

# Peace WITH ENDO PODCAST

## **PWE35: Unraveling Patterns of Pain in the Fascia**

**Aubree:** Hi, love. This is episode 35 of the Peace with Endo Podcast. My name's Aubree Deimler and I'll be your host. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo.

On today's show our featured guest is Elisha Celeste from Mobility Mastery. She's the founder of Kinetix, a method of fascial release and brain re-wiring that helps people get out of pain and come alive in body, mind and spirit.

The discovery of fascia and chronic pain put a lot of pieces together for me, and my experience with endometriosis, where adhesions and scar tissue are a common factor. The release of fascia opens up the door to finally being able to release the pain. I wrote more about my session with Elisha in my new book, *Energetics of Endo*, which comes out this Friday, February 22<sup>nd</sup>. You can pre-order an autographed copy over at [peacewithendo.com](http://peacewithendo.com) or it will be available on Friday on Amazon.com.

In this episode we chatted about how fascia is a key component with chronic pain and digestive issues, the mind/body connection that shows up with your fascia system, the relationship that shows up with trauma, emotions and physical pain, and how to support your fascia system and come back into your body so that you can enjoy the pleasures of this life experience. So without further adieu, I hope you enjoy the show.

Hey Elisha. Thanks so much for being on the show today.

**Elisha:** You're so welcome. Thanks for having me.

**Aubree:** So will you share a little bit of your story and how you got into doing what you're doing now?

**Elisha:** Yes. So, we could probably be here all day, but I'll try to give the short version (laughs). I certainly struggled with my own childhood trauma that I kind of tried to think that I could just imagine away, like imagine I was fine when I wasn't then ended up with pretty bad knee pain, and all the while of course in my early twenties trying to figure out

what I wanted to be when I grew up (laughs) and my... I think my own need to heal either subconsciously or consciously it wasn't that conscious that I can remember, but now that I'm looking back I think it was a subconscious driver lead me to looking at all things health and healing and so it started with, you know, nutrition and maybe health coaching. I did a health coaching program, and then eventually looking at personal training and curious about that from the fitness angle then massage therapy, and then that's when I discovered fascia, and the method that kind of became the jumping off point for Kinetix, which is my method that I've developed with my clients over the last decade, but that method that I found, I found in 2008. It's called Rossiter, and I'm very grateful that I found it.

It woke something up in me, so it's a method of stepping on people, similar to what I do, so I step on people, and release their fascia, and do some brain/body re-wiring with the fascial system, and the first time that I was stepped on I just knew that I would be Ok. It was like this weird... it's like... it's like it allowed me to contact a part of myself that I'd been trying to almost rescue or recover or reclaim or talk to that no amount of talk therapy or even massage therapy had gotten to and I didn't really have words for it at the time, so this was in 2008. It took me about two years, but I was able to use what I figured out, and what I learned through the process of learning how to step on people and about fascia and pain to heal my knee pain, and start running again, so I hadn't been able to run in eight years at that point, or hike for six.

The process of healing my own knee pain and being able to run and hike and do the things that I love a lot. I think allowed me to see the brain/body connection, and it actually for me for whatever reason, healing the physical aspect allowed me to then let go of a lot of the other subconscious trauma aspects in the years that followed healing my knees. So that's the kind of short version of how I got into it but... so it was my own quest to heal, heal my knee pain, heal some trauma. I certainly didn't when I first started out think that I'd be working with people with trauma or subconscious patterns, or anything like that it was purely, you know, hey you're... you have pain I want to get you out of pain. So, that's where it started. That's led me down all kinds of amazing paths since then.

**Aubree:** So, will you explain a little bit more about fascia for those that don't know what that is and how that's a key part in chronic pain?

**Elisha:** Yes. I would love to. I love fascia (laughs). Fascia is the most abundant tissue we have in the body. It wraps every single nerve ending, so it's kind of our coating, and the visuals I kind of like to give people are electrical wires that require, you know, something to coat it so that that wiring can... so the electrical signal can travel freely. That also is kind of how our nerves are wrapped in fascia, so the fascia's kind of the protective coating that allows nerve signals to travel freely throughout the body but then it also wraps every muscle fiber, every muscle frontal, turns into our tendons and ligaments.

Some people call blood a form of connective tissue, which I find very interesting. There's actually about ten times as much blood within the fascial system, as much as muscle fiber, so if you think about blood flowing through the soft tissue system of the body. There's more of it in the fascia than many other places, and it's meant to be flexible and elastic and able to move with us, but anything from overuse to underuse to stress and trauma can dehydrate the fascia system, start to make it lose its glide, so it's meant to be fluid and glide, basically allowing, you know, every movement that we make through life should be fluid and easy, but if that fascia system starts to lose the glide it means it's getting a little dehydrated and at that point it becomes like Velcro, so it's still sticky, but instead of being liquid, it's sticky, and then it sticks to itself, so this is how knots form, or adhesions, whatever you want to call them.

The easiest answer I have, you know, to point people to to understand what a fascia adhesion is is the knots you have in your shoulder, and so many of us have them. The upper back, the shoulders that we all want to have massaged on a daily basis. Those big clunking knots in there are fascial adhesions, but we have them throughout our whole body, and often don't even know it. It's in our quads, in our calves, in our biceps and those fascial adhesions can start to pull on joints, irritate nerves, block blood from flowing freely throughout the body, and also not allow nerve communication to happen as quickly or efficiently as it might need to, so the brain/body communication starts to get sluggish, and then all kinds of things can go wrong from there in terms of pain, and brain/body communication.

**Aubree:** Right, and so one thing with endometriosis is adhesions are very common, you know, because one of the main treatment options is surgery and you get scar tissue. So, how does that play in like the scar tissue and the fascia how do those two interact?

**Elisha:** Yeah. Yeah so the fascia is actually what will start to harden and then re-stick to itself, like seal up and then become dense and that is scar tissue essentially, and anywhere you're going to have scar tissue in the body, whatever area of the body it is, so with endometriosis I know it's in the abdomen.

So within our abdomen we actually have... just think about how many nerve endings are in the gut, you know, it's called the second brain, maybe it's actually the first one. I don't know, depending on who you ask. We have so many nerve endings there and then it wraps our organs and it's wraps the fascia, I mean wraps our organs, and it wraps our muscles and we have muscle in the abdomen, and all of those things, our organs and everything in there is supposed to actually be moving, easy moveable, and I personally think whether it's endometriosis or IBS or you know any kind of digestive issues or tension in the belly, like I think a lot of these things are happening because in the modern world anyway, I mean we could go so many rabbit trails with this, but in the modern world we're kind of told, you

know, especially as women we should have flat bellies, so we suck in our bellies all day long, or we hold anxiety or tension in the gut. The gut is kind of the place that we know that we're kind of, in my opinion anyway, regulating whether we're moving through life with integrity true to who we are, whether we're listening to ourselves or not, so I think all that could have an effect certainly within the abdomen. So, I actually love going into my own abdomen, and releasing fascia there, so I think there's probably a strong correlation with endometriosis, though to be totally transparent I haven't explored that a lot.

**Aubree:** So, how does it then impact your digestion? Because I know I come across a lot of my clients who are eating clean and they're still complaining, you know, like they're constipated or things aren't flowing.

**Elisha:** I think it can be a few things, so we can talk about two things that feel really important related here digestion for sure and then elimination being sluggish and slow, but also periods. So, if the fascial system in your abdomen is getting really restricted, tight or creating knots in there or adhesions. You're not going to have to have as much blood flow and we need to have blood flowing to every part of the body, but especially the gut because our organs are there, so our organs need blood to regenerate at the cellular level, you know, every day basically, and so that's definitely going to have an effect on digestion I think if you're not getting blood flow like circulation coming back to the gut.

I also think it can create physical blockages as well, very literal physical blockage in the gut if you have fascial adhesions or things pushing on or irritating, you know, maybe your small intestine or your large intestine then stuff is going to back up it's not going to move quickly through the... through those areas.

And then in the case of periods what I find really fascinating as I've explored this myself as well as other people, clients, and girlfriends of mine. I believe we're not supposed to have big PMS problems, and you know, sure like I do think some stuff like maybe the instinct to nest or rest when you're on your period is natural but, huge mood swings, and then like the... the bloating and swelling and back pain that accompanies so many women's periods. I don't think has to happen and I think a lot of it has to do with the physical blockage in the abdominal cavity not allowing that blood to get out, and if you can open it up physically then the blood's going to flow faster, so I know for me just getting a little personal here, but hopefully it'll help someone out there.

If I get my period the first day, but blood isn't flowing, like it's not coming yet, but I know I have it. It's just not coming out yet. That's when I bloat. That's when I have pain in my abdomen, and that's when I get that backache, and if I can open up the fascial system in my abdomen, and get the blood flowing, then all that pain and all that belly bloating stops.

**Aubree:** So do you have some tips on how you can do that?

**Elisha:** Yes. I have a self-help video. Two of them actually on my YouTube channel people can go to. It's free. It's... the handle is Mobility Mastery, and you can go into your own abdomen with your hands and the best thing to do, because I'm a visual learner, so I like to give people that visual, so it's me demonstrating on myself, and then me demonstrating with a partner, and so the partner one is kind of for periods or side aches, side stitches, and both of them work really great, but definitely would recommend people check out the self-help technique for the abdomen, because it's... it works well, and you just use your own hands and you're breathing. It's free. That's the amazing thing about it.

**Aubree:** Awesome. So, I'll be sure to include links to those in the show notes for those that do want to check that out further.

**Elisha:** Great.

**Aubree:** So one thing that I've found so fascinating in talking with you and this whole fascia connection is really that mind/body connection that comes into play there. So, can you share a little bit more about that?

**Elisha:** Definitely. The overarching theme here is that our... on the physical end of things our... the shapes we put our body in on a consistent basis create the shape of our fascia basically. It molds our fascia into certain positions. So, what are a lot of us doing? We're sitting. We have head down. We're on our phones. So the areas that are tightened or wound up to put you in that position stay wound up and then when you go to stand it's like asking sticky fascia to unstuck and glide and it doesn't necessarily want to, so that's on the physical side, but there's been a lot of research done that shows the position we put ourselves in have a profound effect on our psychology. So, if we're head down, slumped over. We may have a tendency to be more depressed, because that's the physical position that depression takes, and that's just kind of one simple way of looking at it,

But then on the other end, and this is where I get really excited and nerd out. Since fascia wraps every nerve ending in the body, it's directly related to the nervous system, and the nervous system of course regulates our fight, flight or freeze response related to trauma or even just daily stresses. The thing that is... maybe seems a bit nebulous just to hear if you've never experienced it, but I'll give your listeners something to maybe try so they can experience it for themselves whatever's happening consistently in your nervous system is going to give your fascia it's texture, so the shapes we put ourselves in on a consistent basis give our fascia its shape, and we can undo that, so it's not permanent.

But just to keep in mind that we're wounding up our fascia in certain ways depending on the position we put our bodies in consistently and then the thoughts we have and the beliefs we have consistently or most consistently give our fascia its texture, so what I mean by that is fascia can actually take on textures of on the unhealthy side of things can be

dehydrated. It can be brittle. It can be rubbery. It can be in a knot. It can be dense or tense or tight or stringy. All of those. I mean, you know, there are a lot of words that can describe it, and everybody's a little bit different, so not everybody's going to have all of those textures when their fascia's unhealthy. They'll probably have two or three dominant textures, which suggests to me maybe something's that's going on in their nervous system on a consistent basis, and then on the positive side of things it might feel supple or soft or fluid or springy or buoyant or any of those kind of categories, which suggests that that person is able to move stress through their body and not allow it to get stuck there, and there are very few of us that have fascia like that (laughs) and we can get it there, but it requires our direct participation to do so.

But I just think that's fascinating just on the physical side of things to see how it interacts, and then that fascia/nervous system connection is really interesting to me, and I've been exploring that the last couple of years like typing nervous system wiring in my clients, which means how you're wired to kind of move through life and then especially what do you do when you're confronted. So it could be confronted, you know, by a friend who's mad at you or a partner, lover, who, you know, is unhappy with something that you've done or any time we're confronted we have a natural reactivity pattern unique to us and then we have patterns as well that we're kind of playing in the background in all of us subconsciously based usually on what happened in childhood and how we developed ways to find safety.

So, all of this has a direct effect basically on the body and it shows up in your body via texture and reactivity and that's... that's kind of on the fascia side of things. We could... we could nerd out on this all day, but the mind/body connection is just so interesting to me and it's what we think and feel on a daily basis definitely has an effect on our body, but then the thing that I don't think we talk about enough is, in my opinion, is the condition of our body and what we're doing with our body on a consistent basis, and the quality of our insides, everything inside our skin has an effect, you know, a similar effect back on our psychology, and our mood, and our hormones, and our chemistry.

**Aubree:** Interesting. So, I love this too. And one thing you mentioned earlier was, you know, you started seeing clients to help them with pain and then that kind of naturally lead you to meeting people that had trauma of some sort in their life. So, what relationship have you seen between that emotional and the physical and how that all plays into pain?

**Elisha:** This is like my favorite topic. (laughs) And of course I just have to say I think we're all... I think we all experience trauma to some degree, so I don't, you know, I haven't met a single human being yet who had none, so I know often times it can get, you know, just even the word trauma can automatically make you think someone has been abused or molested, or raped, or just, you know, and that... those things do happen and I have my... my story

related to something on the horrible side of things, but even something as 'seemingly benign as a teacher looking at you a certain way or interacting with you in a certain way when you're younger can have a detrimental effect and so just got to put that out there, because I think it's just universal, not just for people who've undergone, you know, the extreme side of things, but what I've seen in my practice, I mean gosh... I can't... I feel like after a decade, so I've been doing this a decade working with people one-on-one in pain and we can't separate... first of all we can't separate pain from basically our deepest fears and our greatest desires for ourselves for life.

Pain is extremely vulnerable. I mean it's vulnerable I think just by definition, right? It's vulnerable to feel pain, to be in pain and then it's even more vulnerable to share that pain with somebody maybe with an expectation of healing it, so there's just a lot that comes up in my office working with people in pain in that way.

The surprising thing to me that I've kind of discovered like there's one major pattern that keeps playing out in my private practice over and over and over, which I just find so interesting, and I discovered this pattern by kind of getting really curious why some people would get out of pain in like one session sometimes or two. Even people who've maybe been in pain for five years and tried the doctors and the physical therapists and the massage therapists and they land in my office, and they're getting out of pain in two sessions, three sessions, one session. Why do some people get out of pain that fast, and other people can struggle for years, and years, and years with chronic pain and not get a result? Even though they're quote "trying everything".

This one pattern that I've seen which I just find so interesting is it seems to me, and this is from observation, but also talking with my clients, so we talk a lot. The people that are in integrity with themselves, meaning their thoughts, match their actions, match their beliefs, match their behaviors in life. It doesn't mean they're perfect, but when they're in integrity with themselves with who they know themselves to be. They get out of pain very fast, and those that are maybe not in integrity with themselves struggle.

Now I want to point out real quick that I'm not saying like if you're out of integrity you're a bad person or you're intentionally not being yourself or anything like that. It can take a really subtle form of being out of integrity and it could even be at subconscious level. So this is what drove me to looking at the nervous system, and how we're wired because I wanted to understand why I was getting some people out of pain really quick and some not, so yeah we can talk about that if you want, but that one pattern I think has just been really interesting to watch in my clients.

**Aubree:** Why do you think that is? Do you have any theories on why that is?

**Elisha:** Yeah. Definitely. **I believe our bodies are always trying to get our attention** about something that's out of integrity, and it could be like I think we can be out of integrity physically and then I think we can be out of integrity maybe emotionally or psychologically and then we can actually have all of them happening at once. It could be in only one area of your life, or it could be all of them, and I honestly I think like a lot of us are struggling with this to a large degree, so I don't think even like integrity is very important to me, so even me I have my own struggles with it still, and things get my attention like oh like you would be even more in integrity if you did x, y or z.

For example with chronic pain what I have kind of discovered a lot of the time it's somebody who hasn't healed childhood trauma, and they're trying to like fix themselves on top of it, so they want... they want to get away from their pain. They want to not feel their pain, and there's something in that pain that's saying hey like I have... I want to be honored, or I have a message for you, or until you fully acknowledge me, like the... what created me. I'm not going to let you go, like I could maybe give you... I think this can show up in so many ways, so many ways.

But like a recent client of mine, she's given me permission to talk about her if it will help other people. I'm not going to name her but she very recently traveled up here to Northern California to work with me for a week, and she has seen over 300 practitioners, and she has fibromyalgia, head to toe pain, Sjogren's disease, which is an autoimmune condition. She... we were mapping her nervous system and wiring and she has so many ways that she knows she wants to be in the world, and things she wants to do, and who she wants to be, but the fear and the patterns they've basically gripped her so hard she's not being who she knows she is at her core.

So the hard part then is she actually knows it. So just as an example she wants connection with people she wants so desperately to be seen for all that she is, and to be able to be herself in the world, but her worst fear is of rejection, and so this is actually translated into she's afraid that her body's going to reject her, and what happens when you start to play out these patterns everywhere in your life is you're not... so she's afraid her body will reject her, and at the same time she's got maybe some other safety and traumatization patterns happening so she disassociates when she's confronted and **we kind of have to confront ourselves to heal**, so it creates this like perpetual cycle I guess that has made it really challenging for her to get out of pain, but like from my perspective, as an outside observer, and her coach and her, you know, practitioner with her. It's so...

I look at her and I'm like it's so easy like I feel like it's always easy to see other people, right? It's so hard to see ourselves (laughs) and if only I could just do her work for her, and then my life would be different, and then she could do someone else's work for them, you know (laughs) it'd be so much easier, right? But basically it's like she know she needs to,



just as a really simple example she's been holding on to letters for eight years that she needs to mail and/or throw away, and she brings them everywhere she goes, so she's like holding all these patterns show up in her body. She's holding on to them. So if... we had to do a lot of coaching around like if you want to get out of pain physically you're going to need to let go of those other things too, like they mirror one another, and she knows she needs to do it, but she still doesn't do it. That's what I mean by being out of integrity like we don't keep the promises we make to ourselves, or we know we're supposed to be somebody, but we're not taking steps towards that. Does that make sense?

**Aubree:** It does. It's interesting, because I've seen that pattern come up with myself as well.

**Elisha:** Oh gosh. Me too.

**Aubree:** Especially with safety and that whole idea of holding on.

**Elisha:** Yeah,

**Aubree:** Because I do... I do believe pain can serve, like you said, as... I really think it's like the greatest teacher that you can have in life.

**Elisha:** Yeah. Yep.

**Aubree:** It's the biggest motivator as well for you to create change.

**Elisha:** Yeah. It can be but here's the... here's the fascinating thing a lot of us if we're traumatized when we're little actually come to find safety in the pain, because there's no other choice. We have to find some way to be safe while pain is happening, and so to become an adult who doesn't have pain or at least not, you know every day, because we're all going to have it throughout our lives here and there. I don't think we can escape it. You have to find a different wiring, a different way, a different safety mechanism, a different construct for how you inhabit your body and feel safe, and a lot of the time that... that's where it just gets tricky in adulthood because we're... we... we have figured out how to be as safe as we can be, but we're still in that same pattern instead of breaking out of that and creating a new one out of conscious freedom.

**Aubree:** Right. So, I like... and one thing that you brought up when I saw you, and this has come up again and again as I've seen people that have worked on my physically is like this disconnection that happens, which I think is also another protection type thing and how you respond and one thing you mentioned to me was just how you respond to stress in general. It's like being disconnected in sense. Can you share a little bit more about that? Have you seen that commonly?

**Elisha:** Yeah. So, if we disconnect ourselves especially from our body, which so many people do to find safety, like I guess my opinion on that in terms of how to heal or how to

move forward or how to find as much freedom as you can from whatever's happening with you, you have to come back into your body, like **I don't believe you can stay disconnected from your body and heal** or stay disconnected from your body and find freedom from whatever it is your suffering with whether it's knee pain like me or endometriosis or anything, and then... but that process of coming back into your body can trigger all those old patterns of well I'm not safe here, and so it's... you know you certainly could do this on your own, do this work on your own, but it's probably going to be a lot... feel a lot better to find somebody you trust to work with to do that work with you.

So one of the things that I do with people that are working with me at the nervous system level is we first start to work with the patterns to find as much safety in their body as much as we can, and eventually we can actually work on changing those patterns via the body. For example the client I just talked about her immediate reactivity is to dissociate and then convince herself that she can endure anything and it'll be over soon, so even though she loves like, so I step on people, and she loves getting stepped on because she... she doesn't have a lot of sensation in her fascia, which is fascinating, so this again is like she dissociated so often in her life, and kind of stopped feeling a lot, so where she has the most feeling on a physical level is near her bone, so she loves deep work, but at the same time it's activating a response in her body of... of trauma and so she dissociates, so it's this perpetual never ending cycle, so to... kind of like counteract that what I do with her is instead of immediately going into let's release fascia, and let's do what I normally do, and have her pause and try to feel and contact where I'm stepping and just feel it. Instead of dissociating so consciously trying to bring her back in her body, and some really cool, amazing things happen when we do that. We... she gets different reactivity when we do that. There are sometimes tears, and old memories coming up. So, it's yeah... It's I would say very important to come back into the body, reintegrate, right? So, it's integration and then building that integrity of body, mind, spirit.

**Aubree:** Right and feeling those emotions.

**Elisha:** Yeah. Yeah.

**Aubree:** So is that something you see commonly as you're working on people like in that mind/body connection what are some things that happen as you start to release the fascia?

**Elisha:** Yeah. Everybody's so different so someone else's reactivity pattern might actually be to laugh kind of hysterically like uncontrollable giggling for example, but then I might ask them like Ok that was interesting, but what would happen if you stopped laughing and the next time I step on them and they make themselves not laugh then they cry, so that's just another example. Other people want to fight and like push me out, and then there are some people who can... they think it feels good, who like it, and so this is the thing about integrity, so if you're somebody who is self aware enough and you've made a home in your

body, where you've brought yourself back in your body and you like being in there then the sensation of me stepping on you is not that intense, it's pleasurable. It's kind of like oh there I am, like there are my feelings. So that also is a mind/body thing that I think is interesting to just take note of. I believe they're called feelings because a feeling to me is emotion plus sensation.

You can't separate emotion and sensation. I mean we often try to subconsciously to get away from it by... through dissociation or whatever to kind safety, but when you're fully integrated and you're feeling your feelings **there's a physical component to every emotion**, so I mean if you think about the last time you felt fear or adrenaline, right? If someone cut you off in traffic there was a flood. Your body got flooded with sensation, right? And chemicals and hormones, but the same thing happens when someone envelopes you in a hug, and it's somebody you feel safe with, and loved by. You're going to have a different physical feeling, right? Of relaxation or warmth.

**Aubree:** That's great so it's... and that's one of the primary lessons I've learned from my own journey, you know, is you have to feel to heal.

**Elisha:** Yep.

**Aubree:** And that's not always easy to do if you're used to not feeling things.

**Elisha:** No. Yeah.

**Aubree:** So do you have any other tips for helping you to get back in your body?

**Elisha:** Yeah. I think there are a lot of ways to do it. Again we're all a little different. I am very kinesthetic and somatic, like I'm very... It's no surprise to me at this point that I ended up in the career that I'm in and I like getting stepped on. You don't have to do it that way, but anybody who relates to me in that sense of like you're kinesthetic you like being in your body for the most part, but you still want to contact yourself in there you can get on a foam roller. You can do any of my self-help techniques that are free and on YouTube, and instead of... instead of focusing on fascia release as your goal, which is what all the videos are teaching you at this point. I'll probably put some videos out on what I'm talking about right now, but you can use those techniques so instead of focusing on the fascia release as your goal, focus on feeling the sensation, so don't even worry about moving to release fascia.

You can just put yourself on a roller on your quads, for example, which usually tend to elicit a lot of sensation in most of us, and then just... just feel and breathe and maybe notice what happens. Do you stop breathing? Is that your instinct? Do you... do you want to get off immediately? Do you want to yell? Do you want to cry? Do you want to... you know? Or does it feel good? All of that's going to be really good information for how you're inhabiting your body, and that's kind of like to me, I guess there's a lot of difference to me with that

and contacting your visceral insides versus say you're working out or doing something else that is physical and using your body, but also even like touching yourself, like I don't know how many people do or don't do that, but like I think we probably just walk around most of the time not knowing what it's like to touch like, oh there's my kneecap and what's to the left of it, or to the right of it, or above it, and getting to know our own landscape, our own terrain if you will. Those would be a couple of recommendations, and then maybe going to get a massage and again noticing like how you feel and then...

I think the number one thing that would serve the most people who've maybe disconnected from their body is... is any situation in life where you have a tendency to start... like get in your head or even dissociate all together. Try to pause or give yourself permission to slow down for five seconds and just feel whatever you feel.

**Aubree:** Yes. That is definitely a learning practice.

**Elisha:** Yes. (laughs) It is.

**Aubree:** So what are some other ways that you can support your fascia like to keep it healthy?

**Elisha:** I mean the number... honestly the number one way really is going to be that visceral, physical releasing your fascia so whether it's working on yourself on a foam roller, or a lacrosse ball, or a yoga ball, any of my self help techniques or there are other people out there teaching some of it as well, seeking out practitioners that can help. I will say... and I've gotten some shit for this... can I say shit? (laughs) For what I'm about to say, but most massages are not going to release fascia, and the reason is... one of fascia's jobs is to protect us. It can contract independent of muscle tissue, and so if you're not engaging the fascia to change itself through movement, so you moving as... so you can go see a massage therapist and if they're somebody who pins you and asks you to perform movement then they'd be one of the rare ones where I could say yeah they probably are going to be able to release fascia for you, but that's just something I've learned as a massage therapist, which I was for one year, and then doing what I do now, and then also being a client of massage therapists, and getting stepped on, and doing my own self help techniques.

So, fascia release for sure. The more aware you can become of your own mind/body connection, and what helps you de-stress, and move energy. So if you're not moving your stress, and your emotions, and your anger, and your frustration at traffic, or whatever it is (laughs) on the daily. If you're not moving it out it will get stuck in your body and then become texture in your fascia that won't, you know, be too pleasant to have inside your body. That brittleness, that dehydration, or knots meeting or what not. Those are the two biggest things. Of course hydration is important, and probably the other big, big, big one, but that's a topic for another time is toxicity, and that's definitely going to have an effect on

the fascial system via the lymph, and when your toxic you're going to have really sore fascia.

**Aubree:** And that was one thing you explained with me when I had a session with you was when you're doing your session your client is actually moving as you're moving so I think that's where that connection comes in, right? They're actually participating in the process consciously and releasing it with you.

**Elisha:** Yep.

**Aubree:** So do you have a success story that you can share?

**Elisha:** Yes. I have so many but I have one that always comes to mind when people ask me this, because it's like one of the best ones. One of my favorite people in the world now her name is Desiree, and she doesn't mind me using her name, she came to me a few years ago when I was in Boulder and she had hip pain for 17 years. She was 36, I believe at the time. She had got into a car accident at 19 and she broke her hip. So, she had to wait for hip replacement surgery, but she was too young to get it, so she had to learn to live with a broken hip, which was extremely painful.

So, she had to find a way to like still live her life even though she was in pain everyday waiting to get this hip replacement and she didn't let it stop her of course. She's an amazing human being in that way, very strong, became a wilderness therapy guide, climbing, hiking mountains, and backpacking and stuff like that and then running marathons. She ran marathons on a broken hip, which is amazing, and then this is also important to take note of for people, we can do too much, right, and then totally sideline ourselves. So she ended up not being able to walk for more than ten minutes for six years, and then finally got her hip replacement surgery six months before seeing me, did all the prescribed PT, acupuncture, massage therapy, psychotherapy, and was still in as much pain after her hip replacement as before, so still unable to walk for more than ten minutes a day, and she landed on my doorstep almost hopeless like very frustrated because she was doing everything right, so this is an example, this is the moral of the story.

She was doing everything right, and she's a psychotherapist herself. She knows about the mind/body connection, but she was still in pain. She committed to ten sessions with me and in the second session I'm... I'm pretty intuitive and I just got a gut instinct to ask her... you've had to be really strong your whole life. Do you think you could let go? Because I think you might need to now.

And no one had asked her that. And no one had seen that about her, and I believe to a large degree that we're all walking around feeling very unseen, and I think our bodies also carry that for us, you know, whatever is unseen in us, that we're longing to be seen is kind of

carried in the body and felt by the body, and she left that session unbeknownst to me, bawled her eyes out, and cried every day for weeks, you know, but she came into her next session and said, "Is it normal that I've been crying every day for a week?" And I was like yeah that sounds about right (laughs) because you know... so here's the thing her brain had learned to be strong because she was in pain, and so she had to unlearn. She had to actually learn that she could not have pain, and no one had actually kind of given her, unlock that door, given her the key to oh you might have to like...

**You might have to let go now and not be so strong.** You don't have to be so strong any more. And so if she were carrying out this same brain pattern as before then she's probably going to perceive the pain, so pain is perception, you know, a lot of people don't like hearing that. It doesn't mean it's not real, but pain is in the brain.

And anyway we worked together for a few months, and she got walking pretty quickly, and then hiking after that, and then she ended up climbing a fourteener that summer and had a baby a year later and I just adore her, and I think that's an example of somebody who was fairly in integrity with herself, but she had to kind of re-find, re-discover the part of her that knew she could be, you know, more surrendered and less... a little less strong, and actually find enjoyment in activities again, so.

**Aubree:** Well thank you for sharing that because I'm sure there's lots of listeners that can relate because when you deal with chronic pain you do get strong, so it's learning to let go.

**Elisha:** Yeah. I think honestly that's one of the hardest parts for us. We get so used to being in pain that when you're in chronic pain that I think sometimes you have to realize you don't have to have it first in a really powerful way in like in your brain or your other brain, your body, right? And I think that's what happened with Desiree when she just started crying because she realized it was true. She could maybe let go.

**Aubree:** Awesome. Well thank you for sharing that.

**Elisha:** Yeah.

**Aubree:** So how can our listeners connect with you further?

**Elisha:** The two best places are going to be the website that I have [mobilitymastery.com](http://mobilitymastery.com). There are a whole bunch of blog posts and free videos on there about pain, how to get out of pain, pain patterns, whether it's knee pain or back pain or carpal tunnel and the YouTube channel. The handle is Mobility Mastery on YouTube. I think we have over 150 videos at this point, and we're about to ramp up and release even more, and do a lot more on the mind/body connection so that's going to be coming out more and more on that channel and if they want to get my top five recommended self help techniques for free, like a PDF guide

that will walk them through it with visuals, pictures and descriptions of how to do it they can go to [mobilitymastery.com/free](http://mobilitymastery.com/free)

**Aubree:** Any final words of inspiration for our listeners today?

**Elisha:** Yeah. I guess I truly believe that every body carries wisdom in it. I believe those of you listening your body is, despite maybe how it feels on a sensation level if your in pain is doing it's best to keep you healthy, doing it's best to get your attention that maybe something needs addressing, or letting go, or whatever the case may be. I believe we're all capable of finding freedom, and what that means I guess it is up to us and it is individual and it can be a journey and it's not always straight forward, but I don't put limits on anybody, so if you were coming to me for pain relief I would stubbornly try with you everything I could to reach that upper limit and I don't put limits on myself, and I don't put them on other people, and sometimes it takes awhile, but I would just say, keep you know like make a body in your home. Listen to your body. I think that's maybe the number one piece of advice that I can give is the sooner we're all able to come back home into our bodies and fully inhabit them the better... the sooner we'll get the message that our body's trying to give us, and find our way to that integrity that I was talking about.

**Aubree:** Beautiful. Well thank you so much Elisha for coming on today and sharing some of your wisdom with us today.

**Elisha:** You're welcome. Thanks for having me.

**Aubree:** If you enjoyed this episode, I invite you to subscribe to continue on the journey. If you're listening iTunes please consider leaving us a review so that more endo sisters can find the show and get on track to finding their peace with endo. I also invite you to check out my new book, *Energetics of Endo*, which goes deeper into this exploration of emotional and spirtual components with this experience with endometriosis and infertility. You can pre-order an autographed copy over at [peacewithendo.com](http://peacewithendo.com) or it will be released on February 22<sup>nd</sup>. You can pick up a copy also on Amazon.com. 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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