

You're listening to the Devoured podcast episode 149. 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.

Okay party people. This episode is inspired by a couple of conversations that I've had with women recently, who are curious about joining Lean + Liberated, and it's such a common sentiment that I speak about... Like I reference it a lot, but I realized I could do a whole podcast episode. It wouldn't even have to be that long and would probably be really, really useful as you're starting to think about and separate the idea of weight loss and dieting, and anti diet culture and your life.

So for backstory, part of losing weight is doing it in a way where we do it as a means of liberating ourselves, is that the weight loss becomes self-defined. So right then and there, I want you to understand that, in and of itself. When we self-define our weight loss, this means we're self-defining the whole kit and caboodle.

So sometimes, if we're going to talk specifics, let's say that you weigh 170 pounds and you want to lose 20 pounds to get to 150, right? When I say self-define your weight loss, at first glance, that might mean, oh, well I want to lose 20 pounds to get to 150 because I don't like 170 or whatever. Let's just use that as an example. But the deeper way to self-define your weight loss might actually mean dismantling what you've made 170 mean, and what 150 means to you.

Because often, and not always, but often there might be stories that you've brought to the present moment around the value of 150 and the value of 170. And often what that means is that 150 has a more positive value because of the influence of other people, macro like the world at large, or micro like people who you've grown up around or who have had major influence on your life. You might be carrying stories that aren't as readily accessible at first glance. Doesn't mean that the stories aren't there though, and it also doesn't mean that the stories are some deep, subconscious sob story about your most depressing traumas.

The beauty of self-defining weight loss for yourself by yourself is that you start to be in charge. And so if part of you being in charge means that old stories come up and out, great. If that means that that happens, say for instance, in our first session together, awesome. Also if that is not what is most liberating for you as you begin a journey of losing weight, that is also awesome. And I want to point that out because I just, and I've said this here and there over the last couple of weeks, I find that the coaching industry really wants to give us new, quick and easy results with the twinge and lens of mindset, motivation, and manifestation, and quantum leaps.

And that can be true, but we can also honor that part of our own liberation is defining our own process. And then as well, blowing our own minds, but defining ourselves period. Because when we shift the energy from being defined by everyone else, by everyone else's lives, by everyone else's choices in the sneaky little ways that we end up allowing other people to influence us... Because guess what, let me also add that from an evolutionary standpoint, one of the safest things was to be in community with other people. So losing weight can feel like an affront. I think you see this a lot of times, the classic example of having... In the pandemic, this isn't really happening I hope, but walking into a party, and you have your own style of eating. And it might not mesh with the food at that party, and that might be triggering for other people or triggering for you because you don't want to say it, or you've already just kind of taken care of your food stuff. It's actually not too big of a deal for you, but it is a big deal for other people.

And part of this conversation in self-defining, we have to remember that while we are spirits, we have these beautiful souls, we're also spirits in human bodies that have had a very long evolutionary process where they are seeking safety. And so part of safety is feeling like we fit in with different communities or cultures. So I want to lend a reminder that self-defining your own weight loss, your own weight, period, is an experience for you. And you can do that while also continuing to be safe in your community, with your culture.

There can be a stress response when we start to do something differently. I always say how we do one thing is how we do a lot of other things, part of starting to come into our own rhythm with ourselves might mean that there are certain relationships that categorize themselves differently, or we let go of with love and awareness, right?

It might actually beckon us into pursuing a different career, of taking care of ourselves differently. Like there can be change, but it doesn't have to be this all or nothing change. It's not like when we start to have doses of self-development that everything else in our whole lives is thrown out the window. Not at all, it's actually quite the opposite. There's going to be a deeper integration into ourselves and a deeper calling into of those who resonate with that.

So when I say self-define your weight or your weight loss, your weight loss desires, plug and play whatever you want there. A big part of that self-definition is with that foundational understanding that you were safe enough to do so. And this is a piece that I think is missing from intuitive eating, anti-dieting conversations at large. As I've mentioned before, I think those conversations are useful to a certain point, but it feels like there's a bit of that more expansive liberation that is missing. And I think that part that is missing is that, I mean, look at it, right? Anti-diet is a movement. It's a culture, intuitive eating is a movement. That's a culture. They can have some overlap. They also differ a bit. Paleo was a movement or is a movement. Veganism, of course there's variety in all of those. We, as humans are drawn to communities.

What if we simply allow that to be a truth, while also understanding that we can be in community while also, and as well, meeting our own needs and defining what our own liberation is, without apology? Because often, when we're apologizing about something, it's because we're worried about other people's judgments. Potentially there could be a little bit of people-pleasing in there, or a combination. There could be a little bit of trying to future predict. And all of that, if you root down into what all of those kind of end up being about, it's about being safe, about being loved, about not being isolated, not being lonely.

And those are all very good, healing things. This is the point I want to drill in. There's nothing wrong with you that you want to fit into different cultures. There's nothing wrong with you when you feel a little bit of tension between pursuing what's liberating for you, and feeling like it might actually at first glance, remove you from a culture or remove you from a community that right now, even if it doesn't feel fully safe, at least feel safe enough. So I want you to honor your evolutionary process, because boo, that's what kept you safe. That's why we're all here, is that our ancestors to a large extent found communities and stayed in communities.

And I think it's very much an honor of this current era where we're like, whoa, never before in human history have we been allowed this level, not even of individualism, which I think is occurring right now. But this level of self-directed autonomy that is so inherently freeing that it's very novel. So if we allow that novelty to simply be a privilege that we don't have to figure out a million times over and reflect on until we're so sleepy we've got to take a nap, what if we can simply allow all of those to be truths and continued to do our own thing anyway?

Because here's the rub. When you're looking to lose weight, I've had enough conversations with enough women over the years, 9 out of 10 times when we're uncovering the reasons we want to lose weight, it's because we want to feel more like ourselves. Whether that means we want to feel that because we want to move in certain ways in our bodies, we want to reduce certain instances of things that don't feel so great in our bodies, right? Physical pain, we want to be able to have more activities we enjoy in our lives. That all still boils back to you want to feel more present in the moment. You want to have more experiences in your lives.

I think that's one of the most beautiful things we could ever ask for in our lives. So if a reduction in body fat opens up the opportunity for that, without having to over-explain or add in all the caveats, you have the right to pursue that. That's just what I want to share with you all today. You get to self-define your weight loss and not in the black and white all or nothing thinking, but in this incredibly luscious and creative and textured way, because that's what your life is. That's what everyone's life is. Our lives are just so incredibly complex and beautiful because of that, because that's the human experience.

So of course a diet's going to feel shitty, because it butts up against your human experience. A diet is so damn stale, and you're making a beautiful souffle that, of course you never want to eat stale. Like souffle is life, stale piece of bread not so much. Of course you can make lemonade out of lemons, but whatever. Do you get what I'm saying here? You do get to self-define your weight loss. Weight loss does get to be okay. And it can be that every other instance of weight loss in your past might not have been okay. And that doesn't mean anything about your opportunity now. It can be okay now, but the only person who gives you that permission to co-create a story that is radically for you by you, is you. So I hope you offer that to yourself this week, and I hope you have a great weekend, and I'll catch you on the next episode.

Did you know, you can find more support from me on my website? go to Lucia Hawley, L-U-C-I-A-H-A-W-L-E-Y.com to connect.