

Tending To Your Relationship With You

Tending to our relationship with ourselves on a daily basis is about **connection**. We can be connected or disconnected with ourselves on various levels – body, emotions, thoughts, spirit – or in various areas of our lives. My intent is to notice where I tend to be disconnected, and practice reconnecting, so I can stay in the flow of all things good. Or as Abraham would put it, so I can stay connected with the Stream of Well Being, and allow myself to float and flow downstream toward everything I desire.

My own personal patterns include a tendency to over-connect with my mind and my thoughts, and under-connect with my feelings and my body. When I do that, my energies get out of balance, my body gets tired, stiff, and uncomfortable, and my thoughts (and worries) spin around in my head. This doesn't happen every day, but it happens often enough!

So my intent is to consciously and regularly connect with my feelings and my body, and to balance my energies regularly so I stay clear and connected. My other intent is to find ways to do this that are quick and easy, so I can get in the habit of doing them every day without resisting, procrastinating, or focusing on my “to do” list instead.

If I feel like putting this off until later, I read this reminder to myself.

Remember: Connection with myself is vital. THIS is my ultimate path to joy and happiness, perfect physical, emotional, mental, and spiritual health, ideal weight, financial abundance and freedom, relationship happiness, financial abundance and freedom, and absolute freedom and love and abundance and joy in all areas of my life!

Here's what I do to tend to my relationship with me:

Daily – First thing in the morning:

~ Start with a drink of water – and lots of water all day long.

~ Do Donna Eden's Five-Minute Energy Routine. Here's a link to her video to show you how to do this if you want to learn it. It's wonderful! <http://video.google.com/videoplay?docid=-9106521468609833299>

~ Go to my journal and write at least three feeling statements that are true for me in this moment. “I feel...” I may journal other things, but those three statements are the minimum.

~ Do at least one round of EFT (and/or mirroring work). I have no shortage of things to tap on! Pick the first thing that comes to mind and tap on it.

Sometime each day:

~ Do something purely self nurturing: A short nap, lotion on my feet, reading for pleasure...

~ Meditate for 15-30 minutes in my recliner.

At least five days per week:

~ Do yoga and the Five Tibetan Rites – not just for exercise purposes, but for energy balancing purposes and all the other great benefits.

If you want to learn about the Five Rites, I'd suggest first reading about them here:

[http://www.mkprojects.com/pf TibetanRites.htm](http://www.mkprojects.com/pf_TibetanRites.htm)

You can print this guide out and learn the techniques.

If you want to see the Five Rites in action, check out this You Tube video (click the link below). There are several available. This one is homemade and no frills, but he does the exercises correctly!

<http://www.youtube.com/watch?v=9VWzfwLK1K4&feature=related>

Weekly or more:

~ Twice a week or more – go for a walk! Not for “exercise,” but to spend time with me and move my body and my energy.

~ Have some kind of weekly “play date” with ME. Draw, hike, dance, explore... Something fun just for me.

The reality for me is that I do the “first thing in the morning” section just about every day. I do yoga and the Five Rites 4-5 days a week. The rest I do periodically, and my intent is to keep at it until I'm doing everything on this list! Still a work in progress.

For you: Identify the connections of your own that you'd like to improve and practice – physical, emotional, energetic, nutritional – whatever you notice that could use more connection. Experiment and find out what works for you, what feels good and what you can stick with. Start small and go from there! Anything is better than nothing!