

Fear Me Out Podcast

Episode 52

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Dr Dana - Hypnotherapy Session with Kim

Kim Fauskee 00:00

If you listen to episode 51, this will make sense and if you haven't listened to Episode 51, I recommend you listen to it first. But after Dana and I did Episode 51, we talked about actually doing a live hypnotherapy session or I shouldn't say live but me being the hypnotherapy patient and Dr. Dana doing hypnotherapy session with me. I think it's important that people that are considering it that listen to the prior episode, that think that there's either some shenanigans or it's hogwash, or they're scared about losing control, I think it's important that you listen to this episode, if you've been a fan or have listened to multiple episodes, you know, that I'm not free of issues, and that there's a few that that I still consistently deal with. One being intimacy and and finding a life partner here later on in life. And so that is going to be the context of the hypnotherapy session. And I think Dr. Dain over here is clamoring to comment on that. So I'll let him continue. And we'll go from there. Yeah, Kim,

Dr. Dana 01:27

I appreciate the fact that you're brave enough to do this. I know it's not like live live, but it is a live recording. When I do hypnosis with people. I do it one of two ways. One is that we just sort of see what comes up spontaneously. And the other is asking the person if they have a specific issue that they want to work on. So you decided that you wanted to work on the issues that might be getting in the way of you finding a life partner. And I'm more than happy to have that as a place to start and we'll see what comes up.

Kim Fauskee 02:01

Yeah, this either is going to be a really good episode, or maybe not such a good episode. If it is not such a good episode, you won't be listening to it anyway, because we won't play it. So hopefully, you will understand Dana's operation and and I will try and get as vulnerable as I can on this and at the end. We'll talk about a little bit more about about my experience and Dana's observations and we'll see how it goes. So here's our episode on Kim doing hypnotherapy.

Dr. Dana 02:46

There are two basic motivating forces fear and love. When we're afraid we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

Fear Me Out 03:05

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect

us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim Fauskee and Dr. Dana Saperstein.

Dr. Dana 03:28

Lipton, what I'd like you to do to begin with is just to lay down and close your eyes. And start off by taking a deep breath or two and just allowing your body to begin relaxing. And what I'd like you to do to start out is to picture yourself in a nice, warm, comfortable place with the sun shining down on your head. And if you can, I'd like you to allow that nice warm light to fill your head and your face and your neck with a nice warm, comfortable feeling. And just to allow that warm feeling to start moving down into your body, through your neck into your shoulders, and moving down your arms to your hands. Again, allowing that warm comfortable feeling to move into your chest and your abdomen and then down your legs to your feet. So that your whole body is feeling nice and warm and comfortable. And just beginning to feel very deeply relaxed. Now I'm going to count down from 10 to zero. I just want to picture each number in your mind, as I said, and just try to allow each passing number to take you a little bit more deeply within yourself just knowing that you're going to a quiet comfortable place. Or you can do some work on healing yourself. So we'll start with the number 10 just want you to picture the number 10 in your mind, just concentrating on the number 10 and then allow the number 10 to become the number nine just going down to the number nine picturing the number nine in your mind. Again allowing your body to start feeling more relaxed with each passing number as we go down to number eight, concentrating on the number eight, just allow yourself to feel, again, nice and comfortable with the number eight in your mind, and then go down to the number seven, concentrating on the number seven, just picturing the number seven in your mind. And then going down to the number six, concentrating on the number six, and down to number five, during the number five, your mind is concentrating on the number five, and then going down to the number four, picturing the number four in your mind, concentrating on the number four, and then going down to number three, you're training the number three in your mind, and down to number two, concentrating on the number two, and down to the number one, train the number one in your mind, and then going all the way down to zero. You okay, so far? Good. Okay. So what I'd like you to start off with is for you to just kind of think about this notion of finding a life partner, and wondering if there's something that you might be doing or not doing that is contrary to that desire. And to let an image pop into your mind that will help you begin exploring that question. I don't want you to worry about whether what pops in your mind seems important or not, it's just the beginning of moving forward. So anything come to you, my mother? Do you just see an image of her? Or is there a particular time and place that you're picturing her in your mind?

Kim Fauskee 06:31

It's my biological mother. It's just a picture of her by herself. And she's probably 30 years old, or two years old?

Dr. Dana 06:41

And is this an actual picture that you've seen of her?

Kim Fauskee 06:45

It's an actual picture I've seen of her Yes. Okay.

Dr. Dana 06:49

So when you look at this picture, in your mind, how do you feel emotionally empty? Is there sort of an emotional feeling that goes along with that emptiness,

Kim Fauskee 07:00

sadness? And

Dr. Dana 07:03

where do you feel safe? Where do you feel the sadness in your body,

Kim Fauskee 07:06

from my chest into my gut? Okay.

Dr. Dana 07:09

So what I'd like you to do is to take a moment and shift all of your concentration to your chest and your gut where that feeling of sadness and grief lives, just take a moment and concentrate on that part of your body. And when you're ready, just describe why it feels so sad and empty.

Kim Fauskee 07:26

Because she wasn't there for me. She left me.

Dr. Dana 07:32

So you can feel that sort of acute feeling of really deep sadness when you think about being abandoned by her? Yes. Is this something that you've ever felt before in relationship to her?

Kim Fauskee 07:55

I don't know if I've ever felt it so acutely as I am right now. I think it's something that I've touched on, as I've learned more about her. Okay, for the last few years.

Dr. Dana 08:09

So when you picture her and you picture your not her absence in your life, it just feels incredibly sad and overwhelming.

Kim Fauskee 08:18

incredibly sad.

Dr. Dana 08:21

I want to ask you to try and experiment with me, I would like to picture you sitting with your biological mom. Can you create that image in your mind? Yes. And what I'd like you to do is to take her hands in your hands, and let her feel the pain through your hands. If you can look at her in the eyes and let her see her crying, and let her feel how her absence has affected you through your hands. By letting her feel the energy in your body and sadness in your body. It won't hurt her to let her be responsible for abandoning you because it was her choice and she needs to deal with that pain in order to heal herself.

So just take a moment and let her feel the depth of your despair in relation to being left by her being abandoned by her. What's it like to do that?

Kim Fauskee 09:14

There's some relief.

Dr. Dana 09:16

Do you see any response on her part?

Kim Fauskee 09:18

She's allowing me to let it happen.

Dr. Dana 09:20

Okay. So she's not fighting.

Kim Fauskee 09:23

She's not fighting.

Dr. Dana 09:25

Okay, so if you could talk to her, what would you say to her at this point? What words that go along with the feelings that you're having?

Kim Fauskee 09:34

Why did you leave me?

Dr. Dana 09:36

So that's a big question for you. Yes. Do you feel any answer coming from her when you asked her that question?

Kim Fauskee 09:48

She said she had to.

Dr. Dana 09:51

Why did you have to?

Kim Fauskee 09:54

Because it was the best thing for me.

Dr. Dana 09:56

And why did you think it was best for you for her to give you up,

Kim Fauskee 10:00

she thought I would have a better life.

Dr. Dana 10:03

And why was she so certain that she couldn't provide you with a life? That makes sense to you?

Kim Fauskee 10:09

It makes sense to me, but I'm not feeling or getting an answer for that.

Dr. Dana 10:15

So it was just the way she processed being pregnant with you and deciding that the best thing for you would be to be raised by a family other than her.

Kim Fauskee 10:24

I don't think she could provide for me.

Dr. Dana 10:27

Okay, does it help you in any way to understand that, that it wasn't that she didn't care about you, it is actually that she did care a lot about you and was trying her best to figure out a way for you to have a good life. Even though it broke her heart.

Kim Fauskee 10:39

It helps a little bit.

Dr. Dana 10:41

So what else would you ask her? What else would you say to her? Besides, why did you give me out?

Kim Fauskee 10:46

She could have kept me. That would have been okay.

Dr. Dana 10:50

So you want her to know that? To get any response from her when you say those words?

Kim Fauskee 10:57

I think she knows that now. I don't think she knew that there. And

Dr. Dana 11:01

so looking back, she can feel that what you're saying is true. That's what I feel. She never had any other children. Hmm. I was the only one. Do you feel her broken heart and giving you up?

Kim Fauskee 11:17

I sensed her grief and her sadness as well.

Dr. Dana 11:22

Are you comfortable? allowing her to take you in her arms? Yes. And just feeling her love for you and, and your sadness and not being connected to her? Take your time. It's pretty intense. You Yes. And

your picture of her holding you? For the first time in my life? Yes. Can you open your heart to her making amends to you for abandoning? You forgiven you up?

Kim Fauskee 12:06

Yes, I can open up.

Dr. Dana 12:07

Because it feels to me like she would love to take that pain from you. That it's not because you weren't lovable. And it's not because she didn't want you. It's because she didn't know any better. That she was scared and uncertain. Can you feel that she doesn't want you to blame yourself and see yourself as being inadequate, and unlovable.

Kim Fauskee 12:36

I can see her saying that, yes.

Dr. Dana 12:38

The most important thing you can do is allow her to be responsible for the pain and to stop blaming yourself or seeing yourself as not being lovable. And if you can't, she would love you to give somebody a chance to love you the way that you've always wanted to be loved. But in order to be able to do that you have to get to a place where you can let her be responsible for the pain. So it makes sense. It does. Is there more that you want to say to her? Someone to tell her wasn't my fault? What does that mean to that it's not your fault

Kim Fauskee 13:13

that I think I caused her pain by having her to have to give me up.

Dr. Dana 13:17

You blame yourself for that?

Kim Fauskee 13:20

I do. So

Dr. Dana 13:22

as a really sensitive person, you are already managing your mom's pain before you were even born.

Kim Fauskee 13:30

And you feel says okay, yes. Okay, I can totally feel it.

Dr. Dana 13:34

Where do you feel it in your body?

Kim Fauskee 13:36

Right in my gut.

Dr. Dana 13:40

Kim, it's really important to send that self hate energy, that self loathing energy back to your mom. It's not her fault that she was in pain. It's not your fault that she was pregnant. It's not your fault that you caused her inconvenience and trouble in her life. It's not your pain to carry. So if you can, I'm really asking you to give it back to her. Okay? You okay? Okay. Can you give that pain back to her?

Kim Fauskee 14:12

I'm working on it.

Dr. Dana 14:15

Take your time. You don't need to rush. I just want to make sure that you forgive yourself and let yourself off the hook because none of this is about you. You are innocent. That makes sense. It does. Can you feel your innocence? I'm beginning to. Again, I'm not trying to rush to take your time. When you're a really sensitive person, the most natural thing to do is try to manage the people's pain that you are in a relationship to even if it happens in utero, because I am certain she communicated to you that she couldn't keep you and needed to give you away. So my guess would be that you are desperate to try to stay connected to her. Yes By using her pain, yeah, yes. So what do you think about now?

Kim Fauskee 15:06

Me as a young child holding her hand, as I feel feels natural, feels warm?

Dr. Dana 15:13

Can I ask you to try something? I would like you to picture the man that you are today. And I want you to go be with that little boy and his mom. And I want you to put your arms around them and embrace them. Can you do that? Yes. How's it feel?

Kim Fauskee 15:35

Feels like it should have happened 50 years ago.

Dr. Dana 15:41

So Kim, what you can do if you want to, is to absorb that little boy and his mom into your body. And let that become a part of who you are. That feeling of connection to your mom, that feeling of being held and loved by her and feeling safe? With her, and just to take all of that into your body so that it can become a part of who you are? To mend your heart. That's okay. Yes. Pretty intense. Yes. Can you picture the image of that of the two of them coming into your body and just becoming a part of you? I can invite them into your heart. I can? Does it give you some relief? It does. Is there more than you need to do with her? At this point?

Kim Fauskee 16:43

Is theater to tell me it's going to be okay.

Dr. Dana 16:46

I'm not sure if I understand your question. If what's going to be okay, that isn't gonna be okay. I think you're going to be more than okay. I think that this has been a really long time coming. And that has

been really hard for you to let yourself feel the depth of this heartbreak that most of the relationships that you have been in, haven't even touched you really on this deep level because of this pain, getting in the way. So allowing yourself to face this pain and to release it opens the door if you decide to to be loved in a much more wholehearted way. Because that space is not filled with feelings of abandonment and lack of worth and managing your mom's pain. That makes sense. It does. So even though you feel really overwhelmed right now, I think that this sadness will pass. And a feeling of lightness will come into your heart. That makes sense. It does. I do feel like this is enough for one day.

Kim Fauskee 17:50

Absolutely enough.

Dr. Dana 17:51

Okay. So Kim, I want you to take your time. There's no hurry at all. We have all the time in the world futurus very slowly, very, very slowly start bringing yourself back into the room. But take all the time you need

Kim Fauskee 18:07

after I've regained my composure and taken a minute here to catch my breath and fact the tears are over. But not yet.

Dr. Dana 18:25

So I guess I want our audience to understand that where you just won was incredibly important. And it's a prime example of what it is like to go to the deepest levels of your pain and suffering and to release that trauma of being abandoned as an adopted child. And to be able to forgive yourself for the pain that you thought that you caused your mom. And that somehow it was your fault that she gave you up and to recognize that she didn't feel like she could properly take care of you. And that's why she gave you up that it was not about you

Kim Fauskee 19:01

know, I mean, like I was telling you while we took a break here for me to kind of get out of the Hypno state and regain my composure here, which I'm still trying to do.

Dr. Dana 19:14

It's okay. You don't need to force yourself.

Kim Fauskee 19:18

It's the store Dana, it was the most clear picture and most intense feeling I've ever had of my biological mother in my life. I know some people may be listening may think this is completely curated. Not at all, or complete bullshit. But I'm telling you when we discussed doing this, we only discussed the context of the subject matter I didn't know or didn't have any feeling of how this was going to go or what we were actually going to talk about it In terms of this blockage of emotional intimacy in finding a partner in life here but but again, people that haven't heard my story it's not my first hypnotherapy rodeo. I haven't done it for a few years. But I've done it dozens of times. So at least I knew what to expect in it. Trust me

when I say I didn't think I was going to become that vulnerable. But apparently, something you did do to come up and it was time?

Dr. Dana 20:48

Well, can my experience again, that this is a really common thing that happens with people when they choose to heal, whatever needs to come forward is going to come forward. And it has a timeframe that's built inside of you. And it was time that this came forward and, and that you were able to get to a place where you could release this intense grief and sadness and fear and, and self loathing and taking responsibility for something that was not your responsibility. And how would you know that?

Kim Fauskee 21:26

I've been carrying that for six decades. Yeah, that responsibility and carrying on carrying somebody else is pain with me, even though I've been Cognizant through therapy and through multiple other hypnotherapy sessions, that wasn't my responsibility. But apparently, I was still holding on to at least one other person's pain.

Dr. Dana 21:53

Yeah, I mean, in all the work that you've done, I'm not sure that it's ever come up that there was such a huge chunk of really deep sadness and grief having to do with your biological mom.

Kim Fauskee 22:08

I don't think so. Because, you know, when I, when I started this, when I started therapy, and probably even started to hypnotherapy, I wasn't on that, that journey I hadn't really found I think at that time, my biological family, it's only been five or six years that I've become acquainted, at least especially on my mother's biological mother's side with with cousins and other family members and, and started to kind of learn more about my biological mother and see pictures of her and, and kind of get an understanding of who she is. But I had never done any deep work about it, because not that I was kidding myself, or I wasn't smart enough to know this, but I just didn't feel that that part that happened to me from birth wasn't really affecting my life in a bad way. But again, as we've talked about on this podcast multiple times, the further and deeper that you dig, the more you find, the better understanding that you have. And now I hope I've unblocked or beginning to unblock some area of my life that has deeply affected me and what I'm missing out on

Dr. Dana 23:41

and just to remind everyone you actually never met your biological mother in person. I did not

Kim Fauskee 23:46

she died four days before we were supposed to meet.

Dr. Dana 23:49

So really, you just met her just right now here you just met her

Kim Fauskee 23:55

Are you right? I mean, like I said, I got the most intense feeling and picture of our in my mind that I've ever had before. And I mean, it felt going through those emotions and going through those questions that you asked me for the first time it felt real. Yeah. Didn't feel like it was somebody that just gave me it for adoption and it was somebody I only knew by name and I only knew from photographs I only knew from you know other biological family members that have told me about her this actually for the first time I felt real. It was It is so again, you know, the the constant journey of finding yourself and within continues

Dr. Dana 24:43

and I just want to reiterate that it's okay for this sadness to continue. You don't have to be okay right now. You know, when you open doors like this, sometimes it can take hours if not days to fully process the depth of emotion. that you have allowed yourself to embrace.

Kim Fauskee 25:05

I do want to reiterate to to people that are listening is that I hope I didn't scare anybody off in terms of people that may be considering doing this for them for themselves and working through their issues that the vulnerability, the sadness, because I'm certainly like every other human in there that it's hard to revisit those areas, even though it was an area had never visited before, but in the past and doing hypnotherapy, had to revisit areas that that weren't exactly positive in my life and kind of work through those but but again, and I hate to downplay it by saying nothing ventured, nothing gained. But again, if you don't venture into it, you're not going to gain anything from it.

Dr. Dana 25:53

You know, Kim, again, this is why you are one of my heroes, because no matter what you hang in there, and you don't walk away from the most scary, painful parts of life, in order to be able to heal. It's to be greatly admired, not to be feared.

Kim Fauskee 26:08

I think it's, and I appreciate that, thank you. That means a lot to me. It's what we talked about in the last episode, and in an episode that will, we'll play within the series, when we had Amy Cooper back is that to me, when I see somebody, especially a friend of mine, that that is in pain that I know, is living a lie, to get through life. I just feel so bad of what they're missing out on. And I guess you don't know what you don't know. But the work that I've done in as painful as it's been, I'm so thankful that I am where I am today, in who I am today. And, you know, in the relationships, even though I don't have an intimate relationship, but the relationships that I have today are, are more solid and in more in depth than I've ever had in my life.

Dr. Dana 27:14

courage and resilience,

Kim Fauskee 27:17

courage and resilience. Yeah. Those are those two words to live by for sure. Absolutely. So hopefully, hopefully this episode, like I said, didn't have people running to turn it off. But at least planting some

seed in their mind about how they can go about digging a little deeper in finding more about themselves within.

Dr. Dana 27:45

Kim, thank you so much for being willing to do this in the first place and being so present and vulnerable.

Kim Fauskee 27:52

Thanks, dad. I appreciate your mentoring and your tutelage and your professionalism and, and your friendship because it means the world to me. Don't forget my love for you, brother, and right back at you. Okay. All right. Thanks for listening, everyone. So I think it's important for the listeners to understand how you feel or what happens after a hypnosis therapy session. And now that it's been a couple of days, and I've actually regained my composure and been able to process a little bit about it, you know, I'm still very raw and very vulnerable. And the reason I know that is that when I was watching a video that my son had sent me in a tribute to their football coach, it got me cry like a baby again. And it was probably a video that if I would have watched last week or the week before, it wouldn't have evoked that emotion for me and and I think again because the football coach is leaving and moving his family across the country and there was some level of finality and loss and abandonment that it struck back that chord with me so obviously a again that session brought up something that I didn't know had been sitting there for that many years or something that I need really needed to deal with but apparently I really needed to deal with it. Again, I don't want to scare people away that are considering hypnotherapy in I heard that 40 minute session and my emotional state at that point and what what came out because those tears ultimately were turned into healthy tears. And you know, I left that session and and emotionally drained. I was meeting friends for dinner after we had done that recording and literally cried in my car in the 15 to 17 minute commute to the restaurant, and then had to regain my composure again. And lucky enough, I was meeting friends, the wife was a trained psychologist, and the husband has, you know, psychological and emotional sophistication. And they saw that something was going on with me and had asked, and so I was completely transparent to them about the episode that we just did. And, and, and the hypnotherapy session. So it was, it was nice to be able to continue the conversation, at least with them. And, and I remember coming home from dinner and having this extreme headache and kind of sitting down to veg out to a sporting event on TV. And the next thing I know, it's like midnight, I immediately like falling asleep at that point. So it does take a bit out of you, as I think people probably get the emotional drain from what they heard in that session. They're in again today. And I think one of the questions that people ask and we talked about during the psychedelic episodes were well, how often should you do this? Do you need? I mean, is this a one and done thing? Is this something that you have to continually do week in and week out or year in? and year out? And again, I think maybe we explained it earlier that, you know, I've had dozens of hypnotherapy sessions. This is the first one I've done in a couple of years, at least maybe five years. And again, you know, we knew what the premise was going to be I had no expectation and certainly I had no idea that the reaction that I had was going to be the reaction I had. So I guess again, you know, from my perspective, is that right now I'm somebody that needs to continue to process. For me, it was a very cathartic thing. I felt lighter. When I got through the heavy emotional state, something actually did come out and unblocked energy if you want to use that term. So whether I need to continue in hypno therapy sessions in the future will be seen. So I guess the question, especially from you being the

expert, and doing this with hundreds of patients is Is this something that needs to be done on a consistent basis? Or can it be a one and done thing?

Dr. Dana 32:55

You know, Kim, it depends entirely on what the issue or issues are that the person is, is dealing with, I know that for you, because you've done so much work, I wouldn't expect that you would have to do it on a regular basis, because you've already taken care of so much of the trauma that you have experienced in the course of your life. So I would assume that your body will tell you in a relatively short period of time, whether there's more to do with this particular issue in your life. Usually when I work with people and start hypnosis with someone, I tell them that it's definitely something that has to occur over a period of time. Some people I see they do it every week, when they come here, some people do it every other week, some people do it occasionally. So it really depends on the person and how much they, number one, enjoy the experience. And number two, how much value they find. But when it comes to trauma, it's not a short term fix, like anything else. It's a degree of trauma usually dictates the length of treatment. And I don't, as I said, I don't do habit control. Like if you said to me, Well, I want you to hypnotize me to help me stop smoking or lose weight or whatever. That's not something that I do. So that's really short term hypnosis. And it's a different type that I prep than I practice. So I'm not really that familiar with how habit control works. Not to say that I haven't helped people with hypnosis to resolve their symptoms, but usually, symptoms resolve themselves when you deal with the underlying trauma. So again, I don't repeat myself, but I think you will know because you're very much in touch with yourself and your body whether it feels like you have completed the grieving process in being abandoned or given away by your mom and feel like you needed to manage her pain.

Kim Fauskee 34:47

Again, I don't want to scare people away that are considering doing this because of the emotional state that I had during my hypnotherapy. And I get it that most people don't want to relieve pain. Ain't, or they're very reticent, or has some trepidation about what may come up with it. Maybe my emotional state was normal for me. But, again, I think in reliving or rethinking about some of the previous hypnotherapy sessions I've had, I mean, I've had a fairly strong response to certain things. And there's been other hypnotherapy sessions that I've, you know, maintained, I should save my composure right during. So I guess it's a little bit different for everybody.

Dr. Dana 35:38

Yeah, I would say it's different for everyone. But I will say to you, that it's not unusual for people sometimes when they're just walking up the stairs to my office, and I open the door, and they're already crying. And we haven't even started the visit yet. And I joke around that maybe it's my onion cologne that triggers the tear response. But really, I think that once you get conditioned to really going within yourself on a deep level, that your body really is eager to do it as much as you're willing to allow it. Because I think we all have a template inside of us, that dictates our healing process, if we're willing to trust that what needs to come up, is going to come up. Because a lot of times when I do hypnosis with people, they say to me, Well, God, I have never thought of that before or I haven't thought about that particular moment for, you know, since I was a little kid, it's really very much surprised by the initial image that might come into your mind. And some people say, Well, I didn't even think that that was going to affect me in any way. But if one thing seems to lead to another, and next thing, you know,

you're in a place where you're healing, something that's really necessary to pay attention to what I go to Costco, they always say hi to me to say, Oh, Dr. Kleenex is here. Because I buy the biggest boxes of Kleenex that are available. Because I look at it as a I'm incredibly honored that people are willing to be as vulnerable as they are in my presence. Because I do not think that crying and dealing with grief is a negative thing. I think it's really important for all of us to understand that all of our emotions are expressions of our passion. And that determines whether they're negative or positive is how we choose to express that passion. So I just don't have a different idea about these things, maybe than most people because when I have a really good cry, I love that feeling. Because it feels to me like my body's alive, and processing what it needs to in order for me to feel some relief from whatever it is that's troubling me. And my watching you in this last hypnosis experience was remarkable. I mean, that is your willingness to go onto that deep level. And, and I could feel the intense energy of your grief and sadness emanating from your body. It was really intense. But it was also, to me, I was so happy because of how much I care about you. And I want what you, you know, I want you to find the love you're looking for. And I always had this feeling like, you know, this guy is such a remarkable person, what is getting in the way, you know, and it just seems so simple after the other day that this is something that's really been holding you back in a way that I am so glad that you understand and have been able to connect to

Kim Fauskee 38:29

I was talking about this hypnotherapy session with a friend of mine, that's a somatic practitioner, she had mentioned something that I thought was pretty interesting that that your mind holds on to certain things, and your body may have hold on to something else, that cognitively you may understand what's going on and your body may have a different idea. Right to that. So which makes sense to me from the aspect of again, don't want to sound like a broken record, but I didn't expect that to happen. I knew what we were going to talk about in the context of hypnotherapy. But I certainly didn't know it was gonna bring up those issues because I never felt like I had those issues. I thought I was pretty, at least cognitively pretty squared away.

Dr. Dana 39:26

Well, and this is what happens can when you trust your body and you have faith in the process of allowing your body to dictate what like you say is one thing you think, but allowing your body to take you where you need to go and trusting that it's it's going to help you in your healing process to go as deep as you need to, in order to release whatever is holding you back. And what I saw in you was a prime example of someone who implicitly trusts himself on a very deep level

Kim Fauskee 39:59

And I think that comment that she made to me made sense because the whole time during the hypnotherapy session, I was feeling the energy between my heart and my gut, right? It certainly wasn't in my head. It certainly wasn't in my feet. It was between my heart and my gut, which makes sense that my body was, you know, like I said, I thought I was cognitively squared away. But, you know, my body was saying else, something else there.

Dr. Dana 40:26

So really, what's next is to see what unfolds in terms of whether you feel like there are different people that now will show up in your life, that you will feel more comfortable being vulnerable to and will be vulnerable to you because the block is not there anymore.

Kim Fauskee 40:42

So I think you like we had talked about before we recorded this, I think it's the proof in the pudding. Exactly. Right. I mean, it's not like, again, like, you release that energy, everything's gonna be okay. Right. And so it's, to me, it's like another, I feel like I have greater clarity. It's like having another tool in the toolbox to be able to utilize, but it's up to me to utilize that tool, right now, because I'm blocking the energy is one thing, but actually following through on that now, because I have more bandwidth and a better understanding is up to me to do that. And so, you know, again, we've talked about manifestation. Before and, and kind of the myth around manifestation. But I think and I'll let you say, because I don't want to put the words in your mouth, but I think you have a good saying about, you know, the universe brings you what you believe,

Dr. Dana 41:47

will it brings you will you we feel like you deserve, it doesn't matter what you tell yourself, because it's always going to come up against how you feel about yourself. So if you now feel like you're not responsible for your biological mother's pain, and that you've been able to express the depth of your despair in losing her, that opens the door for a whole new experience.

Kim Fauskee 42:15

It's interesting, because, you know, again, we've had prior episodes before, we've talked about holding on to somebody else's pain. And, again, I thought I was beyond that, but apparently I wasn't. And it really is freeing to get rid of that thought. And that and that feeling within your body.

Dr. Dana 42:41

Well, and it started in utero, which is something that is controversial and people's belief about whether that's possible or not, you and I both now, have had very profound experiences of absorbing our mother's pain in order to help them put one foot in front of the other while they were carrying us inside of them. So, you know, it's hard not to believe what you believe, once you have the experience.

Kim Fauskee 43:08

We were talking about this and you weren't the adopted person that I was, but it's almost like this should be common practice for somebody that has been adopted, because like I've talked about before, is that I never felt this, this hole in my heart or this missing piece. It's become more prevalent since I've met my biological family members that I become more interested in and feel this, this kinship with them. And to explore that in a deeper way. But I had never, for the most part of my life, thought that something was missing. But, you know, I guess I fooled myself. Well, I

Dr. Dana 43:49

don't think it was conscious, that's for sure. I would hate for you to think that somehow, there was some deliberation and you're fooling yourself. This, you know, you've done a lot of work on yourself. And this has never come up before. Now, so I figured that it's just gotta be time.

Kim Fauskee 44:07

Yeah, it's funny how, you know, sometimes you look back, and thank God, I wish this would have happened 20 or 30 years ago, but, you know, everybody has is on a different journey, and they're on a different timeframe. And I guess the whole point is if you eventually get there, that's the good part.

Dr. Dana 44:27

Well, I mean, I see young teenagers sometimes and they say to me, God, I wish I would have known this when I was younger. What? Sure only 15 You're

Kim Fauskee 44:38

rolling back the clock about 40 years at this point. I see

Dr. Dana 44:41

you're lucky you don't have a, you know, a history of a family and all kinds of mess and it will but still, you know, so it's all relative.

Kim Fauskee 44:51

I, you know, I again, I want to reiterate to our listeners, again, we don't endorse In a cookie cutter, cutter methodology, because what works for Dr. Nina could be completely different than what works for me in and vice versa. But my exploration into finding out who I am, or finding that person from within, as ultimately, as painful as it's been in, we've talked about that in prior episodes as well. And in sitting in that discomfort and in doing hypnotherapy, and then recently going on a psychedelic journey to, to, you know, use the modalities that are available to me to kind of change those those familiar patterns that were negative patterns in my mind, and really open myself up to what is possible. And I really do wish that for everybody. I know that most people don't want to peel back the layers of the onion. And like I said before, that it's that people don't want to relive pain, right? We humans don't react well to pain, we don't want to be in pain. So why are there so many pain drugs out there, right. And, you know, we want to mask those symptoms. But again, like we always say, in this podcast reality always wins, right? So if you're not dealing with it, now, it's gonna go in a full circle, and it's gonna come back and deal with you, if you're gonna deal with it, right? It's gonna deal with you if you don't deal with it. And, man, I want everybody out there to be able to live their best life in that way and, and not have the blinders on, and not, you know, have to live under a rock, or live to be afraid of everything in the world that, you know, having this this wide perspective. And, and this level of understanding of yourself, just opens up so many more avenues to how you can live your life in such a positive and content way. And maybe that sounds like a cliché, I don't want to sound like everybody else. And I don't want to sound like a self help book here, which I probably just did. But I'm a living, breathing, walking example of that. And again, like you said, I wish I would have figured this out at 19. But I didn't, and I was lucky enough to, you know, start in my 30s and continue this journey for 30 years and and maybe a little less not that old yet. But I certainly wouldn't be the person I am today without being an attorney. And I'm pretty happy right now who I am.

Dr. Dana 47:50

courage and resilience. So.

Kim Fauskee 47:52

So anybody out there that has, you know, was considering hypnotherapy or had heard about hypnotherapy? I hope that we debunked any myths that surround it that you won't be barking like a dog when you go home? Yes, it is. It's an experience. It's an emotional experience. It can be a painful experience, but ultimately, it's a very positive and good experience. And like my mentor said to me, you know, you just got to continue doing it if you want to get to where I know you want to go. And so it takes it takes the practice, it takes the dedication, it takes courage to do that. And I want our listeners to know that, you know, we fully support you and in your journey and want you to do what you think is best and utilize the modalities that are available to you to live your best life. So thanks, Dana. I appreciate it. I'm sure the listeners don't want to hear another hypnotherapy session with myself but we're going to talk a little bit more in coming weeks about finding yourself within so we appreciate everybody listening.

Fear Me Out 49:15

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