

# Peace WITH ENDO PODCAST

## **PWE45: Manifesting and Money Mindset for Fertility Financing with Devon Baeza**

**Aubree:** Hi, love. This is episode 45 of the *Peace with Endo Podcast*. I'm your host, Aubree Deimler. I am an author, coach and energy healer who helps women with endometriosis naturally manage pain, increase energy and find peace with endo. On the show today I chatted with Devon Baeza, a fellow endo sister and the Fertility Finance Coach. She helps women make, save and manifest money for fertility treatments.

On the show today Devon shared some tips on how to improve your money mindset so that you can increase the money that's flowing to you for these expensive fertility treatments, and how to deal with some of the emotional stuff that comes up when you're dealing with endo and/or infertility. I recommend grabbing a pen and paper since Devon's advice is golden. Ready? Let's go. On with the show...

Hey Devon thanks so much for being on the show today.

**Devon:** Hi, Aubree. Thank you so much for having me.

**Aubree:** So will you share a bit of your journey with endo, how it has led you to where you are now?

**Devon:** Yeah. So I have known about the endo since I was a teenager at 16. I was having really painful periods, really long and something wasn't right, so they assumed just based on the symptoms that that's what it was and put me on birth control and told me then that it can be a cause of infertility and so when I got to my adulthood if I was thinking about having children it would be smart to start trying sooner than later, but I didn't actually get diagnosed until I think I was 19 years old when I did the first laparoscopy where they went in and did the ablation and confirmed that I did indeed have endometriosis.

**Aubree:** So how then how did that impact you?

**Devon:** So I think that... well the number one way is that I did struggle with infertility for years, but it also has impacted my life on a daily basis, I mean certainly with the pain that it causes and the other symptoms, so I would, I would say that it's sort of, well eventually led me to my true calling because struggling through fertility for all those years you know lead me to what I do now as a fertility finance coach, but even now a days it impacts me even, you know, two kids and a hysterectomy later I still am impacted by it.

**Aubree:** So what inspired you then to start the Fertility Finance Coach? And can you share a little bit about what that means and what it entails?

**Devon:** Yeah. Absolutely. So I help women to make, save and manifest money for treatment so be that acupuncture, or online courses, IUI, IVF. I just really just can't stand the thought of money being what stops somebody from motherhood and it was definitely inspired by what I went through myself because I have a degree in finance. I had then gone on and got a cosmetology license I was actually managing a couple of salons and then went into business for myself, but during those years when we started trying for a child and could not on our own and started looking into other options and doing these fertility treatments, money was such a huge stressor. It was such a huge factor because you know we weren't super wealthy we were working blue collar jobs and in the beginning, you know, the early part of our careers so it just seemed insurmountable like we would have to win the lottery to be able to afford treatment.

And it took a lot of sacrifice and getting really creative with ways to make money and save money on the treatments and medicines and I just really wanted to share that with other people because when I started doing the work to overcome money blocks and learned more about manifesting money things really changed for me and so I just wanted to share that with other women who are where I was because it was the hardest, darkness, most terrible time of my life and I know how hopeless women feel while they're in that place and so if I can sort of be the coach that I was I would have had at the time you know then my purpose is fulfilled, so that is what I do.

**Aubree:** That's great. I know it's super expensive especially when you're considering something like IVF

**Devon:** Yes. Crazy.

**Aubree:** I think it's usually... over \$10,000 at least here in the US from the numbers I've seen.

**Devon:** Oh yeah. Over the years we spent it was \$30,000 on treatment.

**Aubree:** Wow.

**Devon:** For some people that may not seem like a lot but it was, that was our entire life savings.

**Aubree:** Right. Exactly. And then it may not work and I know women that go through multiple treatment options, or treatment sessions, or whatever you call it (laughs). Multiple trials.

**Devon:** Yes.. Right. And the endometriosis it affects certainly you know the outcome and your chances of success but another way it affected me, I think, was that because I had that diagnosis the doctors didn't really look for any other causes. They sort of just took it as this is the only problem. This is what we're looking at, this is what we're treating, and so I even went in and did another laparoscopy with ablation. They thought that that would be enough for IUI to work or for me to get pregnant on my own. We still were unsuccessful.

We eventually did do IVF but I learned that I had low AMH also and we didn't learn that until a couple of years into treatment because I finally asked was there any other tests we could do to see what was going on and they were like well you're young. I'm sure your AMH will be fine, but let's test anyways and then that turned out to be really, really, really low so it kind of changed everything and they said IVF was our next best option and it needed to happen sooner than later, and so I do think that having the endometriosis just it... doctors just sort of stopped at that. They didn't go into further into what other ways can we treat this? What natural options are there to help boost fertility, you know, we didn't have any of those discussions.

**Aubree:** Right. So, did you end up having IVF?

**Devon:** Yes. We did so when we first started they said, oh you're in your twenties, you'll have 30 eggs. You'll have multiple embryos. You'll have a couple of different chances. They were really optimistic. Well, by the time it got down to it we only ended up with one embryo that they said didn't look good so normally they... the clinic we were going to preferred to freeze the embryo and let your body rest for a cycle before they transferred it. Well because this embryo didn't look good they said, you know, it won't even survive a freeze we're going to have to do a fresh transfer and I was just completely convinced we had wasted our entire life savings, like this was the only chance we were ever going to have. It was our one shot and I was so sure it was for nothing but I was wrong. On my birthday two little pink lines popped up and that one embryo that didn't look good is now a happy and healthy and crazy five year old.

**Aubree:** Yay! That's great. It's a miracle.

**Devon:** Yeah and what's... and she really is a miracle and it's wasn't... years later in my 30's on my own I had a surprise baby of a lifetime.

**Aubree:** Nice. So what do you think led to that? Did you make any changes between the first and second?

**Devon:** You know it is kind of hard to pinpoint because there's so many variables. Sometimes I think it can be just a roll of the dice, just a numbers game. It might take you longer to get there. I had also... we moved. We were living actually getting paid to live on an island for a year, and it was amazing, so I think that was good for my mindset in general. I had also put on a little bit of weight and I think the workouts that I was doing were not really intense so it's really honestly hard to pinpoint what made the difference, but I had actually just got off of birth control because with the endometriosis for a year we tried after my daughter was born to get pregnant on our own and it didn't work and then the pain was just too bad, so I went back on birth control and I tried out an IUD and it was awful. It was a miserable, nightmare and he was like do you want me to write you a script for birth control?

And I was like no. I'm sick of all these hormones. Infertility is it's own birth control you know like ha, ha, ha kind of thing and then a couple of months later what do you know? My then three year old, she was the one who said it actually because I had the flu. I was really sick. I couldn't get better and she said, how are you feeling mama? And I said oh baby I don't feel good and she said oh because there's a baby in your tummy?

**Aubree:** Ahh.

And I was like no, I'm just putting on weight (laughs) like don't bring it up and... but what she said just kind of stuck with me and I thought wouldn't that be crazy? That would be so weird, you know, I've never been pregnant without medical intervention. So I took my millionth pregnancy test and what do you know? It happened (laughs).

**Aubree:** Almost like she was intuitive and knew.

**Devon:** Oh she is creepy intuitive like honestly she's like a little baby witch (laughs).

**Aubree:** (laughs)

**Devon:** Like she does so many creepy things that trip me out. It is really... I could go on and on with some really bizarre stories of things she's done, but she is super intuitive and I think the little one is too. She's been doing some weird stuff lately (laughs).

**Aubree:** Nice. So that's great and I know like we said it's expensive if you want to go down the route of fertility treatments or even if you want to have surgery like with a good... with an excision specialist, which I know now is the gold standard for endometriosis like that's expensive as well so...

**Devon:** Oh yeah.

**Aubree:** What tips do you have then on how ladies can improve their money mindset?

**Devon:** Oh man. I have a lot. I will try to narrow it down because that is all that I do. So I would say that the first hurdle often times is to even open up to the fact that it is possible, that you... that money mindset is a real thing, that money blocks are very real and that everybody has them. So once you open yourself up to the fact that they are there, you do have them, and that you can work on them. Amazing things start to happen and you don't have to believe it right away. That's another hurdle I'll come across with clients. We'll start doing the work and they say well I'm not sure if I believe in it yet, but that's the beautiful part in it. You don't have to believe in it to get started. Once you start doing the work and seeing results that's what proves to you that it's real so a great place to start is by analyzing what you say to yourself and others about money.

So do you say things like, "I can't afford that." Or you know "I'll never be able to save enough. I'm never going to be able to retire," or do you sort of joke that you know well, "I'm just a spender." You know just whatever you're saying about money to yourself or to other people pay really close attention to the words you're using.

**Aubree:** That's good advice, and I know one thing that comes up with my husband like all the time is, "we don't have enough, like we don't have enough money," and I'm always like stop saying that like you're stopping the flow.

**Devon:** It adds another... so it does add like another layer of complication with our spouses because they have their own money blocks and their own baggage that they bring to the relationship and a lot of times people will be sort of opposite in their money personalities, which can be great because it can be a balance like if you have two people who are just reckless spenders, you know, you might like have an amazing vacation to Tahiti but you'll have no retirement.

**Aubree:** Right.

**Devon:** You know o you'll have like two people like super duper penny pitchers then, you know, they'll die with a million bucks in the bank but they've been wearing the same pair of shoes for forty years so it... I would often times you'll have somebody who's a little more open, free, forward thinking, a little more risk tolerant, they don't mind taking risks and then you'll have one who is very cautious with money always keeping an eye on it. They'll need a certain amount in their bank account to feel safe.

So it's interesting when we start doing work, which I usually work with women like couples work comes into play sometimes, but I'm usually working with the women half of the couple but when we start working on their money stuff then they can

analyze what's going on with their, with their spouses so it's kind of interesting you start... you start to put the puzzle pieces together of why they are the way they are and then how you can better communicate and compromise.

**Aubree:** Awesome. So that's the first step then identifying how you're talking about money.

**Devon:** Yep.

**Aubree:** What other things can we do?

**Devon:** So once you start noticing what you're saying, think about where that came from so dig a little deeper into that message and what you'll often find is it was something you overheard as a child or from it... it could be from parents but it could be from outside influences as well or you can think back to the first time you said that to your self or an experience often times in early adulthood that led you to believe that because we have all of this programming and these sort of tracks in our brain that we're used to running the same track so there's these automatic thoughts. We have these automatic sayings and we don't challenge them and we create our reality with those beliefs.

So once you start to pay attention to what you're saying and then take a moment to think why am I saying that? Where did I get this idea from? So you might be saying something joking to your friend you know about how you know you're so irresponsible with money. Well think about that. Where did you first hear that? Was it as a child that you've lost some birthday money and you know your dad sort of shamed you for that or was it in high school when something terrible happened and you were super sad and you decided to blow your entire allowance on new shoes and you just decided that's how you're going to make yourself feel better. So when you start thinking about where they came from it reveals another layer and that's when the deep work can begin to start changing the programming.

**Aubree:** Right. And one thing you said, one thing that came up for me on the infertility journey as I've gotten deeper into what's behind all of this is one thing you just said earlier was the whole safety idea. It's interesting and I just put that together that I've had that fear of safety, which correlates I think subconsciously to having a child in this world but also I can see that coming up with the money situation as well like not feeling like you have enough like always worrying and not feeling like you said safe if there's not that certain amount in the bank account.

**Devon:** Yes and so you're... you just hit the nail on the head. People have their own money blocks, but dealing with fertility struggles can create money blocks or it can just exacerbate what was already there so if you're somebody who already has scarcity as a money block where you sort of feel like there's never enough or you're not going to be Ok or you need to control this money in order to feel safe. That if you don't control it nobody will all of those things really come into play during fertility

struggles because you are so out of control in every other area of your life, you know, you can't control the pain, you can't control the diagnosis, you can't control whether treatment will work or not, whether you will get pregnant or not. Money is one of the very few things we can control and so it's an easy thing to hyper focus on.

**Aubree:** Right. And that's one thing that's come up too is the control thing that you just said (laughs) and you know as I've gotten into like the Energetics of Endo and exploring more of... more of the chakras and more of the energy flow that sacral chakra, that pelvic space, is all about control and learning to release some of that control I think, which I think comes into play with endo as well because like you said you can't control it like you want to (laughs).

**Devon:** Yeah and I mean it's... that is a very scary feeling. It's your body. It's in your body. I mean not to be able to have a say so in you know in something that's that important to you it's... that can be a really scary place and then to have it affect your fertility, to have it affect your finances. It is a very scary place, and the problem is when we make decisions from a place of fear you know whether that's medical decisions, money decisions, decisions in our relationships or careers they're never good decisions. **Making decisions from a place of fear never works out well** so that is the ultimate challenge and that's a lot of the work that I do one-on-one with clients is sort of deciphering what is fear and what is intuition, you know what are you doing because you're scared something will happen versus what are you doing because it's for your best and highest good?

**Aubree:** I love that, and I think it's also stepping away from that place... it's such a big mindset shift if you can go from that place of fear to just trusting and allowing and I think the ultimate lesson I think for endo and infertility as well has just been learning to let go of some of that and stepping away from the fear into the faith I guess idea of just trusting and allowing.

**Devon:** Oh my goodness yeah. That is the... that's the ultimate journey honestly. It's the... when you look at it from the biggest picture perspective that is the challenge that is the journey and it's... it's easy to say in hindsight but I vividly remember how difficult it was in the middle of it and you just can't see anything but your struggle, but your pain, but what's going on today, you know it's really hard to take a step back and see the bigger picture because you know you're just in the middle of it.

**Aubree:** Mhmm. And trying to control it.

**Devon:** Mhmm. Absolutely.

**Aubree:** So we've paid attention to what you say and then started to dig a little deeper so what happens next?

**Devon:** Yeah so I guess I would have to say there's lots of little steps in between but to give people something that they can do can do at home I would pick just one

statement so if you found let's say last week your friend invited you to lunch and you told her money's a little tight this week I have to wait until pay day and then you sit there and think about that. Why did I say that? Why did I have to wait until payday? Can I really not afford a \$13 lunch with a friend? You know chances are the \$13 isn't going to make or break you so why did you say that, "I have to wait until payday?"

Maybe you think back to your dad who would always you know tell the family two weeks and we're about to run out of money, we can't afford that. We have to wait until payday so when you realize that that programming didn't come from you. It may not be relevant to your life, try to replace with something that feels good often times it's just the opposite. So if instead of saying, you know, I have to wait until payday you could say something to yourself like **I live in abundance and the universe completely supports me or I have plenty of money to live on** and it's... I'm free to enjoy it. So just write something in that you wish was true and has a feeling, you know, a belief that gives you a much better feeling and when you hear yourself saying, "I need to wait until payday." Stop. And tell yourself the new belief that you just wrote down.

And honestly it's hard for people to remember because it's so foreign and so what my clients will do and what I'll do is have alarms set in my phone that go off t certain times of the day and they have little money mantras on them so just pick a time. It could be when you're first waking up, it could be your lucky number, you know 11:11 your alarm goes off and it tells you this new money mantra, and if you sit with it. Don't just turn off the alarm and ignore it. Read it out loud to yourself and sit with that feeling. How does it feel to know that you are living in abundance, that you have plenty, that it's safe for you to spend the money on yourself, you know, **the feeling is what attracts and manifests more of the same**. Like attracts like so if you're feeling this you're going to be attracting more of that and you just stay with that every day until the belief becomes more cemented and then you switch it up and you change it up to achieve your next level that you want to get to busting through your money blocks.

**Aubree:** I love that. So we're using the mantra then in the present moment, right?

**Devon:** Mhmm. Right.

**Aubree:** As though it already happened, or as though it is true.

**Devon:** Yes. Right.

**Aubree:** Excellent. That's one of the basics I think of manifesting (laughs). That takes some practice.

**Devon:** Yeah. It is. It's key. It's... and to know that you don't have to believe it. People say well I feel.... I feel silly saying this. I don't really believe this. That's Ok when



weird, fun things start to happen to you after you read your mantra, you'll start to believe it, so you know one does not have to come before the other.

**Aubree:** So what are some things that you've seen happen with clients as they've started to shift into this mindset?

**Devon:** Oh my gosh. The weirdest stuff. Ok I could go on for days just about my own weird things that have happened but for clients I had one client who for literally years had been sending out her resume and could not get a job interview. It had been I think three years and we did just a single coaching session, and I mean I was surprised, like we did good work but she was so skeptical when we first started, I really wasn't sure how much progress we were going to be able to make in a single session but she said Ok I'm going to give this a try. I'm going to change what I'm saying. I'm going to change a little bit of the wording on the resume, she just made these minor differences and she got a job within a month that they called her, they interviewed, they hired her on the spot and not only did she get this dream job. She was making the most money she'd ever made. She also got promoted to HR manager so now she's the one who's reviewing other people's resumes, which is like the ultimate irony, that you know she could not get a call back and now here's... she's the one doing that job so that was really fun to watch.

Another client had I think \$2,000 that showed up unexpectedly. The university she was attending called and said you didn't get your full grant or scholarship last year. This money... we don't like... we don't know what happened, why that didn't happen, but here you go. Literally \$2,000 she did nothing for. Another client had an old bank account that contacted her and said that there was money left over and gave her I want to say like almost \$1,000 and she still didn't know what they were talking about she was like I didn't have any left over money in any bank account. I mean I am not joking the craziest things.

I just did this 30-day coaching program and we were seeing what we could manifest. What could come about in those 30 days and one girl actually had her boss offer to pay for a full round of IVF and medication as her for bonus for the year so that would be like twenty grand tax free.

**Aubree:** Oh wow. Nice. That's amazing.

**Devon:** I know it's just the weirdest stuff and nobody really believes it until stuff starts happening to them you know they start doing the work, and changing these little things and then you become a believer and then you get a little obsessed with it like me (laughs).

**Aubree:** (laughs) Nice. Have you... you said you've have stories as well?

**Devon:** Oh my goodness. Yeah. Well so the things I learned paying cash for the \$30,000 worth of treatment really gave us, me and my husband, a lot of confidence

in that anything is possible. Like if you are determined, you put out your order to the universe, you write it down on paper. This is what's happening. I really feel like the universe meets you halfway or more. As soon as you get hyper focused on it and start doing work on it things show up. So not only did we pay for \$30,000 for treatment we then used everything we learned to pay off \$50,000 in debt within 18 months of my daughter being born

**Aubree:** Nice.

**Devon:** So that was... I mean that was huge being able to start life off as a family you know debt free. We got paid yeah to live for an island for a year. All of our bills were covered. I have had random checks sent in the mail like my husband he just thinks a lot of this is woo-woo stuff and honestly I did too like my degrees in finance. I'm very I practical maybe a little nerdy. All of this stuff seemed really out there and foreign to me, so he is that way and I... he was getting the mail and I said, "Who sent us money today?" And he started laughing and he was like oh yes nobody and he opened it up and it was a reimbursement check from the insurance for a refund for our premiums and I was like see and he had another envelope and I was like who else is sending us money today? And he was like there's nobody's going to send us money two envelopes in a row and he opened it up and there was actual cash in there (laughs) that a survey company had sent because they paid for it before they even before you take the survey and I mean I just started dying laughing like I'm going to make him a believer. I was determined.

Another recent one... I told him that he needs to work on his own money blocks and one of them is that he won't ask for help and he has a hard time receiving help so I said you know the next time somebody tries to give you something you have to keep it. Don't argue with them. Don't say no it's Ok. You have to keep it. And he was at work and there was \$30 on the ground and he came home and he told me about it and I said you'd better have kept it, like the universe it testing you. Did you keep it? And he was like no I wrote a note looking for the owner of it (laughs) to put up at work and I'm like oh my gosh you're killing me. I said Ok if nobody claims this money you need to keep it well he's like I'm just going to spend it on donuts for the office and I said No. You need to keep it. So he did.

And he was also doing this basketball like March Madness poll at work so what happens to him he keeps entering into these fantasy football or these basketball leagues and he will beat out everyone and he always ends up second place like never actually the winner just getting really, really close to it, so I said to him you need to work on your money blocks to work past that so the same thing happened. Well the same thing happened. He got number two spot. He didn't win and I was like well how much money would you have won? And he said well like \$170 bucks and no joke that same day an email came through from our insurance that all of these little like health goal assessments that I had been doing for me and him. The money for that all came through at once, which we didn't think we were going to quality and guess how much money it was?

**Aubree:** Yep. The \$170.

**Devon:** Yep. On the dot. \$170.

**Aubree:** Nice.

**Devon:** Yeah.

**Aubree:** So it came through anyways.

**Devon:** It came through anyways and that is part... that's really honestly one of the biggest challenges is you think you know where the money's coming from. You expect it to be from the person that you lent money to or from your paycheck and that's it but when you start opening yourself up to what the universe has in store for you, you can not possibly predict where it's coming from. It will be from places you've never thought of, have never received money from before. It's the weirdest thing and then you become a believer, which I'm pretty sure he's a believer by now. (laughs)

**Aubree:** Right. So, I know one thing that women struggle with with endo that I've seen is you know just having endo and not being able to maybe work full time or not being able to bring in as much income as you would like just because of physical type things that are maybe you know keeping you from being able to work full time. Have you experienced that yourself or seen that with anybody and do you have any tips?

**Devon:** Yeah. You know I have seen that, and I have experienced it to an extent because I also had some car accidents so besides the endometriosis pain I'm dealing with like chronic migraines and some spine issues so for me I mean I literally had to change my work environment. I went from working you know in a corporate salon setting, managing, to then working for myself because I needed to adjust my hours for treatment and because I couldn't be on my feet that many hours and then even now a days I've had a... oh gosh that's the funny stuff that happens with the money mindset stuff too is you start one thing and then these job offers roll in, so I've had a few different job offers this year in addition to what I'm already doing and I'm really... I have to consider will I physically be able to do this, and if the answer is no that's Ok. It's not that you will never be able to work. It's that you might have to get a little creative with the work you're doing. You might not be able to be on your feet for eight hours but you might be able to do something from a laptop in bed, you know, we live in this amazing time now where's there's sort of these endless opportunities available to us and we can create our own path.

So I think that when you change a statement into a question it can be really helpful. So instead of saying, "There's nothing I can do about this." Change the question to, "What can I do about this?" Instead of, "I'll never be able to work," change it to,

what's the... what is my next job, what is my next position, what am I meant to do here? Because I really feel like when you ask the universe a question it will give you an answer and you will start opening yourself up for answers because now you're looking for them. Where before you were closed off with a statement now you're sort of open up with a question.

**Aubree:** I love that. And I think there's opportunity like you said to go the entrepreneurial type way.

**Devon:** Yeah.

**Aubree:** Which I've seen a lot as well in the endo community because that way you can set your own hours.

**Devon:** Yes.

**Aubree:** And I know that definitely changed things for me.

**Devon:** Yeah. I think we live in... we live in an amazing time in history like no other time did women have the access, the opportunity, I mean, that your options are endless. You just have to open yourself up to the possibilities, which I get can be hard and daunting because sometimes you're not looking for a solution. Sometimes you're just looking to rest and that's Ok. Take a rest. Take a break. Don't work right now if you can't you know you have to give yourself permission to be where you're at, but when you are ready ask the question and be ready to receive the answer.

**Aubree:** So Devon what's like one main lesson that you've learned on your journey?

**Devon:** Oh I would say in hindsight that the biggest lesson I've learned is that the universe has a plan for you that your completely supported and it's all unfolding as it should be. There are no right or wrong answers all paths are leading to the same place. That has been huge for me because during those years of fertility struggles and even in entrepreneurship and other situations in my life trusting is really... it's a hard thing for me to do and to.. to know that there is a purpose to the pain can be... it can be a hard thing to hold onto but it's also very comforting so when I look back now I can see all the puzzle pieces fitting together and the plan that is in place and I just want to encourage anyone else who is in the middle of the struggle and they can't really put these pieces together yet you know that it will become clear that on the other side of this you will be able to see the purpose and the plan and just to hang in there in the meantime.

**Aubree:** So for those ladies that are struggling right now, especially with the infertility, because I know that comes with a lot of mental and emotional type stuff do you have any tips for them, or what helped you through some of those dark times?

**Devon:** You know I think that being open and honest made a big difference. There were so many years where we didn't tell anyone and it was this sort of this secret, shameful experience and topic for me so when I started... it was actually after a miscarriage that I started sharing about where I was at because I literally... I had to. I was at work and I was in a lot of physical pain and I had to tell clients hey I'm not at my best today. This is what happened to me and as soon as I did that I received so many... just so much support and love and so many people telling me their stories or the stories of people they knew **and there's a lot of power in knowing that you're not alone** so I think if you can honest about where you're at you know even if it's just the pain that you're struggling with or the symptoms you're experiencing you know there's a lot of other women going through this and there's power in sharing.

And I would also say that you should reach out for help sooner than later. I do wish that I would have gotten help and not tried to do everything on my own a little bit sooner than I did because there are so many options these days, you know, like your group, you have that... it's called Peace with Endo Connect, right?

**Aubree:** Mhmm.

**Devon:** So to have a place where you're going to speak to women who know exactly what you're going through, are going through it with you, to share resources, I mean that is amazing! There's no other time in history where you can just get on your phone and connect with women who are in the same place as you. So I think just making use of the resources we have now. There's no reason not to. You know if you are going through depression or anxiety you can talk to a counselor with the click of a button on your phone. There's doctors that specialize. There's these programs to manage it naturally like yours. You just have to be your own advocate and decide what the next small step is to take because nobody else can do that but you.

**Aubree:** It does really help to find other people who get it because I know infertility can be isolating, especially the older that you get, so I think I agree with that too just reaching out and a lot of women are going through it, you know, and for whatever reason maybe aren't talking about it because there is a little bit of that shame I think connected with it in a certain sense.

**Devon:** Yes.

**Aubree:** So it can be freeing to let some of that go.

**Devon:** Oh It really is and I think until you do it you don't realize what a burden it has been and what a weight you've been bearing by yourself you know so just try. Just tell someone you normally wouldn't have told you know be a little uncomfortable. Join the group you wouldn't have normally joined and see what happens.

**Aubree:** So what words of wisdom can you share with other endo sisters who may be feeling right now like there's no hope?

**Devon:** Yeah. Ultimately I would say hang in there. I see you. **I know it's hard but you are stronger than you know and you can learn to rest not to quit.** So, if you're having a bad day. Have a bad day. Stay in bed. Watch your Netflix. Call a friend, you know, have a good cry on a sad movie. What ever you need to do today is Ok and you can rest you know without quitting on yourself, on your health, on your job, on your life, you know, take a break when you need it, and then when you're ready get back in the game.

**Aubree:** That's so important. I think sometimes we feel guilty if we rest. I see that a lot with my clients and I have that same kind of personality but it's Ok to rest and it's necessary. You can't always be going.

**Devon:** And you know it's required. You know we cannot be at 100% everyday. That is an unhealthy expectation and it's completely unrealistic. Resting is important to healing, to recovering, you know, it's not doing nothing. It's doing exactly what you need to do.

**Aubree:** Exactly. Well thank you so much Devon for coming on and sharing some of your wisdom with us. Do you have any final words of inspiration for our listeners today?

**Devon:** I would just say you're not alone in this. There's so many of us out there and when you start talking about it you're going to see that even more. Do something that just makes you a little bit uncomfortable to share you story to open up and receive support and see what good things start manifesting your way.

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

**Devon:** Yeah. So my website is DevonBaeza.com so that's D-e-v-on B as in Boy a-e-z-a.com and I'm on Facebook at the Fertility Finance Coach and the same thing on Instagram but you know it's like at the underscore fertility underscore finance underscore coach and also same on Pinterest and YouTube so if you're looking for the Fertilty Finance Coach you can find me anywhere.

**Aubree:** Nice. And I'll be sure to include links to all of those in the show notes for people who do want to check you out further.

**Devon:** Awesome. Yes I would be happy to chat anytime.

**Aubree:** Well thanks again Devon for coming on and sharing with us today. Appreciate it.

**Devon:** Thank you. I appreciate you Aubree. Thanks so much.

**Aubree:** If you enjoyed this episode I invite you to subscribe to continue on the journey, and please leave us a review. Positive reviews help more endo sisters find the show and get on track to finding peace with endo.

Devon mentioned Peace with Endo Connect in today's show, my private membership program that provides education, support and community for women who want to manage endometriosis in a holistic way. I'm opening the doors again for Peace with Endo Connect soon. You can join the waitlist over at [peacewithendo.com/connect](https://peacewithendo.com/connect) so you don't miss your spot.

If you want to connect with me further you can find me over on Facebook, Twitter and Instagram @peacewithendo. Hop on over and let me know your thoughts on the show, or simply say hello.

Thanks for tuning in. I hope you find some peace in your day today. Sending you so much love. Bye for now.

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