



HOLISTIC SELF CARE.

"Attaining what you desire requires discipline. Attracting what you truly need requires awareness."

- On Purpose Studio

Everything is connected, our body, our mind, our emotions and our soul. Training physical perseverance improves mental perseverance and vice versa. Befriending our minds helps to befriend our emotions or moods.

Our body, our mind, our heart and our soul combined (holistic view) is where you abide, see them as a holy place, you nourish daily. What do you consume? Thoughts, emotions, Information, food, exercise etc?

It's a powerful act to take time to be fully aware. Do less before doing more. Free the body from busy-ness to see clearly.

"Muddy water is best cleared by leaving it alone. Your own nature will begin to take care of itself." – Alan Watts

Self-care habits can have different intentions, to restore, maintain or expand yourself. All of us are on our own circle or path. Accept your own status quo and your own needs.

"There is no need for any competition with anybody. You are yourself, and as you are, you are perfectly good. Accept yourself."

- Osho

The challenge though is to notice the different voices of the ego & the higher self. The soul or higher self asks: "What do I really need?". The ego asks: "What do I want or desire?".

How do you know what is good for you at this moment? Only you know deep down what is best for you at this moment or phase. When you break the loop of rush, stress, conflict and other noise, to get still.

Make it small. Day to day moments. Taking time to be fully present. Breathe consciously. Connect with your heart. Observe your thoughts. Pay attention to your body & emotions. Listen carefully to your soul's whispers. All the information is there. It's your personal journey, you know what is good for you.