

You're listening to Episode 198 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, party people. Welcome to the show. I hope you have been doing so well. I hope this podcast episode is finding you well. And do you know what we're talking about today? We're talking about a committee, a panel if you will, that lives within you. It's already part of you. It is your committee and specifically your joy committee. It's like that panel of advisors that lives in your head rent free that you might not even know is here and willing and able to serve you and help you live your best life.

I think about the different TV shows I've watched where small businesses are trying to get up and running, get themselves going. And it's just been different random shows across the years. And I've noticed that very often a resource that many small businesses have no idea about. I personally had no idea of when I was starting my small business years ago was the support that you could get from whatever city you're living in like your small business association that has resources and often has different advisors to help you has spaces, has free offices and areas for you to go to work, to ask questions, to learn like boots on the ground. There are people ready and willing to help you.

It's like that in this episode that I want you, that you're going to become aware of that you have a small business association within your brain. And I like to call it your joy committee. Give them the name that makes the most sense for you. But here's something that I think that most women tend to forget because they get so wrapped up in the immediate emotions that they're experiencing. When they're thinking about the foods that they should or shouldn't be eating, what foods are, the ones that light them up, which foods they need to eat in order to lose weight, which foods they're going to have to never eat ever again to keep the weight loss off.

All those stories, all those stories are coming from a different committee. And that is the committee that is then practiced that you're listening to. That's like the diet committee, if we're going to get real. So we have a very strong flex many of us that we immediately listen to the story from the diet committee. And if you've been around here long enough, you know that the diet committee is fine. It's neutral. But it's our emotional reaction to those diet thoughts that becomes habituated. And in that way, then we personalize information that the diet committee might be telling us.

What is the information that the diet committee is telling us? Those general stories from diet culture that you hear time and time again, that your worth is based on your weight, that how you eat has any reflection about who you are, that your goals and desires have been predetermined by society and culture, and that you have to spend your life, your days, day in, day out, doggedly trying to chase this image of perfection of being better and usually of being thinner and slimmer, and that somehow that makes you more worthy, not only when you were to potentially obtain that and maintain it, but also that you have to be pursuing that in order to be good and worthy. You know what I mean? Those are the old dieting messages.

And so this week I want you to be thinking about how those messages they're coming from your diet committee and that committee is very different than your joy committee. And so when you're in this process of self-reclamation of liberating yourself from diet culture, from the stories of the diet committee, which listen, their agenda, it's to serve you more diets. When I say it's neutral, that's what I mean. The diets are just going to diet. Okay, great. It's your job to create the self-awareness of, oh, if diets are just going to diet and that's not actually me, it's not actually personal, well now I'm developing

some awareness. What is it? What is it that I want to do? How is it that I want to feel? Where is it that I want to go? What is it that I want to think?

Those are the potent thoughts that can come from your joy committee because your joy committee right now, if you've been wrapped up in diet culture in any shape or form, your joy committee is usually just a bit quieter. It might be a little harder to hear. It might feel like the joy committees in that building downtown that you had no idea about because you've been stuck with the diet committee that is at your dining room table every single meal day in, day out.

So this process of reclamation, like what we do in Lean and Liberated, this visual to me is so funny, but I must be a very visual person because I think it is helpful to speak in little comparisons or similes or whatever they're going to be called. But I think about the process of Lean and Liberated of you deciding to jump in your car, drive down because you know that the small business association and that panel, it's somewhere downtown. You know where it is. You've Googled their address. And you might not know what it's like to walk into that office the very first time. But you know that they're there to support you.

That feeling of apprehension, of excitement, curiosity, of nerves, that is the same feeling as recognizing that joy is there for you and waiting for you and that you don't drive to the joy business association, the committee that has all the joy, you don't drive there by staying at the dining room table with the diet committee. You know what I mean? It takes deciding, oh, it's fine to be at the dining room. It's fine that I've been there for however many years and decades that has brought me to this one point. I am so thankful. And now that I am here, I'm going to stand up, get my shoes on, grab my car keys, get into the car, and drive.

Here's a beautiful thing. When you make that choice, that's when you start to potentiate the curiosity within yourself, that it is safe to pursue new and different feelings. And now the feeling of joy. Okay? Now I'm coming back from the visual of driving to the small business association. We're coming back to what it means in your life. Okay. Connecting with your joy is going to feel new and different because it is not as practiced as committing to the diets, the dieting thoughts, the dieting feelings. But I want you to honor this week that there have been so many times that you have felt joy before. The only thing that's different now is that you're deciding intentionally to pursue it.

And if you listen to my episode a couple weeks ago about taking ownership, it is the same idea. We can feel such a lack of ownership over our choices, over the decisions that we make. But that doesn't mean that we haven't ever experienced what it has felt like to feel ownership. It just usually means that it's been so natural in other areas of our life, right? The ownership you feel over your hand, over a ring, over a certain blanket, or some sort of token or special journal that you know is a hundred percent yours. How do you know it? Oh, it's a feeling. Was it even intentional? Maybe not really. Maybe it was a ritual or a rite of passage, right? A special ring given to you by someone or what or something you bought for yourself.

But that feeling of ownership you tapped into naturally, you just never second guessed it because it was right there. You took it for what it was worth. All that we do here in this process of weight loss, that is not the dieting that honors the truth of foods, that honors the foods that you value, that honors how you want to move your body in your life, that values how you decide you want to and are going to and do feel. That comes from practicing, listening, and trusting your joy committee. And that joy committee, my friend, is right there waiting for you. It's a small business association. They're not going to knock down your door. They might not even know that you're there. Maybe they send a flyer every once in a while, but it takes you actively getting up and saying, all right, I'm going to pursue my joy.

Now you might now be asking, okay, Lucia, how do I do that? I want you to get so simple with it. How you pursue your joy is that you put your attention on what brings you joy. You only need to start as small or as big as whatever lights you up. And there's an active participation with that. It isn't simply waiting for joy to find you. It's actively deciding and creating that awareness by really saying, right now I know, I know there are three things I've experienced today that have brought me joy. What were they? What are they? What are they going to be? It is from that place that you start to create your relationship with the joy, the joy committee, where you start to know your joy committee players, those people on the panel that are there to support you.

Sometimes joy will come from these smallest acts. And here's the kicker is that as you go through this process of saying, oh, joy is just my responsibility. No one ever presented it to me like that before perhaps. But joy is my responsibility. You'll start to see that joy is actively participated in and it isn't going to be the saccharin. I think sometimes when subjects like this are placed on people who aren't ready to hear the subject, it might feel really triggering. And it might feel like, well, how dare you say that I can just generate my joy. Would I just be happy already if I were to do that? It is about the consistency.

When you really boil down what consistency is, what it comes from, to me I think consistency comes from awareness. It's that awareness of joy of tuning back in, of coming back into the present moment where you can say, oh my gosh, when I open up a can of LaCroix, I experience that joy of drinking that water of tending to my needs, the excitement of the bubbles as gulping down that first deliciously cold sip.

The joy might also be on the hard days. I'm someone who has some chronic pain here and there and I'm not perfect at all. But I've noticed over the years as this pain, as that is chronic, I've noticed over the years, okay, there are days where I do wake up with more pain and there are days that I wake up with less pain, and I can be with the joy on both sides. Doesn't make the pain better necessarily. And it doesn't make the time away from the pain better either. But it fosters my awareness.

I think it might sound very odd to say that's on a podcast about weight loss, but also you know that we talk about how we do one thing is how we do a whole host of other things. So what comes up in one area it's going to come up in another area. I would say that the chronic pain that I've experienced through my life is part of my joy committee. I don't need it in order to experience joy, but it's been this incredible portal for more compassion, more awareness.

And it's like someone who likes to get into a healthy debate. It's when I allow myself to be present with the chronic pain when it's there and also when it's away, but especially when it's there. All it is a signal back into the present because with chronic pain, where does your mind want to go? Want to go into the future? Oh my God. Is it going to get worse in the future? I hope I don't feel pain during this certain day or event or ugh, what if it means that I have to cancel plans? And what will people think? Or pushes you into the past? Oh man, it didn't used to be this way or gosh, maybe it used to be worse. Is it better now? All of that moves you away from the present moment.

So this is my loving reminder to you as a human, who is very human to another human, who is also very human, that the players on your joy committee, they may not be the players that you might assume at first glance. And that's okay. The players on your joy committee are also full-bodied players. And for me, chronic pain is on that committee. Would I've guessed that 20 years ago? No. Is there anything wrong with that for how it is? No. Am I so thankful that I have a player on my joy committee who is showing up exactly as it is? Yes.

So this week, as you're sinking into playing around with not only... The subject might be new to you on different parts of it, right? But just even that visual of, oh, I have a committee that's always looking out

for me and helping support me, have joy in my life, turning the volume up in my joy. Right. It might just be that awareness, or it might be the awareness like, oh, there's been a diet committee that I had been listening to. Huh. I didn't even know. Or, oh, I didn't even know I could get up away from the table with the panel of the diet committee. And now I can go to the joy committee. That gets to be my responsibility and choice? Yeah.

And as you're listening to and learning from the wisdom of your joy committee, not only are you then experiencing more joy for yourself because you've chosen it, but now you're also getting to know those people, those figures, characters of your joy committee that maybe you had never seen before or hadn't recognized that they were on your joy panel, just like me in my chronic pain, that they get to be there to support you to do what? To bring you back to the present moment. And why is coming back to the present moment so important?

Why do I talk about that on this podcast, right? Where it's like, well, okay, isn't it just the food in food out? Food in food out, but weight loss will only be food in food out for so long. And it's the allowance really of saying, oh, this is a practice that I come back to. Once you recognize that, that's when we shift away from the narrative of, okay, it's only these foods, it's only those foods. It's only this calorie amount or that calorie amount, or I got to focus on my protein or just got to eat more clean. Or it's the dairy.

We start to see, oh, all of those conversations, they were still boiling down to what is it that I'm doing with my one precious life? How do these choices make me feel? And what do I think of that? What do I value as I'm discovering this different bit of information about myself day in, day out? What would I like to do with the information that I collect with myself? How would I like to present this information that I've collected to my joy committee? How would I like to feel tended to, taken care of by my joy committee when I know right in my brain there's a whole host of support for me to feel so amazing in my life, on the good days, on the bad days, on the days I breathe through, on the days that are absolutely incredible. My friend, the joy committee is there for you on all those days. And I hope if nothing else this week, you simply remember that that joy committee has always been there for you. And it will always be there for you. And it is here for you right now in this present moment.

So thank you so much for being here as usual. You know where to find me. Reach out. Say hi. Let me know how you're doing. I'm so happy to have you here listening to this show. It means the world to me. So thank you so much. I'll see you on next week's episode. Bye.

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