



Video Transcript

Learn To Be The Light In Times of Darkness

Hello. Okay. So I have a saying that goes a little something like this. Choose joy. It started when my first child, who's now almost seven, had to be dropped off at daycare for the first time. And he'd be like, no, mommy, no, no, no. And I was like, we're going to choose joy and make it a great day. And I didn't know it was going to be like the tagline of my life and my brand. But then I started to learn that's how I live my life. I believe that joy is possible and it's a choice. There is a lot of pain. There is a lot of darkness. I choose to be the light, even in very heavy and dark times, because darkness doesn't feel good to me. Even when people are clouding me or trying to cover me in it, it's like I'm like breaking out of a dinosaur a. You know what I mean? I'm like, I won't be here. I can't live there. I get in healthy arguments with people about this often. The topic of anxiety, the word anxiety is very common in our society right now. And I had a very healthy discussion about this with a friend of mine, we often battle about it, so to speak. And he's like, well, I just have anxiety. I'm anxious. And I said, well, why don't you make another choice? And he's like, how flippant, how disrespectful? How could you, how dare you just say that? It's like, I'm not, he's like, well, you're just always happy. I'm like, no, sir, it's not the It's quite the contrary. The last couple years of my life have definitely been the most challenging, and people are like with a student of mine, he's like, every time I see you, you know, at the studio, you're just like radiating light. And it was a beautiful compliment because there are certainly days I come in and I have to shift gears and make that

choice for others because I want to radiate light. I want others to step into the light and stay there as much as humanly possible.

Because as I say, there's rainbows that come after the storm. There's pots of gold at the end of the rainbow, but you had to like earn it. And I believe we're in a culture now with like technology and all of these things. And we just think, well, I should just have everything I want. I just be happy all the time, not have to work hard. No, that's, that ain't it. You know, farmers, like, worked really hard to produce that fruitful harvest. And so they could celebrate their hard work when they receive the fruit of their labor. There's a reason why that saying is such. It's fruit of labor, right?

I give birth to a child, but that labor and that pushing is painful and scary and anxiety -producing and challenging. But what I, the gift is amazing, right? But you don't appreciate fully to me,

if there's no effort involved. Okay?

I, I, the title of this is learn to be the light in times of darkness. The Rachel version is life be life in.

It's going life, right? So it's not like, oh my God, another, I got hit with another thing. Think thing. Think about living in a part of the world where there's hurricanes every season.

It is a part of their life that they have accepted. It is inevitable. They could live in fear every single day, but if anyone has had the blessing to visit the Caribbean, those are some of the happiest people on the planet who have probably in their lifetime lost everything at least once or more than once.

People, homes, memories,

and they still radiate light. It's a beautiful thing and it's okay to have pain and loss. We can grow from that. So a tool that I use often when I do experience darkness or anxiety when my mind kind of takes over and there's probably more bad thoughts than good thoughts. That's how I kind of think about it as opposed to labeling like I'm having a panic attack or anxiety attack. I'm like, ooh, the bad is outweighing the good. I got to fix this. I literally visualize a stop sign and I keep my eyes open and I start just naming the things that are real and good in my life. I have my health. I have my boys. I live across the street from their school. I have love. I have friends. I love what I do.

The trees are beautiful today. That cloud is magical, even though it's gloomy, right? The sky just poured rain to water these beautiful trees that I'm surrounded by. And then you're in the moment. My grandmother used to say, if you're not in a good place, go outside and pick some weeds, do something. See the fruit of your labor. Help someone. Get outside of you and certainly gets outside of your head if it's not a healthy thought process.

And like anything, when you take your first yoga class, can you do a headstand? No, absolutely not. You're not supposed to know how.

The thing that irritates me to no end about yoga is like we think it's about putting our foot behind our head and standing on our head and you know, being the most flexible person and speaking in Sanskrit that's not even our native tongue. breathe because I go to yoga. I know how to just do a stretch that releases tension from my neck and from my hips where I harbor my stress, right? Those asanas, those poses are not to be cool, right? It's to practice how to work through challenge. I started my yoga practice with Hatha yoga, I had to sit in poses for 60 to 90 seconds of feeling discomfort, of falling over, of trying not to fall over. That's life. How do I stand up as life is trying to knock me down? If you desire to reach a said destination, If you stop, you will not get there.

So many of us in this society right now are like, well, what if I go the wrong way? What if I run out of gas? What if I this? What about that? Well, while we are doing all of this mental mind chatter, we're going nowhere.

We are not one step closer to anything we deserve or desire. So my thought process, crazy me is like, pause all that negativity, all those what -ifs, and take a step forward. Okay, maybe you trip, maybe you fall, break an ankle. It heals, you get back up and you take five more steps, closer to who you desire to be or where you desire to go, right? Um, so as I know that I may seemingly oversimplify like sit up together nice and tall. If you see the screen of your phone or your computer screen, I want you to take your finger to the bottom corner. You're going to draw the square box with me. We're going to do it three times. I'm right.

Gazette. In -out. Two, three, four, hold.

Two, three, four. Exhale, one, two, three, four. Hold, four, three, two, two, one. Inhale, hold.

Exhale, exhale,

hold it. Good. When we inhale, really Expand 360 degrees. Inhale, one, two, let your belly get big, your ribs in your back. Hold it, hold it. Inhale, hold. And exhale, blow it out. Two, three, four.

Pause and hold that exhale. Fill your abs contracting. Another big inhale.

Two, three, four. Hold it for three, two, one. Exhale, one. Two, three, three, four.

Hold it four. Three, Two, one. Exhale, one, two, three,

four. Hold it. We're making one more box. Breathe in as deep as you can. Here we go. Inhale.

Feel the expansion. Hold it, right? You're feeling your body stretching and expanding.

You're growing and you exhale, let it go. Two, three, Four,

hold that. Feel your abs working to hold that exhalation. Get rid of the steel air.

Inhale again as big as you can. Two, three, four, hold that. Soften your jaw, your neck, your shoulders, taking a little bit more air and let it go.

What I love about this is it gets you out of your mind into the space,

into your body and what is in this moment. They say the happiest people are the people that are present.

When we live in the past, we have regrets, resentment. When we live in the future, even if you what if yourself, that's the future because you don't know what's going to happen. You're not in control of that. That's anxiety. So here is real.

Oh, I'm okay. I'm sitting on a couch in a very beautiful space. I'm good.

What if it were that simple? Because I do believe the complexities of life or what we deem complicated are those things that are out of our control. So get in the habit of just staying present, centering yourself, celebrating all that you are in this moment, still achieving and working towards goals. Sure, no problem. But we also get in the habit of like, I should do this and delete should out of your vocabulary because you'll never be happy.

And just celebrate what is because life is beautiful. There is so much light in the world. It's just not always highlighted. So perhaps be one of those light people that just continue to identify those joyous light things that exist in our universe. Because even though the darkness can feel like it's shrouding us, the light always finds a way to steep through. Like you always know, even behind the darkest of clouds, you're like, ah, there's light. The light always wins. So just make the choice to be the light, to be joy in the midst of darkness or pain.

You can do it. I believe in you. Get to it. See you later. Bye.