



Episode 071

Solo Episode - Our Experience of Moving To Costa Rica -- All The Dirt + Details

Hey everyone. Okay. This episode has been a long time coming. I have had so many people message me and personally ask if I would do a message, a podcast episode about our process of moving to Costa Rica. If you don't know much about me, I am a Canadian citizen and we've been living in Costa Rica for about a year and a half now at the time of this recording.

It's the beginning of 2024. And I, I mean, we came here for many reasons, all of which I'm gonna cover today. And I've been hesitant up until now to actually record this episode. Number one, we're still Canadian citizens and we still have ties to the Canadian, to Canada and the Canadian government. And that is something to be aware of. But I also...

I needed some time to really think about what would be the point of sharing this information. I know that some of the listeners, some of the people who are connected with me are wondering what would it be like thinking about moving their family or coming down for some time. So I'm going to talk about why we did it. I'm going to talk about when we did it and how it went for us, like really how it went kind of from a...

logistical perspective and also from a mental emotional perspective. And I want to share as much about the expectation or anticipation of it as much as the reality of it. I'll talk a little bit about the immigration process, safety and security here in Costa Rica, or at least our experience of all of this, schooling, the experience of our kids, which are admittedly in their early 20s, our experience with healthcare. And

Of course, I'm sure some of you want to know what I do it again, what I do it differently, all the things. So without further ado, here we go. So it all kind of started for us back in, well, during the pandemic in 2020. I was immediately really uncomfortable with the rollout. I had been, I am a doctor of chiropractic and had been in practice for just coming up on 25 years.

Laura Foster (02:38.23)

For sure, I had seen a change in the landscape of healthcare, the role of big pharma in pushing into the regulations and what was possible to talk about and the scope of care of different practitioners. And as a chiropractor, that's the largest natural health field outside of regular allopathic medicine. And although there's not a...

massive amount of chiropractors. They are all in all very well educated. Many of us can talk about at a high level a lot of the aspects of immune system regulation and health and well-being and all the kind of things. And so I had seen how with time we had been more and more and more silenced, threatened with the loss of our license or

you know, all sorts of things. And so, soon as I saw the rollout in 2020, I was, my interest was peaked. Let's just put it that way. There was a real lack of information to truly help humans. Um, and as a healthcare provider, not just chiropractors, but I'm sure there was healthcare providers all over the world, holistic and otherwise, who really knew that there was so much information.

like a multitude of things that could have been helping and supporting the general population and none of it was being shared. So for me, it never felt good. I had sold my practice and my business and I, you know, at this time, I felt like I really wanted to go ahead and retire my license at the time, which I did.

And mostly that was because I wanted to speak candidly and freely and I wanted to share as much of this supportive information as I possibly could. And I can remember getting hundreds of messages from healthcare practitioners who were so grateful that they could share my information, send people my way because they weren't able to say the things that I was able to say. So let's just put it that way. So there was this

Laura Foster (04:56.506)

unease and discomfort. I could see that there wasn't many, many untruths going on. I was highly suspicious of what was going on right from the beginning. And so if you're already listening to this and you're like, I showed up to listen to a podcast episode about what it means to move to Costa Rica, that's cool. This is really all part of it for me. I could feel that living in the landscape

controlled by the Canadian government was uncomfortable for us. And immediately when I retired my license and the world shut down, it was not long after that we decided to move from the Toronto area all the way across to British Columbia. And it felt good at the time

because at the time, BC was doing a lot more of a sane approach. It was admittedly a little bit nuts in Ontario.

You know, when we got there, we felt like we could exhale. Now, I will say eventually British Columbia, and to this day, British Columbia has the most insane regulations and the way that they rolled it out after things got going was crazy. But we lived there and we really worked on creating as much sovereignty as possible. My partner and I are born and raised in British Columbia. We both know the country, like the countryside.

really intimately. And so we felt comfortable there. And we really felt we could live in alignment with our values. And so that's what we did. And it felt really good. Now, you know, I'm going to fast forward a little bit, because what eventually happened is, as many of you might know, whether you lived in or outside of Canada, is that there was a trucker rally that eventually started

Laura Foster (06:54.643)

Gosh, when was that even? I want to say... Hmm.

Laura Foster (07:02.454)

Was it January or February of 2022? Is that even right? I feel like it was somewhere in there. But at that time, the truckers had mandates on them and in order for them to transfer food, transfer supplies, do all the things, go across the border, all this stuff, they were required to be mandated to do shots. And many of them weren't okay with it.

And so, you know, this whole trucker rally was really interesting to me. Right off the bat, I was like, there's a lot of truckers in Canada and they are banded together as a group and it might be just the kind of thing where if the truckers got together and they decide to shut down the country, you could do it very quickly, very rapidly. And I, and if you were in Canada, you probably seen this, although saw this, but there's a lot of people with varying.

you know, accounts of what happened. But let me just tell you from my perspective, I started to feel hopeful. I'm like, what we put up with, you know, what we allow to happen, and we don't push back is really what becomes our reality. And we needed someone, someones, many people to really be, you know, having a stake in it and saying, it's not okay. And so when the trucker rally, which became

when the Freedom Rally started, truckers from all over Canada started to make their way across our giant country, all the way to our capital in Ottawa, Ontario. And every time more and more and more truckers joined, more and more and more humans who agreed and believed and rallied alongside them with Lined the Highways and the Overpasses.

and would donate money and do all the things. And it was huge at the time. Like it was so huge for us. And I can remember my family feeling like, I'm so excited for what this could mean. Like finally, you know, finally, you know, we're gonna have a movement, a monumental movement that is going to make a statement about what's important to Canadians. So we donated money to it. This is kind of where I'm going with this.

Laura Foster (09:28.106)

We felt strongly about it. It cost money. All of these truckers were donating their trucks and the gasoline and all these things. So we donated money to a GoFundMe account. And eventually the government stepped in. We now know that they lied and they made up false evidence and things of trying to say that, you know, there was another motivation behind it. And then it was like, let's just call it for lack of a better term, that there were ulterior motives, that it was being driven by

a terrorist organization or God, I can't even remember. But just whatever it was, it wasn't true. It was simply citizens of Canada rallying and wanting to support the bigger message that was going on there. So we donated money. I feel really strongly and I donated money to a number of different causes that were in alignment with our values and our feelings about how things were being run and what direction this should all go. So once the government stepped in,

Um, they went ahead and they took all the money, all that money. So in Canada, we have a right or we've had a right to peaceful assembly. And that freedom rally was very peaceful. Uh, despite what mainstream media might've said, I know many, many people that were there and they'll tell you it was peaceful. It was beautifully peaceful in fact. And so it wasn't too long after that first amount of donated money, like

literally like in the millions, I believe was taken by the government shocker. There became a second opportunity to donate money. And this is where things changed for us. We made a second donation. And we stood behind the cause again. And this time the government instructed the banks to freeze the accounts of anybody who donated money. Yeah, that was February 2022. So our accounts were frozen.

We had no access to our money, no one to contact, no one to talk to. And eventually our account was unfrozen, but there was no apology, no information. There was nothing. And it was unlawful, but the government made it legal. And this was a holy sh*t moment for us because number one, we sat in this place of like, what the actual fuck is happening here?

Laura Foster (11:57.01)

In a moment, our quote unquote democratic government had frozen the accounts of many, many Canadians who were really just supporting something that was very much peaceful assembly, standing up for what they believed in protesting, which is part of the democratic

Laura Foster (12:27.03)

protests peacefully, which was happening. And for my partner and I, it was one of those moments where we had to really sit in the truth of what was happening. You know, the same time that all of this happening, I have friends who live in other parts of the world and I have a girlfriend who lives in the United States. She was living in Arizona at the time.

The entire time of the pandemic and she had the same health status as I did, she had the same papers or not papers as I did. Her life was very different. Regardless of her medical choices, she was able to get on a plane. She was able to leave her country. She was able to reenter her country. We weren't. We weren't allowed to leave the country. We weren't allowed to get on an airplane within our country. We weren't allowed to get on a train.

We weren't allowed to cross the border for a long time. And watching her was good information for me because on some level that made me realize that we were fully informed of what was going on. You know, the story we tell ourselves when we're in this shitty situation of not being able to go out.

anywhere like a restaurant, a gym, a yoga studio, can't get on a plane, a train, can't leave your country, like all of these things. We weren't able to do that. And so there's this truth of it where we're realizing that that's not the truth for everybody, even the people who decided not to get the thing in their arm. And we were, I would say, fully informed and we were choosing to stay. And

I understand why we were choosing to stay. I understand why many people choose to stay, but I had to ask myself, like, why am I choosing to stay? You know, why am I choosing to do this? So we were on a little sanity staycation, let's call it, when our accounts were frozen. We had rented an Airbnb a few hours away and we were down at the ocean in British Columbia.

Laura Foster (14:43.466)

of course, because we weren't allowed to go anywhere. This is when this all happened. And we had, oh my God, so many really somber walks down some really long beaches while we were there. And we sat down and we made a list of all the places that we felt we should consider if we were going to leave the country. Think places like Portugal and Mexico.

and of course, Costa Rica and Ecuador. We looked into the United States, we considered Nicaragua. I mean, there were so many places that we looked at and I had been doing some research. I wanted to stay aware at the same time that we were creating as much sovereignty as possible. We had a second property in the middle of honestly, butt fuck nowhere, British Columbia. And we were building a home there like a, let's call it a four season cabin.

And when our accounts were frozen and we went face to face the reality of what it can actually mean when you live in that country at this time, we started to look beyond living in Canada. And, you know, we knew we couldn't leave the country. And we wanted to see, you know, I had been to Costa Rica many times. We had been to Costa Rica together. I knew I wanted to live

was a different president in power and they had fax passes and some things like that. I came to learn later that it was more about the tourism industry, but let's just say that was our initial information. So we didn't feel that aligned with wanting to go initially to Costa Rica, but we had heard about Nicaragua, about what it was like there. And the truth is, being in a first world country means that your government has many, many controls over you, you know, because they're organized.

sort of. Let's call it organized, right? There's a collective system in the background. The farther down the chain you go, you know, you go from second to third world. Yes, sometimes the governments are more authoritative. Sometimes, not always, but they definitely are not organized. There's more poverty. There's less infrastructure, which

Laura Foster (17:08.73)

I know as Canadians and North Americans, we'd go, that sucks, but also that's in your favor because they can't organize and control you in the same way. And that was the truth about Nicaragua. So we knew people who had homes there. We decided to literally break out of Canada because it wasn't lawful for us to leave to go down and check it out. So we showed up at a border crossing, a one-person border crossing, basically in the middle of the night.

to see if we could get across the border. And they didn't ask any questions about our health status. So cool. We didn't need to lie. We didn't lie, none of the things. And we drove to Seattle, Washington and you didn't need anything to fly. So we flew out of the US airport to Costa Rica. And then we had a driver bring us across the border into Nicaragua, which is a typical kind of way to go. And we stayed two weeks at that time.

And the moment that I drove across that border, I burst into tears.

I did. I burst into tears. I'm strong. You know, like you probably, I can manage a lot of things and people say like, Oh my God, woo hoo hoo. You couldn't leave the country. You couldn't do this. You couldn't do that. I grew up in a communist country and it was terrible. And let me tell you what communism is really about. I actually, my hat goes off to you. If this is a person, if you are from a country that's communist, if you broke out of that country, you left or you did anything like that. I have so much respect for that.

But let me tell you from a person who grew up in Canada from birth, the few years of the pandemic chipped away at my soul. It really did. It was a complete about face in the freedom department. You know, we've had the luxury, the privilege, the human rights privilege of being able to move about our country.

Laura Foster (19:15.742)

And all of a sudden we couldn't. And I didn't realize how much it affected me until I was able to do it. Drove across the border, burst out in tears. So I didn't really realize how this had really affected my system in a bigger way, the heaviness, the darkness of it, the grief of it, like not just the grief for me, I mean, I can move on, I can figure it out, I can do that, but the grief for our country, this, the grief for this like,

God, beautiful land that I raised my kids and I was raised and like my family's from. It's like the fact, it's like it's part of the fabric of your being. And if you've ever moved from one country to live in another indefinitely, you definitely know that there's a frequency that is just built into your DNA when you were born and raised in a certain country. I know that because at one point I lived in the United States for six years, many years ago. And I would crave.

meet other Canadians. You know, and when you met them, there's just a frequency thing. Not that I didn't meet like hundreds of incredible Americans. It wasn't about that. It wasn't about the Americans. It was about the fact that there are people who know you, inherently

understand you without even knowing you. And so, yeah, this idea that we were considering leaving our country felt like grief. It felt

simultaneously like freedom and grief all at the same time. So we went down there, we went to Nicaragua and we felt free. We really did. It was a completely different experience. The energy was lighter, it was calmer. Canadians, oh my God, we've been so fucked up with like the...

The last few years, I mean, it's still taking a toll. The energy in Canada, I've gone back several times. It's tough. Like I have a lot of empathy for what's going on. I'm still over here holding the tone, processing it for myself and my family and the people I love and the country that I love. And you know,

Laura Foster (21:29.47)

this experience of going to Nicaragua and landing in Costa Rica at that time, back in April of 2022, felt like freedom. And we decided that we would buy a home in Nicaragua. And, you know, thankfully it didn't work out. We didn't get the home. And as we drove back into Costa Rica to fly out of Liberia at that time, then there was a

Laura Foster (21:58.606)

and it became illegal to mandate vaccines. It became illegal to mandate masks, all the kind of things. And just, we started to understand that the actual citizens of Costa Rica did not turn away from one another. There was nobody leaving anybody behind. And there was this camaraderie, very different than Canada. You know, neighbors turned against one another, us against them. It was very divisive. It was hard, you know.

You might not even have been in Canada, but you might have been in a country where you know exactly what I'm talking about. But from what we came to understand, it wasn't like that here. People refused to let others suffer in silence by themselves. And so we felt like we needed to take another look at Costa Rica, which was always our number one choice, right? And the reason we didn't go towards it initially is because of what we

perceived was going on and didn't agree with. So when we looked at Mexico, when we looked at these other countries, my biggest stumbling block, same as Nicaragua, is a lack of water. Not just a lack of clean water, but just like, period, a lack of water. It was hard for me to get past. I was like, I don't really feel comfortable coming to a country where I don't know water's plentiful.

because how sovereign are you if you can't grow your own food, you can't have access to water, let alone clean water, any of those things. So when we considered going to Costa Rica, we actually considered the one area that didn't have a water problem because the north of Costa Rica is quite dry. When you're up in Guanacaste, when you're up in the beautiful area of Nosara and...

Uh, Samra and Liberia and Santa Teresa and all those places, they have water issues, not the cleanliness of the water, the actual lack of water at certain times of the year, and that didn't feel good. So the idea of picking my family up and making a move or considering making a move, but, but having that be a limiting factor was a no for us.

Laura Foster (24:21.834)

So we decided on the South Pacific. So we're still on the Pacific side. We're down at the very South of Costa Rica, not too far above the Panama border. And we had never been to that area. You know, it's very green, very long rainy season, obviously, the water situation. Beautiful from what we can understand, not very populated. And so we reached out and we started working with a realtor. And since we'd already gone down

the whole process of looking of what it would be like to buy a home in Nicaragua, we were already pretty set up. Like we already had our money kind of positioned in such a way that we knew we could buy. Now Costa Rica is much more expensive than Nicaragua. I call it second world country. So there's much more infrastructure here. It's easier for Canadians to move to Costa Rica than it is some of these other countries. And so we...

bought a house sight unseen. Who does that by the way? We do. Sight unseen. And before we bought, we discussed it with our kids. Now we knew, so we're a blended family. We have four kids, two boys that I birthed and then my partner has two children who are all in their twenties. So I feel funny calling them kids, but whatever. They're our kids, but they're adults. And we knew...

we had agreement that my two boys wanted to come with us. And the other two were still doing their education, post-secondary education in Canada, and in all likelihood were probably going to stay or at least at this point. And so, you know, for, let's just call it the four of us, this was a group decision. They were already living with us and they wanted to come. And that was reassuring for me.

People ask me that all the time, like, are you kids with us? And I'm like, here's the thing when you are a blended family. All four of our blended family kids, I consider them my kids. But the reality is, I didn't birth them. They already have a mother, and they already have a father. And that decision is not my decision to make. So that was my partner's decision to make with his kids. So I felt responsible for.

Laura Foster (26:46.586)

my two boys, you know? And so of course I support my partner with his kids and we consider them ours. Not that it's an ownership thing, but you know what I mean? It's part of our collective family and he feels the same way. So this conversation that he was part of, but was really between me and my boys. And you know, I don't want to tell a story that's not mine to tell, but I will say that it had been tough.

probably tough for your kids. It was also tough for my kids. You know, when you're in a situation where you're making a choice, deciding not to get one of those unauthorized medical interventions, like the golden ticket that ends up being not the golden ticket, but it's the thing that allows you to walk through the doors of the school. It's the thing that allows you to get on the airplane to cross the border.

It's the thing that allows you to walk into a restaurant where we lived. It was the thing that was allowed you to walk into a movie theater. It was the thing that allowed you to like congregate with people in certain ways, have a social life, go to school. So when, you know, we had kids who chose not to do that, they chose not to do that. Of course, it came with consequences, just like choosing it would have come with consequences. So our kids.

weren't able to continue on the trajectory they were on because they made that choice. And I'm so glad that they felt sovereign enough to make that choice. But it's a shitty choice to make, whether you chose it and now you're living the consequences of that or you didn't choose it and now you're living the consequence of that. And I'm gonna say in the short term, for a few years there, it was tough. It was hard, you know, for them, for those two boys.

because it meant that things that they were investing their time and their energy and their education in weren't necessarily coming to fruition. Literally the trajectory of their life changed. So particularly for my one son, it was really damn hard, really damn hard. That's all I'm going to say. And I laid in bed many nights hoping and praying that we would find peace with all of this. So he was super on board.

Laura Foster (29:08.714)

My second son, he was on board, but not as on board. He had a girlfriend, he had a career trajectory going, you know, but he also had an awareness. He felt very strongly that what was happening was not okay. And, you know, if there's anything I've tried to model and maybe teach my kids, my community, myself, is that...

it's really important to align your actions with your values. Align your actions with your values. And what you show up for every day is what you're literally investing in every single day, whether it's the relationship or the job or the country, the community, you know? We and he felt very against a lot of what was going on. And ultimately, thankfully, because I don't think I could have done it.

Not in this world. It's not that I don't think my kids can't go off and do their own thing. I know that. They are strong and sovereign as fuck. They really are. I'm so freaking proud of them. But here's the thing. This is a wild world right now. And if you're in the place where you're like, oh, but it's all over. It's like, yeah, dear Lord, I wish it was, but it's not. Not in my estimation,

Laura Foster (30:37.954)

that I aligned my decisions with what ultimately they were choosing. So it wasn't important that they aligned with me, they needed to make the decision and then I was gonna align with that, if that makes sense. So thankfully, thank God, it was a bit rocky there for a while, but they decided they wanted to come with us too. So we made the decision to keep our West Coast home. So even though we bought a home down in Costa Rica, sight unseen, more on that in a minute.

We decided to keep our West Coast home and we rented it out. Um, and we left Canada in August of that year and we had eight duffel bags, four carry ons, probably four other backpacks cause you know, you always pretend one of them is not a carry on and our dog stuffed under the seat in a soft carrier. And.

That was it. I'm like, I gave everybody two duffel bags and I'm like, that's what you can take. That's what you can take. We literally like renovated parts of our home, cleaned our home up, you know, like, you know, all the things that you would do to get ready to have someone rent. And we left and we arranged as much as we could in the background. Obviously, I was going to, not obviously, I was going to.

managed the Airbnb, but we had somebody back in that area that was going to help us with it and all the things. So we arrived in San Jose, Costa Rica. It's quite a flight all the way from British Columbia. Two days later, we arrive and we're immediately met up with our immigration lawyer, who we had been working with for, I would say about the four months preceding. We had

Laura Foster (32:29.798)

uh, immediately. We knew that was something we were going to start to move towards. And so we started that process before we left Canada. You don't have to start it before you leave Canada, but we did. There are essentially three kind of ways that you can come in to get a temporary residency. One is an investor category, which is the way we did it, which means that you invested a minimum of 150,000 US dollars in a home.

or a business or something that allows you, you have title of that home or you have that business that gives you the ability to apply on the basis of being an investor. That's what we did. You could also as another option, and I'm not giving you advice, but I'm just giving you a high level amount of information. You can also come in as what we call rent

Laura Foster (33:27.298)

that you have access to \$2,500 US dollars every single month. And so they require you and your family to put \$60,000 US dollars in a bank account in Costa Rica. And then 2,500 of that is given to you every single month, which in their mind is making sure that you can take care of yourself while you're here, which is really a lot of times what immigration is looking for is that you're not gonna become a burden on the system.

So that \$2,500 a month is that number, and that's called rentista. And also the third way is as a pensioner. So if you have some sort of dividend or pension or something that pays you out, I believe also 2,500 a month, then you can come in as a pensioner. So, you know, there's other ways you can stay here too. You can get a digital nomad visa and those different things, but those three ways are the ways that you can get your residency.

And that's what we did. So once we got to San Jose, then we had to, you know, do all the things. And before we got here, we had to go to the RCMP in Canada and get copies of criminal checks in our fingerprints. And we had to get our, you know, passports. I don't even know what the term is, but copies of our birth certificates and our passports.

And all the things had to go to a central agency where they were authorized and translated and like stamped with a special stamp, which took a few months. And then they were sent from the directly from there in Canada, all the way to Costa Rica. And then once we got to Costa Rica, we had to do some of that again. We still had to go get fingerprints and there was lots of paperwork. We had to have our pictures taken and all the things. So we had a driver pick us up.

spent two days in San Jose to do those things. And to be clear, if you're coming down and you think that you want to do your residency, you don't need to do it all in the first 24 hours. You don't have to do it in the first 33 seconds that you're here. We know lots of people who have decided to do this process after they've arrived here. But then it was time for us to drive, you know, hours to where we're actually going to be living.

Laura Foster (35:44.718)

And our car that we also bought sight unseen was waiting for us, thankfully. And our house was waiting for us. And oh boy, we knew that we bought an older home. It had a spectacular view. It was really beautiful. And we did know, okay, I'm just being really clear here. We did know we bought an older home. We had the roof replaced before we got here, all the things. But I don't know that we fully got it. It's like, you know.

You know what pictures are, it's kind of like Instagram versus reality. Well, it was kind of like real estate pictures versus reality. It was an older home, spectacular view, but we had lots of problems. Water pump issues, our pool was leaking, we drove in, we had no idea our pool wasn't working. It was green, half full and full of seven million frogs, which is disgusting.

And there was lots of power outages because it was four kilometers up a mountain on a dirt road. And it's jungle here, like really jungly. Like we don't know as Canadians. I know forests. I'm from British Columbia. Do the alpine thing and the forest thing all the time. That's no nothing. Jungle is completely different. If you know, you know. And so there's always a palm tree or something falling on the power lines or the internet lines. And they do such a good job.

of it here, fixing it as fast as they can, but it's not easy. And so all of those things are really typical. So we just had this awareness that, you know, living up on a mountain is really beautiful for a vacation. And you know, if you're pretty wealthy and you can have things like, you know, a \$25,000, you know, generator and...

Maybe you have a solar package on your house and maybe you have Starlink. I have no idea. But you mean there are ways that people get around it. But in our price point, there was no getting around it. I worked almost entirely online. Paul works entirely online. We were like coming out having like an oh shit moment. We were like, how is this actually going to work? You know, and so. Let me just back up for a second, I feel like.

Laura Foster (38:04.662)

Before I get into that, I want to tell you a little bit more about the application process. When we came into Costa Rica, as soon as you got here, you got a stamp for 90 days, which meant that your Canadian driver's license, you could use it with that stamp. So as long as that stamp was valid, you were good. Now, here's the thing that can be confusing for people. We could stay as long as we want. And same thing for anybody else.

who is already in the process of the application. So we are not required to leave every 90 days, never. The reason we had to leave every 90 days was not for our residency, not so that we could be in the country from a visa perspective, it was because that's what your driver's license. To keep your driver's license valid, you have to have a valid entry stamp.

So we still needed to leave the country, just even do a border run across the border to Panama or Nicaragua or, you know, if it coincides with a trip back to Canada or something, great. You get that re-stamp and now your driver's license, you can drive on that driver's license because we can't get a Costa Rica driver's license till we have our residency, which we still don't have. We're close, but we don't have it yet. The investor category takes the longest. We know people who came in on Rentista and the pensioner who already have their residency. But for us,

As investors, it's a slower process. So we still have to leave every once in a while to get it. Now, the cool thing is, is that they just elongated it from a 90 day stamp to 180 day stamp. So now you get an automatic six months. That's a huge difference for us. It's a huge difference for everybody. So I'm noticing that there's a lot more people who are coming into the country who are not even bothering with the residency.

because they're like, I'm already able to stay here for six months. And for a lot of people, that's as long as they want to be here. Or they know they're going to, as we call tap in and tap out, fly out for some reason in that six months, that's going to reset the clock. So that's it. So we're waiting for our residency. It starts with a temporary residency, and then you can apply for permanent residency, right? This is how this process goes. They kind of have a cool in check

Laura Foster (40:23.09)

Mexico, you can move through this process much faster, but in Costa Rica, you have to apply under one of the categories and what you get given is your temporary residency. That temporary residency is good for a year. After I think two years, you can apply for your permanent residency and then once you have the permanent residency, you can apply for your citizenship if you desired. So that's how it goes. And once you have either a temporary or a permanent residency, they give you a Sedula card.

That Sedula card is what all Costa Rican citizens have. And that's like a golden ticket too. Because right now we are really dependent on our passport. We're supposed to drive with our passport, which nobody does. They always take pictures of their passport and takes pictures of their stamp or their passport. But you need your passport at the bank. You need your passport. Like, right? We don't have a Sedula card. So you need your passport a lot. It feels stressful sometimes because, I don't know about you, but it's like,

as Canadians, we never use our passport unless we're traveling and we know how important that document is. So it's uncomfortable to like pull it out of your safe, put it in your purse or pocket and go off to the bank and then you're here and you're there. So it kind of feels uncomfortable. So that Sedula card is a really big, big thing. So that's kind of how the process goes. And I know a lot of people have asked about that. Once you have a Sedula card, you have full access

education and healthcare. You know, they, I'll talk a little bit about that, but they, they have free healthcare, quote unquote, just like Canadians, free healthcare. What a colossal mess that is. Um, I don't really know what their free system is like here because I obviously haven't accessed it. Unlike Canada, they are able to have private hospitals here. If you're an American and you're listening to this, you're like, I don't know what you're talking about.

but I'll just say in Canada, it's illegal to have private hospitals. So everybody has to go through the private system. There is literally one type of private hospital. I have no idea why it exists and it is for, um, what am I trying to say? What is it called? Okay, whatever, scrap it. Can't think of it right now in this moment, but I will say you can't get access to private hospitals in Canada. So being here,

Laura Foster (42:48.65)

You have the option of going to the public hospital and you have the option of going to a private hospital. Costa Ricans, I think on average, of course, there's many Costa Ricans that have the money to go to the private hospital, but for those who don't, they'll access the public system. And I think it has some of the same issues that Canada has, long wait lines, long wait times, difficulty getting access to certain things, that kind of thing. You know, Canada, you break an arm.

Yeah, you might get a cast right away, but it's probably two weeks before you go to the fracture clinic. God, if you need imaging for something, good luck. You could be months and months and months. And by then, who knows what the status of that would be. So it's a big issue in Canada. So the truth is they have private hospitals here, not close to where I live. There's a private clinic here that I go to, but there is not a private hospital. The closest private hospital for me is an hour and 10 minutes away, and it's an American

And then San Jose is three and a half hours away and they have many private hospitals. So fun fact, if you've listened to my podcast, you probably know this, but I broke my arm this last summer and I went into the walk-in clinic, the private walk-in clinic here. I got an x-ray and cast, but I felt like the person who read the x-ray wasn't qualified. Like they were an x-ray tech, but they're not a radiologist. So in

So here's the thing, like with me, I would know that because of my background. I'm like, the X-ray tech isn't qualified to read the X-ray. I'm not. I mean, I'm qualified to read an X-ray, but I'm not qualified from the perspective of like, X-rays are tough. You have to read them all the time to be really good at them because it's really easy to pretend you're seeing something or to miss something. Super easy. So in the pain of breaking my arm, she said I had an

Laura Foster (44:43.062)

That looks like tissue on top of tissue, but I didn't know. And I knew I could tell I broke my arm. So anyways, I got the cast. I went online. I booked an appointment with an orthopedic surgeon at the private hospital in San Jose for the very next day. I went there. I waited 10 minutes. I got in to see the doctor. He spoke perfect English, Costa Rican. He had been educated in the United States, practicing for 27 years. So personable.

Clean hospital, beautiful hospital, great access to care. Took my cast off, took a look at it, chatted, you know, we had this great conversation, went down, re-x-rayed my arm. No, was not an ulnar shaft fracture, was a radial head fracture, which was important information,

because you treat them differently, and came back into the office, excuse me, and he re-read the x-rays, showed me everything.

And then I was able to actually just use a splint, which is huge. I know to some people I'd be like, what's the big difference? It's like, well, immobilizing your arm for six weeks when you don't need to be can have really huge implications for how functional your arm is going to be in the future, especially since it was my elbow and my wrist that were both immobilized. And the whole thing.

seeing the orthopedic surgeon twice and the x-rays with 140 US dollars. Best care, I never would have received that care in Canada. Now, I'm not saying that everything that you would go to the private hospital for here would be perfect, but I'm saying a lot of times people are like, what about access to health care? I'm here to tell you, I am glad that happened because I have a perspective now. I have an understanding of how to navigate the system a little bit. So...

You know, I now know that there are actually a multitude of really well educated private, well, doctors, nurses, all the support staff and teams, and the facilities are there. Now, it would be like living in a remote part of Canada in that it might not be close by. So that's the difference for us is we used to live in a city with a major hospital, and now we don't have that. So when we first got here, we used travel medical.

Laura Foster (47:05.71)

But I knew with time we were going to have to switch it over. So we got private medical after our travel medical expired. Most people I know here don't have it. They're just willing to pay for things as they happen. I feel a little scarred by that because I watched when I worked in the States where catastrophic injury accidents happen and it costs thousands and thousands of dollars. I don't know what would cost thousands of dollars, but I want to be able to say

medevac us or medevac my kids or medevac my partner or do those kinds of things. I don't want to be like, okay, let's take the three and a half hour drive up to the major city and then have the consequence of maybe what that could mean. So feel really good about the fact that we were able to invest in that. It is private, but it's through the states and it's expensive. You know, for us,

My partner and I, we're in our 50s and we don't have any health conditions, but it's about 300 US dollars each month. We have a very high deductible, excuse me, but we also have a very big plan. So I just want to tell you that because people ask this all the time. Our 20 something

kids also have the same medical and theirs is about a hundred US dollars a month. Whether you choose it or you don't choose it.

I can tell you for sure the healthcare is going to be less expensive than what you're used to paying in Canada or in the United States. But that's it. High deductible, several million dollars of comprehensive. You can go to any private hospital, you know, that kind of thing. So that's where we're at. We also have been to the dentist. Also much cheaper. We go to a biological holistic dentist down here.

So these are kind of some of the questions that people have and you know, how accessible is all this stuff? Well, we have people that can come to our house, do IVs, whether we're talking nutritional IVs or take blood or those kinds of things. There's so many holistic practitioners, just like in Canada, just like in the United States, all the things, acupuncturists, chiropractors, massage therapists, homeopaths, you name it, they're all here too, of course. Mostly we rely on the expat community, but I've actually...

Laura Foster (49:27.966)

met a number of Costa Ricans who are highly trained as well, and we've been accessing that as well. So that's a question that people have is like, how do you support yourself holistically? You know, how difficult is that? Or how easy is that? Well, these are all things that we accessed in Canada. They were important to us. Health and freedom and love and connection. Those are big, big values for us. And so when I came down here, I needed to know

that we can access certain forms of healthcare, both in the system or allopathic and also holistic. But I also needed to know that, you know, we can access certain food. Now the truth of it is, is that this is a third world country, second world, third world, depends who you ask. They don't have the same regulations. You might not know what they spray on crops and so on. So, you know, this idea that it's like, Oh, it's a blue zone. So you know,

Costa Rica has a blue zone, so everything is like, oh my God, they sing to their animals before they, as they're eating grass on the field before they get butchered and they, yes, no, yes and no. You have no idea what chemicals, what pesticides can be used on the farms down here. Costa Rica only has 5 million people, has lots of land, it's very beautiful, it's very unpopulated.

And so the cool thing is, is that there's also though, despite the fact that you may not know exactly what's being used in crops and with, you know, the animals and things like that, there are very old traditional ways of doing it. And if you're a Canadian and you're a Canadian farmer,

you come from a long lineage of farmers, you know that farming has changed drastically in Canada.

You just think about GMO and you think about all these regular practices that we now have that are so counter to the natural way that things should be grown and things should be raised and things should be butchered and the way our meat and our food and our, it's just shit. It's terrible in Canada. Are there some producers that are doing it? Absolutely. We always aligned ourselves with those people. We worked, I worked hard. It's really important to me. This was always something I wanted to know.

Laura Foster (51:52.654)

Who raised the meat? Who's growing our vegetables? What are their values? What's important? Is it regenerative? Is it sustainable? All those things. And that's something we've been able to access in Canada. Yeah, the privilege of that. I get it. Believe me, I do. Down here, it's the same. I've been able to find producers who

raise their animals grass-fed, grass-finished, so much so chickens that are just running around eating bugs and things and all the things they're supposed to and food that is raised the way food is supposed to be grown and you can taste the difference. So that is a really big thing and that's a question a lot of people ask me so I want you to know that. So um yeah why

did we come to this area? So there was the water for sure, but there was also a community, an expat community. I will say the area that I live in, it's building fast. Kind of, you know, it's that human thing where you're like, you come here for that reason because it has a lot of, or it has some elements of familiarity, number one, other expats, and some of the conveniences that we like, not like Canada, but has some of those conveniences.

But then once you're here, you're like, but I hope it doesn't get really huge, you know, tons and tons and tons of population. You kind of have that place like, okay, shut the doors now. There is that feeling about it because I can see how many people are being attracted to it. But I also understand why there are big expat communities in a lot of the big cities that I already talked about. Tamarindo, Cocoa Beach, Santa Teresa, and the Sara like, all those places have a lot of expats.

And that's nice because we're very bougie as expats. You know, we kind of are and not, not because we think we are, but because we're used to certain things, you know, it's kind of by design and you come here and you give up a lot of that. Actually happily I'm saying you give up

a lot of that stuff, but we still like restaurants and gyms and holistic services and some people still want to get Botox and injections and you want certain schools and all those kinds of things. So.

Laura Foster (54:14.006)

This area has Montessori school, has Christian Academy, it has a jungle school, it has something called a life school. You know, all these things. Lots of unschooling parents here. Lots of all that. Private schooling where people pay out of pocket. So, you know, if you go to an expat area, you will probably have more access to that. Obviously, my kids are beyond that. They're doing Spanish school and, you know, that's it. But...

You know, we're most of the expats start off in the beach towns. Those are all beach towns that I already named off except for, uh, Liberia. But we not, but we are also in a beach town, but I will tell you. If I had known better. So something to consider if this is, if you're considering, if I had known better, I might've actually gone towards a mountain town. Now we did live four kilometers up a mountain.

And I will tell you it was much cooler up there because it is mother fucker hot here. It's very, very hot and humid all the time. And I'm quite acclimated, but it would be quite difficult. Some people do it, lots of people do it, don't have air conditioning at all. But here's the thing, the humidity and the heat means that like it's hard on, hard on your electronics. It's hard on your, it's like it encourages mold. It's like.

And from somebody who's acutely aware of mold being an issue in general, and for your health, and just for ease of living, you need air conditioning. You need to have some level of air conditioning to be able to dehumidify your environment so that you don't have mold. Because some people have mold growing on their clothes and those kinds of things. We don't because of the way our home is built and because we do in all of our bedrooms,

we have air that runs cyclically through our house. And so your electrical bills are big here compared. I mean, all the bills are big in Canada right now, but that's your biggest bill. So if you had solar here, that would be great, you know, but it comes at a cost. If you can get it, if you have it, wonderful for us. We're just, you know, our main areas of our house, we don't have air conditioning on, but it's a thing. So that's what I mean.

Laura Foster (56:37.446)

If I had known better, there's some beautiful communities, smaller communities, but beautiful communities that are outside of these big zones, you know, where I live. I think there's 5,000 people that live here, but it seems busy because the infrastructure is not there. Moving up the mountain 40 minutes from here, even like you can go up, you can be 10 degrees cooler. You can sleep without air conditioning. Your windows are open. There's less humidity.

So I just want to say that, you know, I think a lot of people, what I've heard start off in the beach towns, because you think you're going to go to the beach every day. We go to the beach, but it's, I'd rather live in the mountains. But we're not, we're here. We actually moved from that mountain property into the lower levels, that like the lower down closer to the ocean, not right on the ocean, but closer down to the ocean. It's made a big difference for us, much easier.

It's still hot, hotter actually, but you know, we got to, we were able to get an acre and a half and we hired permaculturists and we've been working really hard to really create a food forest in our own property. Um, you know, fences and security and those kinds of things, but also just over 60 fruit trees and all the things. So we recognize within ourselves that we aren't the people that want to live up on a mountain.

I love the view, believe me, but I also recognize I love to go to yoga. And I'm in, you know, I want to do things here that involved me coming down off the mountain. So you could live in a mountain town, that would be different. But if you're going to live in the mountain for the view and then have to come down for the amenities, just recognize like, what is your lifestyle? It's beautiful. I wouldn't discourage you, but you have to decide like what's really going to work for you.

So that was a big deal. We didn't want to go 15 or 30 minutes up a dirt road. We are very close to everything. So it's been great for us. Internet here, they have fiber optics, you have fast internet, but the power cycles on and off all the time. So we have uninterrupted power supplies attached to our computers. And even while I'm doing this episode, the power cycled on and off. So it didn't glitch because I have the uninterrupted power supply. And these are just all things that you get used to.

Laura Foster (59:01.086)

If you, well, I'm going to wait. I'm going to tell you a little bit about how it works. Like what happens when you come down here? What happens to your mental state? What happens to all those things? So yeah, the power flickers a lot. There's lots of outages. Um, again, you

know, if you're one of those privileged few who have invested in a generator, you'll be fine. If you're like us, power goes out.

Is it a big deal? Well, we're not in Canada. We're not going to freeze. We're going to get hot. It comes back on pretty quickly. But you know, if you're someone who needs to be online every day, all day, you're going to have to kind of work with it. Again, the under-uninterrupted power supplies help with the internet staying on. It helps with your computer staying on, but they only last for about 30 minutes. So anyways, I will say, you know, there are some struggles with all of that. But

The biggest struggle you have to get over is really just yourself. I will honestly say there's a reason that everyone says, poor vida. Poor vida. You know, it's getting the hell over yourself. Like it's the life here. It really is. It's the pure life. It's the beautiful life. In so many ways, I can't even imagine, I can't even imagine trying to put myself back in the box of the situation that I was in, even though

I miss many things about Canada. I don't miss how I felt. I don't miss the energy. I miss the people. I miss the nostalgia. I miss the memories. I miss the mountains. You know, yes, there's beautiful, beautiful mountains in Costa Rica. I love them. They're beautiful. But it talked about that kind of that fabric of your DNA. So we have felt so welcomed here. You know, we try not to be.

the asshole expats, because there are. Honestly, sometimes I feel like shaking P.L.I. and be like, do you know it's a privilege? You're a guest here. Sometimes there's expats who come down and they spend hundreds of thousands of dollars on their house and they think like the people owe them or something. I really don't understand that. It's like, how grateful are you to be here? How do you feel about the fact that there are so many

Laura Foster (01:01:23.762)

expats moving to the area. How do you think locals feel? Oh, well, we bring them business and we bring them this. You know what we also do? We stress them. We put financial strain on them because with all the expats moving into the area, it raises the cost of everything. And so I have so much compassion and so much appreciation for how the term is TECOs. That's a totally lovable thing to call. Costa Ricans are often called TECOs and TECAs.

But I just have so much respect for this level of love that Tico's in general, and Tico's have for all of us. They are the nicest, most genuine, polite, loving people. You know, we felt so

welcomed here. And I feel like how you approach Costa Rica is how Costa Rica approaches you. If you come down here and you want to be Mr. Mrs. Fancy Pants.

pretending like you're still living in Canada or America in the jungle. Good luck. Honestly, she will chew you up and spit you out. You'll be ass wrapped up and back on the plane within a year. 50% of everybody who moves to Costa Rica from Canada and the United States, probably from Europe too, but they're back within two years, they go back. So, you know, if you need to move somewhere and have Amazon,

Here's not your place. There's no Amazon. We don't have a mailing address. We can send it to this DHL. It's tough. We can't get our mail here. Somebody has to open it and scan it for us. Like it's not easy, you know? And, but also let me tell you, if you can accept it, which is a process, I understand. If you can accept it. And this is coming from me who all four of us had mental breakdowns at separate times. Thank God.

we all did because you can't be who you were while being here, which makes perfect sense. But you're like, oh, that's going to be great. What's that going to be like? Well, I guess you'll see, but it takes so much letting go. And I'm just talking about our experience, but I've talked to many expats, you know, that huge percentage of people who return back quote unquote home. But I really feel like if you can just get

Laura Foster (01:03:45.942)

Honestly, I know I'm swearing a lot, but if you can get just get the fuck over yourself and allow yourself to flow with the experience of Costa Rica, she is going to deliver so much to you. That's my experience. She is going to deliver so much to you that you never even imagined would be possible. We're here a year and a half so far. I know when you get here, you think you're going to love it and we do. And it's simultaneously.

Not easy and also not hard. How is that a thing? It's insane really. You know, it's not easy, but it's also not hard. I think the hardest part is just letting go of it needing to be something other than what it is. You know, it's not, it's very jungly. We're less than 10 degrees above the equator. You will have a great tan, but you also might have a big burn. You have to live.

in synchronicity with Pachamama. You just have to. The sun rises at 5.15 in the morning, the sun sets at 5.30 at night. That's how close to the equator we are. You know, it goes that way. The moon is powerful here. The ocean is powerful here. It's a surfing ocean here. You know, it's

tides and currents and riptides and power and beauty. It's so many of those things. Every day we see Scarlet Macaws.

Ah, they fly in pairs and they're so beautiful. Howler monkeys, capuchins, sloths, parakeets, toucans, all the time, snakes. Yes, all of those things. We see them all the time. You cannot rush life here. So if you allow yourself to move through your process.

you can let her show you the way. I really feel that way. One of the last things I wanna say and I meant to say this earlier is just talk a little bit about the safety and security. I think here's the reality of it is that there are wealthy Costa Ricans, but on average ex-pats are far wealthier. And I don't mean that other than it just is. And so you need to not be a jerk. I really think so. You need to put away your money

Laura Foster (01:06:12.878)

flashing at all. You know, we purposely drive older, non-flashy vehicles. You know, it's expensive to buy vehicles here. Easy to fix, expensive to buy. But recognize that just inherently you're going to stand out. You don't look like Ticos. You could talk all the best Spanish and we don't, by the way, we're trying. But there is such a difference in general in the level of your wealth.

that the vast majority of Costa Ricans are only going to love on you. But just like where you came from, wherever that is in the world, there's always a certain small, small percentage of people who may rob you or take advantage of the fact that we come down here and we don't understand that it's customary to have fences. It's customary to lock things up. It's customary to have, I don't know, forms of security here. So

This is something to just catch up with. If you've ever gone to a developing country, you will notice that they have walls and fences and gates and dogs and all the things. And then we come down here and we have like a little white picket fence because we think that's fine and it's not. So we felt really safe here. We've had a good experience, but I've been more aware. I've seen, I've heard of a lot of robberies, petty robberies. I've heard a lot of it.

We've had friends whose places have been broken into and their computers are stolen or their backpacks taken or things like that. You know, it happens. People haven't been hurt, but I'm sure it's scary as fuck. So that's the reality of it. I'm, you know, I'm kind of shrugging my shoulders right now. You know, you're wealthy. You have to realize that it stands out. You stand out. So you know, you can trust the police here. They don't have a military in Costa Rica.

They don't even have a ton of police officers. So they don't have a lot of clout and manpower, you know? And people ask me all the time, like, are you comfortable without a military? I'm like, you know, I didn't feel good in Canada at the end. I really didn't. I feel good here. I don't know. I'm also aware that I think anytime you want to be sovereign, you've got to take a lot of these into your own consideration. Your health care.

Laura Foster (01:08:40.118)

your safety and security, your financial sovereignty. It's like you're responsible for you. And I really feel that things move slow here. And that's kind of the reason why we're here. So I wanna close this. I know this is super long at this point. So I wanna talk a little bit about a couple truths, my truths about living in Costa Rica. Thank God almost everyone speaks English. Ha ha.

Laura Foster (01:09:06.246)

Unfortunately, because of it, lessons have gone down the priority list, but we're all taking Spanish lessons at this point. These beautiful people all learn English in school. And so, it's not everyone who knows English, but so many people know English, and it's actually making it hard for us to learn Spanish, but we're learning. But I'm just saying, when you move here,

pretty, pretty nice, let me tell you, because that piece, even though there's a communication issue, it's not as big as it could be. I'm so grateful that. Number two is you need cash here. You just, you need to find a way to get cash here. Canada is not helping you move your money out of Canada. Yeah. That's something to be very aware of. Until you have residency,

in Costa Rica, you can't borrow money here. You might be able to find a private lender, but if you're buying a house, you're paying for it outright unless you make some sort of other private kind of deal, which some people do. It's at a high percentage, but that like a high interest rate, but that's pretty typical. It really forces you to live within your means. You know, no car payment, no mortgage, like our cost of living.

We're living within our means. Do you know how many people, you do know how many people, how many people in Canada and North America don't even live fucking close to their means, right? It's tough, because there's always a reason and it makes it so simple to want more. And right now, as the interest rates are rising and the mortgage rates are rising and all the cost of living is rising, it's like, holy shit, I wish we owned our house. Holy shit, I wish we owned our car, right? All of those things. Well, you can't avoid it here.

You have to live in your means. I'm so grateful for that. Even though sometimes it's like, cash, you always need to live with your cash. It's a thing. It's kind of old school, but it's also very.

Laura Foster (01:11:15.238)

it makes you feel secure because you own it. So sometimes it can be difficult to transfer money and so on, but you'll find ways. If that was something you needed to know, just let me know. Also too, a couple of things that I'm learning is you learn to trade in barter. It's like, what do you have and what do you need and how can you trade with somebody? That's something that's becoming a big thing. Other thing I'm learning, knowing and trying to remind other beautiful expats,

is can you give back and be part of the community? It could be really easy here to stay in your bubble of expats. And those humans love them that do that. They get an us against them kind of attitude sometimes. And I find it disheartening, this idea that you're the gringo and you've been gringood, as they call it. You know, again, I will say, don't be a jerk. It's a privilege. You're a guest.

act like that. I think it's important, you know, like get off your high horse. There's no better than and I know sometimes in our mind, we don't think so, but we act like it in small ways. So I'd say, what can you do to be part of the community? I'd also say, whatever you're resisting when you get here is what's going to stay. It's what's going to persist. What you resist persists for sure. Everything I've come up against

I've had to kind of adjust my expectation or adjust the way I'm showing up for it. You know, I've moved off the line a little bit more. I'm more integrated in the local community and the local economy. These are all important things and they were kind of tough to make the right transition in my mind, but it's only brought me more ease and more happiness and more connection. And the pace of our life is so different. I don't even know

how I could ever do that pace again. Love that pace. Nothing about my history would I change. But my nervous system doesn't even know what all of that was. And when I tap back into Canada and I fly up there, my nervous system is on overdrive and it makes me realize and understand why my clients are so stressed all the time because I have many Canadian and American clients. Okay, I wanna wrap this up.

Laura Foster (01:13:38.814)

I will say every single expat I know that comes down here, like I don't want to call it a meltdown. It just takes time. It just takes time period. That's all I can say. My girlfriend said that it will take two years. When I moved to Kelowna, even though I had been born and raised in the general area, she said it's going to take two years, not two full years before you feel any better, any more connected, any more grounded.

but you're going to look back in two years and it's going to look so different. And I will tell you, we're a year and a half in, it just keeps getting easier and better and all the things. If you be you and you literally open yourself up, you will find people, Costa Ricans and expats. Um, another thing that I just was aware of, it's like I said before, your passport is constant here. You know, it's just constant. You have to have it with you.

You need it all the time. You can't go to the bank without it. Anyways, all that stuff. And the last question is, would I do it again? I think you know my answer. I do. You know, would I do this all again? Fuck yes. God, it was hard, kinda. No, it really was. This has been really hard. And I miss so many people.

Laura Foster (01:15:05.698)

but I would still do it again.

I'm so grateful for.

Laura Foster (01:15:14.134)

The land here, this beautiful, beautiful country, the abundance of food and water and clean air. And I don't look up in the sky and see chemtrails every day. And I'm like, I couldn't do that anymore. It was really fucking hard. And I know that you might be sitting in this place where you know as well. I think it's never been more important to be where your heart calls you. This is not an infomercial about moving to Costa Rica. It really isn't.

Some of you are either considering moving or you are moving or you're thinking about moving or you're just plain curious. So this might be why you're listening to this episode. But I want to put this in here because I know this to be true at the level of my soul. It's never been more important to be where your heart calls you. And it's not, I said again, it's not about being in Costa Rica. Pay attention to where your feel called to be.

That's what I think is really important. Um, all four of us, last part, all four of us have seen a massive transition in our lives in ways of our intuition and our gifts. And just all of that has

exploded for all four of us. It's been pretty wild to see my boys. Like, you know, when you look at your kids, you know that there's a spark inside of them.

I no longer am not saying it's easy and that age group, it's not necessarily easy, but for some reason these particular two humans feel some sort of call in resonance with the area. There are lots of kids their age that come down and they have fun for a while and then they're like, I need to go back up to Canada and go to the mall. Like that's or something like that. I just mean like, or Amazon or, you know, it's those things that you miss. You just, it's that place like

It's hard to see what you have when you're in it, and then you miss it when you're gone, and it's so familiar you want back to it. I don't, I can't explain exactly why these two particular boys called my sons are invested in here. Now, none of us are like, I'm here for the rest of my life and then some. I have no idea. I never actually saw myself moving to Costa Rica. So why would I make the prediction that I'm going to spend the rest of my life here? I don't know.

Laura Foster (01:17:38.526)

I don't know, I still own some property back in Canada. We're not getting rid of it right now. And so, I guess there's this part of me that's like, maybe something will change. I hope so. I invest in it every single day. There's still a big part of it that resides in some ways in Canada, holdings and investments. And we got rid of a lot. We sold our Canadian home.

I know I said that we Airbnb'd it, but after three months we went back and we sold it and we liquidated everything and we sold our cars and we got rid of everything and came back. So we came here in August, by November and no, beginning of December of that year, it was all wrapped up. But we still have other holdings there. And like I said, we are here, we are fully here and I don't see us leaving anytime soon.

Um, I think presence is one of the biggest gifts that I've really leaned into since getting here. Uh, you know, there's a, there's a place that I go several times a week to go to yoga and I, and I lead yoga classes there and it says, be where your feet are planted. And I just think that such a profound statement, be where your feet are planted. It was really important. I felt called to this area.

don't know why. I mean, I know why, but I don't really know why. My soul knows why, my heart feels why, my head can't understand it. And I think that, you know, it's important to tune into where you feel called. I just want to say that. I hope if you were waiting for this episode

and you wanted to know the information, that it was filled with all the things, there's so much more I could say. Honestly.

but we're already too far into time at this point. So I wanted to give you some logistical answers for the questions that I get all the time, and tell you a little peek into this beautiful life that we're creating and co-creating with the incredible people of Costa Rica and the land that holds us here. It's such a fucking gift. I can't actually believe it. All right. So that's the episode. Hey, listen.

Laura Foster (01:20:00.818)

I do one-to-one personal retreats down in Costa Rica. If you're interested, if you want to come down here and you want to deep dive into your life and you want to do it on this land, reach out to me. It's one of the things that I started offering last year and it's been fucking phenomenal. I also do group retreats with my retreat partner in Mexico, Costa Rica, Canada, all the things. Sometimes it starts there.

Sometimes it just starts with opening yourself up to what's possible. And, uh, it seems to be my specialty. So you can reach out to me. I hope that you have an amazing day. If you have any questions, visit the show notes, visit the link to reach out to me. I would love to hear share the episode. If it resonates with you, I'm just really deeply grateful to have had this community to share with, to lean on, to walk me as I've walked through this massive, massive life transformation. It's meant.

the world to me. All right. Wherever you are in the world, I wish you a beautiful day. Thank you so much for listening and we'll talk again soon.