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NEWSLETTER

AUGUST 2023



And once again I am in beautiful Sweden, with my even more beautiful friends, and everything in life feels highly appreciated and celebratory, given the harmony and cozy atmosphere between us.

As I reflected upon what I want to share with you in this current newsletter, it came to me, that this is exactly what we often perceive wrongly.

To go about and see everything in a positive light whilst on holiday, but struggle to have the same or even similar perspective, when we`re back home, in our daily work routine.

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With the attitude of 'once I have this or that' or 'once I am away from responsibilities or obligations' we think only then, we're much more inspired and positive.

Then, once we're back home, the expansive, free perception we had whilst on holiday is falling into mentally doubting how we can maintain our expansive outlook of potential, possibility and freedom.

So let's focus on shifting our attitude from 'good times versus more demanding, difficult times' - like as kids, 'school terms versus holidays' - to setting out to find, and then give every day something to feel grateful for, to feel celebratory about!

The aim of that is that we avoid our resistance and resentment of what we 'have to do', and begin to change it to 'intending to enjoy doing what we set out to do' or 'choosing to do it with a positive attitude!'

I try to find little rituals that make me happy, give me joy, or allow me to pour love into it. For example; arranging fresh cut-flowers in different vases, light scented candles, airing the bedding before making my bed daily, or changing the sheets, hanging up laundry even, sweeping the front or back garden, and above all juicing daily and making a healthy, seasonal smoothie and prepping tea, concoction, or mint/berry water for my clients/sessions of the day.

Also, tuning-in every morning, meditating on who I wish to support, sending love or even healing to, and reflecting on the day ahead as well as the general sensations of the day in my daily emails to my

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eldest friend, gives me a sense of counting my blessings and feeling privileged in daily life.

Take a moment to feel what makes you set up your day in a conscious, even grateful way - and what other small ritual or gift to look forward to at the end of the day, you could think of?!

Alongside these reflections you might even discover or make changes towards - filling your daily routine with more self-respect, and doing more and more what you actually love to do.

Take moments of 'time-out' and practice real self-care, even during the busiest of times. Find a way to commit to yourself, your own well-being and decide upon what kind of energy (including thoughts and intentions) you choose to put into yourself, your relationships, your endeavours and projects.

As you lean into life - it comes back to the same insight - The more love you pour into who you are, and into what your thoughts, words and actions are, the more fulfilled you'll feel.

As you consciously choose to pour this love and loving intention into your days, your experiences during your holiday or during your busy, daily life will start to resemble each other more and more.

So, be the love that you are - and understand you are a gift to everyone around you, not just on your holidays!

With Love, Birgitta