

You're listening to episode 154 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.

Okay. Party people, I have this non-official list that I did not create, and I want to find the creator so I can credit them. It was an image that I saw on social media and I posted it on Instagram. And this post resonated so much with people on Instagram that I wanted to make sure I brought it to the podcast. So I will make sure to update the show notes if and when I can figure out who the heck made this graphic. It's just an image with one, two, three, four, five, six different bullet points. I want to share with all of you this week, what internalized capitalism could be looking like. Now know that this might not be from an official source all about, it may not be from an educator on internalized capitalism, but I just know that when I read this, I was like, "Ooh."

And I'm sharing this as someone who is, again, feeling the whiplash. I just want to be real with all of you. Sometimes I listen to other coaching podcasts and the coaches are amazing, but at times I'm like, we don't have to not have these conversations on these podcasts. Just like on social media, how we are making statements and being honest about where we stand with politics or with human rights, that black lives matter, that trans lives matter. That we care about people and their full expression of themselves. And that those are human rights. I also wanted to share with all of you, these different six bullet points of what internalized capitalism could look like. Because during times of stress, and I personally have a lot of privilege with my day to day life for lots of reasons. And that being said, even with privilege, you can still have hard weeks.

And a lot of people in my community in Minneapolis and the twin cities are hurting right now. And I have ties there personally, but also even if I didn't, the pain and suffering that is there because of another murder of another black man, Dante Wright, there's a lot happening. And the trials. There is so much happening and I am not eloquent, especially when I'm trying to be eloquent.

Regardless, if you're feeling like you dig into any of the following six behaviors during times of stress, I want to offer you this week, that that doesn't mean that anything has gone wrong on your own journey of discovering and upholding what is liberating for yourself. And I share this with empathy and I share it with heart. Because this is part of that work. It's very surface to say, "Oh, just fill your cup with a bubble bath and relax." Like the actions, whatever they are that fill our own cups.

We fill our cups, we dismantle diet culture. We do this stuff so that we can go be in the world. And co-create a world that is hella rad. That we are just so proud of by the end of each day. And so some days that might feel more aligned, other days that might feel like a total energy drain. I just want to be here to honor all y'all. And let me share, the six potential ways that capitalism has been internalized within us.

Number one, we might feel guilty for resting. Number two, our self-worth is largely based on doing well in our careers. Number three, we place productivity before our health. Number four, we believe that hard work equals happiness. Number five, we feel lazy even when we're experiencing pain, trauma or adversity. And number six, we use busy-ness as a way to avoid our needs.

Let me repeat those. Number one, feeling guilty for resting. Number two, your self-worth is largely based on doing well in your career, or maybe with a diet. Number three, we place productivity, or rocking a diet before our health. Number four, we believe that working hard on a diet equals happiness

and success. Number five, we feel lazy even when we're experiencing pain, trauma, or adversity, that we're either on the wagon or off the wagon. And number six, we use busy-ness and co-creating lives that are less of our own by always having to be on a diet. And if we're not, then we're lazy off that diet, as a way to avoid our needs.

I want you to all see that these bullet points, they speak to exactly what we talk about on this podcast. How really doing the work, and not the work to stay busy, but really a being with. Being in relation with the work, of dismantling diet culture means that we're also dismantling... I teach this in Lena Liberated, diet culture is an arm of power and control culture. Power and control culture is based in the patriarchy. It's incredibly capitalistic.

So don't ever snuff yourself out, if you think that you paying attention to your own needs, that you having thoughts, and then stepping away from thoughts as need be, of reclaiming radically your own rest. I don't want you, any of you, to ever believe that that is not doing the work. That is the work.

If you didn't listen to last week's episode with Jess, go back and listen to it. She had such a great phrase that I want to share again. The abundance, the ease, the joy that we feel, that is a radical liberation. When we allow ourselves more abundance, more ease, more joy. And we don't just do it for the sake of having more. We do it because that is our right in a human experience. That is why we feel the pain when we see human lives taken away. When we see those rights taken away.

That is why there can be such an uncomfortable disconnect. That many of us can have these privileges that can feel like they come so simply to dip in and out of joy in our lives. And we see for many others that because of these systems that are set up, they are not afforded the same privileges. They are not afforded those rights. It is your right to co-create a joyful existence. It does not happen in the future like diets promise us, that happens now. Even when, especially when life is lifey, you cultivate your joy.

I hope this podcast finds you well. And I hope you know, it is within your power no matter what, to be with your joy, to seek it out. To have it be exquisite from no one else except you. I really believe that that is how we create these worlds. We don't just speak to them. We speak to them and we are them and we show up to them. So thank you all so much and I'll catch you on the next episode.

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