



Why I Started Curious Soul Community

For most of my life, I have been someone who felt everything very deeply.

I have always been the person who wanted to stay a little longer after the party to help clean up, who wanted to know everyone's story, who wanted to make sure no one was standing alone in the corner. I have spent my life searching for connection: in music, in travel, in community, in strangers, in the people I love, and in the version of myself I always hoped I could become.

From the outside, my life often looked exciting. I worked in live music, events, hospitality, and entertainment. I got to be part of beautiful things: concerts, festivals, celebrations, rooms full of people laughing and dancing and feeling alive. I have always loved creating experiences that help people feel something. But for a long time, even while I was helping create joy for others, I was quietly struggling to hold onto it for myself.

There were years I felt completely lost.

I carried pain that I did not know how to talk about. I spent so much of my life trying to be everything for everyone else that I stopped knowing how to care for myself. There were moments when I felt unbearably alone, even surrounded by people. Moments when I wondered if things would ever get better. Moments when I questioned whether I would make it through.

But somehow, piece by piece, I did.

I began asking for help. I began telling the truth. I began learning that there is nothing weak about surviving, and nothing shameful about needing support.

Over the past year, my life has changed in ways I never thought possible. I chose sobriety, and it has given me my life back. Sobriety has not made me less emotional or less tender or less curious. If anything, it has made me more myself than I have ever been.

For the first time in my life, I feel awake.

I notice everything now: the way the light looks on the buildings in San Francisco at sunset, the feeling of listening to the musicianship of a live band with people I love, the miracle of a stranger becoming a friend. I have learned that life is both far more fragile and far more beautiful than I ever understood.

When you have come close to losing yourself, you stop wanting to waste time.



You stop waiting for permission.

You stop believing you have to earn your right to take up space.

You begin to understand, with your whole heart, that we are only here for a little while. And because of that, we owe it to ourselves and to each other to live fully, love loudly, and build the kind of world we wish existed.

That is why I started Curious Soul Community.

I did not start it because I want to build a business in the traditional sense. I started it because I know what it feels like to be lonely. I know what it feels like to crave belonging. I know what it feels like to need one good night, one meaningful conversation, one room full of kind people to remind you that you are not alone.

I want to create those open spaces.

I want to help people gather around musicianship, art, storytelling, fundraising, neighborhood causes, and simple human connection. I want to create spaces where people can show up exactly as they are. Spaces where someone might walk in nervous and leave with a new friend. Spaces where a local nonprofit feels supported, where a school raises money, where a struggling person remembers that there is still goodness in the world.

I think so many of us are hungry for that.

We live in a world where people are more connected than ever and somehow lonelier too. We are starved for sincerity. We are aching for community. We are waiting for someone else to go first.

So I decided that maybe I could.

Curious Soul Community is my way of seizing the day. It is my way of taking everything I have lived through — the heartbreak, the healing, the mistakes, the hope, the sobriety, the second chances — and turning it into something that might help other people feel a little more alive.

I do not have everything figured out. I am still learning. I am still growing. I am still becoming.

But I know this:

I am here.

I am alive.

And I want to spend this life helping people find each other.