



PWE01: Synchronicity in Sound

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 one. I'm super excited to get started and so happy you've joined me on this journey. Today I'm going to share a bit about why I started this space on the airwaves, the synchronicities that lead me here and what my intentions are for this peace with endo podcast.

But before we jump into that I want to take a moment and get clear on what peace with endo means. What's the underlying belief behind it? As I've shared through the years under this name peace with endo and on my blog at peacewithendo.com there have been times when I've gotten push back on the name and it's usually in the sense of, how can I find peace with endo if I'm battling. This is a war. I'm at war with endometriosis. There will never be peace.

And I totally get that. I understand the pain that comes from living a life with endometriosis. I understand how wearing it is and there are days when it may feel like it is a fight, a battle, to simply get through the day, but if you're constantly living in that space of battle, you're creating an energy of resistance.

So, peace is on the opposite spectrum. Peace does not come from constantly fighting. Right? We can't have peace if there's constantly a fight. The opposite spectrum is surrender, and now surrendering doesn't mean that you're giving up by any means. Instead you're letting go and understanding that there's a clear distinction between what you can control and what you can't control.

Control is another energetic state of resistance, holding on tight, instead of letting go, instead of releasing. So setting an intention, being clear on what your desires are, and then letting go, letting go of what the outcome will be. A big part of peace comes with surrender. So, not trying to control and hold on but rather releasing, letting go and being open.

So, this concept of being open to receiving has been something that I was made conscious of within the past six months or so of my life, and something that I've consciously made a shift to change that energy.

I started changing my meditation practices and before I sat down to be still, I've been saying this intention out loud: I am open to receive. I am open to receive guidance. I am open to receive help. I am open to receive love and abundance.

This was a shift since generally I was not open to receive, quite the opposite actually. I struggle to ask for help. I struggle to reach out. I think that I can do it all. I have issues delegating tasks and that comes from that underlying control factor. So, I recognize that's been a recurring theme for me, is always trying to control. So, it's been a shift to release, to surrender, to allow, and to open up for guidance.

Once I started doing that, once I declared that I was open to receive and then I took 15 minutes and meditated. I listened. They say that when you pray that you're speaking to God, to source, to the universe, to whatever you believe. Speaking out loud your desires.

Meditation is when you listen and when you connect to that space of silence, you're connecting to your higher self, to your soul, to your wise self, however you describe it, it's that part of you that's connected to source, it's that part of you that is whole, that is perfect, that is beautiful. And when you pause and listen you can connect to your higher self, which is directly connected to source and you can receive guidance.

Also, I believe you have to pay attention. If you're going to receive this guidance, I think a lot of it comes through in synchronicities in your life. They say that synchronicity is God's way of being anonymous. Synchronicities are these things that are often described as coincidences. Things happen at a certain point, at a certain time and it just seems like wow that was really meant to be.

When I opened up and asked and declared that I was open for guidance that I was open to receive, synchronicities did start to happen in my life, quickly, and I was paying attention. People came into my life, guidance came into my life, teachings came into my life, opportunities came into my life.

One of my good friends who I connected with through the Institute for Integrative Nutrition or IIN, she was my peer coach as we worked through the program, so we coached each other. She messaged me and strongly suggested that I go see a reiki practitioner in the area and she actually paid for my first session.

I wasn't really familiar with reiki at the time. I wasn't sure what I was getting into, but I was open minded to try it. So, reiki is energy work and it involves what are called your chakras, which is an Eastern philosophy that there are seven different energy centers lined up and down your spine and each of those areas can be connected to different emotions and different beliefs and it also ties in on a more physical basis that these energy centers are very much connected to your endocrine system and your nervous system. So these different areas can impact different parts of your body.

This starts with your root chakra at the base of your spine. It's the root of you. Moving up from there is your sacral chakra, which encompasses your reproductive organs, then we move up into your solar plexus, which is your power center, right at your belly, then moving up to your heart chakra, then your throat chakra, to your third eye, which is the point between your eyes at your pituitary gland and the final chakra is at your crown, which is the space right above the top of your head.

So, the point of reiki is to help balance out your energy because these certain areas can become blocked up and if they get blocked up, if there's emotions that aren't moving through, or physical issues, because the two work together so the energy of your emotions can impact how you're feeling physically. So, reiki helps to release blocks along the way and it works with the meridian system. So, if you're familiar with acupuncture, it's along those same lines.

After my first session I had an intense emotional release and this was followed by me connecting with another woman that does energy work. She filled me in deeper on what was going on with my energy, which was really big for me. This process pulled up some past trauma that was still impacting my reproductive region. My sacral space, which again is the space that encompasses your reproductive organs, was messed up, and what's interesting about the sacral space and the underlying belief or fear that's connected with it is this fear of losing control.

I had a lot of realizations and spiritual awakenings and a greater understanding that there is greater guidance out there. Once I opened up, once I made that declaration that I was open to receiving I was introduced to this new practice that was really helping to release old past pain, as well as directing me towards the future, towards what my part in this world is, how I can use my voice to communicate, and that's what lead me here.

When I came in for a second reiki session I was wearing all black. I had on black yoga pants and a black sweater and she commented about that after she read my energy. All of my lower chakras were blocked. Everything was closed. The only chakra that was open was at my crown, which, again, is the space right above your head. That's the energy center that's connected to source.

So all of my lower energy was closed but my crown was open. She could see that I was open to receiving because of how my energy was and she told me that people that who wear all black are trying to ground themselves.

After that session I came home and I sat outside in the sun. It was a warm fall day and I was reading, but something caught my attention at the corner of my eye. I saw this little shiny black cricket crawl out from behind a pile of leaves and I watched him as made his way up over that mountain of leaves and he walked right towards me, in a straight line and I was sitting about ten feet away. He walked right to me and he stopped right next to my foot and he looked up at me with his antennae twitching and we had a moment of connection before he hopped away.

I thought that was kinda weird so my curiosity took me to looking to see what's the significance of the black cricket. So, in a spiritual sense the black cricket is one who is grounded, it spends it's time close to the earth, but it also hops around, and its antenna that reach out and can sense different things makes it more of a spiritual symbol and the cricket is most known for its song.

Later that day I downloaded a book called Sophia's Code and within this beautiful book I was drawn to the amazing goddess from Egyptian times named Hathor. I was drawn to her story, to the magic in her history and as in perfect tuning with the universe I saw that she was very much connected to this medium of sound, of song, of dance, of expression.

A couple of days after that I had another moment of synchronicity that connected me to music, to my guitar and to my husband. My husband and I have a story of synchronicity that maybe I'll share along the way, but it connects us to the number 16 and also to the month of October.

So in the year of 16, 2016 on the first day of October I had a moment of connection with music that happened in perfect synchronicity at 10:16 .

Then I had this song come out of me that was so beautiful and so calming. In the days and weeks to come, I found myself singing it, especially whenever I started to feel fearful or overwhelmed, I started to sing this song and I felt better. It was like a voice of my soul. I'm not sure where it came from, but it came out and it was beautiful and it was enough for me to think more about this medium of sound and how it was going to play out in my future. It also reminded me just how much I love to sing.

For Christmas I gifted myself with a Himalayan singing bowl. I had done some meditations where one was used and I found it to be super relaxing. I didn't know much about singing bowls when I bought one, but later learned that the sound of the singing bowl is at a different vibration and some say it's the sound of your soul.

I'm going to share some of that with you in this space. Part of my intention within this space, within this medium of sound that I've been drawn to in synchronistic fashion, within this space I want to do what I can to help you find peace.

Within that is taking time for meditation, taking time to connect to your higher self, taking time to connect to the messages of source for direction, for finding your purpose, and for figuring out why you're here. What can you do to shine your light, to raise your light, to make a difference in your time here. We need that now more than ever. I believe that we all have a purpose. If you can find that and connect with what you are here to do, if you open yourself up for guidance you'll going to be well on your way to healing.

For the definition of healing is to become whole. That part of you, your higher self, is already whole. It's already perfect. On a deeper level you are already healed but you have to come back to that place. The underlying belief of peace with endo is that you are a divine creation with the ability to heal.

Do you believe it?

If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram at [peacewithendo](https://www.instagram.com/peacewithendo). I thank you for listening and if you enjoyed this 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.

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