

H2H Podcast 012125, Marlyn Diaz

Tenneson:

Welcome listeners and welcome fellow learners. This is the Human to Human podcast. It's recorded conversations. I'm Tenneson. I have lived much of my life and my work seeking out and supporting these deeply human places of work and community. Today I'm so happy to be joined by Marlyn Diaz. Marlyn, just say a little hello right now and then we will come back into a bigger way. I'm so glad that you're here.

Marlyn:

Hello to you, your podcast listeners, and your community.

Tenneson:

Marlyn, I feel like what we get to do, you and I today, is we get to follow a few intuitions and a few curiosities with one another. And we get to share with others because there is such a thing as podcast formats. I think all of this is really an invitation to grow intuition and curiosity in many places. It's so needed in the world.

Let me say a few things about this podcast that resets context. Some that Marlyn you are already aware of. And some that resets a learning context for those who are listening, whether you're listening passively or you're doing study groups or whatever it might be. I think this kind of context really matters. And I'll say out loud right now for you Marlyn because in a moment I'll invite you to say more and to reflect on this context that we're talking about now and that you and I talked about pre-recording.

I think we need more, to get a little soapbox with this, but it's also just from the heart. We need more formats where we have engaged conversation and learning with one another. There is also something to lift up in the naming, Human to Human itself, to something so basic. I think we can be curious at the human level with one another. A lot of us live in contexts where we need to perform or we feel like we need to be something that we're not. Oh boy I think one of the skills and practices that I now want to reclaim and grow in myself and do in good company with others like you Marlyn, is to be honest. And deeply human with ourselves and the context that we live in.

Some of the deeper why is that I think we live in a complex world and there are such things as intensities and confusions and sufferings. There are systems on the rise and there are systems and collapse and yet with all of that said, with all of those intensities, there's another kind of intensity. Joy. And some simple things like sunsets. And poetry. And laughter. And kids. And I think we need some wisdom to be able to integrate all of those things together. We don't forget the suffering. We don't forget the simple joys. So all of that. I carry a belief in me. We need to grow eldering. And that means maturity, and that means some wisdom, and I think that means some grace. It

often feels like these things in contemporary society are absent or they are secondary. Well, all of that is pretty loaded isn't it Marlyn (laughter).

Marlyn:

Tenneson it's almost like you looked in my notebook and saw all the words that I wrote down yesterday. Joy and wisdom and so many words that you just used. I would add one more to wrap it up in a big hug, compassion for where all of us are on our own journeys. And compassion for whatever is arising and allowed to be given space. And then the human connection you talked about. Really being ourselves. I write about this in my book. It's like taking off the mask, maybe the ones that we have worn for so so long, and coming back home to ourselves in our most authentic vulnerable state, which can often be scary. I feel like it's a strength that takes a lot of efforts and yet, it is the place where healing occurs. Human connection occurs. Growth occurs. Life occurs

Tenneson:

There are so many layers of that Marlyn that bring me into connection with you. And bring us into a shared something, a shared hunger that we go about in our work and we go about in our families and we go about in our communities. How did you get to be this way?

Marlyn:

It has been a long journey and it's kind of like the yellow brick road. Along the way, picking up wisdom and learning from mentors like yourself. Right now I'm into David White, his poetry. Start Close In and don't take the second step or the third. Take the first one. Take the scary one. So it's been a journey. It's learning from medical doctors in Worldlink. It's learning from so many mentors along the way. I believe you know, I can use the word, seekers and spiritual seekers. But it has been in me since probably when I look back, I mean I'm 60+ right now, 62. So for me I believe I was born a bundle of love who just had a lot of curiosity in life. I like to use the word curiosity, and that is still very much in me. So I am always looking. Who can I learn from? Who can I be around that can expand my knowledge? I have been through a lot of pain and a lot of challenges in my life. I have taken lessons and blessings and learning and I alchemize them. And so what I do with that now Tenneson is I show up and serve. I believe for the first time in my life I'm really taking time to sit back and reflect on all of this and have some pride about where I come from and where I am and where I wanna go. I wanna be around and serve in my practice in my business. Thanks for that question.

Tenneson:

Thank you for reflecting out loud. I think we need so much more and you are at one level in the health industry, you have written a book, Beyond Radiant, and you get to be with other people and lead and guide. That includes some things around happiness and around health and around healing in the world. When you say show up and serve Marlyn, what do you most hope to bring in the world? I'm trying to bring it into real context which includes some of the things that you and I were saying before we pressed record here. There's a lot happening. You're in California and fires.

and you've had some experience of... this is way too soft language..., but of life-changing. How are you growing in all of that?

Marlyn:

Let me answer the first question. I truly believe my purpose especially at this time right now is to help others feel good, to remind them who they are. I'm a guide, a mirror, an educator. So in the feel good peace, it's not bypassing. It's really using all levels: food, lifestyle, rituals, and practices. Thoughts, feelings, all of that. Whatever is coming up. Moving aside the numbing out. So I've had my own experience of doing that and it's the feeling of that then we can alchemize that into other emotions. If you have a lot of anger coming up or despair or rage, dancing that out, punching a pillow. Emotions wants to be felt and moved through us, and then they can be alchemized into more joy. More greater happiness. So it's reminding people also who they are in the world. A lot of us have forgotten who we are, what we are. We come to this planet with gifts to share. Along the way we gain knowledge we have experience. So reminding people sometimes that they get buried in fear. In our nervous system there is trauma. It's exciting to show someone who they are. Remind them of the light essence, the radiance. What is inside and then help them bring it out through rituals that are gonna optimize well-being.

Tenneson:

What are you learning Marlyn about how our emotional health is connected to our physical healthy?

Marlyn:

So much. I write about this in my book which came out a couple years ago, and since then I have learned so much more. Our bodies are a chemistry factory, I can create chemicals, good chemicals, you know, healthy chemicals, oxytocin, serotonin, endorphins. And then we can also create a lot of cortisol and adrenaline by our thoughts. And so that drip drip, drip, drip cortisol overtime can cause inflammation in the body, which is a pathway for greater dis-ease and disease challenges — health challenges, weight gain other things. So we can dive into that more if you'd like. My personal view and there's a lot of science around this, how we can create reality. We think what we believe. We create the words we speak. We can speak reality through our words. There's a lot of power in that. That's what I'm teaching also with my clients and the communities that I'm speaking in is that we can really raise our energetic vibration, our way of being in the world by the words we speak, by the people we hang out with, by the thoughts we think, and that we're taking into our consciousness. With reading, with what we're paying attention to every day — where our focus goes energy flows. So it's it's a kind of multi dimensional way of being.

Tenneson:

You use the word alchemize a couple of times now. Will you say a little bit more? What does alchemize mean for you?

Marlyn:

To me it's an integration. It's about being authentic, being vulnerable? We have so many parts of ourselves. We have parts of our childhood. We have parts of our adulthood. We have parts of experience. If you raise kids, your mother, your father — there are so many parts of us, and I believe like we take those parts with us. Maybe in childhood we had some trauma. We had some losses or grief. Those being not fully felt. They can stay stuck. We can have stuck parts in us that I know our running the show. From teenage years. From our young childhood years. From when we didn't have as much responsibility or control in our lives over decision making. So it's alchemizing. It's integration. If you think about a big soup pot where you're putting all these vegetables in there, if you're making carrot ginger soup which I have love, maybe you'd love it too. It's really good for the winter time right now, very healing. You know we have all these separate parts that we're putting in there and then overtime cooking that and boiling down. Maybe put it in a high-speed blender. Alchemizing it blending, and it becomes something else, more than all the parts. One soup. So as we are alchemizing all of these emotions, grief, sadness, joy, happiness, it brings up this poem by Rumi, The Guest House. A lot of us humans, myself included, don't like to feel the harder feelings. Rumi says invite them all in. They might be sweeping your house clean. For new love. A new business. A new body. There is so much possibility in life with alchemizing if we're really open. So I hope that answers your question with alchemizing.

Tennessee:

It really stirs it in really good ways. I think of turning straw to gold or turning lead to gold. I think you're referencing the many layers of alchemy that are possible. For us to be able to take whatever experience is, and maybe even beyond the naming that we do of "this is good or this is bad" or any of the other binary systems, that we welcome it as part of the river of life experience, as part of the river of life flowing through us. There may be gifts in all of these things that matter. That doesn't mean that every time we look at something that way, we say "oh this is so great." "I've got another life lesson." Learning sometimes is hard. Some things are shitty for a long time. But I love the way that you are describing an orientation to being in an appreciative relationship with all of these things happening. Again I'm tying it back to this theme that I've held for a while, but it feels refreshed. Marlyn, we need elders. Elder to me not older. An elder to me includes the kind of wisdom of integration and wholeness that you're speaking to right now.

Marlyn:

I'd like to add one layer, especially when you talk straw to gold. It brings up relationship, especially feminine, right whether it's man / woman or woman / woman, masculine & feminine man or in woman. If you just look it up woman & man coming together, maybe with lifetime of pain and trauma and experiences enjoy and everything that they bring and then as a whole together, whether it's through lovemaking, whether it's true experiences together, turning that into love, into joy, into the authentic sharing of the deep vulnerability, to share the openness of the pain or the joys of the past that they're grieving, that maybe even raising a kid and there's you know if there's a beauty, and sometimes a grief at the ending. There is an alchemizing into love. My sone

and divorce. We just had journey the last couple years. There was some divorce and then there was talk a lot of patience on my end to tolerate like his growing into himself and then weaving and alchemizing into a whole new kind of relationship.

Tenneson:

I feel like we are talking a story of life. Consciousness. There needs to be a big view. There needs to be big horizon. And there needs to be interruptions in the current habits. I also feel Marlyn like we have a job to try to pull that down a little bit too. So I wonder can you offer a little bit of what you hold as goto, for your own regulation of your emotional body/being and maybe of your physical body/being.

Marlyn:

Absolutely. I write about his in my book, living a radiant day. This is what I teach my clients. Rituals can really ground us in our day. In our day we wake up are we looking at our phone? Are we having coffee or being with the day. So you asked me to share some of my goto, So when I get up in the morning, every morning I sat, "thank you." And before I go to sleep, I say "thank you." That is my book end of the day. I love my morning coffee in my favorite mug with my unsweetened, upgraded soy milk, organic French roast coffee. And I allow myself to sit no phone, no technology, sometimes not even any lights. Just the sunlight coming in and let my mind just be wherever it wants to go. Thoughts dripped creative. Thinking about yesterday. Thinking about wherever mine wants to go. It's the space to say, "mind, you can just have this time." Then I let myself think. Reading something inspiring. Beginning the day.

My food throughout the day is the ritual of self care. Self care is the grounding force. Each day might look different. But many things are similar. High quality olive oil. Vegetables, high quality proteins. Maybe it's fish or sashimi. It varies over different days. It's winter right now so it's a little bit more warming and ginger, carrot soup. Or stirfried cauliflower rice. I tune in and listen to my body. I use my intuition. What does my body need? I ask it. I'm in conversation with it. I teach my clients this.

Throughout the day exercise is very important. And movement. I hike 4 to 5 times a week at a nearby mountain. Unfortunately this last couple weeks I pulled back from hiking to just you not go outside right now in the LA air. I'm missing it. It might be cardio bar. I was up and came here recently so I love to walk by the ocean every day. These rituals are really grounding to me. It's about being in nature and then taking breath throughout the day, really slowing down. I teach taking "better than coffee, breath break." So instead of having coffee in the afternoon, when you need a little bit more energy, it's slowing down and taking a few deep breaths. Inhale 4 seconds. Hold the Apex and exhale for six or 8 seconds. Really moving out carbon dioxide. It can really energize and relax our nervous system. And then going to the evening. It's an evening wind down.

I really like the joy of eating, but it must come to an ending 7:00 so that my body can digest and then sleep well. Every night it's chamomile tea and wind down ritual — no electronics, a candle with myself, and preparing for a restful night sleep.

Tenneson:

Marlyn, I realize it a couple of cups of water in a giant, giant pot. I appreciate the sharing it is needed and I think noble narrative and invitation to say, oh gosh find your simple practices; you have choices. Here's a few ideas. Here's what works for me and I think it does matter that we have those kind of things, you know have your chamomile tea before you go to bed, whatever the little patterns we create or the little rituals that we create. It's important to have the things that feel like I can do that for us as humans. This is the part that I love in our conversation today and in the previous conversation we had. I think we are reworking the story of who we are as human beings and what does it mean to live as an alert, attentive, healthy, engaging human being. There's ways to dismiss that language as being sort of high or a little too rose-tinted in glass-color. Yet I wonder if this is the time for us as a human species where we get darn serious or deliberate about these things. Whatever our layer is, if we're here, than just do a little bit more. I'd love the way that you contribute to that story in the big way Marlyn, as well as in something to try on Tuesday. Is there anything you would like to add to our conversation for today to tuck it in?

Marlyn:

I believe this is a journey. Part of the fun and joy in the reframing of what this is all about. You know if not now, when? It is time for us all to stand up as best we can, and some days will be a little bit stronger than others, It's time to reconnect with our gifts and what are we here to bring? It's also really tuning into our nervous system, taking the breaths. Being with nature. Being with great people. Tenneson, it's just been a joy to know you. We met last year and had those conversations. I've been very inspired by your work and the World Café. In fact, something I created recently called the Radiant Café has helped connect and transform. I'm doing it through my community once a month inviting speakers and maybe you can come and be our speaker in the next couple months. It's complementary. I have it on my website. So I've been inspired by my own giving back. This is how I believe the human connection can be at its finest. I appreciate this moment to share and I invite anyone listening. If you wanna reach out please do reach out through my website. I'm always open to having a complementary conversation. I'm here to serve. I'm here to be a light. I personally been on this wellness journey for over 35 years. It's a gift to be in this moment with you.

Tenneson:

Thank you for joining. Thank you for listening. Thank you for sharing as inspired. As Marlyn and I have shared today, follow your intuition. Follow the prompt. Thanks for carrying with you and orientation on how we can human together. Thanks Marlyn.

Marlyn:

Thank you,