



1 notes

00:01



00:02 and at some point in that breath work experience I hit a point where I actually slightly opened my eyes because I was sure there was a heat lamp that was hovering over the center of my chest I could actually feel from the inside this warmth that was literally over my heart center now I mind you at that point in time I was 37 years old and I don't think I had ever felt the love that was radiating from inside of me not from an external circumstance nothing outside of me was giving that to me it was me I glanced open in my eyes and in 00:37 fact there was nothing over me not even her I was doing it myself and at that point I was like holy crap the breath is like my superpower like I don't know if anyone else is feeling this but I'm I'm not going to give this up because this feels so good 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 01:13 by the delightful Hannah Oxley let's begin hi everyone it's Hannah I just wanted to reflect real quickly before introducing this guest um just a reminder about what our podcast is mostly a reminder to myself um of how we just want to bring authenticity to the world when people ask me what my message if I had to give any message to the world what would it be I my answer is always I just wish everyone could show up authentically I think that would solve all of the world's issues um and so that's what we invite into our 02:04 space when we interview people is just to be authentically you and our guest for this episode was Michelle Reigns she is so magnificent that I couldn't think of a proper introduction for her I normally type up a little introduction just so I don't blab like I am now um but she kind of reinstated that that sense of authenticity it may just being around her virtually in a virtual space with her um so I'm excited for you to feel the same way she just radiates this confidence that you will feel um so 02:49 without further ado please enjoy this episode with the beautiful Michelle Reigns breath work facilitator out of Utah and PS I'm always so jealous that there's like this group of breath work facilitators in Utah with Josh and and her and who knows maybe I'll move out to Utah soon any way enjoy the show Welcome to today's episode we are so happy to have our dear friend Michelle on the podcast with us and Michelle and I go back a year and a half MH year and a half so Michelle has been a mentor and 03:35 a we'll we'll call it that and a dear friend it was like a soul sister that we didn't we didn't know that we were Soul family until we hugged and said oh yeah hi again our souls know each other yeah so it was really cool so I went through the pause program and as I was deciding on whether I was going to sign up or not I

was Michelle you might not even know this so I was um Instagram stalking you I love it yes you're welcome too anyone out there yeah and so I was just I noticed that she was doing breath work I 04:18 noticed she lived in the same like 15 minutes from me and so I was like okay is this the direction I want to go and so I was just you know watching your stuff following you and then I reached out and we started chatting and I asked your thoughts and opinion on the pause program and she gave me two thumbs up and so we started hanging out at different um breath breath work venues and we went to a park one time and made a cloud disappear yes we did that's right I don't know if we're going to share that 05:01 story today that might be for another time yeah I'm curious about that one uh do you want to hear that I do okay okay so Dr Amoto the Japanese research guy that did studies on water and how he would freeze the he would pump type music or thoughts into water and then freeze it and he would see like he did one where he had evil and it was all Jagged and he had one of Christ and it was all just beautiful crystals and so he wrote a book I can't remember what it's called but in the book it talks about how you 05:53 can make water make clouds Disappear With Your Mind and I think it has something to do with Consciousness our Consciousness and our connectedness to All Things um but we were at a park with our friend Robin and I was telling them about how you could do this and so we all just stood side by side on this sidewalk and we we picked one that we wanted to do and so we're just all looking up it takes about three minutes and yeah and then I have a theory that you can actually create clouds too but I haven't gotten to that level 06:37 yet so it was funny because there were people walking on the sidewalks and they would see these three random humans staring up in the sky and then they're like what what's up there we're like oh we're just making a cloud disappear with our [Laughter] mom yes so Michelle you guys have to come to the beach with me yeah yeah make all the clouds go away yeah yeah I'm in so thank you for being here Michelle it's so exciting to just be in your energy and to hear some of what's going on with you and for 07:16 you thanks for having me you two I really appreciate it it's always such an honor when you know I think so often us humans out there we think we don't really have a story right we don't have a story to tell and it's so fascinating that everyone does everyone does right um so yeah so J Josh and I met like 18 months ago um and yeah I did give the two thumbs up to the pause breath work facilitator training program um it's amazing so do you want me to just kind of go into me yeah dive in who I am why 07:50 I'm here maybe if I have a message to deliver awesome so I kind of my story really starts like 2019 is kind of when I take people back to right so that was almost four years ago does that feel weird to you guys does that feel so weird that 2019 was almost four years ago um but it was it was it's almost been four years since since I found breath worker I always tell people breath worker found me because it did by default I was at a retreat for a company that I was working for um I was the front end the COO of this company um a 08:20 Fitness and Nutrition coaching business um that actually my brother owns and I was kind of building this thing for him and 2019 really proved to be the year of like I look back at it now and I can see and appreciate all the things that I learned and how I grew in it um but at the time it was super just chaotic

and it felt like um and I don't know if any of the listeners or if you two have ever had this but like I would build my schedule out and it was so disgustingly full but I would wear it as like such a 08:50 badge of honor that like I was such a big deal that my schedule was so packed full right and I was just busy all the time and I was going on a ton of Mastermind trips where I was in rooms with with very very profound smart people in the fitness space right because this is the company I'm building and you know I started to really realize that inside I always felt chaotic so when people would say to me like wow you are building such a beautiful life I'm like I am building a life because I feel like my life's being built around me in 09:25 this chaos right I would think that and as 2019 started to come to an end the very end there bring you back to we were to retreat for this company um that I was working for and I noticed on the itinerary that we had for the weekend that we had breath work um coming to the the Airbnb that we were staying at and I personally there was about eight of us there I was like oh I'm I'm not doing breath work I mean we get to choose what we do with this Retreat right this is supposed to be like Soul filling like 09:58 yeah so what will fill my cup is I'm going to go shopping while you guys do this weird breath work thing because what I've seen up to this point um which is just social media is people lay on mats or blankets and pillows and they cry and it's really weird and you're like in a group and you cry in front of people and I I don't I don't do that I kept telling I I don't do that so I just don't think it would be for me like I don't think I'll get anything out of it and I remember having the question asked 10:25 well have you ever done it and I'm like no I don't want to and he said why do you have so much resistance to it and I said because I don't want to do it and he said well maybe you should lean into it and I'm going to ask you to be here I've paid a lot of money for this woman to come and do this for us so I beat grudgingly I was ticked I was not happy to be there so anyway sure enough I open the front door to this Airbnb there stands this beautiful woman dark brown hair piercing eyes and she's got these 10:53 yoga mats and I'm like here we go this is where it gets weird this is what I knew was going to happen right so she comes in to the Airbnb long story short of a 3our basically experience with this woman is she starts to deliver to us the power of the breath and how the breath is this cool modality that we're in control of the second she said that you're in control of it I was like okay I can I can get on board with this I can I can listen because if I'm in control of this that feels really good to my 11:24 system so I was like okay okay so I start to kind of soften into like okay maybe there's something to this right so she proceeds to tell us you know that Society is really really growing at a rapid rate of making us really seek external validation for these internal things that are happening and for someone who myself I suffered my first panic attack at 13 years old and really just kind of gave myself this story based on a diagnosis that I have anxiety I am an anxious person and that was just who I was right and so it prevented me 12:05 from doing a lot of things in life that I that I really wanted to do and so she started to explain that this anxiety that we feel inside like we actually from a scientific standpoint can take our nervous system and actually calm it down and help it feel safe and I was like that's really cool like okay wait a minute you mean I don't have to like have a prescription of Xanax with m

e at all times I have my breath all the time okay okay so I kept listening right and sure enough we get over to these mats 12:32 that are laid down right and I'm like okay this is where the stuff happens like this is where it gets weird right I'm like Pro plotting my Escape right I'm making sure I know where the front door is like if I need to get out of here right and she just keeps telling us like you are a sovereign being your autonomy is so welcome here you are in you are in control of this and I'm thinking this is so bizarre right because you're so used to being told how to do things right when you're doing a 12:59 new modality um and so I'm like okay this is this is so bizarre but I'm here I might as well go all in so I lay down on this mat and I remember the first like it was probably if I had to gauge it like five to seven minutes where I my mind was going this is really weird like this is really weird I don't know if this is going to work but what I know is up until that point in my life what I was doing was n't working so my marriage was completely falling apart I was planning on asking for a divorce when I got home 13:29 from The Retreat I had two children I have two children and at that point in time I couldn't have told you like what their favorite color was their favorite food I was so disconnected like it looked from the outside like I had this wonderful marriage these wonderful kids this wonderful career but inside I was falling apart I was literally falling apart and so at that point I remember thinking I remember the exact where I was and I remember thinking what I have done been doing is not working so I have nothing to lose by going all in on this 13:57 breath work like I have nothing to loose so I'm going to go all in right and so I lay down and like I said I predict about the first 5 to 5 minutes it felt like my mind was going crazy like it was just I'm like oh crap like she said it works for everyone but it's not working for me like and she kept coming back to explaining like the mind is going to wander in because the mind is this mechanism that keeps us safe it keeps us very safe it's a beautiful thing for that but it's not a beautiful thing when 14:27 we want to push past some of our fears so I kept breathing she just said trust the breath trust breath trust it it's here it's here it's here and I kept trusting every inhale I kept trusting my body knows how to Exhale my body knows how to inhale and at some point in that breath work experience I hit a point where I actually slightly opened my eyes because I was sure there was a heat lamp that was hovering over the center of my chest I could actually feel from the in inside this warmth that was literally over my 15:01 heart center now I mind you at that point in time I was 37 years old and I don't think I had ever felt the love that was radiating from inside of me not from an external circumstance nothing outside of me was giving that to me it was me I glanced open my eyes and in fact there was nothing over me not even her I was doing it myself and at that point I was like holy crap the breath is like my superpower like I don't know if anyone else is feeling this but I'm I'm not going to give this up because this 15:32 feels so good right so I just I kept breathing I kept trusting every single breath and I remember I came out of that journey and I have a journal somewhere around here in my first paragraph I just said this was an outof Body Experience unlike anything I've ever experienced I want to feel this way forever and I remember looking into saman the Skelly is who was there guiding breath she then later became our all three of our mentor and I remember looking into her beautiful

I face and I remember just balling and I said I don't want you to 16:06 leave this house because I'm scared I'll never feel this way again and she looked right back at me and she said the power is not in me it's in you and I get chills when I say that because to this day that's what I give to people is I remind them I am not your your key to this you are and it's so cool to give that power back to people right so long story short I left that Retreat and I've never been the same since I just I got so engulfed in breath work because I the way it it allowed me to feel and it was me doing 16:42 it I I didn't want my body to forget I wanted to remember constantly right and so really I feel like my journey started December of 2019 of coming into this beautiful Awakening of to where I am today and nothing is overnight right like I said that was almost four years ago so that's the way that I found breath work and I became so enthralled in it in the year of 2020 that by 2021 I knew I wanted to actually get certified in it and not because a certification makes you something or breaks you of something but it's because 17:17 I wanted to learn I wanted to know I wanted to understand what I went through in that experience and why right I'm a why person tell me why something um and it was a really really cool six-month journey of the certification of diving inward for about the first three months and then giving this modality as you know for the last three months and it changed me it changed who I am yeah I love that story me too I got the chills like you saying you got chills I was getting chills it was so awesome yeah it was good it was good it 17:58 was really really cool yeah and I go ahead I was going to say I'll never forget that first time I experienced it too just that out of body like I need this forever like why aren't why isn't everybody doing this this that's what I thought why have I never known about this yeah it wasn't until much later where I was like oh I can bring this to people like I didn't get I didn't get that download until like a year and a half later like yeah why don't I do this like I'm I'm just 18:28 like saying everybody needs to know the magic of their breath wait like I need I'm here to tell them so that later for me totally yeah well and for both of you I I don't know you or you before breath work I I just know the breath work girls now it's not funny yeah this is how you've always been to me yeah yeah so Michelle I I've heard the story but I think it'd be worth sharing just what kind of human were you before breath work oh yeah she was a real spicy girl so I always tell people anyone who knew 19:10 me and sometimes in the rooms that I guide in there'll be people who knew me prior to 2000 December of 2019 and I always am like I'm so sorry for the human I was which I am because I was pretty salty like I was a pretty skeptical human being like I was pretty sure that everyone out there had an ulterior motive to anything so growing up I was the only girl in my home I have all brothers so I have four brothers right so it's just it's a little bit different of a dynamic growing up in an all boy home you know my emotions were 19:38 really big I was sent to my room a lot to feel my emotions it was gross because I was a girl and girls have boobs and periods and stuff like that right so it was always like I kind of felt like I was like like I don't know where I fit in that translated into my life of making female relationships um which has just beautifully you know just gone with me my whole life because I never really realized that it was a wound that I needed to work on and I just started to here's the thing I started to be in 20:10 frie

relationships that were not in alignment but at the time I didn't know what alignment was so I just knew that it's like oh cool this chick is inviting me to the bar so I'm part of the cool kids a mazing okay I'll go okay this doesn't fill an alignment at the time that's not the word but I was just like oh screw it I'll just drink till my intuition doesn't talk to me anymore right so I would use substances mostly drinking to kind of numb that right to be the cool kid if you will um and it just made me 20:37 start to get super salty and spicy like about life and I started to get hurt in relationships whether they were female or it was with a male and so I started to develop this U mentality of if you hurt me I will hurt you 10 times worse so think of that like when I say that if you hurt me I will hurt you 10 times worse think of the vibration that you're always in if you always think something's going to attack you and you've got to attack 10 times as bad you are in a negative vibration all the time 21:10 because you're always waiting for somebody to hurt you and so that's what I attracted into my life is all of these people these boyfriends that would just hurt me and because that's where I was at all the time and so I really truly learn to be in survival mode most all the time thus marrying the man that I'm still married to today thank goodness cuz he's amazing but the first 10 years of our marriage was awful it was separation I think four or five times I did ask for a divorce once when he went 21:40 to serve me the papers I said wait a minute let's go all in like let's try this one last time and that was at the beginning of 2020 and the three and a half years we've had since then are completely different but I believe it's a vibrational frequency that we both decided to shift out of we both had been hurt so many times he's a recovering drug addict it was just this vibration that was not working for our relationship so I tell people I wish there was like some like I can give you some like really easy aha moment that 22:08 really shifted our marriage but it was he and I both being willing to get out of that vibration that was not working for us anymore so the person I was 2019 and before like it's really crazy because I love her and I want to go back and I want to be there for her but she kind of scares me like you know I've really transformed into who I am today and the softness that's there now is a place I want to live forever like I'm cool with this right and I'm fascinated by humans now I thought I hated people I really 22:43 did like I thought I hated most people and I thought most people were bad like that was my like Theory right and now I'm like my theory is most people are good and I'm fascinated by them I'm fascinated by humans and like why are you where you are today why are you who you are what made you that right so yeah I love that me it can just be a like you say it's not a simple solution but then when you look back it's like it's just a paradigm shift like it just you just need to say this is no longer 23:16 the reality that I'm living in and especially when you're with a partner that says the same thing you can there's so much possibility there yes so much yeah I want to dive into drinking till you didn't hear your inner voice anymore um because I know what that's like I'd like to just have a discussion on why do we do that what what are your thoughts on the why I think that for me at least here's from my point of view which probably will be a reflection for others is we the pain is scary like that pain I 24:08 didn't think I would ever be someone who was standing in a room guiding people into their pain right I was taught growing up yo

u move away from Pain you go towards Comfort if you have something that doesn't feel right in your body you take medication that a doctor gives you because it moves you away from the uncomfortable feeling right and so I started to learn with that first sip of alcohol when it went into my body and I kind of felt like oh wait now I don't feel embarrassed right because I was 24:39 someone who I'm actually very introverted I have to introvert to be an extrovert but I was very insecure so I've always been in a body that's never just been this little teeny thing like I came into this world big I came into this world loud um and I was kind of always told like in Friendship groups and stuff like I was too too much I was too big um I was called the leftover friend I was always like if there was a spot then Michelle would get invited if there was a fourth boy then Michelle would get invited right if there was 25:08 enough like it made sense so I think that once I felt what it felt like to drink and have that inner voice go away it felt in the moment like it was quiet and I was like oh okay this is what I've been seeking is like to just hear nothing right and to feel like I'm a part of something okay this feels good this is what I'm supposed to do right and for me anyone who knows me I don't like to be in an altered state because of a substance so the very first time I had a panic attack my mom did the best thing 25:45 she knew how which was give me Xanax right she's having a panic attack manage the symptoms give her a Xanax right I remember hating whatever it I was like why do I feel this way I don't feel right and so I don't like it but then I started to learn that to fit in and to get invited with the group of girls right I'd have to partake of alcohol then once I started drinking and I realized that my intuition would shut the hell up and that my inner voice would go quiet that to me was like okay this is what I 26:18 need but I didn't know any better right I just knew that that inner voice sometimes would tell me like don't do things and I'm like but if I don't do that I'm not going to be invited again and I'm not part of the cool people and these girls won't like me so I've got to do this right so for me that's what it was that's what the alcohol was because I actually didn't like the altered state that it would make me feel but I kept doing it for years years I resonate with that so much like 26:49 I didn't drink at all in high school I was like afraid of it and then when I went to college there was yeah same thing like group of girls and invite you to do something like well if I want to be included I might as well like I'm in college like I should you know have a drink I should yep and then you feel like you belong because all I'm like oh well this is actually kind of fun like you know now I'm with the with the girls and every time we're together we have to be drinking and it's never like we can 27:17 be together and just hang out it's like we have to be partying together so I feel that too and that's it's a whole relearning like as I'm trying to you know I this similar timeline as you too like 20 end of 2019 is when I found breath work and so it's been you know this I have the same like four years ago like it feels like just but it's also like a lifetime ago because it's been I'm such a different person so it's I want to leave alcohol in the past but then you go out with your friends and 27:50 someone just hands you a drink so I'm in that same like noticing that relationship it's where it's more than just you know numbing it's it's that sense of belonging with that that girl wound yep yes that girl wound that sister wound is real it's hard because I and right when you said t

hat too about the um what did you call yourself the like backup friend oh the leftover friend the leftover friend I was the same I had so many friends that like would just I was that person like oh like the I always say was 28:28 the Forgotten one because they would be like oh we oh shoot like we didn't Friday night I feel that mm yeah so it's the same thing it's like you'll do anything to feel like you belong yep anything right yeah that's hard because there's so many women that feel that same way it's like there's so there's all this competition So to that yes Hannah there are so many women out there that are healing from this same sister wound that we all are and it feels like there is there's a lot 29:04 of awareness around it now like I feel like 2019 2020 there was this like toxic masculinity happening right of like that's what we were talking about and I feel like females within that were trying to find their place right because I remember in 2019 for the business that I was growing it was grind hustle go don't stop therefore my my Google Calendar that was like it was a badge of honor because I was like oh I hustle like I have a shirt that says hustle I won't wear it anymore like it has such a bad connotation to it 29:36 now with me because I just don't believe that the feminine is meant to grind and go and hustle and I grew up again in a home of all boys where it was kind of like and I don't think they meant to but like they just kind of shunned what females go through and do and what their cycles look like and I just I think that there was a part of me that was a little bit like and I for for living in Utah I will say this for living in Utah I got married late I was 28 which that is on the later end for what is pretty typical right so I 30:11 kind of almost got that Ultra Independence where I was like I don't need no man I can do this right I remember when I started to date my husband and he would try to open the door for me I was like I can open my own door and he's like but I want to he would walk on the side of the street all the time and put me on the inside and I'm like what are you doing right I just like didn't understand it and I didn't really know what it meant to be in my feminine I'm like I'm I'm I'm I don't 30:40 know I don't know what do you want me to do dance seductively because that's not who I am right so learning to like land in the feminine but I think out there back to The Sisterhood thing I think there is this awareness around it that it's a thing and that more women than we think have it or had it at some point and that it's taking off those rough edges kind of that I had prior to finding breath work of like just believing that everyone's going to hurt you right so often if we will just open 31:17 up and open up from our heart and that's the whole thing this word vulnerability right that feels like this cliché word right now but I'm telling you there's something to it because if we owe ourselves to be vulnerable so often how often have you two found this where you are a mirror for somebody you are a reflection for them right that's why I love sharing in breath work groups after the breath because typically you are going to share something that resonates with someone in that room that goes um 31:47 okay yes that's how I feel and how good does it feel on Friday night I was I was co-creating with a with a friend of mine and we got to this woman and she said I'm super skeptical of this I actually don't really want to be here um I don't really like girls I so this feels super uncomfortable to have this girl's night but I'm doing it because and she pivots to her friend who invited her because I was invited right and I was

like home girl you are me I am you like hands down that's that's me right she softened into 32:19 that experience and after she's like you guys are my tribe I'm like right I mean it's just it's fascinating it's fascinating to me the the female wounds that happen yeah can I hop in here for the feminine I don't know how to I don't know what to call it um the feminine sight of me that has been wounded and so Michelle was facilitating last week in the Salt Cave and I was there breathing and she was inviting me I don't know if you how I received it was that you were you were here holding my chest and inviting me to be 33:13 tender yes you remember that yeah I remember it yes I even as a breather and a facilitator I realize I've been going into my heart but it's been going into my heart as a dude and so as you were as you were inviting tenderness I was I I could feel myself wanting to make sounds but I had it needed to be deep because that's what a guy would sound like oh and the tenderness wanted to be at a higher octave and I was like I can't go there I can't go there and so I hear what you're both saying with 34:05 this feminine piece and it's been so striking to me that I I keep being in these places where it's majority of the feminine the females and I'm like why am I this dude with in all these female spaces and it feels like I'm here to own my feminine as a male which feels so scary in my body yeah yeah and why why does that feel scary it goes back to the belonging yeah right Society tells you you have to be a certain way as a dude but why is it 35:09 okay for someone like me and can even be found attractive when I'm in my masculine by a guy but if a guy is in his feminine typically it's not attractive and Josh you're a perfect example and I think when I we first connected and is giving permission for other men to be held to be in their feminine we need more of it it's fascinating to me because you bring this up my husband is a bearded tatted pretty dude's dude right he cries like and I don't want to say a lot because it's relative to 35:50 what's a lot but he cries that's one of his big emotions is he he gets tear and he gets te when he's grateful but I'll never forget when we were together about it was seven months in and his Grandpa died and he was I was out of town and so he called me and he was wailing and I remember going oh I can't marry this guy like he's wa what the heck he is like crying like the yep yeps you know the like and I'm just like over there instead of being tender for him and being like this hurts him so much 36:21 I'm like holy I'm like hanging up the phone I'm like Mom I don't think I can marry him like he was crying he was sobbing he was like a Babbling Brook like I don't what that is so weird now I grew up being taught that Boys Don't Cry you know put your big boy pants on like bite your upper lip we don't cry right don't cry and so it was so foreign to me and now Josh you know this I will hold men's only breath work in honor of twitch Ellen generous' DJ who passed away I will hold all men's and Josh just 36:59 it's like a lion's den in there there's Roars there's cries there's sobs there's whales right and it's like the most beautiful sound to me of these men being in what they need to be in what needs to come from them right it's the coolest thing and I think that it needs it just needs to be more normalized yeah I had this huge fear that because I'm out in Boston right outside Boston and I thought I wouldn't be able because I'm so jealous of your Utah Community like you know work 37:35 facilitators and I don't I'm the only one that I know of in this you know initial area and I was afraid

d I was going to have trouble finding people so I figured it was going to be mostly female I have so many men coming to my classes coming to my workshops I have a couple one-on-one clients that are all men and it I just it's so apparent that they that there's such a need for that softness and that tenderness that that they don't have to Define anything that it's just they just need to be held and be and 38:13 know that it's okay to be held and not and and let those edges down so that they can just soften yeah yeah and they they get you know they get to I think at least you know witnessing my husband a lot of times he he's a fixer you know he's that's what he just he wants to fix things and so when he gets to just soften in right and be held in it and not have to fix anything like there's nothing to do he said that was really uncomfortable for and he had to really learn how to just like receive without 38:48 giving back and I think so often I I don't know if you remember this Josh do you remember when I actually got down on the ground and spooned you like I literally laid behind you and held you and you had mentioned in that moment you felt like you needed to reciprocate like you needed to give me something where it's men are so like that where it's like you don't you get to just come in this room right now and just simply be held platonically by a woman right I don't want anything after it I don't 39:16 expect anything I don't want to exchange phone numbers with you like I just want to hold you and see you in what you're moving through right this moment right and so many guys that is like Ultra uncomfortable right so because it's such a being able to hold both feminine and masculine and i' Josh is probably sick of my um the way I I love to describe the masculine feminine energy of one of my mentors once said this to me the masculine is a bowl like it holds it's solid it's Unbreakable it's sturdy it it 39:58 holds things the feminine is the oatmeal inside of the bowl and oatmeal is messy it's warm it it's shapeless it will move and do anything and so the oatmeal without the bowl is a complete disastrous mess I love that thank you for sharing that in a bowl without oatmeal is just a bowl there's nothing to it so when you have the two together it's that's just the balance of it yeah and you need so the oatmeal can do what it needs to do inside of that bowl because it's being held yeah and that's 40:35 not necessarily you know the guy has to be the the bull all the time and the woman has to be the oatmeal like that both of that gets to exist in each of us so when I feel very because like you said that there's so much so many women that we feel like we have to prove and go go go and that that's in our masculine side of us and so when I sometimes look around my house I'm like wow I'm really messy today I'm like what that's just my feminine I'm just I'm just feeling my feminine energy today 41:08 like that's okay uhuh and I love this is kind of off topic too but whenever I allow myself to be that to be that that messiness my boyfriend comes out of nowhere to to hold it uhuh it's like instead of nagging people to be like I need you to do this I need you to do this sometimes just be it another other piece comes in I love that yes absolutely yeah so Josh with you reflecting on your working on your feminine side like do you feel like oatmeal well there's definitely edges in this discussion and it doesn't feel like oatmeal 41:58 is allowed or safe or [Music] acceptable as as a woman that I can agree you know and like I said not to say that one like the oal is girls and or boys like like we all get to have both but you'd think

that as a woman that oatmeal would be more comfortable but it's some sometimes it's it's a it's still a work in progress like to be able to be okay to be messy and creative and allowing all of those feelings can still be so hard yeah yeah I think one thing that I see in the world and maybe you two see this as well I 42:48 feel like it's kind of cool I mean I feel like we have like a range of Ages between the three of us but I do feel like we're changing the narrative and I feel like it needs to happen right like as uncomfortable as it can be Josh to like deliver the feminine message as a guy The Narrative has to shift right I have parents in their 70s and I see what that generation is not that they were right or wrong but my mom makes dinner every night my dad has served it right and it's not like I said it's not right 43:19 or wrong it's just the way the generation is my dad is very solid foundation right my mom is emotional my dad doesn't show emotions and I think that's a pretty typical story now I do think there's men out there in their 70s who are emotional um but I just think the narrative has got to shift and change for the generation underneath us you know I watch my kids and my daughter just went through something this past weekend that was you know um one of her friends was very much the basically the brunt of 43:51 of a a horrible bullying incident and um I watched her stick up for him like not back down and she came down to me and she was asking for advice of like Mom I I want to be able to try to understand everyone's point of view but what I feel happened is not right and I said then you stick up for what you know is right and you stand so firm in that and you tell people like I'm sorry but the way that that happened did it just does not land with me right that's not an alignment with me and I think that the 44:28 more and more we teach our kids to stand firm in who they are and what that intuition I never heard that word like I don't know when I finally learned it but not till I was in my adult years of this like I knew intuition but I didn't realize that we all just have one right that I thought maybe we had to earn it I thought maybe I broke mine in my 20s because I just was Reckless so telling her like that intuition is telling you something like I listen listen to it right listen to your body listen to those cues I was never told that right 45:02 and again my parents did the best they had with the information they had but you know and this is another topic but I think dieting culture especially for a female Hannah I don't know if you have this it you know watching my mom growing up I went to something called The Diet Center with her I'll never forget it right I remember the smell of it and I remember that her mood when we left was based on when she stepped on the scale something happened I didn't know what was happening but it was her 45:27 mood was one way or the other and so I started to learn really young this unhealthy relationship with with the scale and that it's a scary thing because it determines your mood again a topic for another but dieting even gets super ingrained in a person that starts to make you see the world through you know a different a different lens well and with your daughter too like if like I feel like if I a certain similar situation happened to me when I was a kid and if as soon as you don't stay firm in that you get there's 46:06 confusion and it's like when do I when what is my trip I'm just GNA give in to what the majority is saying just because they're afraid of so and so and you know there's here's probably punishment involved if you do stick up for yourself because you know if yo

u're the only person maybe you do get hurt in the end but you stood up for yourself and th
at's what matters because that's teaching you to listen to that intuition as until you're an ad
ult because I'm sure that's what happened to me one time because and 46:39 I probably ba
ck down to be like Oh I'm you know maybe I'm too small or whatever to to speak up and th
en I stopped speaking up oh absolutely yeah yeah and I think she kind of felt that because
she was the one that stood up and she was one of the sole ones who stood up so she felt r
eally lonely over the weekend because all of her friends were like you're making too big of
a deal out of this we're still going to go hang out with these boys who were the you know t
he culprits of bullying and she wouldn't she wouldn't but but I watch 47:07 punishment yea
h that that I mean it's not like that's not like she deserves that punishment but that's just w
hat happens when you do stick up for yourself in the long run she'll be grateful for that yea
h and I think that that even translates outside of this of like I don't know if you two ever felt
this but along my Awakening Journey if you will like my my journey to who I am today I hav
e definitely lost a lot of friends like who I thought were friends but honestly it was making
way for people that I needed in my life right 47:36 that feels in alignment because for so lo
ng I just rote Out friends out of obligation right this is an obligatory friendship we've been f
riends for 15 years how many people say that and it's like but do you want to be friends wit
h them like have you guys kind of gone to separate paths that just don't feel like you have
anything in common but it's this obligatory like I always tell people and Josh I've had coffee
e with you so if I have coffee with you like you're pretty much in like I want to sit there with
48:02 you and have conversations about life because I don't want to go to coffee and talk a
bout like the newest Louis Vuitton bag I don't even know what they are or the newest Jorda
ns I I don't care like I I just don't like cool if you like them but I like I I want to talk about wh
at makes you tip I want to talk about the last thing that like you really went through a painf
ul thing and how you came out of it right yeah and those as soon as you living in that truth
and listening to your intuition those those people come 48:30 100% is what I'm learning 10
0% you keep inviting in that same frequency of people right so yeah I mean I'm just I I tell p
eople like I'm pretty selfish with who I'll be around and I'm okay with that I am really okay
with that yeah I'm learning I'm learning to stay firm in those boundaries not a girl good go
od good so it it strikes me that when we were trying to numb our int intuition it was in an e
ffort to belong to the group but as soon as we start listening to our intuition like your 49:20
daughter she is now belonging to her truth and her truth goes wherever she goes and then
she attracts that tribe but but if we're listening up here to that fear voice it's like no I I gotta
those people but if we go in here and our breath will take us there our our breath will show
us how to connect with that truth and once it's Maya Angelou that that has that beautiful q
uote on when we belong to ourselves I can't remember how it goes but we ultimately belo
ng everywhere because we're in our 50:07 truth I mean and H what else could you ask for ri
ght of just wherever you go you belong because you're in your solid truth like to me that is
like hello I've arrived like that is what I want in life and that's what I want my kids to feel rig
ht so that there's not this unstable of like where do I belong right because that's some of m

y Sisterhood wounds is like where do I belong and trying to insert myself and now I go to women's Retreats and I'm like oh wait I belong because I this 50:40 belongs right so it's cool I can go over here and have this conversation I can be over here and have this and we're all like okay this feels really good right so it's so true it's so true and I beg to say there's moments of loneliness when you choose you and you choose feeling your intuition and what you know is right there there's moments of of loneliness and just take those moments of loneliness because the beauty that's on the other end of it it's just like going through a breath work Journey 51:10 where I always tell people I promise there's some beauty on the other side of this pain like I promise yeah so celebrating you as a mom because your is experiencing that as a teenager yeah thank you thank you it there's many things that I've I've had cross my mind this weekend of just like being able to send her a text of I'm so incredibly proud of you right and to send a text to the the boy that was the victim of the bullying and just let him know that he's a light and he's welcome 51:48 here and he said thank you for raising the daughter you did and I was that feels good as a mom yeah yeah that feels that feels like a win and what a nice boy oh he's just the best he's the best yeah kids like this is only temporary you will be I know I know I know yeah I'm an advocate for SCH for kids it's High School senior year yeah I just yeah I just want kids to choose kind right we cannot like people and that's okay but we can still choose kind it's the duality of of life so yeah I'm an advocate for kids finding 52:36 their breath young young I wish I would have found mine years ago I know I got the opportunity to speak at the school it was for the teachers but I made a point to it was as my high school that I graduated from and I was like if I had the knowledge I do now back then I would have stuck it out and I wouldn't have quit Dance Company I wouldn't have been so I would have found a different sport when I got cut from volleyball like there's so many things that happened to me in high school that I wish so badly that I brought because I 53:10 just took it as I am useless pointless there's nothing out here for me like it was high school was so miserable so I brought I brought that message back to the teachers and they were like oh so this is for the kids like so you can teach us how to do breath work on I'm like this is for you then maybe it will trickle down to the kids like I want you guys to be as you know fulfilled and you know connected to yourself as you can because then the kids will feel that and then it will all it's just the ripple effect 53:42 it's the ripple effect baby totally totally I love it yes yes that was special going there so Michelle do you have with this um Sisterhood wound really alive in you do you have like intentions or Retreats or workshops or anything in the works that way you know so I recently decided you know that I would say yes to more events that had to do like I for for a minute I thought oh I want to solely guide men that was safe to me and I realized that was actually a safety for me even though I do want to help men I love it and I think it's 54:29 great but I found myself trying to avoid The Sisterhood wound by having less and less females that I guided right and so what what I have found and I don't know if you two feel this but I can guide someone who even if we've had you know mishaps in the past together when people are in breath they're their truest RW version of them and it's their soul that I'm connecting with right right their heart that I'm connecti

ng with it's no longer these wrongs that happened and I I've watched forgiveness happen a
nd I 55:02 have felt it in my own being in a room of guiding breath and there's someone in
there that 10 years ago we had a falling out and she happened to reappear in one of my ro
oms by default I was guiding at a retreat and it was just this like sticky for a minute and the
n without any words needing to be exchanged there was a hug after and it was like oh my
gosh like didn't even have to talk through all the crap because 10 years ago is irrelevant I w
as dirty and nasty and gross then like you know and she's 55:34 probably evolved and chan
ged too so like this forgiveness that's offered through it so my saying yes when I mean that
is you know that yesterday I was asked to guide at a fundraiser in a girl's backyard that I do
n't I don't know who she is but I was connected with her through a friend of mine and I was
like yes like my answer is yes and I got there and at first I'm like feeling uncomfortable and
I was like no no like I get to be here I get to take up space I get to do my magic of breath ri
ght I'm 56:02 not too much um so it's a lot of reprogramming and I will be honest when I te
ll you that I got back in with my therapist I am not ashamed to say that to really start to wor
k through this reprogramming of the thoughts that pop right in my head when it comes to
a female or like I always tell people I'm not taking new friends and it's because it's a protect
for myself of like if I don't take you on then you don't have the potential to hurt me and so
it's saying yes to things it's it's 56:33 being open to the possibility of her being a reflection f
or me or me being a reflection right and I started to realize that like when I would judge pe
ople it was totally a projection onto myself of like maybe my lack or what you know I was fe
eling and just starting to to reprogram those thoughts and also I will be honest coming to a
place where I feel like today's year old I feel like I am the furthest I've ever been in actually
accepting and loving myself and I think there's a huge thing to that just like 57:12 you said
standing in the belonging that you feel inside of you I think when you find that love for you
rself you're okay right you're I'm okay if I'm rejected by a female I'm okay if I'm accepte
d by one I'm just I'm okay where where I am and as far as working on it I just think it's a wo
rk in progress for me right now of just accepting that and working through that the safety i
s in me right I have safety here and I can access it and if I'm feeling left out there's somethi
ng happening in here and 57:51 it's less about what's out here it's less about the group of g
irls and it's me projecting back to I'm the leftover friend again right so it's just it's just the u
ndoing I feel like right control alt delete reinstall new programs I wish it was that easy I kno
w yeah yeah I'm going through similar stuff I love that thank you for sharing and being yea
h girls we're complicated emotional Beautiful Creatures I tell you I always I always tell peopl
e a regulated nervous system really one of the things is you can feel 58:37 a wider range of
emotions and my husband goes oh you can feel a wider range I'm like I know it's like a one
woman circus you never know what you're gonna get like you know but I tell you and if you
haven't had a Tyler hug highly recommend oh my gosh he's the best I used to not let him h
ug me can you believe that yeah your husband yeah he is he's yeah he's good and he physi
cal touches his love language yep he sounds amazing I'm so glad that he's so cool he's so f
un yeah yeah work 59:23 through stuff that's awesome yeah well we like to finish up with ju

st giving our guests the opportunity to send their message to the world however that feels however that wants to come through for you right now I love that I think one of my biggest messages that I deliver a lot of times in the rooms that I guide breath in you know that remember that the human in us will consistently and constantly forget right we can feel a certain way when we go do yoga or we do breath work or we sit through sound healing and there can be this truest 01:00:07 rawest version of ourselves that's accessed that's you that is who you are and then the human in us has to fit in in society has to do societal Norms has to work has to do all the things and we forget I think my message is is to always consistently come back to your heart your heart has the answers your body holds the wisdom and if we continue to keep coming back to that to that truest rawest version of ourselves we start to remember the body starts to remember that this is how we feel this is who we are and we become 01:00:44 that person out in the world and I believe that right there is the way that we're going to uplift Humanity I really do because I'm one person out there Josh you're one person Hannah you're one person out there delivering the message of breath we need to have that ripple effect happen by the people that we hold in our space we need to have the ripple effect of 20 people leave a room that they've just been guided in breath in their truest Ross version of themselves they go and that ripple effect trickles 01:01:15 down to somebody else because that is the only way that we can uplift all of humanity is to do that so just that remembering that a human in us will forget but the soul the spirit the intuition it doesn't forget it remembers forever and ever so we can continue to remind it and a beautiful way is breath it's coming back to that breath it's coming back to that life force that's always in us always from the moment we take our first breath till the moment we leave this earth and take our last we 01:01:45 have breath in there and we get to decide you know on in an obituary it's a year a hyphen and a year what's the hyphen what is it you get to establish that so that's my message a great message so good I want three more hours with you let's go actually I'm hungry though I need a I need a eating break well thank you so much for sharing you and just your spirit and your soul and your energy and your heart and just being you authentically it was such a gift thank you thank you for giving me this 01:02:28 space and trusting me to come on in in your space to share my message I appreciate you both you 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 or we'll continue to explore the transformative power of breath work and 01:03:08 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 thought 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 0

1:03:42 depths of Consciousness fostering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breathwork y our Des destination for transformative healing and self-discovery at you belong breath wor k we believe in the power of breath to unlock the deepest parts of ourselves leading to prof ound insights and a greater sense of connection and belonging whether you're seeking em otional healing a deeper connection with yourself or a path to authenticity 01:04:17 our bre ath work sessions Retreats and coaching programs are designed to guide you on this transf ormative 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 tocom to explore our offerings and download a free guided breathwork session thank you for being a part of our deeper awareness Community stay connected stay curiou s and may you embrace your true Essence with love and compassion goodbye for now 01:0 4:52 and see you in the next episode

7 minutes ago