Kia & Samantha Cleansing & Emotions Transcript

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Introduction and guest bio

Cleansing as physical and emotional release

Holding space and managing cleansing reactions

Emotional detox, relationships, and support

Gut health, toxins, and emotional impact

um um do you have my bio ready do you have my bio ready yeah i'm just gonna start and then we'll yeah i'm just gonna start and then we'll go and then let you go go and then let you go okay okay okay all right all right everybody i wanted to just send out this everybody i wanted to just send out this extra email um and introduce you to um a extra email um and introduce you to um a colleague of mine kia helper she is um colleague of mine kia helper she is um i've been working with her and she works i've been working with her and she works with a lot of clients similar to you with a lot of clients similar to you guys and just the general public guys and just the general public she's a trauma and recovery coach a she's a trauma and recovery coach a speaker and author who courageously speaker and author who courageously shares her story of abuse healing and shares her story of abuse healing and restoration to help survivors feel restoration to help survivors feel understood and give them hope and understood and give them hope and healing she specializes in helping healing she specializes in helping people reclaim their power rediscover people reclaim their power rediscover their voice and live authentically so their voice and live authentically so they can step into a life of joy and they can step into a life of joy and connection connection connection so i just felt like it would be a great so i just felt like it would be a great thing to have her come in and and give a thing to have her come in and and give a little she'll be in our facebook group little she'll be in our facebook group and she'll be posting some great and she'll be posting some great information you'll probably already know information you'll probably already know her by now um because this email comes her by now um because this email comes out a little later but you know when out a little later but you know when you're cleansing and detoxing it can be you're cleansing and detoxing it can be really emotional and sometimes people really emotional and sometimes people not only feel the physical part but not only feel the physical part but there is an emotional connection so i there is an emotional connection so i just wanted to have her just wanted to have her talk a little bit about that so i'm talk a little bit about that so i'm going to hand it over to you kia going to hand it over to you kia definitely definitely definitely thank you for thank you for having me here and i'm so excited for having me here and i'm so excited for the cleanse for everyone that is going the cleanse for everyone that is going through the cleanse and just for what through the cleanse and just for what unfolds in that process um cleansing unfolds in that process um cleansing physically usually is always connected physically usually is always connected to spiritual and emotional cleansing and to spiritual and emotional cleansing and it is just a beautiful thing to support it is just a beautiful thing to support your body in its process of really your body in its process of really letting go of the things that it needs letting go of the things that it needs to let go of to let go of um in terms of physically that's usually um in terms of physically that's usually like toxins stress like toxins stress um all of the chemicals in our food um all of the chemicals in our food things that we're allergic to things that we're allergic to and it's creating an environment for our and it's creating an environment for our body to really just be nourished and to body to really just be nourished and to get the nutrients that it needs and to get the nutrients that it needs and to in that process let go um in that process let go um and that's beautiful and i think that it and that's beautiful and i think that it is just incredible that you are creating is just incredible that you are creating that space for people that space for people and it'll be really fun to see and it'll be really fun to see all of the progress that everyone makes all of the progress that everyone makes and the breakthroughs and i'm sure and the breakthroughs and i'm sure they'll be sharing those in the facebook they'll be sharing those in the facebook group so um just want to set like that group so um just want to set like that expectation and expectation and that excitement um that excitement um yeah you you hit the nail on the head yeah you you hit the nail on the head that as we cleanse that as we cleanse it's connected and it's connected and i think that i think that we just we need to be aware we just we need to be aware of that connection and of that connection and and expecting it as we move forward um and expecting it as we move

forward um so then as we're moving forward so then as we're moving forward it'll just be part of the process and it'll just be part of the process and we're not gonna have as much resistance we're not gonna have as much resistance to it we're gonna welcome it to it we're gonna welcome it and and and and release and i think a big part of and release and i think a big part of that is holding space for ourselves and that is holding space for ourselves and that there there's no judgment it is that there there's no judgment it is what it is what it is it's a hundred percent okay whatever it's a hundred percent okay whatever unfolds in the process if there starts unfolds in the process if there starts to like maybe be some cleansing to like maybe be some cleansing reactions or something that's going a reactions or something that's going a little bit too fast um little bit too fast um [Music] [Music] [Music] it's okay and we can just like pull back it's okay and we can just like pull back a little bit slow down the cleanse a little bit slow down the cleanse relax um and create space and it's okay relax um and create space and it's okay um um um and i think that that is the biggest and i think that that is the biggest thing and to to take a second and to thing and to to take a second and to connect with ourselves and to notice how connect with ourselves and to notice how we're feeling we're feeling and and and for me a lot of times when i've cleansed for me a lot of times when i've cleansed in addition to feeling really good there in addition to feeling really good there have been times where i'm like oh have been times where i'm like oh like i'm kind of starting to feel a like i'm kind of starting to feel a little bit wonky little bit wonky and i just i have to take a second and and i just i have to take a second and notice that and be like okay what did i notice that and be like okay what did i do today did i not get enough calories do today did i not get enough calories um how am i feeling is there some kind um how am i feeling is there some kind of emotional element connected to this of emotional element connected to this and i just have to take a second and and i just have to take a second and pause and connect with that a lot of pause and connect with that a lot of times i'll write it down like how am i times i'll write it down like how am i feeling and then how do i want to feel feeling and then how do i want to feel um and then like what do i need to do to um and then like what do i need to do to bridge the gap there and then bridge the gap there and then my question usually for myself or with my question usually for myself or with clients clients clients is when i need to bridge the gap what is is when i need to bridge the gap what is the truth that i need to accept in that the truth that i need to accept in that situation or what is the love that i situation or what is the love that i need to accept in that situation need to accept in that situation and with all of the emotions that are and with all of the emotions that are gonna come up gonna come up um um um like a big one that might come up for like a big one that might come up for folks is feeling inadequate or feeling folks is feeling inadequate or feeling scared and so on one hand we can hold scared and so on one hand we can hold that like i feel scared or inadequate that like i feel scared or inadequate and then over here i want to feel safe and then over here i want to feel safe and secure and loved and then like what and secure and loved and then like what is the truth that is the truth that we need to bridge there like what kind we need to bridge there like what kind of love do we need to let in of love do we need to let in and and and i would say that's that you're 100 i would say that's that you're 100 accepted you're okay just the way you accepted you're okay just the way you are you're loved you're surrounded by are you're loved you're surrounded by people that care about you people that care about you and you can have more of those people and you can have more of those people in your life in your life um um um and and and for sure for sure that's a good point i i wanted to hop in that's a good point i i wanted to hop in for a second because i i know that for for a second because i i know that for me sometimes when i like when i cleanse me sometimes when i like when i cleanse or i really like detox i feel like when or i really like detox i feel like when i cleanse i you almost don't even i cleanse i you almost don't even realize that you kind of detox yourself realize that you kind of detox yourself um like a weight you detox from like um like a weight you detox from like toxic people in your life too because toxic people in your life too because you're you're kind of like you do you're you're kind of like you do isolate a little bit you don't go out isolate a little bit you don't go out you're not drinking as much you're not you're not drinking as much you're not eating at all these parties and eating at all these parties and sometimes that can also like trigger sometimes that can also like trigger that you feel really lonely and then that you feel really lonely and then that stirs up a lot of emotions i know that stirs up a lot of emotions i know sometimes like the last time i did it um sometimes like the last time i did it um i felt i felt a lot of emotion just from my my a lot of emotion just from my my previous marriage and it just was like i previous marriage and it just was like i felt like it was like i was grieving felt like it was like i was grieving against the loss of my marriage i mean against the loss of my marriage i mean i'm glad that it's over it was toxic you i'm glad that it's over it was toxic you know obviously but um i know that a lot know obviously but um i know that a lot of those emotions came back and that of those emotions came back and that feeling of just feeling of just you almost feel really safe because you almost feel really safe because you're like taking care of yourself but you're like taking care of yourself but then you feel really lonely all at the then you feel really lonely all at the same time so it's kind of a double a same time so it's kind of a double a trifecta um it is kind of bittersweet trifecta um it is kind of bittersweet sometimes so i just want to pop that in sometimes so i just want to

pop that in there definitely that's the chicken in there definitely that's the chicken in sight um yeah i think one of the first sight um yeah i think one of the first times that times that i cleansed i was getting out of a toxic i cleansed i was getting out of a toxic relationship and it just it all relationship and it just it all came clear to me and i was like oh came clear to me and i was like oh oh this is what is happening um oh this is what is happening um and and and to create an environment to create an environment for for for myself and to be around so many people myself and to be around so many people that were that were taking care of themselves prioritizing taking care of themselves prioritizing self-care self-care self-care and and and it created this environment where i it created this environment where i could be safe where i could be authentic could be safe where i could be authentic and where and where the things that i was trying to the things that i was trying to not so much that i was intentionally not so much that i was intentionally trying to like stuff and not acknowledge trying to like stuff and not acknowledge but they were just there and i didn't but they were just there and i didn't have the space for it to come up so i have the space for it to come up so i created or stepped into that space and created or stepped into that space and then it came up and i was like okay and then it came up and i was like okay and then i was safe enough to move forward then i was safe enough to move forward and i think the other thing that just and i think the other thing that just came to mind with came to mind with cleansing is that cleansing is that when we cleanse a lot of times in the when we cleanse a lot of times in the process of getting rid of the toxins process of getting rid of the toxins we're kind of like removing the wool we're kind of like removing the wool sock over our brains sock over our brains and then we can get clarity and there's and then we can get clarity and there's such a connection there between the food such a connection there between the food that we eat and our microbiome and our that we eat and our microbiome and our hormones and then what the gut bacteria hormones and then what the gut bacteria do do do and how they influence our thinking and how they influence our thinking and it's just and it's just yeah like there is such a connection yeah like there is such a connection there there there and and and flushing out the toxins really flushing out the toxins really opens up a whole new world opens up a whole new world um um um yeah yeah yeah and even even like just removing all and even even like just removing all those um inflammatory foods and things those um inflammatory foods and things of your diet you know you can get a of your diet you know you can get a little die off because if you're not little die off because if you're not feeding some of the bad bacteria in your feeding some of the bad bacteria in your gut you even though you're not doing a gut you even though you're not doing a protocol for it you will possibly get protocol for it you will possibly get some die off some die off and you know those little critters and and you know those little critters and things they get hungry and they get things they get hungry and they get pissed off and they can definitely pissed off and they can definitely impact um you know you can get some die impact um you know you can get some die off right there and that ammonia and all off right there and that ammonia and all those things that are happening can those things that are happening can cause a lot of emotional cause a lot of emotional um um um like trauma sort of to arise like i have like trauma sort of to arise like i have people who can parasite protocols and i people who can parasite protocols and i you know certain parasites actually you know certain parasites actually have an impact on your brain and like have an impact on your brain and like your liver and that's going to impact your liver and that's going to impact everything everything everything um um um so it can be it can definitely be so it can be it can definitely be emotional and it can be you know if emotional and it can be you know if you're tired any anything can play a you're tired any anything can play a factor but you know cleansing is not all factor but you know cleansing is not all you know you got to do it the right way you know you got to do it the right way and be safe about it for sure and be in and be safe about it for sure and be in a safe space a safe space definitely definitely definitely yeah well i think that that covers the yeah well i think that that covers the little bit that i wanted to share little bit that i wanted to share and i'm just really excited for everyone and i'm just really excited for everyone awesome i appreciate you putting that up awesome i appreciate you putting that up there and um she is there and um she is she does consults and stuff so you guys she does consults and stuff so you guys will be in the facebook group with her will be in the facebook group with her and if you want to work on um you know and if you want to work on um you know any of your trauma or emotional healing any of your trauma or emotional healing and things like that then um reach out and things like that then um reach out to her and you can set that up to her and you can set that up so i uh so i uh perfect so we got perfect so we got one week left so yeah one week left so yeah