

You're listening to episode 152 of the Devoured podcast.

Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place.

All right, party people, welcome, welcome, welcome to the show. I am so very happy you are here every single time. I need you to know it is an honor that each and every one of you are here. You all make this a podcast, so thank you for being here. Today, we're talking about compassionate observation. And I want this to be a shorty, a little cutie of an episode. I do a couple of those here and there. This work of losing weight, in a way that is separate, I think of the dieting cycle. The dieting cycle is like a circle. It is so separate than the dieting cycle. It is simply a path to beyond that does not loop back to itself. It might spiral, it might have parts of the path that looks similar to other parts of the path, but it's not just walking in a circle over and over and over again.

And so when I think about weight loss from this perspective, a absolutely huge part of this process is engaging with compassionate observation, and compassionate observation of ourselves first. And this in and of itself is a practice. It is quite frankly a major practice, because not often in our current world do we find many places or opportunities that allow us and even teach us how to come home to ourselves from a place of compassionate observation. If you think about how many standard typical diets go, consciously or subconsciously, a lot of the diets go like, "Just do the thing and then you'll get the thing you want. Eat this way and then you'll get what you want." And sometimes the diets are like, "Listen, that might take two weeks." And then sometimes the diets are also like, "This will take longer than two weeks." Right? They might be a little bit more based in reality.

But often, there's a complete dissonance and lack of instruction or support around the idea that you as a human deciding to change her habits, which is what weight loss is, it is a habit shift. By changing those habits that are tangible, the things you're doing, but also the intangible, the things you're thinking and feeling, that process for the longterm, truly only happens when it is coupled with compassionate observation. This is why we use the journal in the program. And this is why the journal, listen, I love that damn thing, but it can be triggering. And not only can it be triggering by the fact that we might write in a really crummy day of food for ourself and say like, "Well, it looks like a A plus diet to me. I did it right. I made the perfect food list."

Not only can we start to understand that some of those behaviors aren't actually how we create a wonderful, beautiful life for ourselves, but the process of starting to come into a relationship with how we treat ourselves, of turning the pages back, of using the weekend review page, and of actually saying like, "Oh, wait a second. This is what this is about. It's not about having the perfect portioned plate and then giving myself a pat on the back about it. Yeah, like if I made myself a rad food filled day, awesome. We got to celebrate that. This is great." But it's so much more about noticing. Am I allowing myself the space to notice my life? Without needing to run into judgment around it. Am I allowing the compassionate observation, that loving awareness of how I am existing and therefore coexisting with my life?

Learning about calories will help to a certain point, but beyond that, if we learn about calories from a place of a lack of compassion, from a lack of observation, the only thing we're doing is pulling up an app and plugging in our numbers and treating ourselves like computers, of course, we're going to learn from any action we take. So of course there's information to glean from that, right? That's why I love the diets work initially, because of course, calories can have a place. Of course, using points instead of calories as

a place to hold her. Of course, there's going to be some truths in all of this that's why it's inherently confusing and overwhelming.

So how do we start to dissolve away the pressures and expectations to do weight loss the way people say it has to be done? Well, that's going to dovetail into exactly how you, beautiful, unique, special individual you, decide that you want to live your life. Because how we lose weight is going to help be how we live our lives. So it's so life saving and life honoring when even if you try a diet and you step away from it, that stepping away if you deciding, "I don't like living my life like that." That's empowering, but we won't know that, right? And we'll pile all of these potential shoulds on ourselves in the process until or unless we develop a space, to be the tiniest space in ourselves or the biggest space. Until we develop a space to drop into compassionate observation.

So I'd like you all to honor that for yourself this week. would I like to drop into compassionate observation? What do I notice when I say that to myself or I hear something about that? How would I like to dip in? What do I like to dip in for a moment, for one second? What do I like to dip in for a minute? Compassionate observation is a way of coming home into our nervous systems. And I really believe that that is that deep inner work that so much of society either rolls it's eyes at, says that, "You don't have enough time for that, do it later." Or it says like, "What's the point?" But I think ironically that that is the point, is that society will never know what the point is. You self-define, and you self-define by allowing it to be okay to go inward, by allowing yourself to take stock of what you're noticing, and that by allowing all of that just to be. That is a practice. And now you do see that practice and with mindfulness, with meditation.

There are, of course, this is not a new subject, but it's a bit of a twist on it because I just want all of you to see and hopefully you do as you listen to episode to episode. I want you all to see the ripple effect, how we're treating ourselves in this area of our lives, of course, will be similar to other areas. When we engage in a mindfulness practice in one area or another, or just generally, of course, that's going to ripple out. So this week, consider dipping in to compassionate observation just to see. There's no agenda to it, that's the beauty. It just gets to be just like you get to be. So thank you so much for being here and I'll see you all on the next episode.

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