Introduction and Deanna's Origin Story

– Welcome back everyone to The Medicine of Mindset Summit. I hope that you are just like a sponge and just absorbing all the amazing information that we have been bringing to you every single day this week.

I have a really special interview guest next now, I wanna, I'm gonna introduce Deanna Hansen, not through her bio that she wrote for us because you're gonna be able to read that if you want, I want to introduce her to the virtual stage here on my Summit by helping you understand how her and I got connected.

So we are both Canadians and I was literally in line at Costco, my cart full of groceries waiting and just scrolling through my phone and it probably would have, well you know what it would have been, it would have been in 2015 because that's when we expanded our Pilates studio to become a Pilates studio and integrated Health therapies clinic and I scrolled across this training that was happening in my city of Saskatoon Saskatchewan and it was block therapy and I was like, what, what is this? So literally right there in Costco.

I didn't even have to think more than five seconds. I registered on my phone paid and Deanna came to Saskatoon, I did an intensive workshop with her and I've used this analogy before on this summit, it was one of my jerry Maguire moment, like she really did have me at hello, I was you know, as a movement person myself, I was blown away by her presence, her knowledge and just this deeper understanding of the emotional side of our body when it came to fashion health and you know, as a retired athletic therapist.

Deanna is one of those people that has, you know, walked her, walked and talked her talk. She has had her own paying journey. And it really, like most of us turns out being the gift that helped, you know, helped us understand why we were put here on this earth.

And so I'm so excited to have Deanna here and you know, we've just been connected really, ever since I've, you know, I've brought her work into my studio, thousands of people have been impacted by it.

And when I was thinking about who do I want to bring on this virtual stage, she was definitely at the top of my list. So Deanna welcome. So I mean, just welcome welcome, Welcome to our Summit – Thank you so much, Jana I got chills that you were talking. I know we have so much incredible history and it's just been an absolutely incredible journey with you to share this and thank you so much for inviting me here. – Yeah, no, absolutely.

So let's frame this concept of fashion because I'm sure a lot of people maybe have heard of the word, maybe they've had a foam roller and they, you know, they roll out their quads, but really like like ground us into this interview by starting off with, what is it? Why does it play such an important role?

And how do you think or why do you think it's been so overlooked As a system in our body that can take us from, you know, dis ease to ease. – That's a great question.

So the way I personally view the fascist system has really come from my 22 years of diving into the system with my hands personally on my own physical body and then also translating that work that I discovered into my patients.

And the way I really see what fashion is all about now, is it really is the cell membrane of each and every cell connected through this system, this matrix. So every cell in the body is interconnected and the communication from each and every cell takes place within the fascist system.

So this becomes really the key point in understanding how to support cell health. And the reason is because ultimately, what we want to make sure of is that every cell is properly fed and clean.

And as long as every cell has the energy received from the blood and all the nutrients and the oxygen as well as

the cleaning mechanism through the detoxification process, then the cells aren't stressed the not undergoing issues, they don't have problems absorbing or releasing what it is, they need to do to stay in balance with themselves.

What Fascia Is and Why It Matters

The challenge with the fascist system is that we are under this incredible force of gravity, really, this is to me what of course causes aging. We compress over our lifetime, and because we're not conscious typically of posture and breath and were dominant on one side, we don't just compress in a linear fashion.

We literally wind down over time. Now, the fascist system is here to support and protect ourselves and us as a living being. So if we start falling off balance, what happens is the fashion will grip and adhere to anything and everything in its path to create stability in the body. If this becomes a long term issue for the body essentially falling out of balance, these grips magnetically seal all the way to the bone with a force of up to £2000 per square inch. So if you can think of that, it's it's kind of incredible that we have these internal forces inside the body that we don't even really recognize because they develop continually.

We don't really even feel gravity. We're simply connected to the earth because of this force. We see it over time as we start to undergo the aging of our bodies, but we don't really feel gravity.

So all of these forces that are within us are simply things that we've naturally adapted to and we completely accept the aging of our body as a normal process.

However, if we can properly support cell alignment and keep every cell positioned exactly where it should be, what we do is we keep optimal space within the body.

What we lose over time is space within the body. We compress and we fall out of alignment? So we become shorter and wider as we age. And there's a space time continuum as we go through time, we decrease in that internal space and these adhesions or these fashion connections that are created to support our bodies.

Ultimately they're the problem because what they do is they block blood and oxygen flow to cells as well as block the detox ability for the cell area to be cleaned.

And again, this is a protective measure of the fashion. But we need to really understand how to support this system optimally so we can keep ourselves position where they should be. Really focus on proper diaphragmatic breathing to drive the systems in the body to keep the systems heated so that we don't again, magnetically seal out of alignment, which in my view is really the issue with what's going on in the fascist system.

– And so all of that, I mean, thank you for you know, giving us the foundation fascia is um sometimes it can be made, I think, to feel very complicated or it's a system that when you try and release it, it hurts and we're gonna talk about, you know, kind of melting into the pain versus resisting the pain in a little bit.

But you mentioned the diaphragm and so let's go there, let's go there to the help us understand the connection, the role of breath and just give us a little bit of an anatomy lesson, where does the diaphragm live? How does it function?

And then let's make the connection between the breath and the release of the fashion. – Perfect. So I'm just gonna bring my screen down a little bit here. So the diaphragm is literally a plate of muscle that is situated right about here. It is the floor to the heart and the lungs, the ceiling to the abdominal organs. When it's working properly, it moves up and down like a pump in the body when we exhale it moves down.

When we inhale sorry, opposite. When we inhale it moves down when we exhale it comes up. So this is the key because what is happening in this area is pain, fear and stress causes to reactively hold the breath.

So when we hold the breath, what happens is this muscle that is supporting the weight of everything from there and

up into the body weakens and over time we start naturally collapsing into the core of the body. So what happens to this plate of muscle is it literally becomes entangled and it can't function.

It's almost like it's almost like a frozen shoulder, but it's a frozen diaphragm. So the body is designed to survive. So if we're not breathing optimally to support the cells, we're still gonna be breathing? And the body has the muscles of the upper chest that ultimately respond to this lack of diaphragmatic movement.

And we end up pulling the air in and out through the body from the upper chest muscles. Now, there's a few challenges with that because the diaphragm first of all, is designed to send blood and oxygen flow to every single cell in the body.

And I like to use the analogy, It's like the The furnace of the body muscles of the upper chest are much weaker. It's like having a space heater. So, I live in a 30 story apartment and if I only had a space heater in my apartment, I would really only be able to heat one room if it's really cold.

And I had no other heat source where you turn the furnace on in every single room in this 30 story building is heated. So the diaphragm is like that internal furnace.

Another thing that's really important to understand too, is when we're breathing. Diaphragmatic li we're connecting to a certain brain frequency and I loved it because it was totally in the power of Now, who really talks about the different frequencies of the brain as well as Gregg Braden talks quite a bit about this when we're breathing.

Diaphragmatic lee were connected, A relaxed brain pattern. We're stimulating the parasympathetic nervous system, breathing through the muscles of the upper chest is more that stressed breath and it connects us to a stressed breathing pattern.

So we're connected to thoughts of the past and the future, which is where ego lives.

Diaphragmatic Breathing and the Breath-Fascia Connection

So we're not in the moment when we're breathing through these upper chest muscles, so to really bring back the breath to the diaphragm is what connects us to the present moment so that we can act accordingly in every single situation and see each situation as a unique opportunity in life, as opposed to getting caught into the repetitive cycles that we tend to do so that create that stress in the body through that unconscious breathing pattern.

– So good, So, so good. Take us through. I know you you showed us the diaphragm, thank you if there's I might have people in our audience that are like but what does it feel like?

I feel like I'm breathing and I know sometimes they're teaching Pilates people think they're using their diaphragm, but they're just really breathing into those, you know, secondary respiratory muscles, they're puffing their chest, but the air doesn't actually get walk us through a proper diaphragmatic breath cycle.

– So, and here's the reason. So again, I'm just going to bring my my camera down. So again, when this muscle is working properly for us, it needs to be moving up and down through here.

So, over the years, as we literally fall into this core space and this muscle becomes locked out of alignment, even if you're focused on trying to breathe.

Diaphragmatic li your literal like, that frozen shoulder locked away from that opportunity. So, in block therapy, we always start working through the core of the body to teach proper diaphragmatic breathing as well as release the adhesions that are locking the rib cage out of alignment so we can access more of this amazing muscle.

And what ultimately should happen is when we inhale the belly should become nice and and when we exhale we should be squeezing the belly small where most people, myself included, when I was younger, I was a dancer and I was told to hold your belly in.

So when you do that, because you're trying to look tiny in through this area, we have to breathe somehow. So we end up naturally shifting the breath to here, but we really do want to focus on allowing the breath to move deep into the lungs because the majority of the oxygen receptor sites live at the base of the lungs.

So if we're only breathing into about this space, we aren't reaching that bed of abundance. And it's incredible to think because people say I've read and I read this first in Steven Copes yoga and the quest for the true self, That we increase oxygen absorption up to six times 600% by breathing. Diaphragmatic Li and lots of people are challenged with this information because immediately they think, well, I can't pull six times the amount of oxygen into the lungs.

However, it's not about pulling more air and it's about directing it to where the oxygen receptor sites are. So we have optimal absorption as well as optimal detoxification through proper exhalation and in fact in 2014 they did a study in the medical news that 84% of weight loss comes through proper exhalation because of the detoxifying effects of breathing in that manner. – I just read I think it's called breath the art and science of breathing by James Nestor and he talks about that. He talks about that research study and it blew my mind because I think we've, especially when you talk about, you know, our physique and weight loss, we have, you know, prescribed and subscribe to those beliefs that I have to either, you know drastically in, you know, decrease my intake of food or you know, not be able to enjoy food or I have to, you know, bump my exercise up to a point that it's not even possible in my body. And when you learn things like this, it makes you take a step back and think, hey, wait a minute, where did I start believing this and why and what if I started to shift those beliefs a little bit and so let's move into a conversation around trauma.

And first of all, I would love to know your definition of trauma because I think sometimes people think it is like the worst possible case scenario we could ever encounter where, you know, there might be a little bit of a different definition and in that trauma how does our fashion system respond and can we still nurture it into a state of health?

– Yes, so I actually had just completed a two day trauma summit which was amazing and now we're actually going through a program um to teach people how to combine all of the lessons learned with block therapy. So the way I have really learned to understand trauma from a cellular level trauma basically is adhesion.

The the formation of adhesion due to an event. So an event can be a horrendous event, but an event can also be something like um oh you know what, I don't think you're pretty enough to date this person.

These things all create negativity in our system and again it all comes down to the response of the diaphragm and how pain, fear and stress causes to reactively hold the breath.

Not only that things like physical injury, that might not seem like a very big deal like a sprained ankle. If we don't release and rehabilitate that injury properly, the compensatory action from limping and then the shifting of our entire system as a result of scar tissue build up creates a shifting of how our body moves over time. And this creates cell trauma because again it all comes back to having the cells properly positioned so that they can receive what they need and let go of what doesn't serve anymore, the waste that's created.

So through the process of this trauma summit, you know, we talked a lot about the big tease and the little tease and the little teas can be just as traumatic in our behaviors and how we move forward in life as those big tease depending on how our system responded and even even from birth and before that, when we're, when we're developing and even past life stuff, if this is what you believe. But the way I understand when we're born, basically we have the breath of the mother because that's what we learned as we were growing. So if your mother had trauma and who doesn't to some degree, her breathing pattern would be affected.

So then we come out into the world with that compromised breathing pattern and in yoga they call it the signature posture. They said we're all born into this life with the signature posture. And I believe that signature posture is the breath of the mother and through this lifetime according to the yoga scriptures, it is the goal of this lifetime to break through that stick signature posture.

Trauma, Pain, and Cellular Healing

And that is, in my opinion, what we're doing by changing the breathing patterns so that we can ultimately connect to the most optimal ability for the diaphragm to send the fluids to all of the cells required otherwise if our breath is compromised.

So is the heart and the diaphragms ability to move those fluids to those cells. So then part of our body is disconnected from our, our soul essentially.

And all of these disconnections, create a fragmented understanding of the body. We need to bring it all back into our being and our conscious awareness so that we can view life again from the perspective of the incredible beings that we are and what we're truly here to do, to create joy and share our gifts with the world.

– So I want to share a little story here about trauma and how Deanna has impacted my family. So When she came to Saskatoon to do some training at my studio and it would have been like back in 2018, 20, yeah, 2018.

Our middle son will had just that that previous summer had a wakeboarding accident and it was his last run of the day. And actually he said to me mom, I'm tired, I don't want to go for this last run. And I'm like, just, well, you know, we'll do one more loop of the lake and then we'll head in, right? So talk about like mother guilt and, and after that And in that last run, the toe of his Wakeboard went down into the water and he hit the water. We're probably going about 2015, 20 km an hour. So maybe you don't think is fast.

But it doesn't matter if it's water or concrete, there was still that immediate trauma to the body that started a whole cascade of experiences for will.

Lots of guarding lots of pain. He would call it the burning baseball behind his belly button and you know, he was also changing elementary schools that year anyways when I went and did my initial training with Deanna that night in Saskatoon and I bought a block baby and a buddy and I got home and I did my, what I did every night with him, almost falling asleep, I would take his castor oil and I would, you know, make the clockwise circles on his belly.

He would usually cry himself to sleep and I would sometimes fall asleep with him or wake up in the middle of the night and make my way to to our room.

And that night I brought home the block baby And he laid on it and I rubbed his back and I kid you not, it was minutes. It was minutes and I could actually feel the sympathetic let go.

I could feel the tension in his body let go. And it took me back to when he was like a little baby and he was 14 years old at that 140.15 years old and I was just in awe.

I mean, thanking God for bringing Dan into my life because I was like There's something, there's something here that was helping him heal his trauma and as a 15 year old boy to be able to lay on a block versus take all the medications that we had been asked to give him even to the point where my doctors wanted to prescribed him antidepressants because they felt that that could help with the pain.

It was an amazing gift to me. And so I want us to talk a little bit about pain and what happens when we're going through this process of, you know, healing our fashion. Because from a mindset perspective, we're conditioned to not want to feel pain, right?

And so how help us understand a little bit more about how the fashion system really is meant to get us comfortable with that concept of pain. – So as cells start migrating away from their correct alignment, it's like you're moving away from home and you know, like kids get homesick, our cells are homesick. So they give us, they give us signals information. It's kind of like the baby crying, the cells first response to not receiving everything.

It needs to do, its incredible job on behalf of your health is to give you a pain signal. It's simply a little tap on the shoulder. Like, hey, mom or dad, you're, you're not paying enough attention to me.

I'm working really hard, you're running a marathon or you're doing too much work and I'm exhausted, I'm

dehydrated, I'm starving, whatever that is that the cells not receiving, it lets you know with a pain signal. Just like the baby crying and just like a mother and father have to do with babies. It takes a little while to understand what each crime means. But eventually you learn, oh, that's a hungry cry or I need to rest cry or I just need to simply be held whatever it is ourselves. Our like our little kids are little babies and we've got trillions of them working on our behalf.

So it really is that pain signal that gives us the information. So for us to numb that or avoid it, we're not listening to that baby crying. So I love sharing this because it is such a poignant fact that we need to reshape our thinking around and when we're doing the work that of block therapy, we're not adding pain to the body. We're connecting more deeply into the tissue so that we can hear what those cells are saying. So when we experience pain on the block, it's, it's a knowing and that's the one thing people generally describe it as a good pain and pressure overrides pain as well. So when we're actually lying on the block and we're connecting to the breath and we're very slowly moving through it, searching for pain. Those pressure fibers start kicking in and that initial feeling of pain very quickly shifts and changes to be more one of pressure or almost like that itch that you can't scratch because we have pain everywhere through the body.

If we go deep enough, you're going to feel it and you're gonna find it. So we want to bring it up to the surface. So we can say, hey I'm listening to you now, I can do what you need, I can provide the energy and the love that you require to function for me. And then we can release it as we continue to pull the body back into alignment and support pumping blood and oxygen into those spaces that were previously blocked. – So this truly is creating a new relationship as I hear you speak, it is like creating a new relationship with yourself because as you allow yourself to experience this, that conscious mind could be staying to you get off like this hurts. Why are you doing this?

And so I know one of the things I learned from you is that phrase, let your breath be your guide and as long as you are breathing into it, you can trust that you're okay. But if you're holding your breath or your breath is absent then maybe it is time to back away a little bit.

And as this summit is all week trying to help people connect into trusting that you know more of that subconscious or that intuition and do you want to maybe hold up a block down and we've referred to it a few times and let maybe people that are not familiar with it. So just touch touch on that, why, why that shape? What is it made out of?

How does it work? – Initially? Our blocks were made out of cedar now they're made out of bamboo and we're actually bringing our production back to Canada and we're going to be making them out of reclaimed elm. So what is really exciting is to understand that we need something as dense as bone to be able to really move through those layers of adhesion and get to the root of the problem. Things that are softer and more porous, like a foam roller for example, because they're porous and you're moving on the surface, you're going to stimulate blood flow on the surface layers.

But we really need to drive deeply through those layers to get to the root. So I like using the analogy where you know, instead driving on the ocean in a boat, your deep sea diving. So we're going deep into the body and we're really uncovering those lost parts of ourselves that have been blocked away.

Using the Block and Working Through Inflammation

And it's because of the density of the material that we use that we can actually connect and almost create like a hugging action as we're putting pressure into the body, the bone and the block. Both give it a kind of a sandwiching type of effect so that we're really lovely heating all layers of those fashions from the block all the way to the bone and it really is like you're giving your cells a hug.

It feels beautiful that way. The shape specifically is because when we are driving through those layers, if if the block is too sharp on the edges, it's it's too painful and and people simply won't be able to navigate through that pain.

We need something that's kind and the rounded edges are very kind in the body. And touching on your point about the breath being your guide. That's the lovely part of this. You're in full control.

No one else is doing the work on you. You're choosing to do the work on yourself and we have variations. We can do it on the floor, which is definitely a more intense version. You can do it on the bed and because of that nice cushioning, it is less intense. We also have two sizes of blocks.

We have the baby and the body. So, if the buddy feels too much for you in certain positions, you can also use the smaller version, which is a lovely alternative if the bigger one is too intense. So, it really is about listening to your intuition, trusting that breath, The diaphragmatic breath is connected to the life force and that's the key our bodies, God designed these incredible bodies that our souls get to be housed in and through the process of really understanding how to tune into that beautiful container we've been given to live this life, We can trust it through the breathing and just like with pain, fear and stress it reactive or causes to reactively hold the breath If you're in any position where you feel it is too much, that's going to be the response of your body and that is your body telling you know, we need to back off of this and we do it less intensely.

So it's a very safe practice. – Would you say that through this practice that you become the mind and the body? It's because of its meditative kind of energy that you truly do become more connective or connected mind and body.

– Yes, and this is why I actually, from the physiological standpoint, believe this to be true as well, our heart is designed to pump blood to every single cell in the body once those cells receive information, their job is to send that information to the brain so that we as a human being can respond in any moment in time when we have adhesions and scar tissue riddled throughout the body, there are multiple cells that aren't getting that heat that love that information from the blood, So they also are not sending the information to the brain. So it's like we have all these gaps in our system and that's where we fall out and rely on past memory to dictate how we respond, and that's where the trauma piece gets ingrained in the body, if I'm afraid of. So something because I had a negative experience if a similar experience arises in the moment, I'm going to go back into that pattern and I'm gonna relive that moment and it will be like it was yesterday and it could have been decades ago, where if we truly understand the breath and we release those adhesions, we can remember that moment in time, but we can also see the difference from that moment in time and we can respond with with a very different approach to the information going forward.

– So you talk about inflammation as a healing agent and not the problem with that in itself is a complete reframe from what I think people have come to believe that inflammation is bad and I need to take an anti inflammatory medication to get rid of that.

Talk to us about that you know, kind of flipping that on its head, that inflammation actually is, you know, part of the healing process. – I always say inflammation is the gold because the body's initial response to injury to stress is to send blood and oxygen because the body, I was aware, okay, I've just sprained my knee or I've just had this insult in my body.

So it sends inflammation because it's sending all of the required nutrients to look after and rebuild that damaged tissue. But if we don't support the inflammation and we ignore that, the body is gonna keep sending it into that space.

So it starts to get backed up and it becomes acidic because there's a backlog, it becomes congested if we don't know how to address it properly. So I like to give the example of acute injury because this is a really common understanding of how we we were trained to use the rice method.

So let's say I sprained my ankle and I've got a big swollen ankle. I mean I was trained this way too as an athletic therapist for 48 to 72 hours rest ice.

Elevate compress to essentially limit the inflammation to that space so that the body can respond and deal with the scar tissue development. So the thing is the second law of thermodynamics is nature abhors a gradient.

So whenever, whenever there's a gap nature is going to fill that gap in. If we don't allow the body to rebuild, its going to fill in with scar tissue and scar tissue again is the problem, scar tissue blocks blood and oxygen flow to and from cells.

So when we have this acute injury, I like to use the analogy of baking a cake. If you had oil, egg, flour, sugar and you mix it up, you have batter. So if you have batter and you put it in the freezer, you have frozen batter. If you have batter and you put it in the oven, you bake a cake so we need to actually heat the body, send energy into the area of injury, it's like you just had a baby and you're putting that baby in the corner for 2-3 days and you don't even touch it or give it any lover energy when these cells that were just injured or ruptured or whatever the situation was, that's when they're needing your attention the most.

That's when we really need to give it that energy and give it that that love and kindness and flow. So like if you've had, if you've seen a car accident, there's debris. So let's say we have a concussion for example, you know, you've had this massive hit, there's damage, there's debris.

We have to take that debris out of the way before we can then send in the healing agents. Otherwise it just becomes congested. Like if you buy a new wardrobe and you don't take the old stuff out of your closet, you don't even have room or space for anything and that's what's going on in the body. So through the process of working the body, working the breath, melting the adhesions toward the site of injury or area of concern, that's how we free the body up to provide the optimal flow so that we can use that inflammation as it was intended. And even when people have a body full of inflammation and they're starting this process, that inflammation still has all of the potential energy it initially had. We just need to start heating the body up, clean out the toxins and then allow the body to repair because the body is phenomenal at repairing itself, if we give it what it means – And would you agree that when our body feels good when it feels healthy that it gives us an opportunity to like shift our shift our mindset – Oh completely.

Because again we're changing the entire frequency of your brain to be connected to God in the moment as opposed to connected to ego and past and future.

Yeah. Past and future. – So do you think that those processes happen in parallel as we are healing the body, the mind is being encouraged to rewire or do you think ones leading the other?

– I think they happen in concert with each other. We we go through steps and just like with the process that we share, we don't just release the body and breathe.

We also need to pull those cells back through conscious awareness of proper foundation and they do work together. In fact, I'd love to share.

Mindset, Trigger Work, and Where to Find Block Therapy

She's gonna let me share this in our newsletter, one of our people doing the trauma summit, she had mentioned how she was going back in time and she remembered when she had sprained her ankle and it had always felt weak and then she connected the dots how in that moment she also lost her ability to stand up for herself.

So she's connecting these two parts together and seeing how one physical thing created an emotional or behavioral thing that has lasted this long. So to be able to pull pull that out from the root, changes everything but we have layers and layers and we have multiple traumas throughout the body.

Again, the big tease and a little tease like every insult every time you were maybe even cut off from being able to say speak what you wanted to say. That that creates a response pulling in a frustration, so to be able to let all that go, it absolutely changes the wiring of the brain.

I mean we all know now that with neural plasticity we can rewire the brain and it really is also about feeding the brain proper amounts of blood and oxygen flow in order to do that. And if I could just share one other thing about that, because it was in one of I can't remember the title of the book right now, but he was talking about how when we're aging, essentially what happens is the frontal lobe which is where all new information comes and where we do all of our new creation, it starts to essentially shrink and I see that it shrinks because we fall forward so the brain is literally getting stuck to the front of the frontal lobe and that stickiness is blocking blood and oxygen flow to that part of the brain so that part of the brain goes through aging but it doesn't have to and even better we can also

reverse it by opening up the channels for flow and allowing that blood and oxygen to get in there and to pull out the toxins that have stopped the flow.

– Well, you know what I love about how the physicality of learning about our fashion system and understanding its um just it's innate importance to all the bodies other systems. Is that like my mom is She just turned 70 and then my mother in law I think is like 68 and both of them this week.

And in fact my mother in law just this morning, I was chatting with her and she said you know I woke up this morning and I kind of had this thing in my leg And I just laid on my block for 10 minutes and my mom said the same thing, you know she was getting um just doing some deeper housecleaning and woke up the next day with like some next stuff and just shoulder and both of these women who pre you know this kind of knowledge, I would have gone and pop those extra strength over the counter, you know, pills right?

And maybe after a few days it would have gone away or they would have but they don't even skip a beat now. They just, it's become part of it gives them confidence and that's why I think it's so important to understand the connection between the physicality of like us as cells never mind systems, respiratory and skeletal and all those kinds of things but ourselves and I think I heard it from you one time, just the term, you know, self care is the big buzzword still, but if we went one layer deeper and we focused on self care, self care would kind of be a moot point, because that's and so that's stuck with me after all these years, and I just want to show everybody.

So during this interview, I've actually been sitting on my block, just doing some work through my glutes, right? Like, I mean, I've been sitting quite a lot lately, more than usual, and I've just been finding ways as I've been working to be bringing my block into my world, and that's just stacking, like it's not taking any extra effort or time, it's just a part of what I'm doing. And I think, you know, besides all this great information Deanna that you share today, when we look at our body is a medicine cabinet, you know, truly if mindset was one of those options, it is so interconnected to everything else we do.

And I want to ask you in your in your expertise, in your area of work in your industry, what do you think is not being talked about enough? – Well, I I know there's a lot of discussion about the breath that's coming out, but I still see there being a real lack of true understanding of the value of the breath and how to actually connect to it fully and completely and simply going through breathing exercise when your fascist system has locked your diaphragm.

It might strengthen what you have available, but it's not going to make the whole plate of muscle available. So to really understand fashion decompression, that's really what my work is all about. It's taking the time out of the tissue, the gravity that has compounded everything negatively and creating that opportunity for release so that we can truly again connect to that beautiful muscle that's connected directly to the life force so that we can be sending the God energy to every single one of ourselves.

And that's where I feel that there's still a real disconnect even with other fashion techniques. It's pulling that true understanding of releasing that magnetic seal that we become locked into so that we can truly rebuild our bodies and we can and it's not hard to do when you follow the steps and you truly understand the simplicity around what we're doing and when we understand that scar tissue and adhesion are, in my view, the step in front of the inflammation.

To me this is the problem in the body and then understanding how the body naturally responds through what we can do with that inflammation, to truly use it as a healing power within us.

– So the last question that I've been asking all of our experts this week is share with us one or two of your mindset habits or rituals that you know that you choose to you know consciously do in your day or in your week – Whenever I feel that immediate grip of the gut because I'm triggered all the time as well. Like everybody else.

Whenever I feel that immediate trigger, I really take that moment to sit back and say, okay rather than try to push it away and ignore it. I want to sit in it and I want to allow it to come to the surface so I can really take a look at why I'm being triggered and see if I can go back to the moment when that trigger began.

And I don't always know when that moment maybe, but through that process, it just like your cells that have been blocked and giving you pain and now you're paying attention to them. You're also giving service to that emotion so that you can truly try to understand where it came from.

An understanding is a beautiful thing. It's, it's also teaching us to be curious about our body as opposed to scared of our body and what's really love for me at this point about seven years ago when I was going through my block work, I uncovered an injury that I sustained when I was seven and I really, really badly injured my pubic bone and ended up growing around a huge amount of scar tissue.

So finally I opened up to this space and immediately two things happened. Actually. Immediately my issues with constipation stopped massive gift and I always knew that my issues with constipation weren't a gut issue.

It literally felt like something was in the way and once my hip shifted, the hip joint came out of the way and that issue stopped. But for the next five years I had pain because I had to rebuild my body.

But the beautiful part is there was no fear. People get trapped in a pain fear cycle. The fear is really the issue. It's not the pain. Pain is a sensation that's certainly not pleasant. We don't want to have to deal with it.

But when you understand what the pain is about and you have actual steps to progress and move forward, there's no fear around it. When we get caught in that pain fear cycle, it really drives us into this panic mode which again causes us to even further hold the breath, which increases the pain, which increases the fear.

So that's where most people are living regarding pain and fear. So when you decide to become a pain seeker, it is so incredibly empowering because you're choosing to knock on that pain door and say, hey, thank you for the gifts that you've given me, but I don't need you anymore. I can bring you to the surface and then I can let you go and then we can move forward in life in a completely different open way with freedom and integrity within our body. – Deanna, that was so beautifully said, I wanna um give you an opportunity to let our audience know where they can connect with you, where they can find more information, what's the best place for them to go. – Can I give them two places?

– Yeah, absolutely. – So our website is simply blocktherapy.com and there's tons of information on that. We also have a private facebook group, block therapy community and anyone and everyone is welcome to jump in.

We now have 8.2000 members, which is amazing. And you can see the incredible testimonials written every single day, the beautiful souls that are in this community that are also there to share their wisdom from whatever they're doing on the block and how it's impacted them. So I very much encourage everyone to join.

– Thank you, my friend, thank you for being here and for sharing your love and your knowledge and just your passion for educating people on what I believe to be and not talked about or not understood enough system and you bring it into such, you know, such a beautiful way and such a graceful way to help people understand that.

it isn't hard, it's actually quite simple and the shifts that will happen are just absolutely amazing. So thank you so much for being here, Deanna and audience members, Thank you for being, it's not a coincidence that you were here today watching and listening to Deanna share her gifts and I hope that you take one little gem that this amazing woman has shared and implemented into your life so that you can be a better version of yourself. We'll see you next time.

– Thank you.