

Ep 35 | Being in Liminal Space with Artist + Psychotherapist, Susan Lambert

Happy Birthday to Me!

I have a fun ritual that I do every year on my birthday – I try something new – something *really* physical – and something I’ve never done before. For example, one year I ziplined, I did hot yoga one year – one year I went pole dancing, one year I attended a sweat lodge – this year, I’m going rock climbing!

I love this ritual – and my loyal listeners know how I adore ritual – because it reminds me to keep thinking outside of the box and to let go of what may be *MY* “tried and true”. It’s an act that symbolizes for me starting this next year of my life with boldness and an embrace of change.

And that is what being on the edge of everyday is all about...

Today we are #LIVEintheHIVE with our special guest, actor, singer, podcast host, psychotherapist, multi-hyphenate Extraordinaire and master storyteller, Susan Lambert.

Susan and I share a deep love of the exploration of liminal space.

I love being in a liminal space. It’s why I adore ritual. Ritual is an invitation into a liminal space for transformation. And I know it’s why I boldly embrace change – or – at least most of the time. It’s why I call myself an [Edgewalker](#).

So what is liminal space?

Listen in on this moving conversation to find out. We touch on...

- What is the definition of liminal space?
- Susan leads with the identity of connector – connecting people and ideas.
- She is a liminal space explorer (AKA [Edgewalker](#)) – most often walking between the worlds of artist and helper/service leader and shares about the similarities of the worlds through her discovery of “being known” with both clients and audiences.
- Her first experience of liminal space as a young person.
- Our shared understanding of being on stage, of performing theatre, as being in liminal space.
- Bridgebuilding is a skill of someone who resides in liminal space.
- Susan shares her discovery of the power of choice in the difficult industry of show business. And her experience of tumbling between a few liminal spaces to create a way to have and be both an artist and a healer.
- The rough edges of letting go and the death of who we think we **should** be.
- Succumbing to the rabbit holes of potential and promise, and learning that dreams can shift and evolve.
- How wanting to be in liminal space shows up in her creative and therapeutic work.

- Her audio book, [The Wild Edge of the Heart](#): Susan shares the idea for and journey of bringing to life the poetry of 12 women poets and donating the proceeds to [The National Institute for Reproductive Health](#). <https://nirhealth.org/>
- The willingness to forgo the answers and to live into the questions, in Life, therapy and in artistic expression.
- Our shared love of Salon – it's ability to connect, build community, inspire, and create belonging in these challenging times, and the possibility of her performing in my salon space, [The Plum at TH2](#). www.theplumth2.com
- All this and SO much more...

Watch Video: <https://maximizeu.life/the-edge-of-everyday/>

Find Susan:

<https://www.inthebalance.life/susan>

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Find Sandra:

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