

Doug: Hey everybody, this is Doug with Emotional Affair Journey, and I'm here with Molly Chanson. Molly, how are you doing today?

Molly: I'm great. Thanks, Doug. How are you?

Doug: I'm doing wonderful. Thank you. Many of our readers or listeners may remember that you and I spoke back in September of 2020. And certainly a lot has happened since then, in many ways, but one of the things that's happened since then is that you are a proud owner of a brand-new book that just hit the market that's called *Fallen Star: A Return to Self through the Eight Limbs of Yoga*. Congratulations, well done on that. And welcome.

Molly: Thank you so much. Yes, it's been a big couple of years.

Doug: Yes, absolutely. In a lot of ways, I'm sure. I guess if you're writing a book, COVID kind of came at the right time, you're kind of holed up in your house and do nothing but write for two years.

Molly: Yes. It was a lot of writing, a lot of being at home.

Doug: Yes. Well, well done. And again, congratulations. Let's give a little background of your situation. Your ex-husband was unfaithful to you several years ago, and I guess from that, kind of sprung your website and also the motivation behind writing this book and getting really involved in yoga, making that a center point of your life and everything.

If you can give us a just a brief backstory of that whole situation, that'd be wonderful. And then certainly, I'll put a link to the previous audio at the end of this as well so people can refer back to that if they like. But give us the quick Reader's Digest version of your past experience.

Molly: Sure. I was married, and I have two boys, and everything kind of felt like it was falling apart at once. The marriage was not good or healthy or fulfilling. It felt really distant. I was also struggling with alcoholism, so I had these two struggles going on at one time. And I decided to get sober, and I also started writing. I was also committed to going to yoga every day. So I had these things, my recovery, the writing and the yoga.

Meanwhile, my marriage wasn't improving or getting better. I started to suspect that there might be another person, that maybe we had fallen so far apart—he traveled a lot for his job, and I started to think that maybe this was a possibility.

So I embarked on this search. I was looking through things in the house when he was traveling, trying to look for signs, somewhat becoming a little frantic about uncovering this proof. In the end, as I was about four months sober, I did find e-mails that confirmed for me that he was having an affair.

And when that happened, I really wasn't ready. You think you want to know the truth, but do you really want to know the truth? From there, I had already started writing a book. It wasn't the book that is out today and that you have read, because when I started writing it, I didn't know yet about the affair.

So the book kind of goes through a lot of different stories from my life, childhood, getting married and motherhood, those experiences, and then finding out about the infidelity and what that did to my body, what that did to my sense of self. So that whole journey, that process is in the book, and then what I did to move through it and how yoga supported me and taught me a lot through that process.

Doug: Awesome. So your journey, the few extra little things thrown in there like alcoholism and everything, is very similar to what I think many betrayed spouses go through in their own journey. So it was a very interesting read. Again, great job. So what possessed you to write the book?

Molly: I didn't know I was writing this book in particular. I started by writing my stories. I was drawn to writing and journaling as a way to process my experience and to heal. I had written before, I taught writing for a long time, but I had never really written my own story.

And when I started writing my stories, I thought maybe these stories are meaningful, maybe stories about motherhood, getting married and being in a marriage and what that marriage looks like, the struggles, maybe these are meaningful, maybe other people would also like to hear these stories or have similar stories.

When I started understanding that my yoga practice was actually helping me through my struggles through the infidelity, processing those emotions, then I started to think this is very meaningful, because this is a practice that can help someone heal.

Prior to that, I had done yoga basically my whole life, but it was always physical. It was more like an exercise, something healthy for my body. And when I started to understand the transformation and the healing that yoga could provide when you're going through something difficult, that's when the book really took shape at that point and I knew that this was something that I wanted to share with other people.

Doug: That's great. I certainly believe, and we kind of preach, the importance of self-care when somebody is trying to heal, not only from betrayal, but really any kind of healing from any hurt or pain or anything like that. In your opinion, why would you say that self-care is so important?

Molly: I think I wholeheartedly agree. And I think betrayal in particular really affects our sense of self, what we think about ourselves, who we think we are, who we believe we are, or what

we deserve. So self-care, to me, is the most important thing in this moment, if you're dealing with betrayal or have discovered this, or having this in your relationship.

I think we tend to focus on the other person a lot. If they will change this or change that or do things differently, then I'll feel better. We try to control like if we know where they are, change their phone number or stop contact with the other person or all these things that I personally sort of dealt with and went through. But really, we need to take the time to honor ourselves and what is coming up as a result of the betrayal, allowing ourselves to feel those things, being where we are, and of course, being really loving and kind to ourselves. Because it is a huge wound, and it's a huge pain that causes physical pain, but also a deep emotional pain, this kind of upsetting of our reality, both in our relationship and how we see ourselves.

Doug: Right. I personally mentor a lot of betrayed spouses, and I find that they're often afraid to take that leap to really commit to a lot of self-care or to focus on self-care, kind of step away from worrying about the other person and what they're doing and thinking as much and concentrating more than their own wellbeing and all that sort of thing. They're just afraid to do that. Did you kind of have that fear as well?

Absolutely. I think we're kind of conditioned in the world to rely on external factors, people or circumstances or situations. We have this illusion that if we can control everything outside of us, that we will feel at ease or fulfilled or happy, and this kind of happens because we receive instant gratification when we do something external, like we eat something delicious or we buy something. There is relief in those behaviors that are outside of us.

And going inside where that permanent healing takes place is very scary. For me, I just felt like if I really look at myself, what am I going to find? What if it's not pretty? What if I don't like it? What if there's things that are difficult to see about myself?

So I think in general, looking at ourselves is very scary and very difficult, because it's unknown. It's like, what will be there and what will I have to deal with? And once I started looking inside, more and more came up. It's almost like you clean out a basement, and it gets really messy before it's finally cleaned again. And at one point, you're kind of like, wow, I don't know if I should have gone here.

Doug: Right. Well, the comment you just made about being of the potential of finding things out about myself, I see that as a reason why a lot of unfaithful people don't do self-care or don't really put in the work to understand why they did what they did.

Molly: Right.

Doug: It's not easy to really deeply investigate how you screwed up in life. It brings up guilt and shame, and it's not an easy process. So I think self-care can go both ways and help the unfaithful person as well.

Molly: Yes.

Doug: Linda and I did some yoga a few years ago, and I kind of went into it with the basic premise that it's just another form of exercise. But certainly, when Linda and I did it, we did discover it was more than that. And your book kind of reaffirms that. So if you could briefly describe how yoga is more than just another form of exercise. What are some things that are associated with yoga that make it much more than that?

Molly: Sure. So yoga is physical. It's also emotional, and it's spiritual. Yoga affects the body, the nervous system and the brain and definitely has a physical effect. There's a direct effect on our nervous system and our levels of stress when we're focusing on the postures and the physical practice and the breathing.

But Yoga is the only practice that I'm aware of that teaches us to be a witness, a nonjudgmental witness. And so when we're observing the body, like when you were taking your yoga class, that time spent where the mind is focused on the sensations in the body, the mind is focused on the sensation of the breath, and this is a very powerful healing technique.

So this practice of being a witness is taking us out of our stories, our narrative, our critique or criticism, our doubts, our worries, our fears, and it gives us this moment of observing the present. And when we're observing the present, that's true, that's reality.

So there's something very empowering that happens, especially when we're going through a painful moment, when we can observe our body or something happening right now and there's a real calming, healing effect to that.

The other thing that I found that was happening to me when I was practicing yoga while dealing with the betrayal is that the more I stayed present with what was happening right now, the less my mind jumps to catastrophic thinking or wild scenarios, or what-if situations, which is a big thing when you're wondering what's going to happen in your marriage or what this means.

So when I was able to focus on what was happening right now, it was almost like my heart and my body, things started arriving. Once we acknowledge emotions and things we're feeling, they start to move.

And in yoga, our emotions are our energy. The body, again, it's a physical, anatomical piece of matter. But at the same time, we have this energy and this is where our emotional self is. And

when we go through an experience, that energy either can move, or we can shut it down and it can get stuck.

So the more I practiced yoga and the more I paid attention to how my body felt, and tied to the present moment in that class on my mat, emotions started to bubble up. And sometimes they weren't always comfortable, but in allowing for that, they were able to move and so energy was flowing. Even though it was uncomfortable, it was moving, and that's how we get through something, is to feel it.

Doug: Great. Thanks. I know everybody's different, but when one starts a practice of yoga, I assume that all these revelations that you just describe don't happen from session number one. On average, how long would you say it takes to get to that point where you're able to experience some of what you just described?

Molly: I think that it can happen pretty rapidly. Part of it is noticing and acknowledging the progress even in the first class. So if you're doing a yoga practice and you experience—the easiest way to notice it is maybe you're sitting in, or maybe you're standing, and there's a few moments that you are noticing the breath, and your mind isn't off on some other narrative or story that you're telling yourself.

So those tiny moments of witnessing are powerful, and it's happening right in that moment. So maybe you're not experiencing the entire hour class of being away from your mind and out of narrative and out of stories, but you're able to glimpse little brief moments of it. And with consistency, I would say maybe five classes, maybe ten classes, you'll start to notice that you are able to be a witness, that you're able to observe something in the present and not have a story running through your mind.

Doug: Yes, that's what I learned also from meditation. The key word in doing these things is that it is a practice. It's not like you sit down from day one and you can meditate on something and it necessarily works. I found from the beginning, I had—I guess they call it monkey brain, where your mind is going all over the place, a million different places. And then you have to kind of learn how to control it. So I'm sure it's the same thing with yoga practice as well.

Molly: And I think with that, a thing I always thought that I no longer know to be true is that that monkey brain is always functioning that way. The brain is going to produce thoughts, because that's what the brain does. It's like expecting our heart to stop beating or something. This is how the brain works. And so every single time we notice the brain making a thought and we decide to return our attention to our breath instead of engaging with that thoughts, that's the practice of yoga. That's the practice of meditation, that returning to the present moment.

Doug: Great. Thanks. Well, the subtitle of your book is a return to self through the eight limbs of yoga. Explain briefly what the eight limbs of yoga are, because I sure didn't know any of this.

Molly: Yes. The eight limbs of yoga, briefly. So these limbs were written down probably over 5000 years ago. They're one of the first written sort of explanations of yoga. And so there's eight. Yamas and niyama are the first two. These are ethical practices or practices and ways of life. They have to do more with who we are and how we behave and kind of our character.

Some examples of the yamas and niyama are practicing nonviolence, practicing nonstealing, practicing cleanliness and cleansing. So it's more about our way of life than it is about a physical practice on the mat.

The next two are asana and pranayama. Asana is the poses, pranayama is the breath. So these limbs of yoga that are postures and breath, these practices tend to the body. So this is exactly what we were just talking about where it is the posture, it is the breath, but it's more about the body as an access point to our emotional self.

In witnessing the body and witnessing the breath, mindfully moving through the physical practice, we're connecting with our body, which we don't often do. A lot of people are dissociating with our bodies all the time in society. So those are the first four limbs.

And then the last four limbs, presence, focus, meditation, and the final one, enlightenment, which we all want, the last four limbs are all about the inward journey. The last four limbs are about eliminating outside stories and distractions and moving inside. For me, this is where I really started to experience the healing effect of yoga. Like you and I were talking about, this inward journey, this focus on self, this healing that takes place when we're looking at ourselves instead of what someone else should be doing, we want something to happen and it's not happening, turning the attention back inward, inside.

So those are the eight limbs. And I also wanted to mention that at the end of the book, I include dharana as part of samadhi, this sort of elusive, who's enlightened, how do we get to enlightenment, how do we awaken?

And to me, the easiest way, the most accessible way as a human being to sort of get close to this samadhi is with the idea of dharma, and dharma is our soul's purpose. Dharma says that any experience we're having has the power to transform us, or to shape us into something new, shape us into a person of depth.

And I realized that if someone would have told me when I found out that my husband was having an affair that this experience will shape you and transform you into something new, I

would have said I don't want to hear that right now, I'm in so much pain, it would have dismissed where I was in the moment.

But through healing, and over time, we can find meaning even in our painful experiences. And to me, this final, eighth limb of yoga in practice is when we can take all our experiences, good or bad or tragic, heart wrenching, whatever they are, and we can allow ourselves to feel them and to move through them, and then we arrive in a new place once we heal. That's really what healing is, is arriving somewhere new because we've done the work.

Doug: Okay, great. Thanks for explaining. That's a wonderful description. One of the things that I learned while reading your book is the term samskara. Can you explain the concept of samskara and how it can kind of parallel the thoughts or feelings that a betrayed person has after betrayal? And I think you mentioned that it's the entry point to healing. Can you talk about that a little bit and explain to our listeners what that all means?

Molly: Sure. Samskara is a mental imprint. Mental imprints are formed in response to an experience. The bigger the experience, the more impactful, the deeper and more noticeable the samskara.

We're always having experiences, they're always shaping what we think and who we are and how we see ourselves and how we see the world. But when there's a big, impactful experience, it creates a pretty deep groove. this mental imprint can be pretty ingrained, like a wound, or samskara sounds like scar, and this is a really good way to think of it.

So when we associate an experience with a belief about ourselves, we might go the rest of our lives and never really be free from that experience. For example, when we're talking about betrayal, as a result of that experience, someone might be forming beliefs like, "I am unlovable," or, "I am not enough, something's wrong with me." "The other person has something I don't have. I need to be better." Or, "It's my fault. If I would have acted differently, or if I wouldn't have done XYZ, this never would have happened, I could have prevented it."

So, samskara is these beliefs that are being formed about ourselves as a result of having an unfaithful partner. And once those beliefs are formed and ingrained like a scar or this mental imprint, it's very difficult to move on from them. In fact, our beliefs affect our behaviors, the way we move through the world, the choices we make.

So that's the idea of samskara, is this mental imprint that will affect our reality, even if that's not true. Those beliefs like, "It's my fault, I'm unlovable, I did something wrong," those are not true.

You asked about the entry point of healing in terms of samskara. So the way to heal a samskara is to become aware of it or shine a light on it. So this is where it is painful and scary to look inside and to look at ourselves.

But when we illuminate our scars and when we illuminate our beliefs about ourselves, and we start to gently get curious, like, "What is this belief? Is this true? Is this belief I am carrying about myself actually true?" And when we can simply ask that question, instead of choosing behaviors or things that reinforce that belief, we can start to choose different behaviors or actions. We can start to treat ourselves lovingly instead of blaming ourselves. We can start to practice self-care. We can give ourselves the love and kindness that we so want from our partner in that moment. So we heal the samskara by exposing it and then kind of going a little deeper into, "What is this belief, and is this true?"

Doug: Great. So, is samskara just a general concept, or is it part of one of these eight limbs?

Molly: Samskara isn't part of the eight limbs, but it is a concept in yoga philosophy.

Doug: Okay. Great. That's a wonderful concept. While reading your book, I noticed that you'd made a comment that I thought was kind of interesting. It had to do with your suspicions that your husband was having an affair. You said, "I want evidence that my husband does not love me, because I don't know how else to trust myself." Can you kind of explain what you meant there?

Molly: Yes, and you made me think on this one. I appreciate that. Going back to the concept of samskara, our imprints are personal, and they're also societal. So we are shaped by our individual experiences, and we're also shaped by cultural conditioning and society and political systems.

So what I meant here and how I felt is that needing evidence of my husband's affair felt like an acceptable deal breaker for the marriage. My own unease, my own discomfort, my own unhappiness didn't feel like valid reasons to say I want out of this marriage or this marriage isn't good for me anymore, or what whatever those feelings that were coming up, I wasn't able to trust them. I certainly wasn't able to validate them.

And maybe particularly for women or for mothers, I do think that we're taught that acknowledging our feelings is selfish, that just because we feel something, just because we're unhappy, just because we're unfulfilled., it's selfish to acknowledge that and make a change and do something different.

So for me, in that moment, it was, "Well, if I can find proof that he's been unfaithful, then I have something that can really validate my feelings, because in our society, that's acceptable.

That's an acceptable reason to leave your marriage, whereas just my own unhappiness wasn't enough."

Doug: Okay. Gotcha. That's interesting, because I know that we've talked with a lot of betrayed spouses, as I mentioned, and they get to a point where they don't trust their own decision making, they don't trust what's real, they don't trust a lot of things after this happened, because, boom, their world was imploded and what they thought was real and what they thought was true was not actually the case. So I thought maybe that's where you were coming from. But your explanation is a little bit different than I was thinking. But I think that's great.

Molly: Sure. And I also think that what you're saying is also true. I think that there is this sense of questioning reality and trusting ourselves. And it's made even deeper because we're with someone that maybe is telling us that they're not being unfaithful, or we're crazy, or what's going on? So all that's happening also, and that ability to trust ourselves is just kind of wiped out in that moment.

Doug: Absolutely. I don't remember if you said in the book how long ago this was, and you've kind of experienced some major challenges. In addition to betrayal, there was a sexual assault, you had an eating disorder, and you mentioned alcoholism and all that. Do you feel that you hit some sort of a rock bottom at any point? And if so, what did that feel like, and how would you say you got yourself out of that?

Molly: Yes, I had a few rock bottoms. And I think that we don't change until we are in enough pain or we're really uncomfortable. I think that's human nature. So we might know that the habit is unhealthy, the relationship is bad, the job is not what we want. But we're not willing to let something go, because the familiar is comfortable and we have a fear of the unknown, and that fear is greater than whatever our discomfort is in the moment.

For me, my rock bottom was really tied to my addiction and my kids. Seeing what I was putting my kids through with my addiction was a really powerful rock bottom that was motivating enough for me to take the scary steps to get more help and to get myself healthy.

Another rock bottom was just trying really hard to drink normally, and every time, realizing that this was something that had complete control over me. And when I really understood that I had no control over this, that it was a full-blown addiction, I got really scared. That rock bottom was very scary, to have an awareness that this was something I couldn't control. And I started crossing so many lines that I never thought I would cross. My rational self, my real self would never have done those things. And so I knew this was something that was way out of my control.

And then doing that rock bottom of, I have to do something about this addiction, helped me to address all these other things. So we want one solution, like, what's the thing that's going to make me feel better, or we start a healing journey and we think we're healing one thing, but for me, hitting that rock bottom with alcoholism addressed the eating disorder, the assault that had never been discussed or processed or healed in any way, other unhealthy habits that I had or ways to cope with life, the unhealthiness in my marriage, all of this kind of collapsed in the same year and all of it sort of got exposed and opened up in one—in the book, I always call it a catastrophic moment.

It wasn't one thing that got me out of it. And I wish I had the thing, like this is going to be the thing and this is what you need to do. But I think it's different for everybody. The first thing that helped me was accepting where I was. This is my life, this is what's happening and this is where I am. And then small steps, committing to that.

There's so many tools available, and I used all of them. I let some go. I decided they weren't for me. But I had a therapist. I have support groups, recovery groups. I joined a writing circle. That was huge for me. To be in a circle of writers and writing and sharing about my experience was very supportive for me. And that could be different for somebody else. I know people that run and join running groups. Whatever that passion is for you, that's part of your self-care.

Obviously, yoga was huge for me. That's what the book is about, is how yoga was so healing for me in terms of getting myself out of that rock bottom.

Doug: Did you come to these realizations on your own, or was there somebody saying, “Hey, look, Molly, you need to get your shit together?”

Molly: Yes, I was pushed. In terms of the drinking, I was pushed because I had friends and family members that were really worried about me. And that was when I started seeing a therapist. That was the one thing I was doing in that moment.

And like I said, my motivation was my kids and not wanting to cause them more pain, and give them good childhood. And then slowly, in doing that, I came to understand that I was worthy of this healing, I was worthy of sobriety, I was worthy of healing from my husband's betrayal, I was worthy of these things regardless of what anybody else said or thought. And I hope that people can understand their worthiness for healing before they need to get to a rock bottom. This is something that I wish I would have known a lot sooner, because I would have prevented a lot of pain for myself and other people.

Doug: Sure. A couple of things there. One is that what you just described for your circumstances mirrors a lot of what I hear when I'm talking to unfaithful people. There are self-destructive behaviors, and ultimately hitting a rock bottom. And a lot of times, when they

hit that rock bottom is when they finally decide that “Geez, what I'm doing isn't right, I need to stop this affair, I need to end contact, I need to go to therapy, I need to get my shit together.” So it kind of goes both ways. And I think that the unfaithful people can learn from those same circumstances as well.

Molly: You know, Doug, I love that you're saying that and making that connection. I absolutely agree. I understand from my own behaviors as an alcoholic that that shame and guilt and fear when you're at that rock bottom, like, “What am I doing? What am I doing to myself? What am I doing to my family?” Absolutely, I'm sure the unfaithful partner feels that way. And that bottom, whenever you're ready to say, “I'm worth more than this, this is enough,” that starts the healing process.

Doug: Yes. Absolutely. And the other thing that I took from what you described is that so often, people are looking for some magic pill, one thing that they can do to make it all better, but it doesn't exist. It's a lot of little things that you do on a consistent basis, that kind of promote the whole healing process. And yours was therapy and yoga and support group and all that sort of stuff. And I think everybody needs to kind of take that approach to healing and recovery. There's not one thing you can do that's going to make everything better.

Doug: Right. It's a practice. It's like yoga. I always say that consistent yoga 10 minutes a day is better than going to one class a month for an hour and a half, because it's the consistency, it's the little things that add up.

Molly: Right. So taking all of that experience that you went through and what you just described, how did yoga specifically help you to get out of that rock bottom situation?

Molly: Particularly since I've struggled with disordered eating, yoga was the first time in this sort of situation that I acknowledged my body or that I treated my body kindly. So even just the practice of tuning into my body and observing it, like, “How do my hips feel? How does my heart feel? How come when I place my hands on my heart, I feel like crying? What is that?”

I started noticing these physical sensations and reactions in my body through the yoga, and it started to feel really kind and really good. And it was scary and foreign at first, this idea of loving myself. I always rolled my eyes, like, I don't want to love myself, I want someone else to give me love. I want love from my husband, I want love from my family and friends and kids. And I had never imagined that loving myself could feel so good and that when we do love ourselves, we're able to love someone else and we're also able to receive love from someone else.

When we don't love ourselves, those things are impossible, I believe, to access. So here I am craving love, and then I have an unfaithful partner, which seems like the ultimate slap in the

face when all I want is love. And then it sends me on this path that says, "Maybe you need to start loving yourself. Maybe you need to start treating your body kindly. Maybe you need to listen to your heart and trust yourself." So has been a really powerful experience for me. That was my experience when I started doing yoga. It just felt like the ultimate self-care.

Doug: Wonderful. I imagine that besides reshaping your body and things like that, you also managed to reshape who you are and your character.

Molly: Absolutely. This is the biggest gift from yoga that I did not expect or was aware of. But yoga taught me compassion. And that's for myself and for everyone else. I always share this story with people and with my students, but one of my teacher trainers that I had when I became a yoga instructor said, if not for our individual experiences, we are all the same.

He explained that if we had the same experience as someone else, we would make the same choices they're making. And this kind of goes back to samskara where we think we're making choices based on our rational mind, but in reality, our experiences have shaped us, and there has been an imprint that has formed a belief. And that belief is affecting our other beliefs and our actions and our choices. And it's possible that there's not as much choice as we think.

Of course, we have choices and the power to change. And I'm proof of that, and so many other people are as well. But that's why it's important to kind of look at our beliefs and where they're coming from, like how we were raised, what our experiences have been, to get curious about where this is coming from for us, and is it true?

I grew up in a world of, people are separate. There's a lot of judgment in our society of this is right, this is wrong, what he's doing is wrong, what she's doing is right, however we're kind of comparing to other people. And this idea of compassion that I've learned from yoga or this idea that we are also shaped by our experiences teaches me that my ex-husband has his own path and his own lessons, and they have nothing to do with me.

It's so important for the betrayed person to know that your partner's actions have nothing to do with you. That's their path. That's their experience. And now I can let that go and not internalize it or personalize it so much.

And we have a wonderful co-parenting relationship. People rebuild their marriages, as you know, and have a new marriage that comes out of this. And so this gift of compassion that I've been given from yoga where everyone has their path and their lessons, and to see others as we see ourselves, to focus on this oneness instead of judgment and separateness has really helped me in terms of just making me a better person.

Doug: That's awesome. It's obviously worked. So, well done. To kind of wrap things up, pretty much your experience as far as at least the betrayal that you experienced from your husband's unfaithfulness is very similar to what I think most betrayed spouses feel. So to kind of end things, could you maybe share some words of advice or inspiration, or words of hope, even, that you can share to make the listeners' journey towards healing a little bit more aware of what might be out there,?

Molly: Sure. And I think you're referring to a part in the book where we get into a big fight and I'm in his closet and throwing his clothes around, and not only behaving this way but also feeling such rage and anger inside myself that I had never experienced before. And it was a scary feeling. I felt really out of control in my emotions.

So my advice for someone going through this is that it's important to let yourself be angry, or inappropriate, or crying and yelling, or whatever your body is craving in that moment. You need to give yourself the space to do that. Obviously, in a safe way. But it's important to feel what you feel, even if that's not pretty. And this is how we start to heal. This is how we process our emotions. This is how the energy moves through the body.

And emotions definitely move. They might not go from crazy intense to disappear, but over time, you'll notice that the emotions are shifting and changing and moving. I experienced a rollercoaster of highs and lows in the beginning, and sometimes excitement, and then sometimes depths of despair. It was very difficult work to be in that place of feeling all those things that were so extreme for me.

I didn't like feeling that way. I didn't like crying. I didn't like yelling. I didn't like being angry at all. I had a real big resistance to that. And that's another thing. We're human beings, we're meant to experience a full range of emotions. And we tend to label certain emotions as good and certain emotions as bad. And the reality is that every emotion is neutral, every emotion is valid, and every emotion wants to be felt and experienced. So that can be a really helpful idea for someone who is experiencing such a quick changing range of emotions in as far as betrayal.

And gosh, my words of hope and inspiration. I know, because of my personal experience, that this is grueling work. And I know that this is painful. But I can promise everyone that if you make this your inward journey, you keep looking inside, you make this your path to healing, you're going to arrive at a beautiful place on the other side.

And my betrayal healed so many parts of myself, it was like a gift. And I can only say that looking back many years later, and I understand that. But that betrayal put me on a path of healing, a path of looking inside. And as a result of that, a lot of other things got healed, a lot of other things got addressed.

So when you start on a path of healing, whatever the catalyst is, it's a beautiful, wonderful journey, even though parts of it are really difficult and really uncomfortable. And everyone is strong enough. Everyone is resilient. Human beings have an innate resilience that is inside each one of us. And you can walk through this fire and you can get to the other side. And on the other side of fire is a transformation. It's something new.

Doug: Great stuff, Molly. That's really good. I appreciate you saying that. I also appreciate you spending some time with me today. And congratulations again on your new book that just came out. It's only been like about a week or two ago, hasn't it?

Molly: It's only been a week, yes.

Doug: So again, the title of the book *Fallen Star: A Return to Self through the Eight Limbs of Yoga* by Molly Chanson. Why don't you let our listeners know how they can reach you, your website address, where to get the book, all that good stuff?

Molly: Sure. And thank you, Doug, so much. I loved this conversation and the opportunity to share my experience, hopefully to help others. My website is mollychanson.com, and you can buy the book there. It's on Amazon and Barnes and Noble and IndieBound and Kindle and a bunch of other places. So the links are on my website.

And I have yoga classes galore. I have a membership, I do private yoga, if you want more one-on-one attention for your needs. And I have a self-guided course called a return to self after infidelity. It has a lot of the lessons that we've talked about today for you to apply to your own situation.

Doug: Are the yoga classes virtual, or is it something that you do in person?

Molly: The yoga classes are virtual. Maybe another blessing from being in COVID was that I started doing all my yoga online. The classes, I want to emphasize, are for everyone, it doesn't matter if you've never done yoga before or if you have a lot of experience. These classes are focused on healing and sort of the mind-body connection. And the membership is all online. We do meet live once a week. Everything's recorded. People love it, because there's 20-minute classes, 30-minute classes, you can do them anytime.

The private yoga also is virtual. So we meet and do our practice, can talk about anything that's going on. Sometimes five or ten private yoga classes are really helpful, especially if you're going through a difficult time and kind of feeling out of control. And those are also recorded, so you get your own little studio with your recordings and you can do the classes anytime you want. It's a great option when you're home and just want something accessible.

Doug: It's like yoga therapy then.

Molly: Yes.

Doug: Well, that's awesome. Like you said, I guess it's one of the positive offshoots of this whole COVID mess. We never have to leave our houses anymore. We can get everything online.

Molly: Yes.

Doug: Molly, I so appreciate you taking some time today. And again, I really enjoyed reading your book, and I appreciate you, your work that you do, and hopefully, we'll be able to chat again sometime.

Doug: Yes. Thank you, Doug, so much for reading and asking such great questions.

Molly: You're very welcome. All right, Molly, take care.

Molly: Okay. You too.

Doug: Thanks. Bye.

Molly: Thank you. Bye.