

Find Your Feminine Fire Podcast

Episode 332 Transcript

Your Ego Isn't the Enemy: How to Dance With Your Inner Parts (and Still Have a Sexy Marriage) with Brittany Hopkins Switlick

Amanda Testa [00:00:00]:

Welcome to the Find Your Feminine Fire podcast. I'm your host, renowned sex and relationship coach, Amanda Testa. And if you are looking to reclaim your sexual desire, take sex from a to do to something you look forward to, and enjoy deeply connected relationships without adding more to your already full plate, then you are in the right place. Listen in to discover how to fan the flames of your feminine fire, fall in love with your sensual self again, and experience intimacy like never before, all in a way that feels really good to your system. Make yourself comfortable and enjoy the episode. Hello, and welcome to the podcast today. Do you ever feel everything's going well, everything's all together until there's some curve ball coming out of nowhere to knock you down. And then there's a part of you that comes online and maybe it's when you get cut off in traffic.

Amanda Testa [00:01:00]:

Maybe it's when you're really triggered by your kid. And before you know it, you've said or done something that you regret.

Brittany Hopkins Switlick [00:01:06]:

I know I've been there.

Amanda Testa [00:01:08]:

Today. I'm very excited because on the podcast, I have my friend, Brittany Hopkins Switlick, and she wrote a new book called dancing with ourselves. It's a roadmap to self awareness and intentional living. And. If you are listening to this podcast, I know that you are looking for ways to grow, reconnect to your feminine fire. And what I love about Britney, she's a dear friend, but she's also a seasoned yoga teacher. She's a training facilitator. She's a personal development coach and author, a speaker, and she has a lot of things that she weaves together in her brilliance here around working with the parts of us that we might not love the most, or that might want to take the wheel when we don't want them to.

Amanda Testa [00:01:48]:

Welcome, Brittany. I'm so glad that you're here today.

Brittany Hopkins Switlick [00:01:51]:

Yay. Thank you so much for having me. That was fun to listen to.

Amanda Testa [00:01:57]:

I'd love if you would share a little bit about your background, because you've had such a unique and varied life experiences that you bring to what you do, being professional dancer and living on a straw bale house, all the things. So if you would just share a little bit about what led you to this moment, you can give the CliffsNotes for you. I know that's a lot, but just show me a little bit about your background.

Brittany Hopkins Switlick [00:02:16]:

It is a lot. Yeah. Born and raised in small town, Texas in a super conservative, two very different households, actually one very conservative household. And then one that was like, yeah, bring all the kids over. All my friends wanted to go to that house because it was a little more free for all. I went to college outside of St. Louis and I moved to Chicago after college to dance professionally with several different dance companies. And then there, I met a guy and moved to Utah, ended up being in Utah for eight years, working at a college prep boarding school.

Brittany Hopkins Switlick [00:02:53]:

And that's where I was teaching. I was hired to teach dance, but that's where I found yoga. And I started just taking yoga with the high school kids. And then the next year they needed a yoga teacher. I wasn't certified at the time, but I was good at playing Simon Says and looking at bodies and seeing what was needed and what was possible. Yeah. And I was in Utah for eight years and that's where I learned that I could create anything that I wanted to, because I was given such free range with the dance program and with the yoga program. After eight years, I moved to China and it was right before moving to China that I did my very first yoga teacher training.

Brittany Hopkins Switlick [00:03:33]:

And that's when my, I thought I just am going to get the certification just for the certificate. Like I already know. And then I went to training and my whole mind exploded with possibilities and all that I didn't know, but all that I could learn. And I spent a year in China teaching dance and yoga, and then moved back and moved to Denver. And that's when I started my yoga studio. And that's when we met. So crazy. That was like ten and a half years ago.

Brittany Hopkins Switlick [00:04:04]:

And through the starting of the yoga studio, I was like full on learning that yoga is so much more than just the shapes we make on the mat. It's a whole way of living and being in the world. And yeah, it's one thing to talk about it. It's a whole nother thing to actually live the practices and breathe the practices. And, yeah, pandemic happened when my son was, he had just turned two and thankfully for his arrival, that's when our marriage fell apart because I was just holding it all together, pretending to be who I thought I needed to be for the marriage. But for my son, it was like, oh, a lot of this is no longer acceptable. It's not who I wanna model for him as what a strong woman is. It's not what I wanna model for as what love is in a marriage.

Brittany Hopkins Switlick [00:04:58]:

And yeah, basically the pandemic wasn't the reason the marriage ended. It was the birth of my son. And then it was like, oh, for him, I'm willing to see all these things about myself. Yeah. And

after the pandemic, I was exhausted and I sold the yoga studio building and took the business online and met an amazing human that I'm now married to and have a second child with. And I have, I just think of you so much about passion and love and what that looks like in a relationship. And I'm so grateful to have that now in this marriage that I'm in now. And not to say that the part of myself that felt small and limited in the previous marriage doesn't still try to show up.

Brittany Hopkins Switlick [00:05:39]:

And here we are. And I now lead yoga teacher trainings, and I've written a book about the two different parts of myself that are encapsulate the yoga practices, but also overlap with so many other modern techniques.

Amanda Testa [00:05:52]:

That's beautiful. I think people can relate potentially out there for being in relationships where you weren't fully authentic, or maybe you might be in one and are like, what do I do? So I'm curious, even just on that note, after being feeling like you're not your true self, what advice would you give if you are someone out there who is sensing they're playing small in their relationship or not fully showing up as who they are, or it's just not in alignment? What were some of the things that you did to reconnect to yourself and step into a different version of how you wanted to embody for your kids and for yourself?

Brittany Hopkins Switlick [00:06:27]:

That just makes me wanna take a deep breath, imagining all of the women that I know are so much like I was and still am in a lot of ways, but it was just, it was being willing to be brutally honest with myself. And really what happened was, and I write about this in the beginning of the book, one of my best friends, Molly, she we were on the phone, and I was like, I just don't understand how I can be one version of myself in this marriage where I am so small and, like, afraid to rock the boat because it just didn't feel like there was space for me. Yet in the yoga world, like in my yoga studio and community, I was this big, bright shining light that nobody would have guessed that there was this other side of me that was showing up at home. And in this one conversation with Molly, it was like, it feels like there's two parts of me and or two versions of me. And she's what if you named that part of yourself? And I was like, what? She said, give that part of yourself a name, like Brandy. And I was like, Brandy. Or she said, I think she said Brandy with an eye. And I was like, with a heart over the eye, like we did a middle school and really knowing that and creating that space, that separation is like, oh yeah, Brandy is the one that's married to this man.

Brittany Hopkins Switlick [00:07:56]:

And Britney is the one that shows up to teach yoga and be with her friends and loves Taylor Swift. That was a big moment when Brandy wouldn't let me like Taylor Swift and tell him that I like Taylor Swift because that would be stupid. So step one was the turning point for me. It was naming that part of myself so that I could then blame things on that part of myself because then it was easier to address essentially. Yeah. Yeah. Relates a lot to internal family systems, parts work. Mhmm.

Brittany Hopkins Switlick [00:08:26]:

It just would be a little too complicated to name all the different parts. Yes. Just put all the parts into one, Brandy.

Amanda Testa [00:08:34]:

I love it. That is such a beautiful way to work with these different aspects of ourselves right now. A lot of people going through the midlife transition, or just even getting to a point in your life when you're like, okay, something's not in alignment anymore because many of us did develop these different ways of being in the world to be successful, to get to where we are. So a lot of times that might involve some people pleasing or some being inauthentic. And that's a lot of what many of us are taught. It's hard to realize that one day you're like, this is not who I really am. And and I know you write about this in the book, but talking about that, there's so many people that think they have it all together on the outside, but then they find these deeper wounds that want some attention and healing. What can they do?

Brittany Hopkins Switlick [00:09:16]:

I what's immediately coming to mind is around that time is when I actually committed to a meditation practice. I had a traumatic memory of child abuse show up around that time. And that was a, an amazing trigger. I'm so grateful that it showed up finally, that I finally felt safe enough to share that with myself. And that's where it's oh, I see how this is all coming together, but meditation was the key. It was the thirty minutes a day that I committed to holding space for little Britney that became Brandy. And I would it's so funny slash not funny to look back and I would sit down and as and I share about the technique in the book, but we start with this breathing technique. That's a pretty it's like a Kalabhati, like breath of fire mixed with Nadi Shodhana, the alternate nostril breathing that I learned from Molly who learned it from Anandamhota in India.

Brittany Hopkins Switlick [00:10:20]:

But I would sit down and start the breathing and immediately burst into tears. And rather than fighting it and being like, this isn't what I'm supposed to be doing right now. I'm supposed to be, like, Zen. But it's like, I I think I cried every day in meditation. It was like, that was my allotted time to feel for me and to move through the emotions for probably a month and a half. And I thought I was gonna cry forever. And then it would be days where no tears would happen and then tears would happen. And just eventually the tears stopped, but it was allowing the, it was meditation and holding space for me and allotting that time every day to be with me, like present me and holding space for little Britney who didn't have space held for her

Amanda Testa [00:11:09]:

for lots of different reasons. That's so sweet. It makes my little, it makes me want to just like, oh, give myself a little hug, little man. I'm going to be a little hug here and that. You know, what's interesting. I'm curious because this came to my mind too, after being a dancer, obviously you are you work a lot with your body and then doing yoga again, you're in these poses. There's a reason for it, but the difference of weaving together, not only like that deep connection with your body, but bringing in the meditation too. I'm curious what the difference was between just like

dancing and doing yoga and like how, because it is a different way of being with your body and just spending that time.

Amanda Testa [00:11:45]:

Meditating is a different part of it too, but just like being so aware of your body, but not necessarily letting yourself go all the way in. Tell me more about what led you into that deeper connection with yourself. Yeah. I

Brittany Hopkins Switlick [00:12:01]:

it's so interesting. I didn't realize how disassociated I was from my body and disconnected because I would get so mad when I didn't like guided body scan meditations. And I didn't realize until essentially the end of 2019, when that memory resurfaced that because teachers would say, feel your feet, feel your knees, feel your legs. And I couldn't, I didn't realize that I was mad because I couldn't feel them. But when I was dancing or when I was holding warrior two for sixty plus seconds, I couldn't help but feel my body. Like those were the times that I could feel my legs, that I could feel my pelvis, that I could feel my core. So I see that's how I was naturally drawn to those practices. And it's, oh, yeah, that makes sense.

Brittany Hopkins Switlick [00:12:54]:

And then the meditation, finding a different meditation technique that wasn't asking me to feel something physically that was asking me to, basically, it was a mantra meditation. So the I am mantra was the focal point rather than my body being the focal point. So it was like the physical practice landed me in my body physically. And then the meditation practice landed myself and my self mentally, emotionally.

Amanda Testa [00:13:26]:

It is true. We have to have and cultivate within ourselves a certain foundation of safe enough for certain things to come up and to be able to actually be with them and move through it and integrate and heal. And it sounds like that's a lot of what happened with your experience. And I would love to talk a little bit about this alter ego of Brandy and really how you can work with your ego that way. And I like how you call it like name it to tame it, but really when we invite these different aspects of ourselves into a persona, how you did that with ego. And tell me a little bit more about that, if you don't mind. Yeah.

Brittany Hopkins Switlick [00:14:01]:

So I didn't realize at the time, cause everybody's different and relates to themselves differently. Right. And there's those of us that are just so willing to be in shame. It's my fault. I did it wrong. And that's Brandy. Brandy, it sounds like your ego, like willing to just it's my fault. And then there's others that there's I don't have any ego.

Brittany Hopkins Switlick [00:14:25]:

You're the one that's wrong. Yeah. You should be ashamed of yourself. And I feel like those people's egos are sneakier. Like, they're gonna say that I don't have an ego. It's just me. This is

how I feel. And what I've come to recently, and it's out of talking about it with my husband, because he's got one of those egos that go one up.

Brittany Hopkins Switlick [00:14:48]:

My husband's name is Adam. His ego is Alex. Sometimes Brandy and Alex hang out, and it hits a shit show when that happens.

Amanda Testa [00:14:54]:

Oh, yes.

Brittany Hopkins Switlick [00:14:55]:

It's been so helpful to have these discussions with him because basically it's a nervous system response. That's what clues me in to when Brandy's running the show. You can sometimes see a nervous system response on somebody else as well, but it's, oh, when my chest gets tight, when I feel like throwing up that nauseous feeling in my stomach, or I clench my jaw, or I find myself clenching my fist. I see it in other people sometimes the fist just clench. That's a nervous system response that something there's a button that's being touched inside of us that Brandy's, oh, I know what to do. I know how to help here. We're just gonna start to try and control. We're gonna start to try and manipulate.

Brittany Hopkins Switlick [00:15:45]:

But from the sweetest, like nobody's gonna know it way. Or I ask my husband what it is for him. What are some I talk in the book about ego statements and Brandy, she'll say things like you don't understand. It's not necessarily out loud. Like something will come in and, will feel or hear, but you don't understand. And that's how I know Brandy is taking the lead in this moment. But for Adam, when Alex takes over, it's fuck you, fuck this. Those are clues when his ego is taken over.

Brittany Hopkins Switlick [00:16:19]:

And what I'm so present to, and this is the thing that so many people are like, how to fire the inner critic, how to get rid of this part of yourself. It's no, Brandy is not going anywhere. And actually I don't want her to because she helps me survive. She helps me know what I want. She helps me know what I desire. She helps me know what I don't want and what I don't like. It's just that I need to take her as a consultant without actually letting her run the show. So in a moment where I feel the tightening of my chest, whether it's driving a car or getting an email, or I had some issues with the publishing of the book last week that were basically somebody stole my PDF and put it on the internet somewhere and was offering it for free.

Brittany Hopkins Switlick [00:17:08]:

And so Amazon pulled my book down and said that I was not the original author and my whole body tightened up. And Brandy was like, go, go. We need to do, do, do figure this out. And it's like, yes, we like pause time out. Let's take a deep breath. The world is not actually ending because your book is currently not available on Amazon. Yes. We do need to figure out what's going on.

Brittany Hopkins Switlick [00:17:37]:

And thank you for reminding me how much I care about getting this message out into the world. Like I'm not the creator of any of these ideas. I'm just another version, another voice saying it and it matters and we don't have to do this in panic mode. Yeah. And I had to do that at least a hundred times last week. Pause. Take a deep breath. I see that you really care.

Brittany Hopkins Switlick [00:18:06]:

Thank you for reminding me how much I care. Let's be an action instead of reaction.

Amanda Testa [00:18:13]:

I think that's a powerful way to address that part when it comes up. And for those who are listening, who might not be as familiar, like how would you describe ego versus the higher self? Like the distinction between the two?

Brittany Hopkins Switlick [00:18:25]:

Yeah. The ego is reactive. My higher self is active. Things can be hard, but I can still be in action versus reaction. Basically, I can move and breathe with ease. That's how I know that Britney, my higher self person is having a conversation versus Brandy. Does that make sense?

Amanda Testa [00:18:52]:

It does make sense because I think when and you mentioned it is like a somatic experience. When you feel Brandy's online, there's a totally different feeling in your body. And then when you know your higher self is online, you feel more relaxed, more open. You can breathe. Yeah. That makes a lot of sense.

Brittany Hopkins Switlick [00:19:11]:

Yeah. And my higher self trusts that things are always working out.

Amanda Testa [00:19:17]:

Mhmm.

Brittany Hopkins Switlick [00:19:18]:

My higher self knows that there's room and space for everyone to be awesome. Brandy doesn't, she's, oh, we gotta get ours. And the feeling feels constrictive. If you're feels fearful, it feels not enough.

Amanda Testa [00:19:39]:

Yeah. And you spoke to this a bit, but I wonder if you would share a little bit more about when we are. Maybe even unconsciously and the ego is in charge and how that really harms our relationships.

Brittany Hopkins Switlick [00:19:51]:

Yeah. Brandy, she, oh gosh, bless Adam, bless Adam, because he loves me Brandy and all. And that's what I feel grateful that I have this tool because he just knows. He's okay. Can we pause a second? I would like to speak to Britney now because Brandy oh, man. I share it in the book, the dog story drop off the dog drop off story in the book. And it's just, she just is so unconsciously manipulative. Brandy is like constantly wanting to check Adam's devices and make sure that he's behaving himself when it's just snow.

Brittany Hopkins Switlick [00:20:30]:

She's so sneaky too, because she's hypervigilant and bless her because I published a book. I've owned a yoga studio. I lead yoga teacher trainings. I've done so many amazing things in collaboration with Brandy. So it's because of the hypervigilance, people feel loved and cared for by me. But at the same time, in the relationship, she just doesn't trust and she's sneaky and is manipulative. And that's where it's, if I said I was sneaky and manipulative and controlling, oh, no, I would, no way I would admit that. But there is this part of myself that's, this is how we got to do it to keep us safe.

Brittany Hopkins Switlick [00:21:06]:

And it's, I see that you wanna feel safe. I see that you wanna feel loved and I see that you wanna matter, but we can do that in a different way. And it's like looking back at childhood and I take us through exercises in the book on how to get clear on things that have come to be that we're less than thrilled about, but why they are why they are the way they are and it's it makes sense. And so I have to have pep talks with myself often. It's like I'm talking to a four year old. I see that you feel frustrated right now. It's okay to be frustrated. It's not okay to be mean.

Brittany Hopkins Switlick [00:21:40]:

I see that you feel mad right now. It's okay to be mad. It's not okay to be hurtful. So, yeah, Brandy. Bull Brandy. Bless her.

Amanda Testa [00:21:52]:

I love that, but it is so true when you look at it as a separate, then you're able to more okay. This is a part of myself. Wow. Brandy. My friend. You can just relate to it and also see patterns that are harmful. And that also when you're connected to the higher self, that's can remind you. All right.

Amanda Testa [00:22:11]:

Let's, that's not how we want to behave. Like that's just a behavior that we have a little pep talk with our sons about. And I love that way of doing it, of having that dialogue. And it's also great as a parenting tool as well. Right? Because you can speak to the part of your kid you want to see show up. I

Brittany Hopkins Switlick [00:22:30]:

love that. Yeah. I've named Isaac's ego, but I don't think I'm allowed to, but so then I can separate it too. Right.

Amanda Testa [00:22:39]:

They don't mean to necessarily be aware of it, but it's as a caregiver, you can be aware and that it can be helpful because then you realize, okay, this is a child who I love, and this is just a behavior pattern. And their ego is showing up in ways I'm not thrilled about right now. We will have these triggers that come up in relationship. Like you say, that's where we are invited to heal. And how can we transform these triggers into deeper connection?

Brittany Hopkins Switlick [00:23:03]:

Yeah. I would love to bring up the drama triangle and the empowerment dynamic here. Yeah. The in the book and I didn't create the drama triangle, the empowerment dynamic, Steven Cartman, David Emerald, Dana Zay, Donna Zaydrom, incredible humans. And I use these tools in my yoga teacher training because it's essentially a way to get present. So yoga means to yodoke, to unite, to get present, to land in this moment. And there's three roles in the drama triangle. Anytime Brandy's feeling like there's something she wants or something need needed that she's not getting, I'll hear her say things like I can't, this is too hard.

Brittany Hopkins Switlick [00:23:47]:

She's playing the victim role. And then other times she's like, I can fix it. I can help. I can help. She's playing the rescuer role or anytime she says you shouldn't have done that, whether that's to me or to someone else, you're bad. You did it wrong. She's playing the persecutor. And it's being able to hear those things, those ego statements that allows me to say, time out.

Brittany Hopkins Switlick [00:24:20]:

You just said one of those key words. This is too hard. I can help. But from the panic mode, like the I don't feel calm and like I can breathe in my nervous system. There's different there's a difference when I can breathe with ease and be like, yeah. How can I support you? That's Britney, my higher self showing up as a coach rather than a rescuer. I can feel mad. I can feel frustrated and still be a creator, the opposite of the victim.

Brittany Hopkins Switlick [00:24:50]:

It's because I allow myself to feel those feelings. And I know and trust, there's a sense of trust that this isn't gonna last forever. I'm gonna move through this hard thing. So opposite of victim is creator, opposite of rescuers coach, and the opposite of the persecutor, Brandy says you, you should, this is bad. This is wrong. Higher self. Britney says, I'm gonna get stronger from this. What can I learn from this? What is there that I'm not seeing right now that if I actually face it it's gonna launch me into a whole new possibility.

Brittany Hopkins Switlick [00:25:27]:

So from persecutor to challenger. And it's so easy to put other people in those roles. Oh, you're being a victim right now, and that's Brandy being a persecutor. Oh, they're just trying to save me. They're enabling me, putting them in the rescuer role, or don't persecute me right now. You're judging me right now. It's not as impactful when we put these roles on other people, but it's like seeing where I am, how I'm interacting with the world around me. Could be people, could be situations, could be, yeah, illness, could be.

Brittany Hopkins Switlick [00:26:08]:

And it's like life happens. Am I resisting it, or am I Yeah. Moving through? Am I paddling upstream or going downstream.

Amanda Testa [00:26:19]:

And what are some ways, if you want to be more aware of this, that you can invite that practice in? Because it is definitely a practice of learning to pause and stop yourself. So what are some some ways to do that?

Brittany Hopkins Switlick [00:26:32]:

I think first is to just notice, like I feel triggered right now and triggered. I've that word feels over used a lot these days. Sometimes I'll say activated. I feel activated right now. Like my nervous system feels activated and step one is to pause and notice it. And then I near the very beginning of the book, I talk about right now, I'm feeling physically fill in the blank Right now, mentally, I'm feeling blank. Emotionally, I'm feeling blank. It makes sense that I feel that way is the softening, the compassion.

Brittany Hopkins Switlick [00:27:14]:

Likely it makes sense. I feel that way because I have a two year old who has decided that nap times are done and I'm overwhelmed because I don't get the time that I needed to do basically my meditation practice. Or it makes sense that I feel that way because something that happened in my childhood, that is still a part of my programming today. And so it's like, I can authentically say it makes sense that you feel that way. So the pause, take a deep breath physically, I'm feeling mentally, I'm feeling emotionally, I'm feeling, it makes sense that I feel that way. And then put my attention on what I want rather than and so often the ego will be like, I don't want this to happen anymore. Sunday morning, I woke up and checked my listing on the book and I had 30 reviews, five star reviews disappear from the book. And it's like, Brandy showed up full force is the, that's the only word that I can put to it.

Brittany Hopkins Switlick [00:28:16]:

It is like the feeling and it's pause, take a deep breath. It makes sense that you would be worried. Physically, I'm feeling tense. Mentally, emotionally, I feel a flood of panic, like thoughts. I, what should I do? And it makes sense that I feel that way. And then I just had to reframe it. Right. I'm excited for the moment that the reviews reappear.

Amanda Testa [00:28:43]:

Yeah. Getting yourself to do that practice noticing and then talking that I love that phrase. It makes sense. You feel that way because that brings in that compassionate voice versus the one that wants to make you the victim or the yourself up or whatever it might be. Yeah. When the rescuers often chocolate for me.

Brittany Hopkins Switlick [00:29:07]:

So it's not necessarily I'm rescuing my I'm rescuing myself by giving myself something that isn't actually going to help. Yeah. Like chocolate or wine or just picking up my phone and starting to scroll. I noticed that that I'm just scrolling. It looks like instead of facing the feeling that I'm feeling, I'm just scrolling. And I do wanna add that sometimes it's this happens in a moment. And just like we work with our kids, if they're having a meltdown, we just, we don't stay in the same, like if we're in a public place or Doctor. Becky Goodensides, she talks about go to a smaller place, contain the fire.

Brittany Hopkins Switlick [00:29:44]:

So it's go to a smaller room or go to the closet, or if you're in a public place, go to a bathroom stall and give yourself a time out so that you can have these talks and not a time out, like, you're punished, but I guess a time in. Yeah. So they because I have to with my ADHD, like I have to take all the distractions away and go and have a moment with little Britney slash Brandy.

Amanda Testa [00:30:08]:

Yeah. I'm wondering too how you got your husband more on board with these kinds of tools. Cause sometimes that can be the challenge. Right? Like, you are all about it, but then getting your partner on board, how did you invite them in?

Brittany Hopkins Switlick [00:30:23]:

Well, I got a little bit lucky because he did my yoga teacher training.

Amanda Testa [00:30:29]:

That can help. Still alone.

Brittany Hopkins Switlick [00:30:33]:

He just yeah. First husband not willing to go there. So I yeah. So I got my husband on board because he's just that kind of a guy. But I do have several people that are doing a book club with the book and their husbands. Like, one of my current trainees, like, she and her husband are reading it together, like, reading it out loud together. So amazing. Another one is doing a book club.

Brittany Hopkins Switlick [00:31:02]:

Let's read this chapter and then let's come together. She did say that that one's a little been a little bit rough because she put it on him instead of inviting him into it. Instead of, Hey, would you be like, I know you won't ever do a yoga teacher training, but here are these tools that have changed how I show up in the world. Would you be willing to explore them with me? And she said once she did that, the energy shifted around the reading of the book.

Amanda Testa [00:31:31]:

I think that's one of the great things is always to I was just listening to this podcast the other day and there was this really cool book on there. I, curious your thoughts on that. Or just like bringing it up. I heard this. I'm wondering, I really think it can be a playful way because I think one of the great pattern interrupts is that playfulness of calling out different aspects. If you're

calling out Brandy, then, you know, you might be in a super huge fight, but then it will make you like pause and maybe laugh a little bit or just change the dynamic. So I think that's important because we can get so stuck in these ruts and these patterns. And even, we don't even realize it as like we can even, we don't even always are aware.

Amanda Testa [00:32:10]:

It could be just like a somatic thing. We just feel guarded. And so having tools to move through that is so important and you have to practice them. You really do. And people want magical solutions, but sadly, there's not really any. Yeah. You have to do it work. It can be easy though.

Amanda Testa [00:32:29]:

Once you,

Brittany Hopkins Switlick [00:32:29]:

it's simple. Yeah. And it's it's, I like, I had a panic attack last week, so I'm not pretending like this is a, once you figured it out, it's always there. It's like, depending on what's going on, that's what, like Brandy shows up more often when I'm hungry, when I'm tired, when I haven't exercised or meditated. She is more likely to try and be helpful in those times because

Amanda Testa [00:33:02]:

my

Brittany Hopkins Switlick [00:33:03]:

it's like my executive phone tuning is just offline if I'm hungry, tired, not exercised. So sometimes it's okay. Brandy, I see like, I can have the talk with her, but still my body's freaking the f out. Right? And so, like, I do a lot of tapping, like, holdings, like, just basically EMDR, letting it's this is like magic. Right? So is going for a walk in feeling my feet, Right foot, left foot, right foot, left foot. We've all been in the experience of walking. Not we've all. Anybody who's practiced yoga consistently knows you can walk into the yoga studio feeling one way and leave feeling like a different person, because you walked in with your ego leading the show, and then you walked out with your higher self re grounded in the driver's seat.

Brittany Hopkins Switlick [00:33:57]:

I don't know how we got there, but it felt good.

Amanda Testa [00:33:59]:

That's the key. You wanna find all the ways to can bring that empowered, like that higher self online. That's how we that's the best way forward. And I think that's why it's so important to to share your story and just give people tools because there's so many ways into it. And whatever it is that works for you is wonderful.

Brittany Hopkins Switlick [00:34:18]:

Having them in relationship with Adam is so impactful because when we are in a heated situation, it's like he knows Brandy and we could call a timeout. And for me, a time out means

that I need Brandy needs a hug. It's like we need to stop the fight and for him to come to me and hold me. When he needs a time out, it's he needs space. Like, ten minutes, he's gonna go upstairs and do the dishes or go run an errand and come back because we have the tools to know Brandy and Alex are running the show right now. And so we need nothing is going to be fixed or repaired with Brandy and Alex. It's gotta be Brittany and Adam. So it's be being willing to pause, like notice both of us have the tools to know who's fighting right now versus who's

Amanda Testa [00:35:13]:
discussing.

Brittany Hopkins Switlick [00:35:14]:
Yeah. It's it's such a thing of the difference in egos, Brandy. Okay. You're right. I have been running the show and I bad. Uh-huh. Yeah. So different.

Brittany Hopkins Switlick [00:35:25]:
And actually I took a chapter out of the book on relationships because it's going to be a whole nother book because it's such a big part of like, how do we dance together? Yeah. How do I dance with myself with Brittany and Brittany? And then how do we dance with each other's selves? Because we have different dance moves.

Amanda Testa [00:35:49]:
Yes. Why did

Brittany Hopkins Switlick [00:35:51]:
you choose that name? Because I think primarily because I was a dancer in teacher training. When I talk about the ego, I talk about usually in terms of who's driving the car. We have this backseat driver, annoying it is when you have a backseat driver and like, you start to get tense and so annoyed, and it's Shut up. And then I, talk about, okay, bring the ego out of the backseat, put them in the passenger seat, buckle them up, keep your hands in your lap. You can help me navigate politely. And so that's the metaphor that I've always used, and it's a good one. Yet in the book, when I was writing the book, I kept talking about which part of you is taking the lead. And in a partner dance, like a tango or swing dance or whatever partner dance, two step, country two step, there's somebody that leads and somebody that follows, but you still need both people in order to do the dance.

Brittany Hopkins Switlick [00:36:47]:
And the one that's following can also add the flare and the fun. If you watch ballroom dancing, then Yeah. Typically the dupe, like, strong and supportive and got put together. And then but how boring would it be if we didn't have all the sequins and the fringe and the hair moving? And yeah. And so I said, no. We need both to have life be fun and not boring. So it's okay dancing with ourselves. And it's so funny because the editors kept trying to put the word ourselves back together.

Brittany Hopkins Switlick [00:37:21]:

I'm like, no. It's two words. Because it's not *myself*. It's *ourselves*. It's the Brandy self and the Britney self. So, yeah. And then the dancing with myself, it's just fun play on words, catchy and I was a dancer. So I love it.

Brittany Hopkins Switlick [00:37:39]:

And I, and

Amanda Testa [00:37:39]:

I think you're right with relationships being so much. And it is, it's a whole nother dynamic because you're managing all the different pieces coming together. Right. It's not just two people. It's really your partner and your inner children and all your ancestral lineage and all the other patterns and everything else that you're bringing together. Yeah.

Brittany Hopkins Switlick [00:37:58]:

Yeah. That's a lot. And then navigating life like finances and children and yeah. We'll be able to give each other.

Amanda Testa [00:38:11]:

And I'll be excited when this book comes out, but what else, what other tips would you give to do, you know, to support in that?

Brittany Hopkins Switlick [00:38:18]:

In the relationship part or?

Amanda Testa [00:38:20]:

Yeah. Just to maybe if there's one that has really been super helpful for you.

Brittany Hopkins Switlick [00:38:30]:

Just being willing to be vulnerable about it and to be honest. Because, yeah, Brandy doesn't wanna be called out because she'll feel like I feel shame so quickly yet I can't heal and make changes unless I call myself out and allow myself to be loved anyways. And allow yourself to trust them. We really have to love all love parts.

Amanda Testa [00:39:03]:

Love all of the selves.

Brittany Hopkins Switlick [00:39:16]:

Yeah. More importantly to letting myself be loved, letting all the parts of myself be loved by Adam is loving myself, like letting myself love Brandy and all that she's done for me. And that's for the, yeah, the letter to the ego in the book. It was so impactful because I still cry. I read it to every yoga teacher training group. I read my letter to Brandy and I cry every time and it feels so healing to allow myself to acknowledge. Yeah. Even though you do manipulative controlling things, I still love you.

Brittany Hopkins Switlick [00:39:59]:

There's nothing you can do to make me not love you. And that makes it easier for me to let myself be loved in the relationship also.

Amanda Testa [00:40:07]:

I am celebrating you and your book and just being able to offer this and your love and care in more ways and celebrating. I think that hearing even you say letting all the parts of me be loved, it's such a beautiful concept. And I just even mark and I, the other day, we're talking about grace and just giving each other grace. And that's so wonderful to feel like, okay. I know he loves all my crazy parts and I love all his, and we've found ways to work together, but it's so important to realize that because then it just makes such a difference in your relationship. And I think, like you say, like this starts with your own work with yourself because our relationship with ourself is very important as well as our relationship with others, because it makes all the difference in how we show up in those relationships. Yeah. So will you please share where everyone can find you and get the book and learn more about you?

Brittany Hopkins Switlick [00:41:02]:

I'm on Instagram at brittany dot hopkins dot switling. That's b r i t t a n y. Britney. You can buy the book on Amazon and to get the Kindle version paperback, hardback. I do have an online video library where people could come. It's so funny because some of my long time community members are like, I'm like, it's so good to see you. And they're like, I see you every day. Cause they take classes from my video library every day.

Brittany Hopkins Switlick [00:41:28]:

I have YouTube channel practice with Brittany and, yeah. If anybody wants to know more about living yoga in the fullest yoga teacher training with me. I have one that starts in the fall. I do usually two a year, so that's next level. Get to know yourself.

Amanda Testa [00:41:48]:

Beautiful. Thank you so much again, Brittany, for being here and I'll make sure to share in the show notes, all of the places to connect with you and get your book. And thank you all for listening. And we will, we will see you next week. Thank you for listening to the Find Your Feminine Fire podcast. If you loved this episode, please go ahead and forward it right now to someone you know would love it. And if you've not had a chance yet to leave us a rave and review on Apple Podcasts, please make sure to rate and review if you enjoyed it, as well as make sure to subscribe so you never miss an episode. Wanna stay connected? Make sure to go to amandatesta.com/thegoods to download your free sensuality activation and stay connected.

Amanda Testa [00:42:28]:

Thanks for listening, and we'll see you next week.