

Lucia Hawley:

You're listening to episode 196 of the Devour Podcast.

Lucia Hawley:

Welcome to Devour, 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.

Lucia Hawley:

Hey, party people. Welcome to the show. I'm Lucia. I know there are some new faces, new ears that have been listening to the show. So welcome. And so, so glad you have found this show. I hope you have found me on social media. I hope that the messages, whether you're on TikTok, or Instagram, or my newsletter list, or Facebook. I'm a lot of places. Just the other night, I was like, "Maybe I should do YouTube." And then I was like, "Lucia, no. Three social media platforms, that's good. It's good. It's enough. It's enough slices." But I hope that regardless of where you are on your journey with your body, loving yourself, allowing how you feed yourself to reflect that deep love and honoring of what you value, I hope that regardless of where you have landed with these messages, I hope they've been supporting you.

Lucia Hawley:

And I was thinking about what I could add to the show. And of course, if you've been here for a while, you know that I often assign little bits of homework, things for you to think about throughout the week, to give a go, concepts, ideas, practices. And if you have seen, for a while, my work, especially on social media, honestly, how I market my program is that I try to be incredibly transparent about what we do in the program, using the food journal. What does a food journal look like? Allowing yourself to fall back on understanding portions, and making all foods neutral, and eating in a way that aligns with your core values, finding those core values, showing up to deciding when you do eat, and also being intentional about when you don't eat, and the values behind both of those choices and so many more.

Lucia Hawley:

So in an effort to always be transparent, I was thinking about this episode, and I was like, "Well, I could just talk at them again," or I could actually show you all one of the techniques that I use with my clients. Now, I don't use it with every single client, but it is a guided experience that, often, I think a lot of people enjoy using. They enjoy this experience because it helps to bridge, not only that analytical logical side of the brain, which is the side that really loves diets, but it bridges that overly used analytical logic. It's that strong side of our brain. How many of us have tried to overly analyze what we eat, and how far has that gotten us? It then bridges that analysis into actually feeling something in your body and allowing yourself to tap into the intuition and the strength of the right side of your brain, which is your emotional-creative side of your brain.

Lucia Hawley:

So this process is a process of taking ownership. I did not develop this. This was developed by a lovely person named Michael C. Hall. And I wanted to share this with you. So it's going to be a guided process.

You'll see it's super accessible. And it's something that you can carry with yourself and dip into anytime you want. This is not a hypnosis at all, but I would encourage you that if you're driving, or your walking, or you're listening to the show while you're doing other things, you can listen, but I wouldn't try to take ownership and do the practice while you're doing other things. So don't multitask. That's my disclaimer. Don't drive and try to engage in this. Allow yourself to be in a quiet space. Allow yourself to give yourself some time and take ownership from the inside out.

Lucia Hawley:

Now, this will be a little bit different than how I guide clients because when I'm one-on-one live with a client, I can check in with them, we can take our time with this process, I can like check the ownership embodiment and see how it's going. So again, allow yourself to take this and use it to support yourself. And the reason it is so incredibly important to take ownership from the inside out, so from an embodied place, is this, when you start to feel, what it feels like to feel ownership, when you tap into that feeling, that feeling then allows you from a body first place to remember, "I have ownership over the things I do in my life. I have ownership over the thoughts I think. I have ownership. I claim ownership. It's the most natural thing for me to have ownership over the words that I say."

Lucia Hawley:

So it's this beautiful process that, I think, for some people, who are just coming from, "Just tell me what to eat." It can be like, "Well, how is this connected?" But once you start to play around concepts like this, you start to see that, "Oh, my gosh, of course. Turning the volume up on my experienced ownership in my life, how I believe and I feel ownership in my life, of course, that translates into my food choices because those are actions into the things I believe about my foods that nourish me. Those are my thoughts into the ways that I talk about myself around food. Those are my words." So we're going to now move over into this practice of taking ownership.

Lucia Hawley:

So go ahead, pause this if you need to, but take a minute to find a quiet spot. You can be sitting down. And this process is going to help you build a strong state of ownership. So to begin, I'd like for you to sit up straight and relax. You're going to take a deep breath in and let it go. And then you can bring your attention fully to the sound of my voice. So you can be present with what we're doing here. And let all the sounds around you just drop into the distance.

Lucia Hawley:

The first thing I like for you to do is to think of something small and simple that you feel is absolutely 100% yours. It's just as simple, this is mine. So this could be your phone, a pen, your toothbrush, a piece of jewelry, or your hand. Pick something, and anything you feel is 100% yours, no question about it. And then I'd like for you to say out loud, saying the object that you've chosen, my phone is mine. My hand is mine. So go ahead and say it out loud, whatever you chose for an object. I want you to say this is mine, and notice where you feel that sense of mine in your body. This is mine. And notice the gesture, if there's movement that comes as you're saying this is mine. And I'd like for you to repeat it out loud or in your head, this is mine. And use that gesture or that movement that signifies and allow it to strengthen that state of mind. This is mine. Where do you feel that in your body? Allow that to fill up all of your senses.

Lucia Hawley:

On a scale of zero to 10, 10 being the strongest, you're going to allow that sense to get stronger and stronger, the sense of this is mine. I own this. And as you keep repeating this in your head or out loud, and as you keep making the gesture, notice that it keeps getting stronger. This is mine. And stronger, and stronger. This sense of this is mine. And it's like a natural mine. There's no question about it. You don't need to defend it. You don't to fight it. It's naturally mine.

Lucia Hawley:

Okay. As this settles, I'd like for you to take a snapshot of this state. Where do you feel it? Where does it settle in your body? What is that gesture that makes it really strong, this natural state of mind. And maybe you can attach a color to it or a symbol, something that you visualize in your mind's eye so that you can easily access this whenever you want and whenever you need. And it's this feeling of ownership that you can use over your most precious gifts, your power of thinking, your power of feeling, your power of taking actions, and your power of speaking the words that you speak. But for now, I'd like for you to take a snapshot of this ownership. And this snapshot helps you easily access it again whenever you want throughout your days and nights.

Lucia Hawley:

Okay. So that is how easy it is to take ownership to feel a sense of ownership that is natural and simple. So I hope that that was a lovely experience for you. I hope that the object that you chose, you allowed it as you were saying to yourself out loud or in your head, "Oh, this is mine." I hope that you were able to feel through that process that we can say, "This is mine." But when we allow it to come from the inside out of saying, "Oh, I have this reference of this thing that is mine," my hand, maybe a ring, a shell, a blanket of mine, whatever your object was.

Lucia Hawley:

I want you to remember because so often we don't feel ownership over our bodies. We don't feel ownership over a weight loss process, a weight maintenance, a weight gain process. How many times in our lives do we feel like, "I feel a little passive here. Things are just happening to me. I don't know why I make the choices I make. I don't think I can change my thoughts. I don't believe I could do the things that I think I need to do in order to get the things that I want." You know what I'm saying?

Lucia Hawley:

So to be able to release away from, "Oh, I just need to get motivated" or, "Oh, I just need to be better, and then I'll do the thing," I want you to notice, "Oh, through this process of embodied ownership, I already know what it's like to take ownership. I've already have at least one object, whether it's my hand or something else that I experience this ownership over. Because I have this reference, I now get to play with that. I can invite that feeling of ownership into my life, into my day-to-day. And I can start to show myself, of course, I have ownership over the thoughts I think and the actions I take. Of course, my feelings are mine. I can claim them. They're my responsibility. Of course, the words that I say to others that I write down that I say to myself, of course, those are coming from me. So of course, I own them. They are mine."

Lucia Hawley:

I really want you to allow yourself to do that practice as many times as you would like, and to simply play with it. All too often, I know people want to get things right on the first try. Is a really in thinking pattern. It ties into some perfectionism and all or nothing thinking. And those are fine once we start to

recognize that those might be default habits, but guess what? Once we start to recognize our defaults and we feel safe taking responsibility, taking ownership, that, my friends, is the pivot point in which is no longer about motivation and willpower. No. Instead, you start to see, "Oh, motivation willpower, of course, can't be relied on because they aren't actually what's generating me thinking my thoughts, taking my actions and feeling my feelings. I do. I own that."

Lucia Hawley:

So I hope you enjoyed that practice today. Thank you so much for being here and everyone. We're getting to episode 200. It's just a couple episodes away. There's going to be something special with it. I haven't decided yet, and that's okay because I know it's going to be something good. But thank you so much for being here. As always, I'm always here in the DMs, via email, on the social media platforms to help support you. And if you're ready to get started, if you're like, "That's a practice that I want to do. It's this way of approaching weight loss that I want to build myself up in my life instead of trying to tear myself down and make myself smaller," let me know, and let's get you in Lean + Liberated.

Lucia Hawley:

If you're a woman who's looking lose 20 or more pounds, this is the program for you. So tell me because enrollment is open, and I'd love to have you join. I would love to support you, and I'd love to at least get you more information so that you can make a really sound and supportive decision for yourself. So until next week, my friends, bye.

Lucia Hawley:

Did you know you can find more support from me on my website? Go to [luciahawley.com](http://luciahawley.com) to connect.