



PWE06: Tending to the Roots

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 six. I'm so happy you've joined me today. In this episode I'm going to share some insights and revelations that have come to me in the past couple of days as I've dug deeper into the root of me.

A couple of weeks ago I was invited to join a group mastermind hosted by a spiritual mentor of mine named Kate Patchett. Kate has played a pivotal role in my healing journey. She works with energy and she does this within the chakra system, which I've talked about in previous episodes.

There are three other women doing this group program with me. My intention in joining is to learn from Kate, from a woman who has really jumpstarted my healing, on how to work with energy, on how to use visualization, breath flow and my innate empathic abilities to feel and to connect deeper with my clients.

We had our second session a couple of days ago and it was intense. It was emotional for me and it opened my eyes to just how much I feel things. That's not something that I was always open to. For much of my life I did what I could to numb certain feelings. I've opened myself up recently to really feeling and understanding that you have to feel to heal, but that can get difficult when you feel so deeply.

I consider myself to be a highly sensitive empath. The highly sensitive part of that comes from sensitivity to sensory experiences. So, I'm sensitive to sounds, smells, and sensations on my skin. I'm sensitive to temperature changes, if it's too hot or cold.

I've always been that way. I've always been more sensitive. I think being highly sensitive is common when you have a condition like endometriosis that very much impacts your nervous system. When you're experiencing pain, and all that comes from having an inflammatory condition like this, your nervous system is on alert, right?

This plays into other mental impacts that can show up as anxiety. Your body could be more sensitive to stress, sending your nervous system on high alert and making it more sensitive to outside energy. Your nervous system is what connects to that

energy and to sensory experiences. So, with more sensitive nervous systems, I think women with endometriosis are naturally going to be more sensitive.

The empath part is the ability to feel other people's emotions. So, being in tune with another person and feeling how they're feeling. If you're sad, or in pain, I'm sensitive to that. I pick up on it. I feel it in my body. I can feel other people's pain.

I was reminded of this, as I was witness to healing work that Kate did with another woman in the group. As I tuned in and followed along, I could feel the pain of this woman deep in my heart space. This was accentuated by the fact that the pain was relatable to me. It was reflected to me.

One thing that's been magical about being a coach, being a witness, and holding space for women with endometriosis, has been the mirroring effect. I believe that we are shown certain things in our life through relationships and connections with other people that we need to see ourselves.

Sometimes it's harder to observe your own life when you're living within it. These reflections, this mirroring effect, show you what you need to see. As a coach, different women have been attracted to me. I've listened to their stories, to their histories, holding space for the pain, and as a result I saw reflections of lessons that I needed to see and feel to help my own life situations. These women showed me what I needed to know. I wasn't aware of this mirroring effect until I became a coach, in this intimate setting.

Now that I'm involved in this new intimate group setting with Kate and three other women, I can already see this mirroring effect happening. I relate to all the women in different ways.

In the last session I was able witness to Kate doing this healing energy work on another one of the women with the use of visualization and breath work. I could feel her pain so deeply in my heart space, and after it was all done I had an intense emotional release. I was sobbing and I felt an ache in my heart as it all came out, like it was coming through me.

As an empath, as someone who feels someone else's pain, feels their emotions, it is a natural instinct for us to want to take that pain away, to do what we can so that we feel better. I know that's been the case for me. I'm always wanting to help. What can I do to heal your pain?

As I've become an active member within the community of women with endometriosis, as I've become a coach, serving other women with endometriosis, listening to your stories, I feel that pain and I am called to help with that.

So, Kate is helping me to see that I can use these empath abilities, that I can use this compassionate pull to help, to mirror the pain of my clients, to help them identify what's going on and to help release that.

This week the focus within the group was on the root chakra. In an energetic sense the root chakra is the start of you. It relates to the foundation of you, the root of you. Within the session, Kate walked us through a four-root meditation, which included factors that fall into this root chakra. Being security/safety, your home, your body and money. As we dug into the root chakra, we observed these different roots. To see what we could see. Were they sturdy, was there something wrong with them?

As I was doing this exercise I had a strong sensation come up in my solar plexus. If you've ever felt that pit in your stomach, that nervousness, that's what it felt like as I did this exercise, especially as I came to the money root. Your solar plexus is related to your power center, to the center of you. Your solar plexus comes into play with how you relate to power.

One of the women in the group had a story that I very much relate to and as we did this exercise, we were feeling similar sensations in the solar plexus area and Kate, being an empath as well, picked up on that. She could feel that sensation from me. She picked it up. There are issues in my solar plexus, issues with this idea of personal power. For me the root chakra and the money part goes hand in hand with ideas of worth, of self-worth, of something that I've been working through. It was coming up physically in my body. I could feel it.

The emotions that came up during this root exercise stemmed also from some stress that materialized a couple of days prior, from a series of powerful rain storms that came through our area and knocked off one of the downspouts on my house, so that a downpour of flash flood rain dropped right down around the house.

The next morning, following one of these storms I woke up and went down into the basement and I felt water underneath my feet. That's not a good thing, right? Water in the basement is never a good sign. My mind went to the worst.

So, that was a stressful morning, connecting to the water in the basement, which is where my husband spends his life. That's where his area is. It definitely disrupted the home environment for a couple of days.

After the discovery of the water and the disruption that followed, I picked up my deck of angel oracle cards and spoke aloud the question that I usually ask: what do I need to know today? The card that popped up was "Purification" and it was an image of a woman standing in water and one hand she had a dove, a symbol of peace, as she's standing in these waves of water. Purification.

I had visuals of the foundation of my home cracking, literally, in front of my eyes, with water coming through those cracks. It was the mirroring impact in full effect of a messed up root.

The day of this group call my lower back was aching. It hurt. I've had back issues for a long time and I feel like a lot of that plays into the pain that I've had in my pelvic region. I have a couple of herniated discs in my lower back that were damaged after a trip that I took to Oahu with my husband, nearly a decade ago. It was springtime and the waves on the north shore of Oahu were rough. Rough enough to knock me from my feet. I remember falling hard into the floor of the ocean. Back then the water broke my root.

As I came upon this group session as I explored my root chakra, as I took a look at these different factors, I had this huge emotional release. I was sobbing. It was the water coming up again, breaking through.

There's a lot of stuff that comes in the root chakra for me: factors of safety, security, money, and the connection with my body. Your body is what's grounded to the earth. It's what's rooted here. But when you live in a body that brings pain that's not always easy.

A visualization that Kate reflected back to me in the past was this image of my soul flying above my body like a parachute with these stakes into the ground, holding on, barely, as if my soul was trying to escape my body. That really hit home for me, living with endometriosis, living within a body that can bring pain, and wanting in a sense to escape that. So, that brought up a lot and again these ideas of self worth.

So, I'm coming away with these revelations of the root, of it cracking through. What happens when the root breaks the ground, when it comes through? It grows into a plant, or into a flower. It starts with a seed. It starts with you. It starts with the roots, but it has to eventually break that plane. It has to come up and break through the earth and become a living being, it has to flourish.

All of this pulled up so much. Feeling that within my solar plexus, feeling the connection to my central power and feeling the emotions come up in purification, in release of what needed to be let go. That's really the power of the energy work, of mirroring what I needed to see and learn, and feeling and release.

Following this intense group session and emotional release and exploration of my root, I had a call with one of my one on one clients and she brought up a new issue: pain in her lower back, with her root. I kid you not. It was the same pain presented to me in unison, as all of this was going on, bringing attention again that I need to address the root, I need to address the foundation, I need to address these things and release them, so that the root can grow and come through, break through and flourish and grow and bloom into something beautiful. From darkness into light. From the root up to the crown.

But also coming down, living within in this body, loving this body, tending to the roots.

If you enjoyed this episode, I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at [peacewithendo](#) or on Facebook, Twitter or Instagram at Peace With Endo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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