

TDS S6 E9

[00:00:00] **Samantha Baines:** I am joined by Natasha Aujla. Welcome to the Divorce Social.

[00:00:12] **Natasha Aujla:** Thank you. Thank you for having me.

[00:00:14] **Samantha Baines:** How does it feel when I say that word to you? Divorce

[00:00:19] **Natasha Aujla:** Its been a long journey for me with that word right now in the present moment. I honestly, couldn't give a fuck for the word divorce and the whole stigma that comes with it, with the process that I've been on.

[00:00:33] **Natasha Aujla:** But divorce as a subject matter is something that has followed me around since quite young, because I come from a divorced family and my parents divorced late eighties and it was, um, quite rare in those days. So growing up, we, we were always known as the kids that were from the divorced home. And even during marriage that got brought up a few times to me.

[00:00:58] **Natasha Aujla:** So, as a [00:01:00] word, it haunts me. I feel like, but as a process that I've now been through and what's fair to go through it do to see him, my experiences and my mom and other people within the south Asian community. I w I was really scared of it and to go through that, but having gone through it, and now on the other side of it, I just feel liberated.

[00:01:22] **Samantha Baines:** Was that like for you when you were younger? Cause my parents separated, but never actually got divorced. Yeah. Eventually my dad passed away. But at the time I think a couple of my other friends had had parents separating. So it felt like it wasn't as big a deal like in my social group. But how was it to be known as the, like kids of the divorced parents?

[00:01:47] **Natasha Aujla:** It was hard to be honest before. There wasn't any other people within our family unit and the community that will also from a divorce family that we knew of. But at the same time, [00:02:00] they divorced when we were very young, my, my brother and sister, like there's only a years difference between us. So I was three, my sister was two and my brother was one.

[00:02:08] **Natasha Aujla:** So we actually don't know any different. And then my mom moved away quite far away and we just. Got on with life, I guess, until we transitioned back into the family quite some years later, but we were very much aware of the fact that we were different or seen as different because we didn't have a dad present at family functions and that reflected in the way that other people would speak to our mom.

[00:02:35] **Natasha Aujla:** And that really did affect us, but it also made us so close that we would we'd walk around events and we'd see each other as siblings, or has anyone said anything to you? So w we've we've become like a little unit and, um, yeah. To have that relationship with them. I'm so grateful for them. I think that as a, as a set of siblings, we deserved that.

[00:02:57] **Natasha Aujla:** Going through what we did go through as
[00:03:00] younger children.

[00:03:00] **Samantha Baines:** And how is divorced viewed in the south Asian community, both then with your parents and now with you?

[00:03:09] **Natasha Aujla:** So then for my parents, I can only imagine it must have been terrible because nobody got divorced in those days. It was so rare and it didn't matter how bad it was.

[00:03:20] **Natasha Aujla:** You stay married and when your whole family are also telling you, no, we will not support your divorce. You do get disowned. Yeah. I think we've come, come away from that slightly in the sense of they do want their farm, their daughters to be happy as opposed to them looking happy for the community. But there still is a huge stigma of.

[00:03:40] **Natasha Aujla:** Around it. And they will rarely expect you to bend over backwards to meet the expectations of your husband or your in-laws and, and what the community expects for you. I've been a married woman, so religiously you can't get divorced in the religion that my background is, which is Sikhism, but as a culture as well, [00:04:00] it's very much frowned upon.

[00:04:01] **Samantha Baines:** How do you go about getting divorced? If you had a seek at marriage and union, presumably you've also done the kind of registry office signing. So you'll do the legal divorce, but you can't get divorced in the eyes of your kind of Sikh religion. So how do you cope with that?

[00:04:19] **Natasha Aujla:** I find it quite hard because my Sikh ceremony meant so much to me.

[00:04:24] **Natasha Aujla:** Marriage meant a lot to me and the union in marriage. When we get married. Um, a connection to God and you're both going to go forward with that path. So from, um, the legal side of it, I already did. Care that I was having to sign a document that said I was now divorced from this person because I wanted him completely out of my life in every way, by that point that I just didn't want to interact with that type of energy.

[00:04:51] **Natasha Aujla:** I just wanted it all closed. And luckily that happened for me very quickly and I didn't have to go through so much, but [00:05:00] the other side of it in terms of the religious commitment. That I made. That was very hard for me. And I did go to like the temple quite a lot, and I spoke to the religious people there.

[00:05:12] **Natasha Aujla:** And I didn't have any controller of anything. It was totally not in my hands. So I knew that I just had to concentrate on myself and accept that this is what my life is. This is the route my life is now going down.

[00:05:27] **Samantha Baines:** And so does that mean if you get married again, you won't be able to have a Sikh ceremony?

[00:05:32] **Natasha Aujla:** I will be because I know of so many people that are and, and Sikhism, as, as a religion, I, we want to be very open and very supportive. And I think it is the cultural and religious clash, that is the big battle. I also think there's a real lack of education on what marriage really is and how we as a religion view it and do your views align with that.

[00:05:55] **Natasha Aujla:** And if they do lovely, have a Sikh ceremony and get married in that way, and if they don't [00:06:00] there may be for that moment, you just do your legal marriage. And if you get to that point where it aligns with what the actual Sikh marriage is, then you get married, but it doesn't really work like that. As long as you, you go to the temple and you've got your license, you're able to get married.

[00:06:17] **Natasha Aujla:** And a lot of the time you're able to get married without even having the understanding of what your marriage is.

[00:06:24] **Samantha Baines:** Is there a pressure on people to get married in a Sikh

[00:06:27] **Samantha Baines:** ceremony?

[00:06:28] **Natasha Aujla:** I think everybody wants it regardless of whether you truly know what it means. And also it's, it's incredible. We get to dress up and there's this glamour.

[00:06:37] **Natasha Aujla:** And as a kid, there's so much pressure on you. And so many conversations surrounded about your marriage and the man you're going to marry and your wedding day. That it is, it's like your whole life is consumed by it. So you do want it in that Sikh way, I think it just comes down to having that education of what the Sikh values on what [00:07:00] that commitment actually means.

[00:07:01] **Natasha Aujla:** And I, I feel like when we educate on that and we take that understanding the foundations of your marriage are stronger because without that, it's very easy to get divorced. I didn't even, um, communicate with my divorce and it still went through the court and I had no, nobody even wanted to ask me or check to see if I was still around, but they continued it.

[00:07:24] **Natasha Aujla:** And I just kept receiving an email with an update. And before I knew it, I was divorced.

[00:07:29] **Samantha Baines:** So was your divorce driven by the other party in terms of paperwork and a legal aspect?

[00:07:37] **Natasha Aujla:** I would say so. Yes, but I didn't know. I- until two days before I received the paperwork, um, he called me and told me that he'd put an application in for a divorce and I'm going to get the papers in the morning.

[00:07:55] **Samantha Baines:** Oh, wow. So you had no idea?

[00:07:57] **Natasha Aujla:** No.

[00:07:58] **Samantha Baines:** So when [00:08:00] you received that call saying you're going to get divorce papers, where were you in, in your life? Were you still living together? Had you moved out? What had been going on? If you don't mind sharing that.

[00:08:15] **Natasha Aujla:** I had been moved out of my marital home for just over two months, I'd say, two and a half months, which was three hours away from the home that

[00:08:27] **Natasha Auja:** I come from: my parents' home, my mom's house. I lost my baby in June, quite late in my pregnancy. Um,

[00:08:37] **Samantha Baines:** I'm really sorry to hear that.

[00:08:38] **Natasha Auja:** Thank you. Um, and following that, I was sent back to my mom's house for a couple of days to, to rest. Really, when a woman gives birth, you don't go, you don't really leave your house for four to five weeks.

[00:08:53] **Natasha Auja:** You're supposed to stay at home and rest but my former husband, at that time, I felt that he was struggling. [00:09:00] And I was struggling and I thought that was the right thing to do. So I went back to my mom's house and this wasn't my home. I didn't have my comforts here. I stayed for a night and I felt very anxious.

[00:09:11] **Natasha Auja:** I was also grieving, my body was hurting, I delivered a baby and my breast was still leaking milk when I was driving up the M1. And it was just so much, and I got here and I was like, what am I doing? I need to go back. And then I've called and I said, I'm going to come back. And he said, no, you're not, this isn't your house anymore- I'm divorcing you.

[00:09:32] **Samantha Baines:** Wow. And this- was this on the day that you'd given birth.

[00:09:39] **Natasha Auja:** No, this was eight days later.

[00:09:41] **Samantha Baines:** Wow. And how did that feel if you can even describe it?

[00:09:50] **Natasha Auja:** I think on one side I was so consumed with grief that we were going through [00:10:00] losing a baby. And I was, I was just felt almost grateful that I'm able to see the side of him and I didn't want to participate in it because I understood that we're going through something that is so testing.

[00:10:19] **Natasha Auja:** And this is what really is going to show your default character and what you are and seeing him in that way and it got worse with time. So this thing in me built up and gave me more strength. It made me realize that actually I don't want to have a partner like that. I don't want that to be a reflection of me.

[00:10:40] **Natasha Aujla:** I don't want to share bringing the responsibility of bringing another soul into this world the way that it is with parents like that. And that gave me so much strength, um, in my, in my faith in God that he, that my path was totally redirected. [00:11:00] I decided to not to make a decision. I let him say what he wanted to say.

[00:11:06] **Natasha Aujla:** I kept it quiet for a little while from my family, but obviously people found it strange that I was back in, in my, um, my mom's house. Why wasn't I with my husband and my in-laws and because we lived with our in-laws well, with my in-laws. He actually lived in Dubai for pretty much the whole of the marriage, its a bit of a long story and there's so many loops within this and layers within it.

[00:11:31] **Natasha Aujla:** But just going back to the divorce- yeah. I decided that I wouldn't make a decision. Cause when I was in, in prayer, funnily enough, I felt like I kept hearing like, don't say don't shout, don't swear. Don't lose your temper, stay patient and stay calm and light. Just stay with me and, and you'll get through this.

[00:11:51] **Natasha Aujla:** So I trusted in that gut feeling, then that higher self voice that I was hearing for the first time and it, it got me through it [00:12:00] and it got me through it very quickly actually within, um, uh, so I stayed in Darby then, and it was then my son's funeral four weeks later. I went back to that town for the funeral and then back to my mom's.

[00:12:15] **Natasha Aujla:** And then from then the next day I knew mentally, physically, emotionally, spiritually, religiously, I was absolutely exhausted. And I needed to understand about my brain, this is how I was thinking. So I woke up every morning, I recited prayer. And then from there on for four to five months, Monday to Friday, nine till five, I was on my laptop learning about the brain, learning about the body.

[00:12:45] **Natasha Aujla:** How can I heal? How can I get better?

[00:12:49] **Samantha Baines:** That's some real dedication. You took your grief, and then you turned it into, I'm going to learn, you know, how, how my brain's [00:13:00] working. I mean I can't imagine how you got through that time. And I'm so glad you did. And you're here with us today.

[00:13:09] **Natasha Aujla:** Thank you.

[00:13:11] **Samantha Baines:** How did you manage to deal with all of these things going on in your head?

[00:13:17] **Samantha Baines:** So you're grieving for your son. You're planning his funeral, your ex wants to divorce you, did it feel like he was blaming you for what happened? Which obviously wasn't your fault.

[00:13:31] **Natasha Aujla:** I've been asked that a few times and during that time period, although he was saying he wanted to divorce and we did go weeks without communicating, but there was periods where we did and I knew how much I was hurting.

[00:13:46] **Natasha Aujla:** And I knew how much he would be hurting as a father. So I was able to hold space for him still. I felt so much compassion for him. And I also loved him very much. I'd been with him for like eight, nine [00:14:00] years of my life. So as much as I kind of knew that my marriage was over, I still didn't want to be a bad person.

[00:14:10] **Natasha Aujla:** And that's what got me through it because I knew throughout the whole period, that I was a decent person and know I didn't really deserve this, so I don't need to make my life harder for myself. I don't need to tell myself yes, you're this. Yes. You're that. Yes it's true what they're saying about you, if deep down in my heart, I know it's not.

[00:14:31] **Natasha Aujla:** So I just decided fuck what everybody thinks about me and is saying about me. I know me, and I have a relationship with God and I will speak to him about things. And in the meantime, I will learn to better my thoughts lift my own vibration so I can get back up again. And I can rebuild because I am not going to let this man ruin my life.

[00:14:55] **Natasha Aujla:** And I'm sick and tired of hearing about the stories that I hear within the community [00:15:00] of another girl from being married in an Indian home, that she's mistreated.

[00:15:05] **Samantha Baines:** You know, talking about the South Asian community that you are in and are still in. How were you treated at that time? As a grieving mother, but also as someone getting a divorce.

[00:15:20] **Natasha Aujla:** I'm fortunate that both my parents absolutely supported me and they wanted me to come home, same with my siblings.

[00:15:29] **Natasha Auja:** And, and also I was really fortunate that my former in-laws were very supportive of me and showed me a lot of love and a lot of compassion and gave me so many apologies. I didn't find it hard in that way from what my inner unit is like, but I was constantly conscious of what's my aunt is going to say, or now I'm going to have to face this,

[00:15:55] **Natasha Auja:** or when somebody sees me, they're going to see me as a divorce. [00:16:00] And I had to overcome that fear that I'd carried from so young. And I confided in somebody and married them and told them this is a real big fear of mine. Because I come from a divorced family. I don't want to be divorced. This commitment in marriage means so much to me that through thick and thin, we have to stick together, but he obviously didn't take the same commitment to that.

[00:16:24] **Natasha Auja:** And at one point I was totally on the line of, I don't think I will ever get married again. But I love love, and I love marriage. And I love that feeling of like, when I watched my best friends, two of my best friends got married a couple of weeks ago and I had the time of my life. It was incredible. Everyone was thinking around me, are you okay?

[00:16:45] **Natasha Auja:** Are you? And I'm like, no, like things like this don't trigger me no more because I've sat with myself for a long period of time. And I've, um, I'm on this healing journey. So I don't have to be against men. I don't have to be against love and I don't have to [00:17:00] be against marriage. I just have to accept that I'm going through a process.

[00:17:04] **Natasha Auja:** And if it's, for me, the time will come right for me. And whilst I couldn't, whilst everybody else in my circle is enjoying it, I too can for them. And that makes me happy.

[00:17:15] **Samantha Baines:** That's so nice to hear. It's funny going to weddings, isn't it as a divorced person, because I've had weddings where- I remember the first wedding I went to and I was like really scared that I was going to be triggered and that I was going to burst into tears or whatever.

[00:17:30] **Samantha Baines:** And actually I just had a lovely time and I flirted with a man on the side. But then more recently I went to a wedding. And I got scared again, even though I've been to a few since then. Um, but I got scared. I think just after the pandemic, I got really scared before I went and was like, oh my God, I'm going to be like the divorced one.

[00:17:48] **Samantha Baines:** And they're celebrating love. And here I am, like, I've got a divorce podcast and I'm like living the divorce live. But actually again, you know, I went and just had a great [00:18:00] time and none of my fears kinda substantiated. Do you remember your first wedding after getting divorced? Were you scared?

[00:18:07] **Natasha Auja:** Yeah, I was absolutely terrified and it was only in June, actually this year.

[00:18:14] **Natasha Auja:** And the reason I was so terrified was because it was a close family wedding. So it was a first time I would see my whole family since I've gone through baby loss and divorce and being back at my mom's home. And the sad thing is the most thing that I was upset and scared about was because I felt a lot of anxiety and I felt a lot of hurt because nobody really came to see.

[00:18:45] **Natasha Auja:** No, but I didn't get messages. I had messages from them, congratulating me on my pregnancy. So people knew that I was pregnant, but I didn't have anybody from my extended family in that way. [00:19:00] Show their respects for the son that I lost. So that too gave me more strength in a way, because I felt like I really had to honor him and show,

[00:19:10] **Natasha Auja:** show that he was a part of my life. He's a part of my journey. Um, so I had so many conversations with myself that when someone says to me, I'm sorry to hear about this, or, or whatever, I will refer to the fact that yeah, its okay I have a baby in the skies and acknowledge him rather than being quiet about it.

[00:19:31] **Natasha Auja:** But nobody said anything. So, and it was fine. Cause maybe it wasn't the right time, I don't know. But I found it funny that people still had the time to come and ask me if I was just staying here for the weekend before I went back to my marital home, knowing that I've been back in my hometown for like two years.

[00:19:51] **Natasha Auja:** And I know that they know, but this is the types of things that happen. And I was, I was prepared for that, but when it still happened, I froze. [00:20:00] And this big speech and I'm going to stick up for myself. Nothing came out.

[00:20:04] **Samantha Baines:** It's so hard, isn't it? Because you plan all these things in your head of like, right,

[00:20:09] **Samantha Baines:** people are going to ask me about the divorce or whatever, or mention it. And I'm going to say this and its going to be fine, I'm going to stick up for myself. And then yeah, when you are faced with all those people you haven't seen and all the weight of their expectation, it is so hard to say all the things that you've planned.

[00:20:25] **Natasha Aujla:** Yeah.

[00:20:26] **Samantha Baines:** I can't imagine what it must have been like for no- one to acknowledge. You know your son, but still be acknowledging the fact that you weren't living in your marital home. Did a part of you just want to scream at them?

[00:20:41] **Natasha Aujla:** No, because by that point I'd gone through- I'd been isolated, being in my own company, that I just got so

[00:20:49] **Natasha Aujla:** comfortable with who I am and what I am. Um, and I don't mind if they don't show up for me in that way, because it's better right. And they, and they just [00:21:00] bounce out of your life like that because life is too short and I don't have energy for this anymore. Like it's- my growing up it's always been a little bit difficult within a large family, a large Asian family.

[00:21:14] **Natasha Aujla:** Um, And I, I actually loved it, because I was from the divorced home, I loved the idea of family. I love my culture. I love my traditions and I love my elders, but growing up in a very mixed environment and obviously my name is Natasha, so I would sometimes not fit in with the south Asian community. And then I will don't fit in very well with the Caucasian community.

[00:21:39] **Natasha Aujla:** And it was just hard sometimes in that way. I think I'm just really comfortable with myself now and owning my story and what I went through and not feeling like I can't discuss it because it makes me look bad or it makes my family look bad because it doesnt. And [00:22:00] when we start discussing things and talking about them, only then can we really start understanding how we can change them.

[00:22:07] **Natasha Aujla:** How can we change the narrative so that the next generation don't go through this and they don't see this.

[00:22:12] **Samantha Baines:** If anyone's listening and a friend of theirs has just lost a, a child. Um, maybe in a similar way to you, and you said that no one

acknowledged your son, what would be a good way? Do you think for them to acknowledge their friend's loss?

[00:22:31] **Samantha Baines:** What is it that you wanted at that time?

[00:22:35] **Natasha Auja:** Well, I think the people that matter, they will know because I was fortunate that I've got lovely friends. I've got my siblings that were really there. So for me, I think it's just go there, sit with them. That's it. I actually had a conversation with some of my best friends recently, cause they all came to see me in a collective group and it was intense for me.

[00:22:59] **Natasha Auja:** And I [00:23:00] couldn't speak, after that, I didn't see them again. And I said to them, I think I would've just appreciated if one of you would have just come and made me a cup of tea. Even if I didn't speak it, would've just been nice that you came and that's enough sometimes. It's hard to know what to say. And even, I don't know what I would always say to somebody else in that situation

[00:23:23] **Natasha Auja:** cause it's so different for everybody. So you've got to just go with your heart and follow your purest intention and just be a bit present and a bit visible. If you've got somebody that's gone through a loss, like that.

[00:23:37] **Samantha Baines:** And what about, um, someone in the South Asian community getting divorced and feeling that kind of stigma and pressure.

[00:23:45] **Samantha Baines:** Is there anything that you learned through doing it yourself that you think would help someone else?

[00:23:52] **Natasha Auja:** If you are in an environment where everybody is supportive of you, then great. Share that with other people as well. There's [00:24:00] many platforms now discussing, discussing things like this. Cause I think as a younger generation or middle generation, we're more aware that there needs to be this change, but if you're struggling with elders, I think it is about sitting down and really trying to educate them and letting them know how unhappy you are and not being scared to show them that.

[00:24:23] **Natasha Auja:** It is hard because their answer to everything is that when I did try it once or twice, I was constantly told just to keep my mouth shut, just sit down and stay quiet and do not speak back. And, and I did, I even tried that I lost myself completely and it's just not worth it. Life is too short. I'm so happy.

[00:24:48] **Natasha Auja:** I'm so grateful. I don't know what my life is going to hold. But I'm open to it. And I think it's great that I've got a second chance of experiencing a new, a new love, a new marriage. It's not the end of the [00:25:00] world. And they find someone else to talk about very quickly.

[00:25:06] **Samantha Baines:** It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama and I was really thrilled about it.

[00:25:26] **Samantha Baines:** So it'd be nice to do that again. You could also join in the conversation on social media, we're on Twitter and Instagram @divorce pod. We have a website, the divorce social.com. And you can also join us for our like 90s style divorce chat room experience over on Patreon. So just go to patreon.com forward slash Samantha Baines -B A I N E S. And it starts at two pounds a month and we all have lovely and awful and amazing chats. See you there.

[00:25:58] **Samantha Baines:** So what [00:26:00] do you think got you through that time? Because it sounds like your faith did and your connection with God. Was there anything else or was your focus really there?

[00:26:12] **Natasha Auja:** I feel like it was um, going through being pregnant, carrying a child, delivering that child and holding him.

[00:26:22] **Natasha Auja:** It made me see life in a different way. And I read a book about two weeks after my son's funeral, I read a book and that helped me. It was a psychotherapist from New York who took somebody under regression therapy and some of the messages were delivered for him. And it turned out he'd actually lost a child.

[00:26:44] **Natasha Auja:** Um, with a similar condition to my child and he spoke about what can we do to understand what that soul's mission was? And his interpretation was, and the messages he delivered was that soul chose you as his parents [00:27:00] to balance out some sort of karma. So something good has to come from this. So I really focused on that light and the love that I felt from carrying a child, from delivering him and from

[00:27:12] **Natasha Auja:** getting to be a mom and feel that, it's incredible. It made me completely change lanes in life.

[00:27:20] **Samantha Baines:** How have you taken that on obviously after your son has gone up into the skies?

[00:27:26] **Natasha Aujla:** It's taken me a long time and a lot of work, it took me over a year to say my baby. Before that it was, the baby. And I, and I wouldn't really discuss, I don't really still discuss how I feel about it.

[00:27:42] **Natasha Aujla:** I write, I don't really talk about it because I find it so hard. But I I'm now able to say my baby. I can hold babies in the family now. I can see them and not feel so much hurt. It's [00:28:00] always there, but I'm able to still be a bit more present in the moment. And then I can reflect on the hurt I felt a bit later on when I'm grounded and I'm able to connect a little bit and I can meditate, cause that helps me out a lot.

[00:28:15] **Samantha Baines:** And how did you get through that stage from saying the baby to my baby? Do you think it's just time?

[00:28:22] **Natasha Aujla:** Yeah, I think it's time. I think my sister helped me a lot. Um, and her children, I have two nieces. Um, I'm being around them and having like that childlike love and innocence almost because they were also aware.

[00:28:41] **Natasha Aujla:** So the fact that they acknowledged it and my oldest niece, who was six at the time, she told me I'm so sorry to hear about your baby. I think God's going to give you a new one though, I promise.

[00:28:53] **Samantha Baines:** Aww

[00:28:53] **Natasha Aujla:** And I just couldn't believe it. And I was like, there's something so special about these children and I have to be [00:29:00] a good role model for them.

[00:29:01] **Natasha Aujla:** And I have to show them that no matter how hurt you might get, you you've got the strength within you. There's something really powerful within us and divine that we can tap into and connect and overcome it. And there's a lot of darkness within that as well. I've gone back and I've visited childhood traumas, patterns.

[00:29:23] **Natasha Aujla:** I've looked, and I didn't want to do that because it's it- you do feel like if you say something against your parents or something that you don't agree with, that you're being disrespectful. And I think it is perceived like that by my, my mother as well, but I don't mean it in that way. It's that I'm

now healing that, and I have to acknowledge that and go back and sit with that younger child and go through all these things, because I think that's, there's a lot of reasons as to why I allowed myself to be so mistreated by a man.

[00:29:55] **Natasha Auja:** Because it goes back to childhood patterns. What did we learn in those [00:30:00] crucial years and how was our brain wired and what were the role models that we had. Ultimately that shapes our beliefs. So I needed to go back and heal them and teach myself new beliefs and new patterns. And I did that by meditating twice a day, morning and night.

[00:30:16] **Natasha Auja:** Yeah. And I followed a neuroscientist and I, I basically feel like I self-taught myself because these workshops are so expensive. So every resource I could find, that's what I did with prayer. And with just knowing that I can get back to my old self. I had a bit of humor in it. We would have a laugh about him, about the whole situation, about some things he would call me.

[00:30:43] **Natasha Auja:** So, yeah. Laughter. Laughter always helps I think.

[00:30:50] **Samantha Baines:** Well being a comedian laughter has helped me along and also making other people laugh helps me as well, um, heal [00:31:00] myself. And I think it's so interesting that you kind of looked up these kind of neurological facts about your brain and healing. Where do you think the idea from that- for that came from?

[00:31:14] **Natasha Auja:** My friends always say to me, I've got a very logistical mind frame. So I think naturally that helped, but also I knew what I was going through was too much for me to process without, without me breaking apart. And I did not want to break apart. So the real trigger for it was I would wake up in the nighttime.

[00:31:38] **Natasha Auja:** And with pain in my body, so much pain in my legs. And I couldn't understand why my body was hurting me like this to the point where I would be in tears. And I'm not really, I feel like I'm not really that type of person. So I knew something really deep was affecting my body and I knew it was coming from the thoughts that I had, [00:32:00] because I know that

[00:32:01] **Natasha Auja:** our brain doesn't know the difference between imagination and reality. So every single time I'm reliving the things that he said to me or that I'm affirming yeah, it was me or I was too much or whatever it might've been that I was making my body believe that I'm going through that whole process again.

[00:32:23] **Natasha Aujla:** So I need to go and learn about the brain because when I learn about it, and I understand that um, I'm more able to commit to it. And as soon as I saw, and I studied brainwaves and brain patterns and, and anything that I could find, and that was it, it was like, it, it felt like everything was just assigned from the universe. Sometimes

[00:32:44] **Natasha Aujla:** I'd be laughing. I'd feel like I would actually have a laugh with God. Like, are you serious? And other times, it would have been like, I can't believe the state of my life. I'm crying over my prayer book at five in the morning. Somehow I'm still getting up to pray to [00:33:00] you. Like I know you're going to help me and I just very quickly.

[00:33:06] **Natasha Aujla:** Got back to my self, I would say within, I think within a month. And that's what allowed me to also be there for my former husband when it did hit him, when that grief did catch up for him. And he did call me and wanted to speak to me because when I wanted to speak to him and I needed to speak to him, he wasn't there for me.

[00:33:28] **Natasha Aujla:** And I thought, I'm not going to do that to him still. So I didn't feel like I needed to add to it. I thought I'm leaving it in the, in the court of God. And in this physical realm, I know that I'm solid. I'm going to be all right. I don't need you to fail in life for me to feel happy. I don't want that for you either.

[00:33:48] **Natasha Aujla:** You're still the father of my son. Half of my son is you. I don't want to hate you.

[00:33:54] **Samantha Baines:** Wow. The amount of compassion you have for your ex is amazing. I think I, [00:34:00] I don't have that and I, you know, haven't also had the experiences you've had. Um, I think I'd be very angry about it. No, you wouldn't take my call. I'm not going to take yours, so I mean, wow for-

[00:34:14] **Natasha Aujla:** oh, no, but don't get me wrong, I did tell him about himself, often.

[00:34:19] **Samantha Baines:** Good.

[00:34:20] **Natasha Aujla:** I went through that whole process and also I think what I was doing was writing. So whilst I was writing, um, about how I felt about grief and my connection with God, I was also being very real to this, this raw emotion that I have in me because I am quite a fiery person.

[00:34:38] **Natasha Auja:** And I'm not naturally somebody that is going to allow you to walk over me. Yeah, I did. In my head, all I could think of is I can't believe how much exchange of energy I've had through other people, because you've consistently been having a double life and, and sleeping with multiples of women. But to me, [00:35:00] you're swearing by my life

[00:35:01] **Natasha Auja:** you've been faithful to me and I've believed you. And that really affected me. So. I had a lot of hatred for him at that time. And I did vocalize it at some points of course, we're women. I've- if I was going mad on my phone or I was on the phone, then I thought I would channel it by writing. And I'll be true to how I'm actually feeling, even if it's not nice, even if I don't like that person that I.

[00:35:26] **Natasha Auja:** Showing myself in that's still there and I have to be real to that. So some of that, I feel like I might release at some point on, um, on my blog because it shows the reality of actually it wasn't all lightness and fairies and connecting to the universe. It was dark. It was deep. I was raw. I was funny with it, I think.

[00:35:51] **Natasha Auja:** And. Vocal about if I wanted to call him something, I would call it him. And that helped me a lot as well, actually. And when I read back, I think [00:36:00] its brilliant. I love it. Some of it even rhymes and I'm like, whoa, I was writing a flow on that day.

[00:36:07] **Samantha Baines:** I want to talk to you about writing. How did that come about? Is that always something you've been interested in or is it just a way to get all your emotions out?

[00:36:17] **Samantha Baines:** Yeah, I think in our culture, we don't speak much about our emotions. My role models around me as, as women as well. They're very strong and they're the women that hold the house together really. It seems like it's the man but it is the female. Um, so, and I'm, I am an emotional person. I, I, I feel a lot. I want to process that, but I felt like it was strange.

[00:36:42] **Samantha Baines:** So I used to write privately and then deleted everything after I'd got it out. Like I'd write about how much I love the sky and how much, um, I love whatever I've seen that day, the ground, the earth, the views, the greenery, or I've had a nice conversation with somebody and I'd remember something [00:37:00] key that they said to me and I would write that down. But then I thought it was so strange because nobody else spoke about

[00:37:07] **Samantha Baines:** how they feel or what goes on in their thinking brain almost. And then when my, I was really, very close to my maternal grandmother. And when she passed, I struggled so much and I asked to go to counseling, but again, it was like, the family looked at me like I was insane. You don't need counseling, what'd you mean, there's nothing wrong with you.

[00:37:33] **Samantha Baines:** So then I was like, oh, then. So I too fought there was nothing wrong with me, that I'm being over the top in my grief and I didn't know how to process it. So I would write all night. And that's how I really like got through that. And when I was going through this again, I went back to that mindset of when I was lost in my grief, when my grandma passed away.

[00:37:57] **Samantha Baines:** I, I, I channeled it through writing so I can do it
[00:38:00] again.

[00:38:00] **Samantha Baines:** But this time you don't delete it.

[00:38:02] **Samantha Baines:** No, some of them, I did believe or not.

[00:38:05] **Samantha Baines:** You've got a blog.

[00:38:06] **Natasha Aujla:** Yeah. And even that I felt like, um, um, I wouldn't have been naturally a person that is so open and vocal in what I've experienced in my personal life. I want to be protective of it, but I recognize that the guidance that I'm getting and I've, if I truly believe in this,

[00:38:24] **Natasha Aujla:** then I'm going to follow that gut feeling and that intuition that I'm getting. So it's been hard to make myself do that and take a different step in life. But I'm glad that I have, and I'm open to see where it goes and share in some of my writings has been really, really hard because it's been reliving it almost again when I'm copying it from my notepad, because I've done it word for word, I've not edited anything.

[00:38:49] **Natasha Aujla:** And going through that again was, was quite difficult. So it's been a bit of a slow process. I'm not forcing myself. I just do it whenever I feel like doing it, and then eventually I [00:39:00] am going to start talking about how I got better and what I learned from the spiritual aspect, the brain aspect, and how to me it all interconnects and universe and God and science and spirituality.

[00:39:11] **Natasha Aujla:** It's all the same thing.

[00:39:12] **Samantha Baines:** And what response have you had from your blog?

[00:39:16] **Natasha Aujla:** I've had that people that are close to me, um, be quite emotionally affected by it. Um, and they find it hard to speak to me about, um, and they've read it very slowly. Um, I've had a couple of people reach out to me that said that they've read it and it really helped them to process some darkness that they'd been going through.

[00:39:36] **Natasha Aujla:** But other than that, I've not really been able to reach the types of platforms that I would like to reach where it can actually have some value because it's helping me to be honest, to dig deeper and heal that much more deeper, so for that I'm grateful for.

[00:39:54] **Samantha Baines:** And where can people find this blog and read your journey?

[00:39:58] **Natasha Aujla:** So I have an [00:40:00] Instagram account, which is Blusabar suburb. That's B -L -U- S- A- B- A -R. And I also have a website which is, www.blusabar.com Um, and there, you can read a little bit about me. Well, it's a bit more than a little bit. Um, and then you can read some of my, um, yeah, my journal entries. And I hope that they help somebody.

[00:40:23] **Natasha Aujla:** And people stick with it because I will get to a point where I want to be talking about things of how we can help each other and how we can help ourselves and the tools that I used that have benefited me. And also I will put in the research that I've got. Because I did write so much.

[00:40:41] **Samantha Baines:** That's amazing. Well, thank you so much.

[00:40:44] **Samantha Baines:** Thank you for sharing your journey with us and also for sharing the story of your son.

[00:40:49] **Natasha Aujla:** Oh, thank you.

[00:40:50] **Samantha Baines:** Really appreciate it.

[00:40:51] **Natasha Aujla:** Thank you very much. And Sabar, just, just before we finish, Sabar is patience and blue is obviously the color of [00:41:00] the sky and the seas. And it reminds me of heavens. I felt like visually, I wanted this to look like

[00:41:06] **Natasha Aujla:** when you have a bit of patience, you can bring a bit of heaven to earth for you. So I just thought I would leave with that.

[00:41:15] **Samantha Baines:** I love that. That's such a nice moment to end on, thank you.

[00:41:19] **Natasha Aujla:** Thank you so much.