

Sara Yamtich - Founder and CEO of Conscious Conversion, a holistic multi-media marketing agency supporting soulful thought leaders and spiritual entrepreneurs - eps 196

In this episode:

- How coming to Costa Rica for soul searching and surrendering to a waterfall there led her to have inspiration after inspiration
- How life coaching led her to digital marketing
- The importance of having deep trust and allowing yourself to dive into its natural flow
- The power of social media and how it can be used as a catalyst for evolution
- How nature's wisdom has helped her take bigger risks and trust that inner wisdom
- Digital marketing wisdom to reach the right people who will resonate with your business without a hard sell approach, but rather by being aligned with your impact
- The power of an abundant mindset
- The power of her mantra, *Fill my cup, so I can fill the cup of others*

Sara Yamtich is the founder and CEO of Conscious Conversion (formerly Resonate with Sara), a holistic multi-media marketing agency supporting soulful thought leaders and spiritual entrepreneurs. With a Masters in Social Work, a background that spans federal policy analysis and life coaching, and a ton of digital marketing experience, Sara takes professionalism, team management, and client care to a whole new level. Her work is not just about marketing strategy (though she rocks at that); it's about helping clients resonate deeply with their audience so they can transform the planet and give voice to the new paradigm. In fact, Sara makes marketing (and everything else she does) a damn-near spiritual experience.

Sara, a single mom, lives in Costa Rica with her 6-year-old son, Indy. She is the host of the upcoming TV show, Resonate with Sara, an inspiring docu-reality series that showcases conscious communities and spiritual leaders around the world.

Quotes from this episode:

“Ever since I surrendered to that waterfall, everything has felt very much like a sacred geometry falling into place. Of course, I have moments of trial and tribulation, or moments of resistant, but ultimately I made a habit of having deep trust and finding a flow.” — Sara Yamtich

“The impact that I want to make for the next several years is to inspire, to contribute to that inspiration of evolution on the planet, and to magnify and amplify the voices that are really living in aligned with that evolution in our potential as humanity.” — Sara Yamtich

“My personal life and spiritual life are inextricably linked to my business life, so the more I have been able to personally grow over the last year and a half, the more that I have been able to manage and run my business.” — Sara Yamtich

“Let’s remove the good and bad, because good and bad is the false polarity, so everything can be used for our own collective and personal evolution, and we can label that as good.” — Sara Yamtich

“Everything that’s happening in your life on a microlevel, like relationship problems and problems with your family, all of that can be a catalyst for evolution.” — Sara Yamtich

“Social media can be used for evolution if you choose to use it that way.” – Sara Yamtich

“There are infinite ways to perceive the universe, and it all depends on your input.” — Sara Yamtich

“Of those over 2 billion people that are on social media, some percentage of those would absolutely love you if they knew about you, and so the power of social media is to find those people and to resonate with them.” — Sara Yamtich

“Money – I think it’s important, but I also find that it flows a lot more easily to you when you are on the impact.” — Sara Yamtich

“One of my mantras every morning is – fill my cup so that I may fill the cups of others – I guess that is more of a prayer than a mantra.” — Sara Yamtich

3 Pearls of Wisdoms:

“The trust flow cycle always starts with trust and then watch the flow.”

“The sacred geometry of life – when you start paying attention to those synchronicities around you, you start to realize that the universe really is wanting to become sacred geometry; wanting to become perfectly beautiful, and if you’re not pressing on it, you’re not pushing on the lines of the sacred geometry, then it will fall on the place. But if you are resistant to constantly pressing on all of those angles and those sides, then everything falls into chaos.”

“Staying in a place of giving and receiving to be in a place of gratitude for everything that you have and a place of offering, so the more I find myself in a state of “What am I grateful for?” and “What can I offer?”, the more abundant I am.”

Resources:

Website: <https://www.resonatewithsara.com/>

Facebook: <https://www.facebook.com/ResonateWithSara>

LinkedIn: <https://www.linkedin.com/in/sarayamtich/>

Instagram: <https://www.instagram.com/resonatewithsara/> (soon to be <https://www.instagram.com/consciousconversion/>)

Podcast: Conscious Conversion (available on Spotify)

Link to the show: <https://www.kamiguildner.com/ewr-sara-yamtich-196/>

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