

A dark, textured circular shape, resembling a charcoal or ink smudge, is centered on a solid blue background. The texture is grainy and uneven, with some lighter areas where the blue background shows through. The text is centered within this dark circle.

welcome to  
**WAKE UP**

# I am Lindsey Lockett.

- > married to David for 21 years, 2 dogs, 2 adult kids
- > 1/3 Emotional Projector
- > Gemini Sun, Sagittarius Moon, Pisces Rising
- > MBTI: ENTJ — The Commander
- > Tex Mex, dark chocolate, homemade pasta, ginger lemon tea
- > deep shades of blue



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Basically, please don't steal my shizz. ;)

**WAKE UP is the first workshop in the  
FEEL WITHOUT FEAR group program.**

The group coaching call for this workshop  
is next week:

Tuesday, April 23 @ 10am

The next workshop in the series is called...

## **UNTRIGGERED**

**Wednesday, May 8 @ 5pm CST**

**Group coaching call on Tuesday, May 14 @  
10am CST**

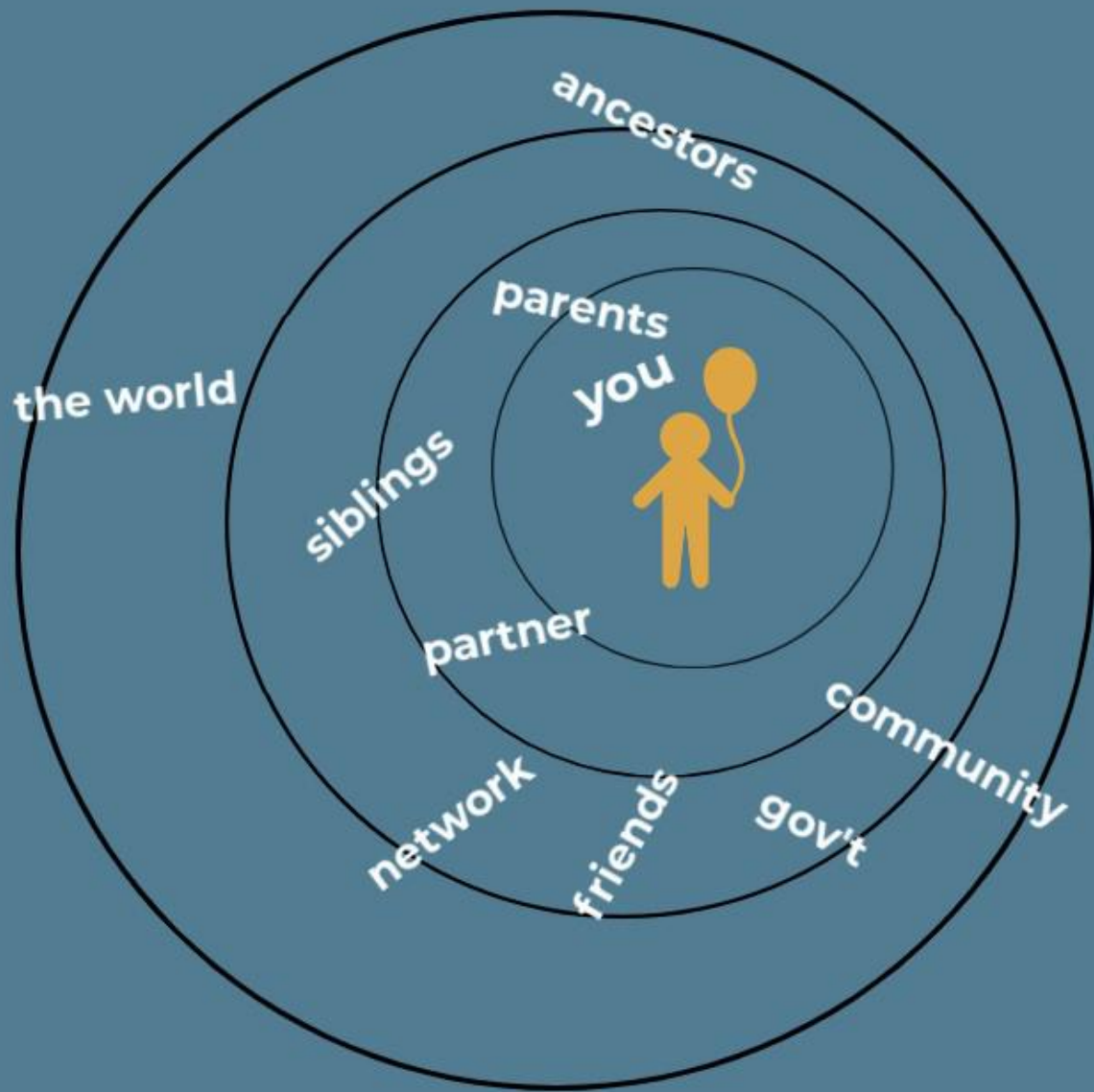
It's about facing and overcoming triggers with awareness, re-wiring your brain and nervous system, and re-programming your subconscious.

This series is the answer to the most common question I receive: "How did you get here and what was that process like?"

**Feel Without Fear IS my healing journey in coaching form.**

**And it all starts with...**  
**AWARENESS**





**Awareness is like concentric circles; it's ever-expanding and building on itself. As soon as you're aware of one thing, you become aware that you're aware, and suddenly you're at a different level of awareness. You're always watching whatever is happening, whatever you're feeling, noticing, experiencing, thinking in that moment.**

Feelings and sensations are things we've always had.  
No human gets a life devoid of feelings and sensations.

Because feelings and sensations are inherent; but they are not inherently bad or wrong.

Due to the influence of our environments — which, collectively, through parenting, entertainment, books, and other conditioning — we are conditioned to judge and pathologize both feelings and sensations.

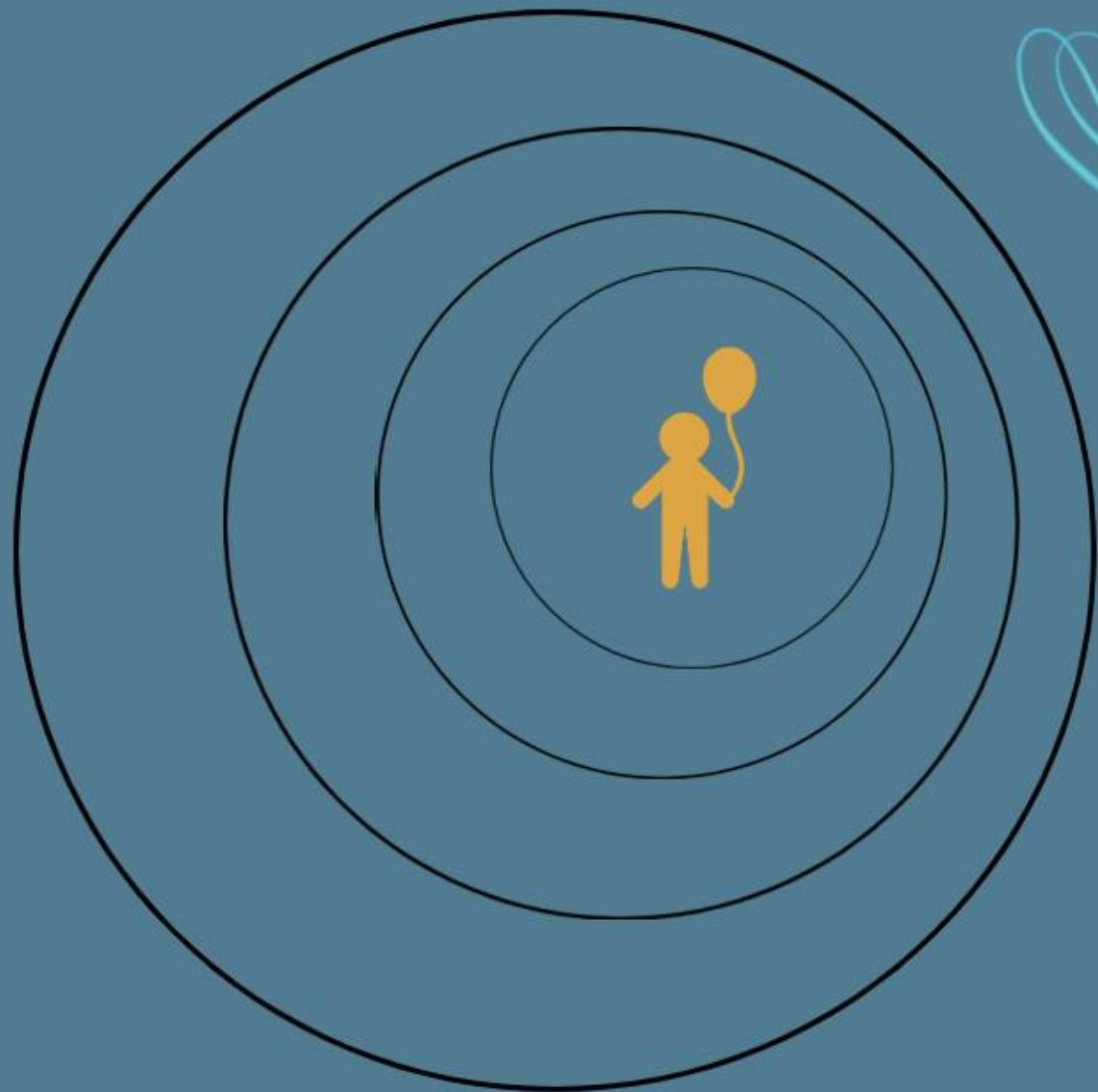
Conditioning which is judgmental of feelings is, by default, judgmental of sensations for we cannot have one without the other.

Conditioning which pathologizes sensation creates a disembodied, disconnected, and dis-eased society.

## Examples of conditioning from environment (family of origin, society, culture, social media):

- > boys don't cry
- > you are "bitchy", "hormonal", and "PMS-y" when you have normal, physiological cycle changes
  - > feeling slow + sad during the winter — a time when nothing grows — is a disorder
  - > your period is gross, smelly, disgusting, hush-hush
- > needing extra time to rest + recover after birth is a diagnosable medical condition
- > feeling like a boy and a girl or not conforming to gender norms is a disorder with diagnosis and potential surgical + hormonal alterations

**What does this have to do with  
awareness?**



There is a part of you who watches all of it. Think about it: you are more energy than matter. Your body is made up of more space than it is made up of solid material. You are NOT your body. You HAVE a body, but you are NOT your body. Likewise, you are not your mind. Nor are you the sensations. But, you can OBSERVE it all, can't you?



Personally, I refer to this part of myself interchangeably as my consciousness or my soul or spirit.

If the word "spiritual" brings up discomfort, I totally get it. (Former evangelical Christian here.) We can take a moment and you can notice and feel that discomfort, whatever it is.





Personally, I refer to this part of myself interchangeably as my consciousness or my soul or spirit.

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You don't have to call that part of you what I call it. It can be your higher self, true self, authentic self, the observer, the watcher, whatever feels right to you. The important thing is that you understand that you are a spiritual being. Spiritual does not = "religious", "Christian", "believer", or anything like that.



So my consciousness is the watcher  
of the being who identifies as "me".

My consciousness or soul or true self is not  
identified with my body or anything about  
my body, my identity, gender, race, sexuality,  
ability, age, weight, nothing.

If you notice resistance in your body to this,  
simply place a hand on the place of your  
body where you feel that discomfort. Offer  
breath and presence. Be with it for a  
moment. Notice the voice in your head that  
tells a story about this resistance.



If you could notice that there was a voice in your head saying things about me or this course, voicing offense or doubt or maybe fear, you were in conscious awareness.

That watcher/observer part of you was watching and observing the voice in your head and the discomfort you felt about me saying that your consciousness is without race, gender, sexual orientation, and age.

No invoking "god", no praying, no meditating, nothing to do with any religion.  
Just simple presence and awareness.



Whether you have a particular spiritual practice, are part of a spiritual lineage of yoga or anything else, follow modern spiritual teachers, attend church, pray or not, believe in god or not, you have a part of you that is not your body and is not your mind and it can observe and notice and ask questions about all you think, feel, say, and do.

Isn't that wonderful!

That part is YOUR CONSCIOUS AWARENESS.

When you are curiously observing the ramblings of your mind, you are in awareness.

When you are feeling the sensations of your body with presence, you are in awareness.

When you are curious about whatever is happening, you are in awareness.

Awareness is like a muscle. The more you strengthen it by using it and stretching it, the stronger it gets.

At first, it feels weird and unfamiliar to pause and check in with your body to notice what's there. It's strange to feel like you're watching yourself have a conversation with someone.

If you deal with dissociation, it may be hard to distinguish between feeling outside of everything and being in awareness.

**With commitment and practice, it gets easier. It even feels more natural over time!**

**Living in awareness gives us access to our power of CHOICE. It means we're not blindly following the conditioning, ie. we're not on "auto pilot".**

**Awareness REQUIRES slowing down. We we go more slowly, we can be more PRESENT. We have time to observe and notice. Then, we can see solutions or possibilities where we couldn't before. We are more open because we observe hat our current perspective is just one of many.**

I will use the phrases "living in awareness" and "come into awareness" a lot.

This is because awareness is a state of BEING. It requires NO doing or action. It is simply observational and curious.

It is a state we enter into and exit out of. When we live in awareness, this presence becomes a state of being. In this state, there is more space, possibility, peace, and intuition.



**"We could venture to guess that the Vast Self [soul, spirit, True Self, etc.] is unconscious in most modern human beings because we all seem to have a strong interest in experiencing ourselves as separate, alienated egos, little isolated particles who exist at the mercy of cruel fate and outside circumstance. Think about it: if the Self contains everything, then the way to experience yourself as separate is to identify yourself with only one side of a polarity and to disdain the other side, to pretend it's 'soooooo not you'."**

— Carolyn Elliot, *Existential Kink*, p. 29

**"The Self with a capital 'S' is the primal Selfhood of everything and everyone, which is (paradoxically) also our own inner selfhood. This is so because Self is infinite consciousness. It's as if all of us humans are light bulbs, and the Self is the electricity that powers us. In becoming more identified with this underlying whole that we share with everyone, we paradoxically become more uniquely individual because we become free of our attachment to conventional, socially prescribed roles [Authenticity]."**

— Carolyn Elliot, *Existential Kink*, p. 31

## **Some things you need to know about your Infinite Self/Consciousness/Soul/Highest Self:**

- > no race, gender, age, weight, sexual orientation, ability level, neurodivergence, etc.
- > totally neutral and non-judgmental, curious
- > it is ALL things and desires to experience the spectrum of duality, which is why it incarnates in human form
- > NOT the voice in your head that beats you up, is full of shame, tells you that you're unworthy, lazy, too fat, etc.
- > NOT your emotions or sensations or thoughts or symptoms

## **AWARENESS is not...**

- > hypervigilant — hawk energy, no; floating in the ocean enjoying the fish, YES
- > perfectionistic — "I have to get this right!", no; "Isn't it interesting that I'm trying to be perfect at this?", YES
- > over-analyzing or intellectualizing — there is NOTHING to figure out
- > disappointed in you or anyone else

## AWARENESS IS...

> curious — Whatever "it" is is simply something interesting to observe.

> neutral — You can notice that you desire an outcome without being identified with that outcome

> present — not focused on past or future

"This is what's happening."

## **AWARENESS IS...**

- > directly tied to your power to CONSCIOUSLY CHOOSE
- > an agent for NEUROPLASTICITY
- > PRESENT with whatever is happening and whatever you're feeling and whatever the voice in your head is saying
- > ACCEPTING of whatever is happening, knowing that if it was meant to be different, it would be

**Let's take a few moments now to practice  
AWARENESS.**

**Stop looking at your screen, close your  
eyes if it helps, and become aware of your  
breathing right now.**

**Do not change how you're breathing.**

**For instance, if you have been learning about the importance of deep, slow breathing, you may have noticed that your breath was NOT that and immediately changed it.**

**In awareness, we are seeking to change NOTHING. We are simply being present with what is FIRST.**



**Just notice how your breath feels as it moves in and out of your body.**

**Notice if you're breathing through your mouth or nose. Notice if there is sound when you breathe.**

**Notice the sensation of the air on your skin as it flows in and out.**

**Next, notice your right hand. Whatever your right hand is doing right now, simply notice.**

**You don't need to move it, adjust it, or change anything that your right hand is doing.**

**Can you be aware of your breath and your right hand at the same time?**

**Are you also noticing a voice in your head? Or is your mind thinking and talking incessantly inside your head?**

**Become aware of that, too. Just notice what the voice is saying and whatever meaning it's trying to make of this exercise.**

**It may be quiet and curious. It may be voicing doubt or second-guessing your decision to take this course. It may be writing a grocery list! Just notice.**

**Ok, that's it!**

**You have successfully "practiced awareness".**

**With consistent practice, you'll become aware of sensation in your body, the voice in your head, triggers, patterns, and more unconscious things!**

let's talk about...

# **COMPLEX PTSD**

**(C-PTSD)**

# COMPLEX PTSD

- >> usually, but not always, forms in childhood
- >> "the water we were swimming in"
- >> did not have the ability to understand that our caregivers' inability to attune to our needs and co-regulate with us wasn't our fault
- >> deep core beliefs that there's something wrong with me

## COMPLEX PTSD

- >> can form alongside Adverse Childhood Experiences, but not always
- >> hypervigilance about environment & communication cues
- >> nervous system is chronically dysregulated, easily triggered, & if immobilized, you fawn + people-please
- >> common to second-guess, doubt, & even gaslight yourself
- >> seems nebulous, like you can't quite put your finger on what's "wrong"
- >> common for people to believe their childhood "wasn't that bad"

"It (C-PTSD) is a learned set of responses, and a failure to complete numerous important developmental tasks. This means that it is environmentally, not genetically, caused. C-PTSD is neither inborn nor characterological. As such, it is learned. It is not inscribed in your DNA. It is a disorder caused by nurture (or rather lack of it) not nature.

"What is learned can be unlearned and vice versa. What was not provided by your parents can now be provided by yourself and others." (Source: Complex-PTSD by Pete Walker, p. 1-2)



C-PTSD is a more severe form of PTSD. It is delineated from PTSD by 5 common and troublesome features:

1. emotional flashbacks (triggers)
2. toxic shame
3. self-abandonment
4. a vicious Inner Critic
5. social anxiety

(Source: Complex-PTSD by Pete Walker, p. 3)

# EMOTIONAL FLASHBACKS (TRIGGERS)

- >> sudden, often prolonged regressions to overwhelming feeling states of being abused/abandoned
- >> includes overwhelming fear, shame, alienation, rage, grief, & depression
- >> unnecessarily triggering our fight/flight response
- >> triggers can range in intensity from subtle to horrific & may last moments or weeks on end

# C-PTSD "SYMPTOMS"

- > triggers
- > tyrannical Inner Critic
- > toxic shame
- > self-abandonment
- > social anxiety
- > feels lonely/abandoned
- > fragile self-esteem
- > suicidal ideation
- > anxious, avoidant, or disorganized attachment
- > developmental arrests
- > relationship difficulties
- > mood swings
- > dissociation
- > over-sensitivity & intolerance to stress

# C-PTSD IS MISDIAGNOSED AS:

- > ADHD
- > Generalized Anxiety Disorder
- > Bipolar Disorder
- > Narcissistic Personality Disorder
- > "Neurodivergence"
- > Gender Dysphoria
- > Panic Disorder
- > Borderline Personality Disorders
- > OCD
- > Major Depressive Disorder
- > Autism Spectrum Disorder

Renowned traumatologist John Briere once said, "If C-PTSD were ever given its due, the DSM used by all mental health professionals would shrink from its dictionary-like size to the size of a thin pamphlet."

In other words, the role of traumatized childhoods in most adult psychological disorders is enormous.

Source: Complex-PTSD by Pete Walker

It's important not to get attached to labels and diagnoses, such as C-PTSD.

C-PTSD is not genetic. It is learned. Therefore, it can be unlearned. And it is your sovereign responsibility to use your agency to become aware of your C-PTSD patterns, behaviors, triggers, and beliefs and unlearn them.

When I use the term C-PTSD, it is not in an attempt to identify with a diagnosis or to feel like a victim. It is simply language that succinctly describes a collection of beliefs, nervous system states, emotional states, and behavioral patterns that stem from emotional abandonment and neglect.

## Personal Example of CPTSD

In close relationships, I'm extra sensitive to both verbal and non-verbal communication cues. Verbal cues = tone of voice, inflection, volume, actual words  
Non-verbal cues = facial expression, body language  
I often perceive some of these cues as threatening when they are not actually a threat. The voice in my head (formerly unconsciously) made up stories about me, the other person, our relationship, etc. and catastrophizes the worst because my deepest wound, and therefore my deepest fear, is abandonment and loss of intimate relationships.

When I was not/am not CONSCIOUS and AWARE of this pattern of perceiving a threat where a threat doesn't exist, I become defensive and angry. I pick fights. I'm looking for confirmation that what I fear is happening so I can do whatever it takes to protect myself from feeling the abandonment.



Because I am conscious and aware of this tendency and **the old patterns of picking a fight or being defensive do not get me the outcome I desire**, I have learned to say to the other person, "I noticed your facial expression/tone/etc., and the voice in my head is saying it means (this). Is that what's happening right now? Am I interpreting your communication cues correctly?"

NOT ONCE has the other person ever said, "Yep, the voice in your head is telling the truth."

This has been so healing for my CPTSD and relationships. I don't mean "healed" as in, I no longer get triggered or feel fear or shame or I no longer hear a voice in my head.

I mean "healed" because it's a big deal to even have this awareness and then give it language in relationships, in the middle of a scary moment.

Do you see how powerful awareness can be?!

In awareness, not only can we calmly notice, but we can then notice our typical patterns and dysfunctional coping behaviors in action and make the choice to change.

Awareness is where our power comes from.

Awareness is a catalyst for neuroplasticity.

Awareness is how you come out of inauthentic living and embody your authenticity.

You notice, get curious, and make choice. Again and again. We'll discuss this in more detail later!

The SINGLE GREATEST thing that's helped me heal MORE than nervous system work and MORE than brain-healing is...

having AWARENESS of the VOICE IN MY HEAD and being able to notice what it says.

When I am not aware of the voice in my head, I make UNCONSCIOUS CHOICES because I subconsciously believe what the voice says.

In AWARENESS, I can consciously CHOOSE not to believe the voice or take action based on what it FEARS.

I don't believe we can REGULATE our nervous system so much that these scared, wounded parts of us stop taking up space in our minds and bodies.

I also don't think we need to GET RID OF the voice in our heads to be "healed".

**What does AWARENESS have to  
do with FEELING WITHOUT FEAR?**

**EVERYTHING.**

Societal and cultural conditioning has pathologized sensations and feelings to the point that we think they're the problem. We control them, micromanage them, medicate them, get rid of them, wish them away, pray them away, bargain them away, ignore them, hyperfixate on them, catastrophize about them, and even kill ourselves over them.

So, it's no wonder we think feelings are the problem.

**In our very feeling-phobic culture, feelings are made to be the problem. They're labeled as "good" and "bad", as "positive" and "negative".**

**Feelings, however, are NOT the problem.  
Feelings themselves are neutral.**

**Your challenge — why you've been triggered by feelings or living in avoidance of feeling — is likely that you've not known how to meet feeling with AWARENESS.**



## **ANGER...**

>> isn't bad or wrong

>> when unconscious, we yell or slam doors,  
hurt self or others

>> when conscious, it gives us the energy we  
need to set boundaries, assert ourselves, and  
lead

>> our judgment of anger comes from  
unchallenged, unconscious conditioning

## **ANXIETY...**

>> isn't bad or wrong

>> when unconscious, we catastrophize, worry, and control

>> when conscious, it can be channeled into meeting a hurting part of ourselves and heal the wound at the root rather than trying to control others and outcomes

>> our judgment of anxiety comes from our own experiences, the horror stories, how we've witnessed other unconscious people handle anxiety, fear of anxiety, and the pharmaceutical and medical industries

## **GRIEF...**

>> isn't bad or wrong

>> when unconscious, we drown in grief and become immobilized and stuck

>> when conscious, it can be channeled into honoring and feeling our pain and all the love we still had to give but will never be able to. We can let our tears cleanse us energetically, emotionally, and physically

>> our judgment of grief comes from conditioning that tells us we don't have time for grief, our fear that we won't be able to handle grief, watching other unconscious people go through grief in unhealthy ways

# FEAR

>> isn't bad or wrong

>> when unconscious, it limits us and we often become stuck

>> when conscious, we can have discernment and use our judgment to make the right choice for us, understanding that fear is simply a messenger

>> judgment of fear comes from not meeting it with awareness to recognize how facing it is actually easier than avoiding it

Whatever you're feeling, whatever sensations or symptoms you have, they're not bad or wrong. They're not "not supposed to be there". They're not a punishment or your body's way of getting back at you or karma being a bitch.

Quit trying to stop feeling it. Quit trying to think your way out of feeling. Quit trying to mantra your way out of a feeling. Quit trying to regulate yourself out of a feeling. Quit trying to toxic positivity your way out of a feeling.

Feelings aren't bad or wrong; they're just messengers. They're the language our bodies use to speak to us.

But, in trying to avoid or get rid of feeling, you're **RESISTING**. Resistance creates suffering. When you're resisting, you're not in congruence with your Self. Incongruence is unbearable.

You are **NOT** suffering when you're feeling a sensation or emotion. It may not be comfortable, but feelings and sensations cannot harm you.

You SUFFER when you JUDGE yourself for your feelings or JUDGE the feelings themselves.

You SUFFER when you try to GET RID OF sensation. (Trying to get rid of something = I've judged this to be bad/wrong/unnecessary.)

When you're actually feeling, you're just  
PRESENT.

You can also have awareness and this same level of presence with the voice(s) in your head — your THOUGHTS.

You are NOT your thoughts. How could you BE your thoughts if you can OBSERVE and WATCH your thoughts?



So YOU are simply BEING. A human  
BEING. Aware and present.

Your body is going to experience feelings  
and sensations. Notice curiously.

Your mind is going to think and think  
and think. Notice curiously.



**BREAK  
TIME**

**AWARENESS + CURIOSITY =  
POWER TO CHANGE & HEAL**

**WE STAY STUCK  
BECAUSE WE JUDGE.**

**WE JUDGE BECAUSE  
WE ARE ATTACHED** — to  
a story, an outcome, a  
belief, an identity, an  
ideology.

Unless we are aware of our attachments and judgments and can meet those attachments and judgments with non-judgmental, neutral curiosity, we will continue to repeat patterns and stay stuck.

"Behaviors are manifestations of our internal nervous systems taking actions in the service of survival. People develop habits in early adaptive survival responses, and these habits naturally continue into adulthood. When we can recognize how these responses once served a person by helping them tolerate otherwise seemingly unbearable circumstances, we are able to cultivate a sense of appreciation for how an individual has survived, adapted, and learned through the difficult experiences and predicaments of their life."

— Deb Dana, LCSW and Polyvagal Theory teacher

Teacher Eckhart Tolle says, "Most people are so completely identified with the voice in the head — the incessant stream of involuntary and compulsive thinking and the emotions that accompany it. As long as you are completely unaware of this, you take the thinker to be who you are. This is the egoic mind. We call it egoic because there is a sense of self, of "I" (ego), in every opinion, viewpoint, reaction, emotion. This is unconsciousness, spiritually speaking. Your thinking ... is of course conditioned by your past: upbringing, culture, family background, and so on."



We have to be willing to examine and question everything about ourselves with curiosity, not judgment.

WHAT PURPOSE DOES IT SERVE?

ISN'T IT INTERESTING THAT...?

**What have you noticed about  
yourself lately?**

Notice if, when you answer that question, your language tends toward judgment.

**Example: You're aware that you missed a deadline.**

Judgment sounds like, "Of course you missed the deadline. You always miss deadlines. You're always late for everything!"

Curiosity sounds like, "Isn't it interesting that I missed this deadline? I wonder what is contributing to my missing this deadline? I wonder what I need to choose to meet deadlines...."

# CURIOSITY QUESTIONS...

Isn't it interesting that...

What purpose does this serve?

What meaning am I making out of this?

What's the voice in my head saying?

Is this actually a problem?

Is there truth here?

When have I felt this way before?

**Judgment says these are  
"bad"**

**your grief  
your shame  
your fear  
your anger  
your disappointment  
your unworthiness  
your depression  
your anxiety  
your pain  
your dread  
your hopelessness**

**and these are "good"**

**your joy  
your happiness  
your peace  
your contentment  
your excitement  
your gratitude  
your optimism  
your longing  
your passion  
your satisfaction  
your hopefulness**

**PRESENCE =  
NOTICING & FEELING**

**PRESENCE ≠  
JUDGING, FIXING, CONTROLLING,  
CATASTROPHIZING**

**YES, BE PRESENT WITH...**

**your grief  
your shame  
your fear  
your anger  
your disappointment  
your unworthiness  
your depression  
your anxiety  
your pain  
your dread  
your hopelessness**

**AND, BE PRESENT WITH...**

**your joy  
your happiness  
your peace  
your contentment  
your excitement  
your gratitude  
your optimism  
your longing  
your passion  
your satisfaction  
your hopefulness**



**PRESENCE =  
NOTICING & FEELING**

**EVEN IF what you're feeling is  
FEAR.**

10:05

LTE 42%

healing.embodi...



I blocked her, but this was a tough comment to read. Give it to me straight tho... is it sexually awkward? For real? Do I need more practice before I post these?

pservicebybets 8h  
ong live dump truck asses & great fkn personalities!!! 🔥🔥🔥

like Reply Message

motherulterior9 2h  
@lipservicebybets dump truck is right

Oof I was not prepared for the internet today.

Like, I can tell I'm triggered by the first comment. Big time. Because I know the cringe sexual awkwardness she's talking about.

Message...

10:05

LTE 42%

healing.embodi...

Like, I can tell I'm triggered by the first comment. Big time. Because I know the cringe sexual awkwardness she's talking about. And if that's me, I want to know now before I embarrass myself more. Yes I'm learning and it's new. And it's ok for it to be new and to post it without being perfect. And, I don't want to be cringy awkward.

Wtffff that is straight up MEAN

Wow. I get why you're hurt by that comment. It's MEAN



Message...

10:05 LTE 42%

< healing.embodi... 📞 📎 🚩

I don't need to be perfect at it. I just need to not look cringe.

It is fun to me. And it's physically challenging.

And what is the actual definition of "cringe?!"

That's a totally subjective judgment

SHE thought that. Not you.

Yeah... I guess like when someone is like trying too hard or their attempt at sexy was actually really awkward.

Her comment was MEAN. I agree.

But is there truth in it? If we look past the meanness.

Do YOU believe there's truth in it?

Maybe...?

And if there WE  what would be the problem?

Message... 📞 📎 +

10:05 LTE 43%

< healing.embodi... 📞 📎 🚩

And if there WERE, what would be the problem?

Logically, I know there's no problem.

What is "wrong" with being "awkward?"

But I don't want to look "like that". Fuck.

Because I judge it.

Mmmhmm

Fuck. Fuck.

THERE IT IS

You've just unlocked that for yourself

Why do I judge it???

It's a "weakness"

But I don't mind being now at it

Message... 📞 📎 +

10:05 LTE 42%

healing.embodi...

Why do I judge it???

It's a "weakness?"

But I don't mind being new at it.

The newness doesn't bother me. I'm proud of myself for trying. I don't expect it to be perfect. But something about it being sexually awkward and cringe is just so UGH

I honestly don't know if I see it as weakness.

Be curious about that!

I think because I've felt so sorry for awkwardly sexy girls before?

Like, oh honey... if you only knew.

That's gross.

What's gross? The awkwardness or the judgment?

Message...

10:06 LTE 42%

healing.embodi...

But again, awkward according to whom?

The judgment

Right

To think that I get to decide that for someone else.

And her willingness to risk being perceived as sexually awkward and cringe is really brave.

Yes!

🥹🥹🥹

Literally crying.

0:12

Message...

10:06

LTE 42%

< healing.embodi... 📞 📄 🚩

I needed that. Thank you. You are literally like talking to myself.



I mean that in the best way.



I feel understood.



Every time we run this workshop, we get a taste of our own medicine



Jesus fucking Christ

It's so true

Cosmic spank.



Message... 📞 📄 +

10:06

LTE 42%

< healing.embodi... 📞 📄 🚩

I also had a huge fight with my best friend like 2 hours ago and I'm still tender from that.



Ugh I'm so sorry to hear that.

It's ok. We're ok.



Just tender. And then I leave her house and read those comments.

And second guess all my choices today.



Oof yeah that's a lot

Classic good girl trigger.



Yayyy



Message... 📞 📄 +

Let's look at something online that brings up all kinds of judgment and see how we can be curious about our own reactions and inner voices...

"I wouldn't ever post anything like this because I have young adult sons who would be mortified and surely receive a lot of crap from their peers."

"I feel like dancing seeing this vid! Love your moves and the smooth flowy beats! What song is that?"

"I used to have this confidence till I was shamed by my partner. He later cheated on my 5 years down the line and left me. This has shattered my self esteem but yeah watching you just makes me feel a longing to be that free again."

"Go ahead and dance away Lindsey! My parts are my problem and solution. You go girl!"

"Love it. Used to make me uncomfortable too. I started to do it and post it till I was no longer uncomfortable. And tada I give no shits."

"I thought dayummmmmmmmmmm!"



"First of all, I'm impressed with your moves. My hips hurt just thinking about doing that. And your dancing is lovely. I do have a response to it, and it's really complex. There's a gut reaction of judging the dancing as 'dirty' then I get into a trauma response and I start to feel shame and dissociate and/or have intrusive memories."

"I'm uncomfortable with the bad rendition of The Chain."

"First, amazing song choice. Second, everything you're saying makes sense!"

You're not alone in your judgment.  
Everyone judges others. Everyone  
judges themselves.

Judgment is natural human  
behavior. **No one needs to start  
feeling shame about how  
judgmental you are.  
WE ALL ARE.**

Judgment itself is neither good nor bad, but it does force us to decide what is "good" and what is "bad" — most of which is not absolute but relative to each person's perspective, nervous system state, conditioning, and other personal factors.

"Beyond all polarities, I am. Let the judgments and opinions of the mind be judgments and opinions of the mind. And you exist beyond that. Ah, so. Ah, so. It's really time for you to see through the absurdity of your own predicament. You aren't who you thought you were. You just aren't that person. And in this very lifetime you can know it. Right now. The real work you have to do is in the privacy of your own heart. All of the external forms are lovely, but the real work is your inner connection."

— Ram Dass

"If you're quiet when you meditate, if you truly open your heart, just quiet your mind, open your heart. Quiet the mind, open the heart. How do you quiet the mind? You meditate. How do you open the heart? You start to love that which you can love and just keep expanding it. You love a tree, you love a river, you love a leaf, you love a flower, you love a cat, you love a human. Go deeper and deeper into that love. Can you love that which is the source of light behind all of it? Everything in you that you don't need, you can let go of."

— Ram Dass

The source of our judgment?

**The voice(s) in our heads we  
unconsciously believe and  
identify with.**

Our unconsciousness originates in  
their stories and fears.

Your nervous system is calibrated to the voices in your head. We have to be aware of these voices curiously if we are going to shift our patterns and conditioning because no real or lasting change can come from shame. When you become aware of those voices, they may get louder. This is normal. Voices get louder and patterns often get more intense JUST BEFORE we have the breakthrough.

You are NOT the voice in your head. Because you can observe the voice in your head. You can notice the meaning the voice in your head is trying to make out feelings and sensations. You can observe the feelings in your body that are triggered by believing those stories.

When you realize you ARE not the voice in your head, you set yourself FREE. You aren't its puppet, unconsciously repeating the same old stuff because you never "woke up" to that voice's existence and your own ability to simply notice it.



The stories we tell ourselves about the things  
are usually much more harmful than the  
things themselves.

("the things" = the trigger, the boundary, the  
symptom, the feeling, the sensation, the  
relationship)

The stories we tell ourselves about how we believe others perceive us — that we're too much or not enough or too loud or too opinionated or too reserved or too rich or too poor — are much more harmful than what people are actually thinking of us. (Which may be judgmental, but they're also in their own heads making judgments about themselves, so...)

Most of us have been unconsciously operating based on these unnoticed and unquestioned stories and voices in our heads.

We made big choices based on those voices, and often we made the choice that was safe but not expansive, expected but not desired by us, inauthentic but less risky.

These voices are TRICKY.

They are very BELIEVABLE.

And, we all have the life experiences to  
PROVE that what the voice(s) say is really  
TRUE.

**This is why awareness is non-negotiable.  
We have to become aware of these voices  
before we can question or challenge them.**

We have several voices in our heads, actually.  
Not just one.

Everyone has the voice of an Inner Judge or Inner Critic. This is a bullying voice. It is constantly telling us we're not enough, not worthy, not good enough, not skinny enough, not pleasing, etc.

But we have other voices, too. Some voices are louder and more prevalent than others.

We're really familiar with those voices, and we often believe them to be OUR VOICE. But they're not.

Some voices are pretty quiet and only talk to us in certain instances.



# BUS EXERCISE

This is my version of "parts work". Before I ever knew about IFS Therapy, I downloaded this exercise to help my clients who were really struggling with the voices in their heads and their patterns to react unconsciously.

So, imagine a school bus full of kids. Your Highest Self (authentic self, true self, soul, whatever you call it) is the bus driver.

And, all of the kids on the bus are also parts of you.

There might be a bully (Inner Critic), a people-pleaser kid, a sick kid, a perfectionist, an angry kid, etc.





Sometimes, when they're triggered, afraid, and trying to protect us, the kids on our buses try to drive the bus.

But, kids can't drive buses. It's dangerous and catastrophic. It will not get the bus to its destination safely.



Our Highest Self (or true self, authentic self, soul) is the only one who knows how to drive the bus. This is the Self energy part — if you're familiar with Internal Family Systems.

Self is the only one who knows how to drive, knows where the bus is going, and knows what to do if the bus breaks down.

The kids on the bus don't know any of that. How could they? They're children.



I had a client with a Doom and Gloom Kid on her bus. When my client was a young child, her mother had a miscarriage. She watched her mother spiral in depression, hopelessness, and grief. The core beliefs that formed (when Doom and Gloom Kid started riding the bus) were:

"Nothing good ever lasts."

"Don't get too excited when good things happen.  
It always comes crashing down."

"Just wait for the next thing to go wrong. It  
always does."



When my client sat with Doom and Gloom Kid, she found that this kid (a boy to her) was 8 years old. He was trying to protect her from getting her hopes up and then being disappointed. He was also trying to protect her from how she felt when her mother was unavailable to her due to her mother's depression about the miscarriage.

These kids on our buses are exerting a lot of energy to try to protect us. Many of them haven't gotten the message that we have Self energy who can take care of us and that we don't always need protecting from hard feelings.

When Doom and Gloom Kid drove the bus, my client would get sucked into cyclical thinking, hopelessness, "why even try?", basically a freeze response in her nervous system.

And that's what I want you to notice: These kids on our buses have their own unique patterns and nervous system states.

Some of them feel immense shame while others feel immense anger or grief or disappointment or betrayal.



We were able to talk to Doom and Gloom Kid and ask him, "If you weren't spending so much energy trying to protect (client's name) from feeling disappointment and hopeful, what would you rather be doing?"

This kid wanted to play at a specific mountain stream in Colorado. So, we visualized my client taking this kid by the hand and leading him to this stream. My client reassured this kid that she was not going to ignore him or try to get rid of him. She wanted him to be in a place where he could rest and play instead of taking on adult Self responsibilities.

She promised to check on him daily, and she did. He was happy to be playing by the stream and his voice wasn't banging around in her head anymore.

Once, Doom and Gloom Kid hijacked the bus from Self. She was able to immediately realize that he was feeling unsure and unsafe and he needed some reassurance that Self energy was able to take care of her. She gave him that reassurance and love, led him back to the stream, and as far as I know, he's still happily playing there. Doom and Gloom Kid has not re-surfaced in our sessions in months.

This process is completely opposite of how we are conditioned to treat ourselves.

We're conditioned to pathologize these aspects of ourselves. And when we discover that it's a younger, wounded part that's trying to take over, we often want to reject that part of ourselves, believing, "If I could just get rid of this stupid voice in my head, I'd be ok!"



But, these kids are parts of us. We cannot heal parts of ourselves by rejecting them.

We heal them by integrating them.

They're allowed to ride the bus; they're just not allowed to drive because they've been driving for a long time and we haven't gotten where we want to be.

The voice or voices in your head aren't bad or wrong. They're part of you. They're allowed to be there; we just don't want them to take over.

You cannot reject them or get rid of them, as much as you might want to.

You are not a victim to the voice in your head. You may not have been aware of the voice(s) before now, and that's ok.

In AWARENESS, you can notice the voice in your head. Notice the kid who's trying to drive the bus.

What are they afraid of? What are they trying to avoid or protect you from? What do they need to feel safe again? And how can you provide that safety and attunement? You can also notice the urge to ignore them or kick them off the bus.

Set the intention to practice more awareness of the voice(s) in your head. You'll learn fascinating things about yourself when you do!

And, this is a foundational part of your awareness and healing process!

A lot of us have lived most of our lives  
being controlled by and reactive to the  
voice(s) in our heads.

We've made unconscious choices over  
and over that don't align with what we  
desire or need.

But, an unconscious choice is STILL a  
choice.

Then, when we make the unconscious choice (repeat the pattern, do the opposite of what we want to do, limit ourselves), another voice (or maybe the same voice) then comes along and shames us.

It's like we know what we're doing isn't working, but because we don't understand why we do what we do, we just keep repeating it and then repeating the ensuing shame cycles.

I'm going to go ahead and let you off the hook...

Just in case there's a Perfectionist Kid on your bus and their voice is loudly telling you, "This is so hard. You'll never be able to get this right. Even if you are aware of the voice, you aren't strong enough to change."

**You WILL NOT get this "right" 100% of the time.**

**There is NO Universe wherein you notice the voice in your head every, single time and choose the "opposite" every, single time.**

**What if that could be ok?**



**And, isn't it interesting that there's a part of you (a kid on your bus) who believes you have to get this "right" every, single time?**

**Isn't it interesting that you're not hearing a voice that says, "It's ok if you don't get this right all the time. You're human."??**

**"Isn't it interesting?"**

**CURIOSITY.**

**VS.**

**"You'll never figure this out. It's too hard. You're too broken."**

**JUDGMENT.**

**"I'll never figure this out. It's too hard. I'm too broken."**

You know what this nervous system state is?

**COLLAPSE**  
**IMMOBILIZATION**  
**FREEZE**  
**SHUTDOWN**

**It is not possible to  
embody your awareness  
and conscious choice if  
your nervous system is  
collapsed.**

# Collapse back into...

- >> a familiar but dysfunctional pattern
- >> coping mechanisms
- >> shame
- >> addictions (including phones)
- >> all talk, no action
- >> a toxic relationship
- >> unkept promises to yourself

Having awareness of:

- >> your body's cues & sensations
- >> your nervous system state & window of tolerance
- >> the voice(s) in your head
- >> your unconscious reactions & choices
- >> the Sacred Pause (more later!)
- >> creative, non-binary choice

This takes PRACTICE.

You will not be an expert in embodied  
conscious awareness after this  
workshop.

Sorry...





**Conscious choice is an ACTIVE process, not a PASSIVE process.**

**It is a call to action.**

You know that dissonance you feel when you're faced with the choice between what's familiar but maybe no longer serving and what's new and unfamiliar but you know it's aligned?

That's what I'm talking about.

When you're in Higher Self energy, it feels natural to choose what's congruent with the reality you want.

There may be resistance, but you're able to meet the resistance, face the temporary discomfort (which is really just uncertainty), and stay mobilized to make an active, conscious choice.

how to practice awareness of your  
body, meet yourself with love and  
compassion, notice curiously, and  
choose...

# Step 1: AWARENESS

Notice that you're feeling something: frozen, angry, sad, disappointed, panicked, etc.

Maybe even say out loud, "I notice that I'm feeling \_\_\_\_\_"

Notice where that feeling lives in your body. What does it feel like? See if you can describe it in detail.

Is it hot? Cold? Tense? Pulsing? Is it a certain color? Shape?  
Get familiar with the sensation.

## Step 2: PRESENCE & LOVE

Be fully present with the sensation you're noticing. Describing it helps to be present. Place a loving hand on the part of your body where the sensation lives. If you can identify the sensation as fear, anxiety, anger, grief, etc., great! If not, great!

This part of you feels very unsafe and uncertain. This part is sending you a message through this sensation. It wants to be held and loved, not judged, gotten rid of, shamed, rejected, abandoned, or fixed. This part needs loving awareness, not judgment.

It is likely a younger, wounded part who hasn't integrated with you and come to trust your Highest Self energy.

# Step 3: NOTICE

Notice the stories/voice in your head.

What is the story that the voice in your head is telling about what you're feeling or what you're triggered by? Is it blaming someone else? Is it shaming you? Is it saying this is too much?

Or this doesn't work? Just notice and remain in loving presence with your body.

The mind is a meaning-making machine. What meaning is it making out of what you're feeling? This is how we notice the judgments and attachments we have to our state and our stories.

# Step 4: CHOOSE

Make a conscious choice. Choose how you want to respond to what you're feeling.

When triggered, we react instead of respond.  
Responsibility = the ability to respond

How can you use your agency and sovereignty to take care of yourself? What would your Highest Self choose?

To set a boundary? To stay in the discomfort? To walk away and take a break? To reach for a Nervous System CPR tool?



# SACRED PAUSE

From the moment you become aware that you're triggered, notice the sensation in your body, and hold yourself and BEFORE you make a choice, there is a SACRED PAUSE.

This pause is CRUCIAL because if you are UNCONSCIOUS during your pause, you will more than likely react and repeat the pattern.

If you are CONSCIOUS during your pause, you're more likely to interrupt the trigger by responding in a way that supports your goal to face your trigger and widen your window of tolerance.

**awareness >> feel >> hold >> notice the voice >> PAUSE >> choose**

You will have to practice this process over and over and over.

Maybe the voice in your head is already creating a story about this:

"Ugh? Seriously? Why does it have to be so hard?"

"There must be something wrong with me. I can't get this right on the first try."

"Why do I have to practice? It's not fair!"

"I just want to fix this and forget it! I don't want to have to practice!"

Again, BECOME AWARE, PRESENT, HOLD, and LOVE YOURSELF, NOTICE THE STORIES, PAUSE, and CHOOSE.

**What if you couldn't make the  
"wrong" choice?**

**Is there an objectionable voice in  
your head who's afraid there's a  
"right" choice and a "wrong" choice  
and if you don't make the "right"  
choice, you aren't healing?!**

**Isn't that interesting?**



**"Healing" doesn't mean we make the conscious choice 100% of the time. That is impossible and unrealistic. (I know how the voices in your heads work.)**

**We can even be aware of the perfectionism we are unconsciously applying to our healing journeys, be curious, and hold ourselves in loving presence.**


**This also does NOT mean you are required to face every trigger.**

**You are allowed to practice awareness >> loving presence >> noticing the voice AND...**

**Your CONSCIOUS CHOICE can be to repeat the pattern or to not sit with the discomfort or to zone out on your phone so you don't have to feel.**

**The point is NOT to always choose the opposite of what we're doing; it's to consciously choose instead of allowing autopilot to choose for you.**

**WAKE UP GROUP COACHING CALL**  
**Tuesday, April 23 @**  
**10am CST**



**BREAK  
TIME...  
then Q&A!**