

L A L O B A

Some La Loba Lessons in Soul Nourishment

One way to start honouring your soul full, intuitive self is to create a special space in your home, bag, car or office. It can even be in a drawer, the garden, on a high shelf next to the sink or on a special table. What is vital is that this is a spot you will see every day, many times, and it will remind you to honour "you".

This place may include candles, flowers, photos or inspiration cards or it may include treasured items. Try to change it often as you can. You may want to honour the seasons, family or life events or your own body changes. Really the space is for you and however you want it to look is up to you....the main thing is that you will see it every day, even if you cannot tend it every day, and when you see it you can set the intent to stop, even if for the briefest moment, and remember who you are.....not just as mother, friend, daughter, worker, partner but as yourself.

- Listen to music- sing and dance – sometimes the oldies are the best!
- Light a candle- turnoff the lights
- Take a little extra time to rub in some hand cream- what about that massage?
- Dry your hair in the sun or get someone to dry or brush it for you
- Really enjoy that shower or bath- how does the water feel, choose lovely soaps, warm the towel
- Buy or pick yourself some flowers or plant or garden
- Sit and eat or drink something you enjoy and savour it
- Drink tea from a china cup- set the table for a meal
- Put colour on a page – buy a colouring in book and some pencils
- "play" with a modelling material, wax, clay, dough
- Just sit
- Visit a natural spot and just sit or have a break in the garden or on the lawn – nature is a tonic.....when did you really look at the garden, the ocean or the sky – watch clouds, count stars or follow the moon for a month
- Explore a new hobby or find a great book
- Create an inspiration basket of quotes and cards and other things that please you and when you can..... explore it
- Fabric can provide colour and sensual pleasure - wear or display fabric to enliven your senses...a bright scarf over the chair will catch your eye and lift your spirits, soft fabric next to your skin can feel great –choose nice undies.
- Smells – create some that please you with cooking, oil burners incense or flowers
- Laugh
- Look through the photos and remember
- Share a little of yourself and take a little for yourself

How about creating a journal or inspiration book where you collect quotes pictures memories and more ideas of ways to nourish your self that are uniquely yours. It sounds like a tall order to nourish your intuitive self every day, but if you want to stay in touch and have this resource as a guide in your life it is as vital as any kind of food and most importantly you deserve it!

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