

Ep #300: 10 Keys to a Fully Embodied Life: Lessons from 300 Episodes



Full Episode Transcript

With Your Host

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This is *Feminist Wellness*, and I'm your host, Nurse Practitioner, Functional Medicine expert, and life coach Victoria Albina. I'll show you how to get unstuck, drop the anxiety, perfectionism, and codependency so you can live from your beautiful heart. Welcome, my love, let's get started.

Hello, hello my love. I hope you are doing so well. Oh my tender ravioli, can you believe it? Today marks 300 episodes of *Feminist Wellness*. That's 300 weeks of deep dives, real talk, and science-backed, no BS insights to support you on your journey to healing and empowerment. And let me tell you, this milestone, it's not just a number. It's a testament to each one of you showing up week after week, bringing your incredible curious minds and open hearts and supporting the show.

We have crossed the two million download threshold and oh my goodness, it's very humbling, very exciting. I feel honored and grateful and mostly grateful to each and every one of you. Whether you're tuning in from your morning walk, your cozy couch, your car on the way to work, thank you for the emails, the DMs, the reviews of the show. They have bolstered and supported me along the way.

It's a lot of work to make this show and it's incredibly expensive. And every week when I get some sort of message from y'all, a little DM, or a couple of times someone has said something once on a train, three times in airports, someone has said, oh hey, I recognize your voice. Are you Victoria Albina from *Feminist Wellness*? And oh my God, it makes my whole heart explode.

So thank you for your support, for your care along the way for these 300 episodes. And so of course, as I love to do, I have presents for you. I'd be so grateful if you could head over to wherever you get your podcasts and leave the show a five-star rating and a written review. I am asking for this

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because it helps to get the show into more ears, and that's why I'm doing this, to be of service to as many people as possible.

It's a weird sort of backward system, but here we are working with the system we've got. If you're like, oh my gosh, I'd love to do that, but I have no idea how, head over to victoriaalbina.com/300giveaway, G-I-V-E-A-W-A-Y. Yeah, go to there and then there's little pictures of exactly how to leave a rating and review.

So once you've done that, as a thank you, when you leave that rating and review and send a screenshot to podcast@victoriaalbina.com. You'll automatically receive a downloadable Sleepy Time Meditation right to your inbox, along with a special writable PDF journaling guide that goes with this episode and contains all the reflection questions I'm offering up here today as homework. Yay! It's my little way of giving back, of being there for you as you're drifting off to dreamland, as you're going deep and exploring your own mind, your own programming, your own possibilities, and to thank you for supporting the show. It's nice that there's a cost-free way for you to support the show and I just appreciate you doing it.

Over these years I have learned so much, both through my own work and through every email message and story you've shared with me, along with coaching hundreds of women in Anchored, working with so many hundreds of people in The Somatic Studio, and I have learned so much and still have so much to learn, of course, right? And so today, let's talk about some of the biggest lessons that have emerged from these three hundred conversations, insights that feel like bedrock truths in this wild, beautiful, sometimes really heartbreaking journey of being a human mammal just mammaling along.

And so as we go through each lesson, I'd love to hear from you too. What's been a favorite episode or an aha moment? Send in a favorite lesson or a

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memory that felt like it spoke right to your heart, put it in a reel or a story, post it to your social media, and tag me @VictoriaAlbinaWellness. I'll feature some reflections in an upcoming episode or on social media and I'm really excited for more of the back-and-forth that really lights me up. So let's get into it my loves!

Lesson one, healing is not linear and that's okay. It's the way it is. So one of the deepest realizations we come back to again and again is that healing isn't some perfectly straight road with clear signs and predictable outcomes. I can't tell you how many times folks have frustrated, said to me, Oh, I can't believe I did that again. Or have asked silly goose questions like, am I behind? Shouldn't I be further along by now? And my darling?

Those questions themselves is often where the healing begins, because there's no behind or ahead. The nervous system doesn't work in timelines or benchmarks, and it certainly does not care about linear process. That's just not the way it works. Neuroscientifically, which is such a great word, our brains and bodies aren't designed to work in a straight line. Sort of in general, but especially when it comes to healing and rewiring.

When we experience setbacks, it's actually the brain's way of testing new patterns against old, familiar ones, a process called reconsolidation. This is a vital part of neuroplasticity, our brain's ability to rewire itself over time. Socially, the narrative of a linear path to healing is deeply intertwined with capitalist productivity and patriarchal ideals of perfection, telling us we should achieve everything in a smooth, uninterrupted climb like we are robots in a factory.

The work I do in Anchored with my clients and here on the show is to help us gently unravel these beliefs, supporting each of us in embracing a journey that isn't about reaching a fixed end point that doesn't exist, but continuously growing, expanding and shrinking, shrinking and expanding

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with compassion as our guide. When we stop expecting a smooth direct path, we're actually learning to stay with ourselves through the messy and certain parts of life.

This is how we build safety along with a capacity for resilience and compassion and when the dips and swerves come and they will come because life is life, that's life, we have the ability to meet them with grace, self-kindness and curiosity rather than judgment. We learn that it's all part of the process.

Reflection question. When was a time you felt like your healing, your growth, your rewiring took an unexpected turn, only to later see the growth it held for you? What did you learn from being gentle or staying with the process? And if you were meanie pants to you, we're just going to be kind about having been meanie pants, and I'll invite you to think about that moment and really feel into and give yourself compassion now so that you can continue to learn and grow.

Lesson two, self-worth is not negotiable and it doesn't come from others. Another huge lesson, one I know you've heard from me many times, is that self-worth isn't something we can earn, like you can't do enough to earn it, or get from anyone else. No person, achievement, or relationship can give us the feeling of being whole, of being enough. This understanding is foundational in moving from codependent, people-pleasing habits to the emotional and energetic freedom that comes with being interdependent with the people we love.

From a psychological standpoint, the need for external validation is a survival-based behavior, rooted in early attachment and attachment wounding. As infants, our nervous systems should be co-regulated with our caregivers, meaning our caregivers give our nervous system the safety, the padding, the buffer in a good way that we need because we don't know

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how to do it for ourselves. Whatever comes up, we just scream and cry about it. That's the toolkit we have when we're little.

So if validation was inconsistent, conditional, if our parents were emotionally immature or unavailable, unskilled, if they didn't know how to attune to us in the way we need it, our brains and bodies may have learned to seek approval outside of ourselves by chasing them, trying to get them to take care of us in ways they weren't.

And so fast forward to adulthood, chasing external validation can feel so necessary because it's this thing that got patterned into us as the way to connect with safety, security, survival as little ones. It soothes our nervous system. It feels like it's keeping us safe, because when we were kiddos it literally did.

But the irony? The deeper truth of self-worth isn't in other people's approval. It's in knowing deeply and viscerally that we are the cake. And anything else external, praise, a promotion, a nod of approval, is just icing. Enjoy it when it's there, and remember that your wholeness does not depend on it. You are enough exactly as you are, my love. You are the cake. And if you're new to the show, look that metaphor up in my archives. It's a really good one.

Anchored is designed all around this. It is a place where we practice the profound act of reclaiming self-worth as an inner resource, an act that not only rewires our nervous systems, but is also a resistance to systems that seek to keep us small or dependent on outside approval. And of course, it's vital to say, for women and marginalized folks, folks in racialized bodies, social structures reinforce this reliance on external validation as a means to fit in, conform, and literally stay safe. So, lest we throw stones at others or ourselves, be inquisitive, be curious about why someone might be seeking validation the way they are.

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Reflection question. When you think about validation, can you identify a time you looked outside yourself for worth? Can you think of a time when you found your worth within? If not, what would it feel like to turn inward and to remind yourself just how amazing you are? And if you're like, that's baloney pants. What is one amazing thing about you? Do you have great hair? I have great hair. I love having great hair. It's up right now, but it's really great hair. Do you have a great sense of style? Are you very kind to dogs and cats and other pets? Do little children love you? Can you identify birdsong from far away? My friend Karen Alroy can do that, it's very impressive. What is one thing that you can begin to believe is pretty darn okay enough-ish about you? Identify it and start to validate yourself as a habit and see how it supports you to grow.

Lesson three, our nervous systems shape our experience and we can shape our nervous systems. In every episode, whether we're talking about boundaries, resilience, love, the nervous system is at the center. It's the quiet voice telling you, you're safe or you're in danger. Based on learned patterns, memories, and past experiences. I've been studying the nervous system somatics movement for healing for over 20 years. I know it just got hip right now, but this is my jam and also my jelly, which is why the nervous system and somatics are so core to everything I do. Because so many of us walk around with nervous systems that are ready to go off and hit the alarm bell at the slightest hint of stress or discomfort. And we get to work with these systems.

It is really important that we do so, so that we don't feel stuck in reactivity and can step into responsiveness. Polyvagal theory teaches us that the nervous system is a dynamic system, constantly scanning, neurocepting for safety and threat. The vagus nerve, a major player in the autonomic nervous system, has pathways that determine whether we're in fight or flight, rest mode, or a combination thereof, like freeze is a combination state, impacting our experience of everything from connection to resilience.

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When we're in communities that affirm and support us, our nervous system is way more likely to register safety and connection, facilitating growth and healing. And that's what we build in my work, right? Here on the show, the folks who comment regularly on my social media posts. Every time I do a webinar, it's like this pop-up community of hundreds of people supporting each other and having their backs. In Anchored, this is what we do. We experience a sense of safety in real time. So we can repattern our nervous systems to be more resilient, flexible, and capable of finding calm in the storm.

Polyvagal theory and somatic practice give us the tools to be in conversation with our nervous systems. To change the dialogue from "I'm under attack" to "I understand the situation at hand and I am treating it in its right size. I'm not making it huge and I'm not minimizing." And so because I am aware, conscious, awake, and present, I'm safe because I'm here. I'm safe because I'm present. I've got this because I'm present.

And as we learn to create safety from within, which is the work I do with all of my clients, we find a kind of freedom that allows us to show up in life fully, vulnerably, and without apology.

Reflection question. Think of a time when you felt your nervous system react to stress. How did you shift? And if you didn't shift, if you went with the reaction, totally normal, never judging, what can you do next time to be more responsive?

Lesson four. Boundaries are acts of self-love for yourself and others. Boundaries might sound like hard walls, like pushing people away, and really they're about creating clarity. I generally call them resentment prevention. Boundaries allow us to show up in ways that are true to ourselves and respectful of our relationships. They're how we say, this is where I am and you begin. And they help us engage more authentically

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with less resentment, burnout, or expecting other people to read our minds and then getting pissed off when they do stuff we didn't tell them we didn't want them to do.

When you don't voice your limits or boundaries and people-please instead and then walk away resentful and annoyed, you're creating a net negative in your relationships. You're not being honest, loving, or kind by being nice to someone's face and then being grumpy about them behind their back. Being a clear communicator creates stronger relationships.

And so to that end, boundaries are not selfish, they're acts of community care. Setting boundaries engages the prefrontal cortex, the part of the brain involved in planning self-regulation, making conscious choices. Each time we set a boundary, we're strengthening this area of the brain and reinforcing neural circuits of self-respect and agency.

Socially, the expectation to avoid boundaries and be nice is often stronger for women, people of color, those in caretaking roles, reflecting deeper systemic patterns. In *Anchored*, we unpack these cultural narratives and learn that setting boundaries isn't selfish. We talk about this on the show all the time. It's a profound form of self-preservation that allows us to show up authentically for ourselves and in our relationships.

One of the biggest revelations is realizing that a boundary is not about someone else and what they do or don't do. It has nothing to do with them. It's all about you. And that is so powerful because it puts the agency back in your hands. You're not waiting for anyone else to change to feel better. You're showing up with the loving, grounded clarity that your needs matter.

Reflection question. What boundaries do you feel ready to hold with love and clarity? How might that shift your relationships? What stands between you and actually setting those boundaries? Punchline here, fear. Fear is

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usually the biggest thing. Fear of loss, fear of rejection, fear of abandonment.

The sort of follow-up question and thing to get curious about is, if someone won't be respectful about your boundaries, won't take care of you in the way you're clearly stating, why is that a relationship that you're scared to lose? Just putting it out there, think about it. I don't know what's right for your life, but I'm inviting you to get curious.

Lesson five, community is the healing container we all deserve. And like quick side note, I'm so bummed that the word container is getting hashtag wellness. Like it's becoming part of like that spiritual indoor manifestation hat kind of like detached from social location kind of framework for wellness, which if you're new to the show, I'm not about that. If you've been here for 300 episodes, you know I am not about that.

It's a bummer because I love the word container because when we're doing healing work, our nervous system needs to be oriented. And so the orienting at the beginning and the end creates like these bookends that contain the experience. And so I love the word container because it is like, all right, our healing work is going to be in this Tupperware and it's not going to bleed out into the rest of our lives. We're going to purposefully open the container when we feel strong enough, ground enough, resourced enough, right? And we're going to explain what we're doing.

It's like any good ritual. It has this beginning, middle, and end where your nervous system can rest in knowing what's coming because you've been really clear about it. So a little side note, and maybe this is lesson 5a, I love the word container. I'm wicked bummed. Like there's so many words that get co-opted by the culture vultures and I just feel like I don't want to use them anymore because I don't work in an appropriation station and I don't want to be part of... I think if you've been here, you know what I'm saying.

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Like sovereign, it became a QAnon word. I loved the word sovereign. Don't use it anymore. I could go on, but I think I'm going to start moving away from container and I am lamenting this. And if you've got a really good replacement, for real, please let me know that does what container does, that Tupperware vibe, but isn't dumb. I'm starting there because I'm just saying the word container, and this is what comes to mind.

But like, in Anchored, in The Somatic Studio, in everything I do, it's the container that helps to create the safety that allows us to be seen, witness, and understood in community. And those are some of the most nourishing gifts we can receive. When we're living in emotional outsourcing, it's because we were hurt relationally. That's what all that wounding, all that ouchy is all about. And so we need relational healing to shift out of emotional outsourcing and into interdependence.

And it's why I'm so passionate about creating spaces where we can all show up as our messy, beautiful selves. Because when we do this work together, there's a kind of magic that happens, a kind of sacred trust that helps us to go deeper than we ever could do alone. Psychology tells us that connection is central to healing because it activates oxytocin, the bonding hormone, which fosters feelings of safety and trust.

Historically, marginalized communities have relied on communal support as a counter to the isolation often imposed by oppressive systems. In Anchored, we embody this truth, creating a safe, nourishing space. And I want to go back and say creating a safer nourishing space, right? Because I'm a white Latina. I cannot promise to create safety for everybody. Like that's ridiculous, right? So I do my best. I work really hard to create a safer, nourishing, nurturing space where healing isn't a solitary task, it's a shared journey.

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That's what I seek to do here on the show. This community approaches an antidote to the rugged individualism that capitalism sells us, inviting us to experience healing as an interconnected process where we learn to both receive support, which can be so challenging for us, and to offer it back no strings attached. So community care, mutual aid, interdependent support is absolutely vital to our healing.

Reflection question, I want to invite you to consider a time when community support helped you to feel safe and seen. How did it shift your sense of belonging or healing? If you can't come up with a time, if there's nothing easy to grab onto. I want to invite you to visualize what your dream community support would look like. Yeah, who's in it? Who's on that boat with you? Who are the humans? Are there animals? Are there birds? Are there plants? Are there crystals? Who's there with you? What does that support look like? What does it feel like to receive it? And allow yourself to really sink in to visualizing that care.

Lesson six, the power of self-trust. One of the biggest lessons I see over and over my loves is the importance of self-trust. It's really at the core of so much of overcoming emotional outsourcing. Now, I'm not talking about the kind of blind confidence that ignores reality or doesn't take personal responsibility. Oh no, we do that. But rather that deep inner knowing that you've got your own back.

When we're rooted in self-trust, decision-making becomes lighter. We're not constantly ping-ponging ideas for others to feel secure. Instead, we listen to our bodies, trust our own wisdom, and move forward with clarity.

When we think about self-trust, it's easy to forget just how much our early environment shaped our relationship with this concept. Psychologically, when kids grew up in environments where their feelings or needs are

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constantly invalidated, they learned to outsource trust to teachers, parents, bosses, and then when they grow up, to partners.

Often feeling in childhood that their own judgment is less than or unreliable, and yeah, through a nervous system lens, the practice of self-trust is a gradual process, aka kitten steps, of re-regulating our internal cues, building up the neural pathways that signal, I can handle this, and I am enough.

In my work, in Anchored, Somatic Studio, and here, I seek to provide that safety and that space to explore these cues, to unlearn those old messages and rewire for deeper self-confidence. This self-trust isn't something we just wake up with one day. It's something we build, especially when we're surrounded by others who are on the same path, practicing in a community that holds us accountable for our growth. And in so, when we trust ourselves, the need to people please, over-function, outsource our worth, it begins to fall away.

Journaling question. When you think about trusting yourself, what small kitten step sized acts of self-trust could you begin to nurture daily? And maybe just minimum baseline, just pick one, really get solid on it, and then build it up over time.

Seven, we're going back to boundaries. It's so important. They're not just about saying no. One of the most subtle but profound lessons we can learn is that boundaries aren't just a way to say no. They're how we create the space to say yes to what truly matters, to our joy, to our rest, to our own dreams, and our own desires. In a world and a mindset and emotional outsourcing that's always pushing us to do more, be more, serve more, put ourselves last, boundaries are a way to reclaim our lives.

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Neuroscience shows us that every time we set a boundary, we're not only protecting our emotional space and peace, we're also reinforcing neural circuits for self-worth and self-advocacy. It's no wonder boundaries can feel so tough, especially when we're socialized to prioritize others' needs over our own, be it family obligation, caretaking roles, or the expectation to be endlessly nice.

When we say yes to ourselves through boundaries, we're engaging the prefrontal cortex, the area of the brain responsible for decision-making and self-control, and signaling our nervous system that we're safe in our own care. Anchored supports folks and reframing boundaries as acts of self-love and in repatterning the nervous system to find calm and grounding in each yes to the self.

My angel, I'll invite you to think of a moment when setting a boundary allowed you to protect something important to you. What did it feel like to honor that yes to yourself? And as always, if you're like, well I don't think I've ever done that, visualize it, feel into it, get present to what it would be like to set a boundary for your own care.

Lesson eight, feeling your feelings is the gateway to true freedom. With a little caveat of making sure that you feel safe with yourself and not pushing your nervous system beyond what it's capable of. Absolutely duh, right? Thank you.

So we live in a culture that tells us to power through emotions, to fix them, or worse, to avoid them altogether. We're sold a lot of stuff to help us avoid our feelings, right? From booze to more caffeine to movies to Netflix to doom scrolling on and on and on, right? But the truth is, emotional freedom isn't about never feeling difficult feelings. It's about being with them, really snuggling them, welcoming them, appreciating them, and then allowing them to move through you without getting stuck with them.

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When we learn to process our emotions in real time, without judgment or shame, we begin to break free from the patterns of emotional outsourcing, from that endless loop of looking outside of ourselves for relief. In the psychological world we call it emotional resilience. Our ability to feel an emotion without getting stuck in it. A practice grounded in neuroplasticity.

When we avoid feelings we're actually reinforcing stress circuits in the brain while feeling our feelings, even the tough ones, obviously within the context of having oriented our nervous system, having found some grounding, feeling safe to do so, creates flexibility and strengthens the pathway of emotional regulation. That happens when we're oriented, when we're grounded, when we're present and here.

And when we practice the radical act of actually feeling our emotions, which is one of my favorite things to do with folks in Anchored, we create a new narrative that our worth isn't defined by our output or perfection, but by our ability to be present with ourselves, fully human in each moment. Oh, I gotta tell you, the freedom that comes from letting yourself feel fully, it is worth every moment of discomfort. Because what's on the other side is a profound sense of peace and actually reflects back to self-trust.

I trust myself, I trust my decisions, I trust my communication because I know I'm not avoiding my feelings, I'm not buffering against feelings. I'm being with them. So let's journal. What's one emotion you've been resisting or pushing away? How might slowly, gently, beginning to kitten-step your way into allowing yourself to feel it create more space for ease and peace?

You don't have to feel it fully day one. Oh no no no. It could take years or maybe not even years, maybe weeks, months. It will take the time it takes. Let me back up and say that, right? It'll take the time it takes but giving yourself time and space. What might be possible in your life if you let

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yourself be with your feelings instead of buffering against them? That's the real question. The answer is magic.

Lesson nine. Healing happens in layers. Be patient with your process. So, something I see time and time again is that true healing isn't a one-and-done experience. It unfolds in layers.

So this is expanding on healing isn't linear to say that we might come to a place of understanding our resolution and feel really solid, really good, wow, look at me growing, only to realize a few months later that there's still more to explore. We might fall right smack on our proverbial snout and we get to get up, right? And realize that that's not failure, that's growth.

This process can feel frustrating if we're in a rush to get it over with. But when we're surrounded by support and grounded in the understanding that healing is a lifelong journey, we can start to embrace each layer as it reveals itself. To be all former hospice nurse on it, you only stop growing and layering on those beautiful revelations about yourself and the world and your relationships and how you want to be. That stops when you're dead. So if you're alive and you're growing, congratulations! It's a beautiful thing. Please don't wish for it to end, for the growth to end. It's better to be here and layering it on, I promise.

Polyvagal theory shows us that our nervous system remembers everything, each hurt, each moment of safety or threat, and it also remembers the beautiful things, right? There's a part of us that remembers the beauty, the support, who made us feel safe and how. Healing by nature is a process of unpacking and recalibrating those moments and responses layer by layer.

This isn't just a slow process for the sake of it, it's essential because our brain and body need time to integrate new patterns of safety and trust. We

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need to pendulate and titrate. And if you're like, what is that? Come to Anchored, and I'll teach you all about it. Somatic experiencing. Oh, I love it.

For many of us who carry intergenerational or systemic trauma, allowing this healing to slowly unfold as an act of reclamation, of unlearning the patterns that colonialism, patriarchy, and other oppressive systems have imprinted on us. It is my goal to provide each and every person I work with, and you all through this show, space to hold each layer with care, honoring that our healing is a journey, not a destination.

So I'll invite you to reflect on a recent growth experience that surprised you. What new insights or layers did you uncover and how can you honor this ongoing journey?

I want to invite you to think of a thought that you're going to say to yourself when your brain says it's classic, ugh, this again, ugh, I can't believe that I'm working through this again. Like whatever it says to try to sort of kick you in the knee about the fact that your healing is layered, think of a thought right now while you're chill, while you're easy, while you're not upset that you are going to say to your brain, hey brain, healing is layered. Nothing's gone wrong here, we're doing great. That's what I might say, so you figure it out for you.

Lesson 10. You deserve joy just as you are. This might be the most radical lesson of all. That you don't have to earn your joy, you don't have to achieve perfect life to be deserving of peace, rest, respect, being honored, happiness. You don't have to prove yourself to anyone, not even to that inner critic.

And yet for so many of us who have been trained to believe our worth lies in our productivity or in serving others to our own detriment, this truth can feel hard to embrace. Neurobiologically, our brains are wired for survival

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first and foremost, not joy. This is especially true for those of us whose nervous systems have been shaped by systemic inequities, where scarcity and hypervigilance can become the baseline. As in families, where emotional outsourcing, our codependent perfectionist and people-pleasing habits are part and parcel of the family blueprint.

The brain's default mode network, which influences self-perception, often reflects back the narratives we've internalized from the world around us. I'm only as good as what I achieve, or I'm only worthy when serving others, run like, you know that ticker tape in New York, in Times Square, it runs like that, subconsciously, of course, as the influence for all of our conscious thoughts and the thoughts that we then put into action in life.

My work is about helping us challenge and rewire these beliefs, creating new neural pathways that embrace joy and self-worth as non-negotiables in all of our relationships with ourselves and others. It's about building the muscle of rest, play, and worthiness, a kind of resistance to the grind culture that capitalism perpetuates, reclaiming our joy as a birthright.

In my work, in Anchored, here on the show, we're not just learning to heal, we're learning to welcome joy back into our lives. What are we doing all this for if not for more joy, my beauties? And so it's really about reconnecting with what makes you feel truly alive, giving yourself permission to rest, to play, to dream. And this is perhaps the most important work of all, because when you know you deserve joy, you can begin to create a life that genuinely fulfills you. Not because you're striving or earning it, because you know deeply that you are worth it.

So my angel, what are simple everyday ways that you can invite more joy into your life without feeling like you need to earn it? How would it feel to claim joy as your human birthright? What are the simple, free, accessible things in life that can bring you a little spark, what Deb Dana calls a

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glimmer for your nervous system? What about flowers or clouds? What about walking past a cute dog? Oh my gosh, what about an adorable little squirrel? I saw a classic MG Spider drive by me the other day. I love a classic car. And that brought me quite a bit of joy. Right?

So it doesn't have to be complicated, expensive. It's not about buying stuff. It's not about consuming. It's about being present in your life, in your body, and finding that chispa, that spark, that joy that for me is the reason why we're healing. I love shadow work. I've done so much shadow work. I've been all up in the shadows and my angels. I'm here for the joy, my tender, tender, tender ravioli.

So what can you do to support yourself, to bring just a little more joy into each and every day? Thank you for being here. Thank you for joining me. Thank you for your bravery and continuing to listen to - I know a lot of these episodes can be very challenging, very affronting can really ask us to take a deep hard Look at who we are and how we've been how we've been relating to self and the world. Thank you for your curiosity. Thank you for the love. I have a ton more lessons learned. I'll share them soon. Thank you for giving the show a rating and a review. I really, really, really, really appreciate it.

It really helps to get the show into more ears. It's such a weird system, but the more ratings and reviews, the higher it appears in the search function on the podcast apps. And so people are more likely to find it. And I put a lot of heart and soul and money into this show and I really want it to help as many people as want it. So thank you.

Here is to the next 300 episodes, to more growth, more learning, most importantly, to showing up for ourselves and each other. My beauty, we are in this together. And if you would like my expert support to continue your growth, to really take not just these 10 lessons, but all the lessons from the

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last 300 episodes and build them into the fabric of who you are to stop feeling so anxious all the time and to bring in more joy, to make decisions with ease, to live in your authenticity, to not just feel like you're living from the neck up, but to really be embodied and somatically present.

I just realized why one of the lessons should have been thinking isn't everything. We need somatics. I'm going to do another lessons learned episode. I'll do it soon because that's the crux of my work, isn't it? But anyway, if you want to live a fully embodied life, I would love to welcome you into Anchored.

We are enrolling into the end of November. So when you're hearing this, it's kind of your last chance to join this current cohort, the November 2024 cohort. So head on over to victoriaalbina.com/anchored to join us now. Apply now, hop on a call with me. It'll be a delight.

The application process itself is such a growth opportunity because the questions are powerful. I love powerful questions and you can learn so much about you. And then getting on a call with me, talk about rare opportunities. I don't do one-on-one coaching. It's not what I do. You have to be in Anchored or Anchored Alumni to coach with me. And so you get my coaching around the decision. And so you can leave that call having made a firm, strong, embodied decision perhaps for the first time and it's really amazing. So why not, right? Come join us. I'd love, love, love to have you in Anchored.

All right, my beauties, let's do what we do, what we've done for 300 episodes. Gentle hand on your heart should you feel so moved. And remember, you are safe, You are held, you are loved. And when one of us heals, we help heal the world. Be well, my beauty. I'll talk to you soon.

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Thank you for listening to this episode of *Feminist Wellness*. If you want to learn more all about somatics, what the heck that word means, and why it matters for your life, head on over to VictoriaAlbina.com/somaticswebinar for a free webinar all about it. Have a beautiful day, my darling, and I'll see you next week. Ciao.