



YOUR PERMISSION PRESCRIPTION

with Nancy Levin

EPISODE 48

Going Beyond Food & Diet for True Inner Well-Being



with Kimberly Snyder



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And I'm like, you know enough about the diet. You are getting enough riboflavin. You are getting enough Omega-3 fatty acids. It is the other cornerstones that need the nourishment, this mental health, emotional wellbeing, again, calming of the hormonal system, the endocrine system, all of it's related nervous system ties the immune system.

This starts to relax. And then we get the results that we want.

Nancy: Hi, and welcome to Your Permission Prescription, the podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin, best-selling author, master life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt out people-pleaser living my life for everyone around me and ignoring my own needs. Fast forward to today, and I've successfully coached thousands of recovering people-pleasers to set boundaries with themselves and the people around them so they can live a more fulfilling life on their own terms. I created Your Permission Prescription to help you do the same. Be sure to tune in for actionable coaching methods from me, interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls and so much

more. If you're ready to start saying yes to you, then you're in the right place.

Welcome back to Your Permission Prescription podcast. And I am so excited today. I have got a super wonderful guest. I'm excited to introduce you to her. I've got Kimberly Snyder here with us today. She is a New York Times bestselling author, founder of Solluna and a holistic wellness expert. And she is a spiritual and meditation teacher.

Also a nutritionist and holistic wellness expert. She's authored six books, including Radical Beauty, which she co-authored with Deepak Chopra and her latest book. You Are More Than You Think You Are: Practical Enlightenment for Everyday Life was just published by Hay House in January. I could go on and on about her amazing accolades and the dozens of celebrities she's worked with and her top-rated podcast and all the things, but really, I want to just, I want to just get right to it.

Welcome Kimberly.

Kimberly: Oh my gosh, what an intro, Nancy, thank you so much. And it's funny because I don't know if you're going to use the video from this, but we're just sitting here looking at each other big smiles and connection. Right. And that's so amazing. The more I go along this path, you really, realize there is no distance, really time and space love connection just goes right in.

Nancy: I do the same. I feel the same instantly. When I saw you pop on my zoom screen, I was like, oh, there she is. Right. Exactly. Hello sister. And it's funny. Right? Right as we were getting ready to record, I had mentioned that our mutual friend and publisher at Hay House, Patty Gift had said to me, you know, oh, I'm so excited for you to meet Kimberly.

You're going to love each other. And you had shared. Your instant connection with Patty as well.

Kimberly: Instant connection. So when I, first of all, I'll say Nancy, with this new book, I wasn't planning on writing a book at that time. I was 34 weeks pregnant with my second son. And one day it just, you know, this is in the pandemic.

It just felt like it came down like a real clear download about. You know what the, what the book is about, which is basically Vedic teachings for modern life, really practical teachings on living your best life Yogananda's work. So it came down and I said to her, oh my gosh, I don't want to write a book right now.

I'm trying to slow down, but it was such a strong message. So I reached out to my dear friend and coauthor Deepak Chopra and said, well, what's the book about? And I said, you know, it's Yogananda and his teachings, Vedic teachings. He said, oh, this book belongs with Hay House. So then he connected me with Reid Tracy, the president.

And then you know, he was like, what's your book about? And then three days later I was presenting it to Patty and wrote a sample chapter, long story short. I signed my book deal, I think three days before I gave birth and then started writing 60 days later. And so then I had this, you know, then I, you know, I birthed the newborn and then I started writing the book.

I know, you know, writing a book feels like a birth. So this new book baby has just birthed. Wow. So exciting. Yes.

Nancy: Wow. And from what I understand. And correct me if I don't have this right. From what I understand you originally, even before you published your other books that were more on food or wellness or fitness lifestyle, that you really had the idea of writing this kind of book.

But at that time, what was getting traction was the other sort of more sparkly stuff.

Kimberly: Exactly. Nancy. So it's so funny because you know, there's this the co-creator aspect, right? We have our divine, well, as Yogananda says, we use our dynamic well, and we direct it towards, you know, certain projects and things, but there's also the way of things, right?

Like the Dou says the great way. The way of spirit God's will. So sometimes it's not exactly the timing that we want, but then we surrender to that. And exactly 10 years ago was when my first book was published and I had just got back from backpacking. I was on the road for three years. I was mostly in Asia and Africa, but some Eastern Europe and South America, but I was out of the Western world, Nancy for years, which really shifted my mindset about beauty and health and vitality and spirituality and the country that had the biggest impact on me was India. So I was there the first time for three months, and then I circled around and went back. So anyways, I came back well I started applying these teachings that I was learning about in India.

I found one of Yogananda's books and I felt this fire go up my spine. So 10 years ago I came back very excited. And I still didn't know what I wanted to do with my life, but I started a free WordPress blog and I was

starting to teach Yoga Asana as I was going back to nutrition school. And it was like, I stepped into this flow, Nancy.

It was like, these patterns started to happen from doing these teachings and these practices. Yogananda talks a lot about the spine and bringing the energy in and how we shepherd our energy throughout the day. So anyways, long story short, I was, just, started this free blog. And I was talking to my students about it and that's all I did.

I didn't know anything about SEO or marketing at the time. And it started to spread throughout New York City. And my first celebrity client found me through the site. So I started working with her. I got on the film set. To this day, Nancy, I still don't own a TV so I'm completely out of pop culture. I'm not trying to get into that world, but again, the surrender to the divine will, there were so many, few years.

I was like, what am I doing here? Like I wasn't trying to get in Hollywood, but for, for years, Nancy, about six years, that was my life. Traveling with them, living with them for film sets, press tours in Europe, all of that. And it really gave me an intimate experience of working with many different types of people.

And it was never just about the food. So the cornerstones I teach our food, body, emotional wellbeing and spiritual growth. So yes, then my first book deal came forward. Harper Collins approached me and at the time I was doing the lot and Good Morning America and all that. And it was, it was a book called Catching the Fire and I wrote five chapters and it was basically the teachings in this book, but a travel memoir.

Right. Exactly. Sarah, my first editor said, but look at the food stuff it's really taking off on the site. Let's do that first. And then this book will be second. Food book took off The Beauty Detox Solution. So the second book was food as well. And then the third book started chakras and then the book with Deepak and so on and so forth.

But divine timing Nancy in the decade, since this first idea came and now a lot's happened a lot of my life, the challenges that have helped me deepen. I think we, you know, we can move from deeper one. I lost my mom's suddenly I became a single mom with my first son. So now I do think it's the right time to birth the book.

I'm just grittier, more raw and you know, a different energy when you can present the material when you've really gone into it, deeper yourself.

Nancy: Yes. And I imagine that. Part of what you're sharing is that while it may have seemed on the outside that you were working with your clients on external factors, per se, the truth of it is that they were having internal transforming.

Kimberly: Exactly. Exactly. And it's so funny because you know, without naming names, I'll say there was a big event that happened, which we know about you know, in the past few weeks. And one of the people involved was a client of mine, so nothing to do with food, he reached, you know, we've, we've had a series of conversations, again, emotional wellbeing, mental health, inner connection. So it was really, that's really how I always worked with clients and then know the studios would bill me as nutritionist. Did, you know, the X, you know, people would focus on the food because it's dense and we can pick it up and we can see it and smell it. And that is often the pathway into wellness for a lot of people is food, but really.

You know, food, body are the two cornerstones and then emotional wellbeing, spiritual growth, the formless parts of us, right? Like this inner connection to the true self, the more we foster this, all our relationships get healthier, including the relationship with food. So I've always worked in that way, Nancy, I've always worked beyond numbers, always worked about, you know, with energy and digestion instead of calories. Checking the number on the scale. And when we tap into that formless part of us, when we start to recognize our wholeness and we see ourselves as energetic beings, instead of reduced down to quantifiable numbers, like our salary or how old we are, how much we with.

All these things we can open up and we can expand our potential because it's very limiting. It's very egoic, right? The ego, the shell of who we are to focus on the smallness. And so that is really what my work is now focused on. Nancy is, is really tapping into your unique energy beyond the shell and connecting to that, to let your intuition grow your energy, your vitality.

Again, through this holistic lifestyle.

Nancy: This is where I see such an intersection for us. You know, this whole idea of. No longer attaching our worth and value to the external or to what we achieve or produce or do. And really being able to be in our inherent worth.

Kimberly: I had a recent dark night of the soul Nancy that came out of.

Hmm. And it was actually during this book launch. And I remember I was coming back on the plane from New York and I had just done Good Morning America. I did the Drew Barrymore show and everything was going really great. I was sitting alone on the plane, which was, I think the first time I've been on a plane by myself and over three years, you know, I usually have at least one of my babies, but I was, it was such a quick trip.

I did this turn out. So I was sitting by myself and it was like, boom, like. Ego attack hit and it was all the self-doubt. All the old wounds, just coming up. What if people don't care about what you're writing about, what if people don't understand it? It was just like a really dark moment. And that's the thing.

Sometimes the self-doubt comes up, you know, as long as we keep going on the spiritual path, but that doesn't mean that we don't experience this. And it lasted about 48 hours Nancy, and it was dark. My husband's like what is going on? Everything's going great. And sometimes, you know, we can't explain healing.

We, you know, it's nonlinear spiritual growth, but I will say on the other side of that ego attack and I sat with myself, I went back to like, you know, John of the Cross, like the dark night of the soul, Saint Theresa, like he's really like dense texts, which is. Gives me a lot of solace. I love the scriptures, Nancy.

I read the Bible and the Bhagavad Gita, Rumi, and Kabir and all the ancients. Right. So anyways, on the other side of that, there was a whole other dimension of freedom. It was like, Oh, keeps going back as me, God, me, the divine, this conversation that happens all day, all the time. And, you know, just opening myself up to be a more clear messenger to serve.

That's when I feel the most peaceful that's when I feel the best. And so that dark stuff that comes up, you know, it's like people get scared of darkness. I used to kind of push it down or move away, but then you realize it's just areas where the light hasn't been. Right. So it's still that self-doubt that comes up.

And continually surrendering, giving up to **grudgey** and God, and then my life just becomes more simple, becomes very clear. It's like you said, it doesn't matter what people think it's, I'm not going to allow my worst to be tied to these numbers or this, you know, Deepak used to say, if your

happiness is tied to something that's outside of you, that's always, that's always moving, always struggle.

So then it was like a deeper connection to the true self, which is spirit inside. Right? Nancy. It was just like, oh, if I have this and I've showing up my set my intention every day to embody unconditional love. Sometimes I fall off, but it's my intention, all this external stuff, all the achievements. It's not that important.

It's just like, I can laugh. It's like just lightness, lightness. And that's the beauty of these practices. And the teachings is it gives us more of that. The subtitle of the book is Practical Enlightenment For Everyday Life, which can seem like serious word, but it's just more freedom, freedom to move past our patterns and limited beliefs, freedom to just feel lighter and happier.

Yeah, that's been a big thing for me, Nancy. And again, my intention is to share more about that state, that I feel myself in more and more, because I think it's, you know, it's our birthright it's possible for all of us to learn, to tap in.

Nancy: I love that you, you know, talk about this sort of differentiation between the ego and then the ego attack, as you mentioned, and the true self, you know, the focus on our true self and it's not about getting rid of the ego.

Kimberly: Never. Exactly. It's always going to be there. And there's a reason that God gave us an ego, right. It contextualizes our experiences. It's trying to protect us.

So it really is. The issue is when we over identify. So the ego let's just define that real quick. Yeah, right. It's like what Wayne Dyer calls the less than 1% of who you are. And it's also what we see with our peripheral senses. So it's like sensing in the external world, we look out with our eyes, we see what other people are doing.

We see what we look like in the mirror. Right. So it's a lot of sensing out here. So the issue is when we over identify, when we start to think, oh, I am what I look like. I am what I do in the world. And that keeps us small, limited. Cause we look around and we're like, oh my gosh, look at this person and I should be further in our career.

So the true self in contrast is the formless unique energy that we are. In Quantum Physics terms, we could say it's no, this unique gravitational field. In spiritual terms, we could say it's spirit individualized inside of us.

So the more we connect to that, which we can do in meditation, journaling, which I'm a huge fan of just daily practices to feel our body and connect and come into the present moment.

We start to loosen the constriction of thinking "This is all I am." Right. And so we've connect to this really unlimited part of us. So when I started learning how to do this Nancy it's when you, when I got back from that backpacking trip I described. And I went from like really, really living day to day. I mean, there were some days where I would get three oranges for \$1 for lunch, because I read a study that oranges would keep you fullest the longest.

Right. So I was really scrappy. And then, like I said, I was, I was still doing the practices in the middle of that stress of being very broke. And like I said, it was just like, things started to emerge. And then suddenly the biggest celebrities in the world were coming to me to help them. It was trippy. I had this like tiny little kitchenette and I would like meet with people and like just all this stuff.

And I was like, wow, my life changed. From the inside out, right? It's like we construct our energy from the inside out. And so, you know, Yogananda was so clear in his teachings around this. We can say, we want this. We want the soulmate. We wanted more abundance, blah, blah. But if our energy inside doesn't match up, then it doesn't create what we want.

So the book is structured in three parts, Nancy, and this emulates Yogananda's teaching. Number one is removing the biggest blocks. So Yogananda said that there's 26 soul qualities that we must develop in order to reach our fullest potential. And number one is fearlessness. So underneath the big block is fear.

So if we don't address that, it's in the shadows, we're sort of pushing it down. It's still going to be driving and influencing our energy, whether we address it or not. It's really important that we look at the big blocks and we move them. Also, the whole chapter is in that Part One, Reclaiming Our Wholeness, going underneath the behaviors and seeing who we are so on and so forth.

And then Part Two is where we embody who we are. We start to connect to this true self energy. So this is, you know, important chapters around it, honing intuition, which is a big part of Yogananda's teachings, not coming from the thinking mind, but moving from this deeper place to flow in life. And then Part Three is creating.

So the longest chapter is You Are a Creator, a Part Three is magnetism abundance, but what I find is if we don't do parts one and two and we go straight to trying to create, but underneath there's the shadows, right? The darkness tying validation and work to the outside, we don't get what we want. So it's this sequential way of, of working wisdom with the teachings Yogananda taught as well.

And that's, what's really helped me in my life. That three-step process.

Nancy: It makes a lot of sense. And in my work, I would look at this in terms of the way that we're coming back into alignment so that we no longer have that discrepancy between what we say we want. And what we're actually experiencing so we're able to come back

Kimberly: and you know what it is, Nancy, this is the hard thing that, you know, there is that element of faith of, you know, whatever you want to stay at taking that leap, really believing because, and I've been in bad place for, you know, various times where you're in it.

Right. You're in the struggle. You're in the brokenness where financially, where you don't have any money. And so to say, but I'm going to change my inner state, even if I don't see the evidence of it yet. To me, that was a really big leap in my practices. I would sit there twice a day and meditate. I was reading the autobiography of a Yogi. I was learning about dynamic well, and I was learning, you know, what Yogananda calls the underlying energy matrix of all things underneath it is energy. So I took that leap. I was just working on energy and there's the abundance practice that I share in the abundance chapter, of course, which is about self-generating this, these energies, which Yogananda talked about.

And so it's that leap, but really when we can take that leap, I can work with energy now, and then the physical world catches up and then your life will mirror back. But right here, right now, not waiting until this is fixed or this gets better. You have more money. Right here. Right now, Nancy, this, it really is the power.

Isn't it?

Nancy: I completely agree with you. And what I love in the book is you have lots of practices and some. Just teeny-weeny.

Kimberly: teeny weeny. There is like, what's amazing about Yogananda's work is, you know, when you go and read the text now, like his commentary on the Gita or on the New Testament, the Bible, or all

these other works, there's all these footnotes they've added now from science.

So it's amazing how, you know, Yogananda was talking about Neuroplasticity. Basically all these concepts decades before science was really talking about it. And one of the things now that they're finding is that our complete biochemistry resets every 10 seconds. So some of the practices, like you're saying Nancy, Yogananda's always saying to watch your energy really perspective is the greatest tool of progress.

The things like checking into your heart. And your upper abdomen, your belly, right? So every 10 seconds or throughout the day, I constantly do that because the mind chatter can throw us off. The monkey mind can tell us lots of false messages. You know, the fear can come up, but the body is a clear channel.

So if you go into your body right now and you feel some tightness or constriction right around the heart or the abdomen, what that says to me is, oh, there's some reactivity or, you know, you're in ego right now. There's fear coming up or you're overthinking because that emulates the structure of the ego, small unlimited.

But if I feel the sense of expansion, openness, receptivity, like I do talking to you, Nancy, I know I'm in the true self I'm in you know, more in deep connection. And this is where I create my best stuff. So moment to moment, if I feel that. I shift my energy before I write an email before I send a text for do podcast, which is as simple as taking a few deep breaths, we had the power to shift energy, right.

And there's a lot I talk about in the vitality chapter, or just going to the bathroom, getting a drink, going outside, move your own energy. So you're coming from this open expansive place. So it's very practical. Like I don't do these teachings all the time. During the day is a very busy working mom. I get a lot of questions around that as well.

How do you create productivity? And I don't try to balance things all the time. Right. I just flow with my energy and I'm in a more, much more connection with my energy through these practices. So therefore I'm actually way more productive even in the midst of a very full life.

Nancy: I completely understand that.

And I appreciate that. I also am not someone who is hung up on balance. I do think it's just, you know, blending of, of all the things. And like you said, staying in flow.

Kimberly: Yes, exactly. And just being like aware of energy. Right? So like I used to feel so much stress when I would go down my to-do list. It was very linear, very masculine, like push, push, push.

But now it's like, I, you know, we discern, oh, I'm feeling extroverted. I'm going to shoot some videos for content or today I'm, you know, inward, I'm not going to, I'm going to respect and honor that in my body. So maybe today is when I do research and write that article. Whatever it is. So then that's how we start to really create our best stuff, because we're aligning with the natural cycles and rhythms of our energy versus just trying to push through.

And then we do create the magic from that place of intuition.

Nancy: I love this because I do think that so many people are in that, you know, muscle through push through mentality instead of the honoring of "What's alive for me now?" And I'm not going to override. What's most true for me right now.

Kimberly: Yes. And I will also say, Nancy, with that numbness that comes from pushing, right.

It also, there's a numbness with the connection to the body. Yeah. So for me, I was no connection. Right. I was just, food was the enemy. I was really bloated and constipated a certain time. Then I had eating disorders. Yeah. Bulimia and then I went the other way and I was overeating. There was just no. You know, just no connection.

Nothing was really... there was no alignment. So it really was when I started to just go deeper. And when I started to understand more about food, I started to understand about digestion. And then that was the beginning of understanding that I had never really digested and metabolized my feelings and my emotions and, you know, just the way I was raised.

And I, you know, my amazing parents, but it wasn't, you know, it wasn't like. It's a space for feeling your feelings and, and going into that. So a lot got pushed down. So I started doing these physical cleanses to, you know, clean my body. I was constipated for so many years, and then that brought up a lot. And then I started allowing myself to metabolize all the feelings that were coming up.

And when I started to do that, and I discuss that in the book, really understanding the difference between thoughts and feelings and letting that sort of. Be felt through to be released because emotions are energy

in motion. My body started releasing a lot of aches and pains, Nancy, and then things just started to regulate.

So I started to understand on a deeper level, again, the cornerstones food, body, emotional wellbeing, spiritual growth, just because we ignore the formless parts doesn't mean they get better or go away. So often people come to me and they're so hyper fixated on food or their body. It's like more minutiae, more details.

And I'm like, you know enough about the diet. You are getting enough riboflavin. You are getting enough. Omega-3 fatty acids. It is the other cornerstones that need the nourishment, this mental health, emotional wellbeing, again, calming of the hormonal system, the endocrine system, all of its related nervous system ties to the immune system.

This starts to relax. And then we get the results that we want from taking this wider approach. So that's always how I've worked with clients and people. And that's how my, my work is Nancy. Cause it's, it's not going to be that one thing.

Nancy: Yes. And I love that your previous books began with food and then, and nutrition, and then.

Over time, you know, started shifting to this other realm. And now with this book, that's really focused on what feels to me like your most true teaching and contribution.

Kimberly: Oh, Nancy, thank you. My love then, you know, makes me tear up that you get it. We live in a world that is very focused on the physical, right?

It's like the pictures on Instagram, the videos on Tik Tok, the food that we can pick up. And yes, that's important. But what this book is about, which is inner state interconnection is the most important. This is what changed my life. This is what, you know, by products of having the body and the skin things that we want.

Yes. But the overarching is the peace, the inner peace and the interconnection literally regulates your body. So you get those things, you know, the skin, the body, the hair you want, but the bigger thing is everything gets into that regulatory state. You just feel that like we were seeing Nancy that the freedom, there's no price that you could put on not being so tied to the external world, to look to the external world for love, for your validation, to feel beautiful, to feel power.

Nobody, you can give that all to yourself. It really does come from the inside. And that is the biggest message. You know, I've been doing a couple segments in the past few weeks, Nancy for Good Morning America. Just great. Cause they have a studio here. My, my, my whole favorite show and what's been amazing is they've taken the teachings of the book and they asked me to comment on modern life.

So one of the things that I was talking about there was this big model, Gigi Hadid, and big Vogue article came out where she was talking about how unhappy she was and how, you know, she never felt like she could say it. Cause everybody sees her living this privileged life. She's getting plastic surgery at 14 eating disorders, all of this.

So it was like, people don't get. And so like what, you know, just commenting and saying guys, you know, really, which sounds so obvious, but it's not, unfortunately, in today's world, our worth cannot be tied to our appearance. And however, shiny the outside looks again, the outside, the ego, how much money you have, how beautiful people think you are.

Ultimately, it doesn't really matter. All that really matters is the inner state, the inner connection. This is what we're chasing. Right? So it's. Applying it to these, you know, these, these situations and then Nancy couldn't believe it on International Women's Day, which was March, I think 14th again, I went on Good Morning America to also give that message about not tying worth to appearance.

You should've seen the comments, Nancy. It was like, yeah, you're right. It was like revelatory for people. Yeah. And especially like the gen Z and like people that are growing up in this world, that's focused on imagery. And I think holy crap, Nancy, like, we've got to do something about this, you know?

Nancy: Yes. I agree. It's a huge issue.

Kimberly: This is not who we are. Appearance is not who we are. I just want us to scream it from the rooftops. We put so much energy into shining this up. Listen, I wear some makeup too. Right. I don't, I don't do too much of my hair, but of course we want to look good. That's the point. But it's like, we do that. And then we move on, right? It's like, we set up this structure, we know how to eat.

We know how to take care of our bodies so that we can do a real work. Let the purpose come through. Let our energy comes through, which could be as simple as just embodying love here on planet Earth. But

when our energy gets derailed, it gets leaked with all this focus on the outside. We struggle. We don't feel peace.

Life doesn't feel fulfilling. We always feel not good enough. We start to compare. It's just not, that's not what we want life to be. So it does come from the inside. It doesn't come from always trying to shine up. We don't have to look like everyone else. We don't have to do all the, you know, Botox and the lips and all the stuff.

Nancy: Right. And especially, I think now that so many of us are embracing our aging. You know, that it's not about. Anti-aging or it's not about, you know, it's not about, like you said, the Botox and the facelift or the plastic surgery or this or that. If we take the attention off of what we look like, and instead place the attention on how we feel, and what's true, and what we need for ourselves, we're going to cultivate a very different relationship with ourselves and others.

Kimberly: Completely. And by the way, I don't, I don't, you know, no judgment if people want to get the facelifts and things. That's okay too. But again, it's just like, not over identify. So there's a chapter in the book, Nancy, You Are Beauty. So this is like, you know, really interesting topic for me for years because I, I always felt that.

To be honest, ugly, and it just sort of felt like I didn't really fit in. I didn't really like, you know, wasn't that idealized beauty standard that I saw around me. So what I've come to realize now about beauty, like down, down into the depths of me, like really is that everybody's beautiful, right?

Cause everybody's unique. But the degree of true beauty, when you see someone that's really beautiful, it's the degree that they're connected to the true self. That's the kind of beauty that you, you get closer, you look closer and it gets bigger and bigger and bigger. That's the lasting, that's the true beauty.

And if you really think about it, think about the people that are so attractive. You just want to be around them. You know, you just want to hang out with them. These are the beautiful people that are just natural and connected to their soul and very comfortable with themselves. So you feel like you can be comfortable yourself, but it's not the features that gets old quick.

Right. And bright with many people that, you know, people think they're the most beautiful people in the world. They have all the money, all the stuff. And our state doesn't have peace. Inner state doesn't have joy.

And so they don't feel that beauty. And then it's like, what are we doing? Like, it's not worth anything, right.

This is nice to look out. That's great too. But the real beauty, the lasting beauty, the deep beauty is, you know, the radiance of the heart. It is the naturalness. It is just being in this authentic state. And that's something that we can all create for ourselves. It's not just for like a few people. It's like, we all have access to this.

Nancy: this.

Right? So the name of this podcast is Your Permission Prescription. And I would love to hear what you. I would like to invite our listeners to give themselves permission for.

Kimberly: So in the very deepest sense, Yogananda says that each of us has a unique soul purpose, and we are all here to fulfill that specific purpose.

So I would say, you know, this harkens back to the Creator chapter, which is really about tapping into your unique gifts, I would say that the permission to really be you. The permission to connect to the true self inside of you and let that expression come out of you, birth from your unique gifts. Instead of, you know, we, we take in information, we discern things, but not basing it on what everybody's doing and the trends and out here, but connecting to the real you going in, don't worry about what it looks like, what other people are doing, but connecting to the real you and letting that guide you.

And your intuition and whatever you create, whatever you birth into the world. Cause when I started doing that Nancy that's when things started going really well for me, when I started beginning, it was always trying to look like everybody, like I said, struggling with like this and this and like, comparing.

It was so limiting and I still dip in and out of course, because I'm human. But when I'm just being me again beyond the labels. Oh no, Kimberly's an author or a nutritionist. No, all the labels. I'm just me. And I'm just sharing from this heart place. The permission to be labeledless. Nancy is a very powerful one as well.

Nancy: I love that. Yes. I love that. I have so enjoyed our conversation. You are truly a delight. And yes. And so for everyone listening, once again, Kimberly's latest book that just came out is *You Are More Than You Think You Are: Practical Enlightenment for Everyday Life*. And

Kimberly, what would you like to leave our listeners with? How can they get in touch with you? How can they, where would you like them to follow you or find you?

Kimberly: Sure, Nancy? So the book is available everywhere. The books are sold. And then my main hub is my website, which is mysolluna.com, SOLLUNA.com where I have products, courses, and our Feel Good podcast.

And the Solluna Circle, which is our online women's circle, which is, you know, really powerful. We gather on Zoom every month, daily, we have chats. So it's all up there on the website. Oh. And social at underscore Kimberly Snyder (@_kimberlysnyder). Yeah, can't forget about social.

Nancy: Can't forget about social. Kimberly. Thank you so much.

Kimberly: Thank you, Nancy, for your generosity, this conversation. I love your energy and yeah. Thank you, sister, for being with me today.

Nancy: and we'll be back with you again, next time on Your Permission Prescription.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful. If you'd leave a review and share your experience. Even better follow this podcast so you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together, Facebook group for an engaged.

Where you can speak your truth, receive inspiration and ask for help as you navigate life's journey or visit my website, Nancylevin.com. Where you can find resources to help guide your path to reclaiming. What's truly important to you. Thanks again for joining me.