



**The Athena Wellness Podcast**  
**Episode 150 – From Scientist to Healer with Ulrika Sullivan**  
**September 18, 2022**

[music]

**[00:00:05] Kathy Robinson:** Welcome to the Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

**[00:00:30] Kathy:** Today's episode is brought to you by The Athena Wellness Academy, your resource for wholehearted living.

The Academy's featured offering is an online course called, *From 'Type A' to 'Type Be,' How to Mindfully Descend the Corporate Ladder and Invite What's Next*. This course is perfect for you if you're contemplating or navigating a professional transition, and it's available as a self study or with a small cohort of students facilitated by me, Kathy Robinson.

To learn more, I invite you to go to [AthenaWellnessAcademy.teachable.com](https://AthenaWellnessAcademy.teachable.com) or click on the link in the show notes.

**[00:01:21] Kathy:** Hello and welcome. Thanks so much for joining me.



Today's conversation follows the journey of a career scientist as she moves from mind-driven living to heart-centered living. I'm joined today by Ulrika Sullivan, who, in her post-corporate phase of life, is a coach, teacher and healer.

Ulrika is also the author of a book released earlier this year entitled *Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*.

Here's what we cover.

- The elements of mind-driven living;
- How success can disconnect us from ourselves;
- The catalyst that propelled Ulrika to heart-centered living;
- How to recognize when we're on a heart-centered track; and
- How to invite the shift to multi-dimensional living.

As always, I'll put links to Ulrika's website where you can find her book, podcast and offerings.

And now onto the show. I hope you enjoy the conversation.

**[00:02:38] Kathy:** Well, Ulrika, welcome to *The Athena Wellness Podcast*. Thank you so much for being here today.

**[00:02:44] Ulrika Sullivan:** Thank you, Kathy. Thank you for inviting me.

**[00:02:47] Kathy:** Please, share a bit about who you are and what you do.



**[00:02:52] Ulrika:** My name is Ulrika Sullivan. I'm an intuitive spiritual life coach and energy healer and yoga teacher. But I have not always been that. A few years ago, I switched my corporate career as a scientist, businesswoman-- many, many years in that environment-- to becoming a coach and a healer. That's what I do today but there's a lot in between there.

**[00:03:20] Kathy:** Which is what we're going to explore and I'm so excited. I usually ask, "What brought you to do the work that you do today?" But I think we'll get to that in the general conversation. But I'm always fascinated by people who have left a very logical profession to do something that is quite the opposite. So I'm so thrilled that you're here today.

One of the reasons why I wanted to have you on is because you published a book earlier this year. The book is called *Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition*. That is a title!

[laughter]

This journey from head to heart is just one of my favorite topics, too, to talk about. I wanted to structure the conversation the way that you structured the book, which was in three sections. You talk about the characteristics of mind-driven living, characteristics of heart-centered living, and then ways to shift into heart-centered living, and then you say, "And beyond," which I love.

So, let's explore each one of these, starting with mind-driven living. The characteristics that you explore in the book include working hard, pushing yourself,



ignoring your needs, comparison, people-pleasing, being driven externally or by the ego. And I can just feel the heads nodding from those who are listening that you perfectly describe the way I lived, and I'm guessing you did, too, for the first part of your working adult life.

In the book, you talk about these wonderful stories about growing up in Sweden and very clearly tracing your adult patterns to childhood, trying to be a good girl, the responsible girl. But you note that it left you empty and disconnected with yourself.

So that is a very long-winded first question, which is, tell us a bit about this inner dichotomy between the success you experienced as a scientist and the void that you felt in doing so.

**[00:05:25] Ulrika:** Mmmmm, yes, and thank you for giving such a great introduction to this. The mind-driven living, isn't it so that we all have been there in some shape or form? For me, it's the dichotomy between this following what is success in our modern society. And many values that we have in the modern world is to succeed that way. No wonder that's how we have, many times, progressed into wanting to follow, wanting to achieve that.

What I know now, after having reflected and gone through the journey I have, is that it leaves our individuality, our uniqueness, aside in some way. Our uniqueness is not about what we achieve, in some way, to fulfill that success that some environment is dictating is success for us.



It's really the achievements that we are progressing towards are more internal. I think that's the part that we have been, for so long, looking for external validation for what is success or, who I am or, what is the right next thing to do or be part of?

It's this external focus if you will, that, really, is the underpinning. I believe that as far as the mind-driven living, where we allow ourselves to only, in a way, look in the external world for that validation. There's a lot to this. Also, how the brain works and our mind, right? It's this duality that we're faced with like, "Is it this or is that?" The self-doubt that comes with all these strategic options.

We're all, then, in a very strategic world, I feel, in the way we're looking at our next steps, the goals and the objectives, and all of those things. It's very much externally focused.

**[00:07:45] Kathy:** I can identify with a lot of what you're saying. To me, I always thought that it was this U.S. thing. But you said when you were growing up, you felt that very much. And granted, it's a Western country as well, so we're very connected in, I'm sure, a lot of the ways of being. I always think of Sweden as being a little bit more laid back but that was not your experience. I wonder, is that a cultural thing, was it a family thing? How did you experience that?

**[00:08:18] Ulrika:** Yes. It's interesting you bring that to culture. But I think, for me, it was really-- my mom was, and is, the more externally-facing person, very driven, a career-- so she very easily became my role model.



I think for those of you who are watching or listening to this can identify with-- there was someone in your family that fulfilled that template, if you will, of being the career person or the person who fulfilled the external expectations, in that sense, and got rewarded for it.

I was likely placed within a family like that because I needed to just have the experience that I've had to teach what I teach now. But I honestly don't think it's that big of a difference in terms of culture, as you point out, western values if you will. Now, having spent 20-plus years in the United States, I can definitely see very similar paths to success, if you will, are encouraged.

**[00:09:35] Kathy:** Yeah, and you talk about this sense of individuality. I actually felt that it's a way of-- the individuality is there, but it gets suppressed or it gets compartmentalized in some way.

So can you talk a little bit about your work experience and what it was like to have to just lock it away? Were you aware that there were these other parts of you or was it just you were so focused that you just kept going, trying to achieve the next goal? How did that work when you were in it?

**[00:10:08] Ulrika:** When I was in it-- and it's part of me now that's awakened that wasn't awakened in the past. So I wasn't aware that there was more within me, in that sense, to connect with. But yeah, it was just this sense of disconnection that I didn't realize was there.



What that meant was that if somebody asked me, for example, "Ulrika, what do you do for fun?" I did not have an answer. That means that I was so far away from my life force, in a way, that I wasn't connected with it. I think that is also a sense that many of us can relate to, that we have lost this sense of play in the pursuit of success out there in the world. We're just not [chuckles] that childlike anymore in that environment. And it's not a value to tap into your passion, your inspiration, unless you-- at least not in the corporate environment.

It's very interesting to now know what I know about myself. Clearly, there was almost half of me not tapped into at the time. So yeah, I wasn't aware, but what I knew was that there is something more but I'm not connected to it.

**[00:11:40] Kathy:** In the book, you said that it was this inner emptiness that you were feeling. How did you recognize that and how did you soothe that?

**[00:11:49] Ulrika:** Yeah, I wasn't aware of the emptiness, but the way I subconsciously soothed that was by working more. Like with any addiction, I would say-- it could be working a lot, it could be any other-- it's a coping mechanism that we're doing, and we can all sit and think about, "What is it that I do to avoid really living fully?" Because that's what it is. We are not ready, at the time, to see and feel all the things within ourselves or see our own power.

For me, it was to completely focus on career. I had a young family at the time. Now my kids are older but, at the time, it was such a busy life. So it was very easy to be fully absorbed in that "go, go, go" mentality.



What I learned, later, was that that was completely opposite to how I run energy. No wonder I was exhausted, no wonder I was frustrated many times, or felt that I was out on a limb and not one more day, right? But yeah, it's this disconnection from who we truly are when we favor the external kind of pursuit.

**[00:13:21] Kathy:** And then you had quite an abrupt turnaround. You were called into a conversation with your boss and HR and you were told that your services were no longer needed.

So, I'm curious how that impacted this identity that you just so succinctly described as this is who you were. You were this busy scientist/mom, and suddenly, part of that goes away without you seeing it coming.

Let's talk about that day after. You wake up the next day and you're not going to work. What was that like?

**[00:13:57] Ulrika:** Yeah, the first thing was that it came as a complete surprise to me. At the time, it was like, "Can this really happen?" It was that sense of, like my world was just gone.

Often, when we go through a transformation like that where we're presented with an opportunity to transform, it hits where it matters the most. And no wonder it happened within my career because that's where I was most identified as an individual.

So that day, yeah, it was really a hit to my self-esteem or self-identity. It came from [laughs] nowhere. But I realize, now, that, obviously, that was divine





intervention because I had been given this opportunity to pivot. And this can happen in any situation. For me, the framework was work, because that's where I was holding my identity. That day after, it was also this emptiness, like, "Okay, who am I now?"

**[00:15:21] Kathy:** A different kind of emptiness.

**[00:15:23] Ulrika:** A different kind of emptiness. I remember sitting in my office here, because I worked from home at the time, three days a week, I think it was. I was sitting down at my computer as I always do, and it's like, "All right, what am I going to do today?"

That was a new feeling to me, very new. That had never ever happened to me before. In hindsight, you can sit here and think like, "Oh, a job is a job. Don't be so upset," and all of that. But at the time, this was mind-blowing to me. It really was.

And it was meant to blow my mind. It was meant to. [laughs] The side story, too, that I actually don't write in the book is that it was very easy, I would say, to get another job in the same career, same industry. That wasn't the issue. I went on to another job in the same industry for a while.

But the difference here was that I started a process of transformation during that time. It wasn't that much of a long hiatus, if you will, that I was sitting in my office trying to figure out what to do next. It was a couple of weeks.



But to go back to that day, it really came as a flip of a switch. I realized, very quickly, that this is my opportunity. Once I realized that, that opened up a lot of other things.

**[00:17:11] Kathy:** I think it's very wise that you chose something that you could do for some stability, while you were exploring. Suddenly, you were on a parallel path, right? It wasn't so singular and focused. The next part of the book, you talk about heart-driven living, which sounds like you were transforming yourself to explore some of that.

The characteristics that you include in the book include things like energy awareness, creativity and inspiration, intuition and inner knowing, nature connection, body wisdom, and signs and synchronicities.

As I read this list, I can remember how each one of these elements slowly awakened in me and then had deepened over the years, and it's been one of the most fantastic journeys that I've been on.

But in the book you tell a story, and I wonder where this fits in your timeline, where you went to a new yoga studio, I believe it was a few months after being let go, and after class the instructor suggested that you get certified as a yoga teacher. Can you talk a little bit about that story and your hesitation and some of the process around that?

**[00:18:24] Ulrika:** Yes, yes. When all of this happened, I was actually doing yoga, maybe once a week. And thankfully, I continued with that.



Now, a few weeks after this "rock bottom," as I call it-- and this, again, was synchronicity that my yoga teacher said, "Hey, I'm going to start yoga teacher training and I think you're going to be a great fit for that." I was like, "No, I'm never going to teach yoga. No, never."

And this is when we are still very boxed in, "Can I do it? Can I not?" It's like, "No, yoga is great, but, teaching, no."

But in hindsight, because that's what happened after this rock bottom, signs and synchronicities were starting to show up. And since I had snapped out of this "go, go, go" mentality, I had the opportunity to start noticing, "What is it that is coming in front of me?" That was one of the things that led me one step in the right direction.

Because I did-- yes, I signed up for the yoga teacher training, that took almost eight months to go through. I was still working. I had the next job within the same business or industry. But that's what I meant with the parallel transformative time. I was still secure financially if you will, but I allowed myself to explore all of these other modalities that I have gone through since then.

Yoga was the gateway, basically, to that inner depth. And moving on to teaching it also provided me with additional depth and discovering my healing capability, if you will, or teaching capability in that respect.



**[00:20:33] Kathy:** Yeah, and I love this idea of noticing. That even though you had this new job, you gave yourself the space to be able to notice some of these things. And I'm guessing as a logical scientist, it was easy to dismiss some of that.

How did you get more comfortable with giving these synchronicities some credence of like, "You know what? I'm really being told something here"? How did that work?

**[00:21:03] Ulrika:** Yeah, it's always, I would say, a struggle. But what happens is that the more we increase our self-awareness, the more we increase our ability to observe ourselves and observe our inner conversation, if you will, that allows us to notice more. What happened for me was that the signs and synchronicities that I received were so clear, those times when it was, "Okay, here's now. Now we're going to open up another door for you." The signs that I was given at that time were so clear, so I couldn't miss them.

And that's what I want to share with everyone else, too, that when you are in front of a new opening in your life, you can't miss it. But it depends on if you embrace it or not. That's where the mind-driven way we're living comes in, right? Because we negotiate away, so easily, those openings and opportunities that are placed in front of us, and then we have all the reasons in the world not to.

This process, for me, was allowing me to loosen my grip on my mind, loosen up a little bit in terms of the strong logic, and sit back, observe a little bit more. The yoga teacher training really took us to a different level in our connection with our body,



listening to-- I talk about body wisdom in the book, but also this ability to observe, which I had never really paid attention to before.

It was never really important to observe myself and notice patterns that, "Is this serving me or is this not serving me?" That was never, in my previous career, something that I was even interested, or able to do.

**[00:23:14] Kathy:** Well, I wonder... now, hindsight being 20-20, when you look back at that time when you were the scientist for that first company, do you think that there were signs and synchronicities happening around you and you missed them?

**[00:23:29] Ulrika:** Oh, yes. Yes, I can definitely-- The signs and synchronicities are also based on how we feel, because if we feel that we're struggling or frustrated about something, and in the previous world, we were just pushing through-- It's the stress level, it's the frustration. We were just living through that. But now it's like, "Huh, now I feel a little stressed, or I struggle with this. Maybe it's not for me."

So that's the sign, right? When we're struggling with something, it may be that we're on a detour, but that there's another door somewhere else that we haven't opened. That's the openness, the loosening the grip on what needs to happen in the mind, but rather tapping into different possibility, which is more of the domain of the heart.

**[00:24:26] Kathy:** Yeah. And then I'd love to round this out by talking about what you call the "shifts of multidimensional living."



When you were first pushed out of your comfort zone, you say that you started asking yourself, "Who am I? What do I want? and What don't I want?"

I think that's a great place to begin, but those are really big questions. Now that you've talked a little bit, I'm picturing you being in your office the day after with these big questions in your mind. Talk a little bit about how you worked through them.

**[00:25:02] Ulrika:** Mmmmm. Yeah and here's where people always want a quick fix. How do I answer those big questions of mine? And that's when I come in with my realistic side.

This is a journey [laughs] of, every day, allowing ourselves to be who we are. So it's not like a flip of a switch. It is a commitment to becoming ourselves and scaling off everything that's not ourselves. That's why the first shift is so critical, because that comfort zone that we're so familiar with, but maybe it's not even good for us, that's where I was at.

I don't think if this intervention-- I call it the Universal or Divine Intervention, because it really was. It was my comfort zone to live in that "go, go, go" mentality. Once we come to that point where we can see the benefit of a change or we allow ourselves to even look the other direction and see something in a new light, that's when it becomes a commitment. I write about that in the book, too. That this commitment was so strong.



A bit into this process, not on day two, but down the road, it became such a clarity within me that there was a point of no return. I write about that because that's when we know we're on a different path when we feel that inner commitment that is like, "There's no way I can go back to my past."

But it's an inner shift, so there's very little in the external world that, "Oh, things are changing." It's that inner commitment. Yeah, so that was very, very strong within me. And I think that is a very personal journey.

That's why I'm saying when people are asking, "What did you do?" Or, "How did you get there?" It is this personal journey we have to allow ourselves to go on. It can take a shorter time, it can take a longer time. But the important part is those questions, even if they feel big in the beginning. On day two, they certainly felt huge to me because I had no answers. But allowing ourselves to have no answers is Step One.

**[00:27:46] Kathy:** I think what's interesting is that the scientist in you is used to working with big questions. But you just said something right now, which was, "I had to allow myself to not know," and that's not what a scientist does.

So it almost feels like there's this logical part of you that actually helped you through the process. But then there was that part that had to have permission to be able to say, "Yes, I'm going through this process logically, but there's no outcome." Is that a fair way of describing it?



**[00:28:24] Ulrika:** Yes, exactly. You described it beautifully. And I think that what really happens is this "go, go, go" mentality-- we all know what that is-- there was not a balance within myself of these two things, to be able to see the unknown or accept the unknown. It was this heavy imbalance within myself.

As I walked down the path of discovering more of myself, in that bucket of the unseen and the unknown and what's right for me, not what seems right on the outside, balance has come now into place within me. Both the scientific logical side and, I would say, the spiritual, more heart-centered side of me are-- like now I'm a few years into this-- much more balanced. I'm still very logic, that's not going to go away as well.

**[00:29:27] Kathy:** Sure. Yeah, I get it.

[laughter]

**[00:29:31] Ulrika:** But now I can tap into what's unseen as well and see that as a part of myself. That's pretty cool and I think it was time.

**[00:29:41] Kathy:** The beautiful thing of what you're describing is that it almost feels like the logical part of you is actually the grounded part. Because you could fly away with all of the other stuff, right? Get lost in the synchronicities and all of these other things, but there's a groundedness to this, which it sounds like it's those two pieces that are actually making the whole work as it is.





**[00:30:02] Ulrika:** Yeah, very much so. Because with this book, I wanted it to be an actionable self-help book because that actionable part is so important to me that people can actually take that and do it themselves.

So yeah, that's where the detail-oriented, logical importance comes in. Because you have to be able to, as a teacher, describe to people and have them go through their own experience about it. Yeah, so it's this balance between being able to ground the unseen to something that's grounded. Yeah, you're absolutely right about that.

**[00:30:46] Kathy:** I wonder, if you didn't have this Universal Intervention, as you call it, and you never had that conversation with your boss and with HR, where do you think you'd be today?

**[00:30:57] Ulrika:** That's a great question. I think that I would just have gone through another cycle of just more of the same. But I would have been put in an even more severe situation next time, because that's pretty much how it works, until we get it.

We're given signs and synchronicities of life choices in our life that we can do, and we have free will to do this or that, or whatever we want. But when we are so blatantly off track, if you will, imbalanced, yeah, I think I just would have gone through another cycle, however long that would've been, to next time when I had a chance to awaken to who I truly am, my true self.



It's hard to say exactly what framework that would have been in if I had gone another cycle. I call it "another cycle" because it is-- now I know a lot more about energy and how we are cyclical in our energy transformation, if you will.

Yeah, so hopefully, I would have been here still [laughs] because I am here with you today, so who knows? I may have been led to you anyway.

**[00:32:31] Kathy:** Yeah. Is there anything about the old life that you miss?

**[00:32:36] Ulrika:** I miss... well, I miss the science part of it because I'm a lifelong learner and science has always-- I started out as a cell biologist, microbiologist, way, way back, many years ago. I miss learning about scientific topics, but I don't miss the way I sacrificed my own body or wellness or inner health in the process of all of that. I don't miss the business travel or early mornings-

**[00:33:24] Kathy:** Hear, hear.

**[00:33:25] Ulrika:** [laughs] -or the go, go, go, back and forth. But of course I miss people. I worked with a lot of brilliant people. But I love my life now. It's that, but even more enriching every day.

**[00:33:43] Kathy:** So with this new shift then, where do you, or when do you, feel most in your element? When do you really feel like your true self? What fosters that?

**[00:33:56] Ulrika:** Mmmmm. When I'm at my true self is when I am inspired and in the creative state. And for me, that happens often in writing. I very easily channel



in that sense, that I write. My book is just the first book of many, I think, [chuckles] but it's that feeling of being completely absorbed by an inspiration or some creative endeavor. And that is because I feel that that's really when I link into my life force.

And that's something for everyone who's listening or watching. Like, when do you feel this little spark of creativity? Because I found that that's what I did not have in the past. I was far away from that state of creativity. And I'm not talking about always having to paint a painting or create something with your hands. It's that idea, that spark of something that I'm now connected to almost every day.

That's a big, big difference because from there comes creation, right? And that flow of energy that just is effortless. It's a relief to feel that I don't have to struggle. What I do now, I don't struggle with anything. There's not a day where I'm not feeling inspired or in flow. Who doesn't want to live like that? It is to find that passion within yourself. And it doesn't have to look a certain way. That's the thing. We have to let go of, "It has to be this or it has to be that," but it's an exploration.

**[00:36:04] Kathy:** I'm smiling because speaking of synchronicities, my next question was, what has you feeling inspired these days? What's lighting you up?

**[00:36:11] Ulrika:** [chuckles] Every day! Yeah, so now that has become the way I know something is right for me, instead of looking at the next shiny thing that somebody has received success with or been recognized for. That's a different thing. It comes from within instead of like, "Over there, I want that," and go there.



No. It's not necessarily, "That's right for me," but once it comes from within, I know it's right. It just is. And that's the big difference.

**[00:36:47] Kathy:** It's interesting. You're talking about this energetic feeling. And so now you know what that flow feels like when it's a "yes." What does it feel like when it's a "no," something that you shouldn't be doing?

**[00:37:03] Ulrika:** That's when I still feel frustration or struggle. And I feel it a lot earlier now. Before, I ignored it and just pushed through. I don't do that anymore. So when I feel there's a little bit of resistance, there's a little bit of it's not moving or I have to put huge effort into it, I don't do that anymore. I just divert.

When there's something that maybe it's not right, right now-- it's a bigger trust in that when I feel in flow, that's the right direction. I've become very in tune with that. So that's my way of making decisions today.

**[00:37:50] Kathy:** Yeah, that's beautiful. I have found that as well, there's this sense of surrender and listening that kind of brings you through-- like you can feel when you feel that clutch in your chest, there's something there that's probably a "no." But when you feel that expansiveness and it becomes one of ease, that's usually a "yes," and it feels like it's very similar for you.

**[00:38:15] Ulrika:** Mmhmm, yeah. And we all are different. That's part of what I help others with, too, to really tap into what their own unique way of this inner compass, how it works, because it's different for everyone.



**[00:38:32] Kathy:** Speaking of helping others, tell us a little bit about the services that you offer and how folks might be able to get in touch with you.

**[00:38:40] Ulrika:** Yes, absolutely. I have a basic coaching program, that's the basic level where people start out, and it's nine sessions over three months. So that's how you enter my world.

And I also offer energy healing as an option to that. The reason is that when we transform, the coaching really provides this beautiful interaction where I help navigate energy that needs to be resolved, basically, within ourselves and it's talk coaching. But if we really want to accelerate and elevate that experience, the body-- and here's where my yoga teaching is coming in-- the body needs to transform too.

So, I am a Reiki practitioner, so I use the body, too, as a vehicle for transformation in that sense. An opportunity to align energy that's stuck within the physical vessel as well. And that is like a combo of-- it's so beautiful to see people unravel when the body is also part of it.

I also provide, I would say, more of an education-- I call it an education, for an individual education about how each individual runs energy. So I use astrology, I use Human Design and Gene Keys. And I'm also channeling because there's so much we can learn about ourselves that's already out there.



And as a scientist, I had no problem when I first came into contact with these systems, they're energy systems, to absorb them and make my own combination of them, and how I use them with my clients.

So that has been tremendously appreciated because, why does this matter? It's because we, each one uniquely, have to learn what works for us. And there is no recipe by looking at somebody else, what works for-- it's not a guarantee it would work for you. So I'm in the business of helping empower people to be more self-aware, in that sense.

Some entrepreneurs that I've been working with apply this to their own business, how they run their business, and no wonder or like, "Now I'm off in all flow, business is great." It's a ripple effect of obtaining this knowledge about how we run energy. That's why I speak about it quite a lot in the book.

It's how we manifest, how we attract, all of those things. When we are in alignment with that, it becomes a life with more ease and flow. And who doesn't want that?

**[00:41:47] Kathy:** Exactly, because you're aligned with what works for you in this world. I love that approach. Can you tell folks how to find you? What's the best way to get in touch with you?

**[00:42:00] Ulrika:** Yes. Please come and visit me on [UlrikaSullivan.com](http://UlrikaSullivan.com). And on there, I have a gift for you. It's my *Seven-Step Guide to Listen to Your Intuition*. Because listening to our intuition is how we open up to this other side of us that



does not need to have the evidence on the table before we can believe it. It's that energy of just knowing. Yeah, come visit me.

**[00:42:29] Kathy:** I will link that up in the show notes. It was such a wonderful conversation. I thank you so much for your time, Ulrika. Appreciate you being here today.

**[00:42:36] Ulrika:** Thank you, Kathy. You're doing beautiful work.

**[00:42:38] Kathy:** Aw, thank you.

[music]

**[00:42:42] Kathy:** Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit [www.AthenaWellness.com/podcast](http://www.AthenaWellness.com/podcast).

Until next time, be well!

[music]



**[00:43:45] [END OF AUDIO]**