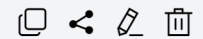




1 notes

16:06



I felt so strongly about it that I gave everything up right so like I'd lost like my house my job my family um yeah I'm getting a little emotional talking about it again but uh it was a really dark time in my life like for for a couple months like I didn't want to be here anymore like I was like ready and planning on leaving right and uh I had like a a a Dark Night of the soul and I had like spiritually something really incredible happen to keep me from doing that like I believe that like my mom has passed away and she came and gave me a really big sign that I shouldn't be doing that and to make a different decision

Vision 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 all right so welcome to the show today I have a very special guest today name uh she's named Christine Meyer and Christine and I met in our pause breath work program and I'm trying to remember were we in a breakout room or a did we have like a one-on-one I think we had a we were in a breakout room for sure and when when we first started talking to each other I needed help with with my Google stuff and you're like The Tech Guy Tech guy yeah helpful yeah yeah so so glad you're here so glad yeah I'm just excited to chat with you and to be here yeah so if you just want to start just give us a little intro on however that looks like for you whatever you want to share to start out okay well my name's Christine Meyer I've been born and raised in Vancouver Canada um I am a breath work facilitator um and yeah I've just been like working on starting my business and like my like physical healing the last like six months after we've graduated from pause and I just completed the advanced level to uh breath work certification with Paw as well in August I went down to San Diego and worked with Sam in person and it was so amazing so amazing yeah um let's see here um yeah before I was were going to school with you I actually was in school before too right I had taken the course last April was supposed to be in the in the April cohort but then I had an injury that happened to me and I couldn't continue so I got to defer my course and take it again in October so that's how we [Music] met so I want to know has your energy always been so calming um I think it's been off and on I don't think it's ever been this um Amplified before okay now that I've really done so much work to getting myself into alignment and regulate my nervous system I think that my my like Aura is is a lot different than it used to be right I used to um actually really have struggle with anxiety and depression like especially like as a teenager and in my 20s right and like after like traumatic episodes or t

traumatic events that happened to people like most people do experience um anxiety depression like low times in their life like just like everyone else and I found the right people like I kind of like just like surrendered and I'm like can't live like this anymore and the right people showed up in my life to guide me and then I also took the right action to move forward and took chances to move forward to improve my life and like just improve my Baseline so I want to talk to you about surrender for a minute um because I feel like I'm at that place where I've been fighting I'm like I'll figure this out I'm just like I've been doing the things and then the surrender piece for me it it was more than just like a a thought of surrender it I had to all of my actions had to be like I I don't know how to do this I don't know what to do help and it was so scary so I'm wondering was that all true for you was there fear there yeah yeah there was um quite a bit of fear there um when I'd say probably it I really did surrender last year like in 2022 that I had like a full like moment of just giving giving up to a higher power um and asking like God to save me or show me or heal me or whatever at the point because I was just [Music] so um like like underground so lost right last last year in uh 2022 or in 2021 I had like lost my job and um my family didn't talk to me for a really long time because of like all the medical decisions that were happening at the time um my decision was different than my families and different than most of societies and uh it I it I felt so strongly about it that I gave everything up right so like I'd lost like my house my job my family um yeah I'm getting a little emotional talking about it again but uh it was a really dark time in my lifelike for for a couple months like I didn't want to be here anymore like I was like ready and planning on leaving right and uh I had like a a Dark Night of the soul and I had like spiritually something really incredible happen to keep me from doing that like I believe that like my mom has passed away and she came and gave me a really big sign that I shouldn't be doing that and to make a different decision and when that happened I was so moved and I hadn't really seen much of her I wasn't really there yet likespiritually like about the other side and I was so surprised and I'm like okay I'm gonna I'm gonna seek help so I seek help I talked to people about how I was feeling and I threw everything I could at it and like I changed my diet like because sometimes like depression can be caused in your gut right because that's where your serotonin's made so I went on like a very uh intense like uh gut reset with a traditional Chinese doctor um I see with my counselor I I talked to a counselor and hypnotherapist um I started going to meditation circles with women even though we weren't supposed to be meeting up at the time so I had started having a sense of community and being around other people again because I was so isolated for so long in my Province like I wasn't even allowed to have guests in my own home it was so strict here I wasn't allowed in my gym I wasn't allowed in restaurants I wasn't allowed to do anything I was very very isolated for a long time so adding all those things into my life I started going to acupuncture like I threw everything I could add it that I was allowed to do at the time and all those thoughts went away and they were gone and I had this immense sense of relief and I was like wow wow like feeling that peace on the other side was so freeing and I felt so much lighter and I'm like okay great I'm not wasting this so I started like moving on with my life I found a gym that

would let me in even though I wasn't allowed there I started like going for walks every day outside I started hiking um I found Community start to show up for metoo that we're was li keminded as me as well which was incredible yeah and so I've never had that type of thought or feeling ever since it's gone completely gone and I feel that now that if even if it did I do know what to do I have like the tools and the knowledge of how to um like remove it almost CU now looking at that now I can see that that wasn't even my voice it was like something else's voice in my head you know like a part of me that's not really me right and I'm so so grateful I never gave up and that's when I found pause too I'd already loved breath work like before but I'd forgotten about it and um when I was doing one of the circles um we were doing a little bit of breath work work there and we were doing like these things called the baa Mantra is where you sing like all the chakras uh notes right you sing them out loud right and I could sing them for so long like it was probably we're in a circle of like 14 women and we all had our eyes closed and we were singing the the notes right and I would go like 4 5 seconds 50 seconds longer than everyone else and every I could feel everyone like opening their eyes staring at me and I like start to go red I'm like getting embarrassed by just keep on going because I wanted to see how far I could go and at the end of it um one of the women were like you should try breath work like like because at the time I was unemployed and I didn't um I could I wasn't really employable at in my Province right and I was like like facilitating breath work I'm like wow like that's something that I I love Sam already before that and had done her like like recordings and I'd heard of like the courses but I'm like oh that's not for me you know that was but that was like 20 2021 me saying that right and I like okay I'm gonna go listen to Sam's podcast because I hadn't listened to it for like a year probably I listened to it and then she's like okay a cohort starting in three weeks and I'm like oh that's weird maybe I should apply and so then I applied and I got in and I had the money and I was like okay I'm doing this I didn't know really know what I was even getting into at the time because when you go into that course you don't realize the inner work that you do to become a breath work facilitator it's actually quite intense in that course right if I felt like if you don't have the the right outside support like it it might be a little bit difficult to do all that inner work alone right um and so that was just amazing like uh I was really enjoying myself going to the during to the course and that was in April 2022 and then do you know the story Yet Josh or no yeah okay um so then after uh after I was in the course for a few a couple months like two months it's just before the force and um [Music] I came into I don't really tell the exact whole story because some people if they listen to this they might be quite triggered by the violence of it right because I find that when I tell the story people are very shocked right um but I will tell you tell the story without the without the violent part right um so I was um out somewhere and I had just had surgery like four days before that and so I wasn't really doing much I was just like sitting and I was at like a lounge type of place and uh a few like guys came in it wasn't that busy right a few guys came in that were not not they gave me a really bad feeling like my gut was like uhuh I like was feeling a lot of anxiety and I was like Oh no you're fine it's okay like don't worry uh but they later on like an hour lat

er they ended up getting in a huge fight and there's about three like massive like football size player guys and they hit me really hard and snapped my knee like so like like to the like to the wrong way and I had I got trampled and it was not good it was really scary and really traumatic um I ended up needing surgery um and I was in the hospital for almost a month and I was in a wheelchair for two months after that um so that's when I couldn't take I just stopped uh taking my breathwork course and I had to actually stop everything because I couldn't do anything for myself anymore like I couldn't shower myself or cook for myself or anything it was a moment of pure Stillness and I had no choice but to be still at the time and um it was like it not it was not fun it was very traumatic I had quite a bit of PTSD after that I couldn't sleep for a long time I had probably like up to like five panic attacks a day after because of uh yeah just and also being in the hospital too and if that was not a fun time but I again I kept on going right so after I was out of the wheelchair I was in my crutches and I started going to rehab right away and driving right away like I just I didn't want to be stuck anymore because I had been stuck for so long before right I just like like I was like no no way no I'm not giving up and I took my course again and I graduated from my breathwork certification and I just have like met the most incredible people I have the most incredible mentors and coaches now and I really took that time to heal and to like heal all of like my My Old Wounds too like I got to go through so many different layers and just shed and shed and remember and remember and shed and shed and remember and remember I'm still doing it but at this this point my Baseline is like mostly happy right um before I couldn't say the same before my Baseline was hopelessness probably is the way to describe it right um but yeah it's just things are so so crazy now like looking at back at it I thought it was so bad like it was such a terrible thing this thing happened to me and I'm like the victim and they weren't sorry and I didn't get any like compensation for it like no one got arrested like nothing happened and I was like this is like like I'm I'm the victim right and that's where I was stuck and and I've really got to dig down deep and I have forgiven all of them without apologies right just for my own self and let go of all of that anger right but I had to feel the anger first which was so new for me right anger is something I was not like no no that's no touching anger right before and I got to let it come and like process it for couple months and I had a few outbursts I will admit it did happen but like I got to like repair it after and now I just when I feel the anger I now I know it's just a boundary that's coming up for me instead of it just being something I don't trust it's really powerful really powerful and see here I was getting at for the for the Forgiveness part too so forgiveness like first I had to forgive myself because I blame myself for even being there right and then I could forgive them like I wrote them all like letters I didn't give to them but I wrote them letters angry letters and then I wrote them forgiveness letters and that was so cathartic for me it really worked I read tons tons of books when I was I was out too so that was really amazing I've like I'm an avid Reader I love reading and so I got to read some really amazing books and oh I have a really funny story like be at as at the hospital when I when I came before I went into my surgery my my actually my family came back into my life after my leg got broken which was really

nice I'm really grateful for it um but my sister showed up at the hospital um with her friend and they were like at a stagette and they had matching outfits on like matching sweatsuits and before like I was like someone El was like go constantly doing stuff like I had worked three jobs I was like going going going all the time and they both of their sweatshirts and sweatpants when they came into the hospital room when they saw me it said the universe says to relax I was like okay this is not the right time for this cuz I was really upset but I was like okay I get [Music] it I was going to be on my back for like two months after that but that's so good yeah yeah well thank you for sharing all that thank you for listening yeah it felt like um you were speaking to me in many ways on like in different areas of my life where I'm at right now and so I was like oh she's speaking to me and so um I was like o I want to ask her about that I want to ask her about that um this understanding of trust is alive in me um this trusting God it is is a it felt like I was trying like my wounded self was trying to take care of everything that I didn't want to trust myself I didn't want to trust others and I didn't want to trust God and so that I'm in the middle of all that right now so I'm wondering um well and connecting trust with have you seen the um movie onward no okay so it's like a cartoon MH um of two brothers and it it's kind of the hero's journey and so magic was on the earth and then technology came and so they stopped needing magic and they were doing like they were like look we just have a light switch so we don't we no longer need magic to light the fire so magic slowly faded away but the older brother was like no magic is still here and the younger brother's like you're crazy we don't you know there's no magic and so they go on this adventure and it's it's such a great great show but there's one scene where there's a ravine it's like a 100 ft wide and the the older brother's like there's an invisible Bridge right there and you can't you know you can't see it and the younger brother's like looking at it and he's like watch I'll I'll tie a rope around your waist I'll Stand On The Edge and I have you and you just need to believe and take a step and so he believed and it went solid and he took the step and then he did it again and he's like woohoo and he had all this confidence and then he took another step and he it didn't hold him and he started to fall and the brother's like you have to believe with every step so then he starts going he keeps going keeps going and then the Rope comes undone from the brother's the younger brother's waist and falls and he's like holding the older brother's holding it and he's like uhoh you know now the older brother has to believe too and so he's like keep going and don't look back so he's he's doing it he's doing it he he's almost to the end and he looks back and he sees like the brother holding the rope and he looks down and he starts freaking out even though he had gone across like whatever 60 steps of belief belief belief and he suddenly that rope was like fake fake belief false belief yeah yeah and so he lost belief just because the Rope was gone so he had to Lunge and grab the edge and he survived but I feel like I'm that right now that there it doesn't make logical sense and I'm taking these steps on the invisible Bridge so I'm wondering if and and that's where trust comes in right so I'm wondering if you had in any of your adventures of discovering your magic have you needed to cross that invisible Bridge yeah yes I think I'm still crossing it too I I now I believe that that invisible bridge is what

life is right like um whether you call like God God or the universe or Source like to me it's all the same the same thing right um but like God does not show you your path before you take it you have to take it the steps first before he shows you and that's not just for one one necessarily one episode or one Epic of your journey that's the entire [Music] journey and just living in this trust that um I've got me the like the God's got me the sky's got me the ocean's got me the Earth has got me right um that knowing like in your soul is what trust is and that's what surrender is too yeah yeah I'm still doing it yeah um every new mindset change I make every old one I let go of um every new move I make in my business every relationship old relationship I let go of that doesn't serve me anymore every new one I make yeah it's like it's so much bigger than us it's really vast when you tap into it it's like all around us on top of us underneath us everywhere in us right and like pretending like it's not there or not knowing that it's there or forgetting that it's there for you and that's that's what the shedding and remembering is so with your breath work clients do you guide people to that place where they can Discover it for themselves I believe so yeah yeah most of my my breath work clients actually almost all of them they have all said that they have like tapped into something that they've never tapped into before um or like they've just gone to a really quiet place that there just have never been before either I like I know that like once you breathe and get to the point where you in your body like in your subconscious in your body you your body's going to give you whatever you need at the time like sometimes people will receive like a like a release in their body like they might cry or they might get angry um but some people experience absolutely like just nothingness and I truly believe that's what they need because I like inquired I'm like what is your normal life like and if their normal life is like constant like this constant Narrative of everything in their mind and they doesn't stop the body will be like it's time for a break and just makes everything really silent for them the body's still moving stuff but the mind doesn't know that's just it's it's just such a such a cool uh cool experience right like you already know right but it's yeah it's it's nothing like it and like like After experiencing like um learning how to do like sematic healing with the breath work now as well it's become Next Level right so like for an example like when you were saying um wanting to that surrender right and you're saying that your doer was constantly wanting to do constantly wanting to do right so with the sematic healing we'd go and find your your doer that's in your body because it's not you it's just a little part of you right it's a part right and it's a part that got created probably in your childhood or teenage years to protect you right and that that probably did serve its purpose back then because you had when you were young you have to get your needs met somehow right and it's actually really smart and really uh beautiful that that actually does happen so that you do get your needs met in whatever capacity you can from whoever you're trying to get your needs met by but like as an adult as you go into an adulthood and you don't have uh caregivers anymore right that you need depend on this becomes now your responsibility right and your your part doesn't realize that you don't have caregivers anymore and that you're the one that is caregiving yourself and the part will still try and protect you every time every time it comes up i

t's like no this when this happens this happens and I can't let that happen to you it's so beautiful it's been protecting you this whole time this little part of Josh so how we make this part part of you instead of it just being a separate piece that we're trying to shove down or beat up and tell to go away we love it we bring it into us we love it and then it stops being so loud that's the opposite of what I was trying to do a few years ago MH with the mindset stuff I was doing I was the doer was actually learning all those skills so it could do more and then it got more powerful but it actually created a separation inside me where I couldn't access my heart anymore because I was so doing and so I think it was yesterday morning um to your point um I wrote down protectors because that's what my doer is right it's protecting it was like protectors um are the I can't remember the phrasing it was like protectors love me the most and I it was like this new insight new understanding of oh it's not those aren't the bad parts that need to go away those are the most loving parts inside of me trying so hard to keep me from feeling that hurt again so [Music] um I would love to hear so you talked about forgiveness you talked about anger and writing letters mhm um is this kind of a practice you do by yourself do you have support do you have coaches do you have friends do you have groups like what what does this look like for you yeah um well um I I H I do have a coach right she's um been with me since January right so it was like perfect timing for me to find her in my life like right before the four right for a practicum and she really has um helped me like put all of my scattered my scattered because I didn't know what to do because I was so I was so traumatized by what happened right and so many times I've been able to get myself out of it myself when I've had trauma happen and this time I just couldn't I was just so underground I needed to have like a like a stable part in my life that was always the same and could just let me give me the tools to like give me start making a new um what's it called uh a new um track a new making a new track right like you're you're in like the forest and you're trying to make a brand new um Trail a new Trail right and so I was in the forest with no Trail lost pretty much like in December right I I still like was quite underground and I I knew I wanted to get better and I knew that I couldn't like be like that anymore right I need I needed to sleep again and I I needed to function more right and so she was like my like I guess like my compass right having someone that had a regulated nervous system guiding me right and at the time I didn't have like my family or anyone that I had support really from right so having someone that was always there like once a week that was always the same right and had the tools and was where I wanted to be as well so I it took me a while to trust her but once I trusted her I was like okay this is this is it and I just I did all of the work and then also like being in pause having Sam as a mentor in that capacity as well was so incredible too so I felt like I had her as a coach but not like a direct coach but as kind of like an extender of where I could possibly be someday right like as like a nervous system as a career like Etc right and I just I I removed a lot of the people that were affecting my nervous system in the wrong way too like some friends were not great friends we said goodbye and I just kept on making better and better friends that were more aligned with me that were interested in the same things as me and it's just like s

nowballed now and now I feel like I have quite strong trails in my Forest of where to go how to keep my nervous system um regulated how to keep myself in alignment if I'm not in alignment now I'm like okay let's figure this out like I can feel it I can I can immediately like get into my body know what kind of emotion it is right and I do the sematic uh the sematic um healing with my breath work a lot now even for myself it's it's gone Leaps and Bounds is amazing because I feel that like as a practitioner if you are not embodying what you're doing like I don't think that that's someone to be trusted if you are not currently um breathing once a week if you're a breath work fa facilitator if you're not breathing with other people once a week and or uh if you doing sematics you're not having someone do sematics with you when you have something come up like it's not really much of an embodiment and how are you able to hold space for someone else when your nervous system is not regulated right I think think that it's it's my responsibility now to take care of me first and make sure that I'm in align it first before I touch even touch my business touch anyone else it's my number one priority now yeah it sounds like you've developed such a beautiful relationship with the modality that you provide to others which says so much um because I did have those experiences with in practice to come you could feel a difference right with the people that were being breathed regularly or if they were just doing the Brea you know the facilitation there was an energetic um noticeable energetic feeling to to the people that had bought into the modality I I completely agree with you definitely and uh there's one more thing I wanted to say with uh with I think I lost it it was about that damn [Laughter] [Music] it but yeah so so question if it comes back then we'll we'll go there um have you recorded yourself and then breathed yourself through the audio mhm I have yeah okay so I did that maybe two months ago mhm and at first the idea of doing it felt like vulnerable it was like ah I don't want I don't want to hear this that's so crunchy yeah yeah and then I I started to Brea or you know I had my earphones in and I was I was um just laying there and I was feeling and listening to this guy's voice voice and I was like oh my gosh I feel so safe and cuz other people have told me I feel so safe with you and I was like and I started to experience and it was like out of body kind of thing because it wasn't me doing it but it was me doing it but I just and I recommended it to like all these people I was like you guys you got to do this because you need to know what others are experiencing when they experience you and also the other thing that I learned was I mean it's a good feedback tool of like oh I can do this better let me work on this but it was also I was like oh my gosh it it built confidence in my own skills because I got to experience me and I felt safe I felt um the queuing was right on point like not in a cocky way but just like aa oh my gosh there there's a gift here and and I want to share that gift so I love that so much that's so cool I love that yes I have a similar experience with that but I did it like when I was in practicum because we were recording so many times the n and the reason why I did it is because like my coach at the time like my coach right she was trying to really really encouraged me to post my videos of myself like to Pro promote my business and I had a huge block about being seen like it was paralyzing a block that I had I did not want to be I wouldn't even do barely Zoom when when we were doing our practic

um I wouldn't even do Zoom ones I did most of mine in person because I didn't want to be recorded because I had this thing about like not like not wanting to see my myself right I'm like looking at myself in the mirror or looking at myself in um on video or on pictures and that is actually a trauma response as well now that I i' I'm uh like Observer of this now it that was a trauma response of not wanting to be seen and so one of the things I did is I watched my rewatched my videos that were that were we recorded for practicum and I did it with me to like because I didn't want to look at myself at the time I was just like doing the the breathing and I kind of did it like by an accident but I I breathed myself just by try not want to watch do it but like the feeling your own medicine that way or your own transmission is really cool you like when I did it on myself I could I could because you can't really feel your own softness right because you're you're putting it out right so I could feel my own softness I could feel my own safety and I could feel like the transmission of my voice and I'm like oh this is like cool like this is what people because I wouldn't believe like i' like oh yeah there whenever people compliment me I'm like oh whatever oh whatever you know I wouldn't I wouldn't take it receive it fully you know in my heart I would just be like no it's like no those are not for me compliments are not for me like Etc and so that was part of my healing is to to watch myself facilitate and then go along with it right so I thought that was really cool that you brought it up it's just so neat how things are in the field and people just they're doing the same things even though like they're miles apart from each other I just think it's so cool it's called something resonance morphic resonance that's what it's called oh yeah it's a real thing huh it's like the example of like you know that that guy that like ran ran that race and you did it like in four minutes and then no one else had ever done it before but then like the next year a whole bunch of other people started doing it it's like once once it's in the field it's available for everybody okay okay that's good that's that's useful for me because there's some big ideas I have that aren't actually out there or that I'm not aware of them being out there and I'm like I don't know if anybody will want this but it keeps coming up and so I'm like what it and the belief is that nobody wants this and I just flipped it and I was like what if a thousand people want it and they just don't know it exists yet and so I love that you shared that that that now that's so normal that people are trying to the 4 minute mile is the is you know the standard so thank you for sharing that you're welcome and with with the morphic residents too that is why people get the same ideas for um inventions at the same time even though they don't know each other or also when you look at like the animal world or nature like you see how like birds and those huge flocks and they just they like do that called Meandering or something they just fly all together that's also called like morphic resonance as well yeah CU in the field that turn where they're going even though they're doing it all exact same time same with fish all exact same time yeah that's crazy when the fish do it and they're darting and it's just like precise it's in the field they're tapping into something and we can tap into it too that's the magic it is the magic that's what I was talking about that it's up above below it's beside it's near it's far it's in you it's in you it's it it me everything that's what that is it's it's the field so I'll share this um I think it was during I think it was before ou

r program started I was um so the pro the uh cohort before us they were in their practicum and that was when I was diving into um breath work and I signed up like every single day with different people I probably breathed a 100 times in I don't know 90 days it was like I was not a trauma informed breather like I was going for it you know I didn't know anything about it I was just like I guess I'll do it again tomorrow you know yeah but one of those experiences I we did the session and then um they you know woke me back up whatever and I opened my eyes and I looked out the window and there was we have a pine tree out front and I could see it's hard for me to describe it but it was the grid it was the energetic grid and I could see it and it was so clear to me that it is always here but that I just couldn't see it and it lasted for maybe 90 seconds where I visibly could see it and I was just like holy [__] look at this you know and so I feel like that's what you're now you've given me a name for it yeah yes it's like peekaboo yeah I love like little glimmers like that yeah I think that's so cool so cool every time it happens I'm like thank you yeah yeah a little the little gifts along the [Music] way okay so back to your did I call them practices with the anger with the Forgiveness so is it a lot of work that you're just doing by yourself through journaling and just sitting with it and feeling into it and like can you kind of talk a little bit about your practice okay um for my anger for the Forgiveness or for the anger for the Forgiveness well um the Forgiveness came first and then I processed more like the real anger afterwards it was like hiding in there I'm not sure if that's the way it's supposed to go but that's how it happened for me sure like I let go of like the like the daily rage I had for what happened and I just it was gone it was it I didn't feel anymore and I was like what a relief this is great and but real quick let me what what did it look like to let go like what did that um it was literally like I woke up one time and it was just gone that's what it looked like it was just like there one day and then gone the next day so you didn't do like any pushing against a wall or Screaming into a pillow or um not that time no no I did not do any of that then I did like the I did like my coach asked me to write a rage letter so I wrote a rage letter um when I was ready it took me like a month to do it and um then a forgiveness letter um to the to everyone that I felt that had wronged me right or one the ones that were like running in my mind over and over again um but like the actual like anger that I had been suppressing came out in June I went to a retreat in Vernon BC and I live in British Columbia in Canada and verin's like probably 4our drive like into like the mountains and this retreat was insane like it was it was and that's something I put myself like I put myself out there when things show up for me I'm like okay this this must might be for me and then if it works out then it's for me so whenever I have opportunities or things that come up and I get like a little like a like a a b a ping right I'm like this okay this is one for me but then sometimes if I don't get a ping then I won't go do that thing so this one was a ping and like my friends that had met the person that was running it they said you have to go to this like this is going to be next level for us so I went and we did um it was quite like a there's a lot of like um they had Aboriginal Elders there which was so amazing it was uh they they were there for like to be space holders and also to bring their own medicine right and they did a a bare medicine ceremony and uh brushing right for it w

as like 150 people at this Retreat and during this it was like a meditation like a guided meditation but over the loudspeaker they had um a bear a bear making noises so a bear like grunting growling breathing really heavy like it was just like it sounded like it was like like this and like grunting and stuff right it sounded like not like super angry but it was it was like more like the sound it would make if it was telling you to go away or if it was like rustling around for food you know and it just let it go over and over on a loop over the loudspeaker and I was like doing breath work while we were doing this meditation and I had the most intense like intense meditation of my life like eventually the the bare noise has turned hypnotic and like the the bare medicine is one of the strongest boundaries like the bear has one of the most strongest boundaries of the animal kingdom like it gives tells you where you're allowed where you're not allowed in its life right and you don't cross it right and that is one of the the main things why humans have anger is to show you where someone else is crossing your boundary to keep you safe right and so when that's suppressed your boundaries can be completely railroaded or you might not have any right or know where where your your boundaries are and someone else ends like where that where your where your separation is right and so I had this intense like Fireball of Rage that I felt in my my gut in my tummy came up and I was like whoa what's this I was like so angry I looked my hands and fists and I was like pissed right ex me like pissed right I was like nothing was happening besides me just experiencing this in my body and I was like okay well let's go let's figure let's find out what this guy has to say so I just I'm like all right like come on like let's go and I started breathing deeper into it and by the end of it I was like we were sitting in chairs during this meditation I was on the ground in the front row with my hands on the ground because I needed needed the support but I didn't want it to let this part go cuz I knew what this was I knew where it was from and I knew that it had to get processed then right and my friend was beside me I had friend on each side of me I was so supported there it was so incredible right and um one of them sat down on the floor beside me she like what just made sure I was okay and I'm like oh yeah I'm fine but I was like breathing and I was like this is like a lot and I was like just feeling that anger letting the anger be in my body I'd like almost blood in my hands from my nails just holding on to my fist so tight and um I started like trembling like I had a full body release and I was shaking so hard I couldn't stop I thought like is there an earthquake is it the ground or is it me right I was just shaking shaking shaking shaking and it was so neat we're in this massive building we had these big garage doors right that were to the outside and um it was like an Aboriginal Center it was shaped like a like a like like a Hut it was so beautiful so beautiful and the garage doors are open and near the end of my meditation when like I just started just balling just balling this massive release it started pouring outside thunder thunder and lightning started happening I'm like did I do that like same time I started crying I was like wow you cannot make this stuff up like oh man so then after after the meditation I got brushed right by the by the elders right they brushed all that energy off me they used like eagle feathers right it was so beautiful and then I went outside and just touched a tree and stood in the rain I was like oh it was so cleansing and but then that's where

n my anger got unlocked because I had been suppressing it and then I now it took it took me a couple months to like learn how to manage it because it would come out like a little bit too much sometimes like whoa who's that but yeah now it's it's it's it feel like it's healed it feels really like complete and the anger feels good in my body now so when it comes up I know it's there to for a reason right so I just I started letting myself be a lot more vulnerable so when something like bothers me I just I'll just say it right away right I'll like start saying like the The Quiet Things now because now I know when I have anger it's not getting pushed down it's just coming up like gently and I'm like okay okay yes I know I know what this is for and I know why right it just feels so amazing being so much more in touch with with my body right it's it's I'm so grateful and I like I wake up now like when I wake up in the morning like I'm happy and I feel grateful right away and so when something's off now I'm like okay we're we're gon to deal with this right now because that peace feels so freaking [Laughter] good wow so can you see yourself doing a retreat like um hosting something like that oh I would love to I would love to yeah I'm I've been asked to like facilitate a few Retreats I have one coming up um in October for for like a client she's hired me um but like to actually um to put one on myself I would love that'd be so cool it's definitely on my vision board yeah I I feel I felt that even before breath work that I would love to do Retreats and so to hear like there's no right right or wrong Retreat it's really just the environment it's the community it's the intention and then the breath does the work or the meditation or the bare sounds bare medicine or brushing like that wow and you had so was anyone else doing breath work during the meditation um I don't know um there was like I was literally in my own world um it wasn't guided breath work like the the man that was running it he was doing like a guided meditation but he he wasn't reading off everything it was literally like just a channel right because I was watching him at first I'm like okay I could tell he was just channeling whatever I need to come through for us and I was on the very front row so I couldn't see anyone behind me and I literally once I started like really getting into my body I wasn't paying attention to anything else so I don't know what else everyone else experience I I experienced something like like on another level for that one and it was exactly what I needed like I needed to get that rage um processed and out and in me right instead of just pushing it down like it was definitely holding me back in so many different aspects especially like even like with um like dealing with with other men like after what had happened last summer I was quite afraid of men right and there was a lot of men at that Retreat who were safe and it was really neat really neat to see right and it was like a different kind of environment so yeah it was very healing yeah wow and just the Divine timing of having the men there you know perfectly and and even for the it sounds like the men had the eagle feathers right were there women there no the women were the elders oh wow yeah wow yeah that's cool too yeah thank you for like this has been such a enriching like I feel so full just like experiencing you and your stories and your just your light your life it it's just such a gift so thank you for all of that thank you Josh I'd love to hear he um how people like how you're using your gifts and how can people get in touch with you what anything that you want to share sure um well what

I've been doing right now is I'm been doing in-person group sessions in Vancouver in Canada where I live um I also like in October I'm being fly flow flown to a retreat so I'm facilitating at a retreat there so I can travel as well um I also offer like virtual one-on-one um sessions and I'm going to be actually launching a brand new offering um coming out next week it is like my baby I've been working on it for a while and it's going to be an 8-week container um one-on-one with me for we're going to be doing like breath work and semantic healing together right and as well as other exercises that I have personally used and known to get myself like unstuck right if anyone has been stuck many times in their life it has been me like completely Frozen either like in relationships or with like money blocks or not sometimes I haven't even been able to get out of bed at some points right so there's so many different aspects of where you can be stuck in your life and in this eight weeks we're going to be focusing on getting you moving again right and so I've called it the vital upgrade right because my company's called vital breath so this one's that vital upgrade to uh get yourself moving and getting like your your Baseline to one that you feel happy most of the time right because like with having their Baseline at like a positive emotion right have you ever heard of like Abraham Hicks like scale of all of her emotions of what like the lowest one and the highest one have you ever looked at that before it's very interesting so you where where her emotional scale is right is that I believe that like like hopelessness and grief are at the bottom and the very top is gratitude and love right and you have to experience each emotion to get up to the next one I love that right and so you have to go through each one and once you're there you're like you get closer to the higher one and get closer to the higher one so to find out what your Baseline is like for mine my Baseline is usually like at love right right but even just getting yourself to courage right that's getting yourself out of anger out of um the other one out of anger out of um like just uh like there's one that's like this neutral right and when it's courage and it goes up from there to like happiness and joy um but yeah so finding out what your exact baseline is like where you sit at and then using semantics and breath work to bring in your parts that are keeping you at those lower lower frequencies or lower vibrations it's like it's worked so amazing to for me and like I've been through quite a bit in my life like I've experienced my like one of my parents passing away I've been through a divorce um like uh I've had I've had chronic pain like I still am living with a disability um and yeah and other traumatic things and if I can get on the other side of all of this I really believe that anyone can right as long as you you show up for yourself take some action right even if you don't do all the action take some action right and have someone in your life that is that like stable one that doesn't move and doesn't change right because then you know that when you reach out you're going to get your needs met and will it'll it'll it'll it'll relax your nervous system the more that you do that right as I used to believe that I could only do it all alone like I was like I would isolate myself like I figured out myself but now I don't I know I can't like I know that's not I can but it's not the best for me and it was actually just a coping mechanism that I would do I would isolate myself or isolate and I'd be like no I'm going to figure this out myself instead of reaching out for help and that's like the main I

like theme that I've learned now is that it's okay to reach out for help because you will be met by the right people right and you will be like receive like your bid for um help can be taken by someone else as long as you're reaching out to the right person oh there's so much there I was I was just thinking of um so I signed up with a session with you during your practicum hours mhm and I just remember the amount of safety you you were constantly reminding me and I and I was just like and it wasn't like overdoing it but it was just like pumping in that safety and I was just like flooded with safety everywhere around me and and I think it speaks to what you've overcome and understanding the value the importance of that that safety for you know you had to go because you went through it all came out the other side you you know how to provide that that safe space yeah yeah it's it's very intuitive too like some people they need more love than the safety because they already have the safety it really depends on where they're at right and when when I'm breathing someone or when I'm when I'm doing like like somatic work with them I actually like will track their system I could feel where it's sitting in their body in my body even like if someone's in Portugal it's so neat like I when I've been breathing them I'm like okay I can I could like feel something like in my shoulder I could feel something in my tummy I'm like is this there they're like yes and I'm like okay like let's let this move and when it's when it's dislodging even though they're not making any facial expressions I know when it is it's so cool right I get like super sweaty when I'm doing it too it's like really like you're working oh yeah definitely that's so cool to have identified the gift and now understanding how to use it I'm so grateful for it Josh like I am so glad I didn't give up I am so glad cuz like old me Old Christine she didn't know it could be this good and it hasn't even gotten as good as it's gonna get well that sounds like a mic drop phrase but is there anything you want to leave the audience you know anything any final words that you just really want to hammer home [Music] that you do not need to hold it all yourself that it's safe to put some things down and you don't have to do it alone you were speaking to me right then weren't you I felt it 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 tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us on Instagram follow @ 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 mean the world to us as we strive to continue to create content that resonates and empowers our incredible Community together we can continue exploring the depths of Consciousness fostering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breathwork your destination for transformative healing and self-discovery at you belong breathwork we believe in the power a breath to unlock the de

epest parts of ourselves leading to profound insights and 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 sessions Retreats and coaching programs are designed to guide you on this transformative Journey our experienced facilitators are here to hold space for you as you explore the depths of your consciousness and discover the infinite potential within visit you belong breathwork to com to explore our offerings and download a free guided breath work session thank you for being 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 in the next episode

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