

More Adventures of a
**Mainstream
Metaphysical Mom**

Finding Peace While Raising Teens,
Building a Community, and
Consciously Following-Through



M. A. Payton

Author of *Healing What's Real*,
Birth Mix Patterns and "Soul"utions.

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The Left Side
Asheville, North Carolina

I. Introduction

40-Something Aches and Pains, Enlightenment and Consciousness

A jug fills drop by drop.

— Buddha

I began writing the first *Adventures of a Mainstream Metaphysical Mom* when my oldest daughter was around 8-years-old. Her brother trails behind her by two years, and their baby sister is 8 years younger than our boy (this is the Universe’s way of giving me a break between puberty chaoses). For those who have ever parented, grand parented, aunted, uncled, mentored, or just regularly observed parenting of youngsters ages 9+, you are aware of the interaction that takes place with these “beings” as they take a new shape, and another, and another. Initially, the double-digit age (10+) has been a major landmark for each of our kids. “I’m no longer one digit, I’m now two digits.”

But the “Do this because I’m your mom and I say so” position loses its authoritative zing as they get older. And when they hit an even riper age, it is accompanied by a string of responses containing or insinuating “why?”

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along with “I don’t have to because I am older, smarter and know better than mom.” Or, better yet, if forced to do as they are told, in return I get the “You’re ruining my life!” spiel. The best way to summarize this (for me) is “UGH.” I mean, come on, can’t I just drift along in my mainstream metaphysical bliss of everything happens for a reason and continuous enlightenment? One minute I have my eyes closed with relaxed palms up receiving the divine and then my eyes pop open looking over my shoulder as one of my kids demands my attention. Really?

There is another awareness that has developed being 40+ and simultaneously a parent of college, high school and elementary aged children that has surprised me. Being the intuitive parent that I am (and we all are), I could see that as my kids got older their emotions and problems increased in intensity. In my own home, it’s been important for me to find new avenues of psychic protection while still problem-solving as a mother.

My kids are also becoming (or are) taller, physically stronger, and are in many ways smarter and faster than I am now. Their agile young bodies perform many tasks that I also took for granted at that stage of my life. When I forget that my 40 something body doesn’t move as quickly (especially if I’m emotionally drained), there is a physical price to pay later when I do it anyway. So I’m conscious of a newly-formed caution of how I push (or not) my physical form and emotional state. As I close in on the half-way point in this temple, I am being very strategic as to how to effectively and gracefully move through this life.

As I accumulate more years, I am becoming a loooooonnnng run-on sentence. I question:

- My role as a parent and how much should be about me and about them
- Consumerism and the part that I’ve played (and I want to redefine more than I ever have before)

- How I can increase my independence from outside energy resources
- How my children can flourish in their own lives when they are my age, and how my husband and I can be independent at a ripe age
- How we can get our kids through school and, ideally, college (monetarily and motivationally) so that they can become productive, contributing adults
- How I can connect more with personal and professional communities outside of (those connected to) my children as I become an empty nester
- What I should study (as a lifelong student), offer and expand personally and professionally with this newly-found time on my hands
- How I handle (my older children's) potential life partners as they introduce new relationships into the family mix
- How I can best help my family through even more change as I expand my soul community (including a move to Asheville, North Carolina)

But wait, there's more. Always more.

In this book, you'll see thoughts that revolve around seeking conscious enlightenment and

- Raising a Family
- Building a Community
- Achieving Health
- Following-Through

As I share my thoughts, some reading this will say, "Michelle, you made a bad decision and I would never do that." OK, so, do better. Others may say, "Oh, you are as human as I am." Or even better, "You think that's bad, well I did such and such." So take my mainstream and metaphysical momness, friendness, sisterness, auntness, passer-byerness, good Samaritanness, 40+ness path work and observances however you see

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fit. But I will say that even if you completely disagree with everything I say in this book (and you will on some fronts) then you have learned something about yourself, because you can only know “sweet” if you know “sour.”

For me, it’s helpful when someone bellies up on the hard and even soft and subtle subjects. I was in a local Chinese restaurant one day for lunch and the owner said, “Michelle, I read your book *Adventures of a Mainstream Metaphysical Mom* (book 1). My husband can’t believe that you would share so much of yourself to the world.” It must be some karmic thing. Maybe I was a triple secret agent in a past life and now it’s time for me to tell all. My kids would call this “TMI” or Too Much Information. So while it is likely that you will both resonate with or judge within moments of reading any given section, such is the result of reading about the life of someone who can’t help writing her truth at the moment.

II. Raising a Family and Conscious Thinking

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to enlightenment, and all wisdom and virtue will naturally come to him.

—Buddha

In my book *Birth Mix Patterns: Astrology, Numerology and Birth Order for Families and Other Groups that Matter*, I analyzed dark leaders and drew a parity between their lack of positive direction and similarities to troubled teens in America. In *Mainstream Metaphysical Mom* style, I talk about my experiences with my children, how I apply my mainstream and metaphysical training to ease through the various transitions (not always easy), and questions about how you might apply the learning in your life as a parent, aunt or uncle, grandparent, mentor to others, and/or kind and compassionate adult.

Teens are tough, and the siblings that follow behind them wanting to emulate them are even more challenging. I look at my life and say, “I’m

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glad I'm a mom." In the same breath I say, "I'll be so happy when they are 25 and older." In this section I'll talk about brain physiology, my theories on why teenagers lie, suggestions on how we can move past the deception—sometimes with grace and sometimes clumsily, and how we can apply mind over matter tools to allow time to heal all wounds.

A radio host said to me during an interview, you seem to contradict yourself in various books. I proudly announced, "Absolutely!" Why is this a good thing? Because I'm very aware that I'm not the same person I was the day, hour or minute before my last experience. I will also say in the same breath that every move I've made was supposed to happen.

For instance, in my first *Mainstream Metaphysical Mom* book when my kids were in elementary school or younger, I took offense to an adult that advised me that you have to be careful who your kids hang out with. They may develop "reputations." "What?" I said! It's part of my kids' job descriptions to lend helping hands!"

But as my kids became young adults, things got tougher. I was no longer in parent Nirvana where you could pick up the phone and call another parent and say, "Suzy pushed my little girl off the swing at school." Each child is different, so I was unprepared in many ways, each time one of my children moved into "teendom." Let's talk about that first.