

# SELF CARE ESSENTIALS



**WELL DONE!**

A celebratory graphic featuring the text "WELL DONE!" in large, white, 3D block letters. The text is centered on a white rectangular background. Surrounding the text is a dense shower of small, colorful confetti pieces in shades of red, blue, yellow, and green, creating a festive and joyful atmosphere. The entire graphic is set against a light gray background.



YOU WOULDN'T LET THIS  
HAPPEN TO YOUR PHONE.  
DON'T LET IT HAPPEN TO  
YOU EITHER.

SELF CARE IS A PRIORITY,  
NOT A LUXURY.

**“ALMOST  
EVERYTHING  
WILL WORK  
AGAIN IF YOU  
UNPLUG IT  
FOR A FEW  
MINUTES,  
INCLUDING  
YOU.”**

*just like in yoga...child's pose  
what would unplugging...or recharging daily look like for you?*

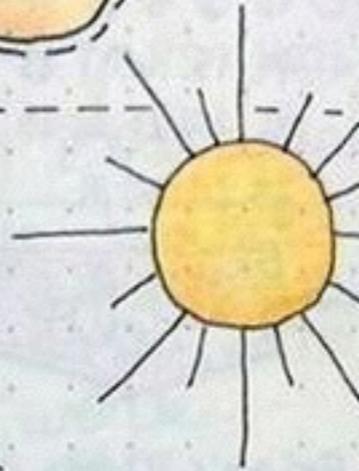
“Self-care is a deliberate choice to gift ourselves with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit.”  
— Laurie Buchanan



# Ideas for SELF ♥ CARE

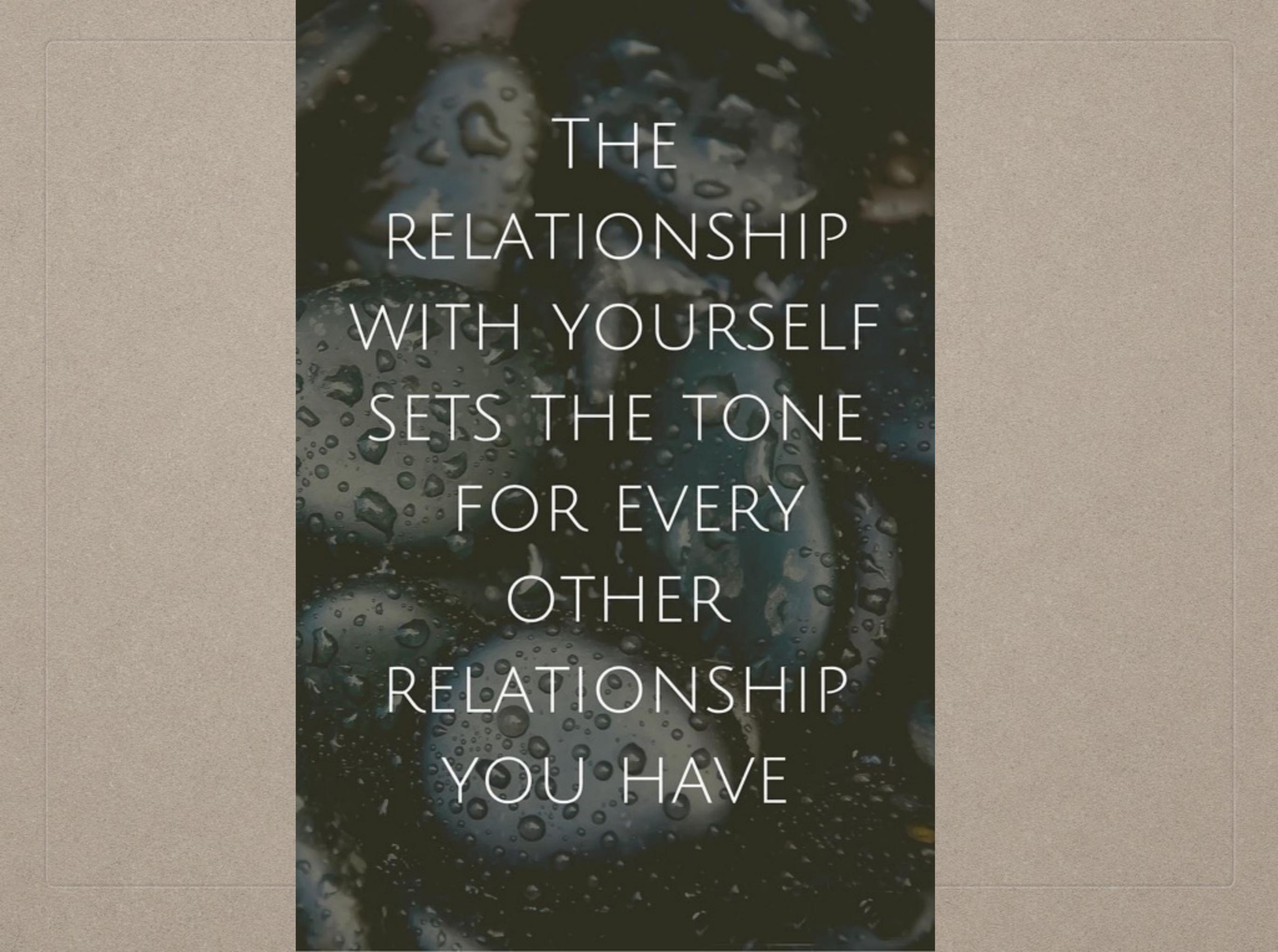
## ◦ NURTURE YOURSELF ◦

- Sit in the sun
- Apply a face mask
- Buy a bouquet of flowers
- Wear soft, comfortable clothes
- Take a bubble bath with candles
- Buy a fun, new color of nail polish
- Wrap up in a warm blanket
- Drive with the window down
- Buy a new candle
- Listen to music
- Meditate
- Get a treat & sit in the park & people watch
- Schedule any needed check ups
- Buy a new water bottle
- Go to bed early
- Go to a farmers market





**Be kind.  
Be patient.  
Be generous.  
Be accepting.  
Be all of these things  
to yourself.  
That is where  
it begins.**



THE  
RELATIONSHIP  
WITH YOURSELF  
SETS THE TONE  
FOR EVERY  
OTHER  
RELATIONSHIP  
YOU HAVE

*PUT YOURSELF  
AT THE TOP  
OF  
YOUR  
TO-DO LIST  
EVERY  
SINGLE DAY  
AND  
THE REST WILL  
FALL INTO PLACE*

ASK  
YOURSELF  
WHAT YOU  
NEED  
EVERY DAY  
AND  
MAKE SURE  
YOU GET IT

To protect your energy...

It's okay to cancel a commitment.

It's okay to not answer that call.

It's okay to change your mind.

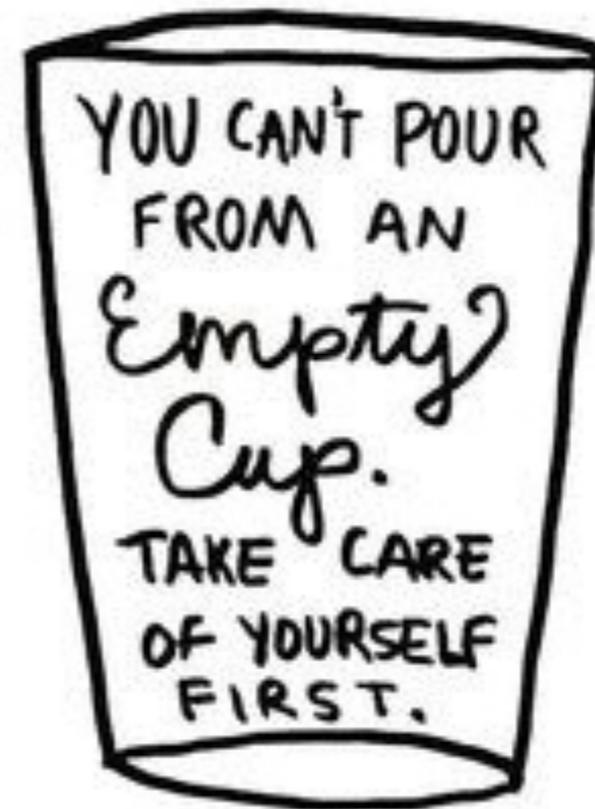
It's okay to want to be alone.

It's okay to take a day off.

It's okay to do nothing.

It's okay to speak up.

It's okay to let go.



ASK  
YOURSELF  
WHAT YOU  
NEED  
EVERY DAY  
AND  
MAKE SURE  
YOU GET IT

Be kind.  
Be patient.  
Be generous.  
Be accepting.  
Be all of these things  
to yourself.  
That is where  
it begins.



*what are some things I can incorporate into: my day, into my week, into my month, into my year?  
What obstacles did I see? and how can I move through them?  
Check in within a month - set a reminder in your calendar*

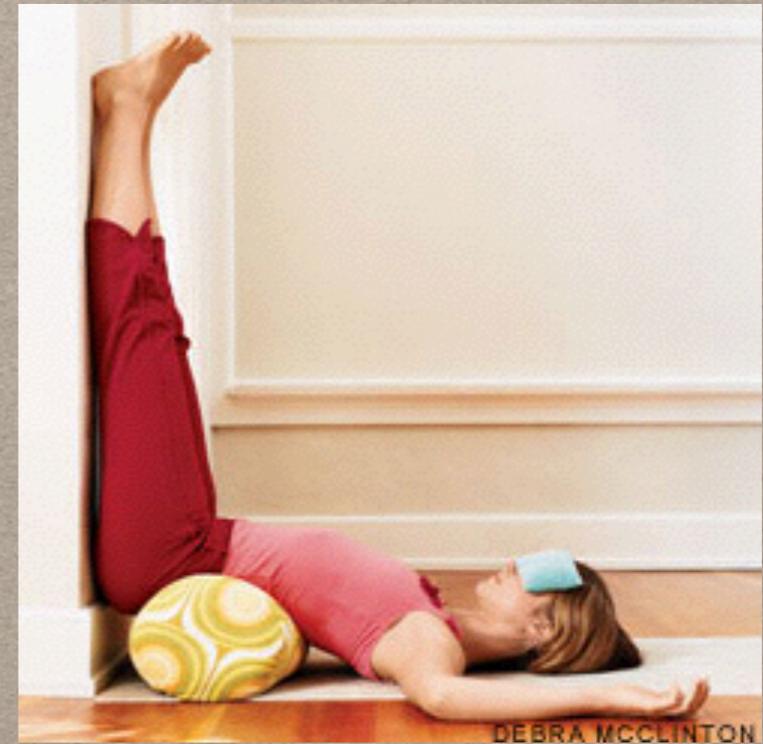
To protect your energy...

It's okay to cancel a commitment.  
It's okay to not answer that call.  
It's okay to change your mind.  
It's okay to want to be alone.  
It's okay to take a day off.  
It's okay to do nothing.  
It's okay to speak up.  
It's okay to let go.

## *Let's meditate*

- 1. Find a restorative posture that is perfect for you*
- 2. Visualise a typical day and see what self love practices you can incorporate. Observe what obstacles come up.*
- 3. Journal what we find*





DEBRA MCCLINTON



Our minds do not stop, they  
keep going no matter how  
beautiful a destination is,

how much we sometimes want  
to be present,

our mind keeps on going....

it's not that we are incapable of being present  
but it is something we need to train in so we can  
remain longer in it



our minds need to be trained to stay focused  
this is something that is a practice  
keeping our attention on the present moment

it's no wonder we are feeling distracted,

The pace of content creation is surpassing our ability to consume  
Attention has become our scarcest resource

Humanity has created  
**5 Billion**  
gigabytes of information

Today we create 5 Billion  
gigabytes of information  
**every 10 minutes**

BEGINNING OF TIME

2003

TODAY

attention has become our scarcest resource

# Information overload and technology



*with information overload, its no wonder why  
it's hard to stay focused and not distracted*

# WAYS TO OVERCOME

*1/ limit the amount of information you bring into your life*

- *digital detox,*
- *reading detox,*
- *information detox*



unplug



disconnect  
to reconnect.

# WAYS TO OVERCOME

*2/ Train our mind with Meditation*

*Active Meditation*



**this is what mindfulness does...**

**this is what yoga is about**

*"yogah citta vritti nirodhah"*

*Yoga is the removing of the fluctuations of the mind*

## active meditation



- *like Yoga, active meditation is doing an activity but being fully present in the activity - feeling, sensations etc.*
- *this is hugely beneficial because the flow between the practice and everyday life is very easy, no transition needed*

## active meditation

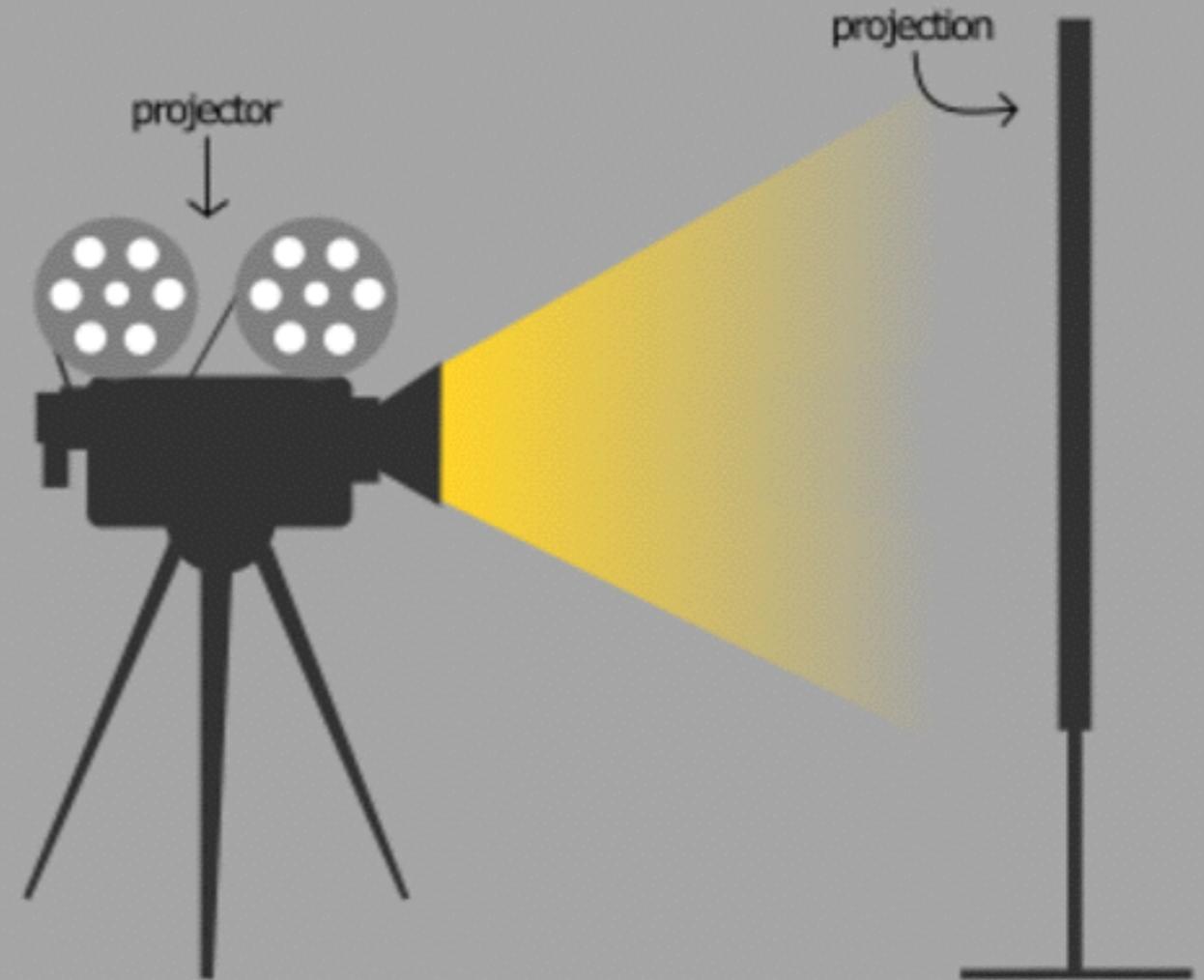


- *helps to develop concentration and one-pointedness so that you don't have to always get taken away with thoughts*
- *helps to see the sacred in the mundane*
- *a shift occurs when this becomes your usual state of being, a way of living.*

*The nature of the mind is: chatter, judge, analyse, restlessness  
in this practice we are stepping back from this agitated mind  
to become a witness to it's activities.*

*in that stepping back - everything changes*

The mind is like a projector



Become aware of the projector  
rather than being lost in the projection



*middle of a torrential river vs finding oneself on the bank  
observing the flow of the water*

*from the position on the bank = it's beautiful*  
*present moment awareness = feeling like you are*  
*sitting on the bank of the river, allowing you to*  
*perceive clearly the nature of the situation*



*helps to see people as*  
*they are without false*  
*projections and*  
*reactions. helps to see*  
*the connectedness of*  
*people, events and*  
*nature*

- *not being removed from the vitality of the river,*
- *appreciate it fully the sounds, the movement....*
- *perceiving the situation without the story and*
- *brings deep insights into the movement of nature..*



*shifting from the  
“thinking and doing”  
mind to the more restful  
and replenishing  
“witnessing” mind*

**"enjoy the journey"**

*"Attaining lasting happiness requires that we enjoy the journey on our way toward a destination we deem valuable. Happiness, therefore, is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain: happiness is the experience of climbing toward the peak" - Tal Ben-Shahar*

# active meditation







# YANTRA

a geometrical pattern/design (based on sacred geometry) used as a tool/ 'machine' for contemplation, concentration, meditation & manifestation



# YANTRA

Yantra's were originally conceived over 4000 years ago in northern regions of India

Used in homes as talismans, protection, and to evoke an energy

Another way to look at it, is instead of writing the word Creativity, abundance, which is hard to feel or to keep focus on just the word, the geometric shapes is said to evoke that.



# YANTRA

Just like Crystals, these shapes are said to emit energy.

Sound is something you can't see but create vibrations - energy. Certain vibrations create certain patterns, these patterns would therefore reflect that energy.

Scientific symbols represent and emit energy



# YANTRA

You can always just use Yantras as meditation devices, a way of focusing the mind.

Bringing about the discipline and focus – like any meditation technique.

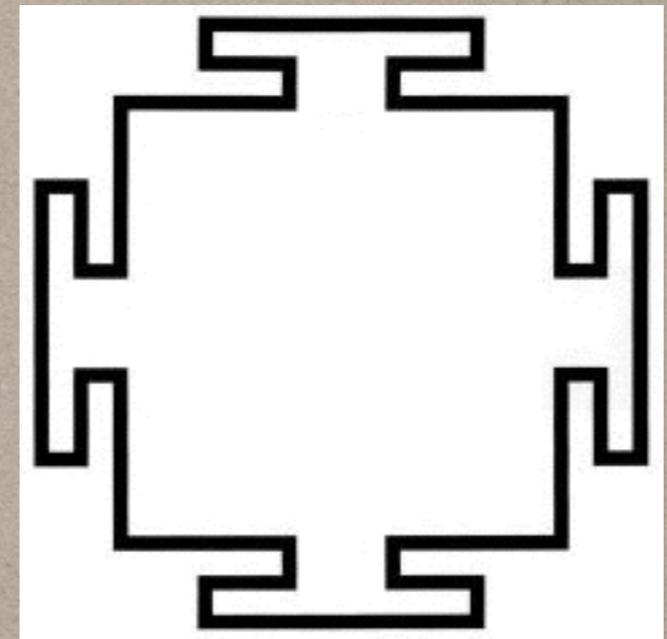


# **COMPONENTS OF A YANTRA**

# COMPONENTS OF A YANTRA

## *The Square | Bhupura*

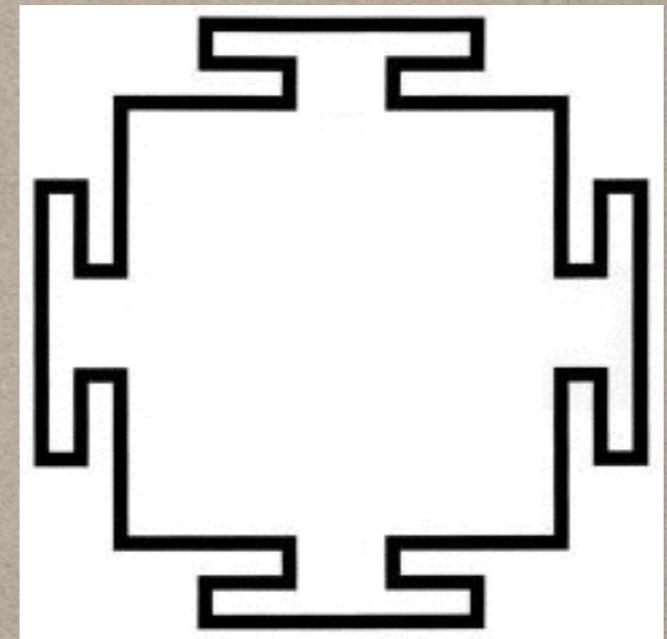
- *exterior limit of the Yantra*
- *represents the element earth as well as gates into sacred ground*
- *starts from the centre (dot-Bindu) to the outer square represents universal evolution from the subtle to the coarse from the ether to the earth - movement between inner self and the outer environment*
- *4 protrusions represent 4 cardinal directions, north, east, south and west the energy from all these directions invited in.*
- *The gates draw the eye inward to the centre which points you toward the higher realms, gates from earth city to the celestial world*



# COMPONENTS OF A YANTRA

## *The Square | Bhupura*

- *Yantra's are read from the outside in - the circumference to the centre*
- *mirroring the journey from the outside world to the inner world*
- *the gates are what create the inner space to be sacred, a space to which you can go and contemplate your life and go deeper within yourself and the spiritual dimension. It creates a meditative environment that is peaceful and centred*



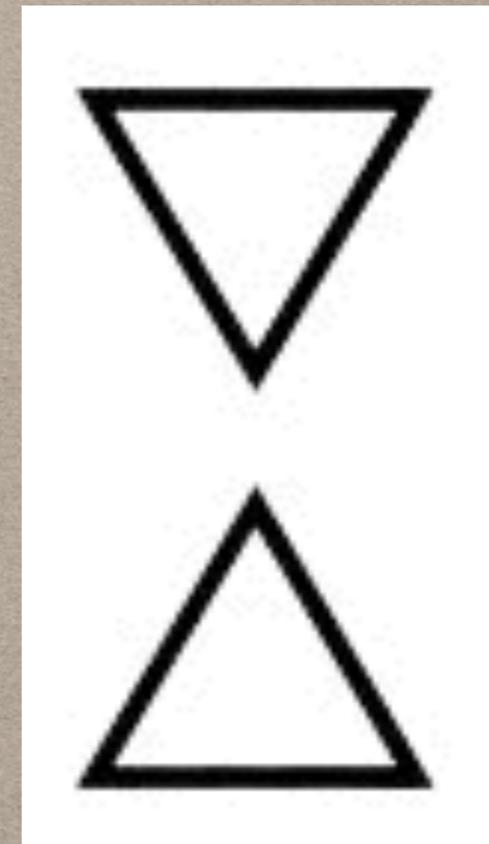
# COMPONENTS OF A YANTRA

## *The Triangle*

*most dynamic geometric form*

*upward pointed triangle - masculine  
forcefulness, direct one's energy to the  
higher realms - element of fire, powerful  
force for transformation*

*downward pointed triangle - receptive  
form, drawing energy to the earth,  
connecting with feminine qualities,  
access to creativity - element of water,  
ability to trust*



# COMPONENTS OF A YANTRA

## *Six Pointed Star*

*found in many traditions around the world  
represents joining of the opposing forces  
of spirit and earthy realms*

*locates us between heaven and earth,  
form and formless, upward and  
downward, masculine and feminine*

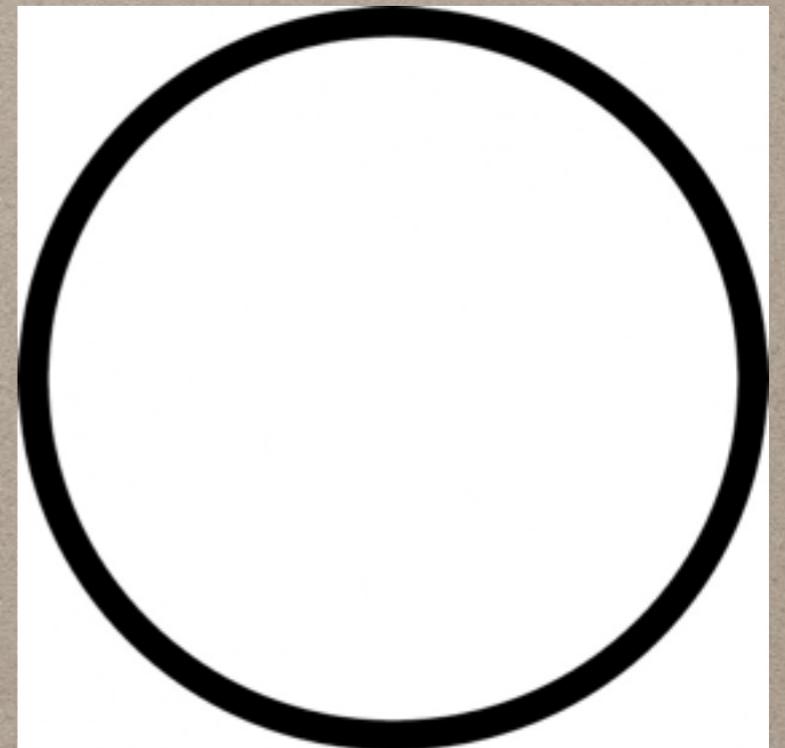
*intersection of the two geometric  
forms - brings unity and balance  
between the two forces*



# COMPONENTS OF A YANTRA

## *The Circle*

*wholeness and completion, the circle has no beginning and no end and while empty it contains within all possibilities*  
*represents rotation, linked to the shape of a spiral*  
*- represents macrocosmic evolution*  
*perfection, blissful, creative void*  
*endless time, no beginning or end*  
*to the self's place in the universe*  
*helpful when feeling fragmented*  
*according to the laws of sacred geometry all forms emanate from the circle and it's division - point of origin*  
*Symbolises oneness - used in ceremony*



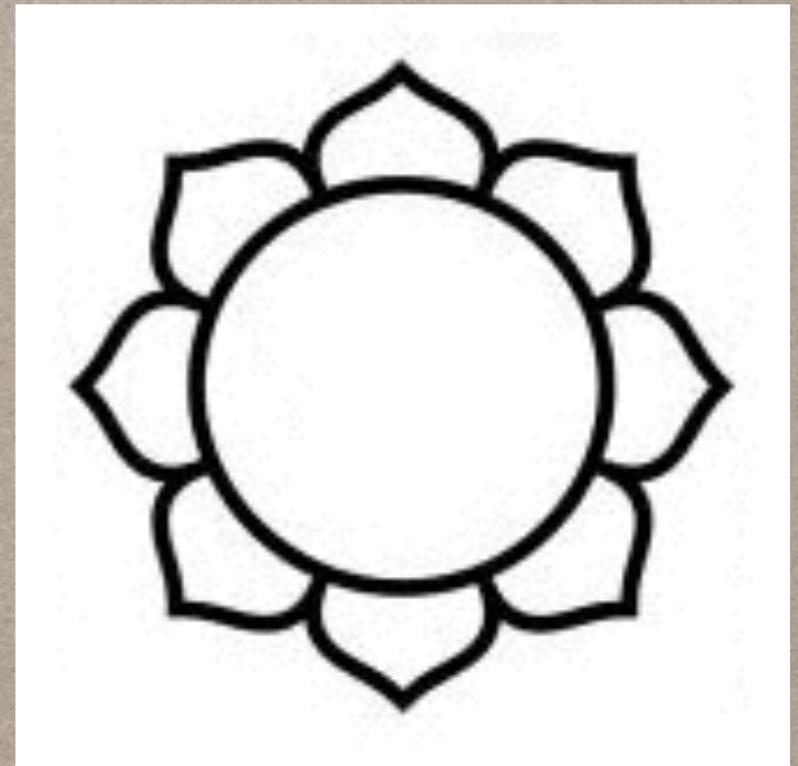
# COMPONENTS OF A YANTRA

## *Lotus Petals*

*symbol for the purity of the spiritual quest*

*it's the most organic form -which echo's  
the unique spiritual journey that each  
of us will take*

*Lotus petals surround the circles in two  
larger rings, and these represent elements  
of opening the heart, literally unfolding the  
core part of the self, allowing for full unity  
between physical and mental.*



# COMPONENTS OF A YANTRA

## *Bindu*

*the central point, from which all other shapes emerge*

*represents the union of all beings and energy; here, the divine is unified with the physical universe.*

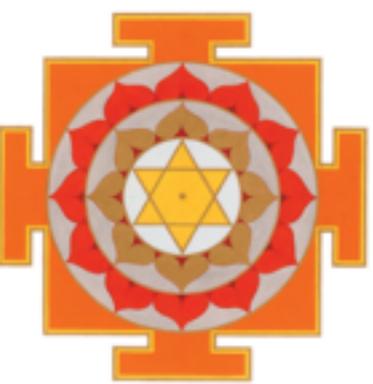
*both the start of creation and the ultimate goal (end) of being one with the universe.*

*focalised energy and intense concentration*

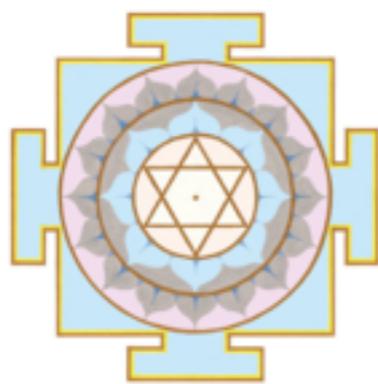


# HOW TO USE A YANTRA

## *Process*



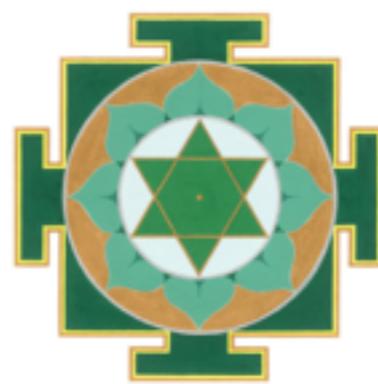
Sun Yantra — Radiance Yantra



Moon Yantra — Nourishment

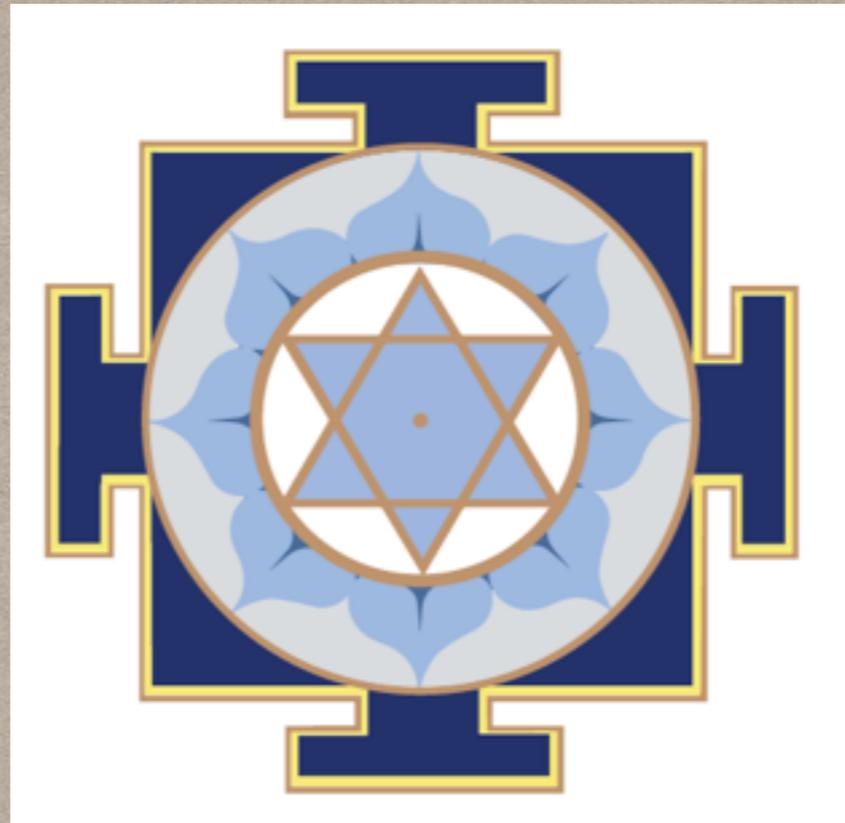


Mars Yantra — Passion Yantra

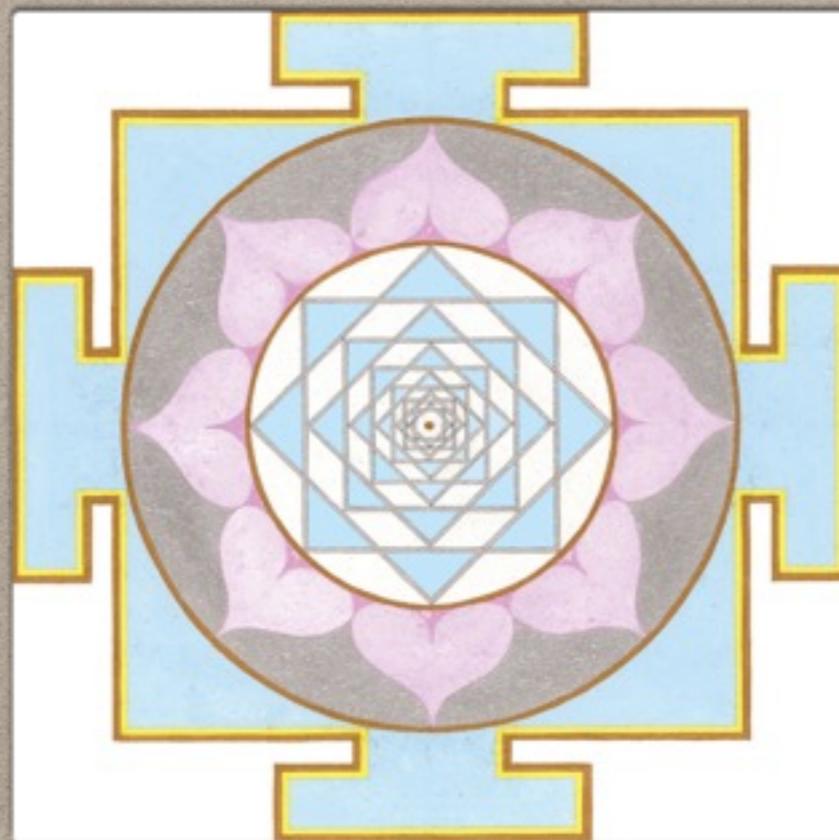


Mercury Yantra — Intellect

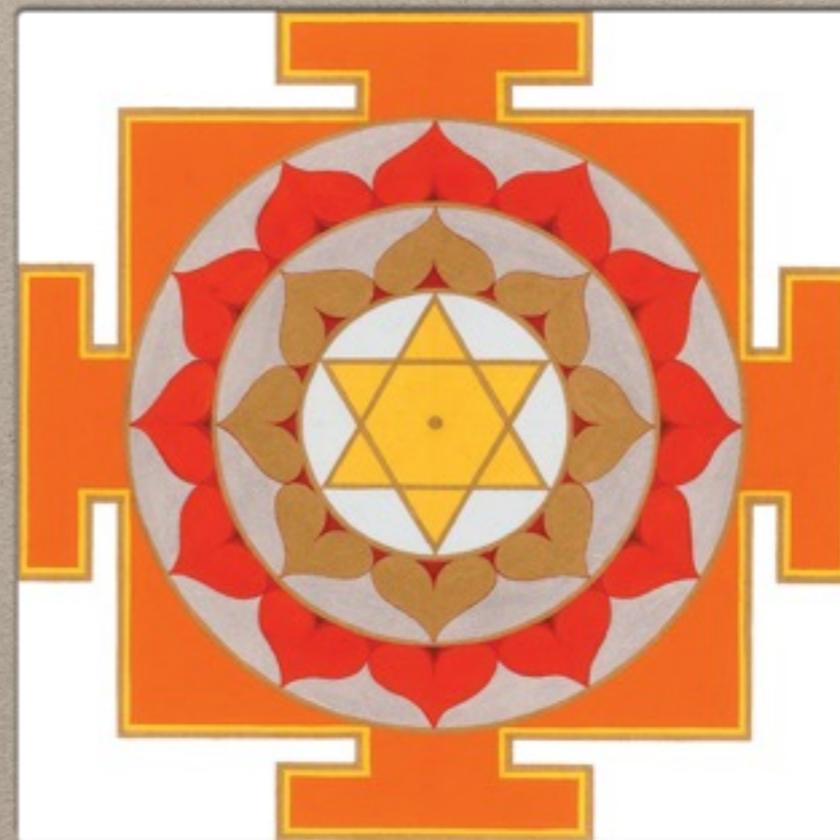




*Yatra for Peace, Spirituality, transformation*

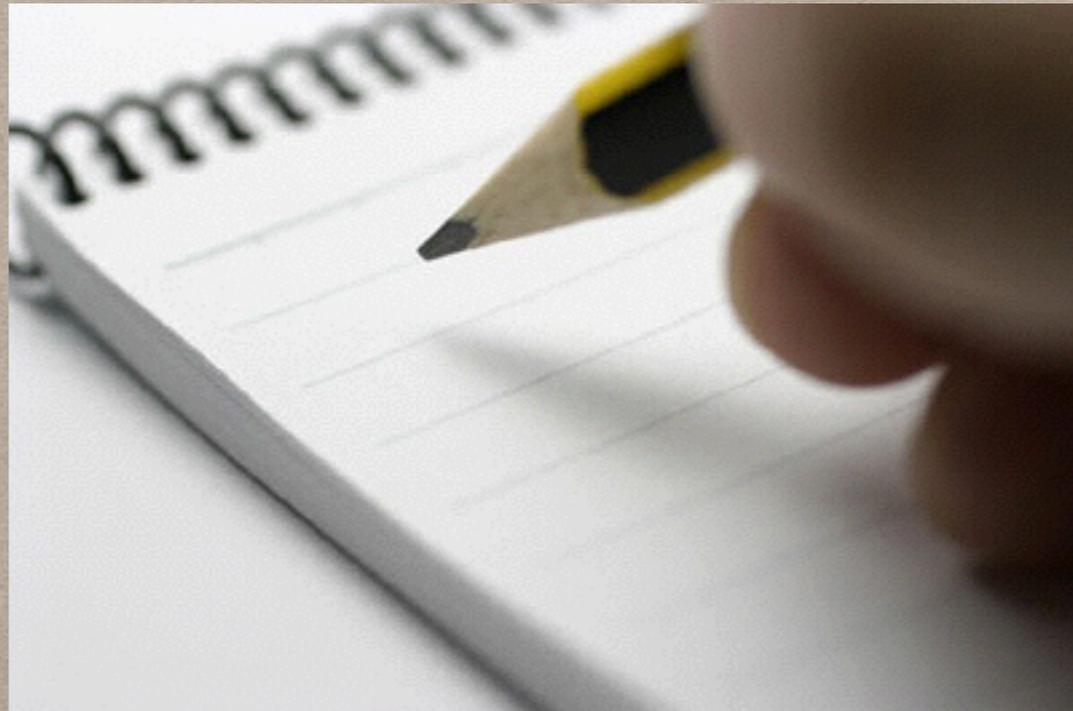


*Yatra for Creativity, Bliss*



*Yatra for Bliss, Radiance, Courage*

*writing down your thoughts - as you witness them*



**"As you go about your life, don't give 100 percent of your attention to the external world and to your mind. Keep some within. Feel the inner body even when engaged in everyday activities...feel the stillness deep inside it. Keep the portal open."**

*-Eckhart Tolle*





