



Medicine Stories Podcast

Episode 102 with Lindsay Courcelle

THE LIVING MATRIX OF FASCIA & THE
RESONANCE OF THE HEART

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[Intro]

[0:00:00]

Excerpt from today's show by Lindsay Courcelle:

"You know, I just sometimes feel like I know what's going on with you and your brother, and I have these visions." And she's like, "I know it sounds crazy." And I was like, "No Mom, it doesn't sound crazy at all. That is the power that all of us have. We just don't tune into it, or we don't tap into it, or it's kind of taught out of us through like traditional school and things like that."

That's part of my mission, I think, on this earth is to help to remind people that we just have so much more power like this than most of us give ourselves credit for.

(Intro music, "Wild Eyes" by Mariee Siou)

[0:00:39]

Amber: Hi friends, welcome to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth. I'm Amber Magnolia Hill. This is episode 102, my interview with Lindsay Courcelle. We can't talk about fascia, the connective tissue that touches every single cell in the body without also talking about water, memory, and the quantum information that travels along this network at speeds 1000 times faster than biochemical/neuronal signaling. When we bring tactile witnessing to our fascia through presence and touch, mountains move. Get ready to have your mind blown and to spend the rest of your life diving deeper into these subjects.

A few quick announcements first: our St John's Wort herbal body oil is 33% off right now. You love it, you want it. You love and want the discount. There are still spots left on my Costa Rica forest bathing retreat coming up in September, link below to both of those. Show notes can be found if you just scroll down beneath wherever you push to play on this podcast.

And the Off-grid Homestead Bundle is back. This is \$50 for over 100 e-books and online courses including a one-hour, slide deck, video-of our-faces course that my husband Owen and I put together about hugelkultur-inspired gardening. So this is just a technique of layering dead wood fallen trees and branches into your garden to create the beautiful sacred rot that makes all life, all growth, happen. I will record an extra outro after this interview to tell you more about the bundle if you're interested.

The Patreon bonus for this episode is an extended conversation with Lindsay, and titled Singing with the Ancestors. We talk about the resonance of the voice, making pilgrimage to ancestral lands, connecting with the earth by breathing with plants, calling in our dreams, and the landscapes that our bodies recognize.

I've also put up short audio on Patreon describing the recent death of my 101-year-old grandmother. Many of you who follow me on Instagram will be familiar with her with Meme. She died on what would have been my mom, her daughter's, 72nd birthday. It was incredibly meaningful. It was a beautiful death. It was exactly how I always envisioned and prayed it would go. Me and my sister and six-year-old daughter were there in the room, touching her the moment she left her body. I wanted to record something while I still had it fresh in my mind and while I'm still in this very expanded state of love. So those are both there at patreon.com/medicine_stories.

[0:04:12]

Lindsay Courcelle is a myofascial release therapist and holistic pelvic care practitioner. She lives on an organic farm in Vermont with her two kids and husband, Scott, who grows and ferments vegetables, prepares herbal medicine, hunts and processes meat, and teaches others how to do the same. Together, Lindsay and Scott are stewards of 92 acres of land that they are building into a permaculture, oasis, educational retreat center, and healing space.

Lindsay is passionate about helping women to transmute their traumas and liberate their bodies through myofascial and energetic bodywork. She is a singer and poet and is currently working on a series of children's books centering on herbal tea and dreams. The first of which is a journey to chamomile land, and will be released this summer.

Lindsay has just launched the myofascial breast care workshop, *Spiraling into the Heart*, a masterclass in working with the fascia of your breasts. Along with this, there is an additional offer to dive into myofascial pelvic care with her *Spiraling Down Under* course. For Medicine Stories listeners, the myofascial Breast Care workshop will be offered at a significant discount: \$33 instead of \$99. Coupon code is MEDICINESTORIES. And of course, you can find the link in the show notes. This will be taught live, Sunday, March 26, at 1 pm Eastern time, but if you can't make it, or are listening to this afterward, the recording will be available to you at that link.

Alright, I really love this conversation. This is truly, truly, mind-blowing stuff. So I hope you love this talk with Lindsay Courcelle.

[Interview Begins]

[0:06:03]

Amber: Good morning, Lindsay! Morning here, not there, right?

Lindsay: Yeah, it's afternoon. Yeah.

Amber: I'm happy to talk to you. I've really loved connecting with you on Instagram and bonding over fascia (*Amber laughs*), among them.

Lindsay: Yeah, for sure. It's an exciting topic, and I love hearing all of your thoughts about it.

Amber: Yeah, it is. It's kind of hot right now. Right? It seems like it's really expanding in the collective consciousness. And so I first heard about fascia about 20 years ago, like the early 2000s. When I started, my mom found this amazing healer in Sacramento named Dorothy. If you're out there, Dorothy, I love you. We did reconnect a couple years ago. But she did myofascial release, and when she first explained to me what the fascia is, it totally blew my mind. And I've thought about it, like consistently since then. So maybe we can start by having you explain what fascia is?

Lindsay: Yeah, for sure. So fascia is our connective tissue. It's the tissue that runs through and between every single cell of our body. It surrounds all of our muscles, it supports all of our organs, it interpenetrates all of our nerves and blood vessels. I like to think of an orange and how, when you peel off the peel of the orange, it still has all those sections. But then even when you bite into one section, you can see kind of all these little bits of tissue, creating these tiny, little capsules. And that's kind of how our fascia is. It's, really, our whole body.

And I think because the modern medical system was built off of cadavers, using fascia that was basically, like, scraped away to see all of the parts underneath, it's just been ignored. And it also doesn't show up in any of the standard kind of imaging, like X-rays or MRIs. And so when there's a restriction, it's just kind of people get these really vague diagnoses, like myofascial pain or fibromyalgia. And really, it's just restrictions on the fascia.

Amber: And I remember her telling me — and I've heard people talk about this since, too — that if you removed every tissue from your body except your fascia, it would still be you there. Like, if we did that to you and I standing next to each other, people could tell that's Amber and that's Lindsay because it's our perfect shape.

Lindsay: Yeah, absolutely. That's the way that I've always learned about it, too, is that it's so much of our bodies that it really just is us. And the way it looks in the footage that this French hand surgeon has taken is it just looks like this kind of dew-filled spiderweb. And it's amazing to see the strands kind of disconnect and reconnect elsewhere, or they slide and glide on each other. And, you know, I know you have a love of water, it's like this liquid crystalline goo, essentially, that makes us who we are. And then all of the other little bits of it, like our consciousness flowing through this part of our

body, it's just kind of mind-blowing. But the longer that I've worked with it, the more I can just feel that it's so critical. It's so key to who we are as human beings.

Amber: Yeah, absolutely. I mean, it's kind of like everything (*Amber laughs*), you know, like.

Lindsay: It is!

Amber: Yeah, it goes in between every cell, and when we have tightness, scar tissue, patterns of tension, it really it really negatively affects us. I want to say, too, that I heard Leah Levitan — who is Lymph Love Club on Instagram, and I've loved learning about the lymph from her — say that fascia is thixotropic which means it can shift from liquid to solid when needed.

Lindsay: Yeah, and I mean it's that, it's our bodies shock absorber, it, when we do have these restrictions, often like, for example, from a surgery, or when we're trying to heal that surgical scar, our body will just lay down so many sheets of tissue really quickly that, essentially, does become sort of solid. And it's amazing that we can do that. I mean, that is what is holding us together. We need to be able to heal that way, so that solidity serves a purpose. But then it's preventing the flow of information and energy and nutrition and waste. So yeah, it's super dynamic, it's so alive.

And that's why in a cadaver, you know, or, like, if you're someone who cooks meats, and you see that tissue on your chicken or whatever, you know, venison or whatever it is, it's so different when it's in a dead being, versus when it's in someone who's alive. And so, we miss that kind of dynamic quality of it, and we miss the connectivity within our whole body when we don't see it in a living being.

Amber: Yeah, I just want to say here that we'll put that video that the French surgeon took of the fascia in the show notes because I've seen it, too. It was kind of hard for me to watch because it's, you know, it's very visceral. It's like, in the body, and you know what I mean?

Lindsay: Totally, there's a bunch of different sections of that. But yeah, just for him to show that by applying pressure, for example, that can change the way the strands of fascia are running together and sliding on each other and things like that. It's a living matrix. That's what it is.

[0:11:44]

Amber: Right. So okay, I've also heard Dr. Emily Splichal, maybe, talk about how — okay, so we just talked about how like scar tissue or, you know, impacts is what I think of, can cause these points of tension in the body. But she has this YouTube video talking about how the majority of your fascial purpose is emotional. And like these interoceptive, free, nerve endings inside the body, 90% of them are interoceptive. Most of them are in the gut and the abdomen, the viscera, and that has the most, and that is like absorbing — I don't know if that's the right word — but our emotional state. So when I think about, like my long-term tension patterns that I have dealt with and gotten so much myofascial release bodywork for, it's like, oh yeah, it's emotional.

Lindsay: Oh, yeah, absolutely. That is really how I found myofascial release, and how it really changed my life was more from emotional trauma and emotional healing than physical. And when

we have emotional trauma, we tend to create these patterns in our subconscious that keep us in a protected state. And so we just, we need to be able to allow our emotions to flow.

And, you know, that's such a problem in today's society, in today's world, is that people are, I think, hopefully, becoming more comfortable with the idea that we need to express emotion and that that's a part of our health. But think about how many, I mean, I'm here in New England, and people are so damn stoic, and, you know, like, men don't cry here — and I'm sure it's that way, everywhere, to some extent. But I've just seen so many beautiful examples of people healing really deep trauma by just coming back into their body and showing themselves compassion for whatever has happened in their life, you know, just knowing that they did the best they could, and letting those emotions flow.

[0:13:56]

Lindsay: So when I was first kind of called to myofascial release, I just kept having this feeling like I was not able to fully experience joy. And surprisingly, that is something that I have, you know, I've had multiple clients come with that feeling of just like, they can't quite feel joy. And I had just gotten married, I was really living the life of my dreams, and yet something in my body kept telling me that I needed to flee. That kind of flight, like, fight and flight.

And it just felt so bizarre because consciously I knew that I was where I wanted to be. I knew I wanted to be with my husband. I knew I wanted to be here in Vermont. We were building this beautiful farm and just had great community and all the things, but literally, within my body, my tissue was saying, like, "This doesn't feel right." And that is when I found the brochure for myofascial release, John Barnes. And as soon as I picked up the brochure, I just kinda knew that I was meant to experience it.

And so I booked a session for myself. And that first session when the practitioner, her name was Tanya, she laid her hands on me, and I cried such deep tears that had been just locked up in my tissue, you know, just really stuck there and not moving until she had her hands on me. And her presence and her ability to just be there and hold the space until my body was willing to release that set off a big chain of reactions in my body where I could finally let go of some of this old trauma.

But essentially, what ended up happening is, I realized that I was holding on to this pattern of instability. Like, my childhood was pretty unstable. Even though I had loving parents, my mom and stepdad had a pretty tumultuous relationship. And so we moved a lot, and there was just a lot of uncertainty. And so stability was really challenging for me to sink into and feel comfortable with.

And as soon as I started this journey with myofascial release, it took a while. It took like over a year before that pattern fully shifted. And in the meantime, things got kind of chaotic in my life and with my marriage. But then there just came to this point where everything shifted. And this is a pattern that I see in myofascial release, sometimes people's bodies get really flared up, or things get more chaotic, and then they just reorganize, and suddenly things flow. And that's what happened for me. And suddenly, that feeling of wanting to flee was totally gone, and I never felt it again. It was just a bizarre, yeah, just the way that my body was holding on to that emotion and that really, emotional trauma from childhood was pretty amazing.

[0:17:05]

Amber: Yeah, it's so real, right, how emotional trauma sticks in the body, probably, especially when we're young. And I remember this woman, Dorothy, 20 years ago, just helping me. So many cries on her table, so many big releases, and really, you know, reckoning with, like, my relationship with my dad, and how that had lodged in my body, and which is coming up again, for me at this point in my life.

Lindsay: There's so many layers, right? You know, it's like there might be one layer of emotion that can be identified as, you know, whatever it is, grief, shame. And then there's another layer related to that same person or even that same incident that has a totally different flavor to it.

Amber: And then it just gets added on to as time goes on —

Lindsay: Yeah, exactly.

Amber: ... As it lays down that neural pathway. I remember Dorothy during one session, my right shoulder was so tight. She just held my right arm, as I laid on my back on the table, above my head, and just held it in place, and I was like, "Agh!" She was like, "You're not going anywhere." (*Amber laughs*) and like, you know, probably with her other hand was really seeing pressure points within the shoulder. And it was, like, excruciating for a while, and I had a huge emotional release, and then just felt it releasing. And it was so profound how different I felt after that session.

Lindsay: Yeah, it's often to these particular positions that our body needs to be in. And it might be, it's usually not in a really intuitive position, like where you're thinking like, "Oh, this is the position I need to be in because this is exactly how I was when I got hit by a car," or whatever it is. It's usually just something that we don't even know until we're in that position, and then something about that allows our tissue memory to just kind of release whatever was stuck there.

So sometimes that can be like when people have had a fall, they kind of need to actually go off the table, and be suspended in the air upside down for that to release. Or they might just have this tissue memory pop up, like a smell or taste or something like that. I've had a couple of interesting experiences like that. I don't know. Did you have anything like that come up for you?

Amber: I don't remember.

Lindsay: Yeah. Well, I was just thinking of, I had a client on my table one time, and he just suddenly asked, like, "Did you put some peppermint on me or something like that?" And I said, "No." And he's like, "Do you smell it?" And I said, "No, I don't." And I said, "It's probably some sort of tissue memory. What does that remind you of?" And the first thing he said was candy canes that his mom used to put in his stocking at Christmas. And this was someone who was seeking joy. He couldn't really feel joy, and he'd been through a lot of trauma. And so that was an interesting first memory that came up for him.

But after that, then he said, "But it also reminds me of that yoga studio where, where this traumatic thing happened." And I was like, "Okay." So, you know, when we think of memory, there's so little that's really understood about memory. And for him, it was as if this positive sense memory was

kind of hijacked by this traumatic experience. And so we kind of played around with that a little bit to just have him, you know, remember that joy he felt when he first opened his stocking as a kid and felt his mother's love, you know.

Like, how do we get back to those places where we just feel those really innocent feelings of love and joy when we've been through so much in our lives?

Amber: Yeah, I love it. I love this kind of bodywork. I follow this Instagram account, Human Garage.

Lindsay: Oh, yeah.

Amber: Yeah. And I just, like, love watching people have these huge releases as they're getting worked on. And, you know, obviously, we're such multi-dimensional beings.

[0:21:31]

Amber: And oh, we talked about the reducing valve in our brains on this podcast before, which is an idea Aldous Huxley had, which is basically our sensory gating channels, in more modern language, and just how we have to shut things down to survive, you know, in our minds, and our conscious minds, and in our bodies and our tissues. And then when we are in a space, and the person, like, holding the healing space makes such a difference.

I wish I could come get myofascial release from you! There's actually a woman in my county who does it, which is crazy because there's a thousand bodyworkers. But yeah, in that space, to heal with a healer, what can arise out of that subconscious memory which, by the way, is held in water, in structured water in the extracellular matrix, which is the connective tissue, which is the fascia.

Lindsay: Totally. Yeah, it's really wild. I do often think about how I'm just putting my hands on a body and holding their water, you know, I'm holding their water in my hands. It's sacred water. And I'm just letting it flow through my hands. Like, it's, I don't know. I mean, it probably sounds crazy, but I don't even feel like I'm doing that much, except just really trying to tune in.

And I love, one of my favorite things about doing this type of bodywork, besides just feeling all the intricate little pulses and things under my fingers, but one of my favorite things is just the fact that when someone is bringing their awareness to a specific spot in their body, like if I have my hands, say, under their sacrum and on their lower abdomen or something like that, and I asked them to breathe into that area and to bring their awareness there, it feels different. It feels really different than if they're just, you know, thinking about their to-do list for the day or whatever it is.

And so, I think it's probably okay if I share this: I was on this recent retreat working with Katya Nova, and my hands were on her sternum, on her chest, and like her presence went elsewhere. And I just said, you know, "Bring it back in," and she did. And afterwards, she was like, "Wow, it's just really wild to think about how having that much presence, you can feel a difference." And it's true.

And I don't think I'm doing anything special. I think, I honestly feel like everyone could do this if they just had the training and if they just believed that they could do it.

But what does that tell us about our consciousness, if I can actually feel when someone is, if their awareness is in a particular part of their body? You know, it's pretty wild. It probably sounds a little out there to some people, but it's true.

Amber: I don't have that gift to be a bodyworker like that. But I have been healed, treated, loved up, had hands laid on by so many gifted bodyworkers. And it's just amazing, you know, when someone who has that gift and is in that state of consciousness, what they can tune into. I'm thinking particularly of a craniosacral therapist here who I've seen many times, Daniella. And just one time where she likes she had both her hands on different places on my body, and then she moved one hand to a different place, and this one spot on my body just started screaming to be touched as soon as she did that. And then she lifted up her other hand, and boom: goes right to that spot.

Lindsay: Yeah, totally, it happens very frequently. I mean, I've been doing this now for 10 years. And in the last couple of years, I feel like I've just — honestly, in these 10 years — I feel like I've become much better at just tuning into the intuitive side of my mind and body and brain. And John Barnes calls that the Channel Three, we're so often in Channel Five. But if we can just all tune into our intuition, it's possible for all of us. I mean, honestly, Amber, I truly believe that if that is something you wanted to do, I'm sure you could do it. But you have your other gifts that you share with the world, and I like that you to do the other things with your podcast.

[0:25:48]

Lindsay: But yeah, I was working with my mom over the summer, she was having hip pain, and I just, eventually — I do internal pelvic work, vaginal work — and I just finally was like, “Mom, you know, this really makes a huge difference for a lot of people. Are you up for it? Will you give it a try?” And she said, “Yes.”

And as I was working on her, it was so interesting the things that started coming out of her mouth. She was saying, like, “You know, I just sometimes feel like I know what's going on with you and your brother, and I have these visions.” And she's like, “I know, it sounds crazy.” And I was like, “No Mom, it doesn't sound crazy at all. That is the power that all of us have. We just don't tune into it, or we don't tap into it, or it's kind of taught out of us through, like, traditional school,” and things like that.

That's part of my mission, I think, on this earth is to help to remind people that we just have so much more power like this than most of us give ourselves credit for.

Amber: Yeah. And so your mom said that, as you had your healing hands in the tissues that she birthed you through?

Lindsay: Yes. I mean, it was wild. I don't think she realizes how wild it was, but for me, I was like, oh my God, this is so amazingly full circle. Just recognizing that, I mean, I know you've spoken about your mom, and she sounds just so wonderful. And my mom I've had a lot of struggles with, and I think some of it comes from all this power that she does have, but isn't exactly sure what to do with it, if that makes sense.

You know, I think for most people, especially women in that generation, if no one was telling them that these are actual gifts that they have, then they kind of just brush it off as if it's like a crazy

thought that they couldn't have this intuitive sense. But I mean, we all know that mothers are so intuitive, and so in touch with their children, especially. So yeah, it was really interesting that that's what she chose to talk about when I was doing that work with her. And then of course, like her hip didn't hurt. So it was just this whole, you know, like, who knows what was tied up in her pelvis that had to do with that power?

Because I really think of our pelvis as being so much the center of our creativity as women, either creating babies or creating art or just whatever our gifts are. And so yeah, it was really interesting that those are the things that she started talking about. And it did feel really special for me to be able to do that work with her because it's such an intimate thing to do with women, and it's just so powerful. It really does not take very much internal pelvic work for women to have such a huge shift. And I love seeing the changes that come about from that. Yeah,

Amber: First of all, I think that is so beautiful that you and your mom had that experience. And I've had internal pelvic work. It's come up on the podcast before, I think with Rachelle.

Lindsay: Oh, yeah.

Amber: Rachelle Garcia Seleda in the second interview that we did, but yeah, it is so profound. You know, it's almost just like a tactile witnessing.

[0:29:02]

Lindsay: Totally, I feel like that's so much what it is. I'm thinking of a client that I worked with recently. And, you know, like I said before, it's almost so simple. I'm doing so little, I'm literally just allowing my fingers to feel for a little bit of a barrier, and then I'm just waiting there for the release to happen. And that release comes, usually physically and emotionally.

But so many women have had some sort of trauma to that part of their body, whether it's some sort of sexual assault, or maybe they don't even consider it that, but it was just a period where they gave up their power, or didn't know their own worth, or maybe it was a birthing injury, or, you know, there's just so many instances like that.

And just having that therapeutic touch and presence there allows — and just creating that space for the emotions to come which, truly, is just energy in motion — it just allows for them to find that creative center for themselves again and feel their power and just feel connected to the earth and the universe. Like I just, what I keep thinking about these last few days, especially, is just all the connections within ourselves and within the world. It's truly amazing, really.

Amber: Yeah. And it's just it brings us, it grounds us, and brings us back to center to have the pelvis be in alignment.

Lindsay: Yeah, absolutely. And I know you've had, you've shared about your tailbone injury, is that right?

Amber: Yeah.

Lindsay: Yeah, and tailbones, I find a lot of people I work with have had some sort of tailbone injury, whether it's as a kid, and it, you know, wasn't even something that they thought of which, that's so often the case, too, when people come to see me. I'll say, you know, like, "Well, tell me about any accidents or injuries you've had," and they might have put nothing on their intake form. But then as we're talking, they're like, "Oh, there's that time that I, you know, fell on my tailbone and couldn't walk for a week," and then they just have this big long list.

And I think about that a lot like where we're born with a nearly empty cup, maybe in pregnancy. And when we're born, that cup fills up a little bit, depending on the circumstances. But with each injury, just childhood bumps and bruises, and then bigger traumas, or emotional traumas, that cup fills up and fills up and fills up. And then eventually, it could be the simplest thing, like, you just bend down to tie your shoe, and suddenly, you can't move your neck or whatever it is. And that's the moment that your cup sort of overflows. And I just think it's it's always our body just trying to give us those messages, and we don't always listen until it has to make it super loud and clear for us.

[0:32:06]

Amber: How does self-touch play into this, like, in your personal life? Is that a part of your life? And what about for other folks who don't have maybe a myofascial release therapist in their area? Like, what can we do for ourselves?

Lindsay: There is so much that we can do for ourselves. It's also, I mean, even the people that come and see me for treatment, I highly recommend that they are touching themselves daily. And I give out a lot of little self-treatment balls and tools like that, that people can use. But honestly, just putting your hands on your own body and bringing your presence to your body and allowing anything to come up that needs to, that is a lot, in itself, and that's so simple.

Actually doing more specific work, depending on, you know, if your pelvis is out of alignment or something, there's tons of tools that people can use or just techniques to release. But in myofascial release, kind of the general premise for stretching or for like release work with what we often give out are these little squishy, I think they're like a four-inch ball that has some give to it. So it's bigger than a tennis ball, but it's nice and soft, and you can just let your body sink into it and be really heavy into it. And you can stay there for five minutes, at the minimum, 10 minutes is even better. And what that does is it just allows your tissue to release, and so that's something I love to have people do.

At that minute-and-a-half mark, the elastic component of the fascia will start to release, but really, to create lasting change, you need to be there for at least five minutes to get into the collagen part of your fascia. And at the eight-minute mark, there's an anti-inflammatory response that happens. And so that's great to wait kind of as long as you can while it still feels good.

But what that might feel like is it might feel intense at first, if you have the ball, say, on your quad or on your back, on a sore spot or something like that. And then you'll feel it start to release some, and then you'll feel it start to release more, and you just end up with this really soft, nice, heavy feeling when you're doing that work.

And it's the same thing with stretching: just pretty traditional stretches that people like to do, like a quad stretch, like a runner stretch where you pull your foot up behind your butt and hold it there, if

we can do those stretches a bit gentler like just standing with your leg bent and your foot on a chair behind you — I don't know how to describe that really easily without just showing you — or like a simple calf stretch where you just have your foot up against the wall or on a stair or something like that, doing those really gently and held for five to 10 minutes, it makes a huge change in your body. It's just shocking, actually, how much.

I like to do those calf stretches, and I feel it all the way into my pelvis and pelvic floor. I don't want to call it the “floor,” because it's a really dynamic part of bodies, but I feel it up into my pelvis. And it's just because we're entirely connected. So we might have pain in one part of our body, but it's really not just that part of the body that needs the work. It's we're entirely connected from head to toe.

Amber: Yeah, I sometimes hear people talking about like, “Well, I do this stretch this way, because there's a sheet of fascia that runs, you know, up your whole side and your IT band.” And then I'm like, well, yeah, the whole body is a fascia.

Lindsay: Yeah (*Lindsay laughs*).

Amber: It's all totally interconnected. So yeah, every stretch we do, everything we do connects everything else.

[0:35:57]

Lindsay: That's definitely in John Barnes' style of myofascial release. There's not really this idea of these particular fascial lines. I know that's more common with some other teachers. But John, who I just absolutely love, he's just such a wonderful human being and mentor for me, and I've enjoyed working with him in person a handful of times in the clinic with him. And he's just, if you ever have a chance to meet him, he's just so tuned in. And I love that he just lets go of some of this need for analytical understanding. He's just like — I mean, so I say that, but also, he's a physical therapist with so much analytical knowledge — but with those sorts of things, he's like, “Yeah, we're totally connected.”

I remember I went to his clinic to work with him for a week, and one of my goals was to better learn my anatomy. And he's like, “You don't need to do that. Like, just, we're totally connected. Just simplify your thinking and soften your focus, and it will help you.” And I truly believe that it has helped me; to just let go of needing to understand or needing to know really particular connections, because, like we've been talking about, we are just entirely connected. And front to back, top to bottom, you know, side to side, there's no way we can just think “It's just my left shoulder that hurts,” or something like that. It's just it's so much bigger than that.

Amber: Yeah, yeah. It's interesting, too, having gotten so much bodywork for 25 years, for me, I always feel on my right side. But bodyworkers are always like, “Oh, this left side,” (*Amber laughs*) and I literally don't even feel that, you know. And they're like, “Oh, this is what, like where the knots are,” or whatever.

Lindsay: It's a really interesting thing because that's so often the case with my clients, they'll have pain on one side, and then I'll notice a lot of tension on the other side. And I do like to think of that

analogy of a sweater. And when you have a snag, and you pull on the snag, it pulls all the way on the other side.

So often, when we have pain on one side of our body, like for example I'm just thinking of the pelvis. So say that you have one side of your pelvic bones rotated forward, and what that is going to do is, often, for people, it will tug on the left side of their sacrum, because their sacrum is being tugged in that direction, or they might even feel it in their left leg. And so, it's just keeping an open mind. It's even when I noticed these sort of patterns, I know that it's just somewhat limiting. It's not always going to be that way, because we all have our totally unique pattern of actual restrictions from all of the unique experiences we've had in our life.

Amber: Yeah, it's interesting, you know. I've never done these kind of myofascial trainings, but I know who John Barnes is because I've loved myofascial work so much for so long. And I've really considered going down to New Mexico to be treated by him, personally. But were you the one who told me he was recently injured?

Lindsay: He was recently injured, and I haven't actually heard what's going on with him. I think he's in kind of a rehabilitation center. He's in his 80s. And I worked with him in Sedona last March, and so a little less than a year ago. And he was still just so incredibly powerful in his healing. But yeah, I I'm hoping that it sounds like he wants to return to teaching after this, after he's healed and things like that. But yeah, he's just an amazing, amazing person.

[0:39:47]

Lindsay: Actually, when I went to my first myofascial release training, it was in New York City, in May of I think 2014, and it was a huge class of people. And he'll demonstrate on the people in the audience, and then we'll go on to technique, and I went up for a psoas release. I like jumped up onto the stage and went up, and he worked on my Psoas. And just how powerful he is, it sent me off on like a thaw response.

So I don't know if that's familiar to you, but sometimes when we've had a freeze response, like there's the fight or flight or a freeze, like a deer in headlights. When we've had that freeze response, we can actually have this thawing that happens in treatment, so your body will shake like it's thawing out. And there's videos of animals who have, for example, been tranquilized, and when they come out of it, they have the same thawing response. In somatic experiencing, they talk about this and stuff like that, but this was my first experience with having a thaw response.

And we went into a lunch break, and for the hour of the lunch break, I just shook and cried and moved my body. But I just continued to just because there was so much of that energy just trapped in my body. And I believe that was mostly from childhood trauma, just ongoing trauma, but it took, you know, a full hour of shaking, and then that wasn't the end of it. It still came up in treatments later. But he's just such an amazing and powerful healer. I would just recommend that anyone learn from him or read his book *Myofascial Release Healing Ancient Wounds*.

Amber: Yeah, okay, I didn't know he had a book. I want to read that, and I have read many accounts of people having just, like, huge healing on the table with him. So that is amazing.

[0:41:51]

Amber: Okay, I wanted to talk about- you hosted a really beautiful Zoom call that you and I and two other herbalists were panelists on recently, called *Healing for Herbalists*, where we were talking about frequency and working with frequency and working with plants and how the four of us, you know, do that in our lives. But we ended up talking about fascia and connective tissue at the end of course.

And I shared this piece that I'm putting together that you helped me, you know, that you validated for me which was that I had been reading this book called *Healing is Voltage* by Jerry Tennant. And he wrote about this like system within the body that is a superconductiv, like quantum communication highway, in the body, you know, faster than any nerve signal can fire. And I like reread these paragraphs a few times, and then I realized he was talking about fascia. And I have since confirmed that that is for sure what he's talking about because I have found other people online talking about this, like Carrie Bennet, I think is her name Carrie Be Wellness has her name on it.

Lindsay: Oh yeah.

Amber: That the fascia, which is connective tissue, is a quantum communication superhighway, made of collagen within our bodies, and that the communication from one point of fascia to another is, I mean, it's basically instantaneous. It's like, what did she say, 1000? Okay, 1000 times faster than nerve impulses.

Lindsay: Yeah (*Lindsay laughs*).

Amber: So this is, when we think about healing, we tend to think of, you know, whether it's like taking a pharmaceutical drug even taking an herb, we're thinking in terms of like a biomechanical, mechanical, chemical, hormonal system within the body, which is kind of slow and clunky compared to what we're talking about with the connective tissue. So, of course, I mean, that is how the body, you know, is going to respond to taking in a drug or an herb or a food. It's going to be this like biochemical process that takes some time.

But when we are inputting frequency, light, infrared light from the sun, or an infrared sauna, you know, the Schumann Resonance of the Earth, hertz frequencies from Healy, or any other kind of frequency device, that is working instantaneously through the fascia, and it's just has been like blowing my mind. I want to just continue to dive deeper and deeper into it.

And, you know, we know within the women that we know who've worked with frequency medicine, and specifically, the Healy device, and specifically, the connective tissue program, which is in the meridians sort of category of programs, which now it's really been looked at that the ancient Chinese meridian system actually is following like, yeah, fascial highways through the body, that connective tissue program has been extremely powerful for helping so many women, that you and I both know, deal with chronic pain patterns. And so when I read that in that book and pieced it all together just was like such a huge lightbulb moment for me. And thank you for being part of helping me to put all this together and share it with people, because it's been really profound for a lot of us.

Lindsay: Yeah, it's so amazing. I feel like in the last half year, especially since working with Healy and getting more into quantum healing, my mind is just constantly feeling like it's expanding into these mind-blowing, like, oh, my gosh, can this get any wilder?

[0:45:44]

Lindsay: But yeah, similarly, just a couple: I've had two experiences with using frequency where the change has been so instantaneous, that it has been really shocking, you know. Like, I've felt with myofascial release, I've felt big changes happen pretty quickly, but I do feel like there's something magical about frequency.

And when I had both like I had an injury to my pelvis, my three-year-old kind of head-butted me in my pubic bone. And within a couple minutes of running a frequency program, it had totally shifted. I had no pain, and I'd had that pain for over a day. It was just shocking to me. And then a similar thing, I twisted my ankle, and it was swollen, and I ran that connective tissue program. And I went from, before I ran the program, I went from being, you know, just sobbing with so much pain, I wasn't using ice because in those situations I tend to not favor ice. I like to try to just let that inflammation happen and not stop it from happening which tends to kind of prolong the healing process. And so, I was in just a ton of pain, couldn't sit still, you know, crying, really struggling, but knowing that it was going to change, and that I got my Healy.

This was like, I just gotten home and as soon as I got my Healy going and elevated my leg and just put the electrodes right on my ankle, it was it suddenly just turn this nice warm. It was like it felt like someone just put their hands on my ankle and was healing me, is really what that felt like. And the pain went away, and it never came back, and I had no problem bearing weight on it

And yeah, it's really pretty... it can sound so out there. But it just comes back to resonance and how, when there's no interference in our bodies, we can, everything just flows, and we just feel so good. And I think that that's why those of us who are involved with the Healy are so excited about it, because we've had these moments where things shift so quickly, and it doesn't feel like there's any negative effect to doing it so quickly. It just feels like this amazing release and relief.

Amber: Yeah, I've also had a couple episodes about water and structured water. And it's just so interesting how the interplay of fascia/connective tissue and water, like every tiny bit of fascia is surrounded by water by structured water. And so, I think it was Carrie who said this, and I'll have links to everything we've talked about in the show notes because we've dropped a lot of like good names and people and videos and all sorts of stuff. But the connective tissue and the water around it are liquid crystal, and fluids like this, this conductivity, is being facilitated by those two things together.

And, you know, I'm even wondering about, like, do those things merge? Like, how you know that the thixotropic, that the fascia, can shift from liquid to solid when needed? It's just (*Amber laughs*)... I don't know. It's just, again, it's mind-blowing this is. And it's so dynamic and living. Like, so the living matrix.

Lindsay: Yeah, I do get to a place where. I mean, I think that's the wisdom of John Barnes, and he's just such a brilliant mind. I feel like he's able to shift back and forth between the intuitive. And with

some of these topics, honestly, I just don't feel like my analytical brain has had enough exercise lately, and I get a little bit like I just cannot even wrap my head around it. But yeah, that easy water, the exclusions on water and the, you know, essentially, with the exclusions on water and the protein zone which is right next to it, creating this battery of energy for our bodies, you know.

Like we just, for anyone to think that we're not energetic beings, it's mind-boggling at this point because there's so much evidence that we are creating these electrical forces in our body. Which, when you think about it, like as I just sit here and look down at my body, it's understandable why we haven't known that for so long. Because when I look down, you know, I see my blood vessels, and I see the blood pumping, and things like that, but you don't really see that energy moving. But I do know, just from the work that I do. that putting that pressure into the system and then feeling those pulses of energy as I hold there and wait for things to release, it's very real. It's very real.

[0:50:54]

Amber: Yes, and, okay, I'm gonna read this quote here, because it's just so relevant. This is from that same woman, Perry:

The connective tissue is a completely interconnected superhighway that funnels quantum information, and the speed of conduction and flow of information depends on the water that surrounds it.

So, like, boom, there's all that. And I think another thing that comes up, over and over, again, with people who are working with frequencies, is that it's like we just get more coherent. There's more coherence in our beings and the way our minds think. For me, and I've had so many people say this happens to them, too, my dreams are, and this has been every single night for two months now, since I started using Healy, my dreams are like the narrative arc makes more sense. I don't wake up with just like random bits and pieces that I'm like, what was that? It's like the whole movie is in my mind from beginning to end. Like, it's not necessarily more profound, or like symbolic or meaningful dreams, but they're more coherent.

And then in my life, like things that I've... it's just like, my thought processes are more coherent as well, and I'm doing things that I've been meaning to do, wanting to do for years, you know, but was just like, I was just too disorganized and chaotic with my thoughts and my time to prioritize them or figure out how they fit into everything else I'm already doing in my day to day life. So even, you know, I just, like, I don't really have a huge "Oh, it healed my allergies," or, you know, whatever, because I didn't really have like big issues like that before. But what I am, for sure, noticing is just more coherence in my field. And then when I learn about this living matrix, and the water and the connective tissue, and this instantaneous, quantum information communication network, it's like, oh, that totally makes sense.

Lindsay: Totally. And, you know, thinking about the coherence, just even in our body, and like within some of our primary organs, I've been thinking a lot and reading a lot about the heart, and just how when the brain and the heart work coherently we have this flourishing creativity and our communication flows and the healing takes place. You know, it's just, we, especially in this modern day, like you often talk about, we have so much interference, you know. Whether it's wireless

technologies, whether it's just glyphosate, all the toxins that are throughout our world, those are all little bits of interference, and so anything we can do to find that coherence within our bodies is going to benefit us and our health.

[0:53:50]

Amber: Yes. And I love that you brought up the heart. When my 16-year-old was a baby, I became so obsessed with the Heart Math Institute, and they have just done all this work on the resonance of the heart. And the resonant field that the heart puts out, which is much larger than the field that the brain puts out.

Lindsay: Yes! That's what I've been reading about. And actually, I've been reading — I don't know if you've read *Plant Spirit Healing* by Pam Montgomery?

Amber: Oh, yes. Mhmm.

Lindsay: I've just been reading something about the heart in there and just finding it so fascinating. And also how the heart pumps in these spirals and this lemniscate, like figure eight sort of formation. And having just been in England and seeing these kinds of sacred spirals and thinking of water and its sacred spirals and the ley lines, like, there's just so many of these connections throughout our worlds. But the heart itself just feels like, again, just a piece that I hope that 100 years from now, we will have a more collective agreement as to the importance of the heart and not think so much about our brains. But it'll be really interesting to see how that's accepted.

Amber: Yeah. And Stephen Buhner, as well, has written about this in one of his books. I forget which one, but I'll link to it as well as Pam's. But the perception of the heart and *The Resonance of the Heart and the Direct Perception of Nature*, I believe, is the subtitle of that book. And he writes about how people living closer to the earth, people in indigenous cultures. So if you ask people in, like, more modern Western cultures, where like, where are you located in your body, we point to our head, to our brain. But if you ask them, "Where are you located in your body?" they point to their heart.

Lindsay: Hmm, yeah. Yeah! Exactly, it's um, it is such a (*Lindsay laughs*) it's just such a special place in our bodies. And I had bookmarked this quote, in Pam's book that is just:

As vast as the space without, is the tiny space within your heart. Heaven and earth are found in it, fire and air, sun and moon, lightning, and the constellations. Whatever belongs to you here, below and all that doesn't, all this is gathered in that tiny space within your heart.

I mean, when I read that, I just feel it. I feel it in my heart, so fully.

Amber: Yeah, that just helped me take, like, the most beautiful, deep breath into my heart. Not just my body. (*both laugh*) A profound healing experience right now. Oh, and I'm running the release program on the Healy, this whole conversation.

Lindsay: That's one of my favorite ones. I love those gold cycle programs. I just find them really, my body seems to love them. And yeah, those are some of the best for pain. I was running that a lot when I was in the UK just I felt like I just had a lot to let go of and that was helping me for sure.

Amber: Oh, wow. Yeah, I used it a few times when I first got it, but I hadn't in a while. But right before we talked, yeah, I'm looking at the text right now, nine minutes before we got on this call, my friend texted me and said, "After some trial and error, I found the Healy program for my neck and shoulder pain. I've been doing release a couple times a day, and the pain is 100% gone for the first time in like five years. Usually, on good days, I would still feel a bit of discomfort, but now there's literally nothing."

[0:57:40]

Lindsay: Yeah, I've had, I mean, you know, from our conversations in the past, like the Healing for Herbalist call, I've really struggled for a while with the idea of having this little tech device as part of my healing regimen. And part of that comes from just I have a lot of really wonderful conversations with my husband, who is an herbalist and farmer, and he's a super tuned-in-to-the-earth kind of person, who really almost never uses a cell phone and isn't on Instagram and all of these things. And so his questions about it are kind of like, well, do we really just, in the span of time that you and I have been alive, just the amount of more that technology has come into our day-to-day lives, is that really the direction we want to head?

And I truly believe that, I mean, I feel both really called to plant spirit healing and, you know, really bringing in the spirits of the plants and connecting on such a deeper level, and also frequency. And I just feel like there are too many instances where people are not finding the healing that they need through these other modalities, and we do need all the help we can get.

And so yeah, like for me, when I see people using the Healy, and they're just running program after program, or they're doing scan after scan, and they're not taking the time to ground or to put hands on their body or to take herbs or to connect with the earth or those sorts of things, it feels like it's a band-aid, just like pharmaceuticals would be or something like that. But when people who are in touch with their intuition are using it in a way that, you know, where they are actually really present when they're using it, and they're letting their intuition guide them to what program to use and things like that, I think it's just such an amazing tool.

And reading *The Resonance Effect* by Carolyn McMakin, I just, there's so much that we don't know and so much yet to be discovered, and some of it has been — like this work with frequency — it's been happening for, what, a century, and yet, so much of that is suppressed because we all know that the people that want to make money off of other forms of medicine are not going to make money from this frequency. So I truly believe that there — I think it's similar to how I felt with myofascial release when I first found myofascial release. I was kind of like, well, this is weird, but we'll see how accepted it is in 10 years. And now I feel like fascia is talked about all over the place. And I feel like it's gonna be the same thing with frequency. I just, I know that it's a part of our future moving forward.

[1:00:35]

Amber: Yeah, absolutely. I'm sure you follow Dr. Catherine Clinton on Instagram, too. She does amazing stuff. And she just posted:

Our fascia emits light and rhythm with the sun and the seasonal cycles. Our health is inseparably tied to the world we live in.

And I'm just tying that back into what you were just saying that, yeah, it's any sort of healing modality has to be done in a larger picture of coming back into relationship with the earth, of grounding with our feet and our bodies on the earth and the sunshine, especially, and water. And I also want to read one last thing from her because I think it just kind of ties us all in before we close here.

Evidence for the existence of an energetic biofield now exists. Biofield interactions can organize biological processes from the subatomic, atomic, molecular, cellular, organismic, to the interpersonal and cosmic levels. As such biofield interactions can influence a variety of biological pathways, including biochemical, neurological, and cellular processes, related to electromagnetism, correlated quantum information flow, and perhaps other means for modulating activity and information through flow throughout our biology.

And then she gives a PMID number, so this is from some scientific study that's on PubMed.

Lindsay: Yeah, there's going to be more and more of those, I think, for sure. Definitely.

Amber: Yeah, and I'm going to keep talking about this on future episodes, because I'm just I'm loving it. It's lighting me up so much, and it's getting me outside more often. It's getting me on the earth and in the sun and paying evermore attention to my water and mineral status, and I love it!

[1:02:19]

Amber: And seriously, Lindsay, I just, like, experience something really profound when you were reading that about the heart. Like something, this tightness that's been in my chest on my right side, I mean — for like 25 years, but also pretty strongly the last day or two — shifted.

Lindsay: That's amazing. And yeah, I think that — and this is, when there's time, I'd love to just share about my offering that I'm going to put out to the world because until now I've done only in-person work — but I want to offer something to the wider community and people that can't come to Vermont for sessions with me, and that's around breasts and the heart because, really, our breasts as women are such an extension of our heart center. And I just know that this is the work that needs to be shared with the world. So yeah, I think that that could be really, really nice for you, if you want to consider it.

Amber: Absolutely! Just sign me up for yet another online course from someone I really love and respect (*Amber laughs*). But no, I think you're right, and I've been having, just the last few days I've been doing like a little breast massage in the shower. And I'm like, oh my god, I like need to be paying more attention here and taking Leah's, learning more about lymph from her, and also realizing oh, that's, that's something I really need to be looking at, and knowing that like the breast and unde arm centers are so important there. So you know, by the time this releases that should be ready. So we'll link to it in the show notes. Where can people find you?

[1:03:59]

Lindsay: So you can find me online on Instagram Alchemy MFR, or myofascial release. And I have a website that is in major need of updating, but that's alchemymfr.com.

And I will just say that the myofascial breast care that I'm going to offer, it's really different than massage, and I feel like it's unique and that every woman needs it in their life. So it's gonna be a really reasonably priced workshop, I think, with the Medicine Stories coupon code, and it will only be \$25. I want to make it super accessible so that women just know how to touch their breasts with a myofascial perspective in mind. And yeah, I'm really excited to just do more.

And if anyone wants to come to Vermont, the way that I do sessions for people who don't live here is an intensive treatment of 15 hours in one week, which is really intense. But that's how myofascial release is done in the national treatment centers. And the amazing thing about getting that much treatment so close together is that it just breaks through any of these subconscious holding patterns we have. And we're really able to break free of the things that are holding us back from feeling joy, feeling love, you know, loving ourselves, feeling worth, whatever it is. And so yeah, I would welcome anyone to get in touch with me if they want to do that.

Amber: Booking my ticket now (*Amber laughs*). That's because, I mean, that's kind of what's missing. Like, all the bodywork I've done since I was 18 is it's just, like, here and there. Even, you know, people in my own town, I'm not gonna go see them for 15 hours within a week. But I could totally see how that would be very helpful.

Lindsay: It's really intense for most people, but it's different. It really breaks through, like I said, those. Our subconscious is just so powerful, and we're so quick to kind of get back into the same patterns, whether they're conscious or not. And so this amount of work, it just makes sure that you don't go back into those same old patterns. And that's how I was able to free myself of my kind of inability to have stability in my life was through one of those intensives. That's what really shifted things for me.

Amber: Yeah. Awesome, Lindsay, thank you so much! I love talking about this, and I'm so glad that we finally were able to do this. And, as I always say, I just love seeing where the conversations go.

Lindsay: I have to say really quick, Amber, thank you so much. This is my absolute, favorite podcast. I'm so grateful to the friend who introduced me to you, and I just could not be more grateful for the medicine that you share. It's just truly is a gift, and I have goosebumps just thinking of how much change it has created in my life. So thank you.

Amber: Oh, thank you, Lindsay, I love doing it.

[Outro]

[1:07:09]

Amber: Okay, so as a reminder, Lindsay has just launched the myofascial breast care workshop, *Spiraling to the Heart*, which is a masterclass on working with the fascia of your breasts. And there is the additional offer to dive into her myofascial pelvic care course called *Spiraling Down Under*. You can use coupon code MEDICINESTORIES at the link you'll find in show notes to get 60% off that course.

If you are interested in the Zoom call that Lindsay and I participated in called Healy for herbalists, you can private message either one of us on Instagram. Our Instagram accounts are linked in the show notes. If you don't have Instagram, our websites are linked in the show notes and you can find us there and we will get you a link to that recording.

I'm gonna tell you a little bit more now about The Off-Grid Homestead Bundle. I promoted this back in the fall. I had a podcast episode all about our adventures and misadventures becoming more self-sufficient, getting closer to the land, keeping chickens, gardening, unschooling, et cetera, and how it's a perfectly imperfect process. And no one, I don't think very few people are ever, like, all the way there. I mean, we're not off grid, and we don't really want to be off grid, but it is useful to have these skills right to reclaim these deep, ancestral skills.

And if you did buy that bundle last fall, you should know that this new bundle is a majority of new products. It's a collection of over 100 e-books, courses and guides for only \$50. This is a 99% discount because if you bought everything separately, it would cost over \$4,900. The topics covered include:

- How to start homesteading and living off the land, permaculture, regenerative agriculture and holistic garden planning, organic gardening, weed management, and hugelkultur — that's me and Owen
- Foraging for mushrooms, nettles, and herbs, safely and sustainably,
- How to raise your own chickens, goats, and cows
- Seed starting and seed saving for vegetables
- Canning and food preservation with water baths, pressure canning, and sugar-free methods
- Self sufficiently, self-sufficiency, and thriving off-grid with smart solar-powered solutions
- Online income, Instagram monetization, Airbnb rentals, and how to make money for on your property and homestead
- Build plans for cow stanchion, lean to, greenhouses, off grid shower, and a water pump.
- Urban gardening and hydroponics
- How to start a micro homestead from your apartment
- Creating chemical-free cleaners detergents and home products from natural ingredients
- Worm farming and using coffee, raw milk, and essential oils in the homestead
- Organic farming beekeeping, bringing in pollinators, and animal care
- Natural remedies, medicinal herbs, and home remedies for a sovereign medicine cabinet.
- Prepping emergency preparedness and how to survive in the wilderness
- Natural beauty and how to make your own skincare and beauty products from plants
- Farm-to-table recipes, including zero waste dishes, skillet meals, and cheese making
- Fermenting and brewing =m such as sauerkraut, kombucha and sourdough bread
- Recipes for yogurt, kefir, and fermented cheese

- Sovereign womanhood, homebirth, placenta care. I know that placenta care resource is from Aimee Aroha, my most recent podcast guest on Episode 10.
- Breastfeeding, holistic postpartum practices, motherhood, and starting women's circles
- How to get kids involved in the garden and during mealtimes, along with kids' breakfast recipes, and much more.

[1:11:25]

I gotta say we first started getting interested in prepping in 2017 when the first really, really big wildfires happened in California and Northern California, and we were without power for an extended period. And we're like, "Oh my god, what? What do we need to do? What do we need to know?"

Now we just got through the second winter in a row of catastrophic snowstorms in our area, which were previously rare. We get a dusting of snow every winter here in Nevada City in Northern California, but we were just snowed in for two weeks. There are still people without power, two, or three weeks later. It was very much a survival situation for many people in our area. We were okay. We had some scary moments, though. We were okay.

But we were like okay, so, not only do we have wildfire, but now we have these crazy winter snowstorms that our area and our infrastructure are not prepared to handle. So we're just like ever-deepening into preparedness and Earth skills, and I always say, self and community-sufficiency.

So the bundle is the result of years of experience from all the best authors and course creators in the field. All these high-quality books and courses have been carefully selected to help people on their homesteading journey to live more independently, sustainably, and free. I said books, but I meant e-books. And it's just a huge library of resources to help you live your fullest life, including all the tools to make your homesteading dreams closer. Like I said, it's an endless journey.

So yeah, \$50, the link will be below. This offer only goes from March 22 to March 31, and that is it. It's not available after that. The reason it works at such a low price is because of this limited timeframe, you know. So check it out if you're called, and thank you so much for listening to this beautiful episode. I absolutely loved it, and you can check out the bonuses as well at patreon.com/medicine_stories.

(Exit music, "Wild Eyes" by Mariee Siou)

[Closing]

[1:13:46]

Thank you for taking these medicines stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self.

I love sharing information and always put any relevant links in the show notes, which you can find by just scrolling down from wherever you pushed play on this episode. You can find all past episodes and our handmade herbal medicine at mythicmedicine.com. We've got reishi, lion's mane, elderberry, St. John's wort, mugwort, yarrow, redwood. We've got body oil, sleep medicine, heart medicine, Earth essences, and more.

While you're there, be sure to check out our fun quiz, [Which Healing Herb is your Spirit Medicine?](#) It's light-hearted but the results are really in-depth and designed to bring you into closer alignment with both the medicine that you're in need of and the medicine that you will already carry and can bring to others.

If you love the show, please consider supporting it at patreon.com/medicine_stories. It is so worth your time. There are dozens and dozens of killer bonuses there: e-books, bonus conversations, guided meditations, giveaways, resource guides, links to online learning, coupon codes, behind-the-scenes stuff. And the best of it is available at the \$5 a month level. And it, literally, makes the show possible. You can also subscribe or follow, depending on which podcast app you prefer.

The music that opens the show is by Mariee Siou from her beautiful song, "Wild Eyes." Thank you, my beautiful friend, Mariee, and thank you for listening. I look forward to next time.