

Self-Care

Self-Care is the companion to self-love. It is hard to talk about one without the other. The two are often put into the same category but, really, they are different. Self-care falls under the branch of self-love. In other words, self-love is the broader concept of which self-care is a part.

I want to take a moment to remind you of the meaning of self-love before we move on to self-care.

Self-love means loving yourself unconditionally. You show kindness to yourself and acceptance of who you are. That includes all of you, both your lovable and unlovable parts. It takes you to a deeper place than self-care.

At the core of self-love is your connection to yourself. When you connect to yourself, you not only discover who you are, but you begin to understand yourself and begin to know who you truly are. And when you connect to it, you can begin to live from that place.

So, when you step into self-love, you discover who you truly are. You are then able to create positive beliefs about yourself that are true and real. This will then help you to boldly venture out into the creation of your new life.

Your soul and who you are is pure divine love. And self-love helps you connect with that love and to go out into the world carrying that love with you. And when you feel the love, you also feel your worthiness and a sense of belonging. You are able to clarify what you need and what you want to create and attract into your life.

You never need to earn it; you only need to be you.

Now for self-care. Self-care is self-love in action. It is where you take care of yourself and take the time to feel good. You mindfully and consistently nurture all aspects of yourself – your physical, spiritual, mental, and emotional. We want to enhance your overall well-being by putting a daily practice in place.

In self-care, you are asking yourself what you need. You are healing your relationship with yourself. And you are healing any wounded areas that you have. Everything that you have been through with your loss, can leave you feeling damaged, depleted, exhausted, or just plain negative in general. A lot of times, you do not have a lot of support systems left either.

So now, at this time, it becomes more important than ever, to initiate a self-care practice. You are not being selfish when you do this, you are being Self-Full. Now is the time to begin to nourish yourself, to fill your bucket back up and keep it full. To put your own needs first, and always be there and present for yourself.

You cannot step forward in your life when you are feeling depleted and drained. You are not in the space to be able to take this action. In order to have the ability to manifest the life you desire, you need to come from a place where you feel good, whole and complete.

When you make time for yourself and for self-care, your feelings of depletion and being off balance will subside. You will begin to re-focus, feel nurtured, and feel good. By filling yourself up and nurturing yourself, you are then able to show up in a loving, positive way for your loved ones and everyone else around you.

“Self-care is giving the world the best of you, instead of what’s left of you.” Katie Reed

Self-care is one of the things that we all know we should do, but we don't follow it or neglect to do it. We make excuses, and say that we don't have time for it. So instead, we want for you to come to the realization that self-care is not a luxury, but it is a requirement in order to help you maintain your well-being. And live from a state where you can move forward, creating the life you want.

When you take care of yourself, it raises your energy and your vibration. From there you are then able to step into your life as the best version of yourself. Self-Care is one of the most important things that you can do for yourself. You need to put yourself first. You need it in order to be at your best. It is something that you need to set as a priority in your life and schedule the time for it.

"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary." Mandy Hale

We are working on building you up so that you have the inner strength and resources in your backpack for the journey. It always makes sense to find fundamental stability in yourself first, before embarking on any journey. Especially the ones that matter most. And this is a very significant journey that you are embarking on. This sets the course into your new life.

Self-care is about being in a loving space where you are present with yourself. Where you feel the love and worthiness that are inherent in you. This is your natural state.

We want for you to set an intention to incorporate self-love and self-care into your life. Set the intention that: I am going to love myself unconditionally, accept myself fully and create a daily self-love/self-care practice.