

Your magazine for self-discovery, creativity, and the art of living!

LICERIA & CO.

Story Lane

Magazine



#1

Self-acceptance 2.0:
How mindfulness and meditation can help you

Self-acceptance 2.0: How mindfulness and meditation can help you

Why does self-acceptance improve our mental health so much? What role may mindfulness play in this? And what exactly is the meaning of the phrase "meditation"?

Self-blame, limiting beliefs, and low self-esteem

Self-awareness = becoming acquainted with oneself (strengths and limitations).

Accepting who we are and who we are not in the present
Self-assessment = Accepting our strengths and talents

Self-esteem = The inner voice that tells us we are wonderful just the way we are and deserve to be happy.

Optimization = Self-improvement

"I see myself with loving eyes because I am beautiful inside and out."
"I am sufficient!" If this line makes you uncomfortable, you should work on your self-acceptance. It is past time for us to give ourselves the credit we deserve. We must learn to accept and love ourselves for who we are. We can become more conscious of our thoughts and feelings and break away from negative thought patterns by practicing mindfulness and meditation. We learn to live in the moment and focus on what truly matters when we practice mindfulness. We take time to relax our bodies and minds and relieve tension and worry. Meditation assists us in calming our minds and focusing on the positive aspects of our lives.

Are you still unsure? If so, please explain why. Begin your self-acceptance journey today and learn to love and accept yourself. Mindfulness and meditation can be an excellent place to start. Both can increase your enjoyment of life and make you feel happier and more fulfilled!

You are perfect just the way you are

CHIARA MEISBERGER

We all have that little voice that elevates our flaws above our talents, telling us that we could be better and do things faster. A voice that sometimes makes us feel inadequate and is more concerned with the future, dreams, and expectations than with the present.

But wouldn't it be much nicer if that inner voice guided us with love and respect through our daily lives?

If that voice spoke to you instead, "You are perfect just the way you are!" What if it strengthened you by accepting your strengths and weaknesses? It would get you exactly as you are now, without a "what if..." If it constantly reminded you of your excellent abilities. And if it would respectfully support you in your efforts to improve yourself, underlining "You deserve to be happy!"

It is a start on our journey to self-acceptance and getting to know ourselves better. We must become conscious of our strengths and limitations and allow them the room they require. It is critical to embrace them for who they are. It is totally acceptable that they exist, both strengths and faults. If we allow them to be seen, they will take us a long way forward on our path.

A brief meditation for you

CHIARA MEISBERGER

Next, I'd like to lead you through a brief meditation:

1. Determine your most comfortable seating position.
2. Close your eyes and focus on your breathing. Your chest and abdomen gently rise and fall.
3. Stay here for a few breaths before shifting your focus inward.
4. Consider your flaws. Make yourself an observer. Accept them without reservation.
5. Pay attention to your strengths, observe them, and accept them without judgment.

Allow your ideas to pass and return your attention to your breathing. Give yourself your best beautiful smile and take a deep, loving breath at the end of the meditation.

I hope you enjoyed this brief meditation. Stay calm if the exercise or meditation is challenging for you. Many others, like you, struggle with meditation, as I did for a long time. Meditation takes practice and, ideally, a routine to develop, so be kind to yourself, especially if you're new to it.

I let thoughts come and go

Meditation came about as a result of my yoga practice. Yoga was a wonderful way for me to discover and get to know my body. But, as time passed, I found that yoga is much more. Practicing asanas (physical postures) assisted me in achieving inner calm. When I wished to meditate on command, I used to try to impose an inner serenity. For example, I would rapidly change into comfortable clothes, sit on my meditation cushion, quickly choose a guided meditation, and suddenly my thoughts would cease. My mind began racing, and my body distracted me with numerous things, such as my legs falling asleep. Let's be honest: have you ever experienced something similar?

I realized through time that it needs patience and practice. During meditation, I let thoughts come and go. If my leg fell asleep during meditation, I allowed myself to move. I learned about several meditation techniques, including active and passive meditation. I found that meditation has many different dimensions and may be performed in various ordinary scenarios, such as while waiting (in a line, at traffic lights, at the doctor's office, at the bus stop, and so on). I experimented with several meditations and discovered that not every meditation is appropriate for every day. I discovered the realm of meditation and when each meditation provides me the peace that I require.

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My invitation

CHIARA MEISBERGER

Meditation is now not just a regular part of my daily routine but also a crucial tool to use as my personal support in everyday life. As a result, I'd like to welcome you to a small group meditation session. I'd like to introduce you to meditation and its advantages in this session. You only need some time and a reliable internet connection. Whether you're an experienced meditator or a total novice, we'll arrive at the present moment together and enjoy it to the utmost.

From the unique experience of walking meditation to the classic meditation in silence, I offer an insight into the many meditations in my yoga retreats. We practice yoga and meditation every day for a week to bring more ease and attention into our daily lives. I can tell you that my yogis adore it.

I would be delighted to accompany you on your yoga journey, whether on the mat in Gran Canaria or online, during our shared meditation session on May 21, 2023, at 12:00 p.m. The Zoom link and recording can be found in your StoryLane workshop section. The Workshop will be in German. However, the recording will include subtitles.

X,
Chiara

