



Tending the Spirit

As I sit here about to write my newsletter today I'm greeted by a warm breeze, sunlight is streaming in through the window, and I've got a cup of tea by my side. Ahh! I take a moment of pause to just appreciate the warmth of the sun on my skin, take in the beauty of things greening up outside, and reflect on the message of my daily devotional. With the never ending list of things "to do" it would be easy to skip this moment of pause. In the past I probably would have skipped it either because I would have focused too much on getting things crossed off my "to do" list or I would have felt guilty for taking that time. Not today! I have come to realize that loving and taking care of myself helps me to show up in bigger and better ways in other areas of my life; such as my role of mother, wife, wellness coach, yoga instructor, daughter, and friend. **This month's newsletter is all about loving yourself and tending to your spirit.**

Do you go through your week successfully but still feel like something is missing? Are tasks you normally don't mind feeling very cumbersome or lifeless? Or perhaps you've given out so much of your time, energy, and love to other people that you feel depleted. If you're like me you might add feelings of irritability and resentment to the mix too. If any of these situations apply to you, it may be that you've neglected your spirit! What does "spirit" mean to you? It can certainly take on a religious association, but if you're not religious it may mean simply connecting to the true "essence" of you who are.

I believe that at our core we are joyful, happy, loving, peaceful souls. It's just that daily life gets in the way and external circumstances, demands and "to do's" begin to cover up that brilliant core. **Engaging in tasks that nurture our spirits is a way to let that inner light shine through to energize us and increase the joy we experience in our lives.**

Easy to say, harder to do! I have struggled with carving out time to myself both from a logistical standpoint with two kids and a husband who has a demanding job, but also from an emotional one. For a long time I thought that doing something for myself was selfish. I don't have it all figured out and some days I do a better job of tending to my spirit than others. I'm a work in progress and think the key is finding a balance. If I pour everything out to everyone else, then I begin to resent that and don't show up in my relationships and work the way I want to be. I

have found that if I am intentional in scheduling spirit "re-charge" time, I am so much happier, have more energy, and have more to give back to others.

So what nurtures your spirit?

When I thought about it, I realized my responses came in 3 different categories. These are by no means the only ways/modes to nurture your spirit. We are all unique individuals and therefore the ways we feed our spirits will also be unique. Mine were:

Activities: Engaging in activities such as yoga, meditation, devotion, cozying up with a hot cup of tea and a good book, cooking, and getting a massage all help to tend my spirit.

People: There are certain people in my life who nurture my spirit. I know this because after spending time with them I feel energetic, light hearted, more loving and connected, relaxed, and like my true self. I don't have to work hard to be with them or feel self-conscious. A heartfelt thank you to my "people"!

Places: Certain places just ooze spiritual connection to me. I'm particularly attracted to beautiful scenery, water, and of course yoga studios!

Action Challenge:

Create a "menu" of spirit-recharging options available at your disposal. If you're having a hard time coming up with ideas, reflect on times when something you did was effortless, energizing, warmed your heart, and/or lifted your mood. Be sure to include some ideas that may take hardly any time at all but then also think about real treats for yourself. What is one spirit-tending action you can take this week?



In closing I'll leave you with a picture that embodies spirit to its fullest for me. This was taken

outside our lodge near Estes Park, Colorado last June. I got to practice yoga every morning with this view as my studio and had an amazing time with my family. Just looking at it lifts my spirits. I hope you find something that does the same for you!

If you would like to discover more about how you can nurture your spirit and create balance in your life I would love to help you. Contact me for your FREE consultation at shelly.horswill@gmail.com. You can also follow me on Facebook at www.facebook.com/wellfinity

A handwritten signature in cursive script that reads "Shelly". The signature is written in a dark ink and is centered horizontally within the text area.

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!