



DROP OF INSPIRATION EP39: CHANGING LIVES AND SHARING HOPE IN UGANDA

Celeste Rosenlof: You're listening to Drop of Inspiration, a Young Living podcast. Join me for leadership lessons, conversations with Young Living influencers, and an inside perspective on our company. I'm your host, Celeste Rosenlof.

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Hi, Drop of Inspiration listeners, it's good to be back with you, especially to talk about one of my favorite topics: The D. Gary Young, Young Living Foundation. So to share their experiences, we met up with Lauren Walker, Chief Supply Chain Officer at Young Living, and Todd Walker, Vice President of Global Sales and Business Innovation. So in July they accompanied The D. Gary Young, Young Living Foundation to Uganda, where they worked with the partners there.

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So real quick, a little bit about Uganda. So the country sits just south of South Sudan, between the Democratic Republic of the Congo and Kenya, and it shares the shores of Lake Victoria with Rwanda and Tanzania to the south. According to the 2014 Ugandan census, the country's population sits at nearly 35 million people, and their cultures are as diverse as the country's varying landscapes of tropical rainforests and savanna woodlands.

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So our guests visited Uganda's capital city, Kampala, as well as Jinja, which lies on the banks of Lake Victoria, to work with the Young Living Foundation's partners. So today we're speaking with Lauren and Todd about their experiences, and I can't wait for you to hear all about it, so let's jump right in.

[00:01:33]

Hi, Lauren; hi, Todd.

Lauren Walker: Hi, how are you?

Celeste Rosenlof: Doing well, thank you. Thanks for joining us today. Before we talk about the specific partnerships, I'd like to just get some high-level comments from both of you about the service trip and what it meant for you to be involved; so Lauren, would you go first?



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Lauren Walker: Sure. First of all, I had been telling a lot of people this feeling and emotion, but it was transformational for me. Seeing how some people live and some of the challenges that they experience in their life that you just never imagine living in a more developed country was just really eye-opening to me. And it just really made me come back and think differently about the appreciation level I have for some of the things that we had access to here in the U.S. But overall for me, that was a big takeaway for me. What are your thoughts, Todd?

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Todd Walker: You know, for me, I would say it's a personal goal, and would say a family goal, to be able to help out broader than our circle and to really be able to give back, if you will. And I think it was just a really amazing opportunity to do that with Young Living. And we both are very grateful of what the Foundation provided in terms of an opportunity to really get firsthand experience at really enhancing lives and impacting humanity. It was just an overall rewarding experience for me. It was an impactful experience and one that I want to do again. Probably with my family, with our kids.

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Lauren Walker: To be able to do that through Young Living and with members was just over the top.

Celeste Rosenlof: So I want to talk about your experiences with Healing Faith in just a moment, but first I want to play a clip of audio introducing the charity to our listeners.

[Audio starts]

Female: Healing Faith is a ministry that seeks to educate, equip, and empower the people of Uganda to help battle malaria. The impact of partnering with the Young Living Foundation has been the consistency of the help that we're able to provide. And so now we can go in with the assurance that we can help 100 percent of that area. Everyone can be covered at night, everyone can be helped in an area.

[Audio ends]

[00:04:00]

Celeste Rosenlof: Okay, so you spent your first couple of days in Uganda with Healing Faith. Can you tell me about that, Todd?

Todd Walker: Sure. I would say that was our first experience and didn't know what to expect at all. And it was an experience that first of all, the first part of it, the first day was really more around visiting the clinic and connecting with the kids in an environment where we were helping to paint the playground. And that experience alone was really rewarding for us both.



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A unique, I would say, observation was we were doing the work as a team— members and Lauren and I. And the kids were watching. And so Lauren of course didn't follow the protocol, and so she went and grabbed a kid, took them on the playground.

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Lauren Walker: Gave them paintbrushes (*chuckles*) and paint, and then all the kids started painting. It was so exciting! Because we're sitting here painting, this is for them, this is something they're going to come back and see and love and enjoy, and play on, and so let them paint. And now this is something that they'll be enjoying for—hopefully they don't have to go and experience—because it's about malaria, but it's nice that they were able to engage.

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Todd Walker: That's right, and it's a part of—it's their community, right, and they're making an impact there. But it was precious to see just one person doing it, and the kids were all watching. And actually, the teachers or the counselors there, they were kind of holding the kids off, and we said, "No, no, no, have them come join." And all of the sudden they were into it. I mean they were painting with detail, getting excited about it, it was—

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Lauren Walker: They were painting their skins and faces (*chuckles*) everything we didn't want them to paint, but they had a blast. (*Chuckles*)

Todd Walker: It was good. It was very good.

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Celeste Rosenlof: Sounds like an experience with children. (*Chuckles*)

Lauren Walker: Totally.

Celeste Rosenlof: That's so great.

Todd Walker: The first day was really more around understanding the clinic and understanding what's there and also seeing what happens as a kid actually has malaria or is concerned about malaria, how they go to the clinic, they're tested to see if in fact they do, and how they treat it. And it blew our mind to see the packet that they put together for both detection and prevention and treatment. And it's a \$2 packet, very simple.



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Lauren Walker: Even less—\$1.79 I think it was total.

Todd Walker: Yeah, it was unbelievable. And so if you can imagine—

Lauren Walker: To identify and save a life. A human being.

Todd Walker: And what we found out there was that in fact, every case of malaria is treatable, right? So that was, first of all, an amazing observation and understanding.

Lauren Walker: That people are dying over malaria, it's just unfortunate.

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Todd Walker: It's unfortunate. So the next day, right, so it's all about prevention and it's about using the mosquito nets, right? And so we actually had a chance to go out in the village and go into some of the homes there, and the homes were obviously very minimal.

Lauren Walker: Huts.

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Todd Walker: Like grass huts. But meet the families and hang up the nets, right? That was the objective. The first home we go to, we're walking towards the hut, and walking toward the lady, the mom, and we see two freshly dug graves. And so we talked to her, and we found out that in fact the week before, she actually buried two of her children that died from malaria.

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Lauren Walker: \$1.79. It could've saved two people. Just a week earlier.

Todd Walker: It hit us, I think, smack between our eyes, the impact that we could make. I mean, and then when you talk to a couple of the moms they were just in tears, understanding more about what this clinic does and what we were doing. Because they weren't aware of it. And they were thinking of course in their minds, if we would've known this a month ago, two weeks ago, we would have our children. It is just absolutely—very impactful moment for us all.

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Lauren Walker: Yeah, but the positive about that visit to the village is now we're on the proactive side. So installing nets, giving education, talking about this center, it could be a game-changer and a life-changer for people in this village, right?

Todd Walker: Absolutely. Absolutely.



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Lauren Walker: To just going from the tragedy that is or was to the hope and you know, future expectations of what could be a more positive experience if they prevent it from happening in the first place, and you know, having minimizing impact on so many children in their village. I'll just say it, the happy side of me going to this village and Todd going to this village and the members is seeing these beautiful little children and how happy they are and the love that they have for their siblings and family members and you know, the older ones taking care of the younger ones with pride; not because they have to, but because they love and adore their siblings.

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And, so, to see that joy and to also understand the experiences that they have when they lose a sibling, it is transformational for them because they are so close to their family. The family means everything to them. And although these kids were living in poverty, they didn't know that they were living in poverty. They have food, they have access to food, they have all the bare needs taken care of, but they don't have some of the basic health care access like malaria treatment. So to go there to see what can be is just really exciting.

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Celeste Rosenlof: So you two also spent time with Sole Hope, which offers treatment to people who have been infected by jiggers, and so here's a quick introduction.

[Audio starts]

Dru Collie: My name is Dru Collie, I'm the Executive Director of Sole Hope. Once we realized nobody was doing anything about the problem of jiggers, we took a couple of exploratory trips and talked to locals and really got involved in the community and seeing how bad this problem was. We found out that there's a lot of stigma around jiggers, a lot of people think it's witchcraft or a curse. Every week we're doing medical clinics, we're going to schools and villages, we're seeing 150 to 200 kids. We're washing their feet by hand, we're inspecting their feet, and removing their jiggers and then giving them a pair of shoes. And the really important part is the education. The education is going to be what changes this problem for the future.

[Audio ends]

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Celeste Rosenlof: Lauren, what did the days at Sole Hope look like and what impressed you?

Lauren Walker: Yes, well, before I go to what impressed me, I have to talk about what we saw. To see families that come in that are infected with these parasites and mostly on their hands and feet, but also on various parts of their body—not just the adults, not just the older children, but the babies, the five, six, seven-month-old babies with tens, sometimes even hundreds of jiggers.



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And to remove these jiggers means that they are stuck basically with a needle. I guess they put in a little bit of alcohol to make sure that they're not getting contaminated. But there's no pain relief, they just go there and get stuck with these pins to remove these parasites and the babies are screaming. *(Sigh)* The thought and vision of that is really overwhelming and many of us cried as we're holding the babies down to make sure that the treatment can be done adequately because it will all have to be removed, otherwise these jiggers lay between 200 and 400 eggs. And so, if they don't get them all out, they come back and re-infest the entire family because they lay eggs around the house and then bedding gets destroyed and they crawl on mats and sofas and the entire family gets impacted.

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So just that thought of having to have to deal with that. And these families are put out by their community because they're considered contaminated. It's evil. Maybe there's a witchcraft that's on them. And so they're actually set aside by their community and sometimes not allowed to come back and integrate with the rest of the community. So the removing of these jiggers is life-saving, but also, it gets them reintegrated within their community and gets their life back again and gets their sense of pride and community back where it needs to be.

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So the removal part of is important, but it's just to see that, and the pain that these little babies experience, the parents experience by getting these removed because just unimaginable before this. What are your thoughts, Todd?

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Todd Walker: Well, you know, it's interesting, as Lauren is talking about it, you know, part of the focus of, I think all the partners that we mentioned that we work with, it's about education as well, right? And so, one of the unique things, just as it was with Healing Faith, the education of how to prevent malaria, but also, when we think about Sole Hope, a lot of this is about education. So this idea of the stigma that's around the witchcraft or being, you know, possessed or whatever.

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Lauren Walker: You didn't get this because you're not a believer, you didn't get this because you're not—you know, faithful enough.

Todd Walker: Right. So they provided the education, so hopefully they understand that's impacting the community alone, right? Because it takes away some of the stigma that's there. But I thought it was phenomenal. It was just a phenomenal total experience for us to, first of all, kind of lightly go into a school environment which was really exciting and just rewarding. I mean seeing these kids happy and jumping around.



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We danced with them and played songs, little games with them. Applied stickers and had a good time. But then we also set up the assembly line that was really around inspection for jiggers, right?

Lauren Walker: Suspected had jiggers.

[00:14:03]

Todd Walker: Right. And then also, inspection, but then also collecting data. You know, social data about them.

Lauren Walker: Right. What kind of house do they live in, what kind of floors do they have? Is it concrete, is it dirt? How many siblings do they have? Do they live with both parents? Are the parents alive, do they live with grandparents? Because all of this is data that's informing to the type of scenario that may exist that would allow jiggers to exist in this particular household.

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And with that data, now the community service can go target people who fit these particular criteria as a likely candidate to do prevention, treatment, education, you know, from ground zero has opposed to letting it get to where it spreads so much.

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Todd Walker: And we all got involved and washed. So a lot of folks were actually setting up stations to wash the feet, right? To record what's happening. To inspect. And I happened to get one of the worst—this is the easy one, right? You shouldn't have any major, major cases. This isn't like a clinic.

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Lauren Walker: This is like at a school, so most of these kids were in school and weren't as infected. But if we found some with jiggers maybe they had five or six or seven.

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Todd Walker: Right. Right. So, of course, I was able to work with a young boy, I don't know, he's maybe seven or eight years old. And oh, my gosh, he had 30 jiggers on his—

Lauren Walker: This was at the school?

Todd Walker: At the school. This is the one where we were holding him, and crying and—



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Lauren Walker: Was that the next day or was that—

Todd Walker: No, at the school. At the school. So it was interesting because actually one of the members had a—she just said the day before, she says, "How do we deal with the situation when our emotions just take over us? I can see that potentially happening, you know? It's not the end of the world, but it may happen." And so she came over and she's with me, and she's inspecting. And she goes, "You know what, how about I trade places with you, and I'll do the inspecting, and then you go over to wash the feet?" And she goes, "I'm going to watch you this one time." It ended up being an hour process. It was unbelievable. And it got to the point where I had to hold him because he was in such pain, and he was crying and shaking. And obviously they were cutting the jiggers out, so they can't do that precisely if you're moving.

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Lauren Walker: And no painkillers.

Todd Walker: Right, no painkillers. And so I'm holding him, and she's actually recording, and we're both bawling our eyes out. Bawling our eyes out with him in pain. What was rewarding afterwards, he didn't give us a big smile afterwards, but he was able to at least get up. I lifted up, and we took him over to get fitted for his shoes. And he had his shoes on, and his lollipop, and he was walking around with the rest of the kids later on that day, which was really rewarding to see. This was my case. And so I'll let you talk about the clinic.

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Lauren Walker: Yeah, the clinic was kind of where I started talking before. The clinic is where you have the entire families that come, and these are from the most affected or infected parts of town.

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Todd Walker: And some of them are actually recommended or identified at the school.

Lauren Walker: Right, exactly. And just... again, the great part about it is that the entire family's getting treated and they're getting education about how to treat their home and things to do differently. One family, the family of nine is what we call them, mother, father, and seven children. Again, the youngest being about five or six months—all had jiggers. The mother had 200?

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Todd Walker: 87. 287.

Lauren Walker: Yeah, and the father had just as many, and then the little baby had quite a—



because the baby is nursing with the mother, and so close proximity to the mother, and they're just leaping onto the baby. Oh, it was just so sad. But again, education. So the family was treating—they didn't know what to do, so they had some kind of acid that they were using to pour on the jiggers to try to kill the jiggers. And it was literally destroying the nerve endings in their feet and could potentially cause liver and kidney damage. And so they were causing even more problems. So the education that they learned at this facility was just critical for the future.

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Because it will likely come back. But now they know how to treat it. They know what to do. They know what to look for, they no not to wait, come immediately to get it resolved. So there's a lot of things, and then giving them shoes. So how do you prevent this? Wear shoes, okay? Really? Shoes. All of the things that we take for granted. I mean how many people do you see walking down the street here in Utah without shoes? Everyone has shoes, right?

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Most people there don't walk around with shoes, at least in the village area. And shoes can be a protector. And so Sole Hope providing these shoes to children that most of our members and people around the globe provide. They take old jeans and they send it, and then that's where they start producing these shoes that these family members now walk home with and a new start on life for them.

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And so what's great about Sole Hope is that the family can stay there to recover. So it's not treatment and then get out and go back home. They stay there until they are healed and then they get visual inspections every day to make sure that everything was removed, that they're healing properly. And if there's other treatment that's needed like say stay started to get infection, they can get transported to a clinic to get that treated. So they're watched, they're monitored to make sure that when that family leaves they have a new hope on life. So the name Sole Hope, I mean it's about the jiggers that are often in the soul. But the soul, you know, who they are, the essence of who they are, they now have hope. That name means so much. It's so much more than removing the jiggers from the sole of their feet. It's transformational for those folks.

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Celeste Rosenlof: Well, and it sounds like had also has social impact, too, which I mean, who has ever felt you know, lonely or isolated, and that changes the course of your life.

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Lauren Walker: Yes, yes. You know, I read, after that trip, I read, I was reading some blogs, it had nothing to do with Young Living, but it was some people who were very vocal and criticizing people like us who go to those kind of communities and environments and maybe Africa or Asia to



try to help out. And they say, "Oh, they're just doing it for publicity, there's no way that those people can go there, and over the course of a week, really change the lives of others." And you know what, we're not at all saying that us being there saved a life or we made the future of that environment significantly better.

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But, however, what we learned, we're now able to bring back. So when I talk to people and they have questions about should they round up and the value of those few cents, the impact that is going to be made on a whole community, maybe even a whole country, that story is what we take away, and that's what we share. So no, we didn't go there saving lives, we went there to learn. We went to understand the impact and now through those stories and talking to others about what we experienced and what's happening on the ground, somewhere else, guess what, we are changing lives.

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We are changing lives not physically by what we did, but by our voice being heard, and the energy that's now being created to make an impact by just a little bit of giving. Just a few cents can make the difference in someone living, or dying, from malaria.

Todd Walker: Yeah.

Lauren Walker: Impactful.

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Celeste Rosenlof: Well, and a good reminder for people who are here in the U.S., who aren't impacted by some of these things regularly, or at all, right?

Lauren Walker: Yeah.

Celeste Rosenlof: That there is a need, and that we can help fill it, especially with how carefully the Foundation vets these organizations to make sure that they have sustainable projects on the ground, in those locations and that they have, you know, local people involved and that kind of thing that really helps make a lasting difference in that area.

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Todd Walker: Yeah, and here is the reality also, that the group of members that went with us, they are so active now. Their voice is so vocal. And we know that like Melissa, and a couple of others are going back. But they are also bringing this opportunity in their own communities to make a difference, but then also, thinking very, very broad about how they can actually increase the amount of impact with their teams and with these foundations, which is amazing.



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Celeste Rosenlof: Yeah, that's great. So, shifting gears a little bit, I want to talk about African Hearts. So, on the final days of your trip you went into the slums of Kampala where African Hearts operates. So African Hearts offers a safe place for kids in the slums, as well as food, and in education. So I'm going to play some audio real quick, introducing this partnership.

[Audio starts]

[00:22:59]

Lutaaya Abdul: My name is Lutaaya Abdul, born again, and I live in (inaudible). I am the Executive Director of African Hearts, organization. African Hearts exists to transform the lives of vulnerable children to become fully developed individuals honoring God and contributing positively to the society. On the streets, it's survival of the fittest. These days, street children live in the slums where there is violence, where the strong will take it all. It's kind of a very tough situation for the kids to live, and we cannot pretend we're not seeing it.

[Audio ends]

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Celeste Rosenlof: Todd, can you share some overall impressions about your experiences with African Hearts?

Todd Walker: Believe it or not, this was the most impactful for me. I mean that's saying a lot because you got a feeling of what Sole Hope meant, what experiences Healing Faith meant. This was the most impactful. My overall impression was one of joy, sadness, just a mix of emotions. Because what we were able to experience was, I mean, the worst of the worst. I mean in an area of slum that really provided... an environment that was one that was almost scary to be around, right?

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Where many kids, many of the boys had no hope. And their relief was sniffing glue. And when I asked George, what is the prevalence of that, he said, 90 percent or more. And this is their coping mechanism. They can't sleep at night really because they're worried about being attacked. If they have some belongings, someone would be attacking them and taking their belongings away from them.

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Lauren Walker: So they sleep in piles, the boys all sleep in piles with the most vulnerable at the very bottom to be protected by the older, maybe more mature, more physically strong boys. But all they own is maybe the T-shirt that's on their back and maybe they have a little small towel or



something that they use as a blanket. But they're filthy, they haven't brushed their teeth or bathed, in I can't tell you how long.

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Again, there is no hope for them. And so, what was amazing about African Hearts was some of them do have hope, and they can see a future. And so they quickly, first, identify who these boys are because maybe the sooner we get them off the streets and find a different environment for them, they're not lost yet, you know?

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Todd Walker: Yeah... I want to set up, come back to that in a second.

Lauren Walker: Yeah, I will.

Todd Walker: Because as we walked around, because we got to the second part of it, right? I mean, the first part of it was going through this environment. And as you walk through the environment you're walking past, right beside you, prostitution. Right beside you. And some people aren't aware of this, but just living in an environment where we're a little more sensitive to this, we're looking at drug deals happening right in front of us. People getting money taken—

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Lauren Walker: It's a part of Kampala.

Todd Walker: People getting money taken away from them, and you can see it happening. So who is vulnerable? You can see that, you know, the strong survive kind of thing. And that's the environment you're walking through, right? And it's an environment where these kids, many of them don't have hope, right? And so now, you know, that's the picture.

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And so now Lauren was talking about, fast-forward, you know, identifying those who want hope, who want a way out. And those individuals are then the ones that come to the clinic. And it's not even a clinic, what is it called? It's like a center, which is basically a building and a floor. And it's a small building and a floor, and the kids are laying in there.

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Lauren Walker: No, that's actually, that's just a community center.

Todd Walker: Okay, so the community center, right? But the ones who are coming to the community center are the ones that are more likely to be interested in a way out. And George, and with the "uncles" begin to—yeah.



[00:27:14]

Lauren Walker: The father figures in the community.

Celeste Rosenlof: I was going to say, George is the man who runs African Hearts, right?

Lauren Walker: Yes. Well ,while we're at this community center, each member, and Todd and I, and Greg, we got and introduced ourselves to the kids. But when Todd got up to speak, and they looked at Todd as a black male, and the fact that he's from the U.S., it didn't register for them. I think they thought—

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Todd Walker: Is it uncle?

Lauren Walker: That everyone from the U.S. is white. And so they said, "You are from the U.S.? But you are black! Why are you black?" (*Chuckles*)

Todd Walker: (*Chuckles*)

[00:27:45]

Lauren Walker: It was quite funny.

Celeste Rosenlof: It doesn't compute.

Lauren Walker: (*Chuckles*) But, so, we learned a lot. It was quite funny.

Todd Walker: Right. They couldn't believe that I was actually with the group, versus being an uncle. It was very interesting.

Celeste Rosenlof: Yeah, you're challenging some of their ideas, right?

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Todd Walker: Yes. So we explained.

Celeste Rosenlof: Yeah, so, Lauren real quick, kind of as a final question as we wrap this up, I wanted to ask you, so you shared a pretty incredible story with me earlier about some of the girls and how you shared your own story of adversity to be where you are now.

Lauren Walker: Yeah.



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Celeste Rosenlof: And though there are some really obvious differences in your story and that of the girls, would you mind talking about the experience of being able to use your story to encourage the girls?

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Lauren Walker: Absolutely. So, part of one of the stops that we made was, again, through African Hearts they have a school. And what's so wonderful about this is anyone can contribute towards the school and maybe even pay for a tuition or something like that for a child, to sponsor them for a year, so that they get their education. And it was amazing, as we're walking through the school, the penmanship of these kids, like—

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Todd Walker: Oh, my gosh.

Lauren Walker: Their English is perfect. And so you know, the transformation from where some of these kids came from to what now they're learning and they're being educated and there's hope, and there's a future for them. They can learn a trade, they can go to college, which many of them had planned to do through this organization, it was just fantastic.

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But one of the stops within that school was a portion of the school that had younger girls who were a victim of the streets and many of them got pregnant. And for them, they were probably, what I would say, had the most despair. Because being a woman, now having a child that you have to raise, and the fact that women, the focus on education is not necessarily focused on women. It's just not, right? Being in this environment, they have to overcome certain mental hurdles to be able to integrate into society and make a difference.

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And so I just wanted to share with them, look at me. I'm black. I'm like you. I came from circumstances that were really rough. I lived in the very roughest part of Brooklyn, New York. Back then, today, you can't afford to buy a house in Brooklyn because it's been (*chuckles*)

Celeste Rosenlof: Is that true?

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Lauren Walker: Exactly. But back then, in the '60s, '70s, '80s there was not always a lot of hope, where some of the areas that you lived in were really, really rough. But guess what, I believed in myself. I had people that supported me. Like they have a community that's now surrounding them



to give them hope that there is a better way of life. Same thing like me. And you can do it. You have to have hope. You have to have confidence and faith in yourself that you can overcome these circumstances. These circumstances with not who you are, it's just your current situation and you can work yourself out of it.

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And it was just great being with them because they can do it. And there's hope for them. And hopefully that short, small story could inspire them that you know, someone who comes from not quite the same circumstances or environment, but who had a very meager upbringing could make it in this world. And they can do the same.

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Todd Walker: It was very, very impactful, seeing it happen, and they were translating back to the folks there, and you could see the eyes, the engagement. And so it can very much impact a couple people, you know?

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Celeste Rosenlof: I wanted to end on that because I think that there is so much hope in that, that idea. And two, relatability, right? I think it's so easy to make these kids or you know, people all the way across the world like "the other" when really, they're people like us in circumstances that they don't have control over, but finding the hope is there is what I really wanted to share with people today. Because I think that was something that throughout our conversation today I've really felt the impact of is, yes, things are painful, and hard, but there is hope, and there's people doing good in the world.

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Lauren Walker: And there is a path that gets people to that place, through our foundation, it's just amazing. The transformation that I can see happening. Well, thank you so much for allowing us to spend some time with you, because again, we learn so much, and we did so much, and it was great to be able to share with others.

[00:32:13]

Celeste Rosenlof: Thank you so much.

Todd Walker: It was a great experience, and we also really enjoyed connecting with the members for a like cause.

Lauren Walker: They'll be lifetime friends.



[00:32:23]

Celeste Rosenlof: Great. Thank you two so much, it was great to sit down and chat with you.

Lauren Walker: Thanks, Celeste.

Todd Walker: Thank you, Celeste.

[00:32:28]

Celeste Rosenlof: I just loved hearing about Lauren and Todd's experiences, and I hope you enjoyed it today as well. If you did, and you are interested in learning more, we have some additional resources that I think you're really going to love. At YoungLiving.com/podcast, we have a video embedded on this episode's web page under Related Content, so you can literally see some of the people who Lauren and Todd are talking about, who they served and worked with, and learned from.

[00:32:58]

You can also head over to the Young Living Blog and check out the article "How You're Making the World a Better Place" to read how the Foundation used member donations during their service trip to Uganda. That's at YoungLiving.com/blog.

[00:33:10]

As always, thank you so much for listening. If you're feeling inspired today, could I ask you to go over to iTunes and drop us a review? We'd love to hear what you think, and we'll even make sure to give you a shout-out during an upcoming episode. In the meantime, feel free to subscribe on your favorite podcast app and for more information about this episode, visit YoungLiving.com/podcast. I'm your host, Celeste Rosenlof. Stay inspired.

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