

49 A meditation for when life's throwing you a challenge

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SPEAKERS

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Today, I wanted to do another kind of podcast, a podcast that can really help you. Every time something happens at work or in your life that is really affecting you. Maybe you feel completely overwhelmed or stressed for the time being, or maybe a problem came up and you're afraid that you might fail, or you have to disappoint someone or your heart was just broken, you missed the promotion, or you just made a mistake, or were given negative feedback, or you screwed up a presentation. Well, there is an African proverb that says smooth seas do not make skillful sailors. And a crisis or challenge is often an opportunity to grow. And I know that life only gives me what I can handle, it is here to teach me and to help me grow. It pushes me out of my comfort zone. But sometimes it can really feel hard and feel like it's too much. When I face a big challenge that makes me feel bad, I want to escape that feeling at all costs. And sometimes I then act from a place of fear, or of anger or sadness or resignation. Instead of responding from a place of love, or with actions truly aligned with my values and with who I really am. And that way I reach my desired outcome. And that's when I grow and reach amazing results. But to get there, I often like listening to a meditation. And that's what I wanted to offer to you as well. A meditation you can listen to every time you face a big challenge, and that meditation will help you feel better and act with more skillful action. So let's start. I'm Murielle. co mom, an educator, I used to work really hard and sacrifice the important things to me until I lost my motivation. Fast forwards past many failed attempts and lessons learned. And I found a way to reach great results while working less. Today, I'm obsessed with helping other leaders build meaningful lives. So each week I'll be sharing inspiration to change your life and organisation. This is rebel leader with a hearts I want you to enjoy meditating. So sit as comfortably as possible. loosen those shoulders, loosen up your jaw. Sometimes I feel that it can help to first contract everything as much as possible, until you feel like completely releasing everything. Open your mind and your heart. And just let's see what happens. Now close your eyes and take three deep breaths in by the nose and out by the mouth.

check in to see if your body is relaxed. Nope. I don't want you to be the Dalai Lama. Just be yourself. Or like Oscar Wilde would say, Be yourself because everyone else is already taken. We all know that life is full of challenges. And it's how you accept and handle these challenges that makes you who you

are. It's what defines you. Now I want you to bring that challenge in front of you. Try to visualise this challenge in a bubble just in front of your eyes. Some of you might find it difficult to visualise it and that's okay. Just think about it then.

Now let's see how this challenge is making you feel. What's the story? You tell yourself about this challenge? Simply notice your thoughts without judging them. They simply are thoughts, and we all have them.

And what is the emotion you currently feel? Do you feel anger, sadness, frustration, confusion, guilt, or maybe some heaviness. Whatever you feel, just observe that feeling. It's okay.

And what is happening in your body, your body is often reacting. And it's important to listen to it. Because when we don't listen to our body, that's when sometimes we ignore important things and important signals. So do you feel some tension, some movements, warmth, coldness, some pain, maybe just try to notice what you feel. And stay with it for a moment.

Maybe the sensation is uncomfortable, but it's okay. You can stay with it for a moment longer. Nothing is going to happen if you stay with that sensation. And it's often because we want to escape the sensation that we end up reacting instead of putting the actions in place that will lead to our desired outcome. So try to bring some gratitude to what you feel. I know it might sound counterintuitive, to show gratitude for this challenge or for your negative sensations. Just remember that it's because of our negative emotions that we can adapt. Without those negative feelings, we wouldn't grow. And we wouldn't have survived as humans. So bring some tenderness and gratitude to what you feel. It's your body that is trying to keep you safe. And you are safe now, and you are worthy. Don't try to change anything for now. You are growing and be grateful for that. You're just like a butterfly that is about to come out of its cocoon. And if you feel some resistance, that's okay to just show some gratitude for that resistance. You are an amazing person that is about to overcome yet another challenge. And I know that life has thrown many challenges at you, but haven't you always overcome them? There is another quote that I love. Challenges is what makes life interesting. And overcoming them is what makes life meaningful. And maybe you think, no, but I don't want an interesting life. Just give me some peace and quiet. But you know, that's not who you are. You would get bored if nothing challenging ever happened. But I know that growing can hurt. Life is simply here to teach you something. So look at this challenge and see it as an opportunity instead of a punishment, or a problem. You can even ask your challenge a question. What are you trying to teach me? And just let go, sit still and see what answer emerges. You don't have to do anything. Just allow the answer to rise. What are you trying to teach me

some Challenges keep coming back until you figure it out and grow. But the difference is that today, you are listening. In the past, you might have resisted this challenge, or handled it with anger, frustration or resignation, but not today. Today you have gratitude for it.

And now, I want you to think about what is important for you. What comes up for you? What do you deeply care about.

Just keep that in mind as you are about to come out of this meditation and continue your day with a new energy. Today, you can truly live your day and you embrace what life's puts in front of you, instead of resisting it. Now take a deep breath.

You were amazing and you did great work here. So whenever you are ready, you can let go of this challenge. Start slowly moving your toes and fingers you can slowly stretch

and open your eyes. Have a wonderful day.