Seed Memos for your Advancement #9

The need to take care of yourself – *and as a priority.*

Self-care is something that many of us fail to devote a proper amount of attention to – yet it is one major thing that can help us lead happier, healthier, more productive and satisfying lives.

Our lack of attention to self-care is often the result of skewed priorities. We allow our work, family obligations and other demands to take priority over our own well-being – this is not so clever, especially if one becomes drained.

The problem with others first is that over time we end up depleting ourselves far beyond our reserves of strength and vitality so we are consistently running on empty. To compensate, we may rely on stimulants and chemicals to provide energy, but over time their effectiveness declines so we need to take more and more of them. Eventually, continuing down this road will probably result in illness or other expressions of physical and mental imbalance.

If this describes your life, the solution is clear: start caring for yourself as one of your top priorities. You may feel some resistance to this idea if you have a demanding job or family responsibilities and don't feel as if you can spare time for yourself. Here is a case to step back and re-evaluate priorities and outcomes in relation to the lifestyle you seek to have or enjoy.

It can be very self-supportive to clarify your own personal hierarchy of values every now and again. Sit quietly and work out what the priorities are with every aspect of your life - the more meaningful and the less meaningful. Try giving a number value to each so you are clear on your own hierarchy of values.

Try also looking at this situation from a 'What if' perspective: *What if*, by putting yourself at the top of your priority list, you could more easily handle these life challenges? *What if,* by taking the time to properly care for yourself, you ended up being more organized, efficient and energetic so you were able to meet your daily obligations with ease? Even better, *what if* you began to feel increasingly more happy, light and peaceful so that your interactions with others became more harmonious too? This is the smart way to have more inner peace if you are over active in a very busy world.

When you make time for yourself each day, to fulfil your basic needs, everything else in your life will seem to flow smoothly and easily – and ironically it will seem as if you have more time available to devote to others, not less. If you feel intimidated about taking time for yourself, then ease into it by starting in a small way. Try allotting five or ten minutes for yourself once or twice a day. Try zoning out with some healing music on YouTube, maybe a long soak in a bath, or enjoy a few minutes with the inner stillness for opening the doors to your higher nature, to simply just be with your own self and become refilled with this healing presence.

Not only will you feel better, you will be teaching future generations by example that self-responsibility with self-care is good for you – and it's a requirement for a truly healthy, happy world. When you take care of yourself, you will then be more able to take care of others – and herein becomes a satisfaction beyond any toys the world wants to sell you!