

EPISODE 77

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So a lot of what I’m helping people to do is like, how do you get your space so it’s up to date and present and reflective of who you are right now, and also allowing you to move in to who you want to be right? That may look like for some people, having those skinny jeans but I always say, ‘When you look at that make you feel right? Does it make you feel hopeful, does it make you feel like motivated or does it shame you?’ If it shames you then that’s the unconscious piece that we need to get really real about.”

[INTRO]

[0:01:14.2] AS: You know battling food in your body doesn’t work. You want to love and accept yourself, and because you’re insatiable, you want results too. You bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on our beautiful and wondrous planet Earth. Fair warning, it will be a rollercoaster. But for those insatiable, this is your primetime to thrive. Here is just saying yes to the hunger of wanting it all.

I’m your host, Ali Shapiro, who is dedicated to pioneering a saner and more empowering approach to health and weight loss.

[INTRODUCTION]

[0:01:54.2] AS: Welcome to episode 77 of the Insatiable podcast, *Toss Your Supplements and Skinny Jeans to Get Unstuck*. Could the space you live in be holding you back from your health and weight loss goals? According to Rebecca McGloclin, interior life coach, the space around you reflects the space within you. She sees our homes as metaphors for our inner world and

working directly with that can catalyze transformation and support us as we grow into who we want to become.

In today's episode, we talk about how clutter and outdated wardrobes represent emotional blocks keeping you trapped in frustrating patterns, and the number one key to release this blocks. How getting rid of supplements and/or your fat and skinny wardrobe could be the ticket to getting out of weight loss patterns driven by shame. Lastly, Rebecca shares three profound steps to upgrade your space for where you want to go in your life, none of which require a lot of money or buying more.

Rebecca McLoughlin is an interior life coach and believes that our homes are metaphors for our inner world and working directly with them can catalyze transformation and support us as we grow into who we want to become. She has a beautiful eye for design, a masters in counseling psychology and is a trained grief and loss counselor as well as a certified coach. Rebecca lives in Belmont, California with her husband and two year old son.

You're going to love today's episode as Rebecca is rooted and grounded in practicality and also sensitive and emotional healing.

[INTERVIEW]

[0:03:26.0] AS: Rebecca, I am so happy to have you here today for everyone listening, we are friends outside of this so...

[0:03:32.9] RM: Yeah, hi.

[0:03:33.8] AS: Hi, you guys are going to love this today. So, I want to talk to you, and kick off our chat today about you call yourself an interior life coach and being a metaphor gal, I love that because you're capturing what you say the space around us, the physical surroundings but the space within. You pull that as a metaphor and a pattern that is consistent. How did you start to see that our physical surroundings reflect this inner world?

[0:04:03.0] RM: Well, I think I first started to see how it worked in my own life. So, you know, I really — a lot of people think I'm like this perfectly organized, like non-messy person because I do the work that I do, which is not true. It's not true at all. It's actually my space around me reflects the space within me and growing up, it was such a metaphor for where I was in my life, when I was like in some kind of transition or in some kind of upheaval, my room was a disaster like stuff everywhere.

Obviously I was living in my parent's house so at that point, it was within my room, there were other people, all of us taking care of the bigger picture of the house but my room was really where I was expressing what was going on with me and then there were times where things were flowing and I would pick it up, right? So I saw that early on as I reflected, I don't think I know about it when I was doing it.

[0:04:59.0] AS: I was going to say, that sounds like you're an indigo child. It's like, "Oh my god, look at the metaphors here."

[0:05:04.8] RM: No, this is all is like, you know, like realizing later on and then I definitely saw it in college. I was living with roommates and was just, during stressful times around anything that college has to do, right? It would get messy and then I would clean it up really fast. But when I really started to put the correlations of the two pieces together is when I started working as a grief counselor and a life counselor at hospice.

What I saw is, you know, that's when I started going into people's homes and I work with families who were losing a loved one. I'd go into people's homes and it was such an intimate space to be with people, especially when they're going through something so difficult like losing a loved one. I can remember this particular family, the matriarch of the family was dying and I was there to do family therapy, grief therapy.

Everybody in the room, I came and I think there was like seven, eight, nine, 10, there was a lot of people, kids, adults, everybody was like fighting and not talking to each other and there was so much tension and the house was a disaster. It was just, there was stuff everywhere, food everywhere and I don't know what came over me but all of a sudden I said, "You know what? Instead of doing therapy today, would everybody agree to just pick up the house in silence?"

They did and so for 20 minutes or so, we all just started tidying up the house and creating a space that was a little bit more free flowing, connected, and what was unbelievable is when we came back, all of a sudden, people were actually able to connect, to share, to talk about their grief, to cry and to be more real.

So from that moment, I just was like, "Whoa, there is something really connected to this space that we are operating in that allows us to be either guarded or flowing with our deeper emotions and our landscape." So that was really how I kind of started to make it and then noticed it more in my own life, noticed it more in my family's life and started really taking out for the work in that direction.

[0:07:25.2] AS: I think that's so interesting about if things were flowing more, the emotions can flow more, which you would think you would want but that scares people because you don't...

[0:07:34.7] RM: Totally.

[0:07:35.6] AS: Is it almost like the stuff can serve as a distraction or to just block feeling what you need to feel and it kind of turn it on other people rather than being in touch with your own experience?

[0:07:47.4] RM: Yeah, well I think clutter in particular and mess, if you ever notice if you clean out a closet, if you close the door of the closet, the closet feels different even though it looks exactly the same from the outside but you can clutter holds energy and it holds vibration and so when we clear it, when we shift it, it allows us to be in a more fluid and open state with ourselves.

It also allows us to do major levels or release. So a lot of our history is in our stuff, a lot of our identity is in our stuff, a lot of our past unresolved issue lives in our stuff and then we keep it all around, tucked around in our corners of our home just as we do with hurt pasts and pains and traumas in our internal psyche.

[0:08:40.1] AS: Yeah, as you were saying this, I'm thinking about how so many of my clients, once we work together, we're basically restoring self-trust and power within them and oftentimes they say, "I find myself getting rid of things or," — and I noticed this in my own work, I don't do it to the extent that you do. Or they were saying like, "I just don't let things clutter anymore as much. I just deal with things as they come rather than putting them off."

I'm thinking that they have — they're more in touch of their feeling's stronger, able to deal with the past or the psyche or identities or whatever as part of why that's happening. I mean, or my coaching work is designed to do, but it's amazing it...

[0:09:18.1] RM: Exactly.

[0:09:19.0] AS: ...just happens with the stuff. That is fascinating. So, if someone is coming to you, like, I know you do life coaching but you also have this incredible interior eye. Is the pain point like, "Oh my god, I feel overwhelmed, I can't get rid of my stuff because I know I have this emotional issues"? Or is it like, what's happening?

[0:09:37.9] RM: Yeah, usually, it's that people feel uncomfortable in their space. They don't like their space, they feel uncomfortable at the level of — most people feel overwhelmed, they feel stressed, and they also don't know how to get rid of things or they don't know how to shift their change. So the emotional component is usually when people come to me, because I'm pretty out about the connection about these, they're willing to look at that and say, "Oh yeah, I know that the clutter in my closet or the clutter in my basement is connected to some kind of deeper emotional thing."

It usually comes out in conjunction, I wouldn't say completely after, but you can kind of go at it in different ways, right? You can — sometimes we need to actually deal with the emotions to actually release the stuff, right? We can hold on some memorabilia for the end of time if we have unresolved grief about what the memorabilia represents, right? If we can resolve our grief, then maybe we can let go of some of the memorabilia that isn't as personal to us.

[0:10:46.7] AS: Do you resolve that in the moment? Or what does that process look like if someone is saying, “I’m holding on to this memorabilia because of this person and the grief processing.”? Do you ask about the stuff or do you say, “What’s going on for you right now?”

[0:11:03.4] RM: Well, a lot of times, people don’t realize it, right? It’s like, they have all this clutter and as we start to sift through it, it’s like, “Oh, you hold this plate or you hold this thing and it brings back the memory of the person and the pain of losing them or the heartbreak,” right?

I mean how many women have love notes from their boyfriends from maybe middle school. So we connect with like, “What are the pieces that are holding us to this stuff that are within us that haven’t been resolved?”

[0:11:36.8] AS: So I like that concept, there is like — there’s been no closure.

[0:11:40.3] RM: Exactly, yeah, that’s a good way to put it.

[0:11:44.1] AS: Do you find that people can cycle through that pretty quickly once they have the awareness, or do certain things take longer, does it depend?

[0:11:50.3] RM: It depends. It depends on what it is, right? I mean, it’s not just the grief, I’ve had people edit their kitchen and lose five pounds overnight, literally. They get out the food, they get out the supplements, they get out the stuff that represented obsession, bingeing, you know, all these different behavioral patterns, right? Because our patterns show up in our space.

[0:12:18.7] AS: I love that, yes. They’re like the physical way to hook into them.

[0:12:22.5] RM: Hook into them, right. I always say, I learned so much about someone being in their space and then watching how they go through their space right? For example, I worked with a client and it was a beautiful example of how she treated herself in that we spent all day like organizing and beautifying her closet and we went through everything and it looked amazing and she was just glowing in it and right as I was leaving, there was like a big bag of, I don’t know if it was stuff to be returned, it was just kind of junk, and it was like a crinkly bag.

She just like took it and stuffed it in the closet and shut the door. I was like, “What are you doing? You know, you just beautified this space, you just worked so hard,” and I asked her, “Does that represent how you treat yourself sometimes? That you work so hard to do something for yourself and then you kind of get in there and muck it up right afterwards?” She was like, “Oh yeah, I do, do that.” Does that make sense?

[0:13:26.7] AS: Totally. I like that you’re focusing on how someone’s doing something. Not necessarily...

[0:13:30.7] RM: Well, it’s both.

[0:13:32.7] AS: Yeah, it’s both, but it’s how are you in your space? Like, and I bet even for people listening, it’s like, “How do you come in the door at night?” Right? I that representing kind of the energy from the day?

[0:13:47.2] RM: Exactly. How do you walk into your space? How do you greet your space, you know, if you think about your home as an extension of your body right?

[0:13:56.9] AS: Talk about that.

[0:13:58.3] RM: Yeah, your home is an extension of your body and like how do you treat yourself? How do you relate to it? “Ugh, I hate that, this, this.” How you’re talking to your stuff and to your space? Also, you know, the amount of times that I’m in somebody’s home and they, I always ask them, “Give me a tour,” right? We go around, “Oh this picture, I hate that picture.”

I’m like, “Well, how long has that picture been on the wall?” Right? And they’re like, “Oh, for like five years,” and I’m like, “How long have you hated it?” “For five years.” I’m like, “You know, think about the energy of coming down,” and it’s a lot of this happens on an unconscious level, every day you come down the stairs, you look at that picture and the energy of dislike and dissatisfaction and like, “I hate that,” is somehow getting correlated in your psyche every time you pass it.

What's amazing is like, when you really realize the weight of that is when you take the picture away and all of a sudden — or put something that you love in that place and all of a sudden, you're being energized and your space becomes something that's supporting you rather than depleting you.

[0:15:04.8] AS: I love that. That's such a good question for people listening is like, "Is my space supporting me or is it depleting me?" What are some of the reasons that people don't take the picture down or they don't get rid of the supplements? I love that you brought up supplements because I think people have spent so much money on them and they don't really, you know?

[0:15:21.5] RM: Yeah, and they expire really fast.

[0:15:23.9] AS: I know.

[0:15:24.4] RM: Actually, in the world of like you know, everyday living. I mean, yeah, they expire really fast. Anyways, side note.

[0:15:30.8] AS: Yeah, so what are some of the emotional blocks of why people are in space that isn't supporting them?

[0:15:38.2] RM: I think a lot of it is that we are not, we're unconscious to it. We're not actually taught or nobody talks about having this kind of relationship with our space, right? We all talk about our relationship with our body, our relationship with our money, our relationship with our partners, right? All these different relationships, and we talk about the deeper issues around that and all that but we're not actually — we don't consider our environment as a relationship with us.

I think a lot of it is just purely unconscious at first and then the emotional blocks can be anything. You know, anything under the sun that are holding us back or representing things that — like I always say, "What do you want to shift and what do you want to change in your life? What are you working on?" And then we find where that's represented in the space and shift and change it in the space. Right?

So, “I feel busy, I feel overwhelmed, I feel like I have no time,” right? Where’s the color in your life? And then we go after that, right? “My relationship is you know, dry or I feel disconnected from my partner,” and it’s like, “Let’s go into the bedroom and see what’s happening in here or see, do each have equal expression and representation in the home?” Right? Has one person — like, the relationship stuff is so interesting because you know, the dynamic of the relationship also shifts on the space. One person is overpowering in the relationship, often their taste is overpowering in the home. Things like that.

[0:17:17.6] AS: It’s so interesting because I’m thinking about Carlos and I, we are in a two bedroom apartment right now and our relationship is very much separate but together. Like one of the readings that we read in our wedding was by Rana Marie Real K and marriage is the protecting of the other person’s solitude so that you can both bring things to the relationship so it doesn’t get dry and stuff.

What I suggested we do is each of our bedrooms is our offices and then we have this massive living room that’s like our bedroom with books and stuff. It’s so represents our relationship. We have a lot of togetherness.

[0:17:52.0] RM: Exactly.

[0:17:52.4] AS: But we have a lot of separateness and independence. That really works for us.

[0:17:56.5] RM: Yeah.

[0:17:57.0] AS: But I would have never seen that if you wouldn’t have brought that up.

[0:18:00.3] RM: Yeah, exactly. So we live out you know, a lot of what’s happening.

[0:18:05.5] AS: Yeah, and I’m thinking too, how you can even reconfigure that, it may look differently but like we’re moving in a couple of months to a younger, hip place, we’ll look at it that way. We’re moving into a one bedroom, a really big one bedroom but I’m making sure that I now get co-working space outside the office so that I can still protect, because I need space even though I’m the extrovert, and then there’s also common spaces that Carlos can work from there.

Even though it's not in our house, we still unconsciously but now, I'm realizing consciously, made sure our relationship dynamic can still be protected.

[0:18:40.1] RM: Yeah, exactly.

[0:18:43.9] AS: So I'm thinking about these relationships and for people listening who if they're like, my god, my partner's taste is more represented or mine is more represented. I mean, do you then help — is it enough for, again, it probably depends but like, are you like, we need to have you use your voice more about how this...

[0:19:00.3] RM: Exactly. So that's the opening, right? That's the opening for the awareness and then what happens the deeper work around that is really where the blend of space and coaching comes in to it, right? What does that represent in your relationship and what needs to happen, right?

Often, we can see it in the space and then we go, "Oh my gosh, I'm not using my voice, I'm not standing up for myself. Or I'm overpowering a lot to somebody you know? We can learn a lot about ourselves just from looking at our space from this lens right? You can look at the space and just see stuff or you can also see a metaphor and that's what I'm more interested in is seeing the metaphor about what's possible and what are the blocks?

[0:19:47.5] AS: Yeah, I'm curious, especially since this is health and wellness and what do you find when you go in and people have like three different wardrobes like they're fat, skinny and where I rest, you know? Kind of like where I am, where I'm hoping to get to and where I hope I never have to... you find that a lot with people having

[0:20:10.4] RM: Yeah, you know, we all have — our closet is a whole advantage of our identity right? Our dreams and our past our comfort, the things we don't want anybody to know we're seeing right? Yet we wear all the time, those types of things.

You mean, like what do you do with that?

[0:20:32.0] AS: Yeah, or what are some of the things that people have uncovered? Of why they're staying in that pattern rather than committing like I remember when I was struggling with my weight, I had this one pair of black pants that could go up and down pretty much and it was like, I remember even the button coming off but like, there were like three hooks in one of the hooks came up but I kept them because I knew, no matter how much I gained, those pants fit no matter what.

Then I would like, I would have clothes that are like, one day I'm going to get to those. I would like cling on to the hope and I thought it was a positive thing, now, I mean, now I don't — my wardrobe is one size and I don't fluctuate but at the time I thought I was doing something. You hear this in the diet culture, my god, put a picture of yourself in your bikini on your fridge or I know, it's awful but when you're in that dieting hell, you think you're doing something to motivate yourself.

[0:21:23.3] RM: Right. Well, I think when you say, what does it represent, I mean, you nailed it right there, it represents our hopes and it represents our fears right? This is what we want and this is what I'm afraid might happen right?

Then we look at how does having unrealistic — how does hope and fear play into our ability to be present in our life right? Which is ultimately what most of us know, it's where we experience our most comfort and most joy. And, it's also like the present moments where we have access to shift and change and transformation.

A lot of what I'm helping people do is like how do you get your space so it's up to date and present and reflective of who you are right now? And, also, allowing you to move in to who you want to be right? That may look like for some people, having those skinny jeans but I always say, when you look at that, how does that make you feel right? Does it make you feel hopeful, does it make you feel like motivated or does it shame you? If it shames you, then that's the unconscious piece that we need to get really real about.

[0:22:37.7] AS: I think people often think shame motivates them. It doesn't, but it can get you to like skip dessert for a day right? Or two. But I think that's important for people to realize, a lot of "quote motivation techniques" are really shaming.

[0:22:52.7] RM: Right. Well, we hold a lot of shame in our inner space, in our stuff because you know, it's like I don't deserve that or I shouldn't have that or I can't give that away because I spent money on that? Right? We put all this kind of shame and pieces of really that block us from having what we truly want right?

A lot of upper limit issuers come up in your space, can I stand it, can I handle how good it can be right? It's like, people that I'm sure you get in your practice, you know, they lose 30 pounds and all of a sudden, they're like, happy but they don't know who they are and it's like, "Oh my gosh, how do I operate in this new being?" Right?

Although you probably do a lot of the work as you go so they don't get to that dramatic thing but you've heard of that where people go on some crazy diet and they lose all this weight and they're not anymore happy.

[0:23:45.4] AS: Totally because their identity hasn't shifted and you're right, I do, do the identity shifting as it goes because that's part of shedding the identity that — so you said, I want to back up because you said something really brilliant, what are the different ways that around our stuff that shame the voice — What does the voice of shame sound like? I love that you said, well I spent money on this and I get, that's something that I would say, I spent money on this and I only got a couple of wears out of, but it just doesn't look like maybe more, I don't want to put the I mean, I always donate my clothes but like someone — this was like probably slave labor now that I'm learning more about the fact. You know what?

The more I'm learning about the fashion industry but like, you know, but I didn't know and so what are the different ways that shame comes up when we want to get rid of stuff but we feel like we have to hold on and do it?

[0:24:35.2] RM: Well, I think the key ones are, I spent money on it or somebody gave it to me. That's a big one. I can't get rid of it because it was you know, a lot of that comes and look like hand me down furniture, "It was my great, great grandmother's or you know, so and so gave me this right?"

Yet, when you look at it, you're like, I will say, great question, does it take your energy up or does it take your energy down? You feel that in your body right? You know, other places that shame comes up is also in like not necessarily in the stuff that you have but sometimes the stuff that you want, I don't deserve that new couch or I can't have what I really want right?

I don't know how to create a beautiful space, I don't know what my stasis or my style is or my vista is. When really, you can shift your space by moving the things that you have. A lot of people don't need to buy anything new to create a completely different energy, that is really authentic to who they are in their space. It's really about getting in there and playing, letting go of what does not represent you and bringing forward with us, letting that shine.

[0:25:41.8] AS: I love that, that's such an interesting idea, you don't have to go out and spend all this money. For someone who, they're listening to this and they're like "Oh, yeah, my space feels really heavy right? It doesn't feel... do you have... I wanted to ask you, because I am someone who actually... I grew up, my parents, my mom had a lot of unresolved grief growing up and we didn't have a lot of stuff but there was a lot of paper, it's like, my parents had a lot of newspapers and kept...

This is also a different era right? Before everything was digital. But I find my sister and I, we throw everything away, I don't keep things long enough where Carlos was like, bought me this really sweet anniversary card, he's like, "Are you going to throw that away? I was like, no, I'm going to keep on to it. You get rid of stuff so fast like you're sentimental on it and empathetic but then you're like, "I'm done with it."Do you find that some people give away stuff too quickly or.

[0:26:35.4] RM: Yeah, I mean, we all have patterns right? Like you know, you could look into that and say that your pattern of really just like this constant releasing and being completely like unattached which I doubt is fully true in your life Ally but you know, being totally unattached is a rebellious pattern to having a mom who collected things right, and had stuff around.

Yeah, a lot of our patterns, and that could, if you deepened in that that could be this fear of becoming your mom right? Being your mom or what are the places that you are like your mom, that you're trying to pretend you're not like your mom, right? It's all just, it's a real study of our behavior and how we navigate it and really what I find that is so interesting is like, just in that

example, there's so many questions that can help you get to know your internal self and potentially some blocks that you may not even seen.

[0:27:32.1] AS: yeah, as you were talking, I'm thinking like, it just makes me feel overwhelmed and like I can't handle the overwhelm when I really can and I can organize it and I've gotten better at it because when I was like, "Why do I get rid of everything so quickly?"

It's more like, I just wanted everything wrapped up but the reality is, you still have a relationship to things even if — or you have a way of being, a relating that's going to bring that same pattern back in right?

[0:27:56.1] RM: Yeah. And, it can show up in other places, right? They might be stockpiling that thing that you do in other areas of real life. It's just like, it's a sign post that then allows you to deepen in with yourself and ask questions that you may not have asked otherwise.

[0:28:11.0] AS: Yeah. So for people listening, like that, looking at it as like a symptom and that's what I always want my clients and I'm like, you overeat, it's not that you're bad, it's a symptom that your story's flaring up. Look at that.

[0:28:20.6] RM: Right.

[0:28:22.0] AS: For people listening, say they feel uncomfortable in their space or you know, this is going to go out, it's spring cleaning time and you get all this tips and I think that's part of what... what did you think of the book, the life changing type.

[0:28:35.7] RM: Artist tidying up?

[0:28:36.7] AS: Yes, what did you think of that?

[0:28:39.0] RM: Yeah, I love her work, I think her work is great. It's intense right? I think she really talks about the shift that can happen around clearing the clutter, I mean, they are dramatic, when you really clear the clutter, it will change your life. It literally will change the experience that you have in your space.

It will change how you feel internally. However there can be a lot of blocks around what it takes to release that stuff but sometimes her books don't go fully into it but I think she does a really good job. So I love her stuff and I think her detail to how to store things in the importance of like she takes having a relationship with your things to a whole new level. Literary you have a relationship and a respect for everything in your space and every single thing has a home.

I think if we could all strive to live to that level, it would be life changing as she claims it is and I think it is but I am also a little bit more of the moderate road and I believe that life can be messy and that's okay. It's not about keeping a perfectly organized home all the time and that instead it's like "O— I use my car. My home isn't really the full metaphor because my foundation is really much more solid than it was before other things happen in my life.

But my car is the metaphor for my day to day levels of stress than over out and with my car is I can tell what's happening in my week and my level of busyness with what my car looks like. If I am having a really spacious week, my car is clean. If I'm having a little bit busier, a little bit crazier of the week my car is a disaster. I am eating on the go, things are happening in my car and so usually by the end of the week, I have a little note in my mind.

I'll take a look at my car and go, "Okay do I want to do this again next week or do I want to shift it around?" and instead I first clean out my car and then I go back to my schedule and shift it around so that doesn't happen again. So it's using it again as a sign post for information about how I want to live my life.

[0:30:50.3] AS: I am even thinking for people who are so busy and unaware, yeah using that is like, "Oh my god I had a crazy week. Maybe we need to take the weekend and not do anything,".

[0:31:00.2] RM: Exactly, yeah and really feeling I think you did a podcast that I loved on agency, right? You can feel so much of your agency when you can clean up your space or you can shift your space, right? And it's a huge form of self-care.

[0:31:18.7] AS: Yes, I love thinking about that because one of the things you were talking about is having this relationship to our environment and I feel like in the American narrative, it's all about independence and we don't need anyone and it's insane. We have political policies that reflect that when it's insane and we take it to a food level that the quality of the soil or the amount of water or sun a plant gets or doesn't get doesn't influence how nutrition is it is or that your home environment as a child that you've been growing up in doesn't influence you, right? Oh my god.

[0:31:54.9] RM: Yeah, don't get me started. I think the epidemic of the loss of value around the importance of home is just being lost in our culture. We are constantly driving, we are constantly outsourcing, we've lost the real nourishment of the intimacy of home and the safe haven of home and I think that that is having detrimental consequences to our world.

[0:32:23.2] AS: Talk about that in a minute, I love it because you said intimacy and safe and with food and body image, so much of eating is about feeling unsafe in your body, in your relationship to food, in life clients start to realize it's life and what we're all craving is that intimacy and intimacy meaning being seen for who we really are. A lot of times when people hear intimacy they think it's just sex but I am talking about people seeing who you really are so can you talk a little bit about that?

[0:32:55.3] RM: Just the safety of being able to come home and have a place to let your hair down, have a place to be seen, to have a place to fall apart, to have a place to feel. Our society is not equipped to cocoon us through our emotional states and stressors of life. We need to create those havens for our self and to create those practices of creating that warmth and we need to do that for our children and we need to do that for our partnerships and we need to do that for ourselves.

So I think losing the rhythms and the lessons or the beauty of the spaciousness that can happen when you're just home and you take pride in creating the home, so much of our life home has become a landing pad where we crash rather than we experience in our life and so much of us has now like it's all about, "Let's go travel here and let's do that" rather than creating meaningful experiences at home and I am not saying that this is everyone.

Because there's plenty of people that have a beautiful home life but I think if anything it's wrapped in tidy with, "Oh you have a family and kids and they're all at the table," and that happens then but that can happen when you are single person living in New York City if you choose it for yourself.

[0:34:28.5] AS: I love the metaphors you just used there about our home should hold us in a way. It should be a cocoon and really creating that as a cocoon not just a landing pad and it can be. Like you said everyone is different but I think also I just want to point this out because I am reading a couple of books right now that I think especially since the people who predominantly listen to this podcast are women is that this idea that it's all on the moms or the motherhood is completely fabricated.

So, you know, I just want everyone to realize that this concept of motherhood is a recent 19th – 20th century invention and this isn't to put more on you. I think it's about I think what you really are saying is let the family come together and let's all be represented or if I am a single person, I can do it just because I'm not a mother or it has to be my sanctuary where I recharge.

[0:35:23.0] RM: Right, absolutely not to put more on women and yet I also would say that qualities of the feminine are naturally good at this type of thing. We're big energy connectors and we are space holders and so I find that a lot of women that I work with have this deep desire to create home for themselves or their family and a lot of times they don't give themselves the permission to do it and so they need to do it.

[0:35:57.0] AS: I'm glad you brought that up because that is the other side of the new ounce of this is that you do like that and it is something that you enjoy. But I think also, I just want to point this out because I'm reading a couple of books and it, it's not just to "mom thing", that's the way we devalue the feminine. So if you want to do that and that's your skill set, rock it out. I know that I had that, I don't but I can still appreciate it and my mom she worked when I was growing up and we had our grandma but she has really come into this loving to cook and creating a home. I love going over there and I'm like, "Oh my god" she has a touch that I don't know if I had but I haven't developed yet. It's so appreciative, I appreciate it so much.

[0:36:37.9] RM: Yeah and it's not that you have to have it like you say in a certain way. You have to be making dinners and having flowers, you find your own way, right? You find your own way to create that safety. You said it so beautifully with you and your husband that your home allows you to be more of yourself. Having that separate independence phase allows for the richness of coming together which is what you need and that will shift and change with different transitions in my life.

That's the biggest thing I see where spaces really get stuck is that we often don't transition our space when we change. So if you think about a good time to clue into your space it's major transitions in your life. So job change, marriage, baby, divorce, break up, heart break, all of the loss, those are good times to clue in and to re-shift our space because often we can find ourselves five years post transition and we're still living in the same environment that was the place of that transition and yet we can't find ourselves moving on from certain things.

[0:37:52.2] AS: Yeah and just again a couple of my clients have just lost parents, some have gotten new jobs that are moving and I think it's so important to take a step back and think of "who am I now?" versus "who do I think I am" versus "what do I want this next stage to feel and look like and how do I support myself and my home to do that?" or, my car or my book bag, my purse.

[0:38:17.4] RM: Exactly, you can expand it as big or as small as you want, exactly.

[0:38:21.9] AS: Okay, so you have given us so much to think about. I love it. Your metaphors are so good too because they are very nuanced, like people use the landing pad but that feels so cold but it's like no I want a cocoon.

[0:38:35.0] RM: Exactly, well a lot of it is about the language that we use and then from there, cocoon when you think of cocoon versus landing pad what do you think of? You think of warmth, you think of cozy, right? Like what are the textiles in your house? Do you have scratching couches or do you have a warm blanket? How do you experience cocoon? How do you experience safety? How do you feel in spaces that lift you up and make you feel safe versus ones that you feel really agitated and uncomfortable around?

[0:39:08.1] AS: Yeah, and that's what I wanted to ask, I'm glad that you brought that back up because I feel like a lot of my clients want freedom, they want liberation. That's what we're working together. However, they want the spaciousness however that spaciousness can also feel very scary. What's filling the space? If you are in a conversation and you feel like you have to be the one to fill the space versus worried awkward silence. How do you help people be comfortable? If they are craving this lightness and this renewal and shedding, how do you help them be more comfortable without the heaviness?

[0:39:44.0] RM: I think the first step is, like I said, you have to do the editing. You do have to get it out and if there's blocks around allowing you to edit then you need to work with someone to figure out what those are but a big first steps like tools for people would be, "Do I love it, is it okay, does it go, do I love it and do I use it?" Okay? "Do I love it and do I use it?" are big ones. So if you love it and you use it then it stays and you will know this.

I encourage people too, "Don't listen to your head when you say I love it. Listen to your body. Does it lift my energy up? Do I feel myself getting a little excited? Or do I like, "It's okay" right?" Now if it's functional and you actually use it, great. It needs a home to live and we usually need to create a pretty place for that to live so that it feels exciting in that way. Once the stuff is out, a lot of times people are like — what happens is a natural tendency of the beauty of their life and the things that really represent and nourish them comes out because the crap is cut away.

So they can interact and enjoy those things but sometimes people need to add some things in. So that's where you get to say, "Who am I now and what do I want in my life and where am I going and what is the energy of the space that I want to create?" I mean, there was a time in my life where I was just like, I don't know what it was, there was this deep longing to go to France and I just wanted to be in a lavender field and I just really, really wanted that in my life and I wasn't going because I couldn't afford it.

It's just not going to happen and so I was like, "What do I do to bring France to me?" and I immediately downloaded this picture, got it framed and brought in lavender essential oil and all of a sudden I was experiencing the experience of what I wanted to have in the now.

[0:41:52.6] AS: I love that example. Yeah, because I think sometimes people will think especially when you think “interior design” you would think, “Oh big purchases. Or paint they say is the cheapest thing that will change the room.” But these ideas of bringing accents of what your cravings to you, I love this, so people should edit first. Do you think that if you are going to do this on their own to just pick a small space, even your purse maybe or if your closet feels to big with all your different sizes of wardrobes. But a hallway closet or something and do you love it and is it functional? That’s the first step and then what energy am I creating? Or what is like theme, what motif?

[0:42:31.5] RM: No, I think the first step is the editing and whenever I say if you’re going to edit, choose a phase that you can complete. So if it’s a drawer, you open the drawer, you take everything out of the drawer. Every single thing comes out. Don’t edit within the container of the drawer so everything comes out. You’re doing your shirts, you take all your shirts then put them on the bed and then you start editing from there.

So when you are editing you literally want to touch every single thing to make the decision. So a lot of times the way of knowing what something is to release versus to keep is in holding it. With your clothes, put them on if you are not sure. You’ll know when you put them on if you’re like, “Oh yay, I can’t wait to wear this again,” or is like, “Yeah, it’s okay” and if it’s okay, let it go.

[0:43:20.8] AS: I love that.

[0:43:21.7] RM: And one of the things that Marie Kondo, which is a good reason to get her book is she talks about an order of things to edit in your house and you start — I can’t remember the exact order but you can look her up, but you start with things like books and clothes and things that are easier and then slowly, you get to look at the harder things like the memorabilia, things like that and the reason is, is because as you’re letting go you will naturally feel that lightness. That will be motivational to letting go of other things and clearing those blocks.

The first step is editing and then I love the question of “think of a space that you feel inspired and comfortable and warm in” and it doesn’t have to be your home. Just anywhere. Like what are the colors, what’s the lighting, what are you sitting on, what’s the texture, what’s the feeling

that you have? Write all those things down and then think about ways to incorporate that into your home.

[0:44:23.2] AS: I love that and what are some of your favorite ways that you've done with your clients? Scents? Music?

[0:44:29.3] RM: Sense, music so all of your senses, music, smells, touch so textiles, beauty. So what are you seeing, right? Can you see outside? Do you love the image of flowers? Lighting is humongous in space. So many people are like, "I don't know what it is about this room, I just feel blah in it," and there's no light and all of a sudden I bring a big lamp and put it in the middle and I'm like, "How do you feel now?" and they're like, "Oh my god, I feel so different. The room feels completely different," and it's because it is completely different. Light can make something be beautiful versus dingy in a heartbeat.

[0:45:07.2] AS: Yeah, oh my god. In our place in Philly, I lived there 11 years and I loved it but it did not get a lot of light and I'm like, "I feel like we're in a cocoon," and we lived there for 10 years. It was a very cocooning time in my life. I left my job, I got engaged, I got married, I started my business and all of that stuff but our place now I was like, "Number one priority tons of natural light," because I am coming up out. Not that I was hidden, per se, but I was like, "No, I'm like a plant. I need extra light," you know?

[0:45:40.3] RM: Yeah, exactly and you're blooming. You're blooming now so you need that watering and growth and yeah, absolutely. So light is another one, color is another one and you can do color in paint. That's huge but it doesn't have to just be paint. It can be in the colors you choose to wear or the colors you buy a blanket over a couch in a brighter color that can shift things, or how you bring flowers in, that can shift things.

[0:46:11.1] AS: Do you get fresh flowers for yourself a lot?

[0:46:13.5] RM: I do although I'll share an interesting thing with flowers. I think flowers are amazing but one of the metaphors, you know Ali I've been through a challenging period in my life that had to do with my son being born with some challenges and really this time of my life has been about realizing the beauty and the profoundness of the imperfect and one of the ways

that I have seen that in my house is actually I'm less interested in very perfected cut flowers, and I am so much more interested in creating my messy garden and seeing how flowers grow in their imperfect natural states. It's another example of how space represents where we are. This has been a real not learning but a new reach in my life and that's one that it totally showed up. So yes, I have lots but I have more trees and plants than I had like I used to have a lot more cut flowers, which is an interesting phase of what's been happening.

[0:47:19.4] AS: Well that's you totally walking your talk of like, "Wow I used to like cut flowers and now I have these more wild, natural what's going to come up?"

[0:47:29.7] RM: Right and that allows me to be more in authentic-ness with where I am and the learning and the transformation that I've been going through and the growth, really.

[0:47:43.0] AS: Well I think that is amazing too how you can — I am someone who's never liked super polished. I like the Yin and Yang contrast but that's also how I am in general but I've noticed that the older that I get the more I'm comfortable in those more organic forms and even seeing how my idea of beauty has changed. Like physical beauty is so much less. I used to want to be that hard body, skinny and this and that and now I'm like, "That's one way," but I see so much more.

[0:48:18.0] RM: I know, now I'm like, "Oh my god that woman who's like 72 and all grey and she's just glowing. She's the most beautiful thing I possibly can see right now. The wisdom of her aura is drawing me closer." Yeah, totally everything changes and your space will change with that, and I think in making that and bringing in different trees and plants into my house has allowed me to appreciate where I wanted to go.

[0:48:47.2] AS: I love that. Oh my god, that is such a great idea. Yeah, I'm appreciative of this more organic, more what's unfolding nature that's really helpful. I think that's a really good tip for people too. If you have goals and aspirations of how you want to be, bring some things that represent that form versus the cut flowers, if that's the stage you're on. I think a lot of us are in that stage.

[0:49:13.2] RM: Yeah, well life in the world is a bit messy at the moment.

[0:49:17.7] AS: Yes, well I was thinking about what you were saying about our space because Carlos right after the election, it's no secret that I was deeply distraught and when I am really uncertain I was just glued to the news to try to make me feel — it didn't make me feel safer, but I was like, "If I know everything that is happening" but at one point, he's like, "Ali you've got to do something because home to me is safe and it's where I can unwind and you being so enraged every day is not helping you." And I was like, "No, you're right," that's why I had to shift gears and channel my energy but I didn't realize that I was creating all of these tension. I mean I knew I was but I was filling up his space because he's like, "I love you, and you're a lot."

[0:50:06.5] RM: But it's a beautiful metaphor for you guys it's like, there was a safety in your home, a way of operating that has really allowed you both to be who you are and then there was a shift, a change and so Carlos was able to be like, "Okay there's been a change, we need to figure out a new way," and that's how you use it and yeah the blaring TV is not working for me now with scary things.

[0:50:33.2] AS: Or with Facebook, because we don't have TV.

[0:50:35.7] RM: Okay, whatever it is. That's really cool.

[0:50:38.0] AS: Yeah, no that's true. Rebecca this has been so enlightening and I just hope everyone really starts to value you and they obviously value but see your space including your office where you work.

[0:50:53.6] RM: Yeah, a big one.

[0:50:55.4] AS: Home, wallet, all that stuff as a metaphor in some emotional period and you gave us some amazing steps to get started and questions to ask, so thank you. Do you have any parting words before we know where we can find you?

[0:51:11.8] RM: No, no I think it's not about being perfect and it's actually about creating things that support you more and that represent you more so that you can really live from that place rather than a lot of us are, especially in this self-development world, we're trying to better

ourselves and if our space is really working against us, it's harder and it takes longer. So you want to set your space up to support you in that process rather than keep moving backwards or holding you back.

[0:51:45.5] AS: And I just have another question, would you also for some people who, you said part of how that can look because I don't know my style, I don't know that because I always tell myself I don't really know how to decorate, I don't really know how to dress and that's why I still wear all black even though I don't have to but I feel like I have to. But do you recommend just experimenting? It's okay if you think you don't know, you probably do but maybe it's just about you'll know when you see it for a people who are a little bit intimidating?

[0:52:12.6] RM: Totally and I think it's not even you'll know it when you see it. I would say like, "What do you love, what lights you up?" Use inspiration from places that inspire you. "When I'm at this coffee shop, I feel really," — and then go, okay what is it? Is it the lighting this coffee shop? Is it the comfy chairs? Is it the bustling energy? Is it the music? Ask yourself, "What is it about the space that is lighting me up in a way?" And then you start to incorporate that into it.

So your style is you, in my opinion. So it's about bringing out more who you are and it doesn't have to be fancy in any way. It just has to be really beautiful to you and comfortable to you and nourishing to you. So I would say, look for those things, and it can be even "I love being in this park." "Okay well what is it?" I love the flowers, I love the trees, okay well should we get a picture of the beautiful park in your home or maybe that color green is what you're really longing for or maybe it's the silence and the fact that nobody is around, I need a room of my own so there's a lot that you can learn. If you are not feeling that sense of inspiration in your home, go outside and then bring it back and then when you bring it back it's like, "Okay well what needs to go to allow this to be true?"

[0:53:42.3] AS: Oh I love that, mic drop. Where can people find you on social media and your website, repeat it again?

[0:53:51.5] RM: Yeah, so I'm at rebeccamcloughlin.com and yeah, you can find me there. I'm not currently blogging because I have a little one but you can download my five keys to wake up

and love where you live and that's a beautiful ebook and there's a lot of even more very specific tips to get you started so I would encourage people to download that if they are feeling inspired.

[0:54:19.8] AS: Yeah and are you on social media at all?

[0:54:22.2] RM: Yes I'm @rebeccamcloughin on Instagram and Rebecca Lewis McLoughin on Facebook.

[0:54:30.6] AS: Okay good, I know I follow you on Instagram but I didn't know if it was a private account or whatever.

[0:54:34.4] RM: No, it's not private.

[0:54:36.1] AS: People can follow.

[0:54:36.6] RM: Yeah, it's just a lot of basically my home and my life right now. I am a coach and I do this work and I am a mom right now. So that's where I am.

[0:54:47.0] AS: And you have great style, thank you so much for this. I know people are going to completely rethink their space around them which is so important so we can all be nurturing ourselves more so we can go out into the world and nurture it more. We feel like we've gotten that.

[0:55:05.8] RM: Yeah, amen to that.

[0:55:07.6] AS: Yeah. Thanks Rebecca.

[0:55:11.6] RM: Thank you Ali.

[END OF INTERVIEW]

[0:55:16.6] AS: Have questions or reactions about the episode? Reach out to me on Instagram and Twitter @alimshapiro, or Facebook at facebook.com/alimarieshapiro. If you love this show,

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