

You're listening to episode 177 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. Hey-o, welcome to the show. I'm really, really happy you're here. Y'all I just went for a walk and I checked the weather app before heading out the door. We had had a nice sunshine-y day, app said no rain, for days. Totally just normal skies.

I get halfway through my walk and it downpours. I'm just feeling really thankful, because I will walk through a lot of rain. You live in Portland, you're just the part of the deal, but this was a lot, a lot of rain. I was soaked and feel really, really lucky that Tim was home and I could shoot him a text. He was able to come swoop me up while I stood under a bush. A very tall bush, but stood under a bush in a park nearby the house, but close enough, far away enough, that it would've been quite a wet walk.

So, my hair is so wet. My pants are wet, but I had to get home and record this. I don't know how time is flying, but it is. I feel like I just sat down and recorded last week's episode, which I hope you loved. This week's episode, speaking of love, I wanted to offer a bit of a primer, a framer, a space, a container, to talk about urges and cravings, which we've talked about plenty on the show before. But, I want you all to come home to the idea that, it's okay if you have feelings that aren't so fun that are associated with cravings or urges.

Meaning you crave a food, you feel an urge to eat a food that doesn't truly serve you, right? We can just move past that, per the conversation, I think we all know that's what we do here. We're just focusing on foods that serve you and serve that triad of you. Your body, your brain, your soul. You, in your most liberated self, have that true, safe autonomy. That true, safe, sovereign ability to really sink down into, "What is it that I need right now?"

So, when I'm talking about urges or cravings, I'm talking about those urges or cravings that, when they're occurring, they feel like they distance us from how we actually want to be feeling. They're the types of things that we look back on, in retrospect and we're like, "Why? Why?" Like the ones that we just feel some feelings around.

That's what I want to say first off, is that this is a conversation where all cravings are safe. The end all, be all of working together or of rooting into and grounding down into discovering and being with what serves you, isn't to never have another craving again. If that's how you feel, I want to offer to you that that's some very structured, often diet culture-y thinking. Of feeling like you've got to be perfect, things have to always be flowy.

It's all white, modern aesthetic and, "The green matcha, but not often, because it's just a treat." All that rhetoric, blah, blah, blah. No, you're a human, I'm a human. We're humans who are figuring out this life experience together. So, with that, what I want to be offering as a reminder, this week, is to remember that if you would like your cravings and those urges towards food, you don't have to love them in the moment, okay?

There's no emotional bypassing of, yeah, you've got to feel so groovy when you're experiencing those. No, they're going to feel how they're going to feel. But, the purpose and this container that we're in, in this episode, is simply to remind you that, if you would so like, if you'd like to make the choice to, it is available to you, to be able to sink into love for those urges and cravings.

When I say love, I do not mean this surface level love, right? I don't even know who came up with this, you can let me know if you do, but, the idea that love of the verb, not a noun. I want you to consider

that when I say loving your food urge or your food cravings, when we are practicing the act of allowing love for things that feel like they're outside of our control, beyond our responsibility, something we don't feel ownership over, which is how, conventionally, diet culture primes us to look at our cravings, to look at our urges.

They feel like those are bad. You do those when you're being bad, just stick to the diet. You'll stay good. The diet's going to keep you safe. That's not really how it goes. The diets can teach you things, the diets usually have structures and frameworks that can be illuminating. Totally. Don't even have to even negate that.

The purpose of moving through and beyond diet culture, is to understand the lessons that diet culture has taught you. The same goes for food urges and food cravings. If we would so like, it is radically available to be able to sink into the lesson and not hit your hand with a ruler, kind of like, "Learn your lesson." Not at all, but, truly, the lessons of, "How would we like that craving and that food urge to fit into the scope of our lives?"

Because, when we slow down and we go at our own pace, which is usually a different pace than what diet culture tells us, our pace should be. Our pace could be faster than diet culture, it could also be slower. Most times, it's slower from what I see. Diet culture is a very urgent culture, full of expectations. But, when we slow down and we really look at, "What is the thing that I am needing from a craving?"

If we actually slow down and we don't demonize a craving and we're actually in loving relationship with the craving, of just saying, "I'm here, I'm whole. Craving, you are here. Dang. You're whole too, right? I'm not trying to get rid of you. I'm just trying to be near you for a little bit instead of trying to push through you or push beyond you or around you."

When we're in that loving relationship with food cravings and urges, they're just signals from our bodies. Signals are rich with information. All day, every day, we're moving through environments that are offering things that signal other things to our bodies. That's why people lift weights, because you're signaling, "Hey, muscles. I'm going to break you down in this moment, because I want you to go bigger in another moment later on when you're repairing."

That's why we eat food. It's why you might lean towards more nutrient-rich foods, because a food that has more vitamins and minerals is going to signal something different than, perhaps, another food that has fewer vitamins and minerals. One is not better than the other, but, based on their signals and what it is that you are desiring to have those nutrients signal in your body, that makes all the difference. So, the same goes for cravings and urges.

The difference here is that, sometimes, a food craving and a food urge can be more purely physical. Sometimes, it is you're craving chocolate, because you're craving more calories and chocolate is fatty and rich in the easily assimilated fats. Maybe you're craving chocolate because it's a quick hit of sugar and the body that you have in this moment is experiencing a bit of a blood sugar low, and so is asking for something sugary to get it out of that low pretty quickly.

Maybe you're craving the cocoa in the chocolate, because that cocoa is rich in magnesium and your body is feeling depleted in that nutrient. Maybe it's a combination of all three. So, there can be cravings like that around food, totally. But, I think what creates interest in food cravings and food urges, is that there's a layer of physical cravings and emotional needs.

I just want to create space in this week's episode, to remind you that if you're coming home to these types of subjects, whether you're a newer listener or you are an OG listener, I just want you to honor that this is a relational process. When we are loving with people, even people who challenge us, when an experience this last year-and-a-half plus has really been to get curious about, "How do I move in and

through my loving for other people?" Especially when our values may not align, our viewpoints are radically different. People take actions that I would never.

The surprise of what it is to be a loving container, to be in a relationship with people. What does that loving mean? It might mean boundaries that you reinforce, that don't feel super fun in the moment, but that offer you so much in the long term. It might mean not choosing to attend fights that you're invited to. Not having to gear up and be on the battleground, a battle that you are being told you should go to.

The same applies with your urges and those cravings. Just because society has decided to put a almost negative light on a urge or a craving, doesn't mean it has to be a battle. It can feel like that, too, and you can honor if there are big emotions around those urges and cravings. Still doesn't mean anything's gone wrong. Still doesn't mean that there's anything about you being less than whole as you are a person moving through a journey, basically, of self-discovery.

I think when we approach food in this way, like I said before, it creates a actual relationship that we are showing up to. That we trust that food, that the cravings, that the urges, that the foods on our plates, that our appetite, our satisfaction, we actually put trust, that all of those and more, get to be 50% of the relationship and that we get to be 50%, as well. I think that's what loving is. That, the more we tend to our needs, which sounds very amorphous when I say that, it's like, "Take care of yourself." It sounds like it can be very individualistic and it can be very amorphous. Like, "Oh, yeah. I'm taking care of myself."

No, when we're taking care of ourselves, sometimes it can be simple. Sometimes it can be clear. Other times, it takes a little bit of work. Think about book that you love. Does every single passage of every single book that you've loved, has it always been easy to read? Or have there been times where you just need to go back and read through it a little more slowly? Or, look up a certain word, or go through the dialogue again to really understand those deeper tones and inflections in the conversation?

Doesn't mean the book was bad. For the book you love, I bet it was a pretty awesome book. Same goes for these things that we want to categorize and decide as experiences that are less than or that we should have figured out. Like having a food craving or urge. If we decide that a craving or an urge is something to be fixed, we're going to keep setting ourselves up to be on like this hamster wheel of saying, "Man, when my body sends me signals, I've got to fix things." Versus saying, "Whoa. Hey. I'm just in a relationship here."

When this urge or craving speaks up, I feel ready to listen and honor what it's saying. Depending on my boundary, and this is key, right? We have boundaries with everyone, whether we know it or not. Same with being in a relationship with food. Once we hear what that other party says, we can then decide, from that point, "What action would I like to take?" This is so key, okay? This is a nuanced place.

It can be very fascinating that we could experience a food craving or urge and have one party say, "Never listen to it. Never imbibe" And another party say, "Well, always listen to your cravings. Always listen to your urges." And another party say, "Only listen to the urges and cravings that are for these things and not for other things." It's a confusing place to be.

So, I just want you to honor. You're allowed to decide to listen to it all, from what's coming within your body, those cravings and urges. When you practice the listening and that loving relationship, remember the verb of love, not just being like, "I love it when it feels confusing. I'm here for it." Cool if you do, but also cool if you're like, "This is weird. I'm not sure what to do, but I'm going to try it anyway."

When you hold space, literally, I want this out this week. When you have a urge or a craving for a food, I want you to hold space for it for five minutes. The food, most likely, is not going anywhere. You most likely are not going anywhere. What would happen if you just held space for the feeling of the craving and the urge, for five minutes? Would you listen to a new friend for five minutes? Even if you're not sure what they're going to say? That's really what this process is.

Do you know what's fun and lean and liberated, is that, yes, it's a weight loss course. You're coming to it because you're saying, "Oh, there's something that I want to change. I want to be on this process of reducing body fat." But, these principles that you're learning, these are what create that liberation, that allows that weight loss to be for the last time. It stops that ping-ponging, that emotional ping-ponging.

It actually starts to create and develop and tend to a inner real relationship that can hold space for cravings and urges. It can hold space for, "What does my authentic hunger feel like?" It can hold space for, "What does my satisfaction feel like?" That's the work that we do, is we actually create, I know I said container a couple times on the show, but we create that container of safety. To say, "Yeah. When I know what foods serve me, because I practiced that, then I know what hunger level serves me. I know what satisfaction level serves me."

Well, then it's just rinse and repeat, of showing up to the process each day. Letting the results unfold as they will. Will you try that out this week? Will you offer to yourself that you can have a strong and loving relationship with anyone and anything, including your cravings and urges? What do we know is the most important basis for any relationship? Well, we know that's communication.

Are you just willing to listen without having to fix anything once you do? Try that out this week. Hey, let me tell you, if you have been wanting to work with me in Lean and Liberated, if you have been wanting to work privately together, and then to be in the group coaching and be in that community. Y'all, you get lifetime access here. Once you're in, you're in.

You just get to move and groove at your pace, the way that your nervous system, your limbic system. Your heart, your soul, your brain, your body. All of it gets to just be at your pace.

I'm really going to encourage you to actually reach out to me, sooner rather than later, okay? This episode releases on October 7th of 2021. So, if you're just catching up, this part isn't going to apply to you, because this is time-sensitive. But, if you're listening to this episode on the day of its release, or a few days afterwards and you're ready to work together in Lean and Liberated, please shoot me a note on Instagram or on Facebook.

Tell me that you're interested, so that we can have time to have a conversation. By time, I mean a day or two. Our conversations are pretty quick in those DMs. Let me know, because I'm only onboarding a handful more of clients in the Lean and Liberated process. Only onboarding until October 21st. It's two weeks away, basically. Give yourself time to chat with me, so that we're not feeling rushed. There's no panicking, but if you're you're really ready to use these processes and to be in exploration, your weight loss is very accessible to you. It really is.

Losing weight in a loving way, and with compassion. Being in community and in communication with your body, will serve you for the rest of your life. But, I encourage you to reach out now, so that we can get you on the schedule and you can receive all of your private coaching before even Thanksgiving, or the winter holidays. That's what gets to be so beautiful, that I'm onboarding until October 21st, so that you have the capacity to focus on this and then allow yourself to lose weight and feel even better through the holidays. Because you will not feel like cravings are confusing anymore.

Those urges will not feel like something that you just have clamp down and just like, "Hey, shut up. Stay in the corner." Or like, "Oh, my god. I thought, because I'm eating these foods, that I would never crave another one of those foods." Usually, all we need right there, is to come home to one of my favorite things, which is safety. From the inside out, from our body first.

So, if you'd like to join Lean and Liberated, reach out to me now. Let's talk about getting you on the schedule. I hope you all have a great week and I will catch you on next week's episode. Bye. Did you know, you can find more support from me on my website? Go to [luciahawley.com](http://luciahawley.com), L-U-C-I-A, H-A-W-L-E-Y .com to connect.

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