

JUNE 2023 / VOLUME 1



Decoding Wellness

SELF-CARE

DIARY

Exploring & knowing inner-truth,
life and changes can help us
navigate our own.

WHAT CAN MY
SUBCONSCIOUS
DO FOR ME?

BEST
WORKPLACE
PRACTICES

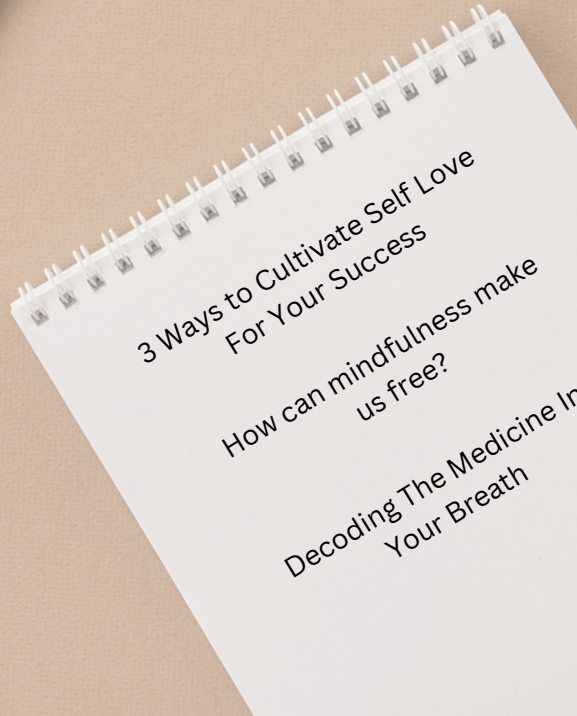


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HOW CAN
MINDFULNESS
MAKE US FREE?

Jeanne Lauren Smith

What do you want?

Answering the question, is not always easy. When we ask ourselves this question, we may realize that we spend a lot of time thinking (read: obsessing) about what we don't want. We know we don't want whatever is bothering us most in this moment, whether it be our job, our relationship status, our level of health, or our unfulfilled dreams. But even with the clarity of "what we don't want" we don't have clarity of what we want. So, when asked what we do want, we get stuck, and have no real answers.

We may quickly recognize external things as objects of desire, such as more money, a house, an impressive partner, or fame. But if we dig deeper, we find that the desire is usually for freedom.

Freedom from what?

Freedom from judgment, freedom to express ourselves, freedom to give, to take care of ourselves and others.

If it's status-driven, what does status afford us?

In many instances, it is a sense of freedom.



What if we didn't have to wait for external circumstances to catch up to achieve this sense of inner peace and freedom?

What if it was available to us right now, in this moment?

What if we didn't need anything other than ourselves, our breath, and our presence, to be free?

Mindfulness can help us cultivate a deep, inner reservoir of stillness, acceptance, and kindness towards ourselves. This can extend to include others and even our circumstances.

We tend to hold onto our opinions, experiences, and identities so closely. But is that freedom? What does it feel like to loosen the grip of our preconceived notions and experience ourselves and the world as it is, moment by moment? What is possible from that place of presence is a deep appreciation for what it means to be a living, breathing being.

The practice towards freedom regardless of outside circumstances starts by spending time with ourselves in a simple way. We tune into our bodies, our physical experience. The body is simply a concept. The idea of our various body parts, for example, our hands, is a concept. We made it up. If I tell you to feel your hands in this moment, what do you feel? You probably first look at your hands or visualize your hands.

But what is the actual experience of the hand in this moment? Is there tightness? Tension? Is there heat? Coolness? Is there vibrating? Notice how it changes. The experience of our hands is a moment-by-moment experience, changing all the time.

The practice of mindfulness provides a beneficial home base to come back to in our lives. Starting with foundational practices, such as tuning into our physical experience, creates enormous potential for what we can create in our lives. As we develop in our practice and come to know ourselves more non-judgmentally, we can answer the question, “what do I want?” with confidence and trust.

Our freedom belongs to us, and the actions we take to get there become a source of ongoing inspiration. There is no longer any pressure to prove ourselves to anyone, including ourselves. We can finally rest and enjoy the journey, like ocean waves lapping in and lapping out.





SIMPLE STRATEGIES TO
CREATE WORKPLACES
THAT PEOPLE NEVER
WANT TO LEAVE

Michele Thomson





Creating a work environment that fosters positivity and inspiration in team members and promotes growth and development can be challenging for even the most seasoned leader. So, how can leaders create psychologically healthy workplaces that people never want to leave?

Here are six ways that will positively impact workplace culture:

Be Visible: Make yourself accessible to your team members so that they can approach you with questions or concerns. Spend time walking around and checking in with your team members.

Take note of the expression on your team's face when you enter a room. They should appear happy to see you know that you will be a source of support, guidance, and helpful feedback. If people avoid eye contact or conversation with you, this is likely a sign that you are not making people feel valued, seen, and heard. Being visible also helps build trust and create a sense of community within the workplace.

Adopt A Growth Mindset: Leaders who have adopted a growth mindset encourage their team members to constantly learn and improve. They view even "failures" as opportunities for growth and development. We have all experienced negative feelings from a leader who is the first to point out what could have been done better or look to find fault.

Leaders who encourage a mindset that acknowledges that failure isn't failure confront challenges as opportunities and seek alternative routes to success, creating workplace cultures that are driven by curiosity, compassion, and shared values. Authentic leaders understand that growth is a lifelong journey.

They encourage their team members to learn, develop, and grow both personally and professionally. They provide opportunities for feedback, coaching, and mentorship, and they lead by example, modeling continuous learning and improvement.



Ask Questions and Listen: Take the time to ask your team members questions and truly listen to their answers. This helps you gain a better understanding of their perspectives and needs. Empathy is the ability to understand and share the feelings of others. Authentic leaders put themselves in the shoes of their team members. They listen actively, ask questions, and seek to understand the perspectives of others. This helps them build stronger and more trusting relationships that create a more inclusive and supportive workplace culture.

Approach Every Interaction with Humility and Curiosity: Remain open-minded and receptive to new ideas and perspectives. Be willing to admit when you don't know something. As a leader, you are not supposed to know everything. When you do not feel comfortable demonstrating vulnerability and sharing what you don't know, people will lose trust in you. You also lose the opportunity to expand your knowledge and learn from others.



Try to stay true to your values and principles in all situations, even when it's challenging or unpopular. This builds trust, builds credibility, and makes people feel safe. They will quickly recognize that they can always count on you to be consistent and do the right thing. When you are open and honest with team members by sharing your thoughts, feelings, and intentions openly and encouraging others to do the same, it will create an environment established on trust and collaboration, where everyone feels comfortable expressing their ideas and opinions.

Do One Kind Thing Every Day: Small acts of kindness can make a big impact. Whether it's offering a compliment, showing gratitude, or lending a helping hand, these actions can boost morale and foster a positive work culture.

Stop Using Limiting Language: Our brains are hard-wired to focus on the negative before the positive so that we can quickly identify threats and risks that could put us in danger. It can be easy to use words like "but, should, try, and if only". Whenever possible, use alternative words that don't create negative energy and limit creativity and problem-solving. Instead, use language that focuses on solutions and possibilities such as "I am becoming, also, in addition to".

In conclusion, when you are clear on who you are and what you stand for, you can lead from a place of authenticity. Take the time to reflect on your life experiences and what they have taught you and how they affect the way that you hold space for others. When you lead from a place of honesty, integrity, and purpose, it inspires others to do the same.





ACCEPTANCE &
KINDNESS: KEY TO
THRIVE WHEN
CHILDLESS NOT
BY CHOICE

Carrie Brauning



Many women never consider the possibility of not having children. I certainly didn't. In my world, childless women were either waiting to have children or didn't want them at all.

The concept of being childless not by choice doesn't seem real to women in their early adulthood. Everywhere they look, women are represented as mothers, wives, and grandmothers. It's assumed that adults of a certain age have children, often more than one. In books, movies, TV, and even among friends, womanhood and motherhood are often equated.

So when the reality of turning 40 and being childless hits, it's like a ton of bricks to the side of the head. This can happen repeatedly, without anyone else even noticing the injury, but the childless person experiences the pain over and over again.

Childlessness due to circumstances or singleness is an even less understood subgroup of the childless not by choice world. There are no known fertility issues; it's just a matter of not finding the right person at the right time or aging out of the ability to have children. It's common to compare oneself to others who have kids and to engage in negative self-talk. Our society amplifies and reinforces these feelings, making them intense and brutal.

The embarrassment, shame, and utter shock of it all, along with the explanations of why it is happening, are never good. The world around us thinks that women without children, women without partners (if that is the case), are unwanted, crazy, selfish, too picky, and assigns many other false narratives to them with the idea of blaming the woman for her childlessness.



This type of blame is mean-spirited but used to reassure other women that it won't happen to them if they make different decisions, because women who are childless not by choice are that way because of some defect within them.

All of this happens within the context of feeling misunderstood, unseen, and unheard. When you are childless not by choice, it happens in the dark.

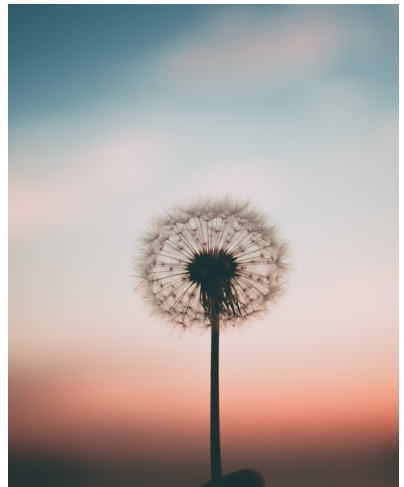
How do you bring it up? When you do bring it up, how do people support you in something they know nothing about? Something they see nothing about? Something that seems so uncommon it doesn't occur to them that a person could be struggling with childlessness not by choice?

The grief is unrecognized, grief of a non-event, often described as disenfranchised grief, not understood, nor recognized, and therefore, those experiencing this grief can feel a lack of support, feel isolated, and lonely.

If you know someone who is childless not by choice, acknowledging this grief can be a more meaningful support than trying to solve the problem. Validation and acknowledgement, NOT problem-solving, are ways to support your friends experiencing childlessness not by choice. For those of you that are childless not by choice, like me, you are not alone, despite feeling like you are the only one.

When talking with women who are childless not by choice, the single biggest piece of advice they would tell their younger self when asked is to find community. Find the childless not by choice communities and join them. Follow them on social media. You don't have to actively participate at first, but surrounding yourself with others that can put words to your experiences, validate your feelings, offer support from a place of shared experience, and show you that you can live a life of meaning, purpose, and fun. Experiencing a community of other people that are childless not by choice is a healing and powerful experience.

The grief is real, it is hard, it has many phases, and yet you can live a life of joy, excitement, and belonging. If you need a starting point, consider following Sonder Sisterhood on Instagram and YouTube. I cannot wait to see you there.





3 WAYS TO
CULTIVATE SELF
LOVE FOR YOUR
SUCCESS

Bre Michelle



Self-love is essential for personal growth and overall well-being. When you accept and love yourself, you open the doors to success in all areas of your life. Cultivating self-love is an ongoing process that requires dedication and practice.

Here are three ways to begin cultivating self-love for your success:

Embrace Your Uniqueness: We all have a unique set of qualities, talents, and quirks that make us special. Embracing and celebrating these aspects of yourself is one of the most powerful ways to cultivate self-love. Take the time to identify the things you genuinely like about yourself and amplify them. Are you compassionate, creative, or an excellent problem-solver?

Acknowledge and appreciate these traits. Equally important is accepting and loving the parts of yourself that you may not be entirely satisfied with. Remember that self-love involves embracing your whole being, including the aspects that you perceive as flaws or are currently working to change. Practicing self-acceptance and self-compassion allows you to create a solid foundation for success.

Prioritize Self-Care and Refuel Yourself: Self-care is essential for nurturing and elevating self-love. Make it a priority to take care of yourself on all levels: physically, emotionally, and mentally. Engage in activities that bring you joy and recharge your energy. This could include pampering yourself with beauty treatments, taking exercise classes, pursuing hobbies that interest you, spending time in nature, or connecting with loved ones. When you prioritize self-care, you send a message to yourself that you are worthy of love and attention. By nourishing and pouring into yourself, you increase your capacity to appreciate and love yourself more deeply. As a result, you become more resilient, focused, and better equipped to pursue your goals and achieve success.

Shift Your Self-Belief by Reprogramming Your Subconscious Mind: Our beliefs about ourselves play a significant role in shaping our reality. Negative self-talk and limiting beliefs can delay our success and hinder our ability to love ourselves fully and completely. This is why it is essential to reprogram your subconscious mind with positive affirmations and empowering beliefs. Listening to affirmations and/or subliminals can be a powerful tool in this process. Consider incorporating this practice into your daily routine, ideally first thing in the morning or before you fall asleep when you are most relaxed. You can also record your own custom affirmations that are relevant to your goals and aspirations. In addition to utilizing affirmations and subliminals, hypnosis is a phenomenal way to shift your self-belief and reprogram your subconscious mind on a much deeper level.

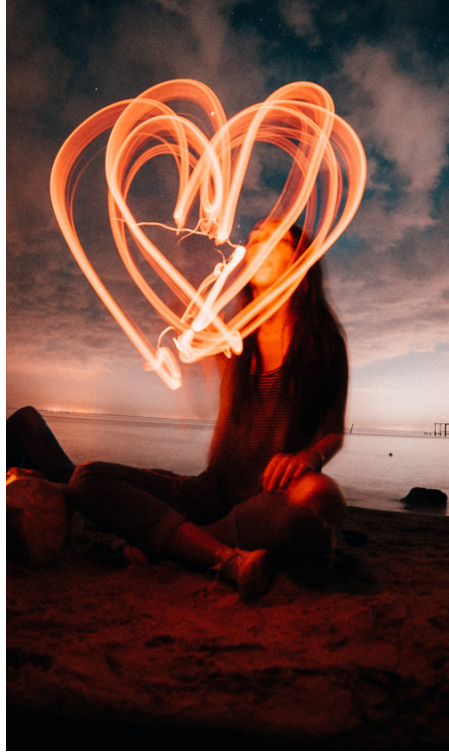
By consistently exposing your mind to positive and empowering messages, you begin to rewire your thoughts and create a foundation of self-love and self-confidence that propels you towards success.

It's important to note that cultivating self-love is a transformative journey that requires nurturing and commitment. Embracing your uniqueness, prioritizing self-care, and reprogramming your self-belief are powerful ways to increase your self-love. Always remember that self-love is not selfish. It is a necessary foundation for personal growth, happiness, and achieving your highest potential. Start embracing and loving yourself today, and watch as your success soars to new heights.



UNEXPECTED GIFT FROM THE UNIVERSE

Michel O'Hare

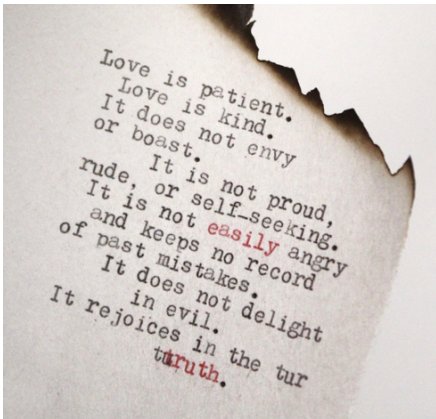


On June 4th, I had the honor of facilitating a BodyTalk session for the [Decoding Wellness Facebook group](#) with the intention of gaining greater clarity around self-love. When I facilitate a session, it is included for me. One of the most powerful things that I have learned and embodied is that the client and practitioner are equals along the road to healing. Together, we walk that path.

During the session, I discovered that my biggest roadblock to self-love is pure resistance to love itself. I was holding onto perceived mistakes I made as a mother, blaming myself for my child's suicide, and acting from a place of fear when my youngest daughter experienced emotional troubles because I didn't want to mess up with her as well.

These things created a wall that said, "I am unworthy of love because of my past." This was enough to not allow love in.

However, I was able to welcome my past and see myself 15 or 20 years ago through eyes of compassion. I realized I did the best I could during that time, and that is enough. I can allow that to be enough now and forgive myself. The truth is, we are already forgiven for the past. When we are ready, we can simply choose to loosen our grip on the bad decisions we made, the things we wish we would have done, and all the ways we want to change ourselves; and choose to forgive ourselves instead. To me, this is part of the journey to self-love. The first step is to simply say "yes" to it and keep going forward with the healing, no matter what may arise. Your freedom lies there.



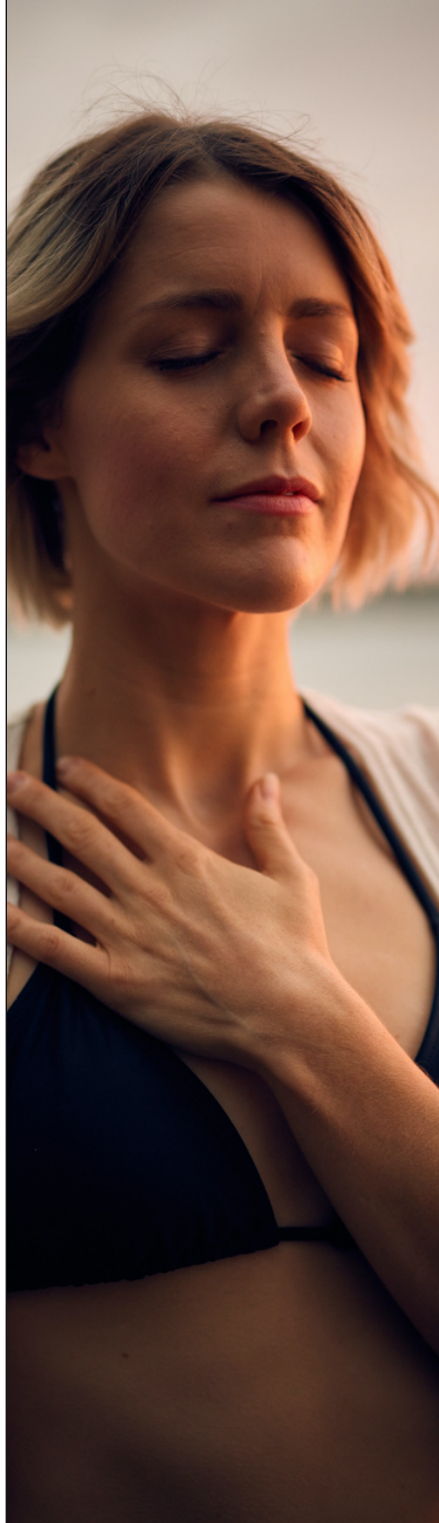
Context to this beautiful share of Michel, is our FB group free sessions, which Decoding wellness was privilege to have as it's first.

If you want to experience this beautiful session, join the group here: [Decoding Wellness](#)



DECODING THE
MEDICINE IN YOUR
BREATH

Katie Darcis





From childhood to arriving at my quarter life crisis I began questioning my very existence. Why do you feel the way you do? Are these sensations and feelings normal? My internal reality became intolerable. Disconnected from the world, denied of my truth from the humans I loved the most. I hit my breaking point and no longer wanted to live this as my reality of self-abandonment. The journey of dissolution continued, letting go of previous friendships, my intimate partner and family dynamics.

The many losses had me on my hands and knees in crisis. I felt lack of support and knew I had to start taking responsibility for my life before I take a drastic step like suicide.

Late-night scrolling, insomnia, panic attacks, and emotional eating consumed me. I lost my home and profession. Nights left me hoping to never wake up from sleep. I lost my partner of 7 years. I knew something had to change.

Now that I know better, I do better. My life dissolved into nothing, which gave me the space to rethink and rebuild my life to meet my needs, desires, and wants. The past Katie had died and this is a new avatar. I took radical responsibility for my life, health, and purpose on this pale blue dot many of us call home. Small changes in my daily habits over the last 3 years have completely flipped my human experience. I began to feel the light and magic!

I stepped into my innate power to embody brilliance as the divine woman I was born to be! My traumas have become my greatest treasures. The journey of rebirth equipped me with wisdom, knowledge, and tools that I now share in my coaching practice, where I tackle functional health and empower women to build online businesses.

This divine wisdom, knowledge, and talent exist within each of us. Our society inevitably conditions us to think, behave, and show up in certain ways that disconnect us from our truth.

We become a by-product of dominant culture, and we hit our version of rock bottom. Until we say enough is enough, until we are sick and tired of feeling sick and tired!

Before connecting with your truth, the deconstruction of everything you thought to be true is a must. A safe space to slow down is necessary. You can acknowledge that which no longer serves the human you see yourself becoming. Grace and self-compassion support your process. A process where you can honor the beautiful, loving, nurturing attachments that were once a reality for you. The attachments and connections that supported you in your journey until now.

All life comes into your realm for a reason, season, or lifetime. The sacredness in honoring each is an asset to your expansion. Functional health is a vehicle for individuals to explore different modalities where they can take action to prevent themselves from getting sick. To dive deep into your shadow and surface any previous holding patterns, you will remember your self-worth.

My journey of divine alignment continues. The tree that I once was is still losing her leaves, fermenting in the depths of the soil. In the darkness, fermented leaves become new seeds of growth. I'm rooting my foundation of a new reality where I see myself sprouting in the most abundant, radiant, and magical version of myself.

From my heart to yours, I invite you to check in with your reality. How happy are you with it on a scale from 1-10? What are you willing to accept and no longer accept? Sister, you were born for so much more. Stop settling for a good life and remember you were born to experience a great life.

I can coach you. I can mentor you. I will hold you. I will mirror your true radiance. Because sister, that's who you are. Own it.



WHAT CAN MY SUBCONSCIOUS DO FOR ME?

Laura Ordile





Wow! I could talk about this one thing for hours! But let's keep it brief, shall we? I love getting right to the point, so let's dive in!

Firstly, the subconscious is a part of the mind that makes decisions without requiring active thought or awareness. It's different from the conscious mind, which encompasses the thoughts we know we are having at any given moment.

When working with the subconscious, you bypass the resistance of the conscious mind. Your subconscious is connected to universal energy and constantly gathers and sorts information according to what it is directed to bring into your life.

But you may ask, "Didn't you just tell me it does everything on its own?" Yes, it does, but it does it according to the directions it's been given over the years, especially what it gathered up when you were a child.

For some, this is great, but for others, not so much. For example, if your parents constantly fought about money and told you often that "you have to work hard for money" and "rich people are not good people," this information was formatted into your subconscious. Unless you've done something to change it, this will be the "operating system" that your mind uses when it comes to money. It may cause difficulty for you when you're trying to relax and enjoy making money in a flowing and easy way because your subconscious knows that "you have to work hard for money." It's going to keep things coming to you that will support that until you reset the coding for yourself around money.

Your subconscious is always trying to protect you, do the right thing for you, and bring a positive outcome for you.

But how does it work when you're trying to lose weight and all you can do is eat more Milk Duds? Gaining weight and eating more sugar is not a positive thing in your life. In your subconscious mind, its highest priority is to keep you alive and feel good. So, you're alive, right? Job well done according to its parameters. Though you may not feel great because you'd really like to lose weight, there is likely some gain from eating more sugar. Maybe it is that you feel good when you're eating it. The memories of birthday parties and cake as a kid, or decadent desserts with someone you love reinforce for your subconscious that sugar makes you happy. Again, it figures it's doing well.

To make the changes you want, you need to reset the pathways that your subconscious uses to "keep you alive" and "keep you feeling good."

It's like having a bus driver that takes the same route every day. A detour is into the unknown and may not be safe. So, it will continue to take that same route until you reset those coordinates to a new destination or a new route that you want to take.

By connecting directly with the bus driver (the subconscious), you initiate a new, safe, and healthy way to get to the same positive outcome, but without the old way of getting there. You still want to stay alive, and you still want to feel good, so a change in the route is all that's needed. Suggest to the subconscious what you want, and then allow it to find that way.

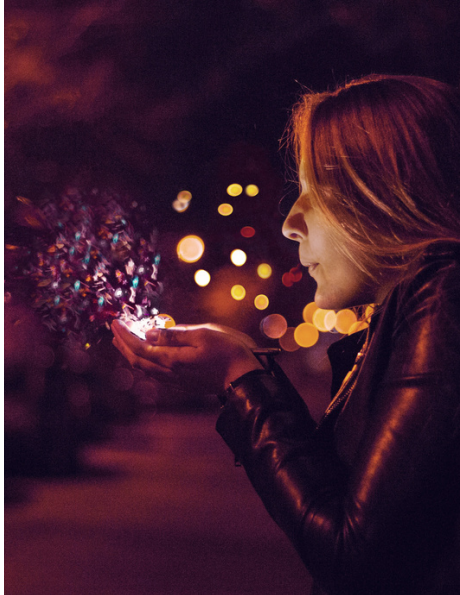
Why not tell it specifically? Because it has a direct connection to the energy of the universe, where ALL the information is. It's like having your computer connected to the internet where you type in a few things and poof, all the information is right there for you. So, why try to tell the computer what the answer is when you have a few hundred files to choose from on your computer, instead of the unlimited files to choose from out in the ethers?

You can access your subconscious in many ways, such as through hypnosis and Neurolinguistic Programming (NLP). Quantum Jumping is another way, where you jump from the quantum time and space of when and where you are into another version to meet a specific other version of yourself. Even if you don't go for the change in time and space, you can recognize it as another form of communication with your subconscious. Subliminal recordings are also indirect ways to access your subconscious, and they're great for reinforcing changes you're already making.

Your subconscious can make changes for you in just about any area of your life, including the physical. It can help reduce or eliminate pain, help you lose weight, eat better, exercise more consistently, clear anxiety and stress, build confidence, and get rid of phobias and fears. It most definitely can reset those old beliefs around love, money, and more of the old patterns that you may not even realize your subconscious is still operating around.

It's a great way to start any change process because it will clear the way for you and remove the blocks that may be in place known or unknown, speeding up your journey to success in a wonderful and useful way.

Are you ready to tap into your subconscious and see what it can do for you?



SELF-CARE ISSUE

We are excited with our 2nd issue and thankful for your continued support.

Mentors and coaches along with Healers of this amazing industry are ready to share their experience and expertise with you through Decoding Wellness.

To avail this amazing opportunity join our Facebook Group where every month Mentors are ready to share and handhold you:

[Decoding Wellness Facebook Group](#)

a
Note
of
gratitude

Paufani Das

The Queens of
Decoding
Wellness June
2023 Issue



Decoding Wellness

**Let's get to
know our
authors.**

Jeanne Lauren Smith



Michele Thomson



Carrie Brauning



Bre Michelle



Michel O'Hare



Katie Darcis



Laura Ordile



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their story impacted
you.**

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