



## Episode 055

### Finding Your Flow - Understanding Resistance and Letting Go of Control

Laura Foster [00:00:01]:

Hey beautiful soul, it's Laura here and today I am the guest on my own podcast. I want to well, actually it wasn't that I wanted to, it's that the world served me up. A different kind of podcast experience this week. Let me back up a little bit. So last week I had three podcast interviews scheduled last week, did no podcast interviews. It was so weird. I was completely prepared for all three. All of them were confirmed.

Laura Foster [00:00:35]:

All of it was good, my schedule was good, their schedule was good. And in each and every experience, either they needed to cancel because of an emergency or all of a sudden my internet went out, the power went out. The internet and the power went out or something happened on my end too. And let me tell you, I'm sure you can all appreciate those times in life when you have a vision for something that's going to happen and then it doesn't happen. And so all three of those podcast interviews got rescheduled for this week. And so this week, here I am today, a couple of hours ago, ready for my podcast interview. And then the whole thing falls apart again. And I'm feeling terrible about it because this one was on me, it was unavoidable on my part, but that's not really why I was so stressed about it at the moment.

Laura Foster [00:01:31]:

It was because my intention was to do something. My focus was to do something and I really wanted to do it, especially since it was rescheduled from last week and it didn't happen. And so here I am doing a solo podcast in this moment and I'm going to talk a little bit about there's what you want and then there's what you get. There's what you want and then what the universe gifts you, gives you. And it's what you get. And usually what you get is what you need. And when you're in the moment, and I'm saying this from experience, especially right now, I find that really tough. You almost like you get monofocused and then you get served up something different and your brain starts to hyper control and become hyper vigilant and starts

to scoot up a series of stories that makes you frustrated or angry or stressed or anxious or any number of different things.

Laura Foster [00:02:36]:

So what I wanted was to do a podcast recording today with my guests and what I'm getting is what I would call a course correction. And as much as this frustrated me, especially in the moment, I have to say I was able to kind of course correct pretty quick. And this is not always something that I've been able to do. It hasn't at all. And I have been talking more and more on social and with clients and in retreats that I have constantly been in curiosity to what surrendering looks like. I've read the books. This is so classic me. I've read the books, I've done the learning.

Laura Foster [00:03:22]:

I have sat in contemplation of it. I have tried, right, tried really hard to surrender. And my initial resistance to the word surrender was such that surrendering to me sounded like giving up, giving up. And there's nowhere in my life that I actually want to be in the energy of giving up. And what took me years and maybe you're way ahead of me on this. And thank you because seeing other people being able to be in a state of surrendering helps me get there closer. It helps me see what that looks like. It's a form of mentorship.

Laura Foster [00:04:04]:

And this place where I eventually started to realize that surrendering actually meant being in the flow of your life. And when someone asked me if I want to be in the flow of my life, hell yes, I want to be in the flow of my life. I don't necessarily want to struggle with the word surrender, but really it's the same thing, allowing being in the flow of your life, surrendering to what is. So I want to talk a little bit about what resistance feels like in life, what flow feels like in life, and also how I have been able to get more so more in a state of flow of my life and how that came about. So I think it's always easiest to talk about where we start, which is understanding sometimes and really connecting with the feeling that we don't like. And so there have been times and there are times when I feel like I'm really facing a lot of resistance in life, whether it's in the work I do, whether it's in parenting, whether it's in a key relationship, my intimate partner with somebody else. There have been times when I feel like I'm pressing up against something, that there is a pushing energy both coming from me and coming from either

the relationship or the experience or something about it. Always in resistance, there is that energy of trying, trying.

Laura Foster [00:05:28]:

And when I've been met with the most resistance is when it feels like I'm pushing a boulder up a hill only to pause and realize that the boulder has kind of rolled back down the hill. And then I have to reposition myself and gather the type of energy where I start pushing the boulder back up the hill. And when this happens to me, when I feel this state of resistance, this pushing energy, pushing back against me and me pushing, I know that I am trying to control something. I am in deep gripping in my life. And I will tell you that I have celebrated that feeling for a long time. And it comes from me very early in life, realizing and being told and having mentored to me that you have to go out and get what you want. Now, I want to tell you I haven't abandoned that idea. But the way that I interpret that is I need to go out in the world with my big, bold voice, my energy, my anticipation, my effort, and my pushing and get, take what it is that I need.

Laura Foster [00:06:41]:

And I don't mean take from somebody else, but take, like really go for it, create a goal, really align all my actions, which has served me well. I still highly recommend that and go after it. And I have been both celebrated in that. And I have also received the kinds of things that I wanted in life using that type of energy, very masculine energy. And so if you can relate to this, I will say, I see you. We all need divine masculine energy. It is not about abandoning it. But that was really the only way that I knew how to show up to experiences.

Laura Foster [00:07:19]:

And because I had positive affirmation from those, from that type of control energy, I figured that's how you actually received anything in life is you just went after it. But here's the thing about it for me, is that it's fucking exhausting. It's really exhausting to be using push energy with a lot of the things that you do to be trying so hard and gripping and trying to control things. Now, I never thought I was trying to control things. I thought I was taking charge of my life. And I realized it can be kind of the same thing at times. It really depends on the intensity of it. It depends on how often you do it and it depends on where you use that in your life.

Laura Foster [00:08:06]:

And really having this conscious awareness of when to be in that masculine energy and when to be in the feminine energy. And as a result of me over identifying with that push, push, push energy, that masculine energy, I actually didn't favor the receptive energy, the intuitive energy, the flow energy of the divine feminine. And so I know this really is an awareness for a lot of women, that awareness that we've been told, maybe it's been mentored to us, that the weakness is in the divine feminine and the power is in the masculine. And it's bullshit. We actually play in the fields of both. And so for me, I have worked really you're going to listen to this. I've worked really hard. And by working hard, I mean Lily letting go of that so that I can allow myself to play more in the feminine.

Laura Foster [00:09:10]:

And it has changed my life. And so when we talk about this energy of pressing up against and pushing energy and the boulder up the hill kind of things and the resistance, when I feel myself in that and I feel like I'm being in the resistance of what is or I'm trying to hyper control myself, I almost always just try and pause and check in. What is the energy that I'm feeling in this situation? What is my intention with what I'm doing right now? Where is the energy coming from? Within me? Is there something that I am trying to achieve in that? Is there something I'm trying to feel? What is it that's going on there? Really looking at the approach that I'm taking and feeling into it less, popping into my head and kind of saying what's the logistics of what I'm trying to do there? And really feeling into the process of what's happening? How am I feeling about this moment? And where is this all coming from? The advantage of asking yourself a question is that by asking the question you open the portal to your own answers. Because the only one that's going to know these answers is you. I know I sit down with coaches and mentors and girlfriends and my partner and those kinds of things and I talk things through with them and I might even ask them their opinion. But I do so knowing that ultimately, ultimately the information, the answer, the knowing is going to come from me. Only my soul knows the way. And so the beauty in being in cooperation with somebody else, being in connection with somebody else is they can mirror things back to you.

Laura Foster [00:10:59]:

You can hear yourself saying things. They ask the questions that you yourself really could be asking yourself and maybe not. But recognizing that their answers, what they're saying needs to go through the filter of understanding for you. Because most often than not when you ask a question of somebody else about your life, they're answering the question through the filter of

their life, no matter how much they want to help you, unless they're very much in a conscious state of not doing that. That's just the caveat that I'm going to say there. So asking yourself these questions I think is so incredibly important. And when I'm in that state of resistance and I'm pressing and pushing up against something and all I'm feeling is resistance, things aren't going my way. The universe is sending me blocks everywhere I turn.

Laura Foster [00:11:55]:

It's not working out. The person's canceling, the technology breaks down, whatever it is, that all the things and I'm using it in relationship to my example today. Sometimes there needs to be a change of approach. When I ask myself those questions. I understand that there's a course correction not coming from the outside world, it could be coming from the outside world. But it's signaling or mirroring to me something that needs to change within myself, a change of approach. Maybe I need to let go of the timelines a little bit, change my expectation or my anticipation or let go of it completely. And sometimes not usually, to be honest with you, it is a recognition that whatever it is that I am pushing up against the thing that I'm trying to push forward, it's not usually that.

Laura Foster [00:12:48]:

It's 100% not for me. Or for no longer. But it's usually something that I need to shift that's the energy, the approach need to let go of the timeline or the expectation or how it needs to look or how it needs to feel and instead ask better questions. Ask better questions. The flip side of this resistance and this pushing energy is when we get into states of flow in our lives. Flow can be kind of defined as several things. Effortless being that state of effortless. Effort where you lose track of time, that's often where a state of manifesting comes from.

Laura Foster [00:13:35]:

Creatives athletes, artists, they talk about it, entrepreneurs talk about it. And it can be quite different than a state of presence and mindfulness because flow state involves a level of effort and skill. That place where you're challenging yourself enough that you're engaged without it being too easy like you're bored or the challenge is too hard where we become anxious. The flow state involves that motivation and concentration that's the athletes, the artists, the entrepreneurs. And flow consciousness involves that intuitive energy, instinctual energy allowing and in flow. And I'm sure there's been moments and times when you feel like you've been in flow, you're able to let go more. You're in flow, you're literally guiding down the middle

of the river without gripping to the leaves and the branches and the trees that are hanging from the side. Is that a good visual for you? Because it works for me.

Laura Foster [00:14:44]:

It's like that's what flow looks like, that's what allowing looks like. It's the opposite of gripping being in flow. And I don't think that we go from in fact, I have definitely not gone from a place of doing a lot of control, being in control or at least pretending in my perception that I'm in control. And the gripping and the pushing we don't really just kind of go from one side of it to the other. The allowing, the let go and the flow in the blink of an eye. I don't think so anyways. I think that there are certain things that help us be more in one. So it doesn't mean that we have to be all in flow.

Laura Foster [00:15:26]:

I mean, great if you can get there, but maybe if you find yourself being someone who needs to be hyper vigilant all the time trying to control all the variables and get really anxious and upset and frustrated when you feel like you're pushing up against life, then really what we want to do is just can you be a little bit more in flow? Can you find some moments, some space, some time in life where you feel you're in more in flow of your life? Because when we can do that, when we can have the experience of being more in flow of life then we know energetically what that feels like in the cells of our being. And when we know what something feels like, we know that we can get back there. If that makes sense. This certainly does to me. So the first thing I would say is and I know this becomes my response to a lot of things when it comes to developing the relationship without self. It is to turn up your sense of self awareness. Just turn it up. Wherever it is now, just accept it, it's perfect.

Laura Foster [00:16:36]:

Wherever you are right now, it's perfect. So we're just trying to do more of it, more self awareness. Asking yourself like is this current way that I'm moving through life working for me? Maybe you have data like I did, that it was working for me. Remember the goal setting, the pushing, the going out and making life happen for you, which it's about the energetics of it that pushing energy might feel like it's working for you until you ask yourself how you feel in it. What does it feel like to be constantly doing that? And that might be the way that you actually determine it's not working for you. The way that you would ultimately want it to. Cool. Best piece of information you could ever want to know about yourself.

Laura Foster [00:17:27]:

That level of hyper vigilance that we sometimes wrap up as being a good adult or a mature person or a conscious individual breaks us down on an emotional level. It's hard to maintain. So the second thing I would say is can you be more curious as to how this could be different? Curiosity really paves the way for shift and change because it doesn't require you to do anything other than pay attention. Light holding things lightly is to be curious how could this be different? You don't have to do anything with that question. Meaning there's no action required. You didn't say you had to change anything. And that level of curiosity is oftentimes what allows something to float up from your subconscious. How could this be different? Do I really need to control this? What would happen if I let go of the need to know? What would happen if I let go of the need to know? Other questions like why is this happening for me? Because oftentimes the energy feels like things are happening to you.

Laura Foster [00:18:47]:

Like that damn internet. And I know such a first world problem. But it is interesting how we do certain things or we have experiences in life or we have responsibilities in life that require some of these things like the internet. How do I show up and do what I do if I don't have the internet? And so there's a story that I've wrapped up around that maybe you have a story for the things that you push up against in life. So my question to myself today was why is this happening for me? Not to me. Why is it happening for me? And what am I learning in this moment? Beyond the no amount of pushing was going to make it different for me. I could choose to be perpetually frustrated for the next 2 hours, pissed off, jump in my car, drive around town to try and find a place where I could work and this and that. And don't get me wrong, sometimes those things are necessary.

Laura Foster [00:19:47]:

But are they necessary? Do I need to be doing that? Why does this space need to be created for me in this moment? What am I doing with this space if I'm not doing the thing that I was just pushing up against? And for me it's often this what's trying to come through for me. I get so curious about that when I hit resistance in something, I come at it and then I come at it and come at it and all of a sudden I'm not like, god, this is really hard. Why is this so hard? Is there something coming through for me? Which I often think of is what is the gift in this moment? What is the gift in this situation? What is the cosmic gift in this redirection? And all of this is

about creating more space for noticing, create more self awareness, be eternally curious. And the third thing is to get into a state where you're practicing more moments of flow. We're not necessarily trying to be in flow twenty four seven. That seems like a very big level of effort. But if we're just trying to practice more moments of flow, the question would be is where do you feel a sense of flow? For me, it's things like being in the kitchen by myself, listening to music, chopping and cooking and being in that walking in nature. I sent out an email newsletter last week to my inner circle talking about what it was like for me hiking in the hills of Monteverde, which is in Costa Rica, and how the minute I put the backpack on and I started hiking, I had to pay attention.

Laura Foster [00:21:37]:

There's rocks and twigs and maybe snakes and different things that you have to pay attention to. And that level of awareness allowed me to kind of press back from all the other things. And I noticed that walking in nature, I felt so in flow. My energy was flowing, my awareness was flowing. Things were dropping in to my level of consciousness. That wasn't happening if I sat there with a cup of coffee staring at a journal. For me, in that moment, I also get a lot of flow. When I do yoga.

Laura Foster [00:22:15]:

That six by two mat allows me to drop into me and there is a level of effort and challenge there because of the posture and because of the flow, but at the same time there's not so much hyper awareness that I can't drop into the space. So flow never happened for me when I first started yoga. It happened for me when I started to create enough neural networks in my body that I didn't have to try so hard with every move. It's like anything. It's like when you're driving, you start with your hands at ten and two and you're hyper, focusing on everything. And the radio is off and you're like, looking at the road and you're looking at your speedometer and you're adjusting your gas gas and your brake and you're doing this and you're doing that and you're generally not talking because you're focusing. But you can get into a flow state with driving eventually, right where you just time stand still, times irrelevant really. You get to where you're going, you hardly recognize that was a state of flow.

Laura Foster [00:23:28]:

Not that I recommend you do that when you're driving, but that's how we connect with what it can feel like practicing more moments of it. And I think one of the biggest things that reduces



flow is distraction. So if you are wanting to go from this place where you are gripping and pushing and controlling your life and you're wanting to bring more of a state of letting go and flow, we need to understand for ourselves what creates distraction. Distraction is definitely the enemy of flow. So for me, it's identifying the time of day when I am able to be most focused. There's almost always going to be a time of day or there is going to be a time of day for you, just like there is for me, where you can drop into that state much easier. For me, it's not too long after I wake up in the morning. So what do I do with that time? What do you choose to do with that time where you are closest naturally to what flow is? I would suggest that you make good use of that time because it's usually only a 60 to 90 minutes window for most people.

Laura Foster [00:24:44]:

You can play with it. Is that the time when you need to get done the thing that you most want to get done that serves your highest purpose here on Earth? If you're writing that book, would you do it then? If you're doing the work that's meant to come from you and through you, would you do it then? Would you do the self care that helps you connect with who you are and why you're here, would you do it then? I would. So knowing when you are most focused, identify that time of day and let yourself work towards that in those periods. I also think it's really important to gift yourself recovery every single day. I know we're all in different states, we're all in different seasons, we're all in different places in life. And time is the same for everybody and we all have different things that we're doing. So this idea needs to become specific for you. So when can you create recovery time for you every day? It's where you detach from work and it's where you detach from technology.

Laura Foster [00:25:58]:

When is that? When is your recovery time? Doesn't mean you have to be standing in the woods. It can be. Doesn't mean you need to be laying back on the couch with your feet up doing nothing. It can be. It could be when you're engaging with your family, when you're around people you care about, when you're with your pets, when you're in nature, those kinds of things. But really allowing yourself recovery every single day for however long that can be for you, I think it's really important. And a lot of times we're just being undisciplined about it, right? Our phones. You ever looked at that little report that comes out once a week on your phone? If you have an Apple phone, you know what I'm talking about, where it tells you how long you've been on everything.

Laura Foster [00:26:49]:

It's horrifying. It's horrifying. It's probably so horrifying, you probably don't even look at it anymore. But if you're looking to, quote, unquote, buy back time, start there. And I also think that sometimes, depending on your personality, you need to know how to manage yourself. Here's the first thing that happens with me. If I tell myself I can't do something, do you know what I want to do? You know what I'm going to say? I want to do the thing I just told myself I can't do. So I spend less time telling myself what I can't do and more time opening up what I want to move towards, what I can do.

Laura Foster [00:27:30]:

So that's why I say things like, don't just say to yourself, that's it. I'm no longer being on my phone from this time to that time and this time to that time. Although that might work for you, I do less of that because that'll make me want it more. And instead, I say to myself, when's the time I focus the most, what do I want to do in that time? And I put energy into the discipline of showing up in that time, doing the thing that helps me practice the flow state more. Because whatever you put energy into, it's going to grow. So putting my energy into that and putting my energy into those moments of recovery every single day, where I'm detaching from work and technology allows me to wire and fire this sense of flow more readily. And then I know what it feels like. My nervous system gets a break, I start firing and rewiring the state of my nervous system because that pushing energy.

Laura Foster [00:28:28]:

The push, push, push, push, push. It's very stimulating. And the truth is that you can get to where you want to go when we create space and time to be in relationship with ourselves, because the things that are for us don't pass us by. And so let me be clear, I'm not saying that you abandon effort. I'm not saying that you abandon wanting. I'm not saying that you abandon working towards something. I'm definitely not saying that. I'm saying it's the energetics, it's the dance.

Laura Foster [00:29:08]:

The dance between the two is what's important. And if what you're doing right now is frickin working for you, oh my God, keep doing it. But if you're like me and you started to feel the persistent, ongoing, maybe even low level grind of the way I was doing it, this is the message for you. This is the message for you. So I have a couple more recommendations to kind of move

away from that gripping and pushing to the allowing, I would say, is stop multitasking. Stop multitasking so much. You don't really have to stop it entirely because I know there's places where we're like, no, I'm good at it. The reality is we're actually not that good at it.

Laura Foster [00:30:00]:

So you just want to stop trying to multitask all the time. And so I have a friend who does focus times, and that kind of goes back to the time when identifying the time of day when focus is the easiest for you, and putting those high level activities in that time. But that's that trying not to multitask all the time. So a few things that have worked for me have been things like scheduling my day out a bit, being soft with it, but just recognizing what it is that I'm going to be doing in my day. So if I have a few things, and I only pick two or three things at most that are my high priority items and I schedule them, I create blocks of time and I do my very best, my very, very best to not go against my intention. In other words, if I've put something in my schedule to get done because it's important to me and I want to be mono focused on it, then I don't do something like, oh, yeah, I'll go for coffee at that time, or oh, yes, I'll go ahead and run that errand there because it's easier and whatnot. I really try and keep my promises to myself. And that's something only you can really decide for yourself what's worth shifting and changing.

Laura Foster [00:31:30]:

Because part of this is about not being rigid, but it is very much about being intentional. It is very much about being conscious, being conscious and intentional. So this place where if you can start to identify with such clarity what flow feels like in your life, then you'll also identify with what forcing feels like in your life. And when you feel forcing energy, you don't have to abandon it, but you can ask yourself what you're doing, why you're doing it, and then you can offer yourself the potential gift of shifting that so that you're not spending so much time in that hyper vigilant control, forcing energy. And the beautiful benefit of this, the beautiful benefit of flow is that there is a level of self monitoring that stops when you're in flow state. There's a loss of self consciousness. Not consciousness, self consciousness. You stop self monitoring so much and that is a beautiful place as well.

Laura Foster [00:32:39]:

Time becomes less relevant. Life just flows. So the last thing that I want to say. Is one of the things that in the last few years, I found to be exceptionally helpful in experiencing greater

sense of surrendering. There's that word again. I can actually say it without feeling like I'm twitching has been my experience with breath work. A few years ago, I was at a plant medicine journey in British Columbia, Canada. And on the other side of that experience was several days of deep integration, a place where you do different activities and actions and not that allow your body to really take in what you've done.

Laura Foster [00:33:36]:

It's kind of like the shavasana after a yoga class, probably one of the most important parts of the whole class. And the reason is that you get to integrate all the learnings, that space you created in your body. It gets to sit there for new creative endeavors, to come forth for information and inner knowing and instinctual activity. All that stuff is, is that's fodder, that's creative space. And so, number one, don't skip shavasana. Number two is I went to this experience not really that keen on breath work number one. As it implies, it is work number two. It didn't sound very exciting.

Laura Foster [00:34:21]:

I mean, I breathe all the time, and I breathe in yoga class called Pranayama. Why would I want to do a 30, 40, 45, 1 hour long breath session? Personally, that didn't sound very good to me. But in the style of this experience, this retreat that I was at, I trusted the facilitator. And so, yeah, I'm like, here I am. I'm up for it. I'm already here. I'm going to do the breath work class. And when she said inhale, I inhaled.

Laura Foster [00:34:50]:

And when she said exhale, I exhaled. And when she said keep going, I kept going. And before long, I started to experience some of the things that she said might happen, some of the awkward, physiologic things that can happen that were a sign that your body was going deeper. Things like I started to feel numbness and tingling in my fingers and my feet, my right leg started to kind of shake somewhat uncontrollably. And I was noticing that I had these discomforts that were coming and going in different parts of my body. The back of my neck for a bit was, like, quite sore. And then all of a sudden, that was no longer sore, and my back was aching around my sacrum. And the actual breath work session part of it was 30 minutes breathing, the way she prescribed throughout the songs to music, was about 30 minutes.

Laura Foster [00:35:49]:

And all of this was happening. And then what happened is the breath work turned into a guided meditative state where there were guided meditation. And then we went into kind of some integration of the breath work experience. So another 20 to 25 minutes of just letting go of that work, of the breath work and going into that space afterwards. And what I noticed is that as soon as this started to happen and the guided meditation started, all of a sudden these emotions just started flowing. I almost didn't even really know where they were coming from, but I knew that they were coming. I could feel it. It was coming very deeply from within me.

Laura Foster [00:36:33]:

I started to cry. My body started to shake. And then I would notice these kind of focal points of where these emotions were coming from. And I would just naturally, kind of through the guidance of the meditation, I would move into these spaces and this seed of emotion would just start to shift and change. It would lift and then it would release. And then I would go on to the next one. And this process happened for a little bit and then we went into the integration where I just laid there and let all of this new understanding and new space, new awareness and new neural connections be in that moment. And I can honestly tell you, I don't know that I've ever felt so unburdened.

Laura Foster [00:37:28]:

And what blew me away by all of this is that it was through the power of my own breath that somehow I didn't actually have to think it through. I didn't need to talk about it. And I'm not saying there's anything wrong with those things, but I was able to achieve the state of deep, deep unburdening through the cadence and the power of my own breath. It blew me away. And if you've done breath work, you're probably nodding your head right now. You're like, yeah, it's amazing. And I'm a lifelong learner. I love to learn.

Laura Foster [00:38:09]:

I love to lead. I'm a yoga teacher, I'm a retreat leader. I was a chiropractor for almost 25 years. Lots of education, educating others, wellness workshops, you name it. I love to learn and I love to pass that on. And this reoccurring, showing up for breath work just kept going deeper in that way, lifting things that I had never been able to access through the power of my mind. And instead I could use the power of my breath to do it. And the results for me were very long lasting.

Laura Foster [00:38:51]:

Very long lasting. Blew me away. It blows me away still. So I've gone on to do my breath work facilitation course. And now I am now leading elemental Rhythm breath work classes. I integrate it into some of my coaching and mentoring. I do it my retreats. I'm going to be hosting it locally here in Costa Rica in the yoga shala that I work at.

Laura Foster [00:39:16]:

And it has brought me a greater sense of flow in my own life. So I wanted to share that because maybe it's something that's been calling to you. The universe has a funny way, right? Just like when your whole schedule blows up in front of you, it's for you somewhere, somewhere in there is for you. So just like going to an experience and the next thing you know, I'm being gifted this moment, this class, this experience of breath work so that I can have the experience and notice what it can do for me. So, yeah, if you're that person who has never done breath work, you can hit me up, head on over to my show notes, go to [Soulinspiredgirl.com](http://Soulinspiredgirl.com) or play with me over on Instagram at Soulinspired Girlgirl. G-U-R-L come to one of my retreats. I have one in Ontario, Canada, in July with the incredible Shirley Williams five day blissful retreat called Renew, Rewild, Recalibrate. Both of us are elemental rhythm, breath work, facilitators.

Laura Foster [00:40:31]:

This is part of an entire experience. But all to say, I would love to talk about this more with you. I am not an expert on flow and surrender. I am not. I am a student of it. And so I'd love to share what I have learned. I'd love to hear what you are learning, what you know. So feel free to reach out to me and talk to me more.

Laura Foster [00:40:59]:

Tell me how this resonates with you, where you are in this process, if this is something that's calling to you or something you feel like you're very deeply ingrained and working with, I just think it is such a huge part of the world and humanity and consciousness right now. All right, that's the episode for this week. So no guests this week. That was definitely not happening on the timeline. But I am so happy I made this time to be in conversation with you. Like I said, head on over to the show notes. Please rate and review this podcast. It means everything to me.

Laura Foster [00:41:37]:

And you can also hit the subscribe button. It helps the message and the work that I do make a bigger impact in the world. Feel free to share this on social. Please tag me and drop into my Instagram or my messages and let me know how this is landing for you. I hope you have the most incredible day and I will see you back here next week. Thank you for listening to the soul Inspired Girl podcast.