



Be The Shepherd of Your Inner Energy | Kimberly Snyder

[00:00:00] Guest Intro - Kimberly Snyder

Darin: Hey, everyone, welcome to the show. This is Darin Olien. This is The Darin Olien Show. Thanks for tuning in. I appreciate you. Make sure to like, subscribe, and share this podcast because that helps us, it helps the team. It helps us know what you like. It helps us continue to cultivate great content to share for you for free to send out great people, information, and solutions that will help you and your life. My next guest, Kimberly Snyder, is so frickin awesome. We realize we're kind of neighbors. She lives about 30 minutes away in Topanga and in LA standards, that's like next door, but we had an amazing conversation. She's a multi-time, New York Times bestseller author, spiritual meditation teacher, nutritionist, holistic health expert. She's authored so many great books, Radical Beauty, what a great title. She also co-authored with Deepak Chopra, it's called "You Are More Than You Think You Are: Practical Enlightenment for Everyday Life." This just came out in January of this year. She also founded Solluna, a holistic lifestyle brand, and this really blew me away. She really has a very clear, articulate way of practical things that you can do. She's got meditation, she's got an amazing podcast called Feel Good podcast. How would you not tune into that? She has worked with dozens of celebrities. I know. She's worked with hundreds of people, but the point is that people really get a lot out of her work. She has been featured on Good Morning America, Today Show, New York Times, all of these things, but this little spark of joy was such an amazing conversation. I really feel like she's a little sister that I just found. So kick back, relax and enjoy the incredible, the amazing Kimberly Snyder.

[00:02:25] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

[00:03:09] First Part of the Interview

Darin: Thanks for coming in. Stoked to talk with you. How long have you been in Topanga?

Kimberly: We moved from Venice right before the pandemic started, so it would have been November 2019. Venice is gnarly, as you know. Then last summer, we also decided to get a farm in Hawaii. Well, we're converting it into a farm. It's like a very rural rundown pasture, but now we're starting the nursery so we're planning cacao in the fall, and some tulsi, holy basil, tropical reishi grows there and then also tumeric. So it's a dream with my kids. We go once a month, kind of back and forth. It happens more slowly, but no hurry, no rush. It's just this beautiful unfolding project.



Darin: That's amazing. There's nothing more powerful than planting powerful plants, that's for sure, especially you throw a seed in there and it drops and it grows in Hawaii for sure. It's ridiculous. I looked at some cacao and some cacao farmers and saw what they were doing and some Moringa stuff. You should throw some Moringa in too because that's probably too easy for it but if you grow it, cut it off early, and then it will grow into a bush and you'll get a lot more instead of letting it grow to a tree.

Kimberly: What's interesting for me is my mother's from the Philippines and so I have tropical blood and I've always been drawn to tropical places. In the Philippines, they call it malunggay and it's in the soup. So I grew up getting it at the market. It was in all our stews, then of course, for me going to Hawaii, there are so many parallels. It really does feel like I'm coming home. I don't know. Tropical land always really feels the best for my soul, for my constitution.

Darin: Malunggay, I haven't heard the name for so long, but I was in the Philippines. One of my many places of running around with me Moringa and that was very common for people to have a tree and just pull the leaves as that's a part of their culinary. I think that's the best part of the indigenous love that's passed down, is that here is some what's common inclusion into their dietary commonplace of a family and for us, or from people not in that, it's the greatest superfood ever or whatever.

Kimberly: It's just growing, it's wild, it's so inexpensive

Darin: Isn't that wild? Where are you born in the States though?

Kimberly: I was born in the States. My mom came over with a Fulbright, an academic scholarship in her 20s. She would get really mad if people would look at my dad, who's this white Irish-Scottish guy, and say, were you in the military and that's how you met them? She's like, I came here on my own. It would annoy her. But yes, I have that really strong Asian perspective, though. I was raised by my mom and our Auntie from the Philippines raised me till I was 14. It's just a different way. To this day, we're very super stew-based eating. It's a lot of that traditional, I'm plant-based, so I make plant-based versions. But yes, a lot of that. My friends would eat cereal every day for breakfast and we always had the rice cooker on. I would eat rice three times a day with vegetables and soup and things. To this day, I'm a really big rice eater. My kids are rice eaters.

Darin: And the weird carb phenomenon of fear, which is so strange and misunderstood and I love that. That's also a very strong Asian influence is that add this to the soups and the stews, and Ayurveda and traditional Chinese medicine. It's really the cornerstone of food is truly the hundreds of thousands of years, that was our medicine. That was how we stayed strong and took care of ourselves. Now certainly, we've made some left turns in our society.

[00:07:04] Diet and the Divine Energy

Kimberly: Also my work is expanded, Darin, our four cornerstones are food, body, emotional well-being, and spiritual growth, and how it ties together, the interstate. The Vedic teachings, the yogis from thousands of years ago talked about this union between the small self and the divine or universe, whatever word you want to use, but they always talked about diet. They



always taught their students how to eat because it is such a profound influence on our energy. So yes, from a physical standpoint, the nutrients and the minerals are creating the cellular structure, but also energy. What we eat has the ability to help us feel more calm and equanimity. The access to our intuition or it can make us feel really dense, and take a lot of energy and digestion and make us feel cloudy. I went backpacking after college, Darin. I was on the road for three years. I know you and I share that love of-- It was only supposed to be a few weeks, but then I did it so inexpensively. I mean, I'm talking like sometimes being homeless. I would strap my backpack sometimes to the bench in the train station in China, so I didn't have to pay another night. I camped for seven months across Africa, just living out of my car and out of my tent. I went really out there, Darin. 50 countries, I was by myself, but I would meet people along the way. I went to India, and it had the biggest impact on me just because I had never heard of these ideas about union and oneness. My main teacher, Paramahansa Yogananda, who I read about in India, the underlying energy matrix of all things. That really informed my perspective of nutrition. It was an energetic standpoint. Then I came back, Darin, after three years, and I still didn't know what I wanted to do with my life, but I just started a free blog. I was teaching yoga, asanas. Then I was going back to nutrition school. I was doing my meditations, Darin. I was doing these teachings from Yogananda, and it was like I stepped into this flow. There was a different pattern to my life. It was then when I started to realize it's energy. It's not just numbers in the West. We tend to over quantify things. It's all numbers and numbers, but it really is the how we eat, how we live, our relationships, our interactions. It's all just streams of energy. So when we pick these nutrient-dense plants that are full of aliveness, like sprouts, which I eat every day, or we're meditating, it's all just different ways we're tuning in with our energy. That's how my philosophy started. A lot of book learning, but it really was being on the road and being in these cultures for so long that permanently did shift my mindset.

Darin: We definitely share that. The book knowledge is great because it definitely satisfies a mental curiosity, but then the immersions and the sitting and like let me just hang out for the afternoon with this family and ask questions and what is that, why are you doing, and that's like 2700 ideas like this is crazy. I love what you said because it is a reductionism which started off with the fear or phobia of carbohydrates like carbs, proteins, fats, all of that stuff and we so miss the qualities of the photons of the sun are hitting the plants and the plants are converting sun energy. Obviously, the interaction of the mineral kingdom and the incredible soil matrix, this coming together in materializing out of light, and then we're converting it ultimately into the freeing of that light photon again. It's so important. I love what you said because we're missing the true information.

Kimberly: Yes, exactly. There's been this disconnect that happened around, I don't know, the '40s, '50s, we started canning food. We started losing that direct relationship with food. At the time, it was like industrial revolution and now everybody's coming to the cities, and we're gonna make it more efficient. In a certain point, there were just like few minerals in the soil. It just started to have this disconnection and then it continued through the decades and dieting, fat-free craze, and all of this. But down to the very base level, which I was able to touch, Darin, being out of the Western world for three years. I think it was really significant was that I wasn't in Europe, I wasn't in Canada or Australia, I was literally in mostly small villages and out of cities, but definitely out of the Western world. The wonder, you regain this, when we step back, it's like look at nature, if you look in the garden, what's the most



amazing thing in the garden that's gonna grab your eye? It's the flowers, and it's the fruit. It's like the pinnacle of nature, the plants are growing and they're gathering all the nutrients. Then here's the real jewel, the flowers in the fruit. The yogis have always taught, for instance, that fruit is the highest vibration. A fruit has the ability to completely change and reconstruct your energy and allow you to meditate and to feel and to be in tune with your third eye downloads and the crown chakra. Now we live in the western world where people are like, fruit has sugar too, so it somehow gets lumped in with the soda and the crap candy. I don't know about you, but I have this juice shop, it's gone a little off the rails with the pandemic, but it will reopen, it's at the four seasons. I can't tell you how many people come in and they're like, no fruit, no banana, my protein smoothie, but I'll have three times the protein powder. So you're saying it's like we're focusing on like, it's distorted, it's noisy, it's confusing. People have all the different studies to back up what they're saying. But like you said, you go back to the land. You go back to the fundamentals. You look at the garden, you look at the nature, and we can discern, our own intuition is we reach for that beautiful fig or that beautiful banana and that's giving us the life force. It doesn't have to be so complicated.

Darin: You nailed it. It's almost, on the one hand, the common instinctual self, what we know. I had an amazing conversation with Dr. David Edwards, who's an aerosol physicist from Harvard, and he was like, let me just tell you about the olfactory system. Is it your sense of smell? Of course, and I was like, yes, food selection. He goes even better. There's a trillion sensory receptors in the nose, a trillion. I think of that step as I talked to you and going, our senses, our eyes, our nose that are perceiving and receiving the colors, the timing, the soil, the time of day, the sense of smell for our food selection, we're in there if you're saying the seduction of flowers and fruits, would you turn and start carving your teeth on a dead animal? Then yes, of course, through survival, the human is unbelievable. It can adapt to anything, which is why we're frickin here and doing a lot of crazy shit, but we adapt. So I think of integration, as you're saying, like a higher level of common sense and instinct and integration of everything.

[00:14:15] The 4 Cornerstones

Kimberly: Remember, Darin, the four cornerstones I said are food, body, emotional well-being, and spiritual growth. It really does tie together. When I see people that are hyper fixated with their body or food, for instance, and they ask all the minutiae questions, and maybe I'm not getting enough riboflavin and maybe there's a hidden thing here, it's just so detailed. And it's like no, no, no, we need to go wider with our self-care. You know a lot about food, but where's your self-connection, your stress management, your mental health. The mind is just churning and churning and that of course is inflammatory, it imbalances our hormones, so it's very important that we look wider. Like I said, the yogis talked about meditation, but they also talked about diet, what you were saying before, Darin, about all the perception of the colors and everything out here. My new book is called *You Are More Than You Think You Are*, and it's really about connecting to the true self, which is beneath the mind chatter and the fear. What that does is it strengthens your intuition. In a greater sense, what the yogi said is, most of our attention is out here, peripheral nervous system sensing all the time and that's great, that's important but what happens is that we tend to over-identify with the shell of who we are. So we get confused if we're always just looking out here. Suddenly, there's a confusing information, suddenly, there's a lot of noise, suddenly, we compare ourselves, we contrast, we don't feel good enough. It's always because we're out



here. And of course, the world is more noisy and there's Tiktok, and there's YouTube, and there's all this stuff. So what the yogis have always taught from the start is just this balance of attention out here, and then turning the searchlight of the senses inside. So that's what meditation, introspection, stillness, being in nature do. It allows us to harmonize our inner energy and just be able to feel the true self, which is our connection to the divine, the universe, the spirit. Now we settled down and now we can enjoy things which are simple but profound like simple food, like conversation, instead of I have to be at a new Tiktok video every five seconds, or the attention span starts to get very frenetic, which leads to stress and anxiety and all this. The natural state is to be more grounded and to be calm so we can take information, we can discern it, but we have to balance that with the inner attention. Then we start to feel strong and resilient and intuitive and loving. All the things we are looking for is this balance between our peripheral nervous system and central nervous system, pulling the power in.

Darin: I resonate a million percent with that. People who are listening right now, not to mention, they're going to check out your book. They are for sure gonna do that. What are some steps that people can-- because we all know, it's overwhelming with the chatter and every day it blinks by and I didn't do enough, and I didn't get enough money, and I didn't get enough followers, and I don't know what I'm gonna do, and what do I want to create in my life, I don't know, that's all of that stuff. I'm a mom, I'm giving everything to everyone else, and I don't know who the hell I am, what I want to do. What are some things that people can do from your perspective to start that integration process?

[00:17:18] How to reconnect with your True Self

Kimberly: Yes. So there are few practices that I want to share, Darin, but first of all, I'll share that in a larger sense, what has really helped me with the stress, like you said, all the noise, am I doing enough, all the bullshit, like if I balance enough, which makes me feel like I'm on a tightrope, first of all, clarifying your purpose. Chapter three of the book is called You Are a Warrior. It basically summarizes the Bhagavad Gita, if you've read this incredible ancient texts, and it's about this big battle. So it's like charioteers, and battle formations, and horses and all this stuff but the subtext, it's an allegory for the battle we're waging every day, the battle of the mind. In that text, Arjuna has the option of the biggest army in the world or the Council of Krishna. The Council of Krishna is the voice of the true self. In that chapter, I summarize how the scriptures talk about Dharma, about your purpose. For me, what I talked about in that chapter, purpose, from the Vedic perspective is your unique gifts and what you can bring to the world paired with how do you serve, how can you help the collective. So it gets really simple when you look at it that way. For me, I would say my purpose is connecting more deeply to the true self inside of me and teaching others to do the same. The true self is authentic. It's loving, it's kind. When I get up in the morning and every morning, Darin, I said to myself, this is my purpose. It takes the stress off of like, did I do enough on my to-do list? I'm showing up, I'm playing with my kids, I'm talking to Darin, I'm gonna have a zoom afterward with my team. Whatever I'm doing, if the central purpose is clear, it's nonspecific. It really is just like the energy I'm bringing into everything. When I switch that mindset of like it has to be this one thing, this one achievement, the list, which is very linear, very masculine, it just opened up everything for me. So that's the one thing I'll say, is once you start to clarify your purpose, nonspecific to one project or one thing, it really makes a difference in your life perspective. The other thing besides meditation, which I



talked about a few times, I'm a big believer in morning meditation, it sets the flow, but every 10 seconds, Darin, our biochemistry is shifting. Neuroscience has really shown this now, it's moment to moment. What I do throughout the day, like you said, to get out of the chatter, where's the chatter? It's up here in the head. It's like a constant distraction, seeing what's going on, moving around. The place where we can go for stability and groundedness is the body because the body doesn't have the same chatter. So moment to moment, if I start to feel myself getting chatty, the first thing I focus on is the bottoms of my feet. I literally feel where is Kimberly in this crazy moving world? Oh, I'm here because so much of this anxiety is a projection of the future based on trauma, the past, but when we just feel our feet, which sounds really basic, and then I put my hand on my belly, my hand on my heart, just by tuning it, it starts to regulate the internal processes, the heart rate, the breath, the sense of presence, and then you can really feel the calming down, the turning on of the prefrontal cortex, getting out of the overemotional amygdala, and all these different parts of your brain. Just remember, you're constantly rewiring, and then remember that every 90 seconds is what it takes to move through a really turbulent, emotional feeling. So if you're feeling really agitated or angry, just remember, take some deep breaths, go to the bathroom, go outside, just take a sip of water. If you can create that pause in 90 seconds, things will feel more clear. It's not gonna mean everything's better, but I try to always take those pauses. Then the third practical practice, Darin, is you tune into your heart or your upper abdomen at any time during the day. If you're feeling a sense of tightness or constriction in your body, it's usually emulating the ego, which is small, limited, it's based on fear. So even if you're saying the right things, the energy building up in your body doesn't align. We introspect, we say something made me react. What I do when I feel that tightness, and I'm not in this expanded receptive, looser quality of the true self, I want to shift my energy before I send that email, before I go on the podcast, before I have that meeting because I'm not in my full power. It's just that constant checking in, making little tweaks, and then we just feel more flow in our day. And the subtitle of the book, Darin, is Practical Enlightenment for everyday life. Enlightenment just means more freedom. It means more awareness, so we can be in more unconditional love, we can be in more gratitude and connection without the bullshit that keeps us small, the old thoughts and the wounds. The Gita uses word "absorb." We start to process, release, absorb more inside of us, and feel more free. Our lives become a mirror for being more open and more in that bliss.

Darin: I love that. You summarized it so well, and a few things pop up, our biology, our chemistry, our quantum field, you name it, it's going where our mind is going. This is a practice. The mind is addicted to everything that we are continuously feeding it from the Tiktoks, the Instagrams, the quick things, read this, read that, compare to this, compare to that, all of that stuff. But it's so important because I think what you're saying is you have to start, you're gonna fall, you're gonna learn and get back up and do all these things. We have to go in, in order to go out. Meaning that we have to go in in order to then serve our purpose. When we stop the brain and turn in, we get to listen to that and be instructed and be guided. Like you said, to be open because what are we magnetizing if we're letting our brains get around, and what are we magnetizing it for opening up our hearts again?

Kimberly: What's so important, Darin, is understanding the difference between thoughts, feelings, and emotions, and also your intuition. In the beginning, I think it can get really confusing because the head is so noisy, but through the practice. Like you said, it's like the



surface of the ocean is really choppy, but when you go scuba diving, if you deflate your vest, those of us that have been lucky enough to go, you go down into this really still place. That's what the Vedic teachings teach us, that underneath all the turbulence of the mind, there is this mattress of peace, there is this inner resource, which we can start to tap into called the true self but we need to learn to discern, you know when Yogananda talks about the lake being really calm and then it reflects the divine inspiration or reflects like the truth. So we have to get to that place. It is this training like you said, the world is really noisy, the world doesn't gonna give it to you unless you really carve it out for yourself. Sometimes it can sound like a hard message. I know it did for me when I first heard this, that first of all transformation happens from the inside out. But in the middle of being broke, in the middle of like being in a really difficult life situation, it's hard to trust as I had to, that interstate. So I remember coming back from that backpacking trip and being so broke, Darin. I would get three oranges for \$1 for lunch because I read a study that oranges keep you full as the longest. I was strapped. So I came back and I would sit though on the edge of my Murphy bed. I was subletting this place, and I was doing my meditations. I was doing the practices, and then it was pretty wild. It was like these patterns started to emerge, and there was just this flow that came into my life. I was going back, I was teaching yoga. I was going back to nutrition school. I just started this free blog, but I really just got in and I know it's hard to describe but I will say the truth is for every human, a truth means it's not just for some of us, it's for everyone, it means we can change our lives. We can change the outer circumstances but it comes from the inside. Like you said, if we're looking around and we're feeling bad and we're just trying to change our bodies around here, that's a part of it too, but it really is interstate. It really is our energy. We're co-creating in every moment whether we realize it or not. First of all, Darin, the book is in three sections. Number one is removing the biggest blocks like fear. Yogananda said there are 26 soul qualities to develop, number one is fearlessness. We first we need to get the blocks out of the way. Number two is embodying, really getting to know who you are. So intuition is part two-piece. Then part three is where we create. So there's abundance, magnetism. The longest chapter of the book is You Are Creator. The problem, Darin, is we go right to creating, but we don't do this inner assessment and change the energy. We can say the right things, but underneath the fear might be driving a lot of our decisions or energy and it's not really going to create what we want. But abundance, I want to say is, when Yogananda was teaching, I was reading this while I was so broke. It wasn't just about money. It's about the fullness of each moment. So moment to moment, another practice is checking in, where am I on the scale of abundance? Am I coming to this moment with just fullness of life, or is my thinking of lack, and I'm always missing something or something's wrong, that's an energy that really does change our gravitational field. People feel it, opportunities, and people will come in more or less based on our energy and that's a truth. That's a quantum physics truth. So it's moment to moment, where am I on the scale of abundance. Even if we don't have the life circumstances we want, we can self-generate that energy. So there's a practice in that chapter, Darin, from the Vedas about bringing that into your heart and still bringing fullness. Eventually, that repeated vibration means your outer world has to match up, it will change.

[00:26:42] Wren Ad

Darin: What is our future of this beautiful earth going to be like if we keep treating it so horribly? It's easy to feel helpless, even after making a conscious effort to reduce my own



impact, your own impact on the environment and offset our carbon footprint, it still doesn't feel like it's enough, I get that. There's still the frustration of not knowing what's being done on a larger scale. Thankfully, there are some awesome projects and organizations that are making positive changes in the world, and subscribing to Wren is an easy way to support more and more companies doing good. Wren as a startup that is making it easy for everyone to make a meaningful difference in this world. As a monthly subscriber, your carbon footprint is calculated and then offset by supporting incredible climate projects like planting trees, protecting rain forests, investing in green, clean technology, and removing CO2 from the freaking sky. Wren is on a mission to unlock the collective action of millions of individuals to drive this systemic change needed to end this insanity. We keep doing the same thing expecting our planet to just be good. We take so much from our environment without giving anything back. What do you think is going to happen? We need to regenerate. Things can and should be done differently. We need to move forward in a regenerative way for our planet and for our own well-being. That's why Wren means so much to me. They're moving forward in a real pragmatic way of making change possible. They offer flexible monthly subscriptions that you are able to change at any time, and you're provided with monthly updates on your specific positive impact. It's going to take all of us to end this insanity, the climate, the world, the environment is screaming. Do your part today by signing up to Wren. Go to wren.co and sign up. If you let them know I sent you, they'll plant 10 extra trees in your name. W-R-E-N dot C-O, start making a difference. Let's do this and let's make a change. Thank you, Wren.

[00:29:40] Second Part of the Interview

Darin: I want to step back or step forward to address the thing that may be hard for people. I think the reason we see, and myself included, at just being human, it's easy to jump steps and just go, I just want to create, I want to be abundant, I want to get everything I ever wanted and then not just to use this as an example, turn and look and see I have pain, I have shame, I have sadness, I have fear. I haven't really looked at it. I actually am afraid to turn and look at it. So my shadow, whatever that is, I don't want to recreate the pain. So people come up with so many excuses not to look at that. From my perspective, it's just this tiny little aspect like it's an incredibly powerful ally. It's just an unexpressed understanding. What would you say to people because we know the fear, we know the anger, we know the resentment, so what can we do to get over that, express that, understand it, acknowledge it, and then move and be free?

[00:30:47] Metabolizing uncomfortable energy

Kimberly: Yes, thank you, big one. So number one, I will say that, first of all, the perspective of we're not necessarily recreating the pain, but we're actually processing it and digesting it for the first time. Emotions are meant to be energy in motion. So what happens is, we feel things in a really healthy context, you widen the container, so you actually feel it like digesting food, and then it processes and it leaves. The problem is the way we're wired and the way that most of us are taught is like if something pricks you and then you kind of move away or you distract or you push it down, or whatever it is, you don't actually like go into it. I don't know if you're familiar with the work of Dr. David Hawkins. He's an amazing psychologist, and I referenced some of his work in the new book. But what he says is, we literally have to metabolize the energy to the end, and then we can be free. Eventually, we



get to the bottom of the well. I'll give you an example, Darin, is almost exactly two weeks, five years ago, I lost my mom really suddenly. The first time I had lost someone close to me. So it was big grief, big feelings, but I was practicing. I'd read Dr. David Hawkins a lot during this process, so I would feel the grief. What he says is intense feelings last usually only 10 minutes or less, as long as we're feeling and not thinking like, this sucks, this shouldn't happen to me, blah, blah, blah, blah. No, you feel and then you release. Then when it comes up, you release, and eventually it gets to the bottom. So that's the first thing is realizing that if you have wounds and things that bother you and all this stuff, is that you never really metabolized it. For me, learning that for the first time as an adult and getting down means I'm free of those reactions and the triggers more and more, like 90%. Number one, realizing like there's work here to do. Number two, the reason we do the work is on the other side is the bliss, and it is that freedom that we want. So if your life isn't going the way you want it to go, on one hand, you can say it sucks, I don't want to feel this stuff. But the other hand is do you want a shitty life or do you want to step into your power, your fullest potential? And this is what it takes, this is the energy. No spiritual bypassing, there's no pretending it's not there. We go through it. Then what happens is the fullness of feeling emotions, Darin, this is the other side of it. If you're suppressing the pain, guess what else you're suppressing? The Kundalini energy. The fullness of the energy rising up your spine, the vitality, the aliveness, the passion. You start to deaden yourself. You start to become more numb, and then your life starts to feel smaller and smaller. So yes, there's a period of feeling but through the practices, you realize the true resilience we have. We're not our feelings and emotions. We feel them, they prick, they hurt, and then they move away. So it's just how we metabolize food, we need to do that step in the process. Part one of the book, Darin, there's a chapter on wholeness, which is about identifying your not-so-great qualities, but ones you're proud of it, and going underneath the behaviors, the wholeness is still us underneath the changingness on the surface. So you can release a lot of the shame that so many of us hold and weigh us down and all of that that's so tied to behavior. It's a whole other topic.

Darin: The thing that stuck out to me was, and maybe other people, that you had things happen to you, they occurred, but we haven't metabolized them. We haven't allowed that energy to move, it's been stopped. And out of time and space, it's still stuck. So it hasn't been acknowledged. It isn't us, it's just a thing. It's an event. So if we stop identifying to that because then we identify all of the reasons that it keeps it in place, the shame, the fear, anger of whatever it is, it's like an unmetabolized amazing quiche. You haven't allowed yourself to fully get through and get the benefits of and then on the other side of it, I love that you've made this connection, and that is if you're unwilling to feel that, you're unwilling to feel and therefore, you can't receive everything that you truly want. You can't really feel the passion. You can't really feel the connection. You can't really feel the abundance of the entire universe coming to you as you and that's what it's all about anyway.

Kimberly: Exactly. It's about allness. It's about like the fullness of energy. So you don't tap into that unless you allow the fullness of feelings and emotions to come through you. That's like the Shakti. This is a Sanskrit word where it's just pulsing with life force. If you try to tamper with that, if you dampen it, the life force just starts to get smaller and smaller. Another big thing connected to this, Darin, is moving beyond labels. Think about our whole society. It's like the way we put ourselves in boxes, I'm this and that, and I'll tell you something else. When my mom passed away suddenly, it sort of opened this Pandora's box where I started



looking at my life and I was like, well, this isn't exactly what I want. So long story short, I moved out, I became a single mom, and there was this label I put on myself like, I don't want to be a single mom. I don't like that label, but it was a really strong feeling. Then it led to the greatest strength of all because then I kind of sank down into myself for five months. I've met with a monk from the Self Realization Fellowship, and he said, treat your home like an ashram. So I just went in with all the pain, I cried in my closet every night. When I came out, Darin, after five months with a lot of meditation, a lot of many hours reading scripture, which is very comforting to me, I came with a new sense of wholeness. It was like beyond the labels. I think that's where our real power is where we don't give an F because it's like, here I am, I'm not trying to fit into this identity or this box, I'm not trying to have you see me in a certain way, I'm just me. So the freedom and the unleashing of energy that comes from that opens up incredible abundance in your life because again, you're not just like, let me pigeonhole myself and keep myself small.

Darin: I know that no energy is destroyed, and your mother is around, and she lost her physical form, and I'm sorry that that happened to you. I can relate in my own way. That's why I kind of go back to this part in that I know for me, it's unbelievably powerful when you allow all of that energy to come and to say it's okay, and to allow it to pull you and take you and uncover things. I think that's why it's so important for what you said, is like the relearning of us here in this society of how to grieve and how to allow those energies so that they transform, and create the closer truth of who we actually are.

Kimberly: Yes, and you know these emotions, Darin, they're wild, so it feels a little bit scary. But I think the key and the key for me in doing this work has been to contact that real stable place inside of you, the true self. So if you have that inside, the foundation, it's okay for things to get crazy because you always have that. When you don't have that, what the ego tries to do is control. It tries to control other people, it tries to control circumstances, or it keeps you in your comfort zone because it means you're trying to control the outside but we realize how futile that is and that we don't have to waste all this energy doing this and manipulating and playing small when we have the safety and security inside of us. So that comes from meditation, that comes just from introspection, and all the practices that I love to share about that have helped me a lot of going into the spine and brain like inside the internal part of us. It really changes our relationship with everybody else. It also changes our relationship, Darin, I'll say with food because all your relationships get healthy, so now you're not projecting onto food, your unmet emotional needs, and wanting it to make you feel better and shift energy. We want food to taste good. We want to enjoy it, but it is just food. Now when you bring in all this energy, back to the four cornerstones: food, body, emotional well-being, spiritual growth. Now, when you're working with energy in your life in this more totalistic way, all your relationships heal because you're taking back your power. You're able to validate, soothe, nurture yourself, and you don't need all this stuff.

Darin: It's ultimate free. Absolutely. Then it's a different magnetism because think about it, if you don't take care of that, and you have all these unmet needs that you're unwilling to look at or exercise then you'll attract those kinds of things into your life, and then they never will fill that what you're trying to fill. Now, the difference of that or the reverse of that what you were saying is that if you come and clear your space and align yourself, now imagine what that life is bringing in. It's an addition to not trying to fill up.



Kimberly: Exactly. It's all frequency. When that book came out, my dad made so much fun of it. 30 years ago, the secret, is he really woo-woo? My mom would look at my dad like, this is ridiculous. But now what they're finding is, back to energy and frequency, it's not woo-woo. There's actually science-backed. There's this amazing author, Dr. Steven Strogatz, I believe that's how you say it. In the book, she talks about synchronicity arising out of chaos in nature. You start to see where fireflies fire off at the same time and you see matching frequencies. Back to what we're saying, there is the inner state that you can't cheat. There is the inner energy, is it harmonious, is it calm, is it grounded, is it resilient and strong, or is it chaotic and scattered? Based on your inner energy that is reflected in your outer world. And you can tell that in your own intuition. You're drawn to people that have that certain magnetism and more freedom and aren't so sensitive and aren't so drawn into certain labels, there's just more expansion, so it does match up. I described in the book, there's a chapter called You Are Magnetic. I tell the story about how I came to write a book with Deepak Chopra, who was one of my author heroes growing up, and I read many of his books. It was really interesting. I mean, I really did these practices, and I sent him my book, and he is like, great, and then he loved it. Then he gave a quote, but I feel like there's more to do with him and I focused on it and I know it was generating, and guess what? Boom, one day, I ran into him on the sidewalk, literally. I said, "Deepak, Deepak, it's me, Kimberly." I just said, "My book," I was so excited, I was like, "You just reviewed it." He was like, "Oh, yeah." But we had that face to face. Then he gave me his number. Then I texted him, and we met at a coffee shop. In two hours, we decided to write a book together and had the whole title and everything. Your life can change in a minute when you're the shepherd of your inner energy. It doesn't mean everything's gonna work out perfectly, but it does mean there's more flow. It doesn't mean there's more easefulness. It does mean that there's more expansion. We are the ones that are co-creating. So we can just sink down and be the victim or we can say, I need to fine-tune some things here because I can see what's reflected was not exactly what I want, which is me. Again, I was broke and then in my relationships, I had a lot of issues for a while, the whole single story and all that. But where I sit today, it's like this pulling in, it just keeps getting feeling more free. It also feels like it's getting more and more simple, just like a complicatedness of the mind. It just starts to quiet down and it's like love, connection, nature. What else are we here for?

Darin: Like you said, you started off with getting through the emotional side of it and understanding your passions, and your why's, and all of those things. There are things that are bigger than just the car payments, that are bigger than just the dress sizes, though the throughline, which is deeper connected to, and sometimes it is between you and you, the spirit, the soul, God, that light, it's like I'm clear, I'm talking every day.

[00:42:48] Your Inner Energy– You Can't Cheat it

Kimberly: That's the mainline. It's like us and God, or universe, whatever word you want to use. I always say, God. These labels and what everybody thinks and trying to get validation with social media, all the stuff, it's like no, us and God, and then we see that the light, God's Spirit is inside of us. And guess what, spirits inside of Darin are inside of everyone else. This is where the service part of purpose. It's like we have unique gifts but when we serve, it takes the focus off me, me, me, and the ego, which is not healthy, and it breeds more of that suffering. So when we expand out, we automatically feel more joy when our intention is to serve. We really get the benefits as well. It's what opens up all our energy in our lives.



Darin: So much more fulfilling, and if it gets woo-woo for certain people listening to this, it's not divorcing paying the bills. Being abundant includes everything. It includes having enough money and being able to do what you want, and create and all of that stuff. It's not the exclusion of anything. It's important when you start to understand these frequencies, and I believe this to my core, whether people want to consciously acknowledge it or not, what you're saying is true. The quantum world we know more than we acknowledge, we're learning along the way, but we perceive and receive and are absolutely this incredible, infinite being having to have an experience of in the body, and we're creating this bridge between this soul that I feel in ways that I can't even put into words, and this body. How do we now light up all this stuff? And for me, of course, plants and eating high-level foods and superfoods and all that stuff. It feels great to me, and water and high vibe water and meditate every day, and journal and everything else. Then what the hell do we want to do and contribute to the world? And that is inclusion with everything. So I just wanted to make that distinction because it's so easy. People can flippantly, okay, she just brought the secret.

Kimberly: No, I'm saying we're not the secret. As far as I understand, it didn't have any sort of scientific backing which the discerning mind needs. The Vedas have talked about for thousands of years is the householder path, which is what we're saying, the practicality of living life. How do you live your best life and not being a Brahmin, not being a priest or a monk but actually being in the world? It's practical. It's not woo-woo at all. The more we go along, we realize just like ayurvedic medicine, which comes from the Atharva Veda, which is the fourth and newest of the ancient texts, but it's all starting to be more backed up by science. I know that Deepak did his big study with Scripps and Duke, and I think six institutions and they found a blood marker for meditators. They can actually tell from your blood if you meditate or not. Anyways, it's not woo-woo. I would say this too, Darin, the way to really create the life that you want like we said, it comes from interstate, it comes from Dinacharya, which is the Sanskrit word for your daily rhythms and routines. I was not being perfect. I see my goal is 80%. Again, get back to the cornerstones. So my morning practice, for instance, I drink hot water with lemon. I have a glowing green smoothie with all the fiber and all the fruits and vegetables. I meditate. I journal. I take SPO probiotics. In my morning practice, I'm touching all of the cornerstones and that holistic approach is what I do through the day. I'm checking my stress, I'm checking my mind. I'm not going into some crazy inflammatory story in my head. It's all checked, the food is supportive of the energy, digestion, everything works together. It's built into the daily rhythms and routines. There's a practical nature to it.

Darin: Homelife, relationship relationships, it's a constant kind of amazing flow. If you could be the Surgeon General outside of politics, outside of anything that and you could make sweeping changes, let's just say America right now, what are some of the things that you would change, maybe in the healthcare, maybe in the food, whatever it is, what are some of the things that you would help change from a health perspective?

Kimberly: My gosh! So much, I mean, I feel like there's so much confusion. They did the pyramid and then they went to the circle and all this stuff. You go to a food policy, you go to like, who's being subsidized and who's not, who has access to organic and who doesn't, but I think first of all information is so important. I liked how I believe that with the circle, was it Harvard that did the renovation where they put a glass of water instead of a glass of milk, which is like hey, guys, let's talk about dairy farming. Also being a mom and sort of seeing



what's going on with my kid's food and kids' lunches. Number one, this whole thing, Darin, I want to change everything. I think that making vegetables a much bigger emphasis in the diet. I think one of the things from the start is people just over-emphasizing these enormous portion sizes of protein. Then the more information comes out, it's like we recycle proteins, we don't need as much. Really just bringing more in the policies and the information and the education, really having people understand that it should be mostly plants, your diet, whether you choose to be plant-based or not, that is the bulk. It's not that the bulk should be proteins. The bulk should not be processed bread or anything, but literally, plant foods because that is obvious in the Blue Zones. Dan Buettner is a good friend of mine, but it's not here. It's so fundamental and so basic, but it's a long-term shift that I think needs to happen, but it's the most important one. The way that we eat is turned upside down.

Darin: Well, that's it. If we could create disease and disharmony, continue to do what we're doing, make horrible food available, and beautiful food not available, subsidize food that's full of chemicals and carcinogens, then not make it available where people need it the most, food deserts and cities around the country. When you look at this stuff straight on and data, and you're going, it's utterly insane to see that. So yeah, fresh food availability, let's just start there.

Kimberly: Exactly. I get really passionate. I love that we were talking about Reishi Mushrooms and some of these amazing superfoods, but then it's like water. Drink that before you guzzle down all your soda and just really basic ways to bring in fruits and vegetables into people's daily practices, I think is important but it's a big, big question, Darin. I think we're making progress, but then I hear some stats and it's like, people are getting 10% plants. Someone just told me it's 50% percent protein and then 30% like processed crap. Dr. Will Bulsiewicz said this on the podcast, he is a gut health doctor.

Darin: Will is awesome. I remember I was talking to Joel Furman and Joel came up and it's just sat in my brain. He goes, from true health, not looking at BMI, looking at actually people that don't have core morbidities, true health. Of the 300 and close to 350 million people in the United States, guess the percentage he said of people that were actually healthy? 2.5%. Then you look at going, this is just straight up just looking at face value of everything going, is this the path that we're all agreeing here that is the one that we want to continue to go down because we're harming ourselves, our children, and our families and our friends and our communities by the way in which we're conducting ourselves in this space. It's crazy. The 10% plants, that's unbelievable.

Kimberly: There's a saying in Ayurveda "as is the micro, as is the macro." So it's like we get into all these, I'm sure you have to, Darin, but on these panels with like Paleo people, keto, everybody, the diet, the studies. But when you step back, and you look at it from a macro perspective, we see the thousands of studies and we see the long-term longitudinal studies from Blue Zones and actual human communities. We see when we're eating a lot of plants, we're getting the micronutrients and the macronutrients and all the benefits keep going and going. With the fiber, we thought it gave us sustained energy, now we're seeing it's feeding the short-chain fatty acids in the guts, which is creating systemic D inflammation, all this stuff. Then we see, wait a minute, eating more plants is better for the environment. It's less of carbon loads. It's just much, much lighter. Then it's passing through these animals. You don't have to breed all these factory-farmed animals, it just goes on. Yes, if you want to see



what's the best diet for the planet, it would be the best for us and the best for society, and all the concentric circles as you go wider and wider, there wouldn't be a disconnect. So that simplifies it, peace, live and let live.

Darin: Totally. Absolutely. I would love to see like what if we could have every child drink a fresh glass of water and a bowl of fruit for breakfast every day.

Kimberly: My kids glug green smoothie, Darin, because that is so natural. If you give kids natural foods, they will choose it. They love it. That's what they know. They love the taste. So I would love to have every child to have green smoothies every morning, what a difference.

Darin: Let's do it. Well, hey, what a pleasure. I think this is one of many conversations. I love what you're doing. I love the books. You're such a pleasure, but we're so close. We definitely have to get together. We'll definitely have to make some revolutionary shifts together and do some stuff to knock down some barriers. So, thank you so much for your time, and enjoy the rest of your day.

Kimberly: Thank you so much, instant connection. I love your vibe. Thank you so much for having me on. So much love.

Darin: For sure, stay connected.

[00:53:00] Podcast Outro

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.