

SACRED SELF CARE

FOR THESE TIMES

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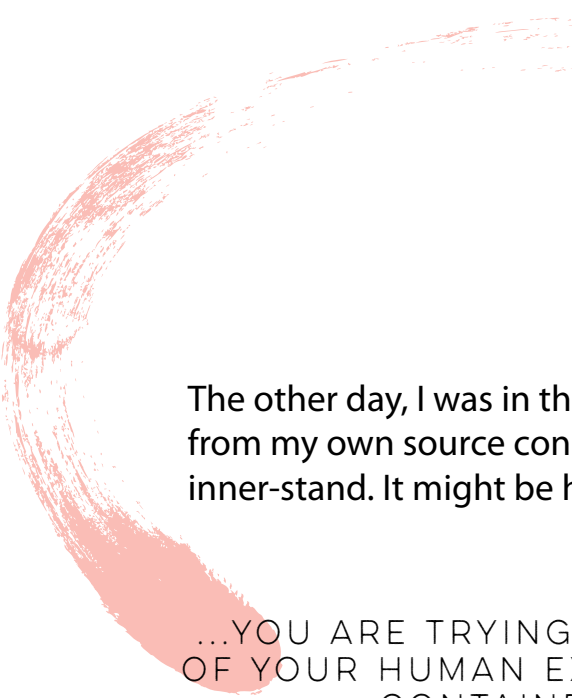
WE WERE MADE FOR THESE TIMES...

That's a phrase you might have heard shared by a lot of wayshowers and teachers. You feel it in your bones. You know its truth—but you are a little confused by what it means for you on the ground.

You have gone through big shifts. You have purged and done the “work” of releasing and shedding old skins, and you might (*like me*) be wondering

...Now what?

Most of us don't know what's next. We just *know* change is rising up through the Earth and into our bodies—wanting to be embraced and expressed through us.



The other day, I was in the shower when I heard something illuminating from my own source connection, which helped my own longing to inner-stand. It might be helpful to you too...

...YOU ARE TRYING TO INTERPRET THE IMMENSITY
OF YOUR HUMAN EXPRESSION THROUGH THE TINY
CONTAINERS YOU HAVE KNOWN

like science,
religion,
authorities/experts,
books,
art/music/dance,
spirituality

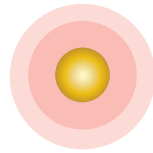
And none of this has been wrong. All of these beautiful human expressions have shed a light on your longing for knowing your truth and have brought great joy.

NOW IS THE TIME TO STEP THROUGH WHAT HAS BEEN A COMFORT
AND FIND THE IMMENSITY OF OUR COSMIC EXPRESSION

...because we were made for these times



HOW/WHERE DO WE BEGIN?



with what is you now

Of course, we do *know* it all begins with the self.

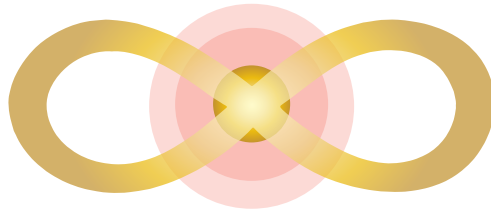
It is likely that you already have your own ways of connecting with your inner sanctuary. However, you might find some of them aren't working as well as you would like. You might notice what normally filled your cup, now leaves you feeling numb.

Maybe that's a call to revisit your sacred self care resources?

The exercises and suggestions that follow are meant to help you tune into more of what ***you need now***. You are the ultimate authority in your own life, and taking the time to tune into what you need in this moment means you are in charge of how to move forward.

And you are *always* worth the time.





one

DO NOTHING

One of the most powerful sacred self care practices is making time for nothing.

It's not about meditation. It's about sitting with no agenda, not trying to solve a "problem" or come up with an idea.

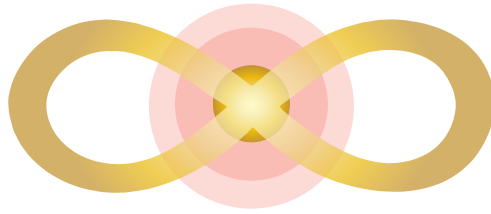
You sit with you.

Your conscious attention is relaxed and open, and, you are fully and completely in your human body—grounded, present and aware.

(it can be helpful to set a timer to begin with - perhaps 4 minutes a day)

Be gentle and practice compassion for yourself. Honouring the beauty of your journey in the now moment.





Two

GO DEEPER

If you are already a pro at sitting in the beauty of your own silence, why not go deeper?

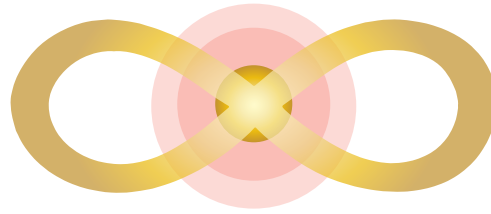
No agenda still.

You sit with you, anchored, connected to the Earth and fully present.

You lightly focus on your source connection/higher self/god connection (*use the language or term that lights you up*).

Setting time to be alone and quiet, maybe in nature, you are choosing to commune with source that is part of who you are, not external. One of my teachers, Jacqueline Hobbs, put it beautifully, *"When people talk about about meditating or trying to reach their higher self — all they mean is the part of themselves that they haven't yet brought online into the world."*

**Practice self kindness. Notice when you slip from treating yourself kindly to indulging yourself, just notice, don't berate yourself or judge. Then gently invite yourself back into your heart. Breath into the moment and allow it to hold you.*



Three

NEW RESOURCES

Years ago another teacher of mine suggested creating a personal resource list.

Maybe you already have one. Maybe its time to create a new list?

If it's entirely new to you, it's an invitation to create a list of at least 3 external resources that can help you return to your true self when you are feeling a little wobbly.

These resources should be immediately and easily accessible for you. The exercise on the next page might help you fine tune this list.

For instance, I would always want to include the ocean, but I don't live near any of them. Instead, I had a recording of waves or a guided meditation to use that brought the joy of that feeling to life for me.

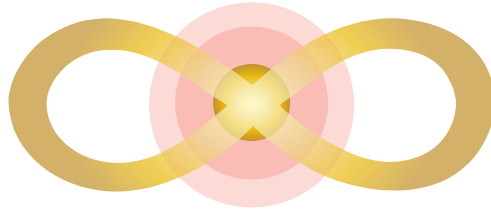
Note: If meditations or music is something that feeds you, now is the time to download and make sure you have access even if the internet is unavailable.



four

WITNESSING YOUR INNER CIRCLE

1. DRAW A CIRCLE representing your physical body. Draw a second circle representing your emotional, mental, and spiritual bodies. Pay attention to how big you want these circles and perhaps the colours that call to you. Write your name in the center or draw a representation of yourself. Let yourself feel held there.
2. NEXT, draw a third circle representing the people and things you are currently in relationship with. (You might want to write the names of friends, family, co-workers, animal companions, food, drink, etc.)
3. Ask yourself some of these suggested questions (or better still create your own) about these relationships *beginning with yourself*;
Am I spending enough/too much time with this person or activity?
Am I supporting myself? Am I elevated or depleted in this relationship/by this activity?
4. PONDER YOUR RESULTS



five

LET IT BE... YOU ARE A DANCE OF LIGHT AND SOUND

Knowing the true self is this beautiful journey that we are on. We know we have chosen to be here now. We are the pioneers, the ones who are actually embodying our source connection as medicine for ourselves and this world.

On the days when you are feeling only your emotional wounds, fears or anxieties, ***can you let it be without letting it be you?*** Because here is the great news, it isn't you.

Can you be the neutral observer to the discomfort?*

Can you resist fixing everything that seems "wrong" about you?*

Can you notice the inner doorways to wonder, joy, deeper inner-standing, a new direction?

**obviously use your own discernment and seek help if you need it*



CLICK THE PINK LINK
TO DOWNLOAD GUIDED MEDITATION
“I CHOOSE UNTAMED”

<https://www.dropbox.com/scl/fi/njtv2sh89t4jp524a5qza/l-choose-untamed-guided-visualization.mp3?rlkey=vz3zq1z3ag6r75no94b34sgv6&dl=0>



THANK YOU FOR
TENDING THE
SACRED GROUND
OF YOUR SELF CARE

The image above is one I saw in a waking dream a few years ago. The Earth was seeded with sparks of infinity/stars in human form. It was suggested to me as a sisterhood (*though I'm quite aware there are also brothers embodying their light.*) I saw/felt/knew we were connected and we were planting these light seeds across the Earth. There were many layers to the vision, but the blanket indicated that we were connected, woven together for this powerful awakening.

If you are reading this, I trust you are in this sisterhood and I am in deep gratitude for this unfolding and these times we were made for.

We are here. We are legion. We are Love.

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