



My favorite thing to do when I am folding laundry, driving or cooking is listening to a podcast. Here are some of my favorite podcasts:

- **On Being** is my all-time favorite podcast. Krista Tippett interviews people from all religions and backgrounds, as well as artists, poets, scientists on the meaning of our existence and all things related to how to be a human in the world. Some of my favorite episodes are the conversations with **Mary Oliver**, **John O'Donohue**, **Gordon Hempton**, and **Richard Rohr**.
- **Armchair Expert** has come into my life unexpectedly and became my go-to podcast for funny, deep and unapologetically real conversations. Host Dax Shepard has a way to disarm his guests with humor, his amazing vulnerability, and direct questions. Some of my favorite episodes are with **Esther Perel**, **Ashton Kutcher**, **Jimmy Kimmel**, **Will Ferrell**, **Edward Norton**, and I love the entire 10-episode series **Monica and Jess Love Boys** for the amazing insight into how to be with our relationship patterns.
- **Meditative Story** combines two of my favorite things, meditation and true inspirational stories. The stories are read by the person joining the podcast and the host prompts brief meditation cues here and there which helps you get back into experiencing the story with your body and breath. Here's **one that I love**, **this one** and **this one** brought me to tears.
- **Tara Brach's podcast** is a collection of her dharma talks that break down living as humans and how to find our way through everything with the help of meditation.

Her wisdom, insight, and expert storytelling are like balms for the soul. You can listen to her and meditate with her. Here's an episode that I really loved on [Finding Freedom In The Midst Of Failure](#).

When you have a chance, check out my podcast [Conversations With Healers](#), where I talk to self-healers and healers on all things related to healing and being and becoming a Healer.

Your turn, what are your favorite podcasts? Please comment below and let me know.

With love and light,

Damla