

Allowing Transformation

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Uses: Meaning Reconstruction, Posttraumatic Growth, Self-Acceptance

Your transformation journey aims for you to carry your loss while still finding the strength to cherish the richness of your existence. Transformation is often met with resistance, whether that is holding on, clinging, or an inability to let go. Recognizing these barriers and finding the means to navigate through them is key to your transformation. This embodied movement practice will guide you through understanding awareness, making choices, and releasing hold through gentle and spontaneous movement.

Set your space by spreading a blanket or yoga mat on the floor. Lay on your back, using a bolster under your knees or any other accessories that would enhance your comfort. Once you settle into a resting position, focus on the area in your body where the breath is most vivid.

With every exhale, count down from 10, letting each breath out signify a number. Should your mind wander, kindly guide it back to the beginning. When you reach one, reverse the counting up to 10. This practice will encourage your breath to expand and deepen, stirring movements within your body. Should you notice any heightened sensations within your muscles, bones, joints, or organs, make a mental note of them. For now, your attention is invited to cultivate a more profound, fulfilling, and expansive breath.

Let your breath flow naturally now, free from any effort or control. Direct your attention to the most prominent sensation within your body. Whether it's pleasant or unpleasant, care for this sensation. This could involve stretching, gently moving on the floor, massaging tense muscles, or any other action that brings comfort and relaxation to your body.

Slowly, allow your body to settle into stillness, laying on your back. Open your arms to rest at your sides. Give your legs the freedom to relax. Let your breath flow in and out effortlessly as you scan through your body, inviting every part holding tension to release and relax, free of judgment.

Observe what remains. What are you still grasping? What have you managed to let go? Could there be room for even a little more release in your body? Now, let go of any effort and find peace in this stillness and space. Bask in this quiet, offering gratitude to yourself for permitting this transformation to unfold.

Finally, bring your attention back to your breath, becoming aware of its steady rhythm, how it comes and goes, just like the experiences in your life. Notice the preciousness of each breath, each moment you are given.

Take a moment to reflect on the transformation that has happened within your body during this practice. Noticing any changes in sensation, energy, or emotion that may have occurred. Remember that grief is not a linear process but more of an ebb and flow. You may find moments of respite, only to be hit with the waves of grief once again. This is normal.

Now, very gently, start to bring some movement back into your body. Wiggle your fingers and toes. Take a deep breath in and on the exhale, stretch your arms overhead, giving your body a gentle, loving stretch. Roll over onto one side in a fetal position, cradling yourself for a moment, giving yourself a moment of self-care and self-compassion.

And when you feel ready, slowly push yourself up to a seated position. Sit quietly for a few moments, acknowledging the work you've done so far, the space you've created, and the transformation you've allowed to occur.

Remember, it's okay to grieve. It's okay to feel. And it's okay to transform. You have shown yourself great kindness and courage today. Embrace this transformative process as a journey towards embracing life's fullness with authenticity and courage.

Close this meditation practice with a deep breath in, hold it for a moment, and then let it go, releasing any residual tension or resistance. Let this exhale symbolize your ability to let go, to transform, and to continue living fully, even amidst your loss.

As you move throughout your day, carry this sense of calm, acceptance, and transformation with you, reminding yourself that you have the capacity to heal and to grow, no matter what comes your way. May compassion deepen for yourself and for others. May your heart be filled with peace and love, and your spirit with resilience.

