



1 notes

01:36:43



00:02 in the context of my journey of letting certain parts of me die so I can be reborn and that's what this whole journey has been a death or rebirth death or rebirth and I'm on like I don't even know what number of birth I'm on at this point um but that was like a rebirth into like all right I don't have to live like this for forever there's hope I didn't feel hope before then for my life felt really hopeless I felt really hopeless welcome to the deeper awareness podcast where we delve into the depths 00:48 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 welcome to today's episode we are so happy to have Samantha here with us once again another pause training program cohort what Alum Bellow yeah Alum so I always try to think of like what connection we had during the program if any um I remember I was telling Hannah 01:42 before you hopped on that during your practicum I kept signing up I was like there was something with your voice that was healing something inside of me and we have this group um breath work session where Samantha was was uh facilitating and they'd be sharing oh it was this and it was this and I was just like your voice your voice is doing something I was like does anybody is that happening with anybody else and they were like yeah it's a good voice and I was like no you don't understand so anyway that was 02:19 my experience with you um we love to hear just like a introduction of how you um would like to introduce yourself and then will'll dive into the meat of the deeper awareness for you so just uh however you want to introduce yourself do it cool I'm so happy to be here first of all and I'm so excited to get to do this with you Josh especially because of our connection with pause and practicum and then getting to meet Hanna and hearing her voice on the podcast and especially because you've done it with 02:59 so many people that I know too and getting to hear their stories their stories has been amazing um so I'm so happy to be here and also to have the opportunity to speak my story I'm very thankful for that very grateful for that my name is Samantha I am a trauma informed breath work practitioner also a registered nurse and an embodiment and life coach and ultimately how I introduce myself and what I do is I like to help people feel better that's it that's I think that's what we're all looking for searching 03:49 for and if I can help people do that that brings me peace on my own Journey that's good I love it thanks she agrees she con we got a hell yes we got a emphatic yes back there well yeah I've shared this on um other episodes that it's like my human design there's the 3 five it's like the five in me is the story collector I didn't know that when I started th

e podcast we had Hannah's friend Karen on and she told me and I was like I do love stories I love collecting them and so I am just so 04:45 excited to hear your journey and so the way we kind of frame this and take this however it works for you um we're taught by Society to do certain things that will bring us fulfillment or Joy or you know get us the things that are supposed to fill us up or light us up and then we get to a point where we kind of look around and we're like this isn't it and then most often it's a journey inward from that point yeah so if any of that resonates we'd love to hear your story yeah it's so interesting because I 05:37 knew that it would come up right my story and it's like there's been a lot of times that have been like pivot Points and I was like how do I I can't [Music] this um but just going I'm just going to riff um with what you're saying at first when people are telling you this is how you should live your life you should strive to be happy well being happy that doesn't resonate with me anymore it's something so much deeper something so much more profound than just being happy and like you were saying going within yourself it's been a 06:29 long long journey right for me now looking back it's like since I was born it's been a journey um I was so caught up for so long in what I thought other people wanted me to be and in what my role was as a woman to to be a wife to be a mother to hold it all together and that's what I saw in my life that she The Matriarch is somebody that holds it all together while she's silently suffering that's what I saw someone who's just like silently suffering sacrificing themselves sacrificing their 07:21 body not receiving the love back not asking for what they needed so when I finally made it to a point where something had to give where I didn't want to live my life I I struggled to say the word mediocrity but my life was I was like what something has to give I was just numbing myself I had had trauma in my childhood that was affecting me all through my adulthood my relationships I mean it affected everything so when it came to my identity I didn't know who I was I was trying to receive it from other 08:11 people because I didn't love myself I didn't think I was worthy I really hated myself when it came down to it so I was looking for other people other relationships to kind of tell me who I was to tell me that I was worthy to tell me that I was worth loving to validate my life for me I collected things right I got the relationship I got the marriage proposal it was like oh we're going down a path and then I was like I'm thankful for myself for realizing wait something has to be different there 08:48 has to be something more in life and I think a lot of people hit that but it's really [__] scary to take the leap and say I know there's a part of me that knows that there's more to this life than what I'm living right now something deeper something deeper and I had no [__] clue what it was but I couldn't live in the cycle of Shame and guilt and censoring myself and always feeling so Compact and defended all the time when that knowing that we all have when did you finally listen to it or or 09:44 Discover it as a knowing it took me a long time to discover it as a knowing I kind of just like stumbled L um because there was always this underlying nothing s satiated me I would celebrate holidays and have people around and it's it was like I was sad I went on I was a travel nurse I traveled all these different places you know it supposed to be the happiest time of your life I made so much money I met so many people I was so [__] sad and lonely at those times in my life so I do

n't know what got me to this 10:38 point but I just remember things kept spiraling down spiraling down worse and worse and worse until the guilt and the shame and I looked up and found a therapist and she was the one that helped me me to see my own knowing she was the mirror for me she was my teacher because I didn't trust myself and I couldn't see myself clearly as someone who was wise I didn't see that part of me at all at all or resilient at all so she was like this beautiful [__] mirror that was like there's another way to see yourself 11:34 here I think that was that Magic ingredient of just that clear mirroring of being able to see all of that all of what makes you you yes for me I needed that mirror because a lot of times my shame and my guilt was so big that people would tell me that they loved me or support me or something like that but I had such a skewed version of myself things that I didn't even know were buried deeply inside of me that were just like screaming to be heard at a lot of [__] anger that wanted to get out but there was nobody that was 12:19 like it's safe to be angry you don't have to a lot of like what I want people to know too is there's no one way to be or to evolve or to go deeply into yourself it's your journey it's going to take the time that it's going to take for you and what I really needed before I could reach the inner knowing I needed to be [__] angry I needed to speak and to move the energy that was so stuck inside of me from that trauma because I was stuck in that response I was either like hyper aware hyper Vigilant scared all 13:03 the time and just like constantly stressed constantly scanning or I was the opposite where I was like I want to be buried under a rock I'm not going to come out I don't want to see anybody so it was like these two extremes that I didn't even know what was going on so it took that person to be like oh have you guys ever heard of the window of Tolerance she was the one that gave me like the diagram of the window of Tolerance and I was like oh [__] yeah so I've been living either here or here there's been nothing in 13:44 between for our listeners do you want to talk a little bit about that of how like the fight or flight with that within that window of Tolerance yeah I hope I don't butcher it but I'm visualizing the chart in my head and yeah so either so our nervous system right it it runs a lot of our reactions to things in a beautiful way right I didn't see the beauty of it too it protects us ultimately or gets us going gets our energy moving or helps us relax but I was living in such extremes where I was either super on one end of 14:27 the window of Tolerance where I was super hyper Vigilant um always on edge um always going so I can imagine what my heart rate was during that time um it leads to so many things healthwise um inflammation and things like that but that's on the one spectrum of being so hypervigilant and then on the other side there's that hypo arousal where it's the other extreme where it was hard to get out of bed where I just felt numb to everything um so the goal is to get back into homeostasis in that middle and when you're knocked off which 15:15 is totally [__] natural for us in our life to have these ebbs and these flows and especially as women we have our Cycles so it's natural to have movement and the resilience that we build especially with breathwork is to be able to navigate the reactions in our nervous systems and so if I'm feeling that hypoarousal coming on I can be aware of it if it's coming and be able to tune in and help myself through that if I feel that coming on and a lot of times now that I've had so much wor

k with my nervous system and its flexibility to be able to go through the states and navigate that I haven't felt the extremes of that as viscerally as I used to where they used to last for weeks if not months and now if that happens it's like I'm noticing like I'm on to myself. If you know which is so beautiful to have the awareness of yourself as opposed to when I started this journey I didn't know what the [__] was happening to me I didn't know why there [__] I wanted to drink so much alcohol to make everything numb because ultimately there was something inside of me that really wanted to scream and get [__] out and I got it out when I drank you know um or I got it out when I would binge or I got it out when I would do other things to harm myself it was all just a way to cope because I didn't know how to be with the feelings I didn't know that's what I needed [Music] either so I was thinking about this awareness piece and Society in general we're just not aware of certain things right so we don't understand our nervous system we live in a very achievement based society and with no comprehension or understanding of what it takes to even figure out what is going on inside and so when you so I'm curious with this anger piece so now looking back you can you have the awareness that your body was screaming for attention it was like there's stuff in here but you didn't know it was here and you didn't know even if you found it you didn't know what to do with it right yeah so can you talk a little bit about what that looked like for you once you 18:21 uncovered by the therapist sharing you're really angry like what what kind of um Act activities or you know H how did you learn to move that anger through you yeah yeah so you know it's so interesting looking back and just noticing like the threads um because the trauma from my childhood happened when I was really young and I had buried it and there were little glimpses that I remembered but I was afraid of someone getting into trouble I was afraid afraid of I thought it was disgusting um what happened and very 19:03 shameful and I think a lot of us go through that especially as children and we don't understand I had no [__] idea what really happened to me so when I went to college and I started experimenting I started being physical um with men and starting to have sex and things like that that's when things started to come out and I had no idea where it was coming from um and what to do with it just like you were saying I didn't know what to do with it so a lot of times I would just like try to bury it um and be normal and 19:46 Achievement um so that's like the piece where I still graduated I graduated college was really successful in college became a nurse had a boyfriend and all those things and just like I was saying earlier it just there was always that there it was always there it was always there that I felt it so when I went and finally met this person who really helped me change my life we really went into the body so that looked like we did a specific therapy called EMDR and I'm not going to go into it in detail because I won't get it right and I know 20:41 that so if there's anybody who's been through trauma and you're curious about therapy EMDR is amazing for PTSD trauma things like that but it really was going into the body and allowing myself to feel safe with that therapist we created she created so much safety with me because my body was so scared from protecting for so long and defending for so long that we really had to ease into it and part of the exercises were to let my body Express so the anger piece letting my

self [_] scream I would be in my 21:29 apartment I have my my pillow that I actually do scream with I would just scream into the pillow or I would cry or um I would take like a dishcloth whatever my body needed to do or maybe my body wanted to move or my hands wanted to move or I wanted to say something for a long time at the beginning all I did was say no no no no no no no and it was because trauma is too much too soon too fast and a lot of times the energy gets stuck and our body just wants to complete whatever it wanted to happen because I just at the time just 22:10 completely disassociated from my body wasn't connected to my body anymore so it was like these exercises to bring me back safely to go in to some of those memories because with PTSD I would have a lot of vision of the trauma and it was like liberating that from my body letting the [_] energy move was a lot of that beginning phases to let that be seen and heard and acknowledged yeah it's so [_] amazing and this is like part of my mission in this life is to have spaces where people can where they don't have 22:57 to edit themselves where they feel safe to express even if we feel like it's disgusting if we feel like people are going to judge us or things like that because those are the things that [_] eat Us Alive or we feel like nobody else has those feelings or maybe we're turned on by something and we're like it's uh like we're you know and those are the things that we bury inside of ourselves that make us unique and human and to have a space where someone's literally like you get to let it [_] rip and I'm gonna 23:39 be here for you and I'm gonna love you no matter what that was just like it makes me want to cry I was like it changed my [_] life it changed my life and so how long ago is that like when is that something that sparked the desire to do breath work or was that even longer ago or yeah so that was right before the summer of 2019 yeah the summer of 2019 I think something shifted in 2019 like I that when I discovered breath work and I forget if who we were just talking to was at Alma um was the same thing like a lot happened in 2019 for 24:31 people like and then it either accelerated or whatever happened during covid like for me like I went so inward and it was a gift to me so yeah 2019 something was in the stars that year totally yeah yeah so I'll never forget the first time I did breath work I've never like I had a a very wonderful childhood growing up at least I thought so and then I realized that I would always get pushed to like any emotion any sadness anger go to your room you can't be seen doing that go to your room go to your room 25:07 just so everything else seemed okay to whoever was viewing us you know and so I was I the first time I did breath work I was suddenly I was in my childhood room and I was like oh my God I'm I'm angry I'm angry I'm here and like the person guiding was like um if you need to bang on the floor scream or do anything I was like I can do I can do that like I'm going to do that right now and I like bang I will never forget it it was the most amazing freeing feeling to finally let that I did had no idea that that was 25:39 inside me so yes I I agree with everything you're saying yeah it's it's like um there's so much because we have all that that we're holding on to right and then we get to feel the spectrum of it all like everything is accepted even if it's like I had an experience where I just felt like my body Awakening and I was like oh this is something I've never felt before like during a breath work session I was like what's that what's that sensation you know and it's it's

just an 26:27 exploration just like you're saying is this exploration like what is that and can I be with it and and yeah can I let my body move or bang or feel or yeah that's it's the gift of breath work for sure and I think it's aliveness I think that's what we're feeling that's what comes through yeah and I think what you opened up with too with you know the point of being in existence is to be happy it's it's to just be alive to feel feel alive not to just be alive but also feel that aliveness that 27:13 gets to be in everything all right so 2019 you feel alive what happened well it was still a long road it was still long road from there but it was like um it was a beginning because it's so interesting because I am a nurse and I W at first I started out in labor and delivery so I saw death and birth in that context and then I went into ICU and so I've seen the Spectrum and seen how we as a society View death and dying and illness and in the context of my journey of letting certain parts of me die so I can be 28:11 reborn and that's what this whole journey has been a death a rebirth death a rebirth and I'm on like I don't even know what number birth I'm on at this point um but that was like a rebirth in to like all right I don't have to live like this forever there's hope I didn't feel hope before then for my life felt really hopeless I felt really hopeless to now aliveness so if you can pinpoint somebody maybe sharing your experience around that hopelessness what what breeds that why why do we cuz I've been 29:08 there and it just for me it felt like what's the point because I felt like I was so constricted and constrained into this little corner that I had to am I living now like I'm holding still is this how you do it and it was just like how like no I just want to break free of all all of it it was these little glimpses for me was these little glimpses of Hope in a feeling or a sensation that I was like there's more here and I just have to hold on I just have to hold on for now and there was something that was 30:06 like yeah I guess that there was just more here because a lot of the work that I did starting in 2019 we would Envision my higher self and she honestly like carried the torch for me I was like she's t here she's with me I know like I could feel where she was I had no [__] idea how I was going to get there or whatever but she like held me because we did a lot of parts work and part of it was envisioning my highest self because my a lot of my therapy my eyes would be closed could we would be going inward 30:47 um and it was envisioning my highest self and I could still see her I was glimpsing her last night and she's gone through a lot of death and rebirth and she's totally toally changed um but yeah she kind of held me until I could hold it because it took a lot of learning to trust myself I think a lot of times and I've felt this way we and I think I said it earlier we have like an inkling right we have like a sense of something but nobody tells us how what that is or we we're told to ignore it or whatever 31:34 it is and I totally forgot where I was going with that I was thinking trust in my mind that's where I was going yes yeah so the minute I learned as I built trust with myself it was like I can trust myself not to lose myself again because I would lose myself in interactions with people in relationships in um just in little things because I wanted to morph myself to be what everybody else wanted me to be to be the good girl to be seen and not heard you be perfect and yeah I again lost my train of thought but question on on that because 32:41 I've I've lot I've asked people and I've you know asked myself like when we lose ourselves what is it in an at

tempt to gain or get for you do you know what that was O that's a great question um yes it was all about protection because um I didn't want to be hurt I was really scared that something really really bad was going to happen again to me um because there was a cycle where it would so I was very afraid that something bad was going to happen to me again so there was like like the the cycles of you know 33:35 people pleasing pleasing other people to protect myself um aligning myself with certain people to protect myself it was all protection to keep me safe in some way um in those parts that I had always that I had always had or like when it came to I had a lot of anxiety um and I would I would think to myself let's Envision the worst thing that can [__] happen and as long as I think of the worst thing that can [__] happen in this moment it's not going to happen so that's what I did all the time I just went envisioning like this is 34:15 this is the worst thing that can happen in this scenario we're thinking about it good so then it won't happen it lessens the chances of it to happen yeah that's not the best thought Loop to second no no so I I think it's important to discover the why behind those actions the people pleasing because it can be easy to have judgment for when we do it but when we discover the why we're doing it we can introduce compassion there and understanding that it's like oh I'm just for me it was like belonging a lot of it 34:54 was safety and and then it's like well okay that makes perfect sense if you're if you're just trying to fit in or be loved or belong or be safe yeah then then okay if that's your best option right now it makes so much sense what if we give you a another strategy or another option though yeah yeah and that's what we got to learn too you know and pause as well um how to facilitate people with that as well with all those protection parts that we all have um and that's part of what I loved about learning breath work 35:36 too because I was doing it on a different level in my own personal work and then I got to learn how to do it as a facilitator um and I learn because that's a lot of like the hatred that I had towards myself um because I had no compassion for myself I had no compassion for myself because I couldn't understand why I kept moving through these Cycles because you only know what you know and what you have a concept for and no one really knew you know and then eventually I found I found out more about the why to 36:20 have compassion can you can you talk about that because I'm sure we we live in a society where there's so much judgment and a lot of that judgment if we look at it from a compassionate place we can discover the why but we've all grown up in this Society where it we worry about what people think there there is that whether it's religious a lot of it comes from that um but to get to that compassionate place can you just like step us through like going from hate like what what kinds of things did 37:04 you was it therapy was it specific exercises and then you know that moment where it just landed for you yeah um it was just an unfolding just like I it's all a process yes and as much as I wanted it to go super fast I wanted to love myself right everyone's like you self love it's like what the [__] what does that mean right like you're saying like what the [__] does that mean sometimes I really don't like myself and I think a lot of us feel that way or have this my inner critic man my inner critic can be loud and a lot of my 37:56 work was being with that inner critic what part is that what does she need right because it was like a lot of i

n breath work I would meet my critic I would make that my intention I would make that my intention to meet certain parts um in therapy that would be my intention and a lot of time when I would meet with my critic she was scared shitless of something she's scared shitless of something whether it was judgment whether it was hurt whether it was um a belief about myself um I had to meet myself right there 38:54 where it was sometimes very [__] painful it was just like a process of more so meeting the pain first because for me it's like you meet the pain and then there's like the pleasure which seems like I'd never felt that that's that for me pleasure is aliveness so it's like I meet that pain whereas before I didn't want to look at it and now it's like o I see you [__] I don't want to look at you I don't want to look at you this is really [__] hard but I want to look at you so we can move forward so we can have 39:40 compassion for each other and oh because even like my vision of my critic I saw her very lowly and a mess and a wreck and it's like you can't liberate yourself from a place of feeling that that towards a piece of you yeah so it's just a process of constantly like meeting myself and be intentional and for lack of a better word doing the work doing the work showing up because I yeah I mean we can get into it just how females are raised religion um trauma uh all of that goes into it and you have to at a certain point kind of 40:42 defy the odds of um am I gonna just be swept away and let life happen to me or be in it and flow in it and embrace all of it even the really [__] painful Parts because we're taught to go away we're taught to run away from the pain yeah or hide it um jokingly and we talked about this earlier so I was raised in Connecticut and it was all about appearances Keep Up Appearances so it's a lot like you don't air your dirty laundry and things like that and I know that you guys have a strong emphasis on 41:29 authenticity and it's like how can you show up authentic if you're just wearing this [__] mask that it's fine everything's fine my life is perfect I just [__] called him a [__] but we're at the party and we're gonna Happ you know like that's not how I want to live my life I want to go into a party and be able to tell my friends like it's [__] hard right now or oh my gosh you know it's yeah well it's G more girls that's why I've been rewatching it it's so 42:08 beautiful right to make something new to to write the new story where it's not the grandmother's you know little tea parties whatever she has it's it's creating aliveness yeah going to going to the pain confronting it and finding that pleasure on the other side yeah and what what's possible there yeah because that's where all the possibility is so I used to see like I couldn't really see my future and a lot of where we get stuck is we're thinking about the future right like we're future tripping we're worried 42:50 about the future and all that or we're in the past and the beauty that I've found through breath work through these practices is the moment [__] when like a breeze hits me or I hear a song or I'm with someone and I'm like this moment is really [__] beautiful that's that's where my aliveness comes from not from achieving anything getting something it's like just like Romas I read a lot of Romas and listen to him it's like being here now being here now I've sent Josh a lot 43:31 of ramos recordings I don't know if you've actually I love him a lot a lot of the rebuilding I've been doing is my spiritual like rebuilding my spiritual life and I had a really significant like Awakening moment and the person I was with recommended um polishing the mirror h

ave you ever read that book I'm reading it again and I love it and uh I'm gonna it's right it's polishing the mirror how to live from your spiritual heart oh and yeah it's just a it's just beautiful and he has teachings in it and 44:23 meditations and yeah all about being present I went to the bookstore yesterday and I was like there's nothing here for me today and now I know I need this book it's so good it's so good amazing teachers along the way yeah like I always I love that when a book comes exactly when I need it to and it's always it's always a book it's always like a it comes out of nowhere or it's been on my bookshelf and all a sudden I'm like what's that have I ever read that and it's it's that curriculum that 45:02 subconscious curriculum that I think your higher self is placing these little breadcrumbs to to do yeah I think it's when you're in it like I was in it for a long time I couldn't see anything else any different story for me because everything felt so close when it came to my anger my sadness my resentment um and now I can see a little bit more like there's there's a gift in it whereas before I wasn't open to that and I think a lot of people listening might feel that way too if you're still in 45:55 it and you get to be on your own [__] Journey like I remember um and this just goes like in general if people are telling you what you should do how you should heal what the process should be you should forgive all these things run the [__] away because I felt a lot of that and I didn't have like the self trust or all those things and I was just like oh I should do that I should make peace and and a part of me was like No And finally when someone was like you get to feel however the [__] you want to feel you don't have to change how you 46:36 feel you don't have to do anything you don't have to do anything you can just feel it I was like okay all right this is [__] amazing this is [__] amazing so then you process it yourself and then there's no I used to get down on myself for trying to do things the right way like I'm never GNA have peace or have a good life or if I don't do it this right way there is no right way there is no right way we're all we all don't know what the [__] we're doing right it's your own 47:24 way yeah I have a couple questions yeah so Hannah and I have talked about the up and down of spirituality there's a lot of um gurus or whatever out there that it's like go up here to Enlightenment and forgiveness and love and we've talked about going into the depths to recover the parts to feel through the hate and the resentment and um and you've talked about that I wonder for you so well for me it felt like there was so many years of felt like I was spinning my wheels and I would say that it was 48:12 because I wasn't actually feeling I I was like you were saying I was doing things I was do doing the journaling I was doing the Gratitude I was but the the stuff in my body was still in there and so my mind was improving I was having better thoughts my language was better around myself and treating myself better but inside there was all of this I can still feel more there there's still more in me just this it's like rage that just wants to break free from this society and just like be authentic and there's these parts that 48:59 are like what the hell no we we got to we got to fit in still like if you're going to go there how are you going to exist in this civilization and so I'm in this place of needing both like the the like I've done enough work that there's been this empowerment there's been this drive this excitement that I'm like oh it's working I feel different inside my body and then I still feel all of this all these protectors too that is li

ke you're good here and so I think this is what you're talking about with the the 49:33 rebirth and the the death and the rebirth cuz I feel like there's this death trying to happen I'm like I don't think we'll survive outside of our society if I let this die so what do you got for me first I want to acknowledge those parts and their fear because I remember long my journey saying who am I without all of this right and that's like without the story without the parts who the [__] am I without it right essentially like how do I survive without that that's what I've been holding on 50:20 to what the [__] out there if I don't have that so I want to acknowledge that for first of all very real feeling um and for me to start off with your first point about spirituality and wanting to reach Enlightenment and all of that I talk um a lot to my therapist about spiritual bypassing spiritual bypassing yourself because we're human so we're going to feel we have we're human we have emotions we're going to feel it have to feel it [__] first and if we're not feeling it we're not 50:56 going to reach those other places within ourselves if we don't acknowledge the anger and all the other feelings that we think are quote unquote bad they're not bad they're part of our human experience and so not bypassing ourselves with spirituality and just like we talk about in breath work we're not using the breath to try to bypass ourselves and breathe through it and try to get through it as fast as we can we're not doing that anymore we're feeling and we're slowing down and we're really connecting and 51:39 we're giving those parts of ourselves compassion and we're really seeing them and we're saying thank you and I [__] love you because I [__] love those parts of myself now really [__] hard before really [__] hard hard but ultimately they did what they needed to at the time but now we are going to places where they get to be along for the ride and they get to experience things that I don't think we ever thought we would experience so for me it's like those parts get to die too and then War into 52:27 something else something new just like my higher self morphs as I go like those parts get to morph too but I've thought a lot you know this goes into what I was just saying as far as like spiritual Awakenings and things like that there's a lot of people if people are telling you like this is the way you should do it because ultimately we're the one you know we're everything we are connected with every living being we are connected with nature we are connected with something higher whether you want to call it God 53:23 Spirit everything and I feel that energy and I never felt more alive than I do now because I feel that connection and that love even in those parts of me that before felt afraid of that or like if I had them then I wasn't worthy of everything which isn't true yeah we have oh ultimately right we say like it's all about [__] love and it really [__] is right it's hard to see that when you feel like there's not a lot of love in your life but when you start to open up a little bit more 54:29 um and have your heart be undefended I remember I had a teacher he's amazing and he talks about the undefended heart and I was like how do you how do you live this life where you don't defend your heart how do you survive and that's like that's been the [Music] journey H it's almost it's almost humorous because every time I'm like struggling with something I go through all of the feelings and come out the other side and I'm like it's love why didn't I just put more love into that whatever it is why 55:11 didn't I love myself that part of me more like of course and I la

ugh at myself and probably have to learn the lesson over and over again but it's always love it that's it yeah yeah the yeah it's just like a cycle because we're so used to like our neuropathways just like I think you said talked about neuropathways Josh but like our neuropathways are so ingrained from like decades so of course like our mind's going to go to the easiest this is a solution that's like scientifically it's 55:45 just going to go to that so learning and living and being takes a lot of compassion showing up and all of that um yeah and ultimately bringing more more love into it because to like vulnerability is [__] all part of that is all part of that and when you're living so defended or like you were saying Josh when you're so tightly wound it's like you don't even let the moments with other people or the experiences like hit you in that in that deep way to even feel that level of love there's no 56:38 opening to it so it's really standing out to me how people that hold space like that need to meet so many of our parts so that if we experience somebody else's part coming up it's like oh I've already loved the hell out of that inside of me I got you can you talk a little bit about your like your group sessions like I I've seen them on Instagram we we'd love to hear about how your how your holding space and what this looks like and your your one-on-one however that is as well yeah no I [__] love I [__] love holding 57:35 Stace through roath work um and the way that I do it now has evolved from what's been gifted to me so a lot of time the intention is to have space for what wants want to happen that's usually like my intention now to make it very open um because so many of us are coming from different places or different experiences and to let it just be everything um that that's just been so beautiful to give permission um um in those spaces to have it be for what you need in the moment um yeah when it comes to breath 58:42 work there's because in my day job or I don't even want to say in my day job right and my job is nursing that has led me also to this journey because I saw a lot of people suffering so many people suffering and I think that there is a way to help and I think breath work is part of it I think this awareness is part of it definitely no doubt in my mind for chronic illness for the way that our Health Care system is and all of that and when I do sessions for everything now it's not seeing like parts of people because that's what I had 59:34 judgment about myself I would see parts that I saw in myself and other people and then there would be judgment and now with the training we've done it's like being able to love people as their soul that's what it is and it's getting to hold space seeing people as their soul so they can see themselves as that and as you bring your awareness to if you're just more aware of yourself or you can feel like an expanded version of yourself like what's possible from there what can be healed from there what can 01:00:23 be loved from there what but how can you move through your life through there that's just but what's been the most it's just been a gift it's nourishing it's a gift and I love to love people because now I'm on I'm on that um space where there's it's a I feel like a vessel of love for other people so we can hold it all together sometimes I'm like who the [__] are 01:01:28 you you ever get that way uhhuh the higher self comes in and starts talking for you yeah and I'm like yes girl but you I notice I still notice those parts of me that are going to be like people are going to listen to this and they're not going to understand but that's okay because we all get to

be on our process process and we don't all get to have to love each other or like each other you know what what I'm saying like there's no hard and fast rules of anything we all just get to live and can we do it with a little bit 01:02:09 less suffering I think we can and a little more love yeah yeah I see you as the mirror now that that therapist was for you that you're you're reflecting so beautifully like this embodied woman of strength and love and hope and kindness and safety and softness yes yes the embodiment piece yeah being embodied I receive that because I feel that in myself yeah it's exuding is that a word it's just blasting out of you 01:03:13 yeah that's the [_] gift because if I go back right even the feeling of when I was going through my story and everything thinking about that portion of my story to now I feel it felt so onedimensional before and now it's complex it's pleasure it's pain it's O what's on the other side of that doorway what's at that edge can I meet it what's you know it's just like a it's like a dance now like it it's I don't want it to be so [_] heavy any anymore that's ultimately I got to that 01:03:57 point I don't want it to be so [_] heavy anymore I don't want to be so [_] sad anymore so good yeah okay so you do in person group yeah in Austin so if anyone wants to fly to Austin for the for the magic of some yeah or fly me out okay so that that's how people can work with you we can fly to you or drive if if you're in the bini we can fly you somewhere what else what else private send a private jet for you because he ll yeah We're Dreaming yes yes uh yeah on line too [Music] um it's really 01:05:00 beautiful first of all to have that connection if there's something that resonates especially right when you meet those people that are kind of like oo there's something about you so if you feel that like inkling or drawn to something or if something resonates or you're just [_] Curious or maybe I made you angry about something get curious about it or stirred something up um yeah I do online sessions uh one-on-one in groups and then I'm doing in person and I'm doing some cool um collaborations like with 01:05:38 Retreats here in Austin so doing this really yeah um I'm doing some fun stuff and getting support play with the breath and with music is part of it too for me me is really the music can evoke so much too so I'm really really just intentional about the breath about music about permissioning and it's really [_] juicy yeah the breath is such a doorway into everything no good or bad just whatever you're needing in that moment I've had sessions where screamed my head off I've also had sessions where I'm like I don't want to 01:06:37 do the breath I just want to be here while someone's with me and maybe just recognize my own breath or feel my heart beating and that's [_] beautiful too doesn't have to be anything we don't have to put so much pressure on it and that's part of the magic too I feel and what's helped me on my journey too so when you signed up for pause I'd like to hear like the leading up to that and then because for Hannah and I it was just like where did this come from what is this and then all of a 01:07:18 sudden we're in it and then I'd like to hear your journey because I kind of we we were all just kind of the maybe a little Shell Shocked of yeah kind of numb didn't know we were numb and then the breath work started to on ourselves and then all of a sudden something I saw something in you and I was like oh my gosh Samantha is scaring me because your bigness was inviting me there and I was like that's no no I'm going this way but then it was like no I I'm already t

hat big I just can't see it and so it was you were 01:08:03 permissioning me and scaring the hell out of me and so I I'd like to hear from you because I have my perspective of of you know your your transformation but can you take us through that long story long I was I see you nurse right I was so [__] miserable all this trauma I didn't take care of myself at work night shift yeah all that and then right I started going to therapy things started sh like no I was already out of the ICU at that point see it's even foggy for me I started working in an office got 01:08:42 the therapist because finally I was like slowed down and working like a normal job I worked at a gast analogy office and that kind of opened my eyes a little bit more to I mean a lot of gut stuff has to do with nervous system it's all intertwined so I would talk to patients all the time um don't you find that there so many women yes it sucked and Men though that had a lot of anxiety didn't know what to do with it right like it was um a lot of the treatment that some of the doctors would be was like old school 01:09:25 um anti-depressant because what it would do it was it would stop that um mechanism in the gut from firing because that's like our nervous system is all intertwined in there so this old school anti-depressant we were treating people for like their irritable bowel and stuff like that with that to help their gut and it was so interesting to me and the wheels started turning I guess and I started looking up like holistic nursing I was like what's where do I want to [__] go I this is like I can't nursing is draining me now I 01:10:03 actually found a program for nurse coaching and and basically it's training nurses we I got certified I'm board certified through the American alistic Nurses Association as a nurse coach and it's all of our principles as nurses but with a coaching Twist on it so it's a help patients make sustainable change through using coaching techniques to try to make something change in our Health Care system so I got into coaching and I did a was it three month program I don't know so I got into coaching and then I did coaching and I 01:10:45 was trying to make that work and I still felt because of my own Journey because I was doing all the sematic stuff with my therapist and that was was really changing my life that when I was coaching people I was like this is right like we know there's there's so much deeper [__] to this I can't just make a smart goal with you and think that everything will change because it's so much deeply rooted right so I moved to Texas and that's a whole another story of how much I've [__] moved in my life and sold all my [__] 01:11:23 and so I moved to Texas and honestly I had followed Sam Skelly on Instagram probably for like a year and years before that maybe a year before that I did a six week yoga one-on-one yoga with um a woman that I met through my therapist we did like a woman's group together she taught me about and I'm I'm going to butcher this name and don't put this in there because I don't remember the name but the UI breath have you ever heard of it transformed my [__] life so basically you like during the yoga poses you can 01:12:08 use it too but it like instead of being so up here with my breath it taught me to be in here so you basically sound like you're snoring um let me see where you you're breathing into you're basically breathing like you're breathing through a straw in through here but it's like you're breathing through your nose but your your your intention is to breathe like a straw in here yeah you're like tightening up your throat a little bit someone taught me and I forget they

used it in such a the way that they said to do it I was 01:12:46 like oh that makes so much sense it's all coming from here like you're breathing through a straw and then you're letting it go and it oh even just doing it just now so I had been doing that cuz I couldn't my anxiety was so bad before that guys I [_] panic attacks all the time and um she taught me about that breath so like all of a sudden the pieces kind of came together I was like oh Sam Skelly is [_] cool I like her energy oh breath work in that context totally [_] changed my life just this 01:13:21 minimal that I know with the ujra and then I got on a call with [_] Megan Walker and I was like is this really like am I really going to [_] learn anything is this worth my [_] money that's why I said cuz I was so at like the end of my rope I was so at the end of my [_] rope I was like is this worth [_] money and she's like yeah you're going to learn so much and there you go so I had already been doing like my own work and had done psychedelics and opened myself up and stuff so I already had 01:13:55 like a primer for for experiencing that level of release and openness for when I got to the breath work and then it was kind of like what the [_] you could do this without psychedelics you could do this just with your breath and I was like that's [_] amazing you know so then I was all in at that point yeah there there's like a lots of layers lots of layers but yeah that's that's what led me CU I think there's some I don't know this but I would guess there's some people that join the 01:14:35 program that haven't done any inner work and they're it it just shell shocks yeah I can't imagine and I think about that with like what I do especially on Monday nights because I'm working at a studio where some people have never done breath work before and yes I am pretty open um so I think a lot of times it's like what the [_] is this why is she telling me like feel love and open your heart and things like that and it can kind of be like what the [_] just happened you know yeah I can't imagine being in the 01:15:20 program knowing that you're going to teach other people and and just starting that like process with yourself [_] that would be a lot I have a lot of compassion for them for sure cuz even like I tapped into [_] that I was like cry crying over Zoom all the time being like what's happening this is crazy this is very vulnerable and I don't [_] know you but this is [_] cool like some of the breakout rooms I didn't want to go like every time I was like I don't want to [_] go I don't want to go I'm gonna say no 01:16:04 but then I went and I was like I'd always be like is it too late to like close my computer yes I was like can I just say no now they're not on the screen yet right there's something else I have to do and then you never regret it no yes yes yes yeah it just yeah the coolest and now we get to do that for other people which is the [_] coolest too I did this um Trail this have you ever heard of the Camino de Santiago I have a friend that's doing it right now no way yeah I did it like it was 2014 or 01:16:50 2013 that I did it and so they like the first thing somebody had said to me like where as I was starting one little Spanish there's so many cute Spanish people that are so happy that you're doing it and they just want to like feed you and literally kiss your feet because you're doing this Trail and um but one of them said that your comms never ends never ends and so I just see that Journey like a life within a life and like that is oh I just got gooseb that is it that's it's we're all 01:17:24 on our own Kamina we're all on our own path and our own journey and i

t's yeah take all these different turns and ups and downs and meeting all the little Spanish people yeah yeah it's never ending even though we got to the end of that literal path it continued uhhuh I'm still on it and you're all on it because you are mhm yeah I had a breath work session last week wait what day is it this week time it was on time anyway um I was breathing and I could feel like this so I got divorced in 2018 and I there's all this 01:18:23 built up like working through just layers and layers of forgiveness and resentment and anger and hurt and I could feel it in my heart and I there was this desire for forgiveness but I wasn't trying to bypass it was like that was my intention though so I was feeling into the resentment and crying and Michelle came up and was there with me and it I could feel like I saw it but it wasn't visual it was like a I don't know how to describe it it was a box that burst open and like this thank you not the word thank 01:19:16 you it was just an understanding of thank you it went from walled off box to thank you and it was like thanking my ex and then I saw this vision of The Last 5 Years and the journey that I've been on and it was that moment if I hang out [Music] in like expectation of how it should be then I discount all of this that got me here sitting here with with you two and then it was the thank you is the you're you're welcome you're welcome you're welcome like life says you're welcome yeah yeah I that's why I resonated so 01:20:12 much when you were talking about working in a gastroenterologist office like I went through absolute hell with gut issues and not being like not finding Solutions and finally finding a holistic doctor that helped and everything but I when I the day I was able to find gratitude for going through like the darkest of days that I've ever experienced I was like I can't I'm grateful for that but there was like it wasn't like a shock it was more like oh my God I'm grateful for that and that feel so 01:20:49 good because I would have never found breath work I would have never like my boyfriend and I bought a house together I like I would have never been able to like Envision this future for myself and I would have just been going along the Motions if I didn't get so sick so yeah finding gratitude for that thank you that that I know what it doesn't say thank you I know exactly what you're trying to say Josh it's just that outward feeling that pouring of gratitude to even though like I that's what I was 01:21:22 Jing about yesterday before I got in the call with Josh was like I now I now I just lost my like just how grateful I like finding this again like I was feeling sick last week and so I'm like okay when I plead like I will be pleading to God like why is this happening to me why is this happening to me and I'm like oh I've done this before Oh there's a lesson here and I'm not going to know it now but I will want yeah she that Journey yeah yeah mhm yeah and it's so [__] hard it's so [__] 01:22:11 hard mhm so [__] hard yeah but once you get to that point of gratitude that there's something deeper or there's who knows but this is what it is this is what it is um and to yeah just when I found that my story I could write my own story that it wasn't what somebody else had written for me it was like okay all right all right and it doesn't have to include that I have to forgive them at some point I want to forgive myself yeah for just like you're talking about those years that at first I was 01:23:17 like I [__] wasted all these years of suffering and tormenting myself and all those things but then it's like that compassion and that forgiveness for myself that that's what I did to survive a

and what I knew at the time and we're just on this journey making peace with it and it makes you you know enjoy like you said earlier the little things like I was telling Josh yesterday I had a few days of not feeling well and yesterday I was like oh my God I I feel okay and I went out and clipped there's like you know 01:23:59 it's October in Massachusetts and so there's like dying flowers but I clipped some of them anyway and I made this little bouquet it's across the way from me and it's so beautiful and I clipped it and I was able to go outside and do it myself and make it and now I get to look at it and I'm like how beautiful life is when 24 hours prior I was like why me why is this happening to me again like totally yeah full spectrum shift and just being able to witness and hold myself and at all again it's that like 01:24:34 flexibility right it's like seeing oh [__] I yeah uhuh we're I'm not going to be in this forever this isn't forever this is just right now how can I help myself through this or what do I need right now not to bypass it to feel it you know all those things and then I actually what I was thinking about is grief because I had to grieve of what I thought my life was going to look like when I decided to bring out my truth about what happened to me as a child so there was like a long grieving process of who I thought I was 01:25:13 who what my family was going to look like all of those things because relationships ended um so it was a grieving process to that that I went through during those years too of of grieving for who I thought I was and what my life was going to look like was all part of it and people forget people forget to grieve like I was giving my mom like a little insight this morning on our walk about like what like what Josh did a coding session on me yesterday and I was trying to like explain like what I've been kind of working through 01:25:53 M which has manifested itself in a physical ailment um I'm talking to her about that and she always like turns it to like oh your father could really use this because he he went through so much with his life and I'm like well he's never grieved anything like any of those things he's never grieved and there are things like some like what you're talking about too it's it's something you have to identify like oh like I have to grieve that it wasn't like a loss of a person or a being was the loss of a an 01:26:25 idea a vision which needs to be grieved too yeah but so when he like has a act like actual people that he's never grieved he you know his his ADHD is so wild like he can't sit down he can't even hold a conversation with people and I'm like oh my God I wish I could just help him through those emotions but yeah you know he's got to notice it for himself anyway but I don't know why I was going there but yeah it's it's so to whatever needs to be grieved so with grief for me it's been discovering what 01:27:05 grief feels like in my body and for a long time that was the biggest amount of numbness that I had inside that there was so much grief going on and I I didn't even know like I cognitively understood the concept of grief that it's like oh someone dies you'll be sad but then it was like a mental understanding not a oh my God this [__] hurts inside my heart I don't want to feel this anymore how do you get this out of me please make it stop where I learned to go into the grief yeah and that's what I feel like 01:27:51 has given me the most access to my heart and to my depth is this new relationship with grief do you have something what's your relationship with grief I'd love to hear yeah I think to be honest I remember it like towards the beginning of my journey before

I really knew uh how to go deeper um that grief came up because once I acknowledged the trauma from my childhood like I said I lost relationships I lost most of my family I lost a relationship with my parents um so and we were so close so I had to grieve those relationships I had 01:28:47 to grieve the loss of my innocence that I didn't feel because I didn't really know what happened until I fully acknowledged it right and decided to look at it so I had to grieve that uh I had to grieve who I thought I was going to be what my family would look like um all those things um and I think that part has just been like all together with the other pieces of the journey um as I meet the different parts of myself myself and they grieving it all is intertwined with anger resentment and all of those things 01:29:34 so it all kind of intertwines with each other um so again it's like meeting those parts of me going inward like we're talking about and just having awareness of when that comes up cuz sometimes it does sometimes I'll see pictures or I'll think of things and I'll you know grieve um but then I think of those thoughts and those are thoughts of like what could have been versus now I have glimpses or I have whole feelings of this is [__] what it's like to be alive and who knows if I would have ever 01:30:15 touched that if I had never spoken my truth if I had never told anyone about what I went through as a child would I have this much feeling of my entire body would I feel as intimate with other people would my relationships be as close all of those things um so I think it's again it's just like a dance with our triggers with emotions that come up and grief is a part in there that sometimes comes on the ride with me yeah so beautiful thank you thank you yeah yeah thanks for bringing that up I forget about that 01:31:10 piece a lot of times but it comes up yeah we like to leave a space for our guests to have if you had a chance to share your message with the world in this moment what what's coming through for you just that for me it's more of a feeling than it is something to say it's just I love you and that there is so much Beauty and curiosity in this life and I love to experience it yeah words just sometimes don't do it 01:32:14 with me I gotta the message is you matter your experience matters your experience matters always you are special and you're magical m oh so beautiful 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 01:33:18 conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breathwork 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 you're Eng engagement and feedback mean 01:33:53 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 be long breathwork your destination for transformative healing and self-discovery at you belo

ng breath work we believe in the power of breath to unlock the deepest parts of ourselves leading to profound insights and a 01:34:27 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 tocom to explore our offerings and download a free guided breath work session thank 01:35:02 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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