



## **PWE04: Fear + Perception**

Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative health coach who helps women with endometriosis naturally manage pain, increase energy and find peace with endo.

This is episode number four. I'm so happy you've joined me today. The topic is fear and perception and how these two intertwine and interfere with life that includes an invisible illness, like endometriosis.

This emotion of fear most recently showed up in my life in the form of a coyote, or more accurately, a pack of coyotes. I live in an older neighborhood that was built in the seventies, so it's developed with lots of trees and parks. There's also a good amount of open space. One of the parks has a water source, so it's a great spot for the local coyotes.

I have a couple of boxers and I take them for walks everyday. There's a trail right by our house that provides a nice infusion of nature. I love to get out in the sun and walk. It's a great meditative practice for me.

That was interrupted recently when I came into the park and was stopped by a big sign with blaring red letters that said: Warning! Coyotes in the area! Apparently there's a pack that has been depicting aggressive behavior. A couple of dogs had died and there were instances where the coyotes were approaching little kids.

Underneath that big headline there was a bulleted list of items that gave some suggestions on what you could do to protect yourself and your pets. I only read a couple because I didn't want to stand there any longer. I was overcome with fear.

I turned around and hurried my dogs up the path. I could no longer enjoy the walk. I found myself looking back ever so often to make sure there wasn't a pack of angry coyotes on our trail. My girl dog, Alice, she likes to stop and smell stuff. She really takes in the sensations of the walk. She's not in a rush like my boy dog.

On the way back after reading that sign, I wasn't allowing the stops. I rushed them down the sidewalk, back to the safety of our home. When I got back inside I ordered some mace. I wasn't going to go on my walks any more unprotected. What if a coyote approached us? What would I do?

That fear took a spot in my subconscious mind. That night I had horrible dreams about the coyotes and I woke up several times in a panic. I had visions of the coyotes attacking my dogs.

I woke up the next day, still freaked out and super tired. I couldn't get the coyotes out of my brain. I remembered a post card that I got in the mail inviting me to use an app called NextDoor. It's like a social media site for the neighborhood.

I signed up so I could get a better scoop on what was going on with the coyotes. Sure enough there was a post about it, probably from the same lady that instigated the construction of the huge sign in the park.

The coyotes had come after her dog at three in the afternoon. She warned that it's mating season right now for the pack so they're more aggressive and protective. Be warned! Bring a blow horn to scare them off.

One guy commented that he had a big 80-pound dog that the coyotes still approached. So it didn't matter if the dog was big. The coyotes had no fear. There were further warnings that the coyotes could jump six-foot fences, so they could invade your backyard.

All of this seriously freaked me out enough for me to stay inside for a couple of days. I used the colder weather as an excuse, but the truth was evident. I was scared.

After three days inside and a couple of super restless boxers, I pushed through the fear and declared that we going for my walk. I was armed with my mace.

I didn't enjoy my walk that day. I pulled through, propelled by fear. It was rushed. I just wanted to get back inside. I couldn't enjoy the beautiful day. Fear was in the background: fear of coyotes, of being attacked when I wasn't looking. What if they came towards me, did I know how to properly use the mace? Could I pull it out in time? Just carrying the mace came with a different energy, as if I was attracting danger.

I pulled Alice back from sniffing and enjoying the sensations of the walk. I didn't notice the warm sun, or the cooling breeze, or the bright blue sky above. There wasn't anything different from my walk that day, from any other walk I'd made in the past three years of living in our neighborhood.

The only thing that was different was my perception. I could have gone walking and come across a pack of coyotes at anytime, but now I was aware, and now I was afraid.

This shift in perception, this mingling of fear relates to invisible illnesses, those that can flare up at any time. When you live with an invisible illness, that fear's present in the background.

With endometriosis that fear comes up with me in relation to my period - fear of it coming at an inopportune time, ruining plans, or interrupting travel. There's nothing worse than experiencing horrible pain when you're away from home. It causes fear of losing work because you have to call in sick again and again.

On a deeper level, there's a fear of the pain never ending, of not being able to conceive, of it spreading, of it taking over other organs, of it leading to cancer. You don't have to look far to be overcome with this fear.

But what happens, as a result, is a flood of worry about what could be, instead of what actually is. That energy pulls you away from the present moment. The truth is, we have no control over the future, over what may be. You can only be here now.

Perception is a powerful piece. When you live in a space of fear, of worry, of anxiety, then you're not living in the moment.

It's good to be aware, but not to obsess. Right? The only thing that had changed on my walks with my dogs was my perception. I was scared of something that I had never actually seen. I'd only heard about it from someone else. Someone else had a bad experience and they pushed that fear out into the world, to make others aware, but that also made me afraid.

I was afraid of what could be. Enough so, that I lost touch with what actually is. It was someone else's fear. Someone else pointed out the danger.

What happens when your body is fearful? It causes a stress reaction that can mess with your hormones, your sleep, your energy levels. Fear blocks up your heart space and can keep you from truly enjoying this life, from stepping out and taking a risk.

It's good to be aware, but it's only damaging to live in constant fear.

So, what did I do? How did I come to enjoy my walks again? I let go. I prayed for protection and surrendered the outcome. I stepped out and changed the energy of fear. I overcame it with light.

Coyotes are like other dogs. I don't think they want to fight, unless provoked. They're protective of their young, they're protective of their pack.

My initial instinct was to want to protect my pack too. I wanted to feel control in the situation that was fed by fear. This created energy of resistance.

This comes back to endo, and what I've talked about in past episodes in regards to this notion of peace with endo, which comes from surrender, letting go, releasing the control. Lighting up the fear.

Endometriosis is there. Just like the coyotes have been. Is it worth it to constantly worry about it? To stress out about what may be?

You can only do what you can do to support your body. Set your intention. Pray. Let go.

It's not worth it to live in fear of what could be. There is only now. The present. That's all there is. Live in it. Enjoy the walk. Enjoy the day, especially if it's one with less pain.

If you need help paving your way to more days with less pain, then I do offer one on one coaching services. It's possible to feel better with endometriosis. I'm here to show you how, and to support you along the way.

If you want to talk further, you can set up a time to chat with me at [peacewithendo.com](http://peacewithendo.com) or you can also connect with me further on Facebook, Twitter and Instagram at [peacewithendo](https://www.instagram.com/peacewithendo).

If you enjoyed this episode I invite you to subscribe to continue on the journey. I hope that you find some peace in your day today. Sending you so much love. Bye for now.