

# Episode 18 How To Pursue Purpose Beyond Achievements and Align With The Most Authentic Parts Of Yourself, with Mary Hyatt

**Wambui:** Hi there, Mary. Thank you so much for being on my show.

**Mary Hyatt:** Thank you so much. I'm so excited to be here and excited for our conversation today.

**Wambui:** I'm excited too. I'm really excited. So please tell my listeners who you are and what you do.

**Mary Hyatt:** Yeah. So I am a life coach and business consultant and I work with. I would say primarily 95 percent of women who are high achievers, who love creating amazing lives, but who sometimes struggle with the work-life balance and really help them develop a plan for connecting back to the parts that make them come alive so that their lives aren't just about achieving and staying in the cycles of burnout or they go go go go go and they end up exhausted and overwhelmed and worn out. Together we work on helping them reconnect to their bodies to reconnect to their emotions. I offer a very holistic approach. So I'm looking not only at mind and the mindset, I'm looking at our relationship with our body, our relationships to energy, our relationships to our emotions, and helping women find margin, find white space, find the ability to connect with their passions, with their sense of pleasure, with their sense of joy again and doing that in a way that feels life-giving and full and expansive and so I work with clients one on one. I have group coaching programs I do all day intensives sometimes with clients. So it's a beautiful mix of conscious growth and conscious evolution.

**Wambui:** Awesome. Now, what led you to that path?

**Mary Hyatt:** Well, I think this is probably honestly true for most people that are in some sort of helping profession that our own journeys, our own, our own stuff and our own need for healing ended up bringing us to the point where we kind of figured it out for ourselves. And so now we want to help other people do it. And my journey is really that. I mean, it's like my wounds have become my medicine. And so if you were to have met me like 15 years ago, you would have met a very, very different Mary. I was in a place at that time in my life where I did not know who I was and I was lost and I was miserable. Honestly, I was. Living in a much larger body. I had gained a ton of weight from a lot of trauma that I had experienced in my life and I

was very disconnected from my body. In fact, I loathed my body. I hated her. I didn't even have full-length mirrors in my house. Like that's how much I did not even want to look at myself and I had a lot of autoimmune issues going on. I had extreme anxiety and depression, like really, really bad. I couldn't get out of the house, had to have my ex-husband like leave to go to the grocery store or go get food because I couldn't handle the anxiety of being in public and doing things by myself. Got to the point where it was just really bad. And this is in my 20s You know when you're supposed to like, , the world is your oyster like everything should be great , and I mean I was absolutely miserable. And so I can really clearly remember a moment of Deciding that either I was going to take my own life or I was going to choose to fight for Some belief that I had inside that there was more to life than what I was living and thank God my future self made that choice to To continue living and to continue fighting for light, for love. And so I sort of started down this, what has become a lifelong journey of self-discovery and started reading as many books as I could get my hands on because, I didn't know anything about the mind-body connection. I didn't know anything about mindset work. I had no idea that our thoughts were so powerful. I had no idea that all of what was showing up in my body was a symptom to trauma and to really hard things in my life that I didn't know how to process. And it was getting stuffed in my body. And that all of my behaviors, all of my self-sabotage was, there was a really good reason. Why that was showing up? And so I got really curious and started doing the work and found so much healing through meditation and yoga and breath work and mindset work and awareness. And realize through this process, like, Oh my gosh, this is so powerful. I want everybody to know just how much choice and agency and control we have to change our lives. And I want to help people. And so it brought me to this whole path of becoming a coach. And so I had to walk myself through it first, but thank God I did because now I can give that gift and help other people do it.

**Wambui:** Thank God you did because yes, you can give it to us. And I've attended one of your workshops, which just blew my mind because the way you do it you have this focus on mind, body connection, and also like a mind, how to help someone shift their mindset. And it really helped me because just for the goal-setting workshop that we did, it wasn't about what you're going to achieve. It's about how you're going to feel. You talked about how do you want to feel? And I'm curious if you can share with my audience how because you do talk about energy, how we are an energy, please share about that. And how can one connect with your emotions? I love listening to you because it blows my mind. The way you talk about it and the way you do it. transformation.

**Mary Hyatt:** Well, thank you for that. And I loved having you that day at the workshop. It was so fun to get to know you. And it's so fun to see the light bulb go off for people when you go, Oh my gosh, it's not about. Just arriving at some destination and achieving this goal and saying, okay, I've done the thing. It's like you may do that and you still might feel miserable. You might achieve the thing and still feel

inadequate. You might achieve the thing and still feel like something's missing. And so if we're just pursuing, achieving things, it's really In my experience, it's going to leave us still feeling empty. And then it's like, we are on that hamster wheel of, now what's the next thing we have to achieve? Now it's the next thing. And we never actually get the thing that we want, which is some sort of sense of we've made it. We feel better about ourselves. We feel like we're more worthy. We're more like we're enough. Like we have all this weight that we put on what we achieve and then we achieve it and it's the reward isn't there. So I like to look at the emotional ROI. Like, what is it that we are really after? Like, if I make more money, what is it that I'm hoping more money will change in my life or how it will make me feel?

**Wambui:** Right.

**Mary Hyatt:** And for money, most people are like, Oh, I want to feel secure. If I made more money, I would feel secure or I would feel free.

**Wambui:** Yes.

**Mary Hyatt:** I would feel a sense of freedom. And so it's like, okay, great. So you're not really after the money. You just think that money will get you that sense of security will get you that sense of freedom. And we can start looking at the feeling that you're after. How can you experience that now? How can you generate that right now without having anything in your life change? Like, could you feel more free? Could you feel more alive? Could you feel more safe? Could you feel more secure right now? And that's, an amazing byproduct of using our minds to shift our focus and play up emotions and emotions are amazing. Like energy is amazing. So one of the things that you've probably heard me teach before, but is that we have four bodies.

**Wambui:** Yes.

**Mary Hyatt:** So hang with me for a second. Cause I think this is kind of, it's helpful to put it in a framework we have a mental body and so that's going to be, our thoughts, the sentences in our head, the narrative, the meaning, the interpretation we give things. And most people are focused only on the mental, our knowledge, analyzing logic, all of that. But if we only focus on our minds, we miss out on so much wisdom that is available. Like below the head, below the shoulders and the body, and that's where the three other bodies come in. We have our physical body. So that's our bones, our blood, our organs, all of that. And then we have our emotional body, how we feel, right? So in any given moment, I can experience a state of feeling, and then we have our energetic body. And that is like, this when you walk in a room and you feel the vibe. That's energy. You can connect with somebody just energetically and you're like, wow, this is such an amazing connection or wow, this is something is off here. I can't quite put my finger on it, but the energy is off and we have energetic capacity. Like I have the energy for this or I don't have the energy for this. So When

we are creating goals or when we're thinking about anything that we want to do in life, we want to consider all of those bodies. We want to look at the four bodies the mental, the physical, the emotional, and the energetic, and really attend to all of those because **how we feel is the quality of life we experience.**

**Wambui:** Oh, like how we feel is a quality of life experience. So true. Okay.

**Mary Hyatt:** Yeah. Cause if you think about it, like your circumstances, like I could live in, in a huge, amazing house. That's my dream house and be depressed. Feel miserable, feel like the loneliest person in the world, or I could live in my dream home and feel wildly fulfilled feel just expansive, feel alive, feel turned on for life and nothing about the external circumstance has to change to shift how I feel about something or shift the state that I live in. And so that's where we. Really get to exercise our power. Okay. Of how do I want to experience life? What is the emotional state that I want to be practicing as often as I can and become really good at practicing that emotional state that it becomes my everyday. It becomes my norm. It becomes my emotional home. But we have to start really identifying what emotions are important to me. What do I value? Like, what do I really want to feel? And then I can start sort of designing everything around feeling that feeling more often.

**Wambui:** That's beautiful. So how do I want to feel and then organize the rest of your life? According to how you want to feel, because it's important how you want to, how you feel.

**Mary Hyatt:** Yeah. It's so important. And what's crazy about it is I think, and I think everybody assumes. That we all want the same feeling. Yes. And it's not true. Like I've done these workshops enough to know that, like how people want to feel is so unique to them. ,what feelings matter, what they value is so different person to person. And so the recipe to get there is going to be really unique and different person to person. So not just assuming like, Oh yeah, everybody wants to be happy, but how can we get even more nuanced than happiness and go okay, well. So what does happiness feel like? What does happiness feel like in the body? If you could use another word to describe happiness, how might you express your version of happy? And that could be everything from something that feels really almost like living on the edge, like adventurous, like somebody who really likes trying new things and visiting new places versus somebody's version of happiness might be really peaceful, quiet. Content, like those are two very different definitions. So the avenues to get there. Are going to obviously look completely different, but identifying, okay, what is your happy? What is your version of that? And getting as clear as possible so that you can help yourself get there.

**Wambui:** That's beautiful. It's good to know. Yeah. The uniqueness that everybody's different and how they're, they're happy is different. That's I never looked at it that way. I thought we all want to be happy, obviously be happy, but the path is very different for each one of us. Beautiful. Awesome. Now you have a podcast. Yeah.

Living fully alive. Please talk a little bit about your podcast and, and I know you do talk about topics like personal development and obviously like energy and that body mind connection. Tell us a little bit about more of the topics that you talk about and why you even started it.

**Mary Hyatt:** Yeah. So the concept of living fully alive is interesting because when I started kind of honing in on my branding, so to speak, and that was the phrase that kept coming up, like, I want to live fully alive. I want to live fully alive. I initially thought that that just meant that it was going to be a lot of positive emotion, a lot of happiness, a lot of sort of. And what I have realized in my own healing journey and the own work that I have done with myself and what I help my clients with is that being fully alive, our human experience is far from perfect. So when I was thinking about what I wanted to name the podcast, Living Fully Alive, and I was really getting in on the branding for my business. That phrase kept sticking out to me. And I thought when I started this journey, living fully alive meant that everything was going to be shiny and perfect and happy and positive. And that it was like, live your best, biggest, brightest self, you know? And obviously that sounds great on paper. And that's what a lot of coaches preach and teach. And so I was like, Oh, fully alive. I want to be fully alive. And then as I have gone on this journey, the longer I've been doing this work and working with clients. I have realized that living fully alive, this human experience that we are all having is far from perfect. And it's really messy and it's really, it's hard and it's really challenging. And this is the thing that like, when all we focus on is positive psychology, I think it really does us a disservice because it discounts and starts to create some shame around when we feel sad, when we feel lonely, when we feel scared. When we're, when we're experiencing grief, when we're in seasons of life where our parents are dying or somebody in our life is sick or we have financial issues or whatever, whatever it is that is life. It's like, where do we put that? Because if we have compartmentalized and then said like, okay, all that's bad, and there must be something wrong with my thinking and there must be something wrong with me that I can't get to the place of being happy again. And so we don't know what to do with that. And so we, we will very frequently judge ourselves and start blaming ourselves and feeling like we're even more broken than we realize and we've got to do all this fixing or jump through all these hoops and think the right thoughts and manifest the right things and it's like, Oh no, it just can get really overwhelming and yet that is being fully alive. It is the light with the dark, it's the sun with the shadow. So the podcast really explores all of that. It's like, how do we walk through and make space for our heart emotions? How do we meet ourselves with compassion, with tenderness, giving validation to all of our experience, the hard, the messy, the confused, the parts of us that are feel disappointed or we like, Oh, I don't know how to move forward. I feel completely stuck. Like, can I love that version of myself too? Can I make space for her as well? And so the podcast is really exploring all the nuance of that from learning how to feel emotions to how do we come more in alignment with who we truly are? What does it look like to live out of our real authentic selves, as opposed to always trying to wear the masks and earn love and

learn approval. And so it's a whole journey of self-discovery and it's deep conversations around our relationships with ourselves and with our bodies and with our emotions and with other people in our lives.

**Wambui:** That's beautiful that you bring authenticity into it because I know you talk about a lot about authenticity. How does one cultivate that being, being authentic and be fulfilled? How can one cultivate authenticity with all the social media and everything else that we all, see and being thrown into how does one leave to have just that fulfillment and be authentic, be, have that authenticity?

**Mary Hyatt:** Well, I wish I had a one like quick answer for you, but I think it's really a lifelong journey because we're always tempted to tap dance, to perform, to shapeshift. And whatever that looks like, in order that we get approval, that we get love, that we're accepted, that we have a sense of belonging. And that need inside of ourselves as humans is so important. That sense of belonging.

**Wambui:** Yeah.

**Mary Hyatt:** And it's primal, right? Like, if you think about if you were to rewind and go back to when we were all tribal people, if you were outside of the tribe, then that meant death.

**Wambui:** Yeah. You're an outcast.

**Mary Hyatt:** You're an outcast. It's like the most vulnerable position you could be in and it threatens your very life. So we still house that inside of our DNA memory. And so. We will pretty much do anything as a people to be accepted and be in the tribe, so to speak, right? And so that's where we start putting on all these masks and we learn really, really early on how we need to behave, how we need to show up in order to receive love or at least. not experience pain, like to stay safe. So we all sort of develop these compensating personalities that help us get this basic fundamental human need, love, belonging. And so part of, I think our work as adults is deconstructing that and deconditioning that to go, okay, yes, I've done this for my whole life. And I've shown up this way. And even a huge part of my identity, my personality is this, this facade, this mask, is that really me? So if we're gonna journey into authenticity, we have to, in a way, start questioning our literal personalities. It's like the Enneagram. Like, what parts of the Enneagram, or anything, did I develop as a mechanism to earn love? Like, I'm an Enneagram, too.

**Wambui:** Okay.

**Mary Hyatt:** So, I learned early on, be helpful. If you give somebody something that they need, then they will, in return, give you love.

**Wambui:** Oh, okay.



**Mary Hyatt:** Because they need you, they need you around so that, so, so you have a, it's like a transaction. So I've learned, be helpful, show up for people, be the best friend, be this amazing person like. Help people as a kid, help them do their homework, like help the teachers do whatever. And then they want you because they need you. So it's, I have this thing I can sell that then ends up becoming my personality. And so I have to really slow down and say, who am I really like, who am I at my core when I was like a little baby before I could. Do any of that shape-shifting, who was I really? And so we have to first learn who we are. If we're going to show up authentically, most people, in my experience, don't know who they really are. They know how to behave to get love or how to behave to not get hurt. And so it's a deconditioning first and foremost. And then it really is, how can I set up my life to be in integrity? With who I really am. And that's a set of little choices every day. Like I know for me, one small thing is I will never use a filter on Instagram. Okay. When I do, when I do my stories, when I do a reel, when I do anything, like, because for me before, I believed I had to look a certain way in order to be loved. And so I'm like, no, no, no, no, no. I want to challenge that. What's a way I can challenge that? I'm going to show up as me. I'm going to show a recent picture. Of myself on the regular, like, this is me. I'm going to show up without makeup. I'm going to show up, sweaty and gross from working out, whatever it is. Like, I'm going to give myself permission to be seen as me. Yes. So it's a lot of like little ways that we start to use our voice. To come into alignment with the truth of what we know versus pretending or pleasing or perfecting our way through life. That's a long answer to a short question, but it's complex.

**Wambui:** It's a very good answer because I had not even looked at it that way. Just that one simple thing of saying, I'm going to show up. I'm going to remember who was I before when I was that little baby, who was I? And then even just saying that, I'm going to show up the way I am that my true self, , with no makeup, nothing. After my going for a run, I'll just do my real or whatever, you know? So that's a really good way of thinking because then you don't have to present yourself as this other person who you don't even know who they are yourself. Right. Yeah. That's a beautiful way of saying it. Now let's talk about imposter syndrome. A lot of people that I deal with work with, and even myself, I've dealt with imposter syndrome. And I know you've had this beautiful journey where you moved from self-doubt to self-confidence. What strategies did you use to help you with that in, those limiting beliefs?

**Mary Hyatt:** Yeah, I think imposter syndrome is 100 percent so common and that feeling in the body is so interesting, isn't it? Because it's like, my experience is it's, there's shame there. Like people think I'm one thing, but if they really knew who I really was, they'd find out that I'm not these things. And it's almost like this rift. in our psyche, right? And this comes really back to the authenticity piece. It's like, there's this thing that I'm showing on the outside that's somehow incongruent with what's on the inside and somebody's going to figure it out. And that is very obviously like very threatening and very scary. Like, Am I going to get exposed for not knowing enough

for not being as far along as maybe I claim or not being the expert that I say that I am or whatever it is. It's like we all have those, those self doubts and some are, some are real, right? So like if like when I'm working with a client and they're presenting themselves one way online and I'm getting to see behind the curtain. And it's a very different reality. Well, we've got to slow down and say, what about this? Like how does that feel inside of you? Number one, because my guess is it's creating a lot of panic and shame inside. And so it's like, how do we bring those two things closer together? Because I want to think about self-integrity, like the opposite of imposter syndrome would be self-integrity. Right. Like, what you see is what you get. I am who I am. I show up the same way online that I do in my house. I don't, make claims that aren't true. Like, I don't. My word is, truth. I'm integral with myself. I don't, I don't try to pretend. And when we can get, when we have permission to really show up in the truth of where we are, especially when it's messy and hard, then we don't usually have that imposter syndrome. and it's a lot of, Remembering our worth, right? Remembering that we are lovable just because we breathe and that no matter what we do in our life, how we achieve things, what we achieve, what we don't achieve. It's like, it's all arbitrary anyways, our definitions of success don't mean anything. We've just. Made them important because we've chosen to make certain measurable things mark as success. It's like, well, who says? , at the end of the day. So it's kind of interesting. But I think for me, part of, this journey has been recognizing that that voice of doubt is not my soul's voice.

**Wambui:** Okay.

**Mary Hyatt:** And that, that doubt is really. A version of myself that is afraid of not being loved and it really, when you peel it all the way back, all the layers back, it's like there's this core belief often that we're not enough. And so when I see that self-doubt come in and I start feeling like an imposter, part of what I do now is just to really slow down and say, whose voice is that? Oh, wait a second.

**Wambui:** Whose voice is that? Cause it's not my voice. Okay.

**Mary Hyatt:** Right. Whose voice is that? And I really want to be tender when I ask that, not like, shut up. I can't believe my thoughts are thinking that it's like, no, like I want to get curious because what I know is whoever's voice is that as a version of myself, that's probably scared. Feeling really vulnerable, feeling, afraid of being exposed, rejected, abandoned, whatever. So it's oftentimes a little version of ourselves. Sometimes it can be the voice of a parent or a caregiver or a boss or somebody else of authority. And so when I can look at it and kind of get outside of, oh, that's me, and create a little bit of distance to where now I'm observing this voice, this dialogue of I'm not good enough. And I can get curious about that voice. And once I do, I can help to meet that fear with love. Like, Oh, I hear you. I hear that you don't feel like you're good enough. I hear that you feel like, , you're afraid somebody is not going to, give you something, see you as something, whatever. I love you. Like remind that part of ourselves, how lovable they are and return to ourselves voice or



return to truth or our higher self. How are you? There are a lot of different phrases for this, but it's like that voice that is., we experience it as total truth inside of ourselves. Like I want to remember the truth of who I am and I let that soul's voice come forward that says, you don't have to earn love. You can't even lose it. Like it's yours by birthright, just by being alive, you are loved. You don't have to do anything. You are enough right here, right now. If, nobody signs up for your program. If nobody reads your book, if nobody respects your voice, you are lovable. And that, like, I want to continue to return to the truth of that, because that's my real self. That's my real voice. And so it's identifying, like, whose voice is that really? Can I meet that with validation, tenderness, soothing nurturing, and then return to the truth of my soul's voice.

**Wambui:** Oh, this is, this is a whole coaching session here. This is a whole coaching session. Oh my goodness. Wow. So it's. The awareness, the questioning, who is that, who is that, whose voice is that, and then that self-compassion. Wow. Mary, this is beautiful, beautiful. Oh, I could talk, I could talk to you all day, but I was like, oh wow, this is really going to help my listeners because it's really a coaching session we are having here. Okay. So. Procrastination. I deal with again, my clients who they want to start something, they want to do something, but they are procrastinating, they procrastinate again. And I guess it's really not believing in themselves. What can they do to make themselves just go out there not make it themselves, but what can they do? What strategies can you give when it comes to when someone wants to start something, but they. Still pulling themselves back and don't want to take that step.

**Mary Hyatt:** Yeah. I mean, we've all been there, right? Like we've all had those experiences, myself included. Procrastination is, it can either be a form of wisdom or it can be a form of protection. And I think that we need to understand which it is because if it's wisdom, procrastination is saying you're out of alignment. It's like we say we like, let's say we set this goal that feels or like doesn't feel it looks really good on paper. Yes. I want to achieve this thing and it sounds great. And then you find yourself procrastinating and you're like, but like, this would be the, this should be the thing that I want this. This is what everybody says should be the next step. And there's this sense of, it doesn't even really belong to you because it's a should. And it doesn't feel good and there's a part of you that is a higher level of wisdom that's picking up on this is out of alignment. This is not meant for me. Even though it's like, imagine being married, going to get married to somebody who literally like hits all the boxes. It's like perfect on paper. Like everybody would assume you guys would get married. Everything looks great. And then there's something inside of your soul that's like, this is not right. I can't even put my finger on it. I can't explain it logically. It makes no sense rationally, but I know it's not right for me. And so you drag your feet, you don't go pick out your wedding dress. , you're kind of like subtly self-sabotaging.

**Wambui:** Yes.

**Mary Hyatt:** That is wisdom. So that level of procrastination is wisdom. Okay. We want to listen to that. The other is protection. Meaning it's trying to keep us safe. In our comfort zone in what is familiar to us. And so when we think about it could be like literally the same goal we're talking about. But if it's from protection, it's like when we procrastinate, it's like I, I'm scared to expand because that feels really vulnerable. And I'm not sure that God or the universe or my higher power is going to show up for me. And I can't bet on myself. I certainly don't want to bet on a higher power. And so I'm just going to stay right here and stay safe because at least this is [ the hell that I know.

**Wambui:** Okay. Right. At least like this is something that I can predict. I can control even if I'm miserable, at least I know this misery. At least I know what this is like. So depending on which type of procrastination or where this is stemming from, we can go different routes with it, because if it's for protection that then, and this is a lot of the work that I do with my clients, is reintroducing safety, nervous system safety, as we are expanding. So how can I, instead of feeling like I've got to take. 10 steps to achieve this thing. What is the baby step that I can take a 1 percent shift towards the direction of my goal? Something that still feels maybe a little bit outside of my comfort zone, but not so much that I start to shut down. So it's just like, I'm practicing stretching a little bit. And then as I get comfortable with that. I can stretch a little bit more and then a little bit more and then a little bit more. And I think what most of us try to do is make it all or nothing.

**Wambui:** Oh 10 or nothing.

**Mary Hyatt:** 10 or nothing. Yes. And that is going to set you up like If you think you always have to go at 100 percent or do the 10, the level 10, like you're going to procrastinate because it's too far. It's such a huge commitment. It's too much of a stretch. It's too much of a risk that it's easier to just do nothing. So my thing is like, what's one, what's the 1 percent change that I can make? Or, instead of working out five times a week, or seven times a week, can I start with one time a week? Okay. Can I start with two times a week? Like make it to where I Can create an easy success for myself an easy win for myself to build off of that momentum versus it needing to be total perfection all or nothing at level 10 and Drag my feet or I do it for two weeks and then I give up It's like I want something that feels doable sustainable still a level of safety within my nervous system And it really feels right and aligned and true for me Versus sounding good on paper.

**Wambui:** And that's good. Even you just saying it, just one percent, I can feel it in my body. Just, the ease. Okay. Yeah. One percent is doable, but the hundred is. Oh my goodness. It's like, okay. I don't think this is doable. It's just too much. Even just for the body to hold. That's a good way of looking at it. And I hope it's going to help my listeners. Mary, you do a lot of work with I know you coach, you do the workshops. Please tell my listeners where they can find you because I would love to talk to you all day, but I am mindful of your time. Where can my listeners find you?

**Mary Hyatt:** Absolutely. And I love this conversation. Thank you for having me. I do offer one to one coaching. I offer group coaching programs. I have retreats and I'm very active on Instagram, but you can find all of that information at [maryhyatt.com](http://maryhyatt.com). Just going to my website, you'll see my social links and what I am, my offerings, and you can apply to coach with me or explore that option. So [maryhyatt.com](http://maryhyatt.com).

**Wambui:** Beautiful. Now, when is your next retreat? Because I want to see if I can make a way to join.

**Mary Hyatt:** I wish I could give you exact dates. I'm actually meeting with my co-host for the next retreat. It'll always be in the fall. So I do one big retreat called the align retreat. That's my signature retreat. And it's usually the end of September, beginning of October is typically when it has been. So I don't have firm dates. As of yet, but will in the next couple of weeks. So if you keep going back to my website, once that's announced, you'll see it, but it will definitely be in the fall. And that is such a beautiful retreat for four days. We really get into the idea of alignment and sharing space with other women that are doing this deep work. There's something so magical that happens when we come together and we focus in on slowing down and resting and retreating and just nourishing our bodies and our hearts. It's beautiful. And I would love to have, like genuinely love to have you be there. So I'll let you know when the dates show up. But if anyone else is curious, you can always go back to my website to look.

**Wambui:** Yeah, let me know. I know it's even for the, for the workshop that I came for, it was two days and it was, oh my goodness, the mindfulness, the breath work, and then the goal setting, which was just out of, I had never done that kind of a goal setting workshop. It was just, oh, what do I want to achieve? Nananana. I didn't know about feelings and all these alignments. Oh, Mary, you're doing such great work and you're really impacting the world. You, you impacting one person at a time, because I know you've impacted me.

**Mary Hyatt:** Thank you. Thank you. I am honored to know you. I'm honored to be connected with you and it is, it's important work. And I and I just feel so grateful to get to do it.

**Wambui:** Thank you. All right. You have a very good rest of your day.

**Mary Hyatt:** Thank you too.