



PWE02: Feel to Heal

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 two. I'm so happy you've joined me on this journey. Today I want to talk a bit about intuition. How to tap into your intuition and I'm going to share with you an exercise to help you tune into how you're feeling.

So, I spoke last time to this connection to your higher self, to your soul, however you want to describe it, and the way to do that, the way to connect to this higher part of yourself that's directly connected to source, is through your intuition, and you can connect to your intuition through your feelings. Your feelings are what's going to direct you on what to do next.

Have you ever experienced that gut instinct? You can literally feel it in your gut and you just know this is what I should do. Have you ever experienced that? Or maybe you have and you didn't listen to that feeling and later regretted it. I know I've been there. The more and more that happened, the more I learned that my gut instinct is always right on.

Sometimes your intuition may be surprising. It may not be what you're expecting. You may ignore those feelings because of fear. But once you learn to trust that instinct, that natural feeling that comes then you're going to be directed on the right path and you will know what to do next.

So, this idea of feelings has been something that I've explored lately with a recognition that my patterns throughout my life have been to avoid or to numb those feelings that are uncomfortable, whether that be pain or embarrassment or anything involving confrontation. So, rather than facing those feelings head on I've tended to avoid them, to run away or to numb them, which I don't think is uncommon. I think that we are conditioned to numb the pain. When you feel something uncomfortable, there are plenty of things to do to make that go away. There's probably a pill for that. Right? Take it and make it stop.

So with endometriosis I know this involves a lot of pain and it is that initial instinct to numb it and I numbed it for many, many years. I took birth control pills starting

when I was 17 and that helped to stop the pain that I was having with my periods. So, I took the pill for a long time. I took it for a decade and I didn't realize at the time the impacts that it was having on my digestive system. I started to have a lot of issues: bloating, constipation, diarrhea, lots of yucky stuff going on. I didn't put the connection together that a lot of that started after I started to take the pill. I was also popping over the counter pain medication like it was candy, because I was getting headaches all the time.

So, I was no stranger to pain and it was my instinct as soon as it hit to reach for something to numb it and the pill numbed my periods in a sense. It shut off my body's natural signals to have a normal menstrual cycle. Instead it manipulated me with synthetic hormones. The birth control pill manipulates your hypothalamus in your brain and your pituitary gland, which is the master gland of your endocrine system. So how it works is it releases a large amount of synthetic estrogen, which tricks your pituitary gland into thinking that your body is pregnant. These high levels of estrogen in the pill cause your pituitary gland to release a hormone that's called prolactin. Prolactin is the hormone that's secreted when your body is pregnant.

This then shuts off the signal for your ovaries to ovulate. So there's no ovulation and the rest of your cycle is manipulated chemically. That whole natural process of having a normal menstrual cycle was shut off in me for a decade and your pituitary gland is the spot energetically for your intuition. It's the spot of what's referred to as your third eye. Your intuition is your power. As women, we are natural intuitive beings. Once I got off the pill I noticed that shift. My intuition was louder and it allowed me to connect with a greater understanding of what I was supposed to do next and the first thing it told me was to not get back on the pill.

And I didn't. It's been eight years since I put those little white pills in my body and once I stopped them I felt that intuitive shift as well as other positive changes with my mental health. There was a big study that came out recently that showed a connection between birth control pills and depression. That was definitely the case for me. If that's the case for you, then I encourage you to look into it. The pill messes with your head. Literally.

I bring this up because I didn't realize that it was numbing me this way. Getting off the pill allowed me to better connect with my intuition, and again, the way to connect with your intuition is through your feelings.

Rather than running to numb things, I learned that it's ok and it's recommended to feel how you feel. You have to feel to heal. Emotions are energy. They're like passing weather. So, the storm clouds come through, they rain down, it's dark, there may be thunder and lightning but that storm's going to go away, right? Eventually it blows away and the clear blue sky returns to that state of calm.

So, in order for these feelings to go away you have to feel them. You have to feel to heal, otherwise they get stuck and what happens energetically when these feelings are not acknowledged, they're not felt, they're just shut down eventually that's going to materialize into other things whether it be physical, whether it be mental in the way of anxiety or depression. It causes stagnation in your body. You're collecting bad emotions inside of you.

So, it's ok to feel as you feel. You have to feel to heal. Feel whatever it is that comes up. Be in the moment. Be present with it and then allow it to move through like those storm clouds and it's ok if it's a bad feeling. It's ok to be present with that.

Once you do, once you open yourself up for greater healing because you're allowing those emotions to leave you. I find that one of my greatest releases is to cry. Sometimes that just comes up and it needs to happen. It comes and it releases, again, just like the storm clouds. But it feels better when it's over it's like walking outside after a rain storm, feeling the electricity in the air, smelling that beautiful scent of after rain, that's what it's like. Feel it. Let it go.

You're creating space then and you're letting go of the negative energy. So, it's been a process for me to learn how to feel, because for so long I just ran away or I numbed it. I had different ways of numbing it besides the pills, there was sugar my number one numbing agent that still comes up for me sometimes, and the other one was shopping, buying new stuff. Because it feels good to have something new, right? It feels good when you're shoving in sugar. All of these things impact your brain and they're impacting your feel good hormones.

So, trying to cover it up rather than feeling whatever's driving me to do those things, whether that be boredom or irritation or some other uncomfortable feeling, whatever it is. Acknowledge those feelings instead of shoving them down, because if you shove them down eventually they're going to bubble up in another way.

It's been a journey to learn how to feel but one thing that can help with this is an exercise called a body scan. You can use this as a meditation, as a way to check in with your body and to really tune into how you're feeling. This is an exercise I learned from John Kabat Zinn in his excellent book called Full Catastrophe Living. The intention with this practice is to bring awareness to any sensations you detect as you focus your attention on each part of your body. So, I'd like to do that exercise with you now.

You can do this sitting or laying down. Pick a spot where you are comfortable, warm and won't be disturbed and gently close your eyes. I'm going to utilize my singing bowl to help you relax through this exercise. If you find yourself getting sleepy, you can always open your eyes, whatever works for you.

Start by bringing awareness to your body and to your breath. Feel the rise and fall of your chest, the air moving in and out of your nose. Bring attention to your body as a whole being.

Feel the weight of your body. Put focus on the connection of your body with whatever is supporting you now. Be that the floor, or chair, or couch, or bed. Feel the weight of your body pressing into this support.

Take a couple of long deep breaths. As you breathe in allow the energizing oxygen to enliven your body and as you exhale have a sense of releasing, letting go.

Bring attention to your belly. Feel the rise and fall of your breath here. Notice any sensations that may be present here as you breathe in and out. Take a moment to feel those sensations as you feel in and out.

Now that you've connected to your belly and all that lives behind it, bring awareness down your left leg into your left foot, out to the toes of your left foot. Focus on each of your toes on your left foot, bringing a gentle curiosity to investigate the quality of sensations you feel, notice the sensations that come up be it tingling, warmth or if you feel nothing, note that. What does it feel like to feel nothing?

Focus your breath in and out back up your left leg to your left hip and pelvis. Allow your breath to fill up this area, this pocket that may hold some discomfort. Notice any sensations in your body here. Is there tingling, pain or warmth? Or do you feel nothing at all?

With a long breath, direct your attention back to your belly and on over to your right side, down your leg, back to your right foot and out to the toes of your right foot. Focus on each of your toes on your right foot in turn, bringing your breath through in investigation of how you feel here.

Now slowly move back up your right leg to your right hip and the back to your pelvis. Allow your breath to fill this area. My right side holds most of my pain. It gathers there and lingers. What about you? What do you feel? Or do you feel nothing at all?

Move your breath back to the center of you, to your belly, to your uterus and over to your ovaries. Even if they're no longer physically there, the energy of this creative womb space is still there. How do you feel here. Bring your breath in is as an investigator. Allow it to fill in all the areas. Notice any sensations be it pain, stabbing, aching, tension, stiffness, or nothing at all? Move your attention around to your lower back down into your glutes and thighs. How to you feel here? Bring attention to the right side of your lower back and hips then over to the left side. Scanning. Breathing. It's ok to feel as you feel. How does that feel?

Move your breath up to your upper back and put focus on any sensations that may or may not come up here. Breathe.

Bring attention now to your chest, to your heart space, the air moving in and out of your lungs. Is there tension here? Your heart space is a powerful place and is another space to check in for intuitive wisdom. How do you feel? Is your chest tight or softened? Are you feeling greater emotions here? What does that feel like? Allow your breath to wrap around anything that comes up here.

Now move your attention out to your shoulder blades, your arm pits, down your arms, all the way down to your fingers. Are they tense or tight? Breathe into each of your fingers and thumbs, and bring attention to the palm of your hands. Any tingling sensations? What do you sense here?

Bring attention to your wrists, your forearms, your elbows, your upper arms, then return to your shoulders.

Direct your breath up into your neck and throat, is there tension there? Most of my stress gathers in my neck. This area lets me know when I'm stressed. What do you feel here? Breathe into it.

Move your attention up now to your face, to your chin, your cheeks, your eyes, your forehead. Notice any sensations or tension that comes up. Feel the weight of your head on your body. Move attention to the back of your head and on up to the top of your head.

Now imagine that you're breathing through an imaginary hole in the very top of your head, like you're a whale with a blowhole. Let your breathing move through your entire body from one end to the other, as if the air is flowing in through the top of your head and out through the soles of your feet, and then in through the soles of your feet and out through the top of your head.

Take a few moments and feel your body as a whole, from head to toe, the envelope of your skin, the sensations of your weight on whatever is supporting you. Breathe into the wholeness that is you. And when you're ready, you can open your eyes.

I hope that this was helpful for you. I know at first that it can be scary to feel as you feel, but I've found by putting attention on those feelings, acknowledging them, it lessens the pain ultimately. It's ok to feel as you feel. You have to feel to heal.

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.facebook.com/peacewithendo). I hope that you find some peace in your day today. Sending you so much love. Bye for now.

