



The Self-Care Series

How Being Kind To Yourself Aligns You with a Higher Love and Power

As we enter the next phase of the dismantling of outdated egoic structures and the concurrent Awakening of a Higher Love and Power, self-care is more important than ever. During these times of radical transformation Self-Love is absolutely essential.

Taking good care of yourself will facilitate both the dissolution of the fear-based ego, as well as the Awakening of Divine Energies

Inner tranquility will make it easier to let go of, rather than fearfully clinging to, the old self, and inner integrity and balance will allow you to fully receive the Blessings and Awakenings of these potent Higher Energies.

In the coming weeks, each musing in this *Self-Care Series* will discuss an area of self-rejuvenation, such as sleep, being in nature, exercise, creative expression and more. Each installment will describe specific intentions, realizations and practices that will help you reside in your sacred inner sanctum of Peace *and* Power. Today's musings are

about overarching principles of energy and consciousness that will prepare you for future episodes.

There is a sanctuary of serenity inside each and every one of you, without exception

The first step is to realize that YOU have the power to create an inner state of safety and well-being. It is inherent to your being, but it is occluded by the rapt attention given to thinking – all of the inner stories. The mind has no healing power of its own. By its very nature, it creates division and unease. Discovering and residing in your inner sanctum is simply a matter of choosing to align with the ever-present Healing Forces of the Universe, rather than the turmoil of the mind.

This alignment will also open you to the Inspiration and Guidance of Higher Beings, of which the mind knows nothing

A very common misunderstanding is believing that the source of Peace and Safety is in external circumstances. Ironically, an overemphasis on getting what you want actually leads to feeling perpetually anxious and unsafe (as well as disappointed and angry). Placing your well-being in the hands of constantly changing circumstances, over which you have no control, is a formula for unease and insecurity.

Your job is not to control the world, but to cultivate an inner trust that will bring you into communion with your indestructible Divine Self

It is an energetic reality much more real and solid than conditions of the world and stories of the mind.

When you feel genuinely good inside the craving for attention and validation will also vanish.

Freedom from this insatiable anxiety-ridden hunger, which is a result of the false belief that other people are supposed to make you happy, is profoundly liberating

It was never anyone else's responsibility to Love you. You ARE Loved – by the Universe. It is your responsibility to SEE, OPEN and LET IN that Love.

Being kind to yourself is a way of letting in Divine Love

True self-care is not the same as reinforcing, promoting and defending the fear-based egoic self. Being gentle, kind and Loving with yourself will result in an inner state of security, ease and comfort. In this state, there is *less* of a need to reinforce, promote and defend the insecure little me. When you are standing solidly on the foundation of Life Energy, you won't be as easily triggered. You observe the ego being offended or threatened and just let it go like water off a duck's back. You respond from a place of inner serenity (which is the source of outer serenity).

Even more importantly, when you stop defending the ego, it opens a way for the Higher Love and Power that you really desire to enter in

Spiritual awakening is often associated with austerity and self-denial. However, the amazing truth is that self-kindness, self-compassion and self-nurturing are some of the most powerful ways of aligning with Higher Loving Forces.

All of the most cherished states of being, such as Love, Peace, Harmony, Power and Safety, are actually attributes of God Consciousness – they are aspects of the Living Universe

Whatever you want or don't want, and whatever manifests in the world, begins and ends from within. Divisive, non-Loving, warring, and unsafe thoughts, beliefs, intentions and emotions create a divided, warring and unsafe world.

If feeling serene and self-empowered is seen as something for which you have no time, that is a clear indication that you are completely possessed by the ego. The ego doesn't care about well-being. Its only goal is to affirm its separation through conflict, superiority and victimhood. If you are “too busy” for self-care; if you are too preoccupied with worldly concerns, consider the possibility that the ego WANTS the conflict, burden or “unexpected” aggravation so that it can keep reinforcing and defending its separateness rather than merge with the Loving Flow of Life.

Everyone has time for self-care. Is there anything more important than caring for the one in which all experiences arise?

Are you feeling irritated, frustrated, or angry? These are definitive messages that you need time and space to withdraw and go within for renewal. Using anger as an excuse to become even more demanding and embroiled with others and the world will lead to even more strife, separation and fear. In the same way, if you are the object of someone else's anger, you are being told to give that person space, *not* to engage in a dispute.

Feelings of being unsafe are messages and opportunities to cultivate a more robust inner state of security. When you have energetically recharged and centered yourself, you can then face any challenge with greater clarity, serenity and fortitude

Right action cannot occur without those qualities. Nothing good will come about through forcing your need to be right out of judgment and anger. Even when forceful spontaneous action is required, the secure calm inner state that is the result of a surrendered ego, will allow that to happen naturally without inhibition.

Finally, a few helpful pointers. Do not look for breakthroughs or spiritual bliss. It might happen spontaneously, but striving or looking for it just feeds the insecure ego, which is always screaming for instant gratification. The fleeting relief the ego experiences through thrills, distractions or deadness sews seeds of future suffering. You need to listen to a different voice; a voice that is soothing, reassuring and empowering, not agitated and demanding. Look for intentions, energies and practices that have real substance and lasting results. A good question to ask yourself is:

What nourishes the Soul rather than numbs or excites the ego?

One of the easiest, yet most effective practices of rejuvenation, which also creates a receptive space to receive Divine Energies, is to simply sit or lie down with the intention to be totally open to God's Love and Universal Blessings. Consider that we often say we want Divine Blessings or God's Love, yet we rarely, if ever, actually and intentionally let it in. (Maybe we are “too busy” for that too!) This is not trying to still the mind, trying to create spiritual states, praying for a desired outcome, or even a meditation practice (although you could consider this the most pure and effective form of prayer and meditation). This is getting out of the way and surrendering the ego, so that something truly Loving and Helpful can manifest. If you want to use a formal intention, something simple is best:

“I am wide-open to receiving all of the Love, Blessings and Wisdom that the Universe (God) has for me. I am willing to receive and Awaken to the fullness of that Power.”

If your mind is especially unsettled, you can say the intention/prayer:

“I let go of all of the stories of separation, strife and non-love, which is the ego trying to block me from union with a Higher Love. I know and feel in the depth of my Being that Life is unfolding according to a Universal Intelligence. When I place my Trust in that Universal Power, I realize that I AM One with Love, and that I AM completely Safe.”

You now have a solid foundation from which to receive the energetic blessings, insights, recommendations and practices in the forthcoming musings. Check your inbox for their arrival in the coming weeks. But you don't have to wait until then. Whether it is getting more sleep or going for a walk outdoors, you can start your practice of self-care right away. If you already have restorative practices, consider increasing them during these times of heightened Energetic stress. At any rate, no matter who you are or what is happening, you can . . .

Rejoice in awe that you are alive!