about the sex, it's about going to brunch with your friends. I'm like, when was the last time you saw people walking hand in hand or arm in arm as friends like that, really?

It was hard for people to understand or like to even admit to, and like even shows like Big Bang Theory. That kind of friendship was just on TV now. Like I didn't see it happening. And I was looking. I was interviewing people. I was looking everywhere for it. And when the pandemic happened, I found it very interesting because for the first time people were admitting that they were lonely, but only because the factor was, it was not my fault. It's the pandemic. I'm lonely, but really it was here before the pandemic. And so what I'm trying to get across to people is, we're going to come out of this. We are coming out of this, but be honest with yourself. How often did you really hang out with people?

And really take a look at what is a relationship rather than an acquaintance that you're just nodding your head to out on the street?

**Alexandria Lawrence:** [00:20:44] Yes. And do you think there's room for all degrees though? There are all degrees and kinds of friendship from those people in your life that you share your innermost thoughts and hopes and dreams with to people you have a friendly chat with on occasion or maybe even someone you smile at in passing, who you might not see again.

**Fawn Anderson:** [00:21:06] Absolutely. Everyone has a different job within the friendship. One friend may be able to handle this with you at this particular time. This other friend may be for pure laughter only at this time. And we all take turns and not everybody is supposed to be this savior or like this thing that you want the friend to be. Friendship comes in so many forms and it's fluid and it changes. So one person that's strong enough to be the one that goes with you to the emergency room. That same person may at a different point in time, may not have the capacity to do that. So we have to understand that everybody's flowing and expanding and contracting. It is life. And you can't expect this one person to be the static this is this person for this in your life. Do you know what I mean?

**Alexandria Lawrence:** [00:22:01] Yes, I absolutely love that approach to friendship. Both a healthy and helpful way of looking at it. And something I've noticed in the past as well. People I'd call close friends from childhood or college and years might go by and there are people who have great meaning in my life, but I don't necessarily see or communicate with them. And then they'll reappear at another time. And I feel like we can instantly pick something up that we had at that moment.

**Fawn Anderson:** [00:22:32] There's a poem by Maya Angelou and she talks about being in and out of time. We've known each other in an out of time. And there are some connections that you have actually all of us, really all of us. It depends on our particular framework and our particular experience in life at the moment where we can see it or not see it with everyone.

Like with you, I have known you in and out of time. You just have to really put yourself out of a situation and really see, just see a person. I always talk about it like this because I love the television. I love watching movies.

**Alexandria Lawrence:** [00:23:15] Oh my gosh. Yes, join the club.

**Fawn Anderson:** [00:23:18] By the way, thank you for all the great recommendations. Here's my trick for connecting to people. It's one of my tricks. Pretend you're watching TV and everything is shown to you for a reason. So there's a director that has told this actor. Okay, I want you to have an eye twitch here at this particular split second. And there's meaning behind that. So pretend you're watching a show and like, think, wow, this person just made this move. Don't put yourself in it. Pretend you're watching a movie. And it's amazing what you pick up.

**Alexandria Lawrence:** [00:23:54] Oh, that's such a wonderful way of looking at it. And it's like joining people where they are instead of imposing yourself on the situation. You sort of see it and meet them and deliver something that helps.

**Fawn Anderson:** [00:24:09] The world is your home. And everyone in it is your guest. So you could be walking down the street. You don't own the street, but it's your home. And even if you meet someone you've never met before, that person is your guest. Treat them as a guest in your home. Make them comfortable. You are the host. And if everyone did that, we would live in a completely different world right now.

**Alexandria Lawrence:** [00:24:34] That's the solution really, isn't it. It sounds simple, but I 100% believe in that too.

**Fawn Anderson:** [00:24:41] It works with not only our friendships and our marriages, whatever, all the relationships. It should work in business. You are here to offer a service to someone. I don't care what kind of business you're in. Oil, baking bread, being an accountant. You're here to serve someone. You're here to make their lives better. That is your service and that's what you're being paid for. And I think that a lot of greed and bad things can come in the way of that. And we forget that we are here to take care of one another.

**Alexandria Lawrence:** [00:25:21] That's so beautifully put. So what's your earliest memory that represented friendship to you?

**Fawn Anderson:** [00:25:29] That's a great question. Oh my God. So we moved to the United States. My family moved when I was six months old. And so for the first few years of my life, I had to straddle like really straddle two different cultures. So we would go and be in this one country that was on the brink of like major revolution and war. And then we'd come back here. So this was in Iran and I was in first grade and I went to an English school. So English, English, like from England, right. It was so hard to be there. And so there was a lot of like angst and stuff happening at home. So I had a lot of issues. And so I was quiet and I walked into the school and there was a girl there who everyone picked on and they called her a witch. She was really, really skinny, really short. And I was short too. I became friends with her, and everyone who was mean to this girl, they wouldn't dare be mean to me because I would beat them up. I was little myself. I was scrappy, but don't mess with me. But what we would do is we would come together much, like how I described photographing someone, like you see them from far away and you recognize one another. So that's how we came together and we would lock arms. And before school and during recess, we would just walk across the school yard. And it was like the red sea parting. People just they parted. And they knew if they were to say anything to this girl with me there with her that they would get a lickin. But she was a comfort to me. And I feel like when we walked the school yard together, because we were together, like we were this force that was so powerful, you couldn't touch us with your hatred. And so the fear that I've felt coming into this country and not wanting to speak and going from one language to another. She was my safety net and I was hers.

The way we would lock arms and walk, that was the first time I felt what friendship does for you. You are powerful. I mean, when I say the seas parted the school yard, all these mean kids, all these crazy kids, they had respect. And they got out of our way and we were two tiny, tiny, skinny little girls, you know. I wasn't skinny like she was, but boy, we were a huge force. That was the first time I really remember teaming up with someone like that.

Like what friendship can do.

**Alexandria Lawrence:** [00:28:18] That is amazing. That really does represent the power of friendship. That's a beautiful story.

**Promo** [00:28:27]

Imagine... if you lived the life you really want. You know, your dream life.

Have you ever taken time to picture what it would look like? I mean, what it would really look like?

We're not talking about the life you feel you should have, but, deep down, the life you secretly want. Your ideal life. Maybe you already have a vision.

You wake up after a good night's sleep on the most comfortable mattress ever. With pillows that support your head just the way you like. You go to your organized closet and choose colorful, unique clothes that fit you and make you feel good. Then pad through a clean, warm, uncluttered home to the kitchen. Your refrigerator offers up the most delicious, healthy options for breakfast. And you have a day of unstructured time stretching ahead of you to do with as you like. But. That's never going to happen, right? Wouldn't it be nice to take a step back, sweep aside all your worries... and imagine...

That's where I come in.

I'm your host, Alexandria Lawrence, and I've developed an exclusive questionnaire for the ALSO in PINK community to help you create a vision of your ideal life.

Simply join the ALSO in PINK email list and you'll get instant access to our Ideal Lifestyle Vision Questionnaire. Go on then, make a cup of your favorite tea, or whatever floats your boat... Go to alsoinpink.com and click Start Now. Redefine what's possible & Create your ideal life.

**Interview Resumes** [00:30:11]

So, let's talk a bit about style and you recently told me about a time at the hair salon when you gave your hairstylist free reign to just go for it and I think that's rather wonderful. Do you want to tell us a bit about that?

**Fawn Anderson:** [00:30:35] So I grew up with my mother chopping my hair off and it looked horrible for years. Like, it was just ridiculous. And so when I was about to graduate from high school, I'm like, you know what, I want to let grow now. So most of my life, my hair was to my tailbone and it was long and luxurious and it was like my power. Had meaning, you know, for me. And so for years I had long, long, long hair and being a yogi too, like a yoga person, I fit that mold. I looked like the typical Indian person. Totally, it became my identity, the hair.

And so, I had a huge clash with this yoga school that I was in and they broke my heart. These people ended up being the most unconscious racist people. Because I was heartbroken, I was talking to another friend who's not in the yoga community. And she's like, have you ever thought about going to a hairdresser? And like just getting a new look. Cut everything off. Cut off the past. All of that. I'm like, no. The way she described this hairdresser, I was in love. I was like, okay.

Then she was like, this person will look at your soul and figure out who you are and have you come out as the movie star that you are. That's what she does. She styles for like famous people. So the whole time, I'm sitting in her chair. I'm not looking in the mirror.

She said, okay, don't look. And I was there for hours and I kept feeling my head being pulled here and there. And I didn't know what was happening. It wasn't like she just cut off my hair. It was happening over a course of like four hours. And we were talking about everything in life and she's like, okay, stand up. She was going to color my hair. And so I stood up and I looked not in the mirror, but I looked on the ground and I have a picture of this. It looks like a human being on the floor. Like it had taken the shape of a woman from head to toe. This entire studio with my hair was everywhere. And I was like, okay, I didn't say anything. So we'd go to the sink. She's coloring my hair now. I'm like how short is it now, by the way? She was like, I would say a good half inch. I'm like half inch. Oh, my god. And I tried not to panic. And there was something about her that didn't make me panic.

Anyway, long story short, I come out with a punk hairdo. Pink, pink streaks, and I was in the car. I drove to a Whole Foods parking lot, and I sat there for another 30 minutes afraid to go home. I felt like a child that had gone way past curfew and was afraid to get yelled at or afraid to deal with whatever would happen at home, from what you just did.

I was scared and I was on the phone with my friends. And so my friends called Matt and talked to the kids and said, look, you know, Fawn her hair is totally different now and she's scared to come home. So please be kind. So I knock on the door and my friend who, by the way, called the family to let them know what was up. She's like, Fawn, make sure you take video, like turn on your phone and shoot the video of the reaction you get. So I opened the door and you know, my daughter, Elle, my firstborn. She was like, wow, Mom! And then my little one looked at me and ran away didn't talk to me for two weeks. And I thought I would cry and I looked at myself, I'm like, oh, I look so beautiful. I love it. Oh my god. It changed everything. And also made me shed my past, like all that energy and the hair. All that memory, it was like off with you. And when I ran into these yoga bees, I call them bees cause I don't want to use a bad word. I ran into them here and there. I felt so powerful. Like get away from me, get out of here. It was incredibly freeing. I was free.

**Alexandria Lawrence:** [00:34:48] That's wonderful. And style and how you present yourself does have the power to do that, I think.

**Fawn Anderson:** [00:34:55] Absolutely. What you could on your body or the way you carry yourself, or, you know, what color you choose to put on or what sweater you use, it makes a big difference. It is a huge form of not only expression, but a way to connect with one another.

**Alexandria Lawrence:** [00:35:12] It absolutely is. And we had that fun session together since you reviewed my podcast and got picked for these special Ask Alexandria slots.

**Fawn Anderson:** [00:35:23] I could not believe my good fortune.

**Alexandria Lawrence:** [00:35:25] That was so much fun. So we had our one-to-one styling session. I offer people 20 minutes if they get chosen for the monthly review spotlight and yeah, it was super fun chatting with you and we mostly spoke about style. So do you remember any highlights from that session?

**Fawn Anderson:** [00:35:42] I was crying because I'm like, I'm a mom and all I care about is cleaning the toilet and making sure everyone's taken care of and I'm cooking in the house is a certain way. I've been wearing the same clothes for the last 15 years. Most of them have holes in them. I'm like, you wouldn't look at me and think this was a fashion person, but I am at my core. And so I got so excited about finding something or making something to jazz it up, you know, to jazz up my spirit again.

**Alexandria Lawrence:** [00:36:18] Yes, exactly. Jazz up your spirit. I love that. I think you should trademark it.

**Fawn Anderson:** [00:36:23] And I also remember telling you, had this prophecy. I'm like, I bet you we're going to come out of the pandemic and gloves are going to be in fashion. I don't want to go out there without a glove. Those evening gloves, and you can wear your jewelry on top, like a ring.

**Alexandria Lawrence:** [00:36:43] And then what do you do? Do you take the whole thing off then when you go somewhere and have a meal or do you just leave it on until you get home and wash it?

**Fawn Anderson:** [00:36:50] I have to go back to all the movies that I love from way back when and see how they did it?

Back then, it's not like they went through the food truck and like had a juicy hamburger. You know what I mean? Like everything was so sophisticated. Everything was just beautiful.

**Alexandria Lawrence:** [00:37:08] So, in your perfect world, how would you present yourself then?

**Fawn Anderson:** [00:37:13] I would go to the grocery store with an evening gown. And you know, and you're like hee hee to yourself and I used to kind of dress like that. I wouldn't wear a ball gown, but I would totally wear something that was just so flamboyant and it would make other people happy. Women would come up to me and go, my god, I love that, Yeah, right. And honestly, it was just a torn piece of fabric that I had around my shoulders, but it was bright and beautiful. It was ceremonial. It had pazazz. It had life to it.

**Ideal Lifestyle Vision** [00:37:43]

**Alexandria Lawrence:** [00:37:44] Absolutely. Pazazz. And along those lines, do you have a vision for what your ideal life looks like?

**Fawn Anderson:** [00:37:53] Well, I have spent so long dreaming and trying to create my ideal life, and I gotta be honest. I'm like a little down in the dumps right now. And I'm like? I can't imagine it. It's hard for me to say right now when you're in the thick of things.

I wish I had a ball gown, you know, I wish I could do something like that. I wish I had the energy and the funds, the means to be able to joke around like that. To wear amazing things and to walk somewhere amazing. Even non amazing, an amazing place, like an ordinary place, doing something extraordinary. But I can't give you an exact what that looks like. I don't know. I think I'm in the midst of creation and it's quite frustrating because the vision isn't concrete. It hasn't formed it completely.

**Alexandria Lawrence:** [00:38:53] Yeah, that's an exciting place to be in too. I think you have the Big P. The big possibility.

**Fawn Anderson:** [00:39:02] I would need your help, Alex. Please can I come to you? And you help me out here with a vision?

**Alexandria Lawrence:** [00:39:08] Yes, absolutely. So at the moment, just going a little bit into this, do you find it difficult to separate what you feel is possible or what you feel your life is like from what you want? Is it hard to make that leap without all of the perhaps limitations you might put on that vision?

**Fawn Anderson:** [00:39:29] I'm hearing you use the word limitation and I'm like, ding, ding, ding, ding, ding. And it's weird. Cause I never lived like that before, but here is limitation has a hold on me. And it could also be because I feel like I can't make decisions because I have to consider other people in every decision I make, you know? And I love it. I'm grateful for that. But like, considering my two daughters and considering Matt. So I, if I could imagine my dream house, I'm like, well, I would have to involve what they would want, not just what I would want.

**Alexandria Lawrence:** [00:40:06] Yeah, I completely understand that, but I think it's helpful even if you only see it as an exercise to try to tap into really what you want. And in my ideal lifestyle vision quiz, I try to help people through that a bit. And cast aside these limitations before kind of cutting that balloon and letting your mind drift and not thinking what you feel other people would want you to do or what they need from you, but just if you can, work in that in-between space and try to conjure something.

So in the meantime then, what's a daily habit or ritual that brings you joy?

**Fawn Anderson:** [00:40:48] A cup of tea. Cardamom and rosewater and a little bit of maple syrup. I make it extremely hot, so I can't drink it right away. Cause you know my history with drinking tea really fast. So I lived in England for two years. The tea is consistently amazing and the same, no matter what household, no matter what store, what restaurant you go to. It's always the same brilliant perfection. It's not like in the US where you get a bucket, like a drink, like it's in a bucket, it's huge. It's in a normal sized cup and it's so perfectly creamy and sweet for you. Like you don't have to put stuff in it yourself. And I will take one sip. And it was like being a baby with a baby bottle. Like you're trying to suck as much as you can, like really fast and you're really hungry. It was so delicious and then I would have another one right away and another one and another one and another one. And it's the same in India too, by the way, when I traveled in India, it's always the same beautiful consistency. And it's made for you. It's creamy, it's sweet. Perfection. And you go to coffee shops and they're like, oh, do you want a chai? Or I'm like, yeah. And I remember the first time chai started coming in here in the United States years ago, I was so excited. Cause I was expecting chai. I'm like, ah, and I thought, well maybe this other place. And after like, I dunno how many years now, it's never the same. So I miss your tea and now I'm vegan. So god knows if you guys can do that same thing with the

**Alexandria Lawrence:** [00:42:29] Oh, oat milk is wonderful, I think. It's so creamy.

**Fawn Anderson:** [00:42:34] I'm curious to come back and see how things are, but boy, every time I see a cup of tea I just like, I get angry and happy at the same time. Tea can fix all of life's ailments. I'm telling you, if you have a broken heart, sit with a friend with a cup of tea. If you feel cold, sit with some tea. If you're too hot, tea, tea, tea, tea, tea, tea, tea, tea, tea, tea.

**Alexandria Lawrence:** [00:43:00] And and you can dance to it as well.

**Fawn Anderson:** [00:43:05] I love it.

**Alexandria Lawrence:** [00:43:07] And what would you say your top tip is for living well? Something listeners could take away with them and apply in their own lives.

**Fawn Anderson:** [00:43:17] Living honestly. So to be honest with your own feelings, therefore never lying and never deceiving yourself or anyone else. There are so many things to do in life. Ain't nobody got time for that. Don't lie. Be honest with everything. That means how you're feeling about something. You may not want to feel that way, but be honest with yourself about it and let it happen. And when you do that things open up.

**Bending spoons... with your mind** [00:43:50]

**Alexandria Lawrence:** [00:43:50] Yeah, and this is veering off a little bit, but I was curious to talk more about tapping into your mind. You've told me about amazing kind of experiences and things you'd like to do, and I know bending spoons is something on your list, isn't...

**Fawn Anderson:** [00:44:06] Oh my God. Did I tell you about that? I told you about that, right? Yes. I used to bend spoons when I was a baby. And forks and I wouldn't even touch it? I would just look at a fork and I swear to you the prongs on it would start going in different directions. And I think my parents just thought, oh, I they probably misused it. You know, like manhandled the fork and made it that way. But I'm like, I would sit there for hours and try to do that. And just recently I started taking a class and it's just so simple. It's really easy to bend spoons and stuff. And it's so funny because I took this class recently online and it was actually a recording of a retreat they had pre pandemic of these people. It was a retreat in Santa Barbara, California. And it was just sitting like in a normal, a hotel, conference room.

And these people did it on the first try. And you see it on camera. And even when you see it on camera, you're like, you want to scream. Like, they didn't think it would be possible. And you would see the craziest shapes. I'm like, oh my god, I love it. It's legit. So basically it is. You look at it and you realize that we're all energy, everything is energy, right? And you look at the spoon and you really focus and you start to imagine it as liquid and you just see it as liquid flowing and you barely touch it. And you really tune into that sensation of fluidity and use your energy. You need to think bend, bend, bend. It bends easily.

**Alexandria Lawrence:** [00:45:49] That's amazing. I guess the skeptic in me and maybe others would say, well, the videos is probably easy to kind of,

**Fawn Anderson:** [00:45:58] Sure, but do it yourself.

**Alexandria Lawrence:** [00:46:00] Amazing. Well, I have another call at some point. Maybe we can try that together.

**Fawn Anderson:** [00:46:06] So much fun. I love it. I'm in.

**Alexandria Lawrence:** [00:46:08] Let's do it.

**Fawn Anderson:** [00:46:09] And then go on to bigger things like world peace instead of the bending of the spoon. And, but you know what they're doing this. There are groups that have been doing this for a while now. People come into meditations and they'll make crime go down in a city by just focusing, you know, it's documented all this stuff. It's real.

**Alexandria Lawrence:** [00:46:31] I suppose it's one of these things where if you haven't grown up in that kind of context, it's hard to have the belief that could be possible as much as you want it to.

**Fawn Anderson:** [00:46:42] Is it still that way in the UK, by the way? So I would talk like this all the time. You know, I'm from Southern California. I'm like, Yeah. I'll be here for meditation. If I'm gonna practice astral travel, you know? And when I moved to England, the room would get quiet. I was living with an English family and they were introducing me to their friends and relatives, right. And the room got quiet. It was my first day there. And so, I was taken into another room and my host mom was like I just want to let you know that we can't talk like that. It's against our religion. I'm like, oh my god so sorry. But first of all, the UK has all kinds of phenomenon going on over there. Like everything is a sacred site. There's some stuff that happening. All drawings and the earth. There are so many ghosts there. I've had so many encounters in the UK. But anyway, it turned out that this family that I was living with. One night I had an experience, it's like a ghost and it was wild. Not bad, but wild. And I came down the stairs and I must've had an expression on my face because the host mom was like what happened? I'm like, oh , nothing, nothing. But she must have known something. So she's like, can you please tell me? I'm like, no, I can't tell you. You told me not to talk about it. And she's like, no, please tell me. So I told her what happened and she's like, oh my god. Oh my god. Oh no, it's back. I'm like, what do you mean it's back? So I told her what happened. And so she said that they moved to this house that we were in to get away from poltergeist. They had screwed around with a Weegee board and things were never the same and things got so bad, they moved.

So she's like, oh my god, it's back. And because I'm like tuned into stuff, I'm like, no, it's not the same. That's not it. Whatever it is, the dog has been picking up on it too. But it's not it's pure love. It's not what you think it is. It did not follow you something else. And so anyway, then she was okay. but yeah, like, so I'm afraid to talk to English people about spiritual metaphysical stuff because, you know, I don't know.

**Alexandria Lawrence:** [00:49:04] I think it's fascinating. I think it's just, if someone hasn't experienced that in their own life.

**Fawn Anderson:** [00:49:10] But like when you're thinking of someone and then they call you or, you know, like what you focus on grows. If you're thinking about a pear, like a pear will show up in your life, you know what I mean? We've done it. We do it all day. Every day. We're all connected. It's all energetic. We're all beings of light. And maybe that's what people don't want to talk about because that goes against their religion. But we are all from the same. We're completely connected.

**Alexandria Lawrence:** [00:49:41] And what are you most looking forward to this year?

**Fawn Anderson:** [00:49:45] Moving to our true home. We have felt like nomads forever. I want to move and find where we belong and live next door to best friends. Even if it's on major acreage. I want friends and I want to have dinner parties every night with loud music and loud conversation and laughter and beautiful food that we all make together or I'll make. If no one wants to cook, that's fine. I love cooking and baking. That's what I want.

**Alexandria Lawrence:** [00:50:19] That sounds wonderful. Well, I'm sure it will be there. And until then you can create your own sort of space here in this virtual world as well.

**Fawn Anderson:** [00:50:30] Yeah, that's, what's happened during the pandemic. I have never made as many friends as I have made this past pandemic, from all around the world. And we talked to each other and you're my sister, Alex. It's family coming back together.

**Alexandria Lawrence:** [00:50:48] It definitely is. I know it's amazing. And if it took a pandemic to get us to reach out in that way, I think that's an amazing thing, really? So now we've come to the finale. So I have a few quick fire questions for you to end the show.

You ready? Drum roll.

**Fawn Anderson:** [00:51:09] Okay.

**Alexandria Lawrence:** [00:51:11] Or that quiet space. What do we tap into? We tap into the force. What would you call the force? Do you have a word for it? I like that. That's good. So what's your most treasured possession and of course no judgment.

**Fawn Anderson:** [00:51:29] Crystals and the bicycle that I never get to ride.

**Alexandria Lawrence:** [00:51:33] Can they be used together at all or no?

**Fawn Anderson:** [00:51:36] Oh, there's a big basket. I can put the crystals on there too. And the seat has a spring for each cheek. It's like a Cadillac of bicycles from Santa Monica, but I can't write it anywhere because it has no gears.

**Alexandria Lawrence:** [00:51:50] what's your favorite article of clothing or accessory in your current wardrobe?

**Fawn Anderson:** [00:51:57] Nothing.

**Alexandria Lawrence:** [00:51:59] Oh, there must be something, even small. A piece of jewelry. Is there a crystal you wear?

**Fawn Anderson:** [00:52:06] Oh, yeah. I have a ton of mullahs and I made them all myself and some of them are really big, like big, humongous beads. And sometimes I'll wear, I'm not joking like 30 on at the same time.

**Alexandria Lawrence:** [00:52:21] Oh, wow.

**Fawn Anderson:** [00:52:22] No, I go for it. I don't joke around. I mean, I joke around, but I don't joke around. And no matter what, if your spirit is behind it, it doesn't look foolish.

**Alexandria Lawrence:** [00:52:33] That is so true. I think if you believe in it and you have the confidence to go for it, people will sense that and you'll feel it, which is even more important.

**Fawn Anderson:** [00:52:44] I'm sorry. I do have an article of clothing. It's a beanie and it's a mind over matter hat. Put that on to remind myself, I can create anything from a thought, from an energy and make it manifest into physical form. So yeah, I'll put that hat on, no matter how hot it is.

**Alexandria Lawrence:** [00:53:04] That is a powerful piece of clothing, which is something we all need, in whatever form. And where do you go to get inspired?

**Fawn Anderson:** [00:53:16] It used to be the ocean. So now I just go there in my imagination. The beach. It's like the ultimate mother. It has an ebb and flow and it's powerful. It's beautiful. It can bring destruction and it can bring healing. It's everything. It's a force.

**Alexandria Lawrence:** [00:53:34] So what's one book or resource that you'd recommend for everyone?

**Fawn Anderson:** [00:53:39] Our friend KJ just recommended this book to me a couple of weeks ago and it showed up a few days ago at my doorstep. It's called Burnout. It is amazing. I'm still stuck on the introduction. Like that's how profound this book is. That I'm like, I have to keep putting it down and I keep rereading the intro because I'm like, oh my god, thank you. Thank you. Thank you. I thought I was the only one. It talks about emotions and what burnout really is and how to get out of it and how to get out of that burnout. And I think actually that's the key to the fall of friendship. The fall of our relationships in our society. We're all burnt out. There's no capacity to be outgoing. We're in survival mode.

**Alexandria Lawrence:** [00:54:33] And Fawn, here's a very KonMari question for you, what would you say that you're grateful for?

**Fawn Anderson:** [00:54:42] My family and our kitchen and our food and our spices. There's no plastic in our home and everything is in jars. My kitchen is the place of alchemy and worship. Whatever ails you, spiritually, physically, whatever. I'll pull out one of these jars and cook up something that will help you.

**Alexandria Lawrence:** [00:55:02] And finally, what do you love most about life?

**Fawn Anderson:** [00:55:08] Oh my god. Well, it's something that I hate and love at the same time. Knowing how precious it is. So it scares me to death that it can disappear and amazing that it is here. And anything is possible. Anything is possible.

**Alexandria Lawrence:** [00:55:35] Thank you so much, Fawn. It's been an immense pleasure having you here chatting about the power of friendship and possibility. Jazzing up your spirit. All of these things. Thank you so much.

**Fawn Anderson:** [00:55:49] I love you so much, much, my beautiful Alexandria. Thank you.

**Alexandria Lawrence:** [00:55:57] Mwah!

Sending all the love your way too.

**Fawn Anderson:** [00:56:01] Always, always my friend. I'm always holding you with an embrace.

**Key Takeaways** [00:56:07]

**Alexandria Lawrence:** [00:56:07] Well, hope you enjoyed that chat with humanitarian focused photographer and social movement founder Fawn Anderson. Check out Fawn and Matt's podcast, Our Friendly World and reach out on Instagram @befriendlyworld to say hi. Fawn would love to get to know you.

So here's some key takeaways from our conversation. Next time you photograph someone, see if you can connect with your subject on a soul level. Take time to really see them, instead of, as Fawn says, just picking up on some randomness. And lighting is key. Show care and respect for the people you photograph or film by taking time to properly capture the texture of their skin, whether it's dark or light.

And when it comes to friendship, remember everyone is your guest. Treat each person you meet as though they're a guest in your home. Make them comfortable and I guarantee you'll feel good about it too.

That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.