



Of One

AUTHENTIC SELF CARE

Authentic self care is the ability to recognizing and allow honouring all parts of your inner and outer self expression. It is about creating routines to assist yourself to nurture and love yourself. Its feeling the freedom of allowing yourself to fully receive love in all that you do not just for others, but first for you and all parts of you.

Have you heard this phrase “fill your cup and let it over flow - then you can offer to others.” After reading these words, we understand it, but often to put it into motion and routines; herein lies its challenges with our daily lives, and our relationships where we put others first and receive less gratitude back, and wondering if it is worth the effort. As we create expectations, this in itself can become the root of the issue; meaning the more we create expectations, we are setting the ‘bar’ of how things should be, rather than remembering to simply just assist freely, without expectations of receiving back. It just in the ‘knowingness’ within your heart of answering a call to assist when someone or something is in ‘need’, its nature of ‘being in right action’; it creates a humble fulfillment that just resonates within you that it was the right thing to do and you just feel really good that you did it. Its these gestures that remind us of what being human is, and this is something that is in our capability to show within ourselves. It is a reflection of our authentic self care.

When we can construct the kind or reciprocity of truly assisting others, for the sake of helping out someone in ‘true need’, with a knowingness that our offering to them is to just simply to ‘do that’. We generate a space of ‘freedom’ in that vibration; where it assists them to receive, and it builds up momentum within both parties (the sender and the receiver) to elevate their heart vibrational flow with expansion. It is this feeling of ‘freedom’ that aids our expansion to create.

Now, if we can use our imagination/ visualization with this same construct to offer it to ourself – our inner self; meaning our emotional, mental and physical states; Write down/ make a list of what you have been putting off to give to yourself. What has been ‘empty’. Split the page and the write about the positive side of what you have written down; how you would like to see your total self expression and how it would move through your daily moments. How would you be able to feel within yourself about yourself? What would this beautiful picture look like? What does it reveal to you?

For each list item, write down how you think each of these states have been impacting you emotionally, mentally, and physically. What do you notice about how it affects you sensorily; how you see, sound, touch, taste and smell. What do you notice about your level of inner connections? What do you notice about your aspects of Trusting within yourself to



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assist your self connections and developments? What are the aspects that are being revealed to you to see the parts of how to free up within you?

What you can offer to yourself:

It's good to have ways to show kindness to yourself, not as a reward but offering gratitude to yourself with everything, especially the small things that you do daily. Note the care you put

into everything ie: your routines, schedules with how you organize yourself to each task you list, see it as honouring of what you are able to do for yourself. So spend time and look at all what you do from the time you wake up in the morning till you go to sleep at night; all things you do for your personal, work, family and all connected relationships. Review your emotional, mental and physical states and allow yourself to recognize its truth of how you have been creating it to 'function' and now you have a new opportunity to create it to change how you feel about it. See this as a form of "Gratitude" to acknowledge yourself, that you are capable and ready to create positive changes where you can feel fuller with 'freedom' within yourself to be in your authentic self. Allow it to flow fully within you. When you start to feel and sense this regrowth within you, you are then standing in your courage and strength within your inner foundation emotionally, mentally and physically.

As this resonance rebuilds itself, and you become more in flow with it, it is then that your relationship outputs and environments begin to change in each moment. Your ability to recognize how it presents forward begins to map into your concept of its first true free authentic nature.