



Episode 059

Kristin Hallett: Leaning Into Death As A Way To Inspire Life

Kristin Hallett [00:03:57]:

Oh, my. I'm so pumped to be with you right now, Laura. I can't tell you, it's like one.

Laura Foster [00:04:02]:

Of those heart to heart moments that makes me super happy that my path crossed your path at Dr. Kevin Preston's New Human event.

Kristin Hallett [00:04:14]:

Yeah. And I had to dig deep to feel as though I even belonged there, let alone up on the stage. And I told you, you were sitting in the audience and I would have paid to listen to you speak. And here I am holding the microphone. I'm like, how am I going to show up for this human I admire so much up on the stage? And then to connect eyes with you a few times during my talk. Oh, the strength that you gave me to proceed through just I feel eternally grateful. So thank you.

Laura Foster [00:04:48]:

That is such a beautiful thing to say. I'm going to receive that. Thank you. If you just hopped on the podcast and you're what are they talking about? Back in June in Enderby, BC, Canada, for those who are international, our friend Dr. Kevin Preston pulled together, created from the ethers of wisdom, a really incredible event called The New Human. And I was all in. I live in Costa Rica. I am willing to jump on a plane for 24 hours to go to that event. And one of the beautiful things is that Kristen was one of the speakers at that event. And Kristen, you freaking blew me away. You really did. I know that you have been regularly in front of the camera. I don't know how much you regularly public speak, but I know that you yeah. Did you just give me a no? Like, you don't really public speak?

Kristin Hallett [00:05:45]:

Oh, I do, but Laura yes. My background in public speaking is, I told you, like, mainstream media. So I was given scripts that now, looking back, just like I would read them, I was this kind of clog in the wheel of the machine. But that was the first time I was speaking from my heart and something that truly mattered to me with the veil fully off, so very different.

Laura Foster [00:06:16]:

And you were in a jumpsuit, and you looked freaking fantastic, by the way.

Kristin Hallett [00:06:21]:

We just full stop. That jumpsuit was borrowed from a girlfriend and from Dynamite, like, as it should have accessorized from Susie's share, but yeah. So that's a whole other podcast.

Laura Foster [00:06:35]:

Well, keep it going.

Kristin Hallett [00:06:36]:

It worked well for you.

Laura Foster [00:06:38]:

I love where we're going, where I assume, and maybe that's the first problem. But I know we're going to talk about the work that you're currently doing in the world. But before we get to this ellipsis experience and touching on some of the things that you probably talked about during your talk at the New human. Can you bring all of us up.

Kristin Hallett [00:06:59]:

To speed on really the work you.

Laura Foster [00:07:02]:

Do in the world now and how you got to the work that you're.

Kristin Hallett [00:07:05]:

Doing in the world right now? So, like I said, my background is in journalism and hosted various morning shows. And through that I realized what made me come alive or the moments I felt in Flow was anytime I got to interview someone and really interview them and they were giving me answers to the questions that weren't just mechanical the same way we would talk to a cashier, real deep answers. And that lit me up. That was the start. I began writing and as I evolved and I really think sitting in my shit after motherhood where I didn't allow myself to identify as a host or even a writer, even a mother, if someone asked me what I was doing, I said nothing. And that was really hard because I always wanted to latch to something impressive. So I speak about this a lot, actually. I began this process at the beginning of COVID which I called my return to the right. It was the right side of my brain I felt had not been stimulated, had gone numb. There was nothing passionate or firing on it because we're a left brain society and our left brain seeks to almost manipulate and get what we need, whereas the right brain is curious and to survive, especially in motherhood. Get the toilets cleaned. Oh, just lean to the left. So I thought, how am I going to fire up my right? So I started using my left hand. I started to learn a language. It was going to be that or a musical instrument. I decided to learn a language. I began micro dosing twice a week, just the smallest of amounts. And I would use my left hand to brush my teeth or, I don't know, flip eggs because my left hand had had a free ride for 38 years. I'm like, Come on, step up. And maybe placebo effects. But truly, I felt that something was churning in me, that I could let it all go. What I had been before the host and all of the things that I clung to, I was able to let go of, lean into the right and realize I want to write more and I want to write things that matter. And I thought about all the interviews I'd had in the past that lit me up. And I realized that I would like to sit down with people and write what matters to them and kind of just organically put together this idea. What if I sat with somebody who is focused on putting a will together of all their valuables and we talk about their values and their essence and who they are because my grandma is gone, both of them. And I never talked to them about those things, what they regretted a time they followed their heart. You don't sit down and ask your mother these sorts of questions. I mean, some people do, but for the most part in our society, you don't, given the relationship. So I thought, what a gift for families or grandchildren of grandparents if they could attach a letter, a legacy letter like that to a will and have that? So that's kind of how it all started. But I was naive in putting together the entire session and the process that I truly thought there would be able bodied men and women wanting to do this work and put it together as their estate planning. Honestly, Laura, it was every phone call. Can you come now? They don't have much time. I'll pay you

whatever. Can you get to White Rock? Can you get to Vancouver? I think we have a week. I'm not sure if they'll make it before Christmas. Will you work over the holidays? And exclusively, my clients were actively dying. And I feel like I got fast tracked to learning a hell of a lot more than I bargained for. And I paid attention and everything just blew open.

Laura Foster [00:11:22]:

Well, I can feel complete goosebumps on that. And is this when you came to call it the Ellipsis experience?

Kristin Hallett [00:11:30]:

It started as the Ellipsis Experience in that the inspiration behind that was in the dot, dot, dot, someone will start to tell a story and possibly even trail off. I got you. I feel intrinsically intuitively what you're trying to say. And I'm tapping on my keys.

Laura Foster [00:11:52]:

I've got you.

Kristin Hallett [00:11:52]:

So later, when I would then show them their letter, which I do, I'll gather an audio and go back and write. After a session, I truly felt I could fill in the gaps of what they were trying to say, because they're not going to go and write these letters on their own, but definitely, oh, I should really write that down for my grandkids. But it's very overwhelming. So I'm like, I will be the ellipsis that fills in the space between. And then I just start to muse off with everything that Ellipsis represents. It's this unknown, it's the interpreted, it's after you die, dot, dot, dot, what is next? So I just romantic in that and.

Laura Foster [00:12:35]:

Capturing really the message between the words. Especially if a lot of your clients end up being that close, the ones who are actively dying, they might not even have the energy to really go there. And here you are doing all this. Let's put it this way. How did you choose this work, though? I mean, I know you just told me kind of a bit of your.

Kristin Hallett [00:12:58]:

Story, but how did you choose this.

Laura Foster [00:13:00]:

Work or this work? Choose you? Or is it just because this was the space where you could have probably the deepest real conversation? Because I find having walked somebody home in death, honestly, probably one of the most gifted experiences of my life. My best friend and in doing that. It was such a gift for me. Even looking back. I feel like if I could have just held that longer for her but you have a way of just getting to the root of the matter. Is that what drew you in is just like, let's crash the bullshit of all the other things that we can say, and let's just have the conversation that's sitting right below the surface, the one that is really calling out to be spoken.

Kristin Hallett [00:13:52]:

Yes, 100%. Nailed it. And our fear of death, it links to everything, every choice we make in life, everything that's holding us back. And I wanted to go there. That's where I wanted to be. And I had experienced too often how our culture avoids the conversation. Painfully experienced it in my own losses and being sequestered to a corner to deal with my grief and loss without being held in community. So that needed to shift. That was so incredibly important to me. I didn't realize I'd be jumping in headfirst like I'd explained before. I thought we'd be talking about death and thinking about instead of who do you want to be when you grow up? It was always who do you want to be when you die? That was the driving force. Let's think about that. And in the entire experience, I just started to realize that you start to speak about death and you bring up the grief. Masks fall off. You can't have a mask on anything. It strips it all away. And that's where the real conversations live. There's their adrenaline junkies who jump off mountains. I feel like it's this adrenaline of life I get when I sit in my sessions. Yeah, it fuels me to no end.

Laura Foster [00:15:27]:

I imagine that this is an incredible gift for the living because that's oftentimes because we fear death and we fear grief and so much of society wants to rush through to the other side of grief. And I know you work on that side too, but for the human who asks you to come because am I making an assumption when I say the person who's typically asking you is somebody who's

not actively dying? It's they want this conversation to be had between you and then their husband, you and their grandfather. Yes.

Kristin Hallett [00:16:02]:

Because they don't even know what else to do and they're not prepared to have the conversation. Can you please just come and do this? And I do think that there are family members who have hired me that feel as though there is congestion inside of their loved one that I can then help extract, which does make everything a little lighter for them. Which is said, it's the greatest honor ever. And to walk someone home truly is the greatest honor ever. And back to my session at the New Human. I kind of brought my session to stage when I spoke, I started with a lullaby. And the reason I did that it's so very important to me that those who are leaving this world do so the same way that a baby would enter this world and that's why I will sing them a lullaby and it's not so sterile and the fear goes away. It should be very beautiful. So that's why in front of all of you I stand there and in my pitchy voice just sing a lullaby. It's so important to me that they would leave the same way they came.

Laura Foster [00:17:20]:

In ceremony, in ceremony, whatever you make sacred is ceremony. That's so beautiful. It really is this experience hearing you speak even in this moment now and what I was left when my girlfriend passed, it made me think about how we could do this so much better, we could just do this so much better and why wouldn't we want to? I mean, I get all the things that have happened that make all of us feel so often disconnected from this process but I think it's the leaning in which makes it so beautiful. But I have to ask your audio and your letter when it's finished, what does this do for those that are living?

Kristin Hallett [00:18:08]:

I think it helps them with the grieving process because you're not asking questions you maybe didn't know. There are sessions I've had where someone will lie there with tubes coming out of them and they'll say oh, they know, they know I love them and I will look at them and say have you told them? No, but they know. And it's those moments where I will let them know that they need to hear it. But back to the weight of it all. And the origins of grief is gravity, which is weight. Like, we feel the weight and them being able to say it, giving permission for them to tell a loved one because it's so generational, but our parents didn't hear it or it goes on the cycles. But I do think that helps strip a weight off that you can just let go, because we try and

try to control so much and that's where the fear of death comes from. You can't control it and it will help you let go of that control just to simply love you. So that's been really beautiful to witness too.

Laura Foster [00:19:22]:

What has the dying taught you about living? I know that's kind of a big question. I just sort of threw that out.

Kristin Hallett [00:19:27]:

There but I got it, I want to grab it and take a big bite at it. The first thing that comes to mind is and there are lists of so many practitioners and even hospice nurses who have written about the lessons they've had from the dying. But something that's very important to me to differentiate is that on the list, top of the list, top three was people who were dying say I wish that I'd allowed myself to feel happy and it's so important to me to follow that up with questions in that it's not that it's so much more simple than that. It's not. I wish I'd allowed myself to feel happy. I am learning. I wish I had allowed myself to feel that's all, that's what they're wishing, and not to anyone's work. I'm just adding my own experience, but I would never want to question that it was happy. Of course, that's one of them. But I do think it's also grief, for sure. Anger, sadness, jealousy, just the whole entire human experience, silliness joyfulness. You can't have one without the other. And we don't let ourselves wallow and we don't let ourselves go there in so many ways that if you can't let yourself be angry, you're not going to get to the tippy top of joy as well. So that would be the number one thing, and it's an interesting one, because that's an area which I was so happy to speak about, that I haven't heard being spoken about. It's not feel happy, it's simply feel.

Laura Foster [00:21:05]:

That's it yeah, and it's that permission, too, to be able to feel. Because if we really look at a lot of the messages that go on, even just think of the amount of antidepressant use and so on I know a number of people who have been in the throes of grief and that's what's handed to them. And I'm not saying that there perhaps isn't a place for these types of medications, but the thing that it seems to rob people of is this opportunity to wallow. And I'm not saying pitch a tent, set up, live there, get stuck there, but you can't walk around it. To me, it is deep, deep, fertile ground.

Kristin Hallett [00:21:54]:

Yeah, 100%. And that has been my greatest lesson, is that in sitting with those who are dying, there is unprocessed grief. And it feels like a life that has been stunted. And for an older generation, they had to shelf it, they weren't allowed, and put 1ft in front of the other. And I think the common misconception is if you go there, you'll get swallowed, it will consume you. So when I do host grief circles, I'll kind of give the rules of the grief circle and we're sitting around. But I will always let them know, I promise you. There is a bottom. There is a bottom. It could be deep, but you will touch a bottom to this grief. You will find your way back. But it's active. It needs to be active in community and also within yourself to work through it. And then the other common misconception in grief being active, is that I think people think as they grieve a loss, then it leaves them. It leaves them. So the love would leave them and that's why they can't go there, they can't say their name, but that is not it. And this is sort of a morbid example, but I like to use the word metabolize, like we metabolize grief. So think of eating a chicken breast. You'd eat the chicken breast and that protein would become a part of your muscles and you would become stronger. So with grief, it doesn't leave you, you metabolize it. And in my opinion, it makes your soul stronger. It is only soul work that we can do as human beings. So that's the other one. Yeah.

Laura Foster [00:23:45]:

And that feels like the alchemy of it. Right. You can take something in like grief and you can make it the best of right?

Kristin Hallett [00:23:54]:

Right. It becomes your superpower. It shapeshifts. You can shapeshift with it if you let yourself go there. And I haven't lost a mother, but for anyone who has lost a mother, you are able to sit with someone who has also just recently and you can look at them and by no comparison, we don't compare. But you can look at them, put your arm around them and you're like, I got you, I've got you. And in that shape shifting, you've become the superhero. For someone who doesn't know what to do next, it's beautiful.

Laura Foster [00:24:38]:

That is incredibly beautiful. And it's that piece where if we do feel like we are getting lost in something, being of service to somebody else is such a lifeline. It's a lifeline for yourself and it's a lifeline for someone else. One of the things that I heard at the New Human maybe you said.

Kristin Hallett [00:24:56]:

It, is that I hope I said it.

Laura Foster [00:25:02]:

It's the need to heal in community. The witnessing of healing is part of what helps us move through it. And I think that's so beautiful because many things are meant to be in community. And that's the lie that a lot of us live with, is that we're meant to do so many things alone and we really aren't. And that's the beauty, I think of what's been going on, is this six foot division and this having to stay physically apart. I'm not talking about divisiveness because of mindset and beliefs, I'm talking about because we've been physically divided. Many of us stand on the sticker, all those things. What was so beautiful about that? It's like taking an elastic band and pulling it past its normal comfort zone. As soon as you let go of it, it just snaps back in. I feel like that's what's been happening. Like, if you give me a group of people, I'm going to be so up in your physical business, I'm going to touch you. You and I hadn't met before. We had a hug from forehead to toes and all the body parts were touching in between. And I feel like that is something that has really come about as a result of feeling disconnected. So this idea of noticing and being consciously aware of how much we need community, whether we're talking about grief, whether we're talking about dying, but especially in, there's probably work that you need to do alone, meaning like in the internally inside of yourself things that you need to actively walk through. But how beautiful that you create grief circle. How often do you do that?

Kristin Hallett [00:26:42]:

Once a month. We'll circle up and I guess once or twice because I will drive to Vancouver and hold one as well with a girlfriend of mine who is Mother Earth. So, yeah, we'll sit around. And the cool thing with the circles is that because a lot of us are going through life head down, getting shit done because we got to pay our taxes, see the dentist. It feels like for a moment everybody puts their head up. And the 80 year old man sitting in circle, whose wife doesn't know who he is anymore because of Alzheimer's, sitting next to a woman who he's met for the first time ever, whose husband said, I'm done at Christmas, and high school sweethearts, has

left her feeling as though she's missing a limb. They can both look at each other and say, I see you.

Laura Foster [00:27:38]:

I feel you.

Kristin Hallett [00:27:39]:

Oh, my God. We're all the same. We're all the same. Oh, yeah. And it's the witness. It's the bearing witness. And the grief circles are free, and they have to be free. And the reason is I just sit there and lean back and everybody goes everybody plays a role in it. And you really do pay with your presence in that. No one's checking their phone, no one's thinking about the conversation they had before or what they're having for dinner. And it has to be that way, that everyone plays a role and no one comes with an expectation, because I put this forth, it's a little different that way. And it's very magical what comes up in them. I adore them to no end.

Laura Foster [00:28:24]:

I'm sure they're incredibly powerful and you might lean back, but while you're leaning back, you're definitely holding a container. You use a term called handheld grief navigation. What does that mean for you?

Kristin Hallett [00:28:43]:

I believe I've come to learn that, like I said, grief does need to happen in solitude and it needs to happen in community in equal parts. And with the community, it's extending that hand. It's extending the hand to the person who doesn't want to talk to a friend or a family member anymore because they don't want them to worry about them. They don't want them to scare them. They feel as though they should be over it by now or it's something they never dealt with from four years ago. It's too late to bring up. But it keeps showing up in certain triggers or in choices, in cyclical hell they've created for themselves. So, yeah, it's extending that hand that there is community there, and you can step out of the community that you have because sometimes a little anonymity helps to crack open just what's congested in you. And the number one cause of death, congested heart failure. There are many that believe it is unprocessed grief.

Laura Foster [00:29:52]:

I think that's really profound. Right? There congestion and I mean, a lot of people would define trauma as unprocessed emotions. So anything unprocessed, I think, within us is a stagnation and it becomes a barrier to living. Holy holistically. So I would agree with you there in my own way. How do you think that we can.

Kristin Hallett [00:30:16]:

Do death better the process? Oh, that's such a good question. I believe that number one, nurses and doctors and all of the reading and research I've done, I do hope that they can explain to people what death looks like. I'd like to see ceremony brought to it and the sterile side of it stripped away. And truly, Laura, the number one thing is to help people let go, that this is a natural human experience that's meant to happen. Because what is occurring with Western medicine and we glorify the warrior, a warrior the fight, and people break down their bodies trying to evade death, but it ends up that they're fighting for quantity and forget quality of life. How do you want to live out those days when you are dying? Do you want to live them out in your home with your family, checking off things you've never done before? Or do you want to live them attached to a machine in a lot of pain, fighting? And that is a very gray area, don't get me wrong, but it's definitely a conversation that I don't think is being had enough and comes back to what I'd mentioned before, the control, just trying so hard to control. So, yeah, I would love to see that. And then more ceremonies. When my grandpa passed away, we all held hands in the room and made a circle. I was very young then. I think now I would sing a song. I would have the courage to do that. And there are just different elements you can bring in. And I do think with this work and I'm evolving into it, I want to be very thoughtful because I'm learning. I'm learning so much. But my goal would be to be able to perform some ceremonies or help families through it. When you are looking each other in the eyes and truly helping walk them home and letting them know, hey, I'll see you soon. I'll meet you there. Thanks for going and getting the place ready. Fluff some pillows.

Laura Foster [00:32:43]:

Well, wouldn't it be nice to be a little lighter about it? God bless my girlfriend's husband, who I've known for over 20 years at that point, because her and I joked right up till she could no longer speak. And I really mean bless him for knowing that that was exactly the energy of her and I. And I'm just thinking about that because it's the freshest thing in my memory, having a 50 year old girlfriend who you have been besties for over 30 years and watch her go to this

place where she passes on. There were things that I didn't know. And at first I was like, I really didn't realize that. And why has no one ever told me? No one prepared us for the process. I was ignorant. And this I take this on myself, but I just also realized the process and the support wasn't there. Why didn't we create more space for ourselves in that process? We did the best that we could with what we knew and what we intuitively felt, and we tried to make it as ceremonial and sacred as possible. And not that I would wish this to come back, but if I did, I would do it so differently. That sacredness, that ceremony. Think about times that you've been at a funeral and how much fun you had.

Kristin Hallett [00:34:13]:

Oh, I love laughing at funerals because I'm a freak. Like, just people need to laugh and get that levity. And I think that the heavens open up and that is the greatest connection. When you've lost someone, when you can laugh, don't you feel the most connected? Yes.

Laura Foster [00:34:33]:

I don't know too many people who would say, hey, when it's my time and I pass, could you guys all get together and just stand around holding each other, bawling your eyes out, crying, being in a state of misery. I'd be like, what kind of experience do you want to create? Like, how can you remember me in such a way that we hit the highlights, not just the low moments. Although that's fine too. That's what's so beautiful about the landscape of life. So I do love that. And also when we walked Dom home, the allopathic medical model was very quick to sedate her to a point of her being gone. And I look back at that now and I think I understand, right? Because we don't have these conversations and support in place in a way where we can have reverence for the process. So the thoughtfulness and I so appreciate what I can tell is your words and your learning and what you have come to know, and I so appreciate that. And until you've had a place where you're close to that and you've been in the experience of you just don't know what you don't know. But that's why I think we can do so much better, because this is all a part of the cycle that you have just spoke about in all of this. How is this evolving within you and in the work that you're doing? Because I'm assuming it's kind of like you're upgrading, you're shifting, you're changing, you're learning as you go. What's your dream for this work, if you have one?

Kristin Hallett [00:36:15]:

Back to even what I just mentioned was shifting the way that our Earth walk does end, like we just talked about, and then lifting the stigma and then allowing the stigma around death, the awkwardness, and then also around grief and exactly what you were just talking about. To remind people. You get to advocate for your life and your health, but also your death. Or a loved one's death. Because if we have learned anything in the last three or four years, no one's going to do it for you. Am I right?

Laura Foster [00:36:52]:

No one.

Kristin Hallett [00:36:53]:

But even like you said, you don't know how people are going to die. So of course you're going to just offset that responsibility to someone who's very I'm not even going to say that they are in the know about it, but experienced, I guess. But yeah, they're experienced in what they would possibly inject or what machine to unhook, but they're not experienced in the sole work of this loved one of yours. So if you take anything away from this podcast today, anyone listening, you get to decide if something doesn't feel right. Much like in the last three or four years when you are deciding what you put in your body, you get to decide how your body leaves here. And I think that that's extremely important because time and time again we just give that autonomy up because it's new. But you can still trust your intuition and your gut because we are at the root of us meant for ceremony, all of us intrinsically. So it's just trusting that since we've shut all those taps off and letting them flow, there's a culture that anyone who has just lost a loved one, that person is considered closer to heaven. They're in the in between. So they are brought so just bestowed all of these gifts because for a mere moment in time they are connected to the other world. And I think that anyone who is grieving should be celebrating that that someone has left them but they are halfway there between them. And that's where you go for a while when you really can't process in the real world. It's because you've left the real world for a while and you're kind of in between, you've gone there. And it's really cool looking at how other cultures do this and how did we end up going so sterile in it all. So yeah, that would be the work that I'd really like to continue to lean into and just do it slow and thoughtfully, one step at a time.

Laura Foster [00:39:12]:

This actually makes me so happy and even having the conversation and I can imagine the kinds of questions that you ask as you're going through this experience with those who are actively dying and in your vision of how you started, you thought you would be doing it with people who are state planning. So maybe there are people right here, right now who would be like, I'd love to do that for myself, as opposed to just say, like, I have somebody. And this is still very important, but I have somebody in my life who is dying. And I want this experience for them and for me and for everyone else who loves them, which I think is so incredibly important. I had a friend who is becoming a death doula. And when she first said it, I didn't even know what a death doula is, but I do know what a birth doula is. And I was like, Hell yes. That's a strange combination. But I was like, yes, because I'm like, I can tell you I had a midwife, but then I had a doula. And this doula, I often will say the midwife is helping you bring the baby into the world and the doula is helping you move through the experience of and so when I think of that in death, I think, who's your doula? Who's the woman, who's the human? Who's the person? Who's the team? Who's the group that is walking you through that experience? And it really is also the facilitator between you and all this beautiful group of people around you. So if we can change the conversation around death, we get to be more in life while they're still here, right?

Kristin Hallett [00:40:55]:

And an interesting shift because I told you those who are willing to do the work with me in these sessions and the sessions were designed to shift your lens, to strip away the fear of death, to really live. So I had thought there would be able bodied people coming. But what I realized now, how I need to explain it to people is, yes, come and do this session with me. You're going to end up with this incredible love letter and it's not your life has been written and now it's done on the page and you're good to tap out. No, it's your essence of who you are. No matter what you do, you are still you on the inside with goals and dreams and aspirations. So you have this letter and maybe the plan is to hand it to your daughter on her graduation or the goal would be to give it to her on her wedding day. But you know what? What if you're not there, then you still have it. So it's better to look at as a security deposit of just a gift to them instead of making it go to the morbid side. It's just the way that I think we can wrap our heads around it a little bit better. Like the goal would be to hand it to her or him, but just in case, because we don't know what tomorrow will bring or the next hour, it's there.

Laura Foster [00:42:18]:

I also think it would be something where the questions you're asking, the conversation that you're part of the space that you're holding would also be incredibly supportive for. Like, for

example, if you and I did a session like that, I'm imagining that there is going to be a perspective on myself I maybe not had thought before. It's tough when you're in your life, you see your life from within. What's so cool about having a storytelling session is that that gets reflected back to you. That's your gift, right? And so we've been talking about this in relationship to leaving this for those who are still here, but I can imagine that for the person who you're doing it with, it's this way to see their life in a new lens. And sometimes I think I'm imagining that that could probably be pretty powerful and maybe even shift how much life they hold on to as they go forward for their next 20 years, 30 years, one year. You don't know. It's a gift to somebody else. But I think it could also be incredibly powerful for the gift, for the person that you're doing it for.

Kristin Hallett [00:43:28]:

Yeah, because it's extrapolating what really matters to you. So when that's mirrored back, hey, you told me this is in writing, this is what matters to you. Why are you spending half your life doing this or worrying about this, allowing yourself to be overcome with anxiety about this? 100%. Exactly. You nailed it. Full stop. Yes.

Laura Foster [00:43:57]:

Okay, so tell me how humans can work with you. How can they connect with you? How can they work with you?

Kristin Hallett [00:44:02]:

Well, you mentioned doula, and it truly does end up that my capacity or bandwidth would be that of a doula in the clients that I could take on. And that's why I'm really not advertising but advocating that I would love to assist anyone who or inspire anyone to just call up their mother and ask them some of the questions. Ideally, I'd be able to sit down and have a session with you. And what I'm getting at is I can only handle so many people at a time because I want to give them every last drop of what I can. And this is a passion project, so it's never been about the money. But if anyone is feeling called for a session, they can connect with me or Instagram or my email is hello@ellipsisxperience.com and then we can book a session. But yeah, much like a doula, they can on average take about four clients a month. And that is, I would say, my bandwidth as well, which it's just the way I want to do it. And I can be available to them because this isn't some cattle call lineup experience that I'm giving.

Laura Foster [00:45:14]:

No, I don't think you can kind of wedge this kind of work into life. I think this life comes for you and this calling comes for you and you show up to it. And the energy in which you show up to this, I don't know. My heart's just been sitting in this really warm place through this whole conversation. You are such a gift around this. And I know that there's going to be some humans who are listening to this. It's going to be a call or a wake up a little bit, which I think is incredible. So thank you so much from the bottom of my heart for sharing your wisdom and sharing your experience and sharing your heart and being willing to be literally one of the first people to go first to do this, because we can do death a new way, which allows us to do living a new way.

Kristin Hallett [00:45:58]:

Oh, I love you. Thank you. Can you just remind everyone that I am funny sometimes too? Yes, you're totally funny. Good. Oh, I just love you. Thank you for having me, truly and quickly. I need to say, it was very important for me when I did the new Human talk and standing on stage, to look at you and look at Sarah Swain and to look at Mark Groves and thank you for all you have done in speaking about all that has happened in the world and getting past the lump in your throat and finding the courage. And then helping others find their courage. And I know there's a grief in that, in what you thought a country would do to protect you. And you, I think, have helped just tip the scale in everyone being able to process it. So just one more time, can I full hammer home that that I just admire you to no end for helping me find my voice. Thank you.

Laura Foster [00:47:01]:

Bless you. Tears are always flowing for me. I received that with so much love and gratitude. Right back at you. And for those who are listening, please go to the show Notes. We are transcribing our podcast episodes so you can download them if you're kind of like me and you like to geek out and read it sometimes. But the other thing is, you can connect with Kristen's work, her website, her Instagram, you can see her funniness, her heart shines through, you can take a look at her chickens, see what she's doing in the Okanagan. It's a beautiful experience over there. And so if you love this episode, and I hope that you do, please share it and tag us, hop into our DMs, tell us what you love about it and if this affected you, big or small, we would love to know that. It's just beautiful. Icing on the cake. Deeply grateful for you, Kristen, and thank you so much for listening and being here right now, all of you, you are so needed in the

world and I deeply appreciate you. So talk to you again soon. Bye for now. Make yourself an incredible day. Hey there. Thanks for listening to the soul Inspired Girl podcast. To learn more about my program and feminine collective Roots and The Sisterhood, or to find out more about what it means to one on one coach with me, you can go to soulinspiredgirl.com and find me on Instagram at [soulinspiredgirl](https://www.instagram.com/soulinspiredgirl). If you like what you heard, be sure to share with a friend post and tag me on your Instagram stories and leave me a five star rating on your favorite podcast platform. Now go out there and create yourself an amazing day.