

You're listening to episode 194 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. Welcome to the show. I hope you're having a great day today. Thank you for being here with me, comigo, avec moi. On today's episode, I ... so last week, on last week's episode, I gave you some very tangible information about how your body uses calories. And the beautiful thing about weight loss, and weight loss for life specifically, is that it's a dance. It's a dance between the intangibles, your thoughts, your feeling, your beliefs, how you view the world, how you view yourself in the world, and how that compels you into the actions that you're taking. And then the tangibles, the truths, right? How calories work in the body. What the different macronutrients are understanding that some foods have higher levels of some nutrients than other foods.

When you take a step back, regardless of the subject that we're talking about, whether it is a tangible or it's an intangible, the root here is that any information that comes your way can be new neutral. Usually there's a lot of emotional charge when we're coming from a background of dieting. Talking about calories is emotionally charged. Using the word portion, portion control, such emotional charge around that. Talking about protein or carbs or fat or meat or going vegan or what your mom did growing up or what your dad does now, or any other emotional aspect around the people that you love and what you learned and the stories around you, your food and your body, okay?

So regardless of whether we're talking about an intangible or a tangible, the idea here is that we start to understand if there is a large emotional charge around a subject, we simply sit with that. We're not here to fix it. We're not here to say, oh, that's so bad, that portion control is stressful for you. Let's fix it and make it not stressful. We also aren't here to say, never talk about another portion again. Or think about the scale, right? All of the emotions that come up when you step on the scale, or if you don't step on the scale.

The dos and don't behind the radical liberation isn't to say, you've got to be able to step on the scale every day and have it be no big deal. And it also isn't to say, you never have to step on the scale ever again. Any choice that you want to make that aligns with your values is yours to make. That is the end all be all of this show. It's the end all be all of the work in Lean and Liberated. And so anytime we have more of the tangibles Around nutrition ... a tangible is okay. At some point, you're going to have to feed yourself. So let's have you learn how to feed yourself in a loving, kind, caring way.

That process is fascinating. And I really believe that the more that we practice cultivating awareness ... I think it was episode 152, that was titled ... and I'll link it in the show notes. It's titled, Compassionate Observation. The more we allow ourselves to dip into and create safety. And the way we create safety is that we show up to something, okay? When we're brand new to something, it's going to feel new and weird, and we'll default to maybe not wanting to do it or shying it away from it. But how do we get good at something or practice with something if we just show up to it? So the way that we show up to compassionate observation is that we allow ourselves to bring ourselves back to it.

And so on today's episode, here's what I want to leave you with. I want to leave you with the idea that you can have compassionate observation around the food that you choose to eat. And that the food that choose to eat are ... and this might sound redundant. But they're your choice. And I want you to notice what comes up when I say it is your choice. Because guess what? Anything can be emotionally charged. So for some of us, really feeling the weight and the reality of OMG, what I choose to eat is my

choice. Regardless of whether I'm dining out or eating in. Regardless of whether that is grains or dairy or none of it, or drive through, or what have you, vegetables, anything, this is my choice.

What is the feeling that that brings up for you right now? And how would you ... once you see what that feeling is, is there a difference between the feeling that brings up for you right now, and what you would like for it to bring up for you in the future? And if there is a difference, here's the thing, your work is not to manipulate your food to be so perfect that it's somehow magically becomes that feeling in the future. Your work is to put on your detective cap and get really curious, maybe uncomfortably curious, about how it is that you can cultivate that feeling, that future feeling today.

That's also a subject ... and again, if you're newer to the podcast, or if you've been around for a while. The episode, Loving Yourself Down the Scale, also ties into that principle, right? So often when we're hopping on the scale, we want the scale to give us a certain feeling. That's abdicating our feelings to something that can't actually give us feelings. That's why stepping on the scale can feel so miserable. In order to allow stepping on the scale to feel how you want it to feel, you generate that feeling. And when you generate that feeling authentically, you're going to be able to start to understand, oh, what were my beliefs that allowed me to come into the arena of it being possible for me to feel this way when I stop on the scale?

Now, a lot of what I just said was about the intangibles, right? The thoughts, the feelings, the beliefs. But do you start to see the dance between your thoughts and your feelings, and how those then influence your behaviors? And when you are seeing your behaviors within the structure, the foundation of who you are, where you've come from, your ... none of this is rugged individualism either. Sometimes I think in the health and wellness world, there is such a, just pull yourself up by your bootstraps. Just think better thoughts. This isn't this at all. This is really saying, can I come home into where I am right now? And with the truth of it and not judge it. I think that can be the core difference between authentically rooting into yourself, versus inauthentically saying, this is a me-thing.

Weight loss, weight gain. Yeah, sure. It's your body. But the diet itself, to me, that's a community and social thing, right? The diet is like the group think of dieting. And then it just boils down and reduces into you as an individual with your actions and behaviors. But those behaviors, again, let me just reinforce this, are influenced by what you're thinking about yourself. And what you're thinking about yourself isn't just coming out in nowhere. It's either rooted in maybe things that have happened before, or generally in messaging that you learn and pick up through the world at large. Because our world right now is very much a culture of dieting.

That's why I think even though really a program doesn't need a name, the program that I work with clients in, Lean and Liberated, it's why I chose that word, liberated. I don't care what weight you want to be at. You can choose to have behaviors that move you in any direction. And you can choose for those to be wholesome and loving, because when they're rooted in your values, they're going to support you. What I really care about ... and I want you to do what you want to do. It ties into the liberation. The liberation is really the radical nature of this all. You choosing your happiness. You not abdicating your responsibility to generate happiness.

Ooh. Yeah, that's the power move. Can you imagine if more people were allowing themselves, even on the hardest of days, to be genuinely happy? And I don't actually mean, again, that rugged happiness, rugged individualism happiness of just like, everything is peachy keen. I'm great. I'm leaning on my privileges. The world is so shiny, right? While they're ignoring the dumpster fires that are the realities of the world, in a lot of ways. That's not what happiness really is. I think that happiness is that awareness. And it's not trying to fix things out of judgment. It's about creating aware action, that is kind to you and kind to others.

So I actually deviated on today's episode. I was totally going to talk about calories some more, right? Last week I was talking about how your body uses calories. And then this week I was like, okay, I think what could be helpful for people to have an episode to come back to and to hear this week and moving forward, is that in general, people can tend to underestimate the calories that they take in. But in order to say that, I think we needed those first 10 minutes of really setting the stage that your choices are for you. And you're within the context of a social structure, for sure. For sure.

But part of that compassionate observation, that loving awareness, is also understanding the truth. That it is common to underestimate how much we are eating. And that, I want that to land ... the intention of that is to land in a neutral way. Because it is not good nor bad to underestimate total calories. Even on packaging on more processed foods, caloric amounts, food science, yes. They're going to go burn up a Twinkie to tell you how many calories are in that twinkie and where the calories are coming from. But it's still an estimation for the actual Twinkie that is in your hand versus the one that they used in the science lab. You catch my drift?

So this episode ... well, the previous 10 minutes, and anything else I say from here on out. Is for anyone who is feeling like, oh, I know I can just write out the foods I eat and become more aware of them and become more intentional of them, but ... there's that sneaky but. But I still have these food rules. And really, if I were tracking my foods, then I would feel so much more in control. Or then I would have so much more awareness. Tracking your foods is neutral, but here's the thing. What do you want to be practicing that you want to continue to practice for the rest of your life? Tracking might be a part of that, but it also might not. And if it isn't, what are the ways that you want to practice showing up to your meals? Showing up to your snacks, your desserts, your beverages, all of it.

And if you know that in general, we tend to underestimate the foods and their energy levels ... because all a calorie is, is a measurement of energy. If we tend to underestimate how much energy different foods give us, how can you take that information and empower yourself with it this week? I really want you to think on that. And this is the work, right? It would be so fun ... for some people. If they were to come into work with me and it's like, oh yeah, it's not a diet, but here's your meal plan, right? Here are the foods that you eat. Do it this way, do it that way. No.

We have a general rubric for how to build some satisfying meals. It's not a requirement. In general, I want you to choose when you are eating and when you aren't eating. Also not a rule and requirement, I want you to decide ahead of time with intention and clarity and out of the moment of emotions, which is usually meal time. It's high emotions, right? It's emotionally charged. What happens when you flip that and you make your decisions ahead of time to eat the most loving, the most you foods that you want. When you take that trust fall, that's the space where you learn how to create a weight loss, a shift in your energy intake that supports you in the long term. Do you hear me? That is literally the one thing a diet cannot teach you. That's what gets to be empowering, right?

So then you have that ... here we are. That beautiful dance again. You get to have general information. Yeah, okay. At most meals, I might feel nice with knowing that there's a source of protein, there's a source of carbs, some sort of colorful vegetable, and something fatty. Why? Not because that's a good way to eat. But in general, it's a balanced plate. And now that I know that very simplistic information, I can take that information, run with it and really boil down and play with what types of meals I like. And they might not feel perfect at first, and that is okay. I love that for myself.

Really get curious about the words and the language that you use with yourself this week and moving forward. Because when we say we want happy lives, we want joyful lives, we're saying that we want language that supports us in our lives. You can't have a happy life if you're deciding for it to not be happy. We can do the work of uncovering the stories. Of really seeing, oh, what is it that encourages emotional reactions in me around different circumstances? Is it around myself, my body? How it moves

in space, what it looks like? What I decide it looks like? The lens in which I'm looking at myself in my life? We can do that work and then from there, it is a choice.

That's the only reason we do the ... in Lean and Liberated, we do the story work. We do core value work. You do the work of just deciding your meals, making one decision, one decision at a time. But the only point in that is to show you there is so much that is your choice. And you can love that for yourself. And you can love that maybe you had never heard that before ever in your entire life. That it is your choice. And you can love that if that brings up an emotion for you, that's okay. And you can love too, if you have known it has been your choice. And you've overanalyzed and overthought it, right?

Do you see what I'm saying here? It's like all these different patterns ... as trite as it might sound to say, love is the answer. It's like that love that is infused with the awareness and the okayness. The love is not just the sunshines, unicorns, and rainbows. The love is also not the drudgery of showing up to hard work over and over and over. The love is the play. It's the practice. It's the curiosity. That's what I want you to hear this week. I don't think I need to spend any more time talking about calories in, energy in this week. I think this is what the episode was meant to be, is that you have this beautiful foundation that you have started from, right here. And it is whole, and it is enough. And when you cultivate that aware and that okayness with that, that is where the power for change then lies within.

And here is a cool thing, most people know how to lose weight. Most people just tend to over aim and they make it kind of intense for themselves, because they haven't given themselves permission. They haven't felt safe enough to give themselves permission or that they could give themselves permission that it can be a gentle, loving process. And they haven't confronted what that might mean. Oh, it might take a little bit longer than a crash diet. Great. It should take longer, because you're there enjoying your life in the process. You're there building meals that you actually like so that when you're done eating, you're not thinking about food anymore.

Sometimes we don't recognize that the prison that we feel like we're in, we're self-generating. And sometimes we don't realize when we've stepped out of the prison that we're actually out of it, because we're still looking and turned around and facing the prison, being like, there it is. There it is. There it is. Instead of paying attention to, oh, I'm on the outside of it. If I turn around, I can see everything else around it now, okay?

So take the information from this episode this week, use it to support yourself. If you're ready to join Lean and Liberated, I'm so ready to have you. Shoot me a DM on Instagram, reach out to me on Facebook, shoot me an email. I'm easily reachable. It is me who will respond back to you. BT dubs, I know lots of people run all these types of programs, literally Lean and Liberated, it is you and me. We're doing the work. And there's also the community of other people who are doing the work and have done the work, so it's beautiful in that way. But reach out to me if you're curious about joining, I would love to have you.

You can do this. You can trust yourself. You can do the work of coming home into your values. And I promise you, it is not as far away as diets make it out to be. Diets are like ... the carrot in front of the horse. And the horse is just always walking towards carrot and it's always just that far away from it, right? That's what diets are making all the stuff out to be. And then when you build weight loss in your way, for yourself, by yourself, with yourself ... holding your own hand. That's when you start to see, oh, the carrot was just on a string. But I'm a free agent. I'm a horse who can walk anywhere.

Okay. I'm done with analogies now. I think you get my point. I hope you have such a great week, and I will see you on next week's episode. Bye.

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.

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