

EPISODE 706

[INTRODUCTION]

[0:00:38.0]

FT: Welcome back to So Money everybody. I'm your host, Farnoosh Torabi, wishing you a happy Wednesday, March 21st. Imagine working everyday side by side with Oprah. Yes, that Oprah, Oprah Winfrey, and that was our guest's life for 11 years. Libby Moore is here. She was Oprah Winfrey's chief of staff, and for over 10 years she managed a team of Oprah's personal assistants. She joined the talk show queen as she traveled the globe. She managed hundreds of emails for Oprah every single day. You can imagine, after leaving a job like that, you might want some time off, and so Libby decided to embark on what she called The Libby Moore Gypsy Tour. 365 days of adventures and seeing where life would take her.

Today, Libby is an executive coach and international speaker and I'm so excited to say she's on the show. I have so many questions, including what was it like being interviewed by Oprah Winfrey for a job. Not because you won an Oscar or you're running for president, but actually to work for her. What's that like? Here is Libby Moore.

[INTERVIEW]

[0:01:53.4]

FT: Libby Moore, welcome to So Money. It's so great to connect with you.

[0:01:57.8]

LM: I'm so happy to have this opportunity. Thank you.

[0:02:01.2]

FT: Oh my gosh! Where do we begin? For 11 years you were chief of staff to Oprah Winfrey. Today, you are running all over the world giving amazing speeches. You're an executive coach. I guess I want to ask first, how is your life today so different than what it was being Oprah's chief of staff? I know that one of the reasons you stepped away from that job after more than 10 years was because you wanted to have more balance. It was hard to manage all of those hours working 15, sometimes longer hours a day. How is life today?

[0:02:37.1]

LM: Good question. First of all, that experience was hands down the best professional experience of my life. As you can imagine, she is an extraordinary person and the experiences that I had with her have just been unparalleled. Sometimes people say, "Tell me about that job." I just get stuck, because there is so much, so many amazing things. It's kind of like, "Where do I even begin?" That was incredible.

Then I left that position six years ago, this past January. I cannot believe how quickly the time has flung. At the time when I was with her, as anyone could imagine, I was managing a team of 5 assistants and oversaw other different teams on her staff. It was a 24/7 job. So for almost 11 years, I think it was 10 years and 10 months or something like that. It was 24/7, meaning I was on call 24/7 and it was a lot of travel and a lot of information managing and flow.

So I went from that to stepping out January 1st, 2012 and deciding I'm going to take a year off and call it The Libby Moore Gypsy Tour, which was 365 days and following my heart. That was really a leap of faith, because I did not know what I wanted to do after that.

So cut to 6 years later, the short version is my life is drastically different. I basically have created my life so that I have a lot of space and time to think, meditate, journal, connect with myself, connect with other people. When I'm meeting with people, it's heart to heart and energy to energy whether we're on a coaching call or we're meeting in person. That's what I love doing. I used to be on my phone constantly, checking, texting, stepping out to take calls, and that is the exact opposite of my life is now. It's a lot of coaching people. It's doing speaking engagements around the world, interesting different collaborations, creative collaborations. I always say I'm open to what's next. I don't know what it is, but I know it's coming and I like energetically

opening myself to that. The main thing that I have so much, space and time to really think. It's sounds so simple and it's a huge luxury.

[0:05:07.2]

FT: You sound so enlightened, and I can't be surprised by that. You spend a better part of 10 years alongside one of the most enlightened people on the planet who's dedicated her life to enlightening others. I want to go back to your first day. Well, even before then, the interview with Oprah. How did you prepare and how did it go?

[0:05:30.5]

LM: I am going to answer that, but first I want to go back to the enlightenment comment. I would say when you say, "You sound so enlightenment." I love that you say that. That's why because I meditated and smudged the room with sage before I did this call, because I like to get in the zone. But I am working on myself everyday just as I'm helping clients help bring them self into a higher vibration, the higher self. I just want to be clear about that. I love that you — That that's what I sound like, and I'm working on myself every day.

[0:06:04.9]

FT: It's a process. It's not a destination. Yes.

[0:06:06.8]

LM: Yes, exactly. There's no finish line for anybody even if you're the pope or anybody in a high-level position, even spiritual high-level position. They are still working on themselves. I just wanted to make that point.

[0:06:19.5]

FT: No. Thank you for making that distinction. I think that's really honest and true. So you had said that when people asked you about what was it like working for Oprah, it's like you don't

even know where to begin. So I will ask an even more specific question. Before you've even started working for her and you knew you were going in for the interview, and I'm sure there were many rounds, can you share a story from that and how did you prepare? Maybe to extrapolate, like how can we all prepare best for interviews that may seem impossible or intimidating or larger than life?

[0:06:58.0]

LM: Well, I'm going to tell you how I did it for myself, and everybody is unique, so I don't think that the way that I prepared is the way that everybody should prepare, because everybody is unique and different. The number one thing I would say is how do you prepare for any interview is how are you going to get into a zone of being yourself, your most authentic self?

So that term, being your authentic self, is almost out because it's been used so much and yet it's still true. How can you walk into that interview and be 100% yourself, because that is going to be the thing that makes it or breaks it. If you're trying to be someone else to get this job, even if you get the job, ultimately it's not going to work because you're presenting someone that's not you. You know what I mean? Lying about what you do or stuff like that, or acting like you're — I don't know. So the bottom line is just to be yourself.

For me, how I prepared for that, and I'm not a big prepare, like, "Oh, I have to go and study up on what's happening on the Oprah Winfrey Show or at the foundation," at all. I'm actually the antithesis, and I've become more so in the past six years. I haven't Googled people for meetings, and I think it's almost been six years, maybe five. Let's just say five. But even with this, I really don't know a lot about your show except that it's about money. Because it's an experiment that I've been doing over the past five years, if I just meet people heart to heart, energy to energy, we either flow or we don't, and that's fine. It's not good or bad. What happens when you just come from your 100% authentic self, from your heart. So that's a whole another conversation, which is super interesting.

With the interview for the prep, I really just got there early. It was at a hotel in New York City and I had several phone conversations with an executive recruiter in Chicago, the president of Harpo Productions, Tim Bennett. At the time, the director of human resources. So I had all these

phone calls prior to meeting Oprah in person in New York. It was at this very nice fancy hotel in New York City. I got there early. I went in the lobby. I sat in the corner somewhere, a quiet corner and I really just went into intentional thought prayer, whatever you want to call it. I think it's the same thing, to get in alignment with my higher self. The universe, source, God, whatever you want to call it, I believe it's all the same thing and we're arguing over what to call it.

So I sat in this corner and I said, "Wow!" in my head, this thought out into the universe, "Thank you. Thank you. Thank you for this opportunity. This is amazing. I'm about to meet Oprah Winfrey, and thank you for flowing through me," and when I say that I mean a higher energy, higher vibration, "Thank you for flowing through every atom cell and molecule in my body, mind, soul and spirit, and help me to be 100% myself. If I am meant to have this job, thank you for making it clear to her and to me. If I'm not supposed to get this job — Wow! Thank you for this opportunity to meet Oprah Winfrey."

The point is, is that I got into this mental state, this energetic state of gratitude, number one, and putting it out there, that thank you, not like, "Please help me to be myself," begging, but just saying to myself, "Thank you for this total confidence, calm and being 100% myself."

So once I walked into the lounge of this hotel —

[0:10:45.7]

FT: Can I just say I'm getting nervous for you a little bit? Like as you're telling this story, like I'm rooting for you. Yeah, you still have to get into that room and face Oprah.

[0:10:53.6]

LM: Sure. Yes. Right. Okay, I love that you just said that, because what's interesting is that I have found, and also with clients that I've shared this kind of general prayer/intention with — And I just want to make this note that people that I work with, at some point early in the intro call, I find out kind of where they fall with their — Not belief system, not like Christian or what's your religious thoughts, but just a very general question so that I can get their language. Some people in this case would be praying to God, and some people in this case would be praying —

Or not praying, just having this thought within their head to their higher intelligence, their higher self. Then there's a thousand different names we could fill in there. Do you know what I'm saying?

[0:11:40.9]

FT: Yes.

[0:11:42.3]

LM: Do you know what I'm explaining?

[0:11:42.8]

FT: Mm-hmm.

[0:11:43.7]

LM: Yeah. So once you set that intention, and I tend to do three deep breaths and slow exhales, you are calm, you're cool, you're collected and you're in alignment with your higher self. You just walk in in that state, and it can take 10 seconds or you could do it for 15 minutes. It's about taking that moment to get in alignment with your higher self.

From the moment I stated that intention and gratitude and all that and make it clear to her and me, and then I walk up to the host and said, "I'm Libby Moore. I'm here to say Ms. Winfrey." He took me over to this reserve table and I sat down, and then immediately after Tim Bennett, the president of Harpo had walked in and introduced himself I had already had a call with him. He said, "Oprah will be down in 5 minutes. She's on the phone with President Clinton right now."

[0:12:40.5]

FT: Oh boy!

[0:12:41.3]

LM: Right? This was October of 2000. Yeah, October of 2000. I said, “Oh! Okay, great.” Then in my head I’m thinking, “Oh my God! I can’t believe it! She’s on the line with the president and we’re about to have this — I’m about to meet Oprah.” I mean, very excited and yet at the same time very calm and just grounded.

[0:13:00.7]

FT: Not just meet Oprah, but she’s going to interview you.

[0:13:03.8]

LM: Right.

[0:13:04.4]

FT: Don’t we all want to be interviewed by Oprah, but not this kind of — I mean, it’s a unique kind of interview.

[0:13:08.2]

LM: Yeah, it’s a wild story. Yeah, it’s super unique. I realized that — When I was in it, I realized that — When I was in the job for 11 years, I realized — And even now telling you this story, I think, “Oh my God! That did happen. That’s amazing.” I never lost sight of how incredible that was.

So she walked in a few minutes later, introduced herself, sat down. As you would expect from Oprah, she just instantly made me feel calm and relaxed. She started asking me some questions about my job. At the time I was an executive assistant to Jann Wenner, the founder and publisher of Rolling Stone. I was the second assistant. Mary McDonald O’Brien was the first assistant at the time.

So we just started talking, and Tim was asking questions and we're all three talking. I wanted to tell this little nugget. There was one point where the waiter came over and said, "What can I get you to drink?" and Oprah ordered a chardonnay, and Tim ordered a diet coke, and I had that moment of, "Do I order the wine or the diet coke?"

[0:14:17.8]

FT: Oh no! It's a trap.

[0:14:20.4]

LM: Yeah, I really thought that thing. Like, "Oh my God! What do I do? What's the right move?" Then I just said what was truthfully me, and I ordered a glass of wine, and I think Oprah said something like, "Oh, nice choice." You know what I mean?

Again, even something that small, I was simply being myself, and I wanted a glass of wine, so I had a glass of wine.

[0:14:39.6]

FT: But also, Oprah had a glass of wine. So that helped.

[0:14:40.7]

LM: Yes, for sure.

[0:14:41.8]

FT: If she had ordered water, you weren't getting that chardonnay. Okay. Let's just make that clear.

[0:14:43.9]

LM: Right, exactly. I would have been like, “I’ll have the iced tea with the raw sugar please.”

[0:14:48.2]

FT: I’ll have the milk.

[0:14:49.7]

LM: Yeah, with a straw. Anyway, we talked for about maybe 35 minutes, and I will always remember this. At the 40-minute mark she said, “So what’s your plan?” I said, “What do you mean what’s my plan?” She said, “Your life plan. What’s your plan for your life?” In that moment I thought to myself, “Oh, crap. I don’t really have a plan. Should I tell her —” Again, I have that thought. Should I tell her what you’re supposed to say in an interview with Oprah Winfrey or do I tell her the truth? And I went with the truth. I said, “Honestly, five weeks ago I had been sending writing submissions to the head writer of The Rosie O’Donnell show for the past 10 months, because I wanted to be a comedy writer for Rosie. They were not responding. I never got a reply to any of the FedEx’s that I sent, which was a block away from Rolling Stone. So five weeks ago I was on the subway. I said this prayer, “Okay, universe. Where’s God? Clearly, you don’t want me to have this job with Rosie, so whatever it is you want me to do, every atom, cell and molecule in my body, mind, soul and spirit is open to it. Show me what it is. Be really clear. Shine a big, fat spotlight on it and I will do it. I just released that intention. Then five weeks later, I get this email from the recruiter about this, and here I am sitting with you, having a glass of chardonnay. If you leave this interview and you feel like I’m the right one for the position, then I would love to be your chief of staff, because it marries my seven years of experience as an executive assistant with what I’m passionate about. What I’m passionate about is what you are doing on the show in your foundation and in the magazine helping women and children around the world. But if you leave this interview and you feel like, “Oh, she’s nice, but she’s not the right one for the job,” then that’s okay too, because that means there’s a better chief of staff coming for, like right around the corner. If this isn’t what the universe has planned for me, I cannot wait to see what’s next.”

She just looked at me and we kind of held eye contact for like 1001, 1002, and she looked at Tim and said, “Okay, Tim. Let’s bring her to Chicago.” Yeah. He was like, “Whoa! Whoa! Whoa!

Oh God! We should have vetted her before this interview.”

She and I looked at each other and in that moment we looked deep into each other’s eyes and I felt like she got me, I got her, and boom, we understood. We understood each other in that moment. Then, of course, they got me out to Chicago and I had like all these interviews, from 6 am to 6 pm, a full day of interviews, dinner the night before. It was a lot of vetting. Then I eventually — I think it was like two months later, a month and a half later, I moved to Chicago and thought, “Oh, I’ll go for a couple of years,” and I stayed for 11 years until the end of the show. Yeah.

[0:17:45.2]

FT: What a story. I love that, because, really, what I learned in listening to you is that — Well, obviously, besides being yourself, it’s also being able to be at peace with whatever happens. I think sometimes when we go in for opportunities, I will be the first to admit that I’ve gone in for job interviews and feeling as though if I don’t get it, I’m not going to be satisfied. This is it. This has to be it, and if it’s not it, then I will crumble. I’ve gotten better at that. Obviously, experience and failure and age, puts a lot of things in perspective. That was mostly my behavior in my 20s. I just felt like, “Well, hard work should just speak for itself. A for effort, and resumes are everything.” But it’s really about connecting and it’s about — If you’re going to be spending all your life with this woman, which you did for 11 years, y’all better like each other.

[0:18:45.3]

LM: Yeah. I will say, I will be the first person to say, “I am not the best executive assistant in the world by far.” I mean, it’s shocking to me that I got as far as I did in that line of work. But the reason why I excelled at — I think Jann and Oprah even met each other. Jann from Rolling Stone and Oprah met each other at a party once, and she was like, “Oh my God! She said something really great about me and how I had helped her life.” He was like, “Libby? Libby Moore?” Yeah. I don’t even mind saying that.

[0:19:18.1]

FT: Thanks, Jann. Jeess!

[0:19:19.3]

LM: Yeah, I don't even mind saying that now, because at the time I was upset. But what's interesting is —

[0:19:27.1]

FT: You just bitter that you left him to go —

[0:19:28.4]

LM: No. Here's the truth. Mary McDonald was the lead assistant in that office at Rolling Stone. She had been there for, I think, like 25, 30 years ultimately. She was like, "I'm not going anywhere. I need a support person." I was like, "Right on," because I don't want to be the lead. I want to be the support person. We made a great team, Mary and I.

The things that I had to do as a support assistant, administrative stuff, answering the phone, filing, all that stuff, I hated. That is not me. I'm an artist. I'm a comedian. I'm a creative person, and I was in this box doing these things that I hated doing. So I can understand when why Jann would have that reaction, because I did not excel at the things or my tasks to do. But when I worked with Oprah as her chief of staff, managing the team at the most, I think at one point there were 5 assistants. Everybody was excellent at what they did. I didn't have to do any of them. I oversaw it. I am a major macro manager, like, "You're amazing. Go do it. If you have questions, let me know, because you're better at this than I am."

Then I was Oprah's key liaison. So I would meet with her in the morning, we'd go over questions. She'd give me feedback. I'd bring my team in, delegate everything and they would go off and do it. So I was really — And I love Oprah. We had a great synergy. We understood each other. My whole interest, I believe, that I wasn't brought in this kind of — When I left, I said, "I feel like I'm taking off a Halloween costume," because I never felt like this kind of assistant-y type, chief of staff type person at all, but I understand in hindsight why I had all these

experience to build the cement foundation for what I'm doing now. To learn by Oprah's side for 11 years, my God! The people that I met through her, watching the show, two tapings a day, three times a week, all the information that I got there, it was like the Harvard Business School of human nature. Learning about human beings, spirituality, which is my — I love that. I feel like I went to the Harvard Business School of life working with her. That was my role. Do you know what I'm saying?

[0:22:00.2]

FT: Mm-hmm, and you're being recognized for that. Forbes called you 40 Women to watch over 40. I wanted to get that right. They obviously think that you're headed for even more — I don't want to say success, because like we throw away that word all the time. But I guess a bigger purpose in life and even a bigger audience and connection. Where do you see yourself or where do you want to see yourself in the future? Even though I know a part of you is sort of like leading — You said you're just sort of waiting for that big opportunity. But if you had to design it, how would it look?

[0:22:43.3]

LM: I would say, number one, what I love, love, love doing — And I didn't think I would ever do it. I mean, when I first left the job with Oprah, I was asked to speak at conferences and stuff like this. I would say, "Oh, thank you so much. But no, I'm going to pass." Because I thought, "What? I don't even know what do I have to say." That's really where my head was. I didn't understand it.

Then as time went on I thought, "Oh, this might be an interesting platform." As I got to understand who am I. Who am I if I'm not Oprah's chief of staff? Who am I if I'm not living in Chicago? Who am I if I'm not in LA? All these stuff that you strip away, once I understood who am I more so, because I still think I'm unveiling what that is. Then it comes into light of what you want to do.

I started doing speaking engagements on — There's a whole circuit of executive assistants, HR, managerial type conferences all over the world. I got into that circuit, and I loved it. So I love,

love, love doing speaking engagements. I've been to Sydney, Australia, in Auckland, in Rome, in Switzerland, in Johannesburg, and I just love it. I love the travel. I love meeting the people and I love sharing my experiences in a very open and vulnerable way.

So that other people can say, "Oh my gosh! She's just like me." Because I am. There's no different. I didn't have hookups at Harpo at the time. It wasn't like raised with a silver spoon in my mouth and all that kind of stuff. It's like really about — I call it following the bread crumbs, which is following your heart, which is following what feels right, and I've gotten fired from a couple of jobs earlier in my career. I look back now and go, "Thank God that happened," because it recalibrated me and pointed me in the direction toward the job with Oprah.

[0:24:43.8]

FT: There's an expression, like every no just gets you one step closer to a yes.

[0:24:48.7]

LM: Yes, exactly. Again, I had moved to New York because I wanted to write for Saturday Night Live. That was my dream, and I was taking standup and sketch classes and [inaudible 0:24:59.9] doing all that stuff, and I got into a little sketch comedy group. The whole executive assistant thing kind of fell into my lap, like I started working with Maury Povich in the early 90s as his personal assistant, and then the Rolling Stone thing and I kept going, "Why am I doing this?"

I would say to people that are in a job now that maybe they're not loving, it might be just — You might be gathering information for that next step, that next phase, that next job that you're going to love. That, to answering your question, I love speaking around the world. I've spoken everywhere, from the women's jail at Rikers Island to ABC Disney and Chobani Yogurt. It's a little bit of everything. I love that.

I'm just open to creative collaborations. I have some big ideas and things in the mix that I can't share right now, but I'm super open.

[0:25:55.0]

FT: We'll be keeping tabs on you for sure. I would love to go back to the Libby Moore Gypsy Tour for a second, and I read that you — You also explained that. It was 365 day excursion. You followed your heart to see if there's truth in — Specifically, follow your bliss and the money will come. I wanted to ask you about that. Is that your money philosophy? Follow your bliss and the money will come?

[0:26:24.5]

LM: Well, I wouldn't say that is my money philosophy. I honestly — I feel like what my money philosophy is, is when you are in alignment with your higher self — Do you know what I mean when I say that?

[0:26:43.4]

FT: Well, I would love you to hear you explain it. I think I've heard that a lot and I think I know what it means, but I want to hear how you interpret that.

[0:26:51.9]

LM: Okay. Again, basically, at the core we're all energy. We know that — People will argue over is there a God, is there not a God? Some people will say, "There's definitely a God." Some people will say, "No. There isn't. It's me, my decisions, and that's what creates my life." Then there's millions of little increments in between of what people would call that or not call that, right?

But what we all agree on — I don't know what grade we learned this in grade school, basically, that we're all energy. We're made up of atom, cells and molecules. We're all energy. We'll all agree that as people, as human beings, we make good decisions and bad decisions. Every single person on earth can say, "When I made this good decision, this happened." People can say, "When I made this bad decision, bad happened." Each one has a reaction. You make a decision and there's a result that comes from that decision.

Whether you call it higher self who makes the good decisions, and lower self who makes the bad decisions. Let's — For sake of explaining it, it's same thing. Higher vibration, lower vibration, because atoms, cells and molecules, which we are made off are moving, and when they're moving, that's what we call energy. Are you with me so far?

[0:28:13.4]

FT: Yes, I'm totally there.

[0:28:15.2]

LM: So when you think a thought, "Oh my God! I'm going to be amazing. I'm going to get this," or "This job is so perfect for me." That thought — You're walking into an interview with that thought, you're then putting information into these atom, cells and molecules. You're literally putting information into those atoms, cells and molecules. I feel amazing. I'm in alignment with my higher self, whatever it is. As those atom, cells and molecules are moving that energy, that energy ripples out to the world. It ripples out to the person you're meeting with who is also energy and receiving that energy before you even walk through the door. So what you ripple out, you get back.

I would say, to answer your question, that my money philosophy is when one is in alignment with their best self, as Oprah would call it, or your higher self, or your higher vibration, or God, source, universe, whatever you want to call it. That is when the money happens. When you're not, it doesn't happen. I have experienced both of those things throughout my life before Oprah, during Oprah and after Oprah, and it's amazing. But it's so simple and it's true, but that's my philosophy. I would say, I've never thought about what my money philosophy is. Number one, when you're in alignment with your best self, your higher self, your higher intelligence, smart decisions, best decisions for you and your future, that is when the money comes.

[0:29:50.8]

FT: Sometimes though the money comes because we have to ask for it, right? We have to ask for it. We have to go in and ask for the raise. We have to negotiate. We have to make our own money and ask for people to pay us. I wonder how that correlates. So maybe we could put that into action a little bit, like really a good example of how it happened in your life or how you've seen it happen.

[0:30:15.1]

LM: Okay. You're 100% right in what you just said. So I would say in order to have the courage to go in and ask for a raise, you have to be in your best self. You can't feel meek, "Oh, I don't deserve it." Most people are thinking, "Oh, they're not going to —" If I ask, they're not going to give it to me, and they never even ask. [inaudible 0:30:36.5] I would say in the category of lower self, I'm not good enough, I'm not worthy, right? A lower vibration essentially.

[0:30:44.0]

FT: Playing small as we say sometimes.

[0:30:45.6]

LM: Yes. Let me tell you, it's not brain surgery. Like everybody's thing goes back to their childhood, whatever that assembling block between birth to, let's say, 13-years-old. Whatever that thing was that happened to you that you're now dragging through your life, that's a steam that comes up in every relationship, every work position, someone at work, a friend, whatever, until you recognize this and start dealing with it. Basically, yes. In order to have the courage to step up to your manager or whoever you're speaking to to ask for that money, and even if they say no, to come back again. That takes courage, and that's stepping into your higher self, your higher vibration, your higher intelligence. Being aligned with your higher self, your higher energy, right?

[0:31:31.0]

FT: Yeah! You have to be so brave and have such a thick skin to go in and ask for what is deservedly yours. Still, we're not fluent in having those conversations yet. At least I know it's not really something that we learn growing up. You mentioned childhood, which we do touch on on this show often, because I agree. It's hugely correlated to how you relate to things as an adult. I feel as though you might have had an interesting upbringing. You don't just arrive at a place where you embody the mindset that you have, the appreciation that you have for respecting the higher energy and being what seems to be like — I know it's a work in progress, but you are enlightened, Libby, and more so than I would say other people. How does that — What does that say about upbringing? Did it have anything to do with how you are today?

[0:32:33.4]

LM: Definitely. I feel very grateful that I have wonderful parents who are still married to this day. They're in their late 70s. I think they've been married for like 50. I should know, but 50 some years. I grew up Episcopalian. So that was my foundation, my base. I don't identify as an Episcopalian today only because it's too narrow for me.

What I've learned in particular throughout my life, my aunt gave me a book called *Creative Visualization* by Shakti Gawain when I was about 23-years-old. That opened my mind up so much. A friend gave me *The Power of Positive Thinking*, Norman Vincent Peale. That opened me up so much. When I began working with Oprah, she gave me — Of course, everything just exploded and expanded once I began working with her, and I'm so grateful for that time. Within the first week, Oprah gave me a book called *The Four Agreements*, by Don Miguel Ruiz and said, "Everyone who works me must read this book." That opened up me so much. Then she suggested another book, *The Power Within* by Eric Butterworth. That opened me up. It was like a blossom, like a rosebud just opening and opening and opening.

To me, I'm grateful for my Episcopalian upbringing, because it laid a very nice foundation for me, and yet I'm just so much more opened minded and I believe in so much more, the universe and stars and energy and all of that.

But I will go back to my — My parents gave me a very solid foundation. Even when I go home, they're still in the old 1800s farmhouse that I grew up in, and it just feels very grounding.

[0:34:19.5]

FT: Where did you grow up?

[0:34:20.3]

LM: In Berlin, Maryland. A little town on the eastern shore of Maryland, about 7 miles from the Atlantic Ocean, west of the Atlantic. A very small community, about 3,000 people, and farming community. The closest city would be three hours away, Washington, Philadelphia, Baltimore. My mom, she used to drive us to Washington to get clothes for like — I don't know, the new school year or something like that, and it was three hours to Washington. We would shop and turnaround and come back, because she grew up in that area.

Before we would leave the driveway she would say — There are four kids in the car, station wagon. Old Ford LTD. She'd say, "Dear, Lord. Thank you for wrapping the white light of Jesus around this car and getting us to Washington, D.C. and back safely. Amen." Then vroom! We drive off down Route 50.

So that was something I heard as a little kid over and over and over when we'd go on these long trips. Now it's just that my languaging has changed, but the energy is the same, right? My mom speaks about it in a very religious way in content. Then I speak about it in a more general energy way. Yet, we're talking about the same thing. That's my belief.

[0:35:38.7]

FT: Isn't that true of all religions? We're all kind of just saying the same thing.

[0:35:42.8]

LM: Thank you for saying that.

[0:35:44.8]

FT: Okay. I'm not a religion expert by any stretch, but I feel like that's my takeaway.

[0:35:50.4]

LM: Yes. I would say that is absolutely my takeaway. We are arguing — Actually, I want to write about this someday. We are arguing over what to call it, and we're even killing each other over what to call it. Therefore, we're missing the power and the magic in it that we all have, that we all have, and we're just arguing and fighting. I mean, I see it clearer and clearer and clearer. I've been in this experiment that's been lasting about six years now, but it's getting even more refined where I got rid of my TV over 3-1/2 years ago. I haven't Googled people in, I think, 5 years let's say. I've never been on Facebook. I'm not on Twitter. I stopped reading the news during the debates, because I never watch one between Hillary Clinton and Donald Trump, because I heard what people are saying. I knew who I was going to vote for, and I spent time with people and all they're doing is talking about this person or that person or why they didn't like them. I'd leave feeling like, "Wow! I just spent two hours with my friend and didn't connect with them heart to heart, energy to energy." If something happened to one of us tonight and we never see each other again and if they die, that's how we spent our last two hours, and I don't want the media, social media, all these crap managing me. I'm going to manage it. I stopped as an experiment reading the Daily News and to see how quickly the most important news would come to me organically, and it's no more than 24 hours.

[0:37:20.3]

FT: Yeah, the news will find you if it's important enough.

[0:37:22.6]

LM: Yeah, absolutely.

[0:37:24.3]

FT: I want to ask this question. It's brought to us by our friendly sponsor, Chase Slate. It's a good question. What is one big ticket item, Libby, that you are currently saving up for?

[0:37:36.3]

LM: Oh! Great question. I would say a house in Cape Town, South Africa.

[0:37:45.3]

FT: Really?

[0:37:46.1]

LM: Mm-hmm.

[0:37:46.5]

FT: Tell me why.

[0:37:48.3]

LM: My partner is from Cape Town, and we've been doing the long distance thing between New York and Cape Town. People that complain about New York to LA, I'm like, "Oh, honey. Let me tell you."

[0:38:02.7]

FT: That's like a fourth of your trip ticket. What? 18, 12, 17 hours?

[0:38:07.7]

LM: Oh my God! I think 18. Yeah, about 18. We want to be in New York, Cape Town and other place.

[0:38:19.0]

FT: That's like bi-continental sort of, like bi-hemispheres.

[0:38:23.9]

LM: Bi-coastal. Telling my friends, "Hey guys, guess what? I'm bi — Wait for it. Continental.

[0:38:30.3]

FT: Yeah. So what is a money habit that you practice every day or every week, a ritual so to speak?

[0:38:43.1]

LM: I would say, and this might sound a little woo-woo for your listeners.

[0:38:52.8]

FT: We like woo-woo. We can dig in.

[0:38:54.7]

LM: Okay, good. Every morning, I get up, I meditate, I do intentional thoughts/prayer. Then I journal. In that intentional thought and in my journaling, I'm always writing the abundance of wealth that I have. I don't just mean financial wealth. That's certainly a part of it. I'm happy, healthy, wealthy and wise, and that's wealthy in a lot of different ways. It's holding it there.

By the way — I mean, this could be a whole another conversation. Yeah, we can continue from there. That's it. It's intentional thought. It's holding myself in that space.

[0:39:38.9]

FT: I wrote a piece for Oprah, the Oprah Magazine, O, The Oprah Magazine, about how being grateful can actually lead to more money, because there are many reasons why. I mean, it's just good to practice gratitude in general. It leads to more fulfillment in life, but it can also lead to more fulfillment in your financial life and more wealth. I think because you start to really identify what is important in life, and you focus on those things. It's just a better way to structure your sense of life. By structure, I mean like prioritizing and seeing really what matters. I think, again, to your point earlier, investing your energy towards those things can lead to more abundance, more happiness, more fulfillment.

[0:40:36.4]

LM: 100%. What you focus on expands. What you focus on expands. Period. If you're in that space, which I have been in before of like, "Oh my God! How am I going to do this? How am I going to make these ends meet?" blah-blah-blah. Is that you just get more of it. Then you walk into, whether you're meeting your friends or an interview or anything, and you have that kind of desperate energy or like that freaked out energy. It is essential.

If there's one message I have in this conversation, it is your thoughts create your life. It's been around since the beginning of time. This is not a new thing. Dr. Wayne Dyer talked about it. My God!

[0:41:14.6]

FT: I love it.

[0:41:15.9]

LM: Right? Your [inaudible 0:41:17.7] create your life.

[0:41:17.4]

FT: It's so empowering, because — Yeah, the buck stops and starts with you. I think that's another way to so money-ify that thought.

[0:41:27.0]

LM: Yes.

[0:41:27.9]

FT: Libby, I want to have you back a million times over. But whenever — We'll space it out, but I can't wait to catch up again.

[0:41:37.6]

LM: Yeah, let's do it.

[0:41:40.0]

FT: Thank you so much for being on the show and sharing your past and your present and your future with us. We look forward to following you.

[0:41:51.4]

LM: Thank you. Thank you so much. I really appreciate you having me on this show, and I also want to say thank you to Brian for introducing us. My favorite description you said of him is the super human. That is him. He's super human heart. Yes, I love him.

Thank you. Thank you so much. I appreciate it.

[END]