

Embracing Your Feminine While Acknowledging Your Masculine Energy and Finding Your Inner ENERGY to Propel with Rebecca Streb

Episode 03: Show Notes.

So many of us are disconnected from our divine feminine energy because we believe that masculine energy is necessary to make it in the world and be successful. But what if we tapped back into our essence of love, openness, and grace? How might we be able to transform ourselves and the world around us? These are some of the profound questions today's guest, Rebecca Streb of Be Naturally Fit, poses in our discussion today. As a women's health coach and personal trainer for the past decade, Rebecca has gone down many fitness avenues. Her online coaching now focuses on a more holistic approach to wellness, underpinned by an emphasis on mindfulness and energy connection. In this episode – after Rebecca introduces herself – we talk about feminine energy and the transformative power that comes with connecting to it. We also discuss her experience of contracting COVID, the long health battle she fought afterwards, and the resulting empathy and self-reflexivity she gained. While this year has no doubt been trying, there are infinite silver linings if we are willing to find them. Along with this, we touch on some of Rebecca's healing protocols, the essence of mindfulness and living mindfully, and how we can all become our own self-healers. Be sure to tune in today!

Key Points From This Episode:

- Get to know Rebecca, her background in fitness and women's health and her online coaching focus.
- The power of silence and focus: Clarity comes from doing the work.
- What Rebecca's work entails and her holistic approach to helping women.
- Women need to step back into their feminine energy and navigate life with grace.
- Rebecca's experience of running an online coaching program during COVID.
- Hear about Rebecca's struggles when she contracted COVID and the long-lasting symptoms.
- The empathy Rebecca gained from her difficulty with COVID.
- How an infrared sauna and Zack Bush's probiotic have helped Rebecca with her recovery.
- Benefits Rebecca has seen from taking cold showers every morning for the past two years.
- Rebecca's morning routine and the Kundalini practice that connects her to her true self.
- Some advice from Rebecca for women who truly want to change.
- Mindfulness is an embodied practice; it is not something you have to think about.
- Final tidbits from Rebecca: You can be your own self-healer if you do the work!

Tweetables:

“There's a method that I've created that helps women get crystal clear on what is best for them and their goals.” — Rebecca Streb **[0:05:49]**

“We want love. We’re feminine beings.” — Rebecca Streb [0:13:07]

“To muck away the conditioning and the stories and the monkey mind, we want to really polish that true self.” — Rebecca Streb [0:30:42]

“What you’re not changing, you’re choosing.” — Rebecca Streb [0:33:22]

“Becoming your own self-healer isn’t that hard, but it takes you knowing what your own triggers and encouragements, and motivators are.” — Rebecca Streb [0:37:36]

Links Mentioned in Today’s Episode:

[Britt Anderson](#)

[Britt Anderson on Instagram](#)

[Be Naturally Fit](#)

[Rebecca Streb on Instagram](#)

[Fiercely Feminine](#)

[David Deida](#)

[Zach Bush](#)

[Zach Bush Probiotic](#)