

You are listening to The Devoured Podcast, episode 148. 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. Hey everybody, welcome to the show. Happy, happy, happy you are here. I sure hope you are happy to be here because it's always an honor to know that you are listening. And if you like you are absorbing the content and the different beliefs that we really chat about here.

As I was setting up my microphone to hop on here and talk about what we'll be talking about today, it really struck me how at the end of the day, what we're talking about is belief change. And I just hopped off. I of course have my own coach and I'm in a... Well, okay, I have two coaches right now, but we coach on different things and both of them are group programs. So for the one coach on Mondays, which is when I'm recording this, we have our group calls. And I really would actually love to have both my coaches on the show at some point. So hopefully we'll make that happen in the next couple of months, because they're both just incredibly powerful women. And it's been such an honor to be coached by and in community with both of them.

So for the one coach where our calls are on Mondays together, I really have the opportunity, because we practice in different ways on these group calls, with coaching specifically, I really have the beautiful opportunity to be in a community with people who are all across the world and have different viewpoints and pretty much everyone on the calls that I've been on so far, are all women.

So looking at the similarities and also the differences, but the similarities, that so much of the work that we do in coaching and boils down to. And so what those similarities are, are often... And of course we're all unique and individual. Right? And that's part of what I value with coaching, is that we all have our own lived experiences, our own stories that we bring with us to the present moment, our own nervous systems, we're just so pleasantly and gloriously unique. However, we can have, because of we're all living in the current time together, we can have these shared commonalities of how we're viewing the world and what some of these core beliefs and patterns of belief are that come up as we go through in this instance, something like a coaching session. When we're talking about beliefs here on the podcast, they're just kind of filled me up after this call, to really remember that part of what I value with coaching, part of my hesitancy, to be honest, in really figuring out, what is it that I do with my clients?

What is it that I'm calling women into and why? Part of that, the foundational part, is really saying, let's understand your core beliefs and the ways in which you're viewing the world. Not as a way to now shoot ourselves into being different and adding ourselves on to our to-do lists and always wanting to change ourselves, it's not from that paradigm, which is such a subtle slight of tongue when, I think we're having conversations. Because a lot of the coaching world, it's kind of like, let me approach myself in another honestly, very masculine way to make myself better. Right? To have better outcomes, whether it's health or finances or relationships or any iteration of those or combination of those.

And so, when we shift that lens, which is so much of what the materials in Lean and Liberated are, right, those video modules that my clients go through, because I think about those a lot too, what we're doing in those, you get some tangible information. Right? We do have to talk about health and wellness, make sure we're all on the same speed when it comes to what we're understanding functionally about our bodies. But then from there, we shift into this beautiful space of starting to recognize how is it that I'm moving through my life in ways that I consciously see and maybe don't consciously see quite yet? How would I like to lead myself through my life? And how do I feel from a biology first, right, neurological first place, that I truly get to own that? And so when we start to have those conversations, that's where the juicy, meaty stuff can come up. And that's where we actually have so many similarities to one another.

When we're on the group coaching calls, the format is very similar week to week in Lean and Liberated. But sometimes if someone has something tangible they want coaching on, they just have a quick question, we might spend a couple minutes with it. But often the longer coaching sessions on the group coaching call are so useful for everyone who's listening to one person being coached, because what we inevitably find is that there's a belief and that belief is often unconscious. It's how we believe the world might be working. And so when we start to come into a relationship and we are recognizing that we can be, and we give ourselves permission to be relational first, gosh, I think that in and of itself is such a groundbreaking paradigm.

Anyway, so, it's a Monday and I'm feeling jazzed, being like, yeah. This is a language that I think if we co-create, which is what you do as you listen to this podcast every week and you take this information and you assimilate it and you let it settle into your nervous system and then you decide, "Okay, here's what I do or don't want to do with that", that's the co-creation. When we take this information and run with it, what you'll find time and time again is that there's no way, there's just absolutely no way that when we're focusing on food and nutrition and health and wellness, from the standpoint, there's no way that it wouldn't affect the rest of your life. And I find that so invigorating.

Because often, the last thing on our to-do list is us. And we burn the to-do list, then there's really no opportunity for us to take care of ourselves. But if we just start to flip the script, even if it feels like the weirdest thing to put ourselves first, in the ways that are true and deep and authentic and not exhausting and overwhelming, but just simply as they are, what we're going to find is that, it first off, changes our lives. Second off, it's a bit of a trust fall. And third off, it will of course affect every other area of our lives. So it's a very worthy endeavor. Right? Sometimes, and this is why I created Lean and Liberated, was because it's like, well, of course, women need a space to talk about their weight. We can't just be pushed into intuitive eating or antidiating.

Those are great principles. But if those only stay on the surface as well, which there is an opportunity and I think unfortunately for that, then there's no ability to go deeper. And so if we just approach these different, higher eating styles or movement styles or whatever we're going to plug and play, if we just approach those in the same ways as we approach everything, is it truly a lifestyle change? Is it truly a life change? Is it truly us embodying ourselves and being ourselves most fully and in our most fully liberated ways? I think that's been the big question.

And so I would say, no, not really. But the cool counterpoint to that, is that when we do focus in on ourselves, even if we're like, but the food and how would this affect the rest of my life? Once you start to do the work of it, then you see, Whoa, it's not because deciding to eat a salad every day is going to make me feel better, which it can, great, if that's what it is for you tangibly, but the intangible is that how I approach feeding myself, moving through the stressful times of my life, does impact my life. And that, that does then crop up when I'm thinking about my finances or thinking about my relationship or relationships I want. Whatever else it might be.

So, that is what I want to share with all of you this week, is that, the belief work, and I want to keep this episode short too, just like, I think the Tuesday episodes that I've rolled out into doing Tuesday and Thursday episodes, I want Tuesday episodes to just feel like short little cuties. And then the Thursday episodes might be a little bit longer, usually up to 20 minutes, unless it's an interview or something like that. That's what I want to leave you with though, is really asking yourself, if I'm drawn to these conversations and subjects, can I allow myself to be simply for that without having to dig in, "Well, why is that? What does it mean about me? How do I, blah, blah, blah?" That's the noise. And that noise is going to come with any action that we take, that's okay. That's really okay. What if our only job is to simply follow our calling? Even if the calling doesn't make sense initially, what if that's okay?

This transcript was exported on Mar 16, 2021 - view latest version [here](#).

What if the most counterintuitive thing is actually a thing that we might need the most? I just want you to sit with that feeling for a couple of days. Get real cozy with it. It's like a sweater or a cozy blanket. Just allowing it to be near you, to be with you. If you want to try it on a little bit. You can always take it off. That's the thing with a cozy blanket, right? We put it on when we need it and when we are warm or we're fully cozy and rested, we take it off. Doesn't mean anything about that blanket, whether it's on us or off us. It just gets to be, just like we do too. So take that, run with it and I'll catch you all on the next episode.

Did you know, you can find more support from me on my website? Go to luciahawley.com to connect.