



TRANSCRIPCIÓN ORIGINAL DE STUDIO OCHENTA

MIJA ON THE MIKE - KIM GERLACH

00:09 LORY

Hello! Bienvenidos and welcome to Mija on the Mike. Where me, Mija, interviews daughters and immigrants who are making moves in their industries around the world.

00:17 LORY

Today, I'm so excited to invite Kim Gerlach, a scent practitioner and breath worker. Her all-factive work is focused on the cultivation of presence and the creation of new pathways for our bodies and minds to flow and heal. Through her work, she addresses the topics of finding intuition and inner guidance, multiculturalism and the power of breath. I'm super excited to learn more about this, so thank you so much for joining me, Kim.

00:41 KIM

Thank you so much for the magnificent introduction already. It's super nice. Thank you.

00:47 LORY

So it's so exciting to chat with you because I'm very curious about the kind of work you do. I understand a lot of the people you work with are daughters of immigrants or are refugees and we're going through this kind of generational trauma and using breath work and all-factory senses to heal. It's something I'd never really heard of before. And so I would love to hear a little bit about how you got into this kind of work.

01:07 KIM

Yeah. So just to break it down for everyone who hasn't heard of all-faction, that is very common, it's smelling, your sense of smelling. So basically, the things I am working with as healing modalities is smelling and breathing. And combining those is not happening so often I must say, but it's really powerful because you always have it accessible.

01:27 KIM

So I believe in the breath specifically as just a tool for grounding yourself, maybe even going into the opposite spectrum to regulate yourself, to have more energy. And this is specifically important for those of us who have trauma, whether that's like intergenerational, whether that's of this lifetime, there's so many different ways how society or whatever can traumatize us and then breath really taps into that.

01:52 LORY

So how does it work exactly?

01:54 KIM

So there's really different angles to, let's say, breath work as an industry. We have pranayama practices that can be like five minutes a day. You have that as a routine, you do it in the morning and you start regulating your nervous system more. You build more stability and resilience to change or triggers, let's say, like activation instead of triggers because we kind of overuse the word triggers so much in society. But yeah, that's on the one spectrum, like five minutes a day. And then we have longer so-called psychedelic sessions where we really get into the healing power of the body, the inner world, the subconscious that can be like 50 minutes of breathing, two hours of breathing even, and that goes really, really deep into capital Trauma kind of work. So the longer we breathe, the deeper we go energetically into seeing what's bubbling up there and what wants to be seen.

02:45 LORY

That's so interesting. I want to understand that because I believe your work is very much inspired by your own culture, right? Can you tell us about your cultural background a little bit?

02:54 KIM

Yeah, so I'm, for everyone who's hearing this, I'm a white passing woman of color. She/her pronouns and I have Filipino ancestry. So my mom comes from the Philippines and she came to Europe or the West after her degree. Breathore isn't really a thing that's established in the Philippines as like a discipline, but I know it's in so many different cultures.

03:20 KIM

Like people are usually associated with kind of India, pranayama, but there's so much more when people have been breathing centuries ago in Africa and China. So it's really like this kind of like literally all the folks around the globe have discovered breathing at some point.

03:36 LORY

So how did you know your cultural experience and your family's identity kind of inspire you in your experience?

03:45 KIM

I mean, there's a lot for realizing how limited capacity I, as the daughter of an immigrant has in breathing. I'm realizing a lot of folks who are marginalized in our societies today, they don't breathe as freely and this is also like almost a political topic. I know that growing up with my mom wanting to be a quote unquote good migrant meant that we always had to duck down, we always had to kind of obey the structures and the majority of society which meant like changing clothing style, and de-attaching to her Filipino ancestry completely I didn't grow up speaking in Tagalog because she was like, don't want you to associate with a culture because I want you to feel really German. That's my wish for you to not be discriminated against.

04:30 KIM

And with that, there comes like this energy of meeting to obey, meeting to fit in and that really does something to a breathing pattern because if you just imagine yourself as of now,

you walk down the street, you're all happy healthy, you're listening to your favorite podcasts and then suddenly someone racially attacks you. What happens to your breath really? It gets stuck. You're like, you hold your breath and this can happen in like micro many seconds that can happen throughout the day if we are being racially profiled. If whatever in society happens, our breath changes our breathing pattern. And when I realized that with all my kind of trauma that I'm carrying, it's not only the intergenerational, there's sexual abuse trauma as well. There's a lot happening in my kind of life and existence. I'm realizing how I can't fully relax to breath. And I think that's all of that mesh of realizing what my breathing pattern is. All of that was inspiration to being like, okay, I really believe in everyone being able to liberate themselves through breathing. And when you look at it politically as well, just thinking of kind of the slogan of the Black Lives Matter movement with George Floyd's words, being, I can't breathe.

05:46 KIM

Then there's also that political aspect in it right where some folks of us grow up being able to breathe much better than others. And some are systemically not able to fully feel the breath, to relax the breath, to chill out there. Yeah. And so my god, now I'm like, goosebumps. I'm like, okay, I'll say the next question.

06:08 LORY

I'm like, it's so fascinating. I'm really interested in how you came to do it. Maybe if you can share a moment in which you really felt like you needed to breathe and that you needed to be conscious of your breathing. There's like a moment that kind of sparked this inspiration for you.

06:27 KIM

So it all started with me stumbling into a breathwork workshop at a retreat. So I'm already like, just spiritual boo-boo-being. I'm going to like healing sessions and retreats. And there were a lot of workshops and all of the ones I wanted to attend, they were all booked out, which meant the only one that was left was called breathwork. And I was like, I know how to breathe. I'm doing this every day. I don't know what this is, let me just go there because nothing else is free. I ended up having like the biggest revelation of my spiritual existence with loads of tears, loads of energy release.

07:02 KIM

And I was like, what the heck just happened. And even before the session, I could see people propping themselves up, being like grabbing tissues and like, I'm masks and like having this whole thing prepared and like blankets but also being half neck was like, there's breathing right, but there are some like, I didn't realize what can really happen when you stick to a specific breathing patterns for like 40, 50 minutes. It goes so deep into just like release, I would say.

07:30 KIM

So I had a major emotional release, but I couldn't really understand what it was for when you are cognitively. I was like, there was weird energy in my womb, I can't really understand it, but it felt scary and it was a lot that was released. And then fast forward a couple of years, I'm finding out with my mind what that was, what that kind of like locked energy was. And it was a sexual abuse trauma, a memory that I kind of stored in my womb. I didn't want to

remember this specific moment. I just, yeah, maybe trigger wanting for everyone listening for the next few minutes. It was really about a specific moment in which I have been dictating off sexual abuse and just like, oh my god, that was showing up through breath.

08:14 KIM

And the only things when that trauma came with parent, really capital Trauma, I was having panic attacks. The only thing that I was doing was like crying, seeing my therapist and doing breath work because I realized everything else that I was doing like yoga and healing modalities, journaling. None of that really helped me in this severe trauma healing phase. And that's how breath work, I always say like it came to me. I didn't choose to be like, oh, what do I want to be? I don't want to do yoga. I want to do breathing. But I was like, that's the only thing that's saving me and saving my eyes and healing. And that's when I realized like it's so powerful. It did so much magic on me. That's why I want to share it and opening that conversation up as well as like there are so many different facets of people seeing what the breath can do for them. It doesn't need to be the specific trauma I have, but even as we're talking about like migration so much that can be out of your conscious, but in your subconscious, yeah, there's so much. Have you been doing breath work before? Have you heard of it? And so curious.

09:18 KIM

Personally, I've been to India. I've experienced meditation and I've done a little bit of that wellness thinking. I most recently went to a Kundalini yoga. And that's like the most I've had with specifically that kind of breath work. I definitely can agree that there is something very special about having very mindful breathing. That's what also drew me to you as a person because I thought this person is using that practice to really talk about this very specific thing that so many daughters of immigrants are facing, which is things that you can't really put words to, right?

09:55 LORY

Like you said, it's, you're not even realizing it's happening, but you have anxiety. You have this stress that comes from having to carry the world on your shoulders and be the pride of your family and succeed and not let anybody down. And you're not even realizing that you have all of this pressure on you and that you're not fully breathing out like you should. So I am fascinated by the work that you're doing. And I'd love to hear about your company because part of the reason why we connected is because we're both part of an organization founder land, which is an organization that connects women of color entrepreneurs around Europe. And so I would love to hear how you start your company and how you're doing your business around this because you're truly bringing a product that people don't necessarily understand. And I'm sure you have frustrations with that, right? How did you start and what have been some of the challenges that you faced in doing pedagogy around this kind of experience?

10:51 KIM

It's interesting, I think we're at this moment, at least from my understanding that there's more and more breathwork practitioners. So outside of me stepping into that, I almost feel like it's like 2010s everyone is during the yoga teacher training and now it's like 2020s and everyone is doing their breathwork teacher training, which is beneficial to me. I must say to kind of like have a more widespread understanding and society of like, ah, the breath is a concept, the

breath is something that can bring you wellness. I think that's more and more popping up at least around me.

11:27 KIM

I started really, well, it was like a rough time. I was actually coming from the Perfume and Fragrance industry, which is where scent and smelling comes in and I was also going to do an angle of like more mindfulness. And just before I kind of wanted to know more workshops and formats, that's when the big trauma came in and that's when breathwork came in. And after that half a year of constant healing, I was like, okay, I think I'm ready to turn towards my business again to look at how I can do things and with this new willpower to look into breathwork, that's when it clicked to be like, oh, smelling and breathing are so close to each other.

12:05 KIM

This is going to be the two modalities I will be choosing to kind of share. As of now, it's very much based in like you can imagine workshops or like 60 minute sessions. I'm doing a lot with different NGOs based here in Berlin, where I'm also talking about the more political aspect. So it can be everything from very experiential. Like you can imagine as a yoga class, but also something more educational where I tell you about your nervous system, I tell you about the political aspect, how active it's happened breathing in the past.

12:36 KIM

Like it takes a lot of different angles, but specifically I would say more and more for my life's communities. What I'm working on right now is launching an app so it makes it scalable and accessible to more people. For example, also outside of Berlin, outside this time zone to bring these kind of smaller breath hacks into your life. So really taking that deep exhale and slow exhale before you go to bed. Letting go of your day, really like exhaling out all of the experience you have as a migrant, as whatever you are who you're listening to.

13:11 KIM

That's where I've been at right now. Founderland has been great to also find other women of color and be like, wow, there's so many more who are hearing this struggle being in a minority specifically in that founding and entrepreneurial landscape. Right now I'm also sitting at a co-working space.

13:28 KIM

It's called Bubble Rising and also like a little anecdote. I didn't realize how much my breath can relax until I came here or how much safer I could feel. I was sitting at a bunch of different co-working spaces around town. And this is one specifically for by walk, like indigenous and women of color and trends into a non-binary by-park. So coming here I was like, yeah, I guess that's cool. I just need a place to sit. And then the more I was here, the more I was like, wow, I can let go. I can focus and it feels so much more liberating to work from here. It's sometimes you don't know what you need until you have it kind of way. Did I make sense?

14:08 LORY

Yeah, no. I think it goes with what we were saying before, which is, you know, it's very difficult to put words to it. You talk about breathing. Breathing is such a natural thing. And yet

sometimes you find ourselves unable to kind of breathe normally and even recognize our own anxiety that's happening. I find that fascinating. I'm curious about the way that you've had your experience in Berlin and how you've come to kind of be German in a way, I guess. Do you feel German in fact?

14:46 KIM

Sometimes more, sometimes less, right now, less than back in the days. I grew up between Germany, the US, and then moved to Sweden for studies. And it really shifted. Like sometimes I would identify as the European in school. I would be identified from the outside world as the Asian. Then in Sweden, I was like, no, I come from a very like educated background in Germany. Like that's where I kind of graduated. And now I'm in my study. So I related back to that kind of academic identity I had as studying in Germany. So I can't tell you really right now. Today... I always say I'm a happy.

15:28 LORY

So I want to know what you're most proud of because it seems like you've been on a long journey and that you've been in different cities and you've been building out your business and also building out your own healing through this work. What are you most proud of in your journey as both an entrepreneur and as a healer for others?

15:47 KIM

Yeah, wow, great question. I think to me, the biggest challenge in the past years has been kind of duality and I'll explain that in a second, but an example of just my day today, like I'm feeling excited as well as excited about this happening as well as stressed about other things that are not happening the way I wanted in my entrepreneur landscape.

16:16 KIM

And really being in this, I need to heal. And I want to heal and look at my traumas and maybe go deeper into what my identity discovery is while also wanting to freaking enjoy life and being a human and not thinking of the things that make me different from the majority society. And I think it's a really like fine line between that duality of being like, I am other, I see myself other, I am different. But also I'm human and I want to have fun and I don't want to get stuck in this loop of constantly needing to heal. And I think for me also working with healing and mindfulness, it's super important to find ways to be like, okay, healing is like not always going through the pain. Healing can also be like the ecstatic dance and kind of maybe even getting tipsy, like you name it, do whatever for you to be happy. And I think that duality of like a lot of needs and feelings that are not always complimentary.

17:18 KIM

I think that's been both personally and in the entrepreneur landscape where sometimes a deal goes through working with a big sports brand like Nike and at the same time something else falls through and you're like, yes, like one happy eye and then once I had a going through all these emotions of like being a human. I think that's something I would love to remind others of, you can you can fill it all.

17:43 LORY

That's amazing. I would love to hear something about an anecdote if you can share one about your cultural experience as a Filipina in Germany. I think when we first chatted on

email, you mentioned something about a game that you played with your mom. I'd love to hear about it.

17:59 KIM

To me, just the way I would identify with different things, I would also identify with a Filipino culture more after my parents' divorce. Because my mom full blown went into, okay, this is who I am. I'm going to go back to the roots kind of thing. So when they divorced, she would start getting like bigger rice sex at the Asian shop and buying a bigger rice cooker and all these things. So for me, it really came in these kind of like until age 8, it was raised very German and then after age 8, I was like, ooh, what's this?

18:28 KIM

It's odd, but it also feels great. The most vivid memory is definitely of Filipino gatherings since it's such a strong community bond, even abroad. I think especially diaspora is like trying to bring that culture a liveness through meetups. So that's like literally just like in some industrial center outskirts of any bigger town, we would just rent a massive hall and then everyone brings potluck and we have a whole buffet of Filipino food, a lot of food, kids dancing, doing different shows. And I think that's a very like vivid memory, obviously doing work with smell.

19:08 KIM

A lot of my memory is related to Filipino food as well, where I do remember that this is a Filipino or what my mom would cook when I was young. So yeah, there's a lot of that aspect of food, community, also pride. I think Germans don't necessarily show a lot of pride in who they are based on World War II and not being able to be proud of what it means to be a German and it's still complete opposite to Filipinos. Like as soon as I see someone in the streets who kind of like wears a little badge or like shows a flag, I'm like, whoa, I already like you. So it's strong, and community is strong, yeah. I think that's what it means to me to be proud to be now abroad.

19:55 LORY

And the game that you played with your mom, what was that?

19:58 KIM

So that was actually just recently two months ago. It's a card game based in the US that is supposed to bring children and parents closer together and it's translated into different languages, I think 20 plus different languages. You have it always matching with English, so it would be English and Tagalog or English Chinese. There's a lot out there. Spanish also exists. And my mom has been abroad outside of Germany or outside where I was living for 10 years. And we reconnected again like truly this spring where I would buy this game and would be like, okay, let's try. And it was personally really funny for me to like pronounce the Tagalog word, so like try to do it. Usually we communicate in German or English, so sometimes I would like there to do it in Tagalog.

20:46 KIM

But that game is really there. It has different levels to connect with your parents. So I think level one to three and the level one questions are like, oh, share a happy memory of your childhood. Share about your best friend of childhood and then it goes deeper and deeper

and deeper. It's one of these like reflective kind of journaling questions. And every stop we were doing a road trip and every stop we would be like, okay, next question or it's like pull up a card and it connected me so much with who my mom is, who she is and all her facets being the struggling single parent in Germany, my grand. I don't know, like put all the nail labels in one, my grand single parent woman, woman in automotive industry, like all of that. And yeah, just getting goosebumps talking about this now. Like it gave me so much of a richer understanding of how she struggled, who she was as a child, why she is the way she is, it was so nice. So yeah, no sponsored advertisement here, but I can really, really recommend anyone who wants to kind of reconnect almost on eye level with their parents and yeah, hear what their life until this point has been like, it's such a nice game. Yeah, that was the one I played to Street Symphony. Parents are human.

22:06 LORY

Amazing. You make me more play the game. I would love to ask you a little bit more about your life in Germany, just because I think you mentioned something very funny in your first email you said, living in diaspora is pretty cozy. What does that mean?

22:22 KIM

Yeah. Yeah, for a very long time, I had the longing to reconnect with my roots by traveling back to the Philippines, kind of like geographically located there and seeing that as a reconnection. The pandemic didn't really allow me to. The times before I was so focused on studying and entrepreneurial life, but I basically couldn't afford it. Like I couldn't afford it. Then I was like, I can afford it and then a pandemic hit. So all of that didn't really allow me to go back and that's when the magic of the universe made it come my way.

22:56 KIM

It was really funny like through my current partner, I found someone who's also like half-term and half-flippino, socializing and very similar pattern as I was and then through that suddenly I'm joining this WhatsApp group of like: Filipinax in Berlin. And I'm like, woo!

23:14 KIM

So it comes up more and more of my one-comworker from the Philippines and the like last funny coincidence is that I moved approximately half a year ago to the outskirts of Berlin. I moved to a very like rural small village and it turns out at the retreat and kind of healing center there. It's like a healing hospital at the hospital, like 200 of the 600 staff are from the Philippines.

23:39 KIM

There are healthcare workers who came here to kind of start their diaspora life in Germany, start their career as a health worker and care worker and they're all sitting on the same bus as a side. I'm like every time I'm commuting back home there's at least one Filipinax person and I'm like, yes, it came my way. Like there's so much in through these WhatsApp groups. Like it can be as simple as that for me. Just like the WhatsApp group. Like being on the same bus, being on the same train, like seeing them when I go for a walk, it's like it is around me. And that's why I said like it's pretty cozy even though I didn't yet have a chance and the last years to go back to the Philippines. It kind of came to me I feel and I'm like, yeah, I can hang out here and still continue exploring.

24:25 KIM

So I think it's very like practical things of like which supermarket to check out or like which gallery by which Filipino artist like there's a lot of on that and then on another more philosophical or academic layer. I've been reading a lot. I've been reading a lot of books of Filipinx authors. I've been looking more into what it means to be diaspora, kind of like sensitizing myself to the colonial history and everything. But that's very like geeky outside the life here really.

24:58 LORY

And so interesting you said that because I have the same experience and a lot of the women that we've interviewed on the show. We have talked about this kind of seeking community. And so when you say, well, when you can't go to your home country, you find your people in your new place. And so you talk about whatsapp groups.

25:15 LORY

We have the same thing here. There's: Latinos in Paris. And pretty much everyone I've spoken to who's kind of had to seek it out because we come from cultures that are very communitarian most of the time. And then we become super isolated in our new countries a lot of the time. So that's because of your economic situation or if it's because you're in a place that's not necessarily very diverse, but you somehow find it, right?

25:39 LORY

Whether that's through TV, through books, through content, through media, through your neighborhood hospital. As you found, you're not alone. And that's what's really beautiful about this. When you're actually paying attention, you actually can find community wherever you are. That's really interesting to hear yet another person proving the point in Germany. So I would love to, I don't know if you're comfortable with this and you can totally say no if you don't want to.

26:04 LORY

I know a lot of the listeners might be curious about how your work actually works. I don't know if there's maybe an exercise that we could do together on the show and you know, maybe you can guide whoever's listening now to into a breath work meditation.

26:20 KIM

Yeah, totally. So I can guide you in one and then I'll explain another one that we can't do right now, but will be super helpful for you in the future. So everyone who's listening, maybe when you're driving or someone public, you don't close your eyes, but everyone else feels comfortable wherever you are. You can just spend a couple of moments here with me finding yourself grounded wherever you are. That's your feet, your buttocks, whatever.

26:49 KIM

And just quickly feel into your body. Kind of shift your gaze, even if you have your eyes closed into the inside and softened that inner gaze. And soon you can join me for a soft inhale. We're starting in three, two, one, inhale on four deep into your belly. Aand exhale on the count of four, three, two, one. And again inhale on four, three, two, one. And exhale it out, sigh out the day. Listen, inhale again on four, three, two, one, this time hold, don't exhale, keep the breath inside.

27:46 KIM

And release now, you can sigh it out with your mouth or through your nose, another one. And this time listen, keep the air out. Belly stays empty of breath, another two, one, and again, inhale on four, hold the breath here, you can relax your shoulders and your belly.

28:08 KIM

And exhale, let down, release all the tension of your body. And stay empty right here, belly relaxes and we do two more rounds. Inhale on four, let the breath in, enjoy the novelty, hold it in, hold that freshness in, let the breath expand in your body and release, let go of that air and with that all tension in your body.

28:46 KIM

And stay empty, relax your belly, relax your body. And normal breathing now, normal breathing here, just feel if you can keep your eyes closed for just a couple more moments. What has shifted? Anything that has changed.

29:11 KIM

And you're inviting you to seven intentions for the rest of that day that you have in front of you. In all that human existence, what do you want to feel? The tension of all the feelings. Which one do you want to focus on? Which one can take space?

29:31 KIM

And you can softly open your eyes again and then come back. Very easy task or technique is called box freeing. That's the one we just did. It's like inhaling, holding it, exhaling and holding it again.

29:56 LORY

Yeah, well, for those of you who are listening, I actually did it. You may or may not have heard my breaths. That's amazing and I definitely feel more relaxed. That's for sure. Personally, as someone who has tried the meditation end, like I mentioned, the Kundalini for those of you who don't know Kundalini, it's a yoga that involves a lot of breathwork. In fact, very intense breathwork. At the end of one Kundalini session, I cried. So I know that I know what you're saying actually works and can make you feel something. Whatever that is, it can make you feel something very profound. Thank you for that. Thank you. And what's the other exercise?

30:32 KIM

You can try it by yourself anytime you're kind of anxious or stressed in your day. It's a simple tool of prolonging and deepening your exhales. So if you think of it, like now we inhale on four, we exhale on four, maybe you can do inhale on four, but in exhale on six. Every time we kind of stretch our exhales and make them really, really long and juicy, because when we down regulate our nervous system, when we make space for the so-called rest and digest the parasympathetic, this can really, you can do this anywhere, really like on the train.

31:08 KIM

I do it on the bus, sometimes on my way back home, when I'm like, okay, it's been a rough working day, just focus on the slow exhales. And if you can, you can even stretch it to inhale on four, exhale on eight. You can prolong that even. I do sometimes inhale on four, exhale on ten. So the more you stretch those exhales, the quicker you can really relax. And that's a tool you can just practice. You can do maybe ten minutes, five minutes, even five minutes, just set a timer, and then you do that.

31:38 LORY

Amazing. Okay, so we're coming to the end now, and I want to ask you some quick questions. It's a Mija speed round, really related to your bicultural experience more than anything, but you know, you can add in whatever answers relate to breath work as well. So firstly, and I know you mentioned this before that your relationship to language is a little bit particular, but what language do you swear in when you accidentally touch a hot plate?

32:00 KIM

No, English.

32:01 LORY

Okay. What's your favorite food?

32:05 KIM

Oh, favorite food. I think I need to say Vietnamese, like me. Good Vietnamese. There's a lot of shitty Vietnamese as well.

32:15 LORY

Song that you had in your head this week.

32:18 KIM

Oh my god. I have so many songs on my playlist. There's not coming up right now. I'm completely blanking. Let me actually, two weeks ago, I listened to all Beyonce bangers, and one of them was "Love on top". Is it that title? Yeah.

32:35 LORY

Love that. What is your last Google search that you feel comfortable sharing?

32:40 KIM

Let me look at it. Probably something related to organizing a summer party next week for marginalized community. Something around like catering or so. Ask a good search. I searched for our realities. It's a podcast by the co-working space. I'm sitting at. Funny.

33:01 LORY

Oh, very cool. What is your most embarrassing dream that you had as a kid? Let's go back to Little Kim. How did you feel when you were growing up in Berlin? What was the dream that you had that was maybe embarrassing?

33:15 KIM

I always wanted to be a pop star, but then in kindergarten, I was performing: "I'm a baby girl. In a Barbie world". And I felt pop stary, but I also felt a lot of adults almost giggling at me.

And that felt, I don't know, I think I'm over interpreting it, but it felt like somewhere not like, oh, this is cute, but somewhere like a little bit of a look at her. And that felt really embarrassing. So I think I gave up on that kind of pop star existence, my adult line.

33:45 LORY

You're this second person on the show that wanted to be a pop star growing up.

33:49 KIM

Yeah. But it kind of transitioned. Then I turned older and I was like, I just want to be on parking stage. I just want to talk to people and kind of inspire them. But that's so abstract that everyone was like, I want to be a doctor or a little down. And I was like, no, I just want to be in stage and inspire.

34:04 LORY

That's also a way to be a pop star.

34:06 KIM

Yeah.

34:07 LORY

Thank you so much for your time, Kim. Tell us where we can find you or people can learn more about your practice.

34:14 KIM

Thanks so much for having me, Mija. So good. You can all find me on the regular socials, Instagram. I'm also quite active. I'm linked in and otherwise my website is called Sun and Rises, kind of like the Sunrises: sunandrises.com. That's where you find all my projects, my upcoming group programs, and hopefully the app that will launch soon. So yeah, check me out there or Instagram. That's more personal. And thanks for having me. It's so cozy.

34:43 LORY

Thank you. One last question. What's your advice to Mija so they can start healing through their breath?

34:50 KIM

Breath awareness in your day. Notice when your breathing changes and bring awareness to how your breath is. That's the simplest. Really check in and be like, how am I breathing just now? And at some point you'll be like, how am I breathing after this trigger? How am I breathing in this emotion? It's just tuning into that. So powerful.

35:08 LORY

Beautiful.

35:09 LORY

Thanks for listening. This is Mija on the Mike, a season of reflection on our shared experiences as daughters of immigrants. Over the next couple of weeks, I'll be sharing stories like these and inviting guests to share theirs.

35:26 LORY

Follow us on Instagram at @mijapodcast. That's M-I-J-A podcast and leave us a note if you like this story.

35:33 LORY

Tune in every Wednesday for a new episode. This is a production of Studio Ocenta, a Latina-owned multi-lingual podcast studio dedicated to raising voices across cultures. For more from Studio Ocenta, follow us at @ochentapodcasts on Instagram. That's O-C-H-E-N-T-A podcast with an S on Instagram.

35:51 LORY

P.S. Don't forget this season is also about you. If you have a story you'd like to share or if you'd like to be a guest on the show, I invite you to reach out on Instagram at @mijapodcast and leave us a message with a short story or memory of yours that warms your heart. We'll read it out loud on the show. That's it.