

Dear MCT mom of small kids (AKA Jenn Stuart)

I promise to keep the following sentences super short and simple to read.

Why?

Not because I'm trying to emulate accomplished NYT bestseller authors who finish trains of thought, sentences, articles, and books.

No, but instead because it reflects my goldfish brain that is still recovering from sleep deprivation.

And. Thoughts. That. Are. Perpetually. Interrupted. By. Short. Humans. Needing. Attention. Affection. Food. Toilet. Something. Right. Now.

After years of training, I've successfully curated a mommy brain as opposed to a brainy mom.

So, apologies for the pot-pourri of staccato thoughts, but I have a feeling that you can somehow relate.

~~~~~

Martha Beck said **“Sure Carmela, write a small something about yindorphins then”** as her voice trailed off to talk to the next MCT student.

Yes, initially I wanted to write about the delicious sensation felt long after a yin yoga class is over.

Students sometimes tell me, days after a class, that they “slept better,” “got over a cold/ jetlag/ small pain/ argument faster than usual,” “felt calmer/more focused, etc.” and essentially wonder “how does all this laying down and not doing much, generate so much long-lasting goodness?”

One of the founders of yin yoga, Paul Grilley, calls it the “yindorphin rebound” or “aftertaste.”

And I love the concept of a feel-good aftertaste.

What experiences give us positive amounts of energy without a bitter taste in mouth or crash afterwards?

And what kind of foods, people, places, jobs, etc... invigorate us on the long run rather than deplete us?

What's a delicious Michelin Star restaurant meal, if it makes us fart and feel constipated? Versus that easy-to-digest homecooked meal made with vegetables from the garden.

Conclusion, let's strive to sharpen our antenna and seek out the experiences that help us make good poopoo.

Yes, let's Marie Kondo the crap out of our experiences (pun intended.) More of what brings joy. Less of what doesn't. That's lifecoaching with Martha Beck 101 (minus the poop part, obviously.)

Am finished, here is "the small something about yindorphins" for Martha. Confetti emoji. Done.

But it's certainly not the whole truth on this human experience (and really, only 300/1000 words.)

~~~~~

So, humans, and some lifecoaches are guilty of this (pointing my own finger at myself), we tend to seek creation over dissolution. We do everything to see, to follow, and to be 'the light' and to avoid the darkness.

And yet the two are forever intertwined in the dance of life and death.

~~~~~

I was raised agnostic but love following where the Doreen Virtue's Goddesses cards take me. The Egyptian, the Celtic, the Hindu, the Buddhist, the Roman, the Greek, the Christian, the Voodoo...

And recently learned from my brother that in Kabbalah, the Tree of Life is represented by 3 fundamental forces or pillars of life: positive/+, negative/-, and neutral/0.

The left pillar is the negative feminine black pillar of destruction, contraction, and restriction.

The right pillar is the positive masculine white pillar of creation, expansion, movement, and energy.

Similarly, in yin and yang Chinese philosophy, yin represents the negative/dark/ the moon/ hidden/ concealed/passive/female forces. While yang represents the positive/ bright/ white/ active/ the sun/ open/ overt/ masculine forces.

Do some people choose to emotionally live more in the positive realm while others more in the negative?

Or is a fuller experience of life a vacillation between the two?

And what's a worthier human existence? The swinging pendulum of high peaks and low lows gaining momentum to reach extremes, or a mellow and shallow vacillation towards the center?

F\*ck if I know.

Although keeping emotions under control is definitely socially WAY more acceptable. But maybe not as memorable or legendary.

They say that, "life begins at the edge of our comfort zone."

So, in that, life would happen at and because of the extremes.

A phenomenal coach will meet us wherever we are at, and help push our positive edge just a little further.

~~~~~

No one wants to live the bland-boring-vanilla-flavored-cotton-cocooned life ALL THE TIME.

Nor does anyone wants to live the exciting-emotional-rollercoaster-fall-in-love-and-blow-all-your-shit-up life ALL THE TIME either.

So, should we rock the boat or hold on tightly to the mast?

Regardless of what amplitude and frequency we swing at, the resulting average of this parabola, over time, IS THE SAME. It all levels out to ZERO. Always.

The Kabbalah middle pillar represents harmony, cosmic awareness, equilibrium, stillness, and the neutral “present moment.”

In Yin and Yang Chinese philosophy, the fusion of white and black in physical matter is what brings the phenomenal world into being.

Both philosophies agree that the middle is for the spiritually enlightened mystics.

We, grounded parents of small crazies, can understand that at a cognitive level, right?

But how can we possibly fully embody this middle, zero, grey zone, regardless of what external positive and negative influences are at play?

It is possible to ride the external metronomes of life through the one thing we can internally always control...

...Right underneath our noses... OUR BREATH.

~~~~~

The truth is. Like a body of water.

To be alive is to be in constant motion.

Never static.

As T.S. Eliot eloquently put it, “We must be still and still moving.”

And what better way to be alive than by being still and fully breathing?

Shamata meditation is that +/-balance reached by breath. To focus on breath and ignore the rest. To be relaxed on an outbreath (but not dull or bored) and alert on an in inhale (and yet not restless or anxious.)

Apparently, breath is the first thing to become shallow when kids undergo trauma.

All experiences in life are more enjoyable when we are well oxygenated.

All ancient cultures and wisdom traditions agree that we can all, regardless of history, cultivate the choice to live a life full of awareness, contentment and freedom.

Anyone can reach it, not just a select few.

Essentially if we can breathe fully, we can ALL reach certain states of enlightenment.

The bottom line is we are ALL born in a body, breathe in and out a lifetime of human experiences, and then exit the body.

The waves of our breath will one day stop.

But, I have a subjective hunch, that our legacy reflects the moments we breathed fully and stayed captain of our ship.

“What a society honors,” wrote Aristotle, “will be cultivated.”

I long to honor and live with the ones who cultivate vegetable gardens (for good poop-making purposes) and those who cultivate their breath.

~~~~~

Right, off to pick up the candy wrappers in front of the iPads.