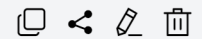




1 notes

00:09



00:00 my idea in my sense it's that it's it's our bodies that are telling us all along I would say that that's true for me um for sure with my like I said my gut issues also like hives I've had um again the the way the body is like you need to pay attention you need to slow down you need to pay attention I'm trying to talk to you we don't even know what that means like I don't know like for so long I still like I'm still learning the messages of my body body but that that is actually part of the process there I 00:34 think anxiety I would say I mean I know a anxiety is a tricky one because it's there's it's complex but ultimately I I still feel that it's that anxiety is our body's way of speaking to us that there's something something we're not being something that's not true inside of us and that can even be that I'm paying so much attention about the future things that I'm scared of right like that's not truth that's that's belief that's not truth and so the worse 01:02 we feel the further are the further we are away from what's actually true welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry joined by the delightful Hannah ox let's begin hey it's Hannah welcome to Today's Show where we sat down with Stephanie wrestler to hear her story of how she uncovered her truth and how it has led 01:43 her to the work she is doing now Stephanie is a transformational life coach who creates the sense of safety as soon as you meet her feel it for yourself as you take a listen to today's conversation enjoy welcome everybody to today's episode we're so happy to have Stephanie here with us and Stephanie Stephanie and I were in the same pause breath work training program and were we in like a breakout room or a I think at least once yeah I was trying to remember what it it's all a blur now it was like I know it was 02:23 something but anyway um so happy to have you here and if you just want to take as long as you want just introducing yourself and then if you'd like to have it just flow into what our kind of our our theme for the podcast to um your journey of what your life kind of looked like before and then if you had some kind of a scenario or an event or something that happened where you just were like this isn't it let me figure out what is it yeah big questions yeah so um I'm Stephanie wrestler I am I'm calling myself these 03:11 days a transformational life coach and that comes because my sort of passion is exactly around what you're talking about it's kind of this supporting people who are in that moment in their lives where they're looking at their life and realizing that this isn't it and that they've built this thing that actually continues to feel dissatisfying and um uh sort of like there's a need for som

ething more I have certainly been in that place a couple of times in my life where I sort of get hit with that like 03:45 space where it's like a like what have I done how did I get here and how do I how do I change like how do I how do I make it different um you know the sort of isolation and and fear that can come around and shame I think that can come around recognizing that you're not necessarily that you've you maybe perhaps you have what you actually said you wanted and now that you have it it's not actually what you wanted and so that place of of feeling the complexity around like knowing that there's 04:16 something more and not necessarily knowing how to get to that something more or knowing why it is that you want something more um so certainly that's a part of my part of my journey for sure and it's this I think a really particular space in people's lives that is deeply lonely uh and scary so yeah so I'm a that's the space that I like to support people in that's like I want those are the conversations I want to be having and why I'm so excited that you all are having that conversation on this 04:46 podcast yeah and we're so happy to have you yeah so okay so my story if I were to pinpoint a moment in life the first moment in life where this started to matter I mean I think for most of us or I guess I'll speak for myself only but for me I would say it was a long time where I was feeling things I was noticing things I was noticing this this sort of like discontent in life or wanting something different but at for a long time didn't quite wasn't cognizant of it it's like if I look back I can say like I knew um 05:28 but it wasn't I was doing the thing that I was supposed to be doing and so therefore I was looking for how I was supposed to be happy in this situation um to kind of go back pretty far um I think kind of an important element to my story is that I was married when I was very young I come from a religious background um not super conservative but quite so culturally quite and that's important just because it has some of those religious um expectations and the ways that we are sort of trained to believe that in order 06:04 to be good and in order to be um worthy uh as a as a human being there are certain ways that you need to be and certain choices that you need to make and although like internally I was always kind of like bust like trying to trying to like shake that off and kind of like I was I've always been a little bit of a um I don't know a wrestler like a fighter about these things it didn't really sit well with me but at some point I think I translated like okay well at least have to pretend that that fits for me so that I can feel like I 06:35 can be loved and so I made decisions very early on like getting married at age 21 that were you know in for all intents and purposes were there to allow me to feel like I could be respected and um could have yeah like that people could could I could be okay in the world um so that being said I married someone someone who was a lovely human being we were very young we were sort of doing it because we felt like we actually didn't really need to get married we were actually wanting to go travel the world but there was a 07:15 real feeling about like you know what it would be like if you would live with someone that you weren't married to and so we we decided Well if we get engaged then and we just have a long engagement then we can like go do that thing and nobody else will have to feel unhappy about it so you can see from the very beginning that it's this way of approaching life that's like okay well I'll maneuver on the surface so that everybody el

se can feel okay even though it's not actually the truth of what I 07:44 want and who I am but we were sort of on the same page about it and so anyway we wound up getting engaged and then people were like well if we getting engaged then why don't you just get married and we're like oh yeah okay fair enough so we did we just got married and we had a lot of years together um that were really uh quite quite positive but as you can imagine and as you know your brain isn't fully developed when you're 21 and I would say that it's really hard to make long-term life decisions like that uh sound decisions 08:17 when you are still a growing human and haven't quite come into contact with yourself so although we had a lot of years together that were great we traveled the world and neither of us were sort of like ready to get on the bandwagon of you know buying the house and having the family uh we also over the years started I started to feel that like we were looking at the world really differently and we were sort of looking at the future there were just dynamics that were showing up um and and over the course of the years that started to 08:50 become more apparent for me but I remember very much feeling this this sense of like but I I have to right like this I I have to feel I have what does what is unconditional love you you have to do these things this is you know um so I had many years of having this internal battle inside of myself not feeling satisfied not sure if this is what was really right for me um all the questioning and feeling like I was the most horrible person in the world for having these feelings in the first place and I never told anybody 09:28 never I mean I so I was so ashamed that I felt that way I was probably we were married for around 10 years and um I finished my master's degree in counseling and decided that I wanted to take a trip by myself and I went to I decided to go to Guatemala for to learn Spanish and so I went for a two Monon trip on my own and this is kind of where this moment happened for me uh I was not expecting it at all I was scared to go by myself like I had been with this man for so many years of my life this was literally 10:08 the first time that I had actually like been by myself and made decisions just for me and could say I just wanted to do this and I didn't have to consult anybody else or negotiate it was just like it got to just be me and so that was a really important part of the moment um but when I was in Guatemala what happened was that I discovered that when I was out of the context of the life that and the messages and the stories that I felt like I needed to live by somehow I got in conversations with people who were 10:42 completely they didn't care about my story which meant that I finally for the first time in my life had the space to actually say things out loud and I started to say I'm not really sure that I want to be in my marriage and that the like the space for me to when I began to speak that it's like I'll never I don't know how to describe what that was other than it's this this the moment of Spiritual Awakening I started to say the things that I was never allowed to say I started to access this truth in myself 11:24 and when I did it was like the whole universe I mean for those few weeks I felt like I was exactly where I needed to be I was having exactly the conversations I needed to be having I felt so afraid and so fearful about what was going to happen because I was saying these things and I had this deep sense of like I know what I need to do I mean it was it was so I've never felt it again to be honest it was just this powerful spiritual like I was one w



ith the universe and I knew I knew what I needed to do and I knew that it was hard 12:06 and I knew that it was my truth and so yeah that's kind of where everything my life like the the e the story kind of started to unfold because once you know that truth in yourself it's really hard to unow it right once you speak it it's really hard to to turn back from that um so I started to speak these things I got back home and really I felt so so centered in that truth and I and I felt courageous enough to start speaking it and I knew that it was painful and I knew that it was hurting people and I 12:43 was letting people down I come from a family where nobody has been divorced so this was this there's no there's no um nothing for me to sort of lean into other than messaging around like oh but you just have to stay because that's what that's what you committed to and I kept feeling like yeah but what about truth what about like my truth what about this or his truth or Our Truth is it true that we should that we should force each other to you know move off of each other's paths so that the 13:15 relationship should stay together right um I just didn't it wasn't Landing for me it wasn't uh anyway I started to speak that truth it was very very hard and what I saw happen was that I it's almost like I was being like so I was trying to say like this is this truth of mine and I want to speak it and I and I want to feel it and I want to know it and I want to know who I am in this truth but the discomfort that it created for everyone else around me was so severe that it was almost like every time I tried to 13:52 speak it I also had to like fight against the projections of everybody else like fight against their own fear I could see what was happening it was like it was disturbing the story right for everybody else people who were maybe not in relationships that were happy but had decided that they were going to stay it's like all of a sudden I had to hear that story from other people I had to hear what was right I had to hear why they why they did it and why I should too and it was like at first when I when I first came I was so strong and 14:21 powerful about it and over the course of a few weeks or months it's like it's like every time I had to defend myself or like push against the projections of other people it's like it got diluted and diluted and diluted and diluted to the point where I had this moment where I was like if I don't stop talking they'll take it all from me and I have this like poem that I wrote I mean I very specifically have this this moment in time where I remember being like if you don't stop you won't get to have any any of it left 15:00 and so I like it's like I put it under the rug and I like hid it and then I I stopped I stopped talking about it I literally Let It Go fine can and can I um yeah I just want to understand this feels really important what you're sharing and I and I love that you're you're bringing this up so you were speaking your truth and it was impacting people they didn't like it and they were pushing back and so you were you were then finding how do I do this can I can I keep speaking because everybody is wanting to 15:47 keep you small ultimately right is that is that how it feels I would say yeah okay and so and then you thought or felt inside that if you keep speaking they are going to to take it from you is that all right yeah like I won't exist anymore like my okay yeah okay yeah I just wanted to make sure I was hearing you right yeah yeah keep going this is so good thank you and I just like to identify the players too like it was that I just love when our higher self comes in to book you a flight to Guatemala but it's like 16:29



sometimes those things happen it's where you don't even know who just signed you up for something like that and it's that power that keeps you going that momentum of your higher self and then in your case you not only have your ego that you're fighting with that higher self but it's like all the people in your life are teaming up with your ego and that is so much pressure when your higher self is just like no like this is the way this is the way like hold on to that truth but it's so the ego can be so 17:00 loud especially when it has a group of people around it yeah yeah for sure and it's some yeah I mean again it's it's part of what fuels so much of the work that I do now is like how do you give people space to speak a truth without interfering or interacting with their field of energy right like that you can just hold that space and it can be held especially in the group of in community right like if you can be in a collective where you can be doing that space and nobody's interfering what was 17:28 so important for me again in that moment of of transition was that I got to say what was true and the people that were listening didn't care I mean they cared of course like but they weren't they weren't interested in the outcome they had no connection to my story and so I could say whatever I wanted and it didn't matter they were basically able to reflect my highest self back to me in a way that the rest of the world the rest of the people that I had surrounded myself with weren't able to or I didn't 17:56 believe that they were able to so yeah having that ability to like say what's true and feel like nobody else is is getting in my energy field to like console me or to make it different or to change it or to tell me it should be different that was the first time that I had ever experienced something like that like so yeah so then to to work against to sort of come back into your old context and to have to push back against a whole system that's set up to you know try to funnel people into One Direction 18:28 I was really like rocking the I was rocking the boat there pretty pretty big and I felt so powerful At first I felt so sure I mean again I I could feel both of those things I could feel that I'm terrified and this is going to be painful and this sucks you know because I really love this person and it's not that I don't you know it's it's it's it's it's different it's deeper it's like it's a yeah it's about this other knowing in myself and I don't know why 18:54 that's coming up but that's what's coming up so even but in in the middle of all all that fear was this like really rooted sense of just being like I know what I have to do um but right it got so like you're saying it's like every time I would say it it was like it a little piece got taken away every time I had to like fight back and push back against it it's like a little piece of that truth got taken away and I I started to lose my my light and my sense of self like I got I got diluted and all like I'm a bad 19:27 person I shouldn't feel this way I need to stop feeling this way but I kept that little nugget I just I basically in order for me to keep that little piece for myself I had to basically stop talking um and hide it away and that's what I did and you know I look back and I've had to deal with a lot of um pain around all of this but you this just awareness of like you know here I was speaking this thing that was really big and then I just stopped saying it and decided like okay never mind I guess I 19:58 guess I'll stay married and I guess I'll everybody needs me to do this so I guess I will that there were so few people that would be like you all of a sudden everybody was fine you know we could all calm down everyb

ody could relax we could all just move through life feeling happy um but you know the painful part of being like how how few people said hey Stephanie what about that thing you were saying what happened to that truth um so that was so yeah um I stayed married for another four years after that um and wrestled dealt 20:39 with a tremendous amount of anxiety also discovered an underlying part of the situation which was that my ex-husband um was an alcoholic throughout it all secretly and so there was this there were these other things at play so also talking about like you know there's this awareness of something that needs to happen and there were many things that I wasn't seeing at that time that were fueling part of this instead it it got turned on me as being or I turned it on myself as being this like I'm this 21:09 horrible person and I'm I should feel so ashamed for the way that I feel but there were actually a lot of other dynamics that were at play that at that time I wasn't fully aware of I knew what needed to happen I knew what I knew something wasn't right but I didn't know what and why in retrospect I have more clarity around the other kind of pieces that we're playing who I was being but also how that relationship was working why it might have been that something didn't feel quite right to me so yeah I stayed 21:45 we stayed married for another four years which was very very very very tumultuous and really really hard until I then made the big decision and um ended my marriage and it was very hard as you would expect so have that little that little nugget that you hold on to and suppress like it's just yeah that's it's pain it's pain and that's where that anxiety stems from it's yeah and I think too and I think a lot about how you know I've heard Sam talk about this in the program but also I've heard it from other places 22:21 where anxiety is the way that you are being dishonest with yourself right it's this it's that it's the voice inside of you that's like I need your attention because you're not telling the truth you're not you're not being honest either with yourself or with the world around you and in this case it was very true I mean the level of my anxiety was so severe during those four years because I was so out of alignment right I had literally sanctioned off my my the true part of myself what I 22:54 KN knew to be true and was trying to force this other thing in life to take shape and it did not work well it it doesn't work you can't run from what's true I mean that's that's the painful part of Being Human I think is that as much as we try we can't actually run away from the truth of who we are and eventually it's the body that starts to give the signal that says enough and so I guess to me anxiety at least in my case anxiety was certainly one of those ways along with digestive 23:27 issues and you know host of other things but my body was like you're not paying attention I find it so amazing that it that anxiety and stuff like that like for me too that's what Happ that's part of my story was gut issues it's like as women when we hold that stuff in it it just festers in our gut it's just physically there yeah yeah so this it's been a long journey but um I've I've you know I've had to come to this place where I've also healed that I mean I think I'm still in 24:08 that in a way knowing how deeply I abandoned myself and how that the sort of like the spiritual you know that my higher self how it got you know basically squashed and I was like so violently like you be quiet no more we can't we can't handle any more of you um but has been a real process and part of the journey and I think part of in in the end

my purpose here right for me to go through that to find my way back to myself and for that to be the the kind of path that I'm leading forward for myself and then also 24:42 for other people so when did you flip it to be like this is something I can help people through like when did you discover that as a gift that you went through something so life changing that now I can help people through the same thing yeah it has taken me it's it's interesting because my I've my background is in counseling so I've I've always kind of played that role in a certain way and um I think what I'm discovering is that I I have to think this through for a second because it's it's always kind of 25:24 been there but I I even talk about it I still process it now like how is it possible possible that I could you know compartmentalize this this this really very very painful very traumatic experience I was in to make matters worse for those last four years we were living in Kuwait in the Middle East um so we were far away from anybody that you know knew anything about either one of us um I was working in an international school as a as a counselor so I was like simultaneously holding the space by myself trying to navigate these 25:58 these four I guess it was three years in Kuwait um while then going to work and like doing that thing holding the space and being really good at it that's where I'm always like is there something wrong with me like how was I able to do that how could I compartmentalize so much if I'm so tapped out and barely hanging on in my own life how is it possible that I'm holding space for other people what I've come to be a woman yeah right you know what I've come to realize is that the space that I longing for so 26:29 I one of my big passions in life is it's breath work but it's also Circle process so Josh you were in with me Circle process as a medicine being in that space with people as medicine which is speaks to that that part that I was talking about earlier which is like how do you hold space how do you create a container for for the collective for a group of people to actually speak truth without actually we're not in a support group we're not we're not consoling each other we're not hugging each other we're not we're not 27:03 cross talking we're not exchanging energy we're just holding creating this this really safe container where people get to start experimenting with what it's like to actually name their truth and I think that's the where I realize that that's the place that I want to be I don't want to have to pretend that I'm okay all the time I'm Still Human I'm always going to be human doesn't matter how much healing I do it's always going to be a journey and that I get to own that alongside other people I can 27:33 facilitate and hold that space for people um but I also get to exist and so I think there's been a shift there in terms of feeling like it's all my responsibility to take care of everyone and that's a boundaries thing as well isn't it like an energetic boundaries thing but it's all my responsibility to take care of everyone versus actually I want to do this work and I'm really skilled at holding space for people and do you want to come in and do this work beside me like do you want to do it 28:03 together and we can just all be humans and work it out and find our own truth together so yeah I think I don't know if that's totally answering your question but in a way I think that's what what shifted there the other part there was that after I left Kuwait I went to Shanghai and worked there for four and a half years at an international school and that was another kind of important moment I think speaking to the questi



on that you had which was kind of when did it shift and you know coid was hard for all of u s uh it 28:37 was very hard again I was in China so it was like in this bubble for two years I c ouldn't see my family I couldn't leave and I was like holding the space for everybody and I was okay again I was really good at it for a long time until I wasn't anymore and I started to feel that burnout and I had this moment where I was like wait a minute don't I'm pretty sur e I get to matter to um and that was when I thought like I think I need a break and I think I'm GNA go do something different and that was a 29:14 really big moment for me again i t's a whole different story but that that like moment in life where I once again it was like wa it a minute I think I'm supposed to matter too and if I look at myself a year from now in the trajectory that I'm going which is not caring for myself but basically being responsible to ca re for other people I don't really like that version of me and I don't want to be that person I'm good at my job I want to stay good at my job and so I decided to to jump ship and um yeah made a big move 29:44 to try to do this work in a different way and so that's where I'm at right now well where did you um find breath work I know how I got in to pause um li ke really it's another one of those like the universe is I understand it but my first experience with breath work was actually negative um it was one that was not trauma informed and alt hough I had a really positive outcome it wasn't it was very much that attitude of like keep g oing push push push keep going past the resistance blah BL blah blah and what I 30:22 felt in my body was so uncomfortable that I just dreaded the dreaded having to do it again so I didn't I didn't practice bre breath work for a long time after that and I had then had a coupl e other experiences that were more positive but what is the truth for me is that it this is a p erfect example of how it's your energy that brings people in it wasn't breath work that brou ght me in it was Sam and I was like who is she she is super awesome like I want to learn fro m her I want to know what she knows I 30:56 can't believe how inspired I feel when I listen to her speak and so when the breath work thing opened I was like what what about that an d I don't know I mean it was my initial reaction is like it's way too expensive there's no way I could do it and I don't know but lo and behold I know I was in the program and I'm so so so so glad that I was because it's been yeah it's completely changed or put me on even a new trajectory here in life so it was a happy accident really kind of how it happened with me it was 31:29 like your trip to Guatemala I was like did I really just sign up for that like wh o who took over my body last night and paid that much money yes ex yeah but it's like like I just mentioned before there was that higher self like even this morning I like I mentioned I hadn't been feeling that well but I woke up this morning and all of a sudden I'm like in the middle of the woods walking my dog and I'm like who was that that tied my shoes and got me out here today like for this past week I've been a slug like trying to 32:02 just you know get my body back together and like somebody just got me up out of bed today and I'm ou t here already out in the woods and stuff so there is I just love that higher self that comes i n when we really need it most and yes takes control yeah was a surrender in that for sure s o I would love [Music] to kind of pivot a little bit well dive into your understanding and you r awareness around the idea of abandoning ourselves [Music] because I can very much rela

te to that in a million different ways but for 50 32:50 years I didn't know I was doing that and so maybe for those that are listening that are like how do I tell if I'm abandoning myself because that sounds like a pretty horrible thing that we're we're doing to ourselves or whatever but in your maybe your understanding of working with people or your own experience like what what are some signs what can people look for when it comes to abandoning themselves yeah well it's interesting that you ask because I just got finished with a five-day challenge for 33:35 Burnout and I'm working under the premise that burnout is a result of us being out of alignment with ourselves of not listening having a sort of a longterm experience where we disregard the messages from our body and again that can be the physical stuff the emotional stuff it's I think it's all tied in there together the ways that we say our emotions are not acceptable or that whatever this gut feeling is inside of me is stupid and illogical and impractical so it's this kind of lack of honoring that we have this whole system 34:14 that's actually working so I feel like we are here so much of the time and then we're missing out all of the signals and I guess my feeling is that like I said before it's this eventual like the body keeps trying it keeps trying to tell us and we often aren't even trained to pay attention or to even know how to connect with that or to know what that is and to know that it's something that we should be listening to in the first place and so it has to scream louder and louder and louder and louder until we get to a 34:46 point where we're actually literally burning out psychologically emotionally mentally or we're dealing with a host of of physical problems so I think in my idea in my sense it's that it's our bodies that are telling us all along I would say that that's true for me um for sure with my like I said my gut issues also like hives I've had um again the the way the body is like you need to pay attention you need to slow down you need to pay attention I'm trying to talk to you we don't even know what that 35:22 means like I don't know like for so long I still like I'm still learning the messages of my body but that that is actually part of the process there I think anxiety I would say I mean I know anxiety is a tricky one because it's there's it's complex but ultimately I I still feel that it's that anxiety is our body's way of speaking to us that there's something something we're not being something that's not true inside of us and that can even be that I'm paying so much attention about the 35:51 future things that I'm scared of right like that's not truth that's that's belief that's not truth and so the worse we feel the further are the further we are a way from what's actually true one of my mentors says it's James wedmore he says what are you saying to yourself would do you think that's how God feels about you right your this this is your Divinity is that is that you think that that's how you're created and the further you are away from that essence of your like true love and worth and 36:32 absolute like the miracle that you are the worse you're going to feel so what are you telling yourself what are you thinking what are the thoughts that you're thinking what are the things the stories that you're saying the beliefs that you're holding on to and if they're not feeling good then you're not telling the truth so I'm saying truth as in not necessarily lies but meaning does that make sense what I'm saying absolutely because it's a feeling of when we abandon ourselves and we're 37:09 in that feeling of a state of numbness because all of that anxiety is too much

h and you know maybe you do already start to have like these pains in your body or your gut and it's like that's too much to handle too so it's like you don't feel safe anymore and that's when you abandon yourself until the like you said it's not a whisper anymore from your body it starts screaming I mean and I would say too I mean um abandonment also feels like there's one part that is I'm just not aware and then there's another part that 37:53 is I am aware and I'm actively choosing against it right and I think those are also important distinctions I think a lot of people are numb to their body and numb to the sensations that are giving the messages but they're not actively abandoning themselves in the sense that they have they just haven't tuned in yet uh in my case I feel like it was an active abandonment I actually said okay I'm going to quiet you down now and I'm not going to I'm not going to align with you anymore because this is too 38:30 hard so um yeah I mean and again I don't know what what difference it makes but just to say that I think there is something a little bit of a distinction there between people who are learning and open and willing to sort of go in to that space and just haven't ever been taught to do that versus when it's very loud and clear and I think I did that for a long time it's like no matter how much I tried to put it under the rug it like it wasn't actually quiet it didn't actually go away I just tried harder and harder 39:00 to not pay attention to it um but it was there you know it was in the relationships the relationships that were actually unhealthy for me that were you know not boundar it was there saying get out Stephanie you know like but I don't want to get out I want to stay in this I'm choosing the wrong pen you so there was active abandonment there but I just I just don't know if it's fair or if it's help helpful to to abandonment I feel could have a a really negative connotation or a sense about it right sometimes we are 39:30 abandoning ourselves but sometimes we're just not we're not yet attuned to hearing it well and I've thought a lot about the reasons I like to look at the reasons why we do the behaviors um which helps me from a place of compassion and understanding instead of it cannot it can feel judgmental yeah for myself if I if I don't understand the reasons and so um that's a goal of mine is to really dive deeper so I can have compassion for myself and for others and it sounds like for you and and you can tell me if 40:13 this resonates or if I'm way off but that as you brought your truth home from Guatemala and you were sharing it and there was like like that need to have to to speak your truth and that need to belong mhm and those were those felt like they were in opposition and then if we all understood that we all have our own truth and that doesn't actually negate or impact belonging that it actually reinforces and enhances belonging I mean can we get to a a world where where that is understood yeah I think that's where 41:05 again why I feel so passionate about the circle it's a it's this incredible it's so simple but is this incredible the more you understand or the more that you lean in and sort of are in that space as as medicine right not just the tool it's not we can use it as a tool to be like okay we're going to take turns talking but really like what's actually happening there energetically in terms of the ceremony of being in circle is exactly what you're talking about that my truth when when I speak my 41:41 truth you see yourself reflected in me but our truths are not the same so I do you a favor I do both of us a favor when I tap into my heart into my authen



tic self and I speak what's true for me in the moment that allows me to speak and say the stories maybe I didn't know I needed to say but it allows you to see yourself reflected in me from your own angle you're not interacting with my truth I don't have to change it I don't have to make it different so that you feel comfortable you're here holding space 42:16 while I speak it and then when I'm done you take the talking piece and you speak your truth and we hold space for each other so it's to me it's that like that's the work I feel that we need to be doing is learning to listen from the heart learning how to speak from the heart and learning what it actually means to like let go of the stories and the the masks and the layers and actually lean in a little bit more deeply to to truth but that has that requires safety and I think you know I just don't think 42:47 that we often know what safety feels like either in the body or in relationship to others yeah Josh and I often talk talk about safety as it seems to be just the foundation to any sort of inner work um so I love can you tell me a little bit more about the the circle is this so this something that you facilitate because I like looking for safety I feel like there needs to be something that people can find that can help them feel safe yeah it's AI that's also been one of the more transformational experience 43:25 of my life um was being in a training for it so yeah I'm a certified Circle keeper um and like I said you can find circles in a lot of different ways in life the way that I was trained and the way that I now am passionate about holding Circle it's in its roots it's connected to restorative justice um kind of like victim and offender there's a lot of indigenous you know aspects to Circle process which is we are a community we come into this space and anybody who's impacted by the harm that's been done in the community gets 43:59 to have a voice and say and then we learn from each other when we when we share our experiences how we've been impacted by harm and that we can begin to have compassion and empathy and understanding for each other when we actually listen so typically our way of doing it is to be like you're you're going to jail you're excommunicated you're no longer worthy of being part of the community whereas this approach says okay if somebody is suffering or there's harm that's been done we all have 44:25 responsibility we're all connected let's take the time to hear how we've been impacted and what was going on for the person who was in that place anyway there's lots to it that's a very very simplified version but part of that restorative justice practice is this circle process so you're sitting in the circle you have a talking piece there's three rules it is we have a talking piece and the way that I do it not everybody would do it this way would be the talking piece goes in one 44:53 direction and you can always pass so it's this way of bringing all the voices in together and actually sharing space for every single person to be heard you don't have to if you don't want to but it's given that your voice is essential it's not this like if you feel like sharing please get louder than the rest of the other people because I know for myself that I never do I won't if you say Stephanie what do you think then I'm like oh I have wisdom I I can share so anyway it's this way of of kind 45:28 of creating that type of space if you're doing like a one-off circle usually you'll have a few agreements that you kind of propose to the group um it's like speaking from the heart listening from the heart confidentiality like those kinds of things so these kind of essential components

to a safe space but we recognize that even in that as much as you can try to create a safe space it's you still have your guard up to a certain degree if I'm doing a longterm Circle so like six eight 12 weeks one of the things that 46:01 we're prioritizing is a practice where we would probably take at least one session to establish values and guidelines and in that session what we're doing is we're saying who are you when you're at your best what are the values what are the things that you bring to the world when you are at your best and what do you need from this group in this space in order to show up that way and we go through a whole I mean it's a it's sometimes people are like this takes so long but it's it's part of this really important 46:39 commitment to creating this container that ultimately has these understandings that incorporate every single person's needs so we go through and we basically so somebody says I need confidentiality okay well what do you mean by confidenti what does that actually mean what does confidentiality really mean well it means that if I see you on the street you're not acknowledging me somebody else you know we go around somebody else says well I don't want to do that that doesn't feel good here's what 47:07 confidentiality means to me so you're getting everybody to really speak into safety what it means to create safety and by the end of the process you're coming up with this these agreements that have been refined with words you know taken out but you ultimately have this list of things that has been designed and and everyone is in consensus you don't stop until everybody is saying I see that list there and I know that I belong there that that reflects me and then you get to do a totally different kind of work 47:43 right after everybody in a collective feels like I'm I'm reflected in my safe and my best self gets to show up here now I get to challenge myself to show up as that person and learn inside of myself what it takes to tap into that um and so it's I mean it's this completely different realm that is unlike anything else it's very very powerful so that's the circle process that I'm passionate about and so people come to you like if they're they have some sort of issue they're trying 48:17 to resolve or it can just be anything it can be anything in the end I think I think often we might come with one understanding and learn I think you guys know right like when you're in a container I feel like anytime you put something in a container this is the pattern that I'm seeing anyway doesn't matter if it's a short container or a long container at some point there's going to be an arc right like you're like okay I'm here for this reason and now this is what I think I'm doing and then something happens 48:44 where we have a tension or a challenge or some kind of like something that we're here to wrestle with something that you're here to learn and then you go through the process of WR Ling through it and then being able to say oh I see what that was so yes I can I can offer a circle for a specific topic um and that might actually bring people together for a reason but in the end the work that you do in that Circle may or may not have anything to do or may may or may not be directly related to what you thought sometimes it can be 49:18 reflected in the group itself if there's some kind of conflict or tension that happens in the group that might be what's showing us all what we need to actually be working on so I my preference is to you know in my heart I'm keeping that intention open to say it's whatever trust the process whatever that shows up is supposed to be here

but we might say okay come let's talk about burnout let's talk about divorce but in the end we're we're getting to the Shadow and can you do that virtually or 49:48 do you have to have a physical Circle okay yeah I mean it's it's a different experience but often nowadays it's it happens virtually so I'm curious what the gender ratio is in your circle groups well I've done a wide variety of circles for different demographics um more recently though I team up with um a colleague of mine and we actually have trainings for people so people who want to learn how to do to hold Circle to be Circle Keepers um but his work his name is Ted Wallik his work is called Quantum Warrior it's around 50:33 circles for men so doing the same depth work for men specifically and that is I think really valuable work I it's valuable work for all of us but also I think it's a really really special place for men in particular to be able to come to like learn what it means to tap into the heart space so the two trainings that we've offered more recently have been all men it's been me a group of men but I often find that it's a fair mix I think I think everybody appreciates it it's like you just kind of get into this 51:06 other heart space layer that everybody the minute you're in it you're like oh it's that place like oh we get to talk like this and I find that that's equally appreciated among men and women I think there's different barriers for for different people I was just curious as Hannah and I have talked about safety emotional safety and I mentioned that I didn't know what that even meant there was no concept I couldn't even picture it in my head of what what are these words that you're 51:47 using yeah so as you go around the circle defining what safety would look like I was picturing me like like a year ago answering that question and I would have been like well what would feel safest is for me to get the hell out of here and not yeah yeah yeah again I think there's something there's something really special about that space in the way that you see like I said before the way that you see yourself reflected in the other people so in that moment so let's say it comes to you or it's come to you and 52:26 you're like oh my gosh I have no idea what what I'm going to say um once you've actually tuned in to other people right you've heard somebody say well actually what I need is this I need people to show up on time I need to know that this is valued enough and then all of a sudden you're like oh that's true I actually think that that's possibly true for me you know like actually I agree with that I really do feel unsafe when you know people aren't showing up and demonstrating that they value Me by 52:52 being on time for example so there is something there where again you you see yourself reflected and it allows you to access something different in yourself that maybe you wouldn't access otherwise or see and you can begin to refine and to kind of like take ownership of the parts that belong to you so I I don't think that that's uncommon Josh especially like again like out of context to be like well I just have to come up with some language and some things about that I think that's really common and also one of the other you 53:22 know challenges um really learning opportunities and is that you are really beginning to understand what it feels like to listen from the heart like what does it feel like to not think about what you're going to say but really only listen to what the people are saying and then when that talking piece comes to you to speak from the heart which means I'm not speaking a story that I think you need or want to hear I'm speakin



g whatever it is that's here in this moment so maybe that is I don't know what safety 54:06 is right like maybe that's what needs to be spoken I don't know if I've ever felt safe example you know what I mean so there's something really there's something so powerful about learning that experience as well what is it like for me to not have to create the story but to just speak it when it comes and to trust that whatever is here is actually exactly what's meant to be here I love that it sounds so powerful it is and how long have you been doing that well I was first introduced to it 54:41 way back in um College I have went to a private university that has a graduate program called the center for justice and peace building and they do restorative justice I was like I introduced to it and I remember the minute I was in that Circle I was like this is the most amazing thing I've ever but I didn't actually do it for a really long time I would think about it and I wanted to learn more and I I was it was very impactful for me um but it wasn't until that training in 2017 I did like a very intensive 55:13 five-day Deep dive with this woman who has some powerful work that she's doing in New York her name is Elizabeth Clement um she's got but she's also a shaman and so there was something about that group and that training that was very much like it was it was Shadow work it was all of the spiritual there was so much depth that was happening there so that was 2017 and then I went back to China and was working at the schools and so I just would do circles with kids I would and with the with faculty with 55:45 staff um all different kinds when we went through covid it was like okay let's do some Community circles let's just talk about what our experiences are let's just connect so it's been in a lot of different capacity since I would say most actively 2017 awesome that was good as a keeper of the time it has been an hour does anybody have any last things before we ask you where we can find you on social media anything else I I like to just hear if you could share a message with the world from your truth what how how do you want to share 56:45 that how does that want to come out I mean what's coming to me right now now is just that you are so much more powerful than you realize sometimes I feel like that language gets a little wonky for people because power has a lot of um there's a lot to the word power but I do just mean like empowerment like we have so much like so so so much that we're here to do even to think like that we are this miracle and Karen C Parker she's a human design person that I learned from and she always is talking about how we have 57:40 this like this unique we are this once in a-lifetime Cosmic event right like there is this purpose that we serve that literally nobody else can serve and there is power in that in knowing that like you're here because you are meant to bring what you bring to the world and the rest of the collective gets to do their part when you're doing yours so the work that we're doing to you know to come back into ourselves and to learn about ourselves and to speak Our Truth is literally not just serving our own 58:11 purpose but also serving a role in the collective that's powerful I love that message we do the work do the work keep doing the work so how how can people work with you or find you so I'm on Instagram I'm Stephanie wrestler uncore coaching I am offering Circle keeper trainings with my colleague Ted so those are kind of ongoing so if anybody's interested in something like that I'm also actually right now um starting a launch of a 10-week program so that'll begin

on October 16th it's called circle of 59:01 renewal and it is a connection between breath work and circle so we're sort of using the framework of the chakras the seven chakras to explore the life themes that might be you know happening where there might be imbalance in somebody's life using the release the breath work for to kind of tap into that get deeper to release and then also you know processing our experiences and kind of using that power of circle as well so that starts on October 16th so if anybody's interested in that that's 59:31 happening soon but enrollment is going to close soon but otherwise yeah Instagram is a great way I also have my website Stephany and wrestler. so with the training you do one-on-one sessions as well breath work or coaching yeah all of that yeah on my website there's there's a wide variety of of different modalities and you know packages for that so definitely doing one-on-one work but and what's the um Circle training like the length and is that I guess over zoom and yeah those are over Zoom those 01:00:11 are we've been running them for six weeks but I think we're going to change it to eight weeks so that we have a little bit more time and space um those you usually we meet once per week in circle just to kind of like be in the space then we have um online course modules and office hours every week so it's kind of a way to get the information and experience it from all the different angles so the office hours are then the way to sort of talk about the philosophy and ask questions and you know where are we getting stuck but once 01:00:41 a week is the 90 minutes actually just experiencing [Music] Circle I was just thinking about so she did a breath work session with us in our little Co-op and then did the circle with us and just realizing how safe that was I like thinking about if I would want to sign up for that inside me I feel there's like ah I don't know about that but as we went through it it was just just so safe is the word I think there's something human about that place I think it's a place that we're so longing for like we're so 01:01:39 just hungry for that place to just be human that what I find when I do the breath work workshops and I kind of like throw that into the mix you know is that there there may be a little bit of trepidation but the minute that you see what's happen happening most of the time people are so hungry for it that it doesn't take much to get people into it when you're like oh this is the space we're in oh yes this feels really good it's it's this like when it's available and open and you see that everybody else 01:02:09 is is there too it's like you kind of get this guard gets to go down that also matters too like if somebody was going to do that you know as a facilitator I have it's really important in a space like that where um if people are unfamiliar that I'm leading by example and so that means I don't I don't ask a question that I'm not going to answer myself I ask the question I say what's the story tell us the story of what brings you here and that means I'm telling my story you know to for 01:02:38 whatever capacity feels best in that moment but I'm showing people where we're going and then and that is the allowance for other people to say oh okay yeah I want to do that too but also you can always pass so just I guess lastly the uh Hannah and I have talked a lot about Universal human needs and a lot of the time we don't know those are needs and it sounds like you've um created a space where these these invisible unknown needs get met and they're starving for them and so just to list some and and I'd love to hear your 01:03:23 i

nput as well but just like to be heard to be able to speak you know that safety um and just i t's like to be understood and then to just be is there are there more that you've noticed as well there's a need for Community i' would add yeah yeah I mean all of those feel right on t rack to me I mean I'm not sure I would want to think about that a little bit more I think thos e are really important I'm thinking about like you know in the conversation I had with Ted r ecently he was referencing one of his 01:04:09 teachers who is saying that the world has a u m a global intimacy disorder right an intimacy being into me see to be fully seen and to ha ve that space held um and again I think so much of us and myself included is this sense tha t it's only this part of me that's ever allowed as long as people like what they see but there i s this kind of like obit All of Me belongs so the sense of belonging but I think you said all o f that now I think it seems like you're on the right track I would love to actually 01:04:48 ha ve that conversation to kind of ponder that a little bit more especially in terms of like what which of those needs are how how Circle serves to to meet those needs but well and I think it's no coincidence that your truth that had to get squashed is now exactly what you're crea ting for other people so that all of those get that place to be yeah yeah because I get to bel ong there [Music] too yeah what a gift you are thank you for all that you're doing thank yo u you thanks for having me on I really 01:05:26 appreciate it what a lovely conversation and what you're doing here I really appreciate that yeah thank you for listening to the deeper a wareness podcast where the Journey of self-discovery and inner growth continues to unfol d 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 sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore t he transformative power of breath work and 01:06:03 emotional healing continue the conv ersation and stay connected with us on Instagram follow @ deeper awareness podcast to r eceive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback mean the world t o us as we strive to continue to create content that resonates and empowers our incredible Community together we can continue exploring the 01:06:37 depths of Consciousness fost ering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breath workk your destination for transformative healing and self-discovery at you belong bre breath work we believe in the power of breath to unlock the deepest parts of ourselves leading to profound insights and a greater sense o f connection and belonging whether you're seeking emotional healing a deeper connection with yourself or a path to authenticity 01:07:12 our breath work sessions Retreats and coac hing programs are designed to guide you on this transformative Journey our experienced f acilitators 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 you for being a part of ou r deeper awareness Community stay connected stay curious and may you embrace your tru



e Essence with love and compassion goodbye 01:07:46 for now and see you in the next episode

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