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Podcast Episode #31

**TBTFS 031: How to find your
purpose: Interview with Tara Kinden
of The Soul Flow Movement**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

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Podcast Transcript

Stephanie: Welcome to episode 31 and in today's episode we dive into a very special process that helps you find your gift. Your talent and the unique combination that you have to offer to the world, and for so many of us, we do not know what those gifts are. And, unfortunately, we get lost in a cycle of achieving goal that do not mean anything to us leading us to be sick, leading us to have some kind of symptom, some kind of body messages because our soul and our spirit is stuck into a place of not achieving our purpose. I believe that finding our purpose, our gift, and acting upon this knowledge is the key to truly unlock happiness and health. And that's how we go beyond the food.

Now, this awareness that I have come from a place of self-experience. And for me, I spent 15 years chasing someone else's dream. I was caught in a rat race. And I had this huge like A-ha moment, this clarity, and I can still I close my eyes right now as I'm speaking to you and I can still see the environment, the place, the feeling, the sensation that I was in when this A-ha moment just stroke me. And that was when I was sitting on a hospital bed. And I had this realization that my identity was threatened that I could no longer do what I thought that I should do which was my work in the corporate world.

I was totally caught in the rat race and my illness at that moment threatened that ability for me to perform. And I had no more identity. And I had this moment of awareness that I was who – why was I living this life? Who was I truly in this life beyond working for this corporation? And that's when everything began to change for me.

But, in my journey, I didn't have a process. I didn't have a way of looking at this feeling of fear of not having a purpose and help me find my purpose, and find my gift. I didn't have a process, so, I kind of walked through the next two to three years trying to assemble a bunch of tools and process, and then, finally, I found my purpose, and that's how I went back to school and here I am today, for my personal story for those who don't know.

Podcast Transcript

Stephanie: But what I'm offering you today in this podcast is that it's a process, it's a way of looking at how you can find your purpose, your gift, your talent so you can unlock happiness and health.

Now, before we go into the show today, I want to thank the sponsor for our show which FBomb. And FBomb is a family company that produce healthy snack. And snack that are not your traditional granola bar or low-carb snack food full of junk and additive and colorant and fake sugar. It's actually pure sources healthy fat. It's literally a pouch, it's about 2 inches by 3 inches. It's totally protecting, so, it's not going to leak, you can carry that in your purse in your backpack and you have your dose of healthy fat.

Now, you know that I'm a supporter of a low-carbohydrate and high-fat diet and this is the perfect snack on the go. So, FBomb is the name of the company. You can find them at www.dropanfbomb.com. Link will be in the show note. You can use the coupon [beyondthefood](#) to get 10% off your first order.

So, are you ready to find your gift and your purpose? If you are, let's do this.

Our guest today is a lifestyle and leadership mentor, speaker, and, author. Her work with the Soul Flow has helped hundreds of people in discovering their unique talent and gift, find courage, take action, and, create extraordinary change in their life. She's a passionate about health and wellness. She studied yogini skill in the area of prenatal, restorative, PTSD, and, SUP Yoga. A leader in the stand-up paddle industry facilitating teacher training, workshop, and, experiential retreat. She's the CEO and founder of The Soul Flow and Muskoka Yoga Studio. Tara Kinden, welcome to the show.

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Tara: Thank you so much for having me. I'm really excited to be on your podcast.

Stephanie: Me, too. So, for the listener to know I have known Tara and I try to remember if it was two or three years, but it's somewhere around that. And for the last year and a half, you've been talking about The Soul Flow and what you were going to do with it, and I am so proud to have you on the show to show people that what you dream of can actually happen.

Tara: It is very true.

Stephanie: And this is what you're going to talk to us about today. And I want to say to people Tara is a fantastic woman. She has taught at my retreat in Muskoka, Ontario. She teach amazing yoga for you ladies. So, follow her, she's great.

Now, to introduce yourself to my crowd, Tara, talk to us a little bit about you and who is Tara and what have you been up to?

Tara: Okay. So, I, as you said, own Muskoka Studio, which is a yoga studio in Muskoka. We teach classes and then also SUP yoga. But because I've created the Soul Flow, I'm now stepping into a more powerful role with the Soul Flow. And we're down dialing classes at the studio to really focus on, you know, workshops and courses, this kind of thing that's really directed to transforming people's lives, and helping them diving a little deeper to their spiritually connecting body, mind, and, spirit. And that's my focus, so, other than that, one thing that happened this year that I wasn't expecting is I became pregnant at 40.

Stephanie: Anything is possible!

Tara: Anything is possible. This is what happens when you clean out the toxins in your body. You become very fertile.

Podcast Transcript

Stephanie: And that's amazing when you were telling me that you did a eat-clean program, and probably took a few supplements.

Tara: I got super sick, and then, I cut sugar, I cleared out all of the things that I knew were probably toxifying my system. So no alcohol, no sugar, I got rid of any weight carbohydrates. I also made everything from scratch. So went to basics for a month. And then we went on a vacation, I guess, we were just so relaxed that boom, there you go, clean body, healthy body, and there you go.

Stephanie: We are pregnant. And just before we getting on interview, you did a live stream on your Facebook, talking about that. So, in the next few hours, we'll know if it's a boy or a girl, if you're watching this, today is January 31st. So you can go back to Tara's page and you'll see if it's a boy or a girl later tonight.

Tara: That's right. Because right now, and I'm very strong because I haven't opened this envelope and I was tempted to steam it open, but I thought I should restrain myself. So I have not steamed it open yet.

Stephanie: Well, I can't wait to hear tonight.

Tara: I know, so exciting.

Stephanie: So, we're here today to talk about what you've been working on for the last year and a half to two years, and it's something called the Soul Flow. And, I think for all the women listening to the show this is something that you have to understand and integrate in your life because that's how with the Soul Flow, you're going to find your inspiration. And we talk a lot on the podcast about that inspiration and motivation to sustain our health goal and the changes we're putting into our life to feel better, look better, lose weight. But for many of us, there is a struggle in keeping consistency with that. And, I believe, and I teach that it comes

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Stephanie: from that connection between the mind and the body and so this program that you have, The Soul Flow, I think, is the answer to a lot of those problems.

So, explain to our listener what is the Soul Flow?

Tara: Okay, so The Soul Flow is this. It really helps align people with what they're passionate about. So what your soul has desired for you, sometimes we're too busy, we're not mindful enough or quiet enough to really listen to what that is, or we just don't pay attention to it because it's too terrifying to think of the things you might need to change to, step into your soul flow.

But for me, what it is is finding balance, finding happiness in places that I really love to be working in. So, your work and your home life – it's all the same. So when people think about this big separation, there really isn't this massive separation. Everything we do is so interconnected. So when we're living in ways that are more our [0:10:46] like when you're out on the water teaching SUP, that to me is flow, right? It's very easy, it's very natural. But it's also can be terrifying for some people.

So, that place of taking your soul out on the water, I just came up with this great idea, I was like, "Oh, my soul is so in flow out here." And then I was like, "Soul Flow! Like this is when my soul is so happy." So, I created The Soul Flow to help people find happiness in what they're doing.

Now, a lot of people are very easy and quick to get divorced and to change their whole entire diet and change all their lives, but, still they're not happy, they're not fulfilled. So, what The Soul Flow is – mission is to help empower women, women helping women to find what that balance is where you could stay in your marriage, you could in your situation, but to find the balance and the fulfillment within that so that you can be happy. I think we're all looking to just be happy.

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Stephanie: Exactly. But that's what the human being is made. Human being is made to be a happy on a spiritual basis and to be healthy on a physical basis. The two H, happy and healthy. And if you separate your health into two components, which is the physical health and then the happiness from a mind for spiritual perspective you'll never achieve the ultimate joy experience of life. So the combination that the two is essential, and, so, the Soul Flow for me is that other part of health where you find that the process into which you find this happiness for you.

So, for somebody who would want to look into this and understand what finding our soul's flow involved, you have any tips for us?

Tara: So, we have a five-step process to finding your Soul Flow.

Stephanie: Amazing.

Tara: [Rachelle, 0:12:31] I'll go through and now with you, but it'll also be available to download on our website for free, so, you can work through it later and then take your time working through it, but, crash course version or Miss Stephanie because this is her fabulous crew of people who want to find their soul flow and their health and happiness.

So, our step number 1, basically my program has four pillars. But within those pillars, we dial it down into five steps. So the first step is really like gaining clarity in your life. And when we're talking about gaining clarity, it's like who are you, where are you going, what do you want to be doing, how are you going to do what you want to do? So I give you steps to finding what that looks like. So if you're thinking about it, what's your bigger vision for yourself? If you wanted to do something in your life, you need to create the steps to getting it, but, first, you need to have the vision and the clarity.

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Tara: So, ways to find clarity – meditation, of course, is always a great way to get clear and quiet, getting out into nature, moving your body, allowing yourself space, whatever that looks like for you. Maybe that's taking a bath, having a glass of wine is a great way to find clarity and peace and quiet. Lock the door, no kids, no people.

And then our next step is I call it captaining and it's really taking back the control of your ship. Because if you are a ship on the water, and there is no one steering that ship or someone else is steering your ship, you're not going to be going where you want to go. And then where you want to go if you're unclear what that looks like from the first step which is finding the clarity, this is going to help you start taking control, taking ownership and getting into the driver's seat. So if you kind of visualize taking control of the wheel and you allowing yourself to go exactly where you want to be going. But also think of a ship's wheel as who's controlling your time and energy right now.

So, in the download that you'll get, you'll have a wheel and you'll put, okay, family is taking up this much time. Work is taking up this much time. A community place that I give time to is taking this much. Whether that's religious, environmental, whatever it is, there's always organizations we give to. Sometimes we give too much to everybody else and you look at your little wheel and there's maybe 5% left for you. Well, I mean, that's definitely not you in control of your ship, is it?

Stephanie: Absolutely.

Tara: So, how can you be helpful to somebody else when you're struggling just to take 5%?

Stephanie: I totally agree and I'm reading a book right now. The Miracle Mindset by JJ Virgin which, I don't think you've read it because it's not out as we're speaking right now, but, that's exactly what she has been

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Stephanie: a story where her son got into a serious accident, almost lost his life. And what she discovered is by taking care of herself first, she was able to give to her son.

Tara: Exactly.

Stephanie: So, although she was in the hospital 12 to 15 hours a day, she still worked out, she still dragged her cooler full of healthy food with her, so, she can give her full potential to her son which was fighting his life on the hospital bed. So, totally agree with you.

Tara: I mean you talk about your health, you talk about taking care of yourself, and we think it may be a little selfish that we put ourselves first, but, if you don't take care of yourself, you're no good to anyone else. You really are not.

So, it's funny because the next step of the program is leading you into connection. And connection that's connection to yourself, also connection to others who support you. So, when we talk about connection to self like you just said, take that cooler of healthy foods with you, get your exercise in, move your body. I mean, there's no better way to move the issues out of your tissues than to go dancing, and if you can dance, add some singing or chanting to that and you open your throat chakra at the same time and start communicating more clearly.

I mean, the more you can move, get into a yoga practice, get into any kind of meditation, I love the walking in nature, even if you just go out and take a couple of big deep breaths in, I mean, your breath is your anchor so think of your breath being the anchor to life, the anchor to everything. If you're not breathing, you're not alive. You're only one breath away from not being here.

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Tara: And then, also having a connection to somebody else or a group of people who support you. And these are people who want to help you excel and help you succeed at whatever your dreams may be. So, if you don't have people like that in your life, don't you worry about it. You've got Stephanie's group or you can come to our Facebook group, be part of both of them. It's a beautiful community meant to inspire, empower, and, support you in whatever your goals are as well as just finding ways to deal with whatever is coming up in your life, right?

I mean, you think about it how many times we're dealing with stuff all the time. And when you don't have people who support you, it can be very painful and lonely.

Stephanie: Well, the human being is meant to be in a community. I mean, it's only recently that we've been separate into our little house, and even this thing which is the phone, right?

Tara: Oh, boy, yes.

Stephanie: We don't talk to each other now. We text each other. I mean we used to be beside each other like touching each other and then, also then we got the phones, we started just talking to each other, and now, we don't even talk. We text.

Tara: Yeah. And, honestly, I laugh because it's literally right here. But take a day to detox. One of the things that we talk about is a day to detox like turn it off, shut it down. I read a recent study about Wi-Fi and how it could actually be causing autism. They're saying the rise in autism since Wi-Fi started, I was like, oh, boy. And, now, because we're having – growing a baby in here, I've never been such a paranoid maniac, so, I need meditation and exercise even more than ever before.

Stephanie: So, clarity.

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Tara: It's definitely something that is always on my mind. Thinking about now being more mindful in my own body, more mindful than I had been before because when you're developing something else growing inside of you, a human being, you are way more aware of what you're putting in your body, how you're behaving, actions, words, all of it, it's really important.

It's so funny because I had a conversation with someone yesterday. We couldn't tell they were coming from a disempowering place. This is another woman in a professional place, and I thought, "I need to actually find the courage right now to stand up for myself and to say what I believe to be true, and to be authentic to myself that this is about my project and I'm feeling a sense of disempowerment from your direction, and I don't appreciate that at all."

And so, I stood up for myself, and found the self-courage. And believe that my worth of self is so much that I need to be able to stand up for what I believe in even though I may not get an agreeance back which is what happened. But it's fine. I thought, "You know what? You need to be courageous always. And to not just make friends to be friends. I need to be very conscious of the people who I allow into my life. And then, how I contribute to them and how they contribute to me."

Stephanie: And trust your intuition, right? Because that low feeling that we get, that low-gut feeling that something's not right, 99% right.

Tara: It's just that 1% we're like maybe we should [0:20:12]. Then you go, "No, I definitely should've listened. That's funny. Our next step is fear."

Stephanie: Fear. Okay. Cool.

Tara: [0:20:20] think through fear. I like to think about it as embracing your fear instead of kind of having that battle because I think one of the

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Tara: biggest challenges for everyone is thinking about like, “What scares you the most? What’s your biggest fear?” Right? Is it a fear of not being loved? Is it a fear of not being good enough? And it’s funny, that one’s my favorite, I love it.

Stephanie: Me, too, that’s mine.

Tara: Once it ruined my life, and it was this conversation that I had, yes, it’s like the same thing, it’s like it’s so perfect for today because it was a conversation around me being an author, and that I haven’t written to all of the stories because I’m a one-woman show and there are so many things I can do. And it was interesting because then I thought, “Oh, maybe I’m not good enough.” And that little story started playing and I was like, “Wait a second. This is not going to arise right now and stay here,” so I quickly clarified it, and found the courage to pass through it.

But the only way I could do that was listening to what was being said and then taking a pause before I responded in deciding how I was going to respond in that moment because I very easily could’ve lost my cool and said something that was not authentic to what I wanted to be saying. But also, just being really mindful of how I’m showing up. And, yeah, like, think about the things that play a role in your subconscious of those self-deprecating, defeating, depleting little stories that maybe someone else said to you ages ago but it’s still sticking and that’s a fear that prevents you from being powerful.

Stephanie: Yeah. And it’s fear is also a sign that you are stepping outside of your comfort zone also.

Tara: I love that. That is great. I mean, I really I love that because it’s so true.

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Stephanie: And often and growth only happens when we are stepping outside of our comfort zone so that you are trying to integrate the Soul Flow into your life to find your clarity, your direction, or you're trying change the way you eat. That fear that you're feeling for changing your diet and you're thinking, "Oh, I can't do it. It's too much work, dah-dah-dah." That's just because you're getting outside of your comfort zone.

Tara: Yeah.

Stephanie: Right?

Tara: I mean it's true. I have to say and I'm sure we're going to get into the talk about like the [0:22:42] and my whole tour but my knees were knocking and I was like, "Oh, my goodness, what have I [signed 0:22:47] myself up for like I must have lost my mind overnight and the terror came through. It took fear to a whole new level. I was thinking, "Okay. Now I've got to brace myself," or "call in the Army to help make this happen because I have no idea how this is all going to work out."

Stephanie: Yeah.

Tara: So, our last step just before I forget, is courage and courage is what it takes for you to start taking action. Once you find the courage in that feeling of this is possible, and I can do anything I want, that's when you can you start moving into action. And action is the way everything begins to manifest. They way everything begins to happen for you.

And we talked about this before but the best way to push through into courage is through journaling, and I agree with you. I journal all the time every day, finding gratitude, but also working through things that come up. I know when people talk about meditation, they talk about clearing your mind and going to this place of the empty.

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Tara: But to me, that's not possible, there's way too much going on upstairs. So I just allow things to come in, but then just come back to the breadth. But when things come in, it gives me an opportunity to start filtering through and thinking about, you know, what is actually coming through and how is this going to be a benefit to me or is this something I need to push off and let go. Just note it and let it go and come back to the breath.

So, that's the ways that I find courage for myself, but also, little memento.

So I carry around a lot of stones. I have stones everywhere. I actually keep them in my bra. That's my secret tip. Is that there are stones in my bra, there are stones in my pockets of my yoga pants, and I wear a lot of them. But that helps to remind me a Keto connection for me to say, "Okay, right, this is what we were trying to do today and this is how we stay focused." So having something like that whether it's little rock; whether it's a little picture, something that really helps you to feel courageous when you touch it or you look at it or you feel it.

Vision boards are a great process, too, for finding courage. But, yes, journaling, memento, courage and action.

Stephanie: So, to repeat for our listener. The first step was clarity. The second step remind me.

Tara: Is to captain.

Stephanie: Third step?

Tara: Is your community.

Stephanie: Fourth is fear.

Tara: Definitely.

Podcast Transcript

Stephanie: And the fifth is courage.

Tara: You got it. I loved that you knew fear. You remembered fear.

Stephanie: Yes. I work with it every day. So, that's how we can find our Soul Flow and you're going to have a resources. It's going to be in the show notes, guys, so you can go and click it, and that's going to be PDF that people can download so they can work through exercise to help through every step.

Tara: Exactly. And it'll just give you some great places to start and to really think about why you want it.

Stephanie: Now you also have another tool to help people. And for those that are watching on YouTube right now, there is a book that Tara just released called "The Soul Flow," and I read a preview copy of it and it's absolutely amazing. For those who are watching in YouTube or you can go to YouTube and watch the picture in this is just breath-taking.

You did an amazing job into this book. And I'll let you explain what the reason of the book is. But I must say to you when I finished reading it, I felt empowered. I felt empowered to conquer the world with the beautiful story inside of the book. So, tell me a little bit more about this book for the listener who don't have a copy like me.

Tara: So I had a vision and I'm Canadian. The – I don't know how many your audience/members are Canadian, but this is for anyone really, but I wanted to celebrate Canadian women who were really what I thought was living in their soul flow. So I reached out to amazing women that I already knew, and then, I asked them who they could recommend. I mean, I could've felt this thing 20,000 times I had so many women that I could've put in here, but I needed to have a small number for this first project and complete it. Completion was a big theme for me last year. To create but

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Tara: to complete. I couldn't start anything new until I completed. So, December 21st, it got completed.

The stories are meant to inspire and instill courage and confidence, which I believe that they do – they do that. Also, I hired a photographer to come on the road with me for 24 days, we lived in the van together.

Stephanie: That's the van gem!

Tara: Van gem and we met for 45 minutes at a coffee show and I knew intuitively she was the one to come with me on the road. So some of the photos I took myself. She took some photos at the beginning, very beginning [0:27:41] of the project, I also had some guys taking some photos for me which really was just like the launch of it all, right? How am I going to do this and what's this going to look like?

So creating that template was really exciting. Then, what we did was we went on the road for 24 days across Canada, we started in Muskoka, drove to Vancouver, drove across to Newfoundland and then drove back to Muskoka. And we interviewed women in every province, but not only did we interview them, so we took their photo, we interviewed them via video, which you can – you'll be able to see all the videos online. Still working on editing them because it's just so time-consuming.

So when we went on the road, I did the Soul Flow workshop across the country. Now, the Soul Flow workshop is more in-depth. It's beyond the five steps and it's taking people even further into their fears, into all that great stuff that is challenging to get into and I delivered them at Lululemon's across the country. So, that was a really exciting and beautiful experience for me, but it was intense. Like we were day and night and then we were driving for 8, 12, 16 hours. Some days it was a little bonkers.

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Stephanie: I could only imagine. So you went across Canada to see and interview those 24 women, 21 women, which you put into there and also the women that I have found their Soul Flow. That's the whole story behind this, am I correct?

Tara: Exactly. And I mean, everybody's definition of their soul flow is completely different and there are no one similar industry. I wanted to collect people from different industries, not collect, celebrate, the [0:29:21] collecting them and sounds a little weird. But really to celebrate just people thriving in their environment. No wonder they're a \$50-million company or a \$30,000 mom and pop shop, it doesn't matter because they're happy doing what they're doing.

Not only at this time when we released this, they had accomplished these great things. My girlfriend who owns a flower shop has gone into open a second location. Sarah Blackwood, you know, they won the Canadian Music Awards last – I can't even think of it right now because my brain is so full of stuffs and information, but everyone's just gone on to do such great things for themselves and they're just so happy doing what they're doing and that's what I really wanted to celebrate.

Stephanie: That's a beautiful collection of story that can serve as inspiration. So, if you're in that place where you need to be inspired by other people's story of people who went through challenging time, and were able to find their soul flow, their clarity, their direction, check out the book. Now it's available on your website as well, correct?

Tara: Yes. So, it's on our website. It's on Shopify as well, but, when you go to the website, you can easily find it.

Stephanie: Amazing. And it's a beautiful – it's on my coffee table right now. It's a coffee table book.

Podcast Transcript

Tara: Yeah, that was the intention.

Stephanie: The pictures are so gorgeous and everybody comes to my house just looks at it and then they start reading. Now there's a quote at the end. I'm going to read the quote which is to me was beautiful. You quote, "Say no to the good so you can say yes to the great." So, are you moving on to something different?

Tara: Yeah. And I will say Jim Rohn is the one who came up with that quote. I love him. I'm moving onto something great I mean, first of all, I'm going to be delivering a little human this year which is a crazy concept for me. It wasn't in the plan. The book was supposed to be my baby. I mean I delivered the baby of the book last year. And now we have a new one.

But moving into this year, I intend to do a ton of different workshops, coaching people one on one and group coaching. And then, we have one retreat this year. I'll only do one because I really want to be amazing. It'll be a leadership retreat that includes empowerment, it includes standup paddle boarding, yoga, you name it, it's going to be amazing. It'll be very exciting to see how women transform that weekend. And that's my mission in life is to transform people to be able to do great things for themselves, whatever that looks like.

And then, I'm going to be working on the soul flow guide. So the next book will be a guide. So, if you can't get to a workshop, if you can't come to one-on-one coaching, and you can't come to a retreat, it doesn't matter. You can totally buy this book and it's going to take you through every step you would if we were doing coaching together.

Stephanie: That's amazing. That is beautiful. So, we've got a baby on the road, like a real baby.

Tara: A real one.

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Stephanie: So you've got your website, the Soul Flow, the link again will be in the show note. That's where you can pick up the free handouts that will walk you through the five step. You can purchase the book, you can book your retreat, or, you can also go with you with one-on-one coaching to take you through that Soul Flow five-step process. And you've got your community online, which, as well, the length will be in the show that you can join totally free so you can experience the soul flow with other women.

So, Tara also agreed to give a book so, for people listening in to the show right now, we're going to draw one of those books. What I'm asking you to do to get one of those books so there's going to be one draw, leave a review on iTunes, talk about your soul flow, talk about what you gained from this episode. And among all the people who leave a review on iTunes for this show by the end of February. So, February 27th, I don't know how many days this year in February.

Tara: 28. It's always 28 except for the leap year.

Stephanie: Okay. By February 28, if you left a review for this show on iTunes, then, we will pick your name and then we will send you a copy of the Soul Flow book? Good?

Now one last question, I ask that to all my guests. What is your A-ha moment in your life where you realized that there was a connection between the mind and the body and there was more to healing than just food and traditional medicine?

Tara So, for me, I used to sell real estate and I was working like a maniac in the GTA. I was living in my car, eating out of my car. I wasn't working out. I was like your miserable person. I mean I wasn't but to everyone else they didn't know this, but I felt terrible in my body, terrible in my heart, terrible in my soul. I was not my soul flow. I was beyond that my soul flow.

Podcast Transcript

Tara: We decided to cut our losses like get out of the city, move up North because I grew up in Muskoka, we came back up north, and I literally stopped doing everything. I decided, “You know what? I’m going to go and do my teacher training and I’m going to go to Costa Rica for 30 days, okay, Husband?” He was like, “Okay, sure. I’ll figure out what to do with the dog.” And I did that for myself. Like he knew and I think it was so helpful for me to go away and do that.

But the experience of moving my body through those emotions and through all of the stuff that I had jammed inside. So I had all these issues and my tissues is like jammed in from ugly conversations, things that didn’t go the way that I had anticipated. And moving through a yoga practice and learning how to teach others to incorporate their own practice helped me to see that beyond just food and, you know, exercise, there’s just more to it. It’s so mindful. And even though you have a tape of movement practice so some people would go to the gym and work out like crazy and they will eat like crazy, but they won’t close down their mind a little bit, right, and allow it to just sort of come back internally to ground themselves, I think all those elements are so important, and for me, that’s when I really realized that it was necessary, that when I don’t do any type of movement, and I don’t nourish my mind and I don’t nourish my body, I’m a maniac.

Stephanie: You’re a danger to society.

Tara: I’m a danger to society, yeah, I get really angry if I don’t eat properly. [0:35:47] get very crusty. That was my A-ha moment.

Stephanie: Thank you very much for sharing that with us. So, you can find Tara’s work at www.thesoulflow.com. And, again, all the links of everything that Tara’s giving you, resources and the book and so forth will be in the show note. And I thank you so much for coming and sharing that very powerful knowledge and thank you for creating the Soul Flow, Tara.

Podcast Transcript

Tara: Thank you for being so supportive and you are a woman who is empowering so many women. I really think that it's important that people know. Stephanie Dodier is beyond nutrition and holistic healing. She is a gem and we're so grateful that we have in this world. You are a shining light. And I'm very grateful to call you a friend.

Stephanie: Thank you very much. Have a good day.

Tara: Thank you. Bye!

Stephanie: There you have it. All the links of everything we talked about with Tara today will be in the show note at www.stephaniedodier.com/029.

Reminder to enter the contest to win Tara's book, *The Soul Flow*, you need to enter a review of this episode in iTunes. You have from February 12 which is the day of the release of this episode until February 28, 2017.

On March 1st, we will pick a winner in the review we have received, and the winner will be announced during show 33 and also posted in the show note of episode 29. And the book will be shipped to your home.

Now, in the show note, that's where you can also pick up the transcript for this episode, and the link to join my community, and also the Keto Connector Program, which is my unique program that will allow you to move forward from worrying about food and move onto healing your body and your mind.