



Compassionate Self Care

In this world, we are busy. We get up, get the kids off to school, we get ready for work, we drive through traffic, we get to the office and step into the business world and we work hard. At the end of the day, we come home, take care of everyone's needs, make dinner and eventually collapse in a heap, exhausted. Does this sound like your experience?

It begs the question then, when do you take care of the inner you? When do you allot the time and space to nurture the divine essence of your inner self and what does that look like? And more to the point, with this extremely busy schedule when can you possibly fit that in?

In this fast paced world, we need to have easy access to ways that nurture our inner self. It's not like we can step out of that business meeting to step into a retreat. Or can we?

Imagine creating a list that you might call your Compassionate Self Care Recipe. On this list are many ways that you can easily care for you inner self. What nurtures you inner soul? Perhaps it could look something like this:

- Taking a walk in silence during lunch
- Breathing deeply and consciously bringing in peace while walking between business meetings
- Pausing just for a moment to express gratitude for your life
- Take a moment to think loving thoughts about your self
- Take a moment to think loving thoughts about those around you
- While walking the dog, listen to the birds
- Smile without a reason
- Imagine the love in your heart radiating out into the world
- Pray

Create a list that works for you, that you can draw upon anytime, anywhere in any given moment and allow yourself a moment to compassionately care for the inner you. You are without question the most important person in your world, and creating a loving interior and tending to this space with compassion will allow you to see the world in the same way. As within, so without.

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