**SRMT AND LIFE EMPOWERMENT PROGRAM – SELF CARE REFLECTIONS**

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SELF-CARE REFLECTIONS

Intend to care for yourself first, and commit to an on-going self-care focus that support all aspects of your life and help you to be an effective healer. Rely on your intuition and healing knowledge to develop a sense of what is best for you over time and for any given moment. Get to know, and honor *your* ways and needs.

In addition to all that is outlined in the books and in other SRMT documents (including the Spirals and your daily practices, especially as outlined in the EARTH Spiral), as you have many tools - get regular body/energy work, and especially when you are stressed, ‘stuck’, or moving through a cleansing process. You will move through stuck places more quickly if the energy is moved! Rely on your energy buddies and set up trades for mutual support.

Get good at noticing when you’re stuck or when feelings are bubbling for you, which need to be expressed. Give yourself permission to do so in a safe way. Get out on the Earth and in the elements, and speak with her. Also ask for support from your peer or other spiritual buddies if needed. Don’t hesitate to seek the help of a professional therapist if needed.

You have many resources to learn to use the breath as a cleansing and energizing tool and practice proper breathing methods, including the *Conscious Breathing* book, and in SRMT handouts. Breathing is your most important tool. Daily energetic and physical practices, and time on the Earth, will also make a huge difference in how resilient you are as difficult feelings, and outer challenges inevitably pass through.

Examine how you relate to your body, feelings, mental states, environments, and others. Do you engage in ways that support and nourish you, or are you feeling drained, have a lot of drama or imbalance in your life? Really look at this.

If you feel that life is less than optimal: 1) think about the fact that you can change this, 2) make a commitment to change, 3) strategize about how you will lovingly accomplish this over a reasonable period of time.

As with the New Year activities, use Shamanic Reiki to empower your goals and shift the energy that underlies dysfunctional patterns; create a concrete plan to acknowledge these shifts and anchor them into day to day life; get the people or professional support you need; practice loving kindness for yourself throughout the journey.

Remember quiet time and time reserved ‘just for you’ (and incubation), as you’ll be processing on many planes. Give yourself permission over and over to be fully who you are, and remember that you can be vulnerable, genuine and strong at the same time. Open to experience and embrace what is for your highest good, in a pace and manner just right for you.

When things feel extreme and unmanageable, remind yourself that you *can* manage them. Take a deep breath and – relax your mind, open your heart and body, and touch the Earth. Look up at the vast sky, or out to the world around you. Feel your gratitude for this life.

Ask friends and those you may live with to support you through this program. Consideration may be needed to support your practice and personal process.

Allow “you” to unfold and enjoy the journey! Reclaim who you are.