

# *the good heart life*

## Meditation, Business, and Finding Success Through Uncertainty

### An interview with Sally Hope

Welcome to [The Good Heart Life](#), Organic Living from Soil to Soul. I'm Kate Spring, and today we're diving into the soul side of The Good Heart Life. I'm talking with [Sally Hope](#), a Kundalini Yoga and Meditation teacher, and I'm so excited to share this conversation with you.

If you're not into yoga and meditation, neither was Sally. Having toured with a rock band and built her own coaching business, she describes herself as the least likely person to do yoga.

If you're building a business, going for a dream, or living in the midst of uncertainty, this conversation is for you. With that, let's dive in.

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**Kate:** On your about page on your website, one of the things that I love is how you tell us your story. You talk about how you've toured in a rock and roll group, you've lived in Costa Rica, traveled twice across the US, built your business from the ground up, and got your Kundalini teacher training.

But my favorite thing about everything you share is that in between everything, you say, "And I cried. And I cried again. There was a lot of crying."

And I just want to tell you that made me feel so much better. We're going into our 7th season running our farm, and in that time and the time leading up to that – and even a couple days ago – I've cried so much. So it's really nice to see you share that amidst all of the accomplishments.

Sally: Thank you.

**K:** I want to honor you for the way you talk about the challenges that we don't often talk about when we're creating something that really matters to us and to the world.

What I've found with you is that you don't push those challenges to the side and pretend they're not there.

I know through being part of your meditation groups, you've helped me and a lot of other people find our way authentically through the hard parts without being too hard

**on ourselves, and I'm grateful to talk with you.**

S: Thank you for saying that. I love that you brought that up, because it's one of my core beliefs that — let's start with something really deep and heavy — everybody suffers.

It's true. Everybody has challenges and everybody goes through really tough times, and most of those things are invisible.

They're things we don't talk to each other about. They're things we might feel shame around or embarrassed by, and that coupled with the way the social media world is capturing the perfect moment of everybody's lives and we're only seeing the highlights — I think it's led to a lot of people feeling really bad about the moments when they're feeling challenges.

There was a lot of crying in building all of the things I've built, and also a lot of joy. I think showing both sides is really important.

**K: The joy and the crying go right next to each other.**

S: Yes, that's the duality of life: that it is everything.

**K: You're a kundalini yoga instructor, and I'd love for you to tell us what that practice is and how it's different from other forms of yoga. What brought you to Kundalini after everything you'd done before?**

S: Kundalini yoga is a style of yoga that's extremely different from anything you're probably used to. It's known as the yoga of awareness. Every single thing you do in a Kundalini class or a Kundalini yoga meditation is geared to awaken you to your own truth.

What that really means is you become aware of the things in your life that are actually happening, whether or not you're trying to push them down underneath the surface, which is what we usually do when we go about the hustle and bustle of everyday life. We park our things in little compartments in our minds, bodies, and psyches, and say *I'll deal with that later*.

What Kundalini yoga does is it wakes us up.

It helps to provide that experience of awareness for ourselves so we come face to face with our own self and our truth. The benefit of doing that is your truth is there whether or not you're looking at it. It's affecting you either way.

It can be affecting you in a really conscious way, where you're like: *okay, this the thing that I'm doing and this situation is not working for me, I can't ignore it anymore.*

Whether or not you're consciously looking at that, it's affecting your life.

What I love about Kundalini yoga is that it's the ultimate seer and the truth teller. You can't hide from it. It brings you up against your challenges and your insecurities and the patterns and habits you have in your life that need to change in order for you to move forward in the way you want to move forward.

The beautiful part is you get to see that so you can change and create the things in your life that you've been wanting to create. It's the great opener.

**K: I've experienced that in meditations with you – where I go in with a specific intention, and then it's like peeling layers away and realizing *oh, this is the thing that's keeping me stuck. I really don't want to deal with it. I don't want to go into this challenge. This is really hard. This meditation is drawing me right there.***

**At the same time, the meditation created the space to hold me, and I could stay there and keep going through it.**

S: That's what it does. It doesn't just open it up and throw you to the wolves and be like *okay, here you go, now you see all this crazy stuff.*

It's more like you see what's there, and the practice and the meditation holds that space for you to work through it and become honest with yourself.

Like we just talked about, I'm all about being honest and looking behind the curtain to see what's there. Kundalini is a really awesome practice that does that.

You asked how I got into it. From my bio you may have already noticed, I'm a person who goes after my dreams. I wasn't always that way, but I've become that way.

What that also looks like is being kind of type A, where you have a goal and you just barrel through until you get to your goal. There are really good things about that, and there are also really challenging things about that, but Kundalini fits in my life in the way that it's goal oriented.

Every single meditation has a specific outcome that you're looking for. My favorite joke in Kundalini is *whatever you're going through in life, there's a meditation for that.*

So it's like, I'm having this trouble with my partner, let me go do a Kundalini meditation for communication. Or, I'm feeling a little sad or have grief, let me do a meditation for grief.

That part of it really drew me in. As my type A personality really likes to reach goals, I've found that entering meditation in the more Zen Buddhist way where there is no goal – the goal is no goal – was really hard for me to enter into that point.

Now I do that kind of meditation and I love it. I love the silence and the space, but at the time when I found Kundalini, I wasn't able to do that yet. I wasn't able to form a regular practice to get me to the point to like to do that, so I found Kundalini to be a really great gateway to get going in a regular practice of a meditation.

Simply doing the same thing for a certain amount of days in a row creates discipline, and discipline creates commitment, and commitment creates happiness.

There are all these beautiful things that happen just from doing it.

Not to mention the results that you're trying to type A go get. As you know from doing these meditations, it's actually not type A once you get in there, but it feels that way when you enter.

You're like *okay, I'm going to do a meditation for this one thing I want.* And then the meditation takes you on a journey.

**K: I've tried lots of different types of meditation. When I found Kundalini, I went into the meditation you led on becoming magnetic and enchanting with a specific goal to make more money on the farm. Which is not something you necessarily think – *I'm going to meditate to bring more money into my life.***

Often times the way we talk about money and meditation, they don't seem to go hand in hand, but as a business owner, you do want to have a healthy and profitable business.

**That meditation helped me create better cash flow. Which is not an intention I'd ever thought about bringing into meditation before.**

Of course it did so many other things – there are a lot of layers that I peeled back – but it's through these specific meditations that I've improved my marketing, had more CSA sign-ups, and started my first online course.

**Outside of meditation I can feel really scattered, thinking, *what do I do next? Now I have to do this, now I have to do that.* I feel like I'm running all over the place.**

**I love having a specific goal I'm working towards, and realizing there's so much that comes along with it.**

S: Congrats for all of that, and that's amazing. Also, just as an aside, I don't think that meditation and wanting money are mutually exclusive. I think that what meditation basically is is focus.

Zen Buddhist meditation is more focusing on the breath and trying to not focus on thoughts, and instead being present. Which is amazing and has tons of benefits.

Then in certain meditations like these Kundalini ones, it's focusing on something specific. Why not be spending your time, focus, and dedicated energy on the things you really want to have in your life? Financial stability is that for everybody. Everybody wants that. So you know, ain't no shame in that game!

I've done many prosperity abundance meditations, and they're amazing. There's a reason we have them within the Kundalini practice, because those things are not outside of the realm of a spiritual practice. Having abundance to live the life you want to live is spiritual.

**14:54 K: I know you've talked about Kundalini being, what is the word, the homemakers practice?**

S: The householders practice.

**K: Householders – the way it's created is really accessible. There's all these different breakdowns of minutes, you can have a specific goal, you can have a practice that fits within your day. You don't have to be insanely flexible or really strong.**

S: That's one of the things that also really draws me to it, is that it's meant to be done for everybody. The householders practice means that it's to be done in the modern world.

Anybody can go sit on a mountaintop in a monastery, have no responsibility other than chanting and meditating for 20 hours of the day, and have no problems outside of that – not have to pay bills or a mortgage or have kids.

But what's far more interesting is how you bring these practices into everyday life when we live in a modern world that's busy and chaotic, and we have all these responsibilities.

In this way, Kundalini's really flexible to be within anybody's life. I look at it like 3 minutes is better than 0 minutes. Do 3 if you can. Or if you have kids that are climbing on you, then do 1.

**K: Yes, I've been there!**

S: If you take the pressure off of meditating needing to look or be a certain way, and you make it fit for your life, then I find you can make it a regular practice instead of making it one more thing that you're not doing right.

Nobody gets inspired to go sit on a mat when you're like *ugh, I'm gonna totally screw this up.*

**K: Being able to have something within my day where I don't have to be perfect, I'm just showing up, is really relieving.**

**One of the reasons I was really excited to talk to you, is to talk about uncertainty.**

**When you're starting a business, whether you're starting a farm or a homestead, or anything, there's so much uncertainty in life. There's no guarantee that it's going to work.**

**Even after your first year or 3 years or 5 years, there's still uncertainty. There are new challenges, and it's really uncomfortable.**

**I'd love you to talk about how this practice helps you deal with uncertainty. What do you tell others who are in the midst of a lot of questions and not so many answers.**

S: That's a really great question. My belief is that all of life is uncertain, but we don't know that. We don't think that. We think that if only we do this one thing, then this other thing's gonna happen.

I can be certain that I'm going to leave my house and go teach a yoga class, but any number of things can happen on the way.

Even those little certainties — I'm certain I'm going to wake up and go to work in the morning. All of those things that we think are certain actually aren't. But we put a lot more weight on these dream uncertainties and make them into a huge deal.

If somebody's going for their dream, they're feeling really scared, they don't know if it's going to work out — the best thing I can tell people is to take the next certain step.

Usually, uncertainty is a big thing. It feels like, *Oh my God, if I do this farm, then what's that going to look like for my family. What if it doesn't work out 5 years from now, and then 5 years from now where do I want to be?*

And then it goes into the spiral of really scary scenarios. Because there is absolutely zero way for you to know for sure what's going to happen, the spinning becomes the major conversation around it.

That stops a lot of people because being uncertain is one of the most uncomfortable feelings that we as humans can even experience at all, so we try to avoid it.

Instead of needing certainty that in 5 years it's going to work out, I look at it now like, *okay what is my next certain step? Am I certain I want to entertain this idea? Okay, yes.*

*Am I certain from there that this is so exciting for me that I want to take the next actual step? Okay, yeah I'm certain about that.*

*Am I certain that I believe in healthy food and helping people live healthy lives? Yes, I'm certain about that.*

So you keep on breaking it down into the the next right step and the next certain thing you

do know. From there, the next part of it is a leap of faith, where there really is no certainty.

You mention, how do you deal with that part of it?

Instead of needing there to be certainty, or needing to bust through the fear, I look at it like leaning into the fear and into the uncertainty and saying:

*Okay, I don't know if this is going to work out. I need to try. I know this is something that matters to me. I know that I believe in the mission that I'm doing so much that I'm willing to give it a try. And if it doesn't work out I know that I will figure it out.*

**K: I think that's the moment of most resistance, but once you take that leap, you can look back and say, *okay I did get this far, and I didn't know I would get here, so I can just keep taking that next step.***

S: There's also a really big difference between being afraid of something just because it's unknown, scary and big, and it's a risk in service of your dreams. There's a difference between that feeling and something that's not a good choice for yourself.

We've all been in that situation where we've chosen a partner where we're like, I probably shouldn't date this person, but I'm gonna anyway.

There's a knowing inside of ourselves. Listen to that quieter knowing that says, *this actually isn't a good thing for you versus I'm so excited about this, but I'm so scared.*

One of my favorite Brene Brown quotes is "do it scared."

You don't have to not be scared in order to go for a dream. I literally say this out loud to myself sometimes — *you're just scared and you're going to do it anyway.*

It's partially about knowing which one it is for you. If this is a *don't walk in front of that car* kind of danger, or if it's *this is really exciting, I'm just a bit afraid right now.*

**K: I can think of specific times in building our farm asking, *should we invest in this, should we try to get this loan.***

There have been times where it's a yes — we're going to make this investment and it's bigger than anything we've ever done, but we know it's really going to pay off.

And then another time where it was like, ooooh, I don't know if we should do that! And we didn't and it was like, thank goodness we didn't do that because it wouldn't have been the right decision.

Both times were big investments, but there were different factors at play.

S: I want to speak to that because I can imagine people saying, *what if I don't know? What if I don't have a strong sense in myself? What if the fear feels too big?*

That's a good question. I think it's going to be really different for everybody. What you can do if you're not that in tune with your own intuition yet — which is okay — is just gather all the data.

I like to look at things like how much information can I get about this? Make sure the information you have is matching up with your goals. Maybe with one of those loans for you, you were like okay that might move us forward, but part of it doesn't match up with my values and goals, so that doesn't feel like the right choice.

I don't want people to think that you can only get through these times if you have really strong intuition or if you're really used to making decisions like that. You can also do it by looking at the facts.

**K: Yes, and that really ties into getting to know who you are. Something that surprised me in starting a farm and going down the entrepreneurial path is how there's a lot of data, but if you're going to be successful, there's also a lot of self-discovery and learning about who you are and what matters to you, and how you move in the world.**

I have people ask me, how do I start a farm? How do I do this thing?

For me, a lot of it was asking, *who do I have to become?*

I had to stop partying around campfires late at night all summer, and instead get some sleep and to be rested enough to do the chores.

Then there's also the data gathering of reading, going to conferences and workshops. A big part of creating a life that you dream of is asking that question:

***Who am I? What version of myself do I really need to step into?***

S: Yes. Also, what are my priorities and who do I need to be in order to create this life?

This is actually something I've been thinking a lot about lately — when you enter these new stages of life they're usually preceded by fear because they're big dreams. And because they're something you care about a lot, part ourselves needs to die.

The part that was partying around the campfire — that part probably had to be laid to rest, at least for a little while, so that you could become the person and step into the leadership role that you have now as a person who's created a farm.

This is where the rubber meets the road for a lot of people where they don't know this

ahead of time. That it takes sacrifice, it takes prioritizing — not sacrifice in the horrible way, but in the way of like *okay, I could stay up partying or I could wake up early and work on my business.*

You know, it's dedication that creates that. It's about you learning who you need to be in order for that to happen.

Oftentimes it's a total transformation. I joke with a lot of my entrepreneurial business friends that going into business is the best therapy we've ever done, because you have to face yourself constantly.

*Like, I'm not good at making decisions, shit, well I've gotta figure that out. Or, I don't like technology, well I've gotta figure that out, too. Or, I don't know how to deal with invoicing —*

All of these things that happen with going after your dreams, not just a business dream, but any dream. You do get faced with, *who am I, and how do I need to respond here?*

**K: Along the way, there's this idea of *I'm going to get to this goal, and then I'm going to be there.***

**I don't know if it's really possible to think beyond the goal when you're just trying to get to one place, but I often think about it in terms of planting a seed.**

**You plant the seed so you can harvest the tomato. But the majority of your time spent is all of that space in between, it's all that growth.**

**Then when you finally harvest it, you have a really wonderful meal with fresh tomatoes, but it's gone in like 10 minutes, and then you start again.**

S: That's right!

**K: I've come to appreciate that space in-between, even though it's hard. I find that having a meditation practice and having these specific goals can really help steady me during that in-between phase.**

S: That's a really good metaphor. Especially for a lot of your folks that want to have farms. Remember that — most of the magic happens between planting the seed and harvesting.

**K: So you may go back to something you said before, but I would love to hear, when you're talking with someone who's at a pivot point, or a change of seasons, what do you see as the best thing to do to move out of uncertainty.**

S: I don't look at like moving out of uncertainty, I look at it like leaning towards it. I think in our culture there's a big movement of people being like, *I'm gonna punch fear in the face! I'm gonna bust through my uncertainty! I'm gonna burn down...*

It's all this destruction of these things that are very normal.

Our fears are constant.

Our uncertainty is a given.

If we rail against it and say I can only move forward if I make it go away, then guess what's going to happen?

You'll never move forward. It's pretty much never going to go away.

**K: It's that crying in the midst of creating all this joy.**

S: Exactly. So I don't look at it like, how do we get rid of uncertainty. I look at it like, how do we move through what we're going through given that we feel uncertain. The way I know how to do that is to take the next certain step.

Take the next move that feels like the right one.

Go back to your intention, in the business world we call this the why – the thing behind what you're creating. Why do you want to create it? What's important to you? What's important to the world?

When you shine the flashlight on these creations you want to create on the planet, and you take the flashlight away from your own uncertainty, then it becomes more clear.

It becomes *I'm compelled to create this thing because I believe in fill in the blank.*

I find that anybody who wants to create anything has something about it that's important to them. Maybe it's something that they've struggled with in their own life and they want to help others never have to experience what they did.

Or maybe you guys are farmers and you want to create a new way of living where people are connected to the things they put in their bodies.

No one goes into business because they don't care.

Everybody wants to change something or contribute in a meaningful way to life. When you focus on that part of it, then the uncertainty is like, well yeah it's uncertain but this thing is so important and I'm gonna do it.

Any person who's ever started a revolution, any person who's ever innovated or come up with something new – The lightbulb. The internet. – Anything we have now that we use on a daily basis was started by somebody who was terrified that they couldn't do it.

**K: There's a quote about the lightbulb, where Edison says something like he tried 10,000 things before that didn't work.**

S: Exactly.

**K: We often talk about having that lightbulb moment. You get to the answer, but you have to go through that time of growth and uncertainty before you reach the light.**

S: Exactly. I think to sum it up: how do you get rid of uncertainty? You stop trying to get rid of uncertainty.

You stop thinking that uncertainty needs to go away or that it's wrong, and instead you just know and accept that it's going to be part of it.

You keep moving based on your vision for what you want for the world.

**K: I want to shift toward music and creativity and how that is woven into Kundalini. A lot of Kundalini meditations have music in them.**

One of the things I've found as I'm going through beautiful times and hard times is that music is something that really helps me tune into what I'm feeling, and also tune out if I need to and get on another wavelength. It helps me see the world in a new way. Music is often one of the best ways for me to shift when I'm needing to see something else.

**That's one of the things I love about Kundalini – how music and singing is part of a lot of the meditations.**

**I know that you're a musician and have toured all over the place, and I'd love to hear how you see creativity play into business, goals, and meditation.**

S: I think business is just as much a creative thing as music is, or as art is.

It starts from nothing. It starts from a vision or inspiration or lightning bolt moment, or an experience you've had that you then want to see come to life in the world and affect people in a certain way.

I could have just said that about a song, and it would have perfectly made sense, because that's what music and art is, too. Business to me is just another form of creativity.

I feel very creative when I'm creating my meditations, and thinking of the words that are going to affect people, and the way that I want them to affect them, and the change that I want to see in the world based on that.

It was the same being on stage. It was like, okay, what do I want to elicit here. What kind

of emotion do I want to evoke? What do I need to do with my body and my instrument in order to do that. It was a play. I didn't know ahead of time. I'd try something and somebody would react, and I'd see that works. Then you try something else and it doesn't go over the same way, and you gather information.

Business is that dance constantly. In that way I think music, creativity, and business are all the same — they're all creative endeavors.

As far as Kundalini and music goes, holy moly, that's the thing that drew me in the most.

I was never a yoga person. I'm the least likely person on earth to teach yoga, especially a really different style, but what happened to me in the class is that the mantra music really cut through my thoughts, cut through my insecurities of even just being in a yoga class. It touched me in a way that it just visceral, and it's not intellectual.

That's what music can do. Music communicates on a level of frequency. It's sound. When that is in our space, we have to respond as frequency, and that then changes us.

It changes our thoughts, it changes our processes, it can change our brain waves. If you can get yourself into the frequency and vibration of the way you want to be, then it theoretically makes you who you want to be.

In Kundalini, you're sitting in a meditation listening to these very specific songs, or mantra, or words, or melodies that are geared specifically for this frequency to help you change.

The other side of that is mantra. What that means is when you say the words, when you sing them, when you sing, that's called naad yoga. That's the yoga of sound.

The cool thing is when you vibrate inside yourself, when you say a word, when you sing a song, it changes your cells. It can change your brain waves, how your systems all communicate with each other.

When you sing a song that is really meaningful to you and you feel it inside the body, that can change things.

Kundalini throws all the spaghetti at the wall. It's like, alright, let's do mudra (hand position), let's do sound, let's listen, let's say words, let's get focused on a mantra — it really does all of it.

I'm a spaghetti thrower in general. My answer to almost every business question that I get is like, I don't know, try everything. Try everything and see what sticks. Kundalini is really awesome for that.

**K: I love that, and I totally have had that experience with music. I've had that experience in Kundalini, where it's like whoa, this is what I needed. It really is more of a**

**frequency more than a thought-based kind of movement.**

S: Especially in Kundalini, where a lot of the words are not in English, you can't rely on the literal understanding and say they're speaking to me.

Instead, the sound and the frequency of the music itself speaks to you. For me, I'm like whoa, what is going on? I'm feeling things. I don't even know what they're saying.

I know what they're saying now, but I didn't when I first started.

**K: One of the things I've found with Kundalini, and specifically being in a group and being guided by you as a teacher, is it makes a really big difference to be able to ask questions and start to understand these things on another level.**

I mentioned I've meditated for a long time in different ways, but I'd never actually taken a meditation class. I was really surprised by the difference in how it shifted things for me.

There's the word manifestation, and that can also be woo-woo, but it's really not about sitting and being like, *this is what I want, have it come all to me right now*. It really is this conversation between your intention and your actions, taking the next step and the next step, showing up and doing the work.

I found that being in this space and this group, and having a teacher has made a really big difference in getting to my goals.

S: I can speak to that, because I created what I needed. Nobody taught me how to do it, and I flailed around for a long time trying to figure this out. I knew meditation was important. I didn't know why, I just knew it was.

Why it's really helpful to have a teacher is because meditation, much like business, brings you up against your own insecurities, your own things about yourself.

If you're a perfectionist in your life, you are certainly going to be a perfectionist when you're meditating. It shows you, it calls you forth to look at yourself.

Somebody might say, *I'm doing this wrong*. That's a perfectionist  
Then somebody says, *I'm not getting the results I want, I'm gonna quit*. That's a person who in life doesn't follow through enough to see results.

You might be the type of person who has to do every single thing perfectly and you beat yourself up if you don't. That's more perfection.

The teacher part of it is really helpful, because it's like, *Hey, this is all normal. This is what it's supposed to be. What you're coming up against right now is what meditating is supposed to be*.

It allows you to let go of some of the expectations of what you think it is and what you think is supposed to happen.

I know for some of our meditations, some people were manifesting things in like 2 seconds, and some people never did, and then it brings you up against the thought, *why is it happening for her and not me? What am I doing wrong?*

It's a really good metaphor for life. What happens in your meditation practice is what's happening in your life. It calls you to change those things in the practice, which then shows you that you can change them in your life.

To me, that's really one of the biggest values of it. It's like, *wow, I didn't think I could get through this, and I did. SO what else can I get through that I didn't think I could?*

**K: That makes so much sense. I love how you just brought it all together. I could talk to you for days and days, but I want to wrap it up with a question that might not have an answer, which is fitting. I'm wondering if you have a favorite meditation.**

S: It is a no-answer, but lots of answers. I have loved so many meditations in my life, and they're always the ones that come to me at the right time.

Right now I'm totally in love with the meditation that I'm going to be teaching next month, it's a self-love meditation.

The one that got me started was one I've taught you: Creating a Magnetic and Enchanting Personality. It's a manifesting meditation.

There's another one called the Mul Mantra.

It's known as the fates killer, which sounds so serious. The Mul Mantra is one that brings you to your destiny. What it says is that no matter what you've created in your life, no matter how much you've messed up, it brings you back onto your path. It's called a Bij Mantra, and that means "seed."

As a seed mantra, it's one of the most powerful ones. I'm going to teach that one sometime soon.

**K: Well I'll be there for that!**

**I'll put links to your site and the meditation coming up. If people want to just check out what Kundalini is like, do you still have a 7-minute recording if someone signs up for your email list?**

S: I do. My freebie for my email list is a short 7-minute meditation called Beaming & Creating The Future.

It's really simple, you don't have to sing, it doesn't have any music. It's really easy to do, and it's super powerful.

I use it almost every day anyways in my regular life. It's definitely a householders one, and it's a freebie, so if you want to sign up for my email list, you get that right away.

**K: That was one of the ones that I did with you for the 40 days, and I have gone back to it again and again. I just loved it.**

**Thank you so much, Sally. I really loved our conversation.**

S: Me too. Thank you so much.

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Thank you so much for listening to this Good Heart Life interview. If you're curious about Kundalini and want to know more, click the link below to check out [Sally's website](#) and get her free Beaming & Creating Meditation.

And, like Sally mentioned, she's leading a new mediation in June. I'll definitely be joining, and you're invited, too. I'll be sending out more information on that soon, so

Sally and I would love to know: what was your biggest take-away from this interview? Let us know in the comments below, and be sure to sign up for [The Good Heart Life weekly letter](#), where I share more on soil to soul that I don't post anywhere else.

Thanks again for listening. Until next time, plant seeds and keep growing.