



Creating a Haven of Peace

Episode #251

Ray: *Ray Edward Show*, episode 251, Creating a haven of peace. This is where the special effects would usually come in.

Sean: Yes, this is where they usually happen.

Ray: Let's talk about why we're not doing it. The first reason in all transparency is, it's less work if we don't do it. But I'm also inspired by Cliff Ravenscraft has recently stopped using all music and special effects on his podcast. I'm not saying that I'm not going to use that stuff in the future because, I have people who would start a rebellion if I didn't have the jingle.

Sean: Yes, I know. Your people love that song.

Ray: We will be bringing back the jingle and some production elements. But for a couple of weeks, we're going to try this simplistic, this minimalistic if you will approach to the podcast. You look concerned. Are my levels too loud? I'll just turn them down a bit. That way I'm not splattering.

Sean: There you go.

Ray: I could read your face. Don't decide to go on the world tour of poker.

Sean: Got it.

Ray: All right. Let's start with -- we normally do our tip of the week.

Sean: Tip of the week.

Ray: We should tell you what we're going to do. This is going to be an interview podcast. We're going to be interviewing Joanne Fairchild Miller. More about that in a moment. But before we get to the interview, let's talk about tip of the week. The thing

that I want to talk a little bit about is, the big news in the world of Apple, which is iOS10.

Sean: Well actually the big news in Apple is that they killed the headphone jack or at least they are trying to.

Ray: Okay, that is the big news. We'll touch on that as well. You actually ordered the iPhone 7?

Sean: I did.

Ray: First, let's talk about iOS10. Do you like it, or do you not like it?

Sean: I love it, it's great.

Ray: So do I. We were talking with my wife, your mother. You didn't know that?

Sean: I didn't know that.

Ray: Now you know. The family secret is out. We were talking about what the difference is. I don't know if you agree with this or not. You and I didn't talk about this. I feel like it's more iterative than it is revolutionary. It's not such a huge change you'll go, "What happened to my iPhone?"

Sean: No. It's like when - I think it was iOS6 - no it was iOS7 when they did the huge face lift to the more flattened thing. It's not like that big of a jump. The real cool thing is the new 3D touch integrations.

Ray: I love that. If you don't have an iPhone 6S or higher, so that would be 6S Plus, that's the only higher you can get.

Sean: It's the only higher you can get now, or the 7. The SC doesn't work. It has to have the 3D Touch.

Ray: But that is so cool, because when you touch the screen for certain functions, you could feel feedback. It feels like this screen is three dimensional.

Sean: In the previous version had some 3D touch in it.

Ray: It was more of like a little buzzing, vibrating.

Sean: Yes, it wasn't as integrated as it is now. I just feel like it's going to continue more and more integrated into the OS.

Ray: I'm finding it's hard to describe to people who haven't experienced it.

Sean: Yes, it is. It's like I can't really explain it to you, but once you get used to it, you just get used to it.

Ray: You're getting - I guess I would try to describe it this way - you're getting tactile feedback from the phone letting you know that you've pressed the right button, or that you've started the right function.

Sean: There are new menus, and functionalities now that the screen can detect pressure. Like icons, quick links, and-

Ray: That's important because, if you don't put enough pressure on it, it won't activate those things. It's really amazing if you think about it. We're only a few steps away from Minority Report technology. I'm loving that. Plus, the new iPhone 7 apparently does not burst into flames randomly.

Sean: I hear that's one of the benefits.

Ray: When you get on an aircraft to take a trip-

Sean: They don't tell you to power it off?

Ray: They'll make an announcement saying, "You can't use this phone on the plane. You can't charge it while you're on the plane. You can't put it in your checked baggage. They might as well say to Samsung users, "Your phone is so dangerous, just throw it away."

Sean: Do not bring it on this airplane. Sorry Samsung.

Ray: I really am sorry.

Sean: That could've happened to Apple.

Ray: I don't celebrate that for anybody, but it was good Apple.

Sean: It was good for Apple, it could happen to iPhones. It's just the precarious nature of mass producing batteries.

Ray: Yes, absolutely. iOS10 thumbs up. Why did you order? You have an iPhone 6S. Why did you order the 7?

Sean: I want to go the plus, because I've used a bunch of people's pluses and they're cool.

Ray: Once you try the plus, you'll never go back.

Sean: I know. The new plus has the dual camera on it, which takes really awesome low light photos and can do a cool blur background thing, will be able to. I don't know, I was reading the [unintelligible 00:04:48] a lot of new horsepower, a lot of new features. There's a part of me that was like, "Well, let's get in on this controversial thing, and just see how life is without a headphone jack."

Ray: Yes. Now, before you've experienced it, what are you thinking about that, are you feeling kind of weird about it?

Sean: It's a little weird because it means I'm going to have to buy some new plugs, and things like that. I'm also intrigued to see what happens. Every time Apple has done something like this, people have always kicked and screamed, and then six months later to a year, everyone's doing it.

Ray: First, it was the floppy disk.

Sean: Then it was the CD drives. Then it was wired anything. It was flash. Flash was the last big one. They still support flash.

Ray: I forgot about that, that was a huge controversy. We're going to stop using Apple products because you won't let us Flash.

Sean: Adobe, everyone came to like Adobe's defense. The flash was amazing, but over the next six months service providers, and different websites started dropping flash. Now, people still use flash but it's not nearly as prominent as it used to be. HTML. Anyway, I was like, "I don't know. We'll see. Maybe it will be a fail to experiment, and I'll be one of those people that had the weird phone without a headphone jack, or maybe technology will advance and people will leave the headphone jack behind."

Ray: I can't decide whether to go ahead and order it, or to wait and see how things go for you. I've got these moment lenses that I use on my current iPhone 6S Plus. They won't work with the 7, which gives moment an opportunity to sell a bunch of new lenses. But not to me, I don't think I need to buy more lenses.

Sean: Since the phone now comes with two.

Ray: Yes. Right. That is intriguing to me.

Sean: Anyway, iOS7, Apple stuff is fun. We're Apple dorks.

Ray: We are, but we're in good company.

Sean: Yes, we are.

Ray: Spiritual foundations, I want to talk for just a moment about -- it's weird because I don't have the music.

Sean: I know, right. It's usually like the queues. It's like the transition. It's like all right, it's a nice and clean transition.

Ray: You can pause for a moment, and let it set the mood. You'll feel more spiritual. It's like when you're in church if you're praying a prayer, it always sound more spiritual if you've got the music going in the background. But that's another discussion.

The book that we're talking about this week is called *Creating a Haven of Peace*. It reminds me of when Jesus sent the disciples out, and he told them when they go to a house to release their peace on the house. Check me if I'm remembering this correctly. If a person of honor lives there, then the peace will rest on them, and they should stay with those people. If it doesn't rest on them, they should let their peace return to them and-

Sean: I'm not remembering this passage.

Ray: It's quite bizarre. My response to it has always been, "I don't really know what's going on there."

Sean: There are a lot of passages that I do that to.

Ray: Because it's puzzling.

Sean: It's like, "Ah."

Ray: But I do have this explanation. I can't really back this up with a theological citation from some textbook. After listening to several different teachings about it, and reading the text myself a few times. I don't have it right in front of me. I haven't really prepared a sermonette for you today. But this is what I think is going on. I believe that as believers, we carry peace in the form of the holy spirit. The holy spirit - now, this will be hard for some people to take - as a believer, the holy spirit is in you, but may not be on you at all times. Resting on you.

That confuses people, and they really don't know what that means. It doesn't mean that you're not saved anymore. "Oh, the spirit is not on you, so you're going to hell." That's not what it means. In my humble but accurate opinion. Thank you Rick Butz. I miss that guy. I believe that when the spirit is resting on you, like you've opened up the channels of communication, of communion with your father, the spirit can rest on you because, Bill Johnson describes it like this. He says, "Imagine that the spirit is resting on you like a dove, and you don't want the dove to fly away so how do you move? Very carefully."

As he puts it, he actually doesn't put it that way. He says, "You move, you make every movement with the dove in mind." You make every movement with the peace of God, the spirit of God in mind. If you let that rest on someone else, you send it to them, you impart it to them, and it comes back to you, in other words they reject it. Then you know that they're not in communion with you at that moment, so your peace returns to you. It's a weird spiritual idea. I believe as we become more sensitive to the spirit resting upon us, and whether it's resting upon other people, whether they're sending it back, they're refusing it, rejecting it in other words, we can become very sensitive to the spiritual surroundings that we're in. We can read the room if you will. That's useful in knowing what you're dealing with. This is going to freak some people out. But I feel like I can walk into a room with someone and often tell, not from their facial expression, not from the words that they say, not from the way that they're moving their body but spiritually I believe I can sense if they're depressed, if they're angry, if they're agitated, if they're sad because of that

phenomena of releasing the peace and feeling how -- it's almost like a spiritual echo location. I'll leave it at that. Let's just leave it at this, peace is a good thing, you should carry it and you should let it rest on other people whenever possible. Does that sound okay enough, do you think people will be able to sit with that?

Sean: I think people be okay with that.

Ray: Let's get to our interview, speaking of peace, Joanne Miller will listen to this interview now and think, "Oh my gosh, I didn't hear that first part before I agreed to be interviewed by that guy." Joanne Fairchild Miller is somebody that I've known for quite a few years now. She's married to a good friend of mine, Dan Miller who is the creator of the book, *48 Days To The Work You Love* and The 48 Days Community. Interestingly enough this year is their 48th wedding anniversary. They had a big celebration which apparently I didn't notice the invitation.

Sean: Were you invited?

Ray: I think I was. But anyway it was a huge celebration, people came in from all over the world because they're a delightful couple. They're just lovely to be around and when you go to their home, you've been there.

Sean: Oh yes.

Ray: There is a sense of peace in their home. That's what this book is about. How Joanne creates that haven of peace and it says on the back of her book, "What is sanctuary? A place of asylum and immunity, a place of peace and unconditional love, a place to escape from the everyday stress of life. An attainable retreat accomplished through intentional living." I love that and she talks about all of that in this interview, so let's get right to it. I'm so excited to have Joanne Miller on the call today and I should say on the show today. See how I'm stuck like 20 years ago. Everything's a call to me and these kids today Joanne, they don't do calls.

Joanne: They don't, you are so right. They don't know what it's like to do calls or have a party line.

Ray: I had to explain to my son what a party line was and I had to explain to some young person recently, I had to explain what a rotary dial phone was.

Joanne: Yes I so remember Ray.

Ray: Let's don't go down that road too far. I remember the first time that I visited you and Dan in Franklin and I walked into your home. I just felt, and I think I expressed this to you at the time, "It just feels so peaceful here." It was really like stepping into a different world. I knew at that time that there was something special about what you had created there. We had subsequent conversations about it when I was there on different visits. But now you've written a book which I think encapsulates so beautifully what I experienced before I even knew what it was. That is what you call

'creating a haven of peace'. Could you explain that and what prompted you to write the book?

Joanne: Certainly. It's interesting Ray that you share that you felt such a sense of peace. When we got this piece of property which has been about 17 years ago, we were coming out of a great valley of having a huge amount of debt. Having lost our house, having lost our self-confidence at times and wondering what on earth is going on because it seemed like we were doing everything right. But everything wasn't going right. We lost our business and our home and so on and so forth.

But during that time we really worked hard. It was really a 12-year period of trying to recoup what we had lost in the way of stuff and get to the point where we could actually own a house again. But we really worked hard on creating that haven of peace, didn't matter what we lived in, if we lived in a house trailer or if we lived in an apartment or sometimes in the upstairs bedrooms of my in-law's house, whatever it took to get through that long time of regaining some momentum and finding out where we were going.

We got at this place that we are in now and we have nine acres. It suggests we really think a very peaceful place. Not far from all the activities but really back off the road and our own little retreat. But when we got that, I was so grateful and so excited. It was not a mansion, it's not a huge house, it's about utmost 3000 square feet and it was an old farmhouse. It certainly needed updating and a lot of things but to me it was a mansion, it was paradise. We walked and walked and walked around the perimeter of this property and prayed, "God help us to use this area, this place, this land, this house to bless other people and to bring peace into their lives," and oh my stars have we had opportunities to do that.

You've been here, you've seen that. You've been to some of our events. You've seen how people do feel welcome and they do feel at peace. We hear that often as soon as they hit our land. They say that they just let down all of that stress and feel a great sense of peace and I thank God for that.

Ray: Well, I thank God for it to because every time I've come here to your home, I came there with a load of things on my mind because I've been so busy the last couple three years. Couple of 40, 50 years. I had that experience of just walking in and feeling like I was home and it was so peaceful. I came home from the first time of visiting you and Dan and I said to my wife, "There's something about their place that I want to have that in our home. I want to be able to welcome people into an environment like that."

I believe that you demonstrate in the book very readily how to do that. But I would like to back up. I would like to zoom out on the story because I think there's a there's another foundational piece here and that is the relationship that you and Dan have. I think you have a remarkable marriage from everything that I can see. Could you in like two minutes explain the secrets of a remarkable marriage?

Joanne: In 2 minutes?

Ray: Okay, maybe you can take 4 or 5.

Joanne: You know it's interesting, when I did this book, I had all three of our children do their own little excerpt. Just their memory of what the home that they grew up in. None of them had read what each other had written nor did I share anything about it with any of them. But all 3 of them pretty much brought to the forefront the respect that we had in our home. Ray that's a big word for me. I don't think I experienced much of that growing up.

My opinion or my thoughts did not really register much. I lived in a single-parent home and I really became surrogate spouse. There was some abuse and there was a lot of things I didn't want to emulate. But we made a conscious effort to draw lines and say, "You know this is not going to go any further." We started really early on as really teenagers. I met Dan when I was 17 years old and he was 18, so we were kids. When I look at my 20 year old grandson or my 19 or 20 year old granddaughter, I'm looking at how young they are and thinking, "Oh my stars, I was younger than that when I got married," and it amazes me. But we grew up together and we learned right off the bat, "What does respect mean?"

We looked for mentors who were doing it right. We looked for people who were doing marriage right especially relationship. Parenting, even business and all kinds of different areas because trust me you can't find one person that's perfect in all those areas, I think that's called God and there's not too many of those walking around on earth. But we would find mentors for specific areas and they taught us how to respect one another by how we talk to each other, how we treated each other, how we approached our hard things and talked about them such as, how do we fight?

I hate that word, I don't like that. Fighting to me means violence and I had too much of that in my upbringing. We can have robust discussions but fighting is not part of our vocabulary. It's just learning how to treat each other the way we want to be treated. If we take that really

[Sound cut 00:20:00] seriously, we're going to be great to each other, and we respect each other because of that. We don't just let our hair down and just become like Popeye, "I am what I am so you better accept me whether you like it or not." That's just not the way we roll.

Ray: That's so good. To make sure that this doesn't feel too abstract to those who are listening, can you give a specific example about how we might show respect in a marriage?

Joanne: Yes. Definitely. One is to really listen to one another. Because a relationship is more than just words. Listening by watching. Listening to those things that are not said but felt. If you have a good relationship or really trying to work towards having a good relationship, you listen to so much more than just the words that are uttered. You become -- I don't like to say that we become one to the point where we forget who we are intentionally or intrinsically who we have become and what is unique about us. But I do believe that, especially the longer we get married, I can read Dan very well. He can read me very well. I think in most relationships that can be true.

However, sometimes we don't like that. Sometimes we want things our way. I know with Dan and me, whenever we're making a decision or we're having a robust discussion or whatever, one of the goals for us is -- well let me just say two that I think are really important. One is practice being kind instead of being right. That's very important because sometimes kindness means backing off and not just trying to prove a point. Or to be the one to be the winner which brings up the second point.

Whenever we have a discussion or whenever we're making a decision, it needs to be a win-win for both of us. Not that I win, you lose. Because that doesn't settle right usually. That's not the relationship we've always had. We've had let's work this out so that it's comfortable for both of us. That means compromising and that's okay. It really actually a good relationship involves a lot of compromising.

Ray: Yeah. I agree. You and Dan have been married-

Joanne: 48 years.

Ray: How can I forget that? 48 years.

Joanne: Yeah. Exactly.

Ray: That's remarkable in today's society. Elaine and I have been married over 30 years. In the beginning, I thought compromise was a bad word. I thought it meant some kind of lower grade of relationship. But I've learned, I believe, and I'm not always perfect at this, I'm still practicing, but I feel like compromising in love is a higher level of relationship.

Joanne: Absolutely. If you don't do that Ray, somebody is inevitably going to lose. It's going to feel like they are the underdog or they are the one that got aced out or their opinion doesn't count. That's not what you want in a relationship. A relationship is full of compromises. It's full of coming to agreement step, make everything be a win-win for both the two of you as a couple but also for your entire family. Which brings up another issue which I talk quite a bit is that I do believe that home needs to be centered around the relationship of the couple, the adults in the home, not the children.

Ray: What?

Joanne: I know. It's revelational, isn't it?

Ray: I wish you would spend a little time on that because I do see that reversed so often and it seems like it's the cause of a lot of problems.

Joanne: It really is because what happens is that you start undermining one another's authority. In some cases it becomes almost a game of cat and mouse. But also, you have to have a hierarchy of control in a home, I believe. In our home, we always said it was not a democracy because we could easily get outvoted because we had three kids and there are only two of us. We had a benevolent dictatorship. We were very kind, very respectful and loving to our children and yet they knew that

the ultimate decision making was left to us. They drawing of boundaries, the discipline, etc. The authority figures are us. I hear a lot of parents talk about how, "Oh we're best friends with our children". Well, yeah, I am too but that's secondary to the fact that I am first the parent and I'm always going to be the parent. Even as an adult though, it's very important to remember to continue to respect your children even when they are adults. I see that violated too.

Going back to what we were talking about, I think a child-centered home is destined for disaster. Because one of the main things that I see quite often in my peer group is that by the time they get to my age, they don't have anything left. There's no relationship there. They've got a lot of years left. Let's face it Ray, we're all living a lot longer. What are we going to do with those years? I want to do it happily. Don't laugh at this, but I do believe in living happily ever after, but I think it's intentional. I think we have to plan for that and we plan or planned early on to have time when our kids were grown and gone and out of the house to have time for us. It's an exciting time for us. It can be a real romantic and a very fulfilling time for us, very productive time for us. That's important to remember, it doesn't happen if you have a child-centered home usually.

Ray: What about someone who's listening right now and just heard all that and realized they did not have that, and they're feeling like well it's too late, the kids are gone and we don't have a great relationship now, we're like roommates. What do you say to that person?

Joanne: I think that there are some definite steps that you can take to rekindle that. It happens Ray to the best of us. Even with the best intentions, we put ourselves -- I think mothers especially are so guilty of putting so much of ourselves into keeping that haven of peace. Being the mother and being the supportive wife or sometimes being a career wife, that kind of thing. We forget to do simple little things like just taking time for one another. That can be started at any point in a marriage. I don't care if you're a parent of young children to say, "We don't have time for date night or we can't afford it." I just think it's making excuses. There are ways to do it. We did it. We couldn't afford it. We lost our home and everything. We still kept date night. We didn't have two nickels to rub together most of the time. We still kept date night. We kept family night. That was separate, but date night was just for Dan and me.

Making time for one another is important. If you have small children, put them to bed at 7:00 and spend between 7 and 9 or 7 and 10 having fun with your husband or your partner that you love and want to rekindle romance. Find common interest. Dan and I have done ballroom dancing classes. Let me tell you, it's not like either one of us are very good at it, but you cannot take ballroom dancing classes and not laugh at yourself. It brings out the giggles like no other. Take an art class together, do something together. I go to car shows with Dan because he loves it. We hold hands and walk through it. Look at the classic cars and wonder whatever happened today's car, they all look alike. Do things together. Play things. There's hardly a day ever goes by that even at this point, and Dan and I are in our late 60's, that we don't play a game.

We play games every day. I have at least one or two different kinds of cards in my purse that I take with us everywhere. If we're in a restaurant or in an airport or having to wait somewhere, we pull up the deck of cards and we'll play a game of Skip Bo or we'll play Quiddler or Rummy or something just to giggle and talk and interact with one another. Games are a great way to do that. There's just so many ways of really keying into one another. Again taking time though I think is probably the most important. It does take time. Anything worth having that's really good is worth working for.

Ray: Amen to that. There's a quote from Dan in your book in your chapter on living happily ever after that I love and he says, "It's never too late for a new beginning."

Joanne: Exactly. Doesn't matter how old you are. There's always a chance for a new beginning and I think that's what makes this world as wonderful as it is. You can always start over again. You can always say, "Okay did that, been there done that, got the t-shirt, don't want to do it again. What did I learn from that and how can I go forward in a positive way?"

Ray: You talk about how to implement all five senses to create an ambiance of peace and love in your home, how do we do that?

Joanne: Well I learned somewhere along the way that – or I became aware of I guess - that I was incorporating all five senses in creating my haven of peace. Sometimes and quite frequently it was from things that I got at good will or from garage sales, I'm garage sale queen, thrift stores, that kind of thing. But I tried to make our home as beautiful as I could with what little bit I had. It doesn't matter if it's a temporary home. Often I hear people say, "Well we are just – this is temporary. We are waiting till we get this, that or the other, or till this, that or the other happens." You can start today go to goodwill and get something beautiful and put it on your wall to let you know that, "Hey there is good times ahead and I'm going to work for it."

But I use sight, sound, touch, taste and smell all throughout my house and in all my decorating and in our lives. I don't save the good things for when company comes because there's nobody more important to me than my family. Why would I save everything for those rare times when I would have somebody else over that I felt was more worthy of using those things than my family are? I use candles and good china. I always, very almost every day we have some soft background music. My current genre in Pandora is Secret Garden. There is a group called Secret Garden. It's just very melodious, very beautiful music as background music. The sounds, the smells, when our children were in school I always timed it so that everyday adopted time for them to come home, I would have cookies or fresh bread or something baking. You do not have to be Julie Charles to do that, "Ooh wow that is certainly dating me isn't it?" Let's see one of the more modern chefs.

Ray: Rachel Ray.

Joanne: Rachel Ray, there she goes. Anyway, you do not have to do that being that kind of person to have that kind of thing going. Because you can go and buy Pillsbury cookie dough and just chop it up and put it on a cookie sheet and have it cooking

when the kids come home. That tells them you are thinking about them, you are waiting for them. They so associate that smell for the rest of their lives with, "Oh it was always good to come home." Just simple things like that. I lay that out in fact if your listeners go to my website joanefmiller.com, there on the home page is a banner that says, "Create a sense of peace." It has tips in there with all of the senses to help you to see what you can do in your own environment. You can also print that often it's a nice little poster on our son Gerard, put that together and made it really pretty for me, so they can go and get that it's free.

Ray: Gerard is gifted in so many ways.

Joanne: He is, yes he is.

Ray: This is something very interesting that you did with your book, the last section has writing from your three kids and what they remember most of as they are growing up. Can you talk out what inspired that and how you feel about how that turned out?

Joanne: Well, I know that through the years I've seen an awful lot of these creating a haven of peace, really go down through the generations. With my children I see them doing the same thing in their home. They speak on these same topics, they live this out very actively. I wanted them to contribute, what made them feel like they wanted to create their own haven of peace? What did they remember that they loved about that? What really stood out? I wanted them to mainly just give me one good thing that really stood out to them.

I was so excited with what they wrote. In the audio version they each one read their own parts which even excited me more. But they talked about a little bit different viewpoints or a different slant on virtually the same thing and that's the respect that they felt. They always were allowed a lot of leeway. The rule in our home was always the answer is yes unless it violates our principles, our values, family values morals. Or if it was something that was extremely harmful and risky for them to do. Otherwise they knew that the answer would usually be yes because we wanted them to have great adventures to explore and to experience life to the fullest. They talked about those kinds of things in what they wrote.

Our daughter Ashley is – what she is doing is really a little bit different than just home schooling that it's called unschooling. She talks about her whole world is a school, that so is the way I approach raising my kids. I loved educating them through life experiences and we had a lot of them. Some of them good and some of them not so good but they learned from it. We always looked at it as, "Lord what can you teach us from these experience?" They are carrying that forward with their own families and I think that's awesome.

Ray: I so agree. One of the things that warms my heart the most is that getting to know you and Dan and Ashley and being in the environment with you, has shown me that what you write about in these book. And what Dan talks about in his speeches and his podcast and his books. You two live what you talk about. In this business or realm where people are writing books and teaching and sharing wisdom,

so often - I don't know if you've experienced this - but so often there's a disconnect between what you see in public and what happens in private. With you two, what you see is what you get. I mean you really live this 'haven of peace' philosophy every day and that impresses me so much.

Joanne: Ray, I think that one of the reasons why so many people are coming to Dan and me for mentoring these days is because they see that realness. I just don't believe in putting up a big [unintelligible 00:37:23] and trying to be something that we're not. One of the ways that we connect most with our constituents all of our audience, our 48 days community is through just incorporating them into all the things that we do. We want them to know how we really live. We bring them here to what we call the sanctuary where we have our conferences. We tell them, "If you are here once, you are family, keep in touch, let us know how we can encourage you and how we can serve you."

That has paid off really well. I have seen -- for instance I'll just give you an example, I had a friend one time years ago. She and her husband really wanted us to be a part of their family. They really considered us close friends. But yet everything that happened to them I never knew about until long after the fact if I even found out at all. I told her one time, I said, "It's very difficult for me to feel like I'm very close with you in a friendship that when you never share anything with me, you're not open, you are very guarded. You don't allow us to enter in, in a personal way." It spoke to me and recognizing that it spoke to her and her being able to let go a little bit more.

But when I see somebody that's very guarded and so [unintelligible 00:38:53] about sharing anything, I'm thinking, they are probably just not very comfortable with who they are and what's going on in their lives and if they learn to let go a little bit and let some people in, let others in, let them have closer relationships, drop those boundaries a little bit. If they did more of that, they'd have much greater relationships and better adventures. I just feel like our life is so peppered with incredible people that come our way. I do not ever take that lightly, I want to share my life experiences with them and I want them to share to share their life experiences with me. That makes great relationships.

Ray: I'm smiling from ear to ear because, you and I have never had this specific conversation and talked about the things you just said. But I have learned those things in a deeper way in my life just being around you and Dan in your 'haven of peace' so thank you.

Joanne: Well you are very welcome. I'm very glad that you feel that way because that says we're doing something right. That's what we start for Ray we want. Everybody to feel like they can share with us and we'll be honest with them and open with them in a kind and gentle way. Encouragement I think is highly underrated. I think that most people these days need encouragement, they need somebody to believe in them. They need somebody to listen to them. I want to do that, I want to be there for them because I had too many people doing that for me along the way. It's time to pay it forward.

Ray: The book is called, *Creating a Haven of Peace: When You're Feeling Down, Finances are flat and Tempers are Rising,* and it's by Joanne Fairchild Miller. I strongly recommend you get it. Joanne, one of the things that stunned me about the book is how beautiful the book itself is.

Joanne: Thank you. Being an artist, that was important to me Ray. You've been here, you've seen my art. You and I have talked a lot about creativity. To just write a book and just have paper and words in black and white just doesn't do it for me. It's got to be aesthetically pretty also. I included pictures in it and when the publisher, Morgan James Publishing was very great to work with. They helped me come up with a wonderful cover and look and feel to the book. I'm getting a lot of people telling me they just love the feel and the look of it too. It's not only good in what it says, I really feel like it has a great end and very much needed message that it also looks good and feels good. That's important to me, I love books.

Ray: Well, I do too and as convenient as my Kindle is, there's nothing like a physical book in your hands. What I love about what you've done with this book was all the colors and the photographs and the design. I saw it when I flipped it open, when I first got my copy, I just was -- I literally laughed because I said, "This is so Joanne," and that's a beautiful thing because it's as if each person who holds this book in their hands, when they open it they're automatically getting a little impartation of that piece so they can start feeling it immediately and they can see it because you're appealing to many senses not just the intellectual reading part but the visual and the emotional and it really is a work of art.

Joanne: Thank you, I so appreciate that. I'm hearing that more and more all the time and that makes me feel good. I feel this is my heart, this is my hearts message in so many ways Ray. I feel that when I first got married, I needed mentors big time, I needed to learn how to do life in a way that I wanted it to be. It was intentional to look for mentors. Now in the last few years, the last three or four years, we've had more people come to us who want us to mentor them not as much in business and career as in relationships. Obviously all of those years of intentional living have paid off to the point, now we can pay it forward and do it with gusto and we feel honored to do that.

Ray: Well more and more people I think are seeing in these tumultuous times, how the relationship that they have is more important than anything else. I think of this quote by David McKay who said, "No worldly success can compensate for failure in the home."

Joanne: Amen. In fact Dan has that on a plaque in his office and we've had that in our home for many years that is extremely true. Because Ray, everything that you do outside the home, whether it's your career, a business that you're running even your church life, everything that you do really is impacted by the relationships you have within that home. It's so vitally important to really give that high priority, that's going to come first.

Ray: Yes. Amen. Where is the best place for people to get their copy of, *Creating a Haven of Peace*?

Joanne: We'll, you can certainly go to my website joannemiller.com and you can get it there. In fact I think I have it at a reduced rate right now. But you can also get it at Amazon and you can get it at your local bookstore. I know that there are -- your listeners out there, there are some in each of those categories, they'll go directly to the website or they'll go directly to Amazon or they'll go directly to their bookstore, so that you've got all of those options that are available.

Ray: Well and I strongly recommend that you take this approach because at the time that this show is going to air, we will be just ahead of the holiday season. Whatever holiday you celebrate. I would recommend, because this is what I'm going to do, buy a stack of this book and give them as gifts this holiday season, people will thank you for it.

Joanne: You know Ray there's another part of that gift giving idea too. I have some little ceramic plaque that says, "If it's important to you, it's important to me," because that's a message that runs all throughout my book. If it's important to Dan, it's important to me, if it's important to me, it's important to him. That's a great quote to be reminded of. I have that on a little ceramic plaque with the ribbon to hang it with and that's available. If you go on my website you'll see that, I even have a print. I've painted a scene that I think is my haven of piece and you can get prints of that. Those things are available on my website if people would like to see other gift options that would make a great gift for the holiday season.

Ray: Fantastic we'll have links to all of this in the show notes for this episode. If you're just listening and you don't click on links then you can just go to joannemiller.com. That's J-O-A-N-N-E-F as in Frank M-I-L-L-E-R.com. It's actually f as in Fairchild but-

Joanne: That's okay. I'll take Frank, that's okay. At least I get the point across, it is an F yes.

Ray: Joanne it is so good to talk to you. I can say this and it's not weird, I love you and Dan like you're like my long lost brother and sister that I wish I had known all my life, you are a treasure and I just appreciate you both so much.

Joanne: Than you Ray, we are honored to be your friend but you're more than that, you're family and we so appreciate the time spent with you and the talks that we have. Thank you so much, I'm honored to have been on your podcast.

Ray: Don't you feel more peaceful now?

Sean: I do.

Ray: I do too.

Sean: It is so peaceful. I just want to go have a cup of non-caffeinated tea.

Ray: After it is steeped in one of those little strainer things, not a tea bag. No.

Sean: No.

Ray: No. I do-

Sean: They by the way do, do loose leaf tea.

Ray: They do? The Miller's do loose leaf tea because they do it right.

Sean: Yes, they do it right.

Ray: It's a delightful book I have read it and I recommend it highly. Just remember it doesn't mean you have to have lots of money as Joanne was talking about in order to create this sanctuary, this haven of peace, you can do it on no budget. It's not about the external stuff. It's about what's happening internally and how you live intentionally. I definitely recommend you get a copy of the book, *Creating a Haven of Peace*, and we'll be back again next week with a totally different interview. If you ever wanted to hear a podcast go from one extreme to the other, next week we'll be talking to grizzled veteran direct marketing expert, Brian Kurtz. How that is for a swing.

Sean: Yes. That's a good swing. If you found that this episode or this show helpful. Please consider sharing it and subscribing to it via the apple podcast app and leave a review.

Ray: I found out, we've been saying, "Subscribe," the apple podcast app because we suspected that enhanced ratings of people subscribe by that app. I found out that apparently, it's still counts if they use other apps as well.

Sean: Just subscribe to our podcast please.

Ray: Using downcast or up cast or sideways cast or anything you like but we like the apple podcast app.

Sean: Yes, and if you'd like a transcript or show notes, go to rayedwards.com/251 and they'll be there waiting for you. Any parting thoughts?

Ray: Yes. I just will pray for you as a listener to this show that you have peace in your life that God will do more for you than you can ask or imagine and that I would say peace to your house. Next week.