

## Podcast Series: Holistic Nature of Us

### Episode #90: Meet: Sara Daves

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Hi, I'm Judith Dreyer, and thank you for joining me for this podcast series "The Holistic Nature of Us." My intent is to take us, you and I, into a better understanding of the concepts behind our holistic nature, and how that ties us directly to the holistic nature of the world around us. How can we connect the dots in practical ways that we are nature and nature is in us?

I feature a broad range of guests deeply concerned about the environmental issues of our time and more; authors and educators, practitioners, and others whose passion for this earth and all species help us create sustainable bridges of understanding. And these folks are innovators. They're action-oriented, creating solutions in a variety of ways that honor us and the whole planet's holistic nature. And I am so honored to share their stories, their projects, and their passion with all of you.

Today I am delighted to introduce you to Sara Daves. She is an intuitive purpose coach helping clients to clarify their true life's purpose so they can step into their authenticity and manifest the magnificent life that is waiting for them. She is also a conflict resolution facilitator, helping others resolve their internal and external conflicts at the core so that they can heal their wounds and experience a supportive loving relationship.

So Sara, welcome! Thank you for joining us today.

**SARA:** Well thank you for having me. I appreciate it.

**JUDITH:** So let's talk about you and your journey. What brought you to the place that you are in today? I know from your website that you offer some fantastic programs. You also work with conflict resolution. That's something I'd love to hear more about because our world is in such uncertainty that it causes us to react instead of respond, and maybe during the course of this talk you can address that.

**SARA:** Yes absolutely. Conflict resolution work is weaved in everything that I do. I worked with a non-profit organization about ten years ago and we kind of separated because I moved away and then some years later we

came back together and finished refining this process and started doing workshops together and things like that.

My mentor, the president of this non-profit, which is the Alliance for Unitive Justice, Sylvia Clute, is the president. She is my mentor. She has taught me how to use the unitive circle process and that is based on the concept of unity and based on the theory of unitive justice.

The reason that I care about this so much is because my son was convicted of a crime that he did not commit, and you can actually go to my website and read about it. It's a pretty long drawn out; it was a long drawn out journey for us but he finally came home. We were ready to put all of that behind us so he could move on. He was twenty-three when he came home and six weeks later, he died. The emotional violence that he endured in the prison system when he entered at eighteen years old was more than we could comprehend and really understand. And it seemed that he was doing okay but it turned out that he was struggling more than we knew.

**JUDITH:** That's such an incredible story. I mean my heart as a mother goes out to you just to be witness to your child going through. This has got to be more than difficult.

**SARA:** Yes, and what he found there, while he was in prison for five years, he found connection there through values. You can't get around the rules. You don't really get to make a lot of choices in that environment, no one does. But you can choose to live into your values, and that's what he chose to do.

And so, he became the, I want to say the inside jail attorney if you will, for all of the inmates inside of the prison who received charges on the inside. And he worked with everyone who received charges and he never lost a case, but he made sure that he lived into his values while he was doing that work and really connected with people.

Some of us step into our purpose in ways that we never thought we would. Christopher got me thinking about purpose. I know that he impacted people beyond what I...I mean I don't know all the stories, there's no way. And he was impacted by men who had some incredible stories, and so his empathy grew by leaps and bounds in that environment. He was able to give in a particular way that he wouldn't have been able to do had he not entered that system. Now I do believe that there are destiny points that we hit in life and

death is one of those. So that's not really something that I ever thought about until we started going through this journey with him being gone and then passing after he came home. But in the middle of all that, you know, we have purpose. And there is a reason for us being here. No one is here for no reason. No life is valueless. We all are incredibly valuable and loved more than we can comprehend and that's why it's very important for us to figure out what that purpose is.

**JUDITH:** Well you hit on a couple of points. First of all, life is mysterious, isn't it and fulfilling a purpose has...we put a human expectation on that when actually it's a divine decree, you know? And you put it so beautifully that maybe his gift and his life was doing exactly what he did. And how many lives he touched, that you will never know, you know? And I think that's a beautiful reminder in this time of uncertainty that we're living through that many of the current generations have never had to live through, reminds me to release expectations and be more present in the moment, understanding what our gifts and talents and purpose is.

**SARA:** That's right. I don't know all the people that he impacted. I do know that the people that he left behind when he went to prison stayed in touch with him and they stay in touch with me today, all of his friends. He was so loved and adored. And when he was even in prison I would receive Facebook messages on Messenger from people who were trying to get a hold of me for their loved ones who were inmates in the same prison as him, who received charges on the inside and they couldn't reach him. So then it was up to me to let him know that so and so is looking for an attorney and needs you and he would have to go and find them because he had that kind of pull in the environment because he was that. He served that role. And I just...he was amazing. I could talk about him forever. I mean he's just my heart and soul, you know?

**JUDITH:** Yes, and you know what? I still feel that his message through you is an incredible reminder that we often come into our purpose in the most unexpected way.

**SARA:** Absolutely. It took me losing him to step into my purpose. You know I was a good parent, you know? I was like go to college and he was in college at sixteen years old. And you know, get your degree and just have your back up plan. And he said, 'I don't want to do that Mom. I want to build things.' And that's probably not going to serve you later on in life and

it's not my business what he did with his life. And it's no parent's business what their children do. Our children do not belong to us, you know? And that's one of the reasons that we get caught up in these systems; in the family system, in the school system, in the justice system, the peer system. You know we're living in all these systems based in punitive justice really. I mean you know, and then we're acting out of fear. We're saying well we have to go and do these things because if we don't, all the things that people tell you, you have to do and if we don't we're going suffer. Well, we see that when we follow the expectations of other people we suffer. We never really step out of that and do what we want to do. You know we're a YouTube.com nation. You can learn anything on YouTube. I would never at this point, now that I see that I was acting from a fear-based place, I would never tell a child to go to college, ever. It's a complete waste of money. Everybody already knows what...I mean they don't know, maybe not consciously but subconsciously, you already have this information within you. You can actually have your natural talents, gifts and abilities tested by age fourteen.

**JUDITH:** Yeah, that's an interesting paradigm, isn't it? Because I think part of the reason why we have an education system that we do, and don't quote me on this, but I think it's to keep people out of the work force longer which helps us economically. So, I agree with you. I think children should follow their heart and their path, with guidance of course. We're here to guide them. We're here to help them dig up the nuggets of where they could be right now. We have no idea what five years is going to be but right now what feels right? And I don't think we get enough education that way. And Sara something you may not know about me but I've been working with dreams all my life and what I've noticed is our society really doesn't teach us how to work with our dreams and I'm talking about the dreamtime in a very broad sense. It's a missing piece in our psyche that gives us better clues as to our self and what we're here for.

**SARA:** Yeah, I would agree with that, you know? It's interesting that you brought that up because my dreamtime, and right before sleep and right as I wake up, is the most vulnerable moments, are the times when I receive downloads. I use that information to make decisions in my life and now this comes natural to me because it's part of my natural ability but everyone can do it. Right? We can all step into it.

**JUDITH:** Yeah.

**SARA:** I mean we're designed to. I mean we don't learn how to dream, do we? We just know how to dream. Just like we don't learn how to use our imagination, we just have one.

**JUDITH:** That's a good point. That's a very good point you know? And we can...I think once we have more awareness about them, we can tap into them more deeply, don't you think?

**SARA:** Yeah, absolutely. And I think meditation is a really good start for that. And you can mediate in any fashion you like. There's walking meditation. You can meditate with your eyes open or closed. There's guided meditations, all kinds of stuff. So you can just get yourself centered and start to really give it a go within and listen to what your body is telling you, your, you know, spiritual self, your emotional body. You know and kind of getting that mental body out of the way for a little bit just so you can start to really get to know yourself. And when you start to do that, I believe that your dreamtime can become more rich and meaningful, and you will remember it. I mean there's all kinds of things that you can do while you're sleeping. You can leave the body and travel around.

**JUDITH:** Those are skills that are sadly lacking in the Western culture. Programs like you have to offer, I think ignite that imagination, ignite the stimulation for the dreamtime.

So why don't you tell us about maybe your mission, with developing your programs and what you have to offer.

**SARA:** Yes. Okay, yes. I'm a purpose coach and I call myself an intuitive purpose coach because I have those two pieces. I have a logic based testing system that I have to start off with in determining natural talents, gifts and abilities and also the innate preference from your view of the world and also different mechanisms that people have picked up along the way. We look at all of that over a period of time. It takes a long time to get through that. It's four weeks. And then we start to move into the intuitive piece and so I have guided meditations that I created. I have twelve of those, and they are binaural beats for Theta waves. Seven of them are for specifically for chakras, work and they're like sound bowls or singing bowls and the key of each chakra for those. And then I have some other ones that I just will give out depending on what people need, because I work with people individually. It's a twelve-week process. Once that process is complete than

there is a deep understanding of self and this unbreakable validation. I mean all of the judgment disappears and it's such a, it's a beautiful process and I love the work that I do.

I also have an on-line coaching program specifically for those who prefer to move through the world in their feminine essence or lead with their feminine essence. We are in...I don't want to leave anybody out, okay? But this is people who want to lead with their feminine essence, you know that is what they choose to do. We haven't really been taught how to do that very well. And that means going within and entering the unknown and questioning the mysterious. Growing your intuition and allowing and receiving and learning how to manifest from that place. So this program is a year-long. It's like I say, "take a year to get clear." It takes time. It's not an overnight work. Like oh, manifest your partner, your soul mate or a new car. I mean we invest in all that stuff. I mean it's not...be careful what you ask for.

**JUDITH:** Oh, I agree. I'm so glad you said that because I cautioned my children with that Law of Attraction stuff: be careful what you ask for. Because I really think the soul, our soul has the final say so, not just trying to control things with our mind. I think that's a really good point that you just brought up. And the other point that I think you bring up so beautifully is that we're both male and female essences as a human being. I think we're in the time period, the era if you will, where consciousness raising is having us realize that it's time to balance the two within and if we do that, we'll be more balanced in the outer world. Your program seems to be just right on for the time that we're in.

**SARA:** Yes, absolutely. This is all about balancing the masculine and feminine within. We are going to naturally lead with one or the other, because we live in the 3<sup>rd</sup> dimensional dualistic reality and so we can't get around that. But some people have transcended that and that's a leading vibration on so many levels. But I can't really get into that because I don't have enough information but I do know that manifesting from that place that's...and I talk about the Goddess nature and in my program 'Manifest Like A Goddess', we talk about goddess archetypes. And the archetypal process is such a fascinating one to me and it transcends everything. So with any archetypal process you can go back, you can take it back forever and you can see how it interconnects and weaves with myths and stories and things like that.

I chose twelve goddesses and created archetypes around them. Women can take a look, or those who lead with their feminine essence can take a look at them and read through them and see the light and shadow sides of each archetype. And we...essentially, we are all of those, right, on some level. Or we will move through those at some time in our life and resonate with some more than others at certain times. But we can also see those archetypes being played out by the people in our lives. When you find your archetypes, this really resonates with me, this light aspect of the archetype. Well there's also the shadow aspect. But when you see the light and the dark, you know, it is like you judge yourself right? And then you might see a shadow aspect in another archetype of someone that you know. So, oh, you know, that sounds like my sister or my mom or something. And then you read the light aspect and you say, okay. Then there's less judgment there. So that's one of the first things, I think it's module two in the program, it's just peeling the layers of the beliefs that we have, of the judgment and really muting all that punitive belief system into the Unitive Belief System that we are all connected and there's no getting out of that. And so yes...

**JUDITH:** Wow, yeah. Well that's a lot right there. You know why? This show is about our holistic nature and what we forget is that the models out there that we've been living under, and you said this in the beginning, the qualities of them are conquer, control and dominate. What we're looking for are more regenerative sustainable models, so that we thrive. We don't want to just survive on this planet. No body wants to just live from paycheck to paycheck and wonder about getting our kids to the doctor. Do they have enough money to get them there?

We want to thrive. We want to be sustainable. And then if we are sustainable, then our kids will be sustainable. And so it doesn't matter whether I talk about gardens or agriculture or farming or any aspect there of, but even in our emotional development, our personal development, our purpose development, if we have a sustainable model we all win, and that's what I love about the kind of coaching that you do and your feminine essence one. Because archetypal forces for me say, oh, I heard the language of my victim. I know exactly what it sounds like. Okay, I can manage that. And Thich Nhat Hahn gave me a beautiful way to understand the shadow. You know he says, 'Dear habit.. I know who you are and I'm going to take care of you.' And I just love his kindness. He reminds me to be kind to myself as I do this kind of work. This is really great.

Do you have any other programs, or these are your two major programs, right Sara?

**SARA:** Yes, these are my two major programs. I am now, because this is so needed, just as you said. I mean everything that you just said is what I'm focusing on right now. I'm planning a conflict resolution workshop for the fall and it has to be very limited and of course it has to be virtual. Because we're talking about Unitive Justice theory, we're creating a mindset shift and that doesn't happen easily. It's an experiential workshop where the vision is really coming from loving kindness and learning how to communicate honestly.

And also, just understanding what our punitive system actually is. Most of us don't even know that we exist in one and so there's a little history lesson involved in that. And then also talking about what it takes to move to the Unitive System. These are the tools that are taught in these workshops that are usually done in person. We can do the first part of them virtually but, you know, you will eventually learn how to resolve conflict between parties. You know two people outside of you or have better conversations with the people that you love, maybe even resolve internal conflict.

I have some meditations on my website that help to resolve external conflict and then another one that helps to resolve internal conflicts. And so those are available there. I think they are in the footer of my website, so you'll have to check there. But they are also part of the manifest of the goddess program. And so all twelve of my meditations are there. You would do them along with models depending on what you're working on. But this is very deep work, all of it; The Conflict Resolution workshop, the Manifest Like a Goddess program, and especially the individual coaching for purpose.

**JUDITH:** They are, they are. Because to peel back the layer of the onion you have to be brave, you know? And even when I tell my clients and participants in my classes for the dreams, you know this isn't for the faint hearted. It's sounds great to be traveling to Hawaii at night and enjoying that and waking up with that memory, but the dreams come to help guide us in our own inner development and that takes a bit of grit. And it's not always easy. Luckily, programs like yours, participants have a support system and they can discuss the nuts and bolts of what you're trying to accomplish with them. Those kind of formats are very needed.

On another level, I feel we never get taught a conflict resolution in our education system and I think we should start teaching children that as early as five. They can understand how to say something or not to say something, you know?

**SARA:** That's true.

**JUDITH:** Yeah, and if they had it at five think, about what they'd be like when they got to be thirteen.

**SARA:** ( they become more conscious) and you can't have an argument with a totally conscious person.

**JUDITH:** Yeah, and people don't understand that either. I don't know about you, but I get tired of the ranting and some of the aggravated emotions that we seem to idolize in our culture right now. So, it's hard for the kids to have good role models and we need to do this one program at a time, such as what you're doing.

Before we give everyone your contact information, do you have three tips before we leave?

**SARA:** Sure! Yes! So the first one is **be courageous enough to step into the unknown, that's where possibilities exist.** You will not find new possibilities in the known. And that's moving from the concept of Newtonian Physics to Quantum Physics, and that's one of the things that I teach in my Conflict Resolution workshop.

The second one is, **find your purpose!** Just search for it. If you set the intention to know what your purpose is then you will become closer to getting there and life is a journey. You know you're never done. So as long as you're having fun, you're getting closer to your purpose, okay? So, go have fun, you'll find your purpose. You will get closer at least.

And then **don't wait to live. Life is delicate and ultimately** it doesn't matter if you lived to be twenty or one hundred and twenty. Live is over in a blink and you know those last regrets of the dying, it's never what we do in our daily life. So don't wait to live.

**JUDITH:** Thank you for that. Again, with our uncertainty and the scares and the fears with Covid we forget that life would be delicate any way and

there are no guarantees. So again, that was so beautifully said, and I thank you for that.

Sara, do you have any other comment or would you like to give us your contact information?

**SARA:** Sure, yes. So my website is saradaves.com and that's Sara without an 'H'. And then you can also find me on Instagram at Sara Daves and you can find me on Facebook at Sara Purpose Coach.

**JUDITH:** Okay, we've got that for everybody and I usually have an transcript anyway so I put all this information in there so that people have it for reference, for their own personal use, which is great.

Okay, then anything else before we sign off?

**SARA:** Well I would just like to thank you again for having me. It's been a pleasure talking to you and I'm really interested in the dreamtime conversation that we had and I'm hoping to continue that.

**JUDITH:** Oh good, I hope we can too. It's one of my passions for my purpose in this world. So, thank you for that. We'll have to do something.

Well folks, again, we're ending a beautiful discussion with Sara Daves. I hope you feel as inspired as I do, not only by her story but how she has applied it into her everyday life and what she has to offer.

This is Judith Dreyer. I'm the author of "*At the Garden's Gate*", book and blog. My book is available through my website, which is [www.judithdreyer.com](http://www.judithdreyer.com) as well as several distribution arms. I want to remind all of you again that a transcript is available for each podcast. Please like and share them. Let's support each other and get the word out.

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Enjoy your day.

