

# Allie Sobool: Radical rest and listening to our body's wisdom...

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## SUMMARY KEYWORDS

adhd, people, body, feel, reiki, happening, brain, terms, moment, imprinting, realizing, experience, super, cycle, life, subconscious, thought, diagnosis, trauma, talk

## SPEAKERS

Allie Sobool, Katy Weber



Katy Weber 00:00

Okay, so my first question is, you know, when were you diagnosed? And what were some of the signs that led up to your diagnosis? And what was what was kind of those moments that made you finally realize that you had ADHD? Yeah, honestly,



Allie Sobool 00:17

this question when I first saw it kind of threw me for a loop because I was thinking, when did I because I feel like I was always I knew something was different about me. And my dad has ADHD, and I've just grown up in chaos because of it. And I didn't know that that wasn't normal.



Katy Weber 00:33

Does he? Did he know he had ADHD? I mean, Was this something that was this like an acronym that you knew about it? And growing up?



Allie Sobool 00:39

Not really, I don't, I was trying to think of the first time that I'd ever heard about it. And I'm pretty sure it was from him. But I don't think it was until like late teens, early 20s, that he really started to recognize how much of an impact it had on him. And then he started to use that terminology. And because we have such, we've always been very similar, like brain people that he was like, maybe you do also. And so I kind of understood what it was. And I understood that there was something that was keeping me from succeeding in my life the way that I wanted to. And it really wasn't until I was like, 19. And I was trying to go to university that I was like, I feel like I'm gonna need some actual help. Before I tried to do this, because like, all my other schooling was such an abnormal, an enormous shit show. Yeah. Like, I actually didn't even finish high school the first time around, because I dropped out two months before I was graduating, because I hated it so much. I thought everyone around me was just a bloody idiot. And I was like, I don't understand why people don't see this. I don't understand why school is so boring. Like, I I hated it. I hated the structure. I hated the institution, I hated what they were teaching me. I didn't understand why do I have to learn this? When I don't even like it? Why do I have to learn this? The same week? Like we just learned this yesterday? Why are we still learning it? hated everything about it. But then I was like, Hey, I feel like universe because I grew up in a very academic household. So my, both my parents were like, go to university, you'll probably find something that people that you like, go there. So I went back and got my GED to go to university, but I was like, hey, maybe there was something else going on when I wasn't going in school. So let's go and see if I can be put on a medication. Because at that point, in my like, mental health journey, I thought medication was like this magical, quick fix to everything. And so I went to an ADHD clinic, and got officially diagnosed for the first time. And I tried a couple different medications, but I did not like any of them. They made me either feel like a zombie, or I didn't like how edgy I felt. Once they stopped working, like coming off of it at the end of the day. Or it made me kind of like, it almost exacerbated my symptoms. So I got very like, ah, like, in your face all of a sudden, and then just like would pull back really fast. And like that's the opposite of what I want right now. So I just stopped taking the medications. And honestly, I forgot about it. I forgot about having ADHD for many years. I just thought that I was like partying a lot. And I just thought that this is just how you spend your early 20s. You know, you have, you can't keep a job for more than a year because you're irresponsible and you party a lot because that's you're just exploring the world around you. And now looking back, I realized that I was surrounding myself a lot with people who weren't growing and who weren't moving forward and were like, for lack of a better term fucking up. Because then my mistakes didn't seem so bad. That's a good point. Yeah. Yeah, I just struggled for a really long time. Until I tried going back to university for the second time. And I was like, okay, for real this time, I'm actually going to get help. And at this time, too, I was doing like lifestyle changes because I was coming to the point where I was like, Okay, I need to like stop drinking and doing drugs and partying all the time because I feel terrible, like absolutely terrible. And

this time though, I went to a an ADHD psychologist who does neural therapy, which is like brain training and strengthen neural pathways for focus and attention and I did like brain scan tests. I did Attention test focus tests, a lot of that kind of stuff. And they were like, yep, you have ADHD. More of a like mild to moderate he like I remember him saying it's not as severe as I've seen before. But we can definitely still help you out in the areas that you want, so that you can succeed in school. But that was something that you had to kind of like upkeep. And it was kind of expensive, even though he was giving me a pretty good discount, because I was a student. And I did it for eight months. And then I was like, Cam good now, but of course, I cannot maintain my own structural habits. So that kind of fell apart eventually,



Katy Weber 05:42

too. It's interesting how we can oscillate between feeling like, really, like only five to 10% of the population has this because I feel like everyone does, you know, like, sort of always feeling like, this isn't normal, like, this isn't this, like you were saying, like, this isn't just your 20s, you know, and yet, so we sort of go back and forth between feeling like, I feel like way more people have these issues, then then, you know, whatever, they're saying five to 10% of the population, but at the same time, also, always feeling like, I am reacting differently from everyone else, I am lonely, I am, you know, like, everyone seems to be doing something and I can't figure it out. And so there's like this sort of intense feeling of like, I am different from everybody around me, but that at the same time, also feeling like, wait, I was always under the impression that everybody dealt with life. And I think it's, I think it's fascinating how we'd like balanced those two opposing ideas so beautifully.



Allie Sobool 06:42

And I think that kept me from seeing how significant the impact was for a really long time, because I always just kind of came to the conclusion, like, will other people have these struggles too, so I This must be normal. Therefore, I must just be like, lazy, stupid, crazy, or I'm not trying hard enough, or whatever, you know, all those things that we tell ourselves. I was creating a story about who I was because of the struggles that I was having, instead of just laying out the facts. I have ADHD, therefore, I'm going to have this this this problem. How do I approach it in a better way?



Katy Weber 07:22

Mm hmm. Yeah, that's a good point. Okay, now you kind of answered this question a little bit, in terms of things in your past, where you look back and think like, oh, the signs were

always there. Of course, that was clearly ADHD, because it definitely in school, I certainly had a lot of that. I also, I did know when I dating myself, I, when I went to school in Ontario, in high school, we had still had grade 13, we had oases. And so I did grade 13. And then all of my friends went to university and I didn't mind nobody would take me My Grades weren't good enough. And so I had to redo grade 13 there was like a handful of us who we called ourselves grade 14, to redo our senior year of high school, and just to bring our grades back up again and take and like, we were like, the cool. We were like this little group of kids like this squad of like, yeah, we're grade 14. But then I had the same experience. I went to university and then dropped out after my first year because I my grades were terrible. I was like, What am I doing here? I don't this is a total waste of time and money and but then at the same time, then realizing like, well, I don't really know what else to do. So I guess I should probably go back and and pull myself up by the bootstraps and figure out how to do it. And that's when I did really well, you know, like, that's the crazy thing. It's like you really it's one thing or the other, those signs were always there. So yeah, but I know a lot of women actually do really well in school like not, you know, the it's not I don't think it's common, the story of just like, having an abysmal academic career. I think a lot of women actually do really well in school and still have ADHD 100%. And that's why I hate

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Allie Sobool 09:06

the whole like report card diagnosis, because I did really well all my comments are like she's a pleasure to have in class. And then later when she shows up and is like super helpful and is like, loves to talk with everybody and is super like collaborative and very creative. And like that was my elementary those that was great. It was wasn't till junior high when the like social interaction started getting more complicated that it started feeling like there was this invisible wall and I was like, I don't know what this is, but I don't know how to get through it. I didn't connect with anybody really well, and I was weird. I didn't. I didn't realize that that was like a sign of ADHD till August. Like a month ago, when I really started to reflect on stuff and scenarios that had happened, like, I remember being so hyper sometimes that I would take pencils, and run up and down the hallways using the lockers like drums, and just like screaming, I think like, crazy. And I people used to ask me if I was high all the time. Like I would say something or blurt something out, or I would like overstep a boundary or something. And they'd be like, are you hi? I'm just like, like, no, on life, maybe. And I just, like down the hallway. Because I just so oblivious to that kind of stuff. It was either like, I was totally oblivious, or I saw it. And I didn't know how to. Or maybe I was oblivious, because I didn't know how to get through it. So I just chose to ignore it. And I really embraced that identity.



Katy Weber 10:51

I know, right? I think that's the interesting thing about the neurodivergent spectrum. You know, like, like, I have a friend who, you know, she and I got up to so much trouble growing up. And she's she was so awesome and so smart. And also like we you know, whether we were card card Marriott card carrying members of the gifted, underachievers club, and like, you know, we had those jokes. And so when I discovered I had ADHD, and sort of was coming out about him doing more posts about ADHD, and she commented on something about like, Oh, yeah, I have social anxiety. And there was this part of me that was sort of like, you have ADHD, like, I didn't say that I don't like to diagnose people. But I was also sort of, like, you never know, there's a lot of overlap, maybe you should take this test. But I think it's interesting, like kind of how we end up getting diagnosed, you know, because we're all sort of on this spectrum. And, and some of us exhibit symptoms that end up being labeled as ADHD, some of us exhibit symptoms that end up being labeled as autism, you know, like, I think that there's so many of us who kind of find ourselves on like, this, this side of the tracks, the brain tracks, and, and all of us are, you know, part of the same, like, we're all cut from the same cloth and just in terms of like, you know, what are what are the symptoms that ended up being more severe or more amplified, you know, and then how do we end up labeling ourselves as a result, but I think, you know, that's I feel like, the more I learn about ADHD and autism, and just sort of the neuro diverse neuro divergence spectrum, like I feel like, it's just chance that some of us get labeled one of the other like, I think we're all kind of sliding around on the same spectrum.



Allie Sobool 12:33

That's why I actually because I first when I started my business, I used the I used ADHD, but then I was like, well, like a lot of the stuff that I'm telling can really be used for other neuro divergence. So I'm just going to use the term neurodivergent instead, with like, a focus on ADHD. And like, whatever you label yourself was like, that's totally personal.



Katy Weber 12:56

Yeah, right. I know. And I yeah, it's like, I'm gonna, I'm going to attract the right people. I don't have to worry about that. That's interesting. Okay, so let's talk about the which came first it was the podcast or so many questions. Where do I start, okay. Talk to me about subconscious imprinting technique, or like, okay, just even talk to me about your journey, like in chronological order, like, what did you come across first was if you're a massage therapist, you practice Reiki which I'm also fascinated with, because I frickin love it. And never really thought about I never thought about like how, why it somebody with who is neurodivergent would love Reiki but it makes total sense to me now. Like, I just

hadn't taken the time to think about why that was so awesome. Okay, so I'll let you pick one, pick one of the many cards I just throw at you and

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Allie Sobool 14:03

try to keep it succinct and concise. But I'll start at the beginning. All right. So like I tried to go to university three times with medication without medication, it just like was not working. So I just quit. I was like, You know what, screw this. I'm just gonna be a writer working in a cafe for the rest of my life. And then I did that for like six months. And I was like, I hate this. I do this forever for minimum wage, like no. So like, okay, Ali, let's think what can we do? That would be a career that would support the fact that I am I need diversity and I need to be challenged, but I need to be challenged in a variety of ways. And massage therapy was something that I had actually considered before. And so I honestly just leaped for it and I am Do that falling in love with it, because the human body is weird, and it is cool. And it there, the way that the it was schooling was structured, there was like the hands on kinesthetic learning. And then there was the sit down and learn the stuff. And so, because of that combination, I was able to do really well, I was able to learn very fast. And when I did my practicum, for my second year, I ended up in a studio that was run by the creators of subconscious imprinting technique. And when I was in this circle of healers, I was also exposed to Reiki. And so it was really at this point where my brain was just starting to explode. Because in massage therapy, it's a very medical scientific based training that you get. But pretty much any massage therapist or like physical healer will tell you there are emotional releases. You have the mind body connection, which they only like, just barely touch on in your training. And like we have a psychology course, but it's like very basic cognitive therapy type stuff. And when I started to learn from the people that I was surrounded with, in my practicum, how important the mind body connection really is. That's when I started to get more curious about like, what else is possible? Like, where else, what more can I learn, and this was really the tip of where I was like, Oh, my God, like, I'm learning so much. And there's still so much to learn. It's like, I am the tip of the iceberg. And it was Reiki actually, because before this, I had been like kind of witchy. But I was really resistant to it, because I was like I need facts. Otherwise, I'm not going to believe it. And the owner of the studio told me really pushed for me to go get Reiki training, she's like, I think you'd really like it like everyone here does it, I think you would really enjoy it. And it would really improve the quality of sessions that you're able to give your clients. So I was like, fine. And I went and did my first class and just like, Mind blown. Because you can feel energy, and the energetic field that you have around you like you can fine tune your senses in order to feel that and already being a highly sensitive person. Because of my neuro diverse ciency. Like having that connection of like someone telling me, you're not crazy, you can actually feel other people's emotions and states you are feeling the energy of a room because you have learned how to immediately know

whether something is safe or not for you. Like that is something that people learn. And you learn that by like being super sensitive about the energy around you. And Reiki is just a way to connect to the universal, uplifting energy to improve like healing and recovery. And it helps stimulate your parasympathetic nervous system, which is your rest digest system, which is also super cool. Because so many people are just stuck in stress cycles all the time. And they don't even know it. But when you're in a chronic stress cycle, your immune system goes down your digestive system is all messed up, you're lacking sleep, your recovery time is super low, like you just feel drained, and then you hit burnout. And then you're like, why is this happening to me? Like it's because you're stressed out. And it's if you're constantly in that you don't even remember what being relaxed feels like. And so that's what I started to focus my massage even more on, like relaxation techniques, which honestly kind of gets a bad rap in even the massage therapy world. Because when you think relaxation massage, you think like light touch and spas and you know, that kind of stuff. But like relaxation massage is really just a way to turn off the sympathetic nervous system to put your entire body into a rest state. So that you can your body can function the way it's supposed to.



**Katy Weber** 19:33

That's it. And he'll too, right like, totally, yeah. I know. Well, and it's so interesting because relaxation is something that is so difficult for people with ADHD for so many layered reasons, you know, but not only do we have a history of anxiety, but also just like the dopamine effect, you know, like it's not exciting to be relaxed and so we it's very irritating not to be relaxed. You know, like, I've always joke, like, my husband's idea of a perfect vacation is like, sitting in a hammock reading a book for a week straight. And I'm like, God, no, like, you know, like, I think relaxation is something that's just inherently really difficult for us, we feel a lot of guilt when we're not active. And, and, but at the same time, like, like you said, like, it's, it's essential to the way in which our body functions. And you know, and like, it's kind of crazy that a third of our life is spent in a conscious unconscious state of rest, and like, we're okay with that. But it's like, you know, it just sort of goes to show how essentially important that shutdown is. And yet, it's so freakin hard for us. So,



**Allie Sobool** 20:42

yeah, and once I started to learn that, too, I was like, Oh, no wonder it's like, I was like, thought that it was weird that I had a hard time relaxing. And also the fact that I started focusing on relaxing, like, my whole career became about the most relaxed person ever, and how to get people into that state. But now, I think, Oh, no, that makes sense. Because that's something that I struggle with. So I want to move in that direction. And I want to help other people get there, too. Yeah.



Katy Weber 21:10

It was a cry for help. For deep with them. Yeah, you know, it's interesting, because that's another realization I've had since my diagnosis, which is, you know, because I used to think of myself as this inherently lazy person who could just never get my act together. And now through the lens of my diagnosis, I realized that no, I'm actually somebody who, who hyper focuses and is incredibly like, obsessively does things. And is very manic. And then I crash as a natural result of manic energy. And so it made it much easier for me to appreciate the crashing stage, as opposed to feeling like that was my default. And so I've I've had so much less shame and guilt around lying around on the couch for a day or two, or three or four, you know, because I'm like, No, this is necessary. And this is what's out. Like, I'm able to kind of talk myself through it in a way that I never was able to before. So



Allie Sobool 22:07

they have cycles, and whether your rest and go cycle is within 24 hours or like a week.



Katy Weber 22:15

You have to have both, right? Yeah, exactly. So I'm curious. Talk to me more about brain shame, because other than the fact that it sounds like such a cool game show or something, but I feel like this is this is like a core element of ADHD.



Allie Sobool 22:34

Alright, so yeah, so I did the Reiki and the massage and then I graduated, and I was getting bored of massage has ADHD. like shit. I've done so much like I was doing so much training while I was in school just to keep my brain going and be able to graduate for the first time ever. And I did. And then I had done subconscious. I decided to do the subconscious imprinting training, sit. And sit is based off of traditional Chinese medicine and meridian theory. So we do muscle testing, and it relies heavily on the mind body connection. So every time that you are put into a stress cycle, there's your HP a access,



Katy Weber 23:26

what's HPA access,

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Allie Sobool 23:28

hypothalamus, pituitary adrenal glands, HPA axis. And those are the three main things that are in your brain that are the stress response cycle. So you have your short term stress, like if you were being chased by a bear. And that is the stressful event that's happening. And then your hypothalamus goes on, like, pituitary singhealth, like something crazy is happening, we need to go. And so then the pituitary is signaled to Don't worry, we're gonna release this hormone, and the adrenals are gonna go drills adrenals come in. And then so the adrenals get turned on. And they're just like, shit, we got to get more sugar into the brain. We have to pump out cortisol, stress hormone. And we need to get you going real fast with adrenaline. And this is going to raise your blood pressure, get your heart going, like all that fun stuff for the moment. And like that's what the ADHD brain thrives off thrives off of is that cycle to go. And then normally, in this short, stress response, once the bear is gone, or the threat is gone, your body will regulate itself and go back into the parasympathetic state. However, the long term stress cycle is when that threat never goes away. Like if your body is a stressful for you, and that never goes away. So you're constantly being in this stress cycle. And so then what starts to happen is that your adrenals get super fatigued, and your body starts breaking down. And because your body cannot keep up with this constant stress that's happening, it turns down your immune system, your blood pressure can go out of control. And you kind of turned into a bit of a basket case, because like your emotional intelligence gets turned down, your memory gets really crappy, everything, like your breathing gets really erratic, and your digestive system gets totally out of control. Like you'll either have, like you just have troubles with all of like, your whole body just goes wackadoodle.



25:55

Yeah. So

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Allie Sobool 25:58

when a stressful event happens, these are the cycles that get triggered. And the emotions that you experience, when you're having this stress response, it gets stored in your body. And every single time that you have a trauma, which is an environment, an event, a emotion, or a trigger that response again, in your body. And so the meridian theory, like in the traditional Chinese medicine, there's the meridian theory of certain emotions are connected to certain organs, and certain emotions will get stored in certain areas of your body. And if you don't know how to release those emotions, they become constant patterns of behaviors, and those behaviors become your personality. And then that's how you show up in the world. And from like, up to the age of seven, you're just an information

sponge, like you're just learning your brain is learning how to exist in the world, and what is safe and what is not. And you're creating core beliefs, and how you're creating systems and belief systems about how the world works. And the way that you create that personality is just by going through these same things over and over and over again. But then you become an adult.



27:32

And



Allie Sobool 27:34

if those experiences are creating behaviors and patterns that no longer serve you, but you're just like, why does this keep happening? Like why do I keep getting stuck in toxic relationships? Or why can't I experience love in a healthy way, or even sometimes chronic pain, like people can hold on to emotional pain that shows up as physical pain. So why do I have this pain in my ankle for like, a decade, and no matter who I see, nobody can figure out what's going on. And so subconscious imprinting is a way to figure out what event originally triggered the behavior pattern or pain that you're experiencing now, connecting the two, and then removing it with personalized forgiveness statements, and statements for the love and connection to replace it with what you actually want to be happening. So you're creating new neural pathways for what you actually want. And then you can show up in the way that you actually desire.



Katy Weber 28:52

And how do you even begin to pinpoint what event in your history because like, this is the thing that always confuses me about ADHD symptoms in general, which is like, you know, so we talk about co-morbidities all the time. And it's a phrase that even the term comorbidity is confusing to me because it feels to me like, you know, there is like, so much of depression and anxiety, especially in women is related to not having your diagnosis or not understanding the diagnosis. And so you have these medical professionals who are saying, well, these are all symptoms of trauma. You know, these are symptoms of PTSD, this is an ADHD, and then you think, Well, yes, but because I was this growing up in a neurotypical environment where I experienced trauma all the time as a result of my undiagnosed ADHD. How do I know even begin to know this chicken or egg like I how do you how can you just sort of dismiss this as trauma when all of this trauma is derived from this, like diagnosis? Right? And so I'm like, if you're talking about the ankle, that might have a connection to something in your childhood, like how do you even Begin to uncover

that



Allie Sobool 30:03

kind of magical part. I like to think of it as magic, but really, it's just muscle testing. So



Katy Weber 30:10

Oh, so it's almost like hypnosis through muscle testing or something, or, okay, I'll let you talk, I'm sorry.



Allie Sobool 30:17

Like, I use my intuition. Because I do these sessions virtually, like if it was in person, I would actually hold your hand and test your body. But I can also use my intuition to figure out what is going on. So I would just ask you, like, focus on the thing that you want to change. And then I go through all the organs and systems in your body. I ask, What age it's what age this thing happened at. And I will then ask you like, Okay. Can you tell me why you would be feeling betrayal? guilts. Anger, and over joy around the time you were 12? And usually, that will trigger a memory in somebody? And they'll be like, Oh, yeah, yeah. And that usually is enough information for like a very significant memory to come up. Or, honestly, I can even do a session, even if you don't remember exactly what it was like, I can do more generalized statements. But usually, there's like, something very specific happened to you, and the length. And then I use the language that that person uses and puts them and I put them into the personalized statements and connect it to the what they're experiencing now, in order to move them forward. break the pattern.



Katy Weber 31:42

That is so interesting. Yeah, I like fucking cool. It is, you know, because, yeah, I mean, I think about like, with my work in terms of body image, and diet and diet recovery, right, like I, when I was writing my book, I had this very visceral memory from my childhood, where I was in fourth or fifth grade, and our French teacher was teaching us about kilograms. And so she decided she was going to put a scale on the ground, and like, everybody in the class had to weigh themselves. And then we would do the calculation from pound to kilo. And that was how we were going to learn about kilograms in French class. Like, it was like, now I look back, and I'm like, that's so random. And I, I don't think there was any I mean, I think it was totally innocent what she was, I think she just was like, Oh, I think this is a great idea. But, you know, it was that moment where I realized that I

weighed the most of all the girls in my class. And so and then I inherently knew, because I live in this society that like, that was a terrible thing. And that was sort of the moment that I was like, this confirmation in my mind, that I needed to be smaller. And I needed to be really embarrassed, like all of this, just like shame spiral that came out of that one, seemingly innocent experience. And whenever I tell that story, people are like, that French teacher, she's horrible, she should have been fired. And I was like, I genuinely don't think she thought I mean, I don't think she had that in mind at all. I think she just was doing



Allie Sobool 33:06

it maliciously. And most people don't, because they are not aware of their own body bias.



Katy Weber 33:11

Exactly. Right. And I think you know, and you know, when there's 12 girls in your class, somebody has to weigh the most. You know, I also was the tallest, but that I didn't make that register. You know, I didn't register that as a fifth grader. It was just the sort of confirmation that oh, my God, this is now this reality. And it and I feel like it radically altered my identity moving forward in terms of how I viewed myself as a as a girl and as a woman and adolescence. And my mother always sort of being like, Oh, I feel so sad for you, let's go on a diet together. And that then just you know, then it just like the dominoes kept going. So but it was funny, because I think people always like, how did that memory come to you? And I have no idea. I just was sort of writing my book. And I was thinking like any memory I have before that moment. I never thought about my body size. I never thought about anything in terms of how I looked. And then from that moment on, there was this sort of this awareness that had come to me and so it's funny, like, it's funny when you pinpoint those, those pivotal moments. Almost accidentally. Yeah. And it's crazy, like your body remembers. Yeah, yeah. So and for Reiki, I feel like if there's somebody listening who has no background on Reiki at all, can you just give a little explanation as to like, what are you actually doing when you do Reiki?



Allie Sobool 34:40

So Reiki is a traditional Japanese relaxation technique. And it is a channeling of divine energy from through me like I am not creating it. I'm just channeling it from wherever you want to think it's coming from the universe. Using my hands to direct it into you, which then increases your life force energy. And this can be very uplifting, relaxing, a lot of people get tired, which I think is honestly just your body's way of like accepting it. I get really cold. Oh, yeah. And there's usually temperature changes. And everyone experiences it a little bit

differently. And like sessions can go, they can be very basic, like, wow, I feel really good now, like, I'm ready for a nap. And that's just your body's way of regulating itself. Or I've had times where I LIKE, SHARE memories with people. It's weird.



Katy Weber 35:39

Yeah, again, I feel like that connection between being highly sensitive, feeling energy, I think that's something that so many of us have, I always refer to it as like the vibe, where you know, where my friends would always be like, I used to use it a lot with dating, because I was always sort of like, felt like friends of mine would be like, why are you so confident when it comes to dating people? And I was like, because you can just you just know when you meet somebody if they're attracted to you or not. And they're like, No, you don't, you have to play all sorts of games. And you have to do this. And you have to do that. And I was like, No, no, there's like, there's like a vibe, you know, and I was always trying to explain what the vibe was. And nobody ever knew what I was talking about. So now I'm like, I feel very vindicated that this is this is all connected with that energy.



Allie Sobool 36:26

Yeah. And I feel like it's, I struggle sometimes to explain energy type work. And when it comes to the points where it's kind of like, we will, yeah, because it is hard to explain. It's something it's an experience. And the only thing I can say is that there are so many people that are having similar fantastical transformations, that there is something to it. And it's not an isolated event. There has actually been research done on Reiki and its ability to increase recovery time and healing and stuff. And like the subconscious imprinting, there are tons of case studies.



Katy Weber 37:07

Um, yeah, I think you I think oftentimes, you have some sort of intense transformative experience. And then you're like, what the hell just happened, I now I need to do all of the like geeky science research, because there has to be an explanation for this, you know, like, I kind of had that experience with, like, aroma therapy, I use aroma therapy with my clients. And, and so there's a lot of overlap in terms of just the hypothalamus. And that, that in the limbic system, and the way in which scent, you know, directly infiltrates your limbic system in a way that other senses don't. And so like I was super, I like geeked out and hyper focused on that forever when I but it was because I had noticed that I was having these kind of physical reactions to a robot therapy and was like, why is that now I'm gonna have to obsessively research the science aspect of it. But so I think it doesn't

necessarily go the other way around. It's not like convinced me about your woowoo, Reiki. And if you tell me enough weird sciency things, maybe I will try it. Like I think usually you kind of accidentally stumble upon things that are mind altering, and then you're like, oh, okay, I want to find out why this is happening. Yeah.



Allie Sobool 38:20

I feel like there's something to be said about, like, you've you tend to be attracted to the things that are for you. Hmm,



Katy Weber 38:26

yeah, that's true. The universe has its ways. I just try not to think about it too much. Because it hurts my brain. I know, right? Seriously, I know. I was laughing before, when you were talking about like brain explosions. And you were like, pressing on your forehead. I'm like, I feel like we always have that stuff in common, where it's like we talk about, we talk about thoughts, like in this way, where they're just like, so crazy and intense and explosions and swarms and tornadoes. And this is like how we describe our lives. I know. Right? So yeah, so I think we should all be very grateful that there's somebody who's, whose work is helping us actually relax. Now is that are those the kinds of clients that you work with? Are you working with people who come to you who are working through trauma or physical injury or how do people usually end up coming and finding you in what state are they in?



39:23

All of the above? Yeah.



Allie Sobool 39:26

Um, because I work in a clinic, in person for massage. I do tend to get a little bit of everything and the people that continually come to me are the people who are looking for the relaxation. And for and the Reiki I do in person and virtually as well. That is usually something that I add on to massage or add on to sit because it's always is kind of a part of my treatments, even if I don't explicitly say it.



40:04

And



Allie Sobool 40:07

for the subconscious imprinting, it's generally people that are coming with emotional stuff that they want to go through that is manifesting as physical barriers to whatever they want to accomplish. Like, if it's a fear of judgment that they're experiencing, that is keeping them from getting moving on into a new career. Or if it's an exhaustion, like a chronic exhaustion, that they're like, I just want to stop feeling tired so I can play with my children. Or if it's something like I am struggling to be, to choose a partner to be happy. Because I was, I had a terrible ex husband or something like, really all across the board. And I focus on the ADHD and the neuro diversity because I do believe that there are very particular hurdles that we come up against, like brain shame, and that fear of being judged and the rejection sensitivity. Like it's just, it's more intense. But I don't like to treat people like they are only their ADHD because you are a whole human being. And your ADHD gives you a unique experience. But also your experiences always human. If that makes sense.



Katy Weber 41:40

Yeah, absolutely. No, that's a great, that's a very eloquent way of putting it in terms of just like ADHD kind of helps you label some important personality traits, in a way that I think is very helpful for us. Yeah, but yeah, but I think it is also important to remember that like, we are still human beings, and that this isn't like a human race. Yeah, it's not like, you know, this is the Special Milk that people with ADHD drink. And this is, this is the ADHD water fountain, you know, like, I feel like you could get into some really like, Orwellian issues there. When you talk about like the ADHD subset of society. Now, I'm curious also with body image, because I know you do, do you do have the not a course? What am I? What's the word? I'm looking for the workbook? Yes, thank you, you have that workbook. And I just love your perspective on, you know, sort of that overlap of shame and guilt that we tend to experience and how that kind of manifests itself in our body image as women, but I think anyone can really experience that. So I'm curious, like, what are some realizations that you have made in terms of like specific issues that somebody with ADHD might experience with body image? Have you



Allie Sobool 43:08

I think it's kind of that like, all or nothing mentality. And the extremes, like I find, for me personally, it was always like, one extreme or the other, I had a real hard time being okay being in the middle. And when that came to body image, and my relationship with food

and my relationship with my body, it was really tumultuous. And I have noticed that it's usually you can, sometimes people fall in the middle. But usually, if you have ADHD, you can hyper focus on your body. And that can lead to things like eating disorders or body dysmorphia. Or, or then on the other end, you just don't connect to your body at all, like you could care less, because you're so overwhelmed by literally everything else that's going on in your life. But then that's neglectful of the thing that you live in, which is important.



Katy Weber 44:12

Right?



Allie Sobool 44:14

And I think coming to a place of trust, and acceptance can be hard. Because people with ADHD often live in their brains. Like you're in your mind a lot. And grounding back into your body and being present in the moment is hard. And remembering to like, cook or remembering like grocery shopping can be really hard or remembering to cook meals or like Personally, I hate eating the same thing more than twice in a row. Meal Prep. Not a thing. I cannot do it. I absolutely hate it. I hate the textures of frozen foods. So it has to be fresh. But I really struggle with like making a list and making like plans like it's the whole process of it can be super overwhelming. And instead of like I used to get just really upset, and then I would shut down and not do anything, or I would get so obsessed with it that that was my entire life. Like That was my entire life for about two years, which just being really obsessed with how my body looked and how I what I was putting into it. And I thought that I was being healthy. But it was such a rigid way of being that it wasn't actually. And I just feel like when there's more when you can really connect to your intuition about how your body is feeling. And what it actually needs, the whole process becomes so much easier. And that was really the turning point for me was when I learned that your body has its own intelligence. And you can ask it things. And like, I started very small, like I would just hold food up to my chest. And I'd be like body Do you want this? And if it swayed forward, it was yes. And if it's way back, it was no. And some things really surprised me. And then some things didn't really and it changed from day to day. And so I just learned to start trusting what my body wanted instead of what I thought was right. Like I always thought that I had to eat like a multiple, a multitude of like, different nuts and seeds and fruits and vegetables and greens and but that whole process of learning, like what was, quote unquote, healthy was not fun. And when I learned to just start asking my body what it wanted, what I started eating was just like balanced. And I didn't have to try. I just



Katy Weber 47:07

had to tune in when you were talking about trust and acceptance. I mean, that seems to me at the core of the difficulty that we experience, like, like we were talking about before, like I think self acceptance is really difficult, because it is boring. And so like not only is there the issue of not trusting yourself because you don't react, you know, your whole life, you felt like you were supposed to be acting a certain way and you weren't. And so we don't have a lot of trust in who we are, we find ourselves very puzzling and very confusing. But at the same time, like just being like, just be just accept who you are. And love yourself in the moment is very, like, it's boring. I mean, the you know, I think that like it's not within our natural. It's not in our natural tendency, because I think our natural tendency is to be angsty. And to figure things out, you know, like, I used to always joke if somebody said, You, You think too much, you're like, Damn, I do think too much. Oh my god, how am I going to stop thinking so much? I know, I'm going to read a book about Thank you so much, oh, I gotta get listened to so I got to Google this. We're gonna figure this out. We're gonna figure this out today. Like, I see what you're saying, Okay, nevermind, you know, and so is that same idea of like somebody being like, you need to chill out. And then also like getting like, hyper obsessed of like, oh, okay, how am I going to chill out better than anyone's ever chilled out ever before? You know? So like, that's like a lifelong process of just like, not working, you know, like, and I think that also sort of plays back into that, right? That same topic of like, how relaxation is difficult. And like this idea of just realizing, I love what you said about the body's wisdom to because I feel like I talk about that a lot with the gut, you know, and how I'm like, when I work with teenagers, I always talk about like your brain. And I was like, the thoughts that are going through your brain about who you are and what you how you look like and what you should or shouldn't be doing. Like those thoughts aren't necessarily thoughts that you came up with yourself. They've been sort of planted there, from various external exposures within society, they can't necessarily be trusted as much as your gut, your gut is another brain that is in your body, and it never lies to you, it always tells you the truth, you know, and so like realizing that there are there are other brain There's your heart, your brain and your gut. And these are like these wisdom centers, you know, and that the these two, these two have a trustworthiness that this one doesn't necessarily always have. And so I really lied to you, but your body will never Right. Yeah. And so I loved even what you were saying about like the swaying back and forth, which is like it's a little woowoo. But at the same time, you're sort of like no, like, just taking that time to stop and ask You know, do I want this and, and and like that was one of the I think it was one of your podcast episodes where you were talking about that where you were like body? What do you think? And I was like, I feel like I've said those exact words too with some of the clients I worked with, which is like, you know, you know, what would you like me to do next or you know, with, even with yoga, you know, it's sort of like being able to be in those moments where you can get out of your head and get into

your body and think like, do I want to go deeper? Do I not you know, and like, having those beautiful moments where you are submitting, submitting, you know, you're submitting control to the, the part of you that is constantly working to heal and help you you know, it's like this idea of like, no matter how much shit you heaped on your body, in terms of how much you hate how it looks and how it does, all it does is keep you alive, and heal you and heal cuts. And it's like, you can just be like, I hate those thighs. And your whole body's like, Okay, well, we're just gonna keep walking, we just, we just got to keep keeping you alive. Like, it's like this thing that has one job, which is to keep you healthy and alive, and then you just shit all over. And it still always works for you. And I think it's just such a beautiful, like, simple way to look at your body. Yeah, you know what, that's actually the trigger. Something that like,

A

Allie Sobool 51:23

that, I think is what allowed me to move from a place of a lot of body shame into body love is that I just started appreciating it for the little things. Like when I started realizing that my body does so much. And all of the shit that I've been through in my life, it has always been here for me, and it has protected me. And in those hard hard like real fucked up times. It allowed me to exist and survive. Like, wow, thank you, buddy. Thank you, and also to just help myself and be like, Thank you sweet, sweet body for always being here for me and always protecting me and allowing me to be here now.



Katy Weber 52:11

Yeah, well, and even a lot of the like sort of quote unquote, unhealthy ways in which we deal with stress and trauma in life, often are ways in which we are protecting ourselves or acts of self care. And so like I've talked about this in the past about binge eating to where I'm like, so many women gets so worked up about binge eating, I have to stop it, I have to stop it. This is so terrible. Oh my god, how can I stop it? And then you when you start to realize that the act of binge eating is actually sort of an act of care, you know, in which you are sort of helping your body in this moment of crisis, and that you're doing and or you think about like children, children who tend to binge eat, usually they're doing, they're just giving themselves a hug the only way they know how in that moment, you know, and that's like, there's when you start to look at these behaviors that people get so wrapped up with shame about and you start to actually look at them as ways in which you were actually just trying to take care of yourself in the best way. You knew how in the moment, you know, and that's like, he totally just like reframes everything and like, Oh, yeah, you're right. Okay, we're, we're in, you know, we're doing we're just trying to take care. That's all we're doing. We're just trying to do the best we can.



Allie Sobool 53:18

Yeah, there was one thing someone taught me a while ago, that I did for a while, and then I just forgot to do it. But I'm remembering now. She said, you can put your hand on your heart and one on your belly and look at yourself in the mirror in the eyes, and say, I'm sorry. Please forgive me. Thank you. I love you. And I just like the feeling now. And it's like, my body's like, Oh, yeah.



Katy Weber 53:57

Yeah, that is beautiful. I love those beautiful moments. In self appreciation, I don't feel like we don't have them enough. I want to talk about how people can find you and work with you. But also, you've got your workbook, you have the podcast. What else have we not covered yet? You do work virtually. But you also see clients in Edmonton at a clinic.



Allie Sobool 54:18

Yeah. And all that all the links are on my website and all the things. That's it right now I have things in the works, but I was definitely putting too much on my plate. So I sort of like a rewind a little bit. And I'm taking a step back to just sort of look at things and figure out what I'm actually capable of doing without becoming a total workaholic.



Katy Weber 54:43

Yeah. Good. Let me know if you figure that one out. I have a coach now. So I'm hoping she'll help. You are fascinating and I can't wait to see what else you put into the world. A book probably Well, that's exciting. All right. Well, thank you, Allie. Thank you, Katie. This is amazing. Thanks so much.