

## WOCAndAllies\_EP85

**Elaine Lou Cartas:** Legacy leaders. If you're watching this on video, it looks like we're about to do a YouTube. Recording jam session. So we're talking about how to honor our feelings with my friend, former client with Lydia Gill, that's also known as the Pink Crow. So how I'm feeling right now is I've been farting up a storm.

**Lidia Galvez:** Wow. You just said that. I just said that.

**Elaine Lou Cartas:** This podcast is called Real Talk, Lydia. Oh, I didn't mention that.

**Lidia Galvez:** Yeah, she has been partying up in Starhunt. We've been releasing. Releasing.

**Elaine Lou Cartas:** Sorry, people will definitely be like, what type of releasing? Sorry, love your face. Lydia is a healer. So we did some, I just did a session with Lydia.

**Elaine Lou Cartas:** We did some theta, prana.

**Lidia Galvez:** Prana healing. Reiki. Reiki, yes. And some somatic work.

**Elaine Lou Cartas:** And apparently some gas release as well.

**Lidia Galvez:** Yes.

**Elaine Lou Cartas:** But when you feel. It comes out of your body.

**Lidia Galvez:** Yes. you can purge through your sweat. It was not clear.

**Elaine Lou Cartas:** Leah. So I just want to share that.

**Lidia Galvez:** Maybe. it's, too soon by the way.

**Lidia Galvez:** Okay.

**Elaine Lou Cartas:** Okay. So let's go back to what you're talking about, how to honor our feelings and also protect ourselves from other people's feelings when they're going through things.

**Lidia Galvez:** Yeah.

**Elaine Lou Cartas:** So

**Lidia Galvez:** I think discernment. Yeah. What is discernment is being able to discern like to know whether something is yours or something that someone else's discerning between what's your own feelings and what's other people's feeling knowing the difference.

**Lidia Galvez:** is discerning. Yeah. knowing that different. It's really important to know the difference because when you're empathic, when you are sensitive to energies, to other people's shit, to other people's stuff it can be enmeshed with your own and you can feel dysregulated. And it might not even be your own stuff.

**Lidia Galvez:** You could be hanging out with your mom and dad. And they're like, blah, blah, blah, blah, blah, blah, blah, blah, blah, blah. Their worries, their frustrations, talking about your tias and whatever it feels. And, then all of a sudden, you're in the car and you're like, crying

**Elaine Lou Cartas:** because Oh my gosh, how many of you have probably did that before hitting record and realizing we're talking about farts and feelings.

**Elaine Lou Cartas:** Farts and feelings should be the name of this episode.

**Lidia Galvez:** I love that. I love that. Oh, you're so quick.

**Elaine Lou Cartas:** You're

**Lidia Galvez:** just like so

**Elaine Lou Cartas:** witty. I know it was a feeling that we just did. But yeah, I like what you said about discernment. I think I'm curious, as first gen immigrants, because I think about, I'm, this is an apology to all of my exes and old friends that I remember when I would feel a certain way, I would blame the other person.

**Elaine Lou Cartas:** I'm sorry. you're making me feel angry. And then like, thinking in my head, mind you, I didn't go through my healing. I didn't go through my therapy. I didn't go through my healing session with you where I'm like, wait, that's not. them. That's me. And even having to take myself away from the situation, allowing myself to self regulate and cool down.

**Elaine Lou Cartas:** Yeah.

**Lidia Galvez:** So one of the ways, and I'll just give you a very personal example. My man, my husband and I got into it over a hospital bill, an emergency bill that I think I told you. Yeah. Yeah. But our listeners could hear

**Elaine Lou Cartas:** it.

**Lidia Galvez:** And he was complaining about the bill and, our daughter, who was born with a very rare condition having to do with her stomach, her intestines.

**Lidia Galvez:** I had some post traumatic stress about that. And then I took her to the hospital because she had food poisoning and she was complaining about her stomach. Long story short, we ended up getting that emergency room bill and he was just going off and my immediate reaction was to just go off right back at him.

**Lidia Galvez:** And so like I met him where he was at in the moment as I was yelling, raising my voice and cussing, I caught myself and I said, Oh, I am dysregulated right now. This is not okay. Let me go honor my emotions. Yeah. And I left the room. Yeah. I just stopped arguing with him. And my daughter, mind you, was in the dining room.

**Lidia Galvez:** So she was in the space that we were, arguing. And I went to my room, I was crying and I said, okay, let me process. So I processed my emotions and the clarity of what was really triggering me came through. So my biological dad, when I was little, used to say a lot of remarks to me about. Running him to the poor house because of how much I wanted to eat.

**Lidia Galvez:** And so I was upset because yes, he shouldn't have been speaking to me, but I was really more deeply upset and it was more triggering about what I felt as a young girl myself with my biological father,

making me feel like I was a financial burden to him. And so it was hitting that button for me of, oh, my daughter's going to be a financial burden.

**Lidia Galvez:** I feel like a financial burden when we were arguing about what we were arguing. I just processed my emotions. I had that clarity and the next day we were able to have actually, the very next morning, we were able to have a very civil conversation. He's that's not how I meant it. And this is what I was talking about.

**Lidia Galvez:** We just had clarity, and it was just beautiful to be able to discuss it in that way. So honoring the emotions would have stuff it down even more than what we tend to do as, people like who don't want to honor the emotions or acknowledge our emotions will go to food will go to drugs will go to distraction.

**Lidia Galvez:** We go to maybe overusing, watching too many too much TV or overusing our phone being on the app, scrolling, it's just, it's distraction.

**Elaine Lou Cartas:** I agree. I relate to that in terms of growing up first gen immigrant where it's okay, my parents are yelling. I'm yelling their voices are right. Voices are raised.

**Lidia Galvez:** Yeah.

**Elaine Lou Cartas:** Even in my own relationship with my partner, like, when we have, we just have this, we have a conversation just about goals. And I'm mindful that before I'd be like, Oh, it's raised, I tightened up. And instead I like softened and came from Hey, this is what I'm thinking. This is what I'm feeling. And it was actually really productive and beautiful. And the goal, and that's the hard part. The goal is not trying to be right. who's right or who's wrong instead. It's okay. How can I express and honor myself? Being unattached that the other person may get it or understand,

**Elaine Lou Cartas:** that is hard,

**Lidia Galvez:** And then you realize that it's more about what you're feeling and what you're going through and honoring those feelings and sharing it with that person. I feel. scared. I feel fearful, like this, and that, like I could for example, maybe with my own situation, right? My partner is this reminded me of my childhood when I felt like a financial burden and this is how it makes me feel.

**Elaine Lou Cartas:** So it's interesting because I've had these conversations, similar situation with my own partner, right? But I couldn't pinpoint why I felt a certain way until it was sometimes not even a day, but maybe even two days And he gets frustrated. He's like, how come you didn't tell me? I actually did not know.

**Elaine Lou Cartas:** And I would love to get your insight, but I had, I'm assuming it's because like our adrenaline, not being regulated that we're not calm enough to discern. Okay. Why is, where is that? Why is it? And also probably because we haven't even done our own healing to even acknowledge.

**Lidia Galvez:** we're very disconnected most of the time and we don't know and that's why it's really good to take a moment and I want to show you how to do it so the viewers know how to do it at home.

**Lidia Galvez:** Yeah, just taking that moment. And honoring your feelings, honoring your body, because our brain does such a beautiful job. And our body does such a beautiful job of protecting us from those, sad, heavy emotions. And we've been doing it since childhood and not knowing how to, Fully process emotionally and we'll get stuck in a phase of fight or flight or a phase, of honor freeze.

**Elaine Lou Cartas:** What's really interesting, I think, that we've been in this modern society is that it's a lot of using our phones. Yeah, to distract ourselves, right? the doom scrolling on Instagram, Tik Tok, whatever social media app, MySpace, I don't know if you still use it, but

**Lidia Galvez:** I don't know if anybody is anywhere.

**Lidia Galvez:** We probably ate ourselves out. I don't know what

**Elaine Lou Cartas:** that is. Whatever you would not be on my topic. If so yeah, walk me through. Okay.

**Lidia Galvez:** close your eyes, take a nice, slow, deep breath in, nice, slow, deep breath in through your nose, hold it, and slowly breathe out, just start to relax your brain, relax your body, release any tension that you're holding on anywhere in your body, nice, slow, deep breath in through your nose.

**Lidia Galvez:** Fold it and release through your mouth. I want you to think about the last time you were arguing with your partner. I really want you to get into the emotion, into that part of you that was feeling upset, angry, sad. Let me know when you're there.

**Lidia Galvez:** Just scan your body with your mind and identify where you're feeling it. Can you describe what it feels like in your throat?

**Elaine Lou Cartas:** It's like this lump, like I just want to scream, essentially.

**Lidia Galvez:** I want you to just observe that lump in your throat like you want to scream. Observe it with your mind. Tell your body and tell your brain that you are safe and that this is safe to look at.

**Lidia Galvez:** Just watch it as uncomfortable as it may be. You're going to notice it's going to start to shift, it might get stronger, it might get stronger, it might get lighter, it might move,

**Lidia Galvez:** take some slow deep breaths in and out as you look at this lump in your throat.

**Elaine Lou Cartas:** Yeah, it's thrilling and then it like pops and disappears.

**Lidia Galvez:** Beautiful. Nice cleansing breath in and out. Is it completely gone?

**Elaine Lou Cartas:** Yeah.

**Lidia Galvez:** Beautiful. Beautiful. So that's basically it. Processing your emotions. That's it's EMDR.

**Lidia Galvez:** If you've ever done EMDR and therapy, it's like that for anyone out there who's ever done it. It's very similar to that. It's called somatic work. And so you're somatically releasing through your body.

**Elaine Lou Cartas:** Yeah.

**Lidia Galvez:** For the heavier stuff, like you went through that really quickly. And for the heavier stuff, it can take a little bit longer.

**Lidia Galvez:** It can, there can be distractions where Ooh, all of a sudden it's in my stomach. Oh, it's in my foot. It's cold in my foot. Now I feel tingly sensation in my leg. It can move around because your body doesn't want to let it go. There's some resistance there. And so just allowing it and taking the time to do this, you can do it on your own.

**Lidia Galvez:** Identify where it's at. Describe it to yourself and observe it and look at it. Look at it. Look at it. It's how our body has physically manifested the emotions

**Elaine Lou Cartas:** So what I want, all of you to hear it's like when you're feeling that emotion giving yourself time and space alone Yes, right acknowledging.

**Elaine Lou Cartas:** Okay, where do I feel it in my body? Yes. How does it look or feel? I've been you probably have to rewind to where Lydia was giving the meditation, but going back and telling yourself, I am safe. And then looking, seeing, feeling wherever it feels in your body until it is released. For me, like I was describing like the swirling and then it went away.

**Elaine Lou Cartas:** There was a, when we did a session right before we hit record, There was also one that my throat was moving back and forth. So it'll be different for each person,

**Lidia Galvez:** right? It's different in terms of how we process. I remember processing something before and it felt like a big aching hole in my stomach.

**Lidia Galvez:** And then it slowly started getting full, I had to do a few kind of sessions. to really fully process that trauma. But sometimes it can be very deep and it just depends. Everybody's so different in terms of how it's released. You might be able to visually see it released. You might be able to feel it being released.

**Lidia Galvez:** You might be able to sense that it's gone. It's so different for everybody in every trauma that you're processing. It's very different.

**Elaine Lou Cartas:** Yeah. let's go back. We are not Licensed therapist, but I know we both appreciate EMDR. Can you share what EMDR is? What's the difference between EMDR and the somatic healing you just did?

**Lidia Galvez:** EMDR for me, I don't know how it was for you, but I've done it via zoom and it's just like this bilateral stimulation where you're looking at this dot going back and forth. And you're given tools by your therapist ahead of time to soothe and calm before you go into the MDR. So I don't know if your therapist did that, but yeah, so there's like tapping like a butterfly and imagining a ball of light of protection, which I was like, I was telling my therapist, I do that.

**Lidia Galvez:** I do that for like my spiritual work. And I do the tapping for my spiritual, a lot of similarities. And she was like, Oh, you do? Because she didn't know. Like all of the things that I did. But so they give you all these resources, right? To have in your arsenal, a toolbox. For when you're doing the MDR and you're dysregulated, you get back to a state of calm because you're reprocessing that trauma, those emotions for that trauma.

**Elaine Lou Cartas:** And that is what I appreciate about EMDR as well somatic work because I'm not a licensed therapist, but when I've been doing on and off therapy when I need to, it's like a car, if you need to tune up and talk therapy is great. You talk and express your emotions, but maybe you're out there, you're like.

**Elaine Lou Cartas:** I'm just done over my bullshit. Yeah. I like just want to heal this. I'm yeah, I know how I feel. I know where the memory's from. That's great, but you need to rewire your. Your neurons or whatever it is,

**Lidia Galvez:** in terms of

**Elaine Lou Cartas:** that trauma so that when there's a similar situation, present or future, it doesn't happen again.

**Lidia Galvez:** And I also want to mention, speaking of honoring your feelings was, I remember, bless you, I remember going to a therapist before and saying I want to work on my trauma regarding my daughter. She was born with a rare condition and she was in the hospital for, several months, had several surgeries and I really wanted to be able to process emotionally.

**Lidia Galvez:** And she was just like, after she had seen me for, I don't know, maybe a couple of months, she was like, I think you're good. you don't need to do anything. And I was just like, no, I know I'm not good, in my head. So I stopped seeing her. She discharged me. I was like, no, you're fine. But I knew I wasn't.

**Lidia Galvez:** And then I, sought out EMDR through this therapist. And, oh, it's been life changing in terms of but I was already starting to do the somatic work simultaneously when I did the EMDR. And but it really honored your feelings. If you know you're going through something, even if your therapist is saying, no, you're okay.

**Lidia Galvez:** If you feel like you have something, then maybe look for another therapist.

**Elaine Lou Cartas:** I know we're talking about healing, but it's even in life, right? Hey, you should do this for your business. You should do this for your work.

**Lidia Galvez:** Yeah.

**Elaine Lou Cartas:** And it's okay, that's a lot of shitting all over, but intuitively, I just don't think it's the right move.

**Elaine Lou Cartas:** Yeah. Or not just intuitively, but based off data and history. Yeah. That's not the right move. And I want to do it this way. And honoring yourself.

**Lidia Galvez:** Absolutely. So

**Elaine Lou Cartas:** would love to ask what happens when you are having a conversation with someone who is dysregulated? Who it is their feelings and their emotions.

**Elaine Lou Cartas:** You are calm. You're regulated. You're breathing. You're speaking in a very even keel tone like right now. How do you make sure you don't take that on? How do you honor yourself? And like clearly don't call them out and say you crazy.

**Lidia Galvez:** That is a little bit more complex, for sure. We create these sort of like emotional wounds when when we have trauma what we can call like portals that they're for portals, emotional portals, wounds, right?

**Lidia Galvez:** And so what happens when you become empathic, because you have these wounds, you're more vulnerable to absorbing your loved one's energies people that you care about energy. That's why it's draining sometimes around certain people. They're like, They suck up all your energy. You don't know who they

**Elaine Lou Cartas:** are.

**Elaine Lou Cartas:** Yeah.

**Lidia Galvez:** we could have been them at one point too, we don't know. with that in mind, like you have to really, so it can long term stop affecting you in that way. You have to go in to do some healing. Yeah. Because as like a pranic killer, what you're doing as a pranic killer, as a facilitator, you're pulling out that energy, all of Attachments those wounds and you're sealing them cocking it right?

**Lidia Galvez:** You're sealing don't go there. You're so

**Elaine Lou Cartas:** dirty. I'm not going there. I'm not going there. You gave me like the look you gave me. Okay, keep going. Keep going. So

**Lidia Galvez:** You're sealing any gaps, holes and cracks with life force energy and yeah, sealing those wounds and repairing them. And so that way you feel stronger emotionally, mentally, spiritually, even when you're around other people.

**Lidia Galvez:** So that's like the long term goal is to do that type of healing. So you are not easily absorbing everybody's stuff. It's You can do some data work, some subconscious work of releasing the program that you absorb energy and downloading that you know how to have boundaries, you know how to have sovereignty, so you are not absorbing the energy of others, even on social media.

**Lidia Galvez:** Before I couldn't even see sad movies or be on social media because it would really greatly affect me. I was like crying over a social media post.

**Elaine Lou Cartas:** Is it weird? I'm like, I go on YouTube and I want to watch kids be surprised by their marine dad and then cry. I purposely do that. And then my partner's what are you doing?

**Elaine Lou Cartas:** Why are you crying? I'm like, I just want to feel that. But anyways, going back to that, when someone's dysregulated, what I do sometimes when I notice, someone is not in a good mood. Yeah. And I come in and I'm like on a natural high. And I'm like, I just realized, okay, I'm going to leave the room or it seems like you need time and space alone.

**Elaine Lou Cartas:** I'm going to go. And that was another thing I've learned too, is that we all have different coping mechanisms. So you can't assume that your partner, your friend, your family member has a similar way to deal with things. True. Like example is My partner's dad passed away, and then a month later, my grandma passed away.

**Elaine Lou Cartas:** And so for me, I want to be like snuggled. I want to talk about it for him. He needed this assistance. And there's no right or wrong, but the simple question of what do you need? And taking your ego out, and I did a lot of healing with my therapist on being codependent of okay, he, she, they, need space for themselves.

**Elaine Lou Cartas:** Let me just step out.

**Lidia Galvez:** Yeah, another good one. I really love that because it's so true. Another good thing to do is this is very simple, but you can zip up your energy.

**Elaine Lou Cartas:** Oh yeah. Describe the zipping. We did zipping earlier. Yeah,

**Lidia Galvez:** to muscle test. Yeah. Zipping up your energy if you have a bubble of energy and zipping it up before you go into your parents or your family's home, or before you go into work.

**Lidia Galvez:** So listen to this episode before the holidays, zipping up your energy. So you're like protecting your, shielding. It's a way of shielding besides envisioning like a ball of light, an auric shield you can zip up your energy. And that way you can, for me. not having to absorb other people's energy.

**Lidia Galvez:** And I've had to learn how not to do that as a facilitator of healing, because I see, up to eight people a day. So I'm doing healing work. Imagine if I took all that shit. Oh, can I cut? Yeah.

**Elaine Lou Cartas:** Yeah. Okay. It's real talk. same thing with me. Like I'm coaching clients. And even though, yes, I do business and executive career coaching, but people share very personal things with me.

**Elaine Lou Cartas:** Yeah. And yeah, there are things people share traumatically with me where I'm not licensed and I give feedback to see a therapist because I'm not the best person, but people share deep stuff. Yeah. And like I had a client sharing with me some personal stuff in her relationship yesterday. I'm like, Ooh, that is heavy.

**Elaine Lou Cartas:** But I was like, wait, that's hers. Not mine.

**Lidia Galvez:** so going back to the sharing and stuff like that, I've, had to learn not to, and I find that not absorbing energy makes me a better A better facilitator because I'm able to be of service and show up. Objectively versus when I'm, oh, let me take on that energy for you.

**Lidia Galvez:** Let me hold this for you, and then feel it with them. And then we're like feeling that sadness together or that anger together. And then their energetic attachment, emotional attachment is being carried from me with me, and then she can leave my space. But then we're tied. Energetically there's those cords, those energetic cords.

**Lidia Galvez:** So I'm better to be of service, not being attached in that way. I can be objective and really, cause when you are in shock, you can make good decisions when you're, and so if I'm objective and not allowing that energy to affect me in that way, I'm able to make better decisions, know how to better facilitate the session, zipping up the energy Cleansing your energy, envisioning white light, cleansing your energy, watch any dirty energy going out of the floor, going into the earth.

**Lidia Galvez:** There was so much dirty energy

**Elaine Lou Cartas:** in this room

**Lidia Galvez:** when I was in a session with her.

**Elaine Lou Cartas:** I'm kidding, You were releasing

**Lidia Galvez:** it. You were releasing it. I was gassy. So there's so many ways of you can be in this space and then envisioning cleansing light while you're talking to someone.

**Lidia Galvez:** The white

**Elaine Lou Cartas:** bubble

**Lidia Galvez:** helps



**Elaine Lou Cartas:** me a lot. Like before I go to a session, whether in person or. Or like before zoom or teams or whatever you use. I'm like, okay, it's a white bubble.

**Lidia Galvez:** Yeah. Some people do a flame or a purple bubble.

**Elaine Lou Cartas:** I think you taught me this where it's you look at yourself, whether in the mirror, it's okay, this is my gray shirt.

**Elaine Lou Cartas:** That is her. Yes. Oh, I remember when I used to teach that. I, yeah. So then, okay, those, that's her pink glasses. That's her challenges. This is my black shirt. This is my hot mess.

**Lidia Galvez:** Exactly. Like when you're in the moment and someone's sharing with you the way you're looking at me, like now I'm like, she's wearing, turquoise.

**Lidia Galvez:** glasses, I'm wearing a black shirt. She's wearing, shorts. I, you're just saying those things to separate what's yours is yours. What's mine is mine. What's yours is yours. What's mine is mine. Don't worry girl. It's my gas. Oh yeah. I'm not gassy. I'm good.

**Lidia Galvez:** the first time I actually got certified for Reiki and I was learning Reiki and I was, it was in a group. It was, we were a lot of us, right? Yeah. I was with someone. And I started feeling really gas and I was like, Ooh, I got like the painful kind of gas and I'm like, what is this? Why am I feeling gassy?

**Lidia Galvez:** We hadn't even had lunch. Okay. And so I'm like, this is so weird. I don't even think I had breakfast that day. And so we're done. We're done. She's does me. I, do her, we have a bathroom break and I think we went to lunch. She runs to the bathroom and. the where we were at there was like an echo and so there was a flooring and she ran to the bathroom and she just laid there ripped and you hear it all through the hallway i'm like she was gassy and i was smelling her fucking gas like i was feeling that shit

**Elaine Lou Cartas:** yeah oh how Oh my god, interesting.

**Elaine Lou Cartas:** Yeah. I don't think even a lot of people know this, but I'm Reiki certified myself.

**Lidia Galvez:** Yes.

**Elaine Lou Cartas:** And sounds so LA because we're both from LA. I actually want to talk about what is Reiki. Can you share what Reiki is? I'll share why I got into it, why you got into it, but I'm curious and also we're not trying to convert.

**Elaine Lou Cartas:** I don't know if that's an appropriate word, but just

**Lidia Galvez:** educate. I do teach Reiki in case someone does want to convert. I'll teach it at the Paint Co. shop dog. Reiki is life force energy, God force energy. It exists in everything and everyone.

**Elaine Lou Cartas:** Yeah.

**Lidia Galvez:** And so as a facilitator of Reiki, you're just harnessing God force energy, life force energy

**Elaine Lou Cartas:** and

**Lidia Galvez:** sharing it with your clients.

**Lidia Galvez:** And so with the traditional Reiki, there's different styles of Reiki, but with the traditional, you're using your hands and you're putting it over the person's body, their chakras. And that energy has an intelligence of its own and knows where to go. Yeah. What to do. You don't have to do. You can't really fuck it up.

**Lidia Galvez:** You don't have to like, Oh, I have to go here. Then I have to go there that have no, no matter what you do, it's going to do the work it needs to do. Yeah. Yeah. And so it transmutes. It's negative energy, stagnant energy, and it just, it's like a rinsing off, like getting a hose and rinsing off something that's been vestigial and so

**Elaine Lou Cartas:** you feel a little bit lighter

**Lidia Galvez:** afterwards.

**Elaine Lou Cartas:** Yeah. And the reason why I got into Reiki 2019

**Elaine Lou Cartas:** was because my grandma had a stroke and she was just never the same. So I. Want to connect and communicate with her. One of my clients who is a Reiki practitioner is you should see my mentor. I'm like, okay. And I thought okay, teach me how I could connect. Like you need to do Reiki. And I was like, everybody does Reiki.

**Elaine Lou Cartas:** That's so trendy. I don't want to do Reiki. She's do you want to connect with your grandma? I'm like, okay, I'll do it. And I did it and it was just like, it's interesting. Cause I did Reiki on her. So I moved energy. I also did Reiki where I was able to Even connect spiritually and energetically with family members who haven't talked in 20 years.

**Elaine Lou Cartas:** And then I overheard Oh my God, I felt the spirit. I'm like, not that it was me, but I was just using energy. Yeah. and even, though I don't do Reiki sessions, like doing air quotes, but I use it within my coaching, like being really aware of Hey, Lane, I have a problem. My boss, I'm like.

**Elaine Lou Cartas:** Okay, I know you're talking about this, but it seems like this, does that resonate with you or not? Do you want to explore this challenge instead or this?

**Lidia Galvez:** fun fact, you can't turn Reiki energy off. And so I even realized in doing my facials, when I just do regular facials, someone's just coming in for a regular facial, no Reiki.

**Lidia Galvez:** They're feeling that Reiki energy. They feel it. They see it. They know it. Yeah, sorry.

**Elaine Lou Cartas:** Lydia, I am so horrible. What do you do?

**Lidia Galvez:** I live life. I'm joyful.

**Elaine Lou Cartas:** I love that she identified like how she defines life as opposed to an identity of work. So good job. for adding capitalism into it, even though you will soon talk about what you do.

**Lidia Galvez:** Oh, for a living. I am a facilitator of healing through facials and through healing sessions. I practice Theta, I practice chronic healing, I practice Reiki, I practice somatic work, and I do some pretty fabulous facials, skincare anti aging, pigmentation, acne, facials, all kinds of facials.

**Elaine Lou Cartas:** And she's located in Pasadena, California. I also get the privilege of having Lydia come to my retreats with her brother to do sound bowl healing and just energy and healing work. I don't know why I keep inviting her, because each time I do, she makes my clients cry, why do I invite, why do I pee? What's it called?

**Lidia Galvez:** I dunno. It's fun. . What a B. No, I really love, helping people help themselves and empower them and have the tools, just like in the beginning of doing the somatic work, we all have the tools and we all have the power to, heal ourselves and we just need the tools and the guidance sometimes.

**Lidia Galvez:** So yeah, I really enjoy it as, as much as I, your clients do cry and, but shift happens. I love you said shift

**Elaine Lou Cartas:** and not shift. Shift happens. You should like trademark that.

**Lidia Galvez:** I'm probably saw it somewhere. Maybe the trademark

**Elaine Lou Cartas:** or anything. Yeah. Any last words when it comes to honoring our feelings, protecting our feelings from other people's feelings, any last words you want to share?

**Lidia Galvez:** If you feel like you absorb too much. Seek out some guidance through at the pink crow shop on Instagram, and then do the somatic work as silly as it may seem doing the somatic work will really help honor your feelings and how they show up. And then after doing the somatic work, it just gives you the clarity that you need sometimes.

**Lidia Galvez:** So you will get the clarity and then you can go to your therapist if you're going to their business say this is what I need to work on because that clarity comes up through the somatic work.

**Elaine Lou Cartas:** And I when I was doing my trauma informed certification. I remember my facilitators teaching us how unfortunately when we were young we were taught not to listen to our own bodies and to ourselves.

**Elaine Lou Cartas:** Do you remember being kids and you having to ask permission to use the restroom? Like I remember I was seven. The bell was going to ring in five minutes. I really had to pee. I asked my teacher, can I go pee? And she was like, no, you have to hold it. I was seven. I could not hold it. So I peed on the chair.

**Elaine Lou Cartas:** So I share that because it's wait, how come I don't know what's wrong with me? How come I can't be aware? It's because unfortunately we've been conditioned

**Lidia Galvez:** to not

**Elaine Lou Cartas:** honor and listen to our own bodies and our own feelings. So it's fun. if you have a hard time, I feel like go hang out with your kids or if you don't have kids, nephews and nieces, because kids are so aware.

**Elaine Lou Cartas:** I feel shit up. Tell you, mom, what's that black thing on your face?

**Lidia Galvez:** They're so honest. And yeah, absolutely. Yeah. kids still, to this day, the classrooms, they're like, you can't go to the bathroom. I tell my girls, if you need to go, you go. I don't care if you get in trouble. just go to the bathroom.

**Elaine Lou Cartas:** I know

**Lidia Galvez:** we were

**Elaine Lou Cartas:** like conditioned before.

**Lidia Galvez:** Yeah. It's a reconditioning to do

**Elaine Lou Cartas:** unlearning. Yeah. Or relearning. Yeah. That's right. That's right. Or relearning of it. If people fall in love with you, Yeah. And they want to do a session with you. How can they find you on Instagram? Okay. The pink

**Lidia Galvez:** crow shop. I'll put it in the show notes just in case.

**Lidia Galvez:** Thank you. Or my website, [www dot. www. leptingrowshop. com](http://www.leptingrowshop.com)

**Elaine Lou Cartas:** Yeah, You can also check out her Google review. She has a lot of five star reviews on there. Have you reviewed me yet? Of course I reviewed you. Look at that. And Lydia, I know you've had experience working with me. Yes. When I was your business coach for those, for people listening, who may be interested in working with me, can you share your experience?

**Lidia Galvez:** I was really scared. When I first met you, you intimidated me a lot. It was a very different Lydia back then. Don't, you agree? It was also a

**Elaine Lou Cartas:** different Elaine. I would say.

**Lidia Galvez:** Yeah. Yeah, I, really was drawn to you first of all, because you worked specifically with women of color. you were, you're a child of an immigrant or immigrant.

**Lidia Galvez:** So am I. And so I identified a lot with that and you were local. Yes. But I think I like the tenacity that you had and that I saw within you is like what I, wanted and what I needed. And so I was like, I want some of whatever she has going on because you scared me. So it was really scary, but Once I like I got to know you and I started working with you.

**Lidia Galvez:** I really started hearing what you had to tell me and listening to what you had to tell me. And even when I doubted it, it would come up for me later and show me like, no, yeah, this is what you got to do. Elaine's been saying this, and yeah, I just appreciate your honesty and like the accountability that like you gave us.

**Lidia Galvez:** It gave me anyway of no, you got to do this. Okay. What did you do? Where's your homework? Like this is this what you did? Oh now what let's pivot, all those things like just keeping me accountable And

**Elaine Lou Cartas:** Yeah, just being you I appreciate you. Lydia does amazing work. My clients continue to like brag About Oh, it's love you coming.

**Elaine Lou Cartas:** I was like, you want to be, you want to, have her make you cry? You're like, I don't understand why you did it. this is pretty bad. And also we have a retreat coming up April 18th and 19th. So if you want to come go to [ElaineLiu. com](http://ElaineLiu.com) forward slash retreat. Yeah.

**Lidia Galvez:** your Elaine's, your retreats are always fun and healing.

**Lidia Galvez:** Empowering.

**Elaine Lou Cartas:** Yeah,

**Lidia Galvez:** absolutely.

**Elaine Lou Cartas:** I think besides obviously having you there, but I think what I love about it, and Lydia also hosts her own events, so be sure to follow her on Instagram, I know you announced it. It's seeing other diverse women of color. And even if they're in different fields, whether it's their career, their business, their life, different ages. It's nice to know that we're not the only ones going through shit. Yes. Yeah.

**Lidia Galvez:** Community.

**Elaine Lou Cartas:** I know. It's Oh, we're messed up together, but I'm going to honor my feelings and your immune different. Those are your black glasses. Not mine.

**Elaine Lou Cartas:** I didn't disconnect. All right.

**Lidia Galvez:** Good. Lydia.

**Elaine Lou Cartas:** Thank you so much for your time.

**Lidia Galvez:** Thank you for having me.