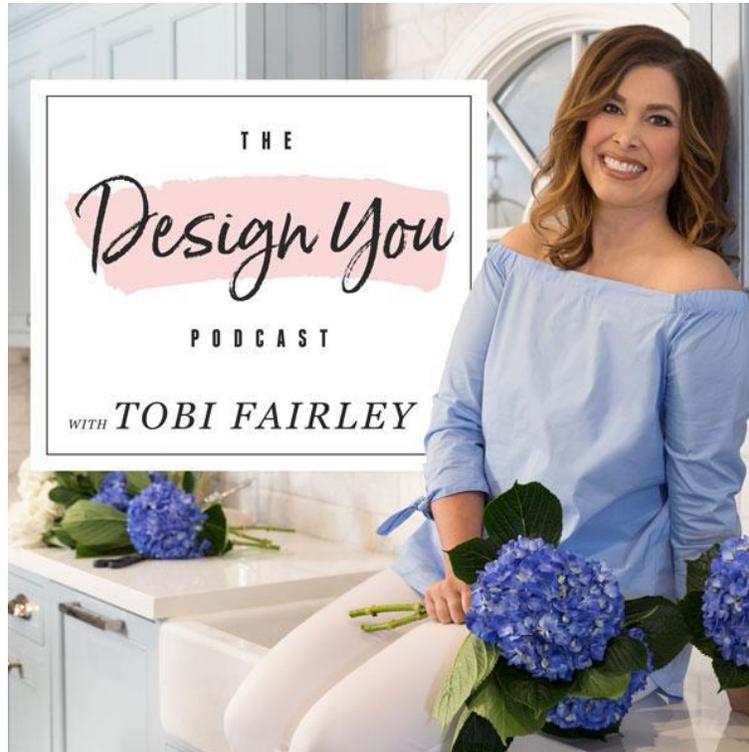


# Ep #149: Discover Your Dharma: A Vedic Guide to Finding Your Purpose with Sahara Rose



## Full Episode Transcript

With Your Host

**Tobi Fairley**

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You are listening to the *Design You* podcast with Tobi Fairley, episode number 149.

Welcome to the *Design You* podcast. A show where interior designers and creatives learn to say no to busy and say yes to more health, wealth and joy. Here's your host, Tobi Fairley.

Hey friends, welcome to the podcast today. We're talking about finding your purpose or as we're going to call it today, your dharma. And I'll get to what I mean about that, the dharma thing in a second. But first where are you on this journey to finding your purpose? Do you believe you have one? Do you think you know what yours is? Does the whole conversation about finding one just make you crazy because it always feels elusive and confusing? Well, today's episode is going to help you in so many ways.

Today I have Sahara Rose and she is a bestselling author, a speaker, a host of the wildly popular podcast called Highest Self. She's really out in the world leading the conversation around Ayurveda and spirituality, especially for the millennials. In fact she's been called the leading voice for the millennial generation in the new paradigm shift by Deepak Chopra. That's what he said about her, pretty cool. If Deepak thinks she's amazing then I think you're going to find her amazing too.

So in this conversation we talk about all kinds of things like how ease is our natural state but yet we find a way to make everything so hard. But how sometimes we do have to hit some rough waters on our way out of really selling into our purpose, we even talk about how what we do is not the same thing as our purpose, it's bigger than that. And when we really understand our purpose we can see that we might do or be different things over our lifetime and they all still serve our purpose at a high level.

So I love this conversation. I think you'll love this conversation. I'm sure you're going to run out right after this and get a copy of Sahara's new book all about discovering your dharma. It's the Vedic Guide to Finding your

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Purpose. And you're going to want it, but first enjoy this episode with Sahara Rose.

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**Tobi:** Hi Sahara, welcome to the Design You podcast. I'm so glad you're here today.

**Sahara:** Thank you so much for having me Tobi. It's a pleasure to be here.

**Tobi:** So fun. So you have so much to talk to us about because you have a brand new book we're going to learn about. But I think that this conversation is so timely for the beginning of a new year, a new season because what you talk about a lot which is your dharma or your purpose is on people's minds right now. And what we've just come through kind of had a lot of people questioning their purpose I'm sure.

So why don't you tell us a little bit more about you in case people haven't discovered you already. And start leading us down that path of even what some of those terms mean. Set the tone for us of your genius and this journey you're going to take us on about our purpose today.

**Sahara:** So the word dharma means your soul's purpose. It's the big reason why you're here. And the reason why I even wrote this book was because I had no idea if I even had one. I thought maybe it's like the story they tell you as a kid, "Follow your dreams." Then you get older, they're like, "No, that's like Santa Klaus you're not supposed to still believe in that." So, on my own journey from the time I was a kid I knew I wanted to help people, that's all I knew.

But I would see examples of helping people and it was you have to be a lawyer. You have to do it in this certain way. So my journey brought me to study international relations and go into working with human rights and working with different NGOs because I thought that's the way to help a lot of people. And I found myself working at an NGO in college in DC, so unhappy, feeling very disconnected from the people I wanted to help,

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feeling like I wasn't really making a difference or just raising money for the next fundraiser, for the next fundraiser, for the next fundraiser.

And I just knew I wanted to use my creativity, my writing, all of these different things that I love to do but I just wasn't sure how that would ever fit into the picture or let alone how that would ever be a career. So I wasn't sure, I just knew that I didn't like the path that I was on. And during this time I started to go through different health issues which began as digestive issues, later transformed into hormonal imbalance, which continued to worsen until I was diagnosed with perimenopause. So my body began shutting down, I was no longer producing any hormones.

When I was 21 years old my body went into a menopausal state, so doctors told me I would never be able to have children, and become handicapped very early in life because of the osteoporosis like symptoms. And there was no cure, they said, "Just take hormone replacement therapy, take IBS medication, take antidepressants, take this, take that." So I was just prescribed a bunch of medications and no one really was sitting with me long enough to get to the answer of it.

So I just went on this journey of trying to learn how to heal myself and that brought me to study many different ancient health systems, etc, modern nutritional science and eventually led me to Ayurveda. Ayurveda is the world's oldest health system in the sister science of yoga based on the mind body connection. So when I started to learn about Ayurveda for the first time I felt so understood. All of my symptoms from the digestive issues, hormonal imbalance, anxiety, insomnia were all there. But also my personality, creative, artistic, things outside the box, visionary, likes to travel.

And I just felt so understood, I had never, you know, we all take quizzes but something that had my health issues, and my personality, and my dreams and all of it in one archetype was I just needed to learn everything about it. So I just became obsessed with learning about it. I ended up living in India

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for two years, studying to become an Ayurvedic practitioner, and healing my body through this health system, and more than my body, my mental health.

So many things that I didn't even realize, I think when you've only lived in your own mind you're like, "Wait, it's not supposed to take you three hours to fall asleep every night because your mind is spinning with all these thoughts." And you start to feel more grounded, that was really what was showing up for me. So naturally I want to share it with people.

So I started to blog about it and I thought what if there is a book that could help people really modernize Ayurveda and understand it for especially people like me who went through hormonal imbalances etc. And also hearing how common it was. So I thought okay, I'll just write a book about it. Didn't really know so much about the process, I have never met an author. But I was like, "You know what? I'm just going to write this book." And that brought me along the journey of discovering my dharma.

So writing this book was – I didn't just write the book and that's it. I was faced by a lot of disapproval by my family, everyone around me thought I was crazy. Everyone thought I was going to become homeless, a starving artist, I'm out of touch with reality. What am I doing with my life? And I wasn't sure, maybe they were right. Maybe I'm taking a risk on something that no one cares about. Maybe all of the things that they're saying are the truth and again I'm the follow your dreams girl and it's not really there.

So I had a lot of confusion, a lot of doubts, a lot of hesitation, and then also for the first time really not having the approval of my family. I grew up with an immigrant background so it's very much about you make the family happy. They sacrifice so much for you and the battles between my parents and I kept getting worse, to the point that they threatened to disown me if I were to continue on that path. So it was very tough because part of me felt this intuitive desire to share.

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And this other part of me felt you know what, maybe I should just suck it up and become a real estate agent like they want me to. And keep this thing as a hobby that will be the thing I maybe do on the weekends and that's it. So every single time I would give up on this dream I would find myself just feeling sick, feeling heavy, feeling so down that eventually it got me to this point of realizing that I could either make myself happy or them, but it wasn't going to be both. And the regret that I don't want to live with is always wondering what if. What if I wrote this book? What if I followed this dream?

So it eventually led me to writing the book, getting rejected by 30 different publishers who all echoed back those same, "It's never going to happen. No one cares. You're too young, you're too this, you're too that." But eventually persevering and getting that first book deal which led me to walking up to Deepak Chopra at a conference and him writing the foreword of the book which led to another Ayurveda book and decks, and now this book, Discover Your Dharma.

And the reason why I wrote this is the question I kept getting from people throughout this process was, "How are you able to overcome that? How are you able to take something really as random as Ayurveda and make it happen for yourself?" So the story really beneath the story was the journey.

And I realize that my training in Ayurveda allowed me to see the world through this lens of these archetypes which I now relate to your purpose. And I've broken them down further into dharma archetypes such as the teacher, nurturer, visionary, warrior, researcher, etc, to help people really have tangible tools to find their purpose. I felt like what I was missing were, I would read these spiritual books that were like follow the path of least resistance, just let it flow, it's all going to be super, super easy. And I'm like, well, this is not my reality at all.

And then I would listen to Gary V who is like, "Hustle, slag, get it done." And I was like what is the balance? So I really wrote this book to kind of

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take something as colossal as the question of what is my life supposed to be about? How can I tap into this truth and give people really actionable frameworks to get there?

**Tobi:** I love everything that you're saying and I can relate in so many ways. And I know my audience can too, definitely we fit into that starving artist creative mentality. And a lot of times I do think that we kind of accidentally self-sabotage because what you were just saying because we believe that we either have to hustle to be successful. Or if we're not hustling and getting to actually do what we love there's no way we're going to make money. And that's what your parents were afraid of. That's that cultural message we've all been told time and again.

And what you're saying is that's not true and I agree with you completely. But I think then what happens is even if we do follow what we think is our dream, I think we so often find ourselves defaulting to the hustle more than the flow, don't you think?

**Sahara:** Yeah. So that path of least resistance it was always a concept I really struggled with. I was like path of least resistance. My mom wouldn't have left her country by foot if it was path of least resistance. A homeless person wouldn't have gotten out of poverty if it's path of least resistance. So I always wondered how, I felt like it could be possible but it wasn't what I was seeing.

So what I realize now is we're kind of born on this beach. So we're on the sand and our dharma, our purpose, our creative expression is out in the open waters. But to get to those open waters we've got to go through those waves. And the waves are your limiting beliefs, and the societal conditioning and all the times that you ignored yourself. And the bigger the wave is kind of the further off track that you may have gotten. And it's really your soul's unique curriculum to make you a stronger swimmer.

So most of us we step out into the wave and we get back down onto shore, and we do it again we're like, "Screw it, there must never be open waters

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out there. It must just be full of waves.” And then we look around and everyone we know is on the sand. And our uncle is saying, “Do you know what? Don’t follow your dreams. I tried to make it in a band when I was in college and it never made it, so don’t follow your dreams.” And everyone around us says, “Yeah.” Giving us more evidence that these open waters don’t exist.

But something deeper within our souls trusts, well, why are all these philosophers and poets, and all these people are talking about this purpose if it’s not really there? So what we get to do is to go through those waves and learn to become a stronger swimmer, learn to navigate, learn to go back to the shore, get tools. Maybe you get a surfboard and that can be your therapy, or your hypnosis, or your breath work. And learn how to navigate them and then finally when you make it through the waves you’re out into these open waters.

And you’re like, “This is the flow people were talking about. This is the living on purpose, the path of least resistance.” But sometimes you won’t get to the path of least resistance if you first don’t follow the path that you were personally the most resistant to.

**Tobi:** And trusting. So whatever’s kind of drawing you closer, where the lessons are supposed to be learned you’ve got to go into that, headfirst into the wave is what you’re saying, to go through that learning or that experience?

**Sahara:** Yes, if it is making you feel expansive. Now here is the thing, I feel like we also hear messages like life’s tough, get a helmet, like work is hard, everything sucks. So then we think, well, it should always feel like waves. That means I’m growing. That means I’m progressing. So the question is to ask, “Is this bringing me more expansion or contraction?”

So for example let’s say a listener wants to write a book. So they know they want to write a book, the thought of writing this book and having it on paper, and sharing it with others is the most expansive feeling they can

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imagine. But every time they sit down to write a paragraph they feel very, very blocked. So in that moment they may feel a lot of personal resistance but they know if they move through it they would feel more expansive.

Now, let's say it's to show up at this job that you hate and your boss is rude to you and it's not using your gifts. So you're going to experience resistance and even if you get through it, next year you're going to probably feel even more contractive. So it's tuning into is this going to make me feel more expansive or contractive? And I think that sometimes it helps having a body awareness of what that feels like. I feel like sometimes people are like, "Follow your intuition." But it's like how?

So I invite listeners to tune into what does the feeling of expansiveness feel like in your body? For you Tobi, when you think expansive, how does your body want to show up?

**Tobi:** Open, like open, shoulders back not up by my ears, not tense, so it's like relaxing down, open. But it definitely also feels vulnerable, any time you open up your heart I think you feel really vulnerable. It's laying on a mat in yoga and open, and shavasana or any other poses where you're open, it feels really free but it also feels a little scary because you are there vulnerable. And so yeah, I totally know what that feels like.

And what I also know and I think what you're saying is so many of us spend so much time in our head and so little time in our body that we don't know what anything feels like.

Expansive, I mean contraction, we might eventually know what it feels like days or weeks after we've gotten so contracted that we have a physical crick in our neck or we have to go take a nap, or get a massage, or go to the chiropractor, or whatever all those things are, that we end up doing, not just for self-care but because we have stayed in that state for so long I think and not paid attention. Don't you find that so many people don't even know how to be in their body at all?

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**Sahara:** We're very disconnected to the body. And the body represents the feminine. And the feminine is where creativity, flow, pleasure, all of these things come from. But we're so in our heads, which is the masculine, so the masculine represents the upper part of the body and the feminine is the lower. And also the masculine is the right side of our body and the feminine is the left.

So if you think about it, most of us are right hand dominant. Everything we do is with our right hand. And this is the masculine of the masculine, whereas the left leg is the feminine pole. Most of us our balance is worst on our left leg. We feel very just disassociated with the left side of our body. So even when you're meditating and doing practices, connecting to your root, connecting to your womb, connecting to the lower part of your body is going to bring you more of this body awareness and this body experience.

So then you're more easily able to navigate the, is this feeling off? Is this feeling energetic? There is this teaching, this Vedic teaching that we were each born on essentially this road to our dharma. Imagine to be a highway and our dharma is at the end of this highway. So when we're going down this highway and we're in complete alignment, we experience the cruise control. When you're just kind of taking the seat back and you're meeting the right people at the right time, you're experiencing synchronicities.

It's almost like the universe is propelling you in that direction. And that's because it is, because the universe wants us to be living our dharmas, it's the only way the world can come into balance. So there's this feeling like just energy moving through you, inspiration, you're like you listen to a podcast, you hear exactly what you needed to hear. You get on Instagram, see the exact post you need to see. And that feeling of flow is actually our birthright. It's our norm, it's how life was meant to be lived.

However, most of us have gone off on one of these exits. And these exits are, hey, you're never going to make it as a creative. That's never going to make money. Your family won't accept you. You're too old. Someone

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already else is doing that. So most of us have gotten off of these exits and we see everyone around us getting off these exits too. So the universe responds with the barricades on the side of a highway which are kind of to bring you back into the right direction.

So it feels like tap, tap, tap, something's off, I'm feeling anxious. I'm feeling low energy. But most of us think you know what, maybe I should just take another glass of wine or Advil or something and plough through it. So the universe is like, "Okay, she's not listening." Punch, punch, punch, maybe it's panic attacks, maybe it's breakdowns, maybe it's just a lot of conflict at what you're doing. Sometimes we maneuver but sometimes we just choose to continue not to listen. Then it could get to a point that it's a collision, a catastrophe, an on your knees moment, a breakdown.

And some people need to reach that to U-turn and maneuver back to their direction. Eckhart Tolle is a wonderful example of this, of reaching suicidal ideation before he discovered The Power of Now. So it's in no way inferior, but different people need to experience different levels of breakdown to make that U-turn. And some people perpetually live in that state of every day is tough; everything is out to get them. And they have decided the world is like this even though it's just because they aren't listening to those little nuggets in their soul.

So that's why embodiment is so important because then we're able to feel when it's the tap, tap, tap before it becomes the punch, punch, punch. See what is out of alignment, U-turn and maneuver back to the direction of our dharma.

**Tobi:** So good. So let's talk a little bit more specifically about our purpose. How do we know if we are living our purpose? How do we know if we aren't or we think that were not? How do we start to get on the path to our purpose? What does that look like?

**Sahara:** Yeah. So your dharma's not just one thing, I think a lot of people when we think about purpose we're like, "I need to find it. Where is it?" I

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remember I would ask people, “Do you know my purpose?” Maybe they knew, I didn’t, so sometimes we’re like my purpose is to be a writer or to do this. And your dharma is more like your mission statement. It’s like I’m here to bring beauty to the world, or I’m here to be a bridge between two cultures, or I’m here to connect women back to their hearts. So, it’s more why you do something, how you do something than what you do.

**Tobi:** So helpful, yeah, so good.

**Sahara:** Yeah. And under this mission statement there are then the services. Those are potential projects, roles, careers, jobs, all sorts of things I could fit under that. So let’s say your dharma is to bring beauty to the world. You probably have the artist archetype within you and you may show up as an interior designer for some years of your life. And then maybe you transition to a florist, and then you’re a graphic designer, and then you’re a wedding planner. And then you do social media and you could do all of these different things that are still bringing beauty to the world.

So a lot of times we’re kicking ourselves of, I must not have a purpose, I keep changing my mind. But especially as creatives we have a lot of the air energy, we call this vata. So we’re going to express in a lot of different ways. We have all of these mediums that are desiring to come through us.

So especially for people in the artist archetype which I think a lot of your listeners are. Maybe sometime your art is your words, but sometimes it’s your body, and sometimes it’s your home, and sometimes it’s a conversation. But it’s still your unique lens of seeing the world, your energy, your frequency that you are bringing to it, that is your dharma.

**Tobi:** I love that so much and what it’s bringing to mind is I see a lot of us have trouble changing some of those roles because at some level we feel like the older role or the one we’ve previously been doing was somehow our identity or it was our purpose. But we’re not finding joy in it anymore, or it’s kind of not fulfilling us and something’s wrong. And I love that you’re

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talking about the roles as more fluid but the overarching concept, or reason, or why is the actual purpose. That is so clear to me.

And I think it gives us permission because I often say to people, “Absolutely some parts of our lives do run their course. But we can always come back to them again too.” Just because you’re an interior designer and you’re tired of designing for a little while, no one can take that away from you. You’re still a designer, you’re still a creative. And what you’re saying, to me just gives us so much permission to explore what feels good.

And to me it also kind of goes against the hustle and that everything’s hard because it’s allowing you to just pick what feels easy at the moment and believe it’s still part of your purpose, right?

**Sahara:** Absolutely. Your dharma is meant to feel good. If the universe wants us to all be living our dharmas, of course it’s going to make it feel good. But most of us have so much resistance against following joy. We think it’s selfish. We think that we’re taking the easy path, that we’re not challenging ourselves enough, so we are perpetually looking for things to be hard, to have a confrontation, because we equate that with growth. But your dharma is actually just the natural response of who you are.

You don’t need to do anything to be living your dharma. It’s not even about finding it, it’s about remembering it. You were born with your dharma, it’s like your naked body but you have been put on a hat which is limiting beliefs from your parents’ gloves, which is from your school socks, which is from your society this, that. So you have all these layers, you’re like the snowman with all of these beliefs that are not yours, but you think it’s your body. So when you strip from them you take them off, you look at hey, is this thought serving me? No, I don’t want to use this one anymore.

And you strip from everything that you are not, you step into who you already have been.

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**Tobi:** So, so good. And I think especially around – what’s coming up for me so much this year, at this time of year when I watch everybody move from the holidays, they’re so fun and we’re allowed to have joy and pleasure. And it’s January 1, now we should all get back rigid and take all the pleasure out. And don’t have any drinks and don’t eat anything that’s not good for you. And don’t skip being at the gym and go work out hard and you’ve got to sweat and all the stuff.

And I’ve fought into that for so long in a lot of ways. And I see myself not wanting to buy into any of it right now. And it feels so refreshing and so amazing to go, “What if I actually just listen to that? What if I just stopped believing that you don’t have to do all of those aggressive things to be healthy, or free, or happy, or relaxed, or successful, or make money, or whatever the thing is?” And I’m finding that to be true. And I think that’s what you’re saying in a lot of ways, it doesn’t have to be hard.

Can you talk about that? And even just more about ease because I think we have a hard time, like you just briefly said a second ago. Allowing ourselves to stay in ease, it’s not good enough. It’s not going to result in anything. Nothing successful ever came out of this. I’m being lazy. Can you speak to that a little bit more because I want to just give us permission to stay in that place of feeling good and believe that not only can we be successful, our most successful life could be in that place of ease, right?

**Sahara:** Absolutely. Ease is our natural state. And it’s the natural state of nature. If you look at a flower, or a tree, or an animal, they’re not rushing. They’re not skipping steps. They don’t have a vision board on top of their head, the red roses; like I need to be yellow this year or red is out of season. And it’s just a natural expression of where they are, and there are seasons to that too. So you know how you were sharing that maybe someone was an interior designer for some years and they’ve sort of maybe transitioned out of it.

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Follow the excitement. I call it excitement breadcrumbs from your dharma. Look at what it is that you are excited about, those things that you want to Google, or sign up for a class about, or have a conversation about. Maybe the Instagrams you are following right now, those are giving you the clues of what is to come next. But we again dishonor our excitement, we dishonor our ease. We actually treat ourselves a way that we would never want to treat a child, or a dog, or any being of nature, even though we are the reflection of that.

And we can trust looking at our best work. Does it ever come when we are rushed, when we are hasty, when we are trying to do things for the sake of it? Never. Your dharma is unique to you and it can only come when you express the fullness of who you are. So that takes a relaxation, it takes a sitting back into it, not a moving forward. Moving forward means I'm stepping away from who I am. Stepping back means I am receiving. I'm thinking about like a goddess sitting on a beautiful lotus. She's not like, "Let me find the power." She's just the goddess and she receives.

And most of us, we have grown up in this very masculine society that is like the hunter, that is like you have to go get the thing out there. And this can serve us in some ways. There are definitely some things that you may have to do and especially if you are more in the masculine pool. However, I'm assuming a lot of listeners are females or relate to femininity, arts etc. So the feminine is receptivity. It's how much can you actually trust that what is meant for you will come to you and you're a vibrational match for it.

So instead of trying to go get this thing and becoming so frustrated and actually lowering my vibration to get there, what if I focus on cultivating my vibration? And what that means is just feeling better. Maybe you know every time you take a walk you come up with better ideas for your meeting. So instead of answering all of your emails right before that big meeting, because that's the thing you think you should do, it's trusting and honoring that you want to take that walk or do that dance class. And get to an energetically higher state so you can come with solutions from that place.

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**Tobi:** I love that so much and I've never heard it said exactly that way. I've heard a lot about vibration and low vibration, and getting in a higher vibration. But I love the way that you just said the way you get in that state so you could receive is to feel good and what feels good. Because I think we do the opposite. I think we accidentally grind and force, and all the things, thinking that we're getting to where we need to be. And we're actually, what you're saying in essence is preventing ourselves from being able to receive. That's so good.

**Sahara:** Yeah. Because we don't trust, we don't trust that we are worthy of it. So we think we need to change, we need to fix ourselves. I need to be a better me to get to where I want. But what you realize, it's not about self-improvement; it's about self-inquiry. You're not broken, nothing is wrong with you. You already are whole, you just don't know yourself. So when you switch, instead of trying to lose the weight or get better, mental this, that, whatever the thing is, which by the way, there's forever going to be another thing to heal for the rest of your life as long as you're a human.

But when you can just start to ask, who am I? What do I want? What am I excited about? What are the things that get me going? And maybe what worthy iterations of my dharma that are complete. I think sometimes we look at something that we once maybe fought really hard for. Maybe at that time that was our most expansive state, getting a certain job or being part of a project or role etc. But now we're kind of holding onto the smoldering plate but we're like, "But I worked so hard for it, I can't let it go." And it is burning us.

So it's trusting, I relate this to the chakras which are energy centers in the body, but when you're in that very hot – we call this the solar plexus; it's like the transformation, the digestion. You've got to take that sacred pause and that is stepping away from the thing, creating space and allowing the next download for it to come through.

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**Tobi:** Wow, it's so good. I feel like you're talking right to my soul. Switch means I need to [crosstalk].

**Sahara:** Because your soul remembers, we all know this. The thing is we can always feel something to be true. And I think all of us, from the time we were kids we were like, "This doesn't make sense. It doesn't make sense that now it's 9:00am so I've got to learn history. Now it's 10:00, I've got to learn algebra, and it's 11:00 I've got to learn this." And it doesn't make sense. And if you go back to the ways of the village we had the basket weavers and the medicine women, and the shamans and the astrologers. And people got to decide what they wanted to do and give their all to it.

Charles Darwin spent 30 years on his theory of the survival of the fittest, 30 years. Imagine if he lived today we would say, "Oh my God, you haven't posted in three days, you are cancelled." But we don't trust, all of the genius that can come through us if we sit with it long enough. So it is first of all realizing that the society that we are in is not cultivated for us to reach our highest awareness. It's cultivated for us to be part of this capitalistic machine. So it's having that awareness of that and then choosing, do I want to play in on this or not?

I'm not saying sell all your belongings and move to Bali tomorrow though, that could be a good idea for some of you. But I think it's more how do I want to show up? Am I someone that – maybe I'm not even sure what my next thing is and I need to sit with it long enough to let it come through. Or maybe I'm in a phase that I've been really working on this thing and it's about me sharing and showing up, and bringing more of that fire into my life. But that's why there's no one size fits all to personal development, or growth, or any of that.

And I think especially for creatives, it's trusting your unique intuitive process which is going to be, you know, every author, every artist, every musician, their process is so unique and I think we spend so much time looking for

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others instead of tuning in to how to source naturally, want to express through me.

**Tobi:** So good, so good. So your book is out, and you have three books, is it three?

**Sahara:** Yeah.

**Tobi:** Okay. So it sounds like I have all sorts of wonderful things to learn from you because I'm definitely into this whole conversation and it is really speaking to me. But if people want to find at least the latest book or find other things from you, connect with you, where do they do that?

**Sahara:** Yeah. So you can get my book and get bonuses including my embodiment practice which is actually dancing to receive your dharma, meditation tapping, emotional freedom technique, comes along free with the book on my website. [iamsahararose.com/dharma](http://iamsahararose.com/dharma). And my Instagram is also I am Sahara Rose. I have a podcast all about spirituality as well called The Highest Self Podcast.

**Tobi:** So exciting. Well, thank you so much. This was beautiful, enlightening, it spoke to me in so many ways. I'm really craving all of the things that you're talking about. So much ease, and intuition, and the feminine, all of that, that's exactly what 2021 is serving up for me. So you're here at the perfect time and I'm just so appreciative and can't wait to check out your book and all the things you do, so thank you so much.

**Sahara:** Thank you so much for having me. It was an honor to be here today.

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Okay, so there you have it. You know where to find Sahara. You know how to get her book. You can go to her website and check out all of her cool quizzes and content. And for sure if you loved this episode, go check out her podcast, there's so much wisdom, gold and all kinds of things over on

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her very popular podcast called The Highest Self Podcast. And beyond that let Sahara and I know what you thought about this episode, if you loved it. Send us a message on Instagram. We always want to hear from you.

And I'll meet you back here next week with another great episode of the *Design You* podcast. Bye for now.

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