

## Transcript

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You're listening to the My Simplified Life podcast and this is episode number 238. Welcome to the My Simplified Life podcast, a place where you will learn that your past and even your present don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life, and start taking action. I'm your host, Michelle Glogovac, author of How to Get on Podcasts, the podcast matchmaker

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and CEO and founder of the MLG Collective. I'm excited to share my stories and life lessons with you while taking you on my own journey. This is my simplified life. Hey friends, welcome back to another episode. I'm your host, Michelle Glogovac. Today, you get to meet one of my friends that I have met.

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On all of my zibby type of events, from the wine retreat in Solvang to the zibby book awards where we were both winners of a zibby award for our books, Sarah Ezrin, she is the author of The Yoga of Parenting. And our conversation is going to, I think, blow your mind and have you look at yoga in a totally different light because it is and does now for me.

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When I think of yoga, I think of bending over, downward dog, sun salutation. Those are probably the only ones that I know the names of, child pose, those types of things. And yet the origin of yoga is so much more. And so I am thrilled that Sarah is sharing this with me, with all of you, because I know it's going to help in the way we look at yoga and the way we look at ourselves.

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and how we're already putting into practice yoga every single day in our lives. Hello, Sarah. Hi, Michelle. I'm so happy to be here. I'm so happy to get to talk to you and that we both get to do it from home today, not.

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traveling somewhere further away. Although I did have a brain fart and thought that I was going to come over to your house in an hour. I live all the way on the other side of the bay and I was like, I'll just hop over. It'll take 10 minutes. I forgot that we are actually, I think we're close, but we're actually a little far. Yeah. Yeah. Anything in the bay area is at least an hour away. So yeah, home is good.

02:30

Can you introduce yourself to everyone before we go down the friendship hole? Yes, yes, I know. We were just in the green room for like 30 minutes and we were like, wait, what material do we have? So my name is Sarah Ezrin. I am an author. I wrote the book, *The Yoga of Parenting*. I am a long time yoga educator and I'm also a maternal mental health advocate.

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I love them, maternal mental health advocate. I like that, we need more of you. Yeah, yeah, I mean, we all need it. Because motherhood is, yeah, it's fucking rough. Yeah, it absolutely is. And we're not doing anybody a service by pretending otherwise, right? So I, and I didn't even know what I was gonna say about that for a long time. I didn't know how to put it into succinct words, like what I was doing. I was like.

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I'm just posting content on social media, complaining, but I realize as I go through and I read the comments and the amount of people that reach out to me and then now running these mom groups and running these parenting groups, I was like, oh, my willingness to speak up about my mental health challenges, both just as an individual, but also as a mother, has given people space to be able to stand in their truth.

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And I was like, wow, that's advocacy work. That's really cool. Because I couldn't quite define it. And I didn't really realize the impact of what I was doing. But now that word came to mind one day, and I was like, oh my goodness, this is exactly what we're doing. I think I was speaking to another person with lived mental health experience, and they're like, yes, advocacy. And I'm

like, yes. Because we've got to create awareness. We've got to raise awareness about what a challenge American motherhood is.

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As I thought of you today, before we even hopped on, the thing that came to my mind the most, and we've gotten to meet now in person twice, right? And we're in each other's DMs and everything, but I thought to myself, what I love the most about you is your honesty. I hate the word authentic. Anyone who knows me knows I hate it. Like if you say it, then you aren't it. So I love that you truly show up as you are. You speak your truth.

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you don't care who's watching, listening, because this is you. If they don't like it, then too bad. But this is you. And I appreciate it so much because you are so candid and honest. Thank you. I do very much care. I just think it's like, you know, it's something I've noticed that it's like when I'm face to face with a human being in a room, right? Like my husband.

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people that are closest to me, I actually have a difficult time opening up compared to when it's like me and a camera and then I'm just, or on words, right? Like a cursor on a page, then it's like, and I say everything and anything. And then I hit send and then those people that, you know, they're like, it's like numbers that I see. And then of course, you know, I'll have all this response that's super positive and very grateful and then you have one person.

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that's clearly either a troll or a bot, you know, and that's the one that I hang onto. So I don't think that's true. That part is not necessarily true. I absolutely care what other people think. I just find it easier. I mean, I'm always looking for connection. And I think the thing with connecting with your closest friends is they already know you and there's something about being on more of the world stage and the global reach of social media that it's like this big giant group therapy room.

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And so it's like, yes, you mean my husband relates like to the degree that he can relate, but he's a dad. It's not an American mom, right? He's not, he is highly anxious, but he doesn't have my lived experience. So when I share in these bigger forums, I find people that can actually relate to me on whatever the topic is that I'm sharing in the moment. And that can be hit or miss when you're sharing with your family, who you love deeply and knows you, some would say better than yourself, I disagree.

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husband thinks probably that he knows me better than I know me, but I don't know. It's all subjective, but I think when you're sharing on these more global places with books and writing and social media, you're able to find more like-minded people that can help support you with that specific thing, right? And I also think this is the danger sometimes of social media is that we then end up in these buckets and labels, and then suddenly we're not being exposed to outside feedback and images. But...

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I try not to be too divisive. That's not true, I am very divisive. That's not political. No, it is also political. American motherhood is very political. What am I saying? So no, no, I ruffle as many feathers as possible. I try to educate. I think that's the bigger part and leave the room open for honest discussion. But yes, that's a long way of saying thank you.

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And I think that when I say you don't care, I think to me that means that you just keep showing up no matter, like even if you get something negative, it's not that you don't care that someone said something negative, but you don't let it steer you away from continuing to speak your truth. So it's not that you don't care, it's that you just continue to show up regardless of the negative Nellies. And I mean, I get the once in a while, I like to speak what I...

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think is my mind and there will be one out of 1800 who get the email and it's da da da da. And I'm like, well, I'll respond to you because you took the moment to respond to me. So I'll respond back to you. You're still not right.

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And when we look at like the brain and evolution and the importance of belonging and how it literally is how human beings stayed alive for as long as we did, we understand, right? Like I understand it more. I can be more compassionate to the person in me, that little girl in me that ignores all the comments that are like, you know, this is great. And it's that one person like I posted something about being 42.

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and how I really just, you know, I don't care in the same way that I did when I was 15, that I was sitting across from my high school and like a bike helmet is pink bike helmet, drinking a juice, I had a huge puffy jacket on and like a messenger bag and I was just like, and I'm sitting across from high school where everybody's very like, you know, concerned with how they're looking and so my post was like, oh, I'm so grateful to be 42 and not 15. And everybody was laughing who is in their 40s and understands and even people in high school were like, thank you.

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hopeful for my future. And by the way, I had a great time in high school. It wasn't that I didn't enjoy high school, but it was just the insecurity of the teen years and the 20s and even the 30s. But then one guy, which was probably a bot, was like, you look 67. I was obsessed. First, I was like, thank you, because considering that most 67 year olds look amazing these days, I'm like, why? Or it was either a bot or some 12 year old.

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You know, it's like, why am I hanging on to that versus the kid that was like clearly having a hard time in high school and is Truly grateful for this post because it is light in this dark tunnel That is that time of insecurity like why can't I remember that? Why can't I sit in that? I read it I have it it hits me for a moment and then I go back to the guys that I look So but I think that's just the human brain I think that you know, yes, I'm I'm also highly anxious and you know, we could

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we can do a therapy session on my people pleasing and all that. There are those parts of it, but I do think it's just very human and very normal for us to glom on to the one thing that feels like a rejection that threatens our attachment bond. That's very normal as a human being. So when I

remember that, then I can like, okay, Sarah, like that's just, that's just a very normal response. This is probably a 12 year old, no offense to 12 year olds. There's brilliant 12 year olds, but you know, it's probably like somebody.

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who is less mature or it's a bot somewhere and it doesn't mean anything like focus on the other stuff. But yeah, it's amazing how our brains work in that way. There's always the keyboard warriors. Yeah. Who just say whatever, just because they're in their mom's space. Uh, that's what I chalk it up to. But let's talk about what you do now and.

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So I know that you've written this beautiful book, The Yoga of Parenting. I have it right here next to me. They can't see this. So, but, and you do yoga and meditation and wellness. How did you get to doing that? Because you just shared, I did not know this, that there was a before this. Oh, yeah. So take me back to what your journey has been like. How did you get to where you are today?

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So I was born, no, I'm just kidding. Where did we start? I was zero years old in Toronto, Canada. I discovered yoga at 19. It was, I discovered it as the result of a joke my dad made. He had played a like prank on me because I was turning 19. And so he sent me a box of gag gifts to imply that I was getting older, which is.

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funny now at 42 to recall, but one of those gifts, like there was like an AARP card there like Ben Gay, you know, but one of the gifts- It was only 19. It was like this huge box, right? You know, it's funny because my parents were like deep in their divorce at that point. So I'm like, hmm, you know, was this his way of like, this was supposed to win me over? I also for background was not taking care of myself. So I do think that there was a subconscious desire.

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from my family that like maybe some seeds were being planted because one of the things that was in that box was a VHS tape of a yoga class. And later I found out that I know, now I know who the teachers are. They are still highly revered teachers, Ganga White and Tracy Rich of the White Lotus Foundation in Santa Barbara. But my roommate and I, at the time we put it in and I remember we were like smoking while watching and we're like.

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totally prepared to laugh. Like we were like, what is this joke? You know, and we put it in and both of us were mesmerized and we pushed the table out of the way and we put away our trundle beds and we started to do the poses and that was 2001. And it is now 2024 when you and I are talking. She is also a very well renowned and respected yoga teacher in the Pacific Northwest. So it may have taken us a lot, like some time to get there but seeds.

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were planted and we both knew that we discovered something that was going to be hugely impactful. But I had to continue finishing going through college. I got a psych degree. I came back to LA. I didn't really know what I was going to do. So I did what most Jewish girls from the West Side of LA do, which is get into the movie business in some shape or form. I started interning and then eventually worked in publicity for a couple of years and then I got into production.

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And I really thought I wanted to be a producer. I loved, I still love creating, I love organizing, I love connecting. I mean, these are all things you probably see these traits, these are still things that I value and love. But I didn't love being screened at and I didn't love the hustle culture and the hurry up and wait and the pressure of millions and millions of dollars all hanging on one page, not coming out of the printer properly.

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Um, and I, to match the intensity of the job, I also was intensely, I was still smoking and you know, I wasn't treating myself well. I was eating poorly. I was drinking tons of coffee. I was literally like living on diet coke and cigarettes. And my sister said one day she's like, you gotta get back to yoga. You gotta get back to yoga. And I went with her one night to an 8 30 PM class, mind you, because

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That was the only time my boss stopped emailing me constantly or blackbearing me constantly. And I walked up these stairs into this steamy room because a class had just let out. And from go, from that first down dog, I was like, oh. Like my phone was off. I wasn't on demand. And I very slowly, I started going to classes like four times a week. I would drive from Hollywood to Santa Monica to go to this one studio to take these 8.30 PM classes.

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And then my life just began to shift. You know, I started eating a little better. I quit smoking. My mom started to get sick around this time. And I had this moment, this like earth shattering moment where I just despised my job. I would drive to work every day and like look at every other job that I passed. I'm like, wished I did that. I was like, okay, great.

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This person is like moving furniture. I could do that. I could work at Starbucks. I could like literally every business that I passed, I was like, I will work in retail. Like I just didn't want to be in the movie business anymore because it was so incongruent with my meditation practice, but also with like the intensity of having a mother that was dying at home. And one day a friend said to me, well, in a perfect world, what would you do? And I'd never.

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I never realized, it's not that I'd never been given a choice before, because I had choice the whole time. I never realized I had choice. Like so many of us, you just put your head down and you're doing the work and you're doing the work and you're doing the work. You never take that pause to look around and be like, do I even like where I am? Do I even want to be in this herd and on this path? And my answer was immediate. I said I would go back to school for psychology because I've always loved psychology and continue.

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still to this day and I would teach yoga full-time and he's like why not? So the next day, like literally the next day, this was a Sunday, I remember we were Hollywood Forever Cemetery, they show movies there in the summer, I went online and I found a yoga teacher training that



was like two blocks from where I was working. I was working at the Paramount lot at the time in Hollywood and there was a YogaWorks location and this place ended up becoming my home studio.

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And actually the person that founded that location, which is the first yoga studio that ever opened in Los Angeles. Like imagine that right in the 60s was the gentleman that was teaching on the videotape that my dad gave me. Ganga White opened that studio. Like I just got chills. That's full circle. And I didn't know that part for years, but that and I chose that location because I was like, oh, I can do it all. I can go 730 at night and da da da da da.

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But a couple weeks in, when my mom's illness progressed, I was like, I'm done. Why am I doing this part? And I just went fully into yoga and I haven't looked back since. I did also start grad school, right? I was doing grad school for a minute to get my MFT, but she was so sick. It was like, I couldn't focus on school and teaching and, and, and so, but yeah, it was like, I was 26 years old and that was that.

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And now I'm 42, I've been teaching for almost 16 years and still teaching to this day. Just taught yoga two days ago, right? It's still my first love. I love it. And when we talk about yoga, I think there's now so many types, maybe there always was so many types of yoga. And like I've told you before, I wish I could be like a yogi and I will take it if I go to a retreat and they have a class, I might be there for day one. And then like.

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Maybe I'll sleep in now, but I'm not flexible. So like some of it can be intimidating and then there's hot yoga. Like what do you tell someone who has like an imagination like myself of someday I wanna do yoga and just do some sort of a practice. Where do you even begin? What do you do where you feel connected? What are the things that you do when you're with your kids, do you feel connected?

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to them. Yeah, of course. Yeah. You do feel connected to a part of yourself to to something bigger. Do you have those moments with them? Where like the world ceases to exist? Oh, yeah. Right. Yes. When you're writing, do you have a moment of connection where the world ceases to exist and it's you connected to something bigger? All of that is yoga. Giving back the act of selfless service is a form of yoga, karma yoga.

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When we, if I don't know if you're devotional or what your religious preferences are, you don't have to share, but like I come from the Jewish faith, I was raised in the Jewish faith, sitting in a group of people and singing in synagogue is doing prayers in synagogue is bhakti yoga. That's a form of devotion where it's coming through song and through devotion to a higher power. Raja yoga is the type of yoga that eventually became meditation and

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more physical, it was using the body to create that connection. And of course, as we do in the West, we stole that tiny little piece of it and we blew it up into this really huge, multi-billion dollar business that became yoga as exercise. But the physical practice is like a fingernail on the bigger body of what yoga is. You are blowing my mind right now.

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I mean, this is completely blowing my whole book is about and and Jhana yoga is another one Jhana yoga. So these are all from the Bhagavad Gita, right? There's a book called the Bhagavad Gita. It's like the seminal text from India. The Bhagavad Gita talks about the four paths. Jhana yoga is about is the yoga of knowledge. So like even going back to school, reading the books that you read, all of that's a form of connection to something, right? You're connecting to collective wisdom. All that's a type of yoga.

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The physical yoga is fun and it's great. And the origins of the physical poses, it is believed, were to, they were designed to help us sit for longer periods of meditation. It became a little bit more contortionistic in the middle ages. There was a book that came out called the Hatha Yoga Pradipika. That was one of the books that came out, one of the first books that came out where you actually saw poses. There was a couple of them too, Gaurinda Samhita, anyway. This whole, like around 1400s, right?

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was these first books where you were like hearing about how to get into poses, here are the benefits of the poses, and you know different lineages obviously like had different things, but it just started to get a little bit more contortionistic. And then there's theories, and I don't know if it's necessarily true or not, but in the 1800s that the it started to get exceptionally physical because there was a lot of influence from American gymnasts and American strongmen, like

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people that were like lifters, right? That had come to visit the Maharaj in southern India. And especially the type of yoga that I come from, I come from the lineage of Ashtanga Yoga, Vinyasa, I'm sure you've heard that word. Any flowy yoga is gonna come from that lineage, that there was just an influence of that. So certain postures that we do, like the, you know, you jump back in a sense salutation, might be a burpee, right? There's just certain things that might have been adopted or changed.

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over the years, but the physicality, that pressure on the physicality has only ever meant to be a tiny, tiny, tiny piece of it. It's just what we fixate on over here, and unfortunately what yoga has become conflated with. But like full honesty, I don't really do the poses anymore. My body doesn't love them in the same way. I've got ongoing shoulder injuries. I actually do more weightlifting now.

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which all women after. That's good for us in our 40s. Exactly, I was gonna say, sarcopenia, right? Most women, I mean, all women will start to lose muscle mass after 40, but most of us should be starting to do this in our 30s and into the 40s and beyond, is the weightlifting as opposed to the flexibility, right? So yeah, it's just a little piece. So my invitation to people is I often ask them the question. I'm like, how do you feel when you give back?

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When do you feel the most devotional? Just remember those are yoga practices. And if you do wanna start moving your body, then let's look at a schedule together and I won't send you to hot

yoga or vinyasa flow four or five, you know, whatever I'm making that up. I don't think it exists or I'm sure it does somewhere. Like, you know, let's look at something that's more like Hatha yoga has been a term that's used for more gentle yoga and just.

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to move a little more slowly. And I do wanna say, by the way, level one classes are hard in a good way. It's not like it's like you're set, cause that was my ego. When I first started to practice regularly, I was like, I'm not going to a beginner's class, even though I had no background. And I danced for a little bit as a kid, but I wasn't a very physical person. And I just jumped right into the hard arm balances and the heavy flows.

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But now, I find those classes, the fast moving ones, where you're in and out, da da da da da, I find those easier than actually going to a beginner's class where you're learning how to align and you're learning how to be in your body and you're learning how to get still. And flexibility is not required for any of that. It's more about- Which is probably why I like the retreat stuff. Yeah, maybe. It's interoception. And maybe, by the way, thinking of chronobiology and how people are different.

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is that maybe morning yoga isn't your thing. That may not be the time of day that is most beneficial for you. Maybe you really do need to sleep in in the mornings. Maybe for you, you would be better served at doing like an afternoon restorative class or just like light movement before bed. Everybody's so different and it's just finding what works for you and then knowing it changes too. I do love any kind of pose where my favorite's probably the end. I forget where I was doing some over like the holiday break.

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probably through the Peloton app, where you just lie flat on your back, close your eyes. It was like, yes, I will take this. Uh, because it's just, it's, it is restorative. It's peaceful. It's calming. When do you get to just lie down on the floor and not worry about, or not baby's pose, but the one where you put your head in your, yeah, child's pose. Yes, that one. I like that one too. Yeah. Yeah.

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It's funny with child's pose because it's a child's pose for the for I mean, everyone no one can see us, right? So child's pose for anybody that doesn't know it's like you're you're on your knees your shins You're you're sitting down so your bum's on your heels and you're folded over your thighs and generally your head is supported And a lot of people would consider this like a like a beginner's pose. You hear it talked as a beginner's pose It's something that's taught regularly. That's one of the poses. I can't really comfortably do anymore

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So it's fascinating to me too, like how our body changes throughout the year and the yoga to me throughout the years rather, the yoga to me is knowing like, oh, I think, I don't know if it's like my anxiety, I just feel much better just sitting on my heels. So I'm still like bent knee shins on the floor, but the folding forward for me is challenging with my shoulders and with my breath. So I sit up a little bit.

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But the fact that you know that you like that, like to me, that's the yoga, right? Like you sense in your body, you feel safe in that moment. It's something that's comforting for you. Take advantage of that. Do you remember the New Yorker? There was a New Yorker cartoon that came out during COVID and it was like, honey, it was a person in child's pose.

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and the partner was standing at the doorway, and they're like, are you gonna come out of this pose? You've been in it for four years. And they're like, my teacher told me I could take it any time I needed to be find peace. It was deep in the middle of the pandemic, and I loved that. Take child's pose any time. You don't need a full class to get there. I love that you've shared that yoga's all these different things, because to me then, that means that I am.

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practicing yoga every morning when I'm in my gratitude journal. It means that when I pause and I'm looking at my kids and going, oh my gosh, I remember when they were just this tiny person and things have changed, but you're totally completely in that moment. It makes me want to cry.

That is this form of yoga that honestly, I think that most people would not know that most of us are practicing yoga in some way, shape, or form.

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without knowing it because we all equate it to that physical movement that becomes frustrating because we can't do it. Yeah, especially when flexibility and, you know, it's like that white supremacist, like super skinny blonde diet culture, like the imagery that can come out of certain fitness fads, like when that predominates the truth of yoga, which is that yoga is accessible for anybody with a spine and anybody that's breathing.

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And it doesn't even necessarily have to be the movement, right? It can simply be sitting. It can be the quieter moments. It's really this full spectrum of living. The word itself means connection. That's what the word itself means. I mean, there is capital Y yoga philosophy, which comes out of the, it's like, I won't bog your listeners down with like all that. There is the capital Y philosophy, right?

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that then led to all these different forms. But the lowercase y letter of the word yoga, it means connection. It means all these things that have to do with connection. It means an astrological conjunction, a mathematical sum. It's a word used for marriage. Because the Sanskrit language is cool. It's not like English where it's like one word, one definition. It's one word, many definitions that all have a similar theme. So what are the themes of these, right?

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of a sum in math, like adding together an astrological conjunction, meaning the planets aligning, a union of marriage. Like what are all of those things? Putting a bow and in an arrow rather in a bowstring. All those things are about connecting, right? Connecting and maybe even a little expanding. So when you look at it like that, it's like, oh, of course, right? Yoga, yoga is so much more than just getting your leg behind your head. How limiting.

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you know, for all of us.

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I love that. I'm learning so much. This is amazing. Let's talk about the yoga of parenting and what is in the book and behind the book and demystify what the book is actually about. So this is so much of what the book is about is like, if you are a parent, you were doing yoga, right? But parenting is an advanced practice. It's funny because on the back of the book, I wrote like that the most advanced yoga you can ever do is raising a child. I'd like to scratch that now and say,

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being in a partnership while raising children, I think is the most advanced yoga you can do. And I know my husband will agree. It's like that co-parenting, if that's your circumstance, or co-raising children, whether you're together or not, I think it's the hardest thing. But another advanced practice is simply raising human beings in your space. And so, I mean, what inspired me to write it was that I had severe postpartum anxiety after my first.

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I went to books, as I often do, to find solace. I started reading all these parenting books, and most of them just left me feeling worse. They left me more anxious, more isolated, more lost. There was very few with spiritual, or I don't wanna say spiritual, because I don't wanna turn people off with that. Let's say mindfulness, right? With like mindful, kind of conscious living approaches. There was very few.

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Most of them were that, and there are great ones out there, but most of them that are mindful parenting come from the Buddhist perspective. So it wasn't really like my languaging. You know, obviously Dr. Shavali is amazing and all her books are amazing. And it just inspired me to be like, we're missing something in this space. We're missing these amazing concepts that I do learn in my body. Cause I think that you can learn your body and there is benefit to moving our body.

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But these concepts that I've learned on the mat, either sitting or moving my body, can actually be applied to parenting, like taking deeper breaths, like learning that you're definitely gonna fall over in a balanced pose, no matter what, and how to accept that and embrace that, how our bodies change every single day or our mind's quality changes every day, just like our children are changing every day. So we don't attach to those things. We can learn to not attach to them. And all of these different principles

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or intensity, a big, big concept in yoga is learning through intensity, growth through intensity, it's called tapas, that this is, it's through fire that we are purified. This is how we become who we are. And this is parenthood. Parenthood is the ultimate purification process, right? Motherhood is the ultimate.

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Challenge and not to say we we shouldn't support mothers like going back to step one. I think mothers need way more support it will still be challenging even if we had paid family leave and Universal preschool, but there is an intensity to to motherhood that brings us into ourselves in a way that only that transition could and That's all stuff that was taught on the map. That's all stuff. I teach on the map. That's all stuff I've read and all these wisdom texts

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So I was super inspired to bring a book together that had all this like common language. And also I wanted to try and write a book that was really permissive, not to be confused with permissive parenting, but like permissive to the parent. Because even the great books that I read, there was still this element of like, well, you have to do this exactly this way, or your kid will be in therapy for the rest of their life. You must say this script, like there was this pressure.

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And I was like, you know what, your kid is your kid. You are the only expert, only you know. So no, I'm not giving you parenting tips. I'm not a child development expert, but I can give you tools to reconnect you to you and to what you need and to constantly be checking in. And then maybe some tools that can help with certain circumstances, but it's always about how the parent is feeling. It's taking care of us because that is the thing we can control.



33:44

There was something I can't remember if it was in the book or if it was something that you posted. But I remember reading or watching you and going, oh, yes, I've had this moment where your child is like a 12 on a scale of 10 and you come at it with, okay, what do I do? I match this or don't I? And because right now we've got some hormone challenges. I can just tell they are starting to hit early.

34:11

And once a month, my daughter is like, her head's gonna spin off. I don't know who she is. And when it first happened, I was like, what is wrong with you? And like, I matched her. I'm like, if you're gonna yell at me, I'm gonna just bark back at you. And it only took about two times of that. And then I went, you know what, this isn't working. I'm just going to say, okay, whatever you need. Do you need a hug right now? I'm just gonna sit here. And the difference...

34:39

Like you could tell how it completely came down so much quicker than where it was. And so now that I recognize this is like an ongoing thing, she knows that I'm just going to come at it with, it's okay. Take some deep breaths. I'm going to be here. Yell, cry, scream, whatever. I'm just going to be calm. I'm not going to match you. And there was some part that you had an instance with your son as well. And I can't remember what it was, but I felt like...

35:08

we were on that same level of, okay, we can't match it. We have to be the ground for them. Yeah, I mean, it's like, I have these two teachers, they run the Reconnected, it's this whole beautiful community and they do a lot of conscious parenting courses, their names are Emma and Eleanor, and they often will say, be the biggest nervous system in the room. Because our children are borrowing our nervous system for years, I think it's not until around eight or nine that they start developing their own.

35:38

ability to really regulate their nervous systems. I mean, as we know, the frontal lobe isn't developed till 25. So it's like, there's a lot of, of feeling and emotion. And we have, we do have to

be that grounding wire right for them. That said, I was like, trying to remember the specific incident. I mean, there's so many right, I was like, what just happened this weekend? That said, I also do believe in boundaries. So

36:05

you know, my husband is away right now for work. And my oldest and I were having a great time. And we were like, I was, he was standing on the changing station, his brother's changing station. So he was up to my height and we were like dancing. And then out of nowhere, he like spit in my face. And I yelled at him at first, I was like, that is not okay. Which of course got him even more riled up, brought him down immediately.

36:32

And that was one of those moments where I realized, okay, if I'm like yelling at him or I'm angry, we're both gonna cycle into this like out, you know, up regulated, he's gonna go into fight or flight or whatever, freeze, Vaughn, who knows with him, probably Vaughn knowing him actually, he goes into like a very kind of shutdown mode. I'm getting all regulated, dysregulated. So I had an opportunity there to not just be like, it's okay honey, and like be like.

36:58

Don't spit it mama. I was like firm, you know, I was the biggest nervous system in the room I was the grounding wire on the floor and I said to him you can't spit it mama That made me really angry. You can't spit it mama I'm gonna take a little space right now and went into the kitchen, you know And of course that like upset him and then he came in and I was like, do you want me to hold you? I'm happy to hold you right now. I love you. You can't spit it mama. So there's a way to do it

37:26

I just, these days and the further I get into conscious parenting, there can just sometimes be a misunderstanding that being the grounding force means you are permissive, that you're just letting them rage and do all the things, but we're allowed to have the boundary. It's how we set the boundary. And also I think that continual reminder like you're a good kid, I love you, this isn't about you, you know, it's just this is a behavior that I don't particularly agree with right now.

37:54

So there's a little bit of that as opposed to, right? There's like two sides to that. As opposed to being the wet blanket that lets yourself get walked all over or creating, I mean, like if we're thinking, I don't know why, wet blanket, grounding wire, and then like a spark or a fire where it's like too intense, right? You've got to find that middle ground. And it really is, it's like feet on the floor, feeling into your truth, being stern, but also, you know, leaving space for the love of it all and the reassurance.

38:23

Yeah. And then I think also recognizing like, why, why did he spit in your face? Why is she having a meltdown? I'm like, is this with school? Is there something? Because she's not melting down at me, but something is going on where she's having all of these emotions come out at once. And I'm like, I didn't do anything. I just drove you home from school. So I know it's not me. So figuring out what that is. And, you know, it's just these kids, they're

38:51

poor little kids that are just developing. It is so freaking much in our world. This is just a hot flipping mess. Yeah. I can definitely feel that way. One of the things that I say about meditation, yoga or whatever, they are the same thing, but any mindfulness practice. Your gratitude journaling, your quiet time, screen free connection time with the kids.

39:14

your writing practices, all these things that we do. My husband is a huge gardener. He loves gardening. He's in our yard all the time, just like no music, no screens. So whatever those things are that we do, when we work hard to protect those practices, to cultivate those times of connection, what we find is that in many situations, especially when it's relational, we can actually take that aerial view a little bit more clearly.

39:43

Right? If it was a day where I overslept, because I will always choose sleep over any of my practices. But if that means, I mean, and any, like, that's just, you know, that's like health 101. The sleep should always be priority, but it means for me that that is when I practice in the

morning. So if I sleep in, yes, okay, great. My body gets rested, but my brain and my heart don't. So I'm always going in at a deficit, right?

40:08

So it's just like on those days, no, I can't see clearly. I can't see that he, I'll tell you why he was spitting in my face because I was like talking to his brother, right? And his dad isn't here and he was losing my attention and there was like a sense of that. But I couldn't have seen that clearly if it was a different day. And I love contemplative practices because they give me a little bit more of that aerial view. And that's exactly what you're talking about that you had in the car with your daughter. It was that moment of like.

40:35

not taking it personally, not getting triggered, not getting into the muck of it, you were able to kind of come up above. And who knows, like, I think it would be cool to go back and be like, what did you do that day for you that helped you have that that sense of perspective? Because there was something you did throughout the week or throughout the day that enabled that because I'm sure there are other days where you do take it personally, right? And there were all human, right? We there are there's going to be times.

41:03

But it's like, yeah, what are we doing? I think about pre-gaming a lot. What are we doing for ourselves as parents and as people in relationship to take care of us? So when we have these misunderstandings, we have a much broader perspective of what's going on. Oh, I love that. That's beautiful. That's a great point. Yeah. Oh, you are just, I love you. You've already been doing advanced yoga all the time. Little did you know.

41:31

You can tell people you're an advanced yoga practitioner. For real. Yeah, I don't know about that, but I love knowing that there are practices already in my routine that I had no idea about. And I'm sure people listening are feeling the same way going, oh, great. I don't have to be so hard on myself when I think about how I wish I could do yoga. We're doing it people. So I love this. Can you share where everyone can find you and buy your book?

42:00

and happy one year anniversary on the book. Thank you. Yes, I don't know when this is going to air, but my book, my book aversary, my book's birthday is coming up on June. Like what day did it come out? June 6th. And so my book is available anywhere books are sold. And where you can find me, I am probably most active on Instagram, but I just started, I just partnered with Microsoft because Microsoft Teams has traditionally been.

42:25

used for work and for schools, but they're trying to get into the community space more. So they've picked a handful of content creators to work with hand in hand, and we're creating a Let's Get Real parenting community there. So what that means is it's just like, it's a place to post. It's like any kind of group that you're part of. It's like WhatsApp or Facebook or whatever, but it's on Microsoft Teams. It's all about, I know you hate the word authentic, but it is all authentic, honest, and sharing with integrity.

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and just real people sharing as parents all across the globe, not just American mothers, right? This is also like dads in different continents. Like this is all of us, non-binary parents, single parents, parents and any place that exists on this planet can all come together in this one place and just be honest about what a SIHI, you know, you know what show parenting can be at times, but also like to be able to be the grounding wire for each other.

43:24

because we can all help each other through those moments. So that's Let's Get Real Parenting. It's on Microsoft Teams. Rather, you just join Teams and look up the community. You can look up my name, Sarah Ezrin, or look up Let's Get Real Parenting and then come join the conversation. That's awesome. Thank you so much, Sarah. Thank you for teaching us all and making us feel better about ourselves. Thank you. Yeah, we should all be kind to ourselves, right? This is like all of us are.

43:54

It's hard enough out there just to exist. We don't need to layer on by then being hard on ourselves too. Yeah, yeah. Well, thank you. Well, friends, for one, I am thrilled to know that I already have these daily practices going on of yoga. So you can call me a yogi now, right? Probably not. But I love that connecting with yourself is really what this is all about.

44:22

And that is what the practice of yoga is. It's not contorting your body into crazy positions or sweating it out. It's so much more and so much deeper. And it's beautiful that Sarah is bringing this to all of us because I think that sometimes we put pressure on ourselves if you can't get into

that position, if you don't want to do what quote unquote yoga is in this mainstream culture of ours.

44:48

It is different and it is deeper and it is more connected and that to me makes it a beautiful thing. So today go out and practice yoga in your way, your style, however it makes you feel connected the most to yourself, to your family, to the world and the beauty that is around you.