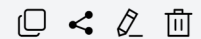




1 notes

00:03



00:00 what is breath work I I had no idea never have heard of this nothing and I remember getting on and there was like the spark in my body I it's like a feeling I've never felt before of like like right in my solar plexus this like warm almost like like it made me sweaty kind of feeling and I felt this like rush through my whole body like an adrenaline rush and I remember like going into like cold sweats and I was like what the hell is going on in my body right now am I having like an anxiety attack is this like the start of

00:40 a panic attack now and I remember just like you know putting in my information to find out more information and Megan called me and next thing I know I'm like asking my husband for my my wallet to pay for it and I get off the phone and I'm like what the the did I just do welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry

01:22 joined by the delightful Hannah Oxley let's begin hello and welcome back to this week's episode of Deep Awareness on the show today Josh and I had an opportunity to listen to Cheyenne gager Jackson's story and we get this beautiful glimpse into her life and how time after time when it proves that time after time when we follow our heart it just leads us down this path of finding our purpose and that's exactly what she did as she enters this world of somatic healing um and she's just is able to

02:00 help so many people so it's just it was such a gift to be able to listen to her experience and how she got here so if her story or any of the other stories that we share on here resonate with you please share with a friend like comment subscribe um on whatever platform you're listening to because wouldn't it be just a wonderful thing for people's stories like Cheyenne to get heard around the world so please enjoy this episode today we have Cheyenne would you like to introduce yourself and tell the

02:40 world what you what it is you do how you help people yeah so I am Shan Gallagher I live in Arizona right now I have a little shop that I do one-on-one sessions and I am a trauma informed breath work facilitator as as well as the advanced level two breath work

through pause and I am a trauma informed sematic healing coach through pause and I am a yui raiki master that's so beautiful a lot of Juicy stuff happening there yes yes sorry how do you spell the Reiki u s UI and then Reiki re e i k i I'll look it

03:30 up yeah so my grandmother is the one who attuned me and she was only number three attuned from yui's Grand or um I'm sorry granddaughter um in Hawaii so the lineage of mine I'm only like number 11 straight from yui yeah that's so fascinating very traditional very authentic um not like what you see now you know if you get on like Tik Tok and things where a little bit more um woo woo looking I guess um it's very very traditional almost seems kind of basic but very potent energy yeah and so is that what

04:14 you got into first before breath work and sematics um actually first I did massage therapy and uh yeah I started there um actually to go back even further I always knew I wanted to help people um I just didn't know what that entailed I didn't know how to even begin so I went to cosmetology school and to me to make someone look beautiful makes them feel beautiful and there's that inner connection to your hair especially with women you know your hair is everything and so at 13 I dropped out of high

04:51 school and got my GED to go to cosmetology school um but then I had my daughter two weeks before graduation so I actually didn't get certified in it but it was my first step of like wow I can really change someone's perspective of themselves just by making them look nice to them you know making them feel beautiful so can we back up to the dropped out of high school moment like what was going on there if you're okay sharing yeah so um actually this is kind of really where my journey took off for

05:29 me and I I realized just how disconnected num I really was um so very backstory I'm just going to start from the beginning when I was little I was very open to energies I was like one of those weird kids that I could like see things hear things I knew things that was like you know she's crazy she's making it a very strong imagination I remember like sharing with my family that I could like at the time I didn't know the terminology but like astal project so I was like hey I can see myself sitting on that rock over there

06:10 staring at myself staring at myself you know and they were like okay you know and I think just from that perspective of such a young age of everyone telling you like that's not true that can't be true you don't see these things that you start to find ways to like numb it to quiet it down um and then we made a really big transition um a quick transition from Ohio to Arizona it was in three days we packed up our whole house you know a family of six moved clear across the United States to start over and it came with a lot of

06:50 like unknown why are we doing this you know we were all left in the dark and so

from that perspective I I you know now I know like my nervous system was shutting down I was coming into this space of there's no trust there's no um understanding I don't know what's going on and then a few months after moving to Arizona my mom left so it was my dad raising four girls by himself all very close in age all teenagers at the time um that at this point in my life I felt like I needed to feel something which

07:30 led to a drug and alcohol addiction from 13 until I was 16 and so I just felt like at school I never fit in I was always kind of The Loner but also the party one so like yes I had tons of friends but in the space of I always had drugs and alcohol there was always going to be a good time had and in return I felt wanted I felt needed I felt you know these were my people I didn't have my people at home anymore these were now my people and so I got into some trouble and I got kicked out of my house and moved back to Ohio which

08:11 was not any better come back and then ended up in juvie so from that point I was like I need to kind of do something different and at this point my mom was slowly coming back into our lives and she was like I'll pay for you to go to Cosmetology School you just have to be 16 and I was like yes I'll do it um and then shortly after like 3 weeks later I found out I was pregnant so yeah that's kind of where it all began and just such a young age of just none and and you know lived this numbness up until I

08:48 actually found pause breath work back in 2021 yeah so you know I had my daughter at 16 and I tried to go back to school because I needed structure I needed some guidance of what to do next and it just it didn't fit I didn't want to ever leave her I got this um really bad postpartum anxiety I didn't want to leave her with anybody I didn't ever want to be away from her and so I ended up just keeping the GED and going to work full-time and so yeah that's that was a big struggle for me for a long

09:28 time yeah well thanks for sharing all that it sounds there's a there's a lot there and just it's feels like there's a lot of just uncertainty in your in your um upbringing yeah yeah we've um Hannah and I have talked about as people have come on these patterns that we start to see in society and it seems like you having those gifts at such a young age but that nobody related and that deep need that we all have to belong right and then we hide the the weird parts of us that are keeping us from belonging

10:19 but then we disconnect from ourselves yes and so and then that need to numb because when we're disconnected from ourselves that doesn't feel good doesn't feel authentic um so I'm curious if in like a good enough world or a a better better Society because understanding you're not the only one right that has those gifts and those gifts are are so needed today so if like you you were to speak to your parents back then or to parents in general that may have gifted children that are saying these things like what

11:12 what advice would you give yeah yeah so this is something that is actually very present in my life now because um all three of my children have shared things with me that I'm like wow how do you know this where does this come from and you know I think just needs to be a little bit of um compassion and and just listening to what they're saying and and there doesn't need to be a conversation around it sometimes just listening and like oh wow that's really really cool that you're experiencing that or like you

11:46 know share with me what that feels like there needs to be more of that open conversation about it um because like with my daughter when she was young she actually walked me through one of my great aunt's homes that she hasn't been in in 30 years but I mean she had full details of exactly how it looked and I was like oh that's really interesting like were you there and she would tell me yeah I've been there before I've been in this house I remember being with them and to me I was like oh so maybe she's

12:19 still in that thin veil of between the lives between and remembering her past life and and being in a space of oh I've been here before there's that remembrance and same with my son you know just on um the second my family celebrates Day of the Dead and you know we did our Altar and my youngest son who's two was up all night having conversations about all his dinosaurs and he was jumping around and playing and you know the human part of me was like damn it go to bed like please just go to sleep but then you know that

12:59 softer gentler understanding soul that I have is like wow who's here that he's having these conversations this experience with you know obviously somebody has come to share this moment with him and in a space of never meeting in this lifetime and and taking this opportunity to to have this conversation now so it was actually beautiful and you know I think we just need to not have to understand everything not have to have answers to everything just let it be there's so much unknown in this world that we can't explain it

13:40 all and just make the space for them to experience it yeah yeah absolutely yeah because the next chapter for us I see is you know people finally leaning into the knowledge of frequencies and energies and and the time the where we get all of that knowledge is when we were kids and we like let that go so I think you know inviting back that sense of playing and just getting curious yeah not trying and Define things but you get a feeling of some sort of you know different energy around you just get curious about it and not

14:24 try to explain it away yeah exactly yeah just allow it to be yeah it's beautiful well I feel like there's so much like safety is a New Concept to me in the last year and it's like this idea of safe to be me it feels like that's where authenticity gets to be gets to be um and



then it feels like we get to expand as a Society what how to let more people belong as they are and it feels like the way to do that is to ensure that somebody knows they belong as they are and that they belong to themselves that make sense and so when

15:21 we belong to ourselves as we are and we're accepted in a society it feels like that's when we as a society just expand and grow and there's so much love in that space yeah yeah no more trying to fit in yeah yeah yeah I love that you just shared that because honestly up until I started pause there was no sense of safety in my system as well and so trying to still receive and feel that safety um has allowed me in return to step into my most authentic self and from that space I am able to share that same sense of

16:09 safety and and The Guiding of other people into their most authentic self to just let it be to let themselves Express fully who they are in the safety and connection of this so yeah yeah it's quite the journey that's why we that's why I love doing this podcast is because just permissioning people to be their authentic s and it's it's not it doesn't come that easy like I have to remind myself constantly to continue to be authentic like because that voice constantly will come in to be like

16:49 people might think you're weird if you do that like that voice is never going to completely go away but it's about noticing maybe it can but it's about noticing when that's being too loud and and just being like I'm safe I am safe reminding finding that safety in your body reminding yourself that you're safe to be you yeah yeah it's contagious absolutely so Cheyenne if we go back and we like to uncover like if there's a moment or moments you know that kind of Led You inward that there was like this you're

17:28 like doing the thing that Society said and then you're like well this is not working at all like let me figure out this other way can you walk us through that yeah so let's take it back to when I had my daughter um there was this like switch that clicked on that was like remember remember who you are and and be that for her and so I was like yeah I need to feel my body again and so that's when I was like let's do massage therapy because if I can feel others bodies there's that cocreated healing that happens as the

18:16 massage therapist as well because you're handson touching someone as they're starting to feel good you in return receive that that same energy you know if you're open to it and you can read that energy it is a reciprocal receiving and so I started to just really love the healing that people were getting physically from it and in return like that was physically an internally healing a part of me that was like oh I I am needed people people want me they need me and so um I was talking with my grandmother

18:57 about it and she was like well why don't we do raiki with your massage and I was

like I don't even know what you're talking about what is that and she was like shocked that I had never heard of this before especially coming from massage therapy and you know it is a Hands-On modality so she offered me a session and I remember like floating off the table I remember just being so wide open overly emotional because for the first time in at least six years my body rested my body was able to feel for myself and not feel from somebody else's

19:41 perspective or this false sense of I feel good because I'm helping people you know that was that was such such a protector for me for so long um so from that that day I was like yes I want to do this for myself I want to do this for my family I want to share this and then again I start doing it and there was oh this is culty work oh you're a witch oh you're doing devil work and you know this is against all religions and even if you were to explain it you know it's only from their perspective only from their capacity

20:21 that they'll understand it so again I felt like oh I need to come back I need to you know pull it back in reel it in I can't I don't want to be that I you know I don't want people to think that I'm this witchy devil worshipping satanic energy worker like that just seemed really uncomfortable for me so I diverted and I went to become a waitress and then I bartended and then I worked as a at at the school as a one-on-one Aid because in all of these jobs I felt like there was still that that connection there was still that you

21:03 know healing going on because you you have to be personable you want to listen to people you want to hear their stories you want to be that safe space for someone to talk and even though like yes you're serving food you still create relationships you know as as a bartender people look at you as a therapist you know towards the end of the night you know a lot of people's stories and in that in that space it felt good for me again you know I started to feel like wow I need it somebody somebody feels safe and wants to talk to me and that

21:36 feels good but again that it was still that like I'm I'm constantly helping helping helping others and there's still this disconnect from my own self and it wasn't until I went through a really ugly divorce and was left you know homeless two kids working three jobs that I was like in just complete survival mode like just numb and you know a few years later I met my husband now and we ended up having a child and when he was born though he was you know upside down and he was breach and just you know all the

22:19 things that happened happened and it was just a very traumatic birth experience he came out with um tongue tied and buckle and then um he had a lot of food allergies a lot of skin allergies so for like the first year of his life we were in and out of hospitals all the time and so again I felt like I was stuck in this survival mode and two kids at home and a

baby that we had appointments for all the time and I remember you know the day that I was just like I I can't I um I can't do this anymore sorry it always

22:57 makes me like so emotional because I was sitting in the back seat of the car with him and he never traveled well so he was like screaming and crying and you know we're on the freeway going down to Phoenix Children's Hospital and I just remember like thinking in my mind like how can I just how can I just end this for myself I don't want to I don't want to feel this anymore and I'm bringing everybody down down because I'm just constantly stressed and there's just been no sense of safety of of connection with anybody

23:38 because now I've been isolated to taking care of this baby and it was just ruining relationships with everybody with my two older kids with my husband and I just remember like you know you get to that point where like all the things are going through your mind and nothing's going through your mind it's the same time that I was like blindly scrolling all the social medias just trying to do something and and to kind of like tune out his crying because it was just you know it's overwhelming and it was like pause

24:14 breath work popped up and it was like trauma informed and I was you know it it's one of those things where it like pings your system but you're like why why I already do energy healing why this you know so I kind of just like discredited it and put it aside and then I switched over to like Instagram and it was like instant pause breath work and I'm like again like why is my algorithm doing this I don't look up this stuff right now like it wasn't even in my my vocabulary of anything on healing right

24:48 now like I was so like low vibrational numbness that it wouldn't have been in my algorithm and then I got on Tik Tok and it was like this woman doing a demonstration of how powerful your breath can be and you know coming back to your body and I was like okay I'm all about the universal signs and for me if I see something three times in a row like pay attention and it was honestly within like 30 minutes all of these three things had come up so I I remember remember like Googling what the hell is Paw breath

25:32 work like what what does that even mean or like what is breath work I I had no idea never have heard of this nothing and I remember getting on and there was like the spark in my body I it's like a feeling I've never felt before of like like right in my solar plexus this like warm almost like like it made me sweaty kind of feeling and I felt this like rush through my whole body like an adrenaline rush and I remember like going into like cold sweats and I was like what the hell is going on in my body right now am I having like an

26:12 anxiety attack is this like the start of a panic attack now and I remember just like you know putting in my information to find out more information and Megan called me



and next thing I know I'm like asking husband from my my wallet to pay for it and I get off the phone and I'm like what the did I just do this is like not who I am I'm so type A that like I need to have pros and cons I need to have everything lined up for me to say no and I just did it and it was like in that moment it felt like I had to be here

26:57 like there was no more like I need to run away there was no more like I have to end this because now there's like that opening that purpose again that sense of I'm so needed like how dare you think those thoughts five minutes ago you know and so I signed up right before the May cohort I started or the April cohort started so I actually missed it by like a week and I ended up starting in October but I took those months to just take them take it all in like anybody that posted they needed hours I was on it the three-day challenges I was

27:42 on it like it sparked something in me that was like this is what you need to be doing so experience it all so when the time is ready and it's here you'll already know how you are going to feel and help others and so I remember like my first three sessions though I was she was you know beautifully guiding and I was like I just don't feel it I'm breathing I'm breathing where's the experience and it wasn't until I did um I want to say it was Megan's first one the um Mentor Megan that I was like

28:24 blown wide open I had never cried so ugly in my life like it was the deepest of ugliest cries and then I remember laughing because it was like oh it's just that easy it's just that easy to let the emotion out and and there was no judgment nobody told me like oh my God stop crying that so ugly pull yourself together it was almost like that's beautiful wow like good for you and then it like it just switched that it was okay to cry it was okay to feel it was okay to have these emotions that it was yeah it was such a profound experience

29:08 that really shifted my perspective of it's okay we we can feel this way and it doesn't have to be you know pushed down shoved down you know knock it off suck it up kind of thing so yeah yeah I'm I'm G Away by your car ride like yeah I'm sure that was a great basis because when they in the program when they talk about you know just being able to hold the duality of everything like that was the perfect example of holding everything like from one extreme to the next of feeling completely lost

29:49 to feeling like oh my God this is this is everything yeah so oh I love I love that moment for you yeah thank you I did the same thing when I after I paid for it I was like what did I just do so funny how so many people have that same experience that same calling of there's no there's no saying no here yeah yeah yeah and you know going through the the breath work program it was just everything for me because even like in the beginning and you know something that I've always experienced that I learned has become this triggered



30:32 pattern and this protector is when things get hard just quit just quit the world will continue your life will continue don't struggle don't try to overcome it just quit and you know when I went through the pause breath work program I realized like holy this is something that I'm actually finishing you know I didn't finish school I didn't finish massage or um Cosmetology School my raiki business I just stopped because somebody told me that I was something I wasn't you know and it was just like

31:06 this this pattern in my life and when I got through the pause program I was like I just did that like oh my God I was able to find this part of me that just felt like when things got hard to stop and it was really easy actually you know once I found that depth and that connection to just rewrite the story that I don't have to quit that this is an opportunity to explore this is an opportunity to go even deeper into it and you know then as the world works as the universe comes in sematic came up and they were like we're starting a

31:50 sematic course in February and you know sign up now and of course same thing I was like sematic like what what does that even mean like sematic is your body there's so many things you can do with sematic healing so I was like I don't know and I had the call and it was like again where's my card let me just pay for this I don't know what I'm getting into and it was such a deeper deeper level like I had to go through this this program had to be in my life to get me to where I am today not to mention that sense of

32:33 community too that you thought didn't exist for you yeah absolutely absolutely because still I find the pause family is family like they're not going away they're still here I feel such a connection to them even you know just watching their their Instagrams their Facebooks their Tik toks it's like oh yeah you go girl like this is my family right here there's such a support system that you know I don't think my system has ever felt truly felt until this program and discovering all that ease

33:11 too of like when you said oh it's oh I it's just this easy to let the emotions out yeah and it's just this easy to follow this my heart and just like all that ease that comes along with surrendering into something that is calling you yeah yeah absolutely oh it's so beautiful so I have a question with so one of my mentors taught me this idea of invisible prisons it's like these beliefs that that are in us and it's um beliefs about ourselves or about the world or about money or relationship ship or whatever it is and

33:59 they're inside of us and they're driving the bus and we don't even know they're there um and then for me the work has been going in and finding those so can you remember before breath work like your view of yourself and then after you know going through the breath work and then the sematic coaching program and you talked about this

depth that you experienced and I've used that word before but depth is kind of like an abstract label that can be mentally understood but to be felt is different I don't know if you

34:49 can like talk to that yeah yeah so I remember before breath work and for really diving into this you know internal healing this internal connection I viewed myself as this working mom who just had to work work work to make it to survive to just be here and you know anytime I thought that I was something else which was you know an authentic feeling I allowed the projection of others to put that identification on me that I'm not and so for the longest time I walked around with these labels these identifications of oh the bartender oh

35:36 the waitress the the school aid you know my kids' mom and as much as all of that was true it those are like surface labels so when I allowed myself to you know come in and embody who I am and find my true Essence it was like no you're Cheyenne you are this bright being you are this light in this world you are here to heal you are here to help and it was such a shift in my internal perspective that externally it was like I need to radiate that energy I need to allow people to feel that like yes although this is my

36:24 job that's not who I am I am still this being I'm still this Soul that's on the same Journey as you in a different experience and from that perspective it really just shows me that you can be all these things on the outside but your internal Essence will shine through through your energy and through what you authentically offer to this world you know right now I'm still a preschool teacher but there's so much more of holding compassion and and empathy and love and understanding for these little

36:57 little bodies these little Minds that you know you can allow them the space to step into who they are without that projection already need to sit you need to do this you need to be this it's like no tell me who you are what do you like to do you know Express Yourself freely show me what it is that you like about yourself and it's now that we have this ability to shift that perspective for others as well you know guiding them into tell me who you are because a lot of times people identify with what Society has

37:33 identified them with and it's not until they come in where it's like yeah this is what I do but this is who I truly am that they're able to find that connection and then allow that connection that energy to to be shared so do you feel so I've asked a few people this the the idea of going within so for me it felt I I was afraid of what I'd find I I was afraid that what I thought was in there would be confirmed and that felt scary so did you have similar or was there different for you when you when you realized going

38:22 in was the answer what what kind of resistances did you encounter yeah so when I

started the Journey of going within there was resistance because a lot of that same you know hearing things again seeing things again being able to you know be an observer of my physical body from an outside space just kind of reconfirmed everything that I experienced as a child and there was this almost um like anger around it it because there was like this has always been here and there's this longing that all this time I could have had this and then there's

39:05 that resentment of everybody always shutting me out so it was an internal conflict of like you know we this is the part that needs to be healed there's that forgiveness of of them not understanding from their perspective there's this forgiveness for them not having the capacity to understand that we're all different we're all going through a different experience in this world we all come from different experiences and we're all here for different reasons as well and so from that I was able to just kind of Let It

39:42 Go that although I haven't had all this time to amplify and dive deeper into this gift it's also now a new opportunity to go deeper and to explore and bring curiosity to how I can move forward with this sight with this hearing with this all knowing with being able to you know project for whatever outcome it's just been kind of now like a fun exploration of a remembrance but also now a leveling up a an ascending into it that I think you know if I wasn't ever to come into my body I don't think I would have ever gotten out of

40:27 these Vicious Cycles of just running to keep up you know finding myself in this survival that it's now I'm able to come in and rest and explore and bring that Curiosity of fun into what it is we all have the ability to do it's like another layer unlocked every time you come in and you know yes there are things that like I still have to work through you know things come up and it's like oh okay I find myself angry over this again let's sit with it let's go a little deeper into that and and begin to shed

41:02 another layer of it so we can expand a little more so in the breathwork world we understand what like embodiment or coming into our body means can you share for for maybe listeners that don't understand can you just kind of explain it Define it what what is that for you yeah so the best way for me to explain to even my clients this this sense of feeling is you get to a point where you're just focusing on your breath that your mind begins to quiet there's no thoughts coming in this moment and you just become so much more aware and

41:51 attuned to your physical body as as a body you know it's not yours it's not anything it's just this body lying here and the more you bring that awareness to this body the more you can go even deeper into your body you can begin to feel you know I like to guide for those that have never done it you know feel your skin and then you know going a layer

deeper notice if you can feel the warmth of your blood as it's flowing through you and then you know once you can get through that layer that depth notice if you can feel the

42:30 bones you know it it's it's a whole awareness of a physical feeling that some people need to understand what it's like to come into your body physically to have that awareness that connection to your body and even just noticing like the expansion of your lungs some people just don't even bring that awareness of your breath is expanding your lungs that is now oxygenating your entire body and bringing this circulation so for those that have never done it I like to incorporate more of like the science base behind it the

43:07 actual body part of it and then you know one thing that we really focused on with like sematic is you know you go into your body your physical body and then you allow yourself to go into a depth outside of your body which is now into like your emotional body and you get to feel from this emot flow and wave of all these emotions that you've been holding within your body and there's this exploration of you know where these emotions are coming from you know a lot of people will feel like for instance a pain in their knee you know

43:42 if you bring your physical awareness or your awareness to the physical space of your knee and then guide them into the emotional space of the knee they start to release the emotion that's been there and and they may not know or have ever had that kind of connection to possibly an emotion being there and so for me it's just it's it's you know tiptoeing into the body some people that have never done this they need that very slow tight trated experience of your physical body before you can really dive deep

44:20 into the emotions that lie here and that just comes from my own perspective because you know I my own experience I had to physically feel my body first because there was such a disconnect that you know you take for granted all that your body does for you until you are guided into noticing it into bringing awareness to each part of you so do you feel well what are the benefits of being in your body like why would somebody care about their knee and their the emotion tied to it like they're doing the thing they're living

45:01 their life like is there a reason somebody would intentionally want to do what you're offering yeah I think it comes from a space of when they're ready also you know you have to have that little bit of curiosity of what it is that we offer but when you come into your body you're physically healing from this from this perspective from your breath you are physically bringing in a healing element into your body of lowering your blood pressure you know offering more circulation oxygenating your body cancer

45:41 can't live in a ph balanced body so you're actually physically fighting off the disease



and and purifying your system but from an emotional standpoint when you get into the emotions you're actually rewiring your brain for more positivity so when you begin to work through these emotions that have been trapped here that have been causing disease and discomfort you're taking yourself out of the triggers you're letting those protectors go in order to be your true self to allow these these protectors to to step away

46:21 for a while in order to really see what's here you know a lot of times our our mind creates stories around why emotion is here but when you allow yourself to just experience the emotion those those mental mind stories get seen from a bigger perspective you know you have more of a capacity to understand what it is the experience that you've gone through and and through this matur and more wiser person that you are now you can begin to heal from that day depth does that make sense okay yeah and another thing I've

47:03 experienced from being more in my body it feels like I have more access to my heart and I can connect with people differently like I didn't know I could connect I it feels like I've always tried to connect with my mind so then I need something outside of me like sports or I I was big into pickle ball and it was like let's talk about pickle ball and then we're connected but it but then I had to be doing the thing to connect with them and I've learned that the more in my heart I can then connect with

47:45 them regardless like if they're going through a hard thing let's let me meet you there and I I want to hear more about that it feels like it's expanded my capacity to connect yeah yeah that absolutely resonates because yes when you do this embodiment work you know as the facilitator as the practitioner you're not coming from a space in your mind to fix the problems for them you are coming from a space within your own body within your own heart to just hold it to be there to meet them where they're at to

48:25 have that Co nourishing experience with them of you know I'm not going to fix you I'm not going to heal you but I'm gonna hold this space for you to do it for yourself I was just gonna say most people have never experienced any of that before that's such a foreign concept yeah and I think that is one thing that a lot of people have such a hard time you know wanting to experience this because you know in Society now it's you go to a doctor you get prescriptions you go to a therapist they're going to tell you all

49:02 the things and they want you to you know when you're when you're in a space of mental mind work they want you to talk about it they want you to come from a space within your mind of all the remembrance this is such a bottom up approach to that kind of healing that you know I don't want you to tell me about it I don't want you to go completely back into the trauma experience from within your mind's eye I want you to go into your body and I want you to allow yourself to feel the emotions of the experience to

just be

49:38 with the emotions as they arise because coming from that perspective you're not ret traumatizing yourself you're freeing yourself you are surrendering to this emotion that's been held here for so long that's wanted to be felt that that's needed a place safe enough to be seen to be heard through the processing and as the practitioner you're just holding them in that loving experience you're just allowing them and accepting them from this point of view from this perspective and from this capacity that

50:16 they have to venture into that and and begin to release it and what a beautiful release yes yes it is I'd love to hear about the gifts that were squashed yeah child and then how you're embracing those and like welcoming those and um allowing them to benefit others and yourself I'm sure yeah so and it's it's so funny because um I remember going through this sematic program and these experiences were so profound in almost every single sematic session that I guided it was like I could see their

51:07 Spirit gu around I could feel their loved ones wanting to communicate and you know just this at first overwhelmed of like I this is this isn't sematic work like you guys need to all back up because I'm trying to get them into the anger you know they're feeling anger rising in their chest back up and I remember calling Mars one day and was like Mars what is going on why am I having these experiences and she was the one that was like lean into it why are you resisting why are you pushing everybody away and I was

51:43 like that's what I was told to do you know that's that was you know in my system that remembrance of this can't be true push it away you know you're not really having this experience this is false and it was that internal dialogue from others that has been projected on me and so after that conversation with Mars it allowed me to take that time for that deeper exploration of like I need to shed those identities I need to shed that projection of this isn't true this is false and and just open up my system

52:22 to letting it be and so you know since that conversation with Mars it's like you know I invite in the energies I invite in their Spirit guides because a lot of times people feel much safer you know not just in our container of healing but it's like you're never alone on this earth like you have Spirit guides here to guide you through this journey as well they're always here they're going to always help you and support you through this and something that I've really come to love in this in this journey of breath work

53:01 and sematic is you know your loved ones come through when there's something really hard that you are holding on to you know when you're working through that processing of grief and you know you're still hitting a wall and hitting a wall it's always a

beautiful experience for me when the loved one comes just as a support of like I understand you're grieving me still but I'm always around there's still that felt sense of me here and and then there's also this journey of like remember all these beautiful times

53:36 together remember all these wonderful experiences we've had and and how you've grown from this experience so it's all you know it's it's a remembering and a coming back to that childhood gifts that I had that now it's like leaning into that has really helped my clients in their own healing and their own releasing with the safety with that comfort of the energies of the support system they have not just in this Earthly plane but also in the Realms of the spirit world and and the other dimensions but what does leaning into it

54:17 look like do you like tell the client that so and so is here with you like after the fact or how do you play around with that yeah sometimes it's it's kind of like you know in the beginning part of the open conversation is attuning to their energy and and understanding if they're open to that kind of um connection Sometimes they come in a space of fear and and that's okay I never want to be like Oh I'm sorry you're afraid but your grandma's here you know I'll never come at them like

54:49 that but you know it's also just when they're in the experience trusting that you know they're feeling other energies around you know notice if you're feeling the warmth on your hand of this loving support you know honoring you as you release this grief or you're you're coming into this experience that you're not alone there is support here and a lot of times clients are open to that because there is this longing for that connection again for that that sense that they're still around you know a lot

55:22 of people hear that like oh your loved ones are always around you always have guides you know but putting them in the experience of you know almost like don't you know you feel it trust that you're feeling that trust that what you're hearing what you're seeing this the all knowing that's coming through your body is true and there's also this now shift in their body of like oh yeah no they are here wow oh my gosh they're here and now there's this like excitement and this this comfort so they can go through

55:55 the the process that they're not alone to ever go through the process so it has been quite a beautiful um tool to add into the experiences that really is so beautiful yeah I was just really feeling like gratitude for the hard things that you've gone through because of the war you know the woman that that sits before us and all the hard things that you've learned and how you can help people because at a very real level you experienced it yeah and there's something very safe and relatable about sitting with someone that that's been

56:48 there yeah thank you and I absolutely agree with that you know for someone some



who can be open and vulnerable and share their own life experiences allows for others to feel that safety to share and and come from a space of relate you know feeling relatable you know everybody goes through experiences and there's you know no experience that's ever going to be greater than the other because within our bodies we all process it differently trauma is trauma no matter what the experience is and so I think that coming from that perspective

57:28 allows people to feel validated that even though you know they've been told like that was nothing you're fine get over it their system is still very ruptured in that experience and now have all these triggers from it that having someone to just sit with them and validate that you know wow you did go through something you I see you I hear you that is absolutely a valid experience a valid trauma and and taking it from that layer allowing them to begin to heal and and shift that perspective within their

58:08 systems so I want to I want to share um this new insight that came through for me last night so Andrea who's been on the podcast she was my mentor and we still you know interact and hang out and whatnot so she was um facilitating me last night and she talked about the rupture and and she said or or wound she she called it a wound and a rupture and she's like whatever you want to call it and that connected a dot inside of me because I call them wounds in me and then there's um this new I don't know if it's new new

58:51 to me this idea of rupture and repair in relationships where two people when we have a rupture if we don't have the skills to repair it then a lot of times we sweep it under the rug and then it festers and the resentment and then it comes out sideways at some point so um learning that skill is really important and healing the wounds underneath that is causing those but but what what landed for me last night that that uh there's like so much gratitude was that my body is my home and I realized as I am building

59:37 this relationship with myself in very much the same way it will look with others is I get to find these wounds and these ruptures inside of me and I'm repairing I'm doing the same work inside of me as I build this relationship ship inside and she talked about Andrea talked about like uh my home is it has like the paintings on the wall and I see like um the sheetrock that has like the dented in that got busted up and I was like oh how long has that been there and then I get to heal it I get to fix it

01:00:19 and little by little I'm building a space which which is my body that is my home and then wherever I go I'm in my body and I feel because I've taken care of it I'm I'm repairing it inside me it there's so much comfort and safety and love that exists inside my vessel which I don't know it it just really was meaningful because I'm repairing it and that shows that I value it and it feels like this is feeding into self-love at a the Inside Job way not



just like a affirmation way it feels like I'm

01:01:10 embodying love because of the care I'm taking to repair all these ruptures inside me yeah that's beautiful and I love that analogy of being able to come into the home and seeing the parts that need to be repaired and and coming from a space of I love this home I need to fix this home because I love this home it's safe for me but yeah that's beautiful and recognizing that when there's been a rupture that's caused the damage that you can come in and and meet it and fix it yeah I've heard the metaphor with a a

01:01:53 car but if we do do it with a home it's the same thing it's like you you've been given one home you don't get another one this is your home for the your whole life and are you going to you know let the gutters get clogged are you going to leave that hole in the wall unpatched or because it's the only one you get you're going to take care of it much as you can so that it lasts as long as it does so I've heard the metaphor with the car like you get the oil changed you do all the things but yeah I like the home

01:02:25 much better because that's where you're living it's your home yeah yeah Josh has the best metaphors you do so Cheyenne how are you working with people and what's like your big Vision like what what does it look like present day and like what what are you wanting to expand into yeah so right now I'm um working in two locations and really just just taking on onetoone clients um I kind of merge everything all into one so it's it's a breath work sematic raiky experience with the energy with the

01:03:05 breathing using your body um but I do have a lot in the works of collaborating with one of my really good friends who does spinal flow and um you know doing some workshops with her and trying to get some Retreats going but yeah I'm kind of just in this space of flow and openness and just allowing it all to be you know I I've really experienced in the last few months that the more I come from sourced energy everything flows when I start to put in that you know mental energy of of doing all the things

01:03:46 and getting all the things done it I I find myself at walls so yeah just kind of in the flow of of sharing these gifts how and where and when with whoever's open to it yeah do you have like a a lot of times because of the things we've gone through we have like a special place in our heart for helping particular people do you have something like that um not not particularly no I find that um I work with quite a diverse um clientele right now that come from all ranges of upbringings of of their experiences of what they're going

01:04:36 through and I think from that point of view right now has allowed me to be outside of the box be outside of this fixed container of this is only what I'm working with and I think that's been a really beautiful experience because I mean I even work with

children I mean I'm a preschool teacher so you know there's ways that I incorporate that into our day-to-day routines but also working with you know adults and and what they're experiencing and and being able to hold the diversity of even just men and women

01:05:09 and their experiences and you know someone who comes from you know an amazing upbringing and someone who's come from such struggles has been a beautiful way to also you know keep me and a friend fres mindset of you know where are we going to go with this where what depth can we take this to today and just leaving it very open and we always like to ask you before we end is there if you can share one message with the world what would that be yeah I think my message would just be to just try experience it I think there's

01:05:58 this you know once you step into the experience there's this aha moment that really unfolds and it's such a beautiful experience to feel to actually feel physically a mentally emotionally who you are and and from that space you get to really allow that authenticity your Soul's Essence to to be here we all have an agenda on this planet we all came to Earth with our contract signed of what we're supposed to do and with this work we're able to come back into a remembrance of why we're here and I

01:06:40 think that is starts with just your first experience you know taking that leap into the journey beautiful yeah thank you so how can people find you I am on Facebook and Instagram and just through my name yeah I have a website Soul too healing. net you can check out my stuff there and what I offer and booking and everything there beautiful thank you for listening to the deeper awareness podcast where the Journey of self-discovery and inner growth continues to unfold we hope this episode has ignited a spark within you

01:07:29 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 on Instagram follow @ deeper awareness podcast podcast to receive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear your thoughts and insights

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01:09:11 potential within visit you belong breathwork tocom to explore our offerings and download a free guided breath work session thank you for being a part of our deeper awareness Community stay connected stay 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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