



LIVE with Heidi, Episode 2 (03/25/20)
Guest: Simply Sadie Jane

Show Notes:

- 0:00: Heidi talks about what's going on in the world with the pandemic and how that can cause anxiety and a lack of peace for people. She talks about people who are experiencing analysis paralysis at this time, while others are hustling to get their lives going now, and they feel like if they don't figure things out now, they'll be left in the dust. Heidi says she's feeling this pressure. She talks about having prayed for years for the world to pause for a bit so she could have time to figure her life out, and suddenly that pause is here. She talks about how she's trying to figure out how to appropriately balance her life at this time to make sure she's not going too hard while allowing herself to "sharpen the saw" and pause and rest. She talks about the value of finding peace. She talks about feeling guilt for taking a pause.
- 2: 20: Heidi talks about how she's leaned on Sadie Jane for help during this time who reminded her of the value of meditation. She knows she needs more of meditation.
- 2:45: Heidi introduces Sadie Jane and talks about how she vibrates peace, positivity, kindness, and generosity. Heidi talks more about who Simply Sadie Jane is: She's an RN, a yoga, meditation, and energy teacher, she's a postpartum and pre-natal fitness specialist, she's a mom of 3, and she's a self-love advocate. She left her job of 5 years as a labor and delivery nurse to create content full-time for women to better their body, their mind, and their soul. Her mission in life is to educate women and help them create the space to better their body, mind, and soul, and to help free them from self-hate and past trauma. Heidi talks about Sadie Jane's self-love course. Sadie has overcome some rigors of life including anxiety, postpartum depression, and an eating disorder.
- 4:57: Sadie joins the show. They talk about how not tech savvy Heidi is. They talk about the weather where they are: Arizona and Utah.
- 6:15: Heidi talks about her zit on her forehead and Sadie's sty on her eye. They talk about not wearing makeup.
- 6:45: Sadie shares more of her back story. She comes from a blended family of 14 kids, and that stemmed a lot of her issues. She felt calm in the chaos through food, which led to a food addiction and eating disorders. She never really knew who she was. She allowed herself to not feel things and focus on other things. It all came to fruition right after having her 2nd baby, she was over 200lbs, and she felt so upset and sad and low and was struggling really bad with postpartum depression. She asked herself how she could see these women she helped every day as a nurse and see how powerful they are and she didn't see that in herself. She remembers thinking her son deserves better. And then felt awful about feeling that way and decided she deserved better than what she was giving herself. She became obsessed with that idea and went to the extreme and lost 80lbs. She was blogging at the time, she started sharing her story and started connecting with women online. She thought this would give her happiness and love for herself through her pant size. But she was more miserable than she'd ever been

before. She found that she struggled with body dysmorphia. She felt like a slave to her weight and didn't want to have more babies due to that weight that held her captive. She started getting addicted to prescription weight loss medicine that she should never have been on. It was a really, really dark time. She felt like there was nothing for her. She realized that being skinny wouldn't bring her happiness. Her blog was taking off, she had modeling gigs, but they weren't fulfilling her. She walked into her first yoga class in 2015, and she found peace and connection on her mat. Her sister suggested she try hypnotherapy, so she tried it because she felt so desperate. It was an amazing transformative experience for her where she was able to facilitate healing within herself. This started an incredible awakening for her between hypnotherapy, meditation, and yoga. She started using physical fitness for self-awareness and love instead of a punishment. It changed her life, and she had another baby. She talks about the deep pain, even suicidal thoughts she had in high school. She says she will not rest giving women and children tools to learn to love themselves.

15:35: Heidi talks about how viewers are relating to Sadie Jane's story. She loves what Sadie Jane said about exercise—it's a celebration of what our bodies can accomplish, not a punishment for what we eat. We look at ourselves as not enough, so we look for things to make ourselves better. We need to look at ourselves as perfect in our imperfect states. It's all a mind shift. Happiness isn't at the end of the rainbow—lottery syndrome.

17:35: Heidi asks Sadie what tips she has for those who are experiencing lottery syndrome. Sadie says we're conditioned as a society to focus on the negative. How can we feel positivity within ourselves if we're focusing on the negative. She feels we should be transforming and improving our bodies every single day. She gives her body the gift of movement and listening to herself. Everything is connected. One thing that she'd tell herself after having her 3rd baby is that "Weight has no power over me." It's the power of our minds—we have no idea what our minds can do.

19:00 Sadie talks about being on both sides: overweight and not. It's about improvement and what we want our bodies to feel, not the looks. Heidi talks about striving for other things to help ourselves feel whole and complete. Heidi talks about how age has been a great thing. Every wrinkle brings a new chapter of wisdom. They talk about what goes on in our minds when we're dealing with body dysmorphia. Heidi talks about depression being worst for people when they reach their goal and realize how empty, meaningless, and unfulfilled they feel.

22:00: Sadie talks about the key to understanding our happiness is going deep and healing. We feel triggered because we never dealt with things from our childhood. She still has to do daily mental checks even today. Acknowledgement is the first step.

23:10: Heidi asks Sadie where people start. Heidi talks about how people shy away from any self-development and/or therapy because they believe others will see them as broken.

23:53: Heidi asks what Sadie she would say to these people and where can they start. Sadie agrees with Heidi and her thoughts and how a lot of it is self-judgment and we're conditioned to lean into things with fear. She believes that fear makes people step away thinking that it's wrong. She says there's actually a fear there because it's calling to us. We get confused because we decipher fear wrong. If it's there, we should listen. She talks about how others who trigger us are like mirrors of ourselves. She shares the definition of enlightenment which is, "Always questioning." What will help us find that creator within us.

- 26:04: Sadie talks about her beliefs and questioning them, and her talks about just stepping in. She's been doing live meditations on her Instagram. She encourages people to just try meditation.
- 26:50: Heidi asks Sadie where people can go to learn about meditation. Sadie does a live guided meditation at 9PM on her Instagram. She talks about meditation as related to God. She talks about how pondering, stillness, and meditation are all related to the same thing. It fits perfectly into your life. She says the definition of meditation is "just a single point of concentration." You strive to find stillness, and you just go there. It's like praying for the first time. You're turning off your central nervous system so you can listen. Sadie talks about how, for many people, sitting still is difficult. She asks what we're missing out in here (pointing inside her chest) by focusing out there (in the world). We're missing so much.
- 28:55: Heidi talks about worrying she's not doing enough, making enough of her life. She talks about the importance of being around people and techniques and tools that can ground us. According to who? Who says whether or not your life is enough? There's an innate guilt of sitting still. We're trained to train hard, but then we're moving mindlessly in many directions but not mindfully in one direction. Heidi talks about an amazing yoga session a couple of months ago as she was trying to figure out a new fork in her road. This experience brought her peace. Once you're there, you want to return.
- 31:54: Sadie talks about emotions and how we feel some make us feel weak and others we don't want in our lives. Emotions have been given to us to help and teach us. They don't need to overcome us. She talks about not being able to express emotions as a kid and how important it is to teach our kids to express their emotions. Crying is a way to release what we should be releasing. We can see what we need to heal. So many of us don't want to feel those feelings. We push it away and repress it instead of letting it come in and teach us. One day we'll think about the life we have versus the life we want. What could you actually create by allowing yourself to be vulnerable? You don't know what you don't know until you ask yourself.
- 34:54: Sadie talks about how a lot of people are afraid of doing meditation wrong. Heidi talks about how we're never going to be a pro at something the first time we try it. It's going to feel uncomfortable and relates this to babies learning to walk.
- 35:44: Heidi asks Sadie about her free journaling challenge. Sadie talks about whose idea of perfection are we going towards. Our gift of being unique is our superpower. We need to be brave enough to share. Sadie talks about how Heidi is sure of herself and confident and how that's not easy. The only differences between each of us is the path that we're wanting. We all have the power. She talks about breathing as a tool—our life force. Journaling is another tool. She talks about how putting a pen to paper sends a signal to your brain to process. Journaling is expression through writing. It's a process of processing. Sadie writes intentions, gratitude lists, written meditations. Her journaling course takes 28 days through different prompts. We don't know what we want. We haven't been true to our intuition. We don't know unless we start questioning. Journaling helps unlock creativity and what we want to find in ourselves.
- 39:49: Sadie talks about how scary and beautiful times can coexist. Heidi agrees. Heidi believes that's in the most chaotic times and the scariest that we're able to find the most peace and grow the most if we allow ourselves to. Heidi shares the Ed Mylett quote: Life doesn't happen to you, it happens for you. It's about perspective. We can choose to see the good or the bad. Your highs are only as high as your lows are low. She talks about the importance of being in your emotions and feeling them. There is power in taking pen to paper, removing yourself from the phone, and writing down how you feel. She

wants to do Sadie's course because she needs structure. Heidi talks about how writing down things down helps her. It sticks more and she takes it more seriously.

- 43:40: Sadie answers viewer questions. "How can I help my kids learn to meditate?" Sadie says example is important. Even if it's not still, keep meditating. Even with kids coming in during meditating. Just sit still. Kids will learn from you always. She allows her kids to participate when they want to. Kids are so in tune and want that connection. She also has guided kids' meditations. Let them be kids and be in tune and they will learn to meditate themselves. It's a beautiful gift you can give your kids.
- 46:05: Heidi talks about how kids will do as we do, not as we say. She uses the example of exercise. Kids want to be like us more than we know, and they'll start to feel comfortable about what they know. Heidi says she would buy guided meditations, which Sadie has and will send them to her.
- 47:15: Another viewer question: "What do you do when you feel like you're having a meltdown?" Meltdowns go back to pushing things away. We go into fight or flight and separate our physical and spiritual bodies and to into attack mode—we want to survive. We forget the tools we have: breathing, remembering our breaths. She talks about a couple of anxiety techniques as far as breath goes. Stop, close your eyes, inhale slowly, relax your shoulders, fill up your belly first and then your chest, and then exhale out your mouth. We don't realize how shallowly we breathe.
- 50:26: Sadie teaches two exercises for breath: 1) Left nostril breathing: plug right nostril and breathe out of your left nostril. This forces us to take deep breaths and recirculate the oxygen in our bodies, and it forces ourselves to cross hemispheres. 2) The 4, 4, 4: Breathe in through the nose for 4, hold for 4, breathe out through your mouth for 4.
- 51:55: Sadie talks about the purse lip breathing she has kids do. Like blowing bubbles. It forces you to slow down your exhale. Sadie says another huge tip is to acknowledging how we're feeling. If we do not acknowledge how we're feeling, our bodies will continue to hold on to it, and we'll continue to panic. Discomfort is meant to happen, we have to have conflict to grow. We'll never be given something we can't handle. Sadie talks more about the different sides of our bodies. They talk about their good and bad sides for pictures.
- 55:07 Viewer question: "How do we stay on track with our personal goals during this time of anxiety and extreme stress?" Sadie challenges that question with why? None of us have ever experienced this before. It's a call to come back to starting over. There are things we can't control. There are things she does every day for her emotional well-being. #1 is emotional well-being. She talks about the recent earthquakes in Utah. She talks about control, give yourself grace, your goals will look different, and understanding that reality gives you the grace to say, "Okay, now what?" Writing in intention every single day, taking it one day at a time. Taking breaks. Setting an intention: One word you can carry throughout your day.
- 57:09: Heidi talks about Derek's 2020 goals that he's changed as well as his phrase for the year. It's great to have big goals, but we need to shift our goals to match the environment we're in. Family, for example. Derek's word for 2020 was "vision," now it's "one day at a time...being present."
- 58:38: Heidi thanks Sadie for all she shared. She needs to have Sadie on again. A skype girls' weekend. Sadie shares where viewers can find her.

Interview ends.

Connect with Sadie Jane:

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