
I AM THAT

POWERFUL POSTPARTUM

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THREE WORDS TO BRING TO MIND WHEN MOM-COMPARISON CREEPS IN

I AM THAT

Mom comparison happens within many of us. Most obviously, we are bombarded with an overwhelming range of images on social media covering the full spectrum of the motherhood experience ranging from curated to hot-mess; mechanically, we compare. We see well behaved children at the grocery store, comparison. We see the mom handing out junk food, comparison.

If we watch for it, we can see subtle and direct levels of comparison in many of our every-day interactions and experiences.

Our minds very naturally like to point out all the ways we are the same or different, better or worse, right or wrong.

I'll explain further. Mom comparison happened within me just last week:

Feeling over-touched and tired one morning at the community pool, I asked my kids to play on their own. Sand, water, sun – I felt they were set up as best as possible for independent play while I regrouped. Having a few breaths and settling into the moment, I notice a mom in the water with her two young daughters. Playing, pretending, full of fun and energy, managing the back and forth of two children kindly and gracefully. Really, the love and connection she had with the girls was a beautiful sight, but my mind quickly moved from beauty to comparison. I almost sprung from my towel to avoid my thoughts of inadequacy, “I should be playing with my kids. I am being lazy or distant. My kids are not getting what they need from me.”

I'm seated. I bring my attention within, and I watch my thoughts swing. On one end I am attacking myself and my parenting, on the other I am justifying all the reasons I am correct in my decisions. I watch the "shoulds", the guilt, the self-harassment, and the justifications. Instead of springing from my towel, I sit with all of this as the witness, and suddenly I came to a moment of full peace, full acceptance. The flurry of thoughts clear, and I acknowledge that I am in the state of full comparison. Exhale. Three freeing words enter my mind, "I AM THAT."

i am that and she is that

We are all mothers, all humans having a human experience. On the line of motherhood existence, in this moment she is in one place and I am in another. Her playfulness exists in me, and my exhaustion exists in her, and we are constantly in flux. Surely she has had her tired days looking on while the energetic mother is able to engage, and surely I have had my days of being the playful mother while another mother is a zombie on the couch.



I AM THAT. If we look past the many thoughts of the active mind, we sometimes drill down to a very basic phenomenon. In this instance the phenomenon was comparison. The phenomenon itself we can accept, but so often it is clouded by an overwhelming number of feral thoughts. **The key is to witness the clutter of mental activity** that exists within us that usually goes unaddressed and propels us to take action out of delusion.

Drill through the many thoughts to the phenomenon itself -comparison, and let yourself come to the place of clarity where we exist in the **I AM THAT**. You won't have to convince yourself of, I AM THAT. It will be felt, experiential, self-evident. You don't have to take my word.

try it for yourself,
and you can decide

IN THE EXPERIENCE OF, I AM THAT, WE MAY EVEN BEGIN TO GET AN EXPANDED SENSE OF BEING WHERE WE ARE FILLED WITH COMPASSION, UNDERSTANDING, AND CONNECTIVITY. IN THIS STATE IT IS POSSIBLE TO TAKE, I AM THAT, ONE STEP FURTHER.

Beyond the human experience we may even come to see the metaphysical experience, which is



Out of the narrow concept of the personal "I AM THAT" we can expand into the grand idea of spiritual identity, "I AM," connectivity, the seer, the unmoved mover, the sacred place within, our highest selves.

MOTHERHOOD HOLDS TREMENDOUS AMOUNT OF SACRED POTENTIAL, NEVER KEEPING QUIET AND ALWAYS GIVING US OPPORTUNITIES TO LOOK WITHIN AND CONNECT WITH THE PLACE THAT IS CLEAR AND CALM. I LOVE SHARING WHAT MOTHERHOOD TEACHES ME, AND WOULD LOVE TO HEAR YOUR EXPERIENCE OF "I AM." OR POSSIBLY YOU NEED A LITTLE HELP DRILLING DOWN. WE CAN DO THAT TOGETHER. PLEASE REACH OUT ANYTIME, [KELLYVANZANDT@GMAIL.COM](mailto:kellyvanzandt@gmail.com).