

# We all have our story. This is a little about mine



A few years ago my life worked like clockwork, on a clock that I felt like I hadn't chosen myself (it was like I turned around and boom - I'm on this clock) and actually when I took a moment and looked at the clock in the cold light of day, I realised I hated it and wondered how I'd gotten here.

As a little girl, my vision of being a happy grown woman was of being married to a farmer, with at least a couple of children, lots of colour, creativity, variety and outdoorsy moments in my life.

What I realised, in my 30's suddenly, was that what I was actually living was the exact opposite. I'd married an Engineer (He's a beautiful being by the way), had no children (not for the lack of trying), I worked a corporate middle management office job in large global engineering type company, I'd given up some of my favourite activities (like the love of my life - horse riding) out of fear and loss, I was suffering with chronic pain, and I consumed a good amount of wine on a nightly basis to escape the reality of my emotional and physical feelings.

The question I had to ask myself at this point was - why did I actively (yet unconsciously) manifest a life that was full of physical pain and the opposite of my 'vision of happiness'? And that is why I started Breathwork, my own journey of the swan, to delve in to the mysteries and stories of my breath and body, and start inviting in a new reality on the inside that would shine through to the outside.

## **One of the biggest parts of my healing journey has been around the childlessness....**

Having a family, children of my own, was what I always wanted for my life. "At least a couple of kids" is what I always said. I felt like my purpose was to 'be a Mum'.

I never imagined that it wouldn't happen, but cutting a very long and painful story short - after what can only be described as years of "much trying and interventions" and the heart break of miscarriages, here I am now 40 odd years old and there is - me, my gorgeous husband and our 2 little dogs.

During the last 10 years, the stress and upset of our journey and the resultant childlessness gradually built and manifested themselves as physical ailments, chronic pain in my body (my jaw even dislocated itself randomly at one point, out of the blue!), times of emotionally / mentally significant low points and self sabotage. It felt like a dark time that would never end.

In 2020 I found Breathwork (a body-based therapy), which has turned my life around physically, mentally and emotionally and has been the key enabler to process my devastation, the trauma, upset, resentment, confusion (and the rest...) and come to a point where I can start to feel in to levels of acceptance and find feelings of value and positivity about my future.

For me, Breathwork has brought life back in to my body and I have found a place in community. It's had such a profound impact on me in fact that I chose to undertake a 3 year intensive training programme with the First-Breath organisation and I am now blessed to support others on their healing journey too.

# Rachel's journey

Everything is connected....




**Who I was 4 years ago - 2019**

- Addict, endurance and victim
- Anxious & Depressed
- Chronic pain & Fatigue
- Control freak
- Perfectionist
- Numb
- Insomniac
- Isolation / disconnect



**Who I am now - 2023**

- Empowered & enjoying life
- Improved self love, acceptance & care
- Significantly reduced pain messages
- More free, flowing, connected, safety
- Authentic
- In touch with my feelings
- Purposeful and present in my life
- Improved relationships & closeness



## How I was 'managing', until the breakdown:

- Not facing/sharing what was going on. Instead, numbing out with alcohol and trying to pretend none of it happened
- A lot of pain killers
- Throwing myself in to work
- Counselling
- Trying to fast forward to 'moving on' / be 'fine'

## What I actually needed (and found in Breathwork):

- To breathe!
- To not isolate myself from love & support

### A compassionate professional who could:

- meet me exactly where I was at and hold space for me to safely get back in touch with my body and feelings (the good, bad, ugly and down right 'crazy') without judgement
- Give me the tools to get conscious on the key patterns keeping me stuck- Birth imprints, health story, archetypes, masculine/feminine wounds
- Guide me to release the past, take responsibility for my life and start to step in to a new future.