

Becoming More Present - Become Unconditionally Loving

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Becoming More Present

Recently, I attended a retreat focused on the inner work needed to become ***unconditionally loving***. It gave me the opportunity to reflect on my journey over the past seven years of moving from surviving to thriving. I will be sharing some of that journey here and in upcoming blogs. If you would like support on your own path, I invite you to visit my coaching page: [Coaching With Myrna](#)

Most days find us juggling too much, and just trying to get through the day becomes our goal. So, how do we become more present to those we care

about the most? It starts with being more connected to ourselves and shining the light on the path in front of us. Recognizing that we cannot change the past but that we *can* impact our future, we need to acknowledge those moments when we need support. Asking for help, learning to forgive ourselves for our shortcomings, and making time for reflection will serve us best as we move bravely forward into unexplored regions.

Becoming aware of what is blocking or hindering us is a key place to start—whether it is limiting beliefs, a difficult childhood, a traumatic event, or habits cultivated over many years. Realizing that our parents did the best they could, we can begin to look at what is helpful from our past, and what we need to release because it is not serving our best interests. With patience and understanding when looking in the mirror of self-awareness, we can fold back the layers of who we have become to discover who we really want to be.

For me, the awareness that I am holding on to unnecessary baggage began a long time ago, but I fought it tooth and nail, always falling back into what I knew—the familiarity of “doing.” I got my value from being responsible and getting things done, even though it was often from a place of duty. But in 2015, my husband and I moved to Georgia for his work, and I found myself without all the “doer hats” that I had been wearing.

I struggled to find what I was supposed to “do.” I read many books including *Who Moved My Cheese?* and *What Color is Your Parachute?* I did a lot of crying, praying, and meditating. Finding a nearby yoga studio gave me the opportunity to become more self-aware and taught me incredible lessons about learning to be more flexible and to let things flow. Joining a community band allowed me to reconnect with the love and joy of creating music with others while playing my flute.

Having some close friends and finding a coach with whom I could share

honestly and feel supported and accepted helped tremendously. Reading the Real Love books by Dr. Greg Baer allowed me to understand that in order to be heard, seen, and loved for who I am, I need to recognize that the masks that I have worn to hide the pain no longer are serving me, and find ways to uncover the real me—warts and all. I discovered qigong, tapping, inner child work, the power of small groups (both in-person and over the internet), and so much more. If any of this resonates with you, check out the small groups and coaching sessions that I offer.

www.coachmyrna.org/coaching.html

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

