Lesson #1 Part B

Material Success Through Yoga Principles Part 1

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So let me give you an example with a story from my own life that might be helpful in expanding on this idea of dharma and what one should be doing at different times in their lives.

So, I have two children and so a couple decades ago, uh, they're adults now, as you can guess.

I was, uh, still working, um, as a yoga therapist and busy mom, very involved with the schools and, um, felt, you know, had a lot on my plate.

And at the time there was, um, it was a, it was a homework war, so I'll just put it that way.

There were some situations that I just felt weren't healthy, not only for my own children, but for all the children.

So I felt like, well, let me do some research and see what the schools having all the kids do, if that's really healthy.

Because I'm in a community where people respect research and want, you know, be up to date and doing the latest and best things for their kids.

And I found out what they were doing was, there was no scientific evidence whatsoever that it was helpful for the kids.

And instead there was evidence that it was not helpful for them.

So I was like, okay, I'm going go let everybody know.

Let's take a look at this. And I did, I had no idea how entrenched some people were in keeping

things the way they were.

And it was, um, a big lesson for me, uh, really. 'cause I just went in very naively into this.

And at the time there wasn't a question because it was my kids.

I was wanting to create change to help my children.

And I was, and not only my children, I saw, I think because I was supportive of them and just their sensibilities, the policies weren't as harmful to them.

As I talked to other moms, they're like, yeah, my child's crying every night.

And it's so frustrating and on, on.

So it's like, so I took that on and it, and I learned how to, to back off and how to work and with people and, um, to really communicate and understand where other people were coming from and their needs.

And over a couple years, it did change for the better.

And that got me involved in parent education.

It wasn't something that, you know, growing up was like, I wanna be into parent education.

It wasn't even on my radar.

Uh, 'cause parent education is how I found that was my inroad to create the change.

So, so basically the topic is really, you know, how people learn how children, how young children learn, you know, how their brains develop, et cetera.

And so, you know, I dove into all of that and then At a certain point I find myself just seeing other things that I could be helpful with in this realm of parent education and in this culture of, of what was being defined as success and actually got involved with Stanford universities, uh, program that's called Challenge Success.

And they can write success upside down because they were doing the research, they were seeing how this push, push, push from, you know, before kindergarten and preschool.

I mean, that's another story is, you know, as we're talking about what does it mean to be successful, um, when we were in San Francisco and we were told like, get on the waiting list for, you know, these best top schools the day your baby is born because it's that competitive.

So my husband dutifully did that.

And um, and then when it came time, you know, several years later that my first born was old enough to go to a preschool, um, I remember going to these different orientation meetings for parents considering applying for their child.

And what really struck me is the kinds of questions the parents were asking.

They were asking questions like, okay, so preschool, um, I wasn't planning on starting my kid until like the maybe four.

And part of it's 'cause that's where all the other kids were.

You know, it's kind of like the parks start drying up when they're four years old or kids their age, right?

That's where they would go to play.

Which that also, you know, I don't know if I wanna send my kid there or not or you know, wait to what age?

But anyway, the parents were asking these questions like okay, well if my child goes to this preschool, how many, um, you know, what's their likelihood of them to be able to go to this elementary school?

You know? And then the next thing of course was to which high school to which college?

So that therefore they can get a good job and be successful.

And I just couldn't believe that that was the conversation.

It wasn't about what will my child receive what's developmentally appropriate at this age.

Are they going to get to, you know, work on their, you know, just being able to play and have adult supervision, you know, with that to make sure everybody's safe and they learn communication appropriate for that age.

Those were not the questions being asked.

And quite frankly, as we see, having a couple generations kind of grown up, not getting that kind of more natural foundation of, of interactions, but rather gotta do this to be successful.

So you can do this, so you can do this, you can do that, um, that does not serve children well.

So there's so many different things in the education system that I was just like, wow, this is, you know, isn't right.

It's not healthy and it's not ultimately helping them to be even successful in some of the defined ways.

Maybe they got a good job, but many of them were not succeeding and doing well in their good jobs because they couldn't think for themselves 'cause they were, um, pushed to do this, do this, do that.

Where they were never given that chance to stop and think.

So, um, I continued, but at a certain point I was just feeling kind of as my kids got older, um, things were, you know, smoother in that department for them as, and I remember wondering

like, you know, I only have so many hours of the day, you know, what's basically, what's my dharma?

What should I be doing? Should I be letting go of some of the things that I'm doing?

'cause it seemed like my plate, you know, is getting more and more full.

So I went to, Nayaswami Asha, some of you may have heard of her, know her and kind of was hoping, you know, as I wanted to say, like, well I'm doing this and that and, you know, should I let go of some of this?

And, and it was the parent education piece that I kind of felt, felt kind of more something that, you know, I hadn't, as I said, I hadn't as a child thought that I should be doing this.

Um, and really was wanting somebody to say like, no, get back to just doing, you know, the yoga stuff.

You know, be the yoga therapist and lead meditations and write more books and do more research on yoga.

'cause I was doing all those things and instead she's, oh, that's great, keep doing it.

And I was like, okay.

So, um, so it was kind of a, um, so, so this is what I say is like, it can be tricky about what you are supposed to do because just because it's hard, just 'cause your plate's full doesn't necessarily mean you shouldn't do it.

So I did continue through until my kids were out of, um, high school and then it felt really appropriate to, um, let go of that as, as, as a focus point.

But all that I learned in terms of education and brain development, I mean is hopefully you're enjoying it here and it's serving you all well, um, as we go forward.

But one of the things that was very poignant during that time is, um, we uh, we actually moved over into, uh, Marin County, which is just north of San Francisco.

Um, but then our kids ended up commuting to high school back into San Francisco, but a very affluent area where there's high, high expectations on the kids.

And that, and there were also, during that time, high level of suicide rates.

So hope this isn't triggering for anybody, um, let me know 'cause I'm here to support you.

But, um, one of the things that I felt in this challenging success in the way it was known

was a piece of the puzzle.

It's very complicated, that sort of thing.

It's very complicated. But I, um, was in the parent education, committees and I would bring in speakers and do my little talks.

And I remember one night, you know, the kids had come home and they were home and having, you know, gonna have dinner with their dad and I was taking off.

And I remember like it saying like, so why, why because 'cause I had kind of done for them what I needed to do.

They said, well, why are you, why are you going, um, in, what are you working on?

I said, oh, we have, um, a speaker that, you know, I've brought in and so I do need to be there to greet everybody, and the topic is communication, how to talk with your, your kids.

And they're kinda like, you know how to talk to us.

Why, why, why are you going to talk to your kids?

Uh, conversation, which was really validating for me that my kids as uh, teenagers were able to say like, we do communicate.

We have good communication.

But I, that their question again made me question, why am I still doing it at this point in time?

And I really, on the, the drive back really reflected on it and I was able to update my answer to them.

And I said, you know, the reason I'm still doing it now, if it can help save one life, if it can help make one child have a, you know, a better, happier, truly successful life, it's worth me going in and doing that.

And it, it, it, it just hit me.

And that, that's why I was putting the energy, that's why I was there.

Now again, as deep and as profound as that is, I'm at a certain point that karma that dharma had.

It um, it, it has its waves. 'cause it's not that I'm not involved in education, but I'm not, uh, involved in parent education.

I've been training yoga therapists for example, and they have an intensive training and I'm able to tell them about how the brain works and how to study and how to make sure they get their sleep and, and et cetera and all that.

And here I am now as well. So I hope this story is helpful for you, um, in just seeing how even something that is maybe very intense and important, again, I might've, it might've been my dharma to just really stay with that and kind of combine yoga therapy in the parent education space, um, more intensely.

But it clearly hasn't been.

Um, but I, but I know that by both my deep reflection doing my techniques and then also for sometimes we need to go to a trusted person, somebody who's not, sometimes our, our best friends will just kind of be like, we'll just go along with whatever you say.

So like, I was kind of fishing for like, shouldn't I let something go and not be working quite so hard?

And sometimes our friends will be like, oh yeah, yeah, you're working so hard, you, you should stop doing that.

'cause they're just trying to kind of please us.

And, and often, you know, take the, the easiest route, so to speak.

You also don't want go to your worst critic, also somebody who's not supportive of the things you do.

It's like, yeah, I don't know why you're doing that anyway.

You know, shouldn't you be spending more time with your family and blah blah blah, you know, um, who do you think you are to, you know, blah blah, blah.

You know, that wouldn't have been helpful either.

So going to somebody who you know is gonna be impartial and have your best interest in mind, that may seem kind of contradictory to be impartial and have your best interest in mind.

But that's what you want. That's what you want in a mentor.

That's what you want when you go to somebody for that kind of advice, um, that's going on, you know, in your life.

That's the most important thing.

So, um, so like I, I said, so I hope that'll be helpful and I think we'll just let this wrap up.

I like to give you breaks in.

So part of learning is now I'm going to end this part of the recording and I want you to stand up and move your body.

This will help you learn and retain things.

Maybe take a few moments, write down some notes.

Um, 'cause it's giving you another level, another way to think of what is your dharma, what's your karma?

Where are you supposed to be, you know, working and, and it's, it's, it's intertwined.

Sometimes we don’t know, is that my karma doing that or is that my dharma?

Or, you know, what, what is it?

So, um, we're gonna pause, but go get a drink of water.

Move your body, take some deep breaths, go to sleep if it's late, and we'll see you in the next one.

Joy to you.