

Yoga Nidra Brings Me Closer to My Mission – with is Gerda van der Lecq - Postma

Hello, my name is Gerda van der Lecq - Postma. I am a woman, wife, mother, entrepreneur, shiatsu therapist and Daring to Rest yoga nidra facilitator.

This is my rest story.

I was tired for as long as I can remember. Fighting exhaustion. As a child I sometimes literally couldn't get one foot in front of the other. I still had to. I had to go to school, I rode a horse, I met friends, I had to do homework, do odd jobs at home.... I learned to persevere. To go through the fatigue. So that I still got things done. Resting is being lazy ... you don't get anything done with resting. It also worked well. I passed my HAVO. After that I successfully completed a college education: hospitality management.

I continued to go beyond my limits. Every time – again and again. I had not learned to rest. After all, that wasn't possible! Because then I didn't get anything done! During my last year at hospitality management school, I took a one-year internship in Berlin. I worked long days and became familiar with working life. I was feeling very responsible and I was thinking in particular all the time about what was expected of me. Not what I needed myself. I enjoyed Berlin very much, it is a beautiful city! A wonderful atmosphere. I really enjoyed myself there. Unfortunately, I did not allow myself to rest here, nor to accept myself as good enough or to be kind to myself. Here too I went far beyond my limits.

After my college education I started doing an evening course in Shiatsu Zen-style. Purely out of interest. I come from a family where health is looked at differently. Not just what we are used to from Western conventional medicine, but from coaching, herbal medicine, energetic healing, and massage techniques. I wanted to learn more about this other view on life in my own way.

After a few months of work here and there I found a permanent job and went to work for a consultancy company in the financial sector. We were super well trained and then went to work for larger insurance companies on projects. Very nice! Nice people, nice to be well educated, and I learned a lot because I saw many companies from the inside. During the week I was in a hotel, alone or with a group. In the evening we had to study and take tests and on Saturday we regularly had teaching or training day.

In the end, it turned out to be too much for me. Because together with my beliefs and that I did not really rest, this was too much for my energy level. Although I enjoyed it very much, I did not succeed in being well. I had burntout. From that moment on, I started working with myself more. From my work I found cognitive behavioral therapy. I myself went to a holistic energetic therapist. With her I also took an intuitive development course to create more of a basis for myself.

Eventually I also followed her vocational training and after 4 years I was an energy therapist. In the meantime, I had stopped consultancy work and set up my own shiatsu practice. I was also active in my aunt's company, which has a training center for children's coaches. By supporting her with the courses, I picked up a lot there too. All these courses have ensured that I have more and more insight into the patterns inside of me. It has become increasingly clear to me what "software" I have and because of this awareness I have been able to change many of my beliefs. I also learned how to deal with my emotions. No more tucking them away, but instead accepting and letting go. That makes it all much lighter!

Still, I didn't make it easy for myself. We were moving to a DIY house. A perfect place where I could have a practice at home and with enormous potential. At that time I was also very pregnant with our

first child. After a hard birth with a lot of blood loss we had a son who slept almost never through the whole night during the first two and a half years, so my rest did not improve. Fortunately I was able to apply everything I had learned and that kept me going. I was able to function well, although it was often close to survival mode. Fortunately our daughter slept a lot better, although sleep is still a big point of attention in our lives. There are still periods that sleeping is not going well with my kids. So that is really something to work on.

In 2018 I discovered yoga nidra meditation. And when I did this for the first time, just with a youtube video by Karen Brody, I got into meditation deeper than ever. You should know that during my four-year vocational training for Holistic Energetic Therapist I meditated every lesson. We mainly learned through meditation. So I meditated for four years under supervision. You would say that I had already practiced a bit, but the technique of yoga nidra helped me a lot more. It brought me a lot of clarity, relaxation and peace. Where the days were often lost because of interrupted nights and sleep deprivation, I felt like I got order back in my life with one meditation of fifteen minutes. The same effect as a good night's sleep.

I also recognized in the yoga nidra meditation techniques that I already intuitively applied these techniques during my treatments. So it was a logical step for me to find out more about this. Both for myself and in my work, I knew it would be a valuable addition to know more about this. I signed up with Karen Brody to follow her Daring to Rest Academy. She taught me about yoga nidra and her 40-day program. I am very grateful to her for everything she shares.

It has ensured that I am more rested than ever. Because just like my previous courses, learning starts with myself. Yoga nidra is now in my bones. I am now in deeper contact with my inner knowing. I more easily make choices that are good for me. My beliefs regarding rest are slowly but surely changing. I take time for myself. And the best part is that I am spreading the message of rest now too.

Yoga nidra has become a permanent part of my life. I generally do it daily. I dare say that since I started my first 40 days almost a year ago, I have never skipped more than two days. This is because I feel how much it does for me. I know that it feeds me, and I know that yoga nidra lifts the veils of tension, emotions and thoughts so that I can see and respond more clearly. Yoga nidra helps me to empty my bucket, which once overflowed from what was in it.

At the moment of recording I am busy with my final steps towards certification. This recording of my rest story is part of that. I have almost completed certification at the Academy. Daring to Rest yoga nidra helped me to put into the world what I have wanted to do for about 7 years: an in-depth program in addition to the Energetic Shiatsu treatments I give. All those years it didn't come together. Yoga Nidra has brought me closer to my mission, and now that I am following it, it is just there without effort. Yoga nidra to me is rest, discharging tension, coming back to what I find really important, and then putting my ideas into the world. I wish this for everyone. I wish for you to become the best version of yourself and to dare to follow your own inner compass. I hope my story also inspires you to find rest, to release and to rise with your mission.