



The Athena Wellness Podcast
Episode 132 – How to Energetically Re-engage with Laura Haehl
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[00:00:05] Kathy Robinson: Welcome to The Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Hello and welcome. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little mid-week boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by Reiki master Laura Haehl. During this discussion, Laura advises those who may be feeling stuck on how to work with their energy to re-engage with life.

And now onto the show. I hope you find this conversation helpful.

[00:01:02] Kathy: Once again, I'm joined by Laura Haehl. Welcome back, Laura.

[00:01:06] Laura Haehl: Thank you.



[00:01:08] Kathy Robinson: So for this episode, I'd love to explore some of the energy work that you do. I'm thinking about our listeners, in particular, who may be feeling stuck, or you said before, this sense of vagueness of just being in one place. What might they be able to do energetically to re-engage?

[00:01:29] Laura Haehl: I love this question. And you used the perfect word of stuck. To me, I always think of everything in terms of energy and energy needs to move.

If you're stuck, you might not be moving your energy enough. That sounds like woo woo and out there. But if you think about toddlers, that's my favorite example, and how they have a little meltdown and then move right on with their lives. Or they get really excited and then they calm back down and move on. Or if you think about animals. When a dog almost gets into a fight, it'll get away from that situation and then just completely shake its entire body. It's shaking off that stuck energy.

For people, you get to pick your favorite thing. You might need to cry. Maybe you need to scream. I like to dance. You could do yoga. You could go for a run. It's doing something with your body to move that energy. Even artists, people who like to paint paintings or make pottery, that kind of thing also works. Gardening, because you're moving in a slow way so that you can let your mind wander.

You really have to decide, is it something intense that you need to move things or is it something gentle and slow that you need to move things. Along with that, you could be journaling.



Then I think the other piece to this is finding the words that you actually need to say. Whether you write them down or say them out loud, if you can get to the actual words that you need to speak, that could actually help shift things quite a bit.

For example, if I feel like I'm upset about something and I'm not really sure what it is and I'm just feeling stuck on that, then I run through just sentence after sentence after sentence until I find the one that actually makes me want to cry and release it. That's like when you're feeling stuck emotionally.

When you're feeling stuck in your life, in general, let's say you can't decide if you're going to leave this job or not. You're just not able to make the decision. First of all, I always think that timing is something important. You might think to yourself, is this the right time to even be making this decision right now?

If I'm really that stuck, releasing some of the pressure and being more compassionate with yourself and saying to yourself, "Maybe I just need to forget about it for an entire week." Just let some time go by, go do something fun. Find other ways to enjoy yourself and then come back to it. Put it in your calendar if you need to.

To me, when I've had times like that before, where I'm just constantly thinking about the problem and thinking about the problem and thinking about the problem nonstop, it's almost like blocking up the ability to even make a decision.



If you give yourself the space, this is another yin or feminine energy word, space to allow things to process through, you might come up with a solution that you hadn't thought of before.

I think a lot of people experience this in the shower, like aha moments in the shower. It's like you're doing enough of something in the shower. You're in a place where you're used to being, you're familiar with it, and you're letting your mind just drift and wander.

I think that's another thing that can be really helpful when you're stuck is just letting your mind just drift and wander. If you're spiraling down a rabbit hole of thinking about the same thing over and over again, you have to stop yourself and maybe go for a walk, distract yourself with something visual possibly so that you have something to look at.

I always find myself preferring to walk around downtown because there's enough buzz and activity that I'm distracted by all that buzz and activity. It takes me out of that locked onto that thought process that I'm in when I'm trying to make a decision. I think space, time and moving your body are the biggest things.

[00:05:34] Kathy Robinson: Oh, I think that's great. Just circling back to timing, it's been my experience, I wonder if it's been the same for you, those times when we're circling around, and we don't know, don't know, don't know, a lot of times, for me, at least that meant it wasn't the time to do anything.

That's such a hard thing when you just want to break out and move forward and try something new but there is something that you know is holding you back. And



there's a purpose to that. That's a really hard reality to accept because you just want to leave.

How would you work with energy like that where it's like, you know it's not the right time, but boy you need a change. You just want something to change.

[00:06:23] Laura Haehl: For me what I would actually do is get to the root cause of why I'm feeling so antsy. If you think about, I'm going to call them spiritual masters for lack of a better phrase, that impatience - they don't have it. They know that everything is in the right timing and that everything's happening exactly the right moment. There's something in you that's not able to just be cool with this situation that you're in right now and know that it's going to change at some point in the future. There's no way it's not going to change. It's just how life is, it changes.

What is it about what's happening right now and why are you feeling so trapped? Or why are you feeling so stuck? It's your perception. I always like to think of what would your inner 90-year-old say about this? Your inner 90-year-old has no idea if you quit your job when you were 51 or when you were 49. None.

There's that higher, broader perspective that you can take. There's like all of this other stuff going on in the world that you aren't a party to. It may be that the other job that you're going to look for later just isn't going to be open. You don't know that if you're not just going to a couple more months than you thought you were, that's not for some reason that you can't foresee yet.

I keep reminding myself, it's like, you don't have all the information. You're not seeing everything all at once. Then why do I feel so resistant to just going with the



flow right now and being in the flow of this is where I'm at? This is where I am right now and I know it's not going to be like this forever.

I always keep thinking of the monks that make the sand mandalas on the ground. They take forever to build these and they just wipe them out because that's the nature of life - it's going to change. You sit in that energy of "it will change," and it's just not changing right now and I need to figure out why I feel so antsy and trapped.

[00:08:18] Kathy Robinson: It's a beautiful image, and it's a wonderful place to tie a bow on this. I thank you again, Laura, so much, for being here. I really appreciate your time today and sharing your intuitive wisdom with us. Thank you.

[00:08:29] Laura Haehl: You're welcome. I really enjoyed it.

[00:08:33] Kathy Robinson: Thank you so much for joining me today. I know there are many ways you can spend your time, thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!

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[00:09:35] [END OF AUDIO]