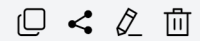




1 notes

00:06



00:00 when you're in that anxious State like your visual perception changes um and so I was afraid to drive places because what if I got anxious and then I couldn't really see properly and now I'm in a car with my baby and then it shifted so anxiety is like our highly elevated state right and then it just like dropped into this depression of like man I don't even know if I should be the one in charge of this baby I don't think I can do it welcome to the deeper awareness podcast where we delve into the depths

00:40 of our inner selves uncovering authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry joined by the delightful Hannah Oxley let's begin hey guys it's Hannah on today's episode we sat down with Abby hilderbrand aby's story of finding deeper awareness has a lot to do with the birth of her daughter if you are a new mom or have ever experienced postpartum depression this episode is for you Abby has such a comforting way

01:19 about sharing her story that I know will instantly make you feel that you are not alone in any of this take a listen I remember I was like um I don't know nine eight or nine and I watching the news and you'd see someone like getting carded away to jail for whatever bad thing they did and I would just be so upset because I was like oh my gosh his family what must his family be feeling as this criminal is being carted away and my mom would be like I'm not sure we're focusing on the right thing

01:53 here and like not that it's a bad thing to have empathy for the family too but also like let's talk about the victims and and the circumstances there and so it always just felt like there was so much hurt that I didn't know how to like put my heart in all the places to hold all of the people who were hurting and I couldn't I mean I'm a Libra so the balance the scales of judgment and wanting to make sure everything is even and that everybody has like the same amount of love and empathy uh was like has been a lifelong

02:27 battle for me I think I love that yeah that's like part of my weirdness I think but also part of my big-heartedness that element yeah it seems like such a beautiful gift yeah I think I see that now um and have like maybe in the last 10 years which come to really honor that

in myself and not feel like it was a flaw of mine because I definitely spent a lot of energy in my life not feeling those things because there were things to do and places to be and and people to be for others and uh I was really aware that because I'm

03:18 I'm little I'm 5 foot two and a woman that I didn't want to show a lot of weakness I had to show how strong I was how loud I was how intelligent I was at all times and there didn't feel like heart could come into that it didn't didn't seem like there was a place for both things and now I love that we're like have entered this era of heart- centered leadership and and it's a space that I'm like so passionate about is that we can be heart centered and present for each other and

03:52 loving and soft and there's still strength in that there's so much strength in the softness and like one of my favorite favorite mantras um by roshi Joan hallifax is is strong back soft front and she talks about that like you're the strength of your spine and the receptivity of your heart and just that both things get to be there I love that I was doing a grief process yesterday and a friend of mine Mary was was res zoomed she lives in Pennsylvania and she we've done this once before a week or so ago and it's

04:39 from the Francis Weller book I still have to look up the name of the book Wild something something sorrow and it's it's all about having an apprenticeship with sorrow and really using grief as a portal inward to find your heart and um Friday I uncovered these wounds and it felt like there were all these walls here and I was doing breathwork with Abby and that like opened some of it but then the next day I was like oh there's still more here and I could feel the walls and I was like talking to Mar messaging her and was

05:33 saying this is here what do I do and she said do you want to do the she calls them shuttles and I'm not sure why they're called shuttles whether they're called that in the book I'll have to read the book um but I Googled is it the wild edge of Sorrow yeah the wild edge of sorrow and so there's like these journaling prompts as starters and she she read them to me and I was like just kind of feeling into what which one I wanted to start with and it was my heart so I just started writing about my heart

06:11 my heart my heart and I got to a place where there was this longing for softness and safety and in the world and you know this the sadness that it isn't here and then I got to this place where it felt like I I move moved through a lot of the sadness and then there was a question of what would softness and safety look like inside of me and I could feel this love like this flame that that was just raging it was burning so brightly and it was love and and it was like well love is strength love is softness love love is vibrant

06:57 and bright and and and the concept of safety when when that love is burning bright

safety doesn't even compute it it's not it like boings off it it's like nope not needed because love is so I don't have the word Rich expansive infinite and soft I have a tattoo that says love is all there is and Josh I know we've talked about this in the past but my realization you know a few years ago that love was the basis for all things and that even when people act in a way that might be in contrast to how we

07:47 would want them to to behave that really for them they're acting out of love whether it's love of self or love of protecting something that is important to them but just coming back to uh this intention that it's all based in love and even if they don't know that I can know that for them and I can I can feel that and move on with that rather than trying to like break down and understand why did they do that to me and why was I put in that situation that I can understand that as human beings the core of us is love it's all love and

08:22 it is so I mean like love moves cars right you hear about mothers who will lift a car to save their baby like that's love love is so powerful and it's so soft it's being able to hold somebody who's crying I held my crying baby she would cry for like 20 hours not exaggerating and I loved her even though I didn't know that that's what it looked like or felt like that's what it was it's just being able to be there and so love has like all these different shapes and sizes and colors and and strengths

08:55 and intensities and luminosities I think we get to just come back to that and it's the the shadow side of that too of whenever there's fear or doubt or anything it always goes back to that loss of love yes love love will be lost if I do this and fail and you know all of those scenarios that end up with loss of Love Like That is what holds people back from living in their truth or stepping forward you know all the things yeah yeah exactly it is that fear of of what if love isn't there for me what's that missing experience that I'm

09:38 gonna I'm GNA not have we get to fill it with love so when I met Abby she shared that with me and the parts of me that either hadn't received love love or were needing the love they had the loss of love pushed back on your concept I was like I'll have to sit with that I'm not there yet and was that February yeah probably well after the four so March April um and to now see me as you say that I'm I'm on board now or I can feel that inside and it it was those hurt Hearts but it also your big heart taught

10:39 me so welcome to today's episode the there was stuff that wanted to come through before we introduced Abby um but my like podcaster editor brain is like we need to do the intro so here we are start at the beginning okay so Abby is another I I giggle every time because it's like pause pause pause pause pause um so Abby and I met in our pause breath work training program and I always try to think if we had like interaction in the program or just just not just but just in practicum hours when we were practicing do you remember

11:35 if we interacted like on a Monday night call or a breakout room or something probably not because I had uh my very busy three-year-old in the background for pretty much every Monday night call and she really likes to participate so I didn't do a ton of interacting then it was more probably not breakout rooms I think I just admired you from a distance in our like 180 person cohort so a little we'll just have you introduce yourself in whatever way feels good for you like what what you're up to who you

12:20 are and then we'll just dive into some of your juicy story okay um yeah what I'm up to and who I am I think I'm nonlinearly what's a word figuring that all out and I just turned 40 last week and I was really really sick and so I got to spend the whole day in bed which was not what I expected and also was like divinely perfect because I got to just be and pause um which is something that I've not given myself a lot of space for in my life until my daughter was born and then it was like a forced

13:04 pause a forced rest um there's nothing restful actually about the beginning of Parenthood but there was a lot of a lot more time to be with myself and with her than I'd ever had in my life probably or that I can remember so who I am um I'm a I'm a leader of people of humans and hearts I think that's really like the nature of all of the work I've done in my life has been about cheering on the people around me who are really doing significant things just by being themselves in the world um that has

13:42 taken the shape of working in corporate uh companies for engineering firms helping them build their teams helping them build their employee Wellness programs and Learning and Development programs um it's most recently taken the shape of a breath work facility Ator in the last few years which has been just the most enriching and nourishing Journey uh on both sides of the scale I'm a Libra who doesn't really believe in the word balance or I don't feel connected to the word balance I feel connected to grounding and

14:18 centering so I'm constantly uh re connecting to that regrounding and reentering and helping others do the same and I love I just love love in all its its forms and shapes so that's that's what I'm up to today and so we always ask people well especially people that come out of the pause breath work training courses where did you you know we're all living Our Lives going through the motions and suddenly something happens in our life or something brings us into that deeper awareness that we want to explore more

15:02 and so for you we talked a little bit before we started recording about how you even as a kid you just loved everybody was there a time in your life where you were able to Define that that's that was the answer to everything is love um I don't think it was a hard



and fast line like a before and after moment I think it was sprinkles of it and I I said nonlinear because it has been sprinkles of it throughout my life and um I probably I guess my my before and after moment most definitively would be when I became a mom and and had this

15:42 beautiful daughter in my arms and was given this space to consider how I was moving through the world um and I have always been loving of of people I think that is is pretty well known about me and my my community Community but I was doing it in a way that was like not authentic to love but more authentic to wanting to receive it back by like if I just deliver five more things if I just prove how smart I am um if I if I can just do a little bit more do a little bit more do a little bit more then people will really see that

16:22 I'm valuable and they won't let me go they won't shut me out they won't move me to another city I get to be and belong and I think that that um really drove me in a direction where I was just like the busy girl always the busy girl always had lots of things on the go and I always had time to help people I could always make time to help people but there was not a lot of room for me to process things that I was going through um and then when my daughter was born it kind of came at the end of this like

16:55 fiveyear period where my husband and I had experienced a significant amount of loss in our world and it was sort of like all these things that have been piling up just like came slamming into me when I was on the couch with my daughter and had all this space to be and that's when it it was like really dark and I was really low and really um out of control I felt out of control and I don't know how to be centered and grounded for this little being who's trying to figure out how to how to be herself in the world if I don't even

17:33 know what that looks like for me and I uh I experienced postpartum depression and anxiety I would have panic attacks trying to leave my house with her like you go for the doctor checkups at the one week two week and so on and I couldn't do I couldn't go my doctor's office is two blocks away and I couldn't leave the house um I would have to be on my on my phone to my mom so she could like she lives in a different town so she could like walk me up to the doctor's office because I had this like

18:05 anxiety that people were going to hear my daughter crying they were going to know that I don't know what I'm doing and they were going to take her away from me because I do not deserve this I am not good enough for this I'm not qualified for this I haven't read enough books um and then my my Midwife so lovingly named it for me what I was experiencing and it felt like oh okay now I know what to do with it like now I I can see the shape of it and I know what to do with it and so that is what prompted like okay I got to find some

18:38 tools here because um I didn't really want to go on anti-depressants or anti-anxiety medication it just didn't feel right for me um and I have been on anti-depressants at other points in my life and I just knew that for me it just T takes me out of my body and I that didn't feel like the right path when I'm trying to again like help this little being find her way in the world and so I started looking for alternate uh therapies and and medicines I I played with essential oils to help us with our mood we played with changing up

19:16 our diet um and then a postpartum counselor introduced me to breath work and like in two minutes I felt everything settle and come into the souls of my feet and I felt my heart rate slow down and just like my shoulders drop down I was like does everybody know about this like does everybody know that you already have a tool inside of your body that can shift how you feel I don't have to actually look externally at all um and that is that's what prompted the Journey of like what is what is the depth that I can find here instead of

19:56 me trying to spread myself wide all the time and read 7,000 books at once what if I just like went deep for a little while and found my roots that way and so that was my really long-winded way of telling you my before and after moment I guess I just I always get goosebumps because it's everybody has that same thing of I feel like especially people that are so heart-centered that's the first thing it's like can do other people know this do other people know how magic this can be it's like we

20:30 instantly think how other how it can help the world how it can help your family and on and on and on and everybody you know so I I love that yeah the ripple effect it's huge yeah I always say that that's what I have my faith in is the ripple effect we do this love that so could we dive a little deeper in the postpartum because I think that's a relatable piece and could would you be open to sharing like the emotions like how you were experiencing what what was that like for you yeah um I would say the the anxiety came

21:13 first uh just the constant worrying like I I was always tracking on my phone like the diapers and the feedings and the sleep and just like constantly trying to measure anything because I'm I'm have always been very heady and very structured mind and like if I just have all the data points I can solve the problem I know I know I can do that and so I was collecting data the whole the whole first year of her life was just like me observing and collecting data and reading the books and trying to solve the problems of why is this child

21:45 crying all the time and avoiding this question that would like creep in where it was like I think she doesn't really like me she doesn't really like me she doesn't want to be here and I know now that that's not what was going on but but at the time you have this fear that you're like this being chose me and came down and she was like dang I made the

wrong choice and that's terrifying it's a terrifying feeling and so wanting to be good enough for her wanting to be good enough for my husband I didn't want

22:14 him to think he' made the wrong choice in choosing me to be the mother of his children I didn't want his family to feel like that and to question my ability to parent and so I was really anxious and like constantly spinning out about how to do things better um for her and why why wasn't I good enough to solve you know the mystery of this crying baby and taking her to to doctors and Specialists who also they they couldn't really solve it either it was like well babies cry and I just couldn't

22:46 get on board with that I just couldn't get on board with that and it did turn out to be related to her digestion she was really uncomfortable but nobody nobody saw that um which also just like in in the aftermath of reflection I could see how strong my mother's intuition was but I didn't know that's what it was I thought it was like again me just failing to solve the problem but now I know that oh okay I was I was persistent in my search for an answer because I knew there was something else that wasn't

23:20 connecting um so that I would say the anxiety really like took over especially the first six months of her life was just was that anxiety and like not being able to go to social events cuz I panicked that she was going to cry people were going to look at us they were going to know I'm failing I'm not doing this right and getting like really sweaty and my heart racing and feeling like I can't make decisions I can't see when you're in that anxious State like your visual perception changes um and so I was afraid to drive

23:54 places because what if I got anxious and then I couldn't really see properly and now I'm in in a car with my baby and then it shifted so anxiety is like our highly elevated state right and then it just like wh dropped into this depression of like man I don't even know if I should be the one in charge of this baby I don't think I can do it I don't think I should be responsible because I don't know what I'm doing and she clearly doesn't think I'm doing a very good job either putting a lot on

24:29 Elizabeth which is unfair because she was just a baby trying to find her way um and I know it now like I can see it now and and have a lot of sadness about the way her first year was spent on my end although on her end she is like the most loving the most resilient the most social kid despite us not really socializing especially since she was born December 2019 I was so anxious the first few months of her life that we didn't do anything then finally I'm starting to feel like okay maybe we should go to like Mommy and Me

25:08 groups and meet other moms and then you know this Global pandemic hits and it's lockdown and so never mind we're not going to do that um so she didn't have a lot of

social opportunity in the first little bit of her life but it didn't stop her from being the most peop driven little little being because like we'll walk into uh you know the grocery store and she wants to hug the security guard as we walk in that's the kind of of person she is just naturally um which is cool to know that like that's just her I

25:44 didn't do that that's just her she came out like that um yeah does that that kind of give a picture of the anxiety state the depression I think depression looks different for a lot of people for me it was like I was tired a lot I uh felt a lot of apathy I didn't know how to participate in things um and my husband is like the most incredibly supportive partner that anyone could have asked for and I know that that he experienced his own version of that as well and still he was able to you know really like show up for us and

26:27 sit down with me and say hey what do you think about us like finding some external help like a counselor or something to just help us work through what's going on here and so that that prompt really shifted like oh yeah we're allowed to ask for help did you know we're allowed to ask for help and I it it hadn't I thought I was I thought I was responsible for solving it myself I didn't even include him in the solution process necessarily because I thought I'm the mom I should know how to do this

27:00 but that moment of being able to ask for help and having it be like uh successful in the ask I asked for help and I got it it's like there's a whole community of people who want to help and maybe they don't know what to offer or maybe they don't know that you're struggling because you're working really hard to keep this you know facade that you've got it all together but I think most most of the time human beings want to help each other do you feel like there was a fear of asking for help cuz I I feel like as

27:37 a man that's present for me and some you know some of it societal or whatever but for a mom feeling like you needed to have the answers somewhere along the way you picked up on that belief right and then was there resistance I mean what an amazing husband that was like hey I bet there's some some of these people out here with maybe we can ask them I don't know let me think about it and by think I mean like feel into it I think I didn't feel afraid to ask a stranger for help actually that felt

28:21 fine to say to reach out to a counselor and say I'm really struggling and I know there's some tools out there for me me I think it hadn't occurred to me that I could ask for help because I was so wrapped up in feeling like I needed to be the one to fix the problem um because I must be the cause of the problem she grew inside of me um so I think it just hadn't occurred to me that that was even an option to ask I love that example as I bring this up often in our episodes but the masculine feminine energy of



29:05 your husband coming in to be that structure of like holding you in any part of you that's present at the moment like he was just like let's let's you know let me hold you figure out a solution together like that's so beautiful I heard this I can't remember where I heard this um but it was they were talking about the definition of of the feminine and masculine and The Feminine as the Warriors and the masculine as the protectors as our Shields and so like actually we are so much stronger and we

29:39 can fight these battles and it's it's you know our men coming in to help support us and be that structure like you said um I think there's many interpretations of it and it looks different for me every single day but but definitely that has been uh our dynamic because my husband is like on the more shy side I would say and I'm not but he is the like backbone of us like hey Keeps Us strong and steady and I keep us moving forward and maybe a little bit more open to experiences the metaphor I love to use

30:16 and Josh is probably sick of me hear talk about this but the um feminine being oatmeal like it's formless it can be messy whatever it's warm warm but you know messy and gooey and all these things and the masculine is a bowl and so a bowl without oatmeal is just a boring old Bowl but when you an oatmeal without the structure is going to fall all over the place but when you have the two together holding it's just a beautiful bowl of oatmeal and how wonderful to even like bring that inside internally and just

30:54 think that like we hold the bowl and the oatmeal in ourselves eles also right and like when do we need to lean a little bit more into the structure and when do we need to lean a little bit more into like the messiness and the warmth of that exactly because masculine and feminine doesn't necessarily need to be man and woman yeah it's each within us and it can be in within a relationship and yeah yeah I think too I had spent so much of my life being the the masculine the bowl and the structure that like

31:26 when when faced with these big feelings um from my my beautiful being I didn't know how to like flow with them I was like trying to contain them and and fit it in a box and give it a diagnosis and give it a solution so I could like cross it off my list and move on and that has been the part of the Journey of like finding that more feminine flow receptivity uh and just like allowing the allowing of it all without having to solve it um I would go into conversations with friends all the time where like they would want to vent about

32:04 something and I was like ready with 25 Solutions and then now I'm like oh that's not what people are looking for sometimes sometimes they are but often it's like I just need a space to be and now that I've uncovered that for myself and I get to be that space Oh my gosh it is the best most nourish ing thing in the world to be able to just like be the bowl and like use it in a different capacity without trying to solve it but just like let me just

hold this for you because it's really heavy to be a human and I'm

32:41 I got it right now I can hold it for [Music] you and allowing on the opposite allowing for to be oatmeal like I find it so hard to be to allow for messiness and gooiness and you know being ugly or be whatever it is because that's all that um that goddess always comes to my mind I can't think of her name um kie you know the goddess K she's like ugly and has all these skeletons chaos and destruction yeah she is like really spicy oatmeal yeah that's actually my niece's nickname because she's she's spicy and

33:24 she's like uh yeah she's a little soul also and her and my daughter together are like it's a we have this photo at my brother's wedding when they were they were like maybe one and two or two and three and they're on either side of the family there's like the lineup of the family and they're on either side like literally lunging at each other in this photo these two little little fire beings um and it's just so wonderful to see that fire because I think um at least in my generation it was like you as a woman

34:01 you don't do not be fiery or you're going to be a and you're it's hard to receive and so I'm now just like so excited by her fire that we get to nurture that and like let her burn her way through the world because she's doing it like Josh to your to your earlier image of this love flame like that is her she is like all fire and all love I love that so much yeah I want to be her when I grow up so I've been feeling into being held by God or source and the uh so that bow analogy still

34:52 applies if I'm the messy oatmeal and God is the bow and my um Journal prompt today was around how can I trust in the Divine more and like this image of floating on water on my back and if I'm still and just allow myself to be supported I'll actually float to the top but if I panic at all then I'm splashing around and start sinking and I feel like for like 50 years I've been flailing around trying to control everything and how can I just have so much peace inside to just soften yeah and just be held by the

35:45 water yeah I hear that that resonates I think my doer self was really driven by that flailing control and needing my environment changed a lot when I was little we moved a lot we moved to a different country I shared before we started recording that I was so trying to control my environment that when my mom moved us from Washington State up to Canada I thought she had just paid everybody to tell me that it was a different city when in reality we hadn't actually moved because that's how much I was like I

36:26 need to be in control control of the situation um and I thought that was the way to succeed in life is like I could if I could just stay ahead then you know the story back here can't get me or the pain from it can't get me and if I just control the variables then I get to

determine the outcome um but that's not actually how life works and and that the last like five years especially just realizing like all of the good things that have come in my life have come as a result of me relinquishing control like my daughter

37:05 getting pregnant that happened when my husband and I said maybe we can't have kids and that's okay we have a really good life let's just like go on an adventure uh and then you know three months later we're pregnant and even meeting my husband was like me trying to fit my life into this mold and then realizing like I don't really doesn't feel good here in the city in this job I'm going to go do something totally the opposite and go work at a fishing lodge in the woods and then I meet this like

37:38 magic man who was like so solid in who he was that I was like how do you do that how do you just know that how do you know that about yourself and act in that in level of integrity and he was like when we met he was 23 he was a baby I was like I I know 40 50 60 year old men who don't know that about themselves uh and that that was me just letting go of control of just like I'm just going to go play in the woods and it doesn't really matter what happens because I'm in the woods and everything good happens in the Ws

38:25 so yeah so really feeling into my oatmeal oatmeal face I'm G keep that yes yeah I love all of that when you let go that's when when you surrender and trust it's when that magic happens yeah and what's frustrating is that for me I feel like I have to learn that lesson over and over and over again that's a beauty of life and what I think is cool though Hannah is like when you're learning it again and again again you're really just like taking it a layer deeper each time right you're not

39:00 learning it new it's like just I see like all the layers of the earth right and just like all these beautiful colors of sediment traveling down and that is like the tapestry of you which is just so cool I love that well I was even thinking when you were sharing your story about um you know because you were in such a dark place I find this is so similar to so many people's stories when they're in that dark place when they're like why am I here like what what is the point of being here and then in

39:35 hindsight you can look back where you were able to talk to your intuition so much more and hear yourself and like that is such a gift to and so do you find gratitude for being in that place and finding more oh yeah I I have appreciation for every moment of my life like like hard or good you know beautiful and easy it it's all brought us to exactly this moment right here and there was a long time where I had you know stuff happen in my childhood that I really like worked hard to deny and like I will not be my story

40:15 I'm going to show everybody that just because this happened it doesn't mean you

know XYZ but it's like actually that's part of who I am too and it's part of why I'm loving and it's part of why I'm silly and part of why I read books all the time it's like they all made me part of who I am today so I have no um animosity towards any moment in my life absolutely there are pieces I will choose not to relive again if I can but I feel like I've learned the lesson from them and can move forward I see us

40:52 spending a lot of time us like as as human hearts on on the why of it all like why did this happen to me why am I like this and it it kind of doesn't matter because we are we already are we already feel the feelings we already are where we are in life it's like okay how do how do I allow the feeling and move forward from here and like just take one more step and that's what I was thinking of when you were speaking was like even as dark as it was when I when I had postpartum depression and when I've had

41:26 depression in the past as dark as it's been there's always been a voice that has said but this isn't where it stops it's like it's going to be dark and it might be dark for a little while but we're g to we're going to breathe again we're going to get our head above the surface and and that Journey below the water to to above the water is really hard like that's the most effortful part when you're you know sinking and you have to get your head above water but if you can just get your head above

41:55 water W and we can just like let let ourselves float for a moment and then we can start to swim we don't have to like catapult from from below these depths into the sky and you know there's lots of like lingo in the in the world and the transformation space about Quantum leaps and I think that's incredible that people are having Quantum leaps I can't even fathom what it looks or feels like and also it's not really what I'm here for I'm here for like the small steps and the pauses and the

42:30 holding space and like just allowing things to move slowly if that's what they need um and that really became apparent to me when I became a mother was like that I could slow down I could I could be slow and I could go deep and I wasn't going to miss anything you know everything was going to be exactly as it needed to be whereas like my six-year-old self made a list of all the books I wanted to read before I died and then had a full panic attack cuz I realized that a I probably wasn't going to get through all those

43:07 books and B every year that I got older more books were going to be released that I wasn't going to get to read and so it was like this realization that time is like not on my side when it comes to reading every book I I wish I could read to now like so I read a chapter here and I and I put it down and I pick up another book and I read that chapter and that's okay too like I get to pull together all of these like like stars and kind of form my own constellation from my experience but I don't get to do



43:41 that if I moving so fast through the sky that I don't even see them I love that about the books because I and I talk about this too often about how the books that you need in the moment somehow find their way to you and so that's so perfect of that pattern that you were describing it's like I have to get all these books done as soon as you let go of that control the exact book you need the exact words you need to hear come to you the following day yeah and they they won't if you're not listening if you're like moving so fast

44:15 that it can't find you so I think that is like giving people the space to pause is so valuable and so needed in a world where we're just like constantly moving to the next thing so what's coming up for me um a couple weeks ago I did a breath work session and at the end I had this image of a tattoo on my forearm and it said mine and that's come to mean a lot of things for me um but what is really standing out right now is this idea of my journey and I was just thinking about the belief system I was born

45:08 into where religion had dictated and defined all of the answers for me and it eliminated my journey it was like here live this instead of like Blank Slate discover your journey and I can see why like parents as parents from from the human perspective we want our children to be raised so that they have the benefits of this world and they have success and they have um ease and so it's a beautiful loving place where that that's uh coming from and also it can negate like life from happening and the I I've been looking at all the struggles

46:00 that I've gone through and the the beautiful strengths that I've developed because of this struggle and so if we see it from like a soul perspective that my soul came here to discover and to live and Abby to your point it's not about like as fast as we can get to get over there and we miss the whole point and so I can feel just even today this this new realization of mine my my journey and that mine gets to be mine and Society kind of has a definition of what it should look like for everybody and

46:44 then we try to cram ourselves into the cracks of like do I do I look right is is this Society is this good and then it's like I don't even know who I Who I Am because cuz I've become a version of me that is is like this deep and I and I used to say I used to feel like um in Blockbuster Video they had like the video or the actors the cardboard cutouts and as long as you look from One Direction you're like yep that's Han Solo all right as soon as you go around the back you're like what the

47:23 hell there's like a just cardboard so I felt like that's what I was I had no depth because I had put on this facade to show the world and I was like holding it and I was like don't look no stay no you got to stay in front of me because here's the image if you try to

go around I'm afraid of what you'll find yeah yeah it's really Real showing up in the full 3d now it's the it's the oatmeal it's the mess M that that's the humanness of that we're all Desiring that depth that

48:03 richness that that is inside of us and if we're so afraid as a society to go inside because I've asked a few people because I've been on this inward journey and I'm not trying to accomplish I'm not my goal isn't success it's what the hell what else is inside of here that I didn't know was a gift and and that was so beautiful and amazing and when I discover it I'm like did you know this was inside me H and so I've asked friends I'm like what what's your hesitancy to look

48:39 inside and they and it was the same for me it was the I'm afraid what I think is inside will be confirmed that this piece of this Brokenness this not worthy this no good will be confirmed if I look in there because I can feel the feelings of unworthiness so it feels like if I go inside that's exactly what I'll find I had a conversation with my father last week um and we don't do small talk my my father and I we there was a time in our lives where Small Talk was kind of the only safe safe way to proceed and now we

49:23 just got to a point where it's it's like who cares um but we were talking about this feeling some people have himself included that they're just like inherently have these bad parts and he was talking about you know as a child this compulsion to lie and steal and he didn't know why he didn't know why he had this compulsion to lie and steal but he he did he would do it and then not feel any better after he did it and my argument or my my response to him was that because of like the lying and the

50:05 stealing was ultimately to receive something else was like you wanted attention or love or you wanted someone to even reprimand you because then they cared enough to at least want to try to change the behavior right like just this proof of love and again you know that love is all there is concept uh coming back to that and he was like but you know I would lie and I would steal and I wouldn't feel any better so I think I'm just bad and I just like to do it and I said or or you just didn't get what it

50:35 was that you were looking for and so you continued to do it but I really just struggle with this notion that people are born with these bad parts inherently I just don't think that's so I would say like maybe there's like a minuscule percentage of somebody who's born without the ability to recognize good and bad and understand morals but I would say most of the time we want to be good be loved be safe and and be seen that's ultimately what we're all you know here to do for ourselves and for

51:10 each other and on this journey I remember you know at one point before my

husband was my husband us like walking down the streets of Vancouver and and this homeless woman was stopped and and talked and telling us her story and walk away and he's like people just want to share things with you like what don't he said something along the lines of like don't be so naive they might be trying to scam you and I just was like that hadn't occurred to me that a scam might be taking place it was more like there was a person who wanted to be

51:45 heard and I have ears so I'll hear it and I and I thought you know like oh should I be a little bit more Gage should I you know assume that I'm being scammed but more often than not it works out in my favor that I'm not that that people just genuinely want to be seen heard and felt and so if I can do that and and have the fortune of staying safe in this you know part of the world then I'll do that for as long as I can I resonate with that too was when I was younger I I don't know I was probably like seven or something but we

52:30 had this my mom had the second cousin who we never saw and he was visiting and he was this like biker dude and he had this long beard and um so my mom was just shocked like when we went over to visit I just like ran over to him and was just like enthralled by him and my like okay I'm afraid that she's not going to have that lens of like okay this person you know could be you know who knows you see a big group of biker guys and so the same thing like being a little concerned with how friendly I can be and but I'm feel the same way as you

53:07 like that that's never just I've definitely got myself in the some funny situations but for the most part this it's why would I want to hold back all that love that I have for the world yeah I want to air on the side of trust and faith and love it's going to work out because I think the the people who come into your world also want that too right and and we might get burned um but I yeah I just think more often than not it serves and I see it in my daughter like during during the pandemic you know there's a park by our house

53:45 where people would go and they would you'd see their little like family units all all huddled around the park and my daughter as soon as she could walk she was like running to eat you know everybody's picnic blanket to meet people and we're at a time where we're telling like you know don't touch touch other people's food and stuff and don't let them breathe on you and and she just is like I don't care there's a human over there I want to interact and and she has no fear when when it comes to

54:15 people and I think that's really cool I think it's really cool that she gets to feel that safety and this like full expression of herself and she not trying to like fit herself into any kind of mold and I certainly don't want to be that for her well she's clearly learned from you to just keep sharing that love yeah and advertently I think it wasn't an intentional lesson

because like my husband and I would be baffled like where does she get this from and and then we see like oh yeah I guess we

54:47 do do that but it's like she's this magnifier where she's like I see that you want to have a conversation but I want to hug and just wants to like get in your space um we're working on like the dog boundaries no because she also like she grew up with a big dog and so she has no fear with dogs and we're like we gotta ask we got to ask we got to check in with the dog and make sure the dog feels safe so she doesn't ask the owner if she can pet the dog she gets in the dog's face and is like can I pet you I want to

55:22 check in with you see how you're doing oh my go I want to meet Elizabeth she amazing yeah she's pretty she's pretty dang cool I'm like Blown Away by her every single day so let's pivot just a little bit um to breath work for you so you you mentioned you spent a couple minutes in the whose office the Nur nurse the doctor oh my postpartum counselor okay yeah and so from there can you just guide us forward yeah so when she she gave me just like a couple of you know box breathing and and uh really simple breath work tools and so I

56:11 went home and in my true learner self wanted to get all the books and do all the research on it and came across um a breath work facilitator out of California who he practiced like holotropic uh connected conscious breathing where you like kind of work yourself into a hyperventilating State and I did his program um just as like a participant not as as the teacher training and it was really powerful in shifting some things but I felt really unsafe in the process um so then I started to look for like I didn't feel unsafe in my

56:48 counselor's office so there's got to be a different a different way in um and then came across Samantha skell sorry real real quick just because we know what you mean by unsafe do you mind just spending a moment there what did that feel like for you it felt like that outof control feeling where I had you know brought really big emotions and experiences to the surface things that had happened in my past things I was feeling in terms of you know not feeling worthy as a parent as a wife as a woman in the World um

57:28 feeling just empty like these sobs coming out of my body where just like I could I felt like someone was like scooping all of the stuff out of me but then also in the scooping it was just like there on the floor the mess was there and I didn't know how to come back from that and so that's the part that felt unsafe is like how do I then like pick myself up and go back to being the mom and the wife and the person that was the piece that felt unsafe to me it's like I'm exposed I'm Raw and now

58:03 what do I do now I'm just bleeding and my intestines are out and I don't know



where to go from here I'm not a doctor and so looking for a tool where I could still access that emotional healing but maybe in a gentler way maybe it's like I I can bring it to the surface but I feel also empowered to process a piece of it or to maybe not today's not the day for it um and that's the point at which I came across Samantha skelly's work uh with the pause uh breath work facilitator program and

58:40 did a couple of her her free sessions um I really liked her energy I resonated that she was you know basically she worked at a restaurant that was right across from the office that I worked at and so I was like I've I know that like life and I've seen it um and the way she offered like sips of healing felt so attractive to me like okay I can handle that and if I can handle like this sip then maybe I can take like a bigger sip next time and then maybe I can have a whole glass of it next time and that felt like a much

59:17 safer approach for me there are people that I know that like that big emotional release that is what they're looking for and that has been really transformative for them and I think that's beautiful and what I love about breath work in general as as a somatic practice is that there's like a whole spectrum of ways in and so like we all breathe all day every day and it so it's not it's not foreign it's not unfamiliar it's just like finding a different path in um and when I found Sam's work I I had never thought

59:50 about being a facilitator that was like not even in my mind I was maternity leave and I was going right back to the engineering firm uh at the end and then I wanted to deepen my practice so I studied more I studied with another um group of women out of Bali and that really helped me gain an understanding of the anatomy the physiology the biology of the breath and again like I'm a learner I need to know all the pieces I like to see the shape of things um and so that was really helpful laying the foundation for

01:00:26 me and then someone I knew was struggling and I shared you know some of the breath practices that I had learned and in that sharing was like oh hey maybe this is part of my journey I get to share this knowledge like I don't have to keep this just for me and just for my family I could actually like help other people find their own way in and so then I took um say Sam's pause breath work facilitator training and it was incredible it was an incredible six-month Journey that feels like a lifelong you know like that six-month

01:01:05 container felt like I don't really remember the me before that uh and I know there's so much to learn continuing on and I continue like every day I'm learning something new about breath work or about meditation or about you know um Parts work or hakomi different mindfulness practices that I can incorporate into the somatic experience and somatic facilitation for people somatic being the body and how our body experiences things as a person who spent a long time like trying to think my way into and out of I now

get

01:01:42 to feel and that is like propelled my own Journey just allowing the feeling the Soma to be the speaker um so that's my that's my breath work Journey as of today tomorrow it might look different yeah well I want three more hours with you but okay just kidding um so how can people work with you oh yeah um um my website is Wellness creek.

01:02:26 ca C re k um and I'm also on Instagram under the same handle although I'm really consistently inconsistent on Instagram uh because I find that my joy comes mainly from like these kinds of connections human- to human connections and I the social part of it I'm not so uh strong at so um you're better off to contact me through my website um wellness creek.

01:02:52 ca and then we can just have a conversation about what's present for you and and what you might be needing I do also work with corporate teams bringing breath work into the corporate space especially in this world where people are coming back to the office and have just spent three years being told that it's unsafe to breathe beside their coworker just noticing a lot of disruption in that and so just helping helping people feel safe to breathe in their work space as well because our our work is so much a part of our life and that's that that ripple

01:03:22 effect like we were talking about if I can work with the leadership teams to support their employees in this I just see that impact on their families um so I do do corporate work as well in the breath work space important I dream of a world that everybody has like their breath birth break right yeah exactly exactly that's the dream for me is like have a platform that uh offers that people can log into and breathe when they need a breath and it's like we used to allow smoke breaks all the time so what if instead we got a

01:03:59 breath break guys yeah we like to finish up giving you the opportunity to if you had the chance to speak to the world what message would you share my message is a reminder that love is all there is and I say reminder because even if you don't connect with it yet it lives in your body the truth is there I do really believe that ultimately love is the foundation for all so there you go world I love that thank you for that message yeah I appreciate you guys holding this kind of space for people to share their message and also just to

01:04:47 tell their story I think that there's so much power in hearing you know glimmers of your your own journey in someone else's and this reminder that it can be really lonely to

be a human but we're not actually alone in it and we get to connect and have this community thank you yeah 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

01:05:28 within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and 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

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