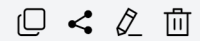




1 notes

09:26



00:00 anger is a gift yeah I think anger can be really transformative um and in different ways right it can be really like um targeting like help you really Target in on like okay this thing does not work for me I might not know why but my body definitely knows why or knows that it doesn't work for me um it can also sometimes mask our pain or hurt feelings so then it can be an invitation like hey like this is really angering I invite you to come dig in and see what's under this anger um also I think it can

00:39 be like protective like I don't mean like the protectors in us that want to keep us safe but the thing that makes us have protective instincts over each other Humanity children seniors anybody who isn't able to stick up for themselves like like that anger of like how dare you treat somebody this way and that gives you that courage to speak up and say something so anger can be such a like a beautiful uh Pathway to say something that needs to be said and of course there's being direct and respectful right we're not talking about

01:15 like going out and just belligerently yelling at people I just feel like I want to say that um anger I think also can move things too like you know let's say um there's times in my life where I can get disassociated like that's my thing like I'm not one to like collapse or experience um depression symptoms but I will completely just cut out and leave planet Earth and I'm disassociated I'm just peace Earth Lanes I'm out um but sometimes it's anger that can bring me back online because it's a powerful like

01:53 kind of like a hand like from my physical self like hey Jamie come back and then letting myself feel the Ang of like yeah I cut out again okay like I'm G to like Josh you were saying I'm just going to meet you with compassion and love and we don't have to do that anymore and then thank you anger for reminding me to come back so it's just like a powerful sensation so yeah I think anger is a gift in a lot of way welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and

02:27 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 hello everyone welcome to today's episode of deeper awareness podcast this is Hannah and I just first want to say a little thank you to our listeners um it seems a little surreal to have even a few listeners so I am so grateful for those who are listening um we started this podcast just a few months ago the beginning of the year

03:09 before the summer actually and now we're getting into the winter months and it's just just a nice reflection back to why we started this to begin with and how we are as we're sharing people's stories how that's resonating um with the community so that's it's just really really beautiful to see and I am just extremely grateful so if this podcast is resonating with you either you can like subscribe comment share with a friend um we really love to hear um what you think of it and show show

03:53 that you love it so without further ado I want to welcome our guest today um the beautiful Jamie Mac um this conversation was so great not only did we have a lot of laughs and I just want to hang out with her all of the time um but we talked a lot about anger um this kind of goes along with what Josh and I this theme that we are constantly talking about with just the trying not to do a um fall into a spiritual bypass um it's so easy and there's so many people out there promoting um just you know High Vibes

04:41 only and everything love and light and you know it's that's just going in this upward healing motion which is of course completely 100% necessary and amazing when you're feeling that way um but you can't forget to go into the depths um we talked a lot about this in previous episodes um so today on this show we talked about Anor and how it can really be a gift to be able to experience and uncover what's underneath that anger um so if that kind of sounds a little foreign and confusing um take a

05:23 lesson cuz we we talk about that um so yes please enjoy the show and like subscribe all of those things if you are resonating with it thank you all I know that you're breath work facilitator but can you tell me a little bit more about yourself if you have a little introduction okay so yes breath work facilitator um so I think what I've really learned about myself through that um through that training through my own healing and growth journey is my Capac capacity to like really sit with people's anger and pain um so what I found is um

06:07 there's an intensity of course right anger pain intense and I've been attracting people who have a lot of it and kind of are afraid to express it and so I'm able to really just absorb that intense energy so that they can sit with the transformative information that's coming from the pain and the anger which all emotions are information about us from us to us about us it's like just a nice little like you know instant feedback depending on how uh in tune we are with them you know because I had my

06:41 journey of being completely disassociated and thought I was fine all the time and it was not so I started making this joke a couple week weeks ago with somebody and now I've made it like a few times and it's like oh I eat anger for breakfast like let's get in a breath work session and just send me all your anger because I got it and so I've got this just enormous enormous capacity um one for socialness so my capacity to like sit with somebody and be so present it's like oh I'm actually quite

07:13 extroverted um but I'm also like I'm an environmental projector I don't know if you guys um are familiar with the human design mapping so environmental part of it meant you say so like you know how in human design you might have like an energy Authority somewhere in your body I do not my Energy Authority is in the environment or sometimes in like it says mental or environmental so all my ener energy channels are open which means I don't have like an energy Authority overriding yours so when we're in a

07:47 session like I completely feel your body so if you're having pain somewhere I feel it in my body if you're having any kind of Sensations like I feel it within my body and so the uh skill has been to learn learn what is to learn what is mine what is not um and then of course because of our training and learning how to like release energy it's been really impactful for the people I work with to really Express their anger even if they don't want to do it loudly you know they don't have to like yell they can if they

08:16 want but the intense energy the intensity of it like I just tell them to send it to me and then I can feel it coming in my body but then I can release it really quickly um and I found that to be really cool because I'm like people get angry people have pain and it can be really scary um but to have somebody hold space for you in that moment so you can just kind of send it all out and really help you like get the important information from the pain and the anger without having to internalize it or feel like you got to protect

08:48 yourself from it or collapse from it so not an intro but that's what came up I love it that's so perfect thank you um I have a few follow-up questions um hit me with them is there a certain practice is it does it really just leave you that easily once a session is over if somebody um had a lot of anger or do you is there a practice you do to release it's like in I found that I because in the beginning I tried to do like oh let me release it but what I found is I'm actually able to do it while I'm in the session so like I'm

09:24 pulling in the energy for somebody like all this intensity um but I'm also just like sending it out like just right away like I feel like before the sessions I like to do practices to kind of like open all the pores of My Heart of My Mind of my body um and I really like to do a slow like Halo active in through the nose out through the mouth like super slow like I'm almost going into a coma slow um because it just I can get so quiet and still I can hear

my own heartbeat I can feel my body and then I can feel like the vibrations like the

10:01 subtle energy vibrations around me and into me and then it just really turns like my dial my sensitivity up and then when I'm working with someone like as they're breathing and going through a moment I'm talking to them but I'm also like doing breath as the same time I'm sure you all have experienced that too like in a moment you're just like slowing yourself down because you can be really like you can be really impacted by your client if you're not paying attention to yourself you know

10:29 that um so I found by accident just because I would be breathing I'm like okay just send me the anger like because they need sometimes people don't think they have anywhere to go with it so the idea that they can send it out I think is also just very like liberating that there's somebody that where can go who's not going to judge them for it or you know send it back to them or react to it and then I can find that just with the breath like I do the practice before the session and it just leaves my body and

10:59 I'll make the distinction with this is very different like when you know you're talking to somebody and they're just venting at you and they have no interest in completing the processing they're just kind of stuck in the processing space when I'm interacting with someone it's not in a breath work sessions usually like people I know in my life um that when they're venting I can feel that because that gets stuck in my body and then that I'm like after five minutes I'm like oh I gotta go it is so

11:29 different then facilitating with the intention that someone really wants to release and they're open to letting it go just versus that like you know in that stuck in the venting phase or processing I call it stuck in processing like you're never really coming to a complete processing point that gets stuck with me then I have to get off the phone and then I I will like do some intense blow breath because and then like I will like Jump Around move my body like just like some sematic movement and sometimes like some you

11:59 know size and kind of yells because I'm like oh I gotta get this out of me I gotta get out this out of me now oh yes yes yes well it's so what a gift to be able to first of all see that difference and know when it's holding in you and because I'm on that same path I have a lot of open channels too and I remember like the first realization of like oh my gosh like all this stuff might not be mine so it's so it's such a journey there um one other thing to say so I teach a breath work class at my local

12:34 Senior Center and they are the they're so cute it's my biggest class by far there's always like 15 people that come and we we just do a short um integrated session because I don't want them all on the floor we all sit in the circle they're so cute and um one of them



is so I love her because I I asked to share you know when we arrive like what's a present for you and there's just this one woman that always wants to share share at the beginning and the end and I love her for that cuz otherwise they're

13:02 pretty quiet um and this one woman at the end of class she's like I have something to share with the group and I'm like please absolutely like always and she's like I was driving and I saw this pickup truck in front of me and on the back of the window it in big letters it said anger is a gift she's like can you explain that to me so I had a nice you know talk about why I think it's a gift so I'd love to hear what you think about that what a good question and I I love like I don't

13:35 know her age but you said senior citizen that she's still so curious yeah like that is a gift to be curious like all the way through okay anger is a gift yeah I think anger can be really transformative um and in different ways right it can be really like um targeting like help you really Target in on like like okay this thing does not work for me I might not know why but my body definitely knows why or knows that it doesn't work for me um it can also sometimes mask our pain or hurt feelings so then it can be an invitation like hey

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15:59 think anger is a gift in a lot of ways I'm I'm sure we could probably find like a

hundred more ways to be honest yeah thank you for answering that because I question it was so good I answered it you know not as well as you but it was and then one um guy came up after we were all leaving and he was like that was a really good reflection and I'm like thank you like it's all emotions I think say something along lines like all emotions are welcome we should really welcome all things because they tell us

16:28 there's so much wisdom there tell um I also just have to reflect I was just watching um three dogs this weekend on top of my dog and my dog I'm reminded that my dog is the best dog ever by contrast you contrast well like I can with my dog I can put my dinner like if I'm just watching TV and eating dinner like put my dinner like on the coffee table and like oh I forgot my water I'll walk in the other room and she doesn't do a thing like she one time she did and she never did it again because I you know I was like don't you

17:00 can't do that she never did it again and I'm so used to that so one of these dogs that I had this weekend will jump up on top of the counter to get any sort of food we'll jump into the kitchen sink to like lick all of our like bowls clean so it was like all of this like anger was coming in through me and it was I'm like so I'm sitting with it I'm like I think it's cuz I'm like it's so it's more instinctual than anything like with food I'm like that's my food get away like

17:29 was turning into a dog like standing up about like my don't steal Hannah's fries and so just being able to say with that like it wasn't it was something that like I couldn't really control because the dog just that's just he can't control or she can't control what she was doing and I'm like okay well I can all I can do is be better prepared and try to you know clean everything every last crumb off of my plates before I put them away and like whatever but so I was really sitting with him I'm like wow I was so

18:01 angry like if I turn my back I see the dog and i' be like what doing like wow I haven't screamed like that a while why are you this way why can't you be like my dog you relax I feel so you're invading my life I've to adjust my lifestyle for you for one weekend that's not long enough to like make it a habit so it's like you're just constantly thinking about it you don't get to relax your mind or just like oh I'm going to grab something M yeah I had to like rearrange my kitchen because my dog would never do

18:33 anything like that what did you say to that guy say it to yourself all emotions are valuable I think it's a perfect example for the conversation because like anger doesn't always have to be this huge enormous traumatic thing it can be these moment things and like and I think that might be something also that's really interesting about anger is how like like I was say what's that what's a word for like how varied it is or the intensity can be such a broad spectrum yeah but yeah it's just like such a

19:08 dynamic experience but then we can feel it in the body so just I guess like I don't know I'm trying to I'm G to think for this for a moment out loud like the different variations of anger all seem pretty similar in my body like I feel like this kind of explosion that's coming from like my um what solar plexes and like even from my heart space like all at once and it's just like a and then I feel like out I can feel it like in my fingertips like it goes like SAR here just goes all the way through and I like how

19:45 you one of the other gifts you mentioned about how it brings you kind of back to because I'm I'm same way I'm space in air I'm always like I can on in an instant and when that dog was eating my food I was like okay I'm here I am I have a few health things going on so I was like kind of disassociating and then was able to like oh here I am I'm right here this dog's eating my food what am I doing so it's true it brings you like right back to yeah I'm space and air too and so and I think if I think about just

20:17 like the elements on earth like what helps fire like grow is oxygen so air and I think people like us who have so much space like it does bring us back but if you don't like ground and breathe and have tools and resourcing like breath work then it can just overpower me I know I don't know if that's how you feel and I can feel like it's just my like my blood is boiling and everything I see red and then I'm just like I've never ripped anyone's face but I have described it um well while we're on the topic of

20:58 this Association you had mentioned something earlier about kind of like living a life of that and then coming to a more filled feeling if I can say that yeah um because I resonate with that too I had a very similar story so there's any part of that story you want to share um well it's 40 Years of stories so which ones to pick from um but I would say that's how I coped like largely and I think it's being a spacious being um it was just so easily acceptable or ex sorry accessible it was so easily accessible to like be

21:40 in my head um acceptable say and I would say and acceptable like I whenever I be like I don't feel like doing anything I have so many people that validated that for me yeah and like because you can be so emotionally absent you can just like go through the motions and you appear very high function you know like I have family that um during like coping moments are going to go more towards the depressed side or the big emotions coming outside and it's not as acceptable um and it's yeah I mean not just because of things that

22:15 society says but just growing up and what like oh that person's this or this person's that so you know the disassociation just went hand inand to be like yeah cool not doing that I'll stay where I am because everyone seems to be thinking I'm okay and then they

leave me alone so right um yeah so I remember actually when I was 20 I was visiting my aunt and I was trying to figure out something a decision in life and she's like what do you feel in your body like when you when you think of it this way how does it

22:44 feel when you think of it this way how does it feel I'm like nothing I felt nothing so um yeah so that was an interesting feedback for myself because I was like why don't I feel anything like why why and also like as much as you can't you can't just numb out one feeling or emotion you numb them all so I often would find myself like I played soccer and we were pretty good some of the times especially as I got a little older and got on um different teams and we would win these big games and I would

23:17 feel nothing and I'm like okay what's next like whatever everyone's celebrating and I'm like okay cool and then my grandpa caught me one time he's like why aren't you we wanton a big big District game and he's like Jamie why aren't you cheering with everybody else I'm just like H and I was just like and I walked away thinking like why why are you Jamie why why is that um I didn't know I didn't know for a long time um but then I would find that I would have um really

23:49 great like dating relationships in TW my 20s but then I would get into more a committed relationship with somebody who was very emotionally unavailable um but then was also kind of like what what's that um emotional attachment style where you go back and forth from avoidant to anxious to avoid into anxious disorganized okay that's who I would get more committed with and so my disassociated system would be like uh WTF what is going on but then it was bringing out my too and then I was really confused and I was like why are

24:26 all you suck so bad because I don't suck that much I swear like if I suck it's just a little bit and I don't think I suck at all um but yeah and so I think that was like just dysfunction in relationships that was really starting to show me that like I would go from these extremely numb chill quote unquote chill states to overactivated system like just so confused about life and sobbing crying collap abs and like and I just didn't know what the hell was going on um so I sought out counseling a couple times um

25:06 but it wasn't really until 200 19 I guess I went and tried to meet with a counselor because I had actually some I don't mean I don't mean to laugh but 2019 everybody's life changed in 2019 so that's why Josh and I just smiled because like 2019 Sor I told Josh this I learned this thing I'm GNA tell you now too because it's so before the 1800s maybe the 1600s we were on a 13-month calendar you remember this Josh the homean calendar it's 13 months Ethiopia is still on a 13-month calendar so if you go online to



25:48 convert the dates it's still like 2017 or 2019 there okay so if you line up the Mayan calendar when it said that like oh the world world is going to end um so in our 12-month calendar that was like September 20th 2012 yeah yeah but on the 13-month calendar it's December 31st 2019 oh my God I just got a whole full body chills oh my God you're like nobody mentioned that three like something crazy was happening in 2019 the end of 2019 2019 the end 2020 new world yeah anyway so you were saying you went to a

26:38 counselor PTSD yeah um so I had um PTSD from my first marriage um it was right before things were G getting violent and I left because I had this thought in my head that not going to stick around long enough to find out if I do get hit so I'm going to go but everything before there was and leaving I realized I'd been scared of this person for a long time and didn't realize it and there was like some violence and some rage for this person just a lot of unsettled anger issues but it made a lot of sense to me because

27:19 when we started dating I had a lot of anger I had been pushing down and so when I started doing breath work in 2019 that anger I was starting to confront I was like I feel a lot of anger a lot of times that I've just been really disconnected from and so I went to somebody who wasn't a good fit um but that's okay um but then I didn't go back right away um and so I was like podcasts materials like just trying to learn and I built a fortress of safety around me like um with where I lived it was like

27:54 you know super security where I lived um like I really didn't develop new friendships for a while except maybe work relationships and friend or friendships and kind of stayed at a distance um even some of my current friendships at the time started fading away like I could feel like I needed um more respect for my boundaries and then I wasn't getting them and then some people just weren't able to like learn to respect that I you know some boundaries were really important to me and I think they were always important

28:24 to me but I'd had a history of already just like having very flexible boundaries or negotiating my boundaries for not just anyone but if I really loved you then sure like maybe it's not bad important to me because you're so important to me um so yeah so that little like building this Fortress of safety um and then because of covid of course like friendships really started like fading away for me I was changing so much breath work 2019 um uh World New World 29 2020 um but then I actually started dating

28:58 someone and we were in the covid dating bubble so you know that either accelerated you or it broke you up fast like either way it was going to happen fast um spoiler alert we're married now um but um this was a very safe relationship very loving space so all of this stuff that had been never safe to confront was coming up and it was come like I was reacting to him as if it was the EG and we'd both kind of be like like so then

I'm like okay therapy stat and I did sematic experiencing therapy and I actually started January

29:40 2021 so it wasn't immediate that I'm just like oh okay let's do this now it was like but maybe not maybe we can work through this maybe you're overreacting and again I'm chill and nobody else in the world is Chill so not true it was not true by the way um and I mean I think if you just see me in this like the amount of Animation when I'm calm is intense when I'm not calm so I'm just a very animated loud human and I'm under five feet so it's uh I feel like I have the space to be like I can roar because

30:19 I mean I'm like a little kitty cat just tiny but anyway so I went to sematic therapy um and changed everything really and then um did you accidentally find a sematic therapist or were you intentionally going that route intentionally um someone in my family had found a sematic experiencing therapist and suggested it to me so I was looking for that on purpose and I was listening to podcasts like Sam Skelly podcast Mark Grose podcast so the idea of this like going into the body first and not doing the cognitive talk therapy approach was like

31:07 the seeds were planted and then the suggestion came and I was having those big reactions like to things and so all of it was just falling in place just nicely so the answer was so obvious sematic healing like talk therapy it's like I disassociate I can narrate my whole life and not shed in a tion so that's not going to work for me I need to go somewhere where it's just like I'm ripped open and bleeding and guts everywhere it's like I need the full immersive healing experience I feel like that's so

31:43 relatable and and I I'm always careful to not like bad mouth therapy because I feel like it was a step it was so important for our society to be introduced to the idea that it's okay to to check out what's going on inside and so and now it feels like we're at this next step of looking within with different eyes and different tools and so I'm curious so with this concept of deeper awareness with this your you know as you've jokingly said it's everyone else and your you're chill did there come a

32:25 point where you're like oh okay this is actually not all me but I I control it by by doing my own work it's a good question um because I think in that like spacious disassociating thing it's just natural to kind of see myself at a distance um and then really interesting uh as a little we little babe I didn't like to go to sleep sleep I didn't I'd have bad dreams I didn't want to go to sleep so my mom taught me to meditate to my third eye while going to sleep and I'm 34 years old so as much as I was

33:08 stoic in like um 3D like are like uh you know 3D 40 like you see me life um I had

been just like wildly leaving the planet every night on accident but it been really like expansive because it's like there was a part of me that just this higher knowing that was present with me at times um even through the disassociation so I might have been super disassociated from the emotional experience but I was not disconnected from the conscious awareness experience so I was able to observe myself as I went through these

33:46 things um and so I think that was probably my the hardest thing for me is trying to understand why nobody seemed to know me the way I knew me like how come they don't see me the way I see me now I totally understand because I understand the subtle energies and I understand the emotional energies and the perception of what that looked like meanwhile I'm all in this cozy little Universe like inside my head or outside this world where I am awesome and so what I learned on this journey is that I get to be awesome all

34:20 the time and I can be okay with those emotions and it's a big deal to not just latter my emotions onto others or like that chilling thing like I would want to just cut out and not be present with somebody or not take responsibility for my my own moments like I think one of the things that I came to terms with especially in my marriage is like maybe I'm not as competent as a communicator as I just always thought I was I mean I'm great like look at me I'm talking so well like I'm so clear but then the EM

34:54 emotions in a romantic relationship just change all the wiring in my head and I think I'm still coming to it so clear so loving so respectful and then like when I'm able to kind of like okay see the emotions and at a distance and not like internalize it and see myself I'm like oh okay that is a that is hurtful that was selfish that was like I was really only in my feelings um so all of I mean just the answer to your questions layers layers and layers and layers and these are just some of those layers of like

35:27 unraveling this delicious onion of Jamie so that's part of it is like coming to terms with my incompetencies that it's okay to suck at stuff how am I going to know how to get better if I don't acknowledge that I suck at something um I'm gonna leave it that yeah like it's okay to suck at things it's okay to be awesome and suck at things it's okay to like feel great about yourself and know that you're not the impact other people are having Is Not Great those all can be true at the same time and then like what

35:57 we're talking to and I think we're pointing to is the work and bringing those two things together like so that they're aligned and not being such so far apart so I would say I spent most of my life like living very far apart in two different worlds and so since since all of this in our work I've been bringing that into one world so that it can be me in all places all the time I was talking with Gabrielle so Hannah yes do you remember what I said when I was describing James yes are you encountering it already yes

36:33 what delightful down to earth and fun I think along all along those lines yeah thank you actually being delighted is my favorite sensation a what's I love blueberry so much I feel like you take a bite of a blueberry it's like you know it's coming but it never disappoints so maybe I'm a blueberry disappointing I'm just like really like boosting myself up today I like that when we were um I worked at a farm all summer on the Harvest crew and so at one point you know we just sit there and harvest and

37:23 weed and do stuff it's a bunch a group of us and we decided to name each other our spirit vegetables so you can be a blueberry it's a fruit what were you what did you choose oh my God shoot what was I they were kind of like oh I was a sweet pee that just warms my heart my manager was a sweet potato and it was just her like to like she's just like warm and friendly and she's a sweet potato um there's this really tall blonde kid he's so young but like also very much mature and he was garlic like a big like sock

38:00 of garlic oh that's cool they were it was so good it was so good and then there was this one kid he listens to the podcast so I can put we can put this in for him um he's always like a little grumpy but I could tell right away that he has the warmest heart ever and so everyone's like you're a prickly cucumber like nice and cool and smooth on the inside but just have a little prickling around you that is so fun so Josh what Spirit food are you well Josh loves orange juice oh maybe you're an orange I was like I do

38:41 oh I do I forgot who I am so thank you for remind reminds me I on planet Earth yeah I need some orange juice is your mouth watering now for orange juice yeah it's been too long so what are you doing now with your certification so I have a breath work subscription program um it's a three-month commitment and then of course after that it's like month to month um and then for fun I have these little transfer many calls so I have this um where I this belief that it just a small shift like a little degree change can just create enormous

39:28 transformation in your life and sometimes it helps to have somebody else hold the space and help you identify that then knowing it on our own because we have all of our stuff and all of our life in our heads so how can you like take a moment take a breath and then identify like that small thing that you can do to implement into your life and then actually experience transformation I mean I've gotten so much transformation from sematic experiencing from breath work so I like to offer that too and so that's just a free little

39:57 one-on-one half hour um yeah I think that's it I mean with the breath work certification um I mean I have a million other things I want to do and I'm working on um and trying to work on one thing at a time um but they're not necessarily breath work stuff I



want to create some digital products like what I'd love to know about that okay um so I want to write this ebook um I've had a people ask me like how to better articulate themselves and I'm like oh I keep getting this question so maybe I should like put some

40:33 of these answers down and then just make them available um so I like that um I want to so I had this idea for like a like an ecourse uh I don't know how many weeks I was going to say six weeks because that's a popular answer but I don't actually know if it's six weeks um and so connecting these like internal World external World parts of us like you know those layers of self you know we've got that higher self we've got that conscious awareness self we've got the subconscious self we've got the

41:04 physical self and it's like oh how do you get all of these on the same like same plane field especially when people talk about manifestation and I think a big thing that I'm learning that I was like something's missing for me and now I'm understanding what's missing is that these layers of self need to be on the same page and they need to be like manifesting the same things to see those like really quick results but when I'm wanting something and my higher self wants something else because maybe what

41:30 I want is from ego or an inner child need or you know whatever um but that's in a conflict with my higher self or I have a conflicting agreement or story in my head then that experience is not when you hear these people like oh my God I Manifest this thing they're like I can't manifest and it's like oh you know we got these layers of self so it would be a program about like self-taught just like here's a bunch of like recordings and workbooks to help you like kind of map it out like I think a lot of people

42:01 think like me like like visual kinesthetic where it's like or spatial like my memory spatial and so I'm like if I could put together like maps and ways of looking at this this might be really helpful for people and it'd be fun to create because it's like all up in here so I'm like I need to get this out that's probably why I talk so much because there's just so much I need to get out and share with the world that's so exciting and it sounds like it's so well needed like every I was like sign

42:28 me up for all those things that you thank you so much I love that yeah I just want to facilitate breath work and create write like use my voice and um yeah just do that for the rest of my life sounds great I love it and so it is and so no I really am breathing that in and receiving that that thank you like that just when you said it it hit me I could feel like my heart open so I just thank you Hannah I'm hanging out with my daughter and son a week a week ago and my daughter was feeling rage and I recognize it now and

43:17 I could tell she was triggered about something and and wanted to change the

something outside of her you know so that she didn't have to feel inside thing and and I was talking to her about you know it's okay to to feel that that's that's so normal and I said and we can even give it to Nature we can give it to the ground and then she's like but I don't want to give it to the ground you know her her kindness is like why would I give that to her or to you know mother nature and so this big societal need

43:57 as parents trying to teach kids about honoring their emotions and permissioning them to feel all their things and that it's so healthy and so normal and also doing it in a way where we're not impacting siblings or classmates or whatever um so I would love your thoughts on any of what I just shared um I had a little temper as a kid um my family likes to tell stories about it um my first thought is about giving your anger or any intense energy to the Earth and this might be the next conversation with a kid if they say something like

44:52 that is that you know the Earth has this beautiful amazing magical ability ility to transform that anger into powerful transformation so it's like a gift to give it to the Earth um you're like you know you think about Ember you know um energy fire like they set those wildfires on purpose they make a perimeter and they set them on purpose um because then they're less flammable later and then if you watch those Nature Documentaries like all of that Ash is actually Nutri ious for the trees that are still there and for the

45:29 new growth and sometimes it's you know those canopies are really obstructive and so they're letting the sun letting the sunlight in so the Ash and the sunlight which I know there's like I think it's like nitrogen or something um sciency um is actually what's helping transform the Earth and keeping it um and it's not neutr fertile okay so like but fire is what helps that process um and helps that transformation so for that little person or even as adults like that I'm going to give this

46:01 to the Earth and there's that part that's like well I don't want to hurt people with it and it's like well you won't hurt the Earth with it the Earth is going to transform it into transformative properties science of when things burn down um is one way to look at it um so I don't know if you think that would help like if you shared that with your daughter would she be maybe more willing to let it go because she knows that the Earth is actually like can hold it and then turn it into something

46:31 beautiful because if we didn't have fire there's so many things about our Earth that wouldn't work like there's so many things about the properties of transformation that wouldn't work so we that fire can be fueled a little by the anger um what else um yeah so I like I don't have kids so this is easy to say um but what I would imagine I'd want to help help my kids with if I have them um is like a deep breath in through the mouth and then I

like just yell it out like I love to yell it out especially

47:07 when I'm home alone I'm just like nobody's here and I just want to like just let my voice be heard I also think there's something very like healing about the vibrations of our own vocals like our voice everybody's voices are so different and I think for a reason and then you can like you can change your voice right you can talk low you can talk hi you can talk excited you can talk compassionately from the heart and I think all these variations of vibration are healing so if we're denying ourselves the vi healing like

47:37 the vocal vibrations of our anger we're also not fully healing all the anger that's in there so letting it out and I think there's a there's a beautiful aspect of letting ourselves feel that like wildness a little bit like and just let it out just yell or um and knowing that you're not doing it towards anybody you're just letting it out you're expressing it um but yeah like you said like you're walking around and that anger is sitting there and I don't know um I know for me I've had anger make me

48:09 really sick I've had anger create lots of pain and inflammation in my body and for a long time I was like it felt like oh that's normal because I'm from a family of athletes and we all have joint pain we all have inflammation it's a badge of honors cuz I worked my ass off on the field and you know now I'm so strong with all my pain um but really I think it's holding in anger and it it's more of like a you know learned behavior of holding in angers and frustrations and I think that inflammation led to a

48:39 lot of pain so I think it is very important to get that anger out um but in healthy ways because yeah like like your sweet little girl she doesn't want to harm the Earth with her anger but we can harm other people with our anger um if we're directing it towards someone or not even thinking about their boundaries right like my husband is a very gentle soul and if I was going around the house yelling he would be freaked out and his his energy his energy would be down his system would be reacting so it's like as

49:10 much as I want to yell right now I know he's going to run an errand later I'm gonna stay home and I'm G to yell while he's not here so respecting like who's around um and now I don't know how that's going to work because we just got a cat so I don't want to scare her but we have a basement so maybe I'll just go down to the basement and sound like a wild animal the car the car I find had my best screams in the car yeah in the garage turn the radio on I think it's something to do with the

49:38 the steering wheel yeah grab it I will take this machine and I will rule the world run over my Nemesis all this anger if anger could fuel our cars I know money we'd save my old job I used to leave every day and just be like that's before I even knew about semantics just

knew it felt good to scream in my car it's like our bodies just have like the instincts are so healing like the body you know we hear our Mentor from the training say the body knows what to do it just really does like and it's like listening to

50:20 that and letting yourself have it and not judging yourself for it is so healing um so Josh when you say like you have that anger do you find that you have a history of not like you said you've been so gentle and um so now though have you found ways that you want to express that anger that feel aligned for you and don't like hurt those softer sides but then also get to express them why's your body you want to give me the middle finger right now would that help um I feel like I need some form of like

51:00 punching bag or you know something very physical that I get to express into or at punching bag's a good one I used to belong to a boxing club and it was the best thing ever we have one it's the best but there's also this other thing that I learned this in sematic therapy is to stand in The Stance of a punch but actually mine was like I want to flip tables over um like really big tables you know like two ton tables like like I want to flip one of those um but it's let letting yourself go through the

51:47 motions but slow it down like slow down a punch but not the force so clenching the muscles and like pulling back so slow and then just like and letting the force grow and grow and grow and just keep doing it a few times and then until it feels complete and then relax the body and see if what comes up because sometimes just like holding like feeling the intensity going through the slow motion slows it down like because the actual punch is going to be intense it's going to be fast but slowing it down then you can really feel into it and see

52:22 what comes up and then with all your training you could probably add layers of different like deepening your awareness I like I'm fit in the name the title well backwards it's so easy to put the name in well Josh last weekend when you helped me when I was so angry at that guy that told me to put the dog on the leash I I was just needed to let it out so I was telling Josh like there's so much anger in me like this guy is trying to control you know my Sunday afternoon when I'm just trying to walk the dog and so he

53:02 just was so good about listening to what he was how he could see what was happening to me and then suggested that I either do a scream in the pillow or whatever and I went downstairs and my poor meditation pillow pow pow pow pow like just to the pillow it's a good it's a good strong pillow and I just like really hav at it and and I screamed at the pillow like right into it I was like go put your wife on a leash and I don't know where that came from that thought didn't cross my mind but it's just like when I was letting it



53:36 all out I just screamed that is going to be in my head and I'm gonna have to be careful not to just blurt that out at people now because that's so funny put your wife no then I'd be supporting the patriarchy so I have to find another way to enjoy that phrase oh my God but I and I had said this in my message to him like this I know this is going to bother me for the rest of the day like this is this has happened once before and I know it's is going to bother me throughout the rest of the day and after he kindly gave me a suggestion

54:13 of how to feel it through let it sit there you know what why is that anger in me what what am my what does it feel like let it take up space and then I let it out I was done I was gone it was good the rest of the day went by so smoothly I never thought of it again I love that yeah let it let it go sometimes yeah for me it's Let It Go and then sometimes I discover like especially like in domestic living with other people there are so many angering moments with another person why did you do it that way um but I've really let myself and

54:50 like that anger okay like how can this be a mirror for me because I happen to marry someone who might be just the most powerful mirror in my life I've ever experienced and it's like it's ego it's ego like crushing to like live with someone and they don't say anything but you just see yourself and you're just like I thought I was so chill um but I've been really confronting how much of the way I think it should be and like the things that make me so angry and like cuz sometimes it's just like

55:24 domestic like the house how we clean something or how we organize something and I realize how much it speaks to my own upbringing and how much like high expectations there were on um being adequate at things like at such a young age like okay you need to do it as good as me an adult or better or it's not good or you have so many times to try and then after that like you know you just I don't know I don't to really think I have to think about if the things as us as kids like had a hard time eding at but there was like this

55:57 undertone messages of being really competent and so I'm confronted with that a lot like okay these things that yeah I'm really competent at it but why does the T why do the towels have to be folded this way and only this way or why does it have to be put away this way oh because there's a more competent way to do it it saves space but how many fights and nagging and annoyances am I having and how is that a better way so that has been very confronting for me with anger so I found like in my household if I get

56:30 angry with my partner like my now my first response is okay is this coming from a way I think it should be or a way of something or is this like a legitimate hurt that happened and nine times out of 10 it's because I'm projecting what I think it should be

because that's what was projected on me as a kid and so now I'm expecting my partner to have the exact same like standards or ways to do things as me and he's really clean but somehow it's not clean enough and he's really organized but it's not organized enough

57:01 and it's just never enough and I'm like that's not a him thing that's a little inner me thing and the messaging I got so I just wanted to add that about my own personal experience with anger that it's it's such a mirror it's just information and I've heard too I'm sure you've heard it also that when you're cohabitating with somebody it's when you're upset with each other it's always your inner children that are fighting because it's always you get to

57:29 that point what are we even fighting about and then you're like I don't even know because it was just that inner inner child upset about something and their inner child got upset about it and it's yep you've described every marriage ever yeah we we really don't grow up we just get bigger we don't M we don't I mean I guess some things mature but we're just adult I think is an illusion like time is an illusion and when you talk about the mirroring thing it's so true I have the

58:02 same experience with my boyfriend and but also I like to just mention the good ways he mirrors me like when when I do see myself in him and I'm like oh like I'm I'm mad at him for being on his phone all the time like here I am on my phone like just that's like the simplest example um but then when all of a sudden he shows up to be so motivating and does all this stuff I'm like oh it's because I was doing that last week it's like or not sometimes it's not that quick turnaround but you know what I mean like

58:32 sometimes is such a gift yeah oh it's a beautiful thing but don't get into relationships thinking that's going to make your life easier and actually that's reminded me of Josh had this amazing metaphor about sandboxes I was talking with Gabrielle about about intimacy and it was uh the idea that if somebody had never experienced intimacy it would be similar to somebody that had never experienced a Sandbox and so it was like I imagined she and I as like five-year-olds and she came up and said do you want to go play in the

59:23 sandbox and had never heard of this thing maybe I had heard of it but never been into one and so she's like yeah it's sweet it's fun and I was like what is it and she said well there's like a a boards that keep the sand inside I was like well what sand it's really small rocks really really fine rocks and on top it's like warm and if you dig inside it's like cold and it can be wet and you can drive cars through it and I was like all right I'll give it a try and then we run over and we play in the

01:00:08 sandbox but that's kind of how intimacy is it's like this idea that it's it's a concept or it's a word but until someone invites you in and you know you don't have any preconceived ideas is of intimacy is scary you would just experience it and it would be delightful and you broke it the word down too which I love is into me you see and it's it's an inviting in that's powerful and I remember when you brought it up to me because I remember like just being like so little and some

01:00:53 kid at school was like like oh yeah this is how babies are made and it's just like you know terrorized like not didn't mean to but she just figured out that this is what happened so she had to share it with everybody and I remember being like what my parents did what and just being horrified so I learned quickly that like intimacy is scary it's it's like we have this idea of intimacy being just physical too right and so maybe we need a different word H because there's we we can have like that's the vulnerability if I open

01:01:35 myself up and show me to you guys that can feel intimate for me or us and that there's nothing physical about that it's simply here's me hello it's true it's it can be that simple and that's a vulnerability and opening a showing so into me you see see me to Missy see me I because you are like yeah you're opening the energy but there's like those different layers right because we've got like that self that like extends like six feet beyond our physical body and when someone steps

01:02:17 into that space like it already is impacting us and we can feel it whether we're aware of it or not why some people give us the creeps and some people give us the who are you um and then you just like layer by layer how much are you revealing and like showing because even though we can feel it doesn't mean we're sending it back so are we opening up as much as someone's opening up to us are we opening up first you know kind of like vulnerability leadership like hey I'll show you like it's safe to be open

01:02:51 it's safe to share yourself with me um and then just kind of yeah taking that Journey or playing in that sandbox yeah and because I even forgetting that I describe so many things as intimate like my breath work my weekly breath work class that only a couple people sign up for instead of saying like I wish more people came I'm like it's very intimate you know and I forget that I use that term as a positive of we get to share a little bit more get a little more vulnerable in a small group so it's

01:03:26 I love that about my intimate breath work classes same with friendships like when we cross over that moment like at that like it's I think it's a different age for everybody but there's that time in our lives where we want the quantity of friends the more friends I have the more like I like this was true for me at a time maybe not for everybody but like oh then I have more thing like people I can connect with more um invites more hangout time and I

can just get out of the house so not everybody's available

01:03:59 all the time so the more friends the quantity the better and then stepping into that new threshold of like oh no quality friends like quality of the people even if it's not a big number it's like a few quality relationships can take you so much further in terms of like friendship growth and getting to know people than the quantity that's a great lesson intimacy and ship as well and in I think in self too like that like how intimate can I get with myself to have these deep relationships how much can I go in into

01:04:35 and see myself and share myself with others um versus just I show up at the parties and have good time and everybody and I laugh and then I go out home but nobody really knows me absolutely I think that's the I don't know the word it's like the recipe is you have to go inward first the the more for me anyway The more I've gone inward with myself and have located and found these parts of me that either I had deemed broken or bad or shameful as I have gone Inward and like befriended the those parts now I'm

01:05:23 I'm comfortable sharing those Parts with others because I've actually gone in and vetted them and you know and and like oh you're not bad at all you're just really you were hurting and we're all three breath work practitioners so I know for me I'm curious for yall like how how much of a shift that took um I was pretty like introspective and reflective before breath work um training and we went and I know there's a lot of trainings out there ours was quite intense uh six-month very immersive

01:05:57 experiences um and so coming out of that knowing myself on these new levels and like you said Josh those parts you know how much of myself I thought was just me but it wasn't it was um voices from like internal managers or protectors voices from messages I got growing up that I didn't realize or from society or sometimes just where I think it's a really clear voice and it is my voice but it's in response to all of these things and like breath work especially like going through the training um and

01:06:35 continuing practices you know to just 20 minutes before we got started um yeah like really confronting and not being afraid to confront those parts that it's like oh I might not entirely be who I thought I was I might be this um much gentler person than I expected to be oh okay so I was raised to be really tough so that's not me at all that changes a lot of perspectives about how I would even handle any kind of situation so yeah I don't think I had a point just reflecting on how breath work has changed yeah yeah I did have a point

01:07:13 okay um about how like breath work has like shifted that intimacy with myself and then curious how it impacted your intimacy as well for me it was like almost opposite like I was raised to be so quiet and reserved and don't show anger don't show sadness and



I was like oh my God I have all these emotions that have been dying to be felt and I'm still processing and working through that today I um did pause just in the cohort before you guys and it's still just a practice of discovering and that's why we call our

01:07:54 podcast deeper awareness because constantly going deeper and deeper and because at one point I'm like okay there's a there has to be an endgame here like I have to find that healing that higher self of me and get there and stay there but it's a constant up and down and maybe go a little higher one time maybe go a little lower the next time and then it's it's just always it's a constant Hill and Valley Journey can I make a comment about that yes please so because I too thought like I was going

01:08:24 to reach this height of healing and then it's just easy street and then I realized like in that expansion like it's not in One Direction it's in all directions outward and inward so as I've like gotten more intimate with my higher self and like aligned those layers of self the deeper some of that Darkness or hurt or pain or though um stories or illusions that I've created in my reality like the deeper that goes and so it's like I'm not expanding just to the high highs I'm expanding to the low lows

01:09:04 and the difference is is now I can hold it all versus like internally internalizing one part of the other it's like oh no I just keep like zooming out more and more and more more as I get away from the camera Limitless limit yes and we talk Josh and I like to talk a lot about you know the highs and the lows of and how important both are of the healing Journey it's all of it all of it exactly and it is it's that capacity to hold it all just a bigger sandbox and then you just find more and more toys sometimes not toys so

01:09:42 Jamie would you like to finish giving the opportunity for our guests to share your message with the world whatever is here for you you and wants to come forward you know it comes back to that like Delight thing that's my favorite experience that especially surprise and Delight um and I have found that that you just just need to give yourself permission for it because it's around us all the time like these like delightful surprises are around us all the time um the disassociating I experience really cut me off from that and so being so

01:10:20 like more present with myself I get to experience so much more of it because it's sometimes just like in this conversation there's been so many moments that have been so delightful for me and I've enjoyed this experience in a disassociated um you know State of Mind like it's it's not going to feel much of anything and then I would miss out on just like the connections we're having the laughs we're having the joy and that's just everywhere so like just giving yourself permission to like let

01:10:49 life be delightful no matter what's going on in your world and I can say say that

with like a lot of authority because of a lot of things that have gone on in my life that still finding Delight sometimes is like the thing that saves you but then sometimes it's just the wonderful thing that gets to happen you know every day I guess or a blueberry like a blueberry especially like you know when you pop one in your mouth and it's just like perfectly crisp on the outside you get that little like gush and then like

01:11:21 the juice comes out and the flavor is so vibrant and just like this is why I live that's how I feel about tomatoes like cherry tomatoes espe those little little ones we grew a lot of those on the farm this year and it was my it was my snack it was always like okay I'm hungry lunches for another hour cherry tomato and it was the most joyful thing ever right off the vine can you imagine how good those were before like we knew candy and candy existed like to just pop one of those in our mouths like I know

01:11:52 yeah I would think the same thing when that we were harvesting potatoes and like digging through the dirt and all a sudden there's just like purple potato I'm like can you imagine like discovering these potatoes before they existed it's just like this like bright purple or red thing in the ground it's amazing it's just like yeah what a surprise and just letting your whole system feel that Delight that like kind of like champagne bubbles in your body yeah so yeah go go be delighted go be a blueberry everybody go be a purple

01:12:24 potato the first purple potato thank you for listening to the deeper awareness podcast where the Journey of self-discovery and inner growth continues to unfold we hope this episode has ignited a spark within you and inspired you to embrace a more conscious and authentic existence by looking within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us

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01:14:12 you on this transformative Journey our experienced facilitators are here to hold space for you as you explore the depths of your Consciousness and discover the infinite potential within visit you belong breathwork docomo for being a part of our deeper awareness Community stay connected stay curious and may you embrace your true Essence with love and compassion goodbye for now and see you in the next episode

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