

00:00:02 Hmm. Hello and welcome to this episode of golden girls podcast. I am so deeply honored to be here today with Theresa. She, they, them Theresa is a queer woman serving your community for over 20 years in thresholds and transitions. Theresa is a celebrant, a grief guide, a full spectrum doula, a death Walker, yoga therapist, and bodyworker sovereignty,

00:00:30 social justice and inclusivity are foundations of her offerings. And I've had the honor of knowing her for about four years. And it's an absolute pleasure to have you thank you so much Theresa for being here. Hmm. Thank you so much, Lisa, for having me welcoming me into your community. It's really precious. As I mentioned before, we started this to know each other,

00:00:52 to grow together and collaborate together on things that really matter. So I love seeing everything that you're passionately bringing to your community and building community. And I think that's everything right now always has been, but especially right now, community care. So really I'm so excited and feel privileged to be here and yeah, ecstatic to break the silence on all the things that matter.

00:01:19 That is one of the things you are so good about. You just take us right from the surface level chatter of every day, right down to the deep work that really matters. And that's, that's one of things I really love about you and I'm so grateful for. So can you share your story? You know, how did you come to be all of these things that you are and the wise woman that you,

00:01:40 that you're here today? Hmm. Thank you. I love this question and it's not a simple answer really, but I think a combination of something like destiny combined with just a real passionate heart, especially for supporting people and especially for supporting people who are unseen and seeing, and sensing the ways I think from a young age that people are yearning to be,

00:02:09 to be held or seen or cared for and wanting to prioritize that. So, yeah, I think a combination of very personal unfoldings, you know, our own journeys, heartbreaks traumas that sort of have guided me into seeking, you know, healing reclamation or community and those paths and combined with an undeniable sort of destiny driven experience where I just kept coming across situations.

00:02:39 Yeah. People needing specific care or people, you know, within their grief or someone who's just been in an accident and being seemingly just drawn or putting these situations over and over again, where I sort of had this really precious opportunity to, to stay with those people in those times and just kept feeling a very big yes. To wanting to, yeah,

00:03:05 no, this deeper intimacy that we experienced beyond the surface of how are you doing I'm good and going somewhere deeper. I've always created that. So I think just recognizing from a young age, different injustices in the world, ways that people would be hurting or suffering and always really wanting to do more and being a little activist at heart, even at a young age and that just driving me in of course,

00:03:31 activism, social justice work and healing paths. So that of course I could tend to my own heart and then always the hunger to then serve community. So I don't know if that makes sense, but a combination for sure, personal and professional paths and passions that brought me to this work and it just continues to unfold. Oh, that's what I love about that is,

00:03:58 you know, so many of us, we think of like four asked the traditional question, what do you want to be when you grow up? And you would keep being asked that really only up until

the age of about maybe 16 or 17, maybe 20. And I work in a lot of people who are in their thirties, forties, fifties, sixties,

00:04:15 still trying to figure out what they want to be when they grow up. And, you know, I'm guessing that for most of us probably didn't even know that a death doula was a thing at the age of any, you know, any of those ages I didn't know about until a few years ago. And so what's really powerful about that is that you are obviously really good at listening to yourself at taking these nudges that your life has giving you that.

00:04:39 And being, I guess, in flow with the journey of life, as opposed to like, you know, being five years old, being like, this is what I'm going to be. And then just hitting that target cause life like just doesn't always work like that. And our paths are, are so much more nuanced and I think also more beautiful and richer than just a job,

00:04:59 one job title or one thing to be willing to grow up. And you're brilliant example of that. Thank you. Thank you. I definitely appreciate that. You mentioned, you know, this, this undeniable piece that we're always evolving and what if we just listened to all of these impulses when they're not maybe traditional or what society would recognize? I mean,

00:05:20 I definitely stepped into many roles that were more traditional teacher, preschool teacher, personal trainer, you know, like some beautiful roles that were always involving working with people that I knew from a young age, whatever it was that I was going to do was going to be helping others. And it really at the heart, you know, of helping others, like knowing,

00:05:41 I think from a young age that I wanted to get into the places where yeah. People were suffering or disconnected the most. And so, yeah, I didn't know a lot of the things that I'm doing right now even existed as a role or as a path, but I definitely kept following as maybe unpopular or strange, you know, as it was to be this black sheep in the family doing a different thing,

00:06:06 there was just always something in me that kept trusting. Yeah. Some of these impulses instincts towards yeah. Certain work or certain healings. So if anyone listening today, has those impulses personally or professionally, I think it's a game changer and a life changer to, to follow them or be curious about them. Yeah, absolutely. Absolutely. I didn't even mean to go down like the career path,

00:06:32 but it's so it's so interesting though, when you have these deep conversations, it really just like weaves into the threads of all parts of our lives. Right. When we go below the surface, you know, we can be talking about grief and also talking about careers and family and society and expectations and it's, it's good stuff. It's juicy. I love it.

00:06:50 So good. So let's, let's shift gears here a little bit and talk about grief because I know this is one of the big pieces of your work and something that's really important to you. So starting at the beginning, what is grief and what does it mean to you? Could we have, to me is, is so much to me it's a very deep language of the soul and it's undeniably and it's inextricably linked to love.

00:07:17 And it is this very natural, you know, very natural emotion and realm, even more than just sort of an emotion, but this realm of our experience as humans that yeah. Is so undeniably linked to love and to our experiences, whether with the earth ourselves, our identity, that grief is interwoven with love always. And so grief is, is so many things and it's definitely different than what we've been told and sold and,

00:07:55 and taught. So, yeah, but the answer to that could be probably two hours worth of this conversation, but we'll just parts of, of it. But it's definitely for me, what I believe is this yeah, very precious and raw and real place of a feeling that's very soul connected and vast, Fast. Yeah. And love. I said,

00:08:22 I love what you said there. The like the language of love there. So what do you, I mean, I have my own perceptions, but I'm curious about what yours are. What do you see? How do you see our society treating grief? We're talking about grief and why, or where do you think believe that goes wrong? Hmm. This is a juicy one.

00:08:41 As far as here in this society, we are intensely grief, phobic, grief, illiterate. And yeah, I just want to honor some of my grief teacher mentors like Stephen Jenkinson and Weller who used this kind of language that really resonates with me, that we just don't have healthy open relationship to grief. So we don't understand it. We live in a shame matrix.

00:09:11 And so grief is woven into that, that folks are really shamed about it. And yeah, people become isolated or shamed in their grief. And for good reason, I believe that people don't feel, they can be honest about their grief because people sense that there's not this community safety with how to be held. So people are understandably do not trust that we can be held in this culture.

00:09:39 And I think there's probably many, many routes to that of disconnect that we could again, do another podcast episode on, but there's cultures all around the world who have very specific reef rituals and have a healthy, open, receptive relationship to grief being a part of life and how to love and support each other in that. And we're very, very disconnected here from that.

00:10:02 And we suffer immensely because of that. I'm always big on like, what is the ripple effect of if someone is supported in grief or at their birth or at a pregnancy loss, what is the ripple effect if someone's not just physically supportive, but emotionally, spiritually energetically. And what is my big passion is an activist that I've all my work I believe is based in activism is what is the ripple effect when people are ashamed or dismissed in their grief.

00:10:30 And it's big, it's a big ripple effect. So yeah, that big underlying point of like, understandably you don't trust that we can just crumble. And so then what are we doing with all that? And holding it in and maybe judging ourselves or others for it. So, yeah, it's a big ripple effect if that makes sense. Oh my gosh.

00:10:52 So much sense. I have like 80 questions from just that one. I mean, that makes a lot of sense for me. Do you mind if I share just a personal story for myself, you know, over Christmas of 2020, I, I was struggling. It was, it was really, I felt really heavy. I was just having a really hard time and I know for myself,

00:11:14 I, I tried to reach out to some people and I sort of was like, you know, I'm, I'm really struggling. I can't, I can't do this. Or, you know, this is where I'm at. And the kind of reactions I got was we should just look at the bright side. That's what I do. And I just look at the positive and it'll help make things better.

00:11:31 I also got like, you chose the situation you chose to do this. He made a decision. It is what it is. You should own your choices. And I also got a lot of like the, every one is going through a hard time. You're actually pretty lucky. It could be a lot worse. And I was, I think if that had happened to me and it,

00:11:50 you know, probably on some level that has happened to me when I growing up as a teenager in my twenties, probably, and now I'm like, I like my mid thirties now. And I feel like I'm wiser now. I understand that those are not the kind of reactions. Like that's not a safe place like that is grief phobic. Really. I love that phrase.

00:12:12 And also I know not everybody has like the resources that I do or the access to people and like you, that I've gotten the chance to work with and, and learn from, and, you know, books and therapy and all these, all these different resources. And I know that I still struggle. So I can't even imagine what that's like for other people as well,

00:12:30 without those resources. But those kinds of reactions are really common. Aren't they in our, in our society, right? Like that's, and that's something I didn't even, I just thought that was the only way that it was. And it wasn't really until I think this time when I was grieving that I was able to look at it and I wouldn't say it was helpful,

00:12:45 but I was able to at least separate and be like, okay, I can see what this is and this isn't, this, isn't the truth about what I'm experiencing or the truth about what I need to move forward. I don't need to just think positive and you don't need to just be grateful for what I, what I have. I don't just need to own my choices and suck it up.

00:13:01 Buttercup. There's a different option out there. And that's, that's one of the things I'm so grateful for this conversation and to literally put a mic to, to that, there's like this, that there's alternatives. That there's other ways, because I only grew up knowing the one way. So I'm curious for my own self, you know, I know you've had a lot of experience with different cultures around the world and what,

00:13:26 like, what do other cultures do differently than ours? Like what does it look like? I feel like, I know there's an alternative, but I don't even really know what that is. So what does it, what would it look like in a society that, that whole space for grief? Like what did some of those rituals, what, tell me about that.

00:13:42 Cause it sounds I'm already like when can I move there? Yes, exactly. I just want to thank you for that personal share and honor your courage and vulnerability to share that. And just say also, I'm sorry that you were ashamed and judged in that, and I'm so inspired by your, your knowing that it's worthy to talk about and to be held and witnessed and validated.

00:14:06 So just really honoring you in that, in your, in your commitment to yourself. And self-worth too to keep saying no, actually this matters. We see with other cultures around the world, there's a healthy relationship to grief. There's just a woven in understanding from a young age, that grief is a part of life. Like there's more honoring of the totality of our humanness.

00:14:33 So, you know, instead of protecting children from someone who's grieving and trying to hide it, like there's just, there's exposure. There's normalizing of, you know, whether it's children at a funeral or a ritual where people are crumbling grieving, and it's unclear have your AFT kind of grief, like not this contained North American, keep it clean, but like real and choreograph,

00:14:59 wild grief. There's the normalizing of that from a young age. And so what a difference as opposed to here in this culture, we think we're protecting, you know, our children and use and hiding things that are natural and normal in our experience. So that's a big one. And then the rituals might be just that the village knows that we're all going to take a turn being on our knees crumbling.

00:15:27 And so if that neighbor or that person in the village is, is there an, a choreographed in their grief like that someone's going to feed them and someone's going to witness them. And sometimes of course there's more specific rituals, but there's just this underlying like respect for death and grief, if that makes sense. And so it's, that's the biggest difference at all,

00:15:51 so that we're not running from it and trying to do everything to avoid it, but going towards it. Yeah. And, and, you know, that's, that can come in many, many forms. Like I said, it might be a very simple little ritual down at the river or a real specific ritual of like the whole community or village gathering to grieve together,

00:16:13 to play certain music that helps and supports people, you know, weeping and hollering and can look like many different Results. It's such a difference from what we have here going on. Yeah. It's so one of the things that you so much of what you said is beautiful and thank you for, for sharing, like the, an alternative it's just so,

00:16:40 so profound. I love what you said there about that. Everyone in the community knows at some point it's, it's going to be them. And that's just so, so humbling. And I, there's a really stark difference too, between the like grief hierarchy, if you will, or like that. Well, like it's not as bad as somebody else's or like the comparison in a,

00:17:03 that sort of toxic sense versus like, we all struggle with grief and we all honor each other's grief. Do you know what I mean? Like, I, I, even though they both underlie that, you know, everyone's going through hard times, that's the core message of both. One of them. It can be really, and I believe exists in our society in a really toxic way that,

00:17:23 well, my grief isn't as valid as somebody else's, or you shouldn't be grieving as long as this person, or why can't you top it up? That kind of an idea. And then the other side of that is just so beautiful, which is like, we all know it's going to be somebody else's turn and we all wonder it's going to be our turn.

00:17:37 And so we show up to support each other, like how, how beautiful is that, you know, same underlying message or theme, if you will. And two totally different takes on it. And two totally different as, as you said, ripple effects of that. Totally. Totally different. Yeah. We appreciate, yeah. Breaking the silence on like your story,

00:17:59 for example, and what you were told and the ripple effect of that. And this, you know, there's a lot of talk in anti-racist work and inclusivity work that we may not have the intention, you know, to hurt or harm, but intention versus impact and understanding when, if any of you are open to reflecting, you know, understanding the impact of when you think you're trying to help.

00:18:27 And you say, look at the bright side, or, you know, look at someone else, they've got it. We're seeing you, but like there is an impact and sometimes it's subtle and sometimes it's very, very harmful to be dismissive judgmental. Yeah. These pieces. So it's kind of like a lot of unlearning that we need to do really at the end of the day,

00:18:48 learning these scripts that are very much based in bypassing or based in our own discomfort, around a human experience and so much unlearning and to become so spacious. So spacious to know that we don't know to know that it could be 20 years ago that someone had a pregnancy loss or an abortion or something who go on and they went through deep grief and

then it's 20 years later and then that's surfaced and it's wild and it's just all encompassing and maybe no one around you around you understands it.

00:19:25 But we have to almost be fierce and validate ourselves first and foremost. And then in our own ways, communicate what we need to, to others because they may not understand it, but for all of us to become way more spacious and to also say, and I love this power of ed instead of, but so this comparison piece that you brought up with comparing our grief and what not,

00:19:48 how harmful that can be, or maybe you witnessed someone who had a pregnancy loss and they navigated different than someone else like to just become so spacious and to say, wow, in the world, right now, there is so much, you know, collective trauma, collective grief, that if we are someone who's, you know, cares about social justice,

00:20:11 we're aware of all of the big unfoldings, as far as racism, as far as colonization. I mean, the list goes on and sometimes we can dismiss ourselves within also understanding these that they're big pictures of say around the world of what's happening, but to say like I'm navigating this grief and that matters. And I can also really care about the grief of my today's international day against homophobia and transphobia.

00:20:40 So I can really care and have grief around, you know, what people have to walk through in their journeys are queer and trans and not compare it to my own personal journey, but to hold both, how can we hold both instead of comparing and allow all of it to matter, because that's what I'm hearing a lot of folks right now. We'll just say about their experience during this pandemic.

00:21:04 Oh, I know experiencing this, but it's not as bad as, and that's like, absolutely, we need to really honor. And again, this is so interesting and layered because I think weaving in my awareness as a white woman of privilege into all the pieces that I'm aware of is so important. And to, yeah, to honor the different collective grief,

00:21:28 I may be experiencing other people's grief and journey and also my own. And so we have to just keep returning to what we experienced matters. Our grief matters and the grief or experiences of the world that we couldn't possibly compare to. Cause we wouldn't know matters also. Yeah. Oh, you just boiled that down to something so simple and profound at the same time,

00:21:55 which is, I think one of your gifts is being able to, to take these really tough, tough situations and these things that we've been taught or not taught and boil it down to as something as, as simple as honoring both with an, and as giving space and giving yourselves permission to honor what we have and being able to also honor the things that we will never understand or can never understand.

00:22:24 So yeah. So good. I gotta move my box of Kleenex closer. I know you're listening, maybe box of Kleenex, maybe a towel. I'll have to add that into the engine, You know, and on that note of like tears or crying, it's so fascinating how, because I, I will share, and I definitely want to just honor that a lot of that,

00:22:46 of my work. Yeah. It's definitely inspired by the healthy, the re the cultures that are creating and have had traditionally healthy relationships with grief. So if something, for example, that I do is sometimes one-on-one work with folks with grief, but sometimes it's a

larger group and we're doing more dance and somatic body, you know, movements that support us moving through our grief.

00:23:09 And there's a real tendency in this culture to rush to someone crying and kind of this energy, even though it, of course it has a caring intention, but there's almost like a shh or an intention to just stop that flow and make it quiet or not as big. And this is something also to unlearn, like, you know, growing our ability to,

00:23:34 or whatever I say here, growing our discomfort or ability to be with discomfort and growing our respect of grief and growing our respect of man, when that person is sobbing, I grief is very active in the body for talking about the physiology and physicality of it. It's very active. And so we're taught to push, push, push it down when the cycles in the body are trying to rise it up.

00:23:57 So those tears are helping cleansing. And sometimes there's the jaws fluttering if you're really in a deep cry and like that's a big recalibration in your nervous system and an integration and then digesting and it's, it's just, yeah. Precious and powerful, but also fascinating to see the ways that we're like trying to shut it down or, you know, and with compassion,

00:24:24 noticing that maybe it makes us uncomfortable to Holy shit, see someone undone. Yeah. That's so interesting that you said that because literally last week I've been in a sensitive kind of week. I told you, before we recorded the podcast episode, I was like, okay, no mascara, because it will come out. It would come off. And so I went and like,

00:24:46 okay, and here's already my, like my inner critic or my, you know, pattern of what my society has taught me in terms of grades. But I'm like, Oh, I shouldn't even share this story because it's so such a first world problem. But I was having a facial last week and I was, the woman had come in and she was just like a really lovely soul.

00:25:08 And she was asking about my daughter and I said, she's three. And she said, Oh wow. It's just such a special age. And it goes so fast. Yeah. And even just sharing the story again a week later, it's clearly, you know, Rosedale, and I don't know what exactly what it is, but I, as soon as she said this,

00:25:38 I just felt this flood of emotion. And I just started crying right on the facial table. And I was okay with it. I was like, Oh, this, you know, here we are, you know, it's the first time I've kind of sat all week and this is what's here. And, and right away, she was like, Oh,

00:25:55 you know, I'm so sorry. I shouldn't have upset you. And I should just set this thing. And she was like, Oh, bad, be bad knee. And I shouldn't have done this. And she's like, I'm so mean to do that. And, you know, brought out the tissue. I was like, I'm okay. You know what,

00:26:10 thank you. And I am, this is obviously what needed to come out somewhere. And I'm, you know, like culturally, I'm like, I've got to sorry. It was on the facial table, but I'm not sorry. Cause it obviously needed to come out. And it's a really like, I don't, I don't have it all figured out,

00:26:26 but he was an interesting part of my journey. And also being able to see the tendency to like kinda make it smaller, make it go away and also to feel. And I think she also felt really badly. She made me cry and it was like, well, it wasn't you like this just needed to come and to be, but it's such an interesting piece of our culture.

00:26:47 Oh my goodness. So much good stuff. You know what, so I feel, it always feels so much better to let it all out and like anybody listening, you, you know, this write a good cry, good dance, a good, good conversation always helps. But Theresa, I want to know, you know, you talk about the ripple effect.

00:27:05 Now a couple of times, like what is the ripple effect of us not letting it out? What is the ripple effect of that, that active grief that wants to come out and us shutting that down? What does that, what does that do for us? Cool. It can be so layered. Like I really love to honor that we are multilayered beings.

00:27:28 We are physical body. So there's ripple effect of how that can affect us physically to suppress grief, energetically, emotionally, spiritually, this like each one of those has a ripple effect. I believe, for example, physically, you know, to suppress grief over and over can be, sometimes we get stuck or frozen like a bit in our nervous system or our brain,

00:27:53 like we're, you know, deep in grief and we can't seem to, you know, or like we're forgetting things or like, I mean, there can be a huge, huge ripple effect that I couldn't possibly even describe because there's such a range of experiences, but physically it might be, you know, a back pain or pelvic floor, you know?

00:28:16 Yeah. Pains or issues going on hurt related, like literally the heart and increased whether it's increased heart rate, anxiety, huge effect on the physical body and emotionally energetically also like whether it's just deep in shaming ourselves and our whole mindset and perceptual state is constantly in that judgment of ourselves for why am I reading this again? This was 20 years ago, or why can't I get over this?

00:28:47 Or, you know, that kind of mentality is a lot of pain and suffering for people in a ripple effect if not supported. And it goes on and on energetically spiritually, whether we're telling ourselves, well, I, you know, do yoga and I meditate, but I'm not spiritual enough because I haven't figured this out or I'm not healed. And I just,

00:29:10 I just care so deeply about the ways that people are suffering and know that there is all possibilities and simple moments for the shift of perception or a simple gesture of simple ritual that we can really be held differently in grief. So it's not about like healing or fixing or bypassing or, you know, come to me, you know, for your grief. And it will be healed by the end of the session.

00:29:38 It's nothing like that. There's no agenda. There's, there's nothing curative here. It's just a really, I have a profound, deep respect for grief and I can hold space with it. And if anything, we're just creating structures to lean into. So we might still be in that grief journey for a long time, but can we be more held in it and we're nurtured and validated in it?

00:29:58 Yeah. So that answers a bit of that ripple effect. That's huge. Yeah. And not just hear people, but just to say also if we yeah. Shift even simple things, we can start to shift that physical energy or emotional energy. I can imagine anyone listening that is, that has any kind of grief. And I imagine that's probably everybody right now,

00:30:20 because as you mentioned, collectively, there's so much right now, there's, there's trauma, there's grief, there's injustice. There's so much pain that even just the words that you used they're, you know, nurtured and held and supported. I mean, that just sounds like the warm cup of tea and chicken noodle soup that we, that we all need for our hearts.

00:30:42 Right. So beautiful. Oh, so, Oh, I just want to mention quickly the nurturing, it looked like many things. It could be something more soft and soothing and yes, the cup of soup and a sweet little, you know, ritual outside with flowers. But sometimes the nurturing that I walk with people in grief is like, if they're coming with rage connected to their grief,

00:31:02 which is a very natural thing, then we, we work with that and the nurturing is more active, you know? So I really meet people where they're at and it's a co-creation and I have many different tools, so to speak, to, to draw from, to nurture. So I'm just want to blow open that definition real quick. Before we move on about like what nurturing is,

00:31:23 and we can nurture each other in so many more ways than you've been taught. Sometimes it's soft and sometimes it's wild to feel nurtured. We need different things. Some days it's a craft and candles and chocolate, and another day I need to run up a mountain and you know, how like a wild Wolf and get dirty. And sometimes we need alone time to be nurtured and other times people want to be held.

00:31:45 So yeah, that's an important, Yes. I'm so glad you blew that open. So good. So good. I know that this I'm really glad you brought this up too, because I wanted to talk to you about rage. And I know that's something that you have a passion around. You want to break the silence on it. So what do you want to say?

00:32:06 What, like, what is there to be said about rage? Cause I think it's only that we don't talk about, so I'm like, I don't even know where to start. So you tell me all the things. Yeah. Where did we start as juicy stuff, but yes, breaking the silence on things that matter and breaking the silence on parts of our human experience that just aren't being talked about at all,

00:32:27 let alone cared for. So rage, you know, as far as understanding in this culture is we're very binary in our thinking on so many things. So crying is like, you know, bad and not crying means you're strong or rage is only, you know, bad and violent, which of course it can have that effect if it's channeled in a certain way.

00:32:53 And the rage here that is important to talk about is rage connected to injustice, whether it's a personal injustice or collective injustice, that that is a healthy, natural response. To see someone crossing a boundary, a healthy, natural response to many different unfoldings, you know, in the world, you know, looking at beautiful, beautiful BiPAP, which is black indigenous people of color.

00:33:25 And then their rage regarding the way the world is treating them like that is Holy and secret and really important. A lot of the time that our rage can actually be connected back to our sense of self-worth right. If someone comes to me and they're sharing their grief, that has raged woven in a lot of the time, it's, it's so exciting to me that they no they're worth.

00:33:54 And so that anger, if they're sharing is a lot of the time. Yes. I'm injustice. And so honoring rage as a wise teacher, or one of my favorite books, women who run with the wolves, Clarissa Pinkola Estes has the whole story, beautiful mythology type stories to help us remember who we are. And in this one story, you know,

00:34:16 she just says like, what if we sat down and had a cup of tea with the rage to just be like, what's happening, what matters and stay curious about it, right. Instead of just being like, Oh, well that person or that woman is, they're just crazy. Just be like, wow, like, what is what's going on for you?

00:34:37 What really matters to you? What, when does this rage connected to, Oh, that's an injustice that is like a healthy, natural response in a lot of cases that you would be experiencing that. And how can we listen to that as a di teacher and then support each other in that, so that if it's a, a big energy grief is an active energy.

00:34:57 So is anger and rage. They're very active. I live in the body, then I'm always curious how to support folks to physically digest and integrate and express the rage in a way that is more supported and regulated. So for example, sometimes it's an very active Kundalini meditation. And sometimes it's, you know, I bring back my personal training background in my martial arts background and we do some martial arts or kicking punching work,

00:35:25 but we do it very regularly. The letter rest a lot of rest in between and after. So there's ways to emotionally and physically, spiritually energetically work with it and curious about it, to understand it, understand ourselves more. And that's what really matters to us. Yeah. What boundary this cross, like it's such an intimacy. And I think Francis Weller who wrote the,

00:35:52 a beautiful book on grief and lots of works on grief and things you can find on YouTube for free with him. I don't remember the name of the book at some point today, but in one of his talks, he talks about like what an intimacy it is. It's so intimate. If someone shares what matters to them and especially their things that they're angry about or have rage about.

00:36:13 And I've always, I was like, yes, I've always felt that way. That is strange as it sounds. And people are like, Whoa, it must always just be so heavy, the work you do, but, and it can be, but sometimes a lot of times it's also deeply inspiring to hear people claim what matters to them and to share that intimacy.

00:36:34 We're not just like how you doing I'm good and surface level, like we're going to the heart. It's about truth and honesty in those moments. So I could go on, but I'll start with that. Wow. Ah, amazing. Amazing. I really didn't know what, like what, it just didn't know anything about that. And I think that that's obviously still a spot where I didn't know a lot and understand because for me,

00:37:04 when I hear rage, I often just think of like road rage. It sounds so silly, but it's so true how those moments and I encourage us a lot with, with my clients. I think, I don't know if it's my personality or maybe in like 10 years, we'll talk about this and be like, Oh, it was my conditioning or my programming.

00:37:23 And that I, I'm not typically a person with a lot of rage, but I love that. It's just about honoring and being curious about it as opposed to pushing it down. And that's definitely like a big theme with all the work that you're doing is to just be authentic with what is going on for you and to allow yourself to flow through it and feel it and be with it and an honor it to then learn.

00:37:46 And I'm guessing then like move through it. Right. Or integration is kind of what you've been, what you've been talking about as well. So what does it look like to actually move through? I mean, we've heard some tidbits here and there, but what do you believe? It looks like to move through a grief journey with love and in a healthy way.

00:38:09 Well, I think that means, I mean, it, it's honoring what is connected to the grief. So grief and rage, that to me, is a form of love. If again, an injustice or a boundary was crossed to speak the truth, be validated, be supported and whatever, because grief is, is it's grief. And then as many people already know,

00:38:29 right? There's so many other emotions connected to it. And so to move through it with love, I first and foremost is to know that we're worthy to be heard and witnessed and validated with zero judgment in a space where there's zero agenda to fix or change us and to be given tools, ideas of how to be nurtured in that with continuous validation from ourselves to just say,

00:38:58 Oh, I'm, I'm, I'm in this grief right now. What beauty can I touch that will hurt my heart or what people or communities will actually hold me in this? And this may resurface in, you know, a few months or a few years and to keep validating. So to move. Yeah. To any grief journey with love is, is a fierce dedication to validation and finding the people who will validate.

00:39:26 And sometimes it's like, people are like no people in my life just dismiss me. Even though they love me. They don't know what to hold this space. And so writing about it and in your own writing, validating, you know, yourself sometimes, you know, I guess it's maybe being in my forties and becoming more fierce and discerning. But when I feel like possibly someone hasn't been taught,

00:39:49 you know how to hold space, I will check in and just say, I really love to be witnessed in something unfolding for me related to grief. Do you have time and space to hear me to witness me? I'm not looking for answers. I'm not looking for anything other than to be witnessed. So I just simply just want to share this bit.

00:40:07 And then at the end, if you could just say, I hear you and I love you. And this matters, can you do that? Do you have space for that? And they might say, yes, they might say no, but that's been really beautiful for me and liberating to just be like, this is what I need. Can you do this checking in?

00:40:23 Cause I care about them. And if they say yes, teaching them how to support me, this is, this is what I need. You don't have to give me an answer or say, it's going to be okay. I actually don't want you to say anything, but just to listen or just the BNC, you hear me. That's incredible. That is so powerful.

00:40:43 Oh my gosh. One of the other amazing things I love about you is you have this really special gift. Well, lots of gifts. One of them, you have a really big gift of just making people feel seen and heard and, and worthy, valid and honored. Like that's just a really, really great gift of yours. And you also have this incredible gift to have to bring in passion to literally everybody because it's very easy.

00:41:11 And I even, you know, when I share this story of the four grief responses that I got and I wanted to say, I'm like, I don't, I don't want to judge those people. And you just like, you just take it one step further of like, I care about them. I wanted to help them learn too. And I want to make sure that they're available for the space.

00:41:29 And that's such a, such an incredible quality of yours is you truly do hold compassion. The, the ability for everyone to learn. And I think you S I don't want to say, I assume, best intentions, but you seem to really assume that people, that people are capable of coming along with this journey with you and you are so warm and open to sharing that and bringing them along with you.

00:41:55 That that's why you're such a game changer. That's why you are changing the world. That's why you are the activist and the powerhouse in so many ways that you are is

because you, you can share this in such a compassionate and inviting way that makes people want to be drawn to you and come along with you, as opposed to feeling, you know,
00:42:16 like they're, they're not doing it the right way or that they're not getting it, they're doing it wrong. And it brings up shame and judgment. So that's, maybe that's all like one big gift of making everybody just feel worthy and bringing them along on the journey. It's, it's incredible. Thank you. Love. I think we are all truly just learning.

00:42:32 And that is yeah. At the heart of all learning is to stay compassionate to our experience because yeah, if you're listening to this, you might be crying because you're finally feeling like you can validate yourself in grief that others didn't Valley validate you in. And you finally feel that relief. And then also at the same time, you might be reflecting on like,

00:42:51 Oh shit, I kind of dismissed or shamed somebody in a way that I was years later, that didn't feel good to me. And so we're just like probably unfolding a lot right now, and to see compassionate to the times where we contributed and not intentionally to dismissing, harming and, and staying, you know, on fire for, okay, I'm going to stay committed to yeah.

00:43:18 The ways that I can validate myself and others and break down my judgments. I want to quickly add in that, like the compassion for myself sometimes is saying to someone, again, your choice in it, and you'll choose in the situation, boundaries and whatnot. But I have said, and even a lot lately, because people are, again, just even my loved ones,

00:43:41 close ones are all learning and learning. And just saying that actually isn't helpful. Or I feel really dismissed when you say that, and this grief is normal and natural, and that's just something that I made. And so I'm honoring that. And so that, that's a whole nother level of like, self-compassion, you know, and, and then I think compassion for that person too,

00:44:05 because we're not just saying it's okay, you know, and it's inviting them into deeper care, but to do that, right. I mean, none of this is comfortable though, right. And that's what this is about is learning together. And an, and for ourselves learning to be comfortable in the uncomfortable something that's, that is a lot easier said than,

00:44:32 but it also magical once you get going on that journey. And you're definitely, you know, you're a few steps ahead of where I am, which is why I look to you for such guidance.

And then also I love that you said, you know, those are such concrete and powerful words and phrases that anyone can borrow, because sometimes we don't always know what to say,

00:44:55 or like, I know for myself, like I definitely have said the wrong thing and I definitely have minimize other people's grave too. And so I don't, and I also, as a people pleaser, I don't always know how to say, that's not okay without coming across. I don't even know, like, without worrying about what other people are going to think or how other people are gonna like me.

00:45:16 So the phrases that you said, and even just the energy you bring, the words that you said are so powerful, whether it's, you know, asking for someone to be witness you and to validate, or whether it's, you know, being really authentic about when something has made you feel invalidated or that it's, you're going to hold, continue to hold the space for yourself.

00:45:36 So those were awesome. Like, I don't want to call them like a stock race, but they're, they're great, you know, little, little tools in the tool belt to pull out for those of us that maybe like me don't know exactly what the right words are. So thank you. Yeah. You're welcome. And I don't think there's any prescription necessarily at all.

00:45:54 I mean, different people that I've worked with over the years in their grief, you know, I'm talking to them and saying, what would be helpful to hear right now? And the answer is absolutely can vary. So even just being honest about that, I mean, like, I don't, I care so deeply, I hear your grief and I don't know exactly what to say right now.

00:46:15 There's anything that I could say that would be helpful. I'm happy to, you know, affirm that to you. And just to be honest with you, it's like, yeah, I don't know what to say. And if anything, it's, it's just like wonderful that people can be honest and they're mumbling. And they don't like, you know, stumbling,

00:46:31 but really being vulnerable in that honesty. And instead of the platitude or the thing that's really going to frustrate someone. I mean, because yeah, there's not like this answer or a couple of words that are going to change, you know, very raw, deep grief, but it can be love honesty. And your willingness to learn Sounds like a, sounds like a really great recipe for,

00:47:00 for shifting our culture and the way that we, we honor grief. So beautiful. See you ever get this gift of like pulling a lot of conflict or a lot of complex things into here's a few words, here are some things that here's some concepts that can really be helpful. Very powerful. Thank you. This is a question I have for you.

00:47:20 I was listening to him. I'm like, now I'm curious. I'm I don't know if this is spiritual bypassing or what this is, but I was listening to a book the other day about, about choosing joy and about choosing to be happy. And it was a spiritual book and there's been a lot of other great takeaways in this book that I really loved.

00:47:39 And this one chapter it talked about, about making the choice and about how, you know, nobody can guarantee what your life is going to hold. You know, what kind of grief you might experience, what kind of challenges you might have, but it's up to you to choose, to choose happiness. And I'm wondering what your thoughts are on this,

00:47:58 you know, is this, at what point is it spiritual bypassing? At what point is it? Can it be really liberating for ourselves to choose happiness in the face of injustice or in the face of tragedy? Because I've also heard that that can be very liberating. I'm I'm wondering what your take is on this. Cause I feel a little bit confused in it.

00:48:22 I'm like, do I choose joy? Do I consciously, you know, do I, can, I it's radical to find happiness even in times when you're not like not supposed to be happy and that can be really liberating or am I then toxic positivity? And am I dishonoring my grief? And, and I'm guessing maybe there's like some sort of a balance between the two,

00:48:44 maybe some sort of dance. Tell me, tell me your thoughts. Cause I clearly don't know, Oh, I love this. I I'm curious if the writer is a white man, His picture. It is possible. Yeah. I'm I would need to know, you know, I would need to like read the book to understand the full context, but I do have like an initial personal recoiling when I hear that we can hold so much simultaneously.

00:49:22 So I, in the gnarliest grief of my life, there are still moments that I've experienced of, you know, beauty, happiness, or joy, and that all of that can exist at once. And then, yeah. So I just would need to know, like in this book I would love to know, yeah. What is the, the rest of the words?

00:49:44 What is the context like it does, to me sound a bit like spiritual bypassing, toxic positivity. Yes. Absolutely. Choosing like staying, I want to keep my heart open in this grief and

open to love and open to beauty and knowing that all of it can exist, but is yeah. Is the teaching saying that there aren't a lot of spiritual teachings out there and I'm going to just be honest here that are very based in toxic positivity where grief is seen as bad or something that needs to be fixed or changed or yeah.

00:50:25 That is judged or anger or rage. So I'm always curious, whatever, a self-help book or spiritual tradition, you know, is there a bypassing of the human experience and we're so stuck in, you know, the grief is, you know, dark or bad, but, you know, try speaking to someone who just lost a loved one unexpectedly in a tragic accident or yeah,

00:50:54 that, to me, it just seems layered and privilege, like just choose happiness. And you're looking at, you know, people of color in certain parts of the world who are experiencing horrific, you know, racist, colonization, like, like yeah, if you have a broader picture of social justice, that kind of stuff. Even to me, it makes me recoil a bit more like absolutely daily.

00:51:19 Yes, choose, you know, love and joy and happiness and, and have that as a and choose to respect your humanness also. So when you're respecting and choosing to honor your grief, it's honoring like so much of the time, what you've loved in this life that you've loved. So yeah, I guess I'm just always curious if this question is brought up,

00:51:42 who is the person teaching this teaching? What are their thoughts about grief and anger? What is their awareness of their own privilege and all these layers? And it gets very, yeah, very layered. I mean, I don't know if that's making sense, but It really is. Yeah. Yeah. So the book is the untethered soul by Michael singer.

00:52:05 I don't know if you've heard of it. Okay. So a lot of the other parts of the book and I probably, I kind of, I'm probably giving, making it sound a little bit more, you know, hashtag girl bossy, which I've totally used and, but like a little bit more like that choose joy, light fluffy.

Whereas a lot of the other parts of the book do talk about very much opening and whatever,

00:52:27 you know, you're you find yourself protecting against is really where you need to go to explore. And so I do. I do think that's an, yeah, I, I don't know about his, these are great questions for me to be asking to, you know, like hoses person writing it, what are their, what are their privileges? What are their of,

00:52:45 you know, how does this look in the bigger context of the world? I don't know those answers. So th that's really eye opening for me to, to listen to. And I, I think what I'm hearing you say and what I, this is kind of where I've been sitting in is like this idea that it's important to feel all these things,

00:53:05 to process this, you know, to allow, to honor the human experience. And I would be willing to guess this is my completely uneducated experience here, but I feel like the more that we do that, the more that then we are able to actually be in real happiness and that when we can actually honor those things and break down and open up,

00:53:30 then like happiness is able to be there even after the tough, the tough challenges, the things that come up that we have no control. Yes, yes, yes, yes, yes, yes. I shivers right now. Yes. There's I forget the quote. Exactly. But it's something, I think it's either Stephen Jenkinson again or the apprentice. Well,

00:53:51 there was something about like grief is connected to love and a liveliness and so grief being like an emotion or a realm of the soul. And however you describe that for you, but before suppressing and pushing that down, it's it's yeah. It's, it's huge impact on our lives. So

the more and more that I have allowed. Yeah. The grief that's very real and authentic in my life to exist or to be validated.

00:54:19 I feel like the depth of my joy has also yeah. Amplified, like there's quote or I'm on, I almost don't want to share it if I can't remember who said it, but I will, I'll send it back to you if I can't remember by the end of the podcast, but it's something like as deep, as deep as sorrow has carved within me,

00:54:44 that too shall be my capacity for joy. Sorrow has card within me that too shall be my capacity for joy. And I don't want this again, to be any sort of judgemental, you know, piece that we use against ourselves to be like, well, shit, I'm in like the deepest grief in my life. And I don't feel any joy right now.

00:55:07 So just, yeah, just putting that out there, that to not use that as a way to judge ourselves and that it is possible that there is like an, a liveliness there, like a death work in grief work. I just always go so deep into appreciating life. And it sort of opens my eyes from this like veil of illusion to like what's really matters.

00:55:31 And I find that that's this wild. Some people call it initiation, others call it other things. But if we go really deep experience of grief, we're changed and we see the world differently. And so, yeah, my hope is that touching beauty, touching these flowers in spring time or experiencing love also, I think is to me intensify and allowing that grief.

00:55:57 So I agree. Yeah. Yeah. So good. Oh my gosh, the word that came to my mind was numbing. Like it's almost like I think we numb ourselves to a lot. And I think if we numb ourselves to grief or the, you know, any of the natural life emotions and experiences, then we, we also end up inadvertently numbing the things that are so beautiful and so rich and in us.

00:56:24 So that, that quote you shared is so amazing. And that I think that also speaks to the positive ripple effect that if we can honor our grief, you know, how much, how we can see the world differently, how we can hold compassion differently, joy, health, love, vitality, authenticity. There's just so much more space for that as well.

00:56:43 And I see you nodding your heads. I'm like, okay, so this is, that's what you're talking about in terms of the ripple effect of the good, when we can really honor and be with our grief and invalidate ourselves. Yeah. It's, life-changing, I mean, I've seen people who speak their grief in the midst of labor and things are slowing down or sort of stuck and something's going on.

00:57:03 And then they speak a certain grief and then the baby comes, or a grief finally is shared and someone looks at their skin tone, changes the eyes change after huge sobbing and, you know, and then the ripple effect of that like huge liberation, I think on a lot of levels to finally honor it. And I want to quickly speak before I forget the numbing piece that yes,

00:57:26 we can get actually, like I said, frozen, like doing physiological tests on the body, the heart, the nervous system, the brain that we can be kind of com stuck in these frozen States. If we're just either deepen reef, it overwhelms us or having to push it down and something that Kundalini yoga or some physical somatic breathwork can really support us digesting and integrating and becoming unstuck.

00:57:51 And I think there's something to be honored here to not shame again, anyone, if they're numb in their grief, again, we don't know like what grief is for someone may not be the same impact for another person. So we just, we never know why someone so deep in a grief

and not judging that. And I really think there's almost initially some kind of wisdom would I say to,

00:58:18 like right now we have so many cumulative losses in our personal lives collectively. And of course we're not all in the same boat. I don't believe that at all. And there's so many losses. And so a lot of people are just like, I just don't feel like I have much energy and I'm stuck. And I think there's this. Yeah, I guess I call it wisdom like a hibernation,

00:58:39 like a cocooning, like just so much has happened or this one event that just blew our whole lives apart or our heart apart. And we're just like, Holy shit and cocooning and hibernating. And sometimes you really need to do that for awhile. And I think there's even another layer to that in this society that doesn't know how to hold us in a grief that we're just trying to just land and be.

00:59:06 And then eventually, hopefully there'll be community or practices or rituals to support us coming out. And then maybe we need to cocoon again, you know, and to allow that, that dance or that expression. And yeah, it's just so complicated, beautiful layers that we make these judgements, Oh, they're stuck in their grief. Like what does, what does that mean?

00:59:32 You know, we don't understand what it's like to lose a partner suddenly to an accident or whatever that thing is. What does that even mean? Is that like someone's failing at life. Is there a way while they're deep in their grief, instead of stuck in it while they're deep in grief, that they can be more supported, that they could have more love to lean into or something to lean into.

00:59:56 So it's not about fixing, but just creating more structures for people to lean into and be validated and witnessed. And you need that to think we're wired, we're born eating. That's one of the big griefs actually. And the Gates of grief by Francis Weller is we're born, needing love and safety and community. We're physiologically wired for all of that. And so when we don't get it,

01:00:23 there's a seat grief underlying, you know, we'll just deep within us. And so sometimes folks will come to like a, a full moon circle of mine. That's fun and playful and not get really emotional and just say, Oh, I I'm grieving because I've just been craving like community. And I feel like I haven't had that, that that's been authentic are these other moments in our lives where we finally meet someone who can witness us without judgment.

01:00:52 And then this grief like joy and how good that feels combined with the grief around, like, why haven't I had that more? Yeah, My gosh. So much. I feel I'm really grateful to Theresa is going to be leading a, an incredible workshop for us and golden girls, community mastermind in June. And I know we're actually going to put into practice a lot of these,

01:01:18 these things, and I'm so excited, grateful all those things, because I know that those, those are the spaces I've been blessed enough to be a part of many of your yoga classes, your prenatal yoga, your prenatal partner, yoga, your one-on-one sessions, a lot of the work. Oh, and your, your grief, the grief sessions that you've done to virtually,

01:01:39 and you do have an ability of bringing together people with authenticity and compassion, and we need that now more than ever before. And so, so, so important. What other pieces of advice or things you think might be helpful for somebody here who's maybe trying to support other people in grief too? I'm imagining there's probably some people listening who are listening because they've got someone else in their life.

01:02:03 Who's, who's needing support. And in our, you know, as you say, grief, illiterate society, we don't, I don't know if we all know how to do that. So what, what wisdom do you have to share with them? Hmm. I love this question. And so based in care again, there's not just one answer everyone's experiences,

01:02:23 their grief is so different. So that I think just holding that and respecting that, first of all, and being willing to be vulnerable, taking the risk, to be vulnerable with someone you care about. So maybe it's something like, yeah, they're sharing something with you and you, instead of thinking you have to fix it or change it or save the right thing,

01:02:45 or have an answer to just say to yourself, like, I couldn't possibly have an answer to this. They don't need to be fixed or changed. You know? So you're listening and you're reminding yourself of that. And at the end, just saying, I love you. I hear you. Your grief matters. That can be life-changing for a lot of people.

01:03:04 Just love you, your grief matters and holding you in this grief. And sometimes it's asking yourself, what could I offer in there as a form of nurturing? So that's grieving. And maybe you offer once a week to drop off a couple of meals or help out with a few chores or, Hey, you want to go for a walk with me.

01:03:28 And you're just pointing out things in nature that are beautiful. So you're not telling them that they should do something to come out of their grief or get over it. But you're just inviting them to touch beauty, to be around beauty, to be in nature, helps us in our grief. So it doesn't even have to be something you're necessarily directly speaking to.

01:03:47 But yeah, he'd want to go down to the ocean today and walk along the ocean, take our shoes off and put our feet in the water. It can be so many things and yeah, check in with what you're capable of, what you're able to do. When of course we're all going through a lot and then asking and saying, Hey, I could offer these things or any of them them feel helpful.

01:04:11 And then checking in, you know, maybe it's in a couple of weeks, you've worked in your calendar, just check in with this friend, how are you? I care about you. I care about your grief. And just letting people know that you're a safer person to witness them. And, but it, it does start, I think even before the reaching out to friends with reminding ourselves,

01:04:33 if you don't have to fix or change that that's not going to most likely be the thing that helps them, but we can simply witness, do we have the space to witness and what could we, yeah. What can we do remind ourselves? We don't have to have an answer. So that's been a practice, I think can partnerships relationships of any kind to,

01:04:53 you know, here, if our partner or friends had a crazy day and you're listening, you're listening and then you maybe reflect back a couple of things. They said, I heard that it was a really chaotic day and you felt a lot of anxiety and grief came up and just trying to like use their words. Exactly. And is there anything that yeah,

01:05:14 could nurture you tonight that I could offer a cup of tea or a hug sort of something you need to hear that would be helpful? Or I hear you, I love, you know, grief, ladders. Yeah. Just making, bringing it down, simplifying it, Basically coaching one-on-one. So, okay. And one to two, one to three and all the levels is so much of just listening and witnessing and,

01:05:43 and mirroring back. So, and, and also a powerful part, you know, I'm joking about the coaching part a little bit, but also, you know, parenting is another one I think too, like, and

friendships and just remembering that we don't have to fix people that, that they're one of the bases of my coach training was that everybody is naturally creative,

01:06:06 resourceful, and whole, and that's been something that, you know, I don't necessarily do all of the things in my coaching all the time, every day, but that's one thing that I, that like is that just extends to everything in life is that we can, when we can approach every interaction, every person. And I think, especially in situations of,

01:06:24 with grief where we maybe don't have enough, I don't have a lot of experience or confidence and are still learning to remember that we ourselves are naturally creative, resourceful, and whole. And so is the person that we don't need to fix them. They're, they're resourceful as well. And they're whole, and, and so are we, and if we can both show up to that interaction with that kind of feeling,

01:06:46 it just changes everything. It, it removes a lot of pressure and takes off a lot of like the, the neediness and the, like the, the snap, your fingers, and have everything be, feel better and just be in the moment and just be with what is, and who is and how you are. So that's like a little, a little nugget from my coach training that I think has been really powerful in my life.

01:07:09 And I think also applies really, really well with the wisdom that you just shared. So good. Okay. Absolutely. And what is wholeness? Right? When you say creative, everyone is creative, resourceful, and whole, I love breaking down the definition. So what is fullness to me? Wholeness is our humanness. Our full spectrum of humanist is this person is full and complete as they are in their grief.

01:07:32 It means they're sharing with me something very intimate that they loved or they lost. And that is part of their wholeness, right. Instead of this grief is over there and it's bad. And like being like it's, it's, it's all a part of this. They are whole in that, in their love of lucky. Lost. Yeah. I love that.

01:07:51 Yes. Thank you for taking it. That, that extra steps. So good. So good. Can I have a bit of a selfish question? A couple of them have been selfish, but I'm probably not the only one who struggles with this. I've heard you talk before about anticipatory grief, and I'm wondering if you could kind of touch on that.

01:08:11 And then here's kind of my, like my, my own interest is I'm wondering, like, if there's a difference between anticipatory grief and anxiety over something in the future and where that line is between, I'm like, I don't want to use the word normal, but like, I guess, healthy and thriving and valid versus not helpful and not, not,

01:08:36 I don't know what the word is. Anxiety. I feel like there are times where my anxiety, it serves me and I've talked to other people as well about this, that it can show what's really what's, what's important or something we may be missing, or may just, it's another part of our wholeness as we've been, we've been saying, but also there are times where it can actually,

01:08:59 it takes away from, from some of my even enjoyment in the every day. So I'm wondering if you could speak to anticipatory grief and if you have any insights on the anxiety piece too. Hm. This is really, excuse me, powerful, powerful inquiry. And it's not, yeah, that's selfish in a bad way at all. It's beautiful because it's speaking to a lot of us right now,

01:09:22 anticipatory grief is often defined as you know, the grief around an impending loss. And a lot of the time it's talked about, regarding say a loved one who's in the end of life and

will be dying soon. And so many parts of grief that we don't even talk about or acknowledge is that we can experience anticipatory grief around so many things, right?

01:09:46 The anticipatory grief could be there regarding say your, your daughter and she's going to kindergarten, or, you know, when the change in the relationship and it can be so many things. So to just really claim and validate that it's real. And it matters if we're experiencing or noticing and becoming aware that we have anticipatory grief around different parts of our lives,

01:10:08 that we can step into validating that. And now it's so important to talk about because we're in this very liminal space of what our lives were like before right now, what are they going to be like to me? It's so liminal, it's so unknown. I need, we like to kid ourselves maybe before the pandemic that we knew more, but really it's all a mystery,

01:10:31 but now it's, it's so obvious. It's so emphasized. It's so clear that things in everything is changing. So to honor that I think on some level it's, for some folks really intensely noticing and experiencing it, and everyone that I've been connected with or working with has spoken to, even if they didn't use the language of anticipatory grief, but this sense of yeah.

01:11:00 I grieve connected to not knowing. And so this is a natural response right now, I believe is a natural response right now to the way the world. And it makes sense. And I think it's even, you know, like a healthy response and then can absolutely be connected yes. To anxiety, which again, instead of just being like anxiety good or bad to just be more spacious and compassionate to say,

01:11:28 yeah, well, of course, of course we have anticipatory grief right now. We're anticipating how, and all the ways that our lives have changed, we'll continue to change. What is that going to look like? And it goes on and on. And yeah, I feel anxious about that. Yeah, of course. And so flooding in compassion, not just as an idea and intellectual idea or concept,

01:11:51 but compassion as an action that maybe we still have this underlying anxiety Davy that we're noticing. And always in my work is staying curious to, okay, if that's here right now, that's makes total sense as a natural response right now, how can we be more supported in the anxiety? Is there anything physically we can do to digest some of that anxiety integrate it daily?

01:12:19 And there's some simple physical things we can do. Yes. And then maybe we don't feel so frozen by it, you know, as you were, I think speaking to the times where it can really be intensified so much so that we feel like we can't function. And so I think the underlying pieces validation drawing out a little in our mind's eye and,

01:12:40 you know, a diagram of like, Oh, everything's connected right now. So of course the grief, the anticipatory grief connected to anxiety, yes. This makes sense to keep validating and then to support ourselves in each other, in physical somatic, physical body related things we can do to help because anxiety is very active. Just they're talking about grief. That's active anxiety is very active in the body.

01:13:06 And sometimes yeah. Physical things really help support integrate that or help us feel less consumed by it or stuck in it. So it may not be that yes, at the end of the day, when I work with someone that everything is just like smoothing and there's no anxiety, but it's usually gone down in volume and there's ways to be supported in it because yeah,

01:13:27 it can be just immobilizing sometimes for some folks for others, it's just kind of there, but yeah, a lot of her being supported in it, and there's not just one answer for some folks

it's like drink more water, get more grounded in the body, whether folks shaking or doing a physical practice and even just the compassion piece and any regular practice of compassion towards ourselves can shift our perception on the anxiety instead of thinking I'm failing,

01:14:02 I'm not spiritual enough, you know, like what is the story around the anxiety too? Cause that can be harmful to us and more mobilizing or more compassionate in the grading, if that makes sense. Yeah. So much sense. Really good. Thank you. Thank you. You make it go away. I mean, I felt okay, but I just feel so,

01:14:25 so seen and so validated. Oh, crying on a facial table last weekend and just, yeah. Like so many things that you it's so interesting that you said it makes sense as a collective that we're experiencing this. And, and I also could like myself, I could sense the difference between the grief that I felt last week, thinking about my daughter growing older and the things that I'd missed out on,

01:14:50 or may that kind of, that kind of piece. And also those moments where I have literally been frozen or paralyzed with anxiety. And so that's really, really, that's interesting. I definitely could sense the difference. And I also love what you said about compassion as an, as an action. I mean, that's huge and I'm, I think that's probably a big part of difference maybe for those two,

01:15:14 for myself, even in the last year and a half where I've been, or I've experienced anxiety is in the beginning, it was very much like the w what's wrong with me. What's going on here? Why can't I handle this? I need to be more coachy or high-performance ear, all those things. And to now being able to be like, yep,

01:15:31 I'm just gonna cry it out on the table. And it is what it is. And this is me. This is a part of my, my experience and what I'm feeling. So that's, that's so interesting. Thank you. What does it look like, then compassion as an action. I've heard you say a couple things and I know it's deeply personal,

01:15:48 but I also know you have a lot of different practices and tools. So can you share a few with us? I know there's, you've already shared a few on this episode, but you know, what else, what else would you say in terms of those practices? Yeah, it can be very, very seemingly simple things that really help, which if you're in an anxious place and you just be like,

01:16:09 Oh yeah, I've been a Yogi for many years or doing this practice many years, but I just can't seem to access it right now. So I really believe in giving people very simple things to start to shift the energy because sometimes we don't have the, yeah. The energy or the drive with we're feel so stuck. So one of my favorite ones is compassionate gestures.

01:16:31 So instead of just again, thinking my way about compassion, I may take hands on my heart and not just taking them there, but just checking in, validating myself and just saying, okay, I really see and sense that I'm scared and anxious and saying to myself, you deserve support and you're worthy of love. And you know, I'm here and I care.

01:16:54 Or if it feels hard to extend that to myself, I might imagine, you know, loved ones or ancestors around me or with me, there's no one way to focus or play with your imagination. But as long as it's creating kindness towards yourself, your, or you're playing with your imagination, seeing yourself, if you're having an anxious moment, you see yourself as a child who's anxious or an elderly person who's anxious,

01:17:20 or an animal who's anxious in your imagination. And then how were you going to go intends to them? So maybe I bring, you know, the elderly person who's anxious in my imagination, flowers, and we sit and smell the flowers together, or my little child self, seeing them anxious. And I bring over, you know, some crafts and we start to craft and hug.

01:17:44 And so just that energy of like physical touch, because the body's getting a message and it might be also tapping at the heart. And here I matter, I feel deeply and that's okay. Just whatever is really, really loving and fiercely kind towards ourselves. Gesture of compassion could also be the hug, which could be squeezing instantly. I didn't force that.

01:18:12 I just instantly took a deeper breath myself. You can also stroke. There's holding your belly or your uterus. If you're wanting to speak more to the uterus, your hands would be just above the pubic bone, quite low in the belly for samples, holding the face or forehead and back at the skull feeling of okay. Containment. And so the combination of the gesture with thoughts,

01:18:46 these realizations that are pouring kindness towards yourself, you know, that one is simple and a favorite one, like, I'll give you an example. It was, I don't know, a little while ago now, but in some really deep grief that was very valid and real. So I was able to recognize that, but the story around my grief was I was judging myself.

01:19:06 So like honor the grief, but in my mind's eye, I was being like, Oh, like, you know, here I am, again, stuck in this grief. Like I was being unkind to myself. And so I was in a little fetal pose having a big cry, letting myself cry. So that was great. I was just all like tensed up and noticing the dialogue that was unkind towards myself.

01:19:28 And then I don't know what I thought of. Maybe just like my inner child. And I went from there to then I just cradled my face instead and did this very gentle little stroke and said something to myself, like internally, like I know I deserve kindness and not judgment for this grief that I'm holding. And it was just that shift and that little hand gesture shift,

01:19:52 but also with awareness that I wanted to be kinder to myself, like how I would touch, you know? Yeah. Like my, my sweet little dog or sweet little friends BD, if that real tenderness. And that felt like my whole system, my body softened a bit, I took a deep breath and trusting that simple things can really hold us.

01:20:12 So sometimes right now, compassionate gesture for me as I'm, again, dancing with some authentic grief coming up is like, I'm going to drink two and a half to three liters of water a day because I'm crying a lot and I'm going to replenish and water's very grounding. Yeah. It's great. That's upset. Yeah. I got my giant jug here,

01:20:34 So it can be many, many things. Like I said, I think because we're so beautiful and evolving as people, sometimes what's a compassionate gesture for me is the fall in flowers right now in spring, I grabbed a bunch this morning and then I fill the bowl and I put the flowers in the bowl, which the bowl of water is a ritual of grief where the water is like a community holds us in our grief.

01:20:59 I can low into the water or crying to the water or just hold like a tangible representation of my heart. I can taking care of my cart. And so it's an action. It's not just me thinking of, I want to touch beauty to help me in my grief. I'm doing an action. And so compassion is an action. Yeah. It could be those things.

01:21:19 It could also be Whoa, I'm really, really like sore and tight. I'm going to put on a song. And just for that length of the song chic, my whole body, or I'm going to compassion also looks like boundaries, you know, and we don't, we're like sometimes like, Ooh, self care with compassion, but sometimes the most compassionate thing in the world is creating a boundary.

01:21:38 And I'll just mention this deeply or quickly, even though it could be a whole workshop, but for those of us who bleed, who menstruate, we're very aware our bodies are aware of the collective energy. So wherever your personal experience of whatever's unfolding or personal grief and the collective for some folks right now, they're bleeding heavier than ever with the X in blood.

01:22:02 Yes. This extra grief and for others they've stopped meeting or their cycles are really different. And I really think that we just need to take extra care and be extra sensitive and protective of that very sensitive, powerful time. So for me, for example, it's yeah. Sometimes canceling a plan or creating a boundary of, you know, I love you for,

01:22:26 you know, the rest of the day, I'm going to be off my phone. I really need time and space. And I'll connect with you tomorrow, or course of any other kind of boundary. Those are just some examples of compassionate action. Oh my gosh. I had shivers at least three times. I think I'm going to take a snippet of this video too,

01:22:46 and just put it alongside with the show notes, because the way, you know, I was following along and putting my hands where you were doing it and the visual of it, it was really powerful. And I could feel, I know for you as well, you felt your body releasing and sighing and from you for me too, I felt lots of,

01:23:02 lots of, I just felt calmer and just, I don't know, more nurtured, totally more nurtured. That's that's the word. Yeah. I do a lot of the hand face stuff. Theresa can see me here. And so I'll, I'll post this with the show notes, this little video. So you guys can take a look at this as well as you're watching,

01:23:21 or as you're listening, you can take a look at some of these beautiful actions that at Teresa Teresa spoke of. Those are incredible. So good. I also think it's really fascinating and I'm, so I'm, I'm really glad that you're bringing in a lot of this body work, because I think that's really under appreciated in our society. And it's something that I'm not hugely trained on in.

01:23:43 So I love that we get to collaborate and I get to, you know, learn from you. And so do so does everybody listening here today and the members of our community and mastermind too? So thanks for bringing that, that really cool and important wisdom about our bodies. Like they hold so much and we don't always understand how to access that knowledge or that wisdom within them or how to,

01:24:05 how to really nurture them. Yeah. How does support, like I keep saying it, but it's so true at a support integrating these different emotions and digesting them, just like we digest food there's processes in the body with how our emotions are felt in the body and how we can really support. And yet we're not really, we're, what's valued most is the intellectual journey or the intellectual experience.

01:24:28 And we talk therapy is wonderful. I do it, I love it. I respect it. And we also need to move our bodies. We live in these bodies, our breath, our diaphragm. I mean, some of the body work, you know, I do with folks is yes, we may be doing a yoga class specifically geared to anger and grief and all these things and moving our bodies in specific ways.

01:24:51 And a lot of times I'm doing, one-on-one work with folks in bodywork, massage energy work, where we are staying, curious to where they have noticed grief, trapped, stuck, felt in the body. And whether it's, you know, a gentle holding touch, like a nurturing hold or massaging the wound, it's just incredible. Like there's so many possibilities of how we can be supported.

01:25:16 And that's, that's the exciting piece for me where people are like, well, you're, you know, work sounds heavy, but I'm like, th there's also this beautiful piece of like, we maybe don't realize all the resources and ways we can reclaim and healing is possible, you know, at any time or reclaiming as possible any time. So just to know,

01:25:33 there's so many more resources and options that we've been taught. Yeah. Well, thank you for sharing. So many of them with us already. I want to tell us more about how people can collaborate with you, work with you. Cause I know you have many beautiful offerings, so tell us all, all of the things that you do so make it all.

01:25:55 I'll take part. Thank you, Lisa. I appreciate this so much as a small queer owned business, that's taken some really big hits during a, you know, any, you know, supportive small businesses that any of us can create is just such a help. And so I thank you for that support and yeah, my offerings, you know, they're pretty vast,

01:26:14 but it's always about transitions thresholds, whether it's offering weddings, funerals, personalized ceremony is something I love to speak to, whether it's one-on-one or with a small group of folks and a personalized ceremony could be around anything from honoring a transition in your life that just society doesn't honor or personal grief or someone who's, you know, recently been divorced. And they want to honor that relationship that ending and their new beginnings or transitions and motherhood personalized ceremony is so beautiful.

01:26:48 So I offer lots of that. And of course the LUME healing work privileged to have learned from midwives in central America and my own ancestry of Italian lineage. And I love sharing these wound, healing, rituals, massage, and body work with folks who are open to it. And yeah, I mean, I think that for many things, so even work with couples a lot and we're,

01:27:14 we're relearning and I'm learning nonverbal ways to support each other more energetic, physical, you know, emotional ways to connect and support each other. And yeah, sometimes folks will hire me just one-on-one to connect and work together. Or sometimes for group workshops or ceremony, gatherings, grief to celebratory, you know, gatherings. And it's just a joy. It's always a collaboration for me,

01:27:43 like a co-creation with you or with whoever connects with me. And that we're really honoring from a base of consent and your intentions and visions, what you need. What's important to you. So it's not about my agenda, but really auditing your experience. And yeah. What else can I say that I just, I, my approach is based in consent and autonomy and sovereignty and,

01:28:10 and deep care and nurturing. So no, no agenda to fix. There's no hierarchy that I'm the healer and you know, anything like that, there's no hierarchy. It's just let's walk each other home. And one of my favorite things is witnessing people, finding their power. They had all along and witnessing people remembering yeah. Their infinite nature, their worthiness,

01:28:33 and leading in reading, and we all need each other. Right? Yeah. So my Luca via is my company. The Wolf way is the translation because I believe wolves have such a beauty

and magic. They remind us, we need each other Wolf pack wolves, remind us, we need the wildness. We need nature. Beauty in nature helps us heal in our grief,

01:28:52 helps us integrate our grief wolves, remind us that we need rituals, whether it's one that you made up yourself or with the group. And then we forget that sort of wisdom brings us back to everything that matters. So it's lovely Pedeia on Instagram and Facebook. And I'm just so grateful. So thank you for being courageous, taking the risk to being revealed,

01:29:16 you know, with your personal stories, taking that risk and to be vulnerable, but what a gift when we get ourselves in each other permission, to be honest, and it changes everything. So I thank you and honor you for what you're doing and creating your community and your passion for community care. That's the way through right now, I believe is keep feeding community care.

01:29:38 Yeah. Thank you so much, Theresa. And I, I've got to say, you know, you said one of the biggest things is one of the biggest joys in this work that you do that could be very heavy. And I'm sure it's having at times is seeing people find their own power. And you've certainly done that for me. And I've been,

01:29:55 like I said, you know, from your prenatal yoga classes to partner prenatal, yoga, to womb healing ceremonies with you and your, your every time, I always just have profound shifts. And, and just remember who like who I am and what I have inside of me. And it never, it always just feels so supportive and in community. And I'm like already like,

01:30:18 okay, how fast can I go online and book my next session with you? Because it's so great. So make sure you guys go follow along with, with Teresa Lupa V on Instagram, go check her out on her, on her website. I think on Instagram is where you kind of show cause you do events as well and even do, or you do a retreat as well.

01:30:36 You do a lot of like you are, you're definitely sharing. You're lifting the veil on a few things, but like you, there's a whole beautiful play shop of experiences and ways that you support and create community. And one-on-one so follow along to know all the amazing things that Teresa is doing. Trust me, you don't want to miss out. Cause they're,

01:30:58 they're good. And I, I, there's a couple of us that are, that have our eye on your retreat as well. So stay tuned. I'm sure after this episode, I better, maybe I should walk by sight now, before everyone else. You also, so generously had a special offer for our listeners as well. Can you share that with us?

01:31:21 Yes. I love to, of course always make my offerings accessible. That's a big part of the social justice piece of my work. And I love to offer yeah, some special discounts when, when I can. And so for anyone listening, if you're curious about one-to-one sessions, whether it's womb, healing work or personalized ceremony or grief support offering half off my,

01:31:45 my support sessions and I do offer them virtually for those who prefer that, or if you're living abroad and also in person with COVID care and restrictions or COVID professions and care or outside even so lots of options for what you might choose, if you want it to yeah. Connect. That's incredibly generous. Thank you so much. Thank you. And you know,

01:32:09 we, we're a small business too. I, and we believe in small business and the power to change the world through small business. So, you know, we want to, we want to support you too. So, and I know the people listening as well as lots of small business owners, lots of people that want to support as well. So that was a time and I love this community,

01:32:28 you know, we all just support each other. It's it's beautiful. Before we go. I have, I have one more question. I want to ask you. It's like a serious question and then I have some, some fun ones. So w I, maybe this is not the right thing to do to label you this way, but I see you as an activist.

01:32:46 And also every revolutionists like, I really feel like you're changing the world. So I want to hear, you know, in your words, what do you see as the revolution that you're creating here and the change, and what does that look like? What kind of a world do you see? Oh, I love that question. And thank you for that reflection.

01:33:03 It means a lot. It means shivers because I've always loved the Chegg Rivera quote at the risk of sounding ridiculous. I believe all true revolutionaries are led by love. And I always speak, I don't know if you know, this leads it, but like every teacher training I leave, it's always like, I talk about revolution on the first day. And people are like,

01:33:22 Whoa, this woman's intense. Like what, but really revolution to me is change. And we need change. So to me, it's like trusting that little actions, whether it's self compassion and undoing capitalists tendencies, you know, but like resting more self-compassion in different ways is a part of their revolution. I can care for myself, understand my needs, how I express in the world,

01:33:48 my soul. I can go out into the world and also support back. And yeah, I love feeding this revolution of love. I love feeding the revolution in reproductive justice, death, justice, social justice, it's it's everything. So in whatever ways that we can amongst everything that we're juggling, feed this revolution of love it's everything. And it has a ripple effect.

01:34:12 And that's, to me, you know, when any ever anyone takes a training with me, I was just say, it's okay if you don't teach this thing that I'm training you to teach, but maybe I just hope that your fire is lit and education is not the filling of a pail, but the lighting of a fire and that's WB. And so I just hope that people get fired up for something that they care about themselves and other,

01:34:37 and knowing that, that it's part of the revolution. And sometimes the revolution is, is resting more so we can charge up to then support community, right? Like it comes in many forms of revolution. Oh, wait a way to end us on all the goosebumps here. Oh, thank you. Thank you. Okay. Here's just my fun, my final questions here that I like to ask all of our guests.

01:34:59 So obviously you're on a podcast called golden girls. So what is the goal that you're working on right now? Beautiful. I am risking vulnerability and I'm doing a course soon. That is, Oh, it's going to be so powerful. It's something that we don't really have much of in this culture and it's a body work and it's a lot of internal body work for internal scars from birth and from all kinds of other reasons.

01:35:29 And of course working deeper with the uterus, the pelvic floor. So it's going to be very powerful healing confronting, I think for me personally, to work through a lot of healing and also it just feels like so necessary. This goal. I have to serve my community in the ways that we really desperately need. Very cool. All right. Well,

01:35:51 I'm, you know, I'm gonna keep following you along and wait to see, let's see what that looks like. So cool. Okay. Now in the last year, what is the best lesson that you've learned? The best lesson I've learned in the last year? What a year it's been? Yeah, this is May 17th, 2021. So, I mean, there's been a year and a year.

01:36:13 Woo. I, you know, I don't know if it's a new lesson, but that, I guess I've always strived for creating yeah. Community and intimacy, but the lesson is just like, no matter what, like always reach out for intimacy and community and maybe intimacy is through touching nature more or FaceTiming a friend instead of texting, but just really prioritize intimacy in my life.

01:36:44 Yeah. Dang. That's good. I like that prioritize intimacy. Oh, so good. Okay. I don't know if you, are you vegetarian or maybe even vegan. I'm sort of between vegetarian and vegan, so, okay. Okay. So this question can probably do a vegan version of it. All right. Give me the other sharing of region B in version poutine.

01:37:05 Do you? I love poutine personally. Yeah. I want to know how you like a shredded cheese or a cheese curd counter person. No, I'm craving protein. I know I have that effect on people. I love talking about food and part Italian, so it brings me joy and it makes me hungry. It would be a vegan version. And I don't know if you've ever had blue hair and cheese.

01:37:28 They're local. They're becoming very famous, but it's like the most beautiful vegan cheese you can imagine. So it's so bad. Yeah. Vegan, blue hair and cheese of some kind on fries. And I don't know, I'm pretty open, but the Kurds are pretty fun. That feels nostalgic for me. I love that. Oh my gosh. Okay.

01:37:46 So I'll make sure we tag blue hair in as well. They are really great. You must have some vegan Kurds. They must do that. Yeah, I think so. Are some of the cheeses more like easy? Make it to current? Yeah. Yeah. And if it's not and they're listening, you know. Okay. If you had a magic wand,

01:38:05 what would you, and one wish what would you use the magic for? I would use it to change anyone in power who is racist or homophobic or transphobic and put all of the most beautiful black indigenous people of color in, in power and leader positions. Yeah. Cool. Oh my gosh. Goosebumps again. Very cool. Very cool. Okay. Back to food because I am also part Italian.

01:38:36 So I feel you on this. Yeah. If you could travel anywhere for right now for food, where would you travel and what would you eat? I love that. Oh, it's yeah. When I had the absolute privilege to travel, it was always about like food. First of that place that I would return to, especially, I mean, I have to say,

01:38:57 yeah, Thai B, I'm going to do a tie between Italy because that's sort of the Familia is, and that's where so much of the beautiful food is. And like the food growing on the land and the authentic ways of preparing Italian, you know, making LPL together and Costa Rica, because I used to travel before the pandemic, very privileged to go to Costa Rica,

01:39:19 Nicaragua central America every year in the spring. And yes, the food off the land, especially tasting cacao from CocoaPods growing in the land. Yes. Wow. Okay. I'm thinking by now, everybody's hungry. If you're not hungry, I don't know what is going on there. That sounds amazing. Thank you so much. He's ending on a bit of a fun note,

01:39:47 but I, I wanna say Theresa, thank you for such a deep and profound conversation and also experience, you know, I think I'm sure we both, you and I felt a lot of things in our bodies. I'm sure anybody listening, whether it was tears, whether it was size, whether it was that hug whenever you felt, whatever you needed,

01:40:07 you know, thank you Theresa for creating this space for, for being here and sharing all your incredible wisdom. You know, you are absolutely changing the world in many

ways. And I know with, with this episode, with everything you just shared here and with the work that you continue to do, your crew, we're making a space for all of us to,

01:40:27 to give ourselves more compassion and not just in our heads, but physically give ourselves more compassion. And, you know, I really feel like you let allow us to live our lives in the deeper throws and to really be our, in our wholeness and the messy messiness of humanness, and also to then really thrive and be authentic and, and feel all the beautiful things in life as well.

01:40:48 No, it's such important work and there's nobody better to do it than you. Thank you so much. Thank you. These Are gifts, these words, and I adore you and bow to you and to everyone listening, thank you for your openness. And if you listened and it was a journey for you, just try anything for him, a little shake out of your body or a dance or a cry or journaling,

01:41:08 or walk out in nature and drink some water and just know that yeah, there's ripple effects when they speak truths. So you may have all kinds of different things come up, but just keep connecting to how do you compassionate? You hold yourself and integrating this podcast. Yeah. Thank you, Lisa. Thank you. Oh my gosh. You have an amazing ripple effect.

01:41:28 Thank you.