

Kaitlyn - YouTube

<https://www.youtube.com/watch?v=nOQogCayQUg>

Transcript:

(00:02) hello hello how you guys been hi Hannah I've never met you before hi it's nice to meet you yeah it's gonna sound weird but I remember seeing you once um you shared in the pause Global community and I was like Hannah Alexy and it just stuck there and I saw that Josh he had a meeting for breath work and he was like I'm teaming up with Hannah like I know you're talking about yay I know it's like this the best community yeah it's really cool it's growing we're growing so what's your

(00:43) position um so what I do for the pause is I kind of just hold the space in the group um and just kind of stimulate people into creating that Community sense um and then also just being there for the new members that don't know anything about breath work and you just want to learn a little bit more um about what pause does because there's just so many different Avenues you can go down with them right so when you don't know you don't know that's awesome yeah do Just Breath work sorry Josh you did the breath work

(01:21) I did I did just the breath work cool I loved it so much it's funny I when I signed up I for when I signed up I thought I was signing up for like the coaching program and then like a day later I was like I think I might have signed up for the wrong one but something in my heart was like you did not sign up for the wrong one and I had like a mini panic attack I was like oh my God I just spent all that money and I don't even think it's the right thing but then but then like again in that Split Second I was like no I signed up

(01:49) for that for a reason and like this is this is big and I just have to trust that I made that mistake on purpose oh I love that I love that had a very similar experience I thought it was the coaching too and I was like like oh it wasn't but that's what I needed that I wouldn't be able to coach right now without the breath work I believe that wholeheartedly like I went breath work coaching and that was like the secret sauce for me personally like you know it was scary there six months for very um like

(02:28) sitting on screens with people was not easy for me so you would know Jos yeah so Hannah just so you know so Caitlyn and I did the seven minutes of Heaven is that what it's called do you remember what what's the exercise was it just like being in each other's energy was that the yeah I literally just talked to toar about this this morning I was like he was my first SE like um great break out of where we just stare at each other or I don't I didn't know I forgot about seven minutes in heaven but I knew it

(03:06) was a long time we just stared at each other that was pivotal like those breakouts like I was saying this morning I was like pause has it down to the grain of exactly what you need to expand you know to really push those limits and without those breakouts of doing that like I can now sit in silence and I'm like what's up like this is cool and people look at me go wow that was like not as uncomfortable as I thought it was going to be I'm like yeah I'm not uncomfortable so then you say it's that

(03:40) co-regulation right but like that wouldn't have been like that if we didn't do that and it's just mindblowing to me like that's all we have to do stare at each other okay do that and I think it has a lot to do with like Sam's intention of everything it's it's that goes back to that being a genderist and having this intention everything happens for a reason like when when when my

cohort when I when we did the same thing you're talking about I don't remember it being Seven Minutes in Heaven but I just

(04:11) I just rewatched 13 Going on 30 so that's the only thing that's coming into my mind is when they go into the closet I've watched that movie hundreds of times that's one of my favorite movies was like I was rewatching it just recently so I was like I used to watch this all the time when I was little always and now I'm like Channel exactly now I'm like 31 and I'm like oh God I'm older than her in real life like it's wild but at the time so when I got into that breakout room same thing like

(04:39) terrified um and I got paired up with also one of the only men in the program and and it was you know you like you just said at first it's like the scariest thing and then you ease into it and it took a while for me because like I just like that was so scary but again it felt good after then we did it again like I think a few minutes later and I got we got each other the same PE same person again so we were like was that supposed to happen and it's like no the universe like literally just put us together again so we and so that was so

(05:16) nourishing for me and that my experience was to be able to do it with the same person again and then it happened a third time the same person the same person I just kept getting paired up with him and so by that time we were just dying laughing and we became like super close because that was such a incredible experience and it's what I needed I'm sure it's what he needed to just to really nailed that down to really get comfortable with one person so that was great there are no accidents I always say this now no accidents you know it's

(05:51) like the deeper we get into this journey the more we realize that extreme ownership where you're like yeah actually there are no accidents and that you get to just witness your life and go oh okay is there something not in alignment because this is happening like where where am I not seeing the truth right now exactly we were even just discussing before you jumped on I I've been I've had this cold for so long and I thought it was like at the tail end and now it's like so like just today it's like coming

(06:21) back like full force and we were both talking about how like even it's a reflection of like we know like we're creating a reality and it's like when I admitted to Josh I'm like when I'm sick I don't like to know that I don't like to know that I'm creating this reality but it's still to have that awareness of like what is out of alignment because I know that I there's something that my body is trying to tell me something that I'm getting reflected back at me so as

(06:48) you know stubborn as I want to be and not listen to that awareness that witness I have to that's powerful too and I respect that I respect that so so much when people can say that they're like you know what maybe I need to slow down but maybe there's something here for me like what's here for me to learn from this and in the beginning of the journey like we know it cognitively and then at the same time it's like we haven't yet sat into it like that's how I would describe it it's

(07:19) like it's happening for me but it's happening for me but I'm still really mad you know so it's like really working through that energy and then it finally just that it lands and then it's like got more space where it just feels like it's not so confronting it's actually so empowering I love when that shift happens I mean we're hum so like you said like sometimes I just rather not look into it and then I know when I'm not looking into it because I'm like I don't feel as good as I usually do and

(07:48) it's like well I'm not sitting down and getting real with myself okay exactly exactly it's that constant reminder and we whisper and it was whispering to me as I'm like not feeling good now it's shouting at me like now you're really good yes yes yes I love that it's over and over again until you learn yes yeah that's so true and at the same time it's like it's such a gift um like I'm noticing in my journey things are recycling so like you know how they say oh well I went through this already like

(08:27) that was the old story of the ego it was like mad that I'm going through the same thing and now it's gotten to the point where I'm like yes I'm going through the same thing because now I'm totally different like I do not feel like the same human going through this so I'm like thank you for giving me another opportunity to integrate this knowledge right like it's not so much of a fight anymore it's like I'm really learning how to just open my whole body to the wisdom that is there right and even when

(08:58) I speak like this now I'm like I remember when I wanted that to be true so badly but it was just a thought and it was just a I read it a book it's got to be true but I don't really feel it yet um and I would say like now it feels like I like sat into my body like oh like I know how to open my cells through my intention by just feeling it and that sounds really funny but I know you guys get it and it's like wow like that's how powerful we really are when we meet these really hurt parts of us and the

(09:32) stuck parts that are blocking the flow and the more we're open the more it's like why this actually feels like when I was a kid it feels really fun and exciting you know when I'm not so much in the fear mind like really worried about how I'm receiving it's like now I worry more so how I receive myself you know yeah these these insights have been coming recently I'm like yay we're getting to this point yeah it's fun and then it will and then it comes around again and again and

(10:14) again yeah yeah but like I feel different you know I don't really know how to explain it I just feel so different and like we were talking yeah the contrast right there's now a contrast before it was just I was in so much like fear when I started breathing like I had found power in my life but it was like White Knuckle power where it was like sometimes I felt really high and I'm like yeah I want to share this with people but then there was that 40% of fear and just um I wasn't fully embodied so it was like I you could get

(10:52) in you could you could trigger me you know what I mean and that's what I mean about the 40% it was like 40% of the time I was on being taken on rides of like what's happening to me why don't I feel this good all the time and I'm allowing these things to come in but those were those limiting beliefs that lived in my body and I had no idea were there and had no idea we actually could shift like um feel like a wizard I really liked Harry Potter growing up so I like magic um most of my life I've believed

(11:25) in Magic so it's really fun now that I get to really Embrace that again and feel like this world really is here for me to create um and starting it so simple like I always the story that I share now with my family and like nothing has actually changed like my house is the same I live in the same home like my kids are like everything's the same like I didn't like sell everything and move to Costa Rica like nothing really I didn't do anything like that okay so this journey was very like I threw out everything I ever knew and

(11:58) allowed it to rebuild and the way that it's rebuilt like my life is completely different doesn't look different but it's different so that's where it kind of is like mindblowing to me where I'm like

I've shifted in a way that is now being mirrored back to me by the people in my life like where they're like whoa like I they're like I've changed I've changed yeah that's what we talk about energetic configurations it's freaking real so it's like how embodied and
(12:29) strong in our belief in ourselves can we be where other people are going to either meet you there or you're going to make that decision to go it's time to move on right like we start to get that power of like discernment like is this hindering the growth like I'm noticing energy more and more now like are you not sensitive to it we get so sensitive it's like instant alarm Bells like you know you just feel it it's it's been an interesting journey to get used to to um the sensitivity without it being ego driven like I

(13:04) noticed I was living in this like duality of I wanted to help people but I could hear it was coming from an ego place you know it's like trying to give advice but then it's coming at like people are receiving it like you're better you think you're better than me so I had to actually something had to blow up in my life for me to go oh wow that's what I've been doing like that's a protector like that's been there for so long and now I'm aware of it yes Hallelujah yeah yeah it's interesting it's like you

(13:38) put different sunglasses on yeah oh yeah that song just went in my head as soon as you said that I love that song so yeah yeah I I think Have you listened to any episodes yet to understand the premise sorry some people no it wasn't homework or anything it was just well yeah because it's it's always it's one or the other some people listen they're like I've listened to every single episode so I know what to say or it's I didn't want to listen to anything so that I wouldn't know so I would come

(14:21) in with a clear mind it's like one or the other yeah I've listened to part of one um yeah it's hard to get me to sit down and to podcast I don't know why I've listened to audiobooks now just started so we're getting into it so what we'll do we just love to have a conversation we love to hear your story and so we'll start at the beginning where we'll just allow you to introduce yourself and who you are where you are what you're doing and then yeah let's start there okay so I remember I'm just going

(14:59) to speak on other things first I did read your um like the email where it says this is what we are G to like dive into and I remember reading it I was like this is one thing I have been starting to allow myself to do which is get my brand story you know what I mean where I start to really go deep into what my story is and I've been thinking on it the last few days and I'm like there's so much where do you start I'm like my journey was is like so nonlinear it's like how many times have I been

(15:36) enlightened and then gone back down the tubes like a lot like you know like that is my that is my literal life until now where now it's like consistent my life is so consistent like wow um so that was difficult for me to think about but I'm like I'll just let it flow I don't want like I'm learning how to just allow myself to just let it come out I'm curious I'm curious what's different this time like if it's you know because I felt the same way where I'd like be like wow I just discovered yoga that's

(16:08) really cool but then like go back to my old habits of doing things and forget that yoga even exists and then so it's like we do we find these little things but I I too feel like I'm like this is different and I think might be breath work so I don't know if you have the same thoughts or why this oh are you joking um yes it is it is breath work it is breath work and it is um yeah so like with

breath work we're rinsing the tissue out right like we are completely creating more space and that is what

(16:39) I've learned is what's always held me back is that it was so tight in my body and that feeling of self-sabotage I always self-sabotage so like I notice it even now like when I'm doing really really good and I'm starting to make really great decisions in my life the feeling is like a gut hit in my solar flexes it's like what are you doing like you know what I mean like what do you mean we're gonna have it good I don't know about that right it's like always waiting for that other

(17:09) shoe to drop that's how I lived it was like got the house it's gonna go it's gonna go like you know and now freaking out like holding on for your life so yes with breath work it's been like this gradual opening right and I have done a lot like I've done I swear I've tried everything to to shift the way I was like you know like I always felt like like my whole life I know I've been on this like journey of bettering myself since I was a literal child like I I just remember this always being something that I

(17:46) didn't understand why people were the way they were I always saw people like my family and it just I would always have the reason why they acted the way they did it was always it's not their fault it's not their fault you know what happened to her when she was growing up that's why I don't know why I believe that but I always did I always had that compassion and that oh it's not their fault and then as I got older I noticed that there was two of me there was the me that I would always meet inside of me

(18:13) and I would meet with her and she was so sweet and she was so kind but she never came out like I never was able to express her she just lived in here and there was this Shield right here and then there was this like I don't even know like this person like she'd come out and react to things like and I would be so remorseful and shameful after I didn't understand why I couldn't speak what I needed to say it would just swallow it I couldn't do it like it just made no sense to me I'm like who is this

(18:45) I used to look at her like the trench bow like who are you like you're so aggressive why what's happening like why are we so angry but I lived with a lot of anger and it really stopped me from a lot of like growth right like it just felt like I was always falling back and I didn't have that compassionate voice in my head the the voice in my head told me I was stupid and I was Dumb and like you know like you're you're you know it was not very nice to me so it was just this constant battle within and

(19:19) I learned how to mitigate the voice later on when I started doing a lot of Fitness I started to get into fitness I was like okay never worked out before so had two kids had my second kid gained like 100 pounds like I gained a lot of weight with that kid and I was like I don't feel good about myself like what can I do and I went I was at this point I was very scared to share about me at all so what I did to get the motivation and to like feel ready I would go on um Tumblr I don't know if anyone if you guys know what

(19:54) that is I found this out because I would look at before and after photos I used to go on Google and go before and after and I loved seeing them to like motivate me and like try to get me to do something and I um found Tumblr and they had all the before and afters there were so many and I'm like this place is great and like people would share their stories and stuff and I was like oh yeah I'd be at night and I would just look at it all night and I'm like yeah I'm gonna do that I can do that and I would just

(20:20) hype myself out like I did this like you know just two kids at home a newborn and I was like I'm going to do it and I made my own Tumblr account and I would share my journey on there and told nobody nobody got to know it was just me it was me for me to like to do it right and doing that it taught me like I remember I would get up at 5 in the morning put my little newborn in like a little uh high chair and I would do uh Jillian and Michaels workouts I bought DVDs at Walmart and I would do the Jillian Michaels and I did that for a

(20:57) while like almost year and then it was like something cool I would put like quotes on my wall and it's like what you think you become what you know that one what you think you become what you feel you attract what you imagine you create and I it made sense and I was like this is true like everything I think about becomes what I'm experiencing and I started to really lock on to that and then Fitness I got the most fit I've ever been in my life like I couldn't even believe it I

(21:26) remember looking at myself like oh my gosh like I look what I've done but at the same time I couldn't believe it so it was like oh I got to this point and then I had to sabotage it so I got to that point where I felt so good I couldn't believe that I've done this started to understand that Fitness I thought Fitness was the way everyone needs to do this everyone needs to do this like why aren't we all doing this you know and but I got to that point and then I let alcohol I brought alcohol into my life and

(21:56) then goodbye to all the progress that I made um but I didn't know how to deal with my feelings right I didn't know how to feel through that that shame and I didn't know how to feel through the feeling of like why do you get this like there's this underlying belief that I grew up with with was fairness it always had to be fair and so if I had something someone else didn't I felt like it wasn't fair and I'm starting to really notice that in myself where I wouldn't let myself feel as joyful or as happy

(22:27) because it's not fair I'm like why why me and not them right and it was just always this like putting myself smaller smaller smaller smaller smaller I'm like well why now I realize well that's not helping anybody when you do that not only you but it's not helping anyone else around you that actually can benefit from this um so really that was the start like I would say of my journey was the first time I got into fitness and the first time time like I've always been an athlete as a kid but as I

(23:01) got older it like you know it went away and I didn't ever work out like it was just I played Sports and stuff like that track and field for fun like I loved it it wasn't exercise it was just fun but then I became an adult and he was like everyone says working up sucks so it sucks right like I don't want to do it right like how often do we just take society's notion and take it as ours and that's what I did like my whole life I just wanted to be accepted I just wanted to be liked like can you please just

(23:32) like me like what do I have to do I will contort I will do whatever you want I've been able to meet that part of me over and over again and really love that part of me and be like I'm actually I truly love this being that is sitting in front of you now like I truly accept her and learning to not like Exile all part of me as bad and actually just bringing them in and really understanding that the validation and the love I always wanted and just begged for I can give that to me like whoa what a profound realization when that really

(24:19) becomes like true like like when we go into breath work and you get into that pocket and you're really there and I'm like this is what God feels like like this is what love is I could cry even

talking about it because it's like that right there is the fuel to why I want to do this work why I want to share this with everyone because when we get to realize that our world is literally right freaking here like oh okay so I never needed those people to love me even though I did anything and everything to just get them to and make

(25:00) them and you know you have to see it's like no like I see right it's like how can I allow myself to be the one you know like the one like I am the one but not in the sense of ego which I can see how that can get lost in translation of like it being up here power love and here like I've I've felt it like I feel the difference of like if you're what like the difference in love if that makes sense yeah it's different it's different be honest I don't remember anything I've said so I hope that it

(25:43) makes sense it totally does I forget like halfway through talk like I forget what I'm talking about because I'll start thinking you know what I mean it's like I'm not thinking yeah I'm guilty of that all the time like get really into what I'm saying I'm like wait that's exactly how I feel yeah yeah well one thing that really resonated for me um well when you like realize that you can give yourself the things that you were in need of like for me it was hard like the hardest thing was to realize

(26:25) what it was I needed in the first place Jos and I talk a lot about human needs and we have this amazing metaphor for it and Josh is Josh is the king of metaphor so I'm going to let him explain our our crayon metaphor because it's so juicy it's so good about yes human need yeah human needs are each a crayon different color so if our parents parents as they were being raised so we go back Generations back and they're being raised in a reality where the things that are important are like a house food clothes

(27:12) that's kind of it and so those are each a crayon and then those let's say Grandma and Grandpa grow up and now they have children and they're using the same crayons to raise their children and then it's like what I gave you everything I used all of these crayons and even more than I I actually added another crayon I had four to raise you with I only had three and so now we're in this generation where we're starting to experience and identify that there's like 64 crayons not just three

(27:56) and so now we try to get our parents to color with like one of these crayons that they've never heard of and they're like we don't know what you're talking about we don't have that crayon and so as we identify it we're like oh well I have the crayon I'm GNA color myself with this thing and now we as parents get to color our children differently and who knows there there could be thousands and thousands of crayons we're at a place in Humanity's Evolution where we have access to 64 or

(28:38) something wow I like that picture that was just drawn for me I get it yeah the best at describing the metaphors and we've talked about this all the time but even I was reflecting to Josh this week where I had there's just one day where I was going through you know my my relationship with my partner and I had a friendship and like all these things going on in that one day nobody I was trying to explain myself over and over to different people about certain things by the end of the day I was like I'm so exhausted like no

(29:08) one no one sees the world the way I see it and I'm like I just feel so alone and so I'm like telling Josh and he's like well you know they just don't have the crayons that you have and I'm like oh my god of course the Crayons like how could I forget it's those constant reminders of like things that we already learned we're coming back around to to just make sure they stick this

time but it's and so my phrase this week to help well last week to help along with that is people are only willing to see what they're

(29:36) going to see what they're only willing to see yes yes that is so powerful and so true like I I've um experienced the same thing where it's like no one understands me I'm like in a group of people and I'm like why am I here really starting to learn I'm like wow I don't belong here I'm like I don't belong here and I've never felt that like that profoundly not like where I'm judging it was just sitting there like this isn't where I'm supposed to be wow like this is an old this is an old (30:11) timeline this is an old way of being this was what I was attracted to before and I'm like just observing like wow like I don't like my energy doesn't merge with this anymore I'm like cool you know yeah when you're caught trying to explain to someone convince someone and then the halfway through I'm like what why am I wasting all of this energy there's you're never going to understand what I'm saying so why why am I bothering no it's different Consciousness levels right so it's just

(30:41) like we don't have like they don't stick together you're like it's yeah it's like this it's like you're like okay cool like I've learned now where I'm like I don't like I used to have this need to like talk about it and like explain it but like now I'm at a point where I'm like it'll just come up if it's if it's meant to come up you know someone will say something and it's like there's my door we in like you're there right like it's so

(31:11) fun it actually becomes kind of like a game um but I will be one second I have to go to the bathroom I'm sorry is that okay problem absolutely okay I will be like twoes no problem I have to I did end up canceling my class tonight okay there's some want to it's with breath work it's like I want to just breathe on people not feeling that great and only one I'm just going to text the one person that's up and the universe I'm telling you last the last two weeks I've had six people signed up

(31:45) and today I only had one so like the UN knows and now I'm like thinking should I cancel ahead of time for my seniors tomorrow but I like have this want to wake up perfectly fine tomorrow morning I hate canceling things you know that you love to people's days up I do it's the secret pleasure hey guys sorry about that we both have like little purpley blue cups yeah Cheers Cheers I made this one oh did

(32:49) you oh use a glass oh okay College oh that stuff's so neat to me like when you see it on TV like they had this show where they just like they were making like cool man I can't I don't know it's so cool I want to get back to doing it they're like it's such like a little niche group of people yeah yeah why not I'm that's something too that I'm leaning more into is just like doing different new things you know like joining different things um just being open to play you know like it's been

(33:28) life used to be so rigid and now it feels so open it's like okay um there's really no limit on what I can do and I don't have to judge things that I like um that's definitely something that's changed drastically in my life is like as little as the music that I like I used to be so embarrassed over my music because I like everything like I you know you'll like if you're in my car it's going to go to who knows what it's going to go to like you know and I used to be embarrassed I

(34:04) used to like try and make a playlist before someone got in my car so then they did nothing like my Britney Spears didn't pop on or like whatever right like I I listen to things from 2009 like everything like old like God that's I love it I love all of it it transports me back to a new time a different time you know and even through this journey there was some songs I wouldn't

even play would listen to because it would remind me of something and I'm like no that's a time in my life I don't want to

(34:32) remember um but now like I can listen to them and it's like with a fondness and also there's and it also is like an initiator for like if there was pain tied to that song like I get to feel it now I get to close that Gap you know it's like every moment of every day we have invitations to release you know like I used to be like only when I do breath work only when I do this now it's like no like every moment of every day is an is a invitation right it's like wow so life really isn't boring in any sense of the

(35:09) word and it's like how often am I living like like what I just realized in the last three weeks is life was like really cool like it was really chill and I was got to the point where like before uh breath work I was doing a lot of physical challenges like I was doing 75 hard all the time like I was doing phase one and I was like if you guys know about that Sandy forella um I did that multiple times and I was that was like my identity for a while um and then when I got into breath work it was like I I finally learned how to just sit

(35:49) the down any was like whoa I didn't want to move my body anymore I didn't want to lift a heavy weight like I did not I listen to my body for a year it was like I'm going to let my body lead it was like a little kid in the candy store there was no rules I just did whatever the heck my body said and and then it became like I didn't I no longer judge myself for resting I no longer judged myself for wanting to eat I never judged myself for any of these things it was just what does my body want what

(36:19) does my body want what does my body want even though my ego was like you're G to get fat you're G to do this you're it's like cool body wants to have a bath and work out today so that's what I'm going to do you know and that's powerful like I didn't realize these little micro adjustments of like not listening to that thought and just leading with the body it's like okay like I have this story that I tell my mother-in-law all the time I'm like I like learning to listen to your body is so nuanced and so

(36:48) subtle in the beginning like when I first started to just learn to let my mind go and not believe every thought it tells me it was like I was going to the store and I was picking up something I forget what I was picking up but then I saw these this bread and my I got the nudge and my body was like get the bread and I was like my mind's like um why would I get the bread like we don't need the bread like just screw that I'm like yeah let's not do that and I listen to the thought I get home and I'm gonna

(37:17) make dinner and I was gonna make pulled pork sandwiches and I didn't have buns and that's what the the nudge was was get the Buns I'm like but I don't need them you know and then I get home like I did need them like I didn't know I didn't realize that but I I had the pull and it's so small like it's like a spread but that's how it starts it's these little nudges of the body and how often do we have the pole to do something and then our mind jumps in and goes no no no no no this stupid why do

(37:44) that you know what I mean and like I've been noticing that a lot in my life where I started to let the ego take over past conditioning was starting to take over again I wasn't pushing my body the way I wanted to now that I felt the pull to do it I was like I'm ready like I want to lift weights again I want to do these things like I feel it but then my mind I was starting to go to to wants over desire so it was like the want of the mind that ego the instant gratification over the discipline over actually going for what I really really

(38:15) want and would really make me feel so good I'm I'm overriding it for that that want and I was like huh wow that's crazy I'm like and so these past few weeks I've been back on my back on my like so disciplined like totally in that and that lights me up I'm finding that light again of power for me I have a lot of energy I know my body now like I know I run High there's a lot of energy in my body and if I'm not moving like moving intentionally and doing these things I start to get really

(38:51) up here like there's just so much energy that wants to move and like I'm the kind of person where I can do a really good good workout and I'll cry like there'll be so much energy surging and it like I'll start Balling on the on this on the cycle I'm like and I used to not understand that and I'm like well now I get it because movement right that's what we learned movement breath and sound exercises movement so we are moving energy we're we're doing that and working out and

(39:16) that's why people are like oh it's my medicine it's like it is but it's one it's one thing of medicine we have our mental emotional spiritual like that all comes together and when we bring them all together it's like holy crap you're unstoppable like what like to me I'm like why why wasn't I doing this oh I just wasn't ready and just gave myself that space together but D that that's the thing I try to talk to people about is you know obviously health and exercise are so important but

(39:52) if we don't get that mental you know discipline down and you know through embodiment practices through sematic practices it's that's what makes the change in people yes it's and that's discipline so then I started to notice I'm like well if my discipline is lacking in my how I'm eating how I'm drinking water how I'm moving my body that is bleeding into how am I sitting down and having the discipline to actually meet myself right so it's like how often am I kind of just riding how I'm feeling and

(40:31) not coming home right so I started to notice that I was like okay so I'm noticing that I'm saying I'm kind of I'm bypassing things now because I'm don't have that discipline for the other areas of my life it's like how am I going to have the discipline to practice because this is a freaking practice like how many generations have we lived through this same cycle of our family not meeting themselves and it's like okay I Met Myself to this point and then you feel like okay I'm good right and it's

(40:59) like h no no I wish how worked but then it's at the same time not really I don't wish that because now it's like how am I always going to expand and uncover this new this new life that is always unfolding in front of me if I am freaking here you know here like am I really here you know and that becomes a very nuanced thing to notice when I'm not really here am I going on a new a aut pilot so I noticed that I had a new autopilot it was a cool one like I was a cool person like man I like who I am but

(41:33) I'm on a an autopilot again because yes we are reprogramming the subconscious and I do notice there's things that are totally reprogrammed and I'm acting in a whole new way but at the same time it's like but if I'm not continuing to do this work then I am going on a new kind of autopilot and that's why there's things where why aren't I getting this why isn't this happening well it's like am I on autopilot again like am I really here and am I really consciously honing my

(42:01) energy in every moment of every day with my intention oh that's work yes it is but it's the good work right so I love that interesting yeah because I've been thinking of it for myself as just Hills and Valleys but I like that that perspective of because I right now I'll be honest I feel like

I'm on one of those new autopilots and that's like why I keep getting this cold and it's like you have to snap out of this and like I know that it's just you know bringing back that awareness to really

(42:37) make the change yeah and the compassion right so much compassion right like you're not doing anything wrong and that's something also that I always am reminding myself like you're not doing it wrong even if you are on a loop a little bit like you're not doing anything wrong right so as soon as we start feeling that way it's like a I doing it again it's like no I'm not I'm noticing it I'm doing great like you know like and reminding ourselves yeah that it makes sense it makes sense that we've done this it

(43:13) makes sense we're re you know seeing this pattern again we know how to get out of it and yeah it's GNA be all good yeah yeah yeah totally it's it's finding that thing that is you like for you that feels so dang good that has no agenda it's like I don't look too far ahead anymore it's like if I'm looking too far ahead I'm now I'm not really here I'm I'm waiting for the ideal to happen and I'm like but the thing is is the ideal is going to happen like I have the

(43:48) picture in my head it's happening I don't know how or when or if it really is going to show up that way but I know it's coming and so it's like how in my day can I bring that energy forth like that that higher vibrational energy and like I said for me it's that discipline and like having a lot of like movement in my day like that is for me like that is my way it's like uncovering that way for you right like that that really that really resonates like oh it's the juice it's the juice right like me I noticed

(44:27) my last my last little autopilot Valley when I needed to add dance into my morning routine like that's just something I needed to do and like you know because you read the books and stuff it's like well at least you know you have to sit for this amount of time do some sort of workout and all these things for the perfect morning routine whatever and I'm like well mine can look different and then I just started and talk about I'm the same way like I listen to all sorts of music and so I'll

(44:56) just just shuffle my save songs and it will be I always trust the universe to give me the right song and so whatever song comes on I'm like this is this is the way I'm going to move this morning if and if it's like you know some crazy house song I'm like I'm gonna really party in morning or it's a nice little song like I took a ballet class when I was a kid I bring in some really nice soft movements and through that set the intention but do I do it every day I should but right at this moment I need

(45:25) to you know remind myself to do that because I know that's what my body needs yes and it there's no right or wrong way like I love that you name that because I've been um introducing hula hoop into my workout so when when I'm like like a weighted one because when I was young I used to I have memories of being in my basement with my girlfriends listening to the Coyote Ugly CD and Moy Mone would come on and I'd be like I'm just like love and I'm like let's invite that back in and I bought this thing a year ago

(46:00) didn't ever use it and now I have that capacity to be a child like again and I use it and I blast my my old school tunes and I just go and I'll do it between sets so like what I do now in working out is it's fun like I'm not I used to be very rigid and it has like this and now it's I'm breaking down and dancing over here and I'm shaking it out over here and I'm running over here and then you know like it's like fun and I and now I let myself have fun it's like why can't this be fun like why can't my

(46:33) life be my own story like you know like I'm creating my dream life in the mundane like my my life is mundane I live I don't go anywhere I live at home I have two kids like I have five dogs like I am home and I've created this Sanctuary for myself and my life in my house is changing like we're I look like you know hippie now and like I have like things everywhere like the living room we just took the TV out of it and I gave them the dining room I'm like I don't want TVs here like I go in there now and

(47:06) I get to read and I get to do my journaling and all that in my living room I'm like Yay like I have my living room back but I just didn't want a television in there um so like things are changing because I'm deciding that there's no blueprint you know like the way that I was taught to live and the way it was done it was very rigid it was very structured it was very routine like there was no deviating off of the thing like like you didn't stop when you were driving if you needed to stop you never

(47:35) did you know and it was so strange to me and I actually would be surprised when my husband would go okay we're going to go I'm like I need to get this he's like but I'm G get fine he's like no let's just go he'll turn over and go do it I go oh oh yeah we're allowed to do that you know like you know what I mean like it's I love that you brought that up because I do the same I do that too I'm like oh should we go there and my boyfriend would like like yeah why not I'm like well we already passed it like

(47:58) it's like I can't like I can't actually Bear off course for like a minute cuz it just but there is like that weird like no you have to keep going even when I have to turn around I have the hardest time like finding a driver to turn around like just keep going straight there's our little line of so now we can deviate over there a little more and create more space with that and like that's you know when we notice that we get to just play with it okay next time I'm going to feel a little better

(48:26) about it and it's funny we bring this up because I've been doing this now with self-care so I've always been getting my nails done I've been doing that now for a few years but what I never did is I never did pedicures I never did I hated my feet I thought they were disgusting and I just they were shameful to me and like in I when I got into my relationship I would wear socks to bed I would wear socks everywhere like you weren't allowed to see my feet like that was no like I got made fun of for my

(48:52) feet once and I never let them be seen again um and then I realized that I still was holding that like it felt I felt the energy I started to notice I don't feel like I'm fully like taking care of myself and I kept thinking about it like maybe I should get a pedicure like I should do that but I just couldn't let myself do it it's too much money like I can't do that like I had a problem with spending money on myself and like not and doing that so I've been reworking my money stories and then I was like kept

(49:21) thinking about it I should do it I should do it I should do it and the next time she's doing my nails she goes fck y'all and I'm like it was so comfortable I was sitting like and I'm like no but let's this is an opportunity let's is an opportunity let this like I started to see my thoughts going oh my God the money I'm in trouble I shouldn't do this and I was like oh what are you talking about like you know just being with that and letting that be here felt so uncomfortable her seeing like don't mind

(49:48) my be they never been touched in like 10 years like you know and like just allowing the feeling to be there without trying to go in my head and like not be there and so I let myself be

there here and it was uncomfortable and I just let it be the what it was and then it was done and I went home and I'm like I let it feel good look what we just said that is so amazing and now I've gone four times and every time now I literally lay there with my arms up like sleeping and people are staring at me in there because

(50:20) they're like I can feel it they're like why is she like I'm meditating in the chair like I'm loving life now you know it's you know every time I went I intentionally was like okay we're going to let our body relax and know that this is okay know that this is okay you know being so intentional with it because before it was like I just I did it so I did it you know and I wouldn't have actually integrated the experience it would have still played in my mind that you shouldn't do that you know you

(50:46) shouldn't whatever it is now I'm like I feel so in alignment with my body like I love my feet I like walk around with my toes out like look at my feet like you you know but that's because I've repatterned it through living through it being intentional when I'm living in it right it's like presence so yeah that's my that's my foot story so Caitlyn I wonder it's been so good like just experiencing you and this new version right could you take us back so the premise of the name of the

(51:28) podcast is deeper awareness and so we're going through life doing the things we've been taught will bring us the joy bring us the Fulfillment and then there's like moments or a moment maybe where it's just like this isn't working I've got to do something different can you can you step us through anything that lines up with that for you so you're asking for a story like a time in my life when I decided that things needed to go different is that what I'm hearing yeah and and give us

(52:08) the before like what did life look like what what were your what was your upbringing what what were you taught would bring you happiness and then did that work um okay so oh yeah there's a lot coming up right now so okay so if I'm going to start at the beginning just like childhood like I had spoken on that a little bit in the beginning about the magic right where I felt like there was magic so I grew up in a household where my my dad's side of the family was very um religious they were a Christian so my

(53:01) dad tried to adopt it and we would go to church I think for the first maybe five years of my life we went to church and then my parents they divorced and we just I would continue going on my own we lived in a small town um but I really loved the church like I loved I loved it I did like but the way that I did God was different than everyone else like I always had my own interpretation of it and I didn't believe everything that was said to me I just believed in God I was like yeah God's real for sure like that

(53:32) face got me through the hardest times of my life and I wanted my children to have that too so I did put them into like programming in their school where they learn about God but I don't believe in religion but I believe in faith and I believe if you have faith you can get through absolutely anything and throughout my childhood it was not rainbows and butterflies like like there was a lot of anger there was a lot of um pain there was a lot of abuse like there was everything you have everything you could think of it was there and it also

(54:07) wasn't the worst it could ever be it's just for the kind of soul that I was it was way too hard for my soul like it was like my heart couldn't handle it like it was painful like it was I just remember like for the longest time in my life all I remembered was the bad I didn't have any good memories I was like there's nothing good like it's all bad like all I remember is being hurt a

lot like that's all I remember and then I realized as a got older well that was me just desperately wanting someone to see

(54:39) me you know I just I always Ed that as like please look at me like please see what I went through it was horrible like please look at me right and so when I got older it became I started to really notice I started to just notice Noti that I had these patterns like I started to notice that was really angry I started to notice that you know but I also noticed that through all of that I was I still like manifested things as a child that I shouldn't have had access to really shouldn't have like I don't know how like sometimes I go how

(55:15) did that even happen how did how did I have the the most fun childhood though like I had a lot of fun like I can look back and go I lived outside so that was something that was really amazing thing about my childhood like having absent parents it's like well I lived on the earth so I I always knew that my mom was nature and I always felt that way like I felt at home when I was in the trees when I was in the dirt like that was my like I loved it and playing outside with my friends like that's all I ever

(55:43) did okay like that was it that's what got me through that's like you know that was my Saving Grace was the earth um and then yeah like so as I got older I started to see all these patterns come out when I started drinking at a young age like I started drinking the first time I drank I was 13 I hated it I didn't not like it but then I turned 15 and I wanted to be accepted and I got into a group of people that that's what they did and I wanted to be cool and so I started drinking at like 14 15 and I

(56:16) didn't drink like a normal person like it was like I was going to the drunk tank and I was going into the hospital all the time because I would take a Mickey and chug it in 15 minutes thinking that's how drink right no that's not how you drink that's how you die but you know but that's just what I did um and it's interesting to me to look back on because I'm like it's a wonder I'm alive today but at the same time I wasn't as like crazy as like it sounds like yeah it was pretty bad and you know I had

(56:48) gone through a lot of but every time I drank the same story would come out I'd be calling my mom trying to my mom why don't you love me why did you leave me what the it was always like that it was it was always that and it's funny because yeah I just always longed for her it was always my mother I just wanted her to love me so badly and it she couldn't do it because she wasn't loved she didn't get love she was hurt abused and abandoned like it's just like how are you like I knew that and there

(57:22) were glimmers like I have one memory and it came out the other day of my mom I was on the couch with her and I was like maybe four or five and for the first time she like let me really hug her and they were being on her and her heart I felt it and then it was okay yeah that's enough like time to get off and I was like yeah and I remember being sad like I just wanted that a little longer and that memory is so like close to my heart because I took that with me to my children that uncomfortable I don't like feeling love it feels weird

(57:59) and that is exactly the feeling I got with my mom it was she let it open for a minute and then it was get off me I can't you know and that happened with my firstborn daughter I did I didn't have that connection it felt weird and I was 18 when I had her I was very young so it was like it felt weird and I that's when I started to notice patterns I was like I'm doing the same thing and I always told myself I'm going to cherish every I'm going to cherish every moment and I would I was like that like I was always

(58:28) like that but I I never felt it it's like I I wanted to I cognitively new things but then I I couldn't feel it I did there was no feeling like my heart had a cage around it like there was like it was so calloused like that's how I would explain my heart calloused it was a complete calloused heart there wasn't like my parents didn't know how to show love physically so like my dad is stable super stable like he's the one I grew up with my whole life mom disappeared but he was always there but

(59:02) he wasn't really there you know what I mean like emotionally and and there like just wasn't really there but there physically house was there the chair that he sat in was there but like about it right so it was like I live my own life I I felt like I lived 17 lifetimes by the time I was 18 so when I fell in love I'm like I'm ready to whatever the that was and let's go into something else like let's I wanted to be in love I wanted to feel it I wanted to be a part of it and when I fell in love

(59:34) for the first time that's when I actually felt all of my patterns and all of my go away and that's when I really was like holy like what's happening to me and I got really freaked out because Love For the First Time true love where I was love back and I felt it my whole body changed and I account this to how I feel now but I had it was dependent on someone else so when I had that love I didn't know why I was acting different I'm like I'm nurturing I'm loving I I'm doing things I never

(1:00:06) usually do I'm being me oh my God and it was so profound and I'll never forget looking myself in the mirror and I'm like when is this going to stop like when when am I going to go back to like being like the witch like what what's happening like you know what I mean like I was like when is it going to come back you know and then I started to that pattern came back and just attackman oh my God I can't let you you know and so then I went through a whole bunch like I'm telling you this story is too long

(1:00:35) like like after that it turned into I went into very deep into myself into my head and created a bunch of stories and was totally I went into depression I you know I went into a really deep depression and then I had to go on to pills I was on to anti-depressants and I did I did the whole the whole shebang and that was having a little baby like after postcard of depression and stuff and we had a baby together like within six months of being meeting each other and we've been together for 12 years now but I'm

(1:01:06) starting to realize all the things that happened in my 20s that I have not let myself see until I was going to go on this podcast and then they all started coming up I'm like oh I had a 20s I like you know I'm gonna be 30 next year but I had a 20s wow did I really like I Haven acknowledged my 20s and that's when it came up was like let's acknowledge your 20s like let's acknowledge that woman who went through all of this all on her own and not only did she do all of that but she never gave up you know like I

(1:01:40) never gave up and that's something you can take with yourself too it's like you never ever gave up like who was leading then and I always say to like I always feel it I'm like that wasn't me meading that was me me and God love meeting like that's our strong Essence that is in all of us that we just haven't yet tapped into and now that like I feel that love it's like that's the one that's the one I'll let lead the way now and I'm sorry if I didn't answer your question the way you want me to

(1:02:16) that was so you did and what I what I think a lot of the listeners get out of this podcast is the before and the after because we need both we we need the before we need the

relatability relatability because so many people experienced what you just shared and and they see themselves in you both the before and now they see this woman before us now with this strength that just like you said went through all of that all of the hard never gave up and so I'm curious was there a moment that you understood that your heart was

(1:03:06) calloused or is that Looking Back Now you can see that it was or maybe both yeah great question um the reason I have this analogy with the Caged heart is because we did a meditative breath work session in our cohort I I don't know if you were there it was in December I I remember exactly I think it was December like mid December and it was with um Andrea and she did the heart she did one on the heart and that was the first time I felt open enough to just let myself go there and I literally felt the heart it was callous like that

(1:03:46) it was and I literally felt it crack and I was like and it floodgates opened right I the crying and the feel like everything that came through and I knew that like that was the most pivotal moment in my journey where I actually felt my heart open like I physically saw it so I can see I saw it in the breath and then I felt it I literally felt the craft open and from there I was able to connect more to my heart I had heart like oh my God I have one this year yeah I think Hannah is frozen am I Frozen she is she Frozen for

(1:04:24) you or just me can you see me oh okay just for me you're just you're mid drink oh no my can't boost least I can hear you though at least I can hear you though um yeah that was the moment how does it feel having that a full year now once your heart's been cracked open oh man it's like oh why would I explain it it's it's like there's this warmth that radiates through my whole body all the time it's like any moment of the day I can tap into it you know and as I practice more because like this work is

(1:05:09) like like we were talking about the autopilot like it's every day it's every day in every way and it takes that intentional discipline like okay I'm going to connect my heart and I realize now how simple it is now because before I was always looking for someone to tell me like tell me what I need to do tell me you know like that was my way tell me tell me what to do I'll do it you know like I was saying and now it's not like that it's I can call on my own wisdom I can call on my own heart and I'm

(1:05:37) learning how to every time I speak to connect to my heart before I speak and that was something I didn't do it was like I just thought it but now it's like no like let's bring the awareness down there let's bring it to the heart and now let's speak because I've noticed in my myself when I'm speaking from apart and now I know what it feels like when I'm speaking from apart and how it's received so it's like like in the beginning I was it was hard for me to be challenged with this because I was so

(1:06:08) embarrassed of myself like it was hard for me to connect to this because I've lived a life where I need to be hard and I need to be strong and no one gets to see me weak and that was a belief that I carried forever like that's the armor I wore it was some tough I swallow my emotions you like you know and that's what I did like I swallowed them and I realize now they live there so like I said the callousing yeah like we we created that by not feeling our emotions but um yeah I just I forgot what I'm talking about so I don't know

(1:06:43) where that was I did that again um yeah I I actually don't remember I I asked you how it feels with your heart open yeah okay and then we went all over the place yeah you can I'll get better at this I promise no this you're are perfect the way you are that's the whole point of starting this podcast is just yeah meeting and where you're at and however it comes out yeah

and as much as as much as we love it for the listeners like we want it to be a healing experience for you too and so you've already said that so

(1:07:29) that makes me really happy oh it is it's you guys' energy is so nice to be in I don't like even before I went into this I have a tendency like I've noticed in myself with lives and like when I meet with people I'm thinking about the people on the other side too much like I know they're here like I know you're here I know you're watching but I don't put all of it on that so that I'm not not being myself because I'm worried about how I'm coming off right so when

(1:07:58) we're worried about that it's like well now we're losing point we're losing the actual substance here because there is no separation right now so me talking to you two I'm actually I know I'm talking to hundreds of other people but let's not focus for me like let's not focus on that because then that's gonna freak me out so just yeah I still have to do that we had um Cheyenne from your um cohort on and she's telling us that she had her whole family has been listening to the podcast

(1:08:32) and I was like what because I in my mind like when we do this I'm like it's just me and Josh having a conversation and then I forget that anybody can just listen to it that's the best way to look at it as we're all human here okay like so human so and that's then that's also another point it's like you get to believe whatever the you want so it's like what do I need to believe in order to get this done and that's something I ask myself now I'm like like what do I need

(1:09:04) to believe or what do I need to not believe like what am I believing that's stopping me from moving right it's like okay I don't if I can shift the belief into something else that's empowering and feels good in the moment like just calling on it and just doing it clearing the mind like oh okay this literally is a game like we're just we playing this game and you know they try I try not to take it too seriously and that's something I was doing in the beginning is because you just want to succeed like

(1:09:33) I want to do good but when we do that we're we're blocking a little bit so it's like okay how can I be in flow how can I just be a little bit more open and the best practice that I've been doing lately is really creating those roots in my feet and really bringing the roots down so deep into the Earth like I didn't real realize how much I go up here and I'm floating and and okay actually let's let's get into my ground because that's something I never had I'm not used to feeling grounded and safe

(1:10:07) right and it's like this this thing like this practice that I get to do every day because that's where I lack the most in my life is ground is is staying in the present when I'm scared I'm so I had a way to escape the the errors I had away and that was go way up here and I'm not here my body's turned off you can do whatever you want to me I don't feel it you know what I mean and like that just gave me chills you can saying that I can't believe I just said that but yeah um that's how it used to be it

(1:10:38) was survival like I'm surviving and now I'm not in survival and I can't believe there's another life there's another life outside of survival and that's freaking amazing like insane insane yeah so Kaitlin I just wanted to reflect that that survival strategy that you needed that was required of you is now a gift like I can feel your that upness that expands expansive energy that because I'm very much grounded but I but I also need that I need the up here for me and so it's almost like you're

(1:11:25) inviting me like check it out we can be this big and I'm like no I'm grounded and I'm rooted here why don't you come down here and you're like you come up here and I'm like this

tug of war that we're inviting each other into that we both need yes we're all medicine for each other we are you know connection was really hard for me like that was one of the biggest um rep patterns through breath work was that connection wound it was de and it's I'm noticing it more and more now where

(1:12:04) I'm like wow like allowing myself to be vulnerable and be seen is like whoa like online different like now my practices now are in real life in the world how can I put my back out a little bit more how can I stand a little straighter and before I'd be like this right like I'm noticing I was like this and I was like oh I go for walks let's put my shoulders out even though it feels freaking weird and I've always been a sloucher like let's bring it out right like every day every day every day

(1:12:39) and every way right and other people have little nuggets for us little nuggets in their in what they say you know like it's I went from wanting someone to tell me like doing a course for them to tell me what I need to know and then I'll be different and then I'll be changed now I don't look at it like that it used to be on them to give me the info for me to change and now it's it's not about them giving me something to change me it's how can I allow this to shift me because how where

(1:13:11) am I receiving it is it I don't want to receive it through the mental field I want to receive it through my body I want to receive it in the places of my body that actually need it that's been a really interesting shift for me it used to be I'll throw money at it give it to me it's going to happen right I'll get the certificate it's going to happen right nope no no you can get the certification you can get the course you can do the thing and it stay the same right like it can go through the (1:13:40) mind the mental field but if it's not percolating into the body and you're not receiving it from that place then what are we really getting from it we're not getting that shift that we so desperately want right it comes from actually doing the practice doing the work that's what I'm wearing we want it easy and I'm like ah we tried an easier and softer way and the result was nil that is from AA but it makes sense it makes a lot of sense okay yeah where am I trying to make it easier when making it easier

(1:14:13) actually doesn't make it easier yeah and even finding the gifts in like triggers and just learning from that is is a hard one but an importantes time it takes time like I Sam always says right uh don't never waste a good trigger and in the beginning like yeah I don't I don't waste them and then I'm like now that I really understand what that means I'm like oh oh I'll notice myself there's a trigger but I don't want to and I like I notice like how strong the mental energy connection is to the story so for me

(1:14:56) there was a lot of times like I said cycling through the same but it was like the energetic tie was so strong that the drama of it was more exhilarating like yeah it's like a it's like a it's like a something is it's like you injected something and it's going through like that's how I would explain it it's addiction and like like like you just like it but you don't really like it but it's it's so tied so familiar like about like road rage I'm like this is not going to bother me this is not going to

(1:15:27) bother me but then someone like really pissed me out I'm like oh man like of it we're attached to it so it's like I had to go through the same thing over and over again and keep noticing it and keep noticing it until I realized I just had to let myself have the experience at its full ta and so there were moments where I'm like I feel like a four-year-old having like a

complete tantrum like out of this world and letting her just go ah but like letting it come out right and then each time I felt that Pang the Pang

(1:15:59) wasn't as strong and the story started to dissipate but I could see I was watching myself be so obsessed with wanting to be mad at it and wanting to I'm like oh I'm addicted to that like that is something that was comfortable for me and that's what I did for how many years is it going to go away the first time I notice it no like we're going to have to go through that it could be two three five 10 20 who knows how many times but there's no judgment on it because it's like how long did it take me to form that

(1:16:30) probably from like ancestors ago like you know like it's like it's it's going down the line so deep I see how deep the the energetic cord is so it's like well to slow that down it's just putting that Awareness on it putting that love on it putting that Awareness on it over and over and over again until it heals and it's like okay like doesn't mean I don't get pissed off he's like I sure do but it's just like knowing how to just be with it instead of storying it and I'm

(1:17:00) noticing now I I less I'm less in the story now but it took a lot of that takes a lot of that a big one for me is like when Sam said she's like well like you guys as breath work facil as pause breath work facilitators you cannot be gossiping and so I was like I don't gossip but then it was the same thing I start like looking around my life and noticing saying like I I live in a small town in Massachusetts and I'm the third generation of my family that lives in this town so like we all know each other we all know each other's

(1:17:33) business and it's I didn't realize how like deeply rooted it is in my family Dynamic that we get together and just talk about people not like we're talking about something bad but we're just constantly like did you see so and so at the grocery store because I saw her and like just like just for no I'm like why are we even like talking about even if it's not negative I'm like can't we talk about something like there has to be something else and so it's breaking that not only with me

(1:18:00) but like generational like you said yes it runs so deep and that's the thing about this work too right like for me it was really hard to in the beginning to differentiate the my family too right because you're like you're trying to live a new life and you're you're learning all these things and then you have the people around you still doing the same old and you're like okay how do I not blame them so it it came to this point of like we love to say Well they're not so like I'm not or

(1:18:34) they're doing this it's their fault but I I'm not changing and it's like very easy to do and then we get this like opportunity to just realize that like we like spoke in the beginning like once you start shifting people will come to meet you if we stop expecting so like I had to stop expecting like stop the expectation you know what I mean like you should this you should like be like that like I had that so deeply and I was like oh like I'm actually being power over like I'm not being equal

(1:19:04) power with you and my relationship was the thing to heal and come to terms with um he was the hardest one for me to forgive like we had gone through a lot of stuff in the 12 years like you know what I mean I swallowed a lot of and so it came out anger it came out of his resentment it came out of all these things and it wasn't until I realized that I need to love him like I need to just give him this love that I give to everybody else now he was the one that didn't get it it was off like you know what I mean like you go away right

(1:19:37) now like you know and I admit that and something had to happen and it blew up in my face with a different situation then it it showed me what I was doing and I was like oh this is what I've been doing like the next level and the next next stage for this is me letting this all go and equally being equal with you no matter what has happened in the past no matter what has gone down I get to meet you here now with this love that I have without having strings without having well you did this and like that's how it

(1:20:14) was and then I realized I need to give you this love and see what happens stop expecting anything just give you this love and see what happens stop being this pattern of I just saw it I was like e like I'm mean to you you know I saw it I was like oh and once I Shi that D that was about three months ago and holy crap has everything changed like our relationship is like out of this world amazing in the love because as soon as I started giving that equal love I started getting it back oh of course you know what I mean

(1:20:50) but it's hard when we're addicted to that suffering we're addicted to that past story we're addicted to what you did to me what you did that to me like I'm going to punish you for that I didn't realize that was my pattern think I'm gonna punish you because you right like that's just the truth right and it wasn't until I was really able to let that go and see him for who he is which is what all of us are which is love it's just we we haven't really been given the opportunity to feel that or to

(1:21:19) mirror that so yeah once that happened it's like amazing and learning to open my body more right like it's it's interesting you be someone for with someone for so long and still learning each other like learning how to connect and learning what the other others language is and what you need to feel loved and those were conversations we have been having over the last years like I don't feel loved I don't feel connected this is what I need what do you need and meeting each other there and actually doing it

(1:21:52) if you know we both need to be doing it but yeah it's so beautiful that you've just both grown through this whole thing called life huge huge oh man it was a struggle I'll tell you your first on the journey people think you're insane you're like yeah I'm insane yeah am that's what I was getting a lot of like you're crazy like yeah I'm pretty crazy but now everyone's on board and I'm like this is so cool like don't ever give up and like you said in the beginning it's

(1:22:26) that the huge reward that feeling when things start mirroring you back like that's how you started I think that's one of the first things you said on the show today so always coming right back to the beginning of that mirroring is the reward in the end when your reality starts showing you all the improvements you've made and all the love that is it darah that is it like that is like the literal message of this whole call is don't give up because the work that you're doing may not be showing you yet in your

(1:23:01) reality it may not be showing up yet but you believe that it is like it is coming it may not be tomorrow it may not even be six months from now okay like it could take years even like for me it was a year and a half I'm seeing my reality catch up and it's like but if it came a year ago I wouldn't have been ready to it so it's like it's coming for you when you're ready not when your ego says I should be ready because they're ready and I'm like no bro like it's ready for you when you're

(1:23:33) ready and when you've excavated more and you've really believed all it is is belief what are you putting in your mind every day what are you consuming every single day because that will catch up it's like riding a bike we're imprinting the subconscious every single day so

what do you want to imprint it with right like that our projection in the next year is what you are believing today so I I like to journal I like to write down what I want and I have wrote down a list in 2022 and I have been

(1:24:03) Crossing that list off and I'm like this is crazy you know but it's crazy it's intention so let's like guide it just be disciplined with it just guide it right and love yourself love yourself so deeply and others right like Secret Sauce put it in our little bowl everybody have it but we usually we usually ask at the end what your message is so you already just on the head I did it right oh that's so good beautiful yeah and I would love also to just invite anyone that um wants to know more about this work or wants to share

(1:25:01) this work with other people to come visit me over in the pause Global Community um where we have all been and and we Blossom from um that's how I met that's how I met Josh right it's such a beautiful community of like-minded individuals right people on this path of becoming um of relearning how to operate in this world right it's it's really cool um yeah I just wanted to share that and see if you guys want to come there with so that's on Facebook just for everyone listening is that what it's called pause

(1:25:44) glal yeah I could send you a link for it and then see if people on the description there you can put it in yeah well if you want that's perfect to breathe yeah yeah are you yeah we do lives every month there'll be two breath work two 10-minute lives a month so I'm having another one um on the 30th I believe at the end of the there'll be another one are you facilitating locally as well yes uh I am actually I just had my first one in October um I'm planning another one for December I live in I

(1:26:24) live in Sturgeon County Alberta but I've been holding them in Redwater Alberta um Canada for all my American friends want to take a flight um yeah I've been hosting them in person and I want I I am I've been planning on doing one in your group Josh I want to do one in the facilitators group um and then we have the pause and breath events too so I definitely want to host an online pause and breath that's in the Global Community as well um if you guys want to host any in there too I would love to have you guys in

(1:26:58) there and promote it for you in there yeah right now that's what I'm doing I'm in the coaching practicum right now I'm almost graduated I'll be graduated soon congratulations thank you I'm so excited I took my time I took my sweet time and it's like so different breath work to now night and day yeah what what have you noticed that's different well prior to hopping on to uh practicum calls like I'll never forget the absolute Terror that was happening in my body and I didn't want to go and

(1:27:45) all the time I'd pray that they'd cancel and it's funny because people would like yay thank God or like my internet would work it didn't work ever the whole time and I'm like I think I did that um yeah and now it works perfectly um so yeah I had all those issues and like even when you would come to a meeting I'm like I don't want to do it and then you would be like just talk to me the whole time like yes yes like I didn't want to do it which is funny like I look at I'm like

(1:28:13) why but there was so much writing on my ego there was so much riding on my worth so it wasn't it was hard um so throughout breath work it was really hard and I like to me I'm like wow I can't believe I made it through that like the fear like oh my gosh it was insane and then making it through there and then giving myself the time between coaching so coaching was

supposed to start in April but they elongated it because of the Evergreen model and I was like thank I asked the universe for this and it expanded like yes and then so I

(1:28:47) didn't have to start until I was ready and even when I and so when I started coaching I I didn't have that fear like that fear wasn't there it was there but it wasn't like I was Guided by something else like I knew how to call upon like higher energy where it was like it's not about me right I I didn't have that belief then it was it was all about me then um now it's not I was like it's not about me like the body is the Healer like the body's going to tell me like I don't need to know and like of course it

(1:29:16) was a little chunky at first but like now I hop on these calls and it's like I've been seeing the same client for three months now and it's like this gift to my soul and it's a gift to their soul and it's like how much value can I give like that's all I that's all I focus on what's the value like how can I be here for this person and it's just wild to me that I use a lot of breath now and I love doing it I'm like imagine that I really did not like it and now I'm obsessed like I love it like I want to

(1:29:48) Le breath break forever and ever and ever so it's just amazing like what happens like just because you're scared and it doesn't feel good doesn't mean it's not for you um it's just those are our patterns those are our fears and yeah being that vulnerable was never easy for me so now being vulnerable is like me now that's that's the way you know I I always feel much better when I put something on my calendar like at least once a week that terrifies me yes smart it's smart like that's how we

(1:30:23) expand right like I want my body to feel like I don't really have one you know what I mean like I used to live so constricted like I wouldn't let myself like move or like take up any space like I didn't realize I was like that until I started to take up space and like move around and then I was like oh wow I'm embarrassed by myself so there's there's something there so then I started to embarrass myself by myself so embarrassing myself me like when I would do I'd sing I would sing and crack the

(1:30:56) out of my throat and I didn't and I would like what have you done and I'm on the live by myself I'm like oh looking around like anyone seeing that like no it's just you girl it's just you here like oh okay so let's have compassion and let's just keep going so like now I sing around people never did that before but because I got comfortable singing by myself I was I'm able to do that now and it's not a performance I'm not trying to be good I'm just following it and so the more we do that

(1:31:27) it's like get with yourself first and then extend it out right like if something embarrass you and you're by yourself like I used to be being naked for me and I'm like okay well I stare myself in the mirror and go hey that's weird and but I kept doing it until I felt comfortable in my body you know like it it starts with you it's always been you right it's like some people it's probably easier for them to do it first out in the public world but for me it was I had to do with me sacredly on

(1:31:55) my own and learn to love this this being all of it every single inch of it and then it was like okay now I can extend this into the world and start looking people in the eye and really being present not being afraid it's like I lived in a lot of fear for a lot of my life it's like please don't hurt me like that was always what I was thinking like just please don't hurt me please don't but I don't feel that way anymore it's like I trust I have so much trust that when it's my time it's my time if

(1:32:32) if like there's nothing I can do about that and that's something that I used to live a lot of fear in like oh my God what if this happens when I'm driving what if this happen like but now it's like no like if it's going to happen it's going to happen and I believe that in anything in my life it's like I don't have full control out over everything I'm just in charge of how I react to it so it's like okay well that's where all the power is that's where it all is so good thank you so much for having (1:33:06) me you guys I love you Hannah and Josh like I love you I am excited to get to know you guys more yeah especially yeah I was just going to say I want to have like all everyone that we've had on I just want to like hang out with them forever all right I bet I bet like I um I've been leaning into doing a podcast for a while and then like thinking about it and then my girlfriend I she Cassie we were in um the cohort together and I've been coaching with her um and she was like one day she looked at me she's like we

(1:33:41) should do Retreats together and do you want to do a podcast and I was like uh yeah I'm like I'm wanting to do a podcast so we're in the works of doing that so we're we're we've been like spitballing names and stuff like that so very similar yeah yeah love the idea yeah just do it wherever you're at like that was our whole thing we're like we're just gonna start recording so that it's recorded and like it took us a few it took us a few months to like put it somewhere but and it took us like a

(1:34:15) little bit to realize that we wanted guests even too and then once we had we had like one guest and I think we've had a guest ever since because that's our favorite thing is just to hang out with people so I say just start wherever you're at and it'll we take the trauma informed approach to it it's like whatever I have resistance with Josh kind of helps me ease into it and vice versa to him and yeah yeah well it's the perfect Dynamic like you know the energy so like that's how I feel with Cassie

(1:34:47) it's like she has this medicine and this part of her that is so different than me and when we talk it's like oh my God every time we talk like we that so it's like okay let's just start recording and just actually do it yes and just have fun like like we said like have fun just us here like we know there are other beings but I mean really like it is just you here like you and you like it's you versus you like that's it yes like how how good can it feel how good can we get it right like that's all I want I for

(1:35:22) who else who I was saying who we were interviewing when I said this but if you ever heard that well if you don't listen to podcast you might not but that there's a podcast called girls on tangents and it's they just literally talk and I'm like if those girls can have a podcast like anybody can have a podcast that it that's exactly what I want like I just I'm noticing like I just like to talk and I never realized that I liked that until I was more open and I'm like well now I'm Not Afraid as

(1:35:53) much like obviously the fear doesn't go away like our fear will never go away and that's something I had to accept and like I'm never going to not be scared Okay and like some things that I do I'm literally so scared that I can't breathe but I'm still doing it like you know what I mean and then after you've done that that one time you get to decide when you're done if you're going to go into to story and freak the out over it or if I'm going to use it as an empowering thing am I going to use this

(1:36:18) to my advantage am I going to use this to my betterment right like doing that live in in the group like I was literally pooping like my pants like I I would never been so scared in my life I can't even believe how scared I was I don't understand why it just came over me and I'm like I

don't know what I'm doing everything I've ever known like you know and get off and just cry like literally bald my eyes out and I was like oh that's really scared there like I think I I did one live once I

(1:36:50) like blacked out I like don't remember anything yeah I did too and like the feeling in my body I was like I'm s and I was like what just happened but then it was like okay well the worst of it's over like I built this up in my mind for months like I got offered the job in July I knew it was lives but I wasn't ready until no October I think it was the beginning of November actually three months before I was ready to even just do it so like I was grateful I was given the space to do that um but yeah like

(1:37:21) it's interesting to me I'm like okay well now I know how to handle it where it's like you get to be scared and then you get to choose when you're done where you're GNA go with it like okay I get to choose am I gonna obsess over it and get scared again or am I going to use that as I just work through it I let it all be there and now I feel excited to do one again like okay cool let's do that and like what else have I been afraid of that now I'm just going to go do oh exactly like business-wise right

(1:37:51) like for me that's been a huge thing like took me a year to start my business and to really just do the thing but I knew there was things I needed to heal in myself before I like I know when I'm out in the gate it's it's all like I know when I go it's go time and a part of me was like let's just enjoy like the Stillness for now like this feeling of I'm home oh so good and then once I got to that point I'm like now I'm ready to share it now I'm ready to share it because this time was so sacred to me it

(1:38:24) was like I'm meeting me again like I'm I've come home I want to be home for a bit and then let's bring it to the world right like that's how it feels feels right now and I'm like I'm ready to share it I'm ready to spread it let spread it yeah yeah love that I can't wait for you to spread all of your knowledge love to the world yeah thank you and I'm grateful for you guys for your time I know we've gone a little over we always do yeah it's hard right like it's hard it

(1:39:10) is yeah