



## Healing the trauma of the feminine

**Guest: Turiya Hanover**

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### **[00:00:10] Alex Howard**

So welcome everyone to this interview where I'm really excited to be talking with Turiya Hanover. Firstly, Turiya, welcome. Thank you for joining me.

### **Turiya Hanover**

Thank you for inviting me here. I feel very happy to be here.

### **Alex Howard**

It's going to be fun. It's been a while since we did something like this together, so I'm looking forward to spending some time together.

To give people a bit of a taste, we're going to be talking about some of the impacts of trauma, particularly the impact of trauma on feelings of isolation, disassociation. And I really love how we're going to come into this not just in the context of the individual, but also how this relates to the bigger collective and the environment as well.

Just to give people a bit of Turiya's background, Turiya has been the cofounder of the Path of Love process with Rafia Morgan since 1995. They also created a School for Essential Counseling and a year long training called, Working with People Trainings, since 2010. She's been working for 45 years as a psychotherapist as well as leading groups all around Europe, the US, Omega Institute, Brazil, Australia, South Africa, Israel, working with thousands of people from various cultural backgrounds. Turiya's work focuses on bridging therapy and meditation, and bringing transformation and healing to people to help them awaken the embodiment of courage, love for the truth, inner support, compassion and curiosity. She helps each individual to fulfill their potential of their inner journey home to the luminous self.

Turiya, I think a great place to start would just be to set a bit of a frame for this conversation around some of the impact of trauma, how trauma can create feelings of isolation, disassociation and numbness.

**[00:02:01] Turiya Hanover**

Yeah. You work with trauma yourself. I have been from the 90s on really more and more seeing the impact of trauma. Trauma is actually only discussed or come into the main field in the beginning of the 90s. In the 80s, nobody talked about trauma. It didn't exist.

**Alex Howard**

No one got traumatized before the 90s.

**Turiya Hanover**

No one got traumatized, no matter what we did and what happened sexually, nobody talked about it. It was just not in the field.

**Alex Howard**

Which was its own source of trauma, right?

**Turiya Hanover**

Yes, of course. But you can also see the collective is ready to face this right now out of some reason. So there's also some kind of an awakening happening in awareness and being able to face these issues. But of course, now you can see almost as you look at and there's so much traumatic influence in our lives. It's almost all over the place, even though we have to deal with COVID, what is a trauma in itself. For so many people, they're isolated, they're on their own, they're freaked out in their mind. They get so much information, they don't know what's true and what's not true. And it's a bug that you can't see. You don't know if you're going to get it or not. That's really scary.

Then you have climate change. Suddenly you have the fires happening in Greece and in Turkey, and people are burning everywhere. We had the fires in Australia happening big time. So climate change is another thing. Suddenly it's like, hey, Hello. Where have we been the last 20 years? Suddenly we're getting the big bill to our behavior.

So that in itself is a collective trauma that people generally get freaked out about. A lot of people get freaked out about it. It's not personal trauma in that way, unless you lose somebody from COVID or something.

**Alex Howard**

It also strikes me that I felt when COVID first happened, there was a sense of everyone was going through this experience, and obviously everyone had a very different experience, but there was something in a sense that was unifying about that. And then we had this growing different opinions and perspectives. And it feels like if anything, through the information wars, it almost feels we're more fragmented than we ever have been, in a sense. And somehow climate change can do the same, because of people's different perspectives and realities around it. These issues that could bring us together actually seem to cause more disconnection.

**Turiya Hanover**

Yeah. But I think what happens is because there's so much fear, and then for people, because we dissociate from fear, because we don't want to be afraid. It doesn't fit our culture, it doesn't fit our

personality and our ego structure. So I think for people in order to fight fear, they go up into their head. And then if you have an opinion, this is the right one, or I belong to that group, I am for this and against that, whatever it is, it gives you a sense of security, even though it's, of course, a false security.

**[00:05:30]**

But I think people go to that because we are so overwhelmed with so many challenges. People don't know how to handle it. All we do is dissociate. You turn on the telly in the evening, you get one horror news after the other. Then you see the whole Afghanistan happening. You were like, oh, my God, how horrible is that? And so we are constantly overwhelmed with very traumatic visual impacts on TV in between. And then, so you are already, too much, too much, too much. So people dissociate, drinking, alcohol addiction, anything will do not to feel.

We become numb. And in that numbness, we go into isolation. That numbness creates isolation because I'm not really connecting anymore with anybody. And then in between, you have in between the advertisements, they're always a little bit louder, and then you get rolled over with buy this, buy that, get more, get the next Tesla. So you're constantly over-rolled by too much, too soon, too fast. What is the trauma vortex, basically?

And what people do is they numb out. Instead of coming together, we become islands. We become isolated. I think the isolation these days is so big. There are so many people who are lonely. The whole mental health situation is just spiking up like never, ever before.

And so people are isolated, and they don't know how to reach out besides through the Internet or Facebook, what's a fake connection. It's not a real human connection. It's just like we have the same opinion, but it's not a real connection from the heart, from the body.

So I think it's an epidemic today. It's really intense, and I don't even know how people deal with it if you don't have the understanding of coming back to the body, grounding yourself, stop watching, get out of Facebook and all the social media, and go into the woods and touch a tree, and say hello to your child, connect when he's crying instead of giving him the iPad because you're so overdone that you can't deal with it anymore.

**Alex Howard**

I think the point you make is also really important, to be clear, that people can think, well, I'm connected all the time because I'm on social media and I'm talking to friends on WhatsApp, and yet, never have we been more connected, and yet, never has the potential to feel alone been so great.

**Turiya Hanover**

Exactly. It's like a false connection. Of course, it's better than nothing. If you're home alone and you have a friend that you can at least talk to on the Internet, it's better than having no connection. But on the other hand, it's not a real connection. It just is a connection, usually more through ideas or through whatever we share.

And then to learn on the Internet, even in Zoom as we do all these Zoom teachings, to teach people how to then connect and be in the heart while we're on the internet, that in itself is a new tool to learn.

**[00:09:06] Alex Howard**

Yes.

**Turiya Hanover**

Most people don't have that. And I think this is one of the advantages that we are here to experience and to help people to come more into a different connection than just the physical connection. But for most people, of course, it's very difficult. There's so many people isolated right now. It's really quite something.

Or in relationship trouble because you have to be with each other the whole time. You don't even know each other. You've never been with each other for such a long time. Most people go, like, "What? Who are you?" How many fathers have been with the family and the kids for so long? Suddenly, "Oh, that's what it's like."

**Alex Howard**

It is. Just on a personal level, it's been an amazing blessing in many, many ways, and never have I had more respect and appreciation for my wife and what she does, just being around to witness it day after day as opposed to being at work and then coming home at the end of that day.

I know we're going to come a little bit into some of these dynamics and differences between male and female energies, and I think it's probably helpful just to put a bit of a frame around this. I know that sometimes the use of some of these words can be a trigger or can be difficult. And I think it's perhaps helpful just to contextualize how we're using those terms as we then come into some of this.

**Turiya Hanover**

Okay. So what do you want me to define? How do you want me to define it?

**Alex Howard**

I think particularly when we talk about male and female, I know that for some people that in and of itself can be not the way that they perceive things, let's say. But of course, we're talking more about energies that we all have, as opposed to necessarily physical gender.

**Turiya Hanover**

Yes. That's how I see it. I see it more like an energy that everybody actually embodies completely different. That's my personal experience. And the more ways we have how you should be as a man or how you should be as a woman, the worse it gets. Things are changing so massively within the last 40, 50 years. If you look at my mother's, probably your grandmother's, it's like how they talk to each other, the life they lived is so completely different to how we talk to each other today. They had no way even to talk to each other.

We have a whole different understanding of what it means to be a woman or being in this body, let's say, or what it is to be a man. Things are so in an enormous revolution. And, of course, like all revolutions, first chaos breaks loose. It's like that. There's no revolution without chaos. It's not like, yeah, nicely we're going to do the next step. So it's like that. All the abuse is coming up. So many things are coming up that we haven't dealt with before, and suddenly all that is there, and everybody is in chaos.

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**[00:12:16]**

But I think the less we can define it, the more I can trust my own body. What does it feel for me to be a woman? And what is it for you? And what is it for somebody that is maybe in a male body and feels like a feminine woman? I don't know. I have no idea. How can I talk about that?

### **Alex Howard**

So, with that frame, I want to talk a little bit around women, or to put in other language, that more feminine energy. What has been the impact that leads to the disconnection that so many people experience from their bodies these days?

### **Turiya Hanover**

Well, especially women, because we are so oriented towards fitting in or finding a man who we want to have, let's say, children with, or a partner. So I think we have been conditioned for centuries to fit in with you. And I think that's a very female conditioning. I do something so that hopefully then you would love me. And I think women have that extremely. We have really refined that over centuries.

So in that way today, of course, as a woman, you're constantly... You have to be skinny enough. Your tits have to be the right size, and and and and and.... So today, everything is about the outer looks and completely disconnected from who I feel in this body and who I really am. And you can see how the cosmetic industry today is like, I don't know. And every time you do something, you cut something, you do something. It's just saying I hate myself as I am. That's just another way to say it. And I try to fit in so that maybe one day I'll be attractive, you love me, and I get the right partner, or whatever.

So I think for women, it's extreme, and extreme in that it's also allowing abuse, because you don't feel, somebody rolls over you, okay, it was good, but you don't really feel it. And that's where women now with the whole MeToo thing, of course, women come up, and of course, there's anger there. And that is the first step to come again, coming into energy. It's a trauma response, as we know. The violence comes, boom, and then something else comes, and then the connection, hopefully will come. But I think it'll take a while.

### **Alex Howard**

It's like there's so many ideas of what our body should be, how it should look, how it should feel, that it's very hard to know what's actually truly there. Maybe you can speak a little bit to that, the difference between the idealized and the sort of expected, as opposed to what it actually is to just sense and to feel and to open to one's living experience.

### **Turiya Hanover**

We get tuned into that outer image from early on. I don't know how many times somebody says to you, you're too fat, your legs are too long, too short. You constantly get some negative reflection from the outside. And, of course, what happens? You feel ashamed for having this body. And in that shame, you start to disconnect. And in that disconnect, you're more outer oriented. We go to the outside, and we hope the outside will give us the take off and say, "You are a good woman," or "You're beautiful," or "You're sexy." Even on Instagram, when you look today, how many people do this improvement of the photos so you look younger, have less wrinkles and so on. It's a sign of our time. We follow image, and the more image we follow, the less we really trust our bodies. And of course, it's painful when you

really feel into it. When I work with women, there's so much pain there when you really go into the depths of it. It's like, how much did I betray this, what is like a divine creation?

**[00:16:39] Alex Howard**

Well, as you put very powerfully earlier, it's a fundamental rejection of one's true nature, to reject that, to become this other self that we think we need to be, to be loved, to be safe, to be respected in the world.

**Turiya Hanover**

Yeah. And out of that, of course, we become very pleasing. So I please you, I try to accommodate you. I try to make it right for you. Or for the image that I meant to present and we become disconnected from... This is the body, it's a vehicle into the divine, into being, into presence, into who we are. And our bodies are very different. Not one is the same, but I don't know. I work with so many women, model women, so beautiful physically, looking like... They still hate some part of their bodies. They still feel like I'm not good enough. I'm not good enough. Nobody will love me. You go like, what are you talking about?

**Alex Howard**

I think people are sometimes shocked to hear that because their belief is if I had that body, then I would love myself and I would be loved. And to discover that that's actually not the reality.

**Turiya Hanover**

That's exactly so. And it's almost 95% of all the women in the groups have a huge thing around the body: self denial, self criticalness, an enormous amount of shame and an enormous amount of unworthiness. Suddenly, who am I actually on my own when I just stand here as a woman, who am I if I'm not married to you and have five kids and whatever we get engaged in our life? But just to me as a woman, can I be a beautiful being, big or small, whatever size, black or white, yellow or whatever?

I think that's partly why I work a lot with women because I feel like there's a real key. And once women start to go into the body, then also, all the embodiment starts to happen, because it then creates the connection to nature immediately. It immediately moves into... Because the woman's body is nature really in a way, it's the opening to nature. So if we would listen to that, I think we would be a lot less conquering and destroying the Earth as we do now for whatever, for oil, for wood, just always conquering, conquering.

And the feminine is much rounder and more open and more caring, I think. And of course, a man can also be like that. I'm not saying just women.

**Alex Howard**

Can you speak a little to some of the impacts of the more traditionally patriarchal influence on some of what we're talking about here? How those more traditional male energies and qualities have caused and perpetuated, let's say, some of these issues?

**[00:20:12] Turiya Hanover**

Well, the patriarchal system is anyway, a very old system, and it runs our moral system. It runs our laws, our courts, and it's run through religions. All religion are basically patriarchal. It's a male on top, and the women are pushed out in one way or the other. So we are used to being run by a patriarchal system. And I tend to think... It's the patriarchal system, of course, wants to conquer. They want to conquer, stick something into the Earth and say, "This is mine!"

**Alex Howard**

Either literally or metaphorically.

**Turiya Hanover**

Yes, literally and metaphorically. That's what they do even today. Another more Amazon range for us. And it's built on greed. It's built on competitiveness and on greed. So more, more, more... If I have more, then I'll be a real good guy. If I have a lot of money, if I have a Tesla, then I'll be a great guy. So they're all patriarchal domination.

And of course, women have a very... At the most, you can be a pretty wife, or at the most, you have to be a good mother. And there are so many ideas how you should be as a mother. I mean, the pressure that women, mothers are under, how you have to be good and caring and loving.

I talked yesterday with a client. She has four kids, and she works and a husband, normal, but no support. There's no support. Women have to go to work two months after they give birth to a baby, so the government doesn't support it. Men don't appreciate it. Mostly they think, oh, well, it's just what happens. There's so many things that are run through the patriarchal system, and of course, we are all under the gun of it.

So we all have to look. And I think we have to look inside of ourselves how we actually are slaves in ourselves to that system. And I tend to see it as how I deal with my superego.

**Alex Howard**

And just to explain for those that don't know the term, when you say superego, you mean the inner critic.

**Turiya Hanover**

The inner critic and the inner judge. And of course, we all embody the inner judge or the inner critic. And we are all run by the inner critic, even though nobody is telling you, you don't look good, and your inner critic will go, you look in the mirror, and within one second, you make yourself this big. So I think we have to first deal with our inner critic, men and women, everybody, how much we really embody the system and how much we make it our own. And I think that's the only way, I think, how we can deal with it inside of ourselves. How am I destructive? How am I possessive? How am I submissive to the moral law? And I think we have to face it inside here. And then maybe something can change. I hope so.

**[00:23:48] Alex Howard**

Yeah. Well, there's working with it inside of ourselves. And that inner critic piece is enormously important to that. But there's also the dialogue between men and women, or male and female energy. What's possible and what supports that dialogue?

**Turiya Hanover**

Well, I first of all think, especially now, you need to be open to not have the answers. We need to come out of it, this is how it is to be a woman. This is how it is to be a man. This is male. The man should be this protective. The woman should be feminine. Bla bla bla. I think we have to come out of all these old ideas, and be open. And my main thing is always dare to be vulnerable, really on both ends.

And the big thing, I think for women, especially with men, of course, we have the abuse and we have the disconnection, but the big thing is, what does a woman really also demand from men? Often women keep the whole situation going. You want the man to be strong and save you and have a lot of money and do all these things. And if the man then suddenly becomes vulnerable, women go, oh, I don't want that. I want you to be my hero. I want you to be the Superman. I want you to be whatever, Tarzan, whatever it is.

**Alex Howard**

A big, hairy chest.

**Turiya Hanover**

Whatever you project onto that. So I think we need to look at those things, and especially women, especially because women were so used to be undermining, because we very much had that victim identity, so big with women feeling like a victim, and then you become passive aggressive. And then you don't really say what's going on. And I think to learn to be open and to be open with those things and put them on the table and expose both sides. And I think maybe then some new meeting can happen. It's possible.

But of course, it's in a huge way on a male female situation. We're in a big revolution, really. It's a huge shift with transgender. And in so many different variations. And, wow.

**Alex Howard**

You already mentioned it, but I'd love to open up a little bit more. What I'm hearing you say is it's not discovering and finding more ideas, it's almost letting go of the ideas we already have and allowing ourselves to open to and discover what's in our bodies and what's in another's body, that it feels like it's about less of using the mind and more of using the body.

**Turiya Hanover**

Yes, it's more using the body. And of course, for me, as a woman as we are, the big thing is always, especially around men, what makes me feel safe? I can only really open up to my vulnerability if I feel safe. So if I feel the man, let's say, stronger or could be a perpetrator or is going to... or maybe an alcoholic and lose it sometimes, whatever it is, when I'm not safe, I can't really open. So somehow I think we have to find it together, meeting where safety is possible on both ends.



**[00:27:42] Alex Howard**

What helps create those feelings of safety?

**Turiya Hanover**

Well, of course, clear agreements, very clear boundaries. And then also you have to work with your shadow side. I think we women, we're identified with the victimhood often. We have as much anger and passive aggressiveness, and I think men, anyway, have their own violence to deal with. So I think we have to deal with the shadow side. Otherwise, you never really know what's on the table. And that has to be looked into. And, of course, that's inner work, and that's part of the work, and that's part of why we do the work.

**Alex Howard**

And for those that haven't heard the term shadow before, maybe just in the context that you mean, just say a little bit about when we talk about one's shadow self, what we mean and the impact of not working with that.

**Turiya Hanover**

Okay. The shadow is like... C.G. Jung, a Swiss psychiatrist in the 50s, used that term. And it's just a part. When we grow up, there are certain parts that we are loved for. And let's say you are three or four years old and you're loved for being the nice, sweet boy that is so intelligent and so clever. And yet when you come out and are really angry and want to hit your sister because you're frustrated, and that is being punished, "You don't do this kind of... You can't do that!"

So we learn from early on, there are certain parts in ourselves that are not welcomed here, and often they're very alive parts and very vital parts, can be around sexuality also. And we learn to put them away. And then we use the term, you put them in a backpack. And the older we get, when you go to school, you have to be even more nice and on time and be tidy and be good at work. So more stuff has to be put away. And then by the end, we have a big backpack and our essential nature gets less and less and less. And that's what we call the shadow.

And the shadow often comes out, of course, in relationships. We eventually, what we do in order to release that backpack, we project that shadow sometimes onto other people, to our partners, but also to nations. I can say, yeah, Hitler was evil, but I'm not. I hate evil people. Then it gives us the right to hate them. It gives us the right to put them down. But I don't have to own that it actually has something to do with me.

How am I destructive in myself? What do I do? How do I snap when something happens with the kids, when they drive you crazy, and you suddenly start like, rawr.

**Alex Howard**

I never do that just to be clear.

**Turiya Hanover**

No, you're a good guy.

**[00:31:04] Alex Howard**

That's all in my shadow.

**Turiya Hanover**

Yeah. Only sometimes.

**Alex Howard**

But I think it's really helpful because for us to be able to have constructive, helpful dialogue, productive dialogue around these issues, we have to be owning those parts of ourselves, right? Because if we're projecting them onto the other or they're coming out in passive aggressive ways, it becomes very difficult to have constructive and ultimately healing dialogue.

**Turiya Hanover**

Yeah. And especially in a relationship, of course, they come up. Your partner will always know exactly what your shadow part is.

**Alex Howard**

Exactly that!

**Turiya Hanover**

And you feel exactly when she or he says, "It's so infuriating! I am not like that. It's your fault!" And then we push it back because we don't really want to own that we have those kinds of things, whatever. I was just pointed out the other day in my relationship that I actually have a side of me where I'm very entitled and unconsciously demanding and egocentric. I was like, me? No, I'm not like that. My whole life I've built around not to be like that. The ego compensates and tries not to. And then suddenly to see that was like, make me feel really resistant, pissed off, angry.

And then I looked at it and suddenly I was like, oh, yeah. Okay, I can see. I don't want to be like my mom, who was very egocentric and very dominating. But then maybe I'll do it a little bit differently. And then it settled. And that really opened up so much inside of myself, so much more presence and opening. And also it opened up more my heart, really, my capacity for loving.

**Alex Howard**

Yes, that's beautiful. Can you say a little bit about the relationship between this disconnection and ultimately what we're inviting of reconnection, and the relationship with the planet with the Earth around us? You touched on climate change very briefly earlier. What's that relationship?

**Turiya Hanover**

Well, I do believe if we come a little bit more off social media and start to really connect more with nature, or be more into our bodies, be less out there trying to fulfill an idea for how I should be, I think we would slowly, slowly learn to come more home to ourselves. I think the connection with nature is important. And also because we're so isolated, we long for real contact. We want real contact. Not like, yeah, I like you, but so many people long for real connection, that there's somebody there, you're

hurting, something is happening, and somebody is really saying, is interested enough to say, hey, how are you? And not like, ya ya ya, next.

**[00:34:19]**

So I think we long for true connections. And I think the connection with nature is so important once we start to feel our bodies more. And that's the big key. And, of course, we are so addicted to social media and to the bloody iPhone and to the computers, and to all these things. It's very hard for people to get away from that. It's really addiction, not to feel the emptiness inside, not to feel boredom, not to feel unworthiness.

So there's a place where we have to create a space so that people can move through that and feel that also. I work a lot with other people. It is there, and people need support to feel it. You can't do it on your own so much.

**Alex Howard**

Well, it also strikes me that the dialogue around climate change, which happens only in the head, becomes a kind of endless path of intellectual debate. And actually, the place that we really have to come from is in our hearts, in our bodies, to actually feel the impact that we are having on the feminine, mother Earth, the being that holds and supports us.

**Turiya Hanover**

Yes. Instead of looking at your iPhone, go out barefoot in the morning, and stand on the grass, or go and hug a tree. Or we have lots of cows here, look at the cows and their young ones. Bring the kids to nature, bring the kids to animals. I think we more and more forget about these things. It's so important just to be in touch with our bodies, and then, that helps us to be in touch with the Earth. And out of that, the healing will happen.

And of course, when women really allow themselves to feel into their bodies, it comes natural to women. But to get there, of course, we have to deal with a lot of issues, but it's possible. Many women are healing, and many women also are taking that next step coming out of that victimhood and that endless anger, and settling into themselves.

**Alex Howard**

What are the practices that you notice are the most helpful in supporting that journey?

**Turiya Hanover**

Most helpful is taking time off the Internet, and sitting with yourself, and doing something that you love to do. It might be cooking. It might be painting. It might be writing, something creative. Mostly when people say, I meditate, they think they have to sit quietly. But I think meditation happens when you are involved in something that you're passionate about, and then you settle in. It happens easily.

And find some way to connect and be out in nature. Find some way to be out there, be in the ocean, and not just once a year for a week when you're totally overworked. And like you see people alcoholizing themselves through the holidays. That's not really connecting with nature.

**[00:37:35]**

So find small steps to say hello to your own body. I think, especially to say hello and say, hey, even if you're big and round, maybe you can also welcome that. It doesn't matter. I think that's a big step, and that's the big healing that needs to happen for women especially. Men seem to be a little bit less self-conscious. That's my personal experience, but I might be wrong. In groups and stuff, that seems to be a little bit less shameful. Women really have a big shame.

### **Alex Howard**

What you're saying also strikes me is that, in a sense, what we were saying earlier, is disconnection feeds disconnection. The more disconnected we get, the more we make choices that disconnect us further. But equally, the inverse is also true, isn't it? That connection feeds connection, that if we can come off the Internet and spend more time in nature with our bodies, we're also more likely to make choices that further connect us.

### **Turiya Hanover**

Yes, that's very much so. When I'm in Baron, I hang out with friends, and you meet and you go to a coffee shop, and blah, blah, blah, blah. And now in the last few years, I said, let's go for a walk. It's much nicer. You talk less, blah, blah, blah. And you're more connected to the birds and trees and the wind. And it's such a big difference.

And then, of course, today you have this other thing where people then do nature, but they do pushy nature. You see, the guys on the bike up, their competitiveness is so strong, but it's not really connecting. It's not really being at home with yourself. So whatever gives you that feeling of arriving here, even one minute a day already is a big difference. Even five minutes a day, just to sit down and not drink alcohol or take a drug, but just to be. And touch a tree, kiss your wife, say hello, something like that. Something simple. I mean, the thing is so much more simple than what we think, as you know.

### **Alex Howard**

And that's the challenge, isn't it? Sometimes because we're so disconnected and we're so in our heads that we think that the solutions are really complicated, that we've got to go and read Ken Wilbur's collected works, or we need to do a twelve months silent meditation retreat, and it's so overwhelming, but it's almost those ideas are a product of the state of overwhelm we're already in. They're not necessarily the things that are going to most support us in that moment.

### **Turiya Hanover**

Yeah. And that's a good example you're giving. Of course, when we're in that exhaust, we always go to an extreme. And I always know when I'm in the extreme, I'm actually still in a trauma reactivity because trauma happens in the extreme. You go extreme this way and then you go extreme that way. And that's why because the adrenaline gets moving in the body and people want that kick. They're used to adrenaline. So you do something else to get the kick. And actually to come in the middle and be a little lazy and relaxed and sit and touch a tree in the beginning might feel a bit boring, but after a while, of course, it's very beautiful.

**[00:41:17]**

And I find more in a way... I use a lot, I work a lot with inquiry, looking what is there, questioning, sitting and saying what is going on and sharing that with your partner, is a wonderful way to arrive in presence really, in a relationship it's wonderful.

**Alex Howard**

I'm mindful of time Turiya. People that want to find out more about you and your work, what's the best way for them to do that?

**Turiya Hanover**

Well, we've just opened up a new site called [dimensionsofbeing.org](https://dimensionsofbeing.org). And Rafia Morgan, who will also come and talk to you soon, and I are doing a new online course, and it will start in October. And it's called Initiation Into Essence, and it's a beautiful initiation into exploring the difference between your ego defenses and your essential nature. And it will help people to slowly, slowly open up more to it. We need support. It's very difficult for us to do it alone. We're too hooked on all kinds of things for many people.

So that's one thing. And then I think Rafia will talk about Path of Love, so he'll probably do that also.

**Alex Howard**

And say that there will be, because I'm mindful that we pre-recorded this interview, this interview will actually go out in December, but there'll be another intake, of course, won't there, after the October intake?

**Turiya Hanover**

Yes.

**Alex Howard**

And also people could be watching us on replay six months, twelve months time. But if they go to [dimensionsofbeing.org](https://dimensionsofbeing.org), they can then find the upcoming...

**Turiya Hanover**

Yeah. Exactly. So how do you relax? What do you do to connect with the Earth?

**Alex Howard**

One of the great, I guess, gifts of my life in recent time is we have a farmhouse out in the country. We come to it on weekends and in holidays. And there's cows at the end of the garden, the kids go horse riding. And my greatest joy is I have a hot tub, pretty much twice a day, every day I try to go in the hot tub. And that's my thing. I love being in water. I love being in nature, and I lie there, and that's my way of really coming to my body, beyond obviously my meditation practice and other tools.

**[00:43:52] Turiya Hanover**

Yeah, that's beautiful. I love hot tubs, too. In Australia, we have a big hot tub, and sit there in the morning. Even though it's so hot, the hot tub is even hotter, so when you come out, you feel cold.

**Alex Howard**

Exactly, it's nice to get some contrast.

Turiya, thank you so much for this interview.

**Turiya Hanover**

Thank you.

**Alex Howard**

It's always a pleasure to spend time together.

**Turiya Hanover**

Yeah. Wonderful. Thank you, Alex.