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StoryLane

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#2

The breath journey - a journey to love -
a journey into my body and myself.

**“He who sees a difference between
soul and body owns neither “
- Oscar Wild.**

How am I doing? How do I listen? How do I speak? - are questions we should ask in every relationship. And this relationship may gladly begin with one's own body. In the here and now. And best of all, again and again as a bit of self-check-in.

My own experience of yoga and Breathwork has shown me over time that it was never really about experiencing enlightenment and becoming a flexible super yogi but about illuminating my relationships - with myself, the universal force, love, and life as a whole. Everything else is a plus.

What consciousness and body have to do with each other is explained by classical spirituality, that we are more than the body, that we are consciousness ("unity consciousness"), and that this consciousness can be experienced in our body, and thus we learn that our body (and in principle everything material) is a gift and a home at the same time for us and our life.

Find what feels good. (Adriene Mishler - well- known US yoga teacher)

Lying on my back. Let soft music play on the headphones. My hand is on my belly. I take a few deep breaths, close my eyes and feel my body gradually letting go of its shell - allowing pleasurable softness to return. My spine moves rhythmically to the music and serpentine to the breath as if by itself. I breathe into the tense places.

Whoosh, emotions come up, an old ache; I release a few tears, a sigh, and I meet myself again in the heart. A feeling and a voice from home - telling me. "Hug yourself, be good to yourself today and every day."

Back on my feet, and after a quick shower, my eyes still look a little glassy in the mirror; I smile at myself and feel childlike and grown up at the same time. I see a few wrinkles around my eyes, which feel familiar. I like this look.

What is always a ritual of self-encounter of my vulnerability and my inner wounds and current emotions is, at the same time, the path of a growing maturity with myself. Without outsourcing my needs, I manage to love and fill myself with life from within. Through my inner experience, I build trust that my feelings of security, safety, and love are also possible outside.

I don't feel dependent on my life or interpersonal relationships to read my desires and needs off my face and fulfill them, but I feel empowered to give more space to my current deep desires and meet them anew without fear but with curiosity.

Breath journeys are like a somatic excursion to hidden inner dreams. They give space to what has been split off in society or by one's conditions and limitations. They can also be called the small world of big feelings. Children, for example, carry this world with them intuitively. A fantasy world that is colorful, full of dreams, wishes, and desires.

As we grow older, this world often becomes smaller. However, there is always a key back to the level of boundlessness.

Breathwork is such a key, which from my experience, has broken open many such doors again. A key that allows me, through body and breath, to regain my freedom, where I feel that all that I think is legitimate and valuable may be heard, seen, moved, and expressed.

The mix of flowing rhythmic movements is like a recurring pattern and, during the practice, gives especially the head a feeling of security so that the thoughts that strive for security pause. For it is only when the (judgmental) head shuts down that we can actually experience who else we are.

The breath is like a compass for our emotions. In the continuous flow of breathing, feelings that have not been felt to completion are flushed up, felt, and thus released. Emotions are stored in the body. And therefore, after a breathing session, the body feels more unrestrained, and blockages and pain are released.

A world of freedom can look the same

In which we no longer suppress emotions but breathe, feel, and move them. Our bodies move to the beat of the melody we have always carried within us. Allowing oxygen to flow into our innermost dreams gives space to our pain. Meeting shadows with empathy. Past with present and future.

Building a nervous system that provides us with a new, healthy understanding of self-love, gratitude, and surrender.

All of it is allowed to be there. - You, the old you, the present you, the new you.

How does that feel?