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## My Daily Ritual with Tara Teipel

- Christa: You're watching Food As Medicine TV, where we help you heal from the root cause. Sometimes healing from the root cause actually has nothing to do with the food that we eat or the supplements that we take. It has so much more to do with our mental, emotional and spiritual well being. That's what we're [00:00:30] talking about today. I have my dear friend, Tara Teipel here with me.
- Tara Teipel: Thank you Christa, for having me.
- Christa: Thank you for being here. We are talking today about how to create a grounding ritual that I do every day, and my day does not go the same if I don't do it as a way to ground yourself, clear yourself, protect yourself, ready yourself for the day, but also to almost create whether it's a staircase or an elevator, [00:01:00] to come up above your problems. We all have to deal with life, whether it be excess stress, responsibility, trauma, chaos, whatever it might be, overwhelm. If we can take three minutes a day to kind of climb above that energy, we get a totally different perspective on it. Tara created a way out of all of her experience. She is a very successful local salon and spa owner, but she's also been on a spiritual path for over [00:01:30] 25 years. We talk a lot about that when we get together, and she's created a way in three minutes a day to help you rise above any kind of strife or energy of stress, so that you can be grounded and present, and go through your day as your higher self.
- Tara, can you tell us a little bit about your process and what you've created?
- Tara Teipel: Absolutely. Thank you. I just found after many travels and deeper spiritual [00:02:00] inquiry, and a busy life, how can I bring that back into my everyday life so I could show up as the best version of myself. Being a busy person, I don't have 20 minutes a day to meditate. I have about two or three minutes to start my day.
- Christa: Yeah, especially as a mom and a business owner.
- Tara Teipel: Yeah, getting things going. It's just a lot, and so I needed it to be something practical, something effective, and something that would really make a punch and center me for my day. That's why I created my

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spiritual ritual. A very simple, easy [00:02:30] way for people to connect on a daily basis. When we do that, we just get to show up way more present in our life, more effective in everything that we do, because we're connected. We're grounded, we're centered in our heart and in our body, and connected with source.

Christa: I always like how you bring it back to self love at first base, to any other kind of love, and you talk about there's four kinds of love. The first is self love. Can you go through those four kinds of love that if we develop, [00:03:00] then we really do get to live in love and light?

Tara Teipel: Absolutely. First base is love ourselves, right? I know from my experience, the journey of self love is the most important so I can show up loving others. First one is love with self. Second is love with another, for the divine or nature. I know that ...

Christa: Or your partner or your family, whatever it's got to be ...

Tara Teipel: Your partner ... Anything outside of ourselves. It's that relationship, so when we show up with love for self first, [00:03:30] we really can show love for another. Basics. Really basic things that most of us don't get because we're always somehow expecting the other to fill us up, make us happy, love us.

Christa: Right. We think it happens in reverse. If we're loved by another, then we can love ourselves, but it's never... It's always an inside job, isn't it?

Tara Teipel: It is. Sometimes it can be a hard journey to figure out, but that's first. That's why I started with love as the basis of everything, is starting with love. The third one is then love for [00:04:00] our community, right? When we can have that loving relationship with self, with another, we get to spread it out a little bit. There's love with our community. Then from there, the fourth major thing is then we can be of service in a larger way. Love with the universe, with ...

Christa: All of humanity, which makes me think of Martin Luther King. It makes me think of Mother Teresa. They really had it down, love for humanity.

Tara Teipel: Yeah. It's really, really important. I think we're at [00:04:30] a crucial time where when we get our inside wiring love all dialed in, we can show up in the most magnificent way, in all areas of our life.

- Christa: Three minutes or less, this is your spiritual ritual kit that you've created, that helps you kind of ground. Explain what we're looking at here.
- Tara Teipel: Absolutely. The nuts and bolts of this is really, truly simple. We start with creating sacred space. I chose a selenite tealight candle, because it creates [00:05:00] liquid light. It's a mineral, and it's very, very potent in doing so. Second, we have our palo santo stick, and we're simply ... We ignite it, we light it, and then the smoke really sets the stage and creates sacred space around us. It actually is an invitation for the divine.
- Christa: It's just by creating rituals. Palo santo is a wood that comes from Ecuador, that's been used really for millennia in ancient practices that [00:05:30] are meant to open us up, kind of wipe the slate clean, right? Clear the thoughts, clear the emotions, and ground.
- Tara Teipel: They've had it right, these ancient wisdom keepers.
- Christa: I know, I know.
- Tara Teipel: I've found that with my travels, they would use these certain elements in their daily practice, and I would observe. I'm like, "I need to bring that home." That was from one of my travels to Peru. The next thing is using... I created an anointing oil. This is probably the most important part of this kit to me, because it [00:06:00] creates a new neuro-biological response to love. The power of aroma, and then there's plant extracts, and flower essences and gem elixirs. It's really about re-wiring us and re-calibrating us to the higher vibration of love, starting with self.
- Christa: There's so many studies on what scent can do to change your experience, whether it's bring you back to a memory, or as you said, "Create almost a new neuro-pathway of memory."
- Tara Teipel: Absolutely. Every time we smell it, so we start our day [00:06:30] with just simply anointing. I love using ...
- Christa: Thank you.



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Tara Teipel: ... A positive statement with this. When I smell it, I just... I am love. I'm programming my brain and my cells to vibrate with love. Throughout the day when I use it, or at night.

Christa: Well, you could use one of these invocations too as you're saying it.

Tara Teipel: Absolutely.

Christa: Can I just flip to one?

Tara Teipel: Yes.

Christa: Dear Creator, thank you for your loving support by fueling me [00:07:00] with the freedom to practice authentic communication in all of my relations today. That's beautiful.

Tara Teipel: Mm-hmm (affirmative), yeah. The invocations are powerful, because we don't have to do this alone. When we call upon and we invite a higher power, the divine in our lives, it just really makes a difference, because ...

Christa: Well, we're never alone, and that isolation is what can create depression. For you, if it's not God, if it's not source, it can be nature, it can [00:07:30] be just really connecting with yourself so that you can think straight and you can have a minute to reflect on who do you really want to be? Where do you really want to go?

Tara Teipel: You got it.

Christa: The rose quartz, is that to remind us to ground?

Tara Teipel: Our rose quartz is a reminder, like a nice talisman of something to hold. I like that when I'm reading my invocation, and I love taking it throughout the day, so I'll stick it in my purse along with my oil, and have that be an anchor [00:08:00] piece. The rose quartz is all about unconditional love, which brings me to the next part, right?

Christa: Mm-hmm (affirmative).

Tara Teipel: We have our Because of Love cards, and these were really designed to how do we take this practice into the world? I always invite people to...

In your purse you take your little anointing oil throughout the day, your rose quartz heart, and a card. This card is really about giving unconditionally without expectation as an act of self love.

Christa: Right, [00:08:30] which is true giving, is to give anything without expecting something in return.

Tara Teipel: It's huge, and it's amazing how it makes you feel when you give, and then the person that you give it to is just like this random act of, "What just happened?" It's truly ...

Christa: It can change the course of their day, just like some simple kindness. If you don't have the cards of holding the door open for a stranger, giving them a smile, something like that can really lift them up, and that's a way to spread unconditional kindness throughout the world, right? Random acts of kindness.

Tara Teipel: [00:09:00] Yes.

Christa: They make a difference, and if there's really anything I've learned throughout so many of my own life experiences, is that it's an inside job. We really beat the ... Our outer experience of life is a direct reflection to what is going on inside, and we talk about this within. We're highly clinical in our programs, but we have to talk about this element as well, or we wouldn't be The Whole Journey, right? You really have to take all parts of a person into account. It brings me [00:09:30] back to why I chose to get into this field. Years ago, in my early 20's, backpacking around the world, I found this book by an Indian philosopher, J Krishnamurti. The book was called On God. I was headed to go become a diplomat. That's what I wanted to do. International peace and conflict resolution. The quote said, "As long as the individual doesn't understand the total process of himself, there will never be peace in the world."

It was that quote that literally I said, "Forget this. I'm [00:10:00] not going to go try to be a diplomat. I am going to try to help people with their health as first base, so that they can create peace." I think it was the best decision I ever made from starting at the inside out.

Tara Teipel: I would agree. Yes.



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- Christa: Now, if we want to find the love kit, the My Spiritual Ritual, you can find it at [thewholejourney.com/ritual](http://thewholejourney.com/ritual). Tara, I commend you for creating this, and I'm going to ask if [00:10:30] you'd like to leave our tribe with any final words of wisdom, or final words of advice, so that they can really connect on a daily basis.
- Tara Teipel: Yeah. I think it's important. I look at if we have a vehicle or car, if it's on empty, we can't get from point A to B, so it's really about checking in. What is my fuel reserve? When we can do that and we can fill our tank, this is one way, it's as important as brushing our teeth in the morning.
- Christa: I agree. I [00:11:00] couldn't agree more.
- Tara Teipel: Yeah. Start your day out right, and the rest goes really well, so thank you.
- Christa: Yeah. Thanks for doing what you do in the world, and thanks for being here.
- Tara Teipel: Thanks, Christa. Thank you for doing what you do.
- Christa: It's my pleasure. Thank you all for being here and watching Food As Medicine TV. We'll catch you next time.