

Sacred Walker - Unleash Your Vision with Stress Mastery - Episode 261

Show Notes

In this Episode:

- Sacred Walker shares how she's committed to transforming the mind, body, and spirit experience by helping other women live a life they love
- Tips on turning your pain into your superpower
- How tuning in and slowing down actually became her savior
- Healing through art, storytelling, and dance
- The power of playwriting development which allows people to embody specific roles before fully stepping into them
- The importance of looking to your archetype now and determining whether that is helping or hurting you
- Sacred Walker's commitment to healing generation trauma
- The empowering aspect of body wisdom, especially if we tap into it as a collective
- How burnout leads to stress eating, over-spending, and making impulsive decisions
- The difference between the little B and BIG B of burnout

Notable Quotes:

"Her breakdown became my breakthrough." -Sacred Walker

"There's something about the gift of listening into our intuition, tuning in, and speaking into the vibration of the Earth." -Sacred Walker

"I stepped into my name while I was becoming an Interfaith Minister. Sacred Walker is an indigenous path that connects ancestors to those in the present." -Sacred Walker

"One of the biggest lessons I've learned that's helped me shape my work today is listening to my body." -Sacred Walker

"How much would things shift if we listened to our body and then took action based on being intentional with it or not." -Sacred Walker

"The number one blocker of our brilliance is burnout." -Sacred Walker

"What is the circulating thought that keeps on pulling you again and again? What are the one or two themes that keep coming up? Write them down." -Sacred Walker

3 Pearls of Wisdom:

1. May I be free from suffering.
2. May we be free from suffering.
3. May the world be free from suffering.

Resources:

Sacred Walker – is a master facilitator and the CEO and Lead Holistic Trainer of Kuumba Health, a multi-service wellness and leadership institute for rising and seasoned caring professionals, to infuse well-being into their own daily lives and to stay connected to the vision that called them to the profession in the first place.

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