

You're listening to Episode 150 of The Devoured Podcast.

Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place.

So listen, folks, I need to get real with you today and share with you that, no, you are not always overeating. For those who don't feel that way, this episode might not apply to you. Some of the women that I work with and speak with can feel like they tend towards undereating and that, that feels like the common theme, and that then the potential overeating is less frequent. So if that's you hang tight, you'll enjoy this episode, but this is really for the woman who feels like no matter what food she's eaten, no matter what the portion is, she's always overeating. It's almost like there is this internalized spectrum of any food is too much food, and it can feel like this vortex that we're in, especially for feeling like our bodies are not as flexible as we want them to be in terms of our metabolic momentum. I don't know if I've done a podcast on metabolic momentum. I've written a post about it on Facebook.

By the way, I write a lot on my personal Facebook profile. Like my actual like Lucia Hawley profile, not a page. So friend me over there, if we aren't already friends. All my posts are also public. So you're welcome to go read through. I've really have started to use my Facebook personal page almost like a blog because I do love to write. So I've had a post or two on metabolic momentum. I think this really, really ties in to this internalized feeling that many of us can have where we feel like no matter the size of our plate, no matter the total calories that we are inadvertently or otherwise are very advertently, very clearly calculating in our brains, whether we're tracking them or not, we can feel like no matter what we're eating, it's too much.

Now here's the rub with that. When we start to internalize the idea that we do not have space for enough food, it's going to feel really, really weird at first to not only eat more food but to eat more food more consistently. And so this is a bit of a love letter to anyone who's out there today who maybe you've listened to the podcast episodes. Maybe you're even in like my free Facebook group and you've watched that video training that I did in there. I literally laid out in that Facebook group exactly what I walk my clients through, like the tangible stuff. How do you do the 24-hour plan; what we do with fasting, like what that breaks down into. All the tangible information there.

So if you've played around with that stuff and you find yourself starting and then stopping, and then starting and then stopping, I want you to start to consider what is your relationship with receiving. Because chronically under-consuming, yes, there is a whole, whole slew of individually why that could be coming up, what could be happening, different reference experiences in our lives, different stories that we've learned from people in the culture at large about how much a woman should be eating or how much a female athlete should be eating, or how much a teenager should be eating, or should I say how little.

But beyond just the surface of what it can look like, I think one of the deeper messages there is how much we have learned as women to have permission to receive because isn't that what it boils down to quite frequently? Isn't that really what too much feels like? Doesn't that just become one more to do on our personal self-care greater evolution to-do's? We start to say, "Ugh, grow my capacity. Ugh, work on eating more. Ugh, planning this, that, and that other." What if instead of feeling like there is a lack within us as we're exploring these subjects, what if instead of even feeling like this is now an opportunity to dive even deeper into ourselves, what if this is all a process of coming home into our hearts, which are already whole and wholesome and beautiful and complete?

What if this dialogue around receiving, around capacity to receive around how that might start to burble up and peek its head in different actions and patterns that we engage in, like the amounts of food we lean towards, what if instead of feeling like that's another tangible "I got to do it," what happens if we just let it be? If that is what we are allowing our nervous systems to start to feel safety around, like, "I really want this just to be a space to be with and within today." Yes, there can be a culture that women have grown in and, yes, we can be dismantling patriarchy. I have lots of my thoughts on that, but what if it's not one more tangible action? Like, yeah, actions can be coming out of it, but what if it's really about shifting just how we're being with ourselves? Meaning how we're noticing and tending to any little bit and piece and nook and cranny of ourselves.

Because isn't that what a lot of this boils down to? Isn't that why there is the big hype of diet culture and what it's trying to perpetuate, right? A perfect body, perfect BMI, a perfect human, a perfect woman, a perfect whoever, all the identities. Isn't the end goal when we decide, "Ugh, that's part of a big system, power control culture that I'm not a fan of." Isn't the end goal of that process, the reclamation of self, and that it doesn't have to be one more to do? I know I have really good students who listen to this podcast and are always down for another to do. But maybe today it's not about doing less or doing more or having a whole spectrum of doing or not doing. What if just for today, that capacity of receiving of that end result, of it being how much or how little is on your plate consistently day to day, of how much or how little your metabolism is throttled up or down because of that input, what if instead of all of those tangibles, what if the practice is you allowing yourself to explore receiving and what it looks like for you?

If you're over there being like, "Luce, how do I do that?" What if part of the process is playing and playing with what receiving means to you and noticing, "What comes up for me? How do I love that? How do I honor that? What would happen if I ask myself about receiving tomorrow too? What about the next day? What about the play and the curiosity around receiving would I like to invite into my life this week?" What if the whole process of weight loss gets to be from that energy? I think you'll find that to be very potent and very eye-opening and loving. If you'd like to start to invite some of those questions into your journey this week. So I hope you all have a wonderful day, and I'll catch you on the next episode.

Did you know you can find more support for me on my website? Go to LuciaHawley, L-U-C-I-A-H-A-W-L-E-Y, .com to connect.