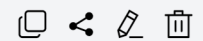




2 notes

00:02



00:01 does it still feel vulnerable yeah yeah I mean the amount of Courage if I can reflect back the amount of Courage that you're feeling vulnerable and doing it still I feel like it's a really big deal yeah I need to I need to sit with that a lot more in appreciation um for that because I'll have moments where just like I really want to speak to this and I'm gonna I'm G to do this and then they sit in my dress for so long and then but I also don't want to be a cog to the algorithm in a sense because I just want

00:50 to be there like authentically um because I had it first I was like oh okay let's do the little voice over silly talk over memes or like reels and they didn't feel good at all I just felt stupid and um but that was me like trying to make this page and like trying to figure it out but I was like oh this doesn't feel right um and speaking with my therapists and stuff we were just like be you welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation join for

01:30 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 and we have beautiful Meg with us yeah so excited to be here here I followed you on Instagram like a while ago I've been on this I noticed one day that I follow followed like 3,000 people and I'm like oh my gosh like why like how am I even getting like who knows the algorithm is certain things so I'm like on this like unfollowing spree and then every time

02:14 there's a new round of pause breathwork people I get a bunch of follows or I start following other people and so I'm like very conscious about who I'm following and I like as soon as I saw some of your reels I was like I need to follow this girl I need these these messages from her so you are one of my favorites by far thank you so much for that thank you absolutely is true Did Josh did Josh told me that did Mel Robbins repost one of yours oh we I had commented on stuff and she was writing like we were going back

02:52 in the comments oh cool I was like oh like actually I love her and I've actually had a couple so I felt like personally like doing like screenshots and like saving them for myself to like like it was just like a little moment not that I was like pedestal in but it was just like a like ah there's a reach there's my reach like right and now we're all on that even playing

Ground like any that's what I love about that um can I find my words today that Instagram just in general of that platform like you can talk to you know

03:30 sometimes I I've messaged Kathy hel and she's answered me and I'm always like but same thing like I'm not trying to put them up on a pedestal or anything but it's like we're all in the space we all get to be here and it's such a gift to be present with and and those two people in particular Kathy heler and Mel Robbins are such you know grounding down to earth people that I'm sure they would say the same thing that we're all just people yeah she spread the all our own like light and Beacon that we're trying

04:06 to to spread out into the worldist to this one love that AI if you want to take a second to just introduce yourself of however that feels right for you and we'd love to hear oh okay um well I'm Meg and I am part of well I am the of rediscovering breath work I developed that after the cohort at pause and uh sharing this with Josh and um it was more uh coming to that as rediscovering me after like two years of a lot of um medical health and a lot of a journey through that and um and life Journey coming through and it was just the

05:02 rediscovering and so that's where it started and then developed from there of just trying to be mindful each day um but I am a mom stay-at home mom and I do B uh breath work and breathing practices on my own and everything just from from my home and or from my car I love that beautiful so we like to hear people's stories their journey and um so deeper awareness is the name of the podcast it's it's the self-discovery it's the spiritual awakening it's the journey within and so we'd love to hear your

05:56 journey you know just how life looked as you were going going along and then for you what that looked like it sounds like there were multiple things that happened and then you know I just love the the idea of rediscovering I I think that's that speaks a lot to me you know and it's been an inward Journey for me to ReDiscover and to uncover and to throw away conditions and beliefs that weren't mine and so with all of that just start us off wherever makes sense for you so that we can understand you real quick and

06:46 uh I think more so it was um the starting off point was the medical Journey um finding out a lot of times being gaslit medically gaslit a lot um and not not everyone's like that I found a great group of doctors and a great team um but it was really hard especially with Women's Health and um I was just having a lot of issues um fluctuations of weight I was losing my hair I was like my skin was bad I wasn't eating and then I was I was thrown up it was off and on and it was like Wow even doing that I wasn't even losing weight

07:28 it was a lot and um figuring out and just knowing this was when I was starting to be

like oh well the world says I'm fine or the world says this and this or I should be feeling this way and I'm not um I had this knowing that I was starting to listen to that my body was like something's not right like something's off and I was like learning to hear that and learning to become my own advocate and damn that can be scary especially when you're like I didn't go to medical school um but then starting your own

08:07 research and then trying to find what it could be it led me to finding out that I had hypothyroid and that I wasn't getting my numbers checked properly and to see how bad they were on some of the scales because you'll only be measured like some doctors just do like two of them and they don't do the whole the whole scale and then to find out from there um that I had PCOS um polycystic ovarian syndrome and that gave a lot of answers as to so many more uh things in my past um birth losses or like regularity

08:50 hypothyroid weight fluctuations the whole nine and it's not even um one thing there's so many things that that could be but if they're overlooked um but to really start advocating uh for that was when I started to find my own like inner megaphone in a sense and to be like I hear you like I know I'm gonna I'm G to fight for the right tests or I'm GNA listen to what my body told me like oh everyone's like oh you should be fine with this but then I wasn't feeling fine or eating a certain way it wasn't right

09:24 for my body and for my metabolism and all that stuff um no one's one one cookie cutter right so to really feel into that and listen to my own like inner ingredients I guess um is what really started to lead my path and it also led to a lot of answers but also led to a lot of like some other surgeries and uh exploratory and going through and so and then redefining myself that way and being a mom but then lots of scars on my stomach from so many surgeries and removals and stuff um and embracing that and that led to me starting to really

10:09 find myself and my voice and to then share that um with other women who didn't feel seen especially in like the medical um medical way and with that that led to finding my own inner tribe to people who I could go to and talk to when I really didn't feel good or didn't feel right um and then from there that led me into uh with my therapist doing more breath work and I was always drawn to it but didn't know why for the longest time um but my mom had worked in anesthesia back in the day and she was always doing

10:55 like kind of guided hypnosis with me even when I had anxiety so I was Finding Comfort when I was coming back to breath work and I was like this is what allowed me that release um so that was it was like it was there so like how you we had discussed where you're rediscovering so I'm rediscovering that Meg that did feel the goodness but I'm also finding the parts that were like that wasn't me and I tried to tried it and didn't fit but also

finding my own um path within it and that's what pause

11:29 um and also during that time like right before pause um but I was doing breath work um just on my own but I also had this one gets hard um I found out that I was pregnant but um it was unviable and so and I was also really becoming healthy again and immediately was getting so ill like deathly ill and I didn't know why and when we found out um there was just it was not going well and um had to do a tfmr um and these are hard to talk about but a termination for medical reasons and um especially with with my past with speaking to

12:23 women's health and um a lot of that it was trying to find my tribe in that again because a lot of them aren't heard or seen and uh so doing that was really what led me to be like I have to I have to go and this is my path and led me to find my like really true inner healing and self-discovery um I feel like that's a whole other episode um that day um and how that how that day went um but yeah that was a a life-changing um moment and one I sit with every day um I don't say I have regrets but I have I have

13:21 heaviness um that's going to be a rock that's always going to be with me that I hold um grief and I'll always have that but um it's also I look to it as not a burden of weight um this grief but it's also its own like igniting flame that keeps me going and I'm not just doing it for me I'm doing it for my loss and I'm doing it for the future Meg and to be the mom to to my daughter and um cuz she could have lost me and so that was really eye opening too and just doing it for others to also

14:10 know that they're not alone on that but it's just been a it's a weight you learn to feel and that's what led me to finding my own path and creating rediscovering breath work well thank you so much for sharing all of that thank you thank you for allowing the space it's getting better to talk about some days it's not yeah and those e those e and flow because there's so many layers to that I resonate with the medical stuff myself because I was sharing this with Josh just recently about

14:54 how like you do you trust that doctors are telling you exactly what you should be doing and becoming your own Advocate it sounds simple but it is so not it's so hard to stick up for yourself and because you've put all of your trust into what the doctors are supposed to know and everything and then really pushing and almost having arguments with them is from some coming from I'm grew up just being a yes like whatever you say sir and whatever and people pleasing and all that stuff to having to try to convince them of

15:35 your own body when they're not listening and that is on its own the most frustrating thing and so there's just so many layers underneath that that you clearly



continue to keep fighting through so I honor you for all of that and coming out on the other side and having all that strength and wisdom thank you it gets yeah it gets heavy when you're trying to be heard especially when it's like medical and you're already like you're not at your best in your chronic illness and um so when you when you are speaking

16:14 you are like okay this is the flame that's coming out and this is what's igniting me and this is going to stay true and just let that let that stay and it's like authenticity you know within your own self like even that's when you start to hear that little in inner in inner intuition um just letting you know and yeah you're you're your biggest cheerleader days when you don't feel it yeah yeah and I like I look back to that time where I was so sick and with so much gratitude because I didn't know I

16:55 was so disconnected from my intuition until I was forced to notice it and listen to it and but it's it's just such a building that relationship of like is that what I want is that my intuition is that what the doctors are trying to say to me trying to identify where all those different voices are coming from and then just knowing your own truth and sticking with it yeah yeah and then finding Community because it's like you don't realize too like I was going through life just thinking I was fine on my own living

17:30 life and didn't realize how much I need community and it's like you unfortunately have to go through those darkest depths to realize what's important in life and Community is one of those big important things yeah it's like the the dark depths within you you see who's reaching out to get you out of like that that mud I wasn't alone in there were others who saw me on side and yeah you still have your own mud path but you have others that walk with you so exactly with the gaslighting what did that what did that

18:10 look like and what did that feel like and was that part of because I think we can all relate in different aspects of life this happening and then could you speak us through that to where you finally got to where cuz it some point you have to determine oh this is my truth and what he's sharing or she is not accurate can you just kind of talk us through that definitely um I uh right when you said the gaslighting and can you speak that um learning like Parts work that part in me was like yeah go speak up about that

18:57 like and I was like I know like I hear you we'll we'll talk but that little part of me was like like I still have a grudge on that one and I'm like yeah um but it um I had to speak to that for a moment just to let them know that they were hurt um but it was yeah just being to like I had and I know people in their bodies they fluctuate especially women um hormonally wise and then especially when you put on the pill and whatnot um but I had gained just to a point where I was not I was like I feel like unhealth I

19:33 don't even know how this just happened and a doctor was like well it's just it's just how you're going to be look at the rest of the people in your family and I was like with the rest of the PE people in my family aren't like this so that's where I was like first off like okay I am going to look at hereditary and I am going to look at that and see that's not matching and um so I left them uh pretty quickly um but then when I just speaking to it was just feeling not heard for a really long time like that

20:11 and or it was okay just uh work out and eat this it's like okay I did I did and I was I logged it and I everything to the tea to where it developed an eating disorder and um a lot of people also with PCOS don't um aren't seen that way because you will develop an eating disorder because of how you're trying to be told so that was also something that I was struggling with but I don't look the part of someone who has an eating disorder um but that's that's not true and that was a whole thing trying to battle as well

20:52 um and then just I guess my I'm Genex meets Millennial any NE I guess but with the way the world was back then too trying to fit and meet that Norm um that's even how doctors were trying to shape you like I had to look one certain way and it wasn't the exception of inclusion of I'm 411 like I only have so much for where things to go so but I have a sister who's 5'8 and so it's like if she's got longer she we're going to eat the same meal but it's be different because metabolism and to not be heard that way

21:31 too was was really hard and um yeah you just learned to just go from it went to a point where I was going from appointment to having another appointment already ready at another place for a second opinion or a third opinion not that I wanted it to meet my standards but I wanted to hear other options that I didn't feel were just being fed from figure one and that's it and so doing that allowed me to be like okay I can hear opinions and um degrees of other ways that they want to help me and not it being one set way

22:16 because that's what that one thinks um which then led me to be like I can build my own team that's actually hearing me and it that is okay to do um and then even during that time and I was people pleaser so it was like I would print out everything and show them like this is the or ask I need more of these blood tests done I want this one checked they're like why like because this doesn't feel right like I'm losing my eyebrows um I'm losing my eyelashes that's not normal so um something like

22:51 that something that minor um to speak to that and to fight for it starts to allow that little part of you being like like standing with you like you have your little groupy inside um helping you and it starts to get better and easier it's still hard when you're like HT and it gets really defeating but some days I'm like I didn't feel hurt all right well then tomorrow we're going to sit with my body and see what it says then tomorrow and then I have the

proof and I'll document it stuff like

23:36 that there's there's so much here um and I'm hearing this masculine uh way of being and thinking from the medical whatever where you're going to them to be to be fixed ultimately and so that's kind of you know as a man I'm like that's my job I'll fix you and then you're you're saying you weren't heard and Hannah and I on previous episodes have talked about all these Universal human needs and that a lot of times it it feels like the Physicians or the doctors or the lab

24:26 people are trained in to just working from their brain and there's no heart and it feels like we have that backwards when we're work especially somebody coming where they're feeling vulnerable uncertain and and lost and Ill just like I remember just feeling so sick I'm just like desperate for Relief and with all those things so sorry yes on top of all that so if in Meda medical training should there be like an empathy class you know where it's like like hear them first like when they come in say oh

25:18 my gosh this must be so troubling this must be so challenging can you share like what's going on inside your heart as you're trying to find these answers I wonder how much just healing takes place from that where where you feel seen where you feel understood am I crazy no you're not crazy well there's the the phrase bedside manner right that you're supposed to be able to comfort people and I am actually going to see my holistic doctor right after this and she every time I leave there I just feel

25:59 better just being in her presence so I fully agree and believe that you can just feel better by somebody listening to you and hearing what you're going through because when I I've been trying to find a primary care person forever because I and I just keep going through them like I can't find the right one because I go in there and they just have the list and they're trying to check you off and I just want to sit down where somebody's actually like how are you doing today like looking at you in your

26:29 eyes instead of just like trying to go through now now do you drink do you smoke do you like all these things that you all sudden already feel sham because you're like I smoked some pot like the last month like whatever you know instantly feel shame so you don't feel open and comfortable enough safe enough to actually Express what you're there for what you what you want to ask for help for yeah very much so and and like speaking to that to where you're like oh you checked off this or I checked off

27:00 that I did this well you said you like moderately drink that may be why you're tired I'm like but I didn't to like a wedding like three months ago like and it's so it's like stuff like that that you're trying to and I'm like like with what we've learned to just be present and

like hold that space like it's almost like an absorption of taking in what someone said to be like okay we're going to feel that together and figure out what that is but instead it's not that it's like oh oh I

27:35 heard one thing I can I can mark that off like oh I can hear hear one thing and then I was never [Music] heard so it feels layered here like we're not bashing the doctors it seems like a societal problem that we're living from our minds so much that we don't know we've lost the ability to connect Con on a human level and to truly hear and I would guess from that place of connection and community and hearing and safety intuition of the doctor and of the patient would probably work in tandem to come up with a solution

28:19 specific to you or you or me but then money comes into it too MH and lack of study especially to women okay can you talk more about that um a lot of the studies as well have mostly been done on on men so there's so much that's still being figured out like um like there's so much to just go on about endometriosis I was just gonna say that that is still like one of my true best friends she uh is an endo Warrior and speaks to it and H she's part of my light she's part of the ones that like reached out in the

29:02 puddle of Mud um but there's just so much unknown and then they'll be like oh with this like you think you and that's still why I have a lot of scars because my one doctor still thinks I could be like suffering from endometriosis but you need a skilled eye to see it I mean it could be and it's not just in your in your uterus it can be your colon could be in when one my one doctor said he saw it in the brain so it's stuff like that you have to be able to see it and so you need an endo specialist preferably to be able to find

29:39 it and it's hard to be seen it's hard to get in and it's not that so many doctors do have the heart and they and the love and they want to give but then you throw in insurance and then you throw in all the legalities of just trying to get through to get that it that in itself becomes defeating sometimes more than just the gaset healing you're like why like yeah it's like you need a referral in order to see this person and if you don't have the referral then you can't see them and it's just

30:13 like it's not until nine months right exactly exactly oh it's so frustrating yeah so I've heard this idea of sacred rage do you know about this not not of Happ so I'm not the sacred rage expert just a caveat and it feels like there's a piece if you if you blend anger with love that's what sacred rage would feel like inside and it would be this um it's like enough it it's no it's hear me but it's it's from a place of I deserve this I you know it's this is my life hear me and it's this sacred Rage

31:20 of is that coming across yeah and I I can feel a moment into my life where I felt that



okay when you speak to it so so if we gave your sacred Rage part the mic right now when it comes to um being heard with your life experience and your journey could could does it feel comfortable to just let that part have some space to to be heard right now yeah I sit with it but um yeah it's like this authentic Defiance that's not malevolent or anything but just a like I know

32:24 like like I am done and um that has definitely come up strongly Within These past two years um with health and life um yeah family even having that um sacred rage come out to speak to family um Partners but it's knowing when to give the mic with your vulnerability um giving it knowing that it's all for protection and not a protection that's going to hide you but a protection that's speaking for your path and for um the higher you it's it's almost like higher you is there just pissed off like

33:30 just kind of like okay like but this isn't going to I'm not going to fall for this anymore like you I know you I know that you're better than this I know that you deserve better than this and it's when that Advocate inside comes to you and you're like okay you can Advocate but now you need to you need to say that out loud now and and that can get real scary allowing it because it could Teeter to rage and it's knowing and staying in that true authenticity to not let something um topple it either Which Way

34:16 But when you stay constant and true with it that's where I think the the sacredness just stays with allowing it and expressing it but not diminishing it at all and it seems like some of that is speaking for those that don't have a voice yet because we've all been there y for those that don't have a voice yet for you that didn't have a voice before um yeah it's like it's their leading I analogies again but it's their leading with like it's it's like torch while you have those

35:01 that can't speak it or those that are feeling it that don't know how to voice it yet and little you back there catching up like no this is what I talked about um it's just staying with that torch and going through do you remember a moment or was it not a moment where that voice started [Music] to gain momentum or courage or strength um when I first started my journey with my mentor and therapist um I started to really hear it um and like guided hypnosis like went through like a cave and I was like ooo

36:08 there it is um and also being a I'm a twin and so a lot of times in life you're compared so to finally feel like I'm going to speak for me um a lot of that was coming up into everything when I was hearing it um and then when I had to have my termination was when it got real loud and um led the charge um and I don't try to I don't try to pick sides or anything I grew up Irish Catholic um but there's beliefs there um that would not agree with what me what I had to do um and to just stay in my truth knowing

37:17 that women like me and or even not my situation but just that I that sacred rage had to be there and spoken and mine was done the week before The Supreme Court made their ruling so um that next week a lot a lot turned because I looked at my daughter and I thought wow I was going to die and because of that decision um and that really got the ball rolling on the staying true and knowing what was my truth and knowing what was needed and needed from my family even though it was something I never wanted to make that decision for ever or wish on

38:17 anyone but knowing that I will still speak to my truth and not have others and or the world come down and degrade me for it and I will hold my strength in that and my strength for others to not be degraded by that decision so that's the that's the loudest one when it was like you're real gift Meg real gift so Meg with your Instagram um presence would you be open to just sharing because when I feel

39:23 your reels I'm like oh here's another one and my heart opens my heart softens and I I feel so seen by you and you have no idea what I've gone through somehow your heart just knows what my heart needs to see or here and so I feel like there's a there's a gift in your essence that that you're projecting outward whether you know it or not and I keep sharing your stuff and you're like thank you and I'm like I don't think she knows what she's doing for the world I'm gonna be like the messages

40:08 thank you Josh um yeah they just kind of they started as just me being like this was what I needed to hear um so I may as well try to say it um and I just they get me uh some of them get me pretty emotional because they're I want to make it to where I'm not just like hey you guys everyone's asking me blah blah blah like I don't want to I want to be able to just be like you in the screen but you're not there the screen's not there um and I want to try to talk that way and it's usually just a moment that has

41:02 come across um within the past few days is something that I'm like I could really speak to that like oh my heart got real full on that one I'm GNA I'm going to speak to this um or just seeing it like with everything out in the world right now um and that has been in the world that sometimes we still don't see um just speaking to it and being there even if it's just for one minute 29 seconds um it allows that pause because you're always rolling so I hope that I hope that they come across as how you said and that

41:46 it's allowing someone to be seen and heard even if it's just for that little brief moment or even if it's just for the hey or there you got this yeah which I'm glad I did that because I have like 30 takes of me going and I can never and I'm like oh man I can't get my blink right or wink right so yeah I really appreciate those words about about what you say

about them so thank you because sometimes the inner critic gets real loud It's Like H like here she goes again posting another real um but to me

42:27 there something that I can do quick not quickly but be like I can do this today like I'm a mom I have this so I have my schedule very limited at certain times the week to where I can't take a call to help someone or or anything like that so it's moments like that where I'm like okay on the drive to Target I feel this in my heart we're going to say it and and so I'll do that was the first [Music] one it it feels vulnerable to I mean you're to the point now where you're you've done

43:11 many does it still feel vulnerable yeah yeah I mean the amount of Courage if if I can reflect back the amount of Courage that you're feeling vulnerable and doing it still I feel like it's a really big deal yeah I need to I need to sit with that a lot more in appreciation um for that because I'll have moments where just like I really want to speak to this and I'm gonna I'm gonna do this and then they sit in my dress for so long and then but I also don't want to be a cog to the algorithm in a sense because I just want

44:02 to be there like authentically um because I had at first I was like oh okay let's do the little voice over silly talk over memes or like reels and they didn't feel good at all I just felt stupid and um but that was me like trying to make this page and like trying to figure it out but I was like oh this doesn't feel right um and speaking with my therapist and stuff we were just like be you and so with that but then sometimes yeah um like how Mars in our uh class would say it's itty bitty shitty

44:41 Committee in there and sometimes it's like keep those in the track not gonna post that and I'm like but I want to and I see the message in them um and I was actually just talking about that with a friend earlier that I'll post them on days that I had just had a huge cry or not not po but I'll make them and then post it or I have um like OCD and I'll skinpick that's another thing I'm still struggling with and so that'll be present in those but to me I'm like that doesn't matter it's the message that I

45:18 want to get through um and so I I I love my page for that for getting someone to feel seen or heard even if it's just for that 30 seconds so I'm going to record one so that I can be in inside your head too as a cheerleader that just how inspiring you have been and I feel like I'll hear you say it and then I'm like okay yes I'll keep going and then like six minutes later I've forgotten and I need to go back and hear it again so keep doing it that our minds get in the way our hearts our hearts remember but it's like

46:12 your heart speaking to my heart then I'm like oh yeah okay I'll keep going I'm glad that they they land in the they they reach that way because it is my heart going out so

that's yeah so a lot of times I'll grab like my chest right here and that's um it's me like sending my my love [Music] out how old is your daughter now she's gonna be five on Halloween so yeah I'm excited she she I'm trying to figure out like what to do like she's off and on like costume wise and wants to do a

47:05 costume but I never know what she wants to be but almost everything ends up being cat so it may be like a chicken cat or something like that like where it's like it's a chick it's a cat but it's dressed as a chicken like so we'll figure it out but yeah like her cars are like cat like they instead of room they've room but then they go like okay so oh my gosh that's adorable well let's um cover where people can find you oh um I have my Instagram account which is rediscovering Meg rediscovering

47:55 meore um and I also have rediscovering Beth york.com that's my website where you can schedule or ex and what's your preferred uh as far as breath work facilitating what does that look like for you when working with people I really enjoy um I really enjoy the meditative um and the integrative as well uh because sometimes when you like my reals sometimes you just need that moment in the car and so if you have that moment where you can just have a quick half an hour phone call of and it and continuously when we practice it doesn't

48:40 even have to be that long but to be able to drop into the integrative breath for just a small amount of time to just on your on your break I really like those to where it's just kind of helped clear some of the dust bunnies that were in your way that day and it allows you to still see what you need forward I really really enjoy those and I really enjoy group and just seeing everyone just have their own releases and not still be tied to any like it's still their Journey still their journey I love that too I could see you being just with all

49:25 that you've gone through I can see just the dots you know connecting for you to hold space in a in a very uniquely and feel sacred way thank you yeah I'm I'm working on my path to hold more space and and be the space for for others you're doing it yeah thank you so we like to give our guest us the opportunity to share a message with the world so if you had one thing that in this moment you just wanted to send out what would that be I don't want to sound cliché but it's like a you got this like um and that

50:20 just came out one day I was sitting on the steps with my dog and you just kind of came out and I looked at my phone and it's just yeah that one step at a time and just yeah that's what I want to like send out to know that and there's someone still back there going I'm sharing them on so you're just you're not alone and there is compassion passion in the world um and to especially now seeing it like Mr Roger says like find the helpers so and even when you don't even see them um they are



51:14 there and and you are one also that to others that don't know it and that there's so much love to give in everybody and yeah and you got it you got The Love Inside you and you you got the love that people are giving you so in so many more ways than one yeah it's all inside everything you need yeah thank you so much thank you this was a real real honor and cherish this thank you for this it felt felt cleansing even though I do speak to it here and there um but just sit with it and speak with it and

52:18 yeah it's a it's a nice feeling there's something very powerful in sharing your story yeah yeah we'd love to have you back I would like that yeah um um I don't have the dates for any coming up yet but my story um it was selected to be in a book that um moms all had part in writing a chapter um so I don't have any details on that being done yet but they want to make it the world record of most authors in one book and it's a story of moms and or just like motherhood in general and so

53:10 it's going to be with all racist religions um diagnosis everything adoption to to loss to birth to like multiples um and so my story will be in that but I only could have like a little segmented amount to speak to um that's why I was like oh that's so cool to like talk about that day um and so that's what that's going to be is that day the decision and the day of it being done it's going to be in that but I don't have any other details on that well when that gets closer we're happy

53:50 to have you on to kind of announce that like the sales of the book or whatever yeah I'll have to find out more on that yet least I know everything's at the editor all it now so I'm in it's funny I just got my this came in the mail today I'm In This Woman's Collective and um we were all asked to write our stories I didn't feel ready to write mine and I just feel like it wasn't my story is not done yet um there's a lot of people who were putting their stories in so I kind of just took

54:23 a step back but I just ordered my coffee and I just got in the mail today and so it's it's about like I think it's about 20 women um all sharing their story so it's I think that is just so powerful and they love seeing that more people are doing that because it is it's just like a couple pages per person nothing nothing you know too long or but it's just so women coming together to speak their truth yeah and need to know that when you flip through those pages you won't be alone part it's a part of me in that like even

55:00 though I didn't write it but they spoke to that too it's really I'm glad that you're in a collective that does that too yeah that's we are all one yes we are very powerful yeah thank you mag thank you thanks 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

55:47 conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us on Instagram follow @ deeper awareness podcast to receive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback mean the

56:22 world to us as we strive to continue to create create content that resonates and empowers our incredible Community together we can continue exploring the depths of Consciousness fostering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breathwork your destination for transformative healing and self-discovery at you belong breathwork we believe in the power of breath to unlock the deepest parts of ourselves leading to profound found insights and a

56:56 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 breath work to explore our offerings and download a free guided breath work session thank

57:31 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

Just now

00:02



write a youtube viral headline for this

Just now

