

# I Am in So Much Pain

Sharon (00:03):

What happens when your grief or your loss first hit your body? One of the things that Erica and I are noticing is that so many women are holding back. They're resisting getting the help that they so need for their bodies, their minds and their souls, because they continually say I'm in too much pain. And that's where we wanna take this show today. We have an amazing guest her name is Erin burden. Am I saying that right, Erin?

Erin (00:40):

Yeah. Yeah.

Sharon (00:41):

Awesome. And it's, she has a business and it is called yoga with Erin B. We first met Erin a few years ago where she reached out to me after the loss of her beautiful daughter, Dakota and Erin was absolutely in this place. She and I were talking on Instagram and I just happened to send her a program called processing the pain of grief that Erica and I had just finished. And I sent it over to her and she worked the program on her own. And throughout the years, since 2018, we just kept base and touch. But I wanna introduce this beautiful woman to you, Erin. Welcome, Erin.

Erin (01:22):

All right. Thank you so much, Sharon. That's so sweet of you. Thank you so much. Thank you for all of your help that you've given me.

Sharon (01:29):

So Erin share with our friends here as much, or as little as you like about your story, and then we'll get into the I'm I'm in too much pain.

Erin (01:41):

Okay. Well my daughter Dakota, beautiful, beautiful girl. Had a horrible fight with her boyfriend. This is the nitty gritty of it. She had a seemed to have had a dreadful fight with her boyfriend and she decided to end her life on the 8th of January, 2018. I must say I, I feel it at peace with her death eventually now, because I, because I am a Christian, I believe she's with Jesus and I, I just leave it. I, I don't have to worry. Where is she now? Cause I know where she is and I've got faith in that, but she was the most beautiful girl her and I used to, we did the, with all, I've got three daughters to Curtis my youngest and we used to practice yoga together and then the Kurt and I were talking and we said, okay, let's maybe do our teacher training together. We could do little business. And we thought this both of us thought this was a fabulous idea. So we we'd started our teacher training in Jan. Well, no, not can't even remember what month, but in 2017 we'd started our we'd taken some modules for our teacher training. And I think we did the first few. And then we decided that this school was the school that we had access to here in the Nama was not suitable for us. So we, we withdrew and we left it at that for a while. Then my husband now went back to South Africa on holiday and just were looking at, looking around the girls were all older. Dakota was just turned 23 in December and it was the other girls were older.

They were 23, 25 and 27. And they'd got along along with their lives. And my husband and I were just looking around seeing if, if we could move back to Africa in any way, and well, that's totally outta the question now, but then I would, I'd been there a few days and I just got this most horrific phone call that Dakota had taken her own life. And that was, it was like three o'clock in the morning. Well, no, we didn't. We'd been told she passed away. I'm still careful with my wording cuz for the longest time, I couldn't say that she died.

Sharon (04:06):

Yeah.

Erin (04:06):

And for the longest time, I only like November last year I started to acknowledge, okay, she's suicided. But either way it doesn't, you know, however she's gone, she's gone and and horribly, but I always used to say to the girls, you know, you've live your base because God knows when it's your time, it's your time. And you're always going to you. You're gonna go. So I feel, I believe that doesn't matter where in the world we were Dakota would've left on that day and it's just something I live with and accept. And I say, okay, thank you God that I had her for as long as I did, but I don't want to focus on her death because that's miserable the whole time. But I, I wanna focus on the good things like Dakota and I deciding to do our teacher training together. And I I'd stayed in bed for literally about four months after I I'd got the horrible news and we were back in Canada and I'd just, I couldn't a lot of the time I couldn't get outta bed. Everybody that's lost a child or someone. So dear to them will know that the grief can be debilitating and you don't wanna bath. And the pain I used to like have pain killers and it was just I was in a really bad spot. So I thought, you know what I've gotta hear. And something made me think, okay, do some yoga. It's probably to Dakota telling me, go do some yoga mom. I looked online, grief yoga, yoga for grievers grievers, yoga couldn't find anything. Eventually I found that one or two classes from this young girl in Canada Yoga with Cassandra. She's amazing. But she she only had a few classes and so I did that, did those. And then she had 10, many started doing those and, and I realized, you know what, there's, there's gotta be more, there's got to be more grief yoga because it's, and I don't want to put down people that the younger people that are doing the grief yoga, but if you, your kids are older, maybe. I mean, Dakota's probably about the same age as the girls. I was doing the yoga from. And

Erica (06:23):

I'm sorry, I don't want, I don't mean to cut you off. I just wanna jump in there before I lose my train of thought, because this is, thank you so much for sharing your story. It is so, so beautiful. But when you said the words, grief yoga, like I have like this physical reaction in my body because it's like I would, my brain, my brain would never connect those two things together. So I love that you physically, because you have this training and two, you have this desire to still maintain your connection to Dakota, which I absolutely 1000% can relate to, which is why I feel like I do this work because of my boys.

Sharon (07:01):

Yeah.

Erica ([07:01](#)):

But to make that, like, I just think that's so beautiful that your, your heart said grief yoga. Like you knew that's what would take for you to start your healing journey and start your process, which I think is so amazing. So one, I wanna thank you for putting that together for us, but if I could also ask you, cuz before we started the show, you mentioned your favorite people to work with are not only people new to yoga, but people new to grief, which I think is extremely profound because as Sharon and I know the new griever is like a, it's like a little like a, a baby, it's like a newborn, you know, cuz it's like, they're just new to this world of all this immense pain and tragedy.

Sharon ([07:49](#)):

Mm-hmm.

Erica ([07:50](#)):

So the fact that you work with him, can you share a little bit about how that started and why you specifically wanted to go with the new griever?

Erin ([08:00](#)):

Well, I, because I knew that when I got out, the only way that I was getting out of my pain was because of doing the stretching, doing the, the movement of the yoga, got me out of the pain. And I realized, because you know, you can take as much as many bottles wines as you want as many pain killers, but the pain that you feel after losing your child is it's in a cellular level. And when you do yoga, it brings that out. It's a lot of working with energy and a lot of you know, that, that, that stuck energy has got to be moved and it's gotta be moved out of the joints out of the cells of your body. It's gotta be moved, like get it out of you, just do some yoga or, you know, even if it's not yoga, but do something. Cause I know with a lot of Christians, like I was in a greeting moms group for Christians and they, they don't wanna touch yoga, which I totally understand. You know, it's not something that a lot of Christians feel that they can be doing, but the pain is at a cellular level and doing the yoga. It just helps to move the energy, move it out. And I, and I, sorry,

Erica ([09:20](#)):

I, no, I'm sorry. I remember in some of our early correspondence, like you said, you couldn't say she died and then let alone, you know, say about the suicide. How long after you started doing your yoga and really focusing on your healing, did it take before you could start saying the words she died

Erin ([09:40](#)):

Years, literally years we're 2022 now. And it was in 2021, November, 2021. I, I said, okay, this is what happened. And I've been able to verbalize it now.

Erica ([09:56](#)):

Mm-Hmm.

Erin ([09:56](#)):

And then I, you know what, I listen to another podcast and it's like, and it's true. Like don't live in the light. I'd rather focus on the shadow of her line, wait, live in the, the light of her life rather than focusing on the shadow of her death because Jesus overcame death and we know heroes and my, I believe my daughter's there with them. And I could be doing a lot worse things. I could be shooting up heroin, drinking, 10 bottles of wine. I think Jesus are gonna strike me down dead whereas for doing, rather than doing yoga, I don't think I'm gonna be struck down dead for doing yoga. Put it that way. I dunno. I dunno.

Sharon ([10:39](#)):

One of the things I love the connection between you and Erica in the sense that you both lost children. And one of the things Erica and I, often Erica often shares is that after Donovan died, she couldn't say that he died. She could only say the accident.

Erica ([10:57](#)):

Mm-hmm.

Sharon ([10:58](#)):

That went on for a very long time. So for all the friends that are out there listening know that if you can't say your loved one died, it's absolutely okay. It's absolutely okay. One of the other things you said, I have to live in the light of her life and I believe that to be true, Erin, but also I think the connection between you doing the yoga or doing some sort of grief healing work helps you get to that part where you can live in the light of her life. Prior to that, you're totally in the darkness. I believe.

Erin ([11:33](#)):

Oh, hundred percent. Yeah. Dark and pain, darkness and pain. It just like it clouds your mind and your body, Erica sham long. Did it take before you could say Donovan had,

Erica ([11:46](#)):

It was definitely over a year. It took me over a year because after I had so two different complete two completely different grieving experiences after each of the boys.

Erin ([11:58](#)):

Mm-hmm.

Erica ([11:59](#)):

When Austin died, he was 10. So I felt I was more accepting of it cuz I, I understood, you know, accidents happen and you know,

Erin ([12:08](#)):

Yes.

Erica ([12:08](#)):

We don't understand why we are chosen for this, but it happens. And.

Erin ([12:12](#)):

Yeah.

Erica ([12:13](#)):

So I took a more, I think I definitely took a healthier approach from the beginning.

Erin ([12:18](#)):

Mm-hmm.

Erica ([12:18](#)):

But when Donovan died, all bets were off. And like you said, debilitating is a word I use over and over again to describe that immense pain that just, it takes over every facet of your life, your body, your mind, your soul even. And my connection when I lost Donovan, I couldn't, I could not, I, it was like I was in self preservation mode. So my, my brain wouldn't allow me to, it gave me like small doses. I felt.

Erin ([12:49](#)):

Mm-hmm.

Erica ([12:50](#)):

So that I could keep functioning. Cuz I felt like I was gonna like short circuit, like a computer and just like be fried on all levels, you know?

Erin ([12:58](#)):

Mm-Hmm. Mm-Hmm.

Erica ([13:00](#)):

But it was definitely over a year.

Erin ([13:03](#)):

Yeah.

Sharon ([13:04](#)):

Let me ask you a question. What do you think? Speaking to all the women out there that are in pain right now, what has been the, what was the one thing that surprised you most about the grief?

Erin ([13:19](#)):

Hmm. I couldn't believe that I could actually be in so much pain. I couldn't believe that I could feel so much sadness like that. I could feel the sadness in my heart and in an emotional level, but

that it was in my body too, that every, every part of my body ached and I was just in so much pain. Did you feel that way, Erica?

Erica ([13:48](#)):

It was shocking. It it's like, you think It's gonna kill you because the pain is so immense. You feel it, you can't survive it.

Erin ([14:00](#)):

Yeah. Now my husband, I wanted to, to kill us. I was saying, okay, just let, please go on. Just take me, take me and know.

Erica ([14:07](#)):

Yes. If I didn't wake up to see another day, I was not gonna be upset about it.

Erin ([14:12](#)):

Yeah, exactly. A hundred percent.

Sharon ([14:14](#)):

So let's connect that early pain to when you first started doing the yoga Erin, when you first started to move, were you resistant to the moving? Were you was part of your body resistant to actually, you know, doing the moves and getting out there?

Erin ([14:28](#)):

No, because I'd had a history of yoga. I and it was after like in about April, I was in so much pain. I just like, there's gotta be something. And I just, I typed in the computer grief yoga because I, I, you know, I remember, okay, that yoga is gonna help, you know, with look, I have three teenage girls. Okay. And I had moved to Canada with three teenage girls. Oh my goodness. I was actually gonna be drinking wine. Or if I, I was going to be like doing yoga or something, I was, it was nerve wracking. So I knew from previous, from my previous history with, you know going to gym that yoga was gonna help me with my stress, my anxiety and my just all the high strung emotions that having three teenage girls will do to you.

Sharon ([15:24](#)):

Yeah.

Erin ([15:25](#)):

So, oh my goodness. I, they gave me a ride for my money. I'll tell you. But and it's, it's all good. Now we all get along very well but oh goodness. So after a few months, I, I realized that I've got to do something for my body because.

Sharon ([15:44](#)):

Yeah.

Erin ([15:44](#)):

The pain, the pain was just stuck and all literally I could do was like a 10 minute class and then I'd fall back into bed and I'd lay there, like for another day or two before I tell

Sharon ([15:57](#)):

A little bit more of what it was like. And when you just did the 10 minutes, what, what did you notice?

Erin ([16:04](#)):

I, I could breathe easier. Yeah. You know, I think it depends where your grief sits a lot of the time it'll be like in the SAC. Well in the SAC area or in, you know, it'll obviously be in the front part of your body. It, but it's gonna be depending where you feel it the most, is it in your chest? And, and then when I started doing just more of the movements, I said, oh, okay. I feel a bit better. You know, and I get back into bed, but I get back into bed, less achy and less in pain. And you know what, I just started with the 10 minutes and bless that woman. I said to her, thank you. Cause eventually, I mean, I was, I, I took extra training with her in in yin yoga. I've done extra training with Cassandra in yin yoga. So it's like, it's healed my body so much. That's all I can say. I it's moved the energy and you know what the okay. So you're gonna probably think, well, Erica may understand this, but, I feel the culture with me when I'm doing the yoga. A lot of the time I can just, I feel it with me. Oh, I love pulling up my mat and getting there like, oh, I can feel my daughter's presence with me. Not all the time, but I do get to feel that I feel her with me. I'm so thankful.

Erica ([17:23](#)):

Love that.

Sharon ([17:24](#)):

I do

Erica ([17:25](#)):

Absolutely love that.

Erin ([17:27](#)):

Yeah. So

Sharon ([17:29](#)):

That's so beautiful. I love hearing that. I question for you. What surprised you about society and those around you as you were experiencing the grief?

Erin ([17:42](#)):

Well, my doctor told me my dear south African doctor said we're strong people and south Africans are very strong people after three months, let's get you back to work and yeah. And come on you, you know, you're south African must do this. Like, are you kidding me? But anyway, I couldn't even say that. I just thought that cuz I, I couldn't verbalize it. I just I think my work wanted me to get back, but they were love, love my my old boss, my boss, I did love them.

They were so helpful. She then first of all, I had to see, I, I couldn't get around to mix with people and, and only October last year I had dinner with three ladies and that was just disaster. So I sort of keep back from a lot of people. I, I go, I do my yoga and then I retreat back into my little safe cocoon. I'm not comfortable just going out, mixing around people too much. I think there's an expectation that get over this, you know, come on. It's time, it's time, you know, look at the time, look at the time sort of thing. And it's just like, I'm, I'm a different person, you know, once you've lost your child, I'm sure. Erica, you'll see, you're a different person. You're not the person that went to bed the night before your child died. You're a different person. And you're like and you me is emerging.

Erica ([19:19](#)):

Yes.

Erin ([19:19](#)):

And the thing is, it is, it is, we're always gonna always be changed. And it's, I choose that I'm gonna live in the light rather than, you know, in the shadows, because I want, I want Dakota's life to always be remembered. I want to be a blessing rather than, you know, like, oh, this happened and it cursed my life. No, it's I, I wanna, I wanna be thankful. I wanna always just be, realize my life is a blessing and how I can help others, how Dakota can help others. I think we're here to help each other through.

Erica ([19:57](#)):

I love that. That's so beautiful. I know for me, I definitely experience that same thing.

Erin ([20:04](#)):

Mm-Hmm.

Erica ([20:04](#)):

Home is it's like your, your safety net, it's your.

Erin ([20:08](#)):

Yeah.

Erica ([20:08](#)):

Cocoon, your, your, you know, it's like my own little private sanctuary.

Erin ([20:12](#)):

Yeah.

Erica ([20:12](#)):

And I know I didn't attribute this to my grief because of all the work that I've done. But Sharon when we started to do our healing seminars and we'd alternate between California and Texas.

Erin ([20:27](#)):



Mm-hmm.

Erica ([20:28](#)):

When I would get to California, I would just be, so it was like I was so cranky and, and I know Sharon was like, what is wrong with you? But it was like, I was out of my safety net. I was away from home and I just couldn't it's like, it would, it takes me like a day to kind of come out of that because it's like, it's a physical transformation to put yourself out there into the world when you are, have been through this. And I didn't, I don't like it. I wanna just stay here in my bubble, in my, right here at my table and do all my, my work on zoom. Cause this is safe and it's comfortable. It's just such a struggle to move out into the world because people don't understand and they don't care, you know, most of the time.

Erin ([21:12](#)):

Yeah. Yeah, totally. That that's so true. That's so true. One of the

Sharon ([21:19](#)):

Oh, I'm sorry, Erin. This is such a great conversation. I have so many things to talk about. One of the things that we said early on and, and I wanna go a little bit deeper into this is that Erica and I have noticed this too. And you mentioned it is that a lot of times women won't come to do the work because they say I'm in too much pain. It's almost as if the grief freezes you in time, you just get hundred percent right there. Right. And so, and I often say this and, and I believe it to be so true is that well the program that we do, it's not a hard sale. You, you have to take one step towards us in order for us to help you. We can't drag you through. It was just like when Austin died, there was no way I could even as many grief support groups as I was sending Erica to it didn't matter until she took one step towards grief healing. That the, that it absolutely changed. My question for you is what do you know why you think so many people don't come to do the healing yoga? Is it

Erin ([22:26](#)):

What's cause you're, I think, okay. Maybe it's the the spiritual beliefs because of, you know, being a Christian. I know in South Africa, the church there wasn't wild on, you know, like I had an injury and they don't want you to do yoga to maybe it spiritual belief, maybe, you know what? Cause I felt paralyzed. And if I hadn't, you know, like you feel your body's in so much pain.

Erica ([22:49](#)):

Mm-hmm.

Erin ([22:49](#)):

You don't think that you can, that it's sort of like you're thinking no moving is gonna hurt me more.

Sharon ([22:56](#)):

Yeah.

Erin ([22:56](#)):

And I don't wanna move and stretch my arms up over my head. No hell that's gonna hurt my shoulders. And my, you know, if stretch up, it's gonna hurt the side of my body. So you think straight away that the pain is going to be there. The few ladies that I, that I, that are following me and that have brought into like the one lady bought, I know it's and I still have a bit of a conundrum in my brain about this, but the chakra yoga, I did a, a series on that and she just said like, wow, this worked, this is fabulous. This worked for me because she she's realizing how much the moving is helping her. So I think women, if you know, religious, you don't wanna move because you're in pain, you don't realize, or they've got a heart issue or something, you know, there's yoga has got so many benefits and it's not, you know, I, I think you could definitely yoga can be a spiritual practice, a hundred percent, no doubt. If you want to take it that way, but there is even Christian yoga and it's gonna be up to you. What you do get when you get onto your mat with your intention, if you going to, I, I spend a lot of my time praying and thanking God on my mat. And especially in, I, for the longest time I fail, I couldn't do lying down, which is Shava. I could not do that. So when I'm doing grief, yoga, I avoid that pose for a lot of, for the women, because it's, for me, it was triggering. That was a trigger point. And I couldn't get to that. But I've seen it. Okay, now I'm fine. I can do this. And it, it, you know what it's, if it's gonna work, you've gotta take the stick. Like you said, you've gotta take the first step

Sharon ([24:45](#)):

One step. That's all it takes is just take one step towards us and we can help you. And here's the other thing about getting out of grief is that to get out of the pain, you have to take action steps. And I always, you action steps that you, the griever have to take. Whether it's moving towards Erin and doing the yoga, moving towards Erica and myself and doing the much needed hard work, but you.

Erin ([25:10](#)):

Or both

Sharon ([25:11](#)):

Has to take one step forward and say, I am going to go after this pain, Erica and I both know that we have met women that 30 years after their loss, they're still grieving because they never did the much needed work. Erin, I wanna ask you this question, where can people find you? Where can they most find you?

Erin ([25:31](#)):

Okay. So I've got a YouTube channel. There's free yoga there, which I've just recently started. So there's 10 minute classes on YouTube Yoga with Erin B. I've got my website and that'll also take you to the YouTube. You can find it through there. If you wanna do in person, you've gotta come to Nima or Mexico. And on Instagram too.

Sharon ([26:00](#)):

Awesome. I wanna in this show and I'm gonna give both of you guys a chance. So Erin first, and then Erica, what is the one bit of advice you wanna give to the, the mom that's out there grieving right now that says I'm in too much pain. What would you tell her?

Erin ([26:20](#)):

Go after it. And you girls, you two ladies have always said that I totally listened to your podcasts. And you know what? Listen to podcasts motivated me. You know what, Sharon? I think this work is not gonna end, cuz I know I can't stop doing the yoga. It's gotta be something. Even if, for me now after so many years, I'm still doing, even if I have to just do 10 minutes a day, you've got to do the work daily. And even I'm sure you've seen that Erica, maybe, you know, it's gotta be something you can't just, oh, it's gone. Nevermind. They've gone. I'm not gonna think about them. No, you've gotta do your work every day to keep the pain away. That's how I feel. So please it's Yoga with Erin B because I see there's a yoga with Erin, but it's [yogawitherinb.com](http://yogawitherinb.com).

Sharon ([27:10](#)):

We're gonna put the link and the and the show notes. Erica, what about you? To the woman that says I'm in too much pain?

Erica ([27:18](#)):

I think coming from my personal mindset, after losing Donovan specifically, my brain told me nothing was gonna help. There's nothing out there that's gonna help you.

Erin ([27:31](#)):

Yeah. Hundred percent.

Erica ([27:32](#)):

Even having the tool set that we have, this is after knowing what I knew about grief, I still felt there's nothing that's gonna, that's gonna help you.

Erin ([27:41](#)):

Mm-Hmm.

Erica ([27:41](#)):

And you have to do something though that I learned the hard way because after sitting and resisting, sitting in my pain for a solid year resisting, I was deteriorating on all fronts as a wife, as a mother, as a sister, as a friend. And I was literally going to waste away had I just stayed in that place. So there's something out there for you, whether it be grief yoga, grief healing, talk therapy. There has to be something like Sharon said, the action steps. Grief will attack you on all fronts if you allow it and it will go after you physically, that is the last place it ends up. So you don't wanna end up being a person with chronic illness as a result of your, your debilitating, broken heart.

Sharon ([28:33](#)):

Yeah.

Erica ([28:33](#)):

So there is something for you. You just gotta go find it. And, and the last thing I'm gonna say is it's such a blessing to be in a place with like-minded and brokenhearted people.

Erin ([28:47](#)):

Oh yes.

Erica ([28:48](#)):

Because they absolutely know where you're coming from.

Erin ([28:51](#)):

Mm-Hmm.

Erica ([28:51](#)):

And you don't even have to share your story. They just understand.

Erin ([28:55](#)):

Yeah.

Erica ([28:56](#)):

So find that place.

Erin ([28:59](#)):

Yeah. That's so true. That's so true. Yeah. It's just, you've gotta find your place and you've gotta move, go towards that grief.

Erica ([29:07](#)):

Yes.

Erin ([29:09](#)):

And yeah. Just be thankful that we had the children for as long as we had them.

Erica ([29:14](#)):

Absolutely. Cuz they're definitely a blessing.

Erin ([29:17](#)):

Yeah. Yeah. That's wonderful.

Sharon ([29:19](#)):

Erin, thank you so, so much for coming to our show and being our guest. Everyone, I'm gonna put the links in the bio for Erin in the show notes. And it's yoga with Erin B and you can contact her at [yogawitherinb@gmail.com](mailto:yogawitherinb@gmail.com).

Erica ([29:36](#)):

Thank you Erin.

Erin ([29:37](#)):

Thank you so much, Erica and Sharon, I love you sisters. I really do. You're fabulous

Erica ([29:42](#)):

Thank you!

Sharon ([29:45](#)):

All right, bye friends!

Erica ([29:45](#)):

Bye!