

Meeting summary for Accept: January Workshop (01/07/2025)

Quick recap

Miriam discussed the concept of acceptance, its importance in personal growth and reflection, and shared her personal experiences with it. She also introduced the idea of using quotes as a tool for self-reflection and growth, and announced the next online gathering of Simple Wonders. The conversation ended with a relaxation exercise and an invitation to reflect on one's journey towards acceptance.

Next steps

Next steps were not generated due to insufficient transcript.

Summary

Belief, Quotes, and Breathing Exercise

Miriam discussed various quotes and their significance, particularly those related to magic and reality. She emphasized the importance of believing that everything will work out, even when it seems unlikely. Miriam also highlighted the power of one-word quotes and the need to balance growth and comfort. She then led a breathing exercise, inviting participants to feel the shifts in their body as they breathed in and out. The exercise was intended to promote acceptance and relaxation.

The Power of Acceptance and Hope

Miriam discussed the concept of acceptance, emphasizing that it is not about resignation or defeat, but rather about acknowledging a situation and choosing a path forward. She likened acceptance to a spiritual muscle that needs to be practiced and strengthened. Miriam also shared her personal experiences with acceptance, including her struggles with expectations and the importance of not losing hope. She concluded by suggesting that acceptance can manifest in various ways, such as making conscious choices for personal growth or accepting one's current circumstances.

Incorporating Quotes for Personal Growth

Miriam discussed the use of quotes as a tool for personal growth and reflection. She suggested various ways to incorporate quotes into daily life, such as cutting them apart, placing them in strategic locations, or using them as prompts for journaling. Miriam also emphasized the importance of acceptance in the creative process, using the example of a child struggling with their artwork. She encouraged the participants to commit to their practice and to write down their intentions for working with quotes.

Miriam's Art Calendar Transformation

Miriam shared her story of disappointment and transformation. She had her art calendars made at different places for the past three years due to unpredictable delivery times. This year, she was disappointed with the pixelated quality of her calendars, despite spending a lot of money on the project. Instead of giving up, she decided to create a unique, one-of-a-kind calendar with collages, photographs, and watercolor paintings. This led to the idea of offering a monthly class related to the word or phrase in the calendar, starting with "accept". Miriam's acceptance of the situation allowed her to start a new project, the "School of Simple Wonders", which she had wanted to do for a long time but was too scared to begin.

The Power of Acceptance in Life

Miriam discussed the concept of acceptance and its importance in life. She shared her personal experience of attending a 12-step program and how it has influenced her understanding of acceptance. Miriam also emphasized the importance of self-reflection and personal growth in accepting life's realities. She encouraged the participants to reflect on their own stories of acceptance and how they can work on it in the New Year. Miriam also shared some inspirational quotes related to acceptance from the Alcoholics Anonymous Big Book.

Navigating Loss and Personal Growth

Miriam shared her personal experiences of dealing with loss and challenging situations. She recounted her father's passing and the emotional challenges of reconnecting with people from her past. Miriam also discussed her struggle with codependency and the need to accept when she couldn't fix everything. She highlighted a turning point when she took a trip to Istanbul, which allowed her to gain clarity and perspective. Upon returning, she realized the importance of letting go of certain things and making difficult choices. Miriam emphasized that making the right choice can still be painful but is essential for growth and acceptance.

Acceptance, Self-Compassion, and Personal Growth

Miriam discussed the importance of acceptance and self-compassion, using personal experiences as examples. She encouraged the participants to reflect on their own experiences with acceptance and personal growth, and to consider who their teacher of acceptance is. Miriam also shared some cards that she believes relate to these topics.

Miriam's Experiences and Acceptance Lessons

Miriam shared her experiences from the day, including subbing only half a day, preparing for an art sale, and her son's unexpected bowling meet. She expressed concern about the meet's timing and the absence of the other team, but noted her son's ability to accept and adapt to situations. Miriam highlighted her son's insight and acceptance of others, which she sees as a valuable lesson in her life. She encouraged others to reflect on their own teachers of acceptance.

Simple Wonders Online Gathering & Relaxation

Miriam announced that the next online gathering of Simple Wonders will be on February 3rd at 7 o'clock. She encouraged participants to engage in journaling, creative work, or relaxation exercises to enhance their understanding of acceptance. Miriam guided the participants through a relaxation exercise, focusing on different parts of the body, and concluded by inviting them to reflect on their journey towards acceptance. She expressed her hope for continued growth and shared that the next session will focus on breathwork.