

Hey, Hey. Oh my gosh. It's so nice to be back with you with a new lesson today. And today, we talking about feeling free and comfortable in our bodies, and I want to explore, begin to explore the re the kind of deep and toxic relationship that many of us have with our bodies and start to shine some light on those really.

He then places and really kind of start to open them up a little bit with this lesson. So glamour magazine did a survey of their readers and they found that 97% of the women had at least one negative thought about their bodies every single day. So that's pretty much every woman In the world.

And even though most of us don't read glamour magazine, I'm sure I'm pretty sure that applies to all or most of us. So no matter what size or shape or race or age you are, the chances are that you don't feel good about your body. It's not rocket science. So some of the thoughts that women have are I'm too skinny.

I'm too fat. I'm ugly. I'm unattractive to postural partners. I have no boobs. My boobs are too big and too small. My hips, stomach, arms, calf nose, fill in the blank. It's too weird, too big, too small, too, whatever. Just never run. And then some of the feelings that we have are self-conscious disgusted, uncomfortable, insecure, jealous of the beautiful girls or women, or the beautiful men or women, men, or men, boys.

And then here's some of the things that we do when we feel that way. So we wear loose clothes to try to hide our bodies. We avoid taking photographs, we judge other women's bodies and we avoid shorts or sleeveless tops or swimsuits, even when it's hot, I've done all of the, everything that I've talked about so far, I've done by the way.

And then more of the things that we do are we avoid tucking in our shirts. This is a big favorite of mine. Avoid trying to look cute because what's the point, another big favorite wear dark colors or. Black my father, I still wear a ton of black and my father used to call me the man in black Johnny Cash was called the man in black.

So my dad used to call me the man in black because I worked so much black, which was pretty funny. And then, or, and the other thing is constantly pulling your shirt down or away from your belly. That's another thing that we do. I I've done many. So I don't want to talk so much about, or spend time about why women hate our bodies, because there are so many reasons.

And we're mostly aware of them just like advertising, like messages from. From TV and radio, not radio. Yes, radio too. So, and then the generational body trauma that gets passed down from our, through our families, like particularly, probably from our mothers. And then there's tons of other reasons that we could list thousands of here.

But one thing I want to be clear about is that it's not your fault. If you feel like any of these things. Apply to you or that you do any of these things. I've done all these things, as I said. So it's programmed really deep in us to feel like our bodies are not good enough. And to do everything we can to a pride, try to appear less awful and less ugly than we feel.

So it's not your fault is all I'm trying. So lately I've been sharing on my personal Facebook page about looking back at photos from times that I fully distinctly remember hating my body and realizing that I actually looked just fine. And that even sometimes I look cute and then even sometimes I actually looked beautiful.

So here's a picture of me around four years old and it. Pretty devastating to me now to realize that about a year later from this picture, I don't think it was, I don't remember it from this picture, but about a year later I began to think of myself as too fat, so around five years old. So and the memory I have is that when I was five, I was in some kind of, I used to twirl, Baton do Baton twirling.

And the memory I have is when I was five, I was in a Baton twirling. Performance of some kind. My aunt was making me my little costume and I remember I was in my grandmother's kitchen and I felt him and there was nobody there. It was me and my mom and my aunt. And I didn't feel as shy in front of my mom, but I felt embarrassed to take my clothes off in front of my aunt so that she could measure me because I already had this sense that my body was too fat, which is just.

I can't imagine. And then here's a picture of me during high school. So at a drill team camp, I went to and I very distinctly remember and saying at the time to other friends, like, I feel like a cow. And I thought it was a common thing that we said in our high school prompts are not only my high school.

And that I felt way bigger than everybody else. And then I asked my friends on Facebook to share photos from times when they were experiencing the same

thing, because other people had said that they related. And then this is one from Harriet who's in our course, I may start crying during this. So this is Harriet.

When she's 18 years old at sea in the channel islands, she loves the ocean. And she says, I constantly felt I was hopelessly overweight, nothing to look at. And that I was just too weird for anyone to take me seriously. And to me, this photo looks like a still photograph from a documentary about a movie star.

So, and then this is one from my friend, Phoebe, where she said, This is me with my little sister. When I was about 11. I felt very ugly and fat at this time in my life. My best friend's older brother would tease me and call me fat. I can still feel, I can still feel that looking at the photo, but I can also see a perfectly fine pre-teen kid, which I think most people would see when they look at this really sweet.

And then there are a million more examples like that. And other friends shared photos, which made me also think about a lot of special events in our lives that are either ruined or kind of shadowed by the way that we kind of are torturing ourselves with our bodies. So this is from my friend Tash and she says, and touch.

It's pretty funny. I had to swap my dress for this wedding because the one I picked wouldn't zit, I was so embarrassed and ashamed, and there are only three photos of me at this whole event. Now it's one of my favorite photos. I wish I could get that body back. O M G she's funny. And then another one from Tasha.

And she says on this day I had to wear Spanx because my tummy showed if I did. And, and I felt so self-conscious and uncomfortable all dang day and the heat look at her LOL, and this is like, yeah, look at her. Look how freaking gorgeous she's. And then this one is from Charlotte, who is in our course and this full on made me cry.

And I'm going to read the whole thing because it's really moving. She says, notice that I'm holding a baby covering as much as myself as possible and not smiling. My husband wanted this picture taken and was fairly assertive or insistent about it. After spending my high school years, it was a very chubby girl.

I had lost weight and then gotten into shape and college and was in the best shape of my life. Right before I got pregnant. I was discussed it with myself after I had the baby. If you can't tell, I was not happy in this picture or I was not

happy, happy the picture was taken. When I look back on it, I think that we are all perfectly lovely and I'm so grateful that my husband was uncharacteristically insistent.

It's one of my most cherished photos and like who among us doesn't have a photo exactly like that, where we just remember that. So this leads me to your homework for feeling free in your body. Because I think the main lesson here is to experience some perspective on your body and to practice seeing your body through a different lens, like a more loving lens.

So I'm giving you four pieces of homework, but I would say choose one or two of them and just do. So the first one is a letter to your younger self. So recall a day when the body hate was really running high and write a little letter to your younger self, from the perspective of a kinder, gentler, wiser, older friend who loves her, what would you say to her?

So this doesn't need to be a huge long letter. I want you to kind of approach this lightly and don't think too much about it. Don't make it too long. It could just be like a couple of short, two, three short paragraphs. Maybe just imagine yourself at a time when you remember really hating your body and then call to mind your face and how you felt and just talk to her a little bit.

And then this one I really love. This is a letter from your 90 year old self. So write a letter from your mega wise and loving 90 years up to your present self. What would she tell you about your body now? And what advice would she give you? So, you know, before we're looking back and kind of getting, getting some perspective on our younger selves, and then I want you to like, kind of play into the future of your future self and look back to now.

And what would that wiser, loving version of you tell yourself now I think this one is really key. And then these are bonuses. Like I said, just pick a couple of them. I think I, I hope I said just you don't don't need to do all of these. I just want you to. Kind of pick and choose some that you think might resonate with you, but one is just practice, not hiding.

So try wearing a color or a style that you usually shy away from because you think that someone with your kind of body doesn't look good in that, or like that. So maybe it's taking in your genes or showing your belly and address, or if you're like me, you never tried to dress cute and look good. So just try that.

So you can even practice it at home. If that helps you. I've been taking some baby steps at this slightly. And I actually realized the other day that I had posted something on my Facebook about that I was I was committing to tuck in my shirt or show my belly or something. So I haven't done that yet.

And like this wasn't the other day, this was like three weeks or a few months ago. So I decided I'm going to do this on this video. We're just like, oh my God, save me now, but let me see. I'm just going to get up. Let me see if we can go here. So I, yeah, hopefully this will show they just set back. I never, I always wear Let me make sure that you guys can see this properly.

I always wear longer longer. I wear shirt. I never show my stomach. So here's my stomach. This is my stomach. Like, oh my God. Oh my God. This is my stomach. There's my butt. These are my bat wings. I'm getting as I get closer to 60, very close to 60. So I just wanted to. Model that for you. And it's so funny, I thought that I would feel like super duper uncomfortable doing that, but it's, it's actually not bad.

It's like, yeah, this is my body. And I even don't wear this kind of stuff at home. And so today, because I was thinking about doing this video, I decided I'm going to just practice at home. And I will say, I did try to I tried to I was gonna, I went to a July 4th party. This is the time I'm taking taping.

This is around July 4th. So I was gonna tuck my shirt in, like into my jeans at this July 4th party. And I did, I tucked it into the jeans and then I put a shirt on top of it and.

And then at some point the party party, it got hot. And so it was time to take the shirt off and I couldn't do it. I was just like, oh my God, where's my other shirt. I was running around. And and I, I just untuck the shirt. So it was just like, okay, baby steps, just practice. So I feel safe with you guys.

This is like a kind of more safe space. So I encourage you to, to try something like that. Yourself, just, just for the liberation, it's just like, we're just so used to and I have to tell you, I feel a little liberated. It's also like, oh my God. But it's just like that feeling of That is just like some dark thing.

I used to not tell people my weight and it has, I, I may have shared this in another lesson, but many years ago I started telling people my weight. And today I weight today, I weigh 156.8 cause I have a digital scale.

I actually weigh every day. This isn't doesn't matter for things I weigh every day because it helps me some people, it makes them crazy and it's a really bad idea to do it. Like you get obsessed about it, but I weigh every day so that I can. Just to be accountable to know, like, you know, it helps me if I'm getting up a little bit or getting down a little bit, then, I mean, going down, it's still perfectly fine, but if I, if I'm getting up a little bit, it helps me just kind of be aware.

So so anyway, you know, weigh 156.8 or whatever it was. There was just such a long time. When I, when way it was such as this big toxic secret from me. And now it's just like a number, you know, it's a number I just have, I have. Brown hair. That's dyed blonde. I have brown eyes and I weigh 156.8 today. It's just like, it's just not as toxic since I started talking about it because I realized like very few people share what their weight is.

And when I was weighing over 200, I thought in my mind that like a normal weight is like 120 or a hundred. 30 or something for me, which is like, I don't think I've weighed that. Like I don't, I don't know if I ever weighed. Yeah. Like, yeah, I can't imagine. Anyway, just, just encouraging you to try this practice of just like to make it a little less toxic and I don't want you to like freak yourself out, but just to try some kind of baby step about.

And the last homework is to practice being photographed. So try getting in the shot when photos are being taken, even when it feels uncomfortable or maybe it's just like sharing a photo on Facebook or putting your actual photo in your profile. So especially when it feels uncomfortable. So. This this could be really hard and you may really hate the photos, but just try, you know, if you let's say you're an event or somebody takes a photo and you can see it right there, and you may really hate that photo, but I just want to encourage you to practice sitting with that discomfort and just feeling that discomfort and remembering your letter to your younger and your older self, and just like sending yourself some love about your body and just like thinking of yourself as, as you would a friend.

In the, in that situation. So all of this is just like baby steps on practice. And in this lesson, when we do the live lesson, I will get your questions at this point, but I'm going to end it there. And I will see you in the live lesson.