

Ep 223 Sand Symes

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SPEAKERS

Jen Marples, Sand Symes

Jen Marples 00:10

Jen, hello and welcome to the Jen Marples Show. I'm your host. Jen Marples, founder of the Jen Marples agency, mentor to women worldwide, and your number one champion and cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal, to empower you so you can go out and empower the world. So each week, I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change, ready to up level your life in business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine. And I am so glad you're here. Hello everyone, and welcome to the Jen Marple show today. I have a most beautiful and glowing, fabulous guest, and her name is sand Symes, and you heard it here. First sand is the bona fide first medicine woman that I've ever had on the show, and she's going to blow your mind. She's also shamanic practitioner, spiritual mentor, and she's dedicated to empowering women on their journey from limitation to liberation. And I just love this. Sand is a gift, and I have the honor of being in her presence, so I knew immediately, once I met her, I had to have her on the show to bring her wisdom and expertise and guidance and light to all of you. Buckle up and get ready, ladies, because we are going to get into it today. But sand, welcome to the show. I'm so happy that you're here with us today.

Sand Symes 01:52

I am thrilled to be here. Jen, one sister to another. Thank you so much for having me here as another remarkable woman that is doing fantastic work on this planet with other women. Really, really happy to be here.

Jen Marples 02:04

Thank you for saying that. How does one get to be a modern medicine woman? Sand, you've got to take us through your history, because we were talking before we started recording about what she does. Isn't a major in college. It's not on the course description, but it's so needed in this world, because you've heard me talk ad nauseum about the most important thing that we can do as women in midlife is

heal ourselves and just get back to ourselves and get clarity on who we are. And that's going to be the most world changing thing that we you don't have to do anything else. You don't need to build big companies and help other people, but by helping yourself and healing yourself, that ripple effect on the world is profound. And so sand is a healer. Tell us how you got into everything that you're doing, because I know it's going to be a fascinating story.

Sand Symes 02:49

Well, first of all, and I want to say this with so much heart and love, is I don't take the title of a healer. And the reason for that, especially for women, is you're your own healer. If we give the power to somebody else to say, you are healing me, then we've given our power away. And I think women have been giving our power away for centuries, and in that part, we want to kind of stop that what we as a shamanic practitioner, there's a beautiful phrase Jen, and it's called Becoming a hollow bone, meaning that we dig all the marrow out, you know, the the healing that we do, the excavating that we do as woman, when we get to that point in our life and say, something's not working, My life isn't working, my body isn't working. This relationship isn't working, something isn't working. And then we start to do the journey of that internal excavation, and that is literally like taking the marrow out of our bones, because we don't know any other way. We've been taught that way for generations and generations. My journey to a medicine woman is kind of a classic journey. When I was born, had a seers gift, meaning I could see energy, or I could see abstract as a child, shapes, patterns, sometimes people that nobody else in the room was seeing at seven years old, I was playing in the streets with my friend, and it was washing day. Can imagine it, northwest of England, it was washing day. All the sheets were out on the lines, and we were running through the sheets, and this little boy joined us and was running to and he was laughing, and we were laughing, running through the sheets. And then her mommy called us in and said, You know, it's time to come in. We came in. I'm laughing. I'm seven years old. My friend seven years old, and I said, who was the little boy that we're playing with? And my friend said, What little boy? And I said, the little boy we're playing with, what little boy I got indignant as a seven year old little one, and then I described what he was wearing, the little boy that had the gray sweater on the gray pants before I knew it, I had the back of my hair pulled off my seat. The Mummy took me about 15 streets from where house was to my house in. And as only an adult in that world would understand, she accused me of going through her son's private things. Her boy had passed he'd had an epileptic fit, he'd choked in that epileptic fit, and he'd passed away. And those were the clothes that he'd passed in, and they were in a box up in her attic. And she thought I'd been to this box in the attic. I got a very sound beating at that point, and then what I learned years later is the spirit world. If it feels that you're in danger in any shape or form, it shuts that energy track down. So all that got shut down when I was seven. Fast forward from being seven to being 30, I started to have visitations for five years every single night started off one being at the end of my bed, this kind of like 12 Foot being silhouetted little bit of a face. Then there were three, then there were eight, then there were 30. Over five years, and they never scared me. I was never scared of these beings, but I got really frustrated, and I'd end up throwing shoes at them, or a handbag or a cushion. And I said, Why are you here if you're not talking to me? Thus the voice of the one who that was my innocence, my ignorance, my arrogance, and somebody who didn't know what on earth I was talking about, but it started a journey for me to find teachers that could help me understand who these beings were, what was being spoken. And when I met my first teacher, who was a pagan, so he taught me all about my ancestral heritage and the depth of the land. So I have a very strong connection on my mommy's line, my mother's line with Ireland, the Irish clan

came into being really strong, and those beings eventually, when I became a hollow bone, I got out of my own way. I started doing my work, my healing, my excavation. Then that's when these beings, finally, I could hear them, and they became known as the ancestors, not my ancestors, but a collective group of beings that were known as the ancestors. This was now 1996 and they said there will come a time on the planet when humanity are going to face just the most incredible times that they've ever known in our history. And it's a time when you need to understand the ancestors, how your ancestors could once live on this earth in harmony, and how far we've come away from the land, and how far we've come away from each other. And the more that we can look back into our ancestral line, we'll see some of our patterns, our wounds through not just our biogenetical field, which is, you know, you've got your dad's eyes, your mother's hair, but the epigenetical field that we exist in. Meaning, you know, not many of us, we don't have to look too far back in our history, of our own lineage, of our parents, grandparents, great grandparents, to know that they lived it throughout war and famine and devastation and violation, and that is still in our field, and that is a lot of when we go to our own healing, and we start to do the internal work, and we come up against these toxic patterns that don't serve us, our stories and we're not quite sure where they came from, We tend to go to our childhood, which is a great place to start. And the work that I do, and the work that I've been taught over 30 years now as a modern medicine woman, is being able to take somebody through to her ancestral line, so where we don't just whack the top of the weeds, we go all the way through to source and ask those very ancestors, or that ancestral line to be cleared out so that we, as the custodian of those patterns, but not the creator of those patterns, we can have a chance to move that out throughout the you know, the Body Keeps the Score. We know famous book with basil Van colke, the body literally Keeps the Score of that calcification of old patterns and toxic stories that our ancestors had to live through on this plane that we are still coming up against in our life, in our relationships, in our bedrooms, in the food that we eat, and in our bank accounts, our ancestors are right there alongside us. So in 1996 when this visitation happened, I started to find teachers, and it wasn't until 2001 I met my first spiritual teacher, who was my first shamanic teacher, and he looked straight into my eyes and he said, Why are you not using your medicines? You are a seer and you're a medicine woman. Why are you not using that? I finally claimed the title in 2016 it still took nearly two decades through deep sensitivity around misappropriation, understanding the depth of what a medicine woman is and the path that a medicine woman. Comes to being and my medicine, sisters and brothers again, were really strong, sacred mirrors. I had to get through so much weeds of my own upbringing, especially in the church, to really do weed whacking for almost two decades. So I say that as a woman that didn't pick up a title off a bookshelf or from somebody who once gave me that feedback. It took a long time before I could digest it, claim it, and know myself to be that medicine woman fully and completely, even though I was working as a medicine woman inside my past profession, as a social worker and now certainly as a woman that works to empower women on the earth.

Jen Marples 10:42

It's also fascinating. And I love all of it. Can you explain the difference? Because this just popped up, because I've heard a little bit about like Akashic records. Is that kind of the same thing? Just for clarity, in case anybody knows what that is out there,

Sand Symes 10:55

great question. If we look at the world and all of the universe and beyond, everything that we can't fathom. I think what we all can agree on is that everything is energy, or most of us can agree that everything is energy. And one of the most shocking and beautiful insights that we got as a humanity was a couple of decades ago. If you remember when they split the atom and the science was waiting to find matter, it was like, it's got to be in here, you know, the Holy Grail, our answer to everything is going to be in this atom. And the atom is the smallest particle that is in existence. The fact that we even could be able to split it, I mean, is just, you know, beyond the most of our comprehension. But when they split it, it was that this massive inhale with science, where science went, huh? There's nothing there. There's no meaning. There's no thing meaning. There's no matter. And science, you know, as we know, linked very heavily to the senses. If I can see it, touch it, smell it, taste it, see it, hear it, then I'll believe it. And yet, can't remember who said this quote. I wish I could, and I could give full credit, I once said this about 20 years ago. And this quote was, you will find God in science. Science will prove there is a God, you know, because most of us can't believe it. If everything is energy, and when they split the atom, there was no thing there. It was energy, if we get hold of the concept that everything is energy, every thought that we have is energy, every action that we take is energy, every movement that we have is energy. And if we move through energy, then I believe, without any damnation or any misappropriation, I honestly believe that we are one, we are our own healer and two, that we carry the medicines that we need in this lifetime to heal ourself. What is ancestors? What is the Akashic records? What are cosmic beings? What are spiritual beings? What is ascending masters? Is there a difference? The biggest place, I would say, from my own experience, is the biggest difference in meaning is on you, on me. What we put meaning to the Akashic records is a way of accessing what a shamanic practitioner would say accessing beyond the veil. So when we come to what's the distinction my first place would always be, whatever your heart and your belly and your sense of being is trust your own intuition first. So go with that. The Akashic records is one way of saying prayer, invocation. Let's talk to the ancestors. Let's talk to cosmic beings beyond the veil. The Akashic Record probably upset a few people here now, but I'm going to say anyway, is like saying I've got a car and I'm going down the freeway and I'm in this lane. My car is a blue Honda. That's one way of going down a freeway. In that lane, somebody else says I've got a red Mini. I'm going to go in this lane to get to the end of the freeway, but my choice and mode of transport is, I love the red minis, so I'm going that way. It's the same way to open the field of this infinite intelligence that nobody can call the same name. Some call it God, some call it Allah, some call it Buddha. Some call it the divine, Divine Mother, life itself. All of the different names that we tap into, Jen, an existence that somehow we know is bigger than us. So if ancestors get a resonance in the field, so I say, ancestors, that's a word. It's got an energetic frequency to it. If that frequency touches another soul, and they say, I really want to hear what this woman's got to say, because I'm really curious about my own ancestors. There's a resonant of energies that are in the room so we can speak more powerfully into that somebody else might shut it down quite rightly and say, I don't want to speak to my ancestors. I had some. Horrible experiences with my direct ancestors. Does it matter? What I'm going to say about it? They'll shut it down, but they could go to Akashic records, and they'll find God and intelligence the past lives through an Akashic Record, meaning, I know there's something bigger on this planet than me, and that's how they'll open a door. I do want to say this as well, especially when we talk about ancestors. For some of our sisters and brothers on this earth that didn't know their birth parents, there tends to be a question, can I still access my birth ancestors? And the answer to that is yes, the same way that we would do if we know who our birth ancestors are, and I'm going to give a few little tips and tricks about that at the when you asked me of how to access our ancestors,

Jen Marples 15:48

this is also fascinating, and y'all just buckle up, because we're going to get deep in here because we haven't had anyone like sand on the show yet. And I want to go in because I want to understand a couple different things you've referred to as, like your medicine. So explain to us what that is, is that just our internal superpower, is that the thing that's like your gift, it's like that God given gift that you have is finding our medicine like, is that a hard thing to do, or do we come in at different levels? So just sort of take us through what that journey is, and can everyone access their medicine?

Sand Symes 16:22

Resounding, full bodied Yes. And I'm going to leave you with a couple of little ways that your audience can tap into, or start that journey to tap into. What are my medicines that doesn't have to be done a rigorous 20 years of gruel to kind of get to, you know, get to the other side. And the reason I say that is I want to offer this wisdom that came to me about 14 years ago in a plant medicine ceremony. And I was asking the medicine, the intelligence of the plant, the intelligence of Pachamama. And of course, as a shamanic practitioner, Pachamama is a living, sentient being. She gives us everything that we need. And with her medicines, I was asking the question about finding my own gifts, you know, my true gifts. And at the time, I was still a social worker, so I've got, you know, two decades in being a social worker, I think that's important sometimes, that I am very grounded and have worked for two decades in all the realms, from women in incarceration to substance misuse to teenage pregnancies, pedophilia, just all across the board of our human existence so very deeply grounded in that profession, before I say anything else about the medicines. So when I was in the medicine journey, I asked the question, what are the gifts? What are my medicines? And the download was this, you have sun medicines and you have Moon medicines. And just like you would never see the moon in the sky without the sun. Same, same our Sun medicines are all the things we love about ourselves, medicines of kindness and generosity, playfulness and love and compassion, and we love to be known for our Sun medicines, but we also have Moon medicines, and those Moon medicines our frustration, our judgment, our jealousy, our anger, all of those. Right? I say that because if we're looking at any point to the end of this podcast or I just want to know what my superpower is. First of all, your superpower is knowing that you carry both and your moon medicines are the most spectacular medicines of all, because the wisdom that comes from knowing your moon medicines by using your sun medicines to illuminate just like the sun illuminates the moon, our Sun medicines. We came in with them when we were born to help us illuminate with kindness and compassion and zero judgment, illuminate our moon medicines so that we could transform our moon medicines so we're not going around the Earth getting angry at people and then feeling ridiculously ashamed about it, but we all have them. So where do we find our medicines, and why are they different, and why they are superpowers and why they're different than our qualities? Qualities were mainly given to us by somebody else, and here's why, parents, educators, our teachers, our peers, would tell us, and would say, would give us love or attention for showing up in a certain way. And they would say things like, you're so pretty, you're so kind, you're so generous, you're so this, you're so that. So those medicines were given to us without us even excavating and finding if they were true for ourselves and the ones that we loved, the ones that we got validated for, we started to cultivate those medicines, thinking they were our medicines, but they might not be, but it's how we found love, how we found validation, how we found connection, what I'm saying. Is your medicines. You came in, you were born with your medicines, Sun and Moon. And one of the ways, and we can offer this now to

your listeners journeys, one of the best ways that you can find your medicines is find a quiet moment and sit down and ask two questions. The first question is, what do people see in me, that they tell me that they love about me? That's one way that you start excavating your medicines. And then the other one, which is a little bit more difficult, but it's equally as beautiful and more powerful sometimes, is what do you love and deeply admire in somebody else that you don't think you have in yourself, and you've just found a medicine that you never even knew you had. And here's why, the medicine can only see itself. If you didn't carry the medicine, you wouldn't see it in somebody else. So if you love Oprah Winfrey for her compassion, but you don't think you're compassionate, no, I'm saying you couldn't see that. Medicine has acknowledged itself in you through somebody else. If you love somebody's courage or grit, that medicine inside of you has seen itself in other and it's been activated inside of you.

Jen Marples 21:23

Wow, I've never heard that before. Is that in any way connected to why you get triggered by another person? Is that kind of the same thing? Same

Sand Symes 21:32

thing you're on it. So back to the moon. Medicines. When we get triggered by somebody else, there's something that's unhealed inside of our cell, especially when it's a trigger. It could be a medicine that needs to be activated, as sun medicine needs to be activated to deal with the trigger inside of ourselves. Let me give you an example. So let's say I'm comparing myself to somebody else, right? I don't know that woman has got an incredible I'm going to be but I don't know. Let me go materialistic. She's got an incredible dress on, right? I wish I had her figure that would, I would look like that in that dress, right? So that's me comparing myself. I have a different body shape. I could never I couldn't possibly look that gorgeous, glamorous, stunning, because I haven't got what she's got. So when we strip away the materialistic thing. What I'm doing is comparing and believing myself to be less than this beautiful woman. What I'm saying is she's beautiful, she's sassy, she's great. She's got all of these qualities or medicines that I don't feel I've got in myself, but I've got a material viewpoint, and I'm seeing it as a dress or a shape of body. So I'm not seeing it for what it really is. So we've got to go, if it's a materialistic something, we've got to excavate and go a little deeper. So when we go deeper, I'm saying that woman has got looks and sounds and moves on this planet the way I wish I could, but I can't. Well, then I've got to do some work on what is it inside of her that you're seeing that you're denying inside of your cell? What Sun medicines can I use for myself to illuminate some shadow? So I'll pick up compassion, and I'll think, Okay, let me use my sun medicine of compassion to take a look inside of some of my shadows, because my shadow that's comparing where it's always our shadow that compares. I don't feel worthy enough. I'm not good enough, I'm not smart enough, I'm not beautiful enough, whatever it is. Oh, so I'm going to use one of my sun medicines to illuminate with kindness and go, Oh, there's another medicine, compassion and kindness. Let me go inside and feel these things. Oh, and then where do I find especially when you do a lot of ancestral work like I do, oh, I found a part of me that's the little girl that never thought she was pretty, that had sisters that she believed were prettier than her friends at all. She thought she was pretty. Oh, so she's been activated. So then I take the wise version of sand into that inquiry, find my five, six year old little girl, and start doing the work with her and saying, hey, you've been triggered. So what's happening here? Let's talk about this, and what I'm doing on a physiological point of view, I'm calming my nervous system down, calming my amygdala down in my brain that did get triggered that sent my nervous system in a spin to tell me

stories that aren't true, that have said she's better than me. She's got this, I've not she's got everything, and I've not got this. So I'm comparing from a shadow place. But if I do the work of excavating, I'll always find a little girl, part of me inside that was a memory. So again. Then get the opportunity to excavate, do the work, excavate and gently bring it. And say to the little girl, what do you need right now, sweetheart? And talk to her like she's real, because she really is. All of us are walking around on this planet with little girls. Driving cars, little boys driving cars. But if we take the chance to do the work, she can release the grip on my nervous system that holds everything into being. And I talk to her and say, what is it that you need to hear from me right now? And it's like, Oh, honey, look how amazing that woman is. You're amazing, she's amazing. And look at her through the lens of her being amazing, rather than better than because then you're going to have to do some work with your shadow and your moon medicine. The medicines come in so that we can do a soulful journey on this planet. Everything we need is inside us. One way of looking at that is the way I teach is you were born with it all the sun medicines you need to do the work to go and face your shadow and your moon medicines, because if you don't, you'll stay trapped in old stories and toxic patterns for the rest of your life.

Jen Marples 25:56

Well, I've always felt something similar, because I'll say something if you're triggered, it's always and you're saying this too. It's a reflection on something that you need to work on, or something that you want. So using you're saying, but going deeper, it's like using it as information, as an opportunity to finally attack that. Because you can't, we can't keep going through life being triggered by every single person at a certain point. You have to know everybody in the world. Can't be triggering you. You. It's got to be something inside of you. So you said two steps of, like, finding out what your medicines are. So it's the one of what everyone's told you sort of that outside, right? And then there was the one of, like, what you see in other people that you think you can access, which means you actually have that. So once you have identified those two pieces, is there, like, then a next step. Is it journaling? Is it how do you then go to that next step to figure it

Sand Symes 26:45

out, journaling is a great way. Why do we want to journal? Journal is an embodied practice, like literally picking up your pen and writing. You're engaging this beautiful body, especially as woman. I want every woman on this planet to know as many women as I can before I take my last breath that we've got something under the chin called a body, and we have learned, again, back to what I was saying before. We have learned in childhood, childhood messages from parents, grandparents peers, of how to disassociate and dislocate from this beautiful vehicle called a body. Anytime a woman can do any practice, it's an embodiment practice. I teach a lot of embodiment practices to come back to her body. And you could do this exercise in literally five minutes, because I know every woman that's listening is busier than busy. So with five minutes driving, even to the kids to school, you can go, you know, what do people like about me? And voice note it to yourself. Well, people are often telling me that I'm generous or I'm kind or I'm a good listener. Okay, I'll write those down. And then the other side of the exercise, what I see in others that I don't you know. First place to start is, who do I admire the most on this planet, and why? That's a great question to start with that as you've got those written down on a piece of paper or got them out of your mental mind, and then written down the journal prompts would be, how do I use these medicines? When do I use these medicines? And then I'd start with like, three to five. You know, don't overload yourself. How do I show up as kindness? When people say I'm really

kind? How do I do that? What happens through my body where I want to give my medicine of kindness, and so we're slowing it down, rather than Oh, people think I'm kind because I give really good birthday gifts. That's the end result of your medicine. That's the manifestation of your medicine. But your medicine started long before that. It was you spent time thinking about this person, how much you love them, what they mean to you, what they love in the world, you took time thoughtfully to design a gift for them at some shape or form that you were going to give them. So cultivating that medicine and seeing it inside of your body way beyond the execution, time is beautiful. Start to walk in your body, move in your body, as a woman on this earth, knowing you carry these medicines. So it's kind of like, how would kindness make the evening meal tonight? How would compassion make love to my partner? How would generosity show up sending this email. How would so you start to see your medicines becoming you start to literally pull your medicines out, because right now, they're kind of buried. We have some idea that how we use them, but they're kind of buried. So what we want to do is start to pull them out and keep a journal. Is a great way of doing this, especially at the beginning, because the universe is so benevolent and it doesn't want to waste time. You find really quickly what your medicines are within a few minutes, within a few hours. And have a lot of fun with seeing how your body responds to and then see in others. I've always thought Jen has got, you know, Jen is amazing. She's got the kindest heart, you know, she's super generous. That's her medicine. And then watch Jen, in her medicine, work as a woman of generosity. And then you start to interface it with other people. And then for children, and this is a big one, especially for parents, you start to see your children's medicines rather than it being a quality that you want to bestow on them, like I want them to be kind and loving. But look deeper, what are the medicines of these beautiful souls that you've helped to bring in on this earth? What medicines do they carry? And how can you help cultivate and nurture medicines in others, with our children, our friends, our families, but ourself.

Jen Marples 30:41

So this has just popped up for me because I know, having gone through like so much of this work and experiencing you and your magic, what happens to us when we deny our medicines,

Sand Symes 30:53

if we don't use the medicines that we have, our some medicines, and fully give time for them to be fully expressed. Then, because we live in a plane of duality here, if you don't use the sun medicines that you've got, then, by very definition of science, meaning the internal balance of our very nature, if we don't tend to our garden, of our Sun medicines, the weeds are going to take over the garden and the soil which is our life, the fertile soil on which we live our life. We plant our seeds of what do we want from our life? How do you want to be in service with our life? If we don't cultivate and use those Sun medicines, then our moon medicines will start to take over. And I've seen so much research with this, and there was a piece of research that came out about 40 years ago, and it was on the very simple statement, can you teach an old dog new tricks kind of thing? And it's beautiful because it's part of what you're a stand for, that if we don't move through life nurturing, expressing and loving our medicines, especially when we get to midlife and getting older, there's a calcification that will happen just like a physical calcification starts to happen in our body. If we don't look after our body, same, same with our medicines, our moon medicines will take over. We will get more cranky because we're not lubricated with our Sun medicines, we'll get more cranky, and all of the mood medicines that we have inside will start to get louder. Take up more of the internal space that we are thinking, more of the external space

that we're living. So we become cantankerous, more judgmental, planning, criticizing, and it doesn't have to be that way. We don't shrivel up as women when we get older. We never get fucking old. The body ages, but the soul, the living existence of our life force, is like a river, if we keep cultivating the river and cultivating the waters of our very body, lubricating ourselves with the joy of our own life, and doing the good things that juice us up. You know, we're in our 60s, 70s, 80s, 90s, and even beyond, in a juiciness of deliciousness of life, I honestly believe, especially now, the wisdom keepers that we are on this earth, that wisdom is so needed for our generations of yet to come, not from a place of being better than we're never better than but we've lived some lives of that we can pass that wisdom down. And it used to be that that was our education and our humanity by story, our elders would tell us what berries to eat, where we could go that was safe, how we could utilize the earth, how we knew about the sun, how we knew about how to move in alignment with the stars. And we've come so far away from that generosity of genuine storytelling. But story is not a myth or a legend, but a story of how to live in harmony with the earth and harmony with our bodies and harmony with each other. That's what's been missing, and we've come so far away from that. That's where we're getting old, because we've moved so far away from the juice of life. So as elders and women coming into the sage years, we have got wisdom that we would love to share with the younger generation. We're not too fucking old, and if we're not careful, we can end up feeling old because we're not understanding the absolute lubrication of these medicines that we carry inside.

Jen Marples 34:36

I don't think I've ever heard it described as, there's no age to the soul that was really profound. And you made me think about there are women who limit themselves. Are going to be listening right now and going, Oh, this sounds like so, woo, woo. And so out there, like, blah, blah, blah. You know, I'm so busy. I'm doing all these things. They're on the hamster wheel complaining. And I say this all with compassion everyone. I was there. I was. This woman years ago. So for that woman who was me, like, say, seven years ago, this all sounds woo Gen and sand, but I'm just fucking trying to get through life. What do you say to her? What step can that woman take? I'm actually getting emotional about it because I don't want anyone to suffer. It's the reason why I do this work. It's the reason why I want to help women. I don't want you to live by some other you know, some of the paradigm society has told us to be a certain way and to deny, think that's what is denied, those special gifts, those special medicines that we have. So someone's there on this like, probably about to turn this podcast off, because they're like, What the fuck this is like? Not a practical tip on how to live my life. What would you say to that woman?

Sand Symes 35:38

I fucking love you. Is the first place I want to start, because Jen, we've all been there, that woman that is burnt sad. No wonder we get moved to tears. It's like that woman that didn't know anybody, couldn't trust anybody, couldn't ever tell anybody the deepest parts inside of her own thoughts, because who was going to understand her to say, I'm not coping. I am sad. I am not enjoying my life right now. So we don't want to go and excavate and go inside and look at those Moon medicines. Is that I'm doing everything I can just to keep fucking going. I'm doing everything I can to get out of bed in the morning, put a false smile on my face, be hyper, high five, or what I call the puppet, the archetype of the puppets. Where I go, I'm up here, hi, everything okay, and this, it's this puppet, and she's high and she's keeping everything together, and she doesn't want to go and look inside. Jen, so what do I want to say to you is, I love you, I feel you. And we've all been on that path at some time in our life, what I would say to her is

get great people around you and start with one person that you can trust, just one person that you can tip out, because you're what I would describe is like you're a volcano ready to bust because it's unsustainable how we live that life. Something has got to give somewhere. It's like a leak. We will leak to our kids. We'll leak to a husband or our wives or our partners or our caregivers or our parents or somebody our colleagues. Somebody is going to get it in the neck, because you can't hold on to that. It has to leak. That energy has to go somewhere. So I would say to her, I hear you and I know your world as best as I know your world. As a white skinned woman, is one. It's a privilege. My skin is a privilege. Some of our sisters on this earth, bipoc community, the black, indigenous people of color community, my community of sisters who are LGBTQ plus sisters will say, You don't know my world and my darling, I don't know your world. I only know my world, but I know when a woman is actually going through life and she is terrified of being unzipped or unzipping herself. I'd say the same thing to any one of you, which is, find somebody that you can talk to, that you can start to tip out to, and the only thing that is stopping you, not the only thing, there's several things, but the thing that is stopping you is you are terrified of being seen for something less than you believe yourself to be. You've put yourself under so much pressure of thinking you have to look a certain way, sound a certain way, be a certain way, married that person, live in that house, have your kids go to that school, have this body, have that much money in the account, in the account, drive this kind of car, wear these kind of clothes, whatever that is. If that is not who you really are, you are going to find that is unsustainable. So for that woman, I'd say a couple of things if it's going to take you another 235, years to take the advice I've just given you, here's why. You'll do it when you're ready, and you'll never do and somebody tells you So, wherever these sisters are listening to this podcast right now, wherever they are in their journey. Jen, I honor them. And if you're a sister that's going to take years before you take that piece of advice, let me give you another one that's easier to come home. Learn how to breathe. Very simple. I'm going to give you a very, very simple breathing tool here. In our breath, living that kind of life, there's no way that our lungs are getting a full capacity of breath. We are shallow breathing, which is one of the reasons our body is working against us, because when we can't take deep breaths, it tells our nervous system that we're on fight flight freeze or fawn. What that means is that fight flight freeze or fawn is our nervous system that believes our body in some shape, is in danger our life, living a life of stress like that, you're telling your body that you're in danger. So we can't take deep breaths. We don't take a deep breath when we're running away from it. You know when we're running away from a buffalo or when we're running away from a wild boar? The body knows it can't take a full breath because it has to run. Away from something. So we teach our body to take some deep breaths, and this is what I'm going to teach. Here is what we call the four box breath. And the four box breath came out of, actually, Vietnam, the Vietnam War, when a lot of medicines weren't being able to get to the soldiers that were suffering major PTSD. And so they taught them how to breathe, and they did a four box breath with them. And a four box breath is we inhale for the count of four, hold it for a count of four. Exhale for a count of four, hold it for a count of four. And then back again, we inhale. So it sounds a little something like this, like a 234, with that. Inhale, hold 234, exhale, 234, hold it. 234, inhale, 234, hold it. 234, and let it go. And it's like, imagine it as like a box. If a woman tries to do that four box breath, and she hyperventilates almost in doing it for the first or second time, that's a beautiful moment of going, Holy shit, I can't breathe. I'm not breathing. If that's you, bring it all the way down to inhale through the nose for four, and then exhale out of the mouth for four. Inhale through the nose for four, exhale out of the mouth for four. Why you're telling your nervous system, I'm safe, I'm okay. Anytime the kids are late for school, you're late for an appointment, you've got 1000 emails that haven't been read. You're thinking, stop, inhale for four

through the nose, exhale for four through the mouth. If you did that three times that inhale, exhale, which is 10 seconds, 12 second practice. Do that three or four times a day, you'll start to train and re educate your nervous system that you are safe living a very stressful life. That's one very simple way. Wow,

Jen Marples 42:13

God, I needed you seven years ago. Me too needed I need this now. We all need this now because I think we do forget to breathe, and even having unpacked and done work, we can all default, I know, just for myself, just going anything, and especially with kids. I mean, there's no control there. It's like someone's late. Oh my You know, our all of our monkey minds go to the worst case scenario and all of that. So oh my god, Sam, who knows we were gonna get that breath work little mini course right now, because that's an amazing tool to take away that we can all use, I think, no matter where we are. But I'm so happy that you said that you've got to be ready to do the work when you are because that was very much me. And you said those energy leaks that resulted from me personally yelling at my kids, yelling at my husband, like it wasn't pretty, and that's why I, you know, I have great compassion for whoever's listening, because, again, I always taught like it is you guys, it's like there's a lot of work to be done that I've done, that I've shared with you about sand has shared the stuff that she's gone through. No one has it all figured out. I

Sand Symes 43:10

want to add two things in the breathing if you can, especially for my sisters that are not going to go and find the help right now because you're too busy. Hug yourself. Hug yourself when you go into bed at night after you've done all your things and you looked after the kids and you've done this stuff and you, you know, whatever, and we've made love to the husbands and the wives and partners, whatever we're doing. Or some of you probably laughing and going, Are you kidding me, sand, I'm so fucking tired I don't do it. That's what's weekend sex. And we all know that we've been in that department as well. This is for the what I call there's two things, what I call the Lazy Girls, practice right when you fall asleep at night, hug yourself. Put a hand somewhere if you lie on your back, place Hands on your belly. If you're a side you know, if you're a side sleeper, give yourself a hug when you place your hands on your body. And I want you to say these words, and it's going to sound weird for some of you, but please, trust me, stick with it, and I'd love you to tell Jen how if you do this practice for a few days, what the impact it might have when you place hands on your body and you say the words something like, You did a great job today. Or I love you, or we've got this let's sleep now. Or I'm so grateful that I'm in this warm bed right now with these clean sheets, something that is kind to yourself. And it takes a bit of practice, because at first we don't believe it. At first we'll say, Okay, I'm doing this thing. I'm going, Yeah, I love you. Yeah, do this. And it's kind of stay, stays in the mind. But the practice, if you stay with it, and it's and it is, you're going to bed. I'm not asking you to journal. I'm not asking you to read a passage. I'm saying, lie down in your bed and go to sleep. And while you are lying down your bed and going to sleep, you know, give yourself a squeeze and as simple as find one thing that you did good that day. I did good today. I got the kids to school on time today. Mm. I sent the email that I've been putting off for a week, and I sent it today. I had berries today instead of a Snicker bar. I don't know, whatever it is, you know, I got this. I love you when we place hands on our own body. And if you're doing the breath work, I invite you, if you want to, like, amplify it, place hands, like, on your belly, on your heart, somewhere on your body. When we lay hands on our body, we give a transference of energy to our internal little girls,

the people pleaser, which is a protector part. The people pleaser came in when you were and then you name it. Were you 2345, out, you know, but she's a child, so that little girl, that's the only thing she knows how to do, and she's now in an adult body. We're all in an adult body. Those little girl parts will be triggered, and those are old patterns that we got modeled from our parents, our caregivers. Somewhere along the line, somebody gave us attention, love or validation to be a people pleaser, and it stuck. And then we started to cultivate that moon medicine. And it's not even ours. It was handed down. I want to add the hands on the bodies to the breath work, and just say, whatever piece gets triggered, the adult tends to leave the building. What is been triggered is a memory, not all the time, but more often, like 90 I'd say 95% of the time, what's been triggered is an old pattern that is attached to an inner child from our childhood somewhere in when you fall asleep at night and you put hands on your body, you're actually saying to those inner parts of us, she actually acknowledged us tonight. You did a great job. And those parts are real, might sound really woo, woo. It's like, what I've got all these little girls inside of me, and it's like, well, kind of you have, and if you don't believe me, read the book. The Body Keeps the Score, and then you'll you kind of figure it out through the science of that. But when we give ourselves a hug, you're telling your nervous system that is telling all the parts that normally get activated. She's acknowledged us, she's seen us, she's valued us, and she's saying, Thank you. It's very powerful practice. I'm

Jen Marples 47:07

going to try that. Yeah, definitely. I know my story. I know what gets triggered all the time, perfectionism. I mean, I'm sure most of you guys listening, it's the perfectionism, and I've been told to all those coping mechanisms that we've done. It was there was some childhood trauma doesn't have, and there's varying degrees of things, but I know exactly why, with my relationship with my father, but that's what gets activated. It's the little girl of the I've got to be this certain way, and my pecking order and the family and the whole nine yards, it's like no one has to worry about her. She's the one secretly falling apart, because on the outside, she's got it all together. And that was I've done a lot of work to get to the place I am today, but I think let's all hug ourselves tonight, everyone, and do our breath work. I think that is fantastic. And I'm gonna actually tell my kids, yeah, I'm gonna tell my kids to do that, because that sounds like it's just breaking down. I think what you're saying sand too, is that we've been so programmed over the years, and the stuff that happened is that we feel like we have to achieve these big mountains and we have to do all these amazing things to be worthy. And I talk against this. It's like just by being you, you're worthy of being here and being loved. What a beautiful way to end your night just giving yourself a hug and acknowledging that you did a great job, you guys all are doing a great fucking job. I mean, give me a break, because we all have 20,000 freaking jobs that we shouldn't have. So yes, know that you're all doing a great job. Oh, my God, I could talk to you forever. I just want to ask you two final questions, because I know you'll have beautiful answers. What do you wish for women in midlife? Liberation,

Sand Symes 48:40

liberation from whatever is holding you back still, whatever that is for you, it's my deepest prayers. I know it's what I came on this earth to help and support women in to be free, freed up, freed from, released from.

Jen Marples 48:57

What do you think the best thing is about being in midlife,

Sand Symes 49:00

the wisdom that I can see for the journey that I've had nothing has been wasted, all of my fuck ups, all of my spectacular, so called mistakes, all of the dark nights of the soul, the everything that were my life went this way, and I thought it was going to go that way, all of the different, what I call shape shifting of Change in a woman's life brings us to this very moment here and as a woman in midlife, I feel seriously again, eternally grateful. Want to be in a woman's body. I'm so grateful that I'm in a female body in this lifetime, that I'm here in a female body, and I have got the privilege of looking back on my years of existence right now, and I know I've probably, probably lived more than I'm going to live, 59 probably, who knows? I had no idea, but probably, I probably said I've lived more than I'm going to live. And that is juicy to me. It's like, wow, how can I take the wisdom? Wisdom from the 59 years I've had, and pour that wisdom in the rest of my life. I've got the rest of my life to use the wisdom I didn't know I had wisdom in 20s and 30s and 40s, but towards the end of my 50s, I'm like, Holy shit, eternally grateful. And use the wisdom that I have earned and tip it into the next chapter in my life. God, I love that.

Jen Marples 50:24

I love that. All right, you got to finish the sentence, because everybody does. I'm not too fucking old too

Sand Symes 50:29

I'm not too old to live the best fucking years of

Jen Marples 50:32

my life. Oh yeah, honey, beautiful sand, you have been just a gift to me and to my audience today, my listeners, ladies, do your breath work and hug yourself. If you do nothing else, if you do nothing else, please do those two things. But if you want to connect with Stan, you are going to tell us Dan right now, like where we can find you support you get more information about all the wonderful things that you provide. Tell us all the deets, okay,

Sand Symes 50:55

thank you. You can find me through my name, sand, Symes, S, Y, M, E, S, sand Symes, I've yet to come across another Samsung's on the internet. So I think, I think, right now, I'm the only one which is really interesting. So you can find me on my website with my name, but you'll find everything that I'm offering on online, on my website, and there's Instagram, find my name, Instagram, Facebook, and I'd love to hear if they have any questions. I'd love to answer those questions. If they

Jen Marples 51:20

had any. I love it. We're going to link all of that in the show notes. And so thank you so much for being here. This has been an absolute joy to have you on the show today. Thank you so much. I'm so so happy to be here. You.