

KEY TAKEAWAYS

Summary of day 8 session: Putting one foot in front of the other



Interview with Hermien Elago

Your daily check in

Are you going to be able to take those big tasks on today? Perhaps you are struggling to just put one foot in front of the other? Remember doing your best doesn't mean pushing yourself to your breaking point. Your best is different every day and your best is good enough.

Hermien's words of wisdom

After been sent to boarding school at the age of five, Hermien suffered a deep sense of abandonment. As a teenager, she says she began to comfort herself with drugs, alcohol and food and these things became her refuge. When she began her weight loss journey, she moved away from this lifestyle and stepped onto her healing journey. This is what she had to say.

- Emotions are messengers. Bare sacred and non-judgmental witness to yourself by sitting with and honoring the emotions that surface for you. This is what holding space for yourself looks like.
- Have grace for yourself and others. Some days you may need to hibernate, rest, and restore, whereas on other days you may feel motivated to really show up and be a light in the world.
- Validating your inner child means going to back to those dark places that you've avoided for so long. Sit with and show your inner child self-compassion and self-love.
- Sometimes it feels like we must fight ourselves to free ourselves. We need to fight the story and the narrative that we cling to. We often find safety in the limiting beliefs we impose upon ourselves. As soon as we let go of those default patterns, we find the freedom we've been searching for.
- Do not gaslight yourself! Watch your self-talk. If something feels like a big deal to you, then it IS important.
- Every person who walks on this earth, doesn't have it all figured out. Neither do you, and that's okay.
- Everybody is doing their best. By realizing that everybody's best looks different, we open up to grace and understanding for ourselves and each other.
- Healing is not a linear process; it is circular in nature and brings us back to a familiar place to show us how much we have grown and also allows for even deeper healing to take place.

Hermien's Top Tips to promoting healing:

Hermien says, "My mornings are sacred, and I fiercely guard this time. I use this time to decide how I choose to show up in the world each day." These are her non-negotiable daily practices.

1. **Breath work:** "When there is nothing else, I know I have my breath. I use the 4:7:8 technique. Breath in for a count of 4, hold for a count of 7 and exhale for a count of 8."
2. **Meditation:** "Meditation saved my life and brings me to the place of the generous present moment where I am always safe. Here in this space of now, I have everything that I need."
3. **Journaling:** "Journaling for me, feels like the communion of myself, my higher self and the Source where all three of us sit down together and have a conversation."
4. **My inner dialogue:** "I have intentional conversations with myself and become that calm, confident voice for myself thereby maintaining a healthy internal dialogue."

A final word on grief and loss...

"We grieve deeply because we loved deeply- there is a sense of beauty in that. I allow myself to feel whatever is coming up for me in my time of grief- whether it be sadness, anger, or frustration. My way of grieving does not have to look like anyone else's, and I continue to find meaning and purpose in honoring my individual path through grief."



Homework

- Calm the mind, sit still and do absolutely nothing for a moment or two
- Practice a pause of 3 seconds before you respond to a person or situation.
- Give yourself permission to press pause in your day by taking a break in the sunlight soaking in some vitamin D or eating some healthy plant-based foods to boost your immune system.