

[View this email in your browser](#)

**Dear friend,**

When the world we live in continues to zoom by, almost hopelessly, a new year always brings a sense of renewed hope to me.

This year, I have felt more aware of the roller coaster-like experience of my emotions. I was aware of how the hope of a new year found me in a dim place of self-doubt and uncertainty, brought me out to enjoy a more open view of what might come in the promise of a new beginning - a new year. I was filled with energy and vigor, as if I could take on anything. And soon enough, self-doubt and uncertainty took over again, and my outlook changed.

Yes, this roller coaster of emotions is what I experience on a daily basis. Naturally, I have been feeling really frustrated by this repeating cycle. Why can't I stay in the good places all the time? There must be something wrong with me that I experience so much fluctuation in how I feel when things outside me seem to have stayed the same, I thought to myself.

At the same time, while the frustration continues, I am also becoming aware that a different way of being with my experience has quietly taken root. I could feel my capacity to feel has expanded, enabling me to hold all my experiences with a little more tenderness and a little more trust. It seems that I can "stomach" more of these dizzying human experiences, the painful, the joyful and the confusing, and know that none of them lasts.

**"Feeling deeply"** is a phrase that I want to pay tribute to Emily, who has been joining the Tuesday 8pm Eastern Time writing circle with me in the past year. Emily treasures those moments in her life when she can feel and connect deeply, and those are the moments that I treasure the most too. How can we ever live deeply without feeling deeply? The synchronicity of our feelings when I meet Emily in the circles has always awed me, and encouraged me to feel and share my feelings in her presence and know that it is not only okay but a true gift. Thank you Emily!

**"Tenderness and trust"** is a phrase that I would like to pay tribute to Marija. She has been a steady support of the 8am Central Europe Time circles. During one session, Marija shared how she held her experience with tenderness and trust, in short, TnT. This phrase has stayed with me since, helping me to hold my painful experiences with

In the course of 2024, thanks to dear Aimee Eckhardt's CDP newsletters that have always included the circles, I have received many inquiries and interest to join. And yet the attendance has remained low, with Marija and Emily being the main support to make the circle happen.

Despite their small size, these circles have been filled with wonders whenever they happen! I cherish the presence of every friend I meet here; I have experienced so many moments of being deeply awed by our human capacity to be moved, to connect and to love; and I attribute much of my growth and healing in the last year to the support I received from the circles, amid other forms of support I have.

And now, please allow me to say the names of all the friends I have met in the circle in the past year, silently in my heart, as I savor our time spent together, once more.

**Marija, Emily, Bindalli, Ciara, Amelia, Jack, Eric, Tina, Peter and Becky**  
**Thank you to all of you, for having enriched my life with your presence in the circle.**

As I reflect back on my small circles in the past year, I also want to say "Thank you!" to someone special. And that person is myself. Just like how I want to give thanks to a dear friend for having done something amazing for me, I want to take the time to allow myself to both give and receive my heartfelt gratitude for having created this space that has benefited not only myself, but others too. I want to give and receive the appreciation that I have the courage to hold the space even when no one else is here. I also want to give and receive compassion for myself for feeling vulnerable and uncertain about the future of the circles and what I could do to help them grow.

**Mabel, Cai Lei**  
**Wow! Thank you! Wow! Thank you!**

My dear friend, we are now at the beginning of 2025, I do not have any new year resolutions nor action plans, and things remain uncertain. I can only be sure that it's another year of bittersweet human experience that I have come to embrace more and more.

**And I invite you, whether you have joined the circles in 2024 or not, to join me in 2025, whenever your heart feels a tug.** If it has been a while since our last



And lastly, here are some new dates for the Writing Circle 2.

○ **Writing Circle 2 (Americas, Asia and Australasia friendly time)**

→ 8pm Eastern Time Tuesday / 9am Singapore Time Wednesday (8am from early March to October). The planned dates are:

**US/Canada: 21 Jan, 18 Feb, TBC.**

**Asia: 22 Jan, 19 Feb, TBC.**

For a complete schedule of the circles, please follow [this link](#).

Looking forward to another year of wonders in the circles! 💜

Mabel, Cai Lei

[www.breathingwithme.com](http://www.breathingwithme.com)

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[Click to join the circle on Zoom](#)

[Invitation to the Circles](#)

[Read My Poems](#)



*Copyright (C) 2025 Mabel Cai Lei. All rights reserved.*

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

