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Companions

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the heart; good news invigorates the bones” (Prov 15:30). Welcoming the child in your heart to laugh and be silly means welcoming the child too young to self-judge, the child that is so rawly present that pure joy feels free to surround her. Honor that little girl that chased butterflies for a second look because they were too pretty to look at only once. Welcome back the little girl that looked in the mirror dreaming about how beautiful she would be someday, because now you are that dream.

Offering ourselves self-care based in loving kindness is a core need in our work as spiritual caregivers. Many factors of our work may lead to burnout when we do not address the needs of our whole integrated selves, bodies, souls, and hearts. We are creative and gifted daughters of God, lifting ourselves up to the light of grace, so it illuminates every part of our being, imitating Christ’s life and mission. We choose to serve God because we love him; honoring ourselves is a beautiful healing way to show that love in action. We cannot give if we do not have, so allow yourself to indulge, feast, and love!

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