

Ep #93: An Invitation for You



Full Episode Transcript

With Your Host

Maisie Hill

Period Power with Maisie Hill

Ep #93: An Invitation for You

If you are in the horrors with menstrual cycle issues or you want to learn how to harness your hormones, then you are in the right place.

Welcome to the *Period Power* podcast. I'm your host Maisie Hill menstrual health expert, acupuncturist, certified life coach and author of *Period Power*. I'm on a mission to help you get your cycle working for you so that you can use it to get what you want out of life. Are you ready? Let's go.

Hello, hello, and welcome to the podcast. I'm recording this very late this week because, as you might be able to hear, I have been ill. I'm certainly feeling a lot better, but I'm not 100% yet. Like, I had this weird head cold and like slight flu that was getting better. Then I got hit with a second wind, which is what a lot of you have shared with me has been going on for you as well.

I've been in bed a lot. Been feeling quite woozy. My ears finally popped yesterday, and I can hear again. But I just haven't been very with it. But I feel well enough to record this for you today. It's good to be back and feel able to do something because I have quite slow audio processing. Especially like if I'm feeling dysregulated, it takes me a long time to make sense of what someone is saying to me.

The same thing happens when I'm ill. It takes me a long time to understand and to concentrate on the words coming out of someone else's mouth. So I've been finding conversations really quite challenging. But I'm on the up. I'm well enough to record this episode for you. But I am going to be going in try to lie down before picking my son up from school after this.

So if you're listening to this the day this episode airs, Wednesday, then I want to let you know that it's not too late for you to join The Flow Collective. If it's Thursday, then the doors might still be open. It depends on what time you're tuning in and which time zone you're in. But we are closing the doors at 9:00 p.m. UK time on a Thursday. That's probably going to be it for this year. I have been thinking about whether I want to open the doors again before we get into the holiday season.

Ep #93: An Invitation for You

I'll be honest with you; I don't think we are going to. I did have something in mind for the end of November, but I decided not to do it because I just really want to focus on our clients who've already signed up and joined the membership. Because the next few months are going to be pretty epic. I have put a lot of thought into what the next few months are going to be like. I really want to focus on the delivery of that experience that everyone's going to be having inside.

So I highly recommend that if you want to join The Flow Collective that you sign up now. If you listen to the podcast and you're into what I share here, if you already find everything I talk about on the podcast helpful, I guarantee you're going to be delighted with what's inside the membership. I know that some of you are very avid listeners, and that you've been doing an amazing job of taking what I share here every week and using it in your own life. Right. That's why I do this.

I want to give like huge props to you for being able to take what I share here and apply it to your own life. I love hearing how you use it, the results you've created, the shifts that you experience. But no matter how faithfully you listen to the podcast and read my emails and posts, it's going to be even more powerful when we do some real time like down and dirty get in the weeds work together.

Over the next three months, I'm going to be teaching you and coaching you on the qualities of autumn. Because these are skills that we all need. No matter what season you're in. Whether we're talking about your cycle, the seasons of the year, or the seasons of your life. So here's how we're gonna roll.

Even if you have no intention of joining The Flow Collective, I want you to think about how you can do this anyway. Okay, because I'm gonna lay out the phases to it here on this episode so that you can use it or so that you can join us, and we do it all together.

Ep #93: An Invitation for You

So first of all, you're going to look at what's working for you and what isn't in the various aspects of your life. So think about this as taking stock, which is one of the qualities of autumn, okay. It's like doing a life inventory. Inventory, I always struggle with that word. You know what I mean. But that's what we're gonna be doing. Right? We're just gonna be gathering information about the various aspects of your life and just seeing what comes up.

Now, this requires honesty, okay? This is why it can feel so confronting as a season because you've got to be honest with yourself, and then perhaps with others, okay. But I don't want you to go jumping too far ahead. We're going to get to the whole being honest with others further down in this process. As I said, it has been a very thought-out process. I'm going to be walking you through it step by step inside The Flow Collective. So I've got you covered. But this taking stock can feel very confronting. I want you to remember that it's meant to be. That is the point.

So, remember how a few episodes back, I was speaking about the fifth season, late summer, and how that's the time of year to look in your store cupboard and see what you've got. Like, see what's there for you to get through autumn and winter. That's what this is. I think a lot of you get freaked out that it feels confronting regardless of what you're actually being confronted with. Okay.

Because those are two separate things. So there's the experience of confronting, of being confronted with what's going on in your life and taking stock. Then there's what you're actually being confronted with. I think some of you get like a little alarmed, which, of course, is very understandable. Because these are things that we don't talk about, that we haven't had named for us.

So I'm just naming it for you now and saying that this is the time of year to feel a bit confronted. That is okay. That's part of the process. I appreciate it may not feel great. You may prefer to feel other things, but I do think that this is part and parcel of being creatures, living creatures who live in a

Ep #93: An Invitation for You

world that has seasons. In this confronting season, you're able to get some clarity on how the various parts of your life, on how your habits and your patterns are affecting your day-to-day life, as well as the big picture. Okay.

The same thing happens with the cycle. So you know in your premenstrual, and it's like you've got helicopter vision of your whole life, but you're also able to laser in on all the shit that isn't working, the detail of it. That's what this time of year is about. The same goes if you're in the southern hemisphere by the way. Spring and autumn are both great seasons for like noticing and clearing things out and making space. For me, this is what autumn is all about. It's about making decisions.

I know that a lot of you struggle with decisions. That's why, as a member of The Flow Collective, you get access to a whole webinar on how to make any decision. I'm teaching that live this Saturday as part of the Unlock the Power of Autumn workshop that's taking place, but you can check out the recordings too. They're there for you anytime because I want you to make decisions with confidence.

But after you have taken stock and made some decisions, you don't have to act on those decisions. Okay, I'm actually going to invite you to not take any action on them, unless you need or want to. Because as always, I do want you to do what works for you. But I'm going to suggest that you make some decisions, and you sit in the knowing of that decision, that you sit in the knowing your truth phase of a decision. Just to see what happens, and to observe and get curious.

There are multiple reasons why I'm presenting this to you as an option. Some of which I'm going to keep under my hat for now, but one reason that I want to share with you is that I often see people trying to take action from a place of deficiency. They just haven't got the resilience to follow through.

And that's not meaning anything about them as a person, okay? It's not like they're weak humans. Though, you may see yourself as being weak and beat yourself up for "failing". But what I mean is that even with the best

Ep #93: An Invitation for You

intentions, you perhaps didn't have the resources to do the thing in the first place. Okay. I just don't want you to talk like that about yourself. I want to make sure that you have what you need, that you have the internal resources, the external support in order to take action on the decisions that you've made.

So we're going to be going through this process of deciding and taking action. It's like a life edit, but there's a step between those two things that most people skip. That's a hefty, hefty dose of self-care.

Now, please hear me when I say that self-care does not mean a perfectionist list of activities, okay? Because whilst we are going to be going through a wellness reset in October, and I am going to be giving you a load of suggestions for you to choose from, I'm also going to be asking you to do the bare minimum in order to get a result, okay? Because what I want is for you to see how improving your health and wellbeing can be very simple.

So that means there's not going to be any kind of vibe of go hard or go home like approach inside this reset. This is about what serves you. Okay, we go gently, and we go together through this. There's no 17 step morning routine shenanigans on my watch. Unless that's what you choose, and it really makes sense for you. But I would say that for 99% of you who think you need to do that you actually don't. So I want this to be simple and doable and sustainable.

So we're going to be focusing on the four pillars of health. You will learn how to manage your mind using thought work. You will learn how to process and feel emotions, instead of just letting them build up inside or take over you and set up some self-care practices that really nourish and support you. The whole point of this is it throughout the process, you are feeling nourished and stronger and clearer about everything.

Then in November, we're going to return to the decisions that you made for your life and begin your life edit as a process. Whatever you've decided

Ep #93: An Invitation for You

that looks for you because it's going to look completely different for everyone. This is about really simplifying your life by clearing out what no longer serves you and creating space for what does.

So I want you to think about the conversations that you've been putting off. The action that you want to take, but you've been like delaying for some reason. Think about how good it will feel to be on the other side of that, either with the results that you want, or the knowledge that it's time to do something differently.

Along the way, you'll get all the coaching and support that you need from me and my team of coaches, and our incredible community. Because we're all going to be doing this together, including me, all in our unique way. Because this is not about your life and there being like a cookie cutter way of doing things. That's not how we roll. Okay, this is about what works for you.

Because a reset is so much more than just taking care of yourself and tending to those places of your health and wellbeing that are maybe in need have a bit of a tune up. It gives you space to notice what needs to shift in your life, to really take stock of what doesn't feel in alignment with who you are anymore and what you want.

Hey, maybe it never did, or maybe it did at one point in time. But like think about how much you've changed in recent years. There's been so much going on in the outer world. That's meant that we've all evolved and grown and changed internally. And now's the time to start making changes to your outer world that reflect those internal shifts and what's important to you.

Something that's been huge for me in the last few years is going through a process of discovering how to stop editing myself, and to edit my life instead. Because if you've been socialized as female like me, then you've probably picked up some people pleasing tendencies. You've probably had your needs and wants dismissed and ignored. You've probably learned how to put on a mask to get through your day or multiple masks.

Ep #93: An Invitation for You

That's exhausting. No question about it. It like impacts you on so many levels. I can't tell you enough just to how incredible it is to make the decision to stop doing that. To stop trying to be someone you're not, to stop contorting yourself into what you think others want you to be. That's what I want for you. Because I know how powerful it's been for me.

Listen, if you know you want to do this, but you're kind of it like oh, I don't know how. Yes, I want this, but I don't know how I can do this. Please remember, I'm going to be teaching you that part, okay? You don't have to know how now.

The point is that you join, and I show you how, and we go through it together. Because I put so much consideration into the season in The Flow Collective because for me it's the most important one. The qualities here that we're talking about are the most challenging. Because it's not like in the spring and the summer like everything's lovely and isn't life wonderful. There's all this possibility and positivity.

No, autumn is about getting real and facing your inner truth. Then wielding that in a powerful way in your inner world and in your outer world. So we're not mucking about here. This is powerful and important work to be doing. So if there's an inner whisper telling you that it's time to make a move in your life, but you also feel stuck and overwhelmed at the idea of actually doing it, I have created this for you. Okay.

We integrate cycle wisdom into this process, and nervous system care, along with mindset coaching. When you join, your first month, I mean there's going to be incredible stuff going on, but one of the key things you'll learn is the thought protocol that my clients love, and that I use every day in my life. It is just life changing. I don't say that lightly.

I want to help you to make the shifts in your life that you've always wanted to, but never felt able to. For you to do that from a nourished and supported place. So this is your invitation to come and join us and to take part in everything I've mentioned today. I just really hope that you do because this

Ep #93: An Invitation for You

work is needed. I know I can help you. I know so many of you are struggling with this.

I just hope that you come, and you take part, and you go through this process, and you learn things about yourself. You learn a new way of doing things so that as we go deeper into autumn and winter, you have those inner resources and that inner resilience to make the changes to your life that you know you need to, or you know you want to. Okay.

So check out the link in the show notes. The doors are open on Wednesday and Thursday. I can't wait to see you in there. Okay. So I'll either see you over in the community inside The Flow Collective, or I will catch you here next week. Either way, I hope you're doing good, and that you're having a fantastic week.

Thanks for listening to this week's episode of the *Period Power* podcast. If you enjoyed learning how to make your cycle work for you, head over to maisiehill.com for more.