

# Peace WITH ENDO PODCAST

## **PWE37: Navigating Pain & Pleasure in the Soul Body**

**Aubree:** Hi, love. This is episode 37 of the Peace with Endo Podcast. I'm your host, Aubree Deimler. I am an author, speaker and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo.

On today's show I'm super excited that Kate Patchett is here. Kate is a fantastical, visionary energy worker. As a multi-dimensional channel, healer, and mentor she guides aspiring psychics, healing arts practitioners, and licensed wellness professionals to master their soul system and maximize their spiritual gifts with confidence.

Kate has had a massive impact on my healing journey, which I did write about in my new book, *Energetics of Endo*, which is now available over at [peacewithendo.com](http://peacewithendo.com) or on Amazon.com. I actually dedicated the book to Kate, because she has had such an impact on my healing and truly inspired me to write the book and get it out into the world.

In the episode today we did quite a bit of exploring into the sacral chakra space, which is what physically houses your reproductive organs, and one that is heavily impacted by endometriosis. We chatted about the impacts of trauma in this space, sexual healing, and beliefs that can develop early on about what it means to be a woman and a sensual, sexual being, connecting back to that divine feminine energy of joy, pleasure and deep rest, and the importance of getting grounded in your root space and connecting with your body. Lots of juicy tidbits in today's episode, I hope you enjoy it, now on to the show.

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

**Kate:** I'm so happy to be here (laughs). Thanks for inviting me.

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

**Kate:** Yes. It's kind of a long story (laughs) so we'll see if I can get it to be a cute little synopsis. Basically I wanted to create a life where I was much more spiritually aligned and had more spiritual fulfillment, and I went to massage school. Massage school blasted open

my intuitive abilities, which I had previously shut down due to being mostly uncertain about what to do or just feeling like I was getting in way too deep into things that I didn't know how to handle, so fast forward several years I started doing my massages and reading people's energy in conjunction with that, which was something that really started happening when I was in school and then I brought it online. I started having people having distance readings. I started doing that on messenger and over the phone and then doing videos and it evolved from there to being a lot more of me teaching people and guiding them and mentoring them on how to develop that type of skill set for themselves so they can go out there and do healing work as well. So that's... that's actually the linear journey.

**Aubree:** Nice. So and we've worked together quite a bit (laughs) so and I know after receiving energy work from you that I started to experience some significant physical improvements, which was fascinating to me (laughs) and I started to see that, you know, there's more than meets the eye when it comes to healing. So, have you seen those kind of quick, dramatic changes with your other clients and how do you explain this?

**Kate:** (laughs) So there's a... that's a... that's juicy. That's a juicy question. I feel like it might help people to hear a little bit about what you experienced that was so pivotal and we could take it from there because yes I've seen people have sessions with me and they say, I had a breakthrough today that was a major A-HA moment. I'm not living my life the same way anymore because I know this and this and moving forward I'm free of such and such and it just the clarity and awareness that can happen and the freeing up of space that can happen in your energy field, or fields really, it's multidimensional, a mental, emotional, spiritual experience as well as body, because it's all infused in there. The... that whole experience can create more space, more freedom for more connectivity, more awareness and even opening psychic abilities or possibly starting creative projects, as you know. So, I'd love to hear what that... the pivotal moment might have been for you, and remind me as well (laughs) and then we can talk about it more.

**Aubree:** Absolutely. So, I came to you... I came to you looking for business advice (laughs)

**Kate:** What? (laughs)

**Aubree:** (laughs)

**Kate:** I remember I was in that kind of slant of things. I was doing like spiritual work and then a bit of the business, intuitive, guidance stuff. Yeah. I still do that in the background... it's in the background. It just comes up as people need it. It's not something I broadcast, so.

**Aubree:** So, on the surface level that's what I was coming for, but I remember your intake form had a lot of questions on it about my health and background and I kind of went into some of that having endometriosis, struggling with infertility, some of these underlying

things that were going on physically, and I guess that's where it started (laughs) and a lot of things opened up as you started getting into my energy to see what was going on, on a deeper level, so some stuff came up with me in the past, trauma number one being a big part of that, and not something that I had even thought about at all, honestly, for the past twenty years, something that had happened in my past, so that came up like through my energy definitely in that sacral space.

So, I remember the first thing that you told me... like the first thing you said was your sacral space is blown out. It looks like I can see right through you to the universe and one thing you said right away was that's usually trauma. You could tell right away before I even said anything about it and didn't even mention it to you that there had been trauma in that space, so have you seen that I guess before in the sacral space.

**Kate:** Yeah. Do you mind me asking you a personal question right now?

**Aubree:** Go for it.

**Kate:** (laughs) How... how is that area feeling for you in the back in the... in your actual sacrum right now?

**Aubree:** It feels Ok. My lower back is generally sore.

**Kate:** Yeah. So as you were talking I kind of dropped in with you (laughs) and I can see there's still a bit of a coil around of energy that's just holding it tight and you're not blown out as you just mentioned but it's... it's still some things that we may privately at some point (laughs) just wanted to let you know it's better for sure and the things that you're experiencing you're not alone in especially in... especially when it comes to trauma in that space and I do a lot of work with people there when I notice that to self nurture and self support, a lot of self love and getting really comfortable and cozy in that space because to a lot of people it's foreign and scary and empty and cavernous and all of these things that feel not fun and not cozy at all, the opposite of joy and usually a lot of grief so in past readings of people I see blow outs in the root and sacral spaces for any sort of physical trauma that's happened to the body and then what happens after that is solar plexus or throat gets either overactive or totally shut down as a result and then heart gets full of grief and sadness and third eye it usually is cloudy and not as great there or it's really open and they're in the head space floating around, avoiding the body, and crown usually is open for people, but sometimes there's protection there about fear of even connecting to know the truth, like to admit the truth, or you know, be guided and allow themselves to move into a space of healing, but healing that process and awareness can be painful in itself. It's just not going to be the same as being in pain for a lifetime in your body so it's worth going down that path.

**Aubree:** And so for me after having... I think identifying that that's what was going on, that it was the trauma, and then being able to release a lot of the emotions that came along with that, because I know for me I didn't process a lot of that stuff as a teenager. I just kind of shoved it down into my sacral bowl (laughs) to be explored later and eventually it blew up. That's like the visual that I got and I think endometriosis like that makes sense to me, because it's like the womb is like blowing up in a sense, it's living all over the place, and definitely avoiding... so there's been a lot of avoiding along the way, which is one thing you just said.

**Kate:** I have an idea...

**Aubree:** Disconnecting and not wanting to live down there so that's one thing that came up constantly as you were doing readings on me like you're living up top, like you're living up in the headspace because you don't want to be down there, like you don't want to live in the body.

**Kate:** I have... it just hit me while we were talking here that it would be helpful for women like yourself to do guided visualizations of seeing where the blow out went. That would take a little bit of practice but I know you can do it. You can give it a try, maybe guide some folks on this, but the feeling I'm getting and what I saw was ask her to look in her body and see where it went. You know where it went because it hurts in certain areas, but then ask why it's stuck there and start calling it back into its central location and see if you can bring the densities the pain bodies in your energy field at least into the central sacral space, and see if your body follows, because I believe one billion percent, that's not even a thing (laughs) that the... that **the soul body is the foundation on which the physical body is built, so when we work on that soul energy we're absolutely supporting our body in healing itself.**

**Aubree:** So what are some ways to do that? Is it more feeling into it, like using your... do you have any guidance on how somebody would do that?

**Kate:** Yeah, so I have done an awesome visualization that was channeled. Maybe you remember it? The sacral bath. I don't think it was you that I created it with, it was someone else, but it was someone else with trauma, and it's a similar thing. It was meant to be a sustaining support. Something that you could go and relax in and let all the stuff that might be lingering, the densities, the darkness, the heaviness, whatever drain down into the earth. You know hopefully roots are built up, and you got to do a little bit of foundational work first and then allow yourself to be cleansed and filling your own cup, being your own nurturer, so yes you can go into meditation space and have a personal, inner self healing experience if you want.

There's also physical things people can do like actually getting in the bath, actually going and playing in water, doing dance, hula, getting the hip circles going, a little Kundalini, you know, you go around nice counter clockwise, and then clockwise that's really helpful for activating that space, and energizing it. I have to say that there's probably something's that we could do through even writing too because of the tangible form of even... so the thoughts around it might be this hurts, my body's betraying me, I hate this experience, whatever the case may be, writing it down as if you're writing a letter to, you know, someone you may not send it to, and just burning that up, and being like this is out of me now this feeling of whatever, and letting go. That doesn't seem like a logical thing that would help the pain, however it does, because it works with other things. Think about heartbreak or maybe just sorting out what comes next in your life. This creates a place for your brain to put all that thought matter energy and out of your being so that you're freed up for more good stuff to come in.

The other things that help with physical aches are physical modalities you could get massage and physical therapy, acupuncture, acupressure, I feel like you've tried some of these things over the years, and the other healing modalities that come up in the healing arts, you know, holistic aspect of things diet, however my focus if I were to guide someone through some sort of sacral energy immersion it would be a lot of guided visualization to be in love with that space and totally loving on it, if that makes sense, and really looking at it from different perspectives: the physical, the mental, the emotional, spiritual and allowing the knowledge to come through about the truth of why it is that way so you can address whatever feelings or thoughts that are repeating because I'm sure there's some sort of cycle that's happening, and we're not talking about menstrual cycles, though I'm sure that's very much correlated, but there's some sort of psycho-narrative inner story that is repeating itself until it gets realized as being a story. You got to look at it that way, but I know from a scientific perspective people would be like just throw medication at it, or do a surgery and scrape the cells, which I think you've also experienced that and it's a bit traumatizing to be that invasive in the body. Why not try something softer, something more feminine, in that feminine flow, being comfortable with the word womb (laughs) loving on... that's my own thing like I didn't like saying that before just woman, womb... ugh, and really embodying the feminine energy and loving that, knowing that is who you are, allowing it to be your presence, making peace with it.

**Aubree:** And that's one thing I feel like has been part of my story, and one thing that's come out in the book, the new book, *Energetics of Endo*, which is re-connecting back to that feminine side of things, because for me I'm an achiever at heart (laughs). I'm very driven. I've always been driven by that masculine, you know, get things done, let's go, go, go. Let's do, do, do instead of getting back in flow and releasing control, which has been the ultimate

lesson I think for me is letting go of some of that male dominance I guess in a sense in my energy.

**Kate:** Yes. That is very much where a lot of women are going off track, whether they have endo issues or not it's... and it's something that I think more people are waking up to and being aware of is that we have basically aligned ourselves and adjusted to a patriarchy paradigm that serves only the masculine energies and we don't fit in that unless we try really hard and it can create like a conflict. It creates constraint. It creates a lack of joy, and joy is the feminine energy. If you stay in a place of joy, or find joy in all the things, everything gets easier. I'm not saying it's all perfect, but it definitely flows better, and the vibration of your life rises up and all of the things that can come and go, the ebb and flow of life are easier because you say Ok that just happened and you're not fighting it or trying to control or funnel something into a pathway that you designed it's just oh that is what it is moving on or moving forward or taking a step back and pausing, whatever the case may be and I feel like a lot of people like across the board men and women alike are not fully living that way. They're not even in tune with that. It's like I don't even have time to breathe. I don't breathe (laughs). I'm not breathing.

**Aubree:** {laughs} Right, connecting back to your breath, and learning how to feel.

**Kate:** Yes!

**Aubree:** Which is something I've learned from you too. You have to feel to heal.

**Kate:** Absolutely. Feel to heal for sure and no one really wants to get in that zone either. It's almost as if the physical pain stuff is more tolerable than going a little bit deeper into your heart space and saying why do I feel this way, because then comes a cry, or a yell, or a laugh, or whatever the heck is coming out, you know, the body will basically tell you that you're having an emotional expression, breakthrough with your responses, and a lot of times for women it shows up in tears, especially with this. There's a lot of grief that happens with trauma in the body, so it gets filled up in the lung space, the throat chakra and the voice doesn't get its expression, that full expression, things get bottled up and pushed back down. There's a lot of disconnect as a result of that so the more in connection of women especially becomes with her physical body and the understanding of why it's feeling a certain way, why she's feeling that way in her body, the more able she is to navigate perhaps whatever ails her if we're looking at endometriosis and the pains that are involved with that.

She'll be able to feel like empowered, feel like she can do something about it, and ease at least some of the symptoms that are happening and maybe even eradicate some of them.

**Aubree:** Mhmm. Which was the case for me, which is so fascinating still to me that getting into the emotional stuff and creating space for it to go, so learning how to feel so that it can leave, and being open to receiving help from somebody else, number one, so letting down the walls I think was a big part for me, because I had that protection. It was a wall of guarding (laughs) that space because it brought so much pain.

**Kate:** Right. Yeah and your experience now, where are you at with that? What has changed since you started having that awareness from a spiritual perspective?

**Aubree:** So the pain with my periods has gone from traumatic to mild.

**Kate:** Wow.

**Aubree:** So, I think for me it was almost as though I was re-living a certain part of that trauma every month in a spiritual sense, so releasing that, finally released the pain after trying things for years of trying to heal my physical body through diet, through supplements, through stress management, through all of these different things, but it was really that deeper emotional stuff that finally released and the pain went with it.

**Kate:** That's amazing.

**Aubree:** It is.

**Kate:** You don't go back. You don't need to end up re-doing all that because once you had that breakthrough, that's truly what a breakthrough is it's when you're... you blast past wherever you were and you can look back and oh that's where I was and I don't even understand how sometimes because I'm in a totally different place.

**Aubree:** Which has inspired me, obviously working with you, (laughs) to help other women with endo because I do believe that a lot of times there is something deeper emotionally going on and spiritually going on.

**Kate:** Absolutely and if you remember this, or people that are listening remember this, our major early life experiences shape how our body ends up responding in this world, so it's important to start taking a look at that aspect of self. I call that inner child work, that's not my own saying but it's definitely something that's come up recently as being important and it depends on... I mean some people have been traumatized later in life and that's trauma as we all know changes brain chemistry a bit no matter what kind of level of trauma it is, so everyone be easy on yourselves, but the early years from zero to seven are really what frames and shapes a person's experiences in this life, and it's important for us to at least examine that.

I want to say feel into it. You don't have to re-live things. It's more understanding, being a conscious observer of Self, and taking more of a spiritual stance when you're doing that,

and I do guide people through that now (laughs) and I think I've done a little bit of that with you without calling it that, but that's... that's what it is. It's important.

**Aubree:** Absolutely, and it's not always trauma in this life.

**Kate:** Correct.

**Aubree:** And especially with that sacral space and the womb you're picking up ancestral type energy. You're picking up things from the women before you automatically when you're born, so I think examining deeper into your family and perhaps even deeper into other past life energies that can come through.

**Kate:** Yes. We had some past life discussions did we not?

**Aubree:** Mhmm. Yup.

**Kate:** I'm remembering now. It... Wow. (laughs). We don't have to go into that, but I can share that I... I don't have endometriosis as far as I know, but I have had crippling period pain from my low back down to my feet kind of deal where I can't walk and I'm like crying and sad and it's awful and I hate life (laughs) and you're taking... you're popping pills and all that stuff and it doesn't work, and this past month I did eat differently. I was also very, very content and things were going really well. I did not have crazy pains and it's been easing up in the past several months, and it's all me coming into better alignment with joy and flow and not being... like being Ok with not being in control of things, and it's kind of... it's been powerful. It's really powerful and I'm just saying that I relate to it in a sense.

I'm not saying that I have experienced that but the reason why I started talking about this is because I've had those pains since sixth grade and you even saw me on a call once. I was starting the call and I was starting to aching. I was like I don't think that I can do this guys and then it chilled out because I started distracting something in my brain and I was talking to my little group of ladies and everything got better, and it's interesting how some things are a little bit psychosomatic. There's a lot that our minds can do to support us, as well as hinder us. So, just remember if the thoughts are hurting maybe switch them around. That's hard to do sometimes and turn them into a more positive slant of I love my body. My body is pain free. You know that... really negating what's happening even if you don't believe it or feel it in the moment. I just went on a big tangent.

My point was I brought this up from my perspective because of past life things. There are past lives where women have had their children taken away, where they've been killed because they're women, or smart, because they're spiritually advanced let's say, and there's that sort of lifeline of trauma that's followed us here, and it's not everyone's main story, but it's a lot of people because there's quite a bit of rising up and being more of the forefront of saying you're a healer, or a psychic, or intuitive, or able to channel, or being a bit of a



prophet, or an oracle and these things are just coming to the forefront at this very moment in time. It's important, so all of these women who are now seeking support and help for these physical pains are opening up and realizing that it's deeper than I have this condition.

**Aubree:** Absolutely.

**Kate:** I'm glad you mentioned that about past lives. I did go a little bit on a roller coaster of tangent thoughts but it all ties together (laughs).

**Aubree:** Definitely in that womb space and I do believe having endometriosis, at least for me, it's made me more sensitive in general because your nervous system is like on high alert. When you've got something with pain and you've got chronic pain. You're automatically like in tune because your nervous system's like super sensitive as it is, so I think that's one thing I hope as I come to share my story, and all of the stuff that's come up that people realize that that's playing a role as well in how you experience life, and how you experience stress, and how you experience everything, because you're so hyped up.

**Kate:** You're inflamed. You're probably inflamed a lot, so that makes everything hurt more.

**Aubree:** Absolutely. So do you have any advice for those who are sensitive to energy and how to manage that in a day to day life situation, because I know for me realizing that I'm an empath and that I pick up on people's stuff was life changing for me.

**Kate:** Yes, and I keep seeing people saying I realized or my healer said I'm an empath. A lot of people are able to pick up on things. It's not everybody, although some people say that everyone's an empath. I don't agree with that, because there's people that walk the earth and they're not feeling everyone else's feelings when they walk in a room they're just peacefully blissed out, not aware that they even might be influenced by... and maybe they are influenced, but they're not feeling it. So how do we take care of that?

The things that I teach are really to protect yourself with... from an energy standpoint and the spiritual perspective with gold light down to a subatomic level, and you would bring gold light around your electrons and then you expand out to your atoms and your molecules and your cells, organelles and cells, cells and muscles and bone and nerves, and all that you're layer upon layer of gold light until you get into the skin layer. You're outlining in gold and then you have a dome of light around you, and another dome, and another, until you've gone mental, emotional, spiritual and there's another couple layers in there, and it's just above your head and below your feet and that is how people need to be in any sort of situation when they're around other people and even if it's people they love because it's... anybody can impact them and then remembering to stay in your body.

So when you're already hurting that's really difficult. You've got to get back in your body whether it be through doing some gentle yoga, or being like I said earlier in the bathtub or

feeling yourself more and breathing into imagining roots growing into the ground and getting cozy with yourself. I've said that a few times already and I feel that's the best way to really get yourself motivated to be in it because cozy sounds nice instead of working on your sacral space. Just get cozy and loving towards yourself. Find the joy in things, and go and do those joyous things actually bring that into your life make it manifest in the tangible by saying I'm going to go do that, and therefore you do.

Also what's coming at me right now is to not gloss over the importance of sexual healing and being in tune with self-love as opposed to just partnership or whatever you might be exploring what you like, what you desire, that will be very healing for people who have had sexual trauma in particular, and also being able to be sensual without sexuality involved you know hugging, holding someone's hand, patting someone on the back, or allowing them to do that for you, which really is the big thing is allowing yourself to receive physical support from anyone, whether it's a hug or a kiss or you get to go make out with them, whatever the case may be, it's important to allow yourself some moments of vulnerability even if it's freaky. Make sure that that's, you know, you're pushing the edge on the comfort level just a tiny bit to start the conversation with your body and moving some of that trauma charge out because the more good stuff you experience the easier it is to know that Ok not every experience is like that one. That's just coming through for me on that right now.

**Aubree:** And I'm glad you brought up the sexual healing because I know that's a big thing especially having endo a lot of ladies have pain with sex. I know I always did.

**Kate:** Right. Ok.

**Aubree:** And as we've gotten deeper into this and I'm glad you brought up the receiving too, because opening up to receive, and letting down the walls has allowed sex to return to being pleasurable, which was another good side effect of all of the energy work that happened. So, for those ladies that are feeling pain.

**Kate:** Yeah.

**Aubree:** Do you have any suggestions for that from an energetic standpoint?

**Kate:** That's where the self... the self exploration needs to happen to know for sure what's safe, what's good, what's not good and communicating that with partner, making sure that there's a baseline of knowledge of what's Ok and what's not for the time being, and that can always change and evolve as they do, as they evolve and grow on their journey and hopefully releasing some of that tension and pain that happens.

I don't have... personally have experience with the pain during sex thing except in the past I did have one issue when I was much younger and it was just because I was dealing with a

different type of problem in the area and so what happened was the first initial pain... and this was something that I studied for myself to get over it. The first initial pain I experience kind of pseudo traumatized my mind into thinking that was how it was always going to be forever and I was like great now this is happening, the result of having some *Candida* overgrowth quite honestly and it was making things really ache there, and I was on birth control, so and women probably know all this. They've done all these things and it's... it can create a great imbalance there. So what happened was I looked a bunch of things up online, and I realized that it was at that point my mind had told me this was the story and this is how it's going to be and so it always hurts and I kept...

What I did was I actively worked on it when it was hurting and I'd say: *relax, relax, relax*, because I was clenching up like basically I was making it hurt at that point, but I didn't realize it was totally automatic and not a choice. It was more me just having a physiological response to something that I'd already experienced, so that's a lighter version of what people probably experience that I'm actually realizing that right now but it's definitely something that you can start saying to yourself, you know talk yourself a little bit into feeling peaceful and relaxed at least so that it's less uncomfortable, and hopefully over time it will ease up for different people, you know, and their different situations, but that's just my way, my one way of dealing with that.

**Aubree:** And I'm glad you also brought up that sacral/throat connection.

**Kate:** Ahhh. Yes.

**Aubree:** Because that's very important having a relationship, obviously communicating (laughs). This feels good. This doesn't feel good, and like you said, also learning yourself, you know, through self-pleasure. I know that's kind of like a shameful whatever we grew up thinking like you shouldn't do that but as you get to know your body and get to know what feels good for you I think that can be helpful communicating to your partner as well.

**Kate:** Yes. Yeah knowing what a women desires is so empowering. I just talked to a client about this the other day. She mentioned trauma and we talked through that. I read some things on her and I said the most important thing you need to do right now is to discover what you want, what you desire with your partner because you don't know. You haven't known because you never got to explore that. You just didn't go there and I mean that's sad from... from her perspective she was upset, but it's like there's never a better time than now that you're super aware and now that you know your body and what's going on and why you feel a certain way. Why not start exploring that and find some joy, again that will really bring joy back to the sacral space.

**Aubree:** Mhmm. And the pleasure. And I think when you haven't had that pleasure it's hard and when... for me, you know, it's not just sexual trauma, but also just the trauma of having pain always in that area.

**Kate:** Yes.

**Aubree:** And that act of receiving in a sexual manner or a medical manner anything that ever touched that space like always brought pain with it, so I think I had that natural connection that receiving and that means pain, and then you put up those walls and that tension that you talked about.

**Kate:** I'm actually grateful now for that past experience that I'd totally forgotten because it helps me understand like some what of what can happen physiologically when for me was probably a very minor, traumatic thing, but I took it really hard. I was like oh my God, like why did this happen? And, you know, it's... it's way deeper for a lot of people, and I know that, so as they move forward go easy on yourself. Don't have expectations, because that's going to lead you down the path of things staying as they are. Just no expectations, allow yourself to be free and flowy. Enjoy yourself and if it doesn't feel great. You can always feel great next time.

**Aubree:** And also as you said, you know, doing things outside of sex that are sensual.

**Kate:** Absolutely.

**Aubree:** And for me I think there was that disconnection too between this is Ok. It's Ok for me to be sexual, you know, and I think a lot of that is growing up in a religious type environment.

**Kate:** Mhmm. Yes. That's a whole other conversation I think! (laughs)

**Aubree:** Suppression, and it's been interesting, you know, working with my clients over the years that that's a consistent trend (laughs)

**Kate:** Yes.

**Aubree:** A lot of people that I see with endo grow up in a type of religious environment that was suppressive of sexuality.

**Kate:** I want to share something about that. I grew up Roman Catholic and I'd be in church of all places and I would say... I'm like how old was I? I was ten (laughs) really young. I'm going to be with somebody before marriage. This is crazy (laughs) and I was sitting there and I don't even know what it was they were talking about. There was definitely one day when it was being talked about in the homily, nothing before marriage blah, blah, blah and I didn't know what was going on, but then as I got older I just kept programming, like I was

programming myself out of whatever I was being taught and kept saying sex is Ok, sex is amazing, I get to have amazing experiences. I didn't know what I was doing. I have never told anyone this before really. Not like this (laughs) not giving you the play by play of my thoughts, but that's what happened I just did not subscribe to the belief system, which stems from... this stems from having had deep, deeper grave childhood illnesses that woke up my soul. So that's... that was pivotal for me I... I'm basically telling you where I really come from with all of this is that I've had major moments of clarity as a being, as a spirit, who started breaking down the belief systems that I was engaged in, or embedded in as a human and saying no I'm going to do it in a different way, and it's never too late once again to re-program our minds, no matter what age you decide to do it at. It's your choice. If you want to keep feeling guilty because so and so said so fine. If you want to start feeling free and enjoy a loving and beautiful sexual partnership then... or whatever you're doing with yourself it's... that's Ok, like tell yourself that's beautiful and that's amazing and I love myself, and I love loving myself and I love sex and sex is amazing and sex is joyous and I get to have a bunch of orgasms (laughs) or whatever you want to say to yourself because that's going to create your reality (laughs). I could keep going but I think that's good for now.

**Aubree:** And that is one thing that influenced me and I didn't even know it until later in life that I'd been influenced by these belief systems that I'm a sinner, you know, I had pre-marital sex, oh you're a sinner, and then so the correlation between number one my period started and bam like this sucks. This is painful, you know, I was 12 years old and having my first sexual encounter was rough, you know, and then always having pain with sex, so it was like this belief system that it sucks to be a woman and like it's painful and this is what I get because I'm a sinner, because I had sex before marriage, and that's bad and subconsciously my brain as it's happening like *this is bad, I'm a sinner, this is bad, bad, bad*. So learning how to shift that to well sex feels good now (laughs) like it's Ok.

**Kate:** You deserve it.

**Aubree:** Yes. And then also stepping away from the sex conversation to it's Ok to be that sensual type woman, and I think it's when you step into that because maybe it's been silenced through all of those belief systems.

**Kate:** Absolutely. Yeah just being a sensual, beautiful, showing up wearing the clothes you want to wear without judgment, and you know taking care of self, doing the hair and the makeup if you want or just you know feeling that you look your best in however you show up, right? That's the bottom line is loving self as is (laughs) And I... I love hearing that about, you know, just being sensual, maybe dancing. I love dancing. That's another one. Dancing in general is so healing on multiple levels and it engages a lot of our existence and that can be super sensual and it can be a solo activity if you want to be, you know,

embodying sensual, sexual energy whatever the case may be, and really feeling it and that vibration you'll vibe up to.

**Aubree:** Absolutely and that's part of feeling joy I think and creativity is another big one too, learning how to create, which is that natural sacral energy.

**Kate:** Oh. So some of my sacral lessons... I think you wanted to know a bit about that. One of the biggest things is resting and I see a lot of people just go, go, go. They're not paying attention to their body and just resting and having deep rest, allowing yourself to sleep as long as you want, and not pushing. I mean yeah some days we have to get up when we don't want to, but in general like you have a day up and oh I should get up and do this, and this, and this. No. If you're tired sleep ten hours. Life will be way easier. Your body will thank you. We could go deeper into rest, but I think for now that's good takeaway (laughs).

**Aubree:** Absolutely and I know that sacral is very much tied into the root as well.

**Kate:** Yeah the root. Basic needs, all the basics, feeling safe and having money, and a beautiful home to live in, and a body that you adore, your relationships with others in terms of community and obviously what we just were talking about, well hopefully it's obvious but sexual needs are fulfilled as well in a healthy root energy system.

**Aubree:** Yep and I know that's one thing I've struggled with and obviously still am (laughs) as you picked up earlier with that root space and it is very much that feeling safe is one thing I've identified as a deeper soul issue. Have you seen that before?

**Kate:** Oh yes. Yeah. So when I read that particular root because I have like a way of reading the roots individually the people look like they're in hammocks or they're dangling over something or they're swinging on a vine and they're not grounded, and they don't feel safe and that's how I know if they're safe feeling or not it's just... it's pretty simple you either are or you aren't. What can we do about that? What is making you feel unsafe? Why aren't you safe? Why aren't you feeling safe and a lot of my guidance will say I am safe, I am supported especially... actually it's for everything. I will say that a lot to start a session because you need to be grounded. You need to have that connectivity with earth to be so... super spiritual because otherwise you're out of body, and you can't be out of body and do great work on earth.

So, yeah being safe, being supported, you can tell yourself I am safe. I am supported and you will find more safety in your life, more support in your life. I am secure and I love myself. That's the biggest one. I love myself. I love myself. Sometimes people can't even utter that. It's impossible. They just don't have it in them and I've forced people to say it sometimes. I'll be like say it! Say it! (laughs) Because it creates that tangible connection with your brain once again like writing. I love myself. I love myself. I reprogrammed myself

a long time ago with that too when I felt really sad and felt lonely and I felt unloved and all these things were going on and I was sick of feeling that way I said I love myself and I just kept saying it. It did not help right away, not in a big way. It just kind of eased it a little bit. It was almost like letting some steam off of the heat that I was containing, but then over the course of two weeks, so it does take time sometimes. Two weeks seems to be a processing time is what I've noticed by the way.

If you start a process or healing experience and alright I'm going to start saying this and you're actively doing it for a couple weeks then by the end of a couple weeks there's some clarity, something shifts that's what I've noticed. I don't know where that's coming from that I'm sharing with you now. At the end of these two weeks I truly started to believe that I love myself instead of feeling unloved and that was really one of those pivotal moments for me was in understanding how I can reshape my life and my experience of life because really you've got all this spiritual and body work stuff but our minds are some sort of junction point of that, some interface that's happening there where your choice and thoughts influences it all.

**Aubree:** And I think loving yourself is really the ticket to healing yourself.

**Kate:** I agree. Choose to love yourself. Choose to feel happy. Choose to experience joy. Choose to feel the love for yourself. That's a tough choice for some people because they seriously have self-loathing happening so how do they flip the switch on that? It's a choice to step into a space of self-acceptance, forgiveness, self-understanding. It's self-forgiveness but also forgiveness of others and freeing up that space.

I think the forgiveness thing that I did with you in my group with you was a big deal. I remember that. It stood out in my mind like that really let me let go of some things that I wasn't even paying attention to, and that's what you have to do is **turn the mirror inwards and look at our own selves first and foremost** regardless of who's done what to whatever that's the most important place to begin.

**Aubree:** Absolutely. I agree and that gets into some of that heart space, deep stuff (laughs).

**Kate:** Yes.

**Aubree:** And forgiving also, you know, the body when you have pain.

**Kate:** Yeah because it feels like a failure sometimes. You failed me. You're breaking down. You're causing so much pain and my brain can't handle it like that becomes a vicious cycle.

**Aubree:** And I like that you said earlier on that the illness is what woke up your soul.

**Kate:** Yeah. Extreme pain.

**Aubree:** So I think that's the opportunity there, at least it was for me, to explore deeper. I think pain is the greatest teacher.

**Kate:** I agree. I mean we all seek to have more of a pain free life, but earth, and this is bigger than this conversation, but earth is a painful place as much as it looks beautiful at different times. **The lessons of earth are about navigating pain and finding your way into a place where pain is no longer controlling.** It's no longer telling your story for you and you're saying I choose ease. I choose peace. I choose to flow and that's a big part of, you know, the quote unquote healing process, which for me I believe is more of a... are we healing or are we adjusting, course correcting, finding a different way, you know, and letting go of the old ways, putting it behind us and knowing that it's our stories are true, but they don't have to define us anymore.

**Aubree:** So true. Well Kate I know we've talked about a lot today (laughs)

**Kate:** This was great.

**Aubree:** I appreciate you coming on and sharing some of your wisdom. If people do want to connect with you further how can they do so?

**Kate:** So I'm very often on Facebook. They can find me. My Facebook page is Kate Patchett and then [katepatchett.com](http://katepatchett.com) and on Instagram: [@fantasticalkate](https://www.instagram.com/fantasticalkate).

**Aubree:** Nice. So any final words of wisdom for our listeners today?

**Kate:** In regards to everything that we've talked about interesting thing, you know, we focus a lot on sacral space and root and pretty much everything, but the heart space is really key and that's where you need to land first in order to find all your way through is. So, when you're breathing and maybe doing meditations and visualizations. Go directly into heart space first and ask for guidance from there, because that's the hub of all of the activity. It's the connector between earth and sky and body and soul and ying and yang energies, the masculine/feminine. It's the... the interchange I guess where you get the infinite symbol of connectivity between all of those dynamics, balance, dichotomy of self.

So what happens in there when we breath into that space we are actually activating love energy, compassion, understanding, self-love, empathy for self, and physically by inhaling you're impacting the connective tissue of your diaphragm and how it... it also connects and encapsulates and is intertwined and interwoven in your heart. It's a thing. I'm a big fan of connective tissue, and so when we breathe we're not just like ah ha breathing like whatever. You're actually moving a lot more than you realize. You're moving the inner dynamics of your physical body.



**Breath is massage for your organs and then the breath is also oxygenating your body, feeding your brain** and of course all the rest of your tissues and on that soul level, the etheric energy levels you are expanding and contracting your energy fields and moving densities around when you choose to breathe, so I think that's a core thing. **Go ahead and love yourself from your heart space and see what comes next.**

**Aubree:** I love that, and for me that connection definitely comes through writing. Your hands, your arms are an extension.

**Kate:** Yeah. Well the meridians for heart are in the arms and in the hands, so that's cool that you mentioned that. (laughs)

**Aubree:** So meditation's another way and for me I think it's been free flow writing, which is what lead to this book, which is heavily influenced by Kate's wisdom.

**Kate:** Awww. (laughs)

**Aubree:** I appreciate you and, you know, I'm forever changed after connecting with you, so know that, and I'm so glad that you came on the show today to share some of your wisdom with my audience to experience the Fantastical Kate.

**Kate:** It's my pleasure.

**Aubree:** So thank you so much for coming on today.

**Kate:** Thank you.

**Aubree:** If you enjoyed this episode, I invite you to subscribe to continue on the journey. If you're listening on iTunes please leave us a review so that more endo sisters can find the show and get on track to finding their peace with endo. If you dug today's episode, you're going to love my new book, *Energetics of Endo*, which is now available. Pick up an autographed copy over at [peacewithendo.com](http://peacewithendo.com) or it's also available on Amazon.com. If you want to connect with me further head on over to [peacewithendo.com](http://peacewithendo.com), or on Facebook, Twitter and Instagram @peacewithendo. I hope you find some peace in your day today. Sending you so much love. Bye for now.

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