

Conjuring Up Courage

#110

Featured this episode: Shohreh Davoodi & Jamie Lee Finch

Shohreh Davoodi: You are listening to episode #110 of Conjuring Up Courage. This is the first episode of the new every other week release schedule, so I hope the in-between week treated you well. Pro tip: weeks when there's no new episode are a great time to get caught up on the show's back catalog. There are over two years' worth of excellent topics and guests to check out and they're available to listen to through all of the major podcast hosting services as well as my website.

Now back to this episode—this is one I have been so excited to share with y'all. It's one of my favorite recent episodes. Today's guest is Jamie Lee Finch, an embodiment coach, author, speaker, and poet. Jamie and I are total kindred spirits, and you can really feel the energy flowing between us in this conversation. We chatted about the important shift of learning to view your body as a person, Jamie's Evangelical upbringing, how personal body healing and collective justice go together, and so much more.

To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/110. That's shohrehdavoodi.com/110.

[Music plays]

This is Conjuring Up Courage, and I'm your host, Shohreh Davoodi. As a self-trust coach, I help people come home to themselves so they can be more of who they are and less haunted by who they think they're supposed to be.

I created this podcast to celebrate what's possible when you commit to being brave. You'll hear from diverse guests who are refusing to let fear

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and self-doubt stop them from building fulfilling lives and creating a better world for everyone. I'll also teach you my favorite tools, strategies, and mindset shifts so you can do the same.

Consider this your invitation to stop living according to "shoulds" and to step into your motherfucking magic instead. Stay open, get curious, and let's grow together.

[Music fades]

Hi Jamie! Welcome to the show. How are you doing today?

Jamie Lee Finch: I am doing so well. I'm so excited to be here, and I'm so excited to talk to you. I'm really glad that we connected and that you were patient with my inability to return emails in a timely manner [Shohreh laughs]. Thank you.

Shohreh: I know a thing or two about not being able to return emails in a timely manner, so I tend to be more patient than the average person.

Jamie: I love it.

Shohreh: But I'm very glad that we were able to connect. It's such a pleasure to finally get to have you on the show because our work is aligned in so many ways, in particular, the framing of being in relationship with our bodies, which I'm really stoked to get into today. But for those who don't know you, can you give a little bit of background about who you are and what you're feeling passionate about these days?

Jamie: Oh, I like that second part of that question. That's great. Yes, so who am I? [Laughs lightly] Great question.

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Shohreh: Hm, philosophical questions to start your day.

Jamie: Who am I today? Well, so, I'm Jamie Lee Finch. I am a person, first and foremost. And I like to say that because very often in the social media world, we forget that about people who have platforms—

Shohreh: Yes.

Jamie: —on these various apps. So I do a lot of intentional work around just reminding people, hey, I am a person. So yeah, first of all, I am a person. What I do with my personhood, I am an embodiment coach. I am also a poet. I'm an author. I wrote a book a couple of years ago called *You Are Your Own: A Reckoning with the Religious Trauma of Evangelical Christianity*. And that intersects a lot with what I do as an embodiment coach in particular.

So I work with all different types of people. All types of people. But the vast majority of the people I work with are coming out of abusive and harmful relationships with fundamentalist Evangelical Christianity in various forms. And they're beginning to come to terms with how much their participation in that religion impacted—negatively impacted their relationship with their physical body. And, you know, their sense of self and all the things that grow out of us having a connection with our physical body.

So a lot of the work that I do is focused on helping people come to terms with how to, like, name that trauma and also how to begin to move through it and heal it. And the core foundational principle of how I do that work is through this perspective of body personhood. So

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thinking of your body as a person rather than an object or a vessel or a machine.

And interacting with your body as a person, which necessitates changing the pronoun that you use for them from *it*—which is what we mostly see people use when they refer to bodies, it's some form of *it*—and changing that pronoun to *he*, *she*, or *they*. Whatever pronoun you identify as, or whatever pronoun feels best.

Other than that, I'm a cat caretaker [Shohreh laughs]. It feels weird to say, like, cat mom, 'cause I don't know if we quite have that relationship with one another. My cat, Crowley, he's a four-year-old that I adopted as a three-year-old who had been a stray his whole life. So I kinda feel like we're more like roommates [Shohreh laughs lightly]. But I really love being a cat roommate.

And I am a partner and a friend. I have recently kind of done some really important internal and external work to reclaim the identity of daughter that had felt really complicated for me for a long time.

As an outgrowth of all that, I think what I'm feeling most passionate about right now is acknowledging just how much internal and external work I have done in the past few years. And part of that reclaiming that identity of just being a person and not a machine, I'm feeling very passionate about beginning to close some chapters. And intentionally rest more.

I don't know what that's going to look like yet. I'm taking some time away from one-on-one facilitation once my course launches. And that

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opens up this whole space and time and energy I haven't had in five years and I don't know what that's gonna look like. But I'm feeling really excited and really passionate about that.

And it's hard to even put that into language. I have a vision of what that time will look like that's hard to describe, but I'm feeling really passionate about discovering myself in a season of life that has less to do with work and more to do with just being.

Shohreh: Ooh, Jamie. I resonate so deeply with all of that that you just said! I'm in a very similar space right now in terms of I've been running my business for four and a half years now. It has been go, go, go, hustle, hustle, hustle, get things off the ground for so long. Also, like, have had a lot of personal turmoil, pandemic, all kinds of things happening, that have really led me to kind of sit down and be like, okay, it is time to realign and not have my life revolve around work. This is not what I envision for the rest of my life.

And it's interesting because your episode is actually gonna be the first episode after I've announced that I'm taking the podcast to every other week instead of weekly.

Jamie: Nice! Oh, I like that I get to be the inaugural episode of your new boundary. That's beautiful. I love it!

Shohreh: You are! Yes, after two straight years of weekly episodes.

Jamie: Wow!

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Shohreh: Never missing a single week. I have no producer, I do everything myself other than the fact that I have an editor and a transcriptionist. I'm finally like wow, maybe I should stop killing myself over this.

Jamie: Yes! I'm so happy for you! [Shohreh laughs lightly] Good job.

Shohreh: I'm happy for me too. I'm like, I love this project, and also, like, if I want the project to continue, which I do, it cannot be something that I do weekly. 'Cause it's like a part-time job on top of a full-time job.

Jamie: Yes.

Shohreh: So similar to you, I'm about to have a lot more space back in my life and I'm so excited about it.

Jamie: I love that. You know, I think it's so funny that there's a good solid handful of us who are anything along the spectrum from, like, emotional facilitators to content creators that had a very different pandemic than a lot of other people. I feel like a lot of people—and not necessarily in a good or positive way, experienced a lot of space during the pandemic. In a way that was probably really difficult to adjust to and legitimately very traumatic for most of us, if not all of us.

But those of us who do work in—I can speak for myself, in, like, emotional facilitation and somewhat content creation, that was maybe the busiest year and a half of my life that I've ever had.

Shohreh: Yep, same.

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Jamie: And we were also surviving the same pandemic and experiencing the trauma in the same way, but not able to slow down or make space. So I'm noticing so many of us paying attention to what our bodies are asking of us as we're—and the pandemic is not over, you know, to be clear—but as certain things are beginning to shift and change, we are beginning to come to terms with the fact that our bodies are like, okay, my turn! I need space. I need time. I need you. I need you to give yourself away less. And I need you to be with me more.

And there's a lot of folks that I know right now that are clearing their plates off in one way or another. And I'm really proud of us for doing that.

Shohreh: Yes, me too. I mean, I have tons and tons of, like, therapist colleagues as well, and same thing. You know, they just were booked solid for the entire pandemic. Any of us who do interpersonal work, who help others to, like, figure out their lives, live intentionally, like, we were very busy over the pandemic because people were struggling. And so we stepped up and we did that work, which was really important.

But like you said, it meant that some of our own needs and what our body was trying to say to us maybe didn't get the attention that it would have been great if it could have. I mean, it was a crisis situation, and so we all got through the way we needed to get through it.

But certainly, like you said, the pandemic is not over, but kinda starting to see light at the end of the tunnel, people are getting vaccinated, all of these different things. We are able to step back and look at

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everything and be like, okay, maybe that's not how I want to live because it was a lot.

Jamie: It was a lot, yeah.

Shohreh: I'm gonna pull it back. So I feel that completely.

Jamie: Yeah. We wouldn't be doing work like this if we didn't care about people.

Shohreh: Yes.

Jamie: But it can also be really easy to slip into a false mindset that it's our responsibility to save people in some way. And I think it was especially easy to fall into that false mindset during the pandemic when I was encountering a lot of desperation from people. In the emails they were sending, the messages they were sending, the sheer volume of people asking to work with me. And just the desperation in the tone of the asks.

And I think something that's really healthy for those of us who do facilitation work, and particularly one-on-one work with other people, to make sure that we are remaining in integrity while doing it. It's taking breaks so that we don't begin to develop some kind of hero complex.

Shohreh: Mm, yeah.

Jamie: Because that can be really damaging if we are coming into one-on-one facilitation thinking, I have something to give you that will save you. As opposed to, I just have space to hold for you as you find yourself.

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Shohreh: 100%. I think that's such a key thing for all, like, coach, facilitators, service providers, and something I always hold really close is that I have tools and skills and things that I can give to clients. I can create space for them. But I don't "fix" them. They don't need fixing. Whatever they need in their lives is within them and theirs for the taking and I will help facilitate. But it's on them to do the thing.

And that's something I thankfully learned in the first couple of years of my work. Because wow, the resistance, like, really gave way when I was able to embody and learn that lesson and understand my role. Because otherwise, you're holding way too much on your shoulders and you think that you're responsible for something that you're not and you take it so personally whatever is happening with your clients.

And, like, it's not the fault of anybody and your clients will do what they need to do in their lives, or what they're capable of doing in that time. And it just allows everyone to have so much grace and compassion for each other, whether me for my clients, me for myself, and so it's a totally different dynamic.

Jamie: Yes, I totally agree with that. Mmhm.

Shohreh: So I think a good place to start might be talking about what your relationship with your body was like growing up. Because it seems like based on your work and what you've talked about that there were a lot of different factors that were keeping you and your body from being in a place of understanding for a long time.

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Jamie: Yes, many [laughs lightly]. Oh, you know, it's so layered, like, thinking about a question like this. Because I think about the various different seasons of life and stages of development that I've lived through in relationship to my body.

Shohreh: Yeah.

Jamie: And so I think about my really young years. I mean, the way I kind of delineate in my mind is before I got baptized into the Evangelical church, there was this freedom in my body. And to the level where, like, I didn't even know to call it that because I didn't know anything different. My dad took a lot of, like, home videos in my siblings' childhood and developmental years. And so it is interesting to watch those back and see me have this relationship with my body from functionally, like, zero to six or seven-ish, where I was not—I guess to put it really simply, I was not, like, ashamed of the fullness of my power.

And also having ADHD, I was a hyperactive child [Shohreh laughs lightly] too. So that's also what I kind of mean of not being ashamed of the fullness of my power, is I had a lot of energy and I had no shame about expressing that energy. But then around the time that I felt very—I will say this, I will use this word gently, but coerced into accepting a theology for myself that I actually really did not want to accept. That required me to accept a lot of beliefs about myself and my body that felt really uncomfortable. But I felt like I didn't have any other choice.

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And so there was a lot of fear and resistance that was then infused in my relationship with my body. So from, like, six or seven on, at least from my memory, like, I became this very different being, like a very different embodied being where there was so much hesitancy and so much anxiety. And just so much fear about crossing lines that I was being told were, you know, really dangerous if you crossed them. And now of course when you get to adolescent years, the subtext there is sex, you know, we're, like, talking about, like, you know, your sexuality.

Shohreh: Yeah.

Jamie: But even apart from that and even before that, there were a lot of lines that it felt really clear to me that I was required to not cross that involved how I was in my body. Again going back to, like, the energy level, kind of the tone of my voice, the volume of my expression, just all these things that I was being taught and told as a girl, these are inappropriate for you.

So my relationship with my body unfortunately—oh man, I feel like it was this tug of war constantly where I felt her repeatedly pulling me into these attempts at authentic expressions in who she knew that we were. And I kept pulling her back to try to stay under the umbrella of a very abusive theology and belief system that I had no idea was abusive. I just thought it was true.

I have a lot of memories of how that played out really vividly in, like, my teenage years. In my senior year of high school where I was constantly getting in trouble for being the wrong kind of Christian girl. I went to a

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private Christian high school and I had this dueling difficulty where I wanted to be pleasing because I wanted to be accepted and I wanted to feel safe. There was this true north somewhere in there that I also couldn't deny that in any language. I'm an Enneagram 8, so there's a lot of characteristics of my personality that did not fit into the church.

Shohreh: Me too!

Jamie: You are?! Oh my gosh.

Shohreh: [Laughs] Yes.

Jamie: I feel like maybe somehow I sensed it. It makes a lot of sense to me.

Shohreh: I think we're very, like, aligned as humans, so [laughs lightly].

Jamie: Yeah, so you probably innately understand a lot of what I'm even saying with this, that, like, it feels, like, violent, this balancing act of, like, who I feel like I have to be in my body and in the world in my body in order to be accepted and loved and who I really feel like I am. And that is so complicated and it creates a whole lot of tension and friction and difficulty in our relationship with ourselves that gets, like, further internalized. And how a lot of that manifested for me—how a lot of that tension manifested for me was in a lot of mental, emotional, and physical imbalances that expressed themselves in my body for years and years and years.

Oftentimes when I start working with clients, since we're doing body personhood stuff, I'll frame our early sessions in this way where I'm, like, getting the relationship history between you and your body since

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they're a person and you're partnered with them. And so if I were to describe it the same way, my relationship history with my body and the partner that she is to me was, like, very complicated. If it was a Facebook status, it would be, you know, "it's complicated." [Shohreh laughs lightly]

Yeah, just this constant—almost like a power struggle, which I don't know how I feel about that language. But that kind of is the shape of the energetics of it, of how it feels right now, is we were in this constant struggle where she was trying to get me to tell the truth and I was trying to get her to stop being who she was.

Shohreh: Mm. So I've been nodding just vigorously over here [Jamie laughs lightly]. So I did not grow up Evangelical but I did grow up in a high-touch religion. My parents were in The Baha'i Faith. Religion is so interesting to me because it's one of those things that children do not get a choice in.

Jamie: Yes.

Shohreh: And it's, like, whatever your parents have decided is the truth in that matter is now your truth. And it doesn't matter if you have questions about it or concerns or you do not want to participate. You are, essentially without your consent, forced to do that. And because it's religion, because it involves God or whatever your religion may be, like, it's the exception where it's like, well, it's okay because this is, like, a moral philosophy. And we have to live according to this because the

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punishment for not doing so is so bad that, like, that is the reason to need to do it.

And so very similar to you, like, when you said “tug of war,” like that really spoke to me because that’s what it felt like to me. And for me, it was like this constant push and pull between my parents and their religion wanted me to be one way, and I intuitively knew that I didn’t want to be that way.

Jamie: Yes, right.

Shohreh: And that I had all of these other things I wanted to be. And I would stray and I would do those things, and then I would get in trouble and, like, love and acceptance would be withheld from me. And so I’d come back, but it wouldn’t feel good to come back, so it was just constant turmoil.

Jamie: Yes. That feeling of I would come back but it didn’t feel good to come back. Man, it’s so interesting thinking about my past experience inside of the Evangelical world where there’s such an emphasis put on repentance. And particularly in the charismatic spaces that I participated in, repentance often looked like something that was very embodied, which involved, like, a lot of weeping and crying, just intense emotional expression.

And I think of it like whenever I would come back—and it would not feel good to come back—but I would come back and I’d be kind of signaling to my church community or to whoever was looking, I’d be signaling all of those signs of like, I’m repenting. There would then—built into the

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theology is, like, this assumption that now I feel better because I'm here and I have repented and I've cleansed my conscience and I'm back in God's good graces.

And I even have, like, a vision of myself in various worship services where I would go through that cycle of crying and expressing the heaviness of the emotionality. And then there'd be a key change and you know, the fog machine would do whatever it would be and you'd be kind of emotionally manipulated, and it'd be like, I'm forgiven! And you'd get up and you'd feel good and you'd smile, and the final song of the service is some sort of, like, upbeat, happy song. And so you're tracking with that and you think it worked.

Shohreh: Yes.

Jamie: Like, I feel better. Offloaded my shame, and I'm back. And yeah, it worked. I feel good now.

And so I'm thinking about from the vantage point of people I was in community with for so long, how they must have seen that as me being so dedicated to whenever I stray I come back. Because I know this is the truth and this is what I really want. But what was actually going on inside my body, and in a way that I was trying desperately to not look at so honestly, was I don't fucking want to be here and that's why I'm crying.

Shohreh: [Laughs lightly] Yes.

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Jamie: Like, I feel trapped. I feel stuck. This feels horrible. But I was raised to believe that this is the only correct way to be so I feel like I don't have any other option. So it's interesting, just the signaling of the emotionality from people in that community thinking, oh, she's crying her way through repentance, that means it working. And for me being like, I'm crying my way through getting back into, like, this abusive dynamic, and it's not working and I hate it.

Shohreh: Right because in going back to God, so to speak, you were going away from yourself.

Jamie: Yeah, that's right.

Shohreh: And it's a horrifying and distressing thing the way that religions, and particularly high-touch religions, essentially ask people to choose God over themselves and over their own knowing and essence.

Jamie: Yes.

Shohreh: And for you, on your journey, what was it like to get to a point where you abandoned that belief in order to actually come home to yourself?

Jamie: Ahhh, really hard. And it happened on the heels of even more trauma. There was a relational break with a community that I had moved to England to be a part of, which later through more processing after I was out of that community, kinda coming to terms with it was definitely a cult. All the signs of a high-control group were there.

Shohreh: Damn.

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Jamie:

And when I left, I didn't really leave on my own volition. I left to come back to the states to get a visa and they kind of dropped the ball in being able to financially support me in getting that visa. That was something they had promised and then were not able to deliver on. But they were really cold about—you know, my new reality was, like, okay, well now I'm no longer going to be living with these people that just forced me to call them my family for the last six months. And they were really cold about it. It was very traumatizing.

So I can look at it now and think oof, oh my god, I dodged a bullet. Like, that saved my fucking life that that didn't happen that way. But at the time, it was just, I felt like my whole world was crashing down around me so it was very traumatizing at the time. And the fallout of that trauma and the way I experienced that relational break was so painful and so intense that it—in many ways it made continuing to go to church for any reason just really painful.

And I started exhibiting a lot of physical symptoms of PTSD that I didn't realize that's what they were. I just knew I was going to church and, like, within a couple of minutes of being inside the building, I'd have a panic attack and I'd have to go outside. And the moment I'd be outside of the building, like, in the sunshine, breathing fresh air, the panic attack would subside. And that happened over a series of a few months that at a certain point, it became pointless for me to keep driving to church and trying.

So I was like, well, something is up. Something has happened. And I need to figure out what it is. And that was the beginning of what I

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guess folks would classify as my deconstruction process. But I didn't realize that's what I was getting into at first. I just knew I couldn't physically be inside of a church building anymore.

When I finally gave myself that permission to stop physically showing up to these spaces, everything else kind of followed. Because, you know, the subtext of what we've already shared already is, like, I was looking for permission to leave, I just didn't know I was allowed to give it to myself. So when I did give myself this tiny sliver of permission of you don't have to physically be in a church building multiple times a week anymore, that was somehow the permission that I needed, that my body needed to be like, oh, also, hell, we totally don't believe in that shit. [Shohreh laughs] Like, it was just, like, this list of things that over the next three or four months, just the house of cards completely crumbled. It was very rapid in a way that I didn't expect.

That was incredibly freeing and also incredibly distressing. Because I had nothing else to stand on. That was the only thing I'd ever been taught and told was real and true and even made my life worth anything.

Shohreh: Yeah, your entire belief system crumbled in a very short time.

Jamie: Yes, everything. And when your entire belief system crumbles but your identity is so rooted in your belief system, your identity crumbles too.

Shohreh: Oh my gosh, yes.

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Jamie: And, like, the vast majority of my relationships all crumbled as well. And it just, like, I mean, I lost everything. And I look back on that now, it was 2015, so six years ago, something like that. Yeah, six years ago. And I am so grateful it happened. But it was distressing as fuck. And it was very disorienting. It was immobilizing in many ways. Like, emotionally immobilizing.

But I see that it was really important to lose everything first. Before I started to kind of think, okay—like, I lost my idea of Evangelical God, but what do I think about the potential of the divine? Do I think that's possible? Do I think I'm interested in entertaining that idea? Do I think that I need that to be well in the world or to be a good person?

So I just kind of was able to start building things from the ground up. And it's so interesting. My brain was really resistant to all of these new curiosities and intellectual pursuits of what I could believe now. But my body was so relieved. Just so, like—

Shohreh: Yes.

Jamie: —I won't say chill. That would be a disservice to her. Like, she was panicked as fuck [Shohreh laughs]. But, like, definitely, like, my digestion started, like, improving in a whole bunch of ways. Just, like, a lot of the lifelong chronic health issues I had had, they didn't disappear, but they did start to improve. I think that's because I wasn't continually putting myself in a state that was re-traumatizing me and, like, causing extreme stress. Again, multiple times a week.

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So, like, of course my body felt better when I stopped doing that. So it felt like a very rapid process. It was a very disorienting process. But in the same way, as confusing as this might sound, it was also an incredibly stabilizing process at the same time.

Shohreh: When you were talking about the panic attacks, right, where you're in the space and essentially you're like, I can't be here, but you don't know why yet, right? So it's like our bodies are always ahead of our minds. Because our minds are too logical. Our minds, like, understand the risks that are involved with everything and we're very afraid of them. And so our bodies are always leaps and bounds ahead.

And I'll draw a parallel for you which is that my listeners know that over the last, like, kind of two years essentially, like, I went through a divorce with someone I was with for a very long time because I realized that I was gay. And for years in our relationship, my body was telling me something and I couldn't interpret it. I didn't have the tools to understand. Like, my brain was not there 'cause I just didn't have the information. But my body was like, something is wrong, you need to get out.

Jamie: Yep, that's right.

Shohreh: But I was like, you can't just leave if you don't have a good reason, right? And of course, now, I'm like, my body is the reason, right?

Jamie: The distress of my body is a good enough reason. Yes.

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Shohreh: Yes. That is a good enough reason. That is the sign that is the dig deeper. But at the time, right, I'm like, it's wrong, but I don't know what to do about it. And so you just bury it. You're like, okay, we're just gonna—gonna put that back in there. And, like, it'll keep popping up. And of course, over time, as things got more intensive, like, I couldn't keep pushing it down. Like, it got more insistent and more insistent until I couldn't ignore it.

And this is something I talk about with clients all the time, is that, like, our bodies are always talking to us.

Jamie: That's right.

Shohreh: And you can ignore them for a period of time, but eventually they will escalate the message and you will hear it.

Jamie: You will hear it. Yes. The thing that is so important to me about that is not only acknowledging that that is true but recognizing that that is kind.

Shohreh: Yes.

Jamie: Because—and that is something that I do a lot in my work as well, in making sure we're characterizing our bodies correctly. Because every oppressive system in this world that intersects with every other oppressive system in this world has a vested interest in us believing that our bodies are being cruel and unkind to us. And that, like, they're attempting to deceive us from what's really good. Or even that they're, like, trying to ruin our lives.

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Shohreh: That they can't be trusted, right? Like I'm a self-trust coach, and that is the message we get: our bodies cannot be trusted but everything outside of them we should trust instead. Whether it's God or diet culture or anything else.

Jamie: Right, exactly. And so the phrase I use a lot in my work to remind people of, like, the deeper truth is, "a loud body is a kind body." Because the analogy I use that I also have included in my course is, like, okay, let's imagine that you are walking down the street one day and you come to a crosswalk and you've got headphones in. So you're kinda paying attention, kinda not. You're just kinda trusting the traffic signals you see.

And you step out, you know, you've got a walk sign, and so you step out into the crosswalk getting ready to walk across the street. And you have no idea that there's a car coming, like, oncoming traffic, someone's not paying attention, and there's high potential they're going to hit you. And there's another person on the street who has a vantage point that you actually don't have.

Would the kindest thing for them to do in that moment be to either ignore what's happening, the potential of what could happen? Or to, like, whisper their concern in your direction, [Shohreh laughs lightly] to, like, stay really soft and quiet because you know, very often, our bodies and brains signal yelling and screaming as something cruel and mean. Would the kindest thing be for them to, like, agree with that mischaracterization of a loud volume and think, like, well, I don't want

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to bother them. I don't want to offend them. I'll just, like, [quietly] hey, uh—hey, this, do you see this car? [Shohreh laughs lightly]

Or, would the kindest thing be for them to start screaming at the top of their fucking lungs trying to get your attention about the thing that you have no idea is about to hurt you?

Shohreh: Yes.

Jamie: And that analogy of, like, what happens when our bodies start to get loud, whether that loudness is through, you know, mental, or physical, or emotional symptoms or expressions, exactly what you're saying. It's like, she was talking to you the whole time, and you, at no fault of your own, because you were just surviving and doing the best that you could with the tools that you had at the time, you had to ignore her. You had to not listen. Until she got—she did her job and got loud enough to the point where you're like, okay, I cannot ignore this anymore.

And she did not put you in that position to ruin you or be unkind to you. She didn't do it because she hates you. She did it actually because she loves you so much that she couldn't let you keep suffering in the way that you actually were suffering. But very often because we have to be so dissociated from our physical bodies to survive this world that, again, has all these intersecting, oppressive systems that do not want us to be connected to our bodies, so often disassociation is a survival strategy. And our bodies are suffering under the weight of things that we don't think we are.

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And so when we start to become connected to them and hear them, they get to start telling us, oh my god, it's been hell here the whole time. Like, can we do something about this? [Shohreh laughs] But, like, they can't save us without our participation. Like, they need us to participate in removing ourselves from, like, harmful spaces or whatever is causing us and them the suffering.

This is what happens with the clients I work with is, you know, in our first few months of working together, the messages from their bodies start coming through, and then things start to feel worse.

Shohreh: Yes.

Jamie: And I'm like yeah, 'cause you're catching up with what they've been experiencing this whole time. They've been trying to get your attention about what has been hurting you and now you're feeling that it hurts you. That's actually good. You're at the beginning point of potential transformation. If you don't shut down the emotion, if you don't shut down the pain, like, this is where things can finally start to heal.

Shohreh: Well, and it's like what you said about the identity crumbling, right? Like, so often, this is in tandem with a lot of identity work. For me, right, like, my body is like, hey, you're gay. Hey, you're gay. This is important. You are gay. And it's like, to realize that, to go through that pain, also says, but that wasn't my identity. My identity was this. I built my life around this. And if it's not that, if it's what my body is telling me, that means a lot of things. It means my whole life is going to blow up. Everything is gonna change.

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And so you can see why our brains are like, we don't—we don't wanna deal with that. That sounds terrible. 'Cause it's like very scary. But like you said, that is the key. It's this idea that you have to accept that, like, it's gonna get worse before it can get better.

But you do rebuild your identity. It's like—I very much had fire symbolism going through my life these last couple of years. And thinking about, like, when the forest burns down, right, and the regrowth from the ashes. Like, that's what it felt like to go through this. Where I'm like, it had to be burned down in order to have this new growth. And the new growth is incredible and it's even more beautiful than I ever could have imagined.

But when you see it, when you see the rubble, you don't believe that at first. And like, you're like, I don't think anything is ever going to come out of that again, it's dead and gone. And so it's this very physical, painful, grief experience.

But oh my god. On the other side, I can now see it's worth it. But it takes so much time to get there.

Jamie: Yeah, it does. And I think honoring that season of that grief and even that devastation and maybe even panic that nothing could ever possibly grow here again, I think that is also really vital. Because the vast majority of us in, like, the Western world have not been give cultural permission to engage with grief and to, like, learn a really healthy relationship to grief.

Shohreh: Very true.

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Jamie: And our bodies know better and they know that that is a construct from Western supremacist manners of thinking that have actually really damaged us as human beings.

So I think I understand the natural impulse for us to, like, when we feel that grief, to be like, let me fix it. Let me heal it. Let me look at anything else. But our bodies actually really knew to stay with them in those seasons of grief for however long they need to be. Because we actually collectively really need to learn how to grieve again. Because we need to wake up to, like, what we're fucking doing to each other and the planet.

And the longer we resist engaging with grief and coming to terms with pain and the pain we are experiencing, the pain we've caused, the more we're going to continue these cycles of personal and collective damage.

So I'm really, really, really passionate about two big emotions: anger and grief. And I'm sure, again, as an eight, you understand why I'm talking about anger.

Shohreh: [Laughs lightly] Oh yes.

Jamie: But I'm also very passionate about grief because I think grief is the emotion where my body has taught me the most. But not just about my own personal healing, but what I need to know to bring about collective justice. And that is vital.

And so, again, I deeply understand the impulse when we're going through it to be, like, I don't wanna feel this. I'd rather feel anything

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else. Or, you know, I also understand when people become susceptible to, like, predatory self-help or even spiritual spaces that are, like, you don't need to feel your pain, come do this instead.

And we often are looking, when we're in stages of grief and spaces of grief, we're looking for the next loudest person who tells us: here's an answer to your grief. Here's a solution that will allow you to not need to feel it anymore. But it's actually really vital that we say no to those offerings and we just let our bodies teach us what grief feels like.

Shohreh: Yes. And I can remember saying to my therapist, like, I'm just so tired of being sad [laughs lightly].

Jamie: Yeah.

Shohreh: You know? It is a literal physical exhaustion where you're just like, I wanna be anywhere but here. And the still remembering, but like, no, I'm here for a reason, right? My body has decided that this is where we are, and I can't speed this up no matter how much I want to. And if I try, I'm gonna lose so much of the value that is in here.

And yeah, like, grief, it's not just personal. Like, there is such a collective piece to it. And I think, you know, as well, as eights, we have this empathy and we have this drive towards justice. And a lot of times the grief is not just individual to us, it's to the fucked-up-ness of the world that we live in.

Because for me, I'm grieving a world that taught me it wasn't okay to be gay. And a religion that taught me that. And parents that taught me

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that. And all of these different things. And that is also driving me to change this fucking world because I don't want anyone to have to experience what I experienced. And so it is, like, this powerful shift. It's not just about me, it is about making the world better.

Jamie: Mmhm, yes. And for us as eights, there is no other way. 'Cause those are two sides of the same coin. And we, like, when eights are healthy—

Shohreh: [Laughs lightly] Yes.

Jamie: —we refuse to have it be any other way. It's like, I will not go somewhere that I can't take everyone with me.

Shohreh: Exactly.

Jamie: Like we just, we will not.

Shohreh: No, we won't. It's too important to us. Yeah. And, well, and clearly with the work you and I are both doing, this is, like, a thread that runs through it for a reason.

Jamie: Yeah, definitely.

Shohreh: 'Cause that's, like, where we feel at home. And I love how you specifically describe your work as an embodiment coach as being a conflict mediator between human beings and their bodies. Now, I used to be a lawyer so this speaks to me.

Jamie: Nice, oh my gosh.

Shohreh: Yes. So tell me more about that and why you chose that language.

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Jamie: Well, just real quick as an aside, I took the LSAT last year.

Shohreh: Oh shit! Nice.

Jamie: Yeah, I may still pursue that path, I don't know yet. My body is like, we cannot do something that intense right now post-pandemic.

Shohreh: We can talk about it. I mean, we can talk law school. I have all things we can talk about that, so. [Laughs]

Jamie: Okay, great. I just wanna, again, like, the moment you said that I was, like, okay, so we are, like, the same person.

Shohreh: Oh yes [laughs lightly].

Jamie: This is great. Perfect. Yes.

So I love that language of kind of conflict mediation between humans and their bodies. Part of the reason why I use it is because I've had a lot of people describe me from their sense of what I do for them as a relationship therapist between humans and their bodies. But because I'm a coach and I'm not a licensed therapist, I'm very resistant to allowing people to use that phrasing.

Shohreh: Yes, yes.

Jamie: Because I just don't think that's in integrity. And I always wanna be really clear about where I'm trained and where I'm not. And so that idea of conflict mediation instead, I love that because—so when we're personifying the physical body and we're thinking about them as a person, we're thinking about our embodied experience as the

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relationship ethic that exists between two people. And as in any relationship, it is impossible to avoid conflict.

It's impossible to avoid situations and experiences where miscommunication arises between the two people who have two separate experiences and two separate, even methods of communication. It would be impossible to expect to avoid these hiccups that have the potential to break down intimacy in relationship.

But, you know, as an eight, you and I know conflict is actually a form of intimacy.

Shohreh: Yes.

Jamie: And I love teaching people that conflict is a form of intimacy. And when you have been raised under the influence of all of these intersecting oppressive systems for your entire life to believe that your body is your enemy or even that your body is not personified, your body is an object that is, like, consistently malfunctioning and fucking up your life, there is a lot of conflict that you are under the impression that you are in with that object. But that I'm trying to show people there's a lot of legitimate conflict that you are in with this person. But I need to show you that it's not their fault and it's not your fault. And that, a lot of times, will confuse people.

I had a client, when we first started working together a few months ago, her basically just verbalizing bluntly, like, well, then whose fault is it? [Shohreh laughs] Because, like, who did this then?

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Shohreh: Who do we blame?

Jamie: Who do we blame? 'Cause I've been used to blaming her. And I've been used to blaming her my whole life because that's what I was taught to do. So if I can't blame her, then where do I place this blame? And so some of the work is in showing people there are legitimate alternative places to place the blame. These systems, like white supremacy, patriarchy—

Shohreh: Yes.

Jamie: —authoritarian religion, diet culture, ableism, capitalism, definitely. These various intersecting oppressive systems that actually deserve the blame for, like, the breakdown in this relationship between you and your body. And also, sometimes there's nobody to blame. Sometimes things just happen. And can we learn how to navigate relationships that involve accountability without punishment? Can we learn how to navigate that in our relationship with our self and our relationship with other people?

So the idea of doing conflict mediation between humans and their bodies involves this kind of two-fold, well, I want to teach you how to do healthy conflict with this person, but I also want to teach you how a lot of what you have been framing as conflict, like from them to you, has not actually been—like they didn't start this fight. I know you think they did, but, like, they did not start this fight with you.

So a practice we do a lot in my work is around extending the most generous assumption in the direction of our bodies. So, like, when

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we're thinking about, like, your body starting to scream at you about, like, I cannot stay in this marriage because this is not who I am, maybe that manifested as some like physical symptoms. And very often, if we're working with this alternative view of bodies or this idea that bodies are objects that just need to obey and function appropriately and perfectly all the time, something like sickness in our mindset presents a disruption.

Which, I mean, to put it again really simply, we'll think, like, they're fighting me. Like, they started this. Like, they're causing a conflict and they started it. I didn't do anything to deserve this. Now I'm angry at my body because I feel like this chronic condition, or this sickness, or even just the presence of this anxiety, or whatever it might be came out of nowhere and it's a disruption to my life and they're being cruel.

And so again, when we use this, well can we give them a more generous assumption and can we work with this perspective that a loud body is a kind body, what do they possibly know that you don't? If we're giving them the most generous assumption to believe that everything your body has ever done has been in an effort to save you, make you well, and extend the most love to you that is possible, what could be an alternative way of thinking about why your body got so loud?

And so now you're on the other side of this, you're like, well, she needed me to get the fuck out of that marriage and be who I actually am.

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Shohreh: Yeah.

Jamie: So when you shift that perspective, you start to see, oh, this was never a conflict to begin with. Not only did she not start it, this was not a conflict—she was trying to save my life.

Shohreh: She had my back, yeah.

Jamie: That's right. That's exactly right.

Shohreh: Yes. Let me pull a few words that you used out of there that I really like. So, first, you mentioned being able to have these conversations with our bodies without punishment. And I think this is so important because we are absolutely taught to punish our bodies. Because they're at blame, right, that they need to be punished. And if we zoom out and we look at this from, like, a more community and global perspective, right, then we're getting into, like, prison-industrial complex. And we're getting into what is justice and how do we want to be with people in the world.

And so we can see with our bodies, it's like, okay, like, punishing our bodies isn't going to improve the relationship. It isn't going to change what we want it to change. So we can model that with ourselves in the same way that we wanna go out into the world and model it as well, which is so cool.

Jamie: Yeah. Yes. And that is such a core part of all of this from my perspective. And I belabor this point, like, in my course and in my one-on-one work that embodiment work is as much about personal healing

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and transformation as it is about collective justice. Because in the same way that we can't model out in the world what we haven't established within ourselves, it is also true that what we have established within ourselves doesn't deserve to just stop there. And again, as an eight, this is easy to see [laughs lightly]. And maybe for other people, it's less easy to see.

But they're unquestionably married to each other in my opinion and in my perspective of doing this work. Because you're exactly right: once we establish these ethics and these ways of being within ourselves and our bodies, it not only allows to have so much more compassion and curiosity on our bodies, but it allows us to then have compassion and curiosity on other people and their experiences with their bodies. Which transforms the way we think about pain and accountability without punishment.

I had this interaction with my brother about a week ago. We were just talking through a whole bunch of things, and we were kinda talking about why people do the things they do that cause harm, just to put it very simply. My brother is kinda a little bit more on the side of, we don't need to abolish the police, we just need to reform. And I'm much more on the side of defund. And so his kind of argument is [laughs lightly], well, who's gonna catch the bad guys? And I was like, how are bad guys made? Why do we think they're bad guys?

I'm trying to have a conversation with him about, like, what creates what he sees as bad behavior and how, you know, if things are shifted and changed, a lot of the things that "necessitate" the "bad"

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behavior—'cause his, the point he kept coming back to was, well, if someone breaks into my house and robs me, I want them to be punished for it. And I was like, why did they need to rob you? Are you asking that question about, like, what did they not have that they then got to such a breaking point that they thought they needed to take it from you? Why are we not asking that question?

And he brought up my cousin, and very long story short, my cousin had a lot of pain in his childhood and came to live with my family, I think around when he was, like, ten years old. And was kind of characterized as a problem child and acted out a lot and then got placed into the foster system. And very long story short, he's now, as far as I know, he's in jail 'cause of a lot of things that happened.

And my brother brought him up as an example of, like, well, he didn't need to go out and steal or do the things that he did. Because from my brother's perspective, my cousin actually had all of his needs met because his practical needs were met. And so he was like, well, he didn't need to do that, so what was driving him to do that? And I won't disclose the specific traumas that my cousin lived through 'cause it's not my story to tell, but they were extreme in his developmental years. There was early loss and early abuse.

And so I just named that for my brother, and I was like, yes, but is our cousin, is he someone that went through this, this, this, and this that caused such deep pain that then causes those things to happen? And I could tell by the way that he became really silent [light laughter] in

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response to me saying that that, like, he not only didn't know what to say in response but he had actually never thought of it that way before.

Which tells me he had never thought of my cousin as a full person before. He had only been thinking of my cousin as our characterization of his behavior. And so much of my personal and professional work has demanded that I see people as full people and not just our characterization of their behaviors.

And it was a good conversation and it kinda trailed off from there 'cause we were getting ready to pick people up from the airport and they had arrived, but I think I'll think about that interaction forever because it was this very clear moment. And I don't fault my brother for any of this and his perspective. He's growing in his perspectives. But I have the perspectives that I have largely because of the work that I have done with other people, but I have only done that work with other people because it's work I've done with myself. I have had to stop characterizing my own self exclusively by, you know, how I measure the goodness or badness of my behaviors. And I've had to start seeing myself as a full person and seeing my body as a full person and getting really compassionate and really curious about why I'm doing what I'm doing.

But then that takes a full circle again: the more I'm able to do that with myself and for myself, the more ease I have in my ability to do that towards other people.

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Shohreh: Yes. And this is connected as well to another word you used, which is how we try to get our bodies to obey. And there's this thread of control that we want to have, in life in general, but certainly with our bodies because we feel a sense of ownership over them, right?

Jamie: Yes.

Shohreh: We don't see it as an equal partnership, we see it as ownership. And what interests me about that is the way that also shows up in our relationships with other people, particularly romantic relationships because of the way that romantic relationships are painted in our culture. Where, you know, you own each other and, like, you exist for each other. And other people should do exactly what you want them to do and they shouldn't be whole people. And so it mirrors, like, the relationships that we have in real life and the expectations that we have with what we then put on our body and what we expect from our bodies.

Jamie: Yes. So much truth there. Yes. And I think, again, so often when we start to see that we behave that way with other people, we believe that the first place to go to try and tend to that, or to heal that, or maybe even we might say fix that, is in the relationship with the other person. But what I think you're naming that I think is so important and so powerful is, like, our interactions with other people, the ethic we have in our relationships with other people, exposes the ethic we have in our relationship with ourselves.

Shohreh: Yes.

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Jamie: And we actually need to start with that relationship with ourself. We have been taught, both covertly and overtly, that your body is an object. And so how do we treat objects? Well, objects are within our control. And so your body needs to be within your control. And you deserve to have your body within your control. The reality is our bodies are actually people. They've always been people. They've always known that they are people.

And so what we don't know we're participating in is an ethic of control in the direction of a person. And when we're doing that, of course that's so much easier to then continue to participate in an ethic of control in the direction of a person with other people. So we actually need to start from this body personified perspective and this shifting the ethic that in our relationship with our bodies that centers things like respect, autonomy, and consent.

Again, I go into this in my course, like, recognizing what it feels like and looks like and sounds like when your body is giving and revoking consent. And learning how to honor that rather than override it.

Shohreh: And of course, the next question then is how, right? So if I'm a listener and I'm like, alright, you've told me the challenges. You told me there are these things. Like, where does a person start to make this kind of core shift to how they see themselves and interact with themselves?

Jamie: Yes. That is the question that for many years, in podcast interviews and various other places, has kind of, like, haunted me.

Shohreh: I know it too [laughs lightly].

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- Jamie:** Yeah, 'cause it's a layered response and it's also not something that I have ever been, or I think ever will be, able to succinctly summarize, especially in a format like this. Where, like, podcasts are being, like, passively consumed rather than intentionally engaged with in many cases.
- Shohreh:** Yeah.
- Jamie:** Because I—and this is why I'm a one-on-one facilitator because this concept has to be intentionally engaged with. And it also is not a quick transformation. It's something that has to be integrated into your perspective and behavior over time, which is why I don't do one-off sessions with people. That's why for the past five years I've done months. I do, like, months-long containers with people.
- Shohreh:** Me too.
- Jamie:** Four to six months. Yeah, because you know, like, this stuff takes time to integrate.
- Shohreh:** It can take years if you really want it to [laughs lightly].
- Jamie:** Yes, it really can. And so luckily, at this point, I finally have a good answer to that question. It's a long-form answer, which is in the format of my course. Which took a year and a half—well, it took longer than that. But from start to finish of the actual course itself, it took a year and a half to create. I've poured so much time and energy and money. It cost probably around \$40,000 to create this thing. Like, it was very labor intensive. It was a financial investment. It was an energetic

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investment. But that's how important this question is to me, of, like, where do I begin? Because that's how distressing not being able to have an answer to people beyond, well, come and work with me. Like, I haven't been able to have an answer beyond that.

But at a certain point a couple years ago, my waitlist, like, ballooned, to, like, 700 people.

Shohreh: Holy shit.

Jamie: And it has never gotten smaller than that. So I was in this really difficult place of, like, well, I'm grateful for the job security, I guess [Shohreh laughs]. But also, like, this is distressing because I can only really functionally work with probably, I mean, at the most, like, 80 people a year.

Shohreh: Yeah. One-on-one, it just takes so much time. I think a lot of people don't realize—and energetically as well, it takes so much out of you. You can only have so many of those clients happening at a time. So I totally get that.

Jamie: Yes. And when people are on the waitlist, I'm sure that's frustrating. But when they're, like, working with you, that's actually how you want it to be. Because you don't want the person who's facilitating you to be, like, so depleted that they're not holding space in the way that you need.

Shohreh: Exactly.

Jamie: So that sense of, like, what answer do I give people is finally now encapsulated in this, like, 15—upwards of 15-hour-long answer of, like,

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this is where we begin. And in my course it takes people through so much of what I do in my one-on-one work, just in a different format. Which is talking about—not just talking about the mechanics of trauma and the impact of, like, direct trauma on the body, but also unpacking the reality of systemic trauma caused by intersecting oppressive systems so that we can understand, like, how did we get here? Before we can talk about where we need to go, we gotta talk about how we got here.

So the course really starts out kinda heavy, like, unpacking, like, here are these oppressive systems. Here are what they have taught you about bodies. And because of that, here is what you have been believing about your body and you have been internalizing for years and years and years, again, at no fault of your own, but it has happened. And you don't deserve to be punished for that. Your body is not interested in punishing you. But there does need to be accountability for participation in these beliefs about this person who has actually only ever been, like, good and kind to us.

So it starts out talking about that and then introduces this paradigm shift, this, like, proprietary methodology that I have of this body personhood. And that module in the course unpacks, like, in detail, like, what does it mean? How do we do it? It introduces that concept. And then the remaining four modules of the course take you through kind of the four pillars of how I've learned to teach and practice this in the last five years. Which is self-compassion, self-curiosity, self-communication,

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and self-connection. And so each one of those modules has about three or four lessons in it that kind of further unpacks that methodology.

Because yes, I have absolutely heard from people in, like, online social media spaces who have told me that, you know, I heard you on a podcast and you referred to your body as a she and it really landed with me. And that was, like, the one thing that I needed and it was, like, profoundly transformational, and now everything is different. And that's totally possible.

Shohreh: For sure.

Jamie: But I've heard from far more people that that was really impactful, it perked my interest, I've started using that framework, but I don't know where to go from here. Like, what does that really mean? What does it really look like? You talk about giving your body a generous assumption—that resonates with me but I have no idea how to do it. Because there's so much pain here that's built up over all this time with this person.

So I finally have an answer to that question [Shohreh laughs lightly] of where to begin, and it's my course. And I'm so excited that it finally exists for a thousand reasons.

Shohreh: I've seen some of the background of what it took to make this course a reality, so I know it must feel so, so good to finally get to put this out into the world. I, of course, will link everything in the show notes so everyone can check it out. For me over here, I'm smiling because again,

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we approach our work from slightly different ways, but it is so, so aligned in what we do and where we start.

You know, in my framework we start with what I call consciousness practices, which is bringing all of these things to the surface because, you know, my philosophy is you can't change anything until you know it exists.

Jamie: Yeah, that's right.

Shohreh: And so we have to really look at these systems of oppression. And we have to look at the effect they've had on our life. And you know, I have something that I call the ghosts of self-doubt, which is all of these voices that are in our heads that we think maybe belong to us, but actually, they come from people, and systems of oppression, all of these other things over the course of our lives. And so being able to tease that out, of what is me and what is all of this messaging? And so it seems very similar to kind of where you get started with people. So I love that.

I can wholeheartedly recommend your work in that way because I know that we have a very similar approach to things. So this excites me greatly. I can't wait for people to check this out and for you to get kind of your first course participants and get everything going with that. So I'll get that out there for my listeners.

This was such a beautiful conversation, Jamie. Thank you so much for being here and having this with me. How can people find you and

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follow you and get all of your stuff? 'Cause I want them to be able to do that really easily.

Jamie:

Yeah. Well, first of all, I just want to say I have absolutely loved not just having this conversation with you, but getting to meet you and experiencing this resonance. Because as my waitlist grew and I felt overwhelmed, I would also get the question a lot of, like, okay, well, if you don't have the capacity, like, who else? Like, who else is talking about this? Who else is doing this?

And in the early days of the overwhelm, I was like, I have no idea! [Shohreh laughs lightly] But in the last few years, I've been able to find more people that are working in this similar area and it feels so good to be able to not only have people that I can point to. But, like, people that I know and just have this, like, deep sense of, like, and they will remain in integrity while working with you. Like, I trust this person.

And I think the thing that signals to my body, at least, like, the presence of my ability to trust someone who does work like this is someone who names, here's how you were taught to be with yourself in this way and names very clearly the existence and impact of those oppressive systems. Because speaking as a white woman in the coaching industry, that doesn't happen often [laughs lightly]. Like, you don't see that very often. You don't see that, particularly from white folks in this industry who have a vested interest, unfortunately, in playing safe with the impact of those systems. Because they have—we have, I have, as a white woman, I have privilege and safety in proximity to a lot of these systems.

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And so there is definitely, and we see it every day within, like, the self-help world, like, the more you just talk about, you are your own problem.

Shohreh: Blech. Boo.

Jamie: There are no collective problems. Yeah, exactly. And, like, that shit sells. And it sells and I hate that it sells. It made me feel very defeated for a long time about, I don't know who to recommend. Anyway, after years of this, I have been able to slowly and steadily gather names of facilitators who are naming these things appropriately and are wanting to help people connect with themselves and their intuition and their bodies. But from this perspective of we are culpable in our participation with these oppressive systems.

So I love hearing about the approach that you take and I love knowing you now and being able to be like, hey, I have someone! I have another person on my list. Like, go to this person. So I just love that.

Shohreh: That's an honor. Thank you. And, yeah, and I'll also say, 'cause you're speaking on, like, kind of the many, many white women and white folks, like, in this space, and how there's a lot of times not a depth of that. And I think for me, as a mixed-race person, it's actually allowed me to come at this from a very helpful angle in the sense that I'm half white and I'm half Middle Eastern. And so I grew up in between these two cultures and so I can see both. I've experienced both.

I have privilege from proximity to whiteness and colorism. And then I also have experienced a lot of racism and discrimination, micro-

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aggressions around my name and saying it and pronouncing it, all of these different things.

So it's like, I think it really helps me as well. Because of course I do have plenty of white clients and I also have a lot of marginalized clients. And kind of being able to see it from those different perspectives and understanding it and helping people to bridge that gap. Which I think, of course, again, as an eight, this is something we're very good at, is, like, explaining complicated things to people in a way that they can understand.

Jamie: Oh yes, I love that so much. Well, to answer the actual question you asked about [Shohreh laughs lightly] ...

Shohreh: That's both of the ADHD coming for everybody who's wondering. That's what's happening here [laughs].

Jamie: Yes! That's right [laughs]. We never forget where, like, the spider web started.

Shohreh: Nope.

Jamie: We'll always go back to it, but like, it might take us a minute.

Shohreh: It could take an hour, but we'll get there [laughs lightly].

Jamie: Yeah, that's right. Exactly. Well, where people can find me. So the biggest thing I'll say is for folks who are interested in the course and who are interested in learning more about it and even getting to interact with some of the material, like, prior to enrollment, we've

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actually created—my team and I have created an email-delivered miniature version of the course. It's fairly different from the course but it goes into a lot of the core foundational, fundamental concepts. And that is free. And the thing I've really just been passionate about in all of the work I do for such a long time is making things as accessible as possible, and there is nothing more accessible than free.

And so for your listeners specifically, if they go to jamieleefinch.com/courage, there is just an email sign-up there and folks can enter in their email and then they will get the first of that email sequence. I think it's about, like, 11 emails or so. They'll get the first one, like, immediately delivered, and then I think it's daily from that point. So it takes you on this lovely journey that you don't have to log into a social media app for. And it requires nothing of you than to just show up and be interested to participate. So that'll give people a little bit of a taste of what, you know, is being offered in this course. So that can get folks started.

Also, I will be definitely incessantly posting [Shohreh laughs] about the course and everything else going on on my social media because that is also a part of how you market this stuff.

Shohreh: Yep. Yes, it is.

Jamie: So I am on Instagram @IamJamieLeeFinch. I'm on Twitter at just JamieLeeFinch. And I think those are the only real things I use anymore. Nobody needs me to use TikTok, so I don't. Yeah, so that would be the good place to also follow me there, keep in touch with this stuff. And

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the course is open for enrollment right now. So that's how to find me and how to keep up.

Shohreh: That's perfect. This episode is gonna come out in August, so y'all will have plenty of time to go check out the course. I will include the link for all of it, but for the mini version as well, in the show notes so that y'all can just go right there. Like you said, you can just skip the socials if you don't want to deal with that.

Jamie: Yes, that's right. Yes.

Shohreh: Really easy. And we'll get all of that out to everyone. So, incredible. Jamie, thank you for being generous with your time. I just had such a great time talking to you, and I look forward to having a relationship with you going forward.

Jamie: Yes, me too.

Shohreh: It's going to be a really beautiful thing.

Jamie: I love that. Thank you so much for having me. This has been so great.

[Music plays]

Shohreh: And that's our show for today. If you're enjoying Conjuring Up Courage, don't forget to subscribe through your podcast provider of choice so you never miss an episode. Additionally, if you haven't left a rating and review in the Apple Podcasts app yet, you can do so from any Apple device to help more people find and benefit from the show. I also love hearing from listeners, so feel free to take a screenshot from

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[Music fades]