



“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.” - Parker Palmer

Self-Care Circle Invitations

I have a confession to make, I seldom meditate in the meditation circle that I initiated a year ago. Instead, I just close my eyes and rest. Most of the time I am too tired to meditate, and I fall asleep, and that's wonderful! What I have found out is that my intention of caring for myself is far more helpful than whether I am meditating correctly or not. As such, I decided to rename the meditation circle to self-care circle.

Self-care has never been easy for me; giving myself what I need often feels like committing a felony that invites intense feelings of guilt, resentment and even condemnation. Being in the circle with others who have the same intention of being kind to ourselves has been a huge support for me as I navigate the foreign and often intimidating terrain of self-care.

Join me and become my accomplice as we commit the crime of self-care together :)

Duration: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5-10 min check-in.
- 3) 20 min of shared silence and caring for ourselves in any way that feels supportive.
- 4) 10 min of optional sharing and ending.

Prerequisite

None! Everyone is welcome. By joining the circle, we agree with the [community guidelines](#).

Email me to join smallfish1975@gmail.com