

You are listening to episode 136 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.

Party people. Welcome to another episode, so pleased you are here. So as I was pulling up the software to start recording this episode I said in my head, "Oh, welcome to the Essential Omnivore podcast." And I thought to myself for those of you who haven't been around that long that used to be the name of this podcast, because it was associated with the website Essential Omnivore that I used to actively run. It's still around but I'm not adding content to it these days. I thought it was so funny. I sat down to record this after taking a, like it's about 2:30 right now, and I sat down after or I laid down after lunch for a break before coming back to work for the rest of the afternoon.

And there must be something about you all, my boyfriend gave me this weighted blanket and I swear it does its job. I think I relaxed so hard that I moved from Devoured Podcast in my brain back to Essential Omnivore podcast. Which I thought it was so funny that that was the word that came into my head or the phrase that came into my head so readily as I was preparing for this show. And it aligns with what we'll be talking about today. We're talking on ease. And this is like a personal subject, not with what I'll be sharing but with the intention behind this word. I haven't always been into words of the year in previous years, well in years past. Last year my word was visibility and the year before that, like I've just never really... Mostly with the new year I'm just happy to be getting out of darker days basically.

Come January I know that the days are getting longer and brighter, and that feels like enough of a resolution for me. So resolutions not so much words of the year, not until the last year or so have I found them to be useful. So this year as we were coming to the beginning of January, I was driving with my boyfriend and we were talking about intentions for the year and our words of the year. And it takes me some time. And I was playing around with different words and the different feelings that I'd like for the year. And after about a week or so of visiting and revisiting the subject [inaudible 00:03:04] come to me, the word that I settled on that I just feel in my body is ease.

And so on today's show, I want to invite you into this feeling if it's one that resonates with you as well. It feels like this very welcome sentiment even with, what is it? The four I's of January of 2021 the insurrection, integration, investments, all that stuff. There can be so much going on in the world that we are a part of a living, breathing, active citizen in, and we can invite things into our lives like ease. We can be enveloping ourselves in an intention and allowing it to become part of the backbone upon which we fall into as we go through our day-to-day lives or week to week life and our month to month lives as the years go by.

So, this is my invitation to you today. If you're feeling called into a word for the year, a feeling for the year, a sentiment for the year, if you like I offer you my word ease. And here's what happens when we invite ease into our lives. I think what you'll first notice first off, you can be compelled by a word and also your brain can be like "Yeah, but, but, but, but, but, but, but, but, but things are hard. Things are tricky. What are you doing? Don't try to emotionally bypass me brain," said one side of your brain to the other. My brain does that too. And so this is why I chose ease, because this year I want to both fall back into ease, like just let it be there. Let it be like a trust fall with myself but it's ease that's behind me.

It's both that and cultivating that deeper trust that ease gets to be right around the corner. And it's also challenging myself and starting to challenge myself to be in spaces where my natural tendency might not be to be coupled with ease. And so I bring this up on the show today because I think this is an arena. And I actually just had a wonderful chat with a client who I hope to be getting onto the podcast soon.

This is a wonderful space to start to question the stories that you have associated with your weight, with your body, and with what the world has put on you at large. What the world has put on you about your relationship and your story around weight and weight loss and weight gain and weight maintenance, around all the subjects.

I want you to consider challenging those narratives. If they have been steeped in difficulty and frustration and angst and overwhelm and not enoughness and victimhood, I think that we can honor each and every feeling we have around our weight. And we can identify that with clarity, we can identify what is it that I am feeling? What is it that I'm pulling forward from the past? And we can take it one step further if we simply allow ourselves to and we can start to say... And this is where we can get metta in a really beautiful way so listen up with this. Let's say that your relationship with your weight is frustrating. Like that's a core word that comes back for you, whether it's right now, whether it was five years ago, whether there was an instance where it wasn't frustrating and now you're frustrated about that.

If your word is frustrating I want you to invite yourself into holding that word at arms length, hold in for the frustration, the story, the image, close your eyes if you'd like to. And when it's at arm's length I now want you to ask yourself, "Is there another word that I can invite into this connection with frustration that is closer to me than the word that I'm holding in my hands." So maybe this next word is at your elbows or near your shoulders or your chest, or it's simply between you and your outstretched hands that are holding the frustration. Now I want you to ask yourself, "What is this additional word through which as a lens I can view that frustration."

And so for me what I think is so beautiful is that that choice can be any word or a feeling that we would like to allow. So can I be with that frustration with ease? For example, this is a hugely powerful process and technique that will serve you with any feeling that burbles up in the moment that allows you to create a flexible relationship with your thoughts and with your feelings. It takes them from these rigid expectations or even rigid adherence to the thoughts and feelings and it starts to, from a neurological standpoint when you can be visualizing this and you can start to feel it, imagine it, see it for yourself, it starts to... I think of Silly Putty. It takes it from being Silly Putty that's sitting cold on a corner over on a counter top somewhere, we grab it in our hands and it starts to warm up a little bit. And then we can flex and we can play with it.

And this can be so part of any feeling, any thought that we're experiencing. Try it out even with emotions that are more positive too. Think about let's say that you've had a weight success. You've been proud of yourself because you stuck to consuming the nourishing foods that you desired this week, the foods that fill you up so holistically that you're just pretty damn fucking proud of yourself. Do the same exercise with pride. Hold that pride in your hands, reach them outwards, close your eyes and do this. And as you're having that pride and that proud feeling in your hands, and then with your outstretched arms now you have this space to become curious with that step back. How would you like to open the opportunity to look at that pride with an additional layer?

Would you like it to be joyful pride? Just like you were able to invite in ease with the frustration, would you like to look at it with surprised pride? Would you like to look at it with soothing pride? All of these lenses in which you can be looking at your life experience are ways to call into yourself. And so today for this episode on ease, I want you to understand that so much of what we can do think of going to like the optometrist or ophthalmologist. Think of going to an eye support person and they're helping you figure out your new prescription or making sure that you don't need one. And they're flipping and asking you, "A or B? B or C? One, two? Two or three? Three or four?"

And they're flipping between all the different lenses and none of the lenses are better than the other they just are able to be different and they help us come into focus in the type of focus that we desire for

additional clarity. This is what we can do if we would like to do an intention practice of being with, in this instance, ease. It is an intention that does not define how we look at the world, but it can create additional clarity and support us in seeing everything in the world. Seeing it in the ways in which we desire, with the clarity that we desire that can be innate to us. So this week think about inviting in that lens and that ability to flip and ask yourself, "A or B? B or C? One or two? Oh, I don't know. Okay. We'll go back, one or two? Can I have it one more time? Yeah. One or two? Two or three?"

Think about what happens if you allow yourself to bring your own clarity using words that help us create that sense of flexibility. For no reason other than you know, from a deep innate knowing that your clarity is for you, it's individualized for you by you. And you can trust that you'll know which words, which clarifying words are the ones that you can invite into your life experience. So try that out this week. Try it out with those thoughts and feelings that might at first glance be negative or feel negative, and then try it out with ones that feel more positive. When you're creating this view of the world you will always know how to come home to yourself and your clarity. And that is one of the most powerful practices we have. Thanks everyone and I'll catch you in the next episode. Did you know you can find more support from me on my website? Go to luciahawley.com to connect.