

Do you know “HOW” to Nurture Yourself?

Yvette Marie-Claire Guy

For most the answer would be yes, of course I do. I make time for me; I give myself relaxing massages, long hot baths, treat myself when I need it etc. It's a simple answer to an apparently simple question, or is it?

What is showing up in my practice is that we really don't know how to nurture ourselves. We treat ourselves with indifference when we are unable to cope with our life. We ignore our gentle side as we madly rush around to catch up with life. We nurture ourselves “**ONLY**” when push comes to shove, and usually when we are at our wits end. For some of us, we don't even do anything when that arrives.

Nurturing **blossoms** when we “**Mind Our Own Business**”. Sounds a little harsh? We are a society that gets involved in other people's business, stories, dramas all with the intention of “helping” others. What we are doing is distracting ourselves from our own life and issues.

When we are involved with others, what can appear is blame and shame. We will relive our life and blame others for their treatment of us, or the way they treated others and all based on our perception of what we consider right or wrong.

We start judging their behaviour, the way they operate and compare them to ourselves, what a lofty position we then place ourselves in.

What we need to start nurturing ourselves is **to simply start recognizing that everyone is simply doing the best they can, based on the knowledge that they have**. When we start taking responsibility for our “reactions” to situations, or others, then we have a chance of being tender towards ourselves and keeping ourselves attuned to our needs.

Minding your Own Business, means you start looking at yourself, what you do, how you do it, and if a change is needed, start implementing the change in yourself **in an extremely gentle manner**. Wondering why someone does something the way they do, or thinking they should change their behaviour – only increases your unhappiness, because you are focused on

changing others. If a change is needed, it stems from you first. If you are reacting, the issue is yours – no one else's – only yours.

Being compassionate to others is ok, being involved and taking a side is not ok. Your position in minding your business is "impartiality". That way you do not lose your energy and focus on something that you have no control over. The only person you can have control over is **yourself and your own responses.**

I'm in the business of assisting you to:

Learn to be you. Live to be you. Stay grounded and in your heart. Use your energy effectively, so that you can connect to your "**Sweetness of Life**" and "**Flow of Life**". The end result? You are able to create and manifest an even better life, **even better than you can possibly imagine. How wonderful is that?**

For more information contact Yvette Guy
819 771-8858
Guardians of Light