

# Peace WITH ENDO PODCAST

## **PWE24: Energy Healing & Endometriosis**

**Aubree:** Welcome to the Peace with Endo Podcast. My name's Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo. This is episode number 24 and on the show today we have Naomi, who's a fellow endo sister, yoga and Tantra teacher and energy healer. She helps transform trauma and its manifestations into expansion with energy work. I'm super excited that she's here today to share some of her wisdom with us. Thanks so much for being here Naomi.

**Naomi:** I'm so thrilled to be here. Thank you.

**Aubree:** Can you tell us a little bit more about yourself and how you ended up where you are now?

**Naomi:** Absolutely. I started meditating very deeply once I discovered, I got very sick because I had a tumor, a thyroid tumor and that led me on a very introspective journey to figure out how I could heal myself. That had to be... I was operated on and that was removed and I realized I didn't want to go down that route. Incidentally that's exactly when I found out about my endometriosis issues as well. I had an endometrioma on one ovary and also lesions around my uterus and I was experiencing a ridiculous amount of pain and I knew that I didn't want to go down the traditional route. So, luckily for me my eldest brother he's been a healer for almost 20 years and he guided me in the art of spiritual, well the spiritual form of martial arts and meditation, and I got really deep into that and I realized that this was a way to heal myself as... and I had the tools to help myself heal from this.

And so I embarked on an incredible, wicked journey where I started to heal myself through meditation. It was actually a vipassana 10-day silent retreat where I came face-to-face with my faulty wiring as I say, because you become so quiet and observe yourself until you can really see what's going on inside and I was... it became clear to me what it is I had to do, and I knew it was through energy work, because that was unveiled to me. So, I started having very powerful experiences and I knew that I had to explore that, and through that exploration I came to see how I could heal

myself, and how my energy worked, and yeah that's basically that's summing it up (laughs).

**Aubree:** That's amazing. So, somebody's that's perhaps new to the energy side of things and maybe hasn't delved as much into this. What do you think's a good starting point for those ladies?

**Naomi:** I think that a very good starting point is perhaps experiencing some form of healing where someone else is actually helping you go through that process. It comes in many, many forms. Reiki's a very popular form, but there are really many other forms where you can just lie down and experience it, and once you experience it you might realize that you always, that you've always known this about yourself or there's this aspect of yourself that you want to explore, and then you... it might help you or guide you towards other forms of healing.

Another practice that I feel is very beneficial is of course any form of spiritual practice, or energy practice that could be meditation or yoga or Qigong, which is a Chinese form of... well it's a movement meditation and all of these movements allow for the energy to circulate better and lead to better health and a better connection with yourself so you can actually learn to tune into your body on a much deeper level, and well I would say that's a great way to start.

**Aubree:** Excellent. And I would love to chat more about the trauma side of things since it sounds like that's what's got you started in a sense with this, with the energy work. How has that played a role in your story?

**Naomi:** Wow. It's played a huge role. (laughs) I get very excited talking about trauma because I've used it to go to the other side, and I see that it is just a vehicle for expansion, and you know we seem to think... we're used to thinking, oh my gosh something traumatic happened to me and now I'm just going to live my life like this, but actually it's a huge opportunity and well my trauma and I think the reason I developed, one of the reasons why I developed endometriosis is related to the sexual abuse that I experienced from the time I was nine years old, and it happened all the way till I was 18 when I left home and started traveling and I was away from Malaysia, which is where I'm from, and the universe somehow sent me back to Malaysia a few years ago and I was sexually abused again and that was actually the pivotal moment when I realized that I was going to turn things around, and so I decided Oh I'm not going to be the victim anymore. I was not going to use it as an excuse anymore. I was going to use it to transform and I had the tools and these amazing teachers helping me, including my brother and I was able to use the knowledge that I had through meditation and yoga and Tantra to transform this trauma that once kept me held back into this incredible perspective and ability to see life and like expand my optic point of view into this incredible limitless point of view, because that's what energy is. It's limitless, you know?

And I know it sounds very esoteric and really woo-woo and it's hard to grasp, but there is this rich universe beyond our physical self or physical selves and yeah so I was able through Tantra to learn how to use the blockages I had especially in my womb to transform and to grow and to work through those blockages and move towards a more expansive place in my heart, and once I knew that was possible I was... I was just like oh my God I have to share this with everyone. There is a way out of this and it's greater and unimaginable and it's extraordinary and it can be epic, and there is this other side. So, my work is, well at this moment I'm only starting out to do it with small women's circles and Tantric events where I show people that there is element, this duality where we have this energetic side and you can explore it in a safe way and it doesn't involve sex. It can just be the study and it's the science of energy.

And once you start exploring that you can see oh my God there's so much to it, and you can expand, and there are ways to do that, and I'm merely a guide who facilitates it and I'm hoping to work with women who have suffered from trauma and I'm going to create a website on that and lots more so I can reach more women like myself who... who have no idea where to go and are suffering from trauma, and trauma is very fascinating the way it works. I don't mean trauma from like in the sense of just an experience.

The body stores trauma all the time. It could be for example you have a bad experience like a you know you're in an argument for example and you don't process that argument in a positive way. Process it in a way that's healthy and it starts by creating a contraction in the body and if this is not addressed it continues to grow and impede the flow of energy and so in Tantra we're always working with these beautiful contractions to find ways to understand them, embrace them and work through them so that you can reach. So we can reach higher states of awareness and that is totally possible, and that's what I hope to share with my work.

**Aubree:** That's awesome. So for those who aren't familiar with Tantra, can you share a little bit more about what it is and how it works?

**Naomi:** Absolutely. I... to be honest when I first began experimenting with it I thought it was also just the sexual thing because that's what it's famous for it's such a great misconception. I was actually in India doing my yoga teaching training course and Tantra found me, you know? I was having all these huge energetic experiences and I needed answers and no one could give them to me. Somehow I landed in a course and I realized it's really just the science of our energy, the energy that exists within us and all the energy that exists outside of us and how you can tune into it and how it can benefit ourselves. How it can benefit us, you know, and there are aspects of course some people you know are more interested in... that's not to say that there isn't a sexual side to it. There is of course that side if you want to practice it, but also you know there are monks who are Tantrics as well. They're celibate, you know, so it can be many things. It's so vast and I think the main thing if I had to say what is Tantra to me, it's a way to view everything in a sacred way and

to appreciate everything and like give it so much awareness and love and patience and it can bring so much love into, into our lives and it is for me just a path towards truth and evolution. It is not the end all, you know, it's an incredible path and... and I'm just really grateful to all the teachers that came my way. (laughs) I hope that... I hope that is some sort of explanation. It's a really vast topic.

**Aubree:** Speaking of energy and having delved into this myself over the past couple of years and knowing that there's so much more than meets the eye and experiencing physical changes from energy work I think is what got me so interested in it. It's really fascinating that there's so much more that's impacting you than you realize. If you've had sexual trauma a lot of that's going to show up in that pelvic space, which is very much endo related. Do you have any tips...

**Naomi:** That is correct. Absolutely. When I first started on this journey and I started becoming really aware from my daily practice of yoga. Tantra yoga is very different because we're conscious of the movement of energy in the body. I became highly aware of how the energy was stagnant in this area. So, this area, the womb area is called, well the chakra behind it that's associated with it this area is called Svadhishtana chakra. It's connected to our womb, the ovaries and the sexual organs and of course the glands and the secretions that come from these and the hormones that come from these organs.

I was shocked by how much the energy was stagnant there and I had to work very thoroughly to... on the issues that were holding me back and I don't mean only in terms of energy work and blockages because you may be able to remove a blockage for a short period of time, but if the real issue, the crux of the matter has not been dealt with the energy will continue to go back there and pool there. So, really this kind of work you need to face it head on. If you're really wanting to get into this kind of work, and I'm not saying oh my God you have to do it all in one go. It could take years to do this kind of work, you know?

But the energy works in such a way that if you don't work with the real issue it's going to continue to return and come back and not move in the way you want to move, you want it to move, or it would be best for it to move. And so I embarked on this huge, this is my personal story of course. I embarked on this huge undertaking to... with my family members where I brought them all together and my extended family members and spoke about what had happened to me and told them how... what I've learned and spoke my truth, and it was a huge, huge release, and through that I was able to grow and go further in my path because I actually dealing with the real issues of shame and guilt or the lack of expression or not being able to speak my truth, because of what had happened, you know?

And each time I was able to speak my truth I learned more about my body and what it was capable of and the energy started to flow better and then it was no longer stagnant in my womb area and I started feeling a lot better, and not experiencing these horrible, severe states and all the pain associated with endometriosis which

I'm sure all of you can relate to. It's incredible work. It's fascinating journey. It has its ups and downs, but there's a huge reward at the end of it, and like to know yourself so intimately is... is a gift. So that's been my experience.

**Aubree:** So, I love that it's coming back to speaking your truth and also that you had thyroid issues as well, right? You said you had...

**Naomi:** Yes! That's right. They're all linked. (laughs)

**Aubree:** Showing up in your throat space as well. So how did it feel at the time to let some of that out? Like what were you thinking?

**Naomi:** Oh my God. It was an incredible experience. I did it right after a 10-day silent retreat, which I do every year now. I realized so much about myself and what I had to do, and how I needed to communicate this. By the way, I come from an Asian culture where we don't talk about anything, Ok? Everything's swept underneath the carpet and it's just not spoken about, and it was very hard for my family members to... to take part but they did, you know, they showed up and I knew I had to do it and I meditated very deeply on my intention and my intention was to simply share my truth, and not blame anyone. It wasn't a blame game. I wasn't trying to make anyone feel bad for not being able to... to be there for me or to support me and I just needed to explain that.

And I was able to do it. It took an immense amount of... of courage and patience and... and presence. And I was able do it and it was a beautiful experience. My family came together and supported me and the day after when I meditated I had a new chakra that opened up for the first time in my heart, another... it's a secondary chakra. So it was an incredible gift and just I think last November I decided to do the same thing with my paternal family who I had not spoken to, and did not have a relationship with for most of my life. I'm 38 now, almost 39.

And I called them all and you know had a similar talk to them and shared with them what had happened. It was a beautiful experience and they all came together. I learned so much more about my family and each time I was able to really step into my power, and step into my truth, and become stronger in this... in knowing and owning it, and that gave me more courage to move forward and to help others. To show them like look you don't have to suffer in silence. There is another side to this and we sometimes you know think that oh they're not going to react well. It's not about their reaction. It's not about how they respond at all. It's simply about speaking your own truth and within that speech you will find everything you're looking for. And I believe that is what we're all here to do, you know, and like the right people will respond in the best way that they can, and some people will not respond favorably and that's fine too, you know, but it's an incredible journey, and I wish everyone could... I could help people and guide people to this... to get to that point, you know, and I hope to do so.

**Aubree:** I love that, and like you said, not everyone may respond favorably and speaking of shame and guilt and these other emotions. What would you say to somebody who maybe had somebody who responded negatively and maybe blamed them or after speaking your truth you hear something, you know, along the lines of...

**Naomi:** You don't want to hear.

**Aubree:** Right. It's your fault or a lot of times the things that ladies hear that makes them afraid to speak up.

**Naomi:** Of course. Of course. I think that before we decide to attempt something like this we have to cultivate a lot of presence within ourselves. This is not something you decide you know overnight and... and then you know get it together. This is something you prepare for. It's a huge test, you know, a huge test of awareness because we can... and it's a journey you know when you're ready for it you will know. You'll be like yes I'm ready to do this, and... and of course I... I remember the first intervention I called. It was... It didn't go well. It was... It was very dramatic and some ways and some people responded... some family members responded very... how should I put this? In a way that I really... well they couldn't handle it. Let's just put it that way. They couldn't... they just didn't have the emotional granularity or... or the awareness or presence to be able to sit there and absorb that, you know? I somehow find... I somehow found the love for them despite that, you know? I recognized that they couldn't do that. They were not on the same level, you know, and they were trying. They came. That's brilliant! You know pat on the back and like a big hug and I just chose to find compassion and... and that's all I think matters really because you know if you're still trying to find your truth and you're still not sure and you're still, you know trying to find your way then maybe this is not the time yet, you know?

And it would be more important I find, or I believe to find the presence within yourself and there are many ways to do that, you know, some time alone. Sitting quietly with yourself, observing yourself, meditating, spending time journaling. There are many ways to find that presence and this presence is our birthright. It's not something you have to strive for. It is what you are meant to do, you know. And... and it's like there. It's available. It's available to us all. The thing is, we just have to make the time, you know?

**Aubree:** That's beautiful. And I think... I've found release through writing. So, I'm glad that you brought that up. Journaling. Finding a way to express yourself in a safe space, you know, if you're not ready to maybe share with certain people.

**Naomi:** Exactly.

**Aubree:** Finding the right people to share with, and even if it is just getting it out of you and writing it out I think can help too.

**Naomi:** Absolutely because it's a release. The contractions if they continue to stay there they continue to fester, you know? And that's why this is what they don't tell you yoga. That's what the practice is. It's the practice of purification and these contractions are continuous forming in the body and someone who works with energy will be able to feel this and they happen immediately and then every day in a daily yoga practice what's happening is your purifying your body through the movements, allowing the energy to flow through these areas, the meridians, to unblock these contractions. So, it's not a physical practice. It's an energetic practice. Sure some of the benefits yeah it makes you flexible. Your body's healthy blah, blah, blah, but you know there's this other aspect of how it can heal you so deeply and that's the work that we're doing, you know, and like if you're feeling you know there are many ways you can help to move that energy.

So, if you're feeling... One little tip if I may add. If we're feeling, for example, a lot of pain in the womb area you know related to the endometriosis, you know, a simple movement that we could do is just a rest... like a resting pose. There's one called Viparita Karani. Viparita Karani, I'll repeat that. It's a simple pose where you're relaxing. You're just putting your legs up on the wall and your body and your spine is on the floor and you're relaxing and allowing the energy to move upwards. So it's like a simple inverted pose and we can do that to allow the energy to circulate better, you know that's a simple thing that you can do when you're feeling that way. Of course there are more advanced techniques and you know there are many ways of working with energy.

**Aubree:** The legs on the wall. I've heard that helps a lot. It's not something I've tried, but now that you mention it, maybe I should. (laughs)

**Naomi:** Absolutely. Try it for a couple of minutes. So like not just... regular yoga is very quick and when you move very quickly you don't have an opportunity to really work with the energy in that area. Deeper forms of yoga that involve energy you hold the pose for much longer. So sit like that for like five minutes. Set a timer, you know cover your eyes with a... a eye mask or something heavy and cold like tea bags or something, you know, and just relax and... and try to project your attention to your throat because that's actually where the energy's moving naturally, but you can improve the circulation with your attention and just try it for five minutes see how you feel especially after a long day on your feet.

**Aubree:** And speaking of that throat/sacral connection, do you ever use any kind of mantras or anything?

**Naomi:** Yeah. Sure. There's no Tantra without mantra. (laughs) I find that any mantra is great for the throat and for the heart. So find... it's easy to find you know a mantra that resonates with you. There's so many beautiful ones, and I... I suggest looking out for the meanings. There's one that's really simple, really famous in the yoga community. It's called the Gaia Three mantra. Gaia Three mantra and they're so

beautiful. They can be sung, you know, and I always suggest placing the hands in front of the chest you know like in prayer pose and then bowing the head just a little bit because that helps with the circulation of the energy in the throat, and connecting with the heart, and just singing it. You can sing it... You can sing it with... as in like loudly if you like, but really the power, the true power of mantras happens when you're actually silently chanting it within. It's more powerful. So you can play with it. Play around with those try some other mantras. There are millions out there and something will resonate.

**Aubree:** So how are you feeling now Naomi after all of this?

**Naomi:** In regards to endometriosis for me, well it used to be very severe. So, I have to compare them. It got so out of control especially after one of my brothers passed away. Incidentally he was the one who was abusing me. It was such a tumultuous time and such torment, you know facing that. That I had the worst, most severe pain for very long periods of time, and then now after years of meditation and yoga the endometrioma has shrunk. I generally have no pain or the pain I had general cramps and things like that, you know, I'm still human (laughs) Still a woman, but it's not as intense as it used to be. If I had to rate it when I was experiencing it after my brother's death I would say it was up there like a ten, because my emotional state was so out of control it was affecting my sacral area and I would say that right now I'm probably at... on a good month, so it's only related to my period. On a good month on my moon cycle it would be a one, you know, and if it's an intense month maybe a... maybe a three. Anywhere from a three to a five.

**Aubree:** Wow.

**Naomi:** Yeah.

**Aubree:** That's great. Has there been anything else that... any other changes you've made along the way? Or has this all come from this deeper energy healing?

**Naomi:** Other changes, I've become a vegan but that's like just recent so I don't think that has a huge effect on... on me. I would say that the energy work is really what's doing it because in deep meditation it's possible to actually go very deeply into the body beyond the superficial layers of our skin and organs. I mean not organs, our skin, and our body parts and go deeper within the organs and explore what is within, and it takes a lot of dedication to get to that stage, but it's definitely in the realm of possibility for most of us. I know that sounds crazy, but if you're dedicated and committed to learning this about yourself it's very possible and so yeah I've gone in and really sensed the area, and everything is much calmer, you know, I don't sense any blockages. There are times when it's more intense. I can feel the pain right away I can go and you know explore that area. So, yeah I would say that it's improved dramatically.



**Aubree:** That's great. So thank you for the reminder that it is possible and to connect back to that higher part of yourself I think where the healing's where it really happens. So, what words of wisdom can you share with endo sisters who may feel like there's no hope?

**Naomi:** There is so much hope! (laughs) And don't give up hope because I think once you give up hope you close that door, and once you close that door you're stuck. You're trapped, and I know it's easy for me to say this, but just like a few months ago I was hopeless because of some other reason, you know, like some other issue that I had, and I'm very familiar with this state, but I know there's another side, and I know it must seem so daunting right now, but there are many people who want to help you, and you need to reach out. Don't think you need to deal this... deal with this on your own. You don't need to deal with this on your own. There are many people out there who... who can help.

So, first step admit and acknowledge that something is wrong and you want to work with it, and the second step is reach out and the third step, although it sounds strange and you might have to like surrender to this experience that you're maybe not ready to do or experience is go get a healing session just to see where that might take you. I mean all you really need to do is lie down, relax and they'll take care of you. (laughs) And see what you might feel and be open to this experience be receptive and another word of advice is doing something, some form of self-care every day for yourself is the best give... best gift you can give yourself whether that's five minutes of sitting alone and just being silent or you know taking care of yourself: gardening, journaling, doing some form of spiritual practice or exercise.

And I don't mean exercise like spinning. I used to be a spinning instructor. No. That's not going to help you. (laughs) I'm not saying that it's bad. It's healthy, but it imposes a lot of stress on the body and when we already have existing stress in the body you want to deal with alleviating that stress. So you want to bring more relaxing things into our... into your day, day-to-day life, and life has become so much more stressful with What's App and the Internet and our phones and countless emails and just being inundated with information. I would say the best thing is finding some time just for yourself, for yourself, that's it.

**Aubree:** Yes. So important.

**Naomi:** Yes.

**Aubree:** And I think, like you said being open to receiving. I know that was a big shift with me to... because I have a hard time asking for help. That's a protection type thing.

**Naomi:** Yeah.

**Aubree:** So, shifting your energy to, you know, I'm open to receiving help and I'm open to receiving the healing, you know that's kind of a little intention that I set every day verbally.

**Naomi:** Yes.

**Aubree:** And the people that I needed actually came to me just by setting that verbal intention. So, I think if you can shift your energy to I'm open to receiving it now, you know, I'm ready. I think that's a big step.

**Naomi:** That is so true. Intention is everything.

**Aubree:** Well thank you Naomi for sharing some of your wisdom with us here. How can our listeners connect with you further?

**Naomi:** First, thank you so much for giving me this opportunity. I'm so grateful (laughs). Well at the moment the only way you can reach me is through Facebook. I'm currently creating a web site to be able to reach more people. That should be up in a couple of months. So, that or by email I suppose, but I think Facebook's probably easier. My name's Naomi Pereira on Facebook and I'm sorry I can't give you anything else other than that, but I will be able to soon. (laughs)

**Aubree:** Excellent. Do you have any final words of wisdom for our listeners today?

**Naomi:** My final word... words of wisdom would be... be patient.

**Aubree:** Well thank you again Naomi for being here today and sharing your story and some inspiration with us. 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.com](http://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.

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