

THOW Episode 50

Tracy Litt 00:02

Here's the scientific truth. You are a spiritual energetic being, having a human experience, the infinite power of understanding and then embodying that truth will blow you away. Hey, gorgeous. I'm Tracy Litt, and you're listening to The How of Within podcast. Welcome home.

Tracy Litt 00:25

Hello, everybody. I'm so excited. We have one of our favorite people back to talk about her newest contribution to this world. So before I get too excited. Hi, Brett. Welcome back.

Brett Larkin 00:39

Hi, I'm so excited to get to chat with you. Again.

Tracy Litt 00:41

Again, I know, I know, I know. And we get to see each other next week in real life. And I want to underscore this because it can never be said enough. This is what happens when you open yourself and you open your heart and you allow yourself to help and collaborate and be loving towards other epic women doing epic fucking shit in the world, like you are and now we have this relationship. And it's amazing.

Brett Larkin 01:04

Yes.

Tracy Litt 01:05

Somebody needed to hear that. So we are here today specifically to have a conversation because those of you that watch clips of this, you'll see me hold up the book. Those of you that don't you'll be listening. We're here to talk about Yoga Life. This is Brett's brand new book, Yoga Life Habits, Poses and Breathwork to Channel Joy Amidst The Chaos. Ah, I think I need to say that again. Because I want everyone I would like you to open your body to hear that Yoga Life Habits, Poses and Breathwork to Channel Joy Amidst The Chaos. So timely, Brett.

Brett Larkin 01:44

Thank you.

Tracy Litt 01:45

The world needs this right now. In such a way the universe strikes again, right? I went through this beautiful book, I read almost all of it in preparation for this beautiful conversation. And my first question to you is, what is your biggest intention? With this book in the world.

Brett Larkin 02:17

So my intention with this book, and I think it's been an intention I've had for a long time. But something nice about writing a book is because I love your books, Tracy is that a book really forces you to hone in and amplify and get very specific about what that intention is. And so that's a very easy question to answer. I would say the intention behind this book is to write the biggest giant pink permission slip for everyone to really re-own and reintegrate their yoga practice to personalize their practice to discover their soulmate poses that they've always been meant to be doing. And let go of all the ones that don't serve them to really start thinking of yoga as an awareness, like a mindset that you inhabit, rather than this thing you do that needs to be hard work or needs to be something extra. And my goal with the book has been to make it so approachable. I'm talking about how I do catcow while I watched my husband shave, we're both in our bathroom talking about weekend plans. That's not all I'm doing. But I want it to help people understand that this practice doesn't have to be formal, that it can be fun, that it can be modularized, that you can do five minutes or 50. And that more than anything, it needs to be designed and unique for you. And there's so much we can nerd out on the history of yoga, how so much I don't say went wrong, but got lost in translation as yoga came west. I think that's really important to touch on because we were never meant to be doing group classes the same way with the same breath cadence doing the same poses. That is a myth. And I actually prove it in the book. The book has a lot of research behind it.

Tracy Litt 03:51

Yeah, I love where you're going with this. And I'm glad you are I made little pink stickies all over the book. So there's certain things I actually want to say out loud, because it's so important. And we'll go into one of the things you just said. Yoga doesn't have reading from the book, yoga doesn't have to be complicated for you to reap the benefits. So let's get a few things straight. 20 minutes is enough. As long as you pick the techniques that meet your needs, techniques that meet your needs. You don't need to be ultra flexible or able to do a headstand, I need to say that was such a relief for me as someone who has come in and out of her yogic journey and recognizing the parts that stopped me because I would perceive that myth that you're calling out. So thank you for that personally. Your practice should adapt to you. Not the other way around, which is the complete opposite of how it feels to be in a current day. Typical yoga class. Yoga doesn't just happen on the mat. You can practice anywhere, anytime. Yoga, you don't need to wear yoga pants, which I think this one is a big one. And it actually links to- hold on there's something else that I highlighted around this. Modern yoga doesn't just feel intimidating. It is intimidating. Why? Because it's depicted by thin beautiful women and expensive designer spandex, doing acrobatics. Let's talk about this whole thing of the myths you call out. Where did yoga lose its holistic lifestyle, intention and be turned into this thing that it is .

Brett Larkin 05:36

Okay, we're gonna go on a journey buckle up everyone listening like seat belts on. We're going back, we're going back in time. And if we go way back in time, I think what's really interesting, Tracy is that yoga wasn't even about the body. It was about actually transcending the body. So ancient yoga was designed for two groups of people, young men who are entering the equivalent of like, modern day becoming a priest, right. So they were going to devote their whole life to religious study, doing rites, rituals, and studying texts like the Yoga Sutras and other Vedic texts, and the elderly men to be more specific, so a man would do his role as a grandfather in his town or community, and then he would give up all his possessions go beg for alms in the woods and become a wandering Nomad, a yogi doing

these breathwork and meditation practices in order to literally detach his soul from his physical body to prepare for the next life, because they believed in reincarnation. So when we look at this, both of these groups of people are male, both of them don't have any other job, except to practice breathwork meditation, the ethical tenants of yoga. And during this time, yoga was really solely a spiritual pursuit. In fact, the body was considered an obstacle to overcome. So if we look back at this time, these groups of people viewed the body with all of its pesky urges, like the body wants food, the body wants sex, the body wants, all these things, that the idea was to transcend all that. When did this all change? Right? When did this change? It changed around the time of the industrial revolution when one key man repositioned yoga. So what happened is around the time of the industrial revolution, we got indoor plumbing, yay. Lots of good things happen like our lifespans increasing like ticking, people are taking more of an interest in their health and well being because instead of having to walk miles to get groceries or see a neighbor, we're moving to town or moving to cities, we're working in factories, like the sedentary lifestyle, a little bit is beginning. And so people started taking more of an interest in their health and fitness and formally, niche activities like gymnastics or calisthenics, started to gain traction in Europe with everyday people. And we see that happening in the US and Europe. And this brilliant man at the time, Krishna Macharia, he decided to reposition yoga, he got some funding from the King of Mysore at that time to open a yoga center and a cara. So this is the kind of first yoga studio if you will, because before yoga was very much for monks or they're doing it in the woods. So here we have this pre proto yoga studio. And he wanted young people to come to it, but no young people were showing up, because yoga was seen as something for priests and the elderly. And what he did is he totally reframed yoga as something that could be for everyone by really amping up and focusing on the physical aspects of the practice. But we in the West called Asana, other poses. And not only that, because if we look at the ancient texts, there aren't that many yoga poses, Tracy, there's 20-30, they're pretty simple. There is a headstand in there, but most of them are seated. What he did is he blended the original yoga poses of which there were not very many with Indian martial arts, which was very popular at the time, that's where we get a lot of the push ups and Chaturanga that everyone's doing now. He blended it with the calisthenic and gymnastics fitness movement that was sweeping Europe. And he said, You know what, this is all different now. Instead of yoga being to transcend the body yoga is good for the body. And that's where this new narrative took hold, which is a wonderful thing, because it opens it up to everyone. But then when it came west, there were some flaws in the transmission in my opinion, so I can go into those but let me take a breath to just let sink.

Tracy Litt 09:27

Okay.

Brett Larkin 09:27

Before we keep going in our timeline,

Tracy Litt 09:29

I love this okay. I want to witness you. Your- your knowledge base is- I'm just like it awe, your knowledge base your historical understanding of your trade of your industry of your answering your call to come through it. Yes, all day. It was amazing. Amazing. Thank you. That makes so much sense. So now we have it the world is perceiving it as something good for the body. Okay, so that's the Yay. And then where did it become Lululemon?

Brett Larkin 10:04

Okay, so, Time Machine again, let's go back and then we'll go forward. Yoga was always meant to be practiced in the context of Ayurveda. So a lot of people listening might not know what Ayurveda is, maybe you've heard of the word, but it means life sciences. So it's basically this entire galaxy of holistic therapies that originated in India. And the basic premise is that you have an elemental makeup or blueprint. Some listeners may be listening. And they're familiar with traditional Chinese medicine, which has a similar thing, right? It's like we're made up of air, earth, water, fire these different elements. And Ayurveda says, depending on your dominant element, dosha they call it is the element. You should eat certain types of foods and avoid other types of foods. And when it comes to yoga, you should do certain types of breath work and avoid other types of breath work. And this is common sense, right? And it answers the age old question I always had when I had Yogi's reaching out to me on social media, one person saying, but I love this class. I love doing Breath of Fire. It's so uplifting for me and someone else is saying, hey, this gave me a migraine. So let's wait. And we know this from medication and pharmaceuticals. They affect each of us differently. We're not the same. So I Aveda really celebrates the individual and says we're not all the same and pending our differences the way we need to eat the way we need to move even the things we need to focus on in our breath, and maybe even the traits and tendencies that we have. We're going to need to make adjustments. So what happened is yoga came West, and I Ayurveda didn't. So I always talk about this as like twins separated at birth, like-

Tracy Litt 11:41

Good analogy.

Brett Larkin 11:43

Yeah, no, because I want you to feel the pain, right? Because it is that painful. It's like the individuality and the personalization was stripped away. And in Mysore and this beautiful ACARA. Some listeners here may have done Mysore yoga, and if you recall, and if you haven't, I'll explain how it works. But basically, you do go to a studio with other individuals. However, each person starts doing Surya Namaskar are flowing through yoga poses on their own breath on their own cadence. And the teacher doesn't speak. Like to the room, the teacher wanders around and helps each person individually. So he might be like, Oh, okay, Tracy, you're ready to learn more postures, and he just speaks one on one with you and teaches you a few and it adds on, he might come over to me and be like, Brett, you're being too aggressive in your practice, maybe let's regress this, try this instead. So it was very personalized. Even in a group setting. If that makes sense. There was no like everyone breathe in and out and do this like synchronized movement, the same postures the same way. So what happened when yoga came west is we lost Ayurveda. And then it became enmeshed with the group fitness movement that was happening in the 1970s and 80s. In the US, the kind of Jane Fonda era. And I think for ease of transmission, honestly, which again, transmission is a good thing. So I'm not I'm glad this happened. But instead, we got yoga and matched with group fitness, which then became like being taught like an aerobics class where everyone's supposed to be doing the same thing the same way. And then flash forward to now. And we have people saying this doesn't work for me, or I'm not flexible enough to do yoga trays. If I only had \$1. For every time I've heard that, or like all these questions, and at the same time, we have this rising, this awakening, I think of the feminine, which you and I are familiar with. And and what happened to me is I just started to question all these rules. I was like, Why do I have to do

this in this order? Why can't I mix and match styles that that feels really good in my body? Why does it need to be like 90 minutes? Why can't it be less, there was some exceptional circumstances in my life that led me to really just questioning every rule that had been passed down to me. And that resulted in the framework that I offer in the book, the personalization framework, which is rooted in an Ayurveda, but then tying into so many more ideas to just make this super approachable and easy for you.

Tracy Litt 14:05

Thank you, that analogy of twins being separated, my body responded to that and held it really just click something and it makes so much sense. And the way you organize this book for that individualism right for someone to be able to move through and learn what feels good for me in my body. And I actually kind of use the word permission slip a few times. This book is giving you a permission slip to do it your way to do-

Brett Larkin 14:33

Exactly because Tracy people think they're failing. This is what drives me crazy. People think they're bad at yoga, that they're failing. The book kicks off with me talking about how I felt I was failing. And I was like devoted my life to this. But when we zoom out and it's of course we feel like we're failing because we're using a framework that was designed for priests and the elderly who literally had nothing else to do except embody these ethical tenants. They have had been translated for what I call the householder stage of life, which is probably if you're listening to this, you're in that stage, meaning like you're engaging with the world, you have a family, you have a job, maybe you're looking after older parents, all the complexities of modern life. And I think it's so important to honor tradition. And I do a lot of nods to that in the book. But ultimately, the research that I discovered is that yoga has been metamorphosizing. Along with us, as we move forward, and the timeline, it has constantly been changing, it is not something that's static, and what we need in this information age where we are inundated with notifications and AI and on our phones, and both the physical and the philosophical tenants that we need to pull through and focus on now are different than 20 years ago, are different than 100 years ago, are totally different than 300 years ago. It's like respect but also evolve.

Tracy Litt 15:54

Thank you, I was I just was sending you the word evolve. I did that. Because that is exactly it. Everything must evolve, or it dies, right? Evolution is what is. So it makes so much sense that yoga, the perspectives the way we engage with it, the way that we practice it, the way you are part of this gift, from where I sit of the evolution of yoga, because of who you are, and how you show up and the way you've organized it in this book, which also let me say thank you, like, it's so clear, you guys this book is so it is designed for to make sense for it to be digestible. It is actionable. And before I go into some of that, because I want to make sure that all of our beautiful listeners really understand the gift of this. I highlighted something and I know it's gonna resonate with people, and I just want you to speak to it if that's cool. My teachers gentle voice said, notice if you've gone too far in this pose, she paused and walked my way. Her next word sear deep into my brain. If you push yourself too far, in this stretch to the pain of discomfort, it's likely you push yourself too hard in life too. That makes me cry. Because so many women, this so whatever comes through, if you could speak to that, and what has happened for you now on the other side of that?

Brett Larkin 17:31

This is the yoga of awareness. This is the gift yoga gave me this awareness that I was not my thoughts, and I was running this program, Tracy that was like, in that particular pose, it was like stretch harder, be the best, you have a dance background, you should be the most flexible person in this class. And that that anecdote, or maybe it's later in the book, I thought the teacher was going to come over and compliment me being like, you're at the Davis bar, like right down. So I'm, like ready for her. And instead, she was like, You need to back off. This doesn't look comfortable. Here's the thing, if you're not breathing deeply, and it feels sensual and good to breathe so full and deep. And you are gaining like an awareness of your thoughts and getting in touch with your body. Guess what, you're not doing yoga. I don't care if you're in the cutest rainbow rockin urdhva dhanurasana backbend or handstand, if you're not connected with your body and connected with your breath, it's not yoga. So for me, what yoga gave me is the gift to be aware that I am not my inner dialogue. And this is where we come to this idea of the mat, the yoga mat as a microcosm for your life. And this is where your yoga mat can become this amazing laboratory, like a scientist where you're like, Wow, this pose is challenging for me. And I'm able to see how I react to stress by like, how I get in or get out or avoid this pose, right? That's really interesting. What's that about? So yoga is really the science of energy management. It's the science of learning more about yourself. Which is why again, let's just get away guys like you don't have to do any fancy postures. I think it's very important. Every pose that's included in the book, I tested Tracy on my video game, playing pizza eating husband, okay. So that's that's how doable these poses are like, I didn't include anything that like he could not do. And we tested it. So you can do this if you're listening. And even if you just do the breathwork portion, the breath Chapter is the longest chapter in the book. Like that's going to be transformative, even if you just do the yoga habits because I'm like, some days you won't make it to the mat. Let's just be honest about that. Here's these little ways you can sprinkle stretching and Vedic wisdom into your life. So again, it's just celebrating what you can do.

Tracy Litt 19:44

Yeah, I love that. And I love that you tested it on him. It's just It's beautiful evidence and whether you are you've been intimidated by yoga and this conversation and this book is going to open you to really allowing yourself I'm not even going to use the word try, but really commit to the experiment of what will happen for you. Or you're someone who teaches yoga but has been doing yoga forever. What you just said about backing off the quote I had to read right so that you could speak to it. I know, I know, I know. That is something that needs to happen for someone who is an advanced yogi, right? Because that opens up to this yoga awareness, which I also tagged in the book. So you've been talking about it, just that yoga of awareness, and that this is a microcosm for the way you do one thing is the way you do everything, right and allowing yourself to see all these spaces in places within yourself and that showing up to your mat. And allowing yourself to be in awareness. And breathing deeply is yoga. That's a big deal. That's no big deal. And a promise to the subtitle of the book, great amidst- Channel Joy Amidst The Chaos. It's really going within we know that's the answer. But then the question to how do we do that becomes what needs to be answered? And everything that you're laying out does that right, including how to set up your yoga space, like what to do like from start to finish? So here's my next question, because you actually said it in the beginning, you said soulmate poses, say more.

Brett Larkin 21:26

Okay, so this anecdote couldn't fit into the book. So it's fun to tell you about it. Now, what happened, Tracy, when I had this confluence of events, everyone who's listening where I couldn't practice, the 60 and 90 minute, regimented, long form yoga that I had been accustomed to where I ticked all the boxes and did all the things my teachers told me like a little goody two shoes, student waiting to get my gold star, I couldn't do that anymore. I had a newborn, my father was dying of cancer living with me, my business was blowing up, like things were just completely out of control. And it was extremely humbling. And I felt like a fraud and a failure because I couldn't practice in the old way. And I decided that yoga would have to change and meet me where I was like, I wasn't as a yogaholic and yoga nerd, like I wasn't willing to accept like yoga and I need to break up, I was like, No, there's a way through, I just need to find out what it is. And what I would do a lot in this very stressful time, is that I would often just set a timer on my phone, for however long I thought I could practice, like, before the baby woke up, or before my dad's nurse came or whatever. And I would just sit, sometimes it was like seven minutes, okay, or 10 minutes, or 15 minutes. And to amplify the effects of healing and going inward, I would blindfold myself just to make it really dark because I was sleep deprived Tracy. So I was like, let's just make it dark. And then I would just do poses that felt really good and my body. And that dropped me into my deepest breath. And what happened one day is I think I set the timer for 25 minutes, like it was a good day. Okay, so I was able to set the timer for 25 minutes. And I did all that all my things. And I felt so good ended up sitting in meditation, I feel so good. And I was like, the timer hasn't gone off yet. That's weird. Like, how do I feel this good in such a short amount of time. And I remember, like slipping off my blindfold, I look at the time when it was like only 18 minutes or something out of my 25. And I remember thinking, I feel better right now than I have after a lot of 90 minute group classes. I feel that flow state that yoga glow that you got after class. And I was like, How is it possible that I feel that in just 17 minutes. And that was a big impetus for the research that went into the book, because during the reason was because I was doing the soulmate postures, I was doing the breath work and the poses that uniquely balanced me, right because of my Ayurvedic constitution. And friends, there are quizzes in the book. So I actually have the book does a nice job, I think giving you a lot of options, helping you create this 20 minute ritual that we build together. And then I teach you how to expand it contracted to five 750, whatever. But we just start with 20 because that's a nice outline. But even if you find that a struggle, if you just do the quiz at the end of each book, it'll tell you exactly what pose you should incorporate. And I'm not saying it's a foolproof system. But I remember when I was young, I love doing did you do these at summer camp Tracy with your friends and bunkbeds like the 17 magazine quizzes, of course, we actually remember them. They're like, so fun was the highlight. So I was like, I just want fun quizzes that like if someone's overwhelmed, they can just take this fun quiz. And it'll tell them like what pose to do for each section. And I can't promise you it'll be your exact soulmate pose. But there's a lot of inner compass work in here that's going to guide you to discover those movements. And we are a culture right now where we want to get the most bang for our buck. I do. I'm busy. I have a mission. I'm trying to accomplish a lot. I'm trying to be supermom and all the other things if I can feel that good in 18 minutes instead of 90, like-

Tracy Litt 25:02

Sign me, Sign me up.

Brett Larkin 25:05

And I'm not saying never do a group class or do a retreat. There's so many books and resources on methods and styles of yoga that have more. I don't want to say rules, but like structure that have already been written, right, I wanted to do something different, something new. So yes, I think that if you can discover your soulmate postures, you're going to love and crave your yoga practice, because it feels good to do them. And they usher you into that flow state and nervous system regulation, the fastest and the most efficiently. So I'm like, Who would not want to discover those for themselves.

Tracy Litt 25:38

1,000%. And that will be another moment where I was thinking and you said it. It's an imperative for every single woman, man, binary, whoever you are, you have to be with your body in your body every day, you have to be, it is no longer optional, especially if you have been working on transformation, working on yourself, doing mindset work, wanting to prioritize your energy, right, manifest all these gorgeous things that are available, the way there is by coming back to your body. And being in connection with and regulating and allowing that flow state and keeping your nervous system clean and clear and open. When you say 18 minutes, it has to be doable breath, it has to be doable at this point. Because I have a yoga studio that I love. And every class is 75 minutes, and it's 30 minutes away. So that had become a barrier. Because so in order for me to get that flow, glow and feel that feeling I need to allocate three hours of my- it's just not doable. So I want to underscore what you're saying. Because especially here, if you're hanging with us at The How of Within, you're here to become your next level, you're here for that embodiment. And knowing that you can play with, take the quizzes, try on in your body, get up from that those seven minutes, 18 minutes and go, Oh, I feel the flow, and know what your prescription is, what your soulmate prescription is, and you get on the mat, and you can do it in minutes. That's what has to happen. So I'm saying thank you because it exponentially helps the kind of work that I do in the world to-

Brett Larkin 27:26

Yeah, it's knowing how to turn yourself on. And the analogy I love to use is if you've ever been to a bar seemed like an apothecary and or a mixologist, they know how to mix up the thing that you're gonna write or that you've asked for. And it's just having enough basic skills to do that for yourself. Because let's say you do want to do that personalized practice, but you only have 10 minutes, and you have to catch a flight next, like with the skills that are taught in the book, I'll show it like you'd flavor in a couple more orange peels or whatever your like drink analogy, but like for me, I'll be like, Okay, I'm going to prioritize this rock work, right, and I'm gonna prioritize my sit section as opposed to my move section because I know I'm gonna be frantically running around the airport later, or whatever it is. So we're always changing every day is like this crazy equation of like, how well did you sleep? What's the current state of the world? What's going on with your family? How much energy do you have? There's so many- where are you in your cycle? If you're menstruating, there's so many factors. And so instead of because I found my students just wanted the answers, they were like, they thought the style was the solution. Tracy, they were like, what's the style of yoga that will fix and I'm like every style of yoga has value. Let's mix and match them like a Project Runway contestant to design like the most perfect yoga gown for you today, which by the way will look different tomorrow, which will look different in six months. My soulmate postures are different after having two children. My hips have changed things have changed up that used to feel good and really got me in my breath and body don't anymore. That's okay. Because I just have enough tools. So while I would love everyone to do yoga teacher training with me

online like you don't have to you can just read this book and just know enough you don't have to know everything you just have to know enough to find some techniques that work for you.

Tracy Litt 27:27

Yes, yes, yes, yes, yes. Yes. I love it. I love it. And how did you know I love Project Runway?

Brett Larkin 29:19

Oh, the wild guess.

Tracy Litt 29:20

All stars. I love it all I am always in awe of watching anyone in their genius. Right? Even if I'm watching like a top chef baking show anything where I'm just like, Wait a second. You're given something to work on. You use your creative genius and you make something out of it. I'm always in awe. So I could continue to ask you questions for hours. I'm going to bring us to a close because I want to make sure that everyone understands all the preorder information and the bonuses but before we go to that piece, what's something that you want to share about this book, your experience in writing it anything around it? That we haven't touched on that needs to be heard.

Brett Larkin 30:03

Oh, I think that your next level is always going to require an energetic expansion and for you to expand your nervous system capacity. And I think that's why what you teach Tracy is so essential and why I'm so grateful for it. The book writing process brought up impostor syndrome, it brought up everything that I coach, other yoga teachers on all over again. And I think that's such an important thing to share with everyone, because it's not like we're on this merry go round, right? It's not like we ever get off or we graduate. So just really sharing from a place of vulnerability that a lot of what I'm putting out there feels scary, it feels contrarian in a lot of ways. And anyone who I think is doing something worthwhile, you're going to be faced with a lot of fear. And that's why I think having a personalized yoga practice where you're expanding your nervous system capacity every day getting in your body, just like Tracy talked about, and of course, being in community, like part of Tracy's incredible teachings, because this is like what she specializes in is so important. So just knowing that you're never done. And there's always more awareness, there's always more expansion at every single level of the game, wherever you are in business or life.

Tracy Litt 31:14

Thank you. Thank you. I agree. That was beautiful. Okay, so everyone who's listening gets the opportunity to pre order and your pre order comes along with some super fun bonuses. Will you share what those are?

Brett Larkin 31:29

Yes, yeah. So if you preorder the book, what's really exciting is it will get to your door by December 19. So knowing that if you want to get more than one copy, maybe the gift to a girlfriend or a mom or anyone who's yoga curious, I do have a bunch of fun preorder incentives. If you order a book out just one book, you get my free, personalized your practice, digital course, this course is \$197. Usually, I think the preorder Kindle editions like \$11. So I will let you all do the math. But the personalized your

practice yoga course is like the perfect complement to the book, which is why I wanted to set it up that way. And then there's super fun bonuses that go up from there. If you get three books, there's also like this companion tracker that goes with it and up to 10 books, you get my abundance journal, and all sorts of fun, fun stuff. So if you're looking for some last minute holiday shopping and gift ideas, this is just a great win for you and everyone in your life.

Tracy Litt 32:20

I couldn't agree more. And of course, everyone, the preorder link will be in the show notes. So you can click on it, I want to emphasize that right. So it is the holiday season is upon us, whether it's whatever you are celebrating, investing in a book like this for yourself, buying a copy for all of your friends or your team, right. So for those of you that run teams, I couldn't think of a better thing to give them. And then you're investing in them, which is going to make them show up right even more powerfully. And just like the evolution of everything and paradigm shifting what we choose to invest in needs to shift too. So investing in a book like this and then gifting it out to it goes into the category of the gift that actually will continue to give and give and give and give versus some of the standard typical gifts that we might be seeking this time of year. So I'm so happy that this align this way for everybody.

Brett Larkin 33:16

I appreciate that. Tracy, I think the day was very intentional to because if you read the book between the holidays or the 20th, when you get the preorder in New Years, like you can ingest and create your ritual and have it ready to go on Jan one, which would also be pretty cool. So-

Tracy Litt 33:29

It'd be very cool. And I assume there's going to be fabulous things coming out to continue to work with you around those times and money for and beyond, which is super exciting. Amazing. Amazing.

Brett Larkin 33:39

Thank you for having me. Thank you for being such a gift and such a cheerleader of women everywhere. Love you so much. Thank you,

Tracy Litt 33:45

I love you so much, everyone. Don't think don't hedge, go to the shownotes click the link, buy quantity and give it out. This is one of the things that falls under ripple effect. Were gonna bring a bunch of people back into their bodies. And that ripple effect is calm and ease and joy and regulation. And that means you are actively contributing to the betterment of this world. And that is what we're doing here at the core. So click the link, get the book. And thank you, Brett. I love you.

Brett Larkin 34:14

Love you too.

Tracy Litt 34:18

Hey, girl hey, thanks for hanging with me today and listening to the episode. Please take a moment to leave a review and tell us what resonated and if it feels aligned, please share the podcast with other

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