

You're listening to episode 123 of the Devoured Podcast. Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley. And I'm a certified nutritional therapy practitioner with my master's in social work clinical mental health. I've lost 80 pounds, and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Hey, everyone? Hope you are well. I hope if you celebrated Thanksgiving last week, that it went well for you in the unique circumstances that you found yourself in. I will say that my boyfriend and I had a fairly typical Thanksgiving, this is our third together. And the last couple have been just the two of us. So this one was pretty in keeping with the trend so far. And we had a really nice time just hanging out at home, being real cozy, feeling all grounded and stuff. So, I've had a couple of different subjects for today's episode, and honestly, I've tried recording a few. And I ended up fumbling over my words and or I'm like, let me actually unearth what today's episode actually needs to be. So, here's what today's episode is about. It's about the fact that any of the journey that we talk about on this show is voluntary.

You are always in charge. And I feel called to this because of the season right now, after coming from a holiday that really puts eating on a pedestal. I think Thanksgiving can bring up a lot of stuff for some people. It can feel really freeing for a lot of people, and it can also feel like a free fall for other people. And I think the weekend after Thanksgiving can also, I almost want to categorize that as a time in and of itself. I think that can also be a really cool lens in which we can explore. Wow. What is this feeling that I'm feeling towards myself?

And in the context of food and our relationship with food, but also this whole idea that, I think if you're someone who has felt like you've had a struggle with your weight, you feel like the subject food and you, there is either a roadblock there or a stumbling block, or like a speed bump or something that makes it just a little bit rocky. I think you might align with this when you feel like this conversation, this subject is not voluntary. You feel some pressure to have this thing figured out. Right? And what does figured out look like? Figured out could either look like, well, I'm just done having this conversation about my weight, closing it up, done with that chapter, no more.

Or figured it out might be, Oh, I moved through that. I decided to move with my goal or whatever thought I've had in my head, and now I'm on the other side of it, right? There can be this release or this white knuckling onto. And that white knuckling right there is what I want to talk about today. Okay. Any subject that we talk about on this show, anything we talk about in lean and liberated with my clients, any pursuit that we choose is voluntary. And I think that's a really big part of this conversation of liberation that can start to feel like it becomes well, voluntary to remember. We can start to forget that what we're doing is voluntary, and we can start to feel this either internal or internalized external pressure to be performing, "Oh, I have to lose weight because X, Y, and Z. Oh my God, how am I not losing the weight? Because of X, Y, and Z."

We can start to generate a lot of thoughts and then experience a lot of feelings. And if you've listened to us before, you know that I really believe that our thoughts do create our feelings, our feelings influence our actions, and our actions show us what happened, right? Stuff happens because of what we do or we don't do. All of that is considered action. So, if we start to have the thought that none of this is voluntary, that you have to lose weight, that you have to look a certain way, that you have to be performative, that this has to be hard, that none of this has to be easy. You can't eat this, you can't eat

that. If we start to forget that all of this is actually voluntary, was going to inevitably happen, is that we're making this pursuit, right?

Whether you're just listening to the podcast, you listen to this one and a couple other ones, whatever you're taking away from these conversations, if you forget that this is voluntary then this will for sure feel like another diet. And I think this is so important right now. I say this almost every week, right? We have these different stressors at large in our lives that we can be aware of, but we also have our own lived lives and our own lived experiences. So, you can opt in or opt out of most things, probably not the pandemic, but a lot of other things in our lives, social media messaging, different relational dynamics, different types of marketing.

There are a lot of different ways that we can position ourselves to simply show ourselves and start to flex that muscle, that what we choose, especially coming from a place of privilege, right? Remember, on this show we're talking about some things... This is not the show if you're having food insecurity. This is not the show to be aligning with, right? We have to have different basic needs met. And from there we can start to dive into these different conversations. So, if we understand that this conversation is a privileged conversation. And if we can do some work to be grounded and comforted within that container of that privilege, I then want to ask you, "If this is voluntary, right? If my goal, if my values align with allowing myself to have this experience be voluntary, how would I like it to go?"

How would I like this experience of weight loss to go? Because I'm not trying to brainwash myself into believing it's voluntary. I believe from a deeply internal place it is voluntary. That is when I think our pursuits really become our own. That's such a glorious and magnificent way to take what we start to externalize. Oh my God, I have to look this way for this photo or else, blah, blah, blah. Oh my God, I can't [inaudible 00:07:45] I'm looking back on old photos. I can't believe I used to think these certain thoughts about myself. Because actually in those photos I think this about what I used to look like, blah, blah, blah. Oh man, I was all shackled in all my thoughts then. Guess what? If we want to have a liberatory experience with our food, with our nutrition, with our bodies, with our workouts, with our sleep, with our love, with our fear, with everything, we have to remember that it's voluntary.

And when we can truly start to feel that it's voluntary, when we start to show ourselves proof that it's voluntary, that we get to choose to allow this to be a part of our lives, we're then going to start to practice and be being in the practice of starting to affirm our beliefs that it is voluntary. That's the beautiful thing about thought work, which is a lot of what we do here on the show and in Lean and Liberated, right? When we talk about things like, "Okay, weight loss is more than just calories in calories out." Of course, calories are a big part. No energy in, energy out, our bodies are functional to a certain degree, but thought work, our brains are parts of our bodies.

If I tell you to think about sucking on a lemon right now, and you really actually think about cutting that lemon open, having the juice drip onto the cutting board, holding that half lemon up to your mouth, right? And then just taking a big bite. Does your mouth right now, and just hearing about that, does it produce saliva? Look, your thought just created a feeling. So our brains are fed thoughts, our brains are in our bodies. So, while calories out, calories in, is a thing, what also is a thing are our thoughts. Because our thoughts influence different physiological reactions.

So, I always say, you could be eating the most perfect "diet" but if you hate it and you hate your life, you hate that food, you're going to have a really different entirely physiological reaction to that food than someone who's eating the same diet, who has pretty much the same things going on physiologically aside from the stress of hating the food. They're going to have a different hormonal physiological response. So, thought work is a huge part of any journey, including a journey with a relationship with ourselves, with the food on our plate, with the number on the scale. It actually has to be part of that journey.

So, I want you to know today that any of these conversations are always optional, they're always voluntary, but I want you to know that because they're optional, because they're voluntary, that is what gets to set us free. Is when we decide and we start to have the thoughts, I get to look for opportunities to understand where, if I would like to opt into these conversations, I'm doing so in such a way that helps me obtain greater freedom and more liberation. That's the second half of that Lean and Liberated like [inaudible 00:11:14] the program I talk about. We're not becoming lean so then we feel liberated, like yawn, that is so boring.

Instead, we pursue our liberation, we embody our liberation, and we do the really tough thought work of starting to believe and seeing proof, and therefore making proof, delivering proof, being proof. That by being liberated, if we like that to also encompass leanness it can. Because we can become living proof of that. But the only way we start to do that is when we start to remember that all these subjects get to be voluntary. So this is like a little love letter to you. If this week, post Thanksgiving, pre more holidays, the season, in a time where there's a lot of darkness and there's some light too, but there's darkness, let's be real. If this is something that's calling to you and you're feeling like, shit, I have to figure my body out, have to do the diet, I'll just do it quietly and then no one will know.

Well, you know. Your brain knows. And then your brain's sending you signals to your body and your body knows. Your body knows when you're on a diet. So, why not think about if you so like, why not think about a different choice this week? Why not ask yourself, and trust yourself that you can make the choices this week that feel like freedom? And they might feel different, but maybe that's okay. Maybe the only way to show yourself something different this week is to try it out and try it on for size. What happens if you allow yourself to try that? What happens if you allow that to be a voluntary option that is abundantly right there for you? I want you to be thinking about that this week. Okay? And I'll see you on next week's episode.

Okay, everyone. That's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm [luciahawley_](#). And one more thing before this episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word and together we can offer this free education, empowerment and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family. And by leaving your review, it makes a world of difference.