

Radical Healing: Patterns, Awareness, and Discernment

Insatiable Season 6, Episode 4

[INTRO]

[0:00:08.9] AS: When you're fed up with fighting food and your body, join us here. I'm Ali Shapiro, creator of the Truce with Food® program and your host for Insatiable; where we explore the hidden aspects of fighting our food, our weight and our bodies and dive deep into efficient science and true whole health.

Fair warning, this is not your parents' healthcare. This is a big rebel yell to those who crave meaning, hunger for truth and whose lust for life is truly insatiable. Believe me, freedom awaits.

[INTERVIEW]

[0:00:47.7] AS: Welcome everyone to Season 6 of Insatiable. This season, **our theme is Radical Healing** and what's possible when we get to the root cause of what ails us. We heal when we're in choice, not when everything goes our way. We're going to explore how to get to the root of our stories and what radical healing changes in our lives.

Before we get started, I just want to let you know about my signature program, Truce with Food®, and invite you to join us in January when registration begins. It's a personalized online coaching experience to create lasting food freedom and life freedom. Diets are a losing battle so it's time to call a Truce with Food®. The program

only opens once a year, so don't miss out. You can join the wait list at alishapiro.com/trucewithfood2019. I still can't believe it's 2019.

Okay, one of the great joys of my work as a rebel guide on the side is the front row seats to my clients' healthy rebellions. Helping clients discover they are their own best expert is such an honor and a tremendous inspiration.

On today's episode, *Radical Healing - Patterns, Awareness, and Discernment*, I invite one of my clients on to share his personal story of radical healing. We'll discuss why he first came to me, what he discovered was the route of his snacking and overeating and the results of his awareness of his Accommodator pattern. Plus, some other surprises and challenges he encountered along the way. I hope his courage and truth will inspire you wherever you're at in your own journey.

A little bit about Andrew, and I'm so excited Andrew that you're coming on, because part of my practice is with men, but most people don't know that, so this is going to be fun. Andrew has an insatiable appetite for curiosity. Once he learned to direct that curiosity inward, the real changes began to explode. At that point without a black and white plan of counting calories, fat, cardio, carbs, etc., he found his consumption habits were fueled by deep inner triggers and started a journey that has Andrew more balanced in mind, body and spirit than he has ever been and ready for the relationships of today and the future.

Andrew owns and runs a Financial Planning & Investment Management franchise with Ameriprise Financial. Humbled to be the father of three amazing souls who are some of his greatest teachers, honored and grateful to his wife for being the greatest teacher so far. Thank you for joining us, Andrew.

[0:03:14.1] A: You're very welcome. Thanks for having me.

[0:03:16.1] AS: Yeah. I have to tell you, so in my co-working space, my next-door neighbor Alan who listens to the podcast. Hi Alan. I told him, I said, "Alan, I'm going to interview a dude." He's like, "Does he know what you say about the patriarchy?" I was like, "Yes. Alan, the patriarchy doesn't benefit men either." He was like, "Oh, well I have to talk about that." I think we'll talk – Yeah, well get to that a little bit today. Thank you so much for being here.

[0:03:43.4] A: Yeah, most definitely.

[0:03:45.0] AS: We've known each other now for a couple of years. I would love for you to start at the beginning of when we actually were working together and started working together, what brought you to want to examine your relationship with food?

[0:03:57.4] A: A great question. I think we're always, all of us in today's culture are examining our relationship with food in one way or another, but you just keep – when you're insatiably curious, you don't want to submit to the definition of insanity, right? Diets don't work, you're doing this, keep getting the same results. What the heck can I do differently?

I think it was, I'm not sure, but it might have been a [Yogahealer Podcast with Cate Stillman](#). I heard you on some podcast and you had mentioned the whole Truth with Food and everything. It's not about the diet, it's not about our thing. What's your relationship with yourself, with your food and what's deep inside you that's keeping you stuck in this pattern? I was like, "Oh, I got to talk to her." Then I reached out.

[0:04:39.7] AS: Yeah. What did you think were – I'm always curious, if you knew it wasn't about the food, were you surprised at what was at the root and tell us what was at the root, because part of – we're using Angela Davis; she's an activist. Her definition of radical is getting to the root of things and ripping that out for the healings.

What was at the root and were you surprised about it? Because I always feel people are going in with one thing and then tend to think and discover other things.

[0:05:07.8] A: Yeah. That's a great question. What's interesting is probably even maybe as early as a couple months ago, I'd probably answer that question differently. What's great about the timing, the coincidental, divine, universal timing of us talking today is the biggest thing that was at the root of that problem was myself.

When I say myself, it was the programming language running this physical being known as myself; the underlying program that's always running, the things that we were taught as kids on what love means, or what consequences mean, or how we value ourselves, how we criticize ourselves, how we critique ourselves, how we define compassion or empathy, or where we seek comfort, that we get that from somewhere, so we get it from our parents, our surroundings and we're so impressionable as children and we carry that, right? We carry that language with us throughout life. I think a lot of that programming and underlying language was the root. Trying to grab a hold of that and untangle and rewrite that programming has been an adventure, and all started with you.

[0:06:16.7] AS: Remember, we were joking the other day about I was saying how the 80s love songs were all preaching co-dependent relationships and none of us – you're like, "I have to toss on my boys' demand."

[0:06:30.3] A: [Inaudible 0:06:30.4]. I get sick listening to that crap anymore, right? It's like, "Uh." I mean, all of it. I mean, all the stuff I used to go to, to be like, "Oh, yeah." Now I listen to it I'm just like, "Oh, God. No wonder we've got this problem."

[0:06:49.0] AS: Yeah. Well, and I love that you bring up and are so truthful about we get this programming in childhood, but then the culture it's almost surround sound

reinforces it. It's just like, so you end up in this hall of mirrors and basically your own created internal matrix of what it means to – how to operate in this world.

Can you got to connect people to – you gave such a great answer and I think for people who wherever they are in their food journey, especially if they haven't started to look inward, because right? The culture distracts us with a different diet, or a different plan. How was your own inner programming leading to your snacking and overeating and things?

[0:07:29.2] A: Yeah. **One of the biggest things and I've cut straight to one of the biggest aha moments I ever got.** You just got to get curious and ask the questions, right? We'll have to touch on alcohol, because that was one of the biggest answers I got probably within the last couple months. A lot of your question and then just digging and just, "Okay, well what does this mean? What time of day do you do this?" Just getting curious, right? Let's look at the data. Let's ask all the questions.

Long story short, we realized through that process that my desire for snacking, regardless of being hungry or anything else, or even the flavor or whatever, always came mid to late afternoon before I was going home, right? Going home to my family, whose phenomenal, wonderful, amazing wife at that time and beautiful amazing children. How is it that I felt I needed to start snacking and armoring up and energizing myself to go to my home environment. That was huge.

[0:08:21.9] AS: Yeah. That is such a common – that transitional time, right? It's like, you're coming from the day where you've worked really hard and then you want to be equally present for the evening, but it's also like, I love that you use the word armor up, because it's almost like, what's going to happen, right, when you've got three kids, a wife? All this stuff. It's like, "What am I coming home to?" It's like, "I have no idea." That's I think a huge time for people to struggle with that, right, of like, "Okay, let me –" I've had so many clients who are like, "Oh, just go to the cheese and crackers," to help

them get through to dinner, so they thought. It was really to help with to your point getting the energy for the evening and to gear up and be who they want – who this idea of who they needed to be, versus maybe who they were really feeling, both energy-wise and mood-wise, etc., right?

Because I mean, you're a working person. You don't know what life is going to throw to you, right? You have the residue of the day and then also have to show up in the evening. Another thing I was wondering if you could share how we explored, because I hear this from a lot of other clients and I think people will really relate is do you remember saying like, "I wish I almost was like, could just go on an island, right? Have some time to myself where it was just me time."

We really realized that that was a metaphor of not having a whole lot of boundaries of your space and time. Can we talk about what we discovered of the three stress patterns, like **you have a high accommodating pattern**. Once you were able to name this, how did you see it in your life and how did this – how did transitioning to discernment, rather than just like, yes, yes, yes, yes, yes, to start to change your snacking and eating?

[0:10:09.4] A: Yeah. I wish it was a process that was quick.

[0:10:15.1] AS: Uh-oh. [Inaudible 0:10:14.9].

[0:10:18.3] A: Yeah. It's crazy as you brought that up, I totally just chills all over my body. Yeah, I remember that island, because when you're – what I've learned now didn't know then, when you're totally overly accommodating for whatever reason, whether – and I'll use the word enmeshment. When you're enmeshed with other people, when you put yourself, you attach yourself to other people and you make yourself responsible for their emotions, of their well-being. That's exhausting, right? Because that's not our jobs. I'm not responsible for you, you're not responsible for me.

In getting on the island was like, "Yes. There's nobody there on island." At the time, I didn't know that's why I was asking for that. In reflecting back, so shortly after that conversation it's interesting. I'm pretty sure this is the right timing, so surely after that conversation, I went on just a me trip to Hawaii, and on an island, right? That trip, I don't want to say was wasteful, but what I did on that trip – I mean, I was lost. Here I am by myself on this amazing island that I've been to. We went to a 10-year anniversary. It was beautiful amazing.

I love that I love snorkeling, love the energy of the island. I still love it today. When I was there, yeah, and I don't know I've told anybody this, I didn't know what the hell to do. I would go maybe – I would get up earlier before there would possibly be anybody else and I maybe go for a walk, because I'm supposed to go enjoy the scene and the smell of the ocean and the trees and the birds. Then maybe I go golf. Yeah, I like to golf, so we'll golf on the island and I'll do that.

Besides those – I did go snorkeling a couple times. I love to snorkel. I got out there and I did that a few times, but beyond those things that I knew I liked, I was lost. Let me just sit in the room and binge watch something on Netflix, while I'm on a beautiful amazing island in Hawaii. That probably, I don't know exactly how much of that I did, but I did way more than – I was out there enjoying the island and my time and doing some self-discovery of asking myself questions, because I didn't know how. We're not taught that.

[0:12:24.7] AS: Not at all. I mean if anything, and this is the nuance and the trickery and the Jediness required is you've been rewarded for accommodating, right? It's why you're successful in so many areas of your life. It's like, "Oh, this works really well." There's probably the terminology we use, like a light and shadow side of that, right?

[0:12:47.1] A: Yeah. Oh, yeah. Because we're still adjusting. I definitely believe our spouses and our children are our closest, our biggest teachers. They're the ones that – Tara and I have talked about these soul contracts, these sacred contracts. They're the ones we contract with to shine a light and reflect, give us an opportunity to look at those shadows.

Here I am a successful husband who provides this great material abundance for our family, a successful husband and father. Yet, the pressure builds for what do you want? Why do I have to make decisions all the time? Stuff I'd hear from my wife, or things like that. It's like, "You just don't seem you're present. What do you want to do?" It wasn't going to be what I want to do. Like, "I don't care. Do whatever you want? Why is that a bad thing?" We'll accommodate you. It's all about you. That's not healthy.

It's not healthy at an unconscious level, because I think a healthy relationship is two strong sovereign individuals who want to mutually be in the same space and share their similarities, as well as have space and comfort and safety to embrace their differences and understand them. That's where relationships grow. That's where intimacy is. That's where love is.

[0:13:59.5] AS: I love that you say that, because I remember when we were working together, even with one of your sons, I think it was – I won't say his name, because privacy, or you can if you want. You were really working on not reacting to his own growth at the time, do you remember that? I think a lot of times with parents, sometimes in adult relationships, it's easier – I mean, it depends to your point on the intimacy of the relationship in their relation. Whenever we're in Truce with Food it's like, we're going to work on the \$70 cake where your story's active.

I always tell people, "Don't go to your close family, because they're the people who –" That's the hardest. That's the \$700. Once you master the 70, then you can work on

those clothes, like partnership, relationships, or parental relationships, but those are the hardest, because those people have your heart on a platter, right? Your beating, bruised heart on a platter and they know –

[0:14:51.7] A: Yeah, they've got the remote control to all the buttons. Exactly where the buttons to push, what channel to play.

[0:14:58.6] AS: Yeah. Oh, good. There is this and then you're like for a nightcap. I think sometimes with parents, and again, parenting is so hard these days, because there's just not a lot of social support and everyone has this idea that there's a best way. Just like diets, there isn't. I remember you really working on not reacting to your son's own growth and letting him work through that. I think that's really important, because if we're in an accommodator pattern, especially I imagine as a child, and I'm not comparing kids to a job, but Carlos and I realized we've totally spoiled our dog, right? I never want him to be uncomfortable.

As parents, I imagine you don't want your kids to be uncomfortable, but you were able to really start to by me letting him emotes, as kids have all meltdowns and that stuff, they're learning their own emotional capacity at the time.

[0:15:51.3] A: Yeah. Oh, yeah. Again, it took a couple years of starting to get curious of like, "Wow, [inaudible 0:15:55.7]?" That today, couple years later, I feel that's real healthy. After all, where they're like – I still notice some of the old accommodating stuff that comes up like, "Oh, buddy. This is going to be hard." Especially when those two boys, when they're going at it I'm like, "They need to figure this out."

Like I said, my wife was a great teacher on all that, because she – a lot of times she would get – I think she would get put off by the accommodating things and get upset like, "Why are you doing this? Just let it be here." Experience some tough love or something and things like that. I feel healthy at that place now.

[0:16:30.8] AS: Right. What I love too is and I want to talk more about how you define discernment and how that really helped break you out of that accommodator pattern, but when I hear – when you were talking about the island and also tough love, or accommodating, I think you really found, and it's a flexible middle, but that releasing that all-or-nothing thinking, right? From accommodating and rescuing, to shutting off your emotion, or being on an island or being immersed with people, there's actually this great middle ground.

For you, discernment, that concept that we talked a lot about helped. Can you explain what that means to you and how it started to help you find collaboration, rather than accommodation with people and the situations in your life?

[0:17:14.7] A: Yeah. It all started with me looking at the definition of it, because I'm like, "Okay, well what does this even mean?" Then I started practicing every – the curious question is okay, what's mine and what's not mine, right? How do you discern between what's mine, or not mine? How do you discern between a carb or a protein? What's the difference? There's things that makes everybody different, so there's this total differentiation of that.

When you start talking about things that aren't – you can see a cake as a carb and you can see a piece of steak as protein, you can't see your emotions and feelings of like, "Huh, is this my sadness, or is this your sadness? Is this my guilt or your guilt? Is this my shame or your shame?" You just started asking the question, so what's mine or not mine? I reflect on the situation. Damn, why do I get baited into that argument again? Well, what was mine or not mine in this? You just keep your question.

To the point where today, I really feel comfortable with the fact that anybody could come to me and just be upset, emotional, sad, mad, and share their stuff and I wouldn't feel responsible to make them feel better. I'd have space for whatever it is

you want to bring to the table and let you own it and just put it out there and let's look at what's yours together, if you want. I'm not going to attach myself to it. I'm not going to project my crap onto it. That's yours. Let's honor your stuff.

Here's a little project where you – I stumbled on this. Anyone listening, try this; go to Facebook, if everybody still uses Facebook or whatever social media that people can respond to you, go to it and just put on there, "I'm really, really sad," and see what happens. 90% or more of the responses are going to be like – there's going to be a ton of advice about how to look for the greater things in life and hurry up and get your happiness. There isn't a acknowledgement of you're sad. Where's the compassion and empathy for that sadness? How do we process that sadness? No, let's hurry up and bury it and ignore it and hide it and pour a bunch of food, sugar and alcohol on top of it, so we don't have to feel it.

[0:19:23.8] AS: That was such a clear answer. No, because I think – I mean, there's two things – Oh, God. I want to circle back to so much. First of all, right, when you – I think what you were talking about too is a lot of people think if they stop accommodating, they're going to stop helping people. What you are actually describing is you're creating the sacred space. First of all, people don't take advice with stubborn problems, right?

[0:19:47.3] A: No.

[0:19:48.3] AS: They already know what they should do, but they're not doing it. You are now creating a sacred space where they need a witness. I bet you're actually being more effective. Then if you tried to take it on and fix them, because no one wants our advice. They're struggling. They have to come to the answers themselves. That's part of reclaiming our power being like, "Wait, I can figure this out and about."

[0:20:11.7] A: Depending on what programming I was running underline for them, all that advice is either telling them they're not enough, telling them they're even more worthless than they feel, because they can't reach happiness because they feel sad. It's judging them for it, or it's telling them – it's minimizing their own presence and their own place in this moment and their right to be here on this planet. Because you're not witnessing it. It's their responsibility, it's their own language. It's not your fault, because you want to be happy. You want to be happy and stop being sad.

Their underlying language is leading to a whole bunch of other dark shadows stuff. Then when you create space for it, then you create an opportunity, that sacred moment. You create this opportunity that your soul is begging for. You say, "Hey, here's an opportunity to shine just a little bit of light on this darkness." That might lead you to the root of what's behind it. It's not that a client died, it's not a family never died, it's not that a girlfriend or boyfriend broke up with you, it's the underlying stories and thoughts and everything around that's connected to that root programming that's making you believe whatever it is you're believing about yourself.

If you don't give people the light and give yourself the lights, actually it's just stop it look at it maybe shine a light and see what you see. Then it's going to keep growing back, because you can't get to the root of it.

[0:21:29.2] AS: I love that point you made. It not only does it grow back, but it becomes resistant, like antibiotics, right? Antibiotic resistant. If you keep overusing the tools that don't necessarily work. As you were saying that, I thought of this quote and I'm just going to read it, because I think you will like it too. It's an excerpt from Dr. Rachel Naomi Remen and it's on service. She gave this at the noetic science review.

She said, "I think I would go so far as to say that fixing and helping may often be the work of the ego and service the work of the soul. They may look similar if you're watching from the outside, but the inner experience is different. The outcome is often

different too. Our service serves us, as well as others, that which uses us strengthens us. Over time, fixing and helping are draining, depleting. Over time, we burnout. Service is renewing. When we serve, our work itself will sustain us.”

“Service rests on the basic premise that the nature of life is sacred, meaning other people too, that life is a holy mystery, which has an unknown purpose. When we serve, we know that we belong to life and to that purpose. Fundamentally, helping fixing in service are ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. From the perspective of service, we are all connected. All suffering is my suffering and all joy is my joy. The impulse to serve emerges naturally and evitable from this way of seeing.” Your speaking, I thought of that.

[0:23:02.9] A: Yeah. Thank you for sharing that. I’ll just sit here, soaking in all of that as a whole. Body is just vibrating. Yeah, that is so beautiful and amazing.

[0:23:09.6] AS: Yeah, yeah. That concept of service, I just think is – I think it helps those of us who like to people please and accommodate and think, “Wait, am I being in service here?” Just had to –

[0:23:19.6] A: Well then Ali, what’s your definition of service? Because your definition of service will be totally different than somebody else's definition of service.

[0:23:26.3] AS: Yeah, yeah. Well, I think I've got to figure it out, but I think embodying more of what that poem says of – you do it with my clients. I mean, you guys, I obviously can hold – as I’ve healed myself, I can hold a much greater range of emotion for other people when they're struggling.

[0:23:43.4] A: Absolutely. Exactly. That service is just like that poem, right? It’s just like it. You can show up and hold space, a great range of emotion, whether it be extreme

joy or extreme pain. You can hold space for their emotion. Not project your own, versus maybe somebody who is overly accommodating or enmeshed, their definition of service is like, "Well, I see your pain and it's projecting my own and I just want to make it go away, so let me go be a service and tap into my ego and fix this, right?" That's the masculine side.

The ego side, we want to fix everything and men can't fix things. Women just want to – the feminine side, they just want to be heard, have the space. Taking it even deeper than just men and women, that's the energy of all of us. Ego is not bad, ego is not wrong. It's there for a reason and a purpose and it is tied to more of a masculine energy. Service is not the best great way to do everything. Everything's balanced. Service counterbalances ego and creates some openness, some grounding, some space and that's a very feminine energy.

You need both of those to have a very good balanced aspect of just being – be able to do what you do for our client, to be able to do what I do for a financial client. Yours is so much harder, because I think you get it more challenging, in a sense that you get to deal with emotion. Now, I do get into some emotional stuff with clients, but –

[0:25:06.8] AS: Money is loaded emotionally.

[0:25:09.4] A: Yeah, exactly, exactly. When you start having conversations, purpose and goals and how important this is to them, it's not about projections and numbers of calculations. You get a lot of people's walls.

[0:25:21.5] AS: Well, I was thinking money is about what do I want to matter? What matters to me, what my time spent? You're such a clear thinker. I swear, all the ladies listening I'd be like, there's men who are capable of thinking like this. Not to bash men, but this is why when we hold men to high standards, look what happens, right?

[Inaudible 0:25:44.1] A word that's used a lot and is so big for especially if people are stuck in that common area or pattern or what is projection.

Let's talk about that, so talk about the other things so clearly. I've talked about it on the podcast before, but I think explaining to people, especially as a combinator to your point what you were saying earlier about how do I know what sadness – is my sadness or someone else's? Or often, if we feel we can't fix something, we feel helpless and then we project that helplessness onto the person, which then creates more fixing.

Can you explain what projection is? How you understand it.

[0:26:19.5] A: Yeah. Projection, yeah, in its simplest form, you're projecting. You think of your projector, your old-school projector. Light is shining something from a source. You were that source and your light is going to project something onto somebody and it's going to reflect it back to you, because the only way – you think just from a mechanical standpoint, that light projector that you used to see in school reflects an image onto a wall and that image was reflected back at you so you can see it.

When we project a stuff on people, we project our sadness, our judgments, our guilts or anything else, that's coming from us. That is coming from us and it's hitting this target, this wall, this person, this child. It's reflecting back to us what we don't know about. It's your soul's invitation, that light from inside is your soul's invitation to say, "Hey, here's something that's unsettling for you. Here's an invitation to get curious and take a deeper look of what is inside you that's being projected onto this person."

We'll go to the discomfort of my youngest son Rowan. In his outburst and everything like that, the disruption of that peace was an invitation. I was projecting that. I was like, "Oh, my God. He must be so upset. He must be this. I'm going to fix this," right? The whole time, early on, it's an invitation. What about me is so activated and uncomfortable? Just noticing that, "Oh, that hits my gut." Ali, if you said if you have an

outburst about it, my gut wouldn't tighten up. I wouldn't all of a sudden try to figure out how to fix it up.

This is just me, because mine is more tied to the familial aspect. You just a friend, you're going to be like, "Whoa Ali. Yeah, you're mad. You're this and to hold space. I'm going to reflect back to you, I'm going to acknowledge you, I'm going to show compassion, I'm going to show empathy, I'm going to show affirmation. I'm going to hit all those things to let you get out into this space everything that's inside you." Maybe you're projecting on me, it doesn't matter. I'm not absorbing it, because I've discerned what's yours and what's not mine. What's yours and what's mine. That projection is just an invitation.

In the way to understand that it's a projection that's activating you, just pay attention to your body, pay attention to those lower chakras, is your gut type, is your throat, you feel you're being suffocated and you just want to scream at somebody, being angry. Then they're not angering you. Those immigrants marching to the border aren't a threat to everyone here. They're reflecting back your own inner fear. What are you afraid of? What are you afraid of?

[0:28:45.8] AS: Yeah. I love bringing the political.

[0:28:49.5] A: Yeah. Well, I had a very lovely entertaining discussion with an old friend last night about it. These tens of thousands of immigrants marching toward the border and I'm like, "They're a threat. What if they showed up at your front door and blah, blah, blah?" I said, "You know what? Let's look at data and –" These people that are encroaching upon a border that's several states away from you are a threat to you. You're afraid of what that means to our country and our rights and everything else. You'll forget about the fact that we did that to Indians.

Just take a minute and look at data and perspective. Let's broaden your scope a little bit. How many criminals live within a 50-mile radius of you that are US citizens, that are a bigger threat to you and your home? Then those immigrants that are tens of thousands of whatever miles and feet and states away from you and your comfort, your home, there's way more "criminals" that could do harm or want to do harm around you in your hometown. Where's the energy and compassion about building a wall around them?

[0:29:47.9] AS: I know. It's funny too, because I mean, I saw this meme on social media. It's like oh, the American myth is when it was white people coming here, it was for prosperity and a better life. When it's refugees, who are by the way listeners, most of what the Central American refugees and asylum seekers are, our government destabilized that region. It had a hand in destabilizing that region. That's part of the thing that angers me the most is our government has contributed to this and now we're saying, "Nope, not part of me."

I get your point. I think, going back to your example with Rowan and his outbursts in peace, your goal was like "Oh, I'm succeeding that there's peace." Then when there wasn't peace, even that wasn't necessarily the goal of what Rowan needed in the moment, right? Then it was the anger, then you put the anger on that person where in this case, Rowan, even though it's your own frustration of like, "Why can't I keep the peace? Why can't I keep the peace?"

That happened so much when we're not clear on what's ours and our own goals and what's the emotional responsibility and goals of the other person and when it's one data point in time over the course of an entire relationship. That's why sometimes I see that's really popular in the self-help industry right now is what you think about me, or what you say to me or think about me is none of my business.

I understand the spirit of that. However, sometimes we're creating actions because of our projections that are actually, they're our own triggers, but they are our responsibility, right? That's important to know and that's why I love that you share that question that's been so helpful for you is like, what's mine and what's theirs? Because sometimes we do things as Accommodators, or Avoiders, or Competitors that it's our own stuff seeking out to other people and we are responsible for that.

[0:31:43.4] A: Right. Well, I'll give you a great example. One great example recently and I'll give Rowan's mom, Tara, I give her all the credit for this because it was her idea. His anxiety was kicking up, he was going to miss something at the ballet studio. It's two hours from now, but he was just freaking out. He's getting activated. He's getting angry and just frustrated. I sent a quick text to Tara. She's like, "Well, just let him be angry."

It's something she got at a – she was at a woman's conference up in New York recently and that was one thing she learnt. "Just let him be angry." Years ago, when I tried to bring peace to his anger, get him to calm down, it just made it worse, right? That's what I needed. I needed him to calm down. He just needed to be angry. Fast forward to this weekend, this past week, he's getting angry, he's getting all frustrated and instead of trying to tell and prove to him, "Dude, you got two hours. Why are you blowing up?" It's like, "Dude, let's get angry. Let's go beat up..." We're in my bedroom. Let's beat up on his bed.

I start punching him and I'm like "Come on. Let's go. Let's get mad at it. Let's grunt. Let's go. Let's give it to people's elbow." He's looking at me and he jumps right in. He starts beating the crap out of the pillows and the bed and he's yelling. "What? Yelling is okay. All right, cool. Let's be angry." By the end of it, he's smiling, he's laughing really, he's laying there exhausted, because that takes a lot of work, right? You got to beat on a punching bag or anything for 30 seconds and see how long last.

I was like, "Are you good?" He's like, "Yeah." I was like, "Do you still need to hit some more?" He goes, "No." I was, "All right." He goes, "Well, what time do we leave?" "We'll be here at this time." "Okay, I'm going to go read." "All right. Go read, buddy."

[0:33:16.4] AS: That is so beautiful.

[0:33:19.7] A: That's the example. It's like, all right, now he knows he can be angry, it's safe, it's okay, I'm not going to judge him or criticize him or be uncomfortable with it. I know that I've got to still work on my self-critic that's beating me up and criticizing me for all the times that I fought against that, I projected on to him, right?

[0:33:36.9] AS: Well, I mean, that's the cool thing is life is very forgiving and resilient, right? It's like, kids are more resilient, we are more resilient. It's like, "Oh, well." You're there now, especially as he becomes a teenager, not because I'm sure that's a crazy, crazy time of rebellion and all that stuff. I love that example, because in our work, ideally get to that collaborative win-win space. It's like, oh, my God. You didn't have to accommodate. You were able to connect with him, right, on this deep level and also be such a – I mean, you led – you're leading him by example of how to be emotionally intelligent and aware and build capacity for those feelings, so that they don't come out on other people in 20, 30 years, which I think is just so beautiful.

I love that, especially because he felt in it. He felt you were in it with him, right? What a better gift then, someone witnessing or being in it with you. **Not trying to fix it, but letting you go through your own process. What are some of the surprises? I mean, tell people about how your food is now.** I mean, that's always to me – I know people – I think it's the least interesting part, but it's important, right? Because that is what – I mean, it is great because when you eat more in alignment for your goals, you do have more physical resilience and all that stuff. It's an important piece. I don't want to dismiss it.

[0:34:57.8] A: Yeah. Yeah. No, it is. It is very important. It all started with do something. It all started with the doctors as a young early 30s young man, trying to push Lipitor on me for cholesterol issues, because I've played football through college. I'm burning off whatever it is I'm eating and I can consume whatever, because the amount of exertion is keeping me fairly fit.

Then you graduate and you go get a real job and you sit at a desk. I leave college 230 pounds, probably about 10% body fat. Within a year, I'm 285 and I'm like, "What are these red lines on my belly? Why do my clothes keep shrinking?" Total lack of awareness and you're like, "Holy crap, those are stretch marks." You just constantly figure out. We just call off the data.

Now we're finding I love – I hope it's okay to mention a person that they've asked me. I love [inaudible 0:35:53.1] hacking an actual true data, because he's one who brought a lot of things to light for me on the myths of calories and calories out, the myths of low fat, high fat, the importance of good fat and the importance of good quality foods and not just processed junk. I just love how he – I think, he definitely – he does whatever he does for himself, but for me. He goes way overboard on the data for myself.

[0:36:20.4] AS: Control, control. You need some more discernment, right? No, I'm just kidding.

[0:36:25.4] A: Yeah, yeah. My answer was go vegetarian. This is how I'm going to start my diet. I'm going to go vegetarian. This is a guy who had steak potatoes and my vegetable might be a salad. I want to try to go to a diet where all I eat is vegetables and no meat. I don't know what a – beyond those things, what other vegetables are there to eat out there? Let's go explore.

Yeah, today where I need to go buy new clothes, new pants. I keep dropping weight. I don't know exactly what I weigh. I don't really get on a scale anymore. I just eat in a way that feels right and serving. When I don't eat that way, I pay attention to notice. I don't blame myself. It's like, eating the three or four slices of pizza later than usual last Saturday night was painful, all night long in my gut and the next day I feel bloated and inflamed. I knew why. I just made sure to try to keep more of a lighter intake of food the next day and really, I didn't eat any breakfast because pizza was still sitting in there.

You just don't eat. What, you don't eat four, five, six, seven meals. Some people need to, some people don't. It's all about your body type and we're all so different. You just got to find out who you are, what's at the root of you and then feed it what it needs.

[0:37:35.6] AS: Yeah. I love it. I just love that it's so much more ease-filled, because I laughed when you were like, "I wish it were faster." I totally wish there was a way to expedite it. However, when you look at the cumulative effect I mean, now you feel really healthy, you're improving the relationships in your life and you don't have to be on an island. I would love if you could share something that's happened recently about alcohol.

I think it illustrates the deeper we go and the more we come into our own and self-expression, these other habits just continue to fall away. Can you talk a little bit about the alcohol, turn of events that's happened, without even trying people? I mean, you've been working on yourself and the side effect is the alcohol.

[0:38:22.0] A: I've been trying with alcohol for a long time. Just being curious, well what is it? What do I get from it? What's the purpose? What I do here? Definitely, I don't believe it was or I am an alcoholic by no means, but I was definitely regularly consuming alcohol. I would test that. I would go times like, "All right, well I'm not going to drink for a couple weeks just to prove that I don't "need it."

[0:38:45.8] AS: When we were working together, you did that in your sleep. You were monitoring your sleep and it was so much better. You knew the benefits.

[0:38:53.3] A: Yeah. James Swanwick, he did a – he has a 30-day no alcohol challenge and it's clockwork like everybody. The first few nights, it's harder to go to sleep because you're not numbing yourself to think you're going to go to sleep. Then day 8 or 9, I had one of those little sleep monitor things with the – I don't know if it's a Garmin watch now, or maybe you could do it with your Apple watch or anything, but it monitors how well you sleep and how much you're moving around when you're sleeping.

It had all kinds of data. I'm like, "Dang, I move a lot when I sleep." Leading up to even doing this challenge. After about day 8 or 9, after that first week I thought, "My watch was broken," because I go look at the data and it's flat line. No way. The next day I look at it, well it counted all my activity through the day. It got my movement. We'll just see how it goes. Long story short, you get to the end of 30 days and every single night, there it is, flat line. It was cool and it was amazing. It was like, "Wow, these are wonderful healthy benefits." It was so wonderful, here's all the data that shows it so good, that after 30 days, I go back into the drinking habit.

It's so good, let's not do it. I'd say recently, probably within the past two months is where the big change came. I came to a time in my life and I'll say a ton of details. I think, my wife and I are at a crossroads at really figuring out who we are individually and questioning whether or not that means we stay together. It's very challenging and hard to go through.

About six to eight weeks ago when we came to the decision to start exploring and getting curious what it is to be apart, I mean, it was so – I don't want to say soul shattering. It was so heart wrenching, soul wrenching that like, "Oh, my gosh. Here's

the woman I've loved and admired and supported and has brought these amazing, wonderful beautiful children into my life, who's been an amazing healthy mother figure to my daughter all of her life. Wow, what does this mean for me?" You start questioning, who are you without your spouse? Who are your kids and all the fears?

All of a sudden, here comes those – here's an exposure, here's an opportunity. I've got this. I know this. I've done the work. I have the school – the skills and these tools in my toolbelt and I know this is all reflecting some deeper root that I haven't found yet. It has. The past six weeks, it's just the exploration and the transformation has been real.

To the alcohol before I get too far away from that, that was one of those things that I loved us, our family and her so much, that what I know for a fact beyond without a doubt, I don't care if it's one, two, four drinks, alcohol numbs your senses, right? These athletes don't drink a beer and then go perform well, because it's going to numb stuff. It's going to modify things. I wanted to be clear. I found that goal or purpose to be clear. This next major phase is going to require clarity, it's going to require all of me to really find this really deep root and it's so activated in me. To honor my wife and I on where our process is and the decision that we may or may not make, I need to be clear.

Just like that, connecting with that purpose, connecting with that goal, you do what you're trained and start okay, well here's – what's the black and white? Am I just going to not drink for 30 days? Am I just going to only drink on days that end in Y? Am I just going to have two a day? You start going through that. I'm like, "Well, well, well no. I just pause, came back to the purpose and goal. I want to be clear." Every moment that I think I'm going to have a drink from a habitual standpoint, I'm going to ask is it okay not to be clear? So far since that point, it's not okay. I want to be clear in all of this.

The very next night was my – I had a client wine there. The chefs at this restaurant do an amazing job of creating stuff that aren't on the menu and they pair a wine with the meal. I'm like, "Okay, how many – am I going to drink? How many am I going to drink? What I'm going to do? What are people going to say about me? What are they going to ask me?" I'm like, "Oh, what's wrong with him? Why is he not drinking?"

Pause. Just take a moment and let's reconnect to the – let's bring it to this moment, right? Let's take it back to the moment. Fear can't exist in the moment. It only exists in the stories of the past and the future. I was like, "I'm just going to take it a step at a time. I want to stay connected with my goal and my purpose." I got through the whole night and what I told myself was I'll take a sip of the wine that they paired with it and that's it. By the end of the night, nowhere near even a full glass of wine. A lot of water and a lot of great food and I felt great and wonderful.

I felt clear. I felt I was integrity with my purpose. I didn't I feel like I was criticizing myself for like, "Oh, you technically drink though." It's not like you're not drinking. I'm like, "It's not about drinking, it's about being clear."

[0:43:26.7] AS: First of all, I just – I mean, I love that story and I love that it's where you have to connect to a goal and a purpose. However, I would say that the fact that you value clarity, especially at this time when you're going through – you're at a threshold, I mean, that speaks to the work that you've been doing, right? Because I don't think most people, their goal is it's like, to be all or nothing, or to whatever.

To have that goal and value – for you to value and prioritize clarity, versus accommodating with the social activity was, right? I just think that speaks to how much of yourself you've reclaimed in this – in our work, but also the work you've done since, and that the curiosity you continued asking is a real testament to how much capacity you had to hold so much, so much complexity and want to be clear for this. Again, I

think the default especially in America is numb out. To your point, put a bunch of sugar and alcohol and Netflix on top of it.

[0:44:27.9] A: Yeah, yeah, absolutely. We can have an understanding of the data of what the sugar, the alcohol and the food does to you chemistry-wise and why it does this and why it's bad for you. We can understand that.

[0:44:42.0] AS: Why your sleep is so good.

[0:44:44.2] A: Yeah. Until you relate to it and like, so your goal is to lose weight, okay great, that's a wonderful goal. **You've got to start somewhere. Until you have the biggest takeaway from all of this. You create a goal, or purpose, connected to something at the root of you, at the core of your being that's real and authentic and yours, that's yours. That's not somebody else's. Nobody can take that from you. That's yours.** Let somebody challenge me on my goal of clarity. That's mine. You can challenge me like what? I'll hear you, I'll appreciate your difference of opinion, but this is my goal. That's mine.

It's not to get better sleep. It's not to reduce alcohol, because some people would judge me as an alcoholic, it's not to lose weight. It all started that way, but the curiosity of getting deeper and deeper and deeper is like okay, well what's really true? What about losing weight is important to you? Then when you answer that question, well how does that feel? Who are you when you start eating this way? You just keep asking the question until you get to the point where I don't have any more questions. I know I want to be clear. I don't want to be clear. I can clearly state it.

[0:45:48.0] AS: Yeah. No, you're right. I mean, what you're describing is and I think this is especially, you use the word enmeshment. I think this all of us, we get confused with what society's goals are for us, versus our own goals for ourselves. We are told that

weight loss will give us ease and meaning and recognition and belonging, right? There's all these unspoken subtexts.

We may need all of that, however it's like, life isn't so shallow that we're going to get that from weight loss only, right? If anything feels – it doesn't feel intimate, right? Because it's not intrinsically connected to our own truth. **The more we can really get clear on what's in – we really value at our core.** I think sometimes people think – I mean and granted, maybe people have tons of values, but it all got – if we can really get back down to what we value and I think you really value growth and transformation, and so clarity is so important to you.

You walk the talk. You don't just say post – actually, I don't think you ever posted instructional quotes, which I like. You live it and I think that's so inspiring and I wanted people hear your story and how you're just – it doesn't mean everything's tied up in a bow, it means you're continuing to be in your truth and getting to the root of things with your curiosity, which is just I mean, what a way to live, right? It doesn't mean it's always easy, but you can live with yourself at the end of the day.

Before we go, what's your current edge? I mean, you shared a little bit and your personal life, but is there anything you want to add about what's your current edge? Because I wrote this in a post about how wildly creative people tend to struggle with food, because if they don't have a creative edge, right? By creativity, I don't mean – it can be scrapbooking or writing, but I also mean – and when we were talking about this before the show, this idea that nature is always, always growing into more beautiful levels of complexity. We are too when we're healthy. We've got that choose Chinese medicine, our chi flowing, right? Always a new creative tension, and so what is yours?

[0:47:53.4] A: Yeah. It's still discovering. I just tapped into probably recently, I believe. My current edge – and before I go there, I want to say the biggest edge I've had and

it's going to be to the one of that is being able to – there's an old saying that basically says it's not about the best teachers out there go find that great student. When the student is ready, the teacher will show up. You'll find that teacher.

When the student is ready, the teachers will come. When I was ready, you came. You were a phenomenal teacher. Thank you. I love what you're doing and I totally appreciate all that you're bringing to this world and humanity and the energy and the chi and everything that's going. Thank you.

[0:48:28.3] AS: Oh, thank you.

[0:48:29.6] A: You do a wonderful stuff. Then all the other wonderful teachers since then it's like, every time I came out to a point where I didn't feel I was growing, or I just felt stagnant, or just because I was paying attention like, "Ah, I don't like this feeling or this place." What I've learned to do recently – I heard this from Wayne Dyer years ago. He said, "Sometimes you just got to let go and let God." I was reading in a book, I think it's called *Spiritual Divorce* recently and it hit hard. She was saying, you got to stop being the general manager of the universe. Who am I to pretend I can control an influence how nature is going to grow, where it's going to grow, what it's going to do in an environment when I plant something there?

Doesn't knowing I don't have. Why am I trying to general managing things? How do I let go to some higher energy, power to us, whether it's God, whether it's Allah, whether it's just universe, whether it's chi, whether its nature, how do I tap into that? Because that's going to let me know whenever – I can't grow here. This tree is not going to drop seeds where it can't grow. It's not going to grow. How many times you walk past a tree and it grows to where the sunlight is? It didn't go straight up and down, right? It's not like the light. It's going to grow toward the light, toward the nourishment, toward this higher power that's drawing it and going to feel it, energize it.

Whenever I come to a place where I don't feel like I'm growing, I just stop and check-in, meditate and go within and try to be in this moment and try to find my higher power connection. I just ask for a sign, really. Hey, what should I do next? What's our next step here?

[0:50:01.8] AS: I love that, because what you're describing is surrender and that's something that I've totally been trying. When I first came upon the term surrender, I thought it was this passive like, "Oh, you just let go," right? No, it's freaking hard, right? Because your ego and other things are – no, but that might be better and waiting, right? Oh, my God. The land of productivity to just say, give you a sign. I mean, that's freaking rebellious, you know what I mean? To wait and not react is like, "Oh, my God. It's so challenging."

[0:50:36.6] A: Yeah. Maybe one day, there might be a perspective where you'll be able to see waiting as the ultimate rebellion, right?

[0:50:44.7] AS: Yeah. Yeah. Yeah. No, I love that. I love that. I love chatting with you, because you can go in so many different directions and to so many depths, which is so refreshing. Is there anything that you want to share that I didn't ask?

[0:51:01.6] A: I don't think so. **My biggest advice until you find that a connection to a higher power is just embrace your curiosity and find anything and everything to be curious about.** When you start being curious about things outside of yourself, that's a great sign that you're looking in the wrong place. What is it within you that you can get curious about?

[0:51:22.1] AS: I love that. I love that. Thank you so much for being here, Andrew. Thank you everyone for listening. I also just wanted to mention a hat tip to Jac McNeil who made that Dr. Naomi Remen quote. She brought that up on Instagram and it enabled

me to pull it up and read it, but I'll include that quote in the show notes for Andrew's show. Thank you so much for being here, Andrew.

[0:51:41.7] A: Very welcome. Thank you.

[END OF INTERVIEW]

[0:51:46.8] AS: Thank you, health rebels for tuning in today. Have a reaction, question, or want the transcript from today's episode? Find me at alishapiro.com. I'd love if you [leave a review on Apple Podcast](#) and tell your friends and family about Insatiable. It helps us grow our community and share a new way of approaching health and our bodies.

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