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When you are learning to walk as a child, you trip and fall a million times but keep getting back up. Slowly but surely, I began to see I was becoming more mindful and had a calmer demeanor.In the past, I would get frustrated very easily when things didneÁÁAt seem to be working as quickly as I anticipated. When you submit your name and email you are opting-in for our weekly email newsletter and relevant upcoming updates from Dear Gabby, Inc. You can unsubscribe at any time. The first meditation made me feel so rejuvenated that I feel like I caught a mediation ĳÁÁÁbuzz.ĳÁÁÁOne unique aspect of the challenge was that Bernstein introduced a varied practice. My preconceived belief was that mediation required sitting quietly in a peaceful setting and levitating around the room. ThateÁÁÁs part of it!In the past, I would give up and think, ĳÁÁÁĳeÁÁÁm not doing this right." This time around, I was focused on becoming an observer of my own thoughts. I'm a work in progress for sure, but now, I have a fresh habit to pave the way to a better version of me. Nothing ĳÁÁÁhappenseÁÁÁ to you right away, but as you continue to practice, you begin to move through your day with more ease. In addition to meditations, Bernstein sets you up with methods to be used as spiritual tools whenever you feel called or even have just one minute to spare!Some of my favorite meditations included:Body Scan Meditation: This is a form of mindfulness meditation which has been shown to reduce levels of the stress hormone cortisol. Let your mind and thoughts run wild. I used it on day three before bed to help me fall asleep and calm my mind.Walking Meditation: One of my personal favorite meditations from the 21 days was the walking meditation. As simple as that reminder is, it was groundbreaking for me.On day one, I reminded myself of the mantra I was using for this challenge: I am open to meditation and welcome a new practice in my life. "Be open to the process is crucial. Walk through the morning, walk at night, lying on the bed by the morning, That is that it works while you can find a conscious moment of recharging and moving towards alignment and alignment. The meditative rides were one of the most pleasant parts of the challenge. courtesy of Casey Delbassoas soon, since I began to focus more In the present, I began to feel more relaxed and in peace. This 15-minute meditation will amplify its attractive powers and it will align with the loving energy of the universe. I was mistaken. This practice reminded me that When I'm really committed to making a change, you can meditate at any time of your day. If you get up with anxiety, you can do it first thing about the morning. Suddenly, I started concentrating on what I had inside me and what I was capable of instead of ANSIED External ades that were occupying my mind. Cable cutting meditation This 3-minute meditation will help you free up energy links to the relationships that no longer serve you, and find cure and closure. This practice was such a wonderful reminder all days to be grateful. Positive energy meditation: this meditation involved remembering myself as when we feel good, we can attract solutions instead of problems. Through this challenge, I learned that it is not about turning off the world, but allowed it and leaving it to pass on the other side. All you would be trapped in our little apartments indefinitely? Each step that I helped me to be as founded when accompanying this meditation. Thank you meditation: while the pandemic is a difficult moment of challenge, this meditation helped me cultivate the gratitude for the things that I am lucky to have and allowed me to move through DÁa with a different energy. Even a minute of stillness to day can be transformer and I learned that quiet breath is is for shifting your anxiety level.Getting outside of your comfort zone with something new is awkward and honestly, iteÁÁÁs scary! Embrace it. IteÁÁÁs a quick mindful practice that allows you to check in with your body and mind anywhere at any time. time.

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