



Beginning Chat about meditations & toothbrushes

Heidi Esther

Hello, everybody! I'm Heidi Esther with SoulSanity, with my lovely guest today, Laurie Herbers. And we're gonna chat about some good stuff today. Kansas, cats, books, abundance. You name, we'll cover it. I got my lucky Funshine Bear with me today to remind me to remind you to Stay In Joy. (I show a small yellow Care Bear figurine) And *enJOY* the conversation.

If you're here, feel free to let us know you're here in the chat. Maybe where you're from. I am Heidi Esther, with SoulSanity. Bringing Peace to your Head, Joy to your Heart, and Mindfulness to your Life. I am absolutely thrilled to be here with Laurie today. How are you doing today, Laurie?

Laurie Herbers

Well, to be honest, I'm really tired.

Heidi Esther

Was it a long week?

Laurie Herbers

No, it's just I don't know what lately. I can't fall asleep. I was up till 3:30 in the morning.

Heidi Esther

Were you laying down to try and sleep? Or were you reading or watching TV?

Laurie Herbers



If I lay there and can't sleep, then I'll read or I'll play a game on my phone. Because if I let my brain go, then all the ideas just start coming in. And I have to (start) writing stuff down.

Heidi Esther

Then (do you think) Hey, Wait! This stuff is normally done during awake time!

Laurie Herbers

(Ideas come) when they want to.

Heidi Esther

Yeah, creativity is crazy like that. So, can one be addicted to good things? I use [Calm](#) for my sleep. method. They are sleep stories. And so they have meditations kind of just *to* get you to, you know, feeling good about your every day in 10 minutes.. But then they also have a lot of sleep stories. And normally, like the ones that I read are about this author Andrew Martin, he writes a lot of stories about retro train rides, like in the 1930s and 40s. But the ones lately were written for kids. And there's this woman called Miss Night Owl. And she talks about stuff like the history of the semi colon. Oh my gosh. And I'm like, *Well, if that can't put me to sleep, nothing will.*

(laughter)

Laurie Herbers

I'm gonna have to check that out.

Heidi Esther

The latest one was about the history of the toothbrush.

Laurie Herbers

Knowing me. I'd be like, Oh, that's interesting. (and stay awake)

Heidi Esther

I know. Well, it obviously starts out with the history of the (tooth)pick, right? So people used to use like, little strands of branches and like, pick up their teeth. But then the real toothbrush innovations came in like the 1950s or 1940s. In 1940 the first real toothbrush with fake bristles (was invented). The first toothbrushes were made from the the neck hair on like wild hogs.

Laurie Herbers

Yeah, I was gonna say boar's hair.

Heidi Esther

You nailed it.

Laurie Herbers

See? Your brain won't stop. (laughter)

Heidi Esther

How do we know all of this stuff? Crazy. Cool. All right. So let's see. Okay, so just for anyone who's watching the replay or watching live, feel free to write any questions in the chat. You might have to enable StreamYard to see your name. Or it won't let us know who you are.

Introductions: on cats and songwriting 7:13

Heidi Esther

So, introductions. Laurie is an empowerment and spiritual love coach, entrepreneur, multi-book author (might I add) entrepreneur and founder of Soul Love Legacy. She's the creator of Turning Loving Yourself into a Habit, Unlocking the Keys to Empowerment, and Becoming Abundance. She wrote Second Chances: How I turn Hate into Love (which I think is awesome). I totally want to read that one next and Found my Purpose. Everything she does is done in love and believes in honoring all life. She is passionate about leading others to truth. I'm part of her Becoming Abundance Facebook group and I can vouch for that. And she leads other people to truth, their purpose, falling into love with life, and every aspect of themselves.

Her number one goal is to change the world to the movement of love from us all. And I believe, Laurie, is it true that your goal is to reach your message to a million souls?

Laurie Herbers

Oh, at least a million souls.

Heidi Esther

So I found Laurie in another Facebook group. She was interviewed by Deb Stellato of [Think Courageously](#). And I just loved every minute, and especially the part where you talked about love bubbles. So and that's what really kind of got me really engaged. Then I reached out to Laurie. So I am very honored to be here with you today. Laurie.

Laurie Herbers

Oh, thank you. (laughter, warm feelings all around)

Heidi Esther

(It says in your bio) you like to sing. Are you in a choir?

Laurie Herbers

I sing in the car. The cats sometimes like it? Not probably really. But yeah, I'll just burst into song. I'm one of those people that I could probably find a song for whatever we're talking about!

Heidi Esther

Oh, nice! Do your writings ever muse into the songwriting genre? I feel like your writing is powerful enough to do that.

Laurie Herbers

I actually wrote a song once and I kind of say it to myself on audio. (laughter) It wasn't a very nice song. It was during a breakup.

Heidi Esther

Was it an *I hate you and Thank God You're Gone* kind of song?

Laurie Herbers

Yeah, yeah.

Heidi Esther

That's good. You gotta get that out. You know, better out than in with that stuff. I agree. Gotta let him move through you or else it just becomes part of you. Do you have a furball with you today?

Laurie Herbers

I do. Max (giant black cat) is flopped out. I don't know what it is (with cats) but he always has to have his butt up against me... (laughter)

Heidi Esther

So, is he all black?

Laurie Herbers

All Black Cat. Mostly black. He's really cute. He's got these front paws, just the knuckle parts are white. So when he stands it looks like shoes.

Heidi Esther

Oh, nice. Like saddle shoes!

Laurie Herbers

Yes, it's adorable. It almost looks like he has a bikini because of the white spots on his tummy.

Heidi Esther

Nice! He's ready for the pool in Rio. (laughter)

Laurie Herbers

He is ready to lay by the pool.

Truth, Love Bubbles, and Glitter 10:43

Heidi Esther

That's true. Oh my gosh. Cool. So can you tell me what are three things about yourself that you would want your friends to know right away about you.

Laurie Herbers

Um, I tend to speak Truth, whether you want to hear it or not. (laughter) And which is really fun, because I used to be a Youth Sponsor at Church. Kids found out real quick. I will pick up on stuff you don't really want me to know. Because we are connected through spirit. And my spirit's always talking with everybody else's spirit. And it'll tell me stuff there's no way I could possibly know. And so, that'll happen.

Heidi Esther

Yeah, so, was that a learned thing? Did you have to learn how to listen to that (truth) and speak it? Have you always had it?

Laurie Herbers

When I was little people told me I was crazy. 'You can't possibly know that', (and) 'there's no way that...' (they would say.) I could go on and on. I've always had it. But for a while I shut it off. Because I'm like, people think I'm crazy. So I kind of tuned it down. But, when I was in my upper 20s, it really wouldn't let me ignore it anymore. It got so heavy on me that I just started blurting stuff out. I just had to get it out of me. Otherwise, I'm just carrying all your stuff. Basically, it was by holding on to it, I was carrying everybody else's stuff.

Heidi Esther

So you're just kind of walking around pulling all this energy from other people. How do you, other than telling people, how do you let (their energy/trugh) go through you then?

Laurie Herbers

Oh, I journal a lot. I talk a lot. (laughter) Um, yeah. And it's really funny because as I've grown in understanding of how energy works. The Love Bubble is what I started to do. That kind of like encases me in the Love. Therefore, I can choose what I allow to come in.

Heidi Esther

Okay. Can you tell people about the Love Bubble?

Laurie Herbers

So when I was on my journey to try to find Love, because I wanted it. Because I came from abuse and trauma. And I really hated myself. So I'm on this journey. Full on, that's what I wanted. I was going to find Love. And on this journey, I began to understand that everything comes from Love. Everything, the whole universe. And when you start seeing how big that is, because there are galaxies they are just now finding. I mean, everything comes from Love energy. So think of how much that is. And you can start tapping into it; I'm getting goosebumps.

Heidi Esther

Yeah, I have goosebumps also! (nodding)

Laurie Herbers

Yes. Also, you can tap into that Love because we come from Love - we are that same fabric that Love comes from. Therefore, we can tap into it. And that's probably why I love nature so much. And that's how I really found it, was sitting out in nature and looking at everything. And just imagine seeing things with spiritual eyes, I stare at a tree and start to imagine how much (Love) energy that's pouring out of it. Now you can start tapping into it. And that's what started that Love Bubble for me as I started inhaling love and filling myself up. And sometimes I could feel like my cells would start to vibrate. I could feel it coming out because like the cells, that's what they are, they're made from Love. And so it's like coming home. And so you just keep filling your so you keep inhaling Love, exhaling what's not serving you. Until you're so full that you're basically just a pitcher of Love pouring out of your pores and creating this bubble.

And so once you have this bubble, you can picture a tornado coming through and sucking out all the stuff you don't want in the bubble. Take it down to the center of the earth to be reprocessed back into Love and maintain that space and so now you have this big shield based out of Love.

And then I also picture (Love) as glitter. Everywhere I was walking I was just leaving Love Glitter. I can tell you crazy stories because when I first started doing that, I would do that before I'd go to work. And I would drive to work and for a while there like every day the kids were laughing 'What animal did you see today?' Animals were like running toward my car. I had a deer, I had an owl flying through my windshield. And so many rabbits. It was so bad. I thought my Love Bubble is too big. I needed to suck that thing inside the car.

Or there's gonna be a not-lovely incident.

I'm not kidding you. It was like deer, every day. It took me a while to realize because my Love Bubble was so big it was attracting the animals. Easy to say. I get into the woowoo people, but

the woowoo is real. I sucked down my bubble and made it so it was within the car. It took me like two weeks to figure out what the heck is happening. All these animals - like the owl - really threw me.

Heidi Esther

(Like) Am I Snow White? Am I whistling too loud? (laughter)

Laurie Herbers

Yeah, that love. Love is powerful. We just don't understand how powerful it is when we tap into the enormity of it. And so now my energy makes my nose drippy. Sorry. Like a flow of energy.

Heidi Esther

Well, maybe your body is releasing. Well. It's releasing stuff and then it's just comes out your nose. Maybe?

Laurie Herbers

Right, right. Yeah. (laughter)

Heidi Esther

Maybe, I mean the nose is like this huge purifier. It's like our most effective germ purifier into the body. That's why they say 'inhale through the nose.' And so it's the best. So maybe the body is saying Yeah, you're you're at the best level. So therefore we're gonna give you the output on the best level, also.

Laurie Herbers

I love it. You're the first person ever said that. Hey, I don't know why it just starts flowing. Everything starts to move.

Safe places, Star gazing, Teddy Bears 16:31

Heidi Esther

Yeah, yeah. And then your head gets clearer and you're creating more Love in the space. While getting rid of everything physically, also. So where do you go in nature to recharge? Or do you have a spot in your house?

Me, I go outside. We have a porch swing. There's something about swinging on my porch that brings me (peace and comfort). I watch my bird feeders - whether there are birds or not. I sit there, and I swing. And that helps me recenter and I feel held and safe and more full. Do you have a place like that?

Laurie Herbers

I have actually a spot in my brain I go to. I call it safe space. It doesn't matter where I'm at and go up there. It started off as a garden. Now there's a beach, there's a trail, there's a garden. There's a giant tree that I'll sit up against. I'll sit in a hammock with Jesus. Oh, Jesus, I'll sit at the Throne of God. Like I said, that's just my safe place.

But other than that, like on this plane of living. I have this patio out here. I actually lived here for a year before I actually got chairs out there. So I would just lay out on The wood and just and no I love to go out at night. There's something about the stars. I think it may because it makes it seem more vast, like it makes you understand how vast it is when you're looking out into the sky and the stars and you see the Galaxy. You know, it's big. (laughter)

Heidi Esther

(When you see the stars you) see the glitter, right?

Laurie Herbers

Yes, the sparkle!

Heidi Esther

Yeah, you're including all the sparkle into your soul to share. It's your direct connection with Love, right?

Laurie Herbers

Exactly.

Heidi Esther

Yea, direct connection there. That's fabulous. When I was going through my divorce, and even now sometimes... My divorce was a decade ago. I was in my car, like all the time either driving preschoolers around or just not being in the house because I was in the same house as my soon-to-be ex-husband. And there was so much negativity (in my house). So after I dropped the kids off, before I went into work, I would just cry. And then I would recenter and I always parked next to like some house that had a yard that was like, National Wildlife Foundation certified.

Laurie Herbers

Nice. (laughter)

Heidi Esther

It looks like you never have to mow, it's like a jungle. And so I would sit there and I would just kind of I would calm down and I would just feel so encased (in love) Maybe it's just because it was a car, and it was a closed space. But it was also like my safe space. I just I could refocus

there. And so, thankfully, now I have a place in my house. I don't always have to go escape in my car when I need to process. And I have a lot of blankies. I guess I like blankies and stuffed animals. And I kind of like swaddled myself, like that's how I take care of my inner child.
(laughter)

Laurie Herbers

(holding up two stuffed bears that were sitting on the couch behind her)

Heidi Esther

Obviously, that's Cheer Bear. And what's the significance of the other bear?

Laurie Herbers

Oh, well, that's a crazy story. So, I don't even remember when I got this bear a long time ago. It says I love you (on it's t-shirt). And a couple years ago, I was at my mom's and she keeps everything. I saw it sitting up on one of the shelves and like, hey, that's my bear! And so I brought him home. A week ago, I had this really (crazy dream), because our subconscious opens up when we're dreaming. I had this really crazy dream that this bear was in the trash. And something else that I can't remember. And I was sobbing uncontrollably. Like I don't even know why I was so upset. And then when I woke up, I was like, Where's that bear? I thought it was in my room. So I'm like tearing my room apart. I can't find him. And so I came out here and there's not even that many places. There's not a lot of storage in this place. But I'm looking around. I'm like, Oh my god, one time I got rid of it. Why did I bring it all the way here just to get rid of it? And I just had this dream, and (now) I feel like it's really significant. There's something in my subconscious that's connected to this bear. And so my cat was begging for a treat. And so the thing to get a treat and then I saw I was like, Oh my God is still here. And I started to cry. And I'm like, okay, there's something attached to this bear. So I've just allowed myself to open myself up to see what comes out. Something wants out.

Heidi Esther

There's a piece of you in there. I had a Winnie the Pooh blanket. And it was two by three (feet). And it was all white, but it had Winnie the Pooh embroidered on one corner of it. Whenever I would wake up and I had a bad dream. I had this crazy room with yellow, blue, and orange-flowered wallpaper. Bright and cheery. And I mean, there was a creepy doll on the dresser but I had to put her to sleep every night because she was kind of like Chucky. Honestly, she was a nice-looking doll. But, anyway, if I had a nightmare. I would put the Winnie the Pooh blanket over my eyes.

And the the first gift that I ever got from my girlfriend, who became my wife, was a Winnie the Pooh blanket. And so that's when I knew like, Oh, this person actually listens to me and understands. This is a very meaningful gift. I think my dog is somewhere in the house cuddled in



it now because I'm a dog mom and therefore whatever is mine that's cuddly is now my dog's.
(laughter)

So but, yeah, it's just like, we need that. Like sometimes when I have a really bad day, I just wrap that blanket around me like a kimono and I was like, all right. It's a swaddle day. I guess we're gonna do this.

Soul Love Legacy and Mushrooms 22:30

Heidi Esther

So, I'm really curious about Soul Love Legacy. I get the Love because that's a very powerful word for you. But Soul Love Legacy. What does that mean?

Laurie Herbers

I was sitting there trying to decide what I wanted to call my business. I knew Soul Love right off the bat, because we are Soul. And we're all connected by Love. But I kept centering on something is missing. And it took a couple of weeks and also legacy. And I'm like, Yes! What are we leaving behind? What are we leaving behind is not Soul Love. We are all Love, what am I leaving? And now when I think about what I'm doing (for my business) I'm like: What am I gifting to the world? (a legacy)

The ability to love and understand that they are Love and they can Love at this enormous amount. We have this enormous amount of Love. And we're capable of channeling that and moving that Love. And so yeah, that's where that came from.

Heidi Esther

So moving. That (love) through your clients, with your daughter, and through the world. Deep-rooted. Yeah, I saw this Netflix special on Fungi and how they connect. So they (fungi) help trees connect with each other underground. So trees basically like hold their hands/roots. So that they can withstand life. So they share life together. And they're super connected. And it made me really think like, oh, fungi aren't just mushrooms that people eat. They take the worst and reabsorb it to create life. Right, so they let all the bad flow through to bloom with new life. It really makes me want to go mushrooming or become a mushroom person. Even though every time I see a mushroom I'm like "I bet that's poisonous," I really like mushrooms, I think they are very tasty. (laughter)

But yeah, we're all connected in that way and through time, right? Life breaks down, but it's still there as nutrients and as you know, as help to the future growth of our planet or for the universe, really.

Laurie Herbers

So that's why I love nature. Because nature is telling us something, the fact that they're (trees) holding roots, like come on.

Heidi Esther

Yeah. And they're (the trees) aren't saying like: Oh, my gosh, *you're not tall enough. You don't have as many leaves as us so we're not going to hold your hand. You're stretching into my yard. Your leaves don't turn as golden as mine so I can't hang out with you.*

Laurie Herbers

Exactly. Oh my gosh. Yeah.

Heidi Esther

That's a crazy awesome show. It also talks about the properties of mushrooms and helping people really connect with the universe. And so when they take the mushrooms, they have a trip. And yeah, it helps people connect with the universe and that base energy where we're all connected. And so it really makes me want to try to find a safe space to do that. But like I don't even, you know, I guess my drug of choice is coffee right now. (laughter)

Laurie Herbers

You don't need it. That's the thing. You don't need it. To tap into that Love.

Heidi Esther

Yeah, no mushrooms required!

Laurie Herbers

Nope.

Becoming Abundance and the -ING factor 25:56

Heidi Esther Cool. All right. So let's talk about your book. So I know from a previous conversation, you said this book wasn't on your list to write. And so um, so what's the story behind that? And also, I was thinking about the title. It's Becoming Abundance. It's not Creating. because you think about abundance, like abundance of wealth, abundance of time you think about like creating, like a massive abundance. But this is different. This is Becoming Abundance. So, what is that?

Laurie Herbers

Well, what's inside of you shows on what's outside. So if you look around your house. Right now, mine's a mess, which tells me my insides are a mess. I need cleaning. But we're always becoming something. So either we're becoming more of ourselves, or we're becoming less of ourselves. That's the thing.

And in a lot of the lies that we learn and some of our beliefs that aren't ours, they didn't just show up. I didn't just come out of the womb going, *I am stupid, and I hate myself, and I'm worthless*. Those were things spoken to me. And therefore I kept becoming. Because I kept hearing it, I became more of that. So we're always becoming something. But here's the thing, we can choose to become abundance. We can have all the amazing things in our life. We can have love, and joy and happiness. And we can have wealth. Some people think money is a bad thing. You know, money is the root of all evil. That's a belief that someone might have told you, and now you're listening. So now you're becoming fearful of money. So we're always becoming something.

Because it wasn't until I started writing, I (asked myself): What do you mean I'm writing becoming abundance? Why abundance, why not abundant? Because abundant means you stopped.

Heidi Esther

That you got to a place.

Laurie Herbers

So, as long as you're living, you're always becoming. So, it's about embracing all that there is and all that you are because you're a piece of this whole. So, the title (becoming abundance) came to me. Which is funny because this is happening to me again, I don't have the title this time, I just have the idea. I'm not sharing yet because it's new. But I'm working on it. (wink) But, this is my way of telling you we are connected to the whole. We have access to all information to all knowledge by connecting. And so that's what this is where this came from, maybe by connecting to all that there is.

Heidi Esther

Yeah, so it's fluid, like the becoming is fluid. My yoga teacher, she would always say like, Alright, it's time for a balancing pose. So -ing, right? You never get balanced. You'll never be balanced. So you're always balanc-ing. You're always gonna have that struggle. And you're always going to be try-ing, right? You're never done. You're never not unless you're you know, laying on the floor and even then that's a (yoga) pose.

Laurie Herbers

Like being human. You're a be-ing.

Heidi Esther

There's always the I N G factor of everything. And now I say like I'm right, I'm I'm always writing and revising. But as a writer, you got to know when to say when, you know.

Laurie Herbers

There's an end-ing. (laughter) There's an ending to this book.

Heidi Esther

And there's the revising and editing and the processing.

Laurie Herbers

And the publishing.

Heidi Esther

Oh, my gosh. Yeah, I'm in the middle of all that right now. I am almost done with my acknowledgments. So I'm almost at the official ending. And so (I'm) looking into somebody to put it into an electronic format and do the publishing. So yeah, it's a whole process. Not just like, man, I need to write all this (process) down. So that next time I'm not doing it all over again, trying to remember what I did.

Laurie Herbers

It's my cat (talking to cat: don't you do it.) Sorry, people, he's trying to climb up. He's already up on my TV stand trying to get up on top of the DVD player.

Heidi Esther

Okay, do you want to go do you want to go get him?

Laurie Herbers

Hold on one second. Just one second. No, if I start moving towards him, he might jump.

Heidi Esther

Okay. (silence)

Laurie Herbers

Sorry about that.

Heidi Esther

Oh, my friend Heather is online. Hello, Heather. So glad to see you today. I don't know if you're on right now. But Heather is a yoga and Reiki and enneagram and all that good stuff, kind of

healer. She recently wrote a book, called [Gateway to Healing](#). Awesome. Cool beans. So thanks for showing up, Heather!

Lemons into Lemonade: Who has power over us? 30:47

Heidi Esther

Alright, so let's see, we got about 10 more minutes. I usually have a segment on my shows called like Lemons into lemonade. So it's kind of a moment where we take something difficult and we figure what the lesson is. Can you share about one of your life's challenges? And maybe that helps you learn something about (you), that you talked about in *Becoming Abundance*

Laurie Herbers

Because I've been on this journey for a really long time. This would have been in like 2014-2015. I had a really good friend. For a decade, we were best friends. And then all of a sudden, she decided she wasn't going to be my friend anymore. And she didn't tell me that. I was hearing it from youth at church. We're coming in like, *Oh, she told us you're just not friendly. You don't like each other anymore.* And I'm like, *What?* I had no idea what was happening. And so it threw me for a complete loop. I reverted back into my box. I went to work and came home. People would ask me to go do stuff. I'm like, *No, I'm busy.* I would just make excuses, because I was so hurt.

And that's what I realized. People shouldn't have this kind of power over me. No one should make me revert back into my box of *I'm not good enough to be friends with people like there's something wrong with me.* And that's kind of what really catapulted me into my journey into the coaching and different coaching programs that I've gone through because I'm like, *I'm not going to give my power away to people anymore. If they want to leave my life, then they can leave and it should not be like destroying my whole world.* Which it kind of did. So yeah. And I think that was like I said, You're either becoming more of yourself or becoming less. That whole experience made me become less than I am, instead of embracing who I am. And (made me realize) it's okay if they want to go their way. That's fine. I can still go mine. It doesn't keep me from my path.

Codependency and the Becoming Abundance Course

Heidi Esther 32:58

Yeah, as a recovering codependent, I can totally empathize with that, about codependency Have you heard about it?

Laurie Herbers

Yeah.

Heidi Esther

So I've had a journey (with codependency) I think what finally caught me was that I was always doing things to make people proud of me. The people being mostly my mom and my dad. So I'm always trying to be a people pleaser. (I was) like a doormat. I would do whatever and give all my power away. And I would feel like crap inside, just trying to get this tiny, tiny little morsel of cheese. And I had a shift when I realized my parents are just people like me. And they have their own stuff. And I have my own stuff. And I deserve to figure out what happy is for me. And not have them serve me what I think I need. Which is never enough because I was always like, here's a pound of flesh, I will take a milligram of a compliment back.

And so I was always starving my soul all the time. So, so yeah, so that's, I totally get that as a recovering codependent. It's very nice to say "*you can you can do you, and it's gonna be okay.*" And honestly, like having teenagers in the house. I guess, stereotypically thought my daughter would be, like, more dramatic as a teenager. But my son tends to be a little more dramatic. And I'm like, wow, I feel like I'm watching myself as a teenager. And I've given them lessons. You gotta let this go, you gotta let it go. In the end, I'm basically giving myself advice again. (laughter)

Everyone's got to learn their lessons in their own time, right? It's just like, no one can no one can give you that no one could tell you about your friend saying like, you know, this is what you need to do to feel better about yourself. You gotta walk that path on your own.

(To the audience) If you've ever read the Four Agreements, for any of you out there listening to this, Laurie styles a lot like Don Miguel Ruiz. So he's a truth teller. Laurie is a truth teller. Don Miguel Ruiz has four main points. And Laurie has a whole system of Becoming Abundance. And so you're turning this system into a class or a course? Can you talk about that?

Laurie Herbers

Um, yeah, so funny. Okay. So here I am, I'm writing a book that I didn't know I was writing. And then as I'm looking at it, when I'm finished, I'm like, oh, my gosh, this is a program. Because I can tell you, you know, these are all the things you need to work on.

But sometimes it's hard when you're trying to do it yourself. And even though it was really funny, because I took one coaching certification. And then there was this empty space of time, and I was like, I really wish I had someone else to talk to, Because we get so twisted up in our head. Sometimes we need someone to help us recenter. And because I truly believe we have all the answers inside of ourselves. But sometimes we just need a guide to kind of point us back in the right direction to ask the right questions today.

Heidi Esther

To show us that different perspective!

Laurie Herbers

Exactly

Heidi Esther

For us to be open to listening to a question that gets us to Oh, it's not a B, C, or D. It's T.

Laurie Herbers

Exactly.

Heidi Esther

Wow.

Laurie Herbers

Oh, my gosh, I needed this (becoming abundance guide). I needed this back in 2009. But I really started my journey because I struggled for seven, eight years by myself? And then I think about it because sometimes I think "Yeah, I took these courses that really catapulted me." Could I have found my way myself? Maybe in like 30-40 years. Having that person (guide) shortens the amount of time it takes you to get from A to B.

Heidi Esther

Oh, yeah. And teachers are everywhere. In my book I talk about, I had a sidewalk is one of my teachers. Just taking that time to look and say like, everybody's on that path, and they're not deviating. But that's not my path anymore. I have to go into the wild, you know, to find myself. So we all we all need those teachers.

Laurie Herbers

Exactly. And it's really funny, because when I took my course, everybody was all about manifesting, manifesting, manifesting, and I'm in here going, I want Love. Where the heck is that? I want Love. I know it exists, like the very soul of who I was knew. Inside, we know that there's something bigger. And so that's what I wanted. So they're all talking about I want money, and I want this job. And I'm over here going. Love? Love?

Heidi Esther

Table for one for Love, please? (laughter)

Laurie Herbers

Yes, exactly. That's not my puny little ability of Love that I've got right here, because my bucket was so empty. I didn't know I could fill it myself. And so that's a huge piece of becoming abundance is loving yourself. All of you, you are not a mistake. You're not lost. You're not damaged. You're not broken. You may be disconnected or out of alignment. But that's why I'm so gung ho on that piece. That's the piece that I needed. And actually Love is what makes you manifest anyway, because you're coming from the source of all good.

Heidi Esther

I'm gonna do your course. My journey started in 2009-2010. And I was definitely in the self-hate realm. Like, yeah, not, not anywhere towards love. And disconnected. And, and I was thinking of that as I wrote a message to the SoulSanity community. And it's like, What's your goal? You can't ever (get to the) end (without a goal.) All manifestations and meditations have to focus on a goal. So it's just like, my goal back then was perfect. It wasn't happy. And it wasn't love. And so that just created a death spiral of self hate. Because there's no such thing (as perfect). We, we can never achieve that because we're human beings. We're perfectly imperfect as we are.

And once we get to that point, so I had to address the self hate. And then get the dignity to (ask myself) *what is self care?* Why should I do that? Oh, wait. It makes me feel a little better about things. Okay. So I'm gonna take care of myself. I don't really like myself most of the time, but I'm learning what I need. And then that moved into, *okay, I can try to be my own friend.* I don't even know what that means. But people say, be your own friend. And so I had to go on that journey, and finally got to a point of self love. And I was like, whaaaa? I'm prioritizing myself. This feels good.

Laurie Herbers

Strangely good

Heidi Esther

And really good. And not so. Well, (at first) I thought it would be selfish. I used to think people think like, *oh, oh, that mom. She's taking time for herself. She's so selfish.* Nope, she's just taking care of herself. Right? Just like a human being. And now I'm at a place of (believing in myself). So that's like the end, I feel like that's, well, that's where I'm at right now where I can tap into Joy. And so that's one of my big things. That's my big word, Joy. That might, that might be what you mean with Love, because I view it like a bright gold river that encompasses me, elevates me, holds me, and lifts me up. And will take care of me. Maybe that's the same thing?

Laurie Herbers

Joy is in Love.

Heidi Esther

Yeah. So stay focused!

Laurie Herbers

Stay in that golden light.

Heidi Esther

So what's next for you? You got so you got another book (wink wink) in the works? And then what is your time? Do you have a timeline on your book Becoming Abundance course or...

Laurie Herbers

I'm hoping to start that in October. I'm doing a challenge starting Monday (September 20, 2020). It's an Abundance masterclass kind of challenge. Gonna teach ya some stuff.

All right, I'll put the link in the replay people.

Yeah, and that's just in my group. (<http://Facebook.com/groups/BecomingAbundance>) So yeah, and that's going to lead into my program.

(wrap up and end of conversation)

What's Becoming Abundance all about?



Becoming abundance is about embracing all that you are and stepping into the brilliance that is you. Becoming abundance is a constant state of flow. It is continuous growth. You are always becoming something. You are always learning and always moving toward something. To stay in the state of flow where you are bringing forth what you actually want, you have to know what you want. In order to stay in this flow of abundance, you must know yourself. Stop trying to be like everyone else and start becoming who you were created to become.

This book is about how to embrace and enhance your unique design by understanding the uniqueness that is you. If you are not seeing amazing things in your life, it is time to understand your own power and ability to bring forth what you want on purpose. You have the ability to harness your own gifts and walk with purpose. You decide what your life looks like. You are who you are



looking for. Step into your abundance and change your life. It all begins and ends with you. Are you ready?

[Her book is available for purchase HERE!](#)

And here are other places you can find her:

- ★ <https://www.soullovelegacy.com/>
- ★ <https://www.facebook.com/SoulLoveLegacy>
- ★ <https://www.facebook.com/groups/becomingabundance>
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Laurie Herbert is a powerful, simple, and transformational writer. Her book outlines all the steps you need to bravely forage through the forest of your heart and let it shine through. Told in Four Agreements-style, her book is compassionate, vulnerable and the kick-in-the-pants every soul needs to understand how to welcome positive Abundance in their lives. [Will you see what Becoming Abundance means for you?](#)