

You're listening to episode 141 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.

Oh yes. It is still snowing here in Portland. Thank you for asking. I knew it was on your mind as it's been on my mind. If there's one thing I never want to shake it's that Minnesotans will always talk about the weather first. I might've left the state, but Minnesota girl at heart. I'm going to check in with you about the weather. Also, we're humans, meaning we're creatures. Of course, the weather matters. Of course, we're going to talk about it. It's still snowy here and I still love it.

Also, go for a walk here or there. And I think the reason why I love this snow is that I know it's going to go away. That's probably the worst part in Minnesota, is you just know the snow turns into ice. The ice goes from white to gray, and then you get a blizzard, and then it's negative temperatures for not just the couple three days, but the 10-14 days that we all didn't want but then it happened. That's why the snow feels different because I know it's going to go away. It's going to melt. It's going to be totally cool. It's fine. We're fine.

I want to talk about this week, [inaudible 00:01:47]. There's a theme that's coming up for women that I'm working with, and this is a really common theme. Common, but let's shake the patriarchy off. You know what I mean? And the theme is, sly ways that worthlessness has infiltrated our lives. And so what I mean by that is feeling not worthy of having the things that we actually want in our lives. This will show up and crop up in so many different ways. So, we coach weight loss because it's an area that women feel disempowered around and I want to create so much goddamn empowerment that it stops even being a thing. And it just becomes another area of their lives, where stuff is not a big deal. They lose the weight. Great, but they did it not just to get to a skill number, but because now they're embodied in their lives and they love themselves and they love their lives. That's what we're doing in the program. We catch our brains and our thoughts when we start to say really shitty things about ourselves.

And we catch them with love. We don't do the crummy detective diet culture covert way of trying to self-love ourselves into more love because that's boring AF. We do it the deeply compassionate way, where we create space for every thought we've ever had in our lives. We create space for every feeling we've ever had in our life and we start to allow our own capacities to grow in order to have the lovely life experience that we know is available to us. We might not believe it, but we know it's there. That is a bridge that we're working on. And we do that, of course, right, by talking about some of the tangibles around weight loss, but what mattered the most isn't having loss of weight.

A lot of us decide, "Oh, I can't lose the weight." Actually, if we dig deep enough, we recognize that we feel like we're not worthy of having losing that weight because what that weight represents... Yes, we often can have a number on the scale, a size of pants, however we looked in high school. The more important part that I want you all to be thinking about this week is that those are just labels and placeholders that represent how we desire to feel in our lives because I will tell you, if you lose weight and then you're at your goal weight, and your life is really crummy still, you're going to feel excitement when you hit that goal number and that excitement might last for an hour or a day or a week and then you're going to take your head up and out of looking only at the scale. You're going to look around and you're going to realize you're still having the same mean thoughts about yourself. You're just at a different weight now.

You're still having weird, not satisfying relationships, that leave you unhappy. You still don't actually enjoy doing the things that got you down to that number on the scale. And so what do you do? You go

back to all the old habits that are so deeply ingrained to be uncomfortably comfortable. That is part of the dieting cycle. We see that so commonly.

So what's the difference between getting to a scale number and goal like a weight loss goal and being like, "Oh, yeah. I did that. I'm going to keep doing what I do to get there. And I'm going to keep doing what I do to get here. No big deal." What's the difference between that and, "I got the number and I'm still unhappy. What did I do wrong?" The number one difference is that we do not believe we are worth enough to have enough no matter what. The comfort eating was a way for us to give ourselves more. It was just a very tangible way of doing it. And then it became uncomfortably comfortable.

The relationship issues that we aren't addressing. The work and the job and the lifestyle that we're just struggling our ways through. The financial mess that we feel like just has to be because that's how it is. Those are all indications that we do not fully embody yet how much we can have and when we don't understand that we can have more, what that boils down to is that we don't believe that our container of being ourselves is enough to hold what we want to have. So what we need to do when we desire to have more is to start to practice it. This is what on Instagram used to call #theprocess. The process of showing up to yourself is uncomfortable because it directly negates the old pattern thinking that we were so uncomfortably comfortable steeping ourselves in, drowning ourselves in.

That's the only uncomfortable part of a new habit, truly, is that it's different. The habit where you decide to be making sure that what you're consuming is for you, right. The habit where we're shaking off the people pleasing or shaking off prioritizing everyone else because that is what allowed us to have more initially, right? That was the experience that we finally felt safe enough in at one point in our lives. When we decide that we can shake off with curiosity and come into a new habit knowing that the discomfort is only in the change, that's when beautiful, groovy things start to happen, where we actually then create the proof that we do have the capacity and we are the container for having so much more, but the difference is that the having doesn't come first, it's us being the person who has more that comes first.

So I really want you all to be thinking about that this week because it's been on my heart. It's been on my mind. When we look around and we see what's shown to us and we are growing up, more often than not, it was people also not believing their own capacities. Also not believing that they could be exactly what they want it to be. So we absorb that. Consciously or unconsciously, we absorb that to be true. And we started to believe that the only people who were being the people that they wanted to be, were the exceptions. Well, and if we don't believe we have the capacity to be an exception, then that's definitely not for us, right? That's how the old pattern thinking is.

So when you're thinking about the thing that you want to have, I want you to get curious this week. Who would I need to be in order to be the person who has that and who am I being right now? There might be a radical shift between the two and there might be the tiniest step between the two. Both of those are exactly where you need to be. We have never lived our lives in a wrong way, up until the present moment they have simply been. And when we truly allow ourselves that freedom, what you'll find is that the present moment stops being scary.

When we stop judging every moment before, we then create proof ahead of time that we can stop judging the present moment. And you'll feel a big release when you do that. You'll start to see, "Oh, I can just be right now. I can have the happy thoughts. I can have the shitty thoughts. I can be whiny. I can be frustrated and nothing's gone wrong. I might be hell of sick of myself for some of these feelings, but that's okay. I can have that meta experience. I can have frustration that is calm frustration. I can be curious about my [inaudible 00:10:38] and I can do all of that and still show up to the behaviors that I know truly encompass who I desire to be." This week, try that out.

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Notice, who have I been? Who would I like to be? And then just be with that. That's the most profound thing right there. And you might hear me right now and be like, "Lucia, what? Just be? Oh, God. Not that stuff." Oh, yeah. That's a potent medicine. It's not one more low carb diet and never was. That's why they didn't work. You were right. They didn't work because of that reason. And now we get to create the capacity and show up bravely to our own hearts and our own souls and our own spirits and allow ourselves every single feeling in the present moment unabashedly without having to explain them away. When you allow yourself to be, that's when you were then in agreement to allow yourself to have. I'll see you all on the next episode. Did you know you can find more support for me on my website? Go to [luciahawley, L-U-C-I-A H-A-W-L-E-Y.com](http://luciahawley.com) to connect.