

Ep 137 Sand Symes

Mon, Oct 30, 2023 5:23PM • 1:05:47

SUMMARY KEYWORDS

medicines, love, woman, ancestors, work, years, jen, body, live, wisdom, give, midlife, shamanic practitioner, life, find, people, healing, triggered, fucking, sand

SPEAKERS

Sand Symes, Jen Marples

Sand Symes 00:00

qualities were mainly given to us by somebody else. And here's why. parents, educators, or teachers, or 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 there so 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 there are 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

Jen Marples 01:02

Hello, and welcome to the Jen Markel Show. I'm your host Jen Marples, the champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our best midlife. I'll also pop on solo to share my best advice, tips and tricks. To help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you're itching for a change, ready to pivot or looking for a second act. Stick around as this is the show for you. And know this you're not too fucking old. Hello everyone, and welcome to the Jen Marple show today have a most beautiful and glowing fabulous guests and her name is Stan designs. And you heard it here first sand is the bonafide first medicine woman that I've ever had on the show and she's gonna 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 02:29

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

Jen Marples 02:41

Thank you for saying that. How does one get to be a modern medicine woman Sandy betta 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 nauseam 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 did. 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 gonna be a fascinating story.

Sand Symes 03:27

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 given 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. And I hear the word healer a lot. And women and clients have called me a healer. And I'm very, very, very passionate and quick to say, oh, sweet, I didn't heal anything. You healed yourself. I was a hollow bone meaning I was a conduit of energy, and experience and knowledge and wisdom for sure to help you find your own. And then whatever that is x y Zed the healing, the clarity, the insights, the guidance and the wisdom. So I'm really really grateful that you even said she's a healer because it gives us chance to heal. already from the beginning of our time together, we can invite women to always claim their own intuition claim their own path, claim their own voice, claim their own power, and empower themselves. My journey to a medicine woman is kind of a classic journeys kind of a classic she hero's journey. When I was born, I had the ability to see energy, how to see as the gift meaning I could see energy 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 out all the sheets are out on the lines, and we were running through the sheets. And this little boy joined us and was running and he was laughing. And we were laughing, running through the sheets. And then her mummy 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 So who was that little boy it was, it was a 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 grey

pants. Before I knew it had the back of my head hair pulled off my seat, the mummy took me about 15 streets from worth house was to my house. 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 it had an epileptic fit, he choked in that epileptic fit, and he passed away. And those were the clothes that he 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. And the only thing that I can remember Jen at that time in my life was the world for little while was a little gray. And I thought it just rained a lot that summer, it's kind of like I must have rained a lot because it was pretty great. Fast forward from being seven to being 30 I started to have visitations for five years, every single night for five years, started off with 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, and 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 broken. And when I met my first teacher 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 mummies 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 start to do 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 in 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, your own ancestors, how your ancestors couldn't want to 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 bio genetical field, which is you know, you've got your dad's eyes, your mother's hair, but the epigenetic or field that we exist in meaning, you know, not many of us have escaped Gen on this planet. 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 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 patterns and these toxic patterns that don't serve as 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, it's a fabulous 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 we don't just whack the top of the wheel, it's 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 called the body literally keeps a 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 our fridges, and 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 was a charmer and medicine man. And he looked straight into my eyes. And he said, Why are you not using your medicines? You are a seer, and you are a medicine woman? Why are you not using that? That was 2002 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, was 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 of a bookshelf of from somebody who wants 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 12:37

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

Sand Symes 12:54

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 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, it's just, you know, beyond the most of our comprehension. But when they split it, it was that this massive inhale with science where science when 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 here, then I'll believe it. And yet, can't remember who said this quote, I wish I could give full credit. I once heard 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. Unless we you know, we go through the five senses, as I just said, 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 to that we carry the medicines that we need in this lifetime to heal ourself. Because everything is energy, whatever we call it, and name it to some degree To some degree, it matters. And to some degree, it doesn't matter why. If we lined up 8 billion souls on this planet and asked them to talk to us about God, we would get 8 billion different variations of what we think God is or what God isn't, or whether there's a God or not a god. What we can all agree on is that there is an intelligence and some combines that with nature, that we know that the ocean knows how to look after itself. We

know how that the trees know how to be a tree, we know that the sun rises every day, and the sunsets every day. We know when wind comes in, we might not always see the wind, but we see the wind through the movement of trees, right. So we have this place. Where, what is ancestors? What is the Akashic records? What are cosmic beings? What are spiritual beings? What is Ascended Masters? Is there a difference? The biggest place I would say, from my own experiences, the biggest difference in meaning is on you or me, what we put meaning to. So, the Akashic records is a way of accessing what a shamanic practitioner would say, accessing beyond the veil. So a shamanic practitioner, I'm a shamanic practitioner of 22 years, shamanic practitioner has a knowing that we are interconnected with all of life, that we know that what we would call grandfather, the fire is grandfather, son, we know that Mama Luna moves not just the oceans on this earth, but moves every woman's waters on this earth, if you have a body that has a womb, and you have blood cycles. So when we come to what's the distinction, my first place would always be whatever your heart in your belly and your your sense of being is, trust your own intuition first. So go with that go with your gut instinct, 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, no, but I'm gonna 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 minutes. 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 Jain and 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, my direct ancestors. I don't want to hear any more. So they'll shut it down. 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 will 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 the birth parents, there's 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 how to access our ancestors.

Jen Marples 19:09

This is also fascinating. And you all just buckle up, because we're gonna get deep in here, because we haven't had anyone like stand 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 that thing that I know for myself, personally, when I sat with that question, quiet away from everything, it was the thing that's always been there. And so it just came to the surface. And so I love how you like the medicine. So it's really your gift, right? So when you refer to medicines, it's like your gift. It's like that God given gift that you have. I know I've done a lot of work and

I happen to put myself into a place where I could access it is finding our medicine because that's a hard thing to do, or do we come in at different levels because I know you work with women to tap into that and I'm certain that it's One of the most important things we can do is actually figure out like why we're here and I'm all about that. So just sort of take us through what that journey is. And can everyone access their medicine?

Sand Symes 20:13

Yes, 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 didn't even know I had medicines, as a shamanic practitioner. So said for 22 years, part of my healing journey has been through plant medicine. I've sat in over 100 plant medicine journeys. I've also had talk therapy. I've done EMDR I've done EFT, I have acupuncture every week, I move my body, I do Pilates right across the board. I access the Akashic records, I've sat with gurus in an Indian faith, I've sat with high priestesses. I've worked in tantra I've worked in so many right across the board, right? I say that because you don't have to. We don't have to do that. And I feel that now the wisdom keepers on the earth right now that had to do it that way at the seeking path. It doesn't have to be done like that anymore. Doesn't have to be done a rigorous 20 years of group to kind of get, 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, Pacha Mama 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 at the time. So I've got you know, two decades in being a social worker. I think that's important sometimes that I, I don't wear tie dye T shirts, nothing wrong with tie dye T shirts, but I'm very grounded, and have worked for two decades in, you know, 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. And before I say anything else about the medicines, so when I was in the medicine journey, and I asked the question, what are the gifts? What are the medicines, and the download was this, you have some medicines, and you have Moon medicines. And just like you would never see the moon in the sky without the sun, same same. You have some medicines, which I call that son calls are some medicines, Jen. They're on Facebook and Instagram and LinkedIn. Right? So our son 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 son medicines. But we also have Moon medicines, the moon medicines living the shadow, and those medicines that are frustration or judgment or jealousy or anger, all of those, right? I say that, because if we're looking at any point to the end of this podcast, 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 medicines, so that we could alchemize shape shift transform our mood medicine, 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 or teachers or 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 there are 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 you're medicines you came in you were born with your medicines, sun, and moon. And one of the ways and we can offer this narrative to your listeners journey is 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, which 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 is acknowledged itself in you through somebody else. If you love somebody's courage, or grit, that medicine inside of you is seen itself in other and it's been activated inside of you.

Jen Marples 26:22

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 thing,

Sand Symes 26:32

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 ourselves. So it could be especially when it's a trigger, it could be a medicine that needs to be activated, or some 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 is 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 and 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 is 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 yourself? What some 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 son medicine of compassion, to take a look inside of some of my shadows. Because my shadow that's comparing, right, 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. So I'm going to use one of my son medicines to illuminate with kindness and got

up 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 were that she believed were prettier than her friends that are she thought she was pretty. And also 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 I've 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 that and say to the little girl, what do you need right now sweetheart, and talk to her like she's real cuz 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 they talk to her and say, what is it that you need to hear from me right now. And it's like, Oh, honey, that is like there's not a complete, 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 on your moon medicine, the medicines come in, so that we can do a soul full 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 some medicines, you need to do the work to go and face your shadow and your medicines. Because if you don't, you'll stay trapped in old stories in toxic patterns for the rest of your life.

Jen Marples 30:58

And well, I've always felt something similar because I always say something. If you're triggered, it's always in you're saying this too. But it's deeper, you're providing tools, but it's a reflection on something that you need to work on or something that you want. So using your you're saying but going deeper, it's like using it as information and 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've got to be something inside of you. See, 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 like what you see in other people that you think you can access, which means you actually 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 out?

Sand Symes 31:51

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 a 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 a practice, it's an embodiment practice, I teach a lot of embodiment practices to come back to our body

journaling is an embodied practice. So grab a pen, it sits as I said, quiet then you could do this exercise in literally five minutes. Because I know every woman that's listening is busier than busy. So 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 unkind, or I'm a good listener. Okay, I'll write those down. And then the other side of the exercise what I see and 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 is you've got those written down on a piece of paper, I've got them out of your mental mind. And they've 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 his 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 slowing it down rather than old people think I'm crying 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 sent 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 what? 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. Let's, 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 gotten, 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, you start to see your 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, I remember from the store, I get kind of like mother's love a lot like sand, you bring in the archetype of mother's love, especially in a lot of the work that I do with women. So it's like, how do I bring mother's love to the bedroom. And at first, it was shocking, right? It was like, Oh, my God, that's shocking. That's Oh, no, that that was like bringing a picture of Jesus or mother, Mary, or something into the bedroom. And the mother's love, when the true of the depth of Mother's love is that she's wide open, to create a space to fully truly receive. The ultimate mother, a mother's love is a receiver medicine is the receiver because she's the ultimate feminine, so to receive, so is that I can receive. So I'm going to completely I'm going to go and receive in my bedroom, my husband, and bring in this medicine into being as totally open and receiving as mother's love. without it sounding weird. You can play around with it a lot is what I'm saying. That's how you'll get to cultivate, nurture, and nourish your medicines. And Jen, they start working with you really

quickly is they compound, say from zero to 10, and from 10 to like 100, then they start to work with you really, really powerfully.

Jen Marples 37:12

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 37:24

when I was in the rain forest in 2006, and was met with a very, very, very powerful shaman in the rainforest. And he said, you're not using your medicines. And if you don't use your medicines, they will implode. And it took a few years to really kind of understand that the deepest of that. Here's when we're looking at it. If we don't use the medicines that we have, or some medicines and fully give time for them to be fully expressed, then because we live in a plane of duality here, because this, this world is a plane of duality. If you don't use the sun medicines that you've got, then by very definition of science, meaning the balance the absolute, 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. So if we don't tend to the blooms, and the shrubs and the trees, which are our Sun medicines, then the weeds in the garden will take over. And the soil which is our life, the fertile soil on which we we live our life we we plant our seeds of what do we want from, you know, what do we want from our life? How do we 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 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 mood medicines will take over, we will get more cranky because we're not lubricated with our some medicines will get more cranky and all of the Sun medicine sorry, all of the medicines that we have inside will start to get louder. Take up more of the internal space that we're thinking more of the external space that we're living. So we become cantankerous, more judgmental and planing, criticizing. So we end up in that kind of a field. And I know that you're a Stanford Every woman that you are in service to Jen, you know that it doesn't have to be that way. We don't shrivel up as women, when we get older, we never get fucking old. You know, we never get fucking old the body ages, you know, the brain of the Man does those things, but the soul, the living existence of our life force, it's like a river. If we keep like 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 juices up, you know, we're in our 60s 70s 80s 90s, and even beyond, in a juiciness of deliciousness of life. I have seen I've always had all different thank goodness, I've always had older friends, all my life, I've always had older friends by a decade or sometimes two decades, and the wisdom that women have passed on to me, and the moon medicines that women have tried to pass on to me that I don't want your medicine girl, I don't believe that, I get shriveled up and my vagina gets old, you know, kind of shriveled up and dry. And so therefore, I am zero existence to this earth and our humanity. I honestly believe, especially now, the wisdom keepers that we are on this earth, that wisdom is so needed for our generations have yet to come not from a place of, of being better that 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 Oh, we knew about the sun, how we knew about how to move with this 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 in harmony with our bodies in harmony with each other. That's what's been missing. And we've come so far away from that, that's where we're dry. That's where the starvation is. That's where we're getting old. Because we've we've 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. And they are also our teachers, I learned so much from the 20 year olds, 30 year olds, that bloody 10 year old you know, I love watching a five year old dance, you know, run across, you know, a fountain in the water in the middle of a street, it's like, I'm going to do that there is wisdom on both sides. But 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 42:50

I don't think I've ever heard it described as the soul is the soul. There's no age to the soul. That was really profound. And you made me think about a couple of dip. I've always had friends younger and older, I think of my mom to who's 77. And she's got, plus, she has friends that are younger than me. And I just I love that because I think we do learn and it's not like one wiser and you know, I know the best. It's like we all learn from each other. I love that perspective. No, we're not too fucking old to do whatever the fuck we want. It I was thinking about just a recent interaction, I was at a bookstore I ran into, I was coming from yo guy saw a friend having a meeting I ran into chat were like hugging and chatting, and this and that. And I saw some women sitting there, they're older, they're like knitting at the store thing. They all just were looking at us, like so pissed off that we were talking. And what occurs to me is that in that moment, they've let their shadow selves, the moon, sort of, they're just cranky. And this and that. Versus I was thinking, Am I literally thinking to myself in that moment, like, you didn't say yes to you, and you're not, you know, now I'm putting some words to it with your the sun and the moon medicines, but you haven't let the sunny ones take over. And that's like society, maybe you're beaten down, and I have compassion for those women. But to think like, I don't want to be the ladies cranky, I want to like learn from the people who are around me and I want to not be bothered by young kids running around and being part of life. And so this is such important work that we have to be doing. And knowing that it's not too late, you're not too fucking old. And you see, we all know those bright lights that are out there. And you're like, how old are you again, like your physical form is like 80 but you're like people are shining bright but I think it's that it's not it's what you're saying is we haven't nurtured like the sunny, the sunny parts of ourselves, the sun medicine. Oh my god. Sad. I could talk to you forever. I want to ask a very important question, though. And this one came to me specifically thinking about wanting to ask you this because I know because I talked to so many women too. And there are women who limit themselves are going to be listening right now and going oh, this sounds like so woowoo and so out there like blah blah blah. You know, I'm so busy. I'm doing all these things are on the hamster wheel. 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 I say this all with compassion. So for that woman who was me, like, say seven years ago, this all sounds Woojin and sand, but I'm just fucking trying to get through life. What do you say to her? What step can that woman take that woman that I was like seven or eight years ago, 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, it's in the paradigm society has told us to be a certain way and to deny I think that's what has denied those special gifts and 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 45:48

I fucking love you is the first place I want to start. Because Jen, we've all been there. That woman that is burnt out, no wonder you would get moved to tears. It's like that woman that didn't know anybody didn't trust anybody could 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 medicines, is that I'm doing everything I can just to keep fucking going. I'm doing everything I can to get her to bed in the morning, put a false smile on my face. Be hyper hyper, you know, high five, or what I call the puppet, the archetype of the puppets where I go up here. Hi, everybody. Okay, it's a, and this is 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 will you know will leak to our husband or our wives or our partners, or caregivers or 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 ask 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, by only know my world. But I know when a woman is actually going through life and she is terrified of being unzipped or zipping 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 you kids go to that school, have this body have that much money in the account in the account, drive this kind of car, where are these kinds 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 you're, 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 assists 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, learn how to breathe very simple. I'm going to give you a very, very simple breathing tool here. I'm also a breathwork teacher. So 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. Are 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 on, hold 234 exhale. 234, hold it 234 inhale 234, hold it 234 Let it go. And it's like, imagine it as like a box. If a woman tries to do that for box breath, and she hyperventilate, it's 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 before and then exhale out to the mouth before. Inhale through the nose before exhale out of the mouth before why you're telling your nervous system. I'm safe. I'm okay. 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 anything. Stop. Inhale, before 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're nervous that 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 52:33

got a did you seven years ago.

52:36

Me too needed. I need 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 send who knows we were gonna get that breathwork 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. It was very much me and you said those energy leaks that resulted from me personally yelling at my kids yelling at my husband, that it wasn't pretty. And that's why you know, I have great compassion for whoever's listening, because again, I always felt 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. Sandy's shared the stuff that she's gone through. No one has it all figured out. So just remember that no one has it all figured out. And I love that, like just reach out to that one person. Because I know when I was sidebar, because we're all by nature, such giving human beings like being women. When I was going through that whole crisis and couldn't breathe and couldn't get out of bed. I was still helping other people. I had a negative empty cup. Yeah. Yeah. And someone from the outside had to tell me that like who? Scott, you mean, apart from my husband? It was like no one. I'm still trying to save the world. And I actually needed to save myself. So I just want everyone to

listen to that and take that to heart. And you guys when we started and sand and I said, you know, I've got to have questions, let's see at the time. But I know just stand is such a special human being that she's she's magic. And I think you're picking this up and just a very compassionate, open hearted human being. And it's no mistake things are happening when they do it's no mistake that I've met you. It's no mistake that I'm having other conversations out there kind of about the same thing and showing up and being vulnerable and being open to receive. We've got to open that up. So when you said that I kind of got shivers. I want to

Sand Symes 54:36

two things in the breathing if you can, especially for my sisters that they're 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're you know, whatever. And we've made love to their husbands and the wives and partners, whatever we're doing, or some of you probably laughing and going are you kidding Miss, and I'm so fucking tired. That's what's the weekend sets. And we all know that we've been in that department as well. This is for the what I call this two things, what I call the laser girls practice, right? When you fall asleep at night, hug yourself, put your hand somewhere, if you lie on your back plates or hands on your belly, if you're upside, you know, if you're a side sleeper, give yourself a hug. You know, however you sleep, why, when you place your hands in 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. 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. Yeah. And it's kind of state stays in the mind. But the practice if you stay with it, and it's 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're lying on your bed and going to sleep, you know, give yourself a squeeze. And simple as find one thing that you did good to that day. I did good. Today, I got the kids to school on time today, 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, that little girl that you just spoke of Jen, when you said I was looking after everybody else by myself, the people pleaser, which is a protector part. The people pleaser came in when you were in the new 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 or 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 their 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 stones might sound really woowoo that 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 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.

58:42

I'm 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 its varying degrees of things. But I know exactly why. Because my relationship with my father, I will spare talked about it. 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 in 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 have to tell my kids to do that. Because that sounds like it's just breaking down. I think what you're saying Sam, 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 talked against this. It's like just by being you you're worthy of being here and being loved. But there's still so much I still I don't know, I still have more work to do in that regard. Because it's like the gold stars and the metals and the This that the other it's like, if I don't have that will I be loved?

Jen Marples 1:00:05

You know, and that's a question I think we all need to ask ourselves because there's a lot of, there's a lot of stuff we all have in our past, like you're saying, but 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 as well have 20,000 frickin jobs that we shouldn't have. So, yes, I 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,

Sand Symes 1:00:37

liberation, 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 I love that.

Jen Marples 1:00:56

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

Sand Symes 1:00:59

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 SOCOM mistakes, all of the dark nights of the soul, that everything that were my life

went this way. And I thought it was going to go that way. All of the different shape shifting when 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 am 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 59 years of being on the existence right now. And I know I've probably probably lived more than I'm going to live 59 Probably, who knows I have no idea but probably high probability that 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 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, this wisdom, I think being what we call middle and who said it's midlife anyway, it's like, you know, it's like there's this this place, but that 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 1:02:33

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

1:02:41

You knew it was coming. I actually didn't and I read your thing. I'm like, Okay, why

Sand Symes 1:02:44

do I didn't get this one. I've just gotten Kaleidoscope and it was so funny. I was like, not too old to fuck was the first thing. I'm not too old to live the best fucking years of my

1:02:54

life. Oh, yeah, honey. That's it. Sometimes it takes like some people get like an immediate hit. Yeah, and other times, there's a couple things because you get there's a little like, I'm not too old to do this, this, that and the other because it's like because you're not a lot of things pop up. But I love where we landed on that one amazing, beautiful sand you have been just a gift to me and to our to my audience today, my listeners. Everyone's gonna walk away, ladies to 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 down 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 1:03:35

thank you can find me through my name, sand Simes s YME s sometimes, I've yet to come across another sunstones on the internet. I think right now I'm the only one which is really interesting. So you can find me on my website with my name. I do want to offer your audience jen an opportunity to come and do some ancestral breath work with me where I can teach you a particular breathwork technique and come as our guest so I'm gonna give you a cold to drop into your show notes. Great, fabulous. Your girls can come be with me in that. And don't get scared by ancestors ancestors aren't golf ancestors aren't it's not like that. So sometimes people can get a little bit scared. And I use the word healed and ancient ancestors. We have got ancient ancestors from 1000s of years ago that I've got so much wisdom that want to share with you so that breathwork can be very insightful and very powerful for a lot of women. So you get to come to me with there, but you'll find everything that I'm offering

online, online on my website, and Instagram, find my name, Instagram, Facebook, and I'd love to hear if you have any questions. I'd love to answer those questions if they had any.

Jen Marples 1:04:39

I love it. We're gonna link all of that in the show notes and thank you for your generous offer. So everyone take advantage please. I think you can see what a beautiful soul this woman is and how I've got so much more work to do.

1:04:52

But it's exciting. I think it's exciting and I think we'll let's leave that with everybody. It's to not be afraid of it and it is sometimes scary to walk through the fire and the flames to get to the other side. But I know there's no like end destination. You know, I'm 53 I'll be 54 In a few months and I just I keep there's maybe new flames you keep walking through. But really truly I remember someone told this to me a long time ago that really hitting really it was truly hitting menopause. Like on the other side of that where you can access this when some of these other things just fall away. But being able to go into it with open eyes and face whatever things we need to face. There's so much beauty and freedom on the other side. That's what this whole conversation I think has been about. So thank you so much for being here. This has been an absolute joy to have you on the show today.

Sand Symes 1:05:43

Thank you so much. I'm so so happy to be here.