

## 243: The Healing Power of Nature (with Sara Schulting Kranz)



### Full Episode Transcript

With Your Host

**Jen Riday**

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## **243: The Healing Power of Nature (with Sara Schulting Kranz)**

You're listening to the Vibrant Happy Women podcast, episode number 243. We're talking about the healing power of nature. Stay tuned.

Hi, I'm Jen Riday. This podcast is for women who want to feel more vibrant, happy, aligned, and alive. You'll gain the emotional, physical, and spiritual tools you need to get your sparkle back and ensure that depression, anxiety, and struggle don't rule your life. Welcome to the Vibrant Happy Women Podcast.

Hey my friends, Jen here and welcome back to Vibrant Happy Women. How are you doing? We are right in the middle of autumn and it's Halloween time. Do you get to do trick or treating in your neck of the woods? We do and we are so excited. I have 4.5 kids who are virtual schooling. What does that mean? Well, my 17, 15, 13 and 10 year olds are full on virtual schooling. And Cora aged seven has half days of school four days a week and then virtual school the rest of the time.

So I'm not going to complain or offer any thoughts but I am letting my kids learn independence right now. And for more than one teacher I have explained, "My kids are on their own for the most part. If they get it done they get it done, and if they don't they don't." And that's how I'm handling it. It feels good.

And like I said to my daughter, Jane's teacher, "Jane is 10 years old and she's getting herself to her Zoom classes." That is impressive, talk about life skills. I was letting the teacher know that I value life skills and I'm happy with that life skill that was learned, anything else, no pressure. Teachers you're doing a great job, we love and appreciate you. How is virtual schooling going for you? If you're in person, oh girls, I am pretty much totally jelly, totally jealous, totally jealous. Enjoy that while you can.

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Well, anyway we are here to talk about those moments in your life that come up that can be called traumatic. My guest today is Sara Schulting-Kranz and she experienced a couple of traumas in her life. And she found an interesting way to heal from those which is to be out in nature. I personally find nature very healing. I think it's one of my biggest life miracles that I live in the house that I do right now. When we lived in Madison we were in a three bedroom, we had five kids there. That was fine. It was just getting a little bit small for us.

And we were searching for a home right after that 2008 dotcom crash. And we looked, and looked, and looked and nothing was quite right. And I had seen this one home and driven by it and I thought, I don't know, I don't know, that's weird. But then we were getting kind of desperate. So we drove to that home again and we went inside. The minute we were inside I was like, "Oh, this is the house," my husband, same thing.

Lucky for us our home is essentially like a three storey tree house. What does that mean? Well, you look out any window and the house is essentially in the tops of the trees because the backyard slopes down so much that the tops of the trees are what we see out of our windows. Now, why is that a miracle? Well, a lot of stressful events have happened with our kids while living here. And I can say – I can say that looking out those windows, being in the middle of those healing wonderful trees, and the nature, and the deer, I think it has saved me.

I'm still here on this podcast. I am not medicated in an institution. Nature has been so great.

Well, my guest today is going to talk about how nature helped her through a trauma. And I want you to think about as you listen. How can you have more nature, healing walks and hugging a tree if you do that kind of thing,

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petting cats and dogs, whatever, whatever your version of nature is, putting your feet in the grass? How can you have more of that in your life to reduce the cortisol, to come down from the stress of a trauma or something making you feel burned out or overwhelmed.

Being just a mom right now during Covid, virtual schooling is enough to make you need that healing time in nature. So as we listen pay attention to how you feel, what intuitive thoughts come to your mind about how you can come down from your stress, and your traumas, big or small, and feel calm, cool and collected again with the help of nature. So let's go ahead and dive in.

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Jen: Hey everyone, I'm talking with Sara Schulting-Kranz today. She's a professional coach, wilderness guide, author, TEDx speaker and executive producer of a documentary in production as well as the author of Walk Through This: Harness the Healing Power of Nature and Travel the Road to Forgiveness. She's also a single mom of three boys, an adventurer at heart and a survivor of multiple traumas. Her business and dedication to others' transformation began after finding her own healing in nature. Three words have led Sara to where she is today: truth, inspiration and hope.

Sara, welcome to Vibrant Happy Women. I'm so glad you're here to talk about this.

Sara: Well, thank you and thank you for having me, I really appreciate it.

Jen: So those words, truth, inspiration and hope, how did you choose those three words? And tell us a little bit about your journey.

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Sara: I am a survivor of multiple traumas, everything from – I was raped when I was 17, and had to go through a huge trauma recovery back then. And there is more to that which we can get into. And then when my second trauma hit at the age of 40, I was a survivor then. I had to go through a relational and betrayal trauma, that's what happened to me. My husband at the time had been betraying me for most of our marriage and I didn't know any of it.

And so through that process of my own trauma recovery I spent a lot of time in nature, hence why my book is called Walk Through This. And it has to do with nature healing.

I would take my paddleboard and go out onto the ocean almost every day, every other day and I would paddle with whales and dolphins. And I was out there one day with a whale and dolphins, I was really thinking about what are the things that's really guiding me through my trauma recovery. And there were three words that came, they just kind of plopped into my head as happens and one was truth, always standing in my truth. Always speaking my truth especially since honesty was such a huge thing that was broken in my life.

Inspiration, finding moments of inspiration every day, which is so important in healing, to lead an inspiring life, and for me it was out in nature. And then hope, we need to have hope for our future, especially for those people that are living through any hard times or going through traumatic experiences, even what our world is in right now. And it's not false hope. It's deep hope within self in order to lead the life that we ultimately are here to choose to lead.

I didn't know it at the time that those were going to be the three words that even guided me through writing this book, which I have three sons. And

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coincidentally it aligns completely with my three sons and their names as well.

Jen: How does it align with their names? I have to hear this, this sounds interesting.

Sara: Well, for my oldest son, so when I was raped at 17 I ended up becoming pregnant. I talk about this in my book and there's so much that happened there that became the foundation and how I actually recovered from my trauma at 40. I learned so much at 17 about speaking for self, believing in self and walking this journey in your own healing and believing so deeply in your journey. And back then my truth was not believed.

And so the police refused to press charges even though I was pregnant. I had to get a restraining order on the guy, there was so much that happened that I talk about in the book. And because my truth was not heard, and then also my truth needed to be spoke later in life through my own trauma recovery. It just makes sense, my oldest son is named Jacob and he aligns with truth. Inspiration, right, isn't that interesting?

Inspiration, my middle son is 19. He is a water polo player at USC. He is just an incredibly inspiring, amazing young man who was when I find out about my trauma at 40, he was at that detrimental age of going into being a teenager. And I needed him to step into his path, his goals and his strengths in order for him to actually recover through his own trauma through this whole situation. And so he aligns with inspiration. And how he did that, was through his love of water polo, which ultimately now he's playing at USC.

And then my sweet child, Christian – Carson is my 19 year old, by the way. And then Christian is my 14 year old, he was really young when all of this

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started off at 40. And I needed back then to create a foundation for my family, quite frankly, and how this was going to look in a co-parenting kind of way. And I needed to have so much hope, and why? Because he's also my youngest, and I knew that we had a long time of recovery – that we were going to have a little bit of a recovery through this.

But then ultimately it was going to be able to step us into that next phase of what our family looked like outside of what I thought it actually was going to be. And so he became my hope and he is my youngest.

And so when I was writing my book and I dedicated this book to my sons, and I said, "You are my truth, inspiration, hope, you are my heroes." And I didn't even realize it until I typed out those words, how much that every single one of them aligned with the truth, inspiration, hope.

Jen: That's really, really beautiful.

Sara: Yeah. Thank you.

Jen: So let's talk a little bit about what happened around aged 40. A lot of people during Covid are feeling stretched in their relationships. I've heard of a lot of people separating. Well, you not only separated but you had a huge betrayal happening at that time. So tell us what that was like to experience that trauma in particular.

Sara: So I had no idea that there was this double life going on in his life. And it was Thanksgiving eve back in 2013 and he didn't come home until really late at night. And he was tripping out on drugs. It was a really weird experience for me because I had never even done pot. I mean I'm a pretty, pretty clean person. And over the course of those next five days I had disclosure throughout, discovery, there's two parts to something like this.

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It's discovery when you find out that something is not right. And then there is disclosure.

And disclosure is you literally disclose, you find all of the pieces of information that's handed to you. And my disclosure, usually that's done in a professional environment, which by the way I did not have back then because I didn't even know what was happening. And so disclosure happened over those five days where I was going through his phone. I was really holding him up against a wall and saying, "What's happening and why – what's been going on in your life that you couldn't even come and talk to me about whatever struggles that you're experiencing?"

And through that time he finally fessed up, he finally confessed to me and said, "I've been cheating on you with men." And once he told me that then I went back through those five days and really started to decipher, wow, this has been going on for so long and I didn't even know any of it. It's kind of like, so when something like this happens to you, it's really interesting. Your brain automatically it's like you're totally hypersensitive and tuned in to all of the experiences in your life, all those moments in your life where something didn't feel right.

And once I started, once I heard the words that that's what had been going on, I went back and it was like rolodex of oh my gosh, that's what that was. That's what that was. That's what that was. That's what that was. And anybody who's experienced this can completely, I'm sure, nod their head right now and say, "Yeah, I had that happen too. I know exactly what you're talking about."

And so it was a really difficult time in my life because to find out that the person that you love so deeply has been betraying himself, and betraying you, and betraying your children, and the community, and his businesses,



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and all of these things, it was really devastating. It was like being knocked to your knees and saying, “Okay, where do I go from here?” Interestingly enough, the moment that he told me I looked at him and I said, and I talk about this. I said, “I want a divorce and I will forgive you some day.”

I knew I couldn't do it then but subconsciously, and I know it was because of my 17 year old self already having experienced such deep trauma. And such betrayal trauma through society and different people that I knew, that I would eventually be able to get to that place of forgiving him in order to release my pain and step into my freedom and peace.

Jen: Yes. And you knew intuitively that you needed to forgive to be able to find that peace.

Sara: 1,000%, yeah, absolutely.

Jen: How did your kids respond? That's a tough age for them to have this happening.

Sara: Yeah. So my husband, my former husband went to – he did end up going to a rehab facility around, here in California. And it would happen to be over Christmas and New Year's Eve which was really hard because trying to explain that to my children, where's dad was very, very difficult. I ended up, my recovery, I was so full of PTSD and so traumatized by what had been happening, that I actually let him stay in the house until that fall.

And then once that fall hit I was out in nature. And I had this hit. I was standing on a rock overlooking this big valley and realized you can do this. I found the courage and the strength to say to myself, you can do this, this marriage will end and you are going to end up happier than you ever have been, and you know that. And so it was like I was finding that inner

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compass within myself. And I was able to then start to share my truth, which was so important, and have those tough conversations with my kids.

I have told my kids over and over, “I would never lie to you because I know what it feels like to have somebody lie to me, and it sucks.” And so in my parenting I was super, super honest with them about what was happening, age appropriate. So as they started to get older I started to be able to share more with them because they could hear more as well. And I always asked them, “Are you ready to hear this? Can I share this with you?” Because I also want them to be able to receive it in a way that it’s not thrown on them, but it’s accepted. And so I was very, very honest along the way with them.

And I’ll tell you, my kids have handled this, my kids are freaking rock stars, they truly are my heroes because they have handled all of this with such tenacity, such strength, such, you know, just beautiful wisdom and clarity. I’m so proud of them for how they have handled this. And they’ve used it to further step into their leadership roles in what they do, which has been awesome to witness.

Jen: So what do you think, you said in the nature you started to realize you had the strength to do this, so before that moment what were you thinking? What was keeping you with him allowing him to be there? Can you remember what was going through your head?

Sara: Of course. I mean for me it was really trying to decipher what was going on and what it would look like. And we were best friends, we were best friends. And so I couldn’t tell anybody else what was happening. Who the heck would understand? And so at the same time we were trying to unravel our relationship in order to figure out what this would be. Here’s the thing, for a man to do what he did, he had to have been in an immense amount of pain himself. And so I also can see that from that viewpoint.

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I cannot hold onto anger and hate, I've never been one of those people. I believe in trying to understand people and their story and where they are in their journey. There are a lot of things that I will never truly to the core of me understand. And I never condone his actions. What he did was so, so wrong. And I have children with this guy. And he was my best friend.

And so why did I let, and people ask me that, "Why did you let him stay in there?" And I said, "There's a lot," when you've been together for 17 years, more than that because we met when we were in college and there was so much history with us. We had to untangle the web that he had woven in order to figure out what was this going to look like, and be happy for my children.

At the same time I was still in nature a lot during that time. And that was also where I was finding my strength, thank God, because – and finding my clarity and being able to go home to who I am. And understand that I am not a victim of my circumstances, those things happened to me. But what do you do with them? And so I was doing a lot of work during that time as well and so was he.

Jen: Right. You mentioned that he had to have been in a lot of pain. You mentioned him having sex with men. Is he homosexual, gay?

Sara: No. When I was on that rock that day I made this realization that, you know, he tried to say he was bisexual. And I was like, "Dude, that's not, no. No, no." And so when – and I knew he still wasn't stepping into his truth.

And so when I was standing on the rock that day I had this, I'm going to say a spiritual hit, a spiritual guidance, a spiritual moment. Where I knew that it was going to take me to have the tough conversation with him and say, "I can't be your curtain anymore. You can't hide behind me. You've got to

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come out and you have got to do this for yourself and I give you permission.”

And so I went to church and I sat down and had this prayer moment with myself. And then I came out of that and came home and sat him down on the couch and had a conversation with him. And I also told him at that point, “You have to be honest with your children. This story cannot come from me. And so I will sit there but the words are coming out of your mouth and you need to explain what’s going on because your kids deserve to know the truth.”

Jen: Yeah. Of course then he was in so much pain, that’s tricky. And then you had that grace for him. Wow, that must have been tough. But you said it didn’t come out of you and you could do it.

Sara: Yeah, it was tough. And that’s why I look back on my life and my traumas that I’ve lived through. And I honestly, I honor them because what happened to me at 17 and having so many people not believe me, or trust me, trust my words, that was difficult. And it taught me, and it gave me the strength and the power that I needed in order to then step into what happened at 40. And say, “Okay, this feels very familiar to me and here’s what we’re going to do.”

It was also re-traumatizing, I will tell you, and it brought up a lot of my past. And it made me understand how I got into the situation and why I chose the man that I did in my life. And where I needed to learn, and to grow, and to do a lot of healing from what happened to me back then to be able to step into whatever it is that I was then going to step into, and how I was going to then choose to lead my life moving forward.

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Jen: Yeah, for sure. And trauma, tell us how you define that word, as you work with other victims of trauma, what are the ranges of traumas that you've seen and helped people with?

Sara: Well, so it's interesting, people – a vast majority of people go through trauma. It's interesting, I was just literally I had a call with somebody right before this who – a dear friend of mine and she was just breaking down. And she said, "I'm just a normal girl, why am I living through so much trauma?" And I think that we tend to look at it like trauma happens to certain people and not realizing how many people live in trauma every single day, or they experience some sort of trauma every single day.

If it is what we call a little t trauma which can be something small all the way up to a big T trauma which can be PTSD driven and something huge. This world is literally going through trauma right now and we've never lived like this before. We're being taught to live in a different way or asked to live in a different way that is, really feels weird, and so sometimes even the littlest of things can be traumatizing.

Like walking into Target and having somebody yell at you because you're too close. It can be retriggering from something that happened to you in your younger years when you didn't know that you were doing something. And then all of a sudden somebody screams at you. And so it brings up that little trauma again. I view trauma as anything that is a deep wound, we have deep wounds from when we were little kids that we didn't even that were traumatizing, all the way up to the biggest things, like relational and betrayal trauma which is what I experienced.

Trauma is something that we as a society, and I write this in my book, we as a society look at it like it's bad. And what I always tell people is we have got to take the shame off of the trauma that's happening in our life. We

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have got to release that word 'shame' from what is essentially some of the most difficult experiences. Because when you're also putting shame with the word 'trauma' you're shaming the person that's being traumatized.

So you're actually re-traumatizing them, which is why I couldn't speak out for so long, because I was like, who's going to understand? And I'm going to get shamed for this, which is not even my fault. So then it's this whole like why can't we talk more openly about this? Why can't we talk? And that for me was a huge thing for me. That was my truth. I needed to be able to talk about my story so that people also understood that you're not freaking alone, even though so many times we feel like we are.

Jen: So in your book, *Walk Through This* you talk about how nature helped you to heal. Can you just walk us through that journey that you took for healing and forgiveness?

Sara: Yeah. So I was born and raised in a small village called Black Earth, Wisconsin. And so nature was always around, I lived in it. I was like the girl who ran through cornfields without her shoes on. That was home for me. And so when I was 17 I was also an artist, an art teacher, I still am an artist. I would go into nature and I would draw and I would just really focus on the things, the littlest details in this world. It was like a little rock or the way that a tree was.

And then when I was here at 40 I just instinctively knew, go home, go where you feel connected. And so I would take my paddleboard like I said, and I would go paddle four miles out in the Pacific Ocean, because I live right next to the beach. And I would be with, literally be with whales, and dolphins, and sea lions, and the ocean, and the current, and the waves. And I didn't realize what was happening at the time. I didn't realize that I was healing. I truly did not. I had never used this for intentional healing.

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I would go and hike the Grand Canyon. I would hike different mountain peaks or different peaks down here in Southern California and stand on top of the summit and just look at the different perspectives. And realize there is no one way to do anything. And there is a view from – every space that you're at you can view things differently.

And so it gave me so much clarity, when I started reading and researching Florence Williams, I love her. She wrote *The Nature Fix*, it's all about nature healing. And so what's interesting is when I started reading her book I realized that my mind was shifting when I was in nature. And what was happening was that my frontal lobe where we have so much attention, where we're sitting behind screens all the time, constantly in that ruminating thought stories of our head, why did he, what happened, who was he with?

When I was in nature my cerebellum, the back part of my brain, it was able to rise. And that's where we have clarity and peace moments. And we are able to go back and connect to who we are. And so my brain was literally shifting when I was in nature. And I was able to connect more deeply with myself in place of his stories, and in place of my husband's betrayals and what he had been doing.

It's really fascinating when you start getting into the whole spiritual connection with nature as well and how it is there for us to heal. Richard Louv talks about it as well, it's amazing, about how much that we are in nature deficit disorder in this world. And I always say we're constantly in four walls and we're constantly in our head. And when I'm working with clients I want them to drop into their heart because our heart is a space where we can learn to love each other and love, most importantly, ourself.

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And to also – I mean your heartbeat too. And so it's like it's beating inside of you for you to stay alive. And also it's from our heart that we can learn to forgive.

Jen: So you lead retreats into the Grand Canyon. Tell us about that and about some of the people you've worked with.

Sara: I love my clients, they make me so happy. They just do. I just got off a trail for 22 days, I hiked the John Muir Trail and I tell them. "Every single time that I take a step you guys are all with me in my heart," because I freaking love my clients. So the Grand Canyon was a big space for me to heal through my own – in my recovery. And the reason why is because it's so spiritual. It's one of the most magical beautiful places on this Earth. And you have to go down inside of it and then come out. It's very unlike any other. They call it The Ditch, like the big ditch.

It's unlike any other place, any other National Park. And I take men and women on meditating, we do hiking, coaching, adventure, and we do a lot of nature healing. And it works so well because metaphorically we're going down into the canyon and we stay down there for anywhere from two to three nights. And we come out a different person, we literally transform. And the reason it works is because we're also going within ourselves. And so we're going really deep into who we are. We're sitting with some of the things that may have hurt us most.

We're sitting with our patterns in our life, doing a lot of healing within. We learn from one another within these retreats because we've realized through our differences that we have so many similarities, and that we are not alone in this world. And then we come out literally also within ourselves a whole different person. We let go of a lot of the things that no longer serve us. We learn, you literally learn so many tools.



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And you have such an experience that is so spiritually connected with who you are along with this world that you take that with you into – I call this the creative world. I call the nature area the real world. But you come out here into society and you use those tools to lead a life that you choose. It's beautiful. It's also; we do a lot of coaching online as well, because I don't want it to just simply be about the retreat. I want them to be ready for the retreat. So we do a lot of coaching prior to online, we do group coaching sessions.

And then we also do coaching sessions afterwards because I want them to make sure that they're actually using everything that they learned. And that it's not just like I went on this great trip, because it's so much more than a trip. And just like our life, our life is so much more than just a life. Our days are so much more than just waking and going to sleep. And so I want them to experience what it's like to live, not just simply be in life.

Jen: Yeah. And so they leave their traumas in the bottom of the canyon for that trip. But also they get to keep working with you afterwards to make sure it sticks, yeah.

Sara: And I always tell people I work on myself every day. I literally I do something that is more self-care but also more learning for me because we are – I don't care who you are, you are forever a student of your own life. And so I was just on the John Muir Trail, like I said for 22 days doing a lot of self-exploration and deepening of the self because it's important for me to continue to do the work as well because I'm also guiding other people to do the work.

And here's the thing is that I want to really make something clear here, healing can be fun. And I think that so many times that goes along with our traumas should be shamed. And no, they shouldn't. And healing can be so

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much fun. I love laughing. So when we cry we always come back with laughter. And because we need to refill our cup with something that's also joy filled, because that's what we ultimately want in life is to be joyful.

Jen: Yeah, that's beautiful. So let's say someone's listening right now, we're still in the middle of Covid, hopefully more towards the end of it. And they've probably done some healing with all of this reflective time we've been given. But let's say they want to do a little more, go a little deeper using nature. What advice would you give them from your book *Walk Through This*?

Sara: It's so simple, go outside, it's so simple. We overcomplicate life, by the way. We literally overcomplicate life. And when was the last time you've looked up at the clouds and actually witnessed them and watched them and have been a part of them? Not just been like it's a cloudy day, what a bummer. Well, how about you actually shift the perspective and say, "Wow, look at those beautiful clouds that right now are providing shade for me." And it's so simple, going up against a tree.

When was the last time you've actually not taken a blanket to lie on, on the grass, but actually been a part of the grass, lied on the grass? Layed on the grass, which one is it? I don't know. But when was the last time you've done that? When was the last time that you've witnessed a spider? Have you ever watched a spider actually create their web? It is the coolest thing to witness a spider in creation, because we are all in creation, including animals. It's so simple, five minutes a day will begin to shift your life, five minutes a day.

Jen: It makes me laugh because the Calm App, you can turn it on, it's something on your phone. And it shows you videos of the exact things you just said, like the spider making a web.

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Sara: Well, why [inaudible] so much?

Jen: Yeah, why don't we get the real deal?

Sara: Well yeah, but actually I'm very serious about this. I laugh because I literally laugh about this because I know that we are so accustomed to turn to our phones to tell us what to do. Siri will tell me what to do or [inaudible] will tell me what to do. Or my parents will tell me what to do. We all know within ourselves what to do. We are guided with our own instructions. We have to listen to ourselves. You can't listen to yourself if you are constantly on your phone or if you're constantly watching the computer, or if you're constantly asking somebody else like Siri.

So it's so simple, go into nature, take your shoes off, allow yourself to put your feet in the sand, your feet in the grass, your feet in the dirt. And listen to yourself while you're also connecting with what is actually around you to give you the answers, because you will find the calm, notice that they call it the Calm App. You will, you'll notice the calm that's actually within you.

Jen: Yeah, and wouldn't you rather have it, yeah, have it from nature or the app, I don't know, you choose. That's great.

Sara: Exactly. It's so funny to me, I just I always laugh about that, I always laugh about that, because that's what we're taught. That's society, that's been conditioned into us. And my hope is to take people to that next step.

Jen: So where can people find you if they want to learn more about healing through nature?

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Sara: Everything is Sara Schulting-Kranz. And so my website is saraschultingkranz.com, and I'm sure you'll probably put the links in there, right? Because my name is really long.

Jen: Yes, we will put this on the show notes.

Sara: And then also on Instagram Sara Schulting-Kranz. Facebook, Sara Schulting-Kranz is my personal or Live Boldly with Sara Schulting-Kranz. You want to watch the film, the documentary, a little snippet of it, it's really, really good, I do have to say. Laura VanZee Taylor is directing it and she actually was the director of I Am Maris which is on Netflix right now. That's a great film too. Go watch it. The film's under walkthroughthis.com and also my book and everything is within my website.

Jen: Beautiful. Well, Sara, this has been great. We're going to get outside more, everyone. And thank you so much for being on the show, Sara.

Sara: Thank you. Thank you for having me, I really appreciate it.

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Alright my friends, I hope that was inspirational for you. And I want you to think about how can you go spend more time in nature? Maybe it's a walk. Maybe it's sitting at the park while your kids play or whatever it is. How can you have more of that time? I really believe there is a healing power from the grass, and the plants, and the trees. And I feel my soul start to relax and get grounded again just by being in nature. So go get you some of that and let me know how it goes. You can email me your thoughts at [support@jenriday.com](mailto:support@jenriday.com).

## **243: The Healing Power of Nature (with Sara Schulting Kranz)**

Well, one last thing my friends, today – today is the last day to sign up for the Vibrant Happy Women retreat. If you want to be there with us in Florida, palm trees and water, that's nature too, sign up today at [jenriday.com/retreat](http://jenriday.com/retreat). We would love to have you join us.

My friends, make it an amazing day. Go enjoy some nature. And until next time, make it a vibrant and happy week. Take care.

If you enjoy this podcast, you have to check out the Vibrant Happy Women Club. It's my monthly group coaching program where we take all this material to the next level and to get you the results that will blow your mind. Join me in the Vibrant Happy Women Club at [jenriday.com/join](http://jenriday.com/join).