

SACRED women's BUSINESS

with
KRIS MCINTYRE

Transcript of Tami Simon on Longing, Living and Following a Calling

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Tami Simon is the CEO and founder of Sounds True – a multimedia publisher of spiritual wisdom based in Boulder Colorado. Tami started her now amazingly successful business at the age of just 22, with a dream, a tape recorder and an inheritance from her father. She had no business experience but a strong calling to share the wisdom of ancient traditions with her audiences. Almost 30 years down the track, Sounds True now publishes the work of some of the most influential spiritual teachers and thinkers of our time including Eckhart Tolle, Brene Brown and Jack Cornfield. But Tami herself is also an inspiration. She's a successful businesswoman, a deeply spiritual person, an amazing listener and a beautiful interviewer who has changed the lives of many. I met Tami at Sounds True's Studios to talk about spirituality and connectivity in a digital age.

KRIS: I have just spent the last five days with Dr. Clarissa Pinkola Estes – a beautiful storyteller and author. She told this story from I think 20 years ago, about a very peculiar young woman whom she met. She was about in her twenties and she met her in a long black coat [stumble] and sandals in the middle of summer. The woman came up to her and boldly said “I want to have lunch with you”, and that was you! Then you sat down with her and said, “What do you want to talk about? I want to record you”. She then went on to describe how she had been trying to publish this book, “Women Who Run With Wolves”, which you recorded, two years someone later picked up and it became a best seller for 134 weeks, which is remarkable! I have got to admit I am a little bit in awe of you and what you have created with Sounds True. You had a dream, a tape recorder and an inheritance you got from your dad and started something which has become this enormously successful business. But at the time you didn't have any business experience, but a ... would you say it was a calling?

TAMI: I would definitely use the word calling.

KRIS: I am just wondering what inspired you to take that step because so many of us seem to have that calling for something but getting the inspiration or the courage to actually go for it is another thing.

TAMI: I have to trace it back to being in college. I was a religious studies major and as I was studying the teachings of mystics, it didn't really make sense to me to get an academic degree in mysticism. I thought no mystic worth their salt would get a degree. Particularly what I didn't like was in academia at the time you were expected to not share about your own personal spiritual experiences but instead make comments on the experiences of these writers and teachers. I said, “No I want to talk about what is happening inside of me, I am interested in the personal voice and direct revelation. So I left college and went to India, Sri Lanka and Nepal for a year and during that series of travels I committed myself to this inward journey and that I wanted to bring the practice of meditation that I discovered while I was travelling, to as many people as possible. So I made this prayer, came back and found myself unable to finish college.



It is not that this calling immediately descended upon me. I came back from India and only weighed 90 pounds, I had hepatitis and was not talking because I didn't think there was a reason to say anything. I thought most people were afraid of empty space and talked in order to fill the space and make other people feel comfortable and to make themselves comfortable. I decided to hang out in my empty space. My parents were incredibly concerned, "What is our youngest daughter who was practically called 'big mouth' when she came out of the womb doing not speaking? So I went out here to Boulder Colorado to study the psychology of meditative experience at a university up here because I thought maybe I could understand what had happened to me. But being in college I realized that the way that I needed to study my experience I could not do with a blackboard in an academic setting. So I became a college drop out. I am saying that because once again it is not that this calling was just delivered by a Western Union telegram or something like that. I went through a very dark period of my life where I felt, excuse my language, like a 'fuck up'. Here I had been given all of these incredible opportunities to study in the best colleges, travel abroad, instead I was waitressing in some restaurant. What was I doing with my life? I was not doing anything, I was a disappointment to my family and quite honestly I was a disappointment to myself! I was deeply lost. Then from the state of despair and major angst which is not quite a strong enough word, I started praying really hard. My prayer was "God, I am willing to do your work. Show me what it is". But I didn't know, I was not even familiar with the idea of looking for my calling or wanting a calling. So I said this prayer every day, several times a day, and I meant it. I was willing to do anything, I did not matter and it did not have to pay well, be glamorous, or please anyone, I just didn't know what it was. I kept saying this prayer, I quit my waitress job at the greasy Chinese restaurant because I could not bear it anymore. Then after a couple months it looked like I was going to run out of money and my prayer had not been answered. The last entry I had in my journal at the time was "I guess my experiment of saying this prayer over and over hasn't worked because I am going to have to go get some kind of regular job as nothing has come to answer my prayer and I am running out of money. What do I do next"? Then my father died. I came back from his funeral with a \$20,000 cheque in my pocket and then soon after I received another \$30-\$40,000 thousand dollars at age 21, which to me was a lot of money. One of the people I was interviewing was someone who I spoke to about this money that I had and I asked them what I should do with it because I did not want to put it in the bank. He told me to invest it in myself. I responded with "But I do not know what to do with myself", so it was a great idea, I get the concept. There was a person who had come into my life, who had believed in me and wanted to empower me. He looked at me and said, "Tami, you know what you want to do with yourself, you know what it is. Come back in three days and we will talk". When I walked out of his office, this was the 'calling moment', I felt very odd. I do not know if you have ever had that experience after meeting a person or something, it is like you feel changed by the experience and what is going on you do not really know, is it like you are meeting your future, your karma, or somehow they are impacting you in some kind of way. But I walked out of his office and I suddenly felt like I was walking a few feet above the ground, it was a very weird feeling. Then I heard a voice that said, "disseminate spiritual wisdom", and I knew that that sentence was the answer to what I had been praying about and I knew that I would do it.

KRIS: What I find interesting about your business is that you have been ahead of the zeitgeist in terms of technology and spirituality. Technology has gone from a tape recorder when you just started to mobile devices that we have as a personal tool for personal development or something to fill that void with. And spirituality I am imagining has gone from sort of 'woo to woo' to cool.

TAMI: Let's hope so! I hope you are right about that!

KRIS: I am wondering what you have seen over the years that has changed and shaped that. Also what is happening now? What are people yearning for? And what is behind it?



TAMI: I think in terms of what is happening right now, it has to do with spirituality not being considered separate from life. So business is not something separate, polarized or in contradiction to our spiritual life which is not something that exist on a meditation cushion or in a church. It is not in some narrow gutter of life. It is actually pervading everything like how we handle our money, our relationship to the ecosystem, each other, our internet relationships, absolutely everything! So it is not an endeavor that happens during certain times. It is a 24/7 expression of the deepest depths of the human heart, what we care the most about, and nothing is outside of it. In that sense, it is a redemption of the entire world, a redemption of our sexuality, making the entire world a sacred world, every part of the world is sacred. That is what I think is important, people are not interested now in a spirituality that they leave behind and they go to work and engage in business deals their heart is not really into or something. Yet they say they practice yoga in the afternoon. People cannot live with those kinds of contradictions, they do not want them, and I am happy for this because I think it means we are going to be in a very creative time in our world.

KRIS: What has been the turning point from where have to come from that? It feels like something has shifted. I see Time Magazine as a weird benchmark for when things shift from sort of a mainstream nation. I remember Christy Turlington being on the cover of Time Magazine about 2001 with The Power of Yoga. Until then it had been something for the hippies. Then business people and celebrities were doing it. Even earlier this year, the mindfulness revolution was on the front cover. It does feel like something has caused that shift. Do you think it has to do with us feeling completely disconnected through an age of consumerism or what has been that turnkey in tripping into the mainstream.

TAMI: It is kind of a complicated question because I think there is kind of a lot of different dimensions that you could look at it from. There are clearly sociological dimensions, what is happening in society. I don't know if I can speak directly to that dimension of transformation. What I know is that in 2001 I interviewed Eckhart Tolle and he talked about what he called the "flowering of human consciousness". What he said to me was. "Tami, just like in the evolution of planet earth, at a certain point the first flower opened and then other flowers opened and before you knew it the surface of the earth over time was covered with flowers. And We had these early flowers, great mystic teachers like Buddha, Jesus and Mohamed. But "now is the time when we are going to have this type of flowering across the planet". People talk about this as time of awakening, and this was in 2001. I told him, "I certainly hope you are right, but I do not see the evidence. I do not see it within my own business, or more and more people becoming interested, I do not see the mindful revolution on the cover of Time Magazine. I see just as many wars happening now as there were 50 years ago, give or take but there is so much violence in the world. I am not convinced". So that was 2001. Here we are in 2014 and I can tell you that my own view and it has changed dramatically because I am meeting people now in the halls of power, in the powerful positions in government, education, media, celebrities of all kinds who are saying out loud, "I'm coming out of the closet and what matters the most to me is my meditation and yoga practice, a sense of putting stillness at the center of my life, presence is what I really care about" and I am hearing more and more people talk about it. Does that mean that this 'flowering of human consciousness' is enough to shift some of these great patterns of injustice and inequity, I do not know. What I do know is that it has become part of a conversation in the world that just 13 years ago I was very suspicious of and did not see happening at all.

KRIS: That is good news!



TAMI: I think it is good news!

KRIS: Yeah, but there is always a certain dichotomy with things – the Yin and Yang. On that point, if we look at technology, which has made us more

connected than we ever we've before with Facebook and Twitter and everything. But on the flipside of that there's an epidemic of depression, loneliness and anxiety which are all signs of feeling incredibly disconnected.

TAMI: Well, let me just say one more thing about this time of people awakening to our inner connection which I think is part of the idea behind this 'flowering'. It is kind of like running a four-minute mile, once you break that barrier it becomes easier for all of the people who are yet to come to also break that barrier. So we are in a time now where this tool of the internet, a living example and expression of our inner connection is able to take all these people who broke the four-minute mile, who have a deep knowing inside of them of this inner connection, throughout time and space of all of the world systems and how it is all fitting together into one huge cosmic body. They know it inside their individual human body and they are being broadcast all over the place! So that is an incredible powerful use of technology. Can technology equally be used for all kinds if deadening bullshit? Of course! In that sense it is no different. In a very simply analogy of a knife which can be used to stab someone or used to cut up vegetables and it is no different. Technology in and of itself is a tool that can be used for great good or great harm. We live in a time when people are deeply alienated, technological tools are being used to simply create more distraction, deadening, alienation from each other. But is technology also being used in other ways? Heck yeah!

KRIS: So it is about being quite conscious about how we use technology.

TAMI: I think each one of us has a responsibility first of all, to be conscious of how we use technology in our own lives, and it is not easy because for me at least, I am an iPhone addict. I am addicted, it has all the qualities of an addiction. I watch myself, but like with any other addiction, that's my job. It is not the fault of the technology or a good bottle of wine, or the chocolate cupcake, it is me! I can see when an addiction is running me because I do not feel free, like "Oh something is going on here. I cannot just put it down. What are you anxious about Tami"? I can inquire into that? What am I anxious about?

KRIS: One of the things I know you are very passionate about is bring ancient traditions and wisdom into the modern world to help us resolve some of the craziness that we are living in. That is something I am also interested in. do you think wisdom just went away, was it kept from us, or were we not interested in it because of things that have happened in history?

TAMI: In some ways I'm really interested in ancient wisdom. I am actually interested in the direct revelation of this moment. If there are teachings from traditional and ancient lineages that can help us, I am incredibly interested in that. I think that often people from other times lived closer to the earth, and had an intuitive knowing of things much harder for us to understand so I think that can be very useful. But I don't really have any investment in traditional set of teachings. What I am invested in is this moment what will help someone access space, truth, heartfulness, sincerity in this moment? What does that?

KRIS: And that is what Sounds True does?

TAMI: We are trying to do our job!

KRIS: There is a certain irony in that Sounds True, I have talked to people about you and I think something very important to you is that concept of silence and space that you talked about. It is true to most religious, mystical, spiritual tradition is this sense of the voyage in the Old Testament. "In the beginning, God created Heaven and Earth and then there was the void". It is this really uncomfortable space for most people which I think drives us to all sorts of



thing like depression, anxiety and loneliness and disconnection. Yet, to quote you in an interview with Krista Tippett, you said that is where the magic happens. Can you talk about that?

TAMI: I am getting ready to do an interview with someone who has written a book called “The Shaman Within”. He is also a physicist and knows a lot about astrophysics as well. One of the things I am really excited to talk to him about is how there are black holes at the center of the galaxies, and there is a black hole at the center of our galaxy! I am bringing that up because this is a 400 page book, but the part that got me really excited was the black hole at the center of the galaxy! I thought it was so cool because I feel that inside myself and that it is my center. I think my center is an empty space and that from that empty space creation, new ideas and on some days really humorous things come. That is where there is freshness, That is the way to me, something original, from the origin, original ideas, and each moment is actually original. That is what I am interested in and turns me on.

Kris: It is a beauty if you can be vulnerable in that or discomfort until it becomes comfortable. There is a space there for creation, waiting for what comes next.

TAMI: Relaxing. I like this phrase, ‘do not avoid the void’. It is a good phrase. The moment we stop avoiding and if we can just relax. There can even be a type of all kinds of responses. I think sometimes people scream and are just so freaked out. Do you know what I mean?

KRIS: I am amazed by just how you have changed people’s lives on a personal level. I’ve heard that through my friend Jono Fisher in Sydney and Dr. Estes and I am sure a number of the spiritual teachers you also record. So what a gift! Part of what Dr. Estes was talking about was your beautiful ability to listen and your curiosity. I would like you to talk about that. I have met some of your employees as well and it flows into a unique workplace culture that you have created as well, which seems very much in the feminine where pets are welcomed, home cooked meals are available and there seems to be a sense of being held, and that ability to bring all of yourself to work. Has it been a conscious thing or just a natural way that you move through the world?

TAMI: In terms of the workplace culture, my interest has been creating a workplace where I would want to work. The very basic idea is to treat people how I would want to be treated it's a really simple idea. The other idea that has been very important to me from the beginning is the process of our work be consonant and reflect the products of our work. We cannot create these great products that talk about the depths of the human heart and then be in a workplace that is shutdown, competitive and backstabbing – that wouldn’t make any sense. We also, from the beginning, have talked at Sounds True about having multiple bottom lines, we have three. Our first is about our mission to disseminate spiritual wisdom and that we want to put out material that will really change people’s lives and we are not going to veer from that, period, the end, full stop. The second one is how we evaluate our success? That is what I mean by a bottom line, are we being successful? Are we delivering to this objective? So the first one is are we delivering our mission? The second one I kind of call the ‘love bottom line’ or our ‘cultural happiness’. How are we doing here? This is where we are spending our life, five days a week, eight to 10 hours a day. Are we growing and learning? Are our hearts opening? Are we loving and enjoying the sacred world here? And of course finding ways to get along with each other in teams is very hard for people. Yet it is also the thing we all yearn for, to feel as sense of belonging and connection, to give and receive love with each other and be part of a community. So it is very hard work but it is also incredibly rewarding also.

Our third bottom line is that we have to be profitable and generate cash. If we do not, we will not be around. I once heard this phrase, ‘no margin, no mission’, and I believe that! We cannot have our first two bottom lines, we



cannot fulfill our mission and have a groovy workplace, love bottom line experience of positivity in the workplace if we are not making money! The first two bottom lines are non-negotiable. The third bottom line, making cash, we have to make some but we do not have to make a lot!

KRIS: You should! Love as a concept of work is a lovely thing. We spend more time with our colleagues than we do with our partners and our family most of the time anyway, so that is an important thing. Its such a healthy thing to be able to do rather than politics that exist in a lot of business. I think a lot of the times it has to do with the sense of spirituality, people get confused and think you cannot make money doing that. That does not make sense to me.

TAMI: I think that is a very outdated idea and there is absolutely no reason why we cannot have our values fully intact and make money at the same time. Then use the money in alignment with our values.

KRIS: Are you noticing changes in other businesses that you come across?

TAMI: I think that there is a movement afoot. There a group of people working under the umbrella term 'Conscious Capitalism' that many powerful companies including WholeFoods, TraderJoes, The Container Store, and many more companies have signed on to be companies that are catalyzing conscious capitalism, C3. There is a group called the 'Social Venture' network that is also very committed for business to be a force of positive social change.

KRIS: And that has inspired you...

TAMI: Very much so! I started Sounds True at 22 with these values intact and have been determined to embody them without role models, without other people marching along, books that informed me. I did it because I could not imagine how else to live. What was I going to do? Publish the work of Thich Nhat Hahn and screw people over all day at work? What kind of person does that? To me there was not really a choice. I was so deeply moved by the recognition of our inner dependency. What that means to me is if I harm you I am actually harming a part of myself. That was deeply impressed upon me at a very young age through my travels in Sri Lanka, India and Nepal. So that had to be part of Sounds True. When I became exposed to the Social Venture network and the C3 movement I just felt so happy that other people were doing it, that there were now better formulated series and other people I could talk to.

KRIS: I guess the other side of conscious capitalism is being a conscious consumer because it is so easy to criticize business, politicians and government. But we all have a role to play in making the world a better place.

TAMI: I think the important thing is to always find a place of empowerment no matter what. So where is the place of empowerment in everything that we do and care about.

KRIS: And that is a fairly easy thing to do, I think. I listened to a beautiful interview that you did with Krista Tippett, I want to go back to this sense of loneliness and you talked about how your own loneliness was part of the inspiration behind why you started Sounds True because you had a long to have a conversation about something that was deep within you. There have been conversation I have been having with women around my age, and probably mean too, 40s, 50s where we have this little niggling thing that we want, we are yearning for something but cannot quite or finger on what it is. I am interested in your own journey about what that loneliness and longing was and how you used that to create something very awesome.



TAMI: Now I am curious about your yearning.

KRIS: [laughs]. So I am still trying to work it out for myself. It is a strange thing, yearning and longing and the Sufis talk about it as a knock on the door to the heart. It is a very interesting thing but it is also uncomfortable. Loneliness has a type of stigma attached to it, and longing gives a sense that something is missing. So I think it can become confusing for people who think something might be wrong with them and wonder what they might need to fill it up with. Society gives us strange ideas about what that thing is, and if we are not conformist ...

TAMI: Yeah, but a different to look at longing is that God is actually talking to you and saying, "Come there is something here for you, some nectar". It is the way that we are pulled magnetically towards what we most care about and what means the most to us and we won't rest until we get it, it is our future fulfillment calling us. I believe it is really important to trust our longing and to think of it as actually the call of our bigger self, if you will, talking to us.

KRIS: What is your advice on how to follow that?

TAMI: First of all, tell the truth about it and not pathologise about it, it is not that oh there is something missing or wrong, you are a human being on an incredibly adventurous journey and you are getting messages about what's next. It is coming in the form of a longing, desire, intuition that there is more here and a hunger in you. Just as if you were hungry you would feed yourself food, this is a hunger in you and your body is telling you it is hungry for something, experience, creativity, expression, connection with others, contribution, some way that your gift has yet to be given fully and you are experiencing it as a hunger, good tune into the hunger! What are you actually hungry for? Tell yourself the absolute truth, what you are really hungry for. That is the start. Once you know what it is you have to go for it.

KRIS: Keep feeding it...

TAMI: Yeah, you have to keep feeding it. I think in my own experience I felt like an alien as a young person, just to be honest. I would say the first 40 years of my life, I am in my early 50s now. I kind of felt like I landed some place from my home planet where are the rest of my 'homies'. Where are they and when will I meet them? Will I meet them? If not, can I just get beamed up and go home? I think there is so much I did not relate to in the culture, so much cruelty, and it was hard for me to find people to talk about the things I cared the most about.

KRIS: To find your tribe?

TAMI: Yeah. I think in running Sounds True and hosting the podcast series that I have, I have been able to meet the kinds of people and have the kinds of conversations that matter to me, on the work side. For the last 13 years I have been in a deeply loving, intimate relationship that has also made me feel like I belong as a human being with this woman and with the earth. I think I also did and still do a lot of work to be in my body and to really experience my body as a safe and wonderful place to be. So after all of that I do not feel that loneliness anymore or feel like an alien anymore.

KRIS: You realise there are some other people on that planet that you are on?

TAMI: There are a lot of really good people who have absolutely beautiful hearts. My heart had to soften enough so that I could receive their love and give the love that is in me. So it has been a real opening process.



KRIS: Can you talk about that? Because I feel that a lot of people are kind of scared to be open hearted. You just spoke about being able to create a beautiful relationship for many years. What is the key to be openhearted and

doing that in relationships is?

TAMI: Just one thing about the relationship I am in. I feel very lucky and I thank my lucky stars every day. I didn't manifest it, I can't say I deserve it but I was given a gift and my attitude has been 'don't fuck it up', and that has been my job, not to do that. It has been hard enough. In terms of opening our hearts, I have a co-teacher that I teach meditation with sometimes, his name is Ananda?, at the beginning of our retreat that we recently lead, a six day retreat for about 50 people, he said "We are going to walk together on the path of no embarrassment", and I just loved that! You know, we are not going to be embarrassed about who we are, we are just going to be ourselves here. I think that helps this heart opening. A lot of it is to just relax.

KRIS: A relationship can often be a place where real spiritual work happens, if your shit is going to come up, it can be very intimate relationships.

TAMI: I think in my life it is the most profound personal growth work, you can certainly call it spiritual work, that I do is in my relationship. Not just with my intimate partner. I think that relationship has taught me how to be with other people – it has given me a basis, reservoir and a resource of goodness and trust that I can actually be with anyone really as a result of that, it was my training ground.

KRIS: What were the things you learnt in that training? What do you think the keys are?

TAMI: Holy God! I remember in the beginning, Julie, my love said to me, "Look this is an equal partnership, we are equals. It does not matter if you have more money, we are two human beings, we are equal", I said "Fifty – one, forty – nine, it does not get any better than that! Period, the end, I am not talking about it". In a way it was kind of a joke but I also meant it even though I did not even know what I meant to be in an equal partnership! I have learned so much and the learning curve has been steep! But I knew inside, and this goes back to our conversation about hunger and longing. I was editing an audio recording by a teacher named Aja Shanti who has had a big influence on me and he said, "You have to know what you are really going for. You say you want to get enlightened. Why are you doing spiritual practices anyway?" I thought about it, I had been meditating for so many years and I should just tell myself the truth. What is it really that I want? I thought I want to feel connected. I realised I was actually not doing the actions that would bring me what I really want.

KRIS: It is tricky is it not? Yet so simple...

TAMI: I think it is telling yourself the truth. Then if you are in a partnership where there is a genuine exchange of truth I think that you become each other's teachers and students as well as lovers and companions.

KRIS: But often had times that it could be hard to get to the truth yourself. I have heard some of the things you have been saying as being authentic and true but also having to sit in the tension and discomfort of being in a relationship and not knowing or being a little anxious about what that journey might be and that pulling you towards something unknown in the void.

TAMI: I think a baseline instruction that is a good instruction is to be with whatever is coming up in your embodied experience. If it is anxiety, where is that, what is it, how can you be with it?

If it is discomfort, where is that? How can you be with it? Can you simply sit with it and turn towards it instead of turning away from it. In turning towards it, there is information there, and the next steps unfold.



KRIS: One of the things you talk about with Sounds True is ‘one journey many voices’. Did you have to work really hard at finding your path? Often times we can sort of become ‘spiritual snackers’ sort of looking into things and where that path is going to take us. So what was your experience with finding your own path or your own journey?

TAMI: I studied with many different teachers and then when I was 39 years old I met someone who I felt a really strong connection with and I also knew held a tremendous set of keys that could really help me, his name is Reggie Ray and I started working closely with him. I have been working closely with him now for about 14 years.

KRIS: So the role of teacher is important?

TAMI: I think it is different for different people. I would not make a universal claim like that. Reggie and I had a certain karmic bond, and I recognized that he had nourishment that hungry me needed. So once again, I think it is about telling yourself the truth. If you do not need anyone like that, okay. But when you do, are you willing to admit it?

KRIS: He still inspires you?

TAMI: He does!

KRIS: Is there anyone else who inspires you?

TAMI: I mentioned Aja Shanti and I think A.H. Almaas is a beautiful teacher and I loved reading his books, I learned so much from him, and many other teachers. Part of it for me is that I learn different things from different people. I have been working closely with a therapist for over a decade and a lot of how I have learned to be in relationships beyond the barbarian level that I started at, has been through therapy. It has been so important to me. I have worked with a physical trainer for the last seven years to be physically fit and strong. So I definitely believe in this sense what Ken Willberg talks about as an integral approach. It has been important to me to work with all the different parts of myself to bring in really good trainers who are experts in their fields and be an apprentice to them in disciplines in which they are really talented.

KRIS: There is something beautifully humbling in that as well. Dr. Estes about having someone to hold your feet to the fire and make you accountable for those things you want to improve on or learn how to in your own creative process.

TAMI: I also think the world is always holding our feet to the fire. We’re getting feedback all the time and the universe is giving us constant feedback. We are getting feedback from our bodies about our diet and exercise, our bodies give us immediate feedback. Our partners give us immediate feedback about our state of being and how nurturing or not nurturing we are being. If you work in an office environment, the people you work with are constantly giving you feedback on your behavior and how it is impacted on if you listen. So I think the universe is holding our feet to the fire all the time. The question is are we paying attention to the feedback we are getting? Our dreams are giving us feedback.

KRIS: So true! My last question to you is what are you yearning for now?



TAMI: I am yearning for time and space to write... I feel like there is now some type of flow through me that I would like to have some open time to explore and see where it takes me. - ends -

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