



By Silver Rose

## Passionate Self Care – Who has the time?

This is fourth in my series on Passionate Self Care. Go to <http://silverspeaks.com/blogs/> for related articles.

In my last posting I talked about rituals as keys to Passionate Self Care. I mostly focused on big rituals like developing your action plan for the day or week. I made the observation that **in a world where change is constant, rituals are a way for us to feel as if we are in control.**

Since then, I've been thinking about how incredibly busy we are. Some of these big rituals are wonderful in theory but daunting in terms of fitting them into an already jam-packed life. So how can we enjoy the benefits of rituals without feeling as if each is just *one more thing to do*?

Let's talk about *small* rituals. These are the ones we can incorporate into *what we already do*, turning ordinary events into moments of pure bliss. Here are a few examples:

- **Your morning beverage.** Ever since age nine when my British Aunt Jeanne taught me how to brew and pour tea, I have loved my first cup each morning. She served me a very watered-down version of what she herself was drinking but today I brew for the maximum impact. This morning it occurred to me that I'm not taking full advantage of this wonderful daily occurrence. Instead of the usual—taking a slug of tea while hurriedly preparing my breakfast, I stopped, stood still, closed my eyes and *fully savored* that first sip of tea. It was so heavenly I did the same for sips two and three. What an easy way to practice passionate self-care.
- **Showers or baths.** I have no idea who invented these two marvels but, in my opinion, there should be a statue erected in his/her honor in every town square in the world. Who doesn't love this indulgence? You spend the same amount of time whether you unconsciously bathe or consciously enjoy every second. Think about the temperature of the water on your skin, the way the soap feels and smells, and the pure luxury. Another simple way to practice passionate self-care.
- **Getting into bed.** When we were children, it seemed like a punishment. Have you noticed how much you look forward to it now that you're an adult? And yet, do we truly bask in the feeling of getting into bed? Another everyday occurrence that, when practiced consciously can bring great pleasure and a feeling of being very well taken care of. How about stretching when you get under the covers? Heave a great big sigh of pleasure. Moan if that feels good but however you do it, take the time to *bask* in the sweet feeling of laying your head on your pillow and drifting off to sleep.

What do these things have in common? **Being awake to each gift that comes your way.** There are so many lovely things in our lives and yet we become pretty blasé' about most of them. What if passionate self-care were as simple as noticing each simple pleasure?

Maybe it is.

Write and let me know what your simple pleasures are. I'd love to read about them!