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00:01 welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry joined by the delightful Hannah Oxley let's begin hey guys it's Hannah have you ever considered yourself a needy person well you should on today's episode Josh and I touch upon a handful of human needs ranging from food and water to compassion and Trust 00:41 in all sorts of Shades in between stick around because at the end of this episode I have a short gift of breath work for all of our listeners enjoy hello hello welcome to today's episode I'm excited to dive in because I feel as we are shifting into fall Josh and I were just discussing the weather but and it's a full moon today too so I feel a lot of newness New Beginnings um emerging so I'm excited to see what Josh has in store for us today these are the subjects we're talking about yeah this is cool so 01:31 um this week I've had a lot of understanding new new awareness actually um there's a book that is called non-violent communication and it's written by Marshall Rosenberg and there's this crazy story about how it came into my life and maybe that's for another time but it's really cool um I do love how books tend to find us at the exact right time and sometimes if you force a book like oh I should read this and it doesn't feel right then a few months later you're like oh I forgot about this about this reading 02:14 it's like well this is why I had to wait because it's always so aligned yeah it's like the curriculum like the Divine curriculum that comes to us yeah it came into my life and we set it on the bookshelf and then all of a sudden it showed up on the coffee table like five months later it was like time to read it so anyway this book is all about compassionate communication and so there's the idea that there are Universal human needs that we all have and then there are feelings that indicate whether those needs are 03:01 met or not and so if I'm feeling frustration I can actually look for what need is not being met in this moment or if I'm feeling Joy I could also look for what need is being met so emotions are kind of like the breadcrumbs backwards to find the needs and I was looking at these and I was trying to fall asleep last night and this metaphor yeah it landed in me and so um there's I think let's see one two three four five six seven seven groupings of needs that the NVC model has and it's connection physical 03:59 well-being honesty Play Peace autonomy and meaning and then inside of those there there's like a dozen of like sub needs inside of those and so I was looking at this list and I was looking at coping styles and I was asking AI what are a bunch of coping styles and there are things like denial projection rationalization repression um intellectualization

on minimize withdraw fantasy isolating disassociating avoiding humor sarcasm acting out numbing on and on and on like there's there's a ton of coping coping mechanisms and I 05:03 was thinking about this idea of coping mechanisms meaning we needed to cope with something because there was something going on that we needed to cope with that it wasn't ideal and then the other phrase other than coping is defense like defense mechanisms as well right and the idea that we needed to defend as a kid indicated there was something going on in our environment that needed defend defended against right so not ideal from a childhood perspective very telling that those phrases coping and defense are being 05:52 used right so I was looking at a bunch of these really I was focused on sarcasm because for me I was very sarcastic as a teenager like to the point where I perfected it and so I was looking at this defense mechanism of sarcasm from a place of what needs were trying to be met by me being sarcastic because there's a human reason we do the things we do instead of just saying oh that's my personality because once we say that then then we're like we're done right there there's no further investigation 06:35 but if I say what's the reason underneath that coping mechanism or behavior then I started to look at these needs this list of needs and I was like what what was I trying to get by being sarcastic and there was a I'm just looking at this list and there was like a sense of belonging I felt like if I could be sarcastic and have somebody laugh then I I would somehow in a in a inauthentic way I would hook on to that person for a moment but then I would need to do it again I would continue to need to be funny and 07:25 so the metaphor last night laying in bed and I was just thinking about if I don't know if there's 60 let's say there's 64 needs on this list and they say it's not all inclusive but here's a pretty good list and let's say as children our parents actually our grandparents were aware of six of these needs because honestly that's probably what they were aware of and it's it's not putting them down it's just that's the culture they grew up in and so if they had maybe maybe it's less 08:14 maybe let's say it's three and let's say Mom Grandma had three grandpa had three and let's say two of them were the same so maybe there's five five total okay that my dad grew up with this understanding of five of these needs being met it could be like sleep food shelter water is one of them okay so so that's kind of five very physical well-being focused nothing about connection nothing about belonging or communication or closeness or um creativity or celebration of life or authenticity or Integrity or learning or 09:13 Mourning or purpose right and so let's say they there's this and I and I saw like this Crayola um like the 64 counts crayons crayons and there's 64 in this box but Grandma pulled five out and said we don't need the rest of these these aside we just have these five okay so mom my my parents grew up with these five coloring or yeah crayons and then then I come along they only know about five meanwhile I needed all these things just like they needed all those things so they developed coping Styles when 10:09 closeness wasn't provided they needed to create a A coping style for that and so now as I'm looking at my behavior and I'm looking at what need if I had that coping style wouldn't have needed to be developed I would have just experienced the need itself and then suddenly I have this new crayon this you know I'm I'm gathering new crayons now and now I'm hanging out with 16 and I'm

like whoa 16 is pretty nice I wonder if I can gather and experience 20. 10:58 and then once I have 20 you know and I just keep building on and I get to color life differently the coloring book of life is different when I have when I only have five versus 64 of these crayon needs and that's great too the metaphor for like let's say you have all 64 you've you know done all the work and you know all the needs that you need to be met but people around you who still only have five to ten crayons they're like wow he's really colorful I can't see those colors right so when we set boundaries 11:45 and ask for our needs whether we're setting up or asking to have things come to us where some people just don't get that so people don't understand that and not as good go ahead go ahead go ahead I was just gonna you know when we're talking generation I'll like you said like there's nothing wrong with how our grandparents live their life they're coming out of the Great Depression and those were that's all they thought they needed and absolutely that's if we were in the same boat I'm sure we would be the same 12:20 mm-hmm and what I was going to say was not only can they not see the colors but they may experience emotions when they witness us experiencing these needs and by those emotions they can then look at this list and say why am I feeling jealous or angry oh it's because I need that too so I like that it it's kind of like a a model or an exercise where we we talked about last week um going down and sitting with the grief and the sadness and the anger we can take it one one step further with the grief it's not just feel it but it's what did 13:22 I need why am I grieving what what's missing what what was missing mm-hmm and I like how you said it my job like people think oh he's just a grumpy person or something like that that's just one of the seven dwarfs like he's just grumpy that's how that person is for instance but there's a need not being met but he's some having some sort of grief that door there's no way grumpy needs a little bit of some sort of need it's a different crayon in his in his um pencil case so with 14:11 like some of these I I don't even know what it would feel like to experience the need if it feels like I've never had that crayon in my hand before mm-hmm yeah this is a long list are um are you able to share your screen for the people that are watching and then other than that we can just name some yeah some of these are good like you said like I wouldn't even think about it I think what I'll do is when I edit the video I'll put it like right up here perfect so that they can see it and then 14:57 I'll link to it in the show notes as well okay cool but yeah read read some off that are standing out for you um choice um Harmony inclusion community to know and be known to see and be seen to understand and be understood those are huge Clarity we need for challenge I feel like that one is not met in our society and that's why so many people find it easier to numb out because we're not challenging ourselves in the right way in a expanding way closeness stability is a good one respect and self-respect 15:55 and I can see different coping Styles you know with one need there can be a few different coping Styles associated with associated with it depending on what how the person has experience life so with I find the coping style of being sarcastic very interesting because I feel like it's I if I rewind and try to think of when's the first time someone said oh they're being sarcastic like I was probably gullible to something I was like wow that person's being serious it's like no Hannah they're sarcastic and then



so 16:36 being like well why would that's confusing so but then going through life like I'd say 75 of the people I meet are sarcastic everybody gets sarcasm usually at this point because we're all experiencing that same coping style yeah so when you when you dug into that did you notice any needs specific to that coping style oh my gosh I had so much hurt and what I got really good at was and I didn't know I was doing it until I started healing but I would do like a dig to someone's face under the guise of 17:25 humor and so it felt like I was using like a dagger or an ice pick to like hurt somebody but then glaze over it and say oh I was just being funny but it was hurtful stuff but it was because I had so much hurt inside of me and I didn't know what to do with it then you might see one person makes a joke and a group of people gravitate toward them because they're funny and people like to laugh so then you're like oh I could be funny too so that maybe I can be seen more yeah yeah and it was crazy because I wanted 18:08 to be seen but I also had so many walls up that wouldn't allow myself to be seen and so it was these coping styles are like layered protection and if you if someone gets past one if the hurt is big enough that there's going to be another another wall mm-hmm how would you think the first steps are to letting your guard down on a wall down like that so I've thought a lot about this and I know I don't know if it's the first step but it's a big one is judgment and we can hear it in how we judge 19:01 others if we're judging others in whatever way we we have to know that that judgment is also inside of us and there's no compassion there is no safety in which somebody could even look with him because as soon as that heart gets open the judgment's there to hurt it again so really paying attention for me is in what ways am I judging others because I know that that's going on inside me and I experienced that only because so when I went on that hike through Spain we read a book beforehand it was a group of 19:49 us a semester abroad a whole 10 10 students and we had some pre-reading to do and we read a biography of somebody that did walk this Trail beforehand and one of his big things as he was walking alongside this woman and he just couldn't stand her and every he'd every little hostel he'd stop at then there she would be and he'd be so annoyed and in this case you're you know you're with yourself walking for most of the day so you have time to think and he realized that that she's she does things that I 20:26 hate of myself and so then I started to become aware of that especially when I was doing this this hike and I was like I'm not like that you know and then I remember I forget somebody I met was bothering me I was like well there's nothing there there's no similarities between me and this person whatever the instance was and then I slowly reflecting on it and it's like shoot that's me I'm judging myself through that person and so I think it takes takes some huge awareness in order to to be open to that 21:08 and there's also this other great book that just came to mind um by uh Gabby Bernstein it's called the Judgment detox and actually I think that's what led me to that book um because I was like wow I am like I'm I judge other people and because I judge myself so it was all about first noticing who you're judging and then the same thing noticing what those aspects that you hold for yourself to um but the book required a lot of writing and I quickly came up this sounds like work that is full of shame because you've 21:49 realized that wow I am so jud

gy yeah that is it's a it's a huge realization when you start to notice that in other people and from that comes so much compassion but you do have to drop that wall down of like like I do that um and then as soon as that wall starts to come down you can have compassion for yourself and therefore the other person that you saw yourself in and I I think it's interesting I just wanted to what you mentioned about reading the book and then setting it aside as soon as it but tricky yeah but I think I feel like 22:42 that's part of the journey honestly it's taking in all of this information and it's like ooh but it's also another coping style like all this awareness it's like okay yeah I know all about that I know all about judging but it's it's coming back around for like round two where it's and that's kind of where I find myself today is for like six seven years I was just taking all this information in on how to become aware but I wouldn't do any of the journaling a little bit but I feel like 23:24 once you get to the place where journaling is okay that's an indication that there's enough safety inside of you and to that point this idea of fixing ourselves or you know nobody wants to be fixed and when we're when I'm doing this work now it's not to fix me it's instead it's discovering ways that I can love myself differently that feels so much different than than fixing but it I like the the way I'm going about it could look very similar to when I was trying to fix myself because there was a 24:13 time when that was a focus because once you I saw something recently that once you start on a healing journey and then sometimes it gets obsessive and people that suffer from perfectionism that's another form of it it's trying to heal yourself completely and fix yourself completely but it's a never-ending there's always layers and deeper love deeper compassion for yourself and everybody else yeah that is there's a balance there because perfectionism is a coping style coping mechanism to keep us from 25:06 whatever putting ourselves out there or and so we want to do the work it that's the up and the down right it's the down go find some healing and then go up bring it out into the world and and just allow that to ripple out of you and then it's like the whole consciousness of the community rises when we do that mm-hmm right that's you know instead of because I used to be in a place of all these people need to change and not you know there's so many rude people in the world and I used to because I used 25:57 to work retail that was very in my face that everyone's too stressed and they all need sick of chill pill and everything until when you start focusing on making on doing work for yourself suddenly you view that all differently and stop blaming other people for their coping styles because eventually it's contagious when you're in a high vibration and people are like how did they get there or when you trigger someone that's a gift for them to be like wait like just to you know it's just a little 26:41 Pebble another little Pebble that you're placing that they can follow or crumb rather so yeah doing your work helps everybody else in the long run not always a quick fix so I want to Pivot just a little bit from like this mental understanding to more of a somatic perspective and so I was revisiting some of Luis Mojica he's the holistic life navigation guy so amazing um he has a podcast and Instagram stuff that's just really life-changing but I was listening to some of his he calls him drop-ins they're like 15 minute audio files that 27:39 he just has you drop into your body and experience what's going on and the one I was listening to was around more

y and he he said even just mentioning the word money notice how your body responds and he he calls it it might brace like brace is kind of a is that a freeze yeah like brace yourself yeah and so could it could go to like anxiety um and different people had different responses on where it showed up in the body and so I was thinking about that that just the thought of money my body reacts right and so I was I was thinking about 28:41 that from some of these needs as well I specifically around love I was thinking about well and this is the uh the the heart guy on Instagram I I told you about his so he is offering his love and codependency course it used to be 3 000 now it's for free and I watched that first video okay yeah and so I started doing the exercises and it blew me away the amount of awareness his journaling prompts gave me and so one of his questions is how do you view public displays of affection how do you feel it what comes up are you angry or jealous 29:39 um and so I was checking in with my body kind of like the money thing but it was around somebody showing affection in front of me and I could feel bracing it it was like uncomfortable and then I was like okay what's going on then there why is my body uncomfortable around that um and there's like shame there there's there's like embarrassment uh experience the same thing when I was thinking that question okay and I thought about movies and how like if there's some sort of like intimate scene on a movie like I 30:20 instantly I'm like are my parents watching behind me like I get that same so I was feeling into that too and I was trying to identify and all everything you mentioned that's what I was feeling too the shame embarrassment just yeah embarrassment mostly and that's one of the needs on this list affection and I have in the past with my partner shown affection in front of people and you you hear the sarcastic comments [Laughter] and it's like it's so crazy how it's all intertwined the sarcasm the 31:04 embarrassment their bodies are reacting but we don't know that this is going on inside of us mm-hmm and if we're feeling shame or not feeling Shame Shame is present but we're not going in it into it to release it it just perpetuates it mm-hmm and the coping style is that sarcastic remark I love how you tied that all together yeah well we could we could do it with anything so is there some other experience even um not like a negative thing just like that we could play around with something at the farm 31:58 yeah well actually my farm Peeps are the my most supportive listeners okay but like we listen to your podcast while we were cutting onions like I love that um well so I might I have an experience that was felt somatically yesterday because I had this amazing massage therapy and so yeah lately for me I've just been it's been my whole life where I'm I can I push people away when I get really close to somebody I sometimes think I'm subconsciously pushing them away and I've been thinking about this a lot 32:46 lately and I reflected back to okay my first friend that I ever had in Like Preschool moved out actually to Utah maybe she's your neighbor okay um and then I was thinking of I've had like so many little groups of friends or like I remember first grade I had this brand second grade I had another friend and I'm like why didn't why was none of that you know one of one friendship continue on through a bunch of grades I have one friend that through different times of our life we've come apart and always come back together 33:27 um but for the most part I just don't get that close to people I'm close like I have a lot of clos



e friends but there's still like this like arms length that I that I keep away and I am known to cancel plans or I'd rather just be at home in the comfort of my house and so I but then I feel shame about that because if people are like well why are like what do you mean you're not doing this what do you mean You're Gonna Cancel or why do you want to stay home like I just so then I feel a little misunderstood but I'm not 34:08 trying to offend anybody I just have I must have like some weird social anxiety some sort of thing I love to go out with when I when I want to when I'm feeling in the mood it actually kind of goes along with my human design um Karen told me that um I'm on this wave I think we all are but when I'm on a low wave I don't want to be around people and I shouldn't be making decisions making plans because it's just not um for my design it's not aligned so anyway I was really reflecting on this 34:42 all weekend and I had I just kind of came through to me I was like I should reach out to this this one woman who actually I'd love to have her on the podcast too um she does this it's called a cranial sacral massage and she even has a hard time convincing people that it's so well needed for anybody so what it is because I think people are so you feel very vulnerable I felt vulnerable a lot of the time but in a good way it was like I felt safe around her to be vulnerable because what happens is she does a little bit to your massaging your 35:24 head it's mostly just like kind of holding your heads or in points but then she massages your belly like she would like on your back like it's it's there's pressure um and it's very focused just on your belly and she even specifically said that she prefers working on women because but they're the hardest to get to sign up for something like this because our bellies in a somatic sense we're always like we don't want people touching our bellies you know that's that can be a very 35:59 um what's the word I'm looking for it's not usually women's favorite part about them you know so I even mentioned this to my mom and she was like I would never want someone touching my belly so I felt that way I I felt that way as she's massaging like there's so much vulnerability there and but as you care for it as you're giving it the attention that it needs your you gain your power back like she was able to really talk me through stuff after the massage about because I've I just have a hard time 36:39 saying no to people as a people pleaser but that's what that's where it gets held in the most is all those times that we said yes when we meant to say no or said no and then got a bunch of Shame for doing so we hold all of that in our belly and so it was really interesting to feel that release somatically and not through my mind I did not think my way out of that it was all I just feel so good since yesterday a big release but it's I even she was like asking me how I felt and I was like I'm having a hard time putting 37:22 words to this and she's like yeah because it's all on a somatic level what was the experience of the release like how did you just today it was just last night and today I just felt very light and More in my power hmm okay so there wasn't like a moment of a whoosh or a no not really but I because I felt the vulnerability come up and then I felt I was like I know I feel safe with her we've done some work in the past and I'm just like I'm being held by this amazing woman who knows exactly what she's doing and I just let 38:11 it all happen and I think right at that point there was a big let go of like okay she's she's doing something here and I've mentioned it on this podcast plenty of times

mes I have a history of really bad gut issues and my belly has been very happy for the last 24 hours it's a really really cool experience and she I would love to have her on the podcast because she's into all this Tantra stuff and she just got on a whole nother level of just talking like we're saying words that make you 10 seconds 38:47 and I always saying like I want to learn more I want to learn more but I need to ease myself into this saying words she does like she's saying um I was talking about a certain date and she's like oh no I'm going to a tantra um Tantra party or Tantra Summit she's like we're all going to be naked dancing I'm like wow like I would love to be able to feel that confident and that comfortable in my skin and so she's she is so amazing really really enjoy learning from her yeah that that's next level 39:29 yeah that's and I and because as we do the work you know there is that ego that comes in like we're just talking about there's no end game but at certain points we're like well I feel perfectly great but every time I talk to like somebody like her or somebody in that realm of things like oh there's so much more for me to learn so much better for me to experience um so yeah it was it was great great experience lots of lots of dive in there so I want to have her on because she is amazing yeah the 40:06 freedom is a need and what you're describing she has a level of Freedom that I don't have there's there's a guard I guess anytime there's a guard up there's some reason right inside me that I don't feel free to do that yet mm-hmm but with all the deepening of our awareness that we've been doing it's a yet that's to come I will get there so she probably has access to the the bucket of the crayons that there's like it has the 104 yeah monster pack yeah and you can feel it with like her 41:03 presence and so like wow she gets all of the crayons but I'm sure there's another level so she she has the monster pack and I'm sure there's another level yeah she has the glow up markers [Laughter] yeah and we talked a lot because because she is exactly what I mentioned earlier when she has more crayons than we can even fathom yet people get that feeling of tension when it was that if she says something people are like wait what yeah she like clutching their pearls like but when she mentioned that to me I'm 41:57 like what a gift you're giving to them what a gift you're giving to those people that that whatever you're saying sounds terrifying but maybe if it's not it's not you that gets to work on them or anything but you've planted that tiny little seed for you know the next person that says something that makes them uncomfortable and another person and then maybe by the fifth time they feel uncomfortable they'll be like you know what I'll give that a try hmm yeah yeah she's magical I feel very blessed 42:30 to be held in her magic yesterday so even wears a she even wears a necklace that's just a woman's body it's amazing huh so I was thinking about when I was talking about the five crayons and that if somebody that only has five sees somebody else that has access to 32 or 64 or whatever they feel certain things inside them feelings or somatically and it's an indication that there's a need not being met and then I got to experience that as you were talking about her that I'm like ooh the monster pack and I 43:27 can feel like this tightness and this discomfort and this like let's change the subject and it was like oh but it actually there's some Freedom there that she's experiencing and other needs I'm sure I could look at this list like a level of like there's a a comfort with her own body mm-hmm and



there's a level of belonging belonging is another one that those people dancing naked mm -hmm that there there's just a level that I don't understand because right now I'm seeing it from my 44:14 I don't know I have like 16 crayons or something I'm like you you can't color what she's describing with the crayons I have it's true and if you suddenly went from five to 104 it would be like oh my God what do I do you probably have a nervous breakdown so I think the titration of learning a few at a time to get yourself into that you know what do they call it the monster pack of crayons that's the way yeah that's the way to do it well and it took courage by you to go to that appointment too right 45:05 I felt a huge calling to her okay but I have a friend who had signed up I don't even know if she ended up going but she reached out to me she was she was nervous to go I don't even know if she ended up doing it um but she's you know she's um I think she's my mom's age and um she's had a lot she's gone through a similar Health Journey that I have and so our bellies are we have trauma there um and so you know why ever however she said she didn't feel comfortable yet um yeah there's 45:46 it takes expanding that package of crayons takes some courage so I was on a breath work session yesterday where I was breathing and this is with Josh Connolly who's a British guy and he had close to 200 people in that Zoom call and he likes to at the beginning just ask is this your first time and there were I don't know how many it you know you see all the first timers and he's reading them and he's like whoa there's there's a lot of first-timers and so maybe 75 percent is a guess there was a lot and then so 46:43 he goes over what to expect spent like 10 minutes going over what to expect and he I was a little nervous and I've breathed you know hundreds of times but the way he described it I was like whoa this kind of seems scary and people were like man I don't know if I want to do this anymore I'm kind of nervous and he because I've I've been on other calls with him and he didn't go on one of them I don't know what it was about yesterday that was just like a little I don't know he's like you might 47:23 experience this and your your body might Twist and Turn you might end up you know crying or yelling and which is all true but just the way he described it but um I was thinking about so there was one guy that was like I don't know if I'm gonna do it and I commented on his comment and I said you got this um you won't regret it you know it you'll get through it and you'll love it and something like that and um because it's like the idea of the safety zone and then the comfort zone and he was like am I safe 48:03 he didn't know if he was safe once he knew he was safe and he just was uncomfortable and that's you too and I and I'm thinking about like this titration idea that that you brought up of what other things can give me access what other experiences can give me access to other crayons that I didn't even know was a thing and instead of immediately rejecting it just saying am I safe I know I'm uncomfortable I already know I'm wanting to run away but am I safe yeah and being uncomfortable and Beyonce two 48:48 different things well think of like the first time I did breath work I same thing I was felt very called to do it but totally scared like I'm gonna and then it's you know you could get tingly in this and the first time I've experienced I had like the whole body tingles like my mouth got stuck for a while and so knowing that no it's like jumping into a pool from like the small diving board and like you had so

much fear to jump off of that small diving board at one point and jumping off of the taller diving 49:30 board you're still safe to do so but it's scarier because you're higher than you already did what you did before but you're gonna do it um and I mean I'm sure some people skip and jump all the way from the tall diving board and don't go to the small one there are people like that but usually people try out something little and then they try more and then more and more and so I would think you know with going to the extreme of dancing around a fire naked would instantly be like oh I don't know 50:11 if I can do that but there's a titration to it I also didn't think I was gonna I don't know quit my job and work on a farm and there's all these little things that we do that make us more comfortable more confident to keep doing it and keep exploring and keep experiencing keep getting new colors in our crayon box well and I think it's very common when we think about stepping outside of our comfort zone it's in an outside world go experience you know skydiving or stand up on a stage or whatever it is 50:55 it's an activity but when I'm looking at some of these that are in the like intimacy well even sexual expression yeah you know pleasure is on here self-expression and and some of those are I mean that that's an inward like this idea of nurturing or belonging even nurturing makes me scared hmm I'm like that puts a lot of pressure on me yeah it's interesting the uh physical reaction that we can have just from a word yeah this is good trust is a huge one it's like the shortest word on here but it's the 51:57 biggest well and then love is on here right and I was doing that homework from the heart guy and he says we have like a love story yeah and for those that haven't done much inner work you can have a money story and this is like how money shows up in our life it's based on whether money is hard to get or money growth doesn't grow on trees or it takes a long time to make money or money comes and goes as soon as I make a bunch I lose it all we have a money story we also have a love story so I was writing that down 52:49 I was astonished at what is inside me when it comes to love and how it has played out in my life and so I could probably do one of those awareness exercises for all of these mm-hmm your acceptance story your safety story your belonging story and when you said that you keep people at arms distance it's one of those it's one of these stories I do the same thing that's what my intention is with that um that call that you were that you sent me that Workshop the free one and who knows what I will learn from it 53:42 but that's my intention of friendship love and why put up these walls we will figure it out great discussion yeah just like I'm gonna jump off of the diving board I will find out do it okay so to wrap up our episode today we are going to just do about two minutes of breath work as a gift to our listeners so I'm gonna start some music in a minute but we are going to just do some Halo active breaths which is simply in through the nose and out through the mouth with a little bit of force so it sounds like this 54:36 foreign I invite you to if you're not driving shut down your eyes find yourself in a comfortable seated position just take a few cleansing breaths allowing you to land here just begin to call your energy back from any people or places where it's been knowing that you can make that command you can call your energy back to you of course [Music] feeling yourself filling up 55:39 [Music] and arriving right here In This Moment and when you are ready we'll be

gin our halo active breath breathing in through the nose and out through the mouth here we go creating the pace that feels just right for you [Music] please [Music] [Music] 56:45 we lcoming all parts of you [Music] all parts of this person that you get to be foreign [Music] m aking them count see all the deal will take one deep breath in through the nose and hold y our breath at the top 57:49 [Music] oh hold in here seeing what you're capable of [Music] f eeling that energy that's yours [Music] and only when you're ready taking a big sigh out let ting go of anything that's not yours [Music] beautiful job shaking out your hands following your shoulders around welcoming any stretches I feel good putting your eyes flutter open ever so softly [Music] 58:51 feeling complete thank you everyone hope you enjoyed thank y ou for listening to the deeper awareness podcast where the Journey of self-discovery and i nner growth continues to unfold we hope this episode has ignited a spark within you and i nspired you to embrace a more conscious and authentic existence by looking within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes w here we'll continue to explore the transformative power of breath work and emotional heali ng 59:36 continue the conversation and stay connected with us on Instagram follow at dee per awareness podcast to receive daily inspiration valuable tips and updates on our latest e pisodes and offerings we'd love to hear your thoughts and insights from today's show so fe el free to share them in the comments below or tag us in your posts your engagement and feedback mean the world to us as we strive to continue to create content that resonates an d empowers our incredible Community together we can continue exploring the 01:00:10 de pths of Consciousness fostering genuine connections and supporting each other on our tra nsformative Journeys this episode is brought to you by you belong breathwork your destin ation for transformative healing and self-discovery at you belong breathwork we believe in the power of breath to unlock the deepest parts of ourselves leading to profound insights a nd a greater sense of connection and belonging whether you're seeking emotional healing a deeper connection with yourself or a path to authenticity our breath work 01:00:45 sessio ns Retreats and coaching programs are designed to guide you on this transformative Journ ey our experienced facilitators are here to hold space for you as you explore the depths of y our Consciousness and discover the infinite potential within visit you belongbreathwork.co m to explore our offerings and download a free guided breath work session thank you for b eing a part of our deeper awareness Community stay connected stay curious and may you embrace your true Essence with love and compassion goodbye for now and see you 01:01: 20 in the next episode

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