Ep 607 How I Released 3 Decades of Stored Trauma in My Pelvis Thanks to My Friend Dr. Brianne Grogan Transcript

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Podcast Intro and Dr. Breanne Grogan Introduction

Welcome to the Health Fix Podcast, where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques for life.

Hey, health junkies. On this episode of the health fix podcast, I'm interviewing Dr. Breanne Grogan. She's a doctor of physical therapy and a pelvic floor physical therapist specialist.

And she's friend of mine. Today, we're going to be talking all about my experience with her. one-on-one experience at The Healing House in central Oregon.

It is her labor of love that's come together after many, many years. And oh my gosh, we go deep. We go on a lot of different things that came out as a result of our podcast together.

Because when you have time with someone, one-on-one, you have a great ability to unlock a lot of things that you never knew were holding you back in your health, but you also have the ability, to transform.

Literally, I felt like I came out of the healing house as a different person, and I don't say that lightly. I have been dealing with pain for a long time.

I never really realized that it had been with me since I was 11 years old and fell ice skating while I did a jump and my toe pick hit wrong and I just fell over pretty hard.

And it wasn't a big, big deal, because I fell a lot ice skating. But after that experience, I started to have weird pelvic pain. And at 11 years old, you can't really explain those sorts of things.

Just coincidentally, my period started, within a month, a couple weeks after falling. From then on, it was labeled as being a hormonal thing. Because yes, It did get worse when I had my periods.

Tongue Singing and Nervous System Reset

And I guess because I really didn't have the tools to explain anything and my mom wasn't at that ice skating training to see me fall and I don't think my coach would have thought about it because it just wasn' t something that we were talking about back then.

And so fast forward three decades plus. I have had a lot of pelvic pain. It kept me from enjoying a lotta things that some of us enjoy in life. And also, you know, I think it did contribute to why I don't have children.

So many things. That has a lots of emotions and things wrapped up in it. While Dr. Brie and I start this podcast out really light, we do dive into some seriously deep things.

Now, if you haven't heard of the 1982 Austrian tongue singing situation, We dive in to it at first because using your tongue, is a great way to reset your nervous system.

And I was taught by Kate Northrup multiple different resets where you can take your tongue and one called tongue cleaning where your like rubbing your on the front of your teeth and if you're watching YouTube you could see it if your listening to this it might be a little weird to imagine but I'm doing a demo of it right now.

Hmm. So for those of you that just heard that, that is me with my lips closed and me running my tongue over my

teeth in a clockwise direction. And the idea is to do that six times and that resets your nervous system.

But the whole concept of the Austrian tongue singing group, and who knows if this is real or not, we I don't know. With AI, who knows? It's hard to fathom that this would be a thing, but maybe it is.

I I dont know anyone who is Tyrolean or Austrian, so if someone is and can verify this for us, I would love to hear about it. Because these folks probably have really solid nervous systems.

because the idea is that they are literally vibrating with their tongues and moving their tongue inside their mouth to sing. And I think that would an incredible way to reset the vagus nerve.

All joking aside, seriously, I think it's good. Not only that, for the laughter that you get from it. So you will hear Dr. Bree and I give you a little demo here.

I can't wait for you guys to listen to this podcast. If you've been listening to me for a while, you'll hear some things you probably never heard before out of my mouth in terms of things that have happened and what happened with this experience at Dr.

Bree's Healing House. So let's just dive into it. I'm excited to reintroduce you to my friend, Dr Breanne Grogan. Breann, Grogun, welcome to the Health Thanks podcast.

Thank you so much, my friends. Oh my gosh. We, guys, we have to just tell a secret. Like, if you have not seen this amazing thing called tongue singing, Dr.

Bree just introduced it to me, and I feel like it's the most amazing things ever. You guys gotta listen for a second. It sounds like this. You're so good at it.

You guys. So like, maybe you did that when you were five. I don't know. Cause I'm pretty sure I did. Did. Yeah. The best part about it is though, if you do it long enough, you cannot help but laugh.

And so if do that, what's the benefit of laughing Bri? What, What kind of benefits do we get for our health? If we laugh our spots off. hormonal benefits, dominal strengthening benefits diaphragm and pelvic floor strengthening.

Besides, it's just the best thing ever. So yeah, check out tongue singing. It's so good. Truly the 1982 Austrian Tongue Singers Band. Oh my God. We'll link that in the show notes, guys, just in case you're like, what in heck are they talking about?

It's like you just can't help but laugh. So if you need a good laugh, we hope that you found one. And then we're going to hope to give you some good laughs today because we are going be talking my experience at the Healing House with Dr.

Brie. Because, my gosh, the transformations that are coming out of your Healing house that I've seen. Like awesome stuff.

Healing House and In-Person Transformation

Thank you so much. Yeah, this has been a long time really work in progress. I mean, This is this is my life's work. i've been doing the work of pelvic health and women's wellness for almost 20 years.

Well, no 20 Years and if I feel like it's finally come to where I always wanted it to be and I'm just so so grateful that you are allowing me to share more about it and we're talking about It today.

So thank you. Hey, my pleasure, because one of the things that both the two of us kind of came to realize after I would say, I don't know, for me, it was like after going virtual for a while after COVID and going back and forth to Tacoma.

I realized how much I really miss seeing people in person and how I missed having bodywork time with folks and doing needles and all that. And you were like, yeah, me too.

Yeah. Yeah, I had been virtual for probably 15 years. I don't know, might get my years wrong, but I was primarily virtual many, many years because my family and I lived overseas and developed an online business and am very grateful.

for what I was able to do because of tech. I just, when we moved back to our home state of Oregon, I thought I have got to get my hands on people again.

And I feel like personally, as the world becomes more tech heavy and AI heavy, and all of these things that really are separating us. in so many ways separating us from each other, separating from ourselves.

I'm like, I feel that in some ways, these are our modern day predators is like technology and the separation from self and community and from hands on our own bodies, hands, on other people's bodies hands-on care.

And so to me, this is just like it's balm. It's bomb for myself. Its balm for the women I serve and Yeah, it's really powerful work and I definitely see the parallels between your career path and mine.

Yeah, it's so funny. We both went virtual. Obviously, you were an early adopter, as the cool kids say. Me, I kind of came late on it. But at the end of the day, like I crave more than anything time with my folks.

And when you gave me the opportunity to come in and do some hands-on work with you at your healing house, A lot of folks, when they think about transformation and getting that transformation, we've got all these programs online and you have your own.

And it's like, okay, there's just something missing when we don't connect one-on-one, but also when don leave our house to do the things. Absolutely and excuse me, all that tongue singing that we were doing before we started recording and all of that laughter gave me a little frog in my throat.

Yes, I can speak to the power of leaving your home and really immersing yourself. I consider any type of retreat a portal, like truly a Portal for Transformation because when you Take yourself out of your day to day, your data day experience.

And you have a reason to kind of in, we have to interrupt things, right? Like we these beautiful neural pathways in our brain and body that are like these well-worn ruts.

of what we do day in, day out, who we interact with, what, we have to do our chores, our tasks, et cetera, and just our environment that we're used to.

And so to really make a shift and create new neural pathways, I think if you can, it is so, so powerful to literally remove yourself from your regular day-to-day life experience and go somewhere entirely new that might be totally out of your comfort zone and might actually be kind of like, oh my gosh, what the heck is this?

But basically it gives your brain a chance to be like whoa, wide open, we are gonna open things up, We're gonna to open new pathways and we're really gonna soak it in.

Because when you're in that new environment, whether it's, and I strive to make my environment extremely safe and supportive, but even so it is a new and you are aware, like you look around, you figure it out, it just like a sponge soaking up the new things.

And it really helps you be even more ripe for that transformation and just being out of your day-to-day responsibilities and tasks and obligations and people asking you to do certain things or chores or whatever, it just gives you that chance to focus only on you.

And then when you return home, you are that much stronger and more lit up and full. Like, that old saying about the fuller your cup is, the more it can run over and help others.

But you've got to get to that place where you can really fill that cup. I agree. And I think that's why people love vacations, right? Because, you know, we get away from the norm.

We get to explore new things. But one of the things I find with vacrations is so many people will be like, oh my god, my vacation was great, but I don't feel rejuvenated.

Maybe they went to a new place and they had to see every tourist spot, right? Or they want to Vegas and that's like, you need a vacation from Vegas. I don't think anyone really goes there thinking they're going to restore themselves, but nevertheless, sometimes we just think if I get away, it's going be better.

I just love this concept has been something that's been in my mind for a long time is transformation travel. And I looked online and there's actually companies that have these names and I'm like, okay, so I am not the weird one thinking that travel should come with not all the time, but should we could turn it into a transformation.

Yeah, I love that and transformation, travel I have had my most transformational personal growth experience. I mean, first of all, let me caveat this by saying like yes, we're it's a privilege.

It's obviously a priviledge to be able to have the experiences where you can travel and go somewhere and have that transformation and of course not everyone does.

And if you do have, the ability and the time and energy and means to travel, and with the intention of like opening your mind to new experiences and possibilities and And my tip and trick for making it the most transformational is to build in time to integrate the experiences that you're having.

So that means downtime. Integrate white space, integrate not constant going, going going seeing, sightseeing, socializing. You know, I mean, it's beautiful to travel with a partner.

I means, goodness knows vacation sex is the best sex, right? That's where people get pregnant usually when I've worked on fertility. So, I mean, great to travel with a partner, but I do find, or with friends, that solo travel for me and my personal journey has been the most transformational.

Travel, Retreats, and Integration Time

And partly because like that awareness I was talking about earlier, you really have to be, especially if you're maybe finding your way around in a new town or city, like you have really to have your eyes open and be aware.

Figure out directions, figure out where you're doing, be aware of your safety and your surroundings. But I like to make sure that, especially when I'm alone, I am not filling in every space with things to do, and giving myself downtime so I can truly integrate all that I've learned, all I have experienced, It just makes all the difference.

I agree. And I think that is something missing and people don't think about it, right? Because they're trying to sandwich trips in between, I got to be to work on Monday and the kids have to do this on Saturday, so I need to maximize the time.

Unfortunately with Mexico, weren't able to go, but do you, do tend to kind of tell folks when they're prepping for any of your retreats and even coming to your house, you tend tell them like, Hey, maybe give a day forward, backward, Yes, absolutely.

In fact, I'll just, definitely there's downtime built into the group retreats that I've run where, you know, free time, where we're not packing the schedule with workshop after workshop, after a workshop.

There's free-time. But for my personal retreat, what you came and experienced at my home, And when I have

people traveling from out of town that are doing my full experience, which is several days long, they're staying overnight.

And so I'm working with them for eight hours during the day. So for 8 hours, we're together. We are like, you know, full on. in person together. But then afterwards, they have from basically dinner on their own.

So I give them dinner, but I say, please just eat in peace. And please, I encourage you to not be on your phone, to be working as much as possible. Of course, we can make sure our family is safe or check in on things we have to, But for the most part, use this time, like really take it seriously and use the time for quiet.

to use some of the wellness tools that I have to go on a walk outside in nature, just to be quiet. Take it seriously. You're investing in this. you might as well get the most out of it.

Don't go spread yourself in everything. I call it like the massage or the parking lot effect. Like when you go and get a massage, or a wellness treatment, and then you feel amazing, but then get in your car and you immediately have to hit traffic and leave and like dodge traffic.

And you're listening to podcasts and answering a phone call from your kid or whatever it may be. It's like all the goodness that you just experienced, it kind of goes out the window.

I don't want that for anybody who's going to invest their time and take the time, and spend the money to come work with me. If you can, let's try to just integrate in quiet as much as possible.

So, so huge. When I was doing a lot more acupuncture in Tacoma, I actually wrote a book with a friend. It was called, well, it is called What's Up with Acupuncture.

And our biggest thing was always talking about like the pre and post, like don't back to back up your schedule. Like don' jump right back into traffic, those kinds of things.

I think just almost lends to making the more ability to have a deeper type of transformation. And what I noticed because I came down to Central Oregon by myself and spent some days poking around before I got to your house and then hung out.

I found that, yeah, compared to any other trip I've had, I relaxed quite deeply. Quite deeply! Yeah. And when you relax, when truly give your nervous system the chance to unwind and settle, that's when the healing happens, like that when learning happens.

That's where the wires are able to reconnect and new pathways are being able form, all these good things, but that where healing happen is in that unwound space where we're not braced and stressed and going and doing all the things.

So crazy. On a really micro level, even for anyone listening right now who may like do a Zoom call that's like a coaching call with someone, I always encourage people who take part in my like online coaching calls or something, hey, take three minutes even after this call.

And before you have to transition to the next thing in life, just be, be still, breathe, lay down on the floor, do something to like, huh, relax, because again, you learn best.

It's like you can actually incorporate everything you just learned, everything we talked about, Everything that was landing, it can land fully in your body.

And so I love that you coming and seeing me and having that beautiful time together and you were able to truly unwind. I know you told me, I was so grateful to hear that your results have lasted, like your positive results Yeah.

Yes. Yeah, the only like pain I have had, and I know where it came from, since I've seen you, because guys, I had

pelvic floor stuff, a lot of us do. In particular, this one like right side, deep hip.

What did we decide it was? It was like, what was it? I forget now. Gosh. The deep, well, oh my gosh, there was a lot going on, but I believe we worked on your obtrader, didn't we?

Didn't, we do? Yes, that sacred tuberous, I remember. I think. That's where, yeah. Right? Yeah. And sacred tuberus. Yep. Exactly. Yeah, and so those two and stuff, you guys that are like, what are those?

Those are deep deep pelvic muscle. Then the other one, the sacred tuberous is the ligament. But what I found, okay, so I came out of working with you.

I, you know, went right into a week of seeing folks into coma. Everything was great. No pain, no pain. And sometimes I get pain when I do a decent amount of body work.

The only time something flared when i was traveling two and a half feet of heavy darn snow. when we had our blizzard and that was higher up tweak it wasn't my back it was like t7 t9 area and so it because of you know and now it doesn't hurt i'm fine i was carrying buckets of sap no joke like the two the day after i tweaked myself carrying bucket of SAP through a couple feet of snow normally that would have like trashed me i hurt for like a day that but before with my disc injury i would've been out for weeks I was better in like probably 48 hours.

I completely better. Yeah. That is amazing. And I know that you described pain in the lumbar area, the pelvic area down your leg. It was all of these lower area pains, pains with sitting, pain with driving, again, bodywork extended, extended periods of time of body work, things like that.

So it's incredible that that hasn't come back, but it makes sense. The thing is when we go on any healing journey and work with someone and maybe have great results.

We still have to live life and things still happen and we'll still our ups and downs, but I love that the pain was in a different place. It didn't scare you and you were able to recover and move through it and just kind of get back on with life.

it resolved. That thoracic pain after all that hard work you did. Yeah, yeah. And I mean, where I'm looking at and coming from and what I want folks to hear is that when you have chronic pain in your body, and it's been something that's around since I had that disc injury, okay, whatever, you know, it happened, And you start to like think that you're never going to get rid of it.

And I had had some work done with a good friend of mine in Tacoma who was doing the electrical, the radio frequency, there we go, one, and that had helped me quite a bit and it lasted quite awhile.

Before I was seeing you, I probably had about a three month stint where I really was starting to flare again with the pain. And of course there were some emotional things going on with trying to figure out career and what to do next.

Pain History and Pelvic Floor Healing

So what I think also helped is what i'd like to call the exorcism. That happened when we were working together. So I want you to kind of help me share that story because I can't…

So yeah, you tell them what you were doing and how we are working on my pelvic floor and then we'll go from there. Yeah. Well, we, I was just so honored.

I always am. Anytime I work with a person, to wherever I need to go next. And Janine, I know you know this, this is the way you do your work too. I think any good body worker and someone who helps people with their bodies knows to listen that the client is in charge, right?

It's like client led. That doesn't mean that you're sitting there talking to me and saying, go here next, it means in

quiet, in silence, my hands are able to sense where your body needs support.

I actually remember, and Janine, you said that I could share things that remember and there's no secrets. Absolutely. It's so good. Tell people, please.

That's fun. I mean, there were several spots where it was really interesting because you were very able to sense when I would stop on an area that, I noticed, needed support.

The feedback was awesome because, oh my God, whoa, You identified colors. You identified images, you identified things that were coming up and you were like, what the heck is this white dog in my calf?

You know, What is that? And so it was really neat because we don't talk about as client caregiver relationship together. We didn't talked about the stories.

we didn' t go into the story and the history and what could it be this and we did' n't go in to the mind. We simply let the body, let it be there. Let that white dog be their.

And if any messages came through, we let them come through but without going into story. So it was really cool. There was white dogs in your calf. there was a knife in you low back.

They were different things that we worked on up the back body. It was lot in the your back bodies. The calves, the glutes. the inner thighs. So that's what I want to share.

We'll share that. Let's do it. The inner thigh, the adductors were extremely tender and tight as a bowstring. They were so, so tight. And so I knew with my touch, my listening touch that there was something here.

I believe it was the in her thighs that the exorcism came. Yeah. That was there. So my, my fingertips were gently touching the inner thigh area and gently exploring what emotional things might be held there because I knew it was more than just like tight muscles from, you know, needing to stretch more.

There was something deeper and all of a sudden this exorcism took place and we call it that lightly. We hope we're not offending anyone by this, but it was interesting because Janine really came in contact with a deep, deep memory from her childhood.

And maybe I'll let you take over from here because I don't want to overshare. It's cool. Yeah. So my, my inner thighs were, were really, I could feel it when you were holding on, Okay, that pressure is is something and like instantly I got a memory back to being 16 years old and my mom was super Catholic and not super catholic and you know, I had boyfriends and in particular my Mom was really upset about me and a boyfriend making out and she kind of called me a whore and I'll all of the exorcism came out with me being like Whore is what came to my mind whore.

And I mean, that word like whores. It was interesting because I really encourage people to, again, we're not chit chatting. I always make that really clear.

We're, not here to chitchat. However, I very much encourage the use of sound. In fact, all of my ceremonies, my day-long ceremonies with people I call them, they are their ceremonies.

With the body, a always bring in movement to kind of get the energy moving, get you ready for four to six hours of body work on the table, you know. So we do a little movement.

We do some breaths. And with the breath, I encourage sounding, like making sounds like sighing, moaning, whatever it may be. Jenny knew that I encouraged sounds.

I want sounds to come. The horror came out and it was, Like at first there was sadness and there is pain and then there's a lot of emotion. And so we just encouraged the sound to kind of come out and pretty soon it was, there

were a lots of sounding, a toning, and a bunch of emotions running through and moving through.

She had no idea that was stuck in there. No clue. She hadn't even thought of that in years, but as we moved it, her muscles started to soften and everything started Such a beautiful resolution to see it move from something you hadn't thought of in years to feeling the intensity of the emotion and the depth and then allowing the movement of it and seeing it.

Not just shoving it under the rug, not pretending it's not there, but actually going there and being with it And then pretty soon, like, you can almost see, just kind of like the funniness.

It's not funny, but like you kind see the different sides, all that you've learned, that all you have grown through, All that, y'know, now you are and you don't believe you're a whore because you were making out with your 16-year-old boyfriend.

You know, it was such a cool resolution. And then to see your body respond as well. Wow. Yeah. No, It's funny to think about it, right? Cause you're like, interesting that it would sound like that.

I would say that, and then I'd laugh about because I think, you know nobody wants their parents to them as a whore. Right? Nobody wants that But, you know, with a very strict Catholic upbringing, it makes sense of how that would go.

You know and we talked about, and this is something that I really wanted to share, is that, I think a lot of women, their sexuality has been kind of suppressed because of what happened in childhood, depending on the parents a little bit.

You know, my mom did the best she could with what she had is, you know it is what it. But it definitely created a lot of tension in my pelvic area. As I got older, it kind of created this like fear of sex.

I'm going to be a whore kind. And so it sticks in your head, even though you don't consciously always think about it. But that experience had me thinking, is this why I hold my tension in my pelvis?

Because since I was 16 and I had hormones and feelings about boys, did it translate and carry all this way? Yeah. Absolutely. I mean, yes, absolutely.

And this is going on for so many women in their own way, in different versions, different things contribute. One thing that stands out for your personal story and that journey is you better damn well hold back.

Hold back from what you desire, hold from your desires. Your desires are not okay. They're not. Okay. You better not do that. That's bad, you know? And I think many people can probably relate to something from their childhood or past when they were doing something that lit them, that like you're moving towards something and you are shut down from often very well-meaning parents or whoever it may be, but it literally causes us to clamp up and brace up.

And even in very subtle ways that can follow us for years, if not our entire life. I see it again and again. That is what I suspected that you would see.

Not only that, obviously, abuse is a whole different situation. There's all kinds of different stories. But the translation of holding back, just sexually, but also emotionally, physically, and even in your career, you name it.

I think it can translate to everything because of the area. Let's talk about the chakras. Let's talk about what that means in the pelvic floor and safety and all of those things.

So I think a lot of folks have an idea of chakras, have and idea that these are energy centers, but they don't really realize how it could be manifesting in other areas of their life too.

Yeah. I mean, I love talking about the chakra system. The pelvic-floor area, we're talking really about our first and second charkras. And even bringing in the third, the power center, The Manipura, that the like sense of power and identity and who you are.

But really that first root base chakra is all about safety and security and family, tribe, sense, of place, Sense of okayness, a sense belonging. And so for you, and we'll just keep going back to that story since we've shared it, your mother, I mean, if If she's calling you a whore and misguided or not, you know, but if she is saying that to you, then if I don't belong to my family, if i'm being outcast as something I Don't want to be seen as by my closest family that is a severe trauma to your root chakra and that Is really impacting your perineum your deep pelvic muscles your anus those deep deep muscles of your pelvic area.

So that would be root chakra safety.

Emotional Release and Childhood Shame

And then your second chakra is really this watery like creativity, sensuality, sexual expression, not just sexual though, just literally creativity. We have our reproductive area, we have the bladder is even in here too, like water, emotions.

And so again, going back to your story, wow, it's like you're 16, your hormones are on fire. You're lit up by your boyfriend. It's, like, woof, I'm feeling these, likes, sparks and, you know, whatever.

Great feelings coming online. and shut down because I'm a whore. And so it's like shutting down that energy center of your womb, your reproductive space, really your pelvic space.

It's all wrapped together. I think we can get to personally, I am never a big fan of isolating certain body parts. Certainly, it is all connected, but even the chakra system can be taken a bit extreme sometimes when we try to separate it.

Specifically, you know, I mean, it all kind of blends together, but that's really what we're talking about there. And then when you think about your throat chakra, the center of expression, this is also very, very connected to these lower chakra areas.

So we have our throat chakra, which is expressed in how we express ourselves in the world. And we can birth things from our lower chakras, and we birthed things like ideas, sounds, speech, expression from out throat chakra.

When we are feeling unsafe, these are all areas that get braced, clenched, shut down, right? And so we may find ourselves when we're older not expressing our truth, not being able to speak our truths, Not being to change career path if we want to, because You know, because we're terrified that we are going to be called out by somebody or that were not good enough or were are not qualified or whatever.

We don't deserve to being seen or expressed in certain ways. It's not safe. They are so, so connected. really opening and reclaiming these parts of ourselves that were lost or shut down from events from the past.

It's not that we need to go dig into all the stories and like do deep psychological work on it, it's just that our body does hold onto things and our bodies holds the medicine too.

Our body can hold the medicines of being able to see and acknowledge and release these things which literally can help you express and find your truth and your voice too.

Like, it's so cool to see these connections form and the impact of doing the bodywork, how it impacts and ripples out into so many different areas of people's lives.

All of a sudden, they're able to speak their truth in their relationships or change their career if they were desiring to. And all of the sudden it is like, no, I'm done doing that thing.

I felt like I had to keep doing to, keep everyone else happy. No, i'm ready to pivot. or whatever it may be. It's so, so interesting. My gosh, you said one thing that I just can't hold back.

I always have to say something about is the body holds the medicine. Yes. We are in a place where I think a lot of people are waking up, but we're still not there yet.

Let's talk about the Body Holding the Medicine and the Solution and looking within And having folks like yourself, myself to help with guiding folks to their own medicine, because it's so crazy right now.

Like I'll have people come into me like, I just saw this XYZ supplement or even the peptides too, you know, stuff I work with, the hormones. And they're looking at it as like that's going to be my solution.

Right. Yeah. Constant outsourcing when really what we need is to insource and I get it because there's so much information and it can be overwhelming and we weren't really conditioned to believe in ourselves.

We were conditioned as humans in modern society to hand over our power to the teachers, to doctors, the clergy or whatever it may be to our parents, you know, other people.

And there haven't been a lot of, we've lost a lots of listening to ourselves, which I believe and of course I didn't live thousands of years ago, but I do believe that the ancient people, our ancestors, they learned everything they learn by being in quiet, being stillness, observing nature, Observing themselves, you know, maybe observing others around them.

But it wasn't necessarily asking Google or seeing what ads are popping up on your Instagram feed for what you need. Cause yes, it's targeted. And yes.

They're going to sell you every anti-aging cream. Once you click on one, like, They weren't having that constant barrage of information, and so they were insourcing.

They were in-sourcing, not outsourcing and I believe we've lost that. And I think that, I mean, about the body holds the medicine. I love that line. It's so powerful because There's that book, that wonderful book called The Body Keeps the Score, which is a fantastic book.

But I think that it can lead to a bit of doomsday, like, oh my gosh, the body keeps the score. It holds onto things. I'm doomed. Like every trauma I've had, every little T and big T trauma, it's stuck in my body.

Oh my Gosh, The body holds on to it all. And, and it is important to acknowledge that the Body does hold on. AND the BODY has the medicine. The Bodies always wanted to come back into balance and It's only holding on because the story's unresolved or it wants to protect you, but you can do so much to move those stories through and to find that medicine and that magic within.

So yeah, I mean, going back to this idea of like, insourcing and the power of that, actually wrote down something this morning, because I had this thing that happened yesterday.

Maybe it's time to share this story. It's just fresh in my mind. Tell us. Yeah, so it was so weird. So I have a YouTube channel and I just started a new YouTube Channel, a little baby YouTube, channel that's a New one.

It's very fresh and. I love all my subscribers. Everyone's really sweet. And I only have had kind comments from loving people so far, but I did, I saw on my comments.

because I kind of monitor them. And I saw one come through that said, gosh, I actually, wonder if I could pull it up. It's actually kind worth pulling up I'm going to pull up, it was intense.

I am not going lie. Yeah, pulling it out of my trash because they did trash it. Okay. Teen commented, you purposely record in low resolution so no one can see the wrinkles on your skin, but I do.

And then second comment is you are deluded and crazy. You look like a typical middle-aged woman when it comes to your face, aged and wrinkled. Oh, okay.

I read that. Honestly, it shook me because I'm like, It didn't even pertain to the video. The video was mirror work, like a self-love practice, you know?

Where I'm sitting in front of a mirror and I don't film in low resolution and not trying to hide. You don' even know how. I wouldn't know either. But it didn' t really hurt my feelings.

more than it shook me that a woman would say that to me, that someone would see that me and that aging is such a thing that people are saying things about aging and this is perpetuating the fears of aging.

And I'm like, my gosh. So it shocked me in that way. It also made me think this poor person is obviously hurting to write something like that. But on another level, when I, my husband actually showed him this and he did a little digging, turns out this person is not, it's a dude.

It was a man. So it was man who had a couple weird videos on his channel with some guy who has a profile photo of a young lady and then had written this comment, but it a guy.

And then we started thinking even deeper because then that brought up a lot of things like, oh, patriarchy and like this man and he's saying these things and trying to pit women against women.

And like it brought a lots of thoughts and feelings. Then we went even deep and I thought, you know, this might have been taken over. His account might've been hacked by somebody and now the hacked account is going out and essentially it's a bot that's probably saying the same things to a bunch of different accounts.

At this point, my soul was really like, you know, this is so interesting because this the predator of modern society that we're all dealing with in different ways.

From watching what we say because of cancel culture, or not wanting to get trolls on the internet saying things to you, to the fact that cybersecurity is an issue and people are getting hacked and then the bots and AI and And all these different things that are so hard to control.

And then the overconsumption of media and the constant, as we were just saying earlier, like the constantly stimulation of information and advice and stuff coming from external sources.

It's like for all of this, these modern predators that we, I'm sorry. I don't think we can escape it. The modern day tiger, you know, and I do think the remedy for it is going within, going with it, learning to stabilize.

yourself through all of this, learning to feel into your body, into you bones, like get wide in your hips, take a deep breath, huh, soften a part of your like body when you're amped up, oh my gosh, I can't believe someone said this or gosh information overload or what do I do?

I don't know the right answer. Huh, go within, like find the magic within. And this is what we need to learn to do. I just think this, this modern medicine is teaching people how to protect themselves from modern day predators and how it to go with them.

So, so huge. So huge. Because what you said about the troll, I mean, some of the stuff is ridiculous. Like, yeah. And I know that, like, because we're putting ourselves out there, we'll get more, but I wonder how many people get it on just their basic stuff.

Chakras, Safety, and the Body as Medicine

But not only that, like you found a troll, there are actual people that will comment when they think something you say is stupid, you know, or they'll comment on like, I would actually do it this way, and whatnot too.

And it's like I think one of the, the biggest thing that I want folks to really understand, this could be something that happens in your life, something like your kids say something, that can be kind of hurtful or a friend or whatnot.

We need to go in source and be like okay, Do I need to respond to this right now? Can I do a little check-in? You know, I've had to, you know things get said a lot, especially when, and you've probably experienced this when people don't get results.

from what you do. And I've had a couple instances where I have had some patients who have just went on YouTube, not YouTube on like Yelp and Google and just smeared the daylights out of me.

It's like a stab to your heart a little bit because you're like, wait, I really was trying to help you and I'm sorry that you didn't get the results that your looking for.

And so, you know, that's our practitioner view. But I think this happens so much in life right now that a lot of people are just reeling from different things that have been said, done, whatever.

And it can go back to how does this manifest in our body and how do we let this go? How do we let this go? And I think that to me, the most powerful ways and what I share with my clients and when I do in the experience when work with people, I call it the Experience when people come to my home and I work them and help them connect to their own body, to there own magic and that's through the extended periods of again, their body is leading the way.

in my sessions and they know that, they can feel that. And so for them, that starts to develop that trust and that knowing and the relationship with themselves.

So that allows you to be able to withstand this type of thing. It also gives you a felt sense of your nervous system finally feeling safe and unwinding and letting go.

That takes time. Unfortunately, it doesn't usually happen in like a 45-minute or even an hour-long session, you know? I mean, it can, but to really have it last, I have found that I think the longer we can have with our clients, the better, more powerful, and then that integration time afterwards.

And so that's one way to help. Also, as we were talking at the very beginning about hands-on in-person care, is that it's different from like receiving this type of relaxation and self-knowledge through an online program or through a book.

or through a TikTok video or what have you, is different when you have a connection, an in-person, real-life connection with a human. Because I believe, again, this modern-day predator idea is this disconnection is literally creating a loss of humanity, a lost of connection a lot of really knowing that if this were a real person that this story I shared with you about this person who said these things, I think it was a bot.

But if it is a person, who does that? Like, nobody would do that. And yet it's so common these days that people do feel they can do it. It's because we are losing humanity.

We're losing connection. So being able to have hands-on connection reminds us we're all humans. Like we all real people. love each other a little bit more.

Like, it really matters. I couldn't agree more, I could agree. More I love the idea of bringing health care back to the longer timeframes. Just look at the regular health system.

It's seven, 15 minutes on average, you know, with your doc. And, looking at your whole day experience with you, a lot of people will be like, oh my God, that's a long day.

But at end of the day, guys, like I can tell you you feel so much different, it is so worth it. And I'd love to talk about one of the things that was so hard for me and you're going to laugh because you know what I'm talking about when I was trying to do very slow because I've had to work on it and, and so guys, she had me go through this.

It was like three songs. So what was it? Like nine minutes or something. Um, And, I, um, gonna call it, It Was Nine Minutes of Torture at First because it was, like, Oh my God, you don't know how to.

Do this? And so, I am usually a pretty fast mover, like I need to move fast and you know, that's my brain, right? And, so when someone tells me to slow down, and so I want you to explain, she told me slowdown and like move to how you're called to be moving, And like for me, slow-down equals yoga.

Like that is all my brains, yoga and stretch. This is fitness brain over here. And I really don't even, Like I never was a dancer. I got kicked out of ballet because I was just not graceful.

My parents put me in ballet. They put all these dang things and I'm just like, I am not Graceful and don't want to be. I don' t. Like I would be really great as a backup hip hop dancer because i can throw myself all over the place.

But Grace is not in, it's just me. It's not me, i own it. Explain the experiment because it was a true experiment, and I will have you know that I am working on it so much now.

But explain the experiments that you put me through that was hilarious and so worth it in the end. Oh, yes. I love that we're bringing this up. So I don't do it with everyone, but it's like my treatments are so unique to each individual.

It's never the same thing twice because, again, it is your body lead. But I kind of knew, I kinda had this sense based on some of the things Janine wanted to work on, like her goals and areas of body that had some pain and discomfort and also just knowing, yeah, just knew this about you Janene.

Like I know you're an athletic woman, you are a fast moving woman. You're juggling a lot of things. I thought she needs to slow down and she need her womb to lead the way.

She needs drop into her body and I'm gonna make this a little uncomfortable for her. Because there is, again, the we heal and we learn when our nervous system can finally feel safe and unwind and relax.

And also, as long as we're not totally braced against it, it's also really helpful for us to push things a little bit by sometimes in a safe container, stretching ourselves, you know, like stretching our comfort levels.

If we push it too far, then we just brace and like, but I could tell this wasn't too of a push for you. You were open. I was really trying. You did great.

And I could tell you were like, this is a little awkward and a bit uncomfortable. But what we did is we slow, slow movement to songs. They were kind of like…

I think we kind had some sexy songs, but they were just like down tempo, sensual movement songs and I said, there's no… choreography here, like just let your body feel the music and your buddy leads the way.

And then the only, you know, rule, if you will, is to go 20% slower than you think you should go. Then we had her go twenty percent slower still. It's like slower and then even slower.

And like I said, I could tell it was a little awkward for her and a bit uncomfortable. And honestly, when I'm instructing this, it's like watching. I want to give her her space and her time to feel like she's private and doing her own thing.

But I also want make sure it is not pushing her too far. You were just kind of laughing with yourself a And I saw you over there doing like yoga stretches, like doing pigeon pose.

And you would do it on one side and then you'd do the same pose on the other side because you've got to be balanced. I think I remember saying to you, Janine, I might misremember this, but I was like, you don't have to even be balance.

You could just do whatever you want to do. There's no, we don' have do yoga. You can, but you also don't have to. Like you could just be crazy and slow like a slug or a Sloth or whatever.

And getting like the light bulb coming on, I could see it. and then what I really loved is that you took it and you kept practicing at home and I think you've gotten a lot out of it It's actually quite fun because you can feel like where there's more restriction in the body and like guys watching me do it is hilarious.

I was literally like, I'm going to do some flow yoga because I don't know how to slow down and I really don' know what to. Do right now. And because i'm like the world's worst dancer, unless I have alcohol.

Hey, all right. Well, we're doing. Otherwise, it's the Elaine and I knew that I couldn't go, I can't just slow down and the lane would look awkward. Yeah, to be a fly on the wall that day, you guys would have been like dying.

It was so funny. But yeah, now I'm feeling like where there's tension and often I'll catch myself like right now. I will be moving and am still moving kind of fast compared to what you want, your MO for it.

Those of you who are children of the 80s will remember this, the worm. I was rocking the worm, like not fast breakdancing worm. I down on the floor next to the dog and I like, this worm motion feels kind of good.

And so I'm like can I flip myself up? So then I did a couple of those and then, then was like no no, I liked the worms slow. So anyway, for all of you guys, if you are bored ever and you're playing with your dog on your floor, you could do the Worm.

Try the one. Love it so much and exactly what you said, the going slow, slower you go, more you can feel. The slower you go, the more you can feel. And so that pertains to sometimes emotions.

Sometimes people will do some slow, say hip circles or something, and all of a sudden they'll start crying. You know, that's not uncommon. This happened to me.

So feeling that, but also just feeling your body, like feeling, oh, this area feels really tight. How can I kind of like, like stretch more or like breathe more into that tight spot?

And that is you becoming your own doctor, becoming, your. Chiropractor becoming. Your own physical therapist, you know, really discovering your, own areas in your body that you can access through just your breath and your emotion.

Modern Predators, Trolls, and Inner Sourcing

So the slower you go, the more you. Can feel it's powerful. And you, know if you're taking it to dance, if. You're kind. Of like feeling like I want to like do a dance to a slow song, I just think We all feel that we need to perform even when we're by ourselves.

Sometimes we can kind of go into performance mode. Again, we are just so used to external, like the external focus, focusing on what other people think and maybe people looking at us or whatever.

But the more we just drop performance and even close your eyes, that can be really helpful is to close you eyes. So it kind takes away that sensory, you know, some of the senses so that you can really go inward and just dance slowly and not worry about how you look.

It's really beautiful. I truly think everybody is graceful. Everybody is a dancer, you know? Even, especially you Janine, You're a beautiful dancer and a wonderful wormer.

You know, I agree. Your right. My worm move was totally grace full. Like I can guarantee that that worm was like the gracefullest worm you've ever seen.

And my hip circles, guys, just so you know, I found Dr. Brie on YouTube because of the hip circle. The video popped up and I was having back pain, and was like, oh shit, look at these circles.

Okay, Imma try this, then I'm doing it right now. I tell everybody about it, get your inner hip cycle on. Oh, it's the best thing. This guy, no joke, yesterday, two days, yes, Thursday, Wednesday, at my office, told him, you gotta practice the hips circles and so he's practicing and whatever and he goes, Uh, well, he's like, should I tell my wife that I need to practice these?

I'm like practice them with her. What's wrong with you? Practice them. With her because he is like all embarrassed that some girl told him to do hip circles.

And I was like get your wife to deal with them and it'll be just fine. He almost thought it was wrong that i'm telling him do a hip circle. I am like if you tell your life it's not, it is not bad.

Go do it together. Oh, funny. I mean, this just goes to show like how deep the shame goes in our culture. It's just so embedded that even talking or moving or, God forbid, touching the pelvic part of our body is just, so taboo.

And it's so fascinating to me. Where did this start? I always say that, you know, silence speaks loudly and we aren't taught about this part of our body.

We aren' given rights of passage. Most young women, especially in our generation, Janine, certainly weren't celebrated when we had our first period. It wasn't like most of us weren't having moon parties and things like that.

Most people now aren't, but I know that some more conscious mothers are doing that for their children. And it's so, so beautiful when girls can be celebrated and have this rite of passage when they start having their period, you know, we haven't gone through that and I think in past societies and past some cultures that are still around, definitely more ancient times, at least it said, that there were more rites of passage for your initiation of coming into womanhood, and then even initiation into cronedom or eldership when you go through menopause, like you're respected as an elder.

And now it's like there aren't these rite of passages. In fact, it is all just sort of silenced and hush-hushed. If we do talk about it, its more complaining about or jokes about, or thankfully now I think people are more starting to talk hormones and hormone health than things like that, but it's still rather clinical and not like the sacred thing.

And so therefore it is like taboo. We can't even do hip circles for heaven's sake, you know? It's so fascinating without having it be sexual or like bad.

Am I cheating on my wife right now because I'm doing hip-circles with you? Goodness gracious, you know? Yeah. I know. It's so wild. So wild! I want to talk about this Crone thing though.

Yeah, yeah. Kyla Cobbler, I think I showed you her, the Irish comedian. Yes. You guys, if you haven't watched her, she's kind of foul with her language.

You know what, we'll let her have it because you know, what? She's funny as heck. And the Irish accent. But she was talking about being a crone, right?

And sitting on the bus and some guy gave her the chair and the seat on a bus. She was like, I have arrived at Chrome. But here's the thing, like, you know, there's an idea of being a MILF, and then there is the idea, the MILf, of all the things that we have.

Like, thank you American Pie movie. There's The MILff, then of course the one was named Janine, which also, seriously. Yeah, yeah, The Mom in American pie had the name of Janene, that's awesome.

And then second, this other big thing is like this whole idea about the cougar thing. And you know, it's like, why did we have to turn it into something like that?

Why can't we be like? You know what? I've lived on this earth a little bit longer. I got some wisdom and, and like not only that, like you were saying the resourcefulness, the inner insourcing, you the really like embracing the idea that we're freaking powerful and amazing people.

Like we can ride some waves and pull down some moons. Right. Let's you guys are doing like, let's talk about what you're doing in bed with the red tent series and like all that because like that kind of stuff makes me think about like crone, cron dome.

We're creating a croned up. See, I've now turned it into like. Well, it's a crown. It's the crown and I lived in Germany for 12 years with my family and.

I did not become fluent in German, but Kroner is like crown So sorry if I'm saying that pronunciation incorrectly, but Krona, it's like, its crown, is crown.

And so I loved that. Cause to me, Kroen is now, It is like putting on your crown the maiden phase. We have maiden mother and Krone and the Maiden phase is exploration and curiosity and experimentation and whatever.

phase is not just necessarily birthing a child, but it's like, it is power. It's full bloom. Full bloom of, in some cases, responsibility of things we're creating and ideas we are birting, businesses.

Oftentimes we run a business, a household, maybe kids, or maybe not. That's mother. And then once we stop menstruating, we move into our emerging wise woman and our crone phase.

But again, crown, queen. I always think of it as like your lap is just getting wider and wider, and I don't mean physically, like you're getting necessarily your body shape is changing, but it's like what you can hold seems to get wider as you move from maiden to mother to crone.

It's, you know, so much. And to me, I have so many great examples of elders, of crones in my community. I live in Bend, Oregon, and we have such a beautiful community here. I have this woman that I'm thinking of specifically who runs a women's drum circle.

Slowing Down, Movement, and Hip Circles

And there are anywhere between 50 to 70 people, women at each drum cycle. And she just holds this space so powerfully for us. She's so wise. And everyone just loves her so much.

And I feel like she's just one example of, you know, in one place in the world. But I think the more we learn to come back to some of these traditions, like drumming, singing, dancing, connecting, actually learning from one another, not just dismissing the elders as somebody who doesn't get it.

Like, they don't. They don' get. It like, I know someone because I've been there. I, 19 years old once and thought that about people who were older. It's like they don't get it.

I know so much. And it's, like, wow, let's move past that because there's so wisdom to be had from the elders. We've lost some of those traditions, but we can get them back.

Putting yourself out there, putting yourself in groups that are respectful to all generations and brings people together, again, that connection piece.

It's huge. So I love hearing about bringing the connections with the generations. And that's one of the things that, you know, moving forward, whatever happens with my career, I want to see the younger generation, come in and have a connection to us older folks now, because you, know what, like I was 19 once too, and was like, "I know everything and I'm cool." You know?

And, okay. Nice. But I also had the side of me that I decided I want to be an acupuncturist at 15 because I saw how

cool my mom's acupuncturess was. And he had to have been like, I don't know, maybe 60 or 70 at that point.

Um, and, like now he looks the same. I didn't even know if he's like 105 or what. But like, it's crazy, right? He was an older Asian man. And I'm just like oh my God, you didn't even age like one bit since I was 15. But the point is, is that I would love to see the younger generation come in and start to embrace it.

I am seeing more of it and I, I m curious from you and Ben, are you getting folks in their 20s? Are you folks coming in the group or is it still more the older?

It's more of the older, but we are getting younger. And you know what I think as you were talking, I was like, what it takes for the elder to hold that space to allow all people to come to them is to have the strength.

an inner knowingness of their value and their visibility to have that like acknowledgement and self-love and I guess, you know, just that inner peace and inner strength within themselves to just know that they have value.

I just remember that the people that bring groups to them in my community are strong people who know how wise they are, who own it. You know, they own it.

And it's not like they're bragging or something like that. But it just, like, have presence when they walk into a room. I know that my mother, she says that as she's gotten older, when you get older you just become invisible.

and I have really taken that to heart as a way of looking at the world that I don't agree with. i do not agree, I may change, my appearance is going to change and it already has, it will continue to but my presence does not need to change, and I will not be invisible.

I won't. Because I'll hold myself, I carry myself because I've done the work, the inner work to know my value, even if I look different as I get older, because there's no way around it.

Yeah, yeah. No, 100% agree. And this is a great way to kind of bring this podcast home, When we do work on ourselves, we can only grow. It's always a win.

I find that the biggest wins I've had in life have been going on solo trips and going to explore. And one of the coolest things about the healing house and your experience is that your whole healing House is an experience of itself.

So guys, she has strategically placed little things around the entire house for you to subconsciously and consciously explore your own self and meaning like There is this lovely, in the entrance, or the living room area, if you will, there is a rug that is very comfy, but there's also one that's very aesthetically, you can feel it.

You can kind of do this kind thing with it, where you're almost just feeling the fabric of it and having that space wide open without a couch is one of the most freeing spaces because you could just do all kinds of fun things.

And I was doing like handstands and feeling like, you know, like just bending around, some backbends, things like that. And what I'm getting at is that not only that, but then exploring your different books.

Then the rebounder. She is the best rebound in the whole world. I would jump on that thing and just play. Now you have the walkway out back, the barefoot path, and you the cave.

And we have the Yoni Cave. It's a beautiful, you didn't, we didn, no we did see it. So next time it is a bit of a hike up, it's not far, but it a steep, a step walk up to this incredible slot in some room rock above our home that is so powerful.

Its got this sense. You sit on this triangular shaped rock and you just, whoa, its like you feel like your in a different dimension. so we've got the yoni cave, I have my barefoot path, i have this fire pit out there where you can just let go, maybe burn something that you're ready to release.

We have that. I have an inversion table that can play with. A sauna, an infrared sauna. Something called the sound lounge, which is vibroacoustic therapy.

Oh my God, I didn't even talk about that! Yes!

Cronehood, Community, and the Healing House Experience

I mean, there's so many toys to play that most people don't get to half of them, but it's like this idea of you can do any of it, you don' t have to do it.

And it's actually really good to let yourself be a little bit bored too. That's okay. And to, let, yourself, be sort of like, there's no TV. I don't have a TV, like Janine said, I, don, t have, a couch.

There's places, plenty of places to sit, but I. Don't, have like a comfy couch that you just are going to kind of veg in. and because of that, it gives you the opportunity to do some handstands or do, some back bends or just lay in child's pose or, just, lay on the floor and just be like.

Wow. For the first time in a long time, I'm just doing nothing. And that can feel uncomfortable. But it's also like showing you maybe where it is important to play in that space a little bit more.

Oh my gosh. I definitely laid there and did nothing, and it was the very first in very long. Oh my goodness, Free, I could talk to you for hours, you know that.

And we are gonna do another one of these probably sometime soon guys, cause there's gonna be more things that we have to talk about because there just is.

The experience was quite an experience for me. I definitely know. I came out a different person and all of you will be hearing about the new career change as it comes forward soon.

I'm not ready to fully share everything, but it's coming and the podcast will change a little bit too. You guys will still enjoy it. But I want to leave folks with how they find you, where they can get a hold of the experience and how can apply and see if it is a fit for them.

and like how many days and give all the details so that they know exactly what's up. Okay. Perfect. Yeah. So you can find me, just to caveat, I have a whole online presence called Vibrant Pelvic Health on YouTube, on Instagram, and on a website.

Vibrant Pelvis Health. That's a great place to find. And it's really not what Janine and I had been talking about this whole time today. If you're kind of turned on and lit up by what we've talked about today, that's all at Brianne Grogan, which is my name.

Brianne Grogan, B-R-I-A-N-E, G- R-O-G- A- N. And I have a website, briannegrogan.com. You can go to bryanne grogan dot com slash experience. That has information about the experience, which is my private retreats that you can fill out that helps me get to know a little more about you.

Once you fill it in, then we can if it seems like a good fit, we go forward with a consultation call and then move forward from there. because every experience is completely customized.

So depending on your needs, you might choose a two-day experience where you're with me for you arrive, and then there's two full days of care, then you depart.

It's really four days, but two, full eight-hour days care and all that beautiful integration in between. I also have an opportunity for a three full-days of experience, so it's a bit longer.

Then I can modify and customize too. Like I'm super approachable. That's what I offer as packages and happy to

kind of explore what your needs are and how I can best support you.

So I just had somebody do a three full days of care experience. It was really five days and I could tell you she was so glad she did the longer one. She got so much out of it.

I have no doubt, changed my life, got me to finally move into the direction that I really wanted to go to in life. And like you said, speak my truth and not be feeling suppressed because of fear of what someone might think and me being kicked out of the tribe.

I have nothing but amazing things to say about the experience, and I definitely did do a video for Brie. Yeah, guys, if you want to chat with me about it, happy to share with you about too and talk more.

And also, I want say, If you do, you're listening to this now and you obviously know Janine, put on your experience application that Janene sent you and there's a little discount for folks who Janne sends my way.

So, say Janeen sent me and i'll give you a deal. Thank you so much, Bri, for coming on and chatting and just, gosh, coming up with the genius idea of the healing house and the whole experience.

I know that you're going to help so many people and it's going create a momentum and help us with our cronehood. Yes. Thank you for giving me a place to share my passion on.

So I love you so much, Janine. It's so fun to talk with you. We always have a great time.