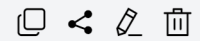




1 notes

27:25



00:01 I didn't come here to live my life afraid you know like I came here to live my life and to let love in and I think that that's where I'm at right now is like I find times in my life where I am still pushing Love Away I'm pushing love away oh if I let that in too much it'll be taken away or it'll hurt or you know whatever and it's not even like conscious thoughts coming through it's just like it's my body's own way of protecting me and that's beautiful and I am here to open 00:36 and open and soften and open and and let life in and with that comes the intensity and so how much of that can I allow much of that can I hold 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 well hey guys it's Hannah on today's episode Josh and I sit down with Andrea 01:24 freemyer we both met her while getting certified for breath work so it felt like such a gift to hear her incredible story of how she found deeper awareness Andrea has a passion for guiding people back home to themselves using breath work and incorporating her love and awe of Nature and mother can't wait for you to feel just how heart-centered she is take a listen I mean part of it part of it was my own speaking at first it was it was very much like I've always had a big heart and and wanted to help people like I I 02:02 truly just had this deep desire to help people and noticed that a lot of people in my life um close family members and just other people in my circle friends were having a really hard time with life and there was a lot of depression there was a lot of anxiety there was just a lot of that kind of stuff and so I decided to go to college and it and I wouldn't even really say that it was pushed on me by much um it was really a decision that I made I love learning I love being challenged in that way and and there was a part of 02:44 me too that was like well this is the next step like this is what we do next um but certainly wasn't pushed by parents or or anything like that in fact I was the first one in my family to have a college degree so I decided to go to school and was very much like I don't really know what I'm here for I don't really know what the purpose of this is but I wanted to help people so psychology made sense so that's what I started with was just trying to understand human behavior and why there's so much suffering 03:18 and really had a desire to figure out how I could like I want to learn how I can help these people and I did a uh undergrad like during my undergrad I did an internship at a psychiatric hospital local to me and I was like wow I can't like this I can't do this like the sister I saw like the ins and outs of like behind the scenes and how things were working

and I and I think I went to school with a very naive mind I think a lot of us do of like yeah I'm gonna like be able to change the world and so much 03:57 is gonna be unveiled during this experience and and so much was unveiled but it just wasn't what I was expecting it to be there was just so much sickness and we were just perpetuating that it was like this hamster wheel of like oh come in and we'll help you and we'll medicate you and we'll pump you up full of drugs and then your insurance will be up and so then you have to go back out and then you'll get arrested and then you'll come back and then and it was just like this really sick system 04:25 that that really I was like I'm not I am not the answers I'm looking for are not here and that's when I decided to continue to go to school and get a PhD in Neuroscience because I was like if I can't get what I need here maybe if I understand what's going on underneath all of the things then I can help people um and so again it was just kind of like my own personal pursuit to try to help people in my life that were having a difficult time and during my PhD training I learned so much so much about the brain so much 05:06 about Behavior so much about myself um and one of the things that I really discovered like once I got done with school like once I had had this achievement that was like well there's there's really no next level like what am I like what what do I do next was I realized I was so out of touch and disconnected from myself so on this pursuit to like fix and help and support other people I was like I had lost myself and about a year and a half before I graduated I got pregnant and um had been married for several years the number doesn't even 05:51 matter at this point but I had been married and my basically like a year before my son was born our marriage had started to just be really not a great not a great relationship it was um just toxic in a lot of ways and there was a lot of like for for me personally especially after I got pregnant I was like I can't keep living my life this way and especially when I had the space after school I was like okay truly like there's something that has to happen um my my son was about a year old at that time and I just was like I have to 06:30 take better care of myself and so I just really then went on this journey to to help myself to discover who I was and that started with simple things like just exercise and eating right and doing meditation every once in a while um and what I noticed after I graduated and I started a job at the University doing research science um was that so many other people that I was working with were also really struggling like it was like this very much like we're working ourselves until we're sick we're we're all overwhelmed 07:05 we're burnt out we're like there's so much competition and and things like that in Academia I think there are in a lot of jobs um but in that environment I was really feeling it and so many people are just so unhappy and so I decided to bring I was like I'm going to bring everything I'm learning to this place to to academic science and so I started doing these presentations like how we can find peace and and like calm and the chaos and and just teaching different tools that I had been learning 07:39 um but again personal life was just falling apart and um I really really was on this journey to help myself and in that you know my relationship just grew further and further apart because that was not the path that he was on and um after my son's fourth birthday so I'd been working at that job for a while um it was just about a month after my son turned four things had gotten really

bad and I my husband ended up taking his life so I speaking of things that happen like when we're just kind of like going along trying to to put all the pieces together and make things work and then something barely happens to derail us or in my case now from where I sit almost four years later opened my eyes to this life that I had been refusing to live for so long um and so that was a very very difficult time and what there's I'm in this place now where I can see so much of the gift of this whole experience that I went through um which is really really beautiful but they're still there's still pain like they're still hurt here and there's still grief like waves of grief that come up um I have an eight-year-old son now and he really struggles and so helping him holding him through this and being on this journey alongside him is probably one of the hardest things in my personal Journey now is just knowing how to help and navigate him and hold him through his experience of grief and loss and just not understanding um while I'm holding myself and moving through and doing all of the things in my own life so it was really that big experience that has been the catalyst to where I am today and so again that's like I'm thankful for that so much gratitude for where I am now um but it's been quite a journey to get to this place and um something that that happened after his death very shortly after was I have always had like a very deep connection to Nature it's always been like I didn't really know why I've been had I had always been drawn to it it was always I always felt safer when I was there when I was surrounded by Woods or mountains or whatever and that morning the morning that I was leaving my house after this happened the sun was rising and I just looked up at the Sunrise and it was like the most beautiful sunrise and I just remember hearing by call it whatever you want a presence that's bigger than me Andrea you have to feel this and that was very different than anything then the way I had dealt with other things other hard experiences that I had been through in my life was just to distract and avoid and throw myself into school or into being a mom or drugs or whatever it was um and so this just came through so very clearly for me and it wasn't until probably two months later that I really you know after not being in shock anymore and moving through all the like things you have to do when something like that happens just like going through the motions I really was in a place where I could allow myself to do that um to start the process of doing that um and breath breath was really something that was really big for me um to help me reconnect to myself to find my safety in my body and allow myself to feel the the pain of what I had been through so I don't know if that was an intro number one but yeah that's what has led me to where I am today so had you found breath work before that event or was it after no it was about two months after um and yeah it was it was something that I experienced I it would just kind of like showed up and I did the practice and only about like five minutes in or so I was like whoa like this is because I was so raw I was so that's also what that experience did for me it opened me up in a way that I couldn't close like it you know it was just like the pain was so much and there was just so much that I was holding that I couldn't no matter how hard I tried I couldn't not feel some of that stuff that was there and so the rawness that I felt through that breathwork practice

was so much that I was only able to do it for about five minutes but in that five minutes I felt my body 13:12 in a way that I hadn't for so long and that re like starting or that just like gl impse of connection to myself was huge and it was like that was the thing I was like I this is the missing piece all of that education all of that all of it was so great and so helpful for my mind but I couldn't problem solved my way out of everything it's certainly not this experien ce and so it was this the gift of the breath of reconnecting me back to my body that was re ally the start of of discovering who I am and and getting 13:53 me to where I am today it's beautiful thanks for sharing all that yeah remember your question Josh did I answer it yeah I said what do we have to to understand about your life to understand yeah and and you k now like ever since then it's just been this journey of remembering of remembering who I a m and who I've always been but I had just forgotten you know it's it's really easy to especial ly in this culture in this Society to to like compartmentalize things right like to just put I'm j ust gonna like put this 14:54 thing over here and I'm gonna put this over here and put a littl e bow on it and like I'll come back to it later and I'll you know and and I think that no I kno w for my own experience that when we do that that we're we're pushing life away like we're pushing the beauty that is here for us away um and so a repeating thing that is constantly c oming through to me is like to soften into life to be receptive to open up to receive everyth ing that's here for me and that certainly does not always feel good 15:38 um that doesn't m ean that it's always you know full of joy and happiness and excitement I mean there's a lot of of sadness and grief and pain and heartache and that comes with that but that's like the flip side of like you know I I love so deeply because I've felt through deep pain you know a nd so it's just this knowing like deep deep knowing now that it's all part of it and when we l et all of it in Joy's the product of that you know yeah I believe we came here to experience t he whole spectrum and the 16:29 more we experience to one side we allows us to experien ce even more of that Joy like you mentioned yeah and we chose I believe we chose to do th is we chose to experience but why not feel it all right yeah we've talked about it before Josh and I have been in a coffin and just like you know I can't feel much when you're just in this l ike small little box but as soon as you break through it's like oh my God I can feel all of the things just anything yeah all the way from Joy to grief anything in between 17:11 so can we talk a little bit about grief this is like one of those subjects most humans are really good at avoiding and my sister lost her husband in a plane a small plane crash about four years ago and back then I was really numb and what we try to do with people that are grieving is get them back to normal as quick as possible and what struck me is that this concept of grievin g in a society that doesn't do emotions [Music] and so I'm wondering what has grief taught you 18:20 what has grief not I mean yeah like it's it's really it's shown me allowing myself to feel the weight of grief because it's like it's like a rock it's like a it's like a boulder it's a ther e's a heaviness to it that is just you it's just unless you feel it it's hard to understand but it's l ike it's just this this deep deep deep heaviness that lives within you and of course it's energ y right like it's it's the energy it's the weight it's the it's the pain 19:10 of not having what yo u thought you were gonna have right like it's the it's the loss of that future it's the loss of a

life it's the loss of just so much and so in so many ways I mean there's so many lessons but like it is show me what I'm capable of like of holding like to be able to hold that heaviness and that weight and move through it or let it move through me not all at once but like to let those layers and stuff be peeled away and move through me has just shown me that I'm 19:56 capable of holding so much more than I ever thought because if somebody would have told me this is what's going to happen to you and this is what you're gonna go on to do with your life and I'm like no like that would crush me like that would be the end there were so many days after it happened that I thought that it was you know I was like I can't do this how am I ever going to go back to living a life how am I ever I mean there was just so much questioning of how I was ever going to move on from 20:25 this and and just make things work like in general like being able to be out on my own and you know just take care of my son and do all the things um but it's just show me my strength and show me my courage um it showed me the frailty that is human life it showed me that when we love we are taking a risk but it's so worth it it is so worth it um yeah like it's it's opened me up to noticing my life to noticing the beauty that is all around me all the time like even when things feel really hard yeah yeah like it's there's so much 21:26 gratitude for this this aliveness that I feel now every day um and I still get stuck and I still you know have shitty stuff and I mean it's still it's still hard like there's there's still difficulties but it's like I it's so much easier for me to soften into the ache of that comes with this aliveness like to not push it away to not numb it it's like no like I know and part of this is being you know on the other side of the initial feelings of all of this because again at that time I was like I don't know how 22:20 I'm gonna get through this like it was like one breath at a time what moment at a time one day at a time and then it just starts to get lighter and it starts to get lighter in it and it's still here I'm still there's still parts of that here and there's this like deep love and deep gratitude and deep appreciation for this life and all that comes with it and and it's like what you know once you experience like this just like your analogy like the the coffin thing like once you experience all of this 23:00 it's I don't want to go back I don't want to go back to this place or for moments sure but like I don't want to go back to this place where I don't know what's on the other side of that so yeah I think it's like the biggest thing is it's just taught me to just fully land in my life to just be in my life knowing that no moment no feeling no sensation is permanent that it's all fluid that it's ever changing and and rather and and and in knowing that and softening into that the resistance 23:46 Fades like there's less resistance to what's right in front of me so like say I'm going through a difficult time or something and there's like so much resistance like why is this happening uh like I shouldn't you know all the things if I can soften into my life and remember that none of this is permanent that the the resistance Fades the suffering isn't there anymore it still feels hard still hurts it's so real but I'm not clinging or pushing it away you know and then it's also such a gift of 24:31 experiencing everything you've experienced do you feel like it's helped you to achieve that goal of helping so many people because now you have just all these other tools and you know you can relate to people and really understand what they're going through so do you feel when you settle

d on this journey to help heal everyone do you feel like you've you're there you're like what are you doing now yeah so it's definitely again like it you know this whole the whole concept of holding space like just being able to 25:09 witness somebody else in their pain without because when I started way back when when I was going to school and I was like I just want to help people I just wanna it was like I wanted to just like come in and like scoop people up and be like here go do this and and I tried that for a while I tried to just be like listen to me I know what I'm talking about like just if you just do this it'll it'll be better but something that my son teaches me over and over and over again is that we are all on our own 25:37 journey and I can model for him I can teach him I can say things to him I can you know whatever but the biggest gift that I can give him is just to be here to be here to be present to hold space for him to move through what he's moving through and be a safe space to land and that is what I aim to do with anybody that comes into my my space um whether that's somebody that's working with me somebody that comes to a retreat somebody that just you know that I meet somewhere like that's that's what 26:20 I desire to be to just allow people to be fully themselves and to meet them where they are and and show them that that they it's like putting the power giving them their power back and not by me doing anything except for just reminding them what they're capable of reminding them that that they know reminding them you know just inviting people back home yeah and I think a lot of that is you know a big big value of mine is to be in integrity with what I am sharing with people so if I'm inviting somebody through a 27:22 process and maybe it's a one-to-one client or something I'm inviting them through a process I'm like I know and I think that they can feel I've had this reflected back to me many times like oh you've you've held yourself through this different experiences right but when it comes down to it the sensation And the emotions can be there's a lot of similarities across people in The Human Experience of them regardless of the circumstance and so it's like being able to um hold somebody as they go through 27:53 their process I feel like I have a deep capacity to be able to do that because I have held myself through those things and I've received support of course um so yeah it's it's definitely impacted me in so many ways and just how I show up and and and that I just to be real for people too and not pretend like it's easy and not pretend like um that we're not on a journey together you know um and so yeah there's been a lot of people that have come it's it's wild how I've had many people reach out to me and 28:42 share their experience with me and I'm like wow going something very similar to me or there's been a suicide and close in their in their radar and it's something that's really impacting them and they had no idea about my my past or anything like that and so there's been like this these people come through um my world that that it is something that you feel like nobody gets and then they they're like oh you you do get this you do know where I'm coming from um and sometimes just that alone is so 29:21 healing for people to know that they're not alone um so yeah that's been huge I've had two experiences in the last week where I felt like I was the only one definitely in the first experience and it was it felt so nuanced and so like one off that I didn't I just kept it inside and then I saw a post on Facebook with somebody else describing a similar situ

ation and grief grief came up and I was just crying I felt so seen and I really didn't understand this idea of being seen until the pause program 30:21 it even that phrasing I had never heard of and to discover so Hannah and I have been diving into Universal human needs and to find out that that is a human need that we have to be seen yeah and so for you because and I will talk about this at the end with how people can um interact with you and and what not but when I experienced one of your breath work sessions I felt that same thing that that I knew that you had gone there with yourself that you had felt so deeply into that and that it was such a safe place inside 31:10 of you for you that I knew I could go there with you it's a real gift it's a it's such a gift yeah so with with all of this I and I was I'm staying with my mom right now and I was talking to her about needs and in our last episode we talked Hannah and I went over this but it's it's almost like we have we don't know their needs until someone says hey are you needing that and then and then most often our response is well I've gone 50 years without it why why do I need it now and so but then 31:54 once somebody offers that space for you to experience it it it's part of maybe it's part of coming home does that feel true that it's like yeah you're supposed to fit into all of these crevices all of these hurts all of these wounds take up all of this space fill them up feel into them that they're all part of you that that's home yeah yeah so and I I also you know feel that that's like integration right like that's like this this piece I feel like I don't know this isn't going on to 32:43 another topic but it's bringing up something that's important like I there's so much uh in the like spiritual community there's a lot of you you we do have needs like there's this like acknowledgment of our needs and let this thing fill you up let this thing maybe if you do this then if you do this then you'll feel that so to me it's like really bringing in this you know Society the like toxic masculine society that so many of us get into this work to leave behind is almost like being 33:24 like recycled into the spiritual space of like that we are not enough that we are not enough as we are and so I think that that it comes back to that it comes back to like this belief that that we deserve to get our needs met that that it's normal for us to need things that that we are whole as we already are and we have everything that we need and we were meant to be in connection with other people and have this there's times where maybe we're not able to access that thing maybe we can't see ourselves right 34:15 and so we need somebody else to be that mirror for us to reflect to us who we are it doesn't mean that you didn't have the ability like that that you're you're not inherently already good enough or or home or whatever the word is that you want to use but it's like sometimes we just we this connection with other people sometimes we just need somebody to remind us that we were already whole that like we're already enough that we're already there that we're already worthy that we don't 34:57 need to do anything to to remember that like you know meaning like something outside of ourselves right like we don't there's nothing outside of us that can remind us of that except for you know the connections with other people that are that are being that for us when we can't access it did I answer your question I don't really know I kind of feel like I yeah that so we need each other and we're whole so can you I'd love to hear about your retreats um I know you have a big one coming up and I know you have o

ther ones 35:50 coming up can you just talk about like what intention is there like a commonality across yeah so so the business that we have is called Elemental Wellness and it is so when I got into this work again bringing back like my love of nature um I have always speaking of mirrors to ourselves right like the the external world that the beautiful thing about nature is that it's this like unbiased like just exists as it is it changes with the seasons you know it's that it's that example of this ever Dynamic 36:36 ever-changing fluid thing that we can witness that reminds us of who we are and to me I see nature as such a beautiful mirror and so I had really early on in doing like the breath work stuff in bringing you know like we bring like themes into sessions and all of that I was like I really want to do an elements session or like Workshop Series where we're connecting to these different elements and so Earth fire water air are a big a big part of like what my business was kind of built around like to me those are like our ancestors it's 37:15 the it's what we're made of it's where we came from it's you know the simplest form of who we are and so every Retreat that we do is focused around a specific element and so we've done so we're doing essentially like series of of these different Retreats and we've done a water air and Earth Retreat so far um since we since we started doing them with these themes and our next one is fire in Hawaii um and really what the intention around these Retreats is is like really being able to invite the people that come to 38:00 notice that element as it exists outside of them so it as the what what do you see what qualities does fire remind you of like what do you see when you look into a flame or a campfire or whatever and to have that ref to for them to then be able to see that those same qualities also exist within themselves and so the one um centered around the element of fire is really about just connecting back to their power to remembering again it's all about remembering but just remembering who they are and what they're capable of 38:39 and um and so so we chose we actually chose Hawaii because of the volcanoes and and that you know the Earth that the the core of the earth is just this Burning this burning hot Center and we also have this like burning hot Center within ourselves and some of some of us have just like a tiny little a tiny little Ember um with maybe some ashes over it or whatever and so the the goal or the intention of our time together is to really just like fan that flame and and reignite that fire within each individual that's there within 39:21 themselves and just connect connect to that and I will also say that with this specific Retreat it's it's really wild the the situation that is going on in Hawaii right now so um yeah you guys know that there's been fires on the island of Maui and a whole town it was just completely devastated and it's a town where um you know there's a lot of people a lot of local a lot of people that have lived there for a really long time and there's a lot of fear that people are going to come in like developers and stuff are 40:01 going to come in and buy up this land and then they're not going to be able to rebuild and they'll be competing with with all of that and so um we've really and then and then if you watch the news or different media Outlets there's been a lot of um like we don't want tourists here like we need to heal we need to rebuild we need to do all of this and then there's other people are like yes we need tourists because this is what helps our economy and and all of this stuff and so it's been 40:31 a very interesting thing from from o

our perspective or from where just our what we're planning on doing um and so we are working we're collaborating with um different people that are that are local to Hawaii that are going to come in and be a part of our Retreat that's another thing that we really like to do is bring people in that are local to that land that can come in and teach us the culture of of where we're going and we're not we're not just coming there to like take over and and have this 41:07 experience like we want you to come in and and share with us the richness of your culture and how fire has been used in sacred rituals um there for for years and years and years and just really share some of that like ancient wisdom with us so we've been in collaboration with a few different people in Hawaii and recently have been having conversations with them and like really considering like is this should we do this like should we Host this retreat I'm there and we're on it we're on the big island for our Retreat which is 41:43 different obviously but it's still like you know we're like bringing a group and renting out this big space and like doing all of this stuff and but also really want to respect every all everything that's going on because that is what is so important to us it's like being in right relationship with ever with like with other humans with the land with all of that and so we've been in conversations with these people and they're like yes come yes come you are in Integrity you are in right relationship you even 42:17 the the fact that we're considering you know reaching out from this place and just asking like is this something that that we should be doing but the I think the thing like the universal thing that we get to come back to is like we need more connection we need in a world that is just so deeply disconnected like connection is rebuilding that connection coming back to that connection coming back to to who we are coming back home to ourselves is just so important and if and we can start that you know at the individual 42:53 level and then coming together in a community like at a retreat um where we're gonna come in honor and respect of where we're going is what is needed and so we've just gotten that that message back multiple times of just like yes come and do this work and keep this Mission alive because that's what's important and that's what's needed um so yeah I just wanted to share that because it's just it's been it's just been an interesting thing um to have to have all of that unfold 43:30 and and want to not pretend like nothing's happening you know and just because we were like well do we even like promote this like do we do we want to continue like promoting this when because it's about the element of fire and it's just there's just there's just interesting things going on about that um and I don't know that you guys need to include this in the podcast because because like you said some news there's so much going on in the news like this is the thing this is what 44:05 people need to hear this isn't yeah like to have perspective like this yeah and it's just so like the media is so uh what's the word like myopic like there's just it's like there's this one View and and it's either this or it's either it's so like black and white and and that's just not the way that it actually is like there's there's a lot that we're not hearing about and there's a lot that we're not seeing and yeah so I'm really grateful that 44:39 you know we had already planned to work with these people and had created these relationships with with people there like in fact one of the things that this woman wants to do one of the women who's going to be a pa

rt of this wants to do is have all the people that are coming to the retreat hop on a zoom call and um she's going to talk to us about like you know getting getting our energy in a place where we can come in with intention to the sacred land to to have like this you know we talk about like co-nourishment all of all of the 45:16 time and that's really what it's about when we're doing like earth-based work it's like how can I give back to something that has just constantly been taken from like how can we be in a reciprocal relationship to one another and so really making that very clear to everybody that's coming and kind of like setting the stage and the intention for um for what energy we're coming into and what the energy is of the of the environment that we're stepping into as well so that feels really good 45:49 that's awesome yeah yeah and so once that January 9th to the 14th um Andrea when you said you were checking with them and that reminded of me of when I was uh doing like a I was being somatically coached and the coach was saying as we were starting she said is there anything else that I could provide that would create a little bit more safety and I checked in and I was like that question created so much safety um and I feel like that's what you're doing with these people you're checking with them it shows that they're important 46:45 yeah that it's not just like all these white people are gonna show up and it's a hard thing we're gonna do the tourism and and I I went to Kauai and I was the the white tourist with no understanding and no comprehension of the respect and the sacredness of those lands and so hearing you speak like I'm learning a lot just of of how we can honor the Earth and and I would say it's all sacred right there and so I would love to hear because I see your pictures with um when when you and your family go to 47:29 lakes and you're on the paddle board or you're with the Creeks or the trees and I'd love to hear like how you experience nature like I like what what's that tangibly or what's that intentionally as you go there and you're just is it just a a presence just a beingness or or could you describe as does my question make sense yeah so so early on like I'll just go back a little bit because again I've always had this connection to like have had this like this like calling or like I just feel more 48:14 I don't know when I'm when I'm in nature um very different than when I'm in big groups of people um but just early on in my process through grief I would get to this place where I couldn't I I like I would be my mind would be very like you can't do this like what are you doing like you're everything up and you're like how do how are you gonna get through like all of that stuff would come up and I would just be like thank God had a support system mom can you watch Oliver I gotta go and I would 48:51 just go to the woods and I would just lay there and I would feel so held like so held and so like this this overwhelming sense of being alone would just go away like I'd be like I am not alone like look at all of these like the the trees and how many like the abundance of life that is all around me when I'm in nature and just just feel that and see that there was like this CL there's this Clarity still that just comes through for me when I step into the woods or the mountains or I'm sitting next to a creek and I and I'm 49:37 like really paying attention right because so many of us are surrounded by this stuff all of the time and I'm even like I live in the city and I think I share this with with you Josh but like I go for walks all the time and and there's I have to drive a little ways to get to the woods

but this is an old neighborhood that I live in and there are so many old ancient wise trees and I have such a relationship with them like I notice them I stop and I pay attention and I was walking with my partner a while back now and I'm just like how do people not see this like how like the intricacy like the details of the bark and and like and feel the energy and I know from my own experiences because they're not open to it they're not paying attention they're not stopping long enough to notice and and then and so that's just something that I really feel when I'm in nature and I noticed too where I'm at like it's it's a huge check-in for me because if I go out on a walk or to the woods or to the mountains or whatever and I'm not my breath isn't taken away or I'm not like noticing what's around me I'm like okay stop take some breaths and open your eyes open your heart like it's it's such a a it's like I'm not I can monitor my energy that way of like just like noticing like wow you really haven't been in the present moment much lately because you're just you know kind of like caught up in the getting from here to there on your walk instead of like really noticing what's around so that's a big part of it like it just it softens me it opens me up it reminds me of of the beauty that's all around me of the gift of of life and yeah it just it also just reminds me that I am so small in comparison to this just much it's like there's like I even just walking out of my house to the street and looking up at the sky like my perspective shifts even if just a little bit depending on where I'm at you know where my head space is and all of that but like it just there's a there's an openness there's a spaciousness that I feel when and outside um there's a like a reminder that it's not about being perfect it's just about being you know it's about that there's nothing that I have to do that I can just be and I can notice and I can feel and I can receive and I can give and I mean it's just like there's so much there's so much that happens when when I'm in nature and and just connecting you know connecting to again connecting to the elements which are all around us when we're in the natural world and and feeling the energies of those things and remembering that like you know for example water you're you can watch the river and and see parts of it that are moving really fast but then you see parts of it that are really still and you can just feel if you're paying attention you can feel the differences in those energies and like oh I have the ability to to basically wreak havoc with this energy or I can also pull it in and I can just be here and and and receive and and feel and let life flow through me rather than feeling like I need to go through and like take it out or something like that you know um so yeah it's just it's such a beautiful mirror and I see myself or who I truly am not for who I'm trying to convince myself that I am or that I'm not you know it's like there's so much truth in nature wow and then with the changing of Seasons right now how are you transitioning is there any sort of rituals you do or welcoming the like the last few years I've been like just embracing the feeling of hibernation people just still trying to hustle hustle hustle yeah keep it slow like this is a time to reflect and just notice like you said notice your surroundings and kind of take inventory and so just curious with the change of the seasons how that's happening for you yeah for sure it's I mean it's I feel I love the seasons like I love the it's all no matter what season we're moving away from and into it's like it's a period of transi

tion so it's just another reminder right that like nothing 55:01 stays the same and that that we are just like the seasons outside of us in the in the cycles of of growth and death and re birth and all the stuff like we have those Seasons within ourselves too so I think you know t hat's a that's a reminder that we get to see with the seasons but it's also when you're when you're connected to Nature to the natural world you remember that so much more easily o r easier that when you're going through a cycle within yourself like maybe you have this big burst of creativity and 55:36 doing all of these things and it just feels really aligned and reall y good and then the next week you're like Pat I don't feel like doing anything I just want to rest I just want to go inward I just want to hibernate or whatever it is cool listen to that like that's your body speaking to you you know because we're not meant to just be going goin g all the time and and it's just it happens on a bigger level than with the seasons right it's li ke okay this is the the time of the year where we are 56:09 shifting out of this like where we get to be where we get to express so much gratitude for the Harvest whether that be a liter al Harvest or the growth and expansion that we've experienced over the past couple of seas ons like we get to like really be in this place of celebration for where we're at right now and letting and also you know with with fall like letting things fall away that aren't working like whatever it is that you know because a lot of times we have this this path or this goal or thi s 56:43 thing that we're working toward and and we want it we have a certain way in which we want it to to unfold but maybe we've been in this place of like trying to do this energy o f doing but it's just not quite working out we can let that stuff fall away and and be in this i n this energy of like okay I get to slow down I get to start preparing myself for for colder w eather for you know slowness for um yeah just like that like inward inward connection so w e have me and my partner and we try to bring my son into it when he's 57:22 interested um but we have like little rituals and stuff that we'll do we were doing it a while with the moon cycles so like every full moon and and whole Moon we would just have some kind of like ce remony which doesn't have to be anything big but just like just being really intentional um and and so we we try to do stuff like that and certainly with the seasons the same thing hap pens um we're actually doing a breath work experience on the Autumn Equinox to like reall y celebrate this transition from 57:59 Summer to fall so partnering with an amazing sound healer um in the area to just that lives on some really beautiful land we're gonna walk the la nd and and just notice again just notice what's all around us so yeah it's a big part of how we live our lives is just being connected with what's going on in the natural world love that yeah it was so good so have you considered doing your own podcast no [Laughter] there's a need yeah for your voice for your essence to just reverberate outward 59:05 and it does n't have to be a podcast that was just one yeah I mean who knows maybe maybe someday it's certainly not anything that's like in my periphery or Focus right now um I yeah like I hav e I'm doing this science of breath work course that I'm really excited about that there's 12 p eople in there and it feels really really good I'm super excited about that um you know we have our Retreats I have some one-to-one clients that I'm working with um and a big part of where I'm at in my 59:48 life right now is again coming back to me I've been I love holding

and supporting other people and you know I've been working part-time for a company that's you know not necessarily been telling me how to do that but I've had certain schedules that I've had to follow and certain you know like things that that I've prioritized I guess over my own passion and dreams and desires and so I'm kind of in this place of like really um navigating what's coming what's what I'm doing 01:00:28 moving forward and I don't really know it's like with the hot air balloon thing like I'm I feel safe like there's like a containment like there's a container um that I'm being held in and there's so much possibility so who knows who knows what what gets to come through and maybe a podcast is one of those things that just doesn't feel like it right now anyway so well thank you for joining us and for sharing your beautiful energy and your wisdom and your stories and the things that you've 01:01:11 learned and is there any final words any anything that you would just want to share with I know when you started the conversation it was about bringing what you had learned to the academic world is that right so is there anything that if you want if you could like project it out into the world and just have it benefit humans like what would that one thing be oh my goodness hmm I think you know just welcoming the intensity of life with softness like so not from a place of like 01:02:19 you know going into a like I okay I'm feeling this intensity and in my experience what what can I do right it's like no like how can you just be with that intensity and I am saying this with so much awareness of yes you need support and there's nervous system regulation that comes into play here and trauma is real and all of that like and there is so much Beauty in the intensity like there's so much um and there it it's not I didn't come here to live my life afraid hmm you know like I came here to live my 01:03:15 life and to let love in and I think that that's where I'm at right now is like I find times in my life where I am still pushing Love Away and pushing love away oh if I let that in too much it'll be taken away or it'll hurt or you know whatever and it's not even like conscious thoughts coming through it's just like it's it's my body's own way of protecting me and that's beautiful and I am here to open and open and soften and open and and let life in and with that comes the 01:03:51 intensity and so how much of that can I allow how much of that can I hold um yeah I guess that's it I was kind of surprised at that answered so this came on through thanks and where can people find you if they are interested um well you can find me on Instagram it's andreafreemyer.phd and then um we also have a website Elemental Wellness sanctuary. 01:04:33 com the information is in both places beautiful yeah thank you for listening to the deeper awareness podcast where the Journey of self-discovery and inner growth continues to unfold we hope this episode has ignited a spark within you and inspired 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 where we'll continue to explore the transformative power of breath work and emotional healing continue the 01:05:12 conversation and stay connected with us on Instagram follow at deeper awareness podcast to receive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback

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