Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Hello everyone. I am Corey Andrew Powell, and I'm joined today by Zani Sunshine, founder of Off-Grid Homestead Fam, where she teaches about life off grid survival and preparedness. Now, after 10 years of intense research in 2020, she and her family left Atlanta where she was a registered nurse, and they moved to New Mexico to create an off grid homestead from the ground up on 25 acres of land. I'm so fascinated by this. Her book is called, "Beginner Survival and Prepping Manual," and you can find out more about that at off grid homestead fam.com. We will also put the link in the podcast notes as well. But, uh, first of all, Zani, welcome to Motivational Mondays.

Zani Sunshine ([00:46](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Thank you, thank you so much.

Corey Andrew Powell ([00:48](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

You're <laugh> I said motivational money, but that that might have been subliminal. We might be trying to summon some money and, but yes. Yes. Welcome to Motivational Mondays. So thanks for being here.

Zani Sunshine ([01:00](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Thanks for having me.

Corey Andrew Powell ([01:01](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

You're very welcome. I wanna start by talking about, well, in general, people don't really know what off grid means, so I wanna just first tap into that. But then I wanna also touch into your own personal experience and story about what made you, uh, uproot from Atlanta, which is of course a big major city, and then opt for more of a, I guess if you would say a, a rural, uh, off-grid life. So, uh, first what's your definition of off-grid?

Zani Sunshine ([01:30](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So off-grid means not being connected to public or municipal utilities, but there are so many misconceptions about off grid. A lot of people think that you're running from the government or that you have no technology and that you're not paying taxes and you don't work, but it just means that you're not connected to municipal utilities and you're supplying your own water, electricity, and managing your own sewage.

Corey Andrew Powell ([01:54](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. Yeah. And I think that's important because even me, I had the misconception. I was like, you know, I, I had the idea of like what I see on reality shows and when I hear about like, people who live off grid or people who are like, uh, uh, doing like the preparation stuff, I just literally, I just think of like white people in Alaska <laugh>, right. With beards. Like that's what I think. Exactly. Exactly. So when your publicist pitched you to us, I was like, oh my gosh, this is very different aesthetically, which I thought was amazing because as I read more about your, uh, I guess your, your story and the things you identify people of color and marginalized groups should really, really take heat. Now. Talk a little bit about that, and I want to talk about the points you make about Hurricane Katrina and Flint, Michigan. Those were two very specific things that stood out.

Zani Sunshine ([02:47](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. So in terms of, you know, prepping and being prepared for natural disasters or any possibility of things that may come, even job loss is different than off grid. Mm-hmm. <affirmative>, but most off grid people started as preppers because they thought that either there was gonna be an apocalyptic event or there was going to be a religious event, or society was gonna crumble. Or even just natural disasters. Just, it's, it's about wanting to be prepared and having more control over your basic necessities, basically. And most people are not prepared because I found that most people are in denial. They have that, that could never be me mindset in terms of lots of different things. So most people don't even have like three, four days worth of food and water in their house. Yeah. Let alone a week, two weeks, three months mm-hmm. <affirmative>, which you should have. Yeah. You know, so it's, I just want to get everybody to think about it, you know, and start doing a little bit of prepping at a time.

Corey Andrew Powell ([03:45](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah. That's really important because I, I was just thinking about maybe a year ago I had just going to the grocery store and it was like really late at night and my freezer, the whole refrigerator just like, just broke. And that was with like $300 worth of food in there, meats and everything. And I ended up, I had no option because everything was closed by morning. All this food would've been rotten freezer wasn't gonna hold it all up. So I ended up giving it all away, luckily to like the girl at my front desk. She, okay. She hit the lottery that night with her groceries. Okay, let's just stay <laugh>. But it made me think what happens if the entire state loses electricity and they all have, you know, food that spoils. And so when it comes to that kind of preparation, what are some of the things that, you know, people can do in those instances to, to be prepared?

Zani Sunshine ([04:38](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Well, I suggest everybody have a generator because, um, not just the food, but you remember what happened with that deep freeze in Texas.

Corey Andrew Powell ([04:46](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. Yeah. Yeah.

Zani Sunshine ([04:47](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

And there were people who died.

Corey Andrew Powell ([04:48](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yep, from freezing.

Zani Sunshine ([04:49](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

'cause they could not, they could not stay warm. Right. So everybody needs to have a generator with gas available so that they can stay warm so they can keep their food refrigerated or do any, you know, charge their phones and their devices. Mm-hmm. <affirmative>, because we have become so reliant that we don't even think about the possibilities of how much we would not be able to do if we just didn't have the simple thing such as electricity. Yeah. So what I tell people is if the grid went down, you wouldn't buy, be able to get cash out of the bank. You wouldn't be able to buy food, you wouldn't be able to get gas, you wouldn't be able to go to any store. Mm-hmm. Because everybody has cash registers that operate off the internet and electricity. So it would be complete pandemonium after 24 hours of no electricity in most places. Yeah.

Corey Andrew Powell ([05:34](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

And we also talked about, well you talk about a lot in your, your YouTube videos that I love that were really great regarding the misconceptions of this off grid living. And we just talked about that a little bit with my <laugh> perceptions of, um, of people who, what I thought were just like, maybe just doomsday preppers, which is kind of what gets more, um, sensationalized with the whole thing. But by a practical means, uh, I thought solar power is a, is a prime example Right. Of people who may be opting to live off the grid, so to speak. Right. And has been now put to a more practical use. I mean, so is that something that's, that you would consider also like off the grid when they people have solar power.

Zani Sunshine ([06:15](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

If they have solar power and they're still connected to the electrical GI grid, then they're not off grid.

Corey Andrew Powell ([06:20](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. Okay.

Zani Sunshine ([06:21](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Because there's some people who have a hybrid where if the electricity goes out, their solar can kick in.

Corey Andrew Powell ([06:27](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm gotcha.

Zani Sunshine ([06:28](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

But being off grid is, you're not connected at all to anything basically. Yeah.

Corey Andrew Powell ([06:32](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah. So I happen to live in a home where I've, I'm, I'm not a hundred percent sure I have to ask my partner 'cause I'm like bad with that stuff. But I have a completely solar electricity if I'm not mistaken. So the entire roof is like solar panels. Okay. And, and, and, um, you know, like the electric bill is like really inexpensive because of <laugh>, just the whole purpose. And when I compare that to an actual electric bill, it's astronomically low. But then in that case, solar powers cost a lot. So I bring that up to say, you also mentioned people think that off the grid living is like, oh, I'm just gonna go in the woods and pitch a tent and eat some berries and bark <laugh>. You know, and there's a whole other level of sophistication with off grid living. So talk a little bit about how, you know, you can be right within an actual community of other homes and still be off the grid.

Zani Sunshine ([07:23](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Definitely. Definitely. But I think a lot of people think that off grid living is cheap. Hmm. That you don't have to have any money to do it. Some people think that when you're living off grid, you're squatting on land, you just go and find land and start building <laugh>.

Corey Andrew Powell ([07:36](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right, right. Yeah.

Zani Sunshine ([07:37](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

But you have to be, make sure that your basic necessities are taken care of, which is food, water, sanitation, and housing. Right. Those things are not cheap, even though solar is cheap on a monthly level, it's very expensive to install a solar system, you know.

Corey Andrew Powell ([07:53](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative> <laugh>

Zani Sunshine ([07:54](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

and it's also very system, uh, expensive to install a septic system, you know, and if you're gonna supply your own water, you have to either have a, well, you're doing rainwater catchment, or you have a naturally flowing body of water on your land. So it's very expensive and time consuming to set all of those things up. Um, and a lot of people go into this without doing that, and they end up creating a bad hard lifestyle for themselves.

Corey Andrew Powell ([08:24](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yes. And also you talk about illegalities too. I mean, there's, there's certain legal parameters that you have to, in certain communities adhere to. So you can't just be like, well, I'm gonna be off the grid and you're in the middle of like a state that has all these regulations that you have to connect to their <laugh> their grids. Right. So, right. That's also, yeah. Yeah. Wow.

Zani Sunshine ([08:43](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So you have to count, you have to check with the counties and make sure it's legal, because a lot of places it's not legal. And then you'll hear stories of people's, of of people getting their land taken and people are like, oh, they're gonna come take, take your land. I'm saying no, they, they took their land because they were not following the rules, the guidelines and the codes of wherever they lived. Yeah.

Corey Andrew Powell ([09:02](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah. And even in your instances, like I mentioned in the intro, you took 10 years to research before you actually moved from Atlanta and went to New Mexico. And I mean, and 25 acres of land. That sounds stunning. That's so much land. It's a lot of land. But what was your personal motivation for doing that though?

Zani Sunshine ([09:20](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So I always felt like society's gonna fall at, at some point, what is the saying? No, great empire lasts forever.

Corey Andrew Powell ([09:27](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. Yeah. Right.

Zani Sunshine ([09:28](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So, and with everything that's been going on, even before the pandemic, I just felt like something may happen that I need to be in a position to protect my family and to provide for my family and being as dependent as we are on the powers that be. Because a lot of people don't even think about your food, your water, you know, electricity and everything. You have absolutely no control over it when you're on the grid, you know, so if there's a boil water advisory, you can't drink your water unless you boil it. I mean, there's just so many levels and factors to it that I wanted full control over my own survival no matter what happened around me, that we would be okay.

Corey Andrew Powell ([10:10](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Wow. And so you raise animals as well?

Zani Sunshine ([10:13](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>, right now we just have chickens because we have to put our fencing up to get some sheep and some goats.

Corey Andrew Powell ([10:18](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Okay. Wow. And from that, you'll be producing everything from, you know, dairy products as well as your meats. I mean, you'll be doing everything self-sustained.

Zani Sunshine ([10:27](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

We are not trying to be 100% self-sufficient. Okay. That's too, that's too hard. That's too much work. <laugh>.

Corey Andrew Powell ([10:32](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Okay.

Zani Sunshine ([10:33](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

We'll be about 90% self-sufficient with the ability to be a hundred percent if we had to. But it's like I never had the, the vision of never going to the store again or sewing my own clothes or anything like that. It wasn't that <laugh>.

Corey Andrew Powell ([10:48](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah, yeah.

Zani Sunshine ([10:49](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

It wasn't that deep for me. You know, I just wanna have the ability to do that if, if we had to.

Corey Andrew Powell ([10:54](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah, that's, I mean, I'm, I'm, it's, again, it brings me back to the government thing you just mentioned because, and not to get into a political, you know, topic on that. But again, when we are so reliant on the government or for like federal programming to get food to the grocery stores, to get our water to come through our, our faucets, et cetera, that same sort of expectancy is there when there's a disaster. And what you talked about with the Katrina and the Flint, Michigan, and you mentioned like one of the, I I forgot what oil, big oil spill you mentioned as all as well, there was an expectancy that the government would come in quickly and help people and be, and save you and save you. Right. And Katrina's a prime example of how terribly wrong that can go. People were. Yeah. Yep. And so do you believe that if people had been more aware of some of the things you talked about in your book, they could have sustained themselves in those instances?

Zani Sunshine ([11:54](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Uh, sure. If their house wasn't completely underwater, they could have. Right, right. You know, but if they would've had three months worth of food and water and, you know, just general emergency supplies, they definitely could have sustained longer. Mm-hmm. <affirmative>. Um, but like I said, most people don't think about it. So I wanna ask you a question. How long do you think you could go right now with the food and water that you currently have in your house?

Corey Andrew Powell ([12:15](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Gosh, since we're two big guys living in here, uh, <laugh>, it's probably gonna be about maybe a week max, quite honestly. Maybe. And that's, you know, with really conscious rationing. Right. You know what I mean? Because a lot of it's frozen, so mm-hmm. <affirmative>, there's that practicality. So I would say maybe a week if I want to, you know, be <laugh> really, really lucky about it. That's not a long time. Not a long time.

Zani Sunshine ([12:43](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

That's not a long time at all. Mm-hmm. <affirmative>. And, and that's why I'm pushing people and it's simple, as simple as keeping dried beans and keeping rice in large quantities. And it's, it's not that hard. It may not be something that you really want to eat, but it's gonna keep you alive and it's gonna keep you fed, you know?

Corey Andrew Powell ([12:58](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm, yeah. I mean, it reminds me of when I first moved out on my own to New York City and my mom was like, baby, I always keep some potatoes and some noodles or <laugh>, you know, of course you still have to add water and boil them and make, but Yeah. But you're right, there are things that are foods that are at least going to potentially sustain you until God forbid you're rescued or something, you know, um, in a, in a crisis. And you talk about different situations. You talk about fire natural disasters, and you talk about technology, well, we just, you sort of like the technology grids, but when it comes to also things like identity theft Yep. Being prepared for that. So how in that way does being prepared, uh, like what are the preparations that can kind of help you there?

Zani Sunshine ([13:44](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So we need to be backing everything up in multiple ways. You know, we can't trust the cloud for everything. Mm. Because what if the cloud is hacked and then all of our information is either leaked or all of our pictures, all of our important documents, everything is gone. You know, so it's better to have at least one little USB or a backup hard drive with all of the important stuff from your computer on there. 'cause if something happens to your computer and the cloud, then a lot of your stuff is gone.

Corey Andrew Powell ([14:13](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah, no, that is true. And you're so right. I mean, you know, we don't think about the cloud in general. It's not something you can see. It's just, you know, it's there. And um, and I know just from like regular occurrences where I think I have a document stored and can't find it. So let alone if the whole cloud is just inaccessible, where's my stuff? You know, it's really, I mean, you may, like, the book made me think a lot about, oh, we take for granted quite honestly. And, um, and it made me realize how unprepared I am. I mean, I really was reading your, the, those pages like we're kind of like sitting ducks, <laugh>, you know? And it's an unsettling feeling once you really realize that when you mention 90% off the grid and 10% on just in case you have to connect, that's still a very significant amount of self-sufficiency. I mean, you went and bought 25 acres of land or whatever. So that's a very different situation. But how does a person practically here be as potentially off the grid as they can be without being as in, I guess, as in depth as you are where you literally uprooted?

Zani Sunshine ([15:19](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right. So you, you can be self, you can be more self-sufficient in the city, especially if you have a house. You can get rain barrels depending on if it's legal where you are, and collect the rainwater 'cause it's not legal everywhere. Or there are restrictions on how much water that you can collect. Mm-hmm. <affirmative>, you can get backyard chickens if you have a backyard. And you, you live in a place where they allow that. Yeah. Yeah. You know, there's, there's lots of different things that you can do, but it's very, it's very much a conscious effort to make it happen and to do it. And it's funny that you said, um, my book made you think about how you're not prepared. I've had people tell me that my book was very triggering to them.

Corey Andrew Powell ([15:58](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah, <laugh>, because I was really like going, I mean, it had me looking around going, I, I'm not really ready for the next, like, you bring up the pandemic, that was a prime example. I mean, you saw people fleeing the normal construct that we are all used to because it was collapsing. Right. So I think we can just look to that and see, well, you're not very off the mark at all about <laugh> about that. People wanted to get away from each other. They were trying to get into spaces where they're not breathing on each other. It was really mm-hmm. <affirmative> the prime example.

Zani Sunshine ([16:29](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

And, and how the grocery stores, when when the pandemic first broke, how, you know, they were running out of things. You weren't sure if you were gonna be able to get the things you needed. Yeah, yeah. You know, so that's a whole nother aspect of it. Not just being away from people, but being able to get the things that you need to survive.

Corey Andrew Powell ([16:45](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. Yeah. It was really, um, a little intense. I remember like, just thinking this pandemic was really unexpected, obviously, and it was really intense. And I thought, I think the biggest thing I'd had seen, I'd seen in my life, that was something to do with sickness. Mm-hmm. <affirmative> and, and health. And then there's speculation that there could always be something even bigger after that, which is really, really, you know, terrifying. So I'm gonna have to gimme some of that land in New Mexico or something because I don't <laugh> I don't know what's going on.

Zani Sunshine ([17:16](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

But the thing is, you don't need 25 acres of, the only reason why we got so much land is because it was so incredibly cheap. It's not as cheap now, but it was so cheap. A small family, one acre, they can grow more than enough food. Five acres really. Even if you have a pretty, you know, decent sized family on five acres, you can put three or four houses and have animals and grow food. Mm-hmm. <affirmative>. So it's not like you need 20 plus acres. And I've had a lot of people who wanna do this lifestyle, but they haven't because they think they need a large amount of acres and they, they don't have the money for it. And then they don't even know how much an acre is <laugh>, you know, visually.

Corey Andrew Powell ([17:55](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right. Yeah. Yeah. I mean, 'cause that's a lot. But yeah, most of us don't, we just know it's a big space, but what is an acre? Right. But yeah, one acre is a lot.

Zani Sunshine ([18:03](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So it's, it is a football field without the end zones.

Corey Andrew Powell ([18:06](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

That's one acre.

Zani Sunshine ([18:07](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

That's one acre.

Corey Andrew Powell ([18:08](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

And you have 25 of them <laugh>. Oh my gosh.

Zani Sunshine ([18:12](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

But we're never gonna use, even though we, we are leaving this land to at least 10 plus children mm-hmm. <affirmative>. So it will be used hopefully at some point, but we could never fully use the 25 acres. You see what I'm saying? So you don't really need that much.

Corey Andrew Powell ([18:26](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

But, you know, you do make me wonder though, if there are other places now in the world where people perhaps should look to other countries maybe, and where there might be inexpensive land available. I mean, I know for a few years back, Costa Rica had a lot of attraction for people moving and building homes there. And they were in a very similar situation. It was inexpensive. They could buy lots of land mm-hmm. <affirmative>, um, yep. And so, and I love too, as a woman of color, that you are leaving generational wealth to your children. Yes. Which is a whole other show, <laugh>, you know. Yeah. But

Zani Sunshine ([19:04](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

That, so it's, and it's not even generational wealth. I don't want them to have to participate in the rat race if they don't want to. Right. You know, because it's not meant for everybody doing the nine to five, you know, hustling. You know, it's not for everybody. Yeah. Everybody mentally cannot survive in our society the way it's set up. So I wanted my children and my nieces and nephews that if they didn't wanna participate in that, they would have a safe place to come where yes, they would have to work to provide for all their necessities, but they wouldn't have to have a nine to five and do all that. Yeah.

Corey Andrew Powell ([19:38](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

You know, Zani, it's amazing you say that because, and I, I never want to talk about the pandemic, uh, as a, as a positive in any way, shape, or form mm-hmm. <affirmative> because if so many people, including me, I lost people during that time. Right. But I believe that every now and then society, life gives you a seismic shift for some reason. And you have to reevaluate and change. And that's what we just talked about, how the pandemic did that. I remember thinking how I'm fully remote in, in this current situation. And I now, looking back prior to the pandemic, all the past jobs I've had the hour and a half commute on the train in the morning, the hour and a half going back from sometimes falling asleep in the car on the highway. I couldn't <laugh>. I mean, really, it was dangerous. Butti, you're tired after a 12 hour day. And it made me really realize that there is, um, I I'm not sure how long that was sustainable for me. I was like, this is killing me. That kind of lifestyle. So, you know, you're really spot on with that. It was like, I didn't know how long I was able to do that. You know?

Zani Sunshine ([20:42](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So I have depression. I've had depression most of my life. And that's part of the reason, that's one of of the reasons that I felt like I had to get out of it, because I'm like, <laugh>, I'm 42 now, but I'm like, I couldn't do this for another 23 years. <laugh>, you know, being a nurse in the city. Yeah. Yeah. And just working all the time and, you know, being stressed. And I wasn't going to be able to mentally handle that for that many more years mm-hmm. <affirmative>. So I knew that I needed an out.and

Corey Andrew Powell ([21:06](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yeah, yeah. You know? That's amazing. Yes. And I'm glad you brought that up too because, and thank you for sharing that, because that's a very common denominator for so many people. Depression, undiagnosed and diagnosed. And so much of the life that we are living in many cases, it, it, it compounds and, uh, makes the problem worse. And so you talk about evaluating Yes.

Zani Sunshine ([21:28](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Because I think so many people are depressed because there's unrealistic expectations of us in this society, completely unrealistic to be able to keep up with all the bills and remember this and do that, and take care of the children and go to work and try to have a personal life and try to feel spiritually and mentally fulfilled and happy. It's just not realistic the way our society runs for most people to be able to do all of those things. Hmm.

Corey Andrew Powell ([21:53](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right. And, and maintain some sense of, of being grounded or sanity or whatever. Balance. Right. Exactly. And I'm, I'm happy you brought that up because one of the main things I want, I knew was one of your main talking points is about evaluating what type of lifestyle you want and, uh, not what is expected of you, but what makes your spirit feel full. So is that what this experience has done for you?

Zani Sunshine ([22:18](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Oh, definitely. Definitely, definitely. Definitely. And you know, they always talk about the difference between the past generations and the millennials and, and generation Z and how we are so touchy feely and we're more about fulfillment. And I was talking to my sister the other day, and our parents generation you went to school with for whatever was gonna make you the most money. Not what you liked, not that what was gonna make you happy. Everything was about making the most money. And we have come to realize that money is not the thing that is going to make us feel good and happy and fulfilled. So that should not be what we are basing our future on, what we're basing our path on. It should be about what is gonna make me feel good when I wake up in the morning. What's not gonna make me feel stressed and depressed and crazy and make me feel like I need a vacation every month because I have to get away from what is my reality. You know? So it's, it's just we have to reevaluate just the expectations.

Corey Andrew Powell ([23:16](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Yes, yes.

Zani Sunshine ([23:16](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

The expectations. Because we, we've seen plenty of rich people who are unhappy, who are addicted to something who commit suicide. So money is not the answer <laugh> at all. There's, there's a whole wealth of things, but money definitely is not the answer.

Corey Andrew Powell ([23:29](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right. If you're always constantly pursuing that and chasing after that, you never have enough of it. Right. Never. So it's always like a rat race. Yeah. And, um, it's kind of funny too because that's come up a bit in the past few episodes I've done of Motivational Mondays with, with guests who've said the exact same thing about chasing money. And I've shared this story. I know my listeners and watchers are probably sick of hearing it, but I have to share it with you 'cause it's kind of funny. So I was like, in the second grade, and you know, the teachers are always saying to the kids, what do you wanna be when you grow up? And you know, little Sally wants to be a ballerina, little Johnny wants to be a cop. And she got to me and I said, I wanna be an undertaker.

Corey Andrew Powell ([24:06](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

And she was like, you know, wait, you know, like what? Like I didn't know what that was. I'm, and I really didn't know what it was, but my uncle Paul was an undertaker and he had made a really good living at it. I had no idea what it meant, but I just always say, uncle Paul got a good job. He an undertaker uncle Paul got a good job. So second grade I went, and then when I got older and realized <laugh> that I told my teacher at, you know, second grade I wanted to work with dead bodies. Of course she was concerned. Mm-hmm. <affirmative>. But that was because I was already being programmed that you go for the money. And that's like, from the time you're a child, you're, you're already programmed that that's what you chase. And it's no wonder you, so many of us are burned out by the time we turn 25 or 30, 30 <laugh>. Yeah. Really. Right. I mean, 30 years old, I was like, really, really reevaluating everything. I'm like, I'm too young to be reevaluated and everything. But yeah.

Zani Sunshine ([25:01](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

So I have a, my oldest son is 20 and he's in college right now. And I kept trying to tell him, you don't have to go to college, baby. You can do whatever you wanna do. You can do what makes you happy. You can do a trade when you get outta high school. So until you figure out what you wanna do, at least you'll have a skill and you'll have good income. And he was like, no, I feel like I have to go to college to be successful. To do what, you know, even though I have told him his entire life that he didn't have to do that. And now that he's 20 and he's in college, he's like, maybe you were right <laugh>, because I don't know exactly what I wanna do with myself for the rest of my life. Yes, yes. And I'm spending all of this time and I don't know if this is what's gonna make me successful and happy. And I'm like.

Corey Andrew Powell ([25:40](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. Yeah. Yeah. Mama tried to tell you baby. Yeah. Well it's really true though, because I have, I subscribe to the idea that you should maybe get into the world a little bit and figure out what you like because you know, you don't know at 18 what your, what your interests are. Wait,

Zani Sunshine ([25:58](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

You have to figure out who you are first. <laugh>

Corey Andrew Powell ([26:00](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Right. That part. Like start with that. Right. Right. Yes. I mean, and that's like in itself probably sometimes like a 10 year, 15 <laugh>, 15 year journey. Right. I went to college at 36. That's how long it took me to really, you know, I was just an artist in New York City. I'm like, I'm gonna be the next Michael Jackson. And after a while that didn't happen. And I was still making like, you know, $10 an hour and as a, as I was approaching 40 <laugh>, you know, and that just was not sustainable for the life I wanted. So I had to completely, you know, evaluate. But you're right. Along the way, I was learning who I was, what I knew, and what I wanted to become. And so that's very important. And that brings me to another point that you bring up too, which, which is about the importance of planning in general. Mm-hmm. Yes. Um, making a 10 year plan because that's what you did. So what does that 10 year plan look like?

Zani Sunshine ([26:53](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

I always encourage people to first make a vision board because that's the easiest thing. You don't have to write anything out. You just kind of figure out what do I want my life to look like? What, what kind of house do I want? Or do I not want a house or do I wanna be by the beach or do I want animals or just whatever you envision. Actually thinking about it, going to Google, typing in that thing, finding an image that matches it, printing it out and putting it on a board. Hmm. That's like the first step. 'cause you have to figure out, okay, what do I really want? How do I see it? And then you can figure out, break down the steps it's gonna take to get there.

Corey Andrew Powell ([27:31](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Absolutely. Wonderful, wonderful advice. Like I mentioned before, I was looking forward to this conversation, like all week to talk to you because it made me really think, and I hope that everyone who listens and watches, uh, also will, will think about the things you've mentioned today. And if they want to learn more, I wanna make sure I send them to your website, which is off grid homestead fam.com. And the book is Beginner's Survival and Prepping Manual. So, uh, yes, just thank you so much for being here today, Zani. We really appreciate it. My pleasure. Thank you.

Zani Sunshine ([28:01](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

Thank you.

Corey Andrew Powell ([28:02](https://www.temi.com/editor/t/vyGx7I0uqzcPiSjE6elx_5FrrJ03I56T4URfuCYeP7436qDjidRWihl_RUVs1saP6vwUfhvCuA97aSe8xHi8lu2dgXI?loadFrom=DocumentDeeplink)):

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