



Episode 072

Solo Episode - The World Needs Your Healing

Laura Foster (00:01.578)

Hey there, welcome to the Soul Inspired Girl podcast. This is another solo episode on the pod and it is my intention this season to do more of these solo pods, to tease out some of the things that have been really coming up for me in my field and have more courage, frankly, to speak about what seems perhaps a bit raw or irrelevant or timely or all the things and...

I definitely don't presume that what's coming up for me is important for you specifically. But I do know that we are never alone in our experiences, even when we feel like it. And there's been so many occasions where I have felt called to record a podcast. And part of me is wondering why, why am I even talking about this thing? And then I realize the response I get, the comments I get, the reviews I get.

whatever it is, something tells me that it was smart. I followed my intuition on that. And so this is what I'm doing more and more in the podcast. So today this episode is short and sweet and it's about a broad topic. It's about the broad topic of healing. The healing we've done, the healing we've yet to do and the healing that is in the space between where we are and where we wanna be. And I wanted to talk about this topic.

today because in the last couple of months, I've returned back to hands-on chiropractic practice with patients. And some of the things have become really evident to me and this topic specifically. And here's why. To give you a little bit of a backstory, I've been a chiropractor for nearly three decades. I think somewhere in the neighborhood of, I can hardly even say this, 28 years.

Four years ago, I sold my chiropractic practice in my business in Ontario, Canada, and went, let's call it all in on my coaching and my retreats and my teaching and my mentorship, all things that I had been doing before, but here I am doing it all in. And it was really from the massive cosmic nudge. That's what I call it. It was a massive cosmic nudge.

Laura Foster (02:13.794)

that pushed me forward, really it did, to make this decision to sell my practice in my business. I sold my practice in my business in February of 2019. And my intention was to stay on continuing practicing. Thankfully, the offer was for really as long as I wanted to. And that was such a gracious offering. And I took it. But I kept feeling this nudge, nudge.

nudge. My intention was to stay for a couple of years and what happened is I stayed for maybe eight months or so. It came so much faster and sooner than I expected and my last day in that practice was on December 23rd, 2019. Just shy of obviously what was going to be happening in 2020, which really wasn't lost on me. I knew it was complete and utter divine intervention. So even though it was confusing at the time and I'm sure you can relate to these kinds of things,

There was a point in which I was like, ah, I see, I now see why. I didn't know if I was ever going to feel the call to go back into private practice. And now I'm living in Costa Rica and have for the last couple of years, which is obviously where I live and I didn't feel the call first year, second year, you know, three years have gone by until the last couple of months ago. And once I felt, let's call it the call. I listened to the whispers.

And a couple of months ago, I opened my doors and it's been a consistent build in my practice, to which I honestly, I feel so deeply grateful for. These last four years have, as you can imagine, really shaped me. And I feel like the practitioner I am now is really a culmination of being in this moment, like literally being in this moment, being awake and being aware, my sensory perception.

my sensory perception, the stuff that comes through my hand and drops in to me has been amplified considerably. And I'm not trying to brag. That's not what I mean by this. I sense that many of us have come into more of our gifting, which can be simultaneously unbelievable and also a bit confusing. But I'm simply saying that I really, I notice it much more than I ever did before. And on many occasions in the last few years,

Laura Foster (04:38.342)

I often thought, I wonder what it would be like to be hands-on with humans right now, to be back in that one-to-one practice space, that treatment kind of doctor-patient perspective and that admittedly confidential space of being deeply connected and having conversations about how someone's actually doing, physically, mentally, emotionally, spiritually, all the things.

And I have been working with clients in coaching and yoga and breath work and group retreats and one-to-one retreats. And so I already knew that many of us have been struggling over the years, but I wasn't doing one-to-one care, chiropractic care, my version of chiropractic care from the lens of the nervous system like I am again now post pandemic. Well, I don't need to wonder anymore because

I can really have that understanding now that I really feel, and this is a blanket statement, but I'm also talking about myself, that a lot of us are really not okay. Many of us are not okay. Most of us are managing completely. We're managing. I'm not saying that any of the people I've seen in my practice are not moving through life, making a living, moving forward, doing all of things, and in probably, you know, many other people the same.

But there's a difference between managing, even managing quite well and thriving. I don't see a lot of people who are thriving. And I can appreciate this because from 2020 to present time, I've had to dive deep into my own personal toolbox of rituals and practices and healing modalities to support myself on the regular, to help myself.

heal and move the energy of, I'm going to call it the trauma of the last few years. And so if you're someone who's listening and you're like, there was no trauma, get over yourself. You can just turn the podcast off. This one's not for you. But if you're somebody who feels like they still have unprocessed emotions, then this could be a conversation for you because I will say, admittedly, I'm still healing and I am.

Laura Foster (07:01.214)

I consider myself well-resourced, you know, given my background and what I know about healing and the body and all the things, and the fact that I have really a large community of humans around me who are aligned and possess a lot of these deep healing skills as well. So what I know is, is that healing is amplified in community, and I've massively benefited from that. But what I suspect is happening is that...

Most of us don't have that community or haven't had that community. And what wasn't processed was harbored within ourselves. What wasn't processed was harbored, patched up, pushed down, and with every attempt made to move on, because I get that. I've wanted nothing more than to move on, the collective feel of like, let's put this behind us. But sadly, and kind of unfortunately, there's really no suppressing it.

No suppressing trauma and sadness and grief and anger and frustration and despair. I don't even know. Abandonment, fear, all the things that have maybe been wrapped up in the last few years, if not before that. And you can push it down for a while, but then you are quite literally living your life through the lens of all of these unprocessed emotions. It doesn't work.

or it feels like it's working, but deep down we know it's not. So I ask myself, what is the scope? What is the vastness of these unprocessed emotions? And I don't know what it is for perhaps the individual, but I do know that there's a lot of people walking around carrying the weight of all sorts of things, carrying the weight of losing their job because they didn't get the thing in their arm.

they had the experience and perhaps still have the experience of having a massive crevice open up between them and their spouse or their friends and their family or their community. I know that some of you have had the experience of feeling forced to say yes to an injection that you didn't feel comfortable with in order to keep food on the table and now you have to process all that and yet others

Laura Foster (09:25.89)

did feel comfortable with getting the thing in their arm, but now they're experiencing a loss of wellbeing and vitality. And all the emotions that come up with that, because I've seen all of that, addiction has exponentially risen across all age categories, prescription drugs, illicit drugs, alcohol, nicotine, massive amounts of sugar, fast food, unhealthy behaviors, gambling, you name it.

And if you look at what is addiction, what is addiction? Where does it stem from? I think it was Gabor Maté that said, addiction is a result of child or adult unprocessed trauma, stress, social disconnection, or loneliness. And I can say that the last four years have been about a lot of these things. It's been about isolation and restriction and disconnection.

It's no wonder that we are only now, literally only now beginning to see the emergence of the full effect of these last few years. And of course we can get into financial stress and ultimately all of it's eroding this aspect of feeling safe and secure and pushing away and eroding our sense of self-confidence and self-esteem.

I get it. I know it. We've all been told that we can do hard things. You know, I hear that all the time. We can do hard things. I know it. I'm not disputing that we can't do hard things. My friend, Jen Pike talks about it all the time. We can do hard things. That's not really it. I'm

suggesting, and I'm frankly noticing that there's just a lot more healing to be done. And for a lot of us, we want to move on.

I get that. And maybe this healing that's waiting to be done for you is nothing to do with the last four years. Maybe it was previous to this, or maybe it's the layering effect of both. And either way, I really just want to open the conversation and connect with you, all of you, to say that if any of this or any part of you feels forever changed and holds a deep heaviness within you.

Laura Foster (11:47.906)

that you have work to do, that you have work to do. I'm not saying you're broken. You aren't broken. But you simply have the option of doing the work that is specific to you. And I say that because when we disempower ourselves by thinking that work is for someone else to do, is the moment that it's not available to us. We, me included,

have to take responsibility for anything that resides within us that we've yet to address. And most of this work we can probably do on our own. We can do this self-led, by ourselves, on our own. Not always though. Some of it often needs to be in the support of others, one-to-one or in group. I have most definitely witnessed the power of healing

one-to-one or in community.

The bottom line for me is that wholeness really is our birthright, but only you can decide if you are worthy of it. Only I can decide if I weren't worthy of it. That's for us to decide. And the reason that it's called work is because it takes work. I don't know if it's the hardest work that you'll ever do, but I do know it's often the best work that we'll ever do. And I don't say this from judgment. I don't. I say this.

whole leaf from compassion and this relational understanding, what it means to hold a heaviness within your heart that ultimately stands between you and what's possible. I've had this version of this conversation with many beautiful humans in this short time that I've been back in practice, so only two months. And when I'm frankly willing to step into that conversation, because

Laura Foster (13:48.35)

When I'm working one-to-one with somebody and my hands are on them, I have a portal to a different understanding of what's going on. That's just something I'm sure lots of other people

have had this experience. So I'm seeing this in practice and I wanna talk about it. And when I'm willing to step into the conversation with a client or a patient, every single time in the last two months, so have they.

not to go back and rehash what's happened. Because even though we might want to ignore it or minimize it, we always know, we ourselves, we always know when we have undone healing. No one really needs to tell us that. We know it. And in every case, there's been tears, some sort of emotional release, not in the case in the last couple of months, but

even anger and denial would all be part of it. These are all indications of an actual soulful acknowledgement. There is something so very cathartic about meeting yourself where you're at instead of spending mind blowing amounts of time and energy distracting yourself from the truth of your life. Whatever you resist in life will persist, healing included.

And whatever you face, the moment you begin to face it, it will begin to move. Oftentimes the hardest part is simply starting, deciding, making that forward action. Soon as you face it and it will begin to move, the energy moves, the stuckness will begin to shift and really new light and energy becomes available for the healing and the transformation.

So trust me when I say it takes way more energy to be in resistance than it does to invite the pain and the problem forward. So my question is, what does one do with their unhealed parts? Because we all have them. I think first, you acknowledge that you are really part of the human race. This is where self-compassion comes in. This is the essence of being a human.

Laura Foster (16:14.07)

And as much as you may feel alone in it, to which I have so much compassion for, you're actually not truly alone.

So you can do a few things, one of which I think is really powerful is to check in with yourself and ask, what do I need? This could be a really small thing. This might be a really big thing, but the question's the same. What do I need? And then your job is to pause long enough to listen.

Because we do know what we need. We might not understand all the steps to take us, but we often understand enough to resource ourselves to ask, what do I need? And our needs are vast. It's never exactly the same for everyone. But the path back to wholeness does involve connecting more deeply and compassionately with yourself. Other questions?

What do you need in your life to support you? What have you been avoiding? What decision? What boundary? What yes or what no that needs to be made now in order to create a change, in order to open the door to a deeper level of healing?

And perhaps the best question for you might be, what have you been tolerating that you need to stop tolerating? And what part of you have you been turning away from that asks for your love and your patience and your forgiveness? Healing is an actual internal call to action, and it's facilitated and supported by ourselves and oftentimes by others.

Laura Foster (18:09.462)

So if this is you and you feel this, tune in and follow through with what you need. And as soon as you start leaning into the healing, life will meet you in that moment to bring you people and places and experiences that will augment your healing. And to be clear, I too have healing to be done. And I too find new layers and new levels asking for deeper levels of wholeness.

There is nothing in this podcast that is coming from a place of judgment or condemnation. I see you. I feel you because I am you.

Laura Foster (18:51.69)

If this was a message that you needed to hear today, this podcast is for you. And if you know someone who needs to hear this, would you please share it with them? I really think that the more we talk about this, the more wholeness we can bring back to society. It is my deep, deep awareness that the world needs you and the world needs me. And it needs us to be in our wholeness. And that's the invitation that's available to each of us.

Thank you for listening to this short, sweet podcast today and joining me on the podcast. So if you are inspired, I would love it if you would rate and review and follow the podcast, share it with a friend, tag me on Instagram at soul inspired girl and do something with these nuggets. Anything that's landing with you so that this conversation has the ability to create positive change. Bless your heart. And before you go.

I just want to give you a heads up that I have two upcoming retreats for women. Reclaim Retreat is a seven-day Ecolux retreat in Mexico in April. We also have my retreat partner Shirley Williams and I have a five-day retreat in Ontario, Canada in July called The Gathering. For more information, you can DM me on Instagram, visit the show notes for all the direct links, or you can head on over to my website, soulinspiredgirl.com for all the info.

Blessings to you. I will see you next time on the podcast.