

Touchstones Theme: Care of the Soul



...This particular evening the sunset was unusually beautiful. I stopped to look at it. ... I am not seeing this sunset with my eyes alone, I am seeing it with a sense of wonder and a joy of beauty, and the solace of it is slowly pervading me, even while I stand and look. I am seeing it with what I can only call my soul.

If I do not call it that, I cannot call it anything; yet there it is. I cannot define it—no, but this sunset as a thing of beauty is definitely real. Indeed, the sunset is not only in the sky; it is in my soul. *A. Powell Davies*

...Self-care is ...about slowing down and tuning into the subtle wisdom of your body and your mind. It's coming home to yourself, relishing in the hallways of your imagination, rejuvenating without external stimuli, and trusting that doing so is not selfish.

...Practicing self-care creates bodily space for an expanding mind. A person cannot serve from an empty well. In order to live a life of embodied empathy and compassion, we may have to ...pause ...so that we may fill our own coffers. ...When we tune into the mind-body connection with unfettered attention, we settle into ourselves. We literally come home to the self.

...Being gentle to ourselves—to forgive ourselves when we do not live up to the standards we've set—is its own form of self-care. *Lisette Cheresson & Andrea Rice*



Join us in exploring Care of the Soul

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