

You're listening to episode 162 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.

All right party people welcome to the show. Today, I wanted to offer a podcast episode, like just a little quickie on the idea of thinking about your thoughts. Now, most episodes we are thinking about our thoughts so this is both aligned with any episode we've had before, but I wanted to make sure that we had an episode that provided space for the idea that the basic premise for thought work or for self-awareness is to garner the awareness. And I think often what some of our brains can do, my brain does this, so I say it with compassion, is that sometimes our brains, I think can conflate awareness with the desire or feeling of responsibility to take care of things, to "fix things."

What I mean by that is sometimes along this journey of starting to become aware of our thoughts and the feelings that are like kind of generated or along with the thoughts, or even with the beliefs, we can start to feel like, oh, if I become aware enough of this thought, that means that that awareness is going to fix the thought. Like maybe more of a negative thought or a thought that we feel like is affecting us negatively.

Now, remember in these conversations around thoughts, we are excluding the extremes. So remember that coaching is not therapy. There can be times where the thoughts that we're thinking need much more support. So this is within the realm. It's a bit of a privileged realm. We're not going to dispute that at all. It's a privileged realm of feeling like our basic needs are being tended to, and that includes basic mental health needs. So given that format, once we're in this space of self-awareness, I just think it can be a thought pattern, and this is where it becomes very meta, the thought pattern of thinking about our thoughts and just getting curious if we're feeling some sort of over-responsibility to fix or take care of the thoughts that we start to identify don't really serve us. And here's what I want to say.

If you're starting to feel an over-responsibility to get rid of, or to fix up those thoughts that aren't really serving you towards what you value, towards your goals, towards your dreams, towards that landscape that you're like, yeah, this is the direction I want to be moving in. Why am I not doing it? I want to offer to you that if your brain is starting to get fixated on fixing the thoughts, or if it's even just fixated on, like, why do I keep thinking this thought? I want you to understand that that right there can be a thought pattern. It's really, really meta. It's these layers of how we think about ourselves. And that speaks to the beauty of the human brain.

So I want to offer to all of you this week, that absolutely nothing has gone wrong. If you're starting to notice thoughts, and then you're feeling like, ah but I shouldn't be thinking it. Or like, why can't I just like, get over myself and like do the thing or whatever? I want to offer to you that what if the emotional energy that's needed now, isn't to say like, why can't I, or what's happening? What if it's to say, because that puts us into an all or nothing framework. It's like, oh, I got to get rid of this certain thought before I can ... This needs to be fixed up before I can. I need to take care of this in order to. But what I'm positing and inviting all of you to think about this week to play around with, to step into, to soak in, to shake off, whatever it's going to be. I'm inviting all of you to really get curious. Is that true? Do we need to get rid of the thought that maybe doesn't serve us as much as other thoughts could in order to then think the other thoughts?

And I really want you to sit with that for a little bit this week. What if instead of this either or, all or nothing exclusionary way of thinking, that our brains again are offering to us just to make sense of the

world. No bad brains. Brains are just [inaudible 00:04:57] so we can love them for that and we're not trying to fix them, we're not trying to like get them into line either. We're trying to love up on our brains. So what would be the truly loving place of play and practice? What if the most loving thing we can do is to say, oh my gosh brain, you just served me this thought that like, I can see conceptually isn't really all that helpful to me, is feeling messy, I'm feeling miserable, I'm not liking that I'm thinking this thought, I think the thought should have been gone by now because I'm doing all this work. Or like, I can't believe I would be the person with this type of thought, like what the heck? No one else would imagine that I'm thinking these thoughts about myself or my food or my body or whatever.

What if that's not something that you have to go take care of? What if the most radical part of this self-awareness journey is simply the awareness and the more that we just allow our thoughts to be little Poohsticks. Winnie the Pooh, please tell me, you all know this reference. The sticks floating on the top of the river and they're just floating on by. One of [inaudible 00:06:06] just those sticks floating in the river, moving through. Our thoughts aren't the stones in the room. They're not even the fish in the river. They're just the sticks that happened to fall and land on the top of the river. And now they're bouncing on through and they'll come and they'll go. And we might have some more familiar thoughts. We might have newer thoughts, but what if we don't have to judge the thoughts themselves?

We're not judging the sticks themselves. We're not judging that they're falling on the water. We're not judging where and why they fall. We're not judging what type of tree they're coming from. What if they're all just sticks? And that gets to be okay. What if it's that awareness that then facilitates that ease and flow that very often, most of us are saying that we desire as well. You see what I mean? If we focus so much on the stick being wrong for falling in the river, from being from that wrong tree, falling in the wrong place at the wrong time. If that's where our attention is, it's going to be awfully hard to notice the other sticks floating on the river. It's going to be awfully hard to start to say, wait a second. There was nothing wrong with those. They just happened to be. And because of that, now I can see the other ones that are just happening to be too, if I would so like.

So like this is just a little episode to say, if you would feel like, you can radically allow to be permission giving to your thoughts without having to take care of them, collect them, finagle them, make decisions about them. You can have all the thoughts in the world and keep doing the thing that it is that you desire to move yourself towards the place you want to go. And I really think for a lot of people, like I have an episode on core values. That's a big module, in lean and liberated is really discovering like, what is it that I value? And so how is it that the stuff that I'm doing in my life, does it align with my values or not?

All of that even is an invitation inwards. It's not to say, man, you've been doing a really bad job of living your life in an aligned way. Oh, thank God you figured it out now. No, it's more so to say like, oh, cool. Now, I have this level of awareness, what is it that I would like to do if there is anything I'd like to do in order to allow that alignment, if it speaks to me? And that's a differentiator right there. So I want you all to give that a go this week, is really saying the thought that I'm thinking, if I'm starting to think I'm having like thoughts that aren't serving me and I'm judging the thoughts, instead of saying, I radically allow you to just be a thought. I don't have to take action on you. Whether that action is fixing you or trying to replace you with a better thought, whether that action is doing what the thought is supporting.

Remember this is within the parameter that I set just a couple minutes ago. Within these thoughts that are kind of the tender and subtle thoughts that are looping through our brains a lot of the day, I think what many of you might find, and you can tell me, like hit me up on Instagram or like let me know, however you chat with me, it's all good. Let me know. Do you start to notice if there's a pattern to some of these thoughts? Because what I'll say is that our brains tend to practice. They're going to practice. Our brains like to be comfortable. So they think a certain set of thoughts, you might start to notice that it's

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just kind of on like autopilot that it's thinking certain thoughts that again, might not be the most helpful thoughts prior to different activities or in order to try to motivate you to do certain things.

So what would happen if you get to say, thank you so much brain, thanks for serving that to me. No problem. It's like having, I think of like a little kid who's like playing with toys and they come over and they give you one of the toys. Did you ask for the toy? Not really. Do you need that little block in your life? No, not really. But is that the point of that interaction? No. The point is that there was an act of offering, and we can love and respect that. Let's love and respect this week and just play with this, that our brain does offer us thoughts. How profound is that? We can take the thought without then having to have the like onus on us to do something with the thought. We can just take the thought for what it is. We can love our thoughts. They can be our guides without us having to follow them. So I hope this serves you all so well this week, thank you so much for being here and I will see you on next week's episode. Bye.

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