



PWE10: Addressing Endo & the Emotional Energetic Body

Aubree: Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find Peace with Endo. This is episode number ten and on the show today I'm super excited that Audrey Michel is here from Rewired Life. Hi Audrey. Thanks for being here.

Audrey: Absolutely. Thank you Aubree.

Aubree: So, tell us a little bit about yourself.

Audrey: Well, somewhat similar to what you're up to. So, Rewired Life is not only a book that was published a couple of years ago, but I'm also a spiritual growth coach, and for me it's really about empowering women to heal and helping women to wake up to the power of their emotions. So, it really all came about in my own healing from endometriosis.

Aubree: Awesome. So, let's talk a little bit about your journey with endo.

Audrey: Sure. You know I kind of have two ways I talk about it. One being what I like to call my endo stats or like my history with endometriosis and then my story. So, I would say my like history and stats of endometriosis were, one, I was diagnosed when I was 14, and so over the next 17 years of, you know, disease and chronic pain it was, you know, I did all the things that you were supposed to do, you know, that we've all done: the hormones, the surgeries, the pills, the whole spiel that the medical community, you know, suggests that we do.

And then in 2008 for me is really when my story with endometriosis begins, and that's where it really ended with Western medicine, being that I had had my last surgery and the doctor came out and told my husband that they saw no visible sign of endometriosis, which was supposed to be like the best day of my life, right? Like yay that thing that has been plaguing me is apparently gone or not visible at least, and it was very confusing because I was in more pain than I had ever been up to that point, and you know, that particular doctor was like, I'm not sure what else I can do for you.

And so it started this downward spiral of more doctors, more pills, more treatments, more this, like the whole, you know, just kind of obsession of like making the pain go away, which is an understandable obsession, but more, more, more, just a rabbit

hole of more, more, more. I have to figure this out. And really I hit rock bottom in January of 2009, and I ultimately chose to stop taking 90% of my pills. I just had this moment where I just lost it, and called my husband and was yelling at him, you know, about something rather insignificant, and he's like, honey I can't talk to you about this right now, like please just, why don't you take a nap. Take something and take a nap and we'll talk about it when I get home.

And I remember sitting on the edge of my bed and picking up each one of those pill bottles and there was like a dozen of them at that time. I was, you know, taking this for pain, that for muscle relaxers, this for mood stabilizing, like all of the things, right? This for digestion because of, you know, pain pills were making it a little bit hard to... with constipation and all that kind of fun stuff. And I looked at each of them and I was just like, I don't want that one. I don't want that one. And I decided in that moment, which was, you know a very ugly crying moment of just like forget it. I'm done. I'm done. You know? At that point it had been 12 years of taking these pills and expecting to get better.

And for me it was not a life saving thing. These pills were not saving my life. They were supposed to be giving me quality of life, and I was just like, at that point I wasn't getting out of bed for two weeks out of the month and I'm like I'm pretty sure my quality of life sucks. Like, I'm done. I quit. I didn't know what the answer was going to be, but I knew what I had been doing, you know, the definition of insanity doing the same thing over and over and expecting different results, like I was living it, and I was tired. So, anyways that's when my journey with alternative ways of healing began. So, that is my story with endometriosis.

Aubree: Awesome. So where did you start stepping into this alternative world, like where did you start?

Audrey: It started with acupuncture. You know its of one of these things where the universe gives you what you need when you can handle it, right? And so a special person in our life was nice enough to give me a gift certificate to see their acupuncturist and like I said I was at the lowest of the low at that point and I was just like whatever, like I guess I'll try this acupuncture thing if somebody's going to pay for it, and I did and she has now been my acupuncturist for over a decade.

So, that really started opening my eyes to what I call the emotional body and the energetics within my body. You know Traditional Chinese Medicine has to do with chi, your life force energy within your body and balancing that chi. And so I started to understand how powerful being out of balance can be and I was wildly out of balance. But for me it was the first time that I had experienced my body like really yearning for something.

So, I would say I'd go to acupuncture and I'd feel good for maybe like two to three days, which I understand is not a lot, but by the end of it, it was just I felt this magnetic pull to go back, and it felt like for the first time my body was starting to

work, because my body was working, as opposed to some pill was, you know supposed to help me go to the bathroom, or supposed to make me less cranky or whatever the pill was supposed to be doing and so I just felt a pull back to that. So, that's where I started.

Aubree: Awesome. And I love how it came to you. You know because I had a similar thing happen to me as well. When you need it, and I think when you open up to receive it, because it sounded like you reached a point, you know, of almost like surrendering.

Audrey: Yeah. Deep surrender. Yes.

Aubree: And then this answer kind of came to you. So I think that's beautiful. So, let's talk a little bit more about this energetic body, and how that plays a role with endo.

Audrey: Sure. You know. I think I was telling you about three months, three to six months into acupuncture she was like, you know we're kind of stuck and I need you to see somebody to help me out, and it was a kinesiologist, and so that was the first time I was introduced to kind of this energy, you know like a little bit with acupuncture, yes, energetic body, but even more so with kinesiology, being that it reads your energy meridians, which is also prevalent in acupuncture but all the sudden I was experiencing, you know, when energy is stuck in one part of our body how it manifests physically and in that kinesiology you're able to understand like oh I feel unsafe or I feel angry or I feel unloved, and being able to recognize and then release and put in new patterns of you know it's safe for me to be me. Or it's safe for me to feel my feelings or you know whatever it was I needed in that moment.

All the sudden it was like this huge weight was lifted off my shoulders and I would feel so much lighter after being with her and really recognizing just how powerful it is. How powerful our emotions are and when we don't have the tools to move through them and they get stuck in our body just how again like with acupuncture how unbalanced I had become, and unbalanced in my energy, and really experiencing moving through all of that is what helped me heal me, and I think in shifting out of like I was saying earlier the obsession of making the pain go away, like I get that. I lived that, but all the sudden shifting into healing me, healing the core of me was a totally different discussion and I was feeling more myself than I had ever felt in a real long time.

Aubree: That's awesome. Yeah there's definitely different layers, is kind of how I describe it of healing. You know.

Audrey: Yeah.

Aubree: The physical body, which I think we put a lot of focus on. You know, and that makes sense when you have pain it's obviously let's go for the physical, you know?

Audrey: Yeah.

Aubree: There's ways to support that, obviously, you know, through diet and exercise and that kind of stuff, but when that stops. When you reach that point like well nothing is working. You have this whole other part of yourself this whole other energetic part of yourself. Did you find that there were certain parts of your body maybe that there was blockages or certain emotions that were trapped in there?

Audrey: I did. So, one thing I learned was, again like I was saying, especially if you don't have the tools or knowledge, you know, I didn't have either to know that our emotions get stuck in our body and by emotions I mean stress, trauma, any sort of like not feeling good enough. I would take all of those feelings and what I say wad it up and shove them in my uterus is where I put them.

So, in addition to the physicality of the endometriosis and the chronic pain being in that area I took all of my, you know, yuck, all of the yucky emotions and I wadded them up and shoved them in my uterus. So now I've got, like you said, layers and layers of pain and it really all was stuck in my abdomen and lower back is where I particularly put them.

Aubree: How does this modality if people are new to....

Audrey: Kinesiology.

Aubree: Kinesiology. Thank you. I always pronounce that incorrectly. How does this work?

Audrey: Oh boy. That's a... It's kind of a hard one to explain. It's definitely something where once you feel it, you get it, but it's a process of what I would call talking to your body and so again we take meridian points and see if there's stuck energy in there. So, for example some of the meridians are lung, heart, large intestine and so there's energy that is associated with that.

So, lung energy is really grieving and loss, and so if there's stuck energy in that area, you know maybe you went through a change and now you're grieving like I don't know, we moved like a year ago and we had been in our old house for like 12 years so I definitely had some lung energy going up of just like grieving that old home, right? And trying to figure out the new one. So, definitely had some lung energy stuff coming up.

Heart energy is loving yourself. Like, that's pretty obvious. Large intestine is all about letting go, right? What does our large intestine do for our body physically? It

helps get rid of waste. So, it's the same thing energetically like letting go of what's no longer serving you. And so as we read where there's stuck energy within the body it gives us information about what's going on for you energetically.

Aubree: Awesome. So, is this something that would be hands on, or something that can be done, you know, from a distance?

Audrey: Both. So, I, well I now practice kinesiology. So I have clients that come in person and over the phone. So it's like acupuncture you obviously have to be in the room to have pins, needles put in you.

Aubree: Right.

Audrey: But that's not necessary with kinesiology.

Aubree: As far as, you know, talking about emotions and things are getting blocked in certain areas. Do you have any advice on how to help move that energy out of your body?

Audrey: I do. That's a really good question. So, like anything, first awareness is step one. Being aware that it's possible for you to take your stress and shove it in your uterus or put it your arm, or your back or your feet, or wherever it goes for you, in your neck. Just, and for me it moves. Like early on it was all very much in my abdomen and uterus and these days like I still feel things and so it goes more like I would say in my solar plexus area is where I'll, my body will start to tell me like, hey we've got some emotions that you are not looking at that we kind of need to process and look through. But anyways, so awareness is step one, being aware that you're doing it.

And I would say, you know, some of the easy tools that I use for my clients is one I use is what I refer to as light scraping. So, kind of like energetically speaking if I call it like taking a ice cream scoop to like your abdomen area and just kind of like scraping that gunky energy off and kind of recycling it into the universe like flicking it off of you is one way to just like get the gunk of. I'm actually like doing it to myself as we're like speaking right now. I'm just like, Ok, fling that off. Is one way.

And so I call them neurotools. Ways to affect our neuroplastic pathways and shift our neuroplastic pathways. So, one being affirmations. You know, you could say I unconditionally love and accept myself as you're doing the scraping of the energy off of your body. Meditation is another way to just sitting in silence and finding that stillness within yourself. And then the third neurotool that category I guess that I like to use is essential oils to start to shift our body and what's amazing about essential oils is they work straight with our limbic system, which means our sense of smell goes straight to the part of our body that helps us kind of shift our emotions and an easy one that many people know is like lavender helps us sleep, right? But one of the reasons lavender helps us sleep is because on the emotional level it gives

us confidence to speak our inner voice, like what's really going on for us inside, and so that's like a calming thing to just be able to show up in that way.

When I work with my clients and for myself and find I think I said unconditional love for yourself like you can pair it with an essential oil, like a floral oil. Flowers are all about heart center, and so you can use that as a way to continue to help yourself. Show yourself some love.

Aubree: So, have you found any thing specifically that may be good for endo when it comes to this emotional healing and the oils?

Audrey: You know that is. That's a really tough question because endometriosis shows up differently when it comes to the emotions and the energetics of it per person. But I would say Myrrh is a really nice one because it's energetically speaking it's all about healing the mother wound and it's about mother earth like when I smell Myrrh it's like the deep dark depths of the Earth, like it just feels like. It's like I'm deep down in there like Mother Earth.

Aubree: Right.

Audrey: So, that's kind of a nice one but even, see this is where it gets hard is layering through the issues of energetically speaking and emotionally speaking what's going on for a person with endometriosis whether it's feelings of around reproduction or if it's feeling not good enough, feeling gosh, unlovable. So, it can go in so many directions, and you know, even if we're talking about the physicality of it, I wish I had a really good answer for somebody listening that's just like here's a go-to oil for if you have endometriosis pain because it's not that simple.

Aubree: Right. So, it sounds like, again everybody's different

Audrey: Yeah.

Aubree: And it comes down to your personal experiences and what beliefs you've developed over your life.

Audrey: Yeah.

Aubree: And one thing that you mentioned earlier and one thing that I know that's come up with me and what I've seen in the community is really this control factor. So, you know, when we talk about chakras and getting into that sacral pelvic area.

Audrey: Sacral chakra, yes.

Aubree: It's all about control and letting go.

Audrey: Yeah. So, if you want to talk about oils in like the sacral chakra. It's all about our, kind of relational, Right? Dealing with the sacral chakra when it comes to essential oils like cinnamon is a really nice one, black pepper, Cyprus, tangerine, and I was even going to say like root chakra's another one that comes up for my clients in, you know, the reproductive, whether it's endometriosis or otherwise. Those oils are all very grounding ones so if you think of like root oils, like vetiver, like tree root oils are all very, very grounding. So, lemon grass, lemon grass, thyme and melaleuca are... they all come at it from a different way but are all very cleansing and releasing, if I want to use those words.

And control. Oh my goodness. That can go in so many different directions too, but clove and coriander and ginger too, but clove is really the oil of boundaries. Being able to set boundaries and not being in control of everything if that makes sense.

Aubree: So, how do you recommend like using the oils?

Audrey: Well, here's the thing, you know oils can be used for preventative health care reasons and also for emotional wellness and so that's where I come into play with the oils. You know you headed down this direction of energy and chakras and so that's where I start selecting oils for my clients, is as we use the kinesiology method to work through where you're energetically stuck. If control is, you know, now I release control of, you know, or surrender control we would start looking at what oil would then be good for you moving forward and so that's where I would start to look is like what angle do we need to start to release the control. Is it, are we controlling because we're trying to feel safe? Are we controlling because we need to set boundaries? Are we, you know, controlling because we're just worried?

Aubree: Awesome, and then do you recommend just smelling the oil or do you actually like put it on that part of the body?

Audrey: Both. You know, I was saying earlier for emotional wellness smelling, our sense of smell is the most effective way to use this particular neurotool with essential oils but you can put it over your throat, or over your solar plexus, again your upper stomach, or even where you're feeling it. Like if you tune into your body and you're like Ok I need to release control, like where am I feeling that in my body? You can put it wherever you're feeling that too. I know for myself if I'm feeling like fearful or controlling in one particular moment or another I tend to feel like my ribs are just being squeezed like I'm just in a vice grip of fear, and so I'll tend to put oils like down my rib cage to just kind of release all of that, and like again as I'm talking I'm like doing that light scraping thing of like ooh yeah get rid of all of that like controlling and fearful feeling that's a vice grip around my ribs. But yeah. Awesome question. Diffusing or putting it straight on your body if it is an oil that can be applied neat, meaning directly to your skin. Then that's a good way to do it.

Aubree: And as you get into this, as you get into, you know, maybe releasing some of this old stuff that may be gathered in your body that you may not be aware of that you have emotions that are impacting you.

Audrey: Yeah.

Aubree: What type of reactions have you seen from ladies? Can you expect like a detox? Or?

Audrey: Oh gosh. You know, that's a really fabulous question, because it can come in many different ways. Like sometimes when you're releasing anger you actually get angrier, which sucks, but if you can detach from the emotion. I mean, like Gabby Bernstein would say, you can get out of the river of emotion and sit on the bank and watch the water go by instead of being in the rapids. If you can step out of the anger and just watch it go by then we can release it. You know sometimes it feels like amazing and so much lighter like, Oh God, it's gone, right?

But sometimes if angry is the quality of emotion that needs to come out of your body then sometimes it does, there is a period of time where you're just like anger is spewing out of me. This has totally happened to me, and thank God my husband like gets it. I'm just like, I'm not yelling at you. I'm just like ah there's so much anger coming up right now. To just like get rid of it.

I mean, I think Marianne Williamson said if we have the greatest tragedy in her opinion is if we have 21 days of tears to cry and we only cry three and then expect ourselves to be over it, over the grief or over the anger or over whatever it is we're trying to get over. Those remaining days are going to stay stuck in us until we cry out those days. I think that's a great way to look at it. Like you don't necessarily need to stop the anger or the resentment. You just need to let it come out, and find a healthy way for you to do that.

Aubree: The one thing I always tell, you know, my clients is you have to feel to heal, right?

Audrey: Uh huh.

Aubree: To get it out, and that can be hard, you know, when you're dealing with pain, physical pain, you may not want to feel anything.

Audrey: Right? Like I'm really tired of this. It is.

Aubree: But I think that's an important thing to note and one way to kind of keep things flowing is it's Ok to feel, you know, as you feel.

Audrey: Yeah. I think, again going back, I obviously am a big fan of Gabby and Marianne, but Gabby talks about how even 90 seconds of feeling the feeling is

incredibly powerful in letting it go and not making it wrong. I guess that's a huge part of it is like feeling the pain from of place of like, it's Ok to feel it instead of, I know when I was deeply in pain all I wanted to do was like make it wrong, make it go away, like angrily fighting the pain, and being able to come at it from a place of like, hey I get that we're in pain right now, like is there something you need to tell me? Is there something we need to talk about? Coming at it from a more empathetic place instead of like a very fight full place I guess.

Aubree: Right. Resistance.

Audrey: Resistance. Good word.

Aubree: And that's one thing, you know, that I'm always practicing as well and it's interesting that, you know, when you stop resisting it. When you just be with it and just tune into the pain that it can actually lessen the pain is what I've found.

Audrey: Yeah.

Aubree: Interesting.

Audrey: Yeah.

Aubree: So, I love that, and I think, you know a big part of the control factor that I see so commonly with other ladies and it's been a theme in my story as well is really just letting go, surrendering and allowing things to flow through, rather than such that resistance.

Audrey: Resistance and struggle too. I know like in my own healing it was very much I think I mentioned earlier following the flow of energy and surrendering and being open because yeah I would say some of the most unhealthy times in my life during, you know, when I was struggling with endometriosis was really not truly listening to inner wisdom and being like, no, I decided this. So, I'm doing this even though I feel like crap about it, and I know it's not right for me, but I decided so I'm going to do it and it's the right thing to do because society says it's the right thing to do. So I'm just going to charge down that way and like my whole body like, I call it energy bloat now, but just like this radiating pain I remember feeling and now it's like if I even start to feel like that I'm just like oop what is it that I am doing or acting or whatever that's misaligned with whatever it is the universe actually wants me to do and just being able to not only listen to my body that's step one. Step two being honoring what the heck it has to say. You know? I think an easy example of that is like when we're tired, or when we need a break. How many of us are like, Oh I'm so tired. I cannot deal with this right now, and just keep blowing past it and doing what we're doing instead of taking twenty minutes to just have some stillness.

Aubree: Absolutely. It helps so much. I think and it's very common, you know, to want to look outside I think for the answer, especially when you're in that place of

horrible pain, but really and truly if you start looking inside, you know, instead of relying so much on what everyone's saying. What all the world tells you to do. Really listen to that inner intuitive guidance, because that's not going to steer you wrong.

Audrey: Right. I know that was a very hard one for me was, you know I was diagnosed when I was 14 so there wasn't a lot of listening to myself about what I needed because it was, I was a minor, right? And a kid and so it was really about what do my doctors and parents think I should do, and I remember it being a really tough struggle for me towards the end of 2007 - 2008 when it was becoming obvious, 2009, like that time that what I was doing was not working, and I'll never forget my husband just being like, well love, what do you want to do? I'm like... what do you mean? The doctors said I should blah, blah, blah, blah blah, and he's just like yeah, but what do you want to do? And it was just like the weirdest thing for me to comprehend. Like, I don't know. You know? It was a huge learning for me to take my health into my hands and do what I wanted to do for me.

Aubree: Absolutely and you know there is a lot of fear and the doctors are really good at spreading that.

Audrey: Yes. Yes.

Aubree: So, I love that you're on here and sharing your story and you know that you've had success with these alternative means, because I think it's really easy to stop with what's offered in the doctor's office but there's such a world out there of things out there of things to try.

Audrey: There really are. Like I would say medically speaking like acute care yeah like affirmations, meditation and essential oils are not going to heal your broken leg, but, so yes doctors have their place but when it comes to like a long term solution, for me and my story anyway, the medication was not it. I needed, I needed something that was helping my body work, because my body worked, and that was, that was not what was happening for me, you know? It was less and less and less of my body working because my body worked. It was like my body relying on one medication or another to function and that had to stop.

Aubree: Well I appreciate you coming on Audrey and sharing your experience with us.

Audrey: My pleasure.

Aubree: How can ladies get in touch with you further? How can they connect with you?

Audrey: Sure. So, kind of ground zero for all things that I am up to is my web site which is AudreyMichel.com spelled M, I, C, H, E, L .com So, from there you can find

Facebook, Facebook groups and Instagram but it's all right there at AudreyMichel.com.

Aubree: Awesome and I'll include links to that in the show notes for those who do want to connect with Audrey further.

Audrey: Awesome. Thank you.

Aubree: Thank you again for being on the show today. If you found this episode helpful I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

All information provided within is for informational and educational purposes only and should not be construed as medical advice or instruction. No action should be taken solely on the contents on this podcast. Please consult your physician or qualified health professional on any matters regarding your health and wellbeing on any opinions expressed.

When trying any suggestions posed, please do so at your own risk. You are responsible for consulting your own health professional on matters raised within.