

**EPISODE 43**

**JG:** I hear this all the time and I certainly focus myself, which is if I let myself feel this way, I'm going to feel this way forever. If I let myself have this feeling, I am going to spiral down into the pit of that feeling and never be able to get out."

"When you're dealing with the itty bitty shitty committee, it's very important to get, as you said, curious about it. Don't fight it. Get curious about it and then the next layer and level that I offer my clients is the itty bitty shitty committee is a part of you that is in pain. So what does that part of you need? What does that part of you need? And part of the practice of reconnection is learning how to offer yourself and that part of you that is in pain, the thing that it needs."

[INTRO MESSAGE]

**[00:00:47.1] AS:** You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

**[00:01:28.0] JB:** And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRODUCTION]

**[00:01:37.1] JB:** Welcome to episode 43 on the Insatiable Podcast. Today, we have Jamie Greenwood on the show. She is a life coach who focuses on emotional resiliency. Her passion is coaching driven soulful women to reconnect with themselves for greatest presence in their lives. Jamie attended the Institute for Integrative Nutrition, which is a school both Ali and I went

to, and she quickly realized that in order to help people she had to look beyond the kale and get a little deeper sense of what drives them on to have food issues. Jamie is a featured speaker and trainer for companies across the US and her writings have been featured on the Huffington Post, Mind Body Green and Tiny Buddha.

In today's episode Jamie reveals why she quickly became a life coach and now a health coach and she reveals the magical three P's; presence, peace and power, and how these lead to authenticity within yourself. You will also learn a telltale symptoms of when you are being a fraud and not living into who you actually are meant to be. If you have young kids in the car, I recommend you might want to listen to this in your bath tub because Jamie's favorite word is the F bomb and it's one of the reasons why we love her so dearly.

So we hope you enjoy this episode just as much as we did.

[INTERVIEW]

**[00:02:48.8] AS:** Welcome everybody. Today we have Jamie Greenwood here who we are going to talk about reconnecting to ourselves and Jamie we're so excited to have you here.

**[00:02:59.2] JG:** I'm pumped to be here.

**[00:03:00.2] AS:** Thank you for joining us. So before we get into reconnecting yourself and how you found this work, I think it's really interesting that you started out as a health coach and have evolved to a life coach and I think tell us how that happened.

**[00:03:15.0] JG:** Yeah it was a really kind of natural evolution. As you said, I started out as a health coach helping women eat better and take care of their bodies and on one level it was reconnection, it was reconnection to their physical selves. And I just found after doing that for a few years that you can only talk about kale so much and then you have to get under the kale. You have to look a little deeper and I just found the issue was really less about their food choices and more about what they believed about themselves that was leading them to the food choices.

What they believed about themselves was impacted by a number of factors, but it also then fed into their career and their relationship and what they saw for themselves, what they believed about themselves. And so I blew it up and I still talk about food and body with my clients, but it's just one slice of the larger life pie, we'll say.

**[00:04:06.5] AS:** Yeah, I wanted to ask you that because I think so many people, health coaches and myself included I added an emotional piece but start out with food but then you really discover if you want to make the kind of changes that your clients really want, you have to get underneath the kale. I think for everyone listening to realize don't keep reading up on nutrition information. You know enough.

**[00:04:31.1] JG:** Exactly and that was it. My clients were driven, intelligent, soulful women who pick up a lot of books. So I found that the nutrition piece was really not about me necessarily educating them that much but just more like setting them straight. Just maneuvering them to the left or right depending on where they were and their thinking around food. But that just didn't take that long and then we had to look at everything else.

And it's the everything else that really got me excited because my huge value for me is truth, like serious truth. To the point where I have a hard time dressing up at Halloween because I am like, "I am not a pumpkin, I'm Jamie." Like seriously. It is so engrained in me but I am like, "I can't dress up. I have to be myself for Halloween," you know?

**[00:05:23.1] AS:** Wait, what was the most non-you costume growing up?

**[00:05:27.4] JG:** Oh my God, no. I just defaulted every year to like, a ghost.

**[00:05:32.5] JB:** Just you but dead, no.

**[00:05:34.0] JG:** Yeah, exactly. I'm just a dead Jamie.

**[00:05:38.6] JB:** There is a lot of that could do. A zombie. You could be a zombie, we could come up with a list if you want after this. We're getting ready for that this season.

**[00:05:47.1] JG:** I told you one of my biggest shame trigger points right now is I am a Halloween Grinch, I just am. But I think it comes down to this, for me, it's been a big enough journey just to be myself. It's been a big enough journey just to discover my own truths and some universal truths that I think we all are searching for that yeah, that's where I want to be. I want to be kind of in that truth.

**[00:06:08.7] JB:** Yeah and I think a lot of people, when you ask them like, "Who are you?" They really don't know the answer to that question because everybody is trying to, they are always seeking that to figure out themselves and they're constantly bombarded with the media and what they're supposed to be or what they're supposed to do with their lives.

What they're supposed to look like. So this idea of reconnecting with the self, I am assuming we are talking about the soul stuff like who you really are and what you're supposed to be doing and how you're supposed to be acting and reacting instead of doing things because you think that's who you should be.

**[00:06:43.7] AS:** Yeah and I think you know what bothers me? Is when I see all these memes like "be authentic", like it's an end point.

**[00:06:49.5] JB:** Yeah, authenticity is such a buzz word.

**[00:06:52.2] JG:** Yeah but it's an unfolding. You are different all the time and I find, especially with women, it's more of an unlearning. What you were saying, and this gets into a little bit of adult development that I look at, the lens I look at stuff through. But so many of us, different aspects of our personality are stuck in what's called the socialized mind. So we're looking at what would be acceptable, what would that person think? Versus what do I think? And we've done that for decades that we think certain things are who we are rather than a symptom we are having because we are never told to look inside or were taught to relate, to think about others and it gets...

**[00:07:30.6] JB:** It's interesting that you say this because I was just talking to my therapist about this and I was explaining to her this dilemma that I have where I have the "ego self" telling

me to do one thing and then the “soul self” telling me the thing that I really should be doing and then I still want to listen to the ego-self and even though I can discern between the two.

**[00:07:50.4] JG:** Well then I would probably say the ego-self is the socialized self, which I call the good girl. It’s like, “But this is what looks good,” and you get a benefit from that and there’s a payoff.

**[00:07:59.5] JB:** Exactly, there’s always a return in their society for something like that.

**[00:08:03.7] JG:** Yeah.

**[00:08:04.0] AS:** Because you always have to meet clients where they are, right? So if someone is struggling with food, you do have to get relief with food, right? That’s why I, at least with my clients, they are still little unsure. We look at things from a medical perspective so it’s a little bit different than just whole foods and stuff like that so what are the pain points that your clients now come to you for because they’re truly disconnected from this authenticity?

**[00:08:30.2] JG:** Yeah, that is an incredible question and really, the reason why people come to me is that they have been very externally focused. They have been hunting down the career, they have been hunting down the relationship. They have been doing all of the things that, as you said, they should be doing and they are very externally focused and they built this really pretty thing and they’re in this really pretty thing and it doesn’t actually feel good in their soul.

There is just something missing and so the pain point is just that of like, “I did everything I was supposed to do and now I’m here then why don’t I feel as good as I want to feel?” Whether that is physically, emotionally, mentally, or spiritually, which is how I break it down. Because you can also be eating a really “clean diet” and not feel good. That happens all the time and it’s because it’s like, “Well, were you listening to your body along the way? Or did you just adopt a diet that you thought was the best diet because that’s what everyone told you to do and you picked up the book and you were like, “Okay, I’ll do it?” So yeah, the pain point is wanting to connect to a self that was probably there in the beginning that they’ve lost overtime.

**[00:09:32.5] JB:** Yeah, I think there is still this idea of being able to accomplish things, right? In your career in finding the relationship but along the way, if you could be connecting with yourself during that process, how amazing would that be? And that doesn't happen with people.

**[00:09:46.8] JG:** Yeah and that is the whole thing in our culture it's all about the end goal and productivity and what are you doing?

**[00:09:54.5] JB:** Because I want to clear that up for people. Because I feel like sometimes people are very black and white. They are like, "Either I am grinding and I'm being productive and I get there," and then they feel like shitty when they're there because they don't feel content and they feel that emptiness. Or they're like, "I just have to meditate and do yoga all day and eat healthy and then I'll feel so connected to mother earth and myself." There's never connecting the two. You can be super successful, grind it out and connect to yourself.

**[00:10:21.7] AS:** Yeah, I agree with you. I also think another reaction is doing the pursuit succeeding, but then looking to another area of your life and saying, looking for another finish line. Because you still feel empty or incomplete. So that's where I help, at least with me with my clients, what are you projecting onto weight loss? That finish line.

**[00:10:39.0] JB:** I know it's corny because people hear this probably so many times that are listening like, "There's no end, there is no finish line."

**[00:10:45.5] JG:** It's all about the journey.

**[00:10:46.9] JB:** Yeah, there's no top but.

**[00:10:48.3] JG:** Yeah and when we can say that in our hippie woo-woo voices, and it's true. Because I get sucked into end goals all the time. Oh my god, do you know how much I love checking shit off the list? It's like joy and there's actually nothing wrong with that as long as I am remembering that that's not the only thing. I think, as you said, I don't think it is just about grinding stuff out or it's just about sitting on your yoga mat and meditating.

I think it's about integration and finding that flow within yourself. Because I am a very driven person and I want to get things done but I want to do it in a way that's sustainable for me and for my life and I am experiencing joy and contentment along the way before I've gotten to the thing I think I need.

**[00:11:28.7] JB:** Because I was just going to say that when people are working, working, working a lot, they are feeling that stress, that pressure and then there is this magical thinking of, "All right but when it's over, I'm going to just feel this orgasmic sensation like everything is going to come together," and then, as you find with clients that are coming to you, they're like, "Holy shit, I got there and I felt worse than when I was on my way."

**[00:11:51.6] AS:** Or it wasn't enough, "I was insatiable. "

**[00:11:54.1] JB:** Yeah.

**[00:11:54.4] AS:** Well so Jamie, Juliet's question is such a great one of like where is that medium point between I'm going to meditate and be so "pure" and do everything right, which is it's own pressure. Or grind and success and I think what your answer to that is presence.

**[00:12:09.7] JG:** Yes.

**[00:12:10.3] AS:** So tell us about that?

**[00:12:11.9] JG:** So reconnection really happens through three pieces. I call them the three P's: Presence, Peace and Power. When we can be present with our self in the moment when we can be okay with where we are and feel what we feel without judgement and experience that without criticism. We then move into a sense of peace within ourselves and when we have peace within ourselves, we have access to self-kindness and self-compassion.

When we are feeling at piece and connected to ourselves, we also tap into a sense, a really strong sense of power that we can do anything that we can use our voice and we can speak our truth and we can go for things that we may not have gone for before. And I think what happens generally is that we skip over peace and presence, we just want the power, right?

**[00:12:57.9] AS:** Power to the people.

**[00:12:59.2] JG:** Yeah, just like, “Give me the power, give me the accolades, give me the juice,” and then we get there and we don’t have the self-compassion that we needed for the journey. We don’t have that sense of calm in the middle of it. We don’t have the presence to be able to maneuver and pivot in difficult situations that life throws us in all the time.

**[00:13:21.1] JB:** So what are the tools that you provide your clients for that presence or what are you thinking?

**[00:13:25.8] AS:** Yeah, I think what would be helpful for the people listening is let’s give them examples of becoming present like step one. Like this week in Truce with Food, I am having my clients start to identify, when their mind starts to dart to food, exercise, or weight loss, I want them to instead of just automatic pilot going there, get present with what’s the actual emotion underneath that?

When you’re at work at 3 PM and you think it’s because you’re tired, maybe it is, but why are you going to the candy jar instead of doing that e-mail or whatever? So I think people have to first, everyone is so used to that grind in the forward motion, what does it look like for clients to be able to be present? I want them to capture what are the musts, the have-to’s, the should’s or the food thoughts on what’s really going on there. So that’s how my clients see that they’re not being present in a way that they are on automatic pilot. Is that the same with your clients or is it different?

**[00:14:23.9] JG:** Similar. Very, very similar. Presence really starts in the body. So when I ask someone to get present or practice presence, it starts with breath. Just taking a big deep breath and getting into your body. I love hand on heart, hand on belly, and I am sure your listeners have heard this before, but we still don’t do it. That’s the thing, we know it and we don’t do it. So the presence is at first, “Okay, I’m feeling outside of myself in some way and so I want to be present in this moment. So let me breath and create some physicality so I can feel my heart and feel my gut and just be in my body in this moment.”

The next is what you described, which is, “What am I feeling in this moment? What am I experiencing right now that is making me either want to yell at the person that I am currently engaging with or run away or fight? What am I currently experiencing?”

**[00:15:14.4] JB:** And I think that every, because you are saying, people know to take that deep breath and that that may lead them into that presence. The thing that I think stops people from doing that is they want to avoid those feelings. They don’t want to have them because they feel a lot bigger than they really are. So I don’t know if you want to explain that to our listeners a little bit about being stepping into that versus avoiding that?

**[00:15:39.1] JG:** I hear this all the time and I certainly felt this myself, which is, “If I let myself feel this way, I’m going to feel this way forever. If I let myself have this feeling, I am going to spiral down into the pit of that feeling and never be able to get out.”

**[00:15:51.8] JB:** Like have a nervous breakdown.

**[00:15:53.0] JG:** Exactly. Those things feel very real. They feel very real to us. Real but as a wonderful meditation teacher Tara Brach says, “Real, but not true,” right? Yes, your feelings are 100% legit and real but do they actually true to what is actually going to happen? Which is usually no. Usually you are not going to spiral down into a pit of despair if you just acknowledge that in this moment I am feeling overwhelmed. In this moment I am actually feeling sad.

And I say this all the time to my clients that emotions and feelings are like angry two year olds, the more you ignore them, the louder they get and so when we avoid, we’re actually exacerbating the issue versus just being present, holding the part of us that is having the feeling as a mother would a child and just watching it wave and crest over you.

**[00:16:38.3] JB:** Because if you want to avoid the nervous breakdown then this is what you need to do. Otherwise, like what you were saying, it will just get louder and louder and louder and then that pit that you are worried about could actually occur.

**[00:16:49.4] AS:** Well and what I say to my clients, classical change theory is what we resist persists, right? What we embrace dissolves. I think for people listening too as someone who I

used to totally avoid my feelings and even a lot of my clients are like, “I don’t even know what I was feeling before.” It’s a new habit so people are often then like, “Am I getting this right, am I not?” But just the first step of labeling, “Oh this is a thought I am having,” or labeling the emotion you’re having, research show that labeling of just the, “oh this is thought” versus “this is a feeling”, all of a sudden it puts boundaries around it. So don’t feel that that’s going to happen forever and the more distance, I mean this is a lot of what I work with my clients, is getting clear on what that emotion is, right?

Clients will say “overwhelmed” or “stressed”, that’s not an emotion. That’s the words you don’t have quite yet for the emotion but the first step is just labeling when something’s a thought or an emotion because my clients are in their heads all the time. When you say, “Be in your body,” it’s like, “What does that mean?” So they don’t even have the language but for anyone listening, it can be scary but just labeling “this is a thought” versus “this is a feeling” can decrease that. It makes it an object instead of you subject to it, which is when it feels like it’s never going to end.

**[00:18:06.8] JB:** And thoughts aren’t necessarily truths. A lot of times they’re just stories versus being in your body and having a sensation that is actually happening in the present moment.

**[00:18:17.0] AS:** I love that you talked about sensation because this is what we’re on with Truce with Food is we get people to identify where in their body. Because everyone has a different sensation and it’s actually that then our feeling is what we make that sensation mean and it’s different for everyone, which is why it can get a little complicated. But I don’t want to get it too complicated for our listeners, but just starting to say, “Hey, there is valuable information in my emotion.” Because in our culture, we only value the analytical thought process and our emotion has so much wisdom for us to learn them.

**[00:18:51.6] JB:** I want to go back to reconnecting with the self. Just this idea of who you are and who you really are, not what you’ve learned to be. So how do you continue this journey with your clients and them figuring that out? Or even if you want to use yourself as an example Jamie, how did you finally come to this place where you’re like, “I’m me. I am not changing for anybody.”

**[00:19:14.4] JG:** And yet we are always changing.

**[00:19:16.7] JB:** That didn't sound right, but you know what I am saying.

**[00:19:20.4] AS:** Where did you come to the peace part of your process? If we're at presence, we have covered presence.

**[00:19:24.4] JG:** So let me say this. This is also not a journey with an end. I cycle through presence, peace and power every single day, sometimes every single hour because I get pulled out of myself every single day like we all do because none of us live in a bubble or a vacuum, right? We sit in traffic and so reconnection can be as simple as breathing and reconnecting with yourself while sitting in traffic so that you're not as triggered and you don't use your horn as much.

But my journey, my journey back to myself really happened — well, it was interesting. I was given a lot of opportunities in my 20's, which I did not take advantage of. So it didn't actually happen until my early 30's when my husband walked in the front door and said, "I don't want to be married to you anymore," and for me that was it. Because what I was hearing from the person that I thought I was going to be with for the rest of my life is, "I don't want you."

I felt like I was really given a choice to either believe him, believe that he didn't want me and also believe that no one else would and really get down into that spiral or choose myself and I decided to choose myself. And that was really when the reconnection happened for me and of course, what that actually looked like step by step was more specific but in just moment of like, "No. No, I'm not going to betray myself anymore. No, I am not going to try and be the person he needs me to be or wants me to be, I am just going to be me."

Which means I like to go to bed early, which means I am not a party animal and I am allowed, that that's okay. I'm like an old lady and I love it now. I love it. But reconnecting just on a very basic level was letting the things that I love be okay. Just really trusting what I loved and letting that be okay because in my marriage, I was constantly being told that what I loved was boring and stupid and as someone who believes in change, I was like, "Well, I guess I will just be growing and I'll just change" and then I realized...

**[00:21:19.4] JB:** “I’ll try to make the other person happy.”

**[00:21:21.2] JG:** Right, exactly. “And then I’ll be happy because he’s happy,” you know? It’s like, “Oh okay.” And then I also do a lot of coaching with my clients around reconnecting to themselves while in a relationship because I have a lot of experience in both losing myself and finding myself.

**[00:21:35.0] JB:** Yeah, I think people can get scared, “If I really start to find myself and start to really embody what I truly love,” that their partner might want to run away from them because they are like, “Who are you? I don’t know you.” But real relationships, you are both always growing.

**[00:21:50.5] JG:** Exactly.

**[00:21:51.1] JB:** Reconnecting with the self and then you’re both coming together and sharing that with each other and it is an exciting cool thing.

**[00:21:56.8] AS:** Well was it Dr. Esther Pearl who said like, “We would all have three distinct relationships in our lives and hopefully it’s with the same person”? Or for some people it’s with the same person?

**[00:22:08.4] JB:** Probably, I mean think about the stages of your life. You are not the same in your 20’s, 30’s, 40’s, 50’s you know?

**[00:22:14.5] AS:** I know. She just wrote the book *Love Warrior*, Glennon, I am forgetting her last name but she is...

**[00:22:20.7] AS:** Doyle. Glennon Doyle.

**[00:22:22.0] AS:** Yeah, Glennon Doyle and I love that she said her husband was Craig, they divorced. It had came up and he had been cheating on her since the beginning and they are getting a divorce but she said, “Our marriage isn’t over, it’s complete,” and I love that distinction because she said they both helped each other heal and grow in so many ways and it’s not a

failure because it ended. It's just, if you want to look at it from a spiritual perspective, emotional, their roads together ended but it's complete. It's not over, you know?

**[00:22:51.5] JG:** Yeah. I mean I...

**[00:22:52.6] JB:** That would be another whole other podcast topic but yeah, relationships, divorce, marriage, I mean all of those constraints we put on ourselves and you know how it is supposed to be, I love that.

**[0:23:01.8] AS:** Yeah, so Jamie, we talked about presence. Peace; how did, in your own story, let's use you as an example, you start to come to peace which you describe is compassion, self-kindness with being an old lady, as you say. Which, that's why we're friend.

**[0:23:17.3] JG:** I know, it is. It's like, "Do not text after 9:45 PM." Because we're old ladies and I love it. You know, the peace really came, part of presence is sitting with what is, right? Then peace is being okay with what is. That is again something that I have to touch upon over and over again. But when you do it, it's really, it's why it leads to power. It feels like you can fly. When you can sit with what is and be okay with what is, you're like, "Bring it on, this is incredible." Because you don't get thrown around and buffeted around by either life or your feelings in a way that you used to. There's a solidity there and for me, finding peace comes from the presence practices that I have put into place, which includes meditation and I have been chanting, oh my god, you guys.

I got into chanting about a year ago and I have this mala beads. For certain circles like mala beads are like pretty things you wear but in other circles they're actually things that you use to chant. I've been chanting every morning and I do this one chant that is all about helping dissolve roadblocks. Helping dissolve barriers, whether they're inside yourself or externally and there's a mantra for everything. But it's just another way in which I've been able to find peace within myself of meditating every morning with this chanting around dissolving barriers and dissolving blocks, whether internally or externally.

**[0:24:47.9] AS:** I've totally, I started meditating like two months ago and it's a chanting, it's sapta na ma, which is like I think it's a kundalini chant. I don't know what it actually means but the chanting and like the finger, I do like finger taps.

**[0:25:02.8] JG:** Which is the exact thing, you're just counting to 108, which is what the beads are.

**[0:25:07.7] AS:** I do it just for 12 minutes but something about the chanting, because my mind — I can't do traditional like still meditation yet or maybe ever, but there's something about the chanting and being able to focus on that makes it pleasant.

**[0:25:21.2] JG:** I love it. I mean I literally...

**[0:25:22.2] JB:** So I think that people should experiment with, like what you're saying Ali, maybe you do need to chant, maybe you do need to move your fingers. Maybe yoga class, you're doing a moving meditation like it doesn't have to be still practice.

**[0:25:36.5] AS:** Yeah. I think for listeners, one way that I see what Jamie is describing in my practice of presence and this I think will apply to a lot of our listeners, is when my clients here make it a self-talk. They think that to stop having negative self-talk, they should tell themselves, or remind themselves why that's negative self-talk. What I say is like, "No, actually, what we want to do is what if we questioned it right? Let's be with it, rather than denying your own experience."

**[0:26:03.8] JG:** Rather than saying, "Shut up."

**[0:26:05.3] AS:** Or, "Shut up voice." Or if someone says you're not good enough, it's like, rather than saying, "No, that's not true, here is all the reasons I'm good." Because what my clients then tend to do is list all their accomplishments, which then still keeps them in the cycle of valuing themselves based on their accomplishments.

**[0:26:20.2] JG:** Yes.

**[0:26:21.9] AS:** I really want them in that print for me in my practice to present as questioning it, bringing curiosity to what is and I think that will apply for a lot of listeners who try to have positive thoughts or positive mantras or try to override the negativity that they're feeling rather than be curious about it.

**[0:26:39.7] JG:** Yeah, and I would just kind of add one more level to that because you're so right, I call it the itty bitty shitty committee.

**[0:26:47.7] AS:** That's more memorable probably.

**[0:26:49.2] JG:** Yeah, because there's always more than one voice, it's not just one negative voice. It's like you've got multiple, right?

**[0:26:54.8] AS:** The rave.

**[0:26:56.2] JG:** Yeah, it's a total rave. When you're dealing with the itty bitty shitty committee, it's very important to get, as you said, curious about it. Don't fight it, get curious about it and then the next layer and level that I offer my clients is the itty bitty shitty committee is a part of you that's in pain. What does that part of you need? What does that part of you need? And part of the practice of reconnection is learning how to offer yourself and that part of you that's in pain the thing that it needs.

**[0:27:25.1] JB:** Can you give us an example, a client example or yourself perhaps just when somebody realizes, "Okay, this is me in pain and the emotion behind it," and then they find out what they need, what might it be that you see sometimes people need?

**[0:27:39.2] AS:** Yeah, give us a client example?

**[0:27:40.4] JG:** Yeah, so a client of mine recently was in a — she's a top executive for a major architectural firm and so she's running multiple projects and programs all at once and she was in a meeting with a client and the client was being very adversarial. He just was like going at here and she was feeling a lot of pain in that moment. Instead of responding with equal venom,

which wouldn't have been helpful, which is what she would have done in the past. She would have been like a bulldog and just like fought him.

Instead, she took a moment, she took a breath, she connected with, "What is it I'm feeling right now? What is I'm feeling right now is shame. I'm feeling shame because this person is telling me that I'm not doing a good job, that I'm not good enough." And then the second question after "what is it I'm feeling?" is, "What is it this part of me needs? Well, what I just need is some understanding and love right now."

This all happened in like 15 seconds but she was able to give herself understanding and love in that moment for the part of her that was feeling shame and in doing so, she was able to also take a breath and respond to him in a powerful, yet calm manner. At the end, he was actually more respectful than he had when he walked in because of how she responded to him. But had she fought him, it would have just blown up and they would have had to start all over again and she would have left not only having upset the client even further, but also filled with shame and probably rage as well.

**[0:29:05.3] JB:** I love that.

**[0:29:06.5] AS:** Yeah, I know. That's where the magic happens. In Truce With Food, we get to when you feel a feeling, what's the story behind that? And kind of identifying people, I call it the fight or flight habits. There's fight, flight, freeze or tend and befriend. But very similar, the goal is to give yourself space around it so that you can have more choices than all or nothing, right? Than arguing and coming back at you or not saying anything which then also makes you feel ashamed because you're like, "I didn't stick up for myself."

**[0:29:36.3] JG:** Yeah, just being meek and not using your voice.

**[0:29:38.6] AS:** Yes, and I'd like to speak to that for a second because that's usually the only two options we give ourselves. I'm either going to fully fight or I'm not going to say anything and be like super easy, "I'm just going to be chill today. I'm going to be super chill."

**[0:29:52.9] JB:** That's always, for me, my issue over the years is finding myself not standing up for myself. Having, thinking all of this thoughts, things that I want to say to my business partners or maybe a friend or if I'm feeling like there's a situation going on where something needs to be rectified and my tendency has always been to just not say anything at all and then just feel really shitty after. But again, getting present and sort of taking a step back and realizing what a lot of time when we're quiet it's because we're afraid when we speak that somebody will shame us.

I think shame is so big, right? That someone will make you feel like your voice isn't being heard or you're not being validated and so you're like, "Well I don't even want to go through that so I'm just going to just not say anything at all."

**[0:30:39.2] JG:** Yes, yes exactly. And let me say that when we can do this practice of getting present, finding the peace and then locating the power, the power isn't just ramming what we finally have understood about ourselves down someone else's throat. It's actually delivering what we know to be true with love and compassion. That we can deliver difficult news coded in a way that it can more easily be heard because we have first done that with ourselves because we have given the part of ourselves love that needed it.

**[0:31:07.7] JB:** It's really interesting, just thinking about sometimes the people that we look at and envy their presence and their personality is often times something that we have within ourselves that we are too afraid to let out of the cage. I'll give you an example, one of my best friends, she is so fiery and she really just says whatever she wants and doesn't care about anyone's opinion. She's super charismatic, she's hysterical and very quirky and that's again, something, part of myself that I shoved down for the fear of judgment, especially in the careers I've always been in. People are always looking at me, you don't want to be out of the box. You want to stay in your box.

**[0:31:57.0] AS:** Normal is a very tight tightrope.

**[0:31:59.3] JB:** A long time ago I had this, it hit me, I was like, "Oh my gosh, everything about this person and I do have within myself, I just don't let it come out," and I think we're talking

about like being yourself, reconnecting to the self, sometimes those are things to look for. “What do I like about this other person?”

**[0:32:14.7] AS:** “What am I jealous about the other person?”

**[0:32:16.1] JB:** “What am I jealous about? What am I envious about?” There’s something that they have that you could have but sometimes we’re too afraid to let that side of ourselves show.

**[0:32:24.9] JG:** Oh my god, for sure. I mean, I have this in my life like now going to be probably forever. My partner has an eight year old daughter and she is big, she is a big personality and when she walks into a room, she owns it. When I first was around her, I was just like, “Kid, like learn your fucking place. You’re a kid, I’m the adult,” and I found myself like wanting to squash her a little bit.

Then, thank god, I have a presence practice. I was like, “All right Jamie, this is about something bigger than this kid. Why don’t you just look inward for a second and realize that I too want to own the room. I too want to be big, and when I was younger, I too was told to chill out, quiet down, close your mouth.” It was just really fascinating to kind of see that connection and then realize like, “No, I can let her be as big as she needs to be and I too can be as big as I need to be.”

**[0:33:19.5] JB:** Do you hear that parents out there?

**[0:33:22.0] AS:** I think that’s so important because, especially for girls.

**[0:33:23.7] JB:** Because I was that same way when I was younger. I would sing in the car, I would put on shows for my parents. I’d be like, “All right, it’s show time everybody, sit down, I’m going to put on a dance recital right now,” and they’d be like, “No, we have shit to do and you need to calm down because that’s just a little too much for us right now.” There’s appropriate ways to do things but I think that it’s important if you are, for parents listening, we have to be careful with that, how we shut our kids down from their big personalities.

**[0:33:51.2] JG:** It's such a delicate balance. Because also, I will be honest, if I'm constantly indulging her, she thinks that everything is about her and that I don't have any needs either.

**[0:34:01.8] JB:** You don't want to create a narcissist either.

**[0:34:02.6] JG:** Right, and like sometimes we do need quiet in the car. Not every car ride has to be a sing along. However, more often than not, we do and it's because I can now participate in her joy and in her bigness where as before, I was intimidated by it because I wasn't allowing myself to have my own.

**[0:34:19.9] AS:** So what does that reconnection feel like in relationships then?

**[0:34:24.8] JG:** Oh balls, this is such a question.

**[0:34:29.0] AS:** You gave it to me.

**[0:34:30.3] JG:** I know.

**[0:34:31.3] JB:** You have your outline Jamie.

**[0:34:34.0] JG:** I know. Then I do this to myself because I send you guys questions.

**[0:34:40.2] AS:** I just ruined it. It looked so elegant and then I'm like, "But we had all the questions." No, but I think it's an important one because so much of this is about feeling and how it feels versus what's really happening. I mean it's all about what it feels like.

**[0:34:52.6] JG:** So reconnection in a relationship looks like not doubting yourself, I think that people endlessly doubt themselves in relationship for any number of reasons, primarily because they're afraid of the push back they're going to get when they share what needs to be shared. But reconnection in a relationship looks like knowing what's true for you and as I said before, vocalizing it in a way that offers love and compassion and also, reconnection looks like if you don't get your way, you don't — it's not over for you.

Often times if we bring something to a partner and they can't provide it to us or for us, we ignore it instead of asking, "Okay, if he or she can't provide this to me, how can I provide it to myself?" And caveat, we also don't want to be in a relationship where we're constantly providing for ourselves because that means that our partners aren't actually in it with us. However, it really is circumstantial. Reconnection foundationally is about not losing contact with what you know to be most true for you and then vocalizing that truth.

**[0:35:52.2] AS:** This is kind of from an earlier question but one of the challenges I think with all of the work that we do is that you don't know what you don't know. You don't know in a way what you're really missing. Again, you think like, "I'm just someone who overthinks things, I over analyze things, I don't speak up," right? You're learning, "Oh no, I can speak up. Or this other person, she doesn't care what anyone thinks." Meanwhile maybe your best friend isn't quite as out there. A lot of times people who always have to be out there also have their own stories about needing attention and you know?

**[0:36:23.4] JB:** For sure, everybody has a story.

**[0:36:24.5] AS:** Yeah, totally.

**[0:36:24.2] JB:** Everybody has shit they're dealing with.

**[0:36:26.2] AS:** But I find that with my clients often, once they heal, we work on the stories and different but similar but it's like, I didn't even know that this possibility was out there. I am discovering a level of freedom or level about myself that I didn't know I needed and that's really challenging to bring that awareness and I share that because I think sometimes in relationships, what we normalize is a fear of conflict.

Normalizing, in the same way like in Truce With Food this week, one of my clients is realizing that she has the story that if something is easy, it's not worth doing and as a consequence, makes things harder for herself. So it's like, "Oh my god, I can have ease and meaningful work?" But it's like, the relationship there with work that she's normalized is a struggle and that feels healthy.

**[0:37:21.5] JB:** I think people tell themselves that with so many things, exercise, “If it’s not like the hardest thing that I’ve ever done.”

**[0:37:26.0] AS:** If I’m hungry, I’m winning.

**[0:37:28.2] JB:** Yeah, or, “If this meal isn’t like just a bunch of vegetables and the most cleanest meal, then it’s not really like working for me, it’s not that healthy. It’s cheating.”

**[0:37:41.0] AS:** Yeah, or like so many people I’ve worked with who, and I’ve talked about this in healthy, like this concept of healthy hunger. People think if they’re like flying high like if they’re trying to do a vegan or vegetarian diet and it doesn’t really work for them, they’re not getting enough fat or meat, so they feel so up and like, which makes them feel almost like a little manic, the opposite of down but they’re like, “That feels like healthy.”

**[0:38:05.1] JB:** Yeah, like, “I have so much energy.”

**[0:38:07.2] AS:** Yeah, “Oh my god I’m so,” versus it’s like no. What’s healthy is groundedness, calm.

**[0:38:14.0] JB:** But also what’s healthy is, and Jamie you were talking about this, is like knowing what’s healthy for you. Not what you read in a book, what your friends says it’s healthy for them. You constantly do have to, not constantly because once you do it, you kind of know what works for you. But it does take that presence to get there in the beginning to ask yourself, “How does that make me feel when I ate meat on my salad versus when I had just a vegetarian meal?” And it might take a little bit of time you know? But it’s important.

**[0:38:47.0] AS:** I think Jamie, we went to — Jamie and I both have gone to the Emerging Women Conference and we hear Eve Ensler and when she was coming out with her book, *Body of the World*, which at the end we all were like crying, sobbing. She used the metaphor of like raping women, we think we can rape the earth. Like taking — it was just, I love metaphors so it was great. In her poem, she talked about in relationships, “I reached,” — and I’m paraphrasing. I cannot replicate her eloquence, she was powerful.

She said, “I reached and reached for love and then I realize love doesn’t require reaching.” Or something along those lines, do you remember that? That’s what I guess I meant in relationships, we often think it’s, you know, and we don’t know that healthy relationship or a healthy — there’s a lot of other options.

**[0:39:36.2] JG:** There’s a whole other level of ease.

**[0:39:40.0] AS:** Yes, that’s kind of what I was dancing around.

**[0:39:41.9] JG:** There’s a whole other level of ease and my partner and I now, look at each other sometimes and we’re just freaked out by how easy it is with each other. Don’t get me wrong, we have issues, we’ve got our stuff and we’re working on it but the foundation is ease.

**[0:40:00.0] AS:** Which is also trust. When people say that marriage is so hard, like I think marriage is the easiest, most wonderful thing.

**[0:40:07.9] JB:** I’m not married yet but I agree with when all my friends say that, not all my friends but the friends of mine who do say that, it angers me every time. I’m like, “Then you’re not with the right person.”

**[0:40:18.5] AS:** Well you have issues you’ve got to work on.

**[0:40:21.3] JG:** Let me say that like I can give you 15 things about this man that drive me crazy. You know, if you really want? But because he’s different than I am, right? We all have differences. Nothing is perfect and nothing is without struggle because we’re humans living on planet earth. We will always be experiencing struggle and discomfort but I think in our culture, as Ali you were saying about your client, it’s not worth it if it’s too easy and that’s actually really a difficult setup for us in relationships.

To let ease show up and to let it be there is really a blessing and it’s possible and that does not mean that you’re not going to have a list of things about him or her that want to make you pull out your hair. But it’s, you can better navigate those things because underneath it all, it’s just

easy to be with that person and that I think comes down to, just one more thing, I think comes down to how two personalities connect.

I remember my ex-husband once saying to me like, "It's like your energy is really like hard for me," and I was like, "What do you mean? I have great energy," and I couldn't argue with him because we just didn't connect well in that way. Whereas my partner now, he's like, "I could be around you every day all day forever, it's just so easy." I am exactly, it's the same energy, just different people.

**[0:41:41.6] JB:** Yeah, for sure.

**[0:41:42.6] AS:** I think, you know I'm big on us defining our terms but I think it's important when people here ease because a lot of times when we're stuck in a success/failure, that's really a fixed mindset and if you're in a fixed mindset with relationships, you think the other person is just going to worship you, put you on a pedestal and then it should be easy that way. Like they're just going to love everything you do.

And then the minute that does not happen, you know, you metaphorically wake up without makeup on or they see an emotional side to you, you start to think it's the person or that there's something wrong with the other person for not always loving you or whatever. So I think when we mean ease, there's a comfort of you can be yourself, your whole self.

**[0:42:25.2] JB:** You're not going to jeopardize the relationship if one of you speaks your truth about the other person bothering you or something that's not working out between the two of you, that doesn't mean that the demise of the relationship.

**[0:42:35.3] AS:** Right.

**[0:42:36.6] JG:** When you are reconnecting to yourself and finding that presence, peace and power, your partner is in awe of that. He or she is like, "Yes, I want you being more of you because I liked you in the beginning and now you're just, you're deepening that essence of yourself."

**[0:42:50.9] JB:** Yeah, are we saying for those who are afraid of, “If I develop that presence, peace and power, my partner might leave me.”

**[0:42:57.9] AS:** They might love you more.

**[0:42:58.9] JB:** There are definitely stories of that, right? Where...

**[0:43:01.5] JG:** Well sure. Again, I remember as this was all happening to me, my ex-husband was like, “I feel like you’re like growing past me,” and my response was, “Well then fucking keep up.” Which was probably not the most compassionate.

**[0:43:18.1] JB:** No but it’s...

**[0:43:19.4] AS:** I love it.

**[0:43:20.7] JB:** But there’s truth to that.

**[0:43:22.2] JG:** I was doing the hard work and I was in it and he was not and you know what? Breakups hurt but they never kill you, and if you are reconnecting to yourself and you find that your partner is no longer your partner, as Ali said about the author who wrote you know, *Love Warrior*, your relationship may be complete and that is...

**[0:43:41.8] JB:** This goes with friendships too, not just relationships but any relationship you’re in.

**[0:43:48.7] AS:** Yeah, including...

**[0:43:49.2] JB:** Family.

**[0:43:50.2] AS:** Including with work. I often say to my clients if we can tell there’s some sort of dynamic going on with work, “If you were to describe that as a relationship,” especially a couple of my clients who are attorneys, “How would you describe that relationship?” “Abusive.”

**[0:44:07.4] JG:** Lawyers are a special bunch.

**[0:44:09.5] AS:** Yeah, but also, you know, I have a lot of clients who are physicians and it's like, the medical system, we all want to beat up on doctors but it's like, doctors are abused. They're not taught how to take care of themselves.

**[0:44:21.1] JG:** Oh not at all, no.

**[0:44:23.0] AS:** It's like, when you really look at — that doesn't mean that all of a sudden, I think this is important too is that it's all the other person, right? You've got to look at yourself and what boundaries are you letting that relationship cross? But there's a lot of dynamics there but I think this stuff applies to all relationships because we're always relating, right? We're relating to rest, we're relating to play, we're relating to people, to work.

So Jame, then give us kind of like some take away tools, I mean we talked about a lot of them, around presence, peace, and power. But as we wrap up here, I'd love the listeners to have a couple of tools to walk away with so they can start to reconnect to themselves.

**[0:45:00.1] JG:** Yeah, so one is what I mentioned before, just kind of that technique of in the moment when you feel kind of the wave coming to one hand on heart, one hand on belly and just take a big deep breath. Another one that I love is called SFO, which I created. If you ever fly out of San Francisco that's the name of the...

**[0:45:22.4] AS:** Is that out of the airport? They've got the meditation room there.

**[0:45:24.6] JG:** Yeah, they do.

**[0:45:25.8] AS:** No I'm kidding.

**[0:45:26.7] JG:** They do and they have like the organic plant restaurant that you can eat at too. So while you're at the SFO airport eating your plant salad, you can practice SFO. Which is stop, feel, and offer. It's what we were talking about before. Stopping kind of the itty, bitty, shitty

committee, feeling what you're feeling and then offering that part of you what it needs. So SFO: Stop, feel and offer.

Lastly, I think that this is incredibly important and it's really simple but is to remember that we're really doing the best we can. If you're listening to this podcast, you're already the shit. You're already on the path, you're already doing the good work, you're already dipping your toe into the reconnect well and it's just about letting yourself continue and going deeper, knowing that no matter where you are along the path, you're doing the best you can.

**[0:46:18.3] AS:** Yeah. So just to kind of continue this summary, you said presence, take a moment, deep breath, deep breathing.

**[0:46:26.3] JG:** Physicality, hand on heart, hand on belly, SFO, stop, feel, offer.

**[0:46:30.8] AS:** Then presence, is that ask the concern part of me? I'm sorry, I'm asking for the summary of the whole shebang.

**[0:46:40.0] JG:** Oh! Sorry, backup.

**[0:46:40.6] JB:** She's insatiable.

**[0:46:45.5] AS:** Presence, peace, and power. So then presence?

**[0:46:47.6] JG:** Okay, presence is take a breath, the peace is the self-compassion, the SFO. What is it that, stop, feel and offer. What does this part of me need? Then the power is remembering that you're doing the best you can and in that, there is strength because you can always come back to the fact that this is a journey that you're never going to leave. You're on it for good.

**[0:47:08.1] JB:** One thing that we didn't really touch on, if we can just briefly, is you had mentioned to us before we actually started recording, locating your essentials, which are the things you need to nourish yourself. What do you need mentally, emotionally, physically? What are the essentials?

**[0:47:22.8] JG:** Yeah, I call these — so part of cultivating the three P's are your non-negotiable essentials and I call them nonnegotiable because we're so good at negotiating with ourselves of what we don't need. We just like negotiate ourselves out of everything. So these are nonnegotiable and I break them down into mental, emotional, physical and soulful.

Mental for me are usually some sort of calming technique whether it's mindfulness or meditation or journaling or chanting. Something that just mentally calms the mind. Emotional has to do with our feelings, how are we feeling or not feeling our feelings? What are we doing to let ourselves have the full range of our experience. What are we doing to cultivate self-compassion so we can feel more emotionally connected? Those are the emotional essentials that we need to feel emotionally strong and solid.

Physical has to do with our body, how are we eating, how are we moving? What are we saying to our bodies or believing about our bodies that might be impacting our physicality? Sleep, water, all that stuff, those physical essentials that we need to feel good in and about ourselves. Lastly, soulful, which is, soulful is my favorite and I'm going to be honest, it's the one I came to last which has everything to do with pleasure and unabashed joy. I'm the type of person who is like, "Joy? I don't have time for joy, I'm getting shit done. Pleasure? Fuck that. Moving on."

**[0:48:44.5] AS:** "I'm a grandma, I've seen it all."

**[0:48:47.2] JG:** Yeah, "I don't need pleasure, I'm fine." But what I love about soulful is that your soulful essentials are the things that bring you joy that have nothing to do with getting anything done. One of my soulful joys is dancing and it feeds me in a way that nothing else can. I have a client where her soulful essential is sketching. If she can just be outside sketching what she sees, she's like, "I can fly," and that's actually what a soulful essential is, that when you do it, you feel like you can fly. So really touching upon what is my soulful essential that is connected to joy and pleasure that has nothing to do with me either being a good person or getting anything done?

**[0:49:26.8] AS:** I love that, what would that be Juliet?

**[0:49:28.3] JG:** I was just thinking about that, I was going to ask you first Ali. I feel like I need to do this homework. No, I've been thinking about this a lot over the past year or so, what brings me joy that has nothing to do with trying to climb the ladder, you know?

**[0:49:42.2] AS:** I think for me, it's this. It's having such meaningful conversations with people who are on my same wavelength, who are like grounded in reality, down to earth but also have that soulful. I'm not into the people who are going to move away and meditate on a mountain. I just can't. I'm like, "Where's the realness there," you know? Then people who are so down to earth and all they care about is the material, that's not fun for me either. It's like, talking with you guys and I just love ideas.

I always say, I've got great question, I don't know how many answers I had, even though I know my answers but just like, you know, "What do you think about this and that?" And it just energizes me in a way and it's what I really been searching for, this past couple of years is what I would call community, a belonging, and belonging isn't just having anyone around, it's having people that you can have this caddy conversations but then deep soul conversations with. That would be my soul essential.

**[0:50:39.8] JB:** It's funny, because my soul essential is the yang to your yin, because you're saying like you want connection, you want to be with people and I think that has a lot to do with the kind of work that you're in. And my work is so intense all the time, you know, teaching fitness and yelling into a microphone and music blasting like all day long that for me, my soul essential is doing nothing. Sitting on my couch, blanket over me, cat on top of me. Martha — I have two now, Martha and little bear, if you're listening, love you. I will train them to listen to the podcast and then reading a book, which that doesn't happen enough but just laying down and reading. In the middle of the day.

**[0:51:25.6] AS:** Fiction?

**[0:51:25.3] JB:** Yes, fiction, like those beach novels.

**[0:51:31.9] JG:** You'll find, as your listeners do to this exercise of "what is my soulful essential?", you'll find that there is a purity and a simplicity to it. It's not complicated at all.

**[0:51:41.7] JB:** Yeah, if you have to overthink it like that's not good enough. Stop.

**[0:51:45.6] JG:** Go back to your mental essential, which is to like meditate and you know, breathe and then your emotional, which is to find self-compassion and then we can get to the soulful.

**[0:51:55.1] AS:** Or experiment. Like I don't know if I would have known that had — and it probably changes too based on where you are in your life.

**[0:52:00.2] JG:** I was going to say, it changes as you change and grow. So what your soulful essential now is going to be different in 10 years and that's great.

**[0:52:11.8] JB:** But the idea is to have this be a part of your life. Too often, we don't honor that, we don't allow ourselves that joy, that fun, that peace that enables that power, we just don't. We don't let ourselves do it and there is a way that you can and this is what the podcast was all about today. Jamie, this is awesome, thank you so much. Where can people find you and connect with you?

**[0:52:34.9] AS:** Yeah, and engage with your work? Don't you have *Just Fucking Journal* coming up?

**[0:52:38.5] JG:** I do. Again, hi listeners, if you've noticed, I like to cuss. So yeah, I'm running a class. So part of reconnection is finding your way into yourself and what I've seen in almost a decade of coaching is that one of the best ways in is through the written word. So I've created a three class called *Just Fucking Journal* and it starts October 17<sup>th</sup> and we're going to journal together for a week and it's really fantastic.

You get a fresh prompt every single day that you just take 10 minutes and you kind of go in a little bit and see what's there to begin the reconnection process. So all that information is on my website at [jamieliving.com](http://jamieliving.com). Then the class is that website /journalclass.

**[0:53:22.3] AS:** Wait, [jamieliving.com/journalclass](http://jamieliving.com/journalclass)?

[0:53:26.0] **JG:** [Jamieliving.com/journalclass](http://Jamieliving.com/journalclass) and then you can sign up for *Just Fucking Journal*.

[0:53:30.8] **AS:** Yeah, I'm sure you could just Google *Just Fucking Journal* and I don't think...

[0:53:34.7] **JG:** I should Google *Just Fucking Journal*. Don't click on anything that looks scary people.

[0:53:41.2] **AS:** We are not responsible for your popups.

[0:53:43.1] **JG:** Exactly.

[0:53:44.7] **AS:** Or your porn bill. No, I'm kidding.

[0:53:47.3] **JG:** Oh dear god.

[0:53:50.3] **AS:** All right, are you in social media?

[0:53:52.5] **JG:** I am, I'm on Facebook, Jamie Living, on Twitter, @jamieliving and Instagram @jamiegd.

[0:53:59.8] **AS:** Great, thank you so much for being here Jame.

[0:54:02.2] **JG:** I had such a good time.

[0:54:03.5] **AS:** Good, was it part of your soul essentials for today?

[0:54:06.1] **JG:** Actually this is one of my soul essentials is just like running my mouth, so thank you.

[0:54:10.2] **AS:** Yeah, all right, great, thank you.

[0:54:12.5] **JG:** Bye guys.

[END OF INTERVIEW]

**[0:54:15] JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on [ali@alishapiro.com](mailto:ali@alishapiro.com) and [juliet@unitefitness.com](mailto:juliet@unitefitness.com).

We'll see you next time.

[END]