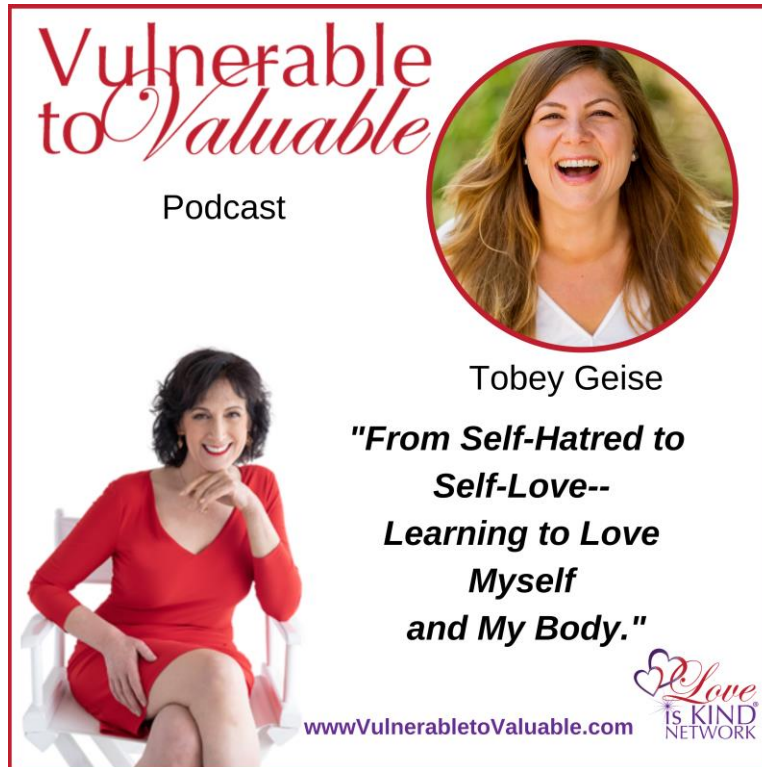


Ep #039: Learning to Love Herself and Her Body



**Vulnerable
to Valuable**

Podcast

Tobey Geise

***"From Self-Hatred to
Self-Love--
Learning to Love
Myself
and My Body."***

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Love
is KIND
NETWORK

Full Episode Transcript

With Your Host

Rosie Aiello

Ep #039: Learning to Love Herself and Her Body

She was put on diet at 9 years old. Just a little girl. And from that moment, Tobey Geise tried to prove she was worthy and lovable by not eating. She ended up developing dangerous eating habits at age 12, which continued for over 20 years. Food became her source of pain and comfort. Can you relate?

She eventually began a personal development journey to uncover the layers hiding the real Tobey. The little girl who never felt loved.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you, and create your path to find the kind love of your life.

Today coming up in the podcast, our guest Tobey Geise, shares her journey of feeling unlovable and unworthy, and how she used her body and food to fill that void.

You'll love Tobey's authenticity and her path to reclaim herself.

We're going to talk with Tobey in a moment, and first a mini masterclass ...

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Today's topic is pulled from Freedom Fulfillment Pillar #3—Values, knowing what's important to you.

As we grow up and experience the world, we are influenced by many people in our—our parents, other family members, society, religion, school, news. The list goes on.

We also realize that the world is not just peaches and cream.

We are happy, sad, joyful, fearful, excited, depressed. We experience a range of feelings and emotions, but most of us really don't know how to feel our feelings.

That may seem like a strange concept. What do you mean feel my feelings? Of course, I feel my feelings, I'm angry, when someone insults or belittles me.

But that's not actually feeling the feeling. Stick with me here.

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When you are angry, what do you do?

Do you scream and yell back?

Do you pout, leave the room, slam the door to your bedroom?

Do you sit in front your TV or electronic device?

Do you pull out a carton of ice cream, sit crossed legged and dig in?

Or maybe you open a bag of chips or cookies?

Or a bottle of wine?

You're not alone if you do one of those things I mentioned or something similar.

You're acting out your feelings.

Not feeling them.

I can't count the number of times I mindlessly would eat.

I remember snacking and saying to myself that I didn't even like the snack, but I couldn't stop it.

You too?

We do those things to avoid feeling our feelings.

We'd rather do something or eat or drink something to avoid the momentary discomfort of experiencing the feeling we are having.

So how do you feel your feelings?

Sit comfortably somewhere.

If you can identify the feeling you're experiencing, go ahead and name it.

Using the angry example—if you feel angry, where in your body do you feel it? Your throat? Neck? Stomach? Back? Is it big or small? What shape is it?

You can tell yourself that you're angry. It's okay. All feelings are okay. How we behave is different.

Just sit there with the discomfort of the feeling of anger.

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You may have an urge to get up and eat or drink or distract yourself.

That's the old habit of ignoring the feeling.

Notice if you do that, but without judgment.

The more attention you put on experiencing the feeling instead of ignoring its existence, the sooner the discomfort of the feeling will pass.

Then you'll realize that the feeling dissipated in maybe 2 to 10 minutes. Sometimes it takes longer.

We do all that commotion to avoid 10 minutes of discomfort.

This is one of the most important skills you can learn. As you learn to honor and value yourself, you'll learn to honor and value your feelings.

This process takes practice, but be kind and gentle as you are learning.

This process is one of the key steps to empowering yourself and leading your life.

You got this!

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The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes, you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com)

A certified Integrative NLP Coach, Tobey is passionate about empowering others to find their own healing within so that they can love their bodies, their life, and their future.

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No let's go from Vulnerable to Valuable with Tobey Geise.

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Rosie Aiello: Welcome, Tobey. How are you today?

Tobey Geise: I'm good, Rosie. Thank you so much for having me. How are you?

Rosie: I'm great. I am. So looking forward to this. You're just so awesome. And I just want to share with our listener a little bit about you, and I just loved what you shared. Tobey Geise is a lifelong student, always seeking and evolving. Now, isn't that a great way to start things? I just loved it because it's like, if everybody in the world could just be that way and just be an open learning book and know that we're evolving.

She began her personal growth path in 2004, diving deep into self-awareness and transformational work. Her growth path led her to spirituality, where she overcame a painful addiction and turned her attention to healing her mind, body, and soul. A certified integrative NLP coach, a neuro-linguistic programming coach, Master practitioner of hypnotherapy, and mental and emotional release, Reiki Master, and breathwork. practitioner. Tobey is passionate about empowering others to find their own healing within. I love that. It's giving me goosebumps reading your bio.

Tobey: It's giving me goosebumps, the way you're reading it.

Rosie: The love, it's just so wonderful. And if you're just listening to the audio, you can't see this gleaming face that's in front of me, but I get to see it, just to envision that. But you weren't always in this gleaming situation. You start out having some experiences that really weren't all that great, especially from a young child's point of view. So if you can just give a little background for our listener to see where you came from, and what you were experiencing?

Tobey: Yeah, thank you. Well, first of all, thank you so much for that glorious intro, and you are just so full of love, Rosie. It's just emanating from you. So what you're getting for me, I'm getting from you. And there's this beautiful interchange. So thank you. Thank you.

So, my childhood, you know, I just want to start out with: I know my parents did the best that they could, and that is not a cliché to say, is that they really did the best that they could with the tools that they had. So anything I say is not meant to defame or deface my parents, my mother specifically. And I recognize now that she is still in a lot of pain. And at the time, I didn't know that. So when I was nine years old, I was put on my first diet at the doctor. The doctor said I was overweight. And I remember specifically, I weighed 70 pounds. I still don't even have a sense right now if that's fat for a nine-year-old, but I don't think so.

Rosie: It doesn't sound fat, but--

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Tobey: I don't know. This doctor had a big old belly and he told me that I was fat and I needed to lose weight. And so my mom, it was permission for her to start. Okay, so from a nine-year-old perspective, it was her permission to start being mean to me about my body. From an adult perspective, it was her permission to start projecting her own self-loathing onto me. And that really began my life as it is now. And my mom, I know she tried really hard, but she was just full of anger and hurt. And she said some really mean things to me. And from the time that I was put on a diet when I was nine, I wasn't allowed to eat what everybody else, the family, at the dinner table could eat. And I didn't understand.

She didn't teach me about nutrition or about healthy foods. It was just, no, you can't have that. And I used to always have seconds. And there wasn't a lot of seconds anymore. And I didn't understand. So that evolved over time and I would cry at the dinner table. Our family eventually separated from the dinner table, and then everybody would go to different televisions in the house and eat alone. It's how that evolved in the family.

Rosie: How many siblings do you have?

Tobey: There's five of us.

Rosie: Five of you. But you were the only one at the table who had a restriction. Were you the older one?

Tobey: Middle.

Rosie: You're the middle. Okay. So you were the middle one and the doctor told you needed to go on your diet. Maybe your mother, do you know if your mother took you to the doctor for that purpose, for that reason?

Tobey: No, it's just a standard checkup as far as I can remember.

Rosie: Okay, well, you were a child. So it's hard to know.

Tobey: I don't really know.

Rosie: Yeah. It's hard to know. But then, so you were all eating at the table together where you had restrictions. But then later on, everyone stopped eating together as a family and they'll watch-- all ate separately in front of the television or wherever they wanted to do. So there wasn't any--

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Tobey: Yeah.

Rosie: Did you feel like--

Tobey: Like dinner was a punishment.

Rosie: Dinner was a punishment. Sure.

Tobey: I didn't recognize at the time that when everybody's-- you know, the format of dinner changed. I didn't recognize that at the time. It's in reflection, looking back. And I think it's probably because I would cry at the dinner table. My parents didn't know how to deal with it. I

My mom is an amazing cook. And she's been heralded, you know, amongst family and friends and she would always host Christmas dinner and thanksgiving, and everybody loves my mom's food. I was on Nutrisystem. You know Nutrisystem? It's like the astronaut food. It's like dehydrated and you pour it into boiling water. That's what I had to eat when everybody else got to eat my mom's food. And I didn't get it. I didn't understand. I was a child. It wasn't explained to me.

And then we would go to the pool. And I would be on SlimFast. I remember in fourth grade, I was-- I mean, it was delicious. It was chocolate milk, but I wasn't allowed to have anything else. And I didn't understand, everybody else is eating chips and peanut butter and jelly and hanging out. And all of a sudden, I feel uncomfortable on my bathing suit. Even at that young age of nine and ten years old, like I was already self-conscious about my body, because it was communicated to me at home.

And when I started to get older, my mom would say things to me, like, "If you eat that, it's going to go right to your hips." She was watching everything that I ate. And so I would eventually hide and eat and not eat in front of my mom. And I interpreted all these things to me that I wasn't loved, and that the only way to get love from my mom was to be thin. And throughout my life, I could never lose weight. It just never really worked for me. And I did everything.

Rosie: Now at school, were you teased about your weight?

Tobey: I was. I don't remember excessively, but I remember in elementary school being called "thunder thighs." Tobey the Tuba, which was actually a cartoon, unfortunately for me. It was an older cartoon, I don't know, from like the '70s probably, but Tobey the Tuba. Those are the two main ones that I remember being called at school and by my brother. And I always had chubby thighs. I still do. It's just part of my makeup. Part of my body shape.

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Rosie: Yeah, yeah. Okay. It's just interesting to see because children can be really mean, right? And so if you have that, on top of what's going on at home. Was your mother-- I'm just curious, was your mother, does she have a normal body weight?

Tobey: Yeah, like 120 pounds, 125. Always still.

Rosie: Right, right.

Tobey: Tiny frame.

Rosie: Yeah. So now you're hearing all this, you're not loved. So what became the impact? In the closet, you hid.

Tobey: In hiding. So basically, after everybody would go to bed.

Rosie: Okay. Right. Your mother, you know she had great cooking. What was going on?

Tobey: My house was stocked with chips and we had these individual size frozen pizzas and we had drumsticks and all these different kinds of ice cream. Tons of junk food in the house. This is my mom's sweet tooth. My mom loves to snack. Anyway, I wasn't allowed to touch any of that stuff. So I would eat a very small portion at dinner, if I even ate it all, because I told my mom, "See mom? I'm worth-- you know, I'm lovable. I'm not eating. I'm losing weight." And then when everybody would go to bed, I would pig out. And if I woke up in the morning, if I had fallen asleep on the couch watching TV and woken up with plates around me and crumbs on my chest, my mom would come down, you know, to get ready for work and find me there. I would be mortified. I was filled with so much shame, like, "Oh my god, I was caught."

And when I was 12, I developed bulimia. Sometimes I say I discovered bulimia because it felt like the Holy Grail. A friend told me she was staying overnight. And she taught me how to stick my finger down my throat. Bulimia is considered a disease or an addiction. And it's like the opposite of anorexia, but they're really in the same camp. Whereas anorexia is starving yourself, not eating. Bulimia is bingeing. So eating, you know, a ton until my stomach feels like it's going to burst, and then I throw it all up. And I thought it was the Holy Grail, like, "Oh, God, I can eat whatever I want. I can have all these treats. I don't have to gain weight from it," which never really worked, because my body was inflamed from all the acidity that that creates. But I started bingeing and purging at 12. And that went on for a big chunk of my life until I was 35.

Rosie: Wow, that was a long time.

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Tobey: Yeah.

Rosie: What was the turning point for you when you realized that's not the way you wanted to live your life? Or what was it that made you switch and to start to open up to finding true Tobey?

Tobey: Well, interestingly enough, it took me quite a while to get there because I was in denial, which is a very learned trait in my family. It has to get to a really bad place before they will look at it, kind of like how, instead of dealing with me, and my feelings at the dinner table, everybody just separated and went into different tables.

I had that same trait. I was doing, as you read my bio, in 2004, I started personal growth work. And I think I was 26 at the time. And I had been involved in this organization working on myself, peeling back the layers, you know, working on my dark side, you know, so I thought. But I did not know that I had a problem.

I was in such denial. I had been doing my work for almost a decade before it really got to a point where I really faced it because it wasn't always. It was when I was on a specific diet, or I used to do a lot of endurance exercise. So I used to do running races. And then I got into triathlons and century bike rides. And I always had this, and there's a thing called exercise bulimia, by the way. And I would work out twice a day when I was training for the half Ironman. And it was nuts. So, I was training for a half Ironman. I was working out. I'd get up at 5 AM and go to the gym, swim practice.

And then I would work this really stressful job in event planning with an alcoholic boss. And then I would work really late at night, and then I would binge throughout my day and purge while I was at work. And then I would come home, and I would work out again. And you know, the body can't sustain that level of stress. So I hit a bottom.

And I remember I was in my personal growth group. And we always started out with everybody checked in with where they were at. And it was one of those divine intervention moments where I had no idea it was going to come out of my mouth, and it was my turn to check-in and I opened my mouth and I said, "I'm bingeing and purging, and I don't know how to stop. I need help." And I remember going like, "Who just said that?" Like, I didn't say that.

Rosie: I know what you mean, though. It was like an out-of-body experience.

Tobey: Yeah. Yeah. Because part of the addiction, the disease, however you want to frame it, is hiding. I had built this whole persona as an athlete. And that I thought that if people saw me as an athlete, then they wouldn't see my fat. So I was living a lie. Even though I was doing all this personal growth work, there was this huge blind spot that was terrifying for me to look at

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because if I had a problem, if I was a bulimic, then what did that mean about me? I was an overachiever.

And actually, bulimia happens a lot with overachievers. Somehow, it tends to go hand in hand. So I was in my group, and I said the thing, and my group leader said to me, “Wow, okay, well, we’re an educational organization. You need to see a therapist,” which was meant to be helpful, but at the same time I heard, “Wow, you’re messed up,” because that’s just how I filtered it.

Rosie: Yeah, that’s interesting. You know, she did acknowledge like, “Okay, thank you for sharing. Let’s see how we can support you.” It was like, can’t deal with that. So it’s another way that “I’m not lovable because I’m not good enough to be in this group. So shut me off again.” I don’t know it. Was that it? Because that’s what-- I’m seeing a little pattern here.

Tobey: I never recognized that. Wow. I mean, I stayed in the group, I was still involved for another two years or so. But yeah, I definitely felt like, “What do you mean, you can’t deal with that here.” But they had an identity as an educational organization, and they don’t deal with things like addiction or those kind of issues.

So, but thankfully, I went to see a therapist who knew, really, really understood me and was involved in Overeaters Anonymous herself and had bulimia and recovered. And, you know, she talked to me. It took a couple of months to get me to go to OA, which is a 12-step group based on AA. And I had this thing that, “Oh, only morbidly obese people go to OA (Overeaters Anonymous). I don’t even know where I got that idea. But again, it was just such a conflict with my identity.

Rosie: Yeah. Because you’re an athlete, Right? Athletes are not fat.

Tobey: Right. Exactly. Exactly. So she worked on me for a couple of months, and finally got me to go to a meeting. And my first meeting, I sobbed the entire time, because everybody who shared I could identify with their story. And I was like, “Oh, my God, this is me.” It was terrifying to me. “Oh, my God, this is me.” And that was in Chicago. And then I didn’t go to another meeting for a little bit because I again, divine intervention, spirits really on my side, plucked me out of this toxic life. I was living in Chicago and brought me to San Diego to heal.

I’m clear that that’s exactly what happened. And I was here in San Diego on vacation. And I was actually training for the LA Marathon, go figure, which is why I came out here. And I was staying with a friend in LA and then I came down to San Diego to visit some other friends; never ended up doing the race, by the way, because I got into therapy at the time. And I was like, “Okay, let’s just not do that.” And I had three spontaneous job interviews while I was here.

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And this company hired me, and they've never moved anybody. It's a small company, they've never moved anybody from another state. And they moved me across country. They paid for my move and brought me to San Diego. It was truly divine intervention because I don't think I could have healed in Chicago. I'd run into people on the street. Like, "What race are you training for?" There was just too much of the old construct for me to be able to really shift and change my life in a way that I needed to. I needed to do a total 180, and I did. I did. I mean it took a number of years.

Rosie: I love that because it's interesting how people have-- what is leading them to evolve and to change. You're beginning, you're seeking, always thinking, involving. And I think it just shows that sometimes it comes from within. Sometimes it comes from some, like you said, a divine intervention. Something is coming. And just like, what came out of your mouth, right? That was the first one. So, in a way to me, that was almost like divine intervention. It's like, okay, she's not saying that I'm going to help her along here. But that was-- and even that person who was leading the group, while they may have been able to show a little bit more compassion, they really, they knew it was outside of their realm of being able to help you. So that was still a good move, but it could have been maybe done a little bit softer too.

Tobey: Absolutely, it could have been done softer. That organization was not known for its softness.

Rosie. But all these little things kept pushing you... kept pushing you and guiding you. And going out for, "Oh, I'm still an athlete to the marathon to work out or to go to the marathon in LA." And then this tumble of things that just pushed you is like, "Yeah, this feels right." And you saw something. So it's all these steps. I'm saying this because I want the listener to hear that recovery and shifting is not a straight line. It's not one thing. It's multiple things. But I think what's important here is to start being open to hearing the messages that maybe you're not getting or trying to figure things out that maybe the messages are coming, but we're not hearing them.

Tobey: Yeah.

Rosie: Right. And I think that's something to be really open about, and you are being guided, not even knowing at the time how much you were being guided. And I think that's a good point, too, because I was being guided many times too. And I didn't realize that till much later that, "Oh, that's what was happening. That's what's helping me move forward."

Tobey: Yes.

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Rosie: Thank you for sharing that. So then you have the therapist who introduced you OA or Overeaters Anonymous. And you started to see that so many of the things they were saying in that group you could tap into, and your perception of what a person who is in Overeaters Anonymous was completely different from the reality of it.

Tobey: Oh, yeah. Absolutely.

Rosie: They were probably other athletes, and people-- I mean, I know some people who are in or experienced bulimia and anorexia. So I understand that. What was probably, you know, one of the things that really helped you now you're in that group, you're in therapy, that you learned about yourself? I mean, did you like learning the truth of who you are owning your own truth?

Tobey: So much, so much. I say one of the biggest ones is that I am a spiritual person. Not only that, I mean, now I'm an energy healer, and spirituality is like my guiding light. But when I got into OA, I had this reaction to the word "God," because I was raised Catholic, and I knew I was spiritual, but I didn't know how to define it. And that was kind of resistant to exploring that. And I'm like, "oh, I'll get to it eventually." But then I stepped into OA, and I saw the word "God" in almost every single one of the 12 steps. And I was like, "Well, I better get on board, because if I'm going to heal, I better get on board with this." And really, it was like a decision like that. And everything changed. So that was a huge realization about myself, but also about the nature of spirituality, and reality, that, like I made a decision, and everything changed. Like I opened myself to the experience. And then I was able to start healing. But like when I was closed off to it, and I was in denial, like, you can't change. Awareness is the first step to change.

And first year in OA was a lot of awareness and working through the steps. And I had a-- I did have a hard time with, you know, some of the things they're about, you know, step 1 that you're powerless, being powerless over food. And, you know, having to call myself: Hi, my name is Tobey, I'm a compulsive overeater. That took me a long time. It took me probably a year and a half to even say, call myself a bulimic. I couldn't even say it. I could not say bulimia and Tobey in the same sentence. So I was a lot of like, breaking down of my ego, because it was so getting in the way.

Rosie: I see.

Tobey: So much about my identity I had to release in order to find my healing, because this identity I created, which was, you know, our personality is made up of a bunch of beliefs, and ideas, and habits that we call our personality, that we call ourselves. And it's like, that's not the true us. That's not the true essence of us. We're so much more expansive than that. And I was getting a taste of that in a way. In a way, it was not the end-all-be-all for me because there was a

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point where I was in for like four or four and a half years, and I was like, “What is going on? It’s just still not working for me.”

I had an immense amount of healing and realization and opened myself immensely. And I had control over the food because I didn’t eat flour, sugar. For five years, I did not touch it. No sugar in the top five ingredients, no types of flour, not even rice flour, almond flour, none of that. I wouldn’t go near it. Anything that looked like a desert, I wouldn’t go near it, even if it was made with like dates or something like that, I wouldn’t go near it. That’s not living. That’s not freedom. But it worked for me at the time. And I needed to be able to separate myself from that so that I could change my relationship with food. So that was under control.

But then when I would look in the mirror, I would still just hate myself. And I’d have these downward spirals around my body image. And I was like, “I don’t know what to do. I have a sponsor, I am a sponsor, I’m doing my step work repeatedly, consistently,” you know. I’m reading books, I’m listening to podcasts, I’m praying, I’m surrendering, I’m meditating. I don’t know what else to do. “What is the answer?” And then at that point, I was introduced to plant medicine. And I had a spiritual experience on plant medicine. And I had an exorcism of my eating disorder.

Because again, I got to another bottom, almost. It was a much higher bottom, but it was a place where I was like, “What-- I don’t know what else to do, please help me.” And then spirit stepped in. And again, it was another divine intervention moment where I met somebody on my corporate job. And my event producer walks up to me, and then we start having this deep spiritual conversation. And, you know, he introduces me to it and then invites me in, and yeah, and it was an amazing experience.

Rosie: What is-- so can you define what plant medicine is? Just a little bit?

Tobey: Yes. So, I worked with Ayahuasca, and Ayahuasca is a plant from South America that has DMT, which is called the “god molecule,” which we all have in our bodies, and it’s produced at birth, and it’s produced death in our bodies. So it lives in this plant, and it’s activated within us when we drink it as a tea. And you have a spiritual experience, it opens you up to other realms. And it was my very first weekend, and my eating disorder left. It left me.

Rosie: Oh, interesting.

Tobey: Yeah, and I was replaced with this unconditional love.

Rosie: Unconditional love for yourself.

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Tobey: Yes, it was unconditional self-love, but it was also from God. Like, I felt this warm glow, this light shining down on me. And the next day, I looked in the mirror, and I saw a different face. I looked in the mirror and I didn't recognize myself, but I saw a beautiful woman staring back at me. And I had never allowed myself to call myself or experience myself as beautiful. And I looked in the mirror and I was like, "Wow, who is that? That person's amazing?" I was like, "Oh my God, that's me." And that was the beginning of me really healing this and learning how to integrate it.

Rosie: Thank you for sharing that and just the whole journey of what happens when we've been in an abusive or narcissistic relationship, whatever your age is, how you interpret that, and then how it creates new belief systems, and as in your case, a lot of major physical impacts, right? Your whole health and the bulimia. And that whole journey of finding out. But you kept going. And how you had one bottom and then a different bottom and then a different bottom until this whole new opening of who she is.

You felt this love, this whole glowing love. You felt self-love. You can look in the mirror and finally say, "I'm not ashamed of my body," because even though you were an athlete, and you were definitely in good shape, you could not still at that time look in the mirror and say, "You look awesome."

Tobey: I could never have said that in the past. The self-hatred was deep, and it was really, really dark. When you've got that going on in the background, how much can you really achieve in your life? I was at conflict with myself without really recognizing that.

Rosie: Yeah, yeah. That's really an amazing journey. And I'm so glad you kept going. Some people give up. And I hope whoever's listening now that whether they're going through anorexia or bulimia or whatever it is, overeating or overdrinking or over anything, right? I call it the over addiction, right? Overworking. There's just all these unresolved beliefs and feelings that have not been addressed before.

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Every episode I offer a mini masterclass on the 11 Freedom Fulfillment Pillars. You can get the guidebook to all 11 Freedom Fulfillment Pillars right now. Simply go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and hit the subscribe button to get your copy.

The only way to move forward and have an impact in your life is to get awareness of where you're at and discover what's holding you back. Following the 11 Pillars I was then able to develop strategies to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and I use these pillars every day to create a fulfilled

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life. These are the same ones that I use with my clients. And now they are yours free. Go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and subscribe.

And we're back with Tobey Geise, Master NLP practitioner, and Reiki master.

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Rosie: So what are now some of your self-care strategies that you could share with our listener that you do to take care of yourself?

Tobey: Great question. Well, I now prioritize my self-care over almost everything, because I realized now that I can't really give to the world if I don't take care of myself first. And I used to be so resistant to self-care when I was in my bulimia. It was like, "Oh, I don't have time for that." But now it's like, absolutely.

So I meditate daily. Even 15 minutes is probably the minimum or 10 minutes is probably the minimum if I have a quick day, or if I have a lot going on that day. My sleep is very important. You know, a good self-care practice is, if I am not feeling up to socializing, if I'm not feeling up to whatever is happening on my calendar that is not imperative, I will cancel it. And before, if something was in my calendar, I was there. Come hell or high water, it didn't matter. Because, you know, I had to be an integrity. But I realized integrity means wholeness.

And if I'm not up to going to somebody's-- actually, I just did it today. Somebody invited me to their birthday party, but it's like a 45-minute drive and I've got too much going on, and that did not feel very loving to myself. So being able to make those kind of decisions. It's like, no, that's going to throw off my whole day, my sleep schedule, I've got too much going on, that's gonna stress me out for tomorrow. No, it's not going to work. You know? So, that's a piece, is being flexible with myself and giving myself the time and space.

I do like, I get monthly massages, sometimes more than monthly. I do energy work, EpiEnergetics. I see the chiropractor twice a month, not because there's actually anything wrong with my back, but because that is my form of medicine and care, as well as acupuncture.

So, those are some things that I personally really love that I'm not giving up. Obviously not giving up. Because that is medicine to me.

And I think the biggest self-care I do now is listening to myself. I've learned to-- and this is actually something I teach my clients, is how to listen within and listen to my body, and what does my body need? Why am I feeling off? What's the root cause of that? Is there an emotion

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that's underlying that I'm not expressing? And really allow myself to feel my emotions and be with my emotions and to express them. That is self-care.

You know, self-care isn't always like a pedicure or a massage. Self-care is, you know, it starts at a way lower level than that. Self-care is acknowledging myself and being okay with who I am right now in this moment. Even if I'm having a really bad day, and I'm in a bad mood, that's okay. Maybe I just need to feel that so that it can pass because so many times we're so uncomfortable with our emotions, or we're not taught in society how to deal with our emotions that we stuff them, you know, whether it's with food, or alcohol, or drugs, or porn. Or maybe sometimes other people can be, you know, our addiction, or it's too much internet or TV, whatever it is. So many of us don't know how to be with that emotion, and we stuff it.

And so self-care is actually, I'm having a feeling, I'm going to sit with it and allow myself to be with it. I'm going to feel it, I'm going to express it so that it can release because emotions are meant to run their course. They're not meant to live in our bodies.

I mean, as humans, we all have the same feelings. So shouldn't that inform us that it's like part of the human experience, like it's natural to have emotions. But somewhere along the line, we were taught that that was bad. But expressing your emotions is like the number one self-care.

Rosie: What Tobey and I are talking about is knowing that, that identifying the feeling and feeling it, there's another step. Feel the discomfort of that. And that's what people need to practice in life. I think your work and my work is going to help others do that. Go ahead and go.

Tobey: That is something that can really help, you know, as we're having this discussion about, like, how to-- what to do with the emotions, right? It's not about--

Rosie: How can our listeners find out more about you and the work that you do and something you might want to offer to them?

Tobey: Yes. Well, I'll start with my gift for your listeners. And I've recorded a whole Ho'oponopono meditation. And many have probably heard this term or heard of the prayer Ho'oponopono. And it's actually a process, and I recorded it as a meditation. Ho'oponopono means to-- "Ho'o" means to make, and "Pono" means right. So to make right with self, to make right with others, to make right with God. And it is a healing technique. Ultimately, it's about self-forgiveness.

So if you're feeling resentment or hatred towards somebody in your present or your past, it's only hurting you. We've heard this. Resentment is like drinking poison to spite the other person. So this Ho'oponopono meditation is a very healing practice. So I'm offering this to the listeners.

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Rosie: That's great. That's absolutely great. The link to that URL, it'll be in the show notes, for sure.

Tobey: Yes. It's my name TobeyGeise.com/forgive.

Rosie: Beautiful. Well, thank you so much, Tobey, for everything – being vulnerable and showing how through your journey you became valuable to yourself, right? You learn that, that you are worthy, that you are lovable, and you always were. It was just your own self-discovery of that. And now you've given that gift to everybody who's listening to you.

And I want to just end with: What does Love is Kind mean to you?

Tobey: Ah, beautiful. Love is all there is. Love is all there is. And Love is Kind-- there's really no separation between those two words. And you know, I think about what you do, and I think about somebody interpreting love as mean or negative energy like, "Oh, that's just tough love." Well, that's not love. I don't think that's love. Love is one of the highest vibrations. Love is kind. Love is compassionate. Love feels uplifting. It raises our vibration. It expands our heart. It opens us up. Love is comfort. You know, it is comforting. And it's expansive.

Rosie: That was beautiful. Thank you for your beautiful energy and sharing all your wisdom and experience. It's been fabulous. Thank you so much for being with us.

Tobey: Thank you for the opportunity, Rosie.

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