

(#194) Discovering and Embodying your Life Purpose with Saha...

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SPEAKERS

Sahara Rose, Kathrin Zenkina

K Kathrin Zenkina 00:14

Welcome to the manifestation babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today. And now, let's begin. Hello, my gorgeous souls. And welcome back to the manifestation babe podcast. we are just about to enter into the new year of 2021. I don't know about you, but I'm excited. I know that, you know, we're still in some interesting times here at the end of 2020, we thought it would be over by now. It clearly is not over; it clearly is far from over. But, I am still excited about 2021. And especially this upcoming new year because, you guys, we get to choose. We get to choose the ultimate outcome, we get to choose who we become, we get to make the most of our circumstances, and make this New Year worthwhile. Really sit down and set your goals and really sit down and figure out what you're going to leave behind in 2020. There's a lot,

I know, there's a lot that a lot of us are leaving behind in 2020. And we can still make the best of this new year and I have high hopes, and I've been praying, and I've been meditating, and I've been visualizing, and I've been setting intentions for the highest good to come out of 2021, So I can feel it deep in my bones that it's going to be a better year and I'm so excited about it. So who better in this episode to guide you into embodying your life purpose in 2021 than my podcast guests today. I am really excited to bring to you this conversation that I had with the amazing Sahara Rose all about discovering your Dharma, aka your life purpose, aka the buzzword of the freaking century. Let me tell you, the amount of times I've seen the question what is my life purpose pop up in the spiritual community. I already know this episode is going to take off because so many of you guys have that question and Sahara shows you that it really is simple. It's not that complicated of a process in order for you to figure out what your life purpose is, or Dharma as she calls it. I just recently finished reading Sahara's new book coming out on January 5th, 2021. And oh my god, it is amazing. I wish I had it back when I started my journey in 2015 of trying to figure out what my life purpose is. But even now, living my Dharma, this book has still been such a relevant guide for me in my life. So, you guys are gonna love this conversation and I could literally talk to Sahara for hours. So if you don't know who Sahara is, Sahara Rose is an ancient soul in a modern body. She has been called a leading voice for the millennial generation into the new paradigm shift by Deepak Chopra, amazing, who wrote the foreword of her books, also amazing. She is the best selling author of Eat Feel Fresh, Idiot's Guide to Ayurveda, A Yogic Path and the upcoming Discover Your Dharma book. She also hosts the highest self podcast which I got to show up on, I don't know when that episode is releasing, I don't care. I just got really excited to have the honor of being on it because I love that podcast. It is also the number one spirituality podcast on iTunes. And she's also the founder of rose gold goddesses. She's here to remind you of your purpose so that you can embody your sacred mission on this planet. Discover Your Dharma archetype with her free quiz at iamsahararose.com and connect with her @iamsahararose. Guys, her book is releasing in early January, very very soon after I release this podcast episode so you can get her book at iamsahararose.com/dharma. Go ahead and preorder it because she has a lot of awesome preorder bonuses that you get. I believe you get a whole 10 day course. You get a lot of other goodies just for ordering her book and then coming back to her website and submitting your receipt and you get all these awesome bonuses. So again, it's iamsahararose.com/dharma. And don't take this lightly, and I don't take this lightly, when I recommend things, guys, this book is awesome. Okay, now that I've shared a bit about Sahara, let her blow you away in this episode. Hello, Sahara. How are you doing today?



Sahara Rose 05:28

I'm so excited to be here today, Kathrin. I'm doing well.



Kathrin Zenkina 05:32

I know, I swear this podcast episode was supposed to happen two years ago, if I remember correctly, we just kept scheduling it and then something would happen on your end, something would happen on my end, but I think it's such perfect timing that we're here now, source divinely inspired this episode. So I'm so grateful to you being here. I am so excited to really dive into, first of all, your book, because I just finished reading it. I know it's coming out soon, right? People can preorder it



Sahara Rose 06:00

January 5th. Yeah,



Kathrin Zenkina 06:01

January 5th, oh my god, you guys, this book is incredible. I am obsessed with it. I wish I had it when I was first starting my journey. But I'm also really grateful as well that I was able to find it and discover it now. Because I feel like I'm going through this wave of, you know, how you discuss the process of finding your Dharma and how we have different mediums of getting there. I feel like I'm transitioning into other mediums. And it's really scary, and I feel like I'm going through these waves all over again. So I'm really excited to dive into this episode. But before we get in, can you just kind of share, first of all, what the hell is Dharma? And second of all, what inspired you to write this book?



Sahara Rose 06:43

Yeah, so the word Dharma is your soul's purpose, it is the big reason why you are here. It's the unique energy in which you bring to everything. So it's not so much about what you do. But it's more how you do it. It's like your magic sauce, it's your frequency, it's the special spark that only you can bring. So thinking of it like a company's mission statement. We stand for a more just world, or to be a bridge between two cultures, or to create beauty, or to connect women to their hearts. Something more an umbrella statement; that could be your Dharma, whereas the services underneath the company could be careers, roles, jobs, projects, all of these types of things. So for example, you as Kathrin, your Dharma, you know, you're here to show people that their wildest dreams are possible, and that they are worthy of it, and that they can create their reality and be the magicians of their own lives. You know, in my own words, how I see you and so much more. So now that can be through your courses, your podcasts, your books. It could be specifically talking about money or manifesting other things, sharing your story, which I know you're doing more of and bringing yourself, these are all different now

manifestations of that one far arching dharma. So I think a lot of people get stuck of like, what's my purpose? I need to find it! Where's that bitch? you're looking out there for something and it's like, no, it's not outside of you, it's already within you. And I used to be complete - I would literally meet people and like, hey, do you think you know what my purpose is? because I didn't know, I thought maybe someone else did. And it's about, you know, I think of your purpose is like you and your naked body. And then you go through life and someone's like, Hey, you shouldn't be like that. And that's like, you put on a hat and someone's like, you know, that's not really gonna make money. And you put on this jacket, and someone's like, you know, your parents wouldn't approve of that. you put on these socks, and you keep putting on these layers and layers and layers and layers, and you think that's your body. But it's all of these beliefs, and conditionings, and societal judgments that you've held on to, that you think are yours. So it's not about finding your Dharma, but it's about remembering it. Stripping yourself from all of these veils and limiting beliefs and deconditioning, unraveling to finally remember the truth of is who you are.

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Kathrin Zenkina 08:54

I really love that. It's funny that you mentioned what is my purpose, you know?, my purpose, because I'll never forget, I remember when I was transitioning between my first business and manifestation, which was really just an accidental business. I never thought that this would be an actual business. It's just so bizarre and so wild. And I remember how you mentioned in your book that accidental Dharma, that is what I think manifestation babe is. I remember messaging people literally being like, I can't find my life purpose. What is my life purpose? And now I laugh because that is the number one question that I get. When I did the q&a box for this episode, it was like everyone's like, what is my life purpose? How do I know I'm living it? What is my life purpose? Life purpose is such a big hot topic right now. And I love to describe to people like your life purpose is really who you are here to be, not so much what you are doing. Because when you understand that you are here to be the highest expression of yourself and that can unfold in limitless ways, then you are free to do anything. So if you want to be a mom, and you become a mother, you can be living your Dharma through that. And then you're ready to start a business and you can still be living your Dharma through that. And then you're ready for the next thing. And I tell people all the time when I wanted to or thought I wanted to become a doctor, I was convinced I was living my life purpose. I was like, my purpose is to help people, right? And then when I transitioned to my fitness business, I was like, Oh, my God, no, this is my life purpose. But again, underneath that, it's helping people. And then with manifestation, babe, I'm like, No, this is my life purpose. While I'm still helping people, I'm still raising the vibration of the planet. And then when I am now thinking of transitioning into this new chapter called motherhood next year, it's like, I know

that I'm still going to be living my purpose, it's just going to look so differently for people. My question for you is, why do people put so much pressure on themselves to find out what their life purpose is? Why do you think this is such a hot topic right now? Because it just - I remember even five to 10, five years ago, seven years ago, 10 years ago, they no one, no one talked about this kind of stuff. But all of a sudden, everyone wants to know, what is the sole reason why I'm here Someone, please tell me.

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Sahara Rose 11:06

So it's been a question that we've been asking since the beginning of humanity. It's like you're being dropped off at a party and you're just like - instead of asking why you're here, you're just like, eating the food and dancing. Eventually, you'd be like, wait, why was I dropped off at this party? So it's something that's so essential. Why are we here? And it's something that humans have always sat with. But when we don't get the answer, the question feel so colossal, that we stop asking. And we're gonna go through life continually trying to fill this void of not knowing, numbing ourselves. And numbing can look like so many different ways from more shadowy aspects of drinking, or addictive shopping, to even like, I got to do all the self care and all of this and that, it's still another form of numbing when we don't know the truth of it is why we're here. And I remember before I knew my purpose, I would listen to these interviews of famous people. And they're like, your purpose is to just be. I'm like, easy for you to say, you have this huge business and purpose and voice

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Kathrin Zenkina 12:04

and all the money to just sit there.

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Sahara Rose 12:07

Exactly. So I'm like, well, you're clearly doing something that's in alignment with your purpose. So how do I find that thing? And it became this obsession for me to learn about, especially because, similarly to you, I grew up, I just want to help people, and I would look around and like, Okay, how do I help people? Mother Teresa helps people, she's a nun. Okay, I should become a nun. Gandhi helps people, he does a hunger fast, I should do that. I would just look for the most extreme forms of helping people and thinking that if I sacrifice my joy, then I can really be of service. So I would literally look at what are the worst problems in humanity; child trafficking, child labor, all of these different things. Okay, I'll go fix that. So that's what I did. And my mother was a refugee. My dad was an immigrant. I came from a lineage of child marriage. My uncles were political prisoners. And I didn't even know that was my background. My parents never told me because they

wanted to keep me safe. But something within me was going to those exact, really dense issues of the world. I went to college in DC, studying to become an international human rights lawyer and thinking "this is my path". Then it was when I was working in different NGOs that I couldn't stand it. I was just waiting for the day to be over. I felt like I wasn't using my creativity, my communication, these things that I was naturally good at. And I also felt like I wasn't really making a difference. I was just raising money for the next fundraiser, and then all of the money would be spent on the fundraiser after that. I'm like, How is this even really helping people? So I was really stuck. I'm like, what is my purpose going to be? I thought my whole life was going to be this thing, like for you being a doctor, and now it's gone. So for me, it manifested as source redirected me from health issues. I went through really bad health issues, my body going to perimenopause when I was 21 years old, and from doctors telling me I would never be able to have regular bone density. So by the time I was old, I would probably be handicapped, wouldn't be able to have kids, all of these really severe issues that my focus shifted into how can I heal myself. And it went on, this journey of self healing, which brought me to ayurveda. Ayurveda is the world's oldest health system and the sister science of yoga. So I became so passionate about ayurveda, studied everything about it, became an Ayurvedic practitioner, and wanted to write a book on it. And my parents were like, Girl, you want to be an author? Are you fucking crazy? You are never gonna make money doing this, you are out of your mind. That's not a real job. this is a hobby. You're talking to the wrong people. and they were really concerned for me.

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Kathrin Zenkina 14:38

Can you dive a little bit more into that story? Because I resonate so much of that experience. And I think there's a lot of people going through this right now, where their 2020 has brought up this reorganization and this reflection for a lot of people where they're like, Wait a second, I don't want to do this thing anymore because that thing is now gone, or doesn't fulfill me, or doesn't serve me or whatever. I want to do this thing, But they're so afraid of their family not approving, or their friends not approving, or whomever not approving. And I love this story in the book. Can you just share what that was like for you to experience? To not have your parents on board with you finding and discovering your Dharma?

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Sahara Rose 15:16

Yeah. So it's one of the most challenging things because, as kids, we're wired to have our parents approval because we need it for survival. Yeah, we need mom and dad to like us, because they feed us. So it's actually this biological instinct. And then another biological instinct is for a parent to protect their kids at any odds possible. So even if the kid is like, I

want to experience this roller coaster, the parents can be like, no, that's not safe. I don't care if you want to experience it. So here are two biological predispositions that are kind of contradicting someone wanting to experience all of life and the other person wanting to keep you safe. So, for my parents, on top of being immigrants and refugees and their whole story, they didn't understand what I was looking for. They were like, what is this truth you are seeking? The truth is you become an adult, you get a job, you get married, this is the truth. What are you looking for? And I was very confused at this time. Because I remember as a kid, it's all about follow your dreams. And I'm like, Look, I'm following my dreams. And now you're telling me it's bullshit? Am I the only person still believing in Santa Claus and everyone else like got the memo, that there's no dreams to follow, that was just a childhood story. And it was so tough, because part of me could feel that I went through these health problems to share about them with more people. But I also had no proof if it would work, if I would ever be able to provide for myself doing it. If maybe everything my parents said would come true, that I would become homeless, that I would become a starving artist, that I would waste the best years of my life and regret this forever. So it was this these years of battle and it continued to get worse and worse with my family. It eventually reached this specific fight that I write about in the book where my dad was just so angry at me feeling like I risked my life for you to be here, I sacrifice so much for you to be here, and this is how you repay me? You are selfish. And I think a lot of times immigrant parents, when they're angry, say things that are completely not okay to say in America, but - 100%. But he would call me a loser, a failure, a scum, a disgrace, wishing I was never his daughter, wishing he never had me. And these are the very worst things for a child to hear from the very person that their whole lives - they're like, Look, I got a gold star, I got this, I got that. Like, do you love me? And I remember just breaking down crying, going down to my childhood room and looking at all the toys around my room, and I was like, this was all bullshit. Why did they even do this for me, and here I am being me, and I'm rejected. They want nothing to do with me. And I was just crying and crying on my knees until I felt this numbness just override me. And I realized, you know what, if I'm dead to him in his eyes, then I have no one else to live for but me. And this feeling of being unfuck with a bowl of like, you know what? I'm done trying to get your approval because guess what, even if I do all the things you tell me to do and become the real estate agent or pharmacist or whatever else you want me to do, you're still going to find a reason why I'm wrong and not good enough for you. So something came over me at this point of I'm going to live this life for myself. And I came back, I was doing my shamanic shaking and stuff. They're like, this bitch is crazy. Just in the suburbs shaking. And I came back, I was like, I'm going back to India. They're like, You're what? I'm like, I am going back to India. And I think they could feel the difference of like, there was no more question. It was like, This is who I am. And I went back and I spent the next year there and really went through all of my beliefs and ask myself are these mine? Or are these beliefs that I was handed? And kind of rewriting my narrative and my stories and all these things, which I know you

share so much about as well. And I had to get to that point because oftentimes our Dharma would - though we were born with the Dharma, we weren't necessarily born embodying it, right? So I needed to go through the journey of not living for anyone else's approval, for trusting my own voice and my own authority before someone else's. Because to do this work, you know how it is Kathrin, people will say shit to you all the time like that's a daily occurrence. And if that breaks you, you're not going to be able to move through it. So I had to learn to not even have the approval or support of my own family, enough to have it in myself that the troll can say shit to me on Instagram. It doesn't matter.

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Kathrin Zenkina 19:43

Yeah. Oh my god, I can so relate to that because first, my journey involves me getting over my parents feedback, and at some point, I got to this breaking point where I just didn't give a fuck anymore. But I realized that I kind of transferred that onto my audience, but not necessarily my audience of people who are genuinely like, they're supportive, awesome, positive people. I also found myself really caring about what everybody thought of me, right. And so, I noticed that at the beginning or actually end of last year, my Instagram just stopped growing. And I was at this plateau, which is very bizarre because it's been consistently growing ever since I started it, there should be no reason why I'm just not - I'm at this plateau. I'm at this plateau for several months, I think my content is amazing, what is happening? And I went to a plant medicines center and I did four rounds of ayahuasca. And I will never forget night one where - I've always heard these stories where sometimes one of the greatest fears that people have around plant medicine is that the plant medicine will show them something that they're not ready to hear. For instance, quit your job, or burn down your business or break up with that person or divorce your husband and you know, that's terrifying for a lot of people being like, Oh, my God is that what I really want? because it really shows you what's deep in your subconscious. Thankfully, because I have had a moment with my journey before I started a manifestation babe, I went to a Tony Robbins event and that was the epiphany of my whole life of realizing I'm living for my parents and living for everyone else, but me. And so that's when I ended up breaking up with my boyfriend at the time. And it was the greatest freedom I ever felt. And I was like, Oh, my God, my husband and I are very different people, we have very different paths, same visions, but just different hows, different timings. You know how it goes, living with another person 24/7 is not the easiest thing in the world. And I was like, Oh my god, what if she shows me I have to divorce them. Thankfully, that never happened. But what she did show me was - she started to show me on my Instagram account. it's like, all of a sudden, my phone just pops up like this in front of my face and I see my Instagram account, and I see her scrolling, and by her I mean mother ayahuasca. She's scrolling through my Instagram, and I'm like, are you about to

tell me to delete my Instagram? Because hell to the no, I'm not gonna do that right now. And she's like, no, no, but we have to review something. She's like, you wrote this post from a place of wanting people to like you, you wrote this post from a place of wanting people to like you, you wrote this post from place of wanting people to like you. And I'm like, okay, okay. And she's like, why do you think you're stuck at this amount of followers? she's like, this is how many you can have if you let go of this fear and need of people approving of you and liking you. She showed me, I think it was like 682,000 or something like that., and she's like, and this is where you are now. And the reason why you're stuck is because you can't handle the negativity and the criticism at this level. It's going to be six times that amount if you go to this level, you can't handle it now. what makes you think that you're going to be able to handle that? that shit is going to break you apart, and you're not ready for that. And that's the reason why you're stuck here. And as soon as I had that lesson and realization, it's like boom, growth, double my following in a year. Because I finally understood that what a hater says, what a troll says, or even people who genuinely do support me, just because they don't agree with something, like a belief of mine, does not make me a bad person. It doesn't make me any less than, the point of all this is to stay true to myself. So I love that you mentioned that because it's such a parallel between the parents thing. And sometimes we forget that we transfer that need and approval from our parents onto other people, our friends, our community, our audience, our podcast listeners, it just extends. Unless we address this route right now, we're not going to find ourselves in a better place, we're just going to find ourselves in a different place, but it's not going to be where we truly want to be. So I love that you share that.



Sahara Rose 23:42

I mean, I was completely like that, too. I remember when my first book came out months before, I was so anxious, because I was like, I'm going to read these Amazon reviews and everyone's going to hate me. They're going to say she's not an Ayurvedic doctor. She's too young. She's modernizing it, she's this, she's that and I was bracing myself for this book launch instead of being excited for it because I was so afraid of what these people would say. And I remember reading this quote, not too long ago, there's never been a statue made of a critic. And to really think about that, someone who goes around - I've read a million books I didn't love, did I go on Amazon and write a review on the 20 reasons - I'm like, Girl, imagine how far you could go in life if you just took that energy towards something else. But oftentimes the people who will feel like that are the people who you are their biggest inspirations. And because you are doing and embodying something that they know they have inside of them, it's extremely triggering to them, you know? And I think your Dharma specifically is to trigger people. You are like, I'm here first class AirDubai, like I'm doing the thing. And that's going to be so triggering for people right now. But that's actually interesting, because it's part of your dharma. And the biggest fear that

you had was not being liked by people when it's the polar opposite of like, your north node of what you're here to do, and that's always how it is. Our biggest fears are related to our dharma. And I remember Wow, just hit me so hard, so hard, you have no idea. I'm just like, Okay, all right, I got it now. I think I get it now. Oh, girl, I'm like, she's here to push people's buttons, and I love it. Because we don't realize - sometimes it's so much easier to see it in someone else than for ourselves. And frankly, if you're not pushing people's buttons in some sort of way, you're not really taking a stand. And one of the practices I share in the book is your Dharma is really the things that you're also the most ashamed about. We're like, I want to be loved and celebrated and seen and recognized and all of these things, but it's like, those things that feel off, or random, or don't fit in the picture, or you really don't want people to know about you, that's actually the magic of what makes it your Dharma. For me, you know, a spiritual teacher, ayurveda, Deepak Chopra, and I fucking love to twerk.

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Kathrin Zenkina 25:56

I love that about you.

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Sahara Rose 25:57

And I dance, but I was so ashamed of it. Kathrin, I would go to these classes and like, Don't look at me, don't. I didn't want to be in the video. And then I remember one day I put the video on my story for 10 seconds and deleted it because I was so scared of everyone unfollowing me, and thinking I'm a sham, and never never letting me in the community again. And I remember I would get such great feedback, like, oh, wow, I love to dance too, or I love seeing you so happy. and it would kind of motivate me to share more and more and more of these sides of myself that I felt like didn't fit into the picture that later on, I actually asked a question on my Instagram story, which I really recommend for anyone to do if you're confused about what makes you stand out. And it's when have you seen me at my best? When have you seen me at my best. So I put that on my Instagram and all of them when you're dancing, when you're DJing when you're twerking, when you're at this class, and I was like, wait, what? 99% of the time I'm talking about the fucking doshas and you're remembering this? Huh, wow, this is what's registering in people's minds, that of course, they're receiving it all, and it's unique for them that it's in this lens. And it made me think, you know, if I go to a yoga class, I would be more interested to go to the yoga class of the person who was in jail for 10 years and found yoga there, and plays Led Zeppelin and class, even though that's not my story, I don't even like Led Zeppelin, but it's so unique that I'm curious about that. And there's this study done by the people's Research Institute and it's all about why we like people. So this question was what's the number one reason why you dislike someone else? They pulled 1000s of people, some of the things were I feel

like they're superficial, or I feel like they're showing off or this or that. Can you guess what's the number one reason why people don't like others?

K Kathrin Zenkina 27:51
The only things that come to me is what you already shared.

S Sahara Rose 27:54
Right. So the number one reason was actually them feeling fake, them feeling inauthentic. So the number one thing we don't like about other people is feeling like they're not being their true selves, but here we are trying to do everything we can to be that person, when we don't like that and other people. So it's like, this word authenticity is such a buzzword. It's like, Okay, tell me about your BDSM fetish, tell me about your anime, tell me about these things that you don't want people to know. That's what authenticity looks like in practice.

K Kathrin Zenkina 28:25
Oh, my God, I freaking love that. You know, speaking of everything that you just shared, I recently decided to bring out more of my humorous side, like, by the way, we'll talk about the archetypes, but it was so fascinating. Because probably if I took this quiz a year ago, it'd be slightly different. But now that I'm embodying my most authentic self, it showed up as visionary number one and entertainer number two, which I never ever saw myself as an entertainer until I decided to play around with some reels here and there. And the amount of people that I make laugh is like, amazing. And it's interesting because so many people love it. But I've also received feedback being like Kathrin, I just wish you'd go to your old content. And you know, like that,

S Sahara Rose 29:10
imagine being that person. Imagine if someone shifts you're like, hey, go back to how you were like, what is going on psychologically in that person's mind?

K Kathrin Zenkina 29:18
It's almost like they're seeing a reflection of that part of themselves that's afraid to evolve with you, or free to evolve to their next level. And so they feel threatened by that, like this person is outgrowing me. I'm not keeping up with them.



Sahara Rose 29:31

and to the narcissism of thinking that you should change and adapt to what they want.



Kathrin Zenkina 29:35

Exactly, exactly. So let's talk a little bit more about like specifics in your book that I really, really want to get into. For instance, speaking of discovering our Dharma, you talk about like the five stages of Dharma discovery. Can you talk a little bit about that, like how do we know which stage we're in? And what does that journey look like? Because I feel like when I read it, I was like, Oh, my God, I've been through the stage and I feel like I'm going through it again. It's like, I'm now in the middle of another version of it, which is so fascinating.



Sahara Rose 30:03

Yeah, so when I was really studying this concept of Dharma, I feel like a lot of us think it's like, we're going to go from where we're at to living our Dharma overnight. And it's not really like that, it goes through a progression. And even though I'm calling these stages, it's not linear, it's not hierarchial, it's more like a spiral. You can go to one and come back, and then go back to the deeper depth, and it continues to spiral. So it's not like, you just got to get to that next stage, it just naturally unfolds. So that stage one is just the awareness that something needs to change, I can see the trajectory of my life, I can see where things are going, and I don't like it. So it's just that spark that something needs to shift, you don't know what it is. Stage Two is self improvement. I'm just going to make myself the best version of me. So maybe you get into fitness, or you get into meditation to be less anxious, you get into Tony Robbins, self help, motivational speakers, all forms of personal development. And this is really crucial. I think some people want to be in the five D and they haven't mastered the 3d, right? It's like, we got to work on the physical body, the mental body, these are our cornerstones, we have to learn how to human first before we get galactic. So for me that looks like my ayurveda journey, getting my health into into balance, getting my anxiety into balance. So we got to start there foundationally. And this is where most of the personal development space is at, which is wonderful. And then we realized something, that I am not a mind and a body to improve, but rather I am a soul to know.



Kathrin Zenkina 31:35

Yes.

So the focus rather than improving yourself goes to knowing yourself, who am I? What are my interests? What are my archetypes? what's my human design and astrology? Wanting to know everything there is about yourself. And it's this fascination of Wow, I am adept, I'm an ocean to explore, nothing was wrong with me to begin with. So you realize that you already are whole, you just don't know the full scope of who it is that you are. So I'm assuming a lot of podcast listeners right now are in that stage three. But in stage three, you can often feel really alone because suddenly your interest shifts, people around you are like we used to do mimosas every Sunday, what's happening? And you know, the things that you want to want to research or maybe you're into Gaia, you don't watch Netflix anymore, but it's like really starting to shift so it can feel really lonely. And it can feel really me against the world. So like, the world is crazy, how am I going to live in it. And feeling like how am I going to survive in this crazy ass world because the veils have suddenly sort of dropped. So this is when a lot of people feel like the spiritual awakening or Ascension symptoms or however you want to call it, but it's really when there's a discord between your former and this new life that you're on. So for myself, it was like this feeling of like anger towards society. I was like, we're just in a box, I would write these poems, I'm like, we live in a box, we're in our cars, we're in our cubicles, we're in the malls, when will we get out of the box, and it was just like - and I needed to go through that and that was my expression of it, and it can feel like you don't know what you're going to do with that. So from that, you find the practices that work for you. Maybe it's law of attraction, maybe it's Buddhism, maybe it's ayurveda, maybe it's breath work, sound bath, certain healers, practitioners, lineages, and you find what really works for you. Like here, I can feel a part of this world and no longer against it. I know, this world still has a lot of healing and a lot of ways to go. But it's a more integrated feeling with the world like I'm here, I'm part of this world. I'm here born as a human, so I must have some karma to do on this planet. And I'm going to practice self care and learn about boundaries and go deeper into my ancestry and go deeper into all of my practices to know myself on a deeper level. So I'm assuming a lot of listeners are also on the stage four. And stage four is when you begin sharing, maybe you start telling your friends, your family members, maybe start sharing a little bit on Instagram. But in the stage four, you don't really have your unique approach to things. You're kind of learning things and sharing. Hey, I learned this from Kathrin, I learned this from that, you're kind of sharing what you learned, but you haven't really found your own spin on things. It's still coming more direct from that channel versus your own. And you can feel like you're living a double life. I'm who I am at work, and then who I am in my interest. So you may know that you have this Dharma, but you haven't really found exactly what it is. So you may be dabbling, maybe you get really into this thing and you're like, well, that's not for me. Maybe you go into something else, but you're kind of waiting for whatever this thing is to hit so you can have that full body experience, but it hasn't quite happened yet. Now stage five, which is that final stage is Dharma

embodiment. And that is really when you were living in complete alignment with your dharma. You're no longer kind of regurgitating information that you've heard, but it's rather coming and expressing through your own channel and that could be through Drawing or through architecture or through whatever else, but it's really coming from you, you have your own style to things. And in this stage, your focus really shifts from me to we. So the me needs to come beforehand, that's how do I have self care boundaries, be kinder to myself, take care of my body, we need these things as a stepping stone. But in the stage five, the Dharma embodiment, you realize that the bath and the massage or these these things are actually really not about you, it's so you can be in alignment, so you can serve in the way that you are meant to. So it really becomes about you shifting humanity, versus you doing this thing for your own self interest. And really to sit in this stage, you have to look at all aspects of your life, because anything that's not an utmost alignment, will prevent you from serving in the way that you are meant to. So friendships may dissolve, relationships—you may move, you may feel like it's just a series of looking at things and like is this working? is this not? Because your primary responsibility is to your Dharma, and anything that can prevent you from really showing up for that, you know needs to shift. So it feels like this really big up leveling through every aspect of your life, and that you're being fueled by something so much greater than you. So, you know, for myself of sharing this book and doing all these podcasts. I'll do four podcasts a day, and at the end of the day, I want to hop on IG live and keep talking about it. Have you ever felt like that? your just like I want to keep going, this is fueling me more than a bath or more than breath work because I'm so just impassioned by what it is that I'm sharing, I'm tapped into the cosmos and that's fueling me so much more than anything that my human body could do. And that is everyone's birthright, it is possible for every single person. In fact, it is the only reason why you are here.

K

Kathrin Zenkina 36:50

I love that. Okay, how do the Dharma archetypes fit into all this? Can you go into some of the archetypes, all the archetypes, as much as you want to share? And how do people know what archetype they are in? How does that impact what their Dharma is?

S

Sahara Rose 37:10

So archetypal work has been so crucial in my life, because when I was looking for my Dharma, I was just like, I don't know, I feel like I'm good at different things. And I don't really know what I'm interested in. I was like, I want to do a skincare company and I want to be a shaman. And I want to do this and I want to do that. I'm like, I don't know how they're gonna come together. But then when I start to look into archetypes, from goddesses, and ayurveda to Myers, Briggs, and Enneagram, these are all types of

archetypes, I start to see myself in something that was greater than me, and I'm like, oh, if that person's this archetype, I could see myself having similar gifts to them. So when I was writing this book, I really want to come up with an archetypal system in relation to your dharma. So I have these nine and they are teacher, nurturer, visionary, entrepreneur, artist, researcher, entertainer, activist and a warrior. So we are all nine of them, but in varying amounts, like for yourself, I would say, just from knowing you, I mean, you mentioned you took the quiz and there's a quiz, Dharm Quiz.com, but definitely visionary, definitely teacher as well, I mean. the teacher, I'll briefly share the dharmas of each, but the teacher's Dharma is to share knowledge. And the way that they're actually set up to go through life is learn a lesson and the way they transmute it is to share it with others. So you're like, learned about fitness helped me transmute it teach others. Okay, done with that lesson. Learned about manifesting abundance, learned that. Okay, I'm ready for now this entertainment aspect, etc. So they're going to go through life, learning things to then teach. So they may be the kid who, when you're studying for an exam, tries to teach it to other people, and that helps them learn it better, because that's naturally how they're set up. They're here to teach. So the nurturer, their Dharma is to care and connect. They're here to really go deep with people and they're here to draw other people's wisdom out of them. So the teacher is more likely to tell you, hey, here are the practices, here are the steps, the nurture is like what do you think is the answer? What's coming through? So more of a coach versus that teacher or guide. So nurtures are often coaches, therapists, nurses, social workers, but they could even be massive, like Oprah. Oprah is a nurturer that even when she's at the Staples Center with like, 100,000 people around her, she sits on her chair next to another person and is like, honey, how are you feeling? and that's her superpower, she draws it out of people. So they're really here to hold space. Now the visionary is here to be a bridge for the new paradigm. So they are here to inspire, help people see the big picture, help people navigate to this new world, very future oriented. So they are here to essentially help people see the unseen and unite on this larger lens. So our primary archetypes are visionary. And a lot of people in this space are going to be visionary because that draws you to spirituality, and being a branch and all of that. But it can even be like Barack Obama, like he's a visionary. If you like him or not, he has this ability, he's very charismatic, his gift is his communication, he can make you feel like we're gonna have this better future together. And that's the gift of the visionary. Now, the entrepreneur is here to essentially create profit and impact. So you definitely have this archetype of well of, they're driven by profit, that matters to them, because they know it's through that modality, they'll make the most impact. So I saw your Pinterest vision where I was trying to download all these collage apps to figure out how to do mine. I'm like, this isn't looking like hers. But it was like, you know, a lot of it is the focus on I want to make this money to invest it and this is how you want to serve, whereas mine, it would be more like a New York Times bestselling book, right? Because entrepreneur is not as high of one of mine. So the entrepreneur is really here to create solutions for the world's problems.

And the way that they're going to do so is through something that is sustainable, that really matters to them. So they know that if a company has profit, it's going to have more team and support around it, and it's going to be sustaining. So as an example, let's say we want to help the environment, the teacher would teach a class. Okay, CO2 emissions are rising, here's the information, let's make a change. The nurturer would sit with you like hey, what's your relationship with plastic? How could you step more away from it, you know, coaching you through it. The visionary would be like, we are all Gaia, she is our mother, we are all connected to each other and our earth and you know, it's like really more philosophical, big picture thing. And the entrepreneur would be like, okay, we're gonna reduce plastic straw consumption by 200%. By the year 2030. We're going to create this bamboo straw company that we're going to slowly integrate into the marketplace by 15% each year. So by 2030, we can see a margin of XYZ reduction in plastic straws. So like really formulaic like that, more of a masculine energy, because they know something as lofty as we're going to save the environment. They don't know how to measure that, so they're not going to see the progression. So the entrepreneur is very systematic, organized, likes to structure things. and that's how they're meant to change the world. Like Sara Blakely, entrepreneur, the people who are very inspired by her want to create this epic business, and that's their catalyst. So it doesn't necessarily have to be a big global problem, her problem that she solving is women feeling uncomfortable in their dresses, and she's really going after creating the solution for that. So that's really what the entrepreneur is here to do. Then the artist is here to bring about beauty. So the artist is the type of person that everything you see, like their Instagram feed, their closet, their home, it's all so beautiful. They're very aesthetic, they really care about the experience, the details, and the artists really receives a lot of information from everything around them. So they're the type of people who, you know, they go through a shitty breakup and they'll write this beautiful poem from it, or be amongst random things at a thrift store and find the best things and put it together and create this epic outfit. They see this life as mediums in which they can create with. And then the shadow aspect of there is feeling really overwhelmed by the world around them and not knowing how to cope, and also not having a good guard on your own emotions. That's why a lot of artists are you know, manic depressive, or thinking of Frida Kahlo or Picasso, etc, we could think of the artist who's like, and sometimes they become addicted to that, because they create their best art from that place as well. Oh, they all have their shadows. So the next one is the researcher. And the researcher is here to understand deeply. So they're here to make sense of the world around them, to go into the details. So they're the type of person you send them something on Instagram, you're like, hey, apparently, this is happening. And they're like, Okay, let me do the research on that. They're not going to just blindly reshare something, they want to do that research. So they really care about going into the facts, the analytics, the data, like people in sciences. There are two types of researchers, past and future. Past ones are really into history. Future ones are really into innovation,

technology, etc. So, Deepak Chopra is a really good example of a researcher. He's researcher-visionary. So the thing that excites him the most, and knowing him personally, is when there's more research to show that spirituality is real. He is so jazzed up about that. He's like, I got the scientists who didn't believe in meditation to believe in meditation now. That's his dharma, that's what he wants his legacy to be. That's what he lives for. And even his books are like, here's a breakdown so I can prove to you why you aren't the universe. Whereas someone who is, maybe, a peer visionary would not care about that type of research to that level. And the shadow side of the researcher is sometimes feeling like you never have enough research to take action. Imagine, yeah.

K Kathrin Zenkina 45:14

And it's those people - would you say it's those people who feel like they just need one more PhD, one more degree, one more book, one more course.

S Sahara Rose 45:21

Exactly. And you know, because when you go really deep into any type of research, you realize that you're never going to get to the bottom of things. So when you have that level of awareness, and in a way, it's quite humble of being like, Hey, I know there's so much I still don't know, that, you know, some of the other archetypes like the warrior, they don't even go down that, so they're like, I'm ready to take action. And the researchers like, I need more information, more information. So Mikoshi, your your shaman, she shared with me that she took the quiz and she got researcher.

K Kathrin Zenkina 45:51

No way.

S Sahara Rose 45:52

Yeah, so it can even show up more in a spiritual way of her do the research into the depths of spirituality. But it's someone who really loves to be deep in their books, deep in their studies. They have a childlike curiosity. They just really want to understand why things are the way that they are.

K Kathrin Zenkina 46:07

Yeah, I definitely have a little bit of that for sure. And because I definitely used to get stuck in this, like, I just need one more course. I just need one more coach, just one more

shaman, just one more plant medicine ceremony, just one more this, just one more that. For me to then absolutely know, without a shadow of a doubt so that I can share this information. At some point, I realized, like wait a second, no matter how much research I do, there's my opinion, my knowledge, my experience, my perspective is going to be completely different this time next year, it's always going to change. No matter how prepared I feel, no matter how much research I do, and so I just had to get the fuck over that because it wasn't serving me.

S

Sahara Rose 46:44

Totally. I mean, think of all of the incredible research that's out there that could really change the world that isn't being shared, because that person feels like they're not ready. It's like really doing a disservice to humanity. And I understand and really honor the depths that researchers go to, we don't want to rush a vaccine or we don't want to rush anything that may not be the best for humanity. So I understand why the researcher wants to go really deep into the details.

K

Kathrin Zenkina 47:13

Totally.Yeah.

S

Sahara Rose 47:14

So the next one is the entertainer, which you're vibing with recently, and I love the entertainer, they are here to make people feel. So it's not just to make people laugh, but to also make them cry, feel nostalgic, ponder, they'll surprise. They love to give people an emotional experience, and they see this life like their stage. And oftentimes, it's the duller moments that they come the most alive. So, you know when you're leaving a concert, and you're stuck in your car for like, four hours, because there's so much traffic to leave the parking lot?

K

Kathrin Zenkina 47:46

Yeah, not in 2020. But...

S

Sahara Rose 47:48

I know, but back in the day when we had concerts. But the entertainer will take that opportunity to be like, let me tell some funny jokes, let me do some skits, let's do karaoke, and they'll actually come alive. They're like, wait, here's my audience of people paying

attention, let me entertain. Or like at a party, they'll go into telling this riveting story that gets a group of people around them, and they love that. They understand the world by morphing into different characters. So Jim Carrey is a really good example of this, that he literally morphs and transforms into all of these different characters, and that's how he raised his consciousness. Sacha Baron Cohen is a great example of this, that he's like, he's Ali G, he's Borat, he's Bruno. Really, he's making you think through the laughing and the entertaining.

K

Kathrin Zenkina 47:54

Yes, absolutely.

S

Sahara Rose 48:20

And yeah, and I love these examples so much, because oftentimes we think entertainer is not important, devalued like it doesn't really matter. Entertainment industry, we kind of look down on it. But we've really always had entertainers in our world. We've always needed the jester, or the Shakespearean play, or the saga, etc. Because a form of escapism is actually quite important in society. The world can be very, very dull and heavy without it. So that's why in India, bollywood movies are so popular because it's like this whole fantasy world, that they get to be in for three hours. And they really need that to make sometimes the tougher situations feel better. Yeah, then the shadow side of being that entertainer, sometimes you lose yourself in those different characters that you don't know who you are outside of them, and you feel like you have to make everyone else laugh because people won't accept you as you are. So Robin Williams is a good example of this, of making the world laugh, but didn't feel comfortable to share what he was really going through.

K

Kathrin Zenkina 49:34

Yeah, my goodness. It's interesting how you mentioned you know, you just described the entertainer, and of course I read it in the book, but I love listening to you because it's like a different transmission of energy. And I just got to thinking I never saw myself as entertainer. Never in my life that I ever resonate with that, but it's because sometimes I look at myself through a more public lens, like when I'm with new people, or when I'm in public somewhere, I'm not the entertainer. But when I'm with my group of friends, I am the one making everyone laugh, I'm the one who's telling ridiculous stories, I'm the one who's getting the energy going, like, come on you guys. And so I'm like, Wow, that's so fascinating. I've learned so much about myself ever since reading her book, it's amazing.

S

Sahara Rose 50:16

And Dharma is really when they inner you and the outer you begin to match. So showing more of who you are when you're with your group of friends to the outside world. Because so many of us think that if we don't show up in this really serious and respected way that will be disliked, but actually showing, you know, the same reason why your friends like you would be the same reason why a stranger likes you. But we just have this idea of we have to present ourselves so differently, even though it's the same humans who are receiving it. So it's important for us to recognize it's still just a human on the other end.

K

Kathrin Zenkina 50:49

True. Oh, my God. So true.

S

Sahara Rose 50:51

Yeah, so the two last ones are the activist. The activist is here to bring about change. Social, political, cultural, economical, etc, and they're really driven by this. So this is one of my main archetypes for sure, and that's why my whole childhood was about this. But they are really connected to this physical world we're in and really look at the problems of like, Hey, there is hunger, or racism, or child trafficking, or all of these big issues, and they're like, we can't skip over this, we need to fix what's happening right outside of our door. So they feel this really big sense of passion and responsibility as a human here on this planet, we have a responsibility to help others. Marianne Williamson is a great example of this. That she definitely has the visionary and teacher as well. But really, she's an activist, that she's doing this all to bring about change. And the activist really feels the most alive when they are doing so, when they're helping others in this type of way. And it can lead to their shadow side of feeling like they're responsible for the world's problems and this feeling of anger, that I'm doing so much, and no one else cares. I'm doing this for everyone, and you guys are just taking this for granted, so screw it, I'm not going to do this anymore. So that feeling of burnout among activists - or the angry activists, as we think of it - is super common in that archetype. And this year was like the year of the activists that we all got to see what's my relationship with my own inner activist?

K


Kathrin Zenkina 52:17


yeah, Wow. Yes.


S

Sahara Rose 52:20

And then the last one is the warrior. So the warrior is here to protect and lead. So they really want to protect the disenfranchised. So thinking of someone who might join the police force, or the military or even become a lawyer, politician, and the real reason why they're doing so is because they want to use their own strength and their ability to stand up in confrontation to protect those who cannot. So the politician AOC Alexandria, Ocasio-Cortez is a really good example of this. Again, whether you agree with her or not, she has a warrior-like energy to her that she's like, I am not afraid of who you are, I'm going to stand up for these people. And even though I'm the youngest Congresswoman, I'm going to be the loudest because this matters. And it's that warrior-like energy. They're also very in their bodies, so they often go into fitness. So I'm sure you've seen in the fitness scene, they like to set a goal and working with a team and using their bodies and their strength to get there. So that the thing that they're protecting, could be like, we're going to help you lose 30 pounds by this fitness competition, and they need that feeling of like, we're in this together. Things like CrossFit, orange theory, where you're literally seeing other people's scores.

 Kathrin Zenkina 53:31
Yes.

 Sahara Rose 53:32
A warrior is going to be so driven by that. And they really just want to take action, they're ready to charge. Like that friend that you're like, Oh, I got into a fight with someone. They're like, What's her name? Let me at her! like that energy, which it can feel really comforting. And maybe you were the one who fucked up, maybe your friends shouldn't be going after that person. So the Warriors shadow aspect is sometimes they can be so quick to take action, that they don't have all the details, and they can be really strong and their moral compass if this is right or wrong, that they don't recognize that there are so many shades of gray.

 Kathrin Zenkina 54:06
I recognize so many people in each description that you just provided. I'm like, Oh, yeah, that's that person I know, and that's that person I know. What I appreciate most about the archetypes that you described, is that there's so much flexibility within each one. Because I find that, for instance, in the realm that we're in, in the spiritual industry, I guess you would call it, the spiritual realm. I find that at first it's very expansive, especially if you're moving from a religion to spirituality, you're like wow, there's so many options, and so many ways that I can do things, and there's different belief systems, and I don't have to

believe in just one God, and I can believe in goddesses and whatever. But at some point, it's like society creates a dogma out of it and puts it in the box, right? And so then we feel very limited by like, oh, I can only express spirituality this way, I can only express spirituality that way and that just goes for anything. I can only express fitness in this way. I have to make fitness serious not fun, or fun not serious, or whatever it is. I appreciate so much how much flexibility there is within all of this. And it really goes to show you like, you have the freedom to do just about anything and expressing your Dharma no matter what archetype you are, no matter what your Dharma is, there is flexibility for you to explore, and there's flexibility for you to really discover who you are in this process. And it really goes to show you that we're all puzzle pieces of this one big puzzle called the universe and how each person has such an important role. And oftentimes, we judge people, like again, you said, the entertainers we tend to judge the entertainer as it's not taking life seriously enough, where we judge the activists for being too angry, or we judge the, or the activist, judge other people for not being angry enough, or, you know, there's so much of that that I even saw in 2020. So it's so fascinating just to remind people that we're all meant to be different, we're all meant to be different expressions, and we're all meant to embody different archetypes. And the percentage of how much visionary you have, and how much teacher you have, and how much this you have, is what makes you so special and so needed and matter in this universe. One of my favorite practices in the morning is to just thank the universe that I woke up in the morning, because I truly believe that if we have, if we're alive right now, it means that we still have a purpose, it means that we are here for one more day, because there's still one more day of a purpose. If you wake up the next day, you still have a purpose, and you're here to wake yourself up, you're here to wake someone else up, you're here to raise the vibration of the planet, whatever your Dharma is, it's just, it's really cool to think about, and I really appreciate that perspective that you have.



Sahara Rose 56:40

Yes. And in fact, it's the only way that the worlds can come into balance. Because imagine if we all were the teacher, or the nurturer, or the visionary or any of these, it's like going back to the ways of the village. We had the warriors, and the basket weavers, and the storytellers, and the medicine woman, and we needed all of them. Why would we want the medicine woman to go out there and hunt? or the nurturers to weave our baskets? That doesn't make sense. But here we are thinking that oh, everyone should adhere to my archetype because I don't know life any other way, and I assume everyone must have the exact same lenses I do. But, you know, I used to play the Sims as a kid, I don't know if you've ever played that game. Yeah, so I believe the universe is like designing us as these little Sims characters, right? And it's like, okay, you're going to be this much outgoing, this much organized, this much this, that, so you can play your unique role. And sometimes we

think that everyone else must like the exact same things that we do. So we're like, that doesn't make sense. Who would want to clean? Some people love to clean and organize. Some people love a good tech backend. Some people love to look at numbers. These things that you may feel like oh, no one should ever want to do that, so I must keep holding on to it. So the more you can step into your own archetypes and really let that be your main gift that you share, and allow them to evolve. And then maybe the archetypes that you're the less like, for mine, it was warrior was definitely my last one. I had to learn to make friends with my inner warrior because you can't just be like, no, I'm not doing the warrior thing. Sometimes a confrontation happens. And you have to stand up for yourself.

K Kathrin Zenkina 58:14
Yeah

S Sahara Rose 58:14
So making friends with those archetypes that you may not feel comfortable with. Like the activists, some people were like, I've never spoken about any kind of issue in my life. I can't do this. So make friends with that archetype, but it doesn't mean you have to change your whole Dharma now to be this whole other thing?

K Kathrin Zenkina 58:29
Yeah. Oh, my God, I love that. I have a question for you. Are there any consequences? And this actually came up a couple times in the q&a box, are there any consequences to never finding your Dharma?

S Sahara Rose 58:39
I mean, you're just gonna have to do another round here on the universe. And again, it's up to you. You don't have to find your Dharma like no one's forcing you. See you next time I hope I'm a spirit guide, no, I'm kidding. But, you know, according to a Vedic belief, it's that each lifetime as when we were souls, before we incarnated, we chose our Dharma according to unfinished lessons from previous lifetimes, as well as gifts from those lifetimes. So for example, maybe you were like, a lot of people resonate with ancient Egypt, I think all of us have had past lives there. But, you know, maybe you were like a queen in ancient Egypt and you're a murderer, right? Like it could be all. So you could be learning how to be compassionate and care for other people, and have this regal energy to you, and be really into dark horror movies, that could all really come together. So your Dharma was chosen by your soul and the microcosm that you were born into is a direct

Looking Glass of the problem that you're here to fix. So I was born into patriarchy and female suppression, and that's what I'm here to shatter. You know, you were born into poverty, and that's what you're here to shatter. So seeing that exact lesson that you were born into, as I got, the first row ticket into what this looks like from within. You're able to speak to - I know what it's like to only have \$900 In your bank, I know what it's like to have to stay at random relatives houses because you don't have a comfortable place to sleep, I know what it's like to go through all those experiences. And here's why I can really show you what's worked, because I'm a living example of that. If you hadn't gone through that, you wouldn't, I mean, this couldn't be your Dharma because you wouldn't have the embodiment for it. So I think sometimes, when we see life as our unique soul curriculum to help us embody our Dharma, then we realize that all of these lessons were really our training protocol. And if we can look at them that way, we're like, oh, that makes sense why stepped into that. Now, you have free will, at the end of the day, like you're born knowing and you agree to the temporary amnesia to forget so you can go through the process of remembering again. So you don't have to live your Dharma, but you're going to have to, you know, do another round and have to try again and try again and try again. But I'm assuming if you're listening to this conversation, this deep in, you're ready for it.

K

Kathrin Zenkina 1:00:58

Oh, my God, I can talk to you for hours. But I'm just going to leave it at that because you guys just get her book. Read the book. There's so much that we didn't cover it goes so much deeper. So I'd love for each and every single one of you to buy it on pre order, because I know this episode's gonna go out before officially releases. Can you share the link where people can preorder your book?

S

Sahara Rose 1:01:18

Yeah, so they can get it at lamsahararose.com/dharma. You can find links internationally and you can submit your receipt, and you'll get access to my virtual q&a book launch, where I'll be answering your questions, Dharma meditation, tapping practices and so much more. So that's lamsahararose.com/dharma, D H A R M A. And then the Dharma archetype quiz to learn more about your archetype, which is Dharmaarchetypequiz.com

K

Kathrin Zenkina 1:01:44

Amazing. And I know you have quizzes galore. I took every single quiz that you have, the Dosha quiz, I'm very much a vqta pitta. Is that how you pronounce it?

S Sahara Rose 1:01:52
Yes. Yeah,

K Kathrin Zenkina 1:01:54
So you guys have to find that out by reading her book. taking all the quizzes. Where else can we, you know, work with you, support you, do you like to hang out on Instagram? What's your Instagram? Where else can we find you?

S Sahara Rose 1:02:07
Yeah, so my Instagram is @iamsahararose, let me know what your takeaways were from this episode, share it on your stories and tag us so we can reshare as well. And I have a podcast as well, which we're gonna have you on like in three minutes. Highest Self podcasts, which goes into all the spiritual things, So gal, connect with me I'm so excited. Like right now is the time I really feel like 2021 is - like 2020 was like learning the lessons. What was in your closet? What was brewing in your cauldron? letting go of what's not serving you, and now it's like, Okay, I got that magic sauce. I'm ready to share it.

K Kathrin Zenkina 1:02:41
Oh my god, I love it. You literally stole my next sentence out of my mouth. I was gonna say tag us on Instagram. Take a screenshot you guys know what to do. I know there's plenty of takeaways, plenty of nuggets of wisdom that you guys can share. Tell us what you love most about this podcast episode. So again, it's @iamsahararose and @manifestationbabe, so let us know. And Sahara. Thank you so so so so so much for sharing your time, your energy, your beautiful wisdom with us. Like you're such an inspiration to me. You're such an embodiment of your highest self and you just radiate this beautiful energy that's so like intoxicating. intoxicatingly delicious. And I just can't get enough of it. And I know that everyone listening probably wants to - definitely wants to hear more from you. So you guys, follow her, listen to her podcast, go on Instagram, take the quiz, buy the book. I'm also going to link everything in the show notes as well. So you guys can find everything there if you don't know how to spell things, because sometimes I don't know how to spell things. And with that being said, Thank you so much. I so appreciate you.

S Sahara Rose 1:03:47
Thank you for having me, Queen and thank you for being and I loved your episodes on

your ayahuasca experience. I can't wait to learn more about that. And thank you for really being an embodiment of what is possible for so many.



Kathrin Zenkina 1:03:59

Thank you. All right for the rest of you. I will catch you in the next episode. Mwah, bye. Thank you so much for tuning in to today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website at manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic