

(introductory music)

DISCLAIMER: Welcome to *Taking Back Birth*, a podcast for women who know the truth about birth and those who want to explore the path of radical birth love. I'm your host, Maryn Green. *Taking Back Birth* celebrates the power you have to make decisions in alignment with your own truth. Decisions not subject to anyone else's authority. Decisions that create experiences that will change your life. *Taking Back Birth* is a production of the Indie Birth Private Contract Association and indiebirth.org. No material on this podcast should be considered medical advice. Birth is not a medical event.

(music)

MARYN: On this podcast, I was super excited to talk with my friend, Devon Battaglia, of Inner Spark. I found Devon online a bunch of months ago and was just humbled and amazed by the content and voice that she offers in the world. Among many other things, Devon is the owner of Inner Spark and is a Holistic Life, Wellness, and Spirituality Coach and Mentor for highly sensitive souls. Through her offerings in the apothecary, her courses, group and individual work, Devon supports others into coming into deeper relationship with their authentic selves, reclaiming their power, and honoring their innate wisdom, trusting their bodies, aligning with nature and seasonal flow, and finding more joy. When not creating and serving through Inner Spark, she can most likely be found playing in the dirt with plants, dancing in the kitchen with her partner and their dog, or curled up under a blanket. Learn more about her and enjoy her resources including the library and the Subtle Medicine podcast at innerspark.life. Devon, I am so glad you're here with me today.

DEVON: I am so excited to be here with you. Thank you.

MARYN: Super excited to have you here. I know we have so much to talk about together, and you have so much to share. But it was feeling really important to me to have you here to talk about this concept of the mother wound.

DEVON: Yes.

MARYN: Yeah. I don't know—yeah, go.

DEVON: It's a very—I was going to say it's just—it's very near and dear to my heart. So strap in and settle down. Who knows where this will go?

MARYN: Totally. Put on your seatbelt. Yeah. And stay with us. What is the mother wound? What does this even mean?

DEVON: Okay.

MARYN: It's a big one.

DEVON: Right. Ask the big questions right off the bat. What is the meaning of life? Why are we here?

MARYN: Or take it wherever. Get us—you can—you're more refined with this whole concept, I feel like. So if there is a better way to inch into it, I'm all for it. I just feel like there's a lot of women that they don't know what we're talking about yet.

DEVON: Yeah. Totally. Okay. So I feel like it's a concept—I'm certainly not the first person to talk about it. It's talked about a lot. And I feel like especially in the more kind of New Agey, spiritual, self help places where people are throwing buzzy things around like shadow work, the mother wound. All of these things are very important and have tremendous benefits to offer. So I can only give my interpretation and my experience.

MARYN: Yes. And that's why you're here.

DEVON: Yeah. Right. It gets to be the Devon and Maryn show for now.

MARYN: Totally.

DEVON: So I think it's important to establish a foundation before we continue. In my work and in my own—in my work both just with myself and with my clients, I've come to kind of redefine what masculine and feminine mean. And I use the words spiral and triangle. So the triangle is the more masculine, fixed, predictable, solar qualities of existence. And then the spiral is the more feminine, fluid, lunar. And I love words. I'm a write at heart. And I just found it was hard to connect with masculine, feminine because I think so many of us—and myself included—had preconceived notions. And it kind of would get in the way of tapping into the more subtle, energetic layers that we're really trying to get into because we would just kind of stop at whatever our—

MARYN: Right. Not just the label.

DEVON: Yeah. Whatever our connotation was of this word. Our experience was with this word. So the spiral and the triangle. And that's—so yeah. Let's establish that right there. And then with the mother wound, it, too, is such a multilayered subtle concept in the way that I look at it. I had a very challenging relationship with my earth mother, my physical birth giver, woman, human. And that was a very just challenging on every level to grow up with and then to sort through. And I'm continuing to do my work with that. In doing my work with that, and especially after she passed, which I feel like is when everything just started coming in even hotter and heavier, and she was able to show up

for me and guide me in a way that she couldn't when she was in a body. I started to really unravel and realize, "Okay. This is such—this is the true pandemic. This just kind of universal mother wound." And I don't care if you had—it's not just the childhood who our mother was. It is this universal, for so many generations, this forcible removal of anything spirally. Anything matriarchal. Anything that is not fixed and ridged and extroverted and going and doing and producing has been completely removed and shamed out of us, scared out of us, beaten out of us, killed out of us, whatever.

And so it's like our human mothers, us today, going however many generations back—it's like they never stood a chance at being—and I'm not saying they were. If they were, more power to them. That's amazing. But never stood a chance at really being fully healthy, integrated beings because it's this very innate part of us of existence of our lived experiences on this planet have been just completely—just by any means necessarily eradicated.

MARYN: Right.

DEVON: And yeah. So I don't know—that kind of begins to answer your question. I'll pass the talking stick back to you.

MARYN: Right. It's not even the question. It's more just the experience you're sharing to communicate what this is. So the mother, as an archetype, not being respected, and that's—I think that's still true. Mother Earth not being respected. That role, that matriarchal role as you're saying. So we have that side. And then the more human side of women, mostly embodying this role of mother, not in their full power for all the reasons, right?

DEVON: Yeah.

MARYN: And then producing people and passing on that. So we'll find our way putting all of these pieces together. I think something that might be helpful, if you want, is just sharing your experience in whatever way. But what kind of things like come up for us? And then I'm happy to share too. Around our mothers that are kind of damaging that create this wound. What does that look like? What does that feel like?

DEVON: Yeah. So I know for my experience she was an alcoholic and a drug addict. And the older I've gotten and kind of looked back I can see—because I'm incredibly introverted, a highly sensitive person, intuitive, would rather be reading under a tree and writing. I'm very much towards—in that healer role. And I see all of those things about her as well and even in my grandma. And so none of those things, even today, are really celebrated or preferred. And so I think that, in her case, it was a matter of self-soothing and numbing and then that shame associated with the truth of who she

really was and not knowing how to be in the world and certainly not knowing how to raise another little being. And so she's resenting these qualities in herself and then not wanting to—being so afraid that they were going to be passed down and onto another and not knowing how to prepare me to be in the world because she never knew how to be in the world herself.

MARYN: Right.

DEVON: So that, to me, in a very simplistic, see, spot, run way, is the mother wound. It's these resentments and these pieces of ourselves that we're ashamed of on an individual and on a macro level. Anything that is in that spiraly category. And then we don't know how to deal with it. And so we have a variety of coping mechanisms, right? We can see these things in our mother. My mother was great at the psychological and emotional manipulation and abuse and the martyr role. And it's like we can see all these different traits and qualities. And when we can really just see where they are coming from, it's like underneath it all is this just hurting human that felt like they never really got a chance to fully be supported and seen in a world that doesn't want to fully support and see them and then is so excited to have this little being to raise, is so afraid that they are going to have the same experience, doesn't know how to be themselves, and then doesn't know how to show up fully, and see this little being because they never had that, again, individually or on a macro level. So it kind of is like this cycle.

And so with her, to answer your question more fully, it was like every day was an adventure. It was like what mom am I going to get today because I feel like she tried so hard and would kind of take a step forward and then take five steps back. So it was this very unpredictable and unsettle, ungrounded environment. And so then as I got older, I inevitably, of course, needed my own numbing mechanisms and kind of stayed in the family tradition and loved me some alcohol to help me deal with my own introversion, high sensitivity, to kind of subdue the world and my experiences in it. Again, not knowing how to see myself, not knowing how to be myself, not knowing how to appreciate because it wasn't done at home.

MARYN: Yeah. Wasn't modeled for you.

DEVON: And it's certainly not being done in the world at large. And so the cycle was just kind of there to continue.

MARYN: Yeah. Thanks for sharing that.

DEVON: Yeah.

MARYN: It's universal though, right? That's, I'm sure, what you've seen in your work. And to bring it back to birth a little bit, just because that's the listeners of this podcast often, it's just so front and center with pregnant women especially those having their first baby. That they're super struggling sometimes totally unconsciously with this. They are really unsure how to walk into the role of mother when they sort of have no idea what that really is. Because I feel like what you're talking about just takes on a different look maybe, right? With all of us. Although I feel like my story is even similar to yours. But yeah. Just an ancestral line of women that weren't living in their power for who knows how long. In all of the ways. In ordinary ways and then in these more special ways of the powers that they had.

DEVON: Yeah.

MARYN: Yeah.

DEVON: For so many generations, like you said.

MARYN: So many.

DEVON: So many.

MARYN: Right. So many. And it's like we know, in theory, about witch hunts. I think many of us feel that deeply. But that's just one popular way of looking at how women's powers weren't accepted. But just on a daily basis, the way women kind of shrink into themselves and all the things you're saying. I'm just blabbing.

DEVON: Well, no. That's—thank you. That's—because you're so right. And the witch hunts are a beautiful examples. And that's, like you said—it's a very overt example.

MARYN: Right.

DEVON: And yet, there are so many more subtle ways that I feel are even more damaging because it's like all the drops in the bucket. It just takes one more drop, and then the thing is overflowing. It's all the ways we have belittled anything that is spiraly, right? So we, today, do—and who knows how long. But I feel like it's just getting more and more as time progresses. We do anything and everything to resist aging and the fact that our bodies are going to change and, ultimately, die, right? That's a very spiraly thing. The cycles of birth, death, life. And so just doing anything we can to get rid of that. The ways we've belittled women's intuition and our innate connection with the earth. Our bodies, our miniature earths. We literally cycle through all of the seasons in a daily basis through our menstrual cycle, through our life cycle. We are so connected and, yet, have been so programmed that either that's wrong. It's the devil's work. I get

so many clients that come from religious backgrounds with so much trauma in that regard and are just like, “I want to believe in the things you’re saying. I want to work with plant spirits, and I want to live more seasonally,” but it’s overcoming that programming that it’s the devil’s work. And I’m sorry. I’m going to take it here real quick. But whoever came in and really took over and spread Christianity throughout Europe was an evil genius. The ways that we combined all of the old ways, the more quote pagan traditions, with these Christian ways to get them really in was effing brilliant, right? And it just really just took that stronghold and hasn’t let go.

MARYN: Right.

DEVON: Because baby Jesus has nothing to do with baby bunnies multiplying at Easter. That’s not what it was about.

MARYN: Right. Totally.

DEVON: So we came in and took spring and all of the beautiful traditions therein and covered it. So all of these things have been here in plain sight, and then they’ve been shamed out of us. And I think women, especially—because we are so intuitive, and we are so connected with the earth and with the subtle realms and the cosmos and all of it—have known that something is wrong and something doesn’t feel right for so many generations. And then that resentment and lack of self-trust and lack of standing in your power for—because you’ve been gas lighted or you’re just terrified to do so. It comes out. It needs to come out in some way.

MARYN: Right.

DEVON: And I firmly believe that’s why eating disorders, for example, are—and disordered eating with a certain disorder are so rampant. Totally connected to earth nourishment, mother, root chakra. Why depression and mental illnesses are—one of the latest statistics I saw was—tend to be higher in women. Just all of these—they’re not coincidences.

MARYN: Right. Yeah. They’re definitely not. And as far as physical health for sure, I mean I agree on all levels of health. There are so many manifestations of this. But that’s my feeling too is that so much of what women deal with—you named a few. But I think of other things like—well, there’s so many. Like thyroid stuff and—I don’t know. Pelvic floor stuff. There are so many—it’s not that there aren’t physical ways to help these things or treat them as people know. But at the deepest level, the deepest core level, getting in touch with the emotions around those things and finding—I know, for me, it was like finding the places in myself where I had given away the parts. Particularly to my mother. Finding that places where I was like, “Oh, I gave you that too

because you are my mother. Because you are my mother.” We put them on pedestals, I think, in a way that isn’t totally healthy. Yes. They brought us here. But they are just humans too and giving power away in whatever form can really mess us up.

DEVON: Yeah. And I think it also puts undue pressure on them. And yeah. You’re totally right. I know, for me, and I think for a lot of us—when we’re young, it’s like our mother is our—still our connection to source. And so we—

MARYN: It’s our everything.

DEVON: Right. We expect so much from them. It’s like they are just the embodiment of the goddess. And it’s just not true. And I love—going back to the physical things. You’re speaking my language. That’s one of my specialties and my most favorite thing is getting into the subtle psychoemotional roots of physical ailments. And yes, to thyroid. That is—I mean, my goodness. So many women. I wish I had a statistic on that. It’s ridiculous.

MARYN: Totally.

DEVON: So many. And yes. There are physical lifestyle toxins and all of these things. And how come you could maybe have two people in the same place in the same environment doing the same things and one is more susceptible? And I firmly believe it’s because of whatever is in their system ancestrally. For example, I know in my line there is so much trauma and so much stress. And so the cells of the people that made me were already pretty depleted. And then I came out of her egg. And so my system is already more susceptible to those things plus whatever I have inherited behaviorally and whatever I have personally been through to then adopt as coping mechanisms. And I think that we go for a lot of the things that our own mothers or caretakers did too. So those traits that we might really dislike about them, that really rub us the wrong way, maybe just pause and check. What do you tend to do when you’re going into that place of anger or whatever? Do you have some of the same things? Are you making a similar face? Does your voice tone even go the same?

MARYN: Oh my gosh. Yes.

DEVON: Because to your point, again, we want to please them. We feel like their—being that perfect daughter, there is some type of honor in maintaining the familial status quo even if it’s completely dysfunctional and unhealthy because we want to please and belong and do the right thing in our eyes.

MARYN: Yeah. Well, and it’s so familiar. It’s what we grow up with. So again, I think it just speaks to how so much of our—not just our behavior but our feelings and how that

manifests is really unconscious unless we really want to look at them. So that's where I feel like this conversation is probably going to be helpful just to be aware. Just to be aware. You're not alone. It seems every woman kind of has something with their mother in one way or another and really starting to pay attention, like you said, to yourself. Is that really me? Is that thought really mine? And I know, for me, it's whenever I hear that voice—I call it the voice. I hate to pin it on my mom. But it kind of comes from that, and I have to just, “Oh yeah. There it is again. That's not me. That's not what I believe. Thank you.” Otherwise, your life is just being run by sort of the way you were brought up and the things you were taught and, like you said, dysfunction.

DEVON: Yeah. Which like we've said, are these outdated coping mechanisms that could have been here for so many generations that maybe did serve a purpose and now, like a game of Telephone where you pass the little secret along, and then by the end of the line, it's something totally different. I feel like that's kind of the same thing here. It's completely disempowered for so long, and I just had a thought. And it jumped out of my head. I was going to bring it back to birth. But this trusting—and we talked about it a lot when you were—came on to my podcast. Trusting the cycles of the body and trusting that the body knows what to do, I feel like is part of this mother wound in the broader, more—and maybe I should call it the spiral wound because it's so much more than just mother.

MARYN: Sure.

DEVON: But not trusting our own bodies and not trusting that we know what to do but that we need this outside force. And, again, this—these evil geniuses that I call them that spread all of the ways that we all kind of cling to today—and I'm not bagging on Christianity. Please don't get me wrong. But just the belittling of women at the expense of empowering others, namely men in power, is ridiculous and is the core of all of this that's here. And so bringing it back to what I was just saying, because now I'm losing myself, I get so excited about this.

MARYN: No. It's great.

DEVON: But that the trusting of the body and that the body knows what to do, I completely lost my train of thought.

MARYN: Well, that could go so many ways. So I don't know what you were thinking. But for a lot of us, birth talk and working with women's health like you do, that's the root of it too is just we are so disconnected from feeling. We're just so disconnected from feeling at all. So how do we maintain our center and our health when we're cut off? Because when we're cut off from feeling, we're cut off from source. We're cut off from

earth energy, right? So it's like just throw it into the mix of ways that we have lost touch really.

DEVON: Yeah. That intuition.

MARYN: Yeah. What's going on with my body? I don't know. I think I'll ask other people what they think. Or what's going on with the baby in my body? I think I'll ask other people what they think. And, again, this goes back so many generations. Women, I think, used to be—I mean, in my mind, the main healers, right? That's kind of the story we were told. So this mother wound you could also see it as that. Just a disconnect from our ability as healers. And I think many people, like people like us, and many, many women out there coming back into touch with how to do that for themselves, how to take that responsibility, how to take that power back. And by doing that, I think it's less about your mother, right? It's more about you and you being in your body and in your full power.

DEVON: That's so beautiful. And I've come to just really see and realize and love my mother for who she was and all of the pain that she must have been in to be in a place to continually choose pills and booze over being present with her children, for example, or her own health. But just this multigenerational gas lighting and really being made to believe that we are so wrong and flawed on some level that we can't be trusted, that we have to be manipulated and controlled. Women's bodies must be covered and manipulated and controlled, and it's our fault. And we have to keep them young and keep them the same. It mirrors exactly what we do and how we treat the earth with forcing her to produce and not growing crops in a correct way and in a complementary way or honoring the soil health, for example. Or continuing to drill into her in all these new and creative ways, fracking, to get oil. It's all the same. Just this need to control and manipulate because it's just this unruly, unpredictable thing. And it's spiral essence, and we need things to be rigid and—we need to be able to fit them into something and really understand them. And so yeah. I really have come to respect the women before me. And when I took her off of that pedestal, I really was able to see her and all of them before me and connect in with them and just, as all sisters in a circle, and kind of—I don't want to say victims of. But I can't think of a better word right now. Kind of victims of a really brilliant manipulative system that scared and killed and beat the connection with ourselves and with each other and with the earth out of us. And that's—yeah. That spiral mother wound.

MARYN: Yeah. That's the essence of it. Yeah. Not being good enough is something that always—that's how I feel like I've phrased it my whole life and something that comes out in most women that I work with too is just however that looks for you.

However that feels for you. Just the sense of never quite being good enough for yourself even although ask yourself the question too. For who? Good enough for who? That's something that's been perpetuated just for so many generations. Women aren't good enough for any of it. So do we really believe that? And how are we internalizing that? I think that's the key to figuring some of it out. But I was hoping—not to put you on the spot. But I have a feeling you have a couple of stories or—I don't know. Kind of like case study type things, I'm thinking, where—I don't know. Uncovering this more deeply with someone helped them in some way. I think stories are so powerful.

DEVON: Yeah. I think a theme that just popped into my head is that pedestal thing and how healing that can be. And I can just use my own story.

MARYN: Yeah.

DEVON: Back to the physical health thing, so I quit drinking about eight years ago. And when I did, that—for that first year after was such a trip. Just physically, emotionally, mentally, spiritually because it was the first time in my life since I was 11 that I had been sober for extended periods of time and in a place where I was ready and equipped to handle and deal with the things that had been driving me to drink. And so, luckily, I'm not sure how. Knock on wood. But during my party years, I was always still responsible. I was very high functioning. And my health was always still fine. But in that first year after drinking, I lost—I set some boundaries with my mother. That was a big thing because being sober and really engaging with her—I was like I cannot do this. This woman is crazy and not conducive to any type of healing for me whatsoever. And that was one of the hardest things I have ever done in my life to this day. And there's plenty of other hard stuff I could talk about.

MARYN: Right.

DEVON: But definitely, big guilt, the stress—I just—it was so hard. And so shortly after that—no surprise now. But at the time, I was like, “What the hell is going on?” No surprise after that, I think I had one more cycle, and then it stopped. And up to that point, I was like a clock. I had periods every month. No problem. Whatever. I didn't have a period for three years. And it wasn't—like I said, my health was pretty good. Otherwise, I didn't have any of the—because when we see amenorrhea, it's usually one of two causes. It's PCOS, so it's some type of disorder of excess. Excess weight, excess whatever, androgens. Or it's an issue of depletion like in the case of people with anorexia.

MARYN: Right.

DEVON: Or extreme stress or athletes or whatever. I didn't fit into any of those categories. And no one could figure it out. And they're like, "Oh, you should go on the pill." And I'm like, "That's not—that's not going to fix anything. I'm going to be having a fake period. I want to know why my body is failing me." And so I went on this being very—what's the way to phrase it? Being all of the things that I disdained about the way that we treat women's bodies and women in general. Doing it to myself. Why is my body failing me? She has this one job. She needs to have a period. I want to be healthy. I don't want something to be wrong with me and have to go seek more support from western medicine because I'm a little not really into that anyway. And I was just so mean to her. And still was not engaging with my mom. And then meanwhile doing tons of healing work and emotional and all of the stuff. So fast forward, I had this—I was on a plant spirit journey with passionflower. Yeah. And I just had this amazing healing epiphany wash over me, and it was everything. I've never felt anything quite this visceral before. But it was like I could just feel myself letting go on such a deep level. And I realized letting go is not capturing it. I wish you could just—whatever is listening could feel me. Maybe you can.

MARYN: Totally.

DEVON: But this deep, on a subtle level. It's like everything just let go. And this voice inside my head was like, "You forgive her. And you love her. And she did the best that she could. And you cannot imagine the pain that she must have been in for her to choose alcohol and pills over you. And that's all you need to know." And so I finished the journey, and I just sat there. And I was like, "Holy crap." And then the voice continued and was like, "And you're going to call her and tell her that." I was like, "Okay. I guess I will." And we had talked a little bit in those three years. It was much more cordial, and I realized I could set boundaries and stay in charge and not have to listen to her berate me or any of the other things that she used to do at my expense. I could hang up. I could tell her no. It was like what a novel concept. I do have power.

MARYN: Right.

DEVON: So we had maintained some contact. And then I was like, "All right. I'll just call her." And mind you, like I said, I never knew what mom I was going to get. If it was going to be—if she was going to be drunk or anything. And so, luckily, that time I called her, she was completely sober. And we had that conversation. It was the first time, really, that we had addressed her usage and her addiction. It had been this kind of thing that was swept under the rug and never really talked about. So it was the first time that I was able to directly communicate that to her. And I said what the voice told me. That I can't imagine how much pain you were in. I've been so angry at you for

choosing your addiction over me, and I realized that I—that's not what this is about. I have compassion for you, and I forgive you. And I can't imagine the pain you are in. And she stopped. For the longest time, it was silent. And I thought she hung up on me. And then she—I just heard tears. And she said, "You had no idea." And I could feel that same release in me, this deep, cellular thing, sensation that I had experienced also wash over her. And then two weeks later, I had the best gob of cervical mucus ovulation fluid and have been regular ever since.

MARYN: Whoa. Whoa. That's so powerful. Wow. Gosh. That's so powerful. I mean we know this, I think. We know these kind of things deeply but to hear such a story. Wow. What your body was holding on to, all of the ways that you worked through that to even get to that point of talking with her. To have it have that effect on your body. That's amazing.

DEVON: Yeah. It was pretty wild. I still love that story. It's been many, many years ago. And that was definitely one of my earliest experiences with the power of power and remembering it and letting go of the pedestal, letting go of how I wished things would have been, or not seeing that this example of my life and her is actually just this tiny little bit of a much bigger, broader issue. So I was able to pull my head out of my ass and see the bigger picture. And also forgive her and give her that gift. And she actually passed about six months later. So I'm also incredibly grateful that I got to have that clearing with her before she left.

MARYN: Yeah. For sure. Wow. Wow. Wow. Wow. I don't really have any other words. It's just—yeah. That's incredible. And I'm imagining just—like you said, I'm imagining the healing that reverberates out and before us, right? Just what is time kind of thing. The healing that that provided for your ancestry on both sides. Like you said, her having that release. I mean imagine how much she was holding her whole life. And to have you bring that—yeah. That's amazing.

DEVON: Yeah. And just how much we're all holding.

MARYN: Right.

DEVON: It's on such a spectrum. Yes. Because some of us had beautiful childhoods and we have great relationships with our earth mothers. And then down to whatever the opposite side of that looks like. So there's a huge spectrum. But I just—I know that we're all holding it, and it doesn't just impact—that was another reason that I really loved this spiral and triangle versus masculine and feminine is because I believe that this wound impacts all of us regardless of gender identification or physical anatomy. It impacts all of us. It's not just this simple little thing. It's huge.

MARYN: Yeah. I agree with that. Wow. So there's the physical healing. I mean your story is such an amazing representation of that. What are some other—I don't know—examples or stories when we talk about healing? And I guess I'll just add in that because the stories are so different, because this is such a unique individual experience to find your power, that's really what we're talking about. That's why it's hard, in a sense. The other world, the medical world, wants to provide, like you say, a solid solution or a pill or a thing. But when you're really on the path to healing yourself, it's just wide open. There's no map. So just—I don't know. Other ideas you'd want to share? I know you work with flowers. Just—I don't know. Other things that might spark something in someone listening to be like, "Oh, maybe that's something I could work with or uncover."

DEVON: Yeah. No. That's a really beautiful question because I feel like, perhaps, part of that story could have just sounded like, "Oh, I just woke up and everything was roses and healed and wonderful," because you're so right. There's no map. And there's no—I'm laughing to myself.

MARYN: Well, and communicating it.

DEVON: I know.

MARYN: Right. Communicating it. I know that the depth of that experience for you—if it were me, you can't really find the words.

DEVON: Right.

MARYN: And you had minutes and days and months. There isn't a great way to communicate that. So we're kind of reduced to talking about it in these ways that people can explore for themselves. I mean that's what I'm thinking because it's just so personal.

DEVON: Yeah. Totally. It is so personal. And I think that's a beautiful place to start, if I were giving Devon's loving suggestions list. Is this is your journey, and it's so personal. And following what feels really good. And if you're like, "Dude, I don't know what feels good anymore. I don't know if I've ever known what feels good because it's been forbidden to trust myself," then just being open—making a choice and being open to the fact that you can feel, and you do know what feels good. And it may not come today. It may not come tomorrow. It may not come next month. But if that intention is there and you're open to it, it will rekindle. It will reconnect. So for me, it was—because yeah. I was completely overwhelmed. I was like, "What the hell do I do? I don't know. I've always been,"—and this is something else too. What have you always been maybe a little interested in or predisposed to being interested in and loving? Because ever since

I was little, I've been the witchiest of the witchy and knew that I loved the natural world. And even at the height of my boozing it up, I was still taking—let's take some milk thistle before we go wreck our livers tonight. Let's make sure we take a B complex because alcohol depletes the body of B vitamins.

MARYN: That's hilarious.

DEVON: So I always knew that that was me, and that's where what I was inclined towards. All the other stuff was just trauma and behavior coping mechanisms out of that that were clouding over who I really was. So that might be another place to look at. To help kind of steer you towards a next healing step. Is it the more kind of natural world? Do you love the idea of talk therapy and that route? There's so many options. So just really feeling into—and it's helpful to go back to those childhood times because we're a little bit more open to our natural essence, our innate essence, because life hasn't covered us up. And we haven't received as much as gas lighting and shaming and fear as we have by the time we're 20, 30, 40 plus. But yeah. So I love—I think there's a place for everything. Getting into my body was amazing. So embodiment, somatics, expressive arts therapy is amazing. Anything that allows you to access your emotions because emotions—I could go on for an hour about that. Emotions are such gold. They are keys. They're your compass.

MARYN: I agree.

DEVON: And, again, we've been shamed out of feeling and then told that we're too much or that anger is wrong. And let's be high vibes and happy all the time which is such BS because you're not—you can be all the vibes. You can be low. You can be whatever you want to be at any given time. And we don't need to stay there, right? We can harvest the wisdom that is in our emotion and trust it and know that it's going to pass like an ocean wave, and something else will come up. But just being able to reaccess that and trust it and know that there's something there. If you're repeatedly feeling irritated or angry, if that's something that you tend to feel a lot, what's there?

MARYN: Right.

DEVON: Look underneath it.

MARYN: Where is that hidden?

DEVON: Yeah. If you're feeling kind of more lethargic or tend towards depressive feelings, what's under there? How can you be with that? That's why I like resources getting into your body, and expressive arts therapy can be fantastic because it can kind of separate you from the emotion. So you're treating it like this separate other thing.

And that can make it feel a little more manageable. Taking it out of you as like a part of you and then giving it a face and a name and a voice, then it doesn't feel as big and scary. And yeah. Flower essences. I love flower essences. Plant spirit medicine. Yeah. Life changing. Such allies. So like herbs, real quick, if anyone doesn't know what they are. Much like herbs work—I mean they work on all levels of our being but primarily for—we take them for the physical body.

MARYN: Right.

DEVON: Flower essences can be thought of like herbs for the—what herbs are to the physical body, they are for the more subtle, emotional, mental body. And so they are made from living plants. They don't contain any actual plant material in them. You take a water and usually apple cider vinegar or brandy mixture, and the code of the plant is stored in there and then goes into you and works on your systems. And every single plant, just like *Pocahontas* taught us in the Disney movie when we were younger, has a life and a spirit and a name and some type of medicine to share with us. And there is literally something for everyone at any given time, any human condition or emotion ever. And they have been really instrumental on my journey. I mean I work with them every day. I have them over here next to me.

MARYN: I love that. Yeah. I can give a personal testimony. Well, first, I love flower essences in general too. I don't make them. I don't work with them probably in the depth that you do. But they've always resonated with me for the same reasons. So my dogs have gotten them. My kids have gotten them. I love that they're just—they just kind of like work for you, right? In whatever realm that is. So I think I have a couple of yours and Wine Cup is the one that I feel I was most drawn to when I came across your work and your products and—yeah. Take that just sort of whenever the last couple of months. But I really think that's been a huge piece of my journey lately and just feeling really powerful and coming into lots of new, cool things. It sits on my shelf just there in the bathroom. And whenever I glance at it, I'm like, "Oh yeah. That's today. It's time." So thank you for pouring your love and heart and soul into those. They're really fantastic. And I'll include a link to your stuff for sure.

DEVON: Thank you. I love that she's been so helpful. I think you also had pine, didn't you?

MARYN: Yeah. I did have pine. And I mean I did work with that one a little bit too, and I'll also link to you have a course called *Yoni Exploration*. That's the correct name, right?

DEVON: Oh, the *Yoni Exploratory*.

MARYN: *Yoni Exploratory*. It's a fabulous course, and I've talked about it so many places. Like on YouTube videos and here and there. So I'll make sure to put a link, but yeah. I had ordered that flower essence just when I was going through your course. And that's a whole other topic. We should talk about that some other day. But yeah. Just I love you. I love your work. I love your experiences that you share and the heart and soul that you bring to this. I feel like we're kindred sisters. Kindred souls. So thanks for chatting about all this today. I hope it came out in the way that feels good for you. I thought it went great. I thought it was great.

DEVON: Oh, you're going to make me tear up. Thank you. I love our connection, and I love everything that you're doing in the world. And this mutual passion and love of truth just popped into my head. And really reconnecting to this spiral energy that has been so shunned and reempowering and helping others to remember. So thank you. And yes. Today has felt so good. I trust that what needed to be said was said and what needed to be heard was heard. And I trust also that it's been supportive to at least one person can now be totally inspired to reclaim themselves. And if it's taking their earth mother off of the pedestal and having us all just be in this collection sisterhood and reempowering ourselves and then seeing that whatever we're experiencing is just a micro of the macro. And to really lovingly tackle the bigger issues by first looking at ourselves.

MARYN: That's a beautiful quote. Lovingly tackle by first looking at ourselves. Thank you so much. This was so great. And if you'd love to hear more from Devon, follow the links that will be with this podcast. I think we'll do many more things together. Definitely through the Indie Birth Midwifery School and I know with my Witchery class coming up. I want Devon to contribute. And maybe we'll do more in the future around that. I think there's lots in store for sharing your wisdom. So thank you again, beloved sister. Thanks, everybody, for listening. You can always get me at maryn@indiebirth.org with any questions or feedback. And check out the Indie Birth Midwifery School, indiebirthmidwiferyschool.org. We're enrolling all the time. All right, everybody. Have a beautiful week. Thanks for listening.

(closing music)