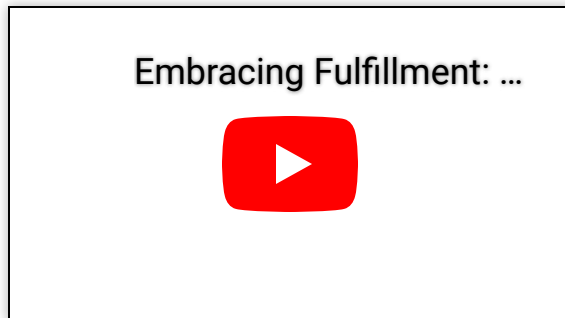


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Notes (1)

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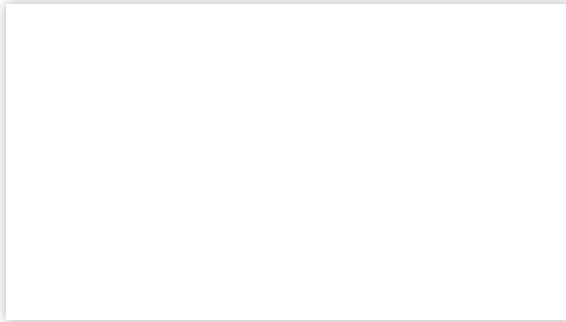
Note

00:00 I experienced a lot of um upheaval in relationships in my life when I stopped drinking alcohol they weren't sure what to expect of me um they weren't just what to say to me like I made a lot of people uncomfortable because I just up and quit drinking alcohol and for the most part that makes people uncomfortable because they're like what's wrong with alcohol is something wrong with me because I drink alcohol and they're not ready to look at that question um simply because I stopped drinking alcohol that poses the

00:32 question and then they're uncomfortable about the entire thing um and so I lost a lot of relationships through that time but as we know when we're evolving and it's good to shed relationships that are no longer serving us welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation Jo join us for enlightening conversations on

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I'm your most Josh Perry joined
by the delightful

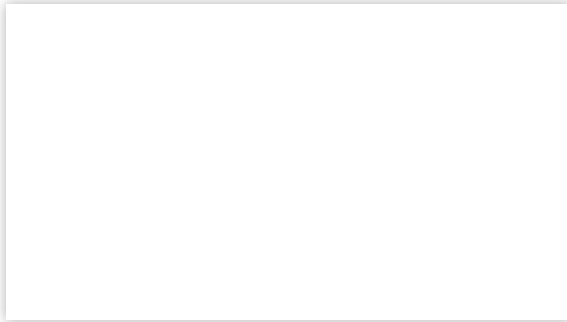
01:10 Hannah Oxley let's
begin but yeah I know Alysa
cuz I I'm pretty sure my
memory serves me like like the
first time we did that first little
bit of facilitation like I think we
were in a breakout room
together yeah I think it was
you and Brony like in um wow
in the for yeah okay like what
and we were in the same pod
too so yeah we yeah we
definitely you're up there and
like the people that I
remember the most from the
whole experience yeah it was
quite the experience yeah do
you have a new tattoo is that

01:56 new um it's actually not
new um I I've had it since 2021
um I'm going to get a new
tattoo this Saturday adding on
to this one so that's kind of
funny oh see my int my
intuition there yes I like a
tattoo but I don't know where I
want to put it so I still just have
yet to do anything many
options so many body parts so
many body parts and did you
know where you choose to get
your first tatto or any tattoo
has like relevance into your
whole life story really yes I
didn't know it um so right here
and it turns out

02:43 forearm um tattoos are
a big [_] you to whoever was
really like messing with your

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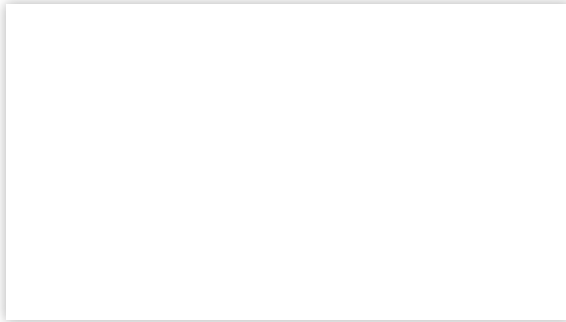
really funny that that that's
where I got that tattoo and
that this signifies my freedom
from alcohol and yoga being
my new thing to do instead of
alcohol so it's funny I love that
that's so good more just you
know body wisdom so Alyssa
this was like three weeks ago I
O anyway I had a breath work
session where I was being
facilitated and at the end this

03:28 like download this it
was like a vision of kind of
sorts and I saw a tattoo on the
inside of my forearm and it
said mine in in like cursive and
since then there's been like so
much meaning to to what that
means and but it feels like it's a
big [_] you for to
Mormonism ISM and to society
that this this is my body this is
my story these are my needs
this is my voice there's so
much mine that's been take
taken away taken away that I'm
reclaiming and so I love that
that you shared that about the

04:21 because it feels like
that's where my first one will
be and it and when you were
like that means it's a big [_]
you and I was like yeah I love
that yeah you did bring I
remember you saying that that
was my time and he off too but
I think that was like a month or
so ago okay yeah yeah I love
that idea mine I love the
reminder I think that's a big
thing if we're getting

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reminded of every day when
you look down so I'm curious
Alyssa have you been a

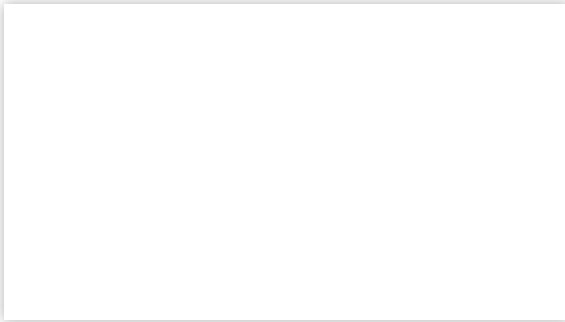
05:07 guest on a other
podcast um yes I was actually a
guest last week in a podcast
that's in a Summit um and so it
was cool to do them back to
back but I'm more nervous
today because I don't know
what we're going to talk about
and I don't like know what
value to bring yeah I love that
because um Hanny did you
know I was on her podcast no
so that was do you remember
when it was I'm not going to
guess probably like March
April okay it was a while ago so
that was that was before
Hannah and I had even

05:46 started like she and I
were having conversations but
it wasn't we weren't recording
it was just like these are really
good we maybe record them
and then so I was curious your
experience because we we
keep hearing people well so
part of the deeper awareness is
just really being reflective on
what's coming up for you here
and how is it different than
when you're a host and when
you're interviewing and then so
that was interesting to me just
to hear that it's like well I don't
know what value I need

06:22 to bring like there's
some value you need to bring
yeah I mean everybody's time

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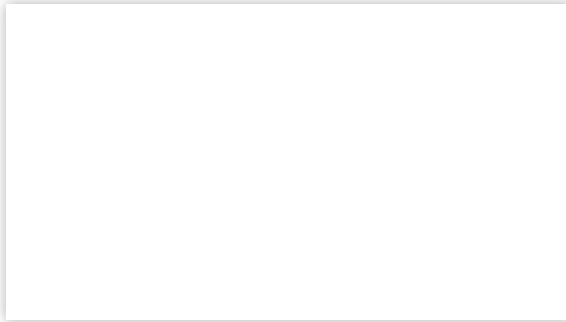
watch this video I feel like they should learn something and that's I've been really aware of that recently with our podcast it's like what can we do to make this valuable for our audience yeah it's kind of been weighing me down though so I I have a thought yeah and this is just me so we had Meg Adams on I don't know if you know her so she was on and afterwards she was

07:08 having all the you know all the thoughts of like I hope I hope that was what you needed or what you wanted out of the podcast and so I reflected on that and realized that this conversation is actually what I'm doing this for that it's the connection and it's the introspection the it's the new awareness it's the diving in yeah it it's it's this and then it doesn't feel selfish but it's very me focused and connecting with you focused too so it feels both and then we just happen to record

07:53 it and we happen happen to upload it that's like the cherry on top and so I love that um reflecting on some of our interviews we've done where we've had two people that are just kind of on talking Josh included and then we've had two authors that are on talking about their book launch or maybe three authors my favorite are just the

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time year so I totally agree well that was also so I I don't want to make too long of a story but I worked on a farm this past summer

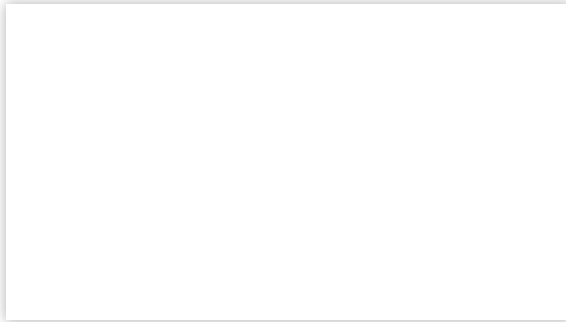
08:36 and it was amazing and I think I might have mentioned that in Wild Souls I can't remember if we talked about that because I've been so busy since then but um when I was working there there's this you know we're out in the fields but there's a wash station and the girl in the wash station she would listen to these podcast so loud and I would from the field I'd be like wow someone's talking so loud but it was just this podcast she listen to and so every time I'd bring some veggies in I'd say you

09:04 know what like what podcast is this and she's like oh it's just girls on tangents I'm like well what do they talk about and she's like really nothing and so I would listen a little bit I'm like oh these girls are literally just complaining about things in the world and it did not resonate with me whatsoever but I was like they have a huge audience I looked into it I'm like people just listen to these the thoughts of these girls and so even that we had already talked about starting our

09:33 podcast and we might have even been doing it at that

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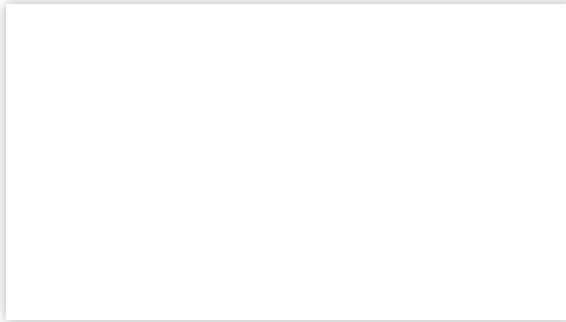
amous just because they they
put themselves out there and
this there's just so the long
story short is for me it's
authenticity like just I think
people just really resonate with
authenticity and something
that they can relate to so that's
what puts my mind at ease cuz
I have those same thoughts of
like like what value are we
bringing like should there be a
theme every time and all this
stuff and it's like I think

10:14 it's just being us and
that permissioning to other
people to be themselves too I
think for me that's what I
what's my intention of this is
just to permission other people
to just be themselves and to
put things out there that don't
that aren't perfect because
that's what I love about
creating this specifically is we
just put it out there we just
wanted to start somewhere
and do it it's not yeah it is what
it is and it's us and yeah
whatever it will turn into it will
be and I love

10:53 that I think so many
people are missing Connection
in their lives that when they
feel like they can be a part of a
conversation just by listening
to it that it feels good for them
so that's a great reminder yeah
thank you guys and even the
imperfections when people
show up imperfect that it puts
people at ease like I went to a

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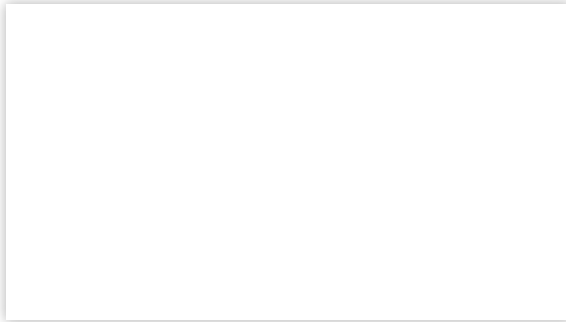
um teaching yoga and she i
don't want to say didn't do a
good job but she was nervous
and she stopped a lot and I
couldn't really follow her

11:33 and I know her fairly
well and so afterward she was
like that was so awful I can't
believe I'm like it was good
though because people
everybody didn't mind they
knew it was your first time and
it's just it g it might just give
someone permission and be
like well she did it and it wasn't
perfect I'm going to start
something and do it even
though it's not perfect and you
have to start somewhere so I
just love that permission slip
yeah no agenda gender
lessness is our main goal here
because we all know

12:02 how to do that
welcome to Today's Show um
Hannah do you want to
introduce Alyssa to our
audience yes I would love to so
today we have Alyssa
Hutchinson did I say that
correctly yeah sometimes I like
over announce over
announce my name and say
Hutchinson actually that didn't
sound as bad as yours did we
have I say it different every
time what um what ethnicity is
that or what the heritage of
Hutchinson I think it's probably
just European somebody's a
son of some Hutch I don't
know some woodworker

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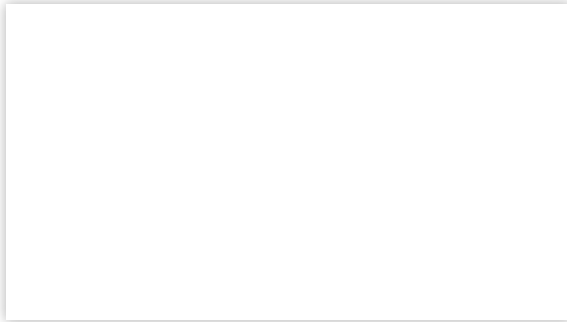
12:50 matches um but yeah so today we have a list um I think you're the first from my cohort we've had so many of Josh's cohort such a lovely group of people but I'm so thrilled to have um a familiar face to me um Alyssa was not only in my cohort but in our pods when we break up into the little groups for our program we were in a nice intimate group we had a lovely mentor and our weekly I remember being surprised that um Tanya our Mentor said that not everyone was showing up in other people's pods all

13:33 the time but so she was very happy that we would always show up all of us it was such a great po that we had so um it's just so nice to I'm like really so excited to have you here today thank you and catch up because I want to know what you're up to so if you'd like to just introduce yourself of how you like the world to know what you're up to and who you are um so I'm a trauma-informed somatic healing coach so I've done the pause coaching program as well as the breath work program um and then I've

14:10 Incorporated breath work and raiki and intentional micro doing and Quantum healing hypnosis into my containers um so I'm just a really I'm a lifelong learner so

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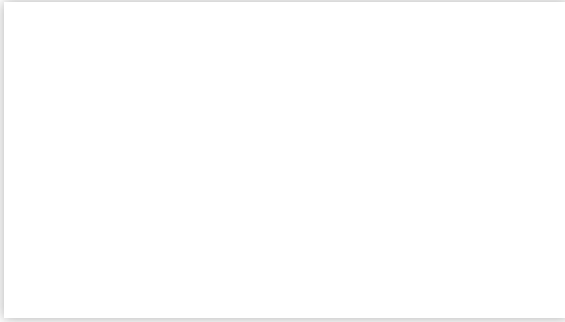
I love that whole the word that comes to me is Cornucopia of things and they all I'm sure work in harmony so well together I think so yeah I just just added Quantum healing hypnosis and I haven't been able to do a full session I tried to do it on my husband and he would not go under so

14:51 I I haven't done it yet that's so fascinating I'd love to learn more about that because I just facilitated some breath work last week and there was a husband in the group and he was like did you hypnotize that I'm like no but maybe I will learn and so I can do that so tell us a little bit about what that entails as you I know you're learning it right now and probably practicing but tell us about that well I'd love to share that when you facilitate breath work you do um guide them into shifting Altered States

15:27 Of Consciousness and their brain waves do change going from the normal um beta brain waves which is daily life B brain waves to Alpha which is light hypnosis and that happens in breath work sessions and that happens with hypnosis sessions but in Quantum healing hypnosis we go into the Theta brain waves so that's deep level hypnosis and then after that it's Delta so those are your sleeping brain

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compared to like the alpha in
the breath work um but

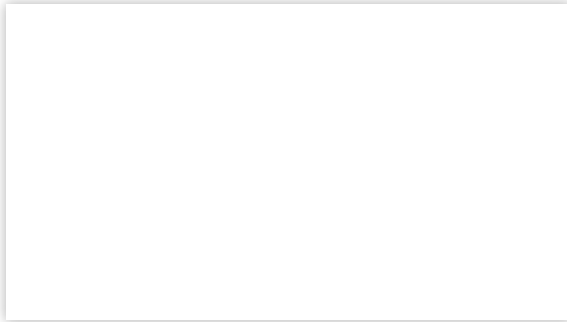
15:59 wanted to learn more about it because I did have clients that were going into past lives in breath work and in coaching sessions and I didn't know how to help them and so I was really curious about that aspect as well as the the hypnosis that's that we're doing um just my voice in general as well as like the the whole process of relaxing them and altering their brain waves was just really fascinating to me so what what did that look like when they were experiencing past lives like how what like so much curiosity here so

16:39 what yeah so one of them was in a breath work session it was a meditative breath work so I didn't know about it until the end and she told me that she um appeared in a past life she was like in a field and she felt the emotions that she had felt in that past life she felt like anxious and worried and her daughter was there and they were scared they must have been running from something or or had some sort of really unfavorable life and she was just working through all of that and I didn't know until the end and then I was like

17:11 Wow and now what

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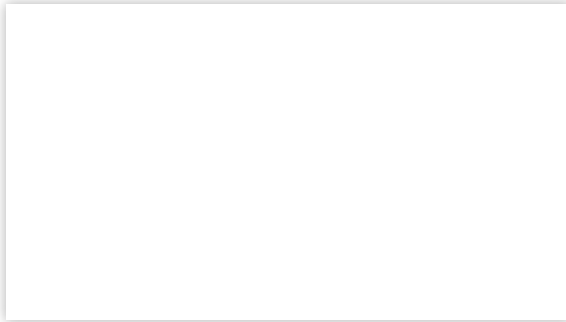
else I need to do because that's new information for me and then the other one was in a coaching session so there was back and forth conversation so we were able to um I was able to ask questions and make sure the feelings were felt and ask her if there's anything else she'd like to change or or what does that look like but now knowing the training I have now I think we wouldn't have necessarily needed to change anything just really get the

17:43 emotions out um get the story out and with the training from Quantum hypnosis what's it called Quantum healing yeah Quantum healing hypnosis um I actually can give suggestions so that they don't have to feel overwhelming levels of the emotions and the trauma and everything that's present so that's kind of cool to have that information I've been I've done a past life regression once and I had the hardest time um trusting that it wasn't my imagination yeah and I so I couldn't really go that deep because I was like

18:26 did I just make that up there's no way I was a fighter pilot or wherever I went I was like that really and so I remember being like okay how do I know if this is real so do you have you ever come up

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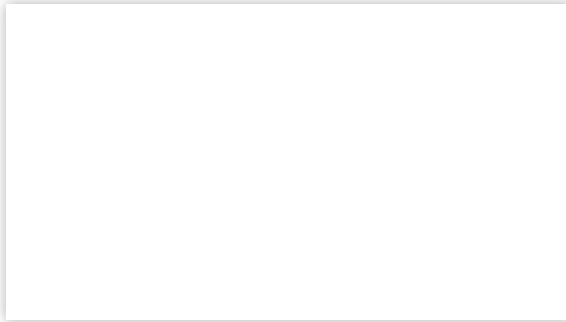
is that a lot of people think it's not real because they're just making it up or this or that but like how could you have made up that story you know where did that information come from or where did like the images and all of that stuff come

18:55 from like you pulled it up out of out of your superconscious out of this part of you that's been with you this whole time so it's really fascinating it is so fascinating yeah one of them I popped into it was like I don't know how old it was but I remember like I had just very simple everything was just simple that was like the theme like I just had a simple task every day and there was a lot of like Cobblestone and I just was like can I can I go back there seems like a nice life but you know just that

19:31 little Glimpse I'm sure it was know not that easy but yeah so that is really so fascinating yeah I'm curious if yours was the quantum healing hypnosis technique yeah I don't know exactly it was just called a past life regression okay so this technique is a little different so we do do the past life but what is more important about this session is connecting with um what Dolores Canon calls the SC the self the subconscious is what

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it's really the superconscious
this part of

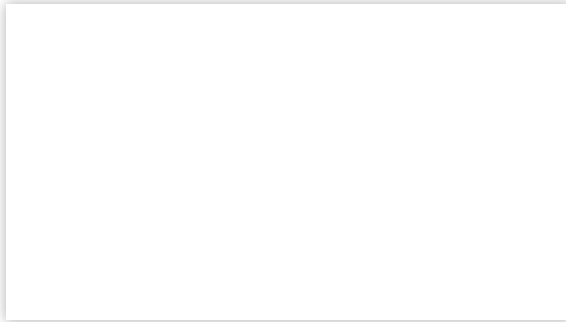
20:04 you again like I said
that's been with you this whole
time and you can ask this part
of you any questions that you
need answers to and I as the
facilitator can have a back and
forth dialogue with this part of
you and then this part of you
can also do healing on your
body if there's specific illnesses
you have or if you want to do a
body scan and just let it let it
see what's going on it can do
that too and I think that part is
really fascinating and that's
why I chose this um this
modality over just

20:34 regular hypnosis well
I'm up for if you need a
practice I'm happy to yeah so
dolores's training was originally
not to be done online but
there's um a lot of drama
going on behind the scenes
right now and Dolores died in
2014 but she's communicating
from Beyond the Grave so I'm
not sure if I'll be doing online
sessions maybe maybe not um
I think with the trauma
informed training and the fact
that I can track your nervous
system and all that I think I
would be better prepared than
just somebody who's not able
to do

21:14 that but there's a lot
that could happen in session
yeah besides just losing tech

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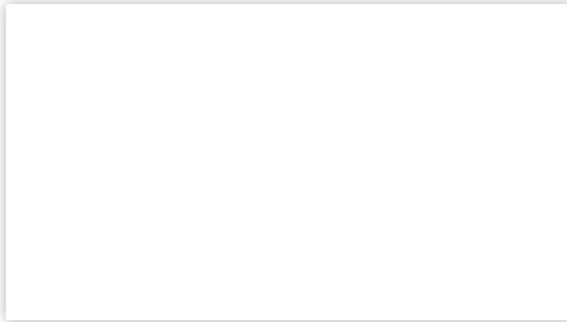
sense and then the micro do
I'm interested about that too
what did you learn that before
after breath work um I started
right after breath work it was
like a 12 reek course and I
wrapped up just as I was
graduating from coaching so I
emerged um from 20120 with
coaching bre and micro doing
wow yeah and that I'm
assuming has to also be in
person I can do that online oh

21:55 interesting and what
type of what are are we micro
doing I work with siloc cbin so
magic mushrooms well I was
just telling Josh I
spontaneously took some
yesterday and how because it
was spontaneous it was in a
like I it was it was very great
experience we had a lot of fun
together um but there's always
that like I want to be in a like a
circle and you know have
instruments and music and um
I said music and instruments
but you know art and painting
and everything so yeah so I
have this like urge to do more
than just

22:36 kind of hang out yeah
mushrooms can be so magical
which is funny I just magic
mushrooms duh um but really
it's a sacred plant medicine so
it does a lot of work with you
but not for you and so
sometimes it can be
uncomfortable um and micro
doing means taking taking a

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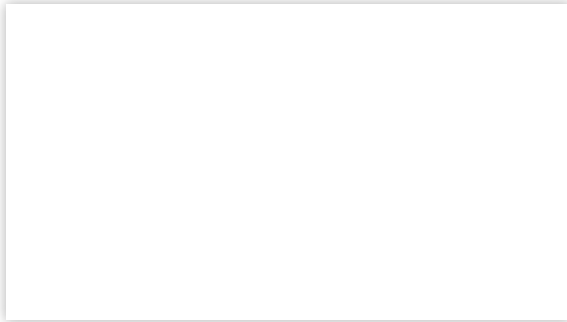
normally perceive that you've taken anything um other than maybe feeling creativity or love but you could also feel anxious or fearful if that's what you need to look at in order to get over

23:17 something so I use intentional micro doing in combination with the breath work and the coaching so that it's like this full support um when they're going through that because intentional need means they're working on something they have a goal in mind that they're using the medicine to assist with and so then the coaching means we can get in there and we can really uncover those layers and pull back and see what we needs to be felt and acknowledged and released and then the breath work is just a

23:45 beautiful way to continue to release but not have to like worry or or talk or all of that like just easy that is so juicy yeah that how long is a session for the micro doing and the so are you talking like weeks or hours hours so you if it's online do you mail it like how does this you mail it out I don't provide I don't provide the medicine um that's psybin is illegal so um if you want to take cybin um that would definitely be on I'm trying to word this so that I don't sound

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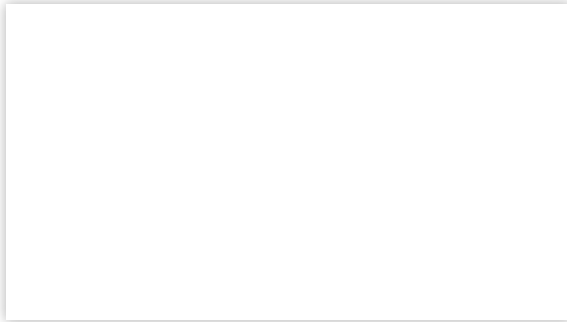
24:44 slippery slope year so it is illegal but inside my container I have resources um but I don't personally provide the medicine um and then it's just it can be part part of my coaching packages so I have a package that's four sessions so that could be like a month or you could meet I would say not bi-weekly with micro doing because you really need everything's happening so fast that we wouldn't want to meet each other every two weeks like that's not going to be very helpful um and it would just be a

25:19 session where we talk about dose and ritual and protocol and all that and we dive into the body to find that information I don't tell you which dose to use you tell me based on your body um and then we create a plan the medicine comes we connect with the medicine and the spirit of the medicine and um just really allow it to begin to work and then we can do the coaching and then we can do the breath work so it can be different sessions it's not all in one day um I also have a program that's called

25:55 Quantum Evolution which is three sessions a week where we meet um it was supposed to run a couple times but I moved and so now it's just kind of hanging out

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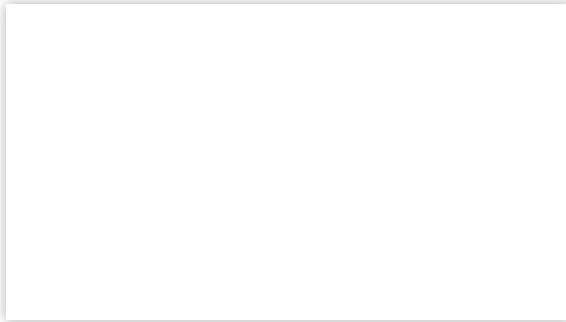
it we see what happens so I love that offering yeah so before so you have all of these beautiful modalities that people are so in need of um and you must have at one point decided I need to help people in this whole new way and on your own terms kind of thing um so when did you kind of

26:42 discover that your life needed a shift from you know we always we just see this pattern with everybody in this healing space of we're living this life of you know going through the motions on the hamster wheel and then suddenly something happens and you like wake up to be like okay I need to do something I need to Pivot and so tell us about what that was for you so I would say it all really started in 2020 um I was working at a brewery and my entire life was consumed with alcohol and I guess working there was

27:19 just like a bonus it was a perk because I also had a different job too and a family and just lots of responsibility um and when my birthday came around in September of 2020 all I got for my birthday were alcohol rated presents so I had at least a dozen bottles of wine that were gifted to me and I literally cried when my parents gave me seven bottles of wine one for every day of

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and then I went to the next thing and I got um this beer server

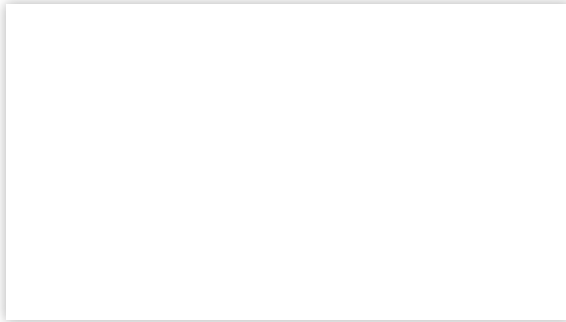
27:54 thing and this thing and some wine glasses and this thing and I'm and I got home at the end of the week and I'm like looking at my presents like it makes me sense so pretentious but everything I got was related to alcohol and I'm like is this all I am is this all people see me as and I was really a turning point for me um so I began to question my relationship with alcohol but it took um a few months three months until I decided to pick up the alcohol experiment which is from Annie Grace and it's a 30-day experiment

28:30 where you just don't drink alcohol for 30 days and every day you learn uh something new in each chapter science behind why you drink and what happens when you stop drinking and that both completely changed my life and at the end of the 30 days there's an opportunity to U drink alcohol or to not drink alcohol and just continue on that experiment um but the the experiment at the end is to drink alcohol with no distraction so no TV no people no books and you're supposed to film it just you and alcohol and you're

29:05 supposed to watch the

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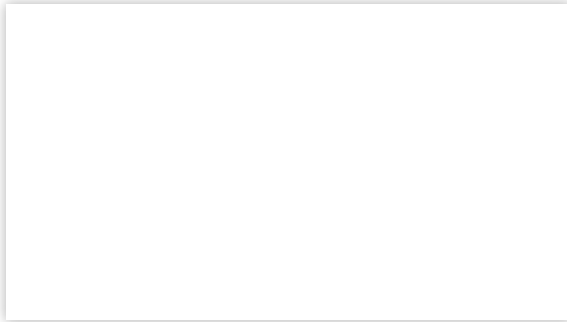
general is so fascinating to me because it's not the alcohol that we really want it's the connection that alcohol usually thinks that we get so like you go out to a game and you think that you're going to have fun if you drink alcohol or you go to a party you think you're going to have fun because you have alcohol but you're having fun at all those things anyways even without alcohol um so experienced that too like

29:39 I've gone because my boyfriend doesn't drink and so I always applaud him for all of that and we'll go somewhere and so sometimes I'm like I'm just you know what he has he's always having fun like why do I feel like I need to have a drink so every once in a while I'll I'll you know it's the word I'm looking for yes abstain and so I noticed that you get like that high of just being with people like in without the alcohol with it it's like it's a pure enjoyment and what you are

30:12 talking about with that connection that's it's it's there without having the need so I love that I love that approach I'm really curious how that book came into your life like I have never heard of that and I think it's it's such a it sounds so amazing was there a story around how that book showed up for you um I found it on Reddit so there were a couple

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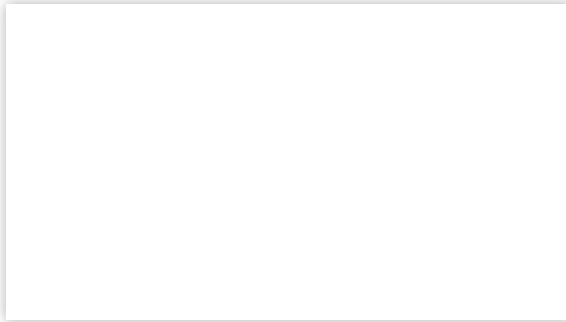
or no alcohol or alcoholic
anonymous all these different
channels I had join to just try

30:53 to um figure out what it
was I was supposed to be
doing like was alcohol in my
life for a reason no like why
would it why would it be there
um but it was it was a long
period of me questioning my
relationship and so exploring
different podcasts or channels
on Reddit and that was one of
the recommendations was um
alcohol experiment and her
other book is called this naked
mind I read that one too it was
really great really great
information about um alcohol
and I think the biggest
takeaway for me is when you
first drink that

31:33 first glass of wine or
beer or whatever it is and you
maybe crave that feeling the
rest of the night you will never
get back to that feeling
because when you drink the
first drink your body dumps
um chemical compounds to
counter react the alcohol that
you just put in your system and
it actually brings you down to a
lower Point than you were
before you drank the alcohol
so then you drink another glass
and you get another dump of
your body's counter whatever
chemicals and boom you're
even lower and lower and
lower until the end of the

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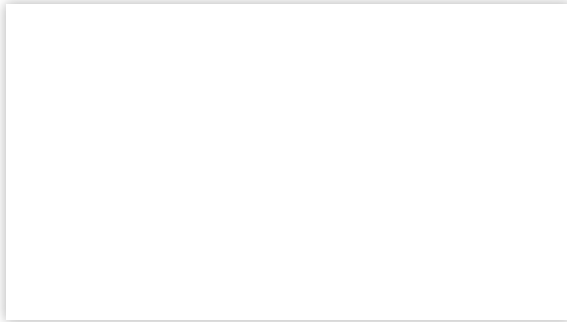
an on [] waste year and
that's why I heard someone say
once that's why they call it
Spirits it's taking away your
spirit yes so we're going to talk
about this on our podcast this
week but the I think the reason
it's called spirits is because
there are a lot of entities that
will hang out in bars that are
driving you to continue to
drink because they want to
partake um because you are so
it's like they're living vicariously

32:40 through you um and so
it's yeah that that relationship
that you create with the
negative spirits around you
yeah I and I love your story of
because you know sadly so
many people experience
something horrible and that's
when they have to quit alcohol
and but yours came that's like
just a nice soft gentle reminder
of wait I need to relook I need
to you know observe from a
different perspective so I like
that story thank you um my
family actually thought maybe
I'd gotten a DUI because I just
stopped

33:22 drinking alcohol like I
had to have gotten in trouble
in order to to stop like it didn't
make any sense to them um so
then in 2022 it was very surface
level like I want to be my best
self like it was just not and and
it's a stepping stone but
looking back it's like kind of
funny to laugh at to be cringe

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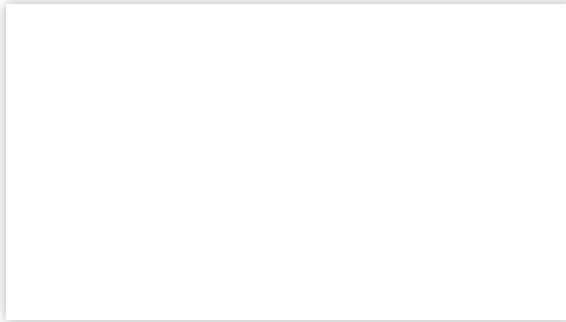
I'm always evolving um but it was in June of 2021 that I did a group um any coaching and we do dove into my enag number and at lunchtime well all of our

34:04 anagram numbers and and all of that but then at lunchtime she had us sit alone and come up with a time that our life changed that what was the moment in your life that it changed forever and that's like why you're the anagram number that you are and then she wanted us to come back to the circle and tell everybody our vulnerable story and Trauma bond in this circle of people um and I refused to tell my story and so I had just opened this box like Josh and I have talked about this before I opened this

34:37 box uncovering something I didn't know was there and didn't release the energy because I'm a private person and people would know who I'm talking about in my story because we were in a group that I knew well um and I just walked around like that for like the next six months almost just really feeling messed up about that group session um but I it drove me to continue to drive deeper and what is out there and what am I missing and then that's when I kind of found pause and the coaching and the breath work

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16:07

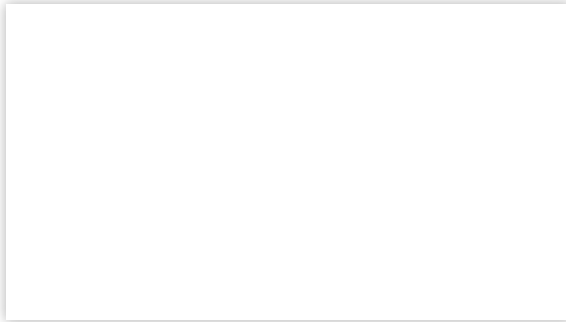
to put all these pieces together and we talk a lot about like because so many people when they start doing inner work it is it's trying to get to that high of my best self all of those things but and it's that shadow it's that depth that is so important but also terrifying yes and Pa is so good at taking you to your depths so that you can Ascend definitely 2021 I was like I want to ascend I want to be I just want to grow but yeah you have to ground into your body and even go further and look at those The Depths and the Shadows

35:51 before you can ever really fully understand what it's like to up level yeah the first time time I heard the word term spiritual bypassing I was like oh [_] that is so me that's important so I'm I'm curious on that group were they intentionally trauma bonding or are you putting that word after the fact that's what happened um everybody was telling their stories we were all feeling their feelings with and for them creating the connection the relationship it was it was a team building activity

36:31 for the employer I worked for sounds appropriate doesn't it so um yeah I'm putting that trauma bonding in in what happened there because I am upset about the

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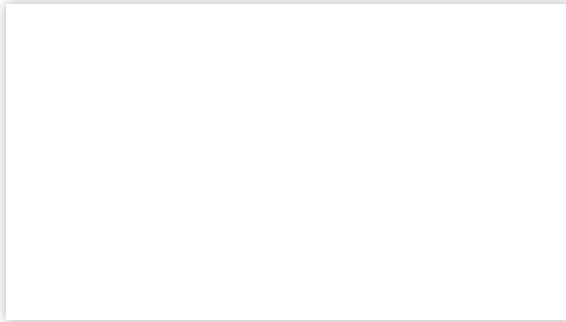
now I would never do that
yeah not a very trauma formed
approach to trauma bonding
yeah and and that's that's the
thing is that not everybody is
trained in trauma informed
care and it's so important to
stand up for yourself and
what's right for you and
yourself and you don't have to
take on anybody else's

37:15 stories and you don't
have to bond with other
people over their history if
you're not ready to do so you
don't have to hold space for
other people if you are not
ready to do so like that it's just
is pretty icky so for the
listeners that don't maybe
don't understand trauma
informed or trauma bonding
would you be okay just kind of
sharing your understanding
your experience with both yeah
so we'll just start with trauma
bonding because we've been
talking about that a little bit so

37:50 for me that means
bonding over everybody's
traumas uh I think there can be
a couple different meanings
because you can look at um
somebody who's held in
captivity could be trauma
bonding with their cap or um
you know just a a
codependent relationship
where they're always bonding
over maybe their continued
traumas or their past traumas
but in the case that I'm talking

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childhood traumas and how
we're all feeling it we're all

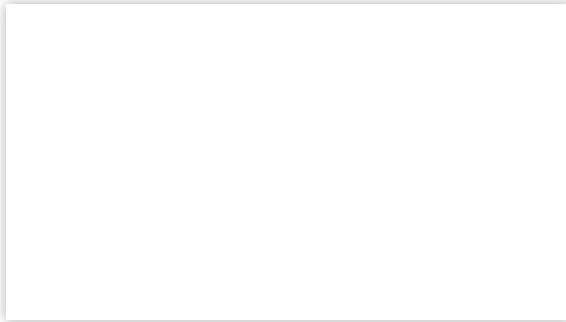
38:21 hearing it we're all
holding space for each other
and then just going around the
room and and then at the end
of the day there was no closure
whether or not I released my
story or not there was still no
closure the box was opened
and all of that was let out um
anybody want to add anything
on trauma bonding I was just
GNA what we were just talking
about with Spirits it's like the
same thing of like I'm doing
this and I need other people to
be doing this stuff with me so
it's like that same realm of like
what

38:52 is it misery loves
company kind of thing yeah
well and I thought about the
girl gossiping podcast that's
bonding as well that we're
bonding with that that feeling
that feels so familiar but there's
like no movement there's no
inward expiration where we get
to bring it up in a safe way and
let it move through us and I
because that reminds me too
of going through the pause
program and when Sam would
talk about like she's like no
more gossiping and so I'm like
well I don't really gossip that
much and so but

39:34 in that reflection I'd
hang out with some friends
that I've been friends with

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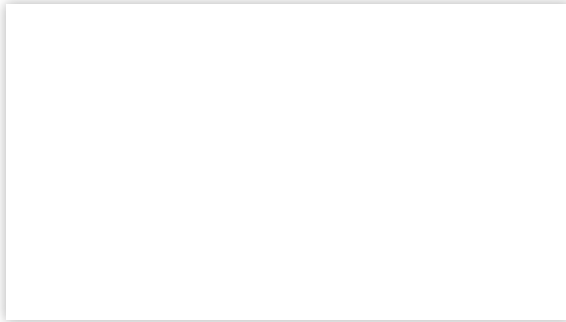
you get that it's a serotonin or some sort of chemical that that feels good because you are bonding with them over someone else's pain or whatever it is that you're talking about and so that was a huge shift for me when it's like you know there's more to life and when you release that need to you know gossip or trauma bond with other people it's

40:08 there's just so much more depth that's in a different direction yes I love those explanations so can you take us through like because Retreats often look like that that team building activity that you described the intention may be to bring people together and to have them bring their stuff up so can you just kind of guide us through what would trauma informed look like in that scenario so for me um it really comes back to that pacing and that titration throughout the entire Journey so pacing like pace yourself when you're running a

40:51 mile you don't just come out sprinting at least I don't I can hardly even run a whole mile so maybe you're walking maybe you're jogging maybe you're doing a little running um and then titration which is the opposite of trauma trauma being too much too soon too fast and maybe

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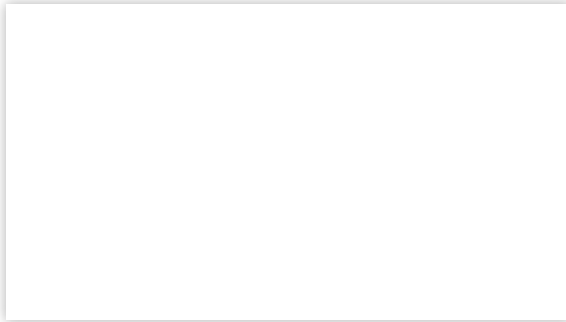
the entire time and having your group know that they're on their own journey in their own I like to I like to create an energetic field around everybody they already have one

41:25 but like reminding them they have their own energetic field they have their own boundaries that they're on their own journey and that they can experience everything that they need to inside the their own little journey um and then at the end if it needs to be shared um giving people the time and the space that they need to but also giving everybody else the opportunity to leave or journal or doing what they want to do instead of forcing them into participating um I know after doing group breath work sessions there were so

41:59 many times where I did not want to listen to anybody else talk when I got done having my beautiful journey I don't want to take on anybody else's stuff so I would just leave and I always let people know that that's an option too that we and I give them the full flow of what we're going to be doing this is this step this step this step and then at the end there'll be time for questions or shares or you can simply get up and leave that's okay too so so options for me is very

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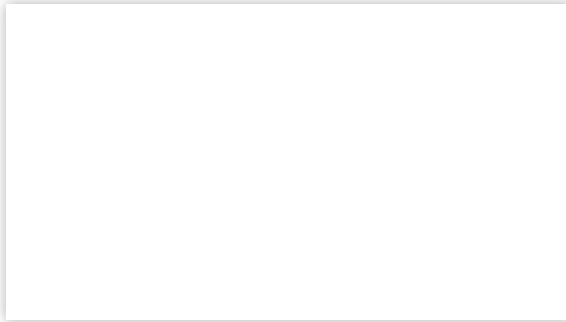
42:32 everybody has their own un understanding of what trauma is and what their experiences with trauma was maybe it was one major event or continued major events or maybe it was these small behaviors over time or interactions over time so trauma is different for everybody and so I can't say the same thing to just one person it has to be all uh all options on the table that was so nicely said I feel safe just with you explaining it thank you breathe me now so Alyssa would you be okay in a trauma informed approach this

43:24 question is um so that need to drink did you come to an awareness of what what was there for you is that you know if you feel okay talking about that yeah so I definitely had an emptiness that I was trying to fill with alcohol um and an uncomfortableness with being with who I truly was and thinking that that wasn't enough and that I need to use ALC as a way to express myself or be comfortable with myself a lot of resonate with that yeah so instead of alcohol can you talk us through what it's like that Journey from

44:14 that awareness to the book The 30 days and then was it just like rainbows from that point it was the easiest

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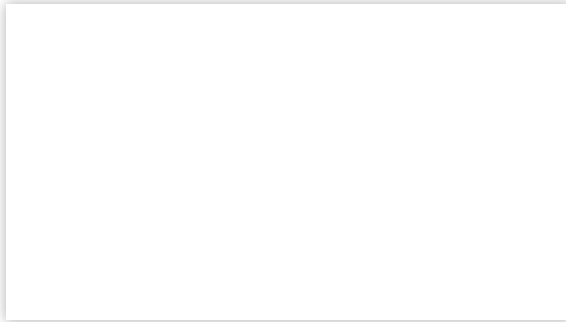
the first two weeks were the hardest of the journey just because I had so much extra time that I didn't know what to do with um and then like the changes and the healing happening in my body but I knew what was happening thanks to the book um and so just almost like resting like I had an illness was what I was doing in the first two weeks and instead of drinking alcohol I

44:54 would be drinking tea or like like sparkling water love Iroy and so I made sure to stock up with all that stuff before I officially started and then my husband joined me and that was so so supportive I don't know what I would have done if he continue to drink alcohol because we are very alike uh we would constantly continue to like get each other to drink more and so if one of us quit and the other didn't I that would have been just unhealthy and I don't think we would still be together so I'm very grateful

45:32 that he quit with me he didn't read the book and he didn't taken all the information and it was just as easy for him so I think that it really depends on your learning style or or whatever but it's not all about your will because at the end of the day your will is kind of like a

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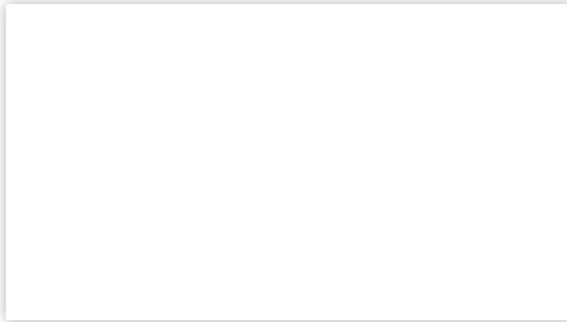
up and and testing your will
um so it's not endless it will
run out and then you'll be
picking up that bottle because
something else challenged you
more than alcohol

46:08 did that's a great
Insight I really like that your
will is like a battery yeah I
learned that from the book I
feel that yeah and so now I'm
coming up three years alcohol-
free um and I don't miss it I did
watch a show that was called
like something about the Blue
Zone and um living to be 100
and they talked about people
in Sicily drink wine or maybe
there was some other place
and they like make it and they
drink it and they live to be 100
and I was like it would be kind
of nice to drink a glass of wine
just every

46:51 once in a while and
then I was like but I can't drink
just one glass it's not just the
one and so then I just put that
to bed real quick but it's and
reminded myself that like
being intentional with
everything that I do is so
important because if I drink if I
ever were to drink again one
night I would have to make
sure that I didn't have anything
I wanted to do later that
evening or the next day
because it's going to affect me
um and so I can't hold space if
I'm drinking or I can't show up
as my the best version

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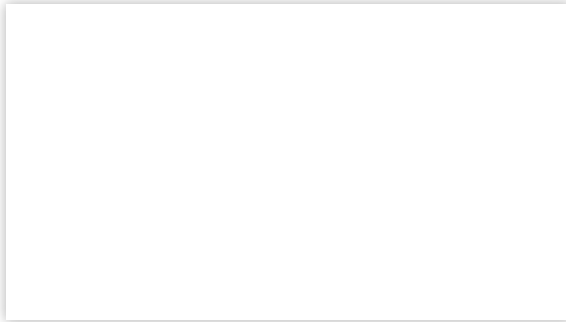
I drank too much the night before and so that's now that's my running reminder of why I don't drink is because I need to be here to hold space um and that same can be put in place with marijuana using marijuana intentionally um so it's just really that's my biggest thing my biggest tip is just living intentionally and doing things intentionally no matter what they are are how is this going to affect my evening or the next day or maybe even the whole week if I choose to do this

48:03 thing right now that's a great awareness yeah so I'm thinking about if there was a book for like all of our um I don't want to call them vices because it can also so as a pickleball coach I could see all of these people coming together and and there was such a a sense of community that existed inside the building and these friendships that were formed and then you know we would play for a couple hours and then we do it again the next day and the next day and the next day and the next day and as you guys

48:48 shared you know without alcohol you still you actually experienced fun experienced community and probably to a greater depth because of that presence that you were able to access and

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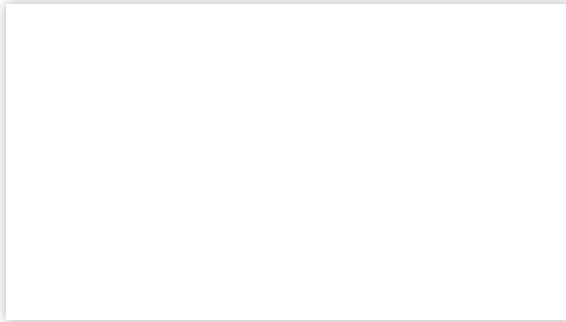
the why whether it's alcohol or
pickle ball it's the why it's why
why am I doing this every
single day is this meeting a
need or creating a distraction
because a need isn't being met
or it could be both too so it
can be complicated but just
really diving in to

49:41 discover absolutely
yeah I feel that with like with
marijuana I would use it for my
stomach problems and but I
was I've told both of you I
think know my stomach issues
and so I would be like okay I'm
just using this for pain and but
then the pain was pretty much
daily so I was constantly using
it and then when I started
feeling better I was like wait
why am I I don't need this
anymore this crutch this this
little assistant and so I've made
that realization too like okay
um like really have to that's
that it's

50:18 all about that intention
I have to intentionally know
that I'm using it for this
purpose instead of just
numbing out at the end of the
day and it's hard it's hard but
especially when you're in the
routine of doing that but it's
it's worth it in the long run well
and it's interesting with the
marijuana or the drinking or
the pickle ball there's there's
the routine that gets
developed and then the people
around you you know come

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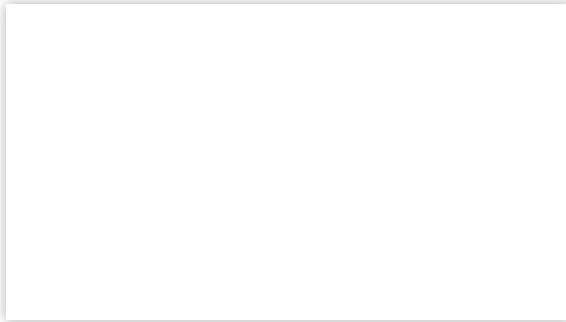
50:55 it was the drinking together and that that was a connection and that was what your day looked like and then that decision when I stop now the routine is disrupted and how's that going to impact relationships and so that it's it can be comp complicated yeah when your nervous system is attuned to that routine yes um I experienced a lot of um upheaval in relationships in my life when I stopped drinking alcohol they weren't sure what to expect of me um they weren't sure to what to say to me like I made a lot of people

51:38 uncomfortable because I just up and quit drinking alcohol and for the most part that makes people uncomfortable because they're like what's wrong with alcohol is something wrong with me because I drink alcohol and they're not ready to look at that question um simply because I stopped drinking alcohol that poses the question and then they're uncomfortable about the entire thing um and so I lost a lot of relationships through that time but as we know when we're evolving and it's good to shed relationships that are

52:12 no longer serving us and yeah it's always for the best especially when it's

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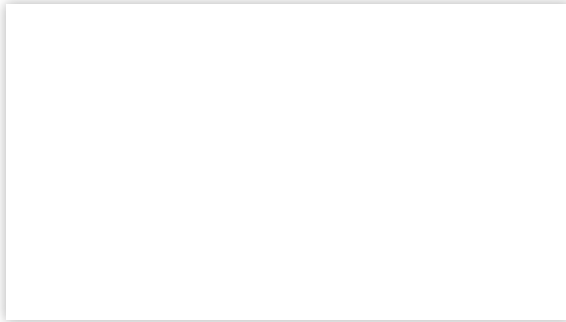
relationships are not serving
you yeah that's a tricky that's a
tricky feeling because I I
definitely I still drink from time
to time but not like I used to
for like totally different um life
that I'm living but it is it's that I
I know exactly what you mean
with those certain friends that
yesterday was with some and I
was like can I just have some
water and like you get all those

52:49 looks like what do you
mean you're just drinking
water it's like that's all I want
it's so it's it's empowering
when you once you get over
that little hump of it's not even
you're uncomfortable but you
feel bad for making other
people uncomfortable so as
soon as you pass over that
hump that empowerment
starts to come and be like okay
well I still I made I was firm in
my decision yes yeah um
sometimes you have to be
prepared with like excuses like
I have to work early tomorrow
or I'm not

53:21 feeling well or just like
this like have a pocket full of
excuses people really start
harping and pressuring you I
absolutely hate pure pressure
so that's one of the things that
activates me and then I get like
really fired up and start
wanting to fight people
because they tell me I need to
drink and that doesn't go over
very well well because then

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general that people get so uncomfortable but also just thrown off that somebody is just switching that routine for them so

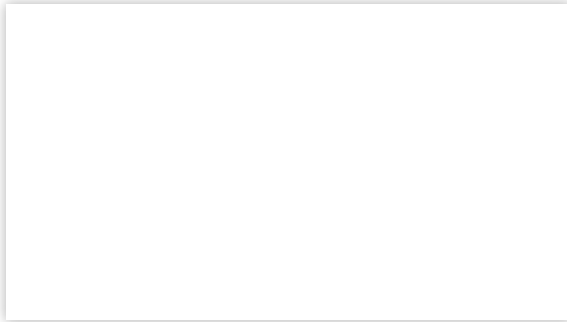
54:01 it's funny to to reflect on that I have a friend who um if she goes out with her friends she's my actually like my mom's friend so she goes out with her friends and she'll order a glass of wine at the bar because she's like sick of saying excuses so she goes orders a glass of wine but she has like the non-alcoholic wine like tiny little bottles in her purse she'll go to the bathroom she'll spend honey on a glass of wine go dump it out in the bathroom and fill it up with a fake bottle of

54:32 wine and that's how she has to do it and I applaud her for that that is so sad because alcohol is so expensive I know I did the math and we spent at least \$600 a month on alcohol wow alcohol is expensive yeah it's just getting worse and worse that's why when I order my latte every once in a while I'm like well at least I'm doing it's coffee and not alcohol it's like the same it's the same amount as a cocktail nowadays it's crazy caffeine's a whole another thing though like I'm pretty I can be pretty

55:15 good about not having

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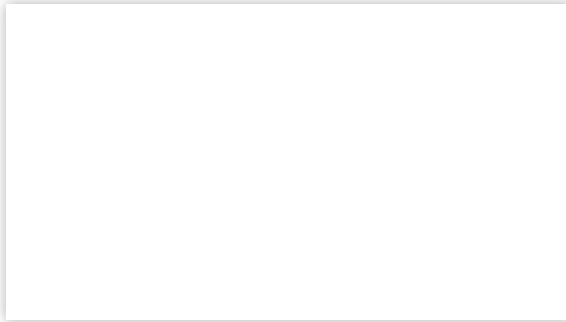
have my daily cup of coffee but I'm pretty pretty good at like that second cup like if I'm facilitating or holding space I can't have the second cup because it'll affect the way that I hold space but if I need to pick me up and I'm not holding space then I definitely do use caffeine as a crutch that intentionality sacred coffee beans so Alyssa I've as uh as we've done these interviews you know we identify by

55:55 these patterns and there is like a resistance to looking in Inward and I think it's just societal it might be a human thing and one of the mentors that I've learned from I asked her about it and she said that we have the protection and then we have like a protection to the protection and that some people's protection to the protection um either lessens with time or isn't isn't that big and so then it's easier for someone to be introspective and curious and so it sounds like when you had that

56:45 moment on your birthday with all the alcohol rated things there was a moment where you you did you say experien sadness is is that the and it was probably drunken sadness I'm pretty sure I had already drunken quite a bit that day um but yeah I was just so sad that that

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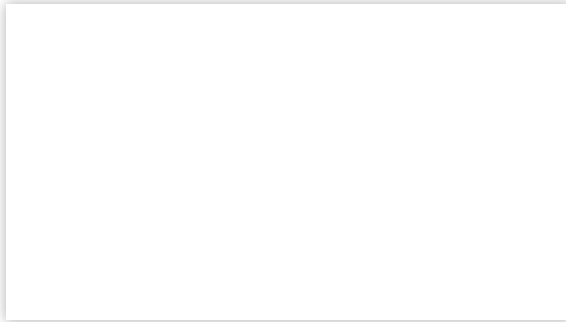
my identity so that curiosity took place and were you some people and I've shared this before that I was afraid to look inside because was afraid that what I thought was inside of me would be

57:29 confirmed and so I was like I'm just not going to look did you have anything like that or was it just like let's let's see what's going on here I think I was so ignorant to the fact that there is Darkness inside like that there is things that need to be looked at and there is wounds and there are parts and there are protectors I had no idea that anything was in there I just was so fed up with myself yeah and we had already honestly already began to start being intentional with alcohol I think that summer we were like let's

58:13 we're we're snobs we like good coffee and we liked good beer and we liked good wine so when we would drink beer it was high alcohol by volum beer it was like 7% beer and that's that's a lot and you only supposed to have like 48 ounces in Montana of that kind of beer at a brewery and so when you go out and you go around to multiple breweries or you go out and you do something you go to a concert and you're there for hours you can't drink that kind of beer for hours or you're going to be in

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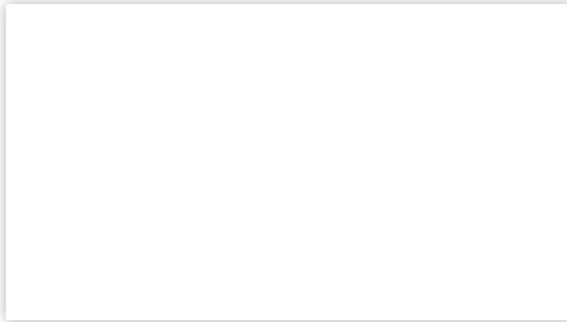
58:52 we had gone to a couple concerts and gone out and done stuff and so that summer we had already been like let's be sustainable was our word that summer and let's drink some not so great beers just so we can hang out longer and be more responsible so the pieces were already starting to be put in motion and I was already starting to try to be more responsible and then at the end of the summer that's when that when my birthday party happened and I got all the remind of what does it even matter like you can try all you

59:29 want that's still who you are that's what it felt like anyways so what have you discovered who you are really I'm weird I'm so weird and it's safe to be weird I don't have to cover up with alcohol I don't have to like use alcohol as like the reason I'm weird like I can just be weird and I can be funny and I can be feisty and it can all be okay yeah do you experience her as weird no I don't either so there's like this holding space me which is not as feisty weird that version is a little like calmer and

01:00:28 earthier um which is I did breath work before this and I like prepared like I was going to hold space so I'm a little less weird than I would be if I just like emerged out in the

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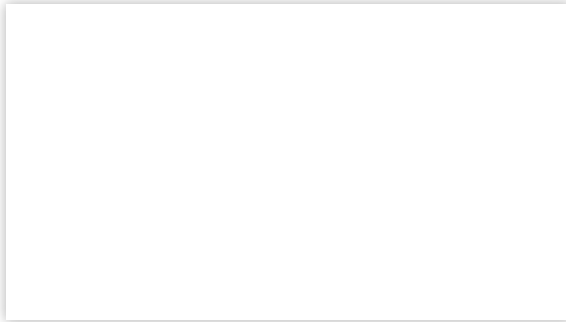
a thing I have to work at like is it safe for me to show up in this space like I went to a parent teacher association thing and I'm like trying to feel out like how am I allowed to be here can I just be 100% me or do I need to like be a mom or like you know it's

01:01:05 just so fascinating when you have all these different compartments of your life how are you supposed to show up in each one I like to um discover the ingredients of the labels that we have I kind of double click inside and I'm like what's inside of there so what would you say the ingredients of your weirdness consists of my ingredients of my weirdness like what makes me weird sure um well I'm reflecting on this question too because um when I right before you jumped on I was telling Josh about taking mushrooms yesterday and I even

01:01:54 said didn't I say like I was afraid to get weird to these people that I don't see all the time so I like I just like to get weird sometimes and and I didn't really that's where that little bit of anxiety came in it's like okay can I allow myself to be weird so what are those ingredients it's a question yeah like in the safety of my home around my husband and my kids I think the weirdness

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family voice or family like body movements that I

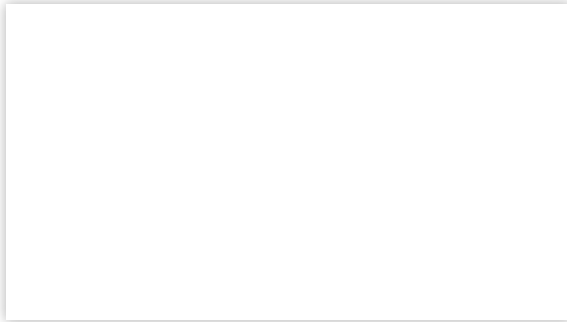
01:02:28 make just because I'm being weird um and I really like when jokes come through that I didn't think about at all like when I'm witty and in order for me to be witty I have to be 100% comfortable and like feel safe and know that it's safe and know that it's like whatever I say will be accepted because this person loves me they're not judging me so I think that's the ingredients I like that thank you thanks for sharing those yeah I like your questions they definitely just uh poke at like that deeper awareness like how

01:03:12 can we like really just explore what's happening in this conversation it helps with your gift of Storytelling it's all Josh's package if we double click on that the best questions to get the best stories you think I have a gift of Storytelling yes I'm a little ADHD so usually my stories are all over the place but I think I think it's been together pretty well today in this this podcast so that's good what I've been finding and I've had to find it in myself first and then as like a testing ground or

01:03:58 something is depth by exploring inside and opening looking at the ingredients of what I had deemed a certain thing and

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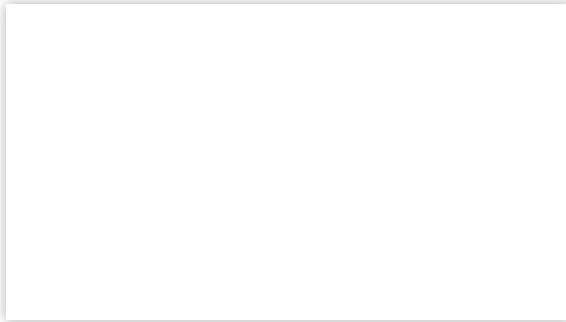
that behavior or pattern and
like dissected it and
understood it from a place of C
iOS it and compassion I've
always found something
beautiful inside and so then
then it's not scary to share it
because it's like oh well Society
may not understand it or may
judge it but if I share the
insides from that place of no
judgment just just curiosity and
safety inside of

01:04:52 me then I'm fine sh
sharing it with others and so
that's what I I think Hannah
and I are are really striving to
do is create a space where
whatever is inside of of our
guess like allowing that to
come forward in just a
beautiful way where it's like no
this is what makes me me th
this is the authent authentic
Alysa and and it's the witty and
the jokey and the playful and
the and and we you know
calling it weird maybe it's weird
may maybe it's Unique I think
we's compliment I love that I
always tell my

01:05:42 kids it's okay to be
weird like your weirdness is is
just perfect I because growing
up I didn't think that it was
okay to be weird I made got
made fun of for being weird
and so I want to create that
safety for them to be weird
yeah I have this memory of my
mom saying something to me
about like I don't think she told

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normal and I remember as a kid just having that realization of like normal I don't I'm not trying to be normal and that was like younger really

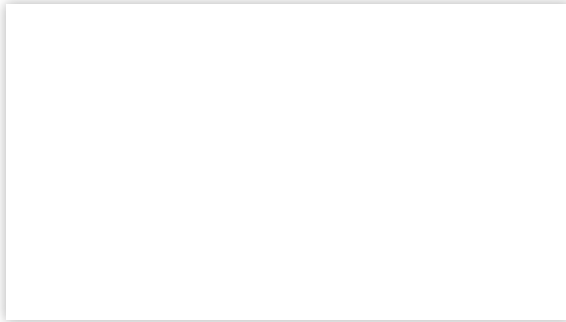
01:06:17 young me and then of course Society comes in to try to change that and make you feel you have to be normal but I always try to strive for that part of me that wanted nothing to do with being normal yeah EMB embrace the weird and it goes back to what I was saying at the beginning of just permissioning other people like I've been and that people enjoy authenticity if as weird as it comes off I've been watching this I've stumbled upon I love like spooky stuff during October and I stumbled upon this

01:06:55 show of it's all on YouTube and I don't normally watch YouTube shows but um these girls like ghost hunting and it's I love ghost hunting shows but they just take it kind of really silly they have all the equipment but they're not they're just kind of laughing with the ghosts and stuff and I just they're so weird they're so weird but I'm like addicted to watching how weird they are and it's it's it's same that get you know as I say giving permission I I'm okay to be weird and give permission on

01:07:24 give that permission

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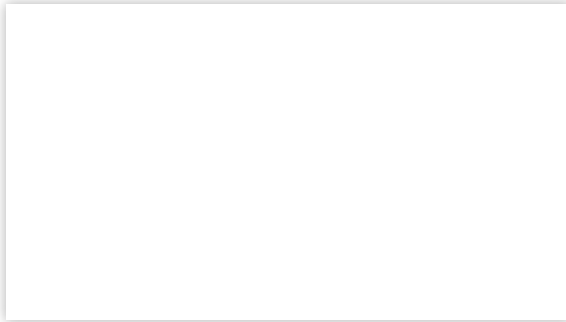
can be weird I'm gonna go hang out with ghosts and be weird I want to do that so Alyssa what where can people find you and what are your current offerings what are you excited about so you can find me at um facebook.com emerge. from.

01:07:59 within um same thing for Instagram um I co-host a podcast called the wholesome Healing Collective or on YouTube Apple podcast and Spotify um and then I also hold weekly pause and breathe sessions so these are free breath work sessions online Wednesdays at I'm changing it to 2:30 p.m. MST mountain time um and Friday at noon mountain time and I just absolutely love holding space so even you know with this move and feeling like my life was a little up heel and like I didn't have a routine being able to facilitate breath work helped me find that routine and

01:08:43 helped me connect to my source as I'm holding space to other people so it just is like this beautiful reciprocity even though it's free um and then my offerings so I'm just doing packages right now I have a raiki and breath work package so uh intro to breathwork uh rinky cleans and then two hourlong sessions um in that package and then

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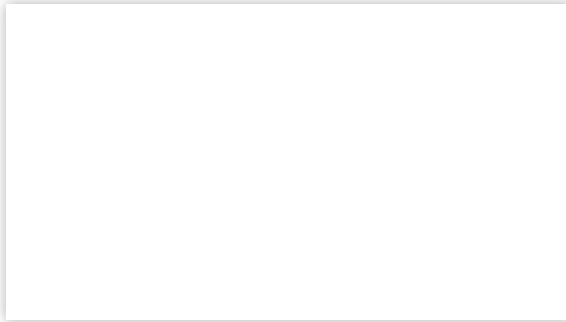
breath work talk therapy doing
coaching so that body based
coaching which is different
than mindset work um and I
offer those as four

01:09:21 session packages
and then maybe Quantum
Evolution the combining all
and meeting three times a
week in a group setting and so
we always like to give you an
opportunity to share a
message with the world if you
could say anything to our
listeners let them have it um
what's coming through is just
be so we'll go with that I think
that wraps up everything that
we talked about too in the
perfect little bow just be just
be weird just be yourself thank
you for having me it's been so
wonderful I love this
conversation what a great
episode I hope

01:10:14 you enjoyed that as
much as I did um let us know
what you took from that leave
some comments share with a
friend who also might resonate
with the story um subscribe
like all those things so that we
can spread the word about our
podcast and so all of our
beautiful stories that we get to
hear from our amazing guests
get to be shared around the
world we appreciate you as a
listener and we'll see you next
time thank you thank you for
listening to the deeper
awareness podcast where the

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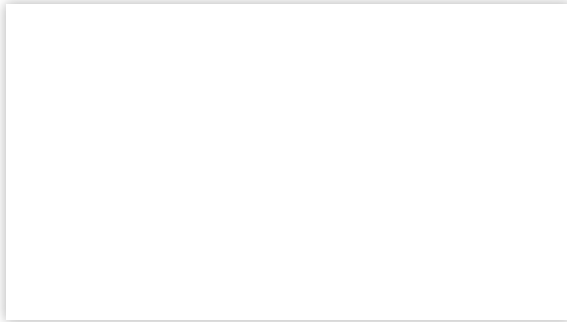
01:10:52 growth continues to unfold we hope this episode has ignited a spark within you and inspired you to embrace a more conscious and authentic existence by looking within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us on Instagram follow @ deeper awareness podcast to receive daily inspiration valuable tips and updates on our latest

01:11:29 episodes and offerings we'd love to hear your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback mean the world to us as we strive to continue to create content that resonates and empowers our incredible Community together we can continue exploring the depths of Consciousness fostering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breathwork your destination for

01:12:02 transformative healing and self-discovery at

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to unlock the deepest parts of ourselves leading to profound insights and a greater sense of connection and belonging whether you're seeking emotional healing a deeper connection with yourself or a path to authenticity our breathwork sessions Retreats and coaching programs are designed to guide you on this transformative Journey our experienced facilitators are here to hold space for you as you explore the

01:12:36 depths of your Consciousness and discover the infinite potential within visit you belong breathwork dcom to explore our offerings and download a free guided breathwork session thank you for being a part of our deeper awareness Community stay connected stay curious and may you embrace your true Essence with love and compassion goodbye for now and see you in the next episode