



Please note: [Times correspond to times on the edited podcast episode.](#)

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Weekly Message: Technical Note 00:19

Wow. The interview was fantastic! But the technology was a challenge for this newbie to a FB live interview - at the beginning and the end! The interview has been edited for maximum magical moments and brevity!

Settling In 00:50

Heidi Esther

So Welcome to the first SoulSanity live conversation! I am Heidi Esther, your SoulSanity Bear, here, making lemonade from lemons. That's what we do in life. And I have the absolute privilege of being here with Heather Kokx, a Love and Light Warrior and a fabulous person all around. And now published author! (clapping and cheering)

Heidi Esther

Oh, if anyone does tune in or if you're watching or reading this replay, feel free to put all of your questions or comments in the chat and Heather and I will get back to them.

Heidi Esther

So yes, I am in. I'm in my cozy room in my house today in case you want to know what's happening. I'm hiding from the sun because it's a heat index of 105 here in Central Illinois.

Heather Kokx

Goodness.

Heidi Esther

Yay. So what are the temps out in Colorado?

Heather Kokx

It's supposed to be the 90s today and smokey. That's the lame part. The smoke from California is flowing over here and it looks apocalyptic.

Heidi Esther

Spooky!

Heather Kokx

You can't really be outside very long. It's better than it was a couple days ago. A couple days was nasty.

Heidi Esther

Okay, so it's on the improvement scale?

Heather Kokx

It is on the improvement scale. Yes, but I was gonna go paddleboarding Sunday morning. But it was not a good choice for my dog.

Heidi Esther

Wow. So people - are they actually wearing masks now for air quality?

Heather Kokx

Um, I have. I have not seen other people doing it. Mostly, people just don't go outside.

Heidi Esther

90s in Colorado, that's hot.

About Dogs 2:48

Heather Kokx

Yeah, it's hot. It's hot and dry. And, you know, I have to walk the puppy dog. So it's just like this. I do put on my mask.

Heidi Esther

Do you have that? Do you have the puppy dog around?

Heather Kokx

Yes. I can go grab her. She doesn't. She's like "I hate when you do that, mom."

Heidi Esther

She's like "why are you putting me in front of the device thing?"

Heather Kokx

Okay, she says "I was sleeping. This is not cool." (brings on fluffy tan and white Corgi)

Heidi Esther

Oh my god. Who is the fluffball?

Heather Kokx

Her name is Ember. She's a Corgi. She's a Corgi fluff, which is a technical term actually. Fluff is the term for the defect in the breed. She's not show-quality. She's love-quality. And there's a story I read in a magazine where the Queen was breeding her Corgi with some other guy and the guy was being all like trying to be show off-y. He said, 'Well, I've never had a fluff.' And she looked at this man and said, 'We've *all* had fluffs.' Like don't even give me that. (laughter)

Heidi Esther

So fabulous! Yeah, I rescued one. Here's my dog that doesn't like to be picked up. (pick up 8-lb white and tan dog) So this is Olive. Oh, she's a chiweenie. So she's really, she hates this part. She's really long. She keeps going and going. She's part daschund, part Chihuahua And she's got the dachshund paws and the ferocity and the protection instincts of a Chihuahua. So she's our guard dog. I know before I was a dog mom. I mean, I feel like she's my emotional support animal. I don't know how I would have managed the pandemic without Olive, to be honest.

Heidi Esther

All right, so I'm gonna do official introduction and then we're gonna get into some lovely questions.

Intro to Heather Kokx 5:11

Heidi Esther

So, Heather is a lifelong townie of Littleton, Colorado. After college, she joined the corporate world, and it was okay. And about three years later, he woke up and thought, 'you know what, if I do this every day of my life, I'm not going to be happy anymore.' She began a big journey, and the kind of life makes her happy. And, Heather, I totally get that I, I had a moment 12 years ago where I was like, Am I happy? What is happy? I don't even know. And I was completely isolated. So I definitely, definitely could have used the Heather love about a dozen years ago for sure.

Heidi Esther

So Heather is here to share her journey. Her inner and outward journey or journey to the stars and back. And to share a little bit about how she got to a place where she loves herself and about her awesome new book. Yay!!! So I am so honored and excited to be sharing space with you today, Heather. So glad to have you here.

Heidi Esther

All right, Heather, tell me about yourself. Give me three things that you would want people to know about who is Heather.

Heather Kokx

Hmmm. Why did this first come to mind? I'm short. I'm barely five foot. (laughter)

Heidi Esther

You're a tiny powerhouse!

Heather Kokx

Yes. (laughter) That's right. In fact, once somebody was throwing out a box, they just bought a child seat. And I looked at the height for it. And I was like, that's almost me. See? That's not okay. (laughter)

Heather Kokx

So anyway, I was a massage therapist for almost 20 years and an energy healer still. And I just really enjoy helping people become happier in their life and happier with themselves. And, let's see what else... I'm a yoga instructor. I do love yoga. I love the enneagram. Holy cow. Don't get me started talking about the Enneagram. (laughter)

Heather Kokx

And let's see, I am married to a wonderful man named Jeff. And we have Ember. (the fluff Corgi!) And I have a bit of an evil sense of humor. (laughter) So I'll share that here.

And yeah, that's what's coming to mind so far. And I love Marvel movies and sci fi movies and fantasy movies and all of that.

On Nerdiness 8:05

Heidi Esther

All right, yeah. So that was one of my questions. You use the word nerd a lot. Like I grew up in a pretty nerdy household and like, I feel like I own it. I own the word nerd. So, why are you so passionate about the word nerd?

Heather Kokx

It's really knowing what it is that you like, and being passionate about it and not being afraid to shout it out to the world. So, I have some friends who say they're nerds for yoga. Like, they're just passionate about yoga, and they're always talking about it. So I don't think a nerd necessarily means that you like Lord of the Rings, right? I think it means that you know what makes you happy. You know, what makes your heart sing. And I guess I'm passionate about that, because I think that's part of discovering who you are. And learning to love yourself is finding those things. I think, being a nerd. And finding your nerdy self is part of self-love.

Heidi Esther

I totally agree. Like I guess I really equivocate the word curiosity, right. So people follow that inner curiosity and the longer you dig and dig and dig, you get this knowledge that makes you a nerd in that special way. Um, so you just fall down the rabbit hole, or rabbit holes, of many things. I finally realized the other day that I was a nerd in this professional development and development of my myself in my soul. My kids would call me a feelings nerd. Probably (laughter). If they ever got off their screens.

Heidi Esther

I love that word *Nerd*. So you have all these big skills. You have this enneagram piece. And you have this energy healing piece and then you have this yoga piece. You have all these big pieces we put together. And I know there's more.

Heidi Esther

How did you get to a point where like, did you use them for personal use. To heal yourself? Was that part of your journey? And if so, like how did they help you and then how are you using them now to help others?

Massage School and High School Band 10:43

Heather Kokx

So when I originally went to massage school, it was to heal other people. I just had this innate knowing - well, kind of innate, kind of not. It started with my dad having the walk on his back when I was a little girl, right? His back would hurt, so he'd lie down and I'd walk on it. And then when I was in band, in high school, you know, the drummers. I played the cymbals. I played the oboe, which isn't a marching band instrument, so I played the cymbals, which is a really dangerous instrument. And that's another story. (laughter)

Heather Kokx

But you know, their shoulders would get all tight. And so I worked out their muscles. I guess I just innately knew. I went to massage school to learn to heal other people. But going through massage school is also about learning about yourself and your self healing, because you have to be prepared to hold your own space and know yourself in order to be in that kind of a vulnerable situation with other people. Meaning I'm not necessarily vulnerable, but they are, they're in a very vulnerable place. I mean, you're naked on the table, right? Like, how much more vulnerable can you be?

Heidi Esther Yeah, you pretty much can't get more than that. (laughter)

Enneagram and an Engagement 12:04

Heather Kokx

And so. So I learned a lot about myself. And I think that really started everything, to moving forward into healing and energy work. And then the enneagram happened, that was for healing me because I broke off an engagement. And I was like, I need to figure out why I can't have a good relationship. Just in case, anybody knows who I am and knows who this person is. He's a lovely man, really, is it just wasn't going to be a good fit. And I would have been miserable. Anyway, I went to a therapist, and she knew the enneagram. And that's how that whole (enneagram) ball started rolling. So yeah, just little bits that helped me come together. And I was like, this is really cool. You need to do this.

Heather Kokx

And so I never beat anybody over the head about it, except for maybe the enneagram and my poor husband. But I was always like, I learned this. This is really cool. Let me help you. I've always been that way.

Heidi Esther

Wow. Yeah. So I know what enneagram type you are, but you want to share a little bit about your type? Maybe what you found out about yourself? And obviously, I'm going to guess you probably know what your husband's type is, also, and how that has helped your relationship. Just because, I'm also getting somewhat obsessed with enneagram right now.

Heather Kokx

So I'm a nine on the enneagram. There's nine personalities altogether. And for people who don't know what the enneagram is, it's a personality profiling, but it's focused on self development. Once you discover your number, you know what your big fear is, and you'd begin to observe in your life, all the somersaults and cartwheels and everything you do to avoid ever having that happen to you, again, whatever that feeling is.

Heather Kokx

For me, as a nine, my big fear is of being isolated or torn away from everybody else. Which happens from conflict. In order to keep the peace with everybody, I pretend that I am invisible, and I don't matter. Actually, I believe that - I'm not pretending. And so that's why in my 20s, I was just kind of this zombie. And that's why I wasn't happy. You know, and I didn't have a passion for life, which I guess is why it's so important to be a nerd now. It gives me passion for life.

Heidi Esther

Yeah.

Heather Kokx

So once I learned that, everything made sense. All the choices that I've made before. Why I did the things I did. Then I was like, okay, now I know. And now it's my job to start testing that fear and proving to myself as much. So that's what my journey has been since then. So I learned that about myself when I was 30. And I am now 47. (laughter) And it's an ongoing journey. I mean, I won't ever be afraid of putting myself out there. But the volume goes down. You know, it gets easier.

Heidi Esther

So, you can see, what would hinder you now by having that knowledge. You see what is what is holding you back.

Enneagram in Relationship 15:46

Heather Kokx

I can be a yoga instructor and a massage therapist and, and all these things because I'm not doing it for myself. I'm doing it for other people. I'm not trying to be the spotlight. Look at me, I'm holding the space and helping other people. So I'm not putting the spotlight on me. I'm putting the spotlight on them. Yeah, I'm not the person to like, be in an interview and they ask 'Why are you good for this job?' I'm not the person to go. 'Well, let me tell you how awesome I am...'

Heidi Esther

"You know, how much time do we have?" (laughter)

Heather Kokx

Yeah, exactly! I'm not that. I'll be saying things. But inside, I'll be saying. 'Please just hire me because I'm a good person.'
And I try. (laughter) You know? So anyway, that's what being a nine is.

Heather Kokx

My husband is an eight. And they are the bosses of the world. They are probably the most confident number on the enneagram. They truly believe that they have control of their world. And they can handle any situation that happens. When I say something about me being afraid and that I don't matter, my husband's like,

'What? What do you mean?'

Heidi Esther

How is this speaking? You're not making any sense?

Heather Kokx

Yeah, it's just like, wah, wah, wah, (Charlie Brown's teacher speaking noise) It makes no sense. He isn't afraid of confrontation at all. Like, we're completely opposite. And so he'll say,
'Just call them and tell them that they're wrong.' (laughter) Okay, and I'm going to fly to the moon right now. That's how that sounds.

Heidi Esther

I'm gonna go dig, dig a tunnel to somewhere else in the world. Thank you.

Heather Kokx

Yeah. He has taught me to stand up for myself. I've gotten somewhat at better confrontation because of him. Hopefully, I'm rubbing off on him. Because, with the eight, the problem is that they have these gut reactions. They don't always think first. So sometimes I'll be the person that says,

'You need to walk away from the computer before you type up that email. And come back in the morning. You need to walk away from this right now until your brain starts back up.' (laughter)

Heidi Esther

So, he's like, "no, they need to know what they did was wrong?"

Heather Kokx

Yes, exactly. Right now.

Personality Attacks 18:47

Heidi Esther

Wow. So has having that enneagram has given you a better understanding in your marriage?

Heather Kokx

Oh, yeah, absolutely. I think that the enneagram is huuuuuge for relationships, because you will learn that when that other person, your partner, is having what I call a personality attack, like they're freaking out. You have this understanding of Wait, this has nothing to do with me. Something has triggered them. And their big fear is exploding. And it could be you, it could be the dog, it could be their boss, like, it doesn't matter, they are reacting to the fear. And then you don't take things so personally.

Heidi Esther

Do you use that as a self check? When you have a big reaction?

Heather Kokx

Yes. Yes. Sometimes if I'm present enough, (laughter) it's very helpful. My big thing is when I'm feeling like starting to feel needy, because I feel like my husband is pulling away. He's just doing his thing. But I'm feeling like that, and one of my check ins is,

'What could he say right now, that would completely alleviate what I'm feeling? What could he say that would make it right?' And if there isn't an answer, I know it's me. Does that make sense? If I think that he could say that (one thing). And I'm like,

'No, that wouldn't help. That wouldn't help. Would be nice to hear that...' (laughter)

Heather Kokx

But then I know that it's me. And no matter how, regardless of how painful it is, I need to walk away because he's not gonna make it better. It's all about me. And I need to figure that out on my own.

Self-Care and The Pandemic 20:26

Heidi Esther

Wow, that is powerful to have that tool. Maybe getting a little away from the enneagram How do you, now that you're showing up as a healer, define self care for yourself? As you're helping fill others up. How do you do that in your life?

Heather Kokx

It has definitely changed over time. Like, I'll be into this and be into this. For a long time, I was totally into meditation. And that was my thing. Right now I'm back into journaling again. And then going for walks, having alone time. Becoming aware of when I've crossed my limit, and I just need to isolate. There's watching a movie, reading a book, going for a walk, doing some yoga.

Heather Kokx

Yoga is huge too. Yoga is huge self care. I didn't realize how much yoga was self care until the shutdown. And I started losing my mind. So I started teaching yoga on Facebook. Okay, because when you're doing something for maintenance, you don't realize (how beneficial it is), because you're maintaining. Until it's taken away, does that make any sense?

Heidi Esther

Yeah. You don't know it's lifting you up until it's not there anymore.

Heather Kokx

Right. And so it's a good reminder of:

'You may feel good today, but you still need to do it. Because it's serving its purpose.'
You just aren't aware as much anymore. But it's huge.

Gateway to Healing Inspiration & Process 22:10

Heidi Esther

Wow, that is beautiful. And speaking of different ways for self care, I'm gonna segue into your book. So, Heather is a recently published author of a lovely book called Gateway to Healing which I had the pleasure of reading. Heather, can you tell me what was the inspiration for your book? And you also have a course by the same name? So, how did that come about? And like, what was that process? I am a writer. I understand the pain and joy of the writing process.

Heather Kokx

So the course came before the book. Let me back up. So what the inspiration was, over my years of working with clients, I noticed that some people got better and moved forward in their life and grew. And other people did, they just were stuck in the same place. And it was like the same thing over and over again, no matter what I did. And just observing all of these things, things started clicking.

Heather Kokx

Oh! You know, that, like the Second Key of Healing, which is, you can only heal yourself. For example, I'd have these people come and they'd say, 'Oh, you got to work cut out for you today,' or 'You got to make this better.' And I'm thinking, I'm going to do my part. But it doesn't matter how much I do my part, you have to do your end. Otherwise, it's not going to happen. So I just started noticing these things.

Heather Kokx

And they came out to be Four Keys of Healing, which are belief systems, that show people how they view the world. And then the Seven Principles are kind of road signs to get to your growth. So, even if you have all of the four beliefs in place, (even if) you're like a rock, sometimes, you need to look at the seven principles and be like, 'why am I feeling stuck?' Oh, yeah, I need to remember that Food Matters. I've been eating like crap lately. Or I am not believing that this is going to happen. Like there's Faith and Trust which is another (belief).

Heather Kokx

And so I was originally going to write a book, that was the plan. And every time I sat down to write it, about these principles and keys, it wasn't coming out. It wasn't working. And then the pandemic happened, and I had a lot of time. (laughter) So I created a self healing online course. Along with the Keys and the Principles, there were Tools, like meditation, and journaling, and learning how to set boundaries, things like that. And I think that's when it all came together. I made the course and all of a sudden, it wasn't just a book about rules. You know, there were ways to help and make these things happen. And that's when it all came together. So, after the course, I was able to transfer it into a book. But I think the course had to be that in-between of figuring out how it all really came together.

Boundaries 25:38

Heidi Esther

Wow. So you mentioned boundaries. There are a couple quotes in the book in all caps. Which means a very strong emphasis on things. And one of the one of these is 'BOUNDARIES ARE IMPORTANT. BOUNDARIES ARE ABOUT RESEPECT.' So, so do you have a story about boundaries? It seems like there was a lot of passion behind those words.

Heather Kokx

So that would be my entire life. (laughter) Oh, why I put that in, in bold is because it was one of those aha moments for me. Boundaries aren't about putting myself first. Because that's what felt like, especially as a nine. Because setting a boundary is saying 'I'm more important than you,' in my mind. Boundaries are self care. The whole purpose of a boundary is to take care of you. But what was the aha moment is boundaries are about respect for the other person, too. Not just you. Because you're telling this person, 'Look, I like you, I want to hang out with you. But we have to have this rule. And otherwise, it's not going to work. Okay.' Because how are they supposed to understand how you want to be treated? What's important to you - all of that - if you don't tell them? Right. So that's what I mean about boundaries are about respect. And that aha moment was, Oh, actually, I'm being kind. If I set boundaries. I'm giving that person a chance.

Heidi Esther

Yeah, to be treated respectfully in your life, and you respectfully in theirs. My big boundary moments are when I start to feel anger. And as an enneagram two, as a nurturer, I don't usually feel a lot of anger. I might feel guilt, resentment. When anger comes up, it's very, very strong. And so then I'm like, Alright, what boundary do I gotta set? What's gonna, what's gotta change here? And in my house, in the pandemic, we created door knockers. So one side was like, knock first and come in. The other side was like, Go Away. (laughter)

Heather Kokx

I love that so much.

Heidi Esther

So I let my kids customize theirs. Of course, there were lots of swear words because I got teenagers now. Boundaries are huge, hugely important. And so respectful. It's like I'm showing you that I respect myself. So I want you to also respect me, and if it's not gonna work like that we can't work together.

Heather Kokx

So I'm respecting you enough to say, 'Hey, you know, I want to hang out with you. But this is how it's gotta play out. And saying, also, you can tell me your boundaries, too. You know, that's totally fine.' It's something that gives the other person permission to do it as well. So do you know why you get so angry? As an (enneagram) two?

Heidi Esther

Well, I know my whole world revolves around taking care. So like, it's how I'm taking care of myself or taking care of others? And it might be - I don't know - is that because, like, I'm expecting other people to take care of me?

Heather Kokx

Yes, yes. Okay. What happens, because you said, the key part that as a two, you don't like to get angry. It doesn't happen a lot. So when you do, people are like 'What the hell just happened?' It's like people push you, push you, and you get resentful. And then the two is connected on the enneagram to the eight, which is what my husband is. And so when you're under stress, you actually move to the eight and you take on the eight and on their extraordinary ability to have boundaries. And you are like, 'NOOO MORE!' (laughter)

Heidi Esther

I feel like I grow this giant turtle shell that has spikes on it. And it's just like, 'NO, you don't want to do this right now. You gotta let me deflate.'

Heather Kokx

Yeah, exactly. And so but that's what the eight is there for? The eight is there to have your back and to say, you can set up these boundaries. You can say no, and you can take care of yourself. So yeah.

Heidi Esther

Awesome. Awesome. Thanks. Thanks. Yeah, I'm gonna take that little nugget in there. Yeah, I got my whole family to do the enneagram. And they're like, whenever I say, 'Oh, that's what a six would do.' And my son's (rolling his eyes). I even enneagram typed my ex-husband. He's an eight. My (current) wife is a one. So, I definitely have some attraction to people who have the gut types. But anyway, I digress.

Lemons into Lemonade: The Breast Cancer Walk 31:14

Heidi Esther

So I'm going to start this new thing every time I interview someone. I'm calling it Lemons into Lemonade. So can you tell me about a time you took lemons and you made them into lemonade. Like you struggled, what you learned from it, and like how you grew or how you feel about that now?

Heather Kokx

Okay, so the biggest one is when I broke off my engagement, but everybody's heard that story, not everybody, but a lot of people have heard that story. So I'm going to talk about another one that not a lot of people know about, it's when my sister and I and my best friend, we decided we wanted to crew a pitstop for the breast cancer walk. And I had done the walk. My sister had done it two times. And, you know, people, for the pit stops, they have a theme. And they decorate everything. And then they hand out Gatorade and snacks and stuff like that, and let people sit and take a rest before they move on. And so let's do that. That looks like a lot of fun.

Heather Kokx

So we're sitting at that initial meeting of 'Hey, if you want to do this, this is it.' And they said, every crew needs a leader. Is anybody here willing to be the leader? I don't know why. But this little voice in my head said, *you should do that. You should be the leader.* And so I raised my hand. And maybe this happened or not. But, in my memory, my best friend looked at me like, 'What the hell are you doing?' And I was like, yeah, I want to do this. You know, I think I can do this. I want to do this.

Heather Kokx

No. No. No. That was a horrible mistake. I was stressed out the entire time. Because when you're a leader, what is it you have to do? You have to confront people all the time. And you have to tell people what to do. And nines don't do that. That is not it. Because people don't understand that, with a nine, every little thing is confrontation. Answering the phone is confrontation, because you don't know what's on the other end. What you have to tell that person. I've gotten very good at just hanging up. Like if I don't know someone, I just hang up. That's the easiest way to handle that. All of a sudden, I have all of these different personalities from different areas around the state and nearby states. And I have to reel them all in, make them all to do the same thing. And many of them have strong personalities.

Heather Kokx

And, Heidi, it was so hard. That was so hard. So the lemonade part of this (laughter) is that I learned a lot about myself. That is not my forte. That is not my forte. Being a leader like that. Being a manager like that.

Heather Kokx

Now, someday I would like to own my own yoga studio, in which case I'm going to have to learn that. Maybe that'll be different, because it's mine. And I'm the boss and I don't want you to mess up what I've worked for.

Heather Kokx

But dealing with a bunch of people who are just volunteering and there to have a good time. It was really hard. There was one point where I lost it and it was over stickers. With some stupid Dr. Seuss stickers. I bought Dr. Seuss stickers, and somebody else had bought some. And they literally took mine and put them away somewhere else so they weren't being handed out. So that they can hand out theirs. And I was just like, I don't know, like that was the last straw for me. I lost it.

Heidi Esther

But that is a huge story. It's like you had that intuition. You had intuition said, maybe try this out and see how this fits. And so you learned that maybe that doesn't fit right now. And you might have some work to do for your yoga studio. (laughter)

Heather Kokx

I've learned a lot more about confrontation and boundaries since then. A lot more. So, that's okay. (laughter)

Is this book for you? 35:14

Heidi Esther

So, continue to speak about learning. I want you to tell me who can benefit most from your book. Like, what kind of questions are people going to ask themselves who can learn from *The Gateway to Healing*?

Heather Kokx

I think people, first and foremost, people who are learning. People who are learning to love themselves. Or they don't love themselves. Because I think that's so important. I really go into it mid-way through the book. Everything is leading up to that. So, people who don't love themselves - and I don't mean they hate themselves - I'm not saying you have to hate yourself to get something from my book.

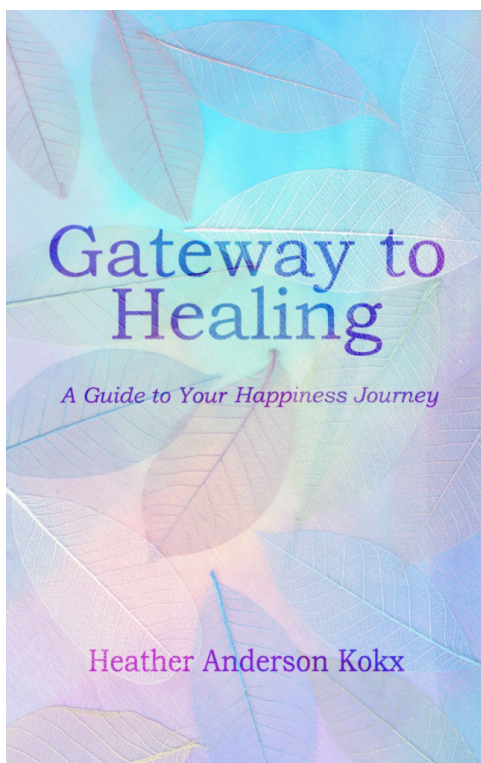
What I'm saying is that having them look at the mirror and having that critical talk (come up). Learning to discover who you are and how cool you are is huge. So that would be number one.

Two, anyone who looks at their life - like you did - and says 'I don't think this is what I want. I'm not happy. I might be okay. But am I really living? I'm not excited.'
I feel like everyone has the potential to have this foundation of happiness in their life. I'm not saying they're pollyanna happy all day, every day.

What I'm saying is that when someone stops and asks you "are you happy?" You have this flash of your life right now. And you can say, 'Yeah, yeah, I'm pretty happy. I like who I am. I like who I'm with. Or that I'm not with anybody. Because that could be very much the case.'

(Heather's audio cuts off) - Continue to the next page!

Info on Gateway To Healing 38:14



*Why do we feel stuck in our lives?

*What can we do to find more happiness?

Gateway to Healing answers what, why, and how to these questions.

Using the 4 Keys of Healing, we learn what is keeping us from our happiness. And the 7 Principles of Healing offer us guideposts of how to get there.

In her groundbreaking book, Heather Anderson Kokx provides step-by-step information, tools, practices, and exercises to guide you on your journey to sustainable happiness.

“You deserve the happiness waiting for you, a happiness that will grow stronger and stronger as you practice your tools and use them when life’s challenges arise. The world needs your light. Only through healing can your light shine forth into the world. Spirit put you on Earth for a reason. Your light is necessary. You are necessary. Heal and shine.”

[Her book is available on this link as an eBook from Amazon/Kindle.](#)

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more Peace in your Head?
& Joy in your ♥?

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short - too precious - for one more
crappy feeling?

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