



# Self-Care is Beautiful

Is your body your home? Are you really living in your body as a place to thrive and enjoy life in, as your vehicle, your souls chariot? Being in our physical bodies, receiving and giving ourselves support from a physical action level elevates us to an experience of soul in body and makes us feel alive! Embodiment, being in your body tending to your physical, mental, emotional needs, your feelings and personal growth shine a light on igniting your inner strengths and lift you up each and every day. I propose we do this from a place aligned with beauty of the natural world and ourselves as an intrinsic aspect of nature.

The Navajo or Diné Native American people of the Southwestern United States have and live a concept and way of living called Hózhó sometimes referred to as "The Beauty Way". It is a foundational worldview of experiencing the world and life around us as truly beautiful. The key principles of living with balance, harmony and well-being of all living things in relationship to oneself others and the environment.

I offer the awareness of this enlightened concept, Hózhó as a guiding way to experience self-care. The felt sense that we and the world around us are truly beautiful. To live a good life we need support and encouragement. We need structure and balance to be our best. How do we achieve this balance and positive support each and every day? How do our emotional states inform our needs and challenge our edges of growth? When we experience self-expression, rest and relaxation we feel good.

Practices that calm down your nervous system and put you in your own creative power are rejuvenating. Enhancing your experience of beauty through your natural senses with easy aligning of beauty and harmony with the things you do for your self-care elevates your mindset to enjoying these actions. What do you need to feel cared for?

What are the things you can do for your self-support? What are the things that you need to outsource? Do you need to laugh more, dance more, walk in nature, exercise, meditate, relax more? Some of the things that have helped me recently are buying a book of puns because I was feeling like I needed to laugh more. Some of my go to's for self care are laying on my red light therapy mat, getting a facial, a massage, swimming, walking in nature, taking flower essences. We all have our own unique needs that make us feel cared for. Some of the best ways

to keep balance from the inside out are through journaling writing both fears and gratitude and just free writing; getting out what's inside helps us to align and understand what we really want.

Outsourcing some of our self-care practices can be instrumental in experiencing the mirror of loving support. Massage therapy, hypnotherapy, energy healing, and flower essence therapy are just a few beautiful ways of receiving care. Can you give yourself permission to receive the support you are yearning for?

When we do "self-care things" we create and establish trust in ourselves. Seeing what is missing in our lives, what we long for and need to stay balanced and comfortable each day. At the same time having the recognition that we don't need to do it all ourselves. Those who have the most success in stabilizing self-care routines are people that make it a habit. Make a plan for yourself. Think about what nourishes your body mind soul and spirit.

I have a very special hypnotherapy client who uses the metaphor of navigating through life like a ship's captain. During her hypnotherapy sessions we go through voyages of renewal all the while honoring her own navigation systems that take her through her days of work, family, and life. Always navigating with her own wisdom. Therapeutic Hypnosis helps her activate the helpers and the crew of her ship that are ever-present and innumerable. These helpers guide her along the way. There are often new places, people, and situations to navigate, and also the same places and people. Continuing to chart a course forward while feeling good and balanced, all the while. Making decisions about the best actions and activities that keep her balanced and even keeled each and every day through stormy weather and sunny days. I offer this as a self-care map. What keeps you stable and balanced, daily, weekly, monthly, and yearly, when thinking about your own unique cycles?

Flower essences and flower essence therapy are wonderful supports for your emotional systems and your soul's home in your body. This is a no-harm helper. Flowers have evolved with us; they are beautiful messengers for soothing and repairing our human emotional states.

May your own choices in self-care help your unique embodied beauty bloom like a flower!

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